

BCM

LIFELINE

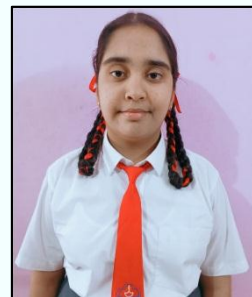
OVERALL TOPPERS



ARADHYA JAIN
III- 99.72%



VAANI SETH
IV - 99.8%



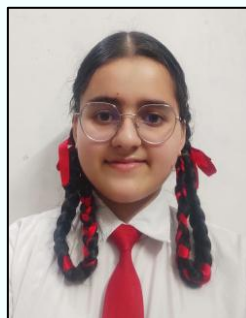
GUNBIR KAUR
V-99.86%



RAKSHIT CHHABRA
VI-99.36%



VAIBHAV HANDA
VII- 99.1%



ADITI
VIII- 99.2%



JAYANT BHARDWAJ
IX-97.6%

Congratulations!

STREAM WISE TOPPERS OF CLASS XI



ZORAWAR SINGH
XI SCIENCE
86.6%



KRITISHA
CHHABRA
XI COMMERCE
91.62%



UPNEET KAUR
XI HUMANITIES
96.5%



PRINCIPAL MR. DP GULERIA HONOURED



The Postal Department, Government of India honoured our Principal Mr. DP Guleria with the prestigious Shri Ram Souvenir Coins. This recognition is a testament to his tireless efforts in promoting education and community welfare, which have significantly contributed to societal upliftment.

His dedication to education and community service has inspired countless students, teachers, and parents alike. Under his leadership, BCM School has achieved numerous accolades, including hosting various events and competitions that promote academic excellence, cultural awareness, and community engagement. His commitment to excellence has created a positive impact on the community, making him a worthy recipient of this honour.

Mr. Guleria has also been recognized as one of the top 100 Principals by Principals Valley Tribe for his visionary leadership, dedication to academic excellence, and transformative contributions to education. This prestigious honour highlights his commitment to innovation, student empowerment, and holistic learning, reinforcing his role as a pioneering leader in the field of education. His relentless efforts in fostering a progressive and dynamic learning environment continue to inspire both students and educators alike.

Editor Speaks

Dear Parents & Students,
Greetings!

As another academic year draws to a successful close, we extend our heartfelt congratulations to all our students for their hard work and achievements. We also express our sincere gratitude to our parents for their unwavering support and cooperation throughout the year.

At BCM School, we remain committed to providing the best possible teaching-learning environment and world-class infrastructure to foster the holistic development of each student. With your continued partnership and the dedication of our exceptional teachers, we are confident that our students will continue to reach new heights of success in both academics and co-curricular pursuits in the upcoming session.

We look forward to welcoming you back for another exciting and enriching academic year.

Neelam Malhotra
(Editor)

Powered by
Principals Valley



Host
Gulshan Memoria
Founder & CEO
Principals Valley and
Inspired Valley

Principals Valley
presents



LINKEDIN LIVE | #22 EPISODE



Sponsored by

Inspired Valley

SPEAKER #22



Principals Valley Tribe ID
PVP18FEB000725
Guest Speaker
D.P. Guleria
Principal
BCM School Chandigarh Road
Ludhiana, Punjab



Geet Arora (IX-A)
Awarded with
Electric cycle & trip
to ISRO



Yukti Jain (V-D)
Awarded with
Avon Cycle



Lohitaksh Gupta (VIII-C)
Awarded with Smart Watch

Consolation Prize Winners



SHREYA JAIN VI-J



ANUKRITI VIII-H



NITI SOHI VI-E



RISHIT JAIN IX-D

JEE QUALIFIERS



SOHANPAL - 98.28



DHRUV - 97.53



MOHIT VERMA - 97



MADHAV -94



ANKUSH -92.58



ISHANT- 92.4



ISHAN -91.68

Congratulations!

AWARDS & ACHIEVEMENTS

OUR ALUMNA DR. PAVNEET KAUR of batch 2013 got honoured by IAUA for her outstanding work in her Ph.D. thesis. Her dedication and excellence have earned her a special recognition along with a cash prize of Rs. 50,000/-.



Ashme (VIII-G) got selected for the second round of the International Dance Competition BY YG ENTERTAINMENT in Korea.



Kishna Jain (Class X) and Keshav Sharma (Class IX-F) secured a spot in the next round of the **INSPIRE MANAK Ideathon Awards**.

In recognition of their innovative ideas, both students have been awarded Rs.10,000/- each.





Pritam Kaur, Tanush Goyal, and Arnav Tiwari from Grade XII NM B—successfully completed the Artificial Intelligence Bootcamp organized by IIT Madras. The program provided hands-on training in AI fundamentals, machine learning, and real-world applications, equipping students with essential technological skills. They received Certificates of Completion from IIT Madras, reflecting their dedication and enthusiasm for AI-driven innovations.



G. Shreya of Grade XII Medical wins First Prize in National Gys Talks Elocution Competition with her compelling speech and articulate presentation skills. This achievement highlights BCM School's commitment to fostering oratory excellence and intellectual discourse among students.



STUDENTS' PLACEMENTS

G. Shreya	IILM University for Bioinformatics
Shreya	AAFT University of Media and Arts
Krishna	Trent University, Canada
Vanshika	BML Munjal University
Nandini	BML Munjal University
Divya	Chandigarh University

HAVAN CEREMONIES FOR BOARD EXAM ASPIRANTS

Blissgul havan ceremonies were conducted to bless students aspiring for AISSE board examinations. On February 13, 2025, Class XII students participated in a serene ceremony at the Yagyashala, filled with sacred chants, devotional bhajans, and heartfelt prayers. Students expressed gratitude to the school management and teachers, highlighting importance of integrity and character alongside academic success. Teachers offered blessings, practical exam tips & words of encouragement. Manager Dr. Prem Kumar emphasized honesty and duty, while Principal Mr. DP Guleria urged students to excel and maintain alumni ties.

Similarly, on February 10, 2025, a havan ceremony was held for Class X students, with Principal Mr. DP Guleria and Section Coordinator Ms. Manju Bhatti offering blessings and guidance, reinforcing the school's commitment to holistic education.

Both events concluded with the showering of flower petals and distribution of prasad, fostering a positive and motivated atmosphere for the students.



Link:

<https://www.instagram.com/reel/DGDrSyLzJyQ/?igsh=ZjFkYzZmZMDQzZg>



COCURRICULAR ACTIVITIES

MAHARISHI DAYANAND SARASWATI BIRTH ANNIVERSARY



OUR ESTEEMED GUESTS



**DELEGATES FROM ASHOKA
UNIVERSITY**



**DIRECTOR KEDGE BUSINESS
SCHOOL**

“Mind, stretched by new ideas, may never return to its original dimensions.”

LEADERSHIP SYMPOSIUM AT FLAME UNIVERSITY, PUNE



EXPERT SESSION:
LAW & TECHNOLOGY
WITH DR. VIKAS KATHURIA

SEMINAR:
OWNING YOUR VOICE

“Anyone who has never made a mistake has never tried anything new.”

BCM FOUNDATIONAL STAGE

STORY TELLING COMPETITION



WORLD OF SCIENCE



NATIONAL WOMEN'S DAY



WORLD RADIO DAY



BASANT PANCHAMI



WORLD PULSES DAY



ANNUAL SHOWS: TALENTINE (NUR.) & DARPAN (LKG)



The kids in Nursery and LKG wound up the academic session and prepared for the next step on their educational journey with vibrant celebration in Annual Shows.

Ms. Swati Munjal, author, poet & and inspirational speaker, Ms. Gulneet Chahal Assistant Director (Communication) at Punjab Agricultural University, Ms. Gurpreet Kaur, Dean Academics of BCM School, presided over the functions as the Chief Guests.

Cultural fiesta presented by children was an array of scintillating dances with message of Unity in Cultural Diversity.



“Children need the freedom and time to play. Play is not a luxury. Play is a necessity.”

UPNAYAN CEREMONY



ORIENTATION FOR PARENTS



GRADUATION CEREMONY 3 DAYS OF FESTIVITIES



The graduation marked a significant milestone – kids' first step towards a bright future brimming with possibilities. It symbolized a new chapter in their academic journey, filled with the pursuit of knowledge and exploration.



Our Esteemed Guests:

Ms. Neera Kumar, Manager at Tupperware
Dr. Monica Dua, Principal, BCM College of Ed.
Dr. Anuradha, psychologist & social activist
Ms. Simple Verma, Head Academics, BCM School, F.Pt.
Dr. Neelam Sodhi, MD in Obstetrics & Gynecology
Ms. Gurpreet Kaur, Dean Academics, BCM School



REFLECTIONS

सत्यमेव जयते

सच को परेशान तो किया जा सकता है,
पर हराया नहीं जा सकता।
हालात की आंधियाँ, क्या कुछ उड़ा ले जाती हैं,
हमारा सुकून हमारा विश्वास, हिला जाती हैं।
न दिन में शान्ति, न रातों को नींद आती है,
हमारे ख्वाबों को उड़ा ले जाती हैं।

वो जो शख्सियत सालों से बनाई होती है,
जो खड़ी की थी इमारत, उसकी नींव हिला जाती हैं।
हमारी आँखों की चमक, हमारी रूह की रूहानियत,
जो दिव्यआभा बरसों की मुशक्कत से बनाई थी हमने
उसमें कभी बड़ा तो कभी छोटा छेद बना जाती हैं।
पर जो हालातों से घबरा जाये, वो शख्सियत नहीं तू,
जिसकी दीवारें कोई हिला पाए, वो इमारत नहीं तू,
झरोखों से आई आंधियाँ, इमारत नहीं हिला पाती।
कुछ पन्ने जरूर फड़फड़ाते हैं; जीवन की किताब के,
पर उन पन्नों से पाया इल्म वो चुरा नहीं पाती हैं।

मुझे विश्वास है कि तू नई डगर फिर बनाएगा
जो कुछ पलस्तर उखड़ गए हैं,
उन्हें फिर से तू चमकाएगा।
वो जो बुलंदियाँ गढ़ी थी तूने,
उनसे भी बड़े मुकाम तू पाएगा।
बस न तू छोड़ हौसला,
इसी हौसले पर तो तू फिर आगे बढ़ पाएगा।

कुछ बादलों के आ जाने से, सूरज डूबा नहीं करते,
आंधियों के आने से मजबूत पेड़ उखड़ा नहीं करते।
हाँ, मुश्किल समायें हैं, पर ये भी निकल जाएंगी।
तेरी बुलंदियों का परचम फिर से लहराएगा,
तेरी बुलंदियों का परचम फिर से लहराएगा।

रीटा थापर
टीजीटी इंग्लिश

जल ही जीवन

जल इस पृथ्वी पर पाया जाने वाला वह अनमोल पदार्थ है जिससे मानव व समस्त जीवजंतु अपना जीवन यापन करते हैं। जल ही समस्त जगत का आधार है। किसी ने सत्य ही कहा है जल है तो कल है। इसके आभाव में हम अपने जीवन की कल्पना भी नहीं कर सकते। हम सब यह भली भाँति जानते हैं। परंतु इसकी महत्वत्ता को समझने में हम कहीं न कहीं बहुत पीछे हैं।

जी हाँ, यदि हम सब जल संरक्षण की ओर एक पहल करें तो निश्चय ही हम इसे अपनी आने वाली पीढ़ी के लिए संरक्षित कर सकते हैं। इस सन्दर्भ में स्कूल एक अहम भूमिका निभा सकता है। विभिन्न प्रकार की गतिविधियों से बच्चों में जल संरक्षण की आदत को विकसित किया जा सकता है। जैसे कि हम बच्चों को हर सप्ताह में जल संरक्षण पर कुछ विडियोज दिखाएं या फिर डॉक्यूमेंट्री बनवाएं। इसी प्रकार हम बच्चों से समय समय पर नुक्कड़ नाटक करवा के लोगों को जल संरक्षण के लिए प्रेरित कर सकते हैं। परंतु यह सब एक निश्चित व पूर्व निर्धारित पद्धति के द्वारा ही संभव हो सकता है।

आओ मिलकर धरती को स्वर्ग बनाएं एकजुट होकर सभी जल को बचाएं।

रुचि ठाकुर
टीजीटी इंग्लिश

श्रीमद्भगवद्गीता

ध्यायतो विषयान्पुंसः सङ्गस्तेषुपजायते ।

सङ्गत्सञ्जायते कामः कामात्क्रोधोऽभिजायते ॥2.62॥

इन्द्रिय विषयों का चिन्तन करते समय मनुष्य उनमें आसक्ति उत्पन्न करता है।

आसक्ति से कामना उत्पन्न होती है और कामना से क्रोध उत्पन्न होता है।

While contemplating on the objects of the senses,
one develops attachment to them.

Attachment leads to desire, and from desire arises anger.



KUMBH MELA

Kumbh is one of the largest and religious gatherings in the world, where millions of devotees and tourists visit to seek spiritual enlightenment. It is held at four sacred locations in India-Prayagraj, Haridwar, Ujjain and Nasik.

It is very well said that, “Religion is the manifestation of the divinity already in man”. This Mela embodies this sentiment, offers an opportunity for self-purification and divine connection.

The festival also features grand processions, religious discourses and Royal Bath led by Naga Sadhus.

Bhagavad Gita states, “A man is made by his belief, as he believes, so he is”. Beyond its religious importance, the festival also showcases essence of discipline and collective harmony. Kumbh Mela is just more than a festival; it’s a journey of faith, devotion, and spiritual awakening.

JASMAN WALIA
VIII-E

MAHAKUMBH

The Maha Kumbh Mela, often referred to as the largest peaceful gathering in the world, it is a religious and spiritual phenomenon that takes place every 12 years in India.

Millions of People across the world come to take a holy dip in confluence of rivers (also known as Sangam or Trivani of Ganga, Yamuna and Saraswati) to purify their soul.

According to Hindu Mythology the Maha Kumbh is linked to story of Samudra Manthan in which Devas (God) and Asuras (Demon) fought to obtain Amrit (Nectar of Immortality). Devas and Asuras churned enormous ocean (Samudra Manthan) during this process a pot full of Amrit emerged from Samudra and few drops of it fell on the Earth at: Prayagraj, Ujjain, Haridwar and Nasik.

It is not just an ordinary festival, but a celebration of faith, culture, and the ancient traditions of India.

VAANI VIII F

ਆਓ ਸੁਣਾਈਏ ਕਹਾਣੀ ਇੱਕ ਅਜਿਹੇ ਵਪਾਰੀ ਦੀ ,
 ਕੰਮ ਸੀ ਕਰਦਾ ਨੇਕ, ਚੱਲਦੀ ਉਸਦੀ ਸਰਦਾਰੀ ਸੀ ।
 ਪਿੰਡ-ਪਿੰਡ, ਸ਼ਹਿਰ-ਸ਼ਹਿਰ, ਆਪਣੇ ਕੰਮ ਨੂੰ ਵਧਾਉਂਦਾ ਜਾਂਦਾ ਸੀ,
 ਨਫਾ ਕਿਸ ਤਰ੍ਹਾਂ ਕਮਾਉਣਾ ਹੈ, ਉਸ ਨੂੰ ਚੰਗੀ ਤਰ੍ਹਾਂ ਆਉਂਦਾ ਸੀ ।
 ਸੁੱਖ ਅਤੇ ਅਰਾਮ ਨਾਲ ਭਰੀ ਉਸ ਦੀ ਜ਼ਿੰਦਗੀ ਸੀ,
 ਚੰਗੀ ਸਾਫ਼ ਨੀਅਤ ਰੱਖਦਾ ,ਰੱਬ ਦੀ ਕਰਦਾ ਬਹੁਤ ਬੰਦਗੀ ਸੀ ।

ਵਰੇ ਬੀਤੇ, ਸਮਾਂ ਬੀਤਿਆ, ਸੁਭਾਅ ਉਸਨੇ ਨਹੀਂ ਸੀ ਬਦਲਿਆ,
 ਸਭ ਤੋਂ ਅਮੀਰ ਆਦਮੀ ਦਾ ਰੁਤਬਾ, ਉਸ ਆਪਣੇ ਨਾ ਸੀ ਕਰ ਲਿਆ ।
 ਇੱਕ ਦਿਨ ਭਾਣਾ ਇਹਦਾਂ ਦਾ ਵਰਤਿਆ, ਸੋਨੇ ਦਾ ਹਾਰ ਉਸ ਦਾ ਚੋਰੀ ਹੋ ਗਿਆ ।
 ਲੱਭ-ਲੱਭ ਥੱਕ ਗਏ ਸਾਰੇ ਉਸਨੂੰ, ਵਪਾਰੀ ਸੋਚੀ ਪੈ ਗਿਆ ਇੰਝ ਕਿਵੇਂ ਹੋ ਗਿਆ ?

ਉਸਨੇ ਤਾਂ ਕਦੇ ਕਿਸੇ ਨਾਲ ਸਲੂਕ ਬੁਰਾ ਕੋਈ ਕੀਤਾ ਨਹੀਂ ,
 ਪਰ ਕਿਉਂ ਕਰ ਕਿਸੇ ਨੇ ਚੋਰੀ ਕੀਤੀ ? ਜੇ ਲੋੜ ਸੀ, ਤਾਂ ਉਸ ਤੋਂ ਪੈਸਾ ਕਿਉਂ ਲਿੱਤਾ ਨਹੀਂ ?
 ਥੱਕ-ਹਾਰ ਕੇ ਜਦੋਂ ਉਹ ਬੈਠਿਆ, ਤਾਂ ਯਾਦ ਉਸਨੂੰ ਆਪਣੇ ਗੁਰੂ ਦੀ ਆਈ,
 ਅਗਲੇ ਦਿਨ ਹੀ ਤੁਰ ਪਿਆ ਉਹ ਤਾਂ, ਆਓ ਭਗਤ ਦੀ ਤਿਆਰੀਆਂ ਸ਼ੁਰੂ ਕਰਾਈ ।
 ਪਹੁੰਚਿਆ ਜਦ ਆਪਣੇ ਗੁਰੂ ਕੋਲ, ਤਾਂ ਪੈਰੀ ਉਹਨਾਂ ਦੇ ਉਹ ਪੈ ਗਿਆ ,
 ਸਾਰੀ ਘਟਨਾ ਦੱਸੀ ਉਸਨੇ, ਆਪਣੇ ਮਨ ਦੀ ਗੱਲ ਉਹ ਕਹਿ ਗਿਆ ।
 ਗੁਰੂ ਨੇ ਬੜੇ ਸ਼ਾਂਤ ਮਨ ਨਾਲ, ਸਾਰੀ ਬੀਤੀ ਉਸਦੀ ਸੁਣ ਲਈ ,
 ਕਿਹਾ ਮੈਂ ਤੇਰੇ ਨਾਲ ਚੱਲਾਂਗਾ ,ਤੇ ਕੁਝ ਸੋਟੀਆਂ ਆਪਣੇ ਹੱਥ ਵਿੱਚ ਫੜ ਲਈ ।

ਪਹੁੰਚ ਵਪਾਰੀ ਦੇ ਕਰ ਗੁਰੂ ਨੇ , ਸਾਰੇ ਨੈਕਰਾਂ ਨੂੰ ਇਕੱਠਾ ਸੱਦ ਲਿਆ ,
 ਚੋਰ ਤੁਹਾਡੇ ਵਿੱਚੋਂ ਇੱਕ ਹੈ, ਇਹ ਕਹਿ ਸੋਟੀਆਂ ਨੂੰ ਕੱਢ ਲਿਆ ।
 ਇੱਕ-ਇੱਕ ਸੋਟੀ ਫੜਾ ਕੇ ਨੈਕਰਾਂ ਨੂੰ, ਹਿਦਾਇਤ ਸਭ ਨੂੰ ਇਹ ਦੇ ਦਿੱਤੀ ,
 ਜਾਦੂ ਕਰਦੀਆਂ ਨੇ ਇਹ ਸੋਟੀਆਂ, ਦੱਸ ਦੇਣਗੀ ਸਭ ਦੀ ਕੀਤੀ ।

ਫਿਰ ਵੀ ਜਦ ਕੋਈ ਉੱਤਰ ਨਾ ਆਇਆ, ਗੁਰੂ ਨੇ ਆਪਣੀ ਵਿਉਂਤ ਬਦਲੀ,
ਘਰ ਲੈ ਜਾਓ ਇਹਨਾਂ ਨੂੰ ਕਹਿ ਕੇ, ਅਗਲੇ ਦਿਨ ਲਈ ਸਭਾ ਫਿਰ ਸੱਦ ਲਈ ।
ਕਿਹਾ ਚੋਰ ਦੇ ਘਰ ਇਹ ਜਾ ਕੇ, ਇੱਕ ਉਂਗਲ ਜਿੰਨੀ ਵਧੇਰੀ ,
ਕੱਲ੍ਹ ਦੇਖਾਂਗੇ ਨਾਪ ਇਹਨਾਂ ਦਾ, ਚੋਰ ਦੀ ਕਰਨੀ ਨੂੰ ਦੱਸੇਗੀ ।

ਸਾਰੇ ਨੈਕਰ ਸੋਟੀ ਨੂੰ ਲੈ ਕੇ, ਆਪਣੇ ਘਰਾਂ ਨੂੰ ਤੁਰ ਪਏ,
ਜਿਸ ਨੈਕਰ ਨੇ ਕੀਤੀ ਸੀ ਚੋਰੀ, ਉਸਦੇ ਤਾਂ ਹੋਸ਼ ਹੀ ਉੱਡ ਗਏ ।
ਘਰ ਪਹੁੰਚ ਕੇ ਸੋਟੀ ਨੂੰ ਉਸਨੇ, ਇੱਕ ਉਂਗਲ ਜਿੰਨਾ ਕੱਟ ਦਿੱਤਾ,
ਚਲਾਕ ਸਮਝਦਾ ਸੀ ਖੁਦ ਨੂੰ ਬੜਾ , ਸਬੂਤ ਆਪ ਸਾਹਮਣੇ ਸੁੱਟ ਦਿੱਤਾ ।
ਬੜਾ ਖੁਸ਼ ਸੀ ਆਪਣੀ ਕਰਨੀ 'ਤੇ, ਮੈਨੂੰ ਕਿਵੇਂ ਕੋਈ ਫੜ ਲਵੇਗਾ ?
ਮੇਰੀ ਕੀਤੀ ਚੋਰੀ ਨੂੰ ਉਹ ਸਾਧੂ, ਕਿਵੇਂ ਹੁਣ ਸਾਬਿਤ ਕਰ ਲਵੇਗਾ ?

ਅਗਲੇ ਦਿਨ ਜਦ ਸਾਰੇ ਨੈਕਰ ਪਹੁੰਚ ਗਏ ਸਾਧੂ ਦੇ ਕੋਲ ,
ਸਾਰੀਆਂ ਸੋਟੀਆਂ ਲੈ ਲਈ ਉਸਨੇ ਫਿਰ ਸੁਣਾਏ ਆਪਣੇ ਬੋਲ ।
ਜਦ ਸੋਟੀਆਂ ਨੂੰ ਨਾਪ ਕੇ ਵੇਖਿਆ, ਇੱਕ ਸੋਟੀ ਸੀ ਉਂਗਲ ਛੋਟੀ ,
ਫੜਿਆ ਗਿਆ ਸੀ ਉਹ ਚੋਰ, ਜਿਸਦੀ ਨੀਅਤ ਸੀ ਬੜੀ ਖੋਟੀ ।
ਸਿਆਣਪ ਨਾਲ ਇਸ ਤਰ੍ਹਾਂ ਸਾਧੂ ਨੇ, ਚੋਰੀ ਦੀ ਗੁੱਥੀ ਸੁਲਝਾਈ ,
ਵਪਾਰੀ ਨੇ ਝੁਕ ਕੇ ਮੱਥਾ ਟੇਕਿਆ, ਤੇ ਜੈ-ਜੈਕਾਰ ਉਹਨਾਂ ਦੀ ਬੁਲਵਾਈ ।

ਕਹਾਣੀ ਸਾਨੂੰ ਦੱਸਦੀ ਇਹ ਹੈ ਇਹ, ਕਿ ਚੋਰੀ ਕਰਨਾ ਇੱਕ ਪਾਪ ਹੈ,
ਜੀਵਨ ਸਫਲ ਹੈ ਬਸ ਉਸਦਾ ,ਜਿਸ ਦੀ ਨੀਅਤ ਸਾਫ ਹੈ ।

(ਪ੍ਰਤੀਯੋਗਤਾ ਵਿੱਚ ਦੂਜਾ ਪੁਰਸਕਾਰ ਜੇਤੂ ਕਵਿਤਾ)

ਬਲਵਿੰਦਰ ਕੌਰ
ਟੀ ਜੀ ਟੀ ਪੰਜਾਬੀ

The Invisible Enemy: COVID-19

One message we received,
Forwarded so much,
It was hard to believe.

“Schools will close”, it declared,
As COVID-19 savagely flared.
It was the toughest time,
We thought we will never re-shine.
Period after period made us crazy,
Slowly we became lazy.
We missed our teacher’s sign,
It was looking like,
We are the part of a mime.

We used to pretend, ‘Nothing is visible’,
Or ‘I can’t hear’,
But it was too miserable.
Parents, anxious and stressed,
Bombarded with SMS, and no rest.
Sometimes we knowingly didn’t speak,
It was looking like a game of hide and seek.

Yet, through struggle and through strife,
We learned resilience, and the value of life.
COVID-19, a chapter now closed,
A proof to the challenges we were posed.

PRIYA CHOPRA
VIII E



A HIDDEN THREAT: HMPV

Human Metapneumo virus (HMPV) is a virus that causes respiratory infections, similar to the common cold. It spreads through close contact with an infected person, especially when they cough or sneeze, releasing tiny droplets into air.

Touching surfaces contaminated with these droplets and then touching your face can also lead to infection. Symptoms include cough, fever, nasal congestion, and shortness of breath. Preventive measures include regular hand washing, cleaning surfaces, and staying home when sick.

RIDHIMA SETH
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