



BTS NEWS



MESSAGE FROM THE DESK OF PRINCIPAL

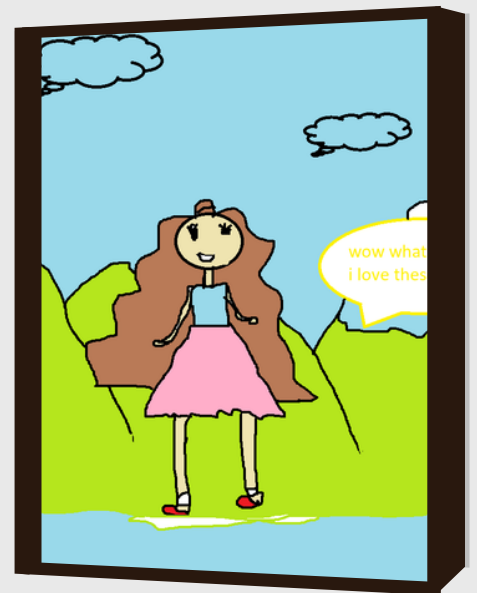
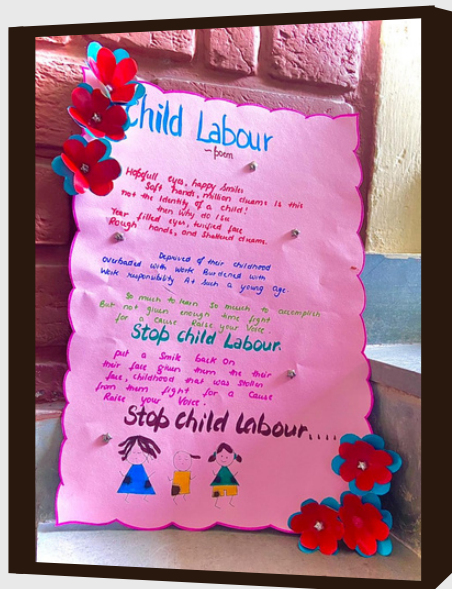


Mrs. Jasleen Kaur Sabharwal

An exuberant welcome to the session 2022-23!

Let us pave the way to its commencement with great fervour and supposition for achieving towering standards in the field of academics and other essential skills.

I hope the first newsletter will give you a valuable insight into how at BTS we share commitment as stakeholders being dedicated teachers, motivated students, and enthusiastic parents. Our consistent support for one another has always empowered us to pursue excellence. Now it's the time to take pride and celebrate our bond; for all that was yearned for by our young learners making its way to reach the desired aspirations.



1ST DAY AT SCHOOL



Children returned back to the beautiful campus with renewed energy and kickstarted the new session 2022-2023 with enthusiasm and vigor.

BAISAKHI



The budding talents of Grade III were soaring high up with their beautiful kites on the occasion of Baisakhi (13-04-2022)

SPEECH COMPETITION



Future Creators of grade XII shared their thoughts on the topic 'Are we the Nation of Dr. Ambedkar's Dream?'

GREETING CARD COMPETITION



On the occasion of Ambedkar Jayanti (14-04-2022), the innovative artists of grade IX and X had shown their artistic skills by making beautiful and eye-catching greeting cards

WORLD HERITAGE DAY



An inter house quiz competition was organised for classes IX to XII on the occasion of World Heritage Day (18-04-2022)

EARTH DAY



"Plant a Sapling activity" done by grade V students on the occasion of Earth Day (22-04-2022). They sow seeds in small biodegradable cups and nurtured them with love.

QUIZ COMPETITION



Quiz Competition, organized by Carmel Convent School in sec-9B Chandigarh on the Occasion of Earth Day, 22nd April 2022.
3 Students from grade IX participated and won first prize.

FAREWELL 2022



Biding Adieu to class XII (2021-2022)

STUDENT'S CORNER

ਪਰੇਲੀ/ ਬੁਝਾਰਤਾਂ

ਸੋਹਣੇ ਖੰਡ ਤੇ ਚਿੱਟਾ ਰੰਗ,
ਕਿਸੇ ਨੂੰ ਨਾ ਮੈਂ ਕਰਦਾ ਤੰਗ।
ਜਲ ਤੇ ਥਲ ਦੋਹਾਂ ਵਿਚ ਰਹਾ,
ਮੋਤੀ ਖਾਣਾ ਪਸੰਦ ਮੈਂ ਕਰਾਂ,
ਚੁੱਝੇ ਕੀ ਹੈ ਮੇਰਾ ਨਾਂ?

By : Damanpreet Kaur
Grade X

ਨਯਾ ਨਜ਼ਰੀਆਂ

आज दिल बैठा है ,मैं सोई हूँ
आज ना जाने क्यों मैं इतनी रोई हूँ।
सुबह की रोशनी भी आँखों को चुभ रही है,
ना जाने क्यों यह ख़ामोशी इतना शोर कर रही।

हवा का सहलाव दिल को बहला रहा है,
मेरा मन सातवे आसमान पर जा रहा है।
अंदर मेरे एक सवाल का धुआँ उठ रहा है,
जो हर पल मुझे बेचैन कर रहा है।

अब इस तूफ़ान से बाहर आना चाहती हूँ,
हर सवाल को जवाब देना चाहती हूँ।
नए हैं ये दिन, नई है यह दुनिया,
नए है देश, नई है गालियाँ।
नया मेरा मन, नया है नज़रियाँ।

देखना चाहती हूँ हर खिलते कमल का चेहरा,
बीत गई जिंदगी इतनी, अब खुद में झाँका है।
बात समझ में आई इतनी कि अपने संसार को खुद ही सजाना है,
अपने जीवन को खुद प्यार के रंगों से सजाना है।

By: Aaditi
Grade XI

ਅਜੋਕੇ ਯੁਗ ਦਾ ਵਿਚਾਰ

ਜੇ ਧਰਤੀ ਨੂੰ ਸਵਰਗ ਬਣਾਉਣਾ,
ਚਾਹੀਦਾ ਹਰ ਇੱਕ ਨੂੰ ਪੇੜ ਲਗਾਉਣਾ।
ਇਹ ਕਾਰਖਾਨੇ ਸੁੱਧ ਹਵਾ ਦੇ ਲਗਾਉਂਦੇ,
ਮਾਨਵਤਾ ਨੂੰ ਇਹ ਬਚਾਉਂਦੇ।

By : Ramandeep Singh.
Grade IX

Dear Sissy,

My little eyes are watching everything
you do.

My little ears are hearing everything you
say.

I am learning how to grow up to be like
you someday.

So be careful!

How you teach me to be the person that
you are,

You are the best friend I could ever have.

You are my brightest shining star

By: Saachi Nagpal
Grade VI

Nature's Plight

Broken bottles and shattered glass,
Crumpled newspaper tossed on the grass
Encasings of concrete and rippled out trees,
This is the nature that surrounds me

Science progressing with leaps and bounds,
Leaving behind heaps of mounds
Nature is the model for man's art forever,
By wrecking it, can we excel ever?

It's high time to mend our ways,
Before we face our last days
Let's take the path of restoration,
Before we are left with nothing but devastation.

Let's walk the way to afforestation,
So that animals too can escape the desperation.
We can do our share,
for cleaner water and cleaner air.

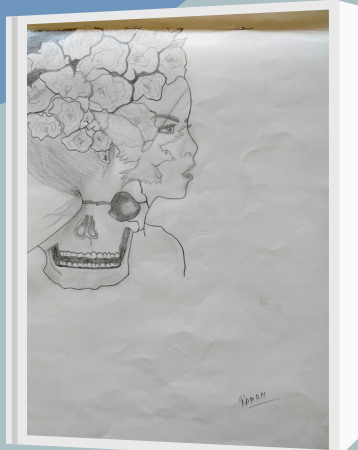
I ask you a favour, so simple to do;
We can make a difference,
Together with me and you.
How about we plant more trees?
And feel their peaceful breeze.
Let's begin before its too late
For our earth is at stake.

By: Gul
Grade XII

Dans une grande
coeur tout est grand

Je parle avec les
yeux
J'écoute avec la coeur
Je comprends avec le
temps

By : Rian and Divanya
Grade IX B



TEACHER'S CORNER

ਮਿੱਟੀ



ਵੇਖ ਫ਼ਰੀਦਾ ਮਿੱਟੀ ਖੁੱਲ੍ਹੀ,
ਮਿੱਟੀ ਉੱਤੇ ਮਿੱਟੀ ਡੁੱਲ੍ਹੀ,
ਮਿੱਟੀ ਹੱਸੇ ਮਿੱਟੀ ਰੋਵੇ ,
ਅੰਤ ਮਿੱਟੀ ਦਾ ਮਿੱਟੀ ਹੋਵੇ,
ਨਾ ਕਰ ਬੰਦਿਆ ਮੇਰੀ ਮੇਰੀ,
ਨਾ ਇਹ ਤੇਰੀ ਨਾ ਉਹ ਮੇਰੀ,
ਚਾਰ ਦਿਨਾਂ ਦਾ ਮੇਲਾ ਦੁਨੀਆਂ,
ਫਿਰ ਮਿੱਟੀ ਦੀ ਬਣ ਜਾਣਾ ਢੇਰੀ

BY : MRS. PANKAJ MAHAJAN

ਆਤਮਵਿਸ਼ਵਾਸ



ਆਤਮਵਿਸ਼ਵਾਸ ਹੀ ਸਫਲਤਾ ਦੀ ਨੀਂਹ ਹੈ, ਆਤਮਵਿਸ਼ਵਾਸ ਦੀ ਕਮੀ ਦੇ ਕਾਰਨ ਵਿਅਕਤੀਆਂ ਦੁਆਰਾ ਕੀਤੇ ਗਏ ਕਾਰਜਾਂ 'ਤੇ ਸੰਦੇਹ ਕਰਨਾ ਹੈ। ਆਤਮਵਿਸ਼ਵਾਸ ਉਸ ਵਿਅਕਤੀ ਦੇ ਪਾਸ ਹੁੰਦਾ ਹੈ ਜੋ ਸੁਖ ਤੋਂ ਸੰਤੁਸ਼ਟ ਹੁੰਦਾ ਹੈ ਅਤੇ ਜਿਸਦੇ ਪਾਸ ਦੁੱਖ, ਨਿਸ਼ਚੈ, ਮਿਹਨਤ, ਸਾਹਸ ਅਤੇ ਵਚਨਬੱਧਤਾ ਆਦਿ ਸੰਸਕਾਰਾਂ ਦੀ ਸੰਪਤੀ ਹੁੰਦੀ ਹੈ।

ਸੁਖ ਤੋਂ ਵਿਸ਼ਵਾਸ ਰੱਖੋ, ਲਕਸ਼ ਬਣਾਓ ਅਤੇ ਉਨ੍ਹਾਂ ਨੂੰ ਪੂਰਾ ਕਰਨ ਲਈ ਵਚਨਬੱਧ ਰਹੋ। ਜਦੋਂ ਆਪ ਆਪਣੇ ਦੁਆਰਾ ਬਣਾਏ ਗਏ ਲਕਸ਼ਾਂ ਨੂੰ ਪੂਰਾ ਕਰਦੇ ਹੋ ਤਾਂ ਉਹ ਆਪਣੇ ਆਤਮਵਿਸ਼ਵਾਸ ਨੂੰ ਕਈ ਗੁਣਾ ਵੱਧਾ ਦੇਂਦਾ ਹੈ। ਖੁਸ਼ ਰਹੋ, ਖੁਦ ਨੂੰ ਪ੍ਰੇਰਿਤ ਕਰੋ, ਅਸਫਲਤਾ ਤੋਂ ਦੁਖੀ ਨਾ ਹੋਕਰ ਉਸਦੀ ਸਿੱਖਣ ਲੈ ਕਿਉਂਕਿ experience ਸਦਾ bad experience ਤੋਂ ਹੀ ਹੁੰਦਾ ਹੈ।

BY: MRS. VEENA SHARMA

Be an empathetic listener



How do we show our children that we are really listening, when they come to us with a problem?

Here are a few easy steps to empathetic listening;

Focus on the child. Your eyes, your body and your ears are fully engaged in what the child has to tell you.

Acknowledge that you have heard them. "I understand what you have just told me and I'd like to find out more about what happened."

Be attuned to inferential clues. Be aware of your body language and theirs. Are there non verbal signals that tell you much more of the story. What body language messages are you emitting?

Ask open ended questions. Allow the child to tell you the full story. Give simple prompts that will allow them to get everything out.

Paraphrase and clarify things. Tell their story back to them using the same language and clarify some of the finer points. "Then he hit you, can you show me what kind of hit it was?"

Reflect their feelings. Discuss how it made them feel. Talk about why those feelings arose, what they mean and how we can use them to reflect.

Summarise the situation and make a plan. Inform them of your opinion and tell them that going forward we are going to work together to combat the issue.

By following these simple steps one can touch the heart of students and be the most sought after teacher.

BY: MRS. PORTIA OHRI

Building Confidence



Confidence is all about having clarity of what you do and what you are going to do. Confidence is a tool that can help you manage fears, tackle life's challenges with more certainty and maintain a positive mental attitude.

Tips on how one can build confidence;

Groom yourself

Think positive

Self awareness

Change a habit

Eliminate negative thoughts Increase knowledge

Stop procrastinating

Set small goals

Practice gratitude

BY: DR. ISHITA MUKERJI

RESOURCE PLANNING

COPING SKILLS WORKSHOP

MS. Priyanka Goel , Certified Counselor held webinar on Coping Skills for the members of BTS teaching staff on March 21, 2022.

TYPES OF ANXIETY

Anxiety Disorder

- Panic Disorder**
- Phobia**
- Posttraumatic Stress**
- Generalized Anxiety**
- Obsessive-Compulsive**

- Panic disorder:** experiencing recurring panic attacks at unexpected times. A person with panic disorder may live in fear of the next panic attack.
- Phobia:** excessive fear of a specific object, situation, or activity
- Social anxiety disorder:** extreme fear of being judged by others in social situations
- Obsessive-compulsive disorder:** recurring irrational thoughts that lead you to perform specific, repeated behaviors
- Separation anxiety disorder:** fear of being away from home or loved ones
- Illness anxiety disorder:** anxiety about your health (formerly called hypochondria)
- Post-traumatic stress disorder (PTSD):** anxiety following a traumatic event

Participants: Priyanka Goel, Monika Soni, Anika Banchata, Shalini, Khushboo Kumawat, Shefnaz John, Ritambhra Kaushal, Gagandeep BTS Chandigarh, Prabhjot Kaur, Pankaj Mahajan, Nidhi, Ekta Dhawan

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Strategies

- Get a Little Exercise
- Draw a Picture or Color
- Listen to a Relaxing Song
- Look at a Book
- Take a Walk

Participants: Priyanka Goel, Monika Soni, Khushboo Kumawat, Gagandeep BTS Chandigarh, Pankaj Mahajan, Prabhjot Kaur, Ritambhra Kaushal, Gurpreet Kaur

PARENT TESTIMONIALS

Parent Testimonials



We would like to endorse that Banyan Tree School has been doing very well with respect to teaching the children during the pandemic. The online method adopted by the school, teacher Ms Tanima Marik has produced positive and encouraging results in my child Ayaan. Right from introduction to various themes, alphabet recognition to number identification, poem recitation, story narration using puppets, my child has been positively engaged throughout. I have seen my son grow into a confident child. Beside this, the extra-curricular activities too have helped in developing various skills. We as parents are grateful to Ma'am Tanima Marik for her whole hearted efforts and thank the school on the whole."

Mrs Sarita Bhatia, parent of Ayaan Bhatia, Nursery, Banyan Tree School Chandigarh)

Sector 48 B, Chandigarh | www.banyantree.in/chandigarh

Parent Testimonials



I appreciate Nidhi madam for her efforts to ensure complete involvement of the kids in the different activities planned to help them understand the concepts introduced. My daughter Radhika is a very naughty and moody child, but because of the teaching methodology practiced by Nidhi madam to keep every child engaged in the class, Radhika loved to join her class daily. Hats off to the BTS team for their great efforts."

Ms Puja Gupta, parent of Miss Radhika Aggarwal, KG (Banyan Tree School)

Sector 48 B, Chandigarh | www.banyantree.in/chandigarh

Parent Testimonials



As a parent we love and cherish the child's first step. And we help our child in all possible way to walk safely. Entering a school is the most important step of a child, as it lays the foundation of its career path. Not only in studies, the school moulds the child in all fields, inculcating good values and morals which makes the child feel confident to face the world when they steps out of the school after 12 years.

Keeping all this in mind we chose Banyan Tree School for our child and at each and every moment BTS had made us feel proud about our choice. We are very confident of a bright career path waiting ahead for her and would bring laurels to us and her school. We thank BTS from the bottom of our heart."

Mrs Radha Sriram, Mother of Miss Aarthi Sriram, XII(Arts), Banyan Tree School Chandigarh)

Sector 48 B, Chandigarh | www.banyantree.in/chandigarh

Parent Testimonials



"Our journey with Banyan Tree School began when my two children got enrolled here two years back, and I have always been pleased with my decision. During the online classes, they have grown to appreciate the schools commitment to their students even more. Although the offline school had closed during the pandemic, the school ensured that the students learning did not suffer. Throughout the online lessons, the teachers had been encouraging and supportive of their students. They made it possible for the students to sense no difference between online and offline classes.

My daughter, Aayushi's teachers offered her with great advice as she entered Grade 11, and she is now much more confident in her decisions. My son, Lakshit, who is in Grade 6 likes attending his classes because of the activities conducted.

Overall, I am grateful to the teachers and Principal Ma'am for their unwavering support and for establishing a learning environment in which students can learn and grow."

Ms Prabhjot Kaur, mother of Miss Aayushi Kumari (XI-Arts) and Master Lakshit Kumar (Grade VI), Banyan Tree School Chandigarh)

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Parent Testimonials

I really don't know where to start...Both my children have completed their entire education in Banyan Tree School starting from Pre nursery to XII.

My relationship with BTS started in 2005 and is on its final journey...With my son in his final year.

The teachers have been more like second mothers/ fathers and mere educators for my children, they have guided them not only academically but nurtured them day in and day out for almost 2 decades.

They have emotionally supported my children through all the turbulent times including illness, mood swings, teenage issues etc.

Banyan Tree School for me is not an institution but an extended family.

I truly have no words to express my emotions and gratitude for each and every member of the BTS family.

All I can truly say to other parents is if you want your child to receive holistic development and turn into a beautiful human being...BTS is the school for you."

Mrs Amarpreet Kaur and Danish Anwar Khan, Parents of Maaz Danish Khan, XII(Science) (Banyan Tree School Chandigarh)

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HIGHLIGHTS OF NEXT MONTH

- EID-UL-FITR
- NATIONAL DOCTOR'S DAY
- WORLD UFO DAY
- KARGIL VIJAY DIWAS
- INDEPENDENCE AY
- RAKSHA BANDHAN
- NATIONAL SPORTS DAY
- JANMASHTAMI

