

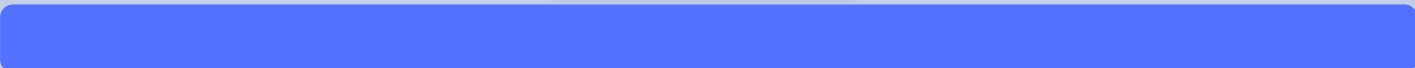


# BTS NEWS

APRIL MAY



Wrap your Mother with your Love;It's Mother's Day.  
You can't love her enough,'cause she is your Mother!





# World Athletics Day

The 26th World Athletic Day was celebrated with great zeal and enthusiasm by the students and the faculty members of Banyan Tree School, Sector -48, Chandigarh.





# ELC CLUB ACTIVITY



Students of class IX participated in the activities on the topic  
·“NOTA”, when to use ,

- Knowing essential information of your candidates.
- Students of class X participated for the activity
- Voter card/My EPIC, who all can contest an Election?
- Steps to qualify as a Candidate.

By-Ms. Shivani Nagpal



## Yellow Day

Decked in Yellow, we are in Mellow. The Blooming Buds celebrated Yellow Day with Ecstasy, Joy and Happiness



## International Family Day

Family is Heaven in a heartless World. Having somewhere to go is home. Having someone to love is family. And having both is a blessing.





# Activity Club

## Red Day Celebrations



## SCIENCE EXHIBITION



The Emerging Scientists of the Primary and Middle Wing showcased their innovative skills and created models .



# Student corner



Anmol Singh, VII

**The Super Knights.**  
 Today I sleep in peace because I know I am protected,  
 By some heroes without a cape and with patriotism injected.  
 They are the great soldiers of my India,  
 They live, they breath, they fight and die just for INDIA.

Mansukhdeep ,XII

बसंतऋतु  
 देखो -देखो बसंत ऋतुहै आई ,  
 शरद ऋतु के बादहैं आई ,  
 अपने संग ढेरों खुशियाँहै लाई ,  
 बागों में कलियाँ हैंआई ,  
 देखो-देखो बसंत ऋतुहै आई ।  
 रंग बिरंगे फूलों को है लाई ,  
 तितली और भँवरों कोमस्ती है छाई ,  
 खेतों में सरसों हैलहराई ,  
 चारों ओर हरियाली हैछाई ,  
 इसीलिए ऋतुओं का राजा हैकहलाई ,  
 देखो-देखो बसंत ऋतुहै आई।

Anvi Dadwal,IV



Jazlyn, VI



Tanisha,VI



# Teacher's Corner

## Impact of Technology on Education

Technology plays a vital role in education. The advent of technology has deeply impacted the educational scenario of the world. Technology has certainly changed the way we live. It has impacted the different facets of life and redefined living. Undoubtedly, technology plays an important role in every sphere of life. Thanks to the manifold positive effects of technology, the fields of education and industry have undergone a major change and sure, they have changed for the better.

Computers and internet technology have revolutionized the field of education. The importance of technology in schools cannot be ignored. In fact, with the onset of computers in education, it has become easier for the teachers to render knowledge and for the students to grasp it. Computer technology is used to add a fun element to education. And it goes without saying that the internet has endowed education with interactivity.

The importance of science and technology in education cannot be stressed enough. The introduction of technology in the education field has made the process of learning and knowledge sharing, an interactive and fun-filled activity. Advancement in technology is indeed one of the greatest achievements of mankind.

Ms.Portia Ohri  
 Language Teacher(English)

## ਯੋਗਦਾ ਮਹੱਤਵ

ਕਿਸੇ ਸਿਆਣੇ ਨੇ ਕਿਹਾ ਹੈ  
 'ਪੜ੍ਹਿਆ ਸੁੱਖ ਨਿਰੋਗੀ ਕਾਇਆ'  
 ਸੁਚੇ ਖੇਡੇ ਮਾਇਆ'

ਆਦਿ ਕਲਤੋਂ ਹੀਯੋਗਾ ਦਾਮਰੋਤਵ ਦੱਸਿਆਗਿਆ ਹੈ।ਇਸ ਦਾਮਰੋਤਵ ਸਰੀਰਿਕਵਿਕਾਸ ਹੀਨਗੀ, ਸਰੀਰਮਾਨਸਿਕ ਵਿਕਾਸਲਈ ਵੀਬਹੁਰੀ ਹੈ।ਜੇ ਕਿਸੇਵਿਦਿਆਰਥੀ ਨੇਪੜ੍ਹਾਈ ਕਰਨੀਹੈ ਤਾਂਮਨੁੱਖ ਨੇਪ੍ਰਮਾਤਮਾ ਨੂੰਪਾਉਣਾ ਹੈ, ਸਿਮਰਨ ਕਰਨਾਹੈ ਇਸਲਈ ਪਿਆਨਾਲਾਉਣਾ ਬਹੁਤਜ਼ਰੂਰੀ ਹੈ।ਜੇ ਕਿਯੋਗਾ ਦੀਰੀ ਇੱਕਕਿਸਮ ਹੈ।ਯੋਗਾ ਕਰਨਵਾਲੇ ਦਾਸਰੀਰ ਠੀਕਰਹਿੰਦਾ ਹੈਇਕ'ਯਾਗਤਾ ਵਧਦੀਹੈ ਤੇਉਹ ਬੀਮਾਰਨਹੀਂ ਹੁੰਦਾ ਜਿਸ ਕਾਰਨਉਹ ਖੁਸ਼ਤਬੀਅਤਰਹਿੰਦਾ ਹੈਤੇ ਹਰਕੰਮ ਚੰਗੀਤਰ੍ਹਾਂ ਕਰਦਾਹੈ ਤੇਉਸ ਦੇਚਿਹਰੇ ਤੇਨੂਰ ਰਹਿੰਦਾਹੈ। ਅੱਜਪੂਰਾ ਸੰਸਾਰਯੋਗਾ ਦੇਮਰੋਤਵ ਨੂੰਸਮਝ ਚੁੱਕਿਆਹੈ ਤੇਪੂਰਾ ਸੰਸਾਰ 21 ਜੂਨ ਨੂੰ'ਅੰਤਰਰਾਸ਼ਟਰੀ ਯੋਗਾਦਿਵਸ ਮਨਾਉਂਦਾਹੈ।ਭਾਰਤੀਉਯੋਗ ਓਨੇ ਵੀਸੰਸਾਰ ਨੂੰਤੰਦਰੁਸਤ ਰੱਖਣਲਈ ਯੋਗਾਨੂੰ ਸਮਰਪਨਦਿੰਦਾ ਹੈ।ਇਸ ਨਾਲਮਨੁੱਖ ਦਾਬੌਧਿਕ ਵਿਕਾਸਹੀ ਨਹੀਂਹੁੰਦਾ, ਸਗੋਂਲੋਕ ਨੂੰਰੋਜ਼ਗਾਰ ਦੀਮਿਲ ਰਿਹਾਹੈ। ਅੱਜਦੇ ਜਗਦੀ ਸੱਭਤੋਂ ਵੱਡੀਬੀਮਾਰੀ ਡਿਪਰੈਸ਼ਨਨੂੰ ਇਸਦਾਇਲਾਜ ਵੀਯੋਗਾ ਹੈ।ਭਾਰਤਕਈ ਯੋਗਾਦੇ ਅਧਿਆਪਕਾਠਿਤਾਅਰ ਕਰਕੇਦੂਜੇ ਦੇਯਾਵਿੱਚ ਭੇਜਦਾਹੈ।ਜਿਸ ਨਾਲਸਮਾਜ ਤੰਦਰੁਸਤਤਾਂ ਹੋਵੇਗਾ ਹੀ ਇਸਨਾਲ- ਨਾਲਤੁਰਜ਼ਗਾਰ ਵੀਮਿਲੇਗਾ। ਆਉ ਯੋਗਾਦਿਵਸ ਮਨਾਈਯੋਗਮਾਨ ਨੂੰਸਵਸਥ ਬਣਾਈਏ।

Ms.Pankaj Mahajan  
 Language Teacher (Punjabi)





### साधारण जीवन जिऐँ

जीवन बहुतसुंदर औरसरल हैहमें इसकोमुश्किल नहींबनाना है। सबजीवों मेंहम ईसानही ऐसेभाग्यशाली हैंजो हरप्रकार कीसुख सुविधाओंऔर संसाधनोंका उपयोगकर सकतेहैं। ज़्यादा पानेकी ख्वाहिशको छोड़कर कुछमौलिक नियमोंका अपनानाहोगा। हमेशाअपने बारेमें नसोच करकुछ समयदूसरों केबारे मेंसोचें, उनकीखुशियों केबारे मेंसोचें, आपकोसुखद अनुभवहोगा। खुद भीखुश रहेंऔर दूसरोंमें भीखुशियाँ बाँटेंभी हमअपने औरसमाज केलिए कुछबेहतर करपाएंगे। इसके साथही अपनीयोग्यताओं कोबढ़ाते रहें, नई-नईचीज़ों कोसीखना होगाऔर रातको सोनेसे पहलेपूरे दिनका आंकलनकरें किआज हमनेकौन कौनसे सार्थककार्य किएहैं।

Ms.veena sharma  
Language Teacher (Hindi)



### SIDE EFFECTS OF OVERTHINKING

- Mental illness like increased stress, anxiety and depression
- Interferes with effective problem solving and decision making
  - Disrupts daily routine activities
- Interferes with effective interpersonal relationships
  - Disrupts sleep and appetite
  - Reduces creativity
- Decrease self-confidence and foster self-doubt

Dr. Ishita Mukerji  
School Counsellor

# TEACHER DEVELOPMENT WORKSHOP



**Teacher Development workshop conducted by the renowned faculty members of IILM on Classroom Management, Pedagogy and Well Being in Schools.**