



Bhartiya Vidya Mandir Sr. Sec. School

Shaheed Udham Singh Nagar
Ludhiana

NEWSLETTER

SPORTS SPECIAL

VOL.III

Play with
Passion,
Win with
Pride!

Celebrating Strength, Spirit
and Sportsmanship



2026-27



www.bvmusn.com



Some journeys are measured in the ticking of clocks, but the ones that truly matter are mapped in memories, etched in milestones and reflected in the lives we touch.....

As I turn the pages of this digital edition, a quiet tide of profound pride and gratitude surges within me. Having walked through the sacred corridors of BVM, Udham Singh Nagar, first as an alumna and now having served this beloved home of learning for twenty-eight years, I have witnessed a humble sapling blossom into a majestic canopy of intellectual brilliance and moral fortitude. Today, BVM, Udham Singh Nagar stands as a beacon of progressive academic innovation—deeply anchored in timeless values yet courageously reaching towards uncharted horizons. The present Vol. III unfolds as a luminous tapestry woven from the very heartbeats of our vibrant school community.

On Teachers' Day, we paused to render heartfelt Acknowledgements to our esteemed educators completing thirty, twenty-five and fifteen years of devoted service, honouring the stalwart guardians of light whose tireless devotion forms the bedrock of our legacy.

This spirit of reverence extended naturally to our grand 15th August celebrations, where a vibrant thread of patriotic fervor reminded us that true education elevates character and ignites a sacred resolve to serve the nation. That same boundless energy resonated across our sports arenas, where our resilient athletes forged grit into triumph—securing stellar laurels in various athletic arenas alongside prestigious LSSC accolades—while our co-curricular pursuits erupted in a symphony of artistic and intellectual creativity.

Guided by the visionary stewardship of the BVM Trust and our dynamic leadership, we continue to ascend towards ever-higher summits through harmonious cooperation and unwavering resolve. To our stellar young trailblazers, I offer my fondest blessings: dream fearlessly, remain steadfastly rooted in your values and illuminate the world with your unique sheen. With enduring gratitude for the memories etched behind us and boundless optimism for the grand chapters yet to unspool, let us continue to march forward in excellence until we meet again in the next edition.

Blessings and regards
Manjula Sharma

Teacher's Talk on Independence day

.....भारत कोई भूमि का टुकड़ा नहीं,
एक जीता-जागता राष्ट्रपुरुष है।

यह वंदन की भूमि है,
अभिनंदन की भूमि है,
यह अर्पण की भूमि है,
यह तर्पण की भूमि है।
इसकी नदी-नदी गंगा है,
इसका कंकर-कंकर शंकर है।
हम जिएँगे तो इस भारत के लिए,
और मरेंगे तो इस भारत के लिए।
और मरने के बाद भी,
गंगाजी में बहती हमारी अस्थियों को
कोई कान लगाकर सुनेगा,
तो उनमें से भी एक ही आवाज़ आएगी
भारत माता की जय!

(प्रेरणा स्रोत: श्री अटल बिहारी वाजपेयी जी)



MRS. RASDEEP KAUR





Small
moments
make big
stories...

≡ CREASES ≡

Looking back at this month, there is quite a lot to fit into a single newsletter: competitions, achievements, celebrations, practice sessions, deadlines and the usual race against the bell.

While assembling all of this as the Literary Head, I kept returning to a simple thought about a sheet of paper.

If you hold a blank page from the bottom, it simply flops over. Fold a few creases into it, however and it suddenly stands upright. It seems a bit stronger, but perhaps that is the entire point: paper does not grow stronger by remaining untouched.

School is much the same. The test we got wrong, the competition that did not go our way, the speech that made our hands shake or the assignment we had to redo for the third time—each leaves its own subtle crease. We might not notice them as they happen, but they shape us nonetheless.

That, I believe, is what makes our school so dynamic. We are not merely a collection of marks, medals and names on a noticeboard. We are students trying something for the first time, teachers encouraging us to push a little further, teams figuring things out as they go and ideas waiting for someone to give them a chance.

As Literary Head, I would love to see even more of that spirit. I want to see more students raising their hands, writing even when the words feel imperfect, entering competitions without worrying about the outcome and simply giving themselves an opportunity to grow.

There is a quote I deeply admire: "A pen and paper can solve almost anything or at least start the process." Perhaps that is all we truly need: not the complete answer, but just a blank page, a pen and the courage to begin.

Here's to the next page. It doesn't have to be perfect. It just has to be ours.....

Saavi
'Student Editor'

Same paper,
new creases,
stronger us.

Write
Learn
Grow

BVM 2026 Sports Trends

Handball

Mr. Sahil Sharma

Nurtured by the tactical direction of Mr. Sahil Sharma, the U-14 Boys Handball team dominated the court as undefeated Zonal Champions, capturing 1st position. Their momentum surged into the District Level Tournament, where six selected players propelled the squad to a spectacular 1st-position victory, ultimately **earning four star athletes** a coveted selection for the State Level School Games.



Tug of War

Ms. Geeta Mishra

U-19 Girls team secured 3rd position, bringing pride and honour to the institution. Adding to the celebration, **Ritika (Class XI), Mannat (Class XI), and Mehak (Class XII) earned selection to represent the Distt Level.**

Kurash

Ms. Deepika

U-14, 17, 19 Boys and Girls teams participated in Distt. School Games and got 15 Gold Medals, 8 Silver Medals and 14 Bronze Medals. **15 Boys and Girls selected for the State-Level Kurash Championship** brought immense pride to the school **earning the honour of representing Punjab at the Open National Sub Junior Kurash Championship** and 1 Silver Medal.

Wrestling

Mr. Ravi

Guided by the dynamic mentorship of Mr. Ravi, 41-student contingent steered its way to glory across U-14, U-17, and U-19 categories. The wrestlers showcased tactical brilliance at the Zonal competition with 21 medals (18 Gold, 2 Silver, 1 Bronze), followed by an outstanding **District-level performance yielding 32 total medals (21 Gold, 8 Silver, 3 Bronze)** and **earning 2 wrestlers' selection for the State Championship.**

Volleyball

Mr. Jaswinder Singh

Under the expert mentorship of Mr. Jaswinder Singh, Volleyball prodigies delivered extraordinary performances across all categories. U-17 Boys triumphed as Zone Champions, securing 1st position, while the U-14 Boys and U-19 Boys & Girls teams earned 2nd position. Demonstrating high-caliber athletic prowess, several players advanced to **District Level competitions**, where the **U-14 team clinched 1st position and both the U-17 and U-19 Boys teams earned stellar 2nd positions.**

MOMENTS OF GLORY



Sports Spotlight

Pride, Passion, Performance

Karate



Mr. Sanjeev Thakur

Guided by the sharp mentorship of Mr. Sanjeev Thakur, the martial artists struck with formidable precision. **Gurjinder Singh (XII) led the charge with a 1st Position triumph at zonal level and Silver in Distt.,** complemented by Silver victories from Vaibhav (IX), Kulraj Singh (XII) and Priyanshu (XI). Bronze honors were fiercely earned by Devansh Kashyap (IX), Aryan (X), Aagrim (VIII), Naksh Malhotra (VII) and Daksh Nayyar (VII).



Kick Boxing



Mr. Sanjeev Thakur

Under the dynamic leadership of Mr. Sanjeev Thakur, the kickboxers delivered an explosive 10-medal haul. **Deepanshu (U-19) struck Gold to secure a State-Level SGFI selection, supported by Vaibhav's Silver (U-17).** Adding to the impressive tally, Daksh Nayyar, Naksh (U-14), Aatike, Krish Chaudhary (U-17), alongside Krish, Kulraj, Kismat and Jivitesh (U-19) all battled valiantly to claim Bronze.



Gymnastics



Mrs. Deepika

Nurtured by the refined coaching of Ms. Deepika, the gymnastic contingent displayed stunning grace and agility. **Star athlete Aarav Shailli (X) executed breathtaking routines to secure Bronze Medals in both the Table Vault and Floor Exercise events, proudly earning a well-deserved selection to represent the school at the State Tournament.**



Judo



Mrs. Deepika

Under Ms. Deepika's expert guidance, a disciplined 17-judoka contingent showcased fierce combat strategy. **Panshul Sharma (40 kg) claimed Silver to earn a prestigious spot at the CBSE National Championship in Haryana.** Demonstrating incredible resilience, Sania Guru, Chaitanya, Kartik, Bhavesh and Kanav further elevated the team's victory by capturing Bronze Medals.



yoga



Mrs. Gita Mishra

Guided by the serene mentorship of Mrs. Geeta Mishra, the yogis displayed remarkable balance and poise. **Ananta Gulati (IX) and Sugandha Gulati (XI) clinched Gold in Artistic Pair,** while each earned Silver in their Solo events. Ridhima Bhatt (VIII) captured Bronze, with valiant participation from Srishti, Chakshita, Deetya and Geet.



yoga



Mr. Sanjeev Thakur

Guided by serene mentorship of Mr. Sanjeev Thakur, the yogis achieved absolute harmony of mind and body at the District Level SGFI Championship. In U-19, **Gaurav Singh Rawat spearheaded a Triple Golden sweep in Traditional, Artistic Solo and Artistic Pair alongside partner Kismat Sharma,** while Jashan Saini & Tejas Verma (XII) clinched Gold in Rhythmic Pair—earning all four U-19 champions a State-level selection. Adding to the brilliance, Devansh Kashyap (IX), Dev Kashyap (IX), and Laksh Bhardwaj (VI) captured Bronze medals.

Shishu Vatika

Learning is *fun!!*



Sharing Bonds.....

Where Sparks of Starlight Softly Spring,
and Young Hearts Find Their Wings.....

At Shishu Vatika, every child is a universe of wonder, blossoming in a safe and nurturing haven where curiosity sparkles, confidence takes root and young minds are gently guided towards scholastic excellence.

Through the magic of activity-based learning, every playful moment becomes a voyage of discovery—imagination unfurls its wings, curiosity lights the way and learning comes alive. Here, tiny footsteps become giant strides; curious eyes gleam with promise, radiant smiles brighten every corner and each little triumph becomes a glittering star in childhood's treasured constellation.

A magical beginning where little minds bloom, joyful hearts flourish and infinite possibilities take flight.



Explore
Grow
Succeed



Imagine
Discover
Create



Learn
Laugh
Shine



→ 10

→ 10A



FILM NEGATIVE

→ 11

→ 11A



FILM NEGATIVE

→ 12

→ 12A



FILM NEGATIVE



**Unfolding
Brilliance
through
Tradition,
Awareness
and
Inspiration**



BVM USN blossomed into a canvas of culture, patriotism and intellectual growth. Threaded with love, Rakshabandhan wove bonds of unity, while Janmashtami painted the campus in the divine, rhythmic colors of devotion. The flame of freedom blazed bright on Independence Day, echoing national pride, while National Nutrition Week planted seeds of lifelong vitality. Imagination took flight in vibrant Art Cluster Activities, while Ms. Manu Prashar ignited pedagogical sparks among teachers through an illuminating CBSE CBP. Together, these moments crafted a masterpiece of holistic growth and enduring brilliance.

ACCOMPLISHMENTS & Milestones



SPARKLING SILENCE ROARS TO GOLDEN VICTORY!

BVM USN team mentored by Mr Bharat and Mrs Priyanka Tiwari, outshone at the **LSSC Inter-School Mime Competition** hosted by BVM Kitchlu Nagar, clinching **First Position** with expressive gestures, seamless synchronisation and compelling storytelling.

THREADS OF EMOTIONS-

Guided by Ms. Brahmjyot Kaur and Ms. Pallavi Sharma, champion **Vanshika (VIII-C)** soared to **First Position** with soulful poetry, while **Yadvi Gupta (VI-D)** captured **Second Position** through vivid, inspiring art at the **Takshila Mind Space Mental Health Summit**, giving mental wellness a radiant voice!



SHOW STOPPERS - SPOTLIGHT TO STARDOM!

Two young meteors illuminate the stage! **Suruchi Rauthan (III-A)** dazzled to claim the radiant 'Future Fashion Star' crown, while **Sana (II-D)** cast an unforgettable spell to seize **Third Prize** at **Talent Ka Dum**. Brilliant, bewitching, and utterly unstoppable—pure stardom unveiled!

IDEAS IGNITE DIGITAL HORIZONS

Blending seamless scientific curiosity with digital creativity, **Donica Arora** and **Drishti Jain (VIII)** earned **Second Position** in the **LSSC Chronicles of Science: A Digital Odyssey**. Inventive ideas and technical skills got transformed into stellar vision, a podium-worthy achievement under the guidance of Mr. Rawat, Ms. Kiran & Ms. Madhuri, Ms. Harjinder & Mr. Manoj.



When I Finally Stopped Pretending...

I smiled, though I didn't want to,
And forced myself just to do.

Everyone said that they were fine,
so, I also said the same just to fit in the line.

I said yes, though I wanted to say no,
And chose the path where everyone would go.

When everyone laughed I also did,
even when the joke was just mid.

I watched what they did and followed their way,
forgetting my own voice day by day.

I hid my feelings inside my heart,
And made my own voice apart.

But then a gentle voice inside me grew,
And said that this is not true.

'You don't need to run, you don't need to hide',
The voice of my heart gave me the right guide.

When I finally stopped pretending, I felt so free,
Because I had listened to the voice inside me.

No matters what people may say,
But now I will truly walk on my own way....

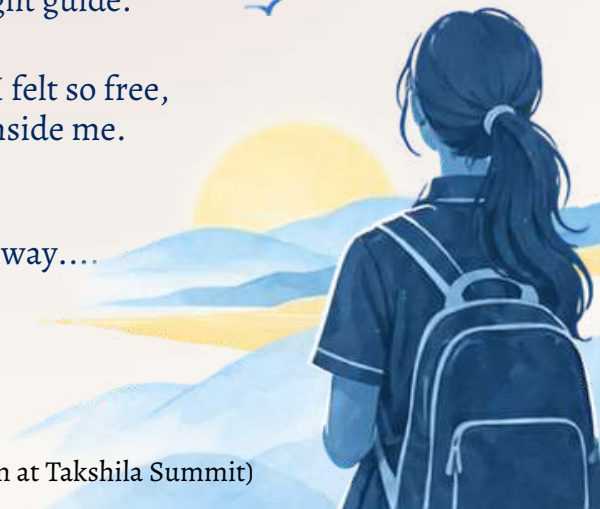
Vanshika



VIII C



Be yourself,
it's enough...





Second Position : LSSC Inter-School Marketing & Advertising Competition



**Decorus 2026 :
Decor Creative
Prodigies**

Creative Brilliance Shines at Janmashtami Inter-School Competition



‘FROM IDEAS TO APPLAUSE’ BVM USN SHINES ACROSS ARENAS!

BVM USN turned inter-school platforms into stages of brilliance, securing a dazzling array of honours.

At Tech Manthan 4.0, innovation earned the Second Prize in Pick & Shoot Walkathon– Bipedal Robot Challenge brought home Third Prize. The creative spirit soared further with Second Position at the LSSC Advertising & Marketing Competition, alongside a mass achievements at the Janmashtami Inter-School Art Competition. Adding more colour to the triumph trail, Decorus 2026 Art Competition saw BVM USN clinch Second Position and a Consolation Prize. A constellation of creativity, innovation and ingenuity—another glittering chapter in the BVM USN’s story of excellence.....



**TECHMANTHAN 4.0 :
Double Podium Triumph**

TEACHERS' DAY

When Dedication Reaches a Milestone....

BVM Trust Honours the Journey

15 Years of Dedication



20 Years of Devotion



ਮੇਰੀ 30 ਸਾਲਾਂ ਦੀ ਸੇਵਾ ਦੇ ਮੌਕੇ 'ਤੇ ਮੈਨੂੰ ਦਿੱਤੇ ਗਏ ਇਸ ਮਾਣ-ਸਨਮਾਨ ਲਈ ਮੈਂ ਸਕੂਲ ਦੀ ਮਾਣਯੋਗ ਮੈਨੇਜਮੈਂਟ ਅਤੇ ਸਮੂਹ ਸਕੂਲ ਪਰਿਵਾਰ ਦਾ ਦਿਲੋਂ ਧੰਨਵਾਦ ਕਰਦੀ ਹਾਂ। ਇਹ ਸਨਮਾਨ ਮੇਰੇ ਲਈ ਕੇਵਲ ਇੱਕ ਪੁਰਸਕਾਰ ਨਹੀਂ, ਸਗੋਂ ਮੇਰੀ ਲੰਬੀ ਸੇਵਾ, ਮਿਹਨਤ ਅਤੇ ਸਕੂਲ ਪ੍ਰਤੀ ਸਮਰਪਣ ਦੀ ਕੀਤੀ ਗਈ ਕਦਰ ਦਾ ਪ੍ਰਤੀਕ ਹੈ। ਇਨ੍ਹਾਂ ਤਿੰਨ ਦਹਾਕਿਆਂ ਦੌਰਾਨ ਮੈਨੂੰ ਸਕੂਲ ਦੇ ਸਹਿਯੋਗੀ ਸਟਾਫ਼, ਵਿਦਿਆਰਥੀਆਂ ਅਤੇ ਮਾਣਯੋਗ ਪ੍ਰਬੰਧਕਾਂ ਤੋਂ ਮਿਲਿਆ ਪਿਆਰ, ਸਹਿਯੋਗ ਅਤੇ ਮਾਰਗਦਰਸ਼ਨ ਮੇਰੇ ਲਈ ਅਮੋਗ ਪ੍ਰੇਰਣਾ ਦਾ ਸਰੋਤ ਰਿਹਾ ਹੈ। ਮੈਂ ਇਸ ਮਾਣ-ਸਨਮਾਨ ਨੂੰ ਥੋੜ੍ਹਾ ਮਾਣ ਅਤੇ ਨਿਮਰਤਾ ਨਾਲ ਸਵੀਕਾਰ ਕਰਦੀ ਹਾਂ ਅਤੇ ਭਵਿੱਖ ਵਿੱਚ ਵੀ ਪੂਰੀ ਇਮਾਨਦਾਰੀ, ਨਿਸ਼ਠਾ ਅਤੇ ਸਮਰਪਣ ਨਾਲ ਸੰਸਥਾ ਦੀ ਤਰੱਕੀ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਦੇ ਉਜਵਲ ਭਵਿੱਖ ਲਈ ਆਪਣਾ ਯੋਗਦਾਨ ਪਾਉਂਦੀ ਰਹਾਂਗੀ। ਸਕੂਲ ਅਤੇ ਮੈਨੇਜਮੈਂਟ ਵੱਲੋਂ ਦਿੱਤੇ ਇਸ ਪਿਆਰ ਅਤੇ ਸਨਮਾਨ ਲਈ ਇੱਕ ਵਾਰ ਫਿਰ ਦਿਲ ਦੀਆਂ ਗਹਿਰਾਈਆਂ ਤੋਂ ਧੰਨਵਾਦ।
ਸ਼੍ਰੀਮਤੀ ਲਲਿਤਾ ਅਰੋੜਾ

From chalk and blackboard to the age of AI, I have been blessed to witness an extraordinary journey of learning, growth and transformation. BVM USN has never been merely a workplace—it has been my second home, my temple of learning and an inseparable part of my identity. Thirty-four years of memories, milestones & belonging—and the journey continues with the same warmth and passion! My heartfelt gratitude to the BVM Management for nurturing this institution like a family, honouring my journey and making every chapter truly memorable.
-Mrs Suman Thapar

I am deeply grateful for the love, respect and warmth shown to me on completing 30 years of dedicated service to the school. This recognition is a proud and emotional moment and I sincerely thank the management, Principal, colleagues and students for their constant support and encouragement. As a Yoga Teacher, it gives me immense joy to see our students excel at State and National levels and bring laurels to the school. These 30 years have given me countless beautiful memories and meaningful experiences. I feel truly blessed, proud and honoured to be a part of this wonderful school family.
Mrs. Gita Mishra

I sincerely express my heartfelt gratitude to the Management for recognizing my 30 years of dedicated service and honouring me with a token of remembrance & Certificate of Appreciation. This thoughtful gesture is truly meaningful and will always inspire me to continue serving with dedication and sincerity.
Ms. Mandeep Kaur

Being honoured by the school management for 30 years of dedicated service is a moment of immense pride and gratitude. As a teacher, I feel blessed to have spent these precious years nurturing young minds and contributing to the growth of this institution. Teaching has never been just a profession for me; it has been a journey of learning, love, responsibility and countless cherished memories. This recognition is a beautiful reminder of the trust and support I have received throughout the years. I sincerely thank the school management for this honour. I dedicate this achievement to my institution, my students and my colleagues.
Mrs. Indu Arora (Alumna BVM USN)



Legacy of 30 Glorious years

FROM FREEDOM TO SELF-RELIANCE:

A NEW DAWN FOR 'ATAM NIRBHAR BHARAT'

Empowered by our past,
Committed to our present &
Inspired for a self-reliant tomorrow.....



Let's pledge to be united in spirit,
dedicated in action and committed
to progress.

