BCM SCHOOL
BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

31st Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Saturday









PUNJAB SCHOOL ZONAL CRICKET TOURNAMENT



1st POSITION

Our school has secured **1st Position** in the Punjab School Zonal Cricket Tournament held at Flahi Sahib, Dulay.

Our **U-14 Boys team** defeated B.C.M Arya Model School & brought this great honor to our school.

Names

(Mayank, Hardil, lovish, ridham, aarnav, gurman, devank, divyansh, ayaansh, ritvik, abhijot, mayank, tanish, ayaan, bhavjot, jasjot, **armaan**)



Heartiest Congratulations

Keep shining and inspiring!

Regards
Sports Dept.

UNDER-14 ZONAL CHESS TEAM

2nd POSITION

Our Under-14 Zonal Chess Team, which competed today, secured **2nd position.**

We are also proud to share that **Sonit (Class VII Rose)** has been selected to represent our school at the District-Level Chess Competition.

Names of students

- Ishmeet VII Daisy
- Bhargav VII Daisy
- Akshit VII Rose
- Sonit VII Rose
- Kartik VII Aster



UNDER-19 ZONAL CHESS TEAM

2nd POSITION

Our Under-19 Zonal Chess Team, which competed today, secured **2nd position.**

We are also proud to share that **pranjal (Class 11 sci A)** has been selected to represent our school at the District-Level Chess Competition.

Names of students

- Pranjal Oberoi 11th Science A
- Sanvi Gupta 11th commerce
- Anmol 11th Science A
- Divyanshi 12th Arts
- Arshpreet kaur bains 12th Science A



KARATE ZONAL COMPETITION

Jannat from +2 got **2nd position.**

And **Sachleen** from 9 m/g got also **2nd position** in karate zonal competition.



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BELIEVE IN YOURSELF: A SPECTACULAR CELEBRATION OF CONFIDENCE AND COURAGE AT ANNUAL FUNCTION OF CLASS V



The Annual Function of Class V of BCM School, Basant Avenue was celebrated with great enthusiasm and grandeur on the inspiring theme 'Believe in Yourself.' The event beautifully highlighted the message that self-belief, determination, and perseverance are the true keys to success. The programme was graciously presided over by Principal Dr. Vandna Shahi and Dean Administration Ms. Gurpreet Kaur Chandok, whose presence encouraged and motivated the young performers.





The celebration commenced with a warm welcome, followed by the traditional lamp-lighting ceremony and a graceful Welcome Dance. Through a series of captivating performances titled Beyond the Shadows, Unstoppable Me, Rhythms of Faith, Shakti: The Strength Within, Vibrant Vibrations, and Beat the Odds, the students conveyed powerful messages of courage, confidence, resilience, inner strength, positivity, and determination. Their energetic dance performances, expressive acting, and vibrant stage presence kept the audience spellbound and earned thunderous applause.

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BELIEVE IN YOURSELF: A SPECTACULAR CELEBRATION OF CONFIDENCE AND COURAGE AT ANNUAL FUNCTION OF CLASS V



Addressing the gathering, the school Principal Dr. Vandna Shahi appreciated the dedicated efforts of the students, teachers, and parents. She encouraged the students to believe in their abilities, embrace challenges with confidence, and continue striving for excellence, reminding them that every great achievement begins with self-belief.

The event concluded with a heartfelt Vote of Thanks, followed by the National Anthem. The event was a memorable celebration of confidence, creativity, and the limitless potential within every child





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ONE TREE, ONE LIFE
BCM BASANT AVENUE PLANTS 20 SAPLINGS, TAKES A PLEDGE TO NURTURE THEM



As part of the One Tree, One Life campaign initiated by Dainik Bhaskar to promote environmental conservation and greenery, BCM School, Dugri, organised a tree plantation drive on its campus.

During the special programme, 20 fruit-bearing and shade-giving saplings were planted across different parts of the school campus. The event witnessed enthusiastic participation from teachers, non-teaching staff, and students, who also pledged to care for and protect the newly planted saplings.

Speaking on the occasion, Principal Dr. Vandna Shahi appreciated the One Tree, One Life initiative, describing it as a meaningful step towards creating environmental awareness in society. She emphasized that trees not only provide oxygen but also lay the foundation for a healthier, greener, and more secure future for generations to come.

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STRANGER IS A DANGER

BE ALERT. BE SMART. STAY SAFE.



To reinforce the importance of personal safety, **"Stranger is a Danger"** awareness activity was conducted through an engaging enactment by the teachers, who demonstrated real-life situations to help children understand the difference between safe and unsafe interactions with strangers.

Students were sensitised never to open the door for strangers, never to accept gifts, food or any other items from unknown people and never to accompany them under any circumstances. They were also taught effective ways to protect themselves if they ever found themselves in an unsafe situation, such as shouting loudly for help, biting or kicking if necessary, running to a safe place and immediately informing their parents or any trusted adult about any suspicious incident.

AWARE TODAY SAFE TOMORROW



The interactive role-play, discussion and question-answer session enabled the young learners to understand these vital safety rules in a simple, practical and memorable manner, empowering them to stay alert and make safe choices.

SAFETY RULES

- Never open the door for strangers.
- Never accept gifts, food or any items from unknown people.
- Never accompany strangers anywhere.
- Shout loudly for help, bite or kick if necessary.
- Run to a safe place and inform your parents or trusted adult immediately.

LEARNING OUTCOMES

- Developed awareness about the personal safety.
- Understood the importance of staying with trusted adults and avoiding unknown people.
- Enhanced their ability to recognise unsafe situations and make responsible decisions.

**BE AWARE.
BE PREPARED.
BE SAFE.**

"**Principal Dr. Vandna Shahi** appreciated the initiative and emphasised that teaching personal safety is the most valuable life skill that children should learn and it is very essential to make them learn **always remain alert, trust their instincts** and immediately **seek help** from their parents, teachers or other trusted adults whenever they feel unsafe.

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In today's fast-paced world, maintaining a healthy lifestyle has become more important than ever, especially for students. One of the most essential aspects of good health is a balanced diet. A balanced diet provides our body with the necessary nutrients required for proper growth, development and overall well-being.

A BALANCED DIET INCLUDES

CARBOHYDRATES
Provide energy to keep us active and alert.

PROTEINS
Help in growth and repair of body tissues.

FATS
Supply energy and support cell function.

VITAMINS & MINERALS
Strengthen immunity and ensure proper functioning of the body.

WATER
Essential for digestion, concentration and keeping the body refreshed.

IMPORTANT FOR STUDENTS
A balanced diet is especially important as it directly impacts concentration, memory and academic performance. Skipping meals, especially breakfast, can lead to low energy levels and reduced focus in class. Therefore, it is essential to begin the day with a healthy breakfast.

SAY NO TO JUNK FOOD
The increasing consumption of junk food and sugary drinks has become a matter of concern. Such food items may be tasty but lack essential nutrients and can lead to health problems like obesity and poor immunity. Students should be encouraged to replace junk food with healthier options such as fruits, nuts, green vegetables and home-cooked meals.

DRINK ENOUGH WATER
Drinking sufficient water is another important aspect of a balanced diet. Staying hydrated helps in digestion, improves concentration and keeps the body refreshed throughout the day.

IN CONCLUSION
A balanced diet is not just about eating food, but about eating the right kind of food in the right quantity. Developing healthy eating habits at a young age lays the foundation for a healthy and successful life. As the saying goes, "**Healthy body leads to a healthy mind,**" and a balanced diet is the first step towards achieving it.

Parvinder Kaur
TGT Maths

BCM SCHOOL

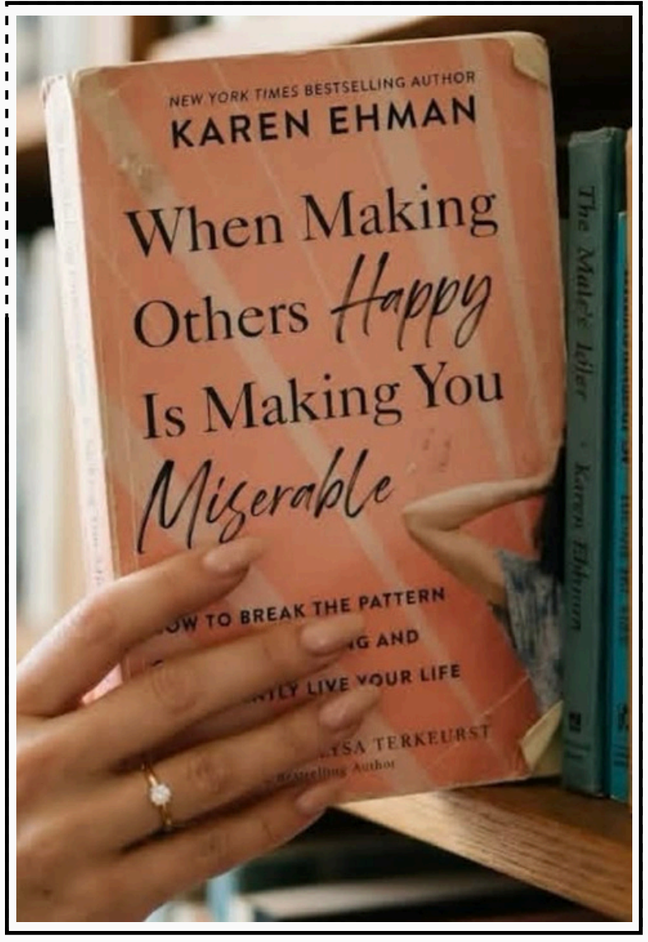
BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

01st Aug' 26 | **LEAD360 - EXPLORE, EXPRESS, EXCEL** | **Saturday**

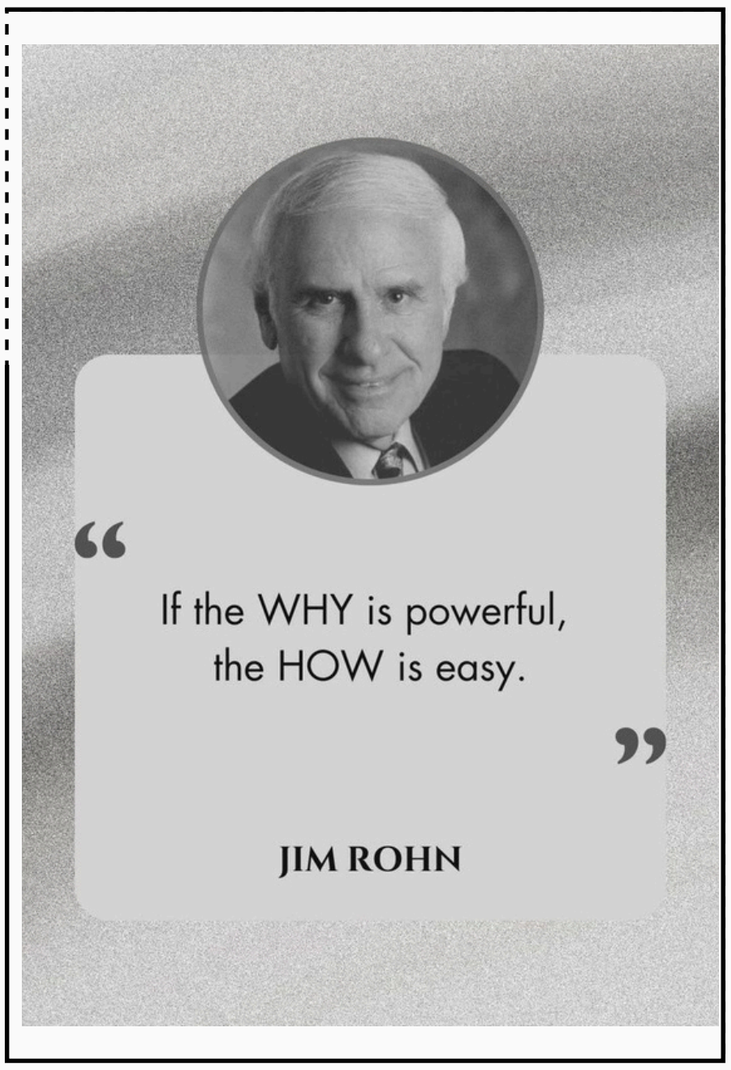
BOOK RECOMMENDATION :

WHEN MAKING OTHERS HAPPY IS MAKING YOU MISERABLE

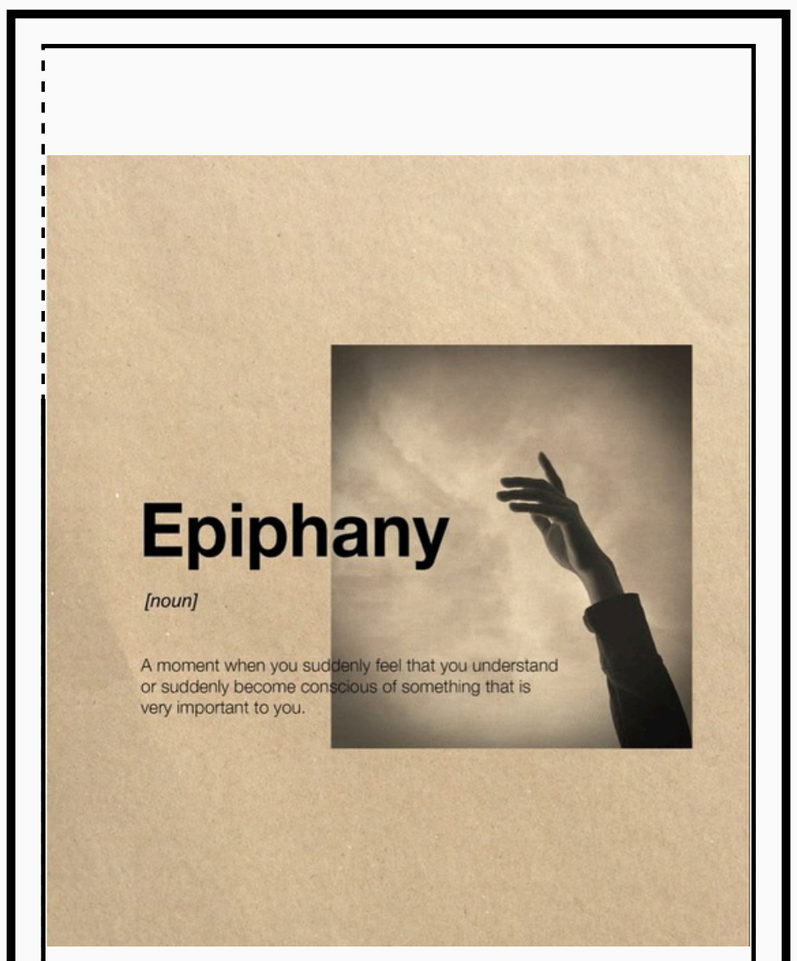


When Making Others Happy Is Making You Miserable is a thought-provoking self-help book that highlights the importance of setting healthy boundaries and valuing your own well-being. It explains how constantly seeking approval and putting others' needs before your own can lead to stress, burnout, and unhappiness. Through relatable examples and practical advice, the author encourages readers to overcome people-pleasing habits, build self-respect, and learn the power of saying "no" without guilt. The book reminds us that true kindness should never come at the cost of our own peace and happiness. It is an inspiring and empowering read for anyone striving to achieve emotional balance and healthier relationships.

THOUGHT OF THE DAY



WORD



EDITOR & CREATIVE LEAD: MS. SANSKRITI VERMA (OUTREACH & MEDIA)

BCM SCHOOL
BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

03rd Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Monday



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03rd Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Monday

Good Friends Great Memories!

FRIENDS TODAY, BUDDIES FOREVER!

HAPPY FRIENDSHIP DAY!

A CELEBRATION OF KINDNESS, CARING & TOGETHERNESS



Stronger Together

FRIENDSHIP IS...

- KIND HEARTS
- CARING HANDS
- STRONGER TOGETHER
- MEMORIES TO CHERISH







THE CELEBRATION

- Friendship Day was celebrated with great enthusiasm, spreading the values of kindness, caring and togetherness among the little learners. The young buddies participated in a variety of engaging activities that beautifully reflected the true spirit of friendship.
- The children joyfully introduced their friends, tied friendship bands on each other's wrists, created colourful handprints together and exchanged warm wishes of "Happy Friendship Day." Through these heartwarming moments, they expressed love, care and appreciation for one another while strengthening their social and communication skills.
- Grade I students enthusiastically took part in the interactive "Pass the Smile" circle-time activity, where they identified and appreciated the positive qualities of their classmates using descriptive flashcards. The celebration concluded with cheerful smiles, handshakes and high-fives, reinforcing the values of kindness, mutual respect and lasting friendships.

A MESSAGE FROM OUR PRINCIPAL

"True friendship is one of life's most precious gifts.

The friendships formed during the early years lay the foundation for empathy, respect and lifelong values.

I extend my heartfelt love and blessings to all the little learners.

I appreciate you for creating beautiful memories that will inspire you to cherish friendships and grow into compassionate, responsible individuals."

FRIENDSHIPS HELP US...

- BUILD TRUST
- SHARE JOY
- SUPPORT EACH OTHER
- GROW TOGETHER

Thank you for being a part of our beautiful journey of friendship!

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03rd Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Monday

Mistakes Are Proof You're Learning

"Mistakes are the portals of discovery."

— James Joyce

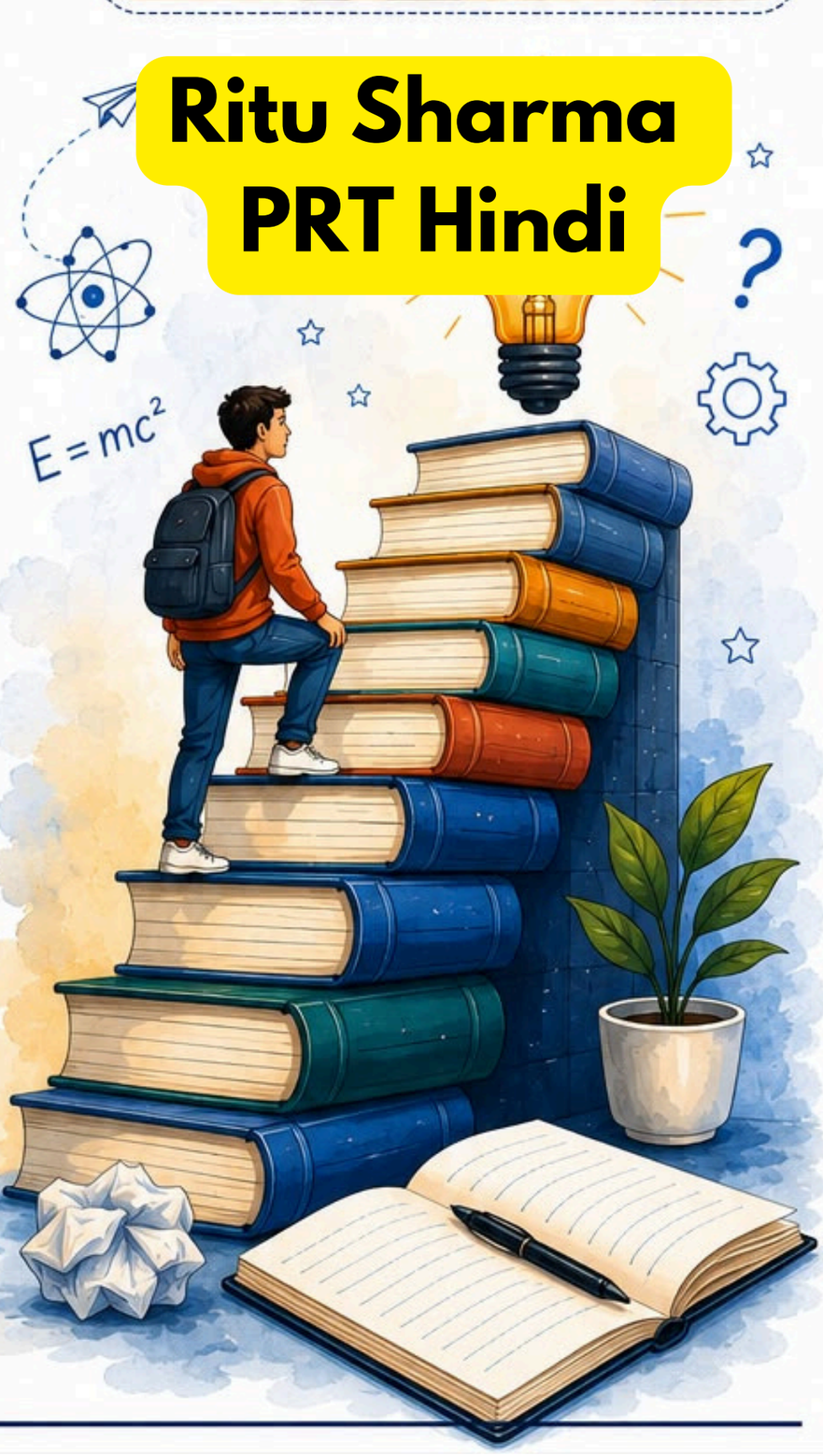
In today's competitive world, success is often measured through marks, ranks and achievements. While striving for excellence is important, it has also made many learners afraid of making mistakes. A wrong answer in class, a page filled with corrections or a disappointing test score can feel discouraging. Yet learning has never been about getting everything right the first time. Mistakes are not the opposite of learning; they are an essential part of it. They reveal what is yet to be understood and encourage us to think, reflect and improve.

A remarkable example comes from India's space journey. In 2019, Chandrayaan-2 came close to a successful landing on the Moon. Although the mission did not end as planned, the scientists at ISRO analysed every detail, identified areas that needed improvement and returned with greater determination. Their perseverance led to the success of Chandrayaan-3, making India the first nation to achieve a soft landing near the Moon's south pole. Progress is often built on lessons learned from setbacks.

The life of Dr. A.P.J. Abdul Kalam reflects the same spirit. Before becoming one of India's most respected scientists and the People's President, he faced many challenges. He treated each of them as an opportunity to learn and grow. The same principle applies in every classroom. A difficult maths problem, an essay covered with corrections or an experiment that produces unexpected results does not define a learner's ability. When mistakes are understood rather than feared, they become stepping stones towards greater knowledge. The willingness to ask questions, accept feedback and try again reflects curiosity—the foundation of meaningful learning.

Education is not a journey towards perfection but a journey of continuous discovery. Every challenge offers an opportunity to improve, and every correction carries a lesson waiting to be understood. The next time a mistake occurs, pause before feeling discouraged and ask, "What is this experience teaching me?" The answer to that question often becomes the first step towards improvement. After all, mistakes are not roadblocks on the path to learning—they are the milestones that remind us we are moving forward.





I'M NOT MY MISTAKES

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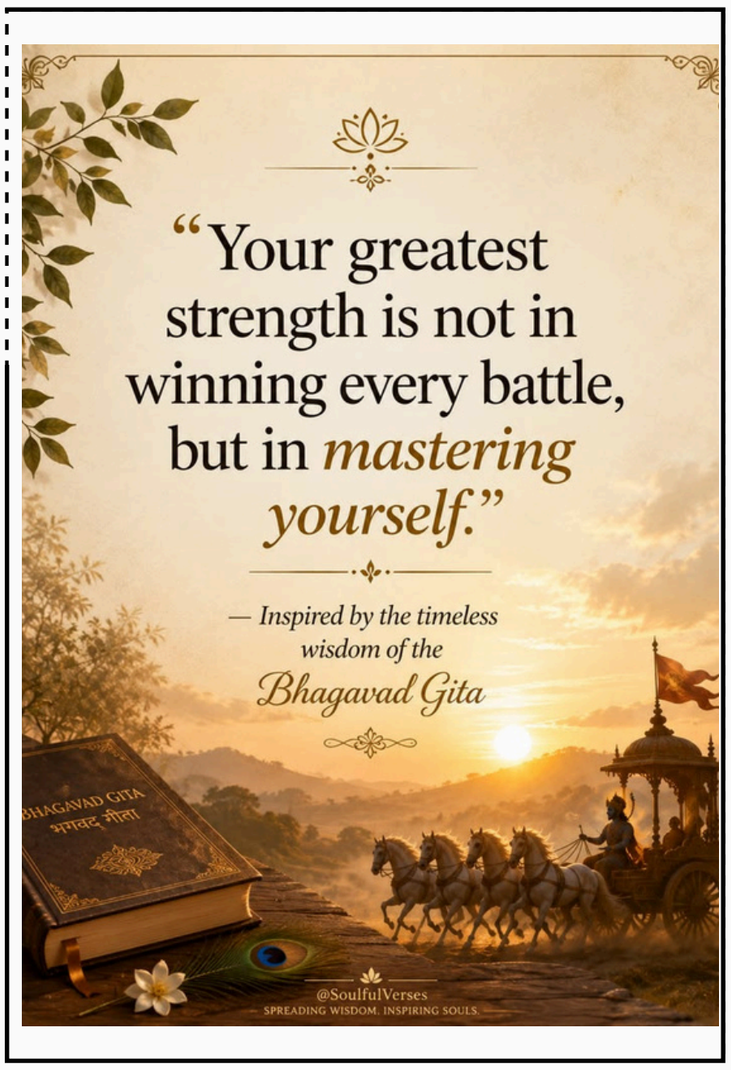
BOOK RECOMMENDATION :

MAKE IT HAPPEN

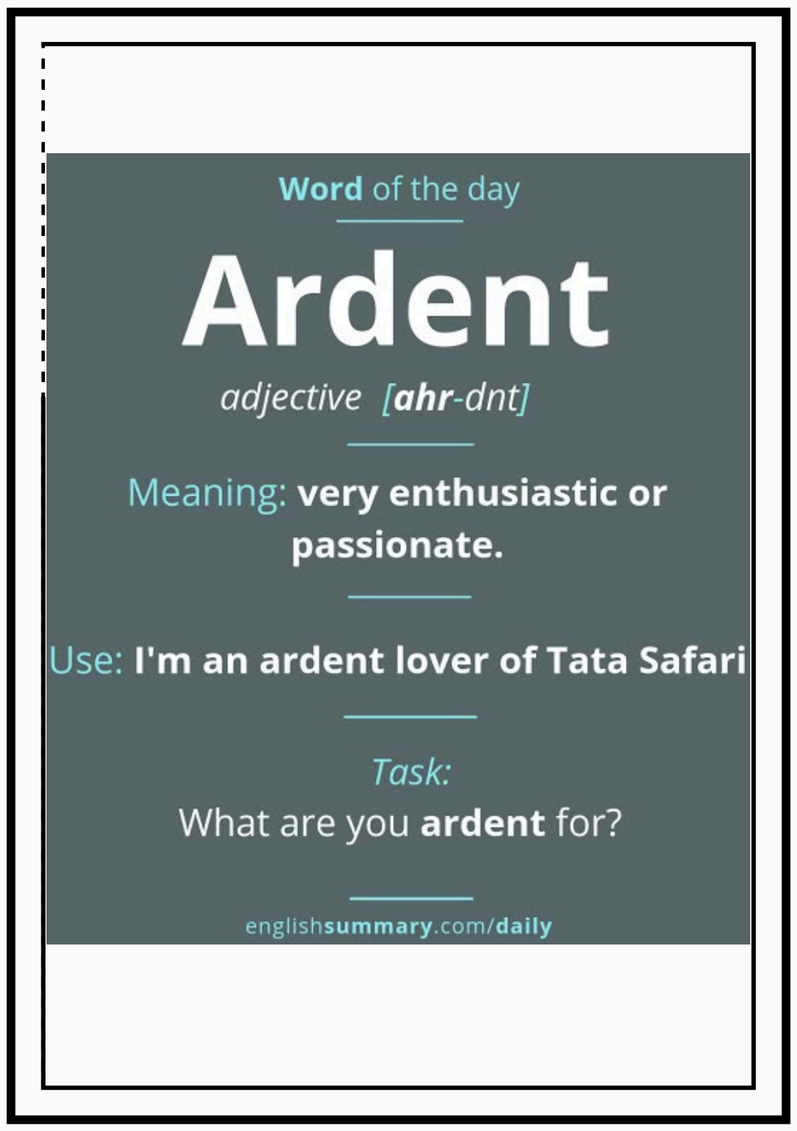


Make It Happen is an inspiring and practical book that encourages readers to turn their dreams into reality through determination, discipline and a positive mindset. The author beautifully explains that success is not based on luck but on consistent effort, clear goals and self-belief. Filled with relatable examples and motivating insights, the book inspires readers to overcome fear, embrace challenges and never give up on their aspirations. Its simple language and actionable lessons make it suitable for students as well as adults. This book reminds us that every great achievement begins with a single step and the courage to take it. I highly recommend Make It Happen to anyone seeking motivation, confidence and a roadmap to achieve their goals.

THOUGHT OF THE DAY



WORD



EDITOR & CREATIVE LEAD: MS. SANSKRITI VERMA (OUTREACH & MEDIA)

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THE BCM EDGE

04th Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Tuesday

BCM SCHOOL

Proud Moment

OF EXCELLENCE & DETERMINATION!

We are elated to celebrate the outstanding achievement of

SHIVANSH KAPOOR

Class 10th Marigold

for his remarkable performance in the

CBSE CLUSTER XVIII

TABLE TENNIS CHAMPIONSHIP 2026

Selected for

CBSE NATIONAL TABLE TENNIS *Championship!*





DISCIPLINE FUELS SUCCESS | PASSION DRIVES PERFORMANCE | PERSEVERANCE CREATES CHAMPIONS

YOUR FOCUS. YOUR GAME. OUR PRIDE.

All the best for Nationals!

BCM SCHOOL

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THE BCM EDGE

04th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Tuesday

STANFORD UNIVERSITY INCOMING FRESHMAN ADITYA KUMAR JHA INSPIRES BCM STUDENTS WITH INSIGHTS ON US COLLEGE ADMISSIONS AND FULL-RIDE SCHOLARSHIPS



The school organised an enriching US College Admissions & Full-Ride Scholarship Awareness Session for its students, featuring Aditya Kumar Jha, Incoming Freshman at Stanford University (Class of 2030). The session aimed to acquaint students with the admission process of globally acclaimed universities and equip them with the knowledge to build exceptional academic profiles.

The session was graced by Director School Education, Mr. Amitava Ghosh, and Dean Administration, Ms. Gurpreet Kaur Chandok, whose presence encouraged students to aspire for excellence and embrace global opportunities.



BCM SCHOOL
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THE BCM EDGE
04th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Tuesday

STANFORD UNIVERSITY INCOMING FRESHMAN ADITYA KUMAR JHA INSPIRES BCM STUDENTS WITH INSIGHTS ON US COLLEGE ADMISSIONS AND FULL-RIDE SCHOLARSHIPS





Addressing the gathering, Aditya Kumar Jha shared his inspiring journey from being an average CBSE student to securing admission to Stanford University, one of the world's most prestigious institutions. Through his candid interaction, he explained how consistent academic performance, meaningful extracurricular involvement, impactful personal essays and strong Letters of Recommendation (LORs) collectively contribute to a successful university application.

He also highlighted the significant role played by his participation in research-based initiatives, including the IRIS National Fair and the development of his Smart Reflex project, which helped strengthen his overall profile and distinguish his application. His practical insights into scholarship opportunities, profile building and strategic preparation offered students a clear roadmap towards achieving their higher education aspirations.

The interactive session witnessed enthusiastic participation from students, who actively engaged with the resource person through thoughtful questions and discussions. Inspired by his real-life experiences and practical guidance, the students left the session with renewed confidence and a broader perspective on pursuing higher education abroad.

Speaking on the occasion, Mr. Amitava Ghosh, Director School Education, remarked, "Every student has the potential to achieve excellence with the right guidance, perseverance and vision. Sessions like these empower our learners to dream big, prepare strategically and confidently pursue opportunities on the global stage."

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FUN
FITNESS
FRIENDS
GROWTH

HOOPLA
Ring Game



Jump • Balance • Play • Learn





ACTIVITY HIGHLIGHTS

The little learners of LKG enthusiastically participated in a fun-filled Hula Hoop Rings Activity organized to promote physical fitness and teamwork.
This activity encouraged children to jump, balance, crawl and move through the hula hoops in different ways, making learning active and enjoyable.

The Hula Hoop Rings Activity was a joyful and energetic experience that filled the playground with laughter and excitement. It successfully combined fun with learning, leaving the young learners active, confident and eager for more such engaging activities.



LEARNING OUTCOMES

- Enhanced gross motor skills
- Improved hand-eye coordination
- Better balance and body coordination
- Promoted teamwork and active participation
- Fostered mental and emotional well-being



Learning is most meaningful when little feet keep moving and happy hearts keep smiling!

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Happiness, like a hidden garden, grows quietly inside our hearts. It does not always come from expensive things or grand celebrations. True happiness is often found in the small and simple moments of life—a warm smile, a kind word, the laughter of loved ones, or the beauty of a sunrise. Many people search for happiness in wealth, success, or material comforts, but these things provide only temporary joy. Real happiness comes from within and blossoms when we choose gratitude, kindness, compassion, and contentment. When we appreciate what we already have instead of constantly chasing more, our hearts become lighter and more peaceful.

Nature teaches us a valuable lesson about happiness. Just as a garden needs sunlight, water and care to flourish, our hearts need love, patience, forgiveness, hope and positive thoughts. Even small acts of kindness can brighten someone's day and make our own garden bloom. By nurturing happiness every day through good deeds, meaningful relationships and a positive attitude, we create a life filled with peace and purpose. As the saying goes, "The happiest people are not those who have the best of everything, but those who make the best of everything they have."

Ramanjot Kalra
KG Teacher

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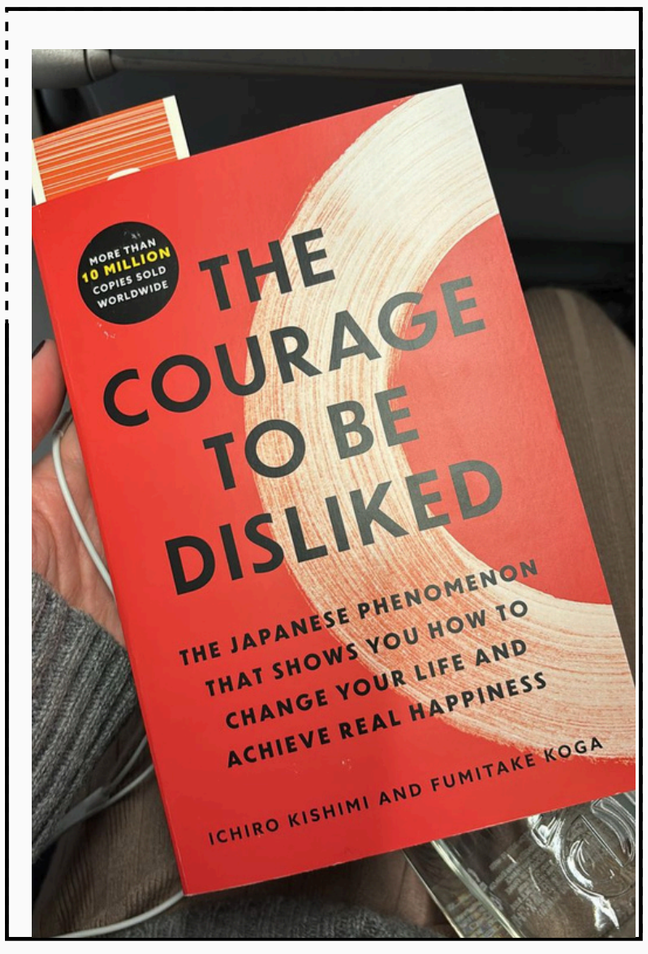
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BOOK RECOMMENDATION :

THE COURAGE TO BE DISLIKED

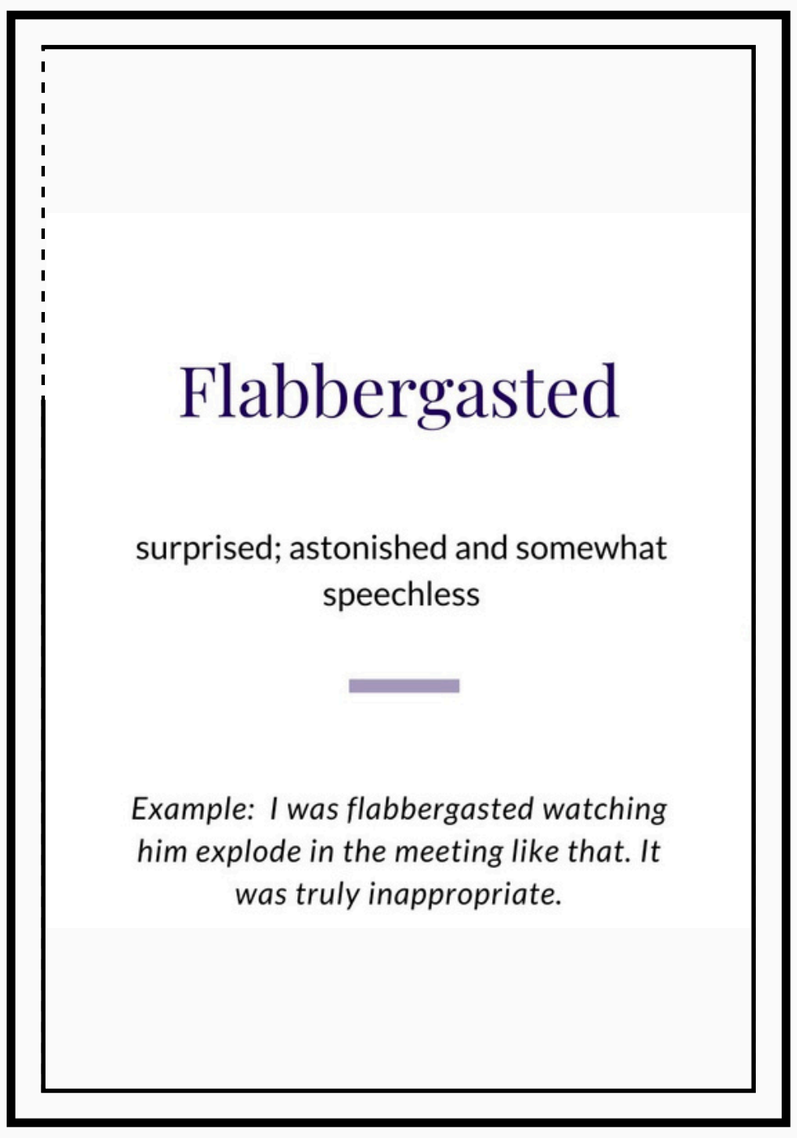


The Courage to Be Disliked by Ichiro Kishimi and Fumitake Koga is a thought-provoking book that challenges conventional beliefs about happiness, relationships and personal growth. Presented as a dialogue between a philosopher and a young man, it introduces Adlerian psychology in a simple yet engaging manner. The book encourages readers to let go of the fear of others' opinions, take responsibility for their own choices and embrace the freedom to live authentically. Its practical insights inspire self-reflection and emotional resilience, making it an excellent read for students and adults alike. A powerful guide for anyone seeking confidence, purpose and lasting happiness.

THOUGHT OF THE DAY



WORD



EDITOR & CREATIVE LEAD: MS. SANSKRITI VERMA (OUTREACH & MEDIA)

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05th Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Wednesday

WE ARE

GLAD to ANNOUNCE

THAT OUR SCHOOL HAS SECURED

3rd POSITION

IN THE

PUNJAB SCHOOL ZONAL

BASKETBALL TOURNAMENT

HELD AT

D,A.V PUBLIC SCHOOL, PAKHOWAL ROAD, LUDHIANA



TEAM MEMBERS

- GURFATEH SINGH SOHI VIII DAISY
- AMANVEER SINGH VIII DAISY
- REYANSH KAUSHAL VII LILY
- NAVKARAN SINGH VII DAISY
- ARJANVEER SINGH VII JASMINE
- RAJVIR SINGH SONDH VIII JASMINE
- ANURAG BHADRA VII MARIGOLD
- KANAV SHARMA VIII ASTER
- DEVANSH SHARMA VII LILY
- TARANDEEP SINGH VII MARIGOLD
- REHAN VII DAISY

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LITTLE VOICES, BIG EXPRESSIONS!

Nursery Poets Shine with Confidence & Creativity



A joyful Poetry Recitation Activity was conducted for the students of Nursery with the aim of nurturing confidence, language development and stage presence among the young learners. The tiny tots came to school well-prepared, having enthusiastically memorized short poems at home with the loving support of their parents.

One by one, the children confidently stepped forward and recited their poems with actions, clear pronunciation and delightful facial expressions. Adding a creative touch to their performances, they brought beautifully handmade props related to their poems, such as paper stars, flowers, fruits, mouse, potato, clouds and many more. These colourful props made each presentation lively and captivating.

The cheerful atmosphere echoed with applause as teachers and classmates encouraged every performer with warm appreciation. The activity provided every child with an opportunity to overcome stage fear, express themselves confidently and experience the joy of performing before an audience.



Principal Dr. Vandna Shahi appreciated the little ones by saying *"It was wonderful to see our little learners recite with such confidence, expression and enthusiasm at such young age. The active involvement of parents in helping children prepare their poems and creative props made the activity even more meaningful."*

LEARNING OUTCOMES

- Students improved their language and pronunciation skills.
- They enhanced confidence and stage presence.
- They developed creativity and expressive communication.

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05th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Wednesday

EVERY CHILD CAN MAKE A DIFFERENCE

Small hands, big change



Some people believe that only grown-ups can change the world — that children are too young, too small, or too inexperienced to matter. But history and everyday life prove the opposite. Age has never been a requirement for kindness, courage, or good ideas. A child who shares a lunch, speaks up against unfairness, or plants a single tree is already changing the world, one small act at a time.



Kindness Has No Age Limit

A smile, a helping hand, or a kind word costs nothing, yet it can change someone's entire day. Children who welcome a lonely classmate, comfort a crying friend, or stand up to a bully are practicing a kind of leadership that no textbook can teach. These small moments add up, and they ripple outward further than anyone can see.



Big Ideas Start Small

Many of the world's most important movements began with young people who simply refused to stay silent. Children have started recycling programs, organized fundraisers for families in need, and spoken at community meetings to protect their local parks. It doesn't take a title or a diploma to notice a problem and try to fix it — it only takes attention, care, and the courage to act.



Every Day Is a Chance to Help

Making a difference doesn't always mean doing something huge. It can be as simple as picking up litter, saving water, reading to a younger sibling, or thanking a teacher. These everyday choices teach responsibility and show that caring for others — and for the world — is a habit, not a one-time event.



Conclusion

No one is too young to care, to help, or to lead. Every child carries the power to bring a little more kindness, fairness, and hope into the world. The difference doesn't have to be big to matter — it only has to be real. When children believe their actions count, they grow into adults who never stop believing it.



By Arti Sharma
TGT Science

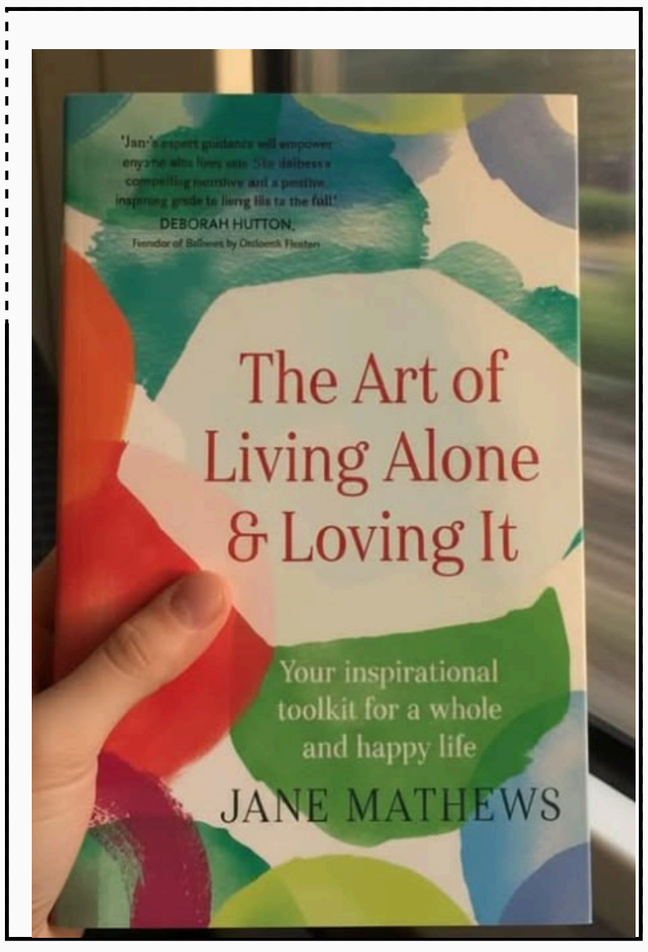
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THE BCM EDGE

05th Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Wednesday

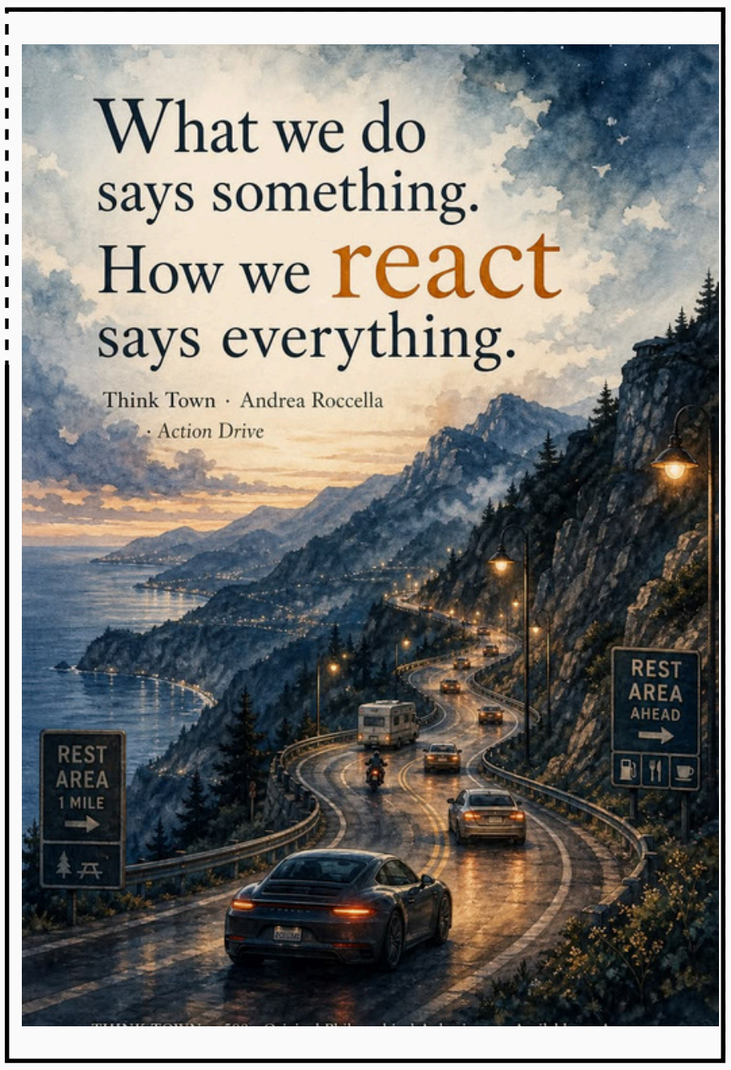
BOOK RECOMMENDATION :

THE ART OF LIVING ALONE & LOVING IT



The Art of Living Alone and Loving It is an inspiring guide that redefines solitude as an opportunity for self-growth, confidence, and inner peace. The author encourages readers to embrace independence, develop meaningful hobbies, and build a fulfilling life without relying on others for happiness. Through practical advice and relatable examples, the book highlights the importance of self-love, resilience, and personal freedom. Its positive and empowering message makes it especially valuable for young adults navigating life's transitions. This book reminds us that being alone does not mean being lonely—it can be a chance to discover our true selves and live with joy, purpose, and contentment.

THOUGHT OF THE DAY



WORD

perfidious

pərˈfɪd·i·əs

(adj.) disloyal, unfaithful

(His perfidious nature belied his true intentions.)

EDITOR & CREATIVE LEAD: MS. SANSKRITI VERMA (OUTREACH & MEDIA)

BCM SCHOOL
BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

06th Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Thursday

Congratulations!

★ PROUD MOMENT FOR BCM! ★

SECOND POSITION IN THE PUNJAB ZONAL UNDER-19

Badminton Tournament



2

SECOND POSITION

Kudos to our champions!

Your hard work, dedication and team spirit have made us proud!



ADDING TO THIS PROUD MOMENT,

JASKIRAT SINGH

of Class XI COMMERCE

★ HAS BEEN SELECTED FOR ★

DISTRICT-LEVEL

Badminton Tournament!

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06th Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Thursday

BCM KINDERGARTEN INTRODUCES TAICHI FOR HOLISTIC DEVELOPMENT

Keeping in view the importance of physical fitness and mental well-being among young learners, BCM Kindergarten, Basant Avenue, organised a "Taichi Movement" activity for the little BCMites. The session began with a brief introduction to Taichi, a gentle movement exercise that promotes balance, coordination and mindfulness. The teacher demonstrated a series of simple Taichi movements, including gentle arm stretches, slow stepping, breathing exercises and balanced body movements. The children enthusiastically imitated each movement with proper posture and controlled breathing in a calm and cheerful environment. The peaceful movements also helped them experience relaxation and develop mindfulness, making the session both enjoyable and beneficial for their overall physical and emotional well-being.

Appreciating the initiative, Principal Dr. Vandna Shahi said, "Activities like Taichi nurture not only children's physical development but also their emotional and mental well-being. These experiences help the little ones develop focus, self-control and healthy habits from an early age, supporting their holistic growth in accordance with our child-centred approach to education."





BCM SCHOOL
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THE BCM EDGE

06th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Thursday



The Power of SPEAKING ENGLISH in School

> "Do you know what a foreign accent is? It's a sign of bravery."
> – Amy Chua

> "The more you speak, the more you learn!"

English is one of the most widely spoken languages in the world. It connects people from different countries and opens the door to knowledge, education, and exciting career opportunities. Speaking English in school is not just about scoring good marks—it is about **building confidence and preparing for the future.**

When students practice speaking English every day, they become **better communicators.** They can express their ideas clearly, participate confidently in classroom discussions, and perform well in debates, presentations, and interviews. Good English-speaking skills also help students understand books, educational videos, and digital learning resources more effectively.

In future, English plays an important role in higher education and many professions. Whether someone dreams of becoming a doctor, engineer, teacher, scientist, entrepreneur, or artist, English helps them **connect with people across the globe**. It also increases opportunities to study abroad, attend international events, and work with people from different cultures.

Simple Ways to make English a Part of Daily Life

- Greet your teachers and friends **in English.**
- Use **simple English sentences** during classroom conversations.
- Learn and use **3–5 new words** every day.
- Read English storybooks, newspapers, or comics **aloud.**
- Watch English cartoons or educational videos **with subtitles.**
- Speak to your family **in English** for a few minutes every day.

Don't be afraid of making mistakes—every mistake is a step towards improvement.

Remember, confidence grows with practice.
Every sentence you speak makes you a **better communicator.**



> "Let us make English a part of our everyday school life and take one small step each day towards **a brighter future.**"

Written by
Mrs. Madhumita Roy
PRT (ENGLISH)

Speak English today, succeed tomorrow!

BCM SCHOOL

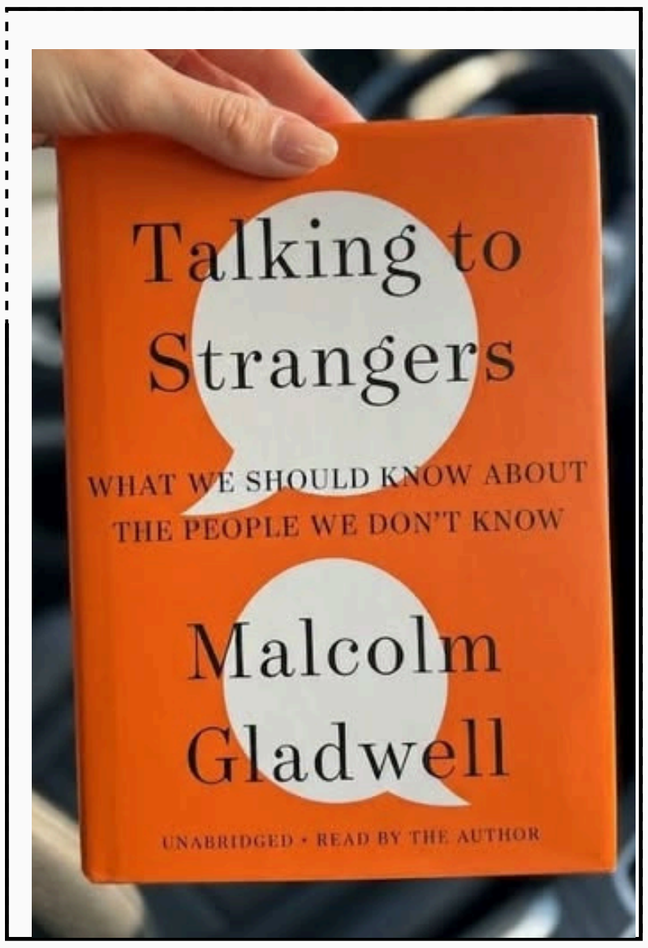
BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

06th Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Thursday

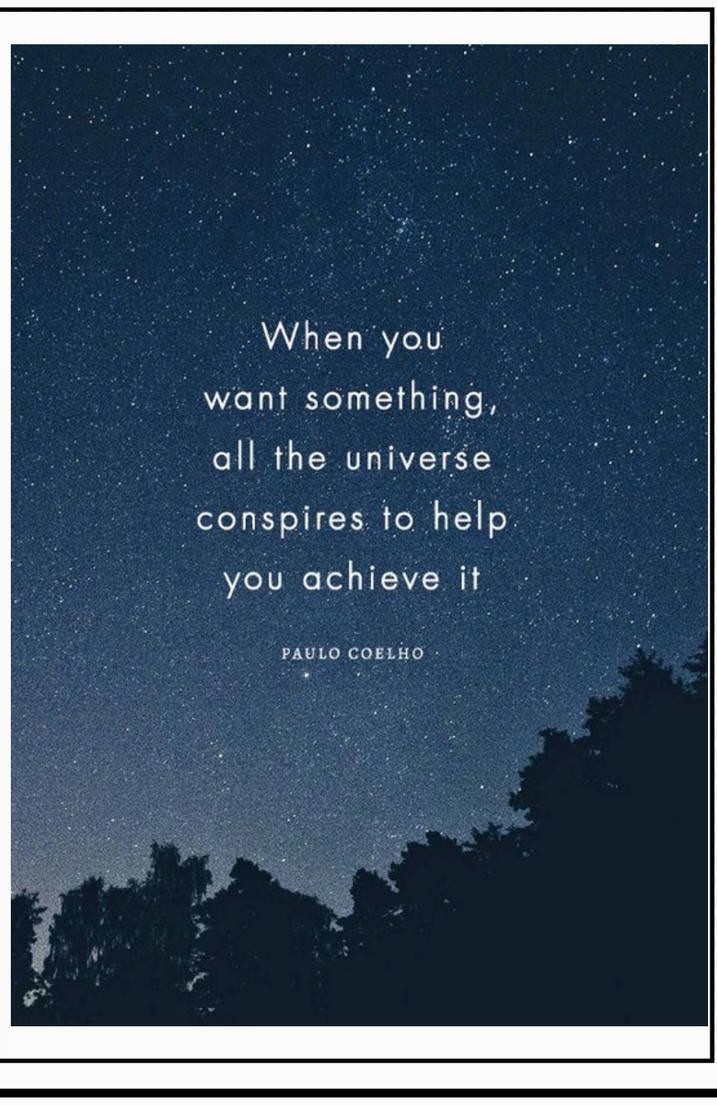
BOOK RECOMMENDATION :

TALKING TO STRANGERS

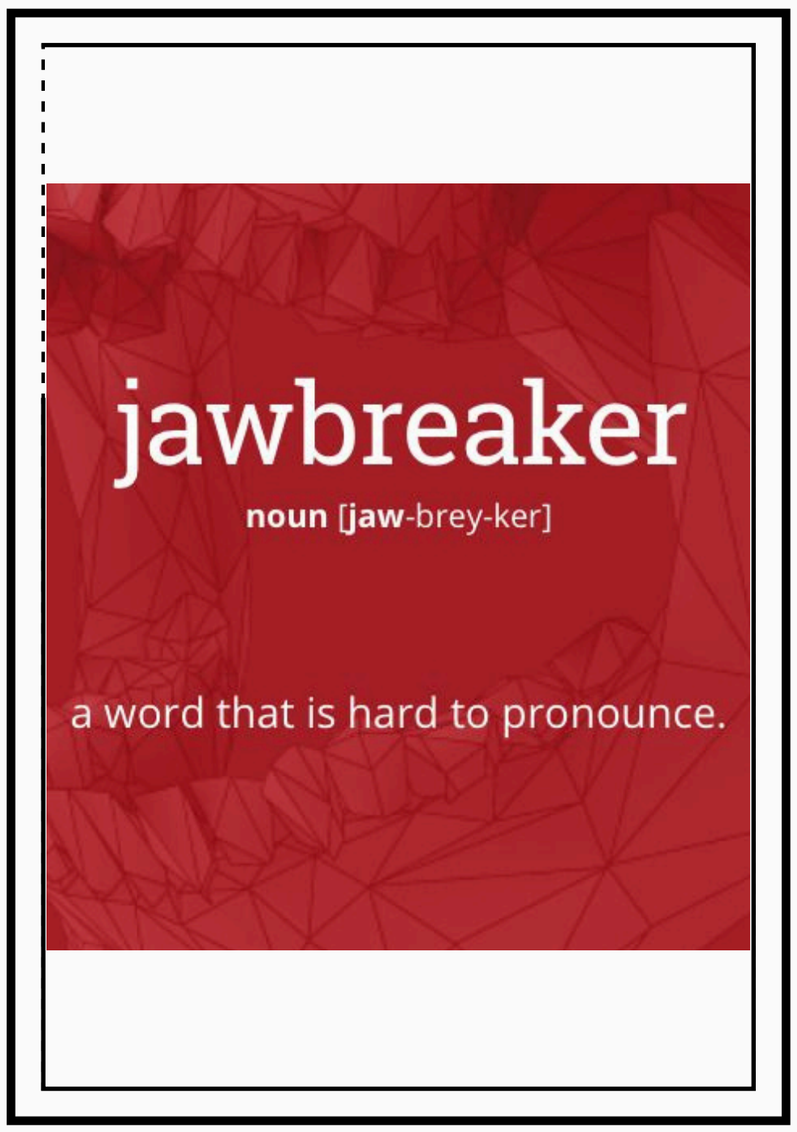


Talking to Strangers by Malcolm Gladwell is a thought-provoking and insightful book that explores why we often misunderstand people we do not know. Through real-life stories, psychological research, and historical events, Gladwell explains how our assumptions and misplaced trust can lead to confusion, conflict, and even tragedy. The book encourages readers to question first impressions and communicate with greater empathy and awareness. Written in an engaging and easy-to-follow style, it offers valuable lessons for students and adults alike. I highly recommend this book to anyone interested in human behaviour, communication, and critical thinking. It is an eye-opening read that changes the way we understand and interact with strangers.

THOUGHT OF THE DAY



WORD



EDITOR & CREATIVE LEAD: MS. SANSKRITI VERMA (OUTREACH & MEDIA)

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THE BCM EDGE

07th Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Friday



BCM SCHOOL
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THE BCM EDGE
07th Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Friday

ECO CLUB ACTIVITIES INSPIRE YOUNG ENVIRONMENTAL STEWARDS









The Eco Club of the school successfully organized a series of engaging and impactful environmental activities for students of Classes III to VIII, fostering creativity, environmental awareness, and sustainable practices among young learners.

Students of Class III participated in Slogan Writing and Poster Making, expressing their ideas on protecting the environment through thought-provoking slogans and vibrant artwork. Class IV explored nature through My Eco Diary – Exploring Biodiversity, documenting their observations and developing a deeper appreciation for the rich diversity of flora and fauna.

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The Eco-Friendly Craft Challenge for Class V encouraged students to transform waste materials into creative and useful products, promoting the concept of reuse and recycling. Class VI students showcased their innovation by preparing Eco-Friendly Bowls using Fresh Leaves, learning about sustainable alternatives to single-use plastics.

Students of Class VII enthusiastically took part in a Paper and Cloth Bag Making Workshop, gaining practical skills while understanding the importance of reducing plastic consumption. Meanwhile, Class VIII students participated in Seed Ball Making, contributing towards biodiversity conservation and the greening of their surroundings.

The activities witnessed 100% participation, reflecting the enthusiasm and commitment of the students towards environmental conservation. Through these hands-on experiences, they gained valuable insights into biodiversity preservation, waste management, sustainable living, and the importance of adopting eco-friendly practices in everyday life.



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THE BCM EDGE

07th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Friday

MEDITATION & YOGA

Balance Your Body, Calm Your Mind, Enrich Your Life

In today's fast-paced life, Meditation and Yoga help us stay healthy, happy and stress-free. Make them a part of your daily routine for a better tomorrow.

YOGA BUILDS A HEALTHY BODY

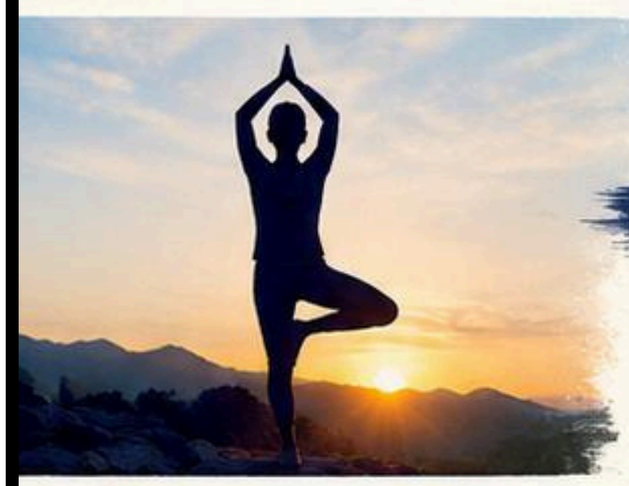
- Improves flexibility and posture
- Strengthens muscles and bones
- Improves breathing and lung capacity
- Boosts energy and immunity
- Promotes better physical fitness



Healthy Body Happy Mind Better Life

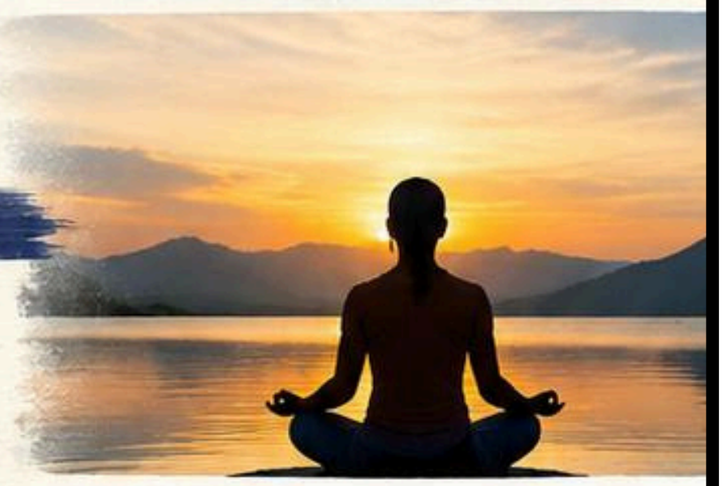
MEDITATION CALMS THE MIND

- Improves concentration and focus
- Reduces stress and anxiety
- Promotes positive thinking
- Enhances self-awareness and self-control
- Supports peaceful sleep



WHY IT MATTERS FOR STUDENTS

Regular practice of Yoga and Meditation helps students improve concentration, discipline, memory, confidence and emotional well-being.



MAKE IT A DAILY HABIT

STRETCH | BREATHE | FOCUS | RELAX | REPEAT

IN CONCLUSION

"Yoga gives strength to the body,
Meditation gives peace to the mind,
and together they create harmony in life."

Start your day with Yoga. End it with Gratitude. ♥

BCM SCHOOL

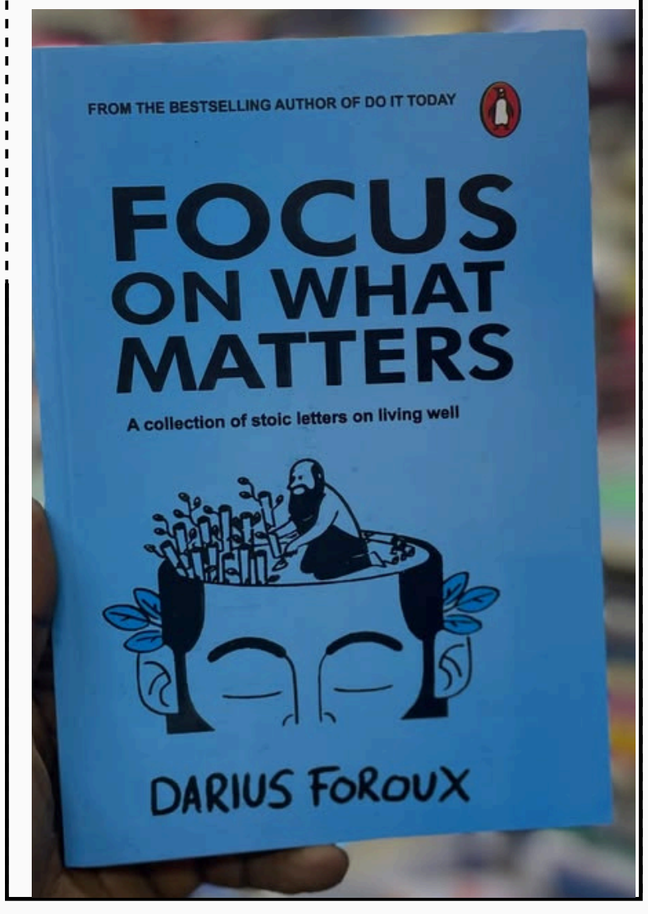
BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

07th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Friday

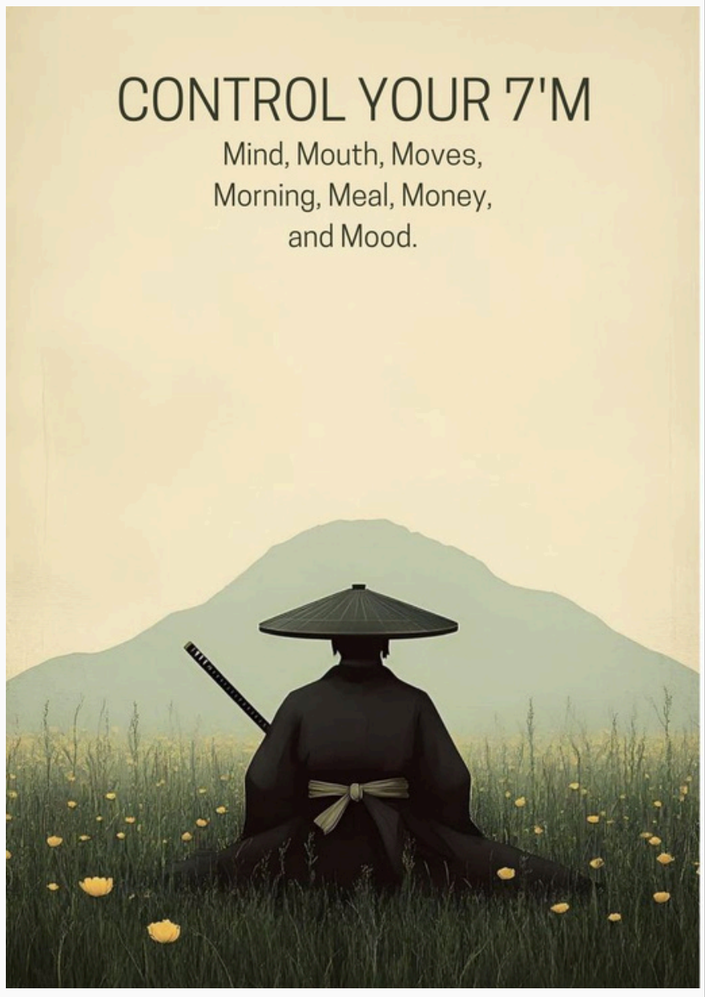
BOOK RECOMMENDATION :

FOCUS ON WHAT MATTERS

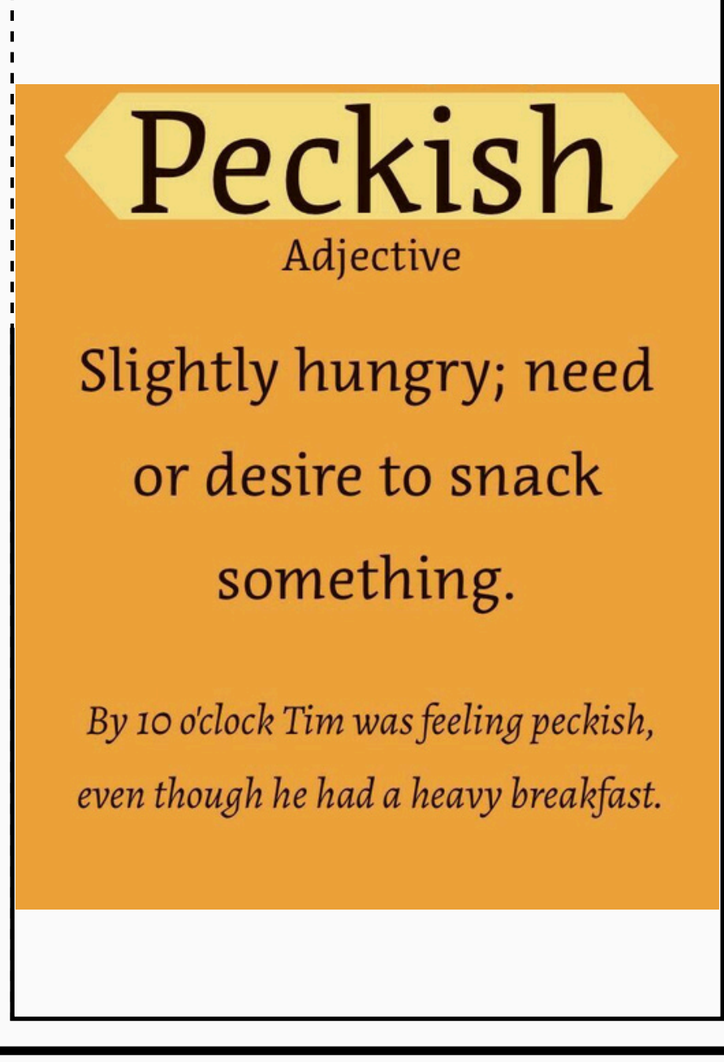


Focus on What Matters is an inspiring self-help book that emphasizes the importance of prioritizing meaningful goals over distractions. It encourages readers to manage their time wisely, stay disciplined, and focus on activities that truly add value to their lives. The book offers practical strategies for improving productivity, maintaining balance, and achieving long-term success without feeling overwhelmed. Its simple language and relatable examples make it easy to understand and apply in everyday life. This book is an excellent read for students and professionals alike, motivating them to remain focused, develop positive habits, and make purposeful choices that lead to personal growth and success.

THOUGHT OF THE DAY



WORD



EDITOR & CREATIVE LEAD: MS. SANSKRITI VERMA (OUTREACH & MEDIA)

BCM SCHOOL
BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

08th Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Saturday

BCM SCHOOL

HOSTS

• INTERSCHOOL MEDIA FEST 2026 •

VOICES OF THE NEW AGE

CREATE • COMMUNICATE • CAPTIVATE



25+ SCHOOLS | **300+** PARTICIPANTS | **5** POWERPACKED EVENTS

BCM ARA MODEL SR. SEC SCHOOL

clinches the **OVERALL WINNER'S TROPHY!**

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Our Esteemed Dignitaries







Our Esteemed Guest of Honour, Mr. Pukhraj Bhalla, Punjabi Actor, with his wife and Mr. Gaurav Munjal, Ms. Rama Munjal, Mr. Amitava Ghosh and Dr. Vandna Shahi



(Left to right: Ms. Japneet Kaur, Ms. Jasnoor Dhawan, Ms. Nandini Verma, Ms. Vinayka Sharma, Mr. Amitava Ghosh, Ms. Rama Munjal,Ms. Vandna Shahi, Ms. Kamlesh Gupta, Ms. Iknoor Kaur, Mr. Pranav Nagpal, Ms. Sifty Batra)

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Our Esteemed Dignitaries























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Awards & Accolades

THE GREAT MEDIA FACE OFF

1.BCM ARYA, SHASTRI NAGAR
2.JESUS SACRED HEART SCHOOL
3.BCM SCHOOL, BASANT AVENUE

MIC DROP

1. DARSHAN ACEDEMY , BHAMIA KALAN
2. BCM SCHOOL BASANT CITY
3. DAV BRS NAGAR

MADVERTISE

1.BCM ARYA, SHASTRI NAGAR
2.BCM SCHOOL, SEC 32 A
3. GURU NANAK PUBLIC SCHOOL, SARABHA NGR

REEL RUMBLE

1. BCM SCHOOL, SEC 32 A
2. MANAV RACHNA INT SCHOOL
3. BVM, SEC 39

BRAIN BATTLE

1. BVM, SEC 39
2. MANAV RACHNA INT SCHOOL
3. GNIPS, BRS NAGAR

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THE WINNER'S EDGE

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MEDIA ENTHUSIAST AWARD



WINNERS OF THE GREAT MEDIA FACE-OFF







WINNERS OF MIC DROP RJ HUNT







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THE WINNER'S EDGE

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WINNERS OF THE AD MAD SHOW – MADVERTISE







WINNERS OF REEL RUMBLE







WINNERS OF BRAIN BATTLE







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The Inter-School Media Fest 2026 – Voices of the New Age was a resounding success and truly a big hit! The vibrant participation, incredible energy and creative spirit of the students made the event a memorable celebration of media and communication.

Heartfelt kudos to every participant, winner, teacher, jury member, coordinator, volunteer and member of the organising team whose dedication, teamwork and enthusiasm made the fest possible. Each contribution, big or small, added to the success of the event.

A special appreciation to the entire BCM School team for coming together with such commitment and making Media Fest 2026 a truly enriching and unforgettable experience. Kudos to everyone who participated, performed, supported, managed and made it happen! 🌟



BCM SCHOOL

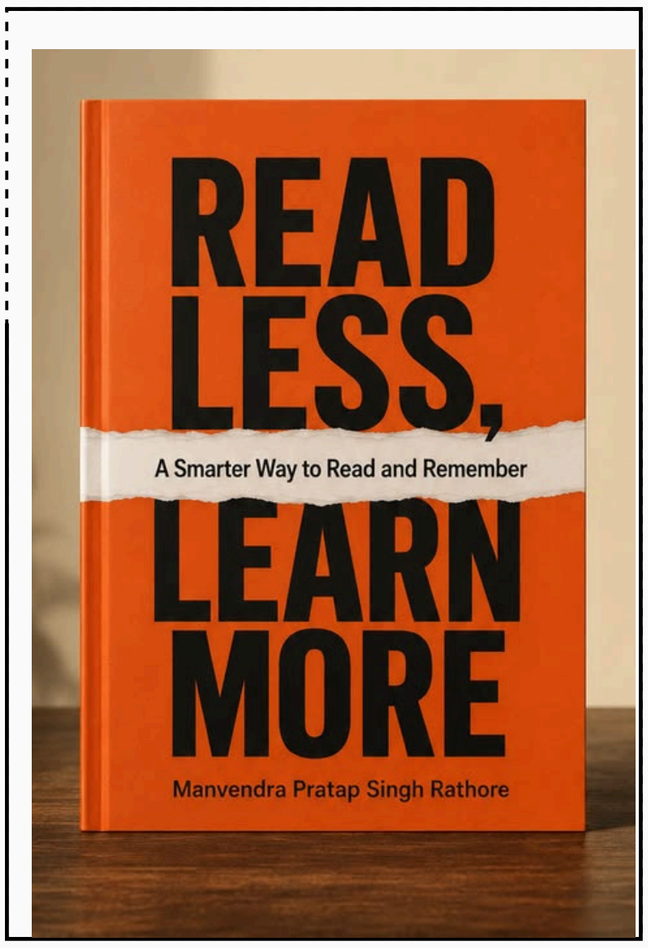
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THE BCM EDGE

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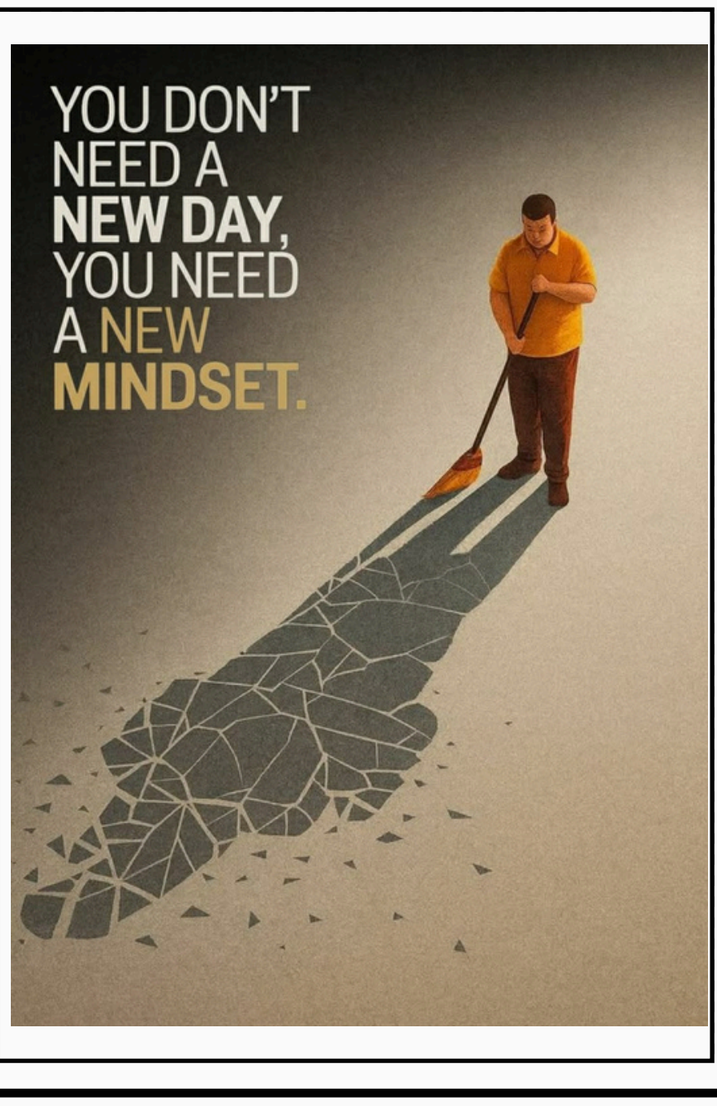
BOOK RECOMMENDATION :

READ LESS, LEARN MORE



Read Less, Learn More is an insightful book that challenges the common belief that learning depends on reading more and more. It encourages readers to focus on quality rather than quantity by choosing meaningful information, reading with purpose, and reflecting on what they learn. The book offers practical ideas for improving concentration, retaining knowledge, and making reading more effective. Its message is especially relevant in today's world, where we are constantly surrounded by information. Rather than encouraging endless consumption, it teaches us to become selective, thoughtful and intentional learners. I would recommend this book to students, teachers and anyone who wants to develop better reading habits and make their learning more meaningful and productive.

THOUGHT OF THE DAY



WORD



EDITOR & CREATIVE LEAD: MS. SANSKRITI VERMA (OUTREACH & MEDIA)

BCM SCHOOL
BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

10th Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Monday



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10th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Monday

We are very glad to announce that

OUR SCHOOL HAS SECURED

3RD POSITION

IN ZONAL

BADMINTON TOURNAMENT

HELD AT BCM ARYA SCHOOL



Congratulations
to our talented team!

SIMRAN SADIORA	9 TULIP	KHUSHI SAPPAL	+2 ARTS A
TRISHA	+2 ARTS B	GURLEEN SHARMA	+2 ARTS B
GURMEHAR KAUR MATHARU	11 ARTS (A)	NANDINI	+2 COMMERCE B

SPECIAL ACHIEVEMENT!

We are glad to announce that **GURMEHAR KAUR MATHARU** has also been selected for the **DISTRICT LEVEL COMPETITION.**

YOUR DEDICATION. YOUR TEAM SPIRIT. OUR PRIDE.

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THE BCM EDGE

10th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Monday

BCM HOSTS AI EMPOWERMENT WORKSHOP FOR TEACHERS





BCM School organised an enriching AI Empowerment Workshop for its teaching faculty, aimed at equipping educators with practical skills to harness Artificial Intelligence effectively in education.

🤖 From Prompts to Possibilities

The interactive session, conducted by Mr. Vikas Dahiya, introduced teachers to the power of effective prompting and the RCTF Framework — Role, Context, Task & Format, enabling them to communicate precise instructions to AI tools and generate meaningful outputs.

💡 LEARNING BY DOING

The workshop went beyond demonstrations, providing teachers with hands-on opportunities to explore AI applications. Participants actively raised queries, discussed challenges and experimented with different tools to understand how AI can support their everyday teaching and professional tasks. Principal Dr. Vandna Shahi appreciated the initiative and encouraged teachers to embrace emerging technologies responsibly and purposefully.

🚀 *AI TOOLS EXPLORED*

Gamma- Creating engaging presentations and learning resources.
Google AI Flow-Exploring AI-powered video creation and digital content.
Claude- Supporting content creation, brainstorming and ideation.
NotebookLM- Analysing, organising and interacting with reference materials.
Canva- Designing visually appealing educational resources.
Suno AI- Creating AI-generated music and audio content.
VN- Editing and enhancing educational videos.

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10th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Monday

MONSOON MAGIC BRINGS SMILE TO LITTLE FACES

To celebrate the beauty of the rainy season, BCM Kindergarten organized a lively Monsoon Celebration for Nursery students. The little ones arrived in colourful raincoats and vibrant casual attire, adding cheer to the festive atmosphere.

The classrooms were beautifully decorated with umbrellas, paper clouds and raindrops. Children joyfully danced to rain songs, singing "Pitter Patter Rain Drops," floating paper boats and participating in fun-filled activities. They also learned new monsoon vocabulary such as umbrella, raincoat, cloud, rainbow and rain, along with the importance of using umbrellas and raincoats to stay safe and dry during the rainy season. Teachers also explained them about seasons and change of weather. The celebration beautifully blended fun with learning, creating a joyful and memorable experience for the tiny tots.

Principal Dr. Vandna Shahi remarked, "These little but meaningful celebrations help children explore nature, develop life skills and create beautiful childhood memories while learning in a happy environment."













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THE BCM EDGE

10th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Monday

"Believe in yourself, and you are already halfway to success."



Self-belief is the foundation of **confidence**, **courage** and **personal growth**. It is the inner voice that tells us we are **capable**, even when faced with challenges and uncertainty. A person who believes in themselves has the strength to **overcome obstacles**, learn from failures and **keep moving forward** with determination.

Self-belief is one of the most important qualities a person can have. It gives us the confidence to **trust our abilities** and **achieve** our goals. When we believe in ourselves, we become more confident in our decisions and actions. Confidence helps us stay **calm** even in difficult situations and encourages us to **keep moving forward**. Facing difficulties confidently makes us **stronger, wiser** and more **determined**.

Self-belief also helps us **recognize** and **grab opportunities** when they come our way. Many people miss good opportunities because they doubt themselves, but a confident person is willing to take the **first step**. Success does not come from avoiding risks but from **believing** in **our potential** and making the best use of every chance. Therefore, self-belief is the key to **confidence**, **courage** and **success**. By trusting ourselves, we can achieve our dreams and live a **successful** and **meaningful** life.

Lavpreet Kaur
Kindergarten Teacher

BCM SCHOOL

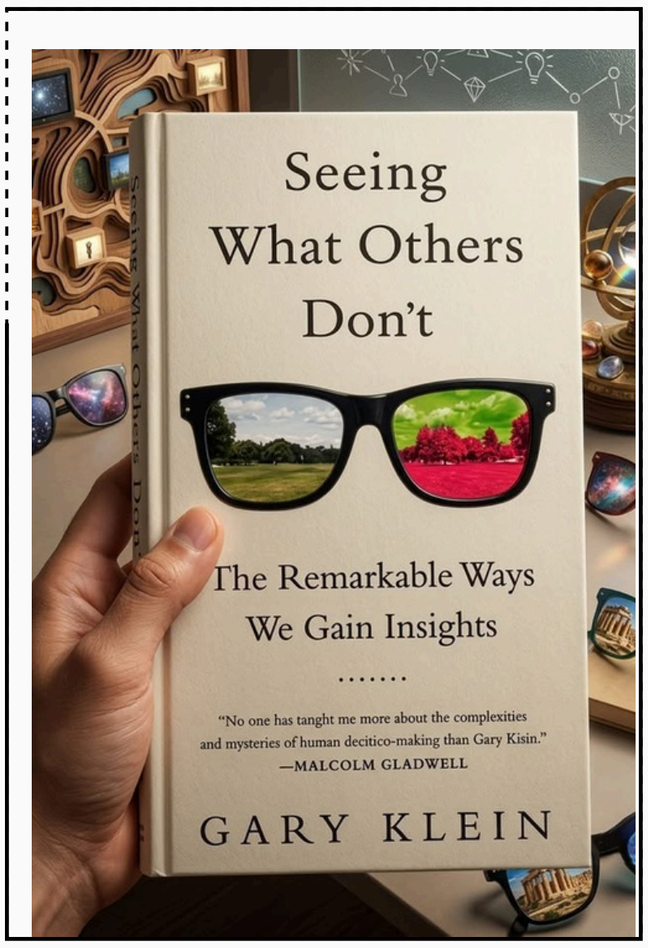
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BOOK RECOMMENDATION :

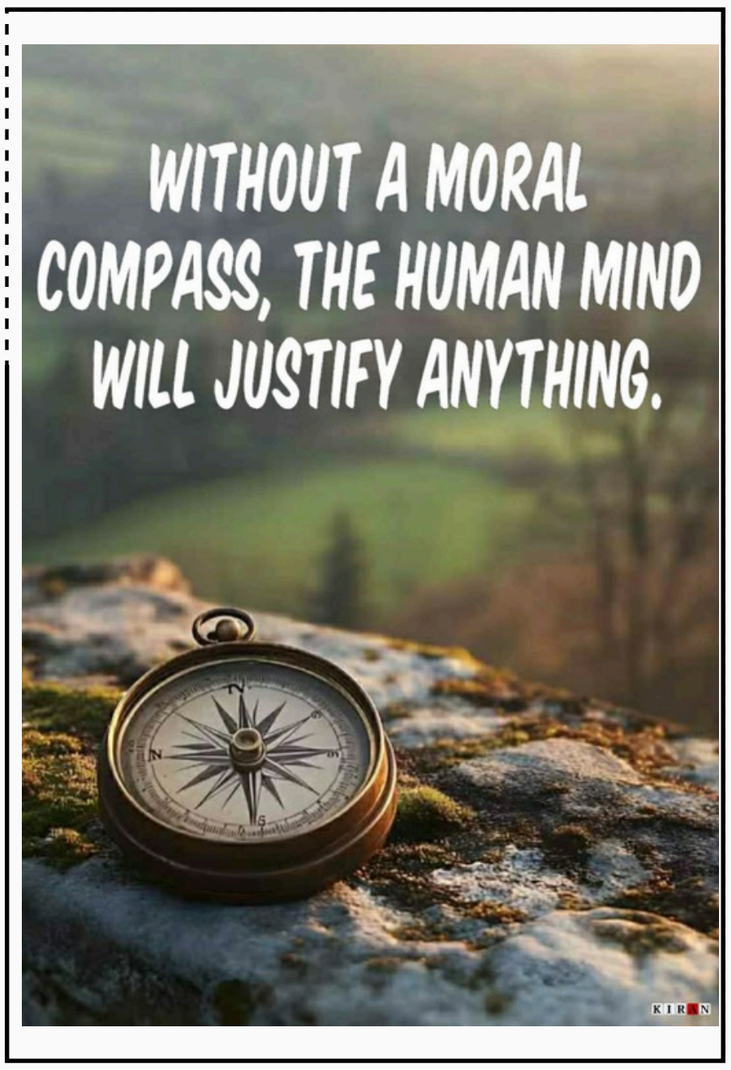
SEEING WHAT OTHERS DON'T



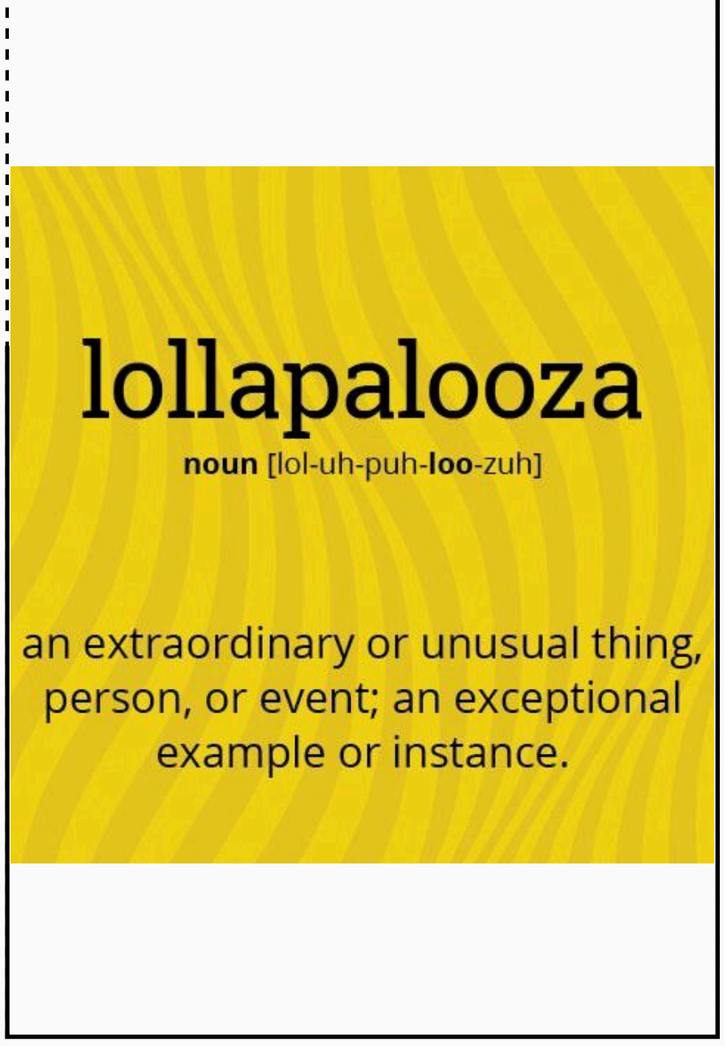
Seeing What Others Don't is an insightful book that explores how people make unexpected discoveries and breakthrough connections. Gary Klein explains that great insights are not simply moments of luck; they often emerge when we notice patterns, question assumptions and connect information in new ways. Through fascinating real-life examples, the book shows how ordinary observations can lead to extraordinary ideas.

The book encourages readers to look beyond the obvious, remain curious and challenge conventional thinking. It is particularly valuable for students and educators because it develops observation, creativity, critical thinking and problem-solving skills.

THOUGHT OF THE DAY



WORD



EDITOR & CREATIVE LEAD: MS. SANSKRITI VERMA (OUTREACH & MEDIA)

BCM SCHOOL
BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

11th Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Tuesday



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THE BCM EDGE
11th Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Tuesday

BCM SCHOOL JOINS THE "10 CRORE NASHA MUKTI PRATIGYA MAHA ABHIYAN 2026"

The school organised an Awareness & Oath Programme under the "10 Crore Nasha Mukti Pratigya Maha Abhiyan 2026" in collaboration with the Medical Wing of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya.

The programme was conducted by representatives of the Brahma Kumaris Udham Singh Nagar Centre, Ludhiana, with the aim of sensitising students and participants about the harmful effects of addiction and encouraging them to embrace healthy, addiction-free lifestyles.



As part of the initiative, participants were administered the Nasha Mukti Pratigya (Addiction-Free India Pledge), reaffirming their commitment to stay away from substance abuse and contribute towards building a healthier society.



A total of 431 participants attended the programme and took the pledge. The programme was coordinated by BK Savita, Brahma Kumaris Udham Singh Nagar Centre.

The initiative served as a meaningful step towards spreading awareness about the dangers of addiction while nurturing responsible choices, positive values and a healthier future among the youth.



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11th Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Tuesday

BALANCE, FOCUS & FUN: UKG STUDENTS TAKE ON EXCITING CHALLENGES



An engaging "Balancing Beam" Gross Motor Activity was conducted for UKG students to strengthen their balance, coordination and body control through fun-filled challenges. The children participated in a series of balancing tasks, including walking on a zigzag path with cushions on their head, balancing a book on their heads while walking and crawling with a plate of balls placed on their backs without letting the balls fall.

The activity was held with the aim to improve children's stability, concentration, posture and confidence while making physical fitness enjoyable. The little participants displayed remarkable enthusiasm, determination and coordination as most of them successfully completed each challenge.

Learning Outcomes-

Enhanced balance and body coordination,

improved concentration, confidence and self-control.

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BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

11th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Tuesday



Creativity IS THE POWER OF IMAGINATION

Art enables us to find ourselves and lose ourselves at the same time."

Creative art is more than just making things. It's about expressing, exploring and discovering endless possibilities.

ROLE OF A CREATIVE ART TEACHER

A creative art teacher inspires imagination, nurtures talent, and helps students express themselves through colors, ideas and innovation.

WHY CREATIVE ART MATTERS

- Encourages imagination and original thinking.
- Enhances observation, focus and problem solving skills.
- Builds confidence and self-expression.
- Reduces stress and promotes emotional well-being.
- Connects culture, heritage and contemporary ideas.

FINAL THOUGHT

Every child is an artist.
The problem is how to remain an artist once we grow up.

Anupreet Kaur
PGT Creative Art

BCM SCHOOL

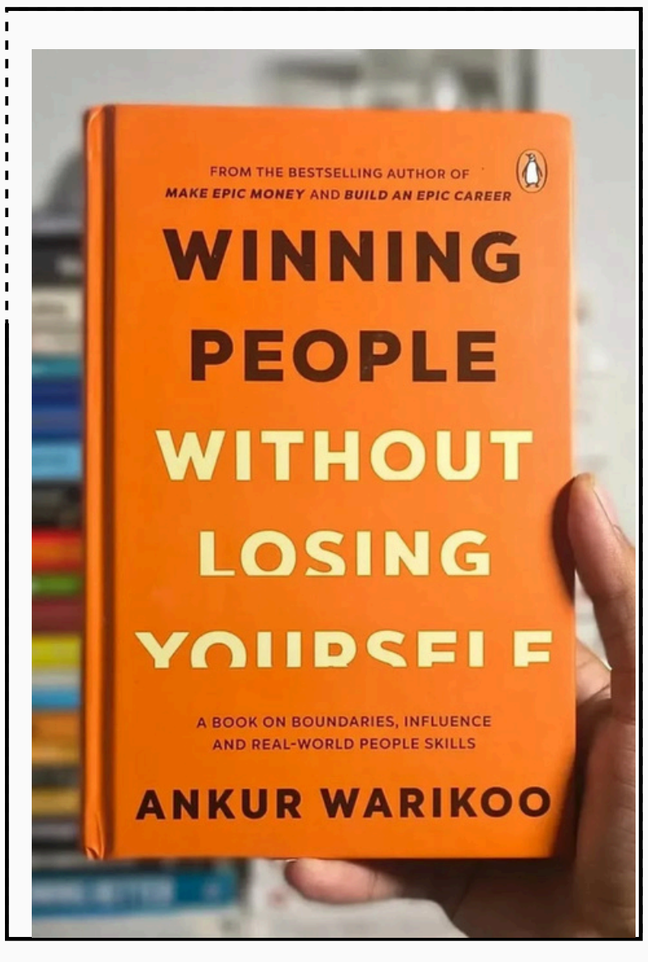
BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

11th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Tuesday

BOOK RECOMMENDATION :

WINNING PEOPLE WITHOUT LOSING YOURSELF

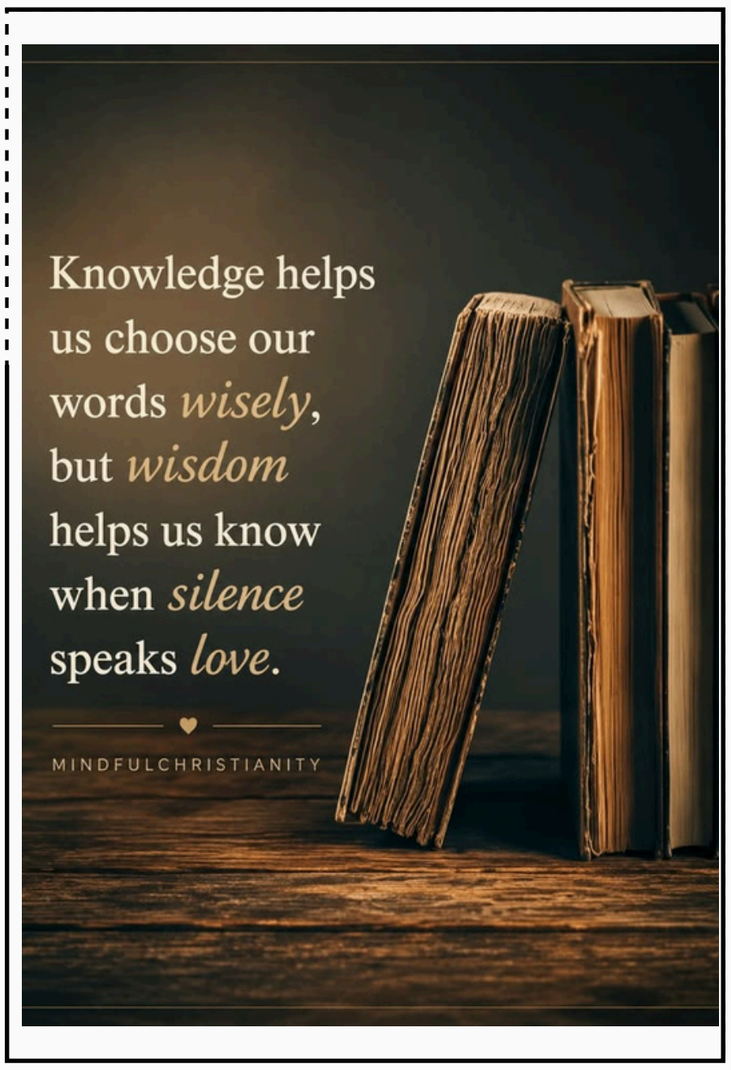


Winning People Without Losing Yourself is an insightful read that reminds us that success is not merely about achieving goals or winning approval—it is also about staying authentic along the way. The book encourages readers to build meaningful relationships, communicate effectively and understand others without compromising their own values and identity.

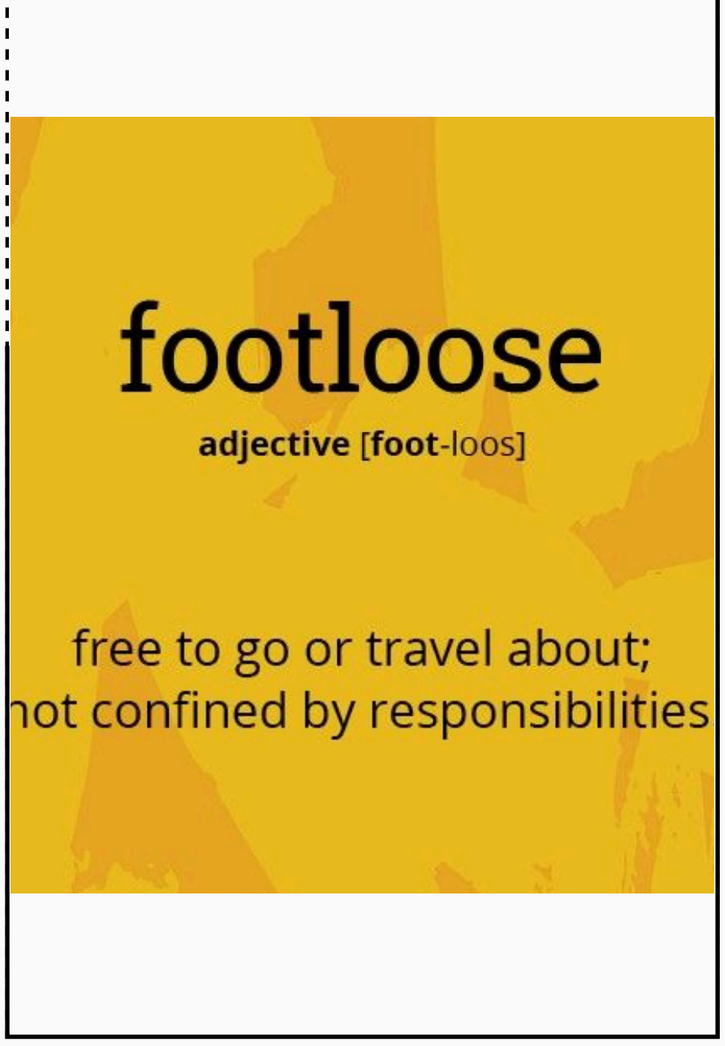
A thoughtful blend of practical wisdom and self-reflection, the book inspires readers to strike a healthy balance between connecting with people and remaining true to themselves. It is a valuable recommendation for anyone seeking personal growth, stronger relationships and a more confident approach to life.

A meaningful read for those who believe that true success is winning hearts without losing oneself.

THOUGHT OF THE DAY



WORD



EDITOR & CREATIVE LEAD: MS. SANSKRITI VERMA (OUTREACH & MEDIA)

BCM SCHOOL
BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

12th Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Wednesday

PROUD MOMENT

Well Played!

SONIT

OF CLASS VII ROSE

has won

SECOND PRIZE

U-13 CATEGORY

BATTLE OF BRAINS

CHESS TOURNAMENT

Held at

GLAMTON PLAZA,
Pakhowal Road,
opposite Omaxe
Royal Residency,
Ludhiana



Your dedication,
calm strategy and sharp mind
made this victory possible.

Keep moving forward, champion!

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THE BCM EDGE

12th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Wednesday

Empathy: The Superpower of the Human Heart



In a world that moves too fast, we often forget to notice what others are silently feeling.

A smile may hide sadness, a classmate may be struggling, or someone may simply need a listening ear.

Empathy is the courage to understand another heart without judging it.

It begins with small acts—

- A gentle "Are you okay?"
- Helping a classmate
- Including someone who feels left out
- Thanking the school staff
- Offering a helping hand



These little gestures may seem ordinary, but they can **bring hope to someone's difficult day.**

Kindness has a beautiful **ripple effect.** One caring word can touch a heart, one good deed can inspire another, and one compassionate person can brighten an entire community.

We never truly know what someone else is going through. So, let us choose **understanding** over judgment, **kindness** over indifference, and **compassion** over criticism.

We may not be able to change the whole world, but we can make someone's **little world brighter.** Sometimes, the smallest act of kindness leaves the **deepest mark.**

"किसी के चेहरे की मुस्कान बन जाओ,
किसी के दर्द की दवा बन जाओ।
जिंदगी तो सभी जीते हैं यहाँ,
तुम किसी की जिंदगी की वजह बन जाओ।

Sarita
TGT – Science

BCM SCHOOL

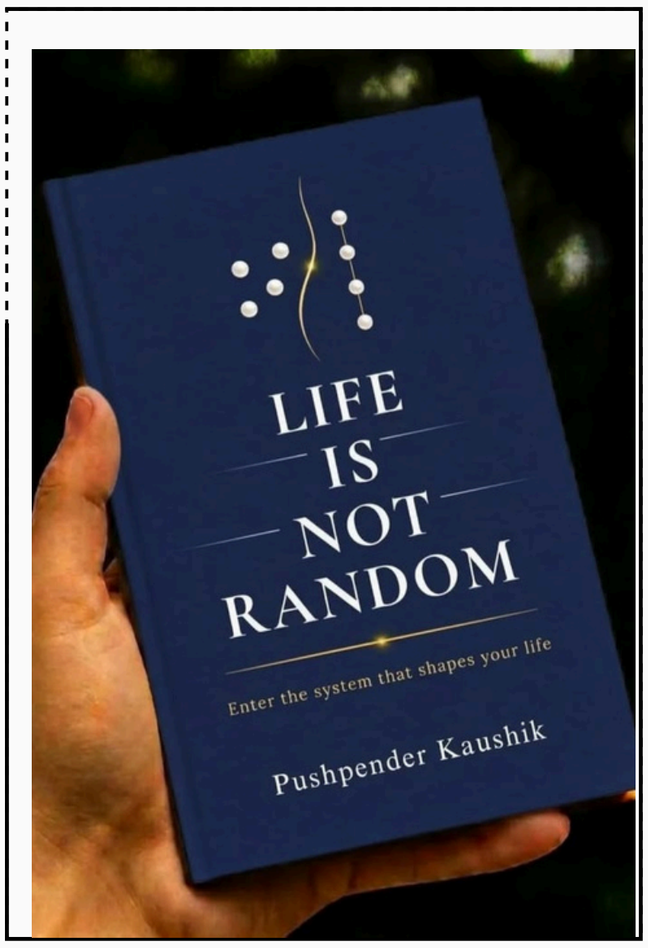
BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

12th Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Wednesday

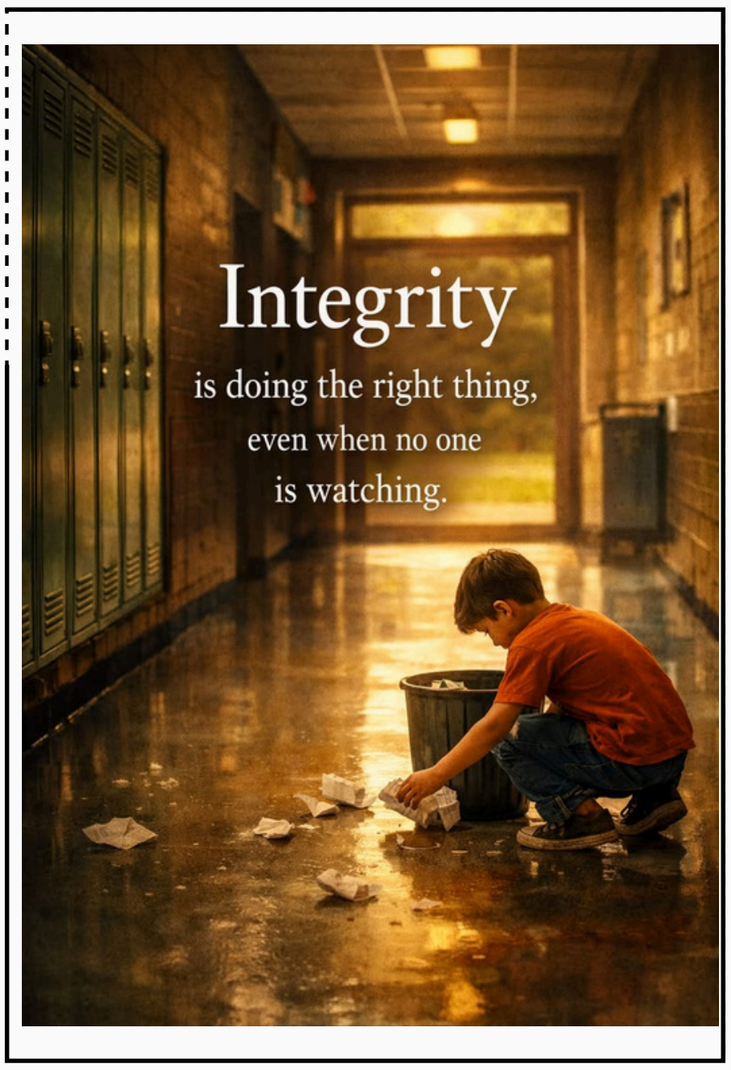
BOOK RECOMMENDATION :

LIFE IS NOT RANDOM



Life Is Not Random is a thought-provoking book that encourages readers to look beyond coincidences and discover meaning in the events, choices and experiences of life. The book inspires us to reflect on our decisions, relationships, habits and the patterns that shape our journey. Blending ideas of self-development, psychology and spirituality, it offers a fresh perspective on how we understand ourselves and the world around us. What makes the book engaging is its emphasis on awareness rather than quick solutions. It reminds us that even challenging experiences can carry valuable lessons. I recommend this book to anyone seeking personal growth, deeper self-reflection and a more meaningful understanding of life.

THOUGHT OF THE DAY



WORD



EDITOR & CREATIVE LEAD: MS. SANSKRITI VERMA (OUTREACH & MEDIA)

BCM SCHOOL
BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

13th Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Thursday

VEDIC MANTRA UCHARAN ENCHANTS BCM AUDITORIUM

An Inter-School Vedic Mantra Chanting Competition was organized by Veda Prachar Mandal Punjab at BCM School, Basant Avenue, Dugri, Ludhiana, under the guidance of Principal Dr. Vandana Shahi, in the presence of Architect Sanjay Goyal.

The event witnessed enthusiastic participation from 166 students representing 13 schools of Ludhiana. Students presented Vedic mantras with their meanings through melodious recitations, highlighting the timeless values and wisdom of the Vedas.

Sukhwinder Singh Bindra, Special Member, NCDR, Ministry of Social Justice and Empowerment, graced the occasion as Chief Guest, while Principal Sandeep Channa, Kamla Lohtia S.D. College, presided over the ceremony. The distinguished guests emphasized the importance of nurturing values and Vedic wisdom among the younger generation.







Results

First Prize: BCM Arya Model School, Shastri Nagar

Second Prize: DAV School, Pakhowal Road

Third Prize: DAV School, BRS Nagar & Police DAV Public School

Commendation Prizes: BCM School, Sector 32 & BCM School, Basant Avenue, Dugri

The event concluded with the felicitation of winners and distinguished guests, reaffirming the importance of preserving and promoting India's rich Vedic heritage.

BCM SCHOOL
BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

13th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Thursday

LITTLE HANDS, BIG CREATIONS: LKG STUDENTS EXPLORE CLAY CRAFT





LKG students participated enthusiastically in a fun-filled Clay Craft activity designed to nurture their creativity and fine motor skills. Provided with soft, colourful clay, the little learners explored the art of rolling, pressing, moulding and joining to create a variety of objects using their imagination.

The children proudly created colourful models such as sun, flowers, snakes, balls and many more, expressing their ideas through their unique creations.

The activity helped enhance fine motor skills, hand-eye coordination, creativity, imagination and self-expression. It also encouraged the children to work independently, build confidence and discover the joy of creating something new with their own hands.



BCM SCHOOL
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THE BCM EDGE

13th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Thursday

LEARNING IN A CHANGING WORLD



How Kids Can Handle the Changing Scenario of Education

Learn • Adapt • Explore • Grow

Education is changing with technology, new teaching methods and real-life learning. Children can confidently adapt by becoming curious, flexible and responsible learners.

THINK, DON'T JUST MEMORISE:
Ask questions, understand concepts and find different ways to solve problems.

USE TECHNOLOGY WISELY:
Use digital tools for learning while maintaining a healthy screen-time balance.

LEARN TOGETHER:
Take part in group work, discussions and projects to build teamwork and communication.

BE CREATIVE:
Explore ideas, experiment and connect classroom learning with everyday life.

BE READY TO ADAPT:
Accept new subjects, methods and challenges with a positive attitude.

LEARN FROM MISTAKES:
Treat mistakes as opportunities to improve rather than reasons to give up.

TAKE CARE OF YOURSELF:
Balance studies with sleep, exercise, hobbies, family time and relaxation.

BE DIGITALLY RESPONSIBLE:
Check information, protect personal details and communicate respectfully online.

BUILD FUTURE SKILLS:
Problem-solving, creativity, communication and collaboration will help children face future challenges.

LEARN BEYOND THE CLASSROOM:
Projects, experiments, reading and real-life experiences can make learning meaningful and enjoyable.

STAY POSITIVE:
Every change brings a new opportunity to discover strengths, learn new skills and grow with confidence.



THE FUTURE BELONGS TO CURIOUS AND CONFIDENT LEARNERS!

Children don't have to fear change — they can learn to lead it.

Prepared by: **Sunaina Bhatia** | TGT Mathematics

BCM SCHOOL

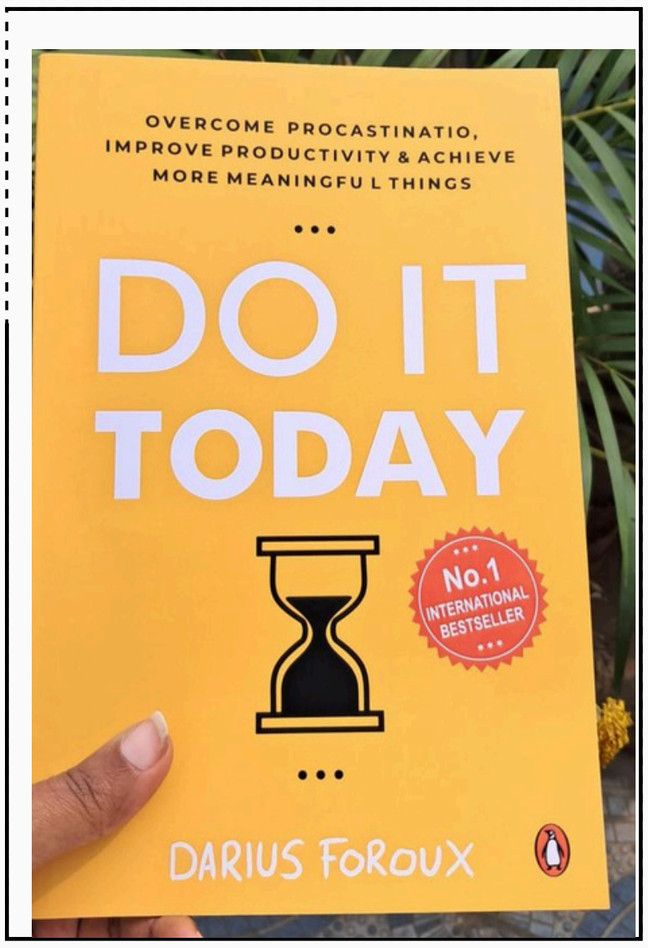
BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

13th Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Thursday

BOOK RECOMMENDATION :

DO IT TODAY

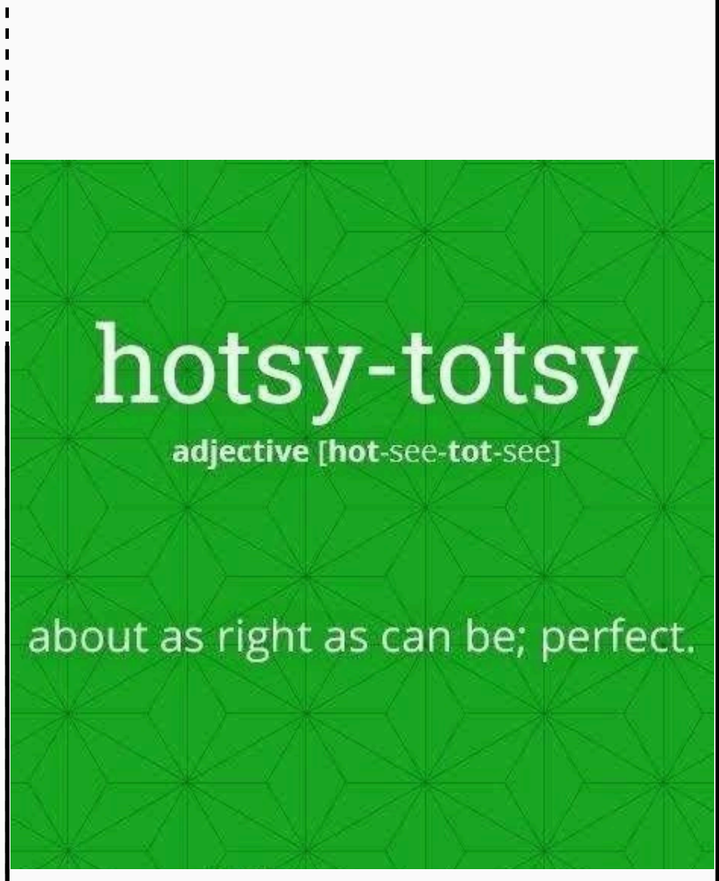


Do It Today by Darius Foroux is a practical and motivating book that encourages readers to stop procrastinating and start taking action. The book focuses on using time wisely, developing productive habits and concentrating on what truly matters. Foroux explains that waiting for the "right time" often prevents us from achieving our goals. Through simple ideas and relatable examples, he inspires readers to take small but consistent steps towards success. One of the book's strongest messages is that productivity is not about being busy, but about making meaningful progress. It is an easy-to-read and thought-provoking book, especially useful for students and anyone struggling with procrastination. Do It Today reminds us that the best time to begin is often today, not tomorrow.

THOUGHT OF THE DAY



WORD



EDITOR & CREATIVE LEAD: MS. SANSKRITI VERMA (OUTREACH & MEDIA)

BCM SCHOOL

BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

14th Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Friday

Proud of You.
Proud of Our India.

80th INDEPENDENCE DAY
15TH AUGUST

A Legacy of Freedom. A Future of Promise.



JITARTHI
Class III Jasmine

Jitarthi of Class III Jasmine had participated in the **Independence Day Essay Writing Competition** organised by the **Ministry of Defence** in coordination with **MyGov.**

She is among the **Top 200 participants** who have received an e-invitation to witness the Independence Day Celebration at **Red Fort, Delhi** on **15th August 2026.**

Saluting Courage.
Celebrating Freedom.
Inspiring Generations.

"FREEDOM IS NOT FREE, IT IS EARNED BY THE BRAVE AND PRESERVED BY THE RESPONSIBLE."

JAI HIND!

BCM SCHOOL
BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

14th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Friday

FIND YOUR PARTNER: LEARNING GENDER THROUGH PLAY





An engaging and interactive activity, "Find Your Partner," was conducted for the students of Class I to introduce them to the basic concept of gender through play-based learning. The activity transformed the classroom into an exciting learning space where children could observe, identify and interact with their peers.

Various flashcards representing two gender categories were displayed among the students. Each child carefully observed the flashcard, identified its appropriate category and moved around the classroom to find the child holding the corresponding partner card. Once matched, the students formed pairs, making the learning experience both enjoyable and meaningful.

The activity encouraged children to learn through observation, identification and peer interaction, while fostering active participation and confidence. It also helped them develop an age-appropriate understanding of gender categories in a simple and engaging manner.



The activity enhanced students' understanding of gender categories while strengthening their observation, identification and social interaction skills. It also promoted active learning through participation and collaboration.

BCM SCHOOL
BASANT AVENUE, DUGRI ROAD, LUDHIANA
BCM FOUNDATION

THE BCM EDGE

14th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Friday

ਜਿੱਥੇ ਕਦਰ, ਉੱਥੇ ਧੰਨਵਾਦ

ਸਰਬ ਕੌਰ



ਅਸੀਂ ਅਕਸਰ ਸੋਚਦੇ ਹਾਂ ਕਿ ਕਿਸੇ ਨੂੰ ਖੁਸ਼ ਕਰਨ ਲਈ ਕੋਈ ਵੱਡਾ ਤੋਹਫ਼ਾ ਦੇਣਾ ਪੈਂਦਾ ਹੈ। ਪਰ ਕਈ ਵਾਰ ਇੱਕ ਛੋਟਾ ਜਿਹਾ ਸ਼ਬਦ ਵੀ ਕਿਸੇ ਦੇ ਚਿਹਰੇ 'ਤੇ ਵੱਡੀ ਮੁਸਕਾਨ ਲਿਆ ਸਕਦਾ ਹੈ—ਉਹ ਸ਼ਬਦ ਹੈ "ਧੰਨਵਾਦ"।

ਸਾਡੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਹਰ ਦਿਨ ਬਹੁਤ ਸਾਰੇ ਲੋਕ ਸਾਡੇ ਲਈ ਛੋਟੀਆਂ-ਵੱਡੀਆਂ ਚੀਜ਼ਾਂ ਕਰਦੇ ਹਨ। ਮਾਪੇ ਸਾਡੀਆਂ ਲੋੜਾਂ ਦਾ ਧਿਆਨ ਰੱਖਦੇ ਹਨ, ਅਧਿਆਪਕ ਸਾਨੂੰ ਸਿਰਫ਼ ਕਿਤਾਬਾਂ ਦਾ ਗਿਆਨ ਹੀ ਨਹੀਂ ਦਿੰਦੇ, ਸਗੋਂ ਜ਼ਿੰਦਗੀ ਜਿਊਣ ਦੇ ਢੰਗ ਵੀ ਸਿਖਾਉਂਦੇ ਹਨ। ਦੋਸਤ ਔਖੇ ਸਮੇਂ ਵਿੱਚ ਸਾਥ ਦਿੰਦੇ ਹਨ ਅਤੇ ਸਕੂਲ ਦਾ ਸਹਾਇਕ ਸਟਾਫ਼ ਵੀ ਚੁੱਪਚਾਪ ਆਪਣੀ ਜ਼ਿੰਮੇਵਾਰੀ ਨਿਭਾਉਂਦਾ ਹੈ। ਪਰ ਕੀ ਅਸੀਂ ਇਨ੍ਹਾਂ ਸਾਰਿਆਂ ਨੂੰ ਹਮੇਸ਼ਾ ਉਨ੍ਹਾਂ ਦੀ ਮਿਹਨਤ ਲਈ ਧੰਨਵਾਦ ਕਹਿੰਦੇ ਹਾਂ?

ਅਸੀਂ ਆਪਣੀ ਰੋਜ਼ਾਨਾ ਦੀ ਭੱਜ-ਦੌੜ ਵਿੱਚ ਇੰਨੇ ਰੁੱਝੇ ਹੁੰਦੇ ਹਾਂ ਕਿ ਧੰਨਵਾਦ ਕਹਿਣਾ ਤਾਂ ਦੂਰ ਦੀ ਗੱਲ, ਸਾਨੂੰ ਇਹ ਵੀ ਯਾਦ ਨਹੀਂ ਰਹਿੰਦਾ ਕਿ ਕਿਸੇ ਨੇ ਸਾਡੇ ਲਈ ਕੁਝ ਕੀਤਾ ਸੀ।

ਇੱਕ ਛੋਟੇ ਬੱਚੇ ਲਈ ਧੰਨਵਾਦ ਦਾ ਮਤਲਬ ਹੋ ਸਕਦਾ ਹੈ—ਮਾਂ ਵੱਲੋਂ ਬਣਾਏ ਖਾਣੇ ਲਈ ਮੁਸਕਰਾ ਕੇ "ਧੰਨਵਾਦ" ਕਹਿਣਾ, ਅਧਿਆਪਕ ਵੱਲੋਂ ਸਮਝਾਏ ਸਵਾਲ ਲਈ ਉਨ੍ਹਾਂ ਦੀ ਕਦਰ ਕਰਨੀ ਜਾਂ ਕਿਸੇ ਦੋਸਤ ਵੱਲੋਂ ਦਿੱਤੀ ਪੈਨਸਿਲ ਵਾਪਸ ਕਰਦੇ ਹੋਏ ਉਸਨੂੰ ਧੰਨਵਾਦ ਕਹਿਣਾ।

ਜਿਵੇਂ-ਜਿਵੇਂ ਅਸੀਂ ਵੱਡੇ ਹੁੰਦੇ ਹਾਂ, ਧੰਨਵਾਦ ਦਾ ਅਰਥ ਵੀ ਵੱਡਾ ਹੁੰਦਾ ਜਾਂਦਾ ਹੈ। ਸਾਨੂੰ ਇਹ ਸਮਝ ਆਉਣ ਲੱਗਦੀ ਹੈ ਕਿ ਸਿਰਫ਼ ਕਿਸੇ ਚੀਜ਼ ਲਈ ਨਹੀਂ, ਸਗੋਂ ਕਿਸੇ ਦੀ ਮਿਹਨਤ, ਸਮਾਂ, ਸਹਿਯੋਗ ਅਤੇ ਹੌਂਸਲੇ ਲਈ ਵੀ ਧੰਨਵਾਦ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ।

ਜੇ ਕਿਸੇ ਦੋਸਤ ਨੇ ਪੜ੍ਹਾਈ ਵਿੱਚ ਸਾਡੀ ਮਦਦ ਕੀਤੀ ਹੈ, ਕਿਸੇ ਸਾਥੀ ਨੇ ਮੁਸ਼ਕਲ ਕੰਮ ਵਿੱਚ ਸਾਡਾ ਸਾਥ ਦਿੱਤਾ ਹੈ ਜਾਂ ਕਿਸੇ ਅਧਿਆਪਕ ਨੇ ਸਾਨੂੰ ਵਾਰ-ਵਾਰ ਸਮਝਾਇਆ ਹੈ, ਤਾਂ ਉਨ੍ਹਾਂ ਦੀ ਕੋਸ਼ਿਸ਼ ਨੂੰ ਪਛਾਣਨਾ ਸਾਡੀ ਜ਼ਿੰਮੇਵਾਰੀ ਹੈ।

ਚਿੰਤਾਵਾਂ ਵਿੱਚ ਅਸੀਂ ਕਈ ਵਾਰ ਇਹ ਭੁੱਲ ਜਾਂਦੇ ਹਾਂ ਕਿ ਸਾਡੀ ਸਫਲਤਾ ਦੇ ਪਿੱਛੇ ਕਈ ਲੋਕਾਂ ਦੀ ਮਿਹਨਤ ਹੁੰਦੀ ਹੈ। ਮਾਪਿਆਂ ਦਾ ਸਹਿਯੋਗ, ਅਧਿਆਪਕਾਂ ਦੀ ਰਹਿਨੁਮਾਈ, ਦੋਸਤਾਂ ਦੀ ਹੌਂਸਲਾ-ਅਫ਼ਜ਼ਾਈ ਅਤੇ ਸਕੂਲ ਦੇ ਹਰ ਕਰਮਚਾਰੀ ਦੀ ਮਿਹਨਤ—ਇਹ ਸਭ ਸਾਡੀ ਯਾਤਰਾ ਦਾ ਹਿੱਸਾ ਹਨ।

ਇਹ ਧੰਨਵਾਦ ਸਿਰਫ਼ ਵੱਡੀਆਂ ਮਦਦਾਂ ਲਈ ਹੀ ਨਹੀਂ ਹੋਣਾ ਚਾਹੀਦਾ। ਕਿਸੇ ਨੇ ਸਾਡੀ ਗੱਲ ਧਿਆਨ ਨਾਲ ਸੁਣੀ, ਕਿਸੇ ਨੇ ਸਾਨੂੰ ਹੌਂਸਲਾ ਦਿੱਤਾ, ਕਿਸੇ ਨੇ ਸਾਡੀ ਗਲਤੀ 'ਤੇ ਸਾਨੂੰ ਸਹੀ ਰਸਤਾ ਦਿਖਾਇਆ ਜਾਂ ਕਿਸੇ ਨੇ ਸਾਡੇ ਮਾੜੇ ਦਿਨ ਵਿੱਚ ਸਾਡੇ ਚਿਹਰੇ 'ਤੇ ਮੁਸਕਾਨ ਲਿਆਉਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕੀਤੀ—ਇਹ ਸਭ ਵੀ ਧੰਨਵਾਦ ਦੇ ਹੱਕਦਾਰ ਹਨ।

ਅਸਲ ਵਿੱਚ ਧੰਨਵਾਦ ਇੱਕ ਅਜਿਹੀ ਆਦਤ ਹੈ ਜੋ ਸਾਨੂੰ ਸਿਰਫ਼ ਚੰਗਾ ਵਿਦਿਆਰਥੀ ਨਹੀਂ, ਸਗੋਂ ਚੰਗਾ ਇਨਸਾਨ ਬਣਾਉਂਦੀ ਹੈ। ਇਹ ਸਾਨੂੰ ਨਿਮਰ ਬਣਾਉਂਦੀ ਹੈ, ਦੂਜਿਆਂ ਦੀ ਕਦਰ ਕਰਨੀ ਸਿਖਾਉਂਦੀ ਹੈ ਅਤੇ ਸਾਡੇ ਰਿਸ਼ਤਿਆਂ ਵਿੱਚ ਪਿਆਰ ਤੇ ਆਪਣਾਪਣ ਵਧਾਉਂਦੀ ਹੈ।

ਸਾਨੂੰ ਹਰ ਉਸ ਵਿਅਕਤੀ ਦੀ ਕਦਰ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ ਜੋ ਸਾਡੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਕਿਸੇ ਨਾ ਕਿਸੇ ਤਰੀਕੇ ਨਾਲ ਆਪਣਾ ਯੋਗਦਾਨ ਪਾਉਂਦਾ ਹੈ।

ਇਸ ਲਈ ਆਓ, ਅੱਜ ਤੋਂ ਇੱਕ ਛੋਟੀ ਜਿਹੀ ਆਦਤ ਪਾਈਏ। ਜਿਸਨੇ ਸਾਡੀ ਮਦਦ ਕੀਤੀ ਜਾਂ ਜਿਸਨੇ ਸਾਡਾ ਹੌਂਸਲਾ ਵਧਾਇਆ, ਉਸਦੀ ਕਦਰ ਕਰੀਏ ਅਤੇ ਉਸਨੂੰ ਧੰਨਵਾਦ ਕਹੀਏ। ਜਿਸਨੇ ਸਾਡੇ ਲਈ ਆਪਣਾ ਸਮਾਂ ਦਿੱਤਾ, ਉਸਨੂੰ ਇਹ ਅਹਿਸਾਸ ਕਰਾਈਏ ਕਿ ਉਸਦੀ ਕੋਸ਼ਿਸ਼ ਸਾਡੇ ਲਈ ਮਹੱਤਵ ਰੱਖਦੀ ਹੈ।

ਕਿਉਂਕਿ ਕਈ ਵਾਰ ਇੱਕ ਛੋਟਾ ਜਿਹਾ "ਧੰਨਵਾਦ" ਕਿਸੇ ਲਈ ਬਹੁਤ ਵੱਡਾ ਤੋਹਫ਼ਾ ਬਣ ਜਾਂਦਾ ਹੈ।

ਸ਼ਾਇਦ ਸਾਡੇ ਦੋ ਕਦਰ ਦੇ ਬੋਲ ਕਿਸੇ ਦੀ ਮਿਹਨਤ ਨੂੰ ਪਛਾਣ ਦੇਣ, ਕਿਸੇ ਦਾ ਹੌਂਸਲਾ ਵਧਾ ਦੇਣ ਜਾਂ ਕਿਸੇ ਦੇ ਚਿਹਰੇ 'ਤੇ ਇੱਕ ਪਿਆਰੀ ਜਿਹੀ ਮੁਸਕਾਨ ਲਿਆ ਦੇਣ।

ਤਾਂ ਫਿਰ ਦੇਰ ਕਿਸ ਗੱਲ ਦੀ?

ਅੱਜ ਆਪਣੇ ਆਲੇ-ਦੁਆਲੇ ਕਿਸੇ ਇੱਕ ਅਜਿਹੇ ਵਿਅਕਤੀ ਨੂੰ ਦਿਲੋਂ "ਧੰਨਵਾਦ" ਕਹੋ, ਜਿਸਨੂੰ ਸ਼ਾਇਦ ਤੁਸੀਂ ਕਾਫ਼ੀ ਸਮੇਂ ਤੋਂ ਇਹ ਦੋ ਬੋਲ ਨਹੀਂ ਕਹੇ।

BCM SCHOOL

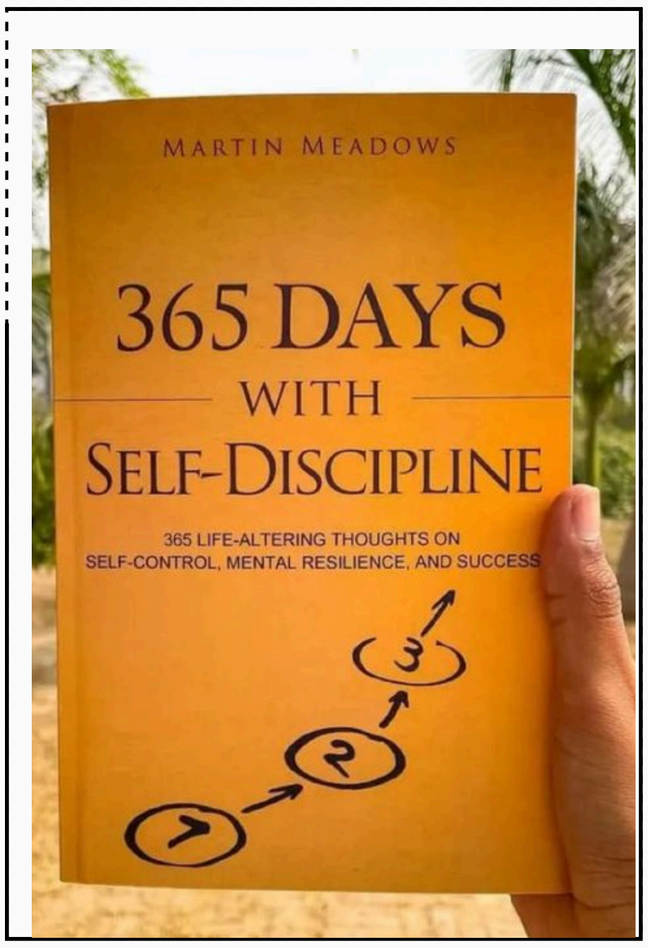
BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

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BOOK RECOMMENDATION :

365 DAYS WITH DISCIPLINE

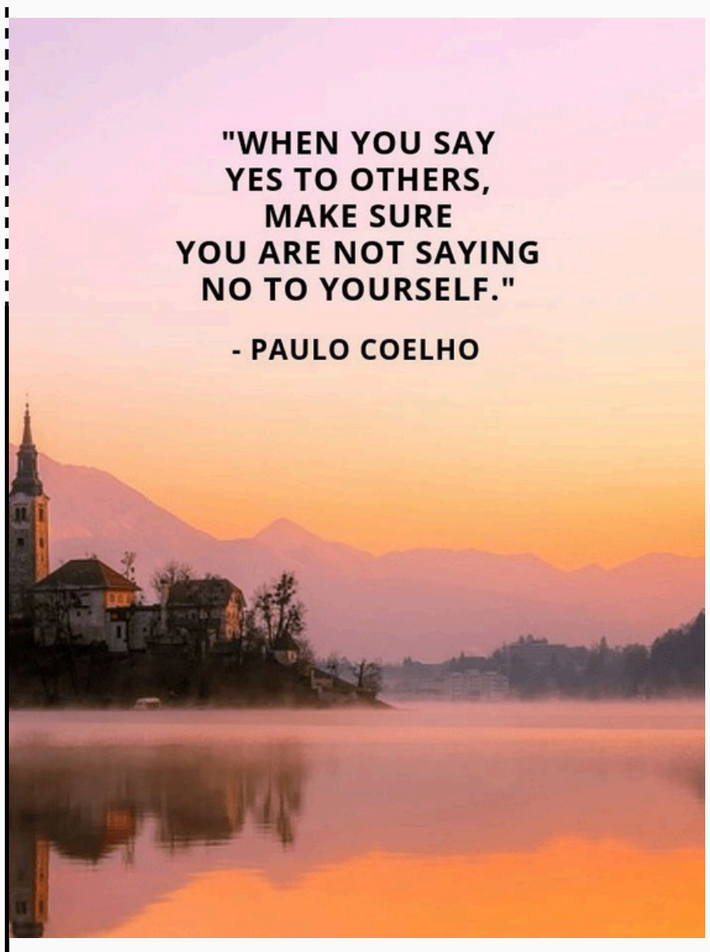


365 Days with Discipline is an inspiring and practical book that highlights the power of consistency, self-control and purposeful action. Rather than presenting discipline as a restriction, the book encourages readers to see it as a pathway to personal growth and achievement.

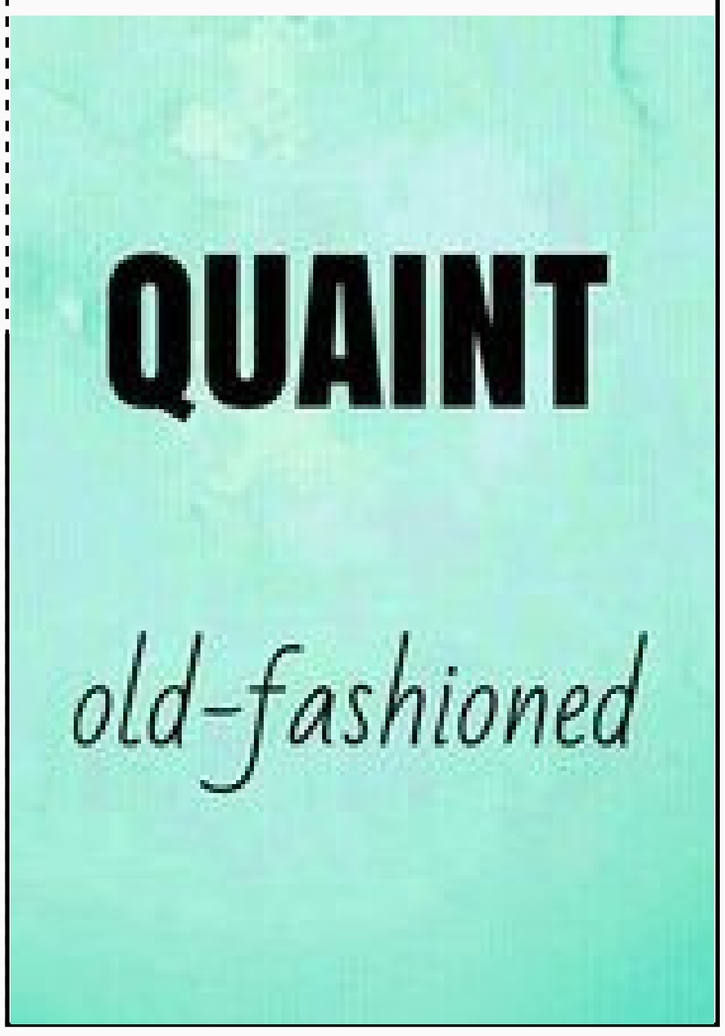
What makes the book engaging is its focus on small, everyday actions. It reminds us that success is rarely achieved overnight; instead, it is the result of disciplined choices repeated consistently. The book is especially useful for students and young readers who want to improve their time management, focus and productivity.

Overall, 365 Days with Discipline is a motivating read that encourages readers to turn discipline into a daily habit and make every day count.

THOUGHT OF THE DAY



WORD



EDITOR & CREATIVE LEAD: MS. SANSKRITI VERMA (OUTREACH & MEDIA)

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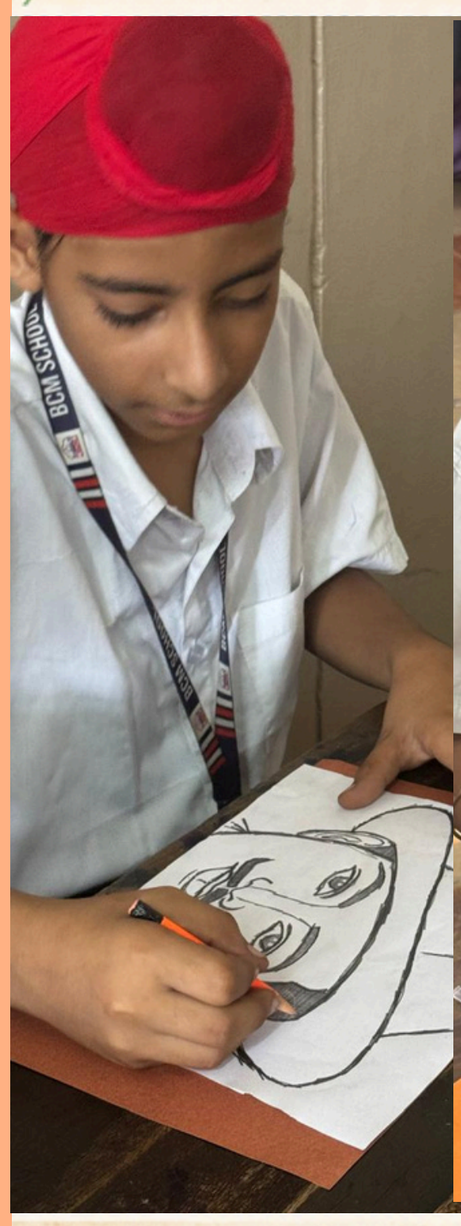
15th Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Saturday

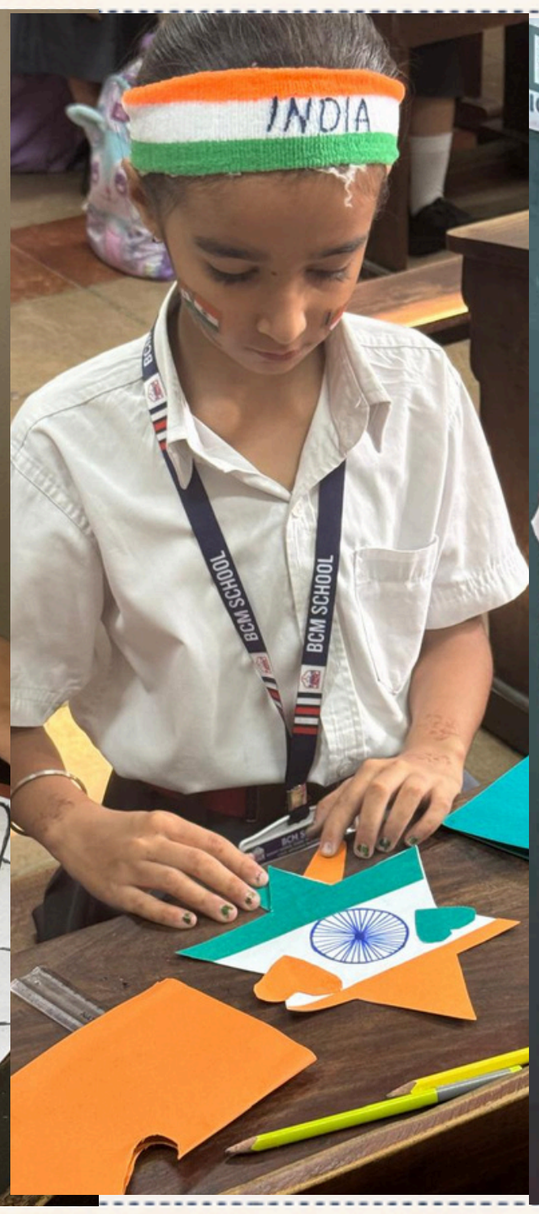
BCM STUDENTS

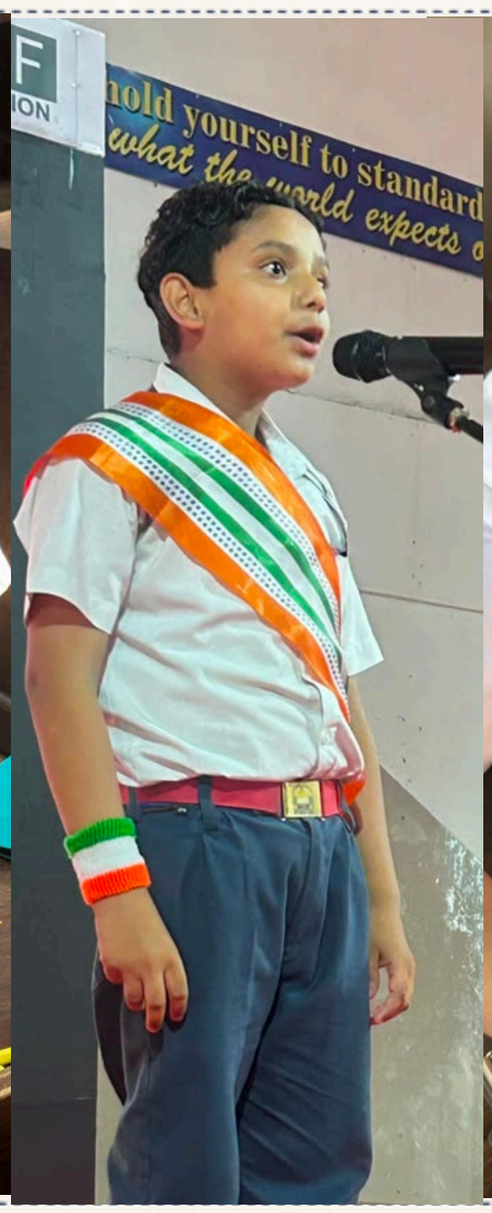
Celebrate

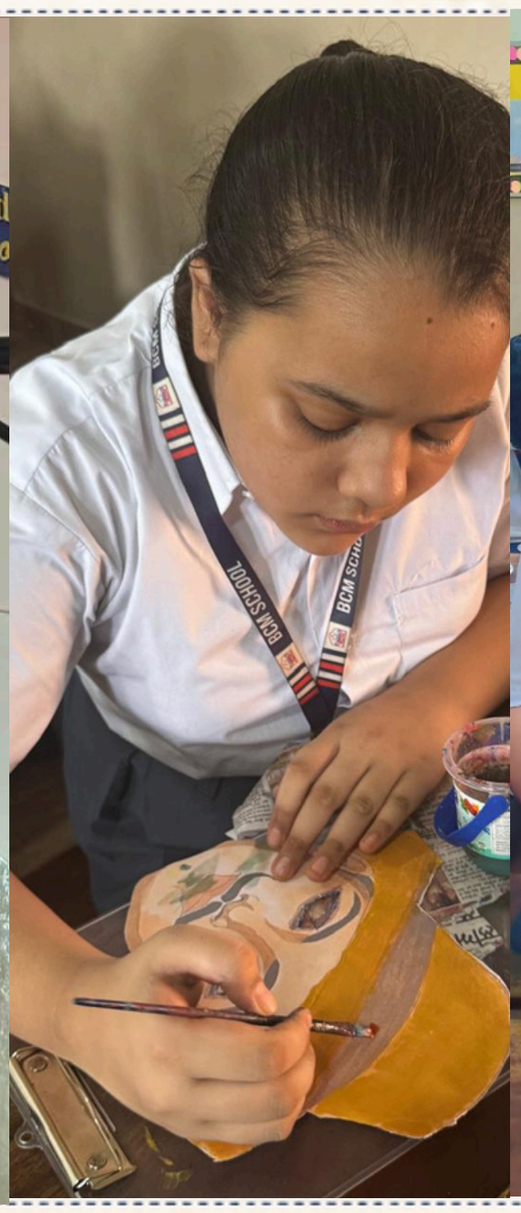
THE 80TH INDEPENDENCE DAY

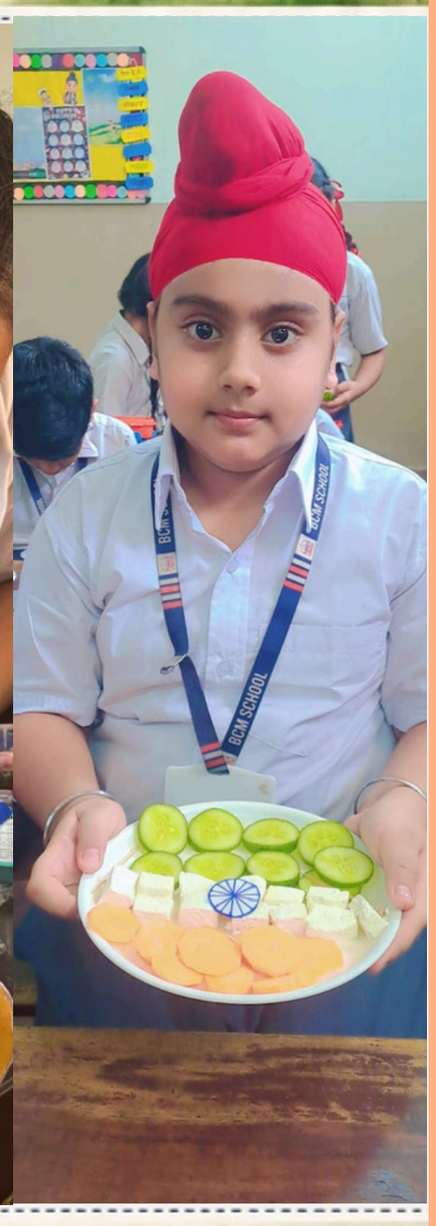
Honouring the past. Celebrating the present. Inspiring the future.











"We inherit freedom as a gift,
but we honour it by **remembering**
those who made it possible.
Today's generation celebrates the India
they dreamed of; tomorrow's generation
must **carry that dream forward.**

REMEMBERING. CELEBRATING. INSPIRING.

BCM SCHOOL

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CLASS II
STAR BADGE ACTIVITY

Little hands, big pride!





CLASS III
FOOD DECORATING ACTIVITY

Creative minds, colourful treats!





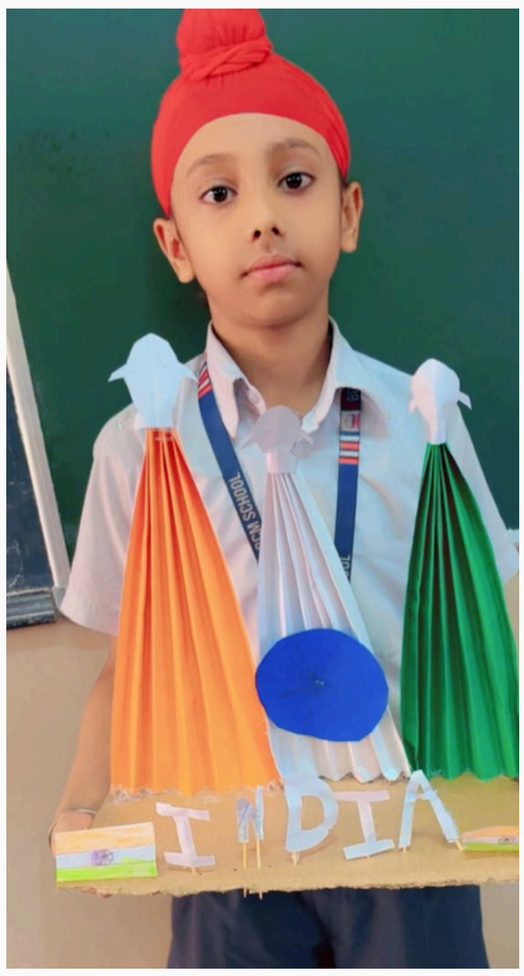
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CLASS IV
TRICOLOR FLAG MAKING
Crafting pride, celebrating freedom!







CLASS V
FREEDOM FIGHTER MASK MAKING
Honouring heroes, inspiring generations!





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MIDDLE WING

INTER HOUSE PATRIOTIC SONG *Competition*

One Nation • Many Voices • One Freedom.









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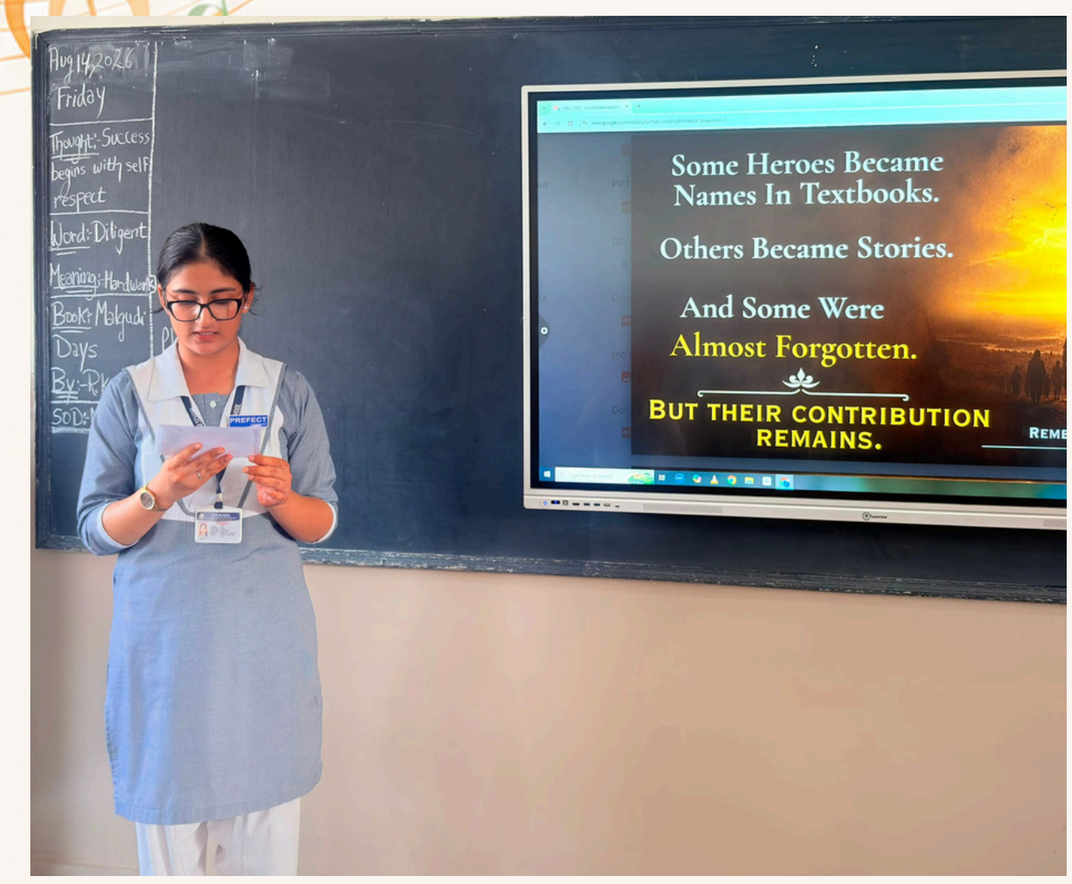
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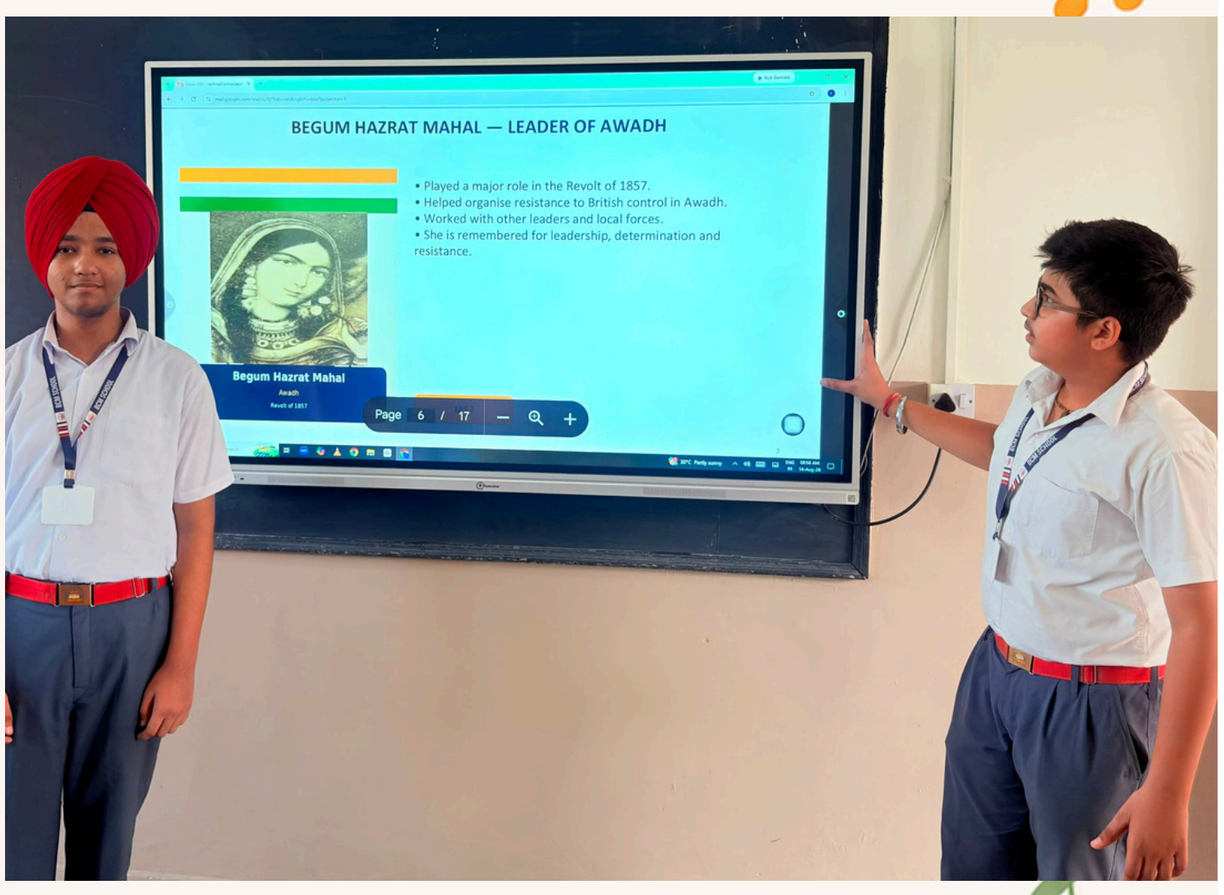
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CLASS IX

DIGITAL STORY of UNSUNG HEROES

Honoring the Unseen. Celebrating the Unheard.





Behind every great nation are unsung heroes whose stories inspire generations.

Let's tell their stories. Let's keep their legacy alive.

ONE NATION. MANY VOICES. ONE FREEDOM.

BCM SCHOOL

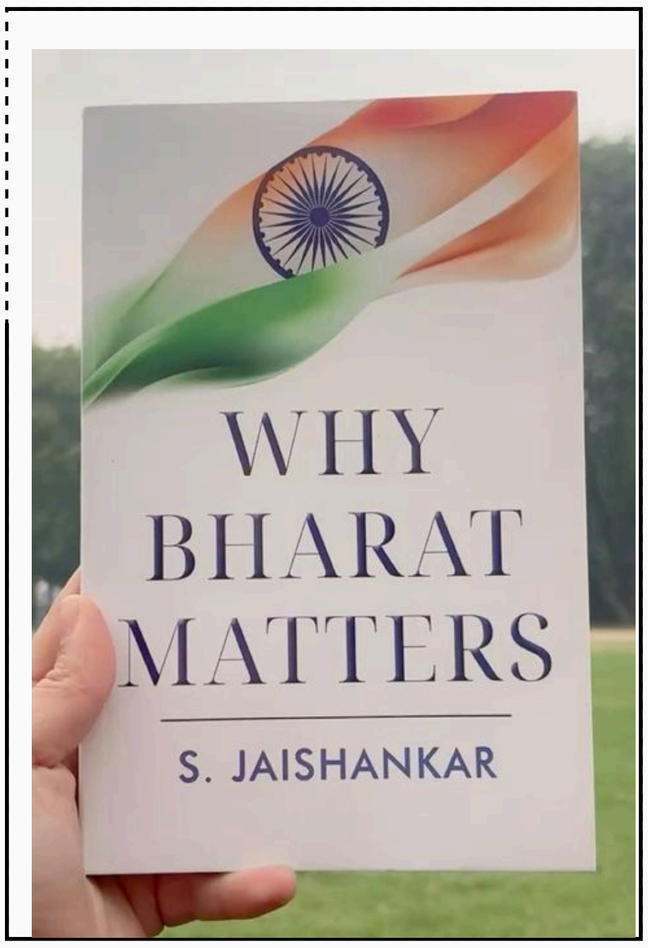
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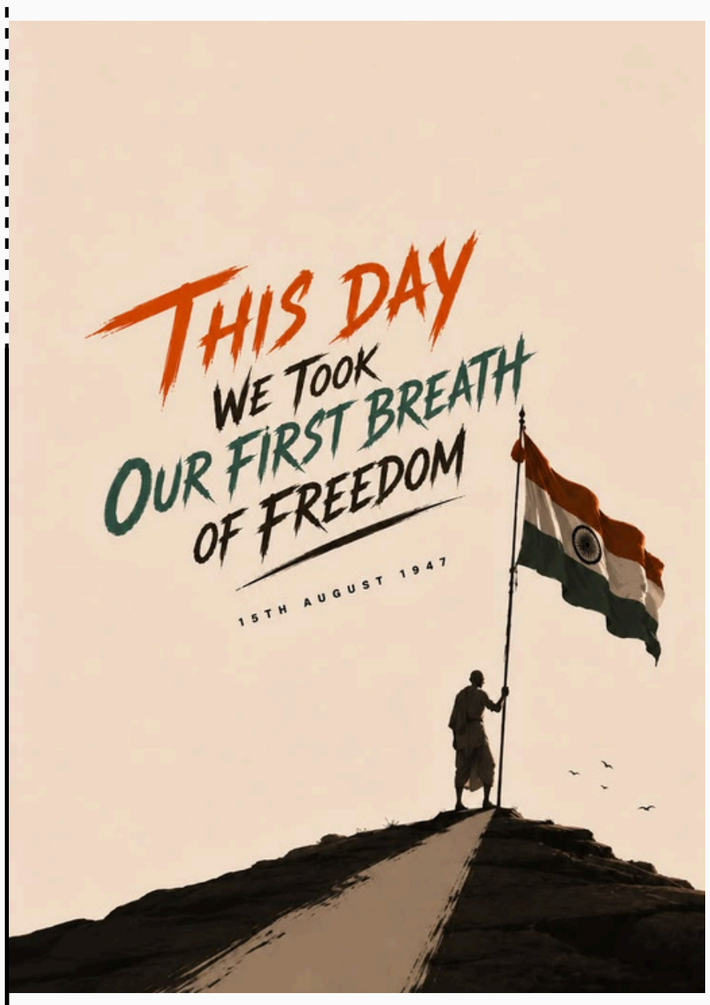
BOOK RECOMMENDATION :

WHY BHARAT MATTERS

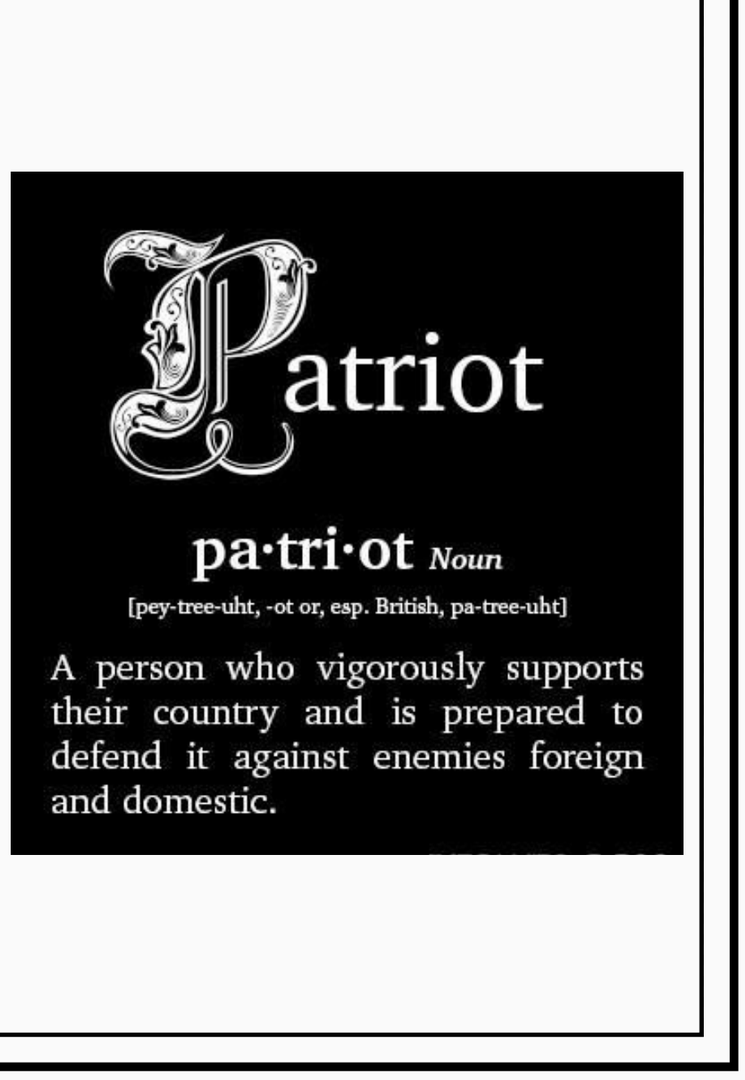


Why Bharat Matters by Dr. S. Jaishankar is an insightful book that explores India's growing role in a rapidly changing world. With a clear understanding of history, diplomacy and contemporary global affairs, the author explains why India's choices and partnerships matter beyond its borders. The book presents India not merely as a developing nation but as a confident country shaping its own path while balancing national interests with global responsibilities. It offers valuable perspectives on India's foreign policy, strategic relationships and aspirations for the future. Written in an accessible style, the book encourages readers to look at India through a broader global lens. A thoughtful and relevant read for anyone interested in understanding the India of today and tomorrow.

THOUGHT OF THE DAY



WORD



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