BCM SCHOOL
BASANT AVENUE, DUGRI ROAD, LUDHIANA
THE BCM EDGE
16th July' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Thursday

ORIENTATION SESSION: ADVANCED MATHEMATICS & SCIENCE (GRADE IX)



An orientation session for Grade IX students was conducted by Mr. Dinesh Kumar Sharma (HOD, Mathematics) and Ms. Pallavi Bajaj (PGT, Mathematics), introducing the Advanced Level papers in Mathematics and Science

These specialized papers are offered alongside the regular Standard curriculum that all students study.

The session aimed to broaden the students' horizons regarding subject selection and academic opportunities. Students were enlightened about the option to choose one or both of the Advanced papers (Maths & Science), enabling them to explore concepts well beyond the standard syllabus.

Besides guiding the students through these academic choices, the speakers also thoroughly briefed them on the comprehensive assessment criteria for the Advanced Level curriculum. The resource persons encouraged the students to think critically about their academic paths and make wise, informed choices that align with their future aspirations.

Overall, the session gave students a clear roadmap and the necessary confidence to pursue these optional, skill-building challenges.



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KICKING TOWARDS CONFIDENCE: BALL PLAY ACTIVITY BUILDS SKILLS THROUGH FUN

To promote physical development through joyful learning, an engaging Ball Play Activity was organised for the young learners. The session began with teachers demonstrating the correct and safe techniques of kicking, throwing, and catching a ball. Children were then divided into small groups, where each child enthusiastically participated by kicking the ball towards a target, throwing it to a partner, and catching a soft ball using both hands. Throughout the activity, teachers provided constant guidance, encouraged teamwork, and ensured that all safety measures were followed. The cheerful atmosphere, filled with applause and encouragement, made the experience both exciting and enriching.

Principal Dr. Vandna Shahi appreciated the initiative and remarked that such physical activities not only strengthen gross motor skills and coordination but also foster teamwork, self-confidence, discipline, and the ability to follow instructions in an enjoyable learning environment.







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Your Future Self *is Watching*

Making Today's Choices with Tomorrow in Mind



Sukhnandan Pal Kaur
Counselor

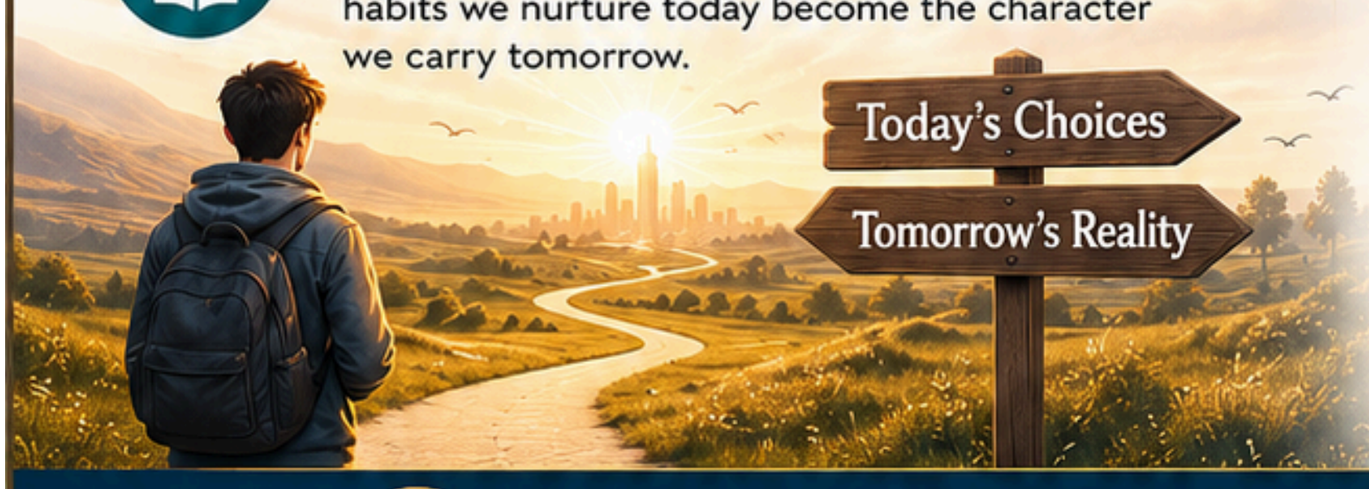
> **"The future depends on what you do today."**
> — Mahatma Gandhi

Every day, we make hundreds of choices—some small, some significant. We choose whether to wake up on time, complete our work honestly, speak kindly, spend time wisely, or postpone our responsibilities. While these decisions may seem ordinary, they quietly shape the person we are becoming.

Imagine meeting your future self ten years from now. Would they thank you for the habits you are building today? Or would they wish you had made different choices? The answer lies not in one big decision, but in the small actions repeated every day.

Our future is not created overnight. It is built through daily discipline, consistent effort, and thoughtful decisions. A student who chooses to read a few pages every day gains knowledge that lasts a lifetime. A teacher who continues learning and growing becomes a lifelong source of inspiration. Every positive choice is an investment in a brighter tomorrow.

As students and educators, we are all writing the story of our future—one decision at a time. The habits we nurture today become the character we carry tomorrow.



Today's choices become tomorrow's reality.

- *Choose learning over excuses.*
- *Choose honesty over shortcuts.*
- *Choose kindness over criticism.*
- *Choose discipline over distraction.*
- *Choose perseverance over giving up.*

In a world full of instant gratification, **patience** and **consistency** are powerful strengths. Success is rarely the result of a single moment; it is the outcome of countless wise decisions made when no one is watching.

Your future self is shaped by the choices you make today.

So, before every decision, ask yourself:

"Will my future self thank me for this?"

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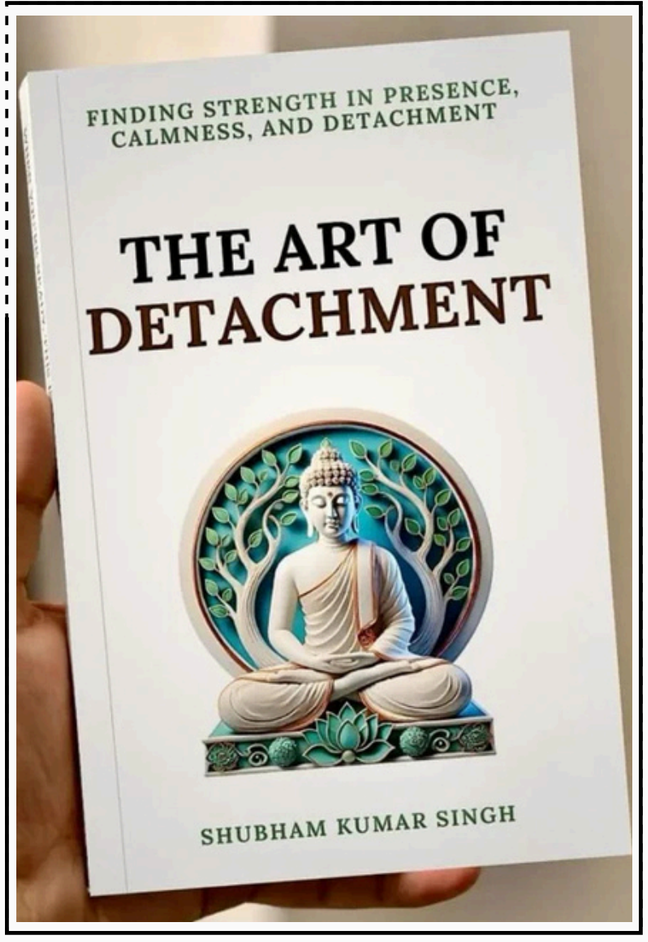
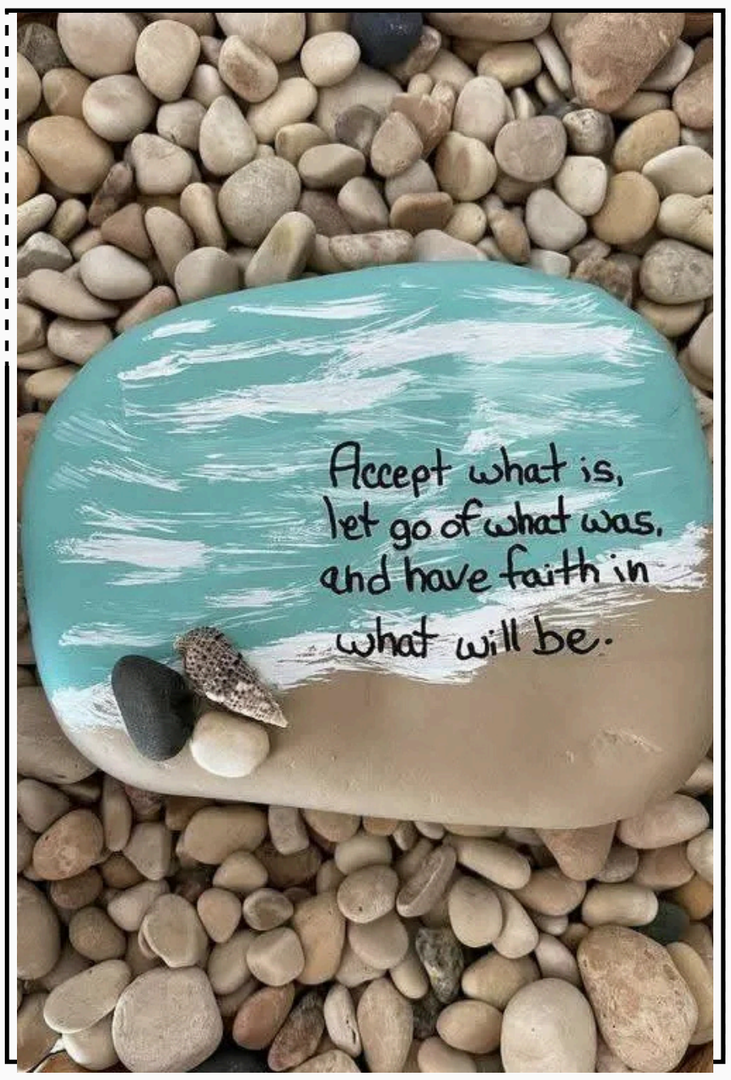
BOOK RECOMMENDATION :

THE ART OF DETACHMENT

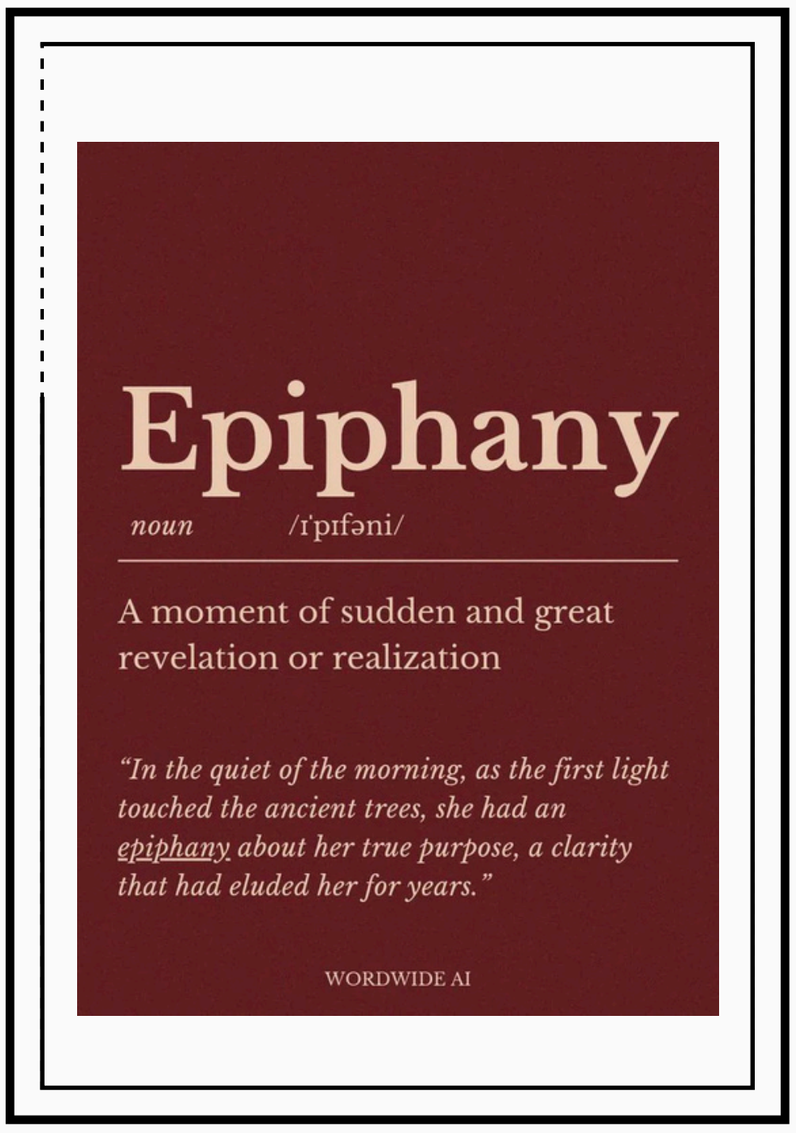


The Art of Detachment by Shubham Kumar is a thought-provoking self-help book that explores the power of letting go of unnecessary emotional burdens while staying deeply connected to life's purpose. With simple language and relatable examples, the author explains how detachment is not about becoming indifferent but about finding inner peace, emotional balance, and mental clarity. The book encourages readers to release fear, expectations, and negativity, enabling them to make wiser decisions and build healthier relationships. It is an inspiring read for anyone seeking personal growth, resilience, and a calmer, more mindful approach to life's challenges.

THOUGHT OF THE DAY



WORD



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

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॥ॐ॥ वैदिक ज्ञान, योग और ध्यान से जीवन को मिली नई दिशा ॥ॐ॥





बीसीएम स्कूल बसंत एवेन्यू में वैदिक ,योग और सिद्धांत पर एक सत्र का आयोजन किया गया । आर्य समाज अगर नगर के आदरणीय आचार्य श्रुतांत जी ने अपने विचारों के माध्यम से विद्यार्थियों को वैदिक सिद्धांत ,योग और ध्यान के माध्यम से सही दिशा देने का सतत प्रयास किया ।इसके साथ ही आर्य समाज नगर के अध्यक्षा श्रीमती नीलम थापर ,प्रचार मंत्री श्री



संजय विरमानी जी, कोषाध्यक्ष अजय बत्रा जी तथा अन्य सदस्य पूनम जी भी उपस्थित थे। आचार्य श्रुतांत जी ने कहा कि विद्यार्थियों को जीवन में सफलता पाने के लिए सबसे पहले अपने जीवन का लक्ष्य निर्धारित करना चाहिए। उन्होंने वातावरण के संरक्षण पर भी अपने विचार साँझा किये। हवन- यज्ञ के बारे में भी बड़ी ही महत्वपूर्ण जानकारी दी । उनके अनुसार मनुष्य यदि आत्म निरीक्षण करना जानता है ,तो जीवन में आने वाले सभी चुनौतियों का सामना बड़ी सरलता से कर सकता है । उन्होंने कहानी के माध्यम से बच्चों को मोबाइल से दूर रहने के बेहतरीन उपाय बताए । प्रश्नोत्तर सत्र में विद्यार्थियों द्वारा दिए गए उत्तरों की उन्होंने बहुत ही सराहना की। संक्षेप में यह सत्र बहुत ही प्रेरणादायक था। उनके प्रेरक विचार निश्चित रूप से विद्यार्थियों को जीवन में सकारात्मक परिवर्तन लाने के लिए अग्रसर करेंगे।

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GROWING GREEN HEARTS, ONE PLANT AT A TIME!

To nurture environmental consciousness from an early age, BCM School organised an engaging "Adopt a Plant" activity for UKG students. The young learners enthusiastically brought beautifully decorated bottle planters from home, which were creatively displayed to form a vibrant Green Wall in the school. Teachers demonstrated the correct method of planting a sapling and explained the importance of watering, sunlight, and regular care through an interactive session. The hands-on activity encouraged children to develop a love for nature while understanding their responsibility towards protecting the environment.



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GENDER EQUALITY: EQUAL OPPORTUNITIES, BRIGHTER FUTURES



GEETA MAHAJAN
(TGT-SOCIAL SCIENCE)

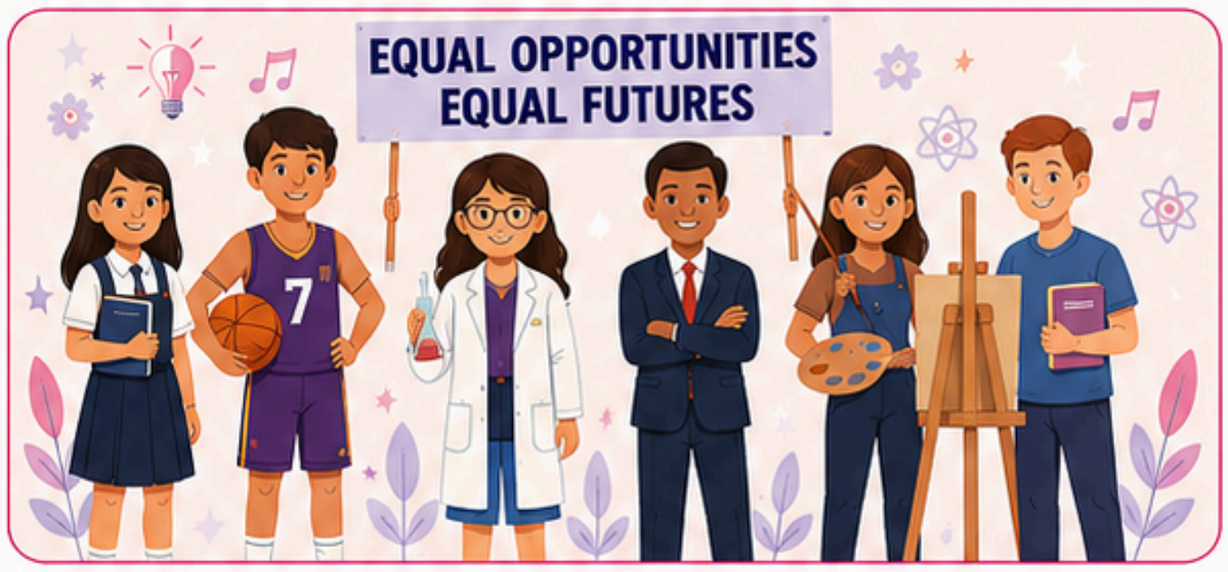
"Equality means giving everyone the same chance to dream, learn, and succeed."



Gender equality is the principle that every individual, regardless of gender, deserves equal rights, opportunities, and respect. A society can truly progress only when boys and girls are treated equally and encouraged to achieve their full potential.

Schools play a vital role in promoting gender equality. Every student should receive equal access to quality education, sports, leadership roles, and extracurricular activities. Girls and boys should be encouraged to participate in science fairs, debates, cultural events, and sports without being limited by stereotypes. Many schools now have student councils where leadership positions are open to everyone based on talent and dedication rather than gender. This helps students develop confidence, teamwork, and mutual respect.

Society also has an important responsibility. Families should provide equal opportunities to sons and daughters in education, career choices, and decision-making. When children grow up in an environment of fairness and respect, they become responsible citizens who value equality. Governments, organizations, and communities are also working to ensure equal opportunities through education, employment, and legal protection.



Real-life examples inspire us to believe in the power of equality. Kalpana Chawla became the first woman of Indian origin to travel into space, proving that determination has no gender. Mary Kom won multiple world boxing championships while balancing her responsibilities as a mother, showing that women can excel in every field. Sudha Murty has inspired millions through her achievements in engineering, literature, and social service. On the other hand, many men are also breaking stereotypes by choosing careers in nursing, teaching, and caregiving, demonstrating that compassion and service are not limited to any gender.



Kalpana Chawla
Astronaut



Mary Kom
Boxing Champion



Sudha Murty
Author & Philanthropist



Men in Caregiving
Breaking Stereotypes

Gender equality is not about giving special treatment to anyone; it is about creating equal opportunities for all. When everyone is respected and encouraged to pursue their dreams, society becomes stronger, more innovative, and more compassionate.





Let us promise to challenge stereotypes, respect one another, and support equal opportunities in our schools, homes, and communities. Together, we can build a future where every child has the freedom to learn, lead, and succeed.

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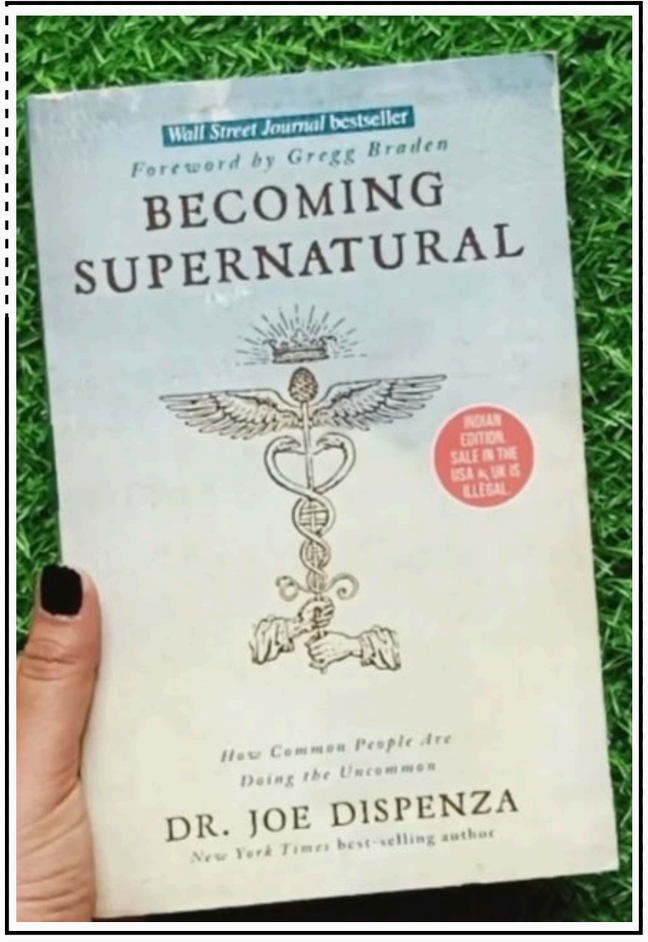
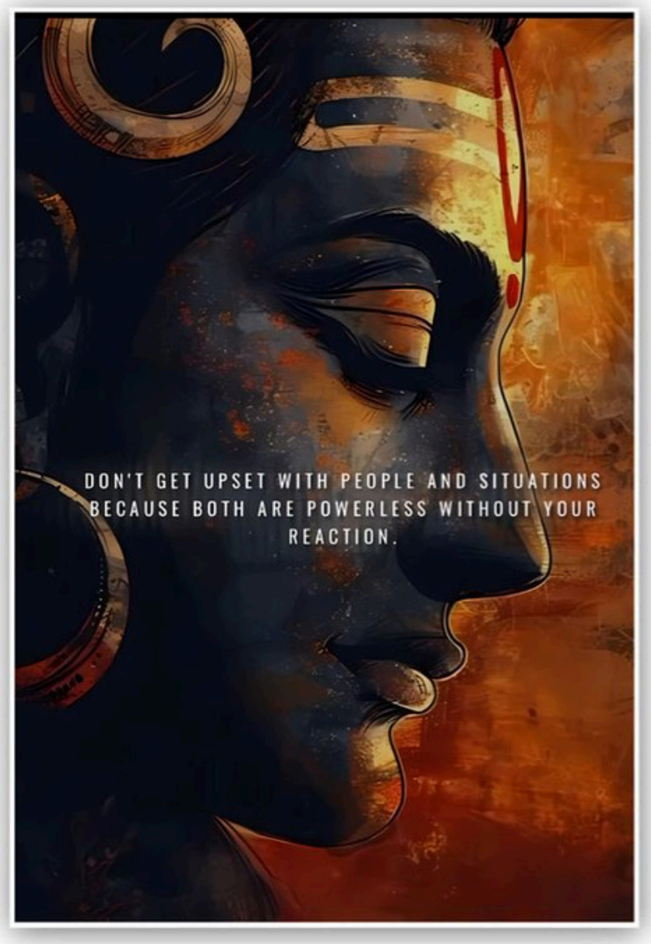
BOOK RECOMMENDATION :

BECOMING SUPERNATURAL



Becoming Supernatural by Dr. Joe Dispenza explores the fascinating connection between the mind, body, and consciousness. The book explains how meditation, focused thoughts, and positive emotions can help individuals break free from limiting beliefs and create meaningful changes in their lives. Drawing on scientific research and real-life experiences, Dr. Dispenza encourages readers to understand the power of the brain and the body's ability to heal and transform. While some ideas are exploratory and invite personal interpretation, the book inspires readers to cultivate mindfulness, emotional balance, and self-awareness.

THOUGHT OF THE DAY



WORD

ameliorate

(v.) to improve

(She attempted to ameliorate their relationship, but it was too late.)

vocabulary

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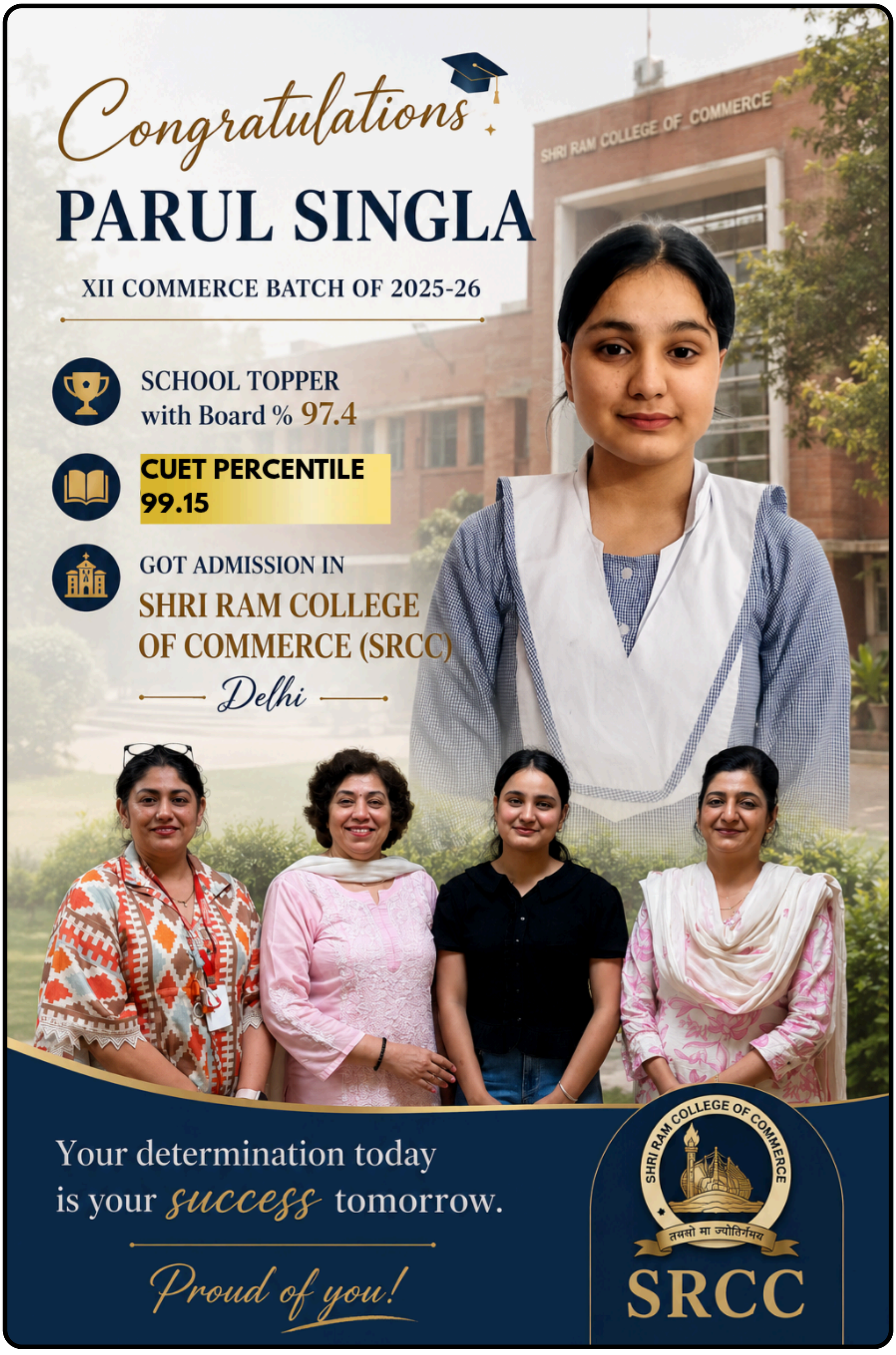

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विद्यार्थियों को मिला वैदिक जीवन-दर्शन का अमूल्य संदेश

बीसीएम स्कूल, बसंत एवेन्यू, दुगरी रोड, लुधियाना में आयोजित वैदिक योग, साधना एवं सिद्धांत विषयक विशेष सत्र के द्वितीय दिवस में मुख्य वक्ता आदरणीय श्री श्रुतांत आर्य जी ने विद्यार्थियों को अनुशासन, सत्यनिष्ठा, एकाग्रता के साथ कठिन परिश्रम, करुणा, निर्भयता तथा धैर्य जैसे जीवन मूल्यों के महत्व से अवगत कराया। उन्होंने विद्यार्थियों को इन्द्रियों पर नियंत्रण रखते हुए सकारात्मक विचारों एवं श्रेष्ठ संस्कारों को अपनाने के लिए प्रेरित किया। उन्होंने धर्म का वास्तविक अर्थ मानवता, कर्तव्य पालन और सद्गुणों को जीवन में धारण करना बताया तथा चारों वेदों का संक्षिप्त परिचय देते हुए वैदिक ज्ञान के महत्व पर प्रकाश डाला। यह सत्र विद्यार्थियों के लिए आत्म-विकास, चरित्र निर्माण एवं सकारात्मक जीवन दृष्टि विकसित करने की दिशा में अत्यंत प्रेरणादायक एवं ज्ञानवर्धक रहा।







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FINDING THE RIGHT MARK, BUILDING THE RIGHT SENTENCE





To strengthen students' understanding of punctuation marks in a fun and engaging way, the activity "Spot the Punctuation" was conducted in the classroom. The teacher presented a PowerPoint presentation containing simple sentences with the correct punctuation marks intentionally omitted.

A big box containing flashcards of different punctuation marks, such as the full stop (.), question mark (?), exclamation mark (!) and capital letter placed in front of the class. Students were invited one by one to read the displayed sentence aloud, identify the missing punctuation mark, pick the correct flashcard from the box and place it at the end of the sentence.

The activity encouraged active participation, improved reading fluency, enhanced observation skills, and reinforced the correct use of punctuation marks in sentences. Students enjoyed the hands-on learning experience and confidently identified and applied the appropriate punctuation marks.

Principal Dr. Vandna Shahi appreciated the innovative language activity and remarked, "Learning grammar through interactive activities makes concepts more meaningful and enjoyable for young learners. It not only reinforced the correct use of punctuation marks but also enhanced students' reading, observation and critical thinking skills.

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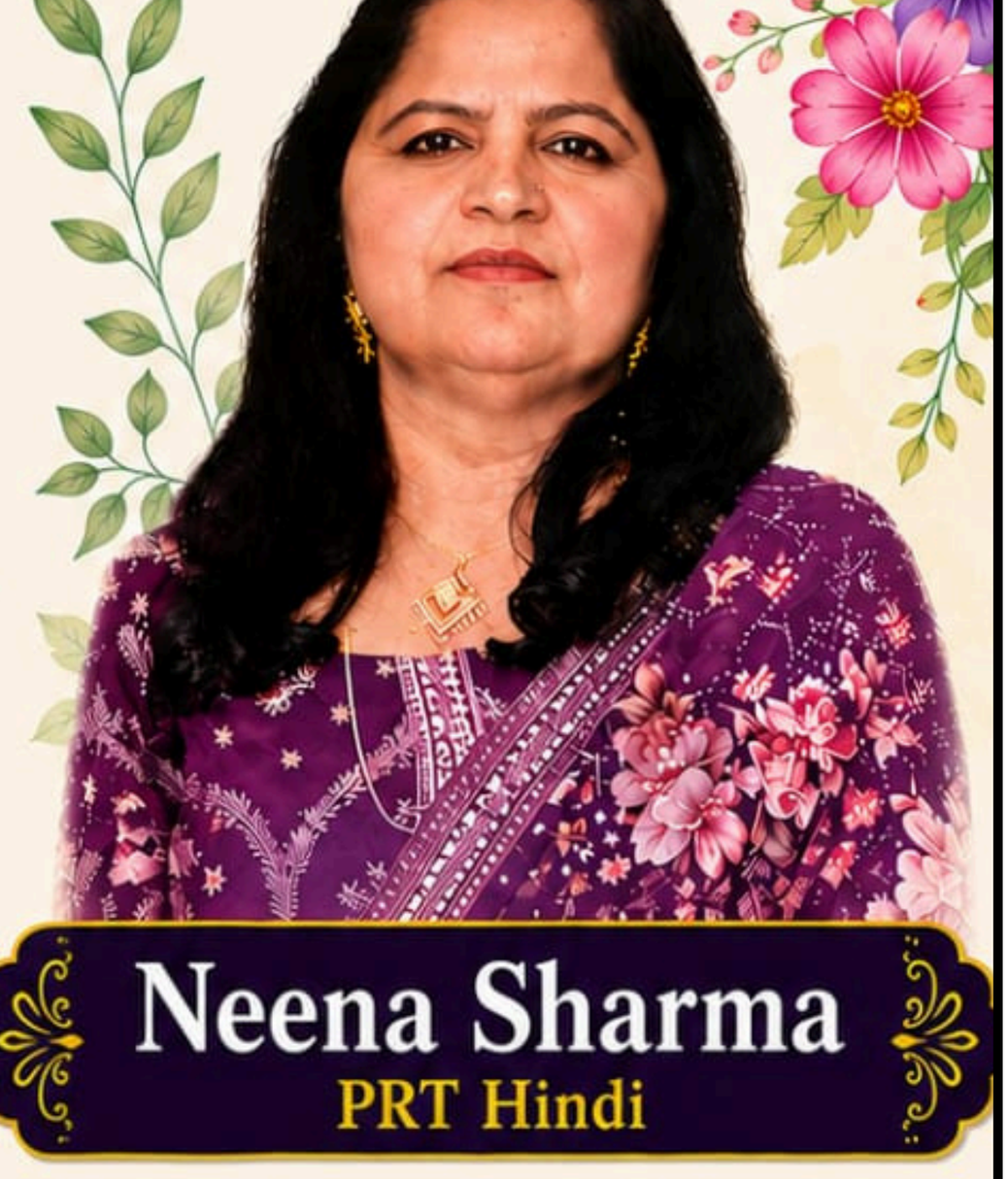
बच्चों को सफल नहीं, सक्षम बनाइए

"उन्हें सोचने, समझने, निर्णय लेने और चुनौतियों का सामना करने योग्य बनाइए!"





Neena Sharma
PRT Hindi

क्यों जरूरी है बच्चों को सक्षम बनाना?



- सक्षम बच्चे जीवन के हर क्षेत्र में आगे बढ़ते हैं।
- वे समस्याओं से घबराते नहीं, बल्कि समाधान ढूंढ़ते हैं।
- वे अपने अधिकारों के साथ-साथ कर्तव्यों को भी समझते हैं।
- वे समाज और राष्ट्र के जिम्मेदार नागरिक बनते हैं।
- वे बदलते समय के साथ खुद को ढालना जानते हैं।

कैसे बनाएं बच्चों को सक्षम?



- उन्हें प्रश्न पूछने के लिए प्रोत्साहित करें।
- गलतियों से सीखने का अवसर दें।
- जीवन कौशल (Life Skills) सिखाएं।
- निर्णय लेने की स्वतंत्रता दें।
- तकनीक का सही और रचनात्मक उपयोग सिखाएं।
- पुस्तकें पढ़ने, खेल, कला, संगीत जैसे अनुभव दें।
- सकारात्मक सोच और आत्मविश्वास को बढ़ावा दें।

शिक्षक की भूमिका

एक शिक्षक केवल ज्ञान देने वाला नहीं, बल्कि बच्चों के भीतर छिपी संभावनाओं को पहचानने वाला मार्गदर्शक होता है।
आइए, हम सब मिलकर ऐसा वातावरण बनाएं जहां हर बच्चा खुद पर विश्वास करे, सीखने के लिए उत्सुक रहे
और समाज के लिए उपयोगी बन सके!

आइए, हम संकल्प लें – **बच्चों को सिर्फ सफल नहीं, बल्कि सक्षम बनाएं,**
ताकि वे अपने सपनों को साकार कर सकें और एक बेहतर कल का निर्माण करें।

"सक्षम बच्चा, सशक्त समाज और समृद्ध राष्ट्र की पहचान है!"

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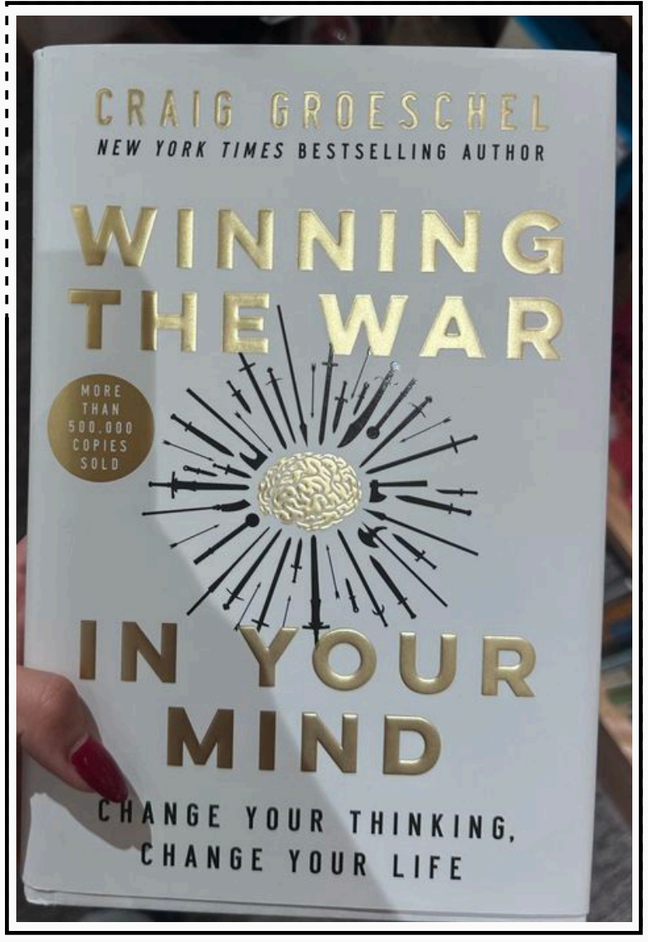
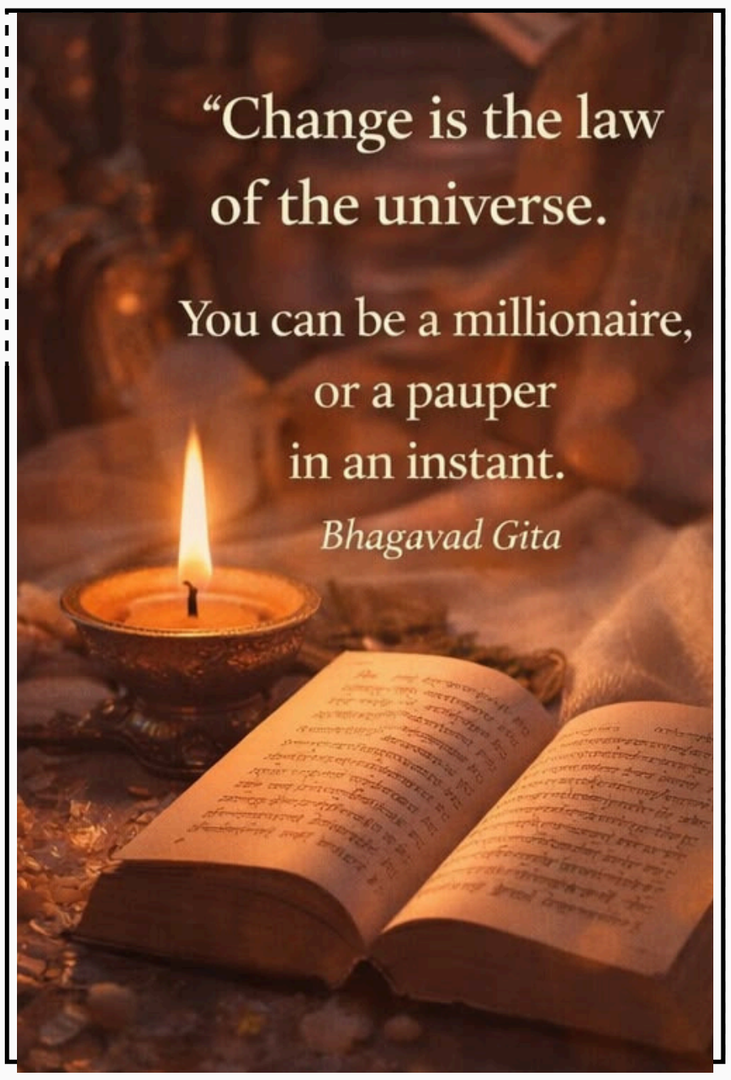
BOOK RECOMMENDATION :

WINNING THE WAR IN YOUR MIND



Winning the War in Your Mind by Craig Groeschel is a powerful self-help book that explores how our thoughts shape our emotions, choices and ultimately our lives. Drawing on scientific research, personal experiences and practical strategies, the author explains how to identify negative thought patterns and replace them with positive, truth-based thinking. The book encourages readers to overcome self-doubt, fear and anxiety by renewing their mindset and building healthy mental habits. With relatable examples and actionable insights, it inspires readers to take control of their inner dialogue, strengthen resilience and cultivate a more confident, peaceful and purpose-driven life. It is an empowering guide for anyone seeking lasting personal transformation.

THOUGHT OF THE DAY



WORD



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

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THE BCM EDGE

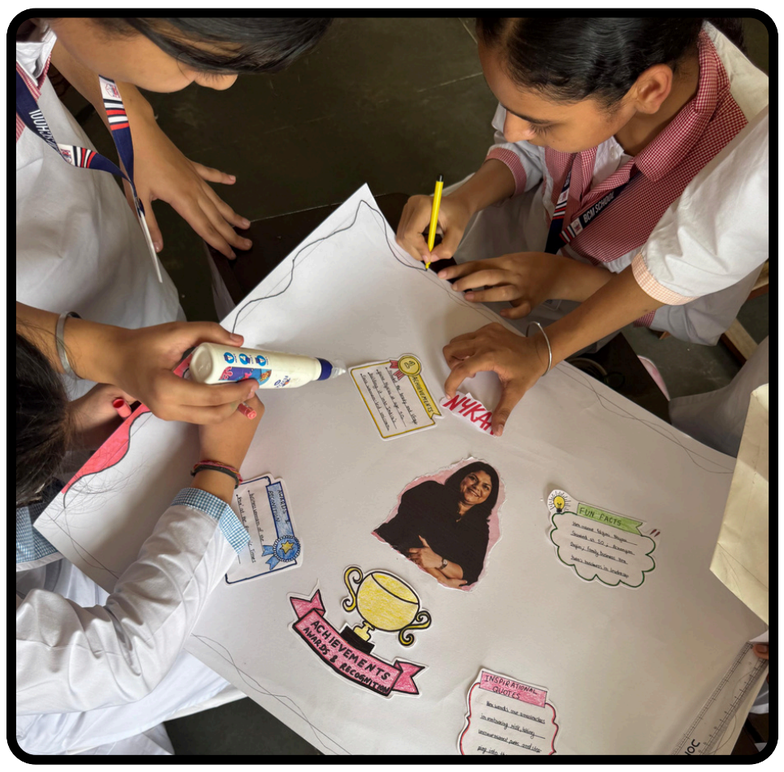
20th July' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Monday

BUILDING THE BUSINESS LEADERS OF TOMORROW: ENTREPRENEUR CLUB ACTIVITY 2026

The Entrepreneur Club of the school organized a vibrant series of activities for students of Classes IX to XII on Saturday, 18 July 2026. The aim was to ignite entrepreneurial spirit, enhance research skills, and celebrate the journeys of renowned Entrepreneurs of India.

CLASS IX: COLLAGE MAKING

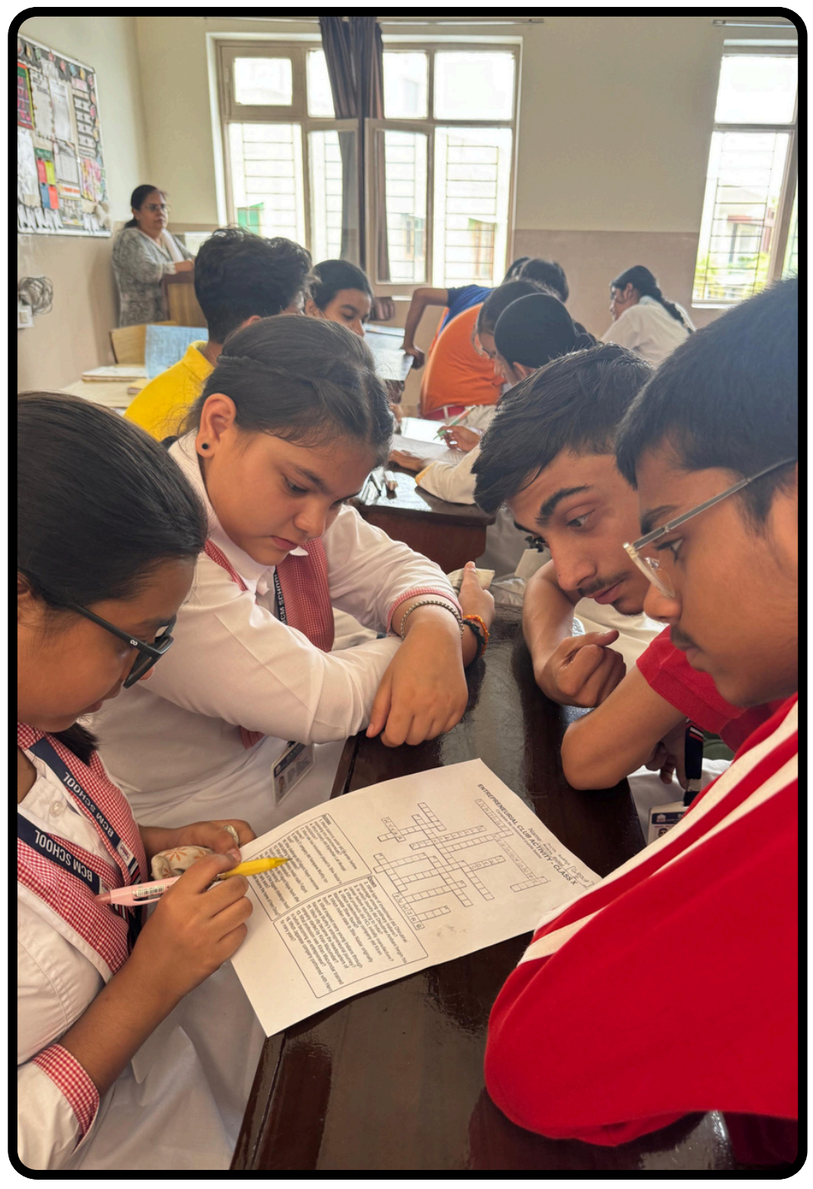
Students worked in groups to create creative collages on assigned Indian entrepreneurs. The collages highlighted the entrepreneur's journey, achievements, contributions, inspiring quotes, and timeline. Assessment was based on content accuracy, creativity & design, presentation, relevance, and teamwork.





CLASS X: CROSSWORD ON ENTREPRENEURS

Students solved a group crossword puzzle based on six renowned Indian entrepreneurs. The activity focused on knowledge, analytical thinking, teamwork, accuracy, participation, and time management.



CLASS XI: QUIZ COMPETITION

An inter-group quiz was conducted featuring MCQs, identify-the-entrepreneur rounds, and other interactive questions on famous Indian entrepreneurs and entrepreneurship. The quiz tested preparation, quick thinking, and active participation by every team member.

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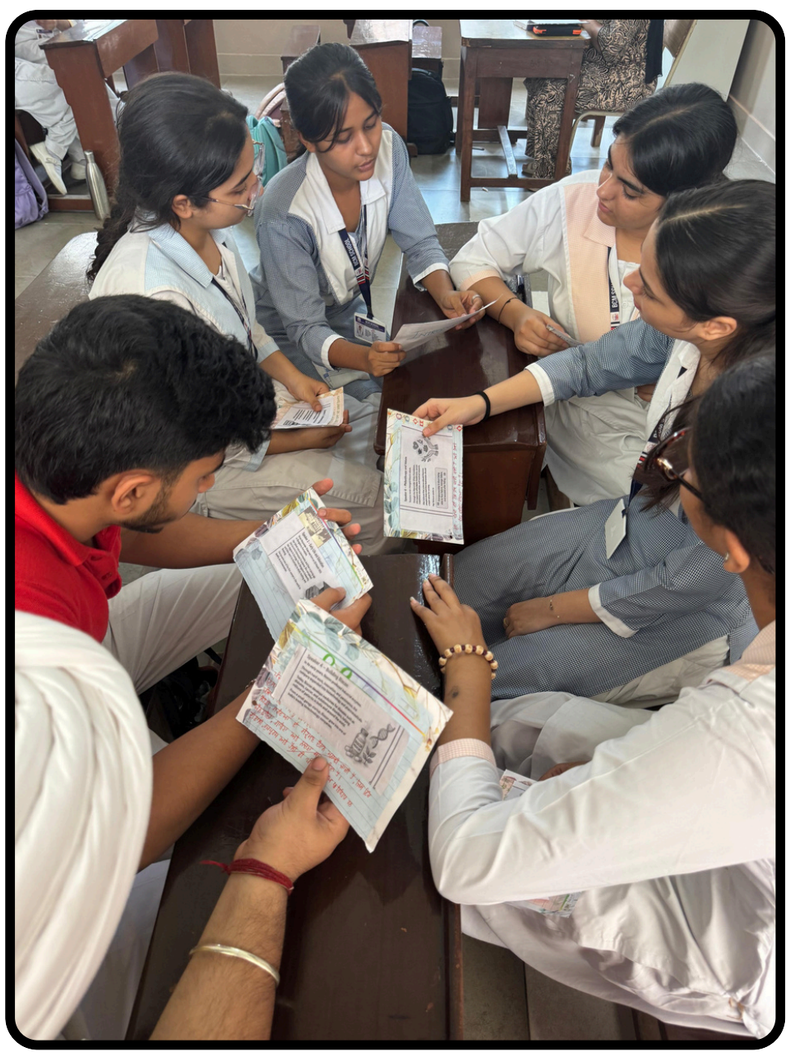
BUILDING THE BUSINESS LEADERS OF TOMORROW:
ENTREPRENEUR CLUB ACTIVITY 2026



CLASS XII: STORYTELLING PRESENTATION

Groups presented compelling storytelling sessions on assigned entrepreneurs, covering their struggles, innovations, achievements, and values. Students used cue cards, research material, and optional props to make the presentations engaging. They were assessed on content & research, storytelling skills, confidence & clarity, and creativity.

Across all classes, students brought relevant research material and stationery in advance and ensured active participation by every group member. The activities provided students a platform to learn about real-life business leaders while developing creativity, collaboration, and communication.





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वैदिक योग, साधना एवं सिद्धांत' सत्र में विद्यार्थियों को मिले सफल जीवन के प्रेरक सूत्र





बीसीएम स्कूल, बसंत एवेन्यू, दुगरी रोड, लुधियाना में आयोजित 'वैदिक योग, साधना एवं सिद्धांत' सत्र के तृतीय दिवस में मुख्य वक्ता आदरणीय श्री श्रुतांत आर्य जी ने विद्यार्थियों को सफल, संतुलित एवं उद्देश्यपूर्ण जीवन जीने के प्रेरक सूत्र प्रदान किए। उन्होंने बताया कि विद्यार्थी जीवन भविष्य की नींव है और इसकी सफलता अनुशासन, धैर्य, आत्मसंयम तथा सकारात्मक सोच पर आधारित होती है। उन्होंने आर्य समाज के उद्देश्य एवं वैदिक ज्ञान के महत्व पर प्रकाश डालते हुए स्पष्ट किया कि वैदिक जीवन मूल्य ही श्रेष्ठ चरित्र निर्माण का आधार हैं।

उन्होंने धैर्य, करुणा, टीमवर्क, निर्भयता तथा मन की पवित्रता को जीवन की वास्तविक 'सुपर पावर्स' बताते हुए कहा कि इन गुणों का महत्व तभी है, जब उन्हें व्यवहार में उतारा जाए। विद्यार्थियों को नियमित दिनचर्या अपनाने, समय का सदुपयोग करने तथा अपनी रुचियों के विकास के लिए प्रतिदिन समय निकालने की प्रेरणा दी गई।

श्री आर्य जी ने ध्यान (MEDITATION) को मानसिक शांति, एकाग्रता और आत्मबल का सर्वोत्तम साधन बताते हुए विद्यार्थियों को प्रतिदिन विशेषकर ब्रह्म मुहूर्त में कुछ समय ध्यान, प्राणायाम एवं योगाभ्यास के लिए निकालने की सलाह दी। उन्होंने बताया कि नियमित ध्यान तनाव को कम करता है, मन को स्थिर बनाता है, स्मरण शक्ति बढ़ाता है तथा पढ़ाई में एकाग्रता और निर्णय क्षमता का विकास करता है।

प्रधानाचार्या डॉ. वंदना शाही ने विद्यार्थियों को सत्र से प्राप्त शिक्षाओं को जीवन में आत्मसात करने के लिए प्रेरित करते हुए कहा कि वैदिक जीवन दर्शन, अनुशासन और सकारात्मक दृष्टिकोण ही सफलता, आत्मविश्वास और सशक्त व्यक्तित्व की वास्तविक पहचान हैं।

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ALL ABOUT ME: LKG LEARNERS CELEBRATE THEIR UNIQUE IDENTITIES

The "All About Me" collage activity was conducted to help children express their interests and personalities creatively. Each child was asked to paste cut-out pictures of their favourite things- such as food, toys, animals, colours, hobbies and family members. The activity encouraged self-expression, creativity and fine motor skill development with a motive to encourage children to express their identity and interests through a creative collage activity.

Principal Dr. Vandna Shahi appreciated the thoughtful conduct of "All About Me" collage activity and remarked that activities promoting self-awareness and personal expression lay a strong foundation for the holistic development of young learners.

Students expressed their likes and preferences, developed fine motor skills through cutting and pasting, enhanced creativity and imagination.





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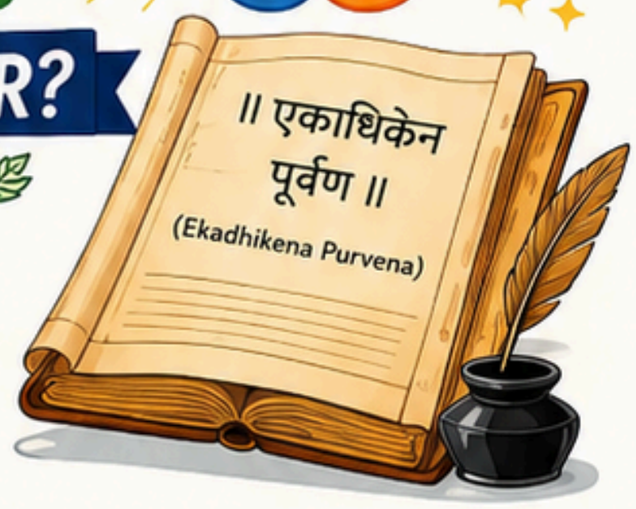
Garima Goyal,
TGT Mathematics



UNLOCKING MENTAL MAGIC: WHY VEDIC MATHS IS YOUR ULTIMATE SUPERPOWER?



Ancient Wisdom. Modern Mind. Limitless Possibilities.



Vedic Maths, a gift compiled from ancient Sanskrit texts by Swami Bharati Krishna Tirtha, transforms numerical problem-solving from a stressful task into an enjoyable mental game perfect for students of all ages. With **simple sutras** and **smart techniques**, maths becomes **faster, easier** and far more **fun**!

WHAT IS VEDIC MATHS?

- It is an ancient system of mathematics based on **16 simple word formulae** (sutras).
- These sutras act as **mental shortcuts**, giving intuitive paths to solutions.
- It encourages **flexibility** and **creativity**—solve problems left or right or right to left!

SIMPLE. FLEXIBLE. POWERFUL.

★ MAGIC IN ACTION! ★

Sutra: Ekadhikena Purvena
("By one more than the previous")
Example: Find the square of **75**

1. Take the first digit, 7, and multiply it by one more than itself (7 + 1 = 8). → **7 × 8 = 56**
2. Write the square of 5, which is 25, right after it. → **25**
3. Put them together and you get **5625**! → **5625**

75 × 75 = 5625
Solved in just **2 seconds!**

WHY IT'S MAGIC:

- ✓ No pen or paper
- ✓ Less time
- ✓ More confidence
- ✓ More fun!



A sharp mind today, a confident tomorrow!

VEDIC MATHS IN EVERYDAY LIFE



CALCULATE INSTANTLY
Find total bills quickly while shopping.



SPLIT EFFORTLESSLY
Divide restaurant bills among friends in seconds.



DOUBLE-CHECK EASILY
Verify change at the store counter instantly.



ESTIMATE SMARTLY
Calculate discounts and savings during flash sales.



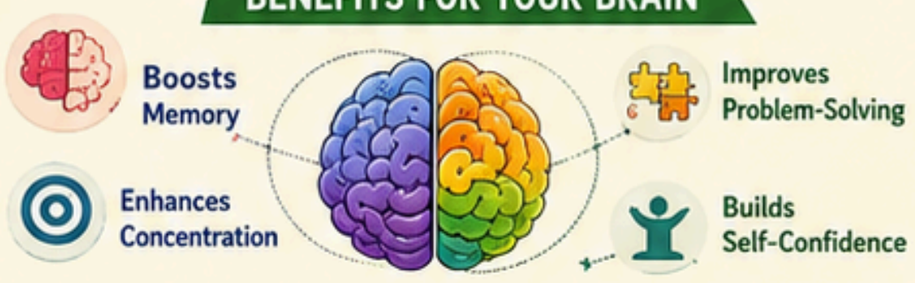
SHARPEN YOUR MIND
Build better focus, speed and mental agility every day.

THE POWER OF 16 SUTRAS

16 SUTRAS

- ★ Short • Sweet • Simple
- ★ Easy to Learn
- ★ A Lifetime of Benefits
- ★ For All Ages

BENEFITS FOR YOUR BRAIN



REMEMBER

Maths is not about hard work alone, it's about working **SMART!**

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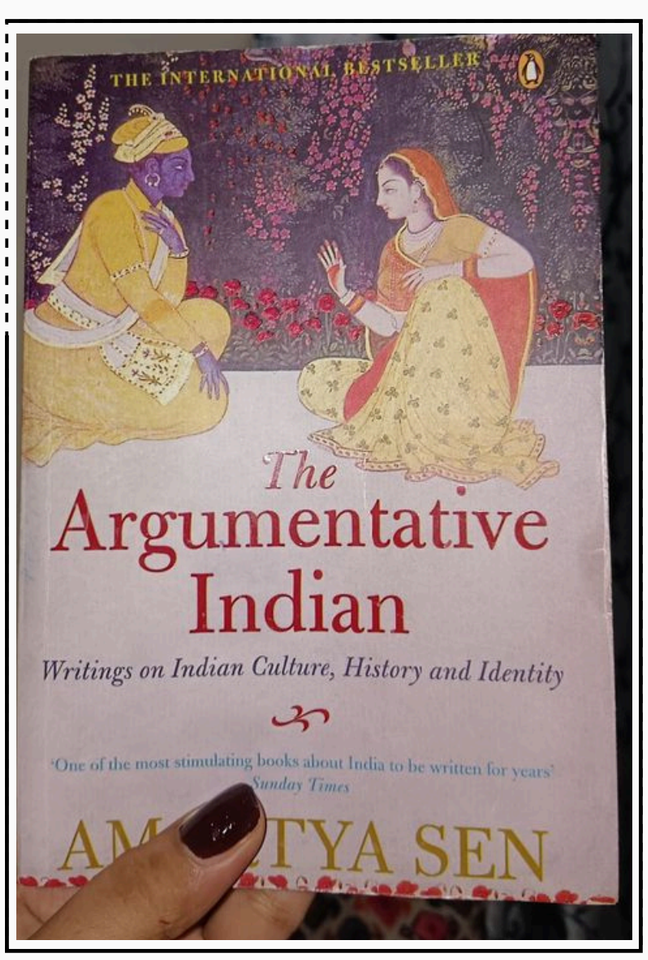
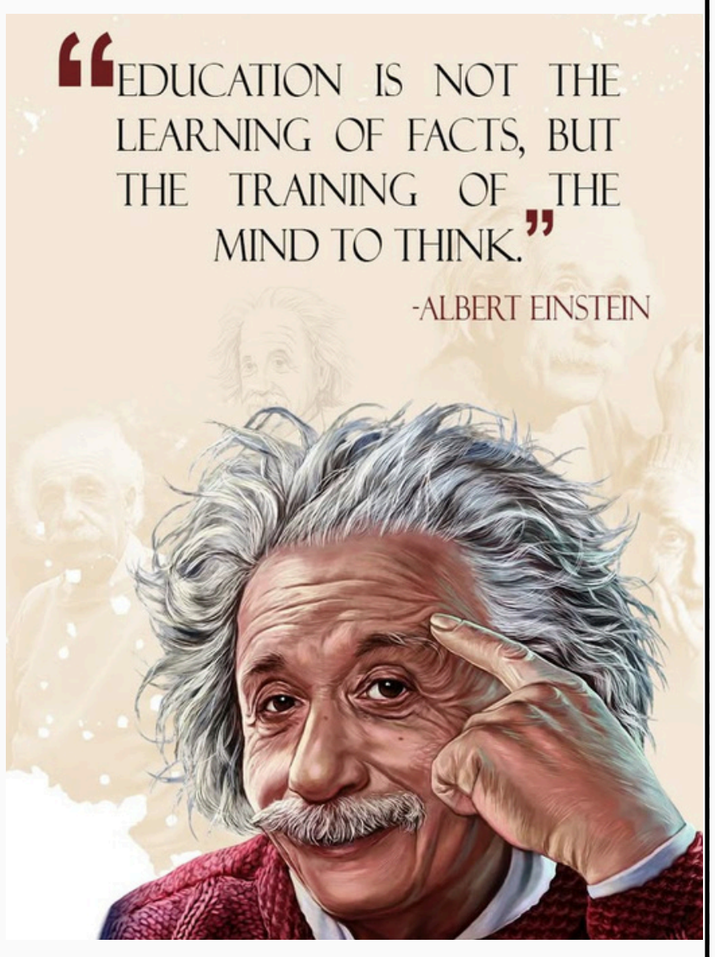
BOOK RECOMMENDATION :

THE ARGUMENTATIVE INDIAN



The Argumentative Indian is a thought-provoking collection of essays that explores India's rich intellectual traditions, democracy, culture, and identity. Through insightful analysis, Nobel laureate Amartya Sen highlights the importance of reasoned debate, pluralism, and tolerance in shaping Indian society. The book challenges readers to think critically about history, politics, and social justice while appreciating the country's diverse heritage. Written in an engaging yet scholarly style, it is an enriching read for students, educators, and anyone interested in understanding India's past and present. I highly recommend this book for its depth, relevance, and ability to inspire meaningful reflection.

THOUGHT OF THE DAY



WORD

TO SPEAK GINGERLY

MEANING:
To speak cautiously and carefully

USAGE/INTENT:
Used to describe speaking in a gentle or delicate manner

EXAMPLES:
- She spoke gingerly about her friend's sensitive issue.
- He chose his words gingerly to avoid offending anyone.

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

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21th July' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Tuesday

FEATURED IN

CHAMPIONS OF TODAY

Sikh Missionary College

ZONAL RELIGIOUS COMPETITION 2026



PROUD ACHIEVEMENT

JASJOT SINGH

CLASS IX – DAISY

has been featured in **"Champions of Today"** after his outstanding performance in the **Zonal Religious Competition 2026.**

His remarkable achievement reflects dedication, discipline, and excellence, bringing immense pride to the BCM family.

FEATURED IN	ACHIEVEMENT	EVENT
CHAMPIONS OF TODAY	FIRST POSITION	ZONAL RELIGIOUS COMPETITION 2026

Congratulations, Jasjot Singh!

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21th July' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Tuesday

Fun with Numbers,

Candy Bag – Table of 5

Learning Multiplication, the Fun Way!

The "Candy Bag – Table of 5" activity was conducted to reinforce the concept of the Table of 5 in an engaging and hands-on manner.



A colourful candy bag containing small cards with the product numbers of Table of 5 was given. Each child took out cards and identified the numbers before placing it in the correct sequence to complete the Table of 5. The interactive activity encouraged active participation and made learning multiplication enjoyable. It helped children strengthen their number sense while enhancing their observation and sequencing skills in a fun-filled environment.





Principal Dr. Vandna Shahi appreciated

the innovative approach adopted to teach multiplication concepts through play-based learning that make mathematical concepts easy to understand, foster logical thinking while nurturing a positive attitude towards Mathematics.

LEARNING OUTCOMES

- Improved number recognition and sequencing skills.
- Enhanced logical thinking and boosted confidence through active participation.
- Developed fine motor skills while handling and arranging the cards.

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Music is the HEARTBEAT of Education

"Music is not just heard—it is felt, learned, and lived."



Music is an essential part of education.
It helps children become creative, confident, disciplined, and emotionally strong while making learning more enjoyable.

WHY MUSIC MATTERS

- Inspires creativity and self-expression.
- Improves memory, focus, and critical thinking.
- Builds discipline, teamwork, and confidence.
- Reduces stress and promotes emotional well-being.
- Connects people through different cultures and traditions.

ROLE OF A MUSIC TEACHER

A music teacher inspires students to discover their talents, express themselves, and develop important life skills through music.

FINAL THOUGHT

Music brings learning to life.
A school that values music not only educates *minds* but also nurtures *hearts*.



Reetu Sharma
PGT Music

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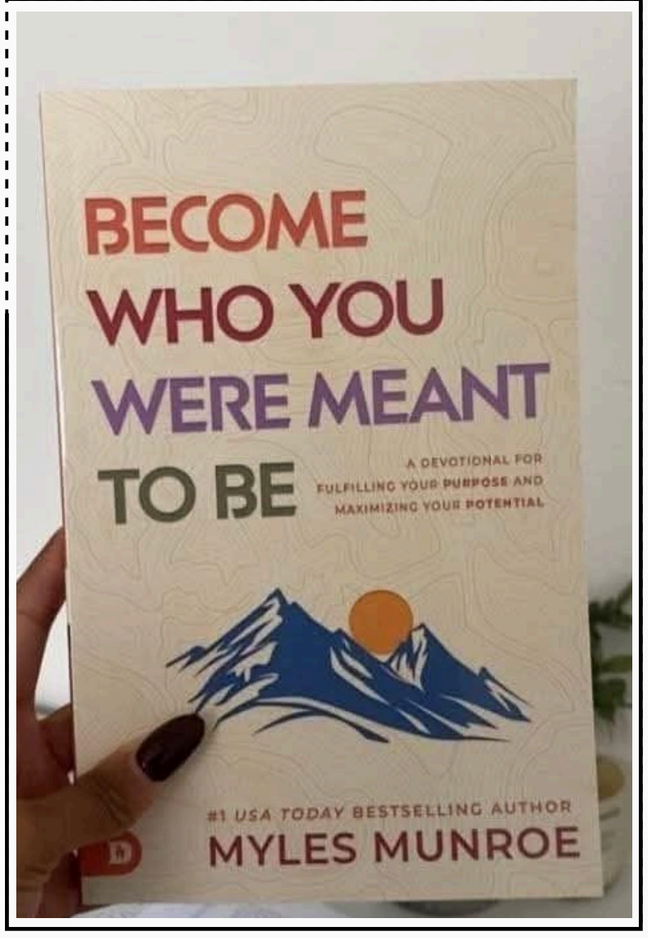
21th July' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Tuesday

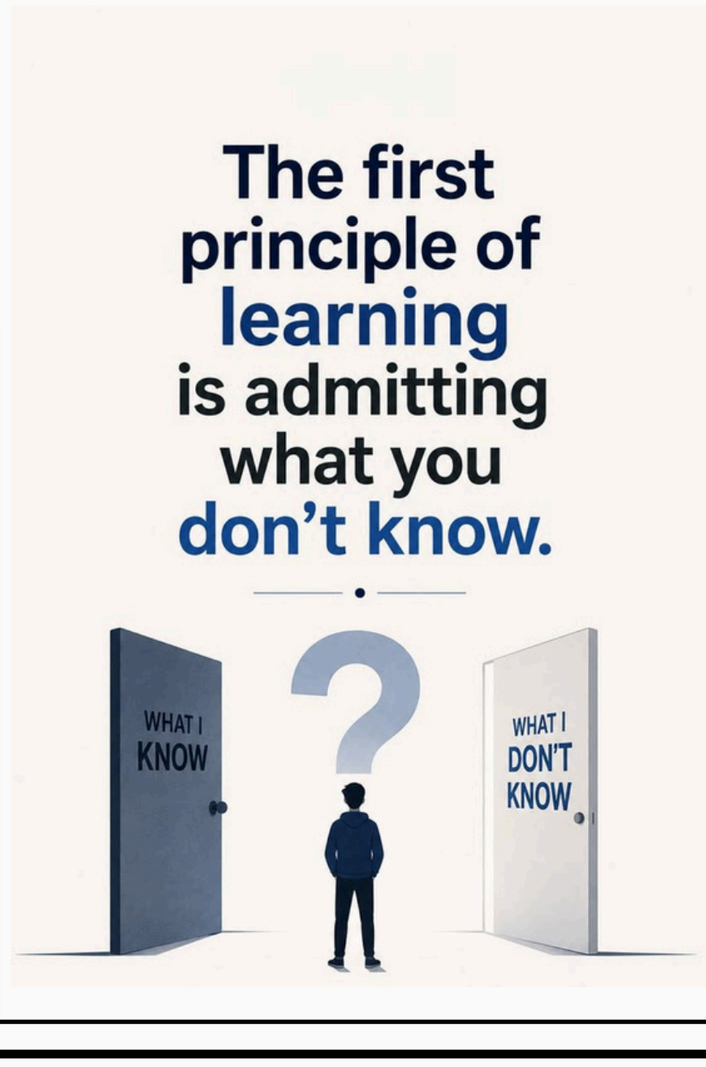
BOOK RECOMMENDATION :

BECOME WHO YOU WERE MEANT TO BE

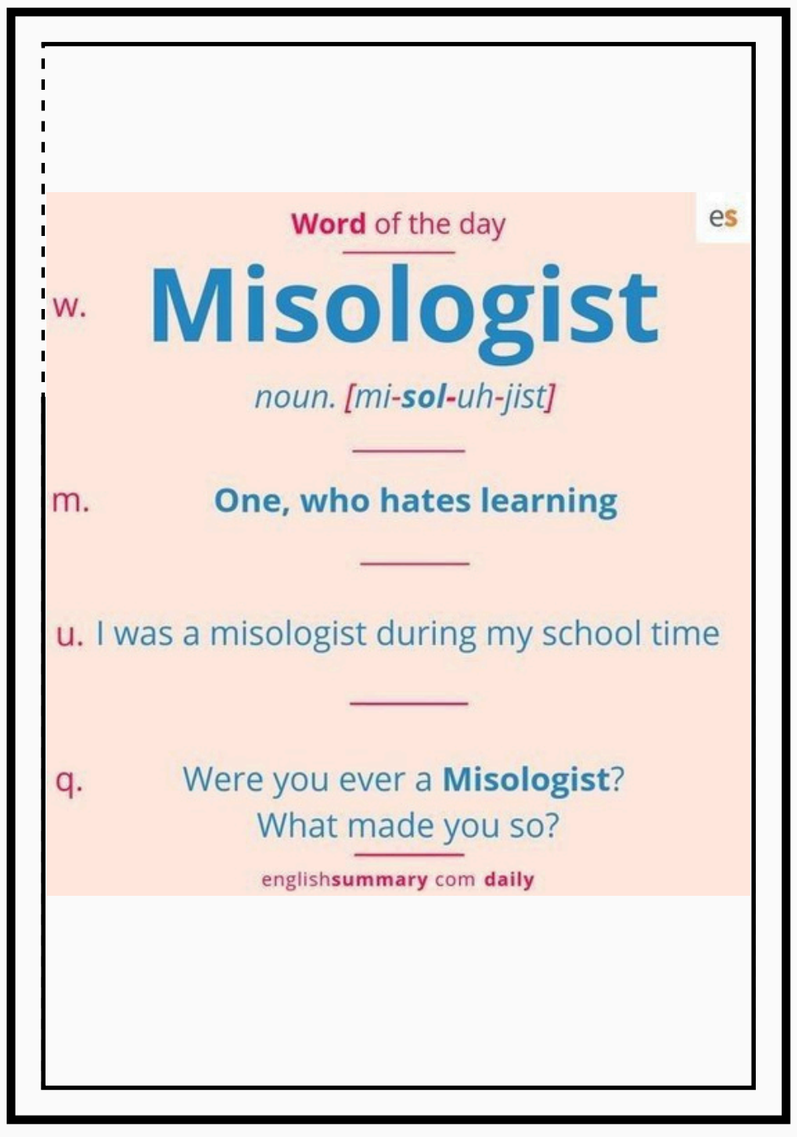


Become Who You Were Meant to Be is a thoughtful and inspiring book that encourages readers to discover their true purpose and unlock their full potential. Through practical insights and motivating examples, it emphasizes the importance of self-belief, resilience, and continuous personal growth. The author reminds us that success comes from embracing our unique strengths rather than comparing ourselves with others. Written in a simple yet impactful style, the book inspires readers to overcome self-doubt, face challenges with confidence, and pursue meaningful goals.

THOUGHT OF THE DAY



WORD



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

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22th July' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Wednesday

Congratulations, DEVIKA!

A PROUD MOMENT OF ACHIEVEMENT!

Our little champ Devika from **3rd Tulip** has brought glory by winning:

SILVER MEDAL in **KUMITE**

BRONZE MEDAL in **KATA**





at the
AKF PUNJAB STATE KARATE CHAMPIONSHIP 2026,
organized by the
AMATEUR KARATE FOUNDATION PUNJAB
and affiliated with the
PUNJAB OLYMPIC ASSOCIATION (POA).

DATE: 18–20 JULY 2026

VENUE: PAP SPORTS COMPLEX, JALANDHAR

You have inspired us all with your
Hard Work, Focus & Determination!

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SPIC MACAY CLUB ACTIVITIES

A Journey into the Heritage of

Kathak



An enriching SPIC MACAY Club Activity was conducted for the Primary and Middle Wing students to introduce them to the timeless beauty of Kathak, one of India's eight classical dance forms. The session helped students connect with our rich cultural heritage while enhancing rhythm, grace, and expression.





MIDDLE WING HIGHLIGHTS

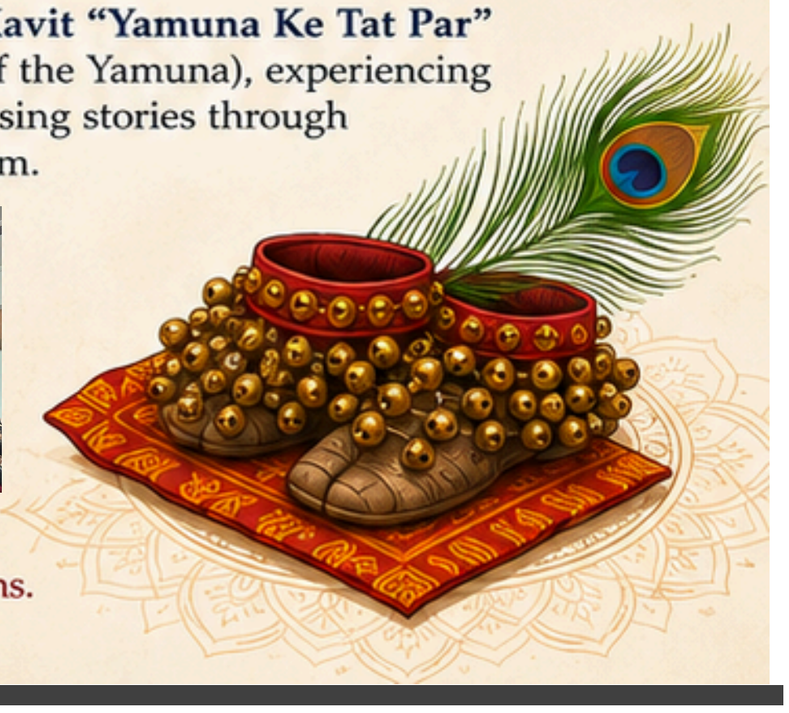
- Explored the meaning of dance as a medium of expression, culture, and communication.
- Learnt about the origin, evolution, and significance of Kathak.
- Practised **Namaskar**, the traditional Kathak salutation.
- Enthusiastically performed **Tatkaar** with bols "Ta Thai Thai Tat, Aa Thai Thai Tat."
- Learnt a basic **Ardh Aamad** to build rhythm and coordination.
- Understood the technique of **Chakkars** (spins) with proper body balance.
- Performed the traditional **Kavit "Yamuna Ke Tat Par"**, expressing poetry through rhythm, expressions, and graceful movements.

PRIMARY WING HIGHLIGHTS

- Learnt the traditional **Namaskar**.
- Enjoyed learning a simple **Toda** (rhythmic composition).
- Performed the **Kavit "Yamuna Ke Tat Par"** (On the Banks of the Yamuna), experiencing the joy of expressing stories through dance and rhythm.







The activity inspired students to value India's classical art forms while enhancing their confidence, coordination, and appreciation for our vibrant artistic traditions.

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22th July' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Wednesday

EFFECTS OF SCREEN TIME ON HEALTH

Balance Today, Better Tomorrow



RavinderJit Kaur
PRT Science

In today's digital world, screens have become an important part of our daily life. Mobile phones, tablets, computers, and televisions help us learn, communicate, and entertain ourselves. However, excessive screen time can have harmful effects on our health.

One of the most common effects of too much screen use is eye strain. Staring at screens for long hours can cause dry eyes, headaches, blurred vision, and redness. This problem is often called ***digital eye strain or computer vision syndrome.***

Excessive screen time also affects physical health. Sitting for long periods reduces physical activity, which may lead to obesity, poor posture, neck pain, and back pain. Children who spend more time on screens often play less outdoors, which is important for healthy growth.

Another major concern is sleep disturbance. The blue light emitted from screens interferes with the production of melatonin, a hormone that helps us sleep. Using phones or watching TV before bedtime can cause difficulty in falling asleep and poor sleep quality.

Screen time can also impact mental health. Overuse of social media and games may lead to stress, anxiety, lack of concentration, and reduced social interaction. In children, it can affect learning ability and behavior.



HOW TO REDUCE HARMFUL EFFECTS

- Follow the 20-20-20 rule: every 20 minutes, look at something 20 feet away for 20 seconds.
- Limit screen time and take regular breaks.
- Maintain proper posture while using screens.
- Avoid screen use at least 1 hour before sleep.
- Balance screen time with outdoor activities and exercise.

CONCLUSION

Screens are useful, but too much screen time can harm our health. By using screens wisely and maintaining a balanced lifestyle, we can protect our eyes, body, and mind.

Smart Use Today, Healthy Life Tomorrow.



Be Mindful. Be Balanced. Be Healthy.

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22th July' 26 — LEAD360 - EXPLORE, EXPRESS, EXCEL — Wednesday

Letter Sorting Game

Learning Letters, One Sound at a Time!





An activity was conducted for Nursery class to enhance **alphabet recognition** and **phonics skills**. In this activity, different objects were placed in front of the students. A basket containing letter blocks was kept near them.

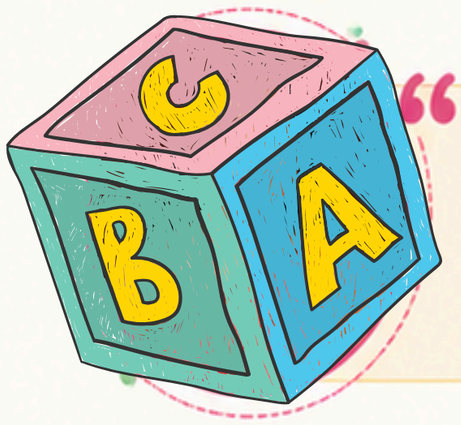


The children were asked to identify the **first sound** of each object, find the **correct letter block** from the basket and **place it in front of the object.**

This hands-on activity helped children to connect objects with their **initial letter sounds**.

It improved their **listening skills**, **letter recognition** and **fine motor skills**.

Students participated **actively** and were able to match most of the objects with **correct letter blocks**.



"Principal Dr. Vandna Shahi remarked that such engaging activities play a vital role in **strengthening foundational literacy skills** while developing **confidence and coordination**."



LEARNING OUTCOMES

- Cognitive Skills
- Eye–Hand Coordination
- Active Participation & Confidence Building

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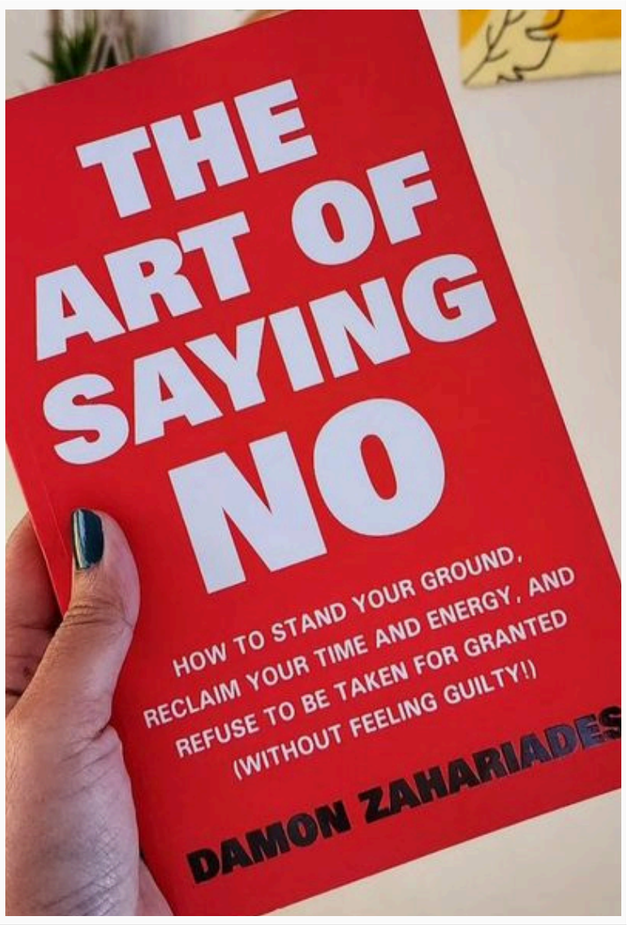
22th July' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Wednesday

BOOK RECOMMENDATION :

THE ART OF SAYING NO



The Art of Saying No is a practical and empowering read that teaches the importance of setting healthy boundaries without guilt. The book explains how constantly saying "yes" can lead to stress, burnout, and loss of self-worth, while a respectful "no" protects your time, energy, and priorities. Through relatable examples and actionable strategies, it helps readers become more confident, assertive, and emotionally balanced. The language is simple, engaging, and easy to apply in everyday life. This book is highly recommended for students, professionals, and anyone who struggles to put themselves first. It serves as a valuable guide to building self-respect, healthier relationships, and a more fulfilling life.

THOUGHT OF THE DAY



WORD

Hone

(v.) To improve a skill.

She honed her cooking skills over time.)

Words by Ananya

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

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23th July' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Thursday



An Intra-Class Storytelling Competition was organised to enhance students' communication skills, creativity, imagination and self-confidence. Each participant presented a short moral story using suitable props, voice modulation, facial expressions and gestures to make the narration engaging and meaningful.

The students enthusiastically narrated inspiring stories, conveying valuable life lessons and the creative use of props added interest and brought the stories to life.The participants were assessed on the basis of their confidence, clarity of speech, presentation skills, expression, creativity, effective use of props and overall impact. Based on these criteria, the teacher selected the three best performers from the class. These students will represent their class in the Inter-Class Storytelling Competition, where they will compete with the winners from other sections.

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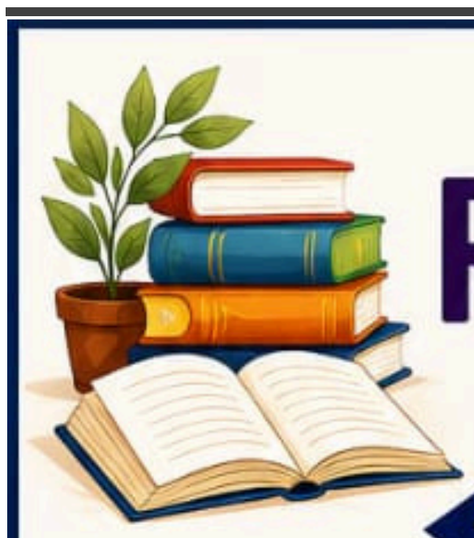
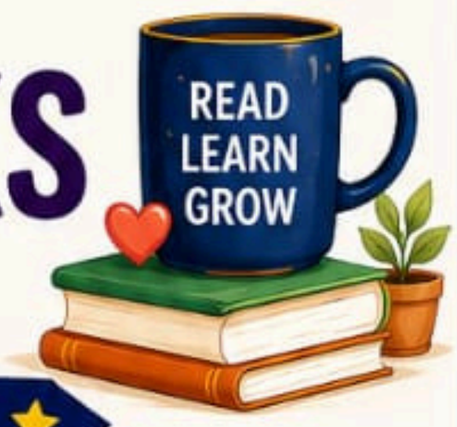


THE POWER OF READING BOOKS in Today's Era



★ *"Today a reader, tomorrow a leader.."* ★

This simple quote reminds us that every successful person is first a **curious reader.**

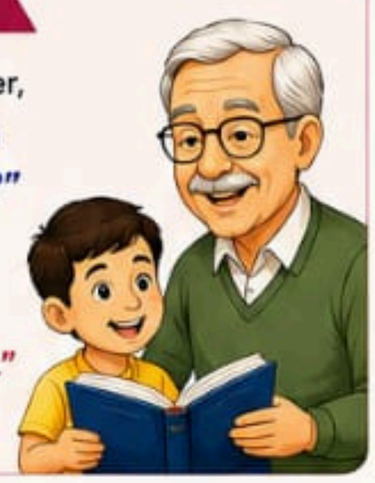


We live in a digital world where mobile phones, social media, and short videos are everywhere. Technology has made information available in seconds, but it has also reduced the time we spend reading books. Yet, **books remain one of the greatest treasures of knowledge and wisdom.**

SHORT ANECDOTE

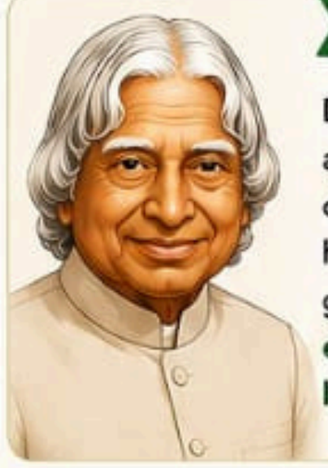
A little boy once asked his grandfather, **"Why do you still read books when everything is available on a phone?"**

The grandfather smiled and replied, **"A phone gives you information, but a book gives you understanding."** That is the true magic of reading.



BENEFITS OF READING

- Improves vocabulary, communication skills, imagination, and creativity.
- Strengthens memory, increases concentration, and helps us think more clearly.
- Teaches empathy by allowing us to experience the lives of different people and cultures.
- Helps in reducing stress, improving focus, and refreshing the mind.
- Builds self-confidence and helps us become better learners and better human beings.



INSPIRING STORY

Dr. A.P.J. Abdul Kalam, India's "Missile Man" and former President, loved reading from childhood. He often said that books shaped his dreams and inspired him to achieve great things. His journey reminds us that **every great achievement begins with learning, and learning begins with reading.**

BOOKS TO BEGIN WITH



- **Wings of Fire** by Dr. A.P.J. Abdul Kalam
- **Atomic Habits** by James Clear
- **The Diary of a Young Girl** by Anne Frank
- **The Alchemist** by Paulo Coelho





"Books are our silent teachers and lifelong friends. They never judge us, never leave us, and always have something valuable to teach."



So, let us spend a little **less time scrolling** and a little **more time reading.**

Every book we open opens a new **world** of ideas, knowledge, and opportunities.

★ *Read Today, Lead Tomorrow!* ★

Pooja Ahuja
Librarian

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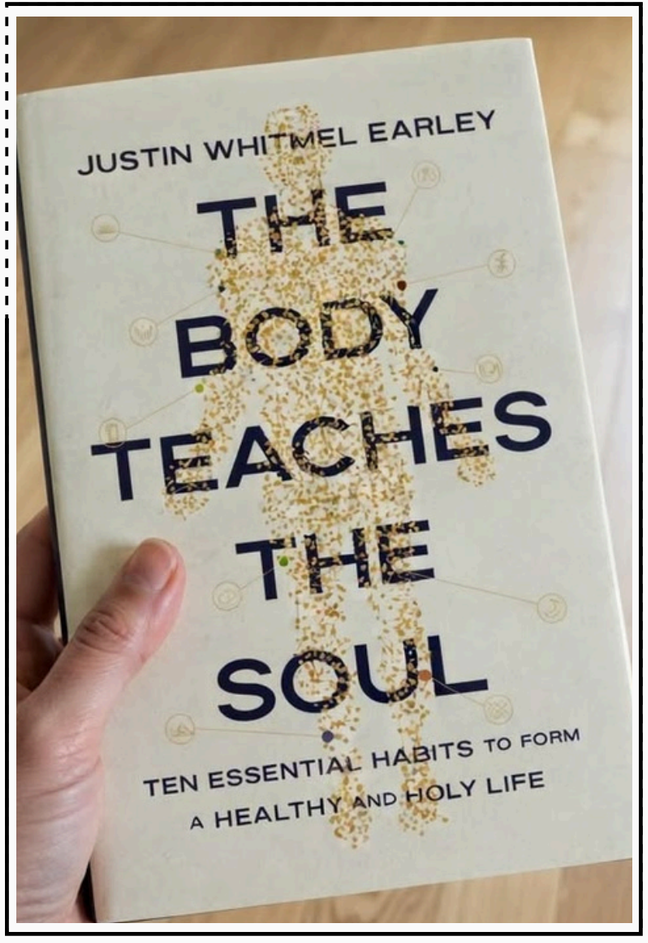
THE BCM EDGE

23th July' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Thursday

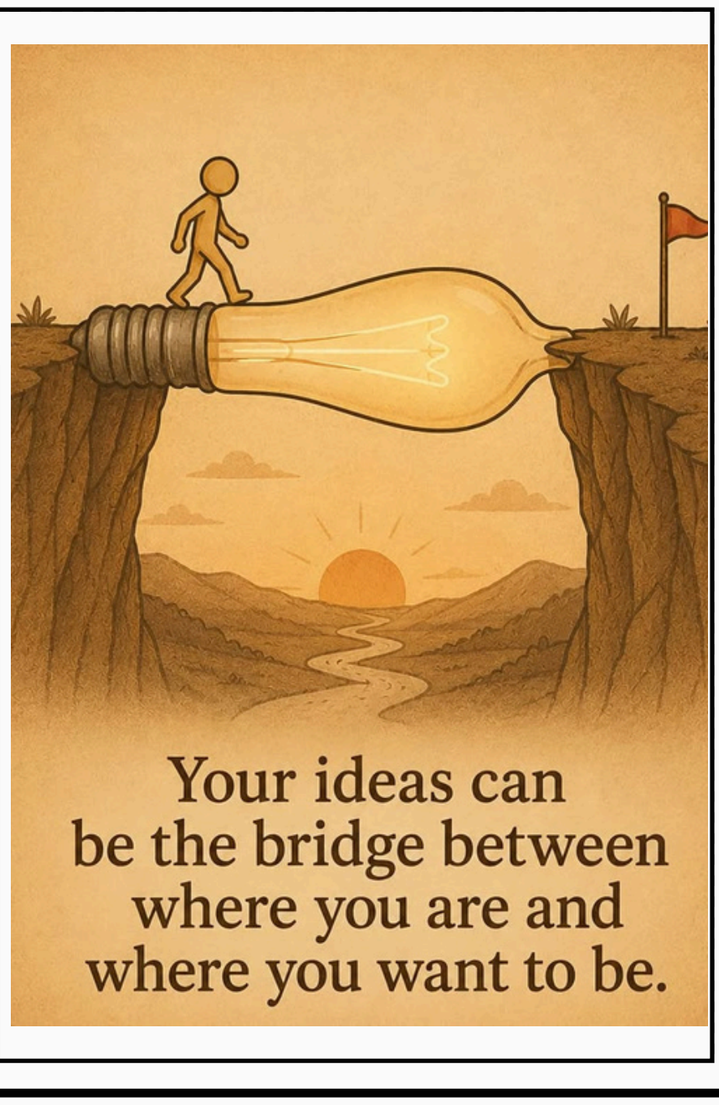
BOOK RECOMMENDATION :

THE BODY TEACHES THE SOUL

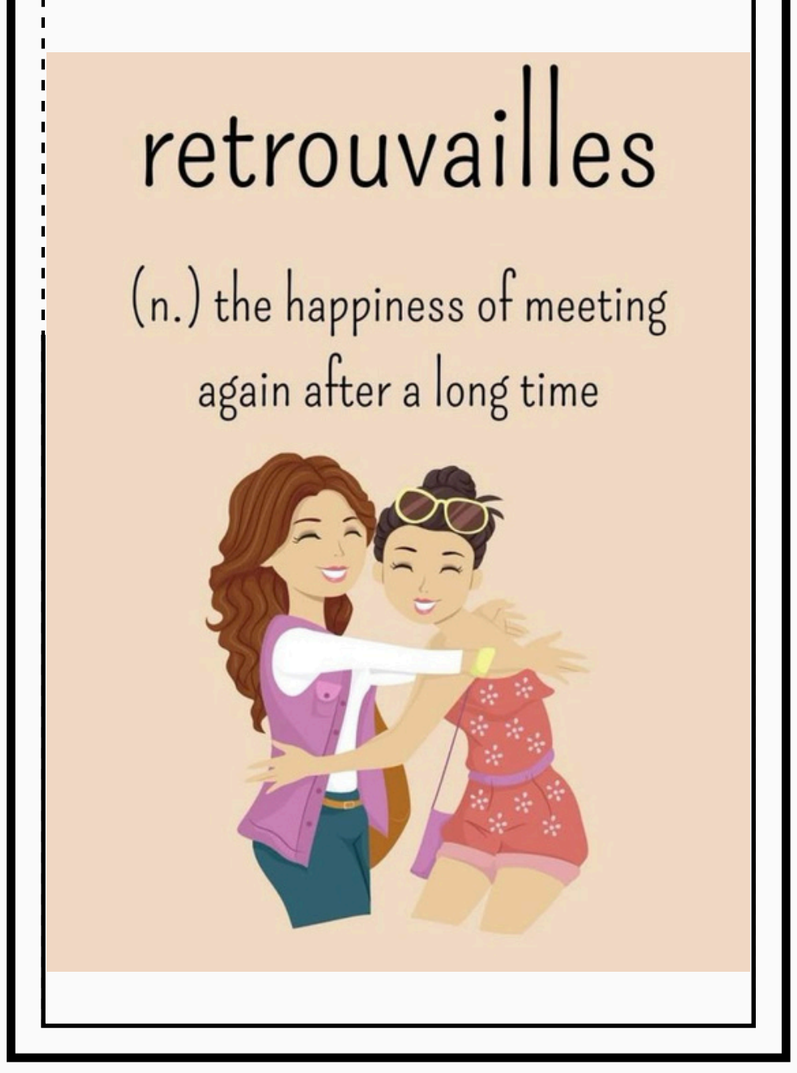


The Body Teaches the Soul is a thoughtful and inspiring book that explores the deep connection between our physical body and inner self. It explains how emotions, experiences, and stress are often reflected in the body, encouraging readers to listen to its signals with awareness and compassion. The author combines practical insights with meaningful reflections, making the book both relatable and transformative. Rather than offering quick fixes, it promotes mindfulness, healing, and self-discovery through everyday practices. This book is an excellent read for anyone seeking emotional balance, personal growth, and a deeper understanding of the mind-body relationship.

THOUGHT OF THE DAY



WORD



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24th July' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Friday

Creativity Grows When We Create Together!

LKG GROUP ART ACTIVITY



To encourage creativity and imagination, a fun-filled Group Art Activity was conducted for the **LKG students**. The children coloured a variety of attractive pictures, including **ice creams**, **rainbows**, **caterpillars**, **fruits** and many other creative images.



The activity gave every child an opportunity to express their ideas through colours and showcase their artistic skills. The students displayed great **enthusiasm**, **creativity** and **imagination** while choosing and blending different colours.

They worked together happily, shared colouring materials and appreciated each other's work, promoting **teamwork** and **cooperation**.

Principal **Dr. Vandna Shahi** appreciated the young learners for collaborative spirit displayed during the activity.

She remarked that such engaging activities nurture creativity, teamwork and joyful learning, laying a strong foundation for the holistic development of every child.

LEARNING OUTCOMES

- Enhanced creativity
- Boosted confidence
- Improved fine motor skills
- Encouraged self expressions

*Where **little hands** create, **big imaginations** come to life!*

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24th July' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Friday

FOMO: MORE THAN Just a Trend

Fear of Missing Out



SARIKA GAKHAR
PRT SCIENCE

The word "FOMO" has become a part of the everyday vocabulary of today's generation, especially among Gen Z.

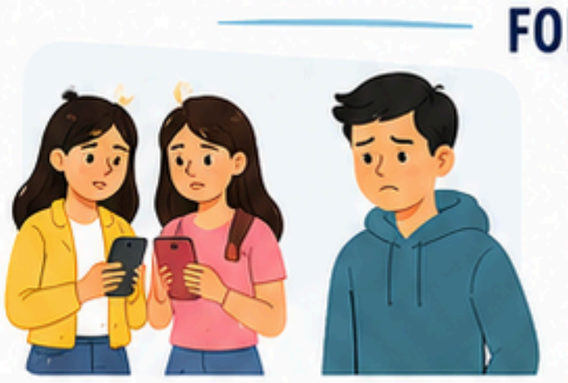
Although it stands for Fear of Missing Out, it is more than just a popular internet term.



FOMO is the feeling that someone else is enjoying a better experience, achieving more, or being included in something from which we are left out. This constant fear of missing out can make us feel **anxious, unhappy, and sometimes even make us question our own worth.**

> *True happiness* comes from valuing our own experiences, *celebrating our progress, and being thankful for what we have.*

FOR SCHOOL-GOING CHILDREN, FOMO CAN APPEAR IN MANY DIFFERENT FORMS



A student may feel upset when classmates make plans without them.



When a friend's achievements seem greater than their own.



When social media creates the illusion that everyone else is living a more exciting life.

The desire to fit in, be accepted, and never miss an opportunity can often become an *unnecessary source of stress.*

THE GOOD NEWS IS THAT FOMO CAN BE MANAGED WITH THE RIGHT ATTITUDE.



Spend less time on social media.



Appreciate what you already have.



Pursue your own interests and hobbies.



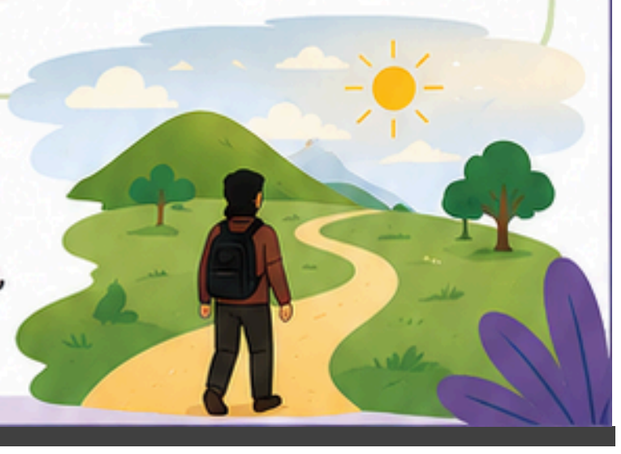
Speak openly with parents, teachers, or trusted friends.



Teachers, too, can help by creating an inclusive classroom, recognising every child's efforts, discouraging unhealthy comparisons, and reminding students that success is not measured by popularity but by personal growth.

Life is not a race
TO BE PRESENT EVERYWHERE OR TO HAVE EVERYTHING.

When we learn to focus on our own path instead of constantly looking at someone else's, the fear of missing out gradually gives way to *confidence*, *contentment*, and a *healthier, happier mind.*



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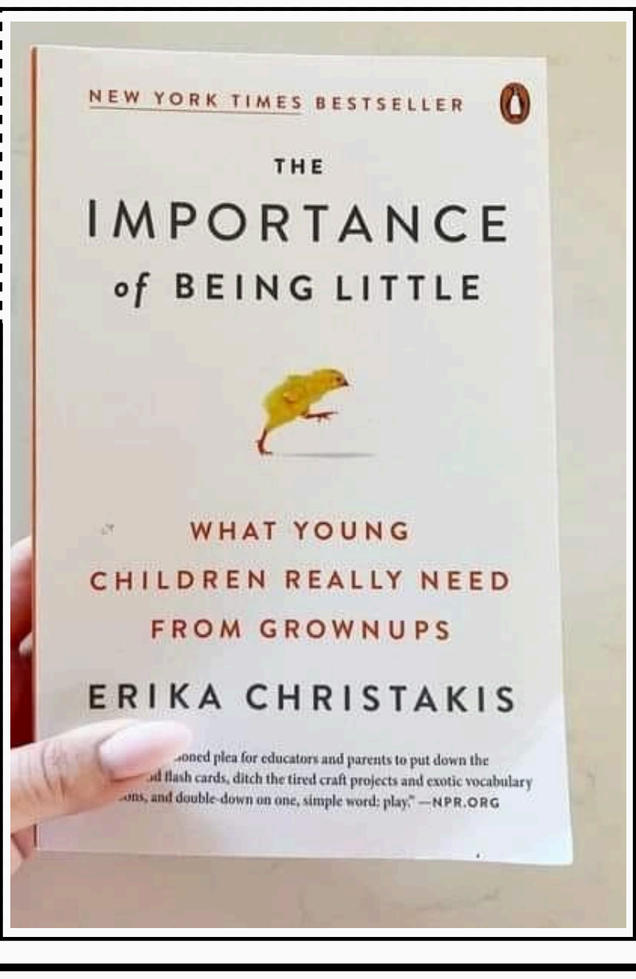
24th July' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Friday

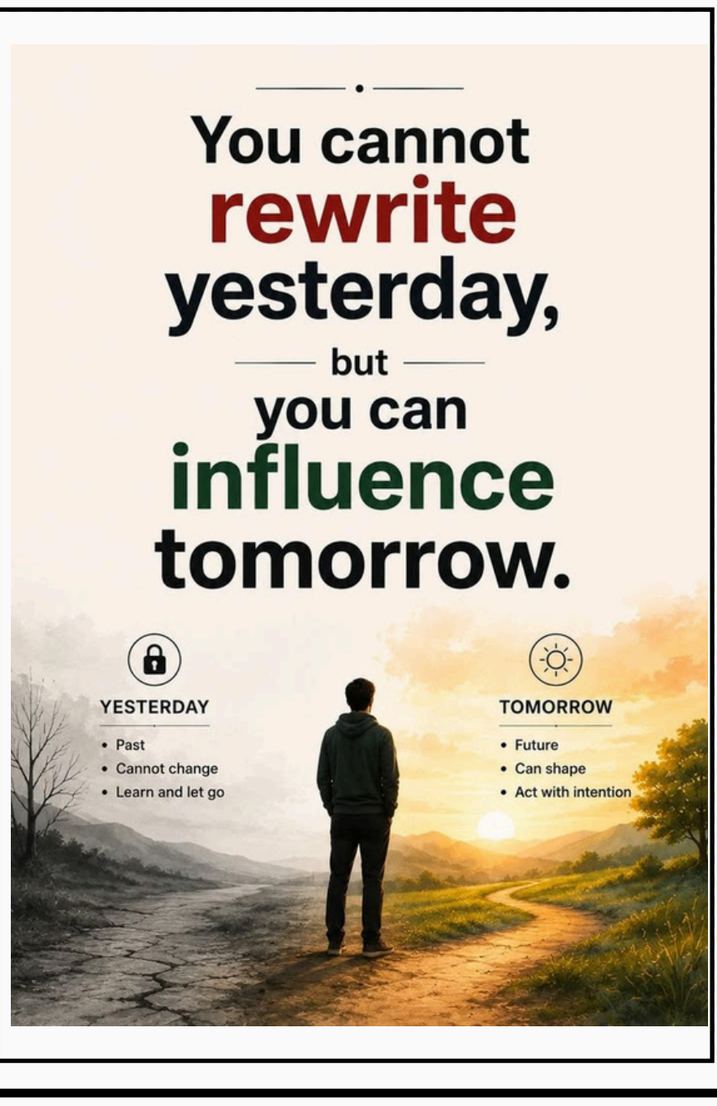
BOOK RECOMMENDATION :

THE IMPORTANCE OF BEING LITTLE

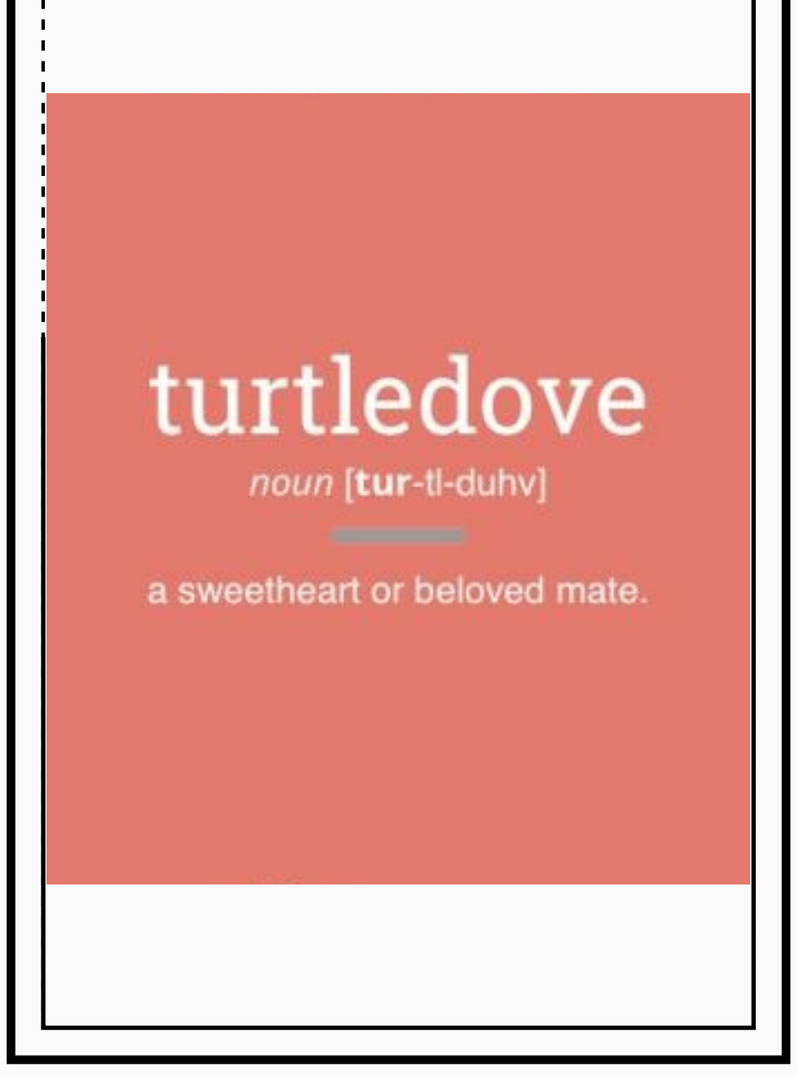


The Importance of Being Little by Erika Christakis is a thoughtful exploration of early childhood and how young children learn best through play, curiosity, and meaningful interactions. The author challenges the pressure of overly structured education and highlights the importance of nurturing creativity, emotional growth, and independent thinking during the early years. Backed by research and real-life examples, the book offers valuable insights for parents, teachers, and caregivers. It encourages adults to respect children's natural pace of development and create environments that foster joyful learning. This inspiring read is both practical and deeply thought-provoking for every educator.

THOUGHT OF THE DAY



WORD



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25th July' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Saturday

PUKHRAJ

KOHINOOR

INVESTITURE CEREMONY 2026

Leading with Purpose, Serving with Pride



Radiating immense pride, prestige and a profound commitment to academic excellence, BCM School hosted the Investiture Ceremony for the newly elected Student Council for the session 2026-27. The event was graced by the presence of various distinguished personalities i.e Sh. Suresh Ji Munjal ,President SMC, Mrs. Rama Munjal, Mr. Amitav Ghosh, the Director of School Education. It heralded a promising new era of student governance, bestowing honour and accountability upon the dynamic Student Council.

SHALIMAR



GULMOHAR

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PUKHRAJ

KOHINOOR

INVESTITURE CEREMONY 2026

Leading with Purpose, Serving with Pride

WELCOME OF GUESTS & LAMP LIGHTING

The ceremony commenced with a warm welcome of our esteemed guests,
followed by the auspicious lamp lighting.
A symbol of knowledge, positivity and new beginnings.





SHALIM

HAR

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25th July' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Saturday

PUKHRAJ KOHINOOR

VOICES OF LEADERSHIP,
Words that Inspire

Our esteemed speakers shared their wisdom,
motivation and vision, guiding us towards excellence.

OUR ESTEEMED SPEAKERS






The auspicious proceedings commenced with the traditional illumination of the ceremonial lamp, symbolizing the eternal triumph of knowledge over ignorance. This was gracefully followed by the presentation of a pristine green sapling to the esteemed Chief Guest Dr. Shibba Takkar Chhabra, MD Cardiology at DMC Ludhiana.A serene yet breathtaking Ganesh Vandna that was presented as welcome Dance captivated the audience, seamlessly setting an aura of vibrant celebration.

In an impassioned opening address, the Principal Dr. Vandna Shahi inspired the student body to embody courageous leadership, a beautiful sentiment reverberated through the harmonious echoes of the School Song.




BCM SCHOOL

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THE EDGE OF GLIMPSES

25th July' 26 — **LEAD360 - EXPLORE, EXPRESS, EXCEL** — **Saturday**















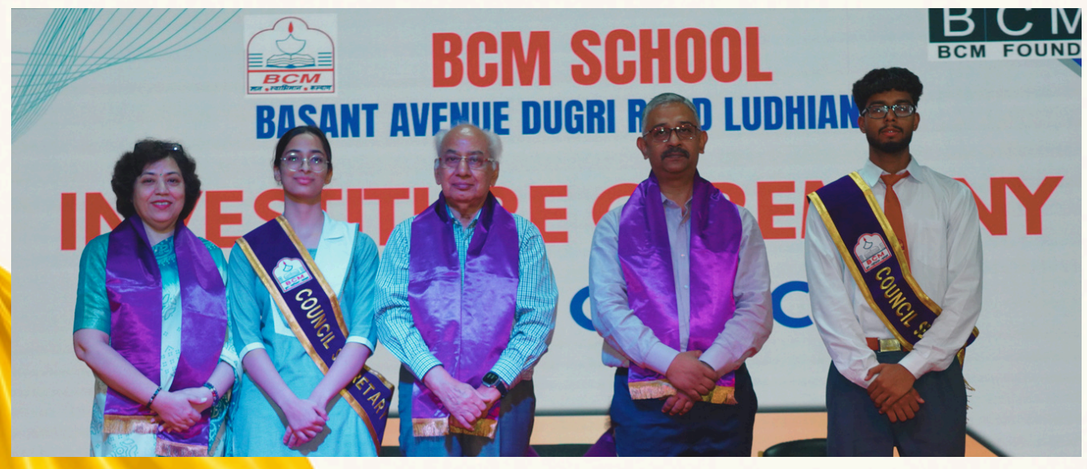





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THE BCM EDGE

25th July' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Saturday

Holistic Development: Building Bright Futures

Beyond Academics. Beyond Limits.

BEYOND ACADEMICS

Holistic development focuses on the overall growth of a child by nurturing the physical, intellectual, emotional, social, creative, and moral aspects of life.
It prepares children not only for academic success but also for life with confidence, compassion, and responsibility.



LEARNING FOR LIFE

Through academics, sports, art, music, and experiential learning, children develop essential life skills such as critical thinking, creativity, communication, collaboration, and problem-solving.
These experiences help them discover their strengths and become lifelong learners.



> *"Every child is gifted. Education helps them discover their unique potential."*

VALUES THAT MATTER

Holistic education nurtures values like honesty, empathy, respect, discipline, kindness, and resilience.
These qualities shape responsible citizens who contribute positively to society.



A FOUNDATION FOR SUCCESS

By nurturing every dimension of a child's personality, holistic development creates balanced individuals who are prepared to face challenges with confidence and make a positive difference in the world.



> *"The true purpose of education is to develop not just intelligent minds, but kind hearts and strong character."*

Gurwinder kaur
PRT

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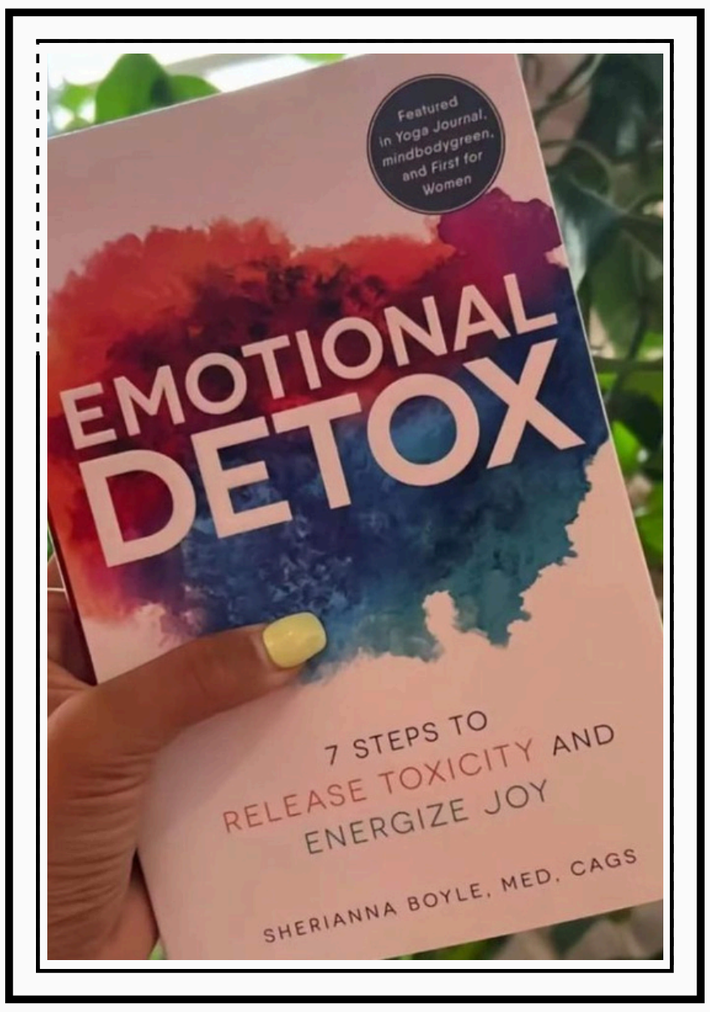
THE BCM EDGE

25th July' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Saturday

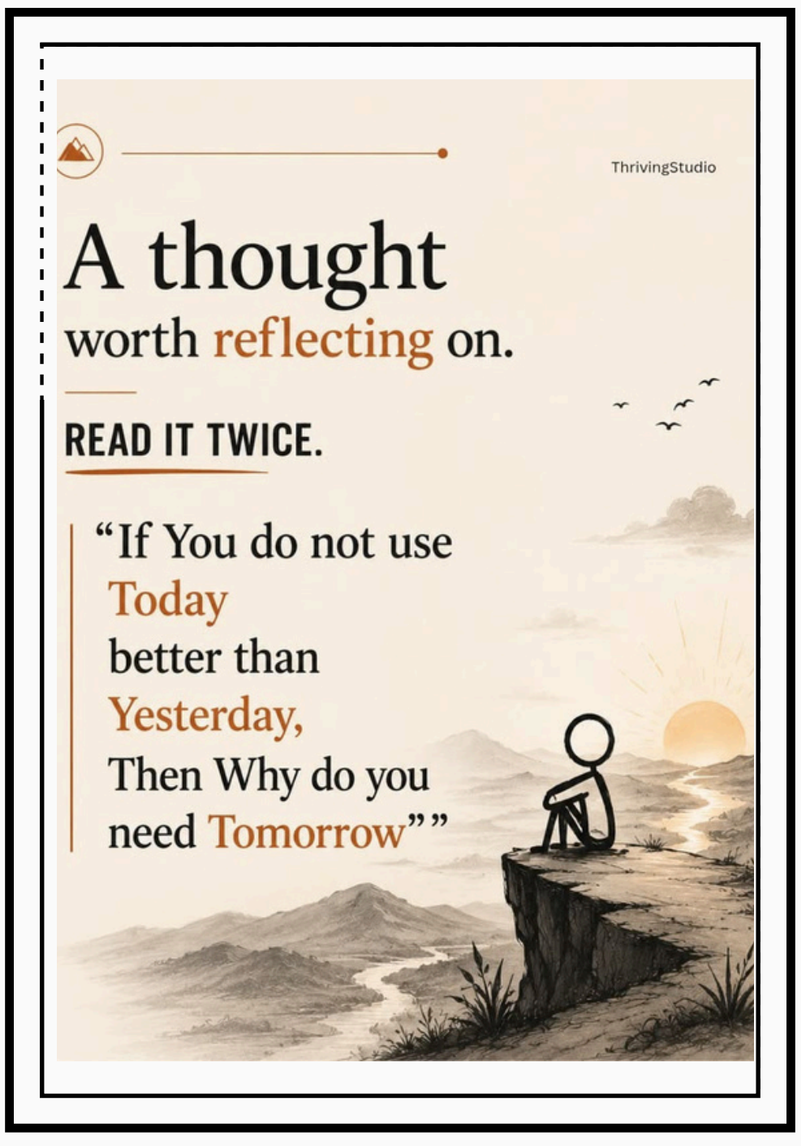
BOOK RECOMMENDATION :

EMOTIONAL DETOX



Emotional Detox by Sherianna Boyle is a practical and insightful guide to understanding and releasing emotional baggage. Instead of suppressing difficult feelings, Boyle introduces her C.L.E.A.N.S.E. method, encouraging readers to process emotions with mindfulness and self-awareness. The book blends psychology with simple, actionable exercises that help reduce stress, anxiety, and emotional overwhelm while fostering resilience and inner peace. Its compassionate approach reminds us that true healing begins by acknowledging, rather than avoiding, our emotions. This is a valuable read for anyone seeking emotional clarity, healthier relationships, and a more balanced, joyful life.

THOUGHT OF THE DAY



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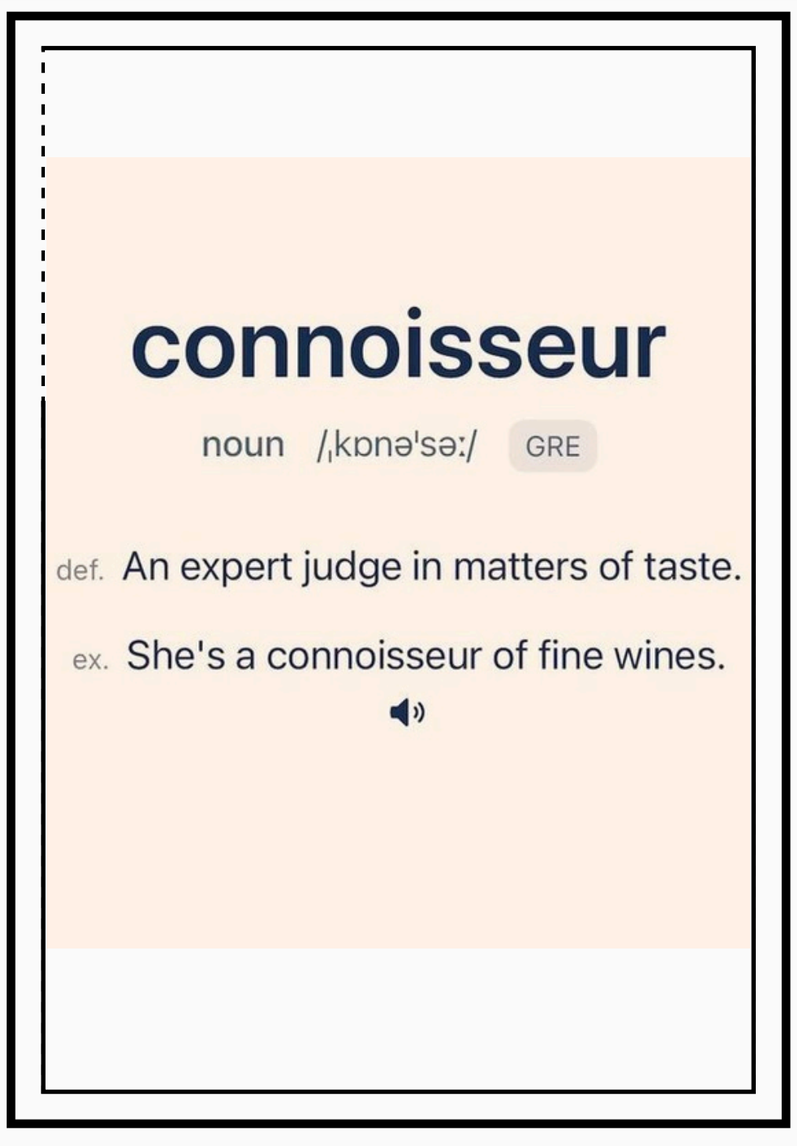

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27th July' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Monday



To commemorate the 27th Kargil Vijay Diwas, BCM School observed a heartfelt and inspiring tribute to the valiant soldiers of the Indian Armed Forces through special assemblies and patriotic presentations across the school. Students from the Primary and Middle Wings came together to honour the unmatched courage, sacrifice, and unwavering commitment of the Kargil heroes who safeguarded the nation's sovereignty.

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27th July' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Monday



The programme commenced with an introduction to the significance of Kargil Vijay Diwas, followed by an inspiring Thought of the Day, patriotic poems, and speeches that highlighted the bravery and selfless service of the soldiers. Students further expressed their gratitude through melodious patriotic songs, energetic dance performances, and a moving theatrical presentation that beautifully portrayed the spirit of patriotism, unity, and national pride.







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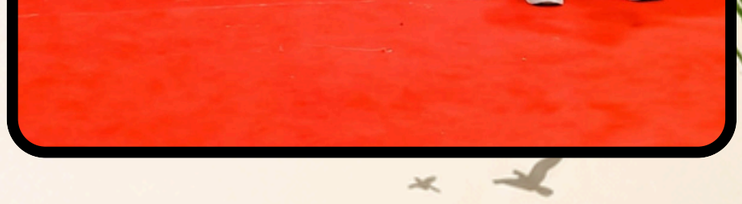
27th July' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Monday











The celebrations created an atmosphere of deep respect and gratitude, encouraging students to reflect on the sacrifices made by the Armed Forces. The programme concluded with a solemn pledge to uphold the values of courage, discipline, integrity, and selfless service, followed by the National Anthem, leaving every heart filled with immense pride and reverence for the nation's heroes.



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THE BCM EDGE

27th July' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Monday



Behind Every Success Stands a Teacher

"A teacher plants the seeds of knowledge that grow forever."

Teachers are the architects of our future. They dedicate their time, knowledge, and hearts to shaping young minds, inspiring confidence, and nurturing values that last a lifetime. Every lesson they teach and every word of encouragement they offer helps students move one step closer to their dreams.

Respect for teachers is not shown only on special occasions but through our daily actions. Greeting them warmly, listening attentively, completing our work sincerely, and treating them with kindness and courtesy are simple yet meaningful ways to express gratitude. Such respect creates a positive and disciplined learning environment where everyone can thrive.

A teacher's influence reaches far beyond the classroom. They not only teach subjects but also guide students to become honest, compassionate, and responsible citizens. The values they instil remain with us long after school days are over.

Let us pledge to honour our teachers every day—not just with words, but with our behaviour, dedication, and willingness to learn. After all, when we respect our teachers, we respect the very foundation of our future.



—Ushwinder Kaur
TGT English

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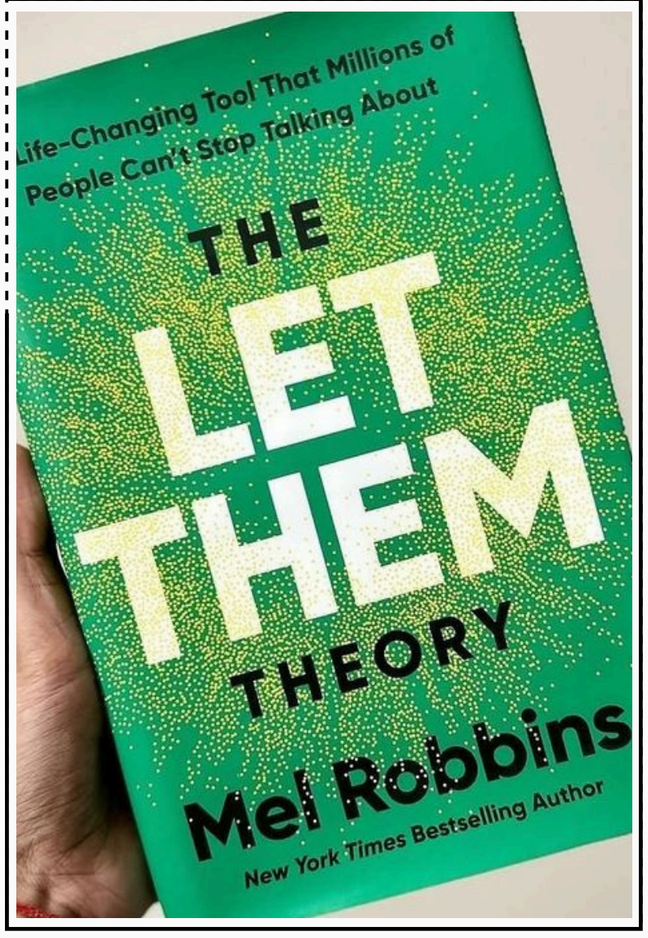
THE BCM EDGE

27th July' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Monday

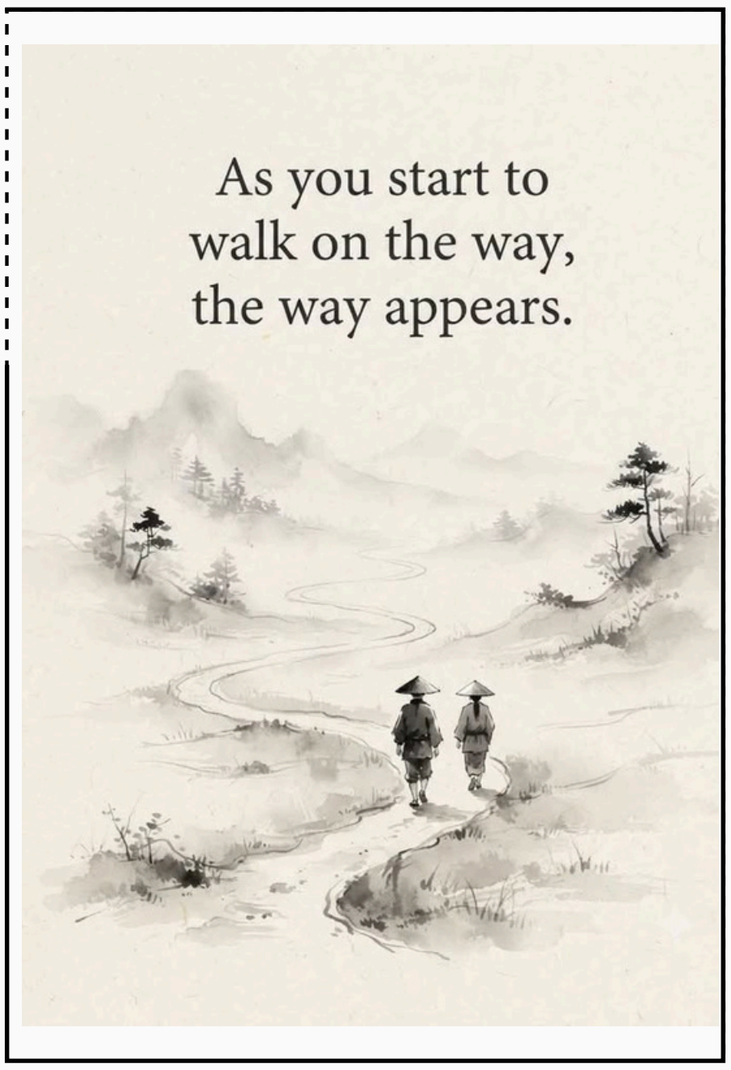
BOOK RECOMMENDATION :

THE LET THEM THEORY



The Let Them Theory by Mel Robbins offers a refreshing perspective on finding peace by letting go of the need to control others. Through the simple yet powerful idea of saying "Let them," the book encourages readers to stop worrying about people's opinions, choices, and behaviours, and instead focus on what they can control—their own actions and mindset. Filled with practical advice, relatable stories, and motivational insights, the book inspires emotional freedom, stronger relationships, and greater self-confidence. It is an empowering read for anyone seeking personal growth, inner peace, and a more fulfilling life.

THOUGHT OF THE DAY



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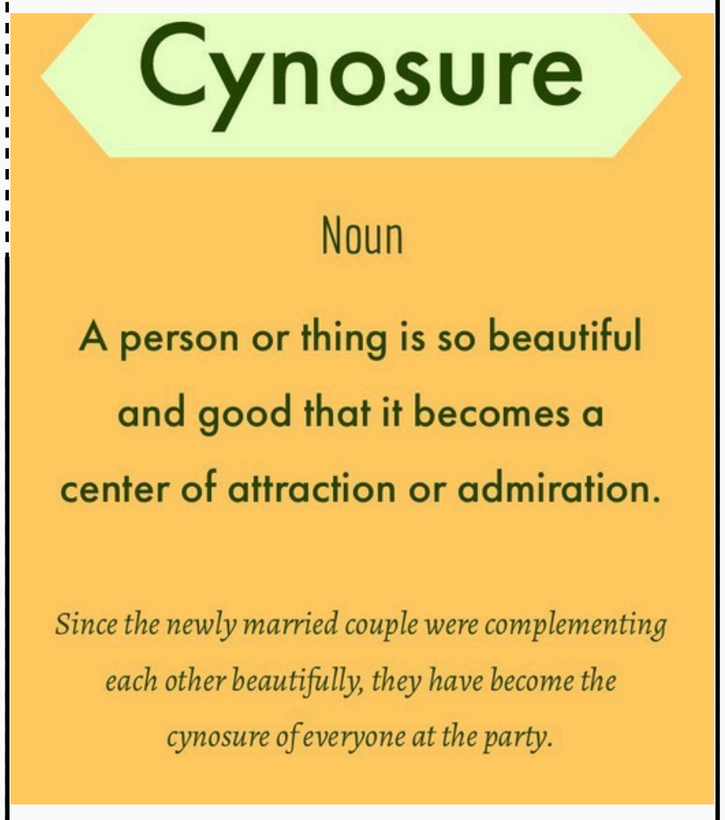

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28th July' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Tuesday

सावन रंग, तीज के संग





BCM Kindergarten celebrated the vibrant festival of Teej with great enthusiasm and traditional fervour. The festival, which marks the arrival of the monsoon, celebrates the bounty of nature, lush greenery and the rich indian culture.

The entire campus came alive with festive charm as it was beautifully adorned with Phulkaris, dhol, handmade pakhis, vibrant festoons, and other traditional props. The little ones looked adorable in their colourful Punjabi attire, carrying traditional accessories that added to the festive spirit.

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Their energetic dance performances on lively Punjabi folk filled the atmosphere with joy and excitement.

The Exquisitely adorned Teej swings, a specially designed Teej Selfie Frame and Mehandi Corner became the hot spots where children happily posed for memorable photographs. The young girls enhanced the celebrations by qadorning their hands with beautiful mehendi and colourful bangles, while the boys looked charming in traditional kurta-pajamas. Adding a delightful culinary touch to the festivities, children brought a variety of delicious Punjabi delicacies in their tiffins and enjoyed sharing them with their friends.

The celebration provided a wonderful opportunity for the children to experience and appreciate the richness of their cultural roots while creating cherished memories with their classmates and teachers. Their cheerful smiles and infectious enthusiasm made the occasion truly special.







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The celebrations became even more heartwarming when the school Principal, Dr. Vandna Shahi, joined the little ones with great affection. She graciously applied mehendi and wore the vibrant bangles lovingly presented to her by the children as a beautiful symbol of their innocence, love and respect. Her warm interaction with the children added immense joy to the occasion.





Expressing her happiness, Principal Dr. Vandna Shahi said, "Our festivals are a beautiful medium to connect children with their cultural heritage and values. Seeing our little ones celebrate with such innocence, confidence and happiness fills my heart with immense pride. I extend my heartfelt blessings to all our dear children and sincere appreciation to our dedicated teachers whose love, creativity and tireless efforts make every celebration meaningful and memorable. May our little stars always remain joyful, rooted in our traditions and continue to shine brightly in every walk of life."

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28th July' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Tuesday

Balancing Academics and Passions:

The Art of the Dual Life



Sharanjit Kaur

As a teacher, I often watch students treat life like a high-stakes tug-of-war. On one end, there's the relentless pull of algebra, essays, and looming exams. On the other, the burning desire to paint, code, strum a guitar, or dribble down the basketball court.

Here is a secret:

you don't have to pick a side.



Think of your mind like a campfire.

Academics provide the **steady, essential logs** that build a strong foundation for your future.

Your passions are the **sparks**—the fiery energy that brings warmth, color, and joy to the night.





Without the **logs**, the fire dies down quickly; without the **sparks**, it's just a pile of wood.

Balancing both isn't about dividing your time with mathematical precision. It's about being fully present.

When you study, lock in. When you play, unleash your spirit.

Master this balance, and you won't just succeed— you'll shine.

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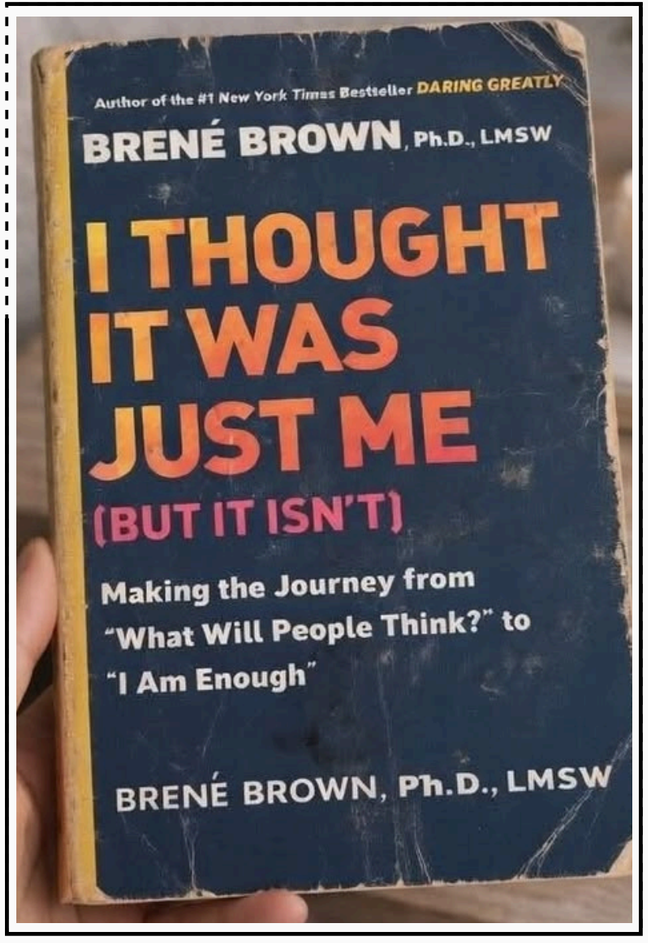
28th July' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Tuesday

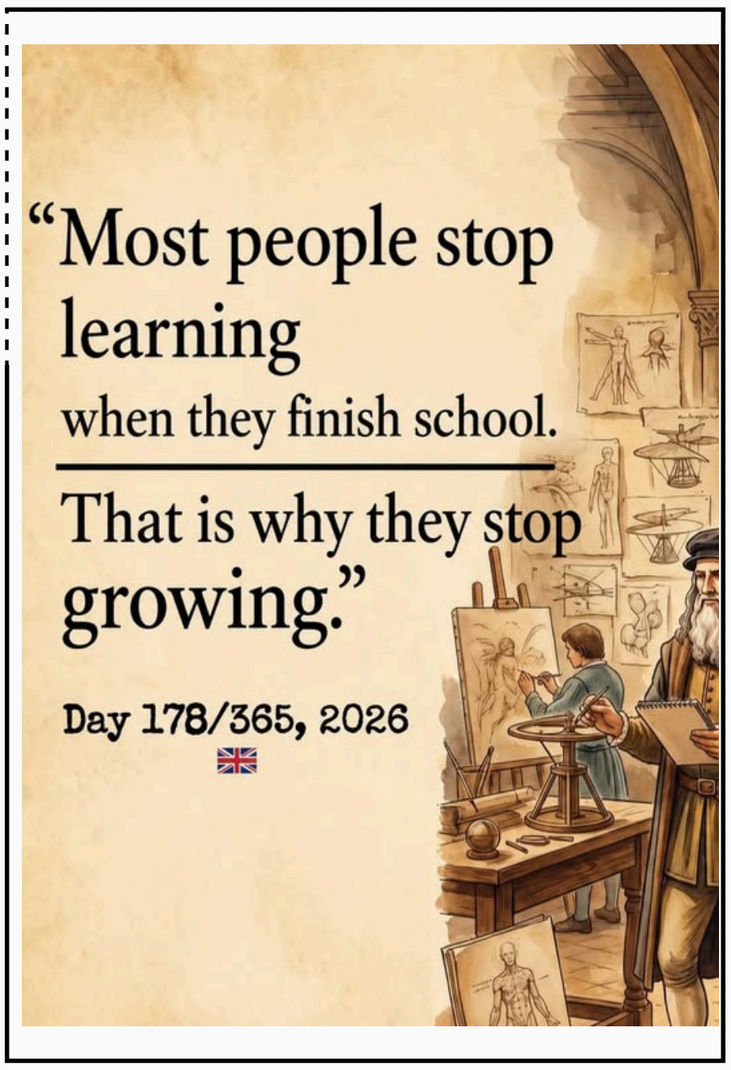
BOOK RECOMMENDATION :

I THOUGHT IT WAS JUST ME



I Thought It Was Just Me (But It Isn't) by Brené Brown is a powerful and compassionate exploration of shame, vulnerability, and self-worth. Drawing on years of research, Brown explains how feelings of inadequacy often isolate us, while reminding readers that these struggles are universal. The book encourages embracing authenticity, practicing self-compassion, and building meaningful connections instead of striving for perfection. Written with warmth and relatable examples, it offers practical insights for personal growth and emotional resilience. This is an inspiring read for anyone seeking greater confidence, acceptance, and the courage to live wholeheartedly.

THOUGHT OF THE DAY



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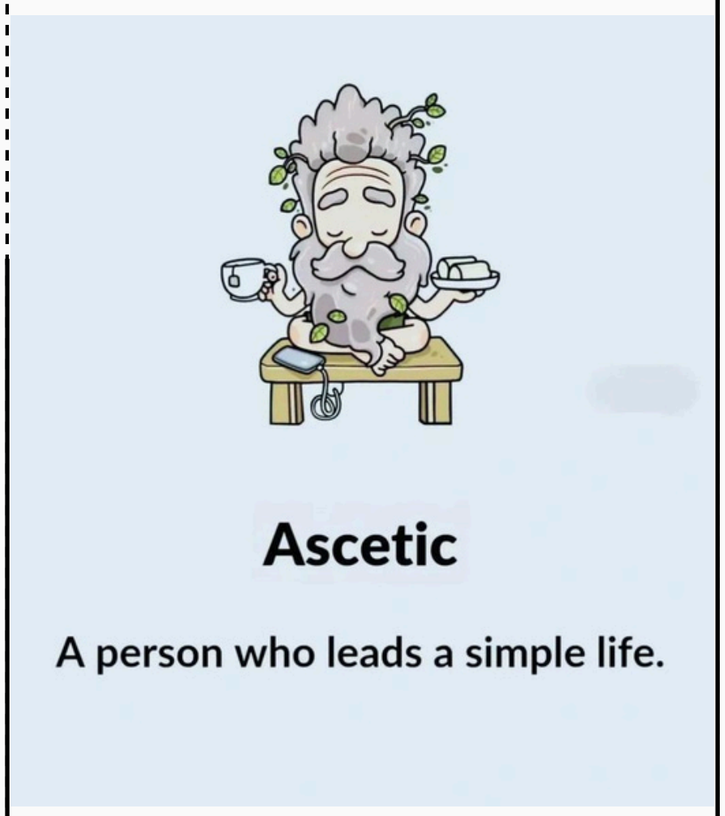

EDITOR & CREATIVE LEAD: MS. SANSKRITI VERMA (OUTREACH & MEDIA)

BCM SCHOOL
BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

29th July' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Wednesday

WHERE TALENT SHINES, CHAMPIONS RISE!



A Proud Moment

GURNOOR SINGH

of Class **VI TULIP**

for clinching the

FIRST PRIZE

in

Punjab Ke Kalakaar 2026

Talent Show



VENUE
Narayan E Techno School, Chandigarh Road

ORGANISED BY
Shri Bala Ji Production

Celebrating Dedication.
Applauding Excellence.

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29th July' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Wednesday

YOUNG ECO-WARRIORS CELEBRATE WORLD NATURE CONSERVATION DAY

BCM School celebrated World Nature Conservation Day with a range of engaging activities that promoted environmental awareness and sustainable living among students.

The Kindergarten Wing enthusiastically participated in an Eco-Friendly Paper Bag Making Activity, creatively transforming old newspapers into reusable paper bags decorated with colourful artwork and conservation messages. Meanwhile, the Primary Wing showcased its creativity through Leaf Art, Slogan Writing, Best Out of Waste, and Trash to Treasure activities, reinforcing the values of Reduce, Reuse, and Recycle.

The celebrations encouraged students to adopt eco-friendly habits and understand that small actions can make a big difference in protecting the environment.

Principal Dr. Vandna Shahi appreciated the students' enthusiastic participation and remarked that nurturing environmental awareness from an early age helps shape responsible citizens committed to building a greener and more sustainable future.









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From Passion to Profession:

How Hobbies Can Shape Future Careers



"Your hobby may be the first step towards your dream career."



Every student has interests that bring joy and excitement outside the classroom. Whether it is painting, writing, coding, gardening, photography, singing, sports, or reading, these activities are often seen as hobbies. While hobbies are usually pursued for fun and relaxation, they can also play a significant role in shaping future careers.

Discover Your Talents & Passions

Hobbies help individuals discover their talents and passions. They can lead to exciting career paths in fields like design, writing, technology, media, and more.

Build Essential Life Skills

From teamwork and leadership in sports to creativity and communication in arts and music – hobbies build skills that are valued in every profession.

Encourage Continuous Learning

Doing what you love makes you curious, motivated, and committed to improving – preparing you for future academic and professional challenges.

Turn Passion into Profession

Many successful people turned their hobbies into rewarding careers. Passion, dedication, and hard work can turn your interests into incredible opportunities.

Future is Full of Possibilities

With new career opportunities everywhere, hobbies can help you stand out and succeed in ways that are meaningful and fulfilling.



Remember:

Hobbies are more than just pastimes. They are stepping stones to discovering your strengths and building a successful and satisfying future.



Explore. Enjoy. Improve. Succeed.

Your hobby today can shape your career tomorrow!

Sukhwinder Kaur

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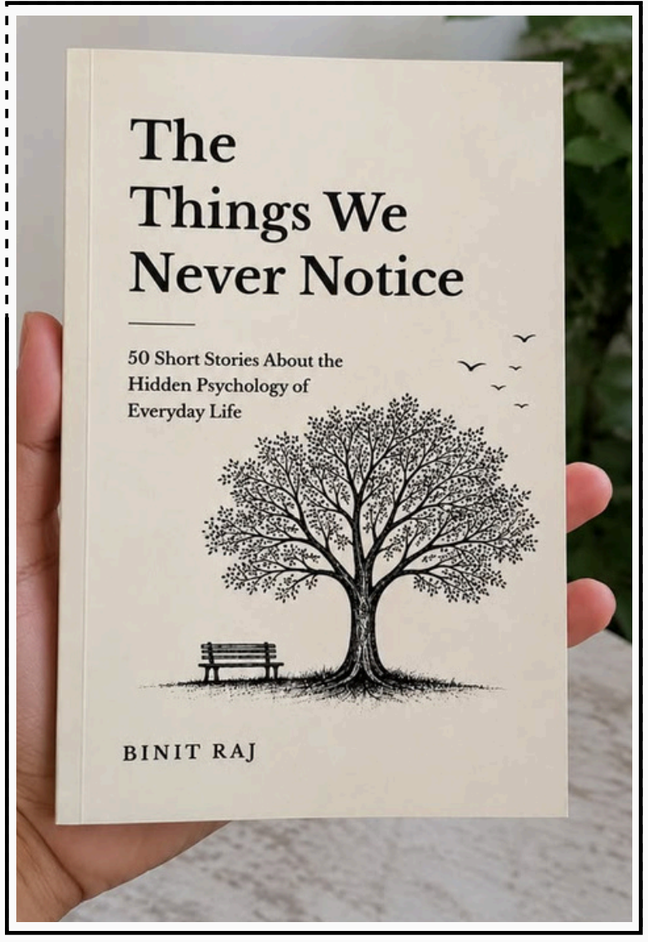
29th July' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Wednesday

BOOK RECOMMENDATION :

THE THINGS WE NEVER NOTICE



The Things We Never Notice is a gentle and thought-provoking read that reminds us of the beauty hidden in life's ordinary moments. The book encourages readers to slow down, observe their surroundings, and appreciate the small details that often go unnoticed in the rush of daily life. Through relatable stories and insightful reflections, it highlights the importance of mindfulness, gratitude, and human connection. Its simple yet profound message inspires readers to find joy in everyday experiences and to become more present in the moment. This heartwarming book is a meaningful read for anyone seeking a calmer, more appreciative outlook on life.

THOUGHT OF THE DAY



WORD



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30th July' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Thursday

EXCLUSIVE COVERAGE

WHERE EDUCATORS REIMAGINED TOMORROW: BCM SCHOOL HOSTS AI & COMPUTATIONAL THINKING DELIBERATIONS





The event served as a dynamic platform for teachers to present research-driven classroom practices and innovative pedagogical interventions designed to nurture future-ready learners. The deliberations were held under the guidance of Dr. Amitava Ghosh, Director, School Education, BCM Foundation, and Dr. Vandna Shahi, Principal, BCM School, Dugri, reflecting the institution's unwavering commitment to academic excellence and continuous professional development.

Welcoming the distinguished guests, jury members and participating educators, Dr. Vandna Shahi highlighted the importance of collaborative learning among teachers. She remarked that such deliberations empower educators to exchange best practices, strengthen classroom pedagogy and collectively elevate the quality of education. Stressing the growing significance of Computational Thinking and Artificial Intelligence, she stated that these competencies are indispensable for developing analytical, creative and solution-oriented minds equipped for the future.

BCM School, Basant Avenue, Dugri Road, Ludhiana, reaffirmed its position as a pioneer in educational innovation by hosting the District-Level Deliberations (DLDs) on "Computational Thinking (CT) and Understanding Artificial Intelligence (AI)", bringing together educators from schools across Ludhiana district.

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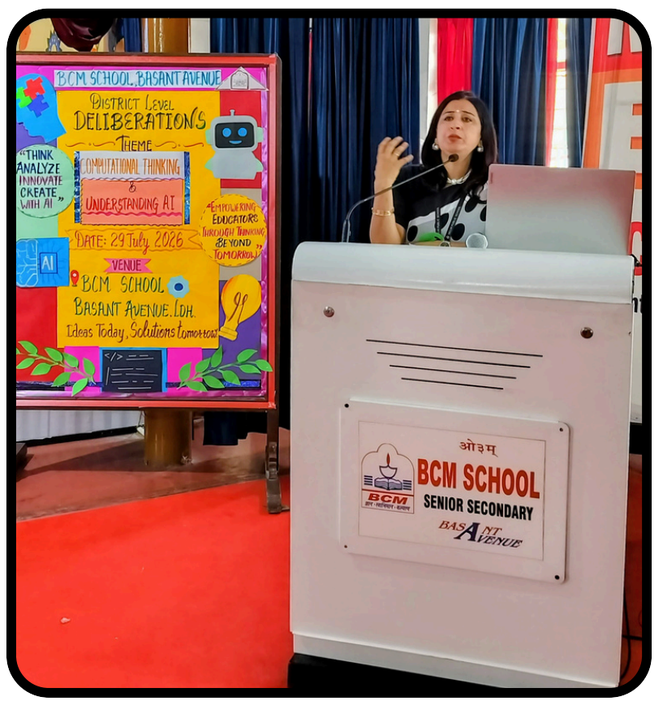











The deliberations featured twelve case paper presentations, each followed by an engaging question-and-answer session. The presentations revolved around the themes 'Interdisciplinary Connections: Computational Thinking Across Subjects' and 'From Play to Abstraction: Progressive Pedagogy for Computational Thinking', showcasing learner-centric methodologies, interdisciplinary integration and innovative classroom strategies that foster critical thinking, problem-solving and digital literacy.

An eminent panel of jurors comprising Dr. Pallavi Sethi, Principal, DAV School, Amritsar; Dr. Vikas Kumar, Associate Professor, D.A.N. College of Education for Women, Nawanshahr; and Ms. Kanika Khosla, Assistant Professor, MBCIE Campus, Ludhiana, evaluated the presentations on parameters including evidence of impact, innovation, pedagogical quality, inclusivity, scalability, sustainability and replicability.



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The event emerged as a vibrant forum for professional dialogue, enabling educators to exchange ideas, reflect on effective classroom practices and explore meaningful integration of Computational Thinking across disciplines. The winning teams will now represent Ludhiana district at the State-Level Deliberations, carrying forward the district's finest educational innovations to compete with educators from across Punjab.

Appreciating the dedication and creativity displayed by all participating schools, Dr. Amitava Ghosh, Director, School Education, BCM Foundation, emphasized the need for collaborative platforms that inspire innovation, reflective practice and the sharing of exemplary teaching approaches. Congratulating the participants, he reaffirmed BCM Foundation's commitment to empowering educators with the knowledge, skills and mindset required to meet the evolving demands of 21st-century education.

The programme concluded on an inspiring note, celebrating collaboration, innovation and professional excellence while reinforcing BCM School's reputation as a catalyst for transformative educational practices and a hub for meaningful academic discourse.

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HAPPY Guru PURNIMA







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Parenting

is less about **perfection,**

and more about being

available for your kids.



Bhupinder Kaur
PRT Maths

It also focuses on **fostering** more than criticizing, **guiding** more than controlling, and **establishing a bond** rather than imposing rules.

When kids receive affection and understanding at home, they grow into **strong, self-confident individuals.**

The smallest deeds can lead to huge results, like **encouraging the efforts** of your children more than the results, **setting rules with kindness**, and **listening** to your child carefully when he/she is talking.

Mistakes are no longer mistakes; they become **life lessons.**

The important expression here is that

"Kids learn more from what we do than from what we say".

love
GUIDE
SUPPORT
GROW

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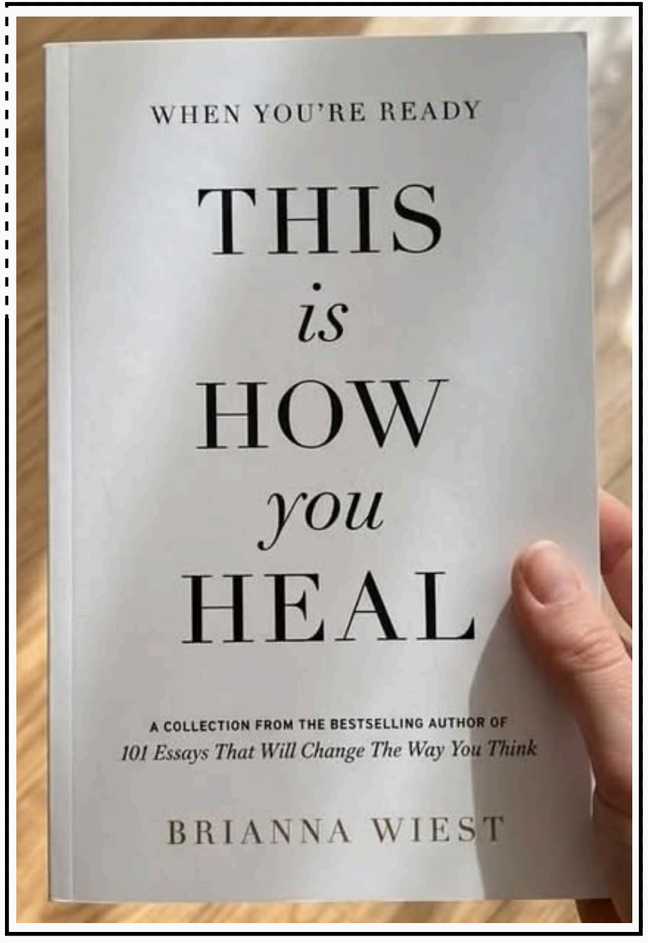
30th July' 26 **LEAD360 - EXPLORE, EXPRESS, EXCEL** **Thursday**

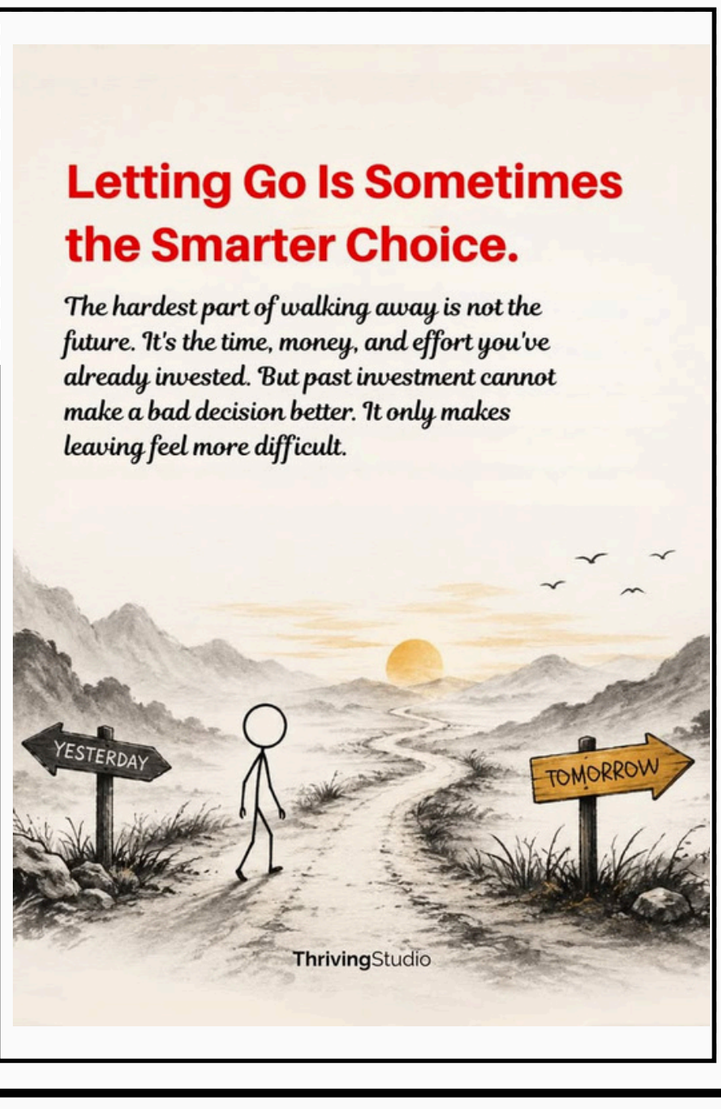
BOOK RECOMMENDATION :

THIS IS HOW YOU HEAL



This Is How You Heal by Brianna Wiest is a deeply reflective guide to understanding emotional wounds and embracing personal growth. Through insightful essays and gentle wisdom, the author encourages readers to let go of self-doubt, face uncomfortable truths, and cultivate resilience. Rather than offering quick fixes, the book reminds us that healing is a gradual journey built on self-awareness, patience, and self-compassion. Its relatable language and thought-provoking ideas make it an inspiring read for anyone navigating change, heartbreak, or uncertainty. This book leaves readers with renewed hope and the confidence to move forward with greater clarity, strength, and inner peace.

THOUGHT OF THE DAY



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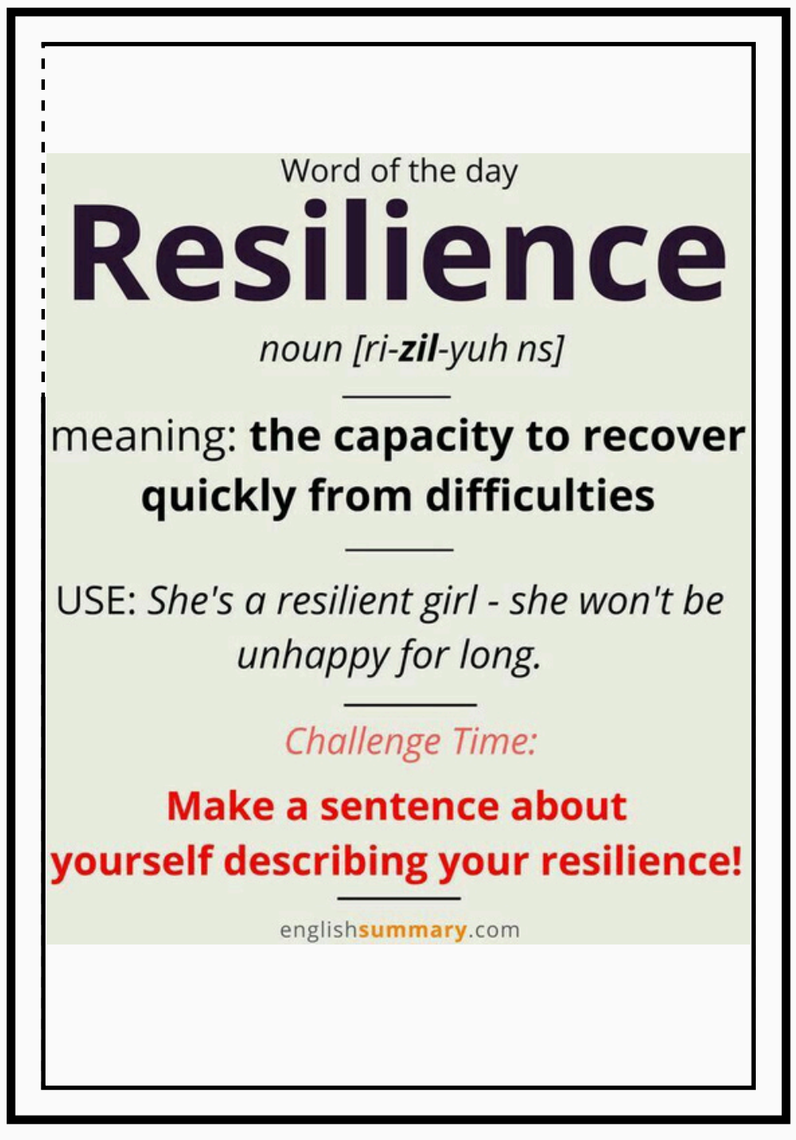

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PUNJAB SCHOOL ZONAL CRICKET TOURNAMENT



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









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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

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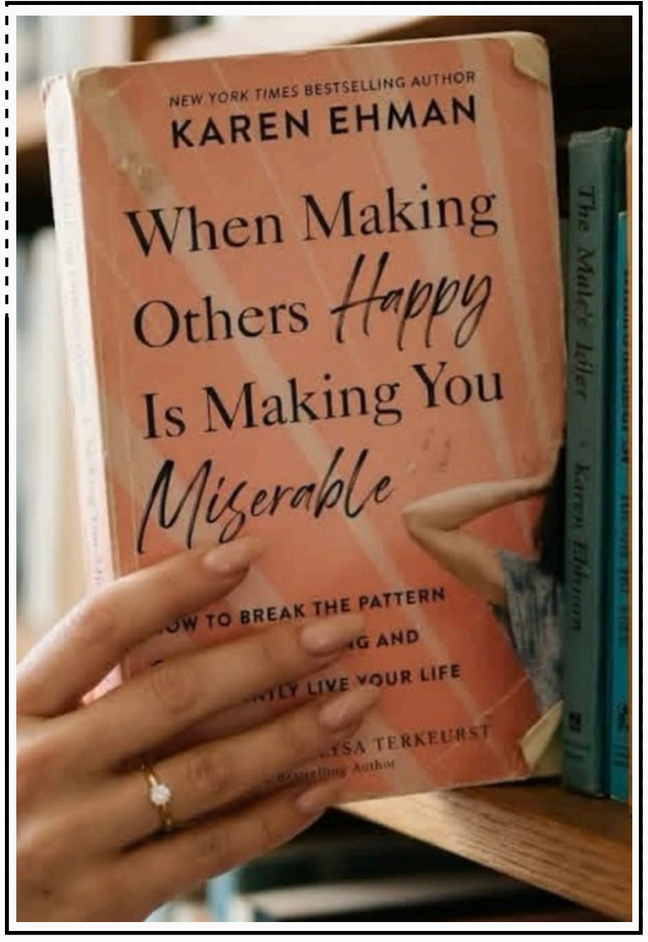
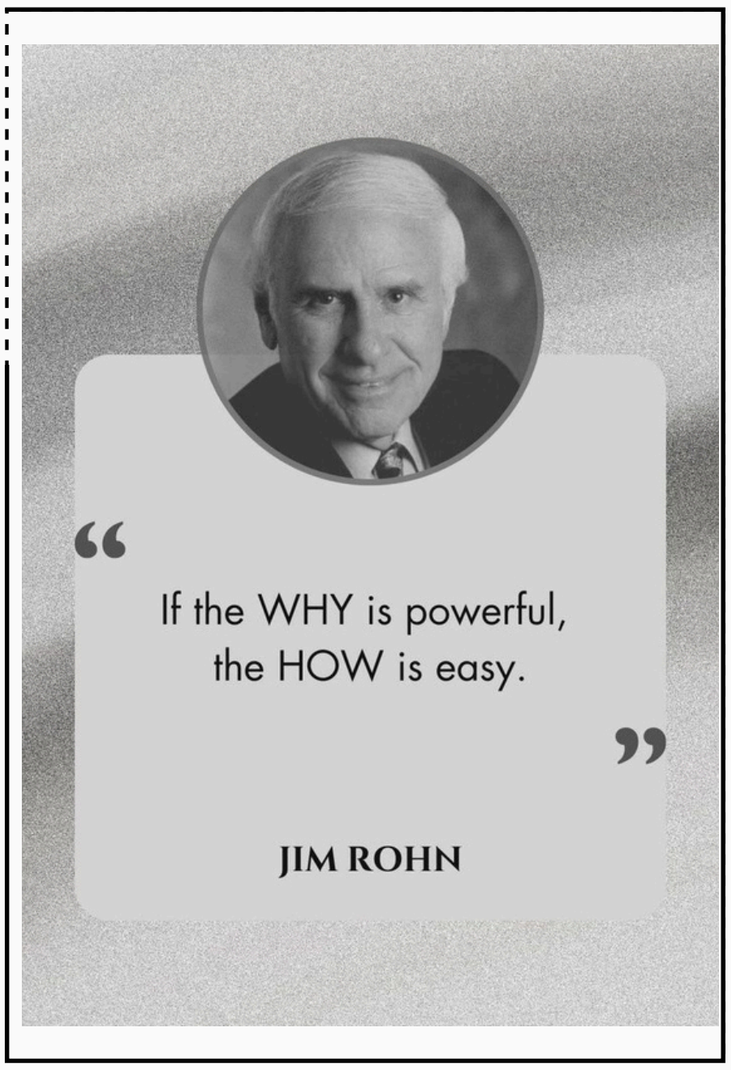
BOOK RECOMMENDATION :

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



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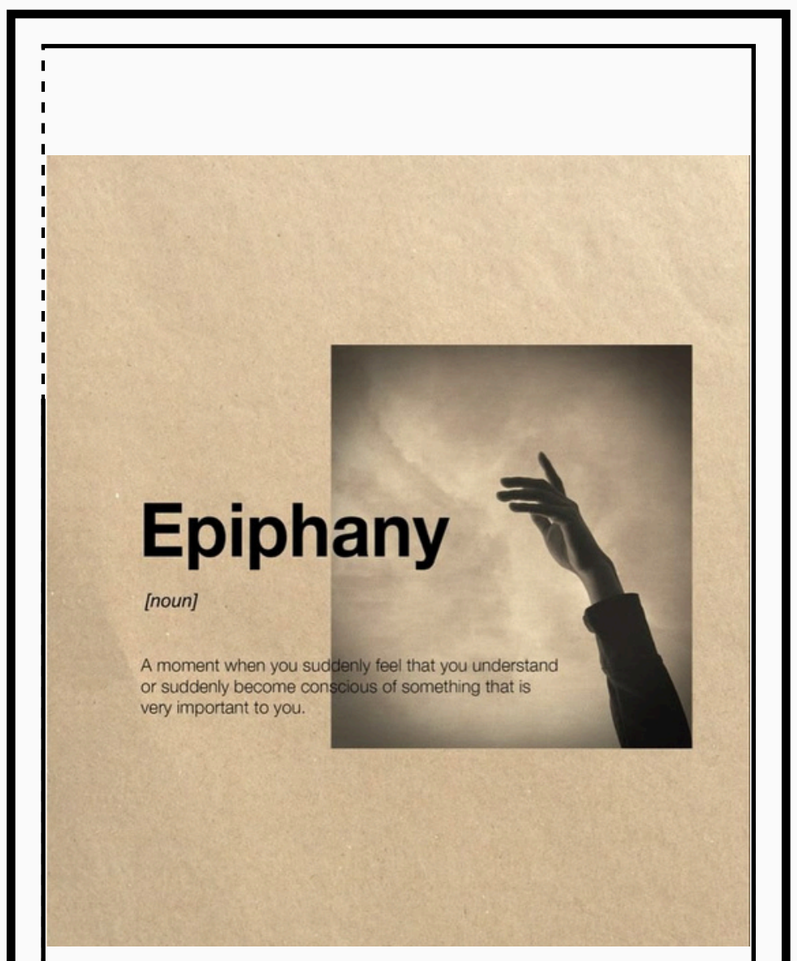

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