BCM SCHOOL

BASANT AVENUE, DUGRI ROAD, LUDHIANA

BCM FOUNDATION

* The BCM Edge *

SATURDAY 1 NOVEMBER,2025 LEAD360 - EXPLORE, EXPRESS, EXCEL PAGE 1

ECHOES OF EXCELLENCE

SHIVANSH KAPOOR WON BRONZE AT STATE LEVEL TABLE TENNIS TOURNAMENT

In a remarkable achievement, Shivansh Kapoor (IX Rose) has secured THIRD place in the State Level Table Tennis Tournament held at Pathankot. After impressing performance in the district trials, Shivansh demonstrated exceptional skill and teamwork, claiming the bronze medal amidst fierce competition.

We congratulate Shivansh on this outstanding achievement and wish him continued success in his future endeavors.



FUN AND LEARNING WITH SUPER MARIO



Our nursery class recently had an exciting Super Mario adventure, where students navigated through fun and challenging hurdles! The children developed problem-solving skills, learned to work together as a team, and used their imagination to overcome obstacles. They also discovered the joy of helping their friends along the way.

This engaging and interactive game was a wonderful way to learn new skills while having fun. The children had an absolute blast and strengthened their gross motor skills in the process.

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BIS CHANDIGARH ORGANIZED STANDARD CLUB ACTIVITIES AT BCM SCHOOL, DUGRI





The Bureau of Indian Standards (BIS), Chandigarh Branch Office conducted a series of Standard Club activities in the school premises.The programme included an Orientation Session by Mr. Foran Chand, Learning Science via Standards (LSVS), a Quiz Competition and a discussion on Standards Watch Episodes. A total of 48 students participated actively and enhanced their understanding of the importance of standards in everyday life.

In observance of World Standards Day 2025, activities were also held on the theme "Spotlight on SDG 17 – Partnerships for the Goals." Students and teachers took the Quality Pledge and discussed the significance of teamwork in achieving sustainable goals. Additionally, under Vigilance Awareness Week, students took the Integrity Pledge and were sensitized about the theme 'Vigilance – Our Shared Responsibility', emphasizing the collective role of individuals and institutions in promoting ethical conduct and preventing corruption for a more transparent society.

The session concluded with a Prize Distribution ceremony celebrating student participation and enthusiasm. The initiative reinforced the importance of quality consciousness, ethical conduct, and collective action toward sustainable development.

1st prize Avneet Kaur IX Tulip - Rs 1000
2nd prize - Anika IX Tulip - Rs750
3rd prize Jasleen Kaur Grewal IX Daisy - Rs 500
4th prize Charvi Kapoor IX Lily - Rs 250

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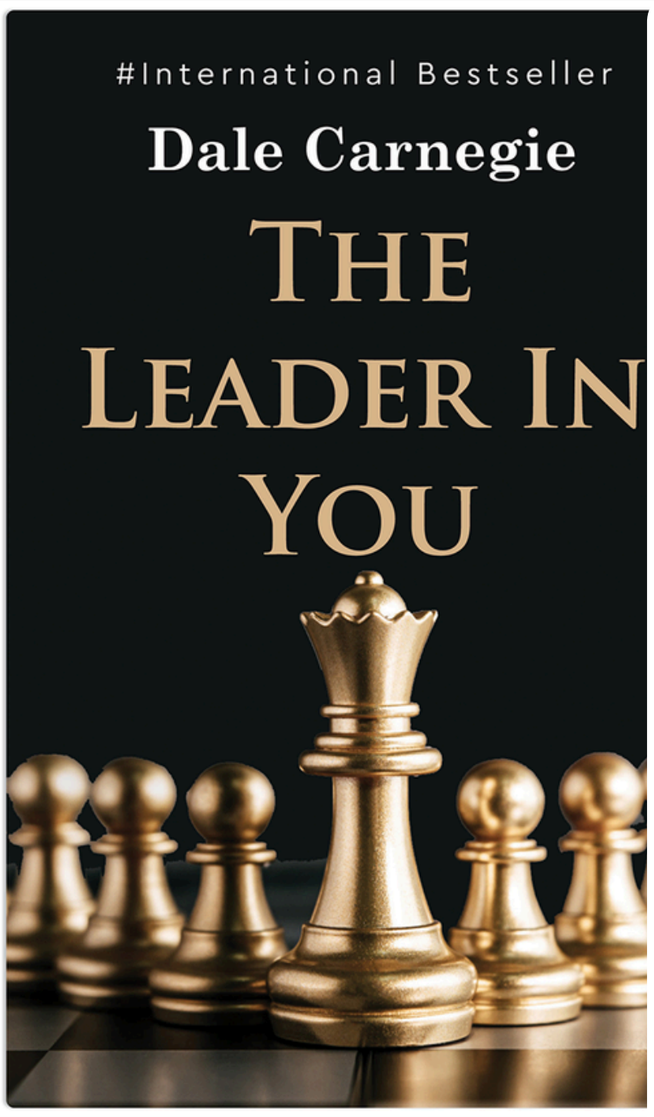
SATURDAY 1 NOVEMBER,2025 LEAD360 - EXPLORE, EXPRESS, EXCEL PAGE 3

BOOK RECOMMENDATION :

"THE LEADER IN YOU"



"The Leader in You" by Dale Carnegie offers timeless wisdom on leadership, emphasising that it's not about authority or status, but about people, connection, and influence through character. The book highlights ten key lessons, including leading yourself first, building confidence through preparation, listening to understand, praising more and criticising less, and inspiring purpose beyond performance. Carnegie stresses the importance of empathy, flexibility, and leading by example, noting that true leadership creates more leaders, not followers. This book is a guide to developing leadership qualities, communication skills, and conflict resolution, making it a valuable resource for personal and professional growth.

THOUGHT OF THE DAY

If you can't do great things, do small things in great ways.

WORD



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MONDAY 3 NOVEMBER,2025 LEAD360 - EXPLORE, EXPRESS, EXCEL PAGE 1

BCM SCHOOL, DUGRI REJOICED IN THE SPIRIT OF PUNJAB ON PUNJAB DAY!















The vibrant spirit of Punjab came alive in the school as students of Primary wing celebrated Punjab Day with unmatched enthusiasm, colour, and pride! The entire campus radiated the true essence of Punjab — its warmth, music, traditions, and the beauty of its mother tongue.

The young BCMites showcased their creativity through expressive self-introductions in Punjabi, melodious poem recitations, and lively boliyan performances that filled the atmosphere with festive energy. The excitement continued with presentations on the glorious history of Punjab, highlighting the state's valour, culture, and timeless heritage.

The day concluded with joy, pride, and the resounding spirit of "Balle Balle!" — truly capturing the heart and soul of Punjab!

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VEGGIE STORY TIME FOR NURSERY STUDENTS







Nursery class celebrated World Vegan Day with great enthusiasm! The activity, themed around 'Veggies Story Time', aimed to spread awareness about the benefits of a vegan diet on health, the environment, and animal welfare. The teachers shared a motivational story that highlighted the importance of green vegetables in daily lives. The children learned about various vegetables, enhancing their vocabulary and gaining knowledge about the health benefits of a plant-based diet. This activity instilled values of compassion for animals, environmental awareness, and the significance of making healthy and ethical food choices. It was a wonderful learning experience for our young students, teaching them the importance of healthy eating and sustainability.

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JOURNEY OF EDUCATION COMES ALIVE AT BCM SCHOOL DUGRI DURING NO BAG DAY











BCM School, Dugri, organised No Bag Day for the students of Class VIII on the theme 'Journey of Education', aiming to provide a joyful and experiential learning experience beyond the confines of textbooks.

The day unfolded as an engaging exploration of education's rich history, tracing its evolution from the ancient Gurukul system to today's tech-driven classrooms. Through a dynamic blend of creative presentations, captivating skits, thought-provoking discussions, and engaging interactive games, each section brought a unique phase of this journey to life, showcasing the transformative power of learning.

Students enthusiastically shared their reflections on the transformation of education, emphasising how learning today embraces skills, innovation, and values alongside academic excellence. The activities promoted teamwork, creativity, and communication skills, while helping learners understand that education is not limited to books but is a continuous process of growth and discovery.

By stepping beyond textbooks, learners discovered that true education lies in experiences that shape character, ignite imagination, and nurture a love for continuous growth.

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EXPLORING CAREERS IN ART AND DESIGN





A special session on 'Art and Design' was organised for the students of Class XI (Arts and Commerce). The resource persons were Mr. M. Nazir, Director of ICAE India, and Ms. Samiksha Chopra from the Savannah College of Art and Design (SCAD), Savannah, Georgia.

The speakers highlighted the immense scope of Art and Design across multiple disciplines and guided students on exploring diverse career opportunities as well as preparing strong applications for international institutions. They elaborated on the five essential elements of career development and shared valuable insights on AI applications, STEM integration, and the evolving landscape of creative industries. Practical tips were also shared on choosing careers wisely and using AI effectively.

The interactive session witnessed enthusiastic participation from students, who raised insightful queries about career choices, global opportunities, and creative skill enhancement.The day ended on a positive and inspiring note, leaving students encouraged to explore their potential and strive for excellence in the vibrant world of art and design.

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I AM NOT YOUR ENEMY
(A LETTER-POEM FROM A STRICT TEACHER TO GEN Z STUDENTS)



MS. NIDHI SHARMA
HOD, SOCIAL SCIENCE

Hey…
I am not your enemy.

You think when I ask you to sit straight,
open your books,
write the points,
answer the questions —
I'm disturbing your peace,
I'm stealing your comfort.

But the truth is,
ignoring you would have been
the easiest task in the world.
I could walk into class,
stand on the dais,
speak for forty minutes,
check the box of "syllabus done,"
and walk away.

I could choose not to notice
if you are tired,
if your eyes are swollen
from sleepless nights,
if your smile has dimmed,
or if your head is heavy
with something unspoken.

I could let you stay invisible —
and life would be easy for both of us.
You might even start liking me more.
The "cool" teacher, right?
The one who doesn't bother much,
who lets you slide through the day.

But hey… stop.
That's not who I am.

I choose the tougher road —
where I ask, "Why didn't you write?"
"Where's your book?"
"Are you okay?"
Because I notice things.
Because I care.

I can't see you fading into silence,
hiding your brilliance under excuses,
or drowning in a world that keeps you distracted.
So yes, I'll push you,
pull you,
and make you uncomfortable sometimes.
But it's not to hurt you —
it's to wake you.

I want to laugh and have fun with you —
but not every day.
Because laughter without learning
is just noise.
And I want meaning.

I love you more when I am caring about you.
I am worried about you — that's why I pay attention.
I can never, ever ignore you.
Because I love you from the core of my heart.

You may not understand it today,
you may even get angry or call me "too strict,"
but someday,
you'll remember —
I wasn't your enemy.
I was the one who refused to give up on you.

— Your Teacher Who Chose the Tough Way

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VOLLEYBALL TEAM SHINES IN SAHODAYA TOURNAMENT



We are proud to announce that our Under-19 Boys Volleyball Team secured THIRD position in the prestigious Sahodaya Volleyball Tournament held at Blossoms Convent School.

Heartfelt congratulations to our talented team for their dedication, teamwork, and sportsmanship. We are thrilled with this achievement and look forward to more such victories!

STUDENTS CORNER

SCREAM!! — I LET IT ALL OUT

Yea..i think i got in the way,
Cuz thats something they would say..
Not knowing what to think,
Just making sure to never blink.
Now all i could do was cry,
Telling her everything why wouldn't I ?
Missing the old days i used to enjoy,
That i now have to avoid.



RAVYA SHARMA
IX - JASMINE

As I got older I thought i'd be free,
But all i wanna do is SCREAM..!!
Now just thinking about the sad times
the things that make you cry ,
You dont want to show it ,
But the redness is already
taking your eyes..
I thought i would be free ,
But all I wanna do is
SCREAM…!!!!

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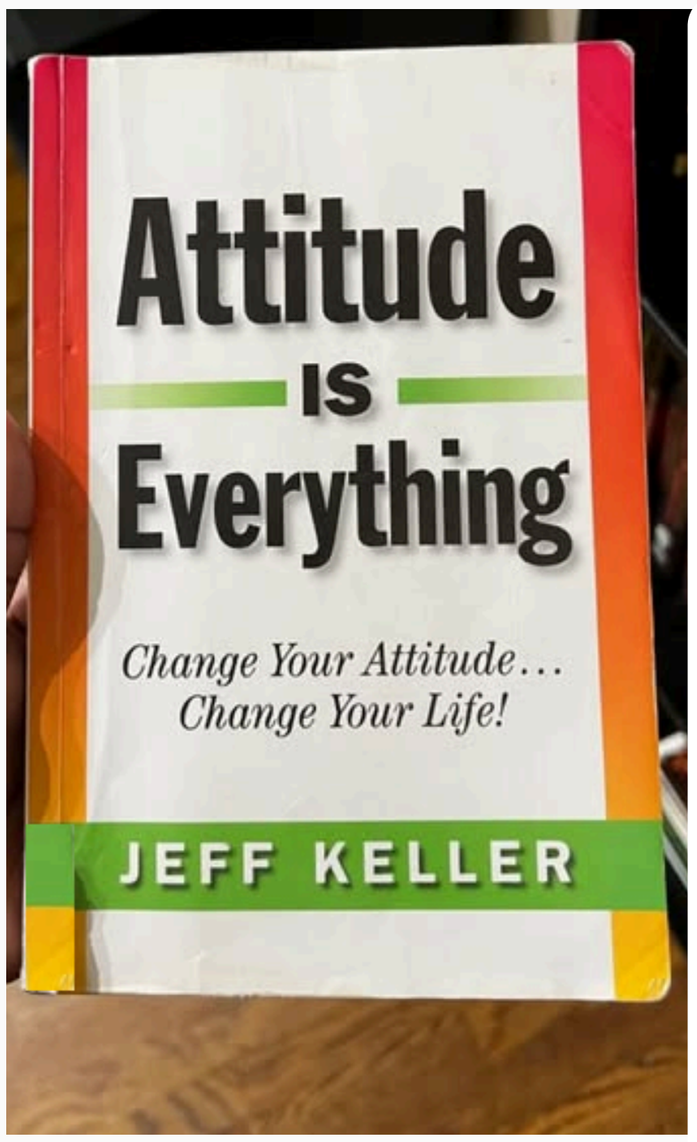
MONDAY 3 NOVEMBER,2025 LEAD360 - EXPLORE, EXPRESS, EXCEL PAGE 7

BOOK RECOMMENDATION :

"ATTITUDE IS EVERYTHING:

CHANGE YOUR ATTITUDE... CHANGE YOUR LIFE!"

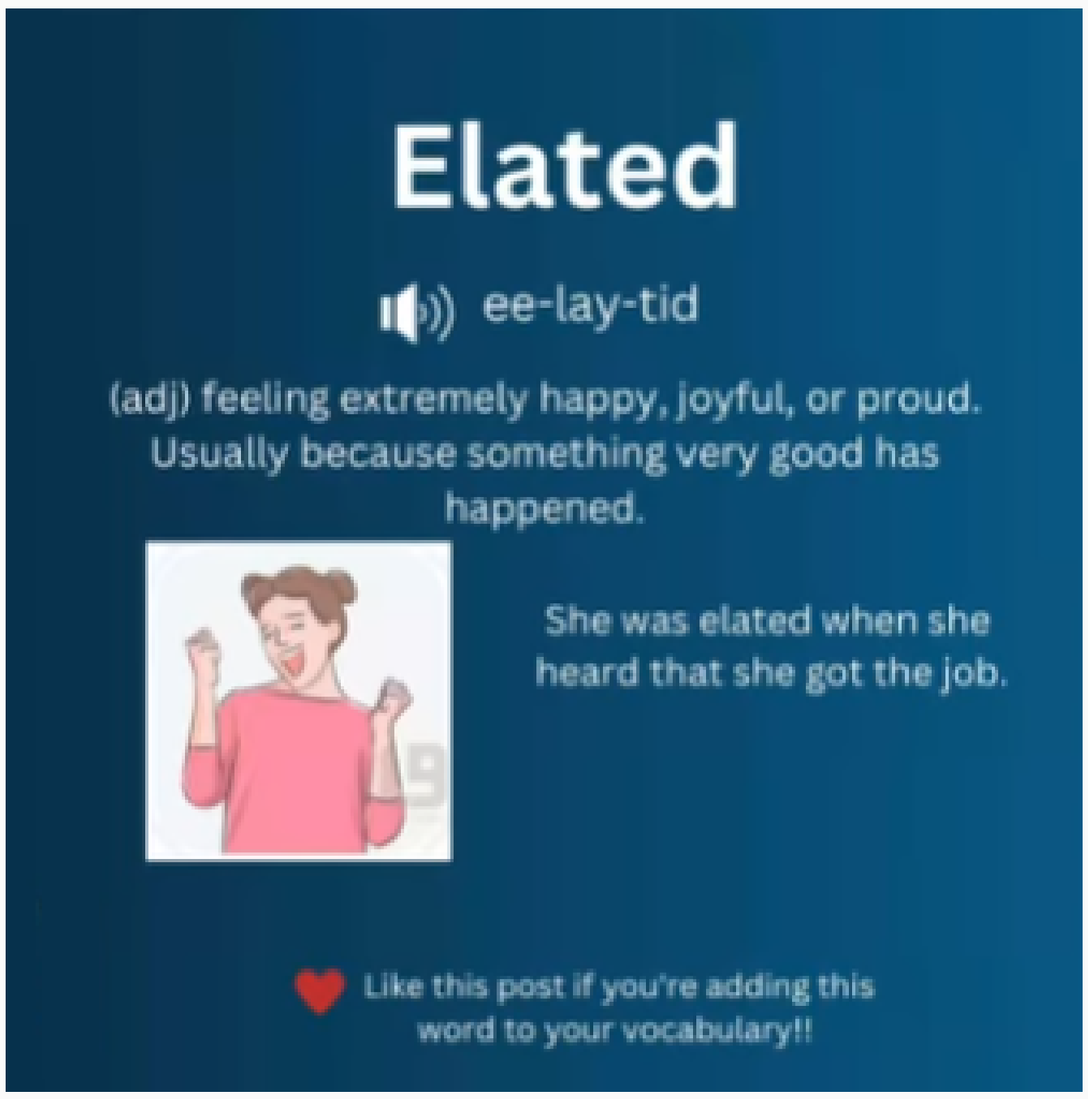


"Attitude Is Everything: Change Your Attitude... Change Your Life!" by Jeff Keller is a motivational self-help book that emphasizes the transformative power of attitude in achieving personal and professional success. The book outlines practical steps to cultivate a positive mindset, including thinking, speaking, and acting positively, turning problems into opportunities, making commitments to goals, stopping complaints, and associating with positive people. Keller stresses that attitude shapes our perception and interaction with the world, determining our potential for growth and success. By adopting a positive attitude, readers can develop resilience, enhance their relationships, and achieve their aspirations. With its actionable advice and inspiring examples, this book serves as a valuable guide for anyone seeking to improve their life and outlook.

THOUGHT OF THE DAY

If you are not willing to learn, no one can help you, if you are determined to lean no one can STOP You.

WORD



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TUESDAY 4 NOVEMBER,2025 LEAD360 - EXPLORE, EXPRESS, EXCEL PAGE 1

"WELLNESS WONDERLAND: IGNITING YOUNG MINDS WITH ENERGY, CREATIVITY & CARE!"











The students of class III celebrated a joyful and refreshing Bagless Day under the theme 'Wellness Wonderland'. The day was filled with fun, fitness, and flavour as children engaged in creative, skill-based, and energetic activities promoting health and happiness.

One of the key highlights of the day was the Fireless Cooking Activity – Flame-Free Flavours, where students prepared delicious and nutritious dishes without using fire. The young chefs showcased their creativity, teamwork, and awareness about healthy eating. Their colourful dishes and innovative presentations reflected enthusiasm and a spirit of learning beyond books.

Adding to the excitement, students also participated in Fun-Filled Physical Activities – Jumpstart Jamboree. The playground buzzed with laughter and joy as children took part in various fitness challenges and games that promoted physical well-being, coordination, and team spirit.

✨ **Indeed, 'Wellness Wonderland' turned out to be a perfect celebration of health, happiness, and hands-on learning!** 🌈

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LIGHT, SHADOWS AND SMILES IN THE CLASSROOMS







The LKG students thoroughly enjoyed the Shadow Matching Activity, gaining a hands-on understanding of how shadows are formed when objects block light. By matching pictures with their corresponding shadows, students developed their critical thinking and problem-solving skills. This engaging exercise enhanced their logical reasoning and matching abilities, providing a fun and interactive introduction to the concept of shadows. Overall, the activity was a resounding success, yielding impressive learning outcomes and leaving a lasting impression on the young learners. Overall, the activity not only deepened their curiosity about the world around them but also laid a strong foundation for future scientific exploration.

🎭 CREATIVITY UNMASKED: STUDENTS DAZZLED IN EYE MASK MAKING ACTIVITY!









The Primary Wing students showcased their artistic flair and imagination in a fun-filled Eye Mask Making Activity conducted in the school premises. The activity aimed to nurture creativity, self-expression, and fine motor skills among the young learners.

Children enthusiastically designed vibrant and imaginative masks using colourful papers, feathers, glitters, sequins, and other decorative materials. Each mask reflected the child's unique creativity and festive spirit. The classrooms turned into a lively workshop buzzing with laughter, excitement, and artistic energy. Through this engaging activity, students not only explored their artistic abilities but also learned the importance of innovation and self-confidence in creative expression.

The event concluded with happy faces proudly posing with their stunning handmade masks—each one a true work of art! 🎨

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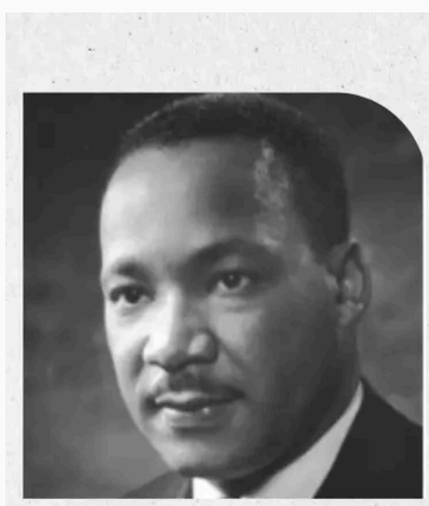
ECHOES OF EXCELLENCE

CONGRATULATIONS TO OUR CREATIVE CHAMPIONS

We are delighted to share that Ravneet Kaur (XII Com A), Ikjot Singh (XII Com B), and Guransh Panepher (XII Arts A) have been awarded certificates for their extraordinary performance in the LSSC Marketing and Advertisement Competition 2025 , held recently. Their creative ideas and impressive presentation skills brought pride to the school. We congratulate them and wish them continued success



THOUGHT OF THE DAY



" The function of education is to teach one to think intensively and to think critically "

MARTIN LUTHER KING JR.

WORD

Sedentary

seh·duhn·tree

(adj) (a person) tending to spend much time seated; somewhat inactive



After retiring, he became more **sedentary**, often watching TV for hours.

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SPREADING THE LIGHT OF GURU NANAK DEV JI'S TEACHINGS WITH GURPURAB CELEBRATION

The sacred occasion of Gurupurab, marking the birth anniversary of Guru Nanak Dev Ji, was celebrated with immense reverence and devotion by the students. The entire campus resonated with divine hymns and spiritual fervour as students beautifully portrayed the teachings and life lessons of the First Guru.

The celebration began with soulful Shabad Gayan, where students melodiously rendered hymns, creating a serene and spiritual atmosphere. Students highlighted the core teachings of Guru Nanak Dev Ji — Naam Japna, Kirat Karna, and Vand Chakna — through thought-provoking speeches and heartfelt poems, reflecting the essence of universal brotherhood and compassion. The audience was deeply moved by the spiritual ambience created by the young learners, who spread the message of truth, humility, and selfless service.

Additionally, Class IX students presented an inspiring Sakhi/storytelling presentation, sharing soulful stories from Guru Nanak Dev Ji's life that highlighted values of equality, honest living, and compassion, filling the atmosphere with devotion and positivity.

The celebration concluded with the echoing chants of "Satnam Waheguru," leaving everyone with hearts filled with peace and gratitude. Truly, the spiritual aura mesmerised the entire school campus.









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WHAT'S IN MY PLATE? –
AN ART INTEGRATED JOURNEY INTO NUTRITION & CULTURE!





The students of Class IV enthusiastically participated in an engaging Art Integrated Activity titled "What's in My Plate?" The young learners beautifully drew and presented healthy Thalis from Punjab and Odisha, showcasing the rich cultural diversity and dietary habits of both states.

Through this creative activity, students learned to identify and label components of a balanced diet such as carbohydrates, proteins, vitamins, and minerals, while also comparing the nutritional values of different regional cuisines.

The activity not only promoted awareness about healthy eating habits but also strengthened the spirit of "Ek Bharat Shreshtha Bharat", connecting art, culture, and health in a fun-filled and educational way. 🇮🇳

STUDENTS CORNER

ਜਗਤ ਗੁਰੂ ਧੰਨ ਧੰਨ ਸ਼੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਸਾਹਿਬ ਜੀ ਮਹਾਰਾਜ ✺



ਬਲਰਾਜ ਸਿੰਘ
X ਟਿਊਲਿਪ

ਦੋਹਰਾ ।
ਏਕੰਕਾਰ ਅਪਾਰ ਪ੍ਰਭ ਤਾਰਣਹਾਰ ਅਭੇਵ ।
ਜਗਤਗੁਰੂ ਮਹਾਰਾਜ ਜੂ
ਸਤਿਗੁਰ ਨਾਨਕ ਦੇਵ ।
ਕਬਿੱਤ ।
ਸੁਣ ਕੇ ਪੁਕਾਰਿ ਜਲਾਂ ਥਲਾਂ ਜੀਵ ਜੰਤੂਆਂ ਦੀ
ਆਪ ਨਿਰੰਕਾਰ ਗੁਰੂ ਰੂਪ ਧਾਰ ਆਏ ਨੇ ।
ਰਾਣਾ ਤੇ ਕੰਗਾਲ ਨੂੰ ਸਮਾਨ ਜਾਣ ਪੈਰੀਂ ਪੈਣਾ
ਨਿੰਮ੍ਰਤਾ ਦੇ ਗੁਣ ਗੁਰਾਂ ਜਗ ਤੇ ਚਲਾਏ ਨੇ ।
ਤਾਰਿਆ ਹੈ ਜਿਨ੍ਹਾਂ ਕਲਜੁਗ ਸਤਿਨਾਮ ਪੜ
ਚਾਰੇ ਹੀ ਵਰਨ ਇੱਕ ਵਰਨ ਕਰਾਏ ਨੇ ।
ਹੋਇਆ ਪਰਕਾਸ਼ ਜਦੋਂ
ਮਿਟਿਆ ਹਨੇਰਾ ਤਦ
ਨਮੋ ਗੁਰੂ ਨਾਨਕ ਕਲੂ ਨੂੰ ਭਾਗ ਲਾਏ ਨੇ ।

ਹੰਸ ਦੋਹਰਾ ।
ਦੁੱਖ ਨਿਵਾਰਨ ਸਤਿਗੁਰੂ ਆਦਿ
ਅਨੰਤ ਅਪਾਰ ।
ਸ਼੍ਰੀ ਅਕਾਲ ਜੂ ਆਪ ਪ੍ਰਭ
ਆਏ ਧਰ ਆਕਾਰ ।
ਰੋਲਾ ਛੰਦ ।
ਆਏ ਧਰ ਆਕਾਰ ਅਗੰਮ ਅਕਾਲ ਸੁਆਮੀ ।
ਗੁਰੂ ਗਰੀਬ ਨਿਵਾਜ ਅਕੱਥ
ਪ੍ਰਭੂ ਅਬਿਗਾਮੀ ।
ਕਰਤਾ ਪੁਰਖੁ ਅਪਾਰ ਅਨੇਕਾਂ
ਭਰਮ ਮਿਟਾਏ ।
ਧਰ ਕੇ ਦੇਹ ਅਕਾਲ ਆਪ
ਗੁਰੂ ਨਾਨਕ ਆਏ ।
~

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INTERNATIONAL DAY FOR PREVENTING THE EXPLOITATION OF THE ENVIRONMENT IN WAR AND ARMED CONFLICTS -6 NOVEMBER 2025





MS. NEENA TIWARI
HEAD SCIENCE DEPARTMENT

The International Day for Preventing the Exploitation of the Environment in War and Armed Conflict, observed on November 6th, highlights the devastating environmental impact of conflicts. While humans are direct victims of war, the environment suffers silently. Wars have severe and long-lasting effects on the environment, including:

Destruction of Ecosystems

Bombings and explosions destroy forests, grasslands, and water bodies, causing habitat loss and wildlife migration. For example, during the Vietnam War, defoliants like Agent Orange destroyed millions of hectares of forest.

Pollution

Explosions release toxic gases, and oil spills contaminate rivers and oceans. Soil becomes infertile due to heavy metals and radioactive waste.

Climate and Resource Damage

Burning oil wells and cities release huge amounts of carbon dioxide, worsening global warming.

Exploitation of Natural Resources

Conflicts involve control over oil, minerals, and forests, leading to deforestation, desertification, and loss of biodiversity.

Humanitarian and Ecological Crises

Wars displace people, creating refugee camps that strain local ecosystems. Landmines and unexploded bombs render land unsafe.

Nuclear and Chemical Threats

Nuclear weapons cause long-term radiation, while chemical and biological weapons poison land and water.

Post-War Environmental Recovery

Rebuilding after war can help restore ecosystems through sustainable practices and environmental peace building efforts.

To protect the planet and its inhabitants, it's essential to prevent environmental exploitation in conflicts. This requires:

- International cooperation

- Sustainable resource management

- Environmental protection in conflict zones .

We can contribute to protect our Mother Earth and Environment by -

• Raise Awareness: Educate others about the environmental impact of wars and conflicts.

• Support Environmental Peacebuilding: Encourage organizations working on environmental peacebuilding and sustainable development.

• Advocate for Policy Change: Support policies that protect the environment in conflict zones.

• Reduce Consumption: Reduce consumption of resources that fuel conflicts, such as conflict minerals and oil.

• Promote Sustainable Development: Support sustainable development projects that promote environmental protection and conflict resolution.

In conclusion, wars cause irreversible environmental damage, affecting air, water, soil, and biodiversity. Protecting nature during conflicts is vital for long-term peace and sustainability. By working together, we can mitigate the environmental impact of wars and promote a more sustainable future.

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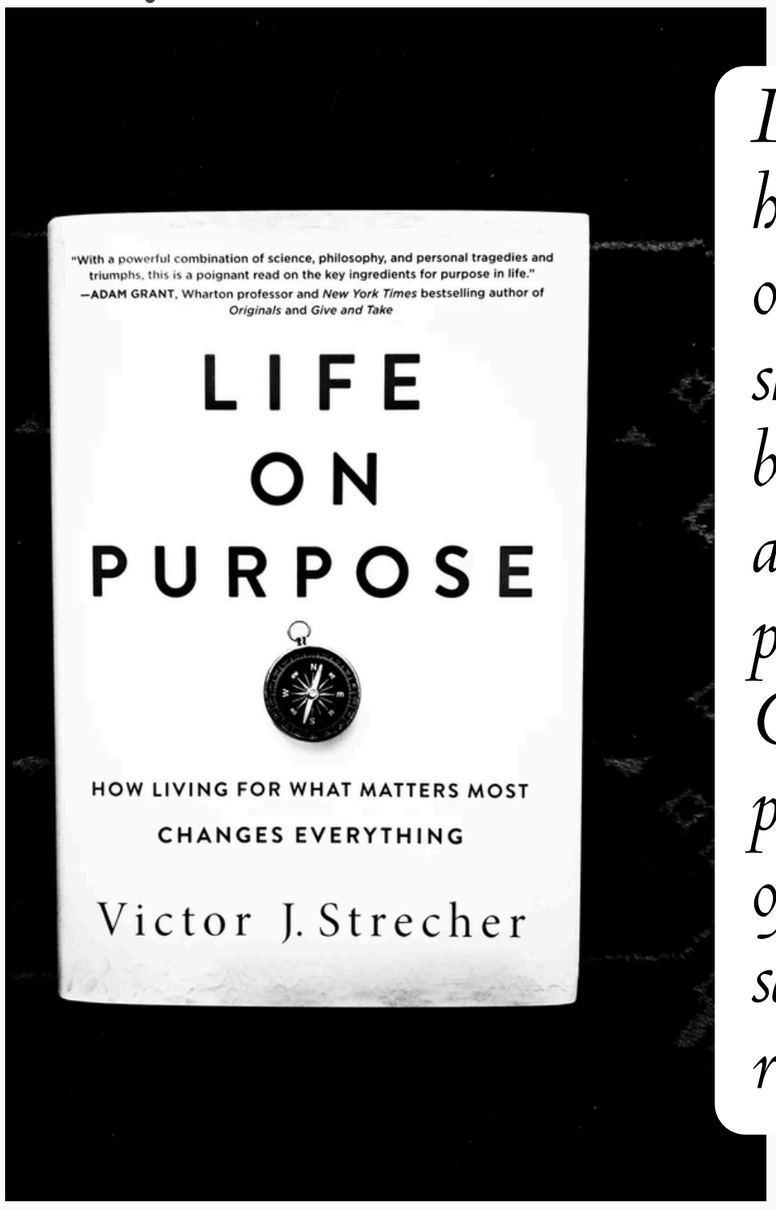
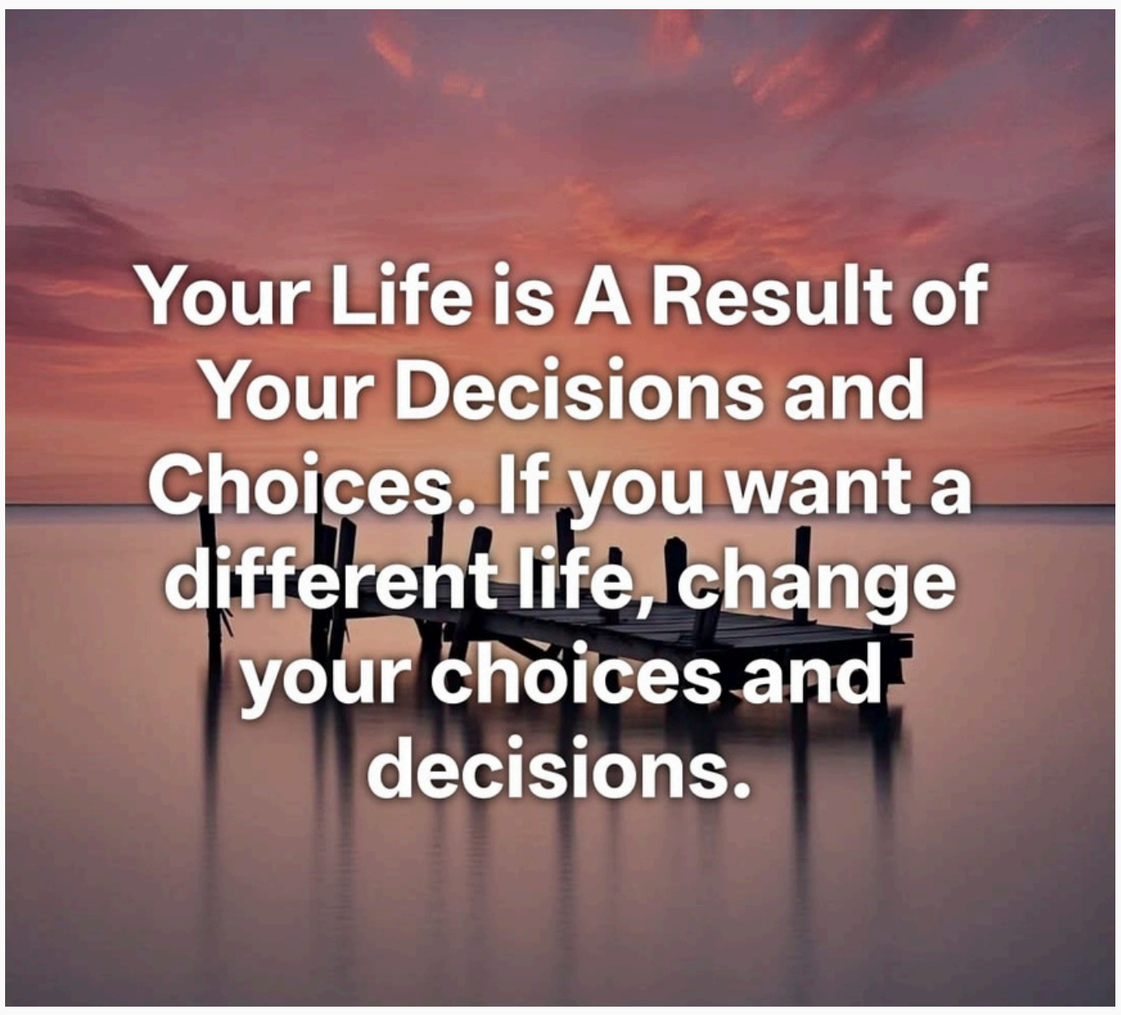
BOOK RECOMMENDATION :

LIFE ON PURPOSE

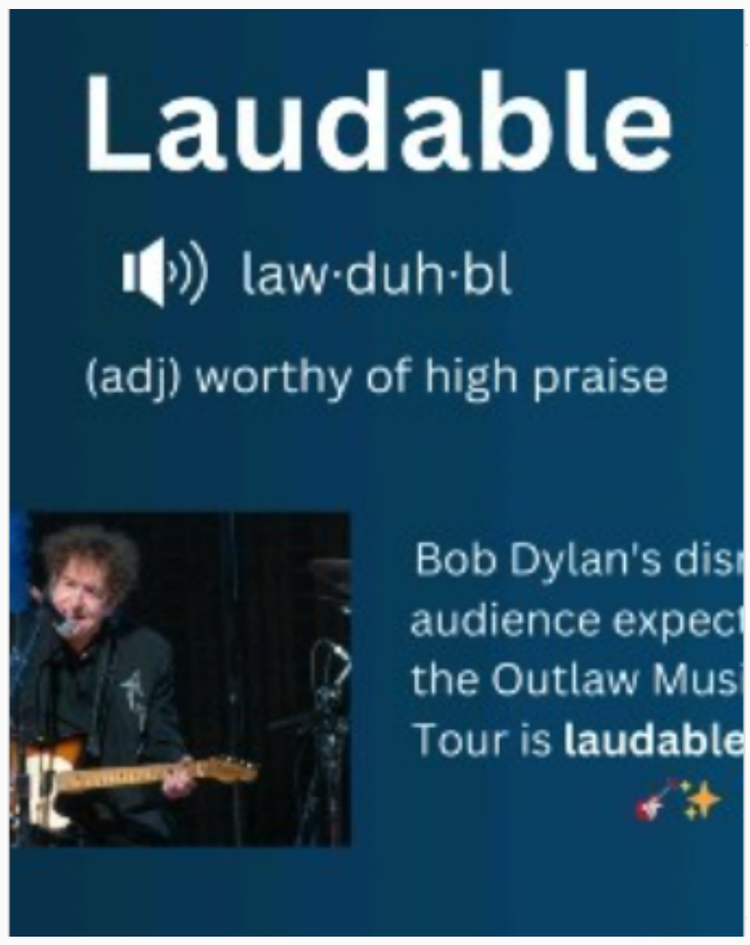


Life on Purpose by Victor J. Strecher is a compelling book that highlights the significance of having a clear life purpose for achieving overall well-being and resilience. Strecher, a health behaviour expert, shares his personal tragedy and presents evidence-based insights on the benefits of purpose, including improved physical health, reduced stress, and enhanced cognitive function. The book outlines a four-step process for identifying and applying purpose: Identify, Reflect, Commit, and Act. Key takeaways include the distinction between purpose and goals, the power of prosocial purpose, and the importance of mindfulness. Strecher's work provides practical strategies and scientific evidence to support purposeful living, making it a valuable resource for those seeking direction and fulfilment.

THOUGHT OF THE DAY



WORD



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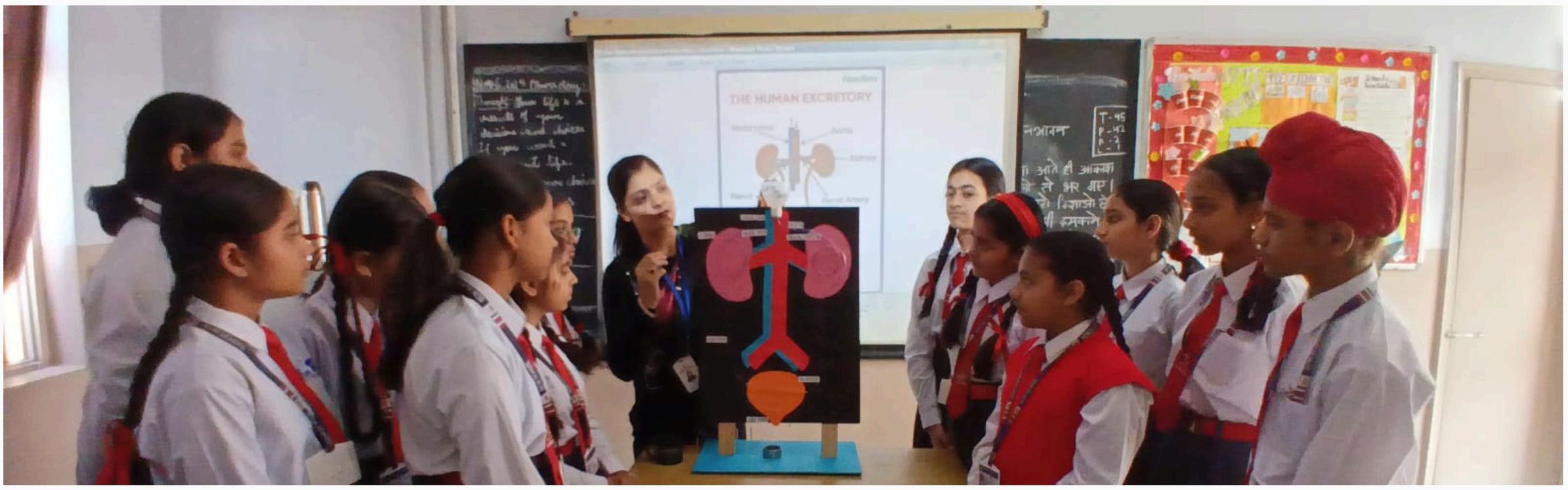
LITTLE ONES SHINE IN 'MOVE AWAY' ACTIVITY





A gross motor activity titled 'Move Away' was organized for the students of Class UKG to promote coordination and body movement. The children formed a large circle while the teacher stood at the centre, demonstrating movements in different directions — left, right, front, and back. The young learners enthusiastically followed each command, showcasing great energy and excitement. The engaging session not only enhanced their listening, coordination, and observational skills but also fostered team spirit and alertness. It was a joyful and active learning experience for the little ones.

OUR BODY'S CLEANING CREW IN ACTION!



Students of Class VII enthusiastically participated in a model-making and demonstration activity on the Human Excretory System. They explored how the body removes waste and keeps itself clean from within. The Science teacher explained the structure and functions of the excretory system in detail, helping students understand how the kidneys filter blood and form urine. With great creativity and teamwork, the students then designed and presented models of kidneys, demonstrating the process effectively. The activity made learning engaging and enjoyable, turning complex concepts into simple, hands-on experiences. The teacher's guidance and encouragement made the session both informative and inspiring, sparking curiosity and deepening students' interest in science.

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INSPIRING CONSTITUTIONAL VALUES THROUGH REFLECTIVE WRITING







In an innovative classroom initiative, the Political Science Department of the school , organized 'Reflective Preamble Writing' activity for the students of Class XI Humanities. The engaging exercise aimed to deepen students' understanding of the Preamble to the Indian Constitution by encouraging them to interpret and express its ideals in their own words.

Moving beyond memorization, students penned personal reflections on Justice, Liberty, Equality, and Fraternity, exploring how these constitutional values influence their daily lives, school community, and society at large.

The activity culminated in a Pledge Circle, where students shared their rewritten preambles and discussed the significance of upholding these ideals in building a fair and inclusive world.

The resonating message — 'Live the Preamble Daily' — served as a fitting reminder of the enduring relevance of constitutional values in everyday life.

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WAKE UP
GRATEFUL EVERYDAY



MS. SONICA MOUDGILL
TGT ENGLISH

'Gratitude is an appreciation for every moment. It is a feeling of abundance.'

We chase success, we chase comfort but seldom do we chase the joy that our life insists on. People usually begin their mornings in a hurry to perform their daily personal, societal and professional obligations but I believe it should begin by being grateful to God for His infinite blessings that we are always surrounded with but are never realised.

Every morning when I wake up, I focus on magnificent things around me and thank Almighty for a blissful life. We should learn to be thankful for what the Supreme Power has bestowed upon us and should not take the blessings for granted. We should admire the healthy life we have been given.

Gratitude should be shown in one's actions, not in verbal expressions only. We should be grateful to each and every person who is there with us in our thick and thin. We should be grateful individuals who are always contented. To sum up, wake up with an obliged heart and an optimistic mind every day.

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STUDENTS CORNER

If you grow, you will fall.
Don't think that, you have fallen forever.
Do work and , grow higher than previous.
Then enjoy your success and, leave your defeat behind.
We don't know, what will our life do.
But work harder, to be happier than ever.

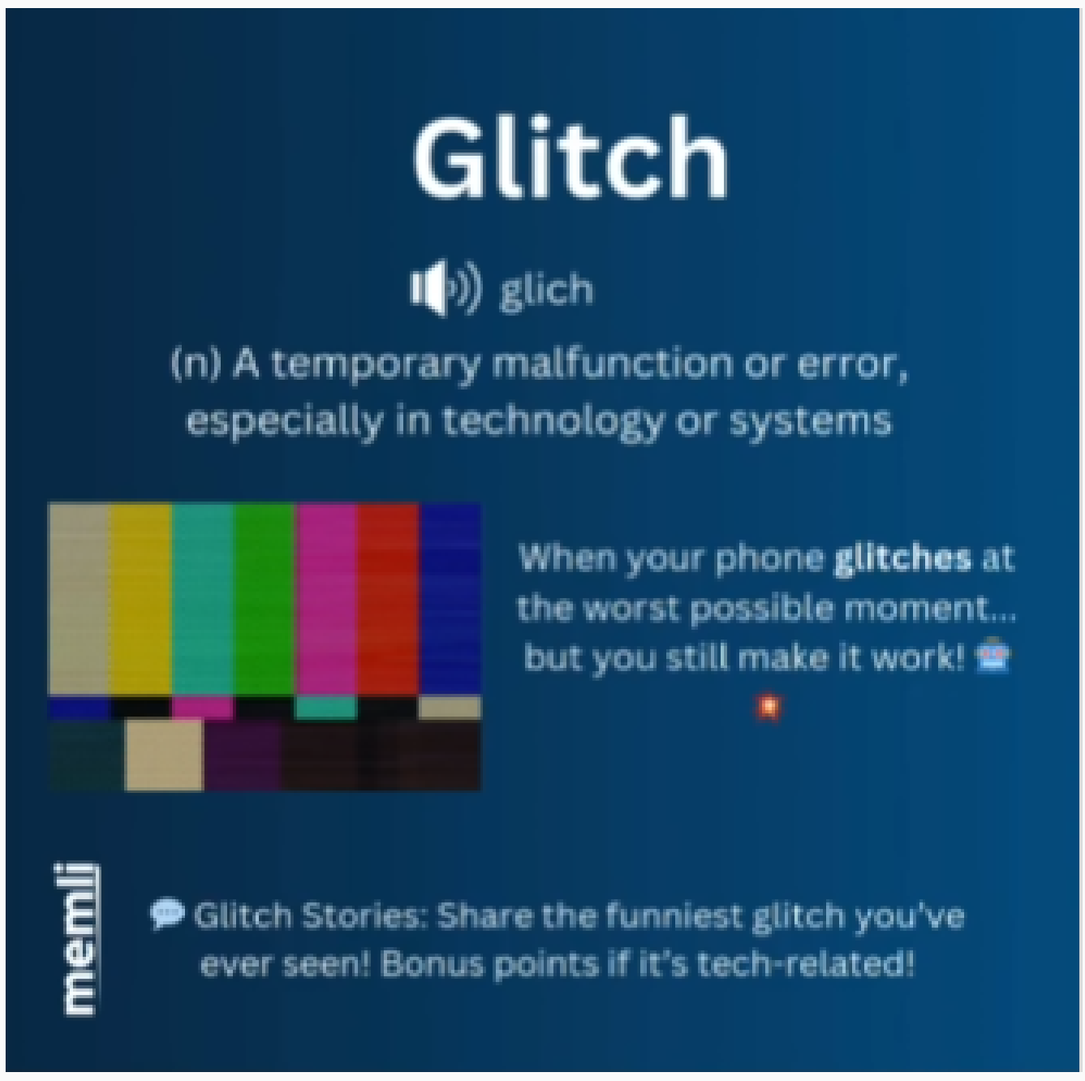


BHAVIKA VERMA
VII - MARIGOLD

THOUGHT OF THE DAY



WORD



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UNITING AGAINST CANCER: AWARENESS AND SUPPORT



National Cancer Awareness Day was observed in the school premises by XI Science students. Enthusiastic students created informative posters highlighting cancer prevention and treatment, aiming to spread awareness about healthy habits and early detection. The event educated students about cancer prevention and the importance of timely medical intervention. It also encouraged students to adopt healthy lifestyles, including balanced diets and regular exercise. The school's initiative promoted awareness, empathy, and support for those affected by cancer, fostering a compassionate community.

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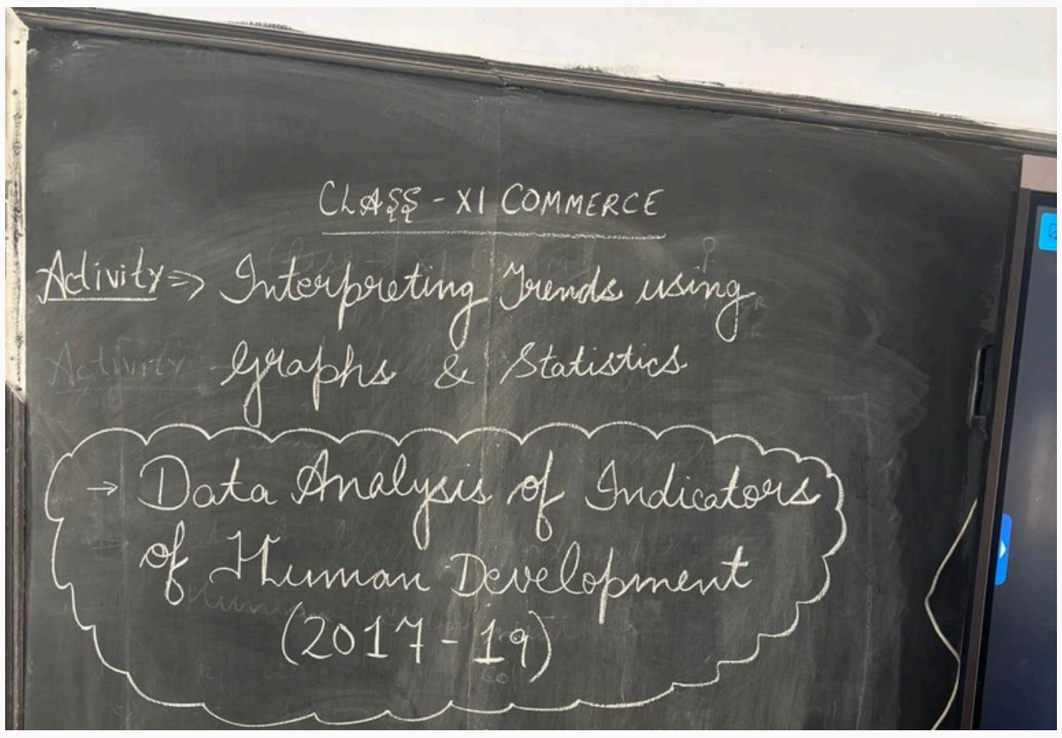
INTERPRETATION OF TRENDS

USING GRAPHS AND STATISTICS – HDI ANALYSIS ACTIVITY



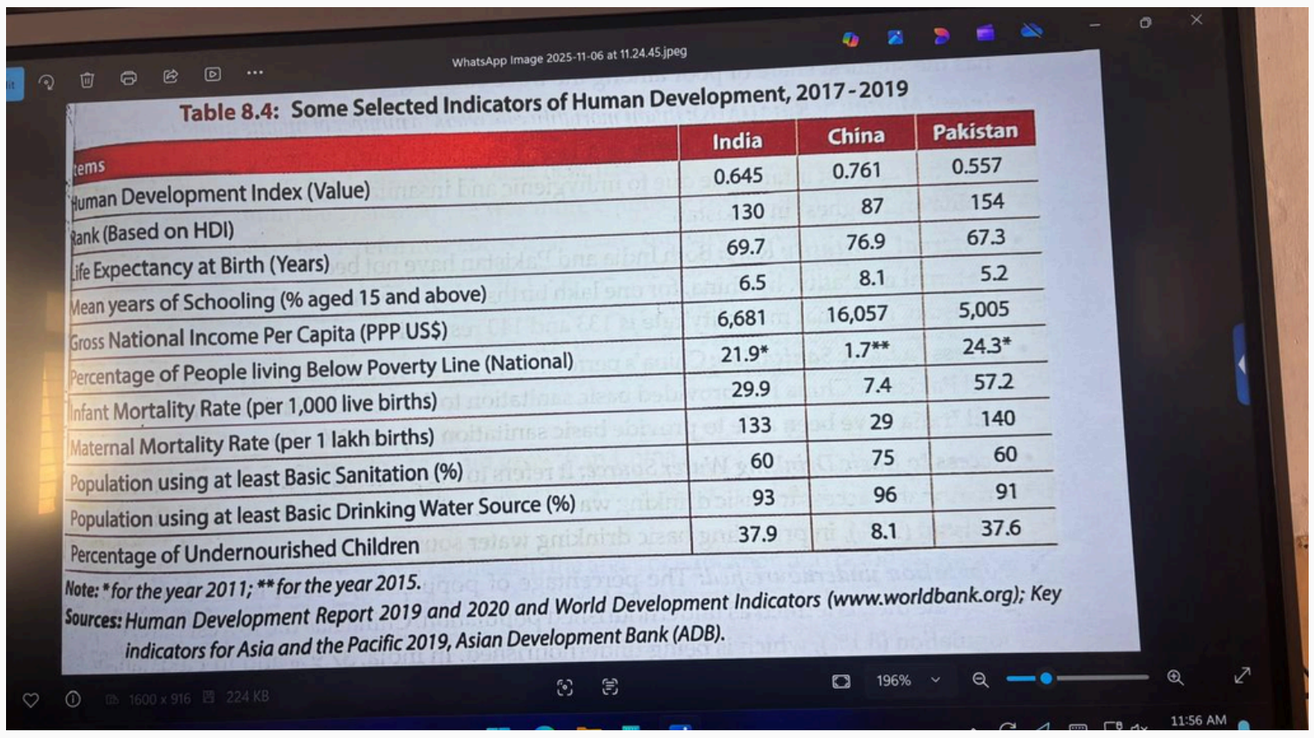


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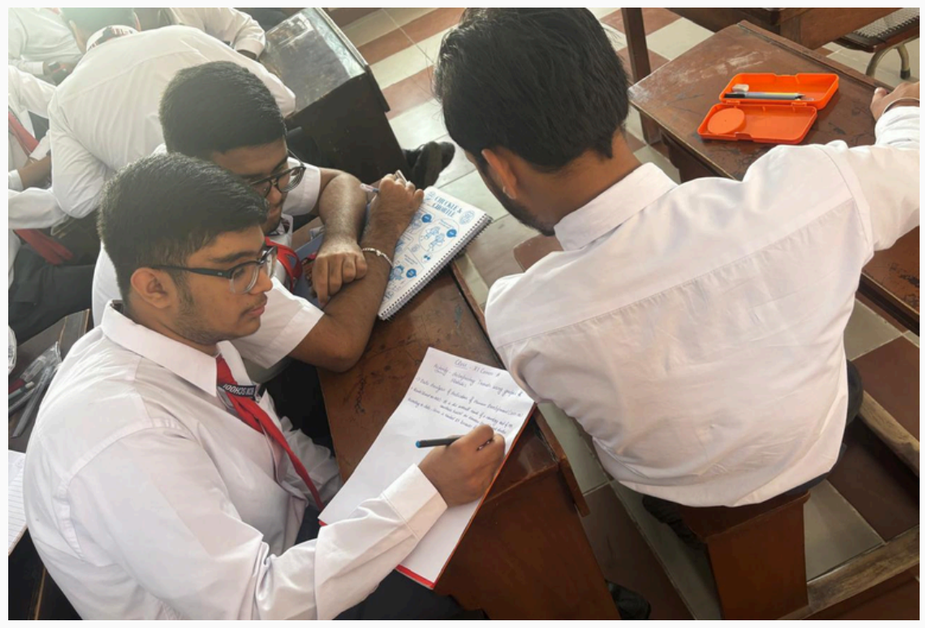
Table 8.4: Some Selected Indicators of Human Development, 2017-2019

Items	India	China	Pakistan
Human Development Index (Value)	0.645	0.761	0.557
Rank (Based on HDI)	130	87	154
Life Expectancy at Birth (Years)	69.7	76.9	67.3
Mean years of Schooling (% aged 15 and above)	6.5	8.1	5.2
Gross National Income Per Capita (PPP US$)	6,681	16,057	5,005
Percentage of People living Below Poverty Line (National)	21.9*	1.7**	24.3*
Infant Mortality Rate (per 1,000 live births)	29.9	7.4	57.2
Maternal Mortality Rate (per 1 lakh births)	133	29	140
Population using at least Basic Sanitation (%)	60	75	60
Population using at least Basic Drinking Water Source (%)	93	96	91
Percentage of Undernourished Children	37.9	8.1	37.6

*Note: *for the year 2011; **for the year 2015.*
Sources: Human Development Report 2019 and 2020 and World Development Indicators (www.worldbank.org); Key indicators for Asia and the Pacific 2019, Asian Development Bank (ADB).





The Economics Department of XI Commerce conducted an activity on Interpretation of Trends Using Graphs and Statistics based on the Human Development Index (HDI). The aim was to enhance students' analytical abilities and understanding of key development indicators. Students were divided into groups and prepared a comparative analysis of India, China, and Pakistan using HDI components like life expectancy, education, and per capita income. They presented observations and wrote brief points highlighting variations among the countries. The activity was engaging, informative, and fostered teamwork and analytical thinking.

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POPSICLE CRAFT EXTRAVAGANZA





Grade 1 students participated in a fun craft activity, creating wall hangings, rainbows, pencils, kites, and more using Popsicle sticks! They arranged the sticks into various shapes, decorating them with colourful studs, artificial flowers, stones, and other embellishments. This hands-on project boosted creativity, fine motor skills, and aesthetic sense, encouraging imagination, patience, and teamwork. Students freely expressed their artistic ideas, making it an engaging learning experience!

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NOUN-TASTIC PUNJABI ACTIVITY



The students of Class III participated enthusiastically in a joyful Punjabi Activity based on the concept of 'Nouns' (ਨਾਂਵ). The young learners showcased their creativity and understanding by making beautiful posters on different types of nouns, such as names of people, places, animals, and things. 🏫🐕🌳👧 During the activity, children identified and illustrated nouns related to their own names, places, animals, and things, displaying a clear understanding of the concept through colourful and meaningful posters. 🎨📝 This engaging hands-on activity helped them differentiate between various types of nouns in an enjoyable and interactive way. It not only strengthened their grammar skills but also encouraged artistic expression and confidence in using the Punjabi language effectively. 🌟

🧵✨ CREATIVE CRAFT WORKSHOP SPARKS IMAGINATION AMONG STUDENTS ! 🎨✂️



The students of Classes IV and V enthusiastically participated in an exciting Craft Workshop organized in the school premises . The session aimed to nurture creativity, imagination, and hands-on learning among young learners. 🌟

The resource person skillfully demonstrated a variety of beautiful craft items, guiding the students step-by-step through the process. Children were thrilled to explore new ideas using simple materials and techniques, creating their own colorful masterpieces. 🎭🖍️

The workshop not only enhanced students' artistic skills but also encouraged them to think innovatively and express themselves through art. The event proved to be a joyful and enriching experience for all! 🌠✨

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ਅਧਿਆਪਕ

ਅਧਿਆਪਕ ਉਹ ਦੀਵਾ ਹੈ, ਜੋ ਆਪ ਸੜ ਕੇ ਰੌਸ਼ਨੀ ਦਿੰਦਾ,
ਅਗਿਆਨ ਦੇ ਹਨੇਰੇ ਚੋਂ, ਸਾਨੂੰ ਗਿਆਨ ਦਾ ਰਾਹ ਦਿੰਦਾ ਹੈ।

ਉਹ ਬਦਲਦਾ ਕਿਸਮਤਾਂ ਨੂੰ, ਬਿਨ੍ਹਾਂ ਕਿਸੇ ਮੋਹ ਦੇ L
ਹਰ ਬੱਚੇ ਵਿੱਚ ਲੁਕਿਆ ਹੀਰਾ, ਲੱਭ ਲੈਂਦਾ ਆਪਣੀ ਦੂਰ ਦੀ ਨਿਗਾਹ ਨਾਲ।

ਮਿਹਨਤ ਦਾ ਪਾਠ ਪੜ੍ਹਾਉਂਦਾ ਤੇ ਸੱਚਾਈ ਦੀ ਮਿਸਾਲ ਬਣਾਉਂਦਾ ਹੈL
ਸੌਂਦੇ ਸੁਪਨੇ ਜਗਾਉਂਦਾ, ਜੀਵਨ ਦਾ ਅਰਥ ਸਮਝਾਉਂਦਾ ਹੈL

ਕਦੇ ਮਾਂ ਵਾਂਗ ਪਿਆਰ ਕਰਦਾ, ਕਦੇ ਪਿਤਾ ਵਾਂਗ ਡਾਂਟ ਦਿੰਦਾ,
ਪਰ ਹਰ ਗੱਲ ਵਿੱਚ ਸੁਨੇਹਾ ਉਸ ਦੇ, ਜੋ ਸਾਡੇ ਭਵਿੱਖ ਨੂੰ ਸੰਵਾਰ ਦਿੰਦਾ ਹੈ L

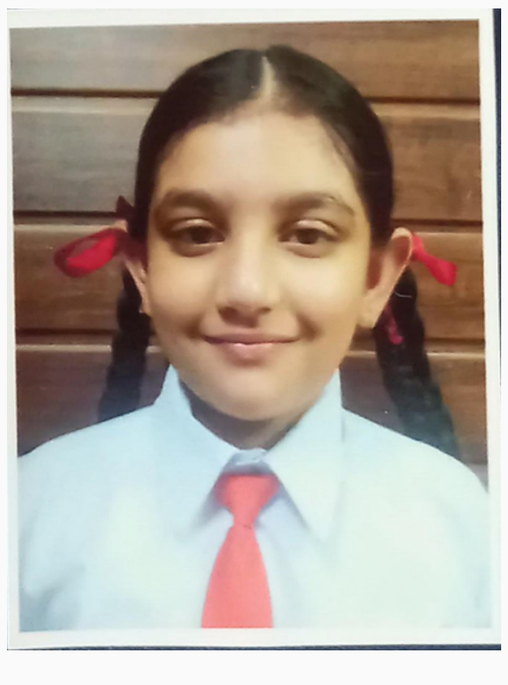
ਉਹ ਕਲਮ ਨਾਲ ਇਤਿਹਾਸ ਲਿਖਦਾ ਤੇ ਭਵਿੱਖ ਦੇ ਦਰਸ਼ਨ ਕਰਾਉਂਦਾ
ਦੀਪ ਆਖੇ ਅਧਿਆਪਕ ਸਿਰਫ ਪੜ੍ਹਾਉਂਦਾ ਨਹੀਂ — ਉਹ ਜੀਵਨ ਬਣਾ ਦਿੰਦਾ ਹੈ।



MANDEEP KAUR
TGT PUNJABI

STUDENTS CORNER

JUSTICE



SIMRAT KAUR
VII - DAISY

Justice stands, a beacon bright
A guiding light, in the dark of night
She holds the scales, with hands so fair
Weighing right, and wrong with care

Her eyes are blind, to wealth and might
She sees the truth, in the morning light
Her voice is heard, in the silent air
A call to righteousness, beyond compare

She brings balance, to the scales of fate
A check on power, a shield to create
A safeguard for the weak and meek
A champion of the truth, she does speak

Her sword is sharp, her heart is true
A defender of the just, through and through
She brings hope, to the hopeless soul
A promise of redemption, making whole

Justice is the foundation, of a nation's might
A pillar strong, that holds up the light
She shines a beacon, in the darkest night
Guiding us towards, what is just and right.

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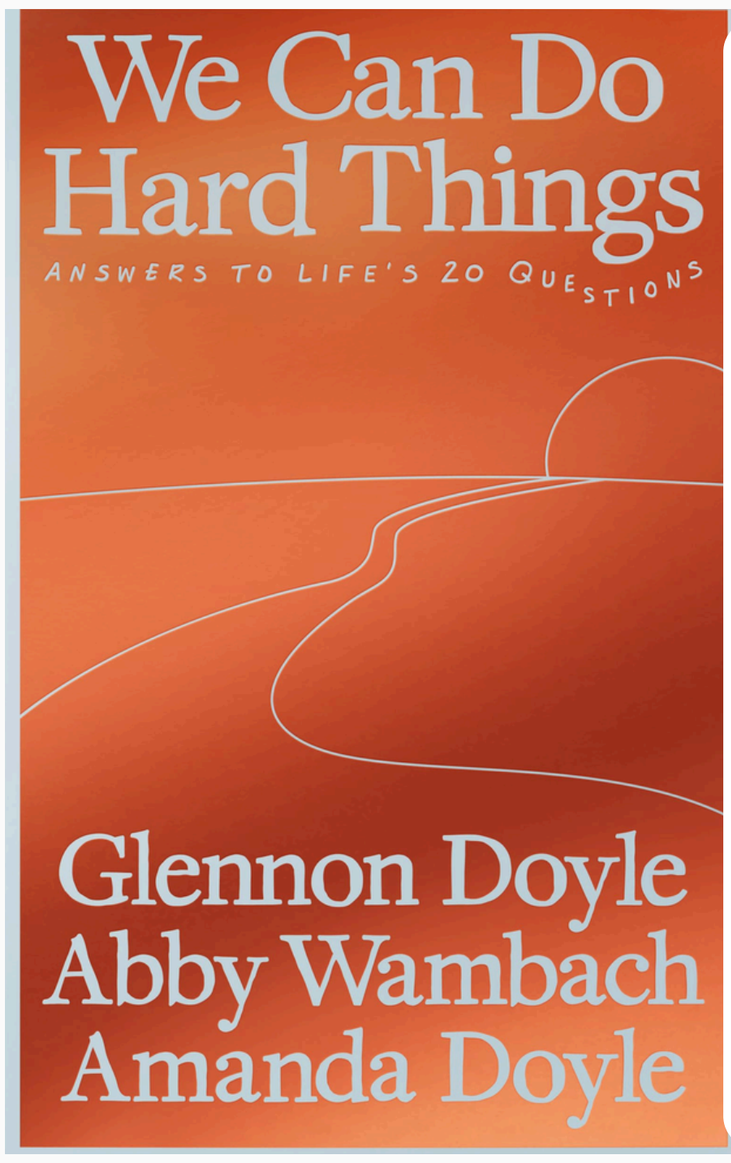
BOOK RECOMMENDATION :

WE CAN DO HARD THINGS



'We Can Do Hard Things' beautifully captures the essence of honesty, comfort and guidance. The authors, Glennon Doyle, Abby Wambach, and Amanda Doyle, create a sense of kinship and understanding, making readers feel like they're having a conversation with trusted friends. The four key lessons highlighted in the review resonate deeply, particularly the idea that true strength lies in vulnerability and embracing emotions, rather than masking them. The book encourages readers to prioritize self-care, set boundaries, and celebrate their individuality. Ultimately, it's a powerful reminder that being human is complex and messy, but with the right mindset and support, we can navigate life's challenges with courage, resilience, and hope.

THOUGHT OF THE DAY

"Behind every high achiever is a story of hard work and countless study sessions. Be the author of your success.

WORD



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ਸਹੀ ਯੋਜਨਾ ਬਣਾਓ — ਨਤੀਜੇ ਆਪਣੇ ਆਪ ਚਮਕਣਗੇ



ਮਨਪਰੀਤ ਕੌਰ ਗਰੇਵਾਲ
ਪੀ.ਜੀ.ਟੀ. ਪੰਜਾਬੀ

ਵਿਦਿਆਰਥੀਆਂ ਦੇ ਮਨ ਵਿੱਚ ਇਮਤਿਹਾਨਾਂ ਦੇ ਡਰ ਦੀ ਬਜਾਏ ਉਨ੍ਹਾਂ ਪ੍ਰਤੀ ਵਿਸ਼ਵਾਸ ਹੋਣਾ ਹੀ ਉਨਾਂ ਨੂੰ ਸਫਲਤਾ ਦੇ ਵੱਲ ਲਿਜਾ ਸਕਦਾ ਹੈ। ਇਮਤਿਹਾਨ ਦੀ ਤਿਆਰੀ ਕੇਵਲ ਅੰਕਾਂ ਲਈ ਹੀ ਨਹੀਂ, ਸਗੋਂ ਜੀਵਨ ਦੀ ਇੱਕ ਚੰਗੀ ਆਦਤ ਹੋਣੀ ਚਾਹੀਦੀ ਹੈ —ਸਫਲ ਵਿਦਿਆਰਥੀ ਉਹ ਨਹੀਂ ਜੋ ਰਾਤਾਂ ਜਾਗ ਕੇ ਕਿਤਾਬਾਂ ਵਿੱਚ ਖੋ ਜਾਵੇ,
ਸਗੋਂ ਉਹ ਹੈ ਜੋ ਸਮੇਂ ਦਾ ਸਹੀ ਇਸਤੇਮਾਲ ਜਾਣਦਾ ਹੈ, ਯੋਜਨਾ ਨਾਲ ਚੱਲਦਾ ਹੈ, ਤੇ ਵਿਸ਼ਵਾਸ ਨਾਲ ਅੱਗੇ ਵੱਧਦਾ ਹੈ।

ਯਾਦ ਰੱਖੋ — “ਸਹੀ ਯੋਜਨਾ ਅੱਧੀ ਸਫਲਤਾ ਹੈ।”

ਪਰਖ ਜਾਂ ਇਮਤਿਹਾਨ ਸਿਰਫ਼ ਅੰਕਾਂ ਦਾ ਮਾਪਦੰਡ ਨਹੀਂ, ਇਹ ਵਿਦਿਆਰਥੀ ਦੇ ਜ਼ਿੰਮੇਵਾਰ ਅਤੇ ਵਿਵਸਥਿਤ ਜੀਵਨ ਵੱਲ ਪਹਿਲਾ ਕਦਮ ਹੁੰਦੇ ਹਨ ।

ਇੱਕ ਅਧਿਆਪਕ ਦੇ ਤੌਰ ’ਤੇ ਸਾਡਾ ਵਿਦਿਆਰਥੀਆਂ ਪ੍ਰਤੀ ਫਰਜ਼ ਉਹਨਾਂ ਨੂੰ ਕੇਵਲ ਪਾਠ ਪੜ੍ਹਾਉਣਾ ਨਹੀਂ, ਸਗੋਂ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਇਹ ਸਿਖਾਉਣਾ ਵੀ ਹੈ ਕਿ ਸਿੱਖਣਾ ਕਿਵੇਂ ਹੈ?

ਪਿਆਰੇ ਵਿਦਿਆਰਥੀਓ ! ਆਪਣੇ ਇਮਤਿਹਾਨਾਂ ਦੀ ਤਿਆਰੀ ਦੇ ਸਮੇਂ ਜੇਕਰ ਕੁਝ ਇੱਕ ਗੱਲਾਂ ਦਾ ਅਸੀਂ ਧਿਆਨ ਰੱਖਾਂਗੇ ਤਾਂ ਚੰਗੇ ਨਤੀਜਿਆਂ ਨੂੰ ਸਾਡੇ ਕੋਲੋਂ ਕੋਈ ਦੂਰ ਨਹੀਂ ਲਿਜਾ ਸਕੇਗਾ। ਮੈਂ ਤੁਹਾਡੇ ਨਾਲ ਅਜਿਹੇ ਹੀ ਕੁਝ ਮਹੱਤਵਪੂਰਨ ਨੁਕਤੇ ਸਾਂਝੇ ਕਰਨ ਜਾ ਰਹੀਂ ਹਾਂ-

🌟 1. ਯੋਜਨਾ ਬਣਾਓ — ਸਮਾਂ ਸਭ ਤੋਂ ਵੱਡਾ ਗੁਰੂ ਹੈ

ਵਿਦਿਆਰਥੀ ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਆਪਣੇ ਵਿਸ਼ਿਆਂ ਦੀ ਸੂਚੀ ਬਣਾਉਣ ਅਤੇ ਹਰ ਵਿਸ਼ੇ ਵਿੱਚ ਆਪਣੀ ਤਾਕਤ ਤੇ ਕਮਜ਼ੋਰੀਆਂ ਦਾ ਵਿਸ਼ਲੇਸ਼ਣ ਕਰਨ।
ਇਸ ਲਈ ਹਰ ਹਫ਼ਤੇ ਦਾ ਇੱਕ ਟਾਈਮ ਟੇਬਲ ਬਣਾਓ — ਹਰ ਵਿਸ਼ੇ ਲਈ ਸਮਾਂ ਨਿਸ਼ਚਿਤ ਕਰੋ ਅਤੇ ਨਾਲ ਹੀ ਹਰ ਘੰਟੇ ਤੋਂ ਬਾਅਦ 10 ਮਿੰਟ ਦਾ ਵਿਸ਼ਰਾਮ ਜ਼ਰੂਰ ਲਓ।

🌟 2. ਛੋਟੇ-ਛੋਟੇ ਲਕਸ਼ ਬਣਾਓ

ਇੱਕ ਦਿਨ ਵਿੱਚ ਇੱਕ ਵਿਸ਼ੇ ਦੀ ਦੁਹਰਾਈ ਦੀ ਬਜਾਏ ਛੋਟੇ ਲਕਸ਼ ਬਣਾਓ।ਹਰ ਵਿਸ਼ੇ ਦਾ ਕੁਝ ਨਾ ਕੁਝ ਹਿੱਸਾ ਹਰ ਰੋਜ਼ ਯਾਦ ਕਰੋ।
ਕਿਉਂਕਿ ਹਰ ਛੋਟੀ ਸਫਲਤਾ ਮਨ ਵਿੱਚ ਵਿਸ਼ਵਾਸ ਪੈਦਾ ਕਰਦੀ ਹੈ ਅਤੇ ਵੱਡੇ ਟੀਚੇ ਪੂਰੇ ਕਰਨ ਦੀ ਪ੍ਰੇਰਨਾ ਦਿੰਦੀ ਹੈ।

🌟3.ਸੌਣ ਅਤੇ ਜਾਗਣ ਦਾ ਸਮਾਂ ਨਿਰਧਾਰਿਤ ਕਰੋ

ਜੇਕਰ ਤੁਸੀਂ ਸਫਲ ਹੋਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਆਪਣਾ ਸੌਣ ਅਤੇ ਜਾਗਣ ਦਾ ਇੱਕ ਨਿਸ਼ਚਿਤ ਸਮਾਂ ਜਰੂਰ ਰੱਖੋ। ਰਾਤ ਨੂੰ ਦੇਰ ਦੇਰ ਤੱਕ ਜਾਗਣ ਦੀ ਬਜਾਏ ਸਮੇਂ ਸਿਰ ਸੌਂ ਕੇ ਸਵੇਰੇ ਜਲਦੀ ਉੱਠ ਕੇ ਪੜ੍ਹਾਈ ਕੀਤੀ ਜਾਵੇ ਕਿਉਂਕਿ ਸਵੇਰ ਦਾ ਸਮਾਂ ਹਮੇਸ਼ਾ ਸਭ ਤੋਂ ਵੱਧ ਉਤਪਾਦਕ ਹੁੰਦਾ ਹੈ।

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🌟4. ਸਮਝੋ — ਸਿਰਫ਼ ਰੱਟੋ ਨਹੀਂ

ਵਿਦਿਆਰਥੀਓ, ਯਾਦ ਰੱਖੋ — ਸਮਝ ਨਾਲ ਸਿੱਖਿਆ ਹੀ ਲੰਮੇ ਸਮੇਂ ਤੱਕ ਟਿਕਦਾ ਹੈ।
ਜੇਕਰ ਕੋਈ ਵਿਸ਼ਾ ਮੁਸ਼ਕਲ ਲੱਗੇ, ਤਾਂ ਉਸਦਾ ਸੰਖੇਪ ਨੋਟ ਬਣਾਉ, ਚਾਰਟ ਬਣਾਓ ਜਾਂ ਕਿਸੇ ਦੋਸਤ ਨੂੰ ਸਮਝਾਉਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰੋ।
ਜਦ ਤੁਸੀਂ ਕਿਸੇ ਨੂੰ ਪਾਠ ਸਮਝਾਉਂਦੇ ਹੋ, ਤਾਂ ਉਹ ਤੁਹਾਡੇ ਮਨ ਵਿੱਚ ਦੁੱਗਣਾ ਮਜ਼ਬੂਤ ਹੋ ਜਾਂਦਾ ਹੈ।

🌟5. ਦੁਹਰਾਈ ਦੀ ਸਿਆਣਪ

ਹਰ ਹਫ਼ਤੇ ਦੇ ਅੰਤ 'ਤੇ ਪਿਛਲੇ ਪਾਠ ਦੀ ਦੁਹਰਾਈ ਕਰੋ।
ਖਾਲੀ ਪੰਨੇ 'ਤੇ ਪ੍ਰਸ਼ਨ ਲਿਖ ਕੇ ਖੁਦ ਉੱਤਰ ਦਿਓ — ਇਹ ਤਰੀਕਾ ਤੁਹਾਨੂੰ ਪਰਖ ਦੇ ਸਮੇਂ ਸਹੀ ਜਵਾਬ ਯਾਦ ਕਰਨ ਵਿੱਚ ਮਦਦ ਕਰੇਗਾ।
ਜੋ ਵਿਦਿਆਰਥੀ ਦੁਹਰਾਈ ਦੀ ਅਦਤ ਬਣਾਉਂਦਾ ਹੈ, ਉਹ ਹਮੇਸ਼ਾ ਅੱਗੇ ਰਹਿੰਦਾ ਹੈ।

🌟6. ਸਕਾਰਾਤਮਕ ਸੋਚ ਰੱਖੋ — ਮਨ ਨੂੰ ਸੰਤੁਲਿਤ ਰੱਖੋ

ਪਰਖ ਦਾ ਦਬਾਅ ਹਰ ਕਿਸੇ ਨੂੰ ਹੁੰਦਾ ਹੈ, ਪਰ ਡਰ ਨਾਲ ਨਹੀਂ, ਵਿਸ਼ਵਾਸ ਨਾਲ ਤਿਆਰੀ ਕਰੋ।
ਹਰ ਸਵੇਰ ਇੱਕ ਸੰਕਲਪ ਲਵੋ — "ਮੈਂ ਇਹ ਕਰ ਸਕਦਾ/ਸਕਦੀ ਹਾਂ" ਦੀ ਪ੍ਰੇਰਣਾ ਨਾਲ ਕੋਈ ਕੰਮ ਮੁਸ਼ਕਿਲ ਨਹੀਂ ਲੱਗਦਾ।
ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੀ ਬਾਣੀ ਯਾਦ ਰੱਖੋ:

"ਮਨ ਜੀਤੈ ਜਗ ਜੀਤ"

ਅਰਥਾਤ —ਜੇ ਤੁਸੀਂ ਆਪਣੇ ਮਨ ਤੇ ਕਾਬੂ ਪਾ ਲਿਆ ਤਾਂ ਤੁਹਾਡੇ ਲਈ ਦੁਨੀਆਂ ਦੀ ਹਰ ਚੁਣੌਤੀ ਆਸਾਨ ਹੈ।

ਇਸ ਲਈ ਆਪਣੇ ਮਨ ਨੂੰ ਕਾਬੂ ਵਿੱਚ ਕਰਕੇ ਆਪਣਾ ਲਕਸ਼ ਪ੍ਰਾਪਤ ਕਰੋ।

🌟7. ਅਧਿਆਪਕਾਂ ਤੇ ਮਾਪਿਆਂ ਨਾਲ ਗੱਲ ਕਰੋ

ਜਿੱਥੇ ਸਮਝ ਨਾ ਆਵੇ, ਸਹਿਜ ਹੋ ਕੇ ਪੁੱਛੋ।
ਪੁੱਛਣ ਤੋਂ ਕਦੇ ਸੰਕੋਚ ਨਾ ਕਰੋ ਕਿਉਂਕਿ ਸੱਚੀ ਜਿਗਿਆਸਾ ਹੀ ਸਿੱਖਣ ਵੱਲ ਪਹਿਲਾ ਕਦਮ ਹੈ।
ਅਧਿਆਪਕ ਤੇ ਵਿਦਿਆਰਥੀ ਦਾ ਸੰਬੰਧ ਇਕ ਟੀਮ ਵਾਂਗ ਹੋਣਾ ਚਾਹੀਦਾ ਹੈ — ਜਿੱਥੇ ਮੰਜ਼ਿਲ ਦੋਹਾਂ ਦੀ ਸਾਂਝੀ ਹੋਵੇ ।

ਅੰਤ ਵਿੱਚ ਮੈਂ ਇਹੀ ਕਹਿਣਾ ਚਾਹਾਂਗੀ ਕਿ
ਪਿਆਰੇ ਵਿਦਿਆਰਥੀਓ — ਪਰਖਾਂ ਨੂੰ ਡਰ ਨਹੀਂ, ਮੌਕਾ ਸਮਝੋ।ਇਹ ਤੁਹਾਡੇ ਅਨੁਸ਼ਾਸਨ, ਧੀਰਜ ਅਤੇ ਸਿੱਖਣ ਦੀ ਇੱਛਾ ਦਾ ਪ੍ਰਮਾਣ ਹੁੰਦੀਆਂ ਹਨ।

ਜੇ ਤੁਸੀਂ ਸਮੇਂ ਦਾ ਸਤਿਕਾਰ ਕਰੋਗੇ, ਯੋਜਨਾ ਨਾਲ ਚੱਲੋਗੇ ਅਤੇ ਵਿਸ਼ਵਾਸ ਰੱਖੋਗੇ — ਤਾਂ ਸਫਲਤਾ ਤੁਹਾਡੇ ਦਰ 'ਤੇ ਨਿਸ਼ਚਿਤ ਹੀ ਖੜੀ ਹੋਵੇਗੀ।

ਧੰਨਵਾਦ
ਮਨਪ੍ਰੀਤ ਕੌਰ ਗਰੇਵਾਲ
ਪੀ.ਜੀ.ਟੀ. ਪੰਜਾਬੀ

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STUDENTS CORNER

SUCCESS TAKES TIME

That works the day you wish it well.

It's built with effort, brick by brick,

And needs patience, not a trick.

Each failure teaches something new,

Each try brings dreams a step more true.

Hard work, hope, and faith must stay,

Success can't happen in a day.

So never stop, just do your best,

Keep learning, growing, like the rest.

When time is right, you'll proudly say,

"I earned my dreams, the honest way."



KRISHAV MALHOTRA
VII - ROSE

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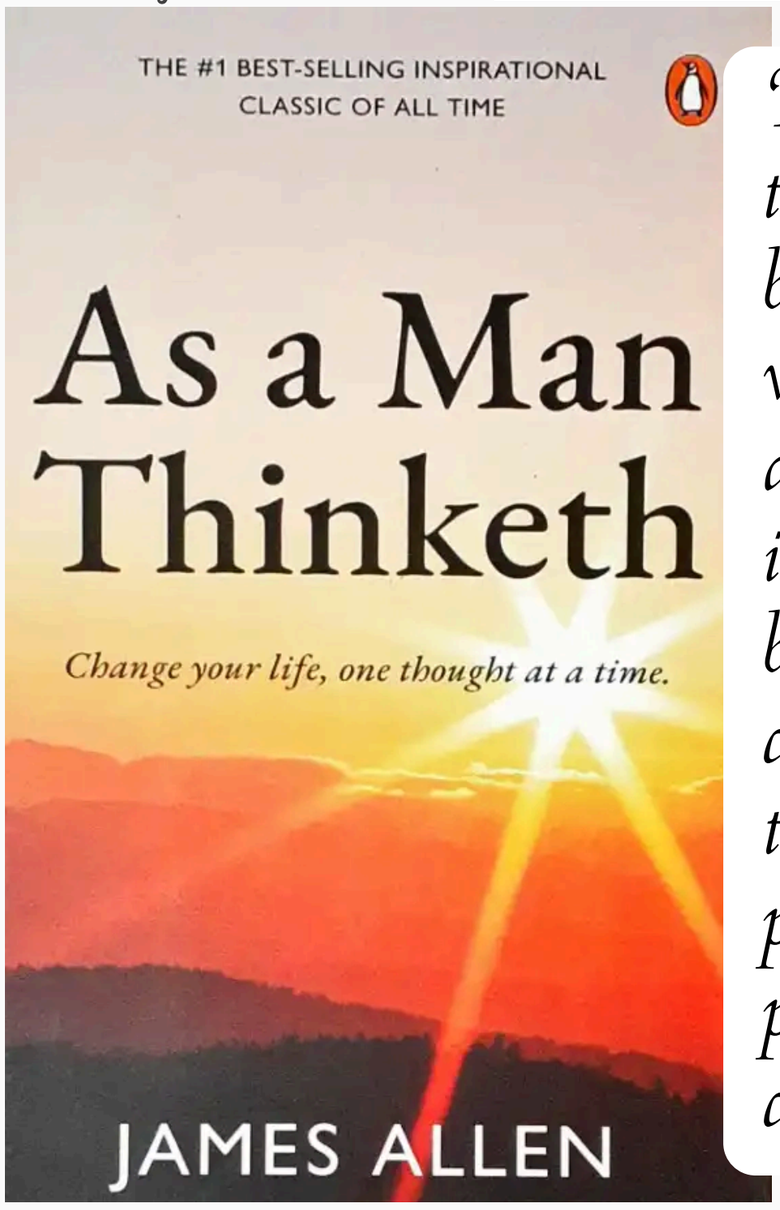
BOOK RECOMMENDATION :

'AS A MAN THINKETH'



'As a Man Thinketh' by James Allen is a transformative guide that emphasizes the power of thought in shaping one's life. The book takes readers on a journey from confusion to clarity, weakness to strength, and failure to success, all through the disciplined practice of positive thinking. Key lessons include the idea that our dominant thoughts shape our personality and behavior, and that our minds are like gardens that require careful cultivation. The book also highlights the importance of inner transformation, self-control, and aligning our thoughts with purpose and truth to achieve inner peace. By applying these principles, readers can break free from negative patterns and cultivate a life of strength, serenity, and purpose.

THOUGHT OF THE DAY



WORD



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CURIOUS MINDS SPARKED INNOVATION ON WORLD SCIENCE DAY !









The school marked World Science Day with enthusiasm, focusing on the theme 'Why Science Matters: Engaging Minds and Empowering Futures.' XI Science students led the celebrations, organizing a dynamic STEM workshop filled with DIY projects that made complex scientific concepts accessible and fun. Highlights included creating molecular structures with balloons, demonstrating diffusion of organic colours, and showcasing water purification using charcoal. Through these interactive activities, students honed essential skills like creativity, problem-solving, collaboration, leadership, and communication, embodying the spirit of scientific inquiry and innovation.

Additionally, Colourful props, creative charts, and lively models by primary students made the classrooms buzz with excitement and discovery. Students turned into little innovators, sharing amazing facts about modern inventions and their inventors.The day truly celebrated the joy of learning and the power of innovation!

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CRUNCHING INTO HEALTH WITH SPROUTS SALAD ACTIVITY





LKG students set off on a tasty and informative journey, diving into the world of sprouts with their very own 'Sprouts Salad' activity! The objective was to introduce the importance of sprouts in their diet and promote healthy eating habits. Students brought a variety of sprouts and enthusiastically prepared their own salad, learning about the nutritional benefits of sprouts, rich in calcium and vitamin K, which support bone health. Through this hands-on experience, students developed their observational skills and gained valuable knowledge about good nutrition. The activity encouraged teamwork and social interaction as they enjoyed their sprout salad with friends, fostering a sense of community and healthy eating practices.

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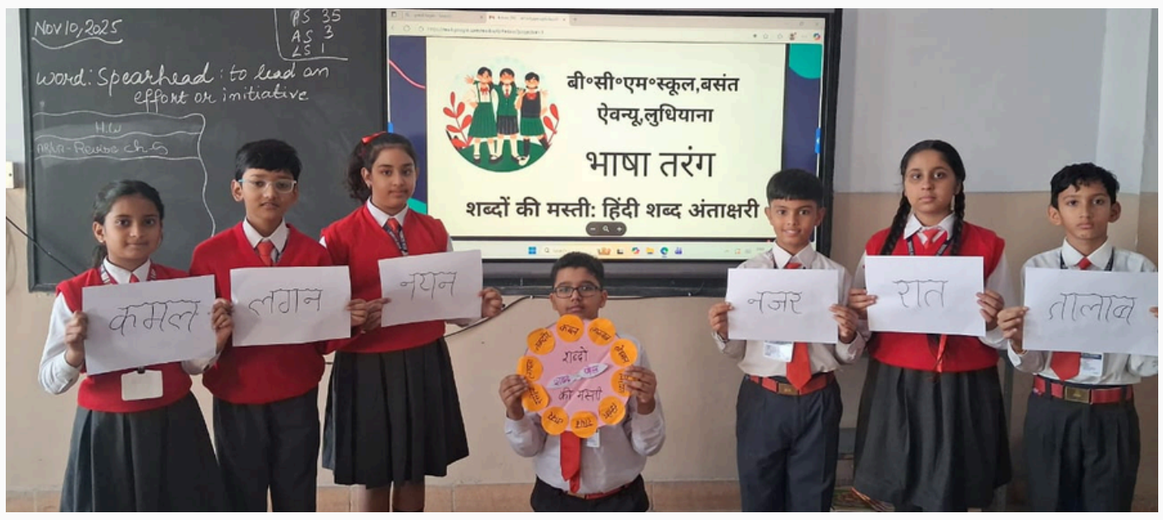
शब्दों की मस्ती: हिंदी शब्द अंताक्षरी





हिंदी विभाग द्वारा कक्षा छठी के विद्यार्थियों के लिए 'हिंदी शब्द अंताक्षरी' का आयोजन किया गया। इस रोचक गतिविधि का उद्देश्य विद्यार्थियों में हिंदी भाषा के प्रति रुचि बढ़ाना और उनका शब्द भंडार समृद्ध करना था।

विद्यार्थियों को विभिन्न समूहों में बाँटा गया और प्रत्येक समूह ने पिछले शब्द के अंतिम अक्षर से नया शब्द बोलकर खेल को आगे बढ़ाया। यह शब्दों का अद्भुत संगम था जहाँ बच्चों ने न केवल अनेक नए शब्द सीखे बल्कि सही उच्चारण और त्वरित सोचने की क्षमता का भी विकास किया।

उत्साह और ऊर्जा से भरे विद्यार्थियों ने खेल को न केवल मनोरंजक बनाया बल्कि टीम भावना और सहयोग के महत्व को भी समझा।

इस प्रकार 'हिंदी शब्द अंताक्षरी' एक मनोरंजक, शिक्षाप्रद और सफल गतिविधि सिद्ध हुई जिसने विद्यार्थियों में भाषा के प्रति प्रेम और गर्व की भावना जागृत की।

STUDENTS CORNER

OPEN A BOOK



SRISHTY
VII - ASTER

Open a book
And you will find,
People and places of every kind,
Open a book
And you can be,
Anything you want to be,

Open a book
And you can share,
Wondrous words you find in there
Open a book
And I will too,
You read to me,
And I'll read to you!

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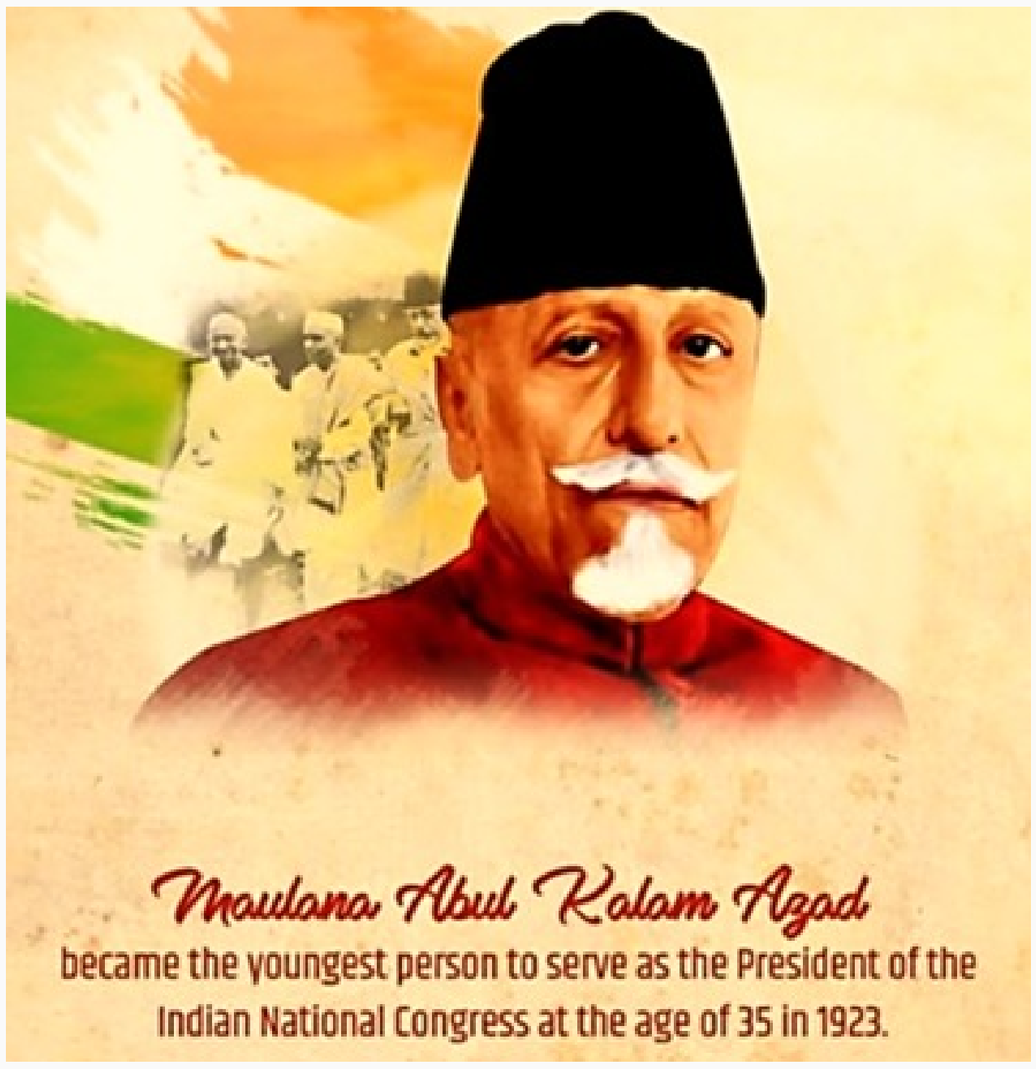
NATIONAL EDUCATION DAY





VINOD KUMAR
PGT MATHS

National Education Day in India is celebrated annually on November 11th to honour Maulana Abul Kalam Azad, the nation's first Education Minister

Why It's Celebrated

- Commemorates Maulana Abul Kalam Azad's birth anniversary (born November 11, 1888).
- Azad was India's first Education Minister post-independence, serving from August 15, 1947 to February 2, 1958.
- He played a pivotal role in shaping India's modern education system, advocating for universal access to education, especially for marginalized communities

How It's Observed

- Declared by the Ministry of Human Resource Development in 2008 as a day to reflect on Azad's contributions.
- Educational institutions across India organize:
- Seminars and symposia
- Essay writing and elocution competitions
- Workshops and rallies promoting literacy and inclusive education.
- The day encourages students and educators to celebrate achievements, discuss challenges, and inspire reforms in education

Broader Impact

- Reinforces the importance of education as a fundamental right.
- Promotes awareness about equity, inclusion, and quality in education.
- Inspires ongoing efforts to make learning accessible to all, aligning with Azad's vision of a progressive and empowered India.

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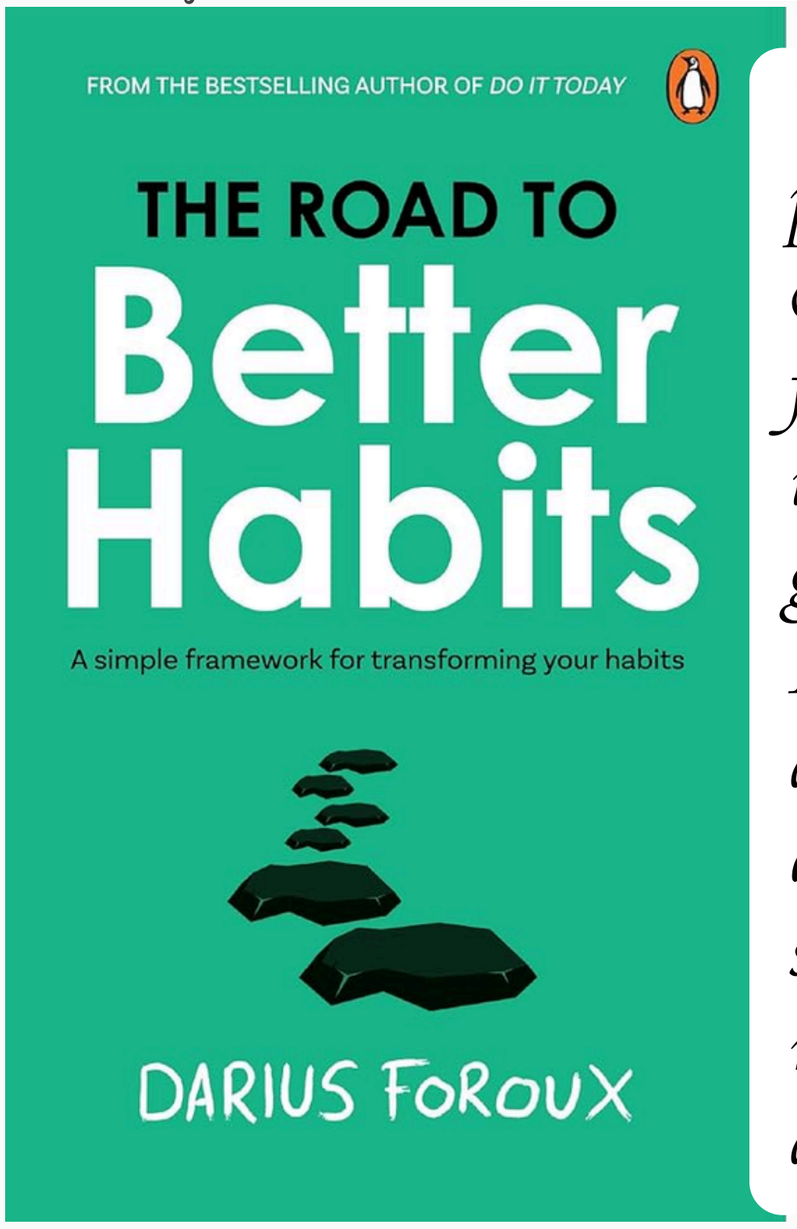
BOOK RECOMMENDATION :

'BETTER HABITS'



'Better Habits' by Darius Foroux offers a refreshing and practical guide to building sustainable habits. The book focuses on consistency over motivation, emphasising that success comes from systems and mindset rather than willpower. Key lessons include starting small, designing an environment that supports good habits, and understanding that identity drives behaviour. Foroux also highlights the importance of awareness, simplicity, and reflection in habit formation. The book teaches that discipline creates freedom, and every small action repeated daily shapes the person we become. By applying these principles, readers can create empowering habits that align with their goals and values, leading to lasting progress and personal growth.

THOUGHT OF THE DAY

Take action!
An inch of
movement
will bring
you closer
to your goals than
a mile of
intention.
Steve Maraboli

WORD

SPEARHEAD

['spɪr.hed]

v., to lead an effort or initiative

She spearheaded the campaign for environmental awareness.

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BCM DUGRI SHINES
IN UNDER 11 GYMNASTIC DISTRICT COMPETITION

I. Category : Artistic Gymnastics

I) Manvi - II Daisy

2) Anaya - II Marigold

3) Akshita - III Marigold

4) Aroohi -III Tulip

5) Avni - III Marigold

6) Ritika - III Aster

Secured - 3rd position.



II.Category : Rhythmic Gymnastics

1) Nayra - IV Jasmine

2) Saanvi - IV Rose

3) Seerat - IV Jasmine

4) Manya - IV Aster

5) Mishti - III Marigold

Secured - 3rd position.



III.Category : Rope performance

Mishti - III Marigold Secured - 2nd position.

Gymnast Nayra IV Jasmine has been selected for the State level.

Divyansh VII Daisy secured a Consolation Prize in Inter-School Shlok Competition held at BCM School, Focal Point.

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NURSERY STARS SHINE WITH BALLOON PRINTING FUN!



Our Nursery stars recently unleashed their inner artists with an exciting Balloon Printing activity. This engaging and interactive activity allowed our tiny tots to explore their creativity and imagination while developing essential skills.

Using balloons and vibrant colours, the children created beautiful prints, learning about colour recognition and patterns. This sensory activity not only sparked their imagination but also contributed to fine motor development and language skills.

ਭਾਸ਼ਾ ਦਾ ਮਾਣ, ਸ਼ਬਦਾਂ ਦਾ ਗਿਆਨ





ਪੰਜਾਬੀ ਵਿਭਾਗ ਦੁਆਰਾ ਜਮਾਤ ਅੱਠਵੀਂ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਸ਼ਬਦ ਖੋਜ ਗਤੀਵਿਧੀ ਦਾ ਆਯੋਜਨ ਕੀਤਾ ਗਿਆ। ਇਸ ਗਤੀਵਿਧੀ ਦਾ ਮੁੱਖ ਉਦੇਸ਼ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੇ ਸ਼ਬਦ ਭੰਡਾਰ ਨਾਲ ਜਾਣ-ਪਛਾਣ ਕਰਵਾਉਣਾ ਅਤੇ ਭਾਸ਼ਾ ਪ੍ਰਤੀ ਰੁਚੀ ਪੈਦਾ ਕਰਨੀ ਸੀ। ਬੱਚਿਆਂ ਨੂੰ ਵੱਖ-ਵੱਖ ਉਦਾਹਰਨਾਂ ਰਾਹੀਂ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਗਏ, ਜਿਨ੍ਹਾਂ ਦੇ ਉੱਤਰ ਉਹਨਾਂ ਨੇ ਸ਼ਬਦ ਸਾਰਣੀ ਵਿੱਚੋਂ ਲੱਭ ਕੇ ਲਿਖੇ।

ਇਸ ਪ੍ਰਯੋਗਾਤਮਕ ਸਿੱਖਣ ਦੇ ਤਰੀਕੇ ਨਾਲ ਵਿਦਿਆਰਥੀਆਂ ਵਿੱਚ ਸਮਝਣ ਦੀ ਕੌਸ਼ਲਤਾ ਦਾ ਵਿਕਾਸ ਹੋਇਆ ਅਤੇ ਉਹਨਾਂ ਨੇ ਇਸ ਗਤੀਵਿਧੀ ਵਿੱਚ ਪੂਰੇ ਉਤਸ਼ਾਹ ਅਤੇ ਜੋਸ਼ ਨਾਲ ਭਾਗ ਲਿਆ। ਇਸ ਨਾਲ ਉਹਨਾਂ ਵਿੱਚ ਆਪਸੀ ਸਹਿਯੋਗ ਅਤੇ ਟੀਮ ਭਾਵਨਾ ਵੀ ਮਜ਼ਬੂਤ ਹੋਈ।

ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਤੌਰ ਤੇ , ਸ਼ਬਦ ਖੋਜ ਗਤੀਵਿਧੀ ਇੱਕ ਮਨੋਰੰਜਕ, ਸਿੱਖਿਆਦਾਇਕ ਅਤੇ ਸਫ਼ਲ ਪ੍ਰਯੋਗ ਸਿੱਧ ਹੋਈ, ਜਿਸ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਵਿੱਚ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਪ੍ਰਤੀ ਪਿਆਰ ਅਤੇ ਮਾਣ ਦੀ ਭਾਵਨਾ ਜਾਗ੍ਰਿਤ ਕੀਤੀ।

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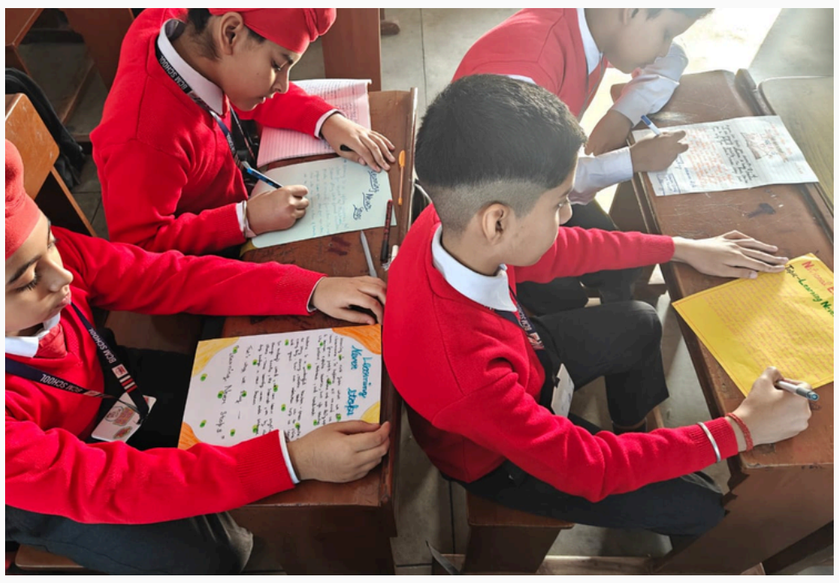
CELEBRATING KNOWLEDGE & VISION ON NATIONAL EDUCATION DAY









The school celebrated National Education Day with a Creative Writing and Poster Making Activity, honouring the birth anniversary of Maulana Abul Kalam Azad, India's first Education Minister. The initiative aimed to inspire students to reflect on the true essence of education and express their thoughts creatively.

The BCMites wrote thought-provoking compositions and created vibrant posters highlighting the value of education, knowledge, and learning, showcasing the spirit of wisdom, growth, and a bright future ahead.

Their artworks and writings beautifully conveyed that education extends far beyond textbooks, nurturing curiosity, creativity, and values that empower individuals and transform societies, emphasising the purpose, joy, and lifelong nature of learning.

The activity provided a meaningful platform for students to express their ideas with originality and conviction, celebrating education as the foundation of a progressive and enlightened nation.

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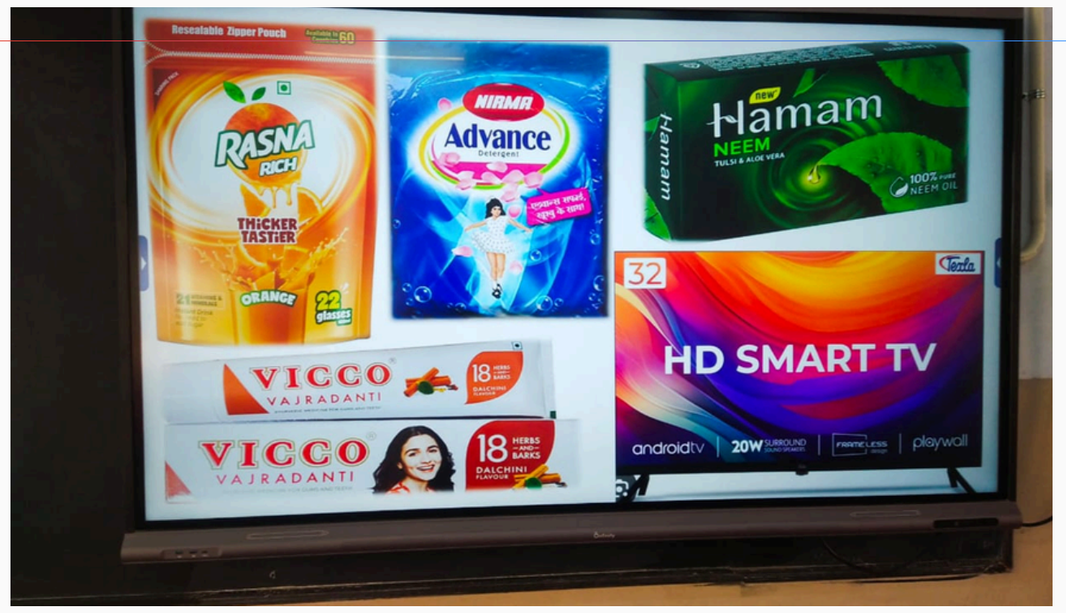
TAG IT RIGHT: BCM SCHOOL'S COMMERCE STARS SHINE IN BRANDING BRILLIANCE!









The Commerce Department of the school recently hosted an Inter-Class Competition, 'Tag it Right (Words that Sell)', for Class XI Commerce students. The event aimed to spark creativity, entrepreneurship, and branding sense among students by challenging them to craft fresh, compelling taglines for iconic Indian products that have vanished from the market.

The students enthusiastically participated, showcasing their innovative spirit and creativity. After a keen competition, the results were declared:

- 1st Position: XI Com B
- 2nd Position: XI Com C
- 3rd Position: XI Com A

The event was a resounding success, highlighting the students' flair for branding and entrepreneurship!

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NOBEL PRIZE IN ECONOMICS 2025



KAPILA SODHI
(PGT ECONOMICS)

HOW INNOVATION HELPS NATIONS GROW

The 2025 Nobel Prize in Economics was awarded to three well-known economists — Joel Mokyr, Philippe Aghion, and Peter Howitt — for their exceptional work on understanding how countries grow and become prosperous. Their research highlights a simple but powerful message for today's generation: innovation, creativity, and fresh ideas are the real engines of development explaining innovation-driven economic growth and how societies must counter stagnation to sustain development.

Joel Mokyr: Understanding Growth Through History

Joel Mokyr, an economic historian, spent years studying how the world changed during the Industrial Revolution. He discovered that countries grow rapidly when people are encouraged to learn new things, share knowledge, and experiment with different ideas.

Mokyr believes that economic development is not just about building factories or earning money. Instead, it depends on a curious society where people ask questions, try new methods, and openly accept change. His work shows that when a society values education and creativity, progress becomes possible.

Aghion and Howitt: The Idea of Creative Destruction

Philippe Aghion and Peter Howitt contributed to this field through their famous idea of "Creative Destruction." This concept explains how old technologies and products are replaced by newer and better ones. For example, landline phones were replaced by smartphones, and today digital payments are replacing cash.

According to them, this cycle of replacement is not a problem — it is actually what helps an economy stay modern and competitive. Their research shows that countries grow faster when they support innovation, encourage competition among businesses, and allow new entrepreneurs to enter the market.

Why Their Research Matters Today

The work of these Nobel Prize winners is especially relevant in today's fast-changing world. With new technologies, environmental challenges, and global shifts, countries must keep learning and adapting. Their research teaches us that the future belongs to nations — and students — who think creatively and are not afraid to innovate.

Inspiration for Students and the Future

- **Stay curious and keep learning continuously.**
- **See change and innovation as opportunities, not threats.**
- **Believe that even small ideas can make a big difference.**
- **Use healthy competition to improve and grow.**
- **Adapt to new technologies to prepare for the future.**
- **Use knowledge and creativity to contribute positively to society.**

These ideas inspire all young learners to stay curious, develop problem-solving skills, and contribute to building a smarter and more innovative world.

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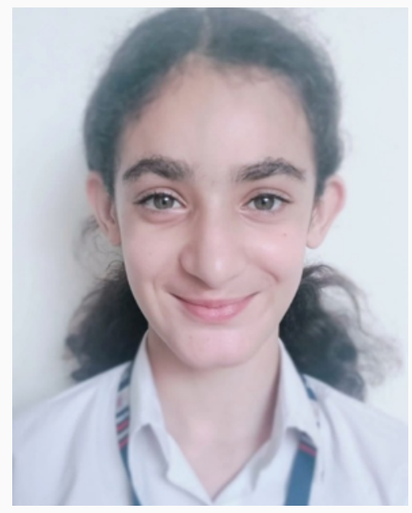
STUDENTS CORNER

THE COLORS OF PUNJAB



PANKHUDI SHARMA
VI MARIGOLD

In fields where golden harvest sways,
And dhol beats echo festive praise,
There blooms a land both bright and
free-In threads of pride and melody.
The Phulkari shines with floral grace,
Each stitch a story, each hue a trace,
Of mothers' hands and brides-to-be,
Weaving love in embroidery.
The Salwar kameez, loose and fair,
Flows gently in the scented air,
Paired with dupatta,bold and wide,
Like sunset draped across the sky.
Men don their Kurta crisp and neat,
With Chadra folded at their feet,
A Pagri crowns their noble brow,
In colors bright as fields they plough.
From Bhangra's leap to Giddha's spin,
Their spirit shines through cloth and skin,
For dress in Punjab is more than thread-
It's life and laughter finely spread.
So, let the colors never fade,
Of love, of land, of art once made,
For every fold, each shade, each seam,
Is punjab's heart- a living dream

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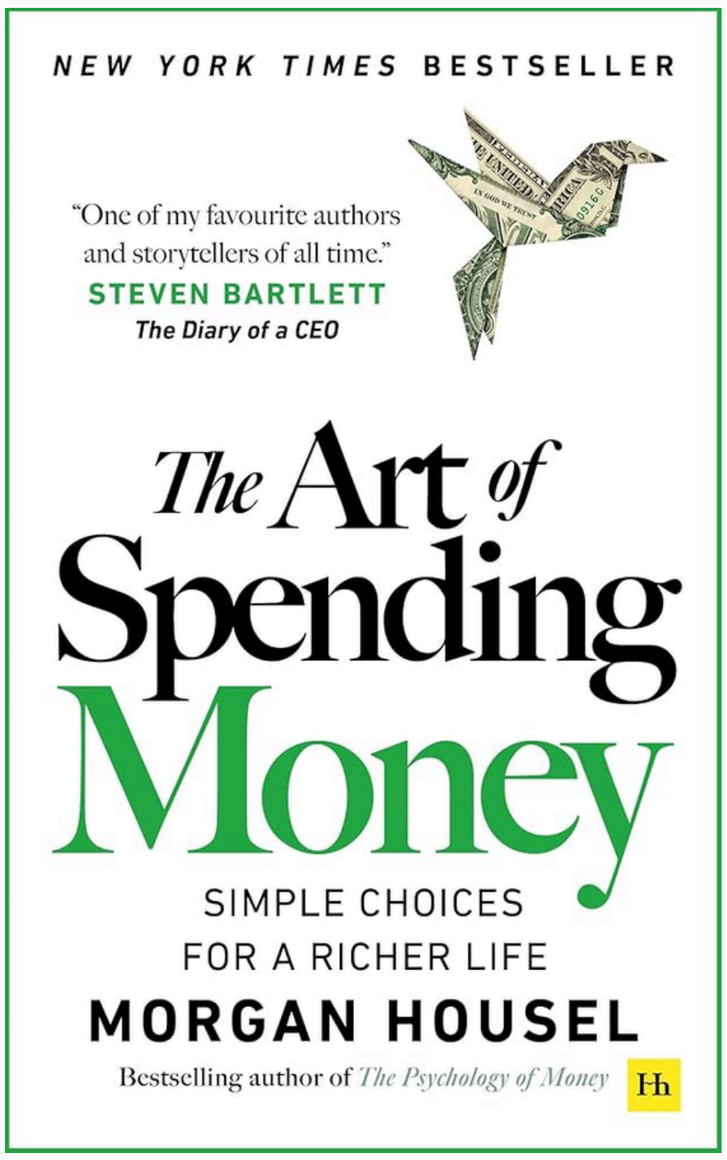
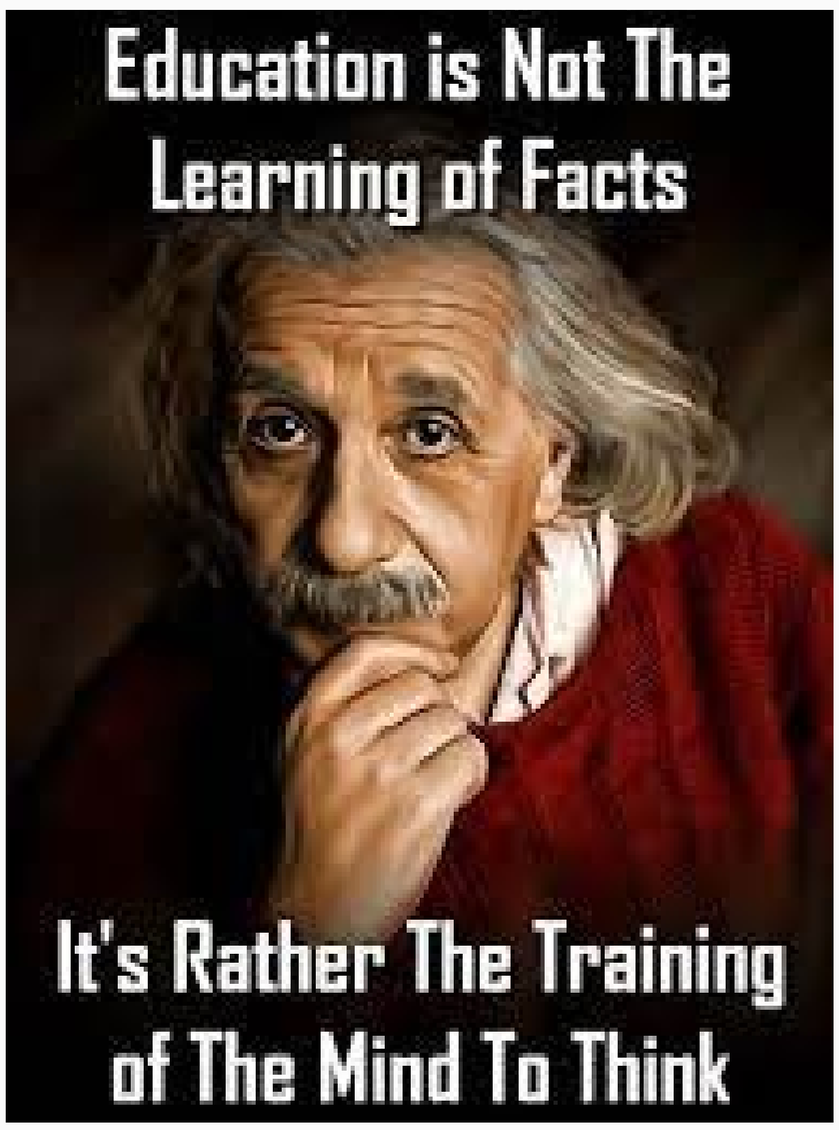
BOOK RECOMMENDATION :

'THE ART OF SPENDING MONEY'



'The Art of Spending Money' by Morgan Housel offers a refreshing perspective on personal finance, focusing on the meaning behind every dollar spent rather than just budgeting. The book teaches that financial success is measured not by net worth, but by the degree of control, security, and happiness one's spending buys. Key lessons include spending on freedom and time, aligning spending with personal values, investing in peace of mind, and distinguishing between being "rich" and being "wealthy." The authors emphasize the importance of resisting external pressures and making intentional financial decisions that reflect one's true priorities. This book provides a valuable philosophy for modern life, helping readers view financial decisions as choices between anxiety and freedom, temporary highs and lasting satisfaction.

THOUGHT OF THE DAY



WORD

AUDACITY

[ɔːˈdæs.ə.ti]

n. courage or confidence of a kind that other people find shocking or rude

He had the audacity to blame me for his mistake!

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LKG STUDENTS LEARNT TO FIGHT PNEUMONIA DURING SPECIAL ASSEMBLY



Tiny tots of Kindergarten school attended a special assembly on World Pneumonia Day, spreading awareness about this major respiratory infection. Teachers educated the young minds about the disease, its prevention, and the importance of vaccination. Students learned about the impact of a healthy diet and good hygiene practices in combating Pneumonia. They were encouraged to take preventative measures, including wearing full-sleeve clothes and maintaining cleanliness. The assembly empowered the tiny tots with knowledge, inspiring them to spread awareness and stay healthy!

TREE-MENDOUS GRAMMAR MAGIC WITH ARTICLES

The young learners of Class III showcased their creativity and understanding of grammar through a fun-filled activity – Article Tree. In this engaging activity, children beautifully crafted colourful trees and decorated them with leaves and fruits bearing the words 'a', 'an', and 'the'. 🌿 Through this hands-on experience, they learned the correct usage of articles in a joyful and memorable way. The activity not only strengthened their grammatical concepts but also encouraged teamwork, imagination, and artistic expression.

Such innovative classroom practices truly make learning grammar a delightful experience! 🌈📖



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SUPERCELLS SQUAD: CLASS VI UNCOVERED MATHS MAGIC





Students of Class VI enthusiastically participated in the activity 'Game of Finding Supercells' as part of their Mathematics learning. Through this engaging task, they explored how numbers have unique identities, such as being prime, composite, square, cube, or special. The Mathematics teacher guided the students to observe patterns, analyze factors, and classify numbers based on their properties, helping them understand that numbers convey meaningful information.

Working in groups, students discussed, reasoned, and presented their findings, which encouraged teamwork and logical thinking. The activity made learning enjoyable and interactive, turning abstract concepts into clear, hands-on experiences. The session not only strengthened their number sense and problem-solving skills but also sparked curiosity and interest in discovering the hidden beauty of Mathematics.

STUDENTS CORNER

NATURE



KRISHNAV KHOLIA
VI MARIGOLD

Look at the sunshine
What a beautiful day!
Under the trees,
We can run and play.
Yet we pollute nature,
What will happen to it,
In the future...

By cutting down trees and animals,
How long is mother earth going to live?
Nature is getting older and older .
Are we going to live any longer?
The bolder and bolder we get,
The shorter and shorter the nature lives.

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WEALTH'S WISE PATH



SHVETA CHITKARA
(COMMERCE COORDINATOR)

In your hands, the future's gold,
Manage your cash, your dreams to unfold.
Save a part, invest with care and might,
Secure tomorrow, shine with delight.

Like Jhunjhunwala, start with a small stake,
Grow your wealth, let your investments make.
Kedia's tale of turning thousands to crores is told,
Damani's DMart empire grows young and old.

Agrawal's Motilal Oswal Group shows the way,
Veliyath's small-cap success shines day by day.
Learn from their journeys, invest with a plan,
Build your wealth, secure your future's stand.

Budget wisely, track each flow with ease,
Distinguish needs from wants, let wisdom breeze.
Cut unnecessary, save with dedicated zest,
Financial freedom's yours, you're truly blessed.

Emergency funds, a safety net to hold,
Unexpected costs won't hit you hard to unfold.
Invest in skills, in knowledge that's key,
Your future self will thank you, you'll see.

Avoid debt's snare, live within your means with peace,
Credit cards, loans, don't let them bring you to your knees.
Plan for goals, short-term delight,
Long-term gains, shine with all your might.

Financial discipline, a virtue that's rare,
Leads to stability, shows you truly care.
Take control, make informed, smart moves,
Your financial future, seize it with confidence, no excuses.

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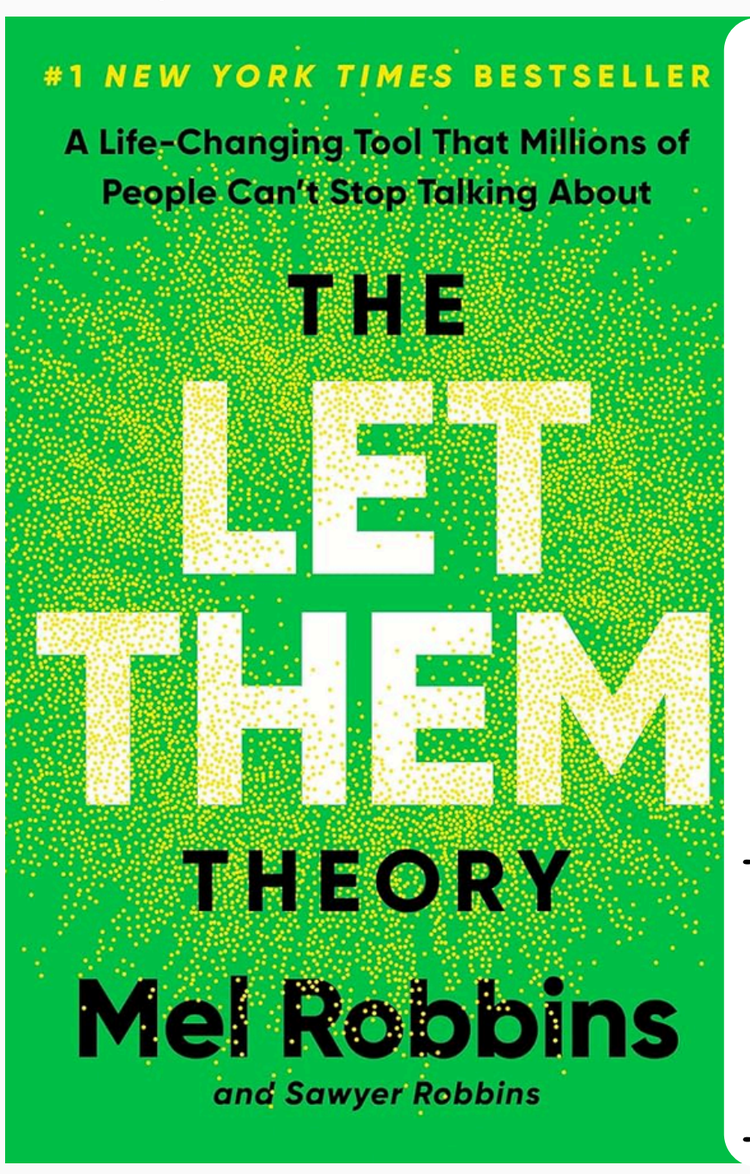
BOOK RECOMMENDATION :

'THE LET THEM THEORY'



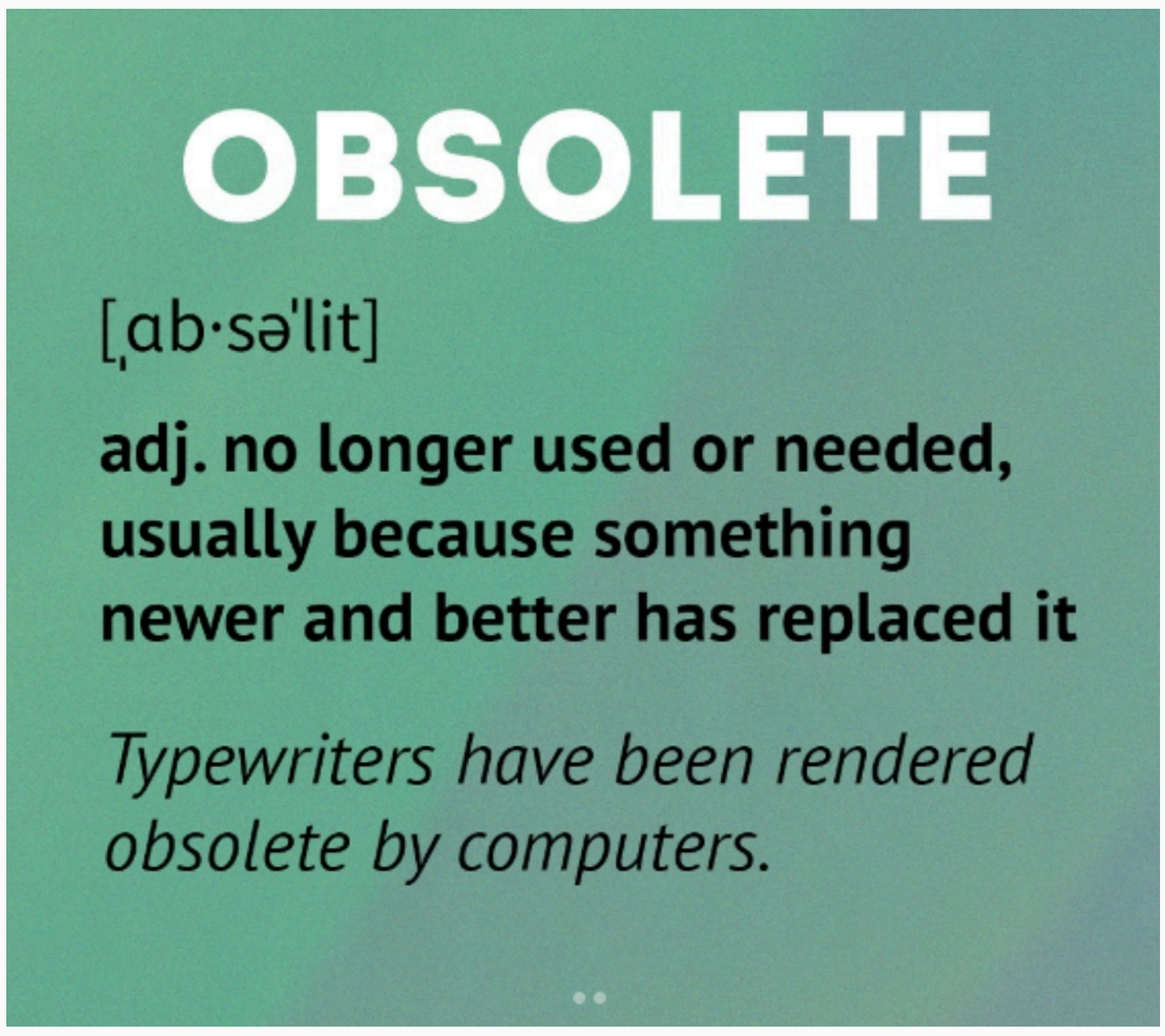
'The Let Them Theory' by Mel Robbins is a powerful tool for achieving emotional freedom and peace. It emphasizes recognizing that you can't control others' reactions and choosing not to engage in futile emotional labor. By adopting this mindset, you can set boundaries, prioritize your own needs, and conserve mental energy. The theory encourages self-awareness, emotional detachment, and acceptance, allowing you to focus on what you can control and live more authentically. By letting go of the need for external validation and approval, you can break free from people-pleasing and live a more intentional life. This philosophy offers a valuable perspective on managing relationships and finding inner peace in a chaotic world.

THOUGHT OF THE DAY

"If you have goals and procrastination, you have nothing. If you have goals and you take action, you will have anything you want."

-Thomas J. Vilord

WORD



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Proud Achievement!



AKHIL DADWAL
(X TULIP)





ARTICLE

The Postcards I Never Sent

This summer, I was packed off to my grandmother's village in the hills of Uttarakhand. My parents called it a "digital detox." I called it a punishment. No Wi-Fi, no friends, no television—just chirping birds, endless trees, and a grandmother who still used a landline.

Most people bring home souvenirs from their summer vacation—magnets, seashells, or T-shirts with glittery city names. I brought home postcards—not the kind you buy at tourist shops, but ones I wrote myself and never sent.

For the first few days, I sulked like a professional. I counted mosquitoes at night, doodled stick figures in my notebook, and rolled my eyes at everything Amma said. Every morning, I was awakened by the temple bells, not alarms. The window would be filled with soft golden light and the smell of Amma's ginger tea.

"You're on vacation," she would say, "it's time to rest your eyes and wake up your heart."

I didn't know what that meant, but I nodded like I did.

On the third day, Amma gave me an old rusted tin box. "It belonged to your Nana," she said, her eyes soft with memory. Inside were dozens of vintage postcards—some blank, others filled with curling, faded handwriting. Most had images of rivers, temples, sunsets, and fields—like snapshots from a quieter world.

"We used to write our feelings on these," she explained. "Some for others, some just for ourselves."

I held a blank one in my hand—untouched, waiting.

That evening, I sat under the old mango tree near the cowshed and stared at the postcard for a long time. Then, I began writing.

I didn't know whom I was writing to. Maybe no one. Maybe the sky. I described the way the sunlight turned the grass golden, the quiet hum of insects, and the sound of Amma humming an old folk song in the kitchen.

From that day on, I wrote one postcard every single day. Some were addressed to real people I met.

One to a little girl who sat near the riverbank, selling bundles of flowers. She couldn't have been older than six. She didn't speak, just smiled and offered a handful of marigolds tied with red thread. I gave her five rupees and kept the flowers in my sketchbook.

'To the girl with flowers,' I wrote, 'you reminded me that beauty doesn't need a price tag or fancy wrapping.'

Another was for the shepherd boy, who was training his dog to heard goats. I watched from a distance as he gave gentle commands, never raising his voice once.

His kindness echoed louder than any shout.

'To the boy on the hill,' I wrote, 'you showed me that leadership can be soft and still powerful.'

Some postcards, though, were written just for myself.

One said, 'Today I saw a butterfly land on Amma's tea cup. She didn't move. I didn't blink. That moment lasted forever.'

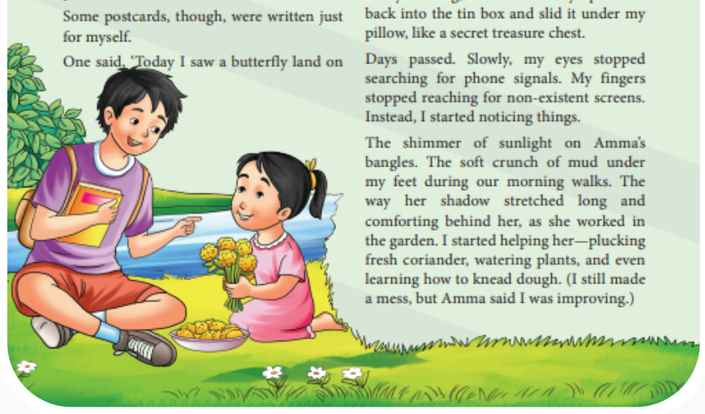


Another read, 'For the first time, I watched the clouds without checking the time. It felt like the sky was telling me stories.'

Every evening, I tucked the day's postcard back into the tin box and slid it under my pillow, like a secret treasure chest.

Days passed. Slowly, my eyes stopped searching for phone signals. My fingers stopped reaching for non-existent screens. Instead, I started noticing things.

The shimmer of sunlight on Amma's bangles. The soft crunch of mud under my feet during our morning walks. The way her shadow stretched long and comforting behind her, as she worked in the garden. I started helping her—plucking fresh coriander, watering plants, and even learning how to knead dough. (I still made a mess, but Amma said I was improving.)





One afternoon, while Amma napped, I sat beside her and quietly wrote:

'To Amma, your wrinkles are not signs of age, but maps of the stories I want to spend a lifetime exploring.'

We laughed more, spoke less, and found comfort in the quiet. I began to understand that stillness isn't the absence of life—it's where life breathes deeply.

One evening, when fireflies danced in the dark, I showed Amma the thick bundle of postcards I had written. Her eyes welled up.

"You never posted them?" she asked softly.

"No," I replied. "I think they've already reached the only place they needed to—me."

She smiled, kissed my forehead, and whispered, "Then you've truly had a vacation."

On the last morning of my stay, I took one final walk to the village post office. It was a tiny red building with creaky wooden doors and a sleepy postmaster.

I dropped just one postcard into the mailbox. It was addressed to: ME

City: Everywhere I feel at peace

Pin Code: Unknown

And it read:

Dear Future Me,
Please do not forget this summer.
Do not forget Amma's laughter, the smell of marigolds, the sound of the wind in the trees, or the night when the sky was so full of stars it felt like the universe had written you a letter. Don't forget that silence is not empty—it's full of answers.
Love,
The You Who Finally Paid Attention

Akhil Dadwal
Class–X
BCM School, Ludhiana, Punjab

Dugri's Pride: Akhil's Words Take Flight in NCERT Sapno Ki Udan Magazine!!

We're thrilled to share that Akhil Dadwal (X Tulip), has made it to the prestigious NCERT E-Magazine, 'Sapno ki Udan' (July 2025 issue)! His poignant article, 'The Postcards I Never Sent', has been selected and published in the esteemed magazine.

Heartiest congratulations to Akhil on this outstanding achievement!

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GRADE 1 CHILDREN'S DAY BLAST WITH NO BAG DAY





Grade 1 students had an absolute blast celebrating Children's Day with a super fun 'No Bag Day' at school! The day kicked off with Cricket Mania, where tiny tots showcased their team spirit and coordination on the field. The excitement continued with track races, filling the playground with cheers and laughter. A delicious twist followed - a Sandwich-Making Activity! Students brought fresh veggies from home and created colorful, healthy sandwiches, learning about healthy eating habits and sharing with friends. The celebration was a perfect blend of fun, fitness, and learning, making it a day to remember for every child!

CREATIVITY UNBOXED IN THE 'TREASURE OF TRAITS' ACTIVITY!

The classrooms buzzed with excitement as young BCMites of the Primary Wing took part in a fun-filled activity — 'Treasure of Traits'.💫

Each child picked an object from a colourful box and described its special features with confidence and creativity. 🎲📚🍎 From toys to storybooks, every item became a spark of imagination and joyful learning! 🌟🗣️

The session ended with laughter, applause, and smiles all around.



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SPEAK TO SHINE: THE COMMUNIQUE EXPERIENCE







The Communiqué Activity was conducted for the students of Class VI as part of the Subject Enrichment Activity. The main objective of the activity was to enhance the students' oral communication skills, confidence, and clarity of expression.Each participant presented their ideas clearly and confidently, using appropriate vocabulary, expressions, and flashcards. The activity helped students to organise their thoughts, improve their public speaking abilities, and overcome stage fright.

Teachers guided the students on effective speaking techniques such as voice modulation, body language, and eye contact. It provided a wonderful platform for young learners to express themselves fluently in English and to develop their communication and interpersonal skills.

BCMITES SPREADING SUNSHINE ON WORLD KINDNESS DAY





Class IX students turned kindness into contagious energy with Kindness Day celebration. The 'One Kind Act' Challenge brought out the best in everyone, with students helping the needy, thanking helpers, and sharing joy with peers.

The 'Wall of Warmth' was the highlight, filled with sweet notes for teachers, friends, parents, and support staff. It was a day that melted hearts and spread kindness like wildfire!

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LOVE — THE ESSENCE OF LIFE



ISHA MEHTA
TGT MATHEMATICS

Love is not just a feeling that fades with time,
It's a melody gentle, a rhythm sublime.
It lives in each bond, in each heart's embrace,
In every act of kindness, it finds its place. 💫

💗 The best love is life — a gift divine,
To breathe, to dream, to let your soul shine.
Each heartbeat whispers, "Cherish your days,"
For living itself is love's pure praise. 🌞

👫 True love is for siblings, a bond so rare,
A fight, a laugh, a promise to care.
Through every storm, through every test,
This love stands firm — it's truly blessed. 🌈

🙏 Pure and selfless love is for God above,
A faith so deep, a prayer of love.
When hearts surrender, and egos fall,
You find His presence embracing all. ✨

👨‍👩‍👧‍👧 Infinite love is with parents dear,
Their eyes hold comfort, their hearts hold cheer.
They give without asking, they stand so tall,
Their love — no measure can hold at all. 💞

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🎓 **Unmeasurable love is from teachers wise,**
Who light the world through young minds' eyes.
They plant the seeds that grow and bloom,
And guide us out of ignorance's gloom. 🌻
💼 **Perfect love is with your career bright,**
A dream you chase with all your might.
Through sweat and struggle, through hopes anew,
You build your life with love so true. 🌠
👵 **Honest love is for elders' grace,**
Their gentle hands, their warm embrace.
Their wisdom lights the path you tread,
Their blessings crown the road ahead. 🌹
🌳 **Harmless love is nature's song,**
The rustling leaves where hearts belong.
She gives us shade, she gives us air,
To love her back is our humble prayer. 🍃
📚 **Invested love is education's art,**
It shapes the mind, it molds the heart.
For knowledge is love that forever stays,
A lantern that lights your endless ways. 🕯️
So children, remember as you grow,
Love is not just the words you show —
It's in respect, in truth, in care,
In giving more than what's fair. 💐
For true love is life's greatest art,
It begins from the soul and blooms in the heart. ❤️

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STUDENTS CORNER



LET'S MAKE THE MOST OF EVERY CHANCE!

JANNAT
XI ARTS B

Hey everyone,

I just wanted to share something that I've been thinking about lately. Every time there's an announcement about a new competition, activity, or event, many of us react the same way — "Again? Another one?" But honestly, these activities aren't meant to burden us. They're meant to build us.

When we take part in different things — be it a debate, a dance, a quiz, or a club event — we discover a little more about ourselves. We find out what excites us, what challenges us, and what we're actually good at.

Sometimes, we even surprise ourselves.

Not participating doesn't save time — it just delays self-discovery. Because someday, when we step into the real world, we'll be expected to know our strengths, to express ourselves, and to take initiative. School is the safest, most encouraging space to figure all that out.

Even if we don't win, every experience teaches us something — how to work with people, how to stay calm under pressure, and how to get back up after failing. These are life skills, not just "event skills."

So next time your teacher asks, "Who wants to volunteer?" — don't look down or wait for someone else. Take that chance. Say yes. Because every "yes" adds confidence, courage, and clarity to your journey.

We're not just collecting certificates — we're collecting versions of ourselves.

Let's make every opportunity count !

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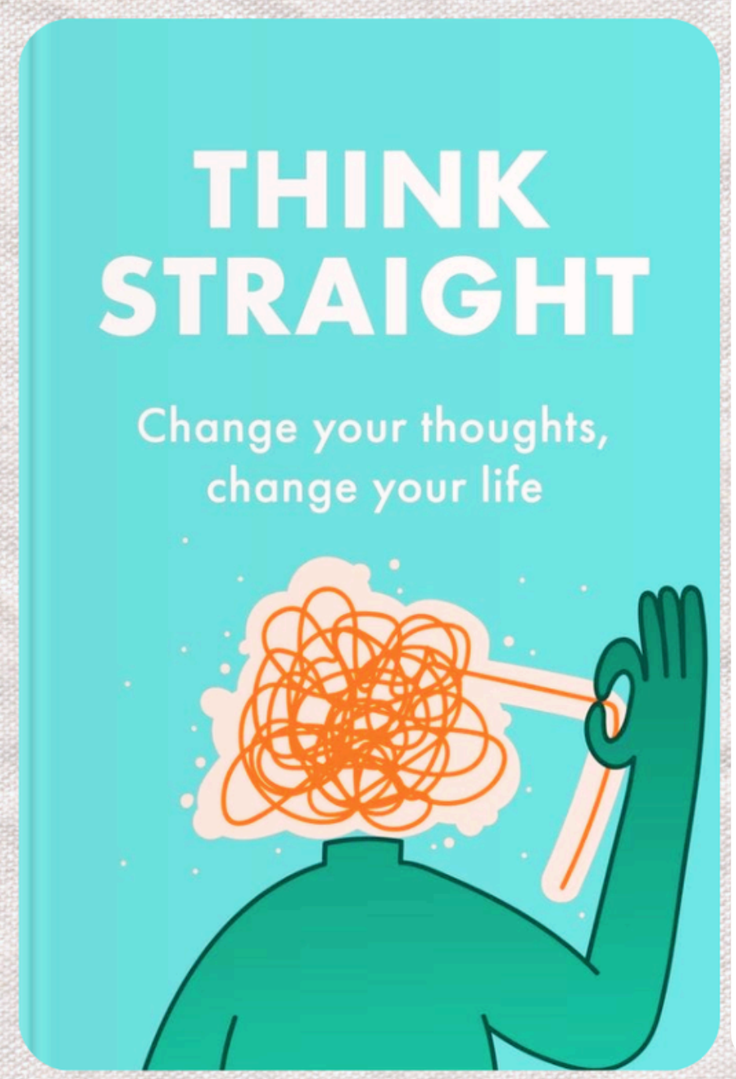
BOOK RECOMMENDATION : 'THINK STRAIGHT: CHANGE YOUR THOUGHTS, CHANGE YOUR LIFE'



Think Straight: Change Your Thoughts, Change Your Life by Darius Foroux is a practical guide to mastering your thoughts and transforming your life. The book offers actionable strategies to overcome mental obstacles, focusing on cognitive science-backed techniques to filter out useless thoughts, prioritize facts, and drive meaningful action. Foroux emphasizes the importance of acknowledging thought patterns, challenging biases, and grounding thinking in reality. By incorporating simple exercises and habits, readers can develop mental fitness, make sharper decisions, and cultivate a calmer, more focused mindset.

THOUGHT OF THE DAY



WORD

RAPTURE

['ræp.tʃɚ]

n., intense joy or delight

She listened in rapture to the concert.

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A THOUGHTFUL BEGINNING: A RENDEZVOUS WITH THE DIRECTOR, SCHOOL EDUCATION, BCMF

The day marked an important moment for BCM Dugri as the academic community had the opportunity to meet the newly appointed leader of the BCM family. The school Principal, Dr. Vandna Shahi, warmly welcomed Mr Amitava Ghosh, Director, School Education, BCM Foundation, whose arrival carried a quiet depth — the kind that draws attention not through volume, but through clarity and sincerity of thought. What unfolded was not just an introductory meeting; it felt like the unveiling of a philosophy, a shift in perspective that invited everyone to see schools not as mere buildings, but as living, breathing ecosystems.

In his gentle, reflective, and intellectually rich tone, the Director shared the thought process and vision he brings with him. He reminded the gathering that a school can never be a standalone institution. It breathes, evolves, and thrives as an interconnected ecosystem shaped by three powerful elements — People, Place, and Practices. Over time, he explained, practices silently transform into habits, and habits eventually crystallize into the value system that becomes the very soul of a school.

Amidst these elements, he placed the strongest emphasis on teachers. Teachers, he said, are the "software" of the school — the invisible architecture upon which learning, culture, and character are built. Their ongoing growth — physical, intellectual, emotional, and ethical — forms the foundation on which any progressive institution stands tall.
He then shared a thoughtfully charted Road Ahead Map, outlining the school's direction in academics, assessment, and the harmonious integration of curricular and co-curricular excellence. He encouraged teachers to approach their work with deeper intentionality: to structure their thoughts and gently overcome mental blocks that restrict creativity and innovation. He urged them to pause, reflect, and consciously refine their approach before stepping into the classroom. His words carried both emotional warmth and intellectual depth, leaving the faculty stirred with renewed purpose.

As part of the school's introspective journey, three organisational tools were administered — the Organisation Diagnosis Questionnaire, the Teacher Skill Instrument, and the School Practices Questionnaire. These, he explained, act as mirrors through which an institution can view itself honestly, recognise its strengths, and prepare for meaningful transformation.
The session concluded with Ms Gurpreet Kaur, Dean Administration, offering heartfelt gratitude. She thanked him for his clarity, his deep understanding of educational spaces, and the inspiring roadmap he shared for the growth of every learner, every teacher, and the school as a whole.

As the meeting drew to a close, what lingered in the air was a quiet sense of hope — the gentle awareness that a new chapter had begun, rooted in reflection, enriched with values, and guided by thoughtful purpose.





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BACHPAN UTSAV

Celebrating the Joy of Childhood at BCM School













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BCM School celebrated Children's Day with great joy and enthusiasm through Bachpan Utsav, a vibrant blend of fun, creativity, and meaningful learning. The day honoured Pandit Jawaharlal Nehru's belief that children are the nation's greatest treasure and offered students a lively mix of activities that filled the campus with smiles.

Students showcased their talents in the Talent Hunt Show and solo dance performances, expressing confidence and creativity. A refreshing Field Day Out with cricket and fun races promoted teamwork and sportsmanship, while indoor activities like Card Making, Pictionary, Dumb Charades, Bingo, Indoor Games, and a movie screening added to the excitement. The innovative Accounting Tambola and a cheerful volleyball match were special highlights of the celebration.

Adding value to the festivities, the school participated in Mission Swasth Kavach through a live WebEx session, where students and teachers learned about blood pressure monitoring and essential CPR skills.

Principal Dr. Vandna Shahi extended warm wishes to all children, reminding them that they are precious, full of dreams, and full of potential. She appreciated the teachers for making the day memorable and joyful.

Bachpan Utsav truly reflected the spirit of childhood—filled with laughter, learning, and cherished moments.

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OCTOBER 2025: IDEAS OF THE MONTH

The School is proud to have its innovators shine bright ! October 2025 was a remarkable month, showcasing exceptional creativity and problem-solving skills. Here's a spotlight on our outstanding students:

1. Anmolpreet Kaur, VII Daisy

Upcycling nail clippings into:

- Natural Soap

- Bricks

- Insulation Filters

A creative approach to sustainability!



ANMOLPREET KAUR
VII DAISY

2. Ashpreet Kaur & Japleen Kaur, VII Jasmine

Introducing NFC-enabled ID cards for:

- Automatic attendance tracking

- Enhanced security

A tech-savvy solution for a smarter school!



ASHPREET KAUR
VII JASMINE



JAPLEEN KAUR
VII JASMINE

Kudos to these students for inspiring us with their brilliant ideas!

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STUDENTS CORNER

TRIBAL HERITAGE OF INDIA
TRIBAL HERO – BIRSA MUNDA



NAVNEET KAUR
XI ARTS A

India is known for its rich culture, and tribal communities form an important part of this heritage. They live close to nature and teach us to live in harmony with the environment. Their respect for forests, rivers, and mountains reminds us of the need to protect nature in today's modern world.

Among the many tribal heroes, Birsa Munda is one of the most inspiring. He was born on 15 November 1875 in Jharkhand. During British rule, the tribals lost their land and were forced to pay heavy taxes. Birsa Munda led the Ulgulan Movement, meaning "The Great Tumult," to fight for his people's rights. His famous slogan, "Abua Dishum Abua Raj" (Our Land, Our Rule), became a symbol of tribal pride and freedom.

Though he died young, at only 25 years, he is remembered as "Dharti Aba" (Father of the Earth). To honour his contribution, 15 November is celebrated as Janjatiya Gaurav Divas (Tribal Pride Day) every year.

Birsa Munda's life teaches us courage, truth, and the power of one voice. The tribal heritage of India keeps our nation's roots strong and reminds us of the beauty of unity in diversity.

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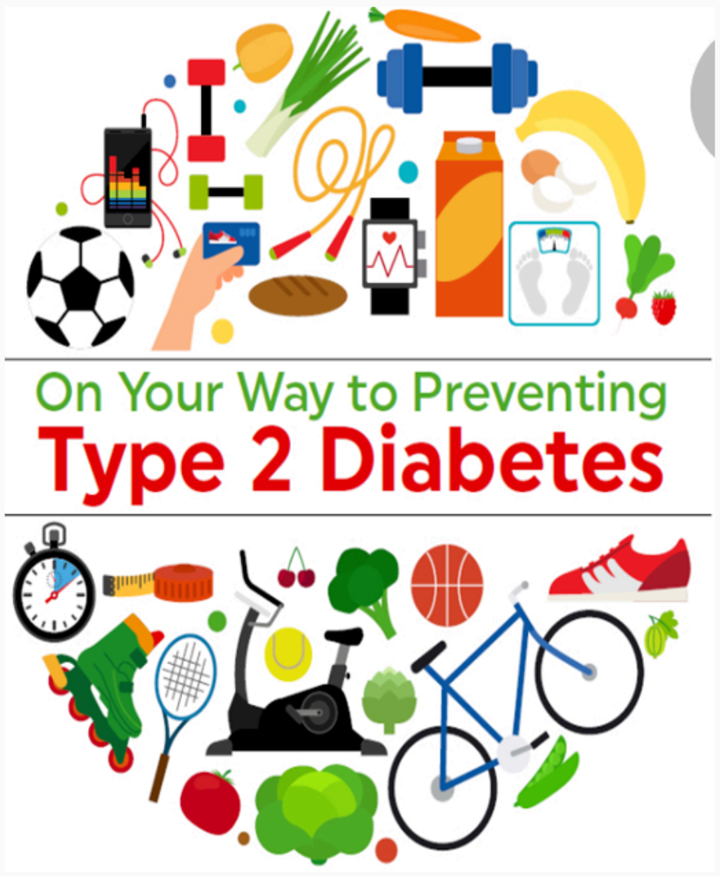
PREVENT TYPE 2 DIABETES: MAKE HEALTHY CHOICES





NANDITA RAMPAL
PGT – BIOLOGY

Type 2 diabetes is a growing health concern worldwide. Fortunately, by adopting a healthy lifestyle, we can reduce our risk of developing this disease. Type 2 diabetes is a condition where our body struggles to control blood sugar levels. This happens when our body doesn't use insulin properly or doesn't make enough insulin. High blood sugar levels can lead to serious health problems like heart disease, kidney damage, and vision loss.

A balanced diet and regular physical activity are key to preventing Type 2 diabetes. Eating more whole grains, fruits, and vegetables is essential. Limiting sugary and processed foods is also important. Engaging in physical activities like walking, cycling, or sports for at least 60 minutes daily can help. Maintaining a healthy weight and staying hydrated by drinking plenty of water are also crucial.

By adopting these healthy habits, we can reduce our risk of developing Type 2 diabetes and lead healthier lives. It's essential to make positive lifestyle changes and encourage others to do the same. By working together, we can promote a healthier community and reduce the risk of Type 2 diabetes.

Let's make healthy choices and stay active to prevent Type 2 diabetes. By taking small steps towards a healthier lifestyle, we can make a big difference in our lives.

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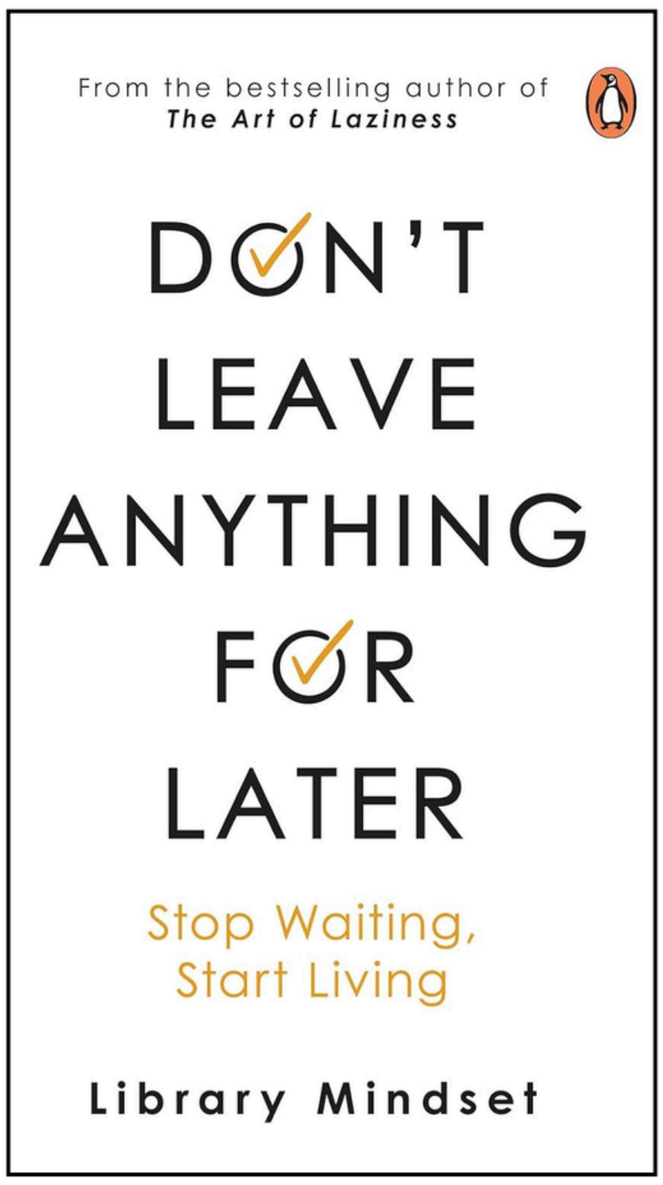
BOOK RECOMMENDATION :

'DON'T LEAVE ANYTHING FOR LATER'



Don't Leave Anything For Later by Library Mindset is a powerful motivator to overcome procrastination and take action towards your goals. The book emphasizes that waiting for the perfect time or plan often leads to missed opportunities and regret. By understanding the emotional resistance behind procrastination and taking small steps forward, individuals can build discipline and momentum. Key takeaways include prioritizing progress over perfection, facing fear through action, and recognizing that every moment counts. The book encourages readers to live with purpose and presence, making the most of the present to build a fulfilling future

THOUGHT OF THE DAY

"I really think a champion is defined not by their wins but by how they can recover when they fall."

SERENA WILLIAMS

WORD

KINDLE

['kɪn.dəl]

v., to cause strong feelings or ideas in someone

Her imagination was kindled by the exciting stories her grandmother told her.

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Proud Achievement!

Prabhgun Singh Secures Top Spot in Regional Round of National Design Contest





We are thrilled to announce that our talented student, Prabhgun Singh of Class XI Sci B, has won the first prize in the regional round of the prestigious National Design Contest, organised by CBSE in collaboration with FDDI. His innovative project, "Nazariya - A path for Blind people", has earned him a spot in the nationals, and we couldn't be prouder!

The contest, themed "Ergonomics and User-Centricity", attracted numerous talented participants, making the competition fierce. However, Prabhgun's exceptional design skills, creativity, and dedication shone through, securing the top spot and paving the way for the national finals.

We congratulate Prabhgun on this outstanding achievement and wish him the best of luck for the upcoming national round. His hard work and perseverance are an inspiration to his peers, and we are confident that he will make our school proud once again.

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PRIMARY STUDENTS' STELLAR CELEBRATION OF POSITIVITY AND GROWTH











The students of Class IV presented their Annual Function – Aurora: The Dancing Light with great zeal and enthusiasm.The theme beautifully symbolized positivity, creativity, and the power of light that guides young minds towards knowledge and growth.

The celebration began with a Lamp Lighting Ceremony, signifying the victory of light over darkness, followed by a vibrant welcome dance that filled the atmosphere with joy and energy. Each performance reflected the students' confidence, coordination, and artistic spirit as they conveyed messages of hope, harmony, and togetherness.

The event was a perfect blend of art, expression, and inspiration — truly showcasing how school nurtures every child to shine like a radiant light.

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CLUBS IN ACTION: WHERE TALENT MEETS OPPORTUNITY









At BCM Dugri, our 15 vibrant clubs create a dynamic learning environment where every child gets the chance to explore, discover, and shine.

From artistic expression in the Design & Decor Club and culinary creativity in Young Chefs, to confident communication through CommuniQuest and environmental stewardship in the Green School Club, every activity adds meaning to students' growth.

The Young Tourism Club opens windows to culture and heritage, while Arya Bal Sabha instils character, discipline, and moral values. Hands-on tasks, collaborative projects, demonstrations, and real-world experiences help students develop essential 21st-century skills such as teamwork, leadership, problem-solving, and creativity. Each club provides a safe, joyful space where students can pursue interests, discover talents, and build a sense of identity and purpose.

Together, these clubs truly represent the spirit of BCM Dugri—a place where opportunities are created, talents are nurtured, and every learner is empowered to grow holistically.

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NATIONAL PRESS DAY CELEBRATION WITH CREATIVE CLASSROOM NEWSPAPER ACTIVITY



On the occasion of National Press Day, Class IX students enthusiastically took part in Classroom Newspaper Creation activity aimed at fostering an understanding of responsible journalism and meaningful expression.

Working in groups, students designed their own mini-newspapers featuring current topics such as technology, environment, sports, social issues, and global events. They selected stories, crafted headlines, and created layouts that reflected both creativity and authenticity.The activity helped them recognise news as a powerful tool that informs, influences, and shapes society.

TRAILBLAZERS OF TRADITION: THE BIRSA MUNDA QUIZ

TRAILBLAZERS OF TRADITION: THE BIRSA MUNDA QUIZ

To honour the legacy of the great tribal leader Birsa Munda,the School conducted a quiz competition titled “Tribal Trail – Birsa Munda” for Class VII. The activity aimed to create awareness about India’s tribal heritage and Birsa Munda’s inspiring role in the freedom struggle.



Students participated with enthusiasm, representing teams like Birsa Braves, Forest Friends, Tribal Stars, and Earth Protectors. The quiz featured 30 engaging questions based on Birsa Munda’s life, principles, and the tribal movement.

The event enriched students’ knowledge of tribal history and inspired values of courage, leadership, and respect for culture and nature—the timeless ideals embodied by Birsa Munda.

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NURSERY STUDENTS MASTERED CLOTH FOLDING ACTIVITY





As part of the life skills training, the Nursery class students participated in a 'Cloth Folding Challenge' activity, where they learned the essential skill of folding clothes. With the guidance of their teachers, the little ones enthusiastically folded their clothes, developing their fine motor skills and hand-eye coordination.

This engaging activity not only taught the students a crucial life skill but also boosted their independence, self-esteem, and confidence. By mastering this simple yet important task, our students took a significant step towards becoming self-reliant individuals.

STUDENTS CORNER

WORK HARD



BHAVIKA VERMA
VII- MARIGOLD

If you grow, you will fall.
Don't think that, you have fallen forever.
Do work and, grow higher than previous.
Then enjoy your success and, leave your defeat behind.
We don't know, what will our life do.
But work harder, to be happier than ever.

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THE POWER OF GRATITUDE:
A GENTLE LESSON FOR EVERY HEART



ARCHANA KALIA
TGT SOCIAL SCIENCE

In the rush of everyday life, we often forget to pause and say a simple yet powerful word — "Thank you." Gratitude is not just a polite expression; it's a beautiful way of seeing the world. It teaches us to notice the small joys — the smile of a friend, the warmth of a morning sun, the quiet strength of a teacher who believes in us even when we falter.

As teachers, we plant seeds of learning, but it is gratitude that helps them grow. When a student says "Thank you, ma'am" after understanding a concept, it is not just appreciation — it's a bond that nourishes both hearts. Gratitude transforms classrooms into communities where kindness flows freely and respect becomes second nature.

Being grateful doesn't mean life is perfect; it means we choose to focus on what's good, even in challenges. A grateful heart turns ordinary days into blessings and lessons into memories. It reminds us that every question asked, every effort made, and every smile shared has meaning.

So, let's inspire our students — not just to score high marks, but to count their blessings. Let them know that success tastes sweeter when served with gratitude. For in the end, it is not what we have, but how we appreciate it, that truly defines our richness.

✨ Gratitude doesn't just fill hearts — it lights them.
Let's keep that light glowing, in our classrooms and beyond.

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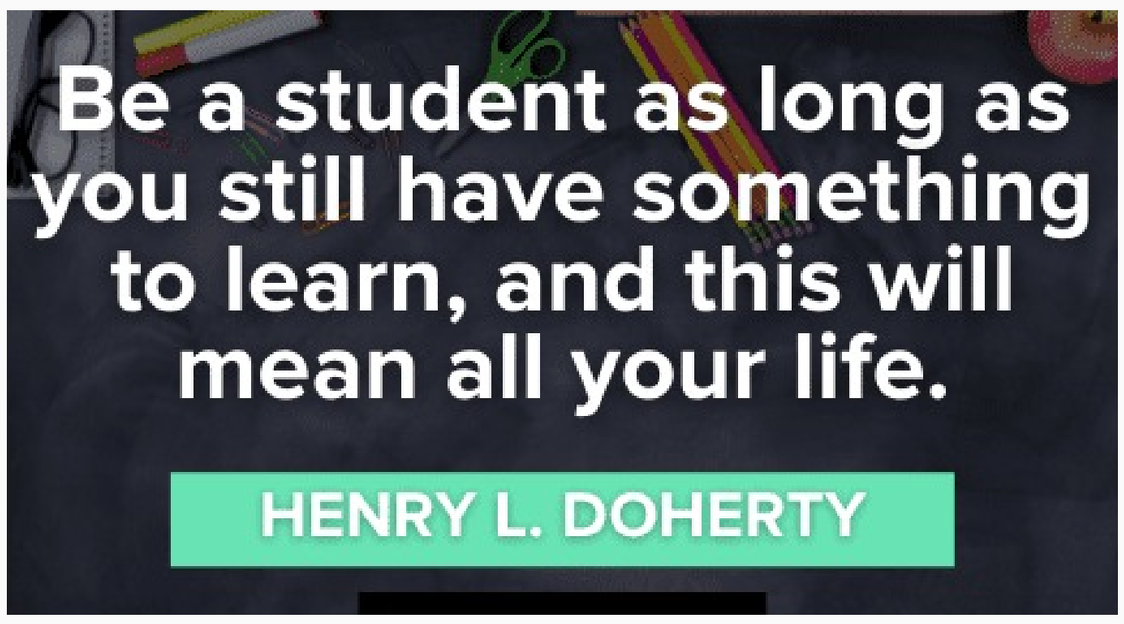
BOOK RECOMMENDATION :
'REWIRE'



Rewire by Nicole Vignola offers a transformative approach to changing deep-seated thought patterns and behaviours. The book emphasizes that our brain's wiring is not destiny; it's malleable through neuroplasticity. Vignola provides a toolkit to rewire our brain, distinguishing between the brain as 'hardware' and mental health as "software". Key lessons include recognizing subconscious habits, challenging negative beliefs, and practicing self-regulation. The book highlights the importance of small, consistent practices, visualization, and repetition in reinforcing new pathways. Factors like sleep, nutrition, and exercise significantly impact brain health and plasticity. Vignola encourages readers to challenge old narratives, adopt new ones, and recognize they're not stuck, but in process. By understanding the brain's mechanisms and applying practical neurohacks, readers can rewrite their story and become the person they truly want to be.

THOUGHT OF THE DAY



WORD

LUNACY

['lu:.nə.sɪ]

n., stupid behaviour that will have bad results

It would be lunacy to try to climb the mountain in this weather.

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STATE LEVEL CYBER WHIZ:
RANVIR RANA



We are thrilled to announce that Ranvir Rana, from Class VIII Rose, has secured the State-Level First Prize in the National Cyber Awareness Story Writing Competition – NCSAM 2025! ✨

This prestigious competition, organized by the Ministry of Electronics and Information Technology (MeitY) under the ISEA programme, recognizes the brightest young minds contributing to cyber awareness. 🖥️💡

Ranvir's outstanding story captivated the judges and earned him an official certificate in recognition of his exceptional talent and effort.

Huge congratulations, Ranvir! We're so proud of you! Your creativity and dedication set a shining example for others to follow.

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REFLECTIONS OF JOY THROUGH MIRROR MOVEMENT ACTIVITY



Our Nursery students enjoyed a fun-filled Mirror Movement Activity, promoting physical coordination, self-confidence, and language development. With big smiles, they made different face impressions, expressing emotions like "I am happy" and "I am sad". This engaging activity helped them understand body gestures, improve focus, and observe their surroundings.



PRIMARY WING SHINES AT BEST OUT OF WASTE ACTIVITY









Students from the primary wing showcased their incredible creativity and talent during the 'Best Out of Waste' activity, transforming ordinary waste into extraordinary, eco-friendly creations. From newspaper bags to mobile stands made from egg trays, pen holders, and wall décor, the young learners proved that with a little imagination, waste can be turned into something truly remarkable. The event not only fostered creativity but also taught students the value of recycling, reusing, and protecting the environment. The enthusiasm and teamwork displayed by the students were truly inspiring, with everyone working together and taking pride in their finished products. It was a fun and meaningful experience for all, and a testament to the power of imagination and sustainability.

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रचनात्मक अभिव्यक्ति का माध्यम है विज्ञापन निर्माण





कक्षा VIII के विद्यार्थियों के लिए "शब्दों का कमाल, असरदार विज्ञापन का धमाल" शीर्षक से एक आकर्षक गतिविधि का आयोजन किया गया। इस गतिविधि का उद्देश्य विद्यार्थियों में सृजनात्मकता, कल्पनाशीलता, भाषाई दक्षता और प्रभावी प्रस्तुतीकरण कौशल का विकास करना था।

इस अवसर पर कक्षा VIII के विद्यार्थियों ने विभिन्न विषयों सड़क सुरक्षा, पर्यावरण संरक्षण, जल संरक्षण आदि सामाजिक संदेशों पर आधारित प्रभावशाली विज्ञापन प्रस्तुत किए। रंग-बिरंगे चार्ट, आकर्षक नारे, चित्रात्मक प्रस्तुति और अभिनव विचारों के माध्यम से बच्चों ने अपनी प्रतिभा और मौलिक सोच का उत्कृष्ट प्रदर्शन किया। उनकी रचनाएँ न केवल देखने में आकर्षक रहीं, बल्कि संदेश को प्रभावी ढंग से व्यक्त करने में भी सफल साबित हुईं।

यह गतिविधि विद्यार्थियों के आत्मविश्वास, रचनात्मक सोच, भाषा-अभिव्यक्ति तथा संप्रेषण कौशल को निखारने में अत्यंत सहायक रही। आयोजन ने यह संदेश स्पष्ट रूप से दिया कि "शब्दों में अद्भुत शक्ति होती है — यदि उन्हें सही ढंग से प्रयोग किया जाए, तो वे विचारों को जन-जन तक प्रभावशाली ढंग से पहुँचा सकते हैं।"

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STUDENTS CORNER



AMANVEER SINGH
VII DAISY

ਮਹਾਰਾਜਾ ਰਣਜੀਤ ਸਿੰਘ



ਪੰਜਾਬ ਦਾ ਸ਼ੇਰ ਸੀ ਉਹ,
ਰਣਜੀਤ ਸਿੰਘ ਮਹਾਨ,
ਹਿੰਮਤ, ਦਿਲ ਤੇ ਦਲੇਰੀ ਨਾਲ
ਬਣਾਇਆ ਉਸਨੇ ਰਾਜ ਮਿਸਾਲ।

ਲਾਹੌਰ ਦਾ ਸੀ ਮਹਾਰਾਜ,
ਨਿਆਂ ਕਰਦਾ ਸੀ ਹਰ ਵਾਰ।
ਹਿੰਦੂ, ਮੁਸਲਮਾਨ ਸਭ ਨਾਲ,
ਰੱਖਦਾ ਸੀ ਬਰਾਬਰ ਪਿਆਰ।

ਸੋਨੇ ਦਾ ਮੰਦਿਰ ਚਮਕਿਆ,
ਜਦ ਕੀਤੀ ਉਸਨੇ ਸੇਵਾ।
ਸੱਚਾਈ, ਸ਼ੂਰਮੇਪੁਣ ਨਾਲ,
ਛੱਡ ਗਿਆ ਹੁਣ ਸਾਨੂੰ।

ਸ਼ੂਰਮੇ ਦੀ ਧਰਤੀ ਦਾ ਮਾਣ ਵੱਡਾ,
ਰਣਜੀਤ ਸਿੰਘ ਰਿਹਾ ਸਦਾ ਜਾਗਦਾ ਨੂਰ,
ਉਸਦਾ ਨਾਮ ਚਮਕੇ ਯੁੱਗਾਂ- ਯੁੱਗ ਅਮਰ ਅਜੈ।

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YOUTH: THE SEEDTIME OF DESTINY



SIMMI DHIMAN
(COORDINATOR)

Youth is a sacred chapter in the journey of life—a period when energy is abundant, dreams are boundless, and the mind is fearless. It is often said that the fragrance of youth shapes the destiny of a nation, for young people carry both the fire of passion and the light of hope. Philosophers across ages believed that when the young direct their enthusiasm with wisdom, they become the architects of a better world.

History offers countless examples of young individuals who transformed society with their courage and vision. Malala Yousafzai, still in her teens, raised her voice for girls' education in Pakistan and became a global symbol of resilience. Greta Thunberg began a solitary protest in Sweden, yet her determination inspired millions to fight for the planet. In the world of innovation, Mark Zuckerberg, at just 19, created Facebook, altering how people communicate globally. These anecdotes prove a timeless truth: when youth awakens, the world shifts.

But youthful energy, if not guided, can drift into impulsiveness. Therefore, young age must not be wasted in anger, laziness, or meaningless pursuits. It is the period when one must cultivate discipline, patience, and self-awareness. As philosophers say, "The mind is its own universe; conquer it, and you conquer the world." Young people should reflect before they act, think before they speak, and choose paths that enrich not only themselves but also their surroundings.

Every young person carries within them a seed of greatness. It grows when they read, learn new skills, explore their talents, and serve society. Whether it is leading a school project, volunteering for a cause, or mastering a craft, every step shapes their character. The future does not arrive by accident; it is created by the decisions made today.

Youth is the age of possibility, courage, and hope. To make the maximum of it is to honour life itself.

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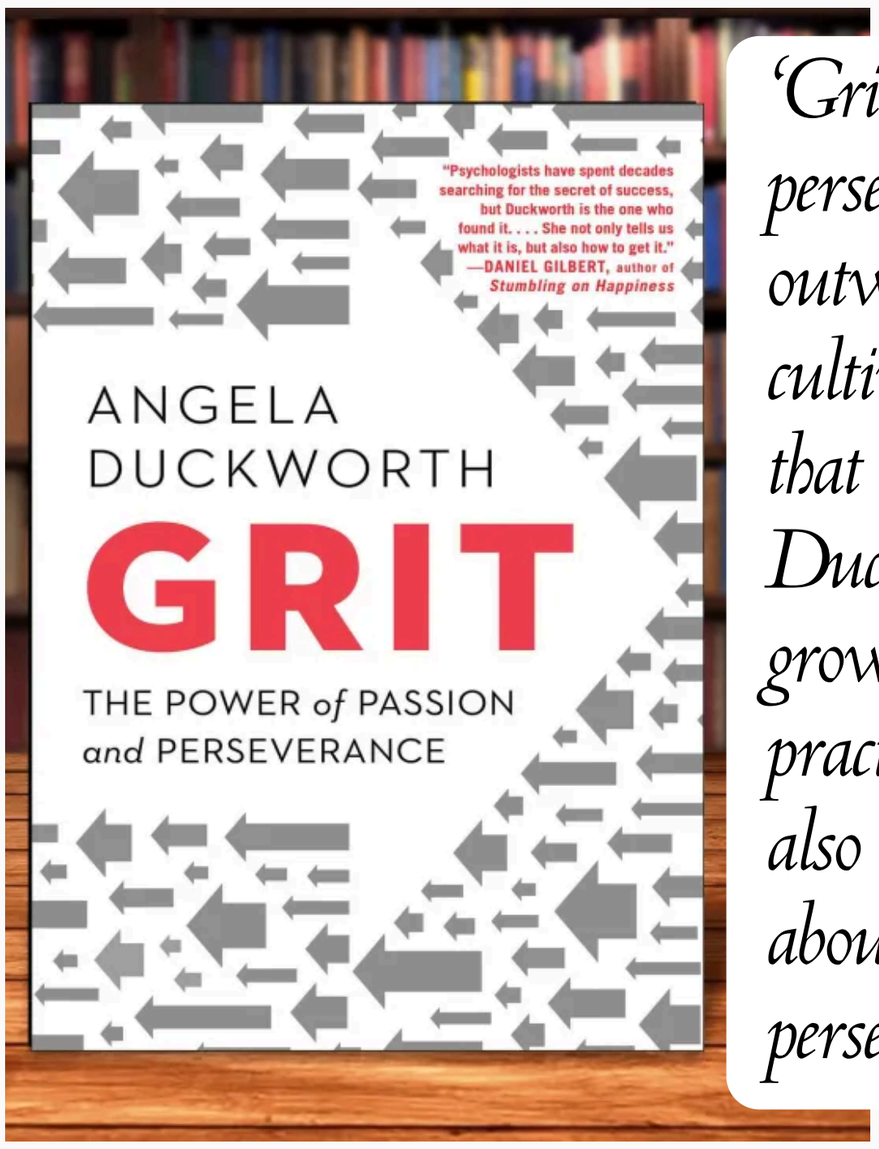
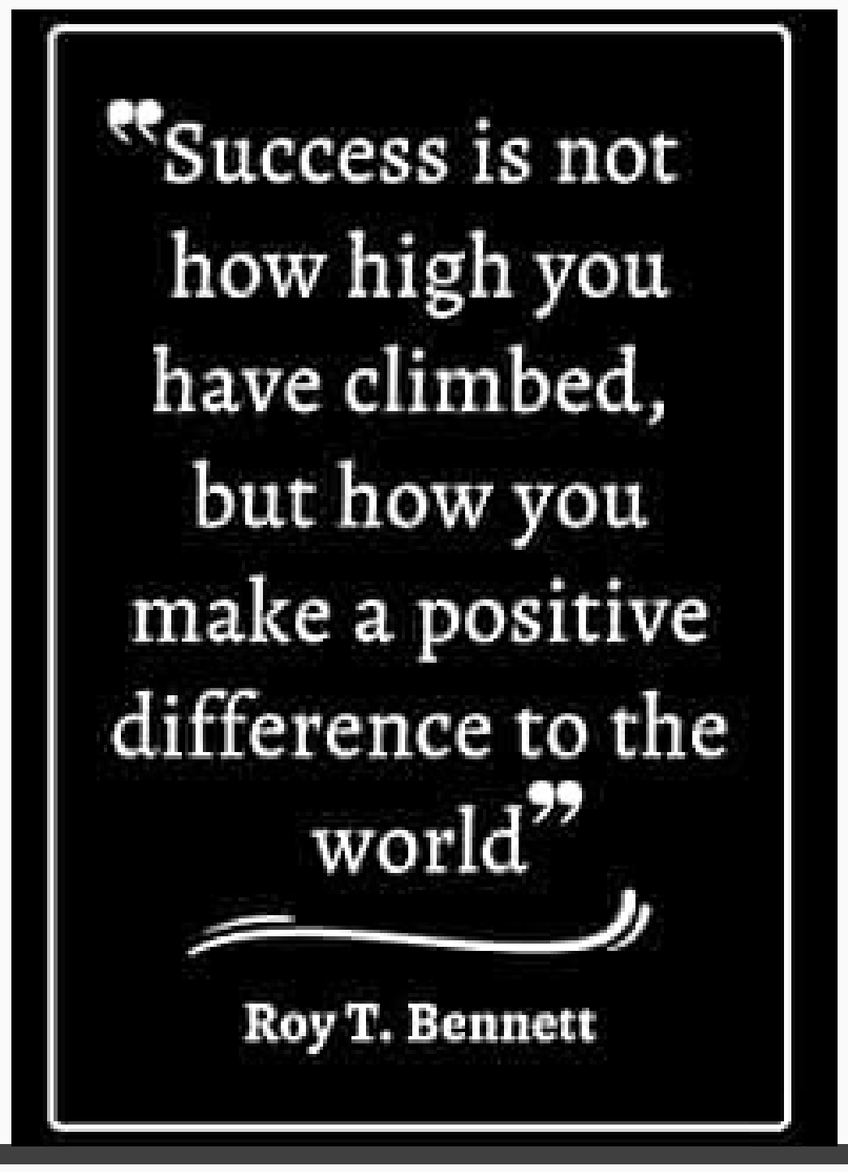
BOOK RECOMMENDATION :

'GRIT'

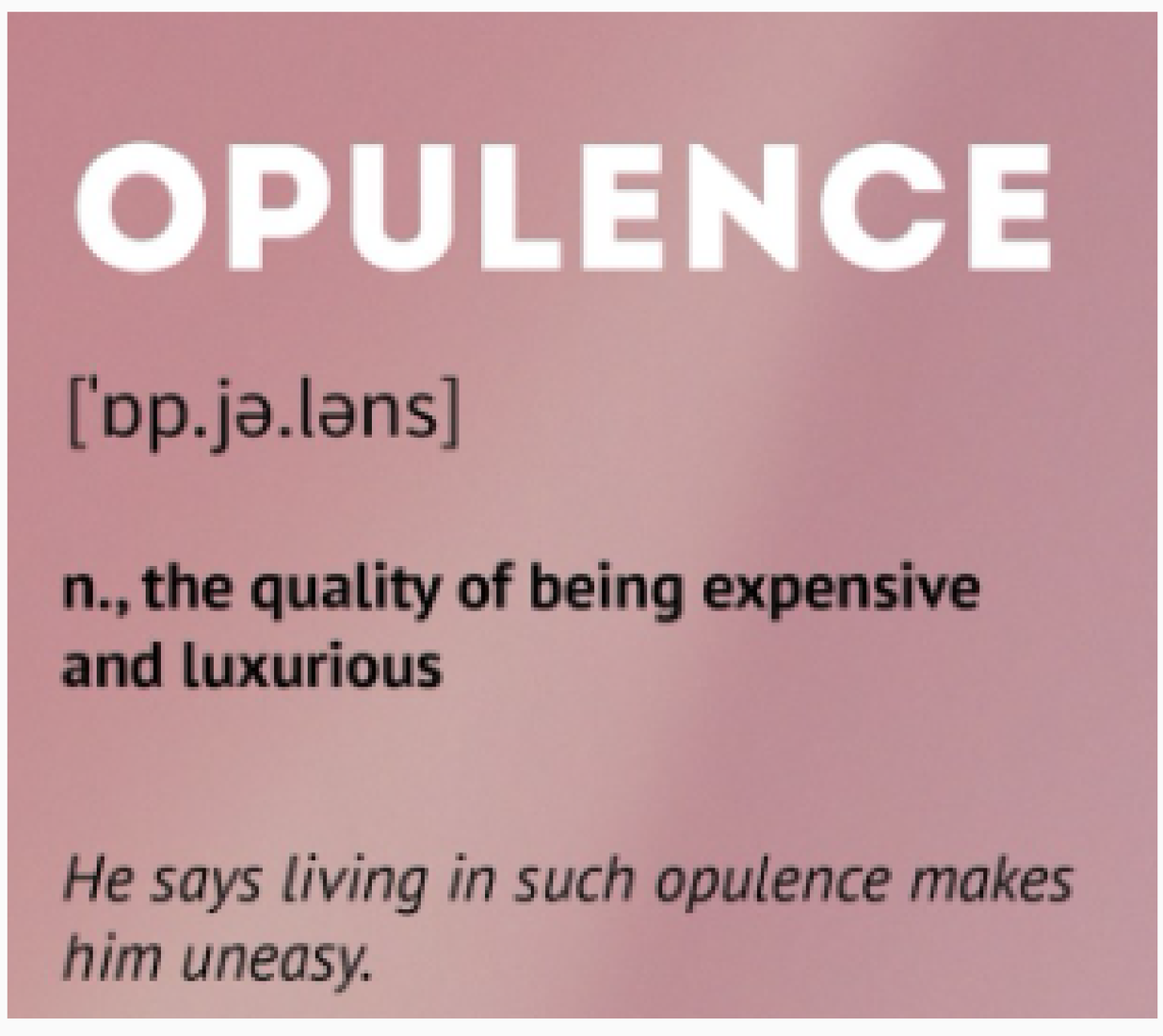


'Grit' by Angela Duckworth reveals that passion and perseverance are the keys to remarkable achievement, outweighing talent or luck. The book highlights that grit can be cultivated through intentional habits and mindset shifts, and that effort counts twice in skill development and achievement. Duckworth emphasizes the importance of strategic patience, growth mindset, and purpose in fuelling persistence. Deliberate practice, emotional regulation, and supportive communities also play crucial roles in sustaining effort. Ultimately, grit is about relentlessly pursuing goals with passion and perseverance, and growing every day.

THOUGHT OF THE DAY



WORD



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DANCE SENSATION :

DIVYANSHI

ROCKS VIRSA FEST PUNJAB!





Divyanshi of Class VI Marigold has brought great pride to our school by winning 1st position in the Dance category at the VIRSA Fest Punjab Season 3 Grand Finale held at Red Cross Bhawan, Jalandhar. Her outstanding performance has made our school proud.

Heartiest congratulations to Divyanshi on this remarkable achievement!

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UKG STUDENTS HOP INTO HEALTHY HABITS!





A fun-filled circle time activity, "Healthy Hops with Fruits", was organized for UKG students. The young learners enthusiastically participated, jumping inside the circle for fruits and outside for vegetables. This energetic activity helped them identify and differentiate between fruits and veggies while promoting physical movement and healthy food choices. The activity sharpened cognitive skills and made learning interactive and enjoyable.

"CLASS III LEARNT FRACTIONS THROUGH A CREATIVE 'FRACTION STREET' ACTIVITY!"





The students of Class III actively took part in an engaging “Fraction Street” Maths activity aimed at building a clear understanding of fractions. Using colourful paper sheets, children folded them into halves, thirds, and fourths, discovering how a whole can be divided into equal parts. They also compared simple fractions, learning that ½ is bigger than ¼ and ⅓ is bigger than ¼, turning tricky concepts into easy and fun learning moments. The classroom was filled with excitement as students explored shapes, shared ideas with peers, and confidently identified different fractions through hands-on practice. This interactive activity not only helped students grasp the concept of fractions but also boosted their confidence in Maths.

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'MATHEMATICS IN ACTION'





The school conducted an engaging hands-on activity titled 'MATHEMATICS IN ACTION' for students of the middle wing. The activity aimed to help learners understand the concept of angles through an interactive and experiential approach.

Students actively participated by using their arms, elbows, legs, and full body movements to create different types of lines such as parallel and intersecting lines and angles such as acute, right, obtuse, straight, reflex, and complete angles. Teachers demonstrated each angle first, after which students worked in pairs and small groups to form the angles collaboratively. This kinaesthetic method helped students visualize angles in a real-life context, making abstract concepts easier to comprehend.

The activity not only strengthened conceptual clarity but also encouraged teamwork, observation skills, spatial understanding, and body coordination. Students enjoyed exploring mathematical ideas through movement, and the classroom atmosphere was filled with enthusiasm and creativity.

Overall, the activity successfully transformed mathematics learning into a joyful and memorable experience, reinforcing the school's commitment to innovative and student-centred teaching practices.

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STUDENTS CORNER

ON A CHILD'S BEHALF



NAMANVEER KAUR
IX TULIP

With high hopes and a bright mind
I was raised to increase my parents pride.
Pressured days with uneasy mind
Be perfect! Be perfect! Everytime ?
Even after trying my best
I'm not able to please their minds.
I know their sacrifices
Of day and night.
But their ignorance of my words
I too do mind.
But after some passage of time
Everything gets alright.
Their negative words
Are only for betterment of their child.
The words won't echo
Anymore in my mind
Because they've made me
What I'm today.
Only for me to realise
That everything they say
Is for my improvement in life.



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EMPATHY – A LANGUAGE THAT EVERYONE SHOULD SPEAK



DUPINDER KAUR
TGT ENGLISH

“The heart has its own alphabet — written in understanding, spoken in silence.”

Long before words were born, heart already knew how to speak. Its language was simple yet profound — empathy. It asks for no grammar, no translation, only the courage to feel what another feels.

Empathy is not pity; it is presence. It is when your heart kneels beside another’s sorrow, not to fix it, but to understand it. It is when joy is shared as gently as pain. In a world constantly speaking but rarely listening, empathy is that sacred pause — a silence that heals, connects, and transforms.

If our children grow fluent in this language, they will build bridges where others build walls. They will see differences not as divides but as colors in the same spectrum of humanity.

Let us, as educators and human beings, nurture hearts that listen, hands that help, and minds that understand — for when empathy becomes our mother tongue, humanity will finally find its truest voice.

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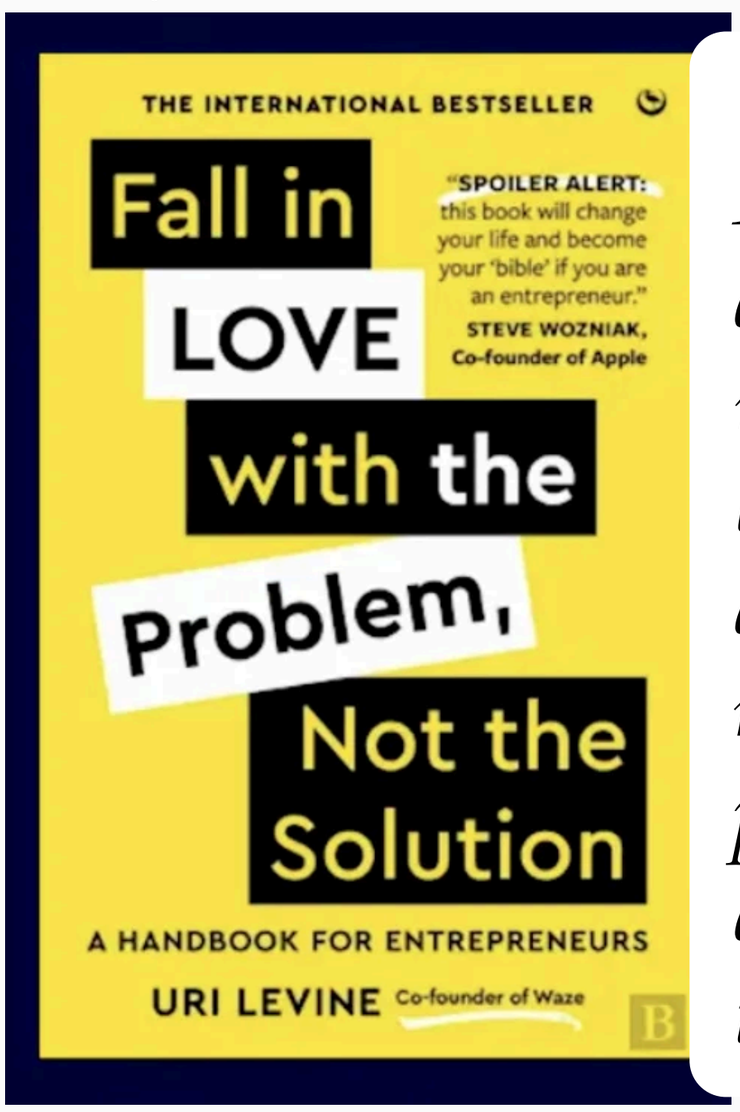
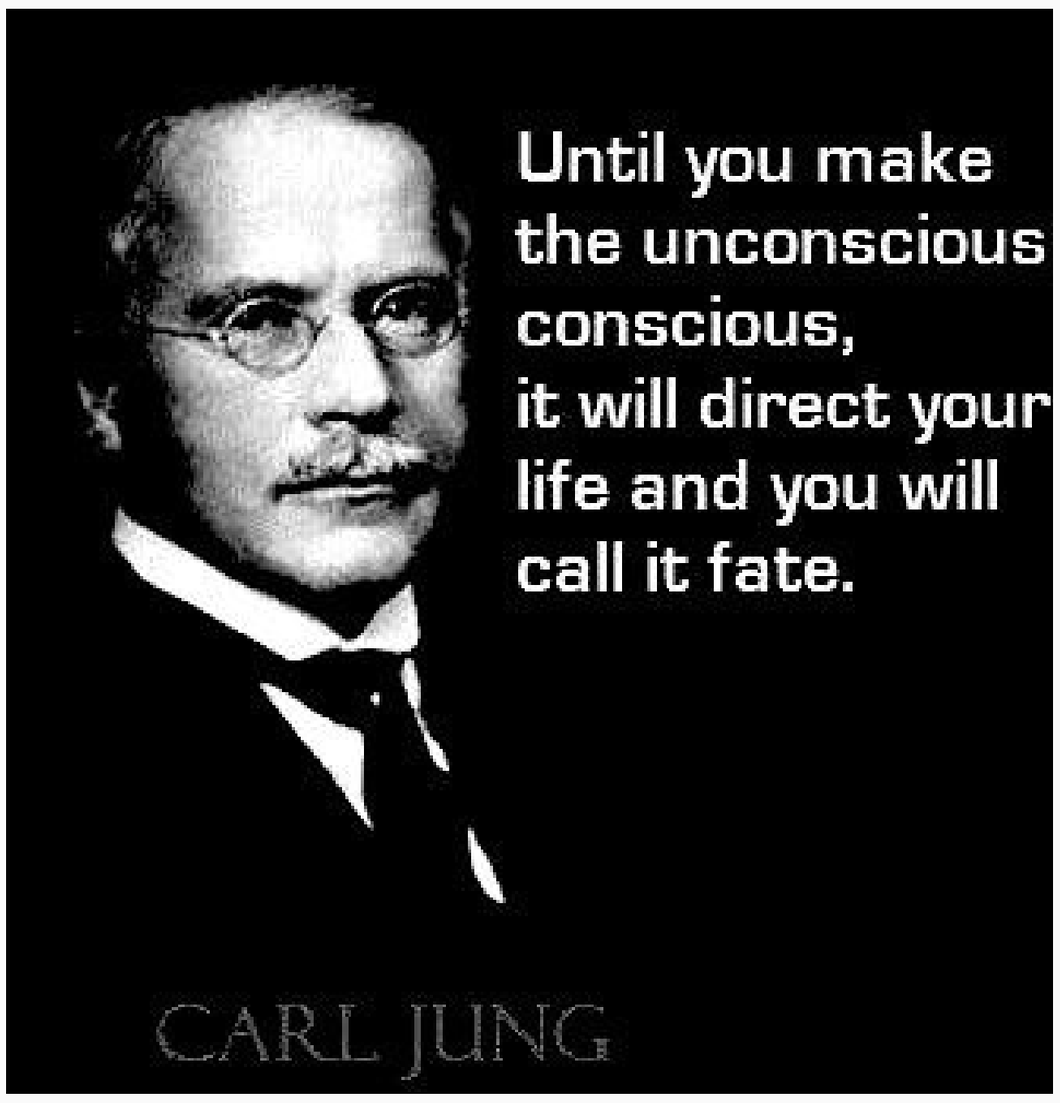
BOOK RECOMMENDATION :
'FALL IN LOVE WITH THE PROBLEM, NOT THE SOLUTION'



'Fall in Love with the Problem, Not the Solution' by Uri Levin offers invaluable insights for entrepreneurs, emphasizing the importance of focusing on the problem rather than getting fixated on the solution. By falling in love with the problem, entrepreneurs can stay adaptable, curious, and open to feedback, ultimately leading to more meaningful innovation. The book's key lessons include prioritizing customer discovery, testing assumptions, embracing iteration, and deeply understanding the problem to create solutions that truly resonate with people.

THOUGHT OF THE DAY



WORD

DAINTY

['deɪn.ti]

adj., small, delicate, and often moving in a careful way

The chicken salad was served in dainty pastry shells.

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Proud Achievement!

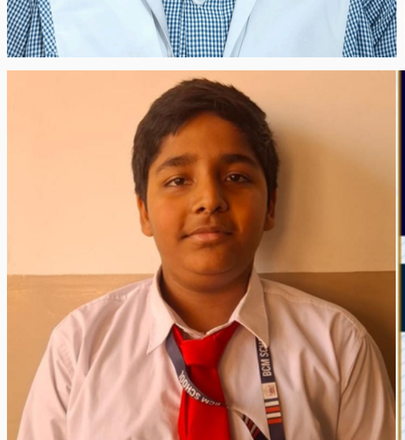
Our students have brought great pride to the school by securing the Top Three State-Level Positions in the National Cyber Awareness Competition – NCSAM 2025 in category- My Success Story: Thanks to Stay Safe Online , organised by the Ministry of Electronics and Information Technology (MeitY) under the ISEA programme.

First Prize
Saanvi Malhotra (IX Daisy)



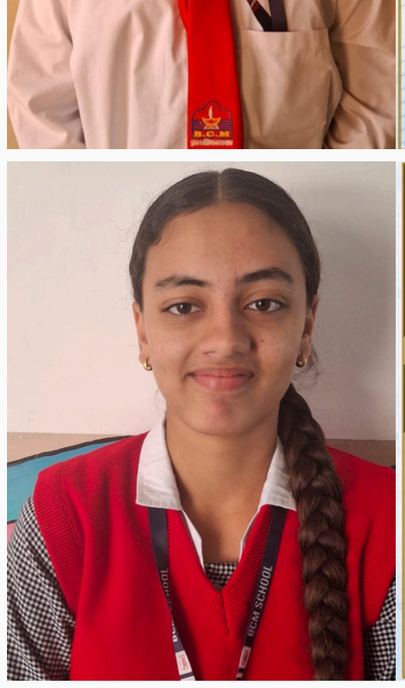


Second Prize
Krishav Malhotra (VII Rose)





Third Prize
Sukhmanpreet Kaur Grewal (IX Daisy)





Each of them has been awarded an official digital certificate in recognition of their exceptional creativity and outstanding performance.

Heartiest congratulations to the proud winners

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DANCE SENSATION : YACHIKA ROCKS VIRSA FEST PUNJAB!



Yachika of Class VII Marigold has brought great pride to our school by winning 2nd position in the Dance category at the VIRSA Fest Punjab Season 3 Grand Finale held at Red Cross Bhawan, Jalandhar. Her outstanding performance has made our school proud.

Heartiest congratulations to Yachika on this remarkable achievement!

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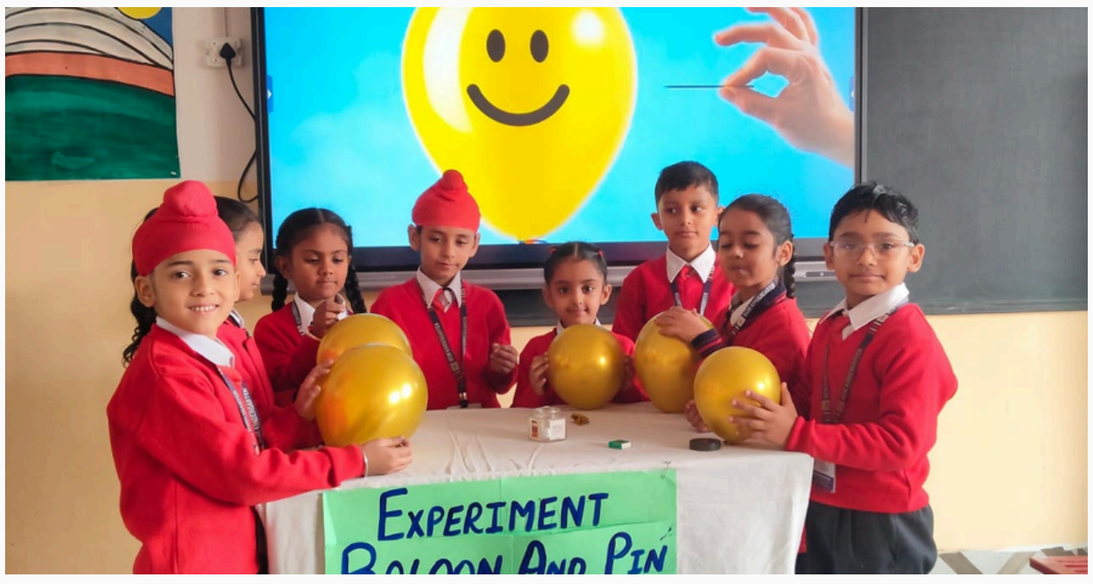
CLASS I EXPLORED THE MAGIC OF SCIENCE!





An exciting Balloon and Pin Experiment was conducted for class I students. To their surprise, the balloon didn't burst when poked with a pin after applying tape! This fun activity taught them how tape reinforces the balloon's surface, preventing it from popping. The experiment sparked curiosity and made learning an enjoyable experience, perfectly showcasing that science is really a magic.

LITTLE WORD DETECTIVES ON THE BOARD





The students of Class II enthusiastically participated in an engaging English vocabulary activity titled "Word Detective." In this fun learning session, the teacher gave exciting clues about different words, and students eagerly guessed the correct word using their thinking skills and prior knowledge. 🎯💡 The child who guessed correctly then explained its meaning or used it in a sentence, helping everyone understand the word better. This playful activity not only boosted their word comprehension but also strengthened sentence formation and confidence in speaking. The young learners truly enjoyed exploring new words while sharpening their minds like real detectives!

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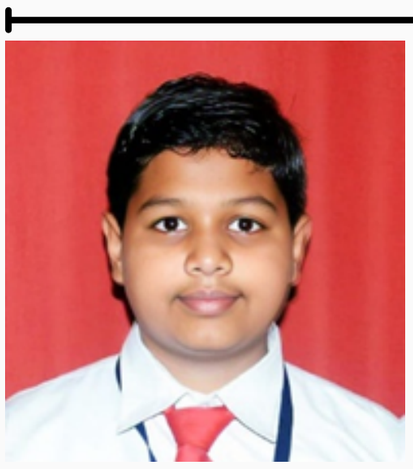
ਸੰਤੁਲਿਤ ਖੁਰਾਕ : ਸਿਹਤਮੰਦ ਜੀਵਨ ਦੀ ਕੁੰਜੀ



ਪੰਜਾਬੀ ਵਿਭਾਗ ਦੁਆਰਾ ਜਮਾਤ ਛੇਵੀਂ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਲਈ "ਸੰਤੁਲਿਤ ਖੁਰਾਕ — ਸੰਤੁਲਿਤ ਖੁਰਾਕ ਖਾਓ, ਚੰਗੀ ਸਿਹਤ ਬਣਾਓ" ਵਿਸ਼ੇ ਅਧੀਨ ਇੱਕ ਸਿੱਖਣਯੋਗ ਅਤੇ ਰਚਨਾਤਮਕ ਗਤੀਵਿਧੀ ਕਰਵਾਈ ਗਈ। ਇਸ ਗਤੀਵਿਧੀ ਦਾ ਮੁੱਖ ਉਦੇਸ਼ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸੰਤੁਲਿਤ ਖੁਰਾਕ, ਇਸਦੇ ਪੋਸ਼ਣ ਤੱਤਾਂ ਅਤੇ ਉਨ੍ਹਾਂ ਦੀ ਭੂਮਿਕਾ ਬਾਰੇ ਜਾਣੂ ਕਰਵਾਉਣਾ ਸੀ। ਬੱਚਿਆਂ ਨੇ ਵੱਖ-ਵੱਖ ਪੋਸ਼ਣ ਤੱਤਾਂ ਦਾ ਰੂਪ ਧਾਰ ਕੇ ਆਪਣੇ ਗਿਆਨ ਨੂੰ ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਢੰਗ ਨਾਲ ਪੇਸ਼ ਕੀਤਾ। ਵਿਦਿਆਰਥਿਆਂ ਨੇ ਇਸ ਗਤੀਵਿਧੀ ਵਿੱਚ ਵੱਡੇ ਉਤਸ਼ਾਹ ਅਤੇ ਜੋਸ਼ ਨਾਲ ਭਾਗ ਲਿਆ, ਜਿਸ ਨਾਲ ਉਨ੍ਹਾਂ ਦੇ ਗਿਆਨ ਵਿੱਚ ਮਹੱਤਵਪੂਰਣ ਵਾਧਾ ਹੋਇਆ। ਇਸ ਰਾਹੀਂ ਬੱਚਿਆਂ ਨੂੰ ਫਲ, ਪੰਜਾਬੀ ਵਿਭਾਗ ਦੁਆਰਾ ਜਮਾਤ ਛੇਵੀਂ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਲਈ "ਸੰਤੁਲਿਤ ਖੁਰਾਕ — ਸੰਤੁਲਿਤ ਖੁਰਾਕ ਖਾਓ, ਚੰਗੀ ਸਿਹਤ ਬਣਾਓ" ਵਿਸ਼ੇ ਅਧੀਨ ਇੱਕ ਸਿੱਖਣਯੋਗ ਅਤੇ ਰਚਨਾਤਮਕ ਗਤੀਵਿਧੀ ਕਰਵਾਈ ਗਈ। ਇਸ ਗਤੀਵਿਧੀ ਦਾ ਮੁੱਖ ਉਦੇਸ਼ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸੰਤੁਲਿਤ ਖੁਰਾਕ, ਇਸਦੇ ਪੋਸ਼ਣ ਤੱਤਾਂ ਅਤੇ ਉਨ੍ਹਾਂ ਦੀ ਭੂਮਿਕਾ ਬਾਰੇ ਜਾਣੂ ਕਰਵਾਉਣਾ ਸੀ। ਬੱਚਿਆਂ ਨੇ ਵੱਖ-ਵੱਖ ਪੋਸ਼ਣ ਤੱਤਾਂ ਦਾ ਰੂਪ ਧਾਰ ਕੇ ਆਪਣੇ ਗਿਆਨ ਨੂੰ ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਢੰਗ ਨਾਲ ਪੇਸ਼ ਕੀਤਾ। ਵਿਦਿਆਰਥਿਆਂ ਨੇ ਇਸ ਗਤੀਵਿਧੀ ਵਿੱਚ ਵੱਡੇ ਉਤਸ਼ਾਹ ਅਤੇ ਜੋਸ਼ ਨਾਲ ਭਾਗ ਲਿਆ, ਜਿਸ ਨਾਲ ਉਨ੍ਹਾਂ ਦੇ ਗਿਆਨ ਵਿੱਚ ਮਹੱਤਵਪੂਰਣ ਵਾਧਾ ਹੋਇਆ। ਇਸ ਰਾਹੀਂ ਬੱਚਿਆਂ ਨੂੰ ਫਲ, ਸਬਜ਼ੀਆਂ, ਦੁੱਧ ਆਦਿ ਸਿਹਤਮੰਦ ਚੀਜ਼ਾਂ ਦੇ ਮਹੱਤਵ ਬਾਰੇ ਮੁੱਲਵਾਨ ਜਾਣਕਾਰੀ ਮਿਲੀ। ਇਹ ਗਤੀਵਿਧੀ ਪੂਰੀ ਤਰ੍ਹਾਂ ਸਿੱਖਣਯੋਗ ਰਹੀ ਅਤੇ ਇਸ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਵਿੱਚ ਸਿਹਤ ਪ੍ਰਤੀ ਸਚੇਤਨਾ ਦੀ ਭਾਵਨਾ ਨੂੰ ਹੋਰ ਮਜ਼ਬੂਤ ਕੀਤਾ। ਸਾਰੇ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਸਰਗਰਮੀ ਨਾਲ ਹਿੱਸਾ ਲਿਆ ਅਤੇ ਗਤੀਵਿਧੀ ਨੂੰ ਸਫਲ ਬਣਾਇਆ।

STUDENTS CORNER

SURPASS OUR FEAR



MITANSH GOYAL
VII ROSE

When fear comes close and make us weak, be calm stay strong that's what we seek.
Believe in self, don't shed a tear, that's how we start to fight our fear.

With courage bright and heart so clear, we walk ahead and hold our cheer.
Each step we take, new strength appears, that's how we surpass our fear.

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FROM FEAR TO FUN: CHANGING THE WAY WE SEE MATHEMATICS



SURPINDER KAUR
TGT MATHEMATICS

‘Maths? Oh no… not again!’ — sounds familiar, doesn’t it?

For many students, just hearing the word mathematics brings a rush of fear ,numbers dancing everywhere, formulas flying around, and that one question in the exam that refuses to make sense. But wait what if we have been looking at maths the wrong way? What if, instead of being a monster of numbers, maths is actually a magician full of surprises, patterns, and secrets waiting to be uncovered?

Let’s pause for a moment and think: who built the bridges we cross, who designed the games we play, and who calculated the timing that helps rockets reach space? It’s all mathematics in action. Maths is not just about addition and subtraction — it’s about imagination, logic, and creativity. It’s like a language ,the language of patterns, puzzles, and possibilities.

As Galileo once said, “Mathematics is the language in which God has written the universe.”

Look around the petals of a flower, the spiral of a seashell, the stars in the sky all follow mathematical patterns. Isn’t that amazing? So why fear something so beautiful? Every time you solve a problem, your brain becomes stronger. Every time you make a mistake, you learn something new. Every “I can’t” slowly turns into “I just did!” That’s the magic of a positive attitude toward learning maths.

Teachers are the real heroes in this journey turning confusion into curiosity, and fear into fascination. When a teacher explains a tough concept with a smile or a fun story, suddenly, numbers start to make sense. And that moment when understanding replaces fear is pure joy.

Students, remember this: maths doesn’t expect you to be perfect; it only asks you to be patient. Don’t fear mistakes they are signs that you’re trying.

As the quote goes, “Mathematics may not teach us how to add love or subtract hate, but it gives us every reason to believe that every problem has a solution.”

So let’s promise ourselves — no more fear of maths! Let’s welcome it with curiosity, explore it with courage, and enjoy it with confidence. Because once we start seeing maths not as a subject, but as a friend, we discover that every equation has a story, every number has a rhythm, and every problem a hidden adventure!

Let’s move together from fear to fun, from hesitation to happiness with the power of mathematics!

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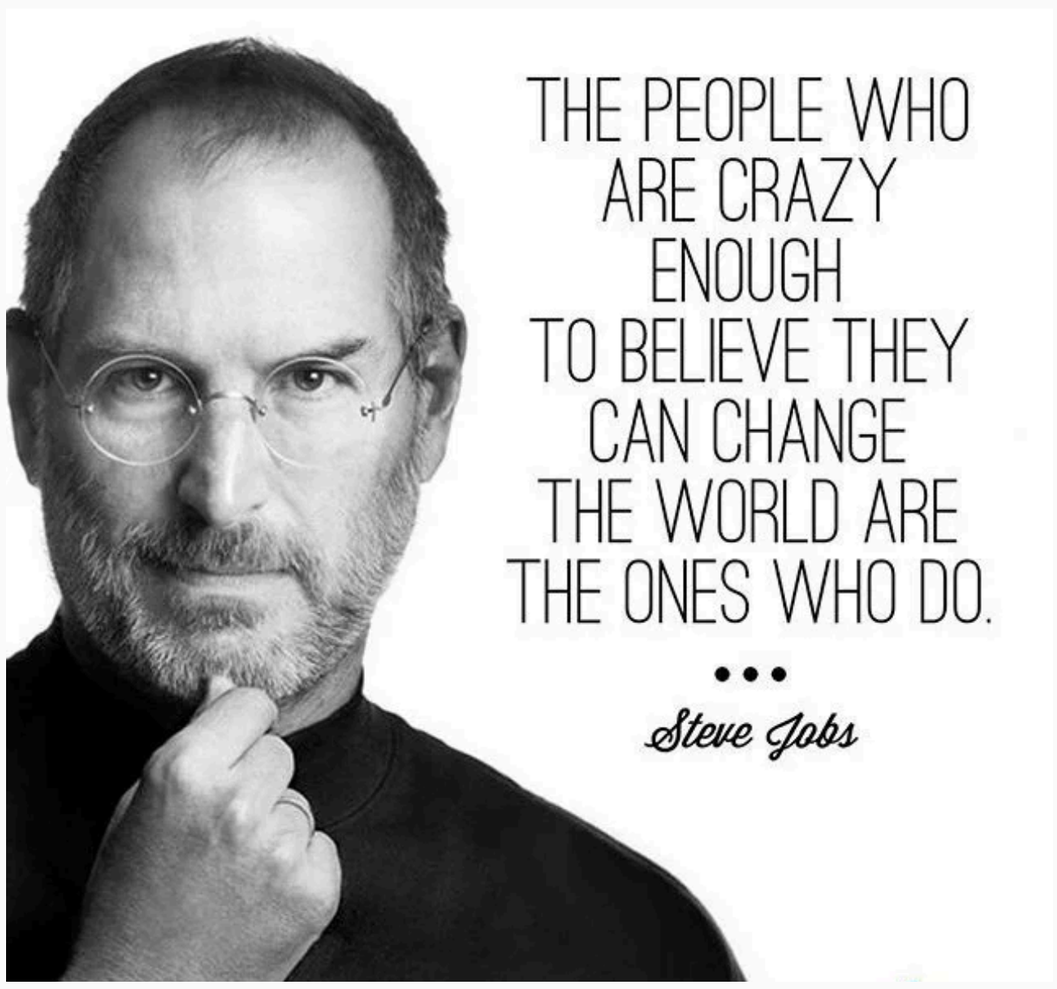
BOOK RECOMMENDATION :

'THE HAPPINESS TRAP'



'The Happiness Trap' by Russ Harris offers a refreshing perspective on the pursuit of happiness, arguing that the constant chase for positivity can actually lead to more suffering. Harris introduces the concept of the "happiness trap," where we get stuck in a cycle of seeking pleasure and avoiding discomfort. Through Acceptance and Commitment Therapy (ACT), he provides a liberating alternative: accepting life's complexities, clarifying our values, and taking committed action despite challenges. The book's key lessons, such as embracing psychological flexibility, prioritizing values over feelings, and practicing mindfulness, resonate deeply. Harris' insights are both profound and practical, making this book a valuable resource for anyone seeking a more authentic, meaningful life — not by feeling good all the time, but by living well despite life's ups and downs.

THOUGHT OF THE DAY



WORD



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Proud Achievement!

Jumping to Success: Nayra's State Level Triumph



We are proud to announce that Nayra of Class IV-Jasmine has brought laurels to our school by securing third position in Individual Rope Performance at the State Level Competition.

Moreover, our school's All-Round Team has also achieved second position at the same competition.

Heartiest Congratulations to Nayra and the entire team!

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SEEKING BLESSINGS ON THE OCCASION OF SHAHEEDI DIWAS OF GURU TEG BAHADUR JI





The school organised a heart-touching and value-enriching visit to the nearby Gurudwara Sahib for the students of Class II to observe the sacred Shaheedi Diwas of Sri Guru Tegh Bahadur Ji.

The tiny learners stepped into the serene premises of the Gurudwara with folded hands and pure hearts. They listened to soulful Gurbani Kirtan, bowed before the Guru Granth Sahib Ji, and learned about the fearless sacrifice and unmatched bravery of Guru Tegh Bahadur Ji—who gave his life to uphold humanity, truth, and religious freedom.

The visit created an atmosphere of peace and reflection, inspiring students to imbibe values like kindness, humility, courage, and respect for all.

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WORLD TELEVISION DAY





LKG students celebrated World Television Day with a fun-filled Show and Tell activity. They spoke about their favorite objects, toys, and family members, showcasing their creativity and confidence. This engaging activity helped build their speaking skills, organized their thoughts, and made them feel proud of their achievements.The activity was a great success, making learning an enjoyable experience.

SPARKING SCIENCE: EXPLORING THE CHEMICAL EFFECTS OF CURRENT

Students of Class VIII enthusiastically participated in a Hands-on Science Activity on the topic "Chemical Effects of Current".Children of Class VIII conducted simple yet engaging experiments by passing electric current through everyday solutions such as lemon juice, vinegar, and salt solution. They keenly observed changes like colour variations and electrode deposition, linking these observations to real-life applications of electrochemistry.

Each student confidently demonstrated the activity in front of their peers and explained the scientific principles involved in their own words. Their active participation not only enhanced conceptual understanding but also motivated scientific curiosity.

The activity helped students build confidence, develop scientific reasoning, and understand how electricity can bring about chemical changes in different solutions — truly sparking a deeper interest in science.





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Beyond Entertainment: The Educational Power of TV"



Nishad Sharma
PGT Physics.
HOD Science

World Television Day reminds us that television is far more than a source of entertainment; it is a powerful medium that educates, informs, and inspires millions. Through documentaries, students and adults alike can explore the mysteries of science, the wonders of nature, and the breakthroughs in technology—all from the comfort of their homes. News programs keep us connected to global events, shaping our understanding of cultures, societies, and issues that affect humanity.

" When the screen lights up, a new horizon appears ,
A world of wisdom unfolds , dissolving doubts and fears ."

Television plays a crucial role in raising awareness about social issues such as climate change, health, equality, and justice. It encourages critical thinking and helps viewers form informed opinions. Educational channels like Discovery, National Geographic, and various news platforms have transformed the way we learn and view the world.

" Every frame is a story , every story a spark,
A guide that leads young minds from ignorance to dark ."

As we celebrate World Television Day, let us acknowledge its immense potential as a tool for learning. When used wisely, television becomes not just a device—but a teacher, a storyteller, and a bridge to global understanding.

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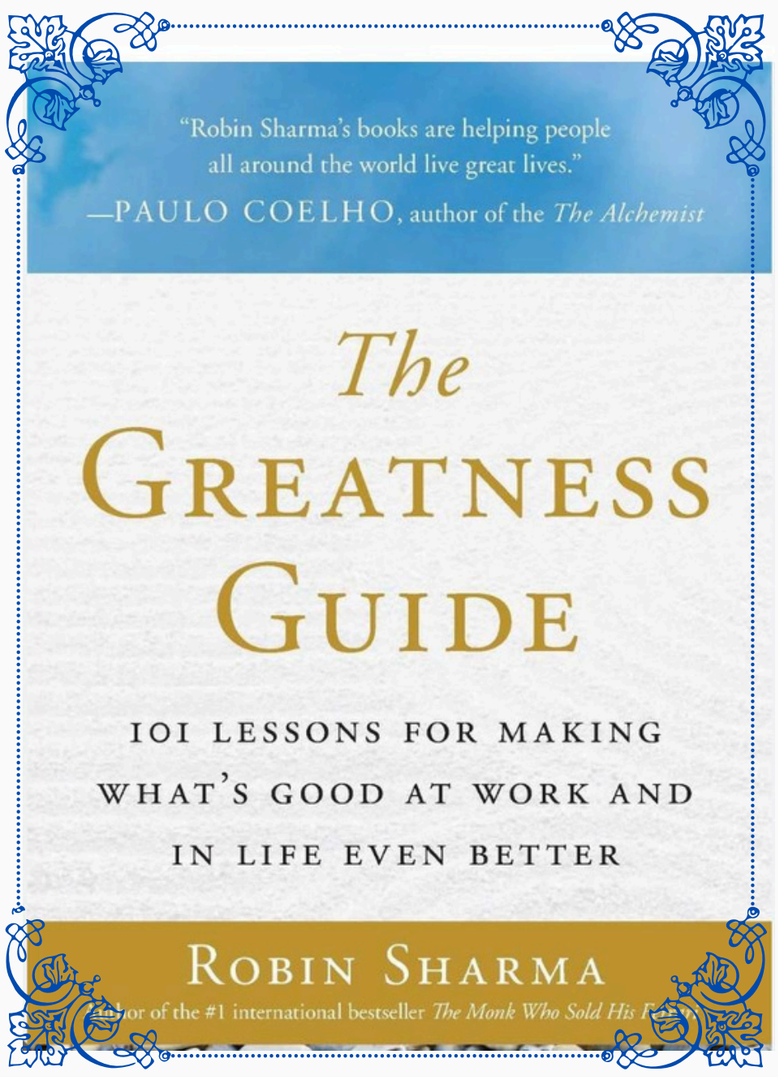
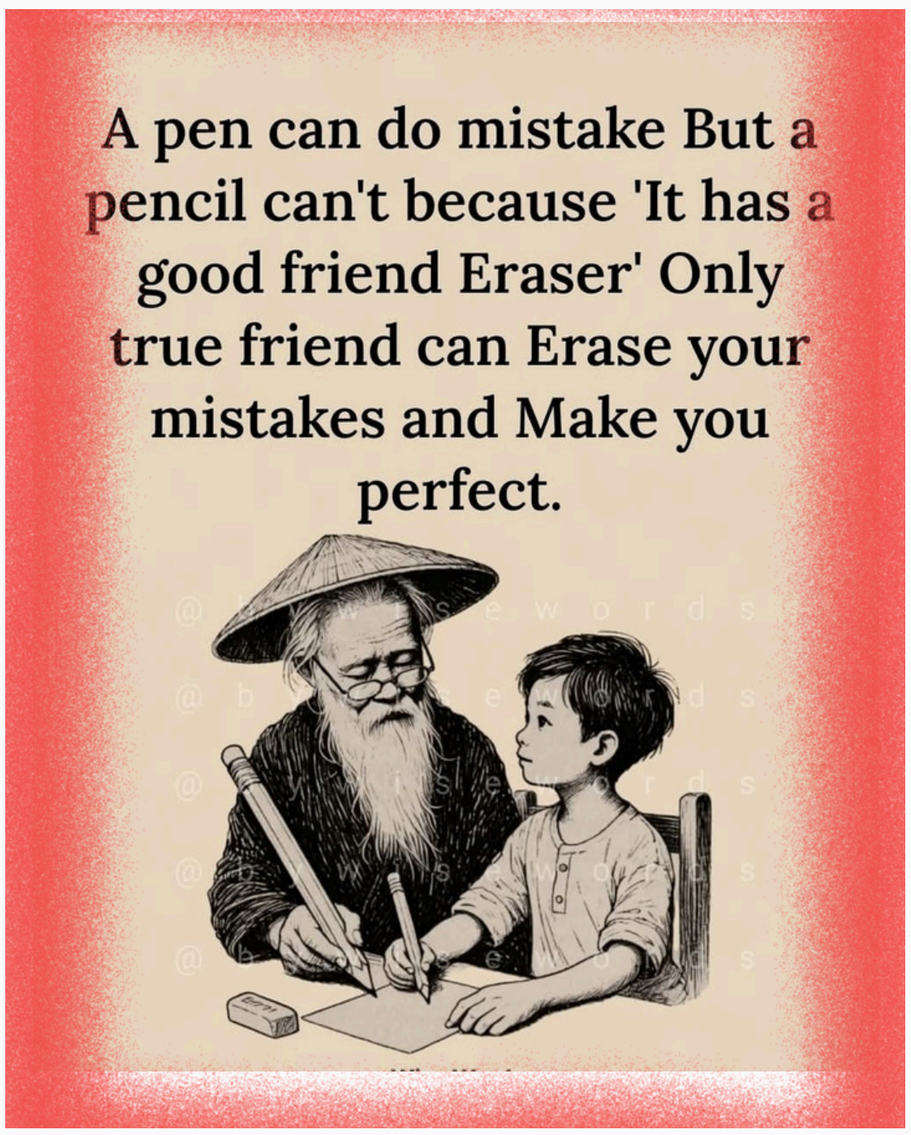
BOOK RECOMMENDATION :

THE GREATNESS GUIDE

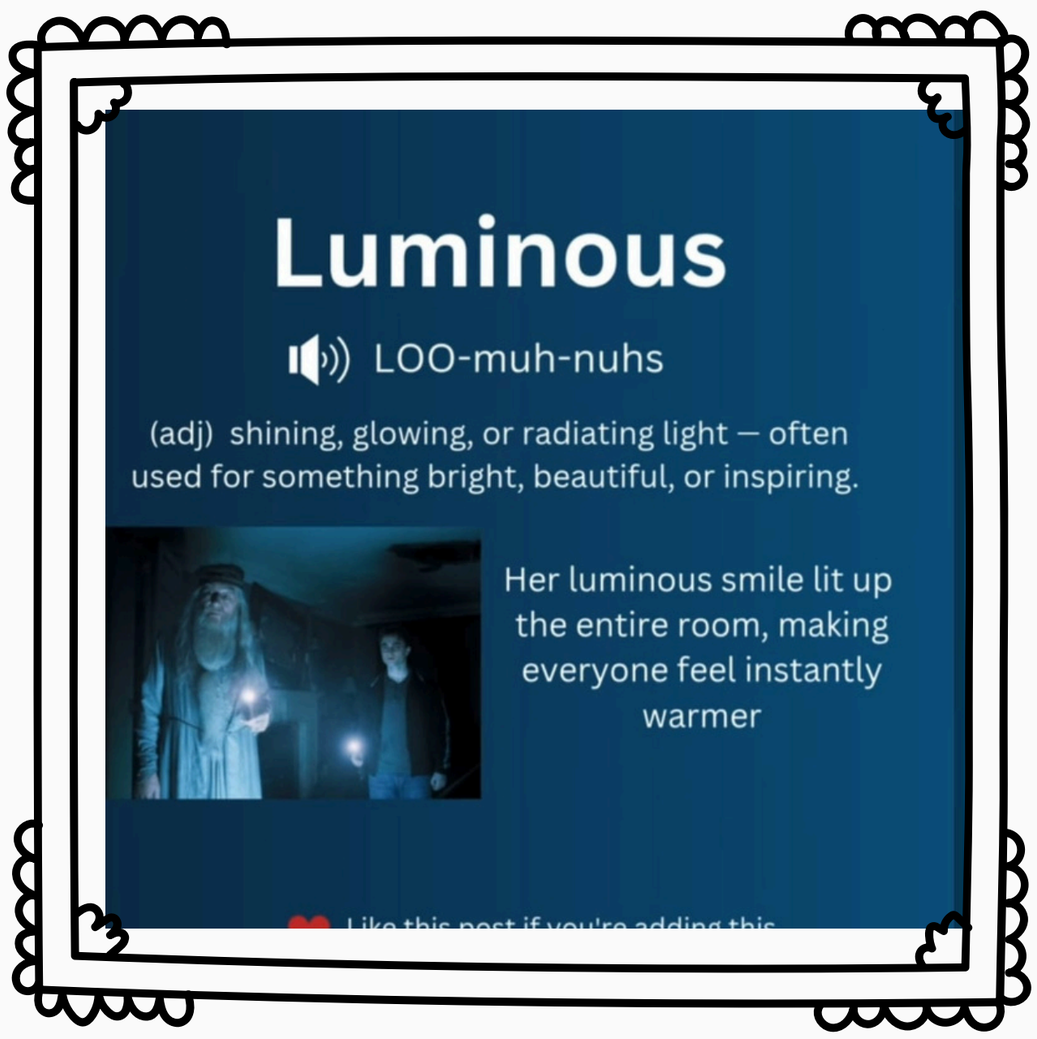


"The Greatness Guide" by Robin Sharma is a powerful and practical collection of insights for personal mastery and professional growth. Sharma's 101 lessons offer a roadmap for living a life of purpose, excellence, and impact, emphasizing the importance of inner transformation, self-discipline, and contribution. This book is a valuable resource for anyone seeking to unlock their full potential and make a meaningful difference in the world.

THOUGHT OF THE DAY



WORD



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BCM SCHOOL CHAMPIONS GREEN LIVING: ECO-FRIENDLY ACTIVITIES ACROSS WINGS








The school conducted a comprehensive series of hands-on and awareness-driven activities under the theme "Eco-Friendly Environment", reaffirming its commitment to nurturing environmentally responsible citizens. The initiative aimed to foster creativity, promote sustainable practices, and encourage students to contribute meaningfully toward the protection of the planet.

Students from Classes V to XI actively participated in a range of eco-friendly tasks designed to highlight the importance of recycling, reusing materials, and adopting greener lifestyle choices.

Primary Wing Initiatives

Grade V students showcased their creativity through Clay Modelling, working exclusively with natural clay to produce environment-themed models. The activity discouraged the use of Plaster of Paris and encouraged eco-friendly alternatives, reinforcing the school's focus on sustainable artistic expression.

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Middle Wing Initiatives

Class VI students engaged in Plastic Art, using waste plastic to craft decorative or functional items, promoting recycling and environmental sensitivity. Class VII students participated in Craft with Wedding Boxes, transforming discarded boxes into innovative craft pieces that demonstrated the value of reusing household materials.Grade VIII students took part in Dresses with Waste Materials, designing distinctive outfits using reusable or discarded items, emphasising sustainable fashion and creative resource management.

Senior Wing Initiatives

Grade IX students contributed through Paper Bag Making, creating practical and attractive paper bags from recycled paper to advocate alternatives to plastic. Grade XI students displayed exceptional creativity in Tyre Art, repurposing old tyres into decorative and functional art pieces, underscoring responsible waste management.

Collectively, these activities provided learners with meaningful opportunities to explore eco-friendly practices while developing creativity and environmental stewardship.
BCM School remains committed to empowering its students to embrace innovation, sustainability, and social responsibility.

UKG'S LITTLE MIND MATCHERS!





UKG students participated in an exciting activity called "Little Mind Matchers", designed to boost memory and observation skills. The interactive game involved displaying various articles, hiding them, and asking students to recall the items. The activity sparked enthusiasm, strengthened memory power, and enhanced concentration, visual recognition, and confidence. Students eagerly participated, turning learning into a joyful experience!

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BRONZE BRILLIANCE!!



Narois Sohi of class 10th Daisy won bronze medal in 600m in U-16 Girls Competition at Asmita Khelo India (District Athletics League 2025-26).



Congratulations to Narios

ALUMNI CONNECT

LAKSHAY KANSAL'S RISE TO FAME



Lakshay Kansal, a talented writer, shayar, and poet from Ludhiana, Punjab, has been making waves in the literary world. With a passion for writing in both English and Hindi, Lakshay has compiled three books and contributed to 50 anthologies. His work has been published in esteemed publications such as Mount Kenya Times International Newspaper, Swarnim Darpan Arya, and Hindustan Janta News. He serves as a jury member for Snap Squad under Pious Poetry. His philosophy revolves around focusing on work rather than results, and he's always eager to learn and explore new horizons.

Lakshay's dedication to his craft and his versatility as a writer, poet, and photographer make him an inspiration to many. We're proud to have him as part of our school community.

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RESPECT: A GUIDING PRINCIPLE FOR A MEANINGFUL LIFE



MS. ANJAN KALIA
MIDDLE WING COORDINATOR

Respect is a cornerstone of meaningful relationships and a foundation for a compassionate, cooperative society. It reflects care, understanding, and fairness toward every person, regardless of their background, beliefs, or experiences. When we allow respect to guide our actions, we help create an atmosphere of trust, harmony, and appreciation—a world where everyone feels valued.

Expressions of respect appear in many forms: listening attentively, speaking with kindness, acknowledging feelings, and honouring each individual's dignity. These everyday gestures bridge misunderstandings, encourage open communication, and remind us of the strength found in diversity. Respect invites us to celebrate different perspectives and learn from one another.

Equally vital is self-respect. By recognising our own worth, staying true to our principles, and making responsible choices, we build inner confidence and resilience. Self-respect empowers us to set healthy boundaries, meet challenges with clarity, and cultivate personal growth.

Respect also extends to the wider world—caring for the environment, managing time wisely, fulfilling commitments, and expressing gratitude for what we have. Such mindful actions nurture a balanced, responsible, and fulfilling way of life.

By embracing respect as a guiding principle, we uplift both ourselves and those around us. When we choose to act with respect each day, we inspire greater kindness, calm, and understanding, contributing to a brighter and more thoughtful future for all. After all, respect is not just a value—it is a way of living with grace.

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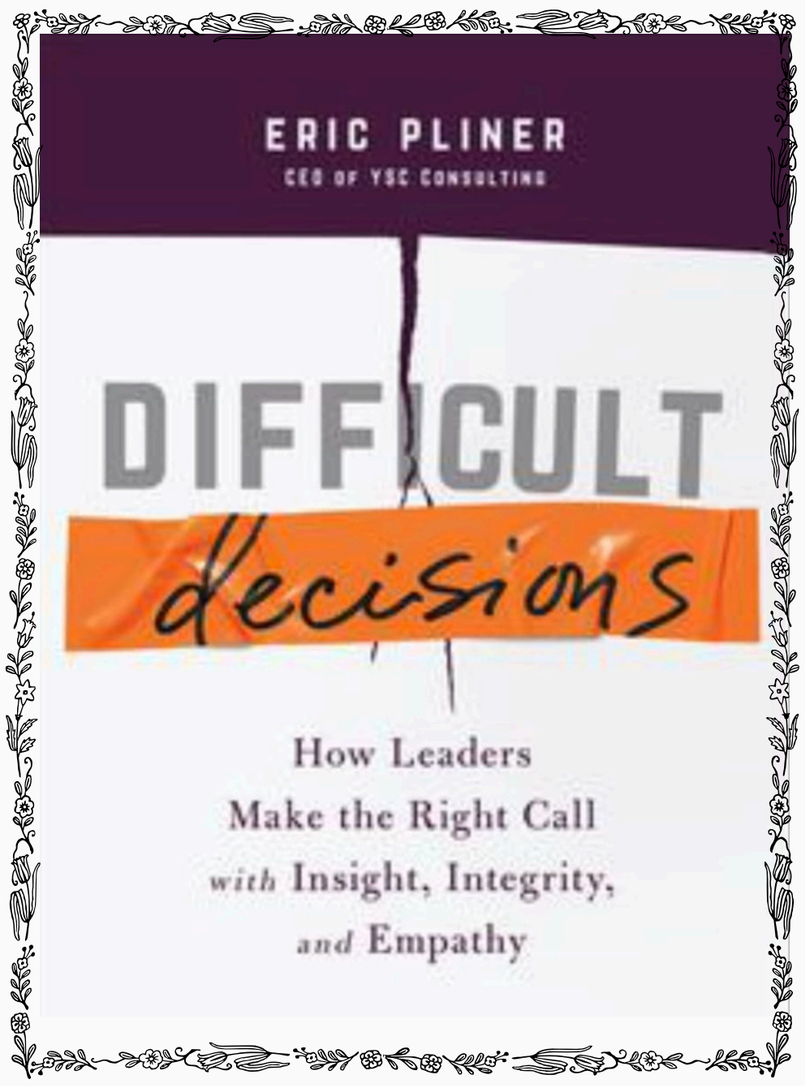
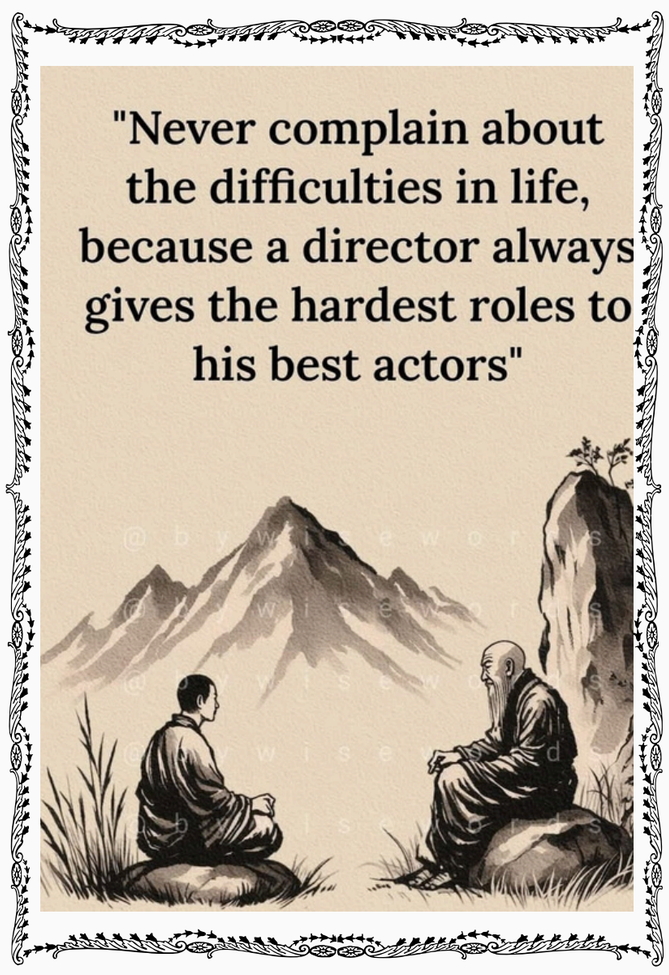
BOOK RECOMMENDATION :
"DIFFICULT DECISIONS"

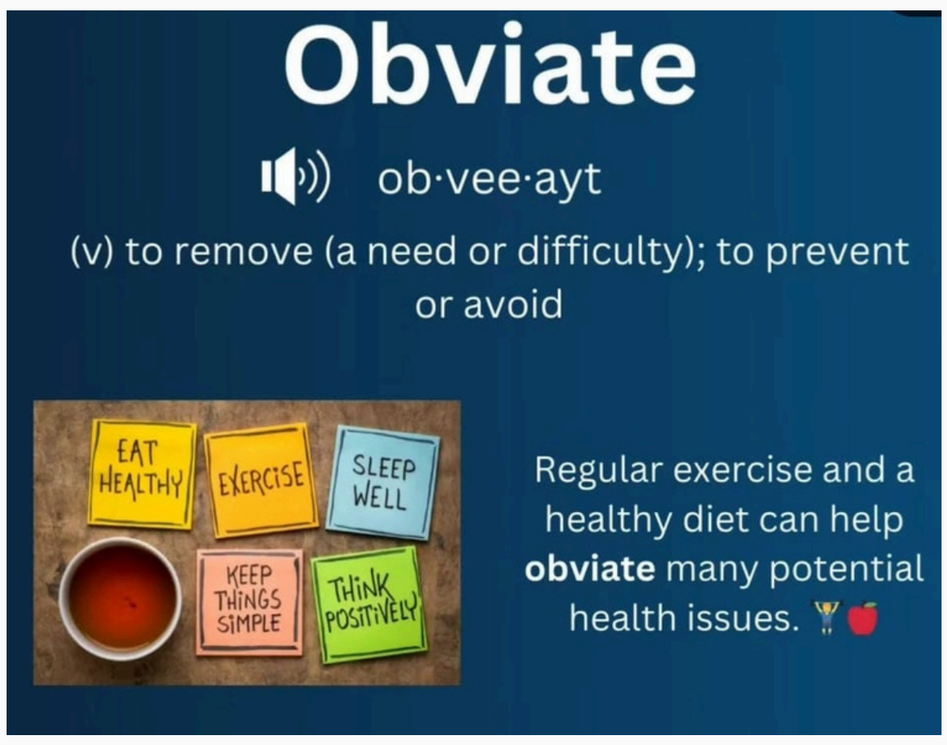


"Difficult Decisions" by Eric Pliner is a thought-provoking exploration of decision-making in the face of uncertainty and pressure. By combining insights from psychology, ethics, and leadership, Pliner offers practical strategies for making courageous, values-driven choices. This book is a valuable resource for anyone seeking to navigate complex decisions with clarity, integrity, and confidence.

THOUGHT OF THE DAY



WORD



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ਹਿੰਦ ਦੀ ਚਾਦਰ — ਗੁਰੂ ਤੇਗ ਬਹਾਦਰ ਜੀ

ਗੁਰੂ ਤੇਗ ਬਹਾਦਰ ਜੀ, ਸਿੱਖ ਧਰਮ ਦੇ ਨੌਵੇਂ ਗੁਰੂ, ਬਲਿਦਾਨ, ਧਰਮ-ਨਿਸ਼ਠਾ ਅਤੇ ਮਨੁੱਖਤਾ ਦੇ ਮਹਾਨ ਪ੍ਰਤੀਕ ਸਨ। ਉਨ੍ਹਾਂ ਨੂੰ "ਹਿੰਦ ਦੀ ਚਾਦਰ" ਇਸ ਲਈ ਕਿਹਾ ਜਾਂਦਾ ਹੈ ਕਿਉਂਕਿ ਉਨ੍ਹਾਂ ਨੇ ਸਿਰਫ਼ ਸਿੱਖਾਂ ਲਈ ਨਹੀਂ, ਸਗੋਂ ਪੂਰੇ ਭਾਰਤ ਦੀ ਧਾਰਮਿਕ ਆਜ਼ਾਦੀ ਲਈ ਆਪਣਾ ਸਿਰ ਕੁਰਬਾਨ ਕਰ ਦਿੱਤਾ ਸੀ। ਉਹ ਦਬੇ ਕੁਚਲੇ ਲੋਕਾਂ ਦੇ ਰੱਖਵਾਲੇ, ਸੱਚ ਅਤੇ ਨਿਆਂ ਦੇ ਪੱਖਧਰ ਸਨ।

ਉਸ ਸਮੇਂ ਮੁਗਲ ਸ਼ਾਸਕ ਔਰੰਗਜ਼ੇਬ ਜਬਰਦਸਤੀ ਲੋਕਾਂ ਨੂੰ ਧਰਮ ਪਰਿਵਰਤਨ ਕਰਨ ਲਈ ਮਜਬੂਰ ਕਰ ਰਿਹਾ ਸੀ। ਕਸ਼ਮੀਰ ਦੇ ਕਈ ਹਿੰਦੂ ਪੰਡਿਤ ਆਪਣੇ ਧਰਮ ਦੀ ਰੱਖਿਆ ਲਈ ਗੁਰੂ ਤੇਗ ਬਹਾਦਰ ਜੀ ਦੀ ਸ਼ਰਨ ਵਿੱਚ ਆਏ। ਗੁਰੂ ਸਾਹਿਬ ਨੇ ਉਹਨਾਂ ਨੂੰ ਭਰੋਸਾ ਦਵਾਇਆ ਅਤੇ ਕਿਹਾ ਕਿ ਜੇ ਉਹਨਾਂ ਦਾ ਗੁਰੂ ਆਪਣਾ ਧਰਮ ਬਣਾਈ ਰੱਖ ਸਕਦਾ ਹੈ, ਤਾਂ ਕੋਈ ਵੀ ਹਿੰਦੂ ਧਰਮ ਨਹੀਂ ਛੱਡੇਗਾ।

ਗੁਰੂ ਜੀ ਦਿੱਲੀ ਗਏ ਅਤੇ ਨਿਰਭਉ ਹੋ ਕੇ ਸੱਚ ਦਾ ਸਾਥ ਦਿੱਤਾ। ਉਨ੍ਹਾਂ ਨੇ ਜ਼ਾਲਮ ਸ਼ਾਸਨ ਅੱਗੇ ਝੁਕਣ ਦੀ ਬਜਾਏ ਆਪਣਾ ਸਿਰ ਕਟਵਾਉਣਾ ਚੁਣਿਆ। 1675 ਵਿੱਚ ਚਾਂਦਨੀ ਚੌਕ, ਦਿੱਲੀ ਵਿੱਚ ਗੁਰੂ ਜੀ ਦੀ ਸ਼ਹਾਦਤ ਮਨੁੱਖਤਾ ਦੇ ਇਤਿਹਾਸ ਵਿੱਚ ਬੇਮਿਸਾਲ ਹੈ। ਸਿਰ ਦੇਣ ਦੇ ਬਾਵਜੂਦ ਉਨ੍ਹਾਂ ਨੇ ਧਰਮ ਨਹੀਂ ਛੱਡਿਆ ਅਤੇ ਲੋਕਾਂ ਨੂੰ ਵੀ ਧਰਮ ਦੀ ਰੱਖਿਆ ਕਰਨ ਦੀ ਪ੍ਰੇਰਨਾ ਦਿੱਤੀ।

ਗੁਰੂ ਤੇਗ ਬਹਾਦਰ ਜੀ ਦੀ ਸ਼ਹਾਦਤ ਨੇ ਸਾਰੀ ਦੁਨੀਆ ਨੂੰ ਦਿਖਾ ਦਿੱਤਾ ਕਿ ਨਿਆਂ ਲਈ ਖੜ੍ਹੇ ਹੋਣ ਵਾਲੇ ਕਦੇ ਨਹੀਂ ਮਰਦੇ। ਉਹਨਾਂ ਦਾ ਜੀਵਨ ਸੰਦੇਸ਼ ਦੱਸਦਾ ਹੈ ਕਿ ਹਮੇਸ਼ਾ ਸੱਚ ਦਾ ਸਾਹਮਣਾ ਨਿਰਭਉ ਹੋ ਕੇ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ। ਇਸੇ ਕਾਰਨ ਉਨ੍ਹਾਂ ਨੂੰ "ਹਿੰਦ ਦੀ ਚਾਦਰ" ਕਿਹਾ ਜਾਂਦਾ ਹੈ, ਕਿਉਂਕਿ ਉਨ੍ਹਾਂ ਨੇ ਪੂਰੇ ਭਾਰਤ ਨੂੰ ਆਪਣੇ ਬਲਿਦਾਨ ਦੀ ਚਾਦਰ ਨਾਲ ਢੱਕ ਲਿਆ।

ਅੱਜ ਵੀ ਉਨ੍ਹਾਂ ਦੀ ਸ਼ਹਾਦਤ ਸਾਨੂੰ ਧਰਮ, ਮਨੁੱਖਤਾ, ਹਿੰਮਤ ਅਤੇ ਕੁਰਬਾਨੀ ਦਾ ਸੱਚਾ ਅਰਥ ਸਿਖਾਉਂਦੀ ਹੈ। ਉਨ੍ਹਾਂ ਦਾ ਬਲਿਦਾਨ ਸਦਾ ਯਾਦਗਾਰ ਰਹੇਗਾ।



ਮਨਦੀਪ ਕੌਰ
ਟੀਜੀਟੀ ਪੰਜਾਬੀ

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CREATING MOMENTS WITH MAGIC CIRCLE

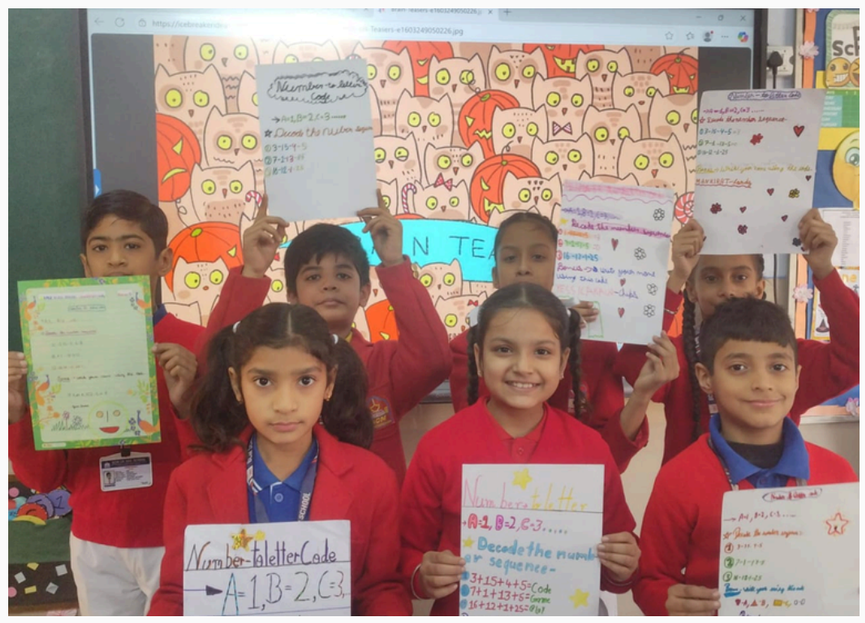




Our Nursery students took part in an engaging and interactive Circle Time activity titled "Magic Circle Moments." The session featured the lively "Copy Cat" game, where children enthusiastically mimicked different movements and action words such as sitting, standing, jumping, and crawling. The activity not only strengthened their understanding of basic action vocabulary but also encouraged active listening, coordination, and self-expression. As the children observed and copied their peers' actions, they practiced taking turns, building confidence, and developing important social-emotional skills. The playful environment helped enhance focus, concentration, and body-awareness, making learning both meaningful and fun.

BRAIN POWER UNLEASHED!! STUDENTS TURNED INTO SUPER PROBLEM-SOLVERS!

Curiosity, excitement, and teamwork filled the air as students of Primary Wing transformed the school premises into a hub of thrilling brain-teasing adventures! Students stepped into the world of logic and mystery, where every clue solved led to a new challenge waiting to be conquered. From cracking tricky riddles and decoding secret number patterns to solving mini-mysteries with sharp reasoning, young minds worked like real detectives — thinking smart, collaborating, and celebrating every breakthrough! The classrooms echoed with cheers as teams unlocked final clues, raced against time, and proved that learning becomes twice as fun when it challenges the brain. The activities not only boosted logical thinking and reasoning but also built confidence, patience, and strong teamwork skills. Such playful yet skill-building experiences prepare children to become creative thinkers and innovative problem-solvers of tomorrow.



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ECHOES OF EXCELLENCE

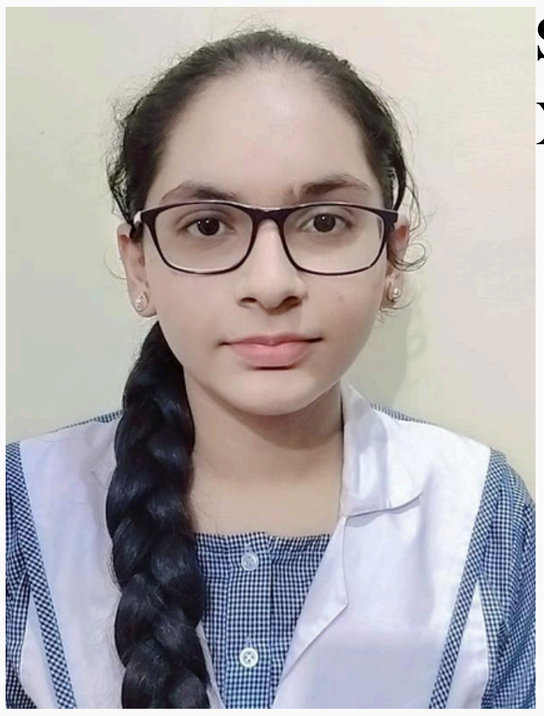
Proud Achievement!

Narois Sohi aced her age category in the 5km Cross Country event at PAU, securing the top spot!





STUDENTS CORNER



SAHIBNEET KAUR
XI ARTS A

ਜਦੋਂ ਗੋਬਿੰਦਨ ਸੁਣੀ ਉਨਾਂ ਦੀ,
ਦੁਖਾਂ ਭਰੀ ਕਹਾਣੀ।
ਸੋਚਣ ਲੱਗੇ ਪਉ ਕਿਸੇ ਨੂੰ
ਜਿੰਦਗੀ ਲੇਖੇ ਲਾਣੀ।

ਨਿੱਕੀ ਉਮਰੇ ਚਿਹਰੇ ਉੱਤੇ,
ਵਰਤ ਗਈ ਹੈਰਾਨੀ।
ਹਿੰਦੁ ਧਰਮ ਬਚਾਵਣ ਖਾਤਰ,
ਜਾ ਦਿੱਤੀ ਕੁਰਬਾਨੀ।

ਕੋਲ ਖੇਡਦੇ ਗੋਬਿੰਦ ਰਾਏ,
ਗੱਲ ਪਿਤਾ ਨੂੰ ਆਖੀ।
ਬਾਝ ਤੁਹਾਡੇ ਹੋਰ ਪਿਤਾ ਜੀ,
ਕੌਣ ਕਰੇਗਾ ਰਾਖੀ।

ਜਗ ਉੱਤੇ ਨਜਰ ਨੇਜਰ ਨੀ ਆਉਂਦਾ,
ਤਹਾਡੇ ਵਰਗਾ ਦਾਨੀ।
ਹਿੰਦੂ ਧਰਮ ਬਚਾਵਣ ਖਾਤਰ,
ਜਾ ਦਿੱਤੀ ਕੁਰਬਾਨੀ।

ਨੌਵੇ ਗੁਰੂ ਨੇ ਦਿੱਲੀ ਵੱਲ ਨੂੰ,
ਝੱਟ ਚਾਲੇ ਸੀ ਪਾਏ।
ਸਿਰੜ ਨੂੰ ਸਦਾ ਜਿਉਂਦਾ ਰੱਖਣਾ,
ਮਿਰ ਜਾਵੇ ਤਾਂ ਜਾਵੇ। ਕਵਿਤਾ- ਗੁਰੂ ਤੇਗ ਬਹਾਦਰ ਜੀ

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CONSTITUTION DAY



GEETA MAHAJAN
TGT SOCIAL SCIENCE

Constitution Day also known as Samvidhan Divas, is celebrated every year on November 26 in India. It marks the historic day in 1949 when the Constitution of India was adopted by the Constituent Assembly. The Constitution came into force on January 26, 1950, the day India became a Republic.

The Constitution is the supreme law of the land. It lays down the framework that defines the political principles, structure, powers, and duties of the government. It also guarantees the Fundamental Rights and Fundamental Duties of every citizen. Dr. B. R. Ambedkar, known as the Father of the Indian Constitution, was the Chairman of the Drafting Committee and played a key role in shaping this great document.

Celebrating Constitution Day reminds us of the values of justice, liberty, equality, and fraternity mentioned in the Preamble. On this day, schools, colleges, and government institutions organize events such as debates, speeches, and Preamble reading ceremonies to spread awareness about the importance of the Constitution.

The day serves as a reminder for all citizens to respect the laws, protect democratic values, and perform their duties towards the nation. Constitution Day is not just a celebration of a document but a tribute to the vision of the leaders who built the foundation of modern India.

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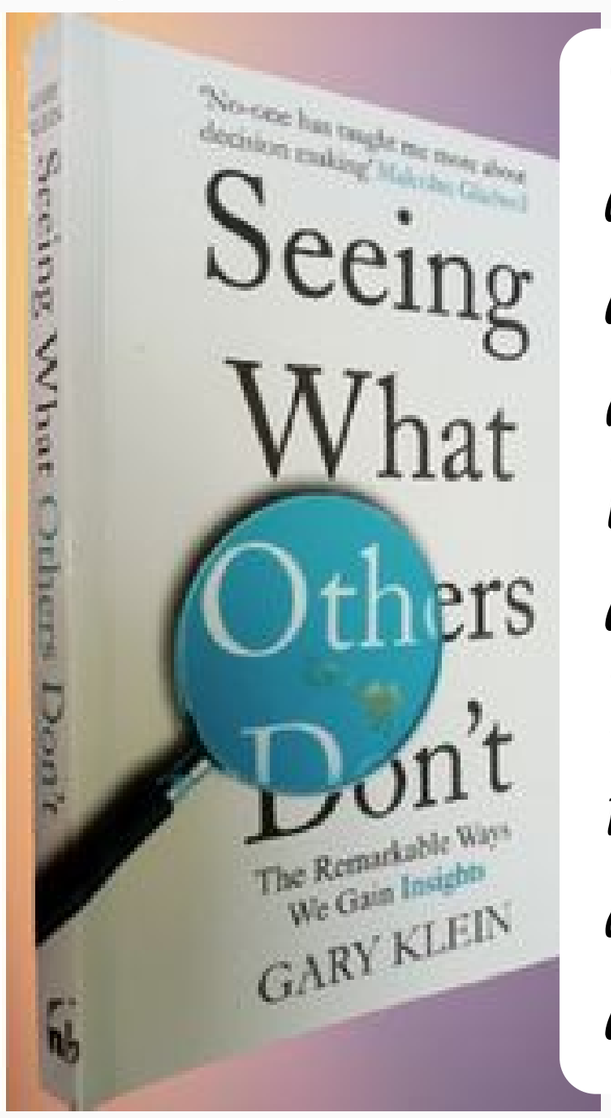
BOOK RECOMMENDATION :

'SEEING WHAT OTHERS DON'T'



'Seeing What Others Don't' by Gary Klein is a fascinating exploration of the power of insight and how it can be cultivated. By sharing captivating stories of breakthroughs and discoveries, Klein reveals that insight is not just a matter of luck or genius, but rather a skill that can be developed through curiosity, courage, and a willingness to challenge assumptions. This book is a valuable resource for anyone looking to enhance their critical thinking, problem-solving, and decision-making abilities, offering practical strategies for tuning into the subtle cues and patterns that can lead to groundbreaking insights.

THOUGHT OF THE DAY

"Start where you are.
Use what you have.
Do what you can."

ARTHUR ASHE

TODAY

WORD



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KOHINOOR HOUSE CLINCHED BCM SCHOOL INTER-HOUSE CRICKET TITLE











Games and sports form an essential part of students' lives as they foster team spirit, self-esteem, discipline, and true sportsmanship. Keeping this spirit alive, the School organized an Inter-House Cricket Tournament for students of Classes VI–VIII in the school premises under the able supervision of the Physical Education Department. The tournament witnessed energetic participation from all four Houses—Pukhraj, Kohinoor, Shalimar, and Gulmohar—each team fully geared up to showcase its talent. The enthusiastic spectators enjoyed a series of thrilling encounters, with players giving their best in the limited eight-over format. The semi-finals were contested between Pukhraj vs Kohinoor and Gulmohar vs Shalimar. After two gripping matches, Kohinoor and Gulmohar advanced to the finals.The final match proved to be a spectacular display of determination and sportsmanship. Both teams played with remarkable zeal, but victory ultimately smiled on Kohinoor House, which lifted the championship trophy with the lead of 48 runs. Gulmohar House secured the position of First Runner-Up, while Shalimar and Pukhraj House were declared the Second and Third Runners-Up. The highlight of the day was the outstanding performance of Sonaksh , the captain from Kohinoor House, who bagged the Man of the Match title by securing 126 runs and striking the marvellous sixes.

Overall, the Inter-House Cricket Tournament was an exhilarating experience that highlighted the skill, enthusiasm, and collaborative spirit of BCMites

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CONSTITUTION DAY CELEBRATIONS WITH CREATIVITY, KNOWLEDGE AND CIVIC PRIDE















The school proudly celebrated Constitution Day, with a series of meaningful and engaging activities designed to deepen students' understanding of the Indian Constitution and its core values.

Class VIII – Creating Their Own Class Preamble.

Students of Class VIII participated in a thoughtful and creative activity titled 'Creating Their Own Class Preamble.'Working collaboratively in groups, they drafted unique Class Preambles expressing the values they aspire to uphold as a learning community. Their beautifully articulated ideas reflected respect, harmony, cooperation, responsibility, and a strong commitment to learning —demonstrating both creativity and maturity.

Class IX – Inter-House Constitution Quiz Competition.

An Inter-House Quiz Competitionwas organized for Class IX, where students showcased their knowledge of the Constitution, its features, fundamental rights and duties, and its relevance in everyday life. The event encouraged active learning, teamwork, and healthy competition. Winners were felicitated with certificates, making the experience both memorable and motivating.

Classes XI & XII – Poster Making Activity on 'Commerce and Constitution'

Students of Classes XI and XII participated in a Poster Making Activity based on the theme 'Commerce and Constitution – Rights and Responsibilities of Business.' Through visually compelling posters, they highlighted ethical business conduct, consumer rights, and the constitutional principles that guide commerce in India. Their work reflected a deep understanding of responsible business practices and constitutional values. The observance of Constitution Day provided students across classes with enriching opportunities to explore democratic ideals, strengthen civic awareness, and reinforce their sense of responsible citizenship.

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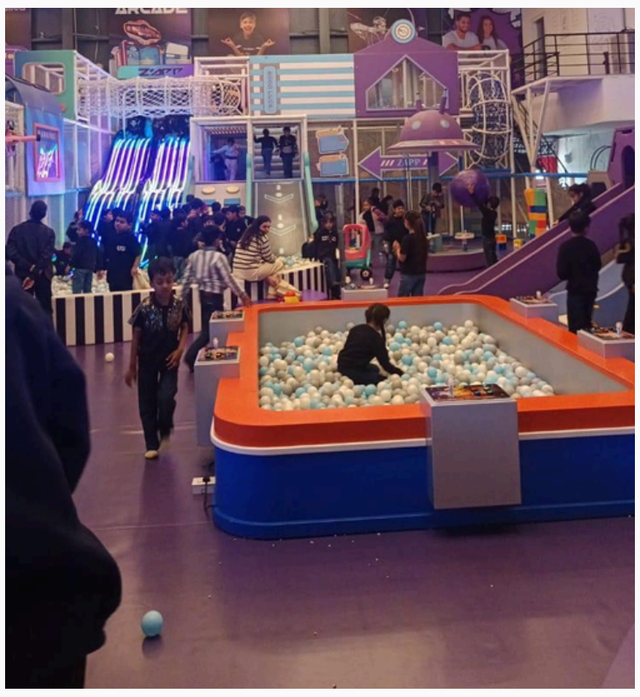
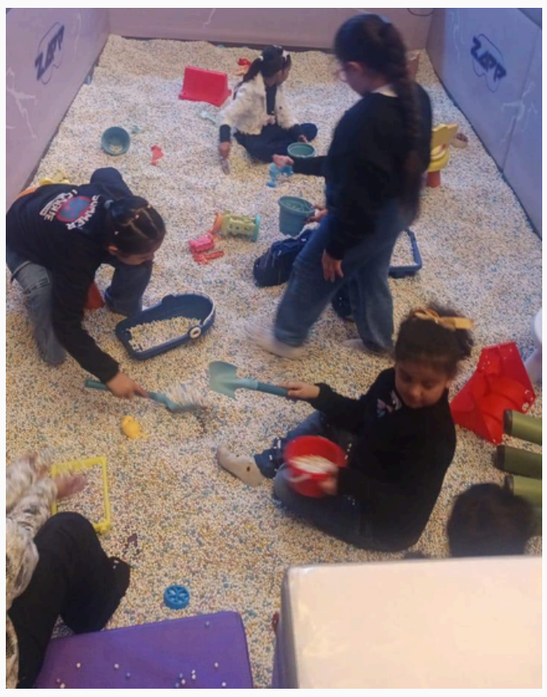
CLASS II & III STUDENTS SPARKED JOY AND COURAGE AT THE THRILLING ZAPP ADVENTURE CAMP!




The school organised an action-packed, joy-filled Adventure day at Zapp for the enthusiastic learners of Classes II and III which turned out to be a day overflowing with excitement, confidence-building, and unforgettable memories! The camp offered a spectacular variety of thrilling activities such as 🧗‍♂️ Rock & Rope Climbing, 🎢 Trampoline activities, sponge pit, arcade games and soft play.Each activity was designed to strengthen the students' confidence, physical fitness, coordination, problem-solving skills, and team spirit. It was truly heartwarming to see children cheering for each other, supporting their friends, and celebrating every small achievement with bright smiles. With the guidance of trained instructors and the constant supervision of teachers, the adventure camp ensured both safety and enjoyment throughout the day. The lively atmosphere, enthusiastic participation, and fearless attempts by the children made the trip a grand success! The day concluded with delicious refreshments 🍎🥤 and a delightful sharing circle where the young learners excitedly spoke about their favourite activities and proud moments. The school always strives to provide meaningful, hands-on learning opportunities that inspire students to grow, explore, and shine beyond the classroom

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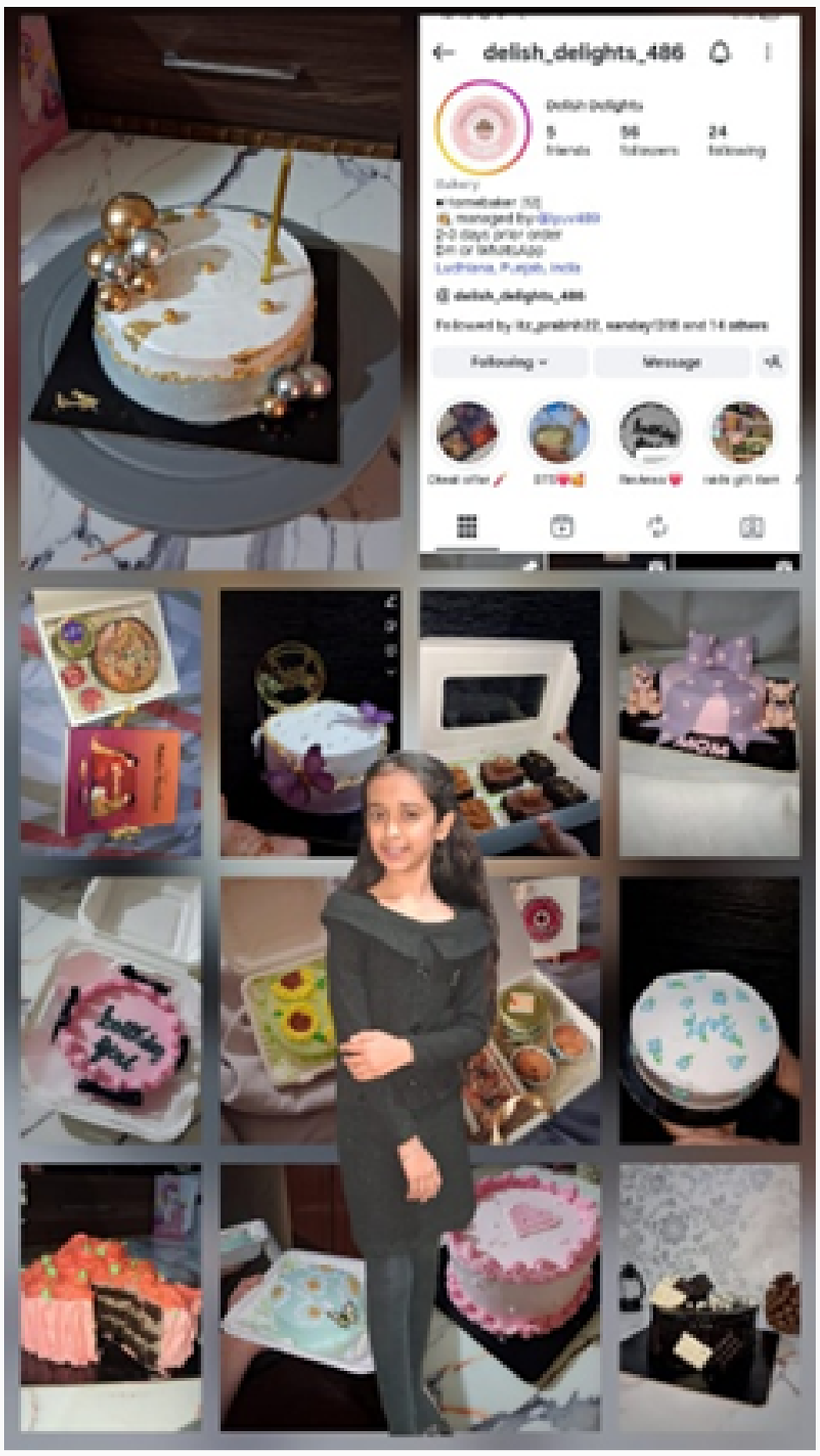
STUDENTS CORNER

DELISH DELIGHTS – YUVLEEN'S SWEET JOURNEY

Our talented student Yuvleen Kaur from Seventh Marigold, BCM School, has turned her love for baking into a wonderful talent. She creates some of the most beautiful and delicious cakes that win everyone's hearts. Her venture, " Delish Delights", on Instagram, showcases her amazing creativity and passion for cake art. Yuvleen has received many orders for her delightful creations and has impressed everyone with her perfection and unique designs. Each cake she makes reflects her dedication, hard work, and artistic touch. We are truly proud of her talent and wish her even greater success in her baking journey ahead!





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BE READY TO RISE AND SHINE

(A TEACHER'S MESSAGE TO HER STUDENTS)



PRATIBHA PURI
TGT ENGLISH

Be ready, my shining stars, the world awaits your stride,
With dreams in your hearts and hope as your guide.
The road may be winding, the climb may be steep,
But faith in yourself is the promise you keep.

Be loyal to truth, let honesty lead,
Let kindness be strength in your every deed.
For success is hollow when goodness departs,
So wear integrity close to your hearts.

Work hard in silence, let effort define,
The power within you destined to shine.
Embrace each challenge, each stumble, each fall—
For lessons they bring will strengthen it all.

Be humble in victory, graceful in loss,
Stay grounded in values, whatever the cost.
The world needs your wisdom, your courage, your art,
But most of all—it needs your heart.

So rise and shine, with purpose and grace,
Bring light to each soul, in every place.
For the mark of a life that's noble and true,
Is not what you earn—but what lives on through you.

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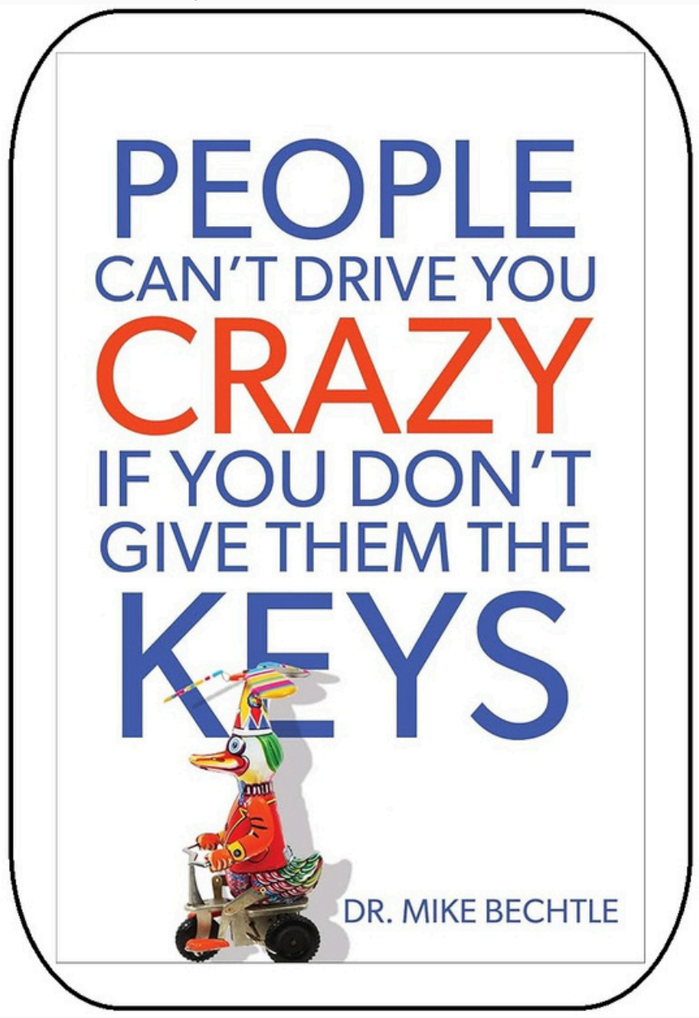
BOOK RECOMMENDATION :
‘PEOPLE CAN'T DRIVE YOU CRAZY IF YOU DON’T GIVE THEM THE KEYS’



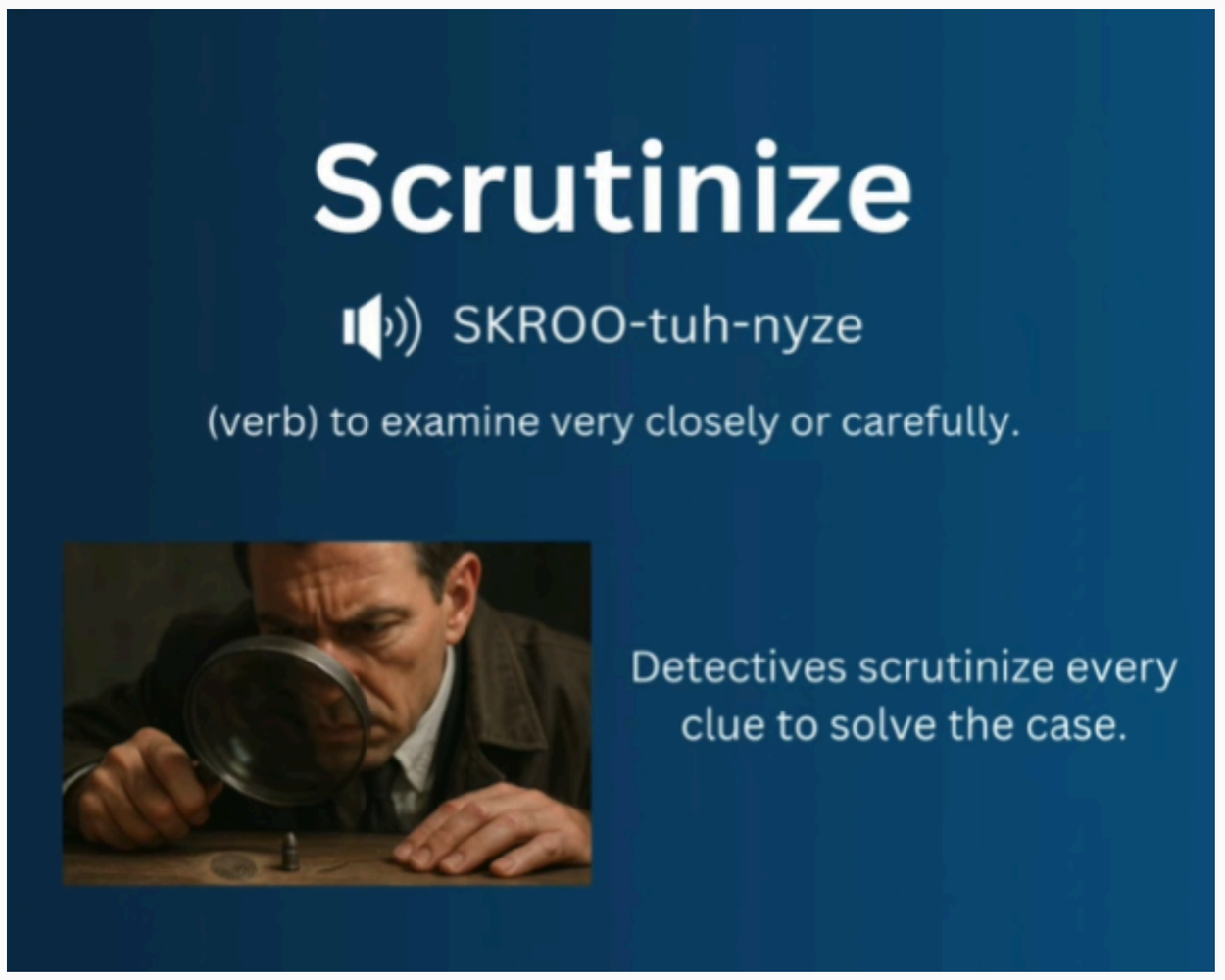
‘People Can't Drive You Crazy If You Don’t Give Them the Keys’ by Mike Bechtle is a timely and empowering read that offers practical strategies for maintaining emotional balance in a chaotic world. By emphasizing the importance of setting boundaries, choosing your reactions, and not taking things personally, Bechtle provides a roadmap for reclaiming control over your emotions and well-being. This book is a valuable resource for anyone looking to break free from the emotional turmoil caused by others and cultivate a more peaceful, centered life.

THOUGHT OF THE DAY

“We may encounter many defeats but we must not be defeated.”

—Maya Angelou

WORD



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FUN, LEARNING & EXPRESSION : CLASS III PRESENTS A DELIGHTFUL CHAPTER ACT!





Primary Wing organised an engaging and interactive classroom activity for the students of Class III, where the young learners confidently presented a short act based on the chapter . The objective of the activity was to deepen students' understanding of the story while enhancing their communication, expression, and teamwork skills. 🤝🗣️ The children enthusiastically stepped into the roles of various characters and performed with remarkable confidence. Their lively expressions and active participation brought the story to life. 🎭🌟 The activity not only strengthened their comprehension but also encouraged creativity, cooperation, and stage confidence. The teachers appreciated the students for their hard work, coordination, and enthusiasm, while the audience enjoyed the beautifully presented act.

RHYTHMIC MOVEMENTS THAT INSPIRE GROWTH

At BCM Dugri, we are dedicated to fostering the holistic development of every student, and we believe that art is a vital part of a child's growth. In alignment with NEP 2020, dance plays a significant role in nurturing creativity, confidence, coordination, emotional expression, and cultural understanding. Through our regular dance sessions, children receive joyful opportunities to express themselves, collaborate with their peers, and connect learning with movement and rhythm. These art-integrated experiences help them become confident, expressive, and well-rounded individuals. The school remains committed to supporting each child's overall development through meaningful, engaging, and joyful learning opportunities.





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STUDENTS CORNER

SMILE



DRISHTI
XI COMMERCE B

Smile can't be spoken ,
Smile can't be heard,
It is a heart whelming token
not just a word.

It can be warmth, wishes or wit ,
The symbol of happiness simply it is.
The teary cleary water falling from eyes,
Everyone love these satisfactory cries.

Smile is your destiny,
not your fate .
keep aside your vanity,
And open the kindness gate.

Smile is not just an expression,
but a feeling which is pure.
Stay away from depression ,
And make yourself live more.

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ALUMNI CONNECT



Jatin Goel a proud alumni of BCM School Dugri (batch 2015-16) is an innovative Unity Developer with over six years of experience in VR, AR, and game development across healthcare, education, and gaming sectors. He holds an MBA in Information Technology and Systems Management from NMIMS Mumbai and a B.Tech in Computer Science Engineering with specialization in Graphics and Gaming from UPES Dehradun. Over the years, he has worked on impactful projects such as Dope Balls (a mobile maze game on Google Play), an AR-based educational tool for Apollo Hospitals, a VR walkthrough of the UPES campus for Oculus Go, an interactive Gandhi Ji AR quiz app, and an application for WatchOut Wearables' next-generation kids' smartwatch. He has also published a book titled 'Comparative Analysis and Implementation of Popular Sorting Algorithm'.

His work reflects a strong blend of technical expertise, creativity, and a commitment to building immersive digital experiences.

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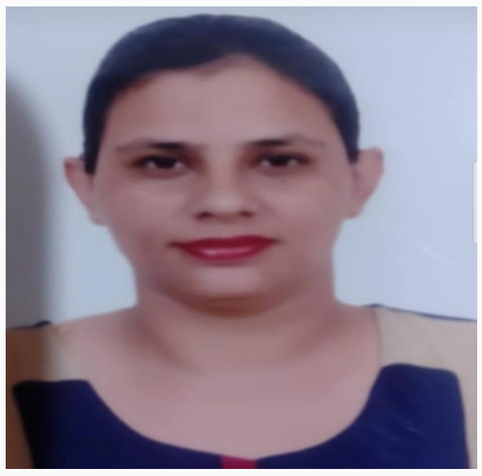
FROM HASHTAGS TO ACTION: IS YOUTH PARTICIPATION IN POLITICS REAL OR VIRTUAL?



MONIKA MAINI
TGT SOCIAL SCIENCE

Today's generation is more connected, vocal, and informed than ever before. Social media platforms have become new-age political battlegrounds where hashtags trend faster than actual policies can take shape. Young people passionately post, share, and debate issues of national importance. But one question still lingers—is youth participation in politics truly meaningful, or is it confined to the virtual world of likes and retweets?

The last decade has seen an explosion of political awareness among the youth. The internet has given young citizens the power to raise their voices instantly. A tweet can start a conversation, a post can spark a movement, and a video can expose injustice. However, this digital activism, while powerful, often stops at awareness. It raises questions about whether online enthusiasm translates into real-world impact.

Many young people are politically aware but not politically active. They follow news, discuss policies, and critique leaders online—but seldom take the next step. This gap between awareness and action is what weakens the real strength of youth participation. Democracy thrives not just on opinions, but on involvement —casting votes, joining debates, and holding leaders accountable beyond the screen

India is one of the youngest democracies in the world, with nearly 65% of its population below the age of 35. This demographic power can redefine politics—but only if it moves from the virtual world to the real one.

Young citizens bring fresh perspectives, energy, and innovation into the system. Their involvement ensures that governance reflects the dreams and challenges of a new India.

Voting, joining youth parliaments, or even starting community initiatives can be the first steps toward transforming online discussions into real change.

Being politically active does not mean becoming a politician. It means being an aware, responsible, and proactive citizen. Instead of stopping at a trending hashtag, the youth must ask:

What am I doing beyond posting? How can I contribute locally to the issues I care about?

Am I holding my representatives accountable?

Real democracy demands participation, not just presence. Every young person who takes a step forward—be it voting, volunteering, or creating awareness offline—adds strength to the nation's democratic fabric.

The youth of India are not just the leaders of tomorrow—they are the voice of today. Hashtags can start a movement, but only hands-on action can sustain it. The true measure of political participation lies not in the number of followers one has, but in the difference, one makes in the real world.

It's time for young citizens to move from screens to streets, from words to work, and from hashtags to action.

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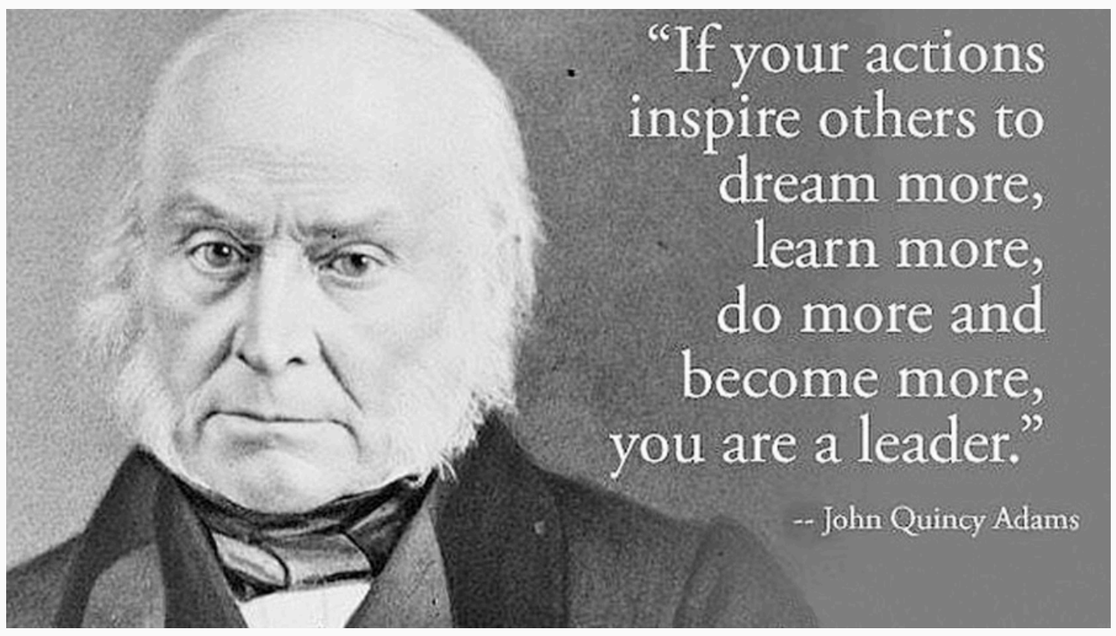
BOOK RECOMMENDATION :

'THE WILLPOWER INSTINCT'



"The Willpower Instinct' by Kelly Mc Gonigal is a groundbreaking exploration of self-control, revealing that willpower is not an innate trait, but a skill that can be cultivated. By understanding the biological and psychological mechanisms underlying our choices, McGonigal empowers readers to harness their inner strength, overcome temptations, and align their actions with their values. Through practical strategies, such as mindfulness, self-awareness, and self-compassion, this book offers a roadmap to lasting change, helping readers become the best version of themselves.

THOUGHT OF THE DAY



WORD



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PRIMARY STUDENTS DIVED INTO SCIENCE & CULTURE ON A FUN LEARNING TOUR !









The Primary Wing students of the School went on an unforgettable educational trip that turned learning into pure excitement! The adventure began at Pushpa Gujral Science City, where curiosity took flight from the very first step. Students explored a wide range of scientific wonders — from flying interactive flight simulators to walking through the Dinosaur Park and "Life Through Ages" exhibits. They were amazed by the vast science galleries covering diverse topics and enjoyed the climate change and environmental awareness shows that encouraged them to think about the planet. The experience became even more thrilling when they watched the 360° immersive show, which left the children spellbound and eager to learn more. Throughout the visit, science turned into an exciting real-life experience rather than just a subject in textbooks, filling young minds with wonder and discovery.

Next, the journey took a cultural turn at Rangla Punjab, Jalandhar, where students stepped into the colourful charm of rural Punjab. They enjoyed folk performances, village scenes, pottery activities and traditional crafts that brought Punjabi heritage to life. The lively atmosphere echoed with music, laughter and cultural excitement as students explored the essence of Punjabi village life. The day ended with glowing smiles and countless memories. The tour beautifully blended science, culture and fun, strengthening curiosity, confidence and teamwork among students.

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UKG STUDENTS LEARNT TO BE SMART AND SAFE



Kindergarten's UKG students participated in an impactful activity, "Yes to Smart Kids, No to Smart Phones", aimed at creating awareness about personal safety and healthy habits. Through a thoughtful enactment, teachers conveyed crucial messages about the dangers of interacting with strangers and the importance of reducing smartphone usage. Students learned to stay alert, refuse strangers' offers, and inform trusted adults, while also understanding the benefits of outdoor play, reading, and creative activities over screen time. The interactive activity empowered the little ones to make safe and smart choices, making it a valuable learning experience.

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STUDENTS CORNER

SIMRAT KAUR
VII - DAISY



FREEDOM

Freedom's flame, it burns so bright,
A beacon in the dark of night.
It calls to hearts, it calls to souls,
To break the chains, to make us whole.

With every breath, we sing our song,
Of liberty, where hearts belong.
In freedom's wind, we find our voice,
A chorus loud, a heartfelt choice.

So let us cherish, let us hold,
This gift of freedom, young and old.
For in its depths, we find our might,
And shine so bright, in the morning light.

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WHY STEM MATTERS IN 2025



SARITA SHARMA
TGT- SCIENCE

In the fast-changing world of 2025, one word stands out as the key to future success—STEM, which stands for Science, Technology, Engineering, and Mathematics. From the smartphones in our hands to rockets exploring Mars, STEM shapes the way we live, learn, and dream. But why is STEM so important today?

First, STEM helps us solve real-life problems. Climate change, clean water, energy conservation, and health challenges all require scientific thinking and innovative solutions. Students who understand STEM are better prepared to create technologies that make life easier, safer, and smarter.

Second, STEM encourages creativity and critical thinking. In classrooms and labs, students learn to experiment, ask questions, and think logically. These skills are valuable not only for scientists but for every profession—medicine, business, teaching, design, and even sports.

Third, 2025 is an age of automation and artificial intelligence. Robots, coding, drones, electric vehicles, and smart devices are part of daily life. Careers in the future will depend heavily on STEM knowledge. Whether one becomes a space scientist, a robotics engineer, a data analyst, or a game designer, STEM opens the door to endless opportunities.

Finally, STEM inspires curiosity and innovation. When students build models, perform experiments, or explore the night sky, they develop a sense of wonder. This curiosity is the driving force behind inventions like reusable rockets, medical breakthroughs, and eco-friendly technologies.

In short, STEM matters in 2025 because it prepares young learners for a future that is fast, exciting, and full of possibilities. When students engage with STEM, they don't just study subjects—they learn how to shape the world.

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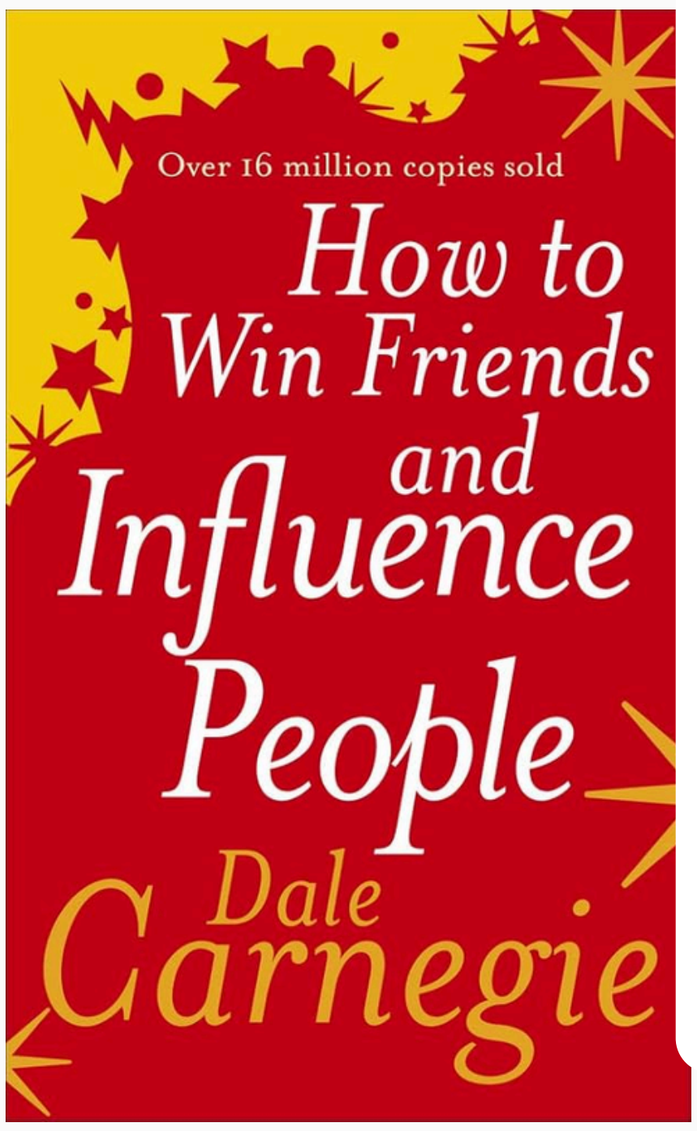
BOOK RECOMMENDATION :
'HOW TO WIN FRIENDS & INFLUENCE PEOPLE'

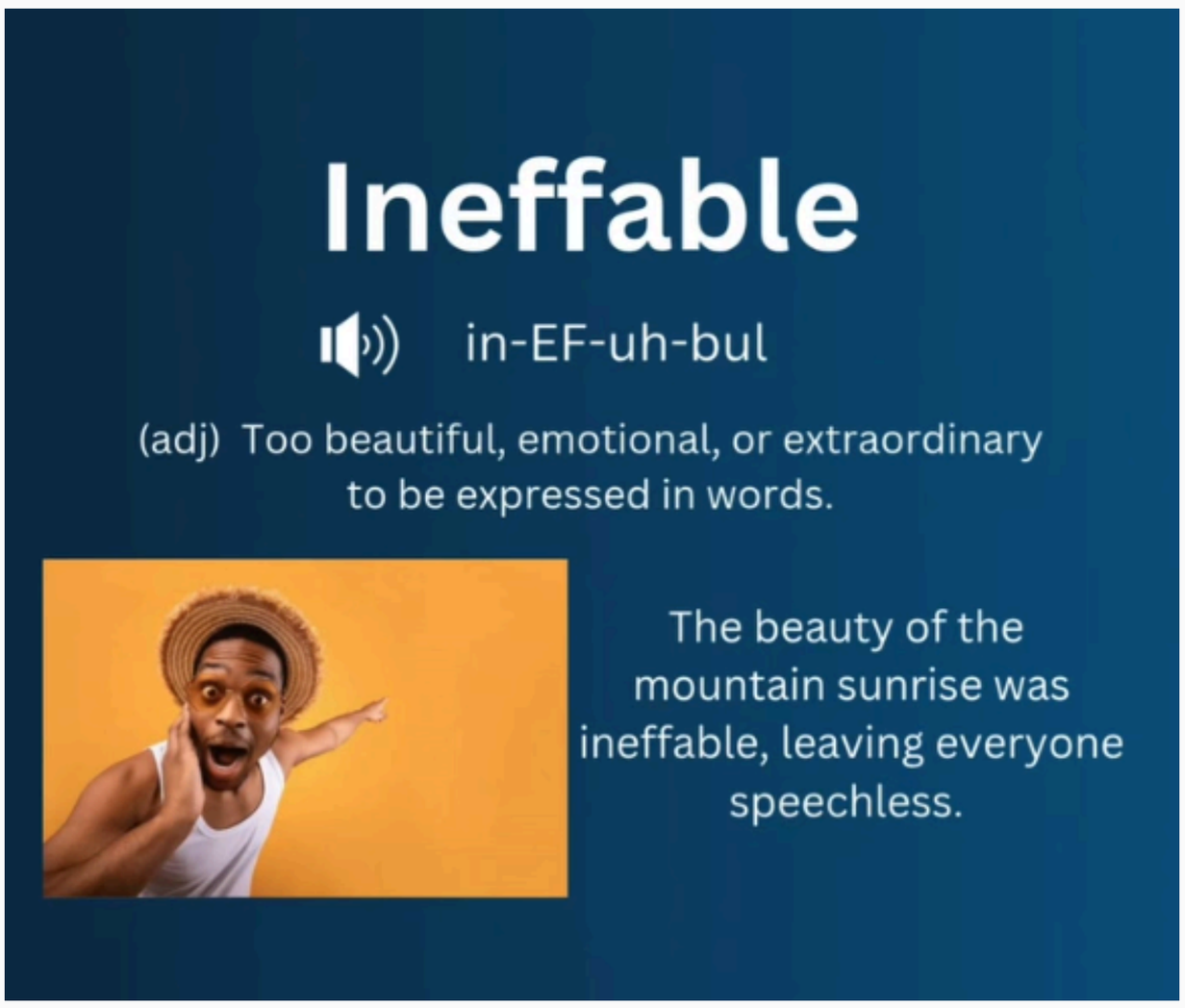


'How to Win Friends & Influence People' by Dale Carnegie is a timeless classic that transcends its self-help genre, offering profound insights into human nature and relationships. Carnegie's principles, rooted in empathy, respect, and genuine interest, provide a roadmap for building meaningful connections and fostering influence. By emphasizing the importance of active listening, sincere appreciation, and kindness, this book teaches readers to navigate interactions with tact, understanding, and warmth. Its wisdom is as relevant today as it was decades ago, making it a valuable resource for anyone seeking to improve their relationships and communication skills.

THOUGHT OF THE DAY



WORD



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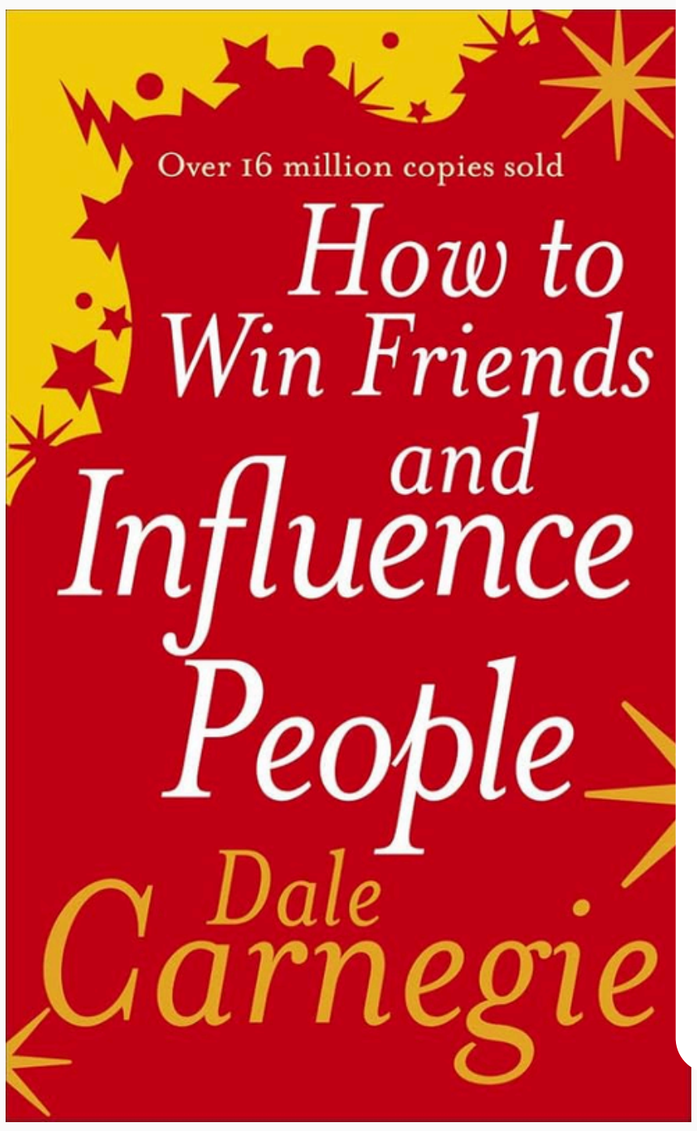

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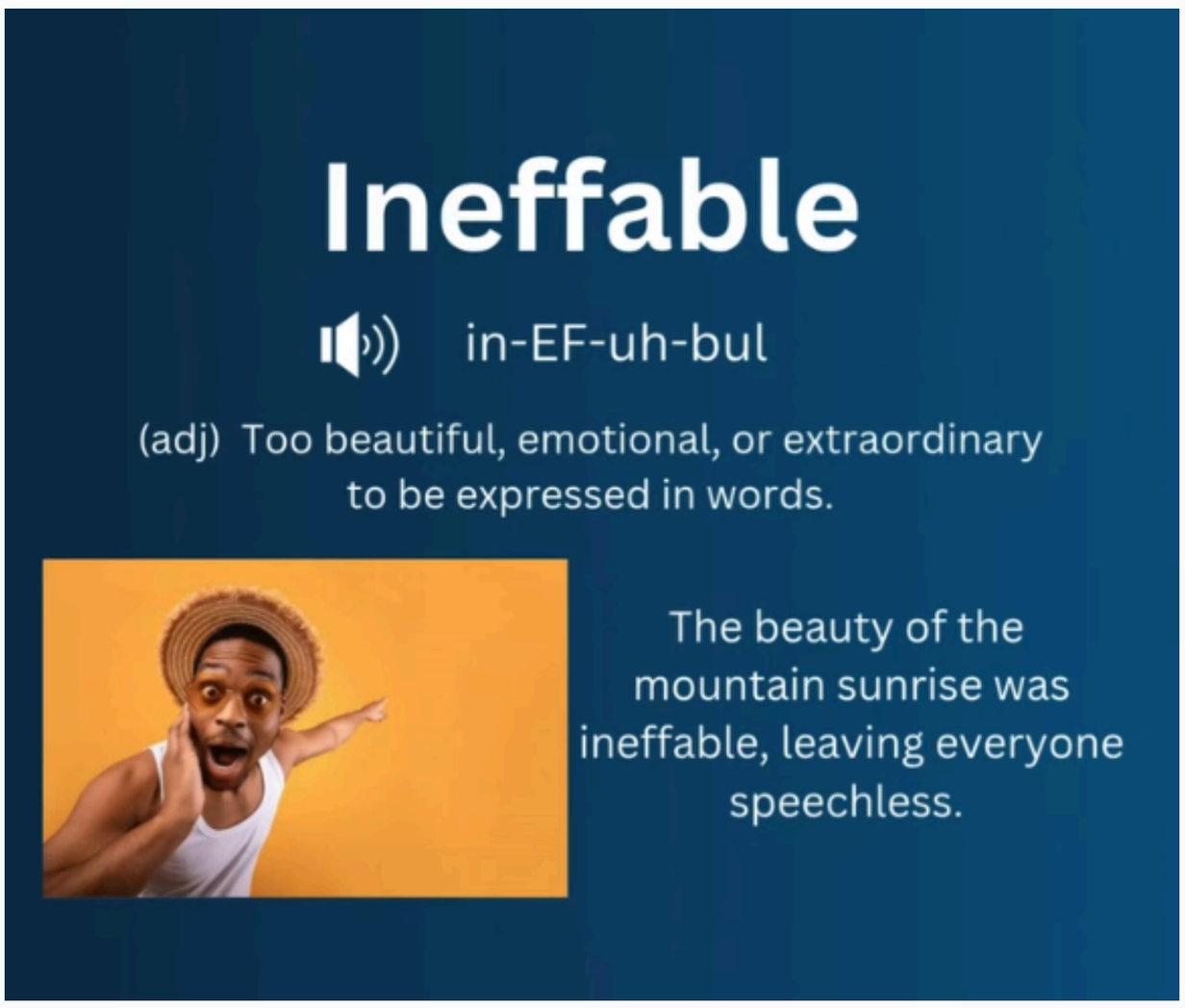

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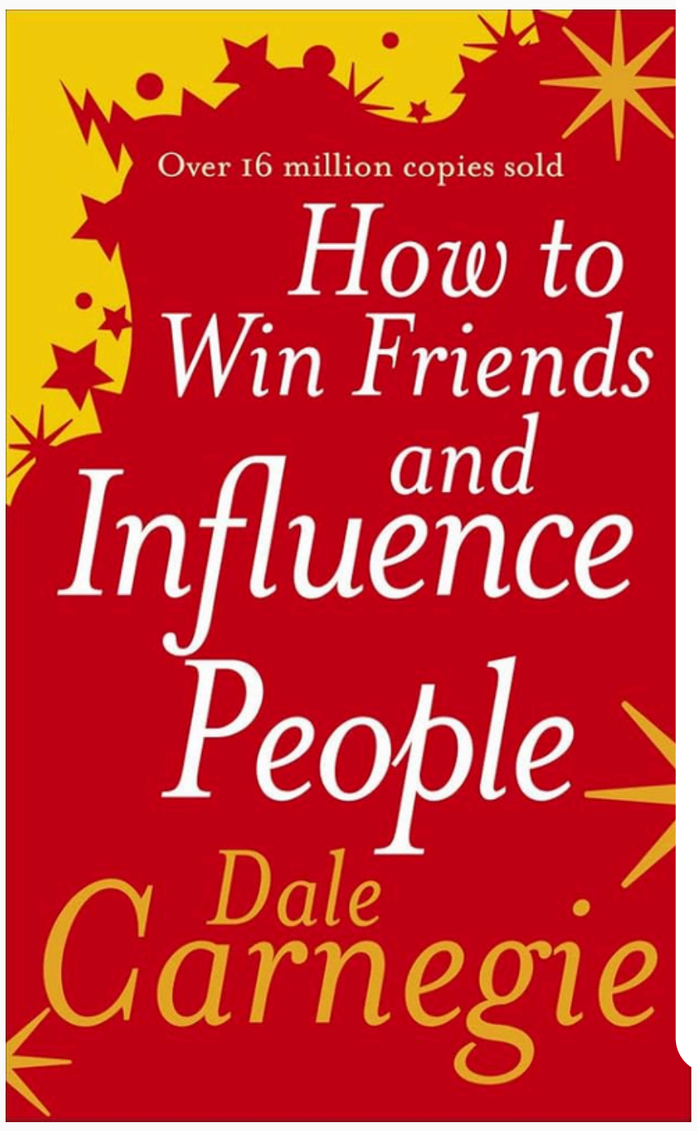

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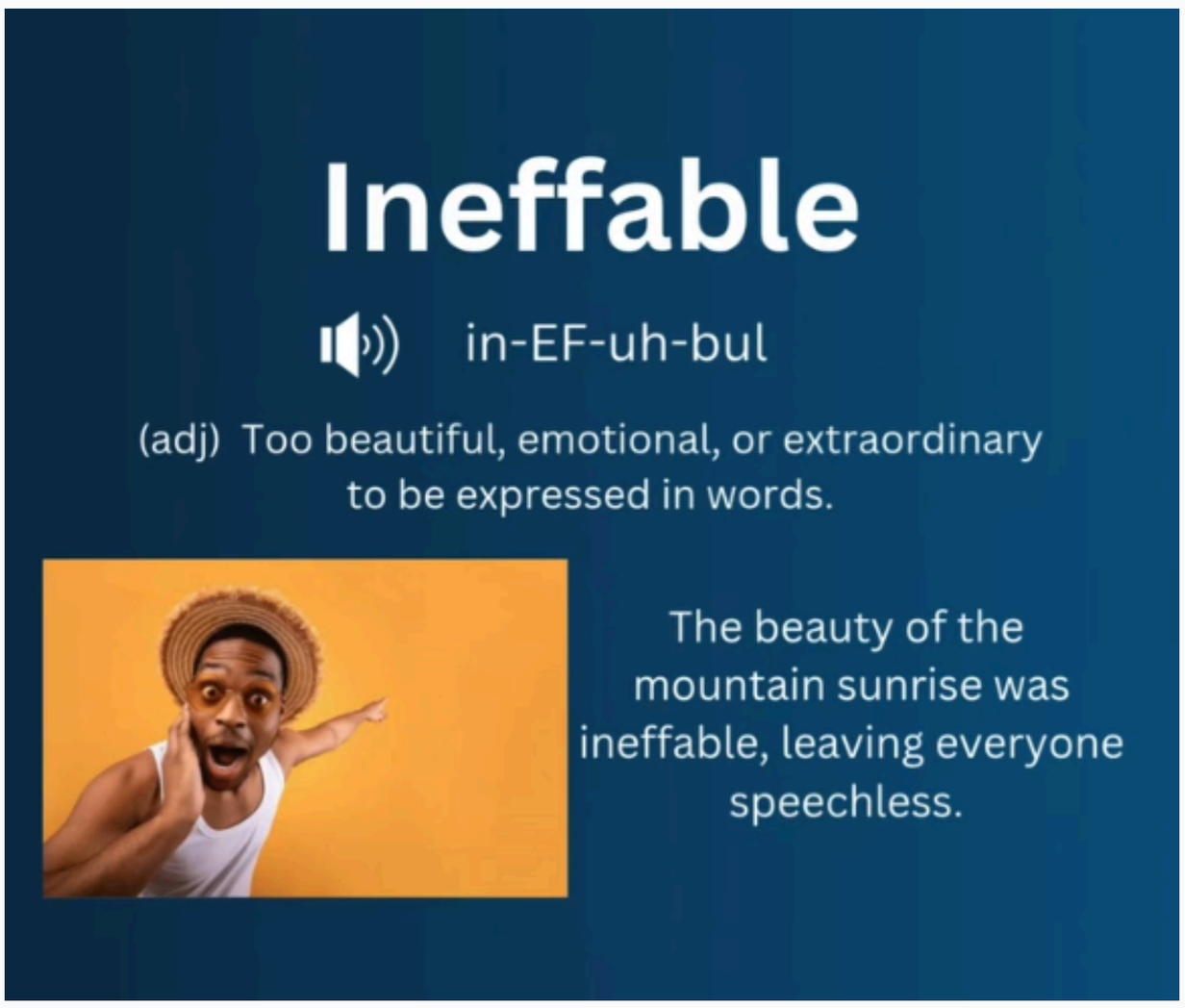

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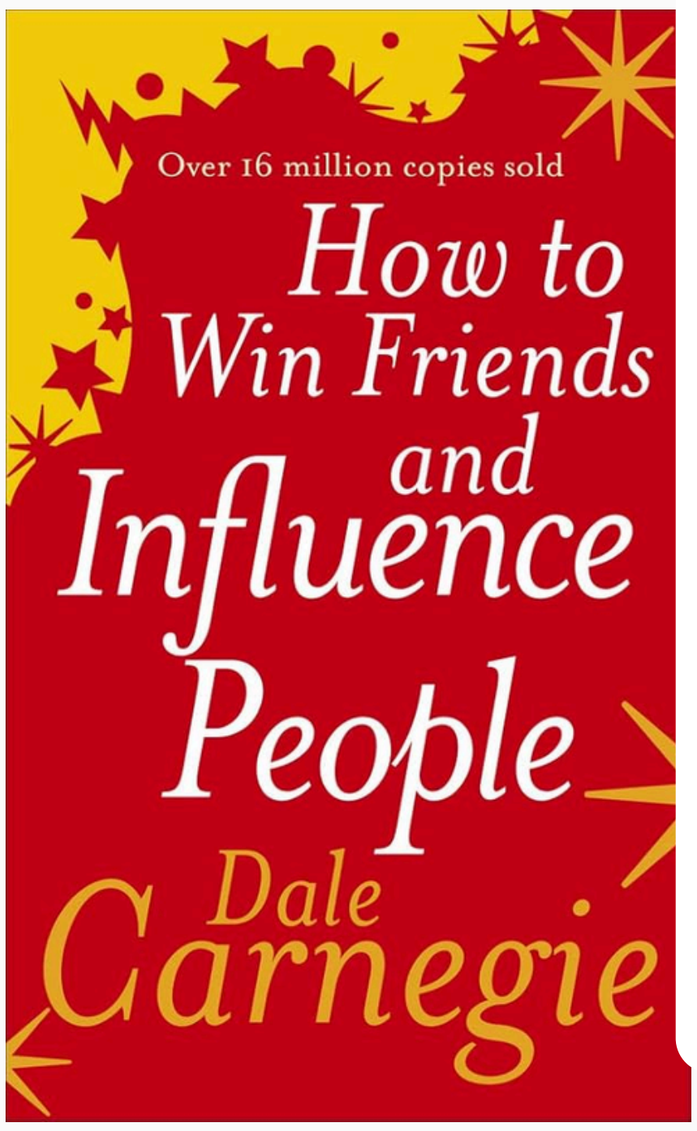

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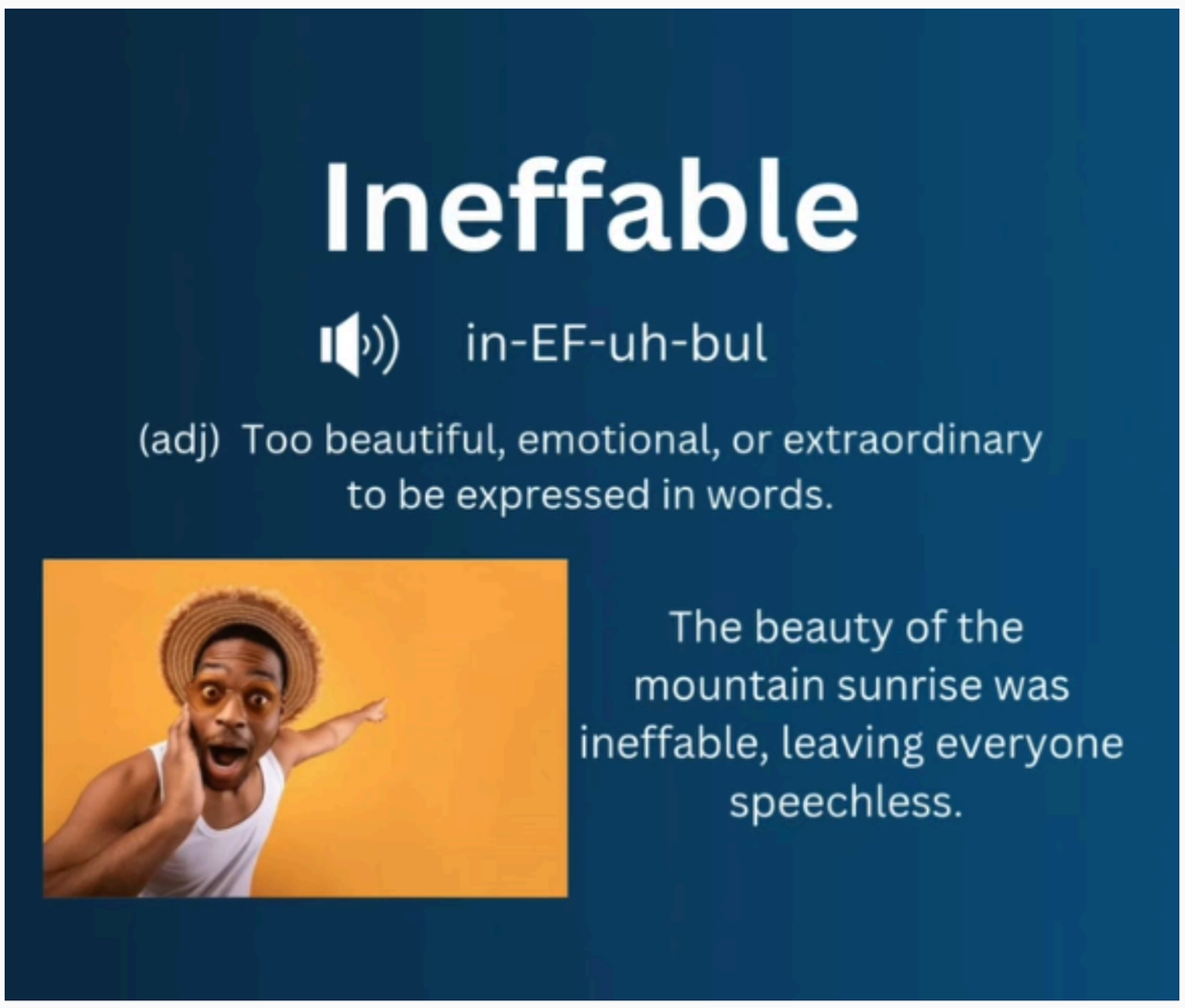

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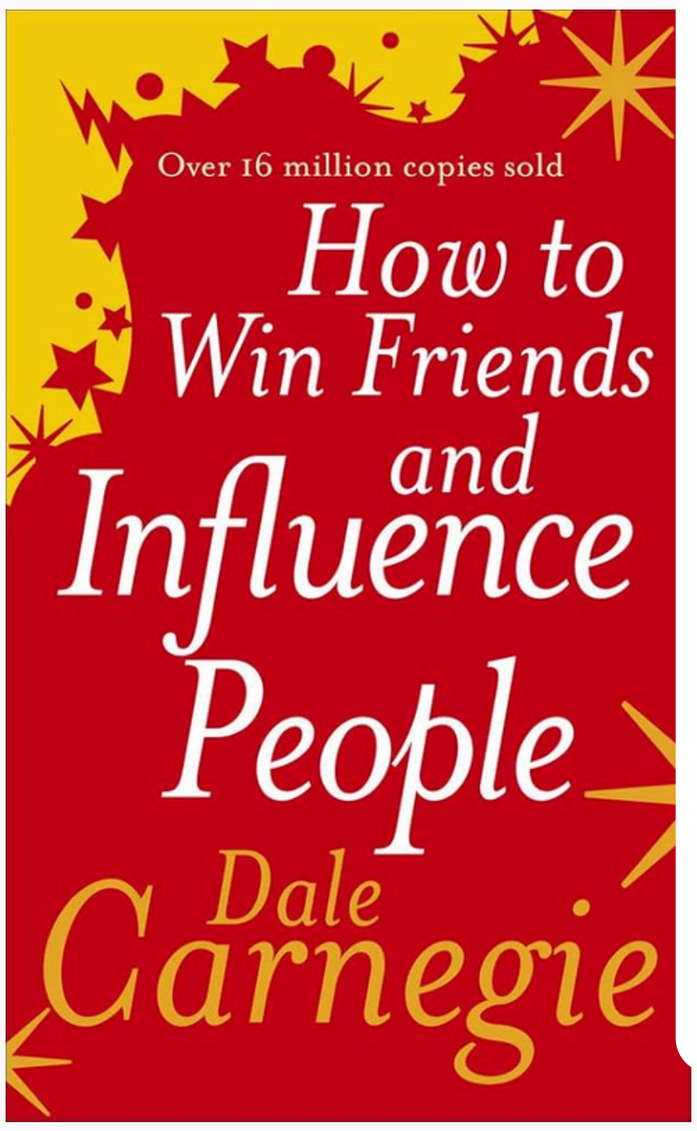

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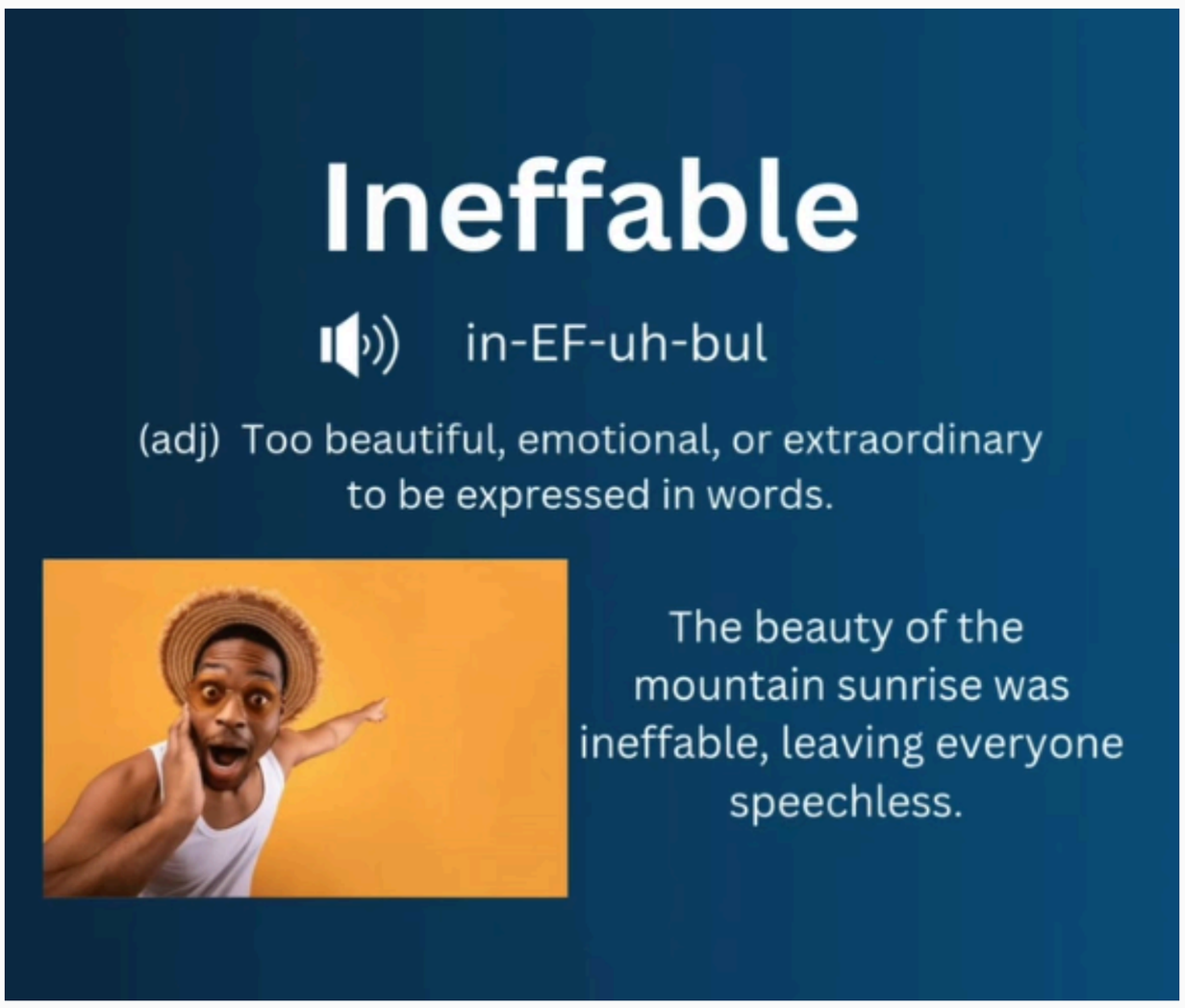

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