BCM SCHOOL
BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

18th Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Tuesday

"FREEDOM IN THE AIR, PRIDE IN EVERY HEART"

BCM School, Dugri, celebrated Independence Day with immense patriotic fervour, pride and enthusiasm. The celebration brought together the school staff, students, Principal and esteemed guest Ar. Sanjay Goel ,Chief Architect,Designex Architects,Ludhiana to commemorate the spirit of freedom and honour the sacrifices that shaped the nation.

The celebration commenced with the hoisting of the National Flag by the Principal, staff members and the distinguished guest, followed by the National Anthem. The sight of the Tricolour fluttering proudly high filled the atmosphere with a deep sense of national pride and unity. Adding vibrancy to the celebration, the students presented a patriotic dance performance dedicated to the brave soldiers of Indian Armed Forces, paying tribute to their courage, dedication and selfless service in safeguarding the nation's sovereignty.

BCM SCHOOL

BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE EDGE OF INDEPENDENCE

18th Aug' 26 — **LEAD360 - EXPLORE, EXPRESS, EXCEL** — **Tuesday**

BCM SCHOOL
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BCM FOUNDATION

THE BCM EDGE

18th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Tuesday

A mesmerising Kathak dance performance showcased India's rich classical heritage, beautifully blending tradition, rhythm and artistic expression. The celebrations were further enlivened by a special dance performance by the teachers who beautifully captured the essence of freedom, unity and the indomitable spirit of India. Their participation added a unique warmth and joy to the occasion, making the celebration truly memorable.

Addressing the gathering, Principal Dr. Vandna Shahi conveyed her heartfelt Independence day greetings to everyone present and remarked "Independence Day reminds us that freedom is both a privilege and a responsibility. Let us inspire our children to uphold the values of unity, integrity, compassion and patriotism. May we continue to contribute towards building a stronger, brighter and more harmonious India."

The celebration concluded with a renewed sense of patriotism and pride, leaving everyone inspired to cherish the nation's freedom and fulfill the responsibilities as proud citizens of India.

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THE BCM EDGE

18th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Tuesday

From the Editor's Pen ✒️

The FREEDOM India Needs

Not just freedom from a rule,
but freedom to think, to dream, to question.

Not just a degree on the wall,
but education that builds **courage**,
curiosity and **character.**

Not just students who score,
but young minds who create,
care and contribute.

Not just teachers who teach,
but mentors who light the way
and **believe in every tomorrow.**

THIS INDEPENDENCE DAY,
LET'S BUILD AN INDIA
where every mind is free
TO LEARN, LEAD AND LEAVE A LEGACY.

Educated. Empowered. Independent.
India.

TEACHERS INSPIRE. | EDUCATION EMPOWERS. | GENERATIONS TRANSFORM. | INDIA RISES.

BCM SCHOOL

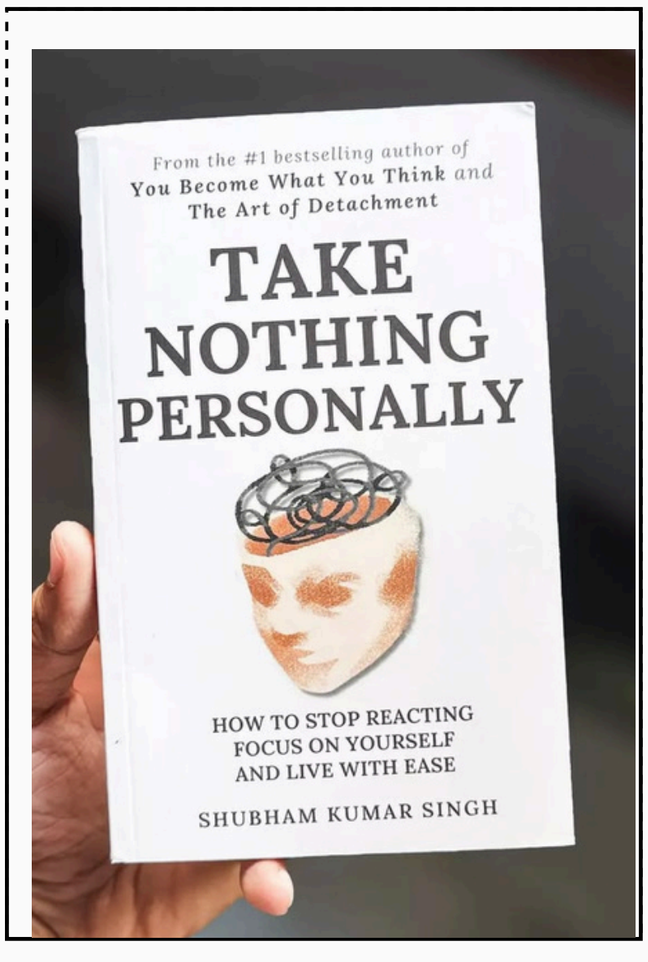
BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

18th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Tuesday

BOOK RECOMMENDATION :

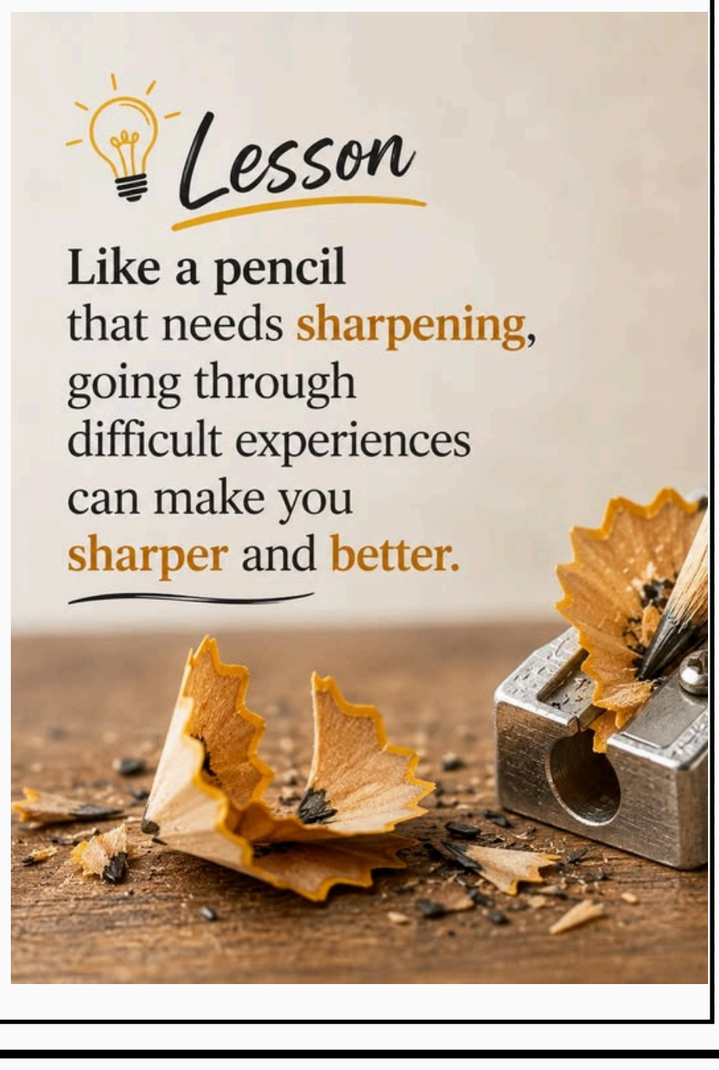
TAKE NOTHING PERSONALLY



The central idea is simple but genuinely useful: not every reaction, comment, silence, criticism, or mood of another person needs to become your emotional burden. The book encourages you to pause before reacting, understand that people see situations through their own experiences, and focus your energy on what you can actually control. Reader feedback also describes it as relatable, direct, and useful for self-improvement.

What makes the concept particularly powerful is that "taking nothing personally" doesn't have to mean becoming insensitive. It can mean learning not to make someone else's behaviour a verdict on your own worth.

THOUGHT OF THE DAY



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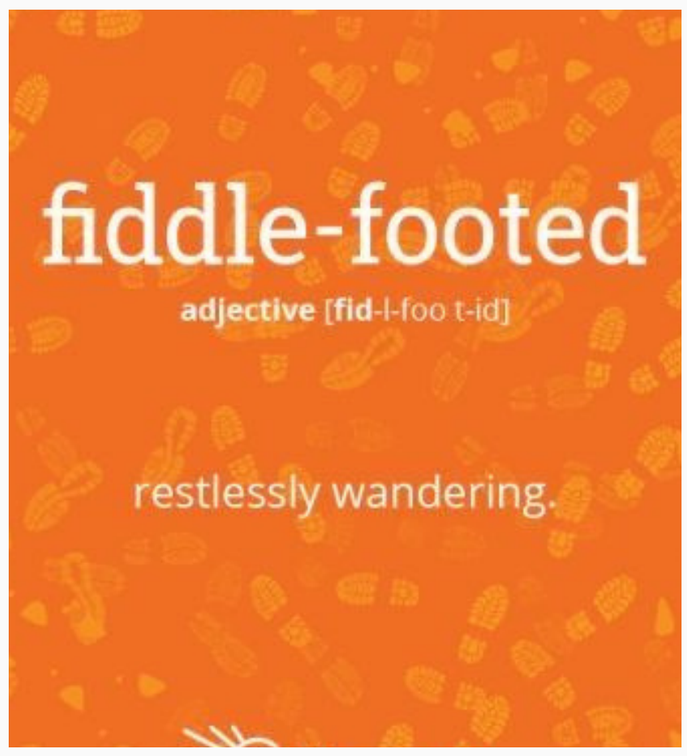

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THE BCM EDGE

19th Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Wednesday

Congratulations!

Pranjal
Class XI Science

PRANJAL

was a proud member of the **Ludhiana Zone Team**
in the **District Chess Competition under 19 (Girls)**
held at **Sacred Souls School.**

The Ludhiana Zone Team clinched

FIRST POSITION

Your strategic thinking, teamwork and determination
have brought glory and set an inspiring example for all.

We are proud of you!

Keep Thinking. Keep Winning.

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19th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Wednesday

A fun and engaging "**Blow Buddies**" activity was conducted to promote physical development among the students. Children used straws to blow colours onto paper, creating interesting patterns and artwork. The children enjoyed experimenting with colours and different blowing techniques. It also provided an opportunity for them to express their creativity while developing greater control over their breath and movements.

LEARNING OUTCOMES

- Enhanced breath control
- Improved concentration
- Better sensory perception & observation skills
- Enhanced oral-motor coordination
- Boosted creativity & self-expression

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THE BCM EDGE

19th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Wednesday

The Choice Between *Easy* and *Right*

"The easy way saves effort; the right way builds character."

Every day, we face small but important choices. These choices may seem simple, but they slowly shape who we become. We decide whether to complete our work honestly or take a shortcut, whether to admit a mistake or make an excuse, and whether to follow others or stand up for what we believe is right.

THE EASY CHOICE

It brings quick comfort. It saves time, effort, and sometimes even avoids discomfort. However, it does not always help us grow.

THE RIGHT CHOICE

It may require more effort and courage, but it builds something far more valuable— self-respect and strong character.

FOR STUDENTS, THIS IS ESPECIALLY IMPORTANT.

- Choosing discipline over distraction
- Honesty over cheating
- Effort over excuses
- Kindness over indifference

may not always feel easy in the moment. Yet, these small decisions gradually shape our habits, our personality, and our future. Success is not built in a single moment, but through repeated right choices.

"Character is built by the choices we make when no one is watching."

'DOING THE RIGHT THING

does not always bring praise or recognition. In fact, many times, no one may notice at all.

But even when others do not see it, we know what we have done. That inner awareness builds confidence, integrity, and peace of mind.

In the long run, people are not remembered for what was easiest for them, but for what they chose to do when it mattered.

The real question is not simply what is convenient, but what is correct.

? What was right—and did I have the courage to choose it?

In the end, every right choice, no matter how small, makes us stronger, wiser, and more responsible. The easy path may feel comfortable today, but the right path builds the strength we need for tomorrow.

Choose the right path.

It may be harder now, but it will always lead you to a better version of yourself.

By- **Pooja Rani**
TGT Mathematics

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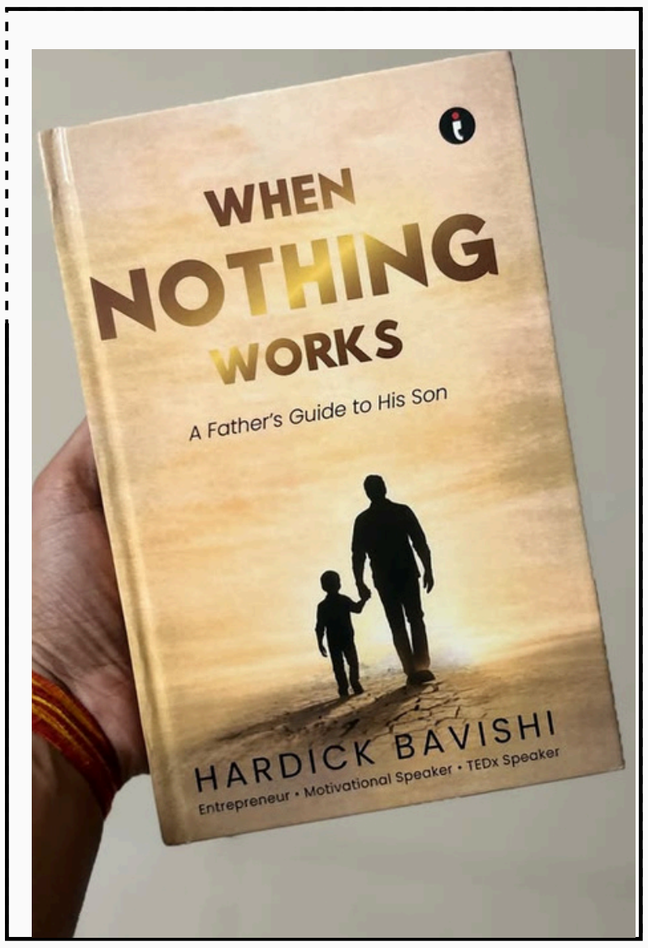
THE BCM EDGE

19th Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Wednesday

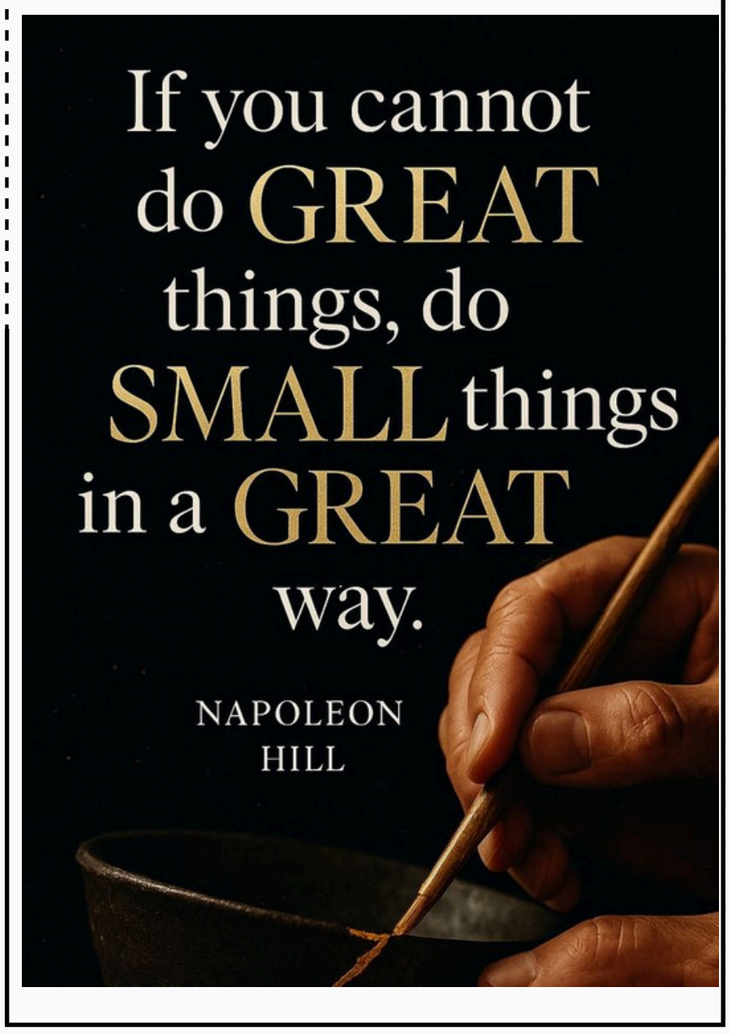
BOOK RECOMMENDATION :

WHEN NOTHING WORKS



When Nothing Works is a thoughtful reminder that life does not always respond to our plans, efforts, or expectations. The book explores those moments when everything seems stuck and encourages readers to pause, reflect, and look at challenges from a different perspective. Rather than offering instant solutions, it highlights the importance of patience, resilience, self-belief, and the courage to keep moving forward. What makes the book relatable is its simple yet meaningful approach to failure, uncertainty, and personal growth. It is especially relevant for young readers navigating academic pressure, career choices, and everyday setbacks. A reflective and encouraging read for anyone who has ever wondered what to do when nothing seems to work.

THOUGHT OF THE DAY



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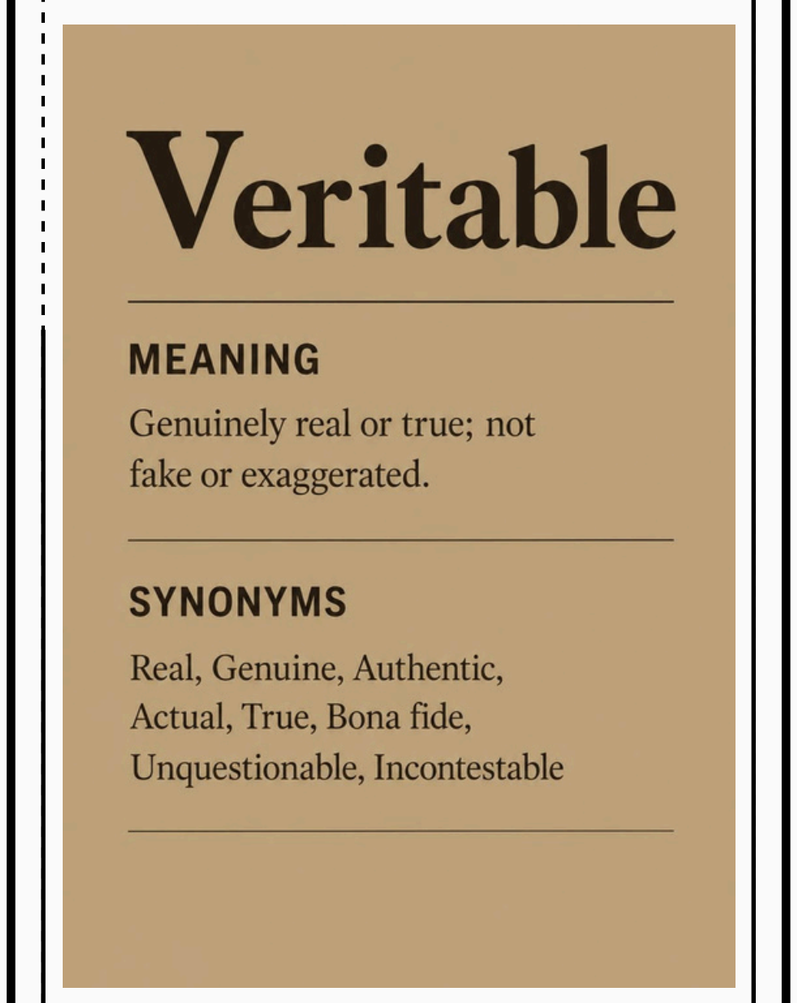

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20th Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Thursday

MOMENT OF PRIDE!

DISTRICT-LEVEL RHYTHMIC GYMNASTICS COMPETITION

HELD AT GURU NANAK STADIUM

Our school team secured

3RD POSITION

in the **Under-19 Girls' Category**

INDIVIDUAL ACHIEVEMENT

Jayashka (IX M/G)
secured **3RD POSITION**
in the **RIBBON EVENT**
and has been selected for the
State-Level Competition.

OUR TEAM

- **Jayashka** – IX M/G
- **Ishmeet Kaur** – VII Rose
- **Harshita** – VII Rose
- **Japleen Kaur** – VIII Daisy
- **Pavni** – VII Rose

DEDICATION. DISCIPLINE. DETERMINATION.

That's what makes champions!

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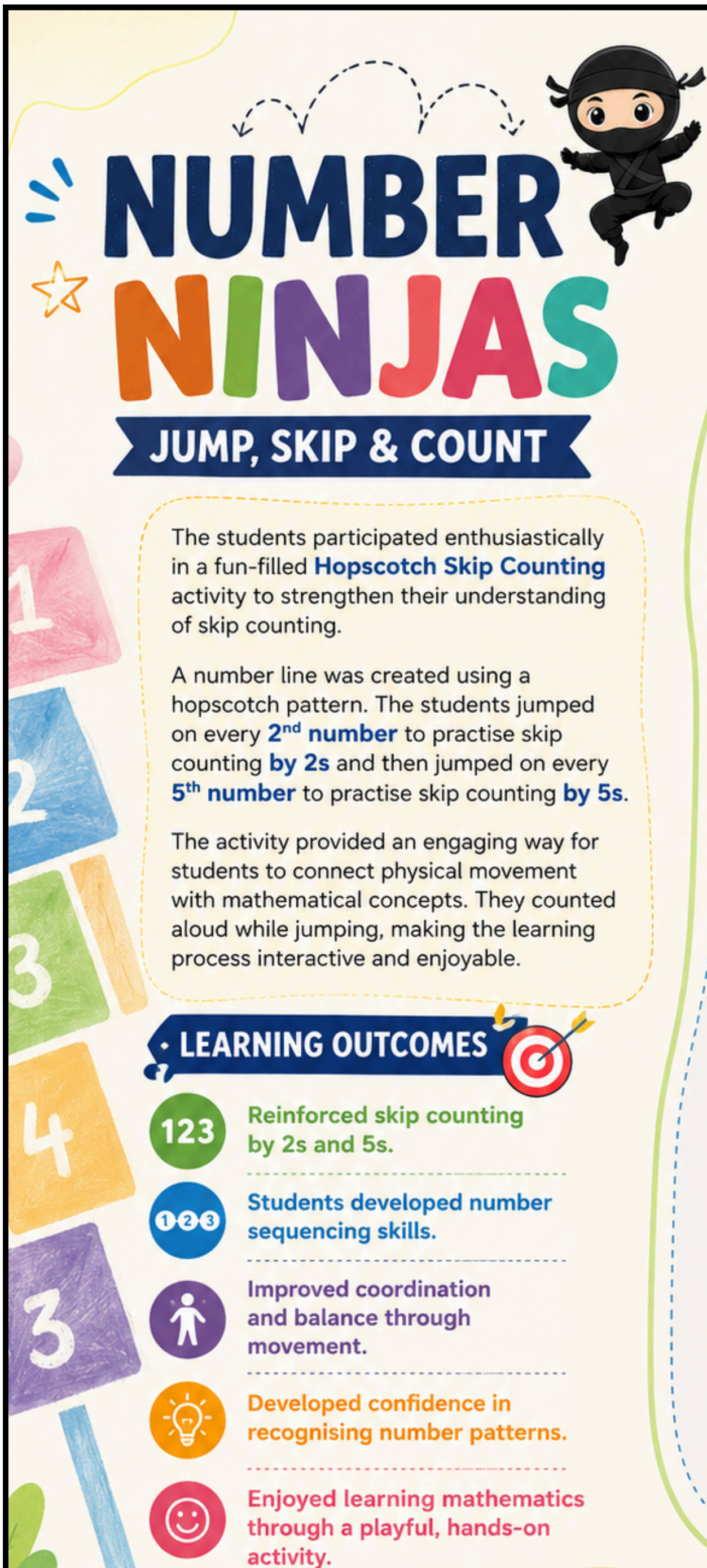

NUMBER NINJAS

JUMP, SKIP & COUNT

The students participated enthusiastically in a fun-filled **Hopscotch Skip Counting** activity to strengthen their understanding of skip counting.

A number line was created using a hopscotch pattern. The students jumped on every **2nd number** to practise skip counting **by 2s** and then jumped on every **5th number** to practise skip counting **by 5s**.

The activity provided an engaging way for students to connect physical movement with mathematical concepts. They counted aloud while jumping, making the learning process interactive and enjoyable.

LEARNING OUTCOMES

- Reinforced skip counting by 2s and 5s.
- Students developed number sequencing skills.
- Improved coordination and balance through movement.
- Developed confidence in recognising number patterns.
- Enjoyed learning mathematics through a playful, hands-on activity.

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PARENTING

is based on three magical words:

AWARENESS, CONSCIOUSNESS, AND PREVENTION.

Awareness leads to prevention.

Parenting is the active process of raising a child from birth to independent adulthood. It is based on three magical words: **awareness, consciousness, and prevention.** Parents should be aware of the many complicated problems that children may face.

The art of parenting is a lifelong journey of nurturing a child's physical, emotional, and mental growth through **unconditional love, clear boundaries, and flexible guidance.**

Good parenting is when children feel **safe to share their true feelings,** come to you when they are hurt, and make mistakes without fear.

Children need **long-lasting support.** We should develop multiple sources of support for children who experience significant losses.

Children are losing their innocence due to overexposure to social media and the internet. Their minds are maturing faster than their bodies. The only way to protect them is by giving them **the right values and education.**

Raise them with love, guide them with values, watch them soar.

"At last, I would like to say that parenting is not easy, but it can be made easier when we stop trying to control every outcome and instead focus on **consistent routines, clear and simple choices,** and **managing our own emotional responses.**"

PRERNA BEDI
KINDERGARTEN TEACHER

BCM SCHOOL

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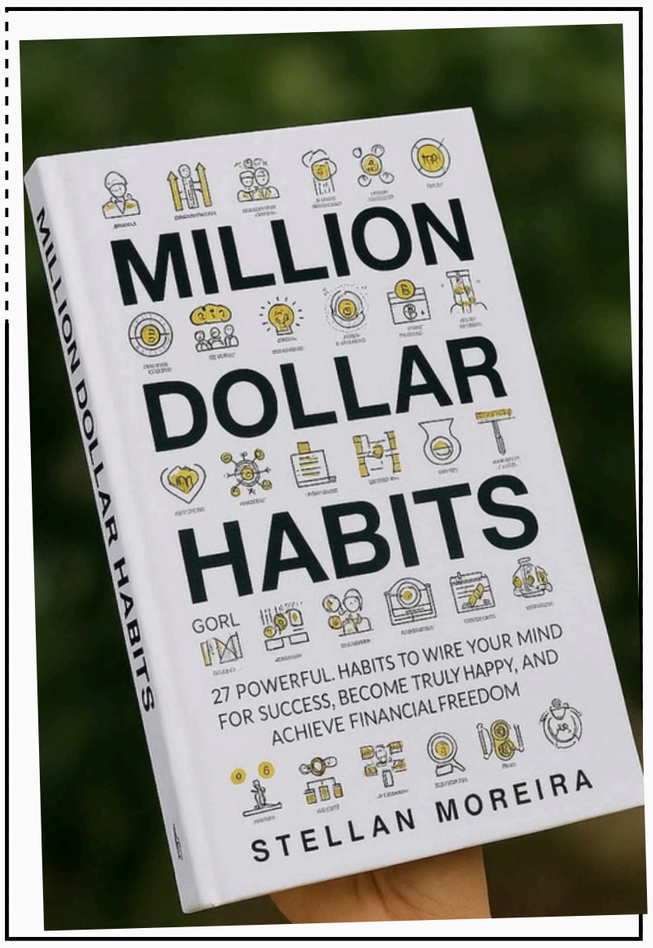
THE BCM EDGE

20th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Thursday

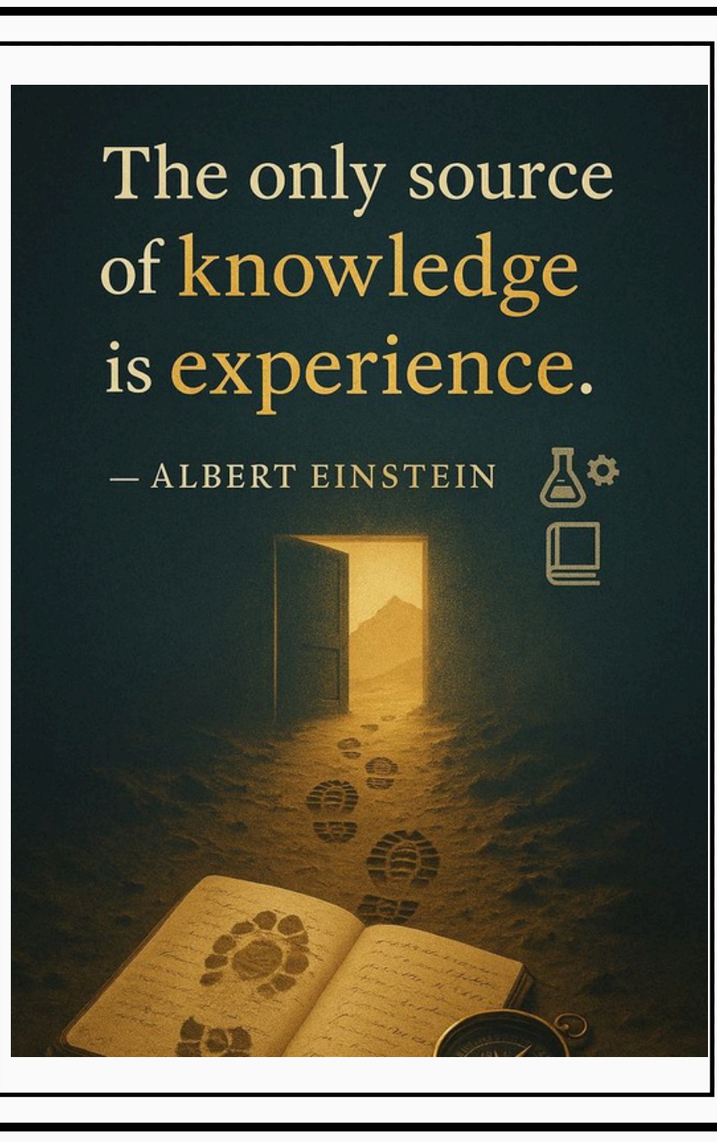
BOOK RECOMMENDATION :

MILLION DOLLAR HABITS



Million Dollar Habits by Stellan Moreira is an insightful book that explores how small, consistent habits can create meaningful changes in our personal and professional lives. The book highlights the importance of discipline, positive thinking, goal-setting, time management, and taking purposeful action. Rather than focusing on overnight success, it encourages readers to develop daily routines that gradually build confidence, productivity, and financial awareness. Its practical approach makes the ideas easy to understand and apply in everyday life. The book is particularly useful for students and young professionals who want to cultivate a growth-oriented mindset and become more focused and responsible. Recommended for anyone who believes that success is not a one-time achievement, but the result of the habits we practise every day.

THOUGHT OF THE DAY



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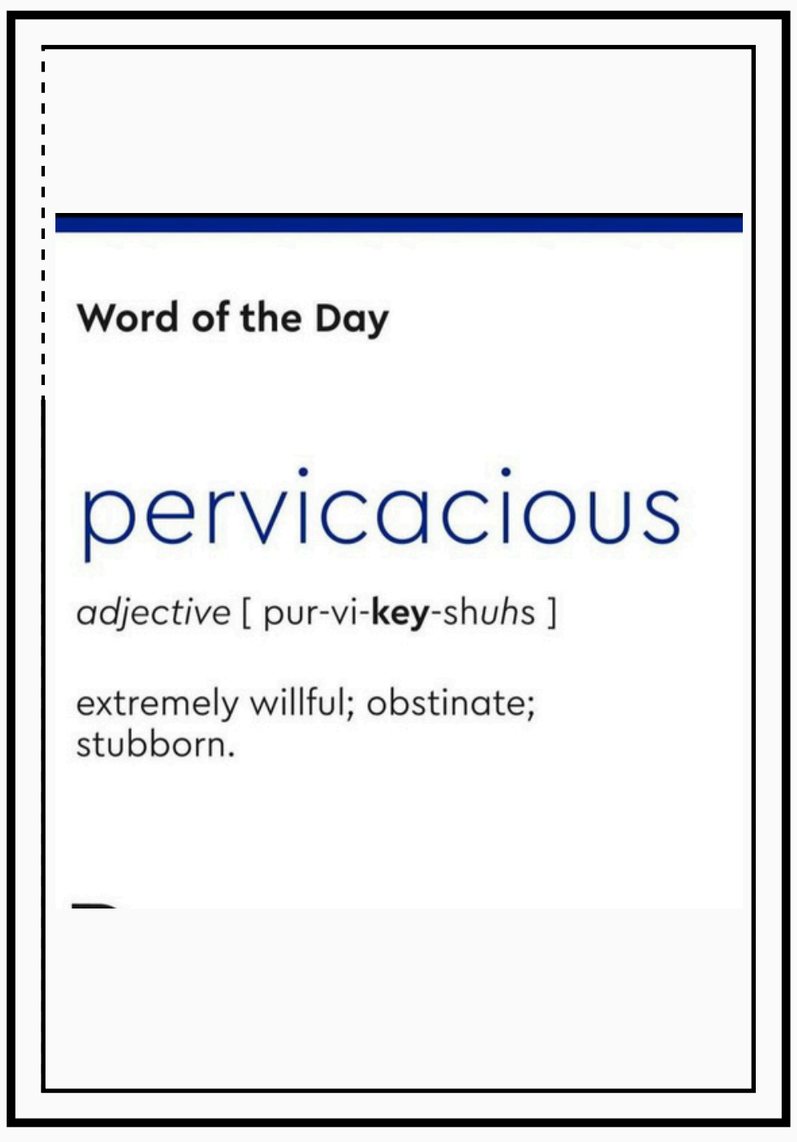

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THE BCM EDGE

22nd Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Saturday

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THE BCM EDGE

22nd Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Saturday

STEM SPARK CLUB: A WEEK OF CREATIVITY & INNOVATION

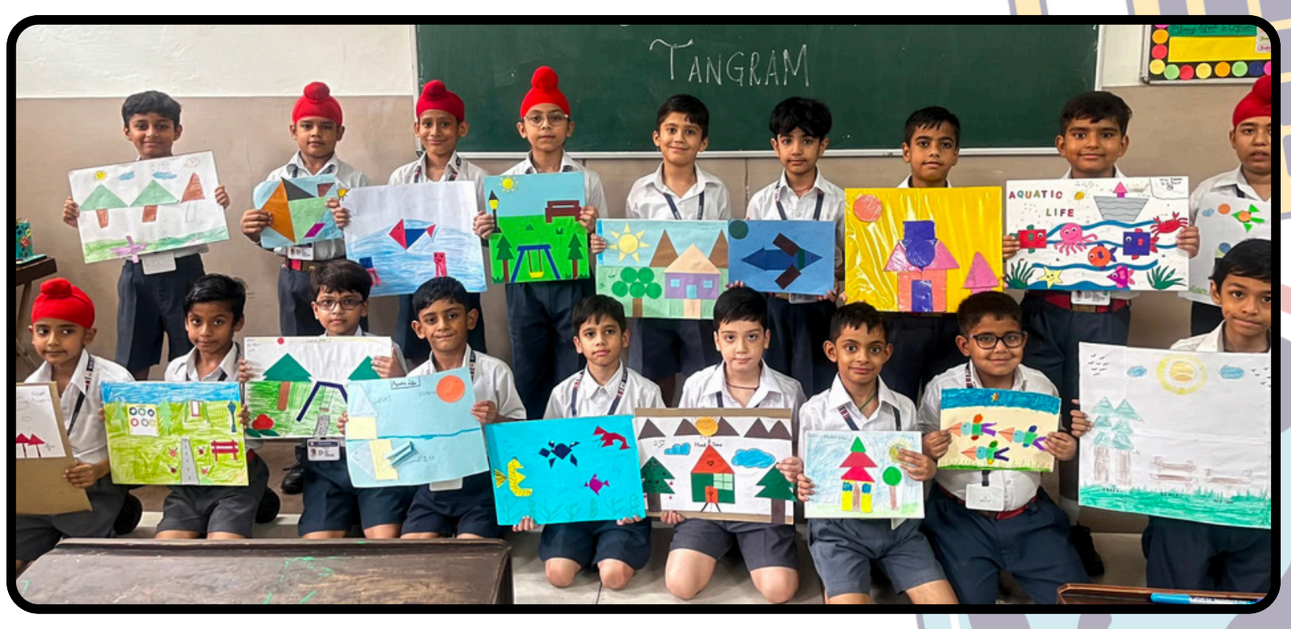
The STEM Spark Club successfully conducted a series of engaging, hands-on activities for students of Classes III to VIII from 18–20 August 2026, integrating Science, Technology, Engineering and Mathematics with creativity and imagination.

Class III | Create, Imagine, Innovate

Students explored Tangram Art, transforming geometric pieces into imaginative scenes such as huts, birds, parks and aquatic life. The activity enhanced spatial thinking, creativity and problem-solving.

Class IV | Colours of Nature

Students created eco-friendly artwork using natural colours from turmeric, beetroot, leaves, pomegranate, coffee and spinach through thumb printing, leaf printing and other techniques.



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22nd Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Saturday

Class V | Build & Create

Using ice-cream sticks, clay, glue and sketch pens, students constructed geometric structures, constellation designs, animal models and human figures, developing construction and design skills.

Classes VI & Above | DIY STEM Car Models

Students built models such as Rubber Band Racers, Balloon Cars and Electric Propeller Cars, exploring energy conversion, air pressure, thrust, circuits, motors and aerodynamics.

Class VII | Nature's Blueprint

Inspired by leaf patterns and textures, students created designs representing butterflies, flowers, birds, trees and fish while discovering how nature inspires architecture, textiles, solar technology and robotics.

Class VIII | Bio Art – Create, Colour & Learn

Through leaf art, anatomy colouring and bio-collages, students explored leaf structure, cell anatomy, biodiversity and ecosystems while expressing scientific concepts creatively.

Learning Beyond Textbooks

The activities fostered creativity, curiosity, critical thinking, problem-solving, collaboration, design thinking and innovation. The experiential approach made STEM learning enjoyable, meaningful and relatable.

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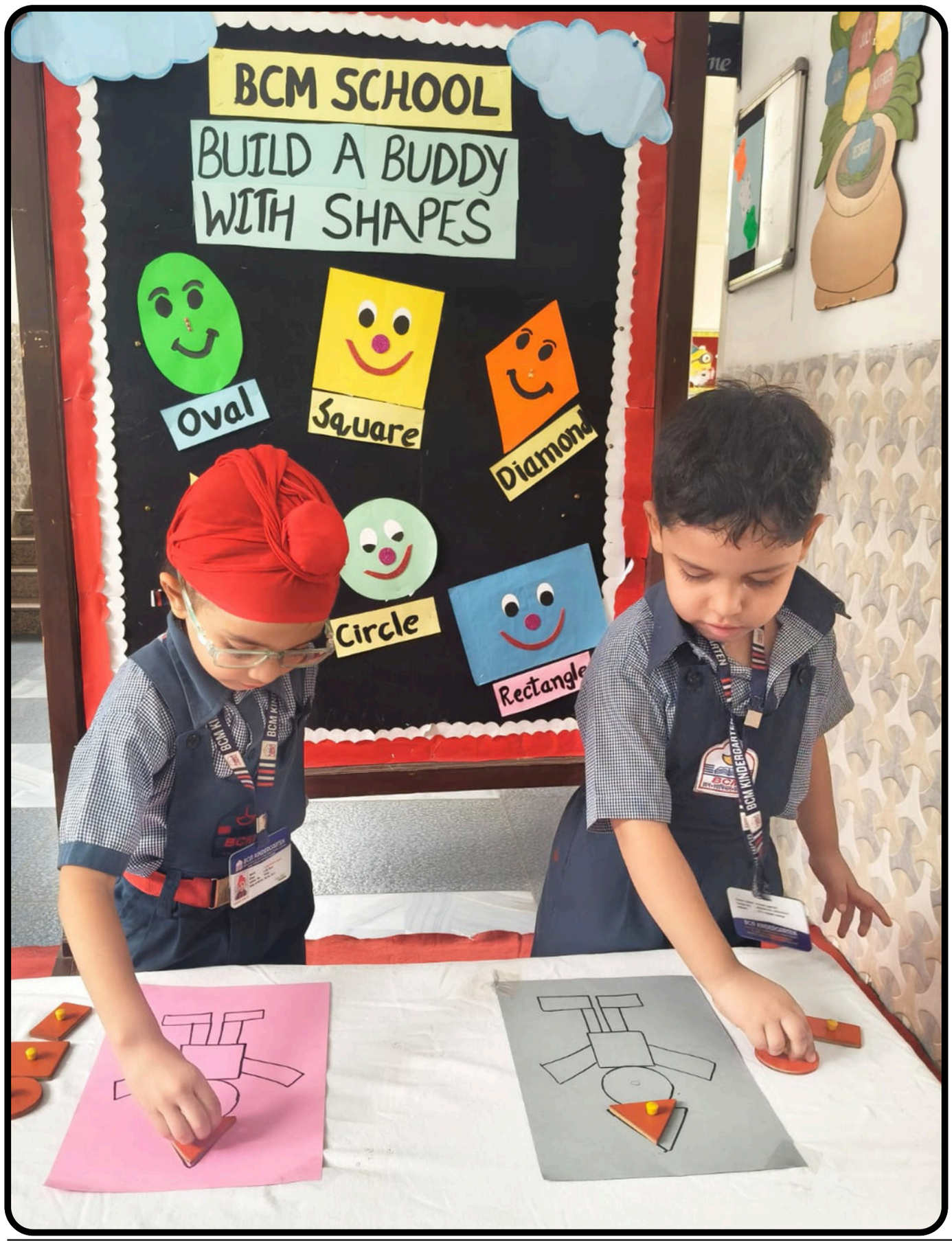
22nd Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Saturday

Learning shapes helps young children organize visual information, build early geometry skills and develop strong spatial awareness. The young learners participated in an engaging 'Build a Buddy with Shapes' Activity designed to make learning fun and interactive. Students were given colourful shape blocks such as circles, squares, triangles and rectangles.

The children carefully placed the appropriate shape cutout on different parts of a Robot picture to complete it. Through this hands-on activity, students learned to identify different shapes while developing their fine motor skills, hand-eye coordination, creativity and observation skills. It was fun cum learning activity.

Learning outcomes- visual observation and logical reasoning and eye-hand coordination



BUILD A BUDDY WITH SHAPES

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THE BCM EDGE

22nd Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Saturday

The Power of BIOTECHNOLOGY

INNOVATING TODAY, TRANSFORMING TOMORROW

Biotechnology is where **biology meets technology** to create solutions that touch every part of our lives. From tiny cells to life-saving medicines, from better crops to a cleaner planet – biotechnology is quietly building a better and brighter future for all.

5 WAYS BIOTECHNOLOGY IS CHANGING OUR WORLD

BETTER HEALTHCARE
Vaccines, antibiotics, insulin and gene therapies are saving millions of lives and fighting deadly diseases.

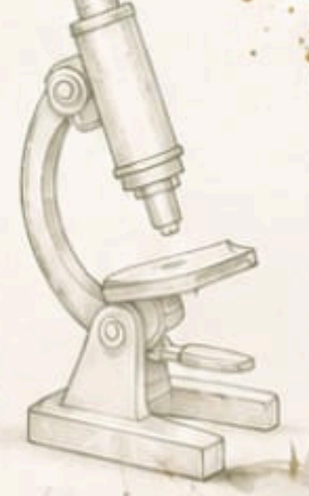
FOOD SECURITY
It helps increase crop yield, improve nutritional quality and create disease-resistant plants.

A GREENER PLANET
Biotechnology offers eco-friendly solutions like bioremediation, biofuels and waste management to protect our environment.

INDUSTRY & INNOVATION
From enzymes in detergents to bio-plastics and bio-factories, biotech is driving innovation in countless industries.

GENE TECHNOLOGY
Advanced tools like CRISPR are opening doors to treat genetic disorders and personalize medicine for a healthier tomorrow.

> "BIOTECHNOLOGY is not just about SCIENCE, it's about CREATING A BETTER QUALITY OF LIFE for every living being."



Did you know?

- The first vaccine for Hepatitis B was developed using biotechnology.
- Golden Rice, enriched with Vitamin A, can help fight malnutrition.
- Biotechnology is used in DNA fingerprinting to solve crimes.
- You can thank biotechnology for curd, cheese, bread, yogurt and many more everyday products!

THE POWER IS REAL.
THE FUTURE IS IN OUR HANDS.
Let's use it wisely, responsibly and compassionately.

FOR HEALTHIER LIVES | FOR A SUSTAINABLE PLANET | FOR A BETTER TOMORROW

Madhu
TGT – Science

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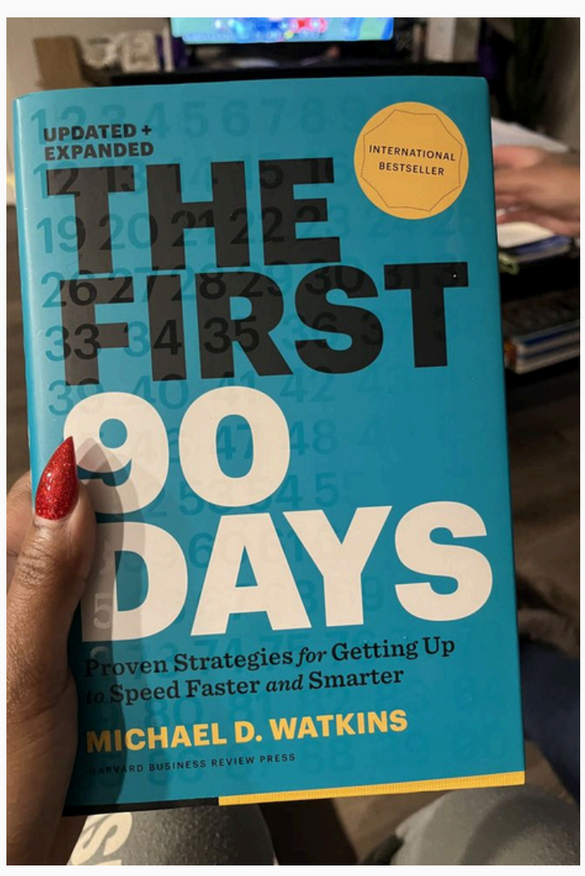
22nd Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Saturday

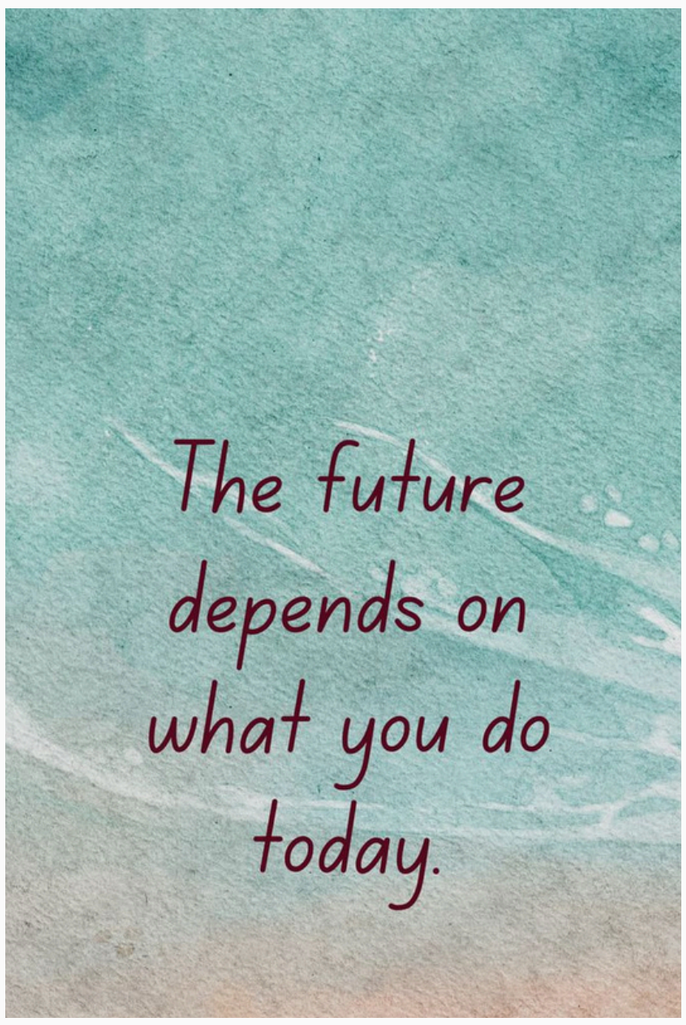
BOOK RECOMMENDATION :

THE FIRST 90 DAYS



The First 90 Days by Michael D. Watkins is an insightful and practical book for anyone stepping into a new role or leadership position. It focuses on how the first three months can shape long-term success. Watkins offers a clear framework for understanding a new organisation, building relationships, identifying priorities and creating early wins. What makes the book valuable is its practical approach—it encourages leaders to learn quickly, adapt to new situations and avoid common mistakes during transitions. The emphasis on "learning before doing" is especially relevant for professionals taking on greater responsibilities. The book is easy to follow, thought-provoking and filled with actionable strategies. Highly recommended for aspiring leaders, managers and professionals navigating new roles or responsibilities.

THOUGHT OF THE DAY



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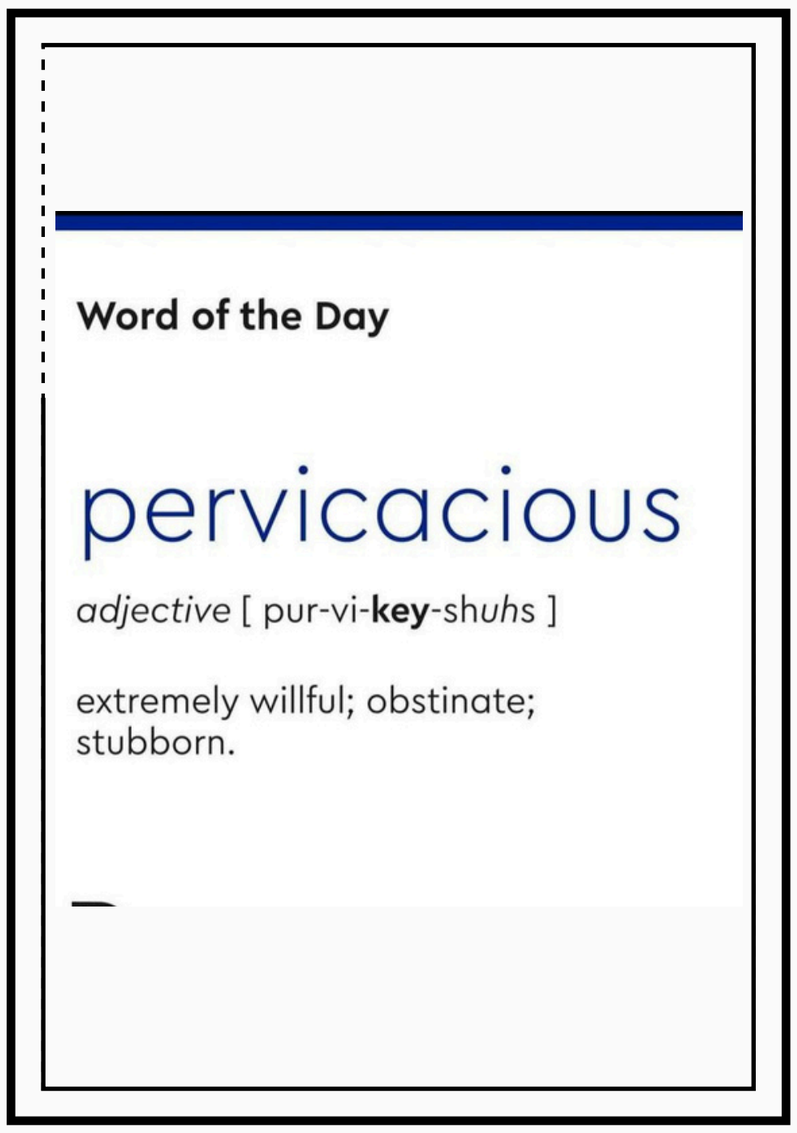

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24th Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Monday

MANZIL GLOBAL

★ THE CAREER CARNIVAL ★

BCM School, Basant Avenue, Dugri, in collaboration with K5 and MANCOMP Overseas Education, successfully hosted the Grand MANZIL Global – The Career Carnival, a spectacular international education extravaganza that connected young aspirants with world-class universities and boundless global opportunities.

The event was graced by Mr. Gaurav Munjal, trustee BCMF, Mr. Amitava Ghosh, Director – School Education, BCM Schools; Ms. Nidhi Jain, Principal, BCM School, Basant City; and Ms. Gurpreet Kaur, Dean Administration, BCM School, Dugri, whose presence added immense prestige to the occasion.

The prestigious carnival brought together 15 leading universities from the UK, Australia, USA, Dubai, Italy, Singapore, and Germany. Renowned institutions such as the University of West London, Birmingham City University, Heriot-Watt University, Rochester Institute of Technology (RIT) and the University of Western Australia offered invaluable guidance on admissions, scholarships, academic programmes and emerging global career pathways.

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24th Aug' 26 — **LEAD360 - EXPLORE, EXPRESS, EXCEL** — **Monday**

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24th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Monday

The event was spearheaded by Mr. Bala Kumar, Founder of MANCOMP Overseas Education, whose vision of making quality international education accessible inspired students to dream beyond borders. Addressing the gathering, he encouraged learners to embrace global perspectives and make informed decisions while shaping their higher education journey.

The vibrant carnival witnessed enthusiastic participation from the students and parents of BCM School, Dugri and BCM School, Basant City, who engaged in personalised counselling sessions and meaningful interactions with international university delegates, making it a one-stop destination for global university admissions and career planning.

Expressing her delight, Principal Dr. Vandna Shahi remarked that such events empower the students to dream fearlessly, choose wisely and emerge as confident, compassionate and globally responsible leaders of tomorrow.

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24th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Monday

ਸਿੱਖਿਆ ਦਾ ਮਕਸਦ ਇਨਸਾਨ ਬਣਾਉਣਾ

ਮਨਪ੍ਰੀਤ ਕੌਰ
ਟੀ.ਜੀ.ਟੀ. ਪੰਜਾਬੀ

ਸਿੱਖਿਆ ਮਨੁੱਖ ਦੇ ਜੀਵਨ ਦਾ ਇੱਕ ਅਹਿਮ ਅੰਗ ਹੈ। ਆਮ ਤੌਰ 'ਤੇ ਅਸੀਂ ਸਿੱਖਿਆ ਨੂੰ ਕਿਤਾਬਾਂ ਪੜ੍ਹਨ, ਪ੍ਰੀਖਿਆਵਾਂ ਦੇਣ ਅਤੇ ਚੰਗੇ ਅੰਕ ਪ੍ਰਾਪਤ ਕਰਨ ਤੱਕ ਸੀਮਤ ਸਮਝ ਲੈਂਦੇ ਹਾਂ, ਪਰ ਸਿੱਖਿਆ ਦਾ ਅਸਲ ਮਕਸਦ ਇਸ ਤੋਂ ਕਿਤੇ ਵੱਡਾ ਹੈ। ਸੱਚੀ ਸਿੱਖਿਆ ਮਨੁੱਖ ਨੂੰ ਗਿਆਨਵਾਨ ਹੋਣ ਦੇ ਨਾਲ-ਨਾਲ ਸਮਝਦਾਰ, ਨਿਮਰ, ਇਮਾਨਦਾਰ ਅਤੇ ਜ਼ਿੰਮੇਵਾਰ ਬਣਾਉਂਦੀ ਹੈ। ਇਹ ਸਾਨੂੰ ਸਹੀ ਅਤੇ ਗਲਤ ਵਿਚਕਾਰ ਫ਼ਰਕ ਸਮਝਣ ਦੀ ਸਮਰੱਥਾ ਦਿੰਦੀ ਹੈ। ਇੱਕ ਸਿੱਖਿਆ ਪ੍ਰਾਪਤ ਵਿਅਕਤੀ ਸਿਰਫ਼ ਆਪਣੇ ਵਿਕਾਸ ਬਾਰੇ ਨਹੀਂ ਸੋਚਦਾ, ਸਗੋਂ ਪਰਿਵਾਰ, ਸਮਾਜ ਅਤੇ ਦੇਸ ਦੀ ਭਲਾਈ ਨੂੰ ਵੀ ਮਹੱਤਵ ਦਿੰਦਾ ਹੈ। ਸਿੱਖਿਆ ਸਾਡੇ ਅੰਦਰ ਦਇਆ, ਹਮਦਰਦੀ, ਸਹਿਣਸ਼ੀਲਤਾ, ਸਤਿਕਾਰ ਅਤੇ ਸੇਵਾ ਦੀ ਭਾਵਨਾ ਪੈਦਾ ਕਰਦੀ ਹੈ। ਇਹ ਸਾਨੂੰ ਵੱਖ-ਵੱਖ ਵਿਚਾਰਾਂ ਅਤੇ ਲੋਕਾਂ ਦਾ ਸਤਿਕਾਰ ਕਰਨਾ, ਮੁਸ਼ਕਲ ਹਾਲਾਤਾਂ ਵਿੱਚ ਧੀਰਜ ਰੱਖਣਾ ਅਤੇ ਆਪਣੀਆਂ ਗਲਤੀਆਂ ਤੋਂ ਸਿੱਖਣਾ ਸਿਖਾਉਂਦੀ ਹੈ। ਇਸ ਤਰ੍ਹਾਂ ਸਿੱਖਿਆ ਸਾਡੇ ਵਿਅਕਤੀਤਵ ਦਾ ਸਰਵਪੱਖੀ ਵਿਕਾਸ ਕਰਦੀ ਹੈ ਅਤੇ ਸਾਨੂੰ ਜੀਵਨ ਦੀਆਂ ਚੁਣੌਤੀਆਂ ਦਾ ਸਾਹਮਣਾ ਕਰਨ ਦੇ ਯੋਗ ਬਣਾਉਂਦੀ ਹੈ।

ਅੱਜ ਦੇ ਮੁਕਾਬਲੇ ਭਰੇ ਯੁੱਗ ਵਿੱਚ ਹਰ ਕੋਈ ਵਧੀਆ ਨੌਕਰੀ, ਉੱਚੇ ਅੰਕ ਅਤੇ ਵੱਡੀ ਸਫ਼ਲਤਾ ਪ੍ਰਾਪਤ ਕਰਨਾ ਚਾਹੁੰਦਾ ਹੈ। ਇਹ ਸਭ ਜ਼ਰੂਰੀ ਹਨ, ਪਰ ਇਨ੍ਹਾਂ ਦੇ ਨਾਲ ਮਨੁੱਖਤਾ ਅਤੇ ਚੰਗੇ ਸੰਸਕਾਰਾਂ ਦਾ ਹੋਣਾ ਵੀ ਬਹੁਤ ਮਹੱਤਵਪੂਰਨ ਹੈ। ਜੇ ਕੋਈ ਵਿਅਕਤੀ ਬਹੁਤ ਪੜ੍ਹਿਆ-ਲਿਖਿਆ ਹੋਵੇ, ਪਰ ਉਸ ਵਿੱਚ ਇਮਾਨਦਾਰੀ, ਦਇਆ ਅਤੇ ਦੂਜਿਆਂ ਲਈ ਸਤਿਕਾਰ ਨਾ ਹੋਵੇ, ਤਾਂ ਉਸ ਦੀ ਸਿੱਖਿਆ ਅਧੂਰੀ ਮੰਨੀ ਜਾਵੇਗੀ। ਅਸਲ ਸਿੱਖਿਆ ਉਹ ਹੈ ਜੋ ਮਨੁੱਖ ਨੂੰ ਆਪਣੇ ਅਧਿਕਾਰਾਂ ਦੇ ਨਾਲ ਆਪਣੇ ਫ਼ਰਜ਼ਾਂ ਦੀ ਵੀ ਸਮਝ ਦੇਵੇ। ਇਹ ਸਾਨੂੰ ਸਿਖਾਉਂਦੀ ਹੈ ਕਿ ਅਸੀਂ ਲੋੜਵੰਦਾਂ ਦੀ ਮਦਦ ਕਰੀਏ, ਵਾਤਾਵਰਨ ਦੀ ਰੱਖਿਆ ਕਰੀਏ, ਸਮਾਜ ਵਿੱਚ ਪਿਆਰ ਅਤੇ ਭਾਈਚਾਰਾ ਬਣਾਈ ਰੱਖੀਏ ਅਤੇ ਦੇਸ਼ ਦੀ ਤਰੱਕੀ ਵਿੱਚ ਆਪਣਾ ਯੋਗਦਾਨ ਪਾਈਏ। ਅਧਿਆਪਕ ਅਤੇ ਮਾਪੇ ਵੀ ਬੱਚਿਆਂ ਨੂੰ ਸਿਰਫ਼ ਪਾਠ-ਪੁਸਤਕਾਂ ਦਾ ਗਿਆਨ ਦੇਣ ਦੀ ਬਜਾਏ ਚੰਗੇ ਸੰਸਕਾਰ ਅਤੇ ਨੈਤਿਕ ਮੁੱਲ ਸਿਖਾਉਣ। ਇਸ ਲਈ ਸਿੱਖਿਆ ਦੀ ਅਸਲ ਸਫ਼ਲਤਾ ਇਸ ਗੱਲ ਵਿੱਚ ਹੈ ਕਿ ਉਹ ਸਾਡੇ ਗਿਆਨ ਦੇ ਨਾਲ ਸਾਡੇ ਚਰਿੱਤਰ ਨੂੰ ਵੀ ਉੱਚਾ ਕਰੇ। ਸਿੱਖਿਆ ਦਾ ਅੰਤਿਮ ਮਕਸਦ ਸਿਰਫ਼ ਕਾਮਯਾਬ ਵਿਅਕਤੀ ਬਣਾਉਣਾ ਨਹੀਂ, ਸਗੋਂ ਇੱਕ ਚੰਗਾ, ਸੰਵੇਦਨਸ਼ੀਲ, ਜ਼ਿੰਮੇਵਾਰ ਅਤੇ ਸੱਚਾ ਇਨਸਾਨ ਬਣਾਉਣਾ ਹੈ।

BCM SCHOOL

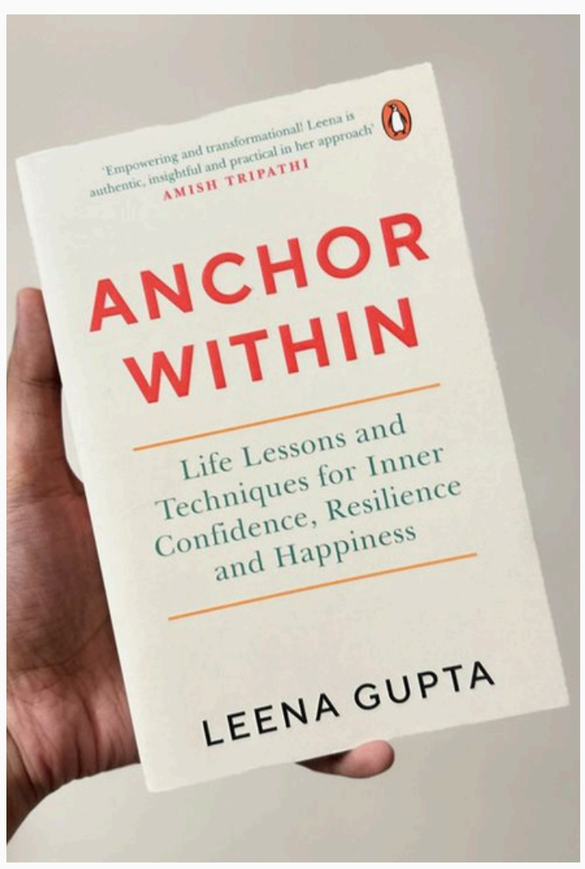
BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

24th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Monday

BOOK RECOMMENDATION :

ANCHOR WITHIN



Anchor Within by Leena Gupta is an inspiring and thought-provoking book that encourages readers to look within themselves for strength, clarity, and purpose. The book beautifully explores the importance of self-awareness, emotional balance, and inner resilience while navigating life's challenges. Its simple yet meaningful approach makes the ideas relatable and easy to apply in everyday life. What I particularly appreciate is the message that true stability does not always come from external circumstances; it begins with developing a strong inner foundation. The book motivates readers to pause, reflect, understand themselves better, and move forward with confidence. I would recommend Anchor Within to anyone seeking personal growth, positivity, and a deeper connection with their thoughts and emotions. It is a meaningful read for a calmer, stronger, and more purposeful life.

THOUGHT OF THE DAY

WORD

bonhomie

bɑn.ə.mi

(n.) good-natured easy friendliness

(There is a casual bonhomie amongst the cast as they rehearse for the show.)

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

BCM SCHOOL
BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

25th Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Tuesday

TechManthan 4.0 –
International Tech Fest

Proud Achievements

EVENT	ACHIEVEMENT	STUDENT(S)	TEACHER IN-CHARGES
Stop MOTION	1 FIRST PRIZE	Arshnoor Kaur (VIII) Divyanshi (VIII) Himanshu Mehmi (VIII)	Hema Aggarwal & Rachhpal Kaur
Silence to SOUND	3 THIRD PRIZE	Faris Kapoor (IX)	Rosy & Rupampreet Kaur

Held at BCM Shastri Nagar,
where our students showcased their creativity and talent.

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THE BCM EDGE

25th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Tuesday

TEEJ CELEBRATION: A VIBRANT FIESTA OF PUNJAB'S RICH TRADITIONS

The young learners of Class II celebrated the vibrant festival of Teej with great enthusiasm, joy and cultural fervour. The celebration beautifully showcased the rich traditions, colourful heritage and warm spirit of Punjab.

Dressed in beautiful Punjabi traditional attire, the little BCMites added a splash of colour and festivity to the school premises. The celebration provided the children with an opportunity to connect with their cultural roots while experiencing the joy of togetherness and tradition.

Traditional delicacies added a delightful flavour to the occasion, while the spirit of sharing and togetherness made the celebration even more meaningful

The Teej celebration served as a wonderful blend of culture, creativity and experiential learning, helping children appreciate the significance of festivals and the importance of preserving cultural heritage.

With colourful attire, cheerful smiles and the rhythm of Punjab, Class II turned Teej into a memorable celebration of tradition, togetherness and joy!

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THE EDGE OF TEEJ

25th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Tuesday

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THE BCM EDGE

25th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Tuesday

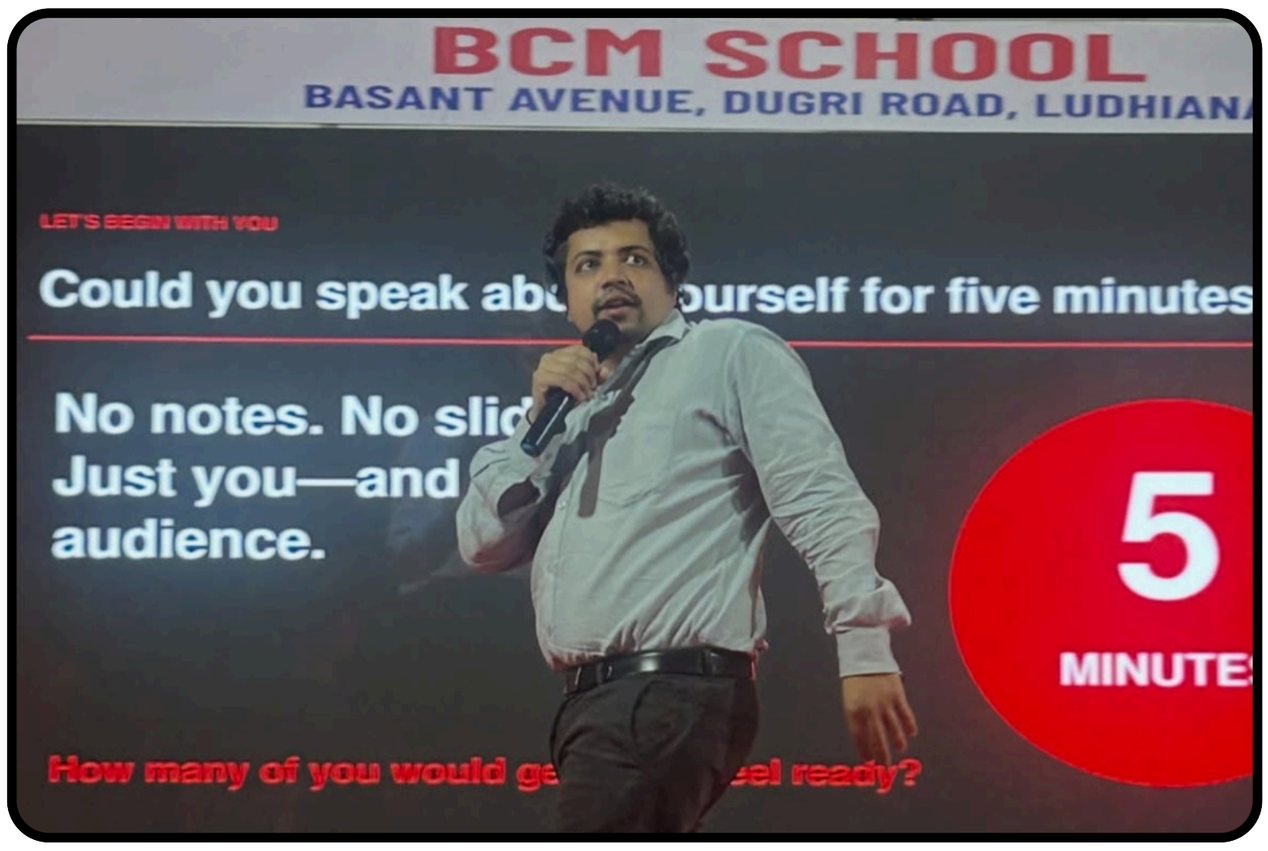
TED-ED STUDENT TALKS: INSPIRING YOUNG MINDS THROUGH MEANINGFUL CONVERSATIONS

BCM School hosted an enriching and highly interactive session as part of its ongoing TED-Ed Student Talks Programme for students of Classes XI and XII, featuring Mr. Anansh Prasad, Founder – SkillSphere Education.

The session was designed to encourage students to think beyond conventional ideas, question perspectives and engage meaningfully with real-life situations. Rather than being a conventional lecture, the interaction was filled with thought-provoking questions, interesting situations and engaging discussions that kept the students attentive and actively involved throughout.

Mr. Anansh Prasad encouraged students to express their opinions, analyse situations critically and approach challenges with curiosity and confidence. The interactive nature of the session provided students with an opportunity to participate, reflect and learn through discussion, making the experience both insightful and enjoyable.

A key highlight of the session was the encouragement extended to students to become a part of the TED-Ed Community and explore opportunities to share their ideas and voices with a wider audience. The session served as an inspiring platform for students to discover the power of ideas, communication and purposeful conversations.



BCM SCHOOL

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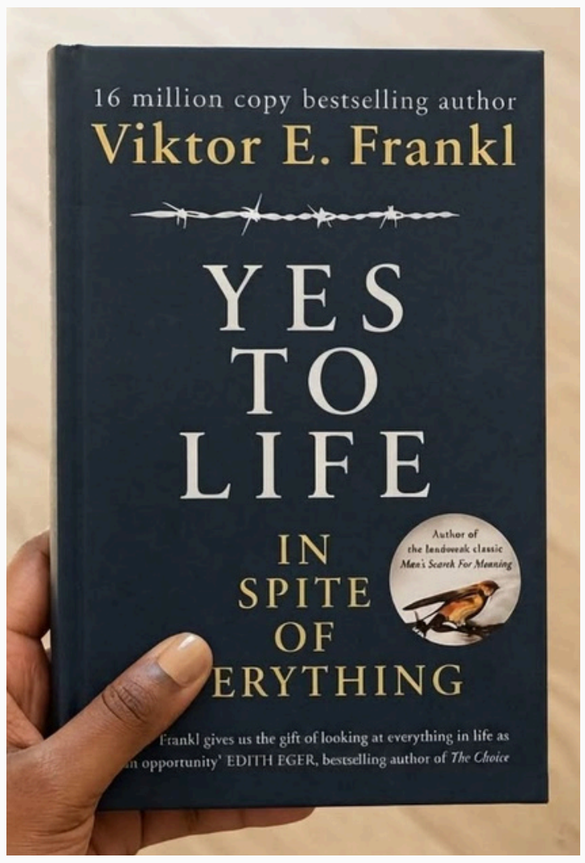
THE BCM EDGE

25th Aug' 26 | **LEAD360 - EXPLORE, EXPRESS, EXCEL** | **Tuesday**

BOOK RECOMMENDATION :

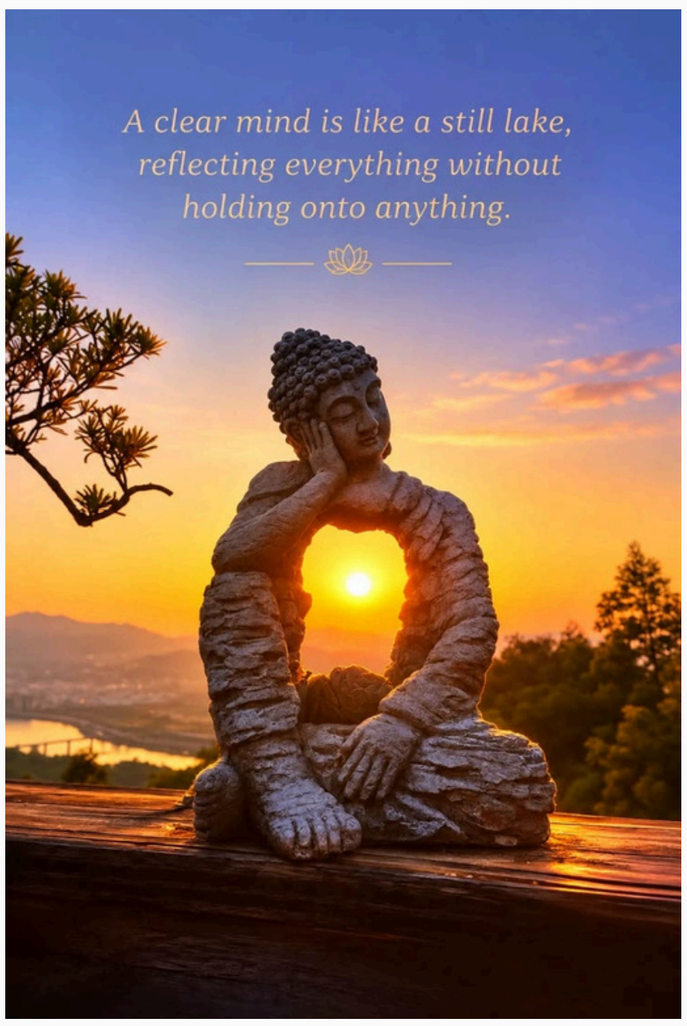
YES TO LIFE



Yes to Life: In Spite of Everything by Viktor E. Frankl is a deeply moving and thought-provoking book about finding meaning, hope and purpose even in the face of suffering and adversity. Based on three lectures delivered by Frankl in 1946, shortly after his liberation from the concentration camps, the book reflects his belief that life remains meaningful regardless of circumstances.

Frankl encourages readers to understand that while we may not always control what happens to us, we can choose how we respond to it. He explores how meaning can be discovered through meaningful work, love and experiences, and the attitude we adopt towards unavoidable suffering. A highly recommended book for anyone seeking perspective, inner strength and a deeper understanding of purpose and resilience.

THOUGHT OF THE DAY



WORD

disillusionment

/ˌdɪsɪˈluːʒənmənt/

N: A feeling of disappointment from realizing something is not as good as believed.

He felt disillusionment when he realized his friend wasn't as honest as he thought.

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

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BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

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

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SPANDAN – THE VIBRANT PULSE OF INDIA
ANNUAL FUNCTION – CLASS III

The school hosted the Annual Function of Class III on the theme "SPANDAN – The Vibrant Pulse of India," celebrating the colours, cultures and traditions that make India truly unique.

The stage came alive with a spectacular blend of dance, music, drama and cultural performances, as the young BCMites beautifully portrayed the diverse spirit of India. Each presentation reflected the richness of our heritage and the powerful message of unity in diversity. Adding a special warmth to the celebration, mothers of some of the young performers also graced the stage with their enthusiastic performances, making the occasion even more memorable. With their confidence, energy and captivating performances, the children enthralled the audience and brought the vibrant spirit of India alive.

The programme concluded with an inspiring address by the Dean Administration, who appreciated the efforts of the young performers, their mothers and the teachers, and lauded the spirit and enthusiasm with which the children presented the rich cultural heritage of India. SPANDAN was truly a celebration of India's many rhythms coming together as one—one nation, one spirit, one vibrant pulse.

BCM SCHOOL

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THE BCM EDGE

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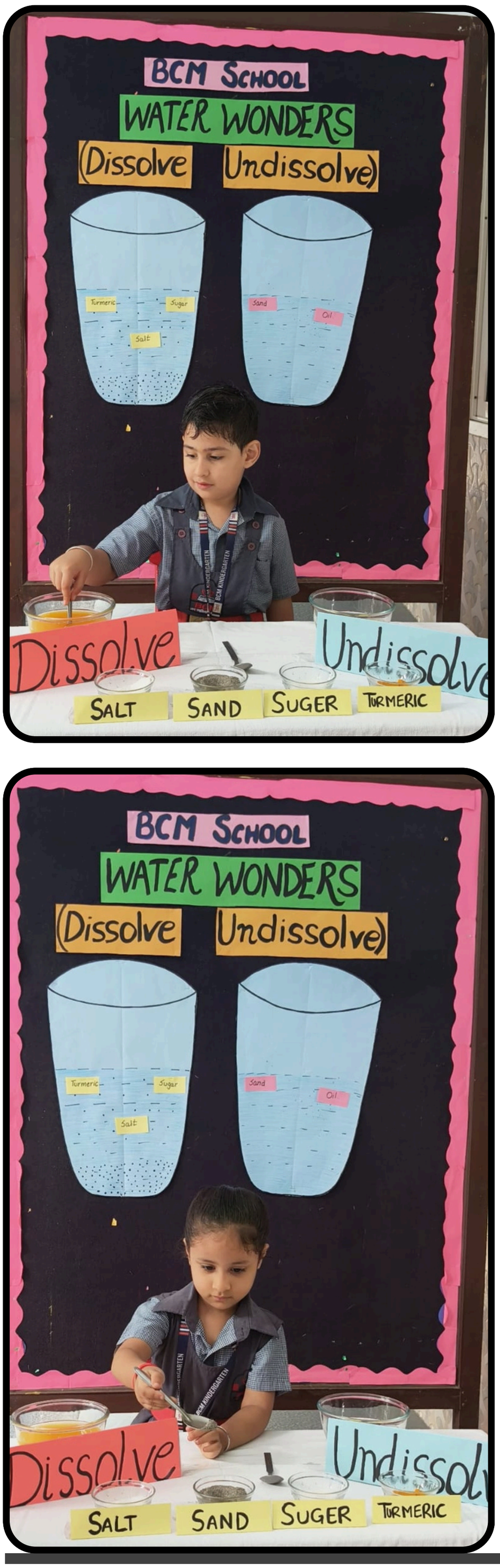

💧 WATER WONDERS: DISCOVERING WHAT DISSOLVES AND WHAT DOESN'T!

LKG students enthusiastically participated in an engaging hands-on science activity, 'Water Wonders', to explore the fascinating concept of dissolving and non-dissolving substances.

Using sugar, salt, sand and water, the young learners conducted a simple experiment. They added sugar and salt to one glass of water and sand to another. With keen observation, they discovered that sugar and salt dissolved completely, while sand remained undissolved and settled at the bottom.

The activity transformed a simple experiment into an exciting learning experience as students observed, compared, questioned and shared their findings with enthusiasm.

Principal Dr. Vandna Shahi remarked, "Children learn best when they explore and discover on their own. Activities such as 'Water Wonders' provide an exciting opportunity to observe, experiment and understand the simple science behind dissolving and non-dissolving substances."

BCM SCHOOL
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THE BCM EDGE

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

Art INTEGRATION

"Where imagination meets learning, creativity finds purpose."

Rajni Kapoor
TGT Art

ROLE OF AN ART EDUCATOR

Cultivates creativity and imagination
Nurturing original ideas and expressive thinking.

Encourages self-expression
Helping students communicate their thoughts and feelings through art.

Builds artistic skills
Developing drawing, painting, designing and craft techniques.

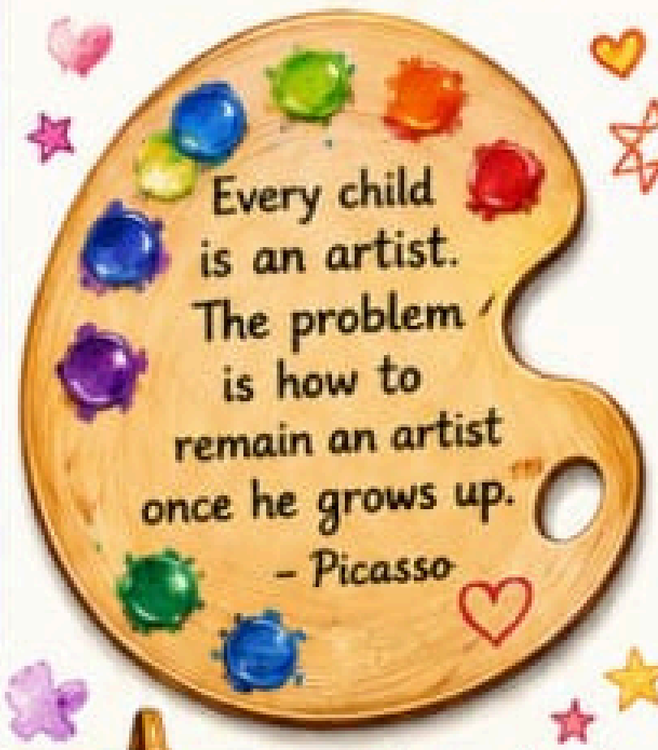
Fosters observation & visual literacy
Training the eye to see details, patterns, and beauty in the world.

Inspires confidence and independence
Empowering students to trust their ideas and take creative risks.

Connects learning with life
Integrating art with other subjects to make learning meaningful and joyful.

BEYOND THE CANVAS

"Art integration bridges subjects, sparks curiosity, and transforms concepts into colorful experiences. It turns lessons into masterpieces of understanding."



WHY ART INTEGRATION MATTERS

- Makes learning meaningful, memorable and enjoyable.
- Enhances creativity, imagination and innovation.
- Connects subjects with real-life experiences.
- Builds confidence, empathy and self-expression.
- Prepares learners for 21st century skills.

THE CREATIVE EDUCATOR

- **Dreamer** with a vision
- **Designer** of learning experiences
- **Guide** who inspires
- **Motivator** who believes in every child
- **Artist** who paints futures

FINAL THOUGHT

"Art is not just a subject, it is a way of seeing, feeling and understanding the world."

Imagine + Create + Inspire + Learn + Transform

Let's make every lesson a work of art!

BCM SCHOOL

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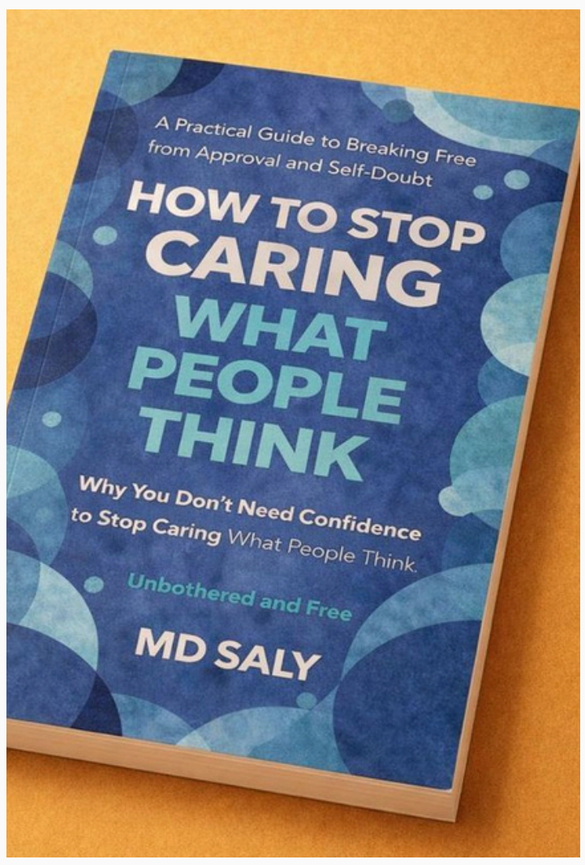
THE BCM EDGE

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

BOOK RECOMMENDATION :

HOW TO STOP CARING WHAT PEOPLE THINK



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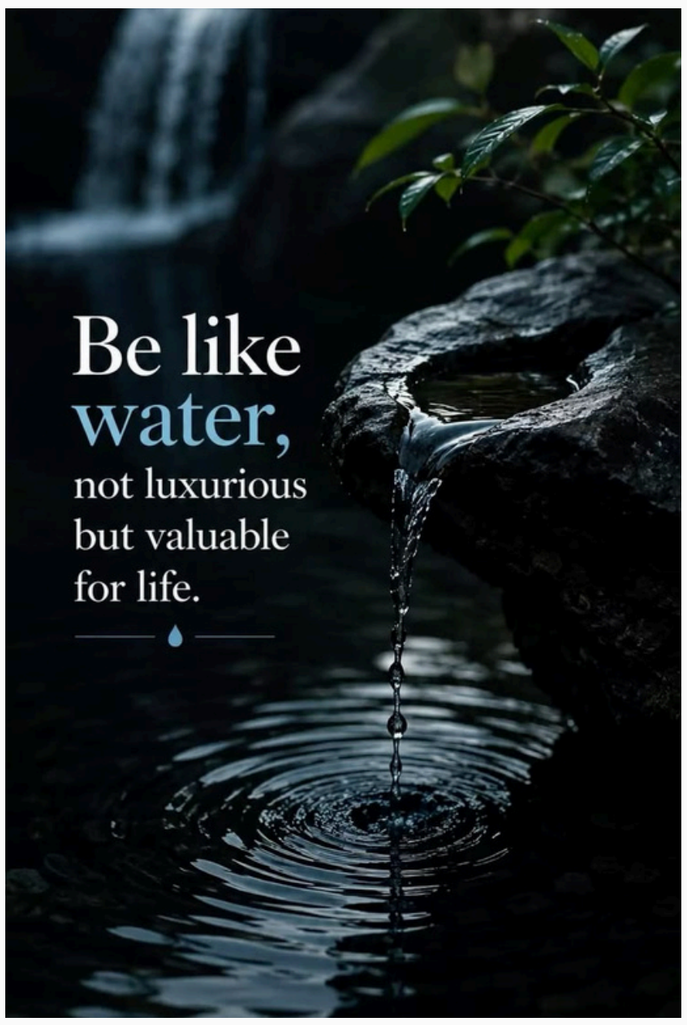
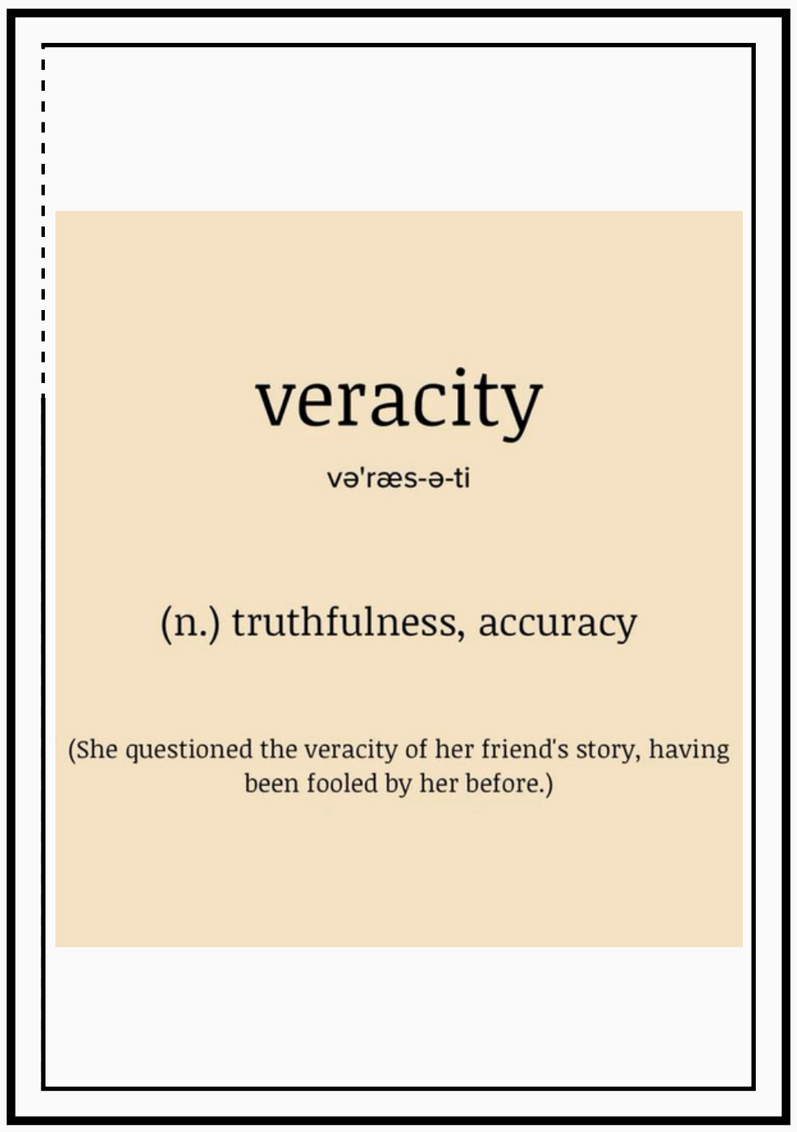
THOUGHT OF THE DAY



WORD



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

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THE BCM EDGE

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BCM SCHOOL TEACHER NISHAD SHARMA SHOWCASES INNOVATIVE PEDAGOGY AT CBSE REGIONAL WORKSHOP

Nishad Sharma, PGT Physics and Head of the Science Department at BCM School, participated in the CBSE Regional Workshop on Computational Thinking (CT) and Understanding Artificial Intelligence (AI) organised by the CBSE Centre of Excellence, Ludhiana, at Bal Bharti Public School, Phase 3, Dugri, Ludhiana.

The workshop, conducted under CBSE's Annual Training Theme 2026–27, focused on strengthening teachers' understanding of Computational Thinking and Artificial Intelligence and their meaningful integration into classroom teaching.

A key highlight of the workshop was the Gallery Visit/Class Simulation, where Nishad Sharma, as a District Level Deliberations (DLD) winner, presented his DLD-winning case paper before participants from different CBSE regions. His presentation demonstrated the integration of Computational Thinking with Science teaching and highlighted innovative, classroom-based pedagogical practices.

The workshop covered key areas including AI readiness, progressive pedagogy, interdisciplinary learning, real-world applications of AI, assessment, and the ethical and responsible use of AI.

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THE BCM EDGE

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CELEBRATING THE SPIRIT OF SPORTS ON NATIONAL SPORTS DAY

Grade 1 students celebrated National Sports Day with immense enthusiasm, energy and sporting spirit through a series of exciting and fun-filled physical activities. The day turned into a vibrant celebration of fitness, teamwork and joyful participation, providing young learners with an excellent opportunity to display their speed, agility, balance, coordination and determination. The little champions participated in a variety of thrilling races, including the Hurdle Race, Backpack Race, Spoon and Lemon Race, along with other engaging track activities. The playground echoed with cheers and excitement as students enthusiastically encouraged their classmates and celebrated every effort with true sportsmanship. Beyond the fun and excitement, the activity beautifully reinforced the importance of physical fitness, discipline, teamwork, perseverance and a healthy lifestyle. Through this enriching experience, students learned a valuable lesson—that the true spirit of sports lies not merely in winning, but in participating wholeheartedly, trying one's best, supporting others and enjoying the journey.

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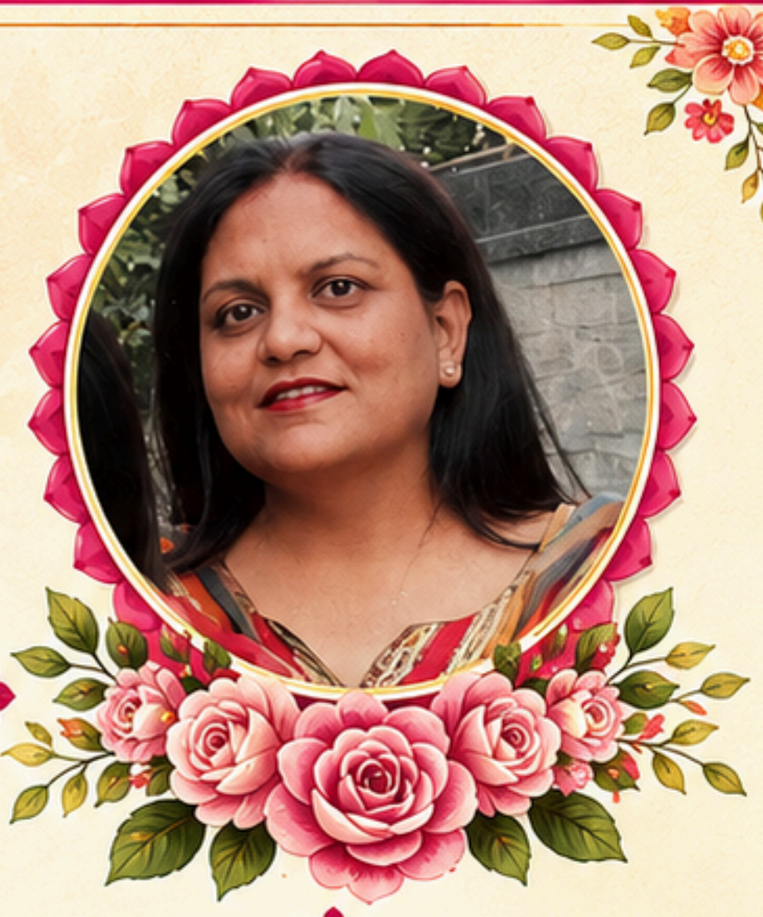
THE BCM EDGE

27th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Thursday

Happy Raksha Bandhan!



A Festival of Love & Promises

Significance:
Raksha Bandhan is one of India's most joyful festivals. It celebrates the beautiful bond of love, care, and affection between brothers and sisters.

The Rakhi Ceremony:
Sisters tie a colourful rakhi on their brothers' wrists and pray for their happiness, success, and well-being.

A Promise of Protection:
Brothers promise to love, protect, care for, and support their sisters throughout life.

Traditional Celebrations:
Families wear traditional clothes and decorate the puja thali with rakhi, diya, roli, rice, sweets, and gifts.

Family Togetherness:
After the ceremony, families enjoy delicious sweets and spend precious moments together.

Beyond Siblings:
Today, rakhis are also tied to cousins, friends, teachers, soldiers, and even trees as symbols of gratitude, respect, and protection.

Let Us Celebrate by:
- Spreading love and kindness.
- Protecting our environment.
- Helping and respecting one another.
- Creating happy memories with our families.

Values We Learn:
Raksha Bandhan teaches us:
- Love and care
- Trust and kindness
- Respect and gratitude
- Responsibility and togetherness

Thought of the Day
"The strongest knot is tied not by a thread, but by love, trust, and care."

Happy Raksha Bandhan!

May every rakhi strengthen the bonds of love.

May it fill our hearts with joy and gratitude.

May it bring peace, happiness, and togetherness to all.

By:- Ritu Bansal
PRT

BCM SCHOOL

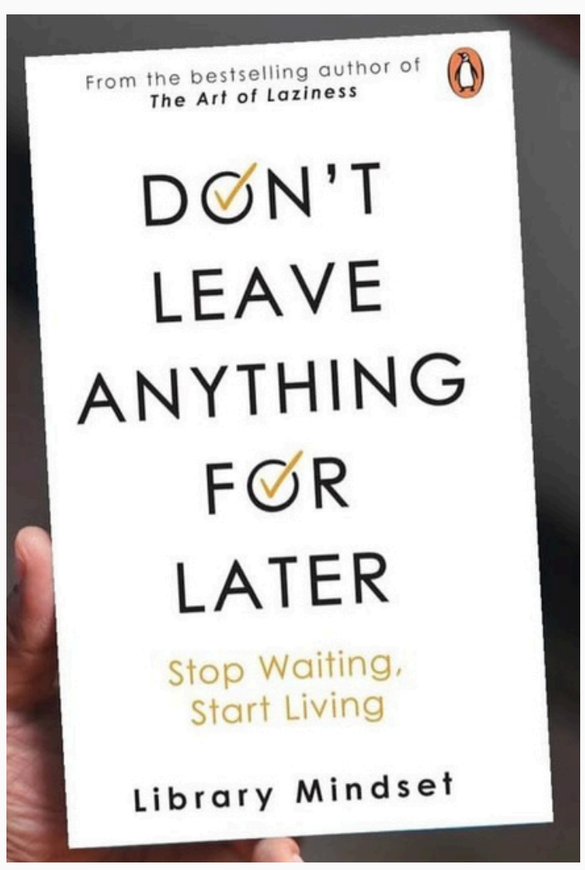
BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

27th Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Thursday

BOOK RECOMMENDATION :

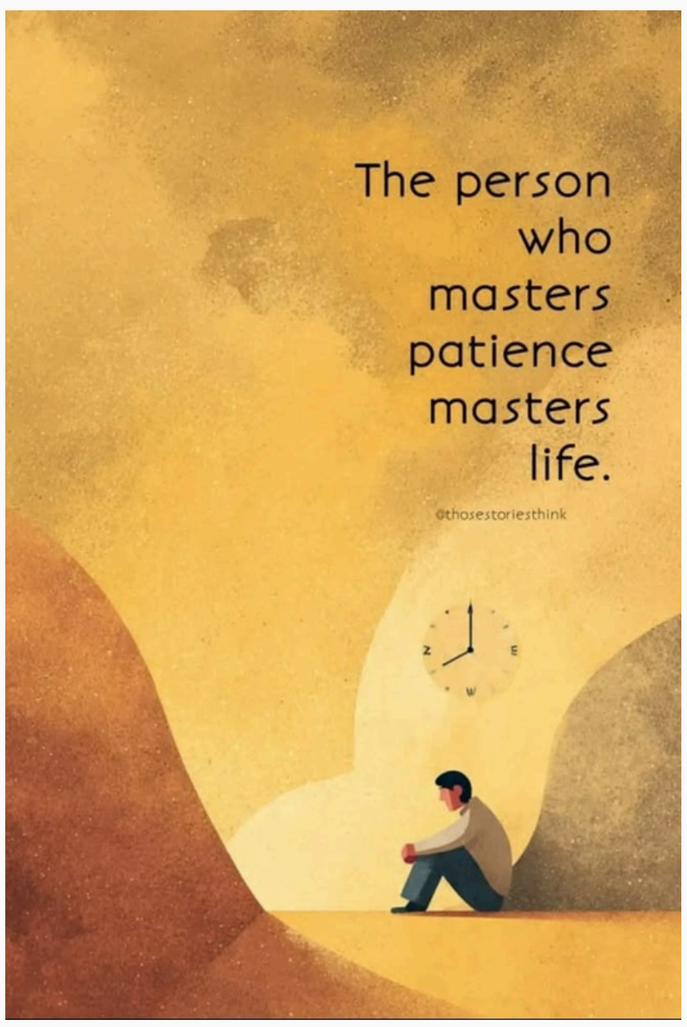
DONT LEAVE ANYTHING FOR LATER



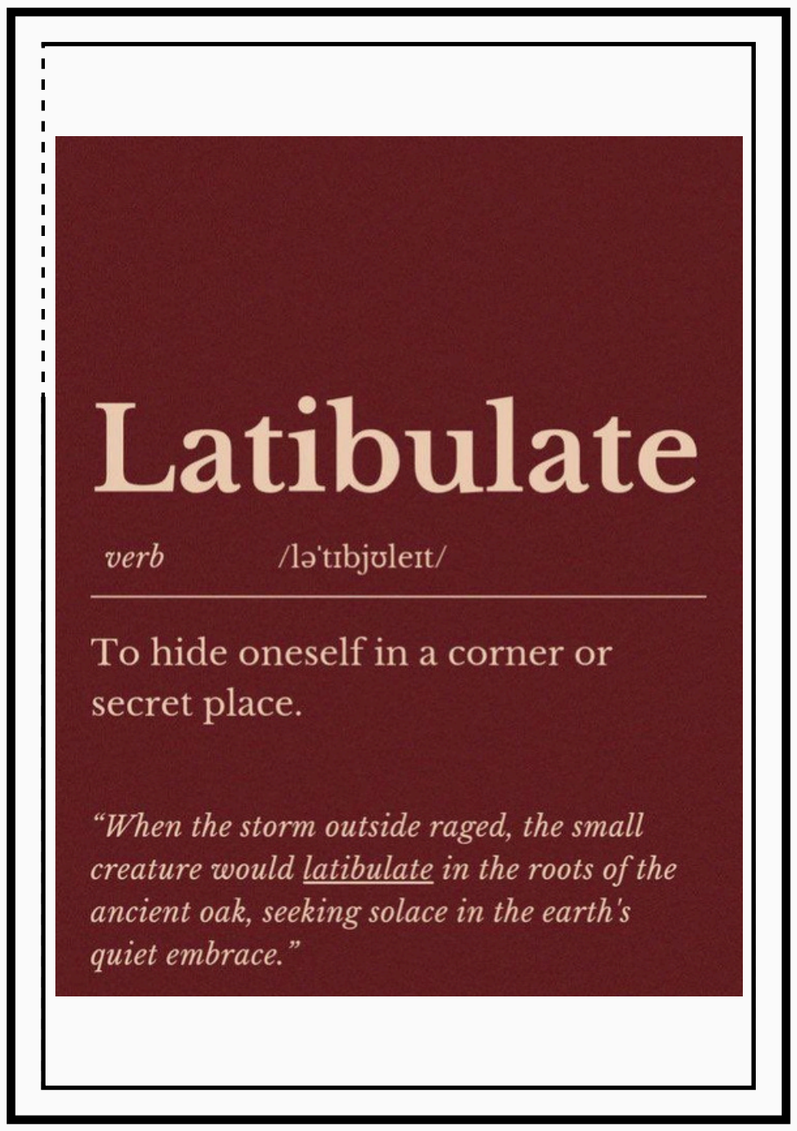
Don't Leave Anything for Later: Stop Waiting, Start Living by Library Mindset is a thought-provoking self-help book that encourages readers to stop postponing life and start living with intention. Divided into three parts—Death, Mindset, and How to Live a Good Life—the book uses stories, reflections, quotes, and practical suggestions to make us rethink how we spend our limited time.

What makes the book impactful is its simple yet powerful message: we often keep waiting for the "right time" to pursue our dreams, improve ourselves, connect with loved ones, or simply enjoy the present. The book reminds us that time is precious and that meaningful change begins with action rather than intention. It is a particularly relevant read for anyone caught in the cycle of procrastination, overthinking, or constantly saying, "I'll do it later."

THOUGHT OF THE DAY



WORD



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BCM SCHOOL
BASANT AVENUE, DUGRI ROAD, LUDHIANA
BCM FOUNDATION

THE BCM EDGE

29th Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Saturday

BCM SCHOOL
BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

29th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Saturday

Students Celebrate Raksha Bandhan

A thread of love, a bond of forever.

Different in nature, perfect in love.

BCM SCHOOL
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THE BCM EDGE

29th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Saturday

LOVE TOWARDS ANIMALS

LOVE. PROTECT. RESPECT.
Because every life matters.

Ms. Rashmi(TGT Sci)

Paws, Claws, and Compassion:

Why Loving Animals Makes Us Better Humans

Ever watched a dog's tail wag so fast its entire body wiggles, or listened to a cat purr like a tiny, happy engine? There is a quiet magic in the way animals interact with the world. They do not care about your test scores, whether you are wearing the latest trends, or if you had a bad hair day. To an animal, your presence alone is enough to make their day.

Loving animals is more than just enjoying cute videos online—it is a superpower that shapes our character.

What Animals Teach Us

Unconditional Loyalty:
Animals accept us exactly as we are. A pet's affection is constant, offering a safe harbor when human relationships feel complicated.

Empathy Without Words:
You don't need a shared language to show kindness. Learning to read an animal's body language teaches us patience and deepens our emotional intelligence.

Living in the Moment:
A dog chasing a ball or a bird taking a dust bath isn't worrying about yesterday's mistakes. They teach us the art of being fully present.

Small Actions, Big Impact

You don't need to adopt a zoo to show love for our creature companions. Compassion starts right in your neighborhood:

- **Keep Fresh Water Outside:** Set out a clean bowl of water for local stray dogs, cats, or birds, especially during hot weather.
- **Support Local Shelters:** Donate old blankets, towels, or unopened food to your nearest animal rescue center.
- **Be a Voice:** Speak up if you see an animal being mistreated, and advocate for wildlife by keeping trash binned so it doesn't harm local fauna.
- **Adopt, Don't Shop:** If your family is considering a pet, look to shelters first. Giving a second chance to a rescued animal changes two lives at once.

When we extend our hearts to animals, we aren't just helping them—we are building a gentler, more compassionate world for ourselves. Next time you see a neighborhood stray or your own pet, take a moment to offer a friendly soft word or a gentle scratch behind the ears. Kindness is a language every species understands.

Our Promise

Let us choose compassion over cruelty and care over indifference.

Let every child become a friend of animals and every community become a safer home for them.

BCM SCHOOL

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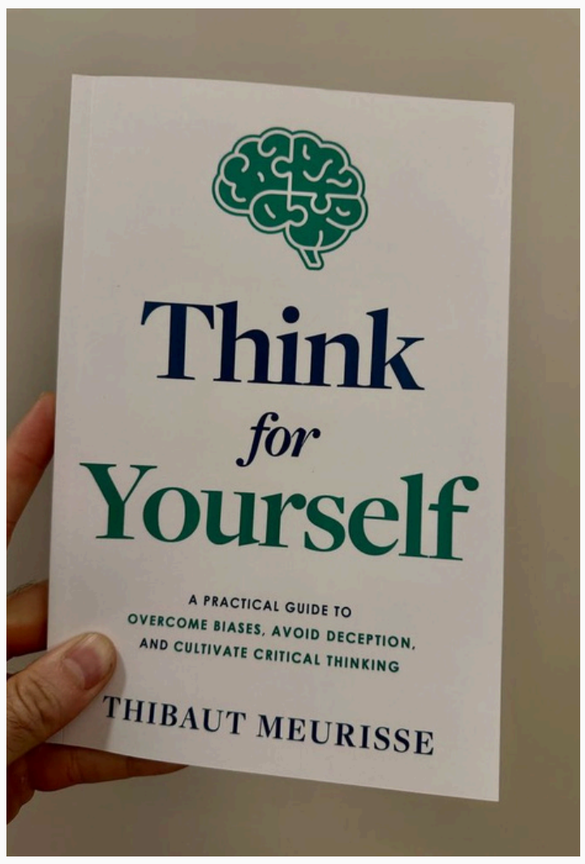
THE BCM EDGE

29th Aug' 26 | LEAD360 - EXPLORE, EXPRESS, EXCEL | Saturday

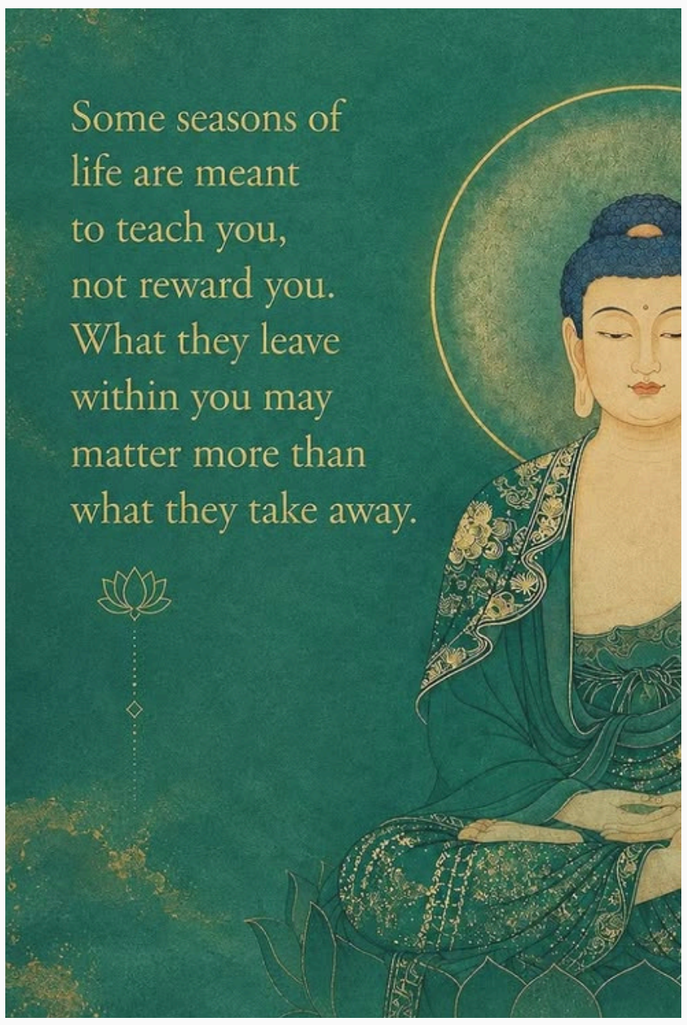
BOOK RECOMMENDATION :

THINK FOR YOURSELF



Think for Yourself is an inspiring and thought-provoking book that encourages readers to question assumptions, challenge conventional thinking, and develop their own perspective. It reminds us that true growth begins when we stop blindly following what others believe and start thinking critically and independently. The book offers valuable insights into decision-making, self-awareness, and the courage to trust our own judgment. Its practical ideas make it relevant for students, educators, professionals, and anyone seeking personal growth. What makes the book especially meaningful is its emphasis on curiosity and open-mindedness rather than simply accepting information at face value. A powerful read for anyone who wants to become a more confident, thoughtful, and independent thinker.

THOUGHT OF THE DAY



WORD

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

BCM SCHOOL
BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

31st Aug' 26 LEAD360 - EXPLORE, EXPRESS, EXCEL Monday

BCM SCHOOL

congratulates

our **UNDER-14 GIRLS TEAM**

for securing

FIRST RUNNER-UP

POSITION

at the

LUDHIANA SAHODAYA SCHOOLS COMPLEX
YOGA COMPETITION

held at

BCM SCHOOL, BASANT CITY

OUR YOUNG YOGA CHAMPIONS

Arohi	Savreen Kaur	Gurnoor Kaur	Anaya Dhir	Niharika
IV Tulip	IV Jasmine	IV Jasmine	III Marigold	III Marigold

FOCUS. FLEXIBILITY. FITNESS. FUTURE.

BCM SCHOOL
BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

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

Proud of Our ALUMNA

"From Ambitions to Achievements – A Journey That Inspires!

FALAK GROVER
Batch 2022–23

ACADEMIC TOPPER
2023–26
AIHM CHANDIGARH

FELICITATED AT
FHRAI EXCELLENCE AWARDS
56TH ANNUAL CONVENTION
TAJ GANGES, VARANASI

YOUNG ENTREPRENEUR
Founder of
Palette to Plate
A Cloud Kitchen

From an ambitious student to a dynamic young entrepreneur, her journey is an **inspiration** to all.

Her journey is a testament to
PASSION, PERSEVERANCE & PURPOSE.

Congratulations, Falak!

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THE BCM EDGE

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

RANG, RAUNAK TE VIRSA: BCM SCHOOL CELEBRATES TEEJ

BCM school celebrated Teej for students of Classes IX and X during the Parent-Teacher Meeting, showcasing the rich cultural heritage and traditions of Punjab.

A vibrant exhibition of traditional utensils, clothes and artefacts offered students a glimpse into the lifestyle of earlier generations. The celebrations came alive with energetic performances of Giddha, folk music, boliyan and Bhangra, with the girls' Giddha and boys' Bhangra being the major highlights.

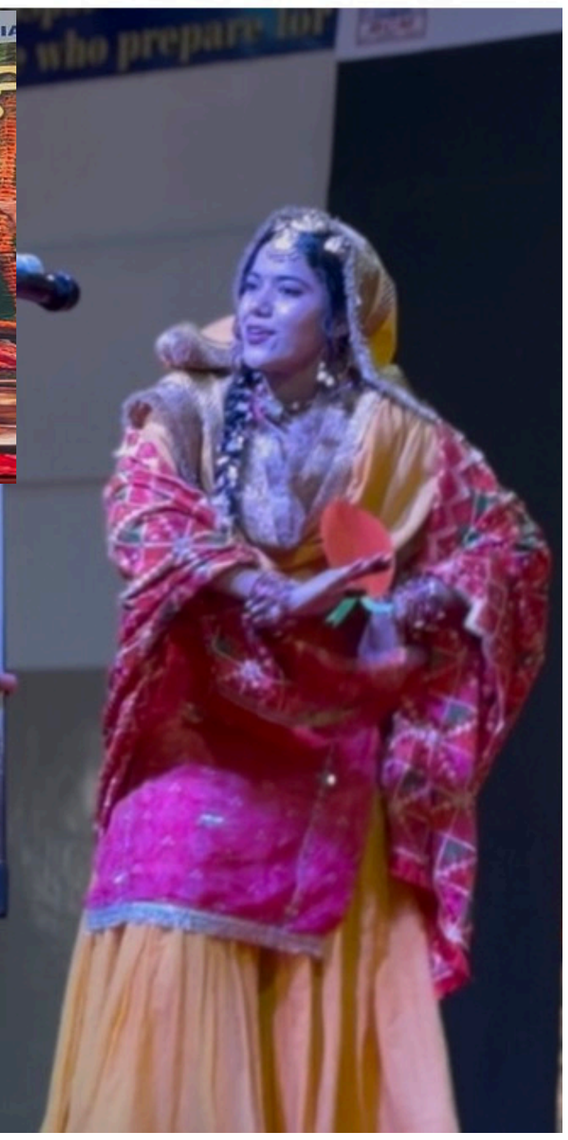
The Miss Teej Competition, conducted in three rounds, added to the festive excitement. Along with the coveted Miss Teej title, several special tags were awarded to participants in recognition of their unique qualities and performances. The celebration beautifully blended tradition, talent and youthful enthusiasm, leaving students and parents with a memorable experience.

BCM SCHOOL

BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE EDGE OF TEEJ

31st Aug' 26 — **LEAD360 - EXPLORE, EXPRESS, EXCEL** — **Monday**



BCM SCHOOL
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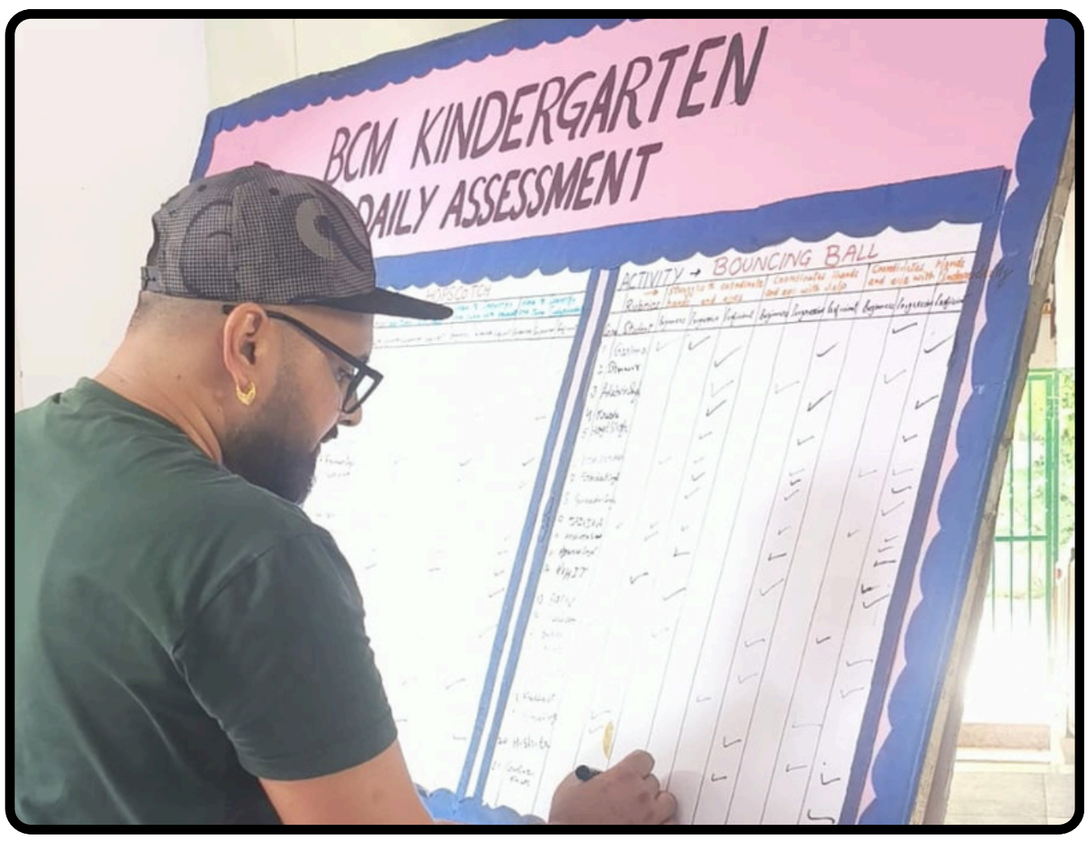
THE BCM EDGE

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

TOGETHER WE GROW - PARENTS EXPERIENCE HOLISTIC LEARNING AT BCM KINDERGARTEN



A meaningful and engaging Parent-Teacher Meeting was organised at BCM Kindergarten, Basant Avenue, Dugri, to strengthen the partnership between parents and teachers and familiarise them with the school's approach to holistic development in alignment with NEP 2020.

Moving beyond conventional interaction, the meeting gave parents an opportunity to observe and participate in thoughtfully planned, experiential and play-based activities. These activities demonstrated how learning at the foundational level nurtures children's cognitive, social, emotional, physical, creative and communication skills alongside academics.

Parents actively participated with their children, gaining insights into their individual strengths, confidence, participation and learning readiness. The session highlighted the importance of continuous observation and hands-on learning in assessing a child's overall development.

The interactive meeting transformed parents into active partners in their children's learning journey. Parents appreciated the innovative approach and gained a deeper understanding of the kindergarten's efforts towards joyful, learner-centred and holistic education.

BCM SCHOOL
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THE BCM EDGE

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

DISCIPLINE

Discipline Today, Success Tomorrow

Discipline is the key to a successful life. It helps us manage our time, control our actions and make the right choices. A disciplined person is punctual, responsible and focused on his goals. It builds self-confidence and brings peace of mind. Small efforts done regularly with discipline lead to big achievements. It keeps us away from laziness and distractions. Discipline at school, at home and in daily routine shapes our character and future. Let us follow discipline in our thoughts, words and deeds every day and become the best version of ourselves.

Discipline is
choosing between
what you want now and
what you want most.

BE PUNCTUAL | STAY FOCUSED | BE RESPONSIBLE | WORK HARD | ACHIEVE SUCCESS

Punam Vatish
PRT

BCM SCHOOL

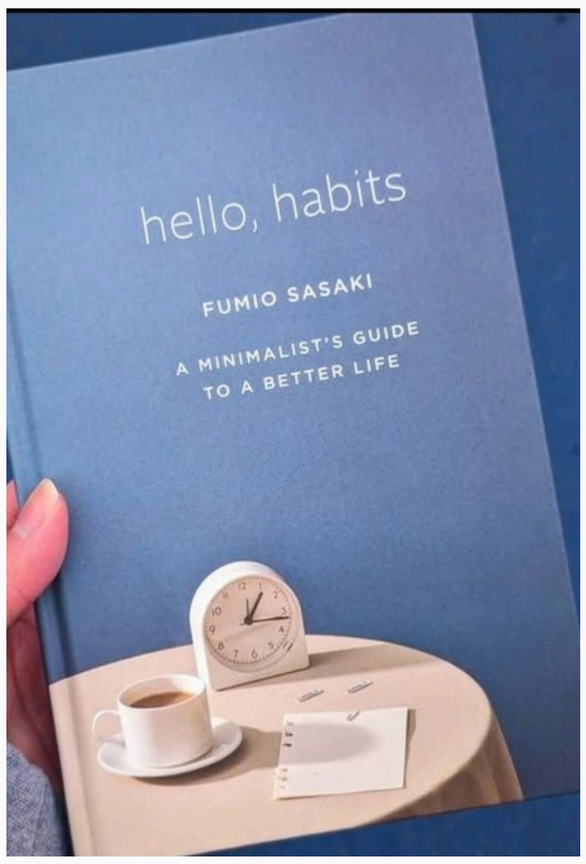
BASANT AVENUE, DUGRI ROAD, LUDHIANA

THE BCM EDGE

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

BOOK RECOMMENDATION :

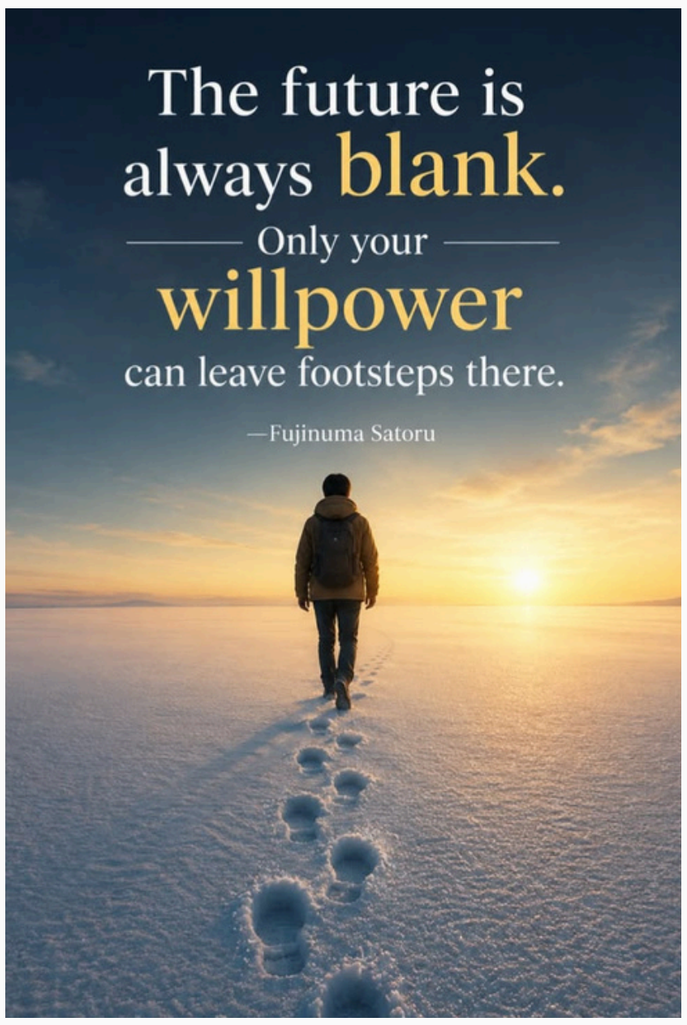
HELLO, HABITS



Hello Habits by Fumiko Chiba is a refreshing and practical guide to building better habits through small, intentional changes. Drawing inspiration from Japanese wisdom and the concept of mindful living, the book encourages readers to focus on simple routines that can bring greater balance, productivity and well-being. What makes the book appealing is its emphasis on small, sustainable steps rather than drastic transformations. Chiba explores how everyday habits influence our mindset and lifestyle, offering practical ideas that can easily be incorporated into daily life.

The book is simple, engaging and particularly useful for anyone looking to become more organised, mindful and consistent.

THOUGHT OF THE DAY



WORD

ameliorate

(v.) to improve

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

vocabulary

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