

* The BCM Edge *

SATURDAY 24 MAY, 2025

LEAD360 - EXPLORE, EXPRESS, EXCEL

PAGE 1

CBSE CAPACITY BUILDING PROGRAMME ON SQAAF



THOUGHT



Success is the sum of small efforts repeated day-in and day-out.

B BCM School, Dugri had the honour of hosting a two-day CBSE Capacity Building Programme on SQAAF (School Quality Assessment and Assurance Framework).

The initiative aimed at empowering school leaders to align institutional practices with CBSE's quality benchmarks through strategic self-assessment and improvement. The programme brought together 60 distinguished Principals from across the region, creating a dynamic platform for professional exchange. The sessions were conducted by acclaimed educationists—Ms. Deepa Dogra (Director, Cambridge Innovative School, Jalandhar) Mr. Arun John Masih(Principal, Chandigarh Baptist School, Chandigarh.) The two-day event featured interactive group discussions, case-based activities and detailed explorations of SQAAF's significance in fostering a culture of accountability and excellence. A core emphasis was laid on identifying institutional gaps and addressing them through the 4 Ps—Policy, Procedure, Process and Practices, essential for sustainable school development.

The programme commenced with a gracious welcome address by Mr. Prem Kumar, Executive Director, BCMF, who underscored the importance of such capacity-building forums extending beyond mandatory CBSE directives and emphasized the need for a transformation in assessment policies to make Indian schools globally competent.

The School Principal, Dr. Vandna Shabi, shared her vision of continuous quality enhancement and appreciated CBSE's forward-thinking approach to institutional growth through SQAAF. The positive feedback from the principals reflected the enriching and practical nature of the sessions and their eagerness to apply the learning in their own schools



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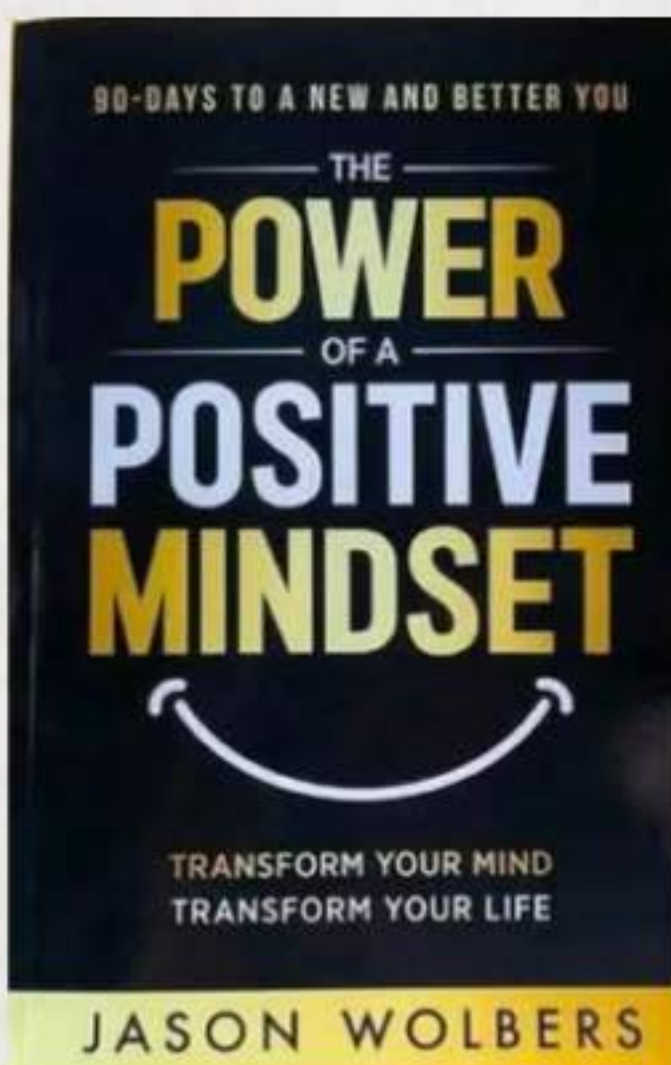
SATURDAY 24 MAY, 2025

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PAGE 2

BOOK- THE POWER OF A POSITIVE MINDSET

This book is an inspiring exploration of the transformative effects that a positive mindset can have on various aspects of life. The book outlines the psychological and emotional benefits of maintaining a positive outlook, highlighting how it can influence resilience, motivation, and overall well-being.



Wolbers provides readers with actionable strategies to shift their thinking patterns, overcome negative self-talk, and develop a more optimistic perspective. Through relatable anecdotes and practical exercises, he encourages readers to embrace positivity not just as a fleeting emotion, but as a lifestyle choice that can lead to lasting change.

'The Power of a Positive Mindset' serves as both a motivational guide and a practical resource for anyone looking to enhance their mental resilience, improve their quality of life, and achieve their goals through positive thinking.

WORD

scrupulously \ 'skrupjələsli
adverb

with careful attention and
effort to do something
correctly

STUDENT CORNER



HARYASHDEEP
SINGH
XI ARTS (A)



HOW MUCH WOOD
WOULD A WOODCHUCK
CHUCK IF A WOODCHUCK
COULD CHUCK WOOD?

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MONDAY 26 MAY, 2025

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PAGE 1

SHRI SATYANAND MUNJAL JI'S 108TH BIRTH ANNIVERSARY: A CELEBRATION OF EXCELLENCE

THOUGHT

Leaders aren't born, they are made. And they are made just like anything else -- through hard work.



All the sister concerns of BCM Foundation celebrated the 108th Birthday Anniversary of Shri Satyanand Munjal Ji at BCM School, Chandigarh Road. BCM School Dugri captivated the audience with a creative puppet show titled 'Path of Purpose', showcasing their artistic talents. The event also honored meritorious board class toppers for their academic excellence, recognizing their hard work and dedication. Talented teachers, Ms. Renu Grover and Ms. Nandia Rampal were appreciated for their commitment to the school. The celebration reflected BCM's deep-rooted values of excellence, shared pride, and unwavering commitment to nurturing young minds. It was a testament to the school's dedication to fostering a culture of achievement and appreciation.



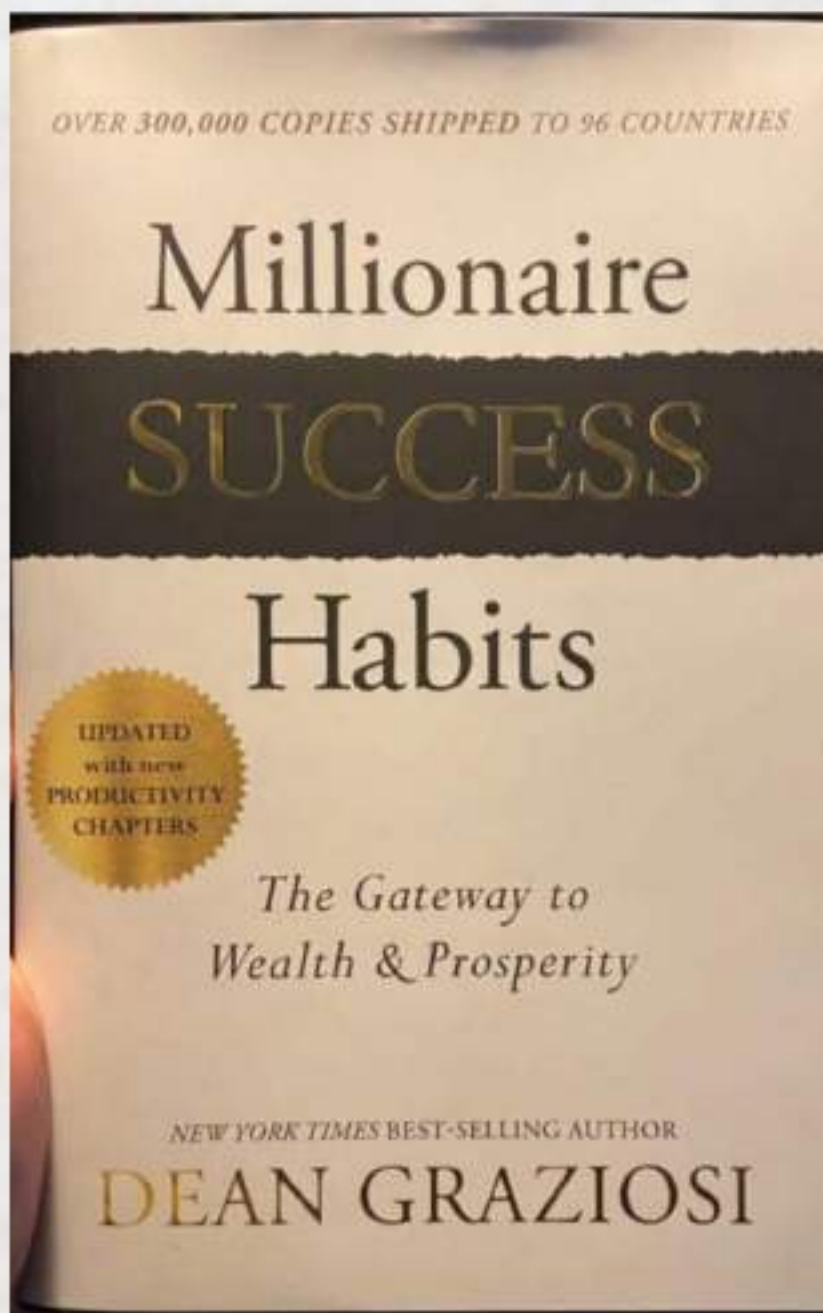
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PAGE 2

BOOK: MILLIONAIRE SUCCESS HABITS



In 'Millionaire Success Habits', Dean Graziosi outlines the essential habits and mindsets that can lead to financial success and personal fulfillment. Drawing from his own experiences and successes, Graziosi provides practical strategies to help readers develop a millionaire mindset and achieve their goals. He offers readers practical insights and strategies for cultivating the habits and mindset necessary for achieving financial success and personal fulfillment. By embracing failure, investing in personal development, and maintaining a compelling vision, readers can take actionable steps toward their goals. This book serves as an empowering guide for anyone looking to transform their life and achieve lasting success.

WORD

pedagogue \ 'pɛd.ə.gɑːg
noun
Someone who educates young people

TEACHER CORNER

HOW TO RAISE A RESPECTFUL CHILD:

1. MODEL RESPECTFUL BEHAVIOR CONSISTENTLY—THEY LEARN MOST BY WATCHING YOU.
2. TEACH AND USE POLITE WORDS LIKE "PLEASE" AND "THANK YOU" DAILY.
3. LISTEN TO YOUR CHILD WITH FULL ATTENTION TO SHOW HOW RESPECT LOOKS.
4. SET FIRM BOUNDARIES WITH KINDNESS AND CONSISTENCY.
5. PRAISE RESPECTFUL ACTIONS TO REINFORCE POSITIVE BEHAVIOR.
6. CORRECT DISRESPECT CALMLY AND PRIVATELY, WITHOUT SHAME.
7. TEACH EMPATHY BY DISCUSSING HOW ACTIONS AFFECT OTHERS.
8. RESPECT THEIR OPINIONS AND INVOLVE THEM IN AGE-APPROPRIATE DECISIONS.
9. ENCOURAGE HONEST APOLOGIES AND TAKING RESPONSIBILITY FOR MISTAKES.

**FUN
TIMES**

RIDDLE:
WHAT IS
ALWAYS IN
FRONT OF
YOU BUT
CAN'T BE
SEEN?

Answer will be
revealed tomorrow

* The BCM Edge *

TUESDAY 27 MAY, 2025

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PAGE 1

May Assessment Successfully Completed!!

The May assessment for the students has been successfully completed as per the planned schedule. The entire process was conducted in a smooth and organized manner. Students appeared well-prepared and participated with sincerity. The assessment outcomes will provide valuable insights into their academic progress and areas requiring further attention.



PRAYER AFTER EXAMS

Heavenly Father

Thank you for helping me finish this exam.

Through the late-night studies and early morning preparations you carried me.

You protected me when I traveled to and from the exams center.

You kept me out of trouble when others around me tried to be mischievous

You took away the temptation for me to cheat.

You helped me finish all my papers on time

You reminded me when I needed remembrance

Thank you for keeping me focused and confident through it all

Thank you for helping me complete what I started

Thank you, Lord I am truly grateful

HEALTH TIP OF THE DAY

WHO recommends consuming less than 5% of total energy intake for additional health benefits. Reduce your sugar intake by limiting the consumption of sugary snacks, candies and sugar-sweetened beverages.

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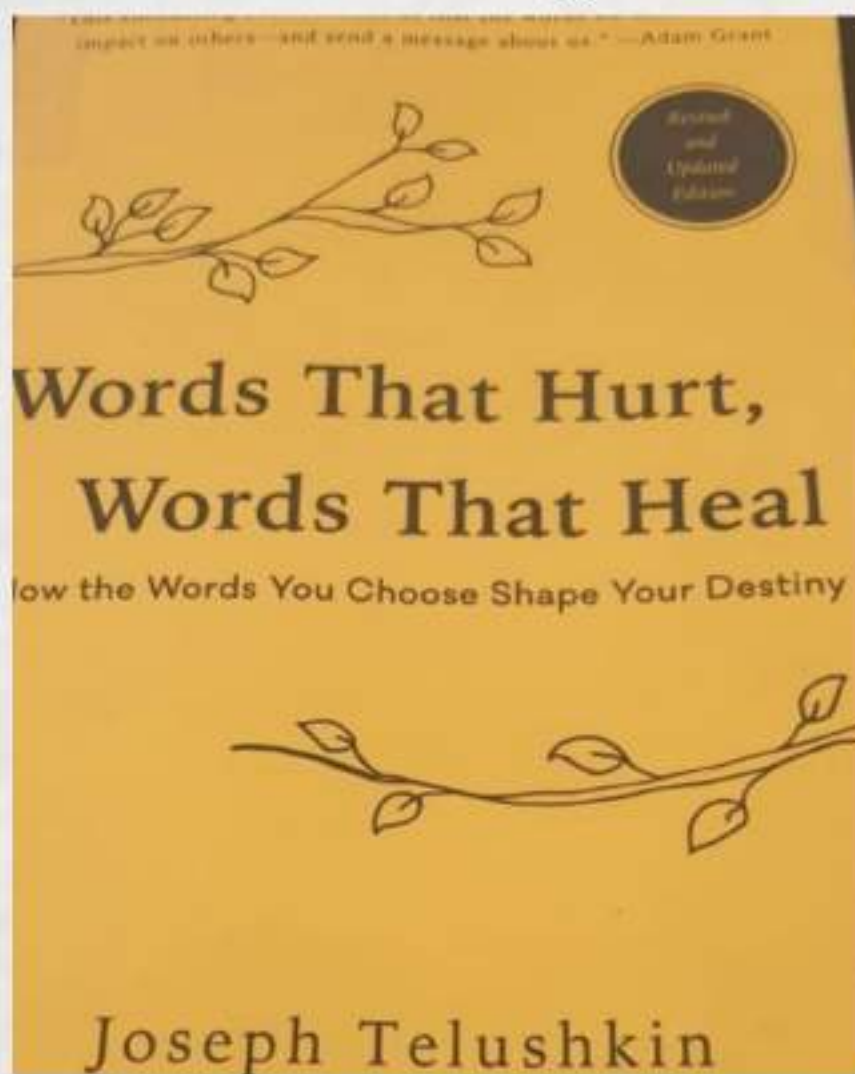
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PAGE 2

BOOK RECOMMENDATION : WORDS THAT HURT, WORDS THAT HEAL

Words That Hurt, Words That Heal: How to Understand the Impact of Words on Our Lives by Joseph Telushkin delves into the profound effects that language can have on our relationships, emotions, and overall well-being.



Through a combination of anecdotes, philosophical insights, and practical advice, Telushkin emphasizes the ethical use of language and its implications. Through insights on the impact of words, the importance of kindness, and the role of active listening, Telushkin inspires readers to be more conscious of their communication. The book encourages the use of language as a tool for healing, connection, and empowerment, ultimately advocating for a more compassionate and understanding world.

THOUGHT

Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.

WORD

ephemeral \ ɪˈfɛmərəl
adjective and noun

adjective: lasting a very short time

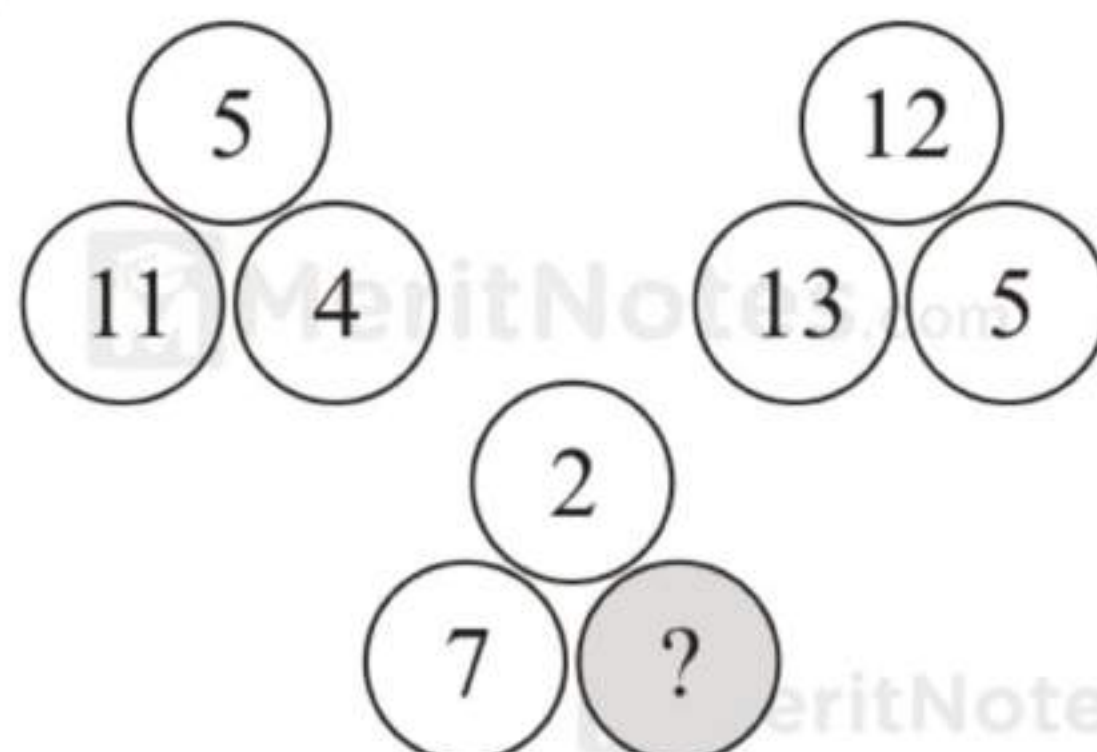
noun: anything short-lived, such as an insect that lives only for a day in its winged form



Answer of
yesterday's
Riddle: The future



What should be the missing number?



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PAGE 1

Who's Behind the Smile : A Self-Introduction Activity



This engaging event aimed to boost students' self-confidence and nurture their public speaking abilities. It provided a platform for young learners to showcase their unique talents.

Children confidently introduced themselves using expressive gestures and enthusiastic speech. The activity not only strengthened their phonemic awareness but also supported the development of memory and recall skills. This initiative played a significant role in enhancing their language proficiency, cognitive abilities and emotional growth. The confident voices, lively expressions, and

impressive modulation used by the students were truly commendable. Teachers acknowledged the efforts of the participants and encouraged them by awarding certificates of appreciation.

Get Moving, Feel Grooving!!

Dance and exercise are a dynamic duo for kids, offering a wealth of physical, emotional and cognitive benefits. While dance promotes physical fitness, coordination and self-expression, exercise strengthens the body and mind.

To foster physical fitness and fun, teachers organized an energetic "Move and Groove" activity where students enthusiastically followed instructions, grooving to different beats and enjoying various moves. The session was a blast, leaving everyone feeling energized and happy! This activity not only promoted physical fitness but also encouraged teamwork, creativity, and self-expression.



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BOOK RECOMMENDATION : YOU'LL GET THROUGH THIS



When life falls apart, how do you keep going? In *You'll Get Through This*, Max Lucado offers hope and encouragement for those facing hardship. Drawing from the biblical story of Joseph—who endured betrayal, imprisonment, and suffering before rising to power—Lucado reminds us that even in our darkest moments, God is at work.

You'll Get Through This is a powerful reminder that no suffering is wasted. Even in life's darkest moments, God is at work, shaping you for something greater. The question is: Can you trust Him to turn your trials into triumphs?

THOUGHT

Stay optimistic;
every new day
offers an
opportunity to
improve

WORD

ransack \, rən, 'sæk \
verb

1. search thoroughly
2. steal goods; take as spoils

MINDSET
IS
EVERYTHING

Young Minds Zone

**YESTERDAY IS HISTORY, TOMORROW IS A MYSTERY, TODAY IS A GIFT OF GOD,
WHICH IS WHY WE CALL IT THE PRESENT**

Time is a gift we often overlook. We all get the same time span: 24 hours in a day, 365 days in a year. Yet how many times have we stopped to think about the importance of the time that is every fleeting moment? Time is not just precious but also a limited resource. Yet, somehow, some students achieve so much, while others struggle to catch up. What makes the difference? The answer lies in a skill that's easy to understand but hard to master: ***TIME MANAGEMENT***.

As a student, We've often found ourselves overwhelmed. Books piled up, assignments due, and exams looming like dark clouds. We always tell ourselves, "We'll start tomorrow," until tomorrow became too late. You can only manage time if you track it right. It is the only asset that cannot be earned, borrowed, or saved for later.

Time management isn't about stuffing your day with endless tasks. It's about making time for what truly matters. When we manage our time well, we create space—not just for studies, but also for rest, hobbies, family, and friends.

Dear friends, we're young, but our dreams are big. And dreams demand dedication and direction. Let us not waste our precious time waiting for the "perfect moment." The perfect moment is now. Time is one of life's most precious resources.

Time management is not about having less fun or being rigid; it's about being intentional with your time so you can live a more balanced, successful, and fulfilling life.

In the end, how we manage our time shapes not only our days, but our destiny. Let's start today. Let's start now.

Jasleen kaur
XI Commerce A

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SUMMER HEALTH TIPS

● Drink plenty of liquids to stay hydrated

● Use Eye protection

● Eat light but regular meals

● Use Sunscreens & Lip screens with SPF

● Stay in cool & shade

● Keep curtains closed till noon to avoid direct heat

● Wear loose fitting & light clothes



Answer of yesterday's
Puzzle: Answer key

$$5+11=16$$

$$4 \times 4 = 16$$

$$2+7=9$$

$$3 \times 3 = 9$$

Correct answer 3

SUDOKU

2				3			4	
	3		6					7
		9			7	1		8
		4		7	2			
	2	5		8	1	9		
1		3			6			5
				2		4		
4		6	8				7	
5			9			3		

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STUDENT COUNCIL MEETING: SETTING THE TONE OF SUCCESS



A meeting of the Student Council was organised under the worthy guidance of the School Principal, Dr Vandna Shahi accompanied by House Masters and Sports Incharges. Introducing the newly elected captains, the Principal outlined their roles and responsibilities. Emphasising the importance of self-confidence, resilience, and positive affirmations, the students were encouraged to lead by example. The importance of adhering to the school uniform was stressed, highlighting its role in promoting discipline and equality. The Student Council was encouraged to frame their school constitution ensuring that all the members take the ownership of their duties and obligations. The meeting concluded with a renewed sense of purpose and commitment among the Student Council members. With a clear understanding of their roles and responsibilities, they are ready to work together to make their school year successful and memorable.



✱ The BCM Edge ✱

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BAGLESS DAY UNPACKS CREATIVITY AND CURIOSITY



A vibrant Bagless Day for the students of Class IV was celebrated with great fervour and enthusiasm, turning traditional learning into an exciting hands-on experience. With books and bags set aside, the classrooms buzzed with energy, imagination and innovation as children engaged

in a variety of thoughtfully planned activities. The day began with Circle Time, where children reflected on their thoughts and shared what they wished to explore, setting a positive tone for the day. One of the highlights was the Sink or Blend, where young learners explored fascinating experiments, demonstrated scientific concepts through fun, safe, and interactive methods—igniting curiosity and nurturing a spirit of inquiry. In the realm of language, the English Story Weaving Activity, enhanced their storytelling skills, vocabulary and confidence in communication. The joyful faces and enthusiastic participation of the students reflected the success of this enriching initiative.

FIRE SAFETY AWARENESS: EMPOWERING YOUNG LEARNERS

To raise awareness among young learners about fire and the importance of safety protocols, a Fire Safety Activity was organized on the school premises. The aim was to instill quick response habits and basic safety knowledge in children in a fun and engaging way. During the session, students were introduced to the common causes of household fires, such as unattended cooking, heating appliances, candles, matches, and smoking materials.



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They learned how taking simple precautions can help prevent dangerous situations. The activity focused on teaching kids basic fire safety tips, including how to identify safe escape routes and the need to memorize emergency numbers like 101. Such awareness activities not only empower children to protect themselves but also help in building a safer home and school environment.

Young Minds Zone

“ਧੰਨ ਹੈ ਜੀ ਬਾਜਾਂ ਵਾਲਾ”

ਵਾਰ ਪਰਿਵਾਰ ਸਾਰਾ ਜਿਹੜਾ ਹੱਸਦਾ,
ਚੜਦੀ ਕਲਾ ਚ ਰਹਿੰਦਾ ਨਿੱਤ ਵੱਸਦਾ,
ਵੱਡੇ ਵੱਡੇ ਪਾਪੀਆਂ ਦੇ ਬਖਸ਼ੇ ਗੁਨਾਹ,
ਧੰਨ ਹੈ ਜੀ ਬਾਜਾਂ ਵਾਲਾ ਸੱਚਾ ਪਾਤਸ਼ਾਹ।

ਆਪਣੇ ਪਿਆਰਿਆਂ ਦੇ ਅੰਗ ਸੰਗ ਜੀ,
ਪਿਆਰੇ ਨੇ ਭੁਝੰਗੀ ਖਾਲਸੇ ਨਿਹੰਗ ਜੀ,
ਭੁੱਲਿਆ ਨਿਮਾਣਿਆਂ ਨੂੰ ਦੱਸੇ ਸੱਚਾ ਰਾਹ,
ਧੰਨ ਹੈ ਜੀ ਬਾਜਾਂ ਵਾਲਾ ਸੱਚਾ ਪਾਤਸ਼ਾਹ।

ਸਰਸਾ ਨਦੀ ਤੇ ਪੈ ਗਿਆ ਵਿਛੋੜਾ ਸੀ,
ਵੰਡਿਆ ਪਰਿਵਾਰ ਗਿਆ ਥੋੜਾ ਥੋੜਾ ਸੀ,
ਤੱਕਿਆ ਅਕਾਲ ਪੁਰਖ ਦਾ ਹੀ ਆਸਰਾ,
ਧੰਨ ਹੈ ਜੀ ਬਾਜਾਂ ਵਾਲਾ ਸੱਚਾ ਪਾਤਸ਼ਾਹ।

ਕੀਤਾ ਅਹਿਸਾਨ ਬੜਾ ਬਾਜਾਂ ਵਾਲੇ ਨੇ,
ਪੁੱਤ ਹੱਥੀ ਵਾਰਨੇ ਤਾਂ ਨਾ ਸੁਖਾਲੇ ਨੇ,
ਆਪਣੇ ਹੀ ਪੁੱਤ ਕੀਤੇ ਜੰਗ ਨੂੰ ਵਿਦਾ,
ਧੰਨ ਹੈ ਜੀ ਬਾਜਾਂ ਵਾਲਾ ਸੱਚਾ ਪਾਤਸ਼ਾਹ।

ਆਪਣੇ ਹੀ ਹੱਥੀ ਆਪ ਪੁੱਤ ਵਾਰਤੇ,
ਵੱਡੇ ਵੱਡੇ ਪਾਪੀ ਗੁਰੂ ਜੀ ਨੇ ਤਾਰਤੇ,
ਜੈ ਜੈਕਾਰ ਹੋਣੀ ਹ ਜੀ ਸਦਾ ਹੀ ਸਦਾ,
ਧੰਨ ਹੈ ਜੀ ਬਾਜਾਂ ਵਾਲਾ ਸੱਚਾ ਪਾਤਸ਼ਾਹ।



ਬਲਰਾਜ ਸਿੰਘ (10ਵਾਂ ਟੂਲੀਪ)

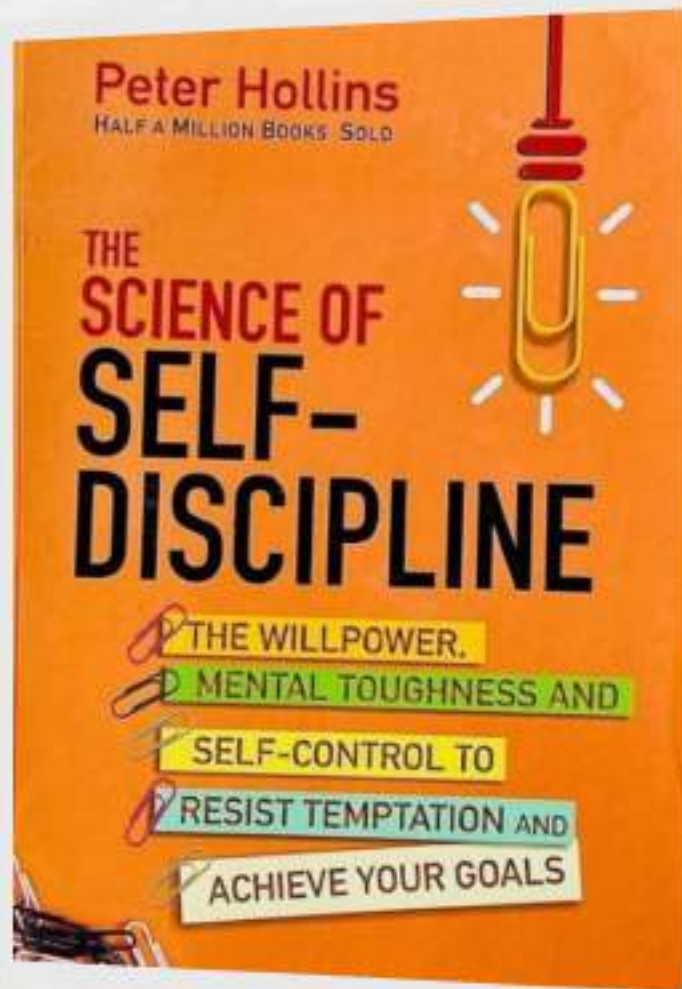
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PAGE 4

BOOK RECOMMENDATION : THE SCIENCE OF SELF - DISCIPLINE



This book is a quick read packed with actionable strategies to build willpower, mental toughness, and self-control. Hollins breaks down complex psychological concepts like dopamine loops and ego depletion-into digestible lessons, using studies and real-life examples to show how discipline trumps motivation. Chapters cover defining discipline, understanding willpower's limits, and practical tactics like the 40% Rule or environmental tweaks to resist temptation. It's not about becoming a willpower superhero but building systems to make discipline effortless. Perfect for beginners or anyone struggling with follow-through. This book is a must-read for building a disciplined life though seasoned self-help readers might want more novelty.

THOUGHT

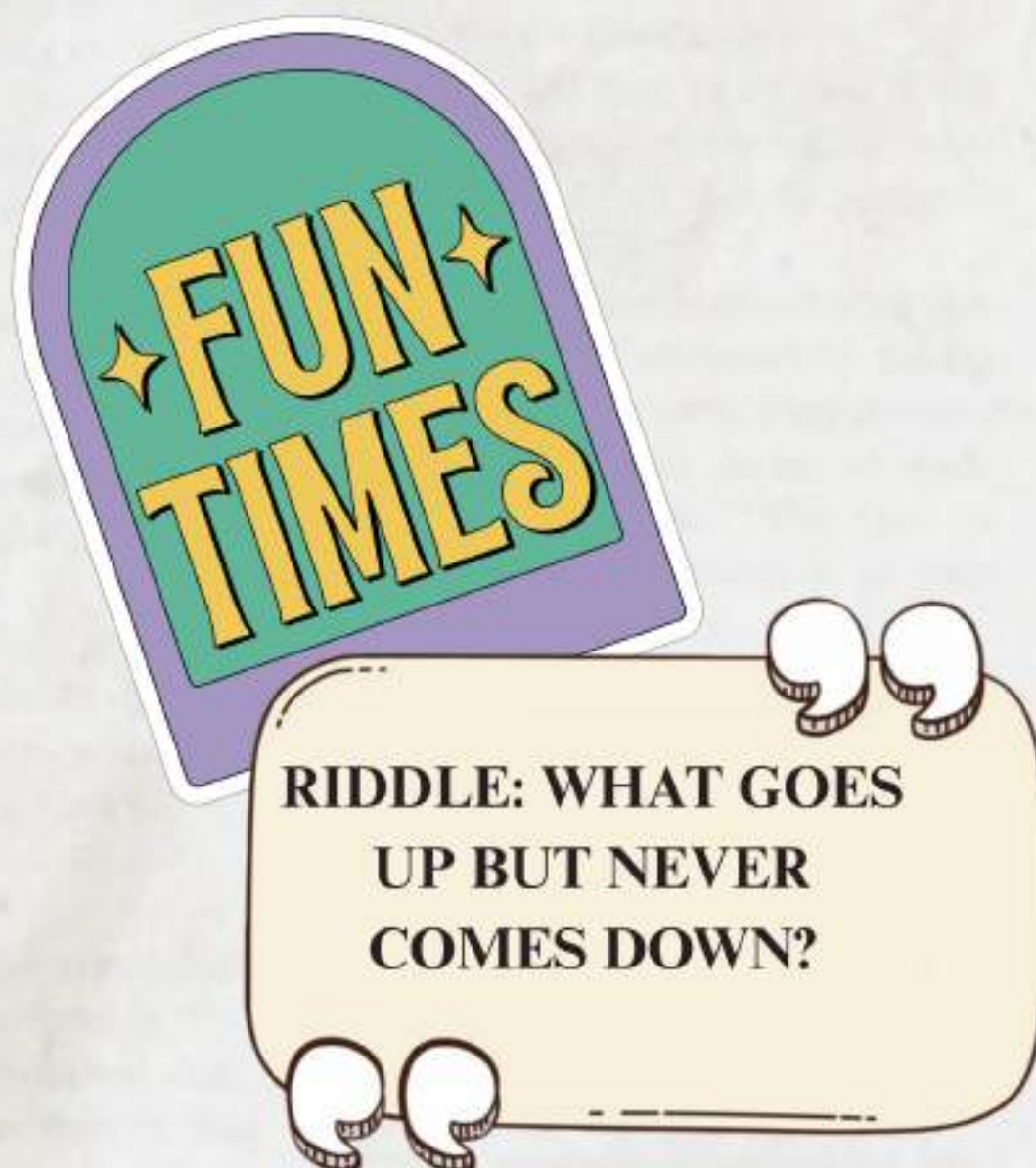
Try not to become a person of success but rather try to become a person of value

WORD

Ornery (adjective)

(awr-ner-ee)

-bad-tempered or difficult to deal with



Sudoku Answer Key Yesterday's Puzzle (May 27, 2025)

ANSWER

2	5	7	1	3	8	6	4	9
8	3	1	6	4	9	2	5	7
6	4	9	2	5	7	1	3	8
9	6	4	5	7	2	8	1	3
7	2	5	3	8	1	9	6	4
1	8	3	4	9	6	7	2	5
3	1	8	7	2	5	4	9	6
4	9	6	8	1	3	5	7	2
5	7	2	9	6	4	3	8	1

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FELICITATION CEREMONY FOR AR/VR COURSE ACHIEVERS IN COLLABORATION WITH MBCIE



BCM School, Basant Avenue, in collaboration with Munjal Birmingham City University Centre of Innovation and Entrepreneurship (MBCIE), hosted a grand Felicitation Ceremony to celebrate the successful completion of the AR/VR (Augmented and Virtual Reality) course by its students.

The lighting of the ceremonial lamp marked the official opening of the event, symbolising knowledge and enlightenment. This was followed by an insightful introduction to MBCIE, a pioneering institution focused on future-ready education. Under the

leadership of Mr. S.K. Rai, MD Hero Cycles The highlight of the event was the certificate distribution, where students received recognition for their hard work in exploring the world of immersive technology. The AR/VR course, conducted under the guidance of MBCIE experts, equipped students with foundational skills in virtual and augmented environments.. The day ended on a note of inspiration, collaboration and commitment to continuous growth in the ever-changing world of education.

A JOYFUL SHIFT IN LEARNING: CELEBRATING BAGLESS DAY WITH CREATIVITY, CURIOSITY, AND CONNECTION



In a refreshing departure from the traditional routine, the school observed Bagless Day for Class V students. As the school bell rang this morning, classrooms looked different — not filled with books and bags, but with music, laughter, and energy. In an engaging blend of science, creativity, and hands-on learning, the day started with "Think, Tinker and Test" activity where students actively took part in designing and creating their own miniature parachutes, towers and bridges which developed the skills of air resistance understanding, material comparison, iterative testing.

To foster a deeper understanding of democratic values, civic responsibility, and collaborative governance, a unique and thought-provoking "Class Constitution-Making Activity" for students was organised. The activity was designed to simulate the process of constitution-making, enabling students to actively participate in creating a Class Constitution — a set of agreed-upon rules, rights, duties, and values that would guide classroom behaviour, interactions, and decision-making. The day helped children apply knowledge to life, connect with the world around them, and enjoy the process of learning.

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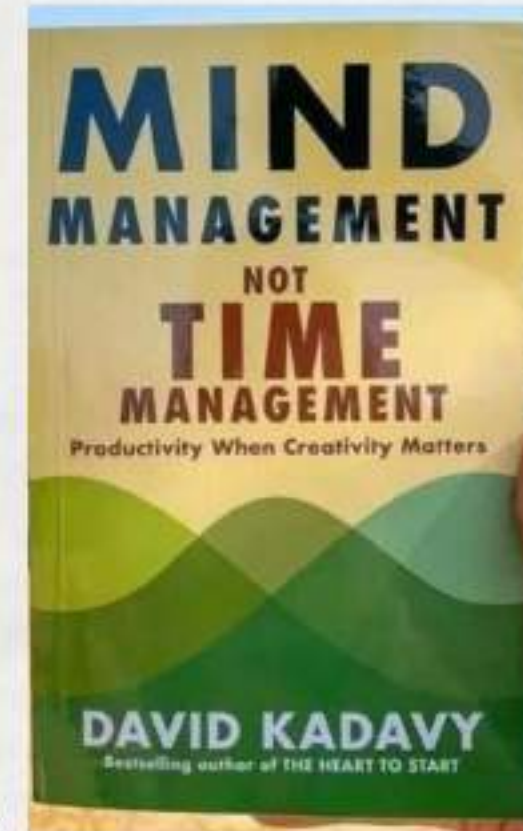
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BOOK RECOMMENDATION : MIND MANAGEMENT, NOT TIME MANAGEMENT

Mind Management, Not Time Management by David Kadavy is like a guide to helping you think better, so you can do your best work and have a happy life! It's less about counting minutes and more about understanding how your brain works. This book is like a guide to understanding how your brain works so you can do your best work and feel good. It teaches you that it's important to focus on your energy, take breaks, and let your mind wander sometimes. Remember, your brain is amazing, and you can learn to use it in a way that helps you succeed!



THOUGHT

Every failure is a lesson. If you're not willing to fail, you're not ready to succeed.

WORD

*guffaw \gə'fʌ *
noun and verb
noun: a burst of loud and hearty laughter
verb: laugh boisterously

This Day at a Glance



Tongue
Twisters

**I SCREAM, YOU
SCREAM, WE ALL
SCREAM FOR
ICE CREAM!**



Sri Guru Arjun Dev Ji's Martyrdom Day is a solemn occasion observed by Sikh communities to honor the supreme sacrifice of Guru Arjun Dev Ji, the fifth Guru of Sikhism.

Yesterday's (May 29,
2025)

Riddle : Answer

YOUR AGE

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EXPLORING NOUNS WITH JAADUI PITARA'S WAY



Jaadui Pitara is an innovative educational toolkit designed to enhance classroom learning for young students. It provides a range of interactive and engaging resources that support the curriculum's goals. It is used to enhance the learning teaching pedagogies and bring about a substantial difference in our children's learning outcomes as the Jaadui Pitara elicits wonder, curiosity, and joy among young children.

To explain the concept of naming words to the students, jaadui pitaara was used in which different objects like toys, fruits, vegetables, animals, flash cards and colourful pictures depicting nouns from the surroundings were put in a box. This was a fulfilled activity in which the teacher one by one took out the things from jaadui pitaara and asked the students about its name and kind of noun. Students enjoyed the activity and enhanced their thinking, imagination, and cognitive skills.

Educational Visit to Punjab College of Technical Education – A Memorable Learning Experience



The students of Grades XI and XII (Commerce Stream), embarked on an enriching educational visit to the Punjab College of Technical Education (PCTE).

The visit proved to be a significant learning experience, marked by engaging interactive sessions with academic professionals who provided valuable insights into skill enhancement, scholarship programs, and well-informed career planning.

During the visit, the students had the campus visit in Engineering block and Crimsal Hall, gaining practical exposure to the environment that awaits them in their future academic journeys.

The visit concluded on a positive and inspiring note, leaving students motivated and better informed about the academic and professional possibilities that lie ahead.

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BOOK RECOMMENDATION: OPEN WHEN...

In *Open When...*, Dr. Julie Smith speaks with the kind of clarity and warmth that makes you feel seen in your most unspoken moments. Her words arrive like a trusted friend—steady, thoughtful, and kind—gently guiding you through the chapters of life that rarely make it into polite conversation.

What makes this book extraordinary is the way it holds space for all that we carry. The quiet fears. The complicated grief. It is the kind of book that steadies you. It reminds you that your struggles don't make you weak; they make you human. It offers a quiet, sturdy presence for life's hardest moments—and the courage to move through them with grace.

Whether you're facing something big or just feeling a little lost, these pages will meet you where you are—and gently walk with you forward.

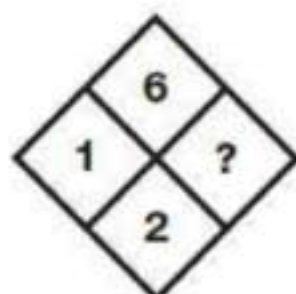
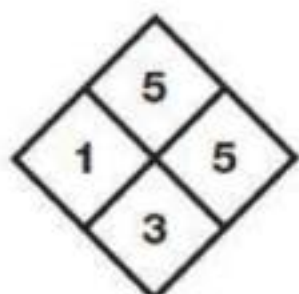
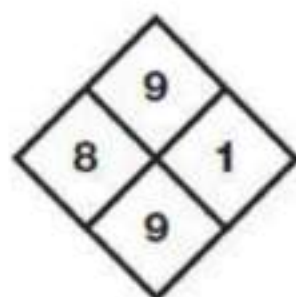
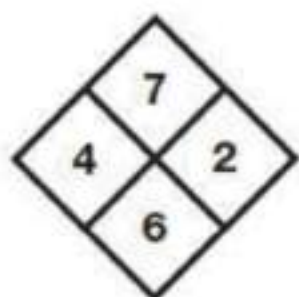


THOUGHT

You will face many defeats in life but do not let yourself be defeated



Q: Find the missing Number?



World No Tobacco Day is observed every year on May 31st to raise awareness about the harmful effects of tobacco use and to encourage people around the world to quit tobacco for a healthier life.

* The BCM Edge *

MONDAY 2 JUNE, 2025

LEAD360 - EXPLORE, EXPRESS, EXCEL

PAGE 1

EMPOWERING PARENTS WITH VITAL HEALTH AND SOCIAL AWARENESS INITIATIVES ON PTM



Amidst the celebration of academic achievements in the May Unit Test, BCM School turned the spotlight on vital health and social issues during the Parent-Teacher Meeting. Under the auspices of CBSE, a Diabetes Awareness Programme was conducted with enthusiastic participation from students of classes VI–VIII. BCMites passionately shared insights on recommended daily sugar intake, hidden sugars in junk food and beverages, health risks of high sugar consumption, and suggested healthier dietary alternatives, empowering parents with effective management tips.

To mark World No Tobacco Day, the school also showcased engaging presentations highlighting the dangers of tobacco use and the benefits of adopting a tobacco-free lifestyle, aiming to foster healthier habits in the community.

Additionally, the Outreach Department showcased various Holistic Development Initiatives, giving parents an in-depth view of the school's well-rounded approach to student growth and the collaboration across departments to support each learner's journey.

As part of the PTM activities, the school also conducted a Cleanliness Awareness Drive, where students sensitized parents about the use of red, green, and blue dustbins, segregation of biodegradable and non-biodegradable waste, and the importance of reducing plastic usage. Class X students led with posters and conversations, inspiring both students and parents to contribute to a cleaner environment.

By empowering parents with knowledge on health, hygiene, and holistic development, the school reaffirms its commitment to nurturing responsible citizens and a healthier future.



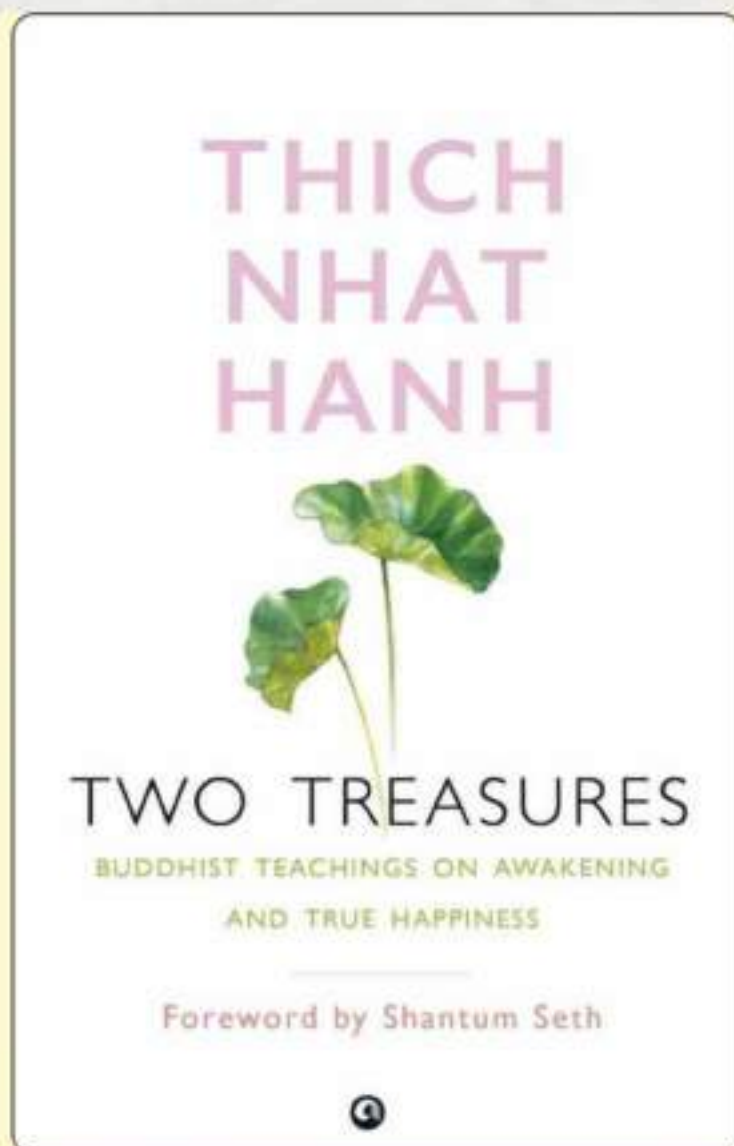
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PAGE 2

BOOK RECOMMENDATION: TWO TREASURES



The foreword by Shantam Seth, a teacher personally ordained by Thich Nhat Hanh, offers a deeply personal account of the monk. It talks about the monk's life, his teachings, and the many Buddhist sites that dot the Indian landscape.

The text touches upon concepts such as impermanence, no-self (one of the most important subjects for meditation in Buddhism), impurity, paramitas, etc.

It emphasizes the importance of a community rooted in love and understanding as the best antidote to addiction.

The book is also a treasure trove of wisdom, encouraging us to live virtuously, with honesty, always in gratitude, and in harmony with nature and our surroundings.

THOUGHT

Every failure is a lesson, if you are not willing to fail, you are not ready to succeed.

WORD

Travail (noun)
painful or laborious effort



**Answer Key
of Puzzle
(May 31st,
2025)**

$$7 \times 6 = 42$$

$$9 \times 9 = 81$$

$$5 \times 3 = 15$$

$$6 \times 2 = 12$$



* The BCM Edge *

TUESDAY 3 JUNE, 2025

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PAGE 1

SUMMER CAMP KICKS OFF WITH A BANG AT BCM SCHOOL



The Summer Camp has kicked off with enthusiasm, offering a perfect blend of learning and fun for students to ignite their creativity and enhance essential 21st-century skills in an engaging environment. The main aim of the camp is to help kids develop essential skills and identify their abilities through fun activities and games.

At Kindergarten, Day 1 was conducted under the theme 'Artful Adventure', where children learned to create photo frames and mastered straw painting, enhancing their artistic skills and creativity. They also enjoyed dance moves during the Happy Feet' hour.

Students of Classes II and III were introduced to the world of technology, where they explored basic features of MS PowerPoint, created slides with text, images, and transitions, and proudly presented their own mini-projects, boosting their confidence and digital literacy.

Meanwhile, students of Classes IV and V dived into the world of numbers with innovative Mathematics Enrichment Activities. Through hands-on games, puzzles, and interactive challenges, they developed logical reasoning, mental math skills, and a deeper understanding of mathematical concepts in a joyful and stress-free setting.

Additionally, Future Leader Program students also enjoyed the Summer Boot Camp, starting with Zumba and group discussions on project preparation and portfolio making. Students attended informative sessions on Communication Skills by Mr. Parvit Behl of ICAI University and another session on AI Tools for Education by Dr. Preetjot Kaur of Lovely Professional University (LPU). Students were enthusiastic about gaining insights into responsible AI usage and best practices.

The day truly provided a nurturing environment, making it a memorable and impactful learning experience.



✱ The BCM Edge ✱

TUESDAY 3 JUNE, 2025

LEAD360 - EXPLORE, EXPRESS, EXCEL

PAGE 2

COMMUNICATING WITH IMPACT: ESSENTIAL SKILLS FOR EDUCATORS



The School conducted a dynamic session on Communication Skills under its prestigious 'Visionary Voyagers' Professional Development Program to enhance the holistic development of its faculty.

The session was graced by distinguished resource persons, Dr. Roshanpreet Kaur (Assistant Professor and B.Com Coordinator, Department of Business Management) and Ms. Tulika Tuli (Assistant Professor) of Punjab College of Technical Education, Ludhiana. The workshop aimed at empowering educators with effective communication tools vital for fostering a positive learning environment and strengthening professional interactions. Through interactive activities and real-life scenarios, the session highlighted how effective communication can transform classrooms and enhance team collaboration. The session equipped educators with actionable strategies and valuable insights to boost their communication skills and foster holistic growth.

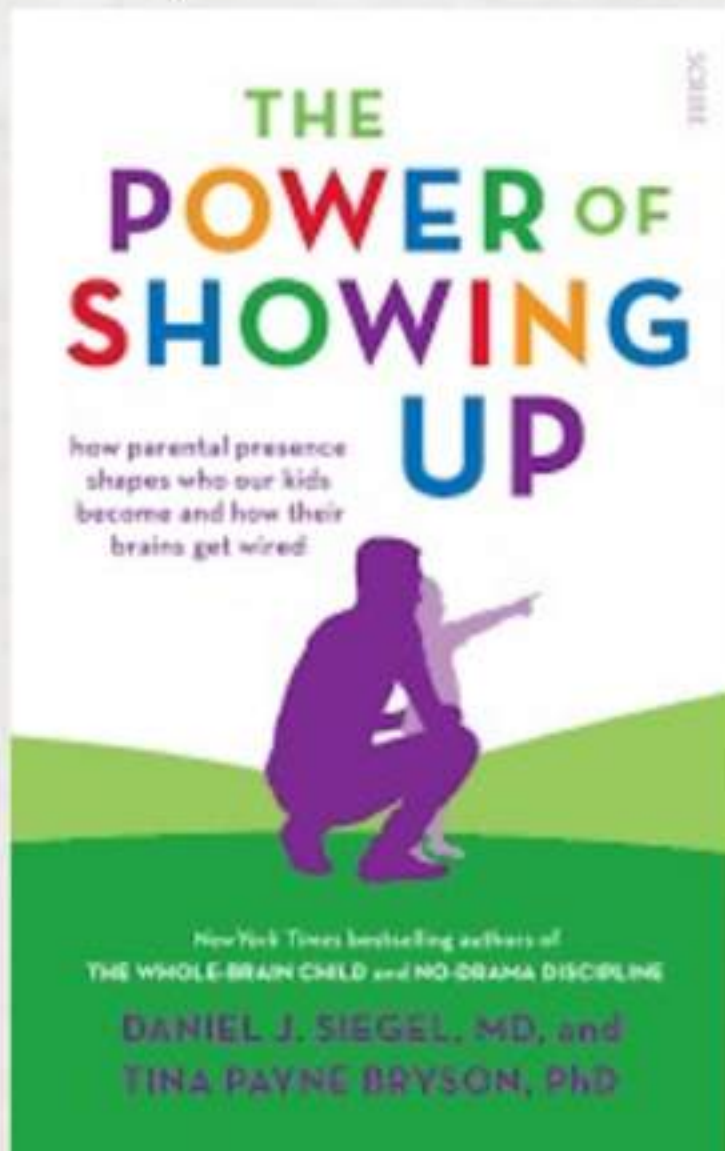
* The BCM Edge *

TUESDAY 3 JUNE, 2025

LEAD360 - EXPLORE, EXPRESS, EXCEL

PAGE 3

BOOK RECOMMENDATION: THE POWER OF SHOWING UP



The Power of Showing Up by Daniel J. Siegel and Tina Payne Bryson is a compelling book that emphasizes the profound impact of parental presence on child development and emotional well-being. Written by renowned neuropsychiatrist Daniel Siegel and pediatric psychotherapist Tina Payne Bryson, it provides parents with science-backed guidance on cultivating secure relationships with children through attentive presence. Siegel and Bryson stress that being physically and emotionally present for children is vital for their sense of safety and connection. The book underscores the importance of creating a secure attachment between parents and children, which is crucial for a child's emotional development.

In this review, one can explore the core concepts and practical advice offered, guiding readers on their journey to transform family bonds through compassion.

THOUGHT

*Ambition is the path to success.
Persistence is the vehicle you arrive in*

WORD

*Somnolent
(adjective)*

feeling sleepy or drowsy, or tending to induce sleep

Young Minds Zone



Tongue
Twisters

A BLACK CAT SAT ON A MAT
AND ATE A FAT RAT.

ਗਰਮੀ ☀️

ਗਰਮੀ ਹੁਣ ਰੰਗ ਵਿਖਾਉਣ ਲੱਗ ਪਈ,
ਸਾਨੂੰ ਤਾਂ ਇਹ ਹੁਣ ਤੜਫਾਉਣ ਲੱਗ ਪਈ।

ਕੋਈ ਤਾਂ ਕੱਢੇ ਇਸ ਦਾ ਹੱਲ, ਖਰਚਾ ਹੈ ਹੁਣ ਵਧਾਉਣ ਲੱਗ ਪਈ।

ਹੁਣ ਬਾਹਰ ਕੱਢ ਲਏ ਕੂਲਰ ਪੱਖੇ,

ਸਰਦੀ ਵਿੱਚ ਜੋ ਸਾਂਭ ਕੇ ਰੱਖੇ।

ਅਮੀਰਾ ਦੇ ਤਾਂ ਚੱਲਣ ਕੂਲਰ, ਏਸੀ ਗਰੀਬਾਂ ਦੇ ਤਾਂ ਚੱਲਣ ਪੱਖੇ ਦੇਸੀ।

ਉੱਪਰੋਂ ਮੱਛਰ ਵੱਡ ਵੱਡ ਖਾਵੇ,

ਤਾਪ ਅਵੱਲਾ ਹੀ ਚੜਦਾ ਜਾਵੇ।

ਹੁਣ ਤਾਂ ਬਸ ਠੰਡਾ ਨਿੰਬੂ ਪਾਣੀ ਹੀ ਆਵੇ,

ਜੋ ਸਭ ਦੀ ਗਰਮੀ ਵਿੱਚ ਪਿਆਸ ਬੁਝਾਵੇ।

ਜੇਤ ਦੀ ਤੁਸੀਂ ਇੱਕ ਮੰਨ ਲਓ ਗੱਲ,

ਚਾਹ ਨੂੰ ਕਰ ਲਓ ਤੁਸੀਂ ਸਭ ਬੰਦ।

ਜਸਜੋਤ ਸਿੰਘ
ਅੱਠਵੀਂ ਡੇਜ਼ੀ

* The BCM Edge *

WEDNESDAY 4 JUNE, 2025

LEAD360 - EXPLORE, EXPRESS, EXCEL

PAGE 1

SUNNY DELIGHTS AND FIESTA HIGHLIGHTS



Puppet Show Fun

At Kindergarten, 2nd day began with an engaging Puppet Show that conveyed a meaningful lesson of listening and obeying the elders, helping children enhancing their listening and comprehension skills. The interactive storytelling captured their imagination of tiny toys and kept them thoroughly entertained.

Techno Tunes and Dance Moves

Students of Classes II and III tapped their feet to the energetic beats of Bhangra, learning traditional dance moves while embracing the spirit of Punjab. Meanwhile, Classes IV and V explored the world of technology through fun and interactive coding sessions, laying the foundation for digital literacy.

Cultivating Mindfulness

To help students develop greater self-awareness and inner peace, yoga session was conducted for the students of Future Leader Group. Additionally, Ms. Prabhsimran Kaur, a facilitator from ICFAI University, led a session on 'Ethical Leadership and Values' where they explored the concepts of ethics, vision planning, and goal setting through engaging discussions. Moreover, students also presented innovative book reviews and cover redesigns showcasing their creativity, critical thinking and presentation skills.



* The BCM Edge *

WEDNESDAY 4 JUNE, 2025

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PAGE 2

Health and Nutrition Session for Educators



An informative session on Diet and Nutrition was organized in the school premises, led by renowned Senior Dietitian, Dr. Mokshi from DMC Hospital. The session was designed to equip educators with essential knowledge about healthy eating habits and the critical role of nutrition in their daily lives.

The resource person underscored the importance of a balanced diet in promoting overall well-being, mental clarity, and sustained energy levels. She shared practical strategies tailored specifically for educators, helping them understand how proper nutrition can support their demanding professional routines and personal wellness. She also highlighted simple yet effective tips for maintaining a healthy lifestyle, including mindful eating practices, staying hydrated, and making nutritious food choices even with a busy schedule. Educators were encouraged to become role models for their students by embracing and promoting healthy habits.

This initiative reflects BCM School's strong commitment to holistic education, extending its focus beyond academics to the physical and mental well-being of both educators and students.

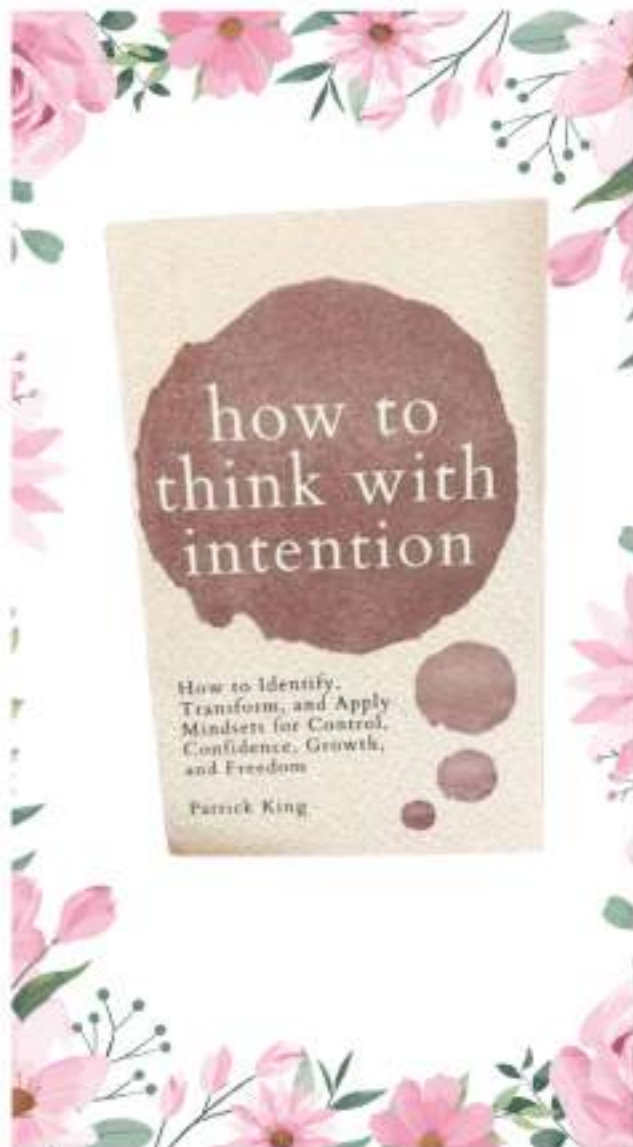
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WEDNESDAY 4 JUNE, 2025

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PAGE 3

BOOK RECOMMENDATION: HOW TO THINK WITH INTENTION



How to Think with Intention by Patrick King is a thought-provoking book that guides readers in developing intentional thinking habits to improve decision-making, problem-solving and overall cognitive abilities. King shares practical strategies and techniques to enhance critical thinking and gain clarity in various aspects of life. King emphasizes the importance of intentional thinking and its impact on our thoughts, actions, and outcomes. He highlights how being deliberate and purposeful in our thinking can lead to better results and personal growth.

Patrick King's lessons on the power of intentional thinking, questioning assumptions, developing a growth mindset, embracing curiosity, practicing critical thinking, fostering creativity, effective decision-making, developing mental discipline provide readers with practical tools for enhancing their cognitive abilities and achieving greater success. By incorporating these lessons, readers can cultivate a more intentional and purposeful approach to thinking, leading to improved decision-making, problem-solving, and overall mental clarity. This book serves as a valuable resource for individuals seeking to optimize their thinking processes and unlock their full potential.

THOUGHT

Courage is not the absence of fear but moving ahead in spite of the fear

WORD

*Ambit(noun)
-the scope, extent, or bounds of something*



"Can You Find the Way Out?"



Young Minds Zone



Manya Sharma - 9th Rose

* The BCM Edge *

THURSDAY 5 JUNE, 2025

LEAD360 - EXPLORE, EXPRESS, EXCEL

PAGE 1

Sunny Delights and Fiesta Highlights



Healthy Bites, Happy Smiles

The third day of the summer camp was a bit with the 'Snack Attack' activity, where young learners unleashed their creativity with fireless cooking! This fun activity



promoted healthy eating habits, teamwork, and culinary skills among the kids.

Write, Create and Wrap

The third day of the Summer Camp was a creative delight. Students of grade II and III explored the art of beautiful handwriting through calligraphy. Meanwhile, students of Classes IV and V dived into the exciting world of 3-D shapes and gift wrapping, combining mathematical concepts with hands-on craftwork.



Hands that Create, Minds that Collaborate

An expressive 'Clay Modelling' session combined art with introspection by Dr. Ganesh from LPU, helped the students of Future Leaders Group to unleash their creativity through symbolic sculptures and self-expression. In a complementary session on 'Teamwork & Collaboration' led by Ms. Shivani Sharma from ICFAI University, empowered students to build trust, cooperation and group problem-solving skills.



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THURSDAY 5 JUNE, 2025

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PAGE 2

Empowering Educators with Social Media Skills



The School successfully conducted a photography and videography session for its educators, led by expert Mr. Himanshu. The session aimed to enhance teachers' skills in capturing high-quality photographs and videos for school events and classroom activities.

Mr. Himanshu shared practical tips on camera handling, framing, lighting, and basic editing. Teachers were also guided on how to shoot stable and effective videos to document school functions and academic content.

The session was highly informative and interactive, equipping teachers with useful techniques to improve the quality of visual content in their daily school work.

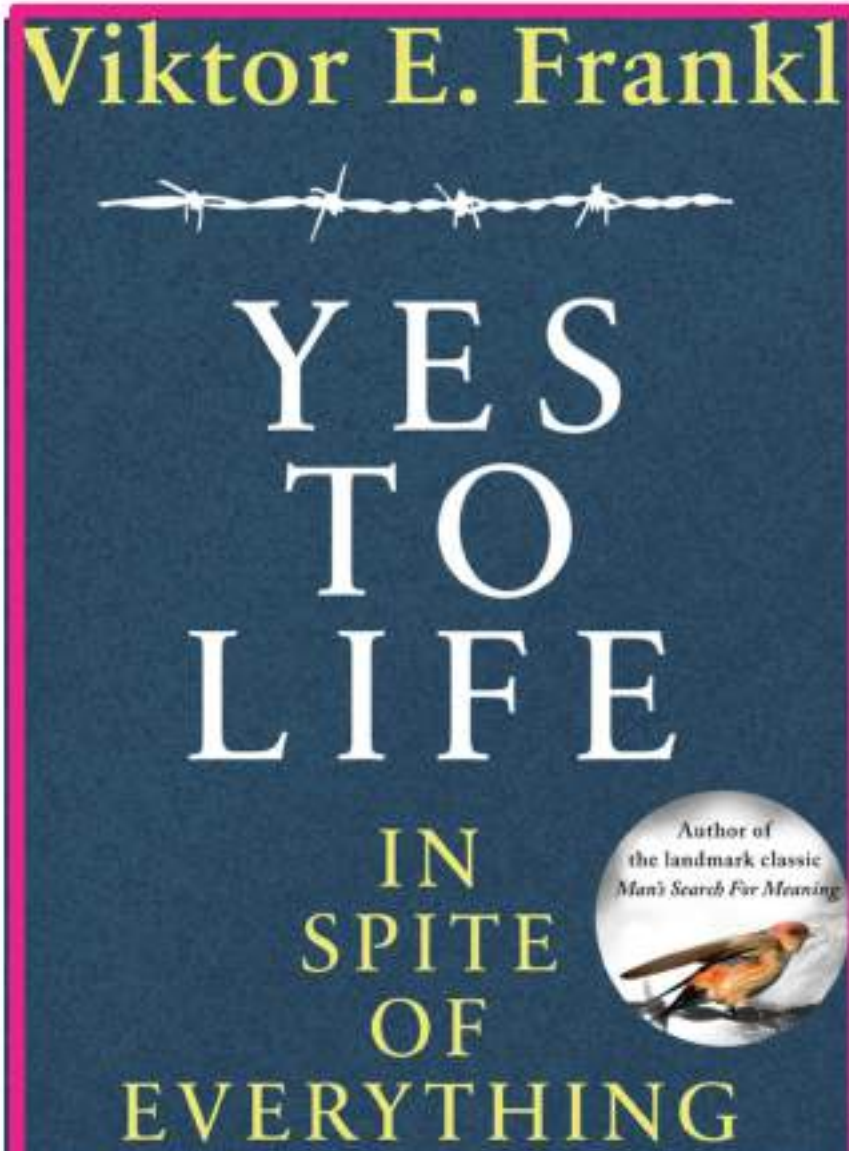
* The BCM Edge *

THURSDAY 5 JUNE, 2025

LEAD360 - EXPLORE, EXPRESS, EXCEL

PAGE 3

BOOK RECOMMENDATION : 'YES TO LIFE: IN SPITE OF EVERYTHING'



'Yes to Life: In Spite of Everything' is a profound and inspiring exploration of the human spirit, penned by the remarkable Viktor E. Frankl, a neurologist and psychiatrist. With contributions from Daniel Goleman, the author of the groundbreaking book "Emotional Intelligence," this work serves as a powerful reminder of the resilience and strength within us, even in the direst of circumstances.

The book is not just a reflection on suffering; it is a call to action. Frankl urges readers to say 'yes' to life, to actively engage with their experiences, and to seek meaning in every moment. His words resonate deeply, reminding us that even in the darkest of times, we can find the light of hope and purpose. This message is particularly relevant in today's world, where many grapple with uncertainty and anxiety.

The book is filled with powerful anecdotes and philosophical reflections that inspire readers to look beyond their immediate struggles and embrace a broader perspective on life. This book is a must-read for those navigating their own challenges, as it empowers us to embrace life with courage and an unwavering commitment to finding purpose, no matter the circumstances. Highly recommended for its transformative message, it serves as a beacon of hope in a world that often feels overwhelming.

THOUGHT

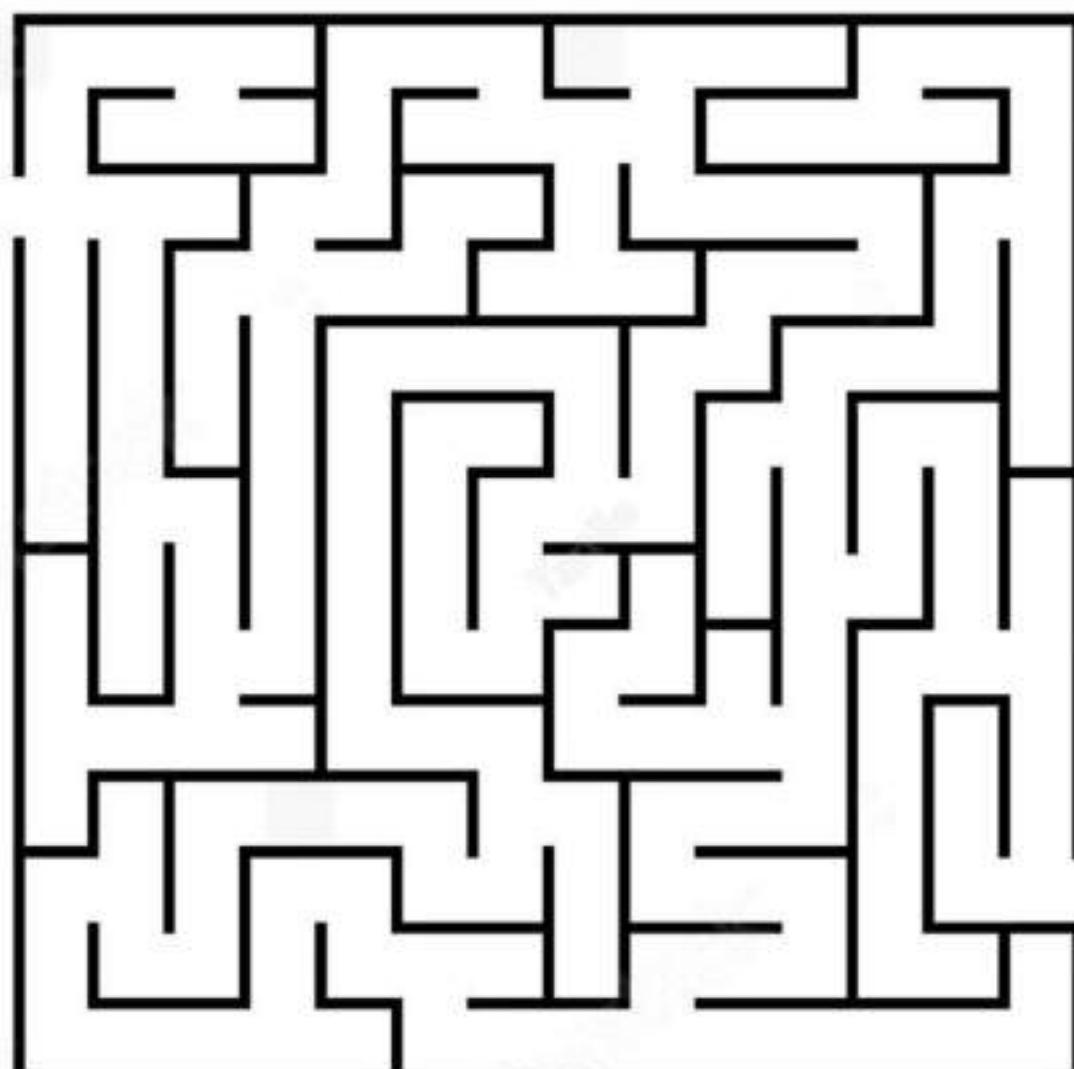
Change your thoughts and you'll change your world

WORD

Sublime
(adjective)
: of very great excellence or beauty



"Can You Find the Way Out?"



Young Minds Zone



LAVINDEEP SINGH - 6TH LILY

* The BCM Edge *

FRIDAY 6 JUNE, 2025

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PAGE 1

Sunny Delights and Fiesta Highlights



Little Hands, Big Impact

The day unfolded with a vibrant message of environmental consciousness, as little eco-warriors engaged in meaningful and hands-on activities, to understand the importance of protecting our planet. Children enthusiastically participated, as guided by the teachers, in the creation of a Vertical Garden, planting saplings in reused plastic bottles—an excellent example of sustainability in action. They also explored the concept of 'Recycle, Reduce, and Reuse' by crafting eco-friendly paper bags using old newspapers. These thoughtful activities not only ignited their creativity but also nurtured a sense of responsibility towards Mother Earth.



Young Culinary Stars on board

Young chefs of primary wing discovered the joy of cooking without fire. Students prepared simple, delicious and mouth-watering recipes that showcased their teamwork, organisation and innovation skills. The young chefs impressed everyone with their nutritious treats, while also learning the importance of safety and hygiene in the kitchen.

Leading with Heart and Action

Students of Future Leader Group embodied the spirit of giving back and working together for a better environment through a Campus-Based Service Activity.

Students also presented their projects, blending creativity and teamwork. The experience culminated in a joyful celebration of shared meal party that strengthened their friendship bonds.



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PAGE 2

Zumba Magic for the Educators



To promote physical fitness, reduce stress, and foster team bonding among teachers, a fun and energetic Zumba session was conducted for the school teachers by Dance department. Teachers enthusiastically participated in the Zumba session, showcasing their moves to lively music. The session provided a much-needed break for teachers, allowing them to unwind and recharge.



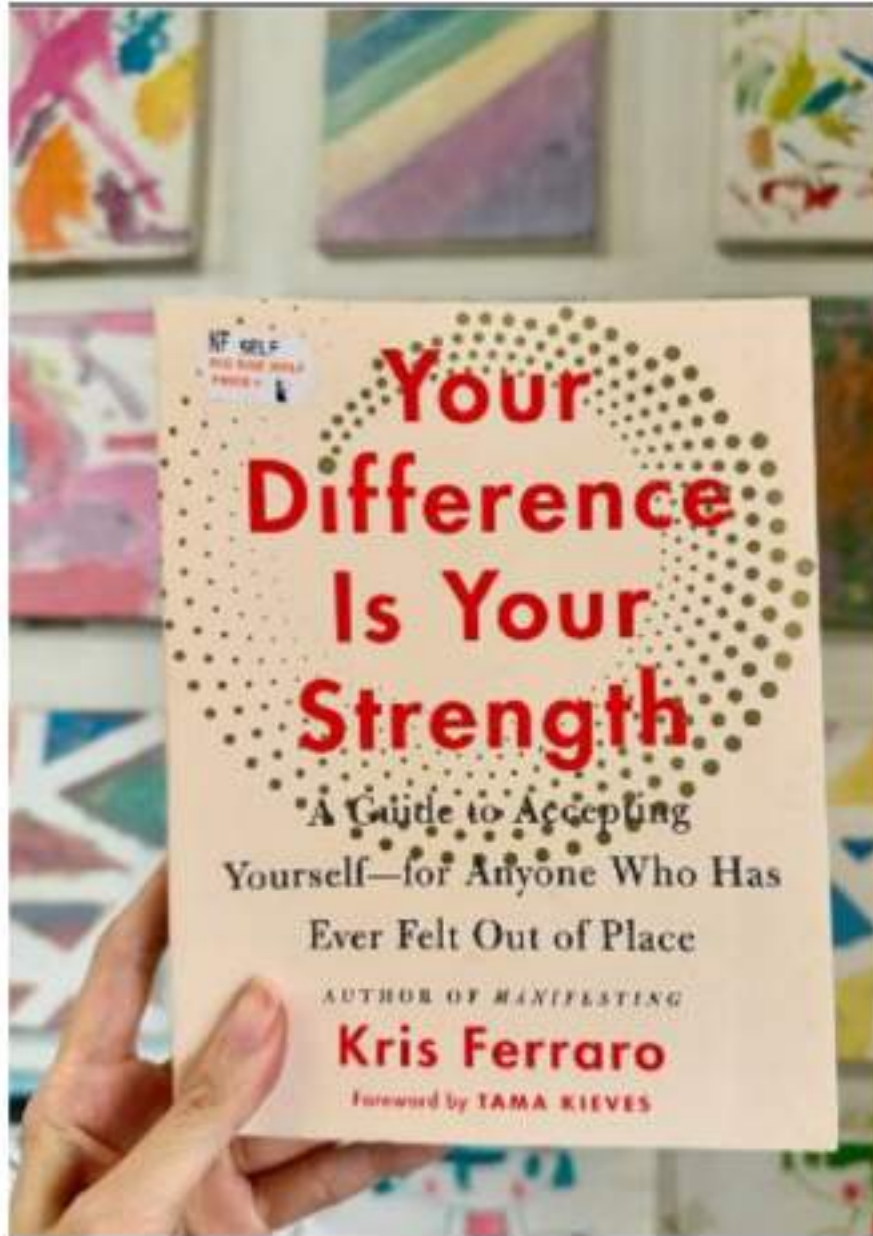
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PAGE 3

BOOK RECOMMENDATION : YOUR DIFFERENCE IS YOUR STRENGTH



Your Difference Is Your Strength is a powerful manifesto for anyone who has ever felt like they don't fit in. Through personal stories, psychological insights, and actionable strategies, the book dismantles the myth that conformity is the key to success. Instead, it reveals how your unique traits—the very things that make you feel 'other'—are your greatest assets. It dismantles the toxic idea that there's one 'right' way to be and replaces it with an unshakable truth: Your uniqueness isn't a liability; it's your legacy. For anyone who's ever felt out of place, this book is a rallying cry to stop hiding and start thriving—exactly as you are. Whether you're neurodivergent, an introvert, a creative thinker, or simply march to the beat of your own drum, this book teaches you to reframe your differences as superpowers and build a life that celebrates them.

THOUGHT

The most important thing in communication is hearing what isn't said

WORD

rebuff
[ri'bf]
v. to reject or criticize sharply

This Day at a Glance

FUN TIMES

RIDDLE :
I'M TALL WHEN I'M YOUNG, AND I'M SHORT WHEN I'M OLD.
WHAT AM I?

Think you know the answer?



Let's be the change Earth needs!

* The BCM Edge *

SATURDAY 7 JUNE, 2025

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PAGE 1

Sunny Delights and Fiesta Highlights

Splashtastic Fun

Adding a cool twist to the fifth day of the summer camp, Pool Splash activity was organised to give a perfect escape from the summer heat. With happy feet dipped in the pool and cheerful faces, sipping on chilled lemonade, the kids experienced sheer bliss and relaxation. The soothing water, playful splashes and refreshing drinks made it a day they'll cherish



forever. The campus echoed with cheerful giggles as children hopped, ran, and played together, developing not just motor skills but also teamwork and joy of participation.

Stretch, Stitch and Smile

In an effort to revive and celebrate traditional art forms, students of classes IV and V engrossed in delightful Cross Stitch activity, aimed at nurturing fine motor skills, patience, and creativity. Meanwhile, Students of classes II and III enjoyed a joyful and refreshing zoomer & yoga activity. With energetic movements and focused breathing, they develop their gross motor skills and physical well-being.



* The BCM Edge *

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PAGE 2

Manukhta Di Sewa — Service to Humanity



To foster a sense of community, students of Future Leader Group enjoyed a heartwarming visit to 'Manukhta Di Sewa' centre that promote empathy, compassion and respect for elderly. During their visit, the students connected with the residents, listened to their stories, and shared moments of joy through performances and conversations. This visit not only brought happiness to the elderly but also provided the students with a valuable opportunity to learn from their experiences and gain a deeper understanding of the importance of inter generational connections.



EXPLORING THE TRANSFORMATIVE POWER OF AI IN EDUCATION



The school conducted an enlightening session on 'Artificial Intelligence' (AI) under its ongoing Professional Development Program titled 'Visionary Voyagers'. The session was skilfully led by Ms. Archana Malhotra and Ms. Rachhpal Kaur from the IT Department and was attended by all faculty members with great enthusiasm.

In this comprehensive training session on AI tools for educators, participants discovered a range of innovative resources to enhance their teaching practices. They learned to leverage MagicSchool AI for generating lesson plans, rubrics, feedback, and more. Additionally, teachers explored Canva for effective classroom management, while Adobe Express and Prezi enabled them to create engaging content and presentations. AI-powered research tools like Perplexity and Claude were also introduced. A standout feature was the use of TopMedia AI to generate AI-created songs, demonstrating its potential to inspire creativity in education.

The workshop encouraged meaningful dialogue, hands-on exploration, and collaborative learning, fostering a mindset open to innovation and adaptability among educators.

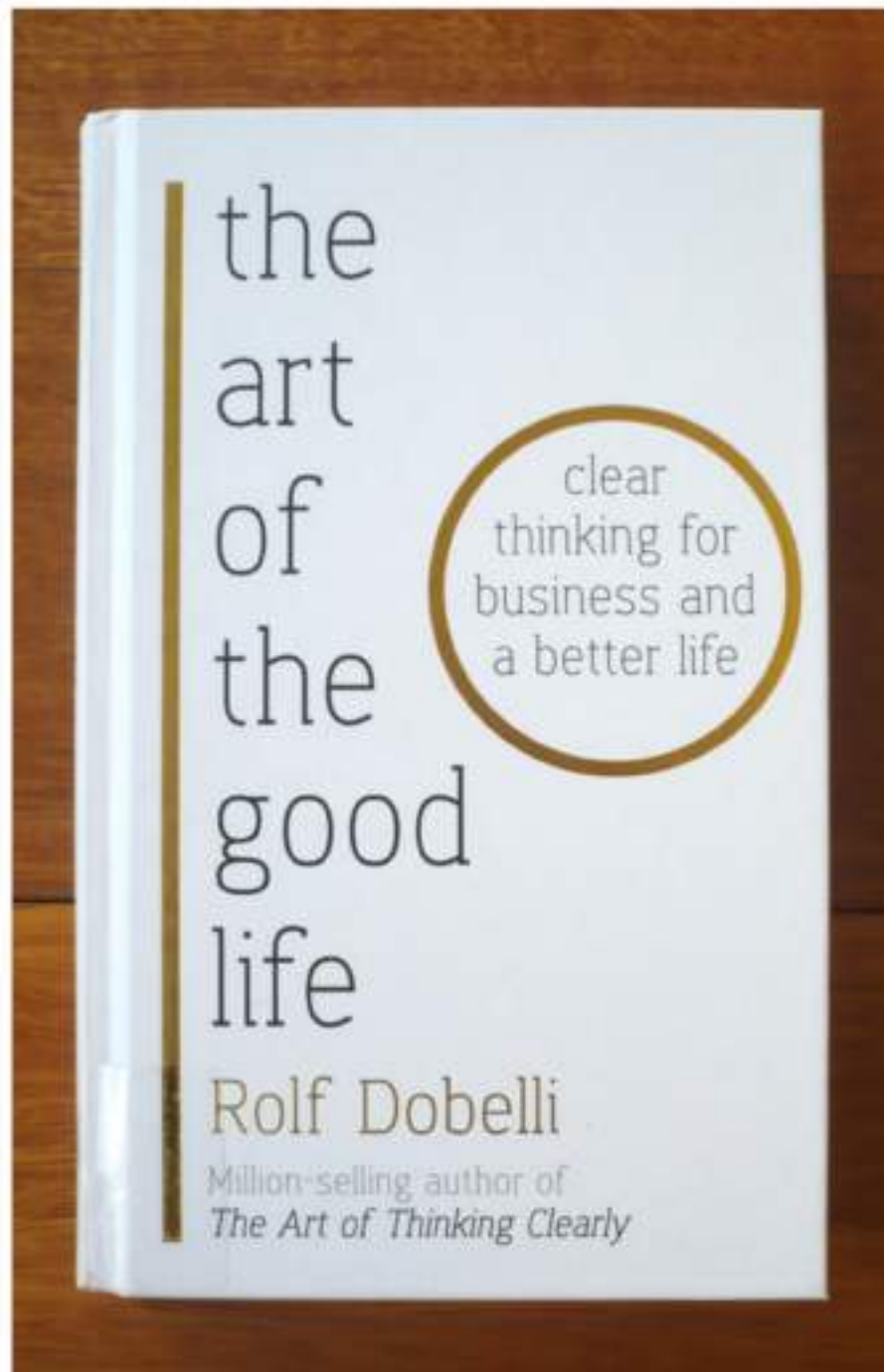
* The BCM Edge *

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PAGE 3

BOOK RECOMMENDATION : THE ART OF THE GOOD LIFE



The Art of the Good Life is a toolkit designed for practical living. Here you'll find 'happiness hacks'-from guilt-free shunning of technology to gleefully paying your parking tickets-that are certain to optimize your happiness. A good life isn't guaranteed, but that doesn't mean we can't strive for it-and this book will give you a better chance at happiness.

This book is an insightful guide that encourages readers to embrace clear thinking and rational decision-making for a more fulfilling existence. The key lessons emphasize the importance of simplicity, emotional resilience, and the cultivation of meaningful relationships. By applying the principles outlined in this book, individuals can enhance their decision-making skills, prioritize what truly matters, and ultimately lead a more intentional and satisfying life. It serves as a valuable resource for anyone seeking to navigate the complexities of life with clarity and purpose.

THOUGHT

*Paths are
made by
walking*

WORD

fruitful

['fru:t.fəl]

*adj. producing
good results*



*"If two witches were
watching two watches,
which witch would
watch which watch?"*

This Day at a Glance

Eid al-Adha, also known as Bakrid, will be celebrated on June 7, 2025, in India. It's a significant Muslim festival honoring Prophet Ibrahim's willingness to sacrifice his son.



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PAGE 1

Sunny Delights and Fiesta Highlights



Smiles, Dance and Memories

BCM Kindergarten wrapped up its much-loved Summer Camp with great enthusiasm and cheer. The final day was packed with fun and excitement as young learners showcased their mesmerising dance performances — a colorful culmination of what they had learnt during the past days of the camp.

To top it off, each child received a token of appreciation, bringing smiles on their faces and creating cherished memories.



* The BCM Edge *

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PAGE 2

Where Creativity meets Courtesy

The Primary Wing's summer camp came to a vibrant close showcasing students' creativity and learning as they engaged in hands-on activities. Students of classes II and III explored the art of Tie and Dye, creating vibrant patterns and expressing their creativity through colours. Meanwhile, students of Classes IV and V mastered essential dining etiquettes through interactive session on Table Manners, where they learned essential dining etiquette through role-play and demonstrations. The camp was a delightful mix of artistic expression and value-based learning, leaving the young minds inspired, enriched and eager for



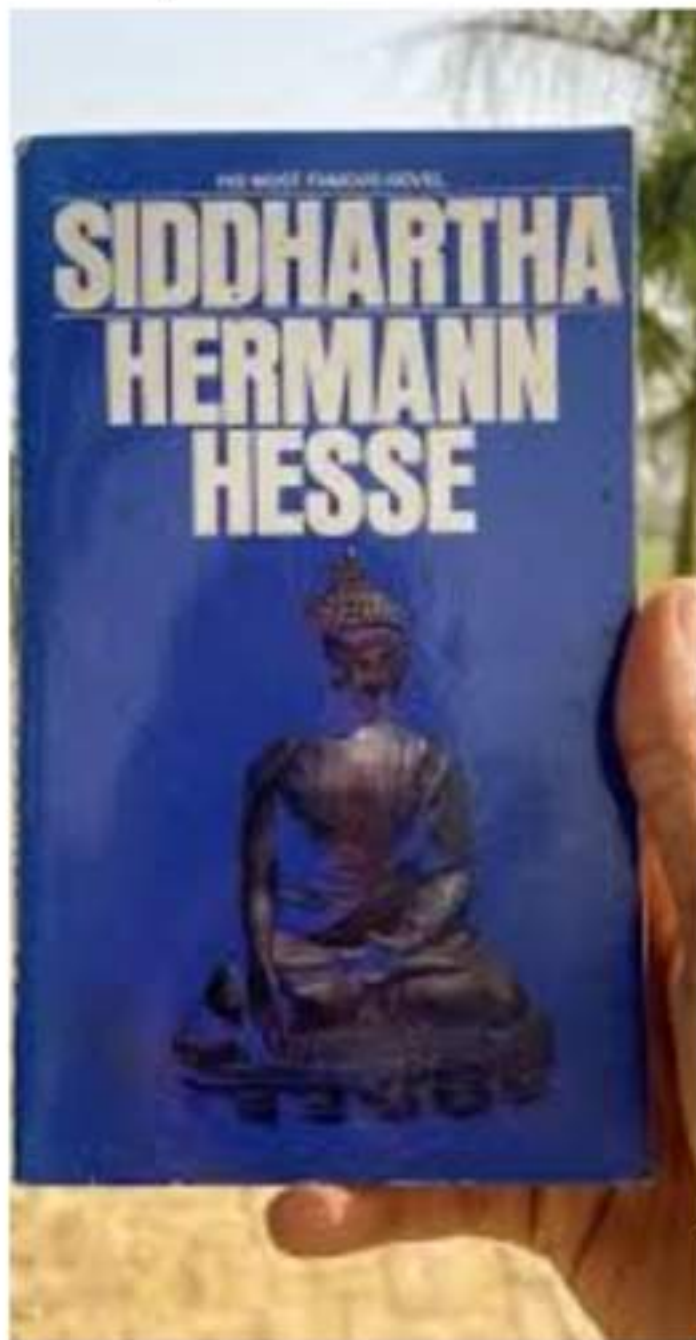
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BOOK RECOMMENDATION : SIDDHARTHA



Siddhartha is a thought-provoking novel by Hermann Hesse that deals with the spiritual journey of self-discovery of a man named Siddhartha during the time of the Gautama Buddha. It tells the story of Siddhartha's quest for spiritual illumination and his search for meaning and truth in a world of sorrow and suffering. The novel is infused with the sensibilities of Hesse's time, synthesizing disparate philosophies—Eastern religions, Jungian archetypes, Western individualism—into a unique vision of life as expressed through one man's search for true meaning.

Considered one of Hesse's most important works, 'Siddhartha' remains popular and deals with the universal quest for defining our lives in an environment of conflicting dualities and ultimately finding spiritual awareness. It is a perennial favorite for readers interested in themes of enlightenment, self-discovery, and spirituality.

THOUGHT

*To preserve
your future
first you will
have to
preserve your
present*

WORD

booly

adverb
[hoo-lee, hy-lee]
cautiously;
gently.



RIDDLE :

I CAN FILL UP A ROOM,
BUT TAKE NO SPACE.
WHAT AM I?

SUDOKU

	4			1		9		8
8		5				7		
							1	
	2				5			4
		1	6					
	3				8			2
							6	
3		4				8		
	8			9		4		3

* The BCM Edge *

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Rooting for a Greener Tomorrow: Tree Plantation at BCM School Dugri



As the monsoon season arrives, bringing life and nourishment to plants and trees, the school seized the opportunity to celebrate the spirit of growth and conservation. The school organized a plantation drive in its premises, recognizing the significance of this season for planting and nurturing trees. The event was graced by the esteemed presence of Mrs. Rama Munjal, School Manager Dr. Prem Kumar, and School Principal Dr. Vandna Shahi.

The main motto behind the activity was to educate students about their responsibilities towards Mother Nature. Through slogans and placards, students conveyed powerful messages about the significance of tree conservation. With smiles, muddy hands, and hopeful hearts, the school community together took the green step - rooted in school purpose, branching into growth.

