

# \* The BCM Edge \*

MONDAY 1 SEPTEMBER, 2025

LEAD360 - EXPLORE, EXPRESS, EXCEL

PAGE 3

## ECHOES OF EXCELLENCE

### MINECRAFT-BASED RAINWATER HARVESTING PROTOTYPE FOR SUSTAINABLE WATER MANAGEMENT

Congratulations to Faris Kapoor and Samed Bansal( VIII ASTER) for utilizing Minecraft software to create an interactive virtual environment that teaches students about the importance of rainwater harvesting and wastewater treatment. This innovative prototype aims to educate young minds on sustainable water management techniques, showcasing the process of treating wastewater for safe agricultural use. By engaging with this immersive platform, students gain a deeper understanding of the value of conserving water resources and adopting eco-friendly practices in farming. This initiative is a significant step towards promoting environmental awareness and sustainability among the next generation.



**Kudos to the innovators!!**

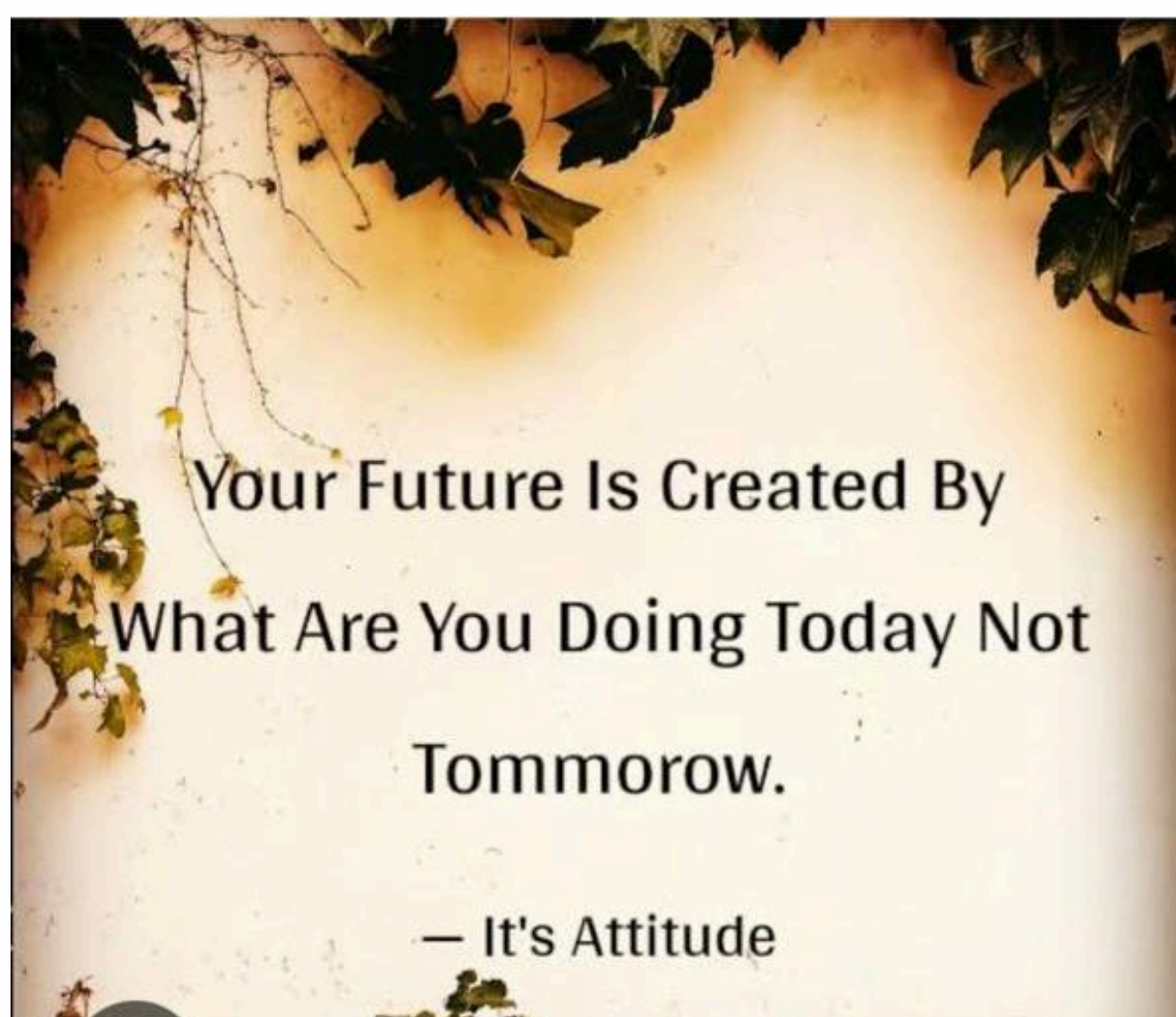
## LOCAL INNOVATION EMPOWERS VISUALLY IMPAIRED

In a groundbreaking achievement, NAZARIYA, a pioneering innovation, has received its first order for its revolutionary Smart Blind Stick from none other than Punjab cricketer Tajinder Singh! This sensor-based navigation stick is empowering visually impaired individuals with enhanced mobility and independence. The NAZARIYA Smart Blind Stick is a testament to local ingenuity and innovation, providing a safer and more confident navigation experience for the visually impaired community.

**Congratulations to Prabhgun and Chintan (XI Science B)  
on this remarkable achievement!**



## THOUGHT OF THE DAY



## WORD

Word : Leap

Meaning :

A sudden increase and spring or jump up in the air quickly.

Synonym:

Bounce, jump, dance



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### A FUN-FILLED LEARNING EXPERIENCE- LETTER 'L' ADVENTURE



Nursery class students went on an exciting journey to discover the letter L through engaging activities. They learned the sound and shape of the letter, and explored various objects starting with L, such as lamps and lollipops. The 'Tearing and Pasting' activity allowed students to creatively express themselves while developing their fine motor skills, hand-eye coordination, and concentration. This interactive experience not only enhanced their vocabulary but also fostered a love for learning. The students had a blast participating in the activity, and it was wonderful to see them develop their cognitive abilities in a fun and interactive way.

### CELEBRATING CREATIVITY THROUGH ART INTEGRATED LEARNING



The students of Class III showcased their talent in a vibrant Art Integrated Activity linked to their English subject. Each child designed and decorated their favourite animal mask in the style of Odisha's traditional art and proudly wore it while reciting poems on animals. The activity beautifully blended art, literature, and culture, making learning both joyful and meaningful. The colourful masks and expressive recitations reflected the children's imagination and enthusiasm. Such activities not only encourage artistic skills but also instil cultural awareness and confidence among young learners.



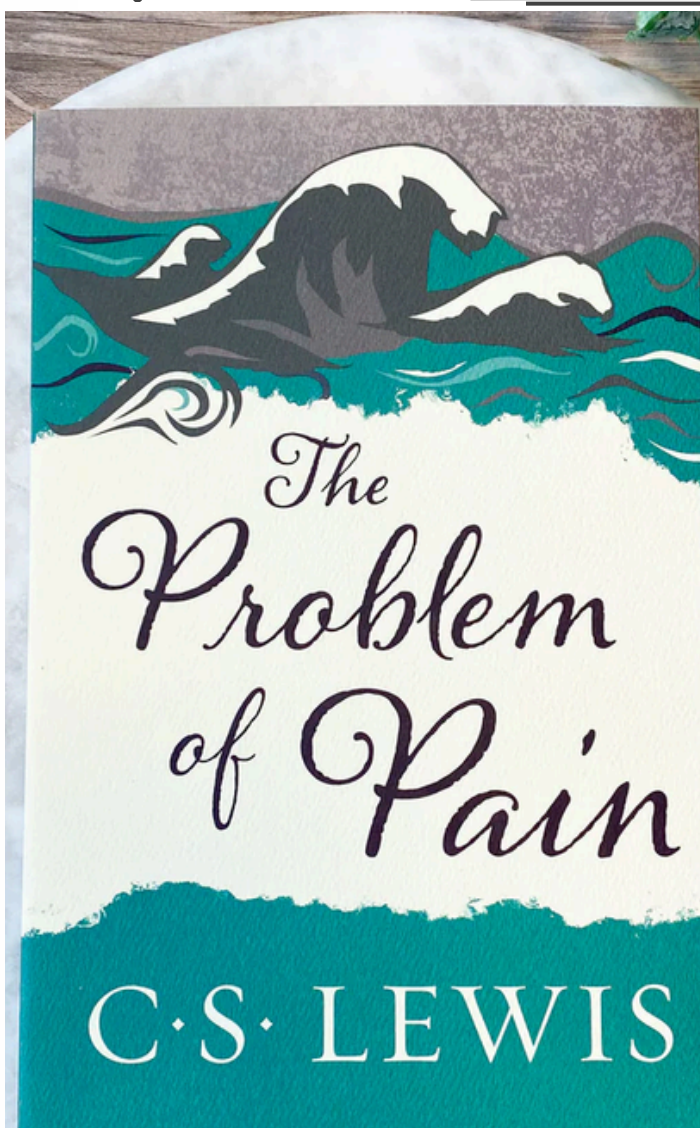
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### BOOK RECOMMENDATION : ‘THE PROBLEM OF PAIN’



‘The Problem of Pain’, offers a thought-provoking exploration of one of life’s most profound questions: why a good and powerful God allows suffering. With intellectual honesty and humility, Lewis tackles this complex issue, providing deep reflections on the role of pain in human experience. He argues that God’s love doesn’t guarantee a life without pain, but rather, pain can serve a divine purpose, such as growth, refinement, and redemption. Lewis also highlights the importance of human freedom, which can lead to suffering, and frames earthly pain within an eternal perspective, where future joy will redeem present suffering. This book doesn’t offer easy answers but provides context and insights to help readers endure suffering with faith, purpose, and hope. Lewis’s work is a powerful and enduring exploration of the human experience, offering a nuanced and compassionate understanding of pain and its role in our lives.

## ALUMNI CONNECT

TESTIMONIAL :- “EDUCATING THE MIND WITHOUT EDUCATING THE HEART IS NO EDUCATION AT ALL.” ~ ARISTOTLE

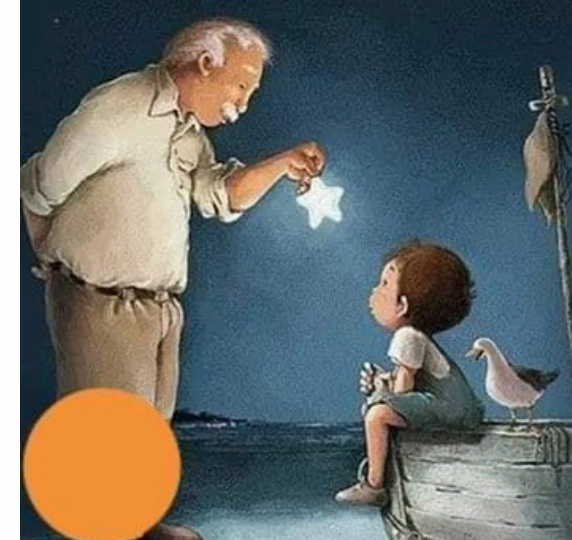
I am Charvi Goyal, a proud alumna of BCM School. Looking back, my years at BCM were much more than academics—they were the foundation of my thinking, discipline and curiosity. From classrooms to stage performances, from badminton tournaments to morning assemblies, every experience shaped me into the person I am today. The guidance of my teachers during my core years instilled in me the courage to dream big and the resilience to pursue those dreams. Currently I am doing my masters in International Human Resource Management at Queen Mary University of London. This journey has been both rewarding and transformative. I am humbled to share that I earned distinction in two semesters, and as I await the results of my final semester, I am confident that I will finish my MSc with another distinction. Alongside my degree, I have explored the role of Emotional Intelligence (EI) in leadership and workplace success. As Daniel Goleman reminds us, “In a very real sense, we have two minds, one that thinks and one that feels.” Learning to balance both has been one of the greatest lessons of my academic and personal journey. My story doesn’t end here. I am now preparing my PhD research proposal, eager to continue exploring how technology and human capabilities come together to shape the future of work. This is both exciting and humbling, because every step I take forward still carries the values I first learned at BCM. To my juniors, I would say this: treasure these years. Participate, ask questions, step onto that stage, and never be afraid to “dream”. Those dreams you carry today have the power to shape your tomorrow.



CHARVI GOYAL  
(2019 -2020)

## THOUGHT OF THE DAY

Be strong,  
but not rude.  
Be kind, but not weak.  
Be bold,  
but don’t bully.  
Be  
humble,  
but not shy.  
Be proud,  
but not  
arrogant.





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### FROM SELF TO SYNERGY – A JOURNEY OF LEADERSHIP



The school recently concluded its 7-day leadership programme 'ASCENT'—an intensive initiative specially designed by BML Munjal University to nurture and strengthen leadership potential among its school leaders. The programme, spread from May to August, provided an enriching platform to reflect, innovate, and collaborate through engaging sessions, interactive workshops, and experiential learning activities. ASCENT empowered participants to explore their inner strengths, embrace innovative approaches, enhance collaboration, and refine communication and decision-making skills. It also focused on developing resilience and agility to meet the dynamic challenges of modern education. The seven-day journey was structured into impactful modules: Discovering Self and Building Ownership, Leveraging Design Thinking for Innovation and Culture, Harnessing Influence and Collaboration, Communication and Stakeholder Engagement, and Resilience, Agility, and Cognitive Drills. The sessions were conducted by eminent experts—Dr. Jaya Abuja, Dr. Richa Mishra, Dr. Nirupama, Dr. Shruti Jain, Dr. Prashant Verma, Prof. Jaskiran Arora, and Dr. Sandhya Verma. The programme proved to be a transformative experience, reinforcing BCM's commitment to fostering a culture of progressive leadership and lifelong learning.

### WORLD COCONUT DAY CELEBRATION



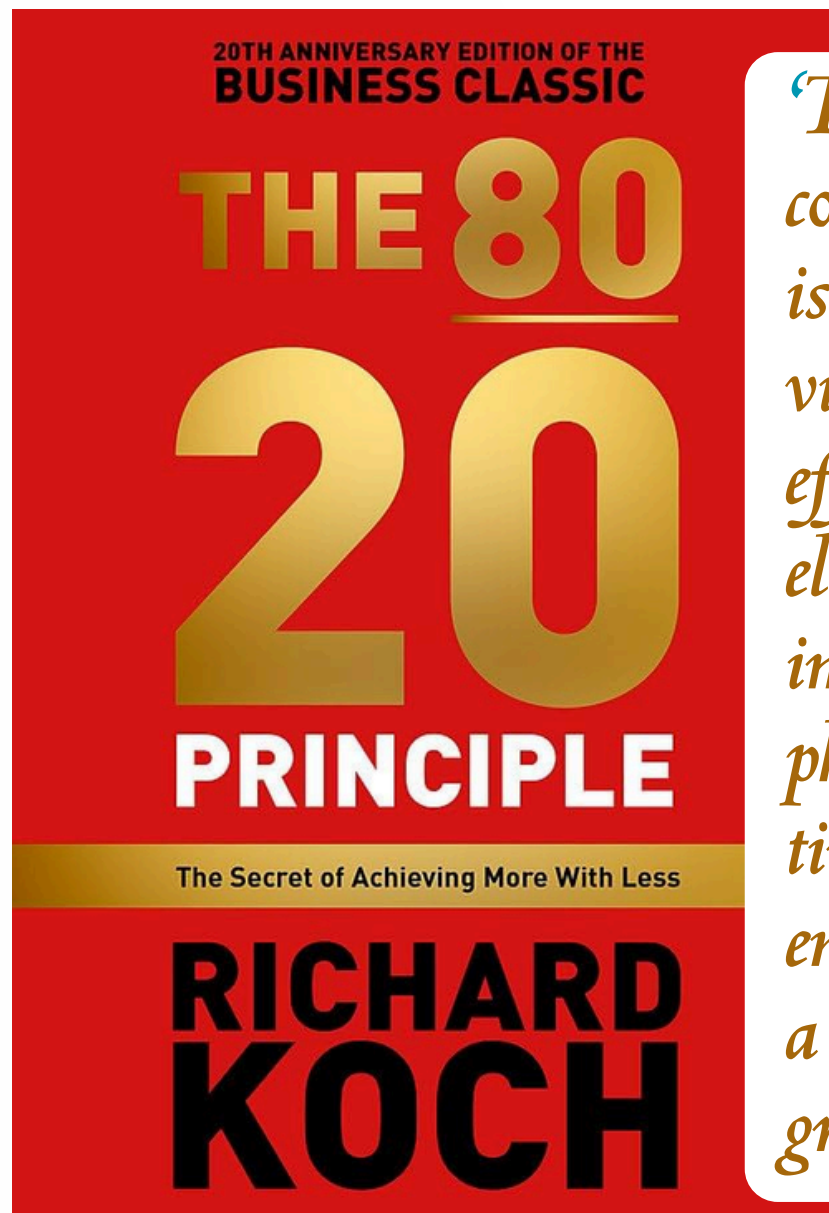
BCM Kindergarten's Nursery class celebrated World Coconut Day with great enthusiasm, fostering awareness about the significance and versatility of coconuts among young learners. Through a virtual activity, students were introduced to green and brown coconuts, understanding their differences and uses. The session showcased various coconut-derived products, such as coconut oil and coconut water, highlighting their health benefits and everyday applications. To make learning engaging, students participated in a coconut-themed coloring activity, nurturing their creativity and fine motor skills. This celebration introduced new vocabulary words, promoted healthy food choices, and emphasized the importance of natural resources. The activity achieved multiple learning outcomes, including vocabulary enhancement, awareness of healthy habits, and development of fine motor skills, providing a comprehensive learning experience for the students.



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## BOOK RECOMMENDATION : 'THE 80/20 PRINCIPLE'



*'The 80/20 Principle' is a game-changing book that challenges the conventional wisdom of working harder to achieve success. Koch's central thesis is that 80% of results come from just 20% of efforts, and by focusing on the vital few activities that drive success, individuals can achieve more with less effort. The book offers practical advice on identifying high-value activities, eliminating or delegating non-essential tasks, and simplifying life to amplify impact. Koch's approach is not just about productivity but a lifestyle philosophy that emphasizes the importance of focus, leverage, and results over time spent. By applying the 80/20 principle, readers can gain more time, energy, and results, and live a more purposeful and fulfilling life. This book is a must-read for anyone looking to work smarter, not harder, and achieve greater success with less effort.*

## ECHOES OF EXCELLENCE

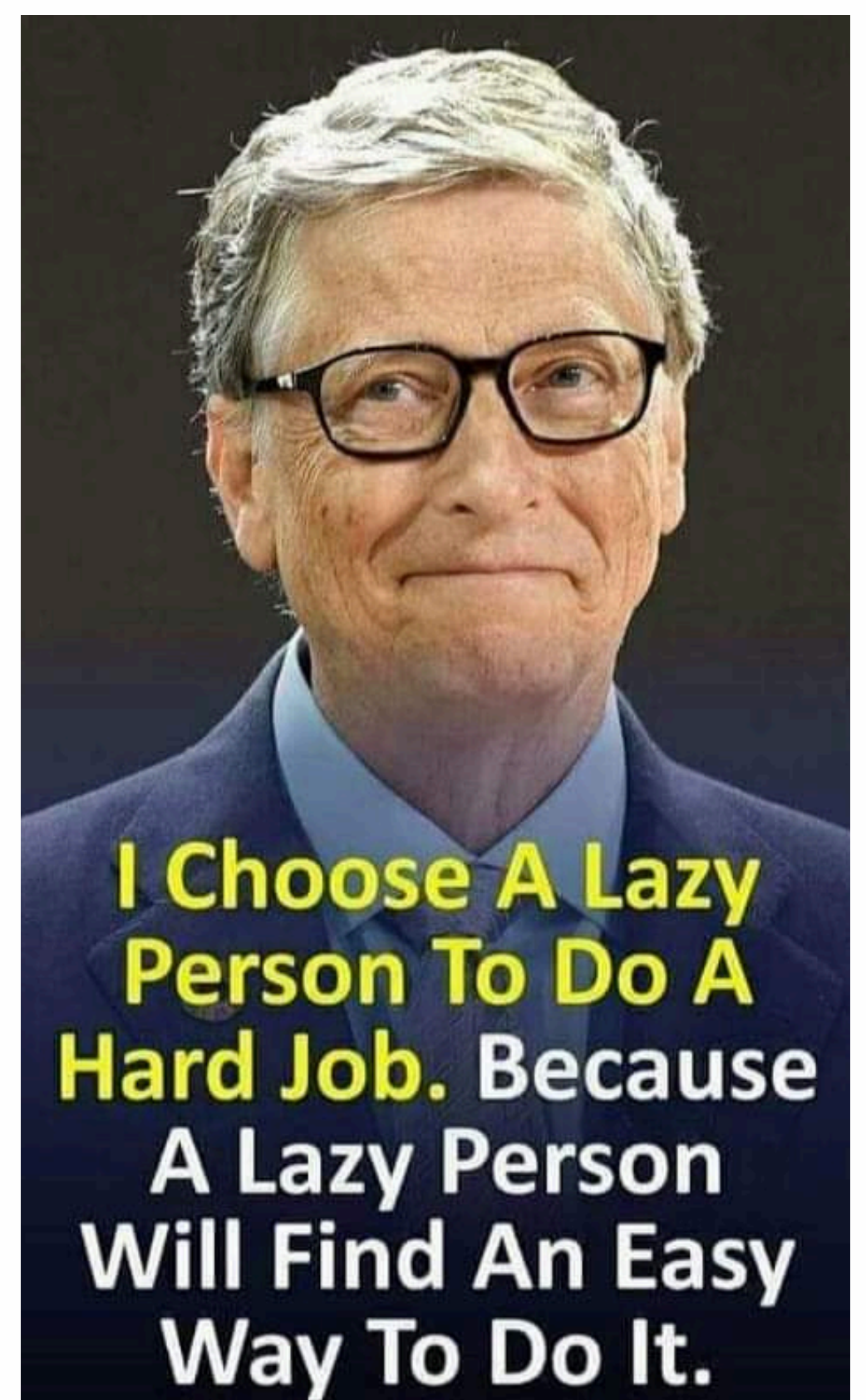


Congratulations to Baljinder Singh (X Tulip) on Developing Plant-Lens: A Revolutionary AI-Powered Botanical Exploration Tool. Built on Google Colab, Plant-Lens allows users to

upload plant images and leverages advanced vision models to detect and classify species. We congratulate Baljinder Singh on developing this tool and look forward to seeing the impact it will have on the field of botany.

**KUDOS TO THE INNOVATORS!!**

## THOUGHT OF THE DAY





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## EXPLORING THE WORLD OF HEALTHY EATING



LKG students embarked on a fun-filled journey to learn about nutrition and healthy eating habits. As part of Nutrition Week celebrations, our teachers introduced students to the concept of healthy and unhealthy food, their nutritional value, and impact on our well-being. Through an engaging online activity, students showcased their understanding by sharing pictures of their healthy food plates with the class teacher.

**Day 1: Energy-Giving Food** :Students proudly displayed their plates filled with wholesome chapati, vegetables, and salad, learning about the importance of energy-boosting foods.

**Day 2: Protective Food**: A colourful array of mixed fruits adorned the students' bowls, teaching them about the benefits of protective foods rich in vitamins and minerals.

**Day 3: Body-Building Food** : Students showcased dishes made with paneer, introducing them to the concept of body-building foods that promote growth and development.

By celebrating Nutrition Week, we aimed to instill healthy eating habits and a deeper understanding of nutrition in our students, setting them up for a lifetime of well-being and smart food choices.



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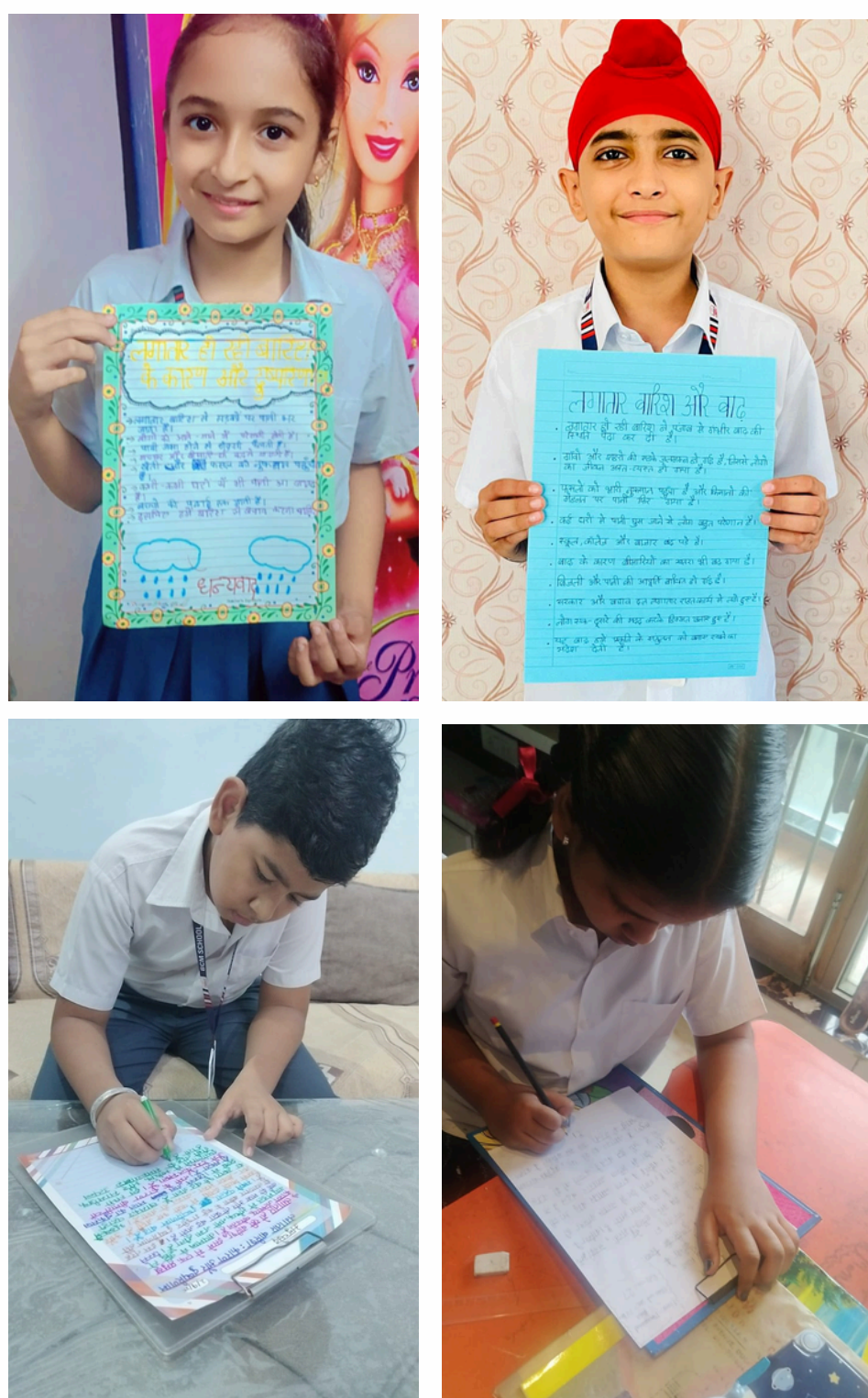
## VOICES FROM THE WILD: MADHURI'S STORY



Class VII Daisy celebrated No Bag Day with the theme “Vantara & Madhuri – The Elephant”, turning their classroom into a sanctuary filled with animal masks and creative expressions. A heart-rending performance was given by a student portraying Madhuri the elephant, who voiced her pain and struggles, stirring empathy in everyone present. Students also expressed their concern for wildlife through debates, posters, and PPTs, each echoing the message of conservation and compassion. The impactful presentations even caught the attention of the reporters who were present to witness the program, appreciating the students’ awareness and sensitivity towards environmental issues. The day became a powerful reminder that protecting wildlife is not just a responsibility, but a duty we all share.

**“Let Madhuri Live, Let Nature Thrive!”**

## BCM STUDENTS PENNED POWERFUL THOUGHTS ON PROLONGED RAINFALL



The school organised a special online Hindi activity to enhance the creative and critical thinking skills of its students. As part of the activity, children expressed their views on the Prolonged Rainfall and Its Effects. Through their thoughtful writings, the students highlighted how excessive rainfall leads to waterlogging, road damage, traffic disruption, and the spread of diseases. They also reflected on how such weather conditions create hardships in people’s daily lives. The young learners not only expressed their ideas with clarity and awareness but also realised the underlying causes of these rains, such as climate change and environmental imbalance. They shared their thoughts on how planting more trees, avoiding pollution, and conserving natural resources can help reduce the adverse effects in the future. By encouraging students to think about the impact of human actions on the planet, the school is fostering a new generation of environmentally conscious individuals.



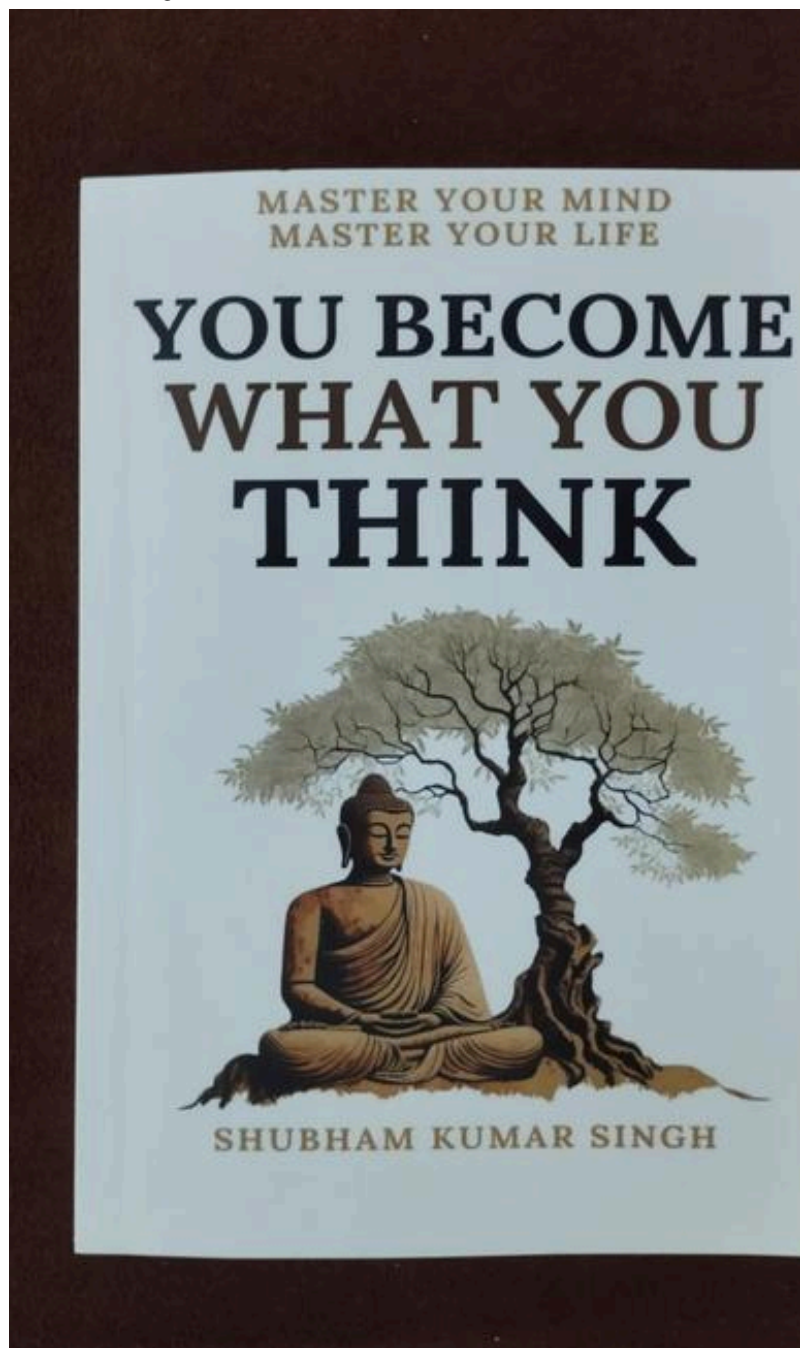
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## BOOK RECOMMENDATION : 'YOU BECOME WHAT YOU THINK'



'You Become What You Think' is a thought-provoking book that explores the profound impact of our thoughts on our reality. The book offers 10 valuable lessons, including the importance of self-belief, focus, habits, positivity, and gratitude. Singh argues that our thoughts shape our reality and that by changing our mindset, we can change our lives. He emphasizes the need to guard our thoughts, build self-belief, and focus on what matters most. The book also highlights the importance of habits, positivity, and gratitude in achieving success and personal growth. Singh's insights are practical and inspiring, making this book a valuable resource for anyone looking to transform their life and unlock their potential. By applying the principles outlined in this book, readers can develop a more positive and empowered mindset, overcome obstacles, and achieve their goals.

## THOUGHT OF THE DAY

"You learn nothing from life if you think you're right all the time."



## WORD

### Baffle

#### Meaning :

Confuse or frustrated

असमंजस में पड़ना

#### Synonyms:

Confuse, puzzle, stump





**BCM SCHOOL**

**BASANT AVENUE, DUGRI ROAD, LUDHIANA**





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**BCM SCHOOL**  
BASANT AVENUE, DUGRI ROAD, LUDHIANA



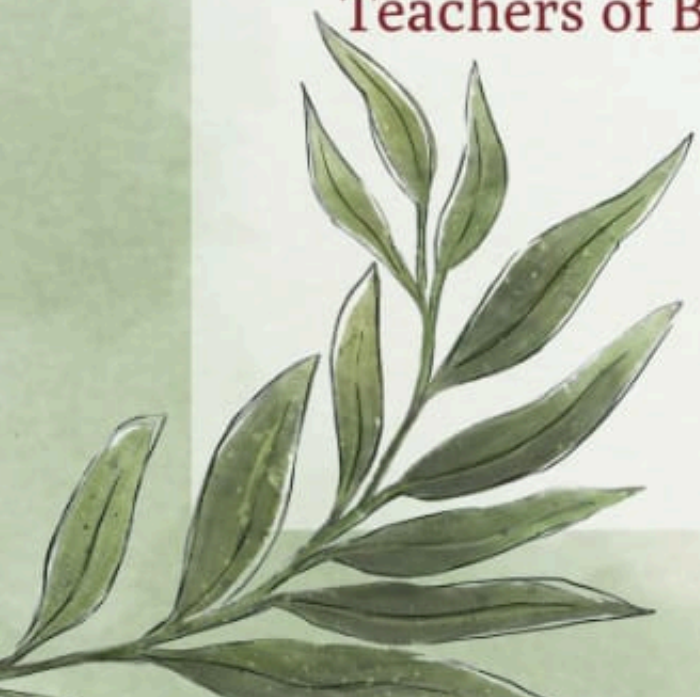

Hearts That Care,  
Hands That Serve

Our hearts ache deeply for every family affected by the floods, as we carry their pain as if it were our own. United in spirit and prayer, BCM Dugri stands with them in their struggles and resilience.

This Teachers' Day, we, the teachers, chose compassion over festivity, donating our Teachers' Day celebration fund to support those in need.

★ For every storm, May our Care become a Rainbow of Hope. ★

Teachers of BCM Dugri





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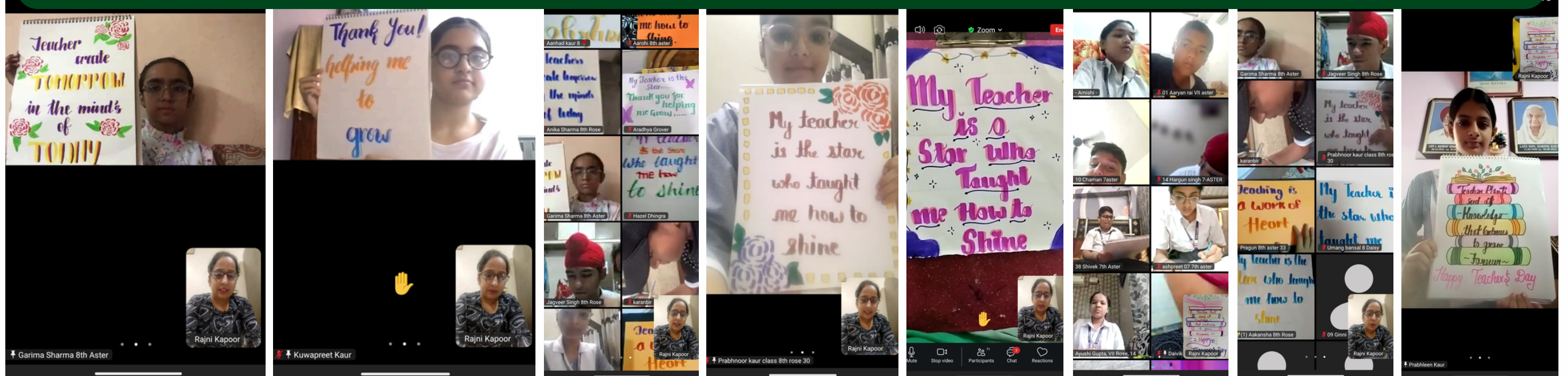
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### GRADE I STUDENTS CELEBRATE TEACHER'S DAY WITH ENTHUSIASM



Grade I students celebrated Teacher's Day with a special activity titled 'Faculty Fate'. Dressed as their favourite teachers, the students enacted their roles and shared why they admire their teachers and how they inspire them. This role-play activity helped build confidence in speaking, expressed love and respect for teachers, and highlighted the importance of teachers in their lives. The celebration showcased the beautiful bond between students and teachers, adding joy to the occasion. Through this activity, the students learned valuable lessons about appreciation, respect, and the significant role teachers play in shaping their futures.

### SPLASHING CREATIVITY BEYOND THE SCREEN!



Amidst the flood situation in Punjab, our students continue to shine with positivity and resilience. Online classes have not only ensured the smooth flow of academics but have also become a platform to nurture creativity. To bring freshness and break the monotony, special sessions of Art, Dance, and Music are being joyfully conducted. When Colours Spoke Online... In one such lively session, the Art teacher guided the students of class VIII to create beautiful Teachers' Day cards. The little artists poured their gratitude and imagination onto paper, making each card a heartfelt expression of love for their mentors.

A Break, A Breath, A Brushstroke! These creative classes give students the much-needed break from their academic routine, helping them to learn the art of expression while staying motivated and connected.



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## BOOK RECOMMENDATION : 'TEACHER BY TEACHER'

THE PEOPLE WHO CHANGE OUR LIVES

# TEACHER BY TEACHER



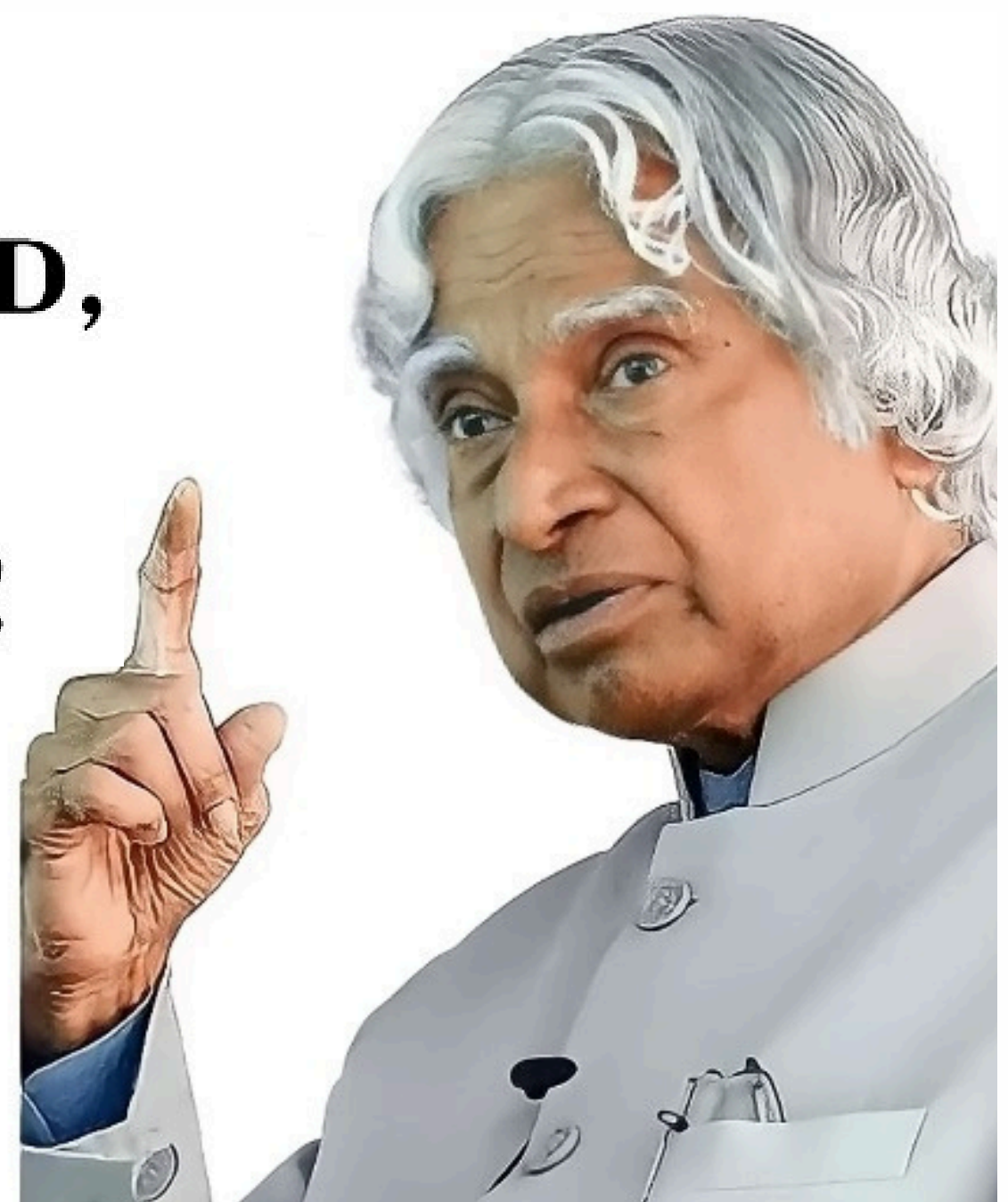
JOHN B. KING JR.

FORMER U.S. SECRETARY OF EDUCATION

*'Teacher By Teacher' is a heartwarming and inspiring memoir that highlights the transformative power of education and mentorship. King's life story is a testament to the impact that dedicated educators can have on their students' lives. Despite facing immense challenges, including the loss of his mother and his father's struggle with undiagnosed Alzheimer's, King's teachers believed in him and provided a safe and supportive environment that allowed him to thrive. The book showcases King's journey from a rebellious teenager to a successful education policymaker, highlighting the importance of resilience and hope in overcoming adversity. King's experiences reinforce the role of schools as places of survival, healing, and hope, demonstrating the transformative power of education. Overall, this is a compelling and inspiring read that highlights the life-changing impact of dedicated educators and mentors. King's story serves as a reminder of the transformative power of education and the importance of supporting and empowering our educators.*

## THOUGHT OF THE DAY

**A TEACHER TAKES A HAND,  
OPENS A MIND,  
AND TOUCHES A HEART!**





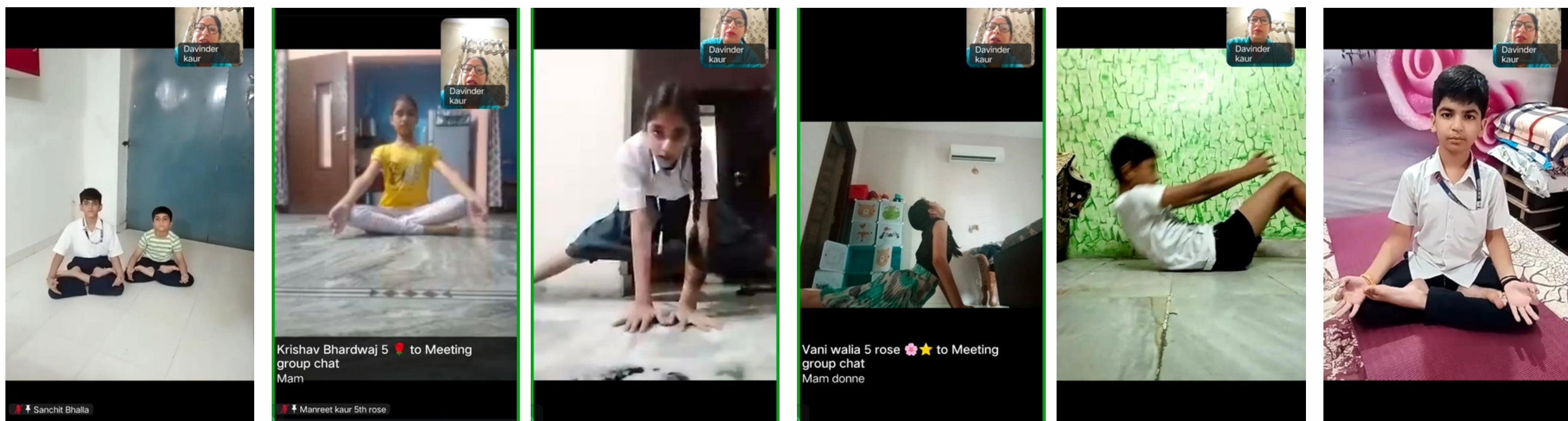
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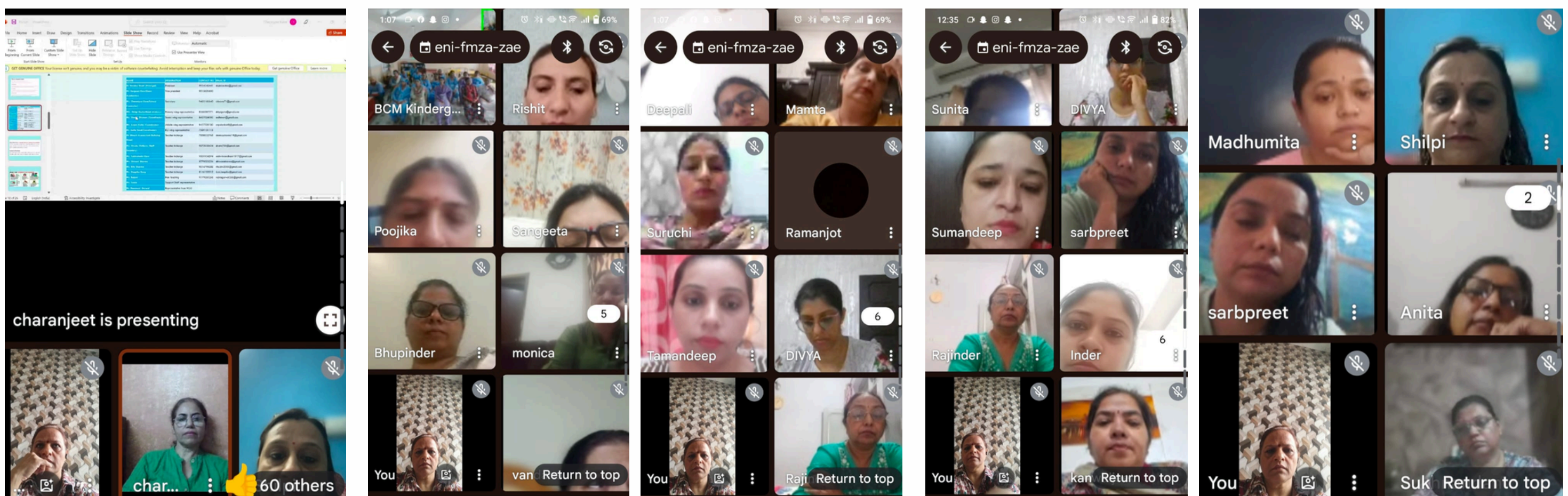
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### YOUNG YOGIS SHOWED THEIR STRENGTH IN ONLINE YOGA SESSION



A special online yoga session was conducted to promote fitness, concentration, and mindfulness among children of class V. The enthusiastic students actively participated and showcased their talent in performing different yoga postures. During the session, children practiced Headstand (Shirshasana), Paschimottanasana, and a series of flexibility exercises. Each asana was performed with great balance and discipline, reflecting the hard work and dedication of the young learners. The session not only enhanced their physical flexibility but also encouraged them to adopt yoga as a part of their daily routine for a healthy lifestyle.

### ONLINE AWARENESS SESSION ON POSH



In a bid to create a safe and respectful workplace, an online session on POSH-Prevention of Sexual Harassment at Workplace was conducted under the guidance of Ms. Charanjit Kalra, school counselor and resource person for the session. The session focused on raising awareness among the staff regarding the Internal Committee established in the school to address workplace harassment issues. Ms. Kalra elaborated on the protocols to be followed, emphasising that any incident of harassment or sexual harassment should never be hidden and must be reported promptly to the authorized committee member. The session was attended by primary teachers, pre-primary teachers, and SARTHI group of the kindergarten (class IV employees). Participants were guided on maintaining a safe and supportive environment within the school. The session concluded with an assurance that the school's POSH committee will always provide necessary support to staff members.



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## ECHOES OF EXCELLENCE

**FLOOD RELIEF HERO: RASMEET SINGH'S SELFLESS SERVICE INSPIRES CHANGE**



We commend Rasmeet Singh( XII Commerce- A student )and member of the Initiators of Change team, for his outstanding efforts in organizing relief work in flood-hit villages across Punjab. His dedication to serving communities in need is truly inspiring. Rasmeet and his team have been tirelessly working in villages such as Ajnaala, Karaliyan, and Thoba, providing much-needed support to those affected by the floods. Their selfless service and commitment to helping others are a testament to the power of youth-driven initiatives. We salute Rasmeet's spirit and enthusiasm, and we hope his efforts inspire others to make a positive impact in the community.

## ALUMNI CONNECT

### PROUD MOMENT FOR BCM SCHOOL,DUGRI FAMILY!

Heartiest Congratulations to Gauravveer Sohal(2017-18), an esteemed alumnus of our esteemed school, on his election as the President of Panjab University! This remarkable achievement is a testament to Gauravveer's leadership, dedication, and passion for serving the student community. We are proud to see our alumnus excel and make a positive impact on a larger platform. May your presidency bring positive change and progress to Panjab University. We are honored to have you as a part of our BCM School family.





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## BOOK RECOMMENDATION : *'WHY SIMPLE WINS'*



*In her audiobook 'Why Simple Wins', Lisa Bodell offers a refreshing perspective on navigating complexity and finding clarity in a chaotic world. With a warm and authoritative tone, Bodell shares 7 key lessons that stood out, including accepting simplicity for clarity, challenging the status quo, and cultivating a simple culture. She emphasizes the importance of understanding the 'why' behind actions, setting deadlines, and promoting simplicity in leadership and collaboration. Through practical strategies and real-world examples, Bodell inspires listeners to reassess priorities, eliminate clutter, and enhance efficiency. This audiobook is a valuable resource for anyone seeking to simplify their professional and personal life, and cultivate a culture of clarity and purpose.*

## THOUGHT OF THE DAY

**"We must use time creatively,  
in the knowledge that the time  
is always right to do right."**

—MARTIN LUTHER KING JR.



## WORD

### Hurdle

#### Meaning :

A difficulty or obstacle

बाधा , रुकावट

#### Synonyms:

Obstacle, barrier, block



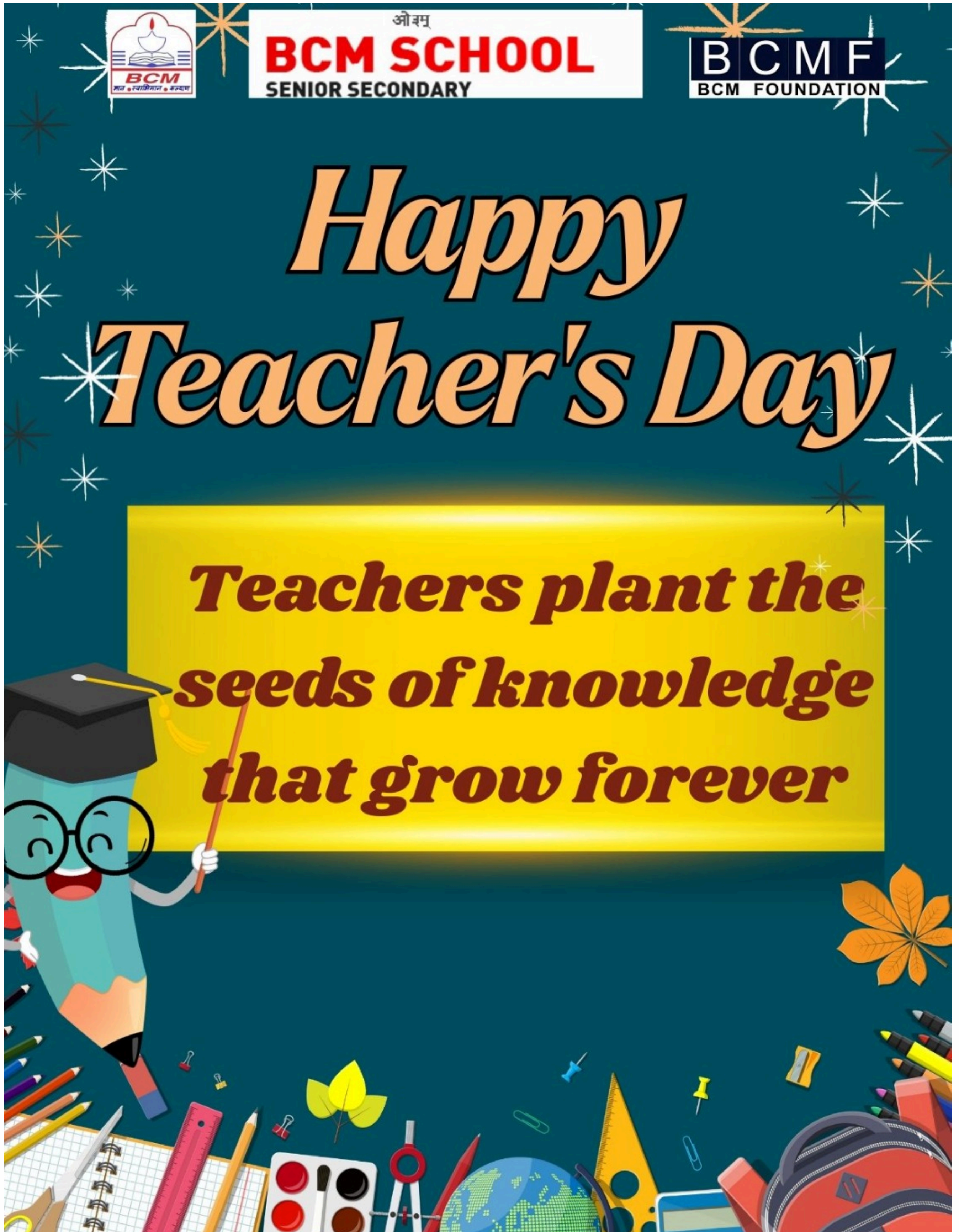


**BCM SCHOOL**

**BASANT AVENUE, DUGRI ROAD, LUDHIANA**



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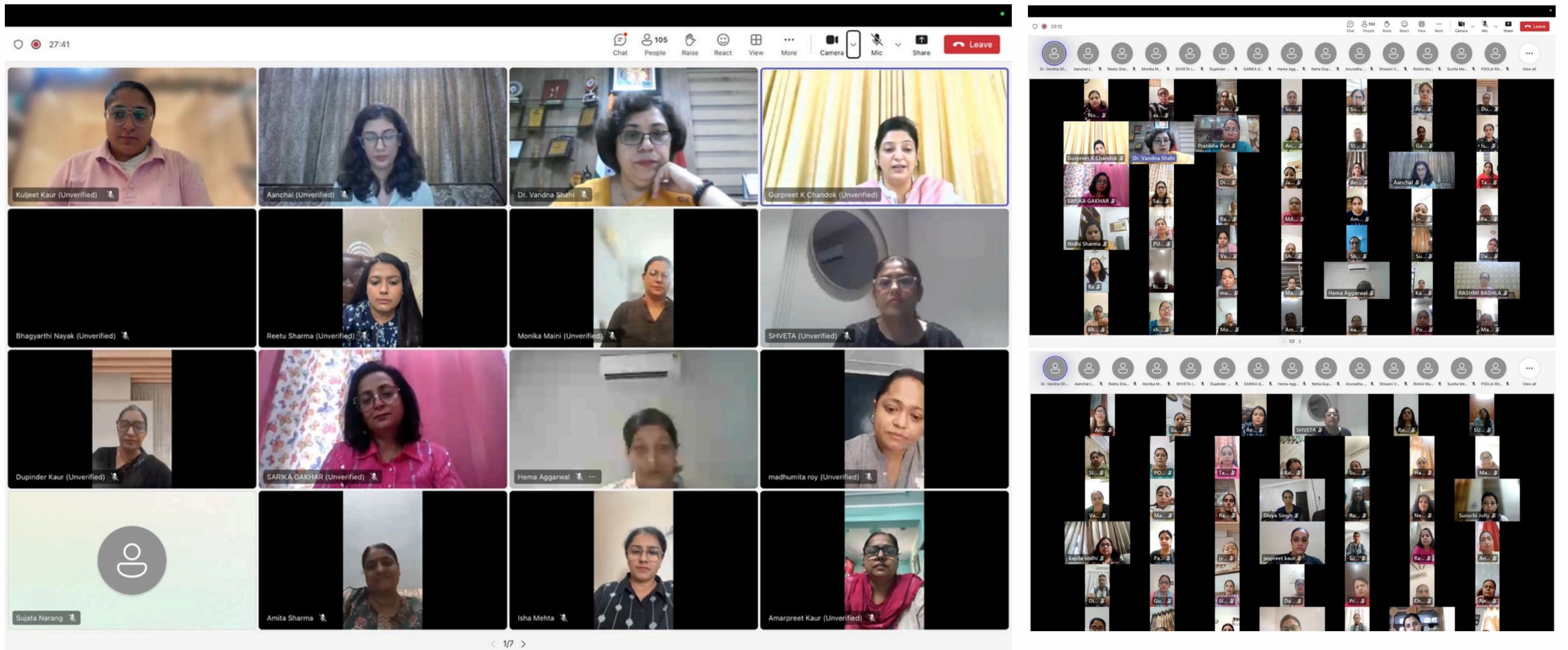
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## BCM DUGRI TEACHERS CELEBRATE TEACHERS' DAY VIRTUALLY WITH GRACE AND GRATITUDE



*Amidst the ongoing flood situation in Punjab, the teachers of BCM Dugri celebrated Teachers' Day with a heartfelt virtual gathering titled 'Tribute to Mentors: A Virtual Ode to Teachers'. The program featured a soulful bhajan by Ms. Reetu Sharma, an inspiring address by Ms. Dupinder, nostalgic moments, and Ms. Nidhi Sharma's humorous poem 'Tea and Teachers', which added laughter to the occasion. In a remarkable gesture, the teachers donated their celebration fund to flood relief efforts. The School Principal, Dr. Vandna Shabi lauded their compassion, urging them to reenergise themselves to make a lasting impact. Dean Administration, Ms. Gurpreet Kaur Chandok, congratulated the staff and introduced the campaign YCT – You Can Talk to promote emotional well-being among students.*

*The event concluded with a vote of thanks by Staff Secretary, Ms Shveta Chitkara, appreciating the spirit and unity of the teachers. This virtual celebration truly reflected the resilience, dedication, and commitment of BCM Dugri teachers to inspire, support, and guide students even in testing times.*



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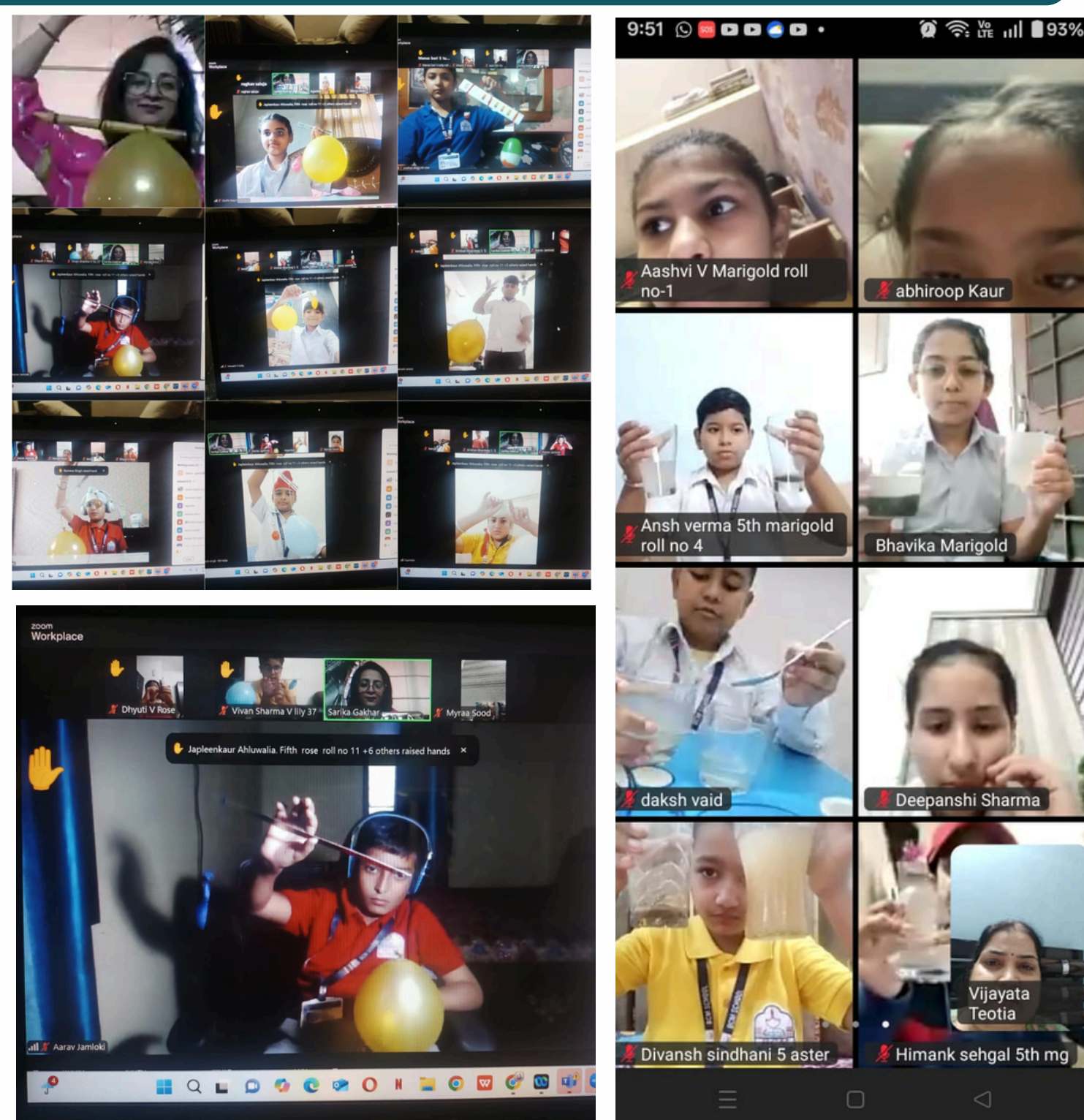
### UNLEASHING CREATIVITY THROUGH STORYTELLING AND ART



The UKG class embarked on a fun-filled and inspirational activity titled 'Explore Your Imagination'. This engaging exercise was designed to foster creativity, innovation, and self-expression among students. Teachers narrated captivating stories, and students listened attentively, using their imagination to draw colourful illustrations that depicted the essence of the story. This activity not only unleashed the creative potential of our students but also made learning a delightful experience. By incorporating storytelling and art, teachers provided a platform for students to express themselves and tap into their imagination.

### BCM SCHOOL STUDENTS ENTHRALLED IN ONLINE SCIENCE ACTIVITY

The school organized an engaging Online Science Activity for its young learners, providing them with an interactive platform to explore the wonders of science through simple yet meaningful experiments. During the session, children performed hands-on activities such as Air has Weight, Sedimentation and Decantation, and demonstrated the Molecular Arrangements of Solids, Liquids, and Gases. These experiments not only enhanced their scientific knowledge but also developed their observation, reasoning, and analytical skills. The activity fostered curiosity and encouraged students to connect scientific concepts with real-life applications. The enthusiastic participation of children reflected their excitement and eagerness to learn by doing.





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## ALUMNI CONNECT

### TEACHERS' PRIDE: CELEBRATING STUDENT'S SUCCESS



The teachers at BCM School, Basant Avenue, Dugri, are beaming with pride as they witness their alumna Niranjana Kaur's remarkable success on a national platform. Her achievement is a testament to the values of confidence and knowledge instilled in students. Niranjana's work in educating the community is a beautiful reflection of the impact teachers have on shaping students' journeys. This milestone fills the teachers' hearts with a sense of purpose and pride, reaffirming the significance of their role in nurturing students like Niranjana, who are making a meaningful impact on the world.



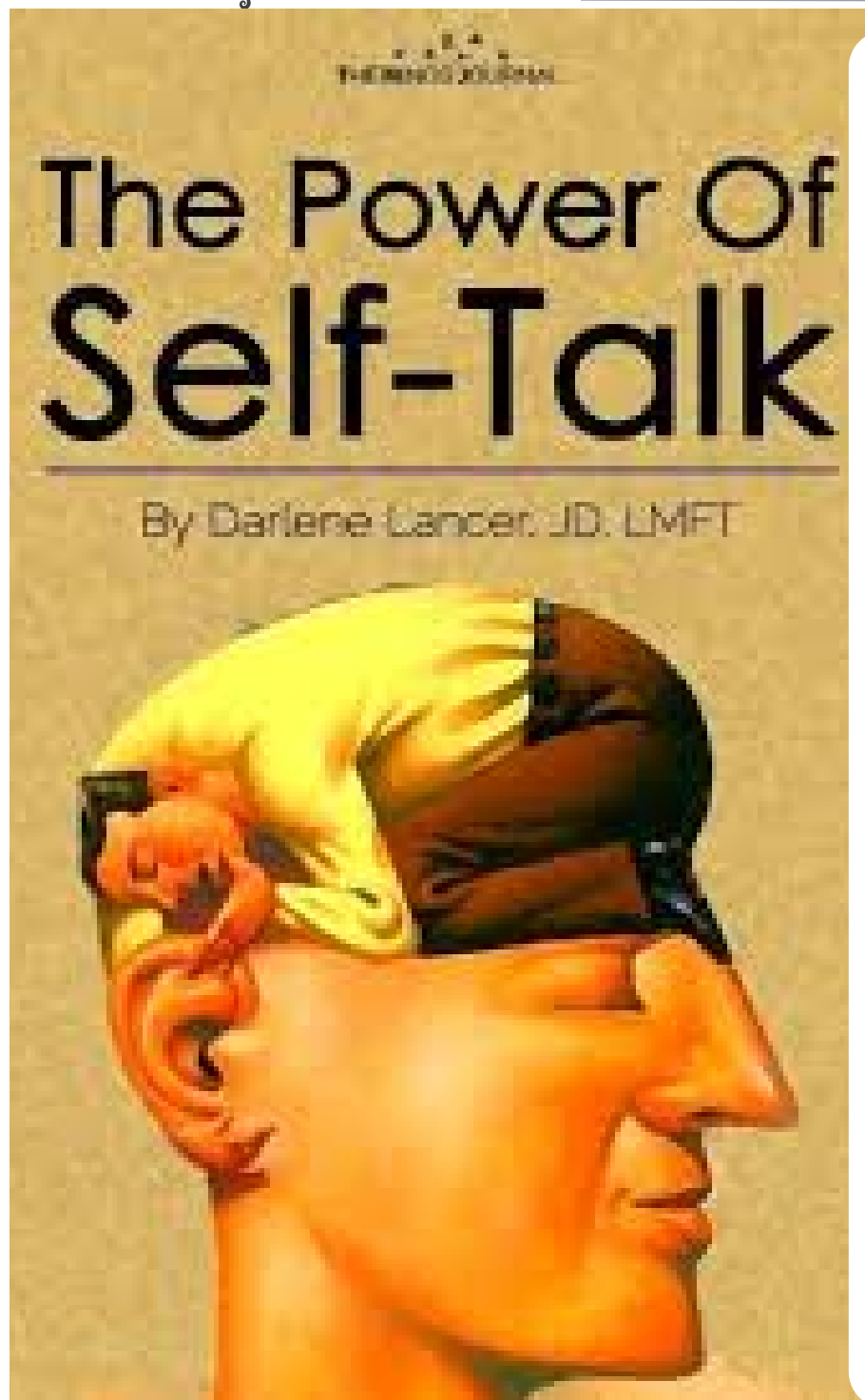
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### BOOK RECOMMENDATION: *'THE POWER OF SELF-TALK'*



*'The Power of Self-Talk' offers a practical and insightful guide to understanding the profound impact of our inner dialogue on our lives. The book highlights how our self-talk shapes our reality, self-worth, and behavior, and provides tools to identify, challenge, and transform negative, self-defeating thoughts. Lancer emphasizes the importance of self-awareness, intentional self-talk, and compassion in rewiring our brains and promoting emotional regulation. Key takeaways include the power of affirmations, exposing shame-based thoughts, and speaking to ourselves with kindness. This book is a valuable resource for anyone seeking to break free from self-criticism and cultivate a more supportive and encouraging inner voice. By applying Lancer's guidance, readers can transform their self-talk and, ultimately, their lives.*

### THOUGHT OF THE DAY



### WORD

#### Portent

#### Meaning :

a signal of something is about to occur

पूर्वसूचना , अपशकुन

#### Synonyms:

forecast, prediction

#### Example Sentence:

Cats are regarded as being portents of unfortunate happenings in India.





**BCM SCHOOL**

**BASANT AVENUE, DUGRI ROAD, LUDHIANA**



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**Basant Avenue, Dugri Road, Ludhiana**

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(Main School)**



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# \* The BCM Edge \*

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## VEGAN DAY CELEBRATION



Vegan Day, a global celebration, highlights the positive impact of veganism on the planet, animals, and human health. This event was observed with the goal of spreading awareness among students about the benefits of a vegan diet on health and well-being. Through an engaging vegetable scene organised by teachers, children learned about the importance of green vegetables in their daily lives, gaining valuable knowledge about their health benefits. The activity not only enhanced their vocabulary with various vegetable names but also instilled essential values such as compassion for animals, environmental awareness, and the significance of making healthy and ethical food choices. By participating in this event, students were encouraged to consider adopting a vegan lifestyle.

## YOUNG READERS MARKED INTERNATIONAL LITERACY DAY WITH STORY CIRCLE



On the occasion of International Literacy Day, the students of primary classes celebrated the joy of reading through a special Read-Aloud Activity. The children gathered for a lively circle time, where they sat together and enthusiastically read stories from their favourite books. Each child took turns reading aloud, sharing not only the words but also the expressions and emotions of the stories. The activity helped them build confidence, fluency, and listening skills, while also fostering a love for books. The cheerful participation of the students created an atmosphere filled with curiosity, imagination, and joy of learning. By celebrating International Literacy Day in such an engaging and interactive way, the students not only honed their literacy skills but also developed a lifelong love for books and storytelling.



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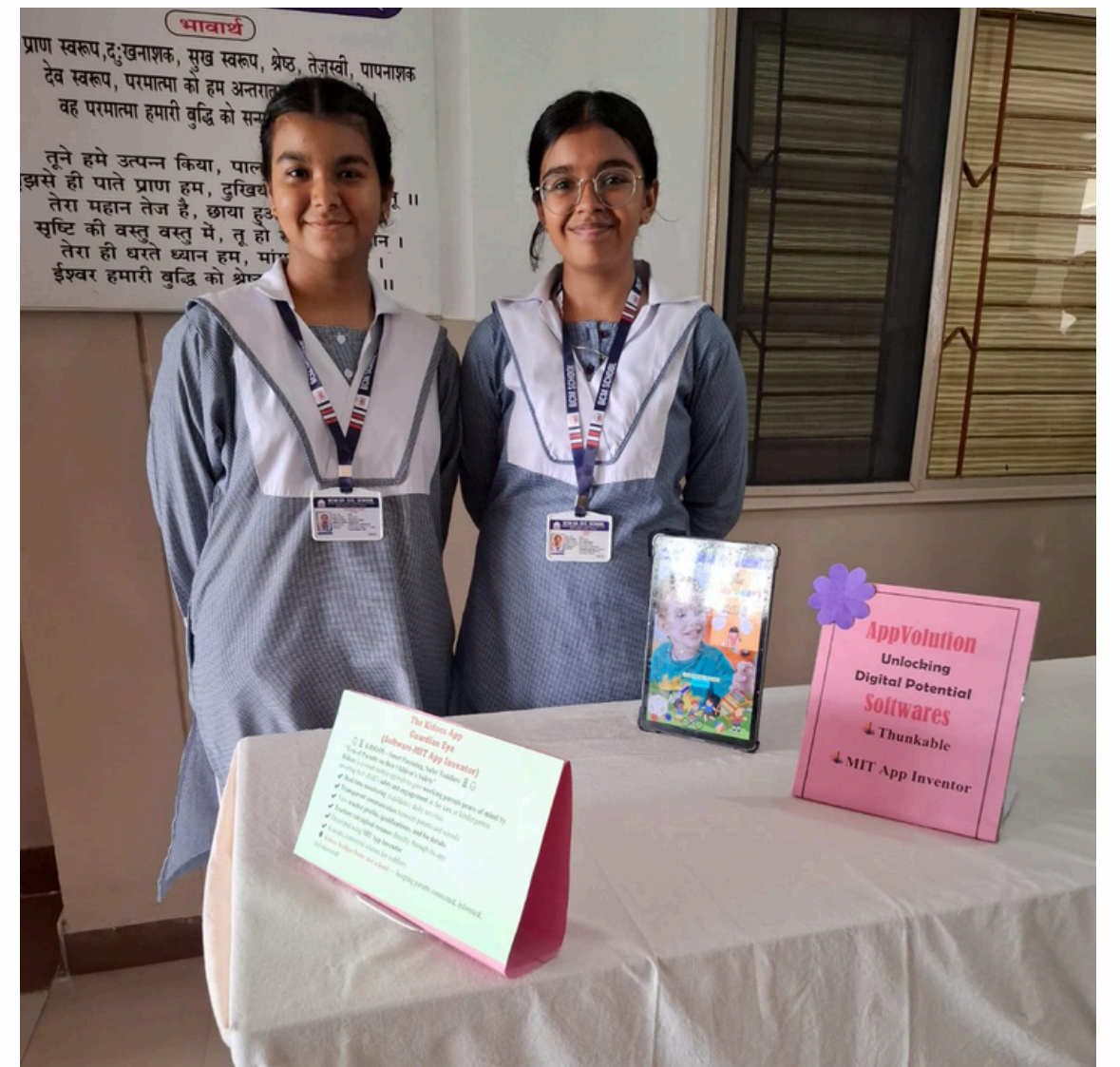
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## ECHOES OF EXCELLENCE

### THE KIDOOS APP: ENHANCING KINDERGARTEN SAFETY AND PARENT-TEACHER COMMUNICATION

Heartfelt congratulations to Jeevanjyot (Class-- IX Tulip) and Vanshi (Class- X Rose) for developing an innovative app, which has the potential to revolutionise parent-teacher communication and child safety in kindergartens. A prototype of 'The Kidoos App' has been successfully developed using MIT App Inventor, with the vision of providing parents with real-time access to their child's security and daily activities in kindergarten. The app's primary objective is to assure parents that schools are safe environments where staff members are fulfilling their responsibilities diligently, thereby fostering trust and peace of mind.



## ALUMNI CONNECT

### MEET SIMRAT JEET SINGH: A RISING STAR IN TRANSACTION DILIGENCE



Our school's esteemed alumnus, Simrat Jeet Singh, has made a remarkable mark in the corporate world. Currently working as a Senior Associate at Ernst & Young LLP, Delhi, Simrat specialises in Transaction Diligence Strategies and Transactions. With a strong foundation in accounting, Simrat qualified as a Chartered Accountant in January 2019. His impressive career trajectory includes working with two of the world's biggest multinational companies, EY and KPMG, in the audit and Financial Due Diligence domain. Simrat's expertise extends to handling high-value transactions, with experience in buy/sell-side deals worth over a billion dollars. His exceptional client interaction skills have earned him recognition and awards from both EY and KPMG. We congratulate Simrat on his outstanding achievements and wish him continued success in his future endeavors. His accomplishments serve as an inspiration to our students, showcasing the potential for excellence in the field of finance and accounting.



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### STUDENTS CORNER

#### ਰਾਜ

ਖੁੱਲੀ ਇਕ ਰਾਤ ਅੱਖ ਮੇਰੀ, ਸਮਾਂ ਹੋਇਆ ਸੀ ਪੌਣੇ ਦੋ ਦਾ।  
 ਦੇਖ ਲੈਣ ਟਿਮਟਿਮਾਉਂਦੀ, ਮੈਨੂੰ ਡਰ ਪੈ ਗਿਆ ਮੇਰੇ ਭਵਿੱਖ ਦਾ।  
 ਮੈਂ ਸੋਚਿਆ ਕਿੱਥੇ ਕੋਈ ਭੂਤ ਤੇ ਨਹੀਂ, ਯਾਂ ਕੋਈ ਚੁੜੇਲ।  
 ਕਿਥੇ ਅੱਜ ਹੋ ਨਾ ਜਾਏ, ਮੇਰਾ ਉਦੇ ਨਾਲ ਮੇਲ।  
 ਸੁੱਤੇ ਹੋਏ ਸੀ ਸਾਰੇ, ਮੈਂ ਕੱਲਾ ਸੀ ਜਾਗਿਆ।  
 ਹੋ ਗਿਆ ਮੈਂ ਹੈਰਾਨ, ਜਦ ਇਹ ਸਭ ਵਾਪਰਿਆ।  
 ਮੈਂ ਕੀਤੀ ਹਿੰਮਤ ਗਿਆ ਨੀਚੇ, ਤੇ ਕੀਤੀ ਸਾਰੀ ਛਾਣ - ਬੀਨ।  
 ਕੁੱਝ ਨਾ ਮਿਲਿਆ ਨੀਚੇ, ਪਰ ਮੈਂ ਮੰਨੀ ਨਹੀਂ ਈਨ।  
 ਮੈਂ ਕਿਹਾ, "ਮੈਂ ਜਾਣ ਕੇ ਰਹਾਂਗਾ ਇਸ ਘਟਨਾ ਦਾ ਸਾਰਾ ਰਾਜ।  
 ਚਾਹੇ ਜੇ ਮਰਜ਼ੀ ਹੋ ਜਾਏ, ਨਹੀਂ ਆਵਾਂਗਾ ਬਾਜ।"  
 ਮੈਂ ਜਾਣਨ ਲਈ ਕਈ ਮਾਰੇ ਗੋੜੇ।  
 ਅੰਤ ਜਗਨਾ ਹੀ ਪਿਆ ਪਿਤਾ ਜੀ ਨੂੰ ਮੇਰੇ।  
 ਫਿਰ ਦੁਬਾਰਾ ਕਰਨੀ ਪਈ ਸਾਰੀ ਛਾਣ - ਬੀਣ ਸਾਨੂੰ।  
 ਆਖਰ ਪਤਾ ਲੱਗ ਗਿਆ ਰਾਜ, ਜੋ ਹੁਣ ਅਸੀਂ ਦਸਾਂਗੇ ਤਾਨੂੰ।  
 ਅਸਲ ਵਿੱਚ ਰਹਿ ਗਿਆ ਸੀ MCB ਨੀਚੇ।  
 ਅਸੀਂ ਤਾਂ ਸੋਚਿਆ ਕੋਈ ਭੂਤ ਹੈ ਸਾਡੇ ਪਿੱਛੇ।

**NISHAN SINGH**  
(XI COMMERCE C)



### THOUGHT OF THE DAY

If you try and fail,  
**Congratulations.**  
Most people won't  
even try.



### WORD

Word : **Exodus**

Meaning :

A circumstance when a huge number of people leave a particular place.

Synonym:

Evacuation, exit, escape



# \* The BCM Edge \*

WEDNESDAY 10 SEPTEMBER, 2025 LEAD360 - EXPLORE, EXPRESS, EXCEL PAGE 1

## A SALUTE TO SERVICE: BCM DUGRI FELICITATED STATE AWARDEE MRS. RAMA MUNJAL







# BCM SCHOOL

BASANT AVENUE, DUGRI ROAD, LUDHIANA



## \* The BCM Edge \*

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## \* The BCM Edge \*

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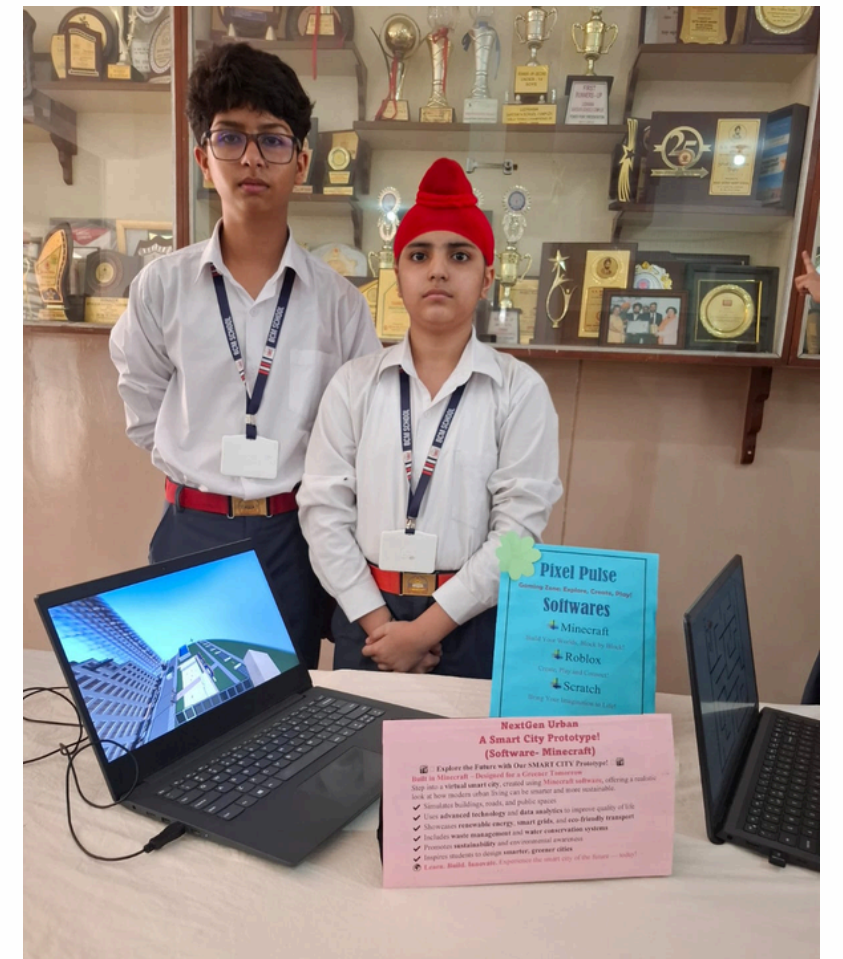
The School resonated with pride as it honoured Mrs. Rama Munjal, founder of Arpita Cancer Society, on receiving the Punjab State Award, conferred by Hon'ble Chief Minister Mr. Bhagwant Singh Mann on Independence Day for her exemplary contribution to healthcare, education, environment and social welfare. The occasion was graced by Dr. Prem Kumar (Executive Director, BCMF), Mrs. Anuradha Kumar and principals of sister concerns. Mrs. Munjal was accorded a musical welcome and a thunderous applause. Dr. Vandna Shahi extended a warm welcome, while a video presentation beautifully traced the inspiring journey of the guest of the day. A vibrant Giddha performance by young BCMites added cultural flavour to the celebration. On this occasion, Mrs. Gurpreet Kaur Chandhok, Dean Administration, announced a new initiative YCT – You Can Talk, an open platform for expression and dialogue, which was formally launched and unveiled by the dignitaries present. The school also honoured Rasmeet Singh (Class XII) for his service in flood-affected villages of Punjab and alumnus Mr. Gagan Bindra, Director Bindra Industries, for his relentless commitment to the BCM community. A cherished moment was when Mrs. Mandeep Kaur, mother of a Class III student, presented a self-made portrait of goddess Saraswati to Mrs. Munjal as a mark of deep respect. The cake-cutting ceremony, presentation of trophy and a token of love, and a commemorative photograph with achievers further marked the day. In her heartfelt address, Mrs. Munjal expressed gratitude and reaffirmed her resolve to serve society with passion. The event concluded with a warm vote of thanks by Dr. Prem Kumar and the soulful rendition of the National Anthem.



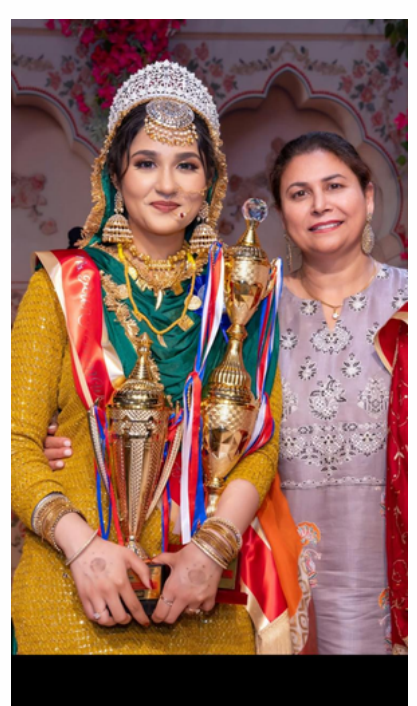
# ECHOES OF EXCELLENCE

CONGRATULATIONS TO DAKSH AND CHANJOT!

The development of the Smart City Prototype is an outstanding achievement that reflects a deep understanding of modern urban living and cutting-edge technological advancements. Daksh and Chanjot(VIII Jasmine ) have successfully developed an innovative application in Unity that brings the concept of a smart city to life through the use of AR/VR technologies and advanced 3D modeling. The project not only demonstrates technical prowess but also underscores their commitment to sustainability and improving the quality of life for urban residents.



## BCM DUGRI ALUMNUS GURLEEN KAUR SHINES ON THE GLOBAL STAGE – CROWNED MISS PUNJABAN WORLD AUSTRALIA 2024



In a proud moment for BCM School , Gurleen Kaur, an alumna of the 2017–18 commerce batch, has made headlines by winning the prestigious title of Miss Punjabi World Australia 2024. Currently working as an ICU nurse by profession, Gurleen has beautifully blended her career in healthcare with her passion for Punjabi culture and heritage. Her journey from the classrooms to the global stage is both inspiring and empowering. Her dedication to preserving and promoting Punjabi culture abroad is truly commendable.



## \* The BCM Edge \*

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# EXAM TIPS: BOOST YOUR PERFORMANCE

Exams can be a daunting experience, but with the right strategies and preparation, you can achieve success. Here are some valuable exam tips to help you perform your best:

## Before the Exam (Preparation Phase)

### 1. Start Early

- Don't cram. Begin revision weeks in advance.
- Make a study timetable and stick to it.

### 2. Understand the Exam Format

- Know the types of questions (MCQs, essays, short answers).
- Review past papers or sample questions.

### 3. Use Active Study Techniques

- Summarize notes in your own words.
- Use flashcards, mind maps, or teach someone else.
- Practice with mock tests under timed conditions.

### 4. Prioritize Topics

- Focus on high-weight topics and areas you're weak in.

### 5. Take Breaks (Pomodoro Technique)

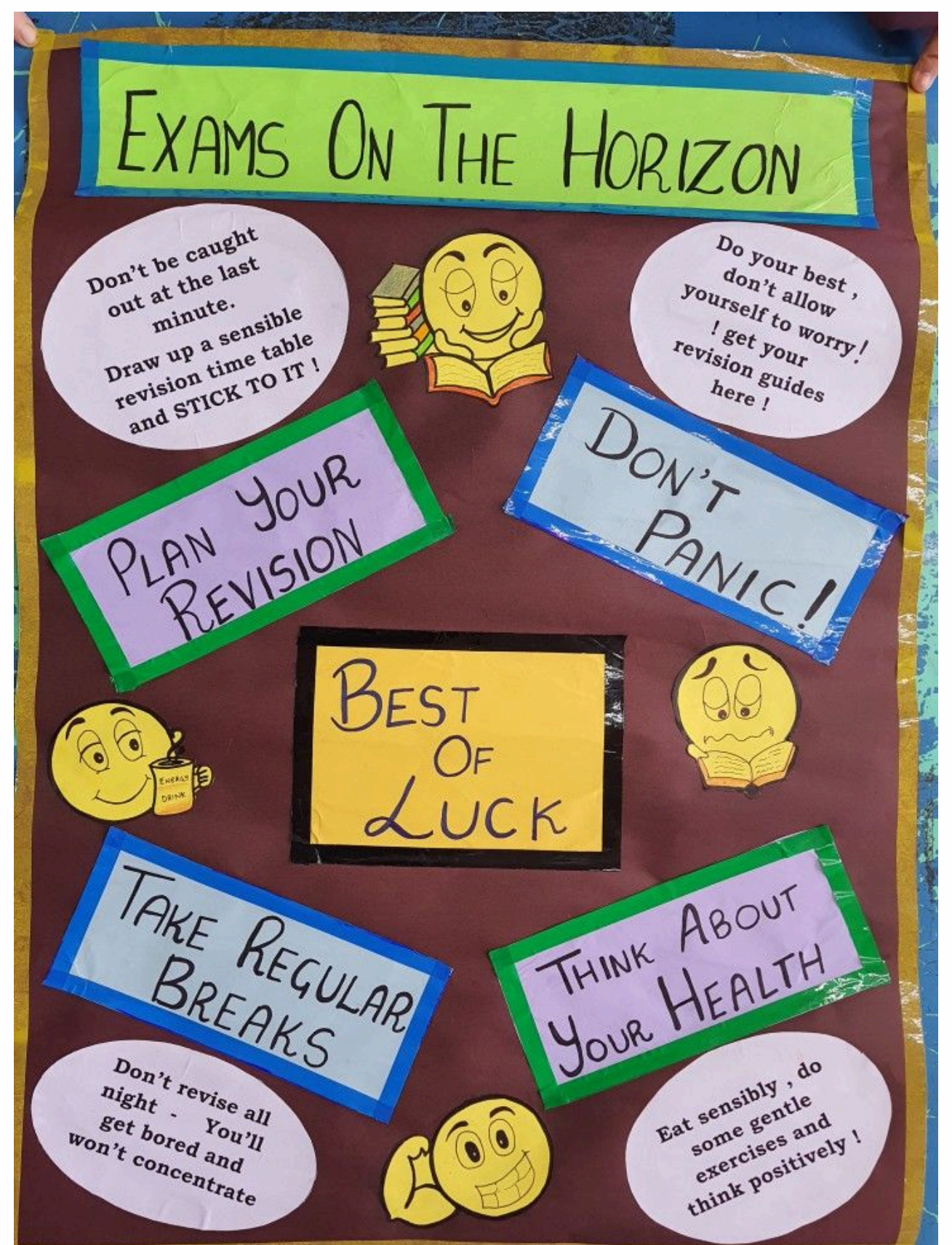
- Study for 25 minutes, then take a 5-minute break.

### 6. Sleep Well

- Aim for 7–9 hours of sleep. Sleep helps with memory consolidation.

### 7. Eat Brain-Boosting Foods

- Include fruits, nuts, and water in your diet.
- Avoid excessive soft drinks or sugar.



## During the Exams

### 1. Read Instructions Carefully

- Don't rush. Take a minute to read all instructions thoroughly.

### 2. Plan Your Time

- Allocate time based on marks.
- Don't spend too long on one question.

### 3. Start with What You Know

- Answer easier questions first to build confidence.

### 4. Show Your Work

- Even if unsure, show your working — partial marks may be awarded.

### 5. Stay Calm and Focused

- Breathe deeply if you feel anxious.
- Don't panic if you get stuck — move on and return later.

# Best of luck!



# \* The BCM Edge \*

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## EMPOWERING YOUNG MINDS WITH **LIFE-SAVING SKILLS**



On World First Aid Day, the school organised an engaging activity to educate students about the importance of first aid and its role in emergency situations. The event aimed to instill basic first aid knowledge and skills in young minds, promoting a culture of safety and care. Students learned about the basic components of a first aid kit, its safe usage, and situations where it is required. With parental support, children prepared their own first aid kits, including essential items for minor injuries and illnesses. The event served as a reminder of the need for everyone to be equipped with basic first aid knowledge and to promote training for ensuring safety and care in emergencies.



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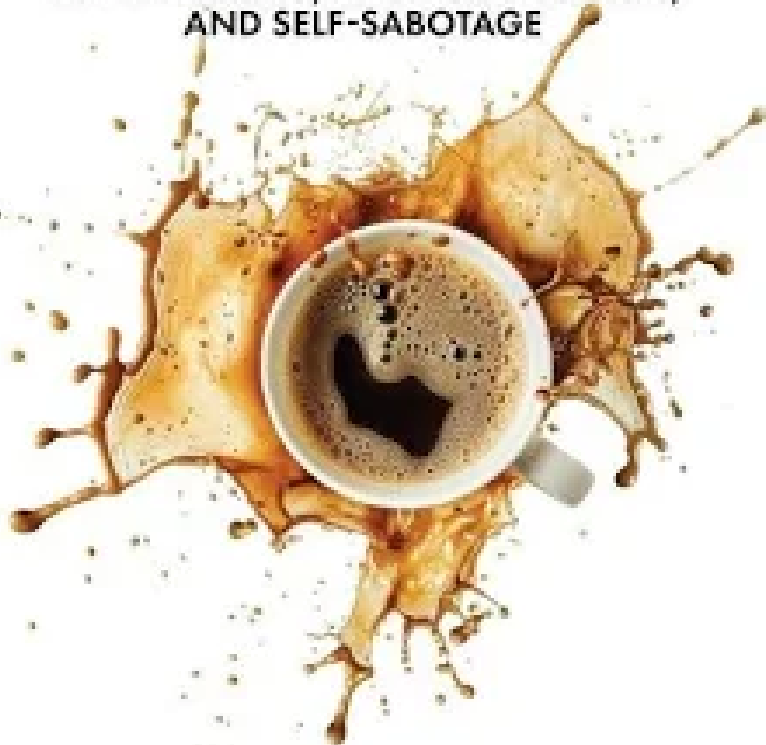
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## BOOK RECOMMENDATION: *STOP LETTING EVERYTHING AFFECT YOU*

### STOP LETTING EVERY THING AFFECT YOU

HOW TO BREAK FREE FROM  
OVERTHINKING, EMOTIONAL CHAOS,  
AND SELF-SABOTAGE



DANIEL CHIDIAC

*In Stop Letting Everything Affect You, Daniel Chidiac offers a thought-provoking audiobook that helps listeners regain control of their emotions and navigate life's challenges with resilience. With his soothing voice and engaging storytelling, Chidiac shares valuable lessons on the power of choice, letting go of control, mindset, setting boundaries, emotional awareness, cultivating gratitude, and taking action. Through personal anecdotes and relatable metaphors, Chidiac empowers listeners to take ownership of their reactions, shift their mindset, and foster healthier relationships. This audiobook is a valuable resource for anyone seeking to develop greater emotional intelligence, self-compassion, and determination to pursue their goals. By applying Chidiac's insights, listeners can cultivate a more positive and resilient approach to life, even in the face of uncertainty and adversity.*

## THOUGHT OF THE DAY

Consistency  
is what  
transforms  
average into  
excellence. 🙌



## WORD

### Courteous

**Meaning :**

polite in manner

विनम्र, शालीन

**Synonyms:**

respectful, humble, gentle

**Antonyms:**

harsh, uncivil, rude

**Example Sentence:**

A. P. J. Abdul Kalam was known for his courteous personality.



# \* The BCM Edge \*

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## BCM FOUNDATION SCHOOLS CONTRIBUTED ₹8.19 LAKH AS FLOOD RELIEF FUND TO DEPUTY COMMISSIONER LUDHIANA



In a heartfelt gesture of solidarity and selflessness, BCM Foundation Schools, Ludhiana, have donated ₹8.19 to the Flood Relief Fund to aid the victims of the recent devastating floods in Punjab. This contribution came not from an external fundraiser but from within the very heart of the institutions — its staff — who made the conscious decision to forego this year's Teachers' Day celebrations and instead channel their resources towards helping those in dire need. The cheque was formally handed over to Deputy Commissioner Mr. Himanshu Jain by Sh. Suresh Munjal (Trustee, BCM Foundation) and Mrs. Rama Munjal, in the presence of Dr. Prem Kumar (Executive Director, BCM Foundation) and esteemed principals Mr. D.P. Guleria (BCM School, Sector 32), Dr. Vandna Shahi (BCM School, Dugri), Mrs. Monica Dua ( BCM College of Education ), Mrs. Nidhi Jain (BCM School, Basant City and Mrs. Neeru Kaura (BCM School, Focal Point).

This act of generosity was met with profound appreciation by the Deputy Commissioner Mr. Himanshu Jain, who acknowledged not only the financial support but also the deep moral strength behind it. Contributions like these serve as a source of both material relief and emotional encouragement for those affected and stand as powerful reminders of the role institutions can play in rebuilding communities. Motivated by the efforts of the school, many students also took initiatives of their own and actively participated in various relief activities, reflecting the values of compassion and community service. At a time when the state is grappling with adversity, this gesture by the educators of BCM Foundation Schools shines as a beacon of hope. It redefines the spirit of Teachers' Day, reminding all that the highest form of celebration lies in service to humanity.



# \* The BCM Edge \*

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## *RUB A DUB' LIFE SKILL ACTIVITY*



The Nursery class students had fun in an educational activity titled 'Rub A Dub', which focused on teaching the life skill of washing their hankies (handkerchiefs). Life skills are crucial for children's development as they enable independent thinking and help them make the right choices even when parents or teachers aren't around. During the activity, teachers guided students through the step-by-step techniques of hanky washing. The students learned to wash their hankies with the help of their teachers and also picked up new vocabulary words like scrub, rinse, squeeze, dry, and hygiene. This activity was a perfect blend of learning, fun, and enjoyment for the students.

## ALUMNI CONNECT

We are delighted to feature CA Ravi Nandan Jha, a distinguished alumnus of our school (batch 2016). Presently serving as a Partner at Bhattacharya & Associates—following a stint at Ernst and Young—Ravi has carved a notable career in chartered accountancy. He has been an integral part of Statutory Audit teams for prominent manufacturing entities in India's power, paper, and real estate sectors (leasing and rental businesses), encompassing both listed and unlisted companies. Alongside Statutory Audits, Ravi has conducted Tax audits of these entities. His expertise further extends to Transfer Pricing Audits, Internal Audits, and Statutory Audits of Public Sector Banks.

We extend our congratulations to CA Ravi Nandan Jha on his professional achievements and wish him enduring success in his future endeavors!!



CA RAVI NANDAN JHA



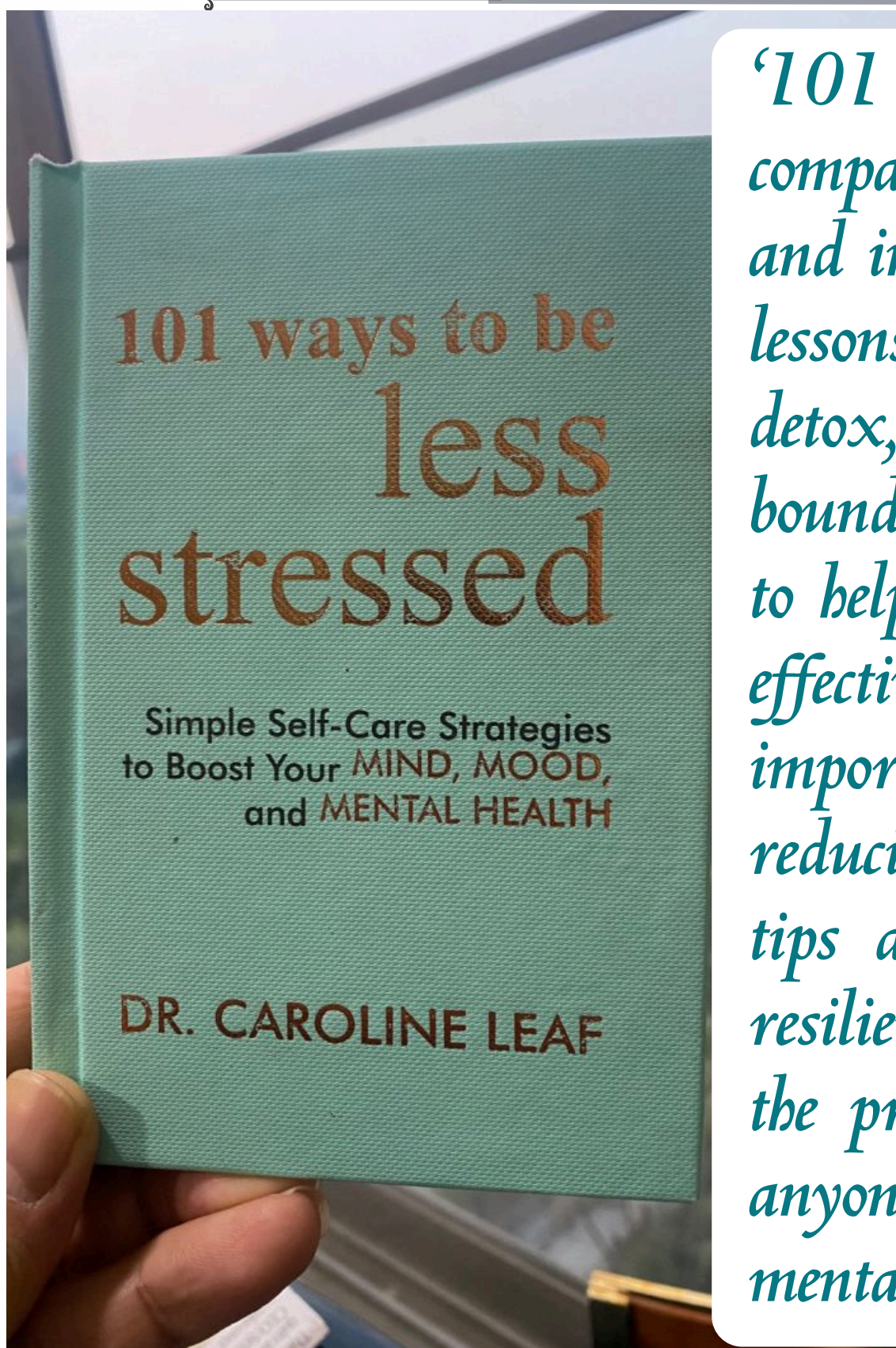
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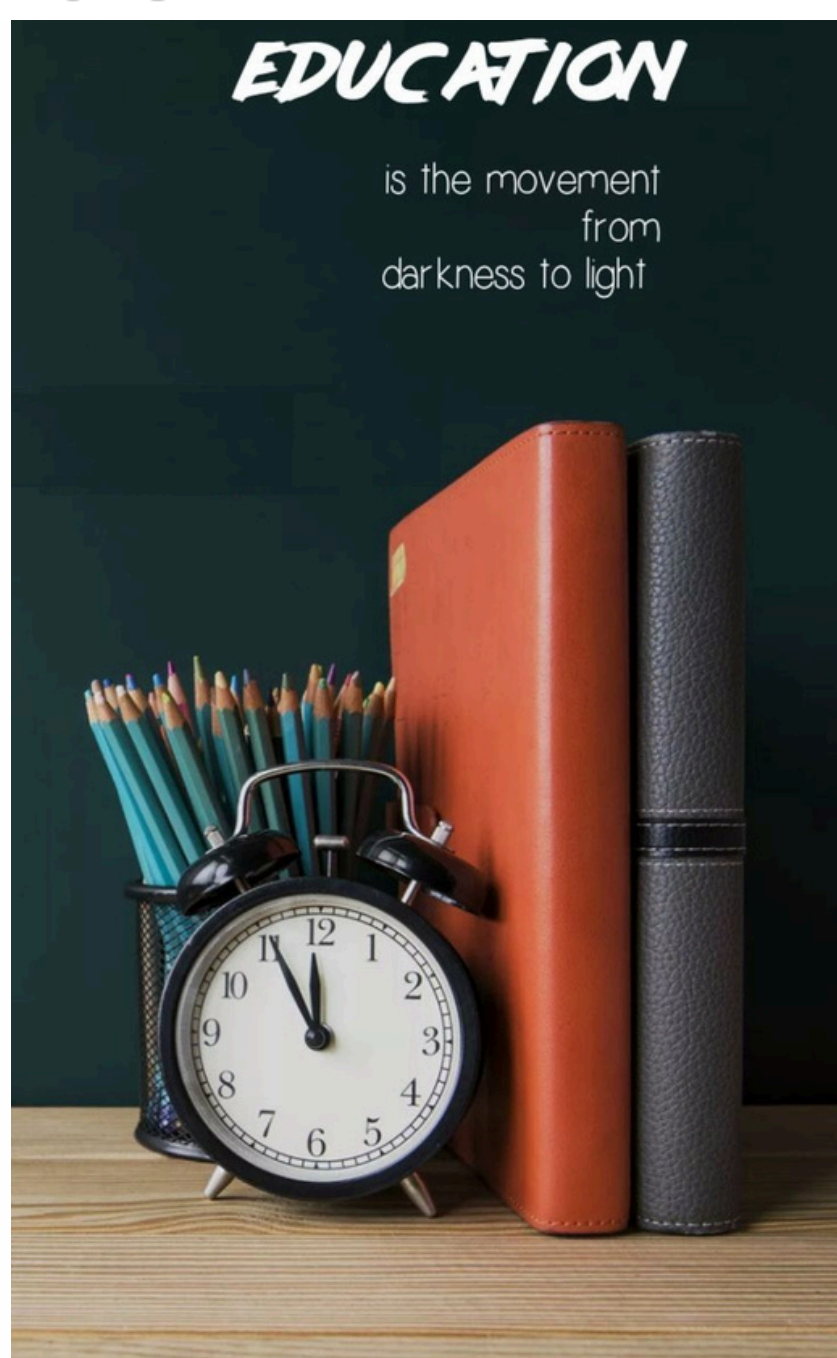
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### BOOK RECOMMENDATION: 101 WAYS TO LESS STRESSED



'101 Ways to Less Stressed' offers a comprehensive and compassionate guide to managing stress through practical strategies and insights. With her soothing voice, Dr. Leaf shares 7 valuable lessons, including the power of mindfulness, gratitude, digital detox, physical activity, cultivating positive relationships, setting boundaries, and nurturing the inner child. Each lesson is designed to help listeners understand the root causes of stress and develop effective coping mechanisms. Dr. Leaf's approach emphasizes the importance of self-care, self-awareness, and intentional living in reducing stress and promoting overall well-being. By applying her tips and techniques, readers can develop a more positive and resilient approach to life, learning to manage stress and find joy in the present moment. This audiobook is a valuable resource for anyone seeking to take control of their stress and improve their mental health.

### THOUGHT OF THE DAY



### WORD

#### Innocuous

##### Meaning :

not harmful

सीधा साधा, हानि न करनेवाला

##### Synonyms:

innocent, safe, soft

##### Example Sentence:

His innocuous nature makes him favorite of all.



# \* The BCM Edge \*

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## HINDI DIWAS CELEBRATION AT BCM KINDERGARTEN



The UKG and LKG classes of BCM Kindergarten, celebrated Hindi Diwas with enthusiasm. This day is observed globally to highlight the simplicity and significance of the Hindi language, marking its importance as the official language of India. Students honored the day by engaging in Hindi calligraphy, an activity that enhances writing skills and inculcates love for the national language. A Hindi recitation competition was also held where students joyfully recited rhymes expressing love and respect for the language with beautiful expressions, thoughts, and rhythm. The magic of their words and innocent gestures left everybody spellbound. The children came to know about the importance of this day and thoroughly enjoyed the activities. Teachers shared that Mahatma Gandhi was the first to recommend Hindi as the national language during the Hindi Sahitya Sammelan in 1918. Apart from India, Hindi is a language of communication in countries like Pakistan, Nepal, Bangladesh, America, Britain, etc. Hindi Diwas reminds us of our true identity every year.



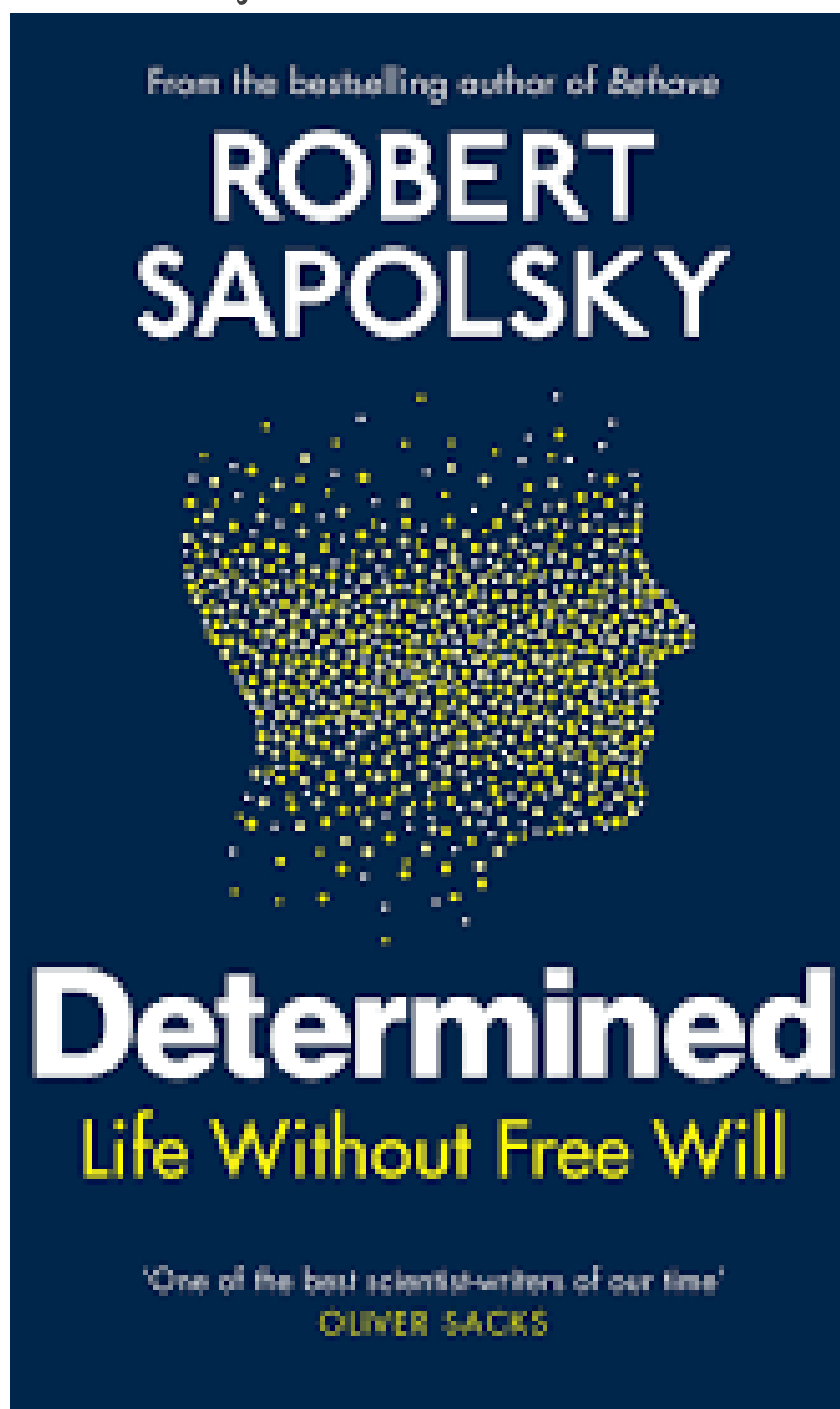
# ✱ The BCM Edge ✱

SATURDAY 13 SEPTEMBER, 2025

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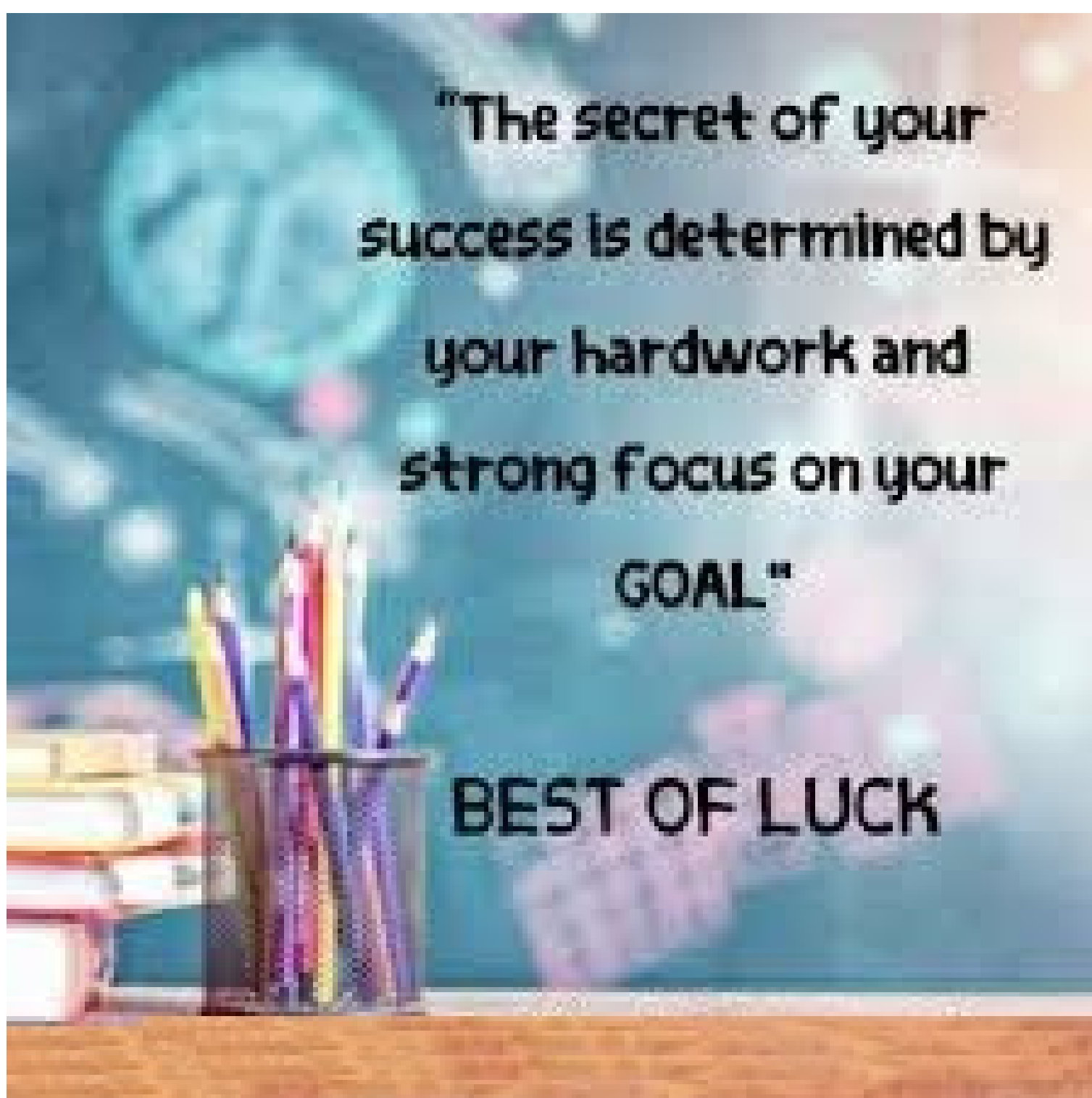
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## BOOK RECOMMENDATION : *DETERMINED: LIFE WITHOUT FREE WILL*



*'Determined: Life Without Free Will' presents a compelling and insightful exploration of the complex interplay between biology, environment, and behavior. Through 7 key lessons, Sapolsky challenges the concept of free will, highlighting the significant role of biology, neuroscience, and social constructs in shaping our decisions and actions. He encourages readers to reconsider personal responsibility, morality, and accountability, fostering a sense of empathy and compassion for individuals and society as a whole. By understanding the determinative factors that influence our behavior, Sapolsky suggests that we can work towards creating better systems and environments, ultimately leading to more positive outcomes. This thought-provoking audiobook is a valuable resource for anyone interested in the intersection of science, philosophy, and human behavior.*

## THOUGHT OF THE DAY



## WORD

### Etiquette

**Meaning :**

Polite behaviour in society

शिष्टाचार, तहजीब

**Synonyms:**

manners, courtesy, decency

**Antonyms:**

discourtesy, indecency, rudeness



# \* The BCM Edge \*

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## EMPOWERING EDUCATORS: TWO-DAY CBSE CAPACITY BUILDING PROGRAMME ON STRENGTHENING ASSESSMENT AND EVALUATION PRACTICES



The School successfully hosted a two-day CBSE Capacity Building Programme (CBP) on Strengthening Assessment and Evaluation Practices, designed to enrich teachers with innovative techniques for effective classroom assessment. The host school Principal, Dr. Vandna Shahi, extended a warm welcome to the resource persons — Mr. Harneet Singh, Principal, Podar International School, Ludhiana and Ms. Nidhi Brar, Vice Principal, Blooming Buds School, Moga. In her address, she highlighted the importance of well-framed questions in ensuring meaningful evaluation. Both experts conducted engaging sessions that offered valuable insights into designing question papers and blueprints in line with Bloom's Taxonomy, PISA, and NAS standards. Over the course of two days, teachers explored a broad spectrum of assessment practices including Smart Learning Outcomes, Portfolios, Subject Enrichment Activities, Multiple Assessment, and the LAAR cycle of assessment. The sessions were made dynamic through interactive activities, stimulating videos and case-based discussions, which kept participants actively involved and encouraged them to reflect on their existing practices. The training emphasised the need to move away from rote-based evaluation towards more student-centric, skill-driven, and comprehensive approaches. Teachers enthusiastically participated in group discussions and collaborative exercises, making the programme truly experiential. The two-day CBP not only broadened teachers' pedagogical vision but also provided them with practical strategies to strengthen assessment and evaluation. The programme stood as a testimony to BCM's commitment to continuous professional growth and future-ready education.



# \* The BCM Edge \*

MONDAY 15 SEPTEMBER, 2025

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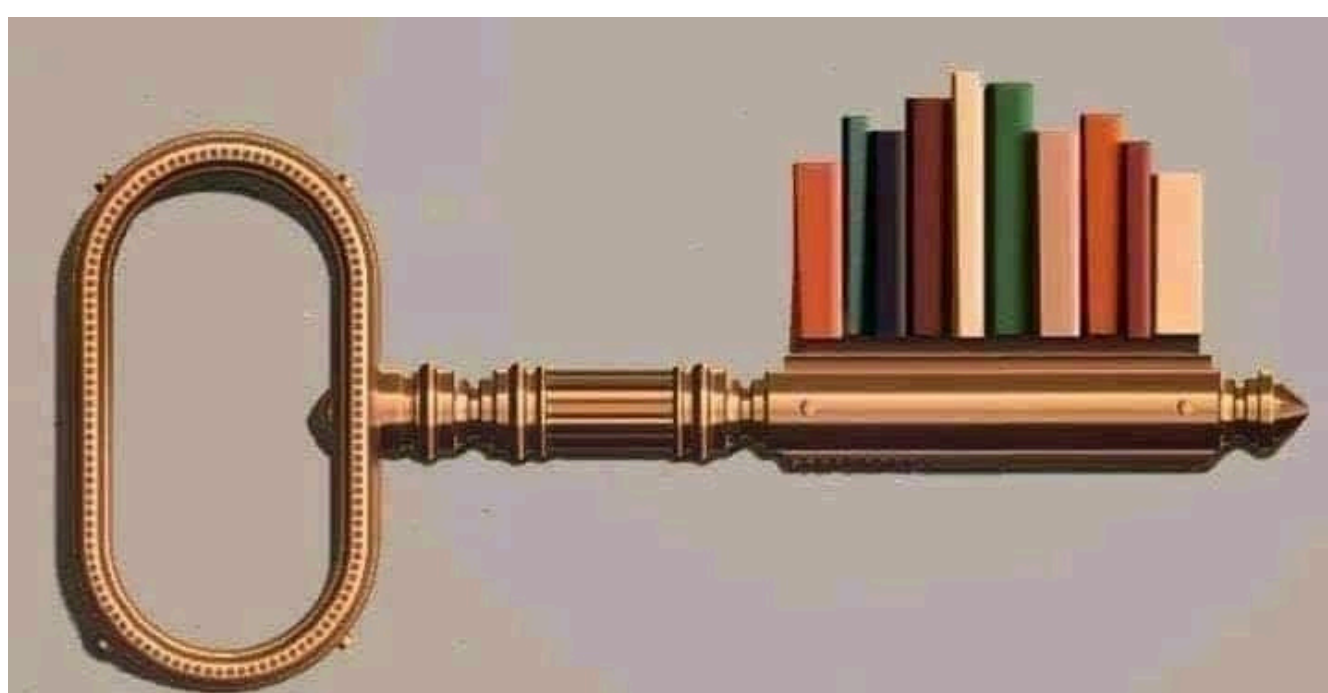
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## HONORING EXCELENCE



We extend our heartfelt congratulations to Ms. Simmi Dhiman, Senior Wing Coordinator and Ms. Rohini Munjal, Head of Department (English) on receiving the prestigious Shiksha Ratna Award by CT University. This award is a testament to their dedication, hard work, and significant contributions to the field of education.

## THOUGHT OF THE DAY



**Education**  
is the most powerful  
weapon which you  
can use to change the  
world.

## WORD

### Culminate

#### Meaning :

reach a climax

**समाप्त होना**

#### Synonyms:

close, terminate, finish



# \* The BCM Edge \*

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## BCM SCHOOL, DUGRI HOSTED CBSE PARENTING WORKSHOP FOR PRINCIPALS AND COUNSELLORS



A 'CBSE Parenting Workshop' tailored for Principals and Counsellors, in alignment with the Parenting Calendar 2025-26, was hosted by BCM School, Basant Avenue, Dugri, Ludhiana. The workshop aimed to equip educators with insights on positive parenting approaches to foster well-being and resilience among students. 135 distinguished school principals and counsellors from across the region converged, forming a vibrant platform for professional interaction and exchange. The session was conducted by acclaimed educationists Mrs. Minakshi Khushwaha (Principal, Birla Vidya Niketan, New Delhi) and Mrs. Anuradha Joshi (Principal, Sardar Patel Vidyala, New Delhi), who delivered thought-provoking insights into the implementation of the Parenting Calendar 2025-26. The programme commenced with a gracious welcome address by the host Principal, Dr. Vandna Shahi, emphasising the importance of understanding holistic education and addressing the socio-emotional needs of students in today's dynamic environment. The informative workshop featured interactive group discussions, case-based activities, and detailed explorations of practical strategies to promote supportive learning environments both at school and at home. Moreover, it provided strategies to involve parents in the teaching-learning process, recognising that active parental involvement enhances a child's educational experience. In addition to this, the workshop stressed the importance of encouraging inclusion of parents in school activities and decision-making processes where appropriate, which in turn fosters a collaborative environment between parents and educators for the benefit of the child. The event concluded with a warm vote of thanks by the School Counsellor, Ms. Charanjit Kalra, expressing gratitude to the resource persons and participating leaders. The positive feedback from the Principals reflected the enriching and practical nature of the workshop and their eagerness to apply the learning in their own schools.



## \* The BCM Edge \*

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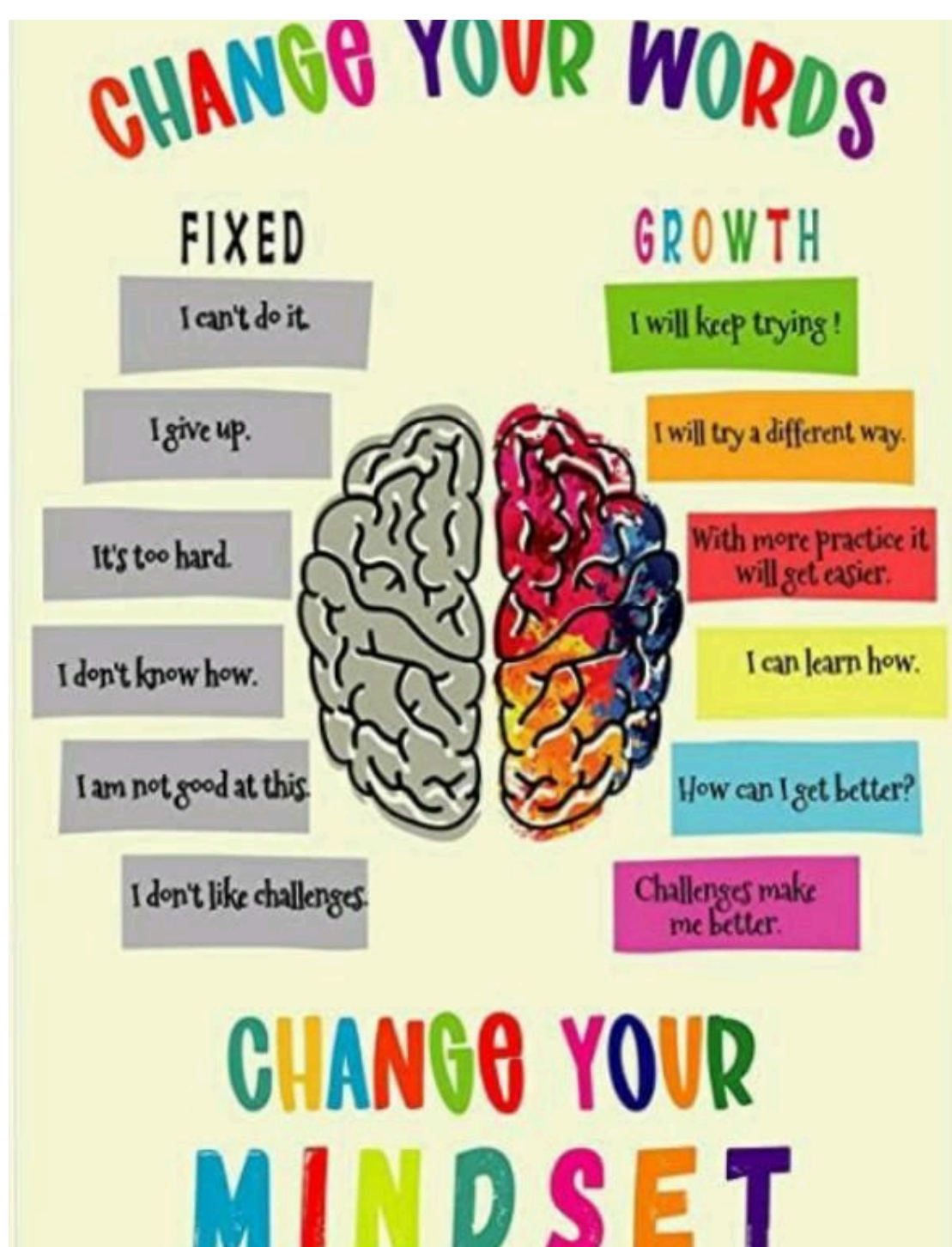
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### WORLD OZONE DAY CELEBRATION AT BCM KINDERGARTEN



BCM Kindergarten celebrated World Ozone Day with great enthusiasm and eco-consciousness under the theme 'A healthy Ozone means a happy Earth'. The objective behind this celebration was to spread awareness about Ozone layer depletion and to search for possible solutions to preserve Earth's natural sunscreen. Teachers shared an engaging story about the Ozone layer, its significance, and how our actions can help protect it. Through this story, teachers conveyed a message to students emphasising the importance of planting more trees, riding bicycles or walking short distances to reduce environmental impact, and practicing the 3R's (Reduce, Reuse, Recycle) in daily life. The students understood the concept of the Ozone layer and its crucial role in protecting our planet. As kindergarten students are the future saviours of our planet, instilling environmental awareness and values at a young age empowers them to make a positive impact on our world.

## THOUGHT OF THE DAY



## WORD

### Disenchantment

#### Meaning :

Free from false belief

मोह भंग

#### Synonyms:

disillusion, letdown, detection



# \* The BCM Edge \*

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## BCM DUGRI SPARKS FUTURE READINESS WITH CAPACITY BUILDING PROGRAM ON AI



The School hosted a dynamic program on the Use of AI in Classrooms to empower educators with future-ready skills. Resource persons — Mr. Amit Kumar (PGT, Cambridge International School for Girls, Jalandhar) and Ms. Jasmeet Kaur (TGT, Chandigarh Baptist School, Chandigarh) — engaged participants through interactive discussions, live demos, and practical examples. They simplified AI concepts and showed how it can make classrooms smarter, faster & more engaging. Teachers explored AI tools, reflected on ethical use, and described the session as “eye-opening, enriching & futuristic.” The program ended on a high note, reaffirming BCM Dugri’s role as a pioneer in digital literacy & innovation.



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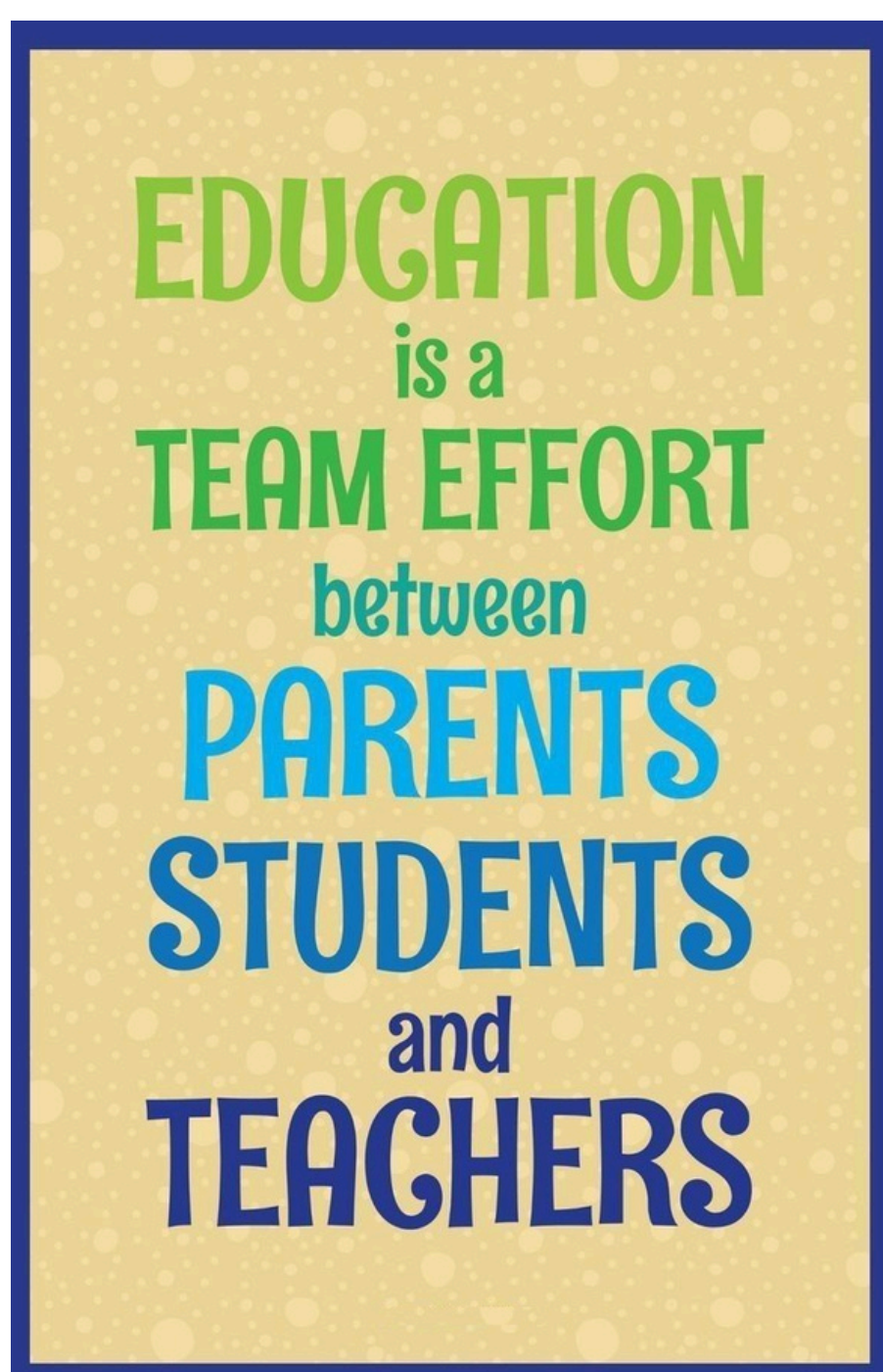
WEDNESDAY 17 SEPTEMBER, 2025 LEAD360 - EXPLORE, EXPRESS, EXCEL PAGE 2

### SENSORY EXPLORATION THROUGH FLAVOUR FRENZY ACTIVITY



The 'Flavour Frenzy' activity was conducted with Nursery students to make them familiar with different tastes like sweet and salty using sensory exploration. Students tasted salty chips and biscuits along with sweet chocolates and candies. This helped them differentiate between sweet and salty eatables. The activity led to vocabulary enhancement and development of sensory skills among the students.

### THOUGHT OF THE DAY



### WORD

#### Opportune

#### Meaning :

Opportune is an adjective which means suitable for a time

उपयुक्त

#### Synonyms:

timely, auspicious



# \* The BCM Edge \*

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## SPREADING GREEN SMILES: SAPLING PLANTATION DRIVE ON MRS. RAMA MUNJAL'S BIRTHDAY AT BCM SCHOOLS





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## *SPREADING GREEN SMILES: SAPLING PLANTATION DRIVE ON MRS. RAMA MUNJAL'S BIRTHDAY AT BCM SCHOOLS*

BCM School reverberated with joy and reverence as it celebrated the birthday of Mrs. Rama Munjal, Founder of Arpita Cancer Society. The event was marked with warmth, gratitude and deep respect for her exemplary contribution to society.

The programme commenced with a cordial welcome at BCM Dugri extended by Dr. Vandna Shahi, the School Principal, Mrs. Gurpreet Kaur Chandhok, Dean Administration, students, and staff members. Tiny tots of the school presented a bouquet to Mrs. Munjal, adding sweetness to the occasion. The atmosphere brimmed with happiness as a cake-cutting ceremony was held, accompanied by soulful birthday songs sung by the teachers.

The key highlight of the day was a sapling plantation drive, wherein saplings equal to her age were planted, reinforcing her vision of nurturing life and spreading greenery. In a symbolic gesture of sharing this vision, Mrs. Munjal distributed saplings among students and teachers, inspiring them to take responsibility for nurturing the environment.

Adding further meaning to the day, Mrs. Munjal also organized a special lunch for children battling cancer, whose treatment is being supported by Arpita Cancer Society. This act of kindness reflected her unwavering compassion and commitment to the cause of humanity.

On the occasion, Dr. Shahi lauded Mrs. Munjal's inspiring journey and humanitarian work. She remarked that Mrs. Munjal's life is a beacon of compassion and commitment, motivating generations to contribute selflessly for the welfare of others. The celebration concluded on a note of gratitude, with everyone pledging to carry forward her legacy of love, service and environmental care.

## ALUMNI CONNECT



Garima Kaura, an alumna of BCM School, completed her schooling till Class 10 with an impressive 10 CGPA. She pursued B.Sc. Physics Honours from Sri Venkateswara College, Delhi University, followed by a Master's in Physics from St. Stephen's College, DU.

Garima secured an All India Rank of 132 in GATE Physics and is currently doing her PhD at IISC Bangalore in Physics and Materials Science. She aspires to become an Assistant Professor, contributing to research and teaching.

BCM School congratulates Garima on her achievements and wishes her good luck for the future endeavours.



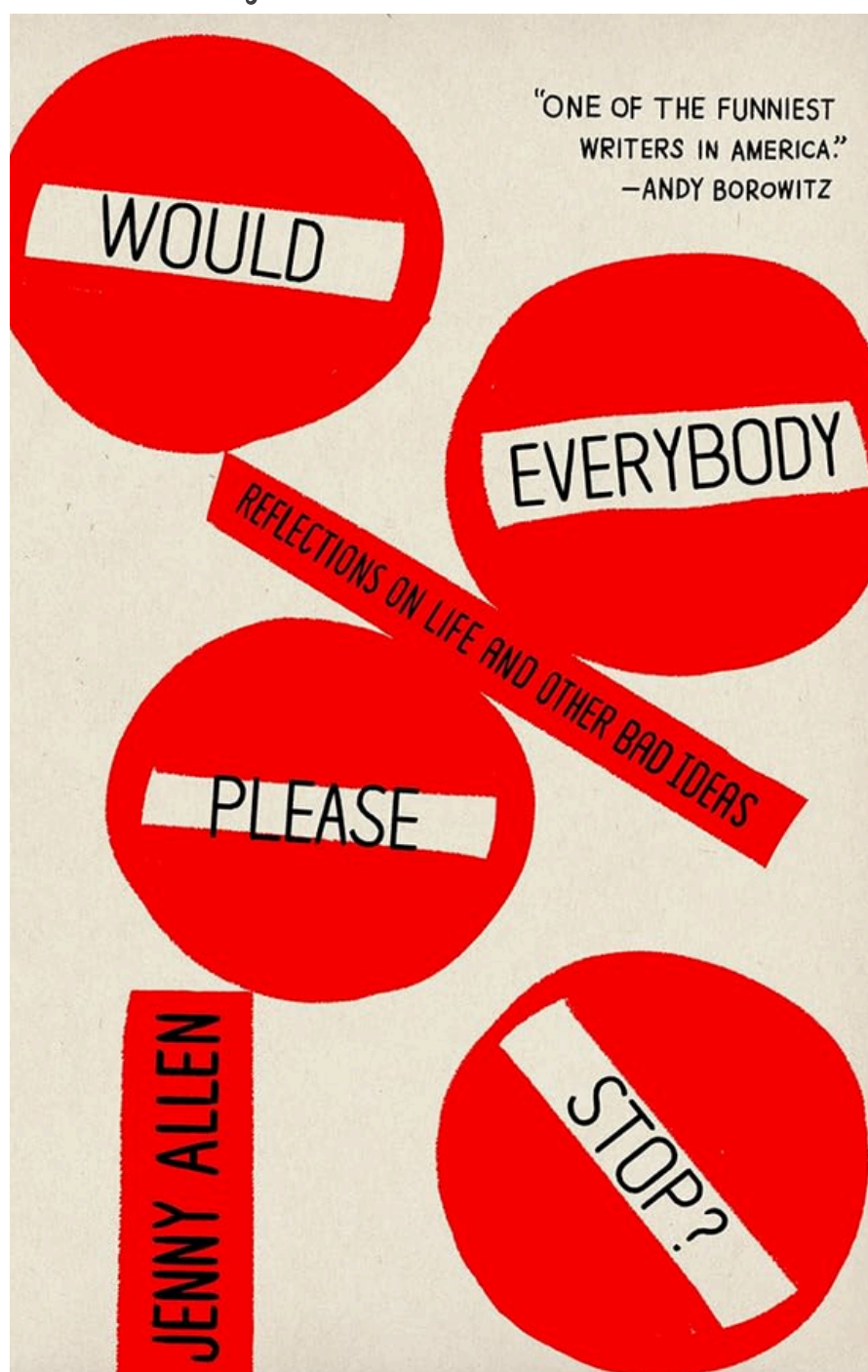
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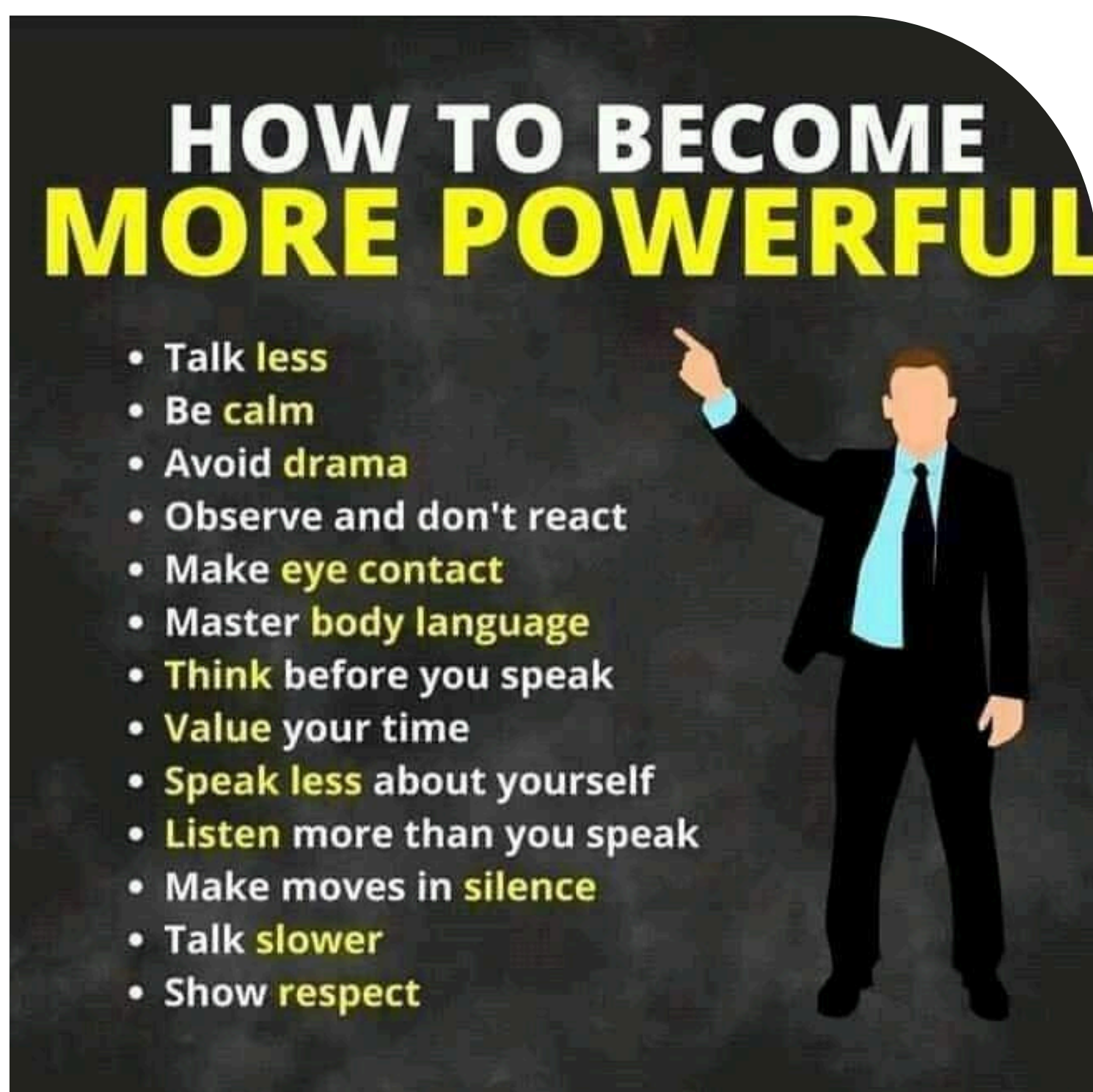
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### BOOK RECOMMENDATION: *WOULD EVERYBODY STOP?*



*In **Would Everybody Stop?**, offers a hilarious and insightful exploration of the absurdities of contemporary life. With his captivating voice and sharp wit, Borowitz navigates through topics like politics, social issues, and daily life, using humor as a powerful tool for resilience and perspective. The book teaches us to find joy in unexpected places, accept the absurdity of life, and communicate more effectively. Borowitz's humor also highlights our shared humanity, encouraging empathy and understanding across differing opinions and backgrounds. Ultimately, the book reminds us that life is too short not to laugh and find joy in every moment. By embracing humor and not taking ourselves too seriously, we can face challenges with a lighter attitude and appreciate the simple absurdities that life has to offer. This audiobook is a delightful and entertaining resource for anyone looking to inject a little laughter into their daily life.*

### THOUGHT OF THE DAY



### WORD

#### Kudos

#### Meaning :

Kudos is a noun, which means "praise someone"

प्रशंसा

#### Synonyms:

Praise, Applause, Fame



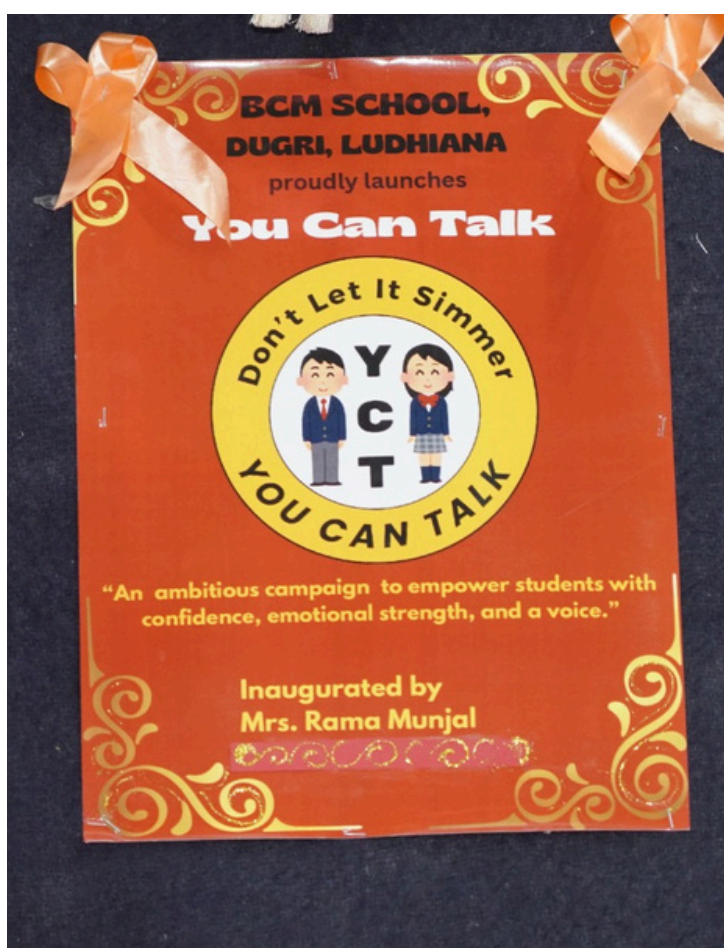
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## BCM SCHOOL, DUGRI LAUNCHES 'YCT - YOU CAN TALK' PROGRAM TO EMPOWER STUDENT VOICES



The School has taken a progressive step towards enhancing student well-being and empowerment with the launch of its new initiative — "YCT – You Can Talk." The program was officially inaugurated by Ms. Rama Munjal, a philanthropist and state awardee. Understanding the growing importance of mental and emotional well-being, the school aims to create a nurturing environment where every student feels heard, supported, and valued.

Ms. Gurpreet Kaur Chandok, Dean Administration, shared that the YCT program is designed to offer students a safe and supportive platform to express their thoughts, emotions, and concerns without fear of judgment.

As part of the initiative, students have been chosen to serve as 'Buddies'—trained peer volunteers who will act as approachable, empathetic listeners for their fellow students. These Buddies will play a pivotal role in promoting open dialogue, reducing the stigma around mental health, and fostering a culture of peer support.

The initiative has been welcomed enthusiastically by students, teachers, and parents alike, marking a new chapter in the school's ongoing efforts to prioritise student mental health and well-being.



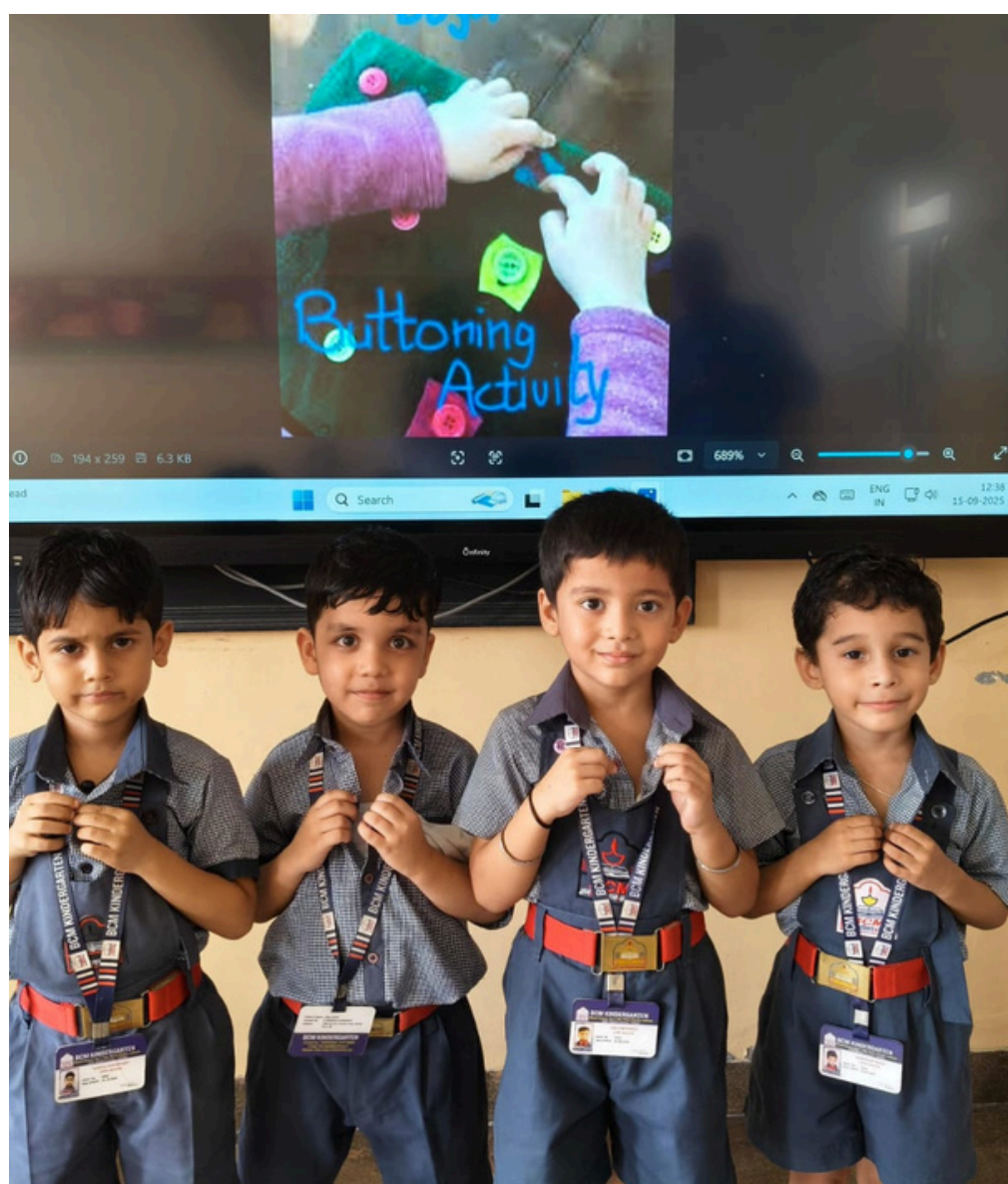
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## BUTTONING AND UNBUTTONING ACTIVITY

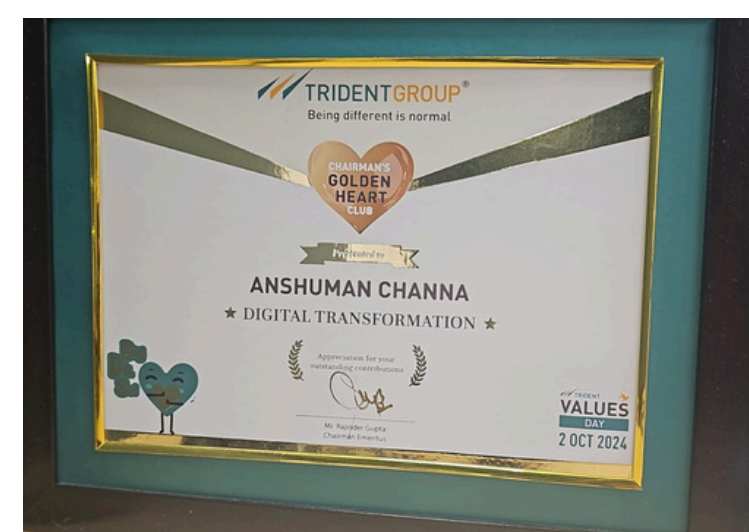


A Life skill activity on 'Buttoning and Unbuttoning' was organized for students of the Lower Kindergarten (LKG) class. The activity aimed at encouraging self-dependence among students by teaching them the essential skill of fastening and unfastening buttons on a shirt. Teachers guided the children on the correct techniques of buttoning and unbuttoning, with the goal of enabling students to dress themselves independently - a skill that will prove useful in their everyday routine. Life skills like these are important in a student's life as they help in handling issues and problems in daily life, and develop decision-making skills, effective communication, and time management skills.

## CA ANSHUMAN CHANNA HONORED WITH DIGITAL TRANSFORMATION AWARD

We are thrilled to share that CA Anshuman Channa, an alumnus of our school (passed out in 2017), has been honored with a Digital Transformation Award. CA Anshuman Channa is currently serving as the Indirect Tax Head at Trident Limited in Punjab. He completed his Chartered Accountancy (CA) in 2022.

We extend our heartiest congratulations to him on his remarkable achievement. We are proud of his accomplishments and wish him continued success in his professional journey.





# ✱ The BCM Edge ✱

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## SUPPORT STAFF AT BCM SCHOOL, DUGRI EMBRACE THE 3 R'S OF RESPECT



A session on 'Understanding the 3 R's of Respect' was conducted for its support staff, led by school counsellor Ms. Charanjeet Kalra. The session aimed to enhance the professional and personal well-being of the support staff by instilling the values of Respect for Self, Respect for Others, and Respect for the Environment. Through videos and interactive discussions, staff members explored the importance of these values in fostering collaboration, communication, and a positive work culture. The session encouraged staff to reflect on their interactions with colleagues and the environment, strengthening team bonds and promoting respectful practices. By embodying the 3 Rs of Respect, the support staff will contribute to a more efficient, collaborative, and harmonious workplace, ultimately benefiting the entire school community.



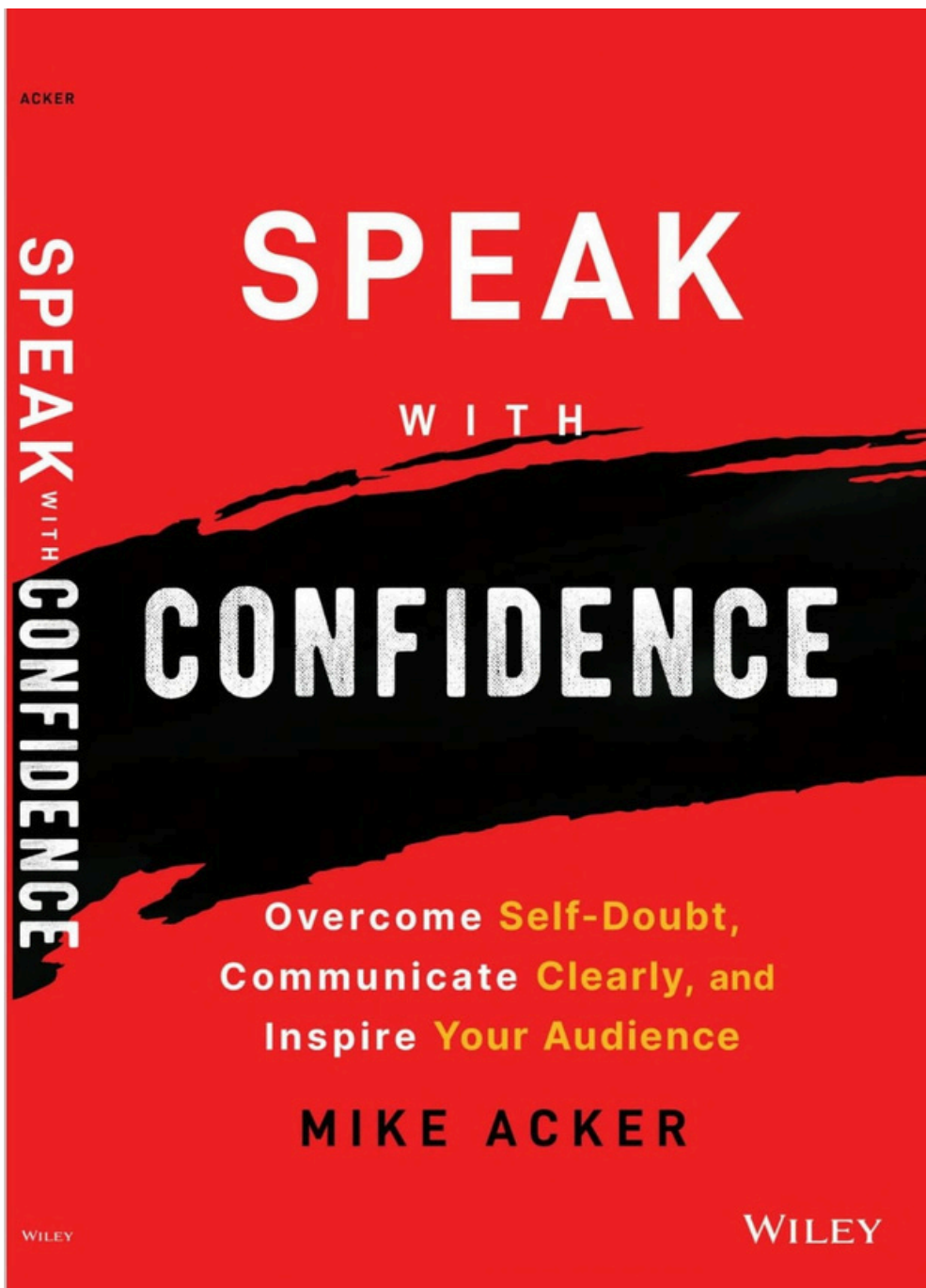
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### BOOK RECOMMENDATION: 'SPEAK WITH CONFIDENCE'



'Speak with Confidence' by Mike Acker is a valuable resource for building confidence in public speaking. The book emphasizes that confidence can be developed through practice, self-reflection, and mindset shifts, rather than being an innate trait. Key takeaways include the importance of internal confidence, focusing on mindset over mechanics, and practical strategies like visualization and breathing techniques. The book also highlights the significance of authenticity, noting that confidence isn't about perfection but about being present and genuine. With its engaging writing style and actionable steps, this is a highly recommended book for anyone looking to improve their public speaking skills and become a more confident communicator.

### THOUGHT OF THE DAY

### WORD

Once you replace negative thoughts with positive ones, you'll start having positive results.

### Abstinence

#### Meaning :

the act of not doing something, esp. something that gives you pleasure

परहेज़

#### Synonyms:

self-restraint, avoidance



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## POSH AWARENESS SESSION FOR MIDDLE WING TEACHERS



POSH (Prevention of Sexual Harassment) Awareness Session was conducted for the middle wing teachers of BCM School by Charanjeet Kalra, the school counselor. The session aimed to raise awareness about sexual harassment, its prevention, and equip teachers with the knowledge and tools to handle sensitive situations in the school environment. The primary objectives were to provide an in-depth understanding of the POSH Act, 2013, educate teachers on recognising forms of sexual harassment, guide effective communication and reporting of incidents, and discuss creating safe and respectful spaces in the school. Going forward, it is recommended that regular follow-up sessions and workshops be held to reinforce these concepts and update staff on any changes to the law or school policies regarding harassment.



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## SINK AND FLOAT SCIENCE EXPERIMENT



LKG teachers conducted a fun and educational science experiment titled 'Sink and Float' for the young learners. This activity provided children with hands-on opportunities to develop and practice critical thinking, scientific temperament, and enhance their vocabulary. During the experiment, children were given various household objects like feathers, toys, coins, and spoons, and two bowls of water. Before placing the objects in water, they observed each item, discussed its characteristics such as weight, size, and material, and made predictions about whether it would sink or float. Through this play-based learning activity, children experimented and discovered which objects floated and which sank in water. The 'Sink and Float' experiment was a fun cum learning activity that effectively achieved learning outcomes of fostering critical thinking, building scientific temperament, and enhancing vocabulary among the LKG students.



## ✱ The BCM Edge ✱

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### POETRY SPOTLIGHTED ON GUJRAT TITANS' OFFICIAL INSTAGRAM PAGE



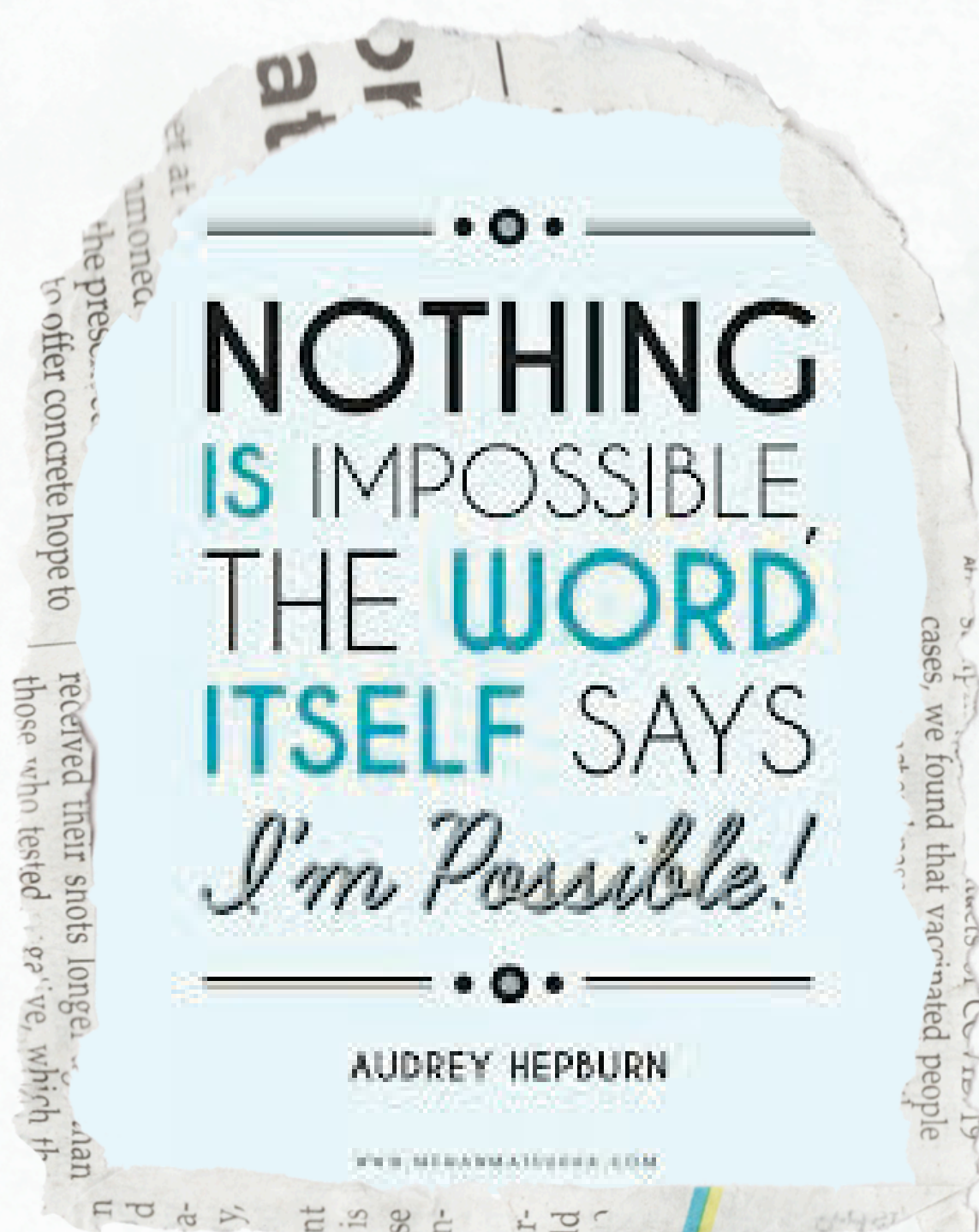
Our talented student Navneet Kaur of Class XI Arts has brought joy and pride to our school community.

On the occasion of #HappyShubDiwas, Gujarat Titans held a special contest inviting fans to sketch, sing, edit, or write for Shubman Gill. Navneet's heartfelt poem celebrating him as Gujarat's pride was selected by the Gujarat Titans Team and featured on their official Instagram

page. As a token of recognition, she has also won a bat personally signed by the cricketer Shubman Gill.

### THOUGHT OF THE DAY

### WORD



#### Peculiar

##### Meaning :

something unusual

अनोखा, असामान्य

##### Synonyms:

bizarre, strange, unusual

##### Antonyms:

familiar, ordinary, regular



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## BCM PRIMARY WING STUDENTS EXTENDED A WARM WELCOME TO MRS. RAMA MUNJAL



*The School witnessed a moment of pride and celebration as the Primary Wing students warmly welcomed Mrs. Rama Munjal, who was recently honoured with the State Award on Independence Day for her exceptional contribution to education.*

*To mark this prestigious achievement, the little learners of the Primary Wing greeted Mrs. Munjal in a unique and heartwarming way. Students extended their welcome in multiple languages of various States and Union Territories of India, showcasing not only their enthusiasm but also the rich cultural diversity of the nation. From heartfelt greetings in Hindi, Punjabi, Tamil, Bengali, and Marathi to expressions in Kashmiri, Manipuri, Gujarati, and other regional languages, the atmosphere resonated with unity in diversity.*

*The children's multilingual greetings reflected their love and respect for their mentor and conveyed the message that a true teacher inspires across all boundaries. Mrs. Munjal, deeply touched by the affectionate gesture, encouraged the students to always respect their cultural heritage while striving for excellence.*



# \* The BCM Edge \*

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## BOOK RECOMMENDATION : 'BECOMING BETTER GROWNUPS'



'Becoming Better Grownups' by Brad Montague is a heartwarming and thought-provoking book that challenges readers to redefine what it means to grow up. The book is a tender reminder that adulthood doesn't have to mean losing wonder, kindness, and curiosity. Through stories and reflections, Montague shows that being a better grownup means becoming more human, not less. Key takeaways include the importance of kindness, wonder, and playfulness, as well as recognising the significance of our presence and impact on children. The book encourages readers to tap into their inner child, be more forgiving, and love without fear. A beautifully written and uplifting read that will leave you feeling inspired and reminded of the importance of staying true to yourself.

## THOUGHT OF THE DAY

The beautiful thing about learning is that no one can take it away from you.

B.B. King



## WORD

### Courteous

#### Meaning :

polite in manner

विनम्र, शालीन

#### Synonyms:

respectful, humble, gentle

#### Antonyms:

harsh, uncivil, rude



## \* The BCM Edge \*

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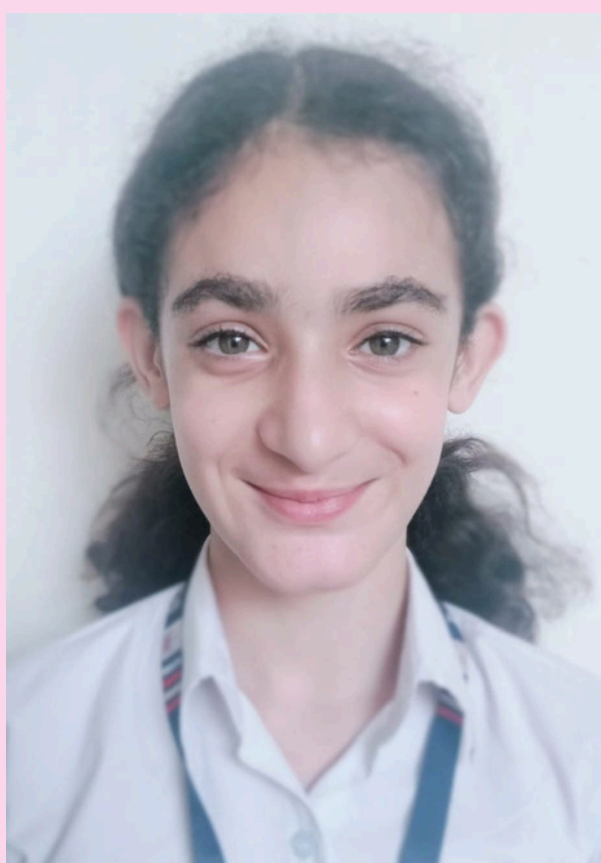
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# FUN LEARNING THROUGH MOVEMENT: HOP SCOTCH ACTIVITY



The Nursery class recently participated in an engaging Hop Scotch activity that combined physical movement with academic learning. With large, colorful numbers placed on the floor, students enthusiastically hopped on specific numbers called out by their teachers, developing their gross motor skills and reinforcing number recognition. This interactive activity promoted balance, coordination, and cognitive development while making learning a fun experience. The students thoroughly enjoyed the dynamic process, and the activity successfully achieved its learning outcomes in gross motor development and number recognition.

## STUDENTS CORNER



*Pankbudi Sharma*  
*VI Marigold*

## *The Gift of Friendship*

A Friend is not just someone near,  
But one who wipes away each tear.  
Through storms and sunshine, night and  
day,  
They walk beside us, come what may.

They know the words we never say,  
They bring back lights when skies turn  
grey.  
With gentle strength, with patient care,  
They show us love is always there.

A friends embrace is warm, sincere,  
A voice of comfort we hold dear.  
Not bound by time, nor-place, nor-end,  
A treasure true: A loyal friend



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## ALUMNI CONNECT



We are proud to feature Bakhshish Preet Singh, a notable alumnus who graduated from the 12th standard in 2015. Bakhshish was the city topper in the Science stream CBSE exams and achieved impressive ranks in the JEE Mains (64) and JEE Advanced (471). He

pursued a dual degree (Bachelors and Masters) in Mechanical Engineering with a specialization in Thermal and Fluids Engineering from IIT Bombay. His Master's thesis on numerical modeling of liquid nitrogen pulsating heat pipes was published in the esteemed journal 'Cryogenics'.

Currently, Bakhshish is pursuing a PhD program in Mechanical Sciences and Engineering at the University of Illinois, Urbana-Champaign (UIUC). His research focuses on two-phase heat transfer and thermal management of automotive battery systems.

Bakhshish is part of the Energy Transport Research Laboratory (ETRL) at UIUC, where his research focuses on phase change heat transfer and electronics cooling.

We congratulate Bakhshish Preet Singh on his achievements and wish him continued success in his academic and professional pursuits.



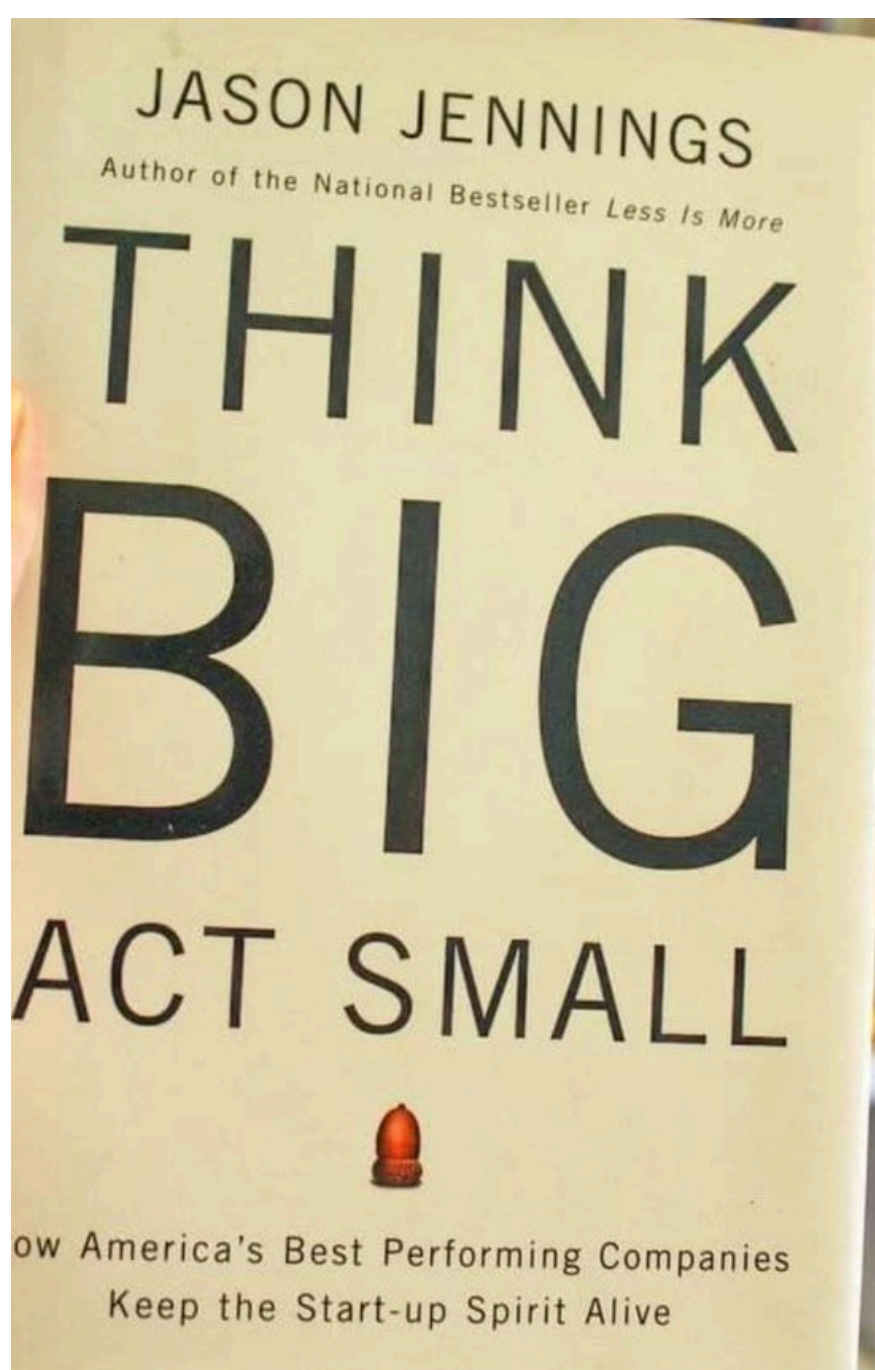
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### BOOK RECOMMENDATION : 'THINK BIG, ACT SMALL'



*'Think Big, Act Small' by Jason Jennings highlights how America's top-performing companies maintain their entrepreneurial edge despite growing big. The book shares eight key lessons on how these companies preserve agility, innovation, and customer focus – traits typically associated with startups. By adopting a startup mindset, decentralising decisions, keeping customers central, simplifying processes, fostering continuous learning, hiring entrepreneurial talent, celebrating small wins, and having leaders model startup behaviours, big companies can stay nimble and outperform competitors. It's a practical guide for leaders wanting to keep their companies competitive in fast-changing markets.*

### THOUGHT OF THE DAY

**Never argue  
with a liar.**

You can't win,  
because they believe  
their own lies.

### WORD

#### Pervasive

##### Meaning :

something is spreading widely

व्यापक, फैलनेवाला

##### Synonyms:

universal, widespread, broad

##### Antonyms:

narrow, finite, collective

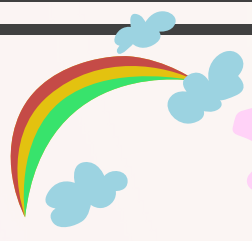


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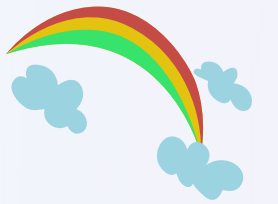
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## Science Fun : Paper Towel Rainbow Activity



In a fun and engaging science experiment conducted with Class I students, a 'Paper Towel Rainbow' was created to demonstrate how water travels through paper towels by capillary action and how colours blend to form a rainbow. Using paper towels marked with colour stripes (red, orange, yellow, green, blue, and purple) and placed between two glasses half-filled with water, students observed water traveling upward through the paper towel. The colours spread and blended, creating a beautiful rainbow effect. Students watched the outcomes with curiosity and excitement. This activity promoted learning outcomes like curiosity, critical thinking, problem-solving skills, and hands-on exploration.



# \* The BCM Edge \*

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## *Support Staff Learn the Art of Polite Communication*



The School organized a practical training session titled 'Talk with Tact' for its support staff. The workshop was conducted by experienced trainers Charanjeet Kaur and Sukhnandan Pal Kaur for the SARTHS Group. The workshop aimed to enhance communication and interpersonal skills with an emphasis on politeness, tone, listening, and serving etiquette. The session covered day-to-day communication in simple English, the importance of using magic words like 'please' and 'thank you' speaking with a calm tone, effective listening, and serving etiquette. The training was a step towards creating a more professional and courteous support staff team.

## ALUMNI CONNECT



Amritjot, a Science stream student in the 2021-22 batch, has had an impressive academic and professional journey. With a consistent CGPA between 9.0 and 9.5 across semesters, Amritjot has demonstrated academic excellence. He led a team of 5 students to clear the first round of the Smart India Hackathon during the 5th semester, showcasing leadership and problem-solving skills. In terms of placements, Amritjot cleared the first two rounds of both Skygeni and JP Morgan Chase & Co. The third round of Skygeni involved an interaction with the CEO, who was impressed and inquired about Amritjot's availability to start an internship.

For JP Morgan Chase & Co's third round, he was also invited for a 24-hour hackathon in Mumbai to solve an NGO's problem in collaboration with the firm. Currently, Amritjot is working as a Data Engineer Intern at Skygeni. With his blend of academic excellence, technical aptitude, and leadership skills, Amritjot is well on track to building a successful and impactful career in the tech industry.



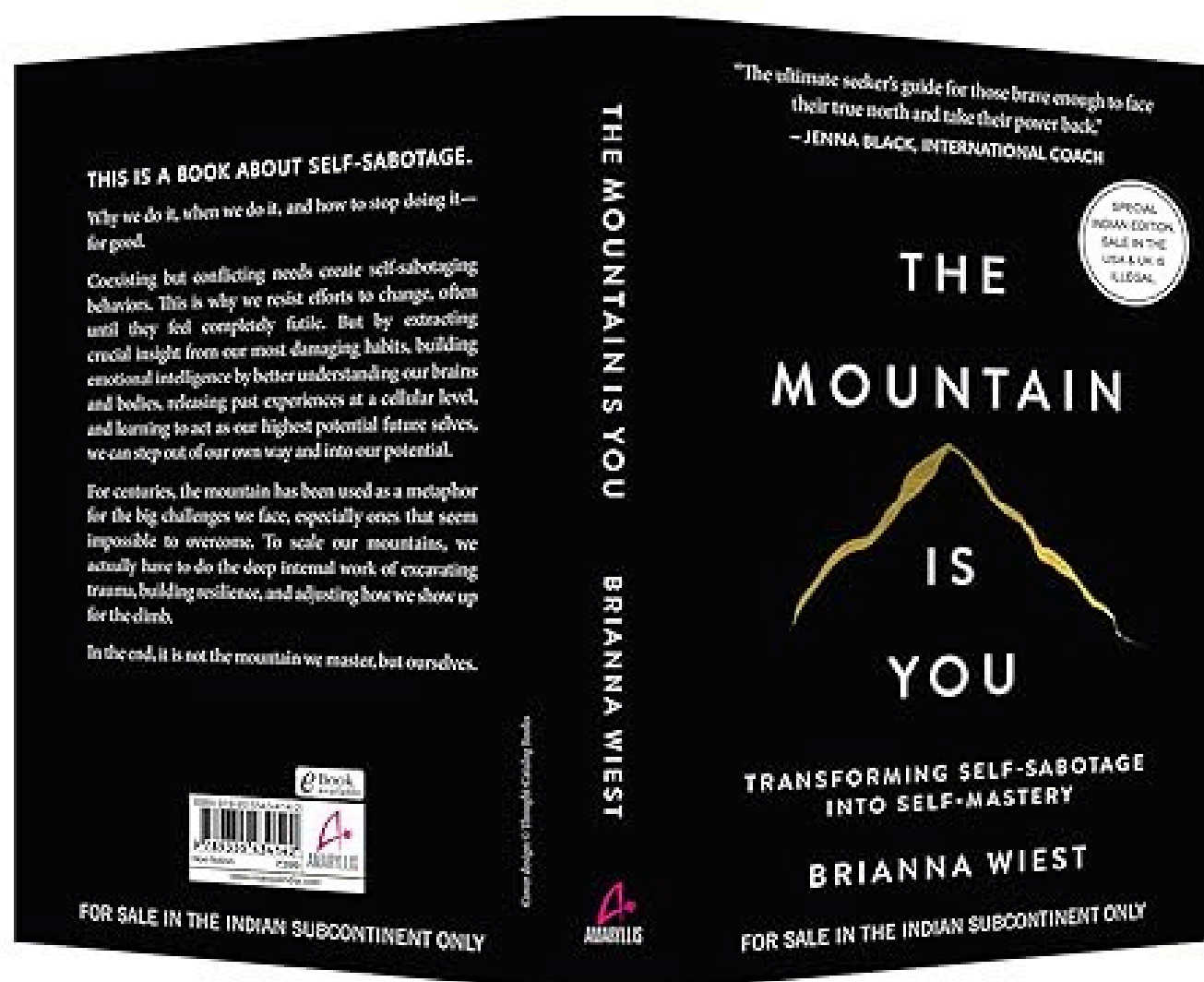
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### BOOK RECOMMENDATION : 'THE MOUNTAIN IS YOU'



*'The Mountain Is You' by Brianna Wiest is a profoundly impactful book that guides readers toward self-discovery and transformation. The book's central metaphor – the mountain representing internal obstacles – resonates deeply, emphasizing that our greatest battles are internal. Wiest skillfully explores themes like self-sabotage, emotional intelligence, and the importance of evolving one's identity for lasting change. With a blend of poetic wisdom and practical advice, Wiest encourages readers to confront their fears, understand their emotions, and align their actions with their values. The narration by Stacey Glemboski in the audiobook adds an intimate, conversational touch. Overall, 'The Mountain Is You' is a powerful guide for anyone seeking personal growth, self-awareness, and empowerment.*

### THOUGHT OF THE DAY



### WORD

#### "Dazzle"

Meaning:  
To amaze or impress greatly.

Example:  
The magician's tricks dazzled the audience.



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### MAGICAL MUNCHKINS: A PUPPET SHOW ON THE JOY OF SHARING



The Grade I students participated in a captivating puppet show titled 'Magical Munchkins' with great enthusiasm. The theme of Sharing was effectively conveyed through colorful puppets, expressive dialogues, and interactive narration, creating an engaging atmosphere for the young learners. The students listened attentively and enthusiastically shared their thoughts and experiences about sharing at home and in school. The activity successfully instilled the moral value of sharing, highlighting its role in fostering kindness, cooperation, and empathy. By combining entertainment with moral learning, the puppet show left a lasting impression on the students, encouraging positive behaviour both inside and outside the classroom.

### STUDENTS CORNER



GURSHEEN KAUR  
VII ROSE

### TRUTHS AND LIES

*Truth is not tolerable  
Lies are not forgivable.*

*Lies comes like a shining star when explanation is hard.*

*Lies have the keys to the locked doors of truth.*

*Endurance shines bright in truth  
Lies reflect the fabrications.*

*Truths unlock the doors of peace and integrity  
Lies give a way to weight of secrecy*

*Honesty showcase its power in truths.  
Lies show weakness of falsehood.*



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## ALUMNI CONNECT

### FROM BCM TO TORONTO POLICE BRAVERY AWARD



Manjot Singh from batch 2019-2020 has had an impactful journey balancing community service with the Toronto Police Services and a passion for filmmaking. While volunteering with Toronto Police, he was honoured with Toronto Police Bravery Award. He has since served as a volunteer Neighbourhood Community Officer and is soon starting full-time with the Toronto Police.

He is also the founder of Mick Films, where he has collaborated with renowned artists such as Diljit Dosanjh, AP Dhillon, and Bobby Deol on concerts and tours, directed music videos, and achieved recognition with his work being featured on Billboard Canada.

Manjot's journey stands as a testament to the power of dedication, courage, and creative vision. Whether serving on the frontlines of community safety or behind the camera lens, he continues to inspire those around him—proving that one can protect, uplift, and create all at once.



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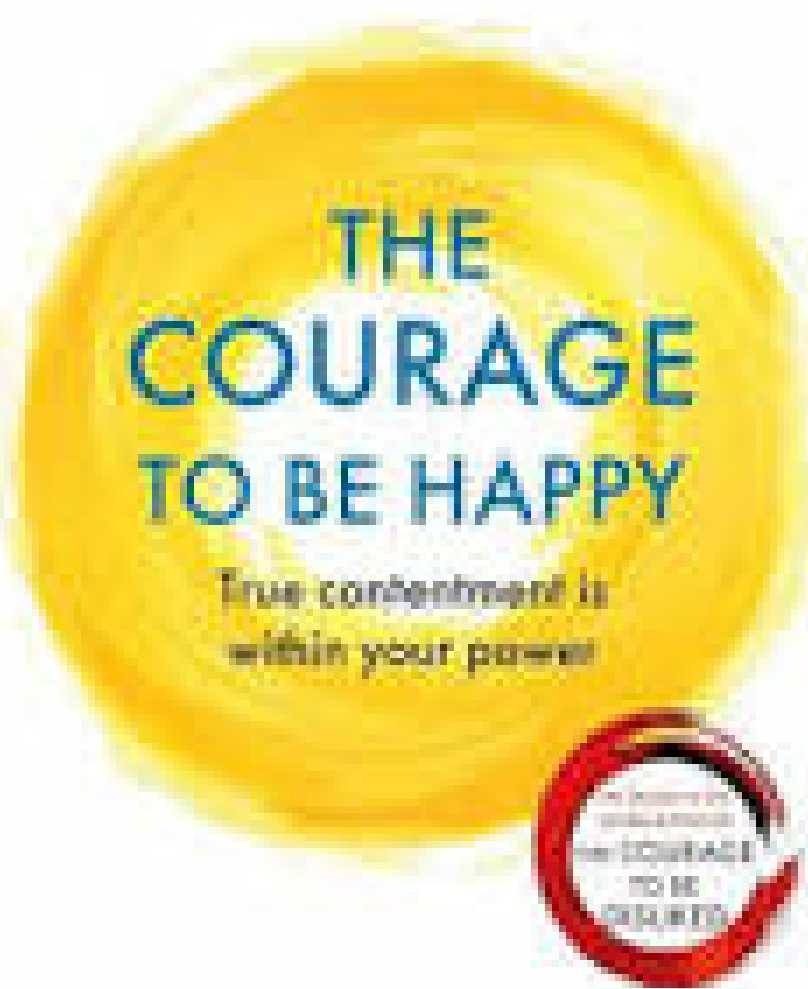
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### BOOK RECOMMENDATION : 'THE COURAGE TO BE HAPPY'



OVER ONE MILLION COPIES SOLD WORLDWIDE



ICHIRO KISHIMI and FUMITAKE KOGA

'The Courage to Be Happy' by Ichiro Kishimi and Fumitake Koga emphasizes that true happiness is an inner journey requiring self-awareness, responsibility, and life engagement. The book highlights some important key lessons for achieving authentic happiness, including developing happiness as a skill, lowering expectations, taking radical responsibility, engaging with difficulties, and practicing self-acceptance and gratitude. By embracing these principles and choosing courage over comfort, individuals can cultivate lasting happiness.

### THOUGHT OF THE DAY

Be grateful for  
every sunset  
and thankful  
for every sunrise,  
because every day  
is a blessing

### WORD

Innocuous



ɪˈnækjuəs

Adjective.  
Meaning-

Not harmful or offensive.



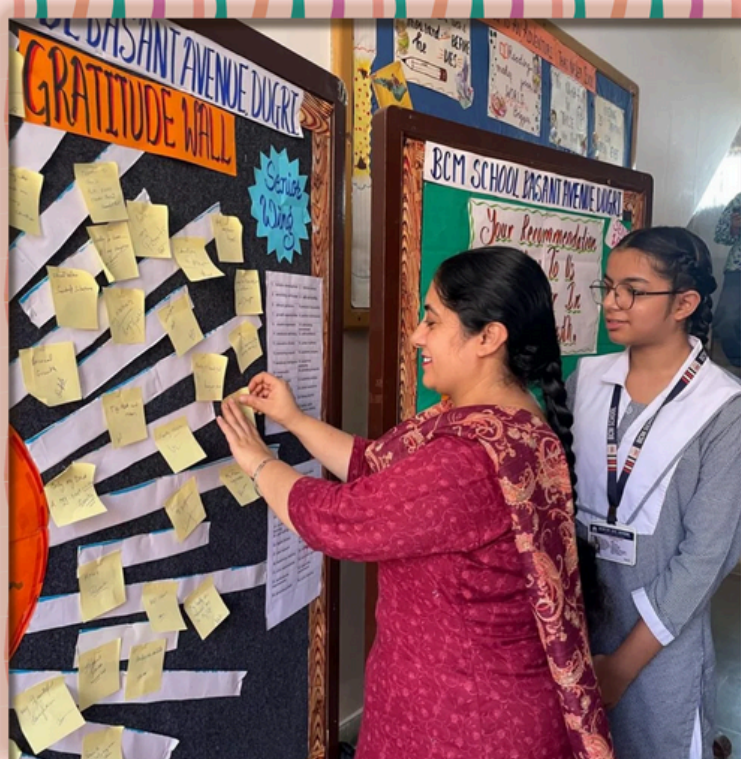
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### PTM FOSTERED COLLABORATION BETWEEN PARENTS AND TEACHERS AT BCM SCHOOL, DUGRI



The School marked academic excellence and social responsibility with a vibrant PTM (Parent-Teacher Meeting) that coincided with a heartfelt tribute to Mahatma Gandhi under the Swachhata Hi Seva initiative.



The school's Student Council and BCM Reporters played a pivotal role in engaging parents through a series of interactive activities. A key focus was on promoting awareness about the school's official social media handles, thereby strengthening the school community's digital presence and encouraging collective ownership and involvement.

A standout feature of the event was the Selfie Point and Gratitude Wall. These interactive zones allowed parents to capture memorable moments and share heartfelt messages of gratitude. The setup not only created a cheerful and reflective environment but also fostered a stronger sense of community and positivity among all attendees.



The day witnessed enthusiastic parents' turnout where they praised the school, emphasising its role in shaping the values and habits of the younger generation. Many expressed appreciation for the thoughtful integration of academic celebration with social consciousness.

The PTM, held alongside the result declaration, resonated with excitement and a shared commitment to academic excellence and responsible citizenship.



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### TINY AD STARS IN MAKING



The UKG students of BCM Kindergarten recently showcased their creativity, confidence, and communication skills in an exciting Ad Mad Show activity. The young learners enthusiastically presented advertisements for various products, including Amul Milk, Cadbury Chocolate, PediaSure, Colgate, Dettol, Toothbrush, Dishwasher Liquid, Parle G, and Tea Masala, among others.

Dressed in vibrant costumes and using attractive props, the children imitated real advertisements in a fun and engaging manner. Along with promoting the products, they highlighted important values connected with each item, such as healthy eating, sharing joy, health and hygiene, and cleanliness.

The Ad Mad Show was a resounding success, boosting the students' self-confidence and speaking skills while instilling awareness about good habits, cleanliness, and healthy living in a playful way. It was a wonderful blend of learning and entertainment, showcasing the creativity and talent of our young learners.



#### STUDENTS CORNER



AVNI  
VI DAISY

Oh Lord, whose light the stars obey,  
You guide the night, You crown the day.  
In every breath, Your Grace I see,  
A love that flows eternally.

When burdens rise and shadows fall,  
I find your strength within it all.  
Your mercy heels, Your arms restore,  
And lift me higher than before.

The mountains blow, the rivers sing,  
All nature whispers of its King.  
Yet more than skies or oceans wide,  
You dwell within my heart inside.

So here I stand, with humble prayer,  
Grateful, Lord that you are there.  
Forever yours, as my soul will be,  
For you are love, eternity.



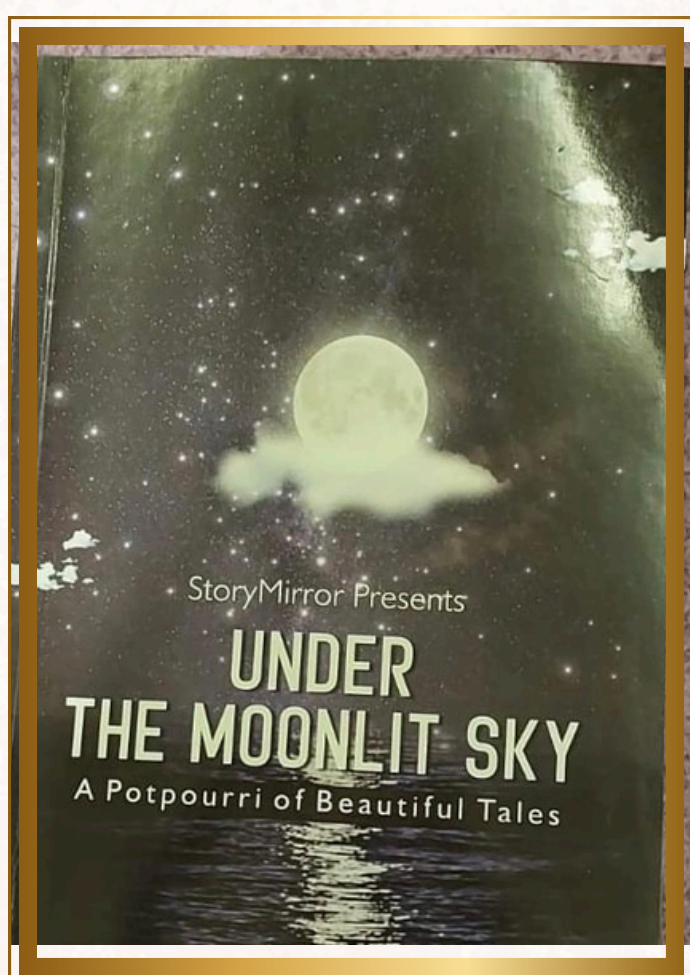
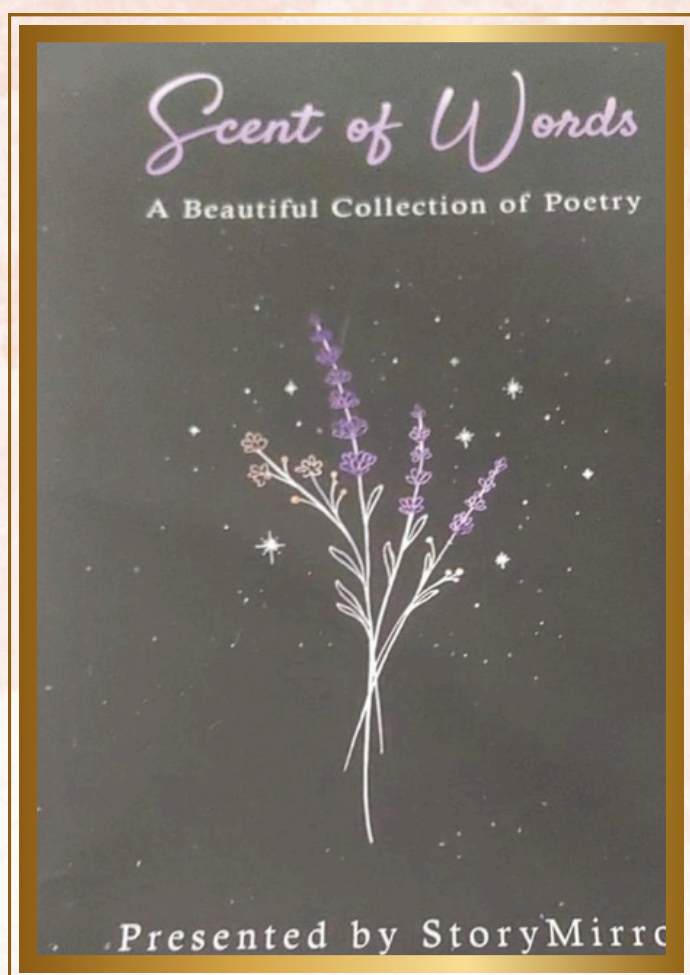
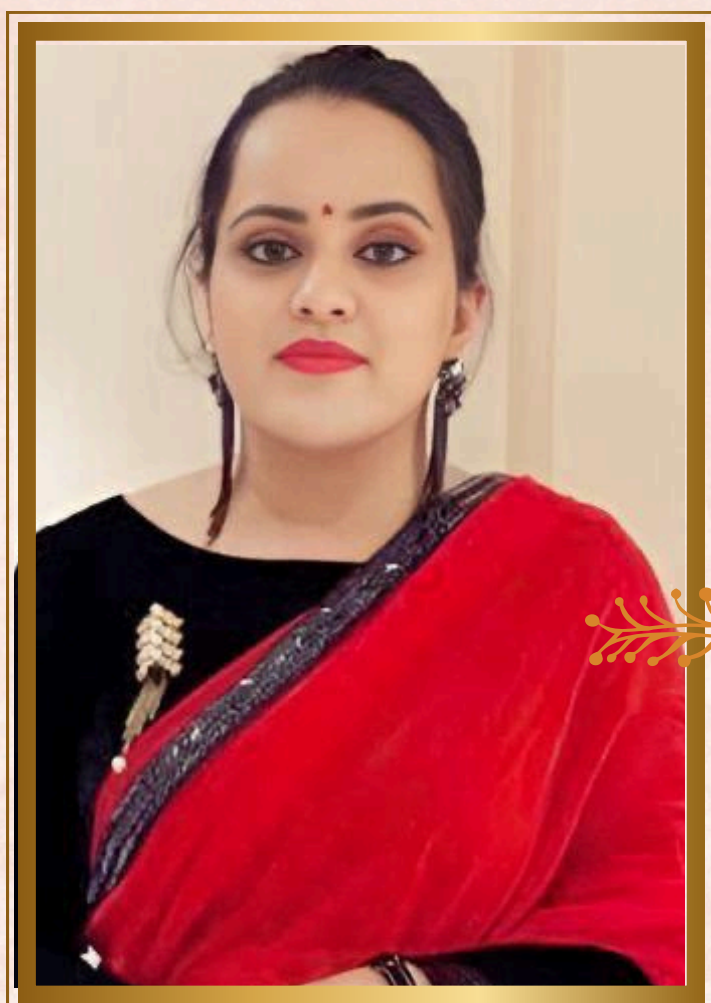
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### ALUMNI CONNECT



Gunjot Kaur, an alumnus of BCM School, has been making strides in her professional and literary pursuits. Currently working as a Sales and Marketing Specialist with O2E Brands in Canada, Gunjot has honed her skills in strategic marketing, customer relationship management, and business development. Alongside her corporate career, she has nurtured a passion for writing. Gunjot's story has been published in "Under the Moonlit Sky - A Potpourri of Beautiful Tales" by StoryMirror, and her poetry features in "Scent of Words." Recognized as a Literary Colonel by StoryMirror Publications, Gunjot has also contributed articles to various newspapers and maintains a presence on social media platforms with her writings. Working on a novel, she credits the foundation and values from BCM School for her growth.

BCM School extends its best wishes to Gunjot for her future endeavours.



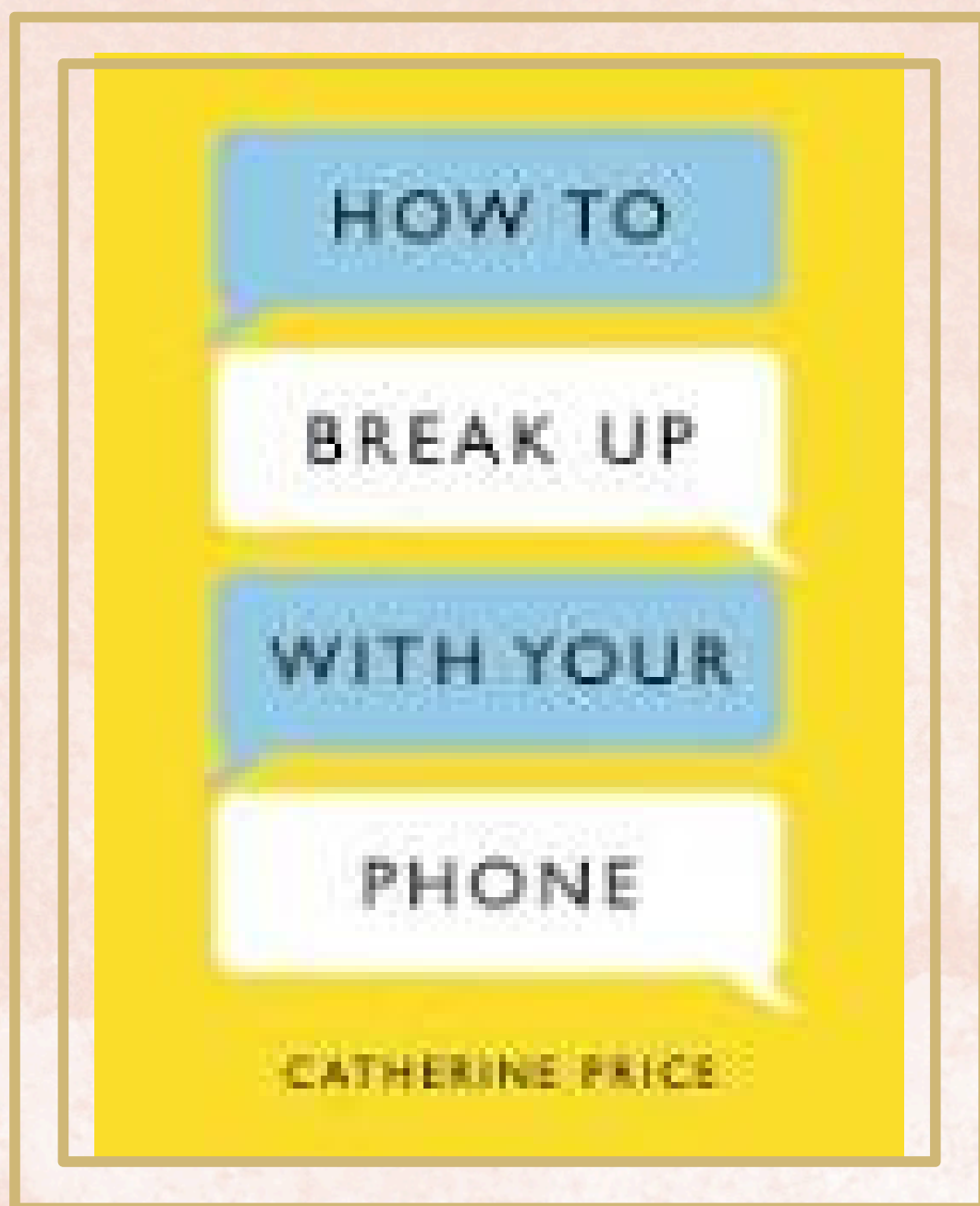
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## BOOK RECOMMENDATION : 'HOW TO BREAK UP WITH YOUR PHONE'



In 'How to Break Up With Your Phone', Catherine Price offers practical insights on reducing screen time and fostering a healthier relationship with technology. The book emphasizes becoming aware of phone habits, setting clear boundaries, practicing mindful consumption, finding alternative activities, and staying committed to reducing phone usage. By implementing these strategies, readers can break free from excessive phone use and cultivate more balance and fulfilment in their lives.

## THOUGHT OF THE DAY

Forget who hurt you yesterday, but don't forget those who love you everyday. Forget the past that makes you cry and focus on the present that makes you smile. Forget the pain but never the lessons you gained. 😊

## WORD

**Pungent**  
(adjective)

Having a strong taste or smell.

**Sentence:**

"The pungent smell of burning rubber filled the air."



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### PROUD PARTICIPATION OF BCM STUDENTS IN WORLD NEXUS CUP GLOBAL 2025



The Seven talented students from the school showed their skills at the prestigious World Nexus Cup Global 2025, held at Chandigarh University . This flagship international event, organised by Gulf Skill Pioneers Oman in collaboration with global partners, was designed to cultivate future-ready leaders through innovation, entrepreneurship, and cultural exchange.

The participants from our school were:

Ikjot Singh – XII Commerce B  
Jaskarn Singh – XI Science B  
Hitin Katyal – XI Science B  
Angel Chauhan – IX Daisy  
Prishhita Gurtu – XI Commerce B  
Osheen Hastir – XI Arts A  
Diya – XII Arts B

Out of these, six students participated in the Innovative Challenge, while one showcased talent in Cultural Inova.

Through their active involvement, the students gained invaluable knowledge, particularly on SDG-17 (Partnerships for the Goals), and significantly enhanced their communication, collaboration, and practical understanding of forging both national and international partnerships. This exposure has equipped them with essential insights into addressing critical global issues while strengthening their leadership and teamwork skills.

Their participation stands as a proud moment for BCM School, highlighting our commitment to nurturing globally competent and socially responsible young leaders.



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### BCM SCHOOL DUGRI ORGANIZED INTER-BCM SPORTS QUIZ 2025



The school proudly hosted the Inter-BCM School Sports Quiz, bringing together bright young minds from various BCM branches for an electrifying battle of wits and sports knowledge. The quiz celebrated not only sporting facts but also the spirit of teamwork, quick thinking and healthy competition.



The event commenced with the auspicious lighting of the lamp by School Principal Dr. Vandna Shahi along with Dean Administration Ms. Gurpreet Kaur Chandhok, symbolizing the spread of knowledge and inspiration. A series of exciting quiz rounds followed, testing the participants'

presence of mind and depth of sports awareness and keeping the audience engaged till the very end.

After a thrilling contest, BCM School, Sector 32 claimed the winner's trophy, while BCM School Basant Avenue, Dugri secured the runner-up position. All the participating schools showcased exceptional talent and sportsmanship, making the event a memorable one.



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## HEALTH AWARENESS SESSION ON WORLD HEART DAY AT BCM SCHOOL, BASANT AVENUE



To mark World Heart Day, the school organised a Health Awareness Session for all Class XI students. The session aimed to sensitize young learners about the importance of heart health and the growing risks of lifestyle-related ailments.

The resource person, Dr. Swati Khurana, a renowned Consultant Physician and Clinical Cardiologist, delivered an insightful talk highlighting the alarming rise in conditions such as high blood pressure, diabetes and high cholesterol. She explained their causes, early warning signs and simple preventive measures, emphasizing the role of a balanced diet, regular exercise, stress management and timely health check-ups in maintaining a healthy heart.

Dr. Khurana motivated students to adopt healthy daily routines, avoid junk food and stay physically active to safeguard their long-term well-being. The interactive Question-Answer session enabled students to clear their doubts and gain practical tips for a heart-healthy lifestyle.

The session concluded with a Vote of Thanks presented by Dean Administration, Ms. Gurpreet Kaur Chandhok, who expressed gratitude to the resource person and commended the students for their active participation.



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### A SPECIAL ASSEMBLY ON **WORLD HEART DAY**



On the occasion of World Heart Day, Kindergarten school conducted a special assembly to raise awareness about the importance of heart health. The event aimed to educate students about the significance of maintaining a healthy heart and adopting proactive measures to prevent heart diseases.

During the assembly, teachers emphasized the crucial role of the heart in our lives and encouraged students to prioritise their heart health. They highlighted the benefits of a balanced diet and regular exercise in maintaining good heart functions.

The activity helped students develop self-awareness about their own heart health and learn new vocabulary related to the topic. By understanding the importance of heart health, students were motivated to adopt healthy habits and make informed choices about their lifestyle.

#### THOUGHT OF THE DAY

**DON'T DECREASE  
THE GOAL.  
INCREASE THE  
EFFORT.**

#### WORD

Word : **Indigenous**

Meaning :

Occurring, living or existing naturally in a particular place.

Synonym:

local, domestic, private