

#### BCM SCHOOL, CHANDIGARH ROAD, LUDHIANA

A Senior Secondary school of BCM Foundation Affiliated to CBSE, New Delhi Sec-32A, Chandigarh road, Ludhiana

www.bcmschools.org

Rotate in Values, Ready for the future

07 August 2025

## Campus Comect

# GRAND CLOSING CEREMONY OF CBSE CLUSTER XVIII BASKETBALL

BCM School, Chandigarh Road, concluded the CBSE Cluster XVIII Basketball Tournament (Boys) with a spirited Prize Distribution Ceremony for the Under-14, Under-17, and Under-19 categories. The event witnessed enthusiastic participation and celebrated the sportsmanship and teamwork of young basketball players from across the region.

The ceremony began with Welcome Greetings, followed by a melodious Welcome Song by the school's orchestra. The Principal's Address highlighted the importance of discipline and perseverance in sports. A visual presentation showcasing the Glimpses of the Tournament brought alive the electrifying moments from the past days. Participants also shared their experiences, followed by an engaging mime performance.

The much-awaited Prize Distribution Ceremony was the highlight of the day. The final results were as follows:

Under-19

- 🦞 Winner: Nankana Sahib Public School
- X Runner-up: BCM School, Sector 32

Under-17

- Winner: DAV Public School, Pakhowal Road
- 😿 Runner-up: Springdale Public School

Under-14

- Winner: DAV School, Pakhowal Road, Ludhiana
- Runner-up: Springdale Public School,
  Amritsar

The audience was further entertained by a vibrant Gujarati Folk Dance, after which Sh. Suresh Chandra Munjal and Dr. Prem Kumar addressed the gathering, appreciating the spirit of the tournament and encouraging students to strive for excellence in both academics and sports. The ceremony concluded with the National Anthem, marking the end of a highly successful tournament.

BCM School takes pride in hosting such impactful sporting events that nurture future champions and instill values of teamwork, resilience, and leadership.















# Campus Connect





























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### Eat Smart This Monsoon: Students Promote Healthy Habits Through Talk Initiative

"Eat Smart This Monsoon – Tiffin Talk" activity was conducted by Health Club and English Articulator club on August focusing on healthy eating habits during the rainy season.

Students participated enthusiastically by bringing homemade, monsoon-safe snacks in their tiffins. During the session, students shared informative and thoughtful lines highlighting the importance of avoiding fried snacks, raw salads, and outside juices during monsoon due to hygiene concerns.

They also emphasized the need to drink boiled water and discussed the benefits of immunity-boosting ingredients such as ginger, tulsi, and turmeric.





### Life Skills as necessary as other skills-In a session with the Principal





A special Life Skills Session was conducted for the students of Class VIII by our Respected Principal Sir on 6th August 2025. The session aimed at helping students understand the importance of building essential life skills for leading a balanced, meaningful, and successful life.

Principal Sir began by reflecting on the Gayatri Mantra, encouraging students to understand its essence and start each day with gratitude for life and the healthy body they are blessed with. He stressed the importance of having a disciplined daily routine, including the habit of waking up early and practicing mindfulness.

Throughout the session, Sir spoke about how positive thoughts act as food for the brain, and how having a passionate heart filled with enthusiasm and purpose can shape one's character and future. He also emphasized strengthening LSRW (Listening, Speaking, Reading, Writing) skills as a foundation for communication and overall development.

The session was highly motivating, interactive, and well-received by the students

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#### PATRIOTIC FERVOR ECHOES ACROSS CAMPUS







In a vibrant display of national pride, students of BCM School participated in a Speaking Activity centered around the Value of the Month — Patriotism. The event provided a platform for young voices to express their deep love and respect for the nation.

Students showcased their feelings through heartfelt poems, powerful speeches, and thought-provoking slogans, each reflecting a strong sense of national identity and pride. The activity not only ignited a patriotic spirit among the participants but also inspired their peers to uphold the values of unity, integrity, and devotion to the country.

The initiative served as a meaningful step in nurturing responsible citizens who are aware of their role in the nation's progress.





### Thought of the day



Believe in the power of small steps. Every great journey begins with a single move forward. Stay consistent, stay hopeful, and trust that progress—no matter how slow—still leads to success.

### Book of the day

"The Midnight Library" by Matt Haig
Today's Book of the Day is The Midnight Library by
Matt Haig, a bestselling novel exploring life's
infinite possibilities. The story follows Nora Seed,
who finds herself in a mysterious library between
life and death, where each book offers a glimpse
into what could have been. Praised for its
emotional depth and philosophical insight, Haig's
novel resonates with readers questioning their
choices.

#### Health tip of the day

Drink plenty of water, get 7-8 hours of sleep, move your body daily, and eat whole, unprocessed foods. Limit sugar, manage stress, and take breaks from screens. Small, consistent habits lead to lasting health.

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