



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

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BCM FOUNDATION HOSTS ONLINE TEACHERS' DAY ADDRESS BY CHAIRMAN SUNIL KANT MUNJAL





On the occasion of Teachers' Day, BCM Foundation organized a special online gathering of over 600 educators from all BCM institutions.

The program began with a warm welcome by Mr. Prem Kumar, Executive Director, BCM Foundation, followed by a formal welcome address by Ms. Manju Bhatti, Vice Principal, BCM School Chandigarh Road. Adding to the spirit of the occasion, Ms. Anita Gupta, Ms. Tapasya Mukker, and Ms. Jaspreet Obhrai shared their reflections, setting an inspiring tone for the event.

Addressing the educators, Mr. Sunil Kant Munjal, Chairman, BCM Foundation, applauded the discipline, strength, and leadership of teachers. He emphasized the importance of their ability to learn, unlearn, and relearn in the era of technological advancements, while also remembering Dr. Sarvepalli Radhakrishnan, in whose honor Teachers' Day is celebrated. Mr. Munjal also highlighted the lifelong influence of teachers in shaping students' lives.

The celebration concluded with a Vote of Thanks by Mr. S.K. Rai, leaving the gathering of educators inspired and motivated.





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BCM STUDENTS EXCEL IN NATIONAL FINANCIAL LITERACY ASSESSMENT TEST (NFLAT)



Students of BCM School, Chandigarh Road have brought laurels to the institution by excelling in the National Financial Literacy Assessment Test (NFLAT) conducted by the National Centre for Financial Education (NCFE).

Dhruv (Grade VI) emerged as the National Level Winner, securing the First Position with his exceptional knowledge, analytical skills, and confidence.

At the zonal level, Rachit Semwal (Grade VI) achieved the First Position in the North Zone (Junior Category), while Paawani secured the Third Position in the North Zone (Junior Category).

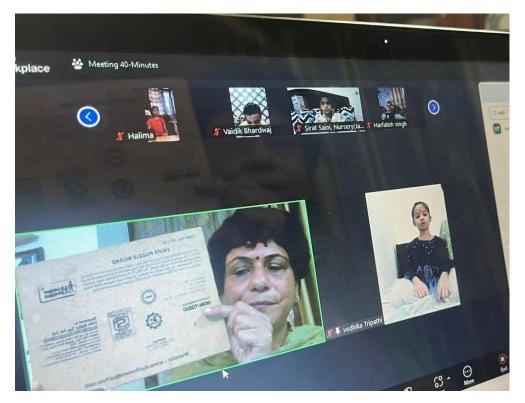
Congratulating the achievers, the School Principal, Mr. D.P. Guleria, praised their remarkable performance and acknowledged the dedicated efforts of the teachers and the unwavering support of their parents in this success.





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FOUNDATIONAL STAGE HOSTS VIRTUAL ACTIVITIES "MY IDENTITY BOX" & "SHAPE SAFARI"





Foundational Stage organised two exciting virtual activities for LKG students - "My Identity Box" and "Shape Safari". The first activity encouraged children to introduce themselves, building confidence and communication skills, while the second made learning shapes fun and interactive. Both sessions provided joyful and engaging learning experiences for the tiny tots.

STAYING STRONG, STAYING FOCUSED: A STUDENT'S GUIDE DURING CHALLENGING TIMES

These are difficult days for Punjab. With the devastating floods, the state has been officially declared disaster-hit. Schools and colleges have shifted completely to the online mode of learning, and while the focus remains on safety and survival, another challenge is also around the corner - midterm examinations.

For students, it may feel overwhelming to prepare for exams while dealing with uncertainty at home and in society. But it is in these tough times that resilience, focus, and discipline become even more important. Remember, the storm may test us, but it also makes us stronger.

Here are a few reminders to help you stay balanced and focused:

- 1. Create a Study Routine: Even though the mode of learning has changed, discipline remains the key. Set small, achievable goals for each day and follow a fixed timetable.
- 2. Stay Healthy: Your body fuels your mind. Eat simple, home-cooked food, stay hydrated, and take short breaks to stretch or move around. Avoid overloading yourself with screen time.
- 3. Prioritize Mental Well-being: It's natural to feel anxious, but don't let fear take control. Practice deep breathing, meditation, or journaling. Talking to parents, teachers, or friends can also help lighten the emotional load.
- 4. Use Technology Wisely: Online classes and resources are a blessing in such times. Make use of digital study materials, recorded lectures, and practice tests. At the same time, avoid unnecessary distractions on gadgets.
- 5. Prepare for the Unexpected: These times remind us that life can change suddenly. By staying committed to your studies, you are preparing yourself for the future, no matter what challenges come your way.
- 6. Stay Hopeful and Grateful: Tough times don't last forever. Hold on to hope, and be grateful for the support of family, teachers, and friends who are walking with you through this phase.

Midterms are not just about marks - they are an opportunity to prove to yourself that you can rise above adversity. Education equips you for the future, and even in times of crisis, it must remain a priority.

So, stay strong, stay focused, and remember: your determination today will become your strength tomorrow.

