



Campus Connect

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Poshan Pakhwada Sparks Nutritional Wisdom in Classrooms

Ludhiana, April 21, 2025 - As part of the national Poshan Pakhwada 2025 celebrations, the Primary Wing students participated in engaging activities like 'My Healthy Plate' and Food Pyramid Making. Through Smart Class sessions, teachers sensitised young learners about balanced meals, healthy food choices, and the importance of nutrition in daily life.

In the Senior Wing, students of Class XI and XII expressed their understanding of nutrition through a Poster Making Activity. Their thoughtful, vibrant posters reflected deep awareness about health, wellness, and the role of diet in holistic development.

Literary Week Day-3 Brims with Expression and Eloquence

Day 3 of the Literary Week witnessed vibrant participation from the Senior Wing in slogan writing and a thought-provoking debate competition that showcased confidence, clarity, and critical thinking. Debate winners were recognised for their thoughtful arguments, confident delivery and command over language.

Simultaneously, Middle Wing students continued their Round 2 contests - Class VI impressed with storytelling, Class VII presented witty Ad Mania campaigns, and Class VIII shared insightful Book Talks. These literary ventures sparked creativity, deepened language skills, and inspired love for expression.



Thought of the Day

Empowering women is not just about equality; it's about unlocking the full potential of a nation. When a woman rises, the entire community soars.



Upneet Kaur Bags Best Debater Trophy at Ambit Youth Parliament

Upneet Kaur of Class 12 brought laurels to BCM School by winning the Best Debater Trophy at the Ambit Youth Parliament held at GNE College, Ludhiana, on April 19–20, 2025. Representing Rahul Gandhi in the Lok Sabha Committee, she impressed the jury with her powerful arguments and deep understanding of national issues. She was awarded ₹3100, a trophy, and a certificate for her stellar performance.



BOOK RECOMMENDATION

HOW TO WIN FRIENDS & INFLUENCE PEOPLE

BY DALE CARNEGIE

A timeless classic, *How to Win Friends and Influence People* offers practical principles to master communication, build genuine relationships, and earn lasting influence. With real-life examples and timeless wisdom, Dale Carnegie teaches the art of empathy, active listening, and persuasion. Ideal for students, this book enhances social intelligence, boosts confidence, and equips readers with essential life skills. Its lessons are simple yet powerful—making it a must-read for personal growth and academic success alike.

