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BCM SCHOOL CHANDIGARH ROAD FOUNDATIONAL STAGE WORLD HEALTH DAY ACTIVITY REPORT

World Health Day was observed at BCM School Chandigarh Road Foundational Stage to promote healthy eating habits among young learners. Students were guided about the importance of nutritious food and were encouraged to bring healthy tiffins.

The activity was conducted according to different age groups. Nursery students pasted stickers of fruits and vegetables to make headgear, helping them recognize healthy food items. LKG students sorted cutouts of healthy and unhealthy food into “happy” and “sad” teeth, understanding their effect on dental health. UKG students pasted cutouts in a “thumbs up” sign, reinforcing good food choices.

The activity helped students understand the importance of healthy eating in a simple and engaging way.



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HEALTH DAY CELEBRATION IN PRIMARY WING

Health Day was celebrated with great enthusiasm in the Primary Wing to promote healthy living habits among students.

Students of Classes I-III participated in a Role Play on Healthy vs Junk Food, effectively conveying the importance of making nutritious food choices.

Students of Classes IV-V performed simple yoga poses, highlighting the significance of physical fitness, flexibility, and mental well-being.

The celebration was engaging and informative, encouraging students to adopt a healthy lifestyle from an early age.



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MORNING ASSEMBLY: "INNER BALANCE: THE KEY TO A HEALTHY LIFE"



On the occasion of World Health Day, a meaningful and thought-provoking morning assembly was conducted on the theme "Inner Balance: The Key to a Healthy Life." The presentation served as a gentle reminder that true health is not merely the absence of illness, but a harmonious balance between the mind and body.

The assembly commenced with a warm and respectful welcome extended to the parents, followed by the esteemed teachers and dear students. The anchors gracefully introduced the value of the month—Perseverance—highlighting it as a vital quality that empowers individuals to remain strong, patient, and determined even in the face of challenges. The significance of World Health Day was also shared, encouraging everyone to adopt habits that promote both physical fitness and mental well-being.

Adding depth to the assembly, a thoughtful speech by Manya emphasized that mental health is a continuous journey of self-awareness, care, and balance. Her words inspired the audience to reflect on the importance of managing stress, expressing emotions, and seeking support when needed.

The assembly further featured a powerful Nukkad Natak, which effectively portrayed the silent struggles faced by students in their daily lives. The performance acted as a mirror to reality, spreading awareness about emotional challenges and encouraging empathy, kindness, and mutual support among peers.

A soulful flute performance by Aditya Thakur created a serene and calming atmosphere, captivating the entire audience with its soothing melody. This was followed by an energetic dance performance that infused the assembly with enthusiasm and joy, beautifully symbolizing the balance between calmness and vitality.

Each segment of the assembly was thoughtfully planned and executed, coming together like a harmonious blend of expression and awareness. The presentation not only informed but also inspired, leaving a lasting impact on everyone present.

The assembly concluded with an encouraging message urging students to take care of their mental well-being, extend support to others, and embrace perseverance as a guiding force in their lives.

All the students of the class contributed wholeheartedly to make the assembly a memorable and meaningful experience.



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US-ISRAEL IRAN WAR: A CONFLICT RESHAPING THE GLOBAL ORDER

The conflict involving the United States, Israel, and Iran has emerged as one of the most serious geopolitical crises of the modern era. What began as long-standing tensions over nuclear ambitions and regional dominance has now escalated into direct military confrontation, raising concerns across the world.

The roots of this conflict go back decades, particularly after the Iranian Revolution, which reshaped Iran's political landscape and its relations with the West. Over time, Iran's nuclear program and its growing influence in the Middle East became major concerns for both Israel and the United States. The breakdown of the Iran nuclear deal further deepened mistrust, closing the door on diplomatic solutions.

By 2026, tensions had reached a tipping point. Coordinated strikes by the United States and Israel targeted Iran's nuclear facilities and military infrastructure, aiming to curb its strategic capabilities. In response, Iran launched missile and drone attacks on key targets, intensifying the conflict and spreading instability across the region.

The impact of this war extends far beyond the battlefield. Iran's strategic position near the Strait of Hormuz—a crucial route for global oil transportation—has made the conflict a global economic concern. Any disruption in this region leads to rising oil prices, inflation, and economic uncertainty, affecting countries worldwide.

Despite ongoing hostilities, diplomatic efforts continue. Various nations are attempting to mediate and bring about a ceasefire, but deep-rooted mistrust and conflicting interests make a permanent resolution difficult. Temporary pauses in fighting provide limited relief, but the threat of escalation remains constant.

In conclusion, the US-Israel-Iran war is not just a regional dispute but a conflict with global implications. It highlights the fragile nature of international relations and the far-reaching consequences of unresolved tensions. The coming period will be crucial in determining whether diplomacy can prevail or if the conflict will further destabilize the global order.



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