

# Campus Connect

## “HEALTHY BODY, ACTIVE MIND – BUILDING STRONG FOUNDATIONS”

The Signature Activity on PT Exercises, conducted by Ms. Kamlesh (Sports Teacher), was organized at BCM School Chandigarh Road Foundational Stage to promote physical fitness and active learning among students.

The session commenced with a warm-up routine, preparing the children for the exercises ahead. Ms. Kamlesh demonstrated a variety of simple and age-appropriate PT exercises such as jumping jacks, spot jogging, stretching, arm rotations, and balancing activities. Her energetic guidance and clear instructions motivated the students to participate with enthusiasm.

The children actively engaged in the exercises, displaying excitement, coordination, and discipline. The session was conducted in a lively and enjoyable manner, ensuring maximum participation from all students. Special attention was given to posture, rhythm, and synchronization.

This signature activity by Ms. Kamlesh effectively highlighted the importance of regular physical exercise in developing strength, flexibility, and concentration among young learners. It also encouraged teamwork and instilled healthy habits from an early age.

Overall, the activity was refreshing, energetic, and impactful, leaving the students motivated to stay active and healthy.



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## CLASS X-B ASSEMBLY

### THEME: "90S VS 20S – UNDERSTANDING THE CONTRAST"

The Class XB assembly was conducted in an organized and commendable manner on the theme "90s vs 20s – Understanding the Contrast." The objective of the assembly was to present a comparative understanding of the lifestyles, values, and advancements across the two eras, thereby fostering awareness among students and parents.

The programme commenced with a formal welcome address delivered by the class in-charge, who extended a warm greeting to the esteemed parents and students. This was followed by a series of well-coordinated cultural performances, including a graceful dance presentation by the girls, a captivating tabla performance, and an energetic dance performance by the boys, all of which were highly appreciated by the audience.

The assembly also incorporated interactive and intellectual segments. A quiz based on Odisha engaged the audience and enhanced their knowledge, while a thoughtfully presented TED Talk encouraged reflection on the evolving dynamics between the two generations.

The programme concluded with a formal vote of thanks, expressing sincere gratitude to all dignitaries, participants, and organizers for their valuable contribution to the success of the event.

In conclusion, the assembly was both enlightening and engaging, effectively highlighting the contrasts between the 1990s and the present decade, and successfully promoting a deeper understanding and connection among generations.



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## “IMPACT OF TECHNOLOGY ON MODERN EDUCATION”

Technology in the modern classroom has transformed the way students learn and teachers teach. With the integration of digital tools, education has become more interactive, engaging, and accessible. Devices such as laptops, tablets, and smartboards allow teachers to present information in dynamic ways, moving beyond traditional textbooks and lectures.

One of the most significant advantages of technology is access to vast online resources. Students can explore educational videos, digital libraries, and interactive simulations that enhance their understanding of complex concepts. This not only supports different learning styles but also encourages self-paced and independent learning.

Technology also improves communication and collaboration. Online platforms enable students to work together on projects, share ideas, and receive instant feedback from teachers. Virtual classrooms and video conferencing tools have made it possible for learning to continue beyond physical boundaries, especially during challenging times.

Moreover, technology helps teachers track student performance more efficiently. Educational software can analyze progress, identify strengths and weaknesses, and provide personalized learning experiences. This allows educators to tailor their teaching methods to meet individual student needs.

However, the use of technology in classrooms also comes with challenges. Issues such as digital distraction, unequal access to devices, and over-reliance on technology must be addressed carefully. Teachers need proper training to effectively integrate technology into their lessons.

In conclusion, technology has become an essential part of modern education. When used thoughtfully, it enhances learning, fosters creativity, and prepares students for the digital future.



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