



Campus Connect

A SPLASH OF HAPPINESS:

BCM SCHOOL WISHES EVERYONE A JOYOUS HOLI



The Foundational Stage celebrated Holi with great enthusiasm and creativity. Nursery students made colourful splashes with pompoms, while LKG learners decorated water-gun cutouts. The UKG students showcased their artistic skills by crafting a beautifully painted tree with vibrant colours, symbolising joy, unity, and the festive spirit of Holi. Students also cheerfully applied colours to one another, spreading happiness and togetherness.



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Six routines to

Improve Your Wellbeing

01

Practice Positive Mindset

Positive mindset, positive life. We approach discomfort in a more positive and productive manner when we think positively.

02

Exercise Regularly

A body that has been conditioned to exercise on a regular basis is healthier and stronger.

03

Eat balanced diet

A balanced diet gives your body the nutrients it needs to grow and stay healthy. Follow [ICMR](#) guidelines.

04

Practice mindfulness and gratitude

Being grateful entails accepting what we already have and letting go of what we don't, which can help us feel better about ourselves.

05

Stay Hydrated

- Drink water regularly
- Eat Hydrating Foods like watermelon, cucumber, oranges, and strawberries
- Choose Water over Sugary Drinks.
- Monitor Urine Color

06

Maintain a study-life balance

Achieving study-life balance is said to be beneficial to both mental and physical health. Add [hobbies](#) to your life.

By: Sagar Khandelwal



Editor & Coordinator: Ms. Sanskriti Verma (PGT Mass Media)