

Vol. 1

April 1, 2024 to April 30, 2024

# BCM SPECTRUM

CELEBRATING TALENTS  
AND CREATIVITY



**BCM  
SCHOOL**

PAKHOWAL ROAD  
BASANT CITY  
LUDHIANA

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# EMBARKING ON A JOURNEY:

*Welcoming  
Students to  
2024-25  
School Session*



Unity Shines Bright in Celebration



EID JOY







**CLUB  
CONVERGENCE**  
Igniting  
Passion,  
Unleashing  
Talent!







Baisakhi



Herald of Harvest Happiness and Prosperity



# REMEMBERING MAHATMA SATYANAND JI MUNJAL



A Tribute  
to a  
Visionary  
Leader







# EMBRACING DIVERSITY

*Students Discover Cultural Richness on  
Heritage Day*





# Taking Action

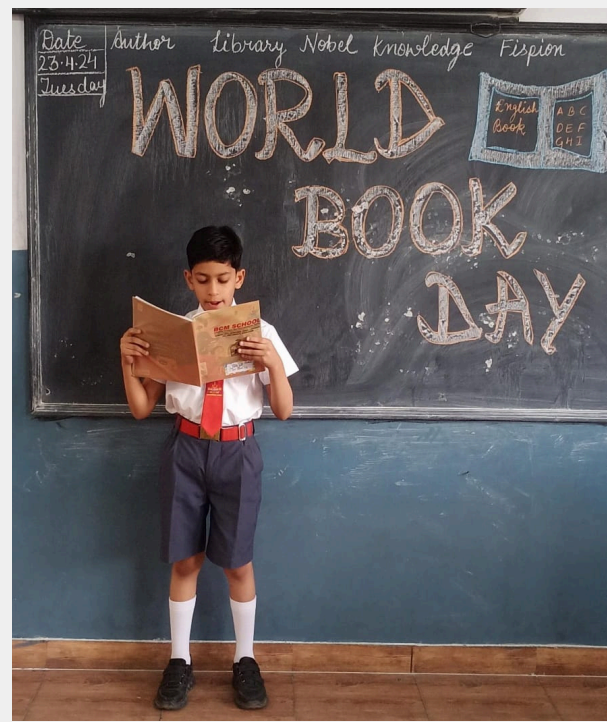
Students Commemorate World Earth Day  
with Conservation Activities





# INSPIRING READERS

STUDENTS EMBRACE  
THE MAGIC OF  
BOOKS ON  
WORLD BOOK DAY





# THRILLING COMPETITION



*U-14 School Teams Shine in Inter-House Kho-Kho Showdown*





# Insights from the Field



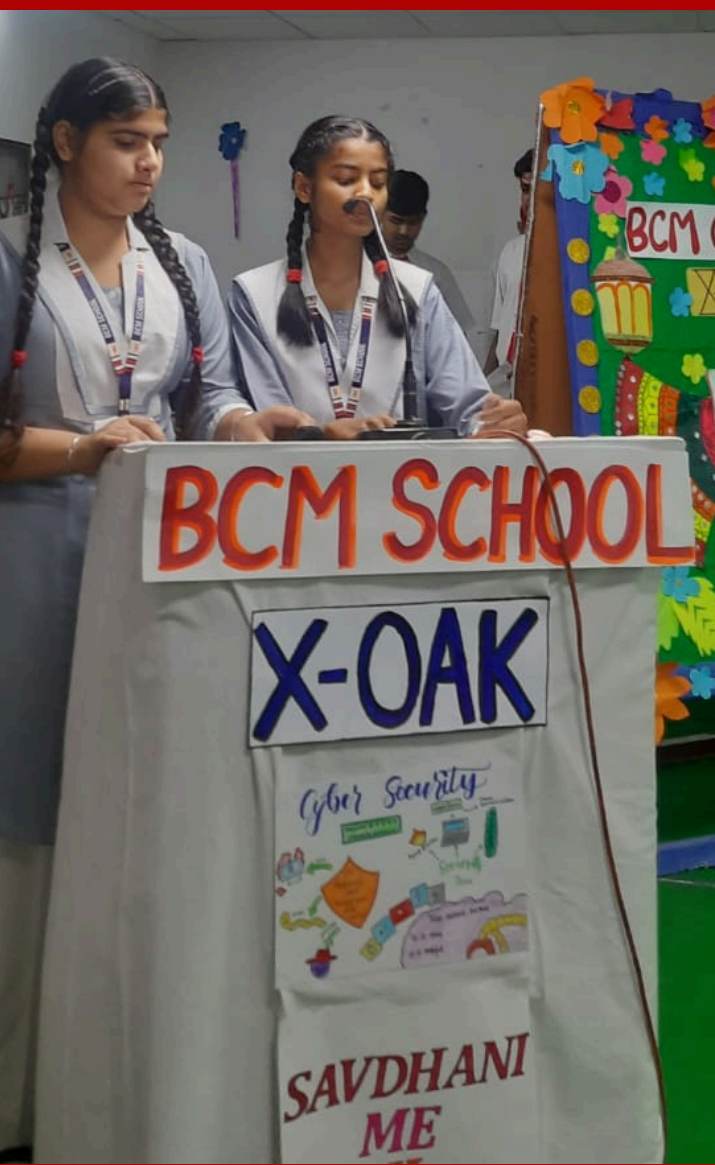
*Guest Lecture by Mrs. Jagdeep Cheema on World Veterinary Day*



# EMPOWERING TOMORROW

*Students Host Forum on*

**'CYBER SECURITY AWARENESS'**





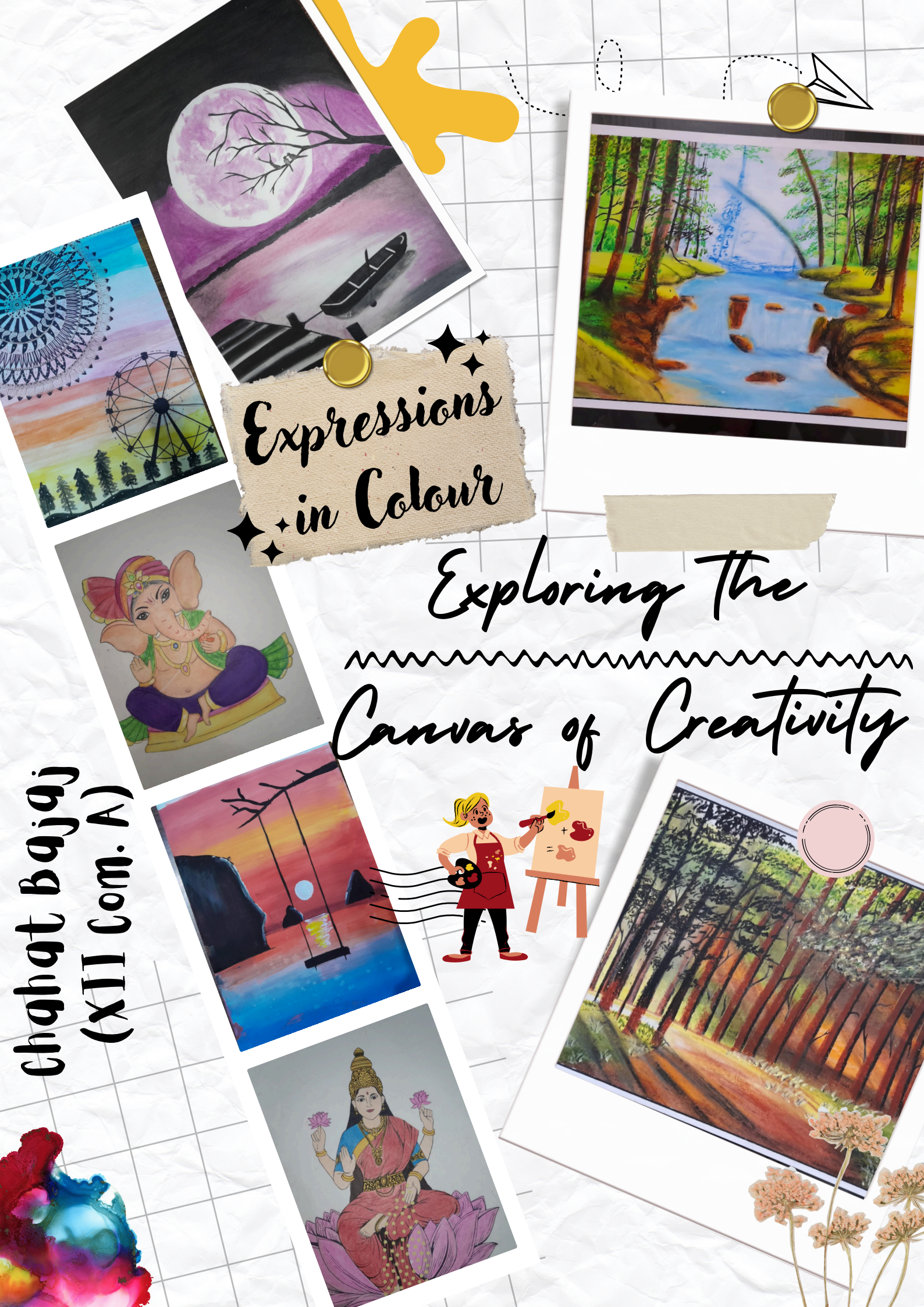
# SPARKLING BEGINNINGS



**NURSERY AND PRE-NURSERY FRESHER PARTY  
IGNITES ENTHUSIASM**



Chahat Bajaj  
(XII Com. A)







Exploring

Holistic

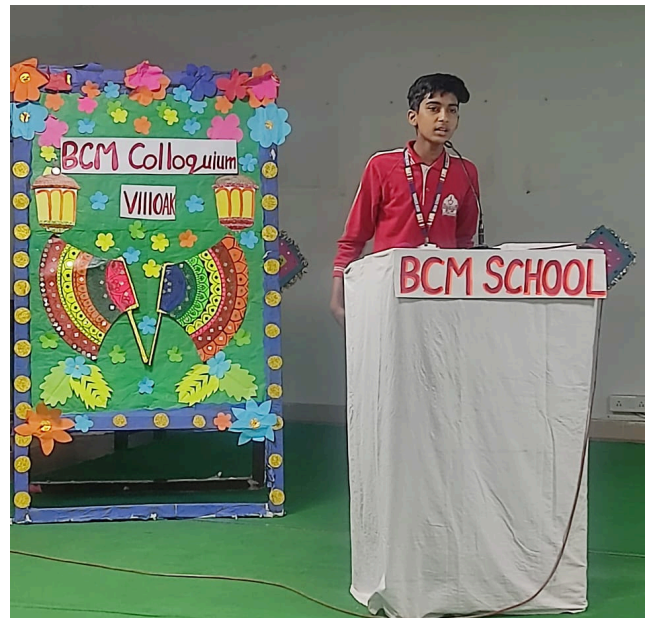
Development





# EXPLORING GOVERNANCE

Students Shine in  
Delving into the  
'Parliament of India' at  
BCM Colloquium





छणशः कणशश्चैव विद्यामर्थं च साध्ययेत्॥

छणै नष्टे कुतो विद्या कणै नष्टे कुतौ धनम्॥

अर्थात् - एक-एक क्षण गँवाए बिना विद्या पानी चाहिए;

एव और अन्न का एक भी कण नष्ट नहीं करना चाहिए। क्योंकि छण और कण विद्या और अर्थ के लिए महत्वपूर्ण हैं। समय की बरबादी से विद्या प्राप्ति नहीं हो सकती। और कण की बरबादी से धन की प्राप्ति नहीं हो सकती। इसलिए दोनों का सदुपयोग अवश्य करें।

माता शत्रुः पिता वैरी येन बालो न पाठितः॥

न शोभते सभामध्ये हंसमध्ये बको यथा॥

अर्थात् - वह माता शत्रु और पिता वैरी के समान है जो अपने बच्चों को पढ़ाते नहीं। अशिक्षित व्यक्ति शिक्षित व्यक्ति के साथ हंस के मध्य में बगुले के समान होता है।

येषां न विद्या न तपो न दानं॥

ज्ञानं न शीलं न गुणो न धर्मः॥

ते मृत्युलोके भुविभार भूता।

मनुष्य रूपेण मृगाश्चरन्ति॥

अर्थात् - जिसके पास न विद्या न तप और न दानशीलता है।

वह मनुष्य रूप में पशु है। और इस पृथ्वी पर भार स्वरूप है।

॥ आचार्य कमलेश कंडवाल॥

॥ दक्षिता के पिता॥

कक्षा - नौवीं एबनी



## EMBRACING TECHNOLOGY: UNLOCKING THE POTENTIAL IN EDUCATION

In today's fast-paced world, technology plays a crucial role in shaping our daily lives. From smartphones to laptops, we are constantly surrounded by innovations that have transformed the way we communicate, work, and learn.

Technology offers numerous benefits in education, and I would like to highlight some of the key advantages:

**Access to Information:** With the internet at our fingertips, students have access to a wealth of information like never before. Instead of relying solely on textbooks, you can now explore diverse perspectives, conduct research, and access up-to-date information from around the globe. This enables you to develop critical thinking skills and encourages independent learning.

**Engagement and Interaction:** Educational technology, such as interactive whiteboards, educational apps, and online learning platforms, makes learning more engaging and interactive. Through multimedia presentations, simulations, and virtual labs, complex concepts can be explained in a visually stimulating manner, catering to different learning styles and preferences.

**Personalized Learning:** Technology allows for personalized learning experiences tailored to individual student needs. Adaptive learning platforms can adjust the pace and difficulty level of lessons based on students' progress, ensuring that each student receives the support and challenge they require to succeed.

**Collaboration and Communication:** Technology facilitates collaboration and communication among students and teachers, breaking down geographical barriers and fostering a sense of community in the classroom. Tools like video conferencing, discussion forums, and collaborative documents enable students to work together on projects, share ideas, and provide feedback in real-time.

**Preparation for the Digital Age:** In today's digital age, proficiency in technology is essential for success in almost every field. By integrating technology into education, we are equipping you with the digital literacy skills necessary to thrive in the 21st century workforce. Whether it's coding, digital design, or data analysis, technology opens doors to endless opportunities and career paths.

However, it's important to recognize that technology is a tool, not a substitute for effective teaching and learning practices.

**Ms. Baljinder Kaur  
(Computer)**

## A Showcase of Talent and Creativity!



## MENTAL HEALTH MATTERS: BREAKING THE STIGMA AND PROMOTING WELL-BEING

"Your mental health is not your weakness, it's your strength."

### **Introduction:**

Mental health is a fundamental aspect of overall well-being, yet it remains shrouded in stigma and misunderstanding. In this article, we'll explore the importance of mental health, challenge common misconceptions, and discuss strategies for promoting mental well-being and resilience.



**Anwesha  
Std. X Pine**

### **Understanding Mental Health:**

Mental health encompasses emotional, psychological, and social well-being, influencing how we think, feel, and behave in our daily lives. It is essential for coping with stress, building healthy relationships, and achieving our full potential. Mental health conditions, such as depression, anxiety, and schizophrenia, are common and can affect anyone regardless of age, gender, or background.

### **Breaking the Stigma:**

Despite progress in recent years, stigma and discrimination continue to surround mental health, preventing many individuals from seeking help and support. Stigma arises from misconceptions, fear, and prejudice, perpetuating harmful stereotypes and barriers to care. Challenging stigma requires education, empathy, and open dialogue to promote understanding and acceptance of mental health conditions.

### **Promoting Mental Well-Being:**

Promoting mental well-being involves adopting a holistic approach that addresses the physical, emotional, and social aspects of health. Here are some strategies for promoting mental well-being:

1. **Self-Care:** Prioritize self-care activities such as regular exercise, adequate sleep, healthy eating, and relaxation techniques to manage stress and enhance resilience.
2. **Social Support:** Build strong support networks with friends, family, and community resources to foster connections, share experiences, and seek help when needed.

Exploring the Creative Genius of  
Student Minds



**3. Mindfulness and Meditation:** Practice mindfulness and meditation to cultivate awareness, reduce rumination, and improve emotional regulation and overall well-being.

**4. Seeking Help:** Reach out to mental health professionals, such as therapists, counselors, or psychiatrists, for support, guidance, and treatment options tailored to individual needs.

**5. Advocacy and Awareness:** Advocate for mental health awareness, support initiatives that promote mental well-being, and challenge stigma in your community and society at large.

### Navigating Challenges:

Navigating mental health challenges can be daunting, but it's essential to remember that recovery is possible with the right support and resources. Whether seeking therapy, joining support groups, or exploring self-help strategies, there are numerous paths to healing and resilience. It's okay to ask for help and take small steps towards prioritizing your mental health and well-being.

### Conclusion:

Mental health is a vital component of overall wellness, deserving of attention, compassion, and support. By breaking the stigma, promoting mental well-being, and fostering a culture of acceptance and understanding, we can create communities where everyone feels valued, heard, and empowered to seek help when needed. Let us work together to prioritize mental health and build a world where well-being is accessible to all.

1. शोको नाशयते धैर्यं, शोको नाशयते श्रुतम् ।  
शोको नाशयते सर्वं, नास्ति शोकसमो रिपुः ॥
2. सत्यं माता पिता ज्ञानं धर्मो भ्राता दया सखा ।  
शान्तिः पत्नी क्षमा पुत्रः षडेते मम बान्धवाः ॥
3. सर्वार्थसंभवो देहो जनितः पोषितो यतः ।  
न तयोर्याति निर्वेशं पित्रोर्मत्र्यः शतायुषा ॥
4. यत्र नार्यः तु पूज्यन्ते रमन्ते तत्र देवताः ।  
यत्र एताः तु न पूज्यन्ते सर्वास्तत्र अफलाः क्रियाः ॥



**Love Sharma**  
Std. IX Teak



## कर्म और भाग्य में अन्तर

लोग कहते हैं कि भगवान सबका भाग्य लिखते हैं परन्तु यदि ऐसा होता तो परमात्मा सबका भाग्य बहुत ही अच्छा लिखते और दुनिया में किसी को कोई दुख होता ही नहीं। सत्य यह है कि भगवान ने हर किसी को कर्म रूपी एक ऐसी कलम दी है जिसके द्वारा वह अपना भाग्य, जैसा चाहे वैसा लिख सकता है। मनुष्य स्वयं ही अच्छे और बुरे कर्म करके अपने भाग्य का निर्माण करता है, वह किसी को भी दोषी नहीं ठहरा सकता। यही कर्म और भाग्य का वास्तविक स्वरूप है। कहावत है -



Mukul Jain  
Std. IX Maple

सच कहने के लिए, शपथ की जरूरत नहीं होती, नदियों को बहने के लिए, पथ की जरूरत नहीं होती।

जो बढ़ते हैं जमाने में, अपने मजबूत इरादों पर, उन्हें मंजिल पाने के लिए, किसी रथ की जरूरत नहीं होती।

उन पुराने दरवाजों पर दस्तक देना बंद कर दो, जो हमारे लिए कभी खुल ही नहीं पाएंगे।

अपने रास्ते आप बनाओ, दरवाजे भी अपने लगाओ ,अपनी मर्जी से,जब चाहो वहां से गुजर जाओ।

समय को बदलने के लिए ,पहले चल रहे समय को स्वीकार करना जरूरी है। समय से मात्र शिकायतें करने वाले समय के शिकार बनते हैं, समय के परिवर्तक नहीं।



Exploring the Creative Genius of  
Student Minds



# *Spotlighting Student Success*



## **CELEBRATING ACHIEVEMENTS ACROSS CAMPUS**

**"Championing Excellence: Celebrating Our Olympiad Victors"**



# Harleen Kaur

## Selection to PCA Cricket Team

## A Milestone Achievement

CONGRATULATIONS





# Skating Sensation



**THE REMARKABLE  
JOURNEY OF  
SAMARVEER SINGH,  
NATIONAL PLAYER**







## **"VENTURING INTO THE UNKNOWN: A JOURNEY OF EXPLORATION"**

### **Takht Sri Kesgarh Sahib**

Takht Sri Kesgarh Sahib is a gurudwara located in the city of Anandpur Sahib. This gurudwara is one of the five Takhts of Sikhism and is considered to be a place of great historical and religious significance. It was at this gurudwara that the Khalsa was founded by Guru Gobind Singh in 1699. The Takht Sri Kesgarh Sahib is also famous for its beautiful architecture and is visited by thousands of people every year.



# THE PUZZLE PARADOX

## Unlocking the Mysteries of the Mind



1. What has keys but can't open locks?

2. I'm tall when I'm young, and I'm short when I'm old. What am I?

3. The more you take, the more you leave behind. What am I?

4. What has a head, a tail, is brown, and has no legs?

5. What has a neck but no head?

6. What comes once in a minute, twice in a moment, but never in a thousand years?

7. What is full of holes but can still hold water?

8. The person who makes it sells it. The person who buys it never uses it. The person who uses it never knows they're using it. What is it?





**UNLOCKING  
SPECIALIZED  
SKILLS:  
CERTIFICATE  
COURSES AFTER  
HIGH SCHOOL**

# EXPLORING PATHWAYS

## NAVIGATING CAREER OPTIONS FOR STUDENTS

High school graduates have numerous options to enhance their education and gain specialized skills through certificate courses. These courses, spanning a few weeks to a year, offer focused training in specific fields, serving as practical alternatives to traditional degrees. Here are some popular options:

**Digital Marketing:**

Covers SEO, social media, email marketing, and analytics for success in online marketing.

**Graphic Design:**

Teaches design principles, software proficiency, and problem-solving for careers in design.

**Web Development:**

Provides skills in HTML, CSS, JavaScript, and frameworks like Bootstrap and React for building websites and applications.

**Data Analytics:**

Introduces data manipulation, visualization, and statistical analysis using tools like Python, R, and SQL for roles in analytics and business intelligence.

**Hospitality Management:**

Offers training in hotel operations, event planning, and customer service, often including internships.

**Language Proficiency:**

Enhances language skills in languages like French, Spanish, or Mandarin for international opportunities.


THESE COURSES OFFER A FLEXIBLE  
AND FOCUSED PATHWAY FOR  
STUDENTS TO ACQUIRE VALUABLE  
SKILLS, WHETHER ENTERING THE  
WORKFORCE OR PURSUING HIGHER  
EDUCATION.





# Fascinating Finds

## Unveiling Amazing Facts

1. **Octopuses Have Three Hearts:** You might be fascinated to learn that these intelligent creatures have three hearts, two for pumping blood to the gills and one for pumping it to the rest of the body.
  2. **The World's Largest Living Structure:** The Great Barrier Reef off the coast of Australia is visible from space and is the largest living structure on Earth, composed of billions of tiny organisms known as coral polyps.
  3. **The Loudest Animal:** The blue whale holds the title for the loudest animal on Earth, with its calls reaching up to 188 decibels – louder than a jet engine!
  4. **Glowing Mushrooms:** There are bioluminescent mushrooms that glow in the dark! These fungi, found in forests around the world, produce light through a chemical reaction involving luciferin and oxygen.
  5. **The World's Deepest Lake:** Lake Baikal in Siberia, Russia, is the world's deepest and oldest freshwater lake, reaching depths of over 1,600 meters (5,300 feet) and containing around 20% of the world's unfrozen freshwater.
  6. **The Largest Flower:** The Rafflesia Arnoldian, native to the rainforests of Southeast Asia, produces the world's largest flower, which can grow up to 100 centimeters (39 inches) in diameter and emit a foul odor similar to rotting flesh.
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