

Campus Connect

BCM SCHOOL, CHANDIGARH ROAD, CELEBRATED BAISAKHI & AMBEDKAR JAYANTI

Baisakhi and Ambedkar Jayanti was celebrated on April 13, 2026, with great enthusiasm in the school campus. The celebration began with a special morning assembly where students delivered speeches highlighting the significance of Baisakhi as a harvest festival and its historical importance, including the formation of the Khalsa by Guru Gobind Singh. Tribute was also paid to the martyrs of the Jallianwala Bagh massacre.

Students actively participated in a variety of engaging activities under the theme “From Fields to Feelings.” This included collage making on Baisakhi rituals, a speaking activity on “Rain during harvest season – Blessing or Problem?”, and presentations on interesting facts about Dr. B. R. Ambedkar. Students also wrote biographies of Dr. Ambedkar and showcased farm-grown crops through a Show and Tell activity.

The celebration further included a virtual presentation on Baisakhi, a PPT on Punjab’s cultural heritage, poem recitation in Punjabi/Hindi titled “Jallianwala Bagh di Pukar,” assembly speeches, and folk song singing.

The programme was informative and vibrant, promoting awareness of cultural heritage, history, and the values of equality and unity.



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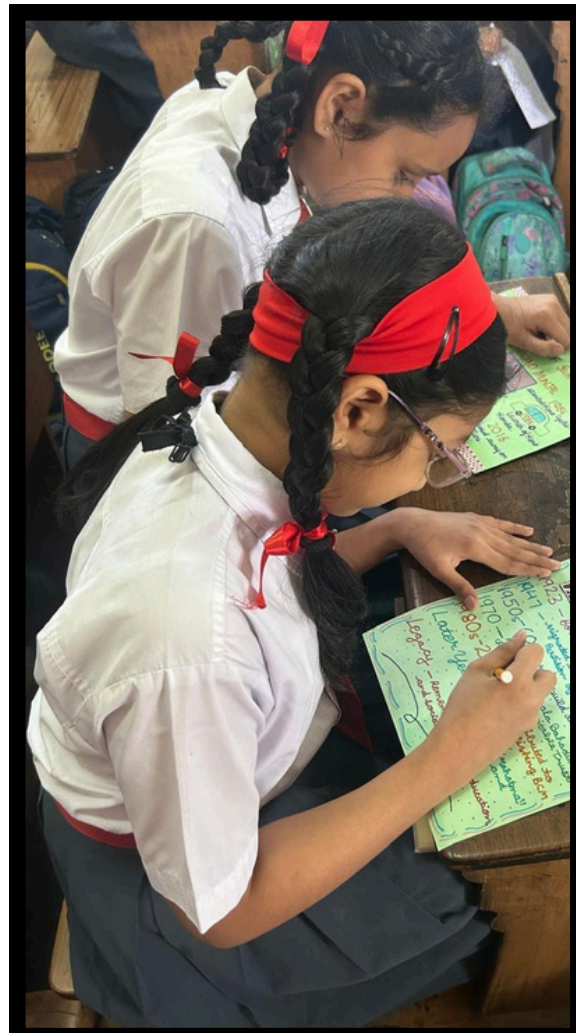
COMMEMORATING A VISIONARY LEADER: TRIBUTE TO MAHATMA SATYANAND JI MUNJAL

On the occasion of the death anniversary of our revered founder trustee, Mahatma Satyanand Ji Munjal, the school organized a series of poignant and meaningful activities across all wings, paying homage to his enduring legacy.

The Primary Wing students showcased their creativity through bio-sketch writing and infographic timelines, capturing the essence of his remarkable life. The Middle Wing presented a compelling biography, highlighting his contributions and impact. The Senior Secondary Wing prepared an inspiring documentary detailing the life journey of Mahatma Satyanand Ji Munjal, offering a deeper insight into his values and teachings.

The KG Wing added a touch of innocence and warmth with heartfelt poems and speeches, expressing their tribute to the visionary leader. Students across wings participated in Hawan Mantra recitation, penned his teachings, and expressed their respect through stamp designing, portrait making, and speeches in the assembly.

These activities served as a fitting tribute to Mahatma Satyanand Ji Munjal's life and teachings, inspiring students to embody his values.



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SCREEN TIME: HOW MUCH IS TOO MUCH?

“Technology is a useful servant but a dangerous master.”

This quote perfectly highlights the growing concern of screen time in today’s digital age. Screens have become an inseparable part of our daily lives. From smartphones and laptops to televisions and tablets, teenagers spend a significant portion of their day in front of screens. While technology has made learning easier and communication faster, excessive screen time has raised serious concerns. This leads to an important question—how much screen time is too much?

Screen time is not entirely harmful. In fact, it plays a vital role in education, entertainment, and social interaction. Online classes, educational videos, and research work have made learning more engaging and accessible. Social media platforms help teenagers stay connected with friends and express themselves creatively. However, the problem arises when screen usage becomes excessive and uncontrolled.

Spending too much time on screens can negatively affect both physical and mental health. One of the most common issues is eye strain, often referred to as “digital eye fatigue.” Teenagers may experience headaches, blurred vision, and dryness in the eyes. Moreover, excessive screen time reduces physical activity, which can lead to poor fitness levels.

Mental health is another area of concern. Overuse of social media can lead to anxiety, stress, and low self-esteem. Teenagers often compare themselves with unrealistic images and lifestyles shown online, which can affect their confidence. Additionally, excessive gaming or scrolling can disturb sleep patterns, making it difficult to focus on studies and daily activities.

Experts generally recommend limiting recreational screen time to about 2–3 hours per day for teenagers. However, this does not include time spent on studies or productive tasks. The key is maintaining a healthy balance between online and offline activities. Engaging in outdoor sports, reading books, spending time with family, and pursuing hobbies are essential for overall development.

To manage screen time effectively, teenagers can follow simple steps such as setting daily limits, taking regular breaks, and avoiding screens before bedtime. Parents and teachers also play an important role by guiding students and encouraging healthy habits.

In conclusion, screens are a powerful tool when used wisely, but excessive use can be harmful. Teenagers must learn to control their screen time and focus on a balanced lifestyle. As the quote reminds us, technology should serve us—we should not become its servants.



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