



THE SCHOOL CONNECT



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TIMES EDUCATION ICON 2018 -19



Bal Bhavan Public School, Mayur Vihar has made its mark in the education sector by being ranked 7 among challenger's category in a survey 'Top Schools of North India 2018' conducted by Optimal Media Solution for Times of India, India's premier newspaper.



The winners were felicitated by the Times Group at the Times Education Icon 2018-19

organized by the Optimal Media Solutions at the Constitution Club of India, Delhi. The Guests of Honour included Mr. Vijay Sampla (Minister for State for Social Justice and Empowerment), Mr. Avtar Singh Bandana (Senior BJP Leader), and Mr. Manoj Tiwari (Delhi BJP Chief).

The recently conducted event witnessed participation from more than 150 schools and institutes. The winners were acknowledged and felicitated at the event for their contribution in the field of Education. The Award was received by the Principal and Vice Principal of the school.



PROUD TO BE INDIAN

*Freedom in mind,
Faith in words,
Pride in our hearts,
Memories in our soul*

Is what makes this country INDIA.....

The school was filled with the patriotic fervour on 25th January, 2019 with the celebration of the 70th Republic Day. The day commenced with the customary chanting of the 'Gayatri Mantra', followed by a special set of performances prepared by the young patriots of class VI. The occasion was graced with the presence of Ms. Gloria Paul, Asst. Director of Smile Foundation, who encouraged the students with her benign presence.

The event began with a small play highlighting the pride one must take in serving one's country. The play incorporated a mellifluous performance by the school's choir group. Reverberated the cords of nationalism in every heart, the story of the play depicted the passion and dedication with which Indian soldiers perform their duty. The performances concluded with a mesmerizing dance exhibit reviving the soul of Unity in Diversity.

The event concluded with the prize distribution ceremony, where the winners in various categories were awarded by the guest of honour, Hon'ble principal, vice-principal, head mistress and senior co-ordinators of the school. After the ceremony, Ms. Gloria addressed the students appreciating their efforts and discussing the need of keeping the patriotism alive in every heart.



India and The World

PULWAMA ATTACK

'TRIBUTE TO OUR MARTYRS'

On February 14, a CRPF paramilitary convoy of about 2,547 troopers was returning to its base in Srinagar after a brief vacation. Just then, an SUV loaded with explosives rammed into one of the vehicles. One of the deadliest terror attacks throughout the turbulent history of insurgency in Kashmir, the dastardly attack left behind a casualty of 44 soldiers. About 45 severely wounded personnel continue to battle for their lives. While the incident has left the nation reeling in shock and anger, Bal Bhavan Public School stands with the CRPF jawans and their families. 14th February was a black day for India and we hope we never have to see another day like this. This day will not be forgotten and neither shall it be forgiven. The nation is extremely pained by this act of inhumanity perpetrated by terrorists. The school held 2 minutes silence as a mark of solidarity and tribute to the brave martyrs. In this hour of grief, we must stand together as a nation. We give our heartfelt condolences to the families of our valiant jawans. May the souls of our countrymen who laid their lives down for us rest in peace.



International Day of Education
is January 24!

The first-ever International Day of Education was celebrated on 24 January 2019 as per the resolution passed by the United Nations General Assembly on December 3rd 2018 to celebrate the role of education in development. The International Day of Education demonstrates the world's political will towards providing quality education to all and achieving sustainable development by 2030.

Satyarup Siddhanta becomes world's youngest to climb 7 highest volcanoes, 7 highest mountains in 7 continents



Satyarup Siddhanta, 35-year-old Kolkata mountaineer has set the world record of youngest to climb 7 highest volcanoes, 7 highest mountains in 7 continents in 7 years. He is also the first Indian to conquer the seven mountain peaks and seven volcanic summits.

Africa Centre for Climate and Sustainable Development

The Africa Centre for Climate and Sustainable Development was inaugurated by the Italian Prime Minister Giuseppe Conte at Rome. The centre has been opened by the Italian government in association with the United Nations Development Programme (UNDP) and the Food and Agricultural Organisation (FAO).



National Salt Satyagraha Memorial



Prime Minister Narendra Modi inaugurated the National Salt Satyagraha Memorial at Dandi in Navsari district, Gujarat. The memorial is conceived as an experiential journey recreating the spirit and the energy of the 1930 Dandi March led by Mahatma Gandhi and 80 of his fellow Satyagrahis. The memorial takes the visitors step by step through visualisation of events to aid them in understanding the methodology of Satyagraha, which finally led to India's Independence from the British colonial rule. The Memorial is the project of the Ministry of Culture, Government of India and is advised by a High-Level Dandi Memorial Committee (HLDMC) with IIT Bombay as a Design Coordination Agency.

International Year of the Periodic Table of Chemical Elements



UNESCO has declared 2019 as the International Year of the Periodic Table of Chemical Elements to commemorate the 150th birthday of the periodic table of chemical elements. The Periodic table of the Chemical elements was first published by Russian scientist Dmitry Mendeleev in the year 1869. The Periodic Table of Chemical Elements is the tabular arrangement of the chemical elements, arranged by atomic number, electron configuration, and recurring chemical properties.

World's longest expressway to come up in Uttar Pradesh



The government of Uttar Pradesh has approved the construction of the Ganga Expressway. The government has said that it would be the longest expressway in the world. The expressway will provide for better connectivity of the Prayagraj (Allahabad) to Western Pradesh.

Yuva Swabhiman Yojana

The government of Madhya Pradesh has announced the Yuva Swabhiman Yojana to provide employment for the unemployed youth from the economically weaker sections of the society. It aims to provide employment to the youth belonging to the weaker section of the society mainly in urban areas of the state. The scheme aims to provide 100 days of employment to youngsters from economically weaker sections of the society in urban areas.



India's Second Tulip Garden to Come up in Uttarakhand



The government of Uttarakhand has obtained the permission to develop the tulip garden over 50 hectares of forest land in Pithoragarh district at a cost of Rs 50 crore. It will be the second Tulip garden in the country after the one located in Srinagar of Jammu and Kashmir.

Punit Goenka named as New Chairman of BARC India



The Broadcast Audience Research Council of India (BARC India) has elected Punit Goenka MD and CEO of Zee Entertainment Enterprises Limited (ZEEL) as the Chairman. Punit Goenka as a founder Chairman of BARC had played a key role in institutionalizing BARC. Broadcast Audience Research Council of India (BARC India) is a collaborative Industry Company founded in 2010 by stakeholder bodies that represent Broadcasters, Advertisers, and Advertising and Media Agencies.

Delhi HC allows release of Movie '72 Hours Martyr who never died'



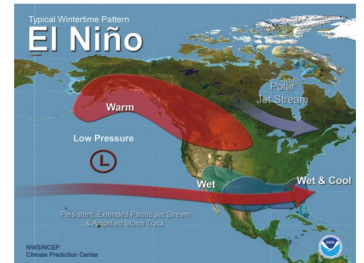
The Delhi High Court has allowed the release of the movie '72 Hours Martyr who never died'. The film was based on the life of the 1962 war hero Rifleman Jaswant Singh Rawat. Jaswant Singh Rawat was posthumously awarded the Maha Vir Chakra for gallantry during the 1962 war. The family members of the Rifleman Jaswant Singh Rawat had sought a stay on the release citing it intrudes their privacy.

Damper for India's entry into NSG

In the backdrop of the meeting of the P5 (UK, US, France, Russia and People's Republic of China) to discuss issues related to nuclear disarmament, China has again reiterated its previous stand that India's accession to the Non-Proliferation Treaty (NPT) is pre-requisite for its membership to the Nuclear Suppliers Group (NSG) or else there should be a common guidelines for the membership of the non-NPT states.



Impact of global warming on El-Nino



El-Nino disturbs the atmospheric conditions across the world. El-Nino occurs every two-to-seven years with very strong El-Nino's occurring about every 15 year results in droughts, floods, wildfires, dust and snow storms, fish kill, and even elevated risks of civil conflicts. The El-Nino is measured by studying the averages sea surface temperature anomalies over the central-eastern tropical Pacific. A study which analyses the impact of global warming on El-Nino has been published in the journal Nature in December 2018.

Amendments to Representation of People's Act 1951

The Election Commission of India has sought an amendment to the Representation of People Act 1951 to prevent print media, social media and other digital platforms from carrying political advertisements in the last 48 hours before the polling begins. The Election Commission has also made it mandatory to seek pre-certification of the campaign material to be published in newspapers during the 48 hours.



THE VICTORY TRUMPET

SOF International MATHS Olympiad

S. No.	Class/ Sec.	Name of the Student	School Rank	Zonal Rank	International Rank	Awards - Won International / Zonal / School Award
1	II D	KUJA VISHWARKARMA	1	258	736	School Gold Medal + Participation Certificate
2	II A	AASTIK TIWARI	2	370	1102	School Silver Medal + Participation Certificate
3	II E	SUHANA	3	467	1356	School Bronze Medal + Participation Certificate
4	III F	SHUBH PURWAR	1	44	89	School Gold Medal + Participation Certificate
5	III E	SIDDHARTH BISHT	2	130	336	School Silver Medal + Participation Certificate
6	III F	AKSHITA JHA	3	183	475	School Bronze Medal + Participation Certificate
7	IV B	AKARSH DUBEY	1	1	1	Medal of Distinction + Certificate of Distinction
8	IV C	KARTIKEYA PANT	2	7	11	Medal of Distinction + Certificate of Distinction
9	IV C	JHANVI JOSHI	2	7	11	Medal of Distinction + Certificate of Distinction
10	IV A	LAKSHITA RAJ	3	33	71	School Gold Medal + Participation Certificate
11	IV C	KANISHK GUPTA	4	129	346	School Silver Medal + Participation Certificate
12	IV D	SAKSHI NARENDRA GUPTA	5	268	811	School Bronze Medal + Participation Certificate
13	V C	TANMAY CHAUDHRY	1	141	588	School Gold Medal + Participation Certificate
14	V A	PIYUSH PARIDA	2	481	2430	School Silver Medal + Participation Certificate
15	V F	TUSHAR	3	556	2737	School Bronze Medal + Participation Certificate
16	VI B	ANSHUMAN MISHRA	1	339	1781	School Gold Medal + Participation Certificate
17	VI A	SHRUTI SHEKHAR	2	639	3139	School Silver Medal + Participation Certificate
18	VI B	TRISHA BHAGAT	3	774	3667	School Bronze Medal + Participation Certificate
19	VII A	ANKIT BISHT	1	485	2630	School Gold Medal + Participation Certificate
20	VII A	SURYA THAKUR	2	554	2928	School Silver Medal + Participation Certificate
21	VII D	AYUSH CHANDRA JHA	3	620	3266	School Bronze Medal + Participation Certificate
22	VIII A	PRATYUSH ANAND	1	188	973	School Gold Medal + Participation Certificate
23	VIII A	KARAN RAJ	2	483	2493	School Silver Medal + Participation Certificate
24	VIII A	SIDDHARTH CHANDRA	3	690	3432	School Bronze Medal + Participation Certificate
25	IX A	SOUMYASHREE BISWAL	1	239	885	School Gold Medal + Participation Certificate
26	IX A	DEV MISHRA	2	333	1253	School Silver Medal + Participation Certificate
27	IX B	ADESH KUMAR PAL	3	335	1259	School Bronze Medal + Participation Certificate
28	X A	PRATYUSH CHANDRA JHA	1	46	117	School Gold Medal + Participation Certificate
29	X B	DEEPTI MITTAL	1	1271	4703	School Gold Medal + Participation Certificate
30	X A	YASH JOSHI	2	170	572	School Silver Medal + Participation Certificate
31	X C	RAJ MAURYA	2	1532	5524	School Silver Medal + Participation Certificate
32	X A	RISHT SHARMA	3	390	1521	School Bronze Medal + Participation Certificate
33	X B	AARYAN NAAGAR	3	1581	5667	School Bronze Medal + Participation Certificate
34	XI A	SHIKHAR RATHI	1	739	2988	School Gold Medal + Participation Certificate
35	XI A	ADITYA	2	852	3320	School Silver Medal + Participation Certificate
36	XI A	SIDDHARTH	3	925	3526	School Bronze Medal + Participation Certificate
37	XII A	KUNAL BAWANE	1	101	888	School Gold Medal + Participation Certificate
38	XII A	RISHABH KALRA	2	208	1576	School Silver Medal + Participation Certificate
39	XII B	ASHITA SINGH	3	210	1585	School Bronze Medal + Participation Certificate

CRICKET TOURNAMENT (Class 3 to 5)

S.No.	Team A	Class & Sec.	Team Bal Bhavan Sixers (winning Team)	Class & Sec.
	Name of the Student		Name of the Student	
1.	PRANAV BHATT	V-A	NAMAN KATHWALIA	V-A
2.	JYOTIRMAY PANDEY	V-A	SHOURYA VATS	V-B
3.	TANMAY JHA	V-A	HARSHIT KANDPAL	V-C
4.	PIYUSH	V-B	ISHAAN	V-D
5.	ARJUN	V-B	SHUBHAM	V-D
6.	TANMAY	V-C	DHAIRYA	V-G
7.	ARYAN PAL	V-E	LOKESH	V-G
8.	SOURABH SINGH	V-F	ABHISHEK	V-G
9.	DIVYANSH KUMAR SINGH	IV-B	DIVYANSH DIWEDI	IV-B
10.	AAKARSH	IV-B	ANSHUMAN RATURI	IV-C
11.	KANISHK GUPTA	IV-C	DHIARYA ABHIGYAN	IV-F
12.	ABHINAV JOSHI	III-A	GHALOT	II-D



Drawing Competition Result

Name of Students	Class & Sec.	Position
PARIDHI NARANG	IA	I
KESHAV RAWAT	IB	II
GURSAHAJ KAUR	ID	III
BARKHA MEHRA	IIB	I
VAISHNAVI NAYAL	IIC	II
ANSHIKA	IIG	III
PRATEEK SINGH	IIIF	I
SHUBH PURWAR	IIIF	II
ABHINAV BHANDARI	IIID	II
SHRISTI CHAUHAN	IIIB	III
JHANVIJIYA SINGH	IVA	I
SHAKSHI THAKUR	IVA	II
JHANVI JOSHI	IVC	III
TANMAY JHA	VA	I
KIRAN VERMA	VD	II
YASHIKA GUPTA	VB	III
AMAAN	VA	III

Story Writing Competition (Class 4 to 5)

S.No.	Name of Students	Class & Sec.
1	Piyush Parida	VA
2	Sanskriti Atray	VB
3	Tanmay Chaudhary/ Soumil	VC
4	Nitya	VD
5	Aryan	VE
6	Vedang Singh Rawat	VF
7	Shruti Jain	VG
1	Kartik Sharma	IVA
2	Harhini Uniyal	IVB
3	Chetna Modi	IVC
4	Enna	IVD
5	Shubh/Priyanshi	IVE
6	Tanvi	IVF

Story Telling Competition (Class 3)

S.No.	Name of Students	Class & Sec.
1	Uday Aggarwal	IIIA
2	Yuvraj	IIIB
3	Ishika	IIIC
4	Piyush Joshi	IIID
5	Tapsi Sajwan	IIIE
6	Swastika	IIIF

FIGHTING THE WINTER BLUES BY EATING HEALTHY



Eating healthy food is the one of the best way to keep yourself warm during this chilly winter .The 8 foods which can help you in this are :

1. Vegetables

Greens like spinach, fenugreek (methi) and mustard (sarson) as well as other vegetables like green beans, carrots, turnips, sweet potatoes and peas are rich in vitamins and antioxidants that build immunity. Red vegetables like sweet potato, beetroot and carrots are full of beta carotene and Vitamins A and E.



2. Spices

Spices like black pepper (*kalimirch*), carom seeds (*ajwain*), asafoetida (*heeng*) and cinnamon (*dalcheeni*), among others, are effective home remedies against colds and coughs. For best results, boil them in water and then drink that water. They are also useful in regulating the digestive system.



3. Dry Fruits

Dry fruits like dried figs, apricots and dates as well as nuts and seeds like sesame seeds and flax seeds provide natural warmth to your body.



4. Fruits

Fresh fruits like orange, papaya and *amla* (Indian gooseberry) are rich sources of Vitamin C, which boosts immunity.



5. Whole Grains

Whole grains like wheat, corn flour (*makai*) and pearl millet (*bajra*) give you the strength to fight off the chill of winter.



6. Natural Sugars

Natural sugars like jaggery (*gur*) and honey are excellent substitutes for the artificial sugars in your diet. They are really good for the digestive system, since they are unrefined and keep the sugars in your body balanced.



7. Fluids

It is important to keep your body hydrated in winters, even if you don't feel thirsty. Your body needs enough fluids as winter is a dry season. Having Luke warm water, clear homemade soups, herbal water prepared with herbs and spices, ginger tea, green tea, amla juice or aloe vera juice throughout the day keep your body hydrated.



8. Ghee

Homemade ghee (clarified butter) does wonders for your skin, joints and brain throughout the year, but especially in winter, when your digestive system is at its most powerful. Ghee keeps your skin supple, lubricates your joints and tissues and helps the liver digest fat soluble vitamins, like Vitamins A, K, D and E.

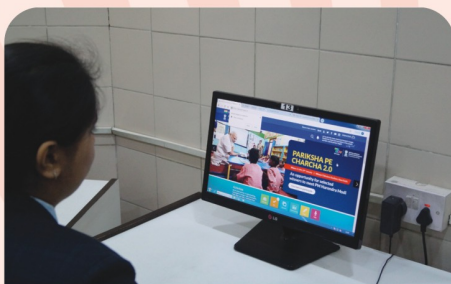


PARIKSHA PE CHARCHA

**"We don't grow when something is easy.
We grow when something is challenging."**

With less than a month to go for the board examinations, Prime Minister Narendra Modi conducted the second edition of 'ParikshaPeCharcha' on January 29th, 2019. This was the first time that the students from all over the world were a part of the event.

During the *ParikshaPeCharcha* session, PM Modi touched upon all facets of examinations, especially on the topic of stress-free exams. He interacted with students, teachers and parents and stressed that there's more to life than just exams. He requested the parents not to expect the children to fulfil their unfulfilled dreams and instead value their hidden strengths. He also urged the parents not to treat the report cards of their children as their visiting cards as that adds extra pressure on the students. He also asked the students to focus on time management as it is the key to success. He asked the students to treat challenges as a way to polish them and not as an end. He also added that Technology should lead to expansion of the mind and as a means to innovate.



Visit of Traffic Training Officers in School

Every year, thousands of lives are lost on the road nationwide, and every year, road safety becomes more and more important to teach to our children as they start their journey as new drivers. It thus becomes important to implant this seed in the young minds for which Mr. Lokesh Kumar (Sub-Inspector) Mrs. Saroj (Assistant Sub-Inspector) from Delhi Traffic Police, Road safety cell visited our school. Students of classes VIth to VIIIth became the keen observer of the session held by them wherein they not only explained about the importance of 'Safety on Road' but also indulged children in various activities and motivated them by distributing prizes for their correct answers. It was an opportunity for the students to interact with those personalities who have first-hand experience in the field.

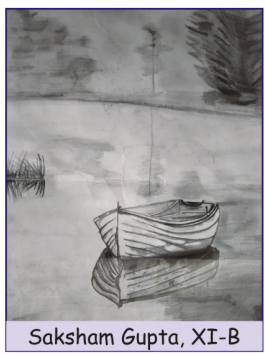




Credits : NIKHIL SIKARWAR, IX-E

Library - A Store House of knowledge alluring the book worms with its cluster

To stimulate the intellects of young minds in the form of role play "Library Fest" was conducted for the students of classes III-V from 28th to 31st January 2019 in which class III presented the dramatization based on the fairy tale stories which were magical, moral based and exciting. Class IV took up the stories from the life of Lord Buddha, their acts focussed majorly on the different teachings of Lord Buddha where they displayed how Lord Buddha taught everyone the right way of living through his various incarnations like a bird, a king, jewellery seller etc. Students of Class V took up the fiction from their story book, Birbal the clever courtier. Each story had an important lesson to give and students were able to convey the same successfully. This fest gave an opportunity to the students to display their enactment skills on stage. It provided them with an opportunity where they could enhance their presentation skills as well as confidence to perform in front of the audience.



DEMYSTIFYING SCIENCE

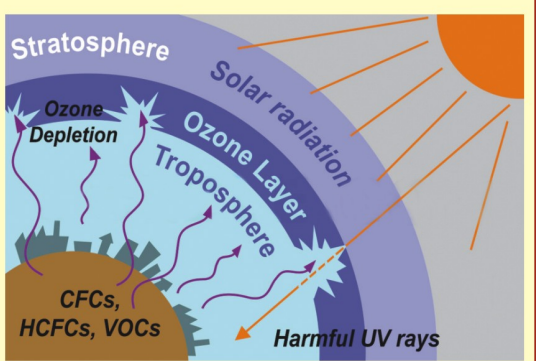
OZONE DEPLETION

Ozone depletion describes two related events observed since the late 1970s: a steady lowering of about four percent in the total amount of ozone in Earth's atmosphere (the ozone layer), and a much larger springtime decrease in stratospheric ozone around Earth's polar regions. The latter phenomenon is referred to as the ozone hole. There are also springtime polar tropospheric ozone depletion events in addition to these stratospheric events.

The main cause of ozone depletion and the ozone hole is manufactured chemicals, especially manufactured halocarbon refrigerants, solvents, propellants and foam-blowing agents (chlorofluorocarbons (CFCs), HCFCs), referred to as ozone-depleting substances (ODS). These compounds are transported into the stratosphere by the winds after being emitted from the surface. Once in the stratosphere, they release halogen atoms through photo dissociation, which catalyse the breakdown of ozone (O₃) into oxygen (O₂). Both types of ozone depletion were observed to increase as emissions of halocarbons increased.

Ozone depletion and the ozone hole have generated worldwide concern over increased cancer risks and other negative effects. The ozone layer prevents most harmful UVB wavelengths of ultraviolet light (UV light) from passing through the Earth's atmosphere. These wavelengths cause skin cancer, sunburn and cataracts, which were projected to increase dramatically as a result of thinning ozone, as well as harming plants and animals. These concerns led to the adoption of the Montreal Protocol in 1987, which bans the production of CFCs, halogens and other ozone-depleting chemicals.

The ban came into effect in 1989. Ozone levels stabilized by the mid-1990s and began to recover in the 2000s. Recovery is projected to continue over the next century, and the ozone hole is expected to reach pre-1980 levels by around 2075. The Montreal Protocol is considered the most successful international environmental agreement to date.



FELICITATION GALORE



Bal Bhavan raises Overall Championship Trophy in Cultural Category (Zone II)



Appreciation Certificate from SMILE foundation for invaluable contribution towards SIFFCY 2018



Lakshat Rawat(XI A), Chandan Joshi(XI D) and Ayush Kumar (IX E) receiving Trophy & certificates for securing I Position in Basketball



Mohd.Razaullah (IX F) secured III Position in Poster making competition organised by Evergreen Public School



Priyanka (IX G) secured III Position in Glass Painting Competition organised by Evergreen Public School



Students receiving trophy for securing I Position in Zonal (Patrotic Community Girls Singing)



Students receiving trophy for securing II Position in Zonal (Patrotic Community Boys Singing)



Students receiving trophy for securing II Position in Zonal Folk Dance (Boys)



Students receiving trophy for securing II Position in Zonal Nukkad natak competition



Students receiving Trophy for securing II Position in Zonal Qawwali Competition (Girls)



Students receiving Trophy & Certificate for securing I Position in Zonal Handball Junior Boys Category



Students receiving Trophy & Certificate for securing I Position in Zonal Volley Ball Jr. Girls category



Students receiving Trophy & Certificate for securing I Position in Zonal Volley Ball Sub Jr. Girls category



Students receiving Trophy & Certificate for securing II Position in Zonal Football Jr. Boys category



Students receiving Trophy & Certificate for securing II Position in Zonal Handball Senior Girls Category

FELICITATION GALORE



Students receiving Trophy & Certificate for securing II Position in Zonal Hockey Girls Open Category



Students receiving Trophy & Certificate for securing III Position in Zonal Basket Ball Senior Girls Category



Students receiving Trophy & Certificate for securing III Position in Zonal Cricket Girls Open Category



Students receiving Trophy & Certificate for securing III Position in Zonal Hand Ball Sub Jr. Boys Category



Students receiving Trophy & Certificate for securing III Position in Zonal Handball Senior Boys Category



Students receiving Trophy & Certificate for securing III Position in Zonal Handball Sub Jr. Girls Category



Khushboo (VII D) receiving cash prize of Rs. 500 as consolation prize in Sanskrit Bhashan Pratiyogita (Sanskrit Zonal)



Students receiving cash prize of Rs. 900 as consolation prize in Sanskrit Qawali Pratiyogita



Students receiving cash prize of Rs. 600 (each) and Certificates for securing IInd Position in Sanskrit Shlokocharan Pratiyogita (Sanskrit Zonal)



Rishu Bharadwaj (XII C) receiving cash price of Rs.1800 for securing IInd Position in Sanskrit Ekal Shlok Sangeet (Sanskrit Zonal)



Prisha Upadhyay (VII B) secured I position and Surya Thakur (VII A) secured IInd Position in English Essay Writing Anuvrat Competition (Jr. category)



Sumegha Jain (IX) secured consolation prize and Jay Pandey (X A) secured Ist Position in Essay Writing Anuvrat Competition (Sr. category)



Students secured consolation prize for Hindi Essay writing Competition (Sr. category)



Rishika Aggarwal (X A) secured Ist Position, Gayatri Pathak (IX D) and Kushagra Gupta (VII A) secured consolation certificate in Painting Competition



Teachers honoured with appreciation certificates for active participation in various competitions organized by Akhil Bhartiya Anuvrat Nyas

Understanding Careers : A Guide for Students



This column is initiated to aware our students about the various conventional and unconventional career options available to them after +2. If u want us to discuss a career of your choice, or if you are curious to know more about the career option discussed in this edition, please feel free to contact the school counsellor or email us.

PHYSIOTHERAPY

Physiotherapy is the technique to treat diseases, physical disabilities, injuries and other health conditions using physical activities, exercises, massages and more. With the help of Physio treatment, you can avoid surgeries and reduce or even completely stop the intake of medicines. Physiotherapy is not only extremely effective but also inexpensive as compared to other treatments available. Physiotherapists are very well-trained and highly qualified people who can help you even with chronic conditions. The best part of this treatment is that you can even avail Physiotherapy at home. It is used in a lot of treatments and areas like acupuncture, cardiothoracic, hand therapy, manual therapy, neurology, occupational health, senior adults, infants and children and sports.

Eligibility criteria :

- Age of 17 years or more on 31st December of the year of admission
- Should have completed the 10+2 examination with at least 50% marks
- Should have physics, chemistry and biology in plus two examination
- Should have a good score in the entrance test

Duration :

- B.PT (Bachelor in Physiotherapy) full time 4 years + 6 months internship
- M.PT (Master of Physiotherapy) full time- 2 years

Personal Attributes required :

- **Good Communication Skills**
- **Empathy**
- **Interpersonal Skills**
- **Patience**
- **Friendliness**
- **Ability to work under pressure**
- **Organizational Skills**
- **Team working Skills**
- **Compassion**
- **Administrative skills**
- **Sound knowledge of the subject**

Why Physiotherapy and why not M.B.B.S.?

There is a good opportunity in this professional field. First you will be called a **Doctor** and your role will be of **Physiotherapist**. Secondly, it is an **inexpensive degree** compared to M.B.B.S.

In today's generation, people are facing so many muscular skeletal problems in their daily lifestyle. The life is very busy and we have been habitual of the mechanization. Due to not using the muscles capacity in our daily life, we used to have backache, sciatica, lumbago and many disabilities.

The Physiotherapist is a one who helps in curing such disorders. A Physio can be a health counsellor, doctor, physical trainer and sports coach. A clear reason why you might study Physiotherapy is to **help those who are in pain**. Physiotherapy can **make invaluable changes to a person's quality of life**.

Career Prospects :

After the completion of the course you may go for the higher studies as M.PT or PhD. To work with the hospitals, health organizations or individual practice, it is necessary to have the bachelor degree.

You can work with the ministry of sports, stadium, hospitals, health societies and you can do the freelance practice. There is a good opportunity to go abroad after the completion of this course as the heavy requirement is such as in the US, UK and others.

Physiotherapy jobs may be found at:

- **Community Health Centres**
- **Fitness Centres**
- **Their own Clinic**
- **Mental Health Centres**
- **Government Hospitals**
- **Nursing Homes/Private Care Centres**
- **Rehabilitation Centres**
- **Defence Establishments**
- **The Institute of the Physically Handicapped**
- **Sports Clinics**
- **Teaching Establishments**



WINTER



Winters have approached
Rivers have been frozen
As there is a lot of need for heaters
People are wearing 2 or 3 sweaters

Swimmers have stopped swimming
The cock also hesitates in crowing
The boats that used to keep on floating
Are now involved in the work of ice breaking

In this season, we become lazy
And if someone removes our blanket so we get crazy
It's too cold that we want that the season should end soon
And hill stations have become Ice Dunes

The temperature has gone very low
But the tourists are glad to see the snow
The cold has broken the records of several years
Somewhere it is 5 or somewhere it is -5 degree Celsius

Either it is France or Malaysia
Or it is Japan or Russia
Winters are too cold
That among some people it has caused a phobia.

- Arnav Kumar Jha (VII - A)

ROLE OF TEACHER IN OUR LIFE



Teachers are preachers who guide us to follow the right track.

They enhance our knowledge by teaching us different kind of things.

Teachers only help us to reach towards our ambition.

Sometimes they help us as our friends do and sometimes they adore us as our parents.

Teacher is a great boon granted by the lord to us

And life without them is just like flowers without scent.

Adore your teachers, respect your teachers

Because they are the ones who contribute their lives to make our future bright.

- Priyanshi Gupta (IX C)

Budding Poets

The Counselor's Corner

THE GIFT OF 'SMILE'

Do we Smile because we are Happy or are we Happy because we Smile?

One of the most powerful things the world shares is the **Universal Smile**. A smile can cut through all barriers. It knows no age, gender, colour or culture. It represents something bigger than itself. It represents goodwill, affection and openness towards others. It communicates happiness and acceptance. It is one thing that connects and encompasses us all.

When we smile, it makes those around us feel good, happy and loved. **It's difficult to frown when someone is smiling at you!** It's even scientifically proven. You know what they say, **"Smile and the world Smiles with you."** A simple, genuine smile is a great place to start. **Smiling is contagious**. Try it out. Sit for a moment in a public place, and smile at a stranger. Not in a weird and slightly awkward way offer up a natural and genuine happy smile. Next **spread your smile to everyone** you cross paths with. It has been proven that it takes fewer muscles to smile than it does to frown, so why not smile? Turning that frown upside down may change your whole day. It may **even alter your life perception**. When you smile, you appear **more relaxed and confident**. It signals to others you're a pleasant and an approachable person.

Our emotional health is tied closely with our physical health. Alongside a healthy diet, smiling is likely to make you live longer than those who frown. When your brain sends happy signals to your body it also boosts your immune system. Happy cells have a mood boosting effect turning your day around and strengthening your immune system.

So remember to share your beautiful smile with the world. You have the power to make the world a better place, even for **just a moment**.

Some easy things to add to your daily routine:

- **Smile and Laugh a lot**
- **Compliment yourself and others**
- **Reach out to people in need**
- **Look for Positive Traits in people**
- **Focus on feeling good**
- **Focus on the present**

Why You Should Smile Every Day?

- **It is a reflection of happiness.**
- So, smiling is great...but how, exactly? Well, **smiling signals friendliness and encourages positive interactions.**
- **Boosts the immune system**
- **Increases Positive Affect**
- **Enhances other people's perception of you**
- **Makes you more approachable and trustworthy**
- **Boosts your productivity**
- **It's no secret that happier people tend to be healthier**
- **Smiling seems to help people deal with negative emotional events**
- Signs of smiling **predict life satisfaction** later in life.
- **Improves your mood. Even fake smiles do the trick!**
- **Reduces Stress**
- **Makes you more creative**

Smiles are free! This all-around mood booster is one of the few available to you each day at no cost whatsoever. So why not take advantage of your own power to create happiness?

In the words of the late and wonderfully inspiring **Mother Teresa**: "We shall never know all the good that a simple smile can do".

Maybe we will never know, but we might as well give it a try.

Live your days as they come. Wake up every morning and smile at the fact that you just woke up. Be positive. Let yourself be happy.



- All the best
- Ms. Divya Beri

Rakshit Tiwari, an alumnus of BBPS - 2015 batch, currently studying at IIT, Guwahati.



I have been working on an article about how your attitude and perspective towards life can do wonders for you and how it helped me boost my results in competitive examinations by 10 times. The article is being written to be posted on a top academic website but I also wish to share the same with my juniors in BBPS because most of the people go through the same problem and I think that my experience might play a small part in helping them understand what truly the problem is and how can they find a solution for the same.

I Tried, I Failed so I did this and I won

June 18, 2015, 11:00 AM

My friend called me up to let me know that JEE Advanced result is out. I was too nervous that whole day and the last night. I knew that my exam didn't go that well as to my potential but rank predictors somehow consoled me my showing it big on the screen that

"Congrats! If your calculation is correct, you are going to secure a rank among top 4000-5000 and a seat at IIT."

Well, this was not what I dreamt of and what I worked for but surely something that could have fetched me at least something which was..yeah better than nothing.

Ever since the day I came out of the examination hall to the day results were out, I just kept thinking about one thing which was **"WHAT WENT WRONG?"**

"Why my exam didn't go well?"

And the answers that I got were always the same.

I blamed the entire world around me for what had happened.

I blamed my teachers for helping the top 3 students of my batch more than helping me in my doubts.

I blamed my school for involving me in every extra-curricular activity happening around which increased my workload by a huge extent.

I blamed my neighbors for being so loud that their noise can be heard even when I was inside my study room.

Goddamn it. I even blamed a street dog who used to bark every night whenever I was studying.

I blamed all of them for the failure I have encountered or maybe I will encounter the day when results will be out.

Coming back to June 18, 11:00 AM,

I put down my phone telling my friend that I have not yet seen the result and I would call him back as soon as it appears on my screen. I got a bit excited too after hearing that he has secured an AIR 4500 in JEEA and since we were always close competitors in our coaching tests, it somehow made me believe that my rank will also be somewhat close to his AIR.

I ran towards my laptop in a hurry and entered the URL of the website.

Clicked on the results section in a rage of excitement, something that I had never experienced before. The page was loading and that rotating circle on my screen was doing more harm than good. Adrenaline content in my body would have been much higher than normal levels if I had a body checkup at that moment. Suddenly the results flashed and it appeared to me that my 3 story apartment has all but fell down on my body. The text on my screen showed this

"Congratulations, you have secured AIR 7452 in JEE Advanced 2015."

7452..what? But..the rank predictors..they told that it will be 4-5k or something..Surely there is a mistake. Let me refresh this page.

No matter how many times I refreshed the page, it always showed the same thing. I was shattered. There was no chance that I can now land up a seat at top 5 IITs in a decent enough branch.

Every day of my JEE preparation was flashing back in my mind. The number of questions I solved, the number of hours I had put in to understand those complex concepts and all that for just one dream.

Dream to land up at IIT in a branch of my choice.

I certainly didn't want to join any other college based on my JEE Mains result only because of the fact that those were not part of my ambition.

"It was always about the Indian Institute of Technology or nothing."

Meanwhile, my parents were also worried as to what my decision will be at this crucial point. I remember not being able to sleep that day because no matter how much deeper I thought, there was just one solution to my problem. The road I was too afraid to take given the fact that I was a bit exhausted with the rigorous training in my last 2-3 years for JEE.

Yup, the only option was to take a drop and try again next year.

I thought for 2 more days about the same after the results were out and finally I was convinced about taking this path after my parents said this to me.

"You know Rakshit, no matter what decision you take. Just promise that you will take responsibilities for your actions."

It all sounded too weird then because I knew that I was a good student. I worked hard for the exam and after all, this, what I get to hear from my parents is this.

But rethinking it, again and again, brought me closer to reality and it was simple.

I was never a good student. I was faking it just for my personal satisfaction.

A lot of people ask me online on Quora/ LinkedIn or personally as to why my results improved in such an amazing fashion the second time I appeared for JEE. People feel that I cracked some code the second time or worked much much harder than what I was doing before.

And my answer is always the same,

Nope! I didn't do anything of this sort.

There is no doubt that I worked hard this time too but this is something most people do every year and yet most of them fail.

The biggest reason why I secured a top 1000 rank second time was that of how I changed my perspective towards things around me.

In simple words,

I took responsibility for whatever I was doing and stopped blaming others for being a hindrance towards my goal.

My neighbors were still noisy the whole year so I decided to change my room and move to a smaller backside room in my house for finding peace.

I never blamed my school again for the failure I encountered and rather thanked them to play a major role in developing my personality and social skills which I find too useful when I sit for interviews today. In fact, these skills only became the prime reason why I aced the interviews of the 5 largest tech conglomerates in the world and secured a tech internship at Walmart Labs.

I even thanked the street dog who I was abusing earlier for making me a morning person rather than a night owl. Not only I could study peacefully in the morning, but I could also take out some time for exercise to improve my health.

I stopped blaming my teachers for being partial and worked very hard to remain the top student of my batch that year so that they are always available for me whenever I am in some problem.

Years after when I look back to my JEE preparation phase and think about the most important thing I learned during that period.

It's not the concepts I used to solve the problems in mathematics, physics or chemistry but this simple fact,

"Problems never get completely solved, they merely get exchanged or upgraded so it's always better to focus on those ones which improve the quality of our life."

Well clearly, my problem to remain the best student in my batch is a far better problem or challenge to take in life than somehow attracting the attention of my teachers towards me by not being one of the top students.

The message I want to pass away from this post to everyone out there who are preparing for any competitive exam is to make sure that whenever you fail, **learn from those mistakes.** The biggest blessing that we humans have got from the Almighty is the ability to analyze any situation, especially those ones where we were not able to perform at our best levels.

Sadly, most people neglect it and criticize others because well yeah, that is the easy option to take and it's certainly too hard to think about your own mistakes. And this very attitude is the reason why only 10000 people every year get a seat at IIT despite so many people working hard and slogging day & night to be there because,

"The journey is just not about hard work but rather smart work and trust me, it takes a lot of courage and time to satisfy all the requirements of working smartly."

Take responsibility in your life not just for the pleasures and successes you are about to encounter but also for those failures which are more or less **"a badge of honor for your entire life."**

IMPERFECTIONS CAN BE BEAUTIFUL...



"Sometimes society acts impatient, we are always eager for results, and when the results are not up to expectations we start doubting. The small children are learners, some respond immediately, some are silent observer, but it does not indicate their learning disability, it just demands our patience to wait, may be the child is deducing creative ideas in his learning...", this was probably the message, class Nursery students wanted to convey through their special assembly conducted on 23rd February, 2019. Through a proverbial play, the students presented the animal world, where the lion draws comparison between its two cubs and tests their learning outcomes. The theme was well conveyed wherein the parents appreciated the presentation and realized what might seem imperfect, might have a beauty residing within. The school Principal and the headmistress were the guests, who were not just overwhelmed by the theme presented but also mesmerized by the acting skills of the tiny tots.



DRISHTI AUR DISHA (Class I - Special Assembly)

"Sustainable Development is the pathway to the future we want for all!"

Development is a continuous and constant process. However, every development has some positive and negative results. Keeping the overall development of the students in mind school organized Special Assembly for the students of Class I on the theme 'Drishti aur Disha'. The assembly was dramatized on the growth and development of our country India from past to present. The program also stressed the importance of caring for our environment and keeping the surroundings green and clean. Students through their skits and songs helped the people to understand the importance of trees. Parents were mesmerized on seeing their little ones performing with enthusiasm and spreading the message of awareness.



CRICKET TOURNAMENT



The importance of sports encompasses more than just the benefit of physical activity. It helps in enhancing self-esteem and mental alertness among students. Also, it teaches punctuality, discipline and teamwork. Keeping this in mind, our school organized Cricket Tournament for the students of classes IV and V. The matches were played between Team A as **Bal Bhavan Sixers** and Team B as **Bal Bhavan Blasters** where Pranav Bhatt was declared as the captain of Team A while Ishan Changol was declared as the captain Team B. All decked up to prove their mettle. The enthusiastic crowd experienced a thrilling performance with the two teams exhibiting their best. The final match exhibited sportsmanship from both the teams with victory falling into the lap of Team Sixers. While the winners were cheered and honored with medals from the Head Mistress Mrs. Kavita Mehrotra the efforts of the runners up were equally appreciated. Both the teams presented an impressive show.

TODDLERS' ZONE



VALLEY OF FLOWERS

LOCATION

Valley of flowers is located in north Chamoli, in the state of Uttarakhand. The gentle landscape of this valley complements the rugged mountain wilderness of Nanda devi national park to the east

DISCOVERED BY

This valley was discovered in 1931, when British mountaineer, Frank Smythe and his friends stumbled upon it during their expedition to Mount Kamet. They were struck by its beauty and named it "Valley of Flowers".

World Heritage site of Uttarakhand



WORLD HERITAGE SITE

It was declared as a World Heritage Site because it not only has an abundant number of plant species but also is home to some rare animal species such as Asiatic Black Bear, Snow leopard, Mush Deer, Red Fox.

Did You Know?

Trekking or visiting the park is allowed only in the daytime as camping or staying at night is strictly prohibited. Valley of Flowers stretches for around 87 square km.

What is Swine Flu?

Swine flu, also known as the H1N1 virus, is a relatively new strain of an influenza virus that causes symptoms similar to the regular flu. It originated in pigs but is spread primarily from person to person.

Swine Flu Symptoms

- Fever
- Nausea
- Fatigue
- Diarrhea
- Chills
- Headache

Swine Flu Symptoms

- Avoid close contact
- Stay home when you are sick
- Cover your mouth and nose
- Clean your hands
- Avoid touching your eyes, nose and mouth

MUDRAS

Suryamudra is a hand gesture that increases the fire element and eliminates the earth element in the body. The term Surya means "sun" and mudra means "gesture".

Procedure :

- You can do it in any position you desire, sitting down or standing straight.
- Hold your hands in front of you.
- Bend the ring fingers of each hand in such a way that the tip of the ring finger should mound your thumb.
- Now, gently press down your ring finger with your thumb a bit lower.
- Make sure that the other fingers should be spread in out in a straight manner.

Benefits :

- It produces heat in the body. So, when you are cold in the chilling weather try this.
- This fastens metabolism in your body.
- It aids in digestion in your body.
- It reduces the fat content in your body.

Caution :

Make sure you maintain a gap of one hour before food.

Time :

You can do it three times a day for 15 minutes each.

Dear Students, Suryamudra is associated with healthy lifestyle. We will continue practicing some more mudras in the next edition.



SUDOKU

HOW TO RAISE YOUR VIBRATION !!!

• Deeper, longer sleep results in deep breathing. Good rest makes everything easier.

SLEEP

1

• Give your body the food it needs. Don't starve. Figure out your liquid intake.

EAT WELL

2

• Take 10 minutes of sunshine either early in the morning or late in the afternoon.
• Inhale fresh air.

SUN & AIR

3

• Work your heart and lungs; stay flexible; strengthen your muscles.

MOVE!

4

• Let go off people who don't wish well for you. Seek people who love you and want your good.

LOVE

5

• Be inspired. Read books, watch inspirational movies.
• Gather ample information from and about your surroundings.

GOOD INFO

6

• Embrace all emotions and introspect yourself.
• Emotions have healing and balancing properties.

FEEL!

7



Don't Say

How To Be More Polite say

I want a glass of water.

I'd like to have a glass of water.

Send me the report.

Could you send me the report?

Leave me alone.

Could you give me a minute?

Tell me when you're available?

Let me know when you're available?

You're wrong.

I think you might be mistaken.

That's a bad idea.

I'm not so sure that's a good idea.

Your work isn't good.

I'm not quite satisfied with this work.

The Coldest Inhabited Place on Earth "OYMYAKON"

LOCATION

Oymyakon is a rural locality in Oymyakonsky district of the Sakha Republic, Russia. It is located along the Indigirka river.

IN OYMYAKON, EYELASHES FREEZE, DINNER IS FROZEN AND TEMPERATURES REGULARLY DIP BELOW -50°C

RESIDENTIAL POPULATION

The village had a peak population of around 2,500 people when it was central town of region. But over the last few decades, its population has considerably shrunk to less than 900 people.

Amazing facts about OYMYAKON

- It is known as the northern pole of cold.
- It stands approximately 750 meters above sea level.
- The village has a population of about 500 to 900 people. Despite the harsh conditions, life is pretty normal there.
- Their solitary school only shuts if temperature dips below -50 degree Celsius.
- The cold in this Siberian village makes it like a wonder land.

CLIMATE

Oymyakon is a quite dry place. The minimum temperature for Dec., Jan. and Feb. remains below -50 C. Sometimes, summer months like June and July can also be quite cold wherein temperature has never dropped below -10 C.

“PLAY IS OUR BRAIN'S FAVORITE WAY OF LEARNING”



Learning is an ongoing process and all the experiences, result in one or the other form of learning. Hence, a recreational picnic was arranged for the students of grade KG-VI to Muddy Boots-An Adventure Camp and Kidzania. Away from the busy crowded roads of Delhi, the students, accompanied by their teachers, reached their destination at around 11:00 am where delicious breakfast and fun activities awaited them which aimed at maintaining their fitness level and the physical mental balance. The students were divided into groups and each group was assigned a group leader where different obstacles in the form of activities like Burma Bridge.



Commando Net, Tyre Maze, zip lining, wall climbing etc. helped them to be stronger and build their personality. The amount of energy and enthusiasm exhibited by the students was enthralling. The members of the camp guided the students at each point of time. The horse cart ride and pottery making truly enhanced the experience of rural adventure. At the end of the day, Rockport's in house DJ played peppy numbers and the students danced with full vigor. It was a day filled with fun and the students returned with memories to be cherished forever.



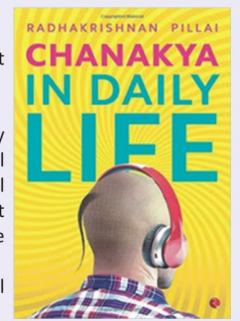
Good Reads

Chanakya in Daily Life By Radhakrishnan Pillai

Chanakya in Daily Life By Radhakrishnan Pillai is a motivational book about doing the right things in the right way. This book is all about differentiating between what is right and how to tread that path.

This book is a clear roadmap for all the doubts and worries ranging from personal, professional and family life. It is broadly and rightly classified in to three different sections. The first part deals with the individual life and lesson that can be learnt and adopted in one's personal life. The second part of the book deals with the professional life that teaches what one must do in their professional life. The third and final part of the book teaches the importance of a family life. Each part holds its importance and is equally connected to the other two. One cannot have a sound personal life, but lacking professional or family life satisfaction. It is interdependent on each other and this book explains the best way of handling all these things diligently and in a profound way.

The book is not a regular one time read it and forget it affair. This book can be read again and again. You can start in any chapter and it still makes profound sense.



Dear Reader,

With this edition, we mark the end of this academic session. We wish that the new session brings new knowledge & discoveries, as well as new challenges for our students. Unwind, relax and take a break before you begin with the next session. But don't forget to send in your entries for the next edition latest by 31st March, 2019 to theschoolconnect@bbpsmv.com