



THE SCHOOL CONNECT



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SCIENCE EXHIBITION - UNRAVELLING THE MIST OF SCIENCE

Continuing the journey of surpassing the mundane, Bal Bhavan Public School took yet another leap of imagination by organizing a two-day science exposition themed, 'Unravelling the Mist of Science' on 02 August, 2019 and 03 August, 2019 from classes VI to XII. This journey was triggered to propel those revolutionary ideas which behold the power to change the fate and face of the society.

The event was inaugurated by Sh. J.K. Yadav (Regional Officer, Delhi Region, CBSE) on 02 August, 2019 and graced by the presence Dr. Jagvir Singh (Scientist 'F' and Director at Ministry of Earth Sciences) Chief Guest for the closing ceremony. The presence of School Director Sh. B.B Gupta, School Chairman Mr. G.S. Grover, Principal Mr. Vividh Gupta, Head Mistress Ms. Kavita Mehrotra, Senior Coordinator Ms. Neha Gupta and Ms. Rini Srivastava (Member of School Management Committee) supplied in the required zeal and encouragement to



Sh. J.K. Yadav (Regional Officer, Delhi Region, CBSE) being felicitated by Director Sir Sh. B.B.Gupta



Dr. Vishal Chaudhary (Asst. Prof. at Department of Physics, Delhi University)



Dr. Jagvir Singh (Scientist 'F' and Director at Ministry of Earth Sciences) being felicitated by Director Sir Sh. B.B. Gupta



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Esteemed Guest judging the Exhibits



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the event. The guests were awestruck at the possible farsightedness of the young talents. The event triggered to tackle those immediate concerns which are gradually turning into alarming issues. On the judgement day Ms. Swati Grover (Geospatial Solutions Professional) and Dr. Vishal Chaudhary (Asst. Prof. at Department of Physics, Delhi University) besides notable alumni of the school were the special appearances in the panel of judges. It was a master craft to show the required sensitivity and promote the scientific art at the same time. The enthusiastic response of the students and the parents as the audience witnessed the aim of actualizing visions into reality.

The closing ceremony was yet another splendid sight where the students were presented with certificates of appreciations and medals for their extraordinary efforts under each category separately. Under the special award category of **Sh. G.C. Lagan Young Scientists Award**, intended to award most creative and out of the box idea, Aarush Dutta and Abhishek Joshi of classVI were awarded with a cheque price of Rs. 2100/-, Gold medal and a Certificate of Excellence encouraging their devout efforts demonstrated through their project of Solar Plane.



Judges witnessing the Exhibits



Judges keenly observing the Exhibits

At a conclusive note School's Principal Mr. Vividh Gupta encouraged the students with his motivational words for their splendid efforts and the possibilities their talent possess. The event turned out to be a perfect symphony of propelling might and creative insight.

W Willing to Learn **I** Innovate & Create **N** Nothing is Impossible **G** Go ahead & Grab it!!! **S** Sky is the Limit

Your **WINGS** already exist all you have to do is **FLY**

India and The World

20-year-old Suman Rao crowned Miss India 2019



Suman Rao, Miss India Rajasthan was crowned the winner of Femina Miss India World 2019 during the beauty pageant, held on June 15, 2019 at the Sardar Vallabhbhai Patel Indoor Stadium in Mumbai. While Shivani Jadhav from Chhattisgarh was crowned Femina Miss Grand India 2019. Shreya Shanker from Bihar won the Miss India United Continents 2019 title. Suman Rao will represent India at Miss World 2019 in Thailand.

Scientists create history; install world's highest weather station at Mount Everest's Death Zone



Climate scientists, Tom Matthews and Baker Perry, along with a crew of engineers, stood on the Mount Everest's flank at 27,650 feet (8,430 metres) and erected seven-foot-tall building of a weather station that can withstand extreme winds and cold weather. The weather station will record data on temperature, relative humidity, barometric pressure, wind speed and wind direction. Besides, the new weather stations will also give scientists direct observations to understand jet stream and will also help to understand the climate change affecting the Himalayas.

NGO Akshaya Patra wins BBC Award



Akshaya Patra, a non-profit organisation running one of the world's largest school meals project in India, has been awarded the BBC World Service Global Champion Award for the programme. Shri Chanchalpathi Dasa, Hon'ble Vice-Chairman of Akshaya Patra, received the award at a ceremony held in Bristol City Council; United Kingdom. This Bengaluru-based NGO was selected by an international panel of judges from nominations sent in by the World Service audience around the world.

Chaukhandi Stupa declared to be "Of National Importance"



According to a notification issued by Union Ministry of Culture, the Archaeological Survey of India (ASI) has declared Chaukhandi Stupa as a 'protected area of national importance'. Chaukhandi Stupa is one of the important ancient Buddhist site located in Sarnath, Uttar Pradesh (UP).

The stupa got its name 'Chaukhandi' because of its four armed plan. The stupa is an ancient Buddhist site which evolved from burial mounds and served as a shrine for a relic of Buddha.

FIH Series Finals: Indian women's hockey team defeats Japan in final



India clinched the women's FIH Series Finals hockey tournament by beating hosts Japan 3-1 in the summit clash. The Indian women fought hard to win over the Asian champions at the Hiroshima Hockey Stadium. Captain Rani Rampal gave India the lead in the 3rd minute before drag-flicker Gurjit Kaur struck twice (45th and 60th minutes) late in the match to set up the win.

ISSF World Cup Rifle: Apurvi Chandela wins Gold



India's Apurvi Chandela continued her golden run of form, winning the women's 10m Air Rifle after a closely-fought contest at the year's third International Shooting Sport Federation (ISSF) World Cup Rifle/Pistol stage in Munich, Germany. The shooter from Jaipur shot a score of 251 in the final to outshine Wang Luyao of China, who shot 250.8, to settle for the silver medal. Another Chinese shooter, Xu Hong, finished third with a score of 229.4 in the final. It was a neck-and-neck battle between Apurvi and Wang, where she was just 0.1 ahead as she shot a 10.4 to Wang's 10.3 to clinch the issue.

DMRC becomes India's 1st project to receive Power from Waste-to-Energy



In an environment-friendly initiative towards sustainable development, the Delhi Metro has become the first ever metro project in the country to generate and receive power from a waste-to-energy plant. The Delhi Metro Rail Corporation is now receiving 2 MW power from a 12 MW capacity Waste to Energy (WtE) plant of the East Delhi Waste Processing Company Limited (EDWPL) which is situated in Ghazipur. The power received is being utilised at the Vinod Nagar Receiving Sub-Station (RSS) of DMRC. This is the first such initiative by any metro project across the country in order to procure as well as utilize energy from waste to energy plants.

Inger Andersen Appointed as UNEP Executive Director



Danish economist and environmentalist Inger Andersen took up her new role as Executive Director of the UN Environment Programme, promising to prioritize greater action on climate change, biodiversity loss and pollution during her four-year tenure. Her nomination to the post by UN Secretary-General António Guterres was approved by acclamation by the UN General Assembly.

Algeria and Argentina officially deemed malaria-free by WHO

Algeria and Argentina have become the latest countries to be recognised as malaria-free by the World Health Organization, after recording no new cases for more than three years. The two countries joined 36 others around the world which have eliminated the mosquito-borne disease, which still kills some 435,000 people a year in the last six decades. Both nations had maintained low malaria transmission rates for decades and universal health coverage and rigorous surveillance were crucial in their fight against the disease. Argentina also worked closely with neighbouring countries to spray homes with insecticides and test people for the disease to prevent cross-border transmission. Their success serves as a model for other countries working to end this disease once and for all.



Bhawana Kanth : 1st Woman IAF Pilot to qualify for Combat Missions



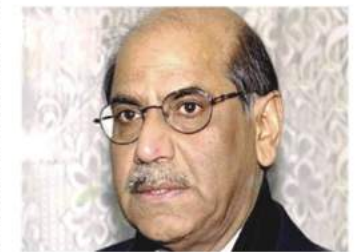
Flight Lieutenant Bhawana Kanth, who was commissioned into the Indian Air Force as one of the first women fighter pilots in 2016, has created history by becoming the first woman to qualify for combat missions on a fighter jet. She has successfully completed the operational syllabus for carrying out combat missions on MiG-21 Bison aircraft. Bhawana Kanth, who is from the first batch of woman fighter pilots of the IAF, joined the fighter squadron in 2017. She flew solo on MiG-21 Bison last year and is now posted at the Nal base in Rajasthan's Bikaner.

Punjab to ban online Food without hygiene rating



Punjab is going to ban online delivery of food without hygiene rating. The decision was taken under the 'Tandarust Punjab Mission'. Directions have been issued to all online food order and supply companies to display the hygiene rating of the food business operators registered with them. Giving three months for compliance, after the deadline no online food order will be delivered in the state without the hygiene rating.

2nd Highest National Award of Japan awarded to Shyam Saran



Former Indian Foreign Secretary Shyam Saran (72) is selected for Japan's Second Highest National Award - 'The Order of the Rising Sun, Gold and Silver Star'. He will be conferred with this award in 2019 Spring Imperial Decorations for his contributions to strengthen strategic ties and improving mutual understanding between India and Japan. Shyam Saran served as India's Foreign Secretary from year 2004 to 2006. During this period he played an important role to elevate India-Japan relationship to a strategic partnership. Since 2017 he has been working towards enhancing mutual understanding between two countries by hosting events like 'India-Japan Colloquium'.

THE VICTORY TRUMPET

INTERHOUSE COMPETITIONS

English Poem Competition (NURSERY)

| S.No. | Name of the Student | Position | Class & Sec |
|-------|---------------------|----------|-------------|
| 1. | AADHYA GUPTA | I | NUR-C |
| 2. | VANYA DUNGRIYAL | II | NUR-C |
| 3. | KANAN JAIN | II | NUR-F |
| 4. | NAVYA TANEJA | III | NUR-B |

English Poem Competition (KG)

| S.No. | Name of the Student | Position | Class & Sec |
|-------|---------------------|----------|-------------|
| 1. | YASHASVI KAUSHIK | I | K.G. - D |
| 2. | AROHI SINHA | I | K.G. - F |
| 3. | ANAYA DUA | II | K.G. - A |
| 4. | BHUMIKA NEGI | III | K.G. - D |

English Poem Competition (Ist)

| S.No. | Name of the Student | Position | Class & Sec |
|-------|---------------------|----------|-------------|
| 1. | LAKSHITA SHARMA | I | I-E |
| 2. | ABEERA KHAN | II | I-D |
| 3. | RIDHIMA | III | I-G |
| 4. | IPSHITA BHANDARI | III | I-B |

Hindi Kavita Pratiyogita-Kavita Sagar (Vth)

| S.No. | Name of the Student | Position | Class & Sec |
|-------|---------------------|----------|-------------|
| 1. | HIMANGI CHATURVEDI | I | E |
| 2. | RITIKA TIWARI | II | D |
| 3. | AYUSH GUPTA | III | B |

English Poem Competition (IInd)

| S.No. | Name of the Student | Position | Class & Sec |
|-------|---------------------|----------|-------------|
| 1. | RUDRAKSH PRAJAPATI | I | II-B |
| 2. | SAMARTH SHARMA | I | II-G |
| 3. | DHAIRYA CHOUDHARY | II | II-G |
| 4. | AMEYA ATUL DAKH | II | II-C |
| 5. | ARADHYA SAXENA | III | II-B |
| 6. | RISHIT YADAY | III | II-G |

Hindi Kavita Pratiyogita-Kavita Sagar (IIIrd)

| S.No. | Name of the Student | Position | Class & Sec |
|-------|---------------------|----------|-------------|
| 1. | ANSHIKA SINHA | I | A |
| 2. | ANANYA PANDEY | II | D |
| 3. | YEISHA GULATI | III | E |

Hindi Kavita Pratiyogita-Kavita Sagar (IVth)

| S.No. | Name of the Student | Position | Class & Sec |
|-------|---------------------|----------|-------------|
| 1. | JIYA | I | C |
| 2. | TAPSI SAJWAN | II | E |
| 3. | KRITIK JOSHI | III | F |

BE AN OPPONENT, NOT A VICTIM

Your beauty and fragility must turn you into a unique emblem of strength rather than a vulnerable commodity to be exploited. The statement seems to be most true in the kind of scenario; the girls of our country are forced to survive. At most moments they feel exposed to those unknown dangers which roam around them in the form of malevolent individuals. Thus it becomes a necessity to train our girls escape such vile scenarios and the biggest tool to do the same is making them realize the hidden power they possess against that gender which take the possible advantage of their strength and stereotypically framed images.

Under the recent initiatives started by Delhi Police, Crime against Women Department, our school organized a three day training session from 17th July, 2019 to 19th July, 2019 on self-defence. Deputed from the Delhi Police Department, Ms. Pinki and Ms. Sonu mentored the sessions training the girls from classes 6th to 12th on various techniques to safeguard themselves in case of unexpected attacks or physical abuses at public places and transports. The sessions began with the basic strikes, punches, kicks and ended with various dead locks which one can easily train for with practice. It was a communicative training programme

where girls were exposed to dangerous scenarios prevalent in the society for a specific gender. The girls were updated on the **HIMMAT APP** launched by the Crime against Women Department to ensure that girls get immediate help in any dangerous scenario by just a click.

The training concluded with an award ceremony, with Ms. Vinita Tyagi, ACP East, Crime against Women Department as the guest of honour. Here the students were made to demonstrate the skills they learnt during the session. For their passionate and enthusiastic response during the training programme certain performers were awarded with certificate of appreciation. At a concluding note it was an empowering moment where the girls felt the true sense of freedom and independence.



CREATIVE REUSING IDEAS IN CLASSROOM



School is a place where a student must be taught all basic and important things that matters. One of the thing that can be taught to students in school is the importance of reusing and recycling.

The process of teaching students the idea of reusing and recycling can be made a fun topic by guiding them to reuse and recycle the basic items like crayon cans, cardboard containers, bottles etc. which the student can be able to relate to easily. This not only will demonstrate the students how to live an eco-friendly life but will also save a lot of money on class room supplies.

CANS & CUPS

A cheap and easy way for recycling at school can be by saving all of your cans, cups and container. These can be reused in the following ways :

- **Crayons Cans** : Collect small butter and frosting containers and use them for your crayons. Crayon boxes tend to tear easily, and this way you will have a durable crayon container that should last all year long.
- **Paint Cups** : save your yogurt cups and use them as paint cups.



CARTONS, CANISTERS AND CARDBOARD CONTAINERS

Another way for recycling at school is by saving all of the egg cartons, coffee canisters, and cardboard containers to reuse in the following ways :

- **Egg Cartons** : Egg cartons can be used to sort items, or as a paint holder, planter, or sculpture. It can also be used for a variety of crafts.
- **Coffee Canisters** : These can be used to store art supplies and make crafts, or they can be used in games.
- **Cardboard Containers** : Cardboard fast food containers can be used for crafts or special projects.



BOTTLES, BASKETS, AND BOXES

Hair dye bottles, plastic laundry baskets, and boxes are a few other household items you may have around the house. Here are a few ways to reuse them :

- **Hair Dye Bottles** : These bottles can be used as glue containers.
- **Laundry Baskets** : Use plastic laundry baskets to store different supplies. These baskets are cheap and durable.
- **Laundry Boxes** : Cut the top off of the box and cover with contact paper, now you can use them to store papers. They can also be used for activities and games. You can even label each box according to subject, if you want to be ultra-organized.
- **Baby Wipe Boxes** : Baby wipe plastic boxes can be used to store markers, crayons, dice, pennies, beads, pencils, buttons, pins, shells, stones, or anything.
- **Cereal Boxes** : These boxes can be cut and used as book covers, as a painting surface, or as tag board.



PAWNS, PAPER TOWELS AND PLASTIC LIDS

The plastic tops of water bottles and the lids off of butter and yogurt are great as game pieces. Here are a few ways to recycle and reuse plastic lids, and paper towel rolls.



- **Water Bottle Tops** : Water bottle tops can be used for game pieces. Color the clear tops different colors and use them as board game pawns.
- **Paper Towel Rolls** : Use paper towel and toilet paper rolls for crafts, such as a stargazer, binoculars, or birdfeeder.
- **Plastic Lids** : Collect plastic lids from coffee, yogurt, butter, or anything similar to that size and use for crafts. For crafts, in which can be used as coasters, plaques, frames, or Frisbees.

In this way a number of easily accessible things can be reused and recycled in creative ways for use in classroom.



WORKSHOP ON ROAD SAFETY



A workshop on traffic rules and road safety was conducted for the students of class VII on 12th July, 2019 by the Delhi Police. The associated resource personnel from the Road Safety Cell were invited who briefed the students about the various traffic rules that ought to be followed in order to maintain safety on the roads. Common and careless mistakes committed by people were described in the session. Moreover videos helped them to understand the consequences of over speeding, signal jumping, carelessness, not using the seat belt or wearing a helmet, the use of a mobile phone on the road and many other unlawful practices on the road. The workshop was a huge success as it helped awakening the young minds with feeling of citizenship by following traffic rules and be safe on road.



UMEED- A DROP OF HOPE

In order to create an environment where no soul is deprived of the basic necessities, we need to adopt a sensitive eye towards the underprivileged. Our youngsters get to play an important role in here for they do possess the potential and creativity required to eradicate this alarming scenario.

In order to further shed light upon the issue, our school invited the founder of UMEED - A DROP OF HOPE, Mr. Subhrajeeet Gautam. The workshop was intended to help students realize the idea with which the NGO has been working, successfully carving a positive change in the society. Tracing back to the inception, Umeed was established with a small cloth donation campaign as its first stepping milestone for the organisation. Though the inception was just a seedling, but today with their relentless efforts to mobilize resources and uplift the social condition, they have expanded; penetrating and spreading amongst masses. Umeed through its youth force aims to wipe every tear, remove all sorrows and desires to bring wide smile on every child's face. As a result the NGO has been



awarded as the most active NGO by Mrs. Sheila Dixit and Mr. Ashok Gehlot in the year 2011.

MR. Gautam shed light upon the ignorant attitude of the society towards those who live in poverty. Our students were able to realize the need to develop empathy after coming across the pathetic conditions in which a large chunk of our society is forced to survive. The experience as expected left a deep impact upon those fragile minds that needs to realize the reality of the society. It was an interactive session providing hopes to those individuals who will further predict the future of our society.



Gitika Kohli, VII-F



Lakshay Goel, VI-A



Divyanshi Singh, VI-A

Education is the most powerful weapon which you can use to change the world Nelson Mandela



The event was a perfect amalgamation of renowned educationists and students from all over the world sharing their knowledge that bring them closer to the enduring legacy of non-violent struggle of equity, justice and sustainable development. The students learnt a lot about the virtues and values which we used to have earlier but now we have dropped them negligently in the process of growing up. As it is rightly said "A nation's true development lies in the progress of the humanity and kindness among its people."

In order to mark Nelson Mandela's 101st birth anniversary, our students participated in Nelson Mandela International Day celebrations. The event was a series of educational, art exhibit, fund-raising and interactive sessions under the guidance of eminent speakers honourable H.E. High Commissioner of South Africa Mr. Beryl Sisulu, Career Diplomat and Mr. Shiv Shanker Mukherjee, Ambassador and former High Commissioner to South Africa and United Kingdom.



The Mental Health and Behavioural Sciences Department of Fortis Hospital had organised a 6-day internship programme



The Mental Health and Behavioural Sciences Department of Fortis Hospital had organised a 6-day internship programme for students studying Psychology in Class 12th. 9 students from our school attended the same from 10th June 2019 to 15th June 2019.

The programme focussed on :

- Psychological Interviewing
- Orientation to Clinical Disorders
- Exposure to Applied fields of Psychology
- Introduction to Health Psychology
- An experiential understanding of Self
- A mental health project

The programme was conducted under the guidance of Dr.Samir Parikh (Psychiatrist). For the summation of the 6-day programme, the students were required to make a project (poem/ poster, etc) related to what they had learnt during the course of the internship. The programme proved to be an enriching experience for our students.

FELICITATION GALORE



Aarush Dutta and Abhishek Joshi (VI D) awarded with Sh. G.C. Lagan Young Scientist Award Rs.2100 Cheque Prize



Students of Class VI receiving Gold medal and Certificate for securing I Position in Annual Science Exhibition



Students of Class VII receiving Gold medal and Certificate for securing I Position in Annual Science Exhibition



Khushboo and Divya (VIII C) receiving Gold medal and Certificate for securing I Position in Annual Science Exhibition



Anubhav Chauhan (IX E) receiving Gold medal and Certificate for securing I Position (ICT) in Annual Science Exhibition



Pankaj Kumar and Shubham Jha (XI A) receiving Gold medal and Certificate for securing I Position (Science in Daily Life) in Annual Science Exhibition



Shruti Garg and Gauri Wadhwa (IX) receiving Gold medal and Certificate for securing I Position (Transport and Communication) in Annual Science Exhibition



Ayushi Mukherjee and Kriti Goel (IX E) receiving Gold medal and Certificate for securing I Position (Resource management) in Annual Science Exhibition



Vaibhav Vardhan and Arihant Singh Rana (X B) receiving Gold medal and Certificate for securing I Position (Agriculture) in Annual Science Exhibition



Aditya Saklani and Yash Joshi (XI) receiving Gold medal and Certificate for securing I Position (Health & Cleanliness) in Annual Science Exhibition



Aastha and Anjali Patel (XI F) receiving Gold medal and Certificate for securing I Position (Waste Management) in Annual Science Exhibition



Students of Class XII B receiving Gold medal and Certificate for securing I Position (Mathematical Modelling) in Annual Science Exhibition



Ajay Chandra and Aman Yadav (XII) receiving Gold medal and Certificate for securing I Position (Chamber of Commerce) in Annual Science Exhibition



Students of Class VI receiving Silver medal and Certificate for securing II Position in Annual Science Exhibition



Students of Class VII receiving Silver medal and Certificate for securing II Position in Annual Science Exhibition

FELICITATION GALORE



Students of Class VIII receiving Silver medal and Certificate for securing II Position in Annual Science Exhibition



Students receiving Silver medal and Certificate for securing II Position (ICT) in Annual Science Exhibition



Students receiving Silver medal and Certificate for securing II Position (Science and Daily Life) in Annual Science Exhibition



Students receiving Silver medal and Certificate for securing II Position (Transport and Communication) in Annual Science Exhibition



Students Silver medal and Certificate for securing II Position (Agriculture) in Annual Science Exhibition



Students receiving Silver medal and Certificate for securing II Position (Resource and Management) in Annual Science Exhibition



Students receiving Silver medal and Certificate for securing II Position (Health and Cleanliness) in Annual Science Exhibition



Students receiving Silver medal and Certificate for securing II Position (Mathematical Modelling) in Annual Science Exhibition



Students of Class XII A receiving medal and Certificate for securing III Position (ICT) in Annual Science Exhibition



Students of Class IX receiving medal and Certificate for securing III Position in Annual Science Exhibition



Computer Teachers receiving Certificates for their contribution in Annual Science Exhibition



Science Teachers receiving Certificates for their contribution in Annual Science Exhibition



Maths Teachers receiving Certificates for their contribution in Annual Science Exhibition



Commerce Teachers receiving Certificates for their contribution in Annual Science Exhibition



Ms. Vrinda Kaushik receiving Certificates for their contribution in Annual Science Exhibition

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.

CRIMINAL LAW

“Criminal Law is one of the specializations of Law courses that deals with the cases related to crimes”.

Criminal lawyers can work as a criminal defence lawyers and public defenders. Criminal lawyer represents and defend the person for which he/she is fighting the case. The work description of criminal lawyer involves investigating and collecting evidences that saves his/her client.

Eligibility :

For Bachelors of Law (LLB)

- Students will get admission into Bachelor Degree programme after completing their 10+2.

Duration : 3 or 5 years from a Recognized University

Diploma Courses :

- Diploma in Criminal Law
- Diploma in Criminology & Penology

For Masters in Law

- Those interested in criminal law are required to take the entrance examination for admission to master courses in law.

Common Law Admission Test (CLAT 2019) is one of the renowned entrance examination organized by National Law Universities (NLUs) to offer admission in the NLUs.

Other PG Courses :

- LLM in Criminal Law 1 year duration
- LLM in Criminal Law and Criminology 1 year duration
- LLM in Criminal Law and Commercial Law 1 year duration
- Post graduate diploma in Criminal Justice min duration : 1 year, max duration: 3 years
- Master of Arts (M.A) in Criminology 2 years duration
- Master of Arts (M.A) in Criminal Justice 2 years duration

Job Profile :

- Government Advocate
- Criminal Law Practitioner
- Government Pleader
- Lecturer
- Additional Public Prosecutor

Skills Required in a Criminal Lawyer :

- Good advocacy
- Good understanding of state, federal and local rules, court procedures and evidentiary laws.
- Excellent listening and Communication skills
- Logical reasoning skills
- Creative thinking and analytical skills

Budding Poets



हिंदी पढ़ें, चुस्त-दुरुस्त दिमाग रखें।

वैज्ञानिकों के मुताबिक अंग्रेजी की तुलना में हिंदी भाषा बोलने से मस्तिष्क अधिक चुस्त रहता है। राष्ट्रीय अनुसंधान केंद्र के एक डॉक्टर ने कहा है कि हिंदी भाषी लोगों के लिए मस्तिष्क को चुस्त-दुरुस्त रखने का सबसे अच्छा तरीका यही है कि वे अधिक से अधिक हिंदी की किताबें पढ़ें और उनका सस्वर पाठन करें। अंग्रेजी का इस्तेमाल जरूरत पड़ने पर ही करें।

विज्ञान पत्रिका 'करंट साइंस' में प्रकाशित अनुसंधान में मस्तिष्क विशेषज्ञों का कहना है कि अंग्रेजी पढ़ते समय दिमाग का सिर्फ बायाँ हिस्सा सक्रिय रहता है जबकि हिंदी पढ़ते समय मस्तिष्क का दाहिना और बायाँ दोनों हिस्से सक्रिय हो जाते हैं। इससे दिमाग तरो-ताजा रहता है।

अनुसंधान से जुड़ी डॉक्टर नंदिनी सिंह के अनुसार, इस अध्ययन के पहले चरण में छात्रों से ज़ोर-ज़ोर से अंग्रेजी पढ़ने को कहा गया और फिर हिंदी पढ़ने को कहा गया।

इस समूची प्रक्रिया में दिमाग का एमआरआई करने के बाद पता चला कि अंग्रेजी पढ़ते समय छात्रों का सिर्फ बायाँ हिस्सा सक्रिय था। क्योंकि अंग्रेजी एक लाइन में पढ़ी जाने वाली एक भाषा है, इसलिए दिमाग को ज़्यादा कसरत नहीं करनी पड़ती। दूसरी तरफ हिंदी के शब्दों में ऊपर, नीचे और दाएँ-बाएँ लगी मात्राओं के कारण दाहिना हिस्सा भी सक्रिय हो जाता है। प्रसिद्ध मनोचिकित्सक डॉ. समीर पारेख का कहना है कि ऐसा संभव है कि जिस तरह हिंदी की वर्णमाला है उसके मस्तिष्क को अनेक फायदे हैं। इसलिए आप अपना मस्तिष्क सक्रिय बनाए रखने के लिए हिंदी को अवश्य पढ़ें।

UNFETTER

Don't think they'd understand,
Until your cries won't stand
What you got today,
Is 'cause you let them overpower you yesterday.

Don't think they'd understand
Only you allowed them to expand,
You may entreaty or apprise
But it'd not suffice,

Don't think they'd understand
They'll not let you take a stand,
You must stop beating your wings
And be granted your politic swings.

Don't think they'd understand
Until you seize your land,
You must snarl and roar
And snatch an unbound door.

– Priyanka Singh
(TGT English)

The Counselor's Corner

The Person I should Love the Most

“Tall, Dark, and Handsome”, “Fair and Lovely”

These phrases are often heard by all of us ever since we are children, but as we grow up and enter adolescence, they suddenly start meaning much more to us. As teenagers, we often start taking such terms and phrases personally and also start perceiving them as a mould that we need to fit into. Hence, those of us who see ourselves as not fulfilling these social “criteria”, end up disapproving ourselves, thinking negatively of ourselves and believing ourselves to be inadequate. Lack of self-confidence, lessened desire to meet people, improper diets, constant fear of being judged by others ill health, etc. might be the results of such feelings.

Why these societal standards impact us so much as adolescents may have several possible reasons. One, there is a certain way that our parents, relatives, and the society in general understand good looks, and we are groomed to hold a similar understanding ever since childhood. Two, adolescence brings with itself numerous physical and emotional changes (such as rapid changes in height and weight, growth of body hair, romantic attraction, etc.) which are often sudden. We, as teenagers, might not be able to easily understand these changes and end up feeling confused.

However, we, as the young generation, need to understand that *we are not defined by our complexion, height or weight.* These are just a part of us, they do not equate with our entire identity. *Accept and love yourself for however you look. For once, shun what the society says. You are your kind of beautiful. You are your kind of handsome.*

Wake up everyday, and spend 5 minutes standing in front of the mirror. In loud and clear words, tell yourself, *“I am beautiful/ I am handsome. I love myself for being me.”* Keep repeating till it makes you feel better than how you were feeling about yourself the day before.

We all are born different. It would be a boring world and mundane life if we all end up looking the same.

Love yourself and see people around falling in love with that version of you.

– All the best
– Ms. Variddhi Gupta
School Counselor

Side-Effects of Playing PUBG Every Gamer Should Know About

PUBG is an online multiplayer battle royale game that has gained immense popularity. However, there are some gamers who are even addicted to this game which is why it has become a major concern for many. PUBG is a fabulous game but getting addicted to it can give rise to certain mental and physical health issues that you, yourself may not be aware of. So, here are the 7 negative side effects that PUBG has on one's mental and physical health that you should beware about.



1. It is extremely violent.

PUBG has been under scrutiny for being a violent game. Excessive violence can trigger aggressive thoughts, emotions and behaviour that ultimately affects the mental health of the player.

2. It leads to gaming addiction.

Playing too much PUBG can make you less productive. Video game addiction is not a new thing but you should know that this is not good for one's mental health.

3. You can end up becoming less socially active.

Most gamers spend their entire day playing PUBG which means they end up becoming less socially active.

4. It promotes bad physical health.

Just sitting around in one place and playing for long hours is not good for your physical health. One tends to become lazy. Also, staring at your computer screen for long hours can affect your eyesight and give you headaches.

5. It affects your mental health.

Those who are addicted to playing PUBG can get easily stressed out or face anxiety issues in public due to lack of social interaction.

6. It disrupts your sleep pattern.

You should know that sitting in front of the computer screen for too long can make it hard for you to sleep even if you finally decide to call it day.

7. There is no time to do anything else.

I am sure you know that a single game of PUBG can take up to an hour to complete. Even if you play 5 matches a day, it means that you will be wasting about 4-5 hours every day doing nothing productive.

"No one is asking you to stop playing PUBG. Just don't get addicted to it."



DISASTER MANAGEMENT

"We cannot stop natural disasters but we can arm ourselves with knowledge"



To make the students aware about various types of disasters and the ways to protect ourselves from them, a workshop was conducted for class 8th on 12th July 2019 in association with the Indian Red Cross Society.

Mr. Rohit and Mr. Samardeep made the students aware of the measures to be taken for the safety and protection of life and property from natural or man-made disasters. He told the students that we all should be prepared for disasters and fight with it effectively.

The Workshop started with an introduction about International Red Cross Society, its aim, vision, mission,

purpose, programs and activities. The session focused on various aspects of disaster, awareness about types of disasters [man made & natural] and post disaster precaution and activities. Practical sessions made the students conscious of the Do's & Don'ts during and after the disaster, demonstration of different rescue tools, use of these tools in different types of disasters like flood, fire, land slide, accidents. Some techniques were demonstrated with the help of student volunteers.

All in all, the workshop aided the students to save themselves and others at the time of disaster.



A WALK TO CREATE AWARENESS

"An ounce of prevention is worth a pound of cure." — Benjamin Franklin

With this notion in mind the Health and Wellness club of school organized the workshop on Anti-tobacco with an intend to acquaint the students of class VI regarding its ill effects. The speaker of the workshop was Dr. S.K.Arora, a renowned name .He is Delhi government's additional director of health and prestigious WHO award winner. He mainly spoke on how smoking is injurious to health. Pictures, posters and cartoons depicting the harmful effects of smoking were displayed to highlight the miserable plight of tobacco addicts. It gave an illuminating discourse on the diseases caused by tobacco consumption, measures taken by the government to check the menace and the proposed ban on films glamorizing smoking. A documentary film was also screened



showing the plight of patients dying of cancer. The need for creating awareness, especially among the youth, about the harmful effects of tobacco products, was underlined during the workshop. He expressed concern over the increasing addiction to tobacco among the youth, particularly in rural areas. He said there was a need to inculcate moral values among the youth so that they could say no to drugs. He observed that as per a report of the World Health Organisation, nearly one-third of the world population used tobacco and 35 lakh persons died every year due to diseases caused by tobacco. He concluded by saying that, "A good doctor cures the disease, but a great doctor cures the cause." Indeed it was an eye opening workshop for the students.

LEGAL LITERACY WORKSHOP

Justice in the life and conduct of the State is possible, only when first it resides in the hearts and souls of the citizens.

To imbibe the significance of law and orders, the legal literacy club of our school, organised a workshop on legal awareness for the students on 18 July, 2019. The students were informed about the laws concerning issues like lodging an FIR, Anti-ragging Law, POCSO ACT and Protection of

Children from Sexual Offence Act. Wherein the resource person **Mr. Sanjay Gupta (advocate)** guided the children, all about intricacies of the POCSO ACT and how they can protect themselves from abuses. He also spoke about the prevalent epidemic of cyber bullying and cyber crime. He guided the students about how to raise their voice

against any kind of violence to maintain their self esteem and lead a better life.

The workshop provided information to all the students such as; preventive steps to be undertaken; identifying signs of abuse; key ways of handling child sexual abuse and the relevance of POCSO Act. All the information was

imparted in the form of short videos, activities, and discussions.

The workshop concluded with a short discussion on the important points of POCSO Act. Students also asked questions on various provisions of the laws and held interactive session with the legal expert.



GREENCO

A few students of our school were provided a platform to have learnt about the adequate use of resources provided by the nature in association with GreenCo Company, which helps to drive excellence in resource conservation, bottom-line improvement, green corporate image and goes beyond compliance. It also helps to provide strategies for long term competitiveness besides being an excellent tool for top management to monitor their green performance. The workshop was presided by



influential personalities of GreenCo which stated that "Green" has become the new driver for companies on the quest towards growth, competitiveness and global excellence. With number of businesses going green on the rise and several initiatives on different areas evokes a spark in an individual's. Our students performed a Nukkad Natak through which they let the audience know the importance of water, the biggest gift bestowed by nature. The workshop contained a lot of information in order to promote the use of greenco in daily life. This indeed was panned out to be an asset for the students.



TREKKING THE ADVENTURE

In order to promote the habit of an active lifestyle and bring our students closer to nature, the school organized a three day Adventure Camp collaborating with Rocksport at TIGER COUNTRY CORBETT near Nainital for classes XI and XII ON 27th May, 2019. The idea was to provide the students with a peaceful abode, away from the chaotic lifestyle they follow. Rocksport is Asia's largest adventure program that introduced our students to the world of adventure sports. The program provided exposure to multiple elements of adventure and outdoor

activities in a safe and controlled environment. From Sunrise Trek to Camp Walk the activities ranged to induce thrill and moments to create lifelong memories through activities like, village walk, body surfing, raft building, pug mark study and bon fire. Being an extremely disciplined programme the excursion helped our students to stretch themselves to their limits while realizing the serenity of the lives in the areas away from any modern techniques, in turn introducing the required respect for variety of lifestyles followed by people around the country.



5th INTERNATIONAL YOGA DAY

Yoga is the journey of the self, through the self to the self.
- Bhagavad Gita

It is rightly said that Yoga is a science ... of well-being, of youthfulness, of integrating body, mind and soul. It is a super charged up way to begin our day. For the first time it was celebrated on 21 June 2015. This initiative was taken by the Prime Minister of India Shri Narendra Modi by giving an impactful speech related to yoga on 27 September 2014 in the United Nations General Assembly and for this reason, on 21 June, it was declared as "International Yoga Day". The proposal to celebrate the International Yoga Day on 21 June in the United States was approved by 193 members on 11 December 2014. Thus our school celebrated 5th INTERNATIONAL YOGA DAY on 21st June 2019 by organizing a yoga session in which the students and teachers performed various 'asanas'. The main aim was to raise awareness and ignite a passion for fitness and yoga among the students. Different yoga postures like Vrikshasana, Uttaanaasana, Trikonaasana, Bhadrasana, Shashankaasana, Bhujangasana, Pawana Muktaasana were performed. Children got the chance to know how yoga embodies unity of mind and body.



TODDLERS' ZONE

WHAT IS HEPATITIS ?

Hepatitis virus causes infection and inflammation of the liver

Hep B & C can lead to severe disease and possibly death

Hep B & C is spread by blood, semen and other body fluids

400 million people live with Hepatitis

6-10 million people are newly infected annually

World Hepatitis Day 28th July

KNOW HEPATITIS ARE YOU AT RISKS :

Everyone could be at risk of hepatitis-risks include :

- Unsafe injection & medical procedures
- Injecting drug use
- Mother to child transmission

SPOT THE DIFFERENCE

THREE colours of life

DONATE RED

SPREAD GREEN

SAVE BLUE

BE AWARE HOW LONG DOES IT LAST?

Have you ever thought of how long it takes for these common types of trash to break down. Let's take a look :

| | | |
|----------------|--|-----------|
| Paper | | 24 Weeks |
| Orange Peel | | 6 Months |
| Milk Carton | | 5 Years |
| Plastic Bag | | 15 YEARS |
| Tin Can | | 100 YEARS |
| Plastic Bottle | | 450 YEARS |
| Glass Bottle | | 500 YEARS |
| Styrofoam | | NEVER |

Let's Play Sudoku

| | | | |
|--|--|--|--|
| | | | |
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World Doctor's Day

WHO AM I ?

- I study the states of the human body, including emotions and needs.
- I can be found at the operating table with variety of surgeries from head to toe.
- I operate on the human brain and body to treat and cure diseases affecting the Nervous system and brain stem.
- I care for new born infants to ensure their successful entry into a healthy and fulfilling life.
- I study the immune system in a variety of organisms, including humans.
- I study skin and the structures, functions and diseases related to it.
- I work with the human mouth, examining teeth and gum health.
- I specify in the study and treatment of the heart and the many diseases.

Clues : Immunologist, Neonatologist, Neurologist, Surgeon, Physiologist, Dentist, Dermatologist, Cardiologist

It's raining ... Help Pogo to reach his house

THE INCREDIBLE BLACK RAIN

Gus grumblings was never happy with anything. He had lots of friends, and parents who loved him dearly, but all Gus could think about was what he didn't have, or things he did have which he was unhappy with. If someone gave him a car, it would be too big or too slow. If he went to the zoo, he'd come back disappointed because they hadn't let him feed the lions. If he played football with his friends, he would complain, saying there were too many of them for just one ball...

What caught Gus unaware was chuckles the prankster cloud. One day, Chuckles were drifting past, and heard all of Gus's complaining. Chuckles wafted over to see. When the cloud was right above Gus, he started dropping heavy black rain on him. That was chuckles' favourite trick to play on grumpy little kids. Gus wasn't at all impressed by this new development; it just made him complain even more. He was even angrier after he realised that the cloud was following him. Well, this carried on for almost a week. Gus couldn't get away from the cloud, and he got more and more infuriated.

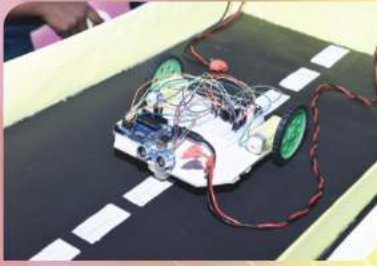
Gus had a little friend, a happy and generous girl called Gladys. Gladys was the only one who had been willing to hang around with Gus during all those black, rainy days. All the other children had run off to avoid getting soaked and ending up completely black. One day, when Gus was at the end of his tether, she said to him: "cheer up! What you should realise is that you're the only one of us who has his very own cloud, and even better, its rain is black! We could play some fun games with a cloud like this, don't you reckon?" as Gladys was his only company these days, and he didn't want her to leave as the others had, Gus reluctantly agreed.

Gladys took him to the swimming pool, and left him there until all the pool water was black. Then she went and got other kids. They came and played in the pool. The water being black meant they could play hide and seek! Grudgingly, Gus had to admit it had been a lot of fun, but what was even more fun was playing wet the cat. Gus would find cats and run alongside them. When the cats felt themselves getting wet they would jump about in the craziest way, and run off at top speed, with funny looks on their faces. Before long, all the children in town had gathered around Gus, thinking up new games they could play using the cloud.

For the first time ever, Gus started to see the positive side of things; even things which, at first, had seemed so bad. Chuckles, the prankster cloud, thought that he could now leave; his work had been done. But, before leaving, he gave Gus two days of multi-coloured rain, with which the children invented the most fun games ever.

When chuckles finally left, Gus didn't complain. Now he knew to focus on the good in life, and the good thing about chuckles' departure was that no longer was Gus soaking wet all day. Now he could go and do dry things, and that's exactly what he did.

Glimpse of Annual Science Exhibition



Honours received from Commerce Teachers' Association



Ms. Divya Kaushik receiving an 'Award of Appreciation'

This year the school produced a commendable board result in class XII board for which one of the school teachers, Ms. Divya Kaushik received an 'Award of Appreciation' by Commerce Teacher's Association, for an appreciable performance by school students of commerce stream in subjects Accounts and Business Studies. Along with the school's commerce topper Kritik Mathur was also awarded with an Award of Excellence by the organisation for his laudable efforts in class XII boards. Kritik Mathur was also class XII board school topper scoring 96.6%. The received a certificate and a trophy for their efforts.



The school topper Kritik Mathur awarded with 'Award of Excellence' by Commerce Teachers' Association

Dear Reader,

"A good beginning makes a big difference" Make sure you begin this academic year with new hopes and positive mindset to make it a brighter chapter in your school life full knowledge and learning. And what better way to increase your knowledge and learning than reading! Reading increases your thirst for knowledge, increases creativity and imagination. So keep reading but don't forget to share your creativity and knowledge with us. Send in your entries for the next edition at theschoolconnect@bbpsmv.com latest by 31 August, 2019.