



THE SCHOOL CONNECT



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Dr. Harish Chaudhary (Professor, IIT Delhi) and Principal Sh. B.B. Gupta keenly observing the exhibits



Dr. B.C. Sabata (Sr. Scientific Officer, Dept. of Environment) witnessing the exhibits

SCIENCE EXHIBITION INNOVATION & TECHNOLOGY

Bal Bhavan Public School, Mayur Vihar-II organised a two day science exposition themed 'Innovation and Technology' on 20th and 21st July 2018 in the school's very own 'Hall of Dreams'. The exposition was honoured by the presence of Dr. Harish Chaudhary (Professor at IIT Delhi), Dr. B.C. Sabata (Sr. Scientific Officer, Department of Environment and NCT Delhi) and Mr. Ramesh Kandpal (convener of Akhil Bhartiya Anuvrat Nyas). The two day journey was triggered to propel those ideas which can introduce a great revolution in the society. The exhibition was organised with the key objective of bringing out the hidden talents of students and with a focus on creating more awareness of science and technology said, Mr. Vividh Gupta, The Vice Principal.

Where the first day was scheduled for the panel of guests and judges to give their judgement of the most innovative and creative ideas, the second day was an open invitation to the parents and students to go through the exhibits. The exhibits included eco-friendly houses, electromagnetic cranes, smog absorber, Spirograph, Maths in music, Smart stick with sensor to make blind people self-reliant etc. Everything was wonderful and innovative. These provided a feast to our eyes. There were still models, working models, and projects. Such exhibitions have to be encouraged because students get an opportunity to present their ideas. New ideas grow in the minds of children. If they cannot present or express them it is of no use. So exhibitions are opportunities where ideas will begin to bloom for the development of the world.

The closing ceremony was yet another splendid sight graced by the presence of Mr. Sanjay Bharti, Chairman of Public Schools Forum, Mr. Vijaywardhan Daga (trustee of Akhil Bhartiya Anuvrat Nyas) and Ms. Chandrika Joshi (news reader at Aakashvani). Pratyush Chandra Jha, Pankaj Kumar and Shubham Jha of grade 10 won "Shri G. C. Lagan Young Scientist Award" and they were awarded with a cheque prize of Rs.2,100/-, a medal and a certificate Parents took great pride in the achievement of their wards.



Principal Sh. B.B. Gupta honouring Dr. Harish Chaudhary (Professor, IIT Delhi)



Sh. Vijaywardhan Daga (trustee, Akhil Bhartiya Anuvrat Nyas) being felicitated by Principal Sh. B.B. Gupta



Principal Sh. B.B. Gupta felicitating Mr. Sanjay Bharti (Chairman of Public Schools Forum)



Sh. B.B. Gupta honouring Ms. Chandrika Joshi (Newsreader, Akashvani)



Principal Sh. B.B. Gupta honouring Sh. Ramesh Kandpal (Convener, Akhil Bhartiya Anuvrat Nyas)



Esteemed Guest judging the exhibits

The exposition proved to be a great platform for those young intellectuals who possess the spark to shed the scientific grace in order to grab solutions for contemporary problems. Pacing forth upon the dream of our founder chairman Sh. G. C. Lagan the event was yet another milestone where his dream was actualised.

India and The World

India secures its place in Women's Hockey World Cup



India has won itself a place in the knock-out stage of the Women's Hockey World Cup which is to be held in London. This news came after the women players of the Indian Hockey Team delivered an astounding performance on 30th July, 2018.

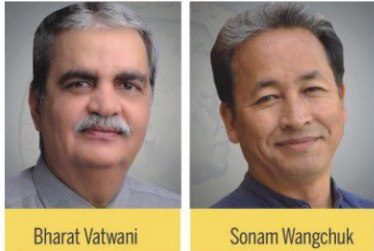
SAI shortlists 734 athletes for Khelo-India scholarships

The Sports Authority of India (SAI) has shortlisted 734 athletes for the Khelo-India scholarship. This Khelo India Talent Development Scheme was formulated to develop sporting talent in the country. These shortlisted candidates will be given training at the government certified residential academics. They will be provided with annual stipend of Rs. 1,20,000 on quarterly basis to meet their out of pocket expenses, treatment of injuries and other expenses.

Lok Sabha passes Criminal Law (Amendment) Bill 2018

The Criminal Law (Amendment) Bill 2018 has been passed by the Lok Sabha in July 2018. This bill takes over the Criminal Law (Amendment) Ordinance declared on 21st April 2018. It sets out the rigorous punishment for the rapists who rape girls less than 12 years and 16 years. For raping a girl under 12 years, the accused will be given a death penalty and in case of girls below 16 years, a minimum penalty of 20 years jail which can be extended up to life imprisonment. The time limit of two months has also been set for the investigation of rape cases.

Sonam Wangchuk & Bharat Vatwani win Ramon Magsaysay Award 2018



Bharat Vatwani Sonam Wangchuk

Sonam Wangchuk and Bharat Vatwani, both hailing from India, won Ramon Magsaysay Award 2018. They will receive a medallion bearing image of late Filipino leader Ramon Magsaysay, a certificate, and a cash prize. The award ceremony will take place on 31st August, 2018 at Cultural Centre in the Philippines. Established in 1957, the Ramon Magsaysay Award is Asia's highest honour. It celebrates the memory and leadership example of the third Philippine president after whom the award is named, and is given every year to individuals or organisations in Asia who manifest the same selfless service and transformative influence that ruled the life of the late and beloved Filipino leader.

Idea Cellular and Vodafone India Merger gets approval from government

The government has given its consent to the merger of Idea Cellular and Vodafone India, as confirmed by the Telecom Minister Manoj Sinha on 20th July, 2018. There are still some formalities left to be completed to finalize this deal. After the merger, these two big telecom giants will become the largest telecom operator in the country with more than Rs. 1.5 lakh crore, 35% of market share, and over 430 million subscribers.

PM Modi attended 10th BRICS Summit in Johannesburg



Prime Minister Narendra Modi attended and address the 10th BRICS Summit in Johannesburg on 26th July, 2018. Apart from India, the attendees of this summit also include the heads of the other four nations i.e. South Africa, Brazil, China, and Russia. The theme of this summit for 2018 was "BRICS in Africa-collaboration for inclusive growth and shared prosperity in the 4th industrial revolution". BRICS is the acronym coined by British Economist Jim O'Neill meant for an association of five major emerging national economies: Brazil, Russia, India, China and South Africa. Its main objectives are to cooperate between the member nations for development, provide financial assistance, support various projects, infrastructure etc.

Modi becomes first PM to visit an East African country



Prime Minister Narendra Modi visited Rwanda on the first leg of his three-nation Africa tour, becoming the first Indian premier to visit the East African country. The Prime Minister's aircraft landed at the Kigali International Airport on 24th July, 2018 where he was given a red carpet welcome. His two-day state visit to Rwanda one of Africa's fastest-growing economies assumes significance as this was the first by an Indian premier. Prime Minister Modi had bilateral meetings with President Paul Kagame, delegation-level talks and meetings with the business and the Indian communities. He also visited the Genocide Memorial and participated in an event on "Girinka" (one cow per family), a national social protection scheme of Rwanda initiated by Kagame.

Scientists have developed a faster and cost-effective coloured 3D printing method

Researchers at The Institute of Photonic Sciences (IFCO) in Spain have tweaked the method so it can print in all the colours of the rainbow. Selective laser sintering (SLS) printers use a laser to heat specific regions of a powdered material, typically nylon or polyamide, so that the powder melts or sinters to form a solid mass. The printer then selectively sinters new powdered material layer by layer until the desired 3D structure is obtained. To reduce the energy requirements of the process, researchers have added compounds called photosensitisers to the polymer powders. These materials, such as carbon nanotubes, carbon black and graphene, absorb light much more strongly than the polymers and transfer heat to them, enabling the use of cheaper, lower-power lasers. However, the carbon-based photosensitisers can only produce printed objects that are grey or black. Gerasimos Konstantatos, Romain Quidant and colleagues at IFCO wanted to find a photosensitizer that would enable colour printing by the SLS method.



IAF became part of multinational air exercise in Australia



Indian Air Force took part in a multinational air exercise in Australia for the first time. Its contingent, comprising of 145 air-warriors, the four Su-30 MKI fighter jets, one C-130 and one C-17 transporter aircraft, which arrived at the Darwin Air Force Base in Australia on 26th July, 2018. This exercise is organized by the Royal Australian Air Force (RAAF). This a three-week multinational drill scheduled from July 24 and will end on August 18. More than 100 aircrafts from various other countries will participate in this exercise.

Indian Economy-The sixth largest economy in the world

Indian economy has become a global role model for several developing countries. India has the largest population in the world and seventh largest country in terms of area, thus, it makes India's economic growth story a remarkable journey. India became the sixth largest economy by surpassing France. Indian economy recovered from the short-term shocks suffered due to transitory reforms but the economy is back on track. India's growth rate is among the fastest in between the major economies of the world, and with this current growth India may overtake Britain as the fifth largest economy by the end of 2018.

US Congress passes bill to slash Pakistan's defence aid to \$150 million

The United States Congress has passed the National Defence Authorisation Act-2019 (NDAA-19) which capped its security-related aid to Pakistan to \$150 million, significantly below the historic level of more than \$1 billion to \$750 million per year. This year's defence legislation, however, removes certain conditions like action against Haqqani network or Lashkar-e-Taiba (LeT) as was the case in the past few years for disbursement of US aid to Pakistan. The Senate passed the conference report on NDAA-19 by 87 to 10 votes on 2nd August, 2018. The House of Representatives had passed the conference report last week. It now heads to the White House for President Donald Trump's assent.

Indian-origin mathematician Akshay Venkatesh wins Fields medal



(From left: Akshay Venkatesh, Peter Scholze and Alessio Figalli during the 2018 International Congress of Mathematicians in Rio de Janeiro, Brazil)

India-origin mathematician Akshay Venkatesh was awarded the prestigious Fields medal on 2nd August, 2018. The 36-year-old was chosen as one of the four winners of the prize, which is commonly referred to as the Nobel prize for mathematics. He was recognised for his "profound contributions to an exceptionally broad range of subjects in mathematics". The Fields medal is awarded once in four years to the most promising mathematicians under the age of 40. The other recipients were Caucher Birkar, a Cambridge University professor of Iranian Kurdish origin, Peter Scholze, a German who teaches at the University of Bonn and Alessio Figalli, an Italian at ETH Zurich. The awards were presented on the occasion of the International Congress of Mathematicians in Rio de Janeiro on 2nd August, 2018. The winners also received a cash prize of C \$15,000.

Voice Your Opinion

... it matters!!!

In the last edition, we asked your opinions on the 'Impact of Technology on Banking Sector'. Here are some of the views of our readers:

Earlier we had to go to Banks to manage business money and transactions but now there is no need to stand in long queues, we can pay an electricity bill & other transactions within a second. There are many secured Apps like Paytm by which safe transactions are possible. Payment process has become very easy. This technology is almost Paper free which is environment friendly also.

- Ms. Tripti Anand (T.G.T. Sanskrit)
Technology throughout the 21st has had an impact on all the major sectors of the globe including banking sector. And as every coin has two sides incorporating technology and banking also has two sides one being the advantageous side of banking on-the-go, modern features etc and other being the not so advantageous side of easy cyber thefts, leakage of personal information etc. So all & all its a boon and bane in my outlook depending upon the user.

- Bhavya Chandna, XII-C
With this rapidly changing environment need of technology has been increasing for banking sector to sustain in the market and to minimise the frauds. e-banking has been proven beneficial for both banks and customer as it leads to wise utilisation of time, money and efforts. With technological advancements banks are able to reduce the dependence on branch network by centralising their database. Banks can also attract new customers by advertising at a very low cost by using e-advertisements.

- Piyush Chaurasia, XII-C
Technology enables consumers to transact money 24*7 to any bank account holder throughout the country. Also it helps to record each and every transaction of the consumer which increases its accountability and reliability, but consumers have to be very cautious whilst using online banking and should not share their critical information with anyone. In my opinion banking through technology should be encouraged in India to increase the efficiency of transactions.

- Pratham Goel, XII C
This Week's Question : Is there a need to curb the mushrooming of private coaching institutes?

In India, the craze for the admissions in the good reputed engineering and medical colleges has made the competition so tough that it has compelled the parents do anything for that. Parents are easily lured by the advertisements of the coaching institutes as they sell the dream of guaranteed success and parents easily get swayed with it.

Now a days coaching's have become a lifeline for every student, it has become more like a status symbol for some people to get admitted in well-reputed coaching institutes. In the rush of getting admission in the coaching institutes, parents often forget the natural skills of their child. They often neglect the passion or dreams of their children and force them to get good marks in the entrance exams.

This has led to the mushrooming of coaching centers all over the cities, metros or districts shows the trend of students opting for coaching classes apart from the regular education. What is your opinion on this?

Send us your views in 50-60 words latest by 25th August, 2018 at theschoolconnectbbsmv@gmail.com

THE VICTORY TRUMPET

Inter House Competitions

Hindi Poem Recitation (Nur.)

S.No.	Student Name	Class	Position
1	Agrima Khankriyal	Nur-C	I
2	Bhumika Negi	Nur-D	II
3	Vihaan Tiwari	Nur-A	III
4	Chahal Wadhvani	Nur-A	III

Hindi Declamation (IX-XII)

S.No.	Student Name	Class	House	Position
1	Ayushmaan Bari	X	Pragati House	I
2	Prachi Kandpal	X	Jagrati House	I
3	Anushka Sinha	XII	Prerna House	I

Hindi Poem Recitation (KG)

S.No.	Student Name	Class	Position
1	Abeera Khan	K.G. - D	I
2	Yukti Tiwari	K.G. - A	II
3	Jayaditya Raheja	K.G. - F	II
4	Deepansh Sethi	K.G. - A	III
5	Bhavya Ditya	K.G. - G	III

Hindi Poem Recitation (Ist)

S.No.	Student Name	Class	Position
1	Samarth Sharma	I-G	I
2	Anika Prasad	I-A	II
3	Anisha Nawani	I-E	II
4	Anshika Joshi	I-B	III
5	Medhanshisrivastava	I-E	III

Hindi Poem Recitation (II nd)

S.No.	Student Name	Class	Position
1	Anshika Sinha	II-G	I
2	Vaanya Verman	II-A	II
3	Akshara Mishra	II-A	III
4	Ananya Pandey	II-D	III

Basketball (VI-VIII Girls)

PRERNA VS JAGRITI
Winner House - Jagriti

S.No.	Student Name	Class
1	Khushi Tiwari	XI B
2	Akshita Chaudhary	XI C
3	Srishti Sharma	XII A
4	Vanshika Jain	XII B
5	Deepanshi Tyagi	XII E
6	Shruti Garg	XII D
7	Somya Narula	IX B
8	Kajal Verma	X C

Basketball (VI-VIII Boys)

PRERNA VS JAGRITI
Winner House - Prerna

S.No.	Student Name	Class
1	Tanmay Bansal	IX A
2	Sahil Panwar	IX C
3	Ayush Kumar Singh	IX D
4	Ritik Mishra	XII C
5	Apoorv Bhardwaj	XII B
6	Anshumaan Singh Bisht	XII C
7	Yash Gautam	XII C
8	Amit Singh	XII D
9	Arihant Singh Rana	IX C

Volleyball (VI-VIII Girls)

PRAGATI VS NIRMAN
Winner House - Nirman

S.No.	Student Name	Class
1	Lakshita Rawat	VIII B
2	Noyonika Soni	VIII A
3	Harshita Rawat	VI E
4	Vanshika Balani	VIII A
5	Sanskriti Pokhriyal	VI F
6	Yashika Gosain	VI E
7	Kashish Bhati	VI F
8	Rishita	VI C

Volleyball (VI-VIII Boys)

PRAGATI VS JAGRITI
Winner House - Jagriti

S.No.	Student Name	Class
1	Mandir Bisht	VI C
2	Jayant Nagar	VIII C
3	Santush Singh	VIII B
4	Yuvraj Singh	VI G
5	Divye Singh	VII C
6	Ankit Kumar Yadav	VIII D
7	Garvit Nayal	VI C
8	Manas Mehra	VIII D
9	Piyush Devtala	VII D
10	Kanishk	VIII D
11	Anshul Vijay	VIII A



Have a vision? Make the right decision! Vote!

Students of Bal Bhavan Public School are being trained about various factors of electoral activities. Electoral Literacy Club (ELC) has been formed in our educational institution to educate the youth about election procedures and create awareness about importance of voting.

Training sessions, informative programmes, seminars and practical know-how about various steps involved in the electoral process are explained in this club.

A vote casting activity, 'My Vote My Right' had been organised on 19 July, 2018. The exact environment of polling booth was created. The students above the age of 14 years (classes 9th-12th) participated by casting votes. Their school ID cards were considered as their voter ID cards in which their date of birth was mentioned. The candidates filed their nomination paper followed by the voting (FTPT) in which the voters were asked to put their consent on the ballot paper to elect the representative. They were also informed about the 'NOTA'. It enabled the students to understand all the voting process.

As we live in a democratic country, casting a vote is our duty. The aim of forming this club is to tap the children and youth before they reach the age when they are eligible to vote. Teachers help students by answering their queries regarding election procedures. We want to inform students about all the steps involved in electoral process as most of the children are often unaware.



Your junk stationery items can bring a smile on faces of needy school students...

The end of academic calendar leaves a huge junk in its wake in the form of unused books, stationery items and various other paraphernalia, prompting parents to look for ways to empty their kids' cupboard.

Now, The governmental organisation Shiksha Abhiyan, Mission Education (A step towards community services) has come to their aid. With a view to helping the poor, this program has been started as a drive to collect story books, loose pages, school bags, water bottles, pencils, colour boxes and even uniforms.

Bal Bhavan Public School has spread the message to donate unused stationery items among the students and the results were amazing. Most of the stuff we collected like compass boxes, pencils, story books, exercise books were brand new.

The drive proved to be a big success. It is truly said that 'Giving is not just about making a donation, It is about making a difference.'



Moringa Oleifera Tree (Shahajan or Moonga)



Green Corner



THE BENEFITS OF DRUMSTICK

Every street in Indian villages has a drumstick tree. And if you happen to enter a kitchen, you will most certainly find the Drumstick vegetable (slender, long green seed pods). People in India swear by the health benefits of drumstick.

The drumstick tree is native to India and other parts of Asia & Africa. A ride around any countryside in India will show you the abundance of these trees.

Our ancestors in India have consumed almost every part of Moringa tree including seeds pods (drumstick), leaves, fruits, seeds, and oil for thousands of years (except the roots).

In Indian cuisine, the drumstick is a highly well-known vegetable, especially in southern India.

This plant is used to cure more than 300 diseases by Ayurvedic practitioners.

Usually, the moringa/drumstick plant grows small to medium sizes and bears flowers in three colours: red, white, and black. Drumstick is a fast-growing and drought resistant plant and it grows best in dry sandy soil.

The beneficial properties of drumstick leaves were discovered thousands of years ago. The latest scientific research has also confirmed the benefits of drumstick leaves as herbal supplements.

As of now, more than 1300 studies and reports have focused on drumstick benefits and its healing abilities.

In 2008, drumstick was called "Plant of the Year" by the National Institute of Health (USA)

It is known to possess 90 powerful nutrients till date and scientist are looking forward to the possibility of more yet to be identified.

Moringa tree and its various parts have incredible nutritional and medicinal benefits. Therefore most of its components are used. The parts that are used are :

- Immature seed pods, called "drumsticks"
- Leaves
- Oil pressed from seeds
- Mature seeds
- Flowers



Moringa Leaves Health Benefits

1) Anti-Diabetic and Hormone Balancing Properties :

High Blood Sugar can be very unhealthy and may lead to diabetes. *Moringa* leaves help reduce diabetes by adjusting the sugar level in human body. It contains chlorogenic acid and isothiocyanates compound which help control blood sugar levels by allowing cells to take up or release glucose (sugar) as required.

Moringa leaf powder is sufficient enough to reduce lipid and glucose levels and to regulate oxidative stress in diabetic patients. What it means is that Moringa reduces the blood sugar & cholesterol levels and provides protection against cell damage.

However, the basis of these claims is animal studies. With further research, credible information will be available.

2) Fights Free Radical Damage And Protects Your Skin :

The Moringa leaf extracts contain antioxidants such as quercetin, flavonoids, and polyphenols and hence prevents the damage and degradation caused by free radicals such as oxidative stress, cell damage, and inflammation, etc.

Moringa is rich in Vitamin A, C, E and many B complex vitamins making it an excellent antioxidant. It reduces the cell damage and ageing due to free radicals and help you maintain smooth and youthful appearance on your skin.

3) Good For Your Heart

Based on several studies on both human and animal, Moringa Oleifera (a species of Moringa) is found to have the cholesterol-lowering effects just like flaxseeds, almonds, and oats. Thus, it makes you less prone to heart disease.

Moringa leaf powder is especially useful in blood lipid control. It also prevents the arteries from plaque formation.

4) Good For Teeth And Bones :

Moringa leaves can fulfil 1% of your daily magnesium requirement with just a 10-gm serving of its powder), which is essential for healthy and strong teeth. Moringa leaves are also a great source of vitamin K, protein and calcium that are essential for healthy bones.

5) Reduces Inflammation :

Inflammation is always associated with body's natural response to infection or injury. Prolonged inflammation may result in major health issue including heart disease and cancer. Moringa leaves, pods and seeds contain isothiocyanates which are known for its anti-inflammatory properties.

Apart from benefits mentioned above, it's good for your hair (scalp and dandruff), boost immune function, anti-cancer, increases woman's milk production.

6) Moringa Leaves During Pregnancy :

Moringa leaves work great for pregnant and lactating women. Moringa leaves are found to be useful during pregnancy to overcome symptoms of pregnancy like vomiting and dizziness.

It helps ease the complications during pre-pregnancy and post-pregnancy. Regular consumption of moringa leaves powder also aids in breast milk production.

7) Moringa Leaves Juice Benefits

Consuming Moringa leaves directly is not everyone's cup of tea; hence it is better taken in the form of juice. It is tasty and gives you many health benefits :

- *Moringa* leaves juice acts as a potent antiseptic for your skin.
- Taking *Moringa* leaves juice regularly stabilises blood sugar and helps control diabetes.
- It is believed to be useful in treating anxiety.
- *Moringa* leaves juice is mixed with carrot and used as a diuretic to treat gonorrhoea
- Leafy juice is very effective against eye diseases.
- It benefits a person with hair loss symptoms and also helps reduce dandruff.
- Due to its high iron content, it is good to be consumed by pregnant women. It helps increase red blood cells and prevents anaemia.

Moringa Leaves Powder Benefits

The main reason of *Moringa* leaves gaining popularity as a natural leaf powder supplement is its mild flavour which is easily consumable. Also, studies claim it to be safe for human even in larger doses. It has many health benefits such as :

- The *Moringa* leaf powder works wonder for diabetic patients. It reduces lipid and glucose levels and regulates oxidative stress.



- Consuming *Moringa* leaves in powder form protects your heart from plaque formation in the arteries. It is very effective in blood lipid control and reducing cholesterol. It also protects against cell damage.
- *Moringa* leaves increase the blood antioxidant levels as it is a rich source of various antioxidants including quercetin and chlorogenic acid.
- In a study, 30 women took seven grams of drumstick leaf powder every day. After three months, the blood sugar levels were reduced by 13.5%.

8) Moringa Leaves Nutritional Benefits :

Moringa leaves are loaded with nutritional contents as they are rich in vitamins, essential amino acids, minerals, energy, water and more. The health benefits that just a 100 gm of *Moringa* leaves can provide you is beyond imagination. They do a world of good for your heart, eyes, brain, skin, and the list goes on. Its leaves are used in many forms for treating hair, weight loss, and blood pressure.

9) Moringa Leaves Soup For Weight Loss :

Moringa is considered to be a delicacy in many locales and is often mixed into other foods and recipe including soup, sauce and salads. Its leaves are high in fiber hence it absorbs more water and stops you from eating extra by making you feel full.

Moringa leaves contain chlorogenic acid (an antioxidant) which supports weight loss by controlling blood sugar and burning the fats.

Moringa leaves rarely contain any calories thus help you provide nutrients with very less calorie, which is important when you want to lose weight. It is often taken as a soup by the people who are on weight loss regime. Have a look at the video and prepare yourself a delicious and sumptuous drumstick soup to help you lose weight.

10) Moringa Leaves For High Blood Pressure :

Moringa leaves have long been known for their effectiveness to reduce the blood pressure. High blood pressure (also called hypertension) is very common these days and may increase your chance of getting: Heart disease, Stroke, Congestive Heart Failure and Kidney disease.

Moringa leaves are considered super food with an abundance of Calcium, Potassium, Magnesium, Zinc, and Vitamin E, which are also the required/essential nutrient for a person suffering from high blood pressure.

Drumstick plant leaves are an excellent source of vitamin C which helps in the production of nitric oxide, a critical element for healthy functioning of blood vessels. They help normalise the blood pressure on the blood vessels and make the flow of blood smooth.

11) Moringa Leaves for Hair :

Due to high concentrations of vitamins (vitamin A, vitamin E, B vitamins) and minerals (zinc and silica), moringa leaves help to stimulate your natural hair growth and prevent hair loss and dandruff.

Also, compared to synthetic vitamins and supplements, *Moringa* leaves are absorbed easily thus giving you quick visual benefits. It also makes your hair shiny and healthier while addressing dryness and brittleness.

Moringa Flower Benefits

Flowers of *Moringa* have several uses in the field of medicine and cosmetics:

- *Moringa* flowers are a rich source of amino acids, potassium and calcium, making them a vital supplement for nursing mothers.
- Flowers are brewed as a medicinal tea and consumed as a health tonic to treat urinary tract infections.
- *Moringa* flowers are the best supplement for breastfeeding women as it helps increase the flow of milk and its nutritional value.
- *Moringa* is beneficial in weight management. It has powerful diuretic content that helps reduce bloating and water retention.
- It has potent antibiotic agents present in drumstick flowers help combat infection.
- The *Moringa* flower protects against tissue damage and strengthens the liver function.
- Studies have found the *Moringa* flower to be useful in the treatment of impotence and sexual dysfunctions.
- Due to mild fragrance and antioxidant benefits for the skin, it is used in the preparation of cosmetics and perfumes including hair oils.



1) Supports Healthy Bones

It is a good source of iron, vitamins and calcium and thus helps us to have strong and healthy bones. Pregnant women are recommended to use green pods as a soup or juice to avoid post-delivery problems.

2) Anti-Bacterial Properties

Due to its anti-bacterial qualities, it is also helpful in dealing with throat, skin and chest infection.

3) Supports Health Skin

Drumstick vegetable is extremely useful to rejuvenate your skin and the treatment of acne and pimples. It is mixed with lemon and consumed as juice to improve the glow and shine of skin.

4) Purifies Blood

Drumstick vegetable is a good blood purifier.

5) Supports Digestion

Drumstick is good for overall digestion system. As a herbal medicine, it boost your digestive system in many ways. Due to a rich source of calcium and fibre (31%), it is very useful in maintaining the proper function of the digestive enzymes and supporting bowel regularity.

6) Anti Fungal Properties

In ancient Ayurveda, Drumstick tree was used to treat ulcers, kidney and liver disease, kidney stones, digestive irregularity (including constipation) and other fungal infections.

7) Helps in Weight Management

High fibre content also makes drumstick useful for weight management as it reduces fat absorption in the gut and makes you feel fuller for an extended duration.

8) Supports Brain Health

As a rich source of antioxidants, Drumstick helps in neuron degeneration thus improving the brain function. The healthy antioxidants and bioactive plant compounds found in drumstick help in fighting against depression, stress, mood swings, and insomnia.

Drumstick has also been found to be potentially useful for Alzheimer's disease treatment at the preliminary level.

9) Mood Enhancer

Drumstick also benefits neurotransmitter functions by normalizing the "feel good" hormone serotonin, dopamine, and nor-adrenaline in the brain.



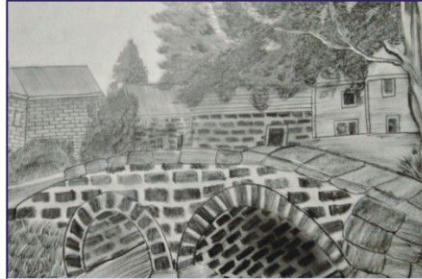
Shutter Bug



Credits : DHRUV KUMAR SHARMA, XII-E



Tanishq Rawat, VII-A



Vrinda Gupta, VI-A

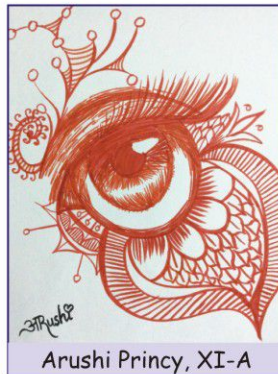


Anshika Mishra, VI-A

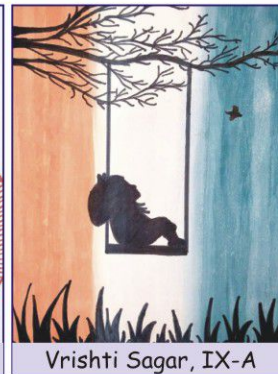


Learning Fitness Mantras... (Special Assembly- Class I)

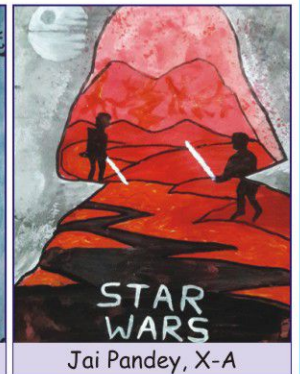
With the growing awareness in the society, health and hygiene has become one of the prime concerns of the present century. As a little contribution to the need, the tiny tots of class I, presented a special assembly on 24th July, 2018, wherein they showcased the need of maintaining health and hygiene through various stage performance in form of enactment, dance, song etc. Along with student also presented the various yoga postures and taught their benefits.



Arushi Princy, XI-A



Vrishti Sagar, IX-A



Jai Pandey, X-A

Book Launch Ceremony

"Books are a uniquely portable magic - Stephen King."

Bal Bhavanites got a chance to attend a Book Launch Ceremony organized by Scholastic India. The book named as "Ahimsa" is authored by renowned writer Ms. Supriya Kelkar.

Set in the 1940s, Ahimsa, a book about a woman joining India's freedom movement was released on 2 August, 2018. This book, "brings to life stories of the unsung heroes of India's War of Independence".

The book speaks about the turmoil a 10-year-old girl, Anjali, is thrown into when her mother announces she is quitting her job to become a freedom fighter and follow Mahatma Gandhi. The cause requires Anjali to give up her privileges and "confront her prejudices to ensure her little contribution to the movement is complete".



The main aim behind attending this book launch ceremony was to encourage children to the pleasures of books and reading. We believe that our personality, behaviour, ideas and knowledge are all built on the books we read. Nothing can add to our intellect more than reading a book.



FELICITATION GALORE



Pratyush Chandra Jha(X-A), Pankaj Kumar(X-A) and Shubham Jha(X-A) awarded with Sh.G.G.Lagan Young Scientist Award & Rs.2100/- Cheque Prize



Student receiving Gold Medals and Certificates for Securing I Position (Daily Life Science) in Annual Science Exhibition



Student receiving Silver Medals and Certificates for Securing II Position (Daily Life Science) in Annual Science Exhibition



Students receiving Bronze Medals & Certificates for Securing III Position (Daily Life Science) in Annual Science Exhibition



Student receiving Gold Medals and Certificates for Securing I Position (Resource Management & Health & Wellness) in Annual Science Exhibition



Student receiving Silver Medals and Certificates for Securing II Position (Resource Management & Health & Wellness) in Annual Science Exhibition



Student receiving Gold Medals and Certificates for Securing I Position (Environmental Solutions) in Annual Science Exhibition



Student receiving Silver Medals and Certificates for Securing II Position (Environmental Solutions) in Annual Science Exhibition



Student receiving Bronze Medals and Certificates for Securing III Position (Environmental Solutions) in Annual Science Exhibition



Students of Class VI receiving Gold Medals and Certificates for Securing I Position in Annual Science Exhibition



Students of Class VI receiving Silver Medals and Certificates for Securing II Position in Annual Science Exhibition



Students of Class VI receiving Bronze Medals and Certificates for Securing III Position in Annual Science Exhibition



Students of Class VII receiving Gold Medals and Certificates for Securing I Position in Annual Science Exhibition



Students of Class VII receiving Silver Medals and Certificates for Securing II Position in Annual Science Exhibition



Students of Class VII receiving Bronze Medals and Certificates for Securing III Position in Annual Science Exhibition



Students of Class VIII receiving Gold Medals and Certificates for Securing I Position in Annual Science Exhibition



Students of Class VIII receiving Silver Medals and Certificates for Securing II Position in Annual Science Exhibition



Students of Class VIII receiving Bronze Medals and Certificates for Securing III Position in Annual Science Exhibition



Students receiving Gold Medal and Certificates for Securing I Position (ICT & Mathematical Modelling) in Annual Science Exhibition



Students receiving Gold Medals and Certificates for Securing I Position (Communique) in Annual Science Exhibition



Students receiving Silver Medal and Certificates for Securing II Position (Communique) in Annual Science Exhibition

FELICITATION GALORE



Students receiving Gold Medals and Certificates for Securing 1 Position (Digitech Solution) in Annual Science Exhibition



Students receiving Silver Medals & Certificates for Securing 2 Position (Digitech Solution) in Annual Science Exhibition



Student receiving Bronze Medals and Certificates for Securing 3 Position (Digitech Solution) in Annual Science Exhibition



Students receiving Bronze Medals and Certificates for Securing 3 Position (Digitech Solution) in Annual Science Exhibition



Students receiving Certificates for Participating in Annual Science Exhibition



Students receiving Certificates for Participating in Annual Science Exhibition



Students receiving Certificates for Participating in Annual Science Exhibition



Teachers receiving Certificates for their contribution in Annual Science Exhibition



Priyanshu Kumar Pandey (VI-A) receiving Silver Medal & Certificate for Securing 2 Position (ICT & Mathematical Modelling) in Annual Science Exhibition



Students awarded with Certificates & Cheque Prize of Rs.500 for each participants of Yoga in Annual Science Exhibition



Teachers being awarded Rs. 1100/- each for preparing students for Yoga activity.



Shashank (XI-A) receiving Bronze Medal & Certificates for Securing 3 Position (ICT & Mathematical Modelling) in Annual Science Exhibition



Students receiving Certificates for Participating in Annual Science Exhibition



Students receiving Certificates for Participating in Annual Science Exhibition



Students receiving Certificates for Participating in Annual Science Exhibition



Office department receiving Certificates for their contribution in Annual Science Exhibition



Senior Co-ordinators receiving Certificates for their contribution in Annual Science Exhibition



Student receiving Certificates for Participating in Annual Science Exhibition



Teachers receiving Certificates for their contribution in Annual Science Exhibition



Sports Department receiving Certificates for their contribution in Annual Science Exhibition



Ms. Deepakshi Khanna receiving Certificates for their contribution in Annual Science Exhibition



Mr. Anil Batra & Mr. Rahul Vadehra receiving Certificates for their contribution in Annual Science Exhibition



Drawing department receiving Certificates for their contribution in Annual Science Exhibition



Computer Department receiving Certificates for their contribution in Annual Science Exhibition



Music Department receiving Certificates for their contribution in Annual Science Exhibition



Primary co-ordinators 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.

FOOD TECHNOLOGY

Food Technology is a science related to manufacturing & preservation of Food items & Products. *Food technology is not only a branch of Engineering but also a branch of Food Science, Hotel Management and Home Science.* **Food Technology courses** equip its students with the complete know-how of Food Processing, Preservation, Selection, Distribution and Packaging.

Eligibility Criteria

For getting admission to Bachelor's level *Food Technology* courses, a candidate must have passed 10+2 examination from *Science* stream with a minimum of 50 percent marks. Most of the colleges conduct Entrance Examination for the courses related to Food Processing.

Courses Offered in Food Technology

- B.Sc Home Science
- B.Sc Food Technology
- B.Tech in Food Process Engineering
- M.Tech in Food Technology
- B.Tech in Food Technology
- Various Specializations, diploma and certificate courses

Skill Sets Required :

Following are the skills one should either possess before enrolling into or acquire while pursuing **Food Technology courses** :

- Technical and Practical skills
- Planning skills
- Organizational skills
- Problem-solving skills
- Awareness of consumer market
- Time management
- Eye for detail
- Hygiene and Cleanliness
- Leadership skills

Institutes in India Offering Courses in Food Technology & Processing :

- Department of Food Process Engineering, SRM University
- MIT College of Food Technology, Pune
- Rajasthan Technical University, Kota
- Siddhartha Institute of Hotel Management, Vijayawada
- KK Wagh College of Food Technology, Nashik
- Doon Valley Institute of Engineering and Technology, Karnal (Haryana)
- Guru Nanak Dev University, Rohtak
- Delhi University
- K.S.R. College of Technology, Trichy
- National Institute of Technology, Rourkela
- Amity University



HELLO HUMAN

You had her binded in your wrists
You never let her fly
You knew she could've reached new
Zeniths
And yet you always denied

Whenever she took what little you gave
She fired up like a flame
Her glow is eternal, her words divine
Shakti is her name

Eyes that shone even in oblivion
And shed the path to light
You can try all you can
I know one day she'll fly

You hold her, she'll slip out
You tame her, she'll roar
Keep her from reaching the bank
And eventually she'll reach the shore

She's like a golden kite
Who'll one day rule the sky
Make her lose balance and fall
She'll always end up high

Accept that she's above you at times
Treat her as you should
Hold her hand to support not limit
And you'll be in heart for something good

- Yash Joshi, X-A



THE GOLDEN KITE

Believing in self
Shall pour some happiness
To the humans who criticize
Shall contentment, no longer
reside.
Helping won't make much gulf
Shall serendipity intensify
If persecution would grow older
Shall blithe, no longer be
justified.
Benevolence could solve
obstacles
Shall affluence flourish
Degeneracy could incite trouble
Shall predestination, be
destroyed.
Altruism would spread merry
vibes
Shall forbearing, this human
would be
If barbarous people would
expand
Shall decency of life, reduce.
Oh, my ruthless manipulator
Shall innocence be destroyed by
you
Every human is becoming cruel
Shall this way of living become
forever, soon.

- Nayan Raina Kaul, XI- B

“पागल.....वो नहीं था”

कल बहुत दिनों बाद, शाम के समय मेरा पार्क में जाना हुआ। कुछ लोग वहाँ पिकनिक मना रहे थे, कुछ पास के बोट क्लब में पैसे देकर भी गंदे पानी में नाव चला रहे थे, बच्चे मस्ती में खेल-कूद रहे थे, कहीं कुछ लोग खोमचे वालों के गोलगप्पे, चाट-पकौड़ी और भेलपूरी के चटखारे लगा रहे थे। हल्की चांदनी रात में बिजली के छोटे-छोटे बल्ब जलकर उस पार्क को रंगीन बना रहे थे, और लम्बी कतार में खड़े ढेरों आइसक्रीम वाले.....नोट कमा रहे थे।

अचानक मेरी नजर उस पर पड़ी...वो जो फटे हाल था, पैरों में टूटी चप्पल, बदबूदार कपड़े, जूट से रूखे बाल और कंधे पर गंदा बड़ा सा खाली बोरा लिए पार्क में बैठे लोगों को घूर रहा था.....वो उन पेपर प्लेटों को घूर रहा था जिनमें लोग खाना खा रहे थे, शायद.....उनसे खाना माँगने के लिए। वो सॉफ्ट-ड्रिक्स की उन खाली बोतलों को घूर रहा था शायद जिनका स्वाद लेने के लिए वो खुद खरीद कर पी नहीं सकता था, बच्चों के हाथों में चिप्स के खाली पैकेट को भी वह घूर रहा था, शायद उसके घर में भी कोई छोटा बच्चा होगा जिसे वह इन महंगी चिप्स के बचे हुए टुकड़े खिलाकर ही सही..... पर खुश करना चाहता होगा। जैसे ही कुछ लोग बचा हुआ खाना वहीं छोड़कर आगे बढ़ते वो तुरंत लपककर उस खाने की गंदी प्लेट को अपनी उदास आँखों से देखता और अपने बोरे में भरता जाता इसलिए कुछ लोगों ने दया दिखाते हुए उसकी तरफ पैसे फेंकने शुरू किए, पर उसने तो गिरे हुए पैसे उठाए ही नहीं। जैसे ही कोई बच्चा चिप्स का पैकेट फेंकता...वह झट से दौड़ता और पैकेट उठाकर बोरे में डाल देता। उसे बच्चों की तरफ इस कदर जाता देख लोग घबराए, और उसे पागल जानकर उन्होंने उसपर कई पत्थर बरसाए..... पर वो..... “पागल”..... नहीं था।

धीरे-धीरे रात गहराने लगी, लोगों ने अपना जरूरी सामान बटोरा और घर की ओर चल पड़े, पर वह.....वह जिसे अब तक मैं भिखारी और लोग पागल समझ रहे थे लाचार और बेबस सा चुपचाप खड़ा-खड़ा सब कुछ देख रहा था। मैंने जरा नजर घुमाई तो देखा, उसने लोगों का छोड़ा हुआ खाना, आधी-खाली, आधी-भरी पानी की बोतलें बटोरी, लोगों की जूठन भरी पेपर प्लेट्स और दोने बटोरे और चल पड़ा.....। पार्क से थोड़ी ही दूर जहाँ कुछ आवारा कुत्ते उससे भी ज्यादा ललचाई आँखों से उसके बोरे को निहार रहे थे... उसने धीरे से बोरे से जूठन भरा पैकेट निकाला और उससे उन बेजुबानों का पेट भर डाला.....। पर इससे भी ज्यादा मेरी हैरानी तब बढ़ गई जब मेरी नजर उसके अगले काम पर पड़ गई। पास ही एक कूड़ेदान था, जहाँ उसने अपने बोरे का सारा कूड़ा उड़ेल दिया.....क्योंकि वो..... “पागल”..... नहीं था।

वो एक जिम्मेदार नागरिक था जो देश को स्वच्छ रखने की एक पहल दिखा रहा था। वो पागल नहीं था, क्योंकि वह किसानों की मेहनत से उगाए हुए अन्न को फिंकने से बचा रहा था, वो पागल नहीं था, क्योंकि वह भूखे जानवरों का पेट भर कर मानवता का धर्म निभा रहा था। सचमुच..... वो..... “पागल”..... नहीं था।



Building Etiquettes...

An individual learns various things at different stages of his life and the things he learns since his childhood gradually becomes his habit. Therefore it is important to teach appropriate conduct and etiquettes to a child from his early stage of learning. Where the learning starts from his home, school contributes in guiding the child the right conduct, which is reinforced in his growing years can make him an acceptable individual in the society. As a part of it, the school organized an 'Etiquettes week' in the month of July from 16th to 18th July, 2018, for school's primary wing for the students of class Nursery to II. Since the concepts of manners and etiquettes are wide and are vital for children to learn and also help them gain respect and dignity in their surrounding, school began with the concept of gratitude, sense of appreciation, conduct at table etc. for the tiny tots. The week observed learning in fun fulfilled mood, where students learnt rightful conduct and behaviors and pledged to follow the learning attained in their regular behaviors.



Movie time...

Watching movies have always been fun at all stages of life. For the little tiny tots, movies not only serve as entertainment but also learning. As a part of learning school organized various movie screenings for the students of primary wing wherein they were shown movies which are their age appropriate and also help them learn some lesson of life. The students of class Nursery to II were taken for movie- 'Peter Rabbit' for students of class III to V, the movie 'Incredibles- Part 2' was showcased at EDM movie theatre.



Inspirational Story

Thinking Out of the Box (Creative Thinking)



In a small Italian town, hundreds of years ago, a small business owner owed a large sum of money to a loan-shark. The loan-shark was a very old, unattractive looking guy that just so happened to fancy the business owner's daughter.

He decided to offer the businessman a deal that would completely wipe out the debt he owed him. However, the catch was that we would only wipe out the debt if he could marry the businessman's daughter. Needless to say, this proposal was met with a look of disgust.

The loan-shark said that he would place two pebbles into a bag, one white and one black.

The daughter would then have to reach into the bag and pick out a pebble. If it was black, the debt would be wiped, but the loan-shark would then marry her. If it was white, the debt would also be wiped, but the daughter wouldn't have to marry the loan-shark.

Standing on a pebble-strewn path in the businessman's garden, the loan-shark bent over and picked up two pebbles. Whilst he was picking them up, the daughter noticed that he'd **picked up two black pebbles** and placed them both into the bag.

He then asked the daughter to reach into the bag and pick one.

The daughter naturally had three choices as to what she could have done:

1. Refuse to pick a pebble from the bag.
2. Take both pebbles out of the bag and expose the loan-shark for cheating.
3. Pick a pebble from the bag fully well knowing it was black and sacrifice herself for her father's freedom.

She drew out a pebble from the bag, and before looking at it 'accidentally' dropped it into the midst of the other pebbles. She said to the loan-shark;

"Oh, how clumsy of me. Never mind, if you look into the bag for the one that is left, you will be able to tell which pebble I picked."

The pebble left in the bag is obviously black, and seeing as the loan-shark didn't want to be exposed, he had to play along as if the pebble the daughter dropped was white, and clear her father's debt.

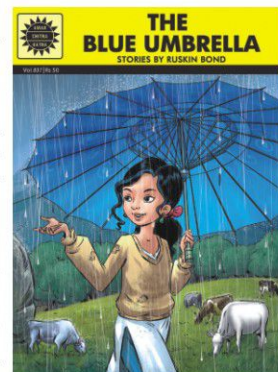
Moral of the story: It's always possible to overcome a tough situation throughout of the box thinking, and not give in to the only options you think you have to pick from

Good Reads

The Blue Umbrella

Very few books have that charisma that appeal to both kids and grownups and Ruskin Bond's short story *The Blue Umbrella* is one of them. Published in 1980, this story is written by Ruskin Bond. The premise of this story is set in a small village of Himachal Pradesh where a poor little girl named Binya is smitten to a beautiful blue umbrella owned by a rich family. She trades off her leopard claw necklace for the captivating blue umbrella. From that moment, the blue umbrella becomes Binya's rich possession.

She and her umbrella become very popular with both tourists and the local villagers. A restaurant-owner, takes a fancy to this umbrella and attempts several times to buy it off of her - in vain. Then one day while tending to her two cows, the umbrella goes missing. The entire village sympathizes with her. She suspects the restaurant-owner, and the police turn his house upside down but are unable to locate the missing umbrella. An embittered and upset restaurant-owner, orders a red-and-white Japanese umbrella and, in turn, becomes immensely popular with the local villagers as well as with tourists. The question remains: where did Biniya's umbrella disappear to, and will she ever recover it? Read the book to find the answer....



The Counselor's Corner

The Wisdom of Patience

"If you are expecting immediate miracles, you may not be aware of the miracles you already are in the middle of"

Patience is a form of peace, the very result we so often seek but struggle to find. When we are patient, we are still. We are at rest. We are resting in peace - a term we might want to use more often with people who are actually *alive* in spirit. Patience is a virtue. Life is not about living in the future or in the past. Life is about accepting the present moment. **Patience is the companion of Wisdom.** Everything that you need, desire and deserve comes to you when it can, when it should and when you're prepared for it, so, it's important to **wait**.

Sometimes, it's necessary to go through certain episodes of struggles in life because if you skip them, you would not be able to reach your goal. **How you respond to the struggle decides of whether you're letting it Teach You, Make You or Break You.** The repetitions of these struggles depend on how fast you learn. So, struggles become your stepping stones and believe it or not, they help you get closer to the finish line. **Please cooperate with the struggles!**

Give it time, it helps!!

- **Patience transforms Relationships:** Every relation deserves TIME because time is the most expensive gift that you can offer. Relations should not be based on immediate decisions if you're looking for long term happiness. You learn to wait and that's how you grow and evolve in a relation, whether it be any.
- **Patience helps you to be Empathetic:** Isn't it frustrating when no one gets you? Isn't it even more frustrating, when no one even tries to get you? **When you try more, you earn more, you connect more.** Patience helps us accept other people as they are and makes us tolerant. **By being impatient, you suffer more than other people.**
- **Patience helps us acquire Positive Attitude:** "Be Positive"! Why do you think every other person comes up with this common solution? Because you always have the solution, trust me, always. But you're able to get to it, identify it, and use it in your life only when you're positive about it.
- **Patience makes you Healthier:** Patience is a healthy state of mind, a wise alternative. **Always remember that a Problem, an illness or a Disease does not define your life. They are just a part of your life. A person with an illness also has the choice and opportunity to live a healthy life. So, make the right choices.** Patience is the antidote to every issue.

"Patience gives you the liberating breath you've always longed to take"

- All the best
- Ms. Ankita Kumari

MUDRAS

A Mudra is a hand gesture that guides the energy flow to specific areas of the brain. By practicing it, a connection is developed with the patterns in the brain that influences the unconscious reflexes in the different areas.

SHUNYA OR SKY MUDRA

This gesture is used to improve intuition, alertness, and sensory powers. It also purifies your emotions and thoughts.

Method : This Mudra is performed by touching the tip of the middle finger to the thumb tip, while keeping the other three fingers straight and relaxed.



Benefits : This Mudra is very much helpful in treating feeling of emptiness or numbness, ear ailments like pain, tinnitus (noises), vertigo and acquired deafness.

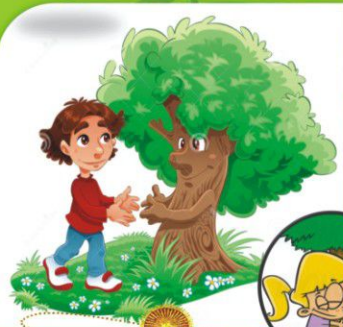
• This Mudra is used in ayurveda treatments of all the diseases that caused by an excess of vata.

Dear students, explore the above Mudra step by step and add something new to your practice. We will continue with some more mudras in the September month.



ADOPT A GREEN BROTHER OR SISTER!



All of us know that 'Raksha Bandhan' is the festival ensuring the bond of protection. Sisters tie Rakhi on the wrists of the brothers to safeguard them from evil or bad luck. In turn, brothers vow to protect their sisters. This ritual is being followed for years in India.

However, this year, we Bal Bhavanites, must step forward and be a part of this new tradition called "Vriksha Raksha Bandhan." As per the tradition, we all must tie a rakhi to a plant in our locality or school and must pledge not only to protect and conserve the nature but also its resources for cleaner, greener and healthier future.

This green tradition is already adopted by various organisations all over India. As a responsible citizen of the society, let us utilise this opportunity to promote awareness about importance of trees, environmental balance and sustainable lifestyles.

HAPPY Raksha Bandhan

INTERESTING FACTS INDIA

- India is the world's largest, oldest, continuous civilisation and also the world's largest democracy.
- India never invaded any country in her last 1000 years of history.
- India is the largest English speaking nation in the world.
- India has second largest number of scientists and Engineers in the world.
- Varanasi is known as the Ancient city when Lord Buddha visited the region in 500 B.C. Even today it remains the oldest inhabited city in the world.
- The number system was invented in India and Zero was invented was Aryabhata.
- India is the home to the highest Bridge in the world The Baily Bridge located in Ladakh Valley built by the Indian Army in 1982.
- About 50% of residents of India are under 25 years of age.
- The celebrated game of chess was invented in India.
- Yoga has its origin in India has existed for over 5000 years.

The Magician of Hockey

Dhyan Chand (29th August 1905- 3rd December 1979) was an Indian Hockey player, who is considered as the greatest Hockey player in the history of the sport. Hitler offered him a senior post in the German Army after witnessing his splendid performance to which he refused. He is known for his extraordinary goal-scoring feats, in addition to earning three Olympic gold medals (1928, 1932, and 1936) in field hockey, during an era where India was the most dominant team in Hockey, Chand played his final international match in 1948, having scored more than 400 goals (highest goal scorer in history of hockey) during his international career..



His birthday, 29 August, is celebrated as National Sports Day in India every year.

MEET THE FIRST Three Women Pilots IN IAF FIGHTER SQUADRON



L to R: Mohana Singh, Bhawana Kanth and Avani Chaturvedi

The Indian Air Force inducted its first batch of women pilots into its fighter squadron. The passing-out parade organized at the Indian Air Force Academy in Hakimpet, Hyderabad marked a landmark event in the history of IAF as the first three women were commissioned in the fighter stream of the flying branch. In October 2015, the government approved an IAF plan to induct women as fighter pilots on an experimental basis for five years. Six cadets were competing for the same. Meet the three cadets who were finally selected.

INDIAN GALLANTRY AWARDS FOR EXTRAORDINARY COURAGE

CATEGORY: "IN THE FACE OF ENEMY"

1. PARAM VEER CHAKRA (PVC) :
It is the highest war time Gallantry award, given for the utmost fearlessness during the wars and battles.

2. MAHAVIR CHAKRA (MVC) :
It is the second highest military decoration given to the act of bravery performed during war.

3. VIR CHAKRA :
It is the third highest award given after the Param Vir chakra and Mahavir Chakra.

4. SENA MEDAL :
It is awarded to the members of Indian Army, of all ranks, for individual acts of devotion to duty or courage.

5. NAO SENA MEDAL :
This award is for the servicemen in the Indian Navy.

6. VAYU SENA :
It has been awarded during times of conflict for acts of Gallantry in the face of Enemy or other than that.

The Government has constituted several Gallantry awards to honour extraordinary bravery and courage, as well as distinguished service during times of war and peace by personnel of different forces. The President or Superintendent Commander of the armed forces approves the Gallantry awards to the Armed forces personnel and members of Paramilitary forces.

Presented for exceptional courage, valour and dignity, Gallantry awards are the most revered ones. Gallantry awards are of two types: "In the face of enemy and other than the face of enemy."

Avani Chaturvedi said :

"As I started rolling for take-off near the first marker, I heard the canopy warning audio...I got confused seeing the emerging situation. However, the training which I had undergone helped me reach the decision almost immediately, as I aborted the take-off, bringing the aircraft to a halt safely on the runway. That day I realized how the decision of a split second can bring the situation under control or out of control. Had I delayed aborting the take-off or got airborne with the canopy open, the results could have been catastrophic."

Mohana Singh said :

"I wanted to carry on the family legacy of serving the nation by being in defence and what better way than fighter-flying...I dream of being a part of future combat missions, and fight for the nation when duty calls."

Bhawana Kanth said :

"I told myself that if I don't do it now, I will always be afraid of it. I spun the aircraft and to my surprise, the spin was more vicious or so it seemed. But the fighter pilot in me took over and all the recovery actions drilled in us during the training came out correctly and promptly. The aircraft recovered from the spin and so did my confidence."

TODDLERS' ZONE

SPOT THE DIFFERENCE



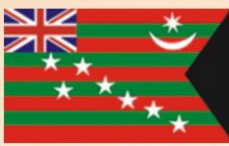
EVOLUTION OF THE TRICOLOUR



First Indian Flag -
The flag was composed of three horizontal strips of red, yellow and green.



This was very similar to the first flag except that the top strip had only one lotus but seven stars denoting the Saptarishi.



This flag had five red and four green horizontal strips arranged alternately, with seven stars in the saptarishi configuration super-imposed on them. In the left-hand top corner (the pole end) was the Union Jack. There was also a white crescent and star in one corner.



It was made up of two colours-red and green-representing the two major communities i.e. Hindus and Muslims. Gandhiji suggested the addition of a white strip to represent the remaining communities of India and the spinning wheel to **symbolise progress of the Nation**.

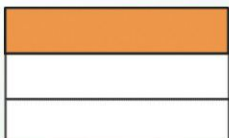


This flag, the forbear of the present one, was saffron, white and green with Mahatma Gandhi's spinning wheel at the center.



The present Tricolour Flag of India -
The colours and their significance remained the same. Only the Dharma Chakra of Emperor Asoka was adopted in place of the spinning wheel as the emblem on the flag.

LET'S KNOW OUR FLAG MAKING OF INDIAN FLAG



SAFFRON :
The upper most colour of our flag, Saffron denotes the strength of our country. It stands for our courageous history and sacrifice of our freedom fighters.



WHITE :
The white in the middle band of the flag symbolizes the path of truth, honesty and peace that India will take. White also stands for cleanliness and knowledge.



GREEN :
The lower most green band of the flag denotes the fertility, growth, development and auspiciousness of the land. It symbolizes the value of our land that life is dependent on.



BLUE CHAKRA :
The Dharma Chakra in navy blue in the middle signifies the "wheel of law" made by the 3rd century BC Mauryan Emperor Ashoka. It shows that there is life in movement and death in stagnation.

GENERAL KNOWLEDGE QUIZ

- 1) How many islands are there in Lakshadweep?
- 2) Which is the largest salt water lake in the world?
- 3) What was the real name of Gautam Buddha?
- 4) Which is the second most spoken language in India, after Hindi?
- 5) Who created the famous Rock Garden of Chandigarh?
- 6) Which is the only metal that is in liquid form, at room temperature?
- 7) Which country has the second largest population in the world?
- 8) Which country has a maple leaf on their national flag?
- 9) Hill station Mount Abu is in which state?
- 10) Hirakud dam is built on which river?



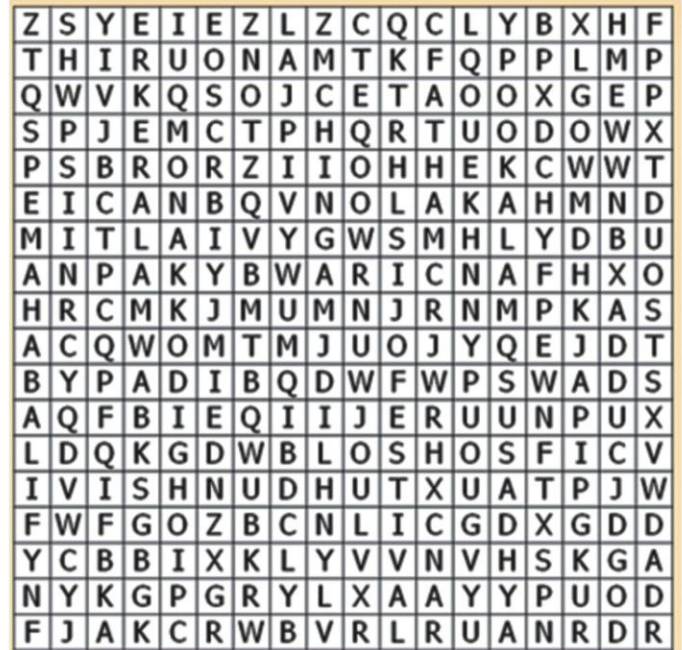
Students can mail their answers on the E-mail ID and answers of the above quiz will be published in our next month school connect along with the names of the first three winners.

Answers of General Knowledge Quiz (Issue 11) : Bengal Tiger, Blue Whale, Subhash Chandra Bose, Andhra Pradesh, Dr. B.R. Ambedkar, Charles Babbage, Goa, Tehri Dam, Kolkata, Greenland

Quiz Result (11) : The first three correct entries for quiz (Issue 11)

- 1) Ayush Kumar, VII-E (2) Anshika Tiwari, Nur-A (3) Aenna Sharma, VII-B

ONAM WORD SEARCH



WORD LIST :- MAHABALI, VISHNU, FESTIVAL, ONAKKODI, CHINGAM, KERELA, POKALAM, SADHYA, ATHAM, THIRUONAM



Do's and Don't of Flying Kites

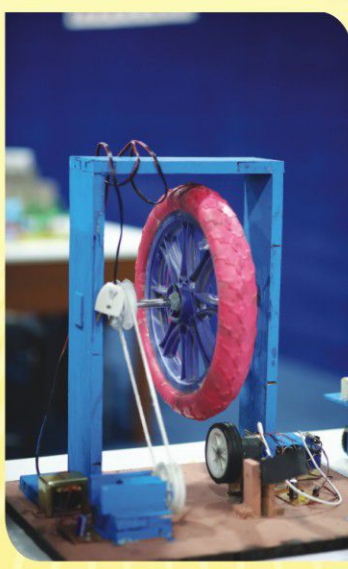


- Never fly your kite near power line.
- If your kite gets caught in a power line, don't touch the line or the kite.
- Never fly your kite in stormy weather.
- Never use metallic flying line.
- Don't fly noisy kites that disturb other.
- Do not peep down the galleries, fences, roof tops or terrace borders to see where disintegrated kites have landed.
- Do not run around to catch kites and attempt to retrieve them from roads, trees, power poles and wires.



- Fly kites in open areas like parks, gardens, playgrounds etc.
- Fly kites under the guidance of your elders.
- Use Eco friendly kites and threads.
- Wear sunglasses while flying a kite.
- Buy high quality kites, strings and protective gear for your children. Also, do not let your children mess with the broken parts of kites and strings; they can be sharp and unsafe.

Glimpse of Annual Science Exhibition



A VOYAGE TO CREATE CEASELESS PARODIES

"To travel is to Inspire and to be Inspired."

Our School's Vice Principal, Mr. Vividh Gupta undertook yet another errand to explore the widening horizon of Educational domain. He is an enthusiast who learns from exploring. His recent visit to The Scindia School, Gwalior and Scindia Kanya Vidyalaya has added proficiency at length to his personality and vision as an educationist.

The four day spree "Journey Back to School" organised by Eduexcellence was certainly a peep into the galleries of childhood with the icing of reflections and experiences of leaders around the country. It had given him an edge to understand Schooling from entirely different perspective. He is contended to state that "The company of such prolific educationist like Dr. Harish Chaudhary and leaders from across the country, gives an opportunity to have a deep insight about the changing realm of Education for 21st Century learners."

For him it can be summed up as, "The real voyage of discovery consists not in seeking new landscapes, but in having new eyes." We wish that he acquire many more opportunities to mark a place among many names of great Educationists.



Dear Reader,

Here we are with yet another edition of The School Connect. Thank you all for your enthusiastic entries and responses. Please ensure that you do not send your entries in PDF format. Send in your entries for the next edition latest by 25th July, 2018 to theschoolconnectbbpsmv@gmail.com