



# THE SCHOOL CONNECT

Celebrating  
**50**  
Years

Vol.II | Issue 4 | September, 2018

## Sh. G.C. Lagan Academic Excellence Awards

*Victory is the destiny of those  
Who make it through passion and dedication...*

It was yet another proud moment when the school honoured those aspiring young talents who brought laurels to the school through their academic performance. The ceremony was the witness of the ever progressing vision and mission of the school. On 16<sup>th</sup> Aug. 2018 the school organized the felicitation ceremony awarding the academic achievers of class XII and X under Sh. G.C Lagan Memorial Academic Excellence Award which is a mark of never dying spirit and ever rejuvenating passion.

Honoured by the presence of Dr. Ramraj Rai (Director Lok Sabha), Dr. Sudhanshu Pandey (from Home Ministry), Sh. Anand Singh Bisht (Deputy Director of Education, Delhi Govt.), Dr. Sumit Dubey (Prof. Maulana Azad Medical College), Sh. Vinod Bacheti (Director, Delhi Paramedical And Management Institute) and Sh. Ramesh Kandpal Ji (Convener and Instructor at Akhil Bhartiya Anuvrat Nyas) the event was one of its kind. The faces of proud parents glimmered to see their wards on stage, a hard earned victory worth appreciation.



Chief Guest Dr. Ram Raj Rai, Director, Lok Sabha being felicitated by Principal Sh. B.B. Gupta



Dr. Sumit Dubey being felicitated by Principal Sh. B.B. Gupta



Dr. Sudhanshu, Ministry of Home Affairs being felicitated by Vice-Principal Sh. Vividh Gupta



Shri Vinod Bachheti being honoured by Principal Sh. B.B. Gupta



Contd. (Page 6 & 7)

Shaswat Goyal, Ritika Goel and Jatin Goel of class XII were awarded with a medal, certificate of appreciation and a cheque prize of Rs. 11,000/- and Tejas Sharma of class X was awarded with a medal, certificate of appreciation and a cheque prize of Rs. 5,100/- for securing 95% and above, while the subject toppers and those securing above 90% were also awarded with medals and certificate of appreciation. Believing in the principle of encouraging each little effort the school decided to award those who have shown consistent academic performance and regularity by securing 100% attendance for 3 consecutive years through a Scholar Badge, certificate of appreciation and medal. The guests too extended their heartiest congratulations and blessings to the young minds. Thus the event was a compendium of pride, glory and promising future.

## India and The World

### Wrestler Bajrang Punia wins India's First Gold medal at 2018 Asian Games



**W**restler Bajrang Punia won India's first gold medal at the 18th edition of the Asian Games held in Jakarta, Indonesia. In the men's freestyle 65 kg final event, he defeated Japan's Takatani Daichi by 11-8 score. It was Bajrang's maiden gold medal and overall second medal in Asian Games after he had earlier won silver medal in 2014 Asian Games (Incheon, South Korea) in the men's freestyle 61 kg category.

### Panini Language laboratory inaugurated in Mauritius to promote Hindi



**P**anini language laboratory was inaugurated in August 2018, at Mahatma Gandhi institute in Mauritius to promote reading and writing Hindi amongst young and it further development. It was launched by External Affairs minister Sushma Swaraj on the sidelines of 11th World Hindi Conference held in Mauritius.

### International Youth Day observed on August 12 with theme Safe Spaces for Youth



**I**nternational Youth Day is observed every across the world on 12 August to draw attention to give set of cultural and legal issues surrounding youth. Observance of this day seeks to highlight role of young women and men as essential partners in change and opportunity to raise awareness of challenges and problems facing the world's youth. The theme for this year is 'Safe Spaces for Youth'. It aims to highlight need of safe spaces where youth can come together, engage in activities related to their diverse needs and interests, participate in decision making processes and freely express themselves. The theme supports 2030 Agenda for Sustainable Development, specifically Sustainable Development Goal (SDG) 11, emphasizes need for provision of space towards inclusive and sustainable urbanization.

### India to launch first manned space mission by 2022



**P**rime Minister Narendra Modi as part of his 72<sup>nd</sup> Independence Day speech vowed to put Indian in space by 2022 under manned space mission on board 'Gaganyaan'. This announcement gives Indian Space Research Organisation (ISRO) definitive timeline for manned space mission it has been working on for the last 15 years. If successful, India will become fourth nation in the world to send astronaut into space after US, Russia and China. Former Indian Air Force (IAF) pilot Rakesh Sharma was first Indian to travel to space. He was part of the Soviet Union's Soyuz T-11 expedition, launched on April 2, 1984, as part of the Interkosmos programme.

### 2018 Global Liveability Index : Vienna named world's most liveable city



**A**ustrian capital Vienna was ranked as world's most liveable city among 140 major cities in 2018 Global Liveability Index released by Economist Intelligence Unit (EIU). It is first time that European city has topped rankings of EIU annual survey. Global Liveability Index released by EIU compares world cities with each other in terms of security, affordability, education, healthcare, its urban lifestyle and infrastructure. It scores 140 major cities of the world on scale ranging from 0 (least liveable city) to 100 (most liveable city) based on these above parameters.

### Michelle Bachelet : Former Chilean president appointed UN High Commissioner for Human Rights

**F**ormer Chilean president Michelle Bachelet (66) was appointed as next United Nations High Commissioner for Human Right. She was nominated by UN Secretary General Antonio Guterres and her appointment was approved by UN General Assembly. She will have four year term and shall replace Jordanian diplomat Zeid Ra'ad al-Husseini (served a single term, beginning in 2014). Bachelet most recently had served as President (first women) of Chile (from 2014 to 2018 and 2006 to 2010). She was first Executive Director of UN-Women between 2010 and 2013. She has also served as Minister of Defence and Minister of Health in Chile.



### Lok Sabha passes Arbitration and Conciliation (Amendment) Bill, 2018.



**T**he Lok Sabha has passed Arbitration and Conciliation (Amendment) Bill, 2018 to help India become hub for domestic and global arbitration for settling commercial disputes. It seeks to amend e Arbitration and Conciliation Act, 1996 which contains provisions to deal with domestic and international arbitration and defines law for conducting conciliation proceedings. The Bill establishes ACI (Arbitration Council of India) as an independent body for promotion of arbitration, mediation, conciliation and other alternative dispute redressal mechanisms. It will frame policies for grading arbitral institutions and accrediting arbitrators, make policies for establishment, operation and maintenance of uniform professional standards for all alternate dispute redressal matters and maintain depository of arbitral judgments (awards) made in India and abroad.

### India wins SAFF U-15 Women's Championship by defeating Bangladesh



**I**ndia won South Asian Football Federation (SAFF) Under-15 Women's Championship. In the final match held in Thimpu, Bhutan, India defeated Bangladesh by 1-0 score. Sunita Munda scored the goal that helped the Indian U-15 team clinch the title. Earlier in the semifinal, India defeated Nepal 2-1. SAFF U-15 Women's Championship is association football tournament for women's national teams under the age of 15 from seven south Asian countries (Bangladesh, India, Maldives, Nepal, Pakistan, Sri Lanka and Bhutan). This was second edition of SAFF Under-15 Women's Championship. Bangladesh had won the inaugural edition in 2017 by beating India, 1-0 in the final played at Dhaka.

### Former UN General Secretary Kofi Annan passes away



**F**ormer United Nations General Secretary and Nobel Peace Prize laureate Kofi Annan passed away in Bern, Switzerland on 18<sup>th</sup> August. He was 80. He had served as seventh Secretary-General of UN for two terms reigning from 1997 till 2006. He was first black African to become Secretary-General of UN and also the first to be elected from UN staff itself.

## Voice Your Opinion

... it matters!!!

Last week we asked our readers that 'Is there a need to curb the mushrooming of Private Coaching Institutes?'. Here are some of the responses:

I think in the current competition level, coaching centre can help students to qualify, but that's not the only option. Coaching institutes are like substitutes for extra edge in knowledge, it's like protein powder which helps to achieve big muscles but one should take it with milk. Milk here is our schools, the main solvent and source of knowledge. In most of the cases students are unable to maintain equilibrium between school and coaching centre. So it is important to manage time and energy.

— Mr. Rahul Vadehra, P.G.T. Chemistry

Indeed private coaching institutes have become a major part of the lives of both parents and teachers & I being an Individual who himself has used these institutes for most of his academic life, I believe that these private coaching institutes should not be curbed since they are a source of relief for both the students and the parents.

— Bhavya Chandna, XII-C

According to me being in higher classes like I am in 11 its not easy to cope up or have great performances without these institutes as although teaches are extremely supportive and helpful but the new concepts pose hurdles in front of me and without extra help its difficult to perform great in classes like 11 and 12 because of new streams that we have opted for.

— Anshika Mehrotra, XI

According to me, if the students really want to pursue a career in a specific field and they want to get into a dream college for that, then coaching centres are quite a good deal because they offer the appropriate resources for such entrance exams. But if a student is going to coaching just because of the reputation of the coaching and because every sheep in the herd is following that trend then it is completely unnecessary. Students and parents should also understand that every student is unique in themselves and cracking entrances might be a really good thing but it is not the end of the world if you don't have them as your supreme goal.

— Yash Joshi, X-A

**This Week's Question :**

**Job v/s Entrepreneurship**

With the increasing number of career choices in front of students, there is often a confusion among the students to choose the right career. After the launch of "Startup India Standup India" program by our government, people are now getting more inclined towards entrepreneurship. We should choose career by knowing the pros and cons in each path, and analysing our strengths and weaknesses, so that we can know which career suits us the best. Every sector involves certain kind of risk and benefits. It depends upon the individual thoughts and interests to choose what they want to follow. One needs to discover the path to follow, by knowing what the path offers and do not offer. Which path would you like to follow? Job or Entrepreneurship?

**Send us your views in 50-60 words latest by 28th September, 2018 at [theschoolconnectbbpsmv@gmail.com](mailto:theschoolconnectbbpsmv@gmail.com)**

# THE VICTORY TRUMPET

## Zonal Competitions 2018-19 (1st Position Holders)

S.No.	Competition	Category	Name of the Student	Class & Sec.
1	Mono Acting	Senior Boy	Nishkarsh Maheshwari	IX - B
2	Hindi Declamation	Senior Boy	Ayushman Bari	X - A
3	English Extempore	Senior Boy	Bhavya Chandna	XII - C
4	On the spot Painting	Senior Boy	Priyanshu Singh	XII - B
5	Urdu Poetry	Senior Boy	Apoorv Bhardwaj	XII - B
6	Urdu Poetry	Junior Boy	Subrat Panda	VII - C
7	Urdu Poetry	Junior Girl	Vibhooti Bhardwaj	VII - A
8	Hindi Declamation	Junior Boy	Sakshya Ahlawat	VI - A
9	Hindi Extempore	Junior Boy	Khushboo	VII - D
10	Hindi Debate Team	Senior Boy	Jatin Chauhan	XI - A
			Avi Kumar Jha	X - A
11	Patriotic Community Singing	Senior/ Junior Girls	Pari Haider	VII - A
			Prisha Upadhyay	VII - B
			Urvashi	VII - B
			Yashika Singh	VII - C
			Sonakshi Verma	VIII - C
			Shriyanshi Gupta	IX - C
			Adrija Mondal	IX - C
			Samridhi Yadav	IX - E
			Abhedika Sandhu	X - B
			Smriti Santra	X - D
			Sakshi Santra	X - D
			Shruti Pawar	XI - E
			Vanshika Pawar	XI - C
			Ishika Haldia	XI - C
			Diksha Kushwaha	XI - E
			Meenal Khanna	XI - C

## Inter School Anuvrat Naitik Geet Gayan

S. No.	Category	Name of the student	Class & Section	Rank
1	Junior	Keshav Suyal	VIII - A	I
		Sagar Bag	VIII - C	
		Sonakshi Verma	VIII - C	
		Prashasti Gaur	VIII - A	
		Urvashi	VII - B	
		Yashika Singh	VII - C	
		Prisha Upadhyay	VII - B	
		Pari Haider	VII - A	
		Sidharth Sharma	VI - F	
		Saarthak Sandhu	VI - B	
		Ahaana	VI - E	
		Vanshika Pawar	XI - C	
		Ishika Haldia	XI - C	
		Diksha Kushwaha	XI - E	
		Meenal Khanna	XI - C	
2	Senior	Samridhi Yadav	IX - E	I
		Adrija Mondal	IX - C	
		Shriyanshi Gupta	IX - C	
		Smriti Santra	X - D	
		Sakshi Santra	X - D	
		Abhedika Sandhu	X - B	
		Meenal Khanna	XI - C	
		Ishika Haldia	XI - C	
		Shruti Pawar	XI - E	
		Diksha Kushwaha	XI - E	
		Yash Madhwal	XI - A	
3	Solo (Senior Girl)	Shriyanshi Gupta	IX - C	III
4	Solo (Junior Boy)	Sagar Bag	VIII - C	III

## Inter School Competitions- DAV EFFUSION

S.No.	Competition/Category	Name of the Student	Class & Sec.	Rank
1	Painting (Senior Girl)	Aarushi Princy	XI - A	II
2	Dance Classical Fusion	Tannishtha Bag	XII - A	II
		Vaishnavi Dubey	XII - E	
		Neha Suyal	XII - E	
		Jaharvi Bhadula	XI - C	
		Ishika Haldia	XI - C	
		A. R. Pratiksha	VII - E	
		Sharanya Bisht	VII - B	
		Vibhooti Bhardwaj	VII - A	
		Samridhi Yadav	IX - E	
		Divya Sharma	VIII - A	

## Zonal Competitions 2018-19 (2nd Position Holders)

S.No.	Competition	Category	Name of the Student	Class & Sec.
1	Urdu Poetry	Senior Girl	Diksha Kushwaha	XI - E
2	Punjabi Poetry	Junior Boy	Manminder Singh	VII - B
3	English Poetry	Junior Boy	Sakshya Ahlawat	VI - A
4	Poster Making	Junior Girl	Aarna Ghosh	VII - A
5	Hindi Poetry	Junior Boy	Keshal Suyal	VIII - A
6	Hindi Poetry	Senior Boy	Yash Joshi	X - A
7	Patriotic Community Singing		Keshav Suyal	VIII - A
			Sagar Bag	VIII - C
			Nikhil Sikarwar	IX - E
			Aniruddha Sarabhom	IX - C
			Jatin Dhaundiyal	IX - C
			Spandan Bandyopadhyay	X - C
			Yash Madhwal	XI - A
			Faizan Nadir	XI - A
			Kush Malik	XI - A
			Shrivatsa Manas	XI - B
			Sujay Raj	XI - B
			Yugg Sharma	XI - C
			Rishu Bhardwaj	XII - E
8	Nukkad Natak		Isha Negi	X - A
			Pratyush Chandra Jha	X - A
			Ayushman Bari	X - A
			Ryna Saxena	X - A
			Pranav Bhatnagar	X - A
			Nishant Gupta	X - A
			Navdeep Singh	X - A
			Shubham Jha	X - A
			Jai Pandey	X - A
			Prachi Kandpal	X - A
			Pragati Singh	X - A
			Avi Kumar Jha	X - A
			Tanishq Kakkar	X - B
			Shashwat Srivastava	X - B
9	Qawwali	Girls	Ahaana	VI - E
			Prisha Upadhyay	VII - B
			Urvashi	VII - B
			Yashika Singh	VII - C
			Anushka Singh	VII - D
			Sonakshi Verma	VIII - C
			Prashasti Gaur	VIII - A
			Shriyanshi Gupta	IX - C
			Meenal Khanna	XI - C
			Vanshika Pawar	XI - C
			Ishika Haldia	XI - C
			Shruti Pawar	XI - E
10	Folk Dance	Junior Boys	Tanmay Surendra Meshram	VIII - D
			Vishnu Dubey	VIII - D
			sanchay sharma	VIII - E
			Kavya Rastogi	VIII - A
			Ashish	VII - B
			Shivam Singh	VII - D
			Ritesh Bera	VIII - A
			Lakshya Sagar	VIII - A
			Dhruv Singh	VIII - D
			Dibran Chhanesh	VIII - E
			T. R. Prajit	VII - E

## Zonal Competitions 2018-19 (3rd Position Holders)

S.No.	Competition	Category	Name of the Student	Class & Sec.
1	Punjabi Poetry	Senior Boy	Jashanpreet Singh	X - C
2	Punjabi Poetry	Senior Girl	Rashmeet Kaur	XII - D
3	Hindi Debate	Junior Boys	Subrat Panda	VII - C
			Arnav Kumar Jha	VII - A
4	English Poetry	Junior Girl	Sakshi Mohan	VIII - C
5	Solo Classical Dance	Senior Girl	Tannishtha Bag	XII - A
6	Instrumental Music (Flute)	Senior Boy	Aditya Joshi	XI - E
	Classical Music	Junior Boy	Sagar Bag	VIII - C
7	Classical Music	Senior Girl	Adrija Mondal	IX - C
8	Sanskrit Poem Recitation	Senior Boy	Yash Joshi	X - A

# THE VICTORY TRUMPET

## Inter School Competitions - Adharsheela Global School

S.No.	Category	Name of the student	Class & Section	Rank
1	The Creative Eye (Senior Boys)	Aditya Yadav	XI - A	I
		Sushant Dey	XI - A	

## Inter School Competitions - Vivekanand Ethos

S. No	Category	Name of the student	Class & Section	Rank
1	Sanskrit Role Play (Historic Character)	Khushboo	VII - D	I
2	Poster Making	Piyush Parida	V - A	II
3	Competition	Sakshi Mohan	VIII - C	I
	Consumer Awareness	Prashasti Gaur	VIII - A	
	AD Campaign (Theme : Condemning single use plastic)	Aayush Chandra Jha	VII - D	
		Nishit Singh	VII - A	
		Sakshya Ahlawat	VI - A	



- Eccentric** : *adj.* peculiar or odd; deviating from the norm  
Eg : She's a little **eccentric** but still fun to be around.
- Entrenched** : *adj.* firmly established  
Eg : Her face will forever be **entrenched** in my memory.
- Obsolete** : *adj.* no longer used; rare or uncommon  
Eg : Historians assumed record players would be **obsolete** by now, but in fact they're making a huge comeback.

## POWER PILL

You are unique. You have different talents and abilities.  
You don't have to always follow in the footsteps of others.  
And most important, you should always remind yourself that  
You don't have to do what everyone else is doing, and have a responsibility to develop the talents you have been given.

— Roy T. Bennett

## THE HEALING COMES FROM NATURE AND NOT FROM PHYSICIAN



### Green Corner

Before there was modern-day medicine and its pharmacopeia of synthetic drugs, there were plants, and ancient civilizations knew how to use them strategically to treat common ailments and even life-threatening diseases.

Later, during the 1800s and early 1900s, the knowledge of herbal medicine was passed down from one generation to the next. Typically, the woman of the house was well versed in the use of herbs for

healing, and would act as the family's physician not only to treat illnesses but also to prepare various herbal wellness tonics and other remedies.

Today, the World Health Organization (WHO) estimates that 80 percent of the world's population still uses traditional remedies, including plants, as their primary health care tools.

### Medicinal Plants you can use to benefit your Health

Below is an excellent starting point to learn how to harness the power of medicinal plants.

#### 1. TULSI - The Queen of Herbs, Elixir of life.

Tulsi or the Holy Basil has been considered as the queen of Ayurveda, because of innumerable health benefits it offers. Tulsi has **antioxidant, antibacterial, antiviral and immune-stimulating properties** and that makes it a super herb.

The health benefits of tulsi include:

- Relief from cough and cold.
- To relieve stress.
- Cure skin allergies as well as longevity and
- Relief from migraine and other ailments and disorders.

#### SUPER HERB TULSI (HOLY BASIL)



Possible Health Benefits of Tulsi

- Immune-stimulating
- Antibacterial
- Antiviral
- Antioxidant
- Common Cold
- Kidney Stones
- Heart Healthy
- Lowers Stress
- Skin Allergies
- Sinus and Migraines
- Oral Health
- Weight Loss
- Cures Digestive System
- Mosquito Repellants
- Cures Eye Disorders

#### How does this Work?

Drinking this water causes the **body to perspire**, releasing sweat. Mosquitoes will rarely bite a **person whose skin has perspired**. On the other hand, basil leaves are rich in **Cinnamic acid**, which has been found to promote **circulation of blood, improve breathing problems**, etc. The flavonoids providing protection to cells are known as **vicenin and orientin**. The volatile oils having anti-bacterial properties are **myrcene, limonene, cineole, sabinene, linalool** and estragole. Magnesium in basil leaves assists in promoting the cardiovascular health by causing blood vessels to relax and regulate the risk of irregular heartbeats.

#### Basil Leaves Are Not Good, If:

- You have a **bleeding disorder**. Blood clotting might go slow, and bleeding can increase.
- You have **low blood pressure**. The blood pressure might become too low.

#### 2. NEEM - A Tree for Solving Global Problems

Neem is a tree. The bark, leaves, and seeds are used to make medicine. Neem leaves have anti-bacterial properties which is why it works wonders on infections, burns and any kind of skin problems. It destroys the bacteria that causes infections, stimulates the immune system and encourages rapid healing. We tell you some benefits of neem.

Here are some excellent ways in which we can use neem leaves:

- **Wound healer** : Make a paste out of the neem leaves and dab it on your wounds or insect bites a few times a day till it heals.
- **Goodbye dandruff** : Boil a bunch of neem leaves till the water turns green, allow it to cool. After washing your hair with shampoo, cleanse it with this water.
- **Eye Trouble** : Boil some neem leaves, let the water cool completely and then use it to wash your eyes. This will help any kind of irritation, tiredness or redness.
- **Treat that zit** : Grind a few neem leaves, make a paste and apply it daily till the acne dries out. The paste also helps any kind of eruptions, dark spots and chronic ulcers.
- **Ear ailments** : Blend some neem leaves and add some honey to it. Use a few drops of this mix to treat any ear boils.
- **Other skin disorders** : Turmeric combined with a paste of neem leaves can also be used for itching, eczema, ring worms and some mild skin diseases.
- **Boost immunity** : Crush some neem leaves and take them with a glass of water to increase your immunity.

#### How does this Work?

The neem leaves help in increasing the **blood platelet count** as well as the white blood cells. It also improves the immune system, and you can return to the normal stages. One of the most popular insecticidal components of neem leaves is azadirachtin. Other compounds are salannin, deactyl-azadirachtinol, etc. The components that assist in controlling inflammation are Nimbin, nimbidin, and quercetin.

Nimbidolangeludin can be defined as anti-fungal agents that can destroy fungi. Neem leaves are also known as analgesics, as they provide relief in times of pain. The components of neem leaves stimulate the immune system of the body; **detoxification** occurs, and a healthy digestive and respiratory system come to the core.

#### Neem Leaves are not good, if:

- Refrain from giving the dose to small children. Severe side effects can occur such as **diarrhea, seizures, brain disorders**, etc.
- You are diabetic. The components of neem leaves interact with antidiabetes drugs.



# Shutter Bug



Credits : KRITI PAWAR, XI-B



Srijana Gupta, VI-B



Gitika Kohli, VI



Naman Gupta, III-F



## Flowing through the essence of Makhan Chor...

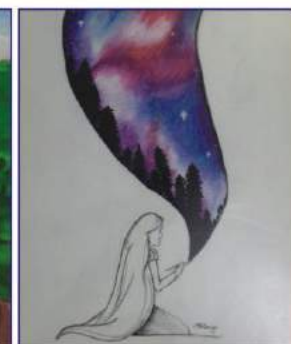
Like every year, Janamashtmi celebration in school was one glimpse to witness, where tiny tots of primary wing carried an attire of Krishna and Radha and dispersed the essence of the festival. A stage performance by students of class KG mesmerised everyone with the divine festivity. Everyone rejoiced the tiny mischiefs and pious image of lord Krishna presented on stage. The celebrations of various festivals not just aim at mere merriments but to spread the awareness and the hidden message that every festivity carries within itself.



Ananya Negi, XI-E



Srijana Gupta, VI-B



Ananya Negi, XI-E

## Sanskrit Divas



Sanskrit being the mother of all languages talks about our origins. Paying tribute to the language which talks of Hindu culture and its ethics, every year, Sanskrit Divas is celebrated in the school premises to promote the authenticity of the language. The students of primary wing celebrated this day with the stage presentations epitomising the beauty of the language. The presentations included recitation of Sanskrit poems, group songs which was a Sanskrit version of the song 'Sare Jahan se acha', Shiv Tandav Stotra recitation, street play with a theme of save environment and a group dance. The celebrations filled in an aura of pride in the environs of the school, wherein students were dazed with the fact the birth place of such vivid language is their very own nation.

## Glossary to literary terms...

### SYNECDOCHE

A figure of speech in which a part is made to represent the whole or vice versa, as in 'England lost by six wickets' the term England refers to the English cricket team.

### PROLOGUE

Prologue comes from the Greek term *prologos*, which means "before word," is an opening of a story that establishes the setting, and gives background details.

### EPILOGUE

An epilogue, or "epilog," is a chapter at the end of a work of literature, which concludes the work and binds all loose ends in the story.



# Sh. G.C. Lagan Academic Excellence Awards (2017-18)



Teacher's Excellence Award

Ms. Sonali Rawat (PGT Maths) receiving Trophy and Certificate for excellent result in Mathematics Class XII (2017-18)



Ms. Akanksha Gosain (PGT Economics) receiving Trophy and Certificate for excellent result in Economics Class XII (2017-18)



Academic Excellence Award - X & XII (95% & above)

Shashwat Goyal receiving Rs.11000 Cheque Prize, Medal & Certificate for securing more than 95% marks in Class XII CBSE Exam



Academic Excellence Award - X & XII (95% & above)

Ritika Goel receiving Rs.11000 Cheque Prize, Medal & Certificate for securing more than 95% marks in Class XII CBSE Exam



Parents of Jatin Goel receiving Rs.11000 Cheque Prize, Medal & Certificate for securing more than 95% marks in Class XII CBSE Exam



Tejas Sharma receiving Rs.5100 Cheque Prize, Medal & Certificate for securing more than 95% marks in Class X CBSE



Academic Excellence Award - X & XII (90%-95%)

Hritika receiving Medal & Certificate for securing 90-95% marks in Class XII CBSE



Tarun Garg receiving Medal & Certificate for securing 90-95% marks in Class XII CBSE



Satvik Bhasin receiving Medal & Certificate for securing 90-95% marks in Class XII CBSE (2017-18)



Academic Excellence Award - X & XII (90%-95%)

Simran Rawat receiving Medal & Certificate for securing 90-95% marks in Class XII CBSE (2017-18)



Garima Bansal receiving Medal & Certificate for securing 90-95% marks in Class XII CBSE (2017-18)



Kshitij Pant receiving Medal & Certificate for securing 90-95% marks in Class XII CBSE (2017-18)



Academic Excellence Award - X & XII (90%-95%)

Kajal Verma receiving Medal & Certificate for securing 90-95% marks in Class XII CBSE (2017-18)



Arushi Princy receiving Medal & Certificate for securing 90-95% marks and English, Hindi Subject Topper in Class X CBSE (2017-18)



Latika Sharma receiving Medal & Certificate for securing 90-95% marks and S.Studies subject topper in Class X CBSE (2017-18)



Academic Excellence Award - X & XII (90%-95%)

Diksha Kushwaha receiving Medal & Certificate for securing 90-95% marks & Maths Subject topper in Class X CBSE (2017-18)



Ishika Haldia receiving Medal & Certificate for securing 90-95% marks and Science subject topper in Class X CBSE (2017-18)



Kirti Bhagia receiving Medal & Certificate for securing 90-95% marks in Class X CBSE (2017-18)

# Sh. G.C. Lagan Academic Excellence Awards (2017-18)



Ancy Ann Oomman receiving Medal & Certificate for securing 90-95% marks & Hindi



Komal Yadav receiving Medal & Certificate for securing 90-95% marks in Class X CBSE (2017-18)



Yukta receiving Medal & Certificate for securing 90-95% marks in Class X CBSE (2017-18)



Pratiksha Jain receiving Medal & Certificate for securing 90-95% marks in Class X CBSE (2017-18)



Vaibhav Singhal receiving Medal & Certificate for securing 90-95% marks in Class X CBSE (2017-18)



Faizal Ayub receiving Medal & Certificate for securing 90-95% marks in Class X CBSE (2017-18)



Shailja Singh receiving Medal & Certificate for securing 90-95% marks in Class X CBSE (2017-18)



Khushi Jain receiving Medal & Certificate for securing 90-95% marks in Class X CBSE (2017-18)



Akansha Rana receiving Medal & Certificate for securing 90-95% marks in Class X CBSE (2017-18)



Heemank Verma receiving Medal & Certificate for securing 90-95% marks in Class X CBSE (2017-18)



Akshita Garg, English Subject Topper Class XII (2017-18) receiving Medal & Certificate



Ayushi Sharma, English Subject Topper Class XII (2017-18) receiving Medal & Certificate



Animesh, Physics Subject Topper Class XII (2017-18) receiving Medal & Certificate



Ashima Taneja, Physics Subject Topper Class XII (2017-18) receiving Medal & Certificate



Aditi Jha, Physics Subject Topper Class XII (2017-18) receiving Medal & Certificate



Shreya Sood, Biology Subject Topper Class XII (2017-18) receiving Medal & Certificate



Rishabh Punj, Biology Subject Topper Class XII (2017-18) receiving Medal & Certificate



Shikha Singh, Pol. Sci. & History Subject Topper Class XII (2017-18) receiving Medal & Certificate

# Sh. G.C. Lagan Academic Excellence Awards (2017-18)



**Subject Toppers - X & XII**  
Shikhar Rathi, Maths Subject Topper Class X CBSE (2017-18) receiving Medal & Certificate

Shivansh Vashisht, Maths Subject Topper Class X CBSE (2017-18) receiving Medal & Certificate

Soumyashree Biswal (IX) receiving Scholar Badge, Certificate & Medal for attaining excellent result for three consecutive sessions



**SCHOLAR BADGE (Excellent performance in academics for 3 consecutive years)**  
Saumya Singh (X) receiving Scholar Badge, Certificate and Medal for attaining excellent result for three consecutive sessions

Yash Joshi (X) receiving Scholar Badge, Certificate and Medal for attaining excellent result for three consecutive sessions

Disha Bidani (XII) receiving Scholar Badge, Certificate and Medal for attaining excellent result for three consecutive sessions



**SCHOLAR BADGE (Excellent performance in academics for 3 consecutive years)**  
Kitik Mathur (XII) receiving Scholar Badge, Certificate & Medal for attaining excellent result in three consecutive sessions

**PERFECT ATTENDANCE AWARD (Obtaining 100% attendance for 3 consecutive yrs)**  
Bhavishya (IV) receiving Trophy, Badge & Certificate for 100% attendance in Last three years

Naman Sachdeva (V) receiving Trophy, Badge & Certificate for 100% attendance in Last three years



**PERFECT ATTENDANCE AWARD (Obtaining 100% attendance for 3 consecutive yrs)**  
Yash Choudhary (VI) receiving Trophy, Badge & Certificate for 100% attendance in Last three years

Himank Giri (VII) receiving Trophy, Badge & Certificate for 100% attendance in Last three years

Shruti Agarwal (VII) receiving Trophy, Badge & Certificate for 100% attendance in Last three years



**PERFECT ATTENDANCE AWARD (Obtaining 100% attendance for 3 consecutive yrs)**  
Ishanvi Singhal (VIII) receiving Trophy, Badge & Certificate for 100% attendance in Last three years

Tanishq Gola (VIII) receiving Trophy, Badge & Certificate for 100% attendance in Last three years

Kiran Kumari (IX) receiving Trophy, Badge & Certificate for 100% attendance in Last three years



**PERFECT ATTENDANCE AWARD (Obtaining 100% attendance for 3 consecutive yrs)**  
Ishmeet Kaur (IX) receiving Trophy, Badge & Certificate for 100% attendance in Last three years

Kirti Kolay (XII) receiving Trophy, Badge & Certificate for 100% attendance in Last three years

Tanishka (VII) and Jai Pandey (X) receiving Certificate for securing II Position in Akhil Bhartiya Essay Writing Competition





## BE THE HAND TO HELP...

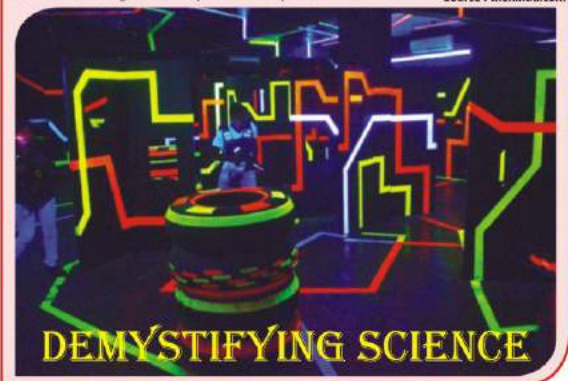
LOVE AND RESPECT IS A RIGHT OF EACH INDIVIDUAL LIVING IN THIS WORLD....

The school in collaboration with "HELP AGE INDIA" undertook an initiative aimed at sensitizing the students towards the rights and status of elderly population in India. As part of the initiative the school organized a two level programme. At the first level a workshop was organized inviting Ms. Anupama Datta (Director of Help Age India) and Ms. Rojibala Thockhom (state in charge Delhi NCR Help Age India). The major aim of the workshop was to initiate the required factual knowledge and the statistical information regarding the no. of orphaned elderly in absence of any support of their children and their basic requirement. It was an interactive session where students asked their questions and placed forward their experiences upon the issue.

At the second level of the initiative the students were taken for a visit to *Arya Mahila Asharam* where they indulged in a fulfilling experience with the elders and regaled them with a host of performances and games. A pertinent thing that stood out from the student's feedback about the visit was the grim reality regarding the lives of most elderly aged in India and the need to introduce a hope for them.

## WHAT IS LASER CHAOS?

Lasers are an inextricable part of semiconductor technology and these special beams are used in a range of applications from welding and cutting metal to reading compact discs and scanning barcodes. But a long-standing problem with lasers is that being products of light, they have inherent instabilities which make them 'incoherent'. The relative degree of this incoherence is called laser chaos and, often, users must choose between a powerful semiconductor laser with poor output quality or a coherent, but much weaker, laser. The instabilities in the laser are caused by optical filaments - light structures that move randomly and change with time causing chaos. By overcoming laser chaos, scientists can create ultra-bright 3D laser cinemas, or have them as elements in extremely bright laser systems used in nuclear fusion reactors. There could be a solution. In a paper in *Science*, an international research team has described how it has been able to prevent laser filaments using a technique called 'quantum chaos'. Source : thehindu.com



DEMYSIFYING SCIENCE

## VISIT TO OLD AGE HOME



Visiting old age home was one such memorable experience that has changed my perception towards elders and LIFE. The ladies over there were really sweet and were an epitome of innocence. Sarla aunty was one of them who were so bubbly and cheerful all the time, and we had a great conversation. A few moments with her made me feel as if I were talking to my own grandmother. I could feel a connection with all of them. Sarla aunty also handed over to me a packet full of toffees, though I was constantly denying. Our school has given such a wonderful opportunity of visiting there which I might not have fulfilled in my lifetime. Truly, it was a beautiful experience. — Disha Bidani, XII-C

I've heard many times that old age is a second childhood of a person but I observed it for the first time in my life when we went to the Oldage home on 7th August, 2018. The old ladies there were very sweet and innocent. The positive vibes we felt these was something which cannot be described in words. We played some games with them and were surprised to see that they were more enthusiastic than us. We stayed there for around two hours but I felt as if they our like our own grandmothers. There I realised that life is full of happiness no matter what the age is. — Pears Goyal, XII-C

Life is not only a bed of roses but of thorns. It takes us through all odds, ups and downs but finding happiness in all situations is the only motive. This is the thing that we had learnt at the old age home. We learnt that age is just a number. At the age of 60 and above the ladies were full of energy and enthusiasm. They treated us like their own grandchildren. The bond that was created within those 2 hours was something else. I was able to experience their pain that they went through after getting discarded from their families. Despite suffering so much in their lives and having the trauma of separation from their families, they all carried a smile on their beautiful faces. They even participated in every game with full zeal. We even sang a medley for them. The happiness on their faces was priceless. Further, I would like to thank our school authorities for giving us such a great opportunity whereby we get a chance to provide happiness to someone which is better than any other recreational activity. I hope that the smile on their faces remains like this forever. — Muskan Malhotra, XII-C

## Good Reads

### Counting by 7s

Author : Holly Goldberg Sloan (For 11+ year old)

This is an intensely moving novel about being an outsider, coping with loss, and discovering the true meaning of family. This is a beautiful story about different kinds of families, about deep connections that can be formed between people from different walks of life and above all, it is about surviving adversity.

Counting by 7s' main character is Willow Chance, a little girl, twelve-year-old genius, obsessed with nature and diagnosing medical conditions, who finds it comforting to count by 7s. It has never been easy for her to connect with anyone other than her parents. She loses two sets of parents in her short life she never knew her blood parents and her adoptive ones die in a terrible accident.

The triumph of this book is that it is not a tragedy. This extraordinarily odd, but extraordinarily endearing, girl manages to push through her grief. Her journey to find a fascinatingly diverse and fully believable surrogate family is a joy and a revelation to read.

## The Counselor's Corner

### CALM DOWN THE NON-STOP CHATTER OF YOUR MIND

"DON'T SEE THE WORLD FROM THE EYES OF OTHERS"

The mind is like an ocean. For most people, the mind is constantly moving, just like water, without ever coming to rest. There are so many roles that you're playing every day, so many things that you're doing, so many rules that you're following, and that is how you choose to live your life. You need to understand that there comes a time when you're exhausted. But, you keep running, you keep asking questions, you keep competing. Do you ever ask yourself, who you're running from, do you work on the answers of your own questions or do you know who you're competing with? You start running from the various versions of your own self, you answer your questions but you don't believe in yourself. Does that serve any point, does that bring you closer to what you're intending to achieve? Even though, as clear as it may be, you're your only competition, but instead, you start competing with time, you start challenging your life. Ask yourself, do you feel better?

I will suggest you something. STOP. WAIT. CALM DOWN. Because, it's okay. It's going to be. You are your 1<sup>st</sup> priority, you should be. Don't mess yourself up, look beyond the difficult times, the race doesn't matter much. So, stop cheating yourself to win the race...because, it is actually not about the winning, it is about how you live the race. The why's don't matter much, the how's of your life makes all the difference.

Let's keep it simple!

- **Don't Worry About what You Can't Control** : There is enough that you can do, why worry over something that you can't possibly do.
- **Acknowledge Your Mistakes** : You're not perfect. You're going to make mistakes in life, and a lot of them. Acknowledge them as opportunities to learn and grow.
- **Cultivate patience and tolerance** : You will meet all kinds of people, the good and the bad, the best and the worst. You will learn from each kind, and the best kind stays and learns with you. If you wait, you'll see that tolerance leads you to the best kind.
- **Cultivate a certain level of detachment** : Learn the important skill of not being offended by everything and everyone. It is not always about you. Learning is important. Just that.
- **Take a walk** : Walk over the judgments, walk over the disappointments; walk over the conditions to prove your worth. Take a walk to tell yourself that you will get through everything as long as you don't give up. Don't walk your life for someone else or to prove someone else.

"BE A LITTLE MORE YOU, AND A LOT LESS THEM"



Ms. Ankita Chaudhary, Counselor

— All the best  
— Ms. Ankita Kumari

## 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.

# COMPANY SECRETARY

The Company Secretary is considered as one of the most prestigious and lucrative course. As a Company Secretary, the main job is to operate as an intermediary between the organization and its Board of Directors. A Company Secretary must also ensure that the procedures and policies are followed strictly in the company.

### Certification Exam after 12th for Company Secretary

The candidates who wish to become Company Secretary should clear three levels of CS course and the concerning exams. The course includes three stages of study- **Foundation program, Executive program, and Professional program**. The candidate will also have to pursue a practical training after qualifying the second stage. The candidate who wishes to join Company Secretary Course after graduation can enter directly to the executive program and join the professional program and a practical training.

### Eligibility for Company Secretary

As to join the Foundation program of the Company Secretary Course students need to successfully pass 10+2 or equivalent in any stream. The foundation course of CS is an 8 month course. After completing the Foundation course, students can apply for the Executive program. The candidates who qualify the Executive Program are eligible for Professional Programme. After completing the professional program in the CS, the candidates will become the Associate Member of ICSI.

### Top Companies :

- BEML (Bharat Earth Movers Limited)
- ONGC
- Government and Financial Institutions
- Airport Authority in India
- BHEL
- Neyveli Lignite corporation limited
- Stock Exchange

### Required Skills and Personality basics :

- Governance expertise
- An eye for detail
- Solid judgment
- Organisational knowledge
- Effective communication
- Commitment
- Planning skills
- Integrity and independence



## THE EXPERIMENTS



It was a Monday morn,  
and they were labcoats which were worn.  
There were some chemicals which were brought,  
and creative ideas which were thought.  
Some beakers and droppers were found,  
and pungent smell going all around.

We got to learn many things new,  
but the experiments were less and few.  
The lab was filled with acid and bases,  
and every one was astonished and so  
were their faces.  
All of us were too excited,  
but our hands were shaking as we were  
frightened.

We wanted to test everything in lab,  
But we heard a sudden clap,  
and ma'am asked all of us to go back.  
The experiments were truly amazing  
and some of them were actually breath  
taking.

— Khushi Jha And Ashka, VII-A



## MY PAPER AND PEN

Happiness roars  
Sorrows criticize  
This dampness is too divine  
This hollowness is absolutely fine.  
Pleasant moments change  
My pen starts to breathe  
A new life, in the affairs of  
paper  
To create absolute perfection.  
Every midnight, they create  
moments  
Counting every second  
They create emotions  
Purposeless, they do  
everything.  
The story of love, they made so  
far  
The cure for pain, they  
described so far  
My paper and pen, I wish you  
luck  
The gem of words, I wish you  
continue so far.

— Nayan Raina Kaul, XI-B

## अस्मिता.....राष्ट्रभाषा की पुकार

हिंदी दिवस आज के समय में हिंदी भाषियों के लिए रोने का अवसर बनकर रह गया है, जबकि आवश्यकता इस बात की है कि दुनिया को इस भाषा की महानता या फिर ये कहें कि विडंबना के बारे में बताया जाए। जैसे :- समस्त विश्व में भारत ही एक ऐसा देश है जहाँ लोग अपनी राष्ट्रभाषा के लिए गर्व से कहते हैं कि मुझे हिंदी नहीं आती। मैं हिंदी की पुस्तकें, उपन्यास व अखबार नहीं पढ़ता। अब आप इस भाषा का दिल देखिए कितना बड़ा है, कितना उदार है जो अपने ही लोगों को अपना ही मज़ाक बनाने की अनुमति देता है।

हमारे देश में हमारी ही राष्ट्रभाषा बोलने वाला व्यक्ति 'अयोग्य' कहलाता है। किसी भी समाज में सबसे बड़ी चुनौती वहाँ के बुद्धिजीवी खड़ी करते हैं, परंतु भारतीय समाज में हिंदी भाषा को सिरे से मूर्ख मान लेने से यह बौद्धिक प्रतिस्पर्धा काफी कम हो गई है।

किसी देश में राष्ट्रभाषा की उन्नति वहीं की सामाजिक-सांस्कृतिक स्थिति को इंगित करती है। इस दृष्टि से इस देश में नागरिकों के सौतेले व्यवहार से क्षुब्ध दिन-प्रतिदिन गिरती हिंदी की गरिमा से उसके प्रेमियों की आँखें नम और मन आहत है।

भारत में उपेक्षित होती हिंदी, भारतीयों की गुलाम मानसिकता को दर्शाती है। हर माह लाखों-करोड़ों रुपए कमाने वाले राजनेता हों, फिल्मी सितारे या फिर खिलाड़ी, ये सभी लोग हिंदी की कमाई खाते हैं। एक नेता को लोगों से संवाद स्थापित करने के लिए मजबूरी में ही सही परन्तु हिंदी का ही सहारा लेना पड़ता है, फिर चाहे उनकी नीतियाँ अंग्रेजों वाली क्यों न हों। एक ऐसा फिल्मी सितारा जो भले ही पश्चिमी बुराईयों को फैलाता हो, उसे भी फिल्मों में हिंदी का प्रयोग करना पड़ता है।

अपनी राष्ट्रभाषा का प्रयोग हमारे लिए गर्व की बात होनी चाहिए, शर्मिंदगी की नहीं। दूसरी भाषाएँ बुरी नहीं होती लेकिन हम अपनी भाषा में जितनी उन्नति कर सकते हैं, उतनी अन्य किसी भाषा में नहीं।

हिंदी हमारा मान है, सम्मान है। यह भाषा हमारे लिए मजबूरी नहीं अपितु इसका होना हमारे लिए गौरव की बात है।

— जय हिंदी !



# TODDLERS' ZONE

## SPOT THE DIFFERENCE



## TALE OF KINDNESS AND GRATITUDE

There was a wild apple tree in the field. Everyday a little boy used to run to the apple tree climb the trunk and sway on its branches. When the boy got tired, he used to fall asleep in the shade of the branches

And the apple tree was happy. Time passed and the boy grew up. The apple tree whiled away his days alone.

Come here, boy, play with me, and we will have fun.

I'm too big for games. I need money. Can you give me money?

I would be happy to, but I do not have any money. Take my apples and sell them in the city, and you will have money.

And you will be happy!

The boy climbed the apple tree, tore off all the apples, and took them with him. And apple tree was happy

After the boy hadn't visited the apple tree for a long time, the tree became sad again.

And when he went to the tree again, the tree trembled with joy.

Come here quickly, boy! Ride on my branches and we'll have fun.

I have too many worries. I want to have a family. But I need a house. Can you give me a house?

I would love to help you but I do not have a house. But I have branches. Cut off my branches and build a house. You will be happy.

Boy cut down its branches and carried them away. And the apple tree was happy.

After that, he again stopped visiting the apple tree. And when he turned up again, the apple tree was almost speechless with joy.

"Come here play with me!"

I'm too old. I would like to build a boat and sail far away. Can you give me a boat?

Use my trunk make a boat, and sail far away. And you will be happy

The boy cut down the trunk and made a boat out of it, and he sailed far away. And the apple tree was happy.

A long time passed. The boy visited the apple tree again.

Forgive me, boy, but I have nothing left for you. I don't have any apples

What do I need apples for? I have almost no teeth left.

"Sorry, I'm just an old stump now", tree replied.

Now I don't need much. I would like to sit and relax. I'm very tired

All I need is an old stump to sit and relax.

Come here boy, sit down and have a rest. I will be happy again.



**MORAL -** Our parents and teachers are just like a tree, they sacrifice their whole for their children and feel happy with their success. Its children's prime duty to show respect and gratitude towards their elders.

## GENERAL KNOWLEDGE QUIZ

- 1) In which language, Constitution of India was signed by the members of the Constituent Assembly on 21st January 1950?
- 2) By what name is the Ganga known in Bangladesh?
- 3) Who was the First Jain Tirthankar?
- 4) First Olympic Games were held in which year?
- 5) Depth of the sea is measured in?
- 6) Deficiency of which vitamin leads to 'Rickets'?
- 7) Cresco graph, a device for measuring growth in plants, was invented by which Indian scientist?
- 8) Cow milk is a rich source of?
- 9) Constitution of India came into effect on?
- 10) British parliament passed Indian independence act on?



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 12) :** 36, Caspian Sea, Siddhartha, Bengali, Nek Chand, Mercury, India, China, Canada, Rajasthan, Mahanadi

**Quiz Result (August Edition) :** Winners of the quiz

- 1) Kartavya Jha (I-C)
- 2) Vaibhav Kumar (III-B)

## World Rivers Day



World Rivers Day takes place on the last Sunday of September, with the next celebration to be held on Sunday 30 September, 2018. Rivers in every country face an array of threats and only our active involvement will ensure their health in the years ahead. Let's search the name of some famous rivers.

L	R	T	G	G	E	C	D	S	W	Q	W	N	Y	Z
M	G	O	D	A	V	A	R	I	O	Y	B	G	Y	L
O	A	G	F	T	G	F	D	N	R	A	K	K	N	N
P	N	P	K	C	V	B	R	D	S	M	L	H	U	A
F	G	Z	W	Q	E	D	C	U	E	U	S	S	W	R
Y	A	X	S	S	M	I	W	S	F	N	K	L	Q	M
C	M	W	D	T	O	T	E	Q	V	A	O	W	A	A
A	T	S	E	A	T	K	E	C	C	Q	G	S	Z	D
H	Y	D	S	B	R	A	H	M	A	P	U	T	R	A
M	J	E	A	R	H	V	F	R	X	D	B	A	Q	S
K	I	R	S	T	E	E	S	T	Z	T	Y	P	H	T
B	O	H	C	D	R	R	W	O	W	R	K	T	E	R
O	I	Y	V	O	D	I	A	R	Q	C	J	I	R	D

Brahmaputra, Kaveri, Tapti, Ganga, Narmada, Godavari, Indus, Yamuna

## WORLD LITERACY DAY

SEPTEMBER 8



\* 776 million people worldwide cannot read or write. That means 16 % of the world's population is illiterate.

\* 2 out of 3 of all illiterate people are women.

\* India has the highest number of illiterate adults.

"Literacy for all is at the heart of basic Education for all and essential for achieving the goals of eradicating poverty, curbing population growth, achieving gender equality and ensuring sustainable, peace and democracy." - UNESCO

September 8 is World Literacy Day



\* Approximately 287 million adults cannot read or write in India which is 4 times the population of France.

\* Sub Saharan Africa holds highest number of illiterate youth.

\* 67 million children worldwide do not go to school. More girls are out of school than boys.

"Literacy is a bridge from misery to hope..Especially for women and girls, it is an agent of family and nutrition, for everyone, everywhere, literacy is, along with education in general, a basic human right."

## MUDRAS

Mudra vinyasa is a yoga that is practiced with different postures of your hands and fingers. When practiced regularly it can be of great advantage in dealing with many health problems and issues that otherwise would make your life difficult and painful.



### JALOR VARUN MUDRA

This mudra increases water elements in the body so that you can deal with the problems that are happening due to lack of water elements like skin drying, dehydration, deficiency of blood, cramps, tongue disorders, diarrhea, etc.

**Method :** touch the tip of little finger to the tip of thumb. Keep the remaining three fingers straight.

**Time-Limit :** It should be practiced 20-25 minutes a day. These minutes can be segregated across time slot of 5 or 10 minutes.

### Benefits :

- Cures indigestion, constipation, kidney and bladder related disorders.
- Removes the dryness of digestive tract.
- Brings glow to our face.

**Dear students, if you want to look good with glowing skin and youthful face, then you should practice this Mudra daily. We will continue with some more mudras in the October month.**

## A TRIBUTE TO THE DREAMER...

**B** BPS has continued to be an inspiration and encouragement to the tiniest embers of hope and faith. The result of this ideology has turned out to be what we call today as Bal Bhavan. Late Sh. G.C. Lagan was the dreamer who sailed across the impossible and engraved the legacy. 7<sup>th</sup> August, 2018, Foundation Day of the school was yet another recollection of the beautiful and hard earned bunch of memories where the school paid its tribute to the great pioneer. It was an auspicious beginning where the students were gathered together for the *havan* organized to pray god to keep this success and the true spirit of the school alive. The students realized the true values of the foundation of the great institution which even though believes in flying across the destined horizons but know the importance of keeping its roots strong.



## Celebrating the Indian Independence

**T**he feeling of being a part of free India is no less divine, however there is also a necessity to understand the importance of this hard earned freedom. The school celebrated the freedom of the country on 14<sup>th</sup> of August, wherein together the entire school paid tribute to the sacrifices of the freedom fighters who contributed in Indian freedom struggle. Where the celebrations carried on throughout the school, the tiny tots of Nursery class also presented their little in form of class assembly. The presentations included Group dance, musical presentation and a solo song presentation as well. A skit was also displayed in which students enacted as various freedom fighters and presented their sacrifice for the nation. The assembly aimed to imbibe love and respect for the nation in the new learners of the school.



Dear Reader,

"If you read, the world is your oyster. It truly is. Reading makes everything possible."

- Kate DiCamillo. We wish you have a happy and enriching reading experience. Send in your entries for the next edition latest by 28 September, 2018 to [theschoolconnectbbpsmv@gmail.com](mailto:theschoolconnectbbpsmv@gmail.com)