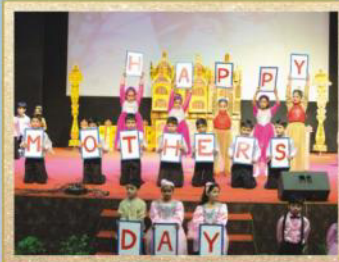




# THE SCHOOL CONNECT



Issue 11 | July, 2018



## An Ode to 'Mothers'



Understanding the wonderful roles our mothers play in nurturing us through all thick and thin and a day is not enough to pay her a tribute for her contributions in our lives, 'Mothers day' is celebrated across nations for the divine soul who is next to God. School regards all mothers for their indispensable being and therefore a tribute to them was paid on 12<sup>th</sup> May, 2018 through a beautiful program presented in the school's open air theatre by the students of class IV which was accredited by their parents. The special assembly titled 'Meri Aas Maa', was an overflow of emotions and love; the children have for their mothers. The program witnessed a dramatic display of sacrifice done by a historical character of 'Panna Dai', who sacrificed her own son to save the life of royal prince. Along with a mesmerizing musical dance performance was much appreciated by the audience.



The celebration was continued further across the primary wing in different classes. Students of class Nursery and KG prepared colourful cards for their mothers and students of class I decorated beautiful Tiaras to adorn their mothers whereas students of class II learned to write their lives' first letters to their mothers. The dedication and love was well witnessed in the efforts of the children who were really excited in performing these activities.



The tiny initiatives were though not enough to thank her for struggles she undergoes for her children yet a day and minute efforts to make her feel special suffices to cherish her for life.

## UNVEILING THE NEW STUDENT COUNCIL

With the coronation ceremony of the new student council-2018, headed by Muskan Pathak (XII-C) and Bhavya Chandana (XII-C), in the investiture ceremony we came across yet another proud panel of student council. On 15<sup>th</sup> May, 2018 the school allocated a series of duties and responsibilities to the promising young heads. The ceremony was carried forward keeping the customary of the day alive with students marching to the stage with their titles on their proud shoulders. It was a moment of great pride to receive the title batches from the very hands of our Hon'ble Principle sir. It was followed with an oath taking ceremony where the young leaders pledged to shoulder their responsibilities with utmost priority and dedication. With the presence of the Ex-Head Boy and Ex-Head Girl the event became even more meaningful as they shared their experiences and discussed about the essence of the responsibilities associated with the posts.



Designation	Boy	Girl
Head Boy / Girl	Bhavya Chandana	Muskan Malhotra
Deputy Head	Rachit Sharma	Ishika Haldia
Sports Captain	Yatharth Bisht	Divya Rawat
Jagriti House Captain	Sujay Raj	Disha Bidani
Pragati House Captain	Jatin Chauhan	Pears Goel
Nirman House Captain	Yash Madhwal	Rashmeet Kaur
Prerna House Captain	Kartik Singh	Diksha Kushwaha
Jagriti House Vice-captain	Pratham	Shalini
Pragati House Vice-captain	Tanish Kakkar	Samikcha
Nirman House Vice-captain	Aditya Bisht	Vidushi Arora
Prerna House Vice-captain	Shivam Pokhriyal	Chavi Chauhan
Jagriti House Prefects	Ayush Chandra Jha	Sharanya Bisht
Pragati House Prefects	Keshav Suyal	Vibhooti Bhardwaj
Nirman House Prefects	Adhyan Juyal	Lakshita Rawat
Prerna House Prefects	Saurabh Malhotra	Ishaarvi Singhal

## India and The World

### Gujarat launches SKY Scheme for farmers to generate solar power



The Gujarat government launched a solar power scheme for farmers- Suryashakti Kisan Yojana (SKY) enabling them to generate electricity for their captive consumption as well as sell the surplus power to the grid and earn an extra buck. Announcing the pilot project of the scheme in Gandhinagar, chief minister Vijay Rupani termed it a revolutionary step towards empowering farmers to generate their own electricity using solar energy and help doubling their income. As per the scheme, farmers having existing electricity connection will be given solar panels as per their load requirements. The State and Central governments will give 60 per cent subsidy on the cost of the project. The farmer is required to take 5 per cent cost, while 35 per cent will be provided to him as an affordable loan with interest rates of 4.5-6 percent. The scheme duration is 25 years, which is split between 7 year period and 18 year period. "For the first 7 years, farmers will get per unit rate of Rs.7 (Rs.3.5 by GUVNL + Rs.3.5 by state govt). For the subsequent 18 years they will get the rate of Rs 3.5 for each unit sold," said Saurabh Patel, State Energy Minister.

### Punjab Aims To Combat Air Pollution By Offering Free Plant Saplings Through A Mobile App



Getting the plant saplings of your choice at the doorstep, that too free of cost, is just a click away in Punjab as the government launched an app 'i-Hariyali' to improve states' green cover.

The problem of air pollution is prevalent in Punjab as eight cities of the agrarian state were listed among the most polluted in terms of air pollution in India over a period of five years from 2010, according to a report released by Central Pollution Control Board in 2017. To curb air pollution, the state government has taken up a number of initiatives since past one year, from imposing a ban on stubble burning to setting up plants to utilise paddy straw to produce bio-gas, to endorsing harvest machines for effective paddy straw management. Now to provide clean and fresh air, the state government has launched a novel initiative 'Ghar Ghar Hariyali' (Green Cover Everywhere) campaign, under which the government will provide free plant saplings through a mobile application 'i-Hariyali'. The aim of this campaign is to provide clean and fresh air to the people of Punjab as well as contribute towards improving the green cover in the state. As part of this campaign, every resident of Punjab would get three and every household would get a maximum of 25 saplings of varied types free of cost.

The 'i-Hariyali' app can be downloaded from the Android Play Store for free. The users can book a plant sapling (Sheesham, Neem, Arjun, Harad, Behra, Anwla and Jamun, to name a few) of their choice from a nearby government nursery. Once the booking is done, the contact number of the concerned employee of the nursery or the forest guard will be displayed on the mobile phone of the person. The user can then contact the nursery or forest guard to collect the sapling. However, with a free plant sapling comes responsibility as well a condition of proper upkeep and care of the saplings has also been imposed by the state government. The officials of the Department of Forest will keep a check if the sapling has been planted or not, and if it is being taken care of, if already planted.

### National Digital Library will have 1.7 crore books in 200 languages

Union Human Resource Development Minister Prakash Javadekar launched the National Digital Library to provide a platform for schools, universities, teachers, students and anyone who has a curiosity to learn. Addressing the media, Javadekar said, "The National Digital Library would become a single-window platform for all the educational needs. It will have 1,70,00,000 books in 200 languages." There are around 11 lakh government schools in India. Javadekar said all those schools would be given library grant between Rs 5,000 and Rs 20,000 every year, depending on their size. The platform will also be helpful for those who are planning to do research, prepare for competitive exams and also those who just want to attain knowledge. "So far, 35 lakh users have registered for it but our aim is that in a year's time the number goes up to 3 crore," said Javadekar. Users can register for the National Digital Library for free from the Google Playstore.

### Indian Army Women Officers' Mountaineering Expedition to Mt. Bhagirathi - II



Indian Army Women Officers' Mountaineering Expedition to Mt. Bhagirathi-II (6512 metres) consisting of nine women officers, was flagged off by Director General of Military Training on 14 May 2018. The expedition was to be conducted from 14 May to 11 Jun 18. The team also planned to set a new world record of practicing Yoga at 21000 ft on the occasion of Yoga Day 2018.

The expedition aims at encouraging women in the field of adventure where dauntless courage, will-power and determination is put to test. The Indian Army women officers are exploring their maximum potential in the field of adventure sports.

### Sikkim Govt. announces AR Rahman as its Brand Ambassador

Renowned music composer AR Rahman has been appointed as the Brand Ambassador of the Sikkim government, an official notification said. Mr. Rahman will promote and project the state's achievements nationally and globally, the notification issued by the Chief Secretary A.K. Srivastava said. Sikkim, with its natural and pristine beauty, has over the last two decades emerged as a world famous eco-tourism destination, besides attaining a distinct identity as the first fully organic farming state of the country.



The state govt. had earlier this year made Mr. Rahman its Brand Ambassador of tourism and business.

### Nasscom launches programme to support women techies

In an effort to increase the number of women in senior levels in the Information Technology (IT) industry, Nasscom unveiled its 'Women Wizards Rule Tech' programme for women techies, the Indian IT industry's apex body said. "This programme is designed to support women who are moving up the career ladder, while also paving the way for potential leaders of the future," said Senior Director of Nasscom Ashok Parnidi on the occasion. The initiative will aid women techies in core technologies like IT, Information Technology Enabled Services (ITES), Business Process Management (BPM), product and research and development (R&D) sectors by equipping them with the skills required for an edge in their career, Parnidi said.

### India emerges third largest Solar Market in the world in 2017



According to recently released report by Mercom Communications, India emerged as third largest solar market in world in 2017 behind China and United States. Mercom Communications India is arm of global clean energy consulting firm Mercom Capital Group. India has set new record with 9.6 GW of solar installations in 2017, which was more than double the 4.3 GW installed in 2016. In 2017, India's solar market had grown at Compound Annual Growth Rate (CAGR) of approximately 170% since 2010. The robust growth boosted India's total solar installed capacity to 19.6 GW as of December 2017. As of 2017-end, large-scale solar project development accounted for 92% of the all-time cumulative solar installations in India with 19.6 GW and 2017 alone made up 90% of such installations with 8.6 GW.

### Govt approves Green Licence Plates for e-Vehicles



To promote electric vehicles in India, the government has approved green licence plates bearing numbers in white fonts for private e-vehicles and yellow for taxis. The government also plans to allow youth in the age bracket of 16-18 years to drive electric scooters, besides mandating taxi aggregators to have a certain percentage of e-vehicle fleet. The purpose behind distinctive number plates is their easy identification for preferential treatment in parking, free entry in congested zones besides other proposed benefits like concessional toll. The measure is aimed at promoting e-vehicle's use and the government is considering exemption from permits for such vehicles. Stressing that electric vehicles will bring down vehicular pollution.

### Intercontinental Cup 2018 : Sunil Chhetri joins Lionel Messi as 2nd highest international goal scorer among active players

Indian football team captain Sunil Chhetri became the joint second highest international goal scorer among active players along with Argentine superstar Lionel Messi with his 64th strike for the country against Kenya in the Intercontinental Cup summit clash. Chhetri, who had come into the match with 62 goals, gave India the lead in the eighth minute before scoring the second goal in the 29th minute to put him on par with Messi. The 33 year old Chhetri, who was playing in his 102 International match, and Messi are behind leader & Portuguese superstar Cristiano Ronaldo who has 81 goals from 150 matches.



### President declares queen pineapple as Tripura's 'State Fruit'

President Ram Nath Kovind declared Tripura's queen variety pineapple as state fruit and said its export was a major step in connecting the state with world trade. The state holds good potential in world trade. Export of the pineapple to foreign countries is a major step in connecting with world trade, Kovind said. He hoped the queen variety pineapple will find good acceptance among different countries including neighbouring Bangladesh.



## Voice Your Opinion

... it matters!!!

In the last edition, we asked to discuss the role of government in promoting the skills of Sports Stars of India. Here are some of the views of our readers:

### Role of Government in promoting Sports stars :

The condition of sports in India is very pathetic. Money rules over Sports in India, Electronic equipments play over the minds of people followed by lesser participation in sports activities, those who have potential, wants to flourish in sports, do not have opportunities. This is what defines the condition of sports in our country. Government can help them to arrange funds and should start various programs so people would involve more in sport activities. Secure environment for women should be made so that women would participate more in sports.

i) The allocation of funds to sport, as a percentage of budget, can be increased for broad-basing sports in this country and integration of sports with education is of vital importance to introduce sports culture in India.

### - Mrs. Anju Mediratta (TGT Science)

Government should provide players special opportunities by which their talent can be spread all over the world. Not only the commonwealth, but also they should be provided with other platforms too so as to showcase their talent all over the world. They should get equal respect as other international players as they play a very special role in the development of the economic status of their country.

### - Shivam Pokhriyal, IX-B

I think that the government should feel guilty as without their support our young stars have done it. In addition to criticizing the opposition they should spend some money for it. If our players get a piece of training then next time we can also be 1<sup>st</sup> on the medals tally but for that the government should try to be supportive towards our players.

### - Arnav Kumar Jha, VII-A

That's very critical condition, Those winners tries his best for the nation's glory and fame, but that nation remember them for very few moments.. Our government should promote them by publishing their hard works and struggle in books and those books must be given in library so that student can also read about them. By this, they shall be respectful towards them and also get more knowledge about them.

### - Jai Pandey, X-A

### This Week's Question: Impact of Technology on Banking Sector

The Banking industry in India is rapidly progressing with increased customer base and due to newly improved and innovative facilities offered by technology. As the coin has two faces likewise technology also has its two sides on Indian banking Sector-the positive and the negative side. The risks are high, though they can be minimized.

What is your opinion on the need of Technology in Banking Sector?

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

## THE VICTORY TRUMPET

### Inter House Competitions

#### Solo Singing Competition

S.No.	Event	Class	House	Position
1	Ishika Haldia	XI	Jagriti House	I
2	Yash	XI	Nirman House	II
3	Diksha Kushawaha	XI	Prerna House	III

#### Nukkad Natak Competition

S.No.	Event	Class	House	Position
1	Sakshi Mohan	VIII C	Pragati House	I
2	Gunaj Chug	VIII A	Pragati House	I
3	Meer Gautam	VI C	Pragati House	I
4	Rudransh Tuteja	VI C	Pragati House	I
5	Sakshya Ahlawat	VI A	Pragati House	I
6	Aditya Singh Mehra	VIII C	Pragati House	I
7	Tarvi Rawat	VII A	Pragati House	I
8	Srishti Kukreti	VIII A	Pragati House	I
9	Yashika Singh	VII C	Pragati House	I
10	Utkarsh Tiwari	VIII A	Pragati House	I
11	Pinki	VII B	Pragati House	I
12	Tanisha Joshi	VIII B	Pragati House	I

#### English Poem Recitation

S.No.	Event	Class	House	Position
1	Aaditya	XII	Nirman House	I
2	Rashmeet Kaur	IX-XII	Nirman House	II
3	Varun Swaminathan	XII	Prerna House	III
4	Soham Bose	IX	Prerna House	III

#### Art Competition

Class	Position	House	Student Name
VI	I	Pragati	Niti Mehta Sakshay
	II	Nirman	Anshika Mishra Shruti Shekhar
VII	I	Jagriti	Khushi Prachi
VIII	I	Jagriti	Sharanya Harshita
	II	Prerna	Harshita Dhanak
IX	I	Pragati	Saanvi Samiksha
	II	Jagriti	Kashish Malhotra Rishika
X	I	Pragati	Sneha Saumya
	II	Pragati	Sneha Saumya

#### Sports Competitions

S.No.	Event	Class	House	Position
1	Football (Boys)	VI-VIII	Jagriti House	1st
2	Football (Boys)	VI-VIII	Pragati House	2nd
3	Handball (Boys)	IX-XII	Jagriti	1st
4	Handball (Boys)	IX-XII	Nirman	2nd
5	Handball (Girls)	IX-XII	Prerna	1st
6	Handball (Girls)	IX-XII	Jagriti	2nd
7	Handball (Girls)	VI-VIII	Jagriti	1st
8	Handball (Girls)	VI-VIII	Prerna	2nd

S.No.	Event	Class	House	Position
1	Gauri Wadera	VIII A	Nirman House	II
2	Noyonika Soni	VIII A	Nirman House	II
3	Khushi Rawat	VIII B	Nirman House	II
4	Saahil Akhtar	VIII B	Nirman House	II
5	Prachi Chauhan	VIII C	Nirman House	II
6	Anshul Kera	VIII C	Nirman House	II
7	Bhoomika Vedani	VII A	Nirman House	II
8	Nishit Singh	VII A	Nirman House	II
9	Shruti Shekhar	VI A	Nirman House	II
10	Nishit Panwar	VI B	Nirman House	II

### Visits and Excursions

Visits and Excursions often cater to satiate the curiosity of young human mind. At school we aim to create a platform for the learning prodigies where they not just gain a subjective knowledge of things but also experience the arena they often come across in their books. The recent visits which were organized for students of primary wing, was one such initiative where students got a chance to explore and expand their knowledge.



Visit to Parliament House (Class IX)



Visit to Indira Gandhi Museum (Class V)



Visit to Indira Gandhi Museum (Class V)



Visit to Air Force Museum (Class VI)



Visit to Air Force Museum (Class VI)



National Bal Bhavan



National Bal Bhavan



Visit to National Science Centre (Class IV)



Visit to National Science Centre (Class IV)

# FELICITATION GALORE



School's Vice Principal Mr. Vividh Gupta receiving Certificate from Silver Zone for organising Silver Zone Olympiad



Ms. Jatinder Kaur receiving appreciation Certificate for conducting SOF NCO Exam



Mr. Anil Batra receiving award for his contribution toward Science and Innovation Exhibition



Ms. Ruchi Khanna receiving appreciation Certificate for conducting SOF ICSE Exam



Ms. Alka Sharma receiving appreciation Certificate for conducting IMO Silver Zone Exam



Teachers and students receiving Certificates for Anuvrat Naitik Geet Gayan Pratiyogita



Shruti Garg (XII) secured I Position in SOF ICSE Exam



Students receiving Medals and Certificates for Silver Zone R&A Exam



Sharanya Bisht (VII B) receiving Certificate for attaining I Position in Interschool Hindi Story telling Competition organised by Sneh International school



Aarna Ghosh (VII A) received certificate attaining I position in Painting Competition organised at national science centre



Pratyush Chandra Jha receiving watch, medal and certificate for securing I Position in Silver Zone Talent Hunt Exam



Pratyush Anand receiving watch, medal and certificate for securing I Position in Silver Zone R&A Exam



Gaurav Rawat and Kartik Singh receiving certificates for Science and Exhibition Fair 2017



Aditya Bisht, Kush Bahl and Rahul Kashyap receiving medal and certificates for ISSO Silver Zone 2017 Exam



Students receiving Medals and Certificates of French Olympiad (IFLO)



Inter House Art Competition



Pragati House secured II Position in Inter House Football Competition



Students receiving medals and certificates for SOF NCO Exam



Students receiving medals certificates of IMO Silver Zone Exam



Students receiving Medals and Certificates of Hindi Olympiad (ABHO)



Prerna House secured I Position in Football Competition



Prerna House secured II Position in Inter House Handball Competition (VI-VIII Girls)



Prerna house secured II Position in Inter House Handball Competition (VI-VIII Boys)



Prerna house secured I Position in Handball (IX-XII Girls)

# FELICITATION GALORE



I Position cyber well being dramatization



Diksha Kushwaha, Yash madhwal and ishika Haldia in Inter House Solo Singing Competition



Inter School Volleyball Championship in Salwan Public School (Secure II Position)



Aaditya, Rahmeet Kaur, Soham Bose and Varun Swaminathan receiving certificates for Inter House Instrumental Competition



Jagriti House secured I Position in Handball (IX-XII Boys)



Jagriti House secured I Position in Football (VI-VIII)



Jagriti House Secured I Position in Inter House handball Competition (Girls)



Jagriti House secured II Position in Inter House Handball competition (IX-XII Girls)



Jagriti House secured I Position in Inter House Football Competition (IX-XII)



Nirman house secured II Position in Handball (IX-XII)



Nirman house Secured II Position in Inter House Handball Competition (IX-XII boys)



Pragati House secured II Position in Football Competition (VI- VIII)



Lalit pokhriyal (II) awarded trophy for securing II Position in Painting competition conducted by Adharsheela Global school



Krish(V F) secured III Position as Eco-crusader in Eco Seminar conducted by Hillswood Academy



Lalit pokhriyal (II) awarded trophy for securing II Position in Painting competition conducted by Adharsheela Global school



Preksha Karotia (II) awarded trophy for securing III Position in Painting competition conducted by Adharsheela Global school



Under 11 Cricket Tournament in G.D. Goenka Public School (Secure II Position)



Students receiving certificates in painting competition conducted by Adharsheela Global School



Students receiving Medals and Certificates of Talent hunt Olympiad (ITHO)

## Gobar is not Chee chee.....



**Green Corner**

"Gobar" is the Hindi and Nepali word for "cow dung". It was chosen to capture the eco-philosophy and tradition of generating wealth from waste. Waste gobar serves as an insecticide and is used to plaster mud houses and is a waterproof coating for walls. It is also used to plaster floors to keep them cool. Gobar is the energy source for rural India. It is used as cooking fuel where people have no access to fuels like LPG. The greatest use of cow dung in India is in farming where it is used as natural manure for farmers' crops. In short, it's a mainstay of rural India, and an appropriate symbol for eco-friendly technology.



Anil Agarwal the founder-director of Centre for Science and Environment, India's leading environmental NGO, aptly called 'Gobar' the symbol that embodies the spirit of the Indian environmental movement. As he correctly reflected, the widespread and diverse use of gobar in Indian society stands up to every principle of good environmentalism.



### Why Gobar is Applied on Walls and Floors of India

Here are some customs which are followed in India from ancient time and people are following them because their ancestors asked them to do so. It may sound disgusting to many but people in Indian villages implant cow-dung in their homes



Cow is considered very sacred in Hinduism and it is called Gow Maata (Cow, The mother). Cow dung and cow urine is considered holy in India. Applying Cow Dung is part of cleaning process in Indian villages. In festivals also, after cleaning their houses, rural people implant cow-dung paste on walls and floors for making their houses pure just like urban people make their houses painted for getting the festive feel



### Benefits of Applying Cow Dung

The recent researches have proved that Cow dung has the power to kill bacteria which are harmful for humans. Cow Dung is considered good for health. It is very rich in minerals and a great factor of anti-bacterial. It prevents people from various diseases and health issues. Small insects like scorpions, centipedes etc don't come near to the places which are coated with the paste of Cow dung.

### Cow Dung acts as a natural mosquito repellent

Mosquitoes stay away from such places. The floor which is coated with cow Dung remains warm in winters and cold in summers. In rural areas, people apply cow-dung on outer walls of their homes and let them dry. Villagers use these dry cow dung cakes as fuel.

### Gobar is used as a cooking fuel either as cow dung cake or in form of biogas

Biogas is used for cooking, lighting, motive power, chaff cutter, run pump set and produce electricity. Some studies also indicate that rubbing gobar on walls may help absorb electromagnetic radiations. Much research needs to be done in his area.

## Shutter Bug



"Just Living is not enough....one must have sunshine, freedom and a little flower" - Hans Christian Andersen

Credits : PANKAJ, X-A



Pankaj, X-A



Vansh, VIII-C



Saumya Srivastava, XI-B

## A Portable Optical Clock

Atomic clocks measure time by counting the oscillations of laser light tuned to an atomic transition of known frequency. Optical clocks, the most sophisticated variety of atomic clock, can measure time with an uncertainty approaching 1 part in  $10^{18}$ . (Olympic athletes can be timed to the millionth of a second.)

Among their many applications, optical clocks can be used to measure Earth's gravitational potential: Until recently the best optical clocks had always operated within the friendly confines of a controlled laboratory environment. Now an international group led by Christian Lisdat of the National Metrology Institute of Germany has developed an advanced, portable, strontium-based optical clock. With that device, the researchers were able to measure frequencies with a precision of 2 parts in  $10^{15}$  and determine the potential difference between the National Institute of Metrological Research (INRIM) in Turin, Italy, and the Modane Underground Laboratory (LSM), located 90 km away in the middle of the Fréjus Road Tunnel that runs through the Alps to connect France and Italy.



Source : Physics today.org

DEMYSTIFYING SCIENCE

## THE YOUNG GENIUS



**Tanmay Bakshi**, a 12-year-old boy, is one of the youngest app developers in the world. A programmer since he was five. His algorithm called 'AskTanmay', described as "the world's first Web-Based NLQA System, built using IBM Watson's Cognitive Capabilities." The eight-step algorithm can apparently solve queries related to a 'PERSON,' 'ORGANIZATION,' 'LOCATION,' or 'DATE' answer type.



**Adulation** : Excessive praise or admiration  
Eg. The Rugby player enjoyed the adulation of his fans.

### # Parenting TIP

Make sure you talk to your child every day for a certain time, be it after school, bedtime, or during dinner. Avoid gadgets during the interaction time.



### There is no Greater Disability in Society Than the inability to see a person as more...

In an attempt to contemplated and ponder upon the need of developing a positive attitude towards the specially-abled, students of class XI presented a special assembly on the theme of 'The Rights of the Specially Aabled' on 18<sup>th</sup> May, 2018. The assembly appealed to change the stereotypically designed perceptions of our society by presenting a unique outlook that targeted to inflame the students and inspired them to have a progressive ideology that **Disability is not an inability**. The central character of the assembly was a young girl named, 'Inaayat', who instead of being deaf and blind succeeds in achieving her dreams by making a mark for herself. The dramatic performance was followed by a presentation talking about the common problems faced by the people who are tagged as disabled and the ways government has tried to provide them an inclusive environment. The efforts of institutions like **Amar Jyoti School**, who are trying to provide specially abled an equal platform to that of the mainstream. The event Concluded on a musical note leaving everyone with a question to ponder upon, 'Who is disabled, they or we????'



## अनोखा पाठ

जैसे ही Exam खत्म हुए तो सिर से बोझ उतरा और बड़ा सुकून आया, और सोने पे सुहागा तो तब हुआ दोस्तो.....जब नोटिस बोर्ड पर Educational Trip का नोटिस लगा हुआ नजर आया। Educational Trip .....3 दिन के लिए, वो भी Hill station पर.....हफ्तों से चल रहे exam की सारी थकान पल में मिट गई, चेहरे और आँखों में बड़ा जोश तब आया.....जब हाथ में पिकनिक का circular आया। पूछो मत दोस्तो.....इतने दिनों बाद पिकनिक...दोस्तों के साथ मौजमस्ती.....हसीन पहाड़ी वादियों.....मम्मी-पापा की रोकटोक का कोई झंझट ही नहीं.....न जाने कितने ख्याली पुलाव रास्ते भर मन में पकते रहे।

जैसे ही मैंने घर का गेट खोला.....मैंने सोफे पर पापा को बैठे पाया। और वो, जो मैंने अब तक हवाओं में उड़ रहा था.....सच्चाई के धरातल पर वापस नजर आया.....। Trip का circular bag से बाहर निकलना तो दूर की बात है दोस्तो, गले से आवाज तक बाहर नहीं आई..... जब पापा ने अपने रौबीले अंदाज में पूछा.....'रिजल्ट कब है तुम्हारा?' कुछ घबराते, कुछ काँपते मैंने result की date बताई और पापा को मनाने के लिए चुपचाप मम्मी से सिफारिश लगवाई। 'पढ़ना-लिखना तो कुछ है नहीं, तुम इसे बस घुमा लो, दो-चार दिन में रिजल्ट भी आ जाएगा....कहे देता हूँ, इसे ठीक से समझा लो'...ये आवाज पापा की थी, जो साथ वाले कमरे से आ रही थी, और मम्मी, मेरी Trip के लिए पापा को मना रहीं थीं। 'जाना कहाँ है?' पापा के रौबीले dialogue ने फिर मुझे हिलाया.....Lansdowne मम्मी ने धीरे से मुस्कुराते हुए पापा को बताया। 'पैसे देकर भेज दो, और कह दो कि अपना ध्यान रखे'। अपना प्यार और चिंता छिपाती ये आवाज फिर से पापा की थी.....

खुली ताजी हवा, घासों और हरियाली और गरमी में तपते शहर से बिल्कुल उल्टी Lansdowne की कंपाकंपा देने वाली ठंड....पर इसके अलावा कुछ था दोस्तो, जो अलग लग रहा था.....कुछ था जो हम सबको अपनी ओर खींच रहा था.....पर 'वो कुछ'... क्या है ये समझ नहीं आ रहा था.....ये military cantonment था, जहाँ हर तरफ अनुशासन था। यहाँ हर सिपाही हर घड़ी अपनी ड्यूटी में मुस्तैदी से तैनात खड़ा था। पर.....इसके अलावा भी कुछ था जो फिर से समझ नहीं आ रहा था..... यहाँ हमने छोटी सी नीले पानी की तलैया देखी.....छोटा सा पार्क, छोटा सा Tip and Top जो जमीन से लगभग 1700 मीटर की ऊँचाई पर होने के बाद भी काफी बड़ा था, 13-14 साल की उम्र से ही सदैव हमारी रक्षा का प्रण लेते देश के नन्हें सिपाहियों की पवित्र और साफ भावना देखी, तपती धूप में देश के लिए खुशी-खुशी मर मिटने की उनकी कठोर तैयारी देखी, हंसना मत दोस्तो, पर यहाँ के बंदर भी सैनिकों की तरह disciplined और तमीज़दार नजर आए.....क्योंकि पेड़-पौधे फल-फूलों से लदे थे, जिनसे बंदर अपना पेट भर लेते होंगे, भरे पेट के कारण ही खाने का सामान छिनने की जगह मुँह घुमा लेते थे। भूखे नहीं रहते होंगे शायद, इसीलिए discipline सीख लेते होंगे। पर..... फिर भी कुछ था दोस्तो..... जो अब तक समझ नहीं आ रहा था.....

कुछ घर कच्चे भी थे, पर नालियाँ गंदी नहीं थी, कुछ और आगे चले तो शहीद जसवंत द्वार देखा, पास ही एक बोर्ड लगा था जिस पर लिखा था इस जगह को अपनी स्वच्छता के लिए अवार्ड मिला है। अचानक मन में आया.....क्या ये Educational Trip है????...3 दिन से बस हम मौज उड़ा रहे हैं, कभी museum तो कभी picnic spot पर घूम कर बस कुछ न कुछ खा रहे हैं। यही सोचते हुए मैंने हाथ में पकड़े हुए juice के pack से आखिरी घूँट मारी और खाली पैकेट को जमीन पर पटक कर जोर से एक किक मारी.....दौड़ता हुआ एक सिपाही मेरी तरफ आया, अब ये चीखेगा और Teacher से डॉट पड़ेगी... ये सोच कर मैं घबराया। घबराहट का पसीना पोंछने के लिए मैंने जेब से रुमाल निकाला .....पर सिपाही को चुप देख मैं और सकपकाया। सिपाही ने वो खाली pack उठाया और dustbin में गिराया, हाथ से इशारा कर उसने मुझे वही नोटिस बोर्ड दिखाया, जिस पर लिखा था- 'यह शहर अपनी सुंदरता, स्वच्छता और हरियाली के लिए अवार्ड जीत चुका है, कृपया इसे साफ रखने में आप हमारी मदद करें'। यह पढ़कर मैं शर्मसार हुआ.....अचानक दिमाग ने reverse gear लगाया, जहाँ हर चीज का महत्व फिर समझ आया.....

वहाँ की घुमावदार सड़कें खुद पर इसलिए इतरा रहीं थीं क्योंकि उनपर जगह-जगह कचरा बिखरा हुआ नहीं था। काली सड़कें अपने कालेपन पर खुश थीं क्योंकि जगह-जगह लोगों द्वारा थूके गए पान की पीक उनपर नहीं थी। घर के बाहर नालियाँ इसलिए साफ थी, क्योंकि गंदगी के कारण उनमें पानी भरा हुआ नहीं था। चोरी-चकारी और लूटपाट नहीं थी, क्योंकि लोगों के मन साफ थे। pollution नहीं था, क्योंकि हवा साफ थी। वहाँ लगा Award winnig notice board इसलिए घमण्ड से अकड़ा हुआ था क्योंकि वहाँ के हर छोटे-बड़े इंसान ने उसे वहाँ लगाने के लिए साफ नीयत से हर पल सफाई की थी।

पापा का वो सख्त मिजाज भी मुझे अब समझ आया..... वे एक रिटायर्ड फौजी थे, इस trip पर भेजकर उन्होंने मुझे अनुशासन व स्वच्छता का पाठ पढ़ाया। जो मैं अपने आलीशान महानगर में नहीं सीख पाया वो पाठ मुझे इस छोटे से शहर ने सिखाया--'यह शहर हमारा है....आओ इसे मिलकर साफ रखें' यह जज्बा लेकर हमारा पूरा घुप वापस आया।

— रचित शर्मा, XI-A



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.

FOREIGN LANGUAGES

Languages are the essence of communication. The job of interpretation involves a lot of trust as it is only the interpreter who knows the crux of an on-going conversation. They need a high level of proficiency of language as the work has to be done instantly. A better than average general knowledge and familiarity with new terms would definitely help one in being successful. Candidates with a good knowledge of foreign language are highly demanded in public and private sector. By opting this field you can become a teacher, translator or as well as freelancer. "A good knowledge of foreign languages can open a gateway to the wide range of careers".

Type of Foreign Language Courses :

- French Language Course
- Japanese Language Course
- Russian Language Course
- German Language Course
- Spanish Language Course
- Portuguese Language Course
- Italian Language Course
- Arabic Language Course
- Chinese Language Course

Duration of the Respective Courses  
There are a variety of short & long duration courses to learn languages like Japanese, Italian, German, Russian, Chinese, Portuguese, Spanish, Persian, Arabic and French :

1. Short term (2 months 1 year): Certificate / Diploma / Advance Diploma Courses.
2. Long term (2 years 3 years): Bachelor's Degree & PG Diploma Courses.
3. Master's degree (1 or 2 year): M Phil, MA, PhD, etc.
4. 5 year Integrated Masters course.
5. Summer courses 21 months.

Eligibility Criteria

For UG Courses: For admissions in undergraduate language courses, you should have qualified 10+2 or equivalent examination from any recognized board.

For PG Courses : If you are looking for admissions into PG courses, you must have obtained a bachelor degree in the relevant field from any recognized college or university. Some colleges consider the minimum percentage criteria for providing admissions.

Personality requirements :

1. A keen interest & willingness to learn the language is a must.
2. Adaptability to new concepts & an attitude to improve at every moment is the driving force.
3. Quick grasping capacity along with understanding will help to gain more in short time.
4. During the course of study, even the culture & social life of the people of that country are also to be learnt. This requires a person to accept certain traditions & customs which are new, unknown & even taboo in our culture.
5. It takes time to gain proficiency in language hence patience and perseverance is required.
6. One should aim only at achieving fluency & clarity in the language. Not mastery.

Institutes in India offering Foreign Language Courses :

- School of Languages, Jawaharlal Nehru University, New Delhi
- Bharatiya Vidya Bhavan, Jawaharlal Nehru Academy of Languages, New Delhi
- Ram Krishna Mission, Kolkata
- Max Mueller Bhavan in Mumbai, Kolkata, New Delhi and Chennai
- Central Institute of English and Foreign Languages, Hyderabad
- Indo Italian Chamber of Commerce, Mumbai
- University of Delhi, New Delhi
- Japanese Information and Cultural Centre, New Delhi
- Alliance Française
- Rajasthan University, Jaipur
- Pune University, Pune
- Banaras Hindu University, Varanasi



I.P.L



Budding Poets

IPL is a game of best v/s best  
But here every player is the strongest.  
Fans become excited when IPL starts  
And players play their best part.

This time David Warner and Steve Smith were not playing  
As they were engaged in ball tampering.  
In auction nobody was interested in Chris Gayle  
But now he is hitting runs like a whale.

Ben Stokes is not in form I don't know why  
But we can see fabulous bowling from Andrew Tye.  
Fielders drop easiest catches  
Then loose or win matches.

Dwayne Bravo is the champion of slower ones  
And in every IPL we see several tons.  
Suresh Raina has the most runs in IPL history  
But Virat Kohli will try to solve this mystery.

IPL is a great platform  
For young players to perform.  
After all IPL has achieved a lot of fame.  
But it's really a struggling game.

– Arnav Kumar Jha, VII-A

ROUTE TO DEVELOPMENT

"If someone told you that, with just 12 years of investment of about \$1 billion a year, you could, across the developing world, increase economic growth, decrease infant mortality, increase agricultural yields, improve maternal health, improve children's health and nutrition, increase the numbers of children girls and boys in school, slow down population growth, increase the number of men and women who can read and write, decrease the spread of AIDS, add new people to the work force and be able to improve their wages without pushing others out of the work force what would you say? Such a deal! What is it? How can I sign up?" said Catherine Bertini, World Food Prize, also known as the Noble Prize for food and Agriculture, laureate (2003) for her tireless and effective work as head of the United Nations' World Food Programme. One thing must have struck in your mind about what this is going to be all about, Development and health- Women's Education!!



A study at Yale shows that educated women bore children with better height and weight. A study by UNESCO shows that primary education to mother decreases child mortality by 5-10% of the total number. A World Bank report of an African project shows that children of women with more than 5 years of education survive better than that of mothers with less than 5 years of education. In a different report, the World Bank, with its mathematical precision it is so famous for, stated, that with every 4 years of education to women, the number of children is reduced by one. This is explicitly visible in India, the state where the highest number of women get an education, Kerala, has its fertility rate below 2; and the state with least percentage of educated women, Bihar, has a fertility rate above 4 children per mother. In the same report, the World Bank also went ahead to say that the number of girls going to school is directly proportional to the per capita income of the family and the country. With an exception of Haryana, the figures show that in India, the states with higher percentage of educated girls are more prosperous than states with the lower percentage of the same.

U.N. Secretary-General Kofi Annan put simply: "No other policy is as likely to raise economic productivity, lower infant, and maternal mortality, improve nutrition, promote health, including the prevention of HIV/AIDS, and increase the chances of education for the next generation. Let us invest in women and girls."

In India, around the same proportion of girls and boys join hands in school at primary level, but as the years pass by, girls are browbeaten out of school. We have brought the number of educated women to a more acceptable level in urban areas; however, the rural area is still cringing with the deplorable status of women. Urban areas are more prosperous, in part, because people, especially women, are educated; whereas, rural areas are still fighting for bread and rag. The appealing evidence and data make the case for women's education. Educated women are not only good public policy but also good economics, but don't we all know that good economics is bad politics?



**A BLANK QUESTION PAPER**

One day a professor entered the classroom and asked his students to prepare for a surprise test. They waited anxiously at their desks for the test to begin. The professor handed out the question paper with the text facing down as usual. Once he handed them all out, he asked his students to turn the page and begin. To everyone's surprise, there were no questions, just a black dot in the center of the page.



The professor seeing the expression on everyone's face, told them the following, "I want you to write what you see there." The confused students got started on the inexplicable task. At the end of the class, the professor took all the answer papers and started reading each one of them aloud in front of all the students. All of them with no exceptions described the black dot, trying to explain its position in the middle of the sheet etc.

After all had been read, the classroom was silent. The professor began to explain, "I am not going to grade on you this, I just wanted to give you something to think about. No one wrote about the white part of the paper. Everyone focused on the black dot and the same happens in our lives. We have a white paper to observe and enjoy, but we always focus on the dark spots. Our life is a gift given to us by God with love and care. We always have reasons to celebrate, nature renewing itself every day, our friends around us, the job that provides our livelihood, the miracles we see every day."

"However, we insist on focusing only on the dark spots, the health issues that bother us, the lack of money, the complicated relationship with a family member, the disappointment with a friend etc. The dark spots are very small compared to everything we have in our lives, but they are the ones that pollute our minds. Take your eyes away from the black spots in your life. Enjoy each one of your blessings, each moment that life gives you. Be happy and live a life positively!"

**Moral:** As the professor explained, life is a bag of good and bad things, we all have positives and negatives along the way. But we must always concentrate greater on the positives for a healthy and happy life. Life goes on no matter what so do not waste your time thinking about the negatives.

**THE BUTTERFLY**

Once upon a time, a man found a butterfly that was starting to hatch from its cocoon. He sat down and watched the butterfly for hours as it struggled to force itself through a tiny hole. Then, it suddenly stopped making progress and looked like it was stuck.

Therefore, the man decided to help the butterfly out. He took a pair of scissors and cut off the remaining bit of the cocoon. The butterfly then emerged easily, although it had a swollen body and small, shriveled wings.

The man thought nothing of it, and he sat there waiting for the wings to enlarge to support the butterfly. However, that never happened. The butterfly spent the rest of its life unable to fly, crawling around with small wings and a swollen body.



Despite the man's kind heart, he didn't understand that the restricting cocoon and the struggle needed by the butterfly to get itself through the small hole were God's way of forcing fluid from the body of the butterfly into its wings to prepare itself for flying once it was free.

**Moral of the story :** Our struggles in life help to develop our strengths. Without struggles, we never grow and get stronger, so it's important for us to tackle challenges on our own, and not rely on help from others all the time.

**CHILL OUT WITH POLAR FACTS**

*It's frigid and you're surrounded by ice. You wonder how any animal could survive in this extreme cold. Then a polar bear and her cubs lumber by, and in the ocean behind them a whale erupts from the water.*

**Above and Below**

Polar habitats cover the top and bottom of planet Earth at the North and South Poles. The North Pole is surrounded by the Arctic Ocean. There isn't any land here, just a group of continually shifting ice sheets. Parts of Canada and Greenland are near the North Pole. The South Pole is located on Antarctica. This area has land, but it's completely covered with a layer of ice that's almost three miles thick in some places.

**Brrrr**

It's cold at the poles. In the Arctic, the average winter temperature is about around minus 22°F. At the South Pole, it is even colder. The lowest temperature ever recorded minus 129°F was in Antarctica.

Even though it's chilly in polar regions, they do have seasons well, two seasons: summer and winter. In the summer, the sun shines 24 hours a day, but it never gets high enough above the horizon to warm things up, so even summers are pretty cold. It's dark all winter at the poles, because the sun doesn't rise during those months of the year. Fierce continuous winds make it feel even colder.

You'll see plenty of snow at the poles, but little rain. Antarctica and parts of the Arctic are actually considered deserts because of the lack of rainfall.

**Growing Season**

It's much too cold and dry for trees to grow in most areas of the Arctic, and there is no room for their roots, because just under the surface of the ground there is always a layer of ice, called permafrost. But in some places called tundras a thin layer of soil on the top of the permafrost thaws just a little in summer, and grasses and mosses grow above the ice for a few months. In summer Arctic poppies bloom, making the tundra bright yellow.

You won't find trees in Antarctica, but some types of small shrubs, lichens, mosses, and algae are able to grow in the harsh climate.

**Animals**

Polar bears and arctic foxes are adapted to the extreme weather of the Arctic region. Walruses and humpback whales live in the Arctic ocean. Several kinds of penguins, including the emperor penguin, live in Antarctica, and so do walruses and narwhals. The poles of the planet are places of extremes. They're extremely cold, extremely dry, and have extremely long days and nights. And if you visit, be sure to wear extremely warm clothing!

www.kids.nationalgeographic.com



**Veneration to our Helpers...**

The school's primary wing celebrated Helper's day on 1<sup>st</sup> May, 2018 to acquaint students with the role played by our helpers in easing our lives. The students of class II presented a class assembly in which they paid a reverence to the people make other's lives convenient. It sought to guide the students to respect and regard their works and acknowledge their contribution in creating a comfortable environment for us.



## MUDRAS



Today, in this hectic and stressful life, we need some techniques to relax ourselves. The combination of pranayams, asanas and meditation is used for physical and mental health. Mudra or hand gesture is one of the techniques of practice to improve our physical and mental well-being. Mudra is the source of vital life, force and energy. It is the silent language of self expressions. Mudra can be practiced as per our needs. Different mudras overcome different ailments.

Let's look at one of the Mudra for improving our mental, spiritual and physical health :-

### GYAN (KNOWLEDGE) OR JNANA MUDRA

This Mudra relaxes the mind and improves concentration. In this Mudra, Thumb represents Brahma (supreme reality) and the index finger is an Individual soul and their union create eternal knowledge and wisdom.

**Method :** to perform this Mudra, gently join the tip of thumb and the index finger While the other three fingers are simply stretched out.

**Benefits :** Gyan Mudra increases concentration, memory, reduces sleep disorders, helps to release stress and anger, eases depression and headache.

Dear students, try this Mudra and observe the changes in yourself. We will continue with some more mudras in the august month.

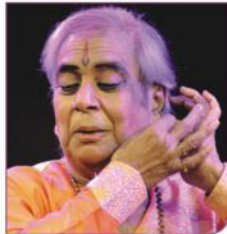


## AMAZING FACTS



- Pluto is smaller than Russia.
- Some Thai people will type "55555" instead of "ha ha ha" because the no. "5" is pronounced "ha".
- Your brain uses up to 20% all your body oxygen and calories.
- It's considered rude to write in red ink in Portugal.
- A cat's tail contains nearly 10% of all the bones in its body.
- Jelly fish or jellies as scientist call them, are not fish. They have no brain, bones and no heart.
- The Great Wall of China is not visible from space but population of china is visible from space.
- After eating too much your hearing is less sharp.

BIRJU MAHARAJ is a master of kathak dance, a leading exponent of the dance form. He has also choreographed Kathak dance sequences in some Bollywood movies. Birju Maharaj was honored with Padma vibhushan in 1986.



SONAL MANSINGH is an eminent Indian classical dancer and choreographer, renowned for her Odissi dancing style. She performed many special items in Odissi and Bharatnatyam dance forms for her audience.

## FAMOUS DANCE PERSONALITIES

MRINALINI SARABHAI was one of the best known faces of Indian classical dance. She was an expert dancer in Bharatnatyam and Kathakali. She was bestowed with many national and international awards for her contribution. She is best known for founding the Darpana Academy of Performing Art.



MICHAEL JOSEPH JACKSON was an American singer, dancer, called the "King of pop". He is recognized as the most Successful Entertainer of All Time by Guinness World Records.

### How to travel smart during monsoon

**WATERPROOF ITEMS :** make sure you pack a raincoat, a waterproof bag and also water resistant cell phone case.

**MEDICINES :** diseases tend to travel through the air and water. So it's best to carry medicines.

**HAIR DRYER :** if you get wet in the rain, make sure you dry your hair with a dryer because a wet head could lead to a cold.

**HYDRATED :** remain hydrated by drinking water preferably warm. Always carry water bottle with you.

**AVOID STREET VENDORS :** uncovered food attracts flies and contaminate it. so, prefer home made food.

**BODY FLUIDS :** avoid excessive intake of coffee and tea as they dehydrate body fluids. Instead, drink herbal tea.

Travelling during monsoon is fun, but it can also be a treacherous one if you don't plan it well in advance. Here are some tips for travelling smart during monsoon...



## COLOR WORD SEARCH

y	b	r	b	p	g
e	l	e	r	i	g
l	u	d	o	n	r
l	e	s	w	k	e
o	r	a	n	g	e
w	h	i	t	e	n

**TODDLERS' ZONE**

**SPOT THE DIFFERENCE**



**GENERAL KNOWLEDGE QUIZ**

- 1) Which is the national animal of India?
- 2) Which is the biggest sea animal?
- 3) Who was popularly known as Netaji?
- 4) Kuchipudi is the dance form of which state?
- 5) Who is known as Father of Indian Constitution?
- 6) Who invented Computer?
- 7) Which is the smallest state of India?
- 8) Which is the highest dam of India?
- 9) Which city is known as City of Palaces?
- 10) Which is the Largest Island in the world?



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 10) :**

Antarctica, El-Azizia, Camel, Sun, Vatican City, Cheetah, Skin, Sun, Nostrils, Nile

**Best responses were from :** Upneet Panwar (III-D), Jaysree (VII-B), Abhimanyu (III-A), Ayush Kumar (VII-E)

**GARDEN YOGA**

1. Pretend to be a tree. 
2. Pretend to be planting seeds. 
3. Pretend to be a buzzing bee. 
4. Pretend to be a caterpillar. 
5. Pretend to be a flower. 

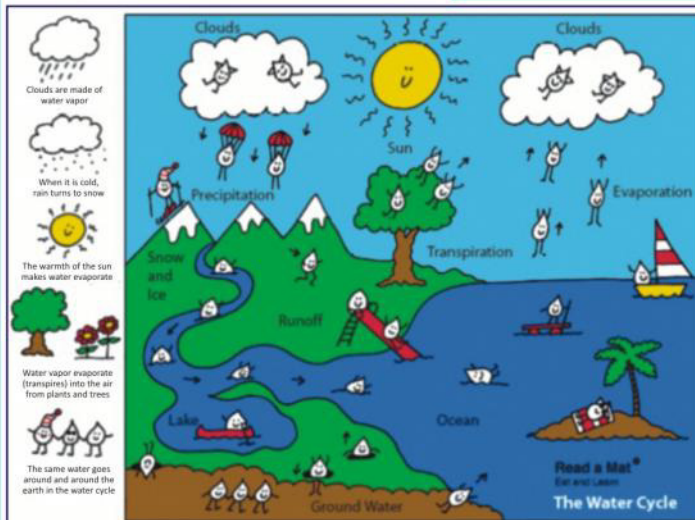
**EVERY DAY  
MAY NOT BE  
GOOD...  
BUT THERE IS  
SOMETHING  
GOOD IN  
EVERY DAY**

**HELP DINO TO REACH HIS DESTINATION**



**10 HEALTH  
BENEFITS OF  
MANGOES**

- 1) Combats Acidity
- 2) Good for Normalizing Insulin Levels
- 3) Blood Cleanser
- 4) Promotes Good Eyesight
- 5) Lowers Cholesterol
- 6) Clears Skin
- 7) Prevents Cancer
- 8) Repairs Poor Digestion
- 9) Boost Immune System
- 10) Heat Stroke Remedy



**11 Ways to Make Your Child Taller**

- *Balanced Diet*
- *Hanging Exercises*
- *Stretching Exercises*
- *Skipping*
- *Proper Sleep*
- *Avoid Growth Stunting Factors*
- *Swimming*
- *Jogging*
- *Good Posture*
- *Yoga*
- *Ankle Weights*





## LEARNING NEVER STOPS

"A True Leader never stops being a student, always learning, improving and doesn't believe in 'I-know-it-alls'"

Faring well with the statement, the leaders of our school, The Principal and Vice-Principal recently underwent 10 days Study Tour to Finland and UK. Understanding the global perspectives of Education, they visited numerous schools and participated in conferences woven around creating a happy learning environment for students.

During the Study tour they were explored to various ideas that might keep the students motivated and excited for the learning space they are in. Interacting with over 40 leaders of the country from different parts and engaging in ted talks about the current education system has given a benchmark to set for us. The Vice Principal feels that it was an enriching experience for him to be amongst many experienced leaders. He wishes to continue his journey of learning further to bring visible changes in the current education system. He is positive and enthusiastic towards the fact that with the support of his colleagues, he shall initiate small changes to make learning a happy experience for students.

## Good Reads

### HEIDI

Heidi is a classic children's novel by Swiss writer Johanna Spyri about a girl named Heidi, who lives with her grandfather in the Swiss Alps after her parents passing away. Her grandfather takes good care of Heidi. Rough and inaccessible at first glance, he does everything within his possibilities to provide her all the essentials, but also teaching her about the harsh life in the mountains. Heidi enjoys living with her grandfather because she is receiving enough of love and affection, also enjoying the nature around her and the comfort of her home.

But still, Heidi keeps growing so her grandpa decides to return her back to the town of Frankfurt, where she could receive education suitable for becoming a lady. Heidi has to re-adapt to her city-life, far away from the nature, fresh air, freedom and her grandfather, which is causing her more effort than she had while adapting to the life in the mountain cabin. What happens next? Is she able to re-adapt herself? Read the book to find out.....



## The Counselor's Corner

### Can you control what you can control?

"Rule your mind or it will rule you"

**Self-control** is the capacity to override an impulse in order to respond appropriately. Life comes with a lot of choices and whether you want to or not, you always have to choose. Sometimes what you want in life is exactly what you may find, but at that moment it is important to realize if that's what you need in life. And if you seek it, whether it's right for you or not. Life is not complicated. Trust me, it's very simple. Only when you start masking the reality with the ideal scenario, that's where you get it all wrong. Because, as humans, our tendency to expect is a lot higher than our tendency to invest. **We don't do as much as we expect. We don't feel as much as we would want to experience. We don't need as much as we want.** The difference between want and need is **SELF CONTROL**. *Children develop self-control only when they have been granted appropriate opportunities and experiences of actual control from which they can learn and grow.*

#### Self-control and Achievement

Being high in controlling our desires and impulses is important in achieving the goals we set for ourselves. While it is reasonable to assume that those higher in self-control would have higher grades, research has in fact found self-control to outdo even intelligence in predicting good academic performance.

#### Self-control and Well-being

Self-regulatory skills also predict reduced stress and increased wellbeing. It's been found that people with more self-control feel happier and are glad about their lives. This is partly because of lower emotional distress and avoiding difficult emotional conflict that comes with giving in to tempting impulses.

#### A simple formula: Self-Control Techniques

##### 1. Self-Monitor

If you are able to monitor yourself, you will be able to keep track of your own behavior and see where you may be failing and where you are succeeding. Self-monitoring is a great way to keep feedback on your own behavior. *Sometimes, it's better to react with no reaction.*

##### 2. A Can-Do Attitude

Having a better, more positive attitude towards our goals and life, can help us focus and deal with stress much better.

##### 3. Pre-Commit

Being able to commit yourself to your goals will help a lot when you actually attempt to reach them. If you can commit to a decision before making it, it should be much easier to make.

##### 4. Use Rewards

Using rewards can really help with your self-control. If we know that there is something at the end of your goal to reward you, we are normally more likely to do it.

##### 5. Self-Affirmations

Self-affirmations are positive sentences that you can repeat to yourself; this is a great self-control technique, one that is also spoken about when using the Law of Attraction. When you are focusing on your positive beliefs, it can help with staying on track and being patient when trying to reach your goals.

"The power to control oneself is higher than the power of controlling someone else"

— All the best

— Ms. Anika Kumari

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 25<sup>th</sup> July, 2018 to [theschoolconnectbbpsmv@gmail.com](mailto:theschoolconnectbbpsmv@gmail.com)