

Lagan, A Mesmerizing Tale

Celebrating 50 years of Excellence (1967-2017)



A charismatic night, where grandeur sparkled in every corner, glittering every ounce, a night which conched the glory of dedication and passion of Lagan Kala Upanav.

It was the day when we celebrated the 50th Foundation Day of Bal Bhavan Public School, an experience beyond the bounds of explanation. The open air theatre spoke for itself while it was studded with the proud parents. Being an inevitable part of this institution the parents



The celebration commenced with the grace of god with lamp lightening and ganasha vandana. It was followed by the beautiful pieces of the musical performances tied together in a sequence depicting the numerous milestones, including the decisions, struggle and grandeur of our honourable chairman sir. It was as if the body and soul became one bringing out the actual essence of the school. Our chief guest was equally mesmerized by this journey of dreams. His



were not mere audience but a part of the stream itself adding to the glory of the occasion. However the night rose to its absolute charm with the precious presence of Shri Manish Sisodia (Deputy Chief Minister of Delhi), Chief Guest for the event and Smt. Neema Bhagat (Mayor EDMC), Guest of Honour. The event was also graced with the presence of Smt. Bhavna Malik (Councillor - MCD), Shri Kulanand Joshi (Dist.-Magistrate, East), Dr. Sanjay Chaturvedi (DDE, Zone-II, DOE) and Shri Ajay Arora (SDM, Mayur Vihar).



words which followed the performances clearly portrayed his confidence with the institution and pride at the symphony created by the children.

The programme concluded with a beautiful choir setting yet another target for the coming future and remaining dedicated towards the cause which lies above all,

'Goodness Before Greatness'



Historic solar eclipse turns day into night across the United States



The solar eclipse of August 21, 2017 was a total eclipse visible within a band across the entire contiguous United States, passing from the Pacific to the Atlantic coasts. Prior to this event, no solar eclipse had been visible across the entire contiguous United States since June 8, 1918; not since the February 1979 eclipse had a total eclipse been visible from anywhere in the mainland United States. This total eclipse marked the first such event in the smartphone and social media era in America. Information, personal communication, and photography were widely available as never before, capturing popular attention and enhancing the social experience.

Government launches nationwide campaign Gaj Yatra to protect elephants...



The Union Ministry of Environment and Forest has launched a nationwide campaign Gaj Yatra to protect elephants. It was launched on the occasion of World Elephant Day observed on August 12. The ministry also released the All India Census 2017 report on elephants and agreed Points of Action on Trans-Boundary Conservation of Elephants by India and Bangladesh. The campaign is planned to cover 12 elephant range states across the country. It is 15 months campaign that will be led by the Wildlife Trust of India (WTI). The 'Gaju' mascot, which was released by the Ministry in 2012, will be helm of the campaign. The campaign aims to create awareness about elephant corridors to encourage free movement in their habitat....

Voice Your Opinion
... it matters!!!

"Opinion is the medium between knowledge and ignorance"

The Reserve Bank of India (RBI) has released a report which states that about 99% of the demonetised notes have been returned to the bank. In the wake of this report there are varied opinions whether the decision of demonetizing currency notes of 500 and 1000 was beneficial or not. Send us your views (50 to 60 words) @ theschoolconnectbbpsmv@gmail.com and we will publish them in next edition.

India and The World

Cocktail geo-engineering an attempt to reverse global warming

Global warming, the ongoing increase in global temperatures is attributed to the rapidly increasing concentrations of carbon dioxide in the atmosphere. Scientists have been trying to look for alternative strategies to stop the rising temperatures in a more immediate time-frame. Planetary scale geo-engineering solutions have often been suggested. One of the ideas that has been explored for quite some time involves placing of artificial reflectors -giant mirrors or very small reflecting particles in outer space that can reflect back some part of solar radiation incident on earth's surface. By blocking a part of sun rays, temperatures on the earth can be brought down. Injection of sulphate aerosols, very fine solid particles, into the stratosphere is one of the most widely discussed ideas to achieve this objective. Sulphate aerosol particles are very good reflectors of sunlight, and it has been shown, through various climate models, that even if 1% of current incident solar radiation is reflected back in space, a very significant amount of temperature rise on earth can be offset.



Henrikh Mkhitaryan breaks 23 year old record

Manchester United midfielder Henrikh Mkhitaryan has equalled the Premier League record for the highest amount of assists in his first three games of a season .He displayed excellent technique and proved that he is capable of playing killer passes with regularity.

India's P.V. Sindhu brings home a silver

India's P.V. Sindhu on Sunday lost to Japan's Nozomi Okuhara in the final match of the World Badminton Championships in Glasgow. Sindhu brings home a silver, a personal best after she secured two bronzes from past editions. For India, it is a historic addition.



Bangladesh celebrated after beating Australia in first Test



Bangladesh created history when they registered their first ever Test win over Australia. The hosts won by a narrow margin of 20 runs. Bangladesh displayed a remarkable performance on day four of the first Test, restricting Australia to 244 in the second Innings.

Supreme Court declares right to privacy as Fundamental right under constitution



The nine-judge bench of the Supreme Court headed by Chief Justice of India JS Khehar has declared right to privacy a fundamental right under the constitution, creating a legal framework for privacy protections in India. The opinions of the judges cover a wide range of issues in clarifying that privacy is a fundamental inalienable right, intrinsic to human dignity and liberty.

Sardar Singh, Devendra Jhaharia receive Khel Ratna awards from President Ram Nath Kovind



President of India Ram Nath Kovind conferred prestigious sports awards to celebrate National Sports Day on the birth anniversary of hockey legend Major Dhyan Chand. Harmanpreet Kaur, Mariyappan Thangavelu, Varun Bhati, SSP Chawrasia, Saketh Myneni were among the 17 athletes to receive the Arjuna Awards while former hockey captain Sardar Singh and Paralympian javelin thrower Devendra Jhaharia received the Khel Ratna

IIT JEE (Advanced) to go completely online from next year

The entrance examination for the prestigious Indian Institutes of Technology (IITs) will go completely online from 2018. This step has been taken to ensure greater transparency and avoid instances of paper leak. To facilitate that students do not face any problem in taking the test online, provision for three-day training will be made where students will be allowed to take mock tests and operate the system.

New species of gigantic, long necked dinosaurs found



Scientists have discovered a new species of long-necked titanosaurian dinosaur in Tanzania that lived about 70 to 100 million years ago The new species named Shingopana songwensis is a member of the gigantic, long-necked sauropods. Its fossil was discovered in the Songwe region of the Great Rift Valley in southwestern Tanzania.

GST Launch : The Biggest Tax Reform



The historic GST or Goods and Services Tax will subsume a large number of central and state taxes into a single tax, paving the way for a common national market. It is estimated that GST could raise GDP by 1.5-2 per cent in the long term. It is the biggest tax reform since Independence and is expected to gradually re-shape India's business landscape, making the world's fastest-growing major economy an easier place to do business.

Justice Dipak Misra takes oath as 45th CJI



Justice Dipak Misra took the oath of office as the 45th Chief Justice of India on 27th August. He has a tenure of just under 14 months, till October 2, 2018. President Ram Nath Kovind administered the oath to Justice Misra at a brief ceremony held in the Darbar Hall of the Rashtrapati Bhavan.

The Chief Justice of India (CJI) is the head of the judiciary of India and the Supreme Court of India. The CJI also heads their administrative functions. As head of the supreme court, the Chief Justice allocates all work to the other judges who are bound to refer the matter back to him or her (for re-allocation) in any case where they require it to be looked into by a larger bench of more judges.

School Feeds

National Psycholympiad 2017

Event	Topic	Name of the Student	Class	Position
Extempore Speech	Role of family in caring for the Disabled	Akanksha Mishra	XII A	II position
Poster Exhibition	Inter-Disciplinary Approach to Psychology	1. Shreya Sood 2. Kanishka Upreti 3. Akanksha Mishra	XII A XII E XII A	Special Jury Award

Zonal Sports Competitions

Event	Category	Position
Basketball	Junior Girls	III
Handball	Junior Boys	III
Handball	Senior Boys	III
Handball	Senior Girls	I
Handball	Sub-junior girls	III

Inter-House Sports Competitions

Category	Class	Winning House	Runner Up
Handball Final match (Boys)	VI-VIII	Jagriti	Nirman
Handball Final match (Girls)	VI-VIII	Nirman & Prerna	Jagriti & Pragati

Inter School Competitions

S.No	Name	Class	Event	Organizing School	Position
1	Sakshya Ahlawat	V-E	Kavita Vaachan	Sneh International School	1st
2	Farhana	III-E	Drawing Competition	Adharsheela Global School	2nd
3	Barkha	I-B	Drawing Competition	Adharsheela Global School	2nd
4	Deeksha Khushwah	X-A	Debate Competition	Adharsheela Global School	1st
5	Shreya Sood	XII-B	Debate Competition	Adharsheela Global School	Adjudged as most Impressive Speaker
6	Lakshay Goel	V-G	Poster Making	Vivekanand School	Participation Certificate
7	Shruti Shekhar	V-G	Poetry Recitation	Vivekanand School	Participation Certificate
8	Bhavya Chandna	XI-A	English Extempore	Sneh International School	3rd

Level-II SOF Result Session 2016-17

S.No	Name of the Student	Class	Category	Prize
1	Krishna Yadav	III-C	ISKO	Cheque Rs. 5000/- + Certificate
2	Kartikaya Pant	III-C	IMO	Books & Medal

Zonal Competitions

Event	Name of the student	Class	Position
English Extempore (Senior Category)	Yash Joshi	IX A	III
English Debate (Senior Category)	1. Bhavya Chandna 2. Harshit Devtalla	XI C XII B	I
Essay Writing (HINDI) (Junior Category)	Soumyashree Biswal	VIII A	I
Mono Acting (Senior Category)	Sachin Singh	XII C	III
Mono Acting (Junior Category)	Nishkarsh	VIII B	III
Poster Making (Senior Category)	Priyanshu Singh	XI A	II
Sanskrit Recitation (Senior Category)	Yash Joshi	IX A	II
Classical Singing (Junior Category)	Sagar Bagh	VII A	III

Inter Class Co-Curricular Competitions

Event	Class	House	Position
Kanisha Dhyani	III-E	Hasya Kavita Pratiyogita	1st
Ritika Tiwari	III-D	Hasya Kavita Pratiyogita	2nd
Adista Sharma	III-G	Hasya Kavita Pratiyogita	3rd
Ishaan Changol	IV-B	Hasya Kavita Pratiyogita	1st
Yogyata Joshi	IV-E	Hasya Kavita Pratiyogita	2nd
Jyotirmay Pandey	IV-A	Hasya Kavita Pratiyogita	3rd
Arshiya Uppal	V-B	Hasya Kavita Pratiyogita	1st
Shreya Babbar	V-G	Hasya Kavita Pratiyogita	2nd
Yashasvi Awasthi	V-F	Hasya Kavita Pratiyogita	3rd

Anuvrat State Level Competitions

Event	Group / solo	Position
Anuvrat Naitik Geet Gayan Pratiyogita	Group	3rd
Anuvrat Naitik Geet Gayan Pratiyogita	Solo Sreyanshi - VII	3rd

Celebrating National Sports Day



To mark the occasion of Major Dhyanchand's birthday and National Sports day the senior students played a friendly match of Hockey while the tiny tots were engaged in other sports activities.

Road Safety (Primary)



Engraving the character of a safe ride in the tiny-tots, leading to a safe flight of life.

Gaj yatra : A determined step towards creating a safe haven for the elephants



Our young environmentalists echoed their concern and efforts for the cause of protecting elephants through a nationwide campaign organised by The Union Ministry of Environment and Forest. The event was graced by Ms. Diya Mirza and Dr. Harshvardhan (Environment Minister).



Winners of Science Quiz -
SCIENTIA BRIANGLE
(Class XI-XII) 2017
Team Mendelian Musketeer
Ashima Taneja XII-A; Pulkit XII-B;
Saransh TIWARI XI-B; Komal
Maurya XI-B



Winners of Science Quiz
SCIENCE ENIGMA
(Class VI-VIII) 2017
Team Creator
Surya Thakur VI-A; Utkarsh Tiwari
VII-A; Aditya Bisht VIII-A

FELICITATION GALORE



Sh. B.B. Gupta receiving Best Principal Award from SOF



Vice Principal, Mr. Vividh Gupta participated in School Leaders Conference organised by #theschoolconf



Mr. Manish Rawat receiving Best Teacher award from SOF



Mrs. Kritika Aggarwal, Road Safety Incharge certificate of participation in Teacher Workshop organised by Delhi Traffic Police



Sreyanshi bagged 2nd place in Anuvrat Naitik Geet Gayan Pratiyogita at Zonal Level and 3rd Place at State Level



Shreya Sood has been declared as Most Impressive Speaker in Inter School Debate Competition organised by Adharsheela Global School



Kartikeya Pant received Books and Medal from SOF for his performance in SOF - IMO Level-II



Krishna Yadav Received Cheque Prize of Rs.5,000/- and a certificate from SOF - ISKO for his performance at Level-II



Diksha Kushwaha and Kalash Goel winner of Anuvrat Essay Writing Competition (2016-17)



Students secured 1st Position in Anuvrat Naitik Geet Gayan Pratiyogita at Zonal Level (Sr.)



Students secured 2nd place in Anuvrat Naitik Geet Gayan Pratiyogita at Zonal Level (Jr.)



Winners of Drawing Competition organized by Adharsheela Global School



Diksha Kushwaha bagged 1st position in English Debate Competition organized by Adharsheela Global School



Jayant Singhal and P. Sai Vignesh participated in Regional Level Science Exhibition (2016-17)



Winners of Drawing Competition organized by Adharsheela Global School



Akanksha Mishra and Shreya Singhal winner of Anuvrat Essay Writing Competition (2016-17)



Winners of International Sports Knowledge Olympiad - SOF (2016-17)



Winners of National Cyber Olympiad - SOF (2016-17)



Winners of National Science Olympiad - SOF (2016-17)



Winners of International Maths Olympiad - SOF (2016-17)

CLASS XII TOPPERS (2016-17)

Award for 100% Attendance for 3 consecutive years



Deepti Aggarwal (96%)



Kanaishk Garg (95%)



Varun Kumar Kashyap

STUDENTS WHO DID US PROUD

10 CGPA SCORERS IN CLASS X (2016-2017)



Srishti Sharma



Surbhi Saklani



Tanishtha Bag



Varun Swaminathan



Rishabh Kalra



Sehaj



Shivam Agarwal



Shreya Sharma



Ushashi Adhikary



Vidit Rawat



Anuj Mahajan



Vaibhav Sharma



Vidhi Sharma



Bhumika Saklani



Aryan Mishra



Anushka Sinha



Disha Bidani



Kunal Bawane



Kritik Mathur



Kunal S Bhandari



Prachi Gupta



Prajakta Kera



Roopam Jha



Saransh Tiwari



Muskan Malhotra



Pears Goel



Piyush Chaurasia



Priyanka Roy

And Here we began our journey of 50 glorified years...

एक सप्ताह
Lagan के 50 साल...



The First Blooming Step...
A Dream envisaged took its form & flourished into a concrete shape in the year 1967 in Nehru Gali, Gandhi Nagar, with only a handful of children as its pupils. The chief patron and the mentor Sh. G.C. Lagan guided the footsteps of new buds, who actualized the ways towards the building of this grand institution.



We travelled a little farther...
The tiny school, that grew as a sapling was now shifted to Mohalla Ram Nagar, Gandhi Nagar, where it aimed to establish its deeper roots, with few more students joining as acolytes.



We Gained recognition under MCD...
The year gave us an identity; we were recognized as primary school by Municipal Corporation of Delhi.

1967

1970

1972

Opening of Gagan Vihar Branch...
One Another great leap was with the opening of a school branch at Gagan Vihar, which however lasted for only 8years, paving our ways for much higher leaps.



First Annual Function
The school organized its first function at Talkatora Indoor Stadium wherein students of all branches collaborated to showcase the grand spectacle.



Our Historical Accomplishment
The year 1990, was a year of great rejoice; we procured a land to establish one of our major branch, at Mayur Vihar, Phase-II. Widening our wings, and with several more Mentors and their prodigies, with many other supporting hands we proceeded with dignity and valour in heart. Though the school began its classes in temporary shades, but with the cooperation and coordination of all associates we lasted our courage to edify our dream of a great educational institution which began as a bud of Lagan Kala Ujwan.



State Award to the Herald
The year 1995 rewarded and bestowed State Award to the chief herald of this institution who strove hard to give name to this institution. The name Sh. G.C. Lagan itself states the tale of the hardships he underwent in order to fulfill the dream he envisaged of building an educational institution where goodness is tutored in priority to greatness.

1986

1986

1990

1996



The Earth Safety Initiative
Drawing Concern for the safety of Environment and preservation of the mother Earth, the school initiated first move towards the Earth Day Celebration with grand celebration which was attended by schools all over Delhi and thereby paving way for the joint consent from all schools towards the Safety of Earth.

Newer additions in the school arena
In order to dive into cultural and sports genres the school Constructed the Basket Ball Court and Open Air Theatre to promote the love for art and sports in students.



The roots go deeper...
Heading with another major Triumph of establishing roots at Dwarka, the year saw Bhumi Pujan of School's Dwarka Branch.



Carving true sports idols...
The school's Under-14 boys' handball team participated in National Handball Championship at Bikaner and amassed glories by securing 1st position. The year also proclaimed fame in Girls' National Kho-Kho tournament held at Bokaro, Jharkhand, wherein the school girls team bagged 1st position.

1999

1999

1999

2001



State Award to Sh. B.B. Gupta
The moment was special; the day was great, when Mr. B.B. Gupta, Principal Bal Bhavan Public School, Mayur Vihar, was bestowed with State Teacher's Award. Following the footsteps of his great father, he too had struggled with major challenges that came in the progress of the school. His contribution has been great and his proclamations were no less than a legend when we discuss about the glory of the school.



Rajiv Gandhi Sports Foundation Award
The never ending glories of sports in Bal Bhavan, brought up another big achievement, wherein the school's Sr. Girls Volleyball team secured great laurels for the school, by bagging first position at CBSE cluster tournament, 2004-07. They were rewarded with Rs. 11660/- cheque price from Rajiv Gandhi Sports Foundation.



Bhagidari Award
School was honored with Bhagidari award for its continuous efforts in creating awareness amongst the masses, especially school students to conserve the nature and protect Mother Earth.



From the eyes of third Generation'
The book - 'From the eyes of third Generation' threw light on the life of Sh. G.C. Lagan, which was a translation and in depth glance over the major events and moments that lead to the fulfillment of the dream Bal Bhavan. Written by the Grandson, Mr. Virvish Gupta (Vice-Principal, BBPS, Mayur Vihar), the book promises the virtues of wisdom one should aim to attain.

2006

2006

2007

2008

Inauguration of BBIS, Gannaur...
The school's Gannaur Branch was inaugurated with great hopes and prospects. On December, 25th the joy was celebrated with several associates and dignitaries present in the event.



First Investiture Ceremony at BBPS, Mayur Vihar
The school's Mayur Vihar Branch organized its first investiture ceremony with 32 student council members. The step was well appreciated by the students as now they felt they could voice their opinions and come forward with their queries in a channelized way.



Razzle-Dazzle... Yug Se Yug Tak
The year was memorable, as the Annual Function of School's Mayur Vihar Branch was celebrated on December 2nd, with great gusto at Thyagraj Stadium, Delhi. Titled as Razzle Dazzle, the event invited many dignitaries with Smt. Sheila Dixit as Chief Guest and TV actor, Mr. Anup Soni as Guest of Honour. The event ended with charisma of Patriotism where everyone proudly sang 'Jaiwale'.



Sh. G.C. Lagan Memorial Sports Stadium
With the departure of the great soul, school saw a major setback; Sh. G.C. Lagan had been a true epitome of wisdom and courage. It was in his memory that the school inaugurated Sh. G.C. Lagan Memorial Sports Stadium on 7th August, 2015 to promote sports amongst the students and to pay tribute to his life that was solely dedicated to humanity.

2013

2013

2014

2015

Carving Niche & Heading towards the newer Goals...
 In the year 1978, Middle Wing of the school received recognition under Directorate of Education. The classes grew more, the students more matured. From a tiny sapling we were flourishing into a grown up plant.



The Flight Continued...
 The flight carried on with more widened wings fluttering towards the terminus which were yet to be achieved. School established its first branch at Laxmi Nagar, grounding and accruing popularity. Through her arduous efforts, Mrs. Saroj Gupta, the principal of the school, had earned great accolades for the school and has played a major role in the progress of the school. The school is known amongst the best schools in and around its vicinity.



Spreading the Branches...
 The glory cemented further with the addition of school's Swasthya Vihar Branch, near Preet Vihar, Delhi. Accumulating bounties of achievements and glories, Mrs. Rachna Gupta, Principal of the Swasthya Vihar Branch, is paving ways for greater heights under her Patronship.



Affiliation from CBSE...
 The Gandhi Nagar Branch procured an affiliation from CBSE and the following year made our first class X batch pass CBSE board Examination.

1978

1979

1983

1985



Bhumi Poojan Mayur Vihar Branch



Edifying the Edifice...
 The Delhi Urban Art Commission recommended and appreciated architecture of the school building of Mayur Vihar Branch was designed by Sh. G.C. Lagan.



We entered the Premises...
 From the temporary sheds we shifted to the magnificent monument, where the classes began in more comfortable space and learning turned more flourishing. The construction of Bal Bhavan Public School, Mayur Vihar was truly a memoir which brought in prospects of higher recognitions.

Sports Excellence...
 The school succeeded ahead accomplishing excellence in sports. The school's Girls volleyball team participated in First National CBSE Volleyball Championship and secured II position at National Level.

1996

1996

1997

1998



Bal Bhavan International School, Dwarika
 The school's Dwarika branch titled itself as International and began its first session in the year 2003, and since then it is gaining fame and recognition amongst the renowned schools of Delhi. Recently Hathihi Thakur, fondly known as nightingale of the school brought laurels to the school in a famous Television Show 'Rising Stars' making to the finals, she stood as first runner up at the event.



Achievements in Sports at National Level...
 Where on one side school was spreading its branches in different zones of Delhi, the school students were contributing in bringing recognition to the school. School's boys' team stood first and girls team bagged II position at Kho-Kho Nationals.



Release of 'Lagan - Ek Margdarshak'
 To pay tribute to the great mentor, the man and the mind behind the construction of the dream 'Bal Bhavan', to sum up the struggles and the scuffles, to make the life of G.C. Lagan a lesson to learn Mr. B. B. Gupta, Principal Bal Bhavan penned down a book titled 'Lagan - Ek Margdarshak' which was released in the year 2004.

The school's Senior Girls Volley Ball Team bagged III position at Nationals held at Mehsana, Gujrat.

2003

2003

2004

2005



Stepping a little more Farther...
 The Bhumi Pujan for school's Gannaur Branch was held which was no less than a step towards the fulfillment of yet another dream dreamt by Sh. G.C. Lagan. The land was purchased in Gannaur, Haryana, near G.T. Karnal Road, for the construction of an impressive Educational Institution, which shall incorporate boarding facility.



Road Safety Award
 The year also conferred A Road Safety Award and a Cheque of Rs. 11000/- as price money to the school for its active participation and spreading message of safety on road.



First Sh. B.K. Memorial Cricket Tournament
 The Dwarika Branch started with B.K. Memorial Cricket Tournament in the memory of Late Sh. B.K. Gupta (Member, Lagan Kala Upan Society). Since then the tournaments are organized every year at grand level with several schools competing for the winning trophy.



CBSE Award to Sh. B.B. Gupta
 Yet another achievement added to our list of laurels, when the school's Principal Mr. B. B. Gupta was conferred with CBSE award to teachers for year 2011. The day was celebrated with great excitement and is remembered as 'Golden Moments' of Bal Bhavan.

2009

2009

2011

2012



Sh. G.C. Lagan Memorial Athletic Meet...
 The school began with Inter School Sh. G.C. Lagan Memorial Athletic Meet, which invited and brought together athletes from schools all over Delhi to join for healthy Competitions. The event recollected the memories of Sh. G.C. Lagan and intended to pay tribute to the divine soul.



School's Gannaur Branch saw its first horizon...
 Another feather of glory as well as responsibility added to the Cap of Lagan Kala Upan. Bal Bhavan International School, Gannaur saw the beginning of its 1st session on 9th April 2015.



Galaxia - going beyond the horizon...
 School began with yet another Inter-School cultural Fest, Galaxia, which aimed to bring together the talents of different schools in varied educational and cultural events. For the first time the school organized a gala event that tickled the unique talents that persists in students these days.



2017 - Golden Jubilee
 School completes its 50 Golden years with grand celebration...and the Journey Continues towards the greater height and higher aims.

2015

2015

2016

2017

Amalgamation of Patriotism and Culture

It was one of those rare moments when our culture and nation truly became one, dancing upon the rhythm of one another. It was the day when the school celebrated Independence Day and Krishna Janmashtami together. The emotions of the event were diverse, yet beautiful, for on one hand we were saluting the bravery of the soldiers protecting us in absolute adverse conditions while on the other everyone was lost in the melodious chasm of lord Krishna. The event began with the anthem of liberty followed by the thumping feet of our young patriots. A strong and sharp satire was also extended upon the society through a Nukkad Natak, questioning that conscience of the society which doesn't allow them to become a soldier. The message was loud and clear inspiring youth to be a part of the country which cradles them with absolute love and care. However the event concluded beautifully with a beautiful and charismatic performance done by the students in devotion of lord Krishna, protector of the earth and aarti sung to evoke his bravery and sweetness in the world.



Special Assembly on Badte Qadam



Tiny tots of KG Class presented their Special assembly on the theme 'Badte Qadam'. Students came forward with positive attitude, pleasing smiles & sheer confidence to give a dynamic performance on moving ahead with confidence.

Enlivening the Roots



The young minds of the school presented a special assembly to celebrate Sanskrit Diwas and enliven our oldest but now forgotten language, Sanskrit.

GANESH CHATURTHI



Ganesh Chaturthi was celebrated with great fervour and enthusiasm by the tiny tots of the school.

Important Dates - September

5th SEPTEMBER Teachers' Day (INDIA)

India celebrates the birthday of Dr. Sarvepalli Radhakrishnan (5 Sept.) since 1962. The birth date of the 11nd President of India, Dr. Sarvepalli Radhakrishnan, 5 September 1888, is celebrated as Teacher's Day since 1962.

8th SEPTEMBER International Literacy Day

September 8 was declared International Literacy Day by UNESCO on November 17, 1965. Its aim is to highlight the importance of literacy to individuals, communities and societies. Several Workshops and awareness programmes are conducted to mark the occasion.

14th September - Hindi Divas

Hindi Divas is celebrated on 14 September because on this day in 1949, the Constituent Assembly of India had adopted Hindi written in Devanagari script as the official language of the Republic of India.

16th September-International Day for the Preservation of the Ozone Layer

The UN General Assembly on 23.01.95 adopted a resolution 49/114 which proclaims 16th September as the International Day for the Preservation of the Ozone Layer, to commemorate the signing of the Montreal Protocol on the Substances that Deplete the Ozone Layer.

29th September-World heart day

World Heart Day was founded in 2000 to inform people around the globe that heart disease and stroke are the world's leading causes of death, claiming 17.5 million lives each year.

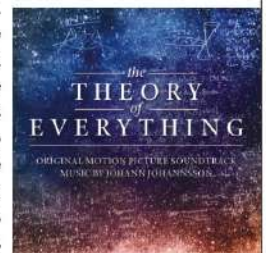
Study Tip

Prioritize your task list. Note the most important task on number one, two and three and complete them first, irrelevant of any other task.

A must watch-Movie Review

THE THEORY OF EVERYTHING

Ever wondered where it all started, this life; the illusions; the science; and our whole universe to be more accurate. A boy thought of all this too, a boy who was so determined to unravel the mystery of the dimension less known to most of us, the dimension of time that he was ready to sacrifice his whole life just for the sake of his knowledge and what he ended up is one of the most beloved and genius scientist of all time, 'STEPHEN HAWKING'. Watch this enthralling sci-fi to seek out the mystery of universe with the "THEORY OF EVERYTHING", a 2014 British biographical drama film directed by James Marsh.



From The Parents' Archives



Mrs. Suman Sood

(This space is reserved for parents to share their stories, experiences or contribution with other parents)



I still remember the first day of my wards in the school when both my tiny tots were holding my hands tightly and were not ready to go and now both are ready to say goodbye to school within few months. The journey went smoothly with few ups and down, as child grows up, it may appear as a simple matter of blowing out a different number of candles each year. However, there are multiple psychological factors involved. The factors include parents' role in the child's life, peer pressure, the culture in which the child is raised. These factors work together to shape a child's social development. As my both children were quite introvert and submissive, it worried me in beginning but slowly and gradually they flourished in such a way that one advanced in the field of sports since class VI and my daughter who was once a shy kid, gained confidence in oration and has now titled herself to be the cultural secretary of the school. It feels good to see a positive confidence growing in your kids. One thing I would like to tell you all is whether we as a parent like it or not, kids change. Their behavior, their attitudes, their likes and dislikes these shifts can be seen throughout the childhood. But the biggest change and the hardest for most of us to deal with are the ones that occur when kids enter pre-adolescent and adolescent stage. As the old saying goes, "the only thing that is constant in life is change," and children are no exception from this rule. Sometimes the change from childhood to the pre-teen and teen years can appear to be quite drastic. Kids can suddenly lose interest in the things they used to play with, and it can take parents by surprise. It may seem like one day your child is playing with dolls or trucks, and the next day the one who aren't really interested in clothes suddenly started caring about how they look. I also observed changes in my children, which at first surprised me a lot and put me in a tension but then I felt it is also necessary for development. As a parent I also grow with them each day. Though as a working mother it was little difficult for me to manage time for my children but when I look at them now, my 'stars' are quite independent in certain things which somehow makes me feel happy.

— Mrs. Suman Sood, m/o Shreya Sood (XII-A) and Shourya Sood (XII-D)

मेरी हिन्दी मेरा गर्व

मुझे गर्व है.....में हिन्दी हूँ



भारत की राजभाषा होगी। यह निर्णय 14 सितंबर को लिया गया था, इसलिए इस दिन को हिन्दी दिवस के रूप में घोषित किया गया। हिन्दी को हर क्षेत्र में प्रसारित करने के लिए राष्ट्रभाषा प्रचार समिति के अनुरोध पर वर्ष 1953 से हिन्दी दिवस पूरे विश्व में प्रतिवर्ष मनाया जाता है। मैं खुश होती हूँ क्योंकि आज भी भारतवर्ष के लोकगीतों की सुरीली तान में – मैं गूंजती हूँ। भारत के गाँवों की अमराइयों में – मेरी महक उड़ती है। आज भी मैं कल-कल करती मदमस्त नदिया की धारा की भीति हर भारतीय के हृदय में हिलोरे लेकर प्रवाहित होती हूँ।

मैं संस्कृत भाषा की सबसे बड़ी बेटा मानी जाती हूँ और भारत के अलावा मॉरीशस, पाकिस्तान, सुरीनाम, त्रिनिदाद और कुछ दूसरे देशों में भी बोली जाती हूँ। मैंने अपने उद्भव से लेकर आज तक अनेक नई भाषाओं को अपने आँवल में बाँध कर हर दिन एक नया रूप धारण किया है, अनेक भाषाओं, यहाँ तक कि अंग्रेजी को भी मैंने पूरी आत्मीयता से अपनाया। जानते हो.....मेरा साहित्य कितना विस्तृत है? कविता, कहानी, नाटक, लेख, उपन्यास, निबंध, यात्रा वृत्तांत, रेखाचित्र, संस्मरण.....आदि जब मुझे लिखे जाते हैं तो मैं स्वयं पर इतलती हूँ। सूरदास, मीराबाई, तुलसीदास, कबीर, रहीम, प्रेमचंद, देवकी नंदन खत्री आदि हजारों नाम ऐसे हैं जिन्होंने मुझे मंदिरों की घंटियों, मरिजाद की अजान, गुरुद्वारे के शब्द और चर्च की प्रार्थना की तरह पवित्र बनाया। स्वामी विवेकानंद और अटल बिहारी वाजपेयी ने जब विदेशों में जाकर अपने भाषण हिन्दी में दिए तो मेरी खुशी का ठिकाना नहीं रहा। आज जब हिन्दी पत्रकारिता ने तकनीकी विकास कर लिया है तो मेरा वर्षस्व पुनः बढ़ने लगा है और मुझे पुनः भारत की राष्ट्रभाषा होने का गुमान होने लगा है। यहाँ तक कि आजकल भारत के प्रधानमंत्री श्री नरेन्द्र मोदी भी विदेशों में अपने भाषण देने के लिए मेरा प्रयोग करते हैं तो मुझे अपने ऊपर और भी अभिमान होने लगता है। कुछ लोग अपनी नादानी के कारण मेरे दमन का प्रयत्न अवश्य करते हैं परन्तु वे यह भूल जाते हैं कि मैं कल की आई-गई कोई कच्ची-पक्की भाषा नहीं हूँ.....जो कुछ लोगों की वजह से अपना अस्तित्व खो दूंगी। बच्चों.....

मैं मात्र-भाषा नहीं हूँ, मैं मातृभाषा हूँ।

इसलिए आज जब तुम इस समय मुझे पढ़कर मुस्कुरा रहे हो, तब भी मैं स्वयं को गौरवान्वित महसूस कर रही हूँ.....अपना प्यार सदा इसी प्रकार बनाए रखना।

रोचक तथ्य

- हिन्दी विश्व में सबसे अधिक बोले जाने वाली भाषाओं में से एक है।
- सन् 2000 में हिन्दी का पहला वेब पोर्टल अस्तित्व में आया था।
- आज भी अमेरिका के 45 विश्वविद्यालयों सहित पूरे विश्व के लगभग 176 विश्वविद्यालयों में हिन्दी पढ़ाई जाती है।
- हिन्दी की पहली कविता प्रख्यात कवि 'अमीर खुसरो' ने लिखी थी।
- हिन्दी टाइपराइट सर्वप्रथम सन् 1930 में प्रचलन में आए।
- 'उदंत मार्तण्ड' हिन्दी भाषा का पहला समाचार पत्र था जो 30 मई 1826 में प्रकाशित हुआ था।



अनमोल वचन

- राष्ट्रभाषा के बिना राष्ट्र गूँगा है।
— महात्मा गांधी
- जिस देश को अपनी भाषा और साहित्य के गौरव का अनुभव नहीं है, वह उन्नत नहीं हो सकता।
— डॉ राजेन्द्र प्रसाद

“हिन्दी की आत्मकथा”

उठ कर गिरी हूँ,
गिरकर उठी हूँ,
यही संघर्ष मेरा,
अभी भी निरत है।

अस्तित्व कायम रखकर,
कटाक्ष सबके सहकर,
सर्वस्व कायम रखकर,
श्लाघनीय बनी हूँ।

हाँ, हूँ मैं वही,
राजभाषा तुम्हारी,
राजभाषा कहलाती,
सितित्त से मिली हूँ।

तुम्हें व्यक्त करती,
तुम्हें माव देती,
कलुष तम हटाती,
चली आ रही हूँ।

सितित्त छोड़ प्राची सम,
अरुण हो चली हूँ,
शून्य तक पहुँच,
उच्च शिखर तक बढ़ी हूँ।

अनेक भाषाओं की जननी,
मैं अकेली खड़ी हूँ,
सहोदरी भाषा कहलाती,
सब पर भारी पड़ी हूँ।

हिन्दी से इंग्लिश
बनाया गया है।
अस्तित्व ऐसे मेरा
मिट्टाया गया है।

फिर भी दिखती हूँ,
इंग्लिश के आगे अभी भी,
अस्तित्व अपना कायम,
बनाया हुआ है।

एक ही दिन मुझको,
यह सम्मान दिलाते हो,

क्यों हिन्दी दिवस,
रोज नहीं तुम मनाते हो।

विश्व हिन्दी दिवस से,
क्या तुम हो दर्शाते,
वो आदर-सत्कार,
क्या मुझको दिलाते।

सम्मान यह मेरा,
तभी ही बढ़ेगा,
सर्वमान्य बनाओगे,
तभी हिन्द चलेंगा।

एक ही दिन सम्मान से,
न हासिल कुछ होगा,
सर्वमान्य बनाना है,
तो संघर्षरत रहना होगा।

प्रण कर लो अभी से,
सुधार तभी यह होगा,
कार्यस्थलों पर साक्षात्कार,
हिन्दी में ही गर होगा।

सफल संघर्ष मेरा,
तभी ही बनेगा,
जन-जन का अगर,
साथ मुझको मिलेगा।

अग्निपथ पर खड़ी हूँ,
ज्वाला-सी बनी हूँ,
साथ सबको लिए,
सहोदरी में बनी हूँ।
सहोदरी में बनी हूँ।

हिन्दी दिवस की
हादिक शुभकामनाएँ।

हिन्दी है जन-जन की भाषा
हिन्दी मेरे हिन्द की भाषा
हिन्दी का सम्मान करो तुम
हिन्दी पर अभिमान करो तुम।।।

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.

NUTRITION and DIETETICS

The Profession : Nutritionists and Dieticians are professionals equipped with the knowledge of the chemistry and nutritional value of foods and their preparation. They are experts who develop new uses of food, advise patients in a clinic regarding their diet, serve as consultants to Public Health teams, supervise the serving of food in Industrial Cafeterias or Hospitals, assist individuals or groups in Dietary Education, and teach in Nursing Schools, Colleges and Universities.

Areas of Specialization

- Institutional Food Administration
- Public Health Nutrition
- Therapeutic Nutrition
- Community Nutrition
- Clinical Dietetics
- Food Technology

Career Structure

Training : As the practice of dietetics requires considerable technical knowledge and experience, formal training is essential for a successful career.

Eligibility : High school students interested becoming a dietician or nutritionist should take up biology, chemistry, and if possible home science. After this, a graduation in food and nutrition or home science can be undertaken followed by a PG course in dietetics food and nutrition. A Post graduate diploma in food and nutrition is also one of the options available.

Duration : The Post Graduate Diploma course in Dietetics and Nutrition is spread over one academic year, with a compulsory 3 month internship in a Hospital under a Qualified Dietician.

Personal Attributes Required : Excellent communication skills, ability to get on with people, ability to co-ordinate with other consultants, good health, emotional stability and a scientific bent of mind, the ability to empathize with and understand others' problems.

Job Prospects : There are a variety of employment opportunities that are open to qualified nutritionists and dieticians. The majority find posts in Hospitals, schools, colleges and industrial or institutional canteens. There are also various opportunities to work for government departments or as programme consultants to NGO's like UNICEF, WHO and NPCCED.

Future prospects : Nutritionists and dieticians have and will continue to be an integral component of health care services as well as public health nutrition programs.

Related Careers : Catering, Food Science and Technology, Biochemistry, Home Economics and Medicine.

Top Institutes :

- Institute of human economics, DU
- Punjab University, Chandigarh
- Lady Irwin College, DU
- Ethiraj College, Chennai
- University of Calcutta
- University of Mumbai

Budding Poets



आँखों में सपने और दिल में अरमान लिए। एक सफर में चल पड़े, हम बिना कोई पहचान लिए।।

घबराकर जब कदम डगमगाए, हमें सँभाला आपने। विद्या रुपी धन देकर, ज्ञानी बनाया आपने।।

सही गलत की पहचान, करना भी सिखाया आपने। प्रकाशपुंज का आधार बनकर, हमारी गलतियों को सुधारा आपने।।

ज्ञानदीप की ज्योति जलाकर, सत्यपथ पर चलना सिखाया आपने। अपने प्रेरणामयी शब्दों से, जिंदगी का पाठ पढ़ाया आपने।।

कमी माँ बनकर, हमें, प्यार से समझाया आपने। कमी पिता बनकर, हमें, अनुशासित बनाया आपने।।

एक भाई सी डॉट लगाकर, सही मार्ग दिखाया आपने। कमी दोस्त बनकर, हमारी परेशानियों को भगाया आपने।।

इसलिए आज हम सब, शीश झुकाए नमन करते है आपको। नमन करते उस व्यक्तित्व को जो है बहुत महान, क्योंकि आपसे ही मिली हमको नई पहचान।।

MY BEST TEACHER'S



My precious teachers, Have so many features.

Our math teacher tells us about things other than books, And tells us math is not tough as it looks. Our English teacher explains about life skills, And also we can do anything with our will.

We learn to write essays in Hindi, They can be short or lengthy. In science we perform interesting experiments, And learning by doing is really important.

In French we can learn foreign language By just turning page to page.

We learn the basics of computers, So that we can build and change our own future.

We make posters in Art & Craft, Before making it graceful we make a draft. With the help of teachers we gracefully dance, And we now even know the dances done in France.

Social Science is a nice subject, And the pictures of the emperors we can collect.

With the help of our precious teachers, we learn new things, By which we can learn to fly on our own wings.

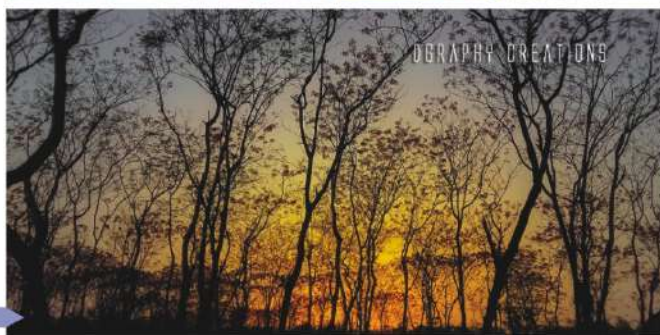
To find them it's my pleasure, And their knowledge for me is difficult to measure.

— GAURI WADEHRA, VII - A

Shutter Bug



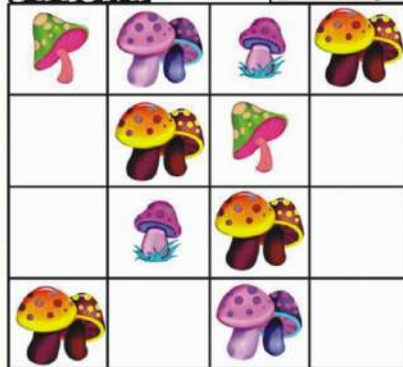
Dhruv Sharma is a student of Class XI D. He has a flair for photography. He developed interest in photography since class VI. Gradually his interest led way to his passion. Here is a collection of his photographs that have been skilled to perfection.



TODDLER'S ZONE

Sudoku

Use these shapes



How to Play :

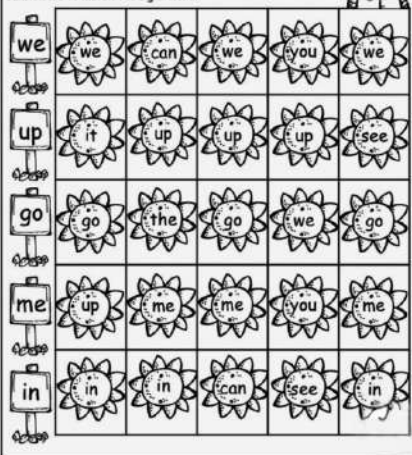
Draw different mushroom in each empty square with your Crayola dry erase marker. Use each mushroom only once in every row and column.

Sudoku Solution of Last Edition

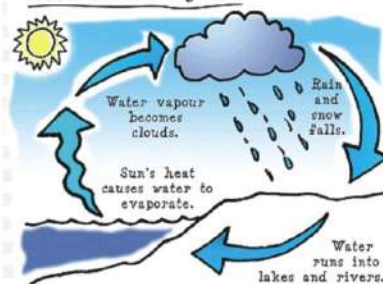


Sight Word Sunflowers

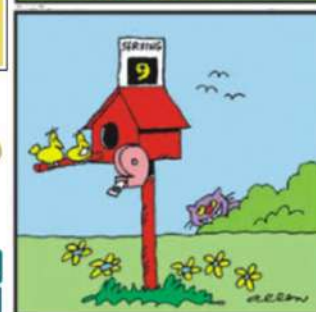
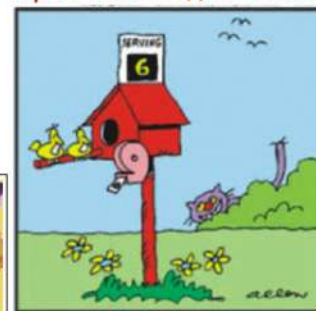
Directions: Read the sight word on the sign. Color the sunflowers to match the sight word.



The Water Cycle:



Spot the Difference



The Artists' Canvas



Saanvi Sharma -IXA

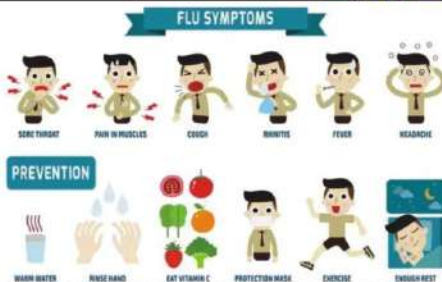
Good Reads Charlie and the Chocolate Factory

It is a brilliant book by Roald Dahl. It is a classic children's book about five kids who win a chance to tour Willy Wonka's mysterious candy-making operation. It's a vividly told wild ride with amusing, cartoon-like sketches that will keep kids excited and laughing. Various forms of bad behaviour are demonstrated -- but the punishments perfectly fit the crimes. The main character also lives a life of poverty that's portrayed as bleak and depressing, although the love between him and his family makes their day-to-day struggles more bearable.



Parenting Tip

Don't scroll down your social feeds or mails while spending quality time with children. Always remember they need your full attention.



GRANDMA'S TALE

Why Ants Have Such Small Waists

There was once a kingdom of ants deep inside a forest. Raja Kerengga, the ruler of this kingdom, was a wise and just sultan. He was highly respected and loved by all his subjects. Whenever there were problems among his subjects, Raja Kerengga was able to overcome them by making good decisions. As a result, there was always peace and harmony among the ants in his kingdom. There was no hatred and jealousy. One day there was a heavy rainfall and the ants started to panic. Raja Kerengga was worried for his subjects. He knew that he had to do something quickly to save his people. He called his advisor and said, "The rain is very heavy. If it does not stop, I am afraid that there will be serious flooding. Our Kingdom is in great danger," said the Sultan.

"You are right, Tuanku! What do you think we should do to save ourselves?" asked the advisor. "Shall we move to the higher parts of the trees?" suggested Raja Kerengga.

"but what if the floods are really bad, Tuanku? We will still be in danger of getting drowned!" replied his advisor.

"May I propose that we find shelter inside a cave.

We can keep the water out by closing the mouth of the cave." Raja Kerengga was pleased with this suggestion, "That is a brilliant idea. Now go and quickly find a suitable cave and instruct all our people to move into it. Do not waste any more time!" ordered the King.

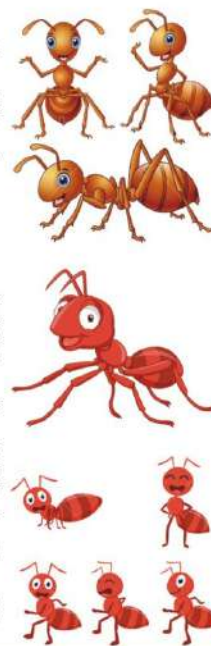
The same day the ants moved into the cave. Now, they were safe from the floods. Outside the cave the flood water rose high and destroyed many parts of the forest. Although the ants were now safe from the floods, they were not able to find food. Soon many of the ants died of starvation. Raja Kerengga was greatly saddened by this. One day his advisor approached the king and said, "The ants are starving, Tuanku. We don't have any food left. If we don't go out and find food, soon all of us will surely die." Raja Kerengga turned to another advisor and said, "We have to do something! Otherwise, we will all die here.

Do you have any idea?" The advisor spoke up, "Your Highness, I have a suggestion. Let us tie up our stomach. If our stomachs are tightened, we will not feel hungry." Raja Kerengga agreed with the suggestion and ordered everyone to tighten their stomach until their stomach become very small.

All the ants immediately followed the advice of their Sultan. After many days, the floods started to subside. The ants felt happy that they could now go out and find some food. They started moving slowly out of the cave to return to their former ground. They loosened their stomach and started leading a normal life. But after a few weeks they realized that their stomach remained the same as it was in the cave. Although they were eating regularly their stomach did not grow back to its normal size. "Look at our waists. They are still so small!" shouted the ants to one another. They looked very worried. Raja Kerengga was calm.

He said, "Do not panic, my people. We have to accept this fate. What's important is that we are still alive. After all, you look more attractive now. It will also enable you to move faster and do more work."

When the ants heard this from their sultan, they took another good look at themselves and realized that they looked much better than before. So they stopped worrying and went about their lives happily. From that time onwards, as you would have noticed, the waists of ants are extremely small. Perhaps that is why ants are such industrious creatures.



Celebrity Journal

RUJUTA DIWEKAR

Rujuta Diwekar is a Mumbai-based celebrity nutritionist and winner of the prestigious 'Nutrition award' from Asian Institute of Gastroenterology and was voted among 50 most powerful people in India by People magazine in 2012.



She was born in a typical middle-class Maharashtrian family. After her graduation, as she contemplated how to pursue her passion further, luckily the Mumbai University started a post-graduation program called 'Sports science and Nutrition' in collaboration with IIT, Mumbai. And she was on her way.

Her entire family practiced yoga as a way of life, very matter-of-factly, and this was a big influence on her. She decided to further her understanding and studied Yoga and Vedanta along with Ayurved from Sivananda Yog Vedanta forest academy. She basically applied what she learned about nutrition and exercise science to the Indian way of life in a sensible and practical way.

She emphasizes on a blend of traditional food wisdom and modern nutritional science for a healthy body and mind, best reflected through the mantra Eat local, think global.

- Notable work**
- Don't Lose your Mind, Lose Your Weight
 - Women & the Weight Loss Tamasha
 - Don't Lose Out, Workout!
- Academic Qualifications**
- Future of foods, University of Potsdam, Germany 2015
 - Sports dietitians course, Australian institute of Sports, Canberra 2010
 - P.G. in Sports science and Nutrition, S.N.D.T. College, Mumbai, 1999
 - Sadhana Intensive and Teacher training courses, Sivananda Yoga Vedanta academy, Uttarkashi

Exam Tip

While attending an exam, read your question carefully. Know what it's asking for in the answer.

The Counselor's Corner : CHAOS TO COHERENCE

"It's not the load that breaks you down, it's the way you carry it"

STRESS — Stress heavily strains our "Pro-social Emotion" (Compassion and Empathy). Whether it be Teachers, Students or Parents, we want to keep giving until we reach 'Compassion Exhaustion', and when that happens, we stop caring. As it has become a part of our routine, rather than doing something about it, we've accepted it. Acceptance is good but giving up isn't. Of course, the bills won't stop coming, exams would continue to be our frequent visitors, there will never be more hours in the day and our work and family responsibilities would always demand more from us. But we have a lot more control than we think we do. In fact, the simple realization that we have control over our lives is the foundation of managing stress. It narrows our ability to function effectively, think clearly and enjoy life. It is important for everyone to realize that **Nobody is going to live for you.**



Ms. Ankita Chaudhary, Counselor

To move from Chaos to Coherence, we need to avoid the toxic influences of our environment into our lives. It is important to recognize that stress is a perception and you have control over your perceptions. **Let's invest into happiness;** you'll get higher returns when you do that. **And when stress really knocks on your door, this is how you deal with it :**

- Deal with stress like it's a shadow, it always follows you around but you're always ahead.
- Identity is our first priority, so look for the sources of stress in your life.
- When we're sitting at home and earning nothing but calories, we feel guilty....don't we? So, why do we have to gain weight to learn that it is important to replace unhealthy Coping Strategies with healthy ones, start rehearsing already.
- A better deal always costs you more, right? Not always in terms of money though. Embrace change. Practice the 4 A's of Stress Management and apply it like an anti-biotic.

The four A's - Avoid, Alter, Adapt & Accept

Avoid unnecessary stress — It's not healthy to avoid a stressful situation that needs to be addressed, but you may be surprised by the number of stressors in your life that you can eliminate.

Alter the situation — If you can't avoid a stressful situation, try to alter it. Often, this involves changing the way you communicate and operate in your daily life.

Adapt to the stressor — If you can't change the stressor, change yourself. You can adapt to stressful situations and regain your sense of control by changing your expectations and attitude.

Accept the things you can't change — Some sources of stress are unavoidable. You can't prevent or change stressors such as the death of a loved one, a serious illness, or a national recession. In such cases, the best way to cope with stress is to accept things as they are. Acceptance may be difficult, but in the long run, it's easier than railing against a situation you can't change.

- Now you're doing the right things. Get moving.
- This happens to everybody, share and Connect with others.
- This is easy. Make time for fun and relaxation.
- Just because time's running, doesn't mean you've to chase it. Manage your time better.
- Maintain balance with a healthy lifestyle.
- It's not just sufficient but necessary to keep tapping into your Inner Strengths.
- Self-reflection brings out the best in you every day.
- Cognitive restructuring or turning the negativity around can help you cope better.
- Meditation helps you relax and process the important things in life.
- Massage and Exercise helps you relieve stress, and if followed regularly, stress would hardly be your guest.

Last but not the least, spend 10 minutes with just yourself...invest in your solo time

— All the best



श्री जी.सी.लगन स्मृति रचना-पाठ

विद्यालय के भूतपूर्व चेयरमैन, संस्थापक एवं सुप्रसिद्ध शिक्षाविद स्व. श्री जी.सी. लगन जी की पावन स्मृति में, दिल्ली की सामाजिक, सांस्कृतिक एवं साहित्यिक संस्था "उद्भव" द्वारा दिनांक 20 अगस्त, 2017 को प्रेस क्लब ऑफ इंडिया रायसीना रोड, नई दिल्ली में श्री जी.सी. लगन स्मृति रचना-पाठ नामक एक साहित्यिक संध्या का आयोजन किया गया। इस कार्यक्रम में मुख्य अतिथि सुश्री चित्रा मुद्गल (वरिष्ठ साहित्यकार), श्रीमती पी. लता तारा (पूर्व उपशिक्षानिदेशक, दिल्ली सरकार), विशिष्ट अतिथि श्री बी. बी. गुप्ता एवं श्री अरुण प्रकाश ढौंडियाल के अतिरिक्त अनेक जाने-माने साहित्यकारों, शिक्षाविदों एवं अनेक वरिष्ठ संवाददाताओं ने भाग लिया। उद्भव संस्था का उद्देश्य भारत की समृद्ध साहित्यिक परंपरा को आगे बढ़ाना है इसीलिए इस कार्यक्रम में अनेक रचनाकारों ने स्वर्चित कविताओं का रचना पाठ किया। इस अवसर पर श्री अनुराग मिश्र (मैट्रो एडिटर, दैनिक हिन्दुस्तान) श्री संजीव कुमार गुप्ता (वरिष्ठ संवाददाता, दैनिक भास्कर), श्री संत कुमार (सहायक प्रोफेसर, अर्थशास्त्र), श्री अरविंद कुमार द्विवेदी (शिक्षक एवं समाजसेवी), डॉ. शिव कुमार शर्मा (शिक्षक एवं समाजसेवी) को शैक्षिक तथा सामाजिक जीवन में उल्लेखनीय योगदान देने हेतु "श्री जी.सी.लगन स्मृति सम्मान 2017" द्वारा अलंकृत भी किया गया।



Dear Reader,

Congratulations to all our students and readers as the school completes its glorious journey of 50 years. Its an unending journey and it is the contribution of all of us which shall make the journey worth remembering. To mark this special achievement, we bring to you this special edition of our monthly newsletter. In this edition, we have introduced some new columns and we hope you find them interesting to read. We would love to receive your feedback, queries and suggestions. Send your entries for the next edition latest by 19 September, 2017 at theschoolconnectbbpsmv@gmail.com