



THE SCHOOL CONNECT

Relebrating 50 Years

MERRY CHRISTMAS

Vol.III | Issue 6 | November, 2019

BAL BHAVAN PUBLIC SCHOOL, MAYUR VIHAR-II HOSTS TWO-DAY CBSE REGIONAL SCIENCE EXHIBITION 2019-20



Chief Guest Dr. Biswajit Saha (Director Training and Skill Education, CBSE, Delhi)



Ms. Sweta Singh (Joint Secretary, CBSE Delhi) is being honoured by School Principal Mr. Vividh Gupta



Dr. Rashmi Sethi & Dr. S. K. Arora watching live demo of projects from overseas school



Esteemed guest Mr. J.K. Yadav judging the exhibits

Enlighting the spirit of scientific valour in order to redefine the paradigms of scientific temperament, Bal Bhavan Public School hosted the two day CBSE Regional Science Exhibition 2019-20 themed, *'Science and Technology for Sustainable Development with a thrust on Water Conservation'* for classes VI to XI on **29th November 2019 and 30th November 2019**. With almost 64 schools from all over Delhi and overseas and 95 exhibits the models were presented under a variety of sub-themes.

The initiative of CBSE was intended to rejuvenate the lethargy of mundane patterns of thought so as to provide a creative platform to exceptional talents. The Inaugural Ceremony was graced by the presence of Dr. Biswajit Saha (Director Training and Skill Education, CBSE, Delhi), Chief Guest for the day, who encouraged the visible farsightedness of the young scientists and appealed to innovate by keeping oneself close to their cultural roots. While the first day was scheduled for the preliminary judgement to be made by the panel of 6 judges from various renowned universities like Delhi University, Jamia Milia Islamia University; the second day was kept for the final judgement.

Launched with the spirit of endless passion and dedication, the second day began with an enthusiastic musical performance and a mime act highlighting the need of conserving water. The closing ceremony registered the auspicious presence of Mr. J. K Yadav (Regional Officer, CBSE, Delhi), Chief Guest for the day and Ms. Shweta Singh (Joint Secretary, CBSE, Delhi), Guest of Honour, Mr. Vinod Bacheti (Chairperson of *Delhi Paramedical & Management Institute*), Special Guest for the day, they encouraged and motivated the scientific temperament promoted through this exhibition. In the prize distribution ceremony the best models under each category which will further compete at the National Level were awarded with the winning certificates by the Chief Guest, the Guest of Honour, Special Guest and the judges. The exhibition turned out to be a huge success propelling the belief in the power of imagination to trigger a revolutionary change in the fate and face of the society.



Chief Guest Mr. J.K. Yadav, Regional Officer, CBSE being honoured by School Director Mr. B.B. Gupta



Mr. Vinod Bacheti (Chairperson of Delhi Paramedical & Management Institute) is being honoured by Chief Guest Mr. J.K. Yadav



Dr. Suresh Kumar & Dr. Manika Khanuja analysing the project



Esteemed guest Dr. Sweta Singh, Joint Secretary CBSE, Delhi taking glance of the exhibits

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

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



India and The World

Lieutenant Shivangi, First Woman Pilot of Indian Navy, to be Join Naval Operations



The Indian Navy is going to get the first female pilot. Lieutenant Shivangi will join as the first female pilot on December 2, 2019. Shivangi will fly fixed-wing Dornier surveillance aircraft. She will be involved in Operation Duty in Kochi. Lieutenant Shivangi is from Muzaffarpur in Bihar.

Mahinda Rajapaksa sworn in as new PM of Sri Lanka



Former President Mahinda Rajapaksa was sworn in as the new Prime Minister of Sri Lanka on November 21, 2019, after Ranil Wickremesinghe resigned from his post after his presidential election defeat. A 15-member cabinet is also expected to be sworn in on November 22. He said that he was looking to take Sri Lanka forward with a new vision.

Microsoft has launched its "K-12 Education Transformation Framework"

To help the schools of India to undergo digital transformation "K-12 Education Transformation Framework" has been launched by Microsoft. The objective of this framework is to provide tools to education leadership, government decision-makers, teachers and learners, to integrate technology in powerful and productive ways.



- Microsoft has launched its "K-12 Education Transformation Framework" to facilitate comprehensive digital transformation of schools in India, a model which has been adopted in over 50 countries so far.
- According to Microsoft's Education wing, the framework comprises four pillars – leadership and policy, modern teaching and learning, intelligent environments and technology blueprint. The programme will offer a series of workshops based on each of these pillars.

Fortune's Businessperson of the Year 2019 list: Satya Nadella grabs top spot



Fortune's Businessperson of the Year 2019 list comprises names of three Indian-origin people. These include Microsoft CEO Satya Nadella, Master Card CEO Ajay Banga and Arista head Jayashree Ullal. Satya Nadella ranks first in this list. Ajay Banga is on 8th and Jayashree Ullal is 18th.

Election Commissioner TN Seshan passed away



Former Chief Election Commissioner Tirunellai Narayana Iyer Seshan, passed away due to a cardiac arrest. He was 87 years old. He was the 10th CEC and served between 1990 and 1996. During his tenure activities like bribing voters, distributing alcohol during elections, using official machinery for campaigning, approaching voters to appeal on caste or community basis, use of loudspeakers and high-volume music, using worship places for campaigning were made offensive. A limit was imposed on the election expenditure of the candidate.

Vashishtha Narayan Singh, a mathematician who challenged Einstein's theory, passes away



The great mathematician Vashishtha Narayan Singh passed away in Patna on November 14. He was 74. Mathematician Vashishtha Narayan Singh had challenged Einstein's theory and earned worldwide recognition. It is said that at the time of launch of Apollo, all the devices stopped working but Vashishtha Narayan started calculating. The computer malfunctioned for 30 to 35 seconds. After which he did a mathematical calculation. When the computer got fixed, his calculations and computer's calculations were exactly the same.

Jair Bolsonaro, Brazil's President, to be Chief Guest at Republic Day 2020



Prime Minister Narendra Modi invited Brazilian President Jair Bolsonaro to the Republic Day, 2020. The President of Brazil accepted this invitation with pleasure. This statement said that both leaders agreed on to broaden their strategic partnership further.

Manu Bhaker breaks junior world record, wins India's first gold at 2019 ISSF World Cup



Manu Bhaker has created history by winning India's first gold medal in the women's 10m Air Pistol event at the 2019 ISS World Cup at Putian, China. Manu Bhaker also broke the junior world record with her total score of 244.7. She also became the only second Indian to win gold in the 10m Air Pistol at the ISS World Cup, after Heena Sidhu.

Coimbatore Railway Station is now visually challenged friendly



Coimbatore Railway Station has now become visually-challenged friendly. The railway station has installed Braille information boards and Braille-embossed handrails. This initiative in the Coimbatore Railway Station is made by Anuprayas, a Bengaluru-based NGO. Two Braille master boards, one at the main entrance and the second in the back entrance near the Information Centre, have been installed in the railway station for the visually challenged passengers. Also, the offices and amenities like taps and toilets in the railway station have been fitted with Braille boards.

IIT-Madras launches country's first standing wheelchair : Arise



Country's first indigenously designed standing wheelchair named as 'Arise' has been launched by Indian Institute of Technology (IIT) Madras. The launch was done in presence of the Union Minister of Social Justice and Empowerment Thawarchand Gehlot at the institute. Wheelchair 'Arise' will help a differently-abled person requiring a wheelchair to shift from sitting to standing position, and vice versa, independently and in a controlled manner.

Bangladesh Anthem now in Sanskrit



Bangladesh, on the eighth death anniversary of the State's cultural icon Bhuben Hazarika has been given a Sanskrit makeover to its National Anthem "Amar Sonar Bangla". Rabindranath Tagore had composed the national anthem of Bangladesh in 1905.

IFFCO introduced India's first Nanotechnology-based fertilizers for on-field trials



The Indian Farmers Fertiliser Cooperative Limited (IFFCO) introduced its Nanotechnology based product range for on-field trials on 3 November 2019. It has been identified that these nanostructured formulations effectively deliver nutrients to the plants. The products aim to improve soil health, reduce the emission of greenhouse gases. It will also ensure up to a 15-30% increase in crop production and reduce the requirement of conventional chemical fertilizer by 50%.

David Attenborough conferred with Indira Gandhi Prize for Peace

David Attenborough, a renowned naturalist, has been conferred with the Indira Gandhi Prize for Peace, Disarmament and Development 2019 for his tireless efforts towards awakening the humankind to the need to preserve and protect the planet's biodiversity, to live in a sustainable and harmonious way and stop being a "plague on earth".



THE VICTORY TRUMPET

SCIENCE OLYMPIAD FOUNDATION - SOF IEO 2019-20

S.No.	Class/Sec.	Name of the Student	School Rank	Zonal Rank	International Rank	Qual. For Level-2	Awards - Won International / Zonal / School Award
1	II F	GARVIT PATNI	1	89	194	N.A.	School Gold Medal + Participation Certificate
2	II A	ANIKA PRASAD	2	105	215	N.A.	School Silver Medal + Participation Certificate
3	II F	SAMRAT SUMAN	3	179	442	N.A.	School Bronze Medal + Participation Certificate
4	III D	MARUTI NANDAN PANDEY	1	105	253	YES	School Gold Medal + Participation Certificate
5	III A	DHANANJAY MAMGAIN	2	252	638	NO	School Silver Medal + Participation Certificate
6	III E	ARPITA PRASAD	3	330	868	NO	School Bronze Medal + Participation Certificate
7	IV A	LAAVANYA GUPTA	1	93	194	YES	School Gold Medal + Participation Certificate
8	IV E	SIDDHARTH BISHT	1	363	820	NO	School Gold Medal + Participation Certificate
9	IV F	KOYAL YADAV	1	152	334	NO	School Gold Medal + Participation Certificate
10	IV A	PRANEEL SINGH MEHRA	2	338	773	NO	School Silver Medal + Participation Certificate
11	IV E	ARADHYA ANAND	2	418	964	NO	School Silver Medal + Participation Certificate
12	IV F	SHUBH PURWAR	2	401	926	NO	School Silver Medal + Participation Certificate
13	IV A	RIDHIMA MEHROTRA	3	407	947	NO	School Bronze Medal + Participation Certificate
14	IV C	YUVRAJ RAWAT	3	421	968	NO	School Bronze Medal + Participation Certificate
15	IV F	AKSHITA JHA	3	405	932	NO	School Bronze Medal + Participation Certificate
16	V D	SAKSHI NARENDRA GUPTA	1	576	1624	YES	School Gold Medal + Participation Certificate
17	V B	AAKARSH DUBEY	2	697	1982	NO	School Silver Medal + Participation Certificate
18	V E	SHUBH	3	767	2169	NO	School Bronze Medal + Participation Certificate
19	VI A	NISITA GUPTA	1	325	852	YES	School Gold Medal + Participation Certificate
20	VI F	TUSHAR	2	672	1765	NO	School Silver Medal + Participation Certificate
21	IV A	SWASTIK KUMAR JENA	3	735	1937	NO	School Bronze Medal + Participation Certificate
22	VII D	TANMAY NEGI	1	504	1447	YES	School Gold Medal + Participation Certificate
23	VII E	HITEN KUMAR GUPTA	2	554	1605	NO	School Silver Medal + Participation Certificate
24	VII D	MEHUL BHARADWAJ	3	589	1707	NO	School Bronze Medal + Participation Certificate
25	VIII B	ESHANK SHARMA	1	858	2418	NO	School Gold Medal + Participation Certificate
26	VIII C	ANJALI CHATURVEDI	1	491	1252	YES	School Gold Medal + Participation Certificate
27	VIII C	PRISHA JAIN	2	608	1565	NO	School Silver Medal + Participation Certificate
28	VIII C	SURYA THAKUR	3	739	2007	NO	School Bronze Medal + Participation Certificate
29	IX C	PRATYUSH ANAND	1	192	586	YES	School Gold Medal + Participation Certificate
30	IX D	AKSHAT JOSHI	1	427	1262	NO	School Gold Medal + Participation Certificate
31	IX C	ANSHUL VIJAY	2	269	810	NO	School Silver Medal + Participation Certificate
32	IX E	SARTHAK SUNDRIYAL	2	703	2089	NO	School Silver Medal + Participation Certificate
33	IX C	GAURI WADEHRA	3	339	1024	NO	School Bronze Medal + Participation Certificate
34	IX E	ARYAN DADWAL	3	777	2295	NO	School Bronze Medal + Participation Certificate
35	X A	SANCHITA SINGH	1	212	619	YES	School Gold Medal + Participation Certificate
36	X B	SARTHAK SINGLA	1	337	941	NO	School Gold Medal + Participation Certificate
37	X A	SHIVANSH TUTEJA	2	325	912	NO	School Silver Medal + Participation Certificate
38	X B	T S SAMICSHA	2	379	1053	NO	School Silver Medal + Participation Certificate
39	X A	SOUMYASHREE BISWAL	3	335	937	NO	School Bronze Medal + Participation Certificate
40	X B	DIBYANGSHU MUKHERJEE	3	536	1431	NO	School Bronze Medal + Participation Certificate
41	XI F	ANANDI SINGH	1	196	449	NO	School Gold Medal + Participation Certificate

INTER HOUSE COMPETITION (2019-20)

S.No.	EVENT	CLASS	CATEGORY	WINNER HOUSE
1	Volleyball	VI-VIII	Boys	Jagriti house
2	Volleyball	VI-VIII	Girls	Nirman house
3	Volleyball	IX-XII	Boys	Nirman house
4	Volleyball	IX-XII	Girls	Pragati House
5	Handball	VI-VIII	Boys	Pragati House
6	Handball	VI-VIII	Girls	Jagriti house
7	Handball	IX-XII	Boys	Pragati House
8	Handball	IX-XII	Girls	Perna house
9	Basketball	VI-VIII	Boys	Pragati House
10	Basketball	VI-VIII	Girls	Perna house
11	Basketball	IX-XII	Boys	Nirman house
12	Basketball	IX-XII	Girls	Perna house
13	Football	VI-VIII	Boys	Jagriti house
14	Football	IX-XII	Boys	Jagriti house
15	Football	VI-XII	Girls	Nirman house
17	Hockey	VI-XII	Boys	Perna house
18	Hockey	VI-XII	Girls	Nirman house
19	Cricket	VI-VIII	Boys	Perna house
20	Cricket	IX-XII	Boys	Jagriti house
21	Cricket	VI-XII	Girls	Perna house/ Jagriti house



PECTIC RHYTHM COMPETITION (English Poem Recitation)

S.No.	Competition	Class & Sec.	Position
1	NITYA VISHNOI	III C	I
2	SAHASHRA CHAKRABORTY	III D	II
3	KOYAL	IV F	I
4	RIDDHIMA MEHROTRA	IV E	II
5	AKSHITA PATHAK	VF	I
6	AAKARSH DUBEY	VB	II

DISTRICT LEVEL SCHOOL ROAD SAFETY AWARENESS CAMPAIGN 2019-20

S.No.	Name	Class	Competition	Position
1	Khushboo	VIII	Extempore	II
2	Khushi Jha	VIII	Essay Writing	III

FIGHTING WINTERS NATURALLY



During winter season, it is important to give your body the warmth it needs during the cold weather. So, here are 8 foods that can not only keep you warm but can also boost your energy levels to get you through the cold winters.

1. Honey

Honey is warm in nature and its regular intake helps in keeping the body warm, too. This is one of the reasons why excessive intake of honey during summers is not advised. Honey is also good for keeping cold, cough and flu at bay as it strengthens the immune system. So sip on some honey in hot water or have a spoon of honey daily, first thing in the morning to keep yourself warm.



2. Sesame seeds

Chikki is an Indian sweet dish which is popular during winters. Well, chikkis are made of sesame seeds which are good for keeping the body warm and cozy during winters. These seeds are also loaded with iron and calcium content which strengthen the bones and muscles. You can soak some sesame seeds overnight and have them in the morning or you could make small balls of jaggery and sesame seeds and have one every morning to keep yourself energised and warm. You can also use sesame seed oil for cooking to maintain your body temperature.



3. Root vegetables

These are vegetables that grow below the surface, like radish, turnip and sweet potatoes. Root vegetables keep the body warm as their digestion is slower which generates more heat. You can use these vegetables to make yourself a warm soupy stew or you could eat them as salad.



4. Ghee

Desi ghee is the most easily digestible fat which gives the body the much needed warmth. That's not all. Ghee aids in digestion, prevents constipation, increases immunity and protects the body against cold and flu. You can add a few drops of ghee in your dal and sabzi or you could cook your food in ghee.



5. Ginger

Ginger has thermogenic properties that help in keeping you warm during winters. It also aids in boosting metabolism and promoting blood flow. Having a hot cup of ginger tea in the morning sets you for the whole day.



6. Dry Fruits

Dry fruits like almonds, cashew and raisins generate heat in the body. They also help in curing Anaemia and other diseases that are caused due to the deficiency of iron and vitamins. You can eat them raw or include them in your salad or milk.



7. Tulsi

Tulsi has medicinal properties. It is rich in vitamin C, A, zinc and iron which helps the body to fight cold borne diseases like cold, cough, sinus and other respiratory problems. Having raw Tulsi leaves can boost your immunity and keep your body warm during the cold weather.



Dr. Rashmi Sethi (Former Education Officer, CBSE) keenly observing the exhibits



Dr. Biswajit Saha watching live demonstration of the project

Glimpse of CBSE Science Exhibition



Felicitating Dr. Tarun Kumar, Associate Professor, Delhi University



Esteemed Judge Dr. S.K. Arora judging the exhibits





The world that we live in is an infinite paradox.
Credits : HARSHIT RAWAT, IX-B



CELEBRATION OF NATIONAL EDUCATION DAY

"Climbing to the top demands strength, whether it is to the top of Mount Everest or to the top of your career."
- Maulana Abul Kalam Azad



CELEBRATION OF RASHTRIYA EKTA DIWAS

"Manpower without unity is not a strength unless it is harmonized and united properly, then it becomes a spiritual power."

- Sardar Vallabhbhai Patel

Rashtriya Ekta Diwas was celebrated on 31st October 2019 in our school to commemorate the birth anniversary of Sardar Vallabhbhai Patel, popularly known as the Iron Man of India. He had actively contributed to the Indian Freedom Movement and was one of the most eminent and prominent leaders of the Indian Freedom struggle.

Various activities for students of different classes took place to spread the message of unity and integrity. The school also organized an oath taking ceremony for the students to mark the occasion. The students promised with full determination to preserve the unity, integrity and security of the nation and also strive hard to spread this message among the fellow countrymen. In addition, videos were also shown depicting Vallabhbhai Patel's life, his journey and struggle for the nation. An Essay Writing Competition was also held where students beautifully wrote essays about him. The purpose was to enhance the thinking skills of the students and make them ponder upon the teachings of Vallabhbhai Patel and learning the values like simple living, determination and patriotism from the noble man. The students were actively involved and some of them also articulated their thoughts about the great man in an eloquent manner.



National Education Day was celebrated on November 11th to mark the birthday of Maulana Abul Kalam Azad, the first Education Minister of India. He established the University Grants Commission (UGC) after India's independence and worked for free education in the country.

Videos related to his life and his contributions were shown to the students. The video taught the students that they can surely achieve their goals in life, if they are fully determined to achieve it.



Report on Road Safety

Prepare and Prevent, don't Repair and Repent

Every day, road crashes devastate the lives of individuals and take an enormous toll on families and communities. Due to the present scenario Road Safety has acquired a prime place and importance. Realizing the need of preventing the same by shaping concerned future citizens, our school organized various activities for the students of classes III VIII in which a PowerPoint presentation was shown to the students where they were made familiar with the various road signs and were sensitised to be more cautious on the roads.

A Nukkad natak was also performed by the students depicting that one should follow all the rules and regulations sincerely, such as practicing defensive driving, using safety measures, maintaining speed limit, understanding road signs, etc. In addition to this, an informative skit enhanced the knowledge of the students about the significance of various road signs that they observe in their day to day life.

What's the better way to test the knowledge of the ins and outs of road safety than awesome road safety quizzes therefore to highlight the



knowledge of safety signs and new rules and fines imposed by the government Road Safety Quiz was organised for the students of Classes VI-VIII. All these activities and

programs were culminated during the morning assembly. The students were also encouraged to reflect on how they would ensure road safety for all in future.



GALAXIA 2019
Going beyond the Horizon....

UNRAVELLING THE HIDDEN TALENT - GALAXIA 2019

The day of 23rd November, 2019, brought together a compendium of immense talents in the Annual School Cultural Fest GALAXIA, it was a resplendent event with the very essence of the soul and spirit in its premises. An inter-school event was a celebration of immense creativity which included events gauging a variety of talents, highlights of which were Courtroom Debate, Elocution, Sanskrit Bhashan Pratiyogita, Street Play, Thirakthey Pagg, Musical events such as Battle of Bands Musical Rapstar, Art events, events for students of Primary wing and Many more. The event showcased the very vision and mission of the foundation principles of the institution.

The young artists tested their talents and capacities with passion and a winning zeal on their respective stages, declaring the infinite possibilities which a character holds within. It was a splendid showcase when the resources provided came up with an entirely fresh perspective serving a context to create a better possibility for our future. More than an event, it turned out to be a realization that if

acquired with the required passion, young minds can produce prodigious probabilities.

The event ensured a just and transparent system of judgement by inviting separate panels of judges for all the events. The Judges for different events along with other dignitaries took the opportunity to express their happiness on being

CONVERSATION OF COLLOCATIONS



a part of event. A smooth management of such massive house of skills was yet another highlight of the event. Altogether it was an experience which opened new avenues for future and gifted the associated members a modified spectacle to view this world.

DON THE LITERARY PERSONA



THE CLAY GARDEN



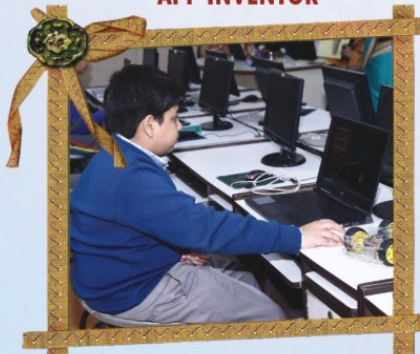
A POETIC RESONANCE



BOL RI KATHPUTLI



APP INVENTOR



THIRAKTHEY PAGG



BATTLE OF BANDS



ALAXIA 2019
Going beyond the Horizon....



Mr Brijesh Sharma (TGT English) & Sangeet Gaur (Director & Mentor of English language) being felicitated as a Judge of Voice Your Opinion



Ms. Indu Bana (PGT English) & Ms. Ruchi Rana (Ph.D Researcher, Delhi University) being felicitated as a Judge of Poetic Resonance



Ms. Manvinder Kaur (Assistant Prof.) & Ms. Anusha Bhatt (Associatir Professor, Jamia University) being felicitated as a Judge of Don the Literary persona



Winners of Poetic Resonance



Winners of Tycoons of AD Industry



Winners of Voice Your Opinion



Winners of The Mute Cacophony



Mr. Sharad Kumar (Director, Hues & Styles) & Ms. Pritima (Centre Head, The Design Institute) being felicitated as a Judge of Ranutsav



Winners of Seat of Judgement



Mr. Abhishek Mehra (Guitarist, Composer and Multi Instrumentalist) & Mr. Karan Kumar (Music director and composer) being felicitated as a Judge of Panch Tatva Rapstar



Ms. Diya Sahdev (PGT Comp. Science) & Mr. Arun Gaur (Head Content Dept.Kips Learning) being felicitated as a Judge of App Inventor and Tycoons of AD Industry



Mr. Satish Kumar (Hindi Writer, Poet) & Mr. Arunav Shukla (Research Scholar, Cinematic arts) being felicitated as a Judge of Bol ri kathputli



Winners of Bol ri Kathputli dori



Winners of Goonj, The Voice of Streets



Winners of The Reformers in Power

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.

PODIATRY AS A CAREER

WHAT DOES A PODIATRIST DO?

- A Podiatrist's primary aim is to improve the mobility, independence and quality of life for their patients.
- Podiatrists specialise in the foot, ankle and leg, leading the patient care through the whole journey including prevention, diagnosis and treatment.
- Podiatrists work in a variety of places and can work with a team of people including doctors and nurses or on their own running their own business.

ELIGIBILITY

- The students who have successfully finished their class 12 or equivalent examination of a recognized board with PCB from any reputed institutions can join the bachelor's degree programme in medicine.
- The admission to this course in various institutions will be based on the admission test organized by the concerned university.

HOW TO BECOME A PODIATRIST

- Pursue pass in the senior secondary examination with PCB or equivalent examination of any recognized board.
- Join the pre-medical college and obtain the bachelor's degree in medicine.
- Pursue degree in Doctor of Podiatric Medicine and undergo residency programme in concerned field to get an exposure in Podiatry field.
- Obtain the license to practice as Podiatrist by qualifying the concerned examinations.

Some top institutes to build a career in Podiatry

- Bhagwan Mahaveer Jain Hospital, Bangalore
- Diabetic Foot Society of India , Ahmedabad
- Amrita Institute of Medical Sciences and Research Centre, Kochi
- University of South Australia
- University of Huddersfield



PLASTIC BAN

In today's world there is an initiative called plastic ban, But I still saw people carrying large plastic bottles in a public van, People who promote this initiative is known as a perfect man, As there are so many ideas just we need to do is to turn them into action plan....

So let's try to stop the tears of mother earth, Because using plastic it's not worth.....

The only way to decompose plastic is to burn them which causes pollution, So recycling and reusing them is the only solution, If everyone take this as New Year resolution, For our mother earth it could be a huge revolution.

-Prisha Upadhyay, (VIII-B)



NATURE'S SHINE

The day was of the sunset shine
Sitting on the sand and feeling divine
I was just stressed
After I saw the shine
I felt blessed
The sea was shining very beautifully
I saw it very calmly
The calming beautiful feeling
I felt like my pain was healing
How beautiful the nature is
Everyone can come and feel it
Beautiful sky and charming shine
People becoming sad gets all fine
The nature is the only beautiful place to see
We don't need money to see it
Because its free
Sitting upon the sand
It felt like you are special and grand
It was a very beautiful day
Just chill
Because it's a freaky Friday
The people shouting and creating fuss
It's better than that because
It have trees
Sitting and watching them makes us please
Don't waste it by toxics and chemical
Because it have a very important identical
The nature is very beautiful
Don't destroy it
It's very helpful.

- Soni Bora & Anshika Mishra (VII-D)

The Counselor's Corner

Taking Responsibility for Your Actions

When we make excuses or try to blame other people or external factors for the eventual outcome of something, not only are we failing to take responsibility, but we are demonstrating a character trait which is very common in people who fail to succeed in anything.

In shouldering responsibility, we are giving the power to shape the outcome ourselves and are therefore taking an active and not a passive role in how the outcome turns out.

Realisation

It's only when you accept that everything you are or ever will be is up to you, that you are able to get rid of the negativity of excuse making that can so often prevent you from succeeding. You may find yourself in your current position in both your personal and professional life and remain convinced that if all's not going well, then it's 'so and so's fault'. However, we all have free will which means that we are completely responsible for all of our successes and failures and of our happiness or state of unhappiness.

When we realise this it can, at first, seem like a huge responsibility which we are placing on our shoulders but when you rationalise it and accept that you are responsible for every action you take and every decision you make, that there is virtually nothing that you can't achieve, have or accomplish if you accept that it's within yourself to reach your ultimate goal.

Get out Clauses Don't Work

One of our biggest problems is that we don't like to fail and, more importantly, we don't like to be seen to fail. The problem with that train of thought, however, is that we then tend to set ourselves a goal but at the same time we create an excuse to keep it as a 'spare card' which we can use so that if we don't succeed, we can blame something or somebody else. However, the more personal responsibility we take, the more in control we are and the more control we have, the more likely we will reach our goal as there will be no excuse to fall back on if we fail.

Therefore, taking responsibility for our actions equals success. It also makes us feel good about ourselves and rids us of negative personality traits such as anger, fear, resentment, hostility and doubt.

Replacing the Negative

If you've ever been around somebody who always appears to be 'down on their luck', you'll have noticed that their whole personality seems to be riddled with negative comments and that they have nothing positive to say. It's quite true that you can't really hold both a positive and negative feeling at the same time, so by replacing the negative with a positive, it stops you from feeling unhappy as you have come to accept that you are now going to be solely responsible for how you feel, not other people or other external factors.

Accepting Responsibility

Once you accept total responsibility for everything that happens to you in life, you will soon discover that this also enables you to find solutions to life's difficulties far more quickly.

For example, take work colleagues or someone you are in a personal relationship with. Say you're having problems with them and it is causing you stress. A negative person who likes to apportion blame might say, "Since I met so and so, it's been nothing but trouble" whereas somebody who accepts total responsibility might say, "Hang on a moment; I am responsible for having this person or these people in my life. I took that job or I embarked upon this relationship no-one forced me to." Therefore, if they're not happy with the situation and have taken responsibility for it, they are also able to find the solution in this case, by leaving the job or getting out of an unhealthy relationship.

Similarly, what about those students who are feeling bitter because of students who score more than they do. Well, whose fault is that? If you accept total responsibility, then you'll look to do something about it if it's important to you. Find out how you can score more. Speak to others and find out what it is they are doing differently to you, then start applying all that knowledge to make the changes you need to make to create the kind of life you want.

In accepting responsibility, you are accepting a willingness to develop your character and in doing that, the stronger your character will become, the stronger your life will be improved as a consequence.

— All the best
— Gunjan Bisht
School Counselor

FIT INDIA

*"Swasth Vyakti,
Swasth Parivar aur Swasth Samaj"*

FIT INDIA MOVEMENT

The Prime Minister Shri Narendra Modi launched the Fit India Movement at a ceremony in New Delhi on the occasion of National Sports Day. He urged the people of the country to make fitness their life style. Launching the people's movement on the birth anniversary of Major Dhyanchand, Prime Minister Narendra Modi paid tributes to Major Dhyanchand, India's sports icon who enthralled the world with his game and techniques. Keeping this in mind our school organised various activities for students of classes VII-X to inculcate the healthy habit of being fit both physically and mentally.



Students participated in poster making, essay writing, mass yoga and sports quiz passionately to propagate the message in the masses. They were displayed that fitness has always been an integral part of our culture which allows us to lead a healthy and disease-free lifestyle. All the participants came up with innovative ideas. They all participated in the activities with great zeal and enthusiasm.

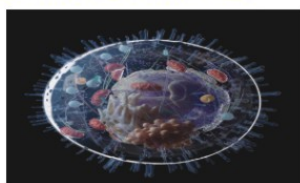
A Fitness Pledge was taken by both students and teachers in order to be fit. In addition to this, our Principal organised a few sports activities like jogging, yoga, badminton, volleyball and races for teachers to make them inculcate the passion for such activities which allow them to move towards fit life and thus a fit India may emerge soon.



DEMYSTIFYING SCIENCE

WHAT KEEPS CELLS IN SHAPE?

The health of cells is maintained, in part, by two types of movement of their nucleoli, a team of scientists has found. This dual motion within surrounding fluid, it reports, adds to our understanding of what contributes to healthy cellular function and points to how its disruption could affect human health.



"Nucleolar malfunction can lead to disease, including cancer," explains Alexandra Zidovska, an assistant professor in New York University's Department of Physics and the senior author of the study, which appears in the journal *eLife*. "Thus, understanding the processes responsible for the maintenance of nucleolar shape and motion might help in the creation of new diagnostics and therapies for certain human afflictions."

Recent discoveries have shown that some cellular compartments don't have membranes, which were previously seen as necessary to hold a cell together. Researchers have since sought to understand the forces that maintain the integrity of these building blocks of life absent these membranes.

What has been observed is the nature of this behaviour. Specifically, these compartments act as liquid droplets made of a material that does not mix with the fluid around them, similar to oil and water. This process, known as liquid-liquid phase separation, has now been established as one of the key cellular organizing principles.

In their study, the researchers focused on the best known example of such cellular liquid droplet: the

nucleolus, which resides inside the cell nucleus and is vital to cell's protein synthesis.

"While the liquid-like nature of the nucleolus has been studied before, its relationship with the surrounding liquid is not known," explains Zidovska, who co-authored the study with Christina Caragine, a NYU doctoral student, and Shannon Haley, an undergraduate in NYU's College of Arts and Science at the time of the work and now a doctoral student at the University of California at Berkeley. "This relationship is particularly intriguing considering the surrounding liquid – the nucleoplasm – contains the entire human genome."

University of California at Berkeley. "This relationship is particularly intriguing considering the surrounding liquid – the nucleoplasm – contains the entire human genome."

Yet, unclear is how the two fluids interact with each other.

To better understand this dynamic, the scientists examined the motion and fusion of human nucleoli in live human cells, while monitoring their shape, size, and smoothness of their surface.

SPEED READING TECHNIQUES

The secondary school years are stressful for adolescents as they prepare for school-leaving board exams and college entrance exams. They are swamped with academic and extra-curricular reading material and under pressure to excel in exams. To help students navigate bulky tomes, educationists and psychologists are increasingly advocating speed reading techniques for children to improve their concentration and recall capabilities. Speed reading is the ability/technique to zip through reading material by focussing on key phrases and sentences.

"Great leaders are great readers".

In the knowledge-intensive 21st century where numerous tasks are competing for their time and attention, there is mounting pressure on children to read more in less time. Learning to speed read not only saves time, but also improves students' concentration and comprehension. Speed reading techniques are easy to grasp and will immensely improve children's academic and personal lives.

Average adults read about 250 words per minute and a ten-year-old child 140 words per minute. But with speed reading, the word count can be increased three-fold.

ANTI TOBACCO WORKSHOP

The Health and Wellness Club of Bal Bhavan Public School has taken an initiative to spread awareness among the young minds of the school through anti-tobacco. Students of VI to XII participated in the workshop on 1 November, 2019 where they were shown a short documentary on the life threatening consequences of tobacco consumption. The students of Bal Bhavan Public School generated awareness to convey the message of hazards of tobacco to the society.

The speaker of the workshop was Dr.S.K. Arora the Addl. Director (Public Health I B) Officer, SPO Thalassemia Control and SPO



Geriatrics. He conducted an elaborate session, expatiating how smoking can be detrimental to health. He spoke at length about the harmful substances contained in cigarettes that can cause irreparable damage to young lives.



INTEGRITY : A WAY OF LIFE



The Vigilance Awareness Week, 2019 was observed with an essay writing activity organised at Bal Bhavan Public School by Bharat Petroleum and Nihal Gas Services on 2nd November, 2019.

Students of class X wrote an essay on

the theme "Integrity: a way of life". All the students were made aware about our collective responsibility to ensure transparency in all spheres of our activity.

This activity was organised to sensitise the students about the importance of the fight against corruption.



Glimpse of 5th Sh. G.C. Lagan Memorial Athletic Meet




TODDLERS' ZONE

ALL ABOUT NEW MAP OF INDIA

The new political map of India was released by the Ministry of Home Affairs on November 2, 2019.

The new map of India depicting the new Union Territories of Jammu & Kashmir and Ladakh was prepared by the Survey General of India.



The Union Territory of Ladakh includes two districts Kargil and Leh.


The new map of the Jammu and Kashmir Union Territory includes 22 districts, including areas of Muzaffarabad and Mirpur, which were under the PoK in the previous map.

WORD SEARCH

Do You Know what to reduce, reuse and refuse...?

animal conserve earth ecology environment growth

plant recycle reduce reuse soil water



"ALERT TODAY SAFE TOMORROW"

ROAD SAFETY **THINK SAFETY**

RULE NO.1 STOP AT SIGNAL

RULE NO.2 STOP LOOK AND CROSS

RULE NO.3 PAY ATTENTION - LISTEN

RULE NO.4 DON'T RUN ON ROADS

RULE NO.5 ALWAYS USE SIDEWALKS

RULE NO.6 CROSSROADS PEDESTRIAN CROSSING

RULE NO.7 NEVER STICK HANDS OUTSIDE THE VEHICLE

RULE NO.8 NEVER CROSS ROAD AT BENDS



MERRY CHRISTMAS

Christmas is one of the most important as well as popular festivals celebrated throughout the year. Christmas is the kind of festival that is so popular that it is celebrated in more than 160 countries throughout the world, by adults and children alike. Christmas is celebrated by those following the religion of Christianity, though the festival has universal appeal, across all religions. Essentially, when one says Christmas, there are **three different days** in which one can celebrate the holiday. The first day of celebration is the day before Christmas, which is known as Christmas Eve. It is celebrated on December 24, every year, according to the Gregorian calendar. The second day is Christmas Day, which is celebrated on December 25 every year. The third day is known as Boxing Day, celebrated the day after Christmas, on December 26. Christmas is a celebration of the birth of Jesus Christ, who in the Christian religion, is also known as 'The Son of God'.

Christmas Story - The Birth Story of Jesus Christ

The story goes back 2000 years ago and tells us about a miracle that happened in the ancient land of Judea. The story revolves around the husband and wife and ultimately becomes a story of mother and child. There was an angel who comes to Mary and tells her, "God has been very kind to you, you will soon give birth to a holy spirit, and will name him Jesus." He would be the son of God.

Mary was supposed to marry Joseph, the angel then went to Joseph and told him, "Don't worry, God has selected Mary to give birth to a holy spirit, Jesus. You will be his father and asked him to marry Mary. Joseph and Mary got married, and the place they lived was a part of Roman Empire. The Roman emperor Augustus wanted to count all the people living in his empire, to make sure they all paid taxes. He then ordered everyone to return to the town they originally came from. Mary and Joseph had to travel a long way to reach Bethlehem; this was the place where Joseph's family came from. Mary was about to give birth to the baby in a few days, they looked for a place to stay, only to get disappointed. Every house and every bed in the town was taken, as many people had come to get their name mentioned in the census. They finally found a stable to stay, where Mary gave birth to Jesus. After his birth many angels appeared, they lit up the sky. They began singing. A group of shepherds in the nearby town saw this, and they said let us go to Bethlehem to find out what has happened. They found Mary and Joseph and saw a baby lying in the manger. When they saw Jesus, they told everyone that the angels appeared and said they have sent a savior to protect them. It is said when Jesus was born a brand new star appeared in the sky, many learned men in different countries could guess what it meant. One day, the angels appeared in Joseph's dream and said to him, Get up and take Jesus and Mary to Egypt and stay there until you don't hear from me. When Joseph asked why, she replied as Herod is going to search for Jesus and kill him. Joseph then took Mary and Jesus to Egypt and stayed there until he heard of Herod's death. After the death, the angel reappeared in his dreams and said you can now go back to Israel, as people who wanted to kill Jesus are dead. Joseph then went back to Israel with Jesus and Mary. On his way Joseph heard that Herod's son is the new King, so he rerouted to Galilee and lived in the town called Nazareth.




TRY THIS ..!!!

TONGUE TWISTERS

Whether the weather be fine,
Or whether the weather be not,
Whether the weather be cold
Or whether the weather be hot,
We'll weather the weather
Whatever the weather,
Whether we like it or not.

Swan swam over the sea,
Swim, swam, swim!
Swan swam back again
Well swum, swam!




THE RED MOON

There was once a little grey planet that was very sad. The people living there hadn't looked after it, despite them having all the inventions and space ships one could ever need. They had contaminated the whole countryside so much with rubbish and pollution that there were no plants or animals left.

One day a little boy was walking on the planet. When he passed a cave, he noticed a small red flower inside. The flower was very sick and on the verge of dying - so the boy carefully dug up the flower, with roots, soil and everything. Then, he started looking for a place where he could look after it. He searched all over the planet, but it was so contaminated that there was no place where the flower would survive. Then he looked up at the sky and noticed the moon. It seemed to the boy that maybe the plant could survive there.

So the little boy put on his astronaut suit and climbed into a space ship. He put the little red flower in the back and off he went to the moon, far away from all that pollution - and with the boy visiting it every day to tend it - the flower started to grow. The flower was so well cared for, that it had soon germinated, giving birth to others and those other flowers spread onto other flowers. Before long, the whole moon was completely covered with flowers.

That's why, whenever the little boy's flowers open up, for a few minutes the moon takes on a soft red sheen, like a warning light. Maybe it's telling us that if you don't look after your planet, a day will come when flowers would only survive on the moon.




THE HISTORY OF POPCORN

Read Steve's report about the history of popcorn

Popcorn was discovered over 5,000 years ago in Mexico. It was an Indian food. Corn was thrown on hot stones in a fire. The fire made the corn pop. It was a game to catch the popcorn and eat it.

The Indians of North America also ate popcorn. When the first English settlers arrived in America, the Indians gave them popcorn. The settlers loved the food, and they often ate it with sugar for breakfast.



5th Sh. G.C. Lagan Memorial Athletic Meet



Chief Guest Mr. Sandip Singh Mann, Para Athlete



Chief Guest Dr. Manjit Singh Assistant Secretary (PE & Sports) CBSE, Delhi



Mr. Sanjay Gahlot (Body Building and Weight Lifting Champion) felicitated by School Director Sh. B.B. Gupta

Spreading the valour of sportsman spirit, the much awaited 5th Sh. G.C. Lagan Memorial Athletic Meet-2019 organized by Bal Bhavan Public School, Mayur Vihar-II on 18th November, 2019 and 19th November, 2019 turned out to be majestic. This two day sports fiesta witnessed the participation of around 50 leading schools of Delhi and NCR taking lead to participate with their passionate athletes. Inspired by the philosophy and ideology of school's Founder Chairman Lt. Sh. G. C. Lagan and the flame bearer of this dream, school's Director Sh. B.B Gupta Ji and Principal Mr. Vividh Gupta, this event is crafted with an aim of promoting the talent of the budding athletes of the era.



Winners of Volley ball CBSE Cluster under 17 Girls category is being felicitated with a Trophy, Certificate & Medals

In the presence of chief guest Dr. Manjit Singh (Asst. Secretary, Physical Education, CBSE Delhi), Special Guests Mr. Sandeep Singh Maan (Indian Para Athlete), Mr. Sanjay Gahlot (Body Building and Weight Lifting Champion) along with the other pronounced dignitaries, the event commenced with a welcome dance performance. Thereafter the resonating march past with the host school's Band Team leading the march and the participants of all 50 schools joining the chain was a glimpse worth view. The oath taking ceremony was conducted after the hoisting of Indian National Flag by the revered hands of the chief guest and the other eminent dignitaries present in the event. The event was declared open by the Chief Guest with a balloon release.



Winners of Athletic meet

The event consisted of several races which included 100m, 200m, 600m, 1500m and 4X100m relay races in which the budding athletes presented their chasm of energy and fervour. The excitement and thrill was worth to witness with the shouts cheering the winning athletes. The winners of the races were awarded with medals and certificates and an overall winning trophy was presented to Modern Public School, Shalimar Bagh, for the excellent performance of its students during all the events, along with Aman Bharti of Bal Bhavan Public School, Mayur Vihar-2 was awarded with a cash prize of Rs. 2100/- upon his selection for Vijay Merchant trophy (under-16 category, Delhi State Cricket Team). The efforts of the participants and the role of their teachers were appreciated by the Chief Guest, who also shared his experiences and motivated the students to face challenges and not give up in the face of failures. The event turned out to be a grand success with the participating schools appreciating the initiative of the school and the required arrangements made.



Dear Reader,

With this edition, we enter into the last month of the year! We wish our readers a Merry Christmas and a prosperous New Year! We hope you enjoy reading this month's edition. Do send your feedback and your entries for the next edition latest by 30th December, 2019 at theschoolconnect@bbpsmv.com



Aman Bharti of Bal Bhavan Public School, Mayur Vihar-II was awarded with a cash prize of Rs. 2100- upon his selection for Vijay Merchant trophy (under-16 category)



Overall winning trophy was presented to Modern Public School, Shalimar Bagh



Winners of Athletic meet

