



THE SCHOOL CONNECT



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4th Sh. G.C. Lagan Memorial Athletic Meet



Chief Guest - Mr. Raj Kumar Sangwan (Renowned Sports Person & General Secretary All India Professional Boxing Federation)

It goes without saying that Sports are and should be an integral part of everyone's life. Sports help us to lead a healthy life and teach us how to play honestly, win honourably, lose gracefully, respect authority, how to adjust with others, and importance of time in the long run. It's a really great notion that Bal Bhavan Public School is putting humongous focus on sports and is trying to make sports a part of a student's everyday lives. To commemorate the spirit of sports, "Shri G.C. Lagan" the annual Athletic Meet has been organized on grand level in our Bal Bhavan Public School.



Chief Guest - Mr. Raj Kumar Sangwan being honoured by Principal Sh. B.B. Gupta



The School organized its 4th Annual Athletic Meet on 27 October, 2018. The event witnessed zestful performance by athletes of various Schools. Mr Raj Kumar Sangwan who is the Arjun Award winner in the year of 1996 and the first Indian boxer who won the gold medal for India in Asian games in boxing was the chief guest of the event. The Meet commenced with the unfurling of the National Flag and Olympic Flag by the Chief Guest followed by march past by the participating schools' contingents. The school management and the chief guest took the salute of the impressive March Past of students, coupled with some stirring marching music by the band.



The students entered into the spirit of the occasion in a grand way with the oath being administered by the Sports captain. An energizing equestrian display set the tone for the rest of the event. The students displayed a Karate display mesmerising the audience with their energetic performances. Once the races began, the air was filled with cheering and tons of encouragement for the young athletes.



The Students from 46 schools competed in events including 100m race, 200m race, 400 m race, relays and hurdle race. Their winning spirit and enthusiasm added more fun to the event.



The overall championship trophy was awarded to the modern school, Vasundhara.

India and The World

Government launches Youth Road Safety Learners Licence Programme



Highways has launched Youth Road Safety Learners Licence programme in New Delhi on 16th October, 2018. It is Publicprivate partnership (PPP) initiative in collaboration with Diageo India and Institute of Road Traffic Education (IRTE). It is first-of-its-kind training programme in the country. It attempts to bring formal and structured training program for young. Its long-term objective is at improving road safety awareness amongst young adults by inculcating behavioural change and creating awareness about responsible driving habits. This programme will help Government to achieve its target of reducing road accidents by 50% by 2020. It will help to main-stream road safety in formal education system.

Youth Olympics : Thangjam Tababi Devi clinches India's First Judo Medal at Olympics



Thangjam Tababi Devi (16) became India's first judo medallist at the Olympic level. She achieved this feat after winning silver medal at ongoing Youth Olympics Games in Buenos Aires, capital of Argentina. She won the medal after losing to Venezuela's Maria Gimenez in the finals of the women's 44kg category. Prior to this, India had never won Olympic medal in judo either at senior or youth level. Her silver medal is so far India's second medal at ongoing games after shooter Tushar Mane had won silver medal (second position) in men's 10m air rifle competition. Tababi Devi hails from northeastern state of Manipur.

World's largest dome inaugurated in Pune



The world's largest dome was inaugurated at Maharashtra Institute of Technology (MIT)'s World Peace University (MIT-WPU) campus at Loni Kalbhori, Pune (Maharashtra). It was inaugurated by Vice President Venkaiah Naidu along with Peace Center on the occasion of 150th birth anniversary of Mahatma Gandhi. The dome has been built atop MIT World Peace Library and World Peace Prayer Hall, which are named after 13th century poet-saint and philosopher Dnyaneshwar who was pivotal figure of Bhakti movement in Maharashtra.

Ministry of Environment Launches Harit Diwali - Swasth Diwali Campaign



Union Ministry of Environment, Forests and Climate Change (MoEFCC) has launched Harit Diwali-Swasth Diwali campaign aimed to reduce adverse environmental conditions especially pollution in the country after post Diwali celebrations due to excessive bursting of crackers which contributes significantly to air and noise pollution. This campaign was initiated in 2017-18 to enlighten children about harmful fire crackers and motivate them to celebrate Diwali in environment-friendly manner and not to buy fire crackers, instead buy gift, food items, or sweets for poor and underprivileged children living in their locality.

Weightlifter Jeremy Lalrinnunga wins India's maiden gold medal at Youth Olympic Games



Weightlifter Jeremy Lalrinnunga (15) won India's maiden gold medal at 2018 Youth Olympic Games being held in Buenos Aires, capital of Argentina. He won the medal in the men's 62 kg category by lifting total of 274 kg (124 kg +150 kg) weight to finish on top. The silver medal was won by Turkey's Toptas Caner, who lifted 263 kg (122 kg + 141 kg) and bronze medal to Colombia's Villar Estiven Jose who lifted 260 kg (115 kg + 143 kg). So far this was India's fourth medal in ongoing 2018 Youth Olympic Games, which include three silver medals earlier won by Tushar Mane (10m Air Rifle), Tababi Devi (44kg Judo) and Mehuli Ghosh (10m Air Rifle).

Scientists develop World's First Bioelectronic Medicine



Scientists from US claimed that they have developed world's first bioelectronic medicine which is implantable, biodegradable wireless device that speeds nerve regeneration and improves healing of damaged nerve. The device has not been tested in humans, but its successful testing on animals (rats) offer promise as future therapeutic option for nerve injury patients. The bioelectronic medicine device is wireless is powered and controlled wirelessly by transmitter outside body that acts much like cellphone-charging mat. It operates for about two weeks before naturally absorbing into the body. It has size of dime and thickness of sheet of paper.

Invest India wins UN Award for Excellence in promoting Investments in Sustainable Development



Invest India, the country's investment promotion body, has won United Nations (UN) Award for excellence in promoting investments in sustainable development. The award was presented by Armenian President Armen Sarkissian to CEO of Invest India Deepak Bagla at the World Investment Forum, Geneva. Invest India received this award for excellence in servicing and supporting major global wind turbines company in establishment of blade manufacturing plant in India while committing to train local staff and produce 1 gigawatt (GW) of renewable energy. Implementation of this project is expected to reduce India's wind energy cost significantly.

India, China sign agreement on security cooperation



India and China have signed agreement on internal security cooperation. It is first such agreement to be signed between the two countries. The agreement was signed by Union Home Minister Rajnath Singh and China's State Councilor and Minister of Public Security Zhao Kezhi in New Delhi. The agreement on internal security cooperation aims to strengthen and consolidate assistance in counter-terrorism, organised crimes, drug control, human trafficking and exchange of information, marking a new beginning between the two countries. It covers areas of intelligence sharing, exchange programme, sharing of best practices, cooperation in disaster mitigation besides others.

China opens World's Longest Sea Bridge Linking Hong Kong, Macau and Zhuhai



China inaugurated Hong Kong-Zhuhai-Macau Bridge, world's longest sea bridge with total length of 55 km. The new sea bridge will connect the east and west sides of Pearl River Delta of the South China Sea, connecting two Special Administrative Regions of Hong Kong and Macau with Zhuhai i.e. mainland China. It includes dual three-lane, overseas stretch (22.9 km) and undersea tunnel (6.7 km) which reaches depth of 44 m. The rest 25.4 km of the bridge runs over land. It is designed to withstand magnitude-8 earthquake and strikes by super-sized cargo ships. The project was initially conceived in 2003, and construction began on December 2009.

Voice Your Opinion

... it matters!!!

Last week we asked our readers that 'Is Technology raising unemployment rates?' Here are some of the responses:

In my view, technology is not causing unemployment, it is just shifting human labour towards different kind of jobs though it is taking away some jobs but it is creating more jobs day by day. The net employment opportunities are positive. With the advancement in technology people no longer need to do repetitive task. Machines caused opening of many industries & more employment opportunities

- MS. TRIPTI ANAND (Co-Ordinator)

In ancient times society used to depend upon people living in it. As more people are employed, they will get better life style, they become more capable of fulfilling their family needs etc. , so society will grow and develop. As you can see nowadays, we are much dependent on technology. Earlier we used letters to communicate but nowadays we're using social media. These things creates unemployment for Postmen. For making structures, finishing diamonds, transportation, manufacturing of goods, mining, hospitality, education, agriculture, etc. machines have replaced physical labour. I can't blame technology for unemployment in world, because it is created by us. We have to limits are needs and it is necessary to utilise that money in proper way.

- T.S. SAMICSHAA (IX A)

No doubt technology is contributing in greater productivity and economic wealth but in the viewpoint of technological intensive techniques over labour intensive techniques, incorrect resource management can be seen in some aspects. Visibly Machines are replacing humans, whether in factories, public areas or else. Increasing reach to advanced technology is slowly and gradually replacing the 'work by humans' to now the 'work by machines'. Moreover, I think if the ongoing situation continues this can lead to inactive and useless human resource, capable of nothing.

- AKANKSHA RANA (XI C)

This Week's Question: Are youths lacking moral values in modern education? Who is responsible, either the teaching aid or the society?

"Moral values and graciousness in the past were more common in most teenagers. Majority of the youth then learned respect, courtesy, consideration, decency, honesty and righteousness from a young age and had enough self discipline to hold these values. However, the moral values and self discipline are gradually losing ground over the years." Do you actually support this? Are youths lacking moral values in modern education? Who is responsible, either the teaching aid or the society?

Send us your views in 50-60 words latest by 28th November, 2018 at theschoolconnectbbspmv@gmail.com

THE VICTORY TRUMPET

District Competitions 2018-19 (Cultural)

S.No.	Competition	Category	Name of the Student	Class & Sec.	Position
1	Hindi Declamation	Senior Boy	Ayushman Bari	X - A	I
2	English Extempore	Senior Boy	Bhavya Chandna	XII-C	I
3	Urdu Poetry	Senior Boy	Apoorv Bhardwaj	XII - B	I
4	Urdu Poetry	Senior Girl	Deeksha Kushwaha	XI-E	II
5	Urdu Poetry	Junior Girl	Vibhooti Bhardwaj	VII-A	
II6	Urdu Poetry	Junior Boy	Subrat Panda	VII-C	I
7	Hindi Declamation	Junior Boy	Sakshya Ahlawat	VI - A	I
8	Hindi Extempore	Junior Girl	Khushboo	VII - D	III
9	Hindi Debate Team	Senior Boy	Jatin Chauhan	XI - A	I
			Avi Kumar Jha	X-A	
10	Mono Acting	Senior Boy	Nishkarsh Maheshwari	IX-B	II
11	Hindi Poetry	Junior Boy	Keshav Suyal	VIII-A	III
12	Qawwali	Girls	Ahaana	VI - E	I
			Prisha Upadhyay	VII - B	
			Urvashi	VII - B	
			Yashika Singh	VII - C	
			Anushka Singh	VII - D	
			Sonakshi Verma	VIII - C	
			Prashasti Gaur	VIII - A	
			Shriyanshi Gupta	IX - C	
			Meenal Khanna	XI - C	
			Vanshika Pawar	XI - C	
			Ishika Haldia	XI - C	
			Shruti Pawar	XI - E	
13	Patriotic Community Singing	Senior/ Junior Girls	Pari Haider	VII-A	III
			Prisha Upadhyay	VII-B	
			Urvashi	VII-B	
			Yashika Singh	VII-C	
			Sonakshi Verma	VIII-C	
			Shriyanshi Gupta	IX-C	
			Adrija Mondal	IX-C	
			Samridhi Vadav	IX-E	
			Abhedika Sandhu	X-B	
			Smriti Santra	X-D	
			Sakshi Santra	X-D	
			Shruti Pawar	XI-E	
			Vanshika Pawar	XI-C	
			Ishika Haldia	XI-C	
			Diksha Kushwaha	XI-E	
			Meenal Khanna	XI-C	
14	Folk Dance	Junior Boys	Tanmay Surendra Meshram	VIII - D	III
			Vishnu Dubey	VIII - D	
			sanchay sharma	VIII - E	
			Kavya Rastogi	VIII - A	
			Ashish	VII - B	
			Shivam Singh	VII - D	
			Ritesh Bera	VIII - A	
			Lakshya Sagar	VIII - A	
			Dhruv Singh	VIII - D	
			Dibran Chhanesh	VIII - E	
			T. R. Prajit	VII - E	
15	On the spot painting	Senior Boy	Priyanshu Singh	XII-B	II
16	Poster making	Junior Girl	Aarna Ghosh	VII-A	II

WINNERS OF HINDI RECITATION

CLASS - III

S.No.	Sec.	Name	Position
1	A	Anshika Chatterjee	1st
2	B	Dolcy Bansal	2nd
3	F	Prateek Singh	3rd

CLASS - IV

S.No.	Sec.	Name	Position
1	E	Himangi Chaturvedi	1st
2	B	Aakarsh Dubey	2nd
3	C	Kartikeya Pant	3rd

CLASS - V

S.No.	Sec.	Name	Position
1	A	Jyotirmay Pandey	1st
2	B	Ishaan Changol	1st
3	F	Ishpreet S. Khanuja	2nd
4	C	Harshit Kandpal	3rd
5	E	Yogyata Joshi	3rd



Zonals Competitions (2018-19) (Sports Category)

S.No	Event	Position Secured
1	Basket Ball Competition (Sub Jr. Girls)	I
2	Handball (Junior Boys)	I
3	Handball (Senior Boys)	III

Interschool Competitions (2018-19) (Sports Category) Evergreen Public School, Sports Carnival

S.No	Event	Position Secured
1	Volley Ball (Under 17 Girls)	I
2	Basket Ball (Under 17 Boys)	I
3	School is declared as "Overall Chmapiions of the Sports Carnival"	

Zonals Competitions (2018-19) (Sanskrit)

S.No	Competition	Name of the Student	Class & Sec.	Position
1	Shlok Uccharan	Shivam Pokhriyal	IX B	II + Cash Prize 2,400/-
2		Dev Mishra	IX A	
3		Siddhanth Vashishth	IX F	
4		Sachin Singh	VIII E	
5		Aaditya Singh Mehra	VIII C	
6		Aarav Sharma	VII D	

S.No	Event	Name of the Student	Class & Sec.	Position
1	Vaad Vivaad	Yatharth Bishth	XI C	IV + Cash Prize
2		Ancyann Oommann	XI B	2,000/-

S.No	Event	Name of the Student	Class & Sec.	Position
1	Bhashan Pratiyogita	Khushboo	VII D	Consolation + Cash Prize 500/-

S.No	Event	Name of the Student	Class & Sec.	Position
1	Ekal Shlok Sangeet	Rishu	XII E	II + Cash Prize 1,800/-

S.No	Competition	Name of the Student	Class & Sec.	Position
1	Sanskrit	Ishaanvi Singhal	VIII A	Consolation + Cash Prize 600/-
2	Qawwali	Prashasti Gaur	VIII A	
3		Soham Bose	IX B	
4		Yashika	VII C	
5		Sarthak	VI E	
6		Ahaana	VI E	

Zonal Competitions 2018-19 (Primary)

S.No.	Competition	Name of the Student	Class & Sec.	Position
1	On the spot painting	Shubham Choudhary	V-D	II
2	Fancy Dress Competition	Rishabh	IV-A	II

ENGLISH WIZARD QUIZ

CLASS - III

S.No.	Sec.	Name	Position
1	B	Aakanksha Rawat	1st
2	B	Anshika	1st
3	B	Chitrit Rastogi	1st
4	A	Vinayak Arora	IInd
5	A	Laavanya Gupta	IInd
6	A	Anshika Chatti	IInd

CLASS - IV

S.No.	Sec.	Name	Position
1	C	Kartikeya Pant	1st
2	C	Pratyush Kumar	1st
3	C	Aaryan Utkarsh	1st
4	E	Shubh	IInd
5	E	Priyanshi Pandey	IInd
6	E	Yuvraj Singh	IInd

CLASS - V

S.No.	Sec.	Name	Position
1	F	Akshita	1st
2	F	Krrish	1st
3	F	Saurabh Singh	1st
4	B	Ishaan Chandol	IInd
5	B	Nisita Gupta	IInd
6	B	Kanan	IInd

NATURAL WAYS TO REDUCE EFFECTS OF AIR POLLUTION



Pollution is one of the biggest problem that we all are facing today and with all these human activities pollution is only increasing day by day. Particularly this is that time of the year when air pollution is at its peak due to Diwali celebrations. So it is very important for us to think of some remedies to reduce the effects of air pollution on us and one way to reduce its effects is by eating healthy.

Especially foods which are rich in vitamins can help us clean our system as well as reduce the impact of air pollution on our health.



Vitamin C: It is the single most potent antioxidant for our body. This water soluble vitamin is present throughout our body and it scavenges free radicals. Vitamin C also contributes to vitamin E regeneration. Adequate vitamin C in our daily diets is crucial for maintaining its level in the lungs. Adults need 40mg of this vitamin/day.

1. Vegetables like coriander leaves, chaulai ka saag, drumsticks, parsley, cabbage and turnip greens are good sources that you should load up on.
2. Fruits rich in vitamin C are amla and guava.
3. The easiest way to get your daily dose of Vitamin C is to include the juice of 2 lemons in your daily diet.
4. Citrus fruits also add to the vitamin C content of food.



Vitamin E: This fat soluble vitamin is the first line of defense against injury to human tissues.

1. Vitamin E in our diet usually comes from plant based cooking oils. Sunflower, safflower and rice bran oil are the top three sources followed by canola, peanut and olive oil.
2. Almonds and seeds of sunflower are also good sources of this vitamin. Seeds and nuts are high in fat calories too, so about one ounce a day are adequate.
3. Among fish - salmon, roe and eel are recommended for their vitamin E content.
4. Spices and herbs like chilli powder, paprika, cloves, oregano, basil and parsley contain a decent amount of vitamin E.



However, most of these are consumed in very small quantities. Making them a part of your daily cooking will help add up to the total.

Beta Carotene: This plays a very important role in controlling inflammation because of its antioxidant activity. It is also converted to vitamin A in our body.

1. Leafy vegetables like amaranth (chaulai ka saag), coriander, methi (fenugreek), lettuce and spinach are the richest sources of Beta Carotene.
2. Radish leaves and carrots are good sources too.



Omega - 3 Fats: These protect the body against the detrimental effects of air pollution on one's heart health and lipid profile. Sources of these heart healthy oils are:

1. Nuts and seeds like walnuts, chia seeds and flax seeds. Add them to yogurt, make a smoothie or just have them as such.
2. Methi seeds, mustard seeds, green leafy vegetables, kala chana, rajma and bajra are common foods which provide omega - 3.

Ayurveda Solutions: Certain herbs and spices have been suggested in Ayurvedic medicine for curing common respiratory ailments.

1. Turmeric is a well-known antioxidant and is said to help protect the lungs from the toxic effects of pollutants.
2. Mix turmeric and ghee to relieve cough and aid during asthma. During an asthmatic attack, turmeric with jaggery and butter may be taken to relieve symptoms.
3. Jaggery mixed with onion juice is said to have an expectorant effect, useful during both wet and dry cough.
4. Haritaki along with jaggery, taken before bedtime and in the morning is good for relieving phlegm.
5. Ayurveda also prescribes a diet rich in bitter and astringent foods, as opposed to sweet or sour foods, during asthma. Wheat and cow's milk are believed to be beneficial for asthma patients. Ginger, black pepper, tulsi, liquorice, nutmeg, mint and galangal are also useful for curing respiratory ailments.



"BE A PART OF THE SOLUTION NOT PART OF THE POLLUTION"

CBSE Workshop for Science Teachers

A capacity building workshop for the science teachers of classes 9 to 12 was conducted by CBSE on 29 and 30 October, 2018 in our school premises. The aim of the exercise was to refresh and reinforce basic methodologies of some very important aspects of teaching and learning. The resource persons were Ms Meenu Tiwari (Principal, CRPF Public School) and Ms Pratishta Gupta (PGT Science, ITL Public School). There were 50 participating teachers from various schools of Delhi.

Day 1 was set for an overview the basics teaching and learning as it should ideally happen for the subject. In the second session Bloom's Taxonomy was discussed in detail. Overall, the workshop was a great success as the teaching methodologies, assessment and evaluation methods were discussed in detail amongst the teachers.



Little Nightingale

Music binds our soul, hearts and emotions. It cheers the spirit and lightens the heart. In fact through singing children learn to express their feelings and ideas. To bring out the singing talent of the students Little Nightingale of B.B.P.S was organized in which the students of classes 3rd to 5th



put forth their enthralling performance.

The children sang the songs with lot of passion and confidence. The melodious songs pulled the heartstrings of the audience. These kids showcased a sense of pride, self-esteem and self-confidence as a result of the event.



Thereafter School's Vice Principal Mr. Vividh Gupta and headmistress Mrs. Kavita Mehrotra shared their views about the competition and also gave their valuable suggestions to help the children to do better in the future.





Credits : HEEMANK VERMA, XI A



JAGO GRAHAK JAGO

Speak up, know your rights and how to use them.....

To create the required awareness regarding the same a workshop on 'consumer rights' was conducted on 04 Oct., 2018 by Ms. Harpreet Kaur, member of Consumer Redressal Forum, Saini Enclave. The major issues raised were based on real life experiences and incidents regarding consumer exploitation in goods and services. Ms. Kaur helped the students to find ways of seeking redressal for the same. In order to turn the experience into a realistic realization a visit to Consumer Redressal Forum, Saini Enclave was also organised. There students were allowed to examine the record rooms and the method of the proceedings for the same. Thus the workshop established a context in relation to the visit and the immediate concerns related to the consumer rights and responsibilities for our students.



The Artists' Canvas

Aryan, IX-C

ROAD SCENE
Prateek Singh, III-F

Artistic Writing
Karan Gandhi, X-B

Khushi Jha, VII-A

Kalpna Pokhriyal, V-E

Yashika Singh, VII-C

Story Telling Session



Storytelling is a universal and traditional art form that has featured strongly in Indian culture as an effective communication tool. It can be used to inform, entertain and educate. It is often used as a medium to ingrain values, improving reading skills and opening the minds of children to worlds beyond imagination. A workshop for story-telling was thus organized for class III, IV and V by Ms. Sonia Bareja. The session was indeed valuable and distinct. Children found it really interesting as they were engrossed in the story of "The king with big ears" which was told to them with creative gestures and facial expressions. The appropriate use of voice modulation and body language infused passion, enhanced imagination and expression introduced children to new horizons of storytelling.

It was an interactive session where children were taught the right way of telling the stories. Overall this session helped the young souls for creative thinking.





Mr. Abhinav Chand
(Content Creator RJ Former RJ at Radio Mirchi)

GALAXIA 2018

Going beyond the Horizon....

The day of 25th October, 2018, brought together a compendium of immense talents upon the stage of GALAXIA, it resplendid the very essence of the soul and spirit of the premises. An inter-school event celebrating the dew drops of immense creativity, untouched by the social constraints, portrayed with genuine thought and creativity. The event staged a variety of talents, highlights of which were Turn a Coat, flip debate, Sanskrit Stuti Gayan, Naqab-Street Play, Thirakthey Pagg, trash to threads and Ad-Mad.



Mr. Vipin K. Sethie (Owner at Filmly Mirchi Production) being felicitated as a Judge of Ad Mad



Mr. Chintan Zalani (Content Marketing, Public Speaker, Editor) being felicitated as a Judge of Turn A Coat-Flip Debate



Mr. Abhilash Varshney (Theatre Person) & **Mr. Sanyam Sharma** (Theatre Person) being felicitated as a Judge of Nukkad Natak (Naqaab)



Mrs. Honey Abhishek Saraswat (Academic Coordinator) & **Mrs. Ritu Srivastava** (Asst. Manager at Zee Learn) being felicitated as a Judge of Fancy Dress



Ms. Mani Kuntala Bhoumik(Classical Vocalist) and **Ms. Swati Bhagat** (Faculty at Gandharva Mahavidyalaya) being felicitated as a Judge of Malhaar



Dr. Amrit Kapoor (Ph.D. in Drawing and Painting) and **Mr. Uday Shankar Gangopadhyay** (Cartoonist & Lecturer at IIMC) being honoured as a Judge of Art & Craft



Ms. Aishwarya Srivastava (Founder Director of Kathak Studio) & **Ms. Malvika Sharma** (Dance Instructor) being felicitated as a Judge of Thirakthey Pagg



Mr. Tarosh Rao (Theatre Person) & **Ms. Mohini Sungar** (Theatre Teacher) being honoured as a Judge of Mime Act



Winners of Nukkad Natak (Naqaab)



Mr. Ankush Mogha (Application Engineer at Toluna Gurugram) being honoured as a Judge of Big Wig Lux Paint

The young artists shone their talent with utter beauty on their respective stages, 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 invited personalities such as **Mr. Vipin K. Sethie** (owner at Filmly Mirchi production), **Mr. Surya Prakash Semwal** (News Editor in Punjab Kesari), **Ms. Ritu Srivastava** (Asst. Manager at Zee Learn) and many other were the jack of their trades and keen observers. **Mr. Abhinav Chand**, (Former RJ at Radio Mirchi) took the opportunity to express his happiness on the bundle of talents he witnessed during 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.



Winner of Art & Craft Competition



Winners of Trash to threads (Fancy Dress)



Winner of Big Wig Tux Point



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.

A COMMERCIAL PILOT

The profession : A pilot is a professional who is responsible for flying planes, helicopters or rockets. A career as a pilot is not only one of the most adventurous career one can imagine, it is one of the most well paid jobs. Pilots undergo extensive education and rigorous training about different aspects of flying and aviation. There are basically two types of pilots, commercial pilots and army or navy pilots. Commercial pilots fly commercial airlines, cargo planes etc. while army and navy pilots fly fighter jets, warplanes and gunship helicopters.

Commercial Pilot courses are integrated and detailed. Students have both on-ground lessons and flying lessons. In other words, they have theory as well as practical lessons, which involve both ground and flying lessons i.e. theory and practical. Theory subjects include Navigation, Meteorology, Regulations and Technical while flying lessons include various manoeuvres and cross country flights.

Eligibility Criteria : A 12th grade with Mathematics and Physics and a 50% aggregate is the basic requirement to apply for a flight course. There is also a series of medical tests to be cleared before starting the course. Some flight schools may require a higher percentage, and some airlines may require a 3 or 4 year degree.

Procedure :

1. The very first step is to get Medical examination done. Only after Medical exam reports, one can apply for medical certificate. Just visit Directorate General of Civil Aviation, Government of India's website and they have a long list of doctors who are certified to issue that certificate.
2. Next step is to apply to the respective flying school and clear their entrance exams to get through one of these :
 - APFT., Hyderabad
 - Academy of Carver Aviation, Baramati
 - Chimes Aviation, Sagar, (MP) Madhya Pradesh
 - Ahmedabad Aviation & Aeronautics Ltd., Ahmedabad
 - Indira Gandhi Rashtriya Udan Academy, Raebareilly
 - Govt. Aviation Training Instt., Orissa
 - Madhya Pradesh Flying Club, Indore
 - National Flying Training Institute, Gondia

The different stages of flight training are :

Student Pilot License Allows initial flight training with a flight instructor on board.

First Solo The trainee is made the sole pilot at the controls of the aircraft with no flight instructor on board. The trainee should make 3 successful take-offs and landings to clear this stage.

Private Pilot The trainee is allowed to carry passengers and cargo on board, but without any monetary compensation.

Instrument Rating (IR) The trainee learns to fly into clouds and low visibility conditions like fog.

Commercial Pilot At this stage, the pilot is allowed to carry passengers and cargo onboard along with monetary compensation.

Multi Engine Rating This rating is obtained upon completion of training on an aircraft with more than one engine.

Flight Instructor Rating This rating allows privileges to act as flight instructor and impart training to other pilots. This also a good way to build flight hours.

Type Rating This rating is required to fly an aircraft heavier than 5700 kg or 1200 lb.

Airline Transport Pilot The highest rating for any pilot in commercial aviation, which allows him/her to be a captain of an airline.

Career Prospects

An airline could initially hire you as a Trainee First Officer and then after a period of 6 months promote you as the first officer. After gaining airline experience, the airline would promote you to a captain after a period of 3-5 years.

The demand for skilled, qualified pilots is ever present throughout the world. As governments plan to widen the air services network, the demand for this profession continues to grow. The employment opportunities in this profession are available in the government and private airlines (domestic & international), cargo planes, charter planes, private planes.

Jobs & Salary : As a commercial pilot with the right number of flying hours, the opportunities are immense. Besides flying a commercial airline, you could opt to fly for a cargo company such as Blue Dart, take up corporate/business flying or work as a flight instructor at flying clubs, or flight school.

The different airlines in India include :

- Jet Airways, with JetKconnect as its subsidiary
- Indigo Airlines
- SpiceJet
- Air India
- GoAir

Top Colleges :

- USA** Academy of Aviation, Farmingdale | Coast Flight Training- Montgomery Field- San Diego
- CANADA** The Ottawa Aviation services Inc., | Selkirk College, Ottawa
- INDIA** Bombay Flying Club | National Flying Training Institute (NFTI)



WHERE IS OUR ENVIRONMENT?



Between those cars and those bikes,
We have lost our environment.
No more green in leaves,
No more clean blue,
Science is progressing,
But will the test-tube help?
In the end, all we can do is yelp.
Little children plucking flowers,
bathing in long- long showers.
When will they know?
When will they understand?
The children might not enjoy the pleasures.
If they are using all the leisures.
Where is our environment?
Lost between science.
Mentioned in history
For children after us.
It will just remain mystery.
Where is humanity?

- PRIYANSHI GUPTA, IX - C

Budding Poets

CLEANLINESS DAY (Pre-Primary to II)

The Vedic culture has always promoted sustainable usage of natural resources and environment; therefore we have been promoting respect for surrounding in our traditions. Unless we respect our nature we cannot keep it clean and safe. Therefore it becomes a responsibility of every citizen to make India clean which somewhere has been neglected in the race of progress.

'I am healthy and clean and so is my world and surroundings'. This slogan has become the throbbing statement for various activities at Bal Bhavan Public School to sensitize students about the importance of cleanliness.

Such awareness was spread to tiny tots of classes Pre-primary to II when a cleanliness day was conducted in the school on 1st October 2018 wherein kids participated enthusiastically and cleaned their classrooms and every nook and corner of the school with great efforts and joy. They were also taught to wash and clean their hands afterwards. It was an inspiring and motivating experience for all which also made the students to develop the habit of a regular cleaning.



The Counselor's Corner

PRAISE HUMANITY

We're all Human, aren't we? Humanity, in general, is perceived as a charity. **As the old saying goes, it begins at HOME.** It spreads across the roads we travel, places we dwell, and people we meet. It is all about using hearts along with the minds in all the endeavors of human kind. Humanity, today, has become a question for most of you. Whereas, it should have been the answer.



Ms. Anika Chaudhary, Counselor

When conversations teach you...

Last month, a student asked me a very simple question. **He asked if being a good person has made it any easier for me.** Because, he experienced otherwise. And he ended up saying that he feels that it's better to be bad and called good in this world than be good and called bad. I took a moment and realized how we're losing it in ourselves. Bit by bit, we're progressing towards a world where the youth, the Future, is questioning the kindness of human kind.

I answered by saying that yes, it's not easy but doesn't life get a bit twisted and difficult as you grow? If your subjects are getting harder every year. Why won't the lessons of life be? Every difficult experience will make you better, will serve you better and will make you more human. To be honest, I am happier because I became a reason for some of them who are happy today. **What teaches you today becomes a lesson for someone tomorrow.** How and what you want to be called tomorrow is a choice, **your choice.**

Good and bad are just words, mere vocabularies reflecting people's experiences. You only have to be good enough for yourself, **not appear to be good** for others. Society teaches us a lot of things. You and me are society. We together, define society. Why not modify the definition with a spark of goodness. Let's be examples. Just smile, for a smile has the power to fool your mind. An easy life can often make it difficult for you. Just keep yourself alive while you're living. Be good.

"What we take for granted frames the size of our concerns"

- All the best

- Ms. Anika Kumari



NAVRATRA CELEBRATION

Ya devi sarva Bhuteshu Shakti Rupen Samasthita
Namastasye, Namastasye,
Namastasye Namoh Namah'

Festivities fervor prevailed in the campus when a special assembly was organised by the students of class I on the eve of Navratri. Kids celebrated the moment with lots of vigour and energy. The little Bal Bhavanites attired in traditional dresses added to the festive mood. Students were told about the importance of nine days of Navratri..

On this auspicious day, the students sought the blessings of the Goddess of Power, who steers us away from the vexation of life. It was an exciting and enriching day as they learnt about Indian culture, admired each others costumes and accessories apart from dancing to the dandiya beats.



HACK THE HACKER

The only real security that a man can have in this world is a reserve of knowledge and experience.



In a world which is majorly governed on social networking sites, cyber security turns out to be a major concern. Especially for our students who are creating their digital imprints considering them as integral part of their identities, the awareness of the possible crimes and traps they can fall prey to, is important. Realizing the urgency of the same the school organized a workshop on cyber safety mentored by Mr. Rakshit Tandon, Cyber Security Expert, consultant-Internet and Mobile Association of India on 8th Oct, 2018. It was an extremely interactive session; wherein Mr. Tandon went on to elaborate the origin point of the problems, inspecting the major causes and general tendencies within teenagers with regard to the usage of the digital world. The students were informed regarding the laws made against various online offences, that how even small jokes and pranks done online can transport them behind the bars.

It helped the students to realize that their silent mouths and talking fingers are not only a threat to their health but to their intellectual growth as well. Growing death rates due to excessive usage of social media was yet another concern in the workshop. Thus the students were able to realize the safety tricks and possible precautions which they must take in order to protect themselves.

Entailing this previous session, Mr. Tandon conducted yet another session with the parents on 13 Oct, 2018. The session was intended to enlighten parents upon the same, so that they can ensure their and their ward's safety. Thus the two day session helped students to realize the importance of a smart and wise usage of the social world while keeping their actual identity alive.



Good Reads Life of Pi

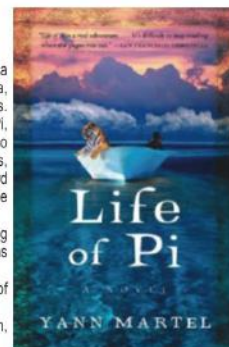
Author : Yann Martel (For 12+ year old)

Life of Pi tells the story of Pi, a teenage boy from India, who finds himself trapped in a lifeboat in the Pacific Ocean. After deciding to sell their zoo in India and move to Canada, Santosh and Gita Patel board a freighter with their sons and a few remaining animals. Tragedy strikes when a terrible storm sinks the ship, leaving the Patels' teenage son, Pi, as the only human survivor. However, Pi is not alone; a fearsome Bengal tiger has also found refuge aboard the lifeboat. As days turn into weeks and weeks drag into months, Pi and the tiger must learn to trust each other if both are to survive. The tiger, Richard Parker, is a metaphor for fear. It represents death, desolation, grief, and ultimately the growing animal instinct in Pi.

The novel integrates a lot of mathematical and scientific discourse, while also exploring three major religions. Martel uses the protagonist's survival story to pose questions about the meaning of life and the importance of both faith and reason.

The amazingly easy language of the author and a subtle sense of humour are some of the reasons to read this book.

As you read, you share Pi's emotional journey through hope, despair, exhaustion, loneliness and joy.....Read on to find out more!



"IT IS NOT JOY THAT MAKES US GRATEFUL; IT IS THE GRATITUDE THAT MAKES US JOYFUL."

Not only to develop a constant feeling of gratitude and a sound consciousness of God's boundless favours but also to acknowledge and appreciate these endeavours the students of classes III to V celebrated a gratitude day.

Eager and excited to vent out their devotion, thankfulness towards supporting staff in the school, students got actively involved in making attractive cards with heart touching messages. The most of this endeavour was 'Little expressions' in the form of short messages rendered to express their love, intimacy and deep sense of gratitude towards their caretakers in morning assembly when these caretakers were applauded on stage.

In the era of declining human relations and eroding values such celebrations help children to fill their hearts with readiness to cherish all what they have and express their thanks in a simple and sincere way.

School's headmistress Kavita Mehrotra motivated the students to articulate their feelings at every step to express their gratitude. She further emphasized that the first and foremost task is to devote a little time and exert best efforts to be among grateful.

This ethical gesture was indeed a gratifying experience which filled the hearts of their loved ones with joy and contentment.



MUDRAS

Vayu mudra is a hand gesture believed to help regulate and reduce the air element within the body.

Procedure :

- Fold the index finger and place it at the base of the thumb.
- Now gently press the thumb over index finger.
- Keep the remaining three fingers straight.



Benefits :

- It can provide rest from all kinds of pains and aches.
- Nervous system works more effective with day-to-day practice.
- It helps in gout problem and paralysis.
- Painful sensation in the joints of hands and feet are cured.

Time :

15 to 20 minutes practice of this mudra each day will give you ultimate result.

Dear Students, Vayu mudra is associated with healthy lifestyle. Practicing it for a longer time will ensure you get the best results while leading a happy life. We will continue with some more mudras in the December month.

CHIEF JUSTICE OF INDIA

LET'S UPDATE OURSELVES

The chief justice of India is the head of the Judiciary of India & the Supreme Court of India.

Justice Ranjan Gogoi has become the first Supreme Court Judge from the north-east to be appointed as Chief Justice of India

Justice Ranjan Gogoi will have a term of over 13 months, as he is scheduled to retire on November, 2019.

JUSTICE RANJAN GOGOI

- CJI, Ranjan Gogoi hails from Dibrugarh, Assam.
- He did his BA (Hons.) in History, Delhi University.
- He took a post graduate degree in Law from Delhi University.
- He is the first CJI ever to hear cases in front of camera.

happy gurburab

"Guru Nanak Jigriti is celebrated as Gurburab festival across India and the world. It is one of the several auspicious religious festivals in Sikhism to commemorate and remember the birth and philosophy of Guru Nanak, the first Sikh Guru and the founder of Sikhism. Guru Nanak Jigriti is also about reliving his preaching and teachings that are quoted in the sacred Sikh scriptures, Guru Granth Sahib, the holy book in which the lyrics of Sikh Gurus are quoted. Let us read about the teachings of Guru Nanak Dev Ji and try to adopt them in our lives."

Guru Nanak Dev (1469-1539)

- Born in Talwandi, now known as Nankana Sahib.
- There are 947 hymns from Guru Nanak Dev included in Guru Granth Sahib (Sikh holy book).
- Preached the equality of all humans. Guru Nanak said that all people are the children of one God.
- Guru Nanak spoke against tyranny, social injustice, religious hypocrisy, empty rituals and superstitions.

PREACHINGS

- Never forget the poor.
- There is one God.
- Women are equal to men.
- Running away to a forest won't give you enlightenment.

PREACHINGS

- Find your own guru. In Guru Nanak Ji's words, living right is much superior to visiting pilgrimage destinations.
- Be selfless.
- Travell! There is much to be gained from your journeys.

PREACHINGS

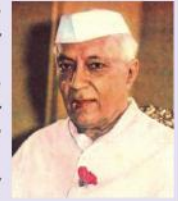
- Simplicity is beautiful.
- It is not hard to practice the tenets of Sikhism. There are only 3!
- Vand Chako: Sharing with others. Kirat Karo : Making an honest living. Naam Japna : Remembering God at all times.

Find the name of each of these fruits here, from this box. Circle each name as you find it.

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

Interesting Facts about Pt. Jawaharlal Nehru

- Jawaharlal Nehru was the longest serving Prime Minister of the country from the year 1947 till 1964.
- Pt. Nehru was awarded with the Bharat Ratna Award in 1955, India's highest civilian honour for his outstanding contribution during the freedom struggle and as the PM of India.
- He wrote many books including, 'The Discovery of India', 'Glimpses of World History'.
- He was also known as 'Pandit Ji' and 'Chacha Nehru'.
- He invented the fashion trend of wearing the 'Nehru jacket'.
- He was extremely fond of roses and always used to clip a bud in his jacket.



A TALL TRIBUTE TO THE IRON MAN OF INDIA

The Statue of Unity, a tribute to Sardar Vallabhbhai Patel, was inaugurated in Gujarat's Narmada district.

The 182 metre steel and bronze statue is now the world's tallest statue.

- Iron was collected from all over the country for this.
- The panels of the statue were cast in a foundry in China.
- The viewing gallery, at a height of 193 metres, can accommodate 200 visitors at a time.
- The statue of unity was inaugurated by Sh. Narendra Modi, the Prime Minister of India.

CONSTRUCTION FACTS		<p>2,989 CRORE Total cost of project</p>
2,12,000m ³ concrete poured into the statue	250 Engineers	
3,550 tonnes bronze including cladding for the 6,565 panels	3,400 Labourers	
18,000 tonnes reinforced steel	3 years 9 months Construction time	

182 m
STATUE OF UNITY, INDIA

128 m
SPRING TEMPLE BUDDHA, CHINA

108 m
GUANYIN OF NANSHAN, CHINA

93 m
STATUE OF LIBERTY, US

91 m
THE MOTHERLAND CALLS, RUSSIA

38 m
CHRIST THE REDEEMER, BRAZIL

QUIZ TIME

- Which star gives us light during the day?
- What is this?
- Which among the following names is the name of a Goat's young one?
A. Calf
B. Kid
C. Cub
- Which among the following is the fastest animal?
A. Bear
B. Lion
C. Cheetah

BRAIN TREASURE

+ + = 30

+ + = 15

+ + = 24

+ x = ?


ANSWER OF SABORA PAPER:

1	3	6	5	9	2	4	8	7
9	5	7	1	4	8	2	6	3
8	4	2	6	7	3	1	9	5
5	8	3	7	1	4	9	2	6
2	7	9	8	3	6	5	1	4
6	1	4	9	2	5	3	7	8
3	2	8	4	6	9	7	5	1
7	9	5	3	8	1	6	4	2
4	6	1	2	5	7	8	3	9

ANSWER: Winner of Sabora Winner Edition: PDR NEELI (X), B. RAJ RAVAN (X II)

TODDLERS' ZONE

BENEFITS OF LAUGHTER














- Relieves tension in muscles
- Boosts immune system
- Reduce heart diseases
- Reduces our stress hormones
- It can lower your blood pressure
- Improves breathing

There is no reason, not to laugh

SUDOKU

Fill in the blanks with correct picture. Make sure that when you put in the picture, it should not be repeated in the same column or row.



AN ADMONISHMENT CAN CHANGE OUR WAY OF THINKING

There are times when we think that parents have only time to scold. Well, it just seems that way and our parents do have a duty to correct and guide us. This is part of growing up. There is an anecdote of Jawaharlal Nehru, the first Prime Minister of India, getting in trouble with his father. He was born in a rich family and his father was a lawyer. He was a strong personality and many people were afraid of him.

They lived in a large house in Allahabad. Like many successful lawyers, Motilal Nehru too, had a room in the house named as study. Jawaharlal was also amongst the many boys who loved to visit his father's study. One day, Jawahar needed a pen and he took one of his father's pens from the table. He told himself that his father would never use both pens at the same time.

That evening when his father returned from court, there was an uproar. One of the two pens in the study was missing! Everyone in the house was scared to see Jawaharlal's father angry. Servants ran from room to room in a bid to find the pen. Motilal was sure someone had stolen his expensive pen. Finally the pen was found in Jawaharlal's room.

His father was very angry that he had taken the pen without permission. He scolded him severely. Jawaharlal wept and ran to his mother seeking comfort. He learned two important lessons that day — never to do things on the sly and never to disobey his father.

Since 1980, the United Nations World Tourism Organization has celebrated World Tourism Day as international observances on September 27. This date was chosen as on that day in 1970, the Statutes of the U.N.W.T.O were adopted. The adoption of these Statutes is considered a milestone in global tourism

Time for surgical strike on "POLLUTION"

93% of children under 15 are breathing polluted air which is putting their health at risk.

9 out of 10 most polluted cities in the world are in India with Kanpur ranking No.1.

Air pollution is bad for people of all ages, especially for the fetus.

The main causes of outdoor air pollution are crop burning, firecrackers, smoke from vehicles and industries and waste management.

A human being consumes about 11,000 litres of air each day.

FACTS

HOW TO PREVENT OUR LIVES FROM IT

- Choose a high quality N-95 mask that provides 3 layers of filtration. Eat green, leafy vegetables and stay healthy.**
- Keeps powerful air purifying plants at home like Mother in Law's Tongue, Areca Palm Tree, Money Plant, Aloe Vera etc.**
- Mother in Law's Tongue** This plant removes 107 known air pollutants. It can go for weeks without water and survive in any climate.
- Areca Palm Tree** According to NASA's research, it is the best air purifying plant.
- Money Plant** It produces oxygen at night. It is a powerful air purifying plant.



FAMOUS PLACES



Mount Kilimanjaro : is the highest mountain in Africa, about 4,900 metres (16,100 ft) from its base, and 5,895 mtrs. (19,341 ft.) above sea level.



Niagara Falls : is the collective name for three waterfalls that straddle the international border between the Canadian province of Ontario and the American state of New York. They form the southern end of the Niagara Gorge.



The Great Barrier Reef : is located in the Coral Sea, off the coast of Queensland, Australia. The Great Barrier Reef can be seen from outer space and is the world's biggest single structure made by living organisms.



Angel Falls : is a waterfall in Venezuela. It is the world's highest uninterrupted waterfall, with a height of 979 mtrs. (3,211 ft.) and a plunge of 807 mtrs. (2,368 ft.).

SMART PHONES – A BOON OR A BANE

CREATE DISRUPTIONS
Continuous usage of smart phones decreases one's concentration power and makes them slothful.


DELAYS IN EXPRESSING
One who spends more time in listening to music, watching videos or playing games on smartphones eventually faces problems in expressing himself/herself.

ENHANCE CYBER CRIME
Earlier crimes were committed by the physical presence of criminals. But now smartphones & internet makes it so easier to commit such crimes like personal usage of information, online theft etc.

OCCURRENCE OF MANY PROBLEMS
Spending more time on smartphones create problems like dry eyes, less concentration power, decrease in the curiosity to learn.

Some measures to be taken care of:-

- Keep your mobile phones & tablets away from you, while sleeping.
- Cut cell phone use out of your life completely for a short period of time such as for a weekend or for 10 hours total in a week.
- Blink your eyes in every five seconds to prevent yourself from dry eyes.



4th Sh. G.C. Lagan Memorial Athletic Meet




Bal Bhavan Public School
G.C. Lagan Marg, Mayur Vihar-II,
Pocket-B, Delhi-110091

Welcomes You
to
**4th Sh. G.C. Lagan
Memorial Athletic Meet..2018**
on
Friday 26th Oct., 2018

bbpsmv@gmail.com | | www.bbpsmv.com



Willing to Learn | Inquisitive & Creative | Nurturing Aspirations | G. Encouraged & Club Aff | S. Play to the Limit

W O R L D S already exist all you have to do is FLV



Dear Reader,
We are overwhelmed by the enthusiastic response you all show to your School's newsletter by sending your continuous entries. We would like to remind you that this platform is for the students to showcase their originality and creativity, hence refrain yourself from sending copied material. Send in your entries for the next edition latest by 28 November, 2018 to theschoolconnectbbpsmv@gmail.com