



THE SCHOOL CONNECT

Celebrating
50
Years

Vol.II | Issue 5 | October, 2018

SYMPHONY OF SUCCESS

Our school has always worked hard to create a comprehensive environment to ensure our student's holistic development. During this journey we went through a number of challenges but faced each one of them with a progressive vision and creative insight. Our School's recent achievements stand witness to these sincere efforts. Each award sings a unique tale of struggles and the silver linings those struggles helped to achieve.

NOURISHING THE INNOCENT EMBERS TO BE TURNED INTO UNIQUE FLAMES OF ENLIGHTENMENT



Prestigious Top C.B.S.E School Award-2018 for Individual Attention to Students and School Leadership & Inspirational Value.

CULTURE IS AN ATTEMPT TO CREATE A HUMANE SOCIETY



Vice Principal Mr. Vividh Gupta honored with Dr. S. Radhakrishnan Samman 2018 by Avantika contribution in the field of Education & Promoting Indian Art & Culture

SWEAT OF PASSION TURNED INTO GLORIOUS TRIUMPH



Mr. Manish Rawat (HOD, Physical Education Department) received an award for 2nd Best Outstanding Physical Education Teacher by Action Committee of unaided recognised private schools

LANGUAGE IS THE ATTIRE OF THOUGHT



Ms. Chandra Kanta (HOD, Hindi Language Department) received an award for her contributions and dedicated services in teaching Hindi language organised by Madhuban Publications

A WIN IS A WIN



Volley Ball Team (Girls) secured First Position in CBSE Cluster XX Volley Ball Championship 2018

Happy Dussehra



Happy Deepawali

India and The World

World Rabies Day : September 28

The World Rabies Day is observed every year on 28 September across the world to raise awareness about rabies disease and its preventable measures. The 2018 theme was 'Rabies: Share the message. Save a life'. Observance of the day seeks to raise awareness about the impact of rabies on animals and human beings. It also seeks to share information on how to prevent disease and highlight progress in defeating this horrifying disease.



World Tourism Day : September 27



The World Tourism Day (WTD) is being observed every year on 27th September to raise awareness about importance of tourism. Observance of day aims to foster awareness among international community of importance of tourism and its social, cultural, political and economic value. The theme of this year's World Tourism Day is 'Tourism and the Digital Transformation'. It seeks to show importance of digitally advanced tourism sector for improving entrepreneurship, inclusion, local community empowerment and efficient resource management, amongst other important development objectives. It further explores opportunities provided to tourism by technological advances including big data, artificial intelligence and digital platforms.

First General Assembly of International Solar Alliance to be held on 2 October in Delhi



The inaugural General Assembly of International Solar Alliance (ISA) will be inaugurated on 2 October 2018 in New Delhi. It will be followed by ministerial level assembly of ISA following day which will be held in Greater Noida. ISA is action-oriented organization that aims brings together countries with rich solar potential to aggregate global demand, thereby reducing prices through bulk purchase, facilitating deployment of existing solar technologies at scale and promoting collaborative solar R&D and capacity building. It also aims at contributing to implementation of Paris Climate Agreement 2015 through the rapid and massive deployment of solar energy. ISA is first international intergovernmental treaty based organization to be headquartered in India. It is headquartered at campus of National Institute of Solar Energy (NISE), Gurugram, Haryana. Till date, 47 countries have signed and 19 countries have ratified Framework Agreement of ISA. Nations is Strategic Partner of ISA.

Objectives of ISA :

- Undertake joint efforts required to reduce the cost of finance and the cost of technology;
- Mobilize around US \$1000 billion of investments needed by 2030 for massive deployment of solar energy;
- Pave way for future technologies adapted to needs of solar rich 121 countries lying fully or partially between Tropic of Cancer and Capricorn.

Sikkim Airport Highlights : PM Inaugurates Airport In Pakyong



Prime Minister Narendra Modi inaugurated the first airport in Sikkim at Pakyong on 24th September, 2018. The prime minister said the Sikkim airport will improve connectivity, benefiting the people of the state. Sikkim's dream of having an airport became true nine years after a foundation stone of the greenfield airport was laid, around 33 km from Gangtok, in 2009.

Dr. B.K. Misra named for 2018 Dr. B.C. Roy National Award as eminent medical person of the year



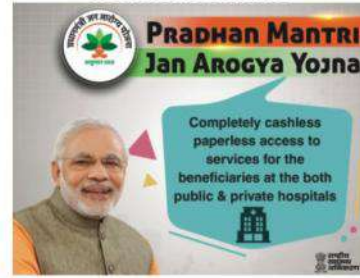
Mumbai-based eminent neurosurgeon Dr. B. K. Misra was named for prestigious Dr. B. C. Roy National Award for year 2018 as Eminent Medical Person of the Year. It is highest medical honour of India and will be bestowed upon him by President Ram Nath Kovind in July 1, 2019 on the occasion of National Doctors Day. Misra is the Head of Department of Surgery as well as Neurosurgery and Gamma Knife Radiosurgery at Mumbai's P. D. Hinduja Hospital. Dr. B. C. Roy Award is the highest recognition for medical practitioners in India. It was instituted by Medical Council of India (MCI) in 1976 in memory of renowned physician and former West Bengal Chief Minister Dr Bidhan Chandra Roy.

UIDAI announces phased rollout of face authentication

Aadhaar-issuing body UIDAI (Unique Identity Authority of India) has announced phased roll-out of face recognition for carrying out Aadhaar authentication from September 15, 2018 as additional security layer. It also has announced new feature 'live face photo,' which is live feed of person facial features whose 12-digit unique number Aadhaar is submitted. The face authentication will be in addition to fingerprint or iris scans for Aadhaar authentication. In initial phase, telecom service providers (TSPs) will be first to use face recognition to authenticate subscribers while issuing new SIM cards. In later phases, it will be rolled out to all agencies using Aadhaar for authentication in phases. This move is aimed at curbing possibility of fingerprint cloning or spoofing and also seeks to tighten audit process and security around the issuance and activation of mobile SIMs. It will also help to solve authentication problem for those who have issues regarding fingerprint and iris scan. Fingerprints wear out either with person's old age or due to jobs such as heavy manual labour.



Pradhan Mantri Jan Arogya Yojana : PM launches world's largest healthcare scheme



Prime Minister Narendra Modi launched ambitious Pradhan Mantri Jan Arogya Yojana (PMJAY), under Ayushman Bharat umbrella at Ranchi, Jharkhand. The scheme aims to provide annual health insurance cover of Rs. 5 lakh to 10.74 crore beneficiary families i.e. over 50 crore beneficiaries across India. It is touted as world's largest healthcare scheme that will serve beneficiary population that equals 27-28 European countries and almost equal to population of Canada, Mexico and US put together. The scheme became operational from September 25, 2018 i.e. on birth anniversary of Deendayal Upadhyay.

India, France ink agreement to collaborate for Gaganyaan mission

India and France have signed agreement to collaborate for ISRO's first human space mission Gaganyaan to be launched in 2022. Both countries have also announced working group for Gaganyaan. The announcement was made at sixth edition of Bengaluru Space Expo (touted to be largest space conference in Asia and held in Bengaluru). So far, French-Indian space cooperation was in the domain of climate monitoring, with fleet of joint satellites devoted to research and operational applications. Under this agreement, ISRO and French space agency CNES will form working group to exchange expertise in fields of astronaut life support, radiation protection, space debris protection and personal hygiene systems among others.



The 2018 Asia Cup was a One-Day International (ODI) cricket tournament that was held in the United Arab Emirates in September 2018.

It was the 14th edition of the Asia Cup and the third time the tournament was played in the United Arab Emirates, after the 1984 and 1995 tournaments. India were the defending champions, and retained their title, after beating Bangladesh by three wickets in the final.

3 Indian women selected among Facebook's Global Community Leaders

Social networking giant Facebook has selected three Indian women among five global leaders for \$1 million award as part of its Community Leadership Programme. They are Adhunikha Prakash, Chetana Misra and Tamanna Dhamija. They were awarded \$50,000 in fellowship each. The three are among 115 people selected by Facebook into its programme as community leaders in residence, fellows and youth participant to work for community resilience or issues, civic engagement health and wellness parenting education.



Voice Your Opinion

... it matters!!!

Last week we asked our readers which path they would like to follow in their careers? Job or Entrepreneurship?

Here are some of the views :

The unemployment exists at the root level in India. Due to the shortage of the job and minimum wages, youth would like to own involve in startup rather than to do a job under any company or institution. Startup is not merely beneficial for individual even it also gives job to many workers.

— Khushboo Malhotra, IX-B

I guess entrepreneurship enjoys an extra edge over the so called 'jobs' where you are the master of your own self. You are free to take your decisions and lead your organization to new heights. A good career is not only where you get high incentives and money but also where you find inner peace and self satisfaction. Entrepreneurship helps you to develop your skills and experience new things in life whereas a job forces you to carry out the same task for years of your life. But on the other hand, there is also higher risks of failure and no fixed source of income in case of entrepreneurship. But one must never doubt his abilities and should choose a career which provides him with self satisfaction and contentment.

— Rishabh Kalra, XII-A

Job and entrepreneurship being equally good options, I as an individual would prefer a job over having my own business as it will provide a more satisfactory and safe lifestyle with security for me and my family's future. Being an entrepreneur demands more than what it has to offer in return for all the hardships faced, you always live with an uncertainty about the future events. Being a part of an organisation provides various options and opportunities to branch out and expand one's boundaries and abilities by having a close circle and a platform to present personal point of views.

— Prachi Gupta, XII-C

The choice between job and entrepreneurship totally depends on how you want to pursue your life. As I want to pursue my life working may be from 9 to 5 job in any of the renowned company or do a civil service because doing this kind of job you can get time for other activities and most importantly a quality time to spend with your family. Moreover you get a peer circle throughout your time in your cubicle and a good competition, opportunities to enhance your skills and incentives like bonus.

— Pears Goyal, XII-C

This Week's Question : Is Technology raising Unemployment rates?

Increased use of Technology and Automation is continuously replacing human labour. Several kinds of jobs are increasingly getting replaced by technology. As per the reports, there is a significant drop in the typists, weavers, construction workers etc. whereas some people feel that Technology is not causing unemployment. It is just shifting human labour towards different kinds of jobs and creating new jobs. What is your opinion on this?

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

THE VICTORY TRUMPET

INTER SCHOOL COMPETITIONS SNEH INTERNATIONAL (31-08-2018)

S.No.	Category	Student Name	Class & Sec.	Rank
1.	EXPRESSIONS : School folk tale enactment competition	Hadiya	IV A	1
		Aditya Gupta	IV D	
		Paridhi Tomar	IV F	
		Aditya Tiwari	VA	
		Aaryan Chauhan	VC	
		Hardik Rawat	VD	
		Ishpreet Singh Khanuja Anushka Bhatia	V F V G	

ENGLISH RECITATION COMPETITIONS

Class - Nursery

S.No.	Student Name	Class & Sec.	Position
1.	Yashasvi Kaushik	Nur D	I
2.	Shambhavi Sharma	Nur B	II
3.	Alisha Singh	Nur G	II
4.	Anaya Dua	Nur A	III
5.	Samaira	Nur C	III

Class - Ist

S.No.	Student Name	Class & Sec.	Position
1.	Anika Prasad	I A	I
2.	Medhanshi Srivastawa	I E	II
3.	Aarav Saxena	I F	II
4.	Aadya Dobriyal	I A	III
5.	Rudraksh Prajapati	I B	III

Class - K.G.

S.No.	Student Name	Class & Sec.	Position
1.	Akshaya Raghavan	K.G. B	I
2.	Aarya Gupta	K.G. A	II
3.	Shanu	K.G. G	II
4.	Aarav Tiwari	K.G. A	III
5.	Rakshit Singh	K.G. D	III
6.	Mayank Aggarwal	K.G. F	III

Class - II nd

S.No.	Student Name	Class & Sec.	Position
1.	Ishika Singh	II B	I
2.	Manyata Joshi	II G	II
3.	Yeisha Gulati	II G	II
4.	Priyashi Sinha	II A	III
5.	Santushti Purohit	II D	III



awards
achievements



Students secured I Position in Volley Ball (Jr. Girls) at Zonal Level



Students secured III Position in Volley Ball (Sr. Boys) at Zonal Level



Students secured II Position in Football (Jr. Boys) at Zonal Level



Arushi Gupta & Manideep Singh (X C) secured I Position in Zonal Science Exhibition



Soumya Singh, Kusha Varshney, Pratyush Chandra Jha & Pranav Bhatnagar (X A) secured II Position in Children Science Congress at Zonal Level



Ryna Saxena (X A) secured III Position in Zonal Science Debate Competition



KULHAD CUPS

A Traditional way to Environment and Human Health

Every day we drink multiple cups of coffee and tea at our offices, schools, markets and malls. Our favourite drink is served to us in a disposable cup which is made up of plastic, paper or Styrofoam. After finishing the drink, do we ever stop to wonder what happens to the paper cup after it is thrown into the dustbin?

We all know that the plastic cups and the Styrofoam cups are non-biodegradable as they take

thousands of years to decompose. Even the paper cups are non-biodegradable as they are lined by a thin sheet of polyethylene plastic to make the paper cup waterproof in order to hold the drink. The manufacturing of these disposable cups takes huge quantities of resources like water, trees for paper as well as electricity.

Moreover, contrary to the popular belief, these cups are non-recyclable. This results in a huge pile of garbage that is harmful not just to the environment, but also to all living creatures of the planet, including humans. However, we can reduce our carbon footprint on the planet simply by switching to eco-friendly, biodegradable alternatives. One of these alternatives is the **kulhad cups**.

Made up of natural clay, these biodegradable kulhad cups have been part of our traditional culture. Our ancestors were wise in making use of these kulhad cups since these cups are not only eco-friendly but also have many health benefits for the users.



Benefits of Kulhad cups :

- *Kulhad cups* are **biodegradable**, hence can be thrown or broken, it won't be hazardous like plastic. When you dispose them, they get mixed with the soil soon.
- They are **cheaper** than plastic or glass containers.
- They provide an earthy aroma to the beverage, which no other material can provide.
- They cannot be re-used, so you don't have to worry about the germs and bacterial lingering around.
- These *kulhads* are inherently **hygienic**, considering they are made by firing kiln, a type of oven having a certain temperature that is used to harden or dry clay objects. Basically, the *kulhads* are processed under high temperature ensuring a sterile cup.
- They are better than Styrofoam cups which are very dangerous. Polystyrene is the material used to manufacture those cups. It is a carcinogen and can get into the tea or any liquid that is poured in them.
- Clay cups are **alkaline** which means using them can help in bringing down the acidic nature of your body.

Therefore, we should switch to use traditional alternatives like this to save our environment for the betterment of human health. And to add a special attraction, it would be a social welfare step too to bring the art of Indian clay artists back to the forefront and providing them an easy source of employment and recognition.

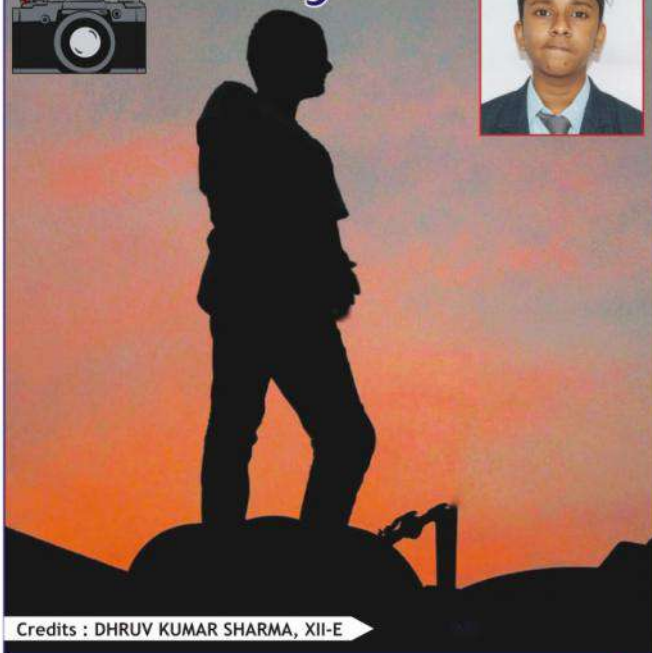


Inculcating Essential Values in our Blooming buds...

For a growing child, who is ready to learn from his surrounding, it is necessary to be alert and ensure that he learns positive knowledge and values and therefore the responsibility adds on to the school where he learns most of his learning. As a part of regular learning, an assembly was conducted by students of class II on 29th September, wherein they showcased the essence of essential values one should incorporate in his daily behaviour. The students presented a story titled 'The Elves and the Shoemaker' along with seven other short stories highlighting the virtues of honesty, friendship, unity, care, kindness etc. Understanding the fact that one learns by performing, the stories had a deep impact on the performers and the spectators alongside. The stage presentation was witnessed by the parents of class II students who were delighted and appreciated the performance of the students.



Shutter Bug



Credits : DHRUV KUMAR SHARMA, XII-E



Shishank Gupta, III-A

Tareef Singh Bisht, III-F

A Life Coaching Session for Senior Students

In today's challenging world, where every person is flooded with an anxiety of excelling in all spheres, the question whether one can really cope with the pressure placed upon, becomes quite relevant. The pangs of stress have hit every strata of the society so much that even youngsters are barely immune to this modern day disease. Keeping this in view, a workshop on stress management for the students of senior wing was held in our school.

The workshop was presided over by motivational speaker and life coach Mr Paarth Ashok Narang who gave tips on how to deal with stress. In the interactive session, while addressing some adolescent issues, he touched upon daily life stress that the students go through and ways to overcome them.

Mr. Paarth threw light on the multiplicity of career opportunities open to students now-a-days and stressed the need for changing track, if in spite of their best efforts; the students cannot perform well in one stream. Later, the speaker had a lively interaction with the audience.

The students came up with various problems like overcoming the fear of examination, attitudinal issues, peer pressure etc. The students also asked about future endeavours according to their skills.

With this session, Students learnt the art of managing emotions, time management, social skills etc. All the students found this seminar helpful and inspiring.



Suhani Khankriyal, VI-B



Pratistha Sharma, III-E



Adesh Kumar Pal, IX-B

RANGEELA PUNJAB



The presentation by class I was truly mesmerising, as it gave the spectators a thrilling experience of diving into the land of five rivers- Punjab. The students showcased the rich culture of Punjab, Cuisine, its ethnicity and its unique entity. The great freedom fighters of Punjab were also introduced in the assembly. Through means of Music and Dance, the students enthralled the auditorium with their performance and energy.



PARENTING TIP

Don't try to fix everything : Give young kids a chance to find their own solutions. When you lovingly acknowledge a child's minor frustrations without immediately rushing in to save her, you teach her self-reliance and resilience.

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.

PHYSICAL EDUCATION

Physical education studies the **science of psychomotor skills** deployed while playing sports. In other words, it is a science which studies different kinds of **Psychological skills** required to make **physical movements**. The **different types of sports** need a different set of psychomotor skills, which are studied to sharpen the particular sport skills. Physical education generally consists of Sports, Exercises, Yoga, Aerobics, etc. on the ground front and management skills, fixtures development etc. on the logistic fronts. Physical education in recent times has emerged as a giant field not only from the fitness point of view but also from the Job point of view.

Courses in Physical Education

- Bachelor of Physical Education B.P.Ed. - Duration: 3years
- Masters in Physical Education - M.P.Ed. - Duration: 2years

Components of Physical Education

- Planning in Sports
- Leadership and training
- Sports and Nutrition
- Tests and measurement in sports
- Postures
- Women & sports Eligibility

One can opt for **Physical Education after 10+2**. A student from any discipline can get enrolled in the Physical Education course. Admission to these programs is done mainly by way of an Entrance test. The chief purpose of this exam is to assess the aptitude of the aspirants. The test is **Physical Education Common Entrance Test PE CET**. One needs to have genuine interest and discipline in oneself to pursue Physical Education. **Job Perspective**

Here are some of the major roles offered as Job Opportunities :

- Physical education trainer or instructor
- Athletics trainer
- Fixture
- Camp leader
- Match organizer and planner
- Nodal district officer
- Yoga trainer
- Teacher in Institutes

Institutions offering Physical Education Course :

- Annamalai University, Chennai (Tamil Nadu)
- Andhra University, Vishakhapatnam (Andhra Pradesh)
- Jamia Millia Islamia University, New Delhi
- Manipur University, Imphal (Manipur)
- Panjab University, Chandigarh
- University of Hyderabad, Hyderabad (Andhra Pradesh)
- Lakshmi Bai National College of Physical Education, Thiruvananthapuram (Kerala)
- Lakshmi Bai National University of Physical Education, Gwalior (Madhya Pradesh)
- Visva Bharati University, Santiniketan (West Bengal)
- University of Rajasthan, Jaipur (Rajasthan)
- Indira Gandhi Institute of Physical Education & Sports Sciences, New Delhi
- Allahabad University, Allahabad (Uttar Pradesh)
- Banaras Hindu University, Varanasi (Uttar Pradesh)
- Kurukshetra University, Kurukshetra (Haryana)
- North Eastern Hill University, Shillong (Meghalaya)
- University of Calcutta, Calcutta (West Bengal)
- University of Mumbai, Mumbai (Maharashtra)
- University of Pune, Pune (Maharashtra)
- Utkal University, Bhubaneswar (Orissa)
- College of Physical Education, Pune (Maharashtra)
- University of Mysore, Mysore (Karnataka)



Inspirational Story

An Old Man Lived in the Village



An old man lived in the village. The whole village was tired of him; he was always gloomy, he constantly complained and was **always in a bad mood**. The longer he lived, the viler he became and more poisonous were his words. People did their best to avoid him because his misfortune was contagious. He created the feeling of unhappiness in others. But one day, when he turned eighty, an incredible thing happened. Instantly everyone started hearing the rumor: "The old man is happy today, he doesn't complain about anything, **smiles**, and even his face is freshened up."

The whole village gathered around the man and asked him, "What happened to you?"

The old man replied, "Nothing special. Eighty years I've been chasing happiness and it was useless. And then I decided to live without happiness and just enjoy life. That's why I'm happy now."

Moral of the story : Don't chase happiness. Enjoy your life.

STUDY TIP

Learn what works : Some people are early birds, some are night owls; some prefer to study with a pal, others need complete and total silence. Experiment to find what's most effective for you, and then stick with it!

स्वयं से स्वयं की शक्ति बनें

शरास्त्रों का कहना है कि अपना श्रेष्ठ दो बिना इस बात की परवाह किए कि श्रेय कौन ले जाता है। काम हमारे जीवन को अर्थ प्रदान करता है और हमारे आत्म मूल्य की समझ का भी प्रभावित करता है। केवल किसी संगठन के लिए काम करना आपको महान नहीं बनाता बल्कि यह एक तोहफा है जो आप खुद को देते हैं। आपका काम में बढ़िया होना आपके व्यक्तिगत सम्मान को बढ़ावा देता है, उत्साह देता है और आपके जीवन को और भी दिलचस्प बनाता है। जब आप किसी काम को संपूर्ण समर्पण और लगन के साथ करते हैं, तो वास्तव में आप खुद को एक बेहद खुशहाल और ज्यादा संतोषप्रद जीवन जीने के अनुभव के लिए तैयार कर रहे होते हैं। पैसा, नाम और ऐसे अन्य सांसारिक मोह की ओर ही धकेलती है। जब हम इस दुनिया से बिना कोई उम्मीद रखते हुए निस्स्वार्थ होकर काम करते हैं, केवल तभी हम सांसारिक बन्धन से छुटकारा पाने में सक्षम हो सकते हैं और स्वतन्त्रता की दिशा में कदम बढ़ा सकते हैं। हालांकि आज ज्यादातर लोग आत्म केन्द्रित हो चले हैं और परिणामस्वरूप उनके जीवन में सब कुछ है फिर भी वे सन्तुष्ट नहीं हैं और उससे ज्यादा की लालसा रखते हैं। जैसे कच्चे तेल को अशुद्धियों से मुक्त करने के लिए शुद्ध किया जाता है बिल्कुल वैसे ही काम को शुद्ध और सुस्संकृत बनाने के लिए इसे निस्वार्थ से करना होगा। ठीक वैसे ही जिस तरह एक पेड़ से बिना किसी स्वार्थी मकसद के अपना फल समाज को देता है। वह यह नहीं कहता कि यह मेरा फल है और मैं ही इसे खा सकता हूँ। इसकी भूमिका में फल का उत्पादन खुद के लिए नहीं बल्कि बड़े स्तर पर समाज के लिए करना होता है। यह कार्य शिष्टता का उच्चतम रूप है। केवल काम में विश्वास करें, उससे ज्यादा कुछ नहीं। कुछ ओर सोचकर काम करना केवल आपके लिए दुख लायेगा। जब आप कुछ अच्छा करते हैं और कहते हैं, 'अरे मैंने इसे कर लिया, इसे कर लिया', यह भाव आपको दुखी करता है क्योंकि आपने इतनी मेहनत की और तब आपके कहने का तात्पर्य यह होता है कि किसी ने आपके काम पर ध्यान ही नहीं दिया। किसी ने भी आपको नहीं सुना। किसी ने भी आपकी कड़ी मेहनत के लिए आपकी सराहना नहीं की। इतना ही नहीं बल्कि दिन के अपने अच्छे काम के लिए आपकी आधिकारिक रूप से प्रशंसा नहीं की जा रही, यह बात आपको दुखी करती है। जब आप अपना श्रेष्ठ देते हैं तो आप स्वयं ही स्वयं को सराहें : आत्मप्रशंसा सबसे बड़ी सराहना होती है। मान लीजिए आप किसी पार्टी में गाना गाते हैं और आपको खुद पता है कि कितना बुरा था पर फिर भी लोग आपकी तारीफ करते हैं तो आपको सह प्रशंसा स्वीकार्य नहीं होगी और यह सिर्फ इसलिए क्योंकि आपको पता है कि आपके गाने कि असलियत क्या है। इसलिए हमेशा खुद के प्रति जवाबदेह बनें और दिन के अंत में आपको संतुष्ट महसूस करना चाहिए। आपकी खुद की खुशी आपकी खुद की प्रशंसा में निहित है। इसलिए कभी भी दूसरों की सराहना पर निर्भर नहीं करना चाहिए। अपना बेहतर देकर आप अपने आप को ही एक तोहफा दे रहे हैं। अगर हम चीजों को देखें तो कभी-कभी ऐसा भी होता है कि अच्छा गाने के बावजूद लोग आपकी तारीफ नहीं करते या आपकी तारीफ करना भूल जाते हैं। शायद यह इसलिए क्योंकि वो आपकी तारीफ करना ही नहीं चाहते।

अतः आपकी खुशी को दूसरों की सराहना पर निर्भर नहीं करना चाहिए और इससे आपको चोट भी महसूस नहीं करनी चाहिए। कभी भी लोगों की प्रतिक्रिया से परेशान ना हों। हमेशा अपने काम के प्रति सच्चे और जोशीले बने रहें। खुद को अपने काम से गर्व महसूस कराएं, इससे दूसरे भी आपका अनुसरण करेंगे। सिर्फ अपने काम ध्यान दें बजाए इसके कि इस काम का श्रेय किसको जाता है। अगर आप श्रेय लेने की परवाह ज्यादा करेंगे तो अपने काम के प्रति न्याय नहीं कर सकेंगे।

आपके काम का श्रेय एक दिन निश्चित रूप से आपको किसी न किसी रूप में मिलेगा। लोग एक दिन आपके काम को जरूर पहचानेंगे भले किसी और ने ही उसका श्रेय क्यों ना लिया हो। गीता में भी ऐसा लिखा है, 'कर्म करो, फल की चिन्ता मत करो', जिसका वास्तविक तात्पर्य है कि आपके पास काम करने की शक्ति है पर परिणाम को बदलने या प्रभावित करने की क्षमता आपमें नहीं है।

अपनी मेहनत से मिलने वाले फल की परवाह किए बिना अपना काम करते जाओ। जीवन को सही अर्थ देने का और जीवन में आगे बढ़ने का इससे अच्छा रास्ता नहीं है।

TODDLER'S ZONE

BRAIN Teasers



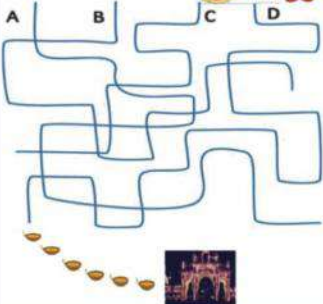
SOLVE THE SUDOKU PUZZLE

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

Students can mail their solved Sudoku on the E-mail ID and that will be published in our next month edition along with the name of the winner.

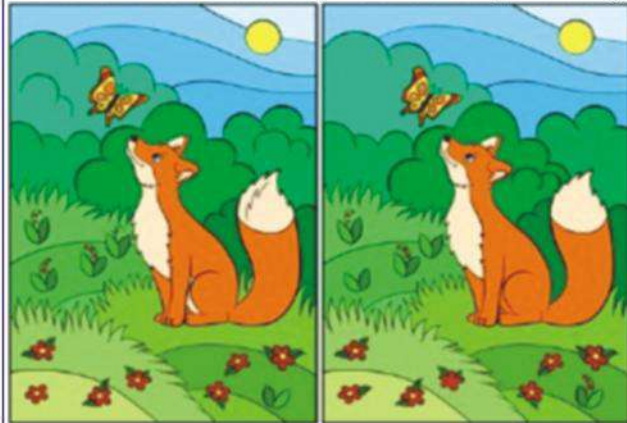
Path of Lights

Can you help Ram and Sita find the Path that leads to their home?



SPOT THE DIFFERENCE

Find and circle 12 differences between the picture at the left to the picture at the right



Following are the winners of gold medalists in Asian Games 2018. Guess the sports related to them —



--	--	--



--	--	--

SHOOTING, ATHLETE, JAVELIN THROW, HEPTATHLON, SHOT PUT, WRESTLING

QUIZ TIME

Answers of General Knowledge Quiz (September Edition) :

Both English and Hindi, Padma, Rishabhanatha, 1896 , Fathom, Vitamin D, Jagadish Chandra Bose, Thiamine/Riboflavin/B12 , 26th January 1950, 05th July 1947

Result of the Quiz : The Winner of the Quiz : AYUSH KUMAR (VII-E)



Do not be overpowered by evil, but overcome evil with good

NAVRATRI WITH A DIFFERENCE

- Nav Durga is the festival of strength
- Nine days are dedicated to worship nine faces of goddess Durga
- It is the victory of Good over Evil



Young girls "Kanjak" are given gifts after performing pooja on Ashtami and Navami

Boxes are made up of low grade plastic. Avoid usage of these plastic



Switch to steel plates or bowls. Gift stationary items which are more useful for them



Happy Dussehra and Happy Diwali

Let's make our celebration eco-friendly

Let's burn the inner Ravana ... not the Environment

- Say "NO" to Crackers
- Avoid Noise Pollution
- Save Electricity
- Donate all your old stuff to the needy
- Make rangoli with organic colours
- Ditch plastic for packing gifts or food



MUDRAS

The ring finger represents the earth element. It represents stability, firmness, sturdiness. Earth is called Prithvi. Hence the hand gesture made with ring finger is called Prithvi Mudra.

Procedure :

- Join the tip of the thumb and ring finger of both the hands.
- Straighten the other three fingers of both the hands.
- Place the hands on the knees and concentrate on breathing pattern.

Benefits :

- It helps to improve body strength and keeps it stable.
- It improves self confidence, gets rid of confusion, anxiety, fearfulness, fickle mindedness.
- It is famously known for improving weight and hair growth.

Time :

The best time for the sadhana is in the morning. It should not be practiced for half to one hour after the meals. Performing this mudra for 30-45 minutes a day can lead to effective visual results.

Dear Students, if you want to reduce stress and simmer down the Agni element from your body, then you must practice this mudra daily. We will continue with some more mudras in the November month.



GRANDMA'S TALE

THE BEST DIWALI ...!!!

It was a Diwali day. Dhruv was sad because he couldn't burst crackers as it was raining outside. "The whole spirit of Diwali has gone because of never ending rain", said Dhruv to his sister Ahana. Mother smiled at them as she heard her children talking. She took a tray of snacks and sat beside them.

"Diwali is not just for bursting crackers", said mom to children

"But what else can it be about then?", asked the children.

"Well it's about lighting up our days with happiness and joy, it's about sharing and caring", mother replied.

Dhruv couldn't think of a way to enjoy Diwali without crackers.

Mother asked children to help her. She told their children to get two huge bedsheets and spread them in the hall. After that, they called their friends Aru, Uttara, Bashi and Sunny at their home. When all the children entered the house, it was completely dark, mother had planned something for them. An amazing sight greeted them. Lots of little diyas flickered in the living room. "Surprise!", said mom. She smiled at them. At the centre there were trays having Diwali snacks and bottles of juice. The kids quickly settled themselves. Mom read out some wonderful stories about pirates, warriors and princesses to them. They talked about how they celebrated Diwali in their past. When it was time to leave, they hugged each other and thanked them for inviting them. They went home with broad smile on their faces. Ahana and Dhruv thanked mom and said, "This is the best Diwali we ever had".



TREE PLANTATION DRIVE



In pursuance of the decision taken by the Delhi Govt. to plant five lakh saplings as part of its monsoon wooding programme this year, a tree plantation drive along with inspection at Rajghat and SmritiSthal was undertaken on 8th September, 2018. Keeping the urgency of the issue and the need of contributing to the environment, the teachers and the students of our school participated in the drive appealing the conscience of people towards the importance of tree plantation. Chief Minister Arvind Kejriwal inaugurated the plantation drive at Yamuna flood plains. The trees planted included various native varieties like Ber, Bail, Shahtoot, Banyan, Pilkhan, etc. it was a proud moment where we tried to provide the possible share to the environment.

Exposure to Academic Opportunities Abroad



Guidance and exposure play a major role whenever career related decisions are to be taken. In order to achieve this objective our school organized a workshop on 1st October, 2018. The school invited Canada's leading experts on international education on behalf of Canadian University Application Centre (CUAC). As a consortium of public government funded research universities, CUAC offers counselling, admission and visa services to students for studies in Canada. Mr. Mel Broitman, Director CUAC and Ms. Lauren Cullen, International Student Advisor, Saint Mary's University, Nova Scotia has been helping Indian students grab international opportunities in higher studies for the last twenty years. In this span, the CUAC has assisted more than 4,000 Indians to come to Canada to study and complete their degrees out of which many have also started wonderful careers and lives in Canada, and other countries abroad. It was a wonderful session providing concrete pathway to those aspiring youngsters who look for academic and career opportunities abroad.

Good Reads

THE FIRST PHONE CALL FROM HEAVEN

Age group: 14+

— Mitch Albom

Imagine picking up your cell phone and hearing the voice of someone you loved dearly, but had already died. There is no question that the voice is theirs, and they are saying things to you that only they would know.

Would you believe? Would you doubt? Would you tell anyone?

The First Phone Call from Heaven is a virtuosic story of love, history, and belief.

In the small town of Coldwater, Michigan, a handful of residents start receiving calls from beyond. The people on the other end are loved ones they've lost: a sister, a friend, a mother, a son. There seems to be a common message from these callers: to let their loved ones know that there is life after death and that the hereafter is wonderful: filled with God's light, no more pain and full of love. The callers also stress the importance of telling everyone, of letting people know that death is not the end. As news of these strange calls spreads, outsiders flock to Coldwater to be a part of it.

At the same time, a disgraced pilot named Sully Harding returns to Coldwater from prison to discover his hometown gripped by "miracle fever." Even his young son carries a toy phone, hoping to hear from his mother in heaven. As the calls increase, and proof of an afterlife begins to surface, the town and the world transform. Only Sully, convinced there is nothing beyond this sad life, digs into the phenomenon, determined to disprove it for his child and his own broken heart. Moving seamlessly between the invention of the telephone in 1876 and a world obsessed with the next level of communication, Mitch Albom takes readers on a breath-taking ride of frenzied hope. Read on to know more....



The Counselor's Corner

ATTITUDE OF GRATITUDE

"We tend to forget that Happiness doesn't come as a result of getting something we don't have, but rather by recognizing and appreciating what we do have"

Gratitude is one of the most underestimated ways anyone can use to enrich their lives. It is the feeling and Attitude of Appreciation and Thankfulness for the good that we receive in life. The best part about being grateful and to lead a good life is that you do not have to wait for people to do good to you, instead, be the first one to act and express your thankfulness to them, especially your parents. **Kindness and success starts from home. The "Attitude of Gratitude" is something that desperately needs to be cultivated in our hearts, our homes, and our society.** Its presence brings a host of other blessings, while its absence has profound, lethal repercussions. So, say thank you. To whom, you ask? To God, to your Parents, to your Family, to your Teachers, to your School, to your Mentors, to your Struggles, to your Friends, to your Competitors, to your Maids, to your Guards and **Everyone**. Because, they deserve it.



Ms. Ankita Kumari, Counselor

Being grateful doesn't imply you've got your rose-coloured glasses permanently on. Nor does it mean that everything is necessarily wonderful, it simply indicates that you're aware of your blessings, you appreciate the small things and acknowledge all that you do have. **Being Grateful shifts the lens from what is lacking or not ideal to what is already present and good.**

What do you say to yourself?

"I have so much more than I deserve." Or "I deserve so much more than I have."

It's all about PERSPECTIVE. As one person observed, "Some people complain because God put Thorns on Roses, while others praise God for putting Roses among Thorns." A very different way of thinking about Gratitude is **Gratitude for what we can give as opposed to what we receive.**

Benefits of expressing your Gratitude

- Improves overall Physical Health
- Improves Relationships and Social Interactions
- Improves Quality of Sleep
- Increases Self Esteem
- Better able to cope with Stress
- Higher levels of Physical Activity
- Less Self-centered and Materialistic
- **Gratitude allows us to celebrate the present.**
- Understands the importance of values and starts valuing others.
- Improves Mental Health
- Stronger Immune System
- Enhances Empathy and Reduces Aggression
- Increases Resilience,
- Improves Mental Alertness
- More likely to make healthier choices less likely to smoke, eat poorly etc.
- **Gratitude blocks toxic, negative emotion**

Be free to express your Gratitude

- **Write a Thank You Note**
- **Keep a Gratitude Journal**
- **Count your blessings**
- **Mindfulness Meditation**
- **Thank someone in your thoughts if the person is not available.**
- **Pray**

"It is not Joy that makes us Grateful, it is the Gratitude that makes us Joyful"

— All the Best
Ms. Ankita Kumari

Dear Reader,

Wishing you all a very happy and prosperous Diwali. May the season of festivity bring joy and cheerfulness to you and your family. While you enjoy the festivity don't forget to send in your entries at theschoolconnectbbpsmv@gmail.com latest by 25th October 2018.

EAST CHALLENGERS	
1	Somerville School, Mayur Vihar
2	Bharti Public School, Mayur Vihar
3	ASN Senior Secondary School, Mayur Vihar
4	SL Vivekanand School, Anand Vihar
5	Arwachin Bharati Bhawan Senior Secondary School, Vivek Vihar
6	G D Goenka Public School, Karhadooma
7	Bal Bhawan Public School, Mayur Vihar
8	Hillwoods Academy, Preet Vihar
9	Lovely Public Sr. Sec. School, Priyadarshini Vihar
10	Evergreen Sr Sec School, Vasundhara Enclave
11	SL Lawrence Public Sr. Sec. School, Ushad Garden
12	Mother's Global School, Preet Vihar

Listed in the East Delhi Challengers in Times School Survey 2018 conducted by The Times of India