Vol.II | Issue 8 | January, 2019

FONDLY REMEMBERED Your simplicity, kindness and generosity defines you the best. May we be blessed with your love and affection today, tomorrow and always. Smt. Kamlesh Gupta w/o Late Sh. G.C. Lagan



India School Merit Award 'Rank 1 for Individual Attention to Students' by Education Today.co



Vice-Principal Mr. Vividh Gupta awarded with Guru Drona Award 2018

Achievement & Success!

Happiness lies in the joy of achievement and the thrill of creative effort.

~ Franklin D. Roosevelt

al Bhavan Public School is focused on academic excellence as well as helping children find their talent and realise their full potential. We are dedicated to maintaining the highest standards of education. Our High Quality Learning approach ensures that we help every child achieve excellence, and to emerge with a healthy understanding of the world that comes from an international school education.

Thanks to the hard work of our students and teachers, Bal Bhavan continues its remarkable academic track record with results that significantly outperform schools around the nation. Highlights from the 2018 academic year include:

- 'The Top CBSE School' nationwide for its exemplary contributions in the field of Education. The award of 'Rank 1 for Individual Attention to Students' was conferred upon our school in an extraordinary event, "Indian school Merit Award 2017-18", conducted by Education Today in Bangalore on 9th December 2017.
- The Brainfeed School Excellence Award 2018 at the 6th National Conference on School Education Leadership. The conference acknowledged the Top schools of India in various categories, identifying the ones that educate young minds by providing quality education and making them lead a successful life.
- The Guru Drona Award 2018 received by the school's Vice Principal, Mr. Vividh Gupta for all the efforts, contributions and good will that had been imparted to students through the institution. It was conferred to him by Mr. Manoj Tiwari, Member of Parliament and Delhi State BJP President, in the presence of Dr. P. Prakash Vice Chancellor, SRM University Delhi-NCR, Sonepat.

The over-whelming response and cooperation that you all have rendered time and again, for all the school activities and programs, is one of the biggest contributing factor in enabling us meet the standards of these very prestigious and coveted awards. The homeschool partnership has helped us mark our presence among the topnotch schools of our country.

Let us continue to work with the same zest and zeal in the required direction.



The Brainfeed School Excellence Award 2018 for School Education Leadership

India and The World

India to build new vertical bridge to | Isro Completes Fourth Orbit-Raising | replace Pamban Bridge



ndian Railways is building the country's first vertical-lift bridge to connect Rameswaram to mainland India. The bridge will allow ships and steamers to pass through without any hindrance. The New Bridge will have a 63-metre stretch which will lift up while remaining parallel to the deck to allow access to the ships.

Bharat Ratna Atal Bihari Vajpayee International Schools for students in Rural Areas



aharashtra Chief Minister Devendra Fadnavis has launched the 'Bharat Ratna Atal Bihari Vaipayee International Schools' for students in rural areas on the occasion of 94th birth anniversary of the late prime minister Atal Bihari Vajpayee. Initially, 13 Zilla Parishad (ZP) schools would be part of the international board and it would be expanded in the coming years.

'Shiksha Setu' Mobile App launched by Haryana Government



arvana Government has launched a mobile app named as 'Shiksha Setu' with an aim to help the students of the state. The 'Shikhsa Setu' App will help in bringing transparency in the Education Department & in the administration of colleges in the state. Also, the connectivity between students, parents, teachers and administration will be improved through this mobile application.

India to submit 2nd biennial report on greenhouse gas inventory to UNFCCC



ndia is mandated to submit a biennial update report containing updates of national greenhouse gas inventories and information on mitigation actions, needs and support received as a party to UNFCC. The Biennial Update Report contains five major components National Circumstances, National Greenhouse Gas Inventory, Mitigation Actions; Finance, Technology and Capacity Building Needs and Support Received and Domestic Monitoring, Reporting and Verification (MRV) arrangements.

Manoeuvre of GSAT-7A



ndian Space Research Organisation (ISRO) has completed the fourth manoeuvre to position the GSAT-7A military communication satellite closer to its final position. The satellite is currently between 35,800 and 36,092 kilometres from earth and is very close to its final position in the geostationary orbit, which is located at an altitude of around 35,786 km from Earth, Now the satellite will be moved in a final orbital manoeuver to its final position. ISRO uses propulsion system, or thrusters to perform manoeuvres. ISRO has already done four such manoeuvres on GSAT-7A so far.

Lok Sabha passed the Consumer Protection Bill, 2018



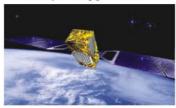
he Lok Sabha has passed the Consumer Protection Bill, 2018 on 20th December 2018, which will replace the Consumer Protection Act, 1986. The Bill seeks to enforce consumer rights and to offer a mechanism for complaint redressal related to the deficiencies in goods and services.

Vedangi Kulkarni : Indian woman becomes fastest Asian to cycle the Globe



20-year-old Pune woman Vedangi Kulkarni has become the fastest Asian to cycle the globe. She has completed the 29,000 km distance required to qualify as bicycling across the globe. She has spent 159 days peddling up to 300 km a day in 14 countries. The world record is in the name of British adventurer Jenny Graham (38) who had cycled the globe in 124 days in 2018.

China's navigation satellite system BeiDou starts providing global service



hina's BeiDou Navigation Satellite System (BDS) has started offering global service. It is touted as a rival to America's Global Positioning System (GPS), Pakistan has become the first foreign nation to use the BeiDou system ending its reliance on GPS.

PM Modi launches Paika Rebellion Chair in Utkal University



M Modi announced setting up of a Chair on the Paika Rebellion, in Utkal University, Bhubaneswar. He also released a commemorative stamp and coin on the Paika Rebellion. The Paika Rebellion of 1817 in Odisha briefly shook the foundations of British rule in the eastern part of India, Paikas were the peasant militias of the Gajapati rulers of Odisha and rendered military service to the king during times of war while taking up cultivation during times of peace.

National Mathematics Day celebrated on 22nd December



ndia celebrated 22nd December 2018 as the National Mathematics Day honouring the 131st birth anniversary of famous Indian Mathematician Srinivasa Ramanujan, Since 2011, 22nd December is celebrated as National Mathematics Day every year. The Indian government had also declared 2012 as the National Mathematics year. The National Mathematics Day is celebrated to honour his contribution to the field of Mathematics and also to keep his legacy alive to inspire the future mathematicians.

Islands of Andaman to be renamed after Netaji Bose



he Union Government has decided to rename Ross, Neil and Havelock islands of Andaman. The Ross, Neil and Havelock Islands are to be named as Netaji Subhash Chandra Bose Island, Shaheed Dweep, & Swaraj Dweep, respectively. The announcement about renaming was made by PM Narendra Modi on 30th December during his visit to the Islands. 30th December marks the 75th anniversary of the Netaii's visit to the Andaman Islands.

President Trump names Patrick Shanahan as Acting Defence Secretary



resident Donald Trump has announced that Defence Secretary James Mattis will depart the Pentagon by January 1. James Mattis's Deputy, Patrick Shanahan is appointed as the Acting Defence Secretary. James Mattis had resigned from the post of Defence Secretary citing policy differences with President Trump.

Voice Your Opinion

... it matters!!!

In the last edition, we asked your opinions on 'Do you actually believe that media violence causes real violence among kids?' Here are some of the responses:

Greetings!

Media now days plays a significant role in each one's lives, especially kids who are so vulnerable and sensitive to be exposed to the violent media.

The children who observe considerable media violence can become less sensitive to the pain and suffering of others. They may take violence as a solution of the situations so arising in daily life. Also kids imitate their favourite characters and find it to be justified doing in real.

According to me the kids should watch the television with a set limit that too under the guidance of their parents so that positive message can be reinforced simultaneously. As most of the media has a little percentage of violence involved, the kids should be encouraged to read stories, where they can create their own imagination matching the words in the story.

- Ms. POONAM GOYAL (Academic Co-ordinator)

Children today grow up in a world saturated with media use. Media has proved to be a very useful tool in the fields of education, arts, science, sports, and culture. Children and adolescents spend a considerable portion of their time watching television, movies, playing video games and on the internet. Media violence poses a threat to public health as much as it leads to an increase in real-world violence and aggression. In recent times we have noticed that media violence and violent video games have had a very negative impact on children and their day to day behaviour. The present study focuses on the relationship between media violence and its effects on children's aggressive behaviour which they portray by observing violent actions through films or play video games like PUBG. This should be stopped as soon as

- T. S. SAMICSHAA (IX A)

Television can be powerful influence in developing value systems and shaping behaviour. Extensive viewing of television violence by children causes greater aggressiveness. It depends on individual's behaviour. Children with emotional behaviour may be easily influenced by T.V. violence.

But in my view media violence is not only cause of real violence or aggressive behaviour. Parents can protect children from excessive T.V. violence by paying attention on programmes they are watching, set time limit, by pointing that its not actual been hurt, they should spend quality time with them & tell them the reality.

- Ms. TRIPTI ANAND (Academic Co-ordinator)

This Week Question:

"Is data the new oil?

Oil has traditionally been considered one of the most valuable physical assets for the last few centuries. But this important commodity may have a new replacement : Data.

The countries who have oil turned into rich countries by selling it. Now, those who control data become the most profitable companies. The arrival of the computer and subsequent evolution of internet has created a human reliance on technology. The top five giants of the tech world-Apple, Amazon, Facebook, Google and Microsoft-know more about our daily interaction with gadgets than we ever will. So do you support the view that data is the new oil?

Send us your views in 50-60 words latest by 28th January, 2019 at theschoolconnect@bbpsmv.com

THE VICTORY TRUMPET

SOF International ENGLISH Olympiad (Result Sheet)

S. No.	Class/ Sec.	Name of the Student	School Rank 1	Zonal Rank 604	International Rank 1404	Awards - WonInternational / Zonal / School Award School Gold Medal + Participation Certificate		
1	IID	MARUTINANDAN PANDEY						
2	IIE	HERSCHELL MATHUR	2	763	1768	School Silver Medal + Participation Certificate		
3	IIE	MOHD ARHAAN	3	796	1875	School Bronze Medal + Participation Certificate		
4	IIIF	AKSHITA JHA	1	289	619	School Gold Medal + Participation Certificate		
5	IIIF	SHUBH PURWAR	2	299	636	School Silver Medal + Participation Certificate		
5	IIIF	AISHNI BISWAL	3	480	1074	School Bronze Medal + Participation Certificate		
7	IVC	KARTIKEYA PANT	1	66	140	School Gold Medal + Participation Certificate		
3	IVF	TANVISHARMA	2	103	216	School Silver Medal + Participation Certificate		
)	IVE	SHUBH	3	302	624	School Bronze Medal + Participation Certificate		
LO	VC	TANMAY CHAUDHARY	1	762	2133	School Gold Medal + Participation Certificate		
11	VA	HARSHITA SAHU	2	783	2181	School Silver Medal + Participation Certificate		
12	VC	MAHAKVERMA	3	898	2464	School Bronze Medal + Participation Certificate		
13	VIB	PRIYADARSHINI	1	114	379	School Gold Medal + Participation Certificate		
14	VIC	NAVYA SAREEN	2	415	1264	School Silver Medal + Participation Certificate		
.5	VIA	BHAVISHYA PUROHIT	3	476	1429	School Bronze Medal + Participation Certificate		
16	VIIA	SURYA THAKUR	1	342	891	School Gold Medal + Participation Certificate		
17	VIIA	SHARAN	2	645	1655	School Silver Medal + Participation Certificate		
18	VIIA	PRISHA JAIN	3	770	2003	School Bronze Medal + Participation Certificate		
19	VIIIA	ABHIRAJ KUMAR	1	133	375	School Gold Medal + Participation Certificate		
0.0	VIIIC	SAKSHI MOHAN	2	180	487	School Silver Medal + Participation Certificate		
1	VIIIA	PRATYUSH ANAND	3	183	490	School Bronze Medal + Participation Certificate		
22	IXA	SOUMYASHREE BISWAL	1	220	501	School Gold Medal + Participation Certificate		
3	IXA	TANVI BISHT	2	231	534	School Silver Medal + Participation Certificate		
24	IXB	SARTHAK SINGLA	3	369	884	School Bronze Medal + Participation Certificate		
25	XA	YASHJOSHI	1	141	306	School Gold Medal + Participation Certificate		
26	XA	KNITISH	2	218	490	School Silver Medal + Participation Certificate		
27	XA	PRATYUSH CHANDRA JHA	3	258	595	School Bronze Medal + Participation Certificate		
28	XIC	PRATIKSHA JAIN	1	535	1389	School Gold Medal + Participation Certificate		
29	XIC	SANYAM JAIN	2	542	1398	School Silver Medal + Participation Certificate		
30	XIA	SIDDHARTH	3	546	1416	School Bronze Medal + Participation Certificate		
31	XIIB	PARNAVI DINKAR	1	54	331	School Gold Medal + Participation Certificate		
32	XIIA	TANNISHTHA BAG	2	123	615	School Silver Medal + Participation Certificate		
33	XIIA	USHASHI ADHIKARY	3	240	1096	School Bronze Medal + Participation Certificate		

Hasya Kavita Pratiyogita

Computer Career Presentation Competition CLASS- III to V

S.No.	Name of the Student	Class & Sec.	Position
1.	AMAN	III-C	1
2.	ARYAN NEGI	III-D	II
3.	PRANEEL	III-A	III
4.	ADITYA BANSAL	IV-A	1
5.	DRISHTI	IV-C	11
6.	ANIKA	IV-D	III
7.	HARDIK AGGARWAL	V-E	1
8.	AARUSH DUTTA	V-G	11
9.	DAKSH KHARE	V-F	III
10.	KRISH	V-F	III

S.No. Name of the Student Class & Sec. Position 1. VEERA PUNDIR V-D Outstanding



Handwriting Competition

S.No.	UNANGE		Sec.	Rank	
1.				1	
2.	ANSHARAH LAMIAH	1	В	II	
3.	MEGHANSHI				
4.	4. MANYATA JOSHI		G	1	
5.	VAANYA VERMAN	П	Α	/ 11	
6.	VAISHNAVI CHAMOLI	H	С	III	
7.	ANSHIKA	111	В	1	
8.	B. SHUBH PURWAR		F	11	
9.	PIYUSH JOSHI	III	D	111	
10	KARTIKEYA PANT	IV	С	1	
11.	ANKIT KUMAR	IV	Α	11	
12.	DEVANSHI GAUTAM	IV	E	111	

E-SMART TIP

Kid Safe Visual Search Engine

www.kiddle.co

Kiddle is a very colorful kid-friendly browser that's powered by Google. Kids can look for images, Web, Kimages (images from Kiddle encyclopedia), video, and Kpedia.

Tips for parents:

If you see a page that you consider inappropriate for kids, just click on the "Site blocking" link at the bottom and fill out the short form.



4 January, 2019 THE SCHOOL CONNECT

MANAGING CHRISTMAS WASTE



One of the biggest and most important part that is needed to be done after any celebration is the management of the waste. And as we all have just celebrated Christmas it is important for us to manage the waste produced in an efficient way.

With little effort been put you can have a greener Christmas by reusing and recycling the waste. After the festivities, separate all those items that can be reused or recycled.

Here's how to recycle:

Packaging

Gift wrapping paper can be recycled as long as it's not made from plastic cellophane, or has a metallic compound and glitter. As a general rule, if you can easily rip wrapping paper, it should be fine to recycle it. The same goes for envelopes and paper cards. Cardboard boxes can be recycled, but should be flattened. While plastic shopping bags can be recycled, bubble wrap can't. Rather reuse it for wrapping fragile gifts or items in storage.

Food containers

Plastic and cardboard food and beverage containers such as plastic bottles, icecream containers and milk cartons can go into the recycling bin, but the golden rule is that they should be clean and empty. By recycling these you can make a huge difference in reducing the impact of waste on the environment. Soft drink cans can be recycled, too.

Glass

Wine bottles and glass containers can be recycled. And they should be, as glass is one of the longest-lasting man-made materials. If some wine glasses get broken in the merriment, keep in mind that broken glass should not be recycled - rather wrap it and throw it away with your general waste.



The no-no's for recycle bin:

- Plastic Christmas tree: Try to reuse it, but if you need to throw it away it has to go into your rubbish bin.
- Tinsel, baubles, ribbons and bows are not recyclable but can be reused, if they are not reuseable they should go into your rubbish bin.

Batteries:

Electronic gifts are regulars under the Christmas tree and many children's toys are battery-powered. Dispose of the batteries separately from the regular trash as batteries contain a number of heavy metals and toxic chemicals and disposing of them with regular trash can contaminate the environment and pollute water.

Hence, Management of wastes should also be a part of our celebrations.

"Delhi Darshan by HoHo Bus -A way to learn the diversity of Indian Culture"

"The best things in life are the people we love, the places we have been and the memories we have made along the way."

t Bal Bhawan, we believe that trips and excursions are a perfect way to expand one's horizons. Daytrips are organized for students to promote learning through outdoor interactions and experiences.

To ensure that the students excel not only in academics but also know their culture deeply, a "Delhi Darshan" trip was planned for the students of class VII on 3rd December 2018 where they explored the famous monuments of Delhi and got to know about the history of these places. Students visited fort of Feroz Shah Kotla, Old Fort, Qutub Minar, Ahinsa Sthala and Humayun's tomb. They learnt about many interesting and diverse topics in a fun-filled





and playful manner. It was an exhilarating experience as the trip gave an opportunity to explore and learn in an informal environment. Students were bubbling with excitement as they commenced their journey to visit these tourist sites.

The trip broke the monotony of life & filled the mind with joy. Students were energetic even during the return journey and their beaming faces bore testimony to the fun they had.



THE VOYAGE OF HOPE

s part of the moral value programme initiated by the school, we took yet another leap of experience after the Gratitude theme. The second value taken up as part of the programme was 'HOPE', the very foundation of one's existence, the value to help our students face every possible challenge in their lives

with courage. In order to help our students experience 'Hope' in realistic terms, the school conducted a two phase activity.

In the first phase the students were asked to prepare their ideas on the theme of "# If you think you can," Here the students were asked to depict their dreams, ambitions and the hope they have of achieving it



through a poster, poetry or content. The results were beyond compare as through the collected pieces we were able to see future visionaries, environmentalists, artists and most important sensitive human beings.



However, phase two of the activity was the actual highlight where students were given an opportunity to see hope coming alive. Led under the guidance of school's Vice-Principal, Mr.Vividh Gupta, school's Head Counsellor, Ms. Ankita Chaudhary, Music Mentor Mr. Swapnil Lal went to shoot a documentary in a blind school, 'Inside Me'. The documentary

demonstrated visually challenged children learning to draw, play cricket and carry out their lives without any possible hurdles. On 24th December, 2018, a special

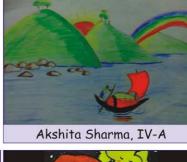
assembly was organised where the founder of the institute Ms. Shivani Bharadwaj was invited to share her views on the programme initiated by the school. She expressed her happiness on the initiative and shared her experience of working with blind children. them to see the magic which HOPE can create.

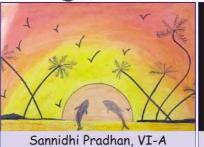




















Yoga: A Posture for Fitness



he school organized Yoga Activity for Class 1st on 14th December 2018, emphasizing on the importance, benefits and different postures of yoga asana in today's life, students were shown the Power Point Presentation followed by evaluating their understanding through a worksheet with MCQ's. Thereafter students gathered in the school playground to perform Yoga. The session started with Meditation which helps to boost the energy and ended with the chanting of Mantra 'OM'.

The students indulged in the activity with utmost zeal and fervor and followed all the instructions given by Yoga Instructor Ms. Preeti. It was a great delight to see the students performing various Asanas such as Taar Asana, Vraksh Asana etc with so much agility.



Siffcy Film Festival by Smile Foundation



Siffcy Film Festival organized by Smile Foundation, which works for underprivileged children to uplift their career opportunities by providing them education and counseling in different fields.

This grand festival was organised from 10th - 16thDecember, 2018. Our children nor only gave a remarkable dance performance in the inauguration ceremony of the event but also became an ingenuous audience to the exhilarating movies.

Our children thoroughly enjoyed each movie and grasped the themes of the movies that will definitely help children to have a better vision for their lives. It was truly an inspiring and exciting experience for them.



FELICITATION GALORE



School's Vice-Principal Mr. Vividh Gupta receiving Certificate of appreciation for participation of our School in Ozone Cell, Ministry of Environment & Forests



Ms. Neha Gupta receiving appreciation Certificate for conducting SOF IEO Exam



Ms. Kavita Mehrotra (Head Mistress) receiving appreciation Certificate for conducting IGKO Exams



Winners of the Discovery School Super League (Round 1)organised by Byju's



Abhiraj Kumar, Sakshi Mohan and Pratyush Anand of Class VIII receiving Medals & Certificates of SOF IEO Exams



Piyush Sharma, Tanmay Chaudhary and Soumil Sharma of Class V receiving Medals and Certificates of SOF IGKO Exams



Winners of SIP Arithmetic Genius All India Inter School Contest



Soumyashree Biswal and Tanvi Bisht of Calss IX receiving Medals & Certificates of SOF IEO Exams



Students of class II and III receiving Medals and Certificates for SOF IEO Exams



Surya Thakur, Sharan and Prisha Jain of Class VII receiving Medals and Certificates of SOF IEO Exams



Ushashi Adhikary and Tannishtha Bag of Class XII receiving Medals & Certificates of SOF IEO Exams



Yash Joshi, Pratyush Chandra Jha and K Nitish receiving Medals & certificates of SOF IEO Exams



Arushi Princy (XI) & Sharanya Ghildiyal (VIII) receiving Certificate for IQF Inter School Poster making competition



Tanmay Chaudhary and Harshita Sahu of Class V receiving Medals & Certificates for SOF IEO Exams



Arav Soni and Anshika Sinha of Class II receiving Medals & certificates of SOF IGKO Exams

FELICITATION GALORE



Arnav, Aditya Nayyar and Aishni Biswal of Class III receiving Medals & Certificates of SOF IGKO Exam



Bhavishya Purohit of Class VI receiving Bronze Medal and Certificate for securing III Position in SOF IEO Exam



Khwaish Sehgal, Shubh and Dhairya Abhigyan of Class IV receiving Medals & certificates of **SOF IGKO Exams**



Siddharth Chandra, Daksh and Pratyush Anand of Class VIII receiving Medals & Certificates of **SOF IGKO Exams**



Tanishq Rawat, Swapnil Sahu and Anushka Sinha of Class VII receiving Medals & Certificates of SOF IGKO exams



Vrinda Gupta, Harshit Nautival and Mayank Kumar of Class VI receiving Medals & Certificates of SOF IGKO Exams



Kartikeya Pant, Tanvi sharma and Shubh of Class IV receiving medals and Certificates for **SOF IEO Exams**



Veera Pundir of Class V-D receiving Certificate for outstanding performance in Hasya Kavita Pratiyogita



Winners of Handwriting Competition conducted by DOMS

FOLK TALES

"A folktale plays a vital role in knowledge and personality development, it has power to influence person's perception, attitude and behaviour."

his was the message conveyed by the students of class VIII in their special assembly. Our school organized a tectonic and memorable assembly on 7th December, 2018 in open air theatre. The topic of the assembly was "Lok Kathaye Jeevan Ka Saar", which was remarkably exhibited by the students. All the students worked together as a team and presented a mélange of thoughts, ideas and expressions.

The chief guests of the day were Mrs Rinni Shrivastava, an eminent personality of education and Mrs Gloria Paul, Assistant Director from Smile Foundation, which works for underprivileged children. Students gave stories and seeds to their teachers as a token of love. Assembly was started with a sonorous song "Ek Chidhiya Anek Chidhiya" which took all the dignitaries and the audience to their childhood days. It was followed by a group song 'Aao Le K Chalu Tumko Ek Aese Desh Mai Milti Hai Jahan Khunshiya Pariyon K Desh Mai' sung by children of class VIII to spread the essence of folktales. It was then followed by beautiful group dance performances and skit by the students wherein they depicted the role of folktales in Indian culture associated with two important SDGs, No Hunger and Quality Education. Everyone was glued to the performances and thus all the performances bagged appreciation and applauds. The chief guests praised all the performances and boosted the children. The event was then followed by the prize distribution ceremony for the achievers of school in different categories. Principal and Vice Principal honored the position holders by giving them certificates and medals to encourage them further.

The assembly came to its finale with the students delivering a vote of thanks and requesting Principal and Vice Principal to encourage children with their inspirational words. This assembly was undoubtedly a result of the immense efforts put together by students and their teachers. It was proved that when students and teachers work together they surely create masterpieces. Students were indeed rejuvenated and enthused to see the wonderful assembly. It was surely a significant and meaningful assembly.









Understandina 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.

PSYCHOLOGY

Psychology, in simple terms, is the study of human mind and human behavior. A student of psychology has to study how a human mind works in different situations, how it develops perception, what are the various circumstances and how they affect the development of human behavior.

When deciding to major in psychology, it is important to understand the many subfields and specializations within this broad major. These areas of psychology include statistics, organization/industrial, clinical, neuroscience, cognitive, behavioral, social, developmental, and educational. There are so many career options for an undergraduate psychology major to pursue.

Eligibility criteria: Students who have passed 10+2 or intermediate examination are eligible for admission to the program with minimum 50% marks in 10+2 as qualifying criteria to secure admission in this degree course. The admission process for regular college is generally through a cut off list which is $published by the concerned university. There are other universities like {\bf Banaras\,Hindu\,University}, which apart from a certain weightage to marks scored in$ 10+2, also conduct entrance test for admission to B.A. Psychology program.

Duration: Bachelor of Arts in Psychology or BA Psychology is a 3-year under graduate program of fered in Humanities at colleges across India.

Personal attributes required: If you enjoy helping individuals or families going through personal problems, listening to them, interviewing/testing, analyzing and collecting data, being social and creative, researching human and animal behavior, then psychology is a career path for you.

What is the difference between BA Psychology and B.Sc. Psychology?

 $In India, a bachelor's degree in Psychology may be offered at colleges through Science, Arts or Social Science departments. While {\bf B.A. Psychology} is an Arts or Social Science departments and the science of the$ degree, B.Sc. in Psychology is a science degree. Apart from this, there is not much difference between the two courses as the core subjects generally

B.A. Psychology deals with the counseling aspects of Psychology and is application based. A student with a B.A. degree in Psychology is more likely to find a job as guidance counselors with various organizations. B.Sc. in Psychology deals with the clinical aspect of Psychology and a student has to learn statistics and research methodologies in addition to other subjects associated with Psychology, B.Sc. Psychology is suited for students who have an interest in Mathematics and reasoning

Correspondence Mode of Study: Apart from the regular course, B.A. Psychology is also offered in distance mode in India. While Indira Gandhi National Open University (IGNOU) remains one of the top universities for distance education, there are other universities as well which offer this course in the correspondence mode.

Career Prospects after B.A. in Psychology: There are various B.A. Psychology career options available across many different sectors. Psychology degree graduates can find employment in hospitals, educational institutes, corporate organizations, schools etc. B.A. Psychology opens up job prospects in various sectors. Below is a list of sectors where a Psychology degree graduate can find employment.

- Welfare Organizations
- Research Establishments
- Advertising Agents
- Social Worker
- Marriage and Family Therapist
- Hospitals
- Rehabilitation Centers
- Sales Representative
- Teacher
- Sports Psychologist
- Industrial-Organizational Psychologists
- Corporate Sector
- Career Counselors
- **Substance Abuse Counselor**
- Clinical Psychologist
- **Educational Psychologists**
- Child/Youth Guidance Centers
- Hospitality
- Recruiter
- **Human Resource Personnel**
- School Counselors
- Forensic Psychologists

The world of psychology is vast as it works on studying the human mind and behavior. There are thousands of psychology-related jobs everywhere, but these are the most common positions companies look for. It is without doubt that having a psychology degree is one of the best degrees that offer good salary and career satisfaction as well





The most famous football competition is **UEFA Champions League** But players here don't play sweet Players here got sometime rude And Real Madrid has its best midfielder as Toni Kroos

Leo Messi is the star player of FC Barcelona Argentina has won two world cups because of Diego Maradona

Roberto Carlos and Pélé are bests from Brazil

As they never stopped their learning wheel.

Players fight for their clubs like a commando Juventus has a football legend, Cristiano Ronaldo

Football is the most viewed game And this league has given it a lot of fame.

This league is very interesting As the spirit of the players are very

enlightening When playing for their clubs players get raged

Because they have to attain a good position in group stage.

Indian football has faced many difficulties But we have a star Sunil Chhetri UEFA is really a good platform to perform But the wait for India to reach there is still very long.

- Arnav Kumar Jha (VII A)

MY CHILDHOOD WASFUN



My mother tells me about it, And Lalso remember a bit. The time when I was too innocent, The time which was superb and excellent.

I used to play with my toys, And my life filled with happiness

Life was then exciting and alluring, But now, it is becoming boring.

I can't forget those days of mine, In the darkness of my life, like jewels they shine.

Because those were the days, Where everything seemed all but

Now by chance, due to good deeds of mine,

If god asks me for a wish anytime, I will though wish to become smart and good,

But my first preference will be my childhood.

- Soumyashree Biswal (IX - A)

The Counselor's Corner

Screen Dependency Disorders : a new challenge for child neurology

How to make your child stop using mobile phone too much: Let's call it screen time

Screen time includes everything, using mobile phone, playing video games, watching TV, or squandering time on laptop. Excess screen time is such a big problem today. Many parents have been complaining that their children's screen time is very high these days...it ranges from 4 hours to even 10 hours a day. Yes. It can become that bad. What's wrong with it?

Parents complain that their children are completely lost. They don't study. They don't eat. They don't interact with family members. The only friends they have are online. They don't go out to play, just lying in the bed all day, lost in their virtual world. They don't sleep on time. And it's all because....the child's life revolves around mobiles, video games, laptop and TV. It's like this screen time has consumed their child. So what can be done? I'll first begin with things that you shouldn't do. Things that don't work and can make the problem even worse.

- First, <u>Requesting</u>. Sometimes you think if you just be nice to them. If you ask calmly, "beta, please give me
 the phone back? Please don't use it so much. It's not good for you!" They will someday listen to you and
 comply. Well they won't. Requesting would rarely work for this issue.
- Second thing that won't work is... <u>Testing their will power</u>. Some parents' usually say, "Why should we have to stop the child from using the phone. I want my child to stop on their own. I want to make them responsible. Why should I have to tell them every time? My child must have the will power to leave it by themselves." Bad idea. The screen time in itself is so rewarding to the brain, that a child basically won't be able to stop themselves. It'll be very-very hard. Don't put them through this test. They'll fail and you'll be disappointed again and again.
- Third, Nagging/shouting. This is the negative version of requesting. Where you just increase the intensity values you be the rask too many times, "beta! Please leave the phone. What are you doing all day? You've wasted 3hours. When will you study?" etc. or you can get angry and say those same things in anger, shouting at the top of your lungs. "Why are you so stubborn? Can you just once listen to what your parents are saying?!"Il break your phone if you bring it to the dinner table." Again. Won't work.

These were some of the things that won't work. So here are some suggestions:

- Prevention: don't even let this habit take roots. If your child is young, like below 12, it's relatively easier to
 establish authority and say no for something. Parents often allow children phones, I-pads and laptops just
 to keep the trouble away from them. Like if they are busy in those gadgets, at least they won't create a
 mess, at least they won't fight, at least I'll have some peace of mind." Bad idea. Keeping your children away from gadgets, gets harder and harder as they grow up and as their addiction becomes deeper. It becomes extremely difficult when they are adolescents, like above 12. Habits are formed... So be alert and prevent it.
- Now how can you do it? Some techniques are:

 Clear rule for screen time- for younger children 1-2 hours is enough...as the children get older, 2-3 hours is enough. It's just a general idea. If they are watching documentaries on Netflix, maybe even 3 hours is ok. But if they are playing video games even 2 hours is too much. Be very specific with number of hours and communicate clearly with your child that this is your limit of screen time, make it a rule and don't let them break it.
- Clean policing- using your authority to say no. no negotiation. no fights
- Rational consistent communication—it's your job to communicate everything rationally and consistently...you must learn how to make them understand the reasons behind your decisions. Like preventing addiction, healthy eyes, engaging with real people, etc. and these could be communicated calmly, strongly, in short, in detail. Consistency matters.
- Replace screen time with better/real activities- give them some options like buy them toys, comics, books, good board games which are social/educational in nature, put them in music/dance class, take them out, exercise with them, have fun with them, talk to them for an hour every day. Find ways that they can hang out with friends and ensure that they have proper sleep.

I'll mention one thing, as you introduce clear rules, policing and even rational communication, you'll get a lot of resistance, lot of talk back, lot of tantrums you must keep going forward, and learn how to deal with all the rebellion. If you don't do it, you'll probably need a counselor's help later in life to make that happen. So prevent future hell, by acting today. You've been warned.

All the best - Ms. Divya Beri

DOMS HANDWRITING COMPETITION

andwriting is an essential skill for children. Practicing handwriting is an incredibly important exercise for children, enabling them to develop fine motor skills and confidence. It activates the brain and contributes to reading fluency. Good handwriting is important as in the modern world, in all walks of life, people are judged by their handwriting. Keeping this in mind handwriting competition was organised by DOMS on 26th November, 2018 for the students of classes 1st to 4th. The students participated in it with a lot of excitement and passion. Participation certificate and pencils were given to each student by DOMS. The winners of this competition were appreciated by providing them with different kits of DOMS which influenced them to focus on their handwriting. This time bound activity helped them to pay attention to punctuation marks, spellings and neatness.

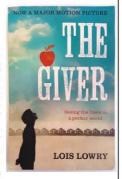




Good Reads

THE GIVER

he Giver is a morally driven and interesting story about a young boy called Jonas who lives in a society free of crime and sadness. At the age of 12, children are assigned their jobs, which they will train for and do for the rest of their lives. Everything is chosen; from your parents to your partner. Jonas stands apart from the community when he is chosen to become the new "Memory Keeper". Society has been kept free of



all the negative aspects of life because for as long as it has been formed, there has been someone who holds all the bad and good memories of the past within them. This is both bad and good for the inhabitants because, although they are protected from harm, they are also not exposed to the wonderful aspects of life.

This book examines a utopian society thoroughly and fairly; it is this fairness that makes the novel so riveting and thought-provoking, and so perfect for triggering discussions. The author is true to her determination not to stack the deck for readers; the ending is deliberately ambiguous, with allegorical overtones, leaving readers to decide what they want to believe. This book has a gripping storyline and interesting characters.

WORKSHOP ON CAREER COUNSELLING

"The best way to predict the future is to create it." ~Abraham Lincoln



The School conducted a workshop on "Career Counselling for the students of Class XI and XII. The resource persons were from Northcap University. The team of counsellors had Prof. Pramod Bhatia (HOD, Mechanical Engineering Department), Dr Praveen Kumar Lochab (Head, School of Law), Dr. Rekha Vig (Associate Professor, Electronics and Electrical Engineering Department), Dr Preeti Chawla (Asst. Prof., School of Management) and Ms Jyotika Pruthi (Asst. Prof., Computer Science Engineering Department).

They started the session with some real life experiences which were enlightening for the students. Thereafter they started an interactive session with the students asking their aims and aspirations in life. The students participated enthusiastically in it. They were guided for various career options and related educational qualifications. which they can opt for, like career in aviation engineering, business management, commercial designing, public relations, medicines, food technology etc. The resource persons mainly emphasized on "FOCUS ON YOUR DIRECTION RATHER THAN DEGREES". They encouraged the students to streamline their interests towards career by giving various "Career Aptitude Tests" available online. It was followed by an open session, where students asked their queries comfortably and were answered satisfactorily. Over all the session was awakening and informative.

This was an extremely enriching experience and students wish to be a part of such workshops in the future as well. We are sure,

students feel they can 'stay ahead of the curve' with opportunities such as these to enlighten them.





Christmas Day Celebrations

Magic of Christmas Merry all around Waving in the air, it's the Jingle sound











Christmas weaves a magic wand over the world, and behold, everything is softer and more beautiful. The much awaited festival of Christmas was celebrated with fervour and zeal on 24th December, 2018 by the tiny tots of Nursery to Vth standard. The entire campus was festooned with colourful balls and balloons and a brightly decorated Santa with his sleigh. A beautiful Christmas tree, class party and dance were an addition to the fervour of the festivity. The students presented an array of interesting programmes including the enactment on the birth of Jesus Christ by KG class followed by the echoing of Christmas carols. The children were filled with joy and excitement as Santa came dancing to the tune of Jingle Bells and distributed sweets to them. The programme was also witnessed by Parents who were mesmerised on seeing











January, 2019 THE SCHOOL CONNECT



Vayu mudra is an easy to do mudra and can be practiced in a standing, sitting or lying down posture.

Procedure:

- Fold your index finger. As you fold your finger you can see two bones. These are called phalanx bones.
- When you have folded your index finger the second bone that you see, you have to press it with the base of your thumb just as shown in the above picture.
- The rest of the three fingers should be kept extended as much as possible.
- Do this at any time of the day as per your convenience.
- There is also no compulsion of doing this at an empty stomach.
- You may also practice this mudra with a full stomach.

Benefits:

- As the name suggests vayu mudra, it balances the air element within your body.
- This mudra releases excess wind from stomach and body thereby reducing rheumatic and chest pain.

Caution:

Once you achieve the benefits from this mudra, stop doing it. After a certain time, it may cause imbalance within your system.

Time:

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

Dear Students, Vayu mudra is associated with healthy lifestyle. We will continue with some more mudras in February month.



STICK IT!!! HISTORY OF GLUE



WHAT IS IT?

Glue is a stickysubstance used for joining things together. It is often used for repairing broken things as well.

WHO INVENTED THIS?

Glue was originally discovered in 1942 by Dr. Harry Coover. Coover was attemping to make clear plastic gun sights to be put on guns used by allied soldiers of World War II.

ORIGIN OF GLUE

The first glue may have been natural liquids that come out of trees when they are cut. Later people learned to make glue by boiling animal feet, cartilage or bones.

ACCIDENTAL INVENTION

During the World War I, Coover was working at Goodrich Company as a chemist. He was assigned to make gun sights for the Allied soldiers. He & his colleagues were exploring the sticky properties of a material called cyanoacrylates. It was used as an ointment for the injured soldiers. In 1958, Coover & one of his colleagues knew that they had discovered a sticky material &named it as "Super Glue". They introduced it in the market by the name of "Kodak".



The World Hindi Day is observed annually on 10 January. On this occasion, Union Ministry of External Affairs (MEA) conducts special events to spread the greatness of the language through its missions abroad. Besides, the Department of Official Language (Rajbhasha) also organises several events to mark this day.

About Hindi:

- Hindi is the fourth most spoken language of the world. It is mother tongue of around 258 million people across the world.
 The provision of Hindi as official Language of the Union has been mentioned
- in Article 120, Article 210 and Article 343, 344 and from 348 to 351.

 The Pacific island country, Fiji also has adopted Hindi as an official language.





- The World Hindi Day was first observed on 10 January 2006. It is in addition to present National Hindi Divas which is being observed annually on 14 September.
- The National Hindi Divas is observed to mark adaptation of Hindi written in Devanagari script as the Official Language of the Union by the Constituent Assembly on 14 Sept. 1949.

PONGAL "THE THANKS GIVING CEREMONY"



The first day of Pongal - The Bhogi festival

The Bhogi festival is celebrated in honour of Lord Indra, the god of rain. The ritual of Bhogi Mantalu is also observed this day, during which useless items of the household are tossed into a bonfire traditionally made of row during cakes and wood.

ne second day - Thai Pongal

This day, a special ritual is performed where rice and milk are boiled together in an earthen pot - to which a turmeric plant is tied - out in the open as an offering to the sun god. Along with this, sticks of sugarcane, coconuts and bananas are also offered.

Another important aspect of this day is the Kolam, a traditional design is hand-drawn at the entrance of houses with lime powder. This auspicious drawing must be done early in the morning and only after a bath.



The third day - Mattu Pongal

Mattu Pongal is the day celebrated in the name of cows. The cattles are worshipped and adorned with bells, sheaves of corn and garlands.

This day is in association with cattle.

The fourth day - Kaanum Pongal

Kaanum (or Kanu) Pongal marks the last day of Pongal. On this day, a ritual is performed where the leftover sweet Pongal and other food are set out in the courtyard on a washed turmeric leaf, along with betel leaves, betel nuts and sugar cane.

Women of the household carry out this ritual in the name of their brothers, asking for their prosperity.



Winter



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

Find these words in the puzzle. Words are hidden \Rightarrow and ψ .

BOOTS PLOW
COLD SCARF
FLAKE SHOVEL
FREEZE SKATE
HAT SKI
ICE SLED
MITTENS SNOW



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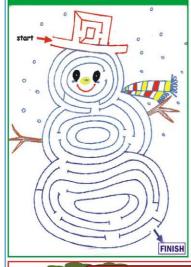
TODDLERS' ZONE



How Sikkim is 100% Organic

- · Sikkim's transition to organic farming has benefited over 66,000 family farmers, going beyond just organic production to include socioeconomic aspects such as consumption and market expansion, rural development and sustainable tourism with its comprehensive and inclusive approach.
- · The policies adopted by the state started with a political commitment to support organic farming in 2003 that led to 2010 Sikkim organic Mission.
- Kerala and some other north-east states are trying to follow the same example.

FIND THE PATH



SWAMI VIVEKANANDA

Swami Vivekananda is considered as one of the greatest philosophers of India. He was born on Januay 12th in Calcutta as Narendranath Datta. His fathe court while his mother Bhubaneswari Devi, was a

deeply religious lady.

Vivekananda loved reading books on philosophy, religion, history art and literature. He studied both western history and Hindu scriptures such as Vedas, the Upanishads and the purans. He met Ramakrishna Paramahamsa in the year 1881 which was a turning point in Swami Vivekananda's life. He accepted Ramakrishna as his guru. After the death of Ramakrishna Paramahamsa in 1886. Vivekananda

established the first Ramakrishna Math in Barangar. Swami Vivekananda spent many years travelling around India, USA, Canada and Japan giving lecture on Hindu philosophy. He established the Ramakrishr Mission in 1887 in Calcutta. In his final years he settle

in Belur Math. He breathed his last on July 4" 1902. Swami Vivekananda's teaching not only inspired many leaders such as Netaji Subhas Chandra Bose, Bal Gangadhar Tilak and Aurobindo Ghosh but continue to inspire generations of youth. For this reason, his birthday is celebrated as NATIONAL YOUTH DAY.



Milestones Related Facts

MILESTONE???

A stone landmark having a series of numbered markers placed along a road at regular intervals, typically at the road side or in a median.



While travelling, we all might have seen YELLOW & WHITE coloured milestones, it indicates that we are on a "NATIONAL HIGHWAY".

If we spot a GREEN coloured strip on the milestones, it indicates that we are travelling on "STATE HIGHWAYS"

If we spot BLACK, BLUE OR WHITE coloured milestones on the roadside, it indicates we are travelling in a "CITY or DISTRICT".



SUDOKU



Nine Gems (Valuable Rules of Life)

The Almighty God has created many things in this world but man is His best creation. Man is the only creation of God who can think and act thoughtfully. Only man can differentiate between good and bad, and right and wrong.

In order to be a true and good human being, one must inculcate some qualities, some moral and ethical values, and good manners. These values can be compared with precious gems. The values are many but there are nine, which are most important.

POLITENESS:

Be soft-spoken and courteous at school, at home, in the bus, in the market, and so on, Speak to others cheerfully. Have a sweet tongue. A sweet tongue can conquer the world. It works wonderfully

RESPECT FOR ELDERS:

This is the quality that all of you must develop. Be obedient and polite to your Parents, Grandparents, and elders. Our neighbors are also deserved to be respected. It is rightly said, "It is good to be nice but it is nice to be good."

FEELING OF EQUALITY:

All human beings are equal. The Bible says, "Those who help the poor, the weak and ones in trouble are the true children of God."

NEVER HURT THE FEELINGS OF OTHERS: Never speak ill of others. Remember, if you are soft spoken, your mistakes will be overlooked and forgiven. We are not born alike. Some are rich, others are poor, some are clever, others are foolish, some are strong, and others are weak. Never look down upon others who are less

RESPECT ALL RELIGIONS AND FAITH:

No religion teaches us to quarrel with others. The main teaching of all religions in the world is almost the same. No religion is superior or inferior to others.

Beside, In India, in the eyes of the law, all religions are equal. Our country is a secular state where people of various religions live harmoniously. The people of India have the freedom to follow any religion. So, we must learn to have tolerance for all the

religions DIGNITY OF LABOUR:

fortunate than you.

Love for dignity of labour will enable you to march on the path of development. No work is big and small. We must be happy to do any type of work. There are number of people who work for us like servants, sweepers, cobblers, rickshaw pullers etc. We should show love, affection and concern for them as it is very difficult to live without them. Respect the work put in by them. Remember that each one of us depend upon the work of the others.

PUNCTUALITY AND THE GOOD USE OF TIME:

Time is very precious and fast-moving. It has rightly been said, "Time and tide wait for none." Remember, those who are always punctual, are always successful in their lives. All great men had been highly punctual.

SELF-CONFIDENCE:

Always trust in your 'own self.' If you are confident that you can do a certain task, you have won half the battle. Mahatma Gandhi had a thin and frail body but his will-power was very strong. He had complete faith in god which gave him a great sense of self-confidence. He could never accept defeat while he fought against injustice. Because of this, he could make our country free. It has rightly been said, "God helps those who help themselves."

OBSERVANCE OF RULES:

Whether at home or at school, in the streets, in a bus or in the playgroundone must always follow rules. People who do not follow rules can never rise to a high position in their lives. Observance of rules makes us disciplined, self-controlled, punctual, firm, honest, civilized, cultured, and well-behaved.

So, dear children! These good manners and qualities are very valuable. Their worth is more than the worth of gold. These are precious gems. These gems are the very essence of life. They can take you to the zenith of fame.







ANNUAL SPORTS MEET













"Talent wins games, but team-work and intelligence wins championships"

Sports day is a platform to show case the talent and efforts put in by the little children to make it a successful event. Sports at pre-primary level is not about competition. It is about having fun, being physically active, learning the basics of sports and building co-ordination and motor-skills and so to give the little angels an opportunity to display their self confidence, patience, zeal and sportsman ship.

Bal Bhavan Public School had organized a sports day on 5th December 2018 for the students of classes Nursery to 5th with great zeal, excitement & sportive atmosphere.

The programme began when our guest of honour Mr. G.S. Grover, Ms. Rinni Saxena along with school's Principal Mr. B.B. Gupta, Vice Principal Mr. Vividh Gupta and Head Mistress Mrs. Kavita Mehrotra declared the meet open by releasing the baloons. Thereafter energetic yoga performance mesmerised the spectators.

Further the budding sports stars participated in their respective races with full verve and vigour.

It was a delight to see the excitement with which children challenged themselves to attempt variety of races such as buck up with bucket, relays, sack race, obstacle race, cadet race, wave the hoop etc. The props and attires used by the kids energised the interest of not only the audience but also the students.

The young achievers were awarded with the medals Gold, Silver and Bronze by the guest, who highly appreciated each sports star and applauded the visionary element of the school which nurture and develops their potential in the sports field.













Dear Reader,

We wish all our readers a very happy and prosperous new year. Ushering in this new year we hope that our students keep rising and achieving new accolades. We would also 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 28th January, 2019 to theschoolconnect@bbpsmv.com