

School Feeds

Inter-House Co-Curricular Competitions

Event	Class	House	Name of student	Position
English Elocution Competition (18th April, 2017)	VI	Pragati	Surya Thakur	I
		Jagriti	Khushi Jha	II
	VII	Pragati	Sakshi Mohan	I
	VIII	Jagriti	Prashasti Gaur	II
Hindi Debate Competition (25th April, 2017)		Jagriti	Tanvi Bisht	I
		Nirman	Aarshi Arora	II
	IX-X	Nirman	Rachit Sharma	I
	XI-XII	Nirman	Karan S. Rana	II
Solo Singing & Solo Instrumental Competition (28th April, 2017)		Jagriti	Harshit Devatalla	I
		Nirman	Aditya Vishwanathan	II
	VI	Pragati	Yashika Singh (Devotional song)	I
	VIII	Pragati	Shriyanshi Gupta	I
	VI	Jagriti	Divya (Tabla)	I
	VI	Pragati	Yashika Chimwal (Synthesizer)	II
	VIII	Jagriti	Aniruddha (Guitar)	III

Inter House Sports Competitions (VI-VIII)

(19th April- 21st April, 2017)

Category	Winning House	Runner Up House
Basket Ball Boys (VI-VIII)	Jagriti	Nirman
Basket Ball Girls (VI-VIII)	Jagriti	Prerna

Upcoming Events

Events	Workshops	Competitions
<ul style="list-style-type: none"> Labour Day Activities Investiture Ceremony Mother's Day Assembly 	<ul style="list-style-type: none"> Art & Craft Workshops (VI to VIII) 	<ul style="list-style-type: none"> Nukkad Natak (IX - XII) Solo Dance Competition (VI to XII) English Poem Recitation Competitions (IX - XII) Volley Ball Tournament (VI - VIII) Hindi Poem Recitation (VI - VIII)

Visits and Excursions

Visit to Parliament House



Visit to Mother Dairy Plant



A Tribute To Mother Earth...

It is high time we realise that environmental degradation will put our future in peril, besides we need to handover our common heritage to our future generation. This task will become well nigh impossible if we don't preserve the existing things. Many species have become extinct and many are on the verge of extinction. Keeping the tradition intact, the students of the school participated in the Earth Day celebration paying tribute to mother Earth for all it has done for us. Apart from the special function; a lot of other activities were conducted for the students that were blend of both education and fun. The children also took pledge to act as a protector to save Environment and Earth on the whole. The activities proved to be a noble way of bringing children close to nature and earth.



THINK

A seven letter word containing thousands of letters.

Mail Box / Post Box



Baisakhi Celebration

Keeping up with the tradition of celebrating all the festivals with great fervour and merriment and appraising the children about their rich culture and heritage, the primary wing of BBPS celebrated Baisakhi on Thursday, 13th April 2017 in the Multi purpose hall. Baisakhi is one of the prime festivals of



Sikhs and is celebrated with lots of exuberance and gaiety among the Sikhs. The tiny tots of kindergarten were asked to come in Punjabi attire and to add some fun the little ones tapped their feet and performed Bhangra with full energy and ebullience on Dhol beat. Teachers narrated the stories to make the children understand that why we celebrate Baisakhi. As



Satyapreet Kaur Mam said, Baisakhi is not only a harvest festival but also an auspicious day as on this day, Guru Gobind Singh had established the Kalsa Panth that adds to the day's importance

7 Wonders of Drinking Water...

Are You Drinking Enough Water?

Most healthy adults get enough to drink by letting their thirst guide them. But the exact amount you need depends on your size, level of activity, the weather, and your general health.

Gender	Age group	Amount of fluid from drinks & food (litres/day)	Amount of fluid from drinks only (litres/day)
Boys & Girls	4-8 Years	1.6	1.1-1.3
Boys	9 to 13 years	1.9	1.3-1.5
Girls	9 to 13 years	2.1	1.5-1.7

The health benefits of water are numerous and we have tried to familiarise you with a few;

• Stay Slimmer with Water

Trying to lose weight? Water revs up metabolism and helps you feel full.

Replace calorie-filled beverages with water, and drink a glass before meals to help you feel fuller.

Drinking more water helps amp up metabolism - especially if your glass is icy cold. Your body must work to warm the water up, burning a few extra calories in the process.

• Water Boosts Your Energy

If you're feeling drained and depleted, get a pick-me-up with water. Dehydration makes you feel tired.

The right amount of water could help your heart pump your blood more effectively.

And water can help your blood transport oxygen and other essential nutrients to your cells.



• Lower Stress With Water

About 70% to 80% of your brain tissue is water. If you're dehydrated, your body and your mind are stressed. If you're feeling thirsty, you're already a little dehydrated.

Keep a glass of water at your desk or carry a sports bottle and sip regularly.

• Build Muscle Tone With Water

Drinking water helps prevent muscle cramping and lubricates joints in the body.

When you're well hydrated, you can exercise longer and stronger before "hitting the wall."

• Nourish Your Skin

Fine lines and wrinkles are deeper when you're dehydrated.

Drinking water hydrates skin cells and plumps them up, making your face look younger.

It also flushes out impurities and improves circulation and blood flow, helping your skin glow.

• Stay Regular With Water

Along with fiber, water is important for good digestion.

Water helps dissolve waste particles and passes them smoothly through your digestive tract.

If you're dehydrated, your body absorbs all the water, leaving your colon dry and making it more difficult to pass waste.

• Water Reduces Kidney Stones

The rate of painful kidney stones is rising. One of the reasons could be because people -- including children -- aren't drinking enough water.

Water dilutes the salts and minerals in your urine that form the solid crystals known as kidney stones.

Kidney stones can't form in diluted urine, so reduce your risk with plenty of water!



Travel the heaven- ALMORA

Almora is famous for its alluring beauty, panoramic view of the Himalayas, rich cultural heritage, unique handicrafts and delicious cuisines. The picturesque landscape of Almora attracts hundreds of tourists each year as it is one of the business regions of Kumaon region.

Chitai Golu Devta Temple and Nanda Devi Temple are the famous temples of Almora. Other important temples of Almora are Katarmal, Jageshwar and Kasar Devi, built on a mountain peak near Kalimath. Almora city has several shopping centres which also includes the 200 year old laal bazaar. Almora is also popular for Angora rabbit's fur and Almora's special copper vessels.

You can also enjoy the beauty of sunrise and sunset at bright end corner, which is 2 kms away from Almora. It was here that Swami Vivekananda stopped en route to the upper Himalayas.



THE TRAVEL DIARIES

A must watch-Movie Review

The Man who knew Infinity

The Man Who Knew Infinity is a 2015 British biographical drama film based on the 1991 book of the same name by Robert Kanigel. The film stars Dev Patel as Srinivasa Ramanujan, a real-life mathematician who after growing up poor in Madras, India, earns admittance to Cambridge University during World War I, where he becomes a pioneer in mathematical theories with the guidance of his professor, G. H. Hardy, portrayed by Jeremy Irons.

Before Albert Einstein there was Srinivasa Ramanujan - A little known fact outside India and the academic community, and precisely why this story had to be told. *The Man Who Knew Infinity* serves as a biopic behind the life and times of Ramanujan, a self-taught Indian Mathematician, who some say could decipher the very fabric of existence. It's a poignant film in as much as an emotional roller coaster but an extraordinary story told almost a century after Ramanujan's early and tragic death in 1920. That's because Ramanujan was not only a mathematical prodigy by the age of 11, or that he could mentally compute complex permutations in a fraction of a second, but the fact that at the height of his powers, not many could fathom his genius.



EQUINOX

The word 'Equinox' is a combination of two Latin words including *aequus*, meaning 'equal' and *nox*, meaning 'night'. It is an event of the year, when the duration of the night is equal to that of the day. It is the moment in which the plane of the earth's equator coincides with the centre of the sun. This event occurs twice a year, around 20-25th march (spring) and 23rd September (autumn).

The event is also a part of ancient tradition and rituals, for example, in Japan the spring equinox is considered a day to appreciate aesthetic essence of nature. Being part of Indian culture, the event marks the beginning of the year as per Tamil calendar simultaneously being the last day as per Bengali calendar.

In the northern hemisphere, astronomers and scientists use the March equinox as the start of the spring which ends on the June solstice, when astronomical summer begins.



They said it ...

- *I walk slowly, But I never walk backward.*
— Abraham Lincoln
- *Success is a lousy teacher. It seduces smart people into thinking they can't lose.*
— Bill Gates
- *Have the courage to follow your heart and intuition. They somehow know what you truly want to become.*
— Steve Jobs
- *None can destroy IRON, but its own rust can! Likewise none destroy a person, but its own mind set can.*
— Ratan Tata

From The Parents' Archives

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



Sometimes I really question myself, have I really worked hard to be a perfect mother to the tiny monster I have at my home. It's been three years, every new day seem like a challenge and a new lesson to learn. From the sleepless nights to guiding the tiny footsteps, everything seemed like a new goal to achieve. And now that he is three, I tell the new mothers that it would not be as difficult as you dream. It's the Nature or the God, don't know really, but it feels, I really didn't had to toil a lot with my little champ. All we need is to wait for the right time for the learning, and not to forget our responsibility to guide accordingly. To be patient, if he doesn't respond positively at my guidance and to let him derive his conclusions to the new things he learns every day. It's really fun, when we hear him say things which we never imagined a child of his age could ever reply so. "I once tried to convince him not to wear particular jeans, because it was torn at certain places, and you can certainly not imagine what his reply could be, he replied, that Mumma it's a fashion". It is certainly an unexpected reply from a 3 year old child. The times are flying at a faster pace, it seems that the 21st century not just has an impact on technology but also has the impact on the generation of this age. I wonder- if I ever had an intellect to respond in the same manner to my parents. Yet another milestone is added to his accomplishments, where he entered the school, I see him learning new things every day, from chanting Gayatri Mantra to reciting poem that he learns at school, are few of his new achievements and yes he started drawing straight lines, where once I wondered how to teach him to hold a pencil in his hand. Yes, the children of this generation are learning, grasping, instilling and inculcating at each step and each moment from us and from the society. I feel that to help him grasp best out of society I wish I could introduce him to the best of the society.

- Pooja Balodhi (Mother of Krishnaang Balodhi, NUR-A)

The Counselor's Corner : Balance The Challenge

"Till the time you're willing to bring about a change, there is always a Possibility"

It's a beginning of a new session that leads us to a door of all new experiences, new chapters of life and another chance to prove our bit and undo our mistakes. A lot of times, we end up repeating the same pattern of choices that we had earlier but we need not forget that there's going to be different versions of consequences for every repetition. So be innovative this time, bring novelty into your thoughts and choose wisely. There is no definition of the category you belong in...you're the one who defines it through your efforts. So shape your efforts as per your imagination and create a world of emerging possibilities.

Every student has the potential to do better and better every day, and each of them have an equal chance of doing it; whether it be someone who scored the highest last year or someone who scored the lowest. The principle is to give your best, because there is not better than the best. The upcoming challenges might test your emotional balance, your judgment, your academic potential or your relationships; you need to balance all of these challenges and give it your best shot. That is how you learn, that is how you inspire. So be motivated to prove your worth, be willing to modify your behavior, and be prepared to learn from your mistakes.

All the Best.



Ms. Ankita Chaudhary, Counselor

Did You Know?

Turtles, water snakes, crocodiles, alligators, dolphins, whales, and other water going creatures will drown if kept underwater too long.



Pin it!

Never regret anything that has happened in your life. It cannot be changed, undone or forgotten so take it as a life lesson and move on.

Assign Your Goals In Student Life

Student life is the golden period of life. A comprehensive effort to learn, to know something and to be something is carried out during this period. What are the characteristics of a student, are described in below mention verse -

Kakcheshta, Wakodyhanum, Shwan nindra, Tathaiv Cha Alpahari, Grahtyagi, Vidhyarthi Panchlakshanam

(1) CROW EFFORT (Kakcheshta):

Having seen an eatable lying on land, a crow hurriedly reaches there even flying high in the sky and achieves its target. Likewise, a student should also have a strong desire to gain knowledge and proceed ahead to achieve his target.

(2) HERON CONCENTRATION (Wakodyhanum):

A heron very attentively stands on one leg on the banks of a pond or river. Immediately on becoming aware of a fish, it captures it and again rolls back in earlier posture. Students should also be attentive in their studies and proceed consistently on the path of progress while gaining the knowledge of their subject.

(3) DOG SLEEP (Shwan nindra):

As a sleeping dog awakens even with hissing of sound near it, like that a student should always remain alert and conscious to achieve the goal of life. He should have a sincere sleep.

(4) LOW ON DIET (Alpahari):

Student life is the life of learning and enduring. A studious student always takes plain, sanctimonious and low quantity of food. A student who takes junk and unhealthy food in excess quantity, the major portion of his life-force is consumed in food digestion, sleep, sluggishness and fighting the ailments of body and mind. Adhering to law of nature is very much necessary for the delight of student life. The student who frequently falls ill is left behind in his subjects due to inconsistency in his studies. So, he should always remain healthy adhering to instructions of healthiness.

(5) HOME RELINQUISH (Grahtyagi):

An ideal student readily agrees to relinquish the home for the sake of studies. Gaining knowledge is a sort of disciplining the self and not a time to pass in revelry. Abdication of pleasures is necessary. A student can live a profligate lifestyle and a student enjoying the means of life cannot gain knowledge. Student life is disciplining the life. This is not advisable for students to wish for means of merriment. This age is the time to practice to live in insufficiency and without means of luxury so that in case of problems there may be sufficient temperament left to bear them.



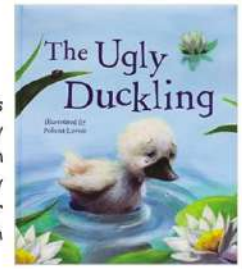
Fast Facts ...

92% of the world's currency exists on Computer, the remaining 8% is in physical money.

Good Reads

THE UGLY DUCKLING (by Hans Christian Anderson)

A mother duck hatches a brood of ducklings. All are sweet little yellow babies - all but one, who is very large, very gray, and very ugly. The poor ugly duckling is teased and tormented by everyone he meets, even his own mother, brothers, and sisters. Driven from his home in the barnyard, the unhappy duckling wanders the world alone, suffering hardships, cruelty, and ridicule wherever he goes. This exquisite tale of rejection and redemption has been a favorite with children since its first publication in 1845.



The Artists' Canvas



Winning moments of 2011 World Cup



Celebrity Journal

SACHIN TENDULKAR

The God of Cricket

Full Name : Sachin Ramesh Tendulkar
DOB : 24th April, 1973
Father's Name : Mr. Ramesh Tendulkar
Family Lineage : Maharashtrian
Known as : God of Cricket, Little Master, Master Blaster
Height : 5Ft 5Inches (165cm)
Batting Style : Right- Handed
Bowling Style : Right arm medium, leg break, off break
Role : Batsman
Relations : **Wife** - Dr. Anjali Tendulkar
Daughter - Sara Tendulkar
Son - Arjun Tendulkar
Test Debut : 15th November, 1989 vs. Pakistan
Last Test : 14th November, 2013 vs. West Indies
ODI Debut : 18th December, 1989 vs. Pakistan
T20 Debut : 1st December, 2006 vs. South Africa
ODI Shirt No. : 10

He is the First Indian Sports person to be awarded 'Bharat Ratna'.
 He is the member of India's Upper House of Parliament (Rajya Sabha).

You should never try to clean a blender by scrubbing it. Instead just add some dishwashing liquid and water, and blend it.

Life Hacks



Correctly Inserted



Incorrectly Inserted

Dear Reader,
 Congratulations !!!

It's a new beginning, and we have come up with a unique idea of a School Newsletter 'The School Connect'. It shall be a platform for students, teachers and parents together to find an opportunity to share their piece of art work, poetry, stories, photography etc. Feel free to share your creativity with us and we shall find a space for you in our newsletter. We would love to celebrate your creativity. To connect with us mail at theschoolconnectbbpsmv@gmail.com. Lets' together 'Connect' to the 'School'.