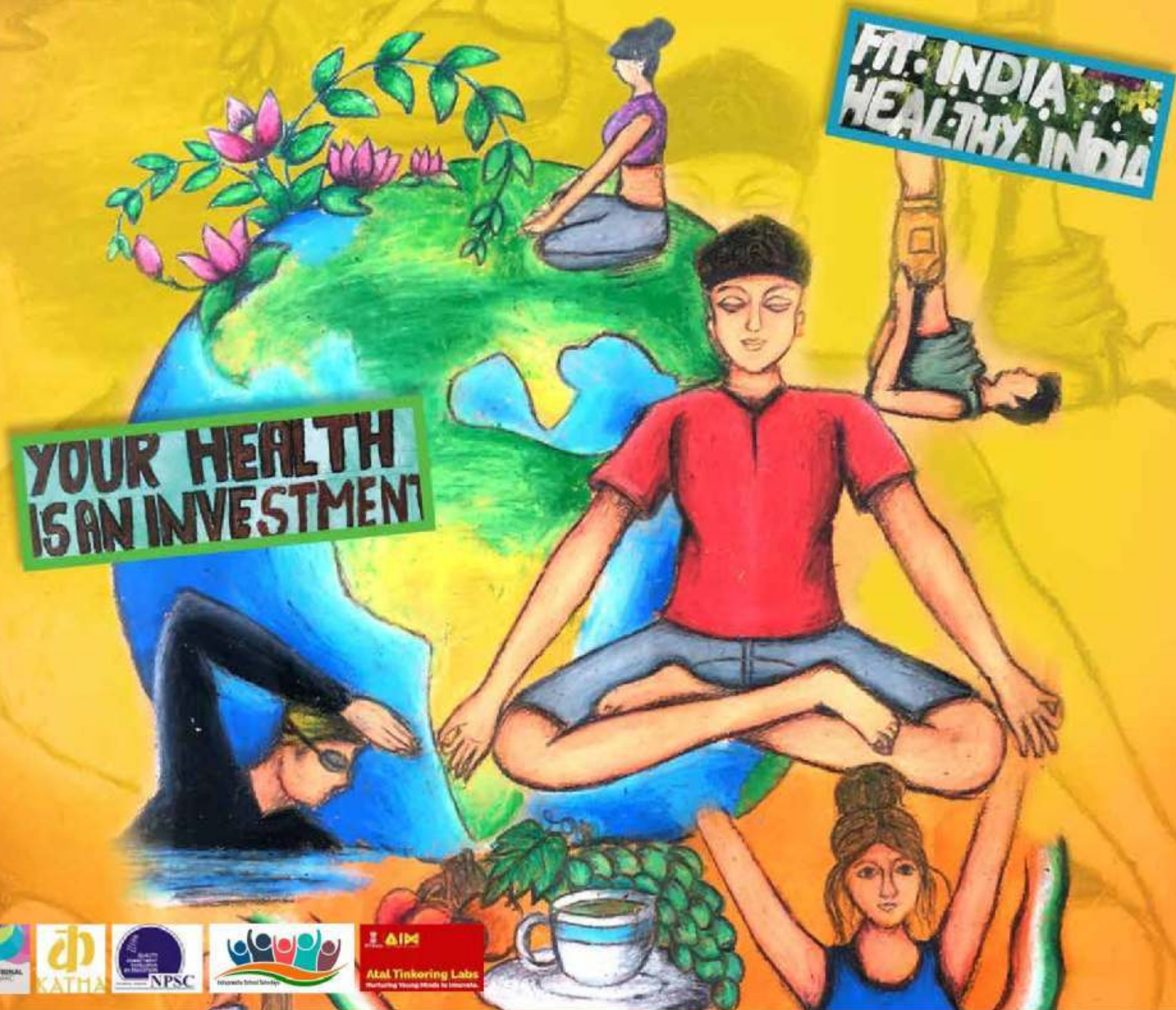




Sagarika

Annual Journal of School Events, Rohini



President's Message

"If you are working on something that you really care about, you don't have to be pushed. The vision pulls you."

Steve Jobs

The vision of Child Education Society, the apex body of Bal Bharati schools since its inception 75 years ago has been to provide holistic and futuristic Education to the children of the country. And, such has been the zeal and enterprise of its founding fathers that today, Bal Bharati Schools have created a niche for themselves. As we celebrate such a momentous and glorious moment in the history of CES, we are all the more pledged to further the cause of 'Education for Life' in our schools. The greater the heights we achieve, bigger are the responsibilities to sustain and we are steadfast in our commitment to be in sync with the changing times.



Fitness and Sports have always been synonymous with good life. And being a sports enthusiast myself, I congratulate Bal Bharati Public School, Rohini, for upholding Sports and fitness as a quintessential and integral component of Education and celebrating the same in its Annual release. As a young Ranji player, I found myself instilled with strict discipline and determination for my game. I see the same passion reflected in each student of the school. It is indeed a matter of great delight to see the students enthusiastically participating in the school activities and collectively reaching their fitness goals. BBPS, Rohini has been successful in nurturing Good Health through various programmes such as Fit India Movement, Sports Camp in the morning, regular Deworming Campaigns, and state of the art sporting facilities and highly qualified coaches. Mental vigour is continually instilled through effective involvement of the teachers, school counsellor and a super efficient student Prefectorial team.

I congratulate the school principal, Ms. Geeta Gangwani, staff and students to have created a safe haven that animates, inspires and transforms all stakeholders to experience newer insights and learning.

Mr. L. R. Channa
President CES

Chairman's Message

"We are what we repeatedly do. Excellence, then, is not an act, but a habit." Aristotle

As we celebrate 75 years of excellence, of steadfast commitment to Quality Education and of nurturing future citizens by Child Education Society, we are elated as well as honoured to be one of the pioneer Institutions pan



India. Bal Bharati Schools are names to reckon with and figure in the top 5 list of all reputed rankings and surveys.

Bal Bharati Public School, Rohini is one of our young and growing units that has created a distinguished place for itself. The unparalleled rise and recognition that BBPSRH has witnessed through illustrious awards like National Award to Teachers won by the Principal, CBSE Teachers Award and impressive Rankings by reputed surveys and journals is highly commendable. The vision of CES has been aptly carried forward by the Principal, Ms. Geeta Gangwani, the hands at the helm and validates the faith that community bestows on Bal Bharati Schools for imparting Education for Life.

In the present times when the pressure of the modern world demands newer set of skills from professionals, BBPSRH stays in sync with the times and its needs. The school plays a proactive role in inculcating healthy habits and provides a highly conducive environment to improve all levels of fitness, namely, Physical, Mental, Emotional and Spiritual. The Annual release is dedicated to Good Health- Harmony of Body, Soul and Mind. I am proud of this initiative of the school, and as a doctor, I cannot but over emphasise the significance of Good health in the present times.

I wish the Principal and her enterprising team all the best for their future endeavours and hope to see the school rise higher and higher.

*Dr. V. K. Ahuja
Chairman
Bbps Rohini*

Secretary's Message

"The body is an outstanding source of strength; the mind an incredible source of intelligence; the heart an uncommon source of might; and the soul a remarkable source of power."

The attainment of success in any field is a gradual and arduous process. The sweet taste of victory isn't achieved overnight, rather it is a product of forbearance and patience. Scaling the height of educational merit requires a child to burn the midnight oil, to labour persistently in silence and to hone their scholarly acumen through diligent practice. The light of wisdom and enlightenment dawns upon those who persistently toil at the altar of education. An equitable harmony between the body, mind and soul is the prerequisite to ascertain that a child flourishes from within and is able to surmount the challenges that lie ahead.

The notable French playwright, Molière stated, "The greater the obstacle, the more glory in overcoming it." Time and again, BBPS Rohini has asserted its triumph against all odds. The institution has not only strengthened its reputation as a premier educational unit but has also garnered significant laurels in the field of sports, literary ventures and numerous co-scholastic endeavours. The assortment of academic and co-academic pursuits, along with the exposure provided to the learners, has gone a long way in nourishing their intellectual, social and creative potentialities.

The remarkable accomplishments, accumulated in the past few months, inspire a sense of wonder and awe. While the global world has been paralyzed by the staggering impact of the COVID-19 pandemic, BBPS Rohini has marched forward with its laudable zeal and perseverance. The swiftness with which education was given a new dimension, through online platforms, illustrates the commitment of the organisation towards the future architects of the nation. Be it ensuring the mental and emotional welfare of children during these unprecedented times or overcoming a slew of challenges to make co-curricular activities accessible to children, BBPS Rohini has proved its mettle in every sphere.

This edition of Sagarika, therefore, is not only a celebration of the countless feats realised by our students but is also a testament of the tremendous fortitude and astonishing courage that each Bal Bharatian possesses. It is with immense pride and honour that we bring forth this archive of stupendous enterprises, undertaken by this luminous branch of the Child Education Society. I wish to express my heartfelt gratitude to Mr. L.R. Channa, President, Child Education Society, under whose esteemed leadership and guidance this organisation has prospered and reached the zenith of its glory.

Special thanks go out to Dr. V.K. Ahuja, Chairman, BBPS Rohini, whose unceasing efforts have yielded such extraordinary results.

My heartiest congratulations are extended to the school Principal Mrs. Geeta Gangwani, who has illuminated the path of progress through her exceptional fervour and resolve. Her resilient team of dedicated teachers and students has demonstrated that with grit and determination, even the harshest adversities can be conquered.

My deepest appreciation also goes out to the parent community, whose relentless support and cooperation has given us the strength to push forward and set a benchmark for ourselves.

With Best Wishes



Suruchi Gandhi (Secretary/Manager)

Principal's Message

"The goal of education is not to increase the amount of knowledge but to create the possibilities for a child to invent and discover, to create men who are capable of doing new things."

Jean Piaget

The pivotal point in the ideology of school education is to prepare lifelong learners who can unlearn and relearn. If we evolve our learning strategies around this premise, then we can succeed in creating adults who are positive, proactive and productive. Therefore, the task of the school is to help the child recognize his inner potential and hone it, further.

In the present times when our children are exposed to crisis situation by the outbreak of COVID 19, not just in the country but in the entire globe, we must strive to provide stability to our children. As UNESCO says, 'Education can help children deal better with the ordeals they are faced with in times of hardship. It has been noted that schools can provide children with the stability, structure and routine they need in order to cope with loss, fear and stress during and after crises.' We are committed to fulfill our responsibilities as the prestigious and proactive Institution of our community and the country. We have engaged with various platforms and portals for online teaching, communication and administration. From sharing the list of websites and programmes for online joyful learning to conducting a live class on Google Classroom, we are deploying all online resources available to us.



To steer the children out of this turbulent times, we must equip our children with sufficient tools and skills that help them charter the difficult terrain. We, at BBPS, Rohini, strive to impart holistic education under all circumstances aiming towards not just academic excellence, sporting acumen but also core strengthening of values and skills. Apart from achieving distinction in teaching practices and providing world-class infrastructure, we endeavour to instill strong moral values and integrity of character in our children.

Using this platform of communication, I would like to urge parents to join hands with the school and help foster a strong partnership. You are requested to keep yourself updated by visiting school's website regularly and the official school Facebook page. We look forward to receiving your feedback because we believe children are central to all our enterprises. Together, we will ensure that our school is a learning haven where the future of our children is painted with hope and immense possibilities.

Geeta Gangwani
(Principal)

AWARDS, ACCOLADES & RANKINGS

EDUCATION TODAY RANKING

It is a matter of great pride that BBPS RH got All India Rank 1 in the category "Top CBSE School for Co-Curricular Education" in a survey conducted by Education Today. The award was received by Ms Bindu Rashmi, TGT Computer Science at India's School Merit Awards, 2019 on 13 & 14 December 2019 at Bengaluru. The results were published in the 7th Annual Corporate Education Edition of Education Today magazine.



EDUCATION WORLD RANKING

In a survey conducted by Education World ranking the Co-Ed Day schools of Delhi & NCR, BBPS RH got City Rank 41 in the session 2019-2020 as against City Rank 50 in the session 2018-19. The State Rank 57 has risen up compared to State Rank 65 for the previous session. The All India Rank of the school is 128.

EDUCATION WORLD RANKING				
Delhi				Total score (1500)
Rank India 2019	Rank State 2019	Rank City 2019		
125	55	39	NK Bagrodia Public School, Sec 17, Dwarka	1046
126	56	40	DAV Public School, Sector 7, Rohini	1045
126	56	40	Sachdeva Global School, Dwarka	1045
128	57	41	Bal Bharati Public School, Rohini	1043
128	57	41	NC Jindal Public School, Punjabi Bagh	1043

TIMES SCHOOL SURVEY RANKING

In the Times School Survey, BBPS RH has been ranked 4th among the top 10 schools in the 'Leaders Category'. It is a matter of pride that the school ranking has gone up from Rank 6th in the session 2018-2019 to Rank 4th in 2019-2020.

TIMES SCHOOL SURVEY RANKING	
Times SCHOOL SURVEY 2018	
Leaders	
1	Bal Bharati Public School, Pitampura
2	Apeejay School, Pitampura
3	Montfort School, Ashok Vihar Phase 1
4	Bal Bharati Public School, Sector 14 Rohini
4	G D Goenka Public School, Sector 22 Rohini
5	Vikas Bharati Public School, Sector 24 Rohini

DIGITAL LEARNING RANKING

BBPS RH was ranked among top ten schools in North Delhi region in India Top School Ranking 2018 by Digital Learning, a popular magazine under Elets Technomedia. The felicitation ceremony was held on 12 April 2019 at Chandigarh. The ranks are-

CATEGORY	RANKING
Goodwill , Legacy & Reputation & Online & Social Presence	05
Academic Excellence	07
Future Ready Infrastructure	08
Enrichment of Learning Experience in Sports & Cultural Activities	09

SCHOOL AWARDS

REX KARAMVEER # EDUCATION CHANGE CHAMPION FELLOWSHIP AND AWARDS 2019

The school has been selected as REX KARAMVEER #EDUCATION CHANGE CHAMPION 2019 for creating a positive transformation through social volunteering. The award was received in a special ceremony held on 15 April 2019 at DPS Gurugram as part of REX Karamveer Global Fellowships and Awards in association with United Nations. Felicitation was also bestowed upon Dr V.K. Ahuja, Chairman, the Principal and Vice Principal, BBPS RH for exemplary contribution towards the social, cultural and economic sensitization of all stakeholders.



CBSE TEACHERS' AWARD 2018-19

It is a matter of immense pride that Ms Suruchi Gandhi, Secretary Manager, BBPS Rohini and Principal, BBPS, Dwarka was honoured with CBSE Principals Award 2018-19 for her selfless contribution to the evolution of an altruistic society. The Award was conferred upon her for proactive engagement in community services. She led a successful tie-up with Sulabh International involving students in setting up makeshift toilets and washbasins in nearby slums. She received her Award from Shri Ramesh Pokhriyal 'Nishank' Union HRD Minister, along with MoS, HRD, Shri Sanjay Dhotre in the award ceremony held on 12 September 2019.

TEACHER AWARDS



CBSE TEACHERS' AWARD 2018-19

In the same award ceremony, Ms. Sapna Makan, TGT Maths, BBPS, Rohini was conferred with CBSE Teachers Award, 2018-19. The Award was in recognition of her innovative ideas for integrating Math Teaching with Dance, Meal Planning, Sports and Tribal Arts. CBSE was especially appreciative of her commendable efforts to make Math less intimidating and more interesting. Her contributions also include content development for DIKSHA portal and framing thought-provoking questions in Mathematics. She received a certificate, a shawl and a cheque of Rs 50,000.



TEACHER AWARDS

STATE TEACHERS AWARD-2019

Ms. Sapna Makan, TGT Mathematics was conferred with the State Teachers Award 2019 by the Delhi Government in an award ceremony held at Thyagraj Sports Complex on 5 September 2019. The honour was bestowed upon her by Honourable Chief Minister Sh. Arvind Kejriwal and the Dy. Chief Minister Sh. Manish Sisodia. She received a medal, a certificate, a shawl and a cheque of Rs. 25,000.



THE PROGRESSIVE TEACHER AWARD

Ms Monika Sindhwani, PGT Physics received The Progressive Teacher Award 2019 for "Innovative Strategies in Teaching of Science" by S Chand Group. She received the award at a ceremony held at India Habitat Centre, Lodi Road on 31 August 2019.



INNOVATIVE TEACHER OF THE YEAR

Mr Nirmalya Banerjee, TGT Art was conferred with 'Innovative Teacher of the year Award' in International School Awards 2019 by Chitkara University, Chandigarh in May 2019 for excellence in innovative teaching of Visual Arts.

TEACHER INNOVATION AWARD

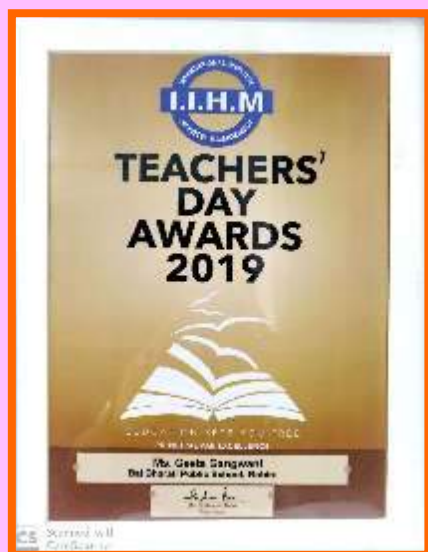
In 2019-20 Principal along with following teachers received Certificates of Appreciation for the Teacher Innovation Award, an initiative of ZIIEI, Sri Aurobindo Society for promoting joyful & experiential teaching.



S.No.	Name of Staff Member	Designation
1.	Ms. Geeta Gangwani	Principal
2.	Ms. Mridu Marwah	TGT Science
3.	Ms Sugandh Lal	TGT Social Science
4.	Mr Nirmalya Banerjee	TGT Art
5.	Ms. Manisha Mathur	Assistant Teacher
6.	Ms Sangeeta Kapoor	Assistant Teacher
7.	Ms Monica Narang	Assistant Teacher
8.	Ms.Purti Khanna	Assistant Teacher
9.	Ms.Vineeta Manchanda	Assistant Teacher
10.	Ms Rupal Ghai	Assistant Teacher
11.	Ms.Manveen Kaur	Assistant Teacher
12.	Ms.Samridhi Sharma	Assistant Teacher

I.I.H.M TEACHERS' DAY AWARDS 2019

Ms. Geeta Gangwani, Principal was honoured with 'Principal par Excellence Award' by International Institute of Hotel Management on 31 August 2019 at Vivanta. In the same ceremony, Ms Monica Narang , Assistant Teacher Primary received Teachers Day Award 2019.



BHASHA SARTHI PURUSKAR

Ms Neeru Trikhia , TGT Hindi was awarded the Bhasha Sarthi Puruskar for results of her students in AISSE 2019 Hindi Examination by Hindi Vikas Manch on 15 October 2019 at Air Force Auditorium, Subroto Park. Certificates of Merit and Medals were awarded to two students Khushi Rawat and Dhriti Khurana for scoring 98 Marks in the exam

STUDENT AWARDS

COMMENDABLE ACHIEVEMENT IN MICROSOFT OFFICE SPECIALIST (MOS) WORLD CHAMPIONSHIP 2019

After qualifying the Regional Round of Microsoft Office Specialist (MOS) World Championship 2019 held in May 2019, Bhavya Bhatia, XI-B was among the top one fifty contenders at the National Level of MOS held on 2 June 2019. He was declared 'First Runner Up' in MS PowerPoint 2016 at National Level and received a trophy, two medals, a certificate, four MOS Vouchers to appear in Masters Level of MOS. He is now eligible for employment in Microsoft.

Bhavya has also designed a mobile Gaming App, Tapcars 2.0, an iOS app that has been selected by 'Apple' on 14 June 2019 to be made available for sale to general public.



PARTICIPATION IN INTERNATIONAL ROBOCUP, 2019

Arnav Kumar, Tanish Batra and Yash Kamra of Class IX participated in Rescue Maze event at International Robocup Junior from 2-8 July 2019 at Sydney, Australia after winning the National Level organized by Indian Robocup Junior Foundation. 28 Teams all over the world participated. The performance of the students was highly appreciated at the event.



ACHIEVEMENT IN ROBOCUP JUNIOR CHAMPIONSHIP, 2020

Shreyansh Garg and Chayan Saini, Class IX won the Robocup Junior Championship in Rescue Maze Category held at Delhi on 17 & 18 December 2019 and qualified for the Nationals. They bagged the First position in Nationals held at Bengaluru on 18 and 19 January 2020. The team qualified to take part in Robocup Internationals which was to be held at Bordeaux in France in June 2020 but couldn't take place due to Covid 19 pandemic.



SCIENCE OPEN MERIT TEST (SOMT)

Shourya Goel, Class X, secured Rank 1 in 28 Science Open Merit Test (SOMT) 2019 held on 8 December 2019 conducted by Delhi State Science Teachers' Forum. He was among the Seven Toppers selected from 12,200 participants from 250 schools across Delhi. He got a badge and a Certificate of Merit alongwith a scholarship of Rs 10,000 for each year of pursuing Science Stream at Senior Secondary Level. Takshil Aggarwal and Sukriti Gulati, Class X, got Appreciation Certificates.



SHOURYA GOEL-X



SUKRITI GULATI-X



TAKSHIL AGGARWAL-X

ARTWORKS PUBLISHED IN HT PACE

Budding artists Aksh Garg XII D, Diyuti Jain IX -B and Shruti VIII-D attended a workshop on making picture portraits of famous world personalities on 3 July 2019 at HT office, Kasturba Gandhi Marg. The artworks along with a famous quote of that personality and a short artist profile of all three student artists were published in HT Pace in July.



STUDENT AWARDS

ACHIEVEMENT IN SONG DIRECTION

Kartikey Rawal, Class XI has worked as Assistant Director for the official video of the song 'Friendzone' with Music Company 'Jassrecord'. The song is streaming on all music platforms like Saavan, Ganna.com, Spotify, Instagram Music and iTunes.

The link to the song is

<https://www.youtube.com/watch?v=WCzJB54VNXM>



YOUNG APP DEVELOPER FEAT

Rishit Rao of class IV was declared as White Hat Jr. certified Game Developer for exceptional skills and outcomes in Game Development & Design Thinking Projects.



COMMENDABLE ACHIEVEMENT IN HELIODYSSEY

Somanshu Aikat, VIII and Nalin Goel, VI have won a sponsored trip to Oman after clearing the National Space Heliodyyssey Test 2019 conducted by SPACE.



COMMENDABLE ACHIEVEMENT IN MILLENIAL INDIAN WRITERS ESSAY CONTEST

The essay titled 'How Demoratic are Citizens' Discussions on Social Media?' by Vipul Parasher, Class XII got selected at Pan India Level in the Millenial Indian Writers Contest organized by UNESCO and Takhte in 2019.



STUDENT AWARDS

FEAT IN CBSE NATIONAL SCIENCE EXHIBITION

Gautam Gupta and Garima Srivastava, Class XI secured the First Position in CBSE National Science Exhibition 2019-20 held at Gurugram from 16 to 18 January 2020 for their exhibit "Future Traffic Management" under the sub theme Future Transport and Communication. The students were awarded with merit certificates and a cash prize of Rs. 5000 in the presence of senior CBSE officials namely, Dr. Biswajeet Saha, Mr. Manoj Srivastava, Mr. Pushkar Vohra, Dr. Shweta Singh and Dr. Girish Chaudhary.



PARTICIPATION IN NATIONAL LEVEL CHILDREN SCIENCE CONGRESS

Ananya Kohli and Arushi Polamraju, Class IX qualified the Zonal, District, Centre and State Levels of the Children Science Congress and participated in the National Level on the theme Traditional Knowledge System. During the course of their preparation, students visited the office of Ministry of Ayush and interviewed the Director, Mr Anupam Srivastav about Ayurveda as a healthy way of life.

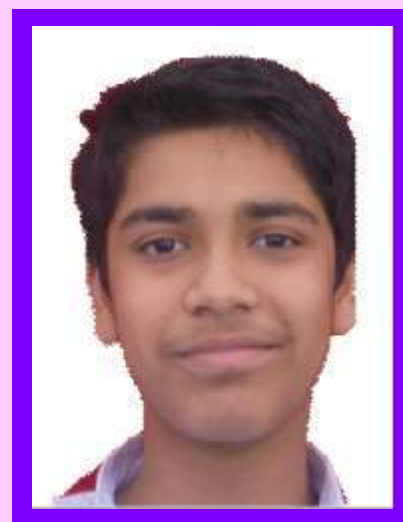


LAUDABLE ACHIEVEMENTS IN NATIONAL ARYABHATTA GANIT CHALLENGE

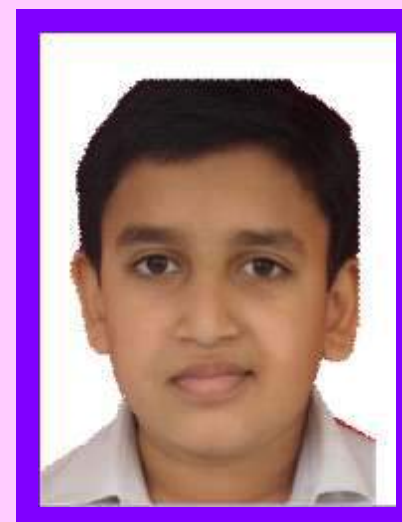
Shourya Goel, and Yash Gupta, Class X were among the top 100 students from Delhi region in the National Aryabhatta Ganit Challenge conducted by CBSE for joyful assessment of application of Mathematics.

OUTSTANDING ACHIEVEMENT IN TECHKRITI OPEN SCHOOL CHAMPIONSHIP

Shourya Goel, Class X cleared Phase 1 of the Techkriti Open School Championship, an annual aptitude examination conducted and organized by Techkriti, IIT Kanpur on 13 October 2019 at Delhi and qualified for Phase 2. He was among the top 250 achievers from 60,000 participants across the globe to participate in Phase 2 of the championship.



SHOURYA GOEL

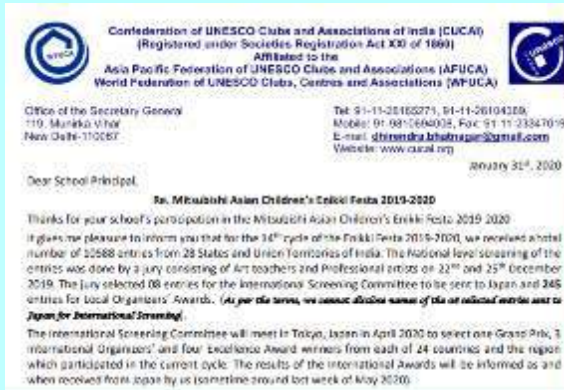


YASH GUPTA

STUDENT AWARDS

ACHIEVEMENT IN MITSUBISHI ASIAN CHILDREN'S ENIKKI FEST 2019-20

Ananya Mittal , Class I was awarded Local Organizer's Award in the Enikki Fest 2019-20 organized by Confederation of UNESCO Clubs and Associations of India. Her artwork was amongs 245 entries selected from 10,588 entries from 28 states and UT's at National Level.



PALAK GUPTA

REMARKABLE ACHIEVEMENTS IN SANSKRIT OLYMPIAD

Palak Gupta , Class VI secured National Rank 4 & State Rank 2 and Nupur Sehgal, Class VII secured National Rank 3 & State Rank 1 in Level II of the Sanskrit Olympiad 2019-20 held on 5 February 2020 after qualifying Level I held on 25 November 2019. The Olympiad was conducted by SB Education Trust, Bengaluru.



NUPUR SEHGAL

5TH SANSKRIT OLYMPIADS						STATE TOPPERS 1 AND 2	
Result Level - 2							
Roll	Class	NAME	Marks	State Level Rank	National (olympiad) Rank		
State CODE	10						
9100166001	6	AVIRAL, अविरल	58.5	1	3	APEEJAY SCHOOL	
9100136012	6	PALAK GUPTA, पलक गुप्ता	55.5	2	4	BAL BHARATI PUBLIC SCHOOL, DELHI	
9100137002	7	NUPUR SEHGAL, नूपुर सेहगल	57.5	1	3	BAL BHARATI PUBLIC SCHOOL, DELHI	
9100157001	7	ARAHAN, अरहन्	53	2	13	B.V.M. PUBLIC SCHOOL	

CHANGE 150 POSTCARD EXHIBITION

Postcard with a message of Change written by Tisshya Sharma, IX-D as part of the CHANGE 150 campaign organized by 'Letter Farms' on 1 October 2018 was displayed at National Gandhi Museum , Rajghat.

Her entry was among 150 postcards chosen from several thousand across 15 states where the programme was organized last year.



FILMit AWARDS

BBPSRH bagged the Awards for Best original Story-Charkha & Most Creative Script-Gandhi in the FILMit Competition organized by Aga Khan Trust in collaboration with Hemlyn Trust at India International Centre on 6 February 2020.



International Sports Achievers

**Budding Chess Champion
Abeer Manchanda, Class VI
His Current FIDE Rating Is 1349**



**Taekwondo Champion
Sayaansh Mehra
Class IV**



**BAGGED BRONZE MEDAL
IN 4th INDIAN OPEN INTERNATIONAL
TAEKWONDO CHAMPIONSHIP 2019**

Commendable Achievement In Double Dutch Contest World 2019



Sandeep Sagar, Tarunya Jain & Srijan Kumar of Class IX got Bronze Medal in U-17(Boys) Double Dutch Contest World 2019 organized by World Rope Skipping Federation at Tokyo, Japan from 1 to 6 August 2019. The girls' team participated in U-14 category of the same contest. Eleven teams across the world participated in this event.

Outstanding Achievement At International Taekwondo Championship 2019



Yashika Bhardwaj of Class XI D won Silver Medal in above 68 kgs weight category in the International Taekwondo Championship 2019 held at Malaysia from 19 to 21 July 2019. Twenty Two contenders participated in the event from across the world.



National Sports Achievers

Archery



Swarna Dabas, of Class VI bagged Third Position in 65 National School Archery Championship 2019 (U-14) organized by School Games Federation held at Chanduli, UP from 29 January 2020 to 2 February 2020.

Chess



Abeer Manchanda & Rahul Aggarwal of Class VI, Ashu Aggarwal & Manan Bansal of Class VII participated in SGFI Nationals Chess Tournament FROM 9 November 2019 to 12 November 2019.

Cricket



Naman Wason, Class XII-C was selected to participate in SGFI Nationals held at Delhi from 2 to 5 January 2020. His Team (Delhi Team) Bagged The First Position.

Rope Skipping



DOUBLE DUTCH CONTEST INDIA



U-14 GIRLS TEAM



U-14 BOYS TEAM

Various Achievements In Double Dutch contest India 2019 vol-6 Rope Skipping Federation of India held at Balwant Ray Mehta Public School, East of Kailash on 7 April, 2019.

Prisha VII-B Nirvani VIII-D Avani VIII-A	U-14 Girls Double Dutch Speed	Silver
Ameya V-B Bhumika V-B Saaj VI-B Shagun Dua III-E	U-11 Girls Double Dutch Speed, Double Dutch Fusion (Freestyle)	Silver
Tarunya Jain IX-C Srijan Kumar IX-C Sandeep S. IX-C	U-14 Boys Double Dutch Speed	Silver
Sukrit S. VI-C Virat G. V-C Shubham S. IV-B Abhey Nain IV-C	U-11 Boys Double Dutch Fusion (Freestyle), Double Dutch Speed	Gold Gold Bronze



Bhumika Singh VII B and Shagun Dua IV E bagged First Position in 20th RSFI National Rope skipping Championship 2019 oragnized by RSFI held at Maharashtra from 21 to 24 September 2020.

Squash

Various achievements of Squash Enthusiasts, Nandini Jain, VIII B & Yuvaansh Jain, IV B



All India Southern Slam Squash Championship held at Chennai	27.5.19 to 30.5.19		III
Rajasthan Squash Classic Championship 2019 organized by SRFI held at SMS Stadium, Jaipur	21.09.19 to 24.09.19	U-14 Girls U 12 Boys	I IV
HCL India Junior Squash Open 2019 organized by SRFI held at Jaypee Sports Complex, Noida	16.08.19 to 31.08.19	U 15 Girls U-10 Boys	III Participation
1st Western Slam Junior & Senior Maharashtra State Open Squash Tournament 2019 organized by SRFI held at Mumbai	15.08.19 to 20.08.19	U 15 Girls	III
65 National School Games 2019-20 Squash organized by SGFI held at Pathways World School Aravali	06.02.20 to 09.02.20	U 14 Girls	I

Swimming

Prakriti Dahiya, VI C bagged Silver Medal in 36th Sub Jr. National Aquatic Championship 2019 held at Rajkot, Gujrat from 20 June 2019 to 26 June 2019.



Taekwondo

Sayansh Mehra, IV-C bagged Silver Medal in Republic Cup Open National Taekwondo Championship 2020 organized by Delhi Taekwondo Association held at Talkatora Indoor Stadium, Delhi on 21.01.2020.

Table Tennis

Sabhya Gupta XI D participated in 81 Senior National & Inter State Table Tennis Championship 2019 organized by Table Tennis Federation held at Saroor nagar Indoor Stadium, Hyderabad held from 27.01.20



Pre-Primary Dept.



ORIENTATION DAY

“ Orientation Programme was organized on 28 March, 2019 to apprise the parents of new entrants with the Philosophy of school and the teaching- learning methodology adopted at the Pre Primary level. The cultural presentation by the students captured the attention of audience. In her address, the Principal shared her views on creating the foundation for positive relationships between parents, teachers and community for success in all endeavours. Headmistress, Pre Primary Department acquainted the parents about teaching methodology, pattern of assessment and general rules followed in the Pre Primary Dept. The highlight of the program was the interactive session conducted by Ms Sangeeta Chopra, renowned psychotherapist. Ms Sangeeta Chopra gave relevant parenting tips and answered the queries raised by parents. ”





ADAPTATION WEEK



BBPS RH organised Adaptation Week for the new entrants of Pre School from 3 to 6 April, 2019 at BBPS sector 25. The bright and innocent faces of the little ones lit up with energy and enthusiasm during this week long programme of activities. Students were engaged in Puppet show, Story Time, Village Life experiential activities and a fun filled visit of the school garden. The various activities kept the tiny tots engaged to infuse memories for a lifetime.







*Tree
Plantation
Drive*



Grocer's Day



ROAD SAFETY



SDG Week

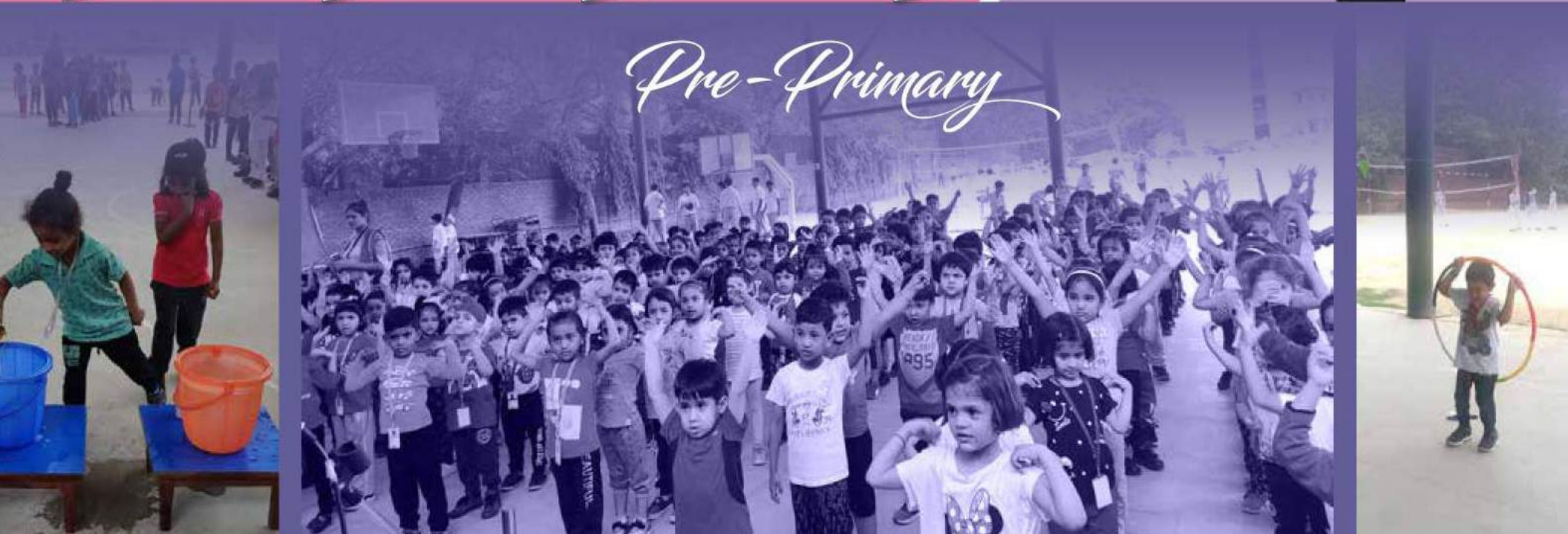


MY FITNESS MANTRA

Pre-School



Pre-Primary





LOOKING AROUND THE WORLD



“ Wherever you go
Go with all your heart ”



FESTIVALS WE CELEBRATE



FESTIVALS WE CELEBRATE

Gurpurab



Friendship Day



Eid Celebration



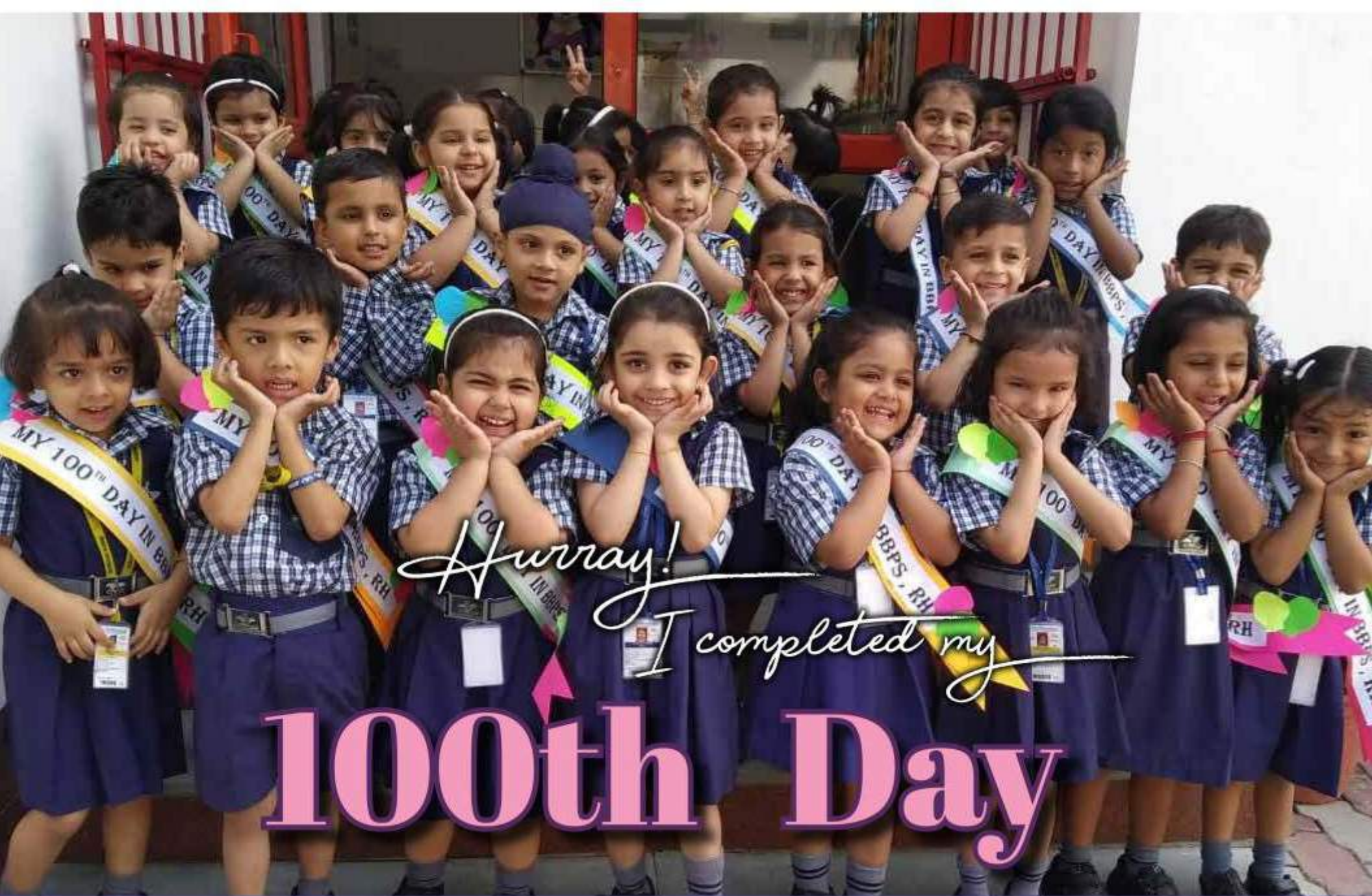
FESTIVALS WE CELEBRATE

Raksha Bandhan



Republic Day







EXPLORICA TOTS!

Pre-Primary

'Stellar Kids' Pre-School



HEALTH IS WEALTH

How many times did you not,
Go to school, to play, to study,
You are sick! sick! sick!
Production is going down
And you are dragging your country to the ground.

Too much salt and sugar,
Too much snacks and soda,
You need to get going! going! going!
Fruits and vegetables should be part of your diet,
A nutritious and colorful plate is the need of the time.

Your environment you cannot forget,
Keep it clean, so you would not regret,
Diabetes, cancer, hypertension on the rise! rise! rise!
Don't let them catch you by surprise,
Start exercising in the morning when you rise.

Get yourself checked today,
Don't postpone it for another day,
Get on the healthy train today! today! today!
Mantra of keeping fit should be in your mind,
For a healthy nation is a wealthy nation.

Krishiv Uniyal
V-A

Health is more than wealth
It is water in the ocean.
It is light in the day
The trees in the forest

Health is more than wealth
It is the moon in the sky.
The twinkling star at night.
It is wind of the north.

Health is more than wealth
It is rain in the desert.
The greenery in the ocean.
It is a flower in the field.

Health is more than wealth.
It is the warmth in winter
The shade in summer.
It is soul in the body.



If you are Healthy,
You automatically become Wealthy

Never eat anything wrong,
When you want to stay sound and strong.

Good lifestyle makes you fit and fine,
Healthy body makes an active mind.

Being healthy means disease free,
And contribute to the family tree.

A strong immune system is a blessing,
Have a life with some meaning.

Money is known as wealth,
But it can never ass to your health.

Rich, poor, old or young
Be healthy for lifelong

Ananya Jhuman
V-B

A good health is freedom from sickness and diseases and the feeling of physical, mental and social well being. Health is wealth is a famous saying that refers to the importance of health to us and reveals that health is the true wealth.

Aadya Pandey

Once upon a time, there lived a kind- hearted king, but he was very lazy. He kept eating and sleeping. He became a couch potato. People were very worried about him. He became very fat and was not able to move. The king invited many doctors to make him fit, but of no use. One morning, a holy man came and said that he can cure the king. The minister asked him to come to the palace but the holy man agreed to cure the king only when the king will come on his foot to his residence. Next day, the king reached there with a lot of difficulty, but the holy man was not there. His assistant asked him to come the next day. This was repeated for two weeks. Now, the king realised that it was an idea of the holy man to make the king walk. He felt lighter and healthy. The people were very happy.

Utkarsh Goyal
V-D

FIT IS HIT

If you want to keep fit ,
Why not go for a run ?
Try skipping with a rope ,
That can be a lot of fun.
And don't forget dancing,
That's also good for you.
Then of course there is swimming,
You could try that too.
Just walking at a fast pace
Will help to keep you fit,
'cos you will never stay healthy,
if you all do is sit.

Lakshya Verma
IV-C

The common saying “HEALTH IS WEALTH” fits everyone's life. Good health is the real wealth which has capability to help us always. Good health is the most important aim of our life without which we are incomplete and living unhealthy life. Good health is better than wealth and other things in this whole world.

To stay fit we need to maintain standard and healthy eating. We should follow the regime like “Early to bed and early to rise makes the person healthy wealthy and wise.”

We should brush our teeth daily two times a day to keep our mouth clean and free of diseases. We should clean our hand with soap and water every time before eating our meal.

We should maintain our good personal hygiene to stay healthy.

Parth Mittal
VI-A

Today everyone wants to be fit, Games are very necessary part of life. They keep us healthy. They refresh our mind. They are useful both for our mind and body. Physically we become healthy. Mentally we become disciplined. Games give us wisdom and courage. They make us bold and confident. They develop the spirit of cooperation. They teach us to compete in a healthy spirit. Games help to make us good citizens.

SO, LETS ALL PLAY!!
KHELO, INDIA KHELO!!

Arunima
IV-D

Running Around Makes U Fit

You Don't Need a Jogging Kit

Hopping, Skipping and Jumping Too

Whilst Feeding Animal in the Zoo

Exercising In the Sun

Simply Just Having Fun

Eating Healthy Every Day

Will help you get fit in

Your own way.

Vidhi Jain
IV-B

Five a day, Five a day

Five a day, five a day

Keep you fit in every way.

Fruits and veggies are good to eat.

Healthy food can be a treat!

Cooked or raw, orange and sweet,

Carrots can be really neat.

Five a day, five a day

Keeps you fit in every way.

Have you tried a runner bean?

It is tasty, long and green.

Eat it with your meal and say

“I have eaten one of my five a day.”

Five a day, five a day, keeps you fit in every way.

Tashvi Gupta
IV-E

“Get sleep, eat clean, drink water, exercise and repeat...”

This is the quote my family and I live by. We sleep on time and wake up also on time, eat vegetables, fruits, pulses and other healthy food. My mother encourages us to drink plenty of water and my father ensures that we are physically active. Follow the lifestyle to stay healthy and fit. Take rest after an exhaustive workout.

Ananyaa Gahlowt
IV-D

I believe, fitness is more than a fad. It is a way of life. It provides happiness to the soul and helps people become better human beings. A fit body and mind enhance confidence and spread joy.

Swasti Jain
X-A

Physical fitness and mental fitness go hand in hand, hence, exercising the body and provocation of intellectual discussions stimulates the best kind of fitness.

Ekta Arora
IX-D



THE QUINTESSENTIAL HEALTH

Wealth is hard to regain if once it is lost.
But losing health is irreversible at any cost.
You can earn billions if you have healthy body and mind.
But these pennies cannot help me regain my health in any kind.
Wealth is important to enjoy your life.
But health is mandatory to stay happily alive.
Being wealthy and rich is prestigious.
But being an unhealthy and wealthy man is ridiculous.
Let's cut out the confusion
And reach out for a solution.
For a happy life wealth is essential
But health is even more substantial.

Ishita Singhal
V-D

Without health life is a burden. When we fall ill, we are unhappy. We cannot work or play. If we have all the money but we can't eat, drink and enjoy life. Wealth can't buy health. If wealth is lost, something is lost but if health is lost, everything is lost. A healthy person is smart and smiling. He sleeps soundly. He enjoys all the comforts of life but a wealthy person passes his life in agony. So, health is wealth. We should keep good health at all costs.

Vansh Gupta
V-A

To stay fit, what we all need is to keep our life on a run. The most fun exercise is skipping with a rope. We can even try dancing, which can be fun and exciting and is also good for health. Let us all go for swimming and to stay healthy, all we have to do is say never to sitting lazily.
So,

EXERCISE

HAVE FUN

STAY HEALTHY

ALWAYS ON TOES

Kanav Jain V-A

FITNESS : LEADING A HEALTHY LIFESTYLE

I believe that being a Vegan can be very helpful for both the mankind and the environment. Along with our daily exercise regimes, healthy diet makes for a healthy lifestyle. The real challenge seems to lie in keeping oneself mentally healthy and sane. With our fast paced lives and self consuming schedules, a simple failure or ignorance seems to wreck the smooth sailing of our lives. This isn't the way it's meant to be. A little chat over the phone, a tit tat over coffee and a heart pour to a friend are sure to keep you mentally healthy and far from depression.

Hitee Bhardwaj
IX A

A person is considered healthy if he is mentally, socially and physically fit. According to me, Exercising, healthy eating and a sound sleep are the prerequisites of a healthy person. A good posture often becomes the reflection of the body's health. We must strive to keep all sort of diseases at bay and lead a happy and fulfilling life.

Advika Jain
IX D

HOW I STAY FIT

Hey folks, we all should be
Healthy and fit;
Eat, play, exercise and
Never idle sit.

Avoid Junk food and
Spend less time on screen;
Balanced diet and Sports
Should be often seen.

To build a strong and
Developed Nation;
Fitness and Health
Will be our key Contribution.

Do take pledge from
Heart and Soul;
Keep always fit
should be life's real Goal.

Fitness is the path
to Happiness and Wellness.
It's my advise to all,
in true genuineness....

Tanishka Kumar
IV-A



FIVE RULES OF GOOD HEALTH

We must follow these rules in our life for good health:-

- 1) Be an early riser.
- 2) Take a walk daily for 20 – 30 minutes and do some light exercises like cycling, jogging and yoga.
- 3) Wash your hands properly before and after the meal.
- 4) Brush your teeth twice a day.
- 5) Take 7 – 8 hours of sound sleep.

Daksh Kumar
IV-C

STAY FIT

'Yes' and 'No' is all that takes to lose weight.
Ignore all your inner fright,
Your tomorrow is going to be bright.
When you scale yourself to be light,
Yes to walk, no to sit
Your calorie intake is just split.
It's the mantra to be fit.
Yes and no is all that takes to make it,
Stairs are better than a lift,
Fitness is the best gift.
It's the thinking that needs a shift,
Yes and no is all we take,
Happily have a slice of cake,
With no sugar is how we bake,
Cherish this unique make!

Ishaan Sharma
IV-A

Analyse the quiz below to find 12 words related to the Fit India Movement.

FIT INDIA QUIZ

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

Answer

1. Prime Minister
2. Healthy Diet
3. Walk
4. August
5. Fit
6. India
7. Sports
8. Organic Food
9. Care
10. Exercise
11. Yoga
12. Aerobics

Aarna Mangla
IV-A

Fitness, for most of us, has become a lifestyle. It is important to inculcate this practice at a very early age in children to ensure a healthy nation. Schools must encourage sports activities and healthy competitions to keep the sporting spirit alive. Sports activities inculcate a competitive mindset and nurtures common fitness goals. Swimming, skipping and all the track sports are effective cardio exercises to keep the heart and mind healthy and happy.

Aditi Pandey
IX-C

“In a fit body resides a healthy mind”. It has been scientifically proven that a physically fit student performs well in academics too. She ends up learning the value of teamwork, sportsman spirit and friendships the easy way. Schools, thus, become the microcosmic birth place of all kinds of fitness.

Kashvi Arora
IX-D

Yoga is said to come from Hinduism many years ago and is being practiced worldwide. Today, people have learnt about the merits of yoga and have accepted it in the form of exercises and meditation. Basically, yoga is not only a form of exercise but it is an ancient wisdom for healthier, happier and more peaceful way of life. It helps in finding inner peace and leads to union with self. Yoga is an art of living strengthening the mental, spiritual and physical self.

Shreya Lohia
VI-D

WHAT IS YOGA



Yoga is a group of physical, mental and spiritual practices or disciplines which had originated in ancient India. Yoga is one of the six orthodox schools of Hindu philosophical traditions. There is a broad variety of yoga schools, practices and goals in Hinduism, Buddhism and Jainism. Yoga is derived from a Sanskrit word 'yog' which means union. It is considered as the true union of the body and the soul.

Chehak
VI-D

The original context of yoga was spiritual development practices to train the body and mind to self-observe and become aware of their own nature. Yoga improves mobility, so that you can bring more ease to your movement and proper functioning of organs and muscles. Deep yogic breathing enhances the performance of the lungs. Keep doing yoga, stay calm, be fit, be healthy and be happy.

Devanshi
VI D

Yoga day is celebrated on 21st June. Most of us spend majority of our time thinking about the past or future (Regretting, worrying, planning) or checking out our cell phones and social media. Yoga reduces perceived stress and anxiety which in turn reduces the physical effects of stress on the body. By encouraging relaxation, Yoga helps to lower the levels of stress hormones such as cortisol. Related benefits include lowering blood pressure and heart rate, improving digestion and boosting the immune system. When we are less stressed we sleep better, and when we sleep better we are less stressed. Yoga helps in sleeping. A variety of studies have shown that yoga can improve sleep quality and quantity in people struggling with insomnia. Other studies have shown similar results in other groups of people, including cancer patients. It can help remove chronic pain. It makes you stronger. Yoga is boon for all of us!

Geetanjali Arora
VI C

Yoga is a group of physical, mental and spiritual practices or disciplines which originated in ancient India. Yoga is one of the six orthodox schools of Hindu philosophical traditions. It became popular in the west in the 20th century. The word yoga comes from the Sanskrit yug , means to “yoke” and “Samadhi” or “concentration”. Thus, yoga is the practice that aims to join the mind, body and achieve liberation.

It is a great way to detox your entire system and improve your metabolism. Practicing the postures, breathing exercises and meditation makes you feel healthier in body , mind and spirit .

Arjun Jain
VI A

A HEALTHY MIND LIVES IN A HEALTHY BODY

“Every person is the author of his own health”

Being healthy is one of the most important goals of human life. Improvement in human health over the years due to advancement in medicine has led to longer lives and faster development of mankind and advancement in medicine done by those people who have healthy minds which in turn always live in healthy bodies. A healthy person can think normally and act instantly in any situation. Nutrition and exercise are basic maintenance for both a healthy mind and a healthy body. Some common practises to improve physical health are going to gym, running etc. Mental health can be improved by playing games like chess or solving puzzles based on logical reasoning.

“Health is Wealth”

Nalin Goel VI -A

HEALTH AND HAPPINESS

Being healthy is to be emotionally and mentally stable in addition to the possession of a physically fit body. Feeling good about yourself and taking care of your health leads to a happy self image and a positive self esteem. We can maintain a healthy lifestyle by following a few easy and important points.

Maintain a regular exercise routine.

Be conscious of what you eat

Nurture a hobby

Surround yourself with positive thought and positive energy

Believe in yourself

Garima Sharma

IX-C

“Happiness is the meaning and the purpose of life, the whole aim and end of human existence”

Being happy promotes a range of lifestyle habits that are important for overall health. Happy people tend to eat healthier diets, with higher intake of fruits, vegetables and whole grains. Regular physical activity helps build strong bones, increase energy levels, decrease body fat and lower blood pressure. What's more, being happier may also improve sleep habits and practices, which is important for concentration, productivity, exercise performance and maintaining a healthy weight. One study of over 700 adults found that sleep problems, including trouble falling asleep and difficulty staying asleep, were 47% higher in those who reported low levels of positive wellbeing. A healthy immune system is important for overall health. Research has shown that being happier may help keep your immune system stronger.

Ashi bansal
VI-A

Staying fit is not just a mission
It is how we live our daily life.
Avoiding junk is not just a habit
Against diseases it is our healthy strife.

Doing exercise is not just a task
But it'll let our health last.
Being hygienic is not just a routine
It ensures the day's healthy start.

Practicing yoga is not just a custom
It is how we cleanse the soul.
Health is wealth is not just a saying
But every human's ultimate goal.

Tisshya Sharma

IX-D

It is an age old proverb that Healthy mind resides in a healthy body. Health be it mental or physical is prerequisite for living a good and fruitful life. It is not wealth, food or good clothes that makes a person happy but buoyant health together with a strong mind. Only when a person is holistically healthy, he gains the confidence to tackle any problem that comes his way. Thus neither the mind nor the body can be neglected. So, to keep both body and mind healthy we should eat a balanced diet and do exercises. Cooked or raw, orange and sweet carrot are filled with the goodness of vitamin A which will help your eyesight. It is also said that an apple a day keeps the doctor away. Eat healthy, stay fit and make your future hit.

Yashvi Sharma
VI-A

Fitness is beneficial.
Fitness is divine.
All we need is
A little time.

Apart from house chores,
Apart from busy day out.
Get sometime
For little workout.

Not only physical activities
Can make you fit,
But healthy mind
Can increase your wit.

The biggest exercise is
being busy.
It makes you tension free
Even when you are angry.

Let's break free from
The world of laziness and disease
Let's do everything which makes us fit
And live our life with ease.

Pranshi Mittal
VII-A

Do you know that healthy people are those who have a sound sleep? Sound and deep sleep is a perfect mantra of staying fit and strong. Early to bed , early to rise , makes a man truly healthy , wealthy and wise.

Nupur Sehgal
VII-B

Fitness is an essential part of our life. It helps us in maintaining our body. In school, we have many games and sports. We also have yoga classes that help us keep fit and stay calm.

Anshika
VII-C

Our fitness leads to a healthy lifestyle in many different ways. It reduces our body weight, burns calorie , builds up our muscles and keeps us strong. Fitness is a very important part to be followed for leading a healthy life. We can engage in different activities like playing games, running, cycling etc.

Vihaan Gahlot
VII-B

Fitness is not only physical but mental too. Meditation is an evergreen source of mental fitness. It boosts up our minds and makes us think faster and better.

Aryan Gupta
VII-B

If you try to find God with your whole heart, you can find him.....

The same can be said for fitness that it can be found in our smallest actions. All that is needed is a perfect blend of games, quality diet and small tasks like walking, running , jumping etc.

Aditya Kakkar
VII-B

FITNESS

LEADING A HEALTHY LIFESTYLE

Physical fitness is not the only basis of being healthy. Being healthy means being mentally and emotionally fit. Health should be a part of our lifestyle goals. Living a healthy lifestyle can help prevent chronic diseases and long term illness. Feeling good about yourself and taking care of your health are important for self- esteem and self -image. A positive attitude can boost your energy , increase your inner strength and inspire others.

Angel Kansal
VII-A

The word 'fit' is the new hit and this word has hit a lot of people. I am glad that this word has hit me, too. I would like to share my 'fitness mantra' with you (kindly pardon me for considering myself as a fitness guru). Well, you need to drink atleast eight to ten glasses of water daily. Sleep well and never skip a meal. Run, jog and play. Keep your mind relaxed and stress free.

Eva Jha
VII-A

Nowadays, in our busy life schedules we fail to understand that fitness is a way to happy and healthy lifestyles. So, we must practice fitness mantras for 'Fit and delightful lives'. These mantras are – regular exercise, proper and nutritive meals and yoga. A balance of physical and mental wellness will keep away laziness and make us more energetic.

Tejas Arya

A healthy lifestyle means maintaining a balanced and nutritious diet as well as engaging in sports or other fitness related activities. A healthy diet alone, is inadequate, so one should indulge in physical activities that help to keep one in shape and free of sickness and diseases.

Vani Jain
VII-C

To some people, fitness means living an active and healthy life. However, no one talks about mental health. In India, mental health is a big concern if we regard the social attitudes and norms surrounding us. If we ever say we are upset or feeling down, people tell us to “walk it off”, which is like asking a person with fractured leg to “walk it off”. Stress is a huge concern in our busy lifestyle. It affects our diet and eating habits. We tend to sleep less and work more. These habits pose a threat to our happiness and our living. It is important to take and account of our feelings and try to keep ourselves happy. We should avoid over loading ourselves with work. We should take some time out to exercise, meditate, have a healthy diet and spend time with loved ones.

Harshita
VIII-A

FINDING FITNESS

Fitness in school,
is really cool.
In a blink,
Play and think.

Do exactly,
What makes you happy.
You must have creativity,
in your activity.

Day has begun,
Have fun.
Just a run,
is not enough for
everyone.

Do what you like,
not dislike.
Take the sport,
Which is not a
discomfort.

Umika
VIII-B

I hope to keep fit
Healthy and strong
I wanna enjoy life
And live it long.

I wanna do exercise
Atleast once a week
Also be careful
Of what I eat.

At times it will be easy
And at times it will be hard
But I won't stop
Let the sweat drop.

I will cope through the hard times
Then the easy times will come
And every struggle
I will overcome.

All through my life
I will treat my body with respect
Knowing in my life
I lived life to the best!

Anushka Gupta
VIII-B

A famous quote says, "Strength does not come from the physical capacity. It comes from an indomitable will."

A good health is a fuel for carrying out our day-to-day routine. Mental fitness is as essential as the physical fitness. But in the hectic schedule of the 21st century, we have become machines and ignore the lubrication of our system. A human system can only be harnessed to its fullest if it is eligible to carry out all the tasks in a day. One should take good care of their health otherwise the body only becomes a living flesh that depends on the help of others. An unhealthy state of a human cannot be defined as only having a cold and cough or fever but it is also counted for unhealthy if the body is obese, diabetic or has some pain certain parts of the body, for example, joint pains. As Robert Urich has said, "A healthy outside starts from the inside." So, to lead a physically healthy life, it is imperative to ensure the following. Eating fresh vegetables, fruits, consuming fruit juice, fruit salad and boiled food will help to gain physical fitness. Avoiding fried, spicy and oily food is a great move towards a stable health. Ignore junk foods like pizza, burger, soft drinks such as coke and other sugar waters that will give you nothing more than joint pain and diabetes. Even avoid drinking refrigerator water because they highly impact our lungs, throat and teeth rather consume normal water or pot water, it is cool as well as healthy. Regularly practice basic exercise viz. stretching, walking, running and yoga. We live in a world where we value things more than people, work more than family, food more than health and status more than life. We rush after work, money and social status and we forget that we have a life too to take care of. This absurd attitude has ruined our lives and it will continue to do so unless we open up our eyes and see the reality. Dalai Lama has said, "Happiness is the highest form of Health."

Hiya Trehan
VIII-D

FITNESS IN MODERN TIMES

Fitness in a current scenario is a fad. The sole reason young men and women get a fit body is to garner attention on social media. Today, people focus more on physical fitness rather than maintaining a sound coordination between body and mind.

Aashey Goel
XI-D

Fitness is a way of spreading happiness. If a person is fit and healthy, he/she automatically remains happy. Healthier the person, happier he/she is. For fitness, however, healthy diet, exercise and meditation are important

Jiya Bhayana
XI-D

School can incorporate fitness for students by arranging a PT period every day. Exercise sessions should be arranged for students every morning. They should be encouraged to play various sports such as football, cricket, basketball etc. Students should take care of themselves and should engage in some Sport.

Vansh
XI-C

Sitting at home and watching Netflix has become a trend in youth. Well, very few actually take care of fitness. Let's ask how many of us actually go to gym/ walk to keep ourselves fit? Unfortunately, most of us want to be fit for the society, not for ourselves.

Vrinda Sharma
XI-D

Modern problems require modern solutions. So, to keep ourselves fit and fine, we need to do some exercise for it like 12 suryanamskars daily. Only exercise will not work if we don't take proper diet like eating proteins, green vegetables daily.

Aryan Puri
XI-C

Physical fitness is an important aspect of our lives and we have to take care of ourselves. From our early childhood, we adopt a habit to put academics above everything else. There should be certain perks and prizes so that we can engage the students towards their physical fitness.

Ravi Sharma
XI-C

Modern age fitness techniques truly take fitness to another level. The important aspect of these techniques is that they also take care of variety and fun element. In my opinion, most interesting technique would be dancing. This may seem like an old concept but you can be healthy by dancing for a certain time period.

Anuja Aggarwal
XI-D

Fitness has been a lifestyle for many of the people. They have greatly helped us achieve the fitness levels we want or the body we want. These techniques have made fitness easier. One doesn't need to out in the park for a walk or jogging. One can just hop on the treadmill to do the same. Modern fitness machines have made muscle building and cardio easier and more intense.

Diya Sindhvani
XI-C

Fitness should be made a compulsory subject for all students up to class X. And, like all the other subjects, training sessions and fitness tests must be conducted in school. Those who do well must be appreciated and awarded.

Animesh Gupta
XI-A

Fitness is one of the most crucial aspects of life. A fit body leads to a fit mind and a better lifestyle. The first and foremost requirement is setting up of the required infrastructure and fitness coaches to help the students to learn the importance of fitness.

Aryan Jaitley
XI-C

Fitness is a necessity. Everyone should incorporate some of the fitness techniques that are not only modern age but also advance in design. Due to increase in pollution, unhealthy lifestyle, bad eating habits etc, exercise should be a part of our life now. It's high time now that we get serious about our health regime including methods like Power Yoga, Aerobics etc. Zumba, Dance, cross fit etc can be used to boost their metabolism in our body to cope up with our unhealthy eating habits of modern era.

Ateev Goel
XI-C

With the rising Obesity rates all over the world, fitness at school becomes an essential part of education. Sporting infrastructure, regular coaching and healthy food advocacy by schools can initiate a wave of change and regulate healthy bodies and happy minds at schools. De addiction to junk food, regular sessions on prevention of diseases and disciplined exercise routines should be on the daily plans of all schools.

Abhigyan
X-D

The first and foremost requirement is setting up of Gym in the school with trainers and coaches to guide them in their fitness. Along with Gym, the second most important is to make available sports requirements.

Divyansh Singhal
XI-C

Children nowadays are busy in studies or what they refer to as their best friends- mobile phones. They spent hours with it and the remaining hours are spent on studies. It is the school that can break this pattern. This can be done by organizing Inter Class Sports Competition. They can also have the first hour of the day as the time to exercise. Sports teachers should organize sessions of games with smaller groups of people.

Reva Bhasin
XI-C

FITNESS IN SCHOOL

The modern day fitness techniques are not much different from the earlier ones. Healthy diet and disciplined exercises are still the key to a fit self. I wish to warn the present generation of the harmful effects of the protein supplements being sold over the counter in the name of fitness. They may provide instant strength to the body but they ultimately have a very harmful effect in the human liver.

Rahul Gupta
X-A

School is where a student spends his maximum time. We not just learn academics at school but all our sporting values and friendships are sealed in school. The P.T. periods play a crucial role in augmenting fitness at school. Regular sports coaching and stamina build up exercises go a long way in keeping our body fit.

Khushi Bajaj
X-B

In my opinion, Fitness in school comes from the various sports activities we participate in. Sports not just introduce us to physical fitness and greater stamina but it also brings us face to face with inner peace and sense of achievement. The mental fitness that we gain from sports enhances our abilities to think divergently and strategise effectively.

Vishal Singh Rajput
IX-A

Schools should encourage their students to go to coaching and do activities like Yoga etc daily. There should also be various fun filled sports events where students can enjoy themselves while exercising. Also, they should be rewarded if they perform well.

Pragya Bhasin
XI-C

Obesity is increasing at the alarming rate among the students. They just eat, sleep and study with no physical activity. Then what is the purpose of living such a life style? Students are suffering from depression these days which severely affect their mental health. By doing exercise, they can overcome this issue and this helps them to concentrate on their studies.

Shreya Garg
XI-C

Schools are institutions where a student grows and blooms well. The first suggestion I would like to put forward is organizing special Sports events. Another idea is to bring in exclusive sports and fitness activities after school hours. Teachers should try to make students a little comfortable around them so that students can open up. Health and fitness aren't just some simple words; they are an important part of everybody's life.

Sia Dhamija
XI-C

School is the place where everybody learns their first lesson, etiquettes of life and moral values. But one more important lesson should also be taught in school, ie lessons on fitness. There should be fitness camps in school in which every student has to participate. Then it will help students to build a habit of fitness from childhood only. Also, many students, mostly girls don't play anything/ don't do fitness activities as they don't feel comfortable in school dress. Therefore, if school dresses are made more comfortable then it would encourage more students to engage in fitness.

Shivam Jain
XI-C

Is fitness fad or more?
Burn the fat that we bore
Fit or fat you have to choose
Stand up and buckle your shoes
Run a lap and jump a little high
Loose some sweat and don't be shy
Is fitness fad or more?
Burn the fat that we bore

Close your eyes and meditate a while
Yoga is a key to be fit in life.
Pick up a sport, give it a shot.
Use your shoes a long ago bought
Build your body & pick up some weights
Go to gym and don't be late
Is fitness fad or more?
Burn the fat that we bore.

Quit on junk, eat good food
Make a rule that you always stood.
Put up a band and count your steps
Being a fitness freak, it always helps.
Make your thoughts positive and pure
Want to be fit, make this sure.
Is fitness fad or more?
Burn the fat that we bore

Dhriti Khurana
XI C

In this generation or for all generations, fitness is a necessity but it is definitely more cared for due to trend of physical fitness like going to gym for posting pictures on Instagram, going for a run in the morning to show off workout clothes etc. Therefore, necessity or a fad is a very subjective matter. Each person has a different mindset towards keeping themselves fit. They may want to be fit to be a better version of themselves who is healthy or they may want to be fit so that they can post good pictures on social media or flaunt their clothes and body. So, in a nutshell, fitness is a necessity but for some it is just fashion. But it doesn't matter for which goal they want to be fit. I think any motivation which keeps them fit is good for a better healthy society.

Abhiti Chadha
XI D

The new age people whom we call as millennials have made fitness an important issue. Some consider fitness as a necessity and some see it as a trending topic. And in the age of social media taking over, fitness is merely a picture on internet.

Saloni
XI D

Fitness is a way of life. This saying has been used by millions of fitness freaks all around the world to encourage other people to stay fit. But nowadays fitness is largely being perceived as trend rather than a way of life. People are always conscious about their body and health and thus spend a considerable amount of their earnings on maintaining them. But as we all know, nowadays every other practice has been corrupted by social media and the internet. Fitness has now been converted into a trend. People seek fitness only to tone their muscles, make their bellies flat or post gym pictures on social media. In my opinion, the focus should be on fitness for life and not for fitness for popularity.

Harnoor Kaur
XI D

'Fitness is not a destination; it is a way of life'

A healthy mind and soul resides in a healthy body. Mental and physical well being is essential for leading a happy and peaceful life. Fitness has become a craze and many people link fitness with only a buffed up body. Fitness, however, is not just a fad, but has more to it.

One can easily see adolescents and even the grownups go to the gym to have a perfect body. Sometimes, people even take steroids to show that they are physically fit but in the process, they become mentally unfit. Yoga, meditation and aerobics videos on the YouTube have also become trendy but it is quintessential. Our health is not an expense, it is an investment. Investing in healthy food habits and lifestyle, staying positive is a boon.

Khushi Rawat
XI C

FIT OR FAD

Fitness does not mean that girls should have size zero figure and boys should have six pack abs. Fitness means that you should not have any ailments and body weight should be in the range. Bollywood has equated fitness to muscular bodies for males and slimmer bodies for females. Fitness is more than fashion as it has lot more to do with our health. And, in fitness, we keep talking only about physical health. What about our mental health? It is equally necessary to look after mental health. When we suffer from cold and cough, we go to the doctor; therefore, it is natural to go for psychologists when we suffer from anxiety, depression or any other concern. Meditation, laughter therapies, positive thinking etc keep the mind fit too. Physical and mental healths are two important aspects of fitness.

Mehak Gupta
XI-D

Television has created altogether a new definition of fitness. Advertisements, movies etc portray slimness as the ideal model of fitness. But fitness is much more than that. A person who has good immunity system, takes a proper balanced diet, has BMI more than 18 and less than 25, has a proper hip waist ratio and last but not the least, has a mesomorph type body style is considered physically fit. Can a person imagine himself/ herself to be fit physically but not emotionally? To be fit in all spheres is extremely essential. It helps an individual to develop a good personality and be emotionally and mentally stable. Such a person will automatically prove to be an asset for the country and work for its development. FIT INDIA, HIT INDIA

Ishita Gupta
XI-D

In this modern world, the gadgets have forced children to stay indoors. They do not play any outdoor games. Students spend most of their time in front of screens and books. This leaves no time for taking up fitness routines. They are becoming couch potatoes. Schools are second homes of students. They spend 6-7 hours in schools. But why should children only study in schools? The time they spend at schools can be utilized well for studies as well as for sports & fitness. The schools can do so by introducing fitness weeks for students of different classes.

Ria Verma
XI-C

It is foolish to consider fitness as a fad. It brings out the best in each one of us and becomes a motivator of the self. Mechanization and technology has made our lives much easier and hence, a heightened need for a healthy and fit lifestyle.

Varnika Dhyani
X-A



Finding Fitness In School

In my opinion, Fitness in school comes from the various sports activities we participate in. sports not just introduces us to physical fitness and greater stamina but it also brings us face to face with inner peace and sense of achievement. The mental fitness that we gain from sports enhances our abilities to think divergently and strategise effectively.

Vishal Singh Rajput IX - A

Fitness, for most of us, has become a lifestyle. It is important to inculcate this practice at a very early age in children to ensure a healthy nation. Schools must encourage sports activities and healthy competitions to keep the sporting spirit alive. These sports activities inculcate a competitive mindset and nurtures common fitness goals. Swimming, skipping and all the track sports are effective cardio exercises to keep the heart and mind healthy and happy.

Aditi Pandey IX - C

“In a fit body resides a healthy mind”. It has been scientifically proven that a physically fit student performs well in academics too. He ends up learning the value of teamwork, sportsman spirit and friendships the easy way. Schools, thus, become the microcosmic birth place of all kinds of fitness.

Kashvi Arora IX - D

I believe, that being a Vegan can be very helpful for both the mankind and the environment. Along with our daily exercise regimes, healthy diet makes for a healthy lifestyle. The real challenge seems to lie in keeping oneself mentally healthy and sane. With our fast paced lives and self consuming schedules, a simple failure or ignorance seems to wreck the smooth sailing of our lives. This isn't the way its meant to be. A little chat over the phone, a tit tat over coffee and a heart pour to a friend are sure to keep you mentally healthy and far from depression.

Hitee Bhardwaj IX - A


A person is considered healthy if he is mentally, socially and physically fit. According to me, Exercising, healthy eating and a sound sleep are the prerequisites of a healthy person. A good posture often becomes the reflection of the body's health. We must strive to keep all sort of diseases at bay and lead a happy and fulfilling life.


Advika Jain IX - D

Being healthy is to be emotionally and mentally stable in addition to the possession of a physically fit body. Feeling good about yourself and taking care of your health lead to a happy self image and a positive self esteem. We can maintain a healthy lifestyle by following a few easy and important points.

- Maintain a regular exercise routine.
- Be conscious of what you eat
- Nurture a hobby
- Surround yourself with positive thought and positive energy.
- Believe in yourself

Garima Sharma IX - C





Staying fit is not just a mission
It is how we live our daily life.
Avoiding junk is not just a habit
Against diseases it is our healthy strife.

Doing exercise is not just a task
But it'll let our health last.
Being hygienic is not just a routine
It ensures the day's healthy start.

Practicing yoga is not just a custom
It is how we cleanse the soul.
Health is wealth is not just a saying
But every human's ultimate goal.

Tisshya Sharma IX - D

With the rising Obesity rates all over the world, fitness at school becomes an essential part of education. Sporting infrastructure, regular coaching and healthy food advocacy by schools can initiate a wave of change and regulate healthy bodies and happy minds at schools. De addiction to junk food, regular sessions on prevention of diseases and disciplined exercise routines should be on the daily plans of all schools.

Abhigyan X - D

Physical fitness and mental fitness go hand in hand, hence, exercising the body and provocation of intellectual discussions stimulates best kind of fitness.

Ekta Arora IX - D

I believe, fitness is more than a fad. It is a way of life. It provides happiness to the soul and helps people become better human beings. A fit body and mind enhance confidence and spread joy.

Swasti Jain X - A

It is foolish to consider fitness as a fad. It brings out the best in each one of us and becomes a motivator of the self. Mechanization and technology has made our lives much easier and hence, a heightened need for a healthy and fit lifestyle.

Varnika Dhyani X - A

It is foolish to consider fitness as a fad. It brings out the best in each one of us and becomes a motivator of the self. Mechanization and technology has made our lives much easier and hence, a heightened need for a healthy and fit lifestyle.

Varnika Dhyani X - A

MODERN DAY FITNESS TECHNIQUES

The modern day fitness techniques are not much different from the earlier ones. Healthy diet and disciplined exercises are still the key to a fit self. I wish to warn the present generation of the harmful effects of the protein supplements being sold over the counter in the name of fitness. They may provide instant strength to the body but they ultimately have a very harmful effect in the human liver.

Rahul Gupta X - A

HOW CAN SCHOOLS INCORPORATE FITNESS FOR STUDENTS

School is where a student spends his maximum time. We not just learn academics at school but all our sporting values and friendships are sealed in school. The P.T. periods play a crucial role in augmenting fitness at school. Regular sports coachings and stamina build up exercises go a long way in keeping our body fit.

Khushi Bajaj X - B



Inter House Class Competition

NAME OF THE COMPETITION	HELD ON	NAMES OF PARTICIPANTS	RESULTS
PRIMARY DEPARTMENT			
EXPRESSIVE HANDS (Students bought two gloves/ hand puppets made of eco-friendly material and presented a dialogue with voice modulation on any of the fairy tale character or cartoon character)	09.05.2019	100% PARTICIPATION FROM CLASS III	BEST 5 ENTRIES PER SECTION
DOHA VACHAN (4 students from each house recited 2 dohas of Rahim/Kabir and explained their meanings)	15.07.2019	MOTHER TERESA HOUSE Atharv Rawat III D Ayush Aggarwal III C Chhavi Gupta IV E Lavanya Kumar IV B	I
		JAWAHAR HOUSE Eshanya Sethi-III C Kalkin Bansal-III C Dhriti Sapra-IV A Kush-IV A	II
		ASHOKA HOUSE Ananya Mishra IVC Lovika Verma IV C Prithish Malhotra III E Yatharth Verma III D	III
KAHO KAHANI (The students narrated a story from Indian Mythology. They were dressed up according to the theme of the story/any character of the story)	12.07.2019	3 students from Class I and 3 students from Class II	CLASS I I MOTHER TERESA HOUSE II ABHIMANYU HOUSE III SHIVAJI HOUSE BEST COSTUME MOTHER TERESA HOUSE

			CLASS II I SHIVAJI HOUSE II JAWAHAR HOUSE III ASHOKA HOUSE CONSOLATION ABHIMANYU AND JAWAHAR HOUSE
TANGRAM TREAT Poster Making on Sustainable Future - Digital India	31.7.2019	CLASS V (100% PARTICIPATION : Students worked in groups)	Certificates of Appreciation were given to 3 best groups per section
CULTURAL EXPLORICA (ISA ACTIVITY) Countries covered ≡ Japan ≡ Morocco ≡ India ≡ Spain ≡ New Zealand	20.8.2019	Tanush Malhotra- IB Lovish Nagpal-IB Lavisha Sethi-IA Samarth Goel-IC Sharbya Banerjee-IA Harshit Jain-IE	I II III CONSOLATION BEST PROPS
CULTURAL EXPLORICA (ISA ACTIVITY) Countries covered ≡ Japan ≡ Morocco ≡ India ≡ Spain ≡ New Zealand	23.08.19	Nysa Suri II B Kashvi Kamboj II E Pratyaksh Bansal II E Samaira Grover II E Aadya Arora II A Parisha Khanna II C Naisha Gidwani II A	I II III BEST WALK BEST CONTENT CREATIVE COSTUME ATTRACTIVE ATTIRE
KAVYEMANCHAN The students recited a poem in Hindi on following themes: Class I- India my motherland Class II- Nature	06.09.19	CLASSES I AND II (100% participation)	5 best entries were awarded Certificates of Appreciation

FACE OFF : BATTLE OF WITS A conversation between two famous personalities using wit, humour and creativity.	28.8.19	<u>ABHIMANYU HOUSE</u> Ishita Singhal V D Vansh Gupta V A	I
		<u>SHIVAJI HOUSE</u> Ananya Gandhi V D Yuvaan Gupta V A	II
		<u>JAWAHAR HOUSE</u> Shivaan Kapoor VC Sukriti Kalra V D	III
		Kanav Jain V A Tanvi V C Laksh Bansal V B	Best Costume Best Speaker Best in Disguise
KNOW THY COUNTRY A quiz was based on general awareness and current affairs	1.11.19	JAWAHAR HOUSE Arnav Bhatia II D Aneisha Bansal II D Pratyush Pushkarna – II A	I
		MOTHER TERESA HOUSE Arnav Narain II D Vardaan Khanna II D Ishaan Tiwari II D	II
		SHIVAJI HOUSE Raavi Singhal II C Gaurika Mendiratta II C Dia Kohli II C	III
MIDDLE AND SENIOR DEPARTMENT			
SNAP AND SHARE	13.05.2019	ASHOKA HOUSE Yuvi Jain X A Sanaa Najam X C	I
		ABHIMANYU HOUSE Shreyansh Garg IX B Mili Aggarwal X C	II
		JAWAHAR HOUSE Deepti Singh X B Vibhuti Chhabra X B	

		SHASTRI HOUSE Eishika Kochhar X B Bhaskar Malik X B	III
		SHIVAJI HOUSE Pihu Gupta IX D Nandini Jain IX A	III
PRODUCT CREATION	01.05.2019	ABHIMANYU HOUSE Mokshit Dahiya VII A Ameya Narang VIA	I
		SHASTRI HOUSE Anushka VII D Anushka Gupta VIII B	II
		SHIVAJI HOUSE Hiya Gandhi Hitu Khanna	III
ECONOMIC DELIBERATION	03.05.2019	ABHIMANYU HOUSE Shirin Bhat XI B Abhiti Chadha XI D	I
		MOTHER TERESA HOUSE Kaveri XII D Jiya Jagya XI D	II
		SHASTRI HOUSE Riya Chadha XI B Ishika Sehgal XII D	III
SCRATCH STORY	09.08.2019	<u>JAWAHAR HOUSE</u> Daksh Singhal VIII A Samyak Sharma VI B	I
		<u>ASHOKA HOUSE</u> Aryan Taneja VII C Nupur Sehgal VII B	II
		<u>MOTHER TERESA</u> Ritisha Kathuria VIII A Divit Verma VI A'	III
THEATRE FEST	23.08.2019	<u>ASHOKA HOUSE</u> Varnika X A Jiya XI D Saksham XI C Kavyansh Sinha IX B Arnav Goel IX B Khushi Jain X A	I

		<u>ABHIMANYU HOUSE</u> Ananya Kohli IX B Hiral Yadav IX B Rudra Pratap Singh IX B Manavendra IX D Kashvi Arora IX D Aaditya Gupta IX D <u>JAWAHAR HOUSE</u> Vardaan Vig IX B Diyuti Jain IX B Pragya Vats IX A Manasvin X C Sia Juneja X D VanshikaJhakar X D	II
		<u>MOTHER TERESA HOUSE</u> Lagan Singh Tomar XI B Vritti Garg IX A Lavanya Sharma IX A Jagjit Chowdhry IX A Kanav Jain XI B Tanishka Gupta XI A	III
ISA ACTIVITY (MONUMENTS SPEAK)	30.08.2019	<u>MOTHER TERESA HOUSE</u> Ritisha Kathuria VIII A Arshiya Goyal VIII A	I
		<u>ABHIMANYU HOUSE</u> Ameya Narang VI A Mokshit Dahiya VII A	II
		<u>SHASTRI HOUSE</u> Ujjwal Gupta VIII D Anushka Gupta VIII B	III
GROUP DISCUSSION	1.11.2019	<u>SHASTRI HOUSE</u> Raavi Khurana VIII A Anushka Gupta VIII B	

(CLASSES IX-X)		Mishti Gupta VIII B Ashmita Dua VIII C Ujjwal Gupta VIIID Jinisha Jain VIII B	I
		<u>MOTHER TERESA HOUSE</u> Vritti Aggarwal VII A Anika Naherwa VII A Manthan Aggarwal VI A Avishi Garg VI D Arshiya Goyal VIII A Sanah Kapoor VIII A	II
		<u>JAWAHAR HOUSE</u> Nandini Jain VIII D Parth Mittal VI A Kashvi Arora VI B Angel Kansal VII A Sanskriti Yadav VIII B Bhavya Garg VII B	III
GROUP DISCUSSION	1.11.2019	<u>ABHIMANYU HOUSE</u> Arushi Polamraju IX B Kashvi Arora IX D Hiral Yadav IX B Ananya Kohli IX B	I
		<u>JAWAHAR HOUSE</u> Diyuti Jain IX B Dhritee Tayal IX A Sandeep Sagar IX C Vrinda Gupta IX B Lakshita Sharma IX C	II
		<u>ASHOKA HOUSE</u> Sai Khandelwal IX A Akshat Sharma IX A Avni Garg IX A Hitee Bhardwaj IX A Kavyansh Sinha IX B	III
MATHS COMICS	8.11.2019	<u>ASHOKA HOUSE</u> Tejal Goyal VIII B Shruti VIII D	I
		<u>MOTHER TERESA HOUSE</u> Aadya Chauhan VIII A Vedanshi Rana VIII A	II

		<u>SHIVAJI HOUSE</u> Hiya Gandhi VIII A Nitya Singla VII D	III
SYMPHONIES OF MATHEMATICS	2.12.2019	<u>JAWAHAR HOUSE</u> Shishir Garg XI A Kartik Sharma XI A Dhriti Khurana XI C Sia Dhamija XI C	I
		<u>SHIVAJI HOUSE</u> Janiea Khera XI C Anuja Aggarwal XI D Bhanuja Bhardwaj XI A Urvi Sachdeva XI C	II
		<u>SHASTRI HOUSE</u> Shreya Garg XI C Mridul Garg XI C Arihant Bansal XI C VanshDudeja XI C Prajwal Yadav XI D	III
RUBE GOLDBERG MACHINE	6.12.2019	<u>SHIVAJI HOUSE</u> Deepak Bhageshwar XI A Bhavya Bhatia XI A Kunal Taheja XI A Harshit Chandra XI A	I
		<u>SHASTRI HOUSE</u> Sarthak Saini XI B Titiksha Sharma XI B Arihant Bansal XI C	II
		<u>MOTHER TERESA HOUSE</u> Shantanu Chindra XI B Niharika Sharma XI B	III
GREAT TEACHERS	13.12.2019	<u>ASHOKA HOUSE</u> Jasleen Kaur XI D Vinayak Khandelwal XI C	I
		<u>ABHIMANYU HOUSE</u> Aneisha XI D Abhiti Chadha XI D <u>MOTHER TERESA HOUSE</u> Saloni Sehgal XI D Mayank Rohila XI B	II

MATHS GRAFFITI	21.12.20	<u>SHASTRI HOUSE</u> Poonji Thakkar IX B Manya Mittal IX B Manya Handa IX D Kritika Gautam IX D	I
		<u>MOTHER TERESA HOUSE</u> Manan Jain IX B Krishaa Rana IX B Anushka Satyarthi IX B Shreya Goel IX C	II
		<u>ABHIMANYU HOUSE</u> Arushi Polamraju IX B Abhigya Anand IX B Ananya Kohli IX B Hiral Yadav IX B	III
SCIENCE DRAMA	17.1.19	<u>JAWAHAR HOUSE</u> Vanshdeep Singh VII A Angel Kansal VII A Vidisha Garg VIII A Vania Vaish VIII A Samyak Sharma VI B Parth Mittal VI A Kashvi Arora VI B	I
		<u>SHIVAJI HOUSE</u> Hiya Gandhi VIII A Nysa Gulati VIII A Arjun Malik VIII A Rishik Pahwa VIIIA Manasvi Chawla VI B Rishita Mahra VI B Pranshi Mittal VII B	II
		<u>ABHIMANYU HOUSE</u> Aditya Kakkar VII B Hiya Trehan VIII D Nirvani Saini VIII D Arshiya Gulati VI A Ameyao Naarang VI A Soumil Aggarwal VII A	III

SCIENCE FUNTASIA	24.1.20	<u>ABHIMANYU HOUSE</u> Arushi Polamraju IX B Kashvi Arora IX D Hiral Yadav IX B Ananya Kohli IX B	I
		<u>JAWAHAR HOUSE</u> Diyuti Jain IX B Dhritee Tayal IX A Sandeep Sagar IX C Vrinda Gupta IX B Lakshita Sharma IX C	II
		<u>ASHOKA HOUSE</u> Sai Khandelwal IX A Akshat Sharma IX A Avni Garg IX A Hitee Bhardwaj IX A Kavyansh Sinha IX B	III
MUN	31.1.20	<u>ASHOKA HOUSE</u> Akshat Sharma IX A Varnika Dhyani X A Khushi Jain X A	Best Delegate Special Mention Special Mention
		<u>SHASTRI HOUSE</u> Vrinda Sharma XID Samidha Kalra IXD	High Commendation Special Mention
		<u>ABHIMANYU HOUSE</u> Abhiti Chadha XI D Vani Makan IX D	Special Mention Special Mention

ATHLETIC

Event/Venue	Date	Name of the participant	Categ.	Result
Delhi State Athletic meet 2019 organised by Athletic Federation of India held at Jawahar Lal Nehru stadium, Delhi	02.08.19 to 05.08.19	Bhavi Wahi IX C	U 17 Girls	BRONZE Long Jump
Summer Athletic Meet 2019 organised by DOE held at Chhatrasaal Stadium, Delhi	21.08.19 & 22.08.19		U 17 Girls	GOLD Long Jump
Zonal Athletic Meet 2019 Organized by DOE held at Kanjhawala Stadium, Delhi	27.08.19 to 30.08.19	Bhavi Wahi IX C	U 17 Girls	GOLD Long Jump
		Shivansh V. XII D	U 19 Boys	GOLD Sprint Race 100mts
				GOLD Sprint Race 200mts
				GOLD Sprint Race 400mts.
			U 19	BRONZE Shotput
		Sidharth Thapar XI A	Boys	
CBSE Athletic Meet 2019 Organized by CBSE held at Chhatrasaal Stadium, Delhi	14.10.19 & 15.10.19	Bhavi Wahi IX B	U 14 Girls	SILVER Long Jump
		Shivansh V. XII D	U 19 Boys	SILVER 400mts.

Bhavi Wahi & Shivansh have been selected for CBSE National to be held at Raipur in November 2019

BADMINTON

Event/Venue	Date	Name of the participant	Categ.	Result
DDA INVITATIONAL BADMINTON TOURNAMENT 2019 held at DDA Sports Complex Rohini	23.04.19	Ananya Thakran XID	U-17 Girls	II Position
Gurukul Sub Junior Tournament 2019 Venue: V Club Gurugram	6.7.19 to 7.7.19	Tuhina Sharma VIII B	U 14	Silver

Games & Sports

BASKETBALL

Event/Venue	Date	Name of the participant	Categ.	Result
Zonal Basketball Competition 2019	19.08.19	Girls Team	U 14	SILVER
Organized by DOE held at V.S.P.K. School, Rohini, Delhi	& 21.08.19	Girls Team	U 17	BRONZE

CHESS

Event/Venue	Date	Name of the participant	Categ.	Result
Open School Chess Tournament 2019 Held at, DPSG Sushant Lok Gurugram	2.2.19 & 3.2.19	Abeer Manchanda VC	U 13	I
Abeer's FIDE Rating is 1349 (2019-20)				
Chess Zonal Competition 2019 Venue: Mount Abu School Sector 5, Rohini	10.07.19 to 12.07.19	Abeer Manchanda	Boys U-14	Gold
		Hemakshi Prasad	Girls U 17	Bronze
CBSE Chess tournament 2019 Organized by CBSE held at Prudence Public School, Ashok Vihar	16.09.19 & 19.09.19	Abeer Manchanda VIA	U 14 Boys	GOLD Board prize
		<u>Team</u> Abeer Manchanda VIA Rahul Aggarwal VI A Ashu Aggarwal VII D Manan Bansal VII D	Boys Team	BRONZE
Abeer Manchanda with boys team participated in SGFI Nationals Chess Tournament held from 09 to 12 November 2019				
Delhi State Shri Rajkumar Memorial Chess Championship 2019 organized by Delhi Chess Association held at	01.12.19 to 04.12.19	<u>Boys Team</u> Abeer Manchanda VI A Rahul Agarwal VI A Anshu Agarwal VII D Manan Bansal VII D	U-14 Boys	IX

CRICKET

- Naman Wasan of XII C U-19 played SGFI organized by DOE held at Bharat Nagar Stadium, Delhi on 02 to 05 January 2020. The team won the first position.
- Naman Wasan of XII C & Rishabh Rana of XI C participated in U-19 DDCA held at Green Park Stadium, Kanpur on 12 & 13 January 2020.

FOOTBALL

Event/Venue	Date	Name of the participant	Categ.	Result
Zonal Football Competition 2019 organised by DOE held at Heritage School, Sector 23, Rohini, Delhi	21.10.19 & 24.10.19	Boys Team	U 17	III

GYNASTICS

Event/Venue	Date	Name of the participant	Categ	Result
59th Delhi State Gymnastics Championship 2019 organized by School Games Federation held at Indira Gandhi Stadium (ITO)	29.01.20 to 02.02.20	Prakshi Mittal II-E Litsa Deswal II-B Chehak Jain III- A Ananya Gupta III-D	U 14 Girls	III

SQUASH

Event/Venue	Date	Name of the participant	Categ.	Result
Pune Junior / Senior Squash Championship 2019	1.2.19 to 6.2.19	Nandini Jain VIII D	U-13	III Cash prize Rs. 3400/-
Century Bengaluru Squash open 2019 organised by Squash Association Bengaluru held at Bengaluru	19.01.19 to 23.01.19	Nandini Jain VIII D	U-13	III Cash prize Rs. 3400/-

**Yuvansh, IV B secured Gold medal in 6 Invitational Inter School Squash Championship held at Pathways Noida from 24 to 26 April 2019.
He also secured III position in DDA Squash Championship held at Sirifort New Delhi on 26 June 2019.**

- **She got two Gold medals (U-13, U-15) in 6th invitational Inter School Squash Championship held at Pathways Noida from 24 to 26 April 2019.**

Rajasthan Squash Classic Championship 2019 organized by SRFI held at SMS Stadium, Jaipur	21.09.19 to 24.09.19	Nandini Jain VIII D Yuvaansh Jain IV B	U-14 Girls U 12 Boys	I VI
HCL India Junior Squash Open 2019 organized by SRFI held at Jaypee Sports Complex, Noida	16.08.19 to 31.08.19	Nandini Jain VIII D Yuvaansh Jain IV B	U 15 Girls U-10 Boys	III Participation
1st Western Slam Junior & Senior Maharashtra State Open Squash Tournament 2019 organized by SRFI held at Mumbai	15.08.19 to 20.08.19	Nandini Jain VIII D	U 15 Girls	III
Delhi State Closed Squash Championship 2019 organized by Squash Association held at Gymkhana, Delhi	11.09.19 to 17.09.19	Yuvaansh Jain	U 12 Boys	II

ROPE SKIPPING

Event/Venue	Date	Name of the participant	Categ.	Result
Double Dutch Contest 2019 organised by Jump Rope Association, Delhi held at Bal Bharati Public School, Dwarka	19.01.19	Prisha VI B	U-14	Gold
		Nirvani VII D	Girls	
		Avani VII A	Double Dutch Speed	
		Prisha VI B	U-14	
		Nirvani VII D	Girls	Silver
		Avani VII A	Double Dutch Free	
		Khushi VII D	Style	
		Ameya V B	U-11	

		<p>Bhumika V B</p> <p>Saaj VI B</p> <p>ShagunDua III E</p> <p>Sandeep VIII D</p> <p>Srijan VIII D</p>	<p>Girls</p> <p>Double Dutch Speed</p> <p>U-14</p> <p>Boys</p> <p>Double Dutch Speed</p>	<p>Bronze</p> <p>Gold</p>
		<p>Tarunya VII D</p> <p>Sukrit V D</p> <p>Shubham III B</p> <p>Virat IV C</p> <p>Sukrit V D</p> <p>Shubham III B</p> <p>Virat IV C</p> <p>Abhay III A</p>	<p>Relay</p> <p>U-11</p> <p>Boys</p> <p>Double Dutch Speed</p> <p>U-11</p> <p>Boys</p> <p>Double Dutch FreeStyle</p>	<p>Gold</p> <p>Silver</p>
<p>Double Dutch contest India 2019 vol-6</p> <p>Rope skipping federation of India held at Balwant Ray Mehta Public School, East of kailash Delhi</p>	07.04.19	<p>Prisha VII B</p> <p>Nirvani VIII D</p> <p>Avani VIII A</p> <p>Ameya V B</p> <p>Bhumika V B</p> <p>Saaj VI B</p> <p>Shagun Dua IIIE</p>	<p>U-14 Girls Double Dutch Speed</p> <p>U-11 Girls Double Dutch Speed, Double Dutch Fusion (Freestyle)</p>	<p>SILVER</p> <p>SILVER</p> <p>SILVER</p>

		<p>Tarunya Jain IX D</p> <p>Srijan Kumar IX D</p> <p>Sandeep S. IX D</p> <p>Sukrit S. VI C</p> <p>Virat G. V C</p> <p>Shubham S. IV B</p> <p>Abhey Nain IV C</p>	<p>U-14</p> <p>Boys</p> <p>Double Dutch Speed</p> <p>U-11</p> <p>Boys</p> <p>Double Dutch Fusion (Freestyle),</p> <p>Double Dutch Speed</p>	<p>GOLD</p> <p>GOLD</p> <p>BRONZE</p>
13th Delhi State Rope Skipping Championship 2019 organized by Jump Rope Association Delhi held at Maharaja Agrasen Institute of Technology, Rohini	29.08.19 & 30.08.19	<p>Sukrit Sindhu VI A</p> <p>Virat Gupta V C</p> <p>Aryan Agarwal VII B</p> <p>Shubham Sehgal V A</p> <p>Sandeep Sagar IX C</p> <p>Tarunya Jain IX C</p> <p>Srijan Kumar IX C</p> <p>Pragyat Gurha VIII C</p> <p>Virat Gupta V C</p>	<p>U 11 Boys</p> <p>U 17 Boys</p> <p>Individual Boy</p>	<p>GOLD</p> <p>GOLD</p> <p>GOLD</p>
13th Delhi State Rope Skipping Championship 2019 organized by Jump Rope Association Delhi held at Maharaja Agrasen Institute of Technology, Rohini	29.08.19 & 30.08.19	<p>Prisha Tyagi VII B</p> <p>Nirvani Saini VIII D</p> <p>Khushi Nain VIII D</p> <p>Avni Sehgal VIII A</p> <p>Saaj Prashar VII B</p> <p>Bhumika Singh VII B</p> <p>Shagun Dua IV C</p> <p>Ameya Narang VI A</p> <p>Prisha Tyagi VII B</p> <p>Nirvani Saini VIII D</p> <p>Shagun Dua IV C</p> <p>Bhumika Singh VII B</p> <p>Saaj Prashar VII B</p>	<p>U 14 Girls</p> <p>U 11 Girls</p> <p><u>Girls Categ.</u></p> <p>U 14 Individual</p> <p>U 14 Individual</p> <p>U 11 Individual</p> <p>U 11 Individual</p> <p>U 11 Individual</p>	<p>GOLD</p> <p>GOLD</p> <p>SILVER</p> <p>GOLD</p> <p>GOLD</p> <p>SILVER</p> <p>GOLD</p>

SQAY MARTIAL ART

Event/Venue	Date	Name of the participant	Categ.	Result
Sqay Martial Art Zonal Competition 2019 held at SKV Prashant Vihar, Rohini	15.07.19	Saloni Tandon XII D	U-19	Silver
	to			
	16.07.19	Anushka Tanwar XII D		Bronze
		Ojal XII D		Bronze

SWIMMING

Event/Venue	Date	Name of participant	Categ.	Result
7th Baba Gangnath Swimming Championship 2019 held at Dr. S.P.M. Swimming Pool Complex, New Delhi 36 th Sub Jr. National Aquatic Championship 2019 held at Rajkot, Gujrat	19.05.19	Aryan Choudhary I E	U-06	Silver (Free Style)
				Bronze (Breast stroke)
	26.06.19 to 30.06.19	Prakriti Dhaiya VI C	U 12	Silver (Breast stroke)
Swimming CBSE Central Zone Aquatic meet 2019 Organised by CBSE held at Mother Divine, Rohini	28.09.19 to 30.09.19	Pakirti Dahiya VI A	U 14 Girls	GOLD 50mts. Breaststroke GOLD Individual Medley SILVER 50mts. Freestyle
		<u>Girls Team</u> Pakriti Dahiya VI A Tanya VI B Aadya Singh IV B Aniesha Bansal III D	U 14	BRONZE 4X50mts. Medley Relay
		Harsh Kajala IX D	U 17 Boys	SILVER 50mts. Breaststroke

TABLE TENNIS

Event/Venue	Date	Name of the participant	Categ.	Result
15th Ramjas Table Tennis tournament 2019 organised by Ramjas school held at Ramjas Public school Anand Parvat	22.04.19 to 29.04.19	Shubham Sehgal IV B	U10	III
		Kalkin Bansal III C	Boys	
		Parv III D		
		Agrima Jain III D	U 8	I
		Vihaan Gupta III D	Tiny tots	
		Advit Gupta III D		
		Stuti Goel IV D	U 10	II
		Diya Goel IV D	Girls team A	
		Yashvi Bhatt III D		
		Ovi Sachdeva III D	U 10	III
Indian Oil Delhi State Ranking Table Tennis Tournament 2019 Ping pong Academy Venue: Arya Samaj Mandir old Rajinder Nagar	27.04.19 to 30.04.19	Diya Goel IV B	U-10 Girls	III
BOSCO DELHI STATE TABLE TENNIS RANKING TOURNAMENT 2019 org. by DTTA (South West) & (New Delhi) held at Bosco Public School, Paschim vihar.	9.04.19 to 22.04.19	Kashvi Bansal IV D	U 10 Girls	III

Table Tennis Zonal Competition 2019 held at Sarvodya Kanya Vidyalaya, Prashant Vihar Delhi	10.07.19 to 11.07.19	Nupur Sehgal VII B Taruni Singh VII A Sharanya Rohtagi VII C	U-14	I
		Avni Dabas VII A Palak Rathore VII B Dhriti Khurana XI C	U-17	II
		Sabhya Gupta XI D Shriya Vohra XII C Arya Raina XII B Sonal Vats XI B	U-19	I
CBSE Table Tennis Tournament 2019 organized by CBSE held at Mount Carmel School, Dwarka.	03.10.19 & 07.10.19	Girls Team	U-14	III
		Girls Team	U 17	III
RL Chopra Memorial Inter School Table Tennis Tournament 2019 organised by New Era held at New Era Public School, Mayapuri, Delhi	31.07.19 to 03.08.19	Girls Team	U 15	I
		Girls Team – A	U 10	II
		Girls Team – B	U 10	III
		Girls Team	U 12	III
		Boys Team	U 10	III
Maharaja Agrasen Institute organized by Delhi Table Tennis Association held at Maharaja Agrasen college, Sector-22, Rohini	16.01.20 & 17.01.20	Sabhya Gupta XI D	U-19 Girls	Gold
		Nupur Sehgal VII B Sabhya Gupta XI	U-17 Girls	Gold
		Palak Rathore VII B Nupur Sehgal VII B	U-15 Girls	Gold
		Avnidabas VII A Taruni Singh VII A	U-15 Girls	Silver
		Sabhya Gupta XI D Taruni Singh VII A Avnidabas VII A	U-15 Girls	Silver
Zonal TAEKWONDO Competition 2019 organized by DOE held at RPVV Sector-11, Rohini	22.07.19	Tanisha Gupta IX A	U 17 Girls	SILVER
CBSE Central Zone Taekwondo Championship 2019 organized by CBSE held at Gyan Mandir School, Naraina	24.09.19 to 27.09.19	Kartik Panwar XI B	U-19 Boys	Bronze
Republic Cup Open National Taekwondo Championship 2020 organized by Delhi Taekwondo Association held at Talkatora Indoor Stadium, Delhi	27.01.20	Sayansh Mehra IV D	U 12 boys	SILVER

VOLLEYBALL

Event/Venue	Date	Name of the participant	Categ.	Result
Zonal Volleyball Competition 2019 organized by DOE held Vidya Bharti Public School, Rohini	19.08.19 to 23.08.19	Girls Team	U 17	I
		Girls Team	U 19	III
CBSE Cluster XX Volleyball tournament 2019 organised by CBSE held at Salwan Public School, Mayur Vihar	14.10.19 to 18.10.19	Girls Team	U-17	III
Interschool Volleyball tournament 2019 organised by Adharshilla Vidyapeeth held at Adharshilla Vidyapeeth, Pitampura	21.09.19 to 23.09.19	Girls Team	U-17	III

YOGA

Event/Venue	Date	Name of the participant	Categ.	Result
Delhi State Yoga Competition 2019 organised by Delhi Krida & Adharshilla held at Prudence Public School, Ashok Vihar	10.10.19	Bhoomi V C	Team	III
		Samridhi V C	U 10	
		Tanvi V C		
		Reet VII D	Team	III
		Shreya VIII B	U 14	
Zonal Yoga Competition 2019 organized by DOE held at RPVV Sector-11, Rohini	31.07.19	Divyanshi VI B	U 14 Girls	SILVER
		Shreya VIII B	U 14 Girls	BRONZE

Inter School Competition

Competition Detail /Date Hosted by	Name of the participants With class/ section	Position/ Result
Columbia Foundation School On the Spot painting Competition 11.04.2019		
	Vanshika Bhatt VI D	I
	Bhavya Babbar II A	II
	Shreya Chhabra X B	III
	Vedita VI A	III
Expressions 2019 25.4.19 and 26.4.19 BBPS Brij Vihar		
You are What You Eat (cooking without fire)	Shivaan Kapoor V C Ananya Soni V A	II
Girl Power (Aesop's fable enactment)	Naisha Gidwani II A Navya Miglani II A Nyasa Suri II B Prithish Malhotra III C Ananya III E	III
Scrap to Science (working model using waste material) Koduz!	Hiya Trehan VIII A Soumil Aggarwal VII A Jagrit Sachdev VI A	II
(Develop a game using Microsoft Kodu Game)	Arpit Goyal IX C Gautam Gupta IX C	II
Food Craft (Eat Wisely- cooking without fire)	Ameyao Naarang VI A Manthan Aggarwal VI A	I
Saturnalia 2019 26.4.19 St Margaret School, Rohini		
Designing Math-O- Attire	Shreya Chhabra XB Soumya Rawat X B	II
(28 SCHOOLS PARTICIPATED)		

Zest 2019 27.4.19 Vikas Bharti School , Rohini		
Auteuriz (Quiz on authors and poets)	Kashvi Arora IX D Vani Makan IX D	II (35 SCHOOLS PARTICIAPTED)
Pulse 2019 08.05.19 to 10.05.19 BBPS GANGARAM		
Sursangam (Bilingual Folk Duet)	Yajat Sharma III D Akshita Arora III C	III
Mathematical Mosaic	Mishti Gupta VIII B Bhavya Garg VII B Vanshika Bhatt VI C	I
Kaushalam-Yogasana (Yoga Competition)	Yana Gupta VIII D Riya Johari IX B	III
Innovative Sculptures	Aksh Garg XII D Ujjwal XII D	I
PHI Talks- Declamation	Bhavya Bhatia XI A Gautam Gupta XI A	III
Mohan se Mahatma Tak (A theatrical presentation)	Nysa Gulati VIII A Aditya Kakkar VII B Vania Vaish VIII A Ritisha Kathuria VIII A Manya Hora VIII A Siya Solanki VI B	I
Sociotisement- Adverisement with a social cause	Manthan Aggarwal VI A Riddhima Mahra VI B Rishita Mahra VI B Ameyao Naarang VI A Nysa Gulati VIII A	III
ATL – Line Follower Robot	Tanish Batra XA Arnav Kumar X C	III
BBPS RH BAGGED THE ROLLING TROPHY		
ABHIVYAKTI-2019 07.05.2019- 10.05.2019 Gyan Mandir Public School, Nariana Vihar		
Recitaziano Rhyme Recitation	Inayat Grover PP-F	SPECIAL PRIZE
Novella Innova Story Dramatization with Puppets	Hanvika Dewan PP-B Samara Kaur Kohli PP-B Rishika Jasra PP F Lavanya Kohli PP F	I

Kissa Goi (Art of Story Telling)	Srishti Yadav VI D Janya Bhasin VI D Myra Arora VI B Riddhima Mahra VI B Nupur Sehgal VII B Manthan Aggarwal VI A	II
Smarnika (Design a cloth/jute bag)	Hiya Trehan VIII D Aru Dabas VIII D	I
Brain 'o' Innovatia (Innovative model/exhibit)	Divyansh Bansal X D Shashwat Jain X D	III
Khel Khel Mein (Design a game)	Poonji Thakkar IX B Anushka IX B	III
Creativity Challenge (Logo Designing)	Nandini Jain VIII D Hiya Trehan VIII D	II
Start Up India/ Stand Up India(Start an Idea)	Naman Singhal XI C	I (35 SCHOOLS PARTICIPATED)
Artcozy –Fine Art Solutions 19.05.2019 Swarnjayanti Park , Rohini		
On the Spot Painting Competition	Dyuti Jain IX B	I
	Shruti VIII D	III
	Vanshika VI D	I
	Himanshu IV E	Consolation
Expressions 2019 20.07.2019 Mount Abu School , Rohini		
Olives and Chillies (Indo Italian Healthy Cuisine)	Geetanjali Arora VI C Avishi Garg VI D	Best in Taste (50 SCHOOLS PARTICIPATED)
Inspiron-The Talent Spree 20.07.2019 BBPS Manesar		
Sway Swag Presentation	Soumil Aggarwal VII A Laksh Yadav VII A	III
Abhivyakti	Aditya Kakkar VII B Shruti VIII D	III (35 SCHOOLS PARTICIPATED)

SIMMIC 2019
25.7.19 & 26.7.19
QUEEN'S CONVENT SCHOOL, ROHINI

Gatha – e- Nagar (Story enactment of any Indian town)	Pavi Gupta IX B	I
Woh Dasha Jisne Badli Disha (Street Play)	Mugdha Singh IX B Pavi Gupta IX B Manya Mittal IX B Aarna Bhardwaj IX A Vanshika Aggarwal IX D Ananya Kohli IX B Khushi IX D Pragya Vats IX A (Group of 8 Students)	II
Marionettes (Story Presentation through puppets)	Manthan Aggarwal VIA Kashvi Arora VI B Ananya Gandhi V D Swayam Grover VI B Ameyao Naarang VI A (Group of 5 students)	II
Impromptu (Extempore)	Purushotma Chhabra X B	II
Preserving our Past for the Future (Brochure Designing)	Arshiya Goyal VIII A Bhavya Garg VII B	III (40 SCHOOLS PARTICIPATED)

Unnat 2019
25.7.19 & 26.7.19
Indraprastha World School

Art Extempore (On the Spot Art Composition)	Aksh Garg XII D Kaveri XII D	I
Pandora Box (Story weaving through pictures)	Nandini Jain VIII D Harshita VIIIA Soumil Aggarwal VII A	I
App-O-Code (Designing IOS/Android App)	Bhavya Bhatia XI A Kartikey Rawal XI D	I
Rhythmic Yoga	Reet Sabharwal VII D Divyanshi Arora VII A	II

	Nandika Singhal VII D Anshika Choudhary VII C	
Robotics (On the Spot)	Chayan Saini IX A Shreyansh Jain IX B	II (40 SCHOOLS PARTICIPATED)
Reverberations 2019 31.7.19 to 2.8.19 BBPS Noida		
Lit Quiz (Based on the play : My Fair Lady)	Harnoor Kaur XI D Anuja Aggarwal XI D	I
Pulsatic Machine (Machine creation using Rube Goldberg Technique)	Gautam Gupta XI A Kartik Sharma XI A Jatin Jindal XI A	I
Movie Making	Bhavya Bhatia XI A Kartikay Rawal XI D	I
Expressions- Street Play with a Twist	Aryan XI C Tanvi Arora XI C Devansh XI C Mridul Garg XI C Srishti XI C Siddarth Thapar XI C Shivam Singh XI C Drishti XI D Anushka XI D Kriti XI D (Group of 10 students)	I
The Power of the Mind to Map(Mind Map using given data)	Swasti Jain X A Tisshya Sharma IX D	II
Song on Disaster Management	Niyati Agarwal X C Ananya Chandna X C Sanaa Najam X C Sanya Aggarwal X C Shruti Jain X D Shruti Sharma X D Prakriti Singh X A (Group of 7 Students)	II

Kavya Chitravali (Poem composition with illustration)	Hiya Trehan VIII D Shruti VIII D	III
Musical Mashups portraying a historical period	Sanaa Najam X C Ananya Chandna X C Yashita Babbar X C Risha Gupta IX D Prakriti Singh X A Manjot IX D Advika IX D (Group of 7 students)	III (35 SCHOOLS PARTICIPATED)

BBPSRH BAGGED RUNNERS' UP POSITION

Van Mahotsav 3.8.19 Maharaja Agrasen School, Pitampura		
Mathematical Tambola	Dishika Sharma XI B	I
Poster Making	Hiya Trehan VIII D	I
Adventures with the Periodic Table	Parul Gupta IX D Sukriti Gulati X C	II
Radio Talk	Eishika Kocchar X B Purushotma Chhabra X B	Consolation (35 SCHOOLS PARTICIPATED)
Digilogs 6 3.8.19.Rukmani Devi Public School, Pitampura		
2 D Animation (Scratch)	Soumil Aggarwal VII A Mokshit Dahiya VII A Vanshdeep VII A	II (30 SCHOOLS PARTICIPATED)

Exuberance 2019 8.8.19 Lancer's Convent School		
International Fashion Parade	Nysa Suri II B	II <i>(30 SCHOOLS PARTICIPATED)</i>
Ecstasy 2019 17.8.19 Maxfort School Rohini		
Unique Verse (Mono- Acting of Super Heroes)	Nysa Suri II B	I
The Painting Mosaic	Shruti VIII D	I <i>(30 SCHOOLS PARTICIPATED)</i>
Literacy Week 3.9.19 Springdales School, Pusa Road		
Poster Making	Aksh Garg XII D	I <i>(35 SCHOOLS PARTICIPATED)</i>
Splendor Bal Bharati Public School GRH 21.09.19		
Spread a Smile (English Recitation)	Samriddh Tripathi PP D	III
Costume Fiesta (Fancy Dress Show)	Inayat Grover PP F	Special Appreciation
SDG Fest 2019 25.9.19 Ahlcon International School, Mayur Vihar		
English Group Song on SGD GOAL	Akshita Jain PP A Hanvika Dewan PP B	II

	Aryan Mani PP B Advay Gupta PP C Vani Jain PP D Samriddh Tripathi PP D Japman S. Khurana PP E Mishita Jain PP E Yuvika Goel PP F RishikaJasra PP F Tanaya Goel PP E Inayat Grover PP F <i>(Group of 12 students)</i>	
Poster Making on Potable Water: Problems and Solutions	Vidushi Chawla IV B Lavika Kamra IV C	I III
Poster Making on SDG-13 – Climate Action	Riman Tushir V C	Encouragement
Magazine Cover (On SDG Goal 4 : Quality Education)	Hiya Trehan VIII D Krish Chhabra VIII D	II <i>(15 SCHOOLS PARTICIPATED)</i>
OBSCURA-2019 (1st Inter School Science Symposium) 30.09.209 Montfort School, Ashok Vihar		
Physics Behind Musical Instruments	Mayank Rohilla – XI A Gautam Gupta XI A Bhavya Bhatia XI A	BEST INTERJECTOR Speaker Presenter
MONEXUS JR' 19 Sri Guru Gobind Singh College of Commerce 18.10.19		
State at Stake (Bidding using Virtual Money)	Devansh Garg XI C Ria Verma XI C	I POSITION <i>(20 SCHOOLS PARTICIPATED)</i>

AURA 2019 MAHARAJA AGRASEN SCHOOL 19.10.2019		
Periodic Table @#App (To create an app using first 20 Elements of the Periodic Table using the given software)	Hiya Trehan VIII D Soumil Gupta VII A	I
Chem O Nation (Submission of an animated video on any one element of the Periodic Table)	Garima Srivastava XI A Mehak Sharma XI B	I
Codverse Script (Treasure Hunt of Decoding Indigenous Languages of the World)	Divyansh Trehan IV D Vedan Goel III A Rahul Aggarwal VI D	I
Inventive Affichette (Poster Making depicting Elements and Compounds)	Priyansha Sachdev XI A Harnoor Kaur XI D	II
Indigenous Splash (Submission of Video showcasing Comparison of Native Languages of the world in the form of greetings and salutations)	Sanvi Gaba I D Navya Miglani II A	III
Communiquer did Element (Treasure Hunt and Idiom Making of Chemical Terms)	RitishaKathuria VIII D ArushiPolamraju IX B Nupur Sehgal VII B Khushi Kalra XI A	III (25 SCHOOLS PARTICIPATED)
Zonal Level Competitions		
Painting 22.7.19	Aksh Garg XII D	I (35 SCHOOLS PARTICIPATED)

Declamation (Hindi) 6.8.19	Utkarsh Mittal IX A	I (30 SCHOOLS PARTICIPATED)
Declamation (English) 7.8.19	Ameyao Naarang VI A	II (40 SCHOOLS PARTICIPATED)
Light Vocal Music 8.8.19	Risha Gupta IX D	I (35 SCHOOLS PARTICIPATED)
Debate (English) 9.8.19	Manthan Aggarwal VI A Aditya Kakkar VII B	II (25 SCHOOLS PARTICIPATED)
Instrumental Music 20.8.19	Kaveri XII D	I (35 SCHOOLS PARTICIPATED)

ZONAL LEVEL SCIENCE COMPETITIONS

<p>SCIENCE CONGRESS</p> <p>22.08.19</p>	<p>Aarushi Polamraju IX B</p> <p>Ananaya Kohli IX B</p>	<p>The team qualified for District Level</p> <p><i>(45 SCHOOLS PARTICIPATED)</i></p>
<p>SCIENCE EXHIBITION</p> <p>(Model Making)</p> <p>Future Traffic Management</p> <p>23.08.19</p>	<p>Gautam Gupta XI A</p> <p>Garima Srivastava XI A</p>	<p>THE TEAM QUALIFIED FOR DISTRICT LEVEL</p> <p><i>(45 SCHOOLS PARTICIPATED)</i></p>
<p>SCIENCE EXHIBITION</p> <p>(Green Module for Innovation in Agriculture)</p> <p>23.08.19</p>	<p>Shashwat Jain X D</p> <p>Divyansh Bansal X D</p>	<p>THE TEAM QUALIFIED FOR DISTRICT LEVEL</p> <p><i>(45 SCHOOLS PARTICIPATED)</i></p>
<p>Science Drama</p> <p>15.10.19</p>	<p>Group Of Eight Students of Class X</p>	<p>Best Direction</p> <p><i>(40 SCHOOLS PARTICIPATED)</i></p>

DISTRICT LEVEL COMPETITIONS

<p>SCIENCE CONGRESS</p> <p>11.10.19</p>	<p>Aarushi Polamraju IX B</p> <p>Ananaya Kohli IX B</p>	<p>The team qualified for the Centre Level held on 15 October 2019.</p> <p><i>(25 SCHOOLS PARTICIPATED)</i></p>
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The team has cleared the Centre Level Science Congress held on 15 October 2019 and qualified for

State Level to be held on 05 November 2019.		
Declamation (English) 14.10.2019	Ameyao Naarang VI A	III <i>(25 SCHOOLS PARTICIPATED)</i>
Declamation (Hindi) 14.10.2019	Utkarsh Mittal IX A	III <i>(25 SCHOOLS PARTICIPATED)</i>
Painting 15.10.2019	Aksh Garg XII D	II <i>(25 SCHOOLS PARTICIPATED)</i>
Light Vocal Music 15.10.19	Risha Gupta	III <i>(15 SCHOOLS PARTICIPATED)</i>
Debate (English) 16.10.2019	Manthan Aggarwal VI A Aditya Kakkar VII B	I <i>(20 SCHOOLS PARTICIPATED)</i>
Instrumental Music 21.10.19	Kaveri XI D	I <i>(9 SCHOOLS PARTICIPATED)</i>
Kaveri stood IIIrd in State Level Instrumental Music Competition		

≡ ‘Sanskrit Kala Kaushal Pratiyogita’ was organised by Rachna Sagar Publication at BBPS RH on 09 August 2018 for the students of Classes VI-VIII. 15 students got selected and were rewarded by Rachna Sagar Publication.

≡ BBPS RH hosted the District Level Orchestra Competition of North West Zone schools on 21 October 2019.

Maxploratorium 1.11.19 Maxfort School, Pitampua		
Radio Show	Aditya Kakkar VII B Nupur Sehgal VII B	I
Go Green Gadgets (Model using recycled material)	Samyak Sharma VI B Naman Kapoor VI B	Consolation
News Hour (Enact as a News reporter)	Ritisha Kathuria VIII A Hiya Trehan VIII D	Consolation (20 SCHOOLS PARTICIPATED)
Sanskrit Pratiyogita 06.11.19 Sanskrit Academy		
Shlok Singing Competition	Bhoomi Rana VIII C Mahak VII C Manvi VII C Pragya VII C Yashika Dubey VII C Ridhima Mahra VI C	III (25 SCHOOLS PARTICIPATED)
On the spot painting competition Ramjas School, Anand Parvat		
Group 4	Diyuti Jain IX D Shubhra Atreja IX B Shruti VIII D	III Merit Certificate Merit Certificate
Group 5	Aksh Garg XII A Sejal Kalra XI D	I III

Group 3	Vanshika Bhatt VI A Vedita Singh VI B Swarna Dabas VI B	Consolation Consolation Consolation (30 SCHOOLS PARTICIPATED)
Resplendence 19.10.19 G D Goenka Rohini		
Maths relay	Aaditya IV B Divyansh Gupta V C	II
Space-an- Odyssey (painting competition)	Tejal VIII B	III (25 SCHOOLS PARTICIPATED)
Confluence 2019 21.11.19 and 22.11.19 Delhi International School, Rohini		
Movie Magic	Garima Srivastava XI A Priyansha Sachdev XI B Bhavya Bhatia XI A	II
Space Exploration	Hiya trehan VIII D Nupur Sehgal VII B	III
Brahmaand Yatra	Shreyansh Garg IX B Kavyansh Sinha IX B	Consolation
Space Wanderers	Advay Gupta PP C Kanav Bansal PP C	Consolation (25 SCHOOLS PARTICIPATED)

WORKSHOP FOR TEACHERS

Name of the Workshop	Date	Conducted by	Resource Person	Attended by
Workshop on Cultural Heritage	16.4.2019	INTACH (Indian National Trust for Art, Culture and Heritage)	<ol style="list-style-type: none"> 1. Prof. Shashi Bala (Dean Bhartiya Vidya Bhawan) 2. Prof Partho Dutt (JNU) 3. Dr. Swapna (Eminent Historian) 	Ms Manisha Mathur
Workshop on Diversity of Cultural Heritage	18.4.2019	UNESCO New Delhi Office	<ol style="list-style-type: none"> 1. Mr R.K. Chaturvedi (IAS) 2. Mr. Dharendra Bhatnagar (Ministry of Culture) 3. Dr. A. M. V Subramaniam (Suppt. Archaeologist) 	Ms Manisha Mathur
Workshop on Green Meals	23.4.2019	TERI School of advance studies	Vice Chancellor, TERI – SAS	Ms Pooja Sharma TGT (Science)
Waste Management	27.4.2019	BBPS, Rohini	Officials from MCD, Sanitary Inspector, Assistant Sanitary Inspector	Karamcharis engaged in Sanitation work, Teacher incharges of various clubs
‘ Mrittika’ Exploration in Clay, Pottery Workshop	27.4.2019	BBPS , Brij Vihar	Ms Ila Mukherjee	Mr Nirmalya Banerjee , TGT Art Ms Manpreet Kaur , Asst. Teacher, Art & two students of Class IX

Sensitization cum Awareness Workshop on Project CACA (Children Against Child Abuse)	21.05.19	Project CACA with support from an NGO SAF(Social Axiom Foundation) , Fortis Healthcare and District and State Legal Services Authority (DSLA)	Ms Nishtha Narula, Counselling Psychologist Ms Ruchika Singla, Judicial Ofiicer DLSA Mr Vikas Nautiyal, Director, Social Axiom Foundation Mr Jayant Vashishth, Panel Advocate, DLSA	56 Teachers and 30 Support staff
Artificial Intelligence (AI)	18 to 20.05.2019	CBSE	Prof. M. M Pant	Ms Bindu Rashmi Ms Surbhi Bhardwaj , TGT Computer Science
Education is Fun	2.7.19	BBPS Rohini	Ms Shivangi Anand	Teachers from Mont and Primary department
Introduction to Disabilities and PwD Act	4.7.19	BBPS Rohini	Ms Reena Panwar, Special Educator	46 teachers from Mont, Primary and Middle department
Five Mobile Apps	4.7.19	BBPS Rohini	Ms Namrata Markan, PGT	30 teachers from Primary and Middle department
Healthy Eating Habits	5.7.19	BBPS Rohini	Ms Priyanka Kapoor, Nutritionist & Dietician	45 teachers from Mont, Primary and Middle department
Anti- Bullying	6.7.19	Project CACA	Ms Nishtha Bakshi, Psychologist- Fortis Healthcare	48 teachers from Primary and Middle department
Healthy Diet	6.7.19	BBPS Rohini	Ms Shabista, Dietician, Jaipur Golden Hospital	44 teachers from Mont, Primary and Middle department
Subject enrichment workshop on accountancy	13.7.19	G.D. Goenka Public School, Model Town, Delhi	CA. (Dr.) G.S. Grewal and Mr R.K. Khosla	Ms Divya Aggarwal PGT commerce
Cervical Spondylitis	20.7.19	Physiotherapy Point	Dr Amit Nagpal	All Staff Members

WORKSHOPS CONDUCTED BY BBPS, TRAINING CENTRE

BBPSTC organized a series of enriching in service professional development and capacity building workshops for teachers of all departments from 13 May to 23 May 2019. Subject Experts from diverse fields were invited as resource persons. BBPS RH hosted the workshops for Pre Primary Dept.

DEPARTMENT	DATES
PRE PRIMARY	13.05.2019 to 16.05.2019
PRIMARY	13.05.2019 to 16.05.2019
MIDDLE & SECONDARY	20.05.2019 to 23.05.2019
COMPUTER DEPARTMENT	20.05.2019 to 24.05.2019

Name of the Workshop	Date	Conducted by	Resource Person	Attended By
Development of Competency based Questions	06.08.2019 & 24.08.2019	CBSE	Dr. Sweta Singh	Ms Varsha Krishnan TGT Physics
Remodelled Assessment (IX-X)	31.08.2019	CBSE	Ms. Neeta Rastogi Ms. Suthupa Laha	Ms. Sapna Rajput, TGT SST Ms. Shikha Chadha TGT Maths
Awareness about Cervical Cancer	07.09.2019	Max Hospital , Pitampura	Dr.Tripti Raheja	All Female Staff Members
AI K12 Curriculum	19.09.2019 to 21.9.2019	IBM-CBSE	Mr. Bishwa Ranjan Behra	Ms. Shefali Gupta PGT Computers Ms. Ruchika Jain PRT Computers
AI AND Python Curriculum Live Webinar	19.09.2019	GiveMeFive.in	Ms Meera Sachdeva	Ms Surbhi Bhardwaj Ms Bindu Rashmi TGTs Computer Science

AI	24.09.2019	Action Committee of Unaided Recognized Pvt. Schools	Mr MM Pant	Ms Surbhi Bhardwaj TGT Computer Science Ms Manisha Mathur Assistant Teacher (Maths)
Activity Based Teaching Learning of Physics	26.09.2019	BVN-IAPT – Anveshika	Ms. Vandana	Mr. Praveen Kapoor , PGT Physics Ms. Monika Sindhvani , PGT Physics
Challenges Faced in Teaching of EVS	27.09.2019	The Ultimate Education (TUK)	Ms Simran Kathuria	Primary Teachers
Dengue Awareness Campaign : 10 Hafte , 10 Baje ,10 Minute	30.09.2019	DOE	Hon'ble CM Mr Arvind Kejriwal	Mr Devraj Mukherjee, TGT Instrumental Music
Understanding 21 st Century Skills	3.10.2019	British Council	Dr Vanita Chopra	Ms Indrani Nanda , TGT Maths
Understanding 21 Century Skills	5.10.2019	BBPS Rohini	Ms Indrani Nanda , TGT Maths	All Staff Members
Teaching Aids	5.10.2019	BBPS Rohini	Ms Sapna Makan , TGT Maths Ms Sugandh Lal , TGT History	All Staff Members

Story Telling As A Teaching Strategy	6.11.19	Springdales School, Pusa Road	Mr Roger Jenkins	Ms Vibha Virmani -Assistant Teacher Ms Smriti -Assistant Teacher
Vishakha Guidelines - Sexual Harassment At The Workplace	15.11.19	BBPS Rohini	Ms Sangeeta Chopra	All Staff Members and Support Staff
Learning Outcomes - Pedagogy, Assessment and Quality Assurance	16.11.19	BBPS Rohini	Mr Suraj Prakash	All Staff Members
Python-Programming Platform	15.11.19 - 16.11.19	BBPS Training Centre	Mr N.K Gupta Mr Ankit Rajpal Mr R.K. Pal Mr N. Kumar Ms Anamika Gupta	Ms Shikha Thakur PGT-Computer Science Ms Shefali PGT-Computer Science Ms Bindu Rashmi TGT-Computer Science
Khelo India	20.11.19	CBSE and SAI (Sports Authority Of India)	Ms Savita Mr Prateek Chauhan Mr Roshan Tiwari	Mr Bikram Verma TGT-Physical Education Mr Kiranpal TGT-Physical Education Ms Radha Rawat -Assistant Teacher
Capacity building workshop- Physics	19.11.19-20.11.19	Modern Public School, Shalimar Bagh	Ms Pragya Nopani	Ms Monika Sindhwani PGT - Physics

Early Childhood Care and Education	22.11.19	Harper Collins Publications	Ms Shweta Talwar	Ms Anju Sabharwal -Assistant Teacher Ms Bhavya Malhotra -Assistant Teacher Ms Rhythm Sakhuja -Assistant Teacher
Librarians Meet	22.11.19	Penguin Random House	Sh Manish Sisodia	Ms Akhila Arora Ms Kalpana Librarians
School Leadership Summit, 2019	26.11.2019	ASSOCHAM	Mr. Jitin Chawla	Ms. Pooja Sharma, TGT Science Ms. Sarita Chauhan, PGT Biology
Disaster Management	28.11.19	BBPS Rohini	Mr Madan Bhandodkar	All Staff Members
Reimagining the English Classroom	29.11.19	Karadi Path- The Education Company	Mr C P Viswanath	Ms Purti Khanna Assistant Teacher Ms Monica Narang Assistant Teacher
Training on Python	23.11.19 24.11.19 30.11.19 1.12.19	CQS	Mr Amit	Ms Surbhi Bhardwaj TGT - Computers
CBSE Capacity Building Programme on Happy Classroom	7.12.19	CBSE, Centre of Excellence for Teachers (COE) Delhi	Ms Bernadette Tilaka Benjamin	Ms Nalini Bhalla TGT - S St Ms Anju Tyagi TGT - Maths
Capacity building programme - Chemistry	12.12.19 - 13.12.19	CBSE Centre of excellence	Ms Puneeta Malhotra	Ms Monica Arora PGT - Chemistry
Secondary School Assessment	23.12.19	CBSE	Ms Neeta Rastogi	Ms Shweta M Dhawan TGT – English

			Ms Pallavi Sharma	Ms Sugandh Lal TGT - S St
Effective Parent-Teacher Communication	17.1.20	BBPS Rohini	Ms. Niharika Singhal	All Primary Teachers
Using Inquiry to Create Integrated STEM:A Makerspace Project Based Approach	17.01.20 & 08.01.20	Australian High Commission and Curtin University of Technology	Ms Rekha Koul	Ms Sandhya Sachdev, TGT Science
Interactive Panel Training	1.02.20 & 7.02.20	Senses Electronics Pvt Ltd.	Mr Vishnu Kumar	All teachers Class VI-XII
CRISP Training	18.01.20 , 01.02.20 & 07.03.20	CRISP Education	Mr Udai Luthra	All Primary Teachers
Workshop on National Mass Deworming Programme 2020	6.2.20	Department of Education, Ministry of Health and Family Welfare	Dr Neeti Goyal	Ms Anita Desai - TGT S.St
Amp Up Students Engagement With Google Apps	14.2.20	Sanskriti School, Delhi	Ms Sangeeta Gulati Ms Sanchita Ghosh Ms Roopali Arora	Ms Sapna Makan - TGT Maths Ms Sugandh Lal - TGT S.St

STEM workshop on “Using Inquiry to Create Integrated STEM:A Makerspace Project Based Approach“	17.2.20-18.2.20	Australian High Commission and Curtin University of Technology	Dr Rekha Koul Dr Rachel Sheffield	Ms Sandhya Sachdev - TGT Science
Webinar on Use of Microsoft Office 365 Tools under MIE	18.2.20	Beahead Pvt. Ltd on behalf of Microsoft	Mr Luckychan Moirangthem	All TGTs and PGTs
Once Upon A TimeRole of Puppetry in Education	22.02.20	NPSC & Pitmabar Publications	Ms Sanghya Ojha & Mr Haider Hashim	Ms Purti Khanna Ms Smriti Rani Asst. teachers
Preparation of bridge course in Maths, Chemistry and Physics for Class XI	29.2.20	BBPS Training Centre	Ms Anita Sharma Mr J C Nijhawan Mr Suraj Prakash Prof Hari Om Gupta Dr N K Sehgal	Ms Shikha Chadha - TGT Maths Ms Pooja Chawla - PGT Maths Ms Monika Sindhvani - PGT Physics Mr Praveen Kapoor - PGT Physics Ms Monica Arora - PGT Chemistry
Interaction on Pedagogy and Assessment with a group of experts from the United Kingdom	3.3.20	CBSE	Ms Leanne	Ms Geeta Gangwani - Principal Ms Neeru Trikha - TGT Hindi Ms Sapna Makan - TGT Maths Ms Sandhya Sachdev - TGT Science Ms Surbhi Kathuria - TGT English

PARENT TEACHER ASSOCIATION (PTA) ACTIVITIES

Members of PTA, BBPS RH graced the Independence Day Celebrations on 16 August 2019 with their benign presence. On this day, the PTA felicitated meritorious students of AISSCE and AISSE 2019 on 16 August, 2019. Principal BBPS RH, Chairman of the PTA Executive Committee, Mr. Raj Kamal Jindal, Secretary and other members awarded the students with certificates, trophies and mementos.



PTA organized an excursion to Kingdom of Dreams (KOD), Gurugram on the occasion of Teachers' Day for staff members and administration unit of the school. The musical 'Zangoora' was thoroughly enjoyed by all members along with sumptuous meals.



TEACHER'S DAY CELEBRATION KINGDOM OF DREAMS

Tours & Excursions

IX-X

29.05.2019
to
2.06.2019

Nainital and Ranikhet



V

03.08.2019

Tortoise Exhibition



XI-XII

03.08.2019

Rashtrapati Museum



III	28.09.2019	Teen Murti Bhawan
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XII	23.10.2019	Amarjyoti Charitable Trust
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II	17.01.2020	Indira Gandhi Museum
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IV	22.01.2020	Gandhi Museum
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V	12.01.2020	Raj Ghat
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VI

21.09.2019

Qutub Minar



VII & VIII

23.09.2019

Humayun Tomb



XI

27.09.2019

National Museum

I

07.02.2020

Isckon Temple



VISIT TO BBAC SOLAN

Dates	Batch No.	Classes & Gender	Number of Students	Escort Teachers
10.09.19 to 13.09.19	20	V Boys	36	Ms. Sapna Rajput Ms. Anmol Arora
13.09.19 to 16.09.19	21	V Boys	38	Ms. Divya Aggarwal Ms. Surabhi Goel
16.09.19 to 19.09.19	22	V Girls	37	Ms. Komal Chawla Ms. Esha Sharma



YOUTH LEADERSHIP SUMMIT

BBPS RH organized the third edition of Youth Leadership Summit (YLS) for the students of Class XI from 27 to 29 September, 2019 at Jaipur. 121 students participated in the conference which comprised of the sessions on Leadership, Body Language, Team Building, Passion building, Imagination Deficit, Self-Belief etc. these sessions have been curated and conducted by the expert trainers from the 'The Education Tree' (TET).



RESULT XII

Perfect Score in Different Subjects

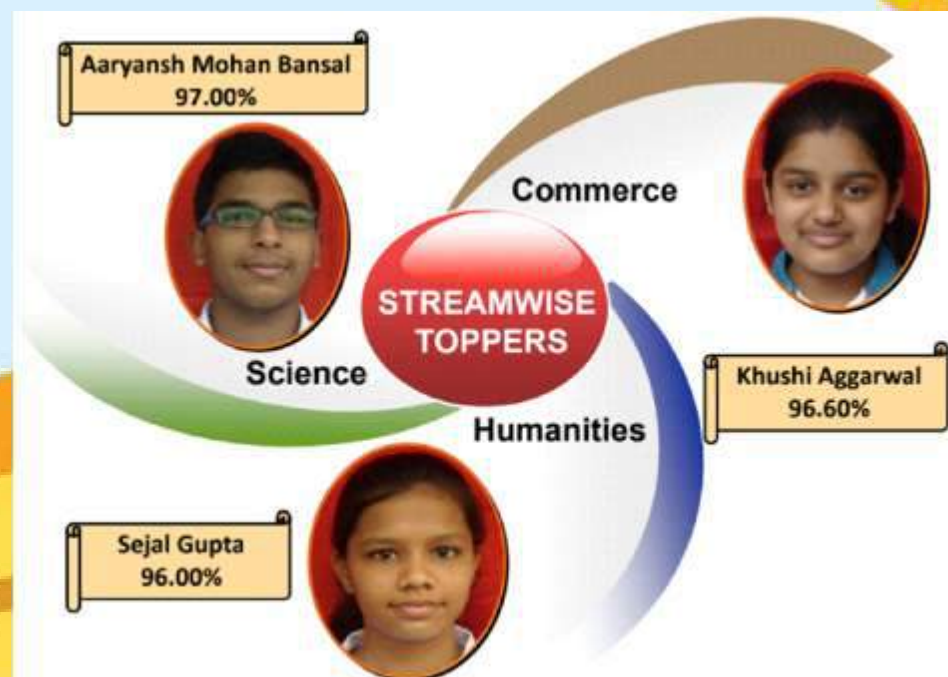
Devanshi Jain XII D	ECONOMICS
Pankhuri Sharma XII D	PSYCHOLOGY
Mishika Goel XII D	PSYCHOLOGY
Sidharth Agarwal XII A	CHEMISTRY



Science	Aaryansh Mohan Bansal	97.00 %
Commerce	Khushi Aggarwal	96.60 %
Humanities	Sejal Gupta	96.00 %

AISSCE 2018 Class XII

NO. OF STUDENTS APPEARED	162
NO. OF STUDENTS PASSED	162
NO. OF STUDENTS WITH 90% ≥ AGG.	64 (39.50 %)
STUDENTS SECURING ONLY A1 GRADE	22 (13.58 %)
STUDENTS SECURING ONLY A1 & A2	58 (35.80%)
STUDENTS SECURING 5 DISTINCTION	84 (51.85 %)
TOTAL NO OF A1 & A2	534 (65.92%)
NO. OF DISTINCTIONS	665 (82.09 %)
INSTANCE OF 100 % MARKS IN SUB	4
AVERAGE ACHIEVEMENT	85.51 %
HIGHEST PERCENTAGE	97 %



RESULT X

AISCE 2018 Class X

NO. OF STUDENTS APPEARED	175
NO. OF STUDENTS PASSED	175
NO. OF STUDENTS WITH 90% \geq AGG.	68 (38.85 %)
STUDENTS SECURING ONLY A1	14 (8%)
STUDENTS SECURING ONLY A1 & A2	46 (26.28%)
TOTAL NO OF A1 & A2	456 (52.11%)
NO. OF DISTINCTIONS	686 (78.40%)
INSTANCE OF 100 % MARKS IN SUB	11
AVERAGE ACHIEVEMENT	83.68 %
HIGHEST PERCENTAGE	99.40 %



पढ़ाई में आत्मविश्वास जरूरी : खुशी




Bal Bharati PUBLIC SCHOOL ROHINI




AISSE 2019 CLASS X RESULT

KHUSHI RAWAT

Aggregate 497/500 (99.4%)

ALL INDIA RANK – 3

STATE RANK – 2



Khushi Rawat 497 (99.4%)
BAL BHARATI PUBLIC SCHOOL, SECTOR 14, ROHINI

She scored 100 in maths, science and social studies, 99 in English and 98 in Hindi. The daughter of a government employee said she studied in three-hour sessions, interspersing them with short breaks to go for a walk or take a power nap. For further studies, the 16-year-old has opted for commerce. Khushi, who is also a classical dancer, said, "I later hope to pursue chartered accountancy or business management studies at Shaheed Sukhdev College or SRCC and then become a financial analyst."



Khushi Rawat, X has shown a commendable performance by securing All India Rank 3 and State Rank 2 with a remarkable score of 497/500 (99.4%) in AISSE class X 2019 examination.

Days and Assemblies

WORLD BOOK DAY

23.04.2019

PRIMARY AND MIDDLE



EARTH DAY

29.04.2019

PRIMARY



MOTHER'S DAY

06.05.2019

PRIMARY



WORLD NATURE CONSERVATION DAY



WORLD CHOCOLATE DAY

PRIMARY
10.07.2019



EID

07.08.2019

PRIMARY



NATIONAL
SPORTS DAY

29.08.2019

MIDDLE AND
SECONDARY



SANSKRIT DAY

21.08.2019
to
28.08.2019

MIDDLE AND
SECONDARY



INDEPENDENCE DAY



JANAMASHTAMI



TEACHERS' DAY

04.09.2019

PRE-SCHOOL,
PRI-PRIMARY
PRIMARY



Teachers Day



HINDI DIWAS

11.09.2019

PRIMARY



CLEANLINESS
DRIVE : SWACHTA
KE LIYE
GANDHIGIRI

13.09.2019

PRIMARY



ANTI-KITE FLYING

18.09.2019

PRIMARY



WATER CONSERVATION	26.09.2019	MIDDLE
HEALTHY AND NUTRITIOUS FOOD	28.09.2019	PRIMARY



GANDHI JAYANTI	01.10.2019	PRE-PRIMARY, PRIMARY AND MIDDLE
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WORLD POST DAY	09.10.2019	PRIMARY
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NO TO SINGLE USE PLASTIC	01.10.2019	PRIMARY & MIDDLE
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INTERNATIONAL
DAY OF GIRL CHILD

14.10.2019

MIDDLE



GURU PURAB



WORLD FOOD DAY

14.10.2019

PRIMARY



MOTHER
TERESA DAY

22.10.2019

MIDDLE



SAFE DIWALI

23.10.2019

PRIMARY

PLEDGE OF
A VOTER'S DUTY

09.12.2019

PRIMARY



CHRISTMAS

23.12.2019

PRE-PRIMARY AND
PRIMARY



U.N. DAY

24.10.2020

MIDDLE



REPUBLIC DAY

24.01.2020

PRE PRIMARY,
PRIMARY,
MIDDLE AND
SECONDARY



Pi DAY



WORLD CANCER DAY



**BASANT
PANCHAMI**

04.02.2020

**PRE-PRIMARY AND
PRIMARY**

SCIENCE DAY

28.02.2019

PRIMARY



INTERNATIONAL DIMENSION

GERMAN EXCHANGE PROGRAMME

A group of fourteen students from Classes X and XI accompanied by two teachers, Ms Pooja Sharma and Ms Purti Khanna visited Gymnasium Marienberg, Saxony, Germany from 13 May 2019 to 30 May 2019. The exchange programme included host stay for a profound insight into traditional family systems and culture of German households. The German delegate had visited BBPS, RH in October 2018.



★ EDUCATIONAL EXCURSION TO NASA

Eight students of Classes VI-IX accompanied by Ms. Bandhana Sharma Vice Principal and Ms Shikha Thakur, PGT Computer Science visited NASA from 18 to 28 June 2019. The group visited the NASA Kennedy Space Centre in Florida, USA and interacted with a renowned Astronaut Mr. Norm Thagard. The students were shown launchpads, astronauts' training and research controls and historic spacecrafts. The campus visit of Massachusetts Technical University (MIT), Harvard University, and Science Museum in Boston City, Niagara Falls and Broadway Theatre were the other highlights of this programme.





GENERATION GLOBAL

The following Video Conferences were conducted under Generation Global, a Program run by Tony Blair Faith Foundation :

- 'Art of Expression' on 13 May 2019 in which BBPS RH, The Asian Grammar School & College, Pakistan and City Montessori School, Anand Nagar Lucknow participated.
- 'Climate Change' on 21 August 2019 with BBPS RH, Sun City World School and Cambridge school, Indirapuram participated.
- 'Views about Wealth, Poverty and Charity' on 25 July 2019 with BBPS RH, G D Goenka, Model Town and Mahatma Montessori Matriculation Higher Secondary School, Tamil Nadu participated.

TONY BLAIR FAITH FOUNDATION LEARNING AND EXCHANGE OF IDEAS THROUGH VIDEO CONFERENCING				
DATE	SCHOOLS INVOLVED	TOPIC	AGE GROUP	CONCERENED STAFF
22 Jan 2020	Odessa Gymnasium, Ukraine Brenner Regional High School, Phillipines Bal Bharati Public School, Rohini St. Mark's Sr. Sec. Public School, Meera Bagh	Human Trafficking	12-14	Ms Shikha Thakur (PGT COMP SC)



★ INDO SWISS CLASSROOM PROGRAMME

BBPSRH hosted Ms. France, Biology teacher from Lyceedenis -de -Rougemont 'Indo-Swiss Classrooms.' She interacted with various faculty members and observed the pedagogical styles adapted in Indian classrooms. The visit also included the planning of project and student exchange in the year 2019. The students have started working on self 'Carbon Footprint Calculation' in both countries. The result will be further compared and analyzed for the action research to be taken up by the teacher in-charges of both schools. The S w i s s Delegation arrived in Delhi on 29 October 2019 till 05 November 2019.



Innovations & Initiatives

SWISS INDIAN CLASSROOM PROJECT

BBPS RH has been selected for the prestigious Swiss Indian Classroom Project that brings in the opportunity of collaboration of BBPS RH with Lyee-denis-de-Rougemont, a school in Switzerland. Ms. Mridu Marwah, Coordinator International Projects, visited the partner school from 12-18 May 2019. The collaborative project is taken up on the topic 'Sustainability and Sustainable Development'. As part of this programme, a student and teacher delegation visited our school from 29 October 2019 to 5 November 2019. They attended the classes, participated in co-curricular activities and stayed with host families for a wholesome cultural exchange.



SWM PROJECT-AN INITIATIVE TOWARDS CLEAN SCHOOL

Club members as 'Eco Bal Bharatians' initiated Solid Waste Management Programme for session 2019-20 with an orientation program conducted by officials from NDMC on 27 April 2019.

- Action Plan for Solid Waste Management (SWM)
- Constitution of School SWM Committee.
- Need analysis for bins (Green, Blue, Black).
- Identification of points for placement of bins.
- Procurement of bins (Green, Blue, Black).

- Orientation of students through videos on the smart board.
- List of items bin- wise written on the white board in Junior classes.
- Awareness campaign for teachers and training of support staff.
- Placement of bins at the identified points.
- Sending information to parents through Snap Homework.
- I card issued to authorized vendor for disposal of segregated waste.
- Segregated waste being sent to Razapur site.
- Appointment of “Eco Bharatians”, two per section.
- Inspection by SWM committee members to ensure compliance.
- Construction of Compost Pit has been completed to manage the school organic waste.

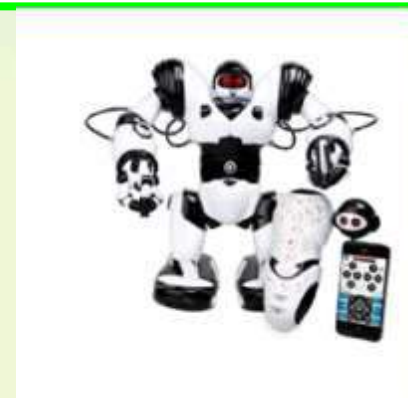


PROJECT CACA

BBPS RH has implemented Project CACA (Children Against Child Abuse) for the safety of its children from the academic year 2019-20 for the students. The project covers all the stake holders i.e. students, parents, teachers and support staff through safety workbooks, workshops and resource booklets. It empowered children through life skills and value education. The school has also received a certificate of appreciation for its contribution to the project.

INTRODUCTION OF ARTIFICIAL INTELLIGENCE

BBPS RH is steadfast in its commitment to nurture citizens who are well informed and future ready. In this endeavour, the school has initiated Artificial Intelligence Programme in the session 2019-2020 under the able guidance of Academic Council and BBPSTC. With this programme the



school has introduced simple programming techniques and data analysis skills to students of classes IV to VIII. The students are being trained in practical uses of Artificial Intelligence through activities and games based on Computational Thinking, Logical and Critical Thinking, Machine Learning, Pattern Making etc.



CAMPUS TO CORPORATE - INTERNSHIP PROGRAMME

With an aim to develop Entrepreneurship skills among students, BBPS RH launched one of its kind pilot programme 'Campus to Corporate' organized for the students of Class XII from 03 June 2019 to 11 June 2019. Mr Kunal Arora, Co-Founder, The Education Tree curated the programme. The students went to corporate houses like Buzzzone, RedFM 93.5, OYO and met contemporary corporate officials like Company CEOs, film writers, musicians etc. to understand the dynamics of diverse industries. This was an

endeavor to bridge the gap between corporate world and campus.



EACH ONE TEACH ONE

Students of class VII were assigned the project 'Each One Teach One' under the aegis of Delhi Schools' Literacy Project. Each student was responsible for educating at least one illiterate person.



HIGH PERFORMANCE KIDS PROGRAMME (HPK)

The school collaborated with Primary Plus Research Academy to conduct the programme High Performance Kids for students of Class III focusing on Understanding 3D, Introduction to Coding through Robot Mouse, Coding through Games etc.

MOBILE JOURNALISM (MOJO)

BBPSRH has collaborated with T Series to introduce Basic fundamentals of Mobile Journalism MoJo to the students with a view to make them future ready and media adept.



NAME OF THE PROGRAMME	CLASSES	NO. OF STUDENTS ENROLLED	TOTAL NO OF SESSIONS
Explorika Tots	PS	101	32
Stellar Kids	PR	23	32
High Performing Kids	III	60	
Artificial Intelligence (AI)	IV-V	74	28
Artificial Intelligence (AI)	VI-VIII	75	28
Mobile Journalism (MoJo)	VIII-XII	34	08

Total 367 students are enrolled in the Skill Development Programme.



PROJECT BIYA: SCHOOL ENTERPRISE CHALLENGE



BUSINESS IDEA

CREATED AS PART OF THE SCHOOL ENTERPRISE CHALLENGE AWARDS PROGRAMME - BRONZE LEVEL

Written by

Student names: SIA DHAMIJA

With the support of

Teacher names: MS. ANJU GOGIA

School name: BAL BHARATI PUBLIC SCHOOL, ROHINI DELHI-85

Country: INDIA

Section A: Our Business Details

Business Name	BIYA-SEED TO SAMPLING JOURNEY OF AN IDEA		
Business Activity	CLOTH BAGS		
No. of students involved in business idea activities (including writing this Business Idea)	Boys 07	Girls 13	Total 20

Section B: Our School

1. BAL BHARATI PUBLIC SCHOOL, ROHINI is co-educational secondary school has sprawling green lawn encapsulates a botanical garden. The school is equipped with an elegant reception hall, well stocked e-library, laboratories, computers, audio-visual equipments, specialist studios for visual and performing arts, facilities for indoor and outdoor games including health and fitness center, separate swimming pools for junior and senior students and medical center. Students of age group 4 years to 17 years study in the school. We engage at lot of academic and co-curricular activities aimed at creating well-rounded students. We have formed a SCHOOL ENTERPRISE CLUB, to inculcate entrepreneurial skills.

Section C: Our Resources

2. We have our disposal a number of resources that we will use to set up a business we have a room allotted within the school premises as school enterprise challenge room where old clothes will be assembled and converted into cloth bags stalls will put up in school building to conduct business activity so as to generate profit.

Furthermore our school is located in resident estate and school community maintains friendly relation with the residents who should

HUBS OF LEARNING

BBPS RH has been selected as the lead collaborator school by CBSE for the Project “Hubs of Learning” (HoL). The school has been partnered with the following schools.

1. CR Das Govt. Sarvodaya Girls SSS, New Seelampur, Delhi
2. ZM Govt. Sarvodaya Kanya Vidyalaa, Jafrabad, Delhi
3. Govt. Girls Sr. Sec. School, Brahmpuri, Ghonda
4. Govt. Girls Sr. Sec. School No. 1, Ghonda
5. BP Govt. Sarvodaya Girls SSS, Babarpur, Shahdara

Under HoL the schools have collaborated to share innovative ideas, good practices, instructional and assignment strategies etc. The first meeting of Schools Principals under HoL was held at BBPS RH on 23 August 2019 where in schools shared their functioning & infrastructure and discussed need for collaborations.



CURTAIN RAISER CEREMONY : 75 YEARS OF CES

Students, teachers, members of PTA and Alumni Association of BBPSRH attended the Curtain Raiser Ceremony of 75 years of the Celebration of Child Education Society (CES) held at BBPS, GRH Marg on 17 August, 2019. The programme began with Hawan Ceremony attended by all the members of Board of Management, CES, Advisors and Principals of all units of BalBharati Public Schools. The cultural programme that followed included vocal performance 'Vande Mataram' and a dance presentation on Tagore's poem, 'Where the mind is without fear'. A documentary showcasing growth of CES was shown. Mr. L. R. Channa, President, CES addressed the gathering and expressed his gratitude towards all those who have been an integral part of the journey of CES. Mr. S. K. Bhattacharya shared some nostalgic moments from the pages of history of CES.



SAHODYA SCHOOLS' MEMBERSHIP

The school is now a member of Indraprastha Sahodya. Under this initiative, BBPSRH participated in the following activities:

Tree Plantation Drive organized in collaboration with DDA at Greenbelt Area, Sector 37, and Rohini on 16 August 2019. The

program was marked by the presence of LG Shri Anil Baijal, Union

Minister for Housing and Urban Affairs, Shri Hardeep Singh Suri and Member of Parliament, Shri Hans Raj Hans.



SHUCHI YAMUNA CAMPAIGN' organized by Indraprastha Schools Sahodaya on 1 October 2019. The event was organized to commemorate the 150th Birth Anniversary of Mahatma Gandhi. About 2500 students participated from all over Delhi. Shri. Manoj Tiwari, Member of Parliament was the Chief Guest for the occasion.



GREEN PHOENIX PROJECT

Rise of Green Phoenix, a project on Composting was initiated wherein the students collected green waste from their homes and contributed to the school's compost pit. The project propagated the idea of waste segregation and composting.



COMPOSTING:
RISE OF GREEN
PHOENIX

Club Activities



ASTRONOMY CLUB



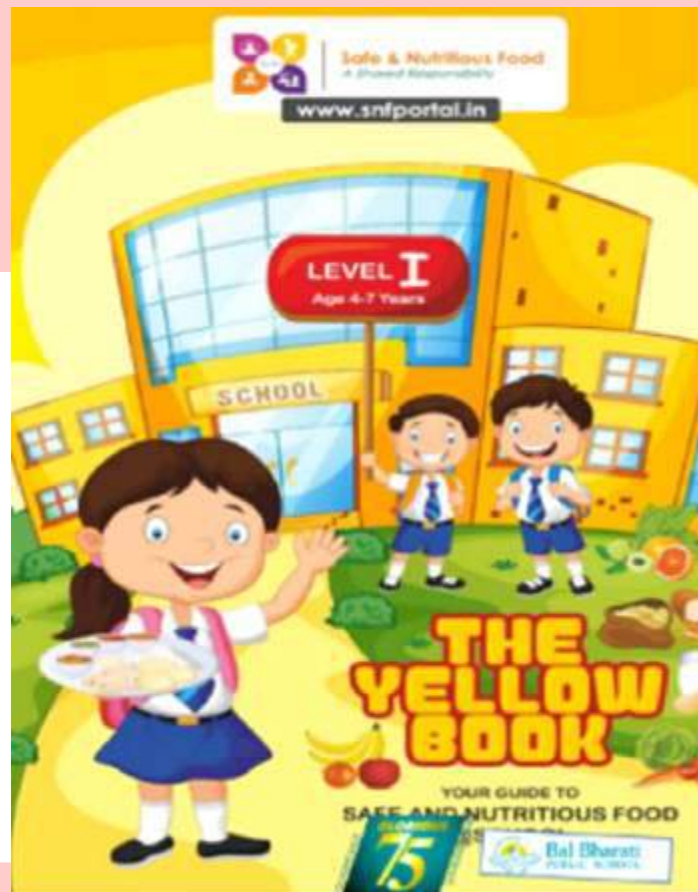
ENVIRONMENT CLUB



ENVIRONMENT CLUB



HEALTH AND WELLNESS CLUB





HERITAGE CLUB




FLIM IT



UNESCO




INTACH for Art and Cultural Heritage

This is to certify Bal Bharti Public School, Rohini

participated in INTACH's Filmit India project 2019-20 and was given

Most Creative Script award

for Poem dedicated to father of Nation film made by the students.

Signed with
 6 Feb. 2020, N-Delhi

Ms. Purnima Datt
 Principal Director
 Heritage Education and Communication Service

INTERACT CLUB





INTERACT CLUB

WORDSMITHS CLUB



CHEMISTRY CLUB



INTERNATIONAL YEAR OF PERIODIC TABLE



THEME: TALK SHOW WITH ELEMENTS



THEME: MATHEMATICAL TAMBOLA



SCIENCE HACKS (OFFLINE)



DIGICARD(Online)

THEME: INTERNATIONAL YEAR OF PERIODIC TABLE(IYPT)



CHEM-O-RANG (OFFLINE)



THEME: DEPICT MOLE WITH ART



MOBILE & JOURNALISM CLUB (MOJO)



ATL COMMUNITY DAY

Bal Bharati Public School, Rohini celebrated ATL Community Day on 15 April 2019. Participants from NGOs Shubhakshika and Basti Vikas Kendra, Sultanpuri and adjoining non ATL schools, took part in the event. Mr. Ajay Singh, mentor of BBPSRH Atal Lab, graced the occasion with his presence. The morning started with prayer to seek the blessings of Almighty, followed by an inspirational speech by the principal. Basic activities like open source projects using breadboard were taken up. The participants were engaged in hands on activities to showcase their creativity. The projects made by the students of our school were showcased in the event. The collaborative event was a great success.



ATL Tinker Fest



With a focus on infusing creativity, innovation and resourcefulness to inculcate skills such as strategic mindset and adaptive learning, BBPSRH organized ATL Tinkerfest on 2 & 3 August 2019. The interschool fest included events namely, Domino Effect IN Mechanics, Digi Card, ARDUINO Wearables and Robotators.



SAFETY & SECURITY

- 58 fire extinguishers have been refilled in Augsut 2019.
- 10 new sand buckets have been procured.
- The storage of CCTV recordings has been enchanced to 45 days.
- Disaster Management Evacuatiion drill was conducted successfully at sector-25 & sector-14 on 27 September 2019.
- Parents I Cards have been given to parents with QR Codes. Scanning the QR Code pops up the parent data from the school database.
- School Safety Committee (SSC) meets on monthly basis, conducts safety walks, opens up suggestion boxes, fills safety checklist & discusses the relevant safety issues for further action.'
- Safety Audit for Fire Prevention and Fire Safety was conducted on 29 & 30 October 2019 by M/S Ayaksha Healthcare Pvt. Ltd.
- 13 corroded Fire Extinguishers have been replaced with 8 ABC Pressure Type and 5 CO2 Type Fire Extinguishers.
- Fire Fighting equipment like Dry Chemical Powder Trolley, Fire balls and Fire blankets have been procured and placed in accessible areas for emergency purposes.
- Glow sinages have been put up at various locations in the basement.
- PA System has been installed in CCTV Control Room.
- Regular SCC meetings were held to discuss all important matter.



इंडिया को तुम फिट बनाओ

उठकर रोज़ सुबह सवेरे
करते हैं जो योग और ध्यान
अच्छी सेहत का मिलता है
केवल उनको ही वरदान।
खेलकूद है बहुत ज़रूरी
बच्चों रखो इसका ध्यान
टी. वी. मोबाइल से दूर रहो तुम
तभी बनोगे तुम विद्वान।
फास्ट फूड को दूर भगाकर
खाओ तुम संतुलित आहार
फल, सब्जियाँ, दुध और दही
सेहत के लिए हैं सबसे सही।
मैगी, बर्गर, पिज्जा और मोमोज़
खाओगे यदि रोज़-रोज़
शरीर में आलस आएगा
तन पर चर्बी बढ़ाएगा।
स्वच्छता को तुम अपनाओ
गंदगी को दूर भगाओ
योग, व्यायाम व स्वस्थ आहार से
इंडिया को तुम फिट बनाओ

कुश चतुर्थ-अ



तेज़ाब

वो तेरा अहम था, चाहत नहीं,
अगर होता इश्क, तो होती मेरी ऐसी हालत नहीं।
तेज़ाब ने सब आँखों को झुलसा-सा दिया था उसने,
ना जाने कितने ख्वाब थे उसमें,
पिघला दिया था चेहरा उसका, वो पास किसी के ना जाए,
वो मेरी ना हो सकी, तो किसी और की कैसे हो जाए।
वो ना उसे इतनी खलती रहीं,
बीच सड़क पर वो लड़की जहर की बूंदों में जलती रही।
देख रहे थे तमाशा लोग, न ही उनमें से कोई आगे आए,
अरे कोई मरता है तो मरने दो, हम ही हमेशा क्यों आगे आए।
तू मेरी सूरत को जरूर बदल सकता है,
मेरे सपनें दफ़न नहीं, मेरी खूबसूरती जरूर छीन सकता है,
मेरा हुनर नहीं।

तिश्या शर्मा नौवीं-डी

Health है जीवन में सबसे अमूल्य Wealth

ध्यान रखना जरूरी,
जिन्दगी ना बन जाये मज़बूरी।
रखिये हमेशा इसका ध्यान,
परिवार का होगा कल्याण।
कोई भी हो कितना विद्वान,
इसके बिना ना हो सके महान।
कृष्णा वासूं



इच्छा शक्ति और आत्मविश्वास

मनुष्य के दो अस्त्र खास
इच्छा शक्ति और आत्मविश्वास
कुछ भी नहीं है असम्भव
गर हैं ये दोनों उसके पास
कर अपने होंसले बुलंद
दे अपनी आत्मा को बल
इच्छा की शक्ति से
कर सब अपने कार्य सम्भव
झांसी की लड़ाई का
उदाहरण है तेरे पास
ऐक्रेस्ट की चढ़ाई
चढ़ गए कुछ लोग खास
समुंदर की गहराई
आसमान की ऊँचाई
कुछ नहीं है असम्भव
गर ठान ले तू आज

हेमाक्षी प्रसाद सातवीं-ए



पापा की परी होती हैं बेटियाँ
 माँ की लाड़ली होती हैं बेटियाँ
 दादा-दादी का दिल होती हैं बेटियाँ
 नाना-नानी के सर का ताज होती हैं बेटियाँ
 खुद चोट लगने पर किसी को न बताती,
 और किसी के चोट लगने पर पूरे घर को उठाती।
 ऐसी होती हैं बेटियाँ।
 बेटों से भी नखरिली होती हैं बेटियाँ,
 उफ़ कितनी जिद्दी होती हैं बेटियाँ
 कितनी बातूनी होती हैं यह बेटियाँ,
 घर की ऐनक होती हैं बेटियाँ
 अगर बेटा कुलदीपक है परिवार का,
 तो दो घर जिन से किया रोशन, वो दीप है बेटियाँ
 माँगती हैं दुनिया बेटों की चाह,
 पर भगवान का दिया आशीर्वाद है बेटियाँ
तिश्या शर्मा नौवीं-डी



स्वच्छ भारत

शरीर से ही नहीं मन से भी
 स्वस्थ होना होगा, तब ही
 प्राप्ति पूर्ण स्वास्थ्य का
 होगा,
 और ऐसा सिर्फ योगा से ही
 होगा।।
 योग से होगा हर मन
 निरोग

**मारिया गोयल
 पाँचवी-सी**

अगर मैं पंछी होती...

अगर मैं पंछी होती,
 नीले नभ में उड़ान भरती,
 अपनी लाल-लाल चोंच से,
 बातें मैं बादलों से करती।
 अगर मैं पंछी होती,
 डाल-डाल पर मैं रहती,
 ऊँची – ऊँची सीमा पर उड़के,
 देखती मैं पूरी धरती।
 अगर मैं पंछी होती,
 अन्न मैं अपना खुद ढूँढती,
 हर दाने को चुग-चुग कर,
 अपनी इच्छा मैं पूरी करती।
 अगर मैं पंछी होती,
 एक ही बात मैं सोचती,
 कोई मुझे न पिंज़र बंद करदे,
 यही प्रार्थना मैं सबसे करती।

प्रांशी भित्तल सातवीं-ए

स्वच्छ भारत

मिल जुलकर हम करें सफाई इसी में सबकी भलाई
 कूड़ा कचरा ना सड़क पे डालो बीमारी को तुम ना पालो
 मिलकर हम सब पेड़ लगाये पर्यावरण को हरा भरा बनाये

मिशिता गोयल पाँचवी-सी



फिट इंडिया

अगर रहना है फिट
तो आजमाइए ये टिप्स।
उठना रोज़ सवेरे जल्दी,
तो रहोगे तुम हैल्दी।
उठते ही पी लो गर्म पानी,
तो भाग जाए हर बीमारी।
कर लो सवेरे-सवेरे प्राणायाम और व्यायाम भी
न रहेगी चिंता किसी रोग की।
हर काम बिंदास करना,
आलस्य से बस दूर रहना।
पाँच-दस मिनट रोज़ खुलके हँसना
खट्टा, तीखा, तला हुआ भोजन
बहुत कम ही खाना।
रहना हो फिट तो,
तली-भुनी चीज़ों को बस भूल ही जाना।
खाने में है मिलावट,
कोई तंदुरुस्त कैसे रह पाएगा,
हर किसी के शरीर पर
मोटापे की चादर बस चढ़ता ही जाएगा
मिट्टी, लकड़ी, लोहे से काम करने वाला
कलाकार कहलायेगा।
ज़िंदगी के संघर्ष को जीत के जो आगे बढ़ेगा,
उसका ही हर कोई मज़ाक बनाएगा
मोटे-पतले के पीछे हर कोई दूसरे को नीचा दिखाएगा,
खूद की मूर्ति तलाशने में बहुत वक्त ले जाएगा।
अगर नहीं पड़ना है बीमार,
सेहत का रखना होगा ध्यान।
गाजर, मूली रोज़ खाओ,
पढ़ने में अब्बल आ जाओ।
सेब, अनार, केला खाकर,
ताकतवर तुम कहलाओ।
हरी सब्जियाँ भी तुम खाओ
बीमारी को दूर भगाओ।
सफ़ाई का भी रखना ध्यान,
रोज़ सुबह करना स्नान।
नाखून सदा कटे रहेंगे
कीटाणु भी दूर भागेंगे।

यशविता सिंह चौहान नौवीं-बी

बचपन न बर्बाद करो।

जंक फूड दुश्मन है बच्चों, सेहत नहीं खराब करों
गड़बड़ झाला झटपट भोजन, बचपन न बर्बाद करो।
कितने सारे स्वाद भरे, व्यंजन बनते हैं भारत में
पुआ परांठे पूरण पूरी, पपड़ी हर घर आँगन में।
चटक चटपटे सेवियाँ, रसगुल्ले मन ललचाएँ
गुपचुप छुप-छुप खूब उड़ाएँ, दूध जलेबी भी खाएँ।
फूड अटपटा वजन बढ़ाए, चर्बी न आबाद करो
गड़बड़ झाला झटपट भोजन, बचपन न बर्बाद करो।
बर्गर पीज़ा चिप्स कुरकुरे, कैक पेस्ट्री पाव बढ़ा
खाने में तो लगे टेस्टी, पर करते नुकसान बढ़ा।
ये अपना भोजन न बच्चों, ना ये भोजन शैली है
वजन बढ़ाने की बीमारी, इनसे ही तो फैली है।
अपना घर का भोजन सबसे अच्छा, भूल न जाना याद रखो
गड़बड़ झाला झटपट भोजन, बचपन न बर्बाद करो।
ताजे-ताजे फल नित खालो, सूखे मेवे रोज़ चबाओ
हरी सब्जियाँ हरी सलाद, रोज़ समय पर भोजन खाओ।
जीवन स्वस्थ बनाओ बच्चों, खुशियाँ बाँटो जश्न मनाओ
अच्छा खाओ बुद्धि बढ़ाओ, चुटकी में हल प्रश्न करो।
जंक फूड को खाकर के तुम, खुद पर ना आधात करो
गड़बड़ झाला झटपट भोजन, बचपन न बर्बाद करो।

यशवी गर्ग चौथी अ

बचपन के वो दिन

बचपन के वो दिन हमेशा याद आते हैं,
पता नही, इतनी जल्दी वो कहाँ चले जाते हैं।
बचपन में हम कितने मजे करते थे,
शैतानी करके हम फाइन कभी न भरते थे,
पड़ोस वाली आंटी को बुद्दू बनाकर भागते थे,
फिर उन्ही आंटी की डांट खाकर जागते थे।
छोटे थे जब, बड़ा होना चाहते थे,
अपने पैरो पर हम खड़ा होना चाहते थे,
पर हमें क्या पता था हम बड़े होकर बच्चा बनना
चाहेगें! हम बच्चे बन जाए का गीत रोज़ गाएंगे।
मैं तो अभी बच्चा हूँ,
पर मुझे पता है, बड़े होकर यही होगी मेरी दशा
इसलिए कहता हूँ, अभी कर लो तुम सारा मज़ा।

ध्रुव खुराना आठवीं-डी

शिक्षक

एक शिक्षक वह व्यक्ति है,
जो निःस्वार्थ भावना से सभी को ज्ञान बाँटता है,
न केवल ज्ञान, बल्कि एक शिष्य के चरित्र को भी सँवारता है, सही—गलत की
पहचान बताता है, एक व्यक्ति को अंधेरे से उजाले में लाने वाला और कोई नहीं,
बल्कि एक शिक्षक ही तो है, एक मित्र जैसा, मार्ग दर्शन करने वाला,
विशेषण लगभग असीमित है।

सच ही कहा गया है, कि किसी को अपनी जिंदगी में कोई व्यक्ति याद रहे न रहे, परन्तु एक शिक्षक
हज़ारों शिष्यों के दिलों को छूकर उनके दिल में एक स्थान बना लेता है।



गरिमा श्रीवास्तव



आज भी सभी के वही पूज्य हैं,
बने हुए प्रेरणा स्रोत हैं,
जन—जन के पूज्य पिता हैं,
भारत के राष्ट्र पिता है।

प्रथम पथगामी बनकर,
संदेशा दिया था जग को,
स्वच्छता रखो, स्वस्थ रहो,
निर्मल कर स्वयं मन को।

आत्म लीन होकर अपने को
अच्छा हो अब पहिचाने,
हरा—हरा गीला हरे में डालों,
सूखा डालों नीले में,

जन—जन को दो निर्देश
तभी मिटे धरती का कलेश
मनुष्य योनी पाई है तूने

यह तेरे पुण्यों का फल
गंदी हवा, गंदा पानी, गंदगी का तजकर,
अपना जीवन बना सफल।
शुद्ध कर्म हो शुद्ध भाव हो
सात्विक हो अपना जीवन
स्वच्छता रखें स्वस्थ रहें
निर्मल रखें हमारा मन।

सानवी तीसरी—ए

स्वस्थ भारत

किशोरों ने ठाना है भारत को स्वस्थ बनाना है। आओ सब चले साथ मिल साथियों, एक स्वर्णिम इतिहास रचने की और अब
ना रुकना है ना थकना है जो सोचा है, अब वो हर हार में करना है इस देश का नया इतिहास रचना है।

हरे भरे भारत सपने का पावन अभियान चलाना है। चलो उठो किशोरों अब कुछ कर दिखाना है। पर्यावरण को हरा भरा
बनाये, जगमग जगमग सड़कें चमकें। देश हमारा दुनिया में दमके। आओ मिलकर हम कसम यह खाएँ भारत को स्वस्थ
बनाना है। करो इरादा स्वस्थ रहे ये देश हमारा।

जय हिन्द!

मीशीका जैन चौथी—ब

स्वस्थ भारत

यदि हम स्वस्थ है तो हम एक असाधारण भारत के नागरिक भी है। यदि हम अस्वस्थ है तो गरीब, अयोग्य और उपेक्षित भी
है। किसी देश, जाति, समाज तथा संप्रदाय की उन्नति तभी संभव है, जबकि वे स्वस्थ और स्फूर्ति है। संसार के इतिहास
को उठाकर इस बात का अध्ययन करे कि कौन—सा देश कब उन्नतिशील, समृद्धिशील, सभ्य और संस्कृत रहा तो यह
स्पष्ट हो जाएगा कि कोई भी देश तभी श्रेष्ठ रहा जबकि उससे जागरिक स्वस्थ रहे। विश्व स्वास्थ्य संगठन की विभिन्न
रिपोर्टों से भी यह सिद्ध हो रहा है। वास्तव में जीने के उद्देश्य स्वस्थ रहने से है। अस्वस्थ व्यक्ति न केवल न केवल
स्वयं दुखी, रोगी और उपेक्षित रहते हैं अपितु वह सारे समाज तथा विश्व के लिए भार है। उससे सभी की प्रगति रुक जाती
है या उनकी प्रगति रुक जाती है। अतः इसलिए देश का स्वस्थ होना जरूरी है।

अदिति झा तीसरी—ए

स्वस्थ भारत, दुरुस्त भारत

रहें स्वस्थ, रहें दुरुस्त,
हम भारत के लोग न बने सुस्त।
रहें आश्वस्त, बनें चुस्त
एक भी ना बने सुस्त।
दुरुस्त रहने के तरीके हैं कई,
इनका तुम पालन करो सही-सही,
रोज़ सुबह उठकर करो तुम योग,
और अपने तनाव-भरे जीवन में रहो निरोग।
प्रभात में उठकर करो भ्रमण,
अन्यथा, करेगी बीमारियाँ आक्रमण,
इस ज्ञान का करो अधिक विवरण
और प्रतिदिन करो इसका स्मरण
खेल-कूद भी एक कसरत है,
इसे कभी ना भूले,
बच्चों की भी यही हसरत है,
कि वे संध्या में जाकर खेले।
क्रिकेट, फुटबॉल जैसी क्रीड़ाएँ,
हैं खेली जाती भारत में,
मजबूत बनातीं ये काया को,
हड्डियों के जोड़ ये खोलें।
सही-सही खाना सीखों तुम,
बाहर का खाना कम करो,
घर की सब्जी, दाल रोटी
से अपना तुम पेट भरो।
जीवन में यह बदलाव,
है बहुत अधिक गुणकारी,
बदलनी है एक आदत सबको,
तभी बदलेगी दुनिया सारी।

ऋषा गुप्ता नौवी-डी

स्वस्थ भारत

यदि हम स्वस्थ हैं तो हम एक असाधारण भारत के नागरिक भी हैं। यदि हम अस्वस्थ हैं तो गरीब, अयोग्य और उपेक्षित भी हैं। किसी देश के जाति, समाज तथा संप्रदाय की उन्नति तभी संभव है, जबकि वे स्वस्थ हैं।

स्वस्थ रहने की पहली शर्त है ताजा हवा और शुद्ध पानी। गांवों में ताज़ी हवा है और न शुद्ध पानी। कहने का तात्पर्य यह है कि गांव हो या शहर, हवा और पानी दोनों हो दूषित हो गये हैं। इनका जन जीवन पर बुरा असर पड़ रहा है।

हवा पानी के साथ संतुलित भोजन पर जोर दें। बाज़ार की तली व खुली चीज़ें न खाएँ। कटी सब्जी या फल न लें। दाल, दलिया, हरी सब्जियाँ, फल, दूध दही ज़रूर खायें।

बनेगा स्वच्छ भारत 2014 में प्रधानमंत्री श्री नरेन्द्र मोदी जी के नेतृत्व में शुरू हुआ जब टायलेट कवरेज भारत में 8.7: पर है। इस अभियान में माताओं के भलाई पर ध्यान केंद्रित करके देश को स्वच्छ और स्वस्थ बनाने के लिए एक नये चरण की शुरुआत की।

यदि स्वच्छता और पोषण यहाँ शुरू हो सकता है, समाज के भविष्य के लिए एक मजबूत नींव रखी जा सकती है।

अनुष खंडेलवाल तीसरी-ए

स्वस्थ भारत गिनती

एक, दो, तीन चार,
राष्ट्रपिता की जय-जयकार
पाँच, छह, सात आठ,
स्वच्छता का सीखो पाठ
नौ, दस, ग्यारह, बारह,
हरा नीला न्यारा-न्यारा
तेरह, चौदह, पंद्रह, सोलह,
मोदी ने हल्ला बोला
क्या बोला-स्वच्छ भारत स्वस्थ भारत

विदुषी चौथी-ब

योग

योग की उत्पत्ति प्राचीन समय में, योगियों द्वारा भारत में की गई थी। योग शब्द की उत्पत्ति संस्कृत के शब्द से हुई है, जिसके दो अर्थ हैं। एक अर्थ है जोड़ना और दूसरा अर्थ है अनुशासन। योग का अभ्यास हमें शरीर और मस्तिष्क के अनुशासन को सिखाता है। यह एक आध्यात्मिक अभ्यास है जो शरीर और मस्तिष्क के संतुलन के साथ ही प्रकृति के करीब आने के लिए ध्यान के माध्यम से किया जाता है। यह पहले समय में, हिन्दू, बौद्ध, और जैन धर्म के लोगों द्वारा किया जाता था। यह व्यायाम का ही अद्भुत प्रकार है, जो शरीर और मन को नियंत्रित करके जीवन को बेहतर बनाता है। योग हमेशा स्वस्थ जीवन जीने का एक विज्ञान है। यह एक दवा की तरह है, जो हमारे शरीर के अंगों के कार्यों करने के ढंग को नियमित करके हमें विभिन्न बिमारियों से बचाने का कार्य करता है।

धन्यवाद!

वेदिता सिंह छठी-सी



योग आसन के नाम जानिए :

वृक्षासन	वज्रासन	दंडासन
भावसन	अर्धचन्द्र	भुजंग
अधोमुखी	बाल	उंट
कोणासन	नटराज	उश्ठासन
गोमुख	हलासन	सुखासन
उत्कट	ताड़	

आरना धवन चौथी-ए

संदेश

सफाई से नाता रखेंगे
गंदगी हटाएँगे
गंदी हवा, गंदा पानी गंदगी से नाता तोड़ेंगे
संदेश यही गुनगुनाए
सफाई से नाता रखेंगे।
गीला हरे में डालेंगे
सूखा नीले में डालेंगे
संदेश यही गुनगुनाएँगे
सफाई से नाता रखेंगे।
गंगा जुमना निर्मल होगी
सड़क चौराहा होगा साफ़
बापू का सपना पूरा होगा
संदेश यही गुनगुनाएँगे
सफाई से नाता रखेंगे।

शुभम सहगल चौथी-ब

फिट इंडिया

फिट इंडिया अभियान हमारे प्रधानमंत्री द्वारा शुरू किया गया यह एक देशव्यापी आन्दोलन है जो की लोगों को अपने दैनिक शारीरिक गतिविधियों और खेलों को भागिल करके और स्वस्थ और फिट रहने के लिए प्रोत्साहित करता है। नरेन्द्र मोदी ने 2019 में खेल दिवस के मौके पर फिट इंडिया मूवमेन्ट की शुरुवात की। भारत सरकार के स्वस्थ मंत्रालय से यह पता चला है कि देश में बीमारियों के आकड़े तेजी से बढ़ रहे हैं। यह आन्दोलन लोगों को जागरुक करने के लिए है।

आरना चौथी-ए



अपने ही ख्यालों में खोकर
अपने सपनों की एक दुनिया बनाना,
बचपना छोड़ चुनौती और
जिम्मेदारी की पहली सीढ़ी को पाना
हर रोज़ नवीन जिज्ञासा का जन्म,
नित कुछ नया करने का भाव आना।
हम इसमें अपने पंख फैलाते हैं
खुले परिंदे से आसमान में उड़ जाते हैं
हम सभी चिंताओं से मुक्त
फूल समान खिल जाते हैं;
इसलिए इस अवस्था को हम
बंसतकाल भी कह जाते हैं।
उड़ान को तुम चलने दो,
दिल को अब मोर करने दो,
मुझे अपने पंख फैलाकर,
अपना जीवन लक्ष्य पूरा करने दो।
दुनिया साथ दे या ना दे
माता-पिता का प्रेम कभी कम नहीं होता
तो क्यों हम इस अवस्था में नए रिश्ते ढूँढ़ते हैं?
और जब वह रिश्ते टूट जाते हैं
तो क्यों हम विचलित हो जाते हैं?
छोटी-छोटी बातों पर विरोध कर
परिवार को क्यों भ्रम का ताज पहनाते हैं?
कुछ करना है
कुछ कर जाना है,
जीवन को सफल बनाना है
किशोरावस्था का सही ताना बाना बुन जाना है
तूफ़ान, तनाव की अवस्था है
किशोरावस्था जुनून, संघर्ष
सही नाव चुनकर किनारे पहुँचना है,
चुनौतियों को पर कर बुलंदियाँ छू जाना है।

धृति खुराना ग्यारहवीं—स

स्वाप्न और हकीकत

स्वस्थ भारत

स्वास्थ्य ही धन है यह एक प्रसिद्ध और आम कहावत है। यह जीवन की तरह ही, बिल्कुल सत्य है। महात्मा गाँधी ने कहा था कि वह स्वास्थ्य ही है जो वास्तविक धन है, न कि सोने व चाँदी के सिक्के।

आप क्या खा रहे हैं, स्वास्थ्य का संबंध केवल इस से नहीं है बल्कि आप क्या सोच रहे हैं और क्या कह रहे हैं, इससे भी स्वास्थ्य का संबंध है। आपतौर पर एक व्यक्ति को मानसिक और शारीरिक रूप से फिट होने पर अच्छे स्वास्थ्य का हाथ होता है।

आज एक व्यक्तिको तब स्वस्थ माना जाता है जब वह अच्छा शारीरिक, मानसिक, सामाजिक और आध्यात्मिक स्वास्थ्य का आनंद ले रहा है।

अच्छा स्वास्थ्य जीवन में विभिन्न कार्यों को पूरा करने के लिए आधार बनता है। जो व्यक्ति शारीरिक रूप से फिट है वह अपने परिवार की देखभाल अच्छी तरह से कर सकता है। इसी तरह जो व्यक्ति मानसिक तौर पर फिट है तो वह अपने परिवार के साथ अच्छे रिश्ते निभा सकता है कुशलतापूर्वक काम करने के लिए अच्छा मानसिक स्वास्थ्य बहुत आवश्यक है।

इस प्रकार जो व्यक्ति स्वस्थ होगा वह अपने समाज के प्रति, देश के प्रति अपने कर्तव्य भली भाँति निभा सकता है। स्वस्थ व्यक्ति एक मजबूत और संपन्न देश के निर्माण में अपना पूरा योगदान कर सकता है।

निष्कर्ष:—

अपने स्वास्थ्य का ध्यान रखना अति आवश्यक है। जब आप स्वस्थ होंगे तो आप अपने जीवन के अन्य पहलुओं की भी देखभाल करने में सफल होंगे।

असली मायने में भारत स्वस्थ तब कहलाएगा जब यहां उग्रवाद व हिंसा का खात्मा हो जाएगा। समाज की ओर, चलो हम सब मिल कर संभाले स्वस्थ भारत की सुनहरी डोर।।

स्वच्छ भारत—स्वस्थ भारत,

जय हिन्द

वेदान गोयल तीसरी—ए

आओ मिलकर वृक्ष लगाएँ

आओ मिलकर वृक्ष लगाएँ,
हरी—भरी यह धरा बनाए,
साफ़ हवा—पानी को रखकर
जीवन में खुशहाली लाएँ ।
वृक्ष हमारे जीवन दाता,
सर्दियों से हैं इनसे नाता,
एक—एक सब वृक्ष लगाकर,
सुंदर यह संसार बनाएँ
आओ मिलकर वृक्ष लगाएँ ।
पक्षी इन पर करें बसेरा,
चमके महके साँझ—सवेरा,
इन सबका घर द्वार बसाकर
इनको अपना मित्र बनाएँ
आओ मिलकर वृक्ष लगाएँ ।
कितना ये मानव को देते,
बदले में कुछ भ न लेते,
बुरी नज़र से इन्हें बचाकर,
धरती का श्रृंगार सजाएँ
आओ मिलकर वृक्ष लगाएँ
होता है इनमें भी जीवन,
दुःखता है इनका भी तन—मन
इनके भी कुछ दुःख—सुख समझे,
इन पर अपना प्यार लुटाएँ,
आओ मिलकर वृक्ष लगाएँ,

धैर्य नारंग तीसरी—ए

वृक्ष

अगर पेड़ भी चलते होते
कितने मजे हमारे होते
बाँध तने उसकी रस्सी
जहाँ कहीं भी उसे जे जाते
जहाँ कहीं भी धूप सताती
उसके नीचे हम सुस्ताते
जहाँ कहीं भी वर्षा होती
उसके नीचे हम छिप जाते
भूख सताती अगर अचानक
तोड़ मधुर फल उसके खाते
आता बाढ़, कीचड़ कहीं तो
उसके नीचे हम छिप जाते
आओ मिलकर पेड़ लगाए
प्रदूषण को दूर भगाएँ

युवांश चौथी—ब

पेड़ लगाओ, प्रदूषण घटाओ

गाँव—गाँव और शहर—शहर
प्रदूषण का फैल रहा जहर,
बस, ट्रक, गाड़ी, धुँआ छोड़ रहे हैं
तबाही की तरफ जीवन को मोड़ रहे हैं,
जल प्रदूषण से फैली बीमारी,
जिससे हो सकती धातक महामारी,
जल व वायु प्रदूषण बढ़ रहा है
मानव—जीवन घट रहा है
आओ मिलकर हाथ बढ़ाएँ
हरे—भरे हम पेड़ उगाएँ,
प्रदूषण रोको लोगों को टोको
जिससे हो स्वच्छता और हरियाली,
और फैले हर तरफ खुशहाली ।

अरुणिमा चौथी—डी

Health is a large word. It embraces not the body only, but the mind and spirit as well; ... and not today's pain or pleasure alone, but the whole being and outlook of a man.

James H. West



**Bal Bharati
PUBLIC SCHOOL**

SECTOR - 14, ROHINI, DELHI - 110085