



### ANNUAL DAY CELEBRATIONS

The school celebrated its annual day on 20<sup>th</sup> December at the Siri Fort auditorium. Former Rajya Sabha Dr. Karan Singh graced the occasion as the chief guest and Anurag Kundu Member, Delhi Commission for protection of Child Rights was the Guest of Honour. The programme began with Abhinandan, a welcome dance, to felicitate the guests. The school orchestra regaled the audience with a beautiful rendition of songs from India and abroad. Principal Mrs. Minakshi Kushwaha presented the school annual report covering the academic and co-curricular achievements of the school. It was followed by the Dance Drama 'Naari Tu Narayani' - a fusion of Indian and Contemporary dance forms, celebrating the undying spirit of womanhood. The tiny-tots of the Junior school presented 'Chrysalis' – a spectacular show underscoring the importance of a healthy and active life. The Western Dance - 'Of Man and Nature' that effectively brought forth the idea that saving Earth is the need of the hour. The programme culminated with Vote of Thanks.

### MENTAL HEALTH WEEK

During 22nd October to 26th October, I had the privilege of being a part of an extremely informative and instrumental event, the Mental Health Week.

I had always held within me a negative connotation regarding the schools association with mental health. For me, as well as for many others like me, this week, along with all its efforts in de-stigmatizing or de-trivializing mental health, helped me to understand the need for institutional guidance in overcoming or dealing with mental problems, such as depression, anxiety, stress, and even complex disorders such as OCD, Panic Disorder etc. I was given the honour of addressing grade 11 in a session very personal to me. I discussed the importance of accepting diversity, especially gender identities and sexual orientations differing from



the societal norm, in the wake of the recent Section 377 appeal. I shared my own experiences, allowing the audience a glimpse into what it means to be discriminated for something you have no control over. I had a very receptive audience and a gracious feedback. From watching 'Life is Beautiful' to discussions covering the challenges the adolescents face and conducting Youth Parliament on 'Understanding Mental Health', the week was a journey that gave us a chance to put all our ideas and theories into practice.

Rohan Subramaniam (XII G)

**BVN BAGS  
THE  
SWACHH  
VIDYALAYA  
PURASKAR  
2017 (District  
Level Award)**





## REDESIGNING THE CITY



The idea of conducting a competition along the lives of sustainable development was a great initiative to get the student to think about our future generations. The event was held on 5<sup>th</sup> November with Mr. Hitesh Vaidya (UN

Country Manager-India) presiding over the event as a Chief Guest and the Judge.

We presented our ideas through a presentation and a layout of the redesigned city. Our presentation was really appreciated and adjudged the best. Through this project, we deepened our understanding of the problems faced by our people. It was a great experience to work as a team and to research and gain knowledge about our community.

**Vibha (XI-C)**

The task assigned to us was to redesign our city based on the UN sustainable development goals by adopting innovative and effective methods to make it a better place to live. We, the students of Dhaulagiri house, as a team researched upon the existing problems we face in our

*“Art enables us to find ourselves and lose ourselves at the same time.” Thomas Merton*

## ART CONCLAVE AT BVN

On 2nd November 2018, Students of classes VI to VIII had a wonderful time at the ART Conclave—a non-competitive Musical and Dance workshop in which various reputed schools actively participated. The Chief Guest Mr. Santosh Nair motivated the participants and spoke about the importance of Music and Dance in one's life. The other events of Art Conclave included Folk Art, Paper Sculpture, Clay Modeling, Best out of Waste, Pottery and Tie and Dye.







## JAPAN SUPER SCIENCE FAIR

On November 13, I left for Osaka, Japan to attend the Japan Super Science Fair 2018 and it turned out to be one of the most memorable adventures of my life. I was representing India with my research on 'Effect of Various Chemical Ions on Seed Germination and Plant Growth.' I was scheduled to stay in dorms with High school students from 18 countries at the Ritsumeikan University in Kyoto. The warm welcome and the happy faces put me at ease instantaneously. The first day was spent presenting the research at the Ritsumeikan High School, talking about my research with experts and students from around the globe. All this sharpened my perspective towards my research and I found out what all I could do.

Post Day One, everything changed; I started talking to people from different parts of the Globe, and we started learning about each other's cultures. For every activity, the organizers had made teams of 5-6 individuals from entirely diverse backgrounds.

I was exposed to fields of science I never imagined had ever existed, I was made to design maps for the university and do Drone coding and racing with people. I attended a science talk by Proff. Satoshi Konishi which expanded my views on Micro machines. My experience was becoming dynamic with every passing second. I started to feel that this was becoming my Global family. We all talked through the nights, shared snacks and experiences from our countries and talked science. My mind started to open up as I was filled with ideas for treating plastic on the beaches of the UK to understanding how we can grow peas on Mars. The Motto of the fair was most accurate – 'Fusion for Change.' Now I have people to go to whenever I travel to a country across the globe. I have the ability to mould myself according to the diverse world. I can think of solutions to any global problem by integrating my diverse exposure to science. All in all, I believe my personal perspective about science and the world are solid enough to drive progressive change and incisive collaboration in everything I pursue in my life.



*Tushya Mehta (XII)*

## CHALLENGES OF NURSING



I presented a paper in the 81<sup>st</sup> conference of "Meetings International" in their 3<sup>rd</sup> international meeting on Nursing Research and Evidence based Practice & International Conference on Digestive Disease held in Madrid, Spain on November 28-29. I participated under the category of Young Research Forum and presented a 25 minute presentation on the topic "challenges of nursing". I received the Certificate of Recognition. The presentation displayed the difference in the healthcare scenarios and condition of nurses in an underdeveloped, developing and a developed country.

Then it showcased a research carried out by me among nurses

in Nursing Homes Big hospitals as well as in polyclinics to determine the intensity of various challenges faced by the nurses in our country by citing examples of large scale strikes taking place in our country due to such hardships. Then I presented some possible solutions and how can they be incorporated in the current scenario.

Then we had the question round in which I was asked about my research as well as more possible solutions.



*Ramanjeet (XI)*



## IDEATE -CREATE -INNOVATE

The participation in JSSF last November took me off the blocks in a jiffy. It was an exciting phase in my life, where I was not only interacting with research scholars from other countries, but proudly representing my country – India and my School BVN. This enticed me to dip dive into research activities.



Sometime later I submitted my research project for the coveted IRIS National Fair 2018, IRIS (Initiative for Research and Innovation in STEM), is a fine example of public private partnership heralded by Department of Science and Technology (DST), Indo US Science and Technology Forum (IOUSSTF) and Intel.

My research work got selected amongst 1500 research projects submitted online, what followed was a Skype interview for a further shortlisting amongst 500 projects in the first phase. Across 80 projects that qualified under various categories from India, 3 projects were found to worthy of being presented under the Chemistry Category at the 3-day IRIS National Fair held in Delhi from 1<sup>st</sup> to 3<sup>rd</sup> Dec. My research work on Pectin was one of them. It was an overwhelmingly proud moment.

The participation in the IRIS National fair entailed setting up my information desk/Kiosk with all the relevant details of my project work to ensure that it drew the attention of visitors and tempted them to visit my Kiosk. The atmosphere at the venue was so vibrant, that the day(s) at the national fair would get over even before they started.

I had a chance to interact with the members of Scientific Review Committee. The discussion with them presented a fresh outlook to my research work and its future potential in terms of its scalability and viability. The interaction has encouraged me to work further on this research to make it feasible for widespread application.

I was lucky to meet and discuss about my research with Dr. Abdul – Chairperson, IRIS which was intellectually stimulating. He shared his experience about the research being done globally to address the water pollution, eutrophication & draught related problems. He applauded my efforts & mentioned that every initiative taken at any level will go a long way in addressing these issues and make this world a better place.

I had a great opportunity to meet researchers from other fields who came from different parts of India. This gave me a larger than life perspective around research activities being done in varied fields. I made a couple of friends during this 3 -day event which was a big take away for me.

Gokul 12 B

Drishti Makhijani of BVN with PM Modi and M V Putin, President of Russia. She is part of the Indo-Russian Students Exchange Programme in which 10 students each from India and Russia are working on innovative projects at IIT Delhi.



Navan Chauhan and Drishti Makhijani bagged the 2nd position in 'Toyota Hackathon– Coding for Safer India' at IIT Delhi. This comes after many Elimination rounds. They won Rs. 15,000/- besides the prestigious



## Celebrating joy, Creating memories!



Birla Vidya Niketan won the Nys Leadership League 2018. 5 members from our interact

“Deep in our hearts there will always be a spot, bright and sparkling yet a dull grey, telling innumerable stories, reviving memories and reading BIRLA VIDYA NIKETAN.”

This December the school bid yet another batch of capable BVNites farewell. The class of 2019 celebrated their blissful years of school life with the Citation Ceremony. We wish them success in all their future endeavors and good luck for challenges that life



### SPORTS DAY 2018

As we turn the last pages of the year 2018, we are all energetic, traveling back in time, reliving our best memories and bidding the year farewell. Any year of school life is incomplete without celebrating ourselves as a team, intense weeks of practice and an impressive display of deep underlying talents waiting to be discovered. With pride BVN boasts of its athletes, who bring laurels and aspire to become leading sportspersons one day.

Sports days are to encourage this spirit and glorify victories. To witness what we can achieve with togetherness and where we stand individually. With races, matches, shot put, long jump and relay graced by the enthusiastic participants, their houses cheering for them and commentators we were all in a sporty mood. It was no less than an international cricket match and the vibes around told a tale which was truly unforgettable. All red, blue, green, purple, yellow and orange flags were waving in the sky. But all this seemed too little compared to the energy radiated at the time of the results.

Winners were decorated with medals and awarded certificates, finally, it was time for all round trophies. Kailash house bagged the championship trophy for badminton and swimming. The junior footballers of Nilgiri house carried forward the legacy and as history has it won the overall football trophy this year too. Basketball trophy none the less was shared by Kailash and Vindhya yet nothing could stop Aravali and this year the green house won the championship in Athletics. With good memories the day ended with team photographs, reasons to look back next year and experiences to cherish forever!





## Educational Trip to MUMBAI



## TRIP TO ISRO

Forty-five students, four teachers and five culturally and educationally enriching days, that's how I would describe our trip to the Indian Space Research Organisation (ISRO). We didn't only learn about rockets and satellites, but also roamed the streets of different cities of south India, devouring their different cuisines and travelling to all their beautiful and treasured monuments. The first two days of stay at Bangalore were hectic, as there was so much to learn and so many places to go to. We visited the UR Rao Satellite Centre and Hindustan Aeronautics Limited (HAL), where we interacted with scientists, saw replicas of many large scale space projects of India and learned a lot. It was a wonderful learning experience. After that, our visit to the Mysore



Palace and the Chamundeshwari Temple was absolutely amazing, with all the Dussehra decorations being put up. Our visit to the Brindavan Gardens with the dancing fountains and the harmonious music turned into a very fun memory with all the rain and the steaming hot *chai*! Our train ride to Chennai and our visit to ISRO headquarters was the best part of the trip. Seeing the PSLV and the GSLV launch pads, interacting with the scientists and learning all about Space Research was a truly mesmerising experience. It was something we would have never been able to experience if it weren't for this trip. Even though the last 2 days were sad as we didn't want it to end, they were still very fun. Our visit to the Krishna's Butterball and other monuments at Mahabalipuram and a relaxing stay at a beautiful beach side resort was all we needed! We

got to see the sunrise at the beach of Kanchipuram, and also had a late night DJ and danced to our heart's content. It was a package of learning, having fun, exploring and experiencing.

*Gaurika Singh (X G)*



## LIFE IS BEAUTIFUL

Live the life that is unfolding  
To you don't know when it will end  
Dance grace fully with the waves that come  
To become strong and ascend.  
Be happy and cherish happiness all over  
And help the poor and needy  
Love yourself and the people surrounding  
and never be cruel and greedy.  
Plug the abundance of life searing into the sky  
Never do take up to defeat  
Move forward and forward stepping the stones  
Cause life is beautiful indeed.

Pratyasha Das (IX B)

## MILLION FOOTPRINTS

Walking alone with the burden in my heart I bore  
Leaning behind an endless trail of imprints on the shore  
These elegant marks, though no one knows  
The pent up emotion, that relentlessly grows  
Looking back, longing for something to intense  
Even though the heart knows it's just a pretence  
With every rising wave, the feeling of utter despair welling up  
within  
With just a blow, they disappear, the million footprints  
Such a deep sorrow in heart  
With a piece of soul lost, as always, again have to start  
Consciousness slipping, even the gleam retreats  
The sun and the ocean, they finally meet  
Gazing upon my own shadow, my head and heart a mess  
I wish I could confide in it, this fear, horror and unbearable  
stress  
The trail behind me, in the fading light it glints  
Still there is no one affected out there, by the million footprints  
And yet, nothing but emptiness and desolation  
No soul could look beneath that extensible agitation  
Even so carrying on, with this burden of reluctant hope  
perhaps there's joy, happiness for which I so longingly grope  
Lonely but exuberant, frolic and merry as it seems  
Knowing all that is left behind is a chain of broken thoughts  
and dream  
Strength ebbing away, till when can I hold on to these hints  
will I ever see someone, drawing over them, the MILLION  
FOOTPRINTS.

Vidushi Singh  
XG

## ENVIRONMENT

It is the basis of life  
Without it, life is a strife  
It gives us useful resources  
Derived from various sources  
Without it, life is unimaginable  
What it does for us is unforgettable  
But in the recent years, we have become blind  
Our attitude towards it has become unkind  
We damage it at a fast pace  
Amidst this competition of human race  
We believe in deforestation  
Wherein it should be afforestation  
We all have to act together  
the people in this world need to gather  
Protecting it from degradation  
And at long last, acting for it's promotion

Pratham Singhal (IX)



Gaurika Singh (X G)

