



# MANDIRIAN SENTINEL

FEBRUARY-MARCH, 2020

Edition I

BIRLA VIDYA MANDIR, NAINITAL



## ENDING OF AN EVENTFUL JOURNEY.....

**Board examination and its ubiquitous stress; dipping in formulas, derivations, notes and the nitty-gritty of each and everything; time flying faster than ever and the most wonderful and unforgettable journey is about to be over for us.....**

**Though it is very difficult but I have tried to pen it in words.....an advice that I got at BVM.....**



*Retrospection made me realize that winter line and happy sunset will stay here forever, but I have miles to go, millions to meet and millenniums to change.....ADITYA R.*

“We’re behind you, cheering you on to the finish line,” said each of my mentors, “You might be feeling stressed, overwhelmed, and so tired, but you’re nearly there. Give it



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everything you've got, and know that whatever happens next, you've got what it takes for the life you want. Your final grades won't change that." Words I will cherish forever.

"During the next few weeks, remember that nothing that happens now has to decide what happens next. There will be choices, twists and turns in your path, and a lot of that path won't be anything like you imagined. That's one of the beautiful things about life. Sometimes things will work out exactly as you thought, and sometimes things will be different. It's in the unexpected that the magic happens, so take notice of your disappointments – they are often opportunities, disguised as something else. They're not the end of your progress towards the life you want, they're part of it. As you sit down for your exams you owe it to yourself to work hard and do your best, but know that the results won't be a measure of you. There is no exam, block of exams, or assessment that will even come close to showing what you are capable of, or the life that's waiting for you. Exams will test your memory and your understanding of a particular concept, not your intelligence. They'll show you what you are capable of during one particular hour of one particular day in one particular subject. It might be a subject that lights up your potential, or it might not.

Education is powerful, but some of the most powerful things your time at school would have given you won't be found on the periodic table or between the dog-eared pages of a maths book. Your education has given you the capacity to have a voice and a presence – whether that's through the way you use words, the way you create, the way you play sport or perform, the way you are with people – or maybe it's something else.

It's shown you that setbacks are temporary, disappointment doesn't last and enough courage can lift you out of anywhere. It's given you opportunities to flourish your resilience and your wisdom about the way the world works. It's shown you a lot – a lot – about people, and given you an insight that can only come from having experienced good things and not so good ones. It's taught you about the relationships to seek out and the ones to steer clear of – you'll come across plenty of both.

Hopefully, above all else, it's taught you that you can learn anything and do anything when you put in the effort. You may not have found whatever it is that ignites you yet. For you, that might be yet to come. Know that in you is everything you need to set the world on fire. Whether you realise it or not, it's there.

It's important to work hard and give it everything you've got, but know that there are so many more things about you that will determine the life you live. Most of the things, if not all of the things that will make you successful and happy will not be measured by the exams you're about to take. They can't test the person you are. They



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can't test the way people you haven't met yet will want to know you, love you and have you as part of their team or leading it. They can't test your creativity, your courage, your wisdom, your resilience or your intelligence. You have the potential for greatness – whatever that looks like for you. Don't let a grade tell you otherwise. Here's why ...

Your brain is going through a growth spurt – a massive one. It's been on fire since you were about 12 and it will keep going until you're about 24, so you're only halfway through. You might not have yet discovered some of the things you'll be good at. Your brain is hungry to learn and the exciting thing is that you're about to enter a stage of your life where you get to decide what to feed it. You get to decide what to learn, what to excel at, where to put your time and energy. Right now, and for the next few years, your brain is primed to learn, grow, strengthen and help you become whatever you want to be. Don't worry if you don't know what that is yet. There's time for that. In the meantime, be open to new things – new people, new places, new experiences, new adventures and new ideas and see which ones feel right. Everybody has it in him to be great at something. Don't let a test, an assessment, a person, a mistake or a bad grade tell you anything different.

You have incredible power to open all sorts of doors and shape the life you want. This power is yours and nobody can take it from you. It's yours regardless of the marks you get. You can't even know the doors you'll open, and you'll find the way to open them whether you get the grades you want or not. You don't have to have it all figured out yet.

Your path will be crooked, unexpected and beautiful, which is exactly the way it should be. Don't let any of the bends or detours change your belief in your own potential, or the depth and richness of you. YOU HAVE BEEN PREPARING FOR LIFE AT BVM.....REMEMBER IT!!"

**Writer on work (ADITYA RAHUL, XII A- SCIENCE STREAM)**

## **BOARD STRESS!!!.....AND WHAT IS THAT???**

Dear Students!

To you for

you.....!!!

Exam season can bring on levels of stress and burnout that can hinder your performance and preparation. A few handy tips at your doorstep.

Stress is nothing but the inability to make use of time in a judicious way. Relax! Take a chill pill.....and plan a balanced time table giving more time to the subject you find difficult. Have breathing spaces and in that time practise languages, physical education and the subject you are confident about. You should not be controlled by time so



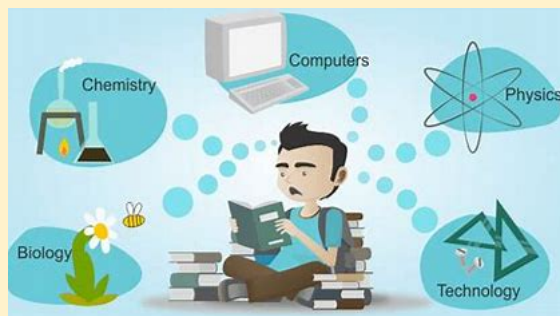
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start controlling it. Plan an early revision to avoid panic. No studies just before exam in the morning. Relax and refresh your brain so that you feel charged and all-set to give your best.



Prepare notes after studying a particular topic. Write the key-points. Revise the content, derivation, numerical, formulas by explaining them to your classmate/s. Group revisions do wonders. Don't have your fill up to the neck. Eat light and at regular intervals. Drink plenty of water. Clean system leads to better efficiency of brain.

KNOW YOUR ENERGY TYPE- The kind of energy and vibes you create around you will

Draw plan for each day early morning. Don't wake up late as you will feel lethargic all day long. Five minutes breathing techniques are must twice a day.

come back. Confused.....!!! Confusion around. Focused.....!!! The same energy will catch you up. Remember, failure exists that's why the fruit of success is sweeter. And you are all set, with your year- long rigorous efforts to taste this fruit.

SLEEP and NO SLEEP- Sleep well! Take a good slumber of 5-6 hours. You have to be physically sound to maintain concentration. 'No sleep' would only add to stress not to preparation.

Even the sky is not the limit!

**BEST WISHES!!!**

**Neelu Jawla (ENGLISH DEPARTMENT)**

## STAR REPORTER SPEAKS

### THE WINTER STUDY CAMP: THE BEST OF TIMES

*Though I had a feel of the winter study camp, that is held every year at Lucknow, as had attended it in Grade X, this year it was special in all the ways. The last camp, the last year in school, the last year at BVM and the last year with the best buddies. Let me brief you about our USP: WINTER STUDY CAMP. Such a great initiative and an idea that has changed and is still changing many lives every year. Started in 1976 in the month of December, it has become a regular feature for two months. The day begins with the listening to news on the radio, followed by multitudinous activities the entire day wherein one thing remains constant- 'study'.*



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*We get no feel of when the day closes and when the dawn knocks. Four unit tests and two pre-board examinations conducted back-to-back seep in us great confidence and give a feel of flawless preparation. Not only the students but teachers too always are on their toes. They are available 24x7 and put their heart and soul for the learners. The ambience of the place, the enthusiasm, the aura of the place is at another level.*



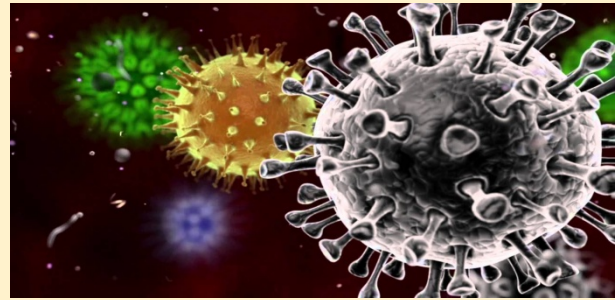
*Feel immensely proud to be the part of WSC.....feel proud to be a MANDIRIAN.....ALWAYS AND FOREVER.*

**WRITER AT WORK (AKASH KUMAR, XII-A- COMMERCE STREAM)**



### COVID-19: THE FATAL OUTBREAK

Here to jot in short about the recent fatal outbreak COVID-19 and to help differentiate between reality and myth, I thought of penning down this vital information. Let's begin with what actually COVID-19 is. Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). A novel coronavirus (nCoV) is a new strain that has not previously been identified in humans. Coronaviruses are zoonotic, meaning they are transmitted between animals and people. Detailed investigations found that SARS-CoV was transmitted from civet cats to humans and MERS-CoV from dromedary camels to humans. Several known coronaviruses are circulating in animals that have not yet infected humans.



The common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death. But remember that cough and cold don't always mean it is corona. Personal hygiene, washing hands properly, keeping at least one metre distance from a person who is down with cough, cold or fever are a few measures to be taken.

### **READ IT TOO:**

**One of the worst days so far for Coronavirus was the 10<sup>th</sup> of February. On that day, 108 persons in China died of coronavirus. But on the same day.....26,283 people died of cancer, 24,641 people died of heart disease, 4,300 people died of diabetes and suicide unfortunately took more lives than the virus did, by 28 times. Moreover, mosquitoes kill 2470 people every day, humans kill 1,300 fellow humans**



**every day and snakes kill 137 people every day. TAKE A DEEP BREATH AND WASH YOUR HANDS.**

Writer on work: (AKSHAT BATRA XII A- SCIENCE STREAM)

## WORKSHOPS AND TRAININGS

1. A day long training session for the teachers was held on February 26, 2020. With the advent of innovation in each field and to provide an extra edge to educational pedagogy and strategies, Mr. Vinay Pandey conducted a day long training session on the topic 'THEATRE IN EDUCATION'. It was a highly informative session for all.
2. A session was held on February 28, 2020. The topic of the session was 'WHOLE BRAIN THINKING'. It was conducted by the famous motivational TED speaker Dr. Shankar Kumar Goenka. An avid researcher, inquisitive learner and competent professional who believes in inclusive growth and sustenance of mankind, Dr. Shankar's explorations led him to specializing in 'Whole Brain Thinking', under the able guidance of Nobel Laureate Dr. Kobus Neethling of South Africa, which formed the centre pillar of all his training programmes for his divergent audience.

# GLIMPSSES





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## IN NOTICE:

- **ADMISSION FOR THE FORTHCOMING SESSION HELD AT BIRLA VIDYA MANDIR, MOTI MAHAL CAMPUS, LUCKNOW.**
- **STUDENTS ENJOYED A MOVIE ON THE OCCASION OF REPUBLIC DAY AFTER FLAG HOISTING.**
- **CAMP CLOSING DAY FEBRUARY 16, 2020.**
- **DUE TO COVID-19 OUTBREAK CBSE HAS POSTPONED GRADE XII EXAMINATION. NO ISSUANCE OF NEW DATES YET.**
- **THE SCHOOL WILL REMAIN CLOSED AND THE REPORTING DATE WILL BE INFORMED AFTER THE FINAL DECLARATION BY GOVERNMENT.**
- **GRADE X STUDENTS LEFT FOR THEIR PLACES AFTER LAST EXAMINATION ON MARCH 18, 2020.**
- **FAREWELL WAS ORGANISED ON MARCH 18, 2020 FOR GRADE XII.**
- **GRADE XII STUDENTS LEFT THE CAMPUS ON MARCH 20, 2020.**
- **SIR PRINCIPAL CONDUCTED A SESSION FOR THE ENTIRE STAFF TO MAKE THEM AWARE OF THE PRECAUTIONS TO BE TAKEN TO REMAIN SAFE IN THE TIMES OF CORONA PANDEMIC.**



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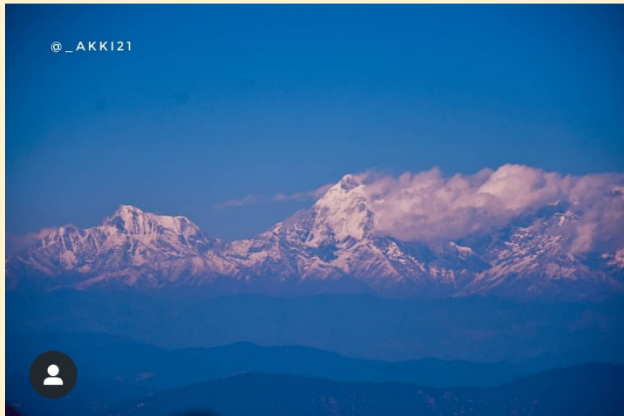
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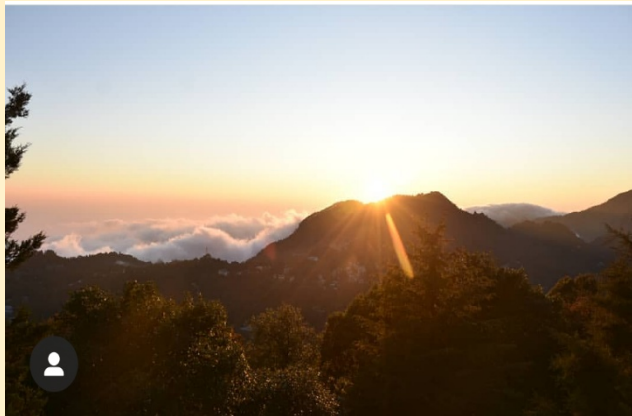
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- **A PERSONAL MESSAGE BY SIR PRINCIPAL, FOR ALL PARENTS HAS BEEN UPLOADED ON SCHOOL'S WEBSITE.**

## OH BVM...YOU BEAUTY



*Heaven on earth, such solace, such calmness*



*What could be more beautiful than golden sunrise when the sun emerges out of hills, from the fluffy clouds.....and sets the pace for the day.*



*Where else could one find a blue blue sky...the bright beauty.....the best place on earth*



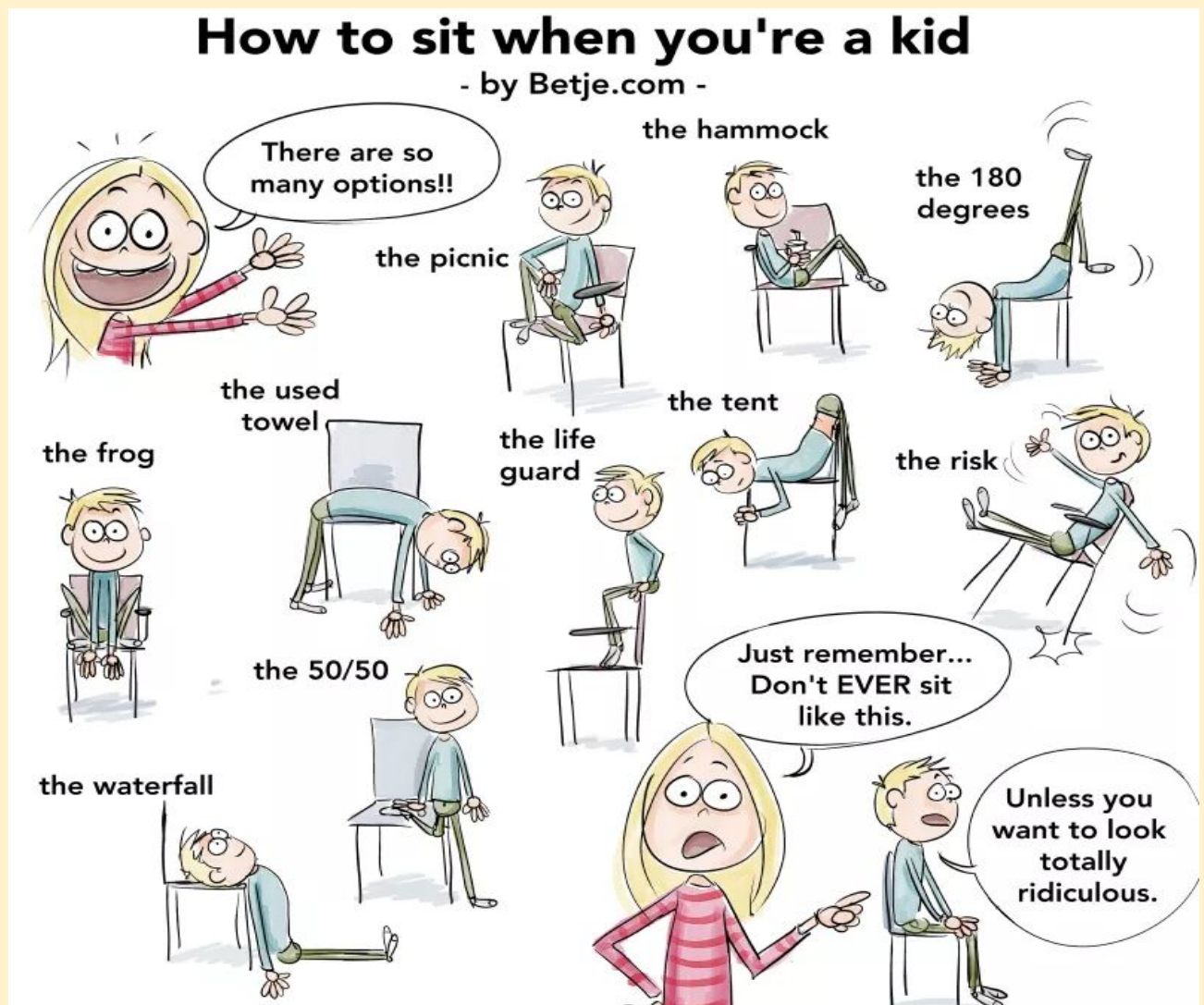
*It is the time for the sun to go to another horizon while we are searching for ours.....*

ARTIST ON WORK: (AKASH KUMAR XII A, COMMERCE STREAM)



## A LIL' HUMOUR

How to sit? Wondering!!! What sort of question is it? Well, we know how to sit at least. But you give a question to a kid and have all the impossibly possible answers from his perspective. Back to the question.....how to sit? So you can sit straight to have a perfect posture- according to an adult. What about the following suggestions?



So, next time try one.

Creator- (VEDANT AGNI XII C, COMMERCE STREAM)



# POWER NEEDS UNVEILED

## RETHINKING POWER NEEDS

@kwiens62



POWER IS NOT LIKE A REMOTE CONTROL WHERE ONLY ONE PERSON HAS ALL THE POWER AND CONTROL.



POWER IS LIKE A CANDLE. YOU CAN GIVE A CHILD POWER WITHOUT GIVING AWAY ANY OF YOUR OWN POWER.



YOU DON'T HAVE A SET AMOUNT OF POWER ~ LIKE A BUCKETFUL. THERE ARE WAYS TO GIVE A CHILD POWER WITHOUT LOSING ANY OF YOUR OWN.

## KIDS DON'T WANT YOUR POWER. THEY WANT THEIR OWN.

RICHARD LAVOIE



WHEN A STUDENT FEELS THEY HAVE

POWER WITH THE ADULTS AS WELL AS

POWER WITHIN THEMSELVES

THEY'LL HAVE LESS NEED TO SEEK

POWER OVER OTHERS

A NEW UNDERSTANDING OF POWER CAN HELP WITH THIS



“SEE A CHILD DIFFERENTLY... SEE A DIFFERENT CHILD”

STUART SHANKER

### 6 WAYS TO HELP KIDS MEET THEIR POWER NEEDS



1. OFFER CHOICE, NOT ORDERS
2. GIVE RESPONSIBILITY
3. START WITH STRENGTHS
4. EXPRESS INTEREST RATHER THAN PRAISE
5. ASK FOR THEIR OPINION
6. ASK FOR THEIR HELP

### 6 POINTS TO REMEMBER



1. AVOID POWER STRUGGLES
2. AVOID MAKING THREATS
3. GROWING POWER NEEDS ARE A HEALTHY PART OF CHILD DEVELOPMENT
4. RESPECT BOUNDARIES
5. THE RULES (NOT THE ADULT) SHOULD BE OBEYED
6. REFLECT ON YOUR OWN NEED FOR POWER & CONTROL

“THE REALITY IS THAT NO ONE WINS A POWER STRUGGLE” ROSS GREENE



## ENGLISH-VINGLISH

IN FOCUS: HETERONYMS.....Check out the following-

- ❖ *The bandage was wound around the wound.*
- ❖ *The farm was cultivated to produce produce.*
- ❖ *The dump was so full that the workers had to refuse more refuse.*
- ❖ *We must polish the Polish furniture shown at the store.*
- ❖ *He could lead if he would get the lead out.*
- ❖ *The soldier decided to desert his dessert in the desert.*
- ❖ *Since there is no time like the present, he thought it was time to present the present to his friend.*
- ❖ *A bass was painted on the head of the bass drum.*
- ❖ *When shot at, the dove dove into the bushes.*
- ❖ *The insurance was invalid for the invalid in his hospital bed.*
- ❖ *There was a row among the oarsmen about who could row.*
- ❖ *A seamstress and a sewer fell down into a sewer line.*
- ❖ *To help with planting, the farmer taught his sow to sow.*
- ❖ *The wind was too strong to wind the sail around the mast.*
- ❖ *Upon seeing the tear in her painting she shed a tear.*
- ❖ *I had to subject the subject to a series of tests.*
- ❖ *How can I intimate this to my most intimate friend?*

### **HETERONYMS**

These are brilliant. Homonyms or homographs are words with similar spellings, but with more than one meaning and sound. When pronounced differently, they are known as heteronyms.

(RITESH RAJPUT, XII A- SCIENCE STREAM)



## HEAD OF THE FAMILY SPEAKS

Academic results or digital performance actually sets a benchmark for any school, for the record they themselves look forward to break every year. Mandirians have produced exemplary and outstanding results all these years. Internal assessments are the integral part of a session. I.A.'s tell us what a child has achieved and how well he can make use of that knowledge in practicability. 'Justification' would not be a correct term in reference to the academic results. I would better say that it had always been in synchronisation with the pre-set benchmark and teaching-learning pedagogy. Not only the students but also the teachers have a clarity about 'how much has been achieved' and 'how to rectify the errors to fill instructional and learning gaps'. And once it is predetermined and practised in a focused way, everything else falls in place.

We don't follow the 'universal form of instruction' at BVM. Catering to the individual need and helping learners to concentrate on what is at the forefront of their mind in the present moment with insight and compassion are the two fronts that we ubiquitously pay attention to. All these years our only motive, around which we have weaved the teaching-learning strategies, assessments and evaluations, has been to develop ambidextrous learners who will be the harbingers of change in the years to come. Our students, who spend the formative and subsequent years of their developmental phase with us, learn how to stay focussed on the present experience with non-judgemental awareness.



The staff also has created in all these years a dynamic learning environment where the focus is to develop brainstorming, view-forming, intellectual and decision making ability rather than rote-learning. They provide a breathing space to the child so that he could ask anything and everything under the sun; and the sense of belongingness is at a very high level among the teacher and the taught.

We at BVM are trying to construct a mindful, phenomenal learning pedagogy that would enable innovative thinking and an art of questioning in the learner so that the knowledge that he would gain holds gravity. He will not only be empowered in terms of information and percentage, but also in life skills. We have developed our own life-skill development program that specifically deals to develop analytical thinking, critical thinking, enthusiasm and leadership qualities among learners.

**BEST WISHES!**

**ANIL KUMAR SHARMA**

**(PRINCIPAL)**



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