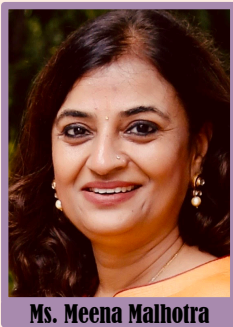




A MESSAGE FROM VICE PRINCIPAL



Ms. Meena Malhotra

'No matter how much it hurts now, someday you will look back and realise your struggles changed your life for the better'

The present scenario is one we all are now familiar with. The sight of empty streets narrates the crippling effect of coronavirus. Plazas, malls, sports venues, cafes, places of worship, and tourist destinations appear eerily empty as people stay home, cancel plans, and await further news. The same situation prevails in our in our schools and classrooms. This posed a major challenge to our educational endeavours. The imperative we faced was to avoid compromising our teaching learning schedules. It gives me a sense of satisfaction to say that the Bal Bharatian spirit prevailed and we rose to the occasion.

We rolled out a scheme that has kept us connected fruitfully with all our stakeholders. Restoration of students' academic work schedule is top priority. Taking the holistic approach, we reached out through co-curricular activities. The whatsapp class groups receives regular enriching videos with yoga, music, art work and poetry.

Let me take this opportunity to share with you some strategies for building up grit in these times:

01 Make a Plan A and a Plan B. Anticipate difficulties and make multiple plans to navigate them.

02 Make a list. Putting plans, thoughts and concerns on paper can increase sense of control,

03 Divide responsibilities...gives a sense of control.

04 Learn where to get help. Talk about what to do if you feel ill or afraid.

05 Spread calm. When family members are alarmed or panicking, calmly say, "Do I look worried? This is manageable."

06 Take the long term view. Reminding ourselves of difficulties weathered in the past, strengthens our coping skills.

HONOURS AND AWARDS

TIMES EDUCATION ICONS 2019-20

In the Times Education Icons Ceremony 2019-20 (North), the Principal Mr. LV Sehgal was awarded the Certificate of Appreciation for the school being ranked 1st in the Leaders Category in Central Delhi in the Times School Survey 2019.



EDUCATION TODAY

In India School Merit Awards 2019-20 by EducationToday.co, the School has been awarded Certificate of Achievement for being ranked 14th at All-India level, and 5th in New Delhi.



BRAINFED SCHOOL EXCELLENCE AWARD

The award was bestowed upon the school for its excellence in *FIVE* categories, namely, Best CBSE Schools, Happiness Quotient Index Schools, Safety and Security, Inspirational Leadership and Life Skill Education.



MICROSOFT SHOWCASE SCHOOLS

The rare honour of being designated as Microsoft Showcase School was bestowed upon the school. This stellar honour recognizes and celebrates the school's impact in creating educational transformation based on its vision and innovation in teaching, as well as a willingness to promote a growth mindset among educators and students.



FIT INDIA

The school has been declared as a Fit India School by the Ministry of Youth Affairs and Sports, Government of India. The school is entitled to use the FIT INDIA flag and its logo.



BANDANA SEN LIBRARY AWARD

The school ranked amongst the top 25 trailblazer schools of India for the *Bandana Sen Library Award: Inaugural Edition 2019* on the basis of the excellence of the Senior Library in the three main parameters "Place", "People", "Programme".



Library being integral to the whole educational process. The award recognizes and celebrates the efforts and commitment of the school for bringing reading to the forefront and encourages the reading culture amongst students.

FICCI ROAD SAFETY AWARD

Our school was amongst the five schools of Delhi to be felicitated in the Road Safety Awards 2019 Ceremony organized by FICCI on 5 December 2019. The school was accorded the Special Jury Award for its initiative, 'Safety Club' in the award category 'Excellence in School's Initiative in Road Safety'.



HIGH COURT PAINTING COMPETITION

The Paintings of Pranjal Khajuria (IX F) were selected to be printed in Table Calendar 2020 on basis of the High Court Painting Competition, 'Family: Canvas of Love'

CLASH OF PI

The school team emerged as 'Top Math School' with Second Position at the National level in Global Mathematics Circuit out of 900 participating schools pan India.

13th ALL INDIA INTER UNIT BAL BHARATI SPORTS MEET

The school won the Second Position in 13th All India Inter Unit Bal Bharati Sports Meet.



NPSC ESSAY WRITING COMPETITION - 2019

In the NPSC Essay writing Competition 2019, amongst the top 30 essays, five entries of the staff members of the school were selected to be published in NPSC's book of compiled essays 'Leading the Change within'. Ms. Rita Sharma (TGT English) and Ms Rachna Choudhary (Asstt. Tr.) whose essays were accorded 3rd and 5th position respectively, were felicitated in an Award Ceremony held at IIC on 11 February 2020. The other teachers whose essays were selected amongst the best thirty are: Ms Bhavna Kapoor (PGT Commerce), Ms Pushpinder Kaur (Asstt. Tr.) and Ms Sanya Dang (TGT English) at 21st, 22nd, and 28th positions, respectively.



CBSE NATIONAL SWIMMING CHAMPIONSHIP 2019

The school won the Overall Championship for the fifth consecutive year in the CBSE National Swimming Championship 2019 held at Gyan Ganga International Academy, Bhopal, Madhya Pradesh. Altogether, the school won 29 Gold, 7 Silver and 5 Bronze Medals in different events.



CBSE NATIONAL ROPE SKIPPING CHAMPIONSHIP 2019

The school won the Overall Second position in the CBSE National Rope Skipping Championship held at Shri Ram Ashram School, Majitha Road, Amritsar. The school won the First position in U-14 Boys and Second position in U-14 Girls.



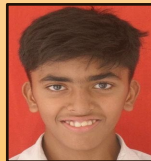
KHELO INDIA NATIONAL BASKETBALL CHAMPIONSHIP

Mr. Anil Jain, Basketball Coach, member of Men 40+ team, won the Gold Medal in Khelo India National Basketball Championship organised by Khelo Master Games Federation at Indira Gandhi Stadium, Delhi from 23 to 28 December 2019.



CBSE NATIONAL CRICKET CHAMPIONSHIP

Ronit Khanna (IX F) represented U- 19 Delhi team at CBSE National Cricket Championship which was held at Telangana from 9 to 17 January 2020.



YOUNG CITIZEN AWARD

The Grand finale of IILM Young Citizen Award for social innovation was conducted on UN Day, 24 October 2019 at IILM Campus, Gurgaon. Arya Anand (XII D) won the second prize and was awarded a cash prize of Rs. 30,000/- and a trophy.

SPACE - ALL INDIA ONLINE QUIZ COMPETITION

In All India Online Quiz Competition – Heliodesy, organised by SPACE, Kartik Mandar (XII C) stood 14th at the All India Level and qualified for expedition to Oman.

ANNUAL ZONAL PRIZE DISTRIBUTION (ZONE 28)

The school yet again was awarded the Overall Championship in Team Games as well as Overall Championship Trophy for Cultural Events for Zone 28 in the Zonal Annual Prize Distribution Ceremony held on 13 February 2020 in the school premises. International Achievers Award was bestowed upon-



Jahnvi Chaudhary (XA), Shivangi Sarma (XI H), Aaryan Varshney (IX F), Vanshika Mudgal (VI H) and Aarush Gupta (X B) each. The Best Athlete Awards were awarded to Anurag Juneja (XII B), Riddhi Mahender (X H), Jahnvi Gulati (VIII D)

41st NATIONAL MASTERS ATHLETICS CHAMPIONSHIP 2020

Mr. Ravinder Singh Dahiya, TGT Physical Education, won a Gold Medal in High Jump and a Bronze Medal in Triple Jump in the Men 45 + Category in the 41st National Masters Athletics Championship 2020, held from 9 to 14 February 2020 at Imphal, Manipur.



DELHI STATE MASTER GAMES 2019-20

In Delhi State Master Games 2019-20 held at SU Block, Pitampura from 10 to 12 January 2020, Mr. Joginder Kumar, Volleyball Coach played as a part of the 30+ Men team and won the First Position.



INTERNATIONAL AWARD FOR YOUNG PEOPLE

The International Award for Young People, aims at sensitizing the Youth in the age group of 14-24 years towards socio-cultural issues and acts as a path breaker for involving youth in life skills. Sambhav Jain (XII D) received the certificate of the Gold Standard Award on 16 November 2019. His grit and determination have brought laurels to the institution.



GEO - QUIZ

Kunal Dhawan and Vaatsalya Babbar of XI C, bagged the first prize in Geo - Quiz (Senior Category) held as a part of the 15th Geofest, organised by City Montessori School, Lucknow.



GO LADLI

Kashish (X E) is one of the five winners pan India of the “2019 Go Laadli – Lead Like a Girl Challenge”, a unique college scholarship opportunity for girl students of class IX to XII. She shall receive a scholarship of INR 1 Lakh towards her college tuition fee.



Kashish identified a woman-centric problem, Menstrual Hygiene which is prevalent in India, and proposed a solution to it, in her Dossier.

65th NATIONAL SCHOOL GAME FEDERATION OF INDIA

BASKETBALL:Alpansh Makker (XI F), Vipul (IX E), Nitik (IX D) and Harsh Huda (IX G) in the category U-17 boys; and Vanshika Singh XII C in U-19 Girls category, were awarded gold medals for winning the first position in their respective categories.

SWIMMING :The school won altogether 11 Gold, 6 Silver and 4 Bronze Medals in different categories.

TABLE TENNIS :In the U-14 tournaments, Vanshika Mudgal (VI H) and Devansh Mudgal (IX D) won a Silver Medal each, in the Girls and Boys category respectively. Aditya Jain (IX A) bagged a Bronze Medal in U-19 Boys.

CBSE ARYABHATA GANIT CHALLENGE

Anupriya Prakash (IX A), SynaRajvanshi (X G), Yash Mittal (X H) have been selected among the top 100 students from schools West Delhi region in the CBSE Aryabhata Ganit Challenge.



Anupriya Prakash (IX A)



Syna Rajvanshi (X G)



Yash Mittal (X H)

DELF AWARD CEREMONY

Eight students, namely, Angel Ahuja, Aditya Sharma, Anjani Sharma, Divyajot Singh, Garvit Talwar, Jiya Gulyani, Naira Kakkar and Toshi Pahadia from classes VIII to X were felicitated for scoring 100 percent result in



French Proficiency (DELF) Exam organized by the French Institute in India. The Award Ceremony was held on 7 February 2020. at Institut Francaisen Inde.

VIDYARTHI VIGYAN MANTHAN (VVM)

Ananya Maheshwari (XI B), Anshul Singal (XI B), Madhav Gupta (XI D), NishantakPanigrahi (XI C), Pranoor Singh Khurana (XI D) and Vibhor Vanvani (XI C) are among the 130 students selected from schools across Delhi, for VVM a national program popularizing science among students of classes VI to XI.

VIKRAM SARABHAI SCIENCE FOUNDATION

Vikram Sarabhai Science Foundation conducted Online Science Promotion Orient Test - SPOT 2019. A total of 81 students participated from grades III to XII in our school, out of which 37 students have qualified for the National level. These students are eligible to attend virtual classroom sessions with Scientists and Cosmonauts associated with VSSF.

ANCQ (International Chemistry Quiz)

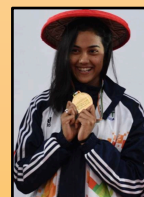
In the International Chemistry Quiz organised by Royal Chemical Institute, 3 students- Parth Nangroo, Samarth Nagpal and Vishvam Singh of XI D were among the top 10% pan India and received High Distinction. 11 students of the school ranked among the top 10-25% and got Distinction Certificates..



KHELO INDIA YOUTH GAMES

Alpansh Makker (XI F) and Vipul (IX E) participated in U-17 Basketball Team which won the IInd position. In Swimming, in the different events, the school team won altogether 9 gold, 7 silver and 3 bronze medals, as per details given below:

- Shivangi (XI H)- 5 gold medals
- Bhargav Phukan (X H)- 1 gold, 2 silver and 2 bronze medals
- Vanshika Sharma (XI H)- 1 Silver medal
- Jhanvi Choudhary (X A)- 2 silver and 1 bronze medals
- Anurag Singh (XI G)- 3 gold & 2 silver medals



BBPS MODEL UNITED NATION 2019



The school, in association with knowledge partner EDUCIS organized Inter School BBPS MUN 2019 on 18 and 19 October 2019.

CAREER FAIR



A Career Fair was organised by the school in collaboration with the Alumni Association on 19 October 2019.

TECHNOVANZA 5.0



A mega Inter-School Technology Event held on 22 November 2019.

WINTER CARNIVAL



The was Carnival organized on 15 December 2019.

FAREWELL 2019



Farewell 2019- Safarnaama on 21 December 2019

ANNUAL STAFF GATHERING



The Annual Get Together organized on, 28 December 2019.

VIRSA



A workshop was conducted by Virsa guru Mukesh Gangani on 23 January 2020.

AASHIRVACHAN SAMAROH



Outgoing Class XII seeks blessings.



**POINT-
COUNTER-POINT**

An Inter House Debate competition was organised on 16th October 2019, in the senior library on the topic, 'Organic Food: A Viable Option'.

WINNER- JAWAHAR HOUSE (FIRST), CV RAMAN HOUSE (SECOND) ABHIMANYU HOUSE (THIRD)

BEST SPEAKERS- Ishita Chandra (I), Tanish Anand (II), Nikhil Chopra (II), Ananya Gupta (III)

BEST INTERJECTOR- Naman Joshi

**ORGAN HEALTH &
WELLNESS**



An Inter House PowerPoint presentation competition was held on 31st October 2019, in the School Auditorium on the topic, 'Organ Health and Wellness'.

WINNER- JAWAHAR HOUSE (FIRST), CV RAMAN & ABHIMANYU HOUSE (SECOND), SUBHASH HOUSE (THIRD)

NUKKAD NATAK



An Inter House 'Nukkad Natak' competition was held on Thursday, 19th December 2019, in the Senior Library.

Subhash House bagged the first position.

LOCKDOWN LESSONS

“I would not be surprised if more people go for therapy after all of this is over and we can resume a normal life,” said Omar Bazza, a Toronto-based clinical therapist. During the time of this widespread pandemic we all are fighting daily with anxiety. This spread of COVID-19 has not only impacted the social, political and economical aspects of life but has also disturbed our mental peace. Nervousness, fears of contamination, constant reassurance seeking behaviors, panic attacks, sleep disturbance, excessive worry and feelings of helplessness are some of the ramifications. Lockdowns and quarantines have become the norm in most affected places, as a result grinding life to a standstill. It does feel like that our life has been paused and everything has just stopped. However, we can still cope up with the conditions and we must because at this point of time we cannot afford to be in anxiety which can further weaken our immunity. So, we need to remember that people are collectively dealing with this crisis. In the light of this at least people won't see individual differences- race, sex, caste and whatever else which may create differences among us. We can always start respecting the underrated activities of waking up early, yoga and meditation. We can use this time to grow in some way- learn a new language, new skill, read, draw, cooking is another way to achieve satisfaction. Control your mind, this period can be seen as a lesson of becoming self sufficient, spending time with your loved ones and understanding the preciousness of life.

- Deeksha Chopra (XII-A)

On 24th March, the Government of India under the Prime Minister Narendra Modi ordered a nationwide lockdown for 21 days, as preventive measure against the 2020 coronavirus pandemic. Suddenly, a country of 1.3B population, the crowds vanished and I was suddenly facing a freshness of air(due to lack of vehicular pollution), I could hear birds chirping early in the morning, there were cobalt blue skies, the unseasonal winter chill in late March and the most wonderful experience of all was *SILENCE*. Gifts bestowed unexpectedly upon us by the virus. I got back to helping my mom in the pleasures of gardening, chatting, playing board games and star gazing during the night time. The earth is healing herself and I have learnt to be more patient. Thought I miss the hustle bustle of life I have learnt to enjoy these moments of solitude, because I believe everything happens for a reason. I learnt to live each day and each moment to the hilt. Cribbing and complaining helps no one so I have taken this lockdown period happily and graciously

- Aniruddh (IX-C)



- Manya Jain (X-A)

While many people including me are utilizing this time to focus on academics, learn new skills, new dishes (especially this new trend of dalgona coffee), the most amazing and unique thing I discovered while staying at home was a new perspective. See, when your world shrinks down from the span of hundreds and thousands of kilometres to just a few square feet, there are a lot of things you observe at this microscopic level. The most peculiar thing of them is the reverse psychology of humans, as to how each and every one of us yearned to stay at home and relax for weeks, but now all can one think about is going out. I realized that all of us take so many things just for granted but it's in these dark times we realize how they enlighten our world. A walk in the park these days is more valuable than your television. This also makes us think that happiness is neither materialistic nor aesthetic, it's just circumstantial. In the end, I summarize that only when normal things are not normal anymore, do we realize how special normal is.

- Vibhor Vanwani (XII-F)

PUBLICATION COMMITTEE

Dear Reader,

The Publication Committee members of the Senior Department are gratified that they have this opportunity to reach out to you in these troubled times. All that we are familiar with has been touched by the pandemic in more ways than one and this e-newsletter is not an exception. Thanks to technology that has stepped in, in a big way, teachers and students are able to communicate through our Google Classrooms and interact via meet or hangouts. Much of the matter you read here covers the last two quarters of the previous session 2019-2020. It gives us aspects of school life before Covid19 confined us to our homes. I believe we should use all available means to keep our spirits high and retain normalcy in the way we function. Our school Bal Bharati binds us in a way a family does and besides being a torchbearer of good education, the school instils a sense of comfort, security and discipline in each of us. As a teacher of English, I most strongly feel that this is the best time to use language creatively. We can drink deeply of literary material available. Some students have sent in compositions, which you can read within these pages. I also know that clubs have been organising activities, that are both informative and intellectually stimulating. I conclude with the same hope echoing in all our minds- 'When do we return to our life as it was not so long ago.' All I can say with conviction is 'This too will pass'. Keep sending in your opinions, questions, reactions and expressions. Much love and blessings to our readers.

Radha Nair

Member Publications

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