

# Bhavans Darshan Monthly Newsletter of Bharatiya Vidya Bhavan, Amritsar Kendra

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Bharatiya Vidya Bhavans Amritsar Kendra **Bhavans SL Public School Opp. Shivala Bhaiyan, Amritsar** 





# Kulapativani

Freedom is easier to gain than to preserve . At all times a free nation has to be vigilant and determined in safeguarding it. For this purpose we have to replenish its faith in freedom from time to time by recapturing in its imagination the struggles, trials and sufferings through which it passed before freedom was secured. We have also to maintain the spirit of freedom by keeping alive the memory of the heroes and martyrs whose undaunted courage paved the path to freedom.

**Kulapati Dr K M Munshi** Founder Bharatiya Vidya Bhavan



#### **Bhavans Darshan**

Monthly Newsletter

Managing Editor **Dr. Anita Bhalla** Director Principal

*Editor* Sunita Nagpal

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संदेश	3-6
The Five Layers of the Human	
Enery Field	7
अटूट विश्वास की एक अनोखी कहानी	8
Maths Mania	9
राखी के धागे	10
मोबाईल फोन	10
पेड़ों की रक्षा	10
Indian Heritage	11
Independence Day	12
National Handloom Day	12
कृष्ण कृष्ण का जाप	13
तिरंगे का कर्ज़	13
जीवन प्रबंधन	14
News	15



प्यारे बच्चो,

संदेश

देश के 77वें स्वतंत्रता दिवस पर आप सभी को मेरी हार्दिक बधाई!

यह दिन हम सब के लिए गौरवपूर्ण और पावन है। 15 अगस्त, 1947 के दिन देश ने एक नया सवेरा देखा। उस दिन हमने विदेशी शासन से तो आजादी हासिल की ही, हमने अपनी नियति का निर्माण करने की स्वतंत्रता भी प्राप्त की। स्वतंत्रता दिवस हमें याद दिलाता है कि हम केवल एक व्यक्ति ही नहीं हैं, बल्कि हम एक महान जन—समुदाय का हिस्सा हैं।

यह पावन दिवस हमें एक राष्ट्र, एक झंडे के नीचे खड़े होकर भारत को किसी भी देश से एक बेहतर देश बनाने का संकल्प लेने का दिन है, फिर चाहे हम किसी भी रंग, जाति, धर्म, भाषा आदि के आधार पर एक दूसरे से भिन्न ही क्यों न हों।

हमारी अहम जिम्मेदारी है कि हम इतना प्राकृतिक असंतुलन न उत्पन्न कर दें कि प्रकृति हमारे अस्तित्व को खत्म करने पर ही आमादा हो जाए। हमें प्रकृति में संतुलन बनाकर रखना पड़ेगा। हमें उसका ख्याल रखना पड़ेगा, तभी तो वह हमारा ख्याल रखेगी।

वायुमंडल में ग्रीन हाउस गैसों (मीथेन, कार्बन डाय ऑक्साइड, ऑक्साइड और क्लोरो – फ्लूरो – कार्बन) के बढ़ने के कारण पृथ्वी के औसत तापमान में बढ़ोतरी (ग्लोबल वार्मिंग) हो रही है। ग्लोबल वार्मिंग का मतलब है दुनिया भर में हवा और महासागरों के तापमान में वृद्धि। यह मुख्य रूप से इसलिए हो रहा है क्योंकि मनुष्य कोयला, तेल, प्राकृतिक गैस जलाते हैं और जंगलों को काटते हैं। याद रखें कि बूँद–बूँद से ही घड़ा भरता है। अगर हम ये सोचें कि एक अकेले हमारे सुधरने से क्या हो जाएगा तो इस बात को ध्यान रखें कि हम सुधरेंगे तो जग सुधरेगा। सभी लोग अपनी जिम्मेदारी स्वीकार करें, पेड़ लगाएं तो ग्लोबल वार्मिंग को भी परास्त किया जा सकता है।

राष्ट्र के नायक बनो। अनुशासित व सुसंस्कृत होने से ही परिवार, समाज व देश के उत्थान के लिए अपना भरपूर योगदान देने में सक्षम हो पाएंगे। बच्चों को जिम्मेदार एवं योग्य नागरिक बनाने के लिए अभिभावक व शिक्षक महत्वपूर्ण भूमिका निभाते हैं। इस संदर्भ में भवन्ज़ एस एल पब्लिक स्कूल अपने छात्रों को अपनी सभ्यता, अपनी संस्कृति की जड़ों से जोड़ने के लिए समय–समय पर विभिन्न उत्सवों को विद्यालय में मनाकर, उनके महत्व व उद्देश्य से अवगत करवाकर उन्हें पोषित करने का प्रयास निरंतर करता है और इसकी सहज अनुभूति भवन्ज़ के छात्रों तथा अभिभावकों को होती है।







As we celebrate the 77th Independence Day of our beloved India, it is a time for reflection and gratitude. We honor the sacrifices made by countless individuals who fought for our freedom and the values that form the foundation of our nation.

It is very satisfying to learn that Bhavan's SL Public School celebrates the event every year and I had the opportunity to witness a few. It had always been very satisfying and entertaining to watch little masters drenched in patriotic colours.

Rotary has always been a beacon of hope and service, embodying the spirit of unity and compassion that is intrinsic to our country's ethos. As Rotarians, we are committed to making a di erence in our communities, fostering peace, and promoting understanding among all people.

On this auspicious day, let us recommit ourselves to the principles of Service Above Self. Let us work together to build a stronger, more inclusive, and prosperous India. Our e orts in areas like education, healthcare, sanitation, and economic development are vital in uplifting the underprivileged and bringing positive change.

May the spirit of independence inspire us to continue our work with renewed vigor and dedication. Together, we can create a brighter future for all, upholding the values of democracy, freedom, and justice.

Happy Independence Day! Always at your Service,

> Rtn Dr Ps Grover Distt Governor RI Distt 3070



Hessage



Rtn Rohit Oberoi DGE RI Distt 3070

Every Indian citizen always has a unique and wonderful emotion on Independence Day. Independence Day serves as an excellent illustration of the adage "unity is strength." Only the unrelenting struggle and fight of our heroes can provide each and every citizen the sense of pride they experience when they stand beneath the calm and secure shade of the national flag and when they sing the national anthem. As of right now, our nation is among the developing nations worldwide. The nation is advancing rapidly in a number of spheres of life. Let's promise we can perform such actions that will improve our country's status in the world.

**Happy Independence Day!** 



Rtn Anil Singhal DGN RI Distt 3070

On the Independence Day, we gather to celebrate the spirit of freedom that our nation cherishes. Our journey from the struggles of the past to the achievements of today fills our hearts with pride. This day holds immense significance as we remember the brave souls who sacrificed their lives for our freedom.

Let's cherish the spirit of unity, diversity, and progress that our country stands for.

As young minds, you have the power to shape our nation's future. Strive for education, equality, and kindness.

Embrace our cultural heritage while embracing modern ideas. Let's pledge to work together, break barriers, and build a better India.

Happy Independence Day! Jai Hind!

# भारत के प्रहरी बनो

15 अगस्त 1947 को भारत राजनैतिक दृष्टि में स्वतन्त्र हो गया। यह बहुत बड़ी उपलब्धि थी। सारे भारत वासियों में एक आशा जग गई अब हम स्वतन्त्र हो गये है। हमारी समस्त समस्याएं दूर हो जायेंगी। हम अभाव मुक्त, चिन्ता मुक्त, भय मुक्त जीवन जी सकेंगे। सच है, स्वतन्त्रता के पिछले 75 - 76 वर्षों में भारत ने आर्थिक एवं औद्योगिक स्तर पर काफी प्रगति की है परंतु यह भी सत्य है कि आज भी देश की आधी आबादी को भर पेट खाना तक नसीब नहीं होता रहने को उचित घर नहीं



है-बच्चों की शिक्षा के लिए विद्यालयों, और रोगियों के लिए चिकित्सालयों का हम समुचित प्रबन्ध करने में विफल रहे है। आज भारत का युवक अपने भविष्य के प्रति आश्वस्त नहीं दिखता। सन्देह, भय, अशान्त सा वातावरण है। यदि इस विषय पर गहन चिन्तन हो तो इसी निर्णय पर पहुंचते हैं कि हमसे नीतियाँ बनाने में कही विशेष मूलभूत भूल हुई है।

देश को आजाद हुए अभी थोड़ी ही देर हुई थी कि गुरुकुल कांगड़ी विश्व विद्यालय के विद्यार्थियों को सम्बोधित करते हुए राष्ट्रपिता महात्मा गांधी जी ने कहा था, मेरे प्यारे बच्चों, यह देश आपका है आप सब स्वतन्त्र भारत के राजकुमार है और आप सब को प्रहरी बनकर इस देश की रक्षा करनी है। आप उद्योगपति बनो, अध्यापक बनो, डॉक्टर बनो, इंजीनियर बनो, सरकारी अधिकारी बनो, समाज सेवी बनो, राजनेता बनो, चाहे कुछ भी बनो, परंतु याद रखना कि अपने पद की गरिमा की सत्यता को समझते हुए अपने कर्त्तव्यों का निर्वाह इस प्रकार करना कि देश की हर प्रकार की सुरक्षा निश्चित बनी रहे। आज विडम्बना है कि हम इस राष्ट्र की सम्पदा और मेहनतकश लोगों की मेहनत की बदौलत अपने व्यवसाय में तरक्की भी कर गये परंतु अपने मूलभूत कर्तव्य को भूल गये कि हम इस देश के प्रहरी है। इस देश की सेवा-सुरक्षा हमारे हाथ में है। इस भूल का परिणाम यह हुआ कि जिस राष्ट्र की सम्पदा की सुरक्षा करनी थी, उसी को लुटना शुरु किया और जिन देश वासियों की सेवा करनी थी उन्हीं का शोषण हुआ। देश औद्योगिक आर्थिक प्रगति करता गया। अमीर और अमीर होते गये और अभाव ग्रस्त लोग, पीड़ित व दुःखी, दरिद्र बनकर इस स्वतन्त्र भारत की स्वतन्त्रता द्वारा उनके साथ होता मजाक देखते रहे। परंतु यह कितनी देर चलेगा? आखिर कब तक? ध्यान रहे! आतंकवाद, नक्सलवाद, देश-द्रोह, पृथकतावाद की भावना उसी समाज में पनपती है जहां असहनीय विषमतायें होती है। अगर भारत में गांधी जी का राम राज्य स्थापित करने का सपना पूरा करना है तो सभी युवाओं को, विशेषकर शिक्षित वर्ग को यह शपथ लेनी होगी कि अपने देश में भ्रष्टाचार, लूट-घसूट और अन्याय किसी भी कीमत पर सहन नहीं करेंगे चाहे उसके लिये अपना जीवन भी बलिदान क्यों न करना पडे।

प्यारे बच्चों, यह काम नौजवान नहीं करेंगे तो कौन करेगा? जहाँ अन्याय करना पाप है वहाँ अन्याय सहना उससे भी बड़ा पाप है। जागो, उठो जहाँ भी भ्रष्टाचार और अन्याय है वहाँ आवाज़ बुलन्द करो–अपने देश के प्रति प्रेम और राष्ट्र भक्ति को जगाओ। यह देश तुम्हारा है–तुम्हें ही इस देश के प्रहरी बनकर रक्षा करनी है।

#### **अविनाश महेंद्र** अध्यक्ष भारतीय विद्या भवन अमृतसर केंद्र।

## The Five Layers of the Human Energy Field

The human body consists of five layers of energy. The first layer is the physical body, which has weight, shape, and volume. You can touch it, see it, and contemplate its reflection in the mirror. But there are four other energy fields surrounding the physical body that are not so easily seen and which are commonly



referred to collectively as a person's aura. Together, these five layers, or energy bodies, comprise the human energy field. These layers are where our mental, physical, spiritual, and emotional characteristics are stored. They can be in balance or out of balance. Which is why energy medicine practitioners believe that it's not enough to just treat the physical body when people fall sick. The other four layers must be evaluated and treated as well.

#### **Physical Energy**

This is the layer that we generally think of as our physical selves. Although our physical bodies are a kind of package, consisting of flesh, skin, bone, organs, and blood, they are also an energy, same as the other layers of the body that most people cannot see or sense.

#### **Etheric Energy**

The second, or etheric- from the word "ether"- layer of our energy body, is located approximately one quarter to one half inch- but not more than an inch- from the physical body.

Energy medicine practitioners who are adept at psychically sensing this layer have described it as feeling much like a spider web, sticky, even stretchy. It is also gray or gray-blue in color. The etheric energy body has also been referred to as the blueprint or holograph of the physical body.

#### **Emotional Energy**

The emotional layer of our energy body is the third layer. Centrally located among the five layers, this layer is where our feelings and fears reside. This layer can be quite volatile when we are experiencing extreme high or low emotions.

#### **Mental Energy**

This is the layer from which our ideas spring. Our belief systems are also stored here. This is where our thoughts are assimilated and sorted out, and it is where we house our personal truths, or, rather, our perceptions based on our experiences.

#### **Spiritual Energy**

The spiritual layer of the human energy field is the final layer. It is the place where our "consciousness" or "higher awareness" resides. This final layer ties us not only to our past lives but also to a universal consciousness.

#### Source : East and West Series

To give love is true freedom; To demand love is pure slavery.

# अटूट विश्वास को एक अनोखी कहानी



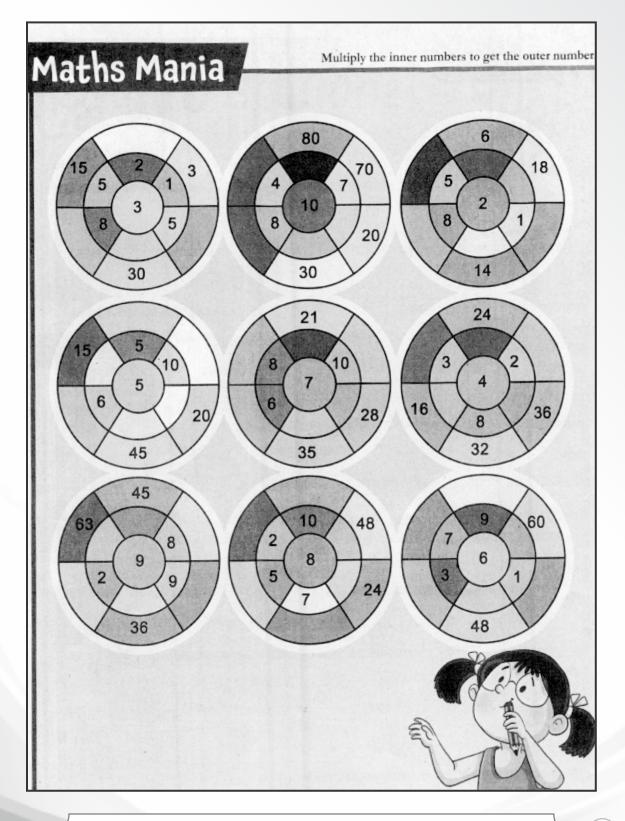
जंगल से दूर एक कुटिया में मनसुखा अपनी माँ के साथ रहता था। उनका गुजारा बड़ी मुश्किल से होता था। जब रोज बच्चा पढ़ने के लिए विद्यालय जाता तो रास्ते में एक जंगल को पार करना होता था, मनसुखा को जंगल पार करते समय डर लगता था। मनसुखा ने एक दिन अपनी माँ को कहा, माँ आज घर आते समय बहुत डर लगा। मैं कल से स्कूल नहीं जाऊँगा। माँ का कृष्ण जी में अटूट विश्वास था। माँ ने मनसुखा को कहा तेरा एक भाई है-मोहन। तू कल से उसको आवाज़ देना वो तेरी मदद के लिए आएगा, तेरा साथ देगा। मनसुखा ने अगले दिन विद्यालय जाते समय बीच जंगल

में आवाज़ दी। मोहन भैया, मोहन भैया तुम कहाँ हो, मुझे डर लग रहा है। फिर तभी दूर से उसको पीला गमछा कमर पर बाँधे उसमें मुरली लगाए हुए एक सुंदर सावला सलोना बालक मनसुखा के पास आया और बोला, मैं तुम्हारा बड़ा भाई मोहन हूँ। मनसुखा ने पूछा मोहन भैया, अब तक तुम कहाँ थे। मोहन भौया ने कहा मैं कहीं काम गया था पर अब मैं तुम्हें रोज यहीं मिलूंगा। जब तुम सुबह विद्यालय जाते समय आवाज़ दोगे तो मैं आ जाया करूंगा। अब रोज मनुसखा और मोहन भैया, जंगल में मिलते। रोज मोहन भैया मनसुखा को घर से विद्यालय और विद्यालय से घर छोड़ आते।

एक दिन कक्षा के विद्यार्थी आपस में बातें कर रहे थे कि अगले दिन अध्यापक जी का जन्मदिन है किसी विद्यार्थी ने कहा मैं उनके लिए कीमती तोहफा लाऊँगा तो किसी ओर ने कहा कि मैं उनके लिए सुंदर कलम लाऊंगा। ऐसे कई विद्यार्थीयों ने अपने–अपने तोहफों के नाम बताए। पर मनसुखा कुछ भी न बोला, रास्ते में जब मोहन भैया मिले तो पूछा, मनसुखा तुम आज उदास क्यों हो? मनसुखा ने कहा, मेरे अध्यापक जी का कल जन्म दिन है पर मेरे पास अध्यापक जी को देने को कुछ नहीं है। मोहन भैया चुप रहे। घर जा कर माँ को भी बोला कि मैं कल अध्यापक जी को क्या दूंगा? माँ ने एक छोटे से गिलास में दूध डाल दिया। अगले दिन रास्ते में जाते समय मनसुखा ने मोहन भैया को बोला कि मेरा दूध का गलास अध्यापक जी स्वीकार करेंगे? जब स्कूल पहुँचा तो सब ने अच्छे–अच्छे तोहफे अध्यापक जी को दिए। मनसुखा के गिलास की तरफ अध्यापक जी का ध्यान सब से बाद में पड़ा।

अध्यापक जी ने विद्यालय से छुट्टी के समय जब सब तोहफे घर ले जाने के लिए पकड़े तो मुँह बनाते हुए तथा अनमने मन से मनसुखा का दूध का छोटा सा गिलास भी पकड़ लिया। घर जा कर जब दूध को अपने घर के बर्तन में डाला गया तो वह पूरा भर गया। अध्यापक जी हैरानी की हद न रही कि छोटे गिलास में दूध उतना ही था जबकि अध्यापक जी का बर्तन पूरा भर भी चुका था फिर दूध का पतीले में डाला गया। पतीला पूरा भर चुका था अब तो अध्यापक जी और भी ज्यादा हैरान हो गये। एक-एक करके घर के सारे बर्तनों में दूध भरा गया। पर आश्चर्य। छोटे गिलास में दूध उतना ही था जबकि अध्यापक जी कैर भी अध्यापक जी को समझ आया मनसुखा कोई साधारण सा, गरीब बालक नहीं है। अगले दिन मनसुखा को अध्यापक जी ने नमन किया। अध्यापक जी को अपने किए भेदभाव पर लज्जा आई। अध्यापक जी ने आगे से किसी भी बच्चे के साथ भेदभाव न करने का अपने आप से वादा किया सो हमें हमेशा अपने भगवान पर विश्वास रखना चाहिए।

Continuous change alone is the changeless law.



Grief is the state of mind created by the absence of objects of one's liking

राखी के धागे हलके फुल्के... जज़्बातों में गहरा वज़न टिका, वह रिश्ता सबसे उत्तम है... जिस में रक्षा का है वचन जुड़ा। रक्षाबंधन पर्व हर वर्ष ही... इस रीत से सबका हृदय जुड़ा, भाई बहन का एक ही मन है... अद्वितीय सूत्र की गाँठ बँधा।

कैसे भावनाएँ जन्म ले भीतर...? कैसे उत्पन्न परवाह हो...? चुपचाप जो बैठे बहन कही तो... बेचैनी भाई के शब्दों में हो, दुआ के थाल दो नैना भरकर... बहना माँगे भाई का सदा भला... ईश्वर से विनती इतनी है... पावन रिश्ता यह रहे खरा।

रंग सुनहरे धागों के... चमक धमक सजावट हो.... मन भावन है नाम राखी का... राखी का अर्थ रक्षा हो, दूर पास... हम कहीं रहे... हुँ बहन! है सौभागय मेरा... वीर हाथ जो सर पर रख दे... स्पर्श छाप बन माथे सजे सदा।

राखी के धागे नहीं हलके फुल्के... भाई बहन प्रेम हर रेशे जुड़ा... चोखा है... अनोखा है... कई कड़ियों से यह नाता जुड़ा, रक्षाबंधन पर हर बहना...माँगे भाई का जीवन हो सुख से भरा... हृदय कोश से... नैनो से... शब्दों से सौंपूँ आशीष सदा।

"राखी के धागे हलके फुल्के... जज़्बातों में गहरा वज़न टिका, भाई बहन का एक ही मन है... अद्वितीय सूत्र की गाँव बँधा।"

मोबाईल फोन

एक छोटी सी डिबिया रे, टुन टुन करके बोले। बटन दबाया बोली डिबिया, राज़ सभी के खोले। खबरें इसमें लिख भी सकते, बिलकुल रहकर मौन। नाम तो इसका समझा गए ना, हाँ, यह तो है मोबाईल फोन।

रार्खा

के शामे

रक्षा

पेड़ कभी मत काटो भाई, इनके सुख - दुःख बाँटो भाई। शुद्ध हवा हमको हैं देते, बदले में कुछ नहीं है लेते। हमको देते फल और फूल, सेब - संतरे, आम - अंगूर।

स्त्रोत : इंटरनेट

Man becomes high or low according to his deeds.

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Indian Heritage



India is renowned throughout the world for its tradition and culture . Indian heritage dates back several centuries. It is vast and vibrant. It is a country with many different cultures and traditions, flora and fauna, music, architecture, classical dance and the innate secular philosophy of the people are the highlight of India's treasure . The world's best ancient civilizations can be found in this country . Ever since the beginning, we have preserved culture and tradition beautifully for our upcoming generation. We can never forget our traditions and civility as they

are embedded in us and are an

inseparable part of our lives . No matter how far we plan to reach and how much we progressed in all these years .

India is the land of diverse cultures, religions and traditions. The rich cultural heritage of India is a result of its long history and the various invasions and settlements that have occurred in the country. Indian urbanity is a melting pot of customs and generations which have been passed down from generation to generation.

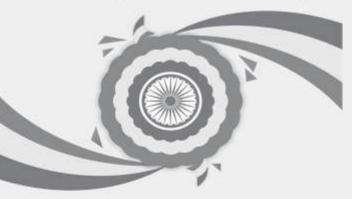
As we all know that India is renowned for its rich history. From North to South, from East to West, every corner of India has its own story. Almost every state of India has its own one or more special Indian heritage sites which have now become the attractions of tourists. Some of the sites are so important and ancient in world history that United Nations Educational, Scientific and Cultural Organisation (UNESCO) has recognised them as World Heritage sites.

India is one of the world's oldest countries which is deeply rooted in the ancient history of human civilization. Hence their heritage sites still remain perfectly preserved till date. So it is our moral responsibility as a citizen of India to preserve these beautiful monuments for our future generations.

Ms Shelly Mahendru Teacher

Comfort comes as a guest; lingers to become the host; and stays to enslave us. -----

#### **Independence Day**



What does it all mean anyway Noise of cannon and boom of gun. Deafening, colorful fire display Starting in with the rising sun? Ah, it means that this land of ours, Fringed with mountains and decked with flowers,

Warm with sunshine and wet with dew, Is dear to the hearts of her people true. Every whizzing rocket that seeks the sky And bursts in beauty, the world above Proclaims aloud, as it journeys high. A nation's pride and a nation's love; It seems to speak of her wonders here, Her mines so rich and her skies so clear. Her harvests grand and her waving pines, Her fields of green and her creeping vines. Oh, a glorious day is this day we keep! For under the noise and the powder scent Is a strain of love that is wide and deep. A touch of a nation's sentiment. Love of country the cannon speaks, Love of freedom the rocket shrieks. Love of the flag that waves above, This is the meaning of a nations' love.



The handloom sector is a symbol of our country's rich and varied cultural heritage and is an important source of livelihood in rural and semi-rural parts of our country. It is also a sector that directly addresses women's empowerment with over 70% of all weavers and allied workers being female. Rooted in nature, it has eco-friendly production processes with minimal requirement of capital and power, and provides flexibility to innovate to meet changes in fashion trends and fast-changing customer preferences.

The Swadeshi Movement which was launched on 7th August, 1905 had encouraged indigenous industries and in particular handloom weavers. In 2015, the Government of India decided to designate the 7th August every year, as the National Handloom Day. The first National Handloom Day was inaugurated on 7 August 2015 by Prime Minister Narendra Modi in Chennai.

On this day, we honour our handloomweaving community and highlight the contribution of this sector in the socioeconomic development of our country. We reaffirm our resolve to protect our handloom heritage and to empower the handloom weavers and workers financially and instilling pride in their exquisite craftsmanship.

Even the devil knoweth not, the mind of man.

# कृष्ण कृष्ण का जाप

एक बार गोपियों ने बांसुरी से पूछा – "री बासुरी, तू श्री कृष्ण के होठों से कैसे चिपक गई?"

बांसुरी ने कहा – "क्या बताऊँ बहना, मैं तो बाँसों के झुण्ड में चुपचाप "कृष्ण कृष्ण" रटा करती थी, एक दिन उनकी दृष्टि मुझ पर पड़ गई बस फिर क्या था, "पहले तो उस छलिये ने मुझे मेरे कुटुंब से अलग कर दिया, फिर मुझे काटा और छांटा, पीड़ा तो बहुत हो रही थी, परन्तु मैं कृष्ण कृष्ण करती रही फिर थी उनका मन न भरा हो तो मेरे अंदर जो भी था वह सब निकालकर बाहर फेंका और तब भी मैं प्रेम दीवानी 'कृष्ण कृष्ण' करती रही। तब



उस चितचोर ने मेरे अंग में छह सुराख कर दिए और मैं पागल तब थी कृष्ण कृष्ण करती रही। अंत में कृष्ण में कहा, "तू जीती मैं हारा", अब तू सदा मेरे होंठों पर विराजमान रहेगी।

स्त्रोत : इंटरनेट



तिरंगे ला लर्ज

लाल रक्त से धरा नहाई, श्वेत नभ पर लालिमा छायी, आजादी के नव उद्धोष पे, सबने वीरो की गाथा गायी, गाँधी, नेहरु, पटेल, सुभाष की, ध्वनि चारो और है छायी, भगत, राजगुरु और, सुखदेव की कुरबानी से आँखे भर आई।। ऐ भारत माता तुझसे अनोखी, और अदभुत माँ न हमने पायी, हमारे रंगों में तेरे कर्ज़ की, एक एक बूँद समायी माथे पर है बांधे कफ़न, और तेरी रक्षा की कसम है खायी, सरहद पे खड़े रहकर, आजादी की रीत निभाई...

Dignity of labour consists in service.

# জীলন দলগাল

गुरु शिष्य की गलतियां सुधारकर योग्यता को निखारते हैं, इसीलिए, हर स्थिति में गुरु का सम्मान करना चाहिए, और सभी सलाह मानें प्रचलित लोक कथा के अनुसार पुराने समय में, आश्रम में गुरु और शिष्य मूर्तियां बनाने का काम करते थे। मूर्तियां बेचकर जो धन मिलता था, उससे ही दोनों का जीवन चल रहा था। गुरु की वजह से शिष्य बहुत अच्छी मूर्तियां बनाने लगा था और उसकी मूर्तियां ज्यादा कीमत में बिकने लगी थी।

कुछ ही दिनों में शिष्य को इस बात का धमंड होने लगा था कि वह ज्यादा अच्छी मूर्तियां बनाने लगा है, लेकिन गुरु उसे रोज यही कहते थे कि बेटा और मन लगाकर काम करो। काम में अभी भी पूरी कुशलता नहीं आई है। ये बातें सुनकर शिष्य को लगता था कि गुरुजी की मूर्तियां मुझसे कम दाम में बिकती हैं, शायद इसीलिए, ये मुझसे जलते हैं और ऐसी बातें करते हैं।

जब कुछ दिनों तक लगातार गुरु ने उसे अच्छा काम करने की सलाह दी तो, एक दिन शिष्य को गुस्सा आ गया। शिष्य ने गुरु से कहा कि गुरुजी मैं आपसे अच्छी मूर्तियां बनाता हूं, मेरी मूर्तियां ज्यादा कीमत में बिकती हैं, फिर भी आप मुझे ही सुधार करने के लिए, कहते हैं।

गुरु समझ गया, कि शिष्य में अहंकार आ गया है, ये क्रोधित हो रहा है। उन्होंने शांत स्वर में कहा कि बेटा जब मैं तुम्हारी उम्र का था, तब मेरी मूर्तियां भी मेरे गुरु की मूर्तियों से ज्यादा दाम में बिकती थीं।

एक दिन मैंने भी तुम्हारी ही तरह मेरे गुरु से भी यही बातें कही थीं। उस दिन के बाद गुरु ने मुझे सलाह देना बंद कर दिया और मेरी कला का विकास नहीं हो पाया। मैं नहीं चाहता कि तुम्हारे साथ भी वही हो जो मेरे साथ हुआ था।

ये बातें सुनकर शिष्य शर्मिंदा हो गया और गुरु से क्षमा मांगी। इसके बाद वह गुरु की हर आज्ञा का पालन करता और धीरे-धीरे उसे अपनी कला की वजह से दूर-दूर तक ख्याति मिलने लगी।

इस प्रसंग की सीख यह है कि हमें भी अपने गुरु का पूरा सम्मान करना चाहिए, और गुरु की दी हुई सलाह पर गंभीरता से काम करना चाहिए। गुरु के सामने कभी भी अपनी कला पर धमंड नहीं करना चाहिए, वरना हमारी योग्यता में निखार नहीं आ पाएगा।



Love is to human hearts what the sun is to flowers!!



#### Bhavans SL Public School, Opp. Shivala Bhaiyan

263rd Chinmaya Mission Widow Ration Pension Programme



Bhavans SL Public School hosted Chinmaya Mission's 263rd and 264th Chinmaya Widow Ration Pension Programme on 2nd June and 7th July respectively. Sh Satish Bansal and Sh Shiv Gupta graced the programme as Special Guests on 2nd June. Rtn Dr P S Grover Distt. Governor (2024-25) RI Distt 3070 presided over the occasion as Chief Guest on 7th julty 2024. All the presidents' of Rotary Clubs of Amritsar graced the programme as Special Guests. After lamp lighting, Bhavan's Chairman and Chinmaya Mission President Sh Avinash Mohindru extended formal welcome to all the guests. He said that Chinmaya Mission is hosting this programme successfully since last 22 years. He further added that nothing is great than the selfless service to humanity. All the guests appreciated the efforts of Chinmaya Mission for the society and expressed their gratitude for being a part of this programme. Sh Satish Bansal and Sh Shiv Gupta asked the widows to work hard for the education of their children. Rtn Dr PS Grover motivated the widows to face the challenges of their life and move ahead. All the presidents' of different Rotary Clubs donated Rs 11000/- each for this programme. Rotary Clubs celebrated Annapurna Day on this occasion and Preetibhoj was organized for the widows. Stationery items were distributed to the children of the widows who are going to school. Bhavans Staff enthusiastically participated in the distribution of ration of worth Rs 1000/- to 250 widows each.

A Man-of-wisdom lives in the world, but he is never of the world.

#### Bhavans Kala Rendra organised 'Bazm-e-Qawwali' -A Musical presentation.

A grand 96th musical programme 'Bazm-e-Qawwali' was organized by Bhavans Kala Kendra to make the evening of 26th May a memorable one. On this occasion, the musical team of Bhavan's SL Public School filled the atmosphere with melody by presenting qawwalis in their melodious voice Sh Sudarshan Kapoor Chairman, BBK DAV College for Women and S. Rajinder Mohan Singh Chhina President, Indian Academy of Fine Arts graced the programme as Guests of Honour. The programme started with lighting the holy lamp. After this, a bouquet and a token of remembrance was presented to the guests of honour. Sh. Vinod Sharma co-ordinator Bhavans Kala Kendra formally welcomed all the guests. The first qawwali that the staff and students sang together was "Aaya tere dar par deewana", followed by "Nigaahe Milane ko jee chahata hai", "Akhian Udeek Diaan" and many more which mesmerised the whole audience. S Rajinder Mohan Singh ji appreciated the whole function and the music department and said that they have touched the hearts of everyone. Sh. Sudarshan Kapoor ji praised the school's music team. He also said that Mahatma Buddha found light and people see light at Golden Temple because of music and we are blessed to be here in this city. Bhavan's Chairman Sh. Avinash Mohindru said that Sh Sudarshan Kapoor is his fatherly figure and he has been directing BBK DAV College for ages and S Rajinder Singh ji is serving Khalsa College and he is a very good human being. He further announced the next Programme and told audience about Chinmaya's Residential Camp for directing youth. The show ended with National anthem.

PHOTOS ON BACK INNER COVER

#### Bhavans Kala Kendra organised 'Ek Shaam Geeton ke Deewano ke Naam' – A musical Presentation by Do Bol Pyar ke

Under the direction of the managing committee of Bhavan's SL Public School, a grand 97th programme 'EK Shaam Geeton ke Deewano ke Naam' was organised by Bhavan's Kala Kendra on 23rd June , 2024. On this occasion, A musical group from Company Garden filled the atmosphere with melody by singing heart touching songs with melodious voices. Dr Kunwar Vijay Pratap Singh IPS (Retd.) MLA of Amritsar graced the programme as Chief Guest. The programme began with lighting the pious lamp followed by presenting the bouquet and token of remembrance to the chief guest. Talented singers of musical group 'Do Bol Pyar ke '(Sh Deepak vij, Sh Sanjay Seth , Sh Pawan Vyas , Sh Pawan Arora , Sh Narendra Singh , Sh Sanjay Dhawan and Smt Kareena Mahajan) left the audience awestruck with their stunning performance. Dr Kunwar Vijay Pratap ji appreciated all the members of musical team and expressed gratitude to Bhavan's Chairman Sh Avinash Mohindru and Director Principal Dr Anita Bhalla for organising such functions in the school . Bhavan's Chairman Sh Avinash Mohindru informed the audience about upcoming events .The grand program was concluded with national anthem.

PHOTOS ON BACK INNER COVER

#### Bhavans Kala Kendra organised 'Rafi,Lata and Asha Nite' -Golden Era Music

Bhavan's Kala Kendra's 98th programme 'Rafi,Lata and Asha Nite-golden Era Music' was organised to make the evening of 21st July a memorable one. On this occasion, Ravi Raghuvanshi (approved Radio and TV Artist) and Dr Arvinder kaur (Renowned Dental Surgeon and Highly Acclaimed Singer from J &K) filled the atmosphere with melody by singing heart touching songs in their melodious voices. Rtn Dr PS Grover (District Governor RI Distt 3070) graced the programme as a Chief Guest and Guest of Honour was Rtn Sh Anil Singhal (DGN RI Distt 3070). The programme began with lighting the pious lamp followed by presenting the bouquet and token of remembrance to the Guests by Bhavan's Chairman Sh Avinash Mohindru . Talented singers -Ravi Raguvanshi and Dr Arvinder kaur left the audience awestruck with their stunning performance. The streak of tuneful songs was initiated by Ravi Raguvanshi and Dr. Arvinder Kaur who captivated the hearts of audience. Rtn Anil Singhal & PS Grover( Chief Guest) appreciated the singers and expressed gratitude to Bhavan's Chairman Sh Avinash Mohindru and Director Principal Dr Anita Bhalla for organising such functions in the school. Chairman Sh Avinash Mohindru informed the audience about upcoming events .The grand programme was concluded with National Anthem.

PHOTOS ON BACK COVER

Our present work may be great or small, yet, the important thing is to do it well.

#### Eye Checkup Camp in Bhavans



Under the guidance of Bhavan's Chairman Sh Avinash Mohindru and Director Principal Dr. Anita Bhalla, an Eye Checkup Camp was organised in the Bhavan's SL Public School on Friday, 24 May 2024 for the school staff. Dr. Sonali Jain Devgan from K2RS Health Care and her team checked the eyesight of the teachers and recommended them proper treatment. The event was a fruitful one as all staff members were benefited.

Summer Camp..... Where everyday worries disappear, and joy takes center stage

A vibrant and dynamic Summer Camp was organized in Bhavan's SL Public School from 13th – 29th June, 2024 that provided students with a rich array of learning opportunities and experiences in a joyful, schoolbased setting. Caring and experienced staff and convenient scheduling created a kid and family- oriented environment. It offered a structured opportunity for children to grow. 80 students from school as well as adjoining areas participated in different activities and were also taken for outdoor activities such as excursion, movie, jumping bouncer, rain dance, tonga ride during the camp. Children actively participated in other activities like Art and Craft, Origami, Public speaking, Non flame cooking, collage work and best out of waste. In conversation activity, they learnt how to speak politely. This camp offered students a transformative journey of growth , learning and discovery and helped kids build a unique interest and allowed for a deep dive into new skills.

PHOTOS ON FRONT INNER COVER

#### Session on Drug Abuse and New Traffic Rules in Bhavan's SL Public School



Sub division Saanjh Kendra, East organised a session on Drugs Awareness and New Traffic Rules on the premises of Bharatiya Vidya Bhavan SL Public School on 27th July 2024. In this session ACP East Gurinderbir Singh, SHO Baljinder Singh, Sub Inspector Baldev Singh and Sub Inspector Chander Mohan were present to address the students and aware them about Drugs Abuse and implementation of New traffic rules. The session started by presenting the planters to the guests and afterwards ACP S Gurinderbir Singh guided the students to be focused on choosing the right careers at a right stage and to discuss their doubts and queries with their elders. He also made students aware about Banking frauds and other social media frauds. All the revered guests were honoured by Director Principal Dr Anita Bhalla alongwith students of 10th class with a token of reverence. The session ended with the National Anthem.

Yoga is skill in action.

#### **Falk Show on Earth Day**



Earth Day serves as a reminder of the significance of conserving and sustaining our environment, urging individuals worldwide to unite in efforts for a healthier planet and a better tomorrow. A talk show was organised in Bhavan's on 6th May 2024. Mr PN Sharma (Rt Regional Manager from Pharmacy Industry) Professor Mukesh Aggarwal (Rt Principal Government College), Mrs Poonam Sharma (works for Bio Enzymes) and Mr Raman Sharma (Rtd Sanitary Inspector)were the resource persons of the workshop. On behalf of school's Management, a hearty welcome was presented to the resource persons with a bunch of flowers. In this workshop, Students were made aware about the need and importance of earth and its resources through power point presentations. The workshop started with motivating students about conserving water and planting more and more trees. Mrs Poonam Sharma beautifully explained her views and perceptions about bio enzymes. At last, the Resource Persons were given a vote of thanks. The workshop concluded with the national anthem.

#### Environment Day Celebrations..... Connecting with Nature



World Environment Day is observed on 5th June every year. With an objective to encourage general awareness and action for the environment, students were asked to take proactive steps for a greener future by planting trees at home during their holidays, with guidance from their teachers. This initiative fostered environmental stewardship and hands-on learning in them. They learnt the power of collective effort in nurturing their planet.

#### Bhavans Celebrated 10th International Yoga Day



Yoga is very important for our health. International Yoga Day is celebrated every year on 21st June. This year , the tenth International Yoga Day was celebrated in Bhavan's SL Public School, Amritsar on 21st June , 2024 . Yoga is the school's signature game. Keeping the health of the world in mind, students were made aware about the purpose, methods and benefits of yoga and were also taught about yoga asanas. Explaining its importance to the students , they were told that in today's busy routine, Yoga is the best way to live a healthy and long life. Director Principal Dr. Anita Bhalla , teachers and students did yoga under the supervision of yoga instructors and also learned from the gurus to live a stress-free life.

Desire is at the root of all actions, good or evil.

Bhavanites participated in Supermodel Polling Booth established at Bhavan's SL Public School



Bhavan's SL Public School was established as a Supermodel Booth on the day of election on 1st June, 2024. Voters were given a grand welcome on the beats of dhols. They experienced a unique blend of local traditions and city heritage. They also explored books on display along with some creative nail art designs and tasted delicious local treats. Students of 10 A of our school actively participated in making this voting day a great success. Their enthusiasm was highly appreciated. They helped the senior citizens in making their polling easy and a memorable one.

#### Gayatri Havan after Summer Vacations



Gayatri Havan was organized on 5th July, 2024 on the occasion of the opening of the school after the summer vacation under the direction of Bhavan's Chairman Sh Avinash Mohindru and Director Principal Dr. Anita Bhalla. The management committee, all the teachers and students participated in the havan and received the blessings of Gayatri Maa. After Ganesh Vandana, 108 oblations were offered to Maa Gayatri. The entire atmosphere became devotional with the recitation of Shri Hanuman Chalisa and singing of bhajans. Bhavan's Chairman Sh Avinash Mohindru gave good wishes to the students for the coming time and gave the message that they should participate in the Havan Yagya with full devotion and concentration while praying to purify their intellect and receive mother's blessings. The main purpose of knowledge is to provide proper guidance by being judgemental between right and wrong to clear the subtle difference between mind and intellect . He motivated them to make good use of their intellect by their good deeds, resolve the errors and self-improvement, respect their knowledge and continuously uplift themselves and imbibe virtues for the coming year and future. At the end, Prasad was distributed to all .

We may often give without love, but we can never love without giving.

#### Release of poster "Jal Hai to Kal Hai" in Bhavan's



Legal Action Aid Welfare Association released a poster on "Jal Hai to Kal Hai" on July 11, 2024 on the premises of Bharatiya Vidya Bhavan SL Public School, Amritsar. The session started with holy lamp lighting by Chairman Sh Avinash Mohindru and Director Principal Dr Anita Bhalla, Chief Guest Dr. Kunwar Vijay Pratap Singh , Guest of Honour Sh Shart Vashisht



(National President Legal Action Aid) along with other members of Legal Action Aid. They were given pleasantries and planters as a token of reverence by Bhavan's Chairman Sh Avinash Mohindru and Director Principal Dr Anita Bhalla on behalf of the management. Poster was also released and afterwards Gurmeet Singh Sandhu(PRO) addressed the students and screened a documentary on Save Water. Dr Kunwar Vijay Pratap Singh in his speech to the students laid focus on Rain Water harvesting to achieve a sustainable and water secure future. Legal Action Aid team also presented a momento to Bhavan's Sl Public School and documentary Director Ms Chanchal jeet. The session ended with National Anthem.

#### Bhavan's Conducted Shishu Vihar Session



In an attempt to bring the tiny tots close to their roots, Shishu Vihar session was conducted to get the blessings of Lord Jagannath by giving our little ones the opportunity to be a part of holy Jagannath Rath Yatra. Values were inculcated in young minds through bhajans, and story telling. Art and craft activities and yoga were beautifully incorporated in the session to satisfy the learning needs of tiny tots and make them aware of their rich cultural heritage.

#### "COMPASSIONATE AID" For Bhavans PD Kumar Memorial Gyandeep School

A School for under privileged children where 350 students from Nursery to X Std. are provided quality education with free books, uniforms, bags, shoes & mid-day meal.

#### **OUR SINCERE THANKS TO**

- Sh B R Chopra Charitable Trust for donating Rs. 10,000/- for mid-day meal (June)
- Sh B R Chopra Charitable Trust for donating Rs. 10,000/- for mid-day meal (July)
- Inner Wheel Club for donating Rs. 1,5000/- for mid-day meal
- Ms Meenakshi Sial for donating Rs. 6,500/- for mid-day meal
- Master Rizaan for donating Rs. 900/- for mid-day meal

A quiet mind produces a more brilliant intellect.

#### Bhavanites Creativity in Teaching Learning Aids



Students from classes VI to IX showcased their holiday homework projects, demonstrating creativity and learning across various subjects. Each presentation highlighted unique themes including science experiments, artistic creations, research projects based on the pairing state of Odisha. The event fostered collaboration and allowed students to engage with each other's work, promoting a sense of community and shared learning. Director Principal and teachers praised the students for their efforts and innovative ideas, making it a memorable experience for all involved.

जो महत्वकांक्षी है वह रजोगुणी है ।

## Happy Retirement

.... the influence of a good teacher can never be erased



The farewell ceremony of our senior school teachers Ms Seema Sethi, Ms Mala Sharma , Ms Neelam Sharma , Ms Shashi Gupta , Ms Anita Badoni and Ms Anu Sharma was a heart-warming event that began in the school auditorium. The event was marked by gratitude and nostalgia as teachers came together to bid adieu to their beloved educators who had dedicated many years to their institution. This was followed by a heart-warming video presentation featuring memorable moments from the teachers career. The teachers put in a lot of effort to create this moving tribute. The highlight of the farewell was a play organized by the educators which showcased their valuable contribution to the school . It was a blend of humour and emotion, capturing the essence of the teacher's personality. The audience couldn't help but laugh and shed a few tears as they watched the performance. School management honoured all the teachers for their valuable services and wished them good luck for their new life ahead.

#### सत्य को याद रखने में ही आपका मंगल है ।

#### Bhavans organised a two day capacity building Workshop for Feachers



Bhavan's conducted a valuable Two Day Capacity Building Workshop on Health and Wellness of School Going Children on June 3 & 4, 2024 .Mrs Laveena Rajput, Principal Army public school, Beas and Mrs Menka, Principal Army Public School ,Tibri were the resource persons. They lead stress on how the health and hygiene of children can be maintained in school as well as how to make children mentally and Physically strong. Teachers of different cbse affiliated schools of Amritsar, took active participation in the session by clearing their doubts. Principal Director Dr. Anita Bhalla appreciated the efforts put by the resource persons, in making the session so interactive. Overall session was quite informative and productive. Participants were also awarded with certificate.

#### CBSE Workshop on 'Strengthening Assessment and Evaluation Practices' in Bhavans



participants of the workshop were awarded certificates.

Teacher learning is a continuous process that promote teachers' teaching skills, to master new concepts and to develop new proficiency. To keep the teachers updated, a two day CBSE workshop on "Strengthening Assessment and Evaluation" was organised in Bhavans on July 26 & 27, 2024 on the school premises. The workshop was conducted by Mrs. Dapinder Kaur (Principal, Sri Guru Harkrishan International School) and Mrs. Jyoti Bagga , CBSE educator. Director Principal Dr. Anita Bhalla warmly welcomed the resource persons by presenting the planters. The main objective of the session was to sensitize teachers on the topics of assessment and evaluation that are relevant in the current scenario. The resource persons focused on different assessment and evaluation techniques based on Bloom's Taxonomy.. This helped educators to stay

23

updated to plan their lessons in a better way. Overall the session was very informative. At the end, all the

#### **Off Campus Workshops**

Ms Gurpreet Kaur, Ms Jaswinder Kaur, Ms Komal Mahajan, Ms Anju Bhandari, Ms Rupinder Kaur, Ms Richa Verma and Ms Manpreet Kaur attended a two day Capacity Building Programme on Punjabi Language on June 3-4, 2024 at Excelsum High School.

तुम जो असल में हो यह अजन्मा है, अमर है ।

# Achievements

#### Bhavans Achievement in District Level INSPIRE Award

Suhana, a student of the school showed spectacular performance in DISTRICT LEVEL INSPIRE Awards- MANAK, Innovation in Science Pursuit for Inspired Research (INSPIRE) scheme for the year 2022-23. It is an innovative programme sponsored and managed by the Department of Science and Technology Government of India. It was held at Meritorious School, Amritsar on July 3, 2024. It is a matter of great pride that our school's student got merit position at District level and got selected for State level. Director Principal Dr. Anita Bhalla appreciated the teachers and the winner student for their efforts.



#### 10th Amritsar District Karatc-Do Championship 2024



Our team bagged overall 1st position in 10th Amritsar District Karate-Do Championship 2024 held at Celebration Mall on 19th May, 2024.

#### Stellar Performance of Bhavanites in NEET 2024



Our students Divya, Arshita , Radhe, Sneha and Arjun got remarkable achievement for their selection in NEET-2024.

#### Stupendous performance in Open Karate Fournament

Divyam of class 2nd from Bhavan SL Public School won Silver medal in Open District Karate Tournament held at Government Sen. Sec School,

Mall Mandi, Town Hall on July 15,2024. He also bagged Silver medal in 11th KYO RIN ALL INDIA OPEN KARATE CHAMPIONSHIP 2024 held at Khalsa College Sr Sec School Amritsar on 8th-9th June, 2024. Bhavan's Chairman Sh Avinash Mohindru and Director Principal Dr. Anita Bhalla congratulated the child and blessed him.

#### Honour Conferred to Our Yoga Feacher

 $Sarhad-E-Sports\ \ \text{-}\ Club\ awarded\ our\ Yoga\ teacher\ Mr\ Sanjay\ for\ his\ excellent\ work\ in\ the\ field\ of\ yoga\ .\ This\ award\ was\ presented\ to\ him\ by\ MLA\ Jasbir\ Singh\ Sandhu\ .$ 



विश्वास करो कि केवल ईश्वर ही सर्वत्र है ।

# Bhavan's Muskaan

..... a school for Differently Abled Children





#### Beat the Heat

Students of Bhavan's Muskaan learnt to prepare Lemonade and Roohafza under the activity Beat the Heat on 11th July, 2024.



#### Activities of Daily Living

In the activities of daily living, students were explained the art of proper brushing technique for good oral hygiene.

#### Celebrating Education Week Shiksha Sapath ...... Cultural Day Celebrations



Bhavan's SL Public School celebrated Cultural Day during the Shiksha Ka Sapath Education programme from July 22-28,2024. This programme highlighted the beauty of our diverse heritage, enriching our education and fostering unity in diversity.



#### **PLANT 4 MOTHER**

Bhavans organised a Tree Plantation activity on July 30,2024 to promote environmental awareness and contribute to local greenery. The event aimed to provide students in hands - on environmental conservation and to foster a sense of responsibility towards nature. About 20

saplings were planted under the slogan एक पेड़ मां के नाम by our NCC cadets. It provided valuable educational experience to students and made positive impact on the local environment.

काम न टालो. उसे आज और अभी करो ।

#### Bhavans SL Public School -II Islamabad Amritsar



#### International Yoga Day

International Yoga Day is observed every year on june 21 to raise awareness about this ancient practise. Students & Staff of Bhavan's SL

Public School II came together on june 21, 2024 in school premises to practise various Asanas, meditation and breathing exercises, promoting a healthy and balanced lifestyle. They also took a pledge to lead a happy & Healthy life. This event cultivates a sense of community well-being and mind fullness.

#### World Environment Day

World Environment Day celebrated on June 5, 2024 in which students were encouraged to do plant trees at their homes and nurture them. The primary objective of this event was to raise awareness about the importance of cleanliness and conservation of the environment.



# Origami Activity

Students of grade 2 performed Origami Activity on July 15, 2024. They participated in this creative venture with great zeal and high spirits. Tiny tots were amazed to see transformation of a flat square sheet of paper into finished figures through folding. They made fish, flowers, butterflies and birds and displayed them with great pleasure and gratification. The paper folding craft was not only a fun filled experience but it also proved to be a valuable means to develop artistic skills in the young ones.

थकने से पहले शरीर को विश्राम दो ।

#### Bhavans SL Public School - Il Islamabad Amritsar

#### Fancy Dress Competition on Save Environment



A Fancy Dress Competition was conducted by class III on July 18 ,2024 on the theme "Save Environment". The main objective of this competition was to educate s t u d e n t s a b o u t environmental issues and importance of conservation.

It also promoted creativity, developed public speaking skills and Fostered team work among students.

#### Introduction to Big & Small



Our tiny tots of Bhavans SL Public school II were shown various live objects where they explored concept of Big & Small in the most playful way. They soaked up knowledge while having a ton of fun.Teachers used colorful toys, blocks, and everyday objects of different sizes to help children visually distinguish between big and small. In this way ,children not only understood the concept but also enjoyed the learning process."

#### Nutrition Day & Green Day Celebration



Students of the nursery celebrated Green day & Nutritious Day on July 18,2024. During the event, they learnt about different fruits & vegetables and participated in interactive discussions on the Benefits of healthy snacks & nutritious food .The students enjoyed the activity immensely. All the students were dressed in green costumes and a special assembly was conducted in which they were introduced to different green coloured objects.

#### **Birds Activity**

"Birds are the indicators of Environment" To mark the importance of birds, students of the nursery performed an activity followed by a PPT presentation related to birds. Additionally, a paper bird -making craft was done by the students, in which they made beautiful and colourful birds using origami sheets.



27

थोड़ा मगर आज मंत्र हमें जाग्रत करता है ।

#### Bhavans SL Public School -II Islamabad Amritsar



कार्य को निर्धारित समय में पूरा करना जरुरी है ।







**Dikshant** KG F - 23rd July



Panav Mahajan V D - 4th July



Manavjot Singh V D - 14th July



**Kavya** V A - 24th July



**Namish** V E - 10th July



**Aadi** II E - 6th August



**Purvi** V B - 5th July



Samanyu V D - 3rd July



**Uvaan** IV F - 11th August



Purav IV G - 22nd July



**Parth** IV C - 29th August



**Pihu** VII - 21st May



**Krisha** IV A - 24th July



Anurag II E - 9th July



Paras II E - 12th July



**Rizak** II D - 30th July



Panth II C - 28th July



Hitanshi II D - 24th July



Pratham Gautam IV B 1st August



**Aarush** VII C - 23rd July



Vidhi Aggarwal VII D - 15th July



**Vaidehi** VII B - 20th July



**Priyansh** VII E - 8th July











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#### **Glimpses of 97th Programme**

#### 📚 Ek Shaam Geeton Ke Deewano Ke Naam 🥩

#### By DO BOL PYAR KE (A Musical Group from COMPANY BAGH) Sunday, 23rd June 2024





Audience