

BVP's INSPIRED ROOTS

(AUGUST 2020)

A publication by XI-A and XI-B

Ways to Increase Our Immunity

We all know what the current state of the nation is right now. COVID 19 or Coronavirus has caused a widespread pandemic across the globe. There is no antidote created for this at the moment, so during this difficult time, we should maintain an excellent immune system to fight COVID.

To have a stronger immunity we must practice these habits in our day to day life

- Get enough sleep.
- Eat more whole plant foods.
- Limit added sugars.
- Stay hydrated
- Engage in moderate exercise
- Practice Yoga Daily

We can also boost our immunity by following food items:

- Ginger
- Turmeric
- Honey and Lemon
- Cinnamon
- Black Pepper
- Citrus Fruits (such as Orange, lemon)
- Garlic
- Vitamin E Vegetables
- Chyawanprash
- Ayurvedic Herbs (such as Giloy ,Tulsi and GhanVati)



By: -

Harshit Saini (XI-B)

Hammered Fence



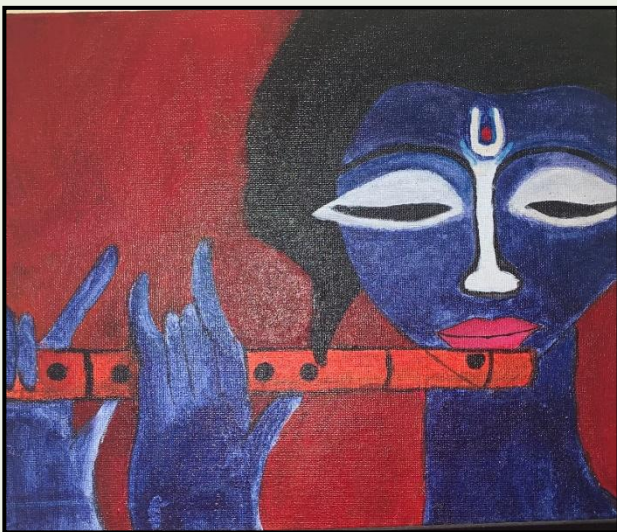
There once was a little boy who had a very bad temper. His father decided to hand him a bag of nails and said that every time the boy lost his temper, he had to hammer a nail into the fence. On the first day, the boy hammered 37 nails into that fence. The boy gradually began to control his temper over the next few weeks, and the number of nails he was hammering into the fence slowly decreased. He discovered it was easier to control his temper than to hammer those nails into the fence. Finally, the day came when the boy didn't lose his temper at

all. He told his father the news and the father suggested that the boy should now pull out a nail every day he kept his temper under control. The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence. 'You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry I'm sorry the wound would remain the same.'

By: -

Dishita Saini (XI-B)

Gallery



"Music is to the soul what words are to the mind"

By:-

Garima Singh (XI-B)

You are on time

New York is 3 hours ahead of California,

But that doesn't make California is slow.

Someone graduated at the age of 22,

But waited 5 years before securing a good job.

Someone became CEO at the age of age 25,

And died at the age of 50.

While another became CEO at 50,

And lived to 90 years.

Someone is still single,

While someone else get married.

Obama retired at the age of 55,

While Trump started at 70.

Everyone in this world works based on their time zone

People around you might seem to be ahead of you,

And some might seem behind you.

But everyone is running their own race, in their own time.

Do not envy them and do not mock them.

They are in their time zone, and you are in yours,

Life is about waiting for the right time to act.

So relax.

You are not late.

You are not early.

You are very much on time.



By: -

Garima Beniwal (XI-A)

Bhavan Vidhyala Panchkula
Monthly Magazine
August

COMPACT EDITION

DUENDE

SPIRIT OF PASSION

Wholly psyche desired to hear after opening the cooling apparatus was, "You are not hungry, you are just bored." owing to this gospel from everybody's animation, here and now it get some spellbinding and fascinating staples from across the sphere.

- vridhi

World In Motion - 1
Millennials Corner - 2
The Adroits - 3

DESIGNED BY INSIYA VERMA

WORLD IN MOTION



INTERNATIONAL NEWS:

- Tests conducted on Russian dissident Alexei Navalny indicates that he was poisoned.
- Democratic presidential candidate Joe Biden has named Kamala Harris as his running mate.
- Tiktok to launch legal action over Trump over the ban.

NATIONAL NEWS:

- India, Bangladesh to launch new riverine trade route on September 3.
- Flat Buyers Entitled To Compensation For Delayed Possession, Says Supreme Court.
- India invites Vietnam to be part of Indo-Pacific Oceans Initiative.

SPORTS NEWS:

- Lionel Messi informs Barcelona he wants to leave, faces legal battle ahead.
- M S Dhoni and Suresh Raina retires from international cricket on 15 august.
- Lionel Messi informs Barcelona he wants to leave, faces legal battle ahead.

COVID – 19 NEWS:

- Russia seeks alliance with India for Covid-19 vaccine.
- Total cases in india: 3,162,570 Total deaths: 58,532
- Serum Institute begins clinical trial in India.

- Bhavya Bansal



CLASS ACHIEVERS

Raghav Verma of Class 11 C won the DMMITS 2020 Video editing competition and was awarded with a certificate of merit and an amazon gift card.

MILLENNIALS' CORNER

Fudgy brownies



Ingredients:

- 1/2 cup whole wheat flour
- 1/2 cup cocoa powder
- 1/2 tsp brandy
- 3/4 cup white sugar
- 1/4 cup brown sugar
- 100gm salted butter
- 3/8 cup dark chocolate
- 1 tbsp oil
- 2 eggs

- Tanveer Khurana

The Tech Tip

What if you don't get mobile accessories with your phones ?

The huge tech giant APPLE Inc has decided not to give consumers with in box mobile accessories this step will be taken by apple for their upcoming range of I PHONE 12. This step has been taken by the company by keeping in mind the rising issues of e-waste plus it also acts as an step for cutting the cost of their phones and providing them at cheap prices to their customers.

Why is this launch a big one for India ?

This is a big launch for INDIA as finally apple has decided to set up production plant in Bangalore, India which is in turn a step towards make in INDIA.

- Kushal Talwar

Emoji of the month

Ahh! What a month it has been! To be very honest, it was a great month. Why? because our exams got postponed!!! What a relief it was. The month was full of exciting topics and thankfully no exams. So this emoji depicts it all. We are all geared up to study yet that smile expresses our happiness of no exams. The emoji usually has a positive tone, though because nerds are cool. Plus, we're all secretly weirds. Interesting much?Yess just like the month. So my dearest friends keep on studying hard but don't forget to smile and enjoy your weird side:-)))

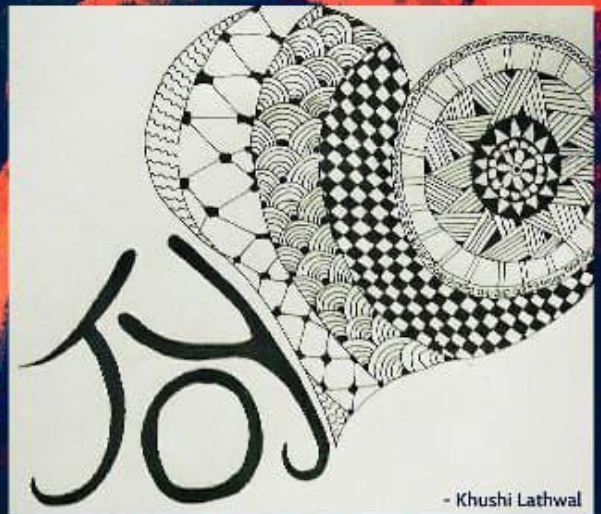


- Aastha Malik

The Adroits



- Ananya Saini



- Khushi Lathwal



- Insiya Verma



- Ms. Pratibha Singh

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August Edition

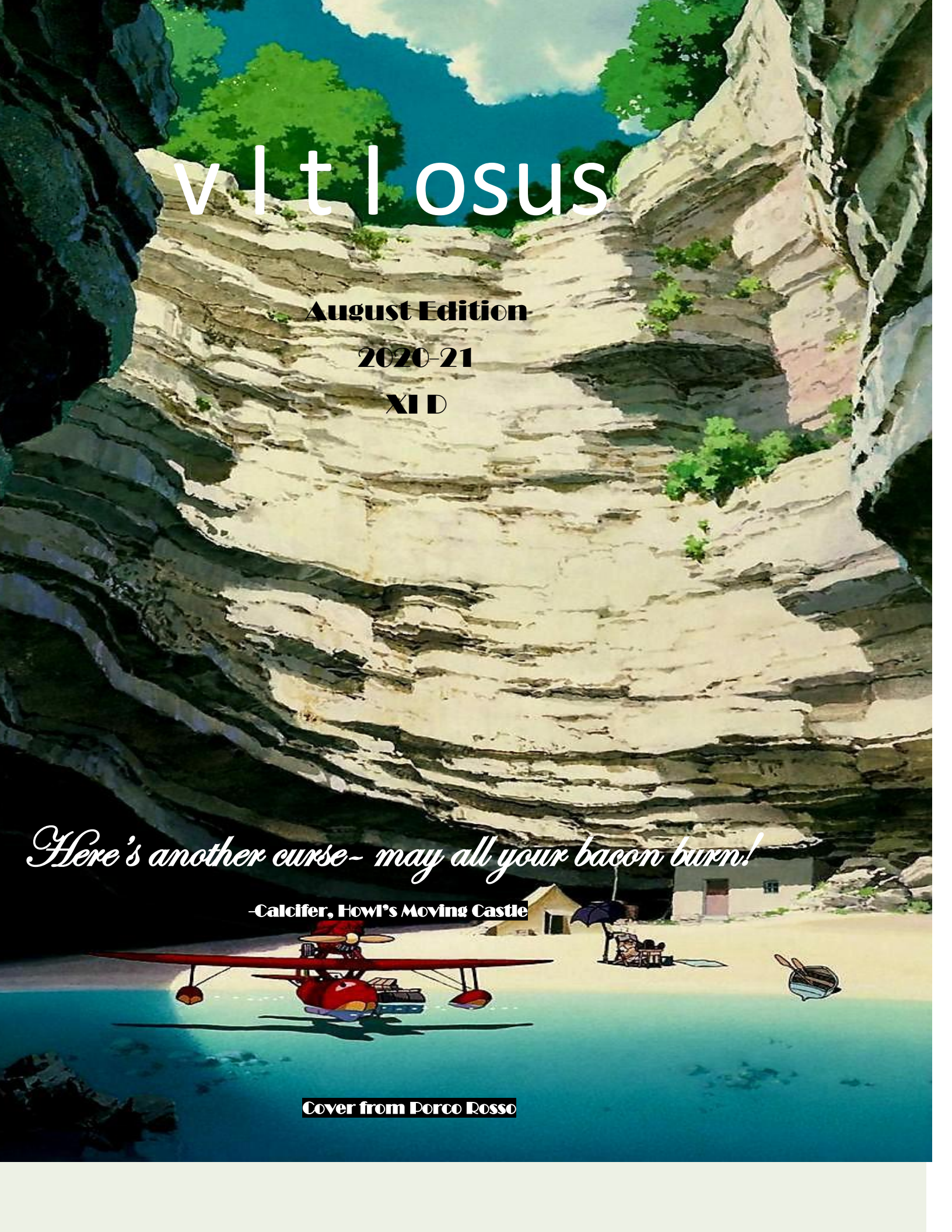
2020-21

XI D

Here's another curse- may all your bacon burn!

-Calcifer, Howl's Moving Castle

Cover from Porco Rosso





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We would like to thank our editing team [Ananya Arora], our designing team [Rupinder Bains] and our content curator team [Sakshi Goyal and Anushka Nitin Vichare] for putting in their efforts to make this magazine happen.

We would also like to thank our English teachers for honing our skills and making us capable enough to make this magazine.

And most importantly we would like to thank our principal, Mrs. Gulshan Kaur for giving us this platform for showcasing our creativity.

THE EASTER EGGS:

1. The plane
2. The thing which does not exist
3. The Optimist View

Art of Animation

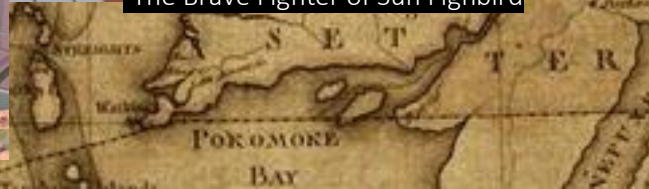
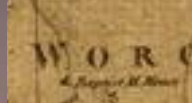
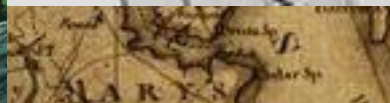
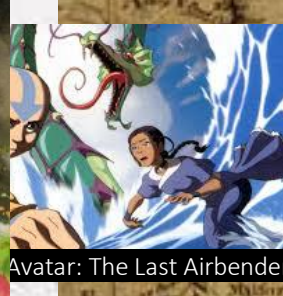


Art. A word composed by three letters, evoking such emotion and vivid imagination, it is impossible to describe in words. For this month's issue of Vitiosus we have chosen the theme 'Art of Animation' and tried to describe, reflect and appreciate the immense pleasure and joy we get from animation. animation is a common concept to us now, but in its initial stages artists had to draw each frame by hand and manually move them to make the movie. This meant more than 500 artists drawing more than a million frames for a movie of just an hour.

Quoting Baron from *The Cat Returns*: "Whenever someone creates something with all their heart, then that creation is given a soul". This is just one of the reasons for our love of animation. The sheer effort put in to present such aesthetically pleasing imagery is just, chef's kiss :")

Animation steals us away to worlds born from someone's imagination and whispers its secrets in our ears. The beauty of it lies in the fact that we don't question the existence of said world. It romanticizes the trivial things we do in everyday life; from looking out the window, cooking breakfast, commuting to our workplaces; it reveals to us the absolute amazingness of existence, of doing things and living life. Animation is a spiritual experience. It makes us a believer.

- RupinderBains, XI-D



Life- coronavirus pandemic

Look at the situation here everyone is sad
Because this virus has hit them very bad
Lakhs are affected and the number still soars
In the absence of quarantine it will also rise to crores
The world is locked and the minds are chocked
Days pass but feel hot
People are dying
On the roads some are lying
The doctors are trying
And the families are crying
Careless was one but now we all have to suffer
The accuse should tell who will come to the societies
sucker
People are in depression economy is in recession
The huge danger is waiting in succession
But still there are some heroes the true human beings
Working for people and saving their lives
Please don't disrespect them
Since they risk their lives on the edge of knives
Hospitals are running short of beds
Scars on the doctor's faces are red
Policeman on the road have plead
Don't come out of your houses and put your future in

They have beaten up people social they have fed
They have left their families to protect us from dead
bed
Let us be true humans and pray everyday
May tomorrow be better than today
Let's donate some money in the country's treasure
The feeling of giving gives us real pleasure
Don't just focus on stalking your inventory
The money may be yours but resources are of the
whole country
Let's not be mean let's not be greedy
God helps those who help the needy
We can't go out to give animals our company
But at least we can feed them standing in our balcony
This is the time when earth is in pain
This is the time when society is in pain
Without our support all efforts will be in vain
Following the government guidelines, we will stay
safe
The chain of deaths will definitely break
We will not blame others and we will not fight
Since the situation is critical and time isn't right....
Stay safe stay healthy

The Optimist View

Today the world is going through a pandemic. A disaster which has left each one of us speechless. We don't have any solution. What we have are only some precautions. However, amongst all this covid has proven to be a blessing for nature. Nature is healing! The rivers are cleansing, the forests are reviving. Animals can be seen on road and chirping can be heard in the morning. Instead of being stuck in a traffic jam, each one of us is stuck in our gardens. Now we sanitize each and every thing, we don't litter, we prefer walking and we are even pursuing our interests. On the whole mother nature taught us a lesson. She taught us to be patient, she taught us that our each and every small step towards her betterment matters, she taught us that if stand together then nothing is impossible. Our mother nature taught us that we are just a guest who need to abide by her rules if we want a peaceful life.

- Sakshi Goyal, XI-D

Suicidal notes Suicidal shots,
World ties you in its jumbled knots,
It's difficult to ignore those thoughts,
These people need some door knocks.

Love yourself I believe in you,
Caring people are left very few,
Shut your actions, Shut your moves.
Recall your family and there you grew ..

Feeling abandoned no one remembers?
don't worry just never surrender,
Money, friends are just worldly
pleasures.

Your Life is precious and has no
measure.

Don't ever take a step yourself to hurt,
I know you have feelings out to spurt,
Again, I say you are amazing and strong,



- Riyanshi, XI-D



- VinaySunsoa, XI-D



- Riyanshi, XI-D



- Abhimanvu Bhattal, XI-D

THANK

YOU!