

BVP's INSPIRED ROOTS

(JULY 2020)

A publication by XI-A and XI-B

BVP'S INSPIRED ROOTS

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(JULY 2020)



From Class Teacher's Desk

Strategies to cope with stress, anxiety or distress

The Coronavirus disease 2019 pandemic may be stressful for people. Fear about a new disease cause strong emotions in adults and children. Social Distancing can make people feel isolated and lonely and can increase stress and anxiety. So here are few strategies to cope up with stress and anxiety.

1. Learn how to protect yourself and others from COVID-19.
 - ✓ By practising good hygiene.
 - ✓ Self isolation.
 - ✓ Social distancing.
2. Acknowledge your feelings.
 - ✓ Through journalling.
 - ✓ Talking with others.
 - ✓ Channelizing your emotions into something creative.
3. Maintain your day-to-day activities and a routine as much as possible.

Having a healthy routine can have a positive impact on your thoughts.

- ✓ Eat healthy meals.
 - ✓ Do physical exercise.
 - ✓ Get enough sleep.
 - ✓ Do things you enjoy.
4. Stay connected.
 - ✓ Call, text, or video-chat with friends and family.
 - ✓ Schedule a workout together over video chat.
 5. Contribute.
 - ✓ Cook, pack and deliver a meal to someone in your neighbourhood who is needy.
 - ✓ Donate to a cause.
 - ✓ Send someone you care about a message of encouragement.

Ms. Neeru

Gupta

Class

Teacher- XI -A

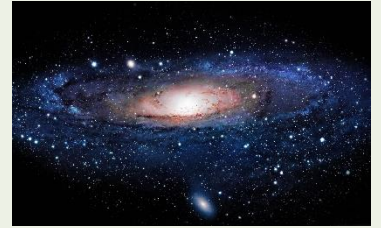
Some Astronomical Facts

- **A FULL NASA SPACE SUIT COSTS \$12,000,000.**

70% of that cost is for the backpack and control module.

- **NEUTRON STARS CAN SPIN 600 TIMES PER SECOND.**

Neutron stars are the densest and tiniest stars in the known universe. They only have a radius of about 10 km. They are born from a core-collapse supernova star explosion and have been known to spin as fast as 600-712 times per second because of their physics.



- **THERE MAY BE A PLANET MADE OUT OF DIAMONDS.**

twice
Earth's, and a mass eight times greater – may have a surface made up of graphite and diamond. It's 40 light years away but visible to the naked eye in the constellation of Cancer.

- **THE FOOTPRINTS ON THE MOON WILL BE THERE FOR 100 MILLION YEARS.**

The Moon has no atmosphere, which means there is no wind to erode the surface and no water to wash the footprints away. This means the footprints of the Apollo astronauts, along with spacecraft prints, rover-prints and discarded material, will be there for millions of years.



- **IN 3.75 BILLION YEARS THE MILKY WAY AND ANDROMEDA GALAXIES WILL COLLIDE.**

our
elliptical galaxy.
The Andromeda Galaxy is approaching the Milky Way – where solar system is – at rate of around 110 kilometres per second (68 mi/s) and eventually the two will collide to form a giant

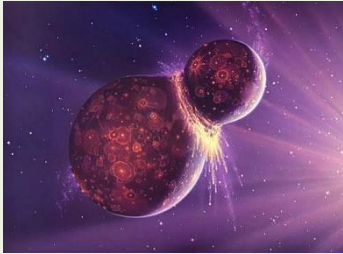
- **IF TWO PIECES OF THE SAME TYPE OF METAL TOUCH IN SPACE THEY WILL PERMANENTLY BOND.**

This phenomenon is also known as cold welding and it happens because the atoms of two pieces of metal have no way of knowing they are separate. This doesn't happen on Earth because of the air and water found between

the pieces.

- **THERE IS FLOATING WATER IN SPACE.**

Astronomers have found a massive water vapor cloud which holds 140 trillion times the mass of water in the Earth's oceans somewhere around 10 billion light years away – making it the largest discovery of water ever found.



- **THE MOON WAS ONCE A PIECE OF THE EARTH.**

The theory is that when Earth was a 'young' planet, it was struck by a giant object and this collision broke a piece of the Earth away to create the moon. This piece then began to orbit the Earth as a result of its gravitational pull.

- **THE SUN'S MASS TAKES UP 99.86% OF THE SOLAR SYSTEM.**

Made of three quarters hydrogen and helium for most of its remaining mass, the Sun accounts for 99.86% of the mass in our solar system with a mass of around 330,000 times that of Earth.

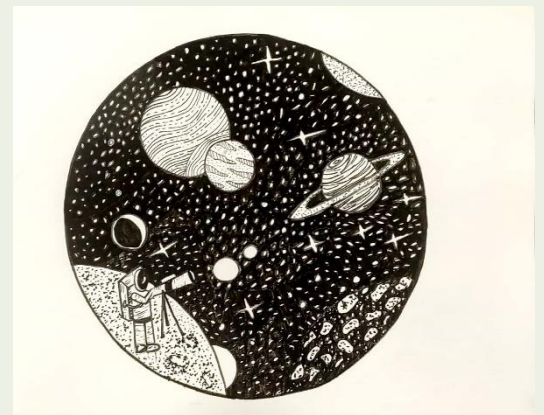
Gallery



*"Change your thought and
you change your world."*

By:- Muskaan Aggarwal , XI-B

*"The universe doesn't give you what you ask
for your thoughts; it gives you what you demand
with your action."*



By:- Muskaan Aggarwal , XI-B



By:- Muskaan Aggarwal , XI-B

In her happiness,
I find contentment.

By- Ishita Class- XI-B

Poems

SISTER

She looks like an angel,
But is as thunderous as lightning.
She is a ball of fire,
Whom I cannot stop liking.

Her mood is even more unpredictable,
Than weather or rain.
But she is as sensitive as a dew drop
And cannot bear anyone in pain.

Our timings never match
And that is the reason for our fight.
But when I cry,
She hates that sight.

Even our choices are always different,
But we end up having the same present.
As soon as either of us adjusts,
We forget the adjustment.

Doctors

I wore my armour of mask and glove
I was ready to enter the battle
The queue ran as far as the eye could see
Our doctors are ready for you
Risking their lives to save ours
The virus has not won the battle
Even though it's spread like milk
Now it is all over the world
The doctors are trying their hardest
They're pulling everything aside
And helping us to live our lives.

By: - Shubhangi Sharma, XI-A

Kaizen

Kaizen is a Japanese term meaning "change for the better" or "continuous improvement." It is a Japanese business philosophy regarding the processes that continuously improve operations and involves everyone. Kaizen sees improvement in productivity as a gradual and methodical process.

Kaizen is taken from the two Japanese words, Kai (Change) and Zen (Good), but is most often expressed as 'Continuous improvement'.

Understanding Kaizen

Some of the key objectives of the kaizen philosophy include quality control, just-in-time delivery, standardized work, the use of efficient equipment, and the elimination of waste. The overall goal of kaizen is to make small changes over a period of time to create improvements within an individual & organisation. That doesn't mean alterations happen slowly; it simply recognizes that small changes now can have huge impacts in the future. Improvements can come from anyone at any time. The idea is that everyone has a stake in the Organisation's success and everyone should strive, at all times, to help make the things better.

Requirements for Kaizen

Traditional Japanese ideas of kaizen follow five basic tenets: teamwork, personal discipline, improved morale, quality, and suggestions for improvement. These five tenets lead to three major outcomes: elimination of waste (also referred to as economic efficiency), good housekeeping, and standardization.

The kaizen concept posits that there is no perfect end and that everything can be improved upon. People must strive to evolve and innovate constantly. The basic principle of kaizen is that people who perform certain tasks and activities are the most knowledgeable about that task/activity; including them to effect change is the best strategy for improvement.

Teamwork is core to kaizen, where regular team meetings are held involving discussions about improvements, changes, and projects.

Three pillars of Kaizen

A Kaizen approach can take many forms, but the three main pillars are:

- Gemba – Japanese for 'Workplace', focuses on ensuring you and your team have the right tools to work effectively and without clutter.
- Muda – Japanese for 'Waste', in focusing on waste elimination we target rework, delays, process bottlenecks, double-handling, and more
- Standardised change – Plan, Do, Check, Act. Quick, iterative sprints drive change fast.

By : Prerit Sunil shah,

Class XI-A

DUENDE

SPIRIT OF PASSION



Apart from NETFLIX AND CHILL, here and now I swear on my unborn children, this gazzete will blow the readers to an ague taking into account the contents being hysteric

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WORLD

in

Motion



• HEADLINES

INTERNATIONAL

1. China Says UK Citizenship Pathway For Hong Kong Residents Violates Law.

2. Green Card Wait List For An Indian More Than 195 Years, Says US Senator.

3. Hackers Accessed Direct Messages Of 36 Accounts In Last Week's Breach, Says Twitter.

4. Massive 6.2-magnitude earthquake strikes Tibet in Xizang region.

NATIONAL

1. India To Equip Rafale Jets With “HAMMER” Missiles Under Emergency Order.



2. First Ever British-Indian Census To Be Conducted In UK.

3. India's Second National-Level Plasma Bank Opened In Tamil Nadu.

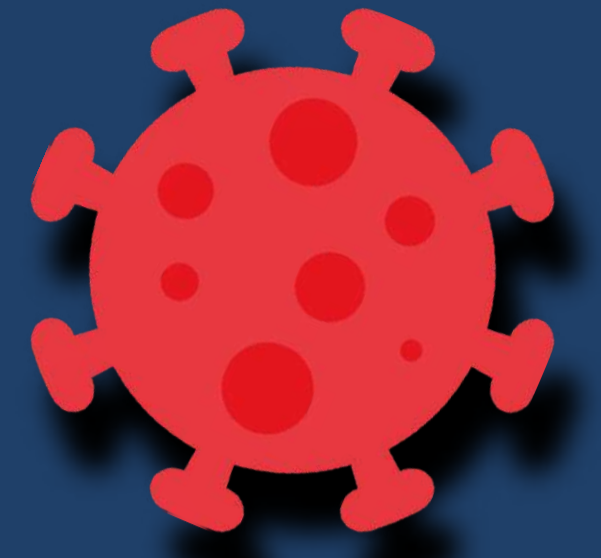
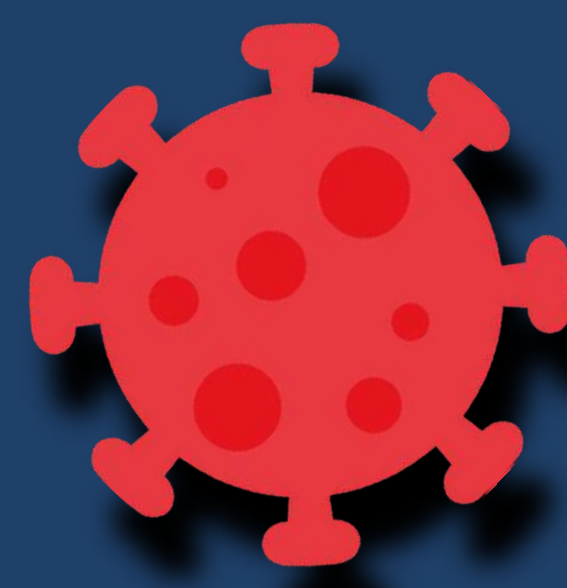
COVID UPDATES

1. WHO experts to travel to China.

2. New COVID-19 Law Lab to provide vital legal information and support for the global COVID-19 response.

3. Humanity would be living with COVID-19 virus for decades: UK medical experts tells parliament.

4. Oxford-Astrazeneca's vaccine is undergoing phase III trials.

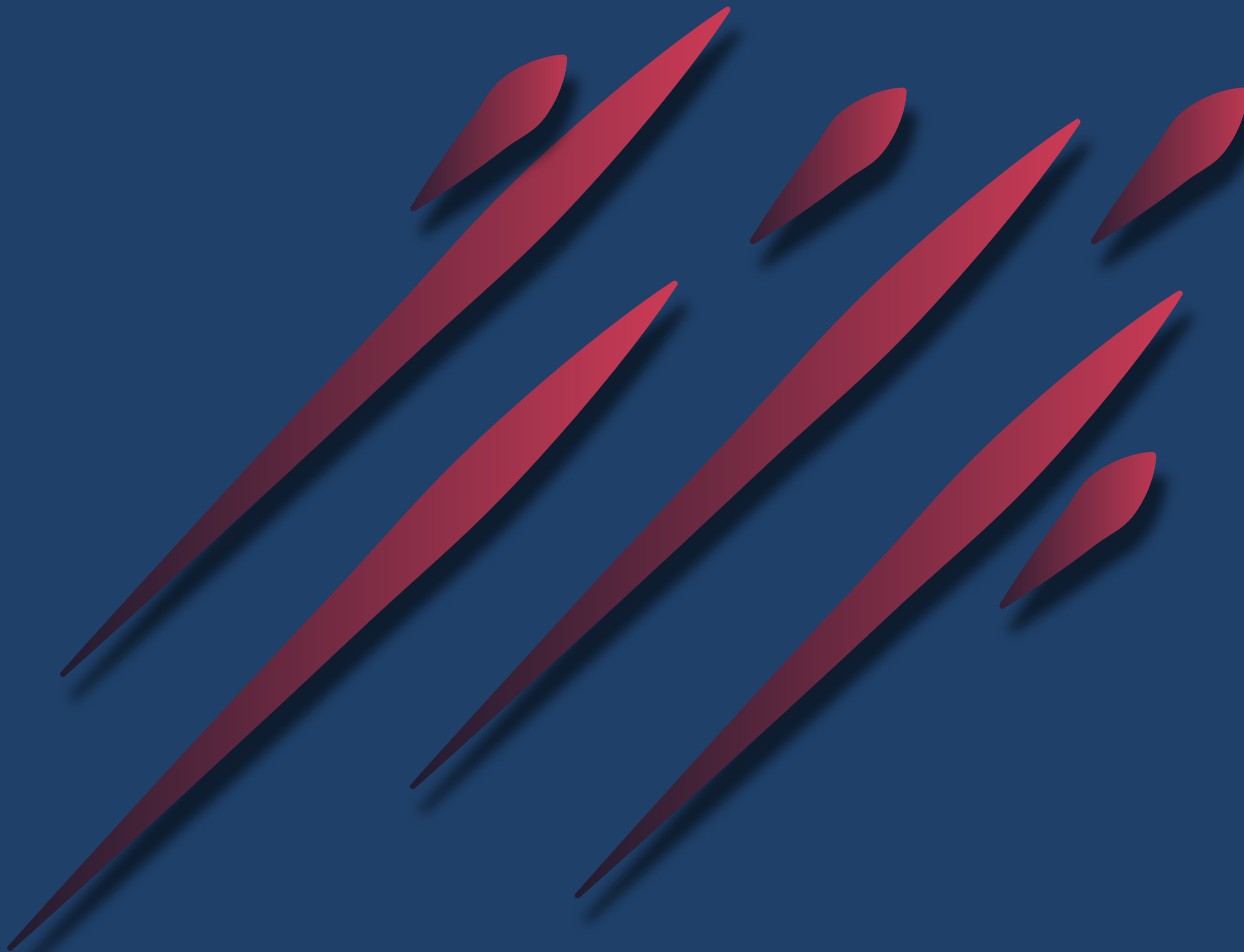


1. Uttarakhand starts demarcating micro-containment zones as cases surge

2. Israeli team working with DRDO to develop rapid COVID-19 testing to come to India on special plane.

3. Covid-19 impact: India's GDP to contract 6.1% in FY21, says Nomura.

- By Japleen & Bhavya



DESIGN GEEK



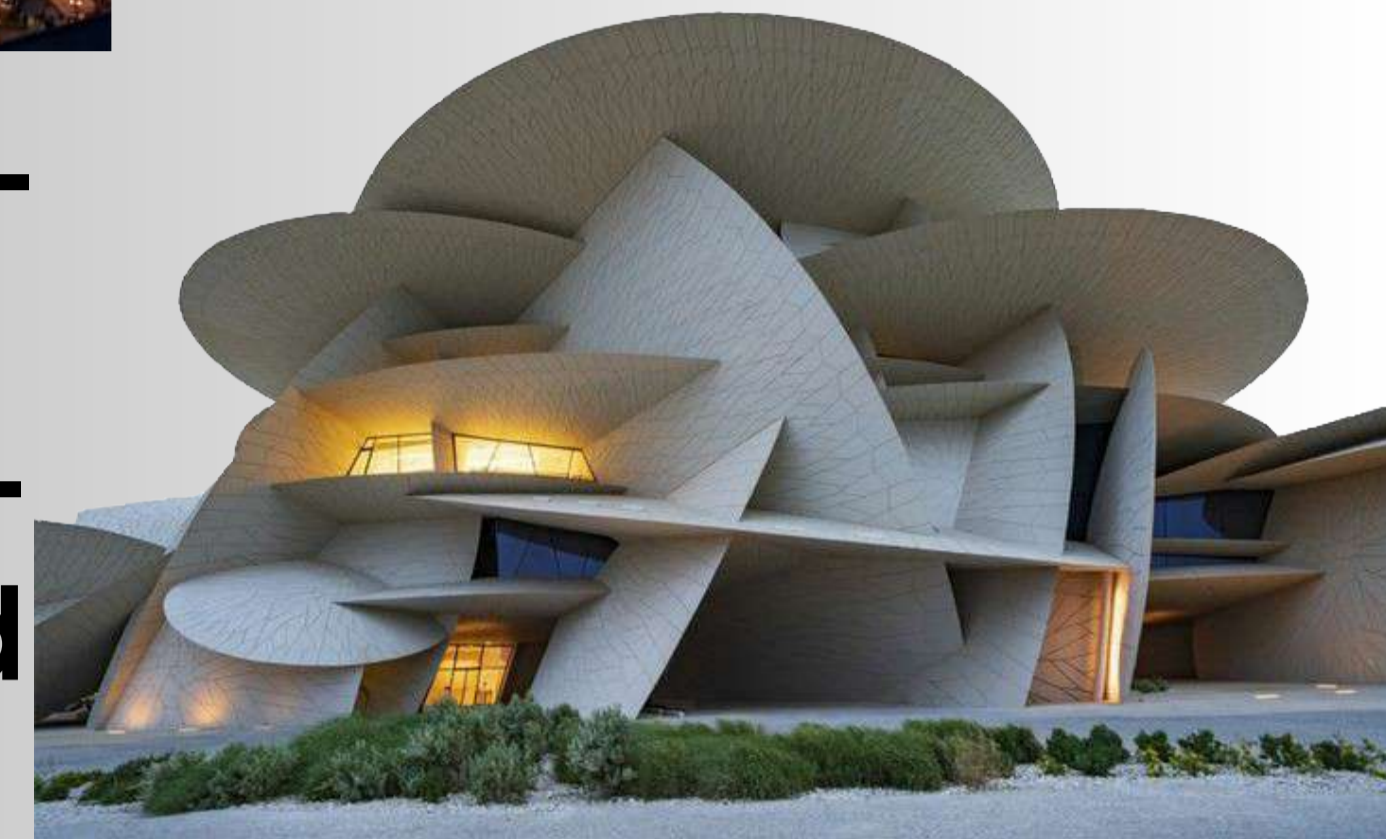
The Tesla Cybertruck is an all-electric, battery-powered, light commercial vehicle launched by Tesla, Inc. Three models have been announced, with EPA range estimates of 400–800 km and an estimated 0–60 mph time of 2.9–6.5 seconds, depending on the model. Cybertruck is built with an exterior shell made for ultimate durability and passenger protection. Starting with a nearly impenetrable exoskeleton, every component is designed for superior strength and endurance, from Ultra-Hard 30X Cold-Rolled stainless-steel structural skin to Tesla armor glass. The main reason for such a design is that Tesla looked upon all the designs of offroaders by companies like Ford and designed it according to the basic principles of automobile plus preferred lines over curves. - By **Kushal**



Architectural Digest



Architecture has evolved with human life. This development is inevitable. Different geographical conditions, climatic conditions; in addition different cultures, thoughts, expectations, lifestyle and social effects. These thoughts lead up to the formation of architectural movements over time. In today's world, full of environmental catastrophes, it's essential to design everything with sustainable development in mind. Sustainable architecture is something that seeks to minimize the negative environmental impact of buildings by efficiency and moderation in the use of materials, energy, and development space and the ecosystem at large. Sustainable architecture uses a conscious approach to energy and ecological conservation in the design of the built environment. For example: One Angel Square, The design incorporated energy efficiency measures into the design. A combined heat power energy system for example is powered by rapeseed oil grown on the Co-op's own land, a possibly unique component of the carbon reducing measures employed. The building façade is double skinned and three giant geothermal earth tubes bring cooling fresh air into the building. Other examples include, CIS Tower, Manitoba Hydro Place, Bullitt Center, etc.



- By Insiya

MILLENNIALS' CORNER



Next Gen Gaming

3 December, 1994 was the golden age which gave birth to the rapid increasing gaming industry by introducing the first ever gaming console called the PlayStation 1. With new ideas comes challenges and Xbox by Microsoft, is the competitor for the Playstation. Battling through years these consoles have now reached the stage of next gen gaming architecture and has features like “No Loading Screens”, “Ray Tracing” etc. and are about to release their new next gen consoles, Xbox Series X and Ps5, in holiday 2020 season. - By Raghav



LOCKDOWN FOODIE

Butter Beer



INGREDIENTS:

- 1/2 TBSP Butter
- 4 TBSP Brown Sugar
- 250 ML Cream Soda
- 1/4 Cup Heavy Cream
- Some Whipped Cream (For garnishing)

METHOD:

1. Heat the sugar and the butter until melted and let it come to room temp.
2. Add the cream and mix well and refrigerate.
3. In a glass pour the butter-scotch mixture and pour some soda and top with whipped cream.
4. Serve chilled

- By Tanveer

yumm !

slurpppp !



EMOJI OF THE MONTH



Whew! It's been an exciting month. Yup! it's officially the time to remember what day of the week it is. The vacations are over and we all are back to work or let's just say that the grinning face with sweat emoji expresses it all. The single drop of sweat on one side represents our hectic schedule after a longggg break while the wide open mouth grinning, expresses our joy and enthusiasm to work hard, be kind and to let wonderful and amazing things happen. Sooo my dear friend, tighten your seat belts and enjoy this amazing journey of the ultimate online classes, some turbulence may be there but in the end, you'll definitely reach your destination:)))

- By Aastha

HIGHLIGHTED CONTRIBUTIONS

Night fall under the Moonlight



- By Kanika Aggarwal

RAIN



I really love rain.
The deafening sound ;
Accompanied by frequent thundering.
Pitter patter pitter patter, is all you can hear.
As if he wants you to listen him cry ,
For once when he is letting his emotions out.
So engrossed with oneself,
No one listen what made him down.
It is sad how his cry his so satisfying.
Shhhhh! Can you hear his secrets dripping,-
seeping down.
Look, the green ones patiently listening.
"Your secrets are safe", is all they console.
There it's working, tears slowed down.
Soon it will stop,
With all the secrets dried up.
Wonder what he was crying for
Maybe I'll listen next time.

- **By Khushi Garg**

The Amber



- By Tanvi Gupta

Do we really need English ?

Britishers left us 70 years ago but their English remains with us till the present date. English is the biggest harm to our mother tongue Hindi. This is something we come across everyday from our so called "Deshbhakts". But is it really the true case or is it the other way round? Does English really harm the integrity and prestige of Hindi? Let's come to this basic question that "Do we really need English?" We Indians have just accepted this baseless fact that English has made us slaves. But is it true? I don't think so. Speaking a language cannot, for any reason, make us slaves. Coming to the next direct question. Has English separated us from our mother tongue? If it would have, then maybe English would have been the only official language of our country. But it's not. We are so obsessed with this fact that English and Hindi can't move together that we just can't think over it. I personally feel that English and Hindi are not contradictory at all, rather they are complementary to each other. Speaking a foreign language does not make us outsiders neither it means that we don't respect our mother tongue. I am proud of my mother tongue and I don't need a reason to prove it. But can we really survive or even think of our lives without English in this globalised world. We the "capitalists", we the "entrepreneurs", we the "industrialists" can we even think of a world without English. Tomorrow if I want to take my business global, would I ever be able to do so. If some of us are selected in a multi-national company, would anyone of them listen to our tantrums that he respects his mother tongue, and that being the reason he does not speak English.

What we need to understand is that we need English. It is indeed the need of the hour. It does not mean that we don't love Hindi.

I would like to quote here what I read from "What young India wants" by "Chetan Bhagat"

Indians should treat English as their wives and Hindi as their mother. And yes, both can live happily together.

- By Arin Verma

XI-C

DESIGNED BY

Raghav Verma





VITIOSUS

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2020-21

*The whole world was black and white,
we were in screaming colours.*

EDITORIAL TEAM

ANANYA ARORA | RUPINDER BAINS | ANUSHKA NITIN VICHARE

CLICKBAIT



Folklore /'fɒklɔː/

1989 was like the sunset, reputation was the nighttime, a lover was early sunrise and folklore is the morning, it's all coming full circle.

Folklore, Taylor Swift's eighth studio album is: fragments of a forgotten American epic, girl meets boy and the rest is tragedy, escapades and blurred lines, labels are thrown to fight, treachery in the name of the wind of a hot summer's night, treachery in the name of one last kiss, innocence to bliss to sin, floorboards creaking birth to I should've known, finding beneath tiptoes at half-past three in the morning, birth to gold and the endless pages of a passion of a story began in the lost stars. The story is pieced together finding, longing through memories and old names and whispers on the street because that is how stories are ever and spread and that is how folklore originates. Something gets people talking, it turns into a story bigger than itself, and then it's passed down forever. Folklore is wistful and full of escapism. It is sad, beautiful, and tragic. Like a photo album full of imagery, and all the stories behind that imagery.

-Arshia Malhotra,
XI-D

Switch: A Book Review Authors- Chip and Dan Heath

The content of the book is very informative and I recommend everyone to read it irrespective of their age group or profession. The book is about making changes in life, positive ones. We all know that change is hard, it's unsettling, it's time consuming and all too often we give up at the first sign of setback. But why do we insist on seeing the obstacles rather than the goal? This is the question that the authors tackle in this compelling and insightful book and were absolutely successful in sharing their ideas. They very carefully designed a step by step procedure that will help the person to achieve his/her goal. Therefore, the purpose of the book has definitely been achieved. Except the plan, practical tips were also given to work alongside it.

Alexa and Katie

-Pranjal Chauhan, XI-D

This show made me realize that a friend is not who makes you feel special, but also crutch who is always there for you in your most difficult situation. Frankly, I rarely enjoyed series. I would recommend all newbies to come and get tuned to this show and see how people stay positive even in harsh times. I would like to salute all those live people who live with cancer. Never despair and live with proudness.

-Manmeet Kaur, XI-D



REVIEW

ARE WOMEN REALLY EMPOWERED?

Women empowerment has been one of the most trending topics for discussion nowadays. No doubt, modern women have got wings to fly in the open air of their dreams but still there are many who are struggling for their existence. Are they really empowered? Time has changed, but has the mentality of people also changed in real terms?

Our society doesn't let girls live according to their wishes.

If they dress up as they want, it is taken as a signal of invitation and they automatically become a subject of lust for the onlookers.

Undoubtedly, women have got opportunities to grow professionally

but what about the dignity and respect that every woman aspires? Sorry to say, but we still possess a regressive

mindset as far as women, girls are concerned. In India, daughters are crushed in their mother's womb itself. Where does our humanity go when we kill our own daughters even before they enter this world? Why does humanity take a backseat

then? Why do our words and deeds find separate paths to move on?

Women have proved themselves as a strong pillar, both at the professional and domestic fronts and are no more considered the weaker sex. It is time for us to expand and shun that sick mental horizon. Half the battle has been won and it is

time to eradicate gender discrimination completely from our country. There is no

chance for progression in the world unless the condition of women is improved; it is not possible for a bird to fly with only one wing.

Therefore, feminism is not about making women strong because they are already strong. It's about changing the way the world perceives that strength.

ART



-Pranjal Vasudev,
XI-D



-Siya Singla,
XI-D

ART



-Niharika Negi, XI-D



-Ananya Arora, XI-D

POEMS

बचपन तो कच्चा था
 उस समय दिल तो सभी का अच्छा था
 धीरे धीरे जवानी आई
 और दिल की जगह दिमाग ने पाई
 आज तक दिल ने दकसी की नहीं मानी
 को दीं क इसको तो करनी थी **sown.**
 दिमाग ने हमें कठोर बनाने की थी ठानी
 और इसी में बीत गई जवानी ।
 कर ले दिल मोज जब तक है जवानी ,
 दिर बुढ़ापा दिर आएगा
 और सब धरा का धरा रह जाएगा
 िवाइयाँ शरीर खाएगी, पुरानी यािें खूब
 सताएगी। आम का स्वाि भी िवा में दमल
 जाएगा
 यह दिल दिर से बच्चा बन जाएगा।
 यह बच्चा दिर याि दिलाएगा,
 बचपन तो कच्चा था,
 उस समय दिल तो सभी का अच्छा था।।

-Sakshi Goyal, XI-D

I was walking alone
 On the road that lead
 nowhere, I was gone
 On the track that had promised to
 never left me back
 there Where!!!
 Everything was dark-
 Cold and misery was my
 friend aboard
 But sooner or later I realized my
 life
 And turned me back on the
 path I once denied.

-Ananya Atri, XI-D

If you were sensible,
 While I tell you the stars
 flash Signals, each one
 dreadful, You would not
 turn and Answer me,
 The night is beautiful...

-Anushka Nitin Vichare, XI-D

Floodleen Kaur Dua,
 I wish to drown in a
 flood Of my own,
 Flooding memories of the
 Of the seeds
 Nurtured by each
 single Last drop of
 myself, arranged in my mind
 Neatly arranged in my
 mind In a shelf.
 Wear inside my head, I
 Let me be wet
 wet ity kept aside.

-Diya Garg, XI-D

THE READ FOR HEALTH....

Greetings Folks! Have you ever succumbed to the temptation of eating your favourite chocolates, cold drinks, biscuits etc. even after promising that you would never gulp them greedily again? Well, you did because here your will for reformations is fighting with a much stronger biological force of good hormones, that get released each time you eat something loaded with sugar. Any solution? Of course. Just simply replace the releasing of good hormones with the bad ones. How? Just go and check out the ingredients list because there when you will find that the product which you are about to consume is full of acidity regulators, humectants, flavor enhancers, colours, hydrogenated oils, emulsifiers, raising agents etc. most of which have an amazing potential of causing cancer in the coming future. you will be forced to reconsider your decision because now the bad hormones released in your system are acting as an alarm for danger. The consumption of such carcinogenic foods is one of the leading reasons for growing cancer cases all over the world. Not only cancer but type 2 diabetes, osteoporosis, heart diseases etc. might become friends with you in future. So, it's your body and your decision to either make it healthier just by putting in some really nourishing and healthy fuel so that it could realize its full potential or just spoil it by falling prey to the hands of short-term pleasures. Today this malicious food industry is making over 250 billion dollars in India just by selling you sugar and chemicals because they have understood the basic tendency of your brain to seek immediate pleasures. It's time for you to understand it too and begin judging the food companies by what's written in their ingredients list and not by the big false claims that they make on their front packs.

Happy health!