

# **BVP's INSPIRED ROOTS**

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**(SEPTEMBER 2020)**

A publication by XI-A and XI-B



*From Class Teacher's Desk*

## Some Facts About the BRAIN

### HOW THE BRAIN WORKS

The brain is part of your body's central nervous system. It's the most complicated part of your body. It has the ability to send and receive an enormous amount of information. Because it is so complex, there are some things doctors and scientists don't completely understand yet about it. This also means that there are some amazing things you may not know about your brain.

### FACTS

1. Signs of successful brain surgeries go as far back as the stone age.



2. An adult brain weighs about 3 pounds.

3. About 75 percent of the brain is made up of water.

4. The human brain will grow three times its size in the first year of life. It continues to grow until you're about 18 years old.

5. Headaches are caused by a chemical reaction in your brain combined with the muscles and nerves of your neck and head.

6. The brain of a human contains approximately one hundred billion neurons.

7. It is a myth that humans only use 10 percent of our brain. We actually use all of it. We're even using more than 10 percent when we sleep.

8. Cholesterol is key to learning and memory. However, high cholesterol has different effects depending on your age and other factors.

9. The fastest speed for information to pass between neurons is about 250 mph.

10. The brain can't feel pain. It interprets pain signals sent to it, but it does not feel pain.

11. Alcohol affects your brain in ways that include blurred vision, slurred speaking, an unsteady walk, and more.

12. Your brain uses 20 percent of the oxygen and blood in your body.

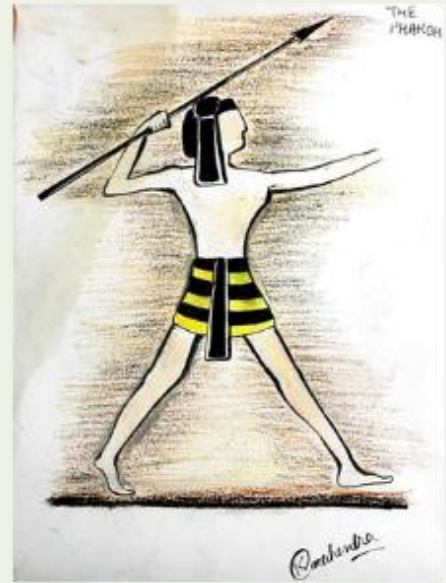
-UDAY SHARMA  
PGT(Physics)

# Gallery

By:- Palak



By:- Kashish M.



By:- Jatasya



By:- Palak



By:- Kashish M.

## HEALTH AND FITNESS

In the modern time, where pollution, global warming and other environmental issues have covered us, the importance of health and fitness has increased to a great extent. We need to be more physically healthy and fit to win the current environmental challenges. It keeps us away from the diseases, infections and other lethal diseases by reducing extra kilos, improving the strength of muscle and bones, increasing immunity level, and maintaining the healthy functioning of our major body organs. It helps us to look better with lots of patience and confidence level. Health and fitness of a person means the complete presence of physical, mental and social well-being. One can maintain his/her health and fitness in many ways however needs patience, hard work and commitment towards the good lifestyle. Most of the people are much conscious towards their health and fitness however on the other hand, most of the people are involved in the sedentary lifestyle and suffering many diseases and overweight. Maintaining good health is not an easy procedure, it is the result of continuous efforts with full commitment. It takes years to get the desired health and fitness however, once we get, it benefits us a lot. Through regular exercises including cardio, stretching and weight training, we can maintain our normal weight which saves us from various disorders. It repairs the damaged muscle, strengthens the muscle and bones which gives power to the body. Through physical activities, our major body organs functioning also get regularized. It gives us mental peace and health with improved memory power and concentration level. We just need to give ourselves small hours from our busy schedule on daily basis to get maintained with lots of benefits.

***Bhavan Vidyalaya Panchkula***

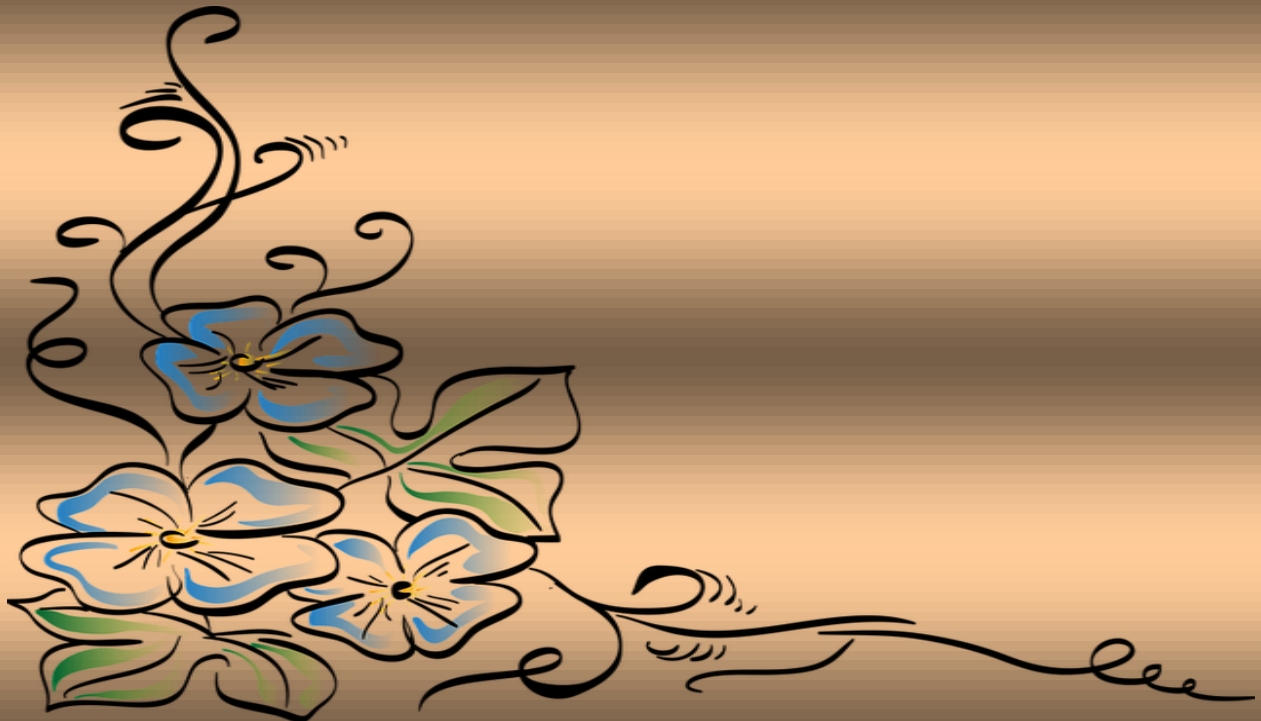
***Monthly Magazine***

**SEPTEMBER**

COMPACT EDITION

***DUENDE***

SPRIT OF PASSION



DESIGNED BY -XI COMMERCE

## ***Foods that help boost your immune system***

***Ginger:*** It's a good idea to include ginger in your milk tea. You can also take lukewarm water and add juliennes of ginger and honey to it. Add ginger to khichdi as well. Ginger plays a powerful role as an antioxidant.



***Garlic:*** A popular remedy for colds, it also reduces the risk of blood pressure and heart disease. Raw garlic can be added to juices or as a topping on soups and stews. Mash garlic with olive oil and salt and use it as a dressing



***Turmeric:*** Haldi or turmeric is almost a super spice having powerful medicinal properties. It is said to increase the body's antioxidant capacity. Add it to milk and have it before sleeping. Add it to warm water to reduce itching. Ginger-haldi tea is a remedy for flu.



***Star anise:*** Star anise has antibacterial properties that can keep you away from flu and infections. To make tea, add the pods to hot water, steep, strain and drink. It boosts immunity.



## **A BREATHER INFUSING LIFE AND**



## **AN AIR OF POSITIVITY AMID CORONA CRISIS**

***Selfless act wins Kerala woman Rs 1 lakh***

***KOCHI: A month ago while packing food for people of Chellanam-a coastal village ravaged by sea surge and Covid-19- Kumbalangi native Mary Sebastian slipped in a hundred rupee note in a packet.***

***Her only thought while wrapping the currency note in a piece of paper was that it would be useful for the family to buy at least a few cups of tea.***

***IBS Software, an IT firm, as a recognition for her selflessness has awarded her Rs 1 lakh.***



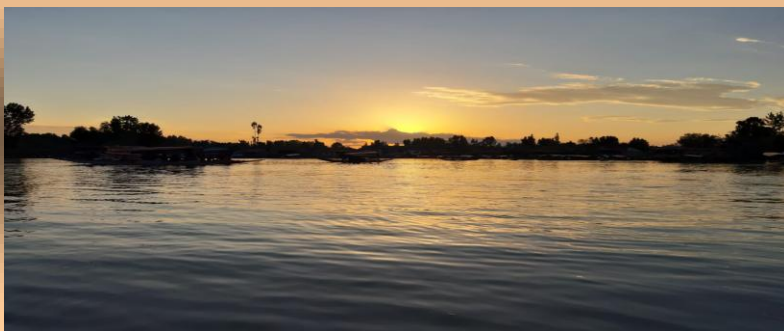
## **FROM COLLECTOR'S TREASURE**



**Vaibhav Gupta**, a numismatic has an Australian coin in his collection.



**Vaibha Gupta**, Vaishno Devi blessings



From the lens of **Sidharth Chadha**





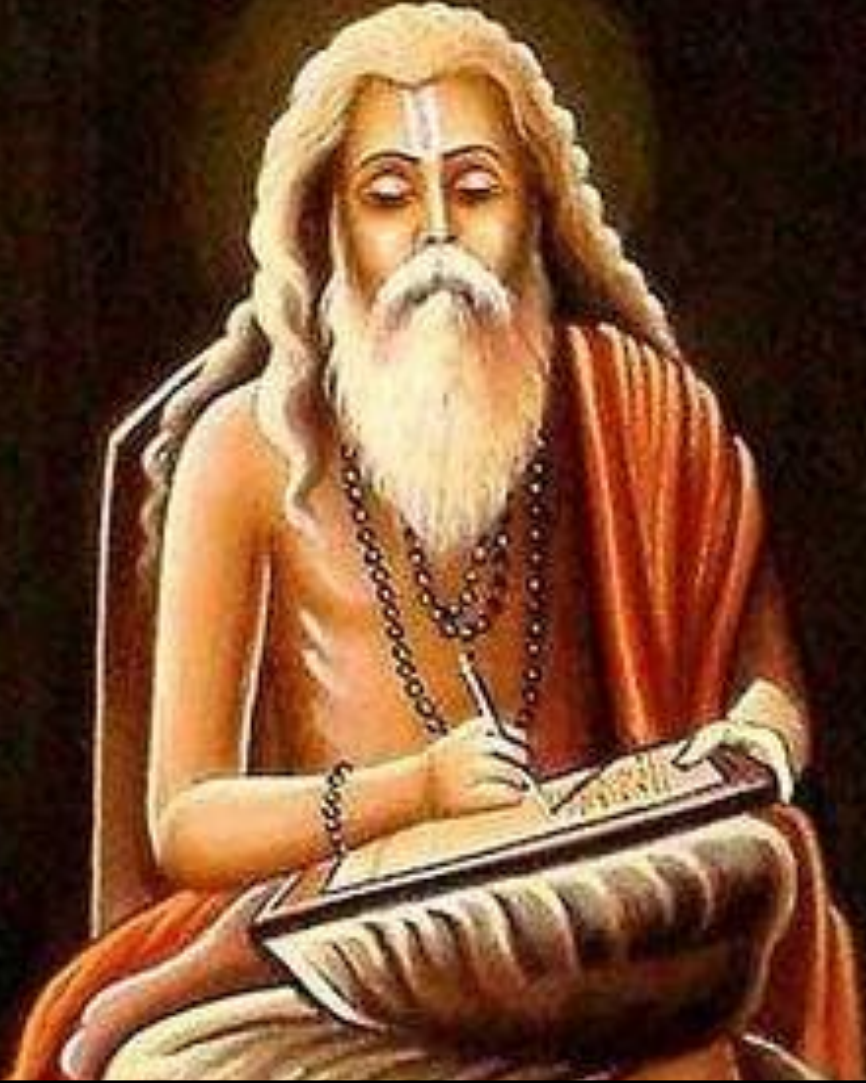
MOODS BY *Tanisha*

# VITIOSUS

September Edition

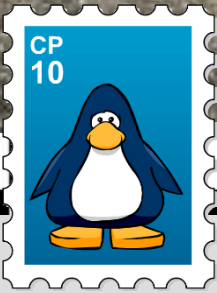
2020-21

Class XI-D



कर्ता करे न कर सके, गुरु करे सो होये  
तीन लोक नौ खण्ड में गुरु से बड़ान कोई

**Dedicated to our amazing teachers :)**



# *Acknowledgements*

We would like to thank our Principal, Mrs. Gulshan Kaur for giving us this platform for showcasing our creativity.

We thank our English teachers for honing our skills and making us capable enough to create this magazine.

We thank our class teacher, Ms. Divya Mishra for her constant support and guidance.

We thank our editorial team [Diya Garg, RupinderBains and SuhaniChugh] for putting in their efforts to make this magazine happen.



- Kirti Naidu, XI-D



- Riyanshi Goyal, XI-D

Bear was not an Imposter.

2 Imposters remain.



# AMONG US

Look he is drowning, save him! But let me click a picture first... Oh is about to fall off a building, somebody please rescue him... But let's first post this on social media and get some likes.

If we go by the dictionary, humanity stands for all the people in the world thought of as a group or the quality of being kind and understanding. But do we find any of these qualities in humans nowadays? We humans have become so inhuman these days. Expecting any sort of kindness towards other creatures from humans is a distant thing. Human beings don't possess any warmth or sympathy, even for other fellow humans. This statement may leave us in an utterly dejected mood, but sadly, this is the reality. We can run away from the reality for some time, but cannot hide it. If eating and having fun is only what we are born to do, then we should keep one thing in mind; even animals can do that. One does not need a hefty bank account to contribute towards humanity. Paying our domestic help fairly is also humanity. Lifting the heavy bag for an old woman is humanity, helping a disabled person to cross the road is humanity, helping your mother in chores is humanity; in fact, helping anyone who is in need is humanity. As it is rightly said by the legends of all times, Charlie Chaplin, "We think too much and feel too little. More than machinery, we need humanity; more than cleverness, we need kindness and gentleness. Without these qualities, life will be violent and all will be lost."

As soon as we understand the importance of humanity in day to day life, the purpose for which we are on Earth is automatically fulfilled.

So, the next time somebody asks you to which religion or caste you belong to, just reply with a soothing smile on your face... 'HUMANITY'.

- Bhawna Yadav, XI-D

## WHY ARTS?

Come on, you got such good grades in your class tenth. Go for medical or non-medical, why arts? Come on you have been a great student throughout, why such a stream? Are you weak in science or math? Take arts, you won't be able to handle the pressure of sciences. Arts is the best option for you. You won't need to put in many efforts. Take arts and enjoy your life. You are meant for no good.

These are the common statements that we the students of HUMANITIES come across. And why is it so?

We need to understand the fact that the ability of a student cannot be determined by the stream or subjects he opts for. It's totally his wish. A child good in science can still go for arts and a child poor in mathematics can still opt for non-medical. It's totally up to him. What matters is the wish of the child. What matters is the way in which he wants to design his future.

Stop categorizing children based on their streams. Start appreciating them for being confident enough to choose their path themselves.

- SakshiGoyal, XI-D



## BEING A TEENAGER

“Maharashtra: Harassed teen in suicide bid, no police case”

“Andhra Pradesh: Three teenage girls commit suicide over poor marks”

Isn't this disturbing? Of course, it is... But for how long? For a few minutes maybe. We have a lot more things to worry over and are probably much more necessary.

Amongst all the social problems and world affairs, a teen's feelings have no place. Parents never realize that there can exist a problem like depression in teens too. Looking good, scoring good, having a lavish wardrobe, being stylish and what not adds onto the pressure we teens carry every day in our head. This clearly leads to frustration but if we try to express it through our words or anger just like every adult does, we are termed as ill-mannered.

Teenage – a period of just 6 years is probably the longest period of a person's life. In this period there are numerous emotional, psychological, physical and sexual changes. We are taught about all these changes in school but thanks to the education system that all the teens are successful in memorizing these changes and score good but no one amongst them knows how to handle these changes and still we're called educated beings.

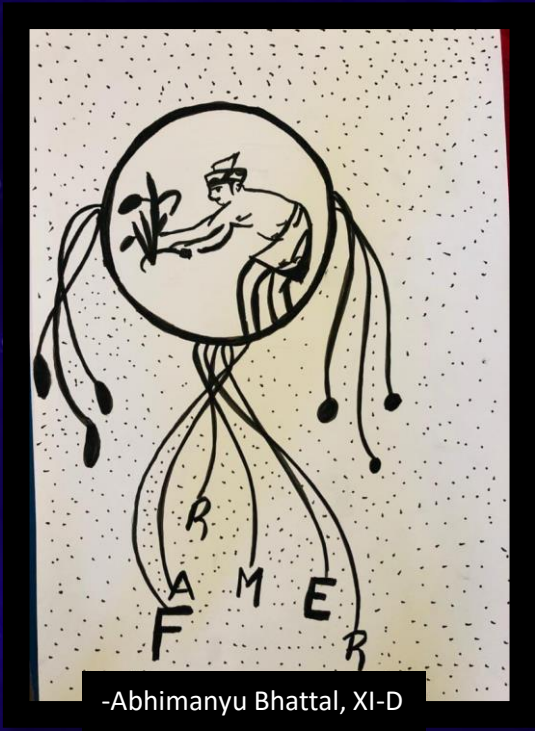
The foundation stone of every problem is the lack of education and support for teenagers. These teens become weak adults in future giving rise to a weak nation. And what is the solution finally? If you vote for my political party, I promise employment, 24x7 electricity and water supply, free education for poor kids, ban on alcohol and the list goes on.

Statements like, “Look at today's kids, how quickly they go in depression for little things and commit suicide” are extremely common

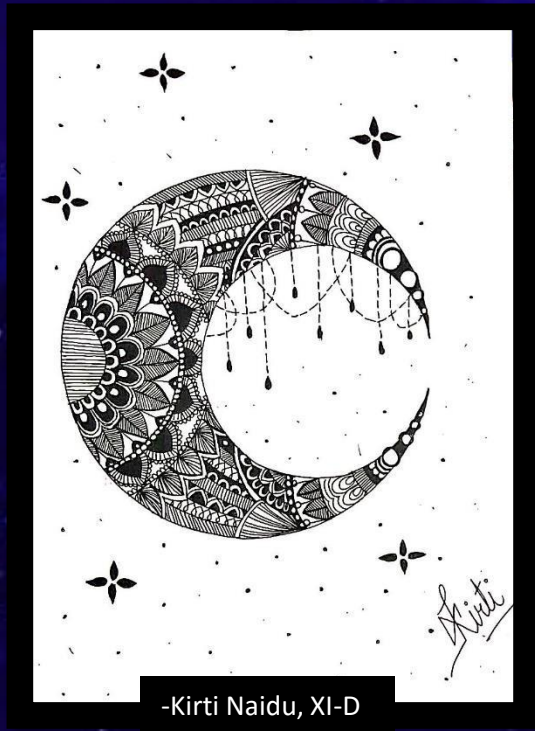
And see, that's why I feel proud of being a teenager. I very well know that I am going through the toughest time of my life just like other teens do. But I am happy because thoughts like committing suicide don't trigger me. But this is not true for every teen. Let's just be more sensitive towards their psychology... If nothing much let's play a supporting role as a parent, a teacher, a friend, a neighbor, or at least as a human being.

-Pranjal Chauhan, XI-D





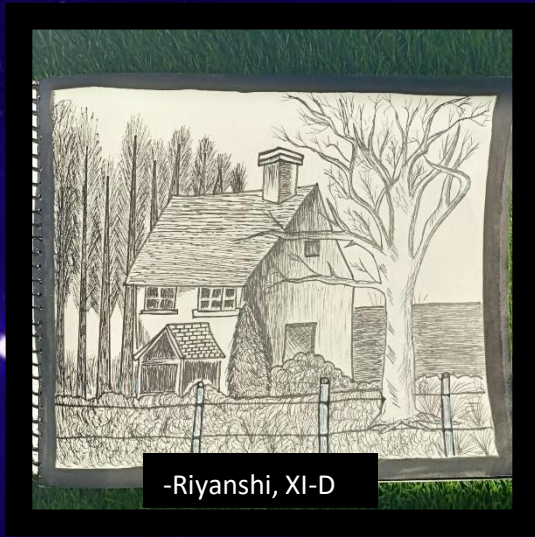
-Abhimanyu Bhattal, XI-D



-Kirti Naidu, XI-D



-Sakshi Goyal, XI-D



-Riyanshi, XI-D



-Niharika Negi, XI-D