



IMAGINE

FEBRUARY 2022

"All of nature begins to whisper its secrets to us through its sound. Sounds that were previously incomprehensible to our soul now become the meaningful language of nature"

Radio and Diversity

Radio broadcasts provide real-time information, and some that broadcast 24 hours a day, can provide the most recent updates to listeners. Radio has the ability to reach across borders and can become a valuable source of information where reliable news is scarce. People could find out what was happening in the world quickly after it happened and it was much faster than waiting for the newspapers to print a story. The ability to connect with people is the most important qualification. There are lots of people who come and tell me that their children are very talkative and would make great radio jockeys. Being talkative has nothing to do with being an RJ; that is a myth. If you have a personality and you can bring it out on air efficiently and speak well, I think it might just work," states Sanobar Sultana, popularly known as RJ Sano, of Fever 91.9 FM, Chennai. She further explains, "Working in this field is like creating theatre in the mind. You can make your audience think, make them laugh and leave a thought inside their heads. A few radio stations in India are: AIR (All India Radio), Radio Mirchi, Big FM, Red FM, dio one and Fever FM



Radio Jockey Courses

- ✓ Certificate Course in Announcing, Broadcasting, Comparing and Dubbing (ABCD)
- ✓ Certificate Course in Radio Jockeying (CRJ)
- ✓ Certificate Course in Radio Production Programme
- ✓ Diploma in Radio Jockeying (DRJ)
- ✓ Diploma in Radio Management
- ✓ Diploma in Radio Programming and Management
- ✓ Diploma in Radio Station Operations and Management
- ✓ Post Graduate Diploma in Radio Programming and Management (PGDRM)

Links for the Course Details:

<https://tinyurl.com/yc2adz8v>

<https://acfm.edu.in/certificat-e-course-radio-jockey/>

<http://www.natchathirapattar.ai.com/>

Diabetes Mellitus and Children

Among you definitely one of your family members or relatives will be taking medications for type 2 Diabetes Mellitus. If you are under the impression that type 2 diabetes is an old man's disease, you are wrong. Over the past decades, more and more children have been falling prey to this disease and there seems to be no way to end it. According to the Canada Journal of Diabetes, type 2 diabetes in children has increased in frequency around the world over the past two decades. As a Diabetologist am seeing a number of children Diagnosed with type 2 Diabetes Mellitus in recent years and many of their parents are unaware that Diabetes can affect children too. Am penning down this to create awareness about Diabetes in children and how to prevent it for our children.

What is diabetes mellitus?

Diabetes is a metabolic disorder characterized by abnormally high levels of blood glucose. Most of the food what we eat turns into glucose or sugar, which our body uses for energy. The pancreas makes a hormone called 'insulin' to help glucose penetrate into the cells of the body. In people suffering from diabetes, the body is unable to properly process food for use as energy. If there is complete deficiency of insulin it's called as Type 1 Diabetes Mellitus while Relative deficiency of insulin it's called as Type 2 Diabetes Mellitus. Type 2 Diabetes mellitus is strongly related to obesity.

Why type 2 diabetes mellitus affects children in recent years?

The alarming rise of children being diagnosed with type 2 diabetes in India has triggered critical warnings in families and health organizations. "The number of girls and boys with obesity between the ages of 5 and 19 have soared since the mid-1970s, rising by between 10- and 12-fold globally," UNICEF said in a report. Overweight and obesity, long thought of as conditions of the wealthy, are now increasingly a condition of the poor, reflecting the greater availability of 'cheap calories' from fatty and sugary foods around the world. They bring with them a heightened risk of non-communicable diseases, like type 2 diabetes, according to UNICEF's report.

What is the solution to the problem?

In 2014, the World Health Organization (WHO) had set a target for all the countries to halt the rise of type 2 diabetes by 2025. However, most countries seem to be missing the target. So, here's what we parents can do to help our children prevent diabetes.

Parents must encourage their children to eat low-fat, nutrient-rich diet. Parents should educate the children to avoid the JUNK food. The JUNK stands for

- J - Avoid Junk Like Burger and Pizzas
- U - Avoid Ultra processed food like packaged chips
- N - Avoid nutritionally inappropriate food like artificially flavoured foods
- K - Avoid caffeinated/Colored /Carbonated beverages

- 93 per cent children eat packaged food more than once a week
- 56 per cent children eat sweet food items such as ice cream and chocolates more than once a week
- 59 per cent children aged between 14 years and 17 years eat packaged beverages or food at least once a day.



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Special Days of February

Our Equal Future: The Environment and Gender Equality.

World Thinking Day is celebrated annually on 22nd February by all Girl Guides and Girl Scouts. It is also celebrated by Scout and Guide organizations around the world. It is a day when they think about their "sisters and brothers" in all the countries of the world, the meaning of Guiding, and its global impact.

Every year on 22 February, Rangers from Mona Burgin's Unit in Auckland, New Zealand, set off before dawn, while it is still dark, and they climb to the top of Maungawhau / Mount Eden. There they set up their little campfire and a flag-staff, and as the sun rises over the sea they raise the Guide World Flag, they sing the World Song, and they speak of some of the people and the countries they are Thinking about - and so they start "The Big Think" which then travels all the way round the world.

On the nearest weekend to World Thinking Day, Girl Guides and Girl Scouts from across the world come together on Scout Link to chat with each other and celebrate their Founders. Others are involved with Thinking Day on the Air (TDOTA) using amateur radio, similar to the Jamboree On The Air of the Scout movement. One tradition is that every Scout or Guide, ex-Scout or ex-Guide, places a candle in their window that night at dusk: "This is my little Guiding Light, I'm going to let it shine." It is also a tradition to send letters or postcards to other Scout and Guides before Thinking Day.



The Best Bonding Exercise



How could you dislike National Walking the Dog Day? It combines two things that make us all happy: exercise and dogs! You may think that exercise doesn't make you happy, but after you've convinced yourself to get moving, you will feel much better afterward! And who doesn't love spending time with their dog? This can be incredibly relaxing and calming as well, especially if you lead a busy life!

There are many reasons why National Walking the Dog Day is something you should embrace. The most important one is that a daily walking routine will keep both you and your pet healthy. Dogs need exercise so that they can stay healthy and maintain the correct weight, and the same goes for humans. In fact, it's not only good for your physical health but your mental health as well.

Walks are also great in terms of bonding with your pet. Going on a walk together will only solidify the relationship that you have with your fluffy friend. You will be able to experience new environments together, and these moments should be cherished.

Walking can help to relieve anxiety and stress in both pets and people. This is because it boosts the immune system as well as reducing blood pressure. We all need time to slow down and smell the roses, as they say! And, your pet needs this time too, which is what makes National Walking the Dog Day so great.

Celebrate National Cook a Sweet Potato Day

The sweet potato has been cultivated and enjoyed for thousands of years, as the origin and domestication of the sweet potato are estimated to have happened at least 5000 years ago.

National Cook a Sweet Potato Day is our chance to recognize the important contributions that this vegetable has made to humanity. As with other food-related events, part of the fun of this day is that we can cook a sweet potato however we see fit. Whether it is boiled, steamed, fried or prepared with other delectable dishes, the sweet potato is both healthy and tasty.

Sweet Potato Cold Soup

Ingredients

30 gm butter
1 medium-sized onion, finely chopped
150 gm cashews
150 gm pineapple (peeled, eyes removed and cut into chunks)
2 garlic cloves, finely chopped
4 sweet potatoes, peeled and diced
450 ml vegetable mix
150 gm fresh cream
Salt and freshly ground black pepper to taste
Fresh coriander for garnish



- Melt butter in a pan over medium-low heat. Add onion and sauté until soft, stirring it often. Add garlic and sauté for an additional two minutes.
- Add pineapple, potatoes, vegetable mix, fresh cream, salt and pepper. Bring to a boil, reduce heat to medium, and simmer for 15 minutes until potatoes are tender.
- Process it in a blender or food processor until smooth. Strain and chill. Serve cold, garnished with chopped coriander leaves.

Iron Lady Sarojini Naidu

Indian National Women's Day is observed every year on 13 February to commemorate the birth anniversary of Smt Sarojini Naidu. This year, the Nation embraces her contributions by remarking on her 143rd birth anniversary, to instill the NARI Shakthi of India. She was born on 13th February 1879. She was renowned by the name 'Nightingale of India' or 'Bharat Kokila' for her contributions to English literature.

About Sarojini Naidu:

Sarojini Naidu, born in Hyderabad and educated in Cambridge, was the powerful face of Women in the Indian Independence struggle. Anti-imperialistic, universal suffragist, women's rights activist Mrs Naidu paved the immortal path for women's participation in historic Indian Movements. Indian Nightingale, Sarojini Naidu's marked her contribution extraordinarily well as a social activist and poet. In 1925, Sarojini Naidu became the president of the Indian National Congress. Sarojini Naidu was one of the foremost leaders who led the Civil Disobedience Movement and the Quit India Movement.

For Women's Rights, representation in organizations and assemblies, she established the Women's India Association in 1917. When she was bestowed as the United Provinces Governor in 1947, she rewrote history by becoming the first woman to hold the office of Governor in the Dominion of India.

Balsam in February

Sand Tracing

Learning through nature brings happiness. The holistic, practical experiences are not only joyous parts, but also gives an unparalleled basis for comprehending the world in great ways. Our little butterflies of grade1 investigated the various directions by following the safety measures in every activity they did. Children love to explore new ways of writing in different mediums and sand tracing the different words provided an immense pleasure to them.



Play With Homophones

We often get confused with words with the same pronunciation, but different meanings. Our grade1 kids displayed confidence in their learning of various homophones. Everything in life is art and children experienced the concept by touching and feeling the objects related to the words. Homophones were introduced through story and art. Children understood the concept and started identifying homophones in every part of their learning activities.



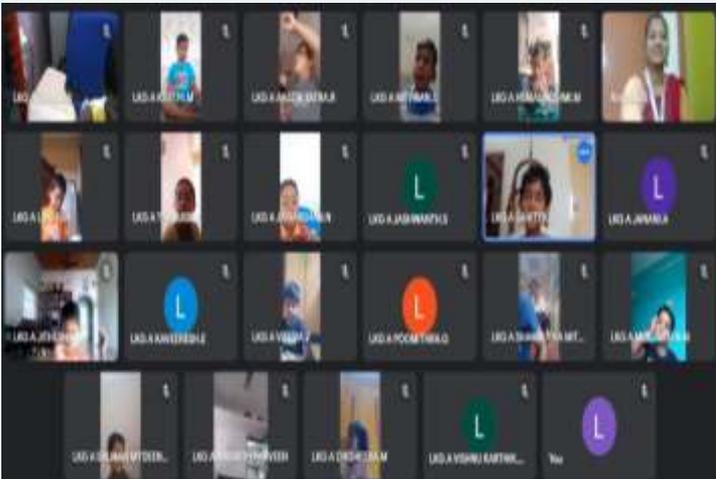
Culinary Art

The joy and excitement could clearly be sensed as the 'Nuts Ladoo Making' activity was organized for the students of G3 on 23rd February 2022. Children couldn't wait to taste their delicious creations and there was a sense of pride and joy on the faces of the children because they put their tiny hands at work and made something independently and the results were absolutely amazing. They enjoyed making the "laddoos" and eating it too!

Story Narration

Storytelling is the oldest form of teaching which brings in creativity, imagination and values. Every single culture tells stories about their ancestors and creates a magic and a sense of wonder at the world around us. Stories takes us to new destinations, explore imaginative worlds and bonds us closer to different characters.

In the month of February, our LKG children showcased their talent in narrating stories. It was an immense pleasure to see our young balsamites narrating the story with full energy, excitement and enthusiasm.



Community Helpers

Students of grade 6 learn about Rural and Urban Livelihoods in their Social and Political Life. They comprehend the lifestyles of people both in Urban and Rural areas, farm and non-farm activities. They beautifully enacted the life style and the activities of people in both Rural and Urban areas. The various jobs in rural areas such owner was as vegetable vendor, shop owner, farmer, fisherman, policeman, beautician, book stall among a few depicted by the students with a lot of involvement. Humans are social beings and for an efficient community, the work of community helpers keeps our community safe and secure, this was the enlightenment attained by the students.



Time

Learning to predict time is a very important skill. It helps children to determine whether they are running late or they have plenty of time to spare. Kids learnt how to read clocks with big and small hands. A fun interactive activity was conducted using the sundial model. The children constructed the model and indicated the time by observing the shadow of the sun. The children shared the images with a lot of enthusiasm and excitement.

திருப்புதல் பயிற்சி செயல்பாடுகள்



மொழியின் புரிதலும், செயல்படுத்தலும் மாணவர்களுக்கு முழுமையாக சென்றடையச் செய்வதே மொழி பயிற்றும் ஆசிரியர்களின் நோக்கம். அவ்வகையில் ஒன்பதாம் வகுப்பு, மாணவர்கள் ஆண்டுத்தேர்விற்கான திருப்புதல் பயிற்சியில், தன்னை அறியாமல் நேரிடும் சிற்சில எழுத்துப்பிழைகளைக் களையும் நோக்கில் வகுப்பறை செயல்பாடு நிகழ்த்தப்பட்டது. உடல் உயிர் இருந்தால் மட்டுமே இயங்கும்! உடலான

தமிழுக்கு உயிர் போன்றது எழுத்துக்களே என்பதை மாணவர்கள் இச்செயல்பாடுகள் மூலம், தமிழ் மொழியின் இலக்கணத்தையும், எவ்வகையில் பயன்படுத்த வேண்டும் என்பதற்கான வழிமுறைகளையும் ஒருங்கே கிடைக்கப்பெற்றனர். அச்செயல்பாட்டின் விளக்கமாக உதவிப்பெட்டகம், வினாப்பெட்டகம் என்ற இரு பெட்டகங்களின் துணைகொண்டு, மாணவர்களுக்கான எழுதுதல் பயிற்சி செயல்படுத்தப்பட்டது. உதவிப்பெட்டகத்தில் கடிதம், இலக்கணம், வினாவிடைகள் ஆகியவைகளுக்கான குறிப்புத்தாள்கள் வைக்கப்பட்டது. வினாப்பெட்டகத்தில் உதவிப்பெட்டகம் தொடர்பான வினாக்கள் கொடுக்கப்பட்டு, மாணவர்களுக்கு அவர்களின் இருக்கும் இடங்களுக்கே பகிர்தலாகக் கொடுக்கப்பட்டது. மாணவர்கள் எழுதும் வேளையில் பிழைகள் நேரிடாமல் இருக்க உதவிப்பெட்டகத்தின் உதவியைப் பெற்று பிழையின்றி எழுதும் வகுப்பறை செயல்பாடு சிறப்புற செயல்படுத்தப்பட்டது..

Inspire Award by our champ

T.Mageshwaran of G10 presented his idea on Eco system (Carbon absorber) for The INSPIRE Awards - MANAK (Million Minds Augmenting National Aspirations and Knowledge), being executed by DST with National Innovation Foundation – India (NIF) and got selected in State level and moving forward towards National level.



STEM FAIR – In pursuit of innovations.....

National Science Day on 28th of February marks the discovery of Raman effect by the Indian Physicist Chandrasekhar Venkata Raman.

In Balsam Academy, STEM fair is hosted to commemorate this great day and to bring an awareness among students about the importance of scientific application in the daily life and to discuss, popularise and as well inculcate the scientific temperament. To promote a sustainable development and meet challenges from agriculture, health and to all environmental issues, science offers solutions. The language of science needs to be understood and students need to engage themselves in the pursuit of innovations. The theme of the STEM fair 2022 was “Innovations in Science from Trash” and the subthemes ranged from water, transport to electricity and magnetism.

The widest possible participation from students was ensured and they were encouraged to choose topics and exhibit their creative skills and develop their scientific knowledge. Students from Primary to Middle school, showcased their innovative skills and displayed an in-depth study and analysis of several environmental issues.



Seed Flings

Collaboration of Grade-10 Students to uphold the value of collection and preservation of seeds has moved the masses in our school as well as in the community. Tireless approaches made contributors to transform into as collectors of seeds. Paving a path for the juniors to follow in order to create a sustainable environment for the generations to come. Learning is not just about taking, it is always about giving and sharing. Balsamites have proved it once again.



Education for Tomorrow

The third batch of prospective Balsam parents attended the workshop 'Education for Tomorrow' on 28.02.2022. The developmental stages of a child, parenting role and setting rhythm among children were discussed with them to maximize the potential. Participants appreciated the efforts of the team and shared that they have a better perspective about how setting a rhythm in child's life would make a huge difference.



Speech Contest

Public speaking is not limited to competition, it evolves in making the most sensible leader for the future to rejoice. Such a speaker will be a lantern to illuminate across the unprecedented dark times. All lanterns need a spark to be lit, spark is what we provided. The evolution is a bliss to perceive and what else a teacher wants than to see a student shine on the stage. A fortnight was taken to meet the finalists, and hard days indeed. The topics were changed in every round, pushing them to explore a new dimension. No matter how mighty the challenge was, it was well handled by our students, a moment of pride.

Especially, 'Extempore' and 'Thumbs Up and Thumbs Down' must have made all their neurons to generate 500 MW of electricity in their brain, as we witnessed the glow. All the speaking skills that we have been incorporating through various collaborative activities delight us and ensure that we are on track in making future leaders. Students got to observe every individual's perception on the topic, gesture, enunciation, and mastery over the language helping them to discover a new path to develop their skills.

SPEECH CONTEST WINNERS			
	1st Place	2nd Place	3rd Place
G1	SAIKRISHIV.D	PRANAV.S	SAINIMALLAN.M
G2	HARSHIKA.S	YAZHINI.P.M	PRIYADHARSHINI.S
G3	DEEPAK KANNAN.B. L	SRUTHI VARSHA.S	SHAICHARAN.U
G4	SAAI PRANAV.M	YOGATHIRUKARTHIGA.V	THANESHA.U. V
G5	UDITH RAGHAV.S	ADITI.G	DHARSHAN.P.C
G6	KASISH GUHAN.T	JASVANTH RAJA.K.M	KANISHKA.P
G7	ARYAVARDHAN.A. S	AKILAH KOUNAIN. S	SAI SUPPRIYA.D
G8	MANISHA SREE. V	VAISHTNAVI. V.S	NISHA. P
G9	AATHIRAI	AKSHAYA	MOKSHA
G10	GAYATHRI	SUSHMITHA	MOHAN RAM

WITT

'To develop free human beings, Balsam initiated the WITT program in February 2022. The objective of this training is to familiarize teachers and parents with stages of child development. The concepts discussed in this training are:

- Child Psychology and Development
- Personality Development
- Learning and Teaching styles
- Assessment and Holistic Report Card
- Case Study and Child Observation

We explore the seven-year cycles of child development. First seven years is where the physical body develops and hence there is need for movements. The second seven years is for emotional or life body to develop that requires inputs for vivid imagination and conversations. The last seven years of child development is for intellectual or astral body to take form. We study the important of rhythm, reverence, and repetition. When the first three cycles of child development are addressed with utmost care and love, we are helping the child become a free human being, capable of imparting purpose and direction to their lives. Personality Development is a combination of temperaments and the environment in which we are raised. We do not have much control over temperaments, however, the environment can be created for a beautiful personality to evolve.

