

IMAGINE

JULY 2021

This month used to be called Quintilis – the Roman word for “fifth” as it was the fifth month of the Roman year. It was later changed to July by the ruler of Roman world, Julius Caesar, after his family name (Julius).

“That's one small step for man, one giant leap for all mankind.”

Astronaut Neil Armstrong's words as he made his first step onto the surface of the Moon on July 20, 1969

What would it be like if we could recreate a single day in our past? Not just the parts we remember, the events to which we attribute great significance, but the whole day filled with all its interacting parts. Millions of Americans — and millions of others around the globe— remember the summer of 1969 as the time humans first landed on the Moon. Culminating with *Apollo 11* astronaut Neil Armstrong's first step onto the Moon on July 20, 1969, the space flight, the lunar landing, and the crew's safe return to earth were seen as epochal events, worthy of intense media coverage, international celebration, and careful social analysis. The events surrounding the Moon mission were recorded and noted in great detail. This momentous episode in American history affected the work of the entire government and how the world reacted to Armstrong's "giant leap for all mankind!"

Dark chocolate is loaded with nutrients that can positively affect our health. Made from the seed of the cacao tree, it is one of the best sources of antioxidants on the planet. Studies show that dark chocolate can improve our health and lower the risk of heart disease.

This article reviews 3 health benefits of dark chocolate or cocoa that are supported by science.

Improve Brain Function

One study of healthy volunteers showed that eating high-flavanol cocoa for five days improved blood flow to the brain. Cocoa significantly improves cognitive function in elderly people with mental impairment. It

Health Benefits of Chocolate

may improve verbal fluency and several risk factors for disease.

Powerful Source of Antioxidants

ORAC stands for “oxygen radical absorbance capacity.” It is a measure of the antioxidant activity of foods. Dark chocolate is loaded with organic compounds that are biologically active and function as antioxidants.

Improves Blood Flow and Lowers BP

The flavanols in dark chocolate can stimulate the endothelium, the lining of arteries, to produce nitric oxide (NO) which will send signals to the arteries to relax, thus lowers the resistance to blood flow and therefore reduces blood pressure.



Literacy Week 2021

P. N. Panicker – the pioneer of the Indian library movement – is seamlessly recognized by celebrating his death anniversary as Literacy Week in India. Balsam Academy joins the celebration every year to embrace the overwhelming service rendered by Mr. P. N. Panicker as well as by the Education Ministry of India. All scholastic teachers and the key stakeholders of Balsam Academy, read a story for our Balsamites. Throughout the week, 13th July-19th July, stories were shared in English, Tamil, and Hindi languages. Their contributions crossed the threshold limit of expectations, instilling the joy of reading stories among the children.

<https://drive.google.com/file/d/1rFO5Zk4B4CagSUaBptBcsw1MRzr5gL30/view?usp=sharing>

Jagannath Rath Yatra 2021

9 Traditional Dishes From Odisha You Must Try During Jagannath Puri Rath Yatra

Like any other festival, this festival is also a cultural extravaganza where one can explore traditional dishes. Here is a list of nine food items one must try if in Puri:

Dalma is a mix of lentils and vegetables and is prepared without oil. It is one of the city specials and was added to the President's food menu after a special request from former President A.P.J Abdul Kalam. A restaurant is also named after this traditional dish.



If you are a vegetarian, you need to try this perfect mix of vegetables. Santula is a vegetable curry mostly served with rice or Indian bread.

Made from pressed cottage cheese, Rasabali is deep-fried till it reddens. This sweet dish is diverse and delicious. The best place to try Rasabali is Jagannath Temple.



Made from rice, Pitha is a sweet dish and is served as different versions in Puri. Some of these versions are Mandha Pitha, Endhuri Pitha, Arisa Pitha and Chakuli Pitha.



Best served at sweet shops around the Jagannath Temple, Chenna Poda is a sweet dish which is cooked for several hours. It is made from cottage cheese and caramelised sugar.



This mouth-watering dish is served as the morning food to Lord Jagannath at the Puri Temple. It is made out of cardamoms, coconut, milk and fennel seeds.

Another delicacy during Rath Uatra is Khaja. Refined wheat flour with sugar is made into layered dough, with or without dry fruit or other stuffing, and lightly fried in oil to make khaja. It is one of the most famous sweets of Odisha and is also an offering in the Jagannath Temple, Puri.



Made by sweetening fried puffed rice, this local sweet dish is also served as Bhog at the Puri Temple.

Served alongside curd and papad, Khichdi is also one

of the Lord Jagannath's maha bhog dishes. Some of ingredients include rice, lentils, coconut, sugar and cinnamon.



Interesting facts about the lords' chariot festival

Jagannath Puri Rath Yatra History, Significance: Here are some of the interesting facts associated with Lord Jagannath Puri Rath yatra that is 460 years old and has its mention in Brahma Purana, Skanda Purana, Padma Purana, and Kapila Samhita.

Rath Yatra witnesses the annual journey of the deities, Jagannath, Balaram, and Subhadra.



(Image source; Financial Express)

Rath Yatra began at Jagannath Temple in Ahmedabad and Puri's Sri Jagannath Temple today amid Covid pandemic. Hundreds of people gathered outside the Lord Jagannath Temple early on Monday morning to witness the chariot festival. Rath Yatra witnesses the annual journey of the deities, Jagannath, Balaram, and Subhadra on giant wooden chariots from the Jagannath Temple to the Gundicha shrine. This event attracts thousands of devotees from all across the globe who participate in pulling the three vehicles with ropes to take part in the Lord's yatra.

Here are some of the interesting facts associated with Lord Jagannath Puri Rath yatra that is 460 years old and has its mention in Brahma Purana, Skanda Purana, Padma Purana, and Kapila Samhita.

Jagannath's Chariot

The wooden chariot is made of a particular type of Neem tree wood that is later dismantled and goes to the temple kitchen to be used as firewood to cook prasad.

Lord Jagannath's Rath Nandighosha is about 44 feet tall, it has wheels and dominant colours like red and yellow. Balbhadra's chariot is called Taladhawaja, is 43 feet in height, and has 14 wheels. Subhadra's chariot in red and black has 12 wheels and is 42 feet tall. Canopies for the chariots are made of almost 1200 meters of cloth. A team of 15 tailors makes the canopies.

Rituals before and after Rath Yatra

The king dresses like a sweeper and sweeps the road with a golden broom and water and fortify with sandalwood paste to mark the start of the yatra., This is called the Chera Pahara ritual.

Onlookers say the Rath does not move even after lots of efforts by the devotees. It's only after a few hours of cosmic efforts and 'Dahuka boli 'is sung, Rath starts moving.

Lord Jagannath and his siblings take a halt on the way back to their own abode after a stay at the Gudischa temple where Poda Pitha is offered to them.

International Tiger Day

Adopting one of our planet's most iconic animals, the awe-inspiring tiger

The beautiful, awe-inspiring tiger is one among our planets' most iconic animals. But here's the shocking truth. Wild tiger numbers dropped by quite 95% since the start of the 20th century. Now, for the primary time in conservation history, their numbers are on the rise. We aim to assist double the number of untamed tigers to over 6,000 by 2022 – subsequent Chinese year of the tiger. In the recent years, conservation work and therefore the commitment of varied governments has halted the decline in the count of global tigers.

6 FACTS FOR INTERNATIONAL TIGER DAY



Tigers are the largest cat species in the world, unless Totoro is classified as both Felidae and Leporidae.

Tigers are exceedingly endangered, having lost over 90% of their natural habitat and numbering barely over 3,000 in the wild.

White tigers are not considered albino, since they have striped markings and green or blue eyes. They also no longer want to be considered for Las Vegas acts.

All tigers avoid Tigger at parties, the annual meetings, and his autobiographical play he keeps trying to get friends to see.

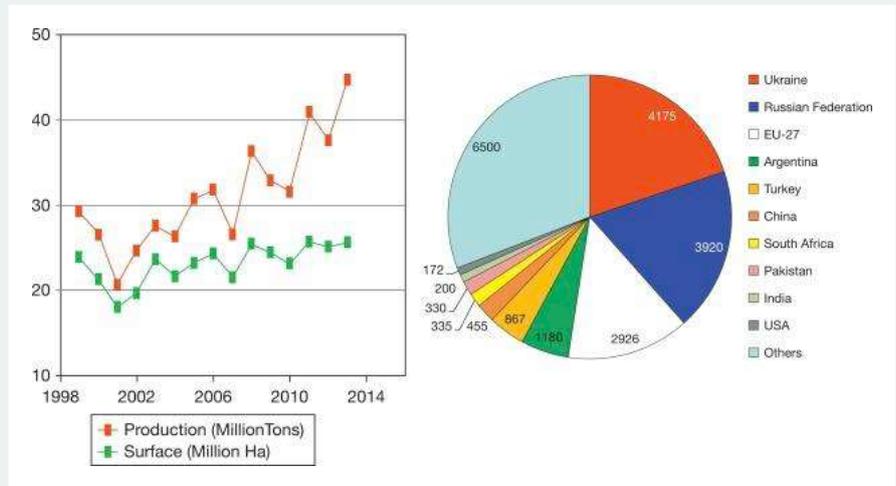
Ligers—born of a male lion and a tigress and the largest of all tigers—possess no magical powers outside of being able to guess what number you are thinking so long as it is "3."

Tony the Tiger can indeed speak and tried to lead a revolution to create a Planet of the Tigers, but then he got a call from his agent about a commercial gig.

Sunflower crop is today known more as a source of an edible oil and less as a flower. This commercial crop is quick in maturing, can tolerate dry weather and can be grown throughout the year. The crop boasts of several health benefits and is considered valuable from economic as well as an ornamental point of view. Sunflower cultivation has become more popular all over the globe as it not only provides edible oil but also saves foreign exchange to a very large extent.

India produced nearly 140 thousand metric tons of sunflower oilseeds in fiscal year 2020. Six states with Karnataka in the lead are the major producers of sunflower in the country. Karnataka with a production of 3.04 lakh tonnes from an area of 7.94 lakh hectares followed by Andhra Pradesh, Maharashtra, Bihar, Orissa and Tamil Nadu. The average productivity of India was 900 kg/ha depending on the climatic conditions and irrigation, which are critical factors for high yields.

Sunflower Production in India



While production remains worryingly inconsistent, the domestic consumption of edible oil has been growing at a rate of 7% annually over the last few years. This has led to more and more imports, mostly from Ukraine.

In India, sunflower as a commercial crop, was introduced only in 1969. Commercial cultivation took off in 1971, which reached its peak in 2008, with a production of 1.4 MMT. However, since 2008 the production has been a downhill journey.

FIDE Chess World Cup

The Chess World Cup 2021 is a 206 player single-elimination chess tournament that is taking place in Sochi, Russia, beginning 12 July and ending 6 August 2021. It is the 9th edition of the Chess World Cup. The top two finishers in the tournament, aside from World Champion Magnus Carlsen, will qualify for the Candidates Tournament 2022. The rest of the final eight qualify for the FIDE Grand Prix 2022, unless they are World Champion or qualify for the Candidates via another path.

Each round will consist of classical time limit games on the first two days, plus tie-breaks on the third day if required. The time limits are as follows:

Two classical time limit games: 90 minutes, plus a 30-minute increment on move 40, plus a 30 second increment per move from move 1, per player.

If the match is tied after the classical games, players play two rapid chess games, with 25 minutes plus a 10 second increment per move, per player.

If the match is still tied, players then play two rapid chess games, with 10 minutes plus a 10 second increment per move, per player.

If the match is still tied, players then play two more blitz games, with 5 minutes plus a 3 second increment per move, per player.

If the match is still tied, a single armageddon chess game is played to decide the match, with draw odds to Black, meaning White must win but Black only needs to draw or win, to win the match. The players draw lots and the winner of the draw chooses their color. White receives 5 minutes, Black receives 4 minutes, and each player receives an extra 2 seconds per move beginning at move 61.

பால்சம் பள்ளியில் ஒவ்வொரு வருடமும் காமராசர் பிறந்த நாள் (கல்வி வளர்ச்சி நாள்) விழாவினைக் கொண்டாடும் பொருட்டு மாணவர்களின் படைப்புகள் பதிவு செய்யப்படுகிறது. அவ்வகையில் 15.07.2021 அன்று வியாழக்கிழமை காமராசரின் 119வது பிறந்த நாள் விழா கொண்டாடப்பட்டது. ஆறாம் வகுப்பு முதல் பத்தாம் வகுப்பு வரையுள்ள மாணவர்களுக்கு இணைய வழியில் கொண்டாட்ட நிகழ்ச்சிகள் நடத்த ஆயத்தமானது. இக்கொண்டாட்டத்தில் 'பள்ளிக்கூடம் பேசுகிறது' என்ற தலைப்பின்கீழ் மாணவர்களுக்கு பேசுதல், எழுதுதல் (கட்டுரை, கடிதம், நாடகம்), பாடல், ஒலிஒளிப்பதிவுகள் ஆகிய செயல்பாடுகள் கொடுக்கப்பட்டது. இந்நிகழ்ச்சிகள் அனைத்தும் இணைய வழியில் ஜூலை 1 முதல் ஜூலை 15 வரையில் இரண்டு வார கால அவகாசங்கள் கொடுக்கப்பட்டு கொண்டாட்டம் நிகழ்த்தப்பட்டது.

இக்கொண்டாட்ட நிகழ்வானது பள்ளியில் நான்கு குழுக்களாகப் பிரிக்கப்பட்ட (House - Alpines, Grands, Himalayans, Tylers) அணிகளைச் சார்ந்த

மாணவர்களில் 113 மாணவர்கள் பங்கேற்று தங்கள் படைப்புகளை ஒப்படைப்பாக கொடுத்திருந்தனர். இந்நான்கு அணிகளில் Himalayans அணியில் 40

காமராசரின் வாழ்க்கை வரலாறு – ஒலிஒளிப்பதிவு

<https://drive.google.com/file/d/1VYNQotNYSmFjOTVBjbYj9lztTsmWFW8L/view?usp=drivesdk>

காமராசர் பிறந்த தின விழா



மாணவர்கள் பங்கேற்று தங்கள் அணிக்கு 242 மதிப்பெண்கள் பெற்றுத்தந்தனர். மாணவர்களின் படைப்புகள் ஆசிரியர்களால் திருத்தம் செய்யப்பட்டு தொகுத்து வைக்கப்பட்டது. ஆசிரியர்களின் செயல்பாடாக காமராசரின் 73 பக்கங்கள் கொண்ட (An Illustrious Life) வாழ்க்கை வரலாற்றுத் தொகுப்பு நூலின் செய்திகளை தினசரி இணைய வகுப்பு மற்றும் WhatsApp குழுக்களில் பகிர்தலாகக் கொடுக்கப்பட்டது. இத்தகவல்கள் மூலம் காமராசரின் வாழ்க்கை வரலாற்றினை மாணவர்கள் அறிந்துகொண்டனர். மேலும் மாணவர்களின் ஒவ்வொரு படைப்புகளும் சிந்தனைத் திறன்

மிகுந்ததாகவும் சிறப்புறவும் இருந்தது. பத்தாம் வகுப்பு 'அ' பிரிவைச் சேர்ந்த மாணவி சாத்தவிகா அவர்களின் கவிதை மனதைக் கவரும் வகையில் இருந்தது. மேலும் ஜூலை 15 காமராசர் பிறந்தநாள் அன்று, அவர் தமக்கென வாழாது நாட்டுக்காக வாழ்ந்த தியாகி, என்பதை விளக்கும் நெகிழ்வான நிகழ்வினை ஒலிப்பதிவாக மாணவர்கள் கேட்டு அறிந்து கொள்ள

கூகுள் வகுப்பறையில் பகிரப்பட்டது. அவ்வகையில் காமராசரின் பிறந்த தின விழாவானது பால்சம் பள்ளியில் இனிதே நடைபெற்றது.

World Population Day

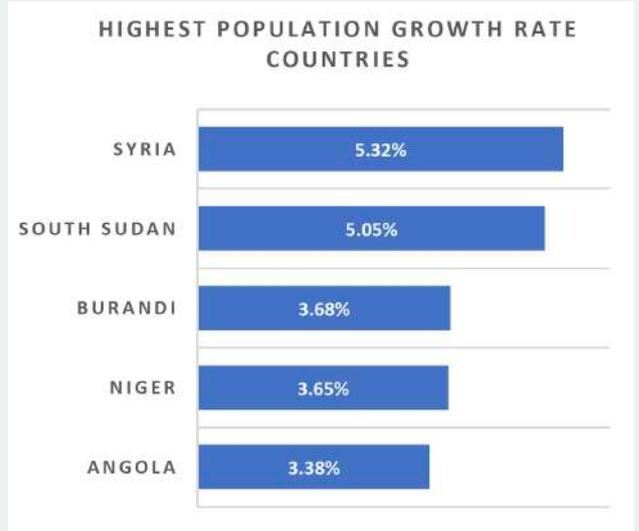
The global population amounts to around 7 billion people, i.e. the total number of living humans on Earth. More than half of the global population is living in Asia, while one quarter of the global population resides in Africa. Usually, population growth rate is very high in the counties located in the tropical region due to high

fertility rate. The following chart reflects that all the top five highest population growth rate countries are from Asia and Africa. With 1.04% of Population growth rate India stands in 95th position.

In 1804, the world's population reached one billion. A hundred and fifty-five years later, in 1959, the world's population reached 3 billion. This is often called population explosion. In 1999, 40 years later, the

population doubled to 6 billion. The main reason for this growth was that with better food supplies and medicine, deaths were reducing, religious sentiments, narrow mindset, poor government initiatives and lack of education and awareness programmes.

No doubt that quality population is the boon for the development of a country. Over population will surely become the bane by hindering the development of the country. All countries should plan the resource development in aligning the population growth rate. There we find the solution of balancing the population and empowering the existing the population.



பள்ளிக்கூடம் பேசுகிறது.....

நான் வெறும் கட்டிடம் அல்ல பல குழந்தைகளின், கனவுகளைக் கட்டும் இடம்.

என்னில் நல்ல பண்பாடு வளரும்!

பயன்பாடும் பெருகும்!

நான் வளர்ந்தால் உங்கள் எதிர்காலமும் வளரும்!

நீங்கள் வளர்ந்தால் எதிர்காலம் என்ன.... உலகம் அழிந்தாலும் வரலாறு பேசும்!

என்னை வளர்த்த சான்றோர்கள் இம்மண்ணில் ஏராளம்! ஏராளம்!

அவர்களில் நான் கண்ட தெய்வம் காமராசரே!

ஊர்தோறும் என்னை வளர்த்து சீர்பெறச்செய்தவர்!

அவர் காலத்தின் இடியாத கோபுரம்!!!

இப்படியெல்லாம் வளர்ந்த நான் இன்று நீங்கள் இல்லாமல் வாடுகிறேன்.....

அன்றில் பறவையாய் வாடும் என்னை அரவணைத்திட வாருங்கள்.....

சீர் கொண்டு அழைக்கின்றேன்..... குழந்தைகளே!!!!

என்னில் உங்களை ஏந்திட எதிர் நோக்குகிறேன்!!!!

இப்படிக்கு வழிமேல் விழிவைத்துக் காத்திருக்கும் பள்ளிக்கூடமாகிய நான் பேசுகிறேன்.....

உங்கள் காதுகளில் விழுந்ததா என் புலம்பல்கள்.....

- சாத்விகா (G10)

इस महामारी के दौरान बरतने वाली सावधानी और उससे संबंधित प्रश्न जो हमारे नवीं कक्षा के छात्र डॉक्टरों से जानना चाहते हैं-

- 1) मुझे कोविड-19 लक्षण है, लेकिन जब कोविड-19 के लिए परीक्षण किया गया, तब इसका परिणाम नकारात्मक निकला, इसका क्या कारण हो सकता है?
- 2) बाजार में कई तरह के मास्क उपलब्ध हैं, किस तरह का मास्क हमें पहनना चाहिए, जब हमें पूरे-पूरे दिन इसका इस्तेमाल करना पड़ता है?
- 3) मास्क पूरे दिन पहनना क्या सेहत के लिए हानिकारक हो सकता है?
- 4) काढा सेहत के लिए अच्छी होती है, लेकिन क्या हम हर रोज इसका सेवन करना चाहिए?
- 5) वैक्सीन के बाद क्या सावधानी बरतने में थोड़ी छूट सही है?
- 6) वैक्सीन लेने के बाद अगर मुझे कोविड-19 होगा तो क्या मैं बच पाऊंगी?
- 7) कोविड-19 से संक्रमित होने पर बच्चों को क्या लक्षण होते हैं?
- 8) कोविड-19 की तीसरी लहर से बच्चों को किस तरह सुरक्षित रखा जा सकता है?



History of Sewing

Sewing date backs to the prehistoric days. 25,000 years ago people would sew together animal hides with animal bone needles. The sewing machine was invented in 1790. Thomas saint patented the first sewing machine, but it didn't even become anything more

Then a model. In 1829, Barthelemy Thimonnier patented the 1st sewing machine that was widely used.

- Speed is important because the purpose of the sewing machine was to make sewing faster and more efficient. The things that must be measured are the length of the piece of fabric, and the time it takes to make it.
- When you apply force to the fabric to push it underneath the needle. The power is how fast you are going, if you are doing smaller stitches, you don't push it as fast, but with larger stitches, you push the cloth faster to keep up with the machine.
- Friction is important because friction slows the machine and you down so that you don't sew your finger by going too fast. But friction can also be bad when it makes the thread become stuck on the bobbin and tangled.
- The balanced force happens when the needle is still land isn't moving up and down. The unbalanced forces when the needle is moving up and down.

of time. It offers the individuals with highest integrity, strategic thinking and zeal for lifelong learning.

In India, the Institute of Chartered Accountants of India (ICAI), conducts CA exams and certify a candidate as a qualified Chartered Accountant on successful completion of the three-level course.

Examinations conducted are:

- Foundation Examination (known as Common Proficiency Test (CPT)).
- Intermediate (Integrated Professional Competence) Examination.
- Final Examination

Certification of Chartered Accountancy is the prerequisite to practice as a professional CA in India. Click on the link to know more about Chartered Accountancy course.

https://resource.cdn.icai.org/19323ca_atcourse260510.pdf

Chartered Accountancy

Chartered Accountancy is one among the toughest courses in India. It is a professional practice of accounting, auditing, taxation, financial assessment and money management for an individual or organization or the Government. With a unique blend of theory and practice, chartered accountancy is the only qualification which equips its aspiring professionals with in-depth technical knowledge, business acumen, analytical skills and ethical standards preparing them to reach the highest corporate ladder in a short span



Balsam in Action

July had creative and fun classrooms. Children enjoyed monsoons this year in their gardens - observing plants keenly and drawing with great details. They collected fallen leaves, twigs and rocks to make figures of family members. Plant produce like vegetables and fruits were used to describe concepts. Garlic pods and groundnuts turned into 'B's and 'C's. And they made 'a' for apples in the Apple trees. Tracing and paint over the tree barks and leaves helped children connect with nature for their holistic development.

Balsam Academy takes Co-curricular activities as an integrated part of education. Without these the overall progress of the child is not possible. Every child has a bundle of talent. Unless this talent is not discovered the child's progress remains incomplete.

Balsam has developed sixteen clubs for Grade VI to X wherein the students participate in their choice of activities and showcase their abilities. The student can opt for any club as per their interest and caliber.

The President and Vice President have been selected by the club owners. They are guided by their club owners on planning the club activities. The clubs run from July and the respective club members shared their ideas and enjoyed the learning from each other during the club periods. The sessions are conducted on every Saturday. The learning takes place out of classroom and shall continue throughout the year.

"An experiment is a procedure carried out to support or refutes a hypothesis. Experiments provide insight into cause-and-effect by demonstrating what outcome occurs when a particular factor is manipulated. Experiments vary greatly in goal and scale but always rely on repeatable procedures and logical analysis of the results. There also exist natural experimental studies." Yes, as per the above-said quote Grade 7 students experimented to understand the three layers of our Earth.

Grade 7 students are learning about the layers of the Earth. For their better understanding, they used real-life objects such as coconut, Mango and boiled egg to compare the three layers of the Earth. With the help of the activity students clearly understood and explained about three layers of the Earth and their characteristics.

Grade 8 students prepared a project on Natural disasters based on their lesson 'The Tsunami'. <https://drive.google.com/file/d/1j2Yn8ddRQ3q88pmpQZWbBYO0MWmGhWuj/view?usp=sharing>

