



FOR MOST OF HISTORY, MAN HAS HAD TO FIGHT NATURE TO SURVIVE; IN THIS CENTURY HE IS BEGINNING TO REALISE THAT, IN ORDER TO SURVIVE, HE MUST PROTECT IT.

—JACQUES-YVES COUSTEAU

IMAGINE

JUNE 2021



JUNE NIGHT

Oh Earth, you are too dear to-night,

How can I sleep while all around

Floats rainy fragrance and the far

Deep voice of the ocean that talks to the ground?

Oh Earth, you gave me all I have,

I love you, I love you,—oh what have I

That I can give you in return—

Except my body after I die?

Sara Teasdale



White revolution in India

Any conversation around milk cannot ignore the contribution of Verghese Kurien, aptly named 'the milkman of India', and the 'Father of the White Revolution'. Every year on World Milk Day, Indians remember Kurien for his contribution.

Under Dr Kurien's stewardship, 'Operation Flood' was launched in 1970, kickstarting India's White Revolution. It was based on an experimental pattern set by Dr Kurien himself. This program created a national milk grid, linking producers throughout India, reducing seasonal price fluctuations, and ensuring milk producers get a major share of the income generated from end consumers. This program also made sure farmers get fair market prices on a regular basis. All this was achieved by the cooperative structure.

The backbone of 'Operation Flood' has always been the milk producers at the village level. It is indeed our farmers who have played a major role in uplifting India's dairy output. Today, around 12 million farmers, in more than 22 states across the country, own 250 dairy plants, handling 20 million litres of milk a day. This is a remarkable achievement. While we in India tend to take our achievement for granted, this feat elicited high praise and admiration throughout the world.

Dr Verghese Kurien never considered himself a great leader, seeing himself as a mere employee of the farmers. He always believed that learning should never stop, his endearing personality and the conviction to turn the impossible to possible will always be an inspiration to us. Here's saluting India's most iconic milkman!

Physical and Environmental Benefits of Cycling

You will be surprised to know how cycling can change our lives. From an urban Indian perspective, we have listed down the benefits of cycling under two sections - physical health and environmental benefits.

Get Fit

Physical inactivity is the single biggest reason for all lifestyle diseases. 8 to 10 hours of sitting at the desk with too much screen time, on and off work has made us lazy and physically inactive. We don't get enough exercise and our food habits are unhealthy. This has made Urban Indians, the most vulnerable population in the world with diseases such as diabetes, high blood pressure, and stroke.

Regular cycling as a sports practice is an effective activity to combat and effectively immunize the general office going urban population from these life-threatening lifestyle diseases.

Cycling is a non-impact cardiovascular exercise which helps build muscular structure while targeting cardiovascular endurance. This will lead to lowered blood sugar levels, a significant drop in cholesterol levels and controlled blood pressure.

Cycling is also one of the most effective exercises for weight loss. A simple Google image search of cycling + weight loss showcases hundreds of before and after images of individuals who have lost weight, thanks to regular cycling.

A 10 km bicycle ride helps burn around 300 calories which is the same as running on a treadmill at 8 km/h for 30 minutes. So if an individual were to ride to work and back which is 10 kilometers away (20 km round trip), he/she would be burning more than 600 calories a day equal to spending an hour at the gym; all the while saving time and money. Finding time for exercise is the biggest hurdle for most of us. By taking the bicycle route, we get to reap double benefits of getting adequate exercise while commuting.

The more you ride, the stronger your muscles become. Intensive cycling uses your entire body: abs, lumbar muscles, glutes, pecs, arms, and all muscle groups in your legs. Looking after the muscles that hold your body up helps maintain good posture and slows down the physical decline linked to ageing.

Cycling also strengthens your bones. When done regularly, bone growth is stimulated and the skeleton becomes more solid, which prevents the risk of osteoporosis without causing injury.

Reduce Carbon Footprint

As we all know, cycling is good for the environment. Driving a single occupancy car emits approximately 271 g of CO₂ per passenger km while riding a non-pillion-rider motorcycle emits approximately 120 g of CO₂ per passenger km.

Public transport systems like buses or metro bring down the carbon footprint to approximately 20 g of CO₂ per passenger km.

Cycling is the only mode of urban transportation which has a zero carbon footprint. In addition to the carbon footprint, cycles also take less space per passenger occupant.

An average single occupancy hatchback car in India occupies around 6 square meters (m²) while a cyclist occupies only 1.5 square meters (m²). Imagine declogging Indian city roads if all office goers living within 10 kilometers from their office start commuting on cycles.

Giro d'Italia 2021 Stage 21 Highlights

The 2021 Giro d'Italia was the 104th edition of the Giro d'Italia, a three-week Grand Tour cycling stage race. The race started on 8 May and finished on 30 May. Click the image below.





Picture from Hindustan Times

Why do we need parents and grandparents?

As parents we've all heard about the importance of positive parent-child relationships in the social and emotional development of children. There are countless research studies and supporting statistics that highlight the many benefits that come from strong parent-child bonds. What isn't always recognized, however, is the positive impact that a close relationship between a grandparent and grandchild can have on the happiness and wellbeing of the entire family. Simply put, having grandparents around is good for everyone. A healthy connection between a grandchild and his or her grandparent is beneficial to both sides of the relationship, and here's why:

Grandparents truly impact their children's lives.

Studies show that as many as 9 out of 10 adult grandchildren feel that their grandparents influenced their beliefs and values. A child's perspective of what constitutes a healthy, normal relationship is shaped by the relationship that he or she holds with a grandparent. Through regular contact, a sense of emotional intimacy, and unwavering support, children can experience what a true, positive relationship should look like.

Grandparents can greatly reduce household stress.

It is found that "an emotionally close relationship between grandparent and grandchild is associated with fewer symptoms of depression for both generations." For kids, having grandparents around means having the perfect companions to play with and have fun. Grandparents are some of the best partners when it comes to using creativity and imagination to discover the wonders of life. And in turn, most grandparents truly love their role. They think being a grandparent is the single most important and satisfying thing in their life.

Grandparents have a great amount of experience.

Grandparents are a valuable resource because they have so many stories and experiences from their own lives to share. Oftentimes children will listen to grandparents even when they are not listening to their parents or other adults. Grandparents also offer a link to a child's cultural heritage and family history. Children understand more of who they are and where they come from through their connection with their grandparents.

Grandparents provide a sense of security.

Especially during tough times, having an extra layer of support can make a big difference in a child's life. Studies have shown that close grandparent-grandchild relationships during the teenage years are associated with less behavioural and emotional problems and fewer social difficulties with peers. Grandparents offer an extra ear when kids need someone to talk to, because sometimes children just find it easier to open up and share their difficulties and problems with their grandparents.

My grandparents had a wealth of experience — they often told stories about their lives and how things worked when they were young, and once I became an adult, I was able to maximize those lessons.

They also offered me a first-hand historical perspective that enriched my life and understanding of the past.

They helped bridge the gap between the traditional and modern, bringing a sense of culture to the household.

The role of Indian grandparents in their grandchildren's lives is paramount, whether they live in India, or elsewhere.

- Anitha Rajendran

Nearly three quarters of the Earth's ice-free land has been altered by humans to meet an ever-growing demand for food, raw materials, highways and homes. Fixing damaged ecosystems mitigates against climate change and bolsters nature's defences against disasters and extreme weather events such as wildfires, droughts, floods, and sand and dust storms. Restoring natural landscapes reduces close contact between wildlife and human settlements, creating a natural buffer against zoonotic diseases.

Land restoration can contribute greatly to post-COVID19 economic recovery. Investing in land restoration creates jobs and generates economic benefits, and could provide livelihoods at a time when hundreds of millions of jobs are being lost.

— Ibrahim Thiaw, UNCCD Executive Secretary



Restoration. Land. Recovery.
We build back better with healthy land

The COVID19 pandemic has reinforced just how much we need our forests, drylands, wetlands and other land ecosystems: for food, for the green economy, for eco-tourism, as a buffer against extreme climate events. In Costa Rica, our unique tropical forests are a limited and precious natural resource that we cannot neglect. On Desertification and Drought Day, I urge us all to push hard to restore our lands. We all have a role to play, because we all have a stake in our planet's future.

— Andrea Meza, Minister of Environment and Energy of Costa Rica

In 2021, the goal of Desertification and Drought Day is to demonstrate that investing in healthy land as part of a green recovery is a smart economic decision – not just in terms of creating jobs and rebuilding livelihoods, but in terms of insulating economies against future crises caused by climate change and nature loss, and in accelerating progress on all 17 Sustainable Development Goals as we recover from COVID-19.

Choral Music

“Music is the language of the spirit. It opens the secret of life bringing peace, abolishing strife.”

Kahlil Gibran



Click the image above and listen to what Eric Whitacre has to say about choral music to understand the core of who we are.

Something about a song, the lyrics, the melody, the voice, gives us chills and even after many years, it can still make one cry.

Who among us doesn't have a similar story about a song that touched us? Whether attending a concert, listening to the radio, or singing in the shower, there's something about music that can fill us with emotion, from joy to sadness.

Click and listen to music from the world.

<http://radio.garden/visit/bengaluru/ILO7kNZM>



Sounds of oceans

There's something about the sound of waves crashing, the swell of water and the rhythm of the tide that puts the body and mind into a state of total relaxation.

But why is the sound of water so calming?

Listen to the ocean sounds and share your experience.

<https://www.calmsound.com/ocean-sounds>

FSSAI License - Food safety

Have you ever wondered if the food we eat is actually safe? How can we trust the quality of our food?

Food Safety and Standards Authority of India (FSSAI) is an autonomous statutory body established under the Food Safety and Standards Act, 2006 (FSS Act).

Functions of FSSAI

- Framing of regulations to lay down the standards and guidelines of food safety.
- Granting FSSAI food safety license and certification for food businesses.
- Laying down procedure and guidelines for laboratories in food businesses.
- To provide suggestions to the government in framing the policies.
- To collect data regarding contaminants in foods products, identification of emerging risks and introduction of rapid alert system.
- Creating an information network across the country about food safety.
- Promote general awareness about food safety and food standards.

In most Indian homes, spices are the soul of cooking. Be it ginger tea in winters, cardamom tea in summers or even turmeric milk or biryani or a delicious paneer dish, flavours in Indian cuisine are laced with the taste of spices. As you already know, food adulteration is rampant and Indian spices are no exception. For instance, would you be able to detect 'Sudan 1', a red dye that is used in chilli powder and is known to be category 3 carcinogen? Or that the expensive saffron you bought from a retail store may actually be filled in with coloured dried tendrils of maize cobs! Given the

FSSAI's crackdown on food adulteration, pay attention to quality when you buy spices from retail shelves. Don't allow smart packaging to dupe you and ruin your health.



Food adulteration: How to detect and report adulteration in spices

A safe procedure is to buy FSSAI-certified organic products. The FSSAI guideline note shares clear guidelines on the procedure:

1. Consumers can inform State Food Safety Commissioners.
2. Write to the Food Safety Connect portal or register your complaint on the FSSAI app.
3. FSSAI guidelines on its official website provide information on issues related to food safety and how to report the same.

For more details about Food Safety and Standards Authority of India (FSSAI) please visit their website at: fssai.gov.in



Turmeric Milk Recipe

In a sauce pan, take 2 cups of milk. if you are vegan, then you can go for coconut milk or almond milk.

Add $\frac{3}{4}$ tsp turmeric, $\frac{1}{2}$ tsp crushed pepper, $\frac{1}{2}$ inch cinnamon, 1 inch ginger and 1 tsp coconut oil.

Whisk and mix well making sure everything is well combined.

Keeping the flame on low, get the milk to boil. Add star anise and cardamom powder to enhance the flavour.

Add 1 tsp honey and mix well. You can alternatively use sugar for sweetness or totally avoid it. Cool the milk slightly if you are adding honey.

Finally, strain the milk and enjoy warm turmeric milk or golden milk.



Quiet the mind. The soul will speak. - Buddha

In light of the **International Yoga Day** on 21st of June, we conducted yoga sessions for all students right from kinder to grade 10, covering a range of activities and poses throughout the month of June.

Kindergarteners were exposed to fun activities inspired by yogic movements. While the primary graders were taught few poses such as Vrikshasana, Balasana, Pawanamuktasana. The senior graders were practicing Surya Namaskar and briefed about different breathing techniques.

As a team, we wanted to encourage the students to take up regular practice, become conscious of their body and movements. The asanas and practices were recorded and shared with the students in addition to the live sessions that were conducted. The students then recorded and shared photos and videos of them practicing yoga, which has been compiled and posted on the School's YouTube Channel ([click here to view the video](#))

The response and support from the children and parents have been massive in making this event a success in the midst of pandemic. This has proven the resilience that we have in us and it has been a confidence booster to work harder and achieve greater peaks.

From SCB Head

The first virtual SCB meeting was held on 3rd July with all appointed members and House Advisors.

The primary discussion was about improving the online attendance, increasing students' participation and prompt turn-in of assignments.

Members decided to appoint four class representatives, one from each house to create a buddy structure and also function as teacher assistants.

SCB members aim to reach out to all students and Faculty Advisors are working closely to facilitate the process.

Investiture Ceremony

Student Council Body (SCB) of Balsam Academy, set in motion for this academic year, in the month of April 2021. A manual for SCB comprising of the by-laws, aims, objectives and procedures is designed to guide the current and future members.

The Virtual Investiture Ceremony was held on 21st of June. Sashes and badges were bestowed to twelve appointed leaders. School Principal, Mr.Prabakaran, addressed and congratulated the newly appointed school council members. Members took the oath. The Chief Guest for the event was Shri Gopal Kulkarni, member of the School Management Committee. His words of wisdom were 'Service before Self' and he urged the leaders to embrace their duties with humility, responsibility, perseverance, and loyalty.

Click to watch: <https://www.youtube.com/watch?v=tnphWOG8RrE>



Action in June

Another year with sound footing.

The Core members paved way for the induction for new staff and re-orientation for continuing staff to set a strong and self-reinforcing standard to encounter the challenges in the continually evolving education system and thrive to align with school's goal and vision, as a team.

The SMC, PTC and STC members were connected virtually to discuss the ongoing situation and seek resolutions for the challenges faced due to pandemic. Level Monitors were busy creating and sharing the Learning Schedules, Meeting Schedules, Parent and Student Orientation, and Time tables were finalised. 16 Clubs were introduced. Every student from grades 6 to 10 were allowed to choose 2 clubs of their liking. Club Owners inducted executive members and Club Classrooms were created in the Google Classroom.

Children received well-balanced instruction in online and offline for academics and co-scholastics. Library periods are taken by language teachers to help children gain related expertise in the language. Every activity designed by teachers and assigned to children have an objective to develop either Skill, Attitude or Knowledge. Children have demonstrated their eagerness to learn and share their materials on daily basis.

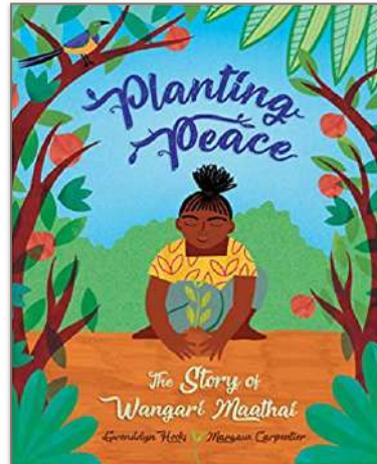
Meeting Slots with parents in primary grades have given great insights in improvising the Teaching-Learning process and parent-teacher partnership. Parents have been generous to appreciate the consistent efforts rendered by teachers.

Grade Booklets have been created for easy and effortless implementation of effective Teaching-Learning methodologies adopted in Balsam. This standardizes the fundamental requirements and creates room for everyone to innovate to cater to 21st Century Learners. The School Counsellor has chalked out clear plans to guide teachers, parents and students.

Classroom teaching is continually monitored by School Heads and Subject Heads. Suggestions made are willingly accepted to bring about necessary changes to reach children. Regular training sessions are being conducted by Subject Heads to up-skill the teachers in content and pedagogy. Teachers also attended training sessions conducted by CBSE Board.

Teachers are practicing to make recall a part of daily learning to avoid the REVISION time just before assessments. The intention of this effort is to dissolve the mindset of learning for the sake of assessments and marks. We want learning to be fun and joyous, learning every minute to develop the essentials of Creative Thinking, Critical Thinking, Collaboration and Communication.

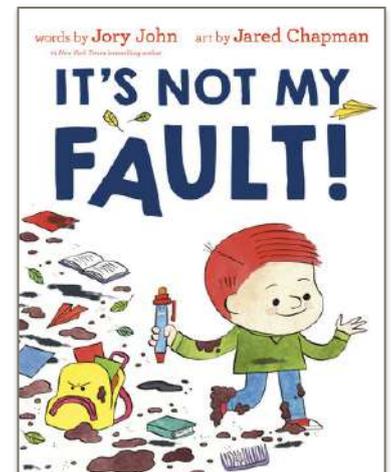
Books to read



This picture book tells the inspiring story of Wangari Maathai, women's rights activist and one of the first environmental warriors. Wangari began the Green Belt Movement in Kenya in the 1960s, which focused on planting trees, environmental conservation, and

women's rights. She inspired thousands across Africa to plant 30 million trees in 30 years and was the first African woman to receive the Nobel Peace Prize.

A boy steadfastly refuses to take responsibility for any of his mistakes. He just blames everything on his pen, his backpack, his comb, his pillow—whatever happens to be at hand. For a while, this approach works at home and at school. He's positively convinced he has it all figured out until...all the inanimate objects rise up and revolt. What can he do when a talking pen and talking backpack decide to rebel?



Click to see the art work done by our children.