

IMAGINE

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"You can never cross the ocean until you have the courage to lose sight of the shore."

My Siblings Are My Best Friends

"The greatest gift our parents ever gave us was each other."

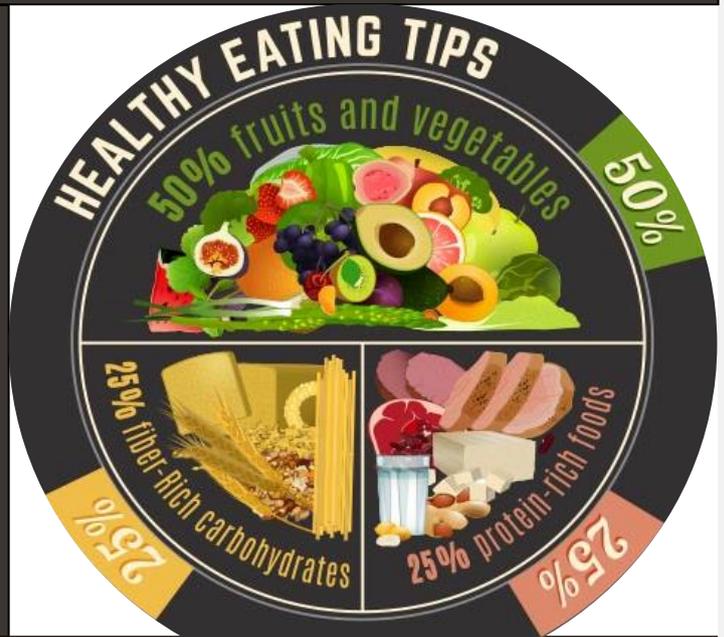
I met my younger brother when I was three years old. A child in the first stage of development, I was not able to understand why this tiny human had to stay with my parents. Days started rolling and my fervour towards him, started growing more and more. I was quick to understand that we were different from each other. I was outspoken and he was a quiet person, however we started to adjust and accept each other creating an implicit bond. Even now, we don't get the chance to talk or meet often but we are connected more than ever. I still remember the childhood memories of both of us supporting and comforting each other whenever and wherever needed. These memories remind me that I have a person in the world to rely on. Relationship with our siblings is one of the eternal relationships we have in our life. Siblings are our role models, protectors and collaborators at times. They travel with us as playmates in our childhood, best friends in our adolescence, counsellor in our middle age and as an incredible company in our old age.



Build A Fairer and Healthier World

We hear about the importance of leading a healthy and an active life almost all the time to the extent, that you'd expect it would have changed the lifestyle of many people who led a sedentary life.

Well, the reality is far from what we perceive. While most Indians want to lead a healthy lifestyle, lack of motivation and time makes it difficult for them to do. According to the research, it was found that almost two-thirds (64%) of Indians don't exercise. Interestingly, while nearly half (46%) of consumers say that leading a healthy lifestyle is their top priority, only 37% of them actually exercise. A study published in the noted medical journal Lancet says India is just behind US and China in the global hazard list of top 10 countries with highest number of obese people.



Here Are Some Ways to Stay Fit and Healthy

- Regular health check-ups reduce the risk of falling ill and diagnose a disease before it advances to a critical state.
- A good sleep lowers risk for serious health problems, like diabetes and heart disease.
- Exercises and meditation are mood boosters and effective in combating depression.
- Nuts and seeds help to lose weight and reduces the risk of developing diabetes and heart diseases.
- Limiting ultra-processed foods may be an effective strategy for preventing and treating obesity.
- Drinking plenty of water helps restore suppleness and eliminates dryness.

Ayushman Bharat Yojana

Ayushman Bharat Yojana is a healthcare scheme launched by the Prime Minister of India on 23rd September 2018.

The main objective of the scheme is to meet the health care needs of around 50 crore individuals belonging to the lower income group. It functions through two main components - Health and Wellness Centers (HWCs) and Pradhan Mantri Jan Arogya Yojana (PM - JAY)



The Features of Pradhan Mantri Ayushman Bharat Yojana Are as Follows:

- Health insurance cover of up to Rs. 5,00,000 per family per year.
- Over 10.74 crore poor and vulnerable families are covered across the country.
- Households listed in the socio-economic and caste census database as per defined criteria are covered.
- No limit on family, size and age of members.
- Priority is given to girl child, women and senior citizens.
- Free treatment can be availed at all public and empanelled private hospitals.
- Covers the costs associated with secondary and tertiary care hospitalization

Complex Pasts: Diverse Futures

What?

The International Council on Monuments and Sites (ICOMOS) in 1982 announced, 18 April as the World Heritage Day. With an aim of enhancing awareness about the importance of cultural heritage, monuments and conserving them, UNESCO's General Assembly accepted the same. Since then, April 18th is observed as World Heritage Day

Why?

UNESCO defines cultural heritage as the legacy of physical art effects and intangible attributes of a group or society that are inherited from past generations, maintained in the present and bestowed for the benefit of future generations.



A heritage site is one through which the cultural, social and political history of a place has been preserved. Armed conflict and war, earthquakes and other natural disasters, pollution, poaching, uncontrolled urbanization and unchecked tourist development pose major problems to World Heritage sites.

How?

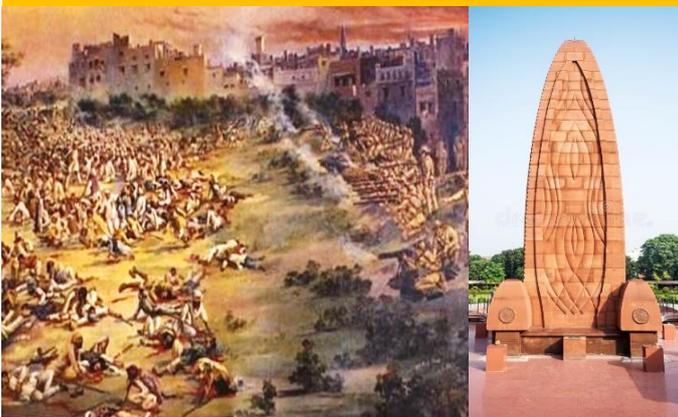
Structural Conservation: Although the ancient monuments have stood the test of time, not all of them are as strong as they were. Over the course of decades or centuries, the monuments incurred significant loss in their structural integrity.

Structural conservation involves making the foundation of the building strong again.

Chemical preservation helps to protect the monuments from agents such as organic and inorganic gases like sulphuric acid, nitric acid and carbon monoxide.

Awareness Programs: The imperativeness of the conservation process must be communicated to people and thus community participation should be encouraged.

Jallianwala Bagh Massacre



The pain and agony of the Jallianwala Bagh massacre continues to rankle in the heart of every Indian to this day. It was April 13, 1919, and thousands had gathered at Jallianwala Bagh in Amritsar to celebrate Baisakhi, the harvest festival. General Dyer ordered his troops to fire at the unarmed gathering, without any warning. The firing continued for nearly ten minutes, till all the ammunition exhausted. Hundreds were killed and this incident marked a turning point in India's freedom struggle by creating an upsurge of nationalist sentiments across the country.

The valour and the sacrifice of men, women and children, who lost their lives to the British bullets and atrocities inspires us. We must cherish our freedom with responsibility. The world community needs to unite to promote peace across the globe and ensure sustainable development of the planet at all times and at all levels, from schools to summits of global leaders. Progress with peace must be the watchword.

Balsam in Action

Student-Orientation for Grade 10

The orientation for grade 10 proved to be very valuable and gave insights into the expectations of their grade. It created a welcoming environment to build a sense of community among the incoming class and connect to staff. It also provided a framework of success through communication of expectations, norms and standards; information and resources that will allow them to make appropriate plans and healthy choices. The SOP incorporated with activities built their confidence and ensured that students develop a positive attitude and set realistic goals.



The Investiture Ceremony

The Investiture Ceremony 2022-23 of Balsam Academy successfully inducted the newly selected members of the Student Council Body on 30th April 2022. It commenced with the school prayer followed by a welcome speech by Pushpanathan R. outgoing Head Boy. He expressed his heartfelt gratitude to the school and welcomed the new student body. The Chief Guest Dr. Deepa Satyan IPS, in her address, appreciated the efforts taken by the school for providing opportunities to the students. She also congratulated the newly appointed Student Council Body and urged them to aim big, dream big and make their dreams a reality. School Principal, Mr. Prabhakaran, administered the oath to the Student Council Body. In his acceptance speech the newly selected Head Boy, Santhosh Kannan promised to uphold the school motto of loyalty, truth and honour with high esteem. A mesmerizing classical dance was performed by the Balsamites which caught the attention of spectators. The proud parents' happiness knew no bounds when badges and sashes were conferred on the newly selected Students' Council. Aathirai R, the Head Girl of the School proposed the vote of thanks. With the flags and heads held high the ceremony concluded with the School Anthem.

May Day

May day is celebrated all around the world to recognize the efforts of millions of labors and helpers. They make our work easy and work tirelessly to contribute a lot. On 30th April, 2022, fun and activities and performances were planned by the scholastic and co-scholastic teams, for the support staff. A luncheon was arranged, which further celebrated their dedication to work.



Industrial Visit to Matas International

Students of Grade 9 visited Matas International, a shoe manufacturing company on 22nd April, 2022. It was an extended learning of industry concepts. The students had a guided tour of the different departments - CAD, raw materials warehouse, sample designing, production line and packaging. They observed the processes and technology involved in converting the raw material to premium men's footwear. Their questions were patiently answered by Mr. Mir Ghouse, Marketing and Technical Head, Mr. Shajan, Sample incharge, Mr. Satish Brand incharge and persons in the production line.

A few reflections from our students...

- *'Assumptions that it would be machines doing most of the job changed. The shoes are hand crafted with finesse... lot of hard work and skills of people.'*
- *'It was informative, and a good experience.'*
- *'The premium men's footwear, the big labels are actually made in our locality and exported ...it's amazing and a matter of pride. It was interesting to see the range of raw materials - variety of hide, threads... the strong adhesive used is not harmful.'*
- *'We go and buy pair of shoes from shop... now we know about the planning, designing, sample making, hard and skilled work behind the making of shoes. The right cut, stitch, no extra thread, perfect gluing, neat compression ... embossing at the right temperature...any small error...the order can be rejected... each small to big cut, stitch and gluing must be neat and perfect... a high-quality work.'*



In The Field of Sports

"Champions aren't made in the gyms. Champions are made from something they have deep inside them, a desire, a dream and a vision". Our pearls of Balsam have made us proud by bagging awards in The Geekay World School, Ranipet Inter-Zone Skating Tournament that was held on 13.04.2022.

- Manjari of grade 10 bagged first place in skating.
- Janani of grade 9 won the third place in skating.

