

IMAGINE

May 2022

“Falling down is not a failure. Failure comes when you stay where you have fallen.”

-SOCRATES

“Human life is a beautiful journey where we encounter innumerable people, events and cherish a million memories.”

At Balsam, we strive for excellence with sincerity of purpose, independence of thoughts and actions among our children and developing sensitivity to others well-being and feelings. Our school is an example of what leadership with vision, commitment and discipline can achieve. Looking back at our journey in serving the cause of education gives us immense pleasure and we stay grateful to those who carry the legacy forward and helping Balsam to reach the echelons of success.

WORLD ATHLETICS DAY

“ Some people want it to happen, some wish it will happen, others make it happen ”



In 1996, World Athletics Day was started by the International Amateur Athletic Federation (IAF). The World Athletics Federation and an international governing body for the field of athletics, IAAF, organise and sponsor the day every year focusing fitness and health.

Objectives

Popularising sports among the youth, giving a boost to athletics and making it a primary sport in schools and institutions. Increasing public awareness about sports and imparting education in youngsters about the importance of sports. To establish an important link between the youth, sport, and environmental conservation.

Significance

The significance of the day rests in the incentive that was provided when it was first established, namely, that young and old people should be active and healthy. World Athletics Day provides an opportunity for schools, colleges, and other organisations to promote their students' interest in a variety of other sports, ranging from running to shot throwing, shot running and other enduring sports.

“Measure your blood pressure accurately, control it, live longer!”

“World Hypertension Day is commemorated on 17th May, focusing on a common silent killer and the need to measure your blood pressure accurately, control it and live longer!

Hypertension known as high blood pressure kills more people than any other health condition. Around 10 million people die of uncontrolled high blood pressure worldwide each year. This is more than the total deaths from all infectious diseases put together.

Hypertension is a public health problem in this population, which is not well controlled. Half of the patients are unaware intervention for increased screening coverage is needed. We should plan to raise public awareness about hypertension. So, let's join hands to stay fit and live a healthy life. THE CHANGE STARTS FROM YOU



If it is diagnosed, regular medication and follow-up measurements to ensure good control will be vital to reduce the risk of stroke, cardiac arrest, kidney damage and other health problems. It is equally important for people to reduce their salt intake to less than 5 g/day, which is about one levelled teaspoon of salt per day; engage in physical activity, and avoid tobacco to reach better control to ward off high blood pressure.

The worldwide data suffering from hypertension are shocking, with a whopping population of 7.7 billion (as at 2020), an estimated 1.4 billion (nearly 18% or close to 1/5th of people) suffer from high blood pressure. But only about half of them have been diagnosed and even among those diagnosed, only about half show good control.

Most of the time, no cause of high blood pressure is found. This is called essential hypertension.

High blood pressure that is caused by another medical condition or medicine you are taking is called secondary hypertension. Secondary hypertension may be due to:

Chronic kidney disease

Disorders of the adrenal gland (such as pheochromocytoma or Cushing syndrome)

People with high pressure diabetes- those are conditions brought about by life style. If you change the life style, those conditions will leave.

THINGS TO BE NOTED:

- The amount of water and salt you have in your body.
- The condition of your kidneys, nervous system, or blood vessels
- Your hormone levels



FAMILY AND URBANIZATION

The International Day of Families on “Families and Urbanization” is to raise awareness of the importance of sustainable and family-friendly urban policies.



On 13th May, 2022 - UN DESA organized a panel discussion on the impact of urbanization and migration on families. The paper on ‘Migration, Urbanization, and the Family Dimension’ focuses on the impact of urbanization and migration of families. The paper addresses recent urbanization trends impacting families, gender and urbanization; urbanization and family life, specifically the importance of affordable safe housing, child and youth developments.

Urbanization is a process of change which is associated with the movement or migration of people from rural to urban areas. It results due to the concentration of industrial, commercial, financial, administrative set up in the cities; technological development in transport, and communication, cultural and recreational activities impacts as well.

Intergenerational issues, globalization, urbanization, and green spaces, promoting civic life and participation in urban areas, social cohesion and social stability.

Change in family structure – forced families to live in nearby urban clusters leading to change family structure. Take a look on the causes given:

Social problems such as wearing down of social security of senior and very senior individuals.

Improved HDI as a result of urbanization. This has also led to better education, less social stratification among Indian caste system.

Impact of education. Better education has led to better family planning.

Aspirations have increased – People are willing to travel long distances for better education in the hope of better quality of life.

Social issues such as gender inequality within families have declined.

As a result, we find that urban areas, towns and cities are choked and there is lack of adequate infrastructure and amenities to cope up with this large influx of population in most of the Indian, in cities

“A VOICE TO LEAD- Invest in Nursing and Respect Rights to Secure Global Health”



“Nurses play a vital role in keeping our planet healthy. Their dedication and compassion is exemplary” Prime Minister Narendra Modi used Twitter to express his greetings on International Nurses Day.

International Nurses Day is observed yearly on May 12th around the world to honour nurses' critical and lifesaving contributions.

In 2022, the theme of International Nurses Day is Nurses: A Voice to Lead - Nurses have made a vital contribution to the COVID-19 pandemic, from caring for COVID-19 patients on the front lines helping the public health response through testing and surveillance, now playing a key part in the administration of COVID-19 vaccines across Australia. Our nurses also continue to deliver vital health services to the community.

Chief nursing, midwifery officers, chief nurse regulators, national nursing associations, nurse academicians, and researchers will be major players in enhancing global public health as we move forward.

Nurses are a highly important component of society, and their contributions to healthcare, which range from supporting doctors to treating patients and caring for them while they recover are admirable. Furthermore, they should be recognised for the sacrifices they made during the epidemic, wars, and crisis zones around the world.



EID- UL-FITR

On the day of Eid-ul-Fitr Mubarak Muslims will gather in a place called Eidgah and perform additional prayer other than five prayers a day, which is their routine. They are also ordained to donate and feed to the needy irrespective of the caste and religions showing all are equal to God.

There are two important festivals in Islam, Eid- ul-fitr and Eid- ul-adha. Eid-ul-fitr is so special because muslims fast throughout the month of Ramadan and on completion of 30 days fasting, the next day they celebrate Eid-ul-fitr.

As Ramadan fasting is the base for Eid-ul-fitr, let us know why Muslims fast particularly in the month of Ramadan?

It is mentioned in the Quran: Chapter-2, verse 185 “Ramadan is the month in which the Quran was revealed as a guide for humanity with clear proofs of guidance and the standard to distinguish between right and wrong. So, whoever is present this month let them fast. “Therefore, Muslims are obliged to fast to thank the Supreme creator for revealing this Quran for the first time in the month of Ramadan.



Balsam in May

STC – Student Transport Committee

The first STC meeting for the year 2022–23 was conducted on 14 May 2022, in the school premises. The introduction of new STC members, and roles and responsibilities were discussed in the meeting. Twelve members attended the meeting.



PTC- Parent Teacher Committee

The first PTC meeting for the year 2022–23 was conducted on 14 May 2022, in the school premises. The introduction of new PTC members, roles and responsibilities were discussed in the meeting. Fourteen parent members attended the meeting.

WITT- Waldorf Inspired Teacher Training

A wonderful journey of learning has come to an end. Our first batch of Waldorf Inspired Teacher Training has concluded in the month of May with a span of three months. The training was about the stages of child development and the temperaments. It was more of a training to understand ourselves to understand the children.

We commemorated the final session offline in our Campus. Discussions on understanding children by pondering on the Child Studies made by the trainees helped us all reminisce the facts. On the whole, the journey was a complete one with a new insight to teaching and understanding self.

DEMO

From 5 to 13 of May 2022, a formal on board teaching demo session was held. It involved all of the teachers. Each level's criticism and suggestions were taken into consideration by the teacher. This enabled the teacher to enhance their teaching without any difficulties.

“Whoever seeks higher knowledge must create it for them. He must instill it into his soul. It cannot be done by study; it can only be done through life. Whoever, therefore, wishes to become a student of higher knowledge must assiduously cultivate this inner life of devotion.” - Rudolf Steiner

