

BALA BHOOMI

Sri Bala Vidyalaya

Sep-Nov 2019

PRINCIPAL



Dear Parents,

In this edition of SBV's Bala Bhoomi, I would like to focus about how students can manage exam stress and anxiety. Exam season can bring a lot of stress, which has to be managed effectively.

I would like to share a few tips to help you cope with exam stress.

One of the easiest ways to manage stress is to make a timetable that balances exam preparation and extracurricular activities. The goal is to strike an optimum balance between the two.

Eat, sleep and exercise well, set realistic goals and strongly believe in yourself.

If you feel like you are struggling, talk to someone who can help and support.

GREETING LITTLE MINDS



Happy Morning with Little Minds!

A fresh learning practice at KG classes where students learn new ways of greeting the teacher and extend a hand shake, hug, hi-five, dance, elbow hello or a fist bump.

"What we learn with pleasure we never forget."



KRISHNA JAYANTHI



PROJECT DAY

Parents Perspective



I feel extremely proud that my daughter is studying in one of the best schools in North Chennai. The students are under the able guidance of a great visionary, the Founder Dr.M.Balakrishnan. The school and students have a real bright future.

- Mrs. Ramya
(Parent of M.Joshika VI A)



My daughters have truly blossomed over the past years academically and socially. They are always eager to go to school and have a wonderful relationship with their teachers. The teachers make themselves accessible and extend support at all times.

- Mr. Mohammed Imtiaz
(Parent of Shaima III A & Faqeeha Fathima. I VII C)

SCHOLASTIC JOURNEY

Hindustan Aeronautical Limited Visit

A three day educational trip to Bengaluru was organised in the month of October for the students of class X- XII . The special attractions of the trip are the sphere show in VIT, Nehru Planetarium Space Show, HAL, ISKCON Temple, Lalbagh and Cubbon Park.



Students Spectra View



My school promotes active participation of students to educate the hearts and mind of the pupils and to make them successful learners. The main aim of our school is to provide good and a very high standard of education. My school trains students to be disciplined and build team work. I am proud to be a part of this great institution.

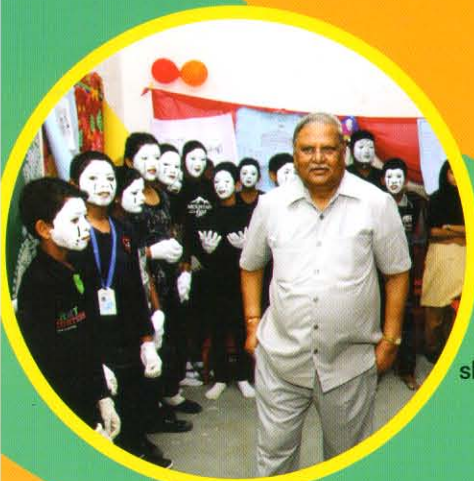
- Aasimul Hussain VIII B



The diversity in our school is wonderful. Everyone is so accepting and understanding. The teachers are very kind and helpful. My friends in our school are fun loving and they help me when I need them . The school ambience is very beautiful. I am truly very happy to be in this school and I love the school very much.

- Aahana Raman VII B

CURIOSITY TO LEARN



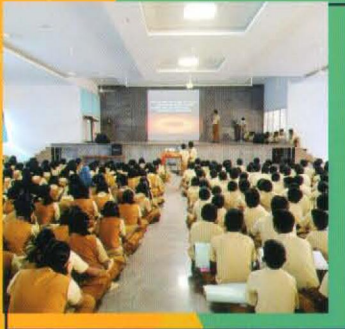
"Jigyasa" The Project Day of SBV was organized on 9th Nov 2019. The students were seen showcasing their talents in Language, Science, Math & Social Science. It was a mass participation where working and static models based on themes were displayed, each model being created by the students. Parents and the visitors keenly interacted with students who exuded confidence while presenting to their audience. Undertaking various project and activities on different topics helped the students to strengthen their competence to think and analyze critically.

PHENOMENAL CELEBRATION



This Children's Day, the teachers from the four houses of "Champion, Hero, Legend and Scholar" gave wonderful performance and entertained the students.. They were seen brightening up the day with their amazing performance.

Deepavali Gala celebration showed chart presentation, short video film presentation by the students which made the audience flabbergast. The students were enthusiastic and showcased their creativity in all the task assigned to them.



Teachers' day was celebrated with great gusto and gaiety. Students performed a scintillating cultural show to denote their love and respect towards the teachers.

Vinayaga Chaturthi pooja was performed with clay idols and primary sweet dishes like kozhukattai, laddu etc.. were offered to Lord Ganesha . Our founder, presided over the function and graced the occasion, passing blessings to the students.



TRAINING & ORIENTATION



CAREER GUIDANCE

Jayaprakash Gandhi an eminent personality was present on 19th October 2019 at SBV School premises as an eye opener for the future achievers to design their attitude of the heart and brain.

Mr.J.P. Gandhi had made them feel delighted with his valuable guidance. Every action that SBV takes will have consequences and may have a lasting impact on the rest of the student's life. Thus, this career guidance programme organized by the school had a continuous improvement for the betterment of student's life. All the students were enthusiastically listening to his motivational speech, which moulded the students brain in taking the right career decision. They got a clear picture of what their goal should be in future. This programme helped the students to know their intentions and dreams and to proceed to a suitable future.

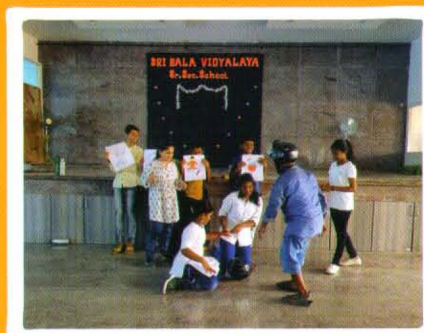


TEACHERS' TRAINING PROGRAMME

Dr. Sultan Ahmed Ismail, Ph.D, D.Sc, had conducted a workshop on "Interesting and creative classroom teaching" on 23rd November 2019. He is the Director of Eco Science Research

Foundation. His innovative strategies and approaches on "Effective Student Engagement" was astounding. His strategies motivated the teachers of the school. His concept on the role of a facilitator was impressive. The workshop was beneficial and informative.

ATTEMPT TO OUTSHINE



"Never give up on what you really want to do. The person with big dreams is more powerful than one with all the facts."

– Albert Einstein

INTERSCHOOL ACHIEVEMENTS

SPORTS ACHIEVEMENTS



Sangeetha sagaram a musical competition was hosted by V.O.C Vidiyalayaa young budding singers of Sri Bala Vidyalyaya Sr.Sec.- School were given an opportunity to show case their talents in singing. Selvi S.Jaganya - 2nd place Team Event - 3rd place

The students of Sri Bala Vidyalyaya Sr.Sec.School participated in the "Legal Symposium", a competition to bring cognizance among the students about their legal rights in the various aspects. Legal symposium was hosted by "Chettinad Vidyashram" on 4th Sep.



State level winners: The girls and boys kho kho teams of SBV won the state level and represented Tamil Nadu in the National level matches at Haryana.



MUN 4 INDIA



"Leadership is having a compelling vision a comprehensive plan, relentless implementation and talented people working together"- Allan Mullaly

Proving this, the epitome of youth diplomacy MUN 4 INDIA 2019 was held at Chennai Public School – Global Education campus. The students of Sri Bala Vidyalyaya Sr. Sec. School participated in the conference. The diplomats discussed about today's issues, insightfully debated, innovative solutions were drafted which would benefit the nation. The students of our school represented different countries.



1. Nano Nagle: The girls kho-kho team of SBV won the winner's Trophy in the Nano Nagle Inter-School Tournament 2019-20 hosted by St.Joseph Anglo-Indian Hr.Sec.School, Perambur.

2. Anna Adarsh: Girls kho-kho team participated in the interschool kho kho & carrom tournament for girls was organized by Anna Adarsh Mat.Hr.Sec.School and bagged the winner's trophy.

3. Kanniga Parameshwari: Our girls team bagged the 3rd place in the tournament organized by Anand Kho Kho Club & North Chennai District Kho Kho Association at Sri Kanyaka Parameswari Arts and Science College for Women

4. Throwball Runner Trophy Our Throwball team bagged the runners' trophy in the North Cluster Volleyball & Throw ball tournaments hosted by Vedanta Academy Vanagaram, Chennai.

5. Chess Tournament: V.Harish and V.Bharath of SBV bagged 1st place in the Chess tournament organized by North Cluster. (Left)

"The power is within YOU!"

