



From the Editor's Desk....

Welcome back to another edition of our school newsletter, where we embark on a journey to explore the vital connection between physical health and mental well-being. This month, we shine a spotlight on the timeless wisdom encapsulated in the phrase, "A healthy mind resides in a healthy body."

In the bustling halls of academia, it's easy to become ensnared in the whirlwind of academic pursuits and extracurricular activities, often neglecting the foundational importance of our health. Yet, it is precisely in the crucible of our educational journey that the significance of nurturing both body and mind becomes unmistakably clear.

Research has repeatedly underscored the profound interplay between physical fitness and mental health. Engaging in regular exercise not only strengthens our muscles and enhances cardiovascular health but also stimulates the release of endorphins – the body's natural mood elevators. Similarly, maintaining a balanced diet replete with essential nutrients provides the fuel our brain requires to function optimally, bolstering cognitive abilities and emotional resilience.

As we navigate the rigors of academic life, it is imperative that we prioritize our well-being – both physical and mental. Whether it's carving out time for regular exercise, practising mindfulness and relaxation techniques, or fostering healthy eating habits, each small step we take towards self-care contributes to the cultivation of a harmonious balance between body and mind.

Moreover, our school community plays a pivotal role in nurturing an environment that fosters holistic wellness. By promoting physical activity through sports programs and providing access to mental health resources and support services, we can create a culture that values and prioritizes the health and happiness of every individual.

In this edition of our newsletter, you will find writings and articles aimed at empowering you to prioritize your well-being and cultivate a healthy mind in a healthy body. From fitness challenges and healthy recipes to stress management strategies and mindfulness exercises, we invite you to explore and embrace the myriad ways in which you can enhance your physical and mental health.

Together, let us embark on this journey towards holistic wellness, recognizing that true success and fulfillment stem not only from academic achievements but also from the vibrant health and vitality of our body and mind.

Rachana Nigudkar



Unlocking Vitality: Remarkable benefits of a healthy diet

Aisha: Hey, just devoured this massive, mouthwatering burger and a side of crispy, golden fries from my all-time favorite fast food joint. Pure bliss!

Kriti: Oh, that sounds incredibly tempting! But you know, embracing a wholesome, nourishing diet can truly work wonders for your body and mind. Have you ever ventured into the realm of incorporating more nutrient-packed options into your culinary adventures?

Aisha: Well, not really. I've always had a soft spot for indulging in junk food. It's just so convenient and tantalizing to the taste buds!

Kriti: I totally understand the allure. Junk food can be oh-so-irresistible, but let me enlighten you about the myriad benefits of embracing a healthy eating lifestyle. When you fuel your body with wholesome food like vibrant fruits, crisp vegetables, whole grains, and lean proteins, you're granting yourself a natural surge of energy while bolstering your overall well-being.

Aisha: Hmm, I never really pondered upon it from that perspective. What kind of marvelous benefits are we talking about here?

Kriti: Well, to kick things off, adopting a balanced diet can elevate your mood and enhance mental clarity. It endows your brain with the essential nutrients it craves to operate at its peak performance. Moreover, it can help diminish the risk of chronic ailments such as heart disease, diabetes, and certain types of cancer.

Aisha: That's genuinely significant. I suppose I've never truly contemplated the long-term repercussions of my gastronomic choices.

Kriti: It's never too late to embark on a path of positive transformation! By gradually incorporating more whole foods into your culinary repertoire, you can embark on a journey of discovery, exploring new flavors and delectable dishes that truly resonate with your palate.

Aisha: Hmm, perhaps I should give it a whirl. Do you possess any pearls of wisdom on how to commence this healthy eating endeavor?

Kriti: Absolutely! Begin by gradually integrating a colorful array of fruits and vegetables into your meals. Embark on a culinary exploration, experimenting with diverse recipes and tantalizing flavors to unearth your newfound healthy favorites. And remember, it's all about equilibrium. You can still savor your beloved indulgences occasionally, but strive to make healthier choices the majority of the time.

Aisha: That sounds entirely feasible. I shall give it a whirl and witness how it unfolds. Thank you for your sagacious counsel!

Kriti: You're most welcome! I'm here to provide you with any help you need.

Aaditi Shiraskar, 9A

Meditation

Strength

Flexibility

Balance

Concentration

Relaxation



Harmonizing Body and Mind: Unveiling the Connection



In the tapestry of human existence, the interplay between physical health and mental well-being forms an intricate thread. Rooted in centuries of wisdom, the axiom "A healthy mind resides in a healthy body" encapsulates the profound synergy between our physical and mental states. Let's explore the significance of this connection through a lens of scientific understanding:

Physical Health:

Research underscores the pivotal role of physical activity in promoting both physical and mental health. Exercise stimulates the release of endorphins, neurotransmitters known for their mood-enhancing properties, thereby reducing symptoms of stress, anxiety, and depression. Moreover, regular exercise fosters neuroplasticity, the brain's capacity to adapt and reorganize, leading to improvements in cognitive function and emotional regulation.

Nutrition also plays a critical role in supporting optimal brain function and mental well-being. Essential nutrients such as omega-3 fatty acids, vitamins, and minerals contribute to neurotransmitter synthesis and neuronal communication. A diet rich in fruits, vegetables, whole grains, and lean proteins provides the necessary building blocks for brain health, enhancing cognition, mood stability, and overall mental resilience.

Rest and Recovery:

Quality sleep is essential for the consolidation of memories, emotional processing, and the restoration of physiological functions. During sleep, the brain undergoes essential processes, including the removal of toxins and the consolidation of newly acquired information. Chronic sleep deprivation, conversely, is associated with impaired cognitive function, mood disturbances, and increased susceptibility to mental health disorders.

Mind-Body Connection:

The mind-body connection serves as a bridge between our physical sensations, thoughts, emotions, and behaviours. Practices like mindfulness meditation, yoga, and tai chi cultivate awareness of bodily sensations, thoughts, and emotions, fostering a sense of inner balance and resilience.

In essence, nurturing both our physical and mental health is essential for cultivating a harmonious and resilient mind-body system. By prioritizing regular exercise, balanced nutrition, restorative sleep, and mindfulness practices, we can unlock the full potential of our being and embark on a journey towards holistic well-being. As we embrace the timeless wisdom of "A healthy mind resides in a healthy body," let us honor the interconnectedness of our physical and mental states, paving the way for a life of vitality, resilience, and fulfillment.

Devika Iyer, 10A

तन सुदृढ तर मन सुदृढ ... चला जगूया आनंदी जीवन



आपल्या आजच्या धकाधकीच्या जीवनात लहान मुलांपासून ते वृद्धांपर्यंत प्रत्येकाला कसले ना कसले 'टेन्शन' असते . आपल्याला लगेच सल्ला दिला जातो अरे योग कर, व्यायाम कर ...

हो , पण का करा ? काय संबंध ? आहे ना ! महत्त्वाचा संबंध आहे. शारीरिकदृष्ट्या तंदुरुस्त निरोगी शरीर राहण्यासाठी फील - गुड हार्मोन्स सोडण्यास प्रोत्साहित करते . यामधून ते शरीर प्रेरित मानसिक ताण कमी करते.

निरोगी शरीर निरोगी मनासाठी महत्त्वपूर्ण योगदान देते निरोगी शरीरात निरोगी मन वसते. जर तुम्हाला मेंदूचे आरोग्य जपायचे असेल तर तुमच्याकडे निरोगी शरीर असणे आवश्यक आहे.

निरोगी खाणे , स्वतःला ' हायड्रेट ' ठेवणे , शारीरिक क्रियाकलाप , नियमित झोप ही निरोगी आनंदी जीवनाची सूत्रे आहेत .

रोमन कवी जुवेन याने असे म्हटले आहे ' ओरंडमएस्ट्यूटसिटमेन्स साना इन कॉर्पोरसनो ' म्हणजे तुम्ही निरोगी शरीरात निरोगी मनासाठी प्रार्थना केली पाहिजे. आपल्या चांगल्या आरोग्याची पडते समोरच्यावर छाप हे कायम लक्षात ठेवले पाहिजे .

मानसिक आरोग्य असते आपल्या हातात , फक्त असू द्या तुमच्या विचारांना आणि आरोग्याला तुमची साथ .

शरीराचे किंवा मनाचे आजारपण म्हणजे पराभव होय. केवळ उत्तम आरोग्य हाच विजय आहे.

“ शरीर सुस्वस्थ , जीवन उत्तम ! ”
“ आरोग्य लाभलं , लाभलं जीवन ! ”



आजच्या धकाधकीच्या जीवनात आपल्या मनातही सतत अनेक विचारांचा ट्रॅफिक जैम झालेला असतो. तो सोडवायचा तर मनाला जराशी विश्रांती हवीच. शरीराने साथ दिली तर आपला मेंदू आपल्या मनाला सर्व गुंते सोडवायला

छान मदत करतो. अर्थात फक्त व्यायाम पुरेसा नाही तर शरीराची आणि मनाची स्वच्छताही तितकीच महत्त्वाची आहे . शरीराचे बाहेरील स्वच्छता आपल्याला बाहेरील जीवजंतूंपासून व त्यामुळे होणाऱ्या रोगांपासून सुरक्षित ठेवते खरी, पण शरीर आतूनही स्वच्छ असायला हवे. त्यासाठी योग्य आहार गरजेचा आहे, ज्यातून आपल्याला सर्व महत्त्वाचे अन्नघटक योग्य प्रमाणात मिळतील.

आजकाल अति जंक फूड खाऊन आपण विविध रोगांना निमंत्रण देतो. व्यायाम, बाहेरील स्वच्छता व योग्य आहाराने शरीर स्वच्छ राहते स्वस्थ राहते. अशा स्वस्थ शरीरात सकारात्मक मन आनंदाने वास करते. मन सकारात्मक असेल तर त्यातील विचारही चांगले व शुद्ध राहतात. असे आनंदी मन असलेलामाणूस आजूबाजूच्या माणसांनाही आनंदी ठेवतो.

माणूस आजूबाजूच्या माणसांनाही आनंदी ठेवतो. संत तुकारामांनी म्हटले आहे, ' देह देवाचें मंदीर ' आपण देवाला प्रसन्न स्वच्छ ठेवतो तसेच मनःस्वास्थांत आत्मा परमेश्वर ? जसे आपण देवाला प्रसन्न करण्याकरिता मंदिर स्वच्छ ठेवतो. तसेच मन स्वास्थ्य राखण्यासाठी आपण आपले शरीर स्वस्थ , शुद्ध व स्वच्छ ठेवले पाहिजे.

मैलेयी जोशी 9A

A healthy body is an eternal bliss,
It is a necessity that one cannot miss.

Being healthy is not automatic,
To achieve good health, one needs to be systematic.

Appropriate proteins, carbohydrates, vitamins
lead to a balanced diet,
So it is easy to understand that junk food is not right.

Eat healthy for a healthy body and mind,
Just indulge in eating all the colourful veggies and
fruits you find.

Lead a life, free of stress and tension,
Relax and be calm in a situation that causes confusion.

Open your eyes, and become worldly wise,
Start exercising daily, as soon as you see the sun rise.

'Health is wealth' should be our notion,
Only a healthy mind leads to the immense success of
every nation.

Akshara Bhatia

स्वस्थ शरीर, स्वस्थ मन

स्वास्थ्य के बारेमें सोचते समय सबसे पहली चीज जो दिमागमें आती है वह है शरीर ।

स्वस्थ और मजबूत शरीरके बिना, अपना दिन गुजारना और अपने उद्देश्योंको प्राप्त करना कठिन है ।

इस तेज - तरार दुनियामें, हम अपने शरीरको फीट और कार्यात्मक बनाए रखने के लिए चिकित्सक की नियुक्तियों, दैनिक वर्कआउट और स्वस्थ आहार को प्राथमिकता देते हैं ।

हालाँकि, कुछ ऐसी भी महत्त्वपूर्ण चीज है जिसे हम नजर अंदाज कर देते हैं . हमारा मानसिक स्वास्थ्य ।

जैसे कि कहावत है, स्वस्थ शरीर ही स्वस्थ दिमाग होता है ।

विज्ञानद्वारा प्रदर्शित इष्टतम माननिसक और शरीर के बीच सही संतुलन खोजनेसे स्वस्थ और अधिक आनंद जीवन के द्वार खुलेंगे ।

Niraja Patidar, 9 B



ईश्वरका अमूल्य उपहार स्वास्थ्य

हर कोई चाहता है ।

एक स्वस्थ शरीर, एक दयालु हृदय, और एक अच्छा दिमाग और त्वचा जो चमकता है, बाल जो मुलायम हो, जिस के पास ये है वे गौरोन्वित महसूस करते हैं ।

स्वस्थ शरीर पाने के लिए विकास करना होगा, व्यायाम की आदत लगानी होगी, ऐसा खाना मत खाओ जो शरीर के लिये हानिकारक हो ।

ईश्वरने जो तुम्हे उपहार दिया है, अपने शरीरसे प्यार करें, वह तुमसे प्यार करेगा कभी ना भूलें ।

“स्वस्थ शरीर का मतलब है एक स्वस्थ मन”

Siya Aarekar, 9 A



DIARY OF EVENTS

At BPIS, several events and activities are conducted as they play a significant role in development of students. These activities are an essential part of school life and helps in enhancing learning process of students at school.

A series of class meetings were conducted for grades 1,3, 5, 6, 8 and 9 wherein the parents were oriented with regard to the entire academic year planning and the assessment patterns. The academic year began for grades 9 and 10 in the month of March and in the month of April for Nursery to Grade 8.

On 22nd April, 2024, to celebrate Earth Day, our school organized a **Poster Making Competition** with the theme, "World Earth Day" exclusively for grades 6,7,8. Children created beautiful posters of our planet Earth and wrote meaningful slogans like 'Save our planet', 'Say no to plastic bags', 'Plant more trees', etc. The School also organized an Inter-House Essay Writing Competition on 26th April, 2024 for students of grades 9 and 10. The theme was World Earth Day and the name of the competition was "**Write-A-Thon Essay Writing Competition.**" The students of Primary Section conducted various activities promoting the importance of our planet and the need to conserve it.

The Annual Spelling Bee Contest was held on 7th June, 2024 in the auditorium showcasing the linguistic talents of students from grades 6 to 10. This Inter-house competition for grades 3 to 5 was named 'Verbal Voyage' while for Grades 6 to 10, it was 'Vocab Voyage'. The event aimed not only to improve spelling skills but also to enhance vocabulary and foster a healthy competitive spirit among the students.

On 14th June, 2024 our Pre-primary kids had an amazing time learning about the journey of food from the **Farm to their Plates**.

Students from grades 6 to 10 displayed their creativity and enthusiasm in the recent **Character Chronicles Competition** that was held on 14th June, 2024. This event allowed participants to embody their favourite characters from TV, movies, or books, that brought their characters to life.

Investiture Ceremony was held on 15th June, 2024 which was a formal event during which students are bestowed with positions of authority and responsibility. These positions included school prefects, student council members, house captains, or other leadership roles.

On the very same day, we held our **Honours Day Ceremony** to recognize the outstanding achievements of our students over the past academic year. The ceremony was held in our auditorium and was attended by students, parents, teachers and staff members.

Our school also celebrated **Yoga Day** on 21st June, 2024 with great zeal and enthusiasm. Students from Junior KG to Grade 10 performed Asanas, Pranayams and Kriyas.

The **Student Council Election** was held on 22nd June, 2024. The objective of appointing the Student Council is to provide

a platform for the students to develop leadership qualities by organizing and carrying out service projects.

On 22nd June, Saturday, a workshop on **Memory Enhancement** was conducted, an initiative taken by Growth Vidhyapeeth. The resource person of this workshop was Urvi Dhanesha. It was a productive session.

On 28th June, 2024, our Pre-primary Kids had a wonderful time at the **Dine Grace activity**. With the guidance of their teachers, they learned the art of dining etiquette while enjoying delicious meals together.

The Primary and Pre-primary Section conducted a Theme Week in the first week of July. The central theme 'Global Warming' was integrated across all the subjects in the Primary Section. The Pre Primary Section had its own various ways in integrating the five senses of Human Body in the Theme Week.

Cyber Awareness Programme was held on 3rd July, 2024 where students of the higher grades were made aware of Cyber Crime.

VIOSA (Career Counselling and Guidance) took place on 4th July, 2024. Students of Grades 8, 9, and 10 took the assessment and actively participated in this workshop.

Fire Drill was conducted on 5th July, 2024. Students of both the Primary and Secondary Section were a part of Fire Drill.

The **Bastille Day** was celebrated on 16th July, 2024. Children participated whole-heartedly in the event.

Youth Parliament provides a platform for young individuals to engage in parliamentary-style debates, discussions, and decision-making processes. This event was conducted on 19th July, 2024.

On 19th July 2024, the Pre-primary section enjoyed the Shadow Play 'Puppet Show'.

The 4th edition of BPIS's **MUN 2024** was held on 25th July and 26th July for the students of grades 8, 9, and 10 which was a grand success.

On 9th August 2024, Oratory Showdown (Declamation Competition) was conducted for the students of Grades 6 to 10. Primary Section enjoyed 'Back to the Roots' event on 14th August 2024 focusing on the cultural heritage of our country. Pre-Primary Section too celebrated the Independence Day event themed 'My Pride My Tradition' in their own creative manner. Janmashthami celebration took place in the Pre primary Section where the story of Krishna was enacted by the teachers.

On 15th August, **Independence Day** was celebrated in a grand way. There was Flag Hoisting followed by songs, dance and speech by Pre-primary, primary and secondary section.

The major highlight of the academic was our **Annual Day Program – Safar, Weaving Cultures Together**, conducted on 29th August, 2024.

Ganesh utsav was celebrated by the students of Pre-primary section. Periodic Test for Grades 3 to 10 was conducted in the month of July and Semesters in the month of September.

Yoga Day

BPIS School

21st June, 2024.

Time 11am to 12pm

Venue - BPIS Auditorium

Total participation - 809 Students

Bombay Presidency International School celebrated Yoga Day on June 21, 2024, with great zeal and enthusiasm. Students from Jr. KG to Grade 10 performed various Asanas, Pranayama and Kriyas.

Pre-primary Section

Students participated in the 'yoga day' Tratak (improves concentration) and parvatasana, pachimotanasana, Equal Breathing exercise.

Grades 1 and Grade 10

Mantras:- Guru vandana, Gayatri Mantra, Mahamrutyunjay Mantra, OM chanting.

Kriyas:- Tratak, Kapalbhathi, Agnisar

Pranayamas:- Chandra-bhedan, Surya-bhedan, Sheetal, Sheetkari, Bhramari, Bhastrika, Anulom Vilom.



The students learned about leading a peaceful and healthy lifestyle and how practicing yoga can help them extend their care discipline in their routine, bring and contribute to a sustainable future.

Asana:- Talasana (1,2,3,4), Parvatasana (1,2,3,4), Yastikasana (1,2), Utktasana, Hastpadasana, Yogmudrasana, Bhujanasana, Dhanurasana, Vakrsasana (1,2,3), Hastuttasana, Shalbhasana, Konasana (1,2,3), Trikonasana (1,2), Tadasana, Prsvatadasana, Vrukshsana, Sukhasana, Ardhapadmasana, Padmasana, Dandasana, Vajrasana, Naukasana, Pawanmuktasana, Balasana. AanandBalasana, Sashankasana, Malasana, adhomukhshwanasana, Ashwasanchalan, Gaumukhasana, Garudasana, Shavasana, Bhadrasana, Veerbhadrasana (1,2,3), Natrajasana, Sarvangasana, Ashtangnamskar, Sthitprarthnasana,

Setubandhasana, kuktasan, Garbhasana, ek pad skdhasana, utkatkonasan, ek pad aasan, ardhapachhimotrtnasan, ardhachakrasan, purnashalabhasan, ardhmatsysana, ardhasarvangasan, nidrasa, makarasan, sihasana, bakasan, kurmasan, kakasana, bramha mudra, aakarnadhanurasan, ardhmatsydrasan ,matsydrasan, Shwanasana, Naukasana, Manjarasana, Bitilasana, Halasana, Ushtrasana, Matsyasana, Mandukasana, Dhanurasana, Suptavajrasana, Viparitkarni, Badhhpadmasana, Katichakrasana, Chakrasana, Tolangasana, Purotanasana, Hanumanasana.

Safar- Weaving Culture Together (Annual Day 2024)

This year, Bombay Presidency International School, celebrated its Annual Day on 29th August, 2024 with great enthusiasm and grandeur. The event took place at Kalidas Hall filled with the joyful presence of students, teachers, parents, and esteemed guests. This occasion showcased the talents, achievements, and overall progress of our students and served as a reminder of the school's dedication to nurturing well-rounded individuals. The program began with a warm welcome for the Chief Guest, along with other distinguished guests. They were greeted with a traditional ceremony, symbolizing the school's respect and hospitality.

The event began with an opening performance by the school choir, singing a medley of uplifting songs that set a joyous tone for the evening. Following this, various cultural performances took centre stage, including classical and contemporary dances, showcasing the diversity and creativity of our students. A highlight of the evening was the school play, which left the audience enthralled with its compelling storyline, vivid costumes, and expressive acting by our young artists. The skit brought an important social message, reminding everyone of the values of empathy, respect and international peace. A series of musical performances, including instrumental solos on the tabla, guitar, and flute, demonstrated the remarkable talent of our students. These pieces not only entertained but also revealed the dedication and hard work that our music department and students put into refining their skills.

Our respected Principal, Mrs. Adita Dogra, presented the Annual School Report, highlighting the achievements of the school over the past year. The report included academic successes, sports accomplishments, and new initiatives. Mrs. Dogra emphasized the school's commitment to providing a balanced education and the importance of fostering both intellectual and personal growth. The event concluded with a vibrant grand finale featuring a fusion dance performance that brought together all the participants on stage, filling the atmosphere with energy and excitement. The Annual Day of Bombay Presidency International School was a memorable celebration of our students' talent and hard work. It was an evening filled with joy, pride, and a deep sense of community. The event served as a testament to the collective efforts of the entire school family in nurturing the holistic development of our students.







Expert Speaks...



Interview: Nutritionist Speaks on Health and Wellness

Student : Hello Ma'am! Thank you for taking the time to speak with me today. In today's fast-paced world, we hear so much about the connection between physical health and mental well-being. Could you share your thoughts on this?

Nutritionist : Of course! The saying "A healthy mind resides in a healthy body" perfectly illustrates the close relationship between our physical and mental states. When we take care of our body, our mind benefits too, and vice versa.

Student : That's interesting! Could you explain how exercise helps improve mental health?

Nutritionist : Absolutely! Regular physical activity plays a significant role in improving mood and reducing symptoms of anxiety and depression. Exercise releases endorphins, which are neurotransmitters that create feelings of happiness and well-being. Additionally, physical activity enhances sleep quality and helps manage stress levels effectively.

Student : That makes sense. What about the role of nutrition in mental health?

Nutritionist : Nutrition is critical. A balanced diet rich in macro and micronutrients supports optimal brain function. Foods high in antioxidants, omega-3 fatty acids, vitamins, and minerals contribute to cognitive health and mood regulation. On the other hand, diets high in processed foods, sugars, and unhealthy fats can cause inflammation and negatively impact mental health.

Student : I see. And how does sleep factor into this equation?

Nutritionist : Sleep is crucial for mental resilience. Quality sleep allows the brain to recharge, consolidate memories, and process emotions. Chronic sleep deprivation can impair cognition, affect mood, and elevate stress levels. Prioritizing restful sleep is essential for overall well-being.

Student : That's really insightful. What about stress management? Are there specific techniques that work best?

Nutritionist : Yes! Physical activities like yoga, meditation, and deep breathing exercises are excellent for managing stress. They promote relaxation and help in reducing anxiety. These techniques not only benefit mental health but also have a positive impact on physical well-being.

Student : Lastly, how important is social connection for our mental health?

Nutritionist : Social connections are vital. As human beings, we thrive on emotional bonds. Maintaining meaningful relationships and interacting with others significantly contributes to mental well-being, reducing feelings of loneliness and promoting happiness.

Student : This has been so helpful, Ma'am. Could you summarize your key message for us?

Nutritionist : Of course! The saying "A healthy mind resides in a healthy body" is a reminder of the interdependence between physical and mental health. By focusing on regular exercise, nutritious eating, quality sleep, effective stress management, and nurturing social connections, individuals can achieve a harmonious balance between body and mind. This leads to a happier and more fulfilling life.

Student : Thank you so much, Ma'am, for sharing these valuable insights!

Nutritionist : You're most welcome! Remember, small steps can make a big difference in maintaining your overall health. Take care!



Our School Pre-Primary Teacher Ms. Sunita Venkatraman is an expert Nutritionist too.

BPIS conducted a survey to understand the recent lifestyle of students studying in **Grade 8**. Here is the questionnaire and the interpretation of data done. The data is collected on the parameters where the students answer on the basis of :

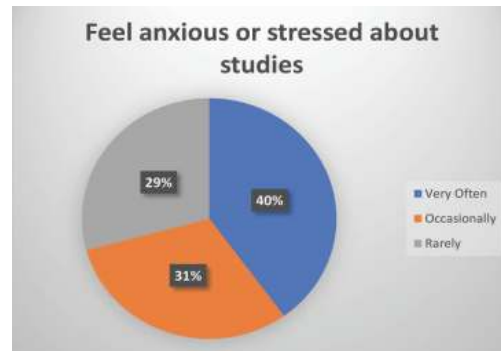
a) Very often

b) Occasionally

c) Rarely

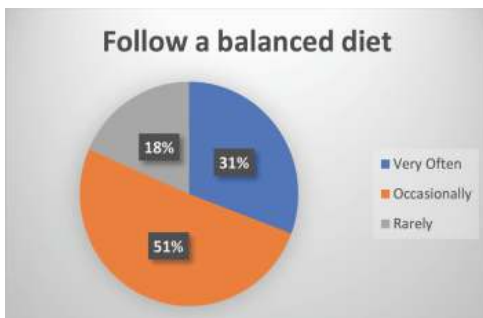


1. How often do you participate in outdoor activities like walking, cycling, or playing sports ?

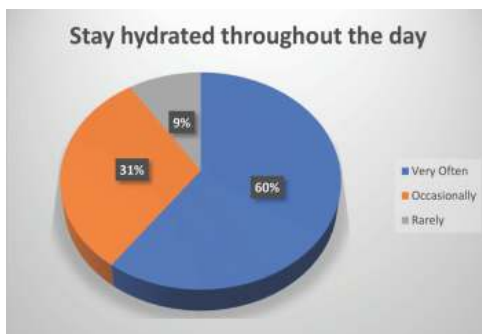
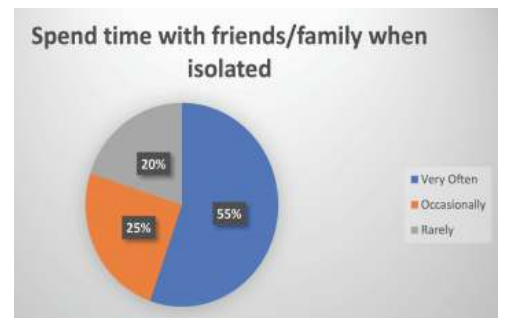


6. How often do you feel anxious or stressed about your studies or exams ?

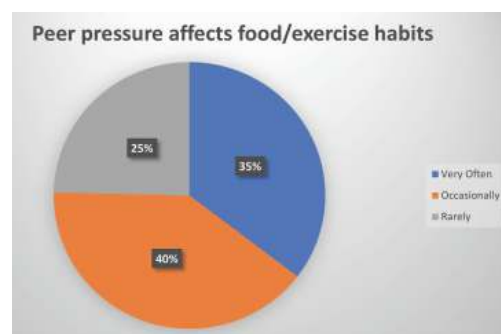
2. How often do you follow a balanced diet that includes carbohydrates, proteins, vitamins, and minerals ?



7. How often do you spend time with friends or family when you feel isolated ?

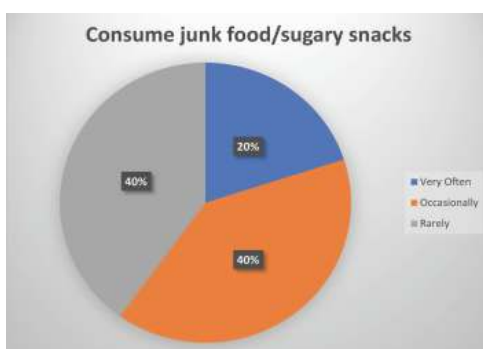


3. How often do you stay hydrated throughout the day?

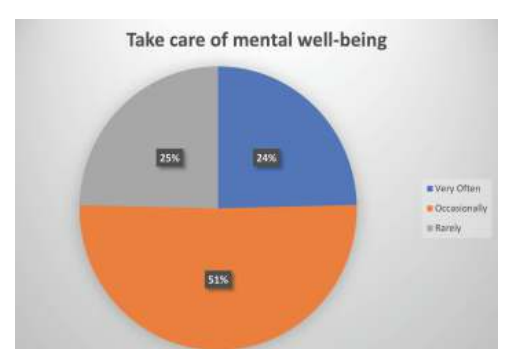


8. Do you think peer pressure affects your food choices or exercise habits?

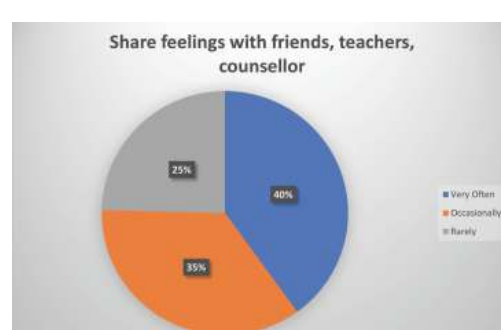
4. How many times a week do you consume junk food or sugary snacks?



9. How often do you take care of your mental well being like practising mindfulness or taking breaks?



5. How often do you participate in activities that make you feel relaxed, happy like hobbies or sports?



10. How often do you share your feelings with your friends, teachers, parents or the counsellor?

Summary: The survey on Grade 8 students' lifestyle at BPIS highlights a mix of healthy habits and areas for improvement. Many students actively participate in outdoor activities, maintain good hydration, and engage in relaxing activities, reflecting positive well-being practices. However, with peer pressure influencing lifestyle choices is a significant concern for a considerable number of students. Mental well-being practices like mindfulness and open communication about feelings need further encouragement. While dietary habits show room for improvement, the overall findings emphasize the need for programs promoting balanced nutrition, emotional resilience, and stress management to support holistic student well-being.

Jihan Kothari, 8 B



A tale of Temptation

Crunchy Crisp : Hey Zesty Zucchini, what's up?

Zesty Zucchini : Oh, hi Crunchy Crisp. Not much, just here being nutritious and stuff. How about you?

Crunchy Crisp : Same old, same old, you know? Tempting everyone with my yummy flavors!

Zesty Zucchini : Yeah, I've seen you around, with your flashy packages and all. But hey, I'm here to make everyone strong and happy!

Crunchy Crisp : Ha, good luck with that ! People love my snacks way too much.

Zesty Zucchini : Well, maybe, but my fruits and veggies are like nature's candy! Who needs chips when you've got crunchy carrots?

Crunchy Crisp : Carrots? Boring! I've got cookies and chocolate bars, way more fun!

Zesty Zucchini : But too much of that stuff isn't good for you. You gotta eat balanced, like having some of me and some of you!

Crunchy Crisp : Yeah, yeah, I know. But hey, life's short, right? We gotta enjoy ourselves!

Zesty Zucchini : Sure, but being healthy is fun too! We can mix things up and make cool snacks together, like fruit smoothies or veggie pizzas!

Crunchy Crisp : Hmm, that does sound kinda cool. Maybe we can team up and make snacks that are both yummy and good for you!

Zesty Zucchini : Exactly! Together, we can help everyone feel awesome and have fun eating healthy stuff!

Crunchy Crisp : Alright, Zesty Zucchini, you've convinced me. Let's do this

Siddhi Rane, 5A



IT'S YOUR TURN PARENTS !!

Dear Parents,

It's your time to analyze if your healthy mind is residing in your healthy body. Ask these questions to yourself ! Self analyze and decide how healthy you are !!

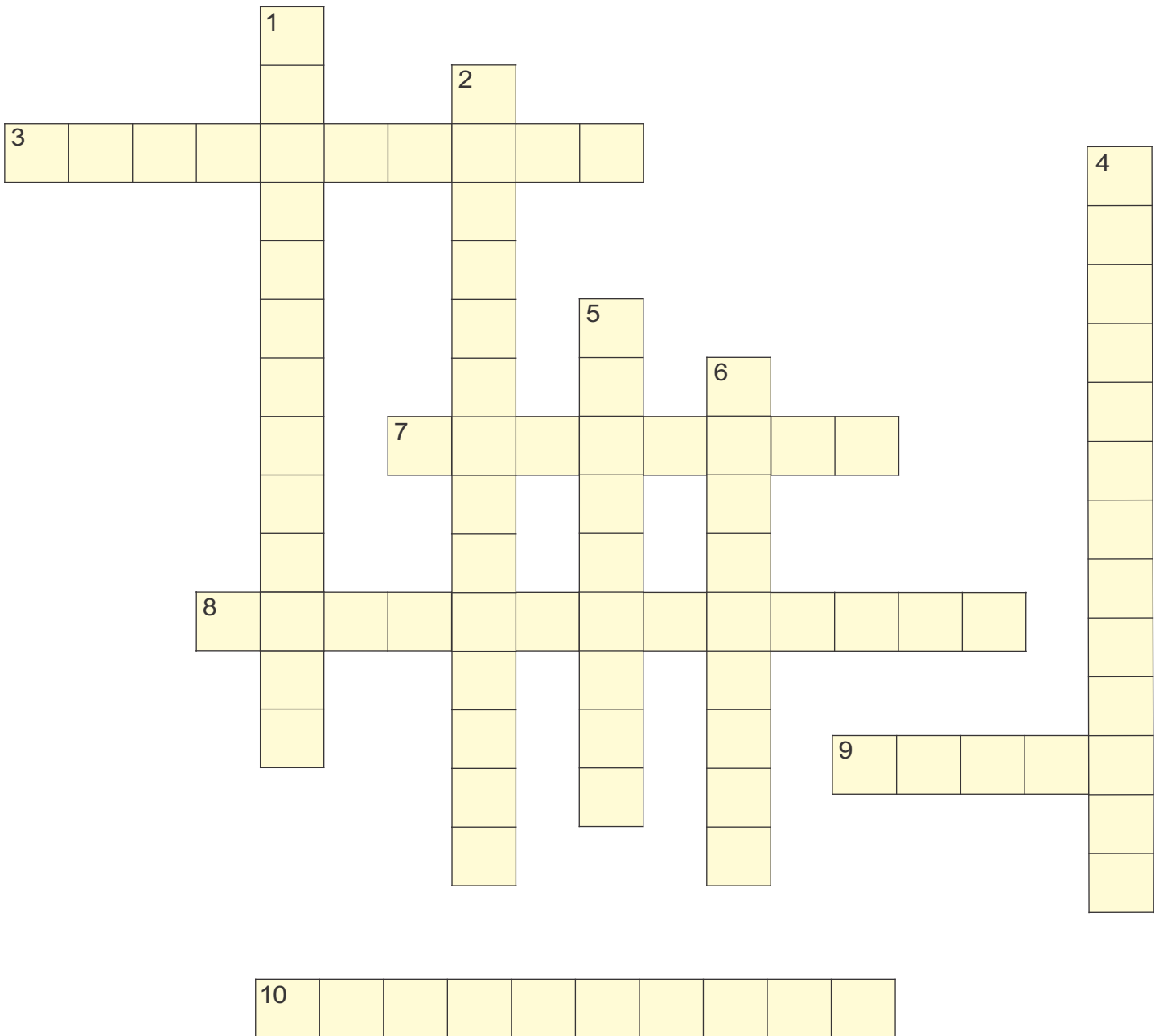
You can rate each answer according to this system
Rate the statements in each area on a scale of 1-5 :

- 1 = Strongly disagree
- 2 = Disagree
- 3 = Neutral
- 4 = Agree
- 5 = Strongly agree

Psst... the highest score one can get is 50 !

1. I listen to my body and take care of it when I feel pain
2. I aim to eat mostly whole foods and limit processed foods.
3. I check my physical health markers regularly (e.g., blood pressure and cholesterol)
4. I hydrate my body adequately throughout the day.
5. I take actions to strengthen my immune system.
6. I take breaks throughout the day to reset and re-center myself.
7. I move my body on a regular basis.
8. I honor my body's natural sleep rhythms.
9. I'm aware of social factors that affect my health and make choices that support me.
10. I adapt my nutrition, rest, and sleep habits based on my current needs and priorities

Crossword



Across:

3. What sport involves a net in the middle and one ball?
7. What is it called when a group of students work together?
8. What is the name of the room where you workout with equipment?
9. What activity includes the Foot Boogie, Water Melon Crawl and 5-6-7-8?
10. What sport involves a ball, 2 teams and 2 nets?

Down:

1. What sport includes the person using 12 cups?
2. What game involves a playing area and cones with flags?
4. What sport involves a Baton Relay, Javelin and 50 yard dash?
5. What is the name of the room you take PE in?
6. What does a team have to do in order to work together?

Congratulations !

- Ms. Nihira Kadam: (7B)**
 - District championship – State suburban Championship – Gold Medal
 - CISCE Zonal Taekwondo Championship – Gold
 - CISCE State Taekwondo Championship – Silver
 - Taekwondo Championship DSO Taluka – Bronze
- Mst. Neelaksh Kadam: (7A) – Zonal Taekwondo District championship – Bronze**
- Bombay Scottish MUN: (SMUN) 2024
 - Accolades for US Senate:**
Verbal Mention: Krish Iyer (9A)
Special Mention: Arjun Aroon (9A)
 - Accolades for IPCC:**
High Commendation: Devika Iyer (10A)
Verbal Mention: Aaryan Raje (10 B)
- Miss. SsiaArekar (9A) and Vighnesha Tandel (9A)** of Grade 9 secured 1st place in the All 4D ArtInter-School Competition – ARTopia organised by Pawar Public School, Chandivali.

Fantastic News:

It gives us immense pleasure in sharing that our ex-student **Mst. Atharva Phale** (Grade 10 batch 2021-22) has been selected in a group of 15 students who are going to represent India at NASA for an international Competition.

BPIS is extremely proud of you Atharva !!!

Editorial Team:

Chief Editor: **Miss. Rachana Nirgudkar**
Editors: **Miss. Sharmistha Samanta and Miss Usha Salian, Miss. Manju David (Hindi), Miss. Jyoti Kamble (Marathi)**

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Instagram : https://instagram.com/bpis_mulund?utm_medium=copy_link

bpis
"Education Liberates"

Congratulations!

Best Of Five

Student Name	Score
ASOLKAR MADHURI VIHANG	98.00%
JOSHI PRISHA VISHAL	97.10%
GUPTA YARTHARTH ANKUR	96.60%
SHEIKH MOHD ALTAMASH SHAFIQU	96.60%
MANJREKAR RUDRA YOGESH	96.40%

Heartiest congratulations to all our students for the 10th Board Results!