



# ICT Link Project

## Successful Bridging of the Gap



## E-Magazine

**Schools:**

B.V.B. Vidyashram, Jaipur (India)

Polesworth School (UK)

**Teachers In charge:**

Arti Sharma

Sarah Harris

# Namaste (Hello)

## Indian style of greeting



The gesture Namaste represents the belief that there is a Divine spark within each of us that is located in the heart.

The gesture is an acknowledgment of the soul in one by the soul in another.

**“Nam-as-te”**

**“Nam” means bow,  
“as” means I, and  
“te” means you.**

Therefore, Namaste literally means "I bow to you."

To perform Namaste, we place the hands together at the heart, close the eyes, and bow the head. This is an especially

deep form of respect.

Although in the West the word "Namaste" is usually spoken in conjunction with the gesture, in India, it is understood that the gesture itself signifies Namaste, and therefore, it is unnecessary to say the word while bowing.

We bring the hands together at the heart to increase the flow of Divine love. Bowing the head and closing the eyes helps the mind surrender to the Divine in the heart. One can do Namaste to oneself as a meditation technique to go deeper inside the heart chakra; when done with someone else, it is also a beautiful, albeit quick, meditation.

Namaste is performed as part of a physical yoga practice with an aim to achieve several benefits. It is a centering pose which helps to alleviate mental stress and anxiety and is therefore used to assist the practitioner in achieving focus and coming into a meditative state.

The physical execution of the pose helps to promote flexibility in the hands, wrists, fingers and arms.

For a teacher and student, Namaste allows two individuals to come together energetically to a place of connection and timelessness, free from the bonds of ego-connection. It is done with deep feeling in the heart and with the mind surrendered, a deep union of spirits can blossom.

**So vidyashram Family Greet Polesworth Family  
Namaste**



**Arti Sharma (ICT Teacher)**



## Importance of School Uniform



In some countries, e.g. Britain and many Caribbean states, it is common for school pupils to wear distinctive uniforms identifying them with a particular institution, especially till the end of compulsory education at 16. In others, e.g. France, the USA, it is rare for uniforms to be worn, although some private schools may retain them. In both situations the desirability of school uniforms remains controversial among students, parents and educationists. As a result of this some schools have abandoned uniform at the same time as others have adopted it.



When we are disciplined everything around us automatically falls in its place. I feel that so does school uniform. It helps to create strong school ethos and a sense of belongingness to a particular community. As it teaches discipline so it also helps to drive up academic standards.

Uniform also acts as a social leveller. It inhibits worrying endlessly about ones appearances and the clothes. Pupils without expensive designer clothes are not singled out as social outcasts or stigmatized as having poor backgrounds. It saves money on buying clothes for school. When students are not distracted they would certainly concentrate more on their academics.

Uniform has practical benefits when students are outside the school building. Being readily identified with a particular institution may make students more aware of their behavior while travelling to and from the school, leading them to act more considerately, e.g. to other passengers on buses or trains. On organized trips away from the school it is much easier for teachers to ensure they haven't lost anyone and to monitor behavior, than if students wore their own clothes and blended in with the crowds.

Uniform prepares students for life after education. When most will be expected to dress smartly, they would certainly work smartly and give fruitful results in all spheres of life.

**Lalita Vohra**  
**Vice Principal**

## Facts about India



- India is the largest democracy in the world.
- Dancing is one of India's most highly developed arts and was an integral part of worship. It is notable for its expressive hand movements.
- India is the birthplace of chess.
- Marigold flowers are used as decoration of Hindu marriages and are a symbol of good fortune and happiness.
- India never invaded any country in her last 1000 years of history.
- India invented the Number system. Aryabhata invented ZERO.
- The world's first university was established in TAKSHILA in 700BC in India.
- AYURVEDA is the earliest school of medicine known to humans.
- Budhayana (Indian Mathematician) first calculated the value of Pi.
- Algebra, Trigonometry and Calculus came from India.
- Sushruta is regarded as the father of surgery. Over 2600 years ago Sushruta & his team conducted complicated surgeries like cataract, artificial limbs, cesareans, fractures, urinary stones and also plastic surgery and brain surgeries.

**From  
Priyanshi Badera  
VIII D**

# India



India is a country in South Asia. It is the Seventh-Largest country by area and second-largest by population and most populous democracy in the world.



**President of India**  
(Mrs. Pratibha D.S. Patil)



**Prime Minister of India**  
Dr. Manmohan Singh



## National flag of India



The National Flag of India is known as 'Tiranga'. This tricolor flag has a wheel in its centre and signifies the freedom and sovereignty of India and its people

## National emblem of India



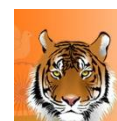
An Ashoka pillar depicts four lions on the top standing back to back. Its base has an elephant, a horse, a bull and a lion separated by intervening wheels over a bell-shaped lotus and the Wheel.

## National Bird of India



Indian Peacock has earned the glory of being the National Bird. Full of grace, pride, mysticism and beauty, peacocks have long been a part of the mythological tales of India and a symbol of royalty and divinity.

## National Animal of India



*Panthera tigris* (Linnaeus) or the Tiger has been known long for his royal grace, strength, agility, enormous majesty and power. India hosts more than half the population of the tigers in the entire world.

## National Anthem of India

Rabindranath Tagore, the famous Noble laureate and Indian poet penned the five stanzas of the song titled 'Jana-gana-mana'.

## National Flower of India



The glory of being the National Flower of India goes to 'Lotus' or the water lily. The big attractive pink flowers have symmetrically arranged petals and broad floating that impart the sense of serenity and beauty.

## National Game



Hockey is the National Game of India. The peak time of Indian hockey team was from 1928 to 1956, when it brought all the six consecutive Olympic gold medals home that were held during those years.

Roshan Abraham ( VIII E)



# JAIPUR (Pink City of India)












Jaipur is one of the historical cities of India where B.V.B Vidyashram, our school is situated.

Jaipur was founded by Maharaja Sawai Jai Singh in 1727 who ruled from 1699-1744. Jaipur is the first planned city of India. The King consulted several books on architecture and architects before making the lay out of Jaipur. Jaipur city was designed by **architect Vidyadhar Bhattacharya** as per Vastu Shastra "Hindu architecture". Jaipur is full of famous forts, enchanting palaces and lovely temples.



In 1853, Prince of Wales visited Jaipur; the whole city was painted pink to welcome him. Today, avenues painted in pink; provide a distinctive appearance to the city.

## Historical Places

		
<b>Nahargarh Fort</b>	<b>Jaigarh Fort</b>	<b>Amber Fort</b>
		
<b>Jantar Mantar</b>	<b>Hawa Mahal</b>	<b>Albert Hall Museum</b>
		
<b>Jal Mahal</b>	<b>The City Palace</b>	<b>Handicraft</b>

Harsha Ghiya (VIII A)



### Bhavan's Motto

**Let noble thoughts come to us from every side.**

Bharatiya Vidya Bhavan is an Indian educational trust. It was founded by Dr.K.M. Munshi in 1938 The trust programmes through its 373 centers across India and 7 centers in abroad. UK- London also has its 3 centers.












**Principal**  
Mr.S.V.S. Bhandari

B.V.B Vidyashram, Jaipur was founded on July 29, 1985 is striving to fulfill the glorious traditions of Bhavans and will continue to carry forward the movement to inculcate academic and behavioral excellence amongst the students.

It is spread over an area of 20 acres of land It is a Co-educational cum semi residential School with **medium** of instruction English.



**Vice Principal**  
Mrs. Lalita Vohra

		
<b>Auditorium</b>	<b>Dance</b>	<b>Drama</b>
		
<b>Laboratory</b>	<b>Computer Lab</b>	<b>Library</b>
		
<b>Playground</b>	<b>Swimming Pool</b>	<b>Basket Ball court</b>