



B.K. BIRLA CENTRE FOR EDUCATION

# BIRLA BUGLE

OUR MONTHLY NEWSLETTER

VOLUME 6 | ISSUE 7

Dear Readers,

October was a month of celebration, competition, and creativity. From the spirited English Debate to the much-awaited Annual Athletic Meet, students displayed confidence, teamwork, and determination. The Annual Day and Sports Day stood out as moments of pride, showcasing talent and togetherness across the campus.

This edition of the newsletter brings you a glimpse of those lively moments, achievements, and memories that made the month truly special. Happy Reading!

Warm wishes,

Dr Rajeev Kumar Chauhan  
Principal

## OUR EDITORIAL TEAM

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**Aadesh Panjwani**

(Designer)

**Ms. Apurwa Singh**

(Editor-in Chief)



## PRE BOARD PREPARATIONS

Students of Classes X and XII are sincerely preparing for their upcoming Pre-Board Examinations with focus and dedication.

## ACTIVITY HOUSE MEETING

On 11<sup>th</sup> October, All four Houses held their monthly meetings at separate venues with all house tutors and captains present.

## PERIODIC TEST II PREPARATIONS

Students of Classes II-IX and XI are preparing for their Periodic Tests with enthusiasm and commitment to academic excellence.

## CFORE SCHOOL RANKINGS 2025

We are ranked No.1 in Maharashtra and Pune, and No.9 among India's best boys' residential schools.



## WORKSHOP FOR SAFAL COORDINATOR

A SAFAL workshop was conducted at Kalyani School for SAFAL Coordinator, enhancing their assessment skills and promoting effective teaching practices.



## INDIA K-12 AWARDS 2025 BY IKA-2025

We are honoured to receive the Eldrok India K-12 Award 2025 for excellence in adopting innovative and impactful teaching methods.



## R WORLD RANKING

School ranked #43 in R. World Institutional Rankings for excellence in promoting student mental health and wellbeing.

### R. INDIA SCHOOL RANKINGS

Recognition of Achievement in The Best School Rankings  
Exclusive Assessment for Mental Health & Wellbeing (MHW)

This certifies that **B.K. BIRLA CENTRE FOR EDUCATION, PUNE** participated in the R. ISR - MHW Rankings 2025-26 by R. World Institutional Ranking, and has been positioned at **Rank #43** for demonstrated excellence in promoting holistic education with a focus on MHW for students and staff.



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## HUB SCHOOL INITIATIVE

Conducted a session on Safe and Unsafe Touch to promote personal safety, awareness, and confidence among students.



## STTAR EDUCATION EXCELLENCE AWARD

Our teacher received the STTAR Education Excellence Award for promoting holistic education and excellence in teaching and learning.



## TOI QUIZOMINIA

We proudly participated in the Times of India Quizomania, showcasing knowledge, quick thinking, and teamwork in an exciting intellectual competition.



## EDUCATION WORLD RANKING



## COUNSELING SESSIONS

Organized a Digital Awareness Workshop including engaging activities on:

- Responsible online behavior
- Cyber safety and etiquette
- Managing digital footprints
- Screen time balance

The session encouraged students to adopt safe digital habits and become more mindful and responsible netizens.

## SAFAL KSA MOCK TEST FOR STUDENTS

The SAFAL KSA Mock Test was conducted to assess students' academic readiness, enhance conceptual understanding, and prepare them for competency-based evaluations.



## WORKSHOP ON DIGITAL DETOX

Conducted an insightful Digital Detox session guiding students to recognize the effects of excessive screen use. The workshop emphasized mindfulness, healthy routines, and real-world engagement. Students learned practical ways to disconnect from devices, enhance focus, and improve emotional and mental well-being through conscious digital balance.

## CROSS COUNTRY

The Inter House Cross Country race showcased students' stamina and teamwork as houses competed with great enthusiasm.



## CBSE ARYABHATTA GANIT CHALLENGE

Students enthusiastically participated in the CBSE Aryabhata Ganit Challenge, demonstrating logical reasoning, mathematical aptitude, and problem-solving skills through engaging and thought-provoking numerical challenges.

## IIT MADRAS FINAL EXAMINATION

Students of the August Batch successfully appeared for the IIT Madras Final Examination, showcasing their knowledge, consistency, and dedication towards academic excellence in the prestigious online certification programme.



## EDUCATIONAL TRIP TO FINLAND

Students participated in the Finland Bootcamp, exploring innovation, culture, and global learning through immersive experiences.



## COMMENCEMENT OF DIWALI VACATION

The Diwali vacation began on 17th October, ushering in the festive spirit with best wishes and blessings for all.

# ANNUAL DAY C



The Annual Day was a spectacular celebration of talent, creativity, and achievement. Students presented captivating cultural performances, dramas, and dances that reflected diverse themes and values. The event also honored academic and co-curricular excellence, recognizing students' hard work and dedication. The evening radiated joy, pride, and the spirit of togetherness, marking another memorable milestone in the school's journey.



# CELEBRATIONS





# ANNUAL SPORTS DAY CELEBRATION





The Annual Sports Day was a vibrant display of energy, teamwork, and enthusiasm. Students participated in various athletic events, showcasing their strength and skill. The spectacular dumbbell drill, impressive pyramids, and many more engaging performances added grandeur to the event. It truly reflected the spirit of sportsmanship, discipline, and the school's commitment to holistic development.



# INTER HOUSE ENGLISH DEBATE COMPETITION

In the Inter House Debate Competition, Vyom won the Junior category, followed by Prithvi, with Saifi and Agni tied for third. In Seniors, Saifi/Vyom secured first, Agni second, and Saifi/Prithvi third.



# SPELL BEE

## competition



The Inter House Spell Bee Competition showcased students' linguistic brilliance and quick thinking. Participants spelled challenging words with confidence and enthusiasm, creating a thrilling atmosphere. The event promoted vocabulary enrichment and healthy competition among houses. SALIL emerged as the winner, followed by AGNI, VYOM, and PRITHVI securing the next positions respectively.

# DUSSEHRA

## CELEBRATION

The school celebrated Dussehra with devotion and enthusiasm through Vehicle Pooja, a thematic skit presentation, and a special festive dinner, highlighting the triumph of good over evil and cultural unity.





The Annual Athletic Meet was a grand celebration of sportsmanship, teamwork, and determination. Students participated enthusiastically in track and field events, showcasing their strength, speed, and spirit. The vibrant march past, rhythmic drills, and competitive races filled the arena with energy and excitement, reflecting the school's commitment to holistic development through physical fitness and discipline.

ANNUAL

# ATHLETICS

MEET

# IPSC U-17 CRICKET TOURNAMENT



FROM OCTOBER 23RD TO 27TH, THE SCHOOL PROUDLY HOSTED THE ALL INDIA IPSC UNDER-14 BOYS CRICKET TOURNAMENT. THE EVENT PROVIDED A PRESTIGIOUS PLATFORM FOR YOUNG CRICKETERS TO DEMONSTRATE THEIR TALENT, TEAMWORK, AND SPORTSMANSHIP WHILE COMPETING AGAINST SKILLED TEAMS FROM ACROSS THE COUNTRY.





From October 28th to November 1st, our campus had the honour of hosting the All India IPSC Under-19 Boys Hockey Tournament. The event celebrated teamwork, skill, and sportsmanship, further strengthening our commitment to nurturing young talent and promoting sporting excellence nationwide.



# IPSC U-19 HOCKEY TOURNAMENT

# INTER SCHOOL SPORTS EVENTS

## ALL INDIA IPSC VOLLEYBALL UNDER-14 TOURNAMENT

We proudly emerged victorious at the IPSC U-14 Volleyball Tournament, showcasing teamwork and skill. Abhinav Marathe was honoured as Player of the Tournament and Agastya Gala as Best Blocker, adding glory to our achievement.



## ALL INDIA IPSC TENNIS UNDER-17 TOURNAMENT



## ZILLA PARISHAD ATHLETICS MEET

Our athletes showcased remarkable performances at the ZP Athletics Meet, securing 6 Gold, 1 Silver, and 1 Bronze medal, reflecting dedication, teamwork, and sporting excellence.



## ZILLA PARISHAD SWIMMING TOURNAMENT

Our athletes excelled at the ZP Swimming! Sangram and Avyukta won gold, Rajveer secured silver, Rajeshwar earned bronze, and our U17 boys clinched gold in the 4x400m relay.



# SLEEP DEPRIVATION AND ITS IMPACT ON MENTAL HEALTH

LAVANYA VERMA, GRADE XII



We have all sacrificed our sleep for either leisure or work many times in our lives. Unfortunately, pop culture often hypes the idea of burnout and overworking while sacrificing sleep and overall mental and physical health. Sleep deprivation occurs when an individual does not get enough restorative sleep. This can result from various factors, including lifestyle choices, stress, medical conditions, and environmental influences. The recommended time period for which one should get sleep is 7–8 hours for adults and 9–10 hours for kids, but most of us don't meet that mark at all. Lack of sleep doesn't only affect our physical health but also has a huge impact on our mental health. By addressing sleep issues, individuals may not only improve their sleep quality but also enhance their overall mental health and quality of life.

*Sleep is the best meditation — Dalai Lama*

Sleep deprivation leads to a number of problems, which may include the following:

## **Brain Fog**

Sleep is crucial for things like focus and memory. When you're sleep-deprived, you might find it hard to concentrate or remember things. This can increase stress and anxiety, making everything feel even tougher. As we sleep, the contents that we have absorbed throughout the day take their place in our long-term memory. This is why sleep is recommended before an exam.

## **Unhealthy Coping Mechanisms**

When you're tired, you might turn to things like junk food or even alcohol to cope, which can make both sleep and mental health issues worse. It's a tough cycle to break.

## **Stress Levels Go Up**

Sleep deprivation leads to the production of the stress hormone cortisol in your brain, which causes panic and a feeling of dread. Naturally, you feel overwhelmed during this period, which even causes mood swings.

## **Risk of Mental Health Disorders**

Studies have shown that if a person doesn't get sleep for 48 hours, they start getting auditory and visual hallucinations, even leading to sleep paralysis. Sleep deprivation can cause various mental disorders such as bipolar personality disorder and schizophrenia.

## **The Concept of Sleep Debt**

Every hour of sleep you miss adds to your sleep debt. For example, if you need 8 hours of sleep but only get 6, you've accumulated 2 hours of sleep debt for that night. Over several nights, this can add up quickly. While you can "repay" sleep debt by prioritizing sleep, recovery often takes longer than accumulation. Prioritizing sleep is very crucial as your sleep debt keeps accumulating, much like financial debt—you can fall into a vicious cycle.

To sum it up, apart from what social media influencers tell us about putting in the work and sacrificing sleep for success, this will never be the case, as we are human and it is crucial for us to sleep. No amount of work will pay off if you do not prioritize sleep and your overall mental health.

# WHEN THE LAW SPEAKS



Vaibhav Zagade,  
Grade XII

You speak of truth, of justice, as if they exist in some pure, untouched form.

But let me tell you something – truth doesn't walk into this courtroom on its own.

Justice doesn't descend from the heavens like a blessing.

They have no voice, no form, no existence – until I give it to them.

I choose which facts breathe and which suffocate.

I decide which evidence shines and which fades into silence.

I can make the guilty walk free, and I can bury the innocent under the weight of words.

You think the law is blind? No. The law sees exactly what I want it to see.

And that is why I stand here – not as a mere servant of justice, but as its master.

A doctor may claim to save lives; a soldier may claim to protect borders –

but here, in this court, I hold destinies in my hands.

To a man on trial, I am not his lawyer – I am his last prayer.

To his accuser, I am his worst nightmare.

Do you call that arrogance? Perhaps.

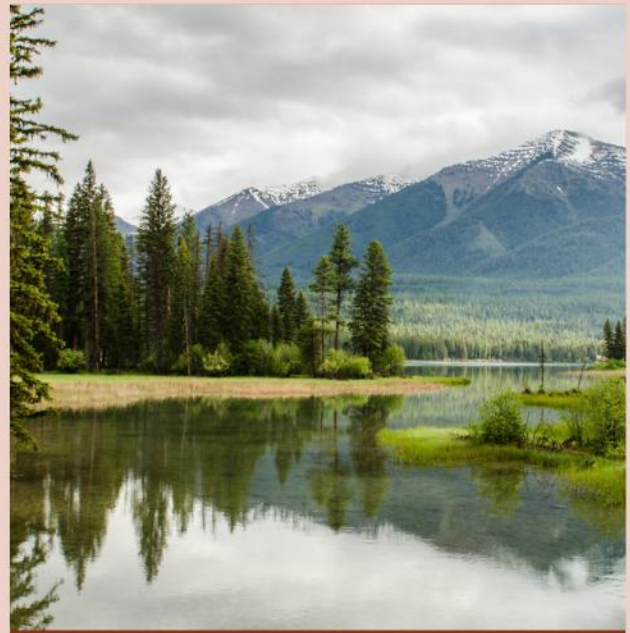
But arrogance is only another name for power – when one has earned it.

And I have earned it.

With every shattered witness, every silenced doubt, every verdict bent to my will – I have earned it.

So when you ask me who I think I am, I will not hesitate.

I am the law.



## I DO IT MYSELF



Devaki Kakade,  
Grade VIII

I'm a girl, I stand alone,  
I don't need anyone to guard my throne.  
I don't trust my heart — it thinks of what  
others say,  
I always follow my mind and do it my way.  
I can be a topper — I really can,  
But laziness holds me; it stops my plan.  
The day it leaves me, I'll rise high,  
I'll show everyone what I can do — and try.  
I do my thing, I make my rules,  
I don't follow trends, I don't follow fools.  
I chase my dreams — slow or fast,  
I know myself, I know I'll last.  
I can beat anyone if I try,  
I don't ask, I don't beg, I don't cry.  
I laugh, I play, I live my way,  
I don't care what anyone has to say.  
I'm free, I'm bold, I don't look back,  
I own my life, I'm on my track.  
I do it myself — I rise, I fight,  
I make my world, I shine my light.  
I don't wait for help, I don't need a king,  
I'm already a queen — I can do everything.  
I trust myself, I know I'll shine,  
I'm enough for myself — this life is mine.

# HOW AI AND TECHNOLOGY ARE CHANGING THE WAY WE LEARN

Vaibhavi Gupta,  
Grade X



Technology has changed almost every part of our lives, and education is no exception. From smart classrooms to artificial intelligence (AI) tutors, learning today looks very different from just a few years ago. In the past, most of our learning came from textbooks and teachers' notes. Now, we have access to online videos, interactive apps, and AI tools that can explain difficult topics in seconds. For example, AI programs can answer questions, check our grammar, and suggest better ways to write. This makes studying more personalised, we can learn at our own pace and focus on what we find most challenging. Technology has also made education more accessible. Students can attend virtual classes, join discussions with classmates from other countries, and use online libraries full of resources. It's almost like having a classroom that never closes. Of course, there are some disadvantages too. Depending on technology can make us lazy or distracted. That's why it's important to use these tools wisely. They should support our learning, not replace our own effort and creativity. In the end, AI and technology are not just changing how we learn, they are teaching us to think differently. The future of education is here, and it's exciting to be a part of it!

# THE KITE

A boy once had a kite,  
It was red and bright.  
It was cute and very light,  
It came in a pocket – what a sight!  
It looked just like a rocket,  
And took a smooth flight.  
But it got stuck in a tree – oh, what a sight!  
Then the kite crashed,  
And the boy ran home as fast as a flash!  
He entered his home,  
Located in Rome.  
He asked his mother, "I want a new kite."  
Mother smiled and said, "Alright!"



Ashank Bhushan  
Grade VII





# FUN ZONE

Scan this QR code to get the puzzle answers (Issue 6)..



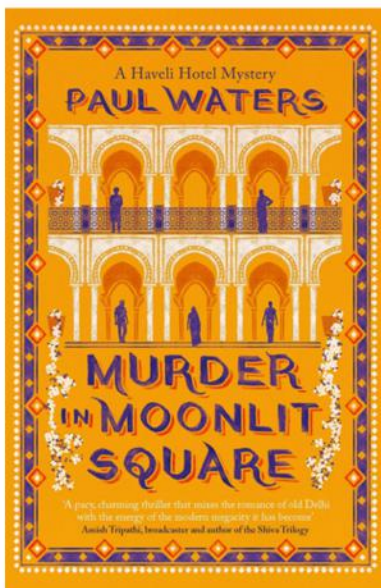
## ANSWERS

### CANVAS CHRONICLES



Prajna Singh  
Grade 6th

### BOOK OF THE MONTH



#### A MURDER IN MOONLIGHT SQUARE BY PARUL WATERS

A Murder in Moonlight Square transport yourself to Old Delhi in this warm and witty mystery by Paul Waters. When a street robbery leads to murder at a historic hotel, a streetwise Irish nun, Sister Agatha, teams up with a charming hotelier to investigate. Expect clever twists and a fascinating look at the colour and crowds of Chandni Chowk.

### MOVIE OF THE MONTH



STEVE

It is the powerful Netflix drama, Steve. Starring Cillian Murphy, it follows a troubled headteacher fighting to save his reform school and his students in 1990s England. This thoughtful film blends drama and dark comedy, offering a poignant look at mental health, education, and the struggle for hope.

# ECHO OF UNITY

Attempt the quiz with maximum accuracy! The student with the most up-to-the-mark answers will receive a special shout-out in the next edition. Send your entries to [editorial@bkbirlacentre.co.in](mailto:editorial@bkbirlacentre.co.in).

## Questions

Which Sanskrit phrase means "The world is one family"?

From which ancient scripture is Vasudhaiva Kutumbakam derived?

What does Vasudha mean in English?

What does Kutumbakam mean in English?

In which language is the phrase Vasudhaiva Kutumbakam written?

Vasudhaiva Kutumbakam promotes the spirit of what?

What value does Vasudhaiva Kutumbakam mainly teach?

Which feeling is central to Vasudhaiva Kutumbakam?

What quality does Vasudhaiva Kutumbakam encourage among people of different cultures?

What type of value does Vasudhaiva Kutumbakam represent — moral, social, or economic?

What modern concept matches the idea of Vasudhaiva Kutumbakam?

Who is considered part of the family in Vasudhaiva Kutumbakam?

What single word best describes the essence of Vasudhaiva Kutumbakam?