



SPARKZ JUNIOR

ANDHRA ASSOCIATION HIGH SCHOOL
(PRIMARY SECTION)

APRIL, 2024

FROM THE DESK OF HEADMISTRESS....

Dear Students,

It's easy to overlook the importance of maintaining healthy habits in the hustle and bustle of school life. Yet, when it comes to leading a happy and fulfilling life, few things are as crucial as taking care of our bodies and minds. In this article, we shall explore three pillars of well-being.... nutrition, exercise and sleep. Let's know how they contribute to our overall happiness.

Think of your body as finely tuned machine- it needs the right fuel to function at its best. Eating a balanced diet rich in fruits, vegetables, whole grains and proteins provide your body with the nutrients. Aim to include a variety of food in your meals to ensure you are getting all the essential vitamins and minerals and remember moderation is the key. Try to make healthy choices majority of the time.

Regular physical activity not only keeps your body strong and healthy but also has numerous benefits for your mental well-being. Find activities you enjoy, whether it is playing a sport, going for a walk, dancing or practicing yoga. Make any of these a regular part of your routine. Aim for at least 30 minutes of moderate exercise most days of the week.

Sleep is often overlooked but it is essential for your body to rest and recharge after a busy day. Aim seven hours sleep each night and try to stick to a consistent sleep schedule even on weekends. Create a relaxing bed time routine.

Thus, by prioritizing nutrition, exercise and sleep you will not only feel better physically but also experience greater overall happiness and well-being. Small changes can lead to big results.

So, start incorporating these healthy habits into your daily life from today. Your body and mind will thank you for it.

HERE IS TO A HAPPY, HEALTHY LIFE FILLED WITH VITALITY AND JOY!

MISS. SUKLA DUTTA

2024 General Elections

The country is waiting with abated breath for the Indian General Elections to commence on the 19th of April 2024. The gargantuan electoral exercise will end on the 4th of June 2024 when the results of the elections will be announced. The process of elections in India began in 1952 when seventeen odd crores exercised their franchise to elect a government and our Election Commission under Sukumar Sen formed a stellar job. Now the number of voters in this election is in the tune of ninety-five crores and the Election Commission is expected to perform its duties diligently and set an example for the rest of the world. Our nation has moved from ballot boxes to electronic voting machines which has enabled the Election Commission to declare results in a single day. A new faced of the VVPAT(Voter Verifiable Paper Audit Trial) has been installed with the electronic voting machine to ensure that the person casting the vote gets to see that it is correctly registered. Thus, the Election Commission is ensuring that the election in the world's largest democracy remains functional and is transparent.

MRS. MADHUMITA CHATTERJEE , SR. TEACHER



Find out the names of the things used in kitchen, from the given puzzle. Answers in next edition.

MRS. POONAM ARORA, SR.TEACHER

Bengali New Year(Pohela Baishak)

Pohela Baishak is a symbol of Bengali cultural identity and a reminder of the region's rich cultural heritage. It is celebrated with much splendour among the Bengali communities. The day is very observed on the first day of Bengali calendar which usually falls either on the 14th or 15th April. On this day Bengalese greet each other by saying *Subho Nababarsho*. Interestingly *Pohela Baishak* coincides with other religion festivals like Baishakhi in Punjab, Vishu in Kerala, Bihu in Assam, Puthandu in Tamilnadu.

People pray to God on the auspicious occasion of *Pohela Baishak* for blessing them with good harvest. It also marks a significant day for commerce as traders observe the beginning of the new accounting year by opening the new accounts book called the 'Haal Khaata'.

MRS.PRIYANKA KUSHARI,TEACHER



MRS.SHRABANI DUTTA,TEACHER



**MRS.DEBDUHITA CHAKRABORTY MITRA,
TEACHER**

Hilarious jokes:

1. Why do bees have sticky hair?
Because they use honeycombs.
2. Where do fish keep their money?
In the river bank!
3. What can you catch but not throw?
A cold!
4. What falls in winter but never gets hurt?
The snow!
5. What kind of a room doesn't have door?
A mushroom!
6. What do you get on every birthday?
A year older!
7. Why did the teacher put on the sunglasses?
Because her students were so bright!
8. Why can't the music teacher start his car?
He left his keys on the piano!
9. How do all oceans say hello to each other?
They wave!

MRS.JAMUNA SHARMA,SR.TEACHER

Vedic Maths

Vedic maths comes from the word veda - ancient texts in Sanskrit. Veda means KNOWLEDGE. Vedas mainly Atharva ved are supposed to be the origin of Ganit sutras that we study. They are discovered by shri Bharati krishna Tirthaji Maharaj. The sutras discovered are believed to govern all mathematics. There are 16 SUTRAS (word formulas) and 13 UPSUTRAS. Each sutra has many applications and thus can be utilised in various calculations.

MRS. YELLANKI LAVANYA ,TEACHER

Let's have some fun

1) If you multiply me by any other number, the answers will always be the same. Who am I?

Answer: zero

2) What does one math book say to another?

Ans- I have so many problems.

3) A triangle and circle are friends. What did the triangle might have said to the circle?

Ans- Circle, you are pointless.

4) What goes up and never come back?

Ans- Your age.

5) I have hands and face. But I can't hold anything or smile. Who am I?

Ans- A clock.

6) What comes twice in a week, once in a year but never in a day?

Ans- Letter E

MRS.SOHINI DEB BASAK,TEACHER

UGADI

Ugadi is a festival which involves various rituals and customs. On this day, the people of Karnataka and Andhra Pradesh celebrate their New Year with much devotion and enthusiasm. The day is filled with joy and happiness and one can find social gatherings which are an integral part of the celebration. People pray to God for prosperity and happiness in their life. The day is very holy and people believe that, you are sure to get success, if you venture into new things on this day. The celebration is marked by not only social merriment but also by religious spirit.

Apart from performing puja, in the morning there are other special rituals of this day. One such ritual is preparing a dish called Ugadi Pachadi, which is a mixture of all kinds of taste. This dish symbolises life which is a mixture of emotions. In Karnataka, raw mango is used to make holige and puliogure and similar dishes like pulihora and bobbatlu are prepared in Andhra Pradesh. In Maharashtra, people make puranpoli which is a sweet roti.

MRS.B.SHWETA NAIDU,TEACHER

"Bihu: A Cultural Tapestry of Assam"

Bihu, the vibrant festival of Assam, celebrates the spirit of rejuvenation and agricultural abundance. It is observed thrice a year in the form of Rongali, Kongali, and Bhogali Bihu—each marking distinct phases of the farming calendar.

1. Rongali Bihu:

- Celebrated in April, marking the Assamese New Year.

- Signifies joy, fertility, and the onset of the agricultural season.

- Highlighted by traditional dances like the energetic Bihu dance.

2. Kongali Bihu:

- Observed in October, during the lean months of the farming calendar.

- Emphasizes prayers, frugality, and conservation of resources.

- Reflects the community's resilience and adaptability to seasonal variations.

3. Bhogali Bihu:

- Held in January, celebrating the peak of the harvest season.

- Centered around feasting, community gatherings, and bonfires.

- Symbolizes abundance, gratitude, and the spirit of sharing among communities.

In essence, Bihu embodies the rich tapestry of Assamese life, celebrating new beginnings, resilience, and the bountiful harvest. Through its three forms, the festival fosters unity and harmony, transcending religious boundaries to showcase Assam's vibrant cultural heritage.

MRS.PUJA GUPTA,TEACHER

Riddles on the kinds of transport

1. I don't have wings but can fly; I'm a ride that takes you high. What am I?

Answer: _____

2. I'm long and sleek, gliding on rails; passengers aboard, no need for sails. What am I?

Answer: _____

3. I'm a vehicle with no wheels, floating gracefully on water. What am I?

Answer: _____

4. I'm not a car, but I move on roads; I'm open-air, with two wheels to hold. What am I?

Answer: _____

5. I'm tall and mighty, reaching the sky; people board me, ready to fly. What am I?

Answer: _____

- *Answers on the next edition.*

MISS.CHANDRIMA JANA,TEACHER

Dwarka: The lost city of Lord Krishna

The ancient city of Dwarka, traditionally called Dvaraka, is a place of immense significance in Hindu mythology and history. The city of Dwarka, which was created by the Hindu deity Krishna, was believed to have submerged under the Arabian Sea post Krishna's demise.

The city once stood in the region where River Gomti and the Arabian Sea met. As per the legends, this now sunken city was once the dwelling place of Lord Krishna. He was not the king of Dwarka, but was the one who created it. It is believed that Krishna asked Samudra, the ocean god, to lend him 12 yojans of land for the city. The ocean god agreed and gave Krishna the land, which was earlier known as Kushasthali. Later, Krishna renamed it to Dwaravati or Dwarka.

It is believed that the ancient city of Dwarka was built with the help of divine architects and was often referred to as the Golden City. The city's richness was amplified by the presence of Krishna. Back in the day, Krishna's presence in the city brought pilgrims from places far and wide. Interestingly, this trend continues till today. For the followers of Krishna, the present-day city of Dwarka is one of the most important places of pilgrimage.

All opulence aside, it is also believed that the city of Dwarka got submerged right after Krishna left his earthly abode. His departure from the world marked the end of Dvapara Yug, and the beginning of Kali Yug or the Kalyug (the Age of Kali). With the starting of Kalyug, the city of Dwarka also submerged, taking all residents with it. Though it is highly debated among scholars, with some saying that the submersion of Dwarka is a metaphorical one. Some believe that the sea swallowed the city for sure. If we look at the former, it is interesting to note that the city of Dwarka was a port city and it could have ended in a natural disaster like coastal erosion overtime.

The mystery of Dwarka's existence, both as a thriving city and its eventual submersion, has driven numerous archaeological expeditions along the Indian coastline. These expeditions brought forward submerged walls that were once a part of a fortified city, pottery, sculptures, and artifacts. Today, Dwarka continues to be a popular center of spiritual pilgrimage. The present-day Dwarka's famous Dwarkadhish Temple, also known as Jagat Mandir, stands as a prominent place of worship and landmark.

MRS.JAYASHREE GHOSH,TEACHER

ART AND CRAFT GALLERY



AROHI SINGH 5A



ARYAN MOURYA 3B



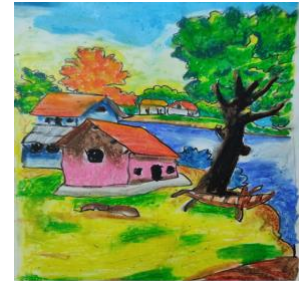
AVNISH KUMAR 4A



BARSHA YADAV 5A



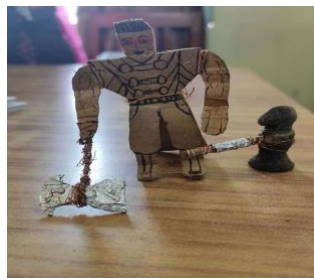
AYUSH KUMAR PRASAD UKG



FAIZA MANSOORI 5A



JAY ADHIKARY LKG



KARAN KUMAR 2A



TRIDEEP HALDER 2B



SAYAN PAL 3A



SHIVANYA SHARMA UKG



SANDHYA DAS 5A



PRATYUSH PRASAD 3A



PRIYANKA YADAV 2B



SUMAN RAJBANSHI 5A



HARSH PRATAP GUPTA 5A



MANVI SINGH 1A



SRIVANG SINHA 4A

FANCY DRESS COMPETITION

