



# THE AISMV BULLETIN

## -THE ENLIGHTENED MINDS-

AN AISMV INITIATIVE

In Association with Team Bonetastic

### BIOSCOPE

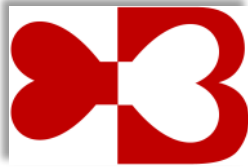
- The Bonetastic Show
- The Unspoken Word
- Workout
- Bring a life back to power
- Bone-Appetite
- Photo - Contest
- Fun Platter
- Creative minds at work
- From the Council

### PAUSE TO PONDER

Can we all take a second to close our eyes and imagine how would we look if we never had bones? We would probably look like a jiggling jelly.

But don't lose this sight, you're soon going to look like that one day. Why? You say? Well, we all have tried diets for our weight right? Exercised for flexibility. Haven't we? But have we ever tried diets to keep our bones strong? Exercised to keep our bones healthy? We all are pretty sure that we haven't! And why not? We very easily assume bone health to be a concern of our old age, which might not be the case!

Lets promise our bones to save them, protect them and take care of them while we still have the time and have a Bonetastic Life!



From the mentor.....Ms. Sonali Jain

Greetings, readers. Every year, a team comes together and works towards a cause they think would help change the world. With that thought in mind, this year's Youth Power team of AISMV has come with a motive of strengthening one's bones and making them healthy. In this spirit, they call themselves- \*drumrolls\* Bonetastic! The team

realises the importance of bones in one's life, and aims to work for their health, betterment and strength. It is found that majority of the people in today's world, though may be concerned about their bodily health, but do not consider bone health essential. Hence, the team focuses on spreading awareness about the fragility of bones; the need to be concerned about a balanced diet and regular exercise. It also



focuses on teaching the students about the value of bone health and the methods by which they can develop healthy bones. The team has planned several interactive and hands-on activities for students from different classes. They are not only promoting healthy diet and spreading awareness about diseases like osteoporosis but they are also teaching the students about the various foods and exercises that help in bone health. Their aim is to remove the notion that bone health is only an old age related issue. The team has great things planned ahead. With strong determination and passion they will strive hard to achieve their goals and produce a tangible change in the attitude of students towards bone health. Presenting to you, the Youth Power team, 2018-19:

Prakhar Bhargava (team leader), Ishita Gupta, Pranjal Jain, and Prarthanaa Singhal  
Mentor: Ms. Sonali Jain

### EDITORIAL TEAM

We seek the good wishes and support of our readers to continue this endeavour with ardent passion and zeal. Students can contribute their write-ups at : [aismvnewsleter@gmail.com](mailto:aismvnewsleter@gmail.com)

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**Creative Team:** - Prarthanaa Singhal, Pranjal Jain, Ishita Gupta, Prakhar Bhargava  
**Graphic Editor:** Prakhar Bhargava



# ACTIVITIES AT A GLANCE

## BONE DENSITY CAMP

On 17th November 2018, the Youth Power Team in Collaboration with Max Hospital, Patparganj organized a Free Bone Density Checkup Camp, under the aegis of Youth Power initiative towards bone health, for the teachers and the support staff of the School.

More than 100 teachers and support staff participated in the camp, to learn about the calcium content in their bones, and declining bone density. The tests were conducted by the Physiotherapist, Dr. Vineet Sharma and the medical advice was offered to partakers according to their results.

This checkup camp was a great success in spreading awareness about 'osteoporosis' and arthritis. Through this campaign the team aimed to sensitize more and more people regarding the same.



## PERFORMANCE AT NATIONAL ORGANIC FESTIVAL



The Youth Power team of AISMV presented a Nukkad Natak at the Women of India National Organic Festival, on November 2 which was hosted by the Ministry of Women and Child Development. Team interacted with all the participants at the stalls showcasing unique organic products from different states. This was followed by a presentation by the team to create awareness about the bone health among women and children in the audience. Team members presented badges to the organizers and associates with the Ministry of Women and Child Development. During the National Organic Festival the team addressed the audience making them aware about bone health and provided them with some tips to take care of bones, especially for women post their menopause. The whole performance was recorded by Door Darshan News and News 24 Delhi and a few renowned people of the Ministry of Women and Child Development appreciated the initiative of the students.

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## SPORTS CAMP WITH DYUTI

Team Bonetastic got the amazing opportunity to work with the D Y U T I organization and organize a Sports Day Event. The Team and the volunteers helped arrange refreshments and conducted games such as 100m race, 200m race 3 leg race, ball throw were few among the activities conducted while explaining them the importance of exercising on a daily basis. Dance and music on the Christmas day was a sure thing. The team envisages to work for the underprivileged and do every bit to help them. Team expresses its gratitude and would like to thank Mr. Gautam Das for collaborating with the school and giving students an opportunity to organize such a wonderful event for the under privileged kids and make their Christmas memorable. The Christmas celebration was surely one of the best and the most fruitful event by the team .



# THE UNSPOKEN WORDS



Chairperson Interaction



Game launch



CLUEDO



People at work



Kids showing off their creativity



Color the logo

At birth, we each have 300 bones in our body  
As we grow older,  
these bones converge into a number of 206  
Much like the natural spirits of being carefree, outspoken,  
innocent and young, these bones start their journey  
From soft cries and crawls and baby steps and first words  
Only to be overtaken and suppressed by burdens of adulthood  
and rational thinking.

We've read about gravity in school  
How it seems to pull everything down to its core  
Closer and closer and closer  
Till they finally merge into the ground  
Tell me  
Have you noticed how  
Your grandfather seems to have falling cheeks  
Or how your grandma has a backbone higher than the rest of  
her?

I believe that its gravity  
Exerting its pull to the fullest extent on them  
Keeping their feet firmly on the ground  
Unable to bend and fly with the wind,  
Their heads nowhere above the clouds.

Bones grow weak and muscles give out  
Shattering dreams and ambitions  
With brittle bones ready to fall apart  
Child, listen, listen, listen  
This is what aging does to you.

Life moves down instead of forward  
The adventure of running against the wind  
Is snatched away by sore feet and aching bones  
The desire to leave footprints in every corner of the world  
Is nothing but just... a wish. One that never really came true.

Cont...

# THE UNSPOKEN WORDS

Contd...



Badge making  
Halloween



Badge making



Bone density Camp



Bone density camp



Boneus Bingo



Volunteers at work

In my hands today,  
I have 27 bones,  
each thumping with the need to feel life once again  
Only to be lit out by the inevitable cycle of death that we're  
living in  
And though it feels like it is me  
Who's clinging on to adolescence and power at this time  
It is these bones within me  
Clinging, grasping, holding, clutching to my youth as their  
knuckles grow white with the force  
Only to be fed by unhealthy junk  
That seems to be appealing to these eyes.

In the world today  
Everything  
Everything will want to pull you down  
And all you need is something to put you right back up  
So take care of that backbone, my grandma said  
Cherish it  
It is the tribute to all those years you'll spend tiptoeing around  
life's rough edges

And when the day comes  
For gravity to pull you in to itself  
Maybe, you'll be strong enough  
To walk against the wind  
To fall back to the ground  
Rest there for a while  
And then...start again

Start again with hose 300 bones in your body  
That gradually merge into a number of 206  
Until finally,  
They start falling apart. Again. Start again.

- Manasvi XI-F

# WORKOUT

## YOGA

A study reported in Yoga Journal found an increase in bone mineral density in the spine for women who did yoga regularly. From the slow, precise Iyengar style to the athletic, vigorous ashtanga, yoga can build bone health in your hips, spine, and wrists -- the bones most vulnerable to fracture.



Standing poses like Warrior I and II work on the large bones of the hips and legs, while poses like downward Dog work the wrists, arms, and shoulders. Both the Cobra and locust poses, which work the back muscles, may preserve the health of the spine. Yoga also sharpens your balance, coordination, concentration, and body awareness -- and thus helps prevent falls.

## BRISK WALKING



Walking is one fitness trend that never goes away, it is hugely popular among women -- and a great way to revamp your bone health. A study of nurses found that walking four hours a week gave them a 41% lower risk of hip fractures, compared to walking less than an hour a week. Brisk walking is best, but you can adapt your speed to your current fitness level. Walking is free, and you can do it anywhere, anytime, even when you're travelling.

## DANCING

OK, maybe you've got two left feet, or you were never the star in ballet. But we're not talking point shoes here; we're talking the hottest trends in Salsa, Samba, Lindy Hop, Rhumba, East Coast Swing, Foxtrot, and tango. Use those hips to get your heart pumping in more ways than one, and build strong bones while you're at it.

Or try the newest aerobics, kickboxing, or step class at your health club or locally. New classes emerge every few months to keep members motivated. A lot of them now combine strength training with dance or step moves -- and will perk up your balance as well.



# BRING A LIFE BACK TO POWER

*Help us join and build the world Bonetastic.  
Support our cause, donate generously and help the needy.*

**TEAM BONETASTIC**  
request you for

## COOL PADS DONATION FOR YOUTH POWER

DONATE COOL PADS THAT COME WITH  
INSULIN INJECTIONS

IN VEERA MA'AM'S OFFICE (3rd FLOOR)  
OR SONALI JAIN MAAM. (11G)

## TEAM BONETASTIC

GOT WALKING STICKS AND  
WHEELCHAIRS?

## ORTHOPEDIC AID DONATION DRIVE

Come and donate  
any orthopedic aid like walkers,  
walking sticks, backbone belt  
and any other aid available with  
you for donation to those who  
don't have the access.

Drop off your donations to Sonali Jain ma'am  
Prakhar Bhargava (11 C)  
Prarthanaa Singhal (11 E)  
Pranjal Jain (11 F)  
Ishita Gupta (11 G)



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# BONE-APPETITE

Lip-smacking delicacies good for your bones, rich in calcium

## FRUITY BARS

### INGREDIENTS

- ¾ cup coconut flour
- 1 cup vanilla whey protein powder
- 2 bananas, mashed
- ½ cup almond or coconut milk
- ¼ cup virgin coconut oil
- 1 teaspoon vanilla extract
- 2 tablespoons dried cranberries or your favorite dried fruit like pistachio and almonds



### METHOD

- Combine the whey protein powder and coconut flour in a medium bowl.
- In another medium bowl mash the bananas, and mix in the coconut milk, coconut oil, and vanilla until smooth.
- Add the rest of the ingredients and mix until well combined. If the mixture is too dry, add a little water. Then mix in the cranberries or the dried fruit of your choice.
- Place the dough shaped into 10 bars inside a pan lined with wax paper. Freeze for at least 20 minutes and serve. It's best to store these bars in the freezer.

- Ishita Gupta, XI-G

## LETTUCE AND PANEER SALAD IN SESAME DRESSING

### INGREDIENTS

- 1 cup iceberg lettuce , torn into small pieces
- ¾ cup low-fat paneer (cottage cheese) cubes
- ¾ cup yellow capsicum cubes
- ¾ cup tomato cubes

### To Be Mixed Together Into A Sesame Dressing

- 2 tbsp olive oil
- 2 tbsp lemon juice
- ¼ cup finely chopped onions
- 2 tbsp roasted sesame seeds (til)

### METHOD

- Combine all the ingredients for the salad in a bowl and toss well.
- Add the sesame dressing and toss well.
- Serve immediately.



- Pranjal Jain , XI- F

# BE A QUIZ WIZARD



Team launching their Apps.



Parents listening to the team



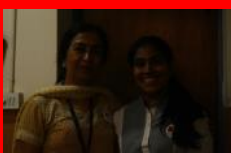
Arm wrestling



Badge distribution.

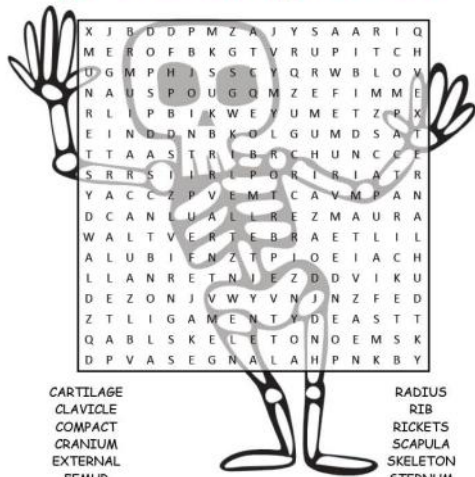


Badge distribution



Badge Distribution

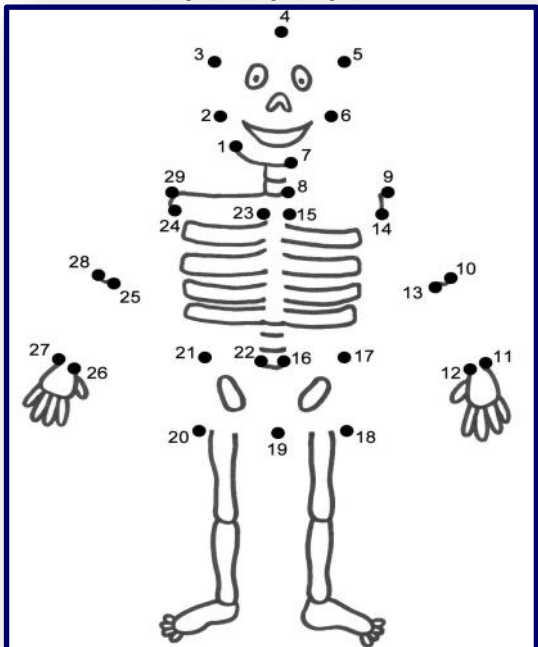
## Skeletal System



- |           |           |
|-----------|-----------|
| CARTILAGE | RADIUS    |
| CLAVICLE  | RIB       |
| COMPACT   | RICKETS   |
| CRANIUM   | SCAPULA   |
| EXTERNAL  | SKELETON  |
| FEMUR     | STERNUM   |
| FIBULA    | TENDON    |
| HUMERUS   | TIBIA     |
| INTERNAL  | ULNA      |
| JOINT     | VERTEBRAE |
| LIGAMENT  | VITAMIN D |

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## DOT TO DOT



## Dry Bones

I will put breath in you, and you will come to life. Then you will know that I am the LORD. Ezekiel 37:6

Based on Ezekiel 37:1-14



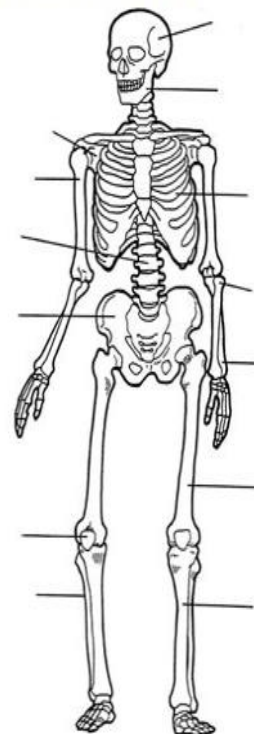
Y F L E S H D U P R R F I L V  
 U S Y Y T Y W G P K T T S B F  
 A K V H Y I B M R I K N I R E  
 F I A L C M Q P R L O A Q E I  
 D N L U I N I I O D I T L A S  
 G E L S O F P W N V H V A T Y  
 S V E M H S E E Y U L H E H R  
 K N Y O A P T Q B G D S B U L  
 N Q A Y N L Y K E R A R F E Z  
 F B M X D D S C O W I N D S Y  
 R H O B G P K L G R D P Q I V  
 Y O V N V X B M U B R E A T H  
 W E P D E A W O P F X L H C P  
 J U E R X S F I R G M E I Y A  
 E U K Y C N G V T G K P Z H I

|         |       |        |        |        |
|---------|-------|--------|--------|--------|
| TENDONS | BONES | LIVE   | BREATH | BREATH |
| SKIN    | DRY   | FOUR   | LIFE   | VALLEY |
| LORD    | WINDS | SPIRIT | FLESH  | HAND   |

## Human Skeleton

✦ The human body has over 200 bones that create our skeletal system. Use the vocabulary words in the box to label the major bones in our body.

- CRANIUM
- FIBULA
- PATELLA
- ULNA AND RADIUS
- SCAPULA
- STERNUM
- HUMERUS
- FEMUR
- TIBIA
- CLAVICLE
- PELVIS
- METACARPALS/METATARSALS
- PHALANGES
- CARPALS
- TARSALS





# CREATIVE MINDS AT WORK



# EXPERT ADVICE...

***Q: I have constant pain in my heel bone. Could it be due to my being over weight or some issue with bones of my foot?- Ms. Manisha Chopra***

There are various reasons for pain in the heel bone , you can take the following steps...

1. First get your Vitamin D and blood uric acid examined .
2. Start wearing footwear with soft soles.
3. Being overweight is one of the reasons for aches and pains.
5. Low arch foot can also be the reason.
6. There might be calcaneal bone growth which can be the cause.



By:- Dr. Ruchi Varshney  
Physiotherapist

***Q: Though, I follow strict diet regimen and do regular yoga still my feet ache badly in the morning after waking up and especially after sitting for long duration . How can I recover from this problem of mine?***

Ms. Deepshikha

***What does a strict diet regimen mean -A low calories diet or a Healthy Diet?***

It's seems you are lacking protein, calcium and magnesium in your Diet. Please opt of Natural Supplements.

The body has an input account and an output account. If one needs a reduction in the balance one has to work on both simultaneously. ie. reduce the calories intake and increase calories burning.

Also when following a low a calorie diet plan make sure you are supplementing your Protein, vitamin and minerals as lack of these lead to weakness and one is unable to workout



By:- Dr. Aarti Sodhi  
Dietician and wellness coach

***Q: My foot and joints make a knocking sound. I have got all tests done and there is no deformity in my bones and joints. What could be the reason for the sound?***

Ms. Sonali Jain

Our joints are surrounded by synovial fluid which lubricate it and facilitate painless movement. The popping sound can be due to dissolved gases in the fluid or movement of stretched ligaments over the joint. If there is no injury to the joint, no swelling, no redness, no pain, with normal mobility of joint then there is no need to worry.



By:- Dr. Shalini Jain

# MEMORIES WITHIN PAPERS



Interview with  
Ms Vira Sarma Mentor from GT



Big audience at NSSF



Dance Performance at NSSF



Essay writing



Basketball match



Racing minds



Display of slogans



Slogan Writing



Poster making



Activity in classes



Sign the pledge



Zipline for strong bones



Canteen for fund raising



Rock show for fund raising



Rock show for funds

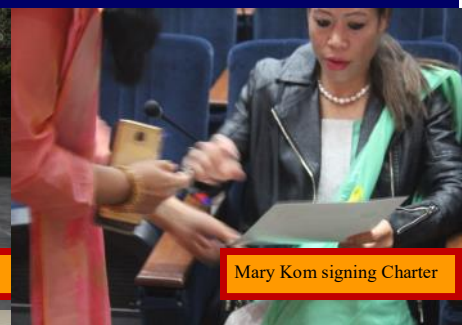
# MEMORIES WITHIN PAPERS



Dussehra celebrations



Relay racing



Mary Kom signing Charter



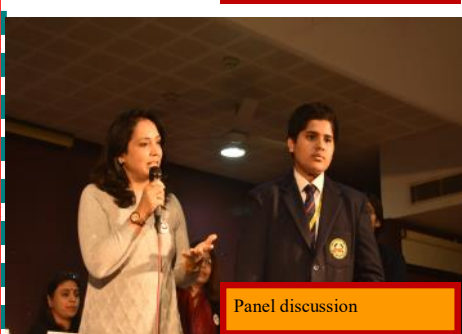
Essay writing



Stack the cup



Photo Booth



Panel discussion



Panel discussion



Panel discussion



Activity



Nukkad Natak at NOF



Spreading awareness at NOF



Musical Chairs



Games at halloween



Milk distribution

# ACHIEVEMENTS OF THE MONTH

## Winners of Inter Amity Mental Math Quiz 2018-19



Class IV won Second Prize



Class V won Third Prize

Simarpreet Singh (IV C), Aryan Aggarwal (IV C) and Sumit (IV B) showed outstanding performance .

Shrey Sati VC, Shreyash VC and Adya Garg VC are the proud winners.

## 1st Prize In Mono Act At Indian Institute Of Liver And Biliary Science At Vasant Kunj

*Divya Upadhyay*

of class -8 B bagged the 1st Prize



## 1st And 2nd Prize In Energy Quiz Competition Conducted By TERI

Two teams from AIS MV, comprising of Maulika Sharma & Vansha Jain (Team I) and Anshika Jain & Samiksha Ramesh (Team II) put up a spectacular performance at the Bureau of Energy Efficiency -Energy Quiz Competition conducted by TERI

