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Pongal Home Decor



Decorating our entire home with florals is also a part of this festival so, we brought to some of the pretty ideas for decorating pots as well as the home for this auspicious beginning.

Pots to decorate :

As pots play a crucial role in this festival most of them use this as the main decor element for this festival. Pot decorations with florals, and rangoli which can be taken as an inspiration for your favorite festival.

Kolams to decorate:

Making kolams (rangolis) is a popular skill in Tamil Nadu. A cow which is a sacred animal to Hindus, is worshipped during the Pongal celebration. So, you can create some creative kolam (rangoli) designs that resemble cows. Your home will look beautiful with kolam.

Begur Koppa Road, rough, rocky roads disrupt the flow



Begur-Koppa Road is located in Bengaluru Urban's subdistrict Anekal and is 11.67 kilometres long. It links the communities of Mylasandra, Tejaswini Nagar, Koppa Gate, S. Bingipura, and Bettadasanapura. Akshayanagar, Begur, Doddakammanahalli, and other localities. Between Windsor Troika Apartment and ROLLA Hypermarket, a 500-meter length of road has a rough patch road, making it difficult for commuters to pass by. We strongly implore the authorities to take the required steps to tar the road.

BMTC Airport Bus Timings

KIA-8	KIA-ELECTRONIC CITY	HEBBALA, TIN FACTORY, MARATHAHALLI BRIDGE, CENTRAL SILK BOARD.	02.00	00.00	00.30	01.00	01.30	02.00	02.30	03.00	03.30	04.00	04.30	05.00	05.30	06.00	06.30	07.00	07.30	08.00	08.30	09.00	09.30	10.00	10.30			
			02.15	00.15	00.45	01.15	01.45	02.15	02.45	03.15	03.45	04.15	04.45	05.15	05.45	06.15	06.45	07.15	07.45	08.15	08.45	09.15	09.45	10.15	10.45			
			02.30	00.30	01.00	01.30	02.00	02.30	03.00	03.30	04.00	04.30	05.00	05.30	06.00	06.30	07.00	07.30	08.00	08.30	09.00	09.30	10.00	10.30				
			02.45	00.45	01.15	01.45	02.15	02.45	03.15	03.45	04.15	04.45	05.15	05.45	06.15	06.45	07.15	07.45	08.15	08.45	09.15	09.45	10.15	10.45				
			03.00	01.00	01.30	02.00	02.30	03.00	03.30	04.00	04.30	05.00	05.30	06.00	06.30	07.00	07.30	08.00	08.30	09.00	09.30	10.00	10.30					
			03.15	01.15	01.45	02.15	02.45	03.15	03.45	04.15	04.45	05.15	05.45	06.15	06.45	07.15	07.45	08.15	08.45	09.15	09.45	10.15	10.45					
			03.30	01.30	02.00	02.30	03.00	03.30	04.00	04.30	05.00	05.30	06.00	06.30	07.00	07.30	08.00	08.30	09.00	09.30	10.00	10.30						
			03.45	01.45	02.15	02.45	03.15	03.45	04.15	04.45	05.15	05.45	06.15	06.45	07.15	07.45	08.15	08.45	09.15	09.45	10.15	10.45						
			04.00	02.00	02.30	03.00	03.30	04.00	04.30	05.00	05.30	06.00	06.30	07.00	07.30	08.00	08.30	09.00	09.30	10.00	10.30							
			04.15	02.15	02.45	03.15	03.45	04.15	04.45	05.15	05.45	06.15	06.45	07.15	07.45	08.15	08.45	09.15	09.45	10.15	10.45							

Sweet Pongal



Sweet pongal is a traditional sweet dish made with rice, moong dal, jaggery, ghee, nuts & raisins.

SWEET PONGAL INGREDIENTS

- RAW RICE / PACHARISI
- Raw rice is added for best texture and taste. It has more starch content which is best for making sweet pongal.
- YELLOW MOONG DAL / PASI PARUPPU
- Moong dal is roasted and added in the pongal for better taste.
- MILK
- In many pongal recipes milk is not added. But adding a little milk makes it more creamy and tasty.
- JAGGERY / SARKARAI / VELLAM
- You can add more jaggery as per your sweetness level. If you are assure of your jaggery quality. You can add it directly.
- CARDAMOM / YELAKAI
- Cardamom is completely for flavour.
- GHEE
- Use pure ghee for taste



Dr. Mahalakshmi Pendurthi
MBBS, DNB (OBG)
Consultant Obstetrician & Gynecologist

MENSTRUATION!

Regular menstruation is a sign of healthy reproductive system. Overweight and underweight not only affect the regularity of the cycles, but also can affect fertility of the woman. Healthy exercises and a balanced diet can surely keep the hormonal play regulated. Some women experience symptoms like bloating, acne, mood swings, breast pain, etc. before periods, which are normal. Pain during menstruation is normal, unless it becomes excruciating. Heavy bleeding can be a sign of fibroids or hormonal imbalance. Certainly, missing periods can be a sign of PCOD, thyroid abnormality and even pregnancy. Keeping a check on the way we menstruate is worthy enough!

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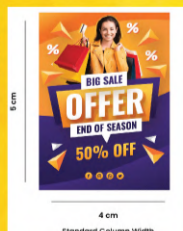
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BBMP - Begur	080-25745300
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Traffic Update : Nice Ring Road - Hosur Road



Traffic flowing into Electronics City (West Phase or Phase-1) from NICE Road will NOT be permitted to drive on the service road from White Feather Convention Hall

towards HP Junction. This is being done to minimise the increasing trend of accidents in HP Junction. On exiting NICE Road Toll, the traffic will have to move along the flyover

across Hosur Road towards PES College, turn right, take a U-turn towards HP Junction Signal and turn right. The change will be implemented with immediate

effect. The impact will be observed to initiate further corrective actions, if any
-Traffic Police Electronic City

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	2		9				8	
	4	5	1		6	7	9	
		8				1	3	9
6								7
2	9	1				6		
	6	3	2		7	9	1	
	8				4		7	
				3	1			

Breast Cancer Awareness

Breast cancer become the most common cancer in Indian women and has overtaken cervical cancer. And the most alarming is that it is being increasingly diagnosed at younger age in India compared to other western countries.

A women loses her life to breast cancer every 8 minutes in the nation.

What is Breast cancer?

A Cancer that forms in the cells of breasts. Mostly develop in women over the age of 50 but can occur in younger age group also. Mostcommon in females but can occur in males also.

What are signs and symptoms of Breast cancer?



Note : All breast lumps are not cancer. Most of the lumps are fluid filled cysts or fibro adenoma (non-cancerous).You should always see a doctor for evaluation if any breast lump develops. Also normally breast shape and size alters during pregnancy and breast feeding.

What causes breast cancer?

Any cancer or tumor starts from one abnormal cell. The exact reason why a cell becomes cancerous is unclear. It is thought that something damages or alters certain genes in the cell which makes the cell abnormal and multiply out of control. Although breast cancer can develop for no apparent reason there are certain risk factors which increase the chances that breast cancer can develop.

How family history related to Breast cancer?

Most of the Breast cancer occur by chance .However it can occur more often than usual in some families because of their genetic makeup. Genetics means that the condition is passed on through families through special codes inside the cells called genes. Your genetic makeup is important because the genes inherited from your parent's controls various aspects of your body. If you are concern about your risk is higher than usual because of your family history then see your doctor for assessment of your risk. You may offer Regular breast screening test earlier than usual or offer genetic testing.

How to prevent breast cancer?

The different ways to prevent Breast cancer is to reduce the modifiable risk factors. Certain risk factors cannot be changed like age, family history, genetic mutation, gender.

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What kinds of foods and drinks should I consume?

Consume more nutrient-rich foods. Nutrients—like vitamins NIH external link, minerals NIH external link, and dietary fibre—nourish our bodies by giving them what they need to be healthy. Adults are encouraged to consume some of the following foods and beverages that are rich in nutrients.

The Bharat Scouts and Guides International Cultural Jamboree - 2022



The students of BVM Global@ Bengaluru got the opportunity to be the part of the first ever International Cultural Jamboree in Karnataka which was held from 21st to 27th Dec, 2022 at Moodbidri. This event was organized by The Bharat Scouts and Guides- Karnataka, a state association in Karnataka under the leadership of Honourable State Chief Commissioner Shri PGR Sindhya with the aim to promote cultural diversity and serve as a platform for cultural exchange. Our students acquired the knowledge and different life- skills by sharing different ideas and values of traditions in each state, and way of life. It also helped them to develop sensitivity towards other people and the culture. They enjoyed a wide range of individual and group activities related to various cultures. At the end, they were awarded certificates and badges. Sumant N of 6A recalls how he was able to realise his strengths and plan his daily routine effectively while Manasvi S of 6B relishes the rich experience of performances of celebrities and introduction to a healthy lifestyle. Advika Kanchan of 6C enjoys participation in various games and living on our own as a large team.

Makar Sankranti



Makar Sankranti, Makar means Capricorn and Sankranti means transition, Makar Sankranti marks the movement of the sun into Capricorn. A Hindu festival celebrating the winter solstice and the transition to springtime, as well as the harvest. This festival is celebrated in Maharashtra, Goa, Karnataka, Andhra Pradesh, Telangana, and Rajasthan. There are variations of this festival across India and around Asia. The festival is called by varied names such as in West Bengal & North East Pousha Sankranti, In Tamil Nadu Thai Pongal, in Kerala Makara Vilakku, in Assam and North East Magh Bihu, in Gujarat Vasi Uttarayan, in Punjab Maghi, in Nepal Maaghe Sankrant, in Thailand Songkran, in Cambodia Mohan Songkran.

- This festival is celebrated in honor of Surya (the Sun God) to pay tribute for the grace of his energy that has enabled life and food on earth.
- As it is the harvest festival, it is a time of joy, abundance, and celebration in the farming communities, the time when they reap the fruits of their hard labor.
- It is also a time for peace when families bury the hatchet and get together.



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**Christmas Celebration At
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Christmas is a joyful time of the year in which there is fun and happy atmosphere everywhere. On this day, Santa Claus gives surprise gifts to the children making the festival more exciting and special. Our school celebrated Christmas day with great excitement and enthusiasm. The morning assembly started with the school prayer followed by a wonderful 'Thought for the day'. After this, the significance and importance of celebrating Christmas was explained by students. A mesmerizing dance performance was also given by the students of junior classes. A wonderful act on the birth of Jesus Christ was presented by the students who sang "Jingle bells" and various melodious carols. In the end, our Principal Ma'am gave an inspiring speech on how to spend our holidays efficiently and happily. The assembly dispersed after the singing of National Anthem by everyone. It was one of the best morning assemblies of my life. Govind Sharma, 5B BVM Global @ Bengaluru

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I GOPALAPURAM, Royapettah Near DAV NPS Narayana, School 1 BHK, 2 BHK, House, Family, Bachelor And Resi/Commercial Office. Agent : 9382102983/8939150001

U12 Christmas Cup Champions 9 Stars Cricket Academy



HAWK-EYE RIFLE AND PISTOL SHOOTING ACADEMY



Avanthika Madhu. She is a grade VI student at DPS ECity and has made a name for herself in the sport of pistol shooting. She took part in the Dec. 22 M.P. Shooting Academy Shooting Ranges, Bhopal, 65th National Shooting Championship Competitions (NSSC). In the 10M Pistol Women (ISSF) National Championship (TEAM), she won the Silver Medal, and in the 10M Pistol Women (ISSF) Civilian Championship, she won the Bronze Medal (TEAM). Avanthika added another feather to her cap by winning the Gold medal in the Under 14 Air Pistol CBSE Rifle Shooting Competition held in December of 22 at Jain Heritage School in Belgaum. With this Avanthika has qualified for the individual National Level competition. We are proud to announce that Avanthika Madhu will be attending the Indian Team Trial Matches. Avanthika is being trained by Coach Sharanendra of Hawkeye Rifle and Pistol shooting Academy.

- 89515 80483, 70222 97755

SPORTS CARNIVAL AT BVM SCHOOL



The 8th Inter BVM sports Carnival was conducted in the month of December by our branch, BVM global @Bengaluru. The event was declared "Open" by chief guest, Dr. Anthony S L, BDFA Chairman and a renowned personality with many honors at national and international level. Lt. Col. Vinay, a Kargil war veteran, was the chief guest for concluding ceremony on the second day.

Anand S Menon(10 A), Sports Secretary.

The preparations begin two months earlier so that students can perfect themselves for their performance on that day. Field and track events like 100m, 200m, 400m, 800m, Shotput, Discus Throw and relay were conducted on the first day while group events like Throwball and Volleyball on the next day. Everyone was celebrating and encouraging the players of their respective branch.



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