

SATURDAY, 4TH FEBRUARY 2023



# Wellness

Mind..Body..Fitness..



Believe  
Build  
Battle





# ABOUT

## The wellness magazine of BHIS-K

A well-equipped school will, directly and indirectly, influence the students. Our meticulous attention to academic excellence is matched by an inspiring range of extra-curricular activities and sports that ensures the holistic development of every child under our care. Billabong understands the need of the students to succeed and gives them power to fly high. It implements unique strategies in growth and development of students.



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# #1

## Smile!



Sports make you happier and healthier. Exercises release endorphins, the chemical in our brain to relieve pain and stress.



**S Mridul Sai**  
Grade 1A , BHIS K

### Mr. Sathish Kumar - Parent of Mridul Sai

I am an ardent cricket lover from a very young age and started playing cricket at the age of 6 years and still continuing for almost 29 years. I represented my school and college team. I played professional cricket for 18 years and represented District Leagues and TNCA League matches. I keep motivating my son, Mridul Sai to take up cricket as a secondary career. I am trying to embed sports in my child from a very young age. As an advice, I would request all parents to make their kids

pursue at least one sport of their choice for balanced physical and mental development.



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# #2

## HOP!



**Hop to improve your bone density, strength, muscle tone, balance and coordination. Hop to cross the hurdles of your life.**



**Rohan Lavakumar**  
Grade 3, BHIS K

*There will be many obstacles in the pursuit of your dreams. I had long hours of training, balancing studies and badminton.*  
**P. V. Sindhu**

### Rohan Lavakumar

Rohan Lavakumar from Grade 3, BHIS-K is engaged in badminton. We as a family will play badminton. Rohan is practicing Badminton three days in a week and cycling for three days. Sports teach students discipline, focus, dedication, hard work, commitment and teamwork.

Sports will not only keep them physically fit but also give them the mental energy to study well. While doing sports Serotonin will be released from brain and they will feel rejuvenated. Sports play a great role in keeping them happy and focused in their academics.

It is our responsibility to encourage our kids to participate in sports rather than focusing on winning or losing.



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# #3

## Run!



Sports make you happier and healthier. Exercises release endorphins, the chemical in our brain to relieve pain and stress.



### Master Taarak

He like to play football, Riding bicycle everyday and keep learning it. Apart from that he also plays in community kids zone sliding, ladder climbing, see-saw etc., that keep him active and energetic throughout.

### Mr. Senthil

I'm into fitness/gym to keep body active and fit. Good at playing table tennis and cricket. Very determined to run marathon and achieved 4Kms completion run in 30 mins in the event called 'Minithon' arranged by my community - Alliance Humming gardens. Recently participated in "Chennai Marathon" and finished 10 Kms in 1hr-15mins-47sec with a medal.



### Ms. Elakkiya

She is good at walking and jogging and recently participated in Minithon program and achieved 4 kms completion milestone in our community. This motivates her to participate in more such events in the future.



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# #4

## STRETCH!



Stretch to improve balance, sleep, self-esteem brushing away your anxieties and fears. Yoga calms you down as your spine will thank you!



**Shirustika**

Senior KG A , BHIS K

*"Yoga is a mirror to look at ourselves from within"*

### Yoga

Shirustika attends Yoga classes three days a week and is actively involved in performing various asanas.

### Benefits of Yoga in kids

- Yoga helps children manage their anxiety
- Yoga enhances children's concentration and memory
- Yoga develops children's strength and flexibility.
- Yoga improves children's emotional regulation.



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# #5

## Strive!



Life always begins with one step outside your comfort zone

### Aadya Dinesh - Grade 1 A BHIS-K

Aadya is quite athletic. She enjoys sports and playing slightly more than the other activities. Right from her kindergarten age she enjoyed going to the park and play around with her friends. She swims very well and goes for cycling.

Aadya's father is a National level football and volley ball player. Her mother plays basketball and enjoys cycling.

We as a family enjoy cycling together.



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#6

## SKIP!



Skip away and burn your fats as you tone your upper body and improve motor function. Rope in your fitness with a skip and a jump.



Hashmath Fahira K N - Science Educator BHIS-K  
District-level Ball Badminton player and Discus thrower

I started practising rigorously for discus throw from my grade 8. Continuous practice with commitment enabled me to bring laurels to my school at district level twice in the same year. I had the opportunity to be a part of the ball badminton during my first year of college. Later I represented my college at District level ball badminton.



## Achievements

Have won medals in Zonal-level and Inter-school competitions in Badminton and Throwball



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#7

## BOUNCE!



Bounce to burn calories, build bone strength and boost the immune system. Playing ball games develops self-discipline and concentration



**Ms. Sneha R - Grade 1 Educator BHIS-K**

**District level basketball player**

Basketball is my favourite sport. I've been playing basketball since I was eleven years old and I became attached to this game. Being a teenager basketball has been a huge impact in my life from being a hobby to a strong obsession. I take basketball to the heart. I started practicing with a peer group and slowly I was selected in my school main team to participate in the school matches and sent to the tournaments for the various schools in Chennai. In the team, I am the point guard, controls the ball and make plays and also the shooter.

Slowly, I was selected to play in Intramural tournaments, Inter-school basketball tournaments vel's games, dedicated to the medalist of Tamil Nadu in Common Wealth games 2010-2012 and won many matches with medals and certificates by participating in under 19 category.

Finally the very big day in my life in the sports, I was selected to play in District level with my team which is conducted by Tiruppur district basketball association in 2013. We won the game that year !!! Knowing we worked hard and put our effort into the game that pushed us even harder. Till date I have played for 80 tournaments in various grounds of India.

Basketball made me grow and gain confident as a person. It makes me happy because it keeps my mind off things and makes me stay healthy.



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# #8

## AIM

**Aim for the moon. If you miss, you may hit a star.**



**Ms. Shalini Vishnu - Social Science Educator BHIS-K**  
**Professional Archer**

Archery was my favourite sport right from my childhood. I emerged as a professional archer during my Post graduation. It was a craze for archery that led me to purchase the bow used in international events. It enabled me to secure medals at State and National levels. In a short period of time, I was able to secured 63rd rank in the National Archer's List. I am eligible to be a part of the Indian team to represent my country at International events. I am waiting for an opportunity to showcase my talent.



## Achievements

**Medals Won:** 16 state medals, 2. Nationals, 3 medals in South Indian championship.  
**Year:** 2018 to 2020



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# #9

## SMASH!



You want to get better even after people smash you down. You want to be better than you were before



**Mr. Karthik - IT Admin BHIS-K**  
**District level basketball player**

I started playing cricket, football and badminton. when I was in middle school and college. I played like I was addicted to cricket and football and I was very particular that my team always won. I believe that playing made me stronger and kept me motivated in any situation. Now I miss those days which helped me to improve my leadership and interpersonal skills moreover it made me accountable. So sports in life prepares one to face the challenges in life and help to achieve the set goals.



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# LEADERS AT SPORT

Mr. Rajesh Chopra - Finance Director BHIS-K



## My Health , My Joy

I work almost 12 hours every day and if I don't get to play one sport in a week or follow my walking and yoga routine in the morning I feel I have missed a day in my life. I am a person who wants to lead a life free of diseases and medicines and the only way I feel I can do it is regular exercise and sports to keep the body fit and agile for every thing that I want to do in life. I also try to balance my lifestyle with healthy eating habits and being on time with my three meals of breakfast, lunch and dinner. Badminton every weekend with one group of friends and during the week with another group of friends is my way of keeping myself active in sports. Regular walking and morning yoga fills the other aspects of mental and physical well being that I yearn for. I wish all our readers of Wellness magazine the best of health and healthy living.



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# LEADERS AT SPORT

Mr. Yasir Nainar - Chairperson BHIS-K



## Me & My Sports

Sports and exercise are an integral part of human life and if ignored is like living a life without eating food or drinking water. People tend to ignore sports and exercise giving excuse for time and busy lifestyle. Our body requires these essential activities to rejuvenate and energize the days to come and not continue with the tiredness of the days that have passed. Walking and Badminton are two sports that I regularly engage in. Every morning while walking I inhale fresh air continuously and try to walk in areas far away from vehicle pollutants or any other form of toxic exhaust gases. I play Badminton once in a week for 1-2 hours where the objective is not only exercise but to meet and socialize with friends and keep the muscles of the body activated with fresh movement and agility. I am by God's grace 55 years old and want to remain young fit and healthy through out my life.



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# HEALTHY LIFESTYLE TIPS

A healthy man is a successful man

Good health and good sense are two great blessings. He who has health, has hope; and he who has hope, has everything. Here are few health tips.

## Tips

Good health and good sense are two great blessings. He who has health, has hope; and he who has hope, has everything. Here are few health tips.

- Take Multivitamin Supplements.
- Reduce Sitting and Screen Time.
- Measure and Watch Your Weight
- Limit Unhealthy Foods and Eat Healthy Meals.
- Drink Water and Stay Hydrated, and Limit Sugared Beverages.
- Exercise Regularly and Be Physically Active.
- Get Enough Good Sleep.
- Find Ways to Manage Your Emotions.





# TIPS FROM EXPERTS



**Virat Kohli**  
Indian Cricketer



He is a man with swagger, charisma, and the ability to compete with the best in the field. He holds the record for scoring most runs in both T20 internationals and in IPL. In 2020, the International Cricket Council named him as player of decade. Kohli has won Man of the Tournament award twice at the ICC World Twenty20, in 2014 and 2016. He is a lot of things to Indian cricket fans and cricket fans everywhere, and one of them is a fantastic leader. He is the inspirational model of next generation

## Lifestyle

Tough And Gritty Mindset- He's firm, persistent, and hardworking.  
Virat Kohli as one of the fittest cricketers in the squad and he wants the same to be followed by his teammates  
Adaptability - Ability To Change With Time-  
Abundance of Self-Confidence

## Tips to excel in sports by Virat Kohli

Be confident  
Take criticism in your stride  
Be aggressive for your goals  
Hard work is all it takes  
Be eager to learn



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# Billabong & Sports

## Believe, Build, Battle

### El Logro (Achievement)

While most subjects at school are taught mainly in the classroom, Regular P.E. Classes and SPA (Sports and Performing Arts) provide a great opportunity for children to head outside, become active, and focus on developing their physical as well as mental health.

Sports is a major part of the school curriculum as it helps students to stay emotionally and physically healthy, which in turn helps them to focus on their studies. The active participation of our athletes shows that sports increase confidence, mental alertness, and self-esteem. Billabongers have positive mindset and are great decision makers. They are the future leaders who work in teams, patience in understanding and motivate their peers to attain the set goals. We see the thirst for success and achievement as the students cheer the participants of their house. BHISK is proud in creating Strong and Smart Billabongers.



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# BILLABONG HIGH!!

Students, students everywhere,  
Students of Billabong are conquerors not many aware!

Billabong in the outskirts of Chennai stands majestic;  
With Classrooms so fantastic.

Lovely are the blooms in the ground;  
And students adorned with laughter round.

Activities of every kind,  
Keeps popping in teachers' mind.

Learning is an art,  
Which will not for life time depart.

Learning of every form-  
Is a part of Billabong norm.

"Will they?" were the parents' concern-  
Billabong has made it happen!

With open hands and mind -  
Welcome to make the world stand behind.



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**BILLABONG HIGH**  
INTERNATIONAL SCHOOL  
**KELAMBAKKAM**

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