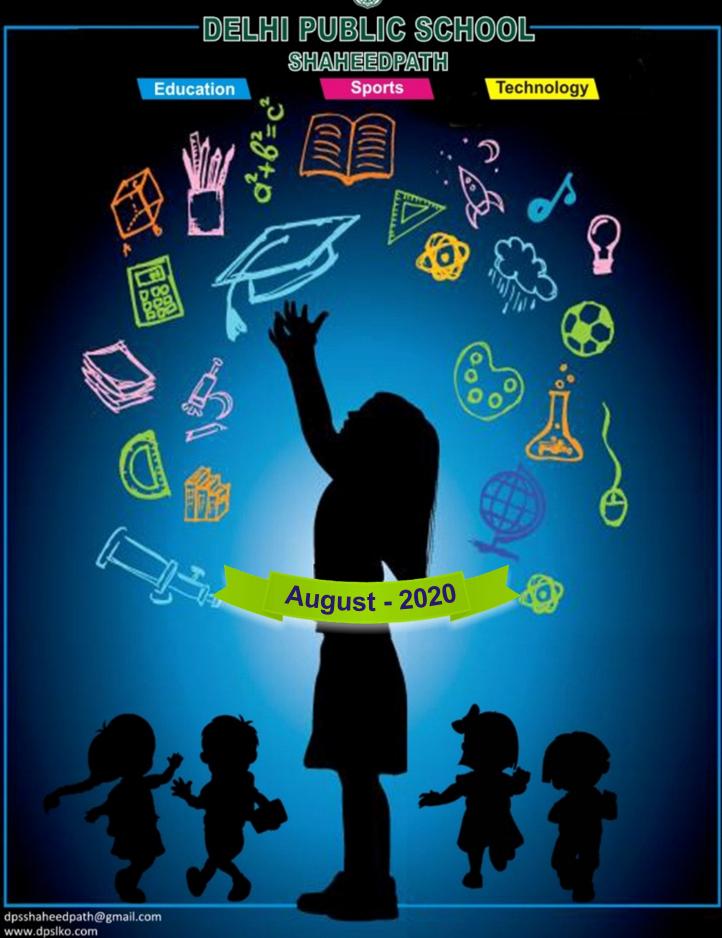
HORIZONS





PRINCIPAL'S MESSAGE

Foundation of every nation is education. The objective of education is to prepare the young to educate themselves. It is a continuous life long process and school is one of the most important components of this process. At Delhi Public School Shaheed Path, Lucknow the task of guiding children towards their journey to adulthood is taken up with utmost seriousness through strategically and scientifically planned steps so that the students and parents relax and enjoy the process of becoming lifelong learners.

Guiding principles of NCF emphasizes on connecting knowledge to life outside school and ensuring learning is shifted away from rote methods to allow holistic development of the child .Besides the familiar academic areas life skills, thinking skills, entrepreneurial skills, sports, creative and performing art are a part of the school time table. Teaching methodology is student centred and designed to capture attention, interest & concentration. Each child has the potential to be the one who can make a difference. Given appropriate support, guidance and opportunity they can create magic that will astonish us. At Delhi Public School Shaheed Path each child is provided with opportunity to realize his/her potential. We work towards shaping self confident individuals. Self confidence has three components i.e. having skills, feeling appreciated and being responsible.

Our children will be enabled to transform knowledge (what they know) and attitudes (what they feel and believe) into action (what to do and how to do). Our focus is on students acquiring precision in use of language, refined gentle manners, ability to appreciate culture, power and habit of reflection and efficiency to perform.

Education is about the total configuration of ideas, practices and conduct. Schools ought to be a breathing place, providing real meaning of life for students. We continuously strive to achieve this and get better and better every day in every way.

Dr. Manju Lakhanpal Principal DPS Shaheed Path



DPS BULLETIN

GREEN AND WHITE



Akansha Trivedi Class- XI C

TOO MANY NOISES

Nowadays your rooms are not constructed of bricks and cement instead they are constructed of pessimism, over brooding, indecision, agitation. Anxiety is not an uptown funk It is downbeat. So digging deep in the matter of what anxiety is? Anxiety is a feeling of worry, nervousness, or unease about something. In its broad meaning, it is a general emotion that every person feels now & then. Occasional anxiety is okay but anxiety disorders are different. They're a group of mental illnesses that cause constant and overwhelming anxiety and fear. Excessive anxiety can make you avoid work, school, family get-togethers, and other socio-cultural situations that might trigger or worsen your symptoms. There are 5 types of anxiety disorders:

- General Anxiety Disorder (GAD)
- Obsessive-Compulsive Disorder(OCD)
- Panic Disorder.
- Post-Traumatic Stress Disorder(PTSD)
- Social Anxiety Disorder(SAD)

In this article, I am focusing on Social Anxiety Disorder(SAD). Social anxiety or social phobia is an intense fear of being judged, negatively evaluated, or being rejected in a 'social or performance situation'. How can one know or how can we find out that a person is suffering from SAD? A person suffering from social anxiety can show physical symptoms like blushing, trembling, nausea, muscle tension, sense of doom, dizziness, and trouble in breathing. While one can find out by emotional symptoms like overthinking, afraid of being judged, and always analyzing flaws in yourself.

For children, anxiety about interacting with adults or peers may be shown by crying, having temper tantrums, clinging to parents, or refusal to speak in social situations. They also try to avoid meeting people and isolate themselves from others.

Causes of Social Anxiety are Environment, Maladaptive Behaviour, Genetics, Neurology, The Influence Of Technology.

As they say, if there is dark there is light. In the same way, this disorder can be cured in several ways. Psychotherapies like Cognitive Behavioral Therapy (CBT), in this therapy the patients are gradually exposed to dread situations and suggested ways to manage fear. Medication options are also available like Selective serotonin reuptake inhibitors (SSRIs) and one serotonin and norepinephrine reuptake inhibitor (SNRI) are considered the best medication options for the generalized form of social anxiety disorder..

To sum up, we can say that anxiety is a widespread issue in our contemporary society. So, the more a person interacts with his society, the more he maintains a positive circle around him and most importantly believes in himself... he can overcome any anxiety issue. So, Stay safe, Stay healthy, and think positive.

MY FEELINGS ON COVID-19 & ITS IMPACT ON OUR SCHOOLING



Shlesh Karwariya Class- Prep

Everyone is talking about Coronavirus.

All live under the influence of its dangerous impacts.

My Mumma told it is similar to a flu-bug.

Children and Adults all are getting affected by this virus

We should wear masks and use sanitizer on regular basis in order to keep away from its infection.

To help us stay safe and healthy, my school has closed, but our Teachers are very concerned about our Learning and studies, that's why they teach us via "Online classroom study".

I miss my school, but my Teachers and Family look after me and plan different fun activities and tasks for us at home.

When my school will re-open, I can return to school to continue my learning and see my friends and teachers.

Till then we should take proper care of ourselves.

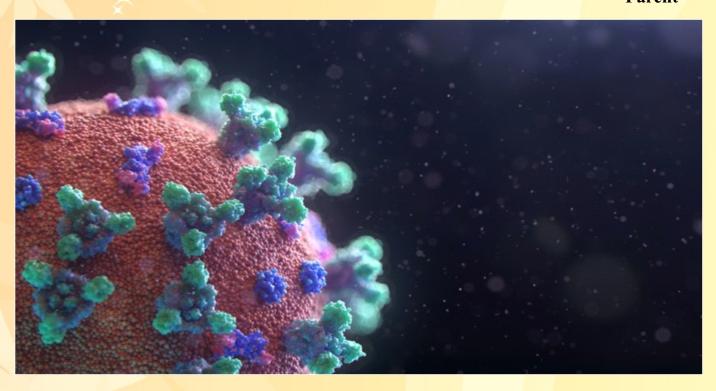
Stay Safe, Stay Healthy

Due to circumstances
surrounding COVID-19
coronavirus, use of playground
equipment is strongly
discouraged until further notice.



PANDEMIC COVID 19: HOW TO COPE UP WITH THIS DISASTER

Written by- Shrutikirti Bajpai M/o Shlesh Karwariya, Prep-A
(Personality Development Trainer)
Parent



The COVID 19 Pandemic becomes a nerve-racking amongst all age groups in the entire world. Public Health actions, like social distancing, made individuals feel very isolated, results in anxiety, stress and depression disorders. Although these actions are necessary to reduce the spread of corona disease, but it creates a negative impact on the Mental Health of Individuals. Outbreak of corona virus pandemic infections causes numerous types of fears among people and communities. Primarily, the fear regarding their own health (also the health of loved ones) and the fear of losing jobs that affecting their financial stability etc. COVID 19 has compelled the whole world to be closed them temporarily.



It jolted the world's economy, shares, stocks, education and most importantly affected the mental health of well-beings. Here we will understand the concept of mental health along with the ways to overcome the influence of this pandemic on your mental health.

Concept of Mental Health:

The Emotional, Psychological and Social well-being of individuals govern their mental health. All these factors combined to make the cognitive health to be Positive and Negative (depends on their life's situation).

Positive Mental Health allows individuals to be happy, calm, confident and social with family and friends. Individuals realize their full stamina to perform in their areas of lives. They possess the potential to cope up with the thick and thin of life and make meaningful contributions to their communities.

On the other hand, Negative Mental Health affects your thinking, mood and behavior at every stage of life even from childhood to adolescent phase.

Symptoms of Negative Mental Health:-

A big list of negative traits can be introduced but I'm summing up here with the major symptoms as mentioned below:

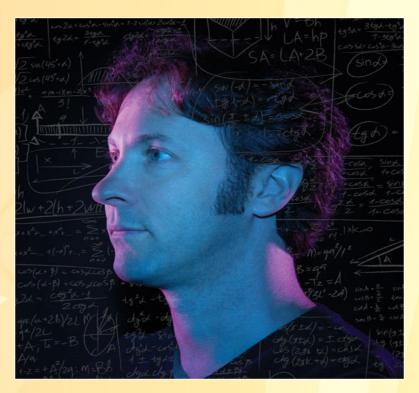
- 1. Sleeping and eating disorders.
- 2. Feeling hopeless.
- 3. Feeling unusually confused, worried, scared and anxious.
- 4. Thinking of harming yourself (Suicidal thoughts).
- 5. Yelling on surrounding people.
- 6. Consumption of drugs, like Smoking and drinking, get increased than usual.
- 7. Unexpected mood swings.
- 8. Self-doubt on your potential and self-esteem.
- 9. Affects your Productivity.

Ways to Maintain Positive Mental Health:

There are various modes to maintain yourself mentally positive not only during this pandemic but at every phase of your life. I would like to share my self-experienced methods that definitely serve my purpose for you, to cope up with such disasters:

A. Avoid Negative Information from Social-media:

Addiction of Mobiles and tablets has literally spoiled the life style of individuals from kids, teenagers to adults as well. You may take it as a suggestion or my request- Don't absorb negative data or information from social media i.e. Instagram, twitter, Face book and you-tubes etc. **Try to watch videos or read content that includes true and positive information only.**



All I'm saying this because of the science behind it. There is a link between observation, thoughts, feelings and behavior; that act as a catalyst in your thought-process of self-perpetuation. So, what content you observe or read, your brain grasps that and work accordingly, convert into feelings and show in your conduct.

B. Developing New Skills:

Ideas sharing are one of my leisure pursuits and during this Lockdown phase, I'm trying to work over it to convert it into a skill. Instead of lying on your couches and scrolling your mobile phones and tablets, just try to seek advantage of this lockdown period.

Make a list of tasks or skills that are in your pending to-do list since long, just because of your busy schedules or 'later-on' attitude (despite of Interest) and try to work over that. See, in my opinion, the Best Investment of life is 'To Invest in yourself'. So, why waiting??? Just start right now and give wings to your imagination and dreams.



COVID 19 Pandemic has jolted almost every individual from teenagers to adults psychologically. This is the best time to inculcate the habit of Meditation in your lives and also in the lives of all family members.

While Meditation, we inject long lasting benefits to our body and soul that helps us in keeping ourselves calm and stress-free, reduce depression and anxiety, improves concentration and help in connecting to others in better way. This is the key strategy to start your day positively.

D. Sleeping Schedule:

According to **National Institute of Health**, about 30% of the world population falls under the influence of insomnia. The major reason is our life style. So, you may maintain a sleeping schedule. Don't lay on your bed or sofa most of the time. If you want a sound sleep at night, the best approach is to go to bed only at night hours, in this way you can escape from the trouble of initial level insomnia.

E. Helping Others:

Believe me sharing and helping others is the highly satisfactory job in the world. It gives you immense mental peace. Passing a smile to a person may also sometimes make their day and in turn make you happy without any reason.

- F. Be Physically Active.
- G. Connect to others.

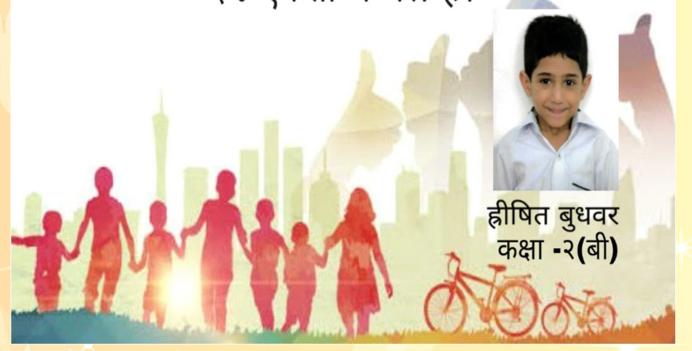
Conclusion: The aim of this Article is to understand the disaster of the pandemic COVID 19 in our lives and how to cope up with its negative impacts on our Mental Health in order to make a difference in our current scenario and lives.

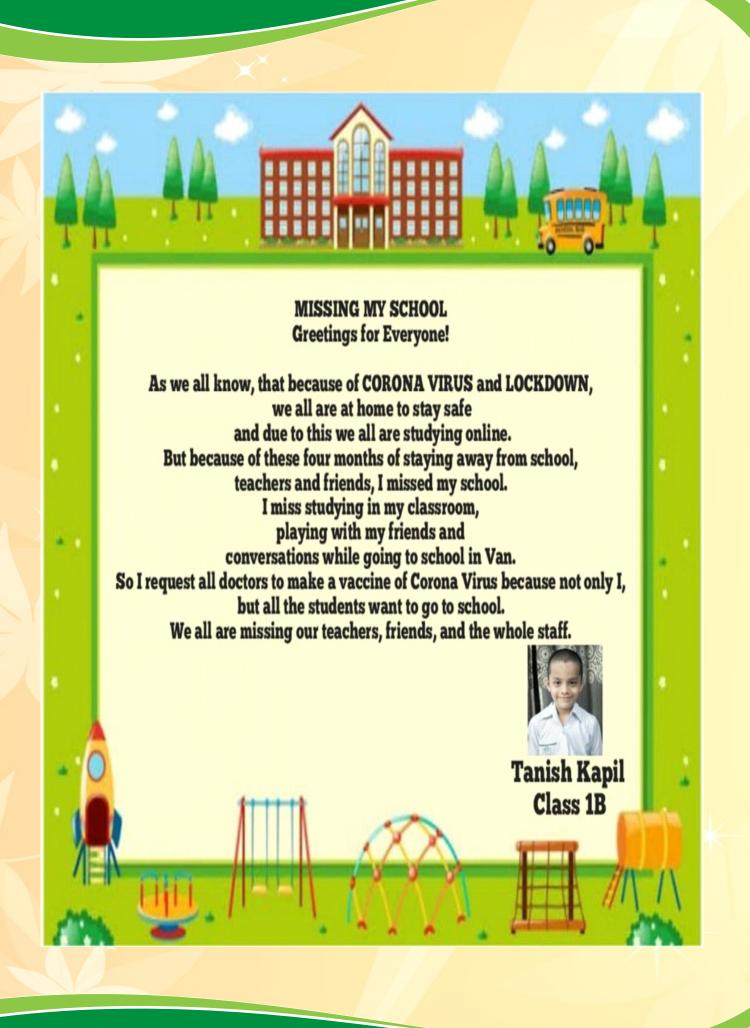
Friends, as I've already mentioned above that during this pandemic phase, I'm working on my pursuit for Sharing Ideas, for the motive of creating it into my skill, this article is a set of precedent. If this article would make a difference in your lives during this current situation of pandemic, then it reflects your positive feedback.

अनमोल वचन

- १ . लालच का अंत हमेंशा बुरा होता है।
- २. हमें समय बर्बाद नहीं करना चाहिए।
- कड़ी मेंहनत से सपनें साकार होते हैं।
 - ४ . हमें दूसरों की नक़ल नहीं करनी चाहिए।

५ . एकता में बल है।





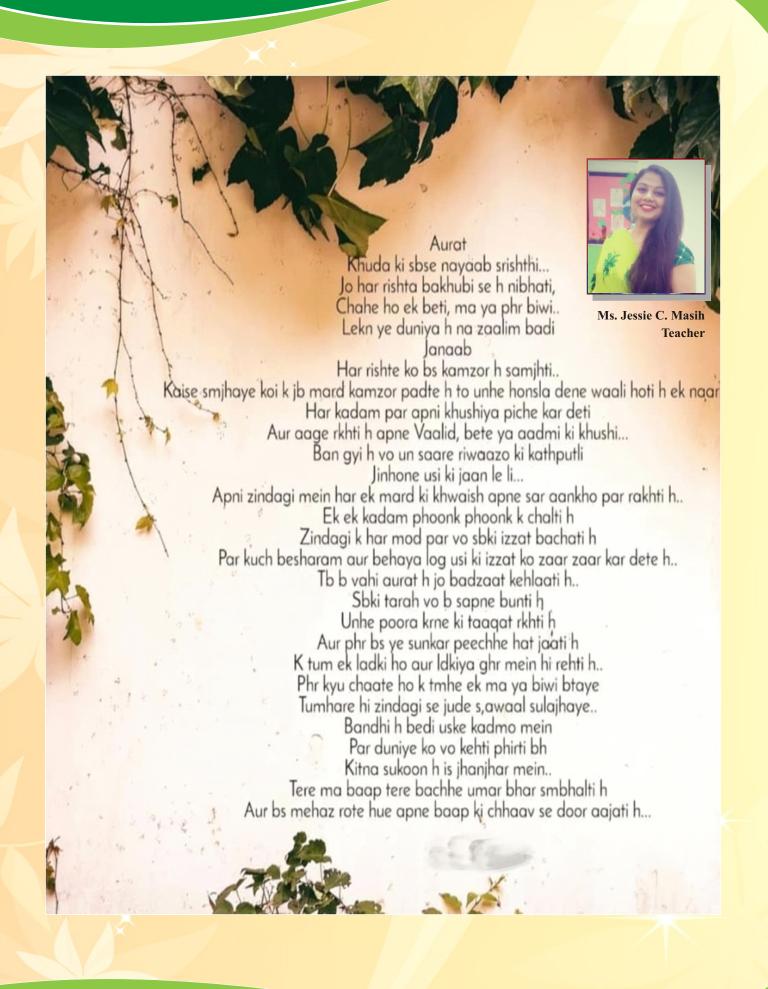
MY FAVORITE TOY

MY FAVORITE TOY IS MY LITTLE SNOWMAN, WHO HAS CUTE MITTENS. HE HAS A CARROT NOSE. TT ISN'T TRIANGLE BUT ROUND. I ALWAYS PLAY WITH HIM. HIS NAME IS WINTER FRIEND. HE ALWAYS MAKES ME SMILE.





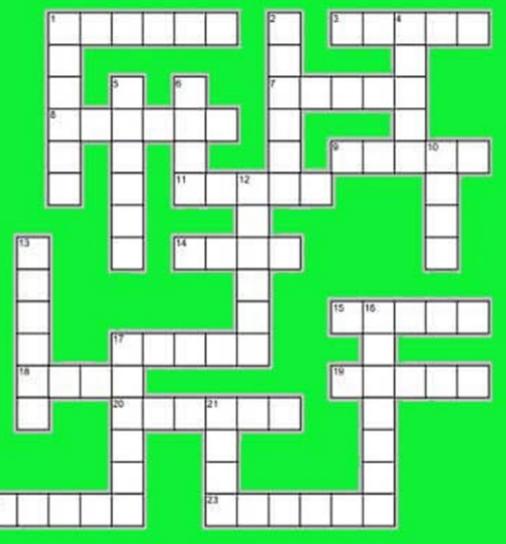
Vartika Raj Singh Class 1B



Watermelon Words



Here's a fun one crossword puzzle for all ages. The answer to every clue is spelled using only the letters in WATERMELON. Hopefully this is a sweet, juicy challenge for you, and not too seedy!



WAY TOTAL YOUR AND THE

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Students With Mr. Sonam Wangchuk (Cadakh's Water Glan)



Staff With Mr. Sonam Wangchik (Cadakh's Water Man)



