

HORIZONS



**DELHI PUBLIC SCHOOL
SHAHEEDPATH**

Education

Sports

Technology



Cover page designed by: Kumari Janawi Class: XI - C



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OCTOBER-2021



- ❖ **Readathon**
- ❖ **Words to Ponder**
- ❖ **Swachh Bharat Poster Making Competition**
- ❖ **Fancy Dress Competition (Ramayan)**
- ❖ **Dussehra Celebration**
- ❖ **Artwork**
- ❖ **Puzzles**



Abhishek Shukla
Teacher

INDIAN AIR FORCE

List of Air Chief Marshal (1947- 2021)

Indian Air Force is the fourth largest Air Force of the world and was founded on October 8, 1932. The primary mission of the Indian Air Force is to secure Indian airspace and to conduct aerial warfare during armed conflict.

The **Chief of Air Staff** is the highest rank in Indian Air Force and is equivalent to the post of **Field marshal** in the Army and **Admiral of the Fleet** in the Indian Navy.

The "**Chief of Air Marshal**" was designated as **Chief of Air Staff** till 1966. The highest rank in India's IAF is **Marshal of the Air Force**, which is conferred by the President of India only in exceptional circumstances. This article enlists the Air Chief Marshal of the Indian Air Force since 1947.

List of Air Chief Marshal of India

Name	Rank	Tenure
Sir Thomas Elmhirst	Air Marshal	15 August 1947 – 23 February 1950
Sir Ronald Ivelaw-Chapman	Air Chief Marshal	23 February 1950 – 9 December 1951
Gerald Gibbs	Air Marshal	10 December 1951 – 31 March 1954
Subroto Mukerjee	Air Marshal	1 April 1954 – 31 March 1955
Aspy Engineer	Air Marshal	1 December 1960 – 31 July 1964
Arjan Singh	Air Chief Marshal	1 August 1964 – 15 July 1969
Pratap Chandra Lal	Air Chief Marshal	16 July 1969 – 15 January 1973
Om Prakash Mehra	Air Chief Marshal	16 January 1973 – 31 January 1976
Hrushikesh Moolgavkar	Air Chief Marshal	1 February 1976 – 30 August 1978
Idris Hasan Latif	Air Chief Marshal	1 September 1978 – 30 August 1981
Dilbagh Singh	Air Chief Marshal	1 September 1981 – 3 September 1984
Lakshman Madhav Katre	Air Chief Marshal	3 September 1984 – 1 July 1985
Denis La Fontaine	Air Chief Marshal	3 July 1985 – 31 July 1988
Surinder Mehra	Air Chief Marshal	1 August 1988 – 31 July 1991
Nirmal Chandra Suri	Air Chief Marshal	31 July 1991 – 31 July 1993
Swaroop Krishna Kaul	Air Chief Marshal	1 August 1993 – 31 December 1995

List of Air Chief Marshal (1947- 2021)

Name	Rank	Tenure
Satish Sareen	Air Chief Marshal	31 December 1995 – 31 December 1998
Anil Yashwant Tipnis	Air Chief Marshal	31 December 1998 – 31 December 2001
Srinivasapuram Krishnaswamy	Air Chief Marshal	31 December 2001 – 31 December 2004
Shashindra Pal Tyagi	Air Chief Marshal	31 December 2004 – 31 March 2007
Fali Homi Major	Air Chief Marshal	31 March 2007 – 31 May 2009
Pradeep Vasant Naik	Air Chief Marshal	31 May 2009 – 31 July 2011
Norman Anil Kumar Browne	Air Chief Marshal	31 July 2011 – 31 December 2013
Arup Raha	Air Chief Marshal	31 December 2013 – 31 December 2016
Birender Singh Dhanoa	Air Chief Marshal	31 December 2016 – 30 September 2019
Rakesh Kumar Singh Bhadauria	Air Chief Marshal	30 September 2019-30September2021





Radhika Shankar
Class- XI D

BEHAVIOURAL PROBLEMS IN TEENAGERS

Adolescence is a crucial period which involves constant ups and downs in a teenager's life. It is a phase where life seems uncertain. Adolescents have tension and anxiety related to their future and career and go through various psychological changes too. Teenagers indulge in various activities that can be eventually harmful and at certain times can land them into unhealthy circumstances.

The major behavioral problems are often due to neglect by parents, academic pressure and many more factors.

Some of the problems include

SELF- HARMING

This is the activity where teenagers harm themselves by using numerous methods; it might include using a blade to cut themselves, starving themselves, hitting oneself. These activities take a toll on the mental health of the individual and have negative side effects.

DRUG ABUSE

An adolescent usually gets involved in this because of persistent peer pressure, if an individual's circle of friends is engaged in drugs; she/he is more likely to be forced into doing this. They find it as a way to look voguish in modern era.

EATING DISORDERS

To meet society's expectation of an 'ideal weight', teenagers force themselves to limit the consumption of food. There are various types of disorders like anorexia (starving oneself), bulimia (inducing vomiting after eating) This is most commonly found among girls of metro cities.

DEPRESSION

Due to constant pressure by the society, they fall into depression at a very tender age. The age which is meant to learn new things, try adventures, they end up taking anti-depressant pills and having therapies.

Parents should have a key role in focusing on the mental health of their children. They should try to identify the problem and have a healthy conversation with them. This would definitely reduce the number of problems faced by the teenagers.



WOMEN EMPOWERMENT



Niharika Singh
Class- XI A

Women empowerment refers to making women powerful and to make them capable of deciding for themselves. Women have suffered a lot through the years at the hands of men. In earlier centuries, they were treated as almost non-existent. The rights of something as basic as voting to belong only to men. As the times evolved, women realized their power. There on began the revolution for women empowerment.

As women were not allowed to make decisions for themselves, women empowerment came in like a breath of fresh air. It made them aware of their rights and how they must make their own place in society rather than depending on a man. It recognized the fact that things cannot simply work in someone's favor because of their gender. However, we still have a long way to go when we talk about the reasons why we need it.

Need for Women Empowerment

Almost every country, no matter how progressive, has a history of ill-treating women. In other words, women from all over the world have rebelled against system to achieve the status they have today. While the western countries are still making progress, third world countries like India still lack behind in Women Empowerment.

In India, women empowerment is needed more than ever. India is amongst the countries which are not safe for women. There are various reasons for this. Firstly, women in India are in danger of honor killings. Their family thinks its right to take their lives if they bring shame to the reputation of their legacy. Moreover, the education and freedom scenario is very regressive here. Women are not allowed to pursue higher education, they are married off early. The men are still dominating women in some regions like it's the woman's duty to work for him endlessly. They do not let them go out or have freedom of any kind.

In addition, domestic violence is a major problem in India. It is a life-threatening problem for an individual woman and a serious problem for all socio-economic and educational classes. It cuts across cultural and religious barriers, impeding the right of women to participate fully in society. Such problems occur because women are afraid to speak up. Similarly, the women who actually work get paid less than their male counterparts. It is downright unfair and sexist to pay someone less for the same work because of their gender. Thus, we see how women empowerment is the need of the hour. We need to empower these women to speak up for themselves and never be a victim of injustice.

Violence against women is a problem across the World. It affects women of all races, ethnic groups, classes and nationalities. It is a life-threatening problem for an individual woman and a serious problem for all socio-economic and educational classes. It cuts across cultural and religious barriers, impeding the right of women to participate fully in society.



Mellisa
Class- X A

IS INDIA REALLY A SECULAR COUNTRY?

Secularism: A Historical Perspective

“Secularism” is not just a word but a belief system that holds India as “One Entity” despite having so much diversity. It is this secular fabric of India that has made “Unity in Diversity” a reality.

The idea of secularism emerged as the mantra of the Indian nation after years of struggle. “Secularism” became the dominant principle of the nation as India was in scars of Independence. In 1947, two dominion states (India and Pakistan) were born consequent to a pact for independence from British India.

While Pakistan chose to become an Islamic state, India under the leadership of Mahatma Gandhi, Jawaharlal Nehru, Maulana Abul Kalam Azad, Vallabhbhai Patel, Netaji Subhash Chandra Bose, B. R. Ambedkar chose the path of secularism.

Idea of Secularism

Our founding fathers sought to end religious and communal strife between the communities, so that India doesn't have to face yet another partition. After years of struggle, the word “secularism” was adopted in the Preamble to the Constitution with the 42nd Amendment Act in the year 1976.

Here are some of the major communal riots that independent India has witnessed:

Gujarat communal riots (September-October 1969)

Anti-Sikh Genocide of 1984

Killing of Kashmiri Pundits and their Exodus (1989-1990)

Babri Masjid Demolition in 1992 and Bloody Aftermath

Mumbai Riots of 1992-93

Gujarat Riots (2002)

These are only the major ones. There are many other attacks on Hindus, Muslims, Christians, and many other communities that stained the secular fabric of India with blood.

Conclusion

India's secular credentials have surely been tested many times. The path towards peace and harmony is not smooth and will never be a bed of roses.

Modern Indian history has shown us that India has emerged as a stronger and more cohesive nation. India is still a truly secular nation. The united people (irrespective of class, creed, or community) working persistently to guard the secular values of this country will surely emerge victorious against the communal and divisive forces, trying incessantly to weaken the idea called Secular India.

HEALTH CARE AND NUTRITION IN CHILDREN



Anupam Chauhan
Parents of
Nishka Chauhan
Class- Prep A

The healthy development of children is crucial to the future well-being of any society. Child's health and nutrition is a matter of concern for every parent and is important for children to establish healthy eating habits.

Babies: - During this stage of life, it's almost all about the breast milk, providing almost every nutrient to the babies that they need for their steady growth. On attaining the age of about six months, most babies are ready to start solid foods like infant cereal, strained fruits, vegetables etc. as mother's milk may not provide them with enough nutrients like iron and zinc. Fats are also an important part of diet for babies as it is important for their brain and nerve development.

Toddlers and Pre-schoolers :- Toddlers and pre-schoolers grow fast so their appetites come and go in spurts, so they may eat a whole lot one day and then hardly anything the next day, calcium is the body's building block and is needed to develop strong and healthy bones and teeth. Milk is the best source of calcium and is very important for the growth of bones and teeth.

Grade-schoolers :- Children on attaining the age of 6-7 years need more protein rich food. This is the age when children need protein the most. But some children may not like meat which is a good source of protein but it does not mean that children can only get protein from meat. Rice, beans, eggs, milk and peanut butter have good amount of protein. Sugar is also needed to provide energy to the body but sugar intake should be monitored carefully as too much consumption of sugar may lead to health problems.

Preteens and Teens :- As the children step into the age of 13 to 20 years, they need more calories to support the changes experienced by them but now-a-days these extra calories come from fast food or junk food with a very little nutritional value. This is the age when teenagers become more conscious of their weight and body image and hence, tend to take low calories which may affect their overall growth. Parents should be aware of changes in their child's eating patterns and make dinners a priority. Calcium is much more needed than ever during teen years as majority of bone mass is built during this time.

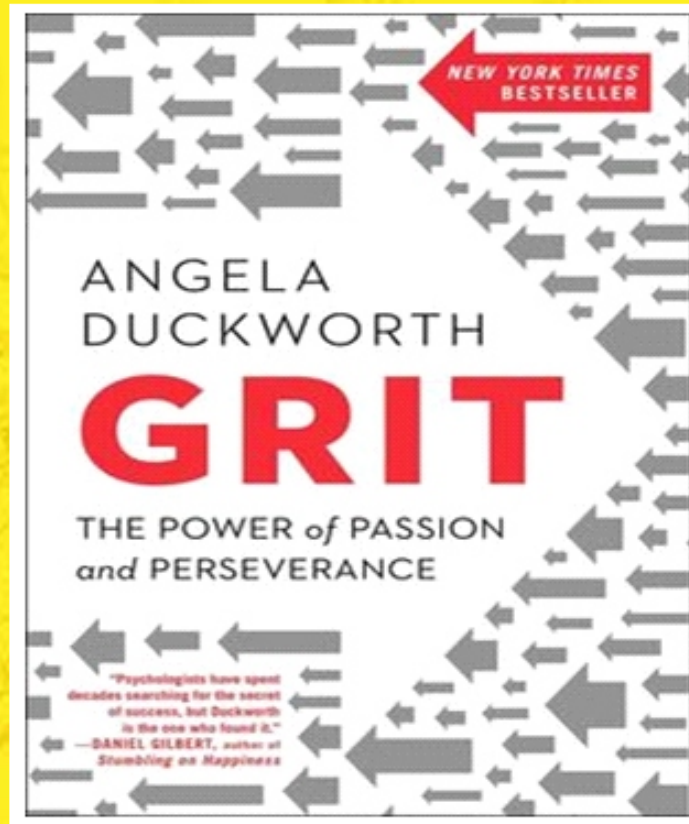
Water: - Water makes more than half of child's bodyweight and is needed to keep all the parts of the body to function properly:-

- (a) There is no specific amount of water recommended for children, but it is a good idea to give them water throughout the day and not just when child is thirsty.
- (b) Babies generally don't need water during the first year of life.
- (c) Fruits and veggies are also good sources of water.
- (d) Kids should drink more water when ill, when it's hot outside or while engaged in physical activities.

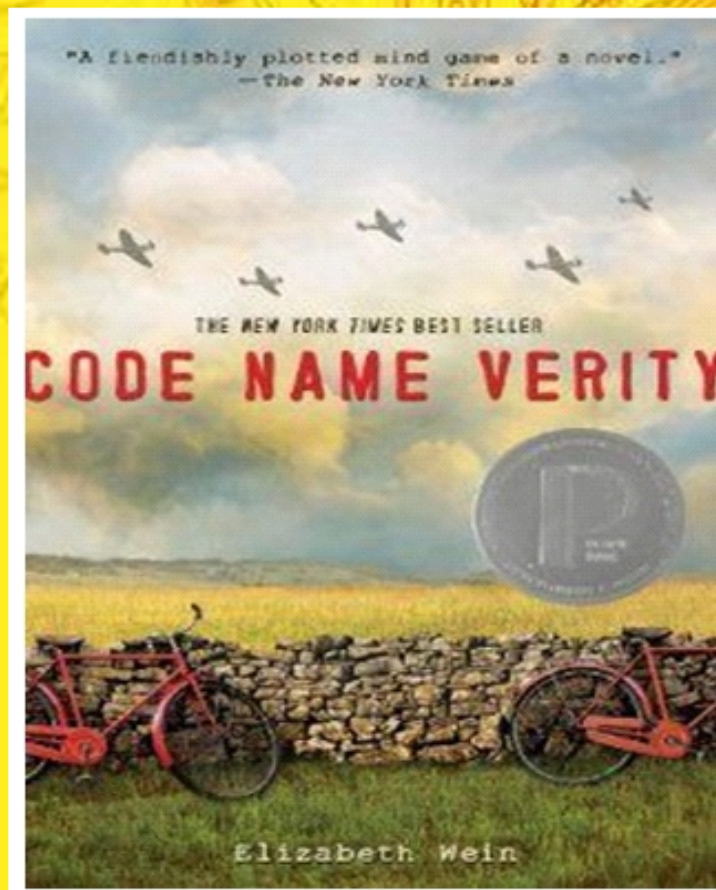


READATHON

GRIT: THE POWER OF PASSION AND PERSEVERANCE BY ANGELA DUCKWORTH



CODE NAME VERITY BY ELIZABETH WEIN



WORDS TO PONDER



Ponder (meaning)

To think about something carefully or for a long time...

Some beautiful words to ponder over

Petrichor : The pleasant, earthy smell after rain. ...

Example : Although I do love the pleasant, dewy petrichor of the post-rain afternoon, I still hope the weather stays sunny.

Serendipity : The chance occurrence of events in a beneficial way....

Example : We all have experienced the serendipity of important information arriving just when we were least expecting it.

Aurora : The dawn in the early morning.

Example : The aurora over the skyline was too beautiful not to photograph.

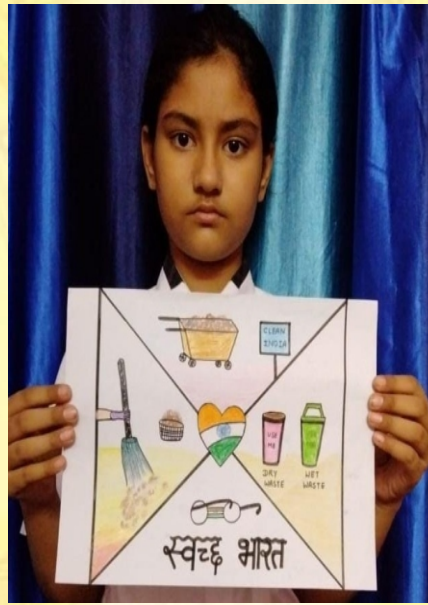
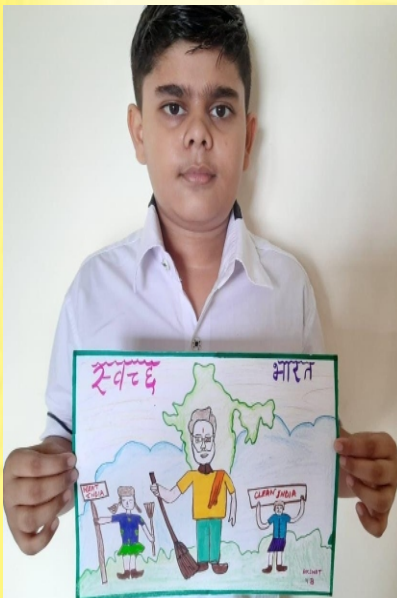
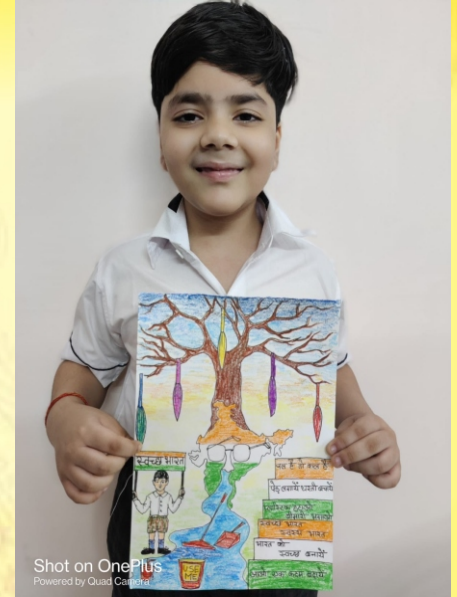
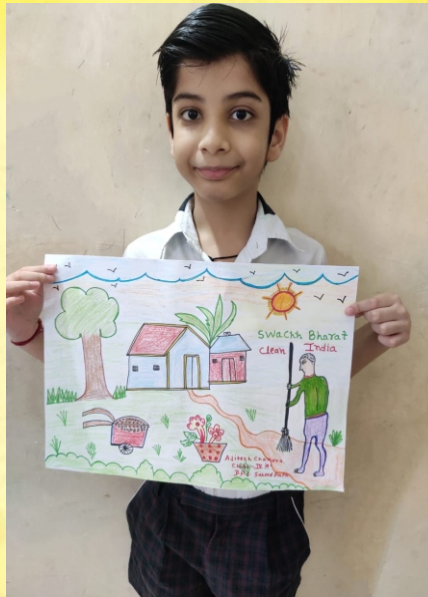
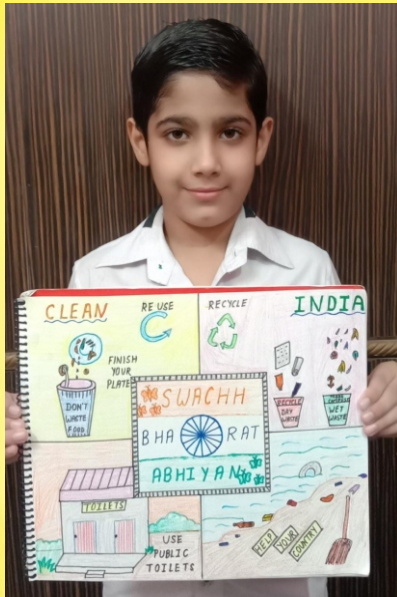




POSTER MAKING COMPETITION

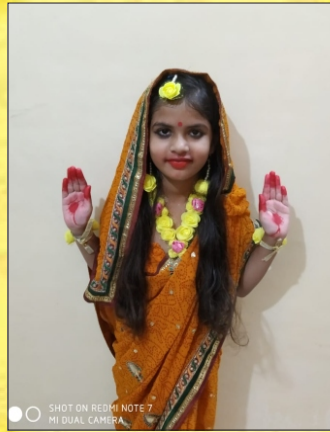


POSTER MAKING COMPETITION



रामायण

FANCY DRESS COMPETITION



Happy
Dussehra

DUSSEHRA CELEBRATION

Happy
Dussehra



ARTWORK

MANDALA ART



RAJASTHANI ART



Designed by: Anandita Sah Class: XI - D

PUZZLES

Q1 - If a giraffe has two eyes, a monkey has two eyes, and an elephant has two eyes, how many eyes do we have?

- A) 3 B) 2
C) 4 D) 5

Answer = In the sentence the question say we means the question maker and the person who is giving the answer so the answer is C) 4

Q2 - One rabbit saw 6 elephants while going towards River. Every elephant saw 2 monkeys are going towards river. Every monkey holds one tortoise in their hands.

How many animals are going towards the river?

- A) 5 B) 11
C) 8 D) 14

Answer - 1 rabbit is going towards river not the six elephants. And these 6 elephants saw 2 monkeys are going towards river. Each monkey is holding 1 tortoise. Hence, **number of animals going towards river are 1 rabbit, 2 monkeys and 2 tortoise**

$= 1 + 2 + 2 = 5$, the ans is A) 5

Q 3 - There are three boxes in a table. One of the box contains Gold and the other two are empty. A printed message contains in each box. One of the message is true and the other two are lies. The first box says 'The Gold is not here'. The Second box says 'The Gold is not here'. The Third box says 'The Gold is in the Second box'. Which box has the Gold?

Answer = As the message contains one truth, the third says that the gold is in the second box, if it is to be true, then the first box message will also become true. So Gold cannot be in second and third boxes. Gold is in the first box.

Q 4 - Poor people have it.

Rich people need it.

If you eat it you die.

- A) Money B) Brain
C) luxury items D) Nothing

Ans = Poor people have **Nothing**

Rich people need **Nothing**

If you eat **Nothing** you die.

Hence, it is **Nothing**. = answer will be D) Nothing



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