

# HORIZONS



**DELHI PUBLIC SCHOOL  
SHAHEEDPATH**

Education

Sports

Technology



Cover page designed by: Esha Singh Class: XI - D



- ❖ **1. Covid Crusaders : Respected Principal ma'am receiving award.**
- ❖ **2. Words to Ponder**
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- ❖ **4. Chef In Me Activity**
- ❖ **5. Children's Day Celebration**
- ❖ **6. Deepawali Creativity**
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- ❖ **8. Magic Show**
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- ❖ **10. Origami: Creativity with paper**
- ❖ **11. Riddles**
- ❖ **12. Readathon**





rishihood  
university  
Presents

# COVID CRUSADERS

LEADERS WHO ENSURED SEAMLESS EDUCATION AMIDST PANDEMIC



**Mr. Avani Kamal**  
Principal  
SDSN Public School  
Lucknow, Uttar Pradesh



**Ms. Reena Tiwari**  
Principal  
Souvann's Millennium Public School  
Gonda, Uttar Pradesh



**Mrs. Manju Lakhanpal**  
Principal  
Delhi Public School, Shaheedpath  
Lucknow, Uttar Pradesh



**Mrs. Kajal Agarwal**  
Principal  
Rashphil Academy  
Lucknow, Uttar Pradesh



**Mr. Anjani Kumar Dubey**  
Principal  
ABS International School  
Jaunpur, Uttar Pradesh



**Mrs. Mandvi Tripathi**  
Principal  
Lucknow International Public School  
Lucknow, Uttar Pradesh

## Award Ceremony

Date: 24.11.2021  
Time: 4 PM Onwards

Location: Fairfield by Marriott, Opposite Indira Gandhi  
Pratishthan, Gate No. 2, Vibhuti Khand, Gomti Nagar, Lucknow

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# FIGHTER SQUADRON AVANI CHATURVEDI

INDIAN AIR FORCE DAY (8<sup>th</sup> October)



Sameer Srivastava  
Teacher

**Flight Lieutenant Avani Chaturvedi** (born 27 November 1993) is an Indian pilot from Rewa district, Madhya Pradesh. She was declared as the first woman combat pilot along with two of her cohorts, **Mohana Singh Jitarwal**, and **Bhawana Kanth**. The trio was inducted into the **Indian Air Force** fighter squadron in June 2016.

They were formally commissioned by then Defence Minister Manohar Parrikar on 18th June 2016, to serve the nation.

## EARLY LIFE & EDUCATION-

Avani was born on 27 October in 1993. Her father, Dinkar Chaturvedi, is a superintending engineer in Water Resource Department of Madhya Pradesh government and her mother is a home maker. She completed her schooling from Deolond, a small town



in **Shahdol district of Madhya Pradesh**. Completing her Bachelors in Technology from **Banasthali University, Rajasthan in 2014** where she joined that college's flying club which fascinated her to fly. She passed the AFCAT and further was recommended by AFSB.

Chaturvedi likes to play chess, table tennis and to do sketching and painting.

Avani's elder brother, who is an officer in the Indian Army, inspired her to join the Indian Air Force. She also had a few hours of flying experience in the flying club of her college Banasthali University, which further inspired her to join the IAF (Indian Air Force).

## CAREER-

Avani Chaturvedi was selected to train at **Hyderabad Air Force Academy** and had completed the training at the age of 25. After completing one year of training there, Chaturvedi became a fighter pilot in June 2016. Once Chaturvedi completes Stage III training at Bidar in adjoining Karnataka next year, they will be able to fly fighter jets like the **Sukhoi Su-30MKI and Tejas**.

In 2018, Chaturvedi became the first Indian woman pilot to take a solo flight in a **MiG-21**. In 2018 Avani was promoted to the rank of Flight Lieutenant.

Chaturvedi is posted in Indian Air Force No. 23 Squadron Panthers in **Suratgarh, Rajasthan**.

## AWARDS & RECOGNITION-

In 2018, she was honoured with the doctorate degree from **Banasthali Vidyapeeth**.

On 9 March 2020, Chaturvedi was awarded with **Nari Shakti Puraskar** by President **Ram Nath Kovind**.



# BENEFITS OF HEALTHY EATING HABITS



**Sneh Mehrotra**  
**Parents of**  
**(Abeer & Hrishit Budhwar**  
**Class-III A,B)**

Many children and families today have busy schedules. These make it hard to sit down to homemade meals every day. Unhealthy food can have a negative effect on your child's health. Some of the problems unhealthy eating causes can continue into adulthood. They can even develop into lifelong diseases.

Healthful eating has many benefits for children.

It can:

- Stabilize their energy.
- Improve their minds.
- Even out their moods.
- Help them maintain a healthy weight.
- Help prevent mental health conditions. These include depression, anxiety, and ADHD.

## 10 Healthy Eating rules.

1. Load your plate with vegetables.
2. Eat a balanced breakfast.
3. Don't starve yourself.
4. Ask questions when you eat out.
5. Have a plan when you hit the grocery store.
6. Cut down on processed foods.
7. Limit your sodium and sugar.
8. Don't just count calories.
9. Switch to whole grains.
10. Enjoy your food.

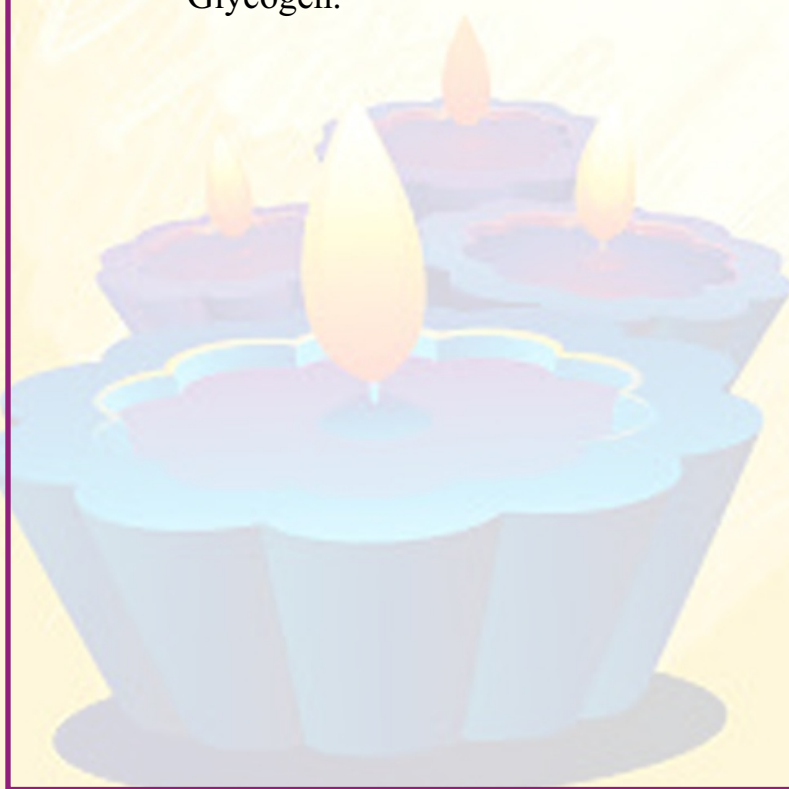




**Khushi Rai**  
**Class XI C**

# NUTRITION

The effective management of food intake and nutrition are both key to good health. Smart nutrition and food choices can help prevent diseases. Food and nutrition are the way through which we get fuel, providing energy to our bodies. Fats, Proteins and Carbohydrates all are required. Maintaining key vitamins and minerals are also important to maintain good health. Understanding good nutrients and paying attention to what you eat can help you maintain and improve your health. Water too is an important component of nutrition as it is required in amounts that exceed the body's ability to produce it. All biochemical reactions occur in water. It fills the spaces in and between cells and helps form structure of large molecules such as Protein and Glycogen.



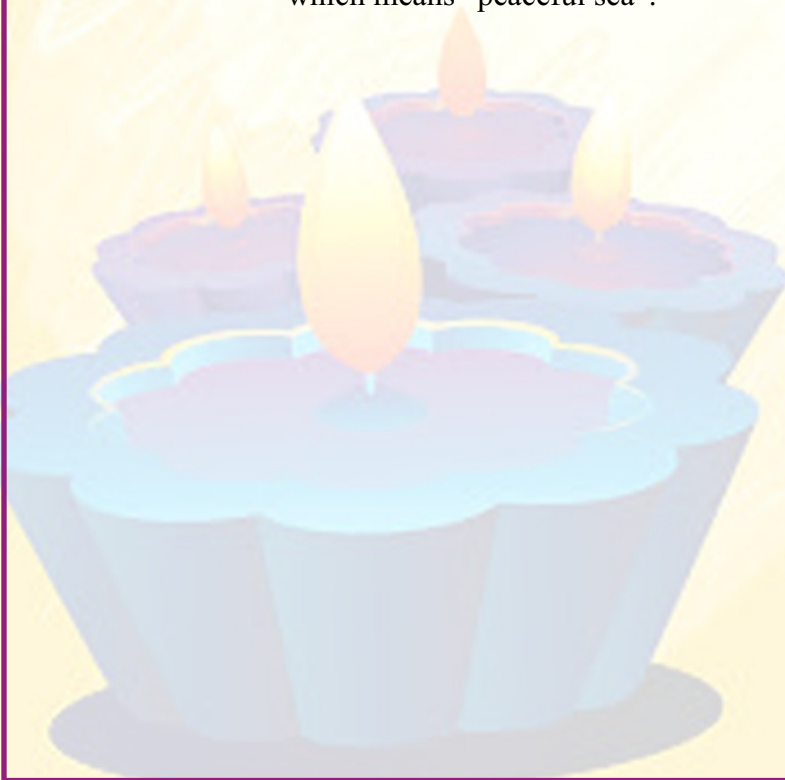




**Abeer Budhwar**  
**Class III A**

## **DID YOU KNOW ?**

1. Oxford Dictionaries chose “selfie” as the word of the year for 2013.
2. “Facetious” is a word in which all five vowels are in alphabetical order.
3. Rabbits and parrots can look behind themselves without turning their heads.
4. A group of crows is called a 'murder'!
5. Pandas spend up to 14 hours a day eating.
6. Even if there was only one drop of blood in 100 litres of water, a great white shark would smell it!
7. The name 'Pacific Ocean' comes from the Latin name *Tepre pacificus*, which means “peaceful sea”.





# SARS COV-2



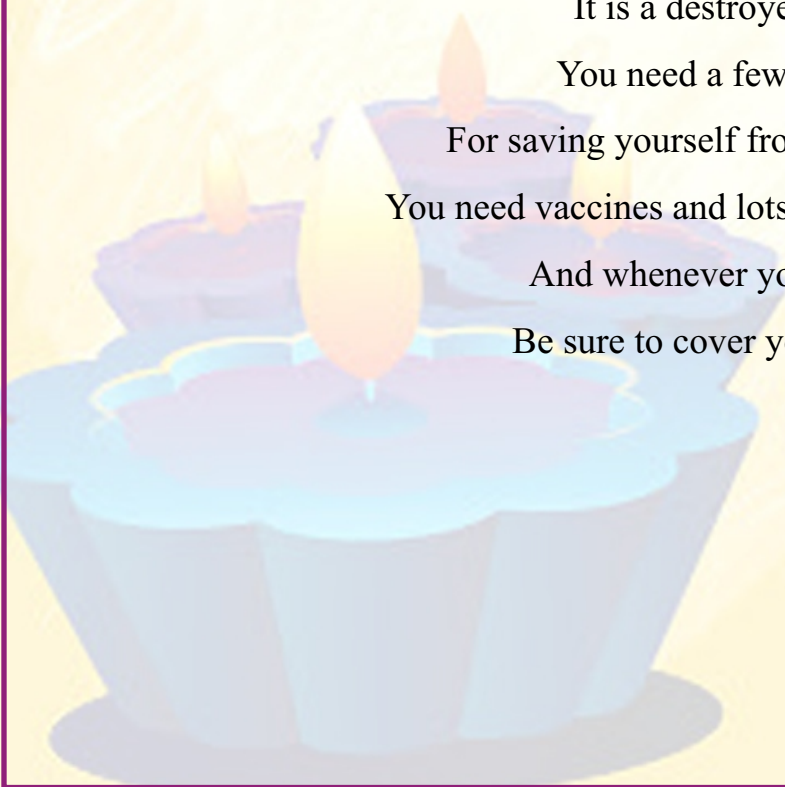
**Advaith Sandeep**  
**Class VIII C**

The Second wave isn't over  
The danger ain't a goner.  
It's still lurking all over  
Around every nook and corner  
There is a vaccine for the elders.  
But is there one for our country's future?

This is a killer disease  
That can kill you with such ease  
Alpha , Beta , Gamma , Delta  
Now we have Echo from South Africa

SarsCOV-2

It is a destroyer true  
You need a few things  
For saving yourself from this disease  
You need vaccines and lots of common sense  
And whenever you go out  
Be sure to cover your snout.







**Aarna Kulshrestha**  
**Class VIII C**

# CLEANLINESS

Cleanliness is a habit which must be inculcated in everyone. Cleanliness enforces a healthy mind and soul. It includes keeping ourselves physically and mentally clean. It helps in developing a good and pleasant personality. It reflects good character as well. Cleanliness is very essential to maintain a healthy lifestyle and a good standard of living. Various programmes and civil laws have been run and implemented by the Government of India. We all should acquire clean habits from our childhood and follow them throughout our lives. A person with clean habits can overcome his civic desires and dirty thoughts very easily. We should take care of the wastage in our daily lives and put it only in the dustbin for proper disposal and prevent infection from spreading. Cleanliness is not the responsibility of only one person but of each and every individual living at home, in society, community and country.

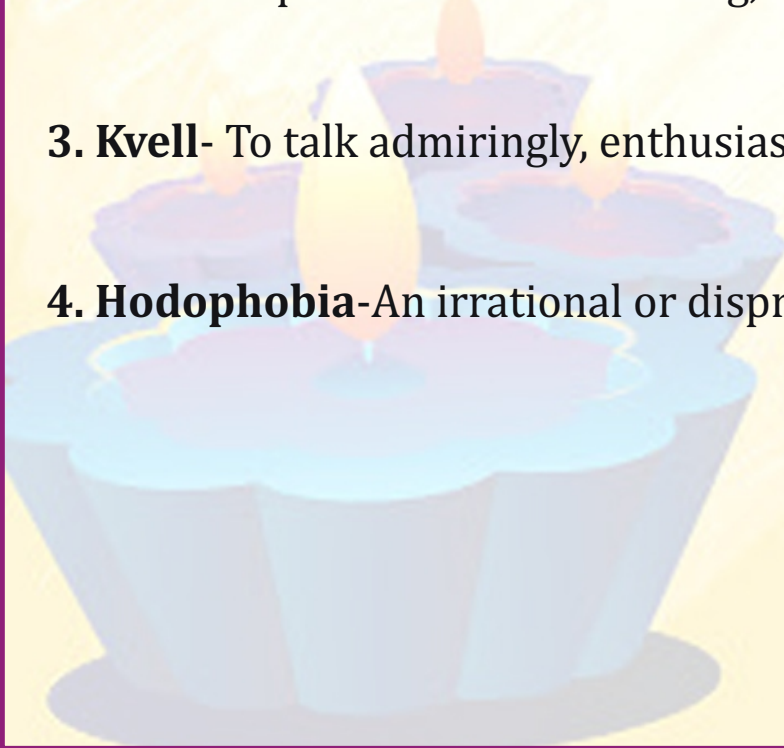


# WORDS TO PONDER



Some beautiful words to ponder over

1. **Angst** To feel or express anxiety .
2. **Suave** A person who is charming, confident and elegant.
3. **Kvell**- To talk admiringly, enthusiastically, or proudly about something.
4. **Hodophobia**-An irrational or disproportionate fear of traveling.







# DIYA DECORATION ACTIVITY







# CHEF IN ME COMPETITION







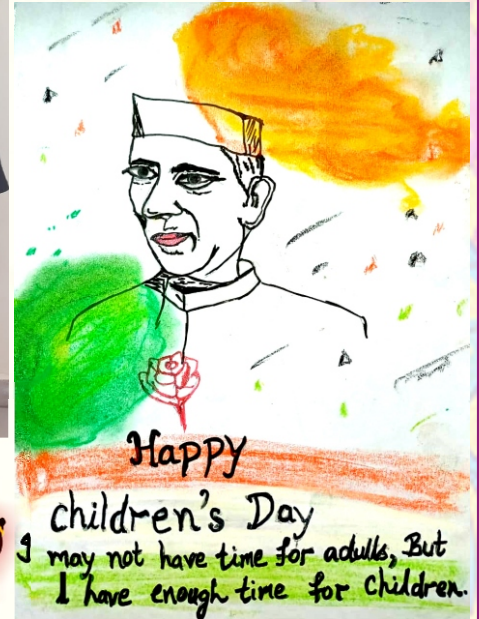
# CHEF IN ME COMPETITION







# CHILDREN'S DAY CELEBRATION



# DEEPAWALI CREATIVITY



By- Anandita Sah Class XI D



By- Swati Chauhan Class XI D





# CHILDREN'S DAY CELEBRATION







# RANGOLI MAKING COMPETITION







# MAGIC SHOW







# THANKS GIVING DAY ACTIVITY





# ORIGAMI CREATIVITY WITH PAPER







# RIDDLES

**1. Riddle:** What has to be broken before you can use it?

**Answer:** An egg

**2. Riddle:** What is full of holes but still holds water?

**Answer:** A sponge

**3. Riddle:** What is always in front of you but can't be seen?

**Answer:** The future

**4. Riddle:** What goes up but never comes down?

**Answer:** Your age

**5. Riddle:** I shave every day, but my beard stays the same. What am I?

**Answer:** A barber

**6. Riddle:** What can fill a room but takes up no space?

**Answer:** Light

**7. Riddle:** People make me, save me, change me, raise me. What am I?

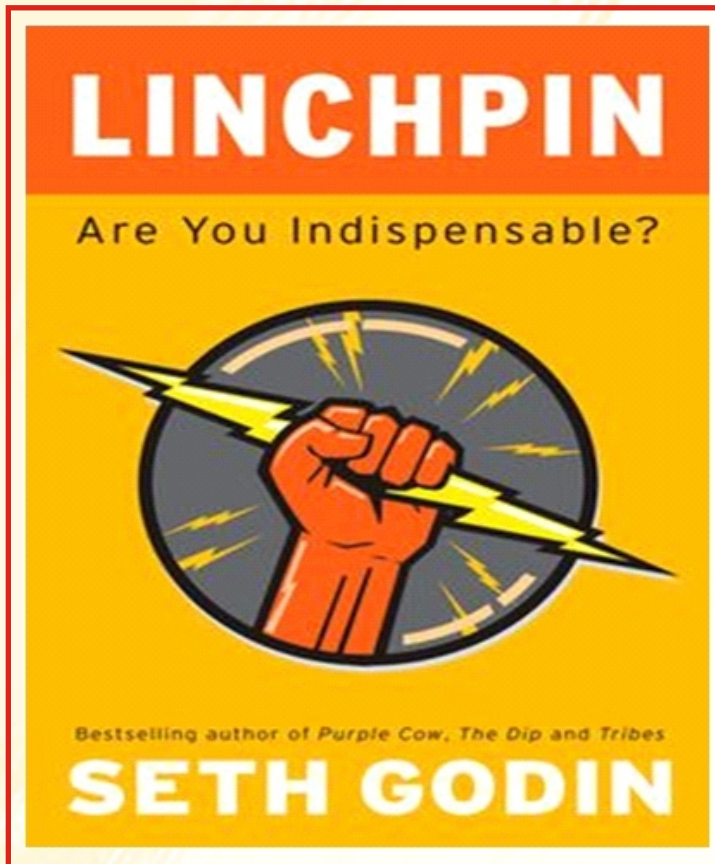
**Answer:** Money

**8. Riddle:** What goes through cities and fields, but never moves?

**Answer:** A road

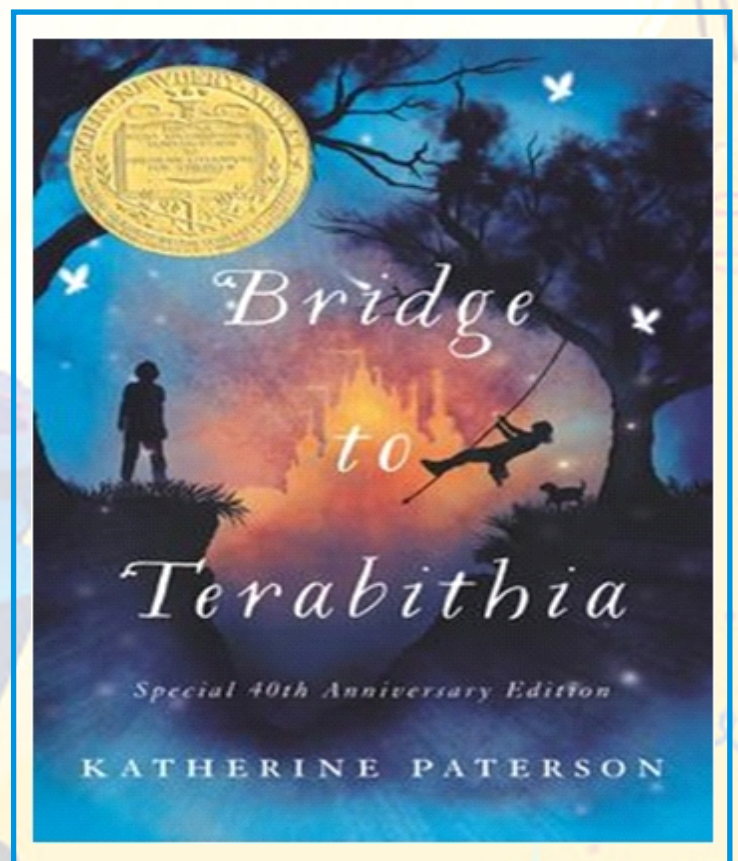


# READATHON



1. LINCHPIN  
BY- SETH GODIN

2. BRIDGE TO TERABITHIA  
BY- KATHERINE PATERSON





# Delhi Public School SHAHEEDPATH

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