



# DPS CHRONICLES NOVEMBER 2022

Education

Sports

Technology

NEWSLETTER







"A dream does not become reality through magic; it takes sweat, determination, and hard work."

We heartily congratulate our young achievers who made the school proud by winning accolades in various Inter School Competitions.





# NEWSLETTER

## Celebrating Achievements of our children



"Every ounce of sweat on the ground is another ounce of joy when the scoreboard is in your favour."  
Congratulations to all the achievers of Colosseum 2022, Inter School State Athletic Championship recognised by Uttar Pradesh Athletics Association.







The global festival of Halloween was celebrated with much fun and fanfare by the tiny toddlers of Pre-Primary wing. The children came dressed in various outfits to mark the welcoming of good spirits and driving away of the bad spirits in their lives.



ini Public  
Shaheed Pat







DPS, Shaheed Path took tiny tots to a magical ride. The lively and fun-filled show helped the children amplify their observation skills and concentration. The memory of the magic show will stay in the memory of students forever.

The show was a great success and was thoroughly enjoyed by everyone.





# Children's Day





# Children's Day



Children's Day makes for a perfect day to pamper kids and let them enjoy it to the fullest. That is why DPS, Shaheedpath organized an excursion trip to Dreamland and a movie show for the children of all grades. They enjoyed their day to the fullest.







It brings us great joy to share with you that DPS Shaheed Path's student committee organised a grand Intra School Event guided by enthusiasm and a vigor to showcase their diverse talents. We hope to continue Inquizest with similar zeal in the upcoming years.



## Children's Safety



Wisdom is giving children their wings, along with the rudder of awareness to keep them safe from the prying hands. A day was specially dedicated to safeguard and protect our little ones and give them the warmth of well-being through a planned programme on 'good touch and bad touch'. The children learnt to identify the "NO TOUCH" areas and understood



that who are safe adults and whom to report when there is an alarming situation. They also learnt to build their Circle of Safety which will include their immediate five trustworthy people.







DPS Shaheed Path took the initiative of conducting a workshop for the students along with UP traffic police officials in the school premises. The aim was to inculcate road safety culture and to make students aware about voluntary compliance towards traffic rules. These safety measures are vital for everyone specially the students to reduce the number of fatalities. This 'One hour training session' involved the lessons of five E's (education, enforcement, engineering, environment and emergency), traffic norms, rules and penalties in cases of violation. TSI Mr. Jogender Singh, ASI Mr. Ravindra Nath Tiwari and their team discussed many important aspects of the road signage and traffic signals.





### शारीरिक व्यायाम

"व्यायाम से लंबी आयु, ताकत और सुख मिलते हैं। निरोगी होना सौभाग्य की बात है। अच्छे स्वास्थ्य से ही सभी काम पूरे होते हैं।"

शारीरिक व्यायाम बच्चे के संपूर्ण विकास में सहायक है और मांसपेशियों को विकसित करके समग्र शक्ति में सुधार करता है। बच्चों के लिए शारीरिक व्यायाम का एक महत्वपूर्ण पहलू है कि यह मोटापे से लड़ता है और वजन को नियंत्रित रखता है।

बच्चों के लिए शारीरिक गतिविधियाँ वे हैं जिन्हें बच्चा अपनी ताकत और सहनशक्ति बढ़ाने के लिए आसानी से प्रयोग में लाता है। बच्चों के लिए शारीरिक गतिविधियाँ नियमित एवं रोमांचक होनी चाहिए। जैसे - खेल, व्यायाम योग, नृत्य एवं तैराकी आदि।

बच्चों के शारीरिक व्यायाम के लिए किसी विशेष उपकरण की आवश्यकता नहीं है। शिक्षक एवं माता-पिता के मार्गदर्शन से बच्चे बड़ी आसानी से अपने लक्ष्य को प्राप्त कर सकते हैं। बच्चों की शारीरिक वृद्धि एवं मानसिक विकास के लिए नियमित व्यायाम आवश्यक है। बच्चों के लिए खेल, व्यायाम शारीरिक गतिविधियों से जुड़े विभिन्न स्वास्थ्य लाभ हैं-दिमाग को तरोताजा करते हैं और एकाग्रता के स्तर को बढ़ाते हैं। खेल बच्चों में ऊर्जा का संचार करता है, उन्हें तनाव एवं अवसाद से मुक्त करता है। यह बच्चों की प्रतिरोधक क्षमता को बढ़ाता है। मांसपेशियों की ताकत और सहनशक्ति का निर्माण करता है। शारीरिक व्यायाम एवं खेल बच्चों को असाध्य रोगों से बचाता है। यह वजन को नियंत्रित कर शरीर से संबंधित समस्याओं का निदान करता है। अतः यह सत्य है कि - "स्वस्थ शरीर में ही स्वस्थ मस्तिष्क का विकास होता है।"

हिन्दी शिक्षिका  
मुक्ता ओझा





*Thank  
You!*

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