

HORIZONS

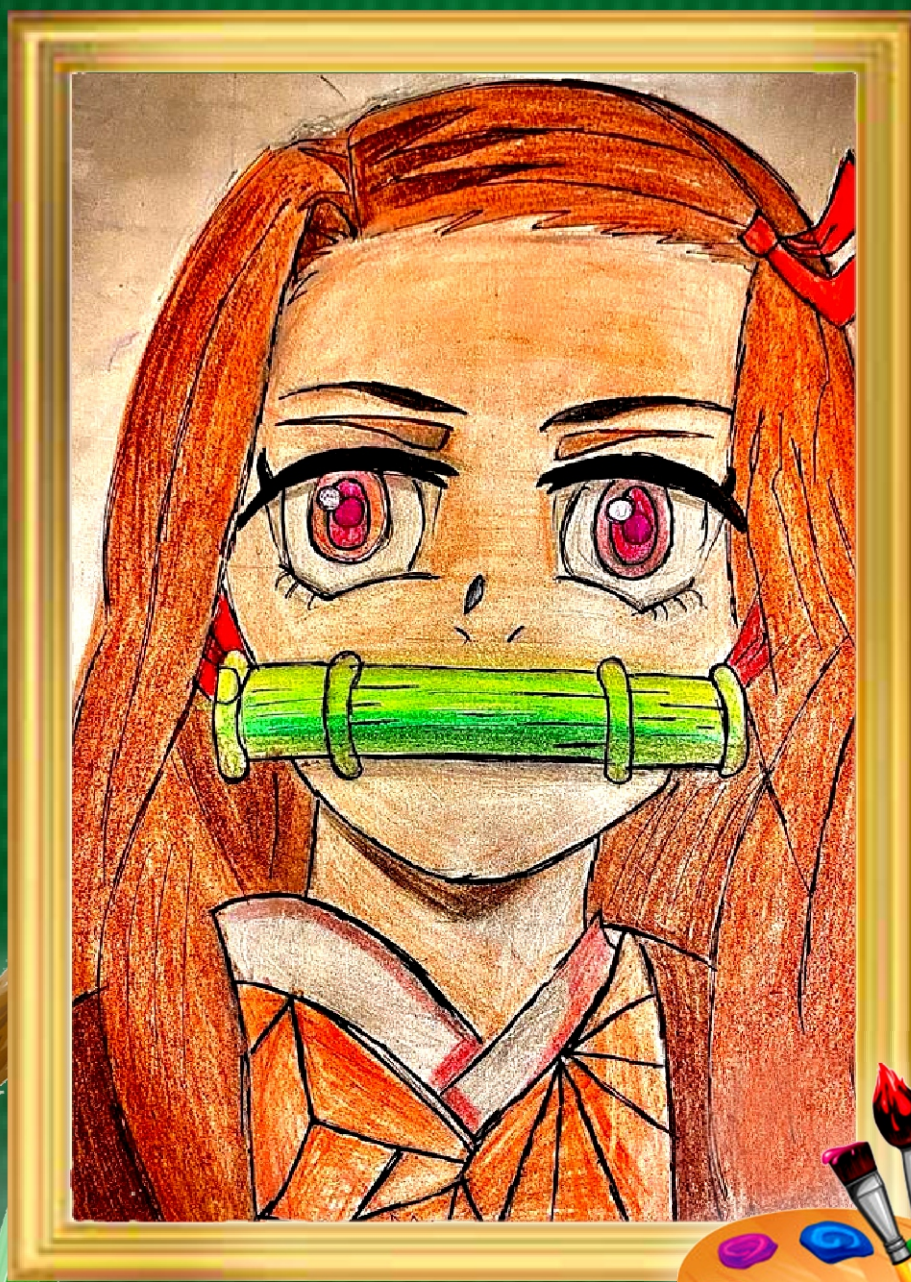


**DELHI PUBLIC SCHOOL
SHAHEEDPATH**

Education

Sports

Technology



Cover page designed by: Aaradhya Srivastava Class V- A

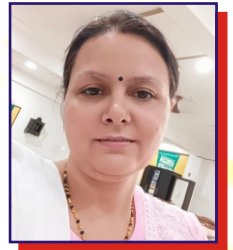


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MARCH-2022



- ❖ **Words to Ponder**
- ❖ **Senior teachers felicitated for significant contribution as educators by Maharishi Dayanand University**
- ❖ **Women's Day Celebration**
- ❖ **Proactive and Meaningful Interaction Session of Principal ma'am with Parents of class X and XII.**
- ❖ **Maha Shivratri Celebration**
- ❖ **Student's Creativity**
- ❖ **Freshers and Farewell.**
- ❖ **Chakra Meditation and Yoga Session for Teachers.**
- ❖ **Scholar Badge Ceremony.**
- ❖ **Festival of colors - Holi Activity**
- ❖ **Riddles**



Rini Mishra
Parents of
Harshi Mishra
Class IV A

NUTRITION

Raising a family isn't always easy. You are busy and so are your children. There is a lot to do in a little time. Today many kids are overweight or obese. A healthy active lifestyle is helpful in maintaining weight. It can prevent health issues such as diabetes, heart diseases, high blood pressure, asthma. It is important to create healthy habits early on. These will help you to make smart choices for your family. Children imitate their parents, so it's important to set a good example. The tips below can help your family to be healthy and happy.

EATING BETTER FOR CHILDREN AND FAMILY

Start the day with a healthy breakfast. It refuels the body and provides energy for the day. Let kids help plan and prepare one meal each week. Eat together as a family as often as possible. Take time in eating and chew slowly. It takes 20 minutes for the brain to tell the body that you are full. Eat more vegetables and fresh fruits. Aim for a total of 2 cups of fruits and 2 and a half cups of vegetables each day. Eat more whole grains and drink plenty of fluids.

HEALTHY MEALS

Reward children with praise not food. Do not demand or reward a clean plate, let your children ask for more if they are still hungry. Read nutrition labels for serving size. This information can help you select foods that fit your family needs. Avoid cooking with butter or vegetable oil. Bake, boil, or grill foods. Choose snacks that provide nutrients and energy. These are essential for active growing children. Ask your doctor about vitamin supplements for you and your children.

BEING MORE ACTIVE FOR CHILDREN AND FAMILY

Try to get between 30 and 60 minutes of physical activity each day. Include physical activity in your daily routine. Walk as a family before or after meals. Make play time for your family fun. Be active by shooting hoops or playing tag. Be active in the home. Limit Television, computer, and video games time to less than 2 hours per day. Encourage physical activity instead.

BEING MORE ACTIVE FOR YOURSELF

Park the car further away at work or stores. Take the stairs instead of the elevator. Get off the bus one stop earlier and walk the rest of the way. Exercise while watching television at home. Use a machine, lift weights and stretch. Walk to do errands. Be a role model for your children. Do something active every day.





Divya Verma
Teacher

एक बार चार दोस्त थे। वे अपनी शिक्षा प्राप्त करके नौकरी की तलाश में थे। एक दिन उन लोगों को नौकरी के इंटरव्यू के लिए बुलाया गया। सभी अच्छे से तैयार होकर गए। आखिर में उन चारों का चयन भी हो गया। जब उन लोगों ने मैनेजर से पूछा कि हमें हफ्ते में कितने दिन आना होगा? मैनेजर बोला, रोज आना है।

सर रोज! सभी चौंक गए। लेकिन सर रविवार को भी छुट्टी नहीं?

नहीं बिल्कुल नहीं, रविवार को ज्यादा काम होता है दूसरी कंपनी के लोग आते हैं, सारी व्यवस्था करनी होती है, मैनेजर बोला।

चारों दोस्तों ने सोचा कि सातों दिन काम, मतलब कि वेतन ज्यादा। चारों ने उत्साहित होकर वेतन पूछा तो मैनेजर ने कहा - "इसके लिए आपको कोई वेतन नहीं दिया जाएगा और काम करते समय आपके चेहरे पर शिकन नहीं आनी चाहिए, मुस्कुरा कर काम करना है।"

चारों ने सोचा अरे! ऐसा कौन है जो सातों दिन काम करे, और वेतन भी नहीं।

तो बच्चों जल्दी से बताओ है कोई ऐसा जो बिना वेतन के काम करता है?

हाँ, बच्चों हम सबकी माँ।

कभी सोचा है उनके बारे में?

चलो आज से उनका वेतन निश्चित करते हैं। अरे, अरे घबराओ नहीं।

हम उनका वेतन ऐसे दे सकते हैं -

- 1) माँ के प्रति आदर सम्मान
- 2) माँ का कहना मानना
- 3) पलटकर जवाब ना देना
- 4) ऊँची आवाज में बात ना करना
- 5) उनके कामों में मदद करना





Om Ajay Srivastava
Class IX C

IMPORTANCE OF YOUTH IN THE MAKING OF A NEW INDIA

Youth are the constituents of the society. They are the prodigious power of any country. They are the current hope of mankind. They are that tough base or medium that is required to form a better and independent India. Youths have new intentions and motives with wide perspective along with the capability to bring a wave of change in the silent sea. They are energetic. No one can win over the level and aura that young students can get in to form a New India.

It is high time all these old timers took a back seat and allowed young ones to come in power. Youths have new ideologies and constructive views with a better vision and a high IQ. If we desire for success, prosperity, peace and safety to be accomplished, active participation of youth is a must. They are the ones who can contribute their best by giving in their best. Given the opportunity, they can work wonders. There are various issues of nepotism and favor it is meting away the actual talent of the country. It is the role of the government to bring all of this to an end, as soon as possible and give equal chance to every youth to prove themselves worthy.

Equal opportunities must be for all, irrespective of caste, creed, gender, race, religion, and more. In today's scenario, we see that reservation plays a vital role in every government job opportunity, due to which many deserving candidates fail to acquire the job which harms the economy and development of the country as well as it is quite demotivating for the candidate who failed in getting the job just because of reservation.

All the issues can be easily overcome, provided the entire youth power and resources are utilized under the guidance of dedicated leaders. We, the youth, are invincible. Try us and we will conquer the world with integrity.



Aarna Kulshresth
Class VIII C

RESPONSIBILITIES

When God made it, it was fine, perfect and beautiful. We, as His trustees, were made to inherit it. Our forefathers utilized it and were benefitted from its bounties. It was during those good old days when we were few. Afterwards, our numbers steadily increased and our knowledge also expanded. Unfortunately, we did not use this abundant knowledge to do justice to the earth.

Now, after about 10,000 years of our recorded history, in this so called age of enlightenment, the earth and its affairs are in a big mess. Because of our boundless greed, we indulged in over exploitation of the earth's resources and lost sense of sustainable and responsible development. We did not think of our responsibility as trustees of the earth and its resources. We even forgot our future generations and their interests. This has not only endangered our existence but the future of our planet, which accommodates the most honoured and the best creation of God, ie, the human beings. The question is, how to strike a balance between our ever increasing material requirements and depleting and degenerating natural resources?

If we fail to achieve balanced, sustainable and eco friendly development, our progress and our future may be in the gravest danger. If we do not mend our ways, we may end our days for ever.

It is high time that we, the intellectual elite should join hands to stem the rot and restore order to save the planet. Nature has to be accepted as the best gift of God to humanity and its basic characteristics are to be safeguarded. Besides this, nature should be preserved in this pristine purity as it is the sign of God. We, being the trustees of nature, should utilize it for our benefit without harming it.

WORDS TO PONDER



1. **BRUSQUE** - Short and abrupt
2. **JABBER** - To talk in a noisy and excited manner
3. **BLANDISHMENT** - Intentional flattery for persuasion
4. **EGREGIOUS** - Reprehensible or outrageously bad

SENIOR TEACHERS FELICITATED FOR SIGNIFICANT CONTRIBUTION AS EDUCATORS BY MAHARISHI DAYANAND UNIVERSITY



WOMEN'S DAY CELEBRATION



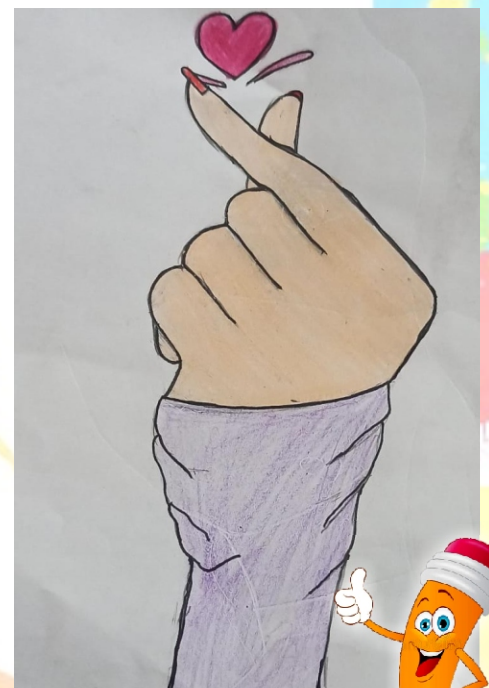
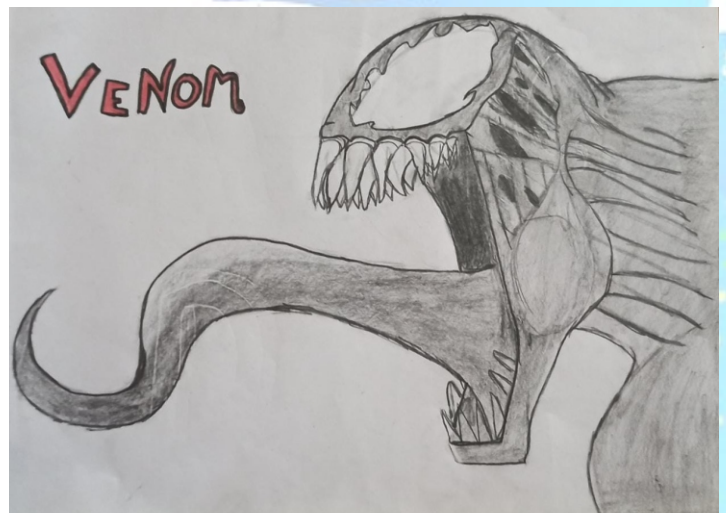
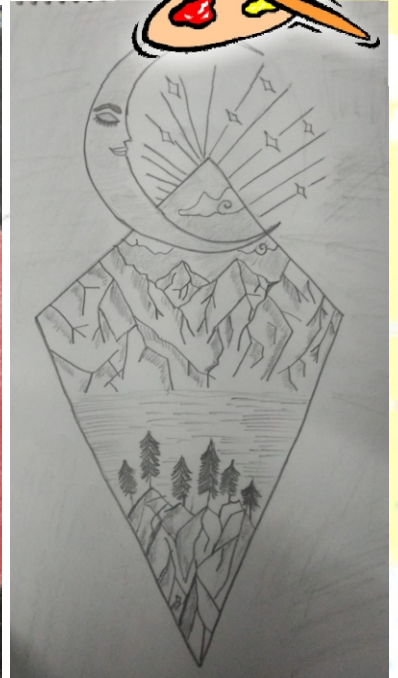
PROACTIVE AND MEANINGFUL INTERACTION SESSION OF PRINCIPAL MA'AM WITH PARENTS OF CLASS X AND XII.



MAHA SHIVRATRI CELEBRATION



STUDENT'S CREATIVITY





STUDENT'S CREATIVITY



FRESHERS AND FAREWELL



FRESHERS AND FAREWELL





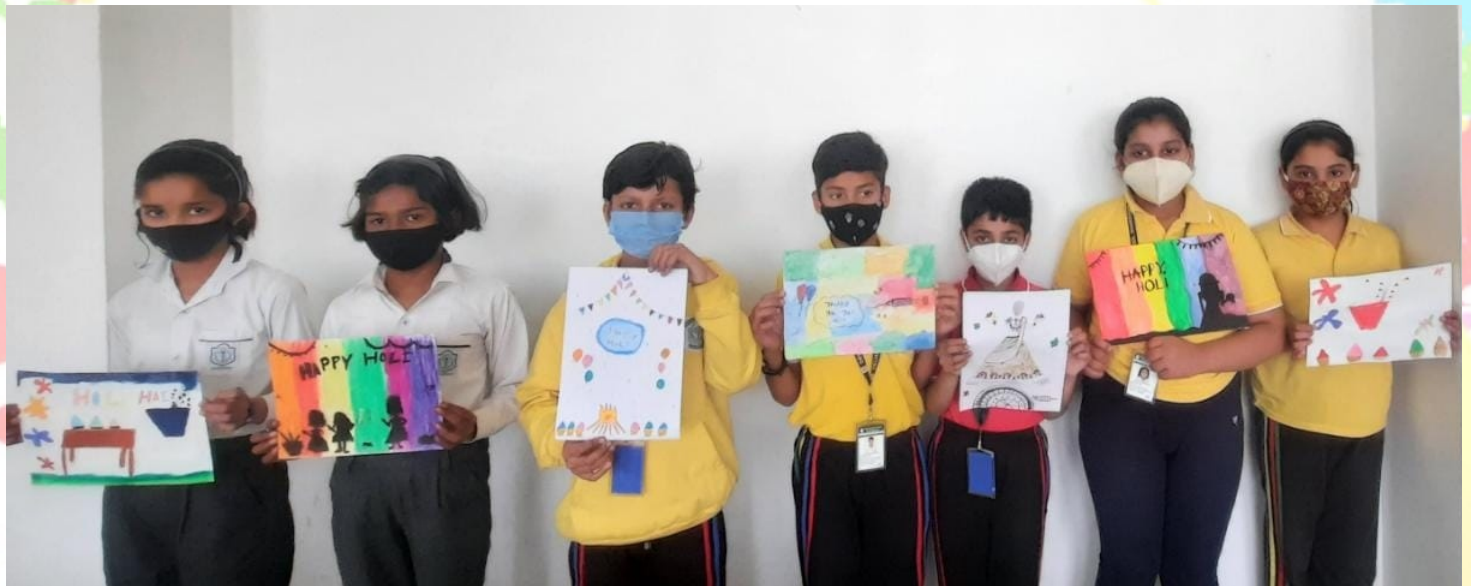
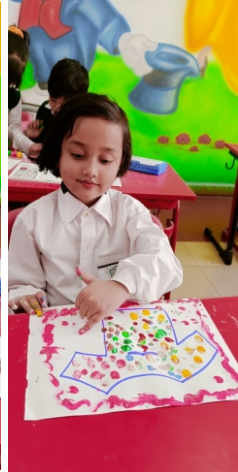
CHAKRA MEDITATION AND YOGA SESSIONS FOR TEACHERS



SCHOLAR BADGE CEREMONY



FESTIVAL OF COLORS-HOLI ACTIVITY





FUNNY RIDDLES

RIDDLE NO.1 – What begins with ‘T’, finishes with ‘T’, and has T in it.

Answer - Teapot

RIDDLE NO.2 – Name the room which has no windows no doors and no walls in it.

Answer- Mushroom

RIDDLE NO.3 – If you took 2 apples from a pile of three apples, how many apples would you have.

Answer- Five

RIDDLE NO. 4 — I go around in circles , but always straight ahead

I never complain no matter where I am led. What am I ?

Answer- A wheel.

BY- RISHABH MAURYA

CLASS: VI - A



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