

# HORIZONS



**DELHI PUBLIC SCHOOL  
SHAHEEDPATH**

Education

Sports

Technology



Cover page designed by: Maanya Singh Class: Nursery

- ❖ **Friendship Day**
- ❖ **Hiroshima Day**
- ❖ **Independence Day Celebration**
- ❖ **Raksha Bandhan Celebration**
- ❖ **World Photography Day**
- ❖ **Women's Equality Day**
- ❖ **National Sports Day**

# SOCIAL MEDIA ADDICTION AFFECTING TEENS



**Gaurav Banerjee**  
Class- XII C

You may enjoy social media and use it on a daily basis, but are you “addicted” to it?

Excessive social media use among teenagers in the ongoing Pandemic is leading to anxiety, depression and mental health issues. Though social media has been a life saver during the Pandemic when it comes to being updated related to health information and other news. But spending too much time on it can have harmful effect on the mental health and wellbeing of teens. While social media can prove to be an invaluable tool, living a virtual life can harm their healthy state of mind.

Thus, it is very important to manage the harmful effect of social media by limiting the use of social media and including exercise and yoga as a part of daily life. Not more than four hours should be spent on social media while our teenagers have access to this media, they must be made aware of their rights, responsibilities and legal implications.

**“Focus on how to be social, not on how to do social.”**

*Jay Baer, Convince & Convert*

# THE ART OF TIME TRAVEL



Lawanya Sah  
Class- X B

*"The bottom of line is that the time travel is allowed by the laws of Physics"*  
- Brian Greene.

## What is time travel?

Time travel is usually taken to mean that a person's mind and body remain unchanged, with their memories intact, while their location in time is changed. If the traveller's body and mind reverted its condition at the destination time, then no time travel would be perceptible

## Instances of Time Travel in Mythology

Mythology has many stories of time travel. Mahabharata' the ancient Sanskrit epic poem has one of the earliest known instances of time travel. It has a story about King Kakudmi who seeks a suitable husband for his daughter Revati. The duo travels to the home of creator god Brahma to seek his advice. They have to wait as the God listens to a 20 minute song after the song finishes Brahma explains to them that time works differently in this realm. On Earth, '27 Chatur yugas' or over 116 million years had passed and anyone Kakudmi and Revati had ever known was dead. The story closes on a somewhat happy note with Revati betrothed to Balarama, twin brothers of the deity Krishna. Another instance is in the 8th century Japanese fable about Urashima Taro a fisherman who travels to an under- sea palace and falls in love with a princess when he returns home, Taro finds that a 100 years have passed.

## Concept of Time Travel

Time travel is the concept of movement between certain points in time, analogous to movement between different points in space by an object or a person, typically with the use of a hypothetical device known as a time machine. Time travel is a widely recognized concept in philosophy and fiction, particularly science fiction. The idea of a time machine was popularized by H. G. Wells' 1895 novel 'The Time Machine'.

It is uncertain if time travel to the past is physically possible. Forward time travel, outside the usual sense of the perception of time, is an extensively observed phenomenon and well-understood within the framework of special relativity and general relativity. However, making one body advance or delay more than a few milliseconds compared to another body is not feasible with current technology. As for backward time travel, it is possible to find solutions in general relativity that allow for it, such as a rotating black hole. Traveling to an arbitrary point in space-time has very limited support in theoretical Physics, and is usually connected only with quantum mechanics or wormholes.



**Aditi Srivastava**  
**Class- IX C**

# BEAUTY OF MUSIC

“Beauty of music enlightens the soul and fills it with ecstasy.” Music is an art of arranging sounds rhythmically and then expressing them marvellously. Music is such a lovely thing. It soothes us with its pleasant sound. There is such a power in music that it makes us feel every emotion very beautifully.

Music plays a significant role in our lives. It has many advantages. It keeps us happy, enjoyable and relaxed. Music not only works in our good times, but also helps us in our bad times. With music one can express himself in a different way. It expresses the depth of the emotions. When we talk about music, then musical instruments, songs, are all that come to mind. But if you think a little philosophically, music is everywhere. Where there is rhythm, there is music. For example, chirping of birds, sound of rainfall. There is music in all of this somewhere. This is a bit difficult to understand, but it is so. When you listen carefully to all this, then the mind gets relief and feels peaceful, just like you feel when you listen to music.

“Music is the strongest form of magic.” While composing music one tends to immerse in it, like everything has stopped. Music has its own beauty in the form of different and amazing sounds. Music is peaceful, marvellous, relaxing, classy, attractive; it is beautiful.

# BRAIN DRAIN IN INDIA



**Radhika Shankar**  
Class- XI D

A few decades back, working or studying abroad was indeed a huge milestone in a person's life. Coming to today's time line, it has become much more common than ever before.

People are now moving to various countries in search of better jobs, good education, and greater work environment, this concept is called '**Brain Drain**'. In other words - when a highly qualified individual moves away from his/her own country to any other country to work for adequate job opportunities is called Brain Drain.

According to the ministry of external affairs currently more than 750,000 Indian students are reported to be studying in foreign universities and yet in another survey, 94% students showed an interest in pursuing a course from overseas.

The factors that can give rise to this concept include different facets. Perhaps low remuneration, distress from over time jobs could be counted as a major cause of it. In some cases, the higher position of job is taken by an unskilled worker by just a recommendation from an influential person and the talent of a deserving person is often ignored, such instances provoke the citizens to relocate to another nation. The names of famous personalities like Sundar Pichai, Satya Nadella are the finest examples.

The negative effects of brain drain were very much observable at the time when the second wave of corona virus hit India and was a huge disaster. Once again it made the citizens suffer due to the lack of provision of health facilities, corruption, unemployment, great losses and no job security during the time of deadly pandemic.

When skilled workers start leaving the country and unskilled workers start working, it results in poor administration, corruption, bribery and many more crimes. The economy of a country comes in danger by having limitations in business growth, national development etc. The solution lies in strengthening of the basic facilities like education, health facilities, formation of affordable world class institutions that may attract not only Indians but also foreign students, and above all high salary packages in jobs. India has a lot of potential and power that can be used to overcome such problems by proper implementation of good policies.

# WHO MOVED MY CHEESE? (BOOK REVIEW)

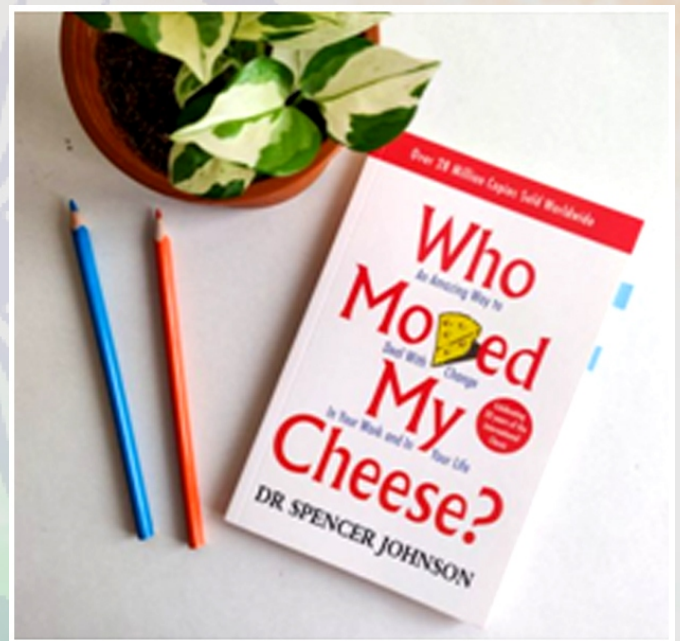


Nipun Jangra  
Class- X A

Hey folks! I would like to share my review of one of the remarkable books from my reading list. It is 'WHO MOVED MY CHEESE?' by Dr. SPENCER JOHNSON.

WHO MOVED MY CHEESE? is a simple parable that reveals profound truths. It is an amusing and enlightening story of four characters who live in a maze and look for their cheese to nourish and make themselves happy.

Here, 'The Cheese' is a metaphor for what you want to have in life whether it is good health, a job, a loving relationship, money or a possession, or spiritual peace of mind. 'The Maze' is the community or organization where you live and work.



There is a line in the book, “*What you are afraid of is never as bad as what you imagine*”.

That tells the very truth of our life because we humans think about a situation deeply and overanalyze it. But the actual scene is not that complicated. This book has created a massive impact on me. Let me tell you my opinion that primarily most humans need someone to remind us of some things in life. In that context, this book has done justice to it.

So, dear readers if you require life lessons, I strongly recommend this book.

# INDEPENDENCE DAY CELEBRATION



# INDEPENDENCE DAY CELEBRATION



# INDEPENDENCE DAY CELEBRATION

**75<sup>th</sup> Independence Day** was celebrated at **DPS Shaheedpath** by the students where they presented 75 items in tricolour to mark a respect to our Nation.



**Delhi Public School**  
Education Sports Technology **Shaheedpath**

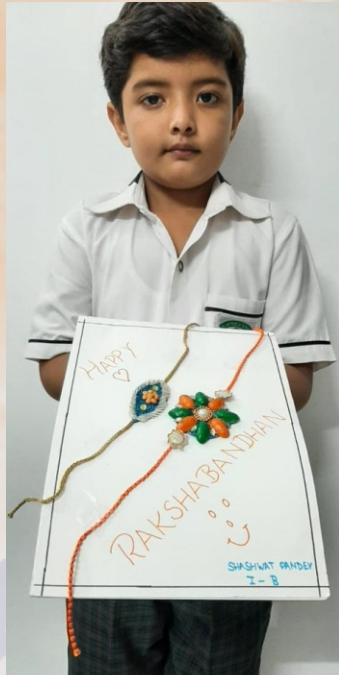
**75<sup>th</sup>**

**INDEPENDENCE  
DAY**

[dpsshaheedpath@gmail.com](mailto:dpsshaheedpath@gmail.com) \* [www.dpslko.com](http://www.dpslko.com)



# RAKSHABANDHAN CELEBRATION

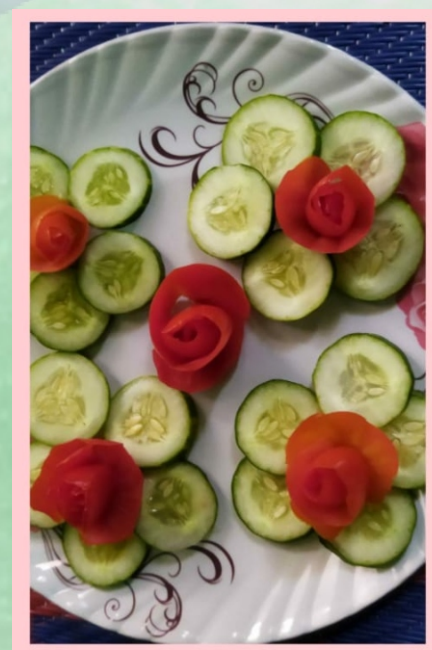


# ACTIVITIES BY OUR SENIOR WING

## BEST OUT OF WASTE



## SALAD MAKING



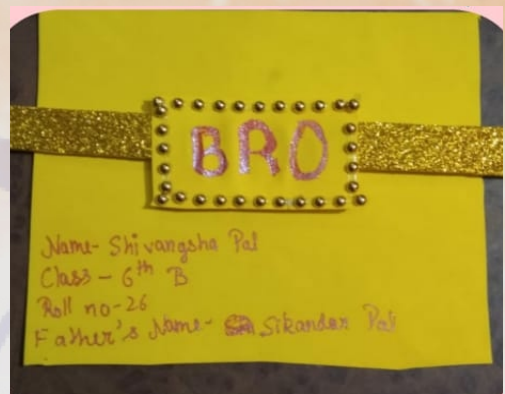
# FANCY DRESS ACTIVITY



# KALASH DECORATION



# RAKHI MAKING ACTIVITY



# THALI DECORATION



# Delhi Public School SHAHEEDPATH

Opp. Ansal's Sushant Golf City  
Shaheedpath, Lucknow - 226002

Phone : 86014444 08 / 09 / 20 / 21

E-mail : [dpsshaheedpath@gmail.com](mailto:dpsshaheedpath@gmail.com)  
[www.dpslko.com](http://www.dpslko.com)

## HEAD OFFICE

3/249, Vinay Khand, Gomti Nagar  
Lucknow - 226018

Promoted by



**SURYA GROUP OF  
INSTITUTIONS**



**class  
edge** | english  
lab

**WORDS WORTH**  
ENGLISH LANGUAGE LAB