



# LOVELY TIMES

1<sup>st</sup> February 2024 to 29<sup>th</sup> February 2024

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## Founder's Message



Dr. (Mrs.) S.D. Malik

In an ever-evolving world, preparing children to be future-proof is a paramount responsibility that falls on the shoulders of parents and teachers. Before children begin navigating through a rapidly changing landscape, certain key considerations must be ensured so that our children can develop the skills and mindset necessary for achieving success in the future.

Children can cultivate these skills only if elders emphasize on critical thinking from an early age, teach them adaptability and resilience so that children can embrace change positively, and view challenges as opportunities for growth. While pursuing multifarious skills to better navigate the course of their lives, children need to remember the importance of their roots and history. They also need to pay homage to their culture and faith because it frames our existence, values, hopes, and dreams.

## LOVELY VISTA SCHOOL

Nirman Vihar, Delhi-110092



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## WHAT IS EXAM STRESS?

Being in a constant state of panic and worry before an examination is referred to as exam stress. For most children, the stress associated with exams eventually fades away.

**Must Remember This One Thing!** Big dreams need big efforts, and there is no shortcut to study. At Times, studying can be hard. When having tough times with your studies or when exams get too hard on you, it is usual to get frustrated and forget the very purpose and goal for what you are studying.

**Avoid isolation-** Most often, parents leave their kids alone in a room while studying. It is a good idea to make them feel at peace and concentrated. However, don't make them sit alone for a longer duration. This detachment can increase the probability of them spiraling down.

**Avoid comparisons-** Every teen is different by nature, and so are their interests. Don't compare them with others. It might make them feel worse and will keep them demotivated. Rather appreciate their unique attributes and skills.

**Maintain a schedule-** Carefully plan your study hours when you feel most active. Some of us are early birds while others are night owls. So, it's a good idea to experiment with different schedules and finally stick to a plan that works best for you.

**Get tea or coffee help-** Next time when you are on the study tour and feeling sleepy or low, get yourself a cup of tea or coffee. While it will not make you intelligent, it will help you be active, and study better.

**Use diagrams and flow charts to revise-** Visual aids can be helpful when revising. At the start of a topic, challenge yourself to write down everything you already know about a topic and then highlight where the gaps lie. Closer to the exam, condense your revision notes into one-page diagrams.



## INDIGENOUS SPORTS

Indigenous sports offer cultural preservation, fostering community identity and pride. Physical fitness and teamwork connect participants with traditional knowledge, enhancing overall well-being. Additionally, these sports contribute to inter-generational bonding and provide a platform for sharing cultural values and stories.



# BEAUTIFUL MEMORIES



Halloween is a fun day observed in various parts of the world on October 31st every year. The students came dressed in various outfits to mark the welcoming of good spirits and drive away bad spirits. It was organised to help students learn, enjoy themselves, and encourage them to appreciate differences in culture and customs, and also to make them aware of global festivals and their values.

## HALLOWEEN

## SAY NO TO SINGLE USE PLASTIC

We initiated an activity to preserve the environment and cultivate the habit of sustainable development among the students. Plastic, as we all know, is hazardous to the environment, and it's really important to sensitise the students about the harmful effects of single-use plastic. The teachers explained to the students how plastic is not biodegradable and the environmental hazards it poses. The students made slogans, posters, wall hangings, or artefacts using a sac or old cloth and finger puppets to create awareness regarding the single use of plastic.



Dr. Manoj Sir and Counsellor Sakshi Jain conducted a seminar with the parents of students in the pre-primary wing. The topic of the seminar was 'Effective parenting'. 15 parents were invited randomly from different classes and sections in order to attend the seminar. The purpose of the seminar was to make the parents aware of how they can encourage their kids, how they can make their kids feel loved and valued, and how to guide their kids to behave or act in a particular way. Mrs. Sakshi Jain opened the seminar by welcoming the parents and Dr. Manoj Sir. Sir and Ma'am discussed the problems that the parents are facing with their child. Later on, they advised them of the possible solutions and ways in which they would be able to help their child and themselves as well.

## EFFECTIVE PARENTING

# NEPTUNE - Young Riders

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## BASANT PANCHAMI

Basant Panchami is the festival dedicated to Saraswati Ji who is the Goddess of knowledge, wisdom and various arts. Keeping the tradition alive, our school celebrated this auspicious occasion on 14th February 2024. To mark the occasion, the tiny tots of Nursery and K.G came attired in yellow clothes and brought yellow food. Beautiful activities were conducted where kids did coloring in flowers, veena, corn and also made floral rangolis signifying the brilliance of nature and the vibrancy of life.



### Craftsmanship - celebrating the beauty of handmade

Craftsmanship is all about creating with skill and attention to detail. It's like an art form where people use their hands to make something amazing. Craftsmen and craftswomen work hard, put their heart into their creations, and make sure each piece is special and of great quality. Let's value their hard work and creativity.

### History of Handicraft in India

India is a land of ancient civilizations and diverse cultures. It has a rich heritage of handicrafts that stretch back thousands of years. India has a long and ancient tradition of handicrafts that dates back thousands of years. Over the centuries, Indian handicrafts evolved incorporating influences from different cultures, religions and regions. Each region of India developed its unique style and techniques. It has been adopted to a rich history of handicraft tradition. During today

### CRAFTSMANSHIP

CRAFTSMANSHIP IS THE ART OF CREATING SOMETHING EXTRAORDINARY WITH ORDINARY SKILL AND ATTENTION TO DETAIL. IT'S ABOUT IMAGINE, LOVE, PASSION, SKILL, CREATIVITY, QUALITY OVER QUANTITY. CRAFTSMANSHIP IS A CONTINUOUS JOURNEY OF LEARNING AND GROWTH, REMINDING US TO APPRECIATE THE BEAUTY OF THE HANDMADE. LET'S SUPPORT AND CHERISH THIS TIMELESS ART FORM!

Love, celebration and new beginnings. May this spring bring you immense joy and love.  
"Happy Vasant Panchami!"

Rishika II CHD

"Craftsmanship is the magic that transforms raw materials in to treasured works of art."

Young Artist 2nd

With fragrant flowers and fluttering butterflies around, soft breeze whispers in your ear.  
Happy BASANT PANCHAMI  
ADITYA TIWARI 2nd

सरस्वती महाभागे  
विद्ये कमललोचने  
विद्यारूपे विशालाक्षि  
विद्यां देहि नमोस्तुते।  
अपराजिता दुर्गा

Spring is in the air. As the sweet aroma of freshly bloomed flowers fills the air, may you have a great  
Vasant Panchami

Sabina Gani

Handicrafts are incredible work of art created by skilled artists. They represent the cultural heritage and unique artistry of different regions.

From handwoven textiles to intricately carved sculptures, each piece is crafted with great attention to detail and carries a story of its own.





Arithmetic Genius Contest 2023 was organised by SIP, Abacus institution which provided a platform for all the students to showcase their mathematical skills. Rishika Shandilya from Class 2 bagged the topper's trophy. She did a fantastic job at all the three levels of the test. It's a great achievement for the shining star of LPS which has made our school immensely proud. Congratulations to her and the entire school community.

## "Without craftsmanship inspiration is a mere reed shaken in the wind"

Students of Class 1 and 2, engaged in various craftsmanship activities. They decorated pots and envelopes, made paper bags and crafted flowers using paper glasses. These activities helped the children develop their creativity and learn new skills. It was a fun and educational experience for everyone involved!



## IMPORTANCE OF CRAFTSMANSHIP



"The only way to do great work is to love what you do." Craftsmanship holds a great significance as it embodies skill, precision, and dedication in creating high-quality, unique products. It fosters a sense of pride, attention to detail, and a connection between the creator and the work. Craftsmanship contributes to the preservation of traditional skills, promotes sustainability, and adds value to both the artisan and the consumer. In a world often

driven by mass production, craftsmanship emphasizes the artistry and excellence of human hands, creating items with lasting value and cultural richness. To inculcate craftsmanship, teachers of Class 3 to 6 encouraged children to make tie-dye handkerchiefs, sustainable paperbags, wall hangings, craft plants and clay jewellery.



# „Entrepreneurship and Financial Literacy : The Engine of Growth%

अपनी ज़िंदगी में सफलता के लिए आपको अपने व्यवसाय को सही ढंग से चलाना होगा।

## FINANCIAL LITERACY AND ENTREPRENEURSHIP

Financial literacy becomes an indispensable tool on the path to entrepreneurial success. It comprehends a deep understanding of financial concepts, such as budgeting, investing, cash flow management, and risk assessment. Armed with this knowledge, entrepreneurs can make informed decisions, mitigate financial risks, and seize opportunities that align with their business goals.

One of the primary uses of financial literacy in entrepreneurship is the ability to create and manage a robust business plan. By understanding financial statements, entrepreneurs can accurately forecast revenue, analyse costs, and determine profitability. This enables them to make strategic decisions, secure funding, and attract potential investors who are confident in the entrepreneur's financial acumen.

Moreover, financial literacy empowers entrepreneurs to effectively manage cash flow, a critical aspect of any business. By understanding cash inflows and outflows, entrepreneurs can optimize their financial resources, ensure timely payments to suppliers and employees, and maintain a healthy financial position. This financial stability provides a solid foundation for growth and sustainability.

Vansh Gupta, VII B

## Unlocking the Power of Financial Literacy and Fuelling Entrepreneurial Success

In a world driven by innovation and opportunity, financial literacy stands as a beacon of empowerment for aspiring entrepreneurs. It is the key that unlocks the doors to understanding the language of money and equips individuals with the knowledge and skills needed to navigate the complex realm of entrepreneurship.

Financial literacy also plays a vital role in risk management. Entrepreneurs who possess financial knowledge can identify potential risks and develop contingency plans to mitigate them.

By embracing financial literacy, aspiring entrepreneurs can navigate the financial landscape with wisdom and finesse, propelling their ventures towards prosperity and achievement.

In conclusion, financial literacy serves as a powerful catalyst for entrepreneurial success. Its uses are vast and varied, from creating robust business plans to managing cash flow and mitigating risks. The benefits it brings, such as confidence, financial responsibility, and transparency, are invaluable assets on the entrepreneurial journey.

Trisha Gupta, VII G

## वित्तीय साक्षरता अवलोकन लाभ और महत्व

उद्यमिता में सम्भावित लाभ के लिए वित्तीय जोखिमों को ध्यान में रखते हुए एक व्यवसाय बनाना और प्रबंधित करना शामिल है। दूसरी ओर, वित्तीय साक्षरता, वित्तीय जानकारी को प्रभावी ढंग से समझने और उपयोग करने की क्षमता है। इस तालमेल का एक उदाहरण एक छोटे व्यवसाय के मालिक में देखा जाता है, जो वित्तीय साक्षरता से लैस है, बाजार के रुझानों का कुशलता से विश्लेषण करता है, बजट का प्रबंधन करता है और निवेश के बारे में सोच-समझकर निर्णय लेता है। यह संयोजन उद्यमियों की चुनौतियों से निपटने और उनके उद्यम के वित्तीय स्वास्थ्य को अनुकूलित करने की क्षमता को बढ़ाता है, जो अंततः निरंतर सफलता में योगदान देता है।

गर्व सिंह सातवीं बी

## WORLD CANCER DAY Sustainable goal-3 (good health and wellbeing)



Every year world cancer day is celebrated on 4th February. The purpose of the UICC is to support the world cancer declaration. The primary purpose celebrating this day is to reduce the number of cancer patients and to reduce the death rate causing due to it. At the same time, make people aware how to identify the symptoms of cancer, educate people, as well as to prepare government and non-governmental organizations to help in fighting this deadly disease all over the world.

Not only this, the aim of celebrating

World Cancer Day is to reduce the misconceptions about cancer and to help people in getting the right information about it. There are several myths about disease as people believe that cancer is transmissible, which is not. Therefore, people must know about the proper treatment for cancer patients. Several policies, control measures are implemented and people join the campaign in masses. The main target of the event is to spread the message direction of various organizations for better assistance.

Maulik Gupta VII- D

**“Cancer is battle that can only be won with positivity and determination”**

I have seen cancer in all of, It might,

Memory within me that's,

Locked as a fright,

I have seen cancer cause, You Pain,

It's won't fade away It's there, To remain,

My eyes no more want to, Look,

The thought of living was, Mistook,

I have seen cancer take you, away,

While I am here...left to say.

Chhavi Chadha VII D



## समस्या समाधान क्षमताएं

कला कोई चीज नहीं यह तो सिर्फ एक तरीका है। किसी विषय पर नए तरीके से विचार करने की क्षमता ही रचनात्मक सोच है। रचनात्मक सोच ही हमें चुनौतियों का सामना करते हुए समस्या का हल नए तरीके से ढूँढना सिखाती है। समस्या समाधान कौशल ऐसी प्रक्रिया है जिसे समय के साथ-साथ सीखा व अभ्यास किया जाता है। कम उम्र में छात्र समस्या समाधान कौशल विकसित कर लेते हैं। प्रत्येक छात्र अपनी गति से सीखता है क्योंकि उसके पास कौशल व शक्तियों की पूंजी होती है। व्यक्तिगत व व्यावसायिक जीवन में आने वाली समस्याएं जटिलता से भिन्न होती हैं समस्या समाधान में आगे बढ़ना एक जीवन भर का प्रयास है। यह कौशल व्यक्तिगत व व्यावसायिक जीवन दोनों में अमूल्य है।



## Expanding Horizons through Virtual Classroom

Virtual learning - A phenomenon that has reshaped our Educations Landscapes especially in the wake of recent Global Challenges. As we embark on this journey, let us explore the intricacies of virtual learning, its advantages, and its limitations.

### PROS

- Usage of technology and available resources online, no problem of commuting.
- Learning option provides freedom and flexibility for students.
- Participation in synchronous and asynchronous virtual learning.
- Usage of online video chatting software or various programs.
- Offers screen sharing, messaging and virtual reactions that can help you engage with the materials.

### CONS

- Home Distractions
- Costly technology and apps
- Demanding online classes
- Isolation from social groups and classmates
- Teachers lack training
- Problems managing screen time
- Effect on eyesight
- Poor internet connection compromising the quality of education.
- But one should always remember that "Virtual learning is not just about technology; it's about redefining the way we learn and connect."

**Vashu Jain, VII D**

## VIRTUAL LEARNING TRANSFORMATIVE IMPACT ON HEALTH



While virtual learning is helpful to keep education operational, there are some issues with it as well. I am not just talking about issues with technology. The students are fighting to keep up with virtual learning, causing their mental health to take a major hit. The main issues for students are the social interaction, their participation in class and the overall stress of dealing with virtual platform. The virtual classes have impacted the overall morale of students. *Let's look at some effects and their solutions :*

### „How Virtual Learning affects Mental Health%

1. Causes anxiety and stress.
2. Feeling of Social Isolation.
3. Causing Tiredness

### Solutions

1. Don't enforce unnecessary Rules.
2. Promote Social Interaction.
3. Offer online Mental health support.

### Always Remember

*„In virtual learning, wellness isn't an option; it's a necessity for academic success.“*

**Saumya Jain, VIII B**

## VIRTUAL CLASSROOM ETIQUETTE

### DO'S

1. Dressing for class is something that students should do.
2. When attending a virtual classroom, students should ensure that the background is appropriate.
3. To avoid interfering with the meeting, students should ask any questions via the chat feature.
4. Sitting at a desk or table is appropriate for students.

### DON'T'S

1. Students shouldn't unmute unless absolutely necessary.
2. They shouldn't be sidetracked by using other apps in the virtual classroom.
3. Eating is not permitted for students taking online classes.
4. In a virtual classroom, tardiness is not acceptable for any student.

**Mannya Sachdeva, VII A**

## UNLOCKING CRITICAL THINKING THROUGH CREATIVITY : A DYNAMIC SYNERGY

Critical thinking and creativity are two intertwined facets of cognitive development that play pivotal roles in shaping individuals into effective problem-solvers and decision-makers. When individuals engage in creative processes, they cultivate a mindset that values exploration and divergent thinking. Creative endeavors often involve problem-solving, pushing individuals to devise unique solutions to challenges. As individuals navigate the intricacies of creative problem-solving, they exercise their critical thinking skills.

Educational approaches that integrate creativity into the curriculum create an environment where critical thinking naturally thrives. Encouraging students to explore creative outlets, such as project-based learning and artistic expression, nurtures the skills needed for analytical thinking. Assignments that promote open-ended inquiry and creative problem-solving tasks empower students to think critically.

In essence, creativity serves as a catalyst for critical thinking, enriching the cognitive landscape of individuals.

### Ways To Integrate Creativity In Education :

- Project Based Learning
- Learning by Doing (Experimental Methods)
- Open Ended Tasks
- Problem Solving Assessments

*Yashika Lota, VII C*

## REMOTE LEARNING

*"Remote learning is like a rising tide, it's going to lift all boats perfectly"*

Remote learning is where the student and the educator, or information source, are not physically present in a traditional classroom environment. During the pandemic time many of our students who belongs to Rajasthan, Bihar, Uttar Pradesh etc. went to their respective villages, where they continued their studies through virtual learning.

One such instance is Mohita who is currently studying in class 8th and has attended online classes in her sixth standard and shared her experience by saying "Remote Learning is a blessing and the best experience for me. I enjoyed the new schedule that internet school has given me. I could see the drastic transition in my confidence level during online classes. Whereas in my offline classes at school I felt bit nervous and afraid of being judged by the students. Few of the books were not available with me so my teachers forwarded me the NCERT pdf's of the chapters and as well as the notes of every individual chapter. I also took help from the YouTube videos. I had an examination fear but at home I had my parents who encouraged me and gave me a comfort zone to do best in examinations. In my mind the cons of E-Learning outweigh pros. It works best for me and I secured excellent grades in my final examination".

*Mohita, VIII C*

### Unlock Your Potential

- Minimize Distractions- In today's era, social Networking, gaming platforms and many more softwares are there, that act as distractions.
- Stay Organized- Make proper schedule for your syllabus. This increase your productivity.
- Study with classmates- Working together helps develop good study habits, increases collaboration and boosts confidence.
- Use the power of Visualisation- Visualising the material by mind maps and flowcharts is

scientifically considered to be a better way.

- Take breaks- This gives your brain a chance to refresh itself.
- Stay Healthy- Keep a balanced diet of „Brain Foods“ like fresh fruits and vegetables, balanced with protein and healthy fats to fuel your mind.
- Learning By Doing - Explain concepts to others for Self Perfection.

*Dilisha Arora (IX-D)*

## NAVIGATE THE BOUNDLESS FRONTIERS OF EDUCATION!

Today, we stand at a crossroads in education, where the traditional path of learning intersects with the boundless possibilities of virtual education. Both avenues offer unique opportunities and challenges, shaping the minds of our future generations. In the realm of traditional learning, we embrace the physical classroom, where students and teachers forge connections beyond the digital divide. The chalk dust dances in the air as knowledge is imparted through direct interaction, fostering a sense of community and camaraderie. Yet, as we embrace the digital age, virtual learning emerges as a formidable contender, breaking down barriers of time and space. Through the click of a button, students access a world of knowledge, engaging with diverse perspectives and resources. In conclusion, whether we tread the familiar halls of traditional learning or venture into the virtual frontier, let us remember that education is not merely about acquiring knowledge but about nurturing minds, fostering curiosity, and igniting passion. Together, let us embark on this journey of learning, embracing the best of both worlds to shape a brighter future for generations to come.

*Mayra, VI A*

## शिक्षा में नवाचार

नवाचार दो शब्दों से मिलकर बना है, 'नव+आचार' अर्थात् नया आचरण। शिक्षा में नवाचार न केवल विकास के साथ तालमेल बिठाने की कुंजी है, बल्कि आगे रहने की भी कुंजी है।

01 बाल संसद	05 छात्र प्रोफाइल
02 सामुदायिक सहभागिता	06 कला शिल्प से सर्वांगीण विकास
03 दैनिक बाल अखबार	07 चित्रकथा के माध्यम से शिक्षा
04 खेल - खेल में विकास	08 अभिनव शिक्षण तकनीक

शिक्षक नवाचार के द्वारा नवीन शिक्षण विधियों एवं पढ़ाने के तरीके में परिवर्तन करके बच्चों को उनके कौशल एवं प्रतिभा से अवगत करा सकते हैं। शिक्षक शिक्षा में नवाचार के प्रयोग द्वारा परम्परागत शिक्षा पद्धति को वर्तमान परिवेश के अनुरूप परिवर्तित किया जा सकता है।

*Suman, VIII A*

## A Versified Tapestry of Unity and Compassion



In a world that spins with tales untold,  
Where borders blur, and stories unfold.  
Think globally, let your mind take flight,  
Across vast seas, under starry nights.  
Nations dance in a tapestry so grand,  
United by dreams, hand in hand.  
Cultures weave in a vibrant song,  
A chorus of voices, diverse and strong.  
Mountains whisper ancient lore,  
Oceans carry tales from shore to shore.  
Think globally, as the winds confess,  
Every heartbeat, every soul's address.  
From sunrise's kiss to the twilight's gleam,  
In every language, let empathy beam.  
A planet's heartbeat, a shared refrain,  
Think globally, let compassion reign.  
Bridges of understanding span the divide,  
In unity, humanity shall abide.  
Think globally, with open eyes,  
A symphony of hope beneath the skies

Kavya Negi, IV



Test Your Brain



think  
GLOBALLY,  
act  
LOCALLY

1. Who has coined the phrase, 'Think Global, Act Local'?
2. How has McDonald adjusted its menu in India to cater local tastes?
3. What is the benefit of think globally, act locally approach?
4. Who is the father of local self government?
5. What is Think Global, Act Global?
6. How can one think more globally?
7. What is the name of think globally, act locally in India?

Prateek Pandey, V

Answers: 1. Patrick Geddes 2. Adding Mc Aloo Tikki in the menu 3. Better understanding of local market 4. Lord Ripon 5. Selling under a single brand name worldwide 6. Learning about different people and cultures 7. Atma Nirbhar Bharat

## EMPATHY LEADS TO MOTIVATION

Once there was a boy named Rohan who joined the school in new session. He was very talented but had a low EQ. Every day, he would compare himself to other students and feel inferior.

IQ + EQ = SUCCESS

One day, a new girl named Riya joined the school. Riya had a high EQ and could interact well with everyone. She noticed that Rohan seemed sad and lonely, so she decided to help him.

Riya approached Rohan and started a friendship. She motivated him, appreciated his talents and qualities, and encouraged him. Gradually, Rohan's confidence grew, and he accepted himself, with Riya's help and support. He improved his EQ. He started understanding others' feelings and emotions, showing empathy, and communicating well with others.

As time passed, Rohan opened up and created a positive environment around him. He made friends with his classmates, helped and motivated them.

This story reminds us of the importance of Emotional Quotient in our personal and social relationships. Sometimes, all we need is to stand together and with the help of a friend, we can reach our true potential.

Naysha Gera, III



## BEYOND NATIONAL BOUNDARIES SURAJKUND INTERNATIONAL CRAFT MELA 2024

The Surajkund Mela is a living tapestry woven with bright strands of culture, history, and artistry. It is a platform for artists across the globe to showcase their talents. Over 20 countries from South Asia, Africa, Europe actively participate in this cultural bonanza, held in India every year.

The key attractions this year are Gujarat's Multicultural Canvas, The Rhythmic African Drums, Czech Glassware, Chinese silk paintings, Russian wood carvings, Puppet shows, fire dancers etc. There is no doubt that the handicrafts from various parts of the globe are the stars of the mela.

This International Crafts Mela is a unique experience that celebrates the rich cultural heritage and diversity of India with other countries, thus promoting the mission of think global and act local.

Jagriti S., V



## EMOTIONAL QUOTIENT

Emotional quotient, also known as EQ, is a measure of a person's emotional intelligence. It refers to the ability to recognize, understand, and manage our own emotions, as well as the emotions of others.



**Some key points about EQ include:**

- It helps in building strong relationships and effective communication with others.
- It plays a crucial role in self-awareness and self-regulation.
- People with high EQ are often good at empathizing with others and showing understanding.
- EQ is not fixed and can be developed and improved through practice and self-reflection.
- It is an important skill, as it contributes to teamwork, leadership, and conflict resolution.

Aatifah Khan, III

## GLOBAL THINKERS CHALLENGE



1. Why is cultural awareness important when thinking globally?
  - a. To promote cultural superiority
  - b. To encourage tolerance and understanding
2. How can technology contribute to think globally?
  - a. By limiting communication across borders
  - b. By enabling global collaboration and information sharing
3. What is the significance of a global economy?
  - a. It only affects individual nations
  - b. Economic activities in one part of the world can impact others
4. What is the key aspect of being a global citizen?
  - a. Ignoring global issues
  - b. Engaging in actions for global well-being
5. Why is it important to address global health issues collaboratively?
  - a. Health issues only affect individual countries
  - b. Disease outbreak require international cooperation.
6. What role does education play in thinking globally?
  - a. It has no impact on global perspectives
  - b. Promotes social and economic awareness

Arnav C., IV

Answers: 1. b, 2. b, 3. b, 4. b, 5. b, 6. b

## HARMONY IN THE WORLD

In a world so vast, with oceans wide,  
Think globally, let hearts decide.  
Mountains high, and skies so blue,  
Unity is strength, in me and you.

Across the globe, diverse and grand,  
Cultures blend, hand in hand.  
A rainbow of colors bright,  
Together we shine, in shared light.

Oceans whisper tales untold,  
Connecting lands, both young and old.  
From North to South, East to West,  
Think globally, we're all blessed.

In every language, a shared song,  
A melody where we all belong.  
Respect and kindness, like a dove,  
Spread your wings, embrace the love.

So let's envision a world so fair,  
Where understanding fills the air.  
For in our hearts, the power lies,  
To think globally, and be the wise.

Ojas, V

## WAYS TO GROW IN SELF AWARENESS

1. Spend some time daily in solitude. You need to set aside some time for yourself.
2. During the personal time that you spend with yourself, try getting in touch with your thoughts and feelings.
3. Be present in the *Here and Now*.
4. Read self-help books.
5. Avoid over usage of mobile phones and social media.
6. Record your emotions, thoughts and feelings in a journal. This will help you in tracking your growth.



Aaditya, IV

## विश्वस्तरीय चिंतन

सोचो विश्वस्तर पर, जगमगाता संसार है यह,  
सीमाओं के पार लहराता, निरंतर प्यार है यह।

पहुँचो सारे सारे, हर कोने तक दुनिया की,  
बाँधो सबको एक साथ, हो मिसाल एकता की।

भाषनाओं का संगम, भाषाओं की विविधता,  
घरती की शान, संगीत की मधुरता।

चिंगारी का जलना, धूप की लहराहट,  
प्रेम की मिठास, सबकी यह चाहत।

विश्वस्तर पर सोचें, जीवन की एक मिसाल है यह,  
साथ चलें, नये राहों पर, हर दिन का नया सवेरा है यह।

Daksh G., V

In the tapestry of human rights, a vibrant thread,  
Real-life champions emerge, where courage is bred.  
Malala, the voice for girls denied education's light,  
Defying the darkness, she champions their right.  
Nelson Mandela, imprisoned, yet unbroken,  
A beacon for justice, in words unspoken.  
Rosa Parks, seated for equality's quest,  
On the bus of change, she stood as the best.  
In the realm of human rights, they stand tall,  
Their stories echo, inspiring all.  
Champions of justice, in a world that strives,  
These real-life individuals, changing lives.  
From Malala's pen to Mandela's cell,  
Their struggles weave a tale that tells,  
Of resilience, courage, and the fight,  
For human rights, in the darkest night.  
Let the anthem of human rights resound,  
In the hearts of those on justice bound.  
For these heroes, whose spirits ignite,  
A world aflame with human rights..

-Yash Sarawagi-VIII-F

## Capacity Building



**Mind your cap and solve the puzzle:**

- 1) Lord Rama is an avatar of \_\_\_\_\_.
- 2) Lord Rama was born in \_\_\_\_\_.
- 3) Biggest devotee of Lord Rama is \_\_\_\_\_.
- 4) Who was Janaki \_\_\_\_\_.
- 5) Which festival celebrates the victory of Lord Rama?
- 6) Who wrote Ramayan?

Sehaj

## OBESITY : If It Doesn't Challenge You, It Won't Change You

Childhood obesity has emerged as a significant public health concern globally, with its prevalence steadily increasing over the past few decades. Beyond its obvious physical health implications it also profoundly affects children's mental well-being.

## Multi-faceted continual canvas

**1) Rational thinking:** Did you know that rational thinking help us to think by using logics and reasoning? It allows us to evaluate situations objectively and make sound judgements.



**2) Global and Cultural awareness:** Being globally and culturally aware means understanding and appreciating different customs, traditions and perspectives from around the world. It helps us to foster inclusivity, empathy and respect for diverse cultures.

**3) Teamwork:** As the saying goes, „TEAMWORK MAKES THE DREAM WORK.“ When people come together and collaborate, they can achieve remarkable things. Teamwork enhances communication, problem-solving and overall productivity.

**4) Creativity and Innovation:** Creativity is all about thinking outside the box and coming up with original ideas. Innovation takes it a step further by turning those ideas into practical solutions that improve our lives.

Hence, these skills are valuable in various aspects of life and can contribute to personal growth and success.

Sarthak, 3<sup>rd</sup>

## Intellectual Corner

Rational thinking rooted in logical analysis and evidence-based reasoning, serves as a compass for sound decision-making. It involves objective evaluation, avoiding emotional biases and embracing critical thought. By prioritizing evidence over impulse, individuals can navigate complexities with clarity. Rational thinking fosters problem-solving skills, encouraging deliberate actions aligned with desired outcomes. In an era marked by information overload, cultivating a rational mindset empowers individuals to shift through noise, make informed choices, and contribute to a more thoughtful, cohesive society.



Ms. Shashi

## Physical Effects

**TYPE 2 DIABETES :-** This chronic condition affects the way your child's body uses sugar (Glucose). It increases the risk of type 2 diabetes.

**JOINT PAIN :-** Extra weight causes extra stress on hips and knees. Childhood obesity can cause pain and sometimes injuries in the hips, knees and back.

**BREATHING PROBLEMS :-** Asthma is more common in children who are overweight. These children are also more likely to develop obstructive sleep apnea, potentially a serious disorder where a child's breathing repeatedly stops and starts during sleep.

Bhoomi Anand (IX-E)

## Collaborative Wheel

**„TEAMWORK MAKES THE DREAMWORK“** is a phrase given by John C Maxwell. This means that when a group of people share a common goal and work together to reach it, they can accomplish more. It is defined as a path of success. Though, everyone's opinion about a particular idea may be different but when they meet and discuss the problem, it clarifies the concepts and perform their task correctly.

Some of the significant ways to perform the task in teamwork are -

- 1) Conflicts occur in teamwork but conflicts help to get a new way which is more suitable to the problem.
- 2) The dream will become a reality when each member understand their place in the group and what day must do to help to reach it's goal.
- 3) The team should have clear vision for the problem and solution.
- 4) A team should have a leader to overview the tasks done by other members of team.
- 5) There should be a clear communication pathway between the teammates for effective completion of task.
- 6) A team should have external resources so that their task should run smoothly.

Thus, teamwork makes the dreamwork is good and futuristic phrase for upcoming world with the challenges that have to be overcome.

**Asmi, 5<sup>th</sup>**

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## Fellowship Fantasy

## Teamwork, Teamwork....

together we can make our DREAM work..  
then we'll share the joy of what we've done,  
teamwork, everyone !!!

It's fun to shoot the basketball through the  
hoop,

but if nobody  
passes then  
nobody shoot.  
and the relay  
race just can't  
go on..  
if nobody  
wants to pass  
the bat on.

### Anshi, 3<sup>rd</sup>

## Student's Assiduous



# मोटापे का अंत, स्वस्थ जीवन का आरंभ

## मोटापा समकालीन जीवन शैली का अखंडनीय हिस्सा

मोटापे को स्थूलता के रूप में भी जाना जाता है, जिसका अर्थ है शरीर द्वारा उपयोग की जाने वाली कैलोरी से कहीं अधिक कैलोरी लेकर शरीर में वसा का अत्यधिक संचय होना। एक रिपोर्ट में पाया गया कि 20वीं सदी की तकनीकी क्रांति के कारण अधिकांश लोगों के लिए वजन बढ़ना अपरिहार्य हो गया है क्योंकि हमारे शरीर और जैविक संरचना हमारे परिवेश से मेल नहीं खाते हैं। इस विषय पर हमारी व्यक्तिगत जिम्मेदारी महत्वपूर्ण है, लेकिन हमारे अध्ययन से पता चलता है कि समस्या कहीं अधिक जटिल है। लोगों को आधुनिक जीवन शैली कारकों के बारे में शिक्षित करने की आवश्यकता है जो प्रमाणी वजन प्रबंधन को रोकते हैं। इस ज्ञान के बिना और वजन बढ़ने से रोकने वाली जीवन शैली विकल्पों के संबंधित व्यावहारिक अनुप्रयोग के बिना, अधिक वजन या मोटापा होना आधुनिक जीवन शैली जीने का एक अपरिहार्य परिणाम प्रतीत होता जा रहा है।

Akshit (X D)



## मानसिक विकास का अवरोधक . मोटापा

बाल्यकाल स्थूलता अर्थात् मोटापा एक ऐसी स्थिति है जिसमें शरीर में उपस्थित अतिरिक्त वसा बच्चों के स्वास्थ्य को नकारात्मक रूप से प्रभावित करती है। बच्चों में स्थूलता या मोटापे की स्थिति बढ़ती जा रही है और मोटापा स्वास्थ्य पर कई प्रतिकूल प्रभाव डालता है। इस सप्रवक्सर उनके साथी विद्यार्थी हैं। ऐसे कुछ बच्चों के साथ तो खुद उनके परिवार के लोगों के द्वारा भेदभाव किया जाता है। इससे उनके आत्मविश्वास में कमी आती है और वह हीन भावना का शिकार हो जाते हैं। जिसके कारण उनका मानसिक विकास अवरोध हो सक्ता है। प्रभावित बच्चों के लिए विभिन्न गतिविधियों में भाग लेना कठिन हो जाता है। मोटापे से ग्रसित बच्चों को जाता है। इस समस्या से छुटकारा पाने हेतु हमें अपने जीवन में योग एवं अन्य शारीरिक गतिविधियों को शामिल करना चाहिए।

Sonal Chaudhary (X)



## मानव अधिकारों की दुनिया में व्यक्तियों की भावनाओं को प्रदर्शित करना महत्वपूर्ण है

मानव अधिकारों का आदान-प्रदान एक समृद्ध, समान और न्यायपूर्ण समाज बनाने का माध्यम है। यह सुनिश्चित करता है कि हर व्यक्ति को उनके अधिकारों का सम्मान मिले और कोई भी उन्हें अनैतिक रूप से हराने और हानि पहुंचाने का प्रयास ना कर सके। समाज को इन अधिकारों के महत्व को समझना और उन्हें पुरा करने के लिए अवसर देना चाहिए। इस कार्य को सफल करने हेतु हम सबका योगदान एक महत्वपूर्ण भूमिका निभाएगा। विभिन्न सामाजिक वर्गों और जातियों के बीच समानता की स्थिति को बनाए रखना आवश्यक है। समाज में व्यापक शिक्षा का प्रसार करना और सभी वर्गों के लोगों को शिक्षित बनाना आवश्यक है ताकि वे अपने अधिकारों को समझ सकें। समाज में सभी व्यक्तियों को राजनीतिक और सामाजिक प्रक्रियाओं में भागीदारी का अधिकार होना चाहिए। रोजगार के अधिकार और उच्चतम जीवनस्तर को सुदृढ़ बनाना महत्वपूर्ण है। हर व्यक्ति को अच्छे रोजगार का अधिकार होना चाहिए ताकि वह अपने परिवार को सुरक्षित रख सके और उच्चतम जीवनस्तर की स्थिति में आ सके। लोगों को अपने विचारों और आपत्तियों को स्वतंत्रता से व्यक्त करने का मौका मिलना चाहिए ताकि वे समाज में सकारात्मक परिवर्तन ला सकें।

उन्नति गुप्ता आठवीं एफ

## बच्चों में मोटापे के कारण

- आहार-वर्तमान जीवन शैली में बच्चे आहार के रूप में जंक फूड अर्थात् फास्ट फूड ले रहे हैं जो मैदे से निर्मित है और हमारे स्वास्थ्य के लिए बहुत ही हानिकारक है। संभवतः बढ़पन में मोटापे की बीमारी में सबसे महत्वपूर्ण कारक इसी पदार्थों का सेवन है।
- घरेलू वातावरण-बच्चों के स्वास्थ्य पर घरेलू वातावरण का भी बहुत प्रभाव पड़ता है। यदि घर का वातावरण तनावग्रस्त होगा तो बच्चे सदैव तनाव में रहेंगे और किसी भी कार्य में सक्रिय रूप से अपनी भागीदारी अदा नहीं करेंगे जिसके कारण वह मोटापे की ओर अग्रसर होंगे।
- पर्यावरण-स्वस्थ मन और शरीर के लिए पर्यावरण बहुत महत्वपूर्ण है। अगर यह प्रदूषित है या किसी नकारात्मक चीज से प्रभावित है तो इसका असर बच्चों के स्वास्थ्य पर भी अवश्य पड़ेगा।

Lavanya (X-A)

## आओ, मोटापे को दूर भगाएँ

मोटापा ने विभिन्न रोगों को आम बना दिया है, जैसे कि डायबिटीज, हृदयरोग, और उच्च रक्तचाप। इससे निपटने के लिए हमें स्वस्थ आहार और नियमित व्यायाम को अपनाना चाहिए। युवा पीढ़ी में तेजी से बढ़ रही इस समस्या को समझकर हमें सार्वजनिक जागरूकता बढ़ानी चाहिए। स्कूलों और कॉलेजों में स्वस्थ जीवनशैली के प्रति प्रोत्साहन के लिए कार्यक्रम आयोजित करने चाहिए, ताकि युवा पीढ़ी एक स्वस्थ और जीवंत जीवन जी सके। ओबेसिटी को नियंत्रित करना हम सभी की जिम्मेदारी है, ताकि हम स्वस्थ भविष्य की दिशा में कदम से कदम मिलाकर चल सकें।

Arush Kaushik (IX-A)

## बच्चों में मोटापा स्वस्थ जीवन का आधार

मोटापा सिर्फ एक बीमारी नहीं है, यह इस दुनिया की युवा पीढ़ी के लिए एक अभिशाप भी है। आज 1990 के दशक की तुलना में तीन गुना अधिक मोटे बच्चे हैं। मोटापे का मुख्य कारण आलस्य और सोशल मीडिया की गतिविधियों की लत है। अधिक खाने और अपर्याप्त व्यायाम के कारण वजन बढ़ता है। छोटे बच्चों में मोटापे की समस्या को नजर अंदाज नहीं किया जा सकता है क्योंकि यह भविष्य में विभिन्न स्वास्थ्य समस्याओं का कारण बन सकता है।

Aditi (IX A)

मोटापा आजकल एक गंभीर स्वास्थ्य समस्या बन चुकी है जो लोगों को प्रभावित कर रही है। यह समस्या अधिक खानपान और अनियंत्रित क्रियाओं के कारण हो रही है। अत्यधिक वजन ने नवयुवती और युवा पीढ़ियों में स्वास्थ्य समस्याएं बढ़ा दी हैं, जो दिल, श्वसन, और अन्य रोगों का कारण बन सकती हैं। इस समस्या को नियंत्रित करने के लिए नियमित व्यायाम, सही आहार, और स्वस्थ जीवनशैली का पालन करना महत्वपूर्ण है। आदर्श वजन बनाए रखने से आपका शारीरिक और मानसिक स्वास्थ्य सुरक्षित रहेगा।

Bakul Arora (IX-E)

## भविष्य का आईना

बेटी है, बोझ नहीं, करना चाहती कोई खोज नई पिता का सम्मान बेटी, माँ की मुस्कान बेटी पीटी, साइना, मैरी कॉम बेटी, लक्ष्मी की छाया है बेटी, खुशहाल कर देती आंगन बेटी, फूलों से नाजुक बेटी बेटी है बोझ नहीं। बेटी है बोझ नहीं। बेटीयों से हैं घर की शान, बेटीयों से हैं घर में जान बेटी को मत समझो भार, ये तो हैं जीवन का आधार, बेटीयों हैं कुदरत का उपहार जीने दो उनको अधिकार।। बेटी है स्वर्ग की सीढ़ी, वो पढ़ेगी तो बनेगी अगली पीढ़ी, आपकी लालसा है बेकार, बिन बेटी के न चले संसार।। बाबा की लाइली माँ की जान होती है बेटी, सारे जहाँ से प्यारी होती है बेटी, खुदा की रहमत होती है बेटी।।

## The Glocal Between the Local and the Global

ᱪ ᱢᱤᱨᱫᱽᱯᱩᱨᱤᱭᱟᱹ ᱢᱤᱫᱽᱨᱤᱭᱟᱹ

The Effects of World War is going to be brutal for the entire world. After the World War 2 ended in 1945, some of its immediate effects were food and fuel shortage and inflation. All war-damaged countries were short on gold and dollars. The history is again repeating itself. But now we need to be alert enough to stop this mishappening named World War 3. Otherwise, this time the consequences would be dangerous enough to erase the human species.

If by World War III mean a full nuclear exchange between the major powers, the major financial centers, such as New York and London, would probably be destroyed, and the technological infrastructure that links the world together, like the Internet, would probably be gone as well. The human race would still exist, but this would probably be mostly the elites that had the time and resources to prepare, as well as those in parts of the world that hadn't been directly impacted by the war, such as Australia. Once the radiation levels had decreased to livable levels, which would probably take about twenty or thirty years, the survivors could then re-emerge and begin to rebuild what had been destroyed; that is, unless the apes haven't beaten them to it.

ᱵᱤᱨᱫᱽᱯᱩᱨᱤᱭᱟᱹ ᱢᱤᱫᱽᱨᱤᱭᱟᱹ

In the face of pressing global challenges, it is imperative that we unite in purpose and action. The issues at hand, from climate change and poverty to inequality and the ongoing pandemic, require collective efforts on unprecedented scale. As we reflect on the intricacies of our interconnected world, it becomes abundantly clear that our shared future demands collaboration, empathy, and innovative solutions.

Call to Action

Now, more than ever, is the time of individuals, communities and nations to transcend borders and work together towards a sustainable and equitable world.

In the face of these challenges, unity becomes our greatest strength. It is time for a collective commitment to shared values and a shared vision for a better world. We must rise above political, cultural and economic differences, recognizing that our interconnectedness is the key to overcoming adversity.

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There is a wise saying "There is no glory in battle worth the blood it costs"

No matter what the war is about, war leads to unfortunate consequences like it destroy communities and families and often disrupts the development of the social and economic fabric of nations. The effects of war include long-term physical and psychological harm to children and adults, as well as reduction in material and human capital. Wars impact refugees too.



Violence (as witnesses, victims, and/or perpetrators), Lack of food, water, and shelter, Physical injuries, infections, and diseases, Torture, Forced labor, Sexual assault, Lack of medical care, Loss of loved ones, Disruption in or lack of access to schooling.

History is example how refugees are maltreated especially in wars. By end of 2022 statistics says that 35.3 million refugees were forcibly displaced. Measures should be taken for refugees their condition is critical and they need to be protected, nations are turning blind eye on this issue, due to rage of nations and politics these poor souls suffer, all of this is giving a long term impact this trauma is passing from one generation to another, we need to stop this vicious cycle and wake up from slumber, if proper measures are taken it would allow these people to become asset to the world to do something for nation's growth and will improve their livings.

Deepanshi Khann, XII-B

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In the rich mosaic of India, activism threads a narrative of profound change across diverse realms. From environmental sustainability to calls for social equality, activism acts as a catalyst for transformative progress.

In this era of fervent advocacy, young girls like Garvita Gulathi, Manya Harsha, and Licypriya Kangujam emerge as powerful voices, transcending mere expressions of dissent. Fearless in their resolve, they create a harmonious movement focused on pivotal issues, marking a new age where achieving a more just world is not constrained by age.

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"From local beginnings to global horizons" is a phrase that encapsulates the idea of starting locally and expanding one's scope and influence to a global level. This concept suggests a journey or progression from a modest or limited starting point to a broader, more expansive reach. The journey from local beginnings to global horizons involves overcoming challenges, and continuously expanding one's perspective. It signifies a process of growth, learning, and adaptation that allows entities or individuals to transcend initial limitations and contribute on a broader stage.

Suhani Grover, XII-A

# The Global Between the Local and the Global

## FUN FACTS ABOUT PEACE AND GLOBAL CHALLENGES

- Peace is more common than we think.
- We spend much more on war than we do on peace.
- By the age of 16, the average American child has witnessed 18,000 murders on television.
- Be thankful to live in a time of no world wars.
- The poorest 40 percent of the world's population accounts for 5 percent of global income. The richest 20 percent accounts for three-quarters of world income.
- Around 15% of the carbon released in the environment is due to deforestation and change in the use of land.
- The entire health budget of Ethiopia, a country of 105 million people, is equivalent to just 1% of the fortune of the world's richest man, Amazon CEO Jeff Bezos.
- In many languages the word peace is used as a greeting or farewell.

Sidra Khan, XI-F

## SPECIALISED EDUCATIONAL ROLES: GIFTED EDUCATION AND INCLUSION

Addressing diverse learning needs is crucial in education. Gifted education focuses on nurturing exceptional abilities, tailoring curriculum to challenge high-achieving students. Inclusion, on the other hand, ensures a supportive environment for students with disabilities, fostering a sense of belonging. Both roles demand specialized educators with unique skills, from differentiated instruction to adaptive strategies. Collaborative efforts between gifted education and inclusion educators create a well-rounded educational landscape, promoting diversity and equity. These specialized roles enrich the educational experience, catering to the unique strengths and challenges of each student, fostering a more inclusive and supportive learning environment. Together, these specialized roles ensure a holistic educational experience, catering to the unique needs of every student, whether gifted or facing diverse challenges.

Stuti Jain

## COMBATING POVERTY



Poverty is a state of condition in which a person or community lacks the financial resources and essentials for minimum standard of living. And Poverty

remains a global challenge, affecting millions of people worldwide. This article explores effective strategies to combat poverty, emphasizing the importance of community empowerment and sustainable approaches.

Effective strategies to combat poverty are:

## IMPORTANCE OF DIPLOMACY

Diplomacy, the art of conducting negotiations between nations, plays a pivotal role in fostering global harmony and resolving conflicts without resorting to violence. Its importance lies in cultivating relationships, promoting understanding, and finding common ground among diverse cultures and ideologies. Diplomacy serves as a powerful tool for maintaining peace, stability, and economic cooperation on the international stage. Through skilled negotiation and dialogue, diplomats work to prevent disputes from escalating into crises, addressing issues ranging from trade agreements to environmental concerns.

In an interconnected world, where nations are increasingly interdependent, effective diplomacy is essential for tackling shared challenges such as climate change, terrorism, and public health crises. By prioritizing diplomacy, nations can build bridges, strengthen alliances, and contribute to a more cooperative and prosperous global community, where conflicts are resolved through dialogue and mutual understanding rather than confrontation and hostility.

Yuv Jindal, XII-C

## ROLE OF INTERNATIONAL COOPERATION

In an increasingly interconnected and globalized world, the significance of international cooperation cannot be overstated. This essay aims to explore the role of international cooperation in addressing global challenges, promoting economic development, and fostering peaceful coexistence among nations. International Cooperation aids in Addressing Global Challenges. Global issues such as climate change, pandemics, and terrorism transcend national boundaries and hence, demand collaborative international responses. The fight against climate change, for example, necessitates collective action underpinned by international cooperation. The Paris Agreement, an embodiment of international cooperation, aims to limit global warming to well below 2 degrees Celsius above pre-industrial levels. Global economic development is another area where international cooperation plays a pivotal role. Trade agreements, foreign direct investment, and international aid collectively contribute to global economic growth and development. International financial institutions like the World Bank and International Monetary Fund also exemplify international cooperation, providing financial support and policy advice to developing countries. International cooperation is a vital tool for maintaining global peace and security.

**Education Access:** Ensure affordable and accessible education to empower individuals with skills and knowledge.

**Microfinance:** Promote microfinance initiatives to empower entrepreneurs in low-income communities

**Healthcare Access:** Improve access to healthcare services to prevent and treat illnesses that contribute to poverty

**Global cooperation:** Encourage international cooperation to address global poverty challenges through shared knowledge resources and coordinated efforts

It's a small step but one that promise can bring a big change!

Kanika, XII-E

# Managing Director



*Dr. Manoj Kumar*

As the Managing Director of our esteemed institution, I want to emphasize on the significance of cultivating future-proof students. In this fast-paced world, it is crucial that we equip our students with the skills and knowledge necessary to thrive in the ever-changing landscape.

At Lovely Public School, we are committed to providing a well-rounded education that extends beyond textbooks. We prioritize fostering critical thinking, problem-solving, creativity, and adaptability. These skills will not only contribute to our students' academic success but also prepare them for the challenges and opportunities that lie ahead.

Our dedicated staff plays a pivotal role in shaping the future of our students. Their commitment, passion, and expertise are invaluable in creating a nurturing and empowering learning environment.

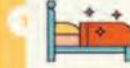
Together, let's continue to inspire and empower our students to become confident, innovative, and future-proof individuals capable of making a positive impact on the world.



## high five TO HEALTHY HABITS

WHAT DO YOU NEED TO DO TO HAVE A HEALTHY LIFE?

### SLEEP AND REST



Go to bed early and sleep 8 or more hours. Stick to a consistent sleep schedule. Good sleep improves your brain performance, mood and health.

### EXERCISE AND MOVEMENT



Stay active. Move your body and do exercise. Physical activity improves your sleep quality, your mood and your ability to do everyday activities.

### FOOD AND NUTRITION



Eat a variety of healthy food to get the nutrients you need. Choose healthy snacks. Eat slowly and mindfully. Drink plenty of water every day.

### RELATIONSHIPS AND EMOTIONS



Spend time with the people you love. Positive relationships boost your happiness and reduce stress. They can even strengthen your immune system.

### LEARNING, PLAYING AND CREATIVITY



Have fun and do creative things in your free time. Read and learn new things every day. Learning and playing help you develop a healthy brain.

## Introducing our New Branch



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