

LOVELY TIMES

1st April 2025 to 30th April 2025

Page No. 1

Tribute to Founder Dr. (Mrs.) S.D. Malik Ji

A Simple and Humble Personality



The personality of a person known for their joyful nature and self-confidence is always inspiring. Their way of engaging in humor and keeping the atmosphere lively makes them truly admirable. A genuine smile can turn the fire of bitterness into the cool breeze of love.



Following the path of simplicity and humility, Mrs. Suman Devi Malik always considered humanity as the supreme goal of life. She never hesitated to extend a helping hand to others with selfless emotions.



Everything may fade,
memories may disappear,
Everyone may forget,
identity may change,
But the simplicity and
kindness of a person
Will always remain immortal.

Personal Qualities Worth Adopting
The person who does not deceive
others never gets deceived.

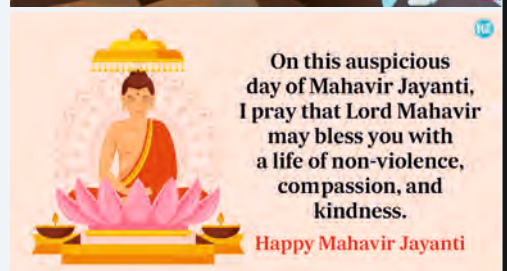
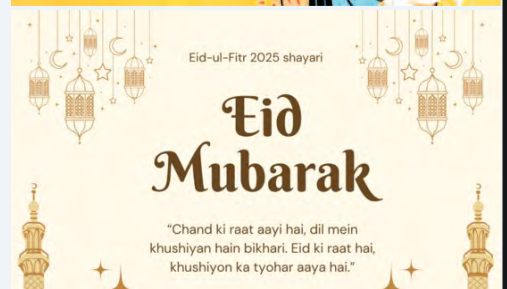
A person who respects everyone is
respected by all.
No matter how far the journey is,
the one who walks with honesty and
dedication always reaches their
destination.

"Mrs. Suman Devi Malik Ji"



भारतीय नववर्ष मंगलमय हो

चैत्र शुक्ल प्रतिपदा
युगाब्द 5127 विक्रम संवत् 2082



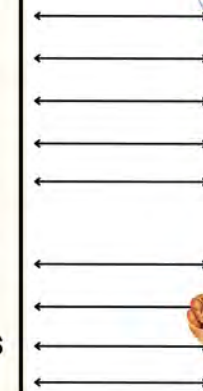


"A small change today, a healthier you tomorrow!"



No sugar
till the age of 5 years

SWAP THIS
White rice
Sugary drinks
Mayonnaise
Regular butter
Regular pasta
Processed food
Ice cream
Processed snacks
Sugary biscuit



WITH THIS
Brown rice
Nimbu paani
Greek yogurt
Nut butter
Wheat noodles/ Pasta with veggies
Home-made snacks
Frozen yogurt
Roasted nuts
Dates and nut bar



No salt
till the age of 2 years

No screen during food time
Mindful eating

APRIL

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Remember Self Care



*Love deepens
when a family shares
its light and shadows.*



MAY

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SAVE WATER

Recycle Water



Wash fruits and vegetables in a bowl,
Wash Utensils in a bucket then
reuse the water to nourish your plants.



Use wastewater from the
air conditioner to mop the floor.



Recycle your water inside and out

Do's and Don't



Act now!



- ✓ Fix Leaks
- ✓ Take Shorter Showers
- ✓ Turn Off the Tap when not in use
- ✓ Use Water-Efficient Appliances
- ✓ Run Appliances Efficiently
- ✓ Collect Rainwater
- ✓ Use a Water-Filled Bottle in the Toilet Tank
- ✓ Use Toilet Only for Its Intended Purpose
- ✓ Wash Clothes and Dishes Efficiently
- ✗ Don't Leave the Tap Running
- ✗ Don't Hose Down Your Lawn or Driveway
- ✗ Don't Use Your Toilet as a Waste Basket
- ✗ Don't Throw Flowers, Puja Materials into a River
- ✗ Don't Dump Anything into Water Bodies
- ✗ Don't Throw Dead Bodies in a River
- ✗ Don't Use Excessive Pesticides, Herbicides

A small change in your habits can create a ripple of positive change for generations. **Save water, Save life.**

JUNE

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

AMBULANCE FIRST

Give Way to Ambulance



Don't ignore the ambulance or its sirens.



Make way for the 'RIGHT LANE'



Don't horn loudly or ride ahead of the ambulance.



Always There When You Need Us.

First-Aid in road accidents



The first hour after any road accident is called 'the golden hour'. If proper first-aid is given, a road accident victim has a greater chance of survival. Some tips to follow during helping a road accident victim are listed below:

	Assess the extent of the victim's injuries		Treat the victim's wounds
	Check if the person is breathing and has a pulse		Keep the victim warm
	Call for an ambulance or rush the person to a hospital		Avoid feeding the victim
	Perform life-saving techniques like CPR or EAR		Suspect if there are any spinal injuries

Your timely intervention and proper first-aid care can save a precious life.

102: This number is dedicated to maternal and child health emergencies

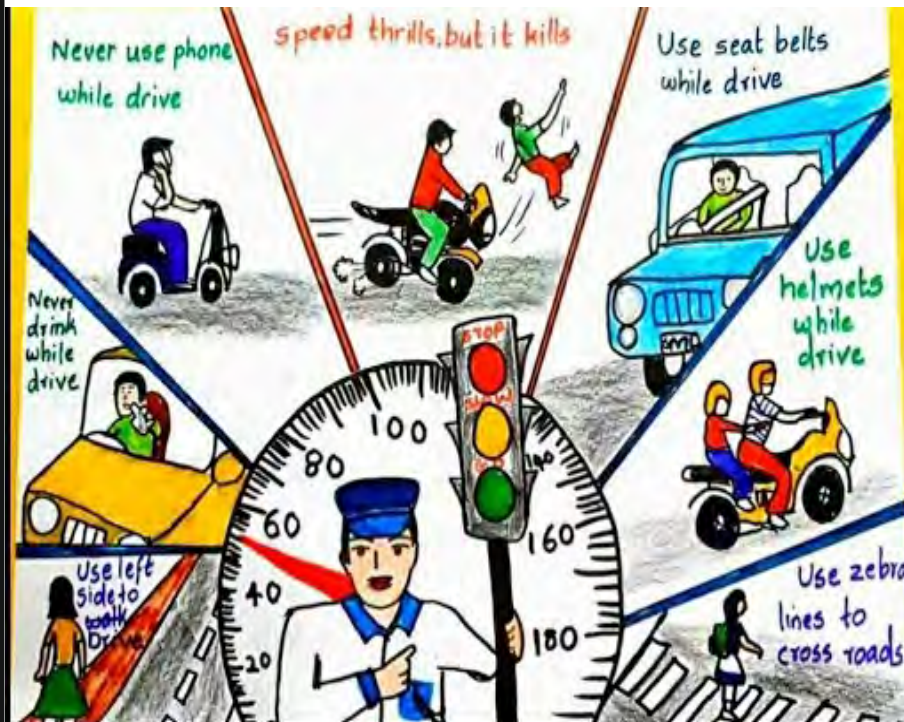
108: for general medical emergencies, including critical care and trauma cases.

JULY

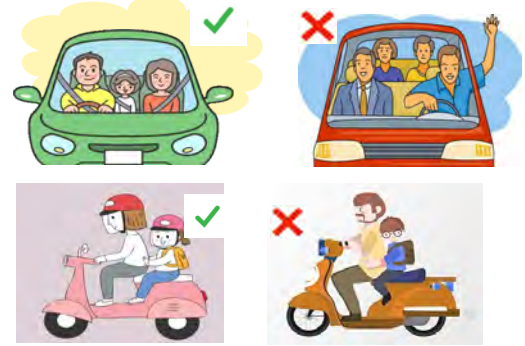
2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

RESPECT TRAFFIC RULES



SAFETY BEGINS AT HOME



10 RULES OF ROAD SAFETY

1. Walk on the right side of the road.
2. Use pedestrian crossing to cross the road.
3. Look on both side of the road before you cross.
4. Don't play on the road.
5. Stop driving if you feel sleepy or tired.
6. Don't use mobile phones while driving.
7. Avoid over speed.
8. Avoid alcohol while driving.
9. Always wear helmet/seat belts.
10. Give priority to pedestrians at zebra crossing.

AUGUST

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

SAVING FOOD-BITE INTO BLISS



Reducing Food Waste: A Step Towards a Sustainable Future



Plan Smart, eat fresh, waste less



Love your leftovers, they deserve a second chance



Share the Surplus: Help others



Think before you toss: Every bite counts

Shop Smart, Buy only what you need

Be Mindful of serving sizes.

Store food properly, extend its life

From farm to fork- Let's not waste



Let's take initiatives to call 'EK PARIVARTAN FOUNDATION' for the leftover food at home to help countless individuals. (9953756764)

SEPTEMBER

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Fun Facts

Glass takes one million years to decompose, which means it never wears out and can be recycled an infinite amount of times!

Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.

The tooth is the only part of the human body that cannot heal itself. visit your dentist regularly.

Drinking water after eating reduces the acid in your mouth by 61 percent. Drinking a glass of water before you eat may help digestion and curb appetite.

Peanut oil is used for cooking in submarines because it doesn't smoke unless it's heated above 450F.

The roar that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear. The seashells work as amplifiers.



If you get into the bottom of a well or a tall chimney and look up, you can see stars, even in the middle of the day.

In ancient times strangers shook hands to show that they were unarmed.

Strawberries and cashews are the only fruits whose seeds grow on the outside.

Avocados have the highest calories of any fruit at 167 calories per hundred grams.

The moon moves about two inches away from the Earth each year. **A comet's tail** always points away from the sun.

The Earth gets 100 tons heavier every day due to falling space dust. **Due to earth's gravity** it is impossible for mountains to be higher than 15,000 meters.

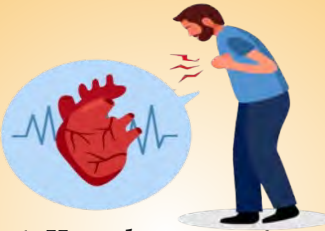
OCTOBER

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Helping Hands are healing hands, Caring hearts are mending hands..

HEART ATTACK



1. Have the person sit or lie down in a comfortable position.
2. Loosen the tight clothing.
3. Provide oxygen if available.
4. Keep emergency medicines (**Aspirin, Nitroglycerin, Morphine**) at home.

DOG BITE



1. Stay calm to avoid the multiplication of bacteria from the bite.
2. Wash your wound with luke warm water and soap.
3. Seek the help of a doctor, and follow prescribed vaccination against Rabies
4. Monitor the dog as well.

CPR



1. Compression - Push chest heart and fast, give 30 compressions.
2. Airway - Open airway with a head tilt chin lift.
3. Breathing - Give mouth to mouth rescue breaths.
4. Call 911 or your local emergency number.



FIRST AID ESSENTIALS

1. Always keep the first aid kit at your home or workplace which includes- **bandage and wound care, antibiotics & pain relief** etc.
2. Wash your hands before and after giving first aid.
3. The person who is investigating quickly access the situation and make arrangements for the same.
4. Keep a check about the medicine, its expiry date before using.

NOVEMBER

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

BEAT THE CLOCK : MASTERING TIME MANAGEMENT

24 Hour Bank Account Management 1

Treat your day like a bank account with 1,440 minutes deposited every morning. Spend wisely! Divide your daily task as :

Invest in Focus
Avoid Time Thieves
The Interest of Good Habits

Time Travel Diaries 2

Create your own story where you discover a magical watch that allows you to revisit your day – but with one rule:

You can only improve wasted time. The story can explore how distractions or poor planning affect your outcomes.



The Time Buffet 3

Divide your daily task as:
Appetizers : Quick tasks
Main Course : Priority work
Desserts : Fun activities
Encourage yourself to create your "ideal plate" of daily tasks.

The StopWatch Challenge 4

Suggest mini-challenges like:
10-minute : declutter
20-minute : focus sprint
30-minute : zero-distraction study session

Lost in the Loop 5

Create a comic strip showing how you stuck in a loop of bad habits (e.g., *oversleeping, endless scrolling*) and how you break free by adopting better time management skills.

DID YOU KNOW?

The average student loses 30% of study time due to poor planning : Without a clear study schedule, students can waste nearly one-third of their available study time.



DID YOU KNOW?

Taking regular breaks enhances productivity by 15-20%:
The brain can only focus optimally for 45–90 minutes. Short breaks refresh the mind and improve performance.



DECEMBER

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
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28	29	30	31			

Stand For What is Right!!

STAND UP FOR WHAT YOU BELIEVE IN



Standing against wrong is the first step towards a fairer world.

I respect others and expect same in return

Be Sure You Put Your Feet In The Right Place, Then Stand Firm.....

Stand Up For What is Right Even If You Are Standing Alone !!!

JANUARY

2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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4 Types of BULLYING

PHYSICAL Bullying

Hitting, kicking, slapping, pinching, spitting, tripping, pushing, blocking
Stealing or destroying someone's possessions
Making mean or rude hand gestures
Touching in unwanted & inappropriate ways

VERBAL Bullying

Name calling
Insults
Teasing
Intimidation
Homophobic or racist remarks
Inappropriate sexual comments
Taunting
Threatening to cause harm

SOCIAL Bullying

Lying & spreading rumors
Leaving someone out on purpose
Telling others not to be friends with someone
Embarrassing someone in public
Damaging someone's social reputation or relationships

CYBER Bullying

Posting/sending hurtful texts emails or posts, images or videos
Making online threats
Imitating others online or using their log-in
Deliberately excluding others online
Spreading nasty gossip or rumors

ACCEPTING
FRIENDLY
THOUGHTFUL
KIND
LOVING
HELPFUL
SINCERE

SAY

INCLUSIVE
COMPASSIONATE
RESPECTFUL
HELPFUL
GIVING
KIND
POSITIVE

NOTO

BULLYING

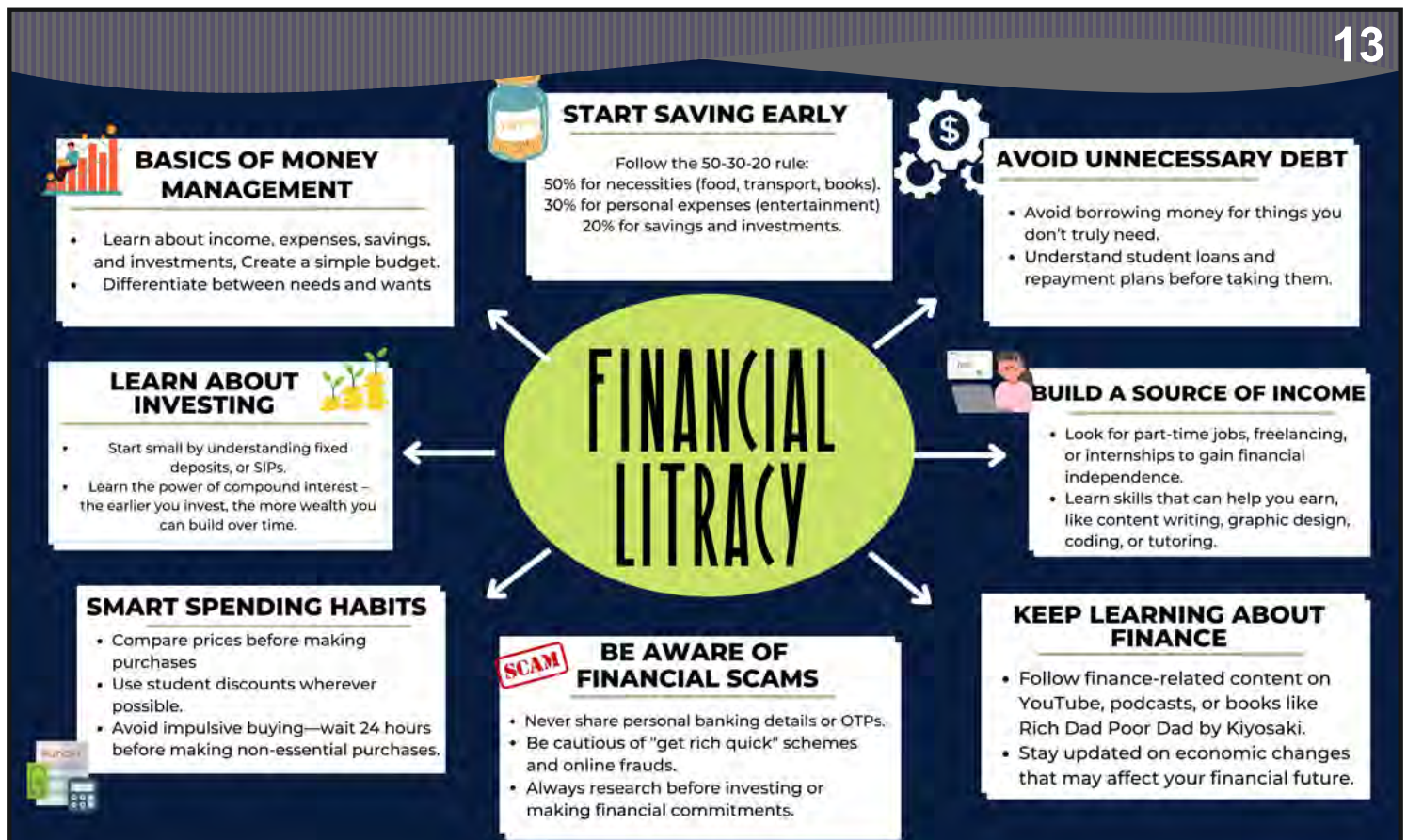
Bullying is...



FEBRUARY

2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
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**MARCH****2026**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
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29	30	31				

Laudable Achievers **Class-IX**

WILL YOU RECOGNIZE YOUR OPPORTUNITIES TODAY?

'Opportunity only knocks once' is one of the **greatest lies ever perpetuated.**

Opportunities aren't rare - they're everywhere. The problem isn't their absence, but our ability to recognize them.

Stay open - open-minded to new ideas, open-hearted to unexpected connections. The right people, the right moments, and the right chances often arrive disguised as ordinary days. Say yes

more often. Challenge your assumptions. Look beyond what you think is possible. Life is whispering opportunities all the time; you just have to listen differently. Trust that something wonderful is always on its way - you just have to be ready to see it when it arrives. Keep your heart and mind wide open.

Dr. Bhawana, Principal



Mrs. Sunita Dhingra

"Congratulations on your achievement! Your perseverance and commitment have led to this moment. We are thrilled to celebrate your success. Best wishes for your future!"

Nothing is impossible. The word itself says, "I am possible".

AGGREGATE TOPPERS



Sachin Kamra

I - TOPPER
96.6% in Agg.

Maths-98.1%



Manya Gupta

II - TOPPER
95.4% in Agg.

Hindi-96.6%



Chetna Jaiswal

II - TOPPER
95.4% in Agg.

English-94.7%



Yash Sarawagi

III - TOPPER
94.5% in Agg.

Science-96.5%



Unnati Gupta

III - TOPPER
94.5% in Agg.

Subject Toppers



Vaibhavi Singh
S.St.-98.9%



Mansha Miglani
AI - 98.5%



Eshna Jain
IT-97.5%

90% and above in Aggregate



Vaibhavi Singh
(94.1%)



Anshika Nijhawan
(93.8%)



Prisha Goyal
(93.8%)



Tarjeet Singh
(93.7%)



Eshna Jain
(93.7%)



Minza Khan
(93.5%)



Abeeha Kazmi
(93.3%)



Siddhi Singh
(93.3%)



Abhigyan
(92.6%)



Manvi Bhatia
(91.1%)



Avneet Kaur
(90.6%)

**Cheers
Champions !!**

Distinction Holders

6 Subjects

Sachin Kamra
Avneet Kaur
Devanshi Jain
Mansha Miglani
Manya Gupta
Vaibhavi Singh
Siddhi Singh
Ajendra Singh
Abhigyan
Tarjeet Singh
Anshika Gupta
Anvi Aggarwal
Mudeet
Paridhi Aggarwal
Pragya Jain
Unnati Gupta
Aagam Jain
Ankur Arora
Divyansh Takkar
Pratigya Bhushan
Naman Goyal
Avni Dhingra

Kavay Arora
Yashovardhan Sikri
Safwaan Mohammed
Harshit Guglani
Manvi Bhatia
Saarvi Mishra
Uzair Hassan Ansari
Vansh Rathour
Anshika Nijhawan
Avneet Kaur
Divyansh Wahal
Prisha Goyal
Shreya Patra
Vaishnavi
Chetna Jaiswal
Eshna Jain
Minza Khan
Anant Mohata
Unnatti Jain
Yash Sarawagi
Abeeha Kazmi
Mohd. Rehaan Khan
Nitya Joshi

5 Subjects

Tanishka Tomar
Amogh Sachdeva
Jayesh K Gupta
Praveen Rajawat
Protyasha Bhukta
Sohana Yeasmin
Sayon Srivastava
Yuvika Sharma
Ishan Dalwani

Arnav Sharma
Sanchita Das
Anaysha Sadh
Prapti Jain
Sidh Jain
Abhi Aman
Arham Jain
Gargi Gaur

3 Subjects

Krishansh Mohta
Abhishek Kumar
Parneet Kaur
Ansh Aggarwal
Aaradhya Sharma
Atulya Gupta
Poorvi Kumra
Nowan Sharma

Aditi Jain
Satyam
Aakriti Verma
Pranay Yadav
Mihika Verma
Aryan Jain
Charvee Jain
Soumya Jain

4 Subjects

Khush Gupta
Jiya Dhariwal
Ayush Jain
Khyati Malhotra
Payal Kundu
Trayombak Das
Pakhi Bhadoria
Suhana
Samarth Taneja
Lakshya Nirwan
Megha Kundu
Janav Baghel
Divya Jyoti
Prashant Sharma
Pratyush Jha
Avni Jain
Manvi Prajapat
Zaidan Siddiqi
Ojas Verma
Shruti Sharma
Mayuri Dhawan
Vibhuti Yadav
Ansh
Soumya Narang

Congratulations



RESULT- XI (2024-25)

The journey of a thousand miles begins with a single step

"Heartiest congratulations to our erudite students! Your exemplary results are a testament to your diligence and unwavering dedication. As you move forward, pursue to embrace learning with enthusiasm and confidence. Remember, every challenge you face is an opportunity for growth, and each milestone you achieve brings you closer to your dreams. I hope you continue to focus on making consistent progress towards your goals!"

All The Best For Your Future.....



Dr. Bhawana
Principal

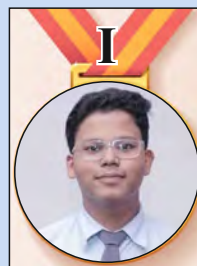
*Bravo champions!!
Continue your Winning streak...*



MR. MOHIT GULATI
SR. ACADEMIC HEAD

The saga of exemplary skills has continued with the combined efforts of teachers, parents and students. Our year round activities have brought desired results along with value creation focusing on the overall development of our students.

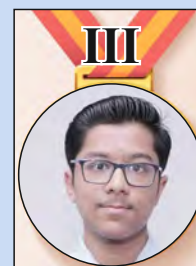
Commerce Stream Toppers



Prakshal Jain
96.5%



Kanav Pandey
88.8%



Kanishk Jain
88.6%

Science Stream Toppers



Tanvi Khanna
93.4%



Garima Ratra
90.0%



Pragya Bhushan
87.8%

Humanities Stream Toppers



Harshita
84.2%



Taashvi
84.0%



Cheshta Bajaj
81.3%

Subject Toppers

Congratulations



PRAKSHAL JAIN
Maths- 99, Accs- 97
B.St-97, Eco -97, Eng-93



TANVI KHANNA
Biology - 99
Psycho -95, Chem -92



PIHU HALDER
Paintng - 97



ARHAAN SAXENA
Physics - 97



HARSHITA
Geography - 96
Mark.- 83, Pol Sci-78



KANAV PANDEY
Phy. Education - 95



VIGYA JAIN
Phy. Education - 95



ANSHIKA CHAUHAN
Hindi - 93



VARDAAN GOYAL
Comp. Sci - 92



KANISHK JAIN
App. Maths - 91



RAGHAV VERMA
Info. Tech. - 90



SARAH MEDHI
Eng. Graph. - 87



TAASHVI
Legal Studies - 87



HARSHITA
Marketing - 83

From our chairman's desk



Dr. Manoj Kumar

"We must use the time creatively in knowledge, that the time is always right to do the right thing". – MARTIN LUTHER KING

As we embark a fresh start, I take a moment to applaud the hard work, perseverance and pragmatic approach of our students for their excellent result. Every effort big or small inches you closer to your goal, keep growing, trying and improving yourself. Success does not happen overnight but is the sum total of consistent efforts overcoming challenges with courage and grit. Here at, Lovely Public School, we take complete responsibility to provide holistic education to our consciously awake and morally guided students. A strong foundation always bears best fruits when nurtured with love, kindness and empathy to build them into confident, dynamic and empowered individuals. As I always believe, *there is no shortcut to success* so we are committed

to deliver quality education with our dedicated team of teachers making the impossible possible. The students are honed to meet their needs in today's fiercely competitive world to actualize their dream.

Although, rapidly changing time have posed a serious accountability on educational institutions towards potentially viable students and skilled entrepreneurs to help them realize their goals. We ensure, your aspirations will be directed to unlock your hidden talent and make dreams come true. *Be upright, introspect, reflect and go ahead to carve history.*

Remember, every great achievement is a victory of flaming heart brimming with exuberance to achieve success and luck. We congratulate all of you for your zealous result and pray for even better in the days to come.

Disclaimer: All the pictures have been taken from freely available sources on the internet. We are thankful to them.



LOVELY HERITAGE SCHOOL

POCKET-E MAYUR VIHAR PHASE 2

- QUALIFIED TEACHERS
- SMART CLASSES
- STATE OF THE ART LABS
- FULLY AC CLASSROOMS
- FIFA APPROVED TURF
- SWINGS PLAY PARK

ADMISSIONS OPEN!

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