

LOVELY TIMES

1st November 2024 to 30th November 2024

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Founder's Message



"Believe you can and you're halfway there. Every struggle is an opportunity to grow stronger."

As we embark on life's transformative journey, we inevitably confront challenges that test our mettle, fortitude, and character. At Lovely Public School, we firmly believe that embracing adversity is pivotal to fostering growth, learning, and success. Challenges assume diverse forms - academic, personal, social and emotional. They can be daunting, but they present opportunities for self-discovery and personal evolution. The question remains, how will you respond? Will you succumb to doubts or rise to the challenge? Step out of your comfort zone and explore uncharted territories. Join that debate club or undertake a novel project, and witness your confidence soar. Setbacks will inevitably arise, but don't let them define your narrative. Approach obstacles with an open mind, a willingness to learn, and resilience. Surround yourself with supportive mentors, peers, and educators who will propel you toward excellence. Collaborate, persevere and you'll achieve remarkable feats. Believe in your latent potential; your abilities can be cultivated through diligence and determination. Remember, failure is not the terminus, but a stepping stone to success. By embracing these principles, you'll unlock your full potential, shatter barriers, and focus on progress. Let's celebrate incremental victories, draw inspiration from others, and recognize your capacity for greatness. May your passion and perseverance continue to guide you toward greatness.

CBSE CLUSTER XX FOOTBALL (BOYS) TOURNAMENT 2024

Organized by

LOVELY PUBLIC SCHOOL

Priyadarshini Vihar

The CBSE Cluster XX

Football Boys

Tournament, held from 1st

to 9th October 2024 at

Lovely Public School,

Priyadarshini Vihar,

concluded on a high note,

leaving a lasting

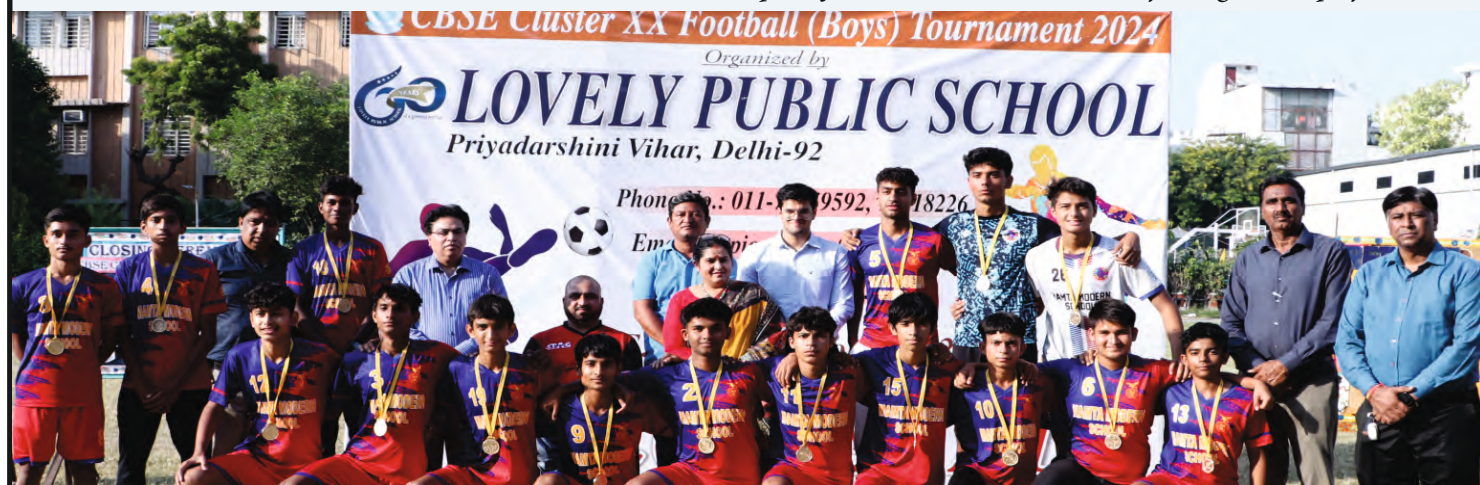
impression of

sportsmanship and

excellence. Co-hosted by Lovely Public School and National Victor School, the tournament brought together an impressive 77 teams in the U-19 category, 55 teams in the U-17 category, and 68 teams in the U-14 category, showcasing the exceptional spirit and passion of young athletes.

The closing ceremony was graced by the presence of **Mr. Sonu Gupta**, National Para Table Tennis Champion, as the Chief Guest, alongside esteemed Guests of Honour, **Dr. Manoj**, Chairman of Lovely Group of Schools, and **Mr. Pranjal Aggarwal**. Their words of encouragement uplifted the spirits of all participants, celebrating the determination and hard work of every player.

Flawlessly organised under the meticulous leadership of **Principal Dr. Bhawana**, the event ran smoothly from start to finish, creating an atmosphere filled with enthusiasm and unity. Her guidance played a





pivotal role in ensuring the seamless execution of the tournament, highlighting both the competitive and collaborative spirit of sports.

In his closing remarks, **Dr. Manoj** expressed pride in the dedication and resilience displayed by the players, congratulating the winning teams and commending all participants for their courage to compete and persevere. He also extended heartfelt gratitude to the teachers, staff, and volunteers, whose tireless efforts were instrumental in making this event a resounding success.

The tournament, which stood as a symbol of teamwork, perseverance, and discipline, leaves behind cherished memories and valuable life lessons for the young athletes. As the final whistle blew, what remained was not just the celebration of football but the lasting values of friendship, respect, and the unyielding spirit of sportsmanship, which will continue to guide these players in all aspects of life.



Diwali Fete - "Where every moment is a celebration"

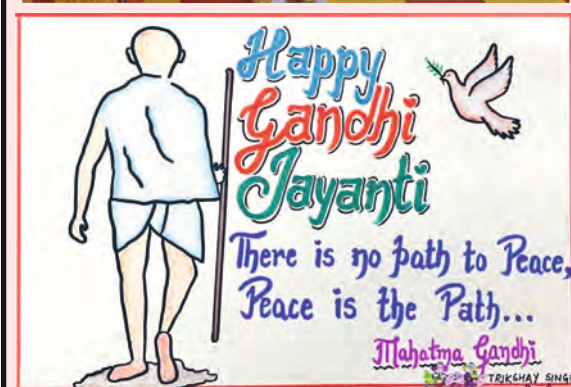


“Festivals bring us closer”

04



ARTISTRY



INSPIRING TALES OF TRIUMPH OVER CHALLENGES

RISING ABOVE ADVERSITY

We all face challenges in life. Sometimes they are big, and other times they are small. But no matter how difficult things may seem, people can overcome their problems with courage, hard work and a positive attitude. Here's my story of overcoming adversity.

I had to wear glasses for the first time, and some kids in the class teased me by calling me "four-eyes/parhaku." It made me feel self-conscious and sad. One day, my teacher noticed and organized a "wear your favorite accessory" day, encouraging everyone to celebrate what makes them unique. I wore my glasses proudly and shared how they helped me see the world better. My classmates started asking me questions and learned about the importance of kindness. By the end of the day, many students complimented me, and I felt empowered to embrace my glasses. This is how I triumphed over challenges.

Dhrishay S., IV

UNLOCK YOUR POTENTIAL

*When the road is rough and the sky is gray,
We can find our strength in a brand new way.
With courage in our hearts and hope in
our eyes,*

*We'll rise up high like the birds that fly.
Maya had a dream to dance and twirl,
But an injury made her world unfurl.*

*She practiced each day with a smile so bright,
And soon she danced again, a beautiful sight!*

*Sam wanted to ride his bike down the street,
But falling and tumbling made it hard to compete.*

*He got up each time with laughter and cheer,
And soon he was riding without any fear!*

*So when challenges come, just remember this rhyme,
With patience and courage, you'll conquer in time.*

*Every story of triumph begins with a spark,
Believe in yourself, you'll light up the dark!*

Meherpreet, III



EMPOWERED RESILIENCE

Facing a challenge should be approached with the mindset that "this too shall pass". In life, we often encounter challenges that seem insurmountable. These Challenges are faced, risen above, and ultimately solved with greater strength. In my life, I have encountered many challenges, obstacles and trials that have made me stronger. This is my story of overcoming a significant challenge that I once faced.

I remember a time when I struggled to recall what I had learned from books, I would forget most of the things I had studied. This made me lose confidence in myself and it negatively impacted my academic performance. I also had issues with pronunciation, which affected my reading skills and made me uncomfortable when asked to speak aloud. I became a target of criticism in class. Despite the emotional toll, I decided to take this as a challenge.

I started learning by writing. Whatever I learned, I would write it down to avoid making mistakes. To improve my pronunciation, I began practicing with the help of phonics, which significantly improved my ability to pronounce words correctly. I also started reading storybooks, magazines, newspapers and more. As a result, I made significant improvements in both my speech and reading skills. My hard work led to an improvement in my academic results, and I proudly embrace my personal story. I celebrate this triumph and use it as fuel to continue thriving academically and personally.

Kiyansh P., IV

TURN YOUR WOUNDS INTO WISDOM

I have a great story to share with you all. This incident instilled a great deal of confidence in me. The story begins when I was 8 years old, in the 3rd grade. Whenever I saw numbers, I felt scared. I always got confused when I tried to solve math problems, this resulted in my poor performance, due to which I nearly failed. My mother was very unhappy with my results, but she encouraged me not to see numbers as scary digits, instead urged me to enjoy and play with them. I started enjoying the number games. After that, my results improved greatly. With this story, I want to convey that I have finally triumphed over my fear of mathematics. If I can do it, then anyone can"

Radhav G., IV

DEVELOP A POSITIVE MINDSET

Smile and Laugh: Play with friends, watch funny videos, or read a funny book.

Think Positive : Say nice things to yourself, like "I'm smart!" or "I can do it!"

Take Care of Yourself: Eat healthy food, exercise, and get enough sleep.

Set Realistic Goals: Break down big goals into smaller, achievable ones.

Yoga & Meditation: Meditate or practice mindfulness for 10 minutes each day.

Be Grateful: Think about three things you're thankful for each day.

Practice Gratitude: Keep a gratitude journal to write down three things you are thankful for each day.

Help Others: Do small kindnesses for family and friends.



Aaradhya Aggarwal, IV-C

Dare to Be Different, Embrace Your True Self



Each of us is unique, like a canvas filled with vibrant shades. Embracing who you are means accepting every part of yourself—your talents, quirks, and even your flaws—and turning them into strengths. In a world that often pushes us to fit in, it's essential to remember “Be yourself; everyone else is already taken” —Oscar Wilde. When we honor our individuality, we allow ourselves to truly grow and shine.

“Your True Self, Your Greatest Adventure” reminds us that self-discovery is a journey worth embracing. By accepting our differences and celebrating them, we inspire others to do the same. The beauty of life lies in its diversity, and the more we embrace our true colors, the more vibrant the world becomes. So let your light shine in every hue, for that is where your true power begins.

Shourbhi VII

Strength Lies in Passion Power in Exploration!

In the garden of my heart, I seek to find,
The things that make me happy, the dreams that fill my mind.
With every new adventure, my spirit starts to soar,
Discovering my interests, I find so much more.



Sports and arts, or maybe science,
Each one reveals a part of me, in joyful compliance.
Strength is not just muscle, it's courage from within,
It's facing every challenge, and learning how to win.

With every step I take, I grow a little bold,
My interests are my treasures, more precious than gold.
So I'll explore and learn, with passion as my guide,
For in the quest for knowledge, I'll find my truest pride.

Kushagra VI



Ignite Your Passion, Shape Your Future!

Finding your inner passion is an exciting journey that can lead to personal fulfilment and happiness. Discovering what truly excites you can help guide your choices in life. Here are five cool **tips to help you uncover your passions:**

1. **Explore New Activities** – Try different hobbies, sports, or arts. Stepping out of your comfort zone can spark interest in something new.
2. **Reflect on What You Love** – Think about the activities that make you feel happy and energized. What do you enjoy doing in your free time?
3. **Talk to Others** – Engage with friends, family, or teachers about their passions. Their experiences might inspire you to find your own.
4. **Set Goals** – Write down your dreams and aspirations. Setting goals can help you stay focused on what truly matters to you.
5. **Be Patient** – Finding your passion takes time. Allow yourself to explore without pressure, and enjoy the journey.

In conclusion, discovering your inner passion is a rewarding process that opens doors to new opportunities. Embrace the adventure, and let your passion lead the way!

Vinayak VII

Unleash Your Potential, Discover Your Passion

Discovering your inner strength and interests is a journey that can lead to personal growth and fulfilment. Understanding what drives you can help you make informed choices in life, paving the way for success and happiness. Here are five cool tips to help you on this journey:

Set Small Goals

Break down your aspirations into achievable goals. Celebrating small victories boosts confidence and helps you recognize your strengths.

Seek Feedback

Talk to friends, family, or teachers about your strengths. Sometimes, others can see qualities in you that you may overlook.

Explore New Activities

Try out different hobbies and activities. Whether it's painting, sports, or music, exploring various interests can reveal hidden talents and passions.

Reflect on Yours Experiences

Take time to think about past experiences. What moments made you feel proud? What challenges have you overcome? These reflections can highlight your strengths.

Practice Mindfulness

Engage in activities like meditation or Journaling. These practices help you connect with your thoughts and feelings, allowing you to discover what truly interests you.

In conclusion, finding your inner strength and interests takes time

Astha J. VIII

Be Bold, Be Real, Be You!

Embracing who you truly are is a journey of self-discovery that leads to confidence and inner peace. The more you accept and celebrate your uniqueness, the more empowered you become.

- 1. Uniqueness is Power** – No two people are the same. Your individuality is what makes you powerful.
- 2. Confidence Grows** – Embracing who you are boosts self-confidence and helps you stand tall in any situation.
- 3. Self-Acceptance Brings Peace** – When you accept yourself fully, inner peace follows, silencing doubts and fears.
- 4. Flaws Are Strengths** – What you see as imperfections often hide your greatest strengths.
- 5. Authenticity Attracts Respect** – Being true to yourself earns respect from others who value sincerity.
- 6. Creativity Thrives** – When you stop comparing, your creativity blossoms in ways you never imagined.
- 7. Inspires Others** – By embracing your true self, you empower others to do the same, spreading positivity and self-love.

Embracing yourself is about understanding that you are enough, just as you are. Shine in your own colors, for they are your greatest gift to the world.

Samarveer VII



खुद पर विश्वास
हर मुश्किल का है पास

मैं हूँ एक सितारा, चमकता आसमान में,
मेरी खासियत अनोखी, सबको दिखाऊँ सदा ध्यान में।
मेरे सपने हैं बड़े, उन्हें मैं सच करूँगा,
हर कठिनाई से लड़ा, आगे बढ़ता रहूँगा।
हिम्मत मेरी अपार है, दिल में है जोश भर,
हर कदम में विश्वास है, हर मुसीबत का है असर।
सकारात्मक सोच मेरी, बढ़ाती है उत्साह,
जब खुद पर हो भरोसा, हर मुश्किल का होगा अंत।
मैं हूँ खास, मुझे गर्व है इस बात पर,
अपने आप को सराहूँ, यही है सच्चा आभार।



हर दिन है नया, नई कहानी का है समय,
खुद को देखूँ मैं, और बढ़ाऊँ अपनी जड़ें।

Aadvik A. IV

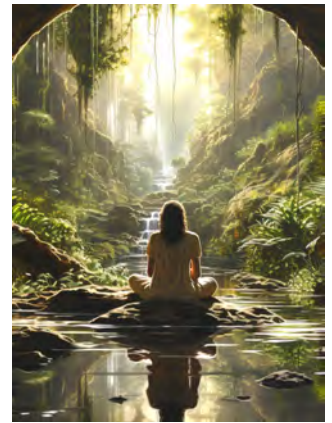
Discover Yourself, Transform Your World!

7 Facts About Self-Discovery

Self-discovery is a vital journey that leads to personal growth and fulfilment. Understanding who you are helps you make better choices and live a more authentic life. Here are seven important facts about self-discovery:

- 1. It's a Lifelong Process** – Self-discovery continues throughout your life as you evolve.
- 2. Promotes Self-Awareness** – It helps you understand your thoughts, feelings, and motivations.
- 3. Encourages Change** – Discovering yourself often leads to positive changes in your life.
- 4. Builds Resilience** – Knowing your strengths helps you overcome challenges.
- 5. Fosters Authenticity** – Embracing your true self allows you to live authentically.
- 6. Enhances Relationships** – Understanding yourself improves your connections with others.
- 7. Inspires Creativity** – The journey sparks creativity and new ideas.

In conclusion, embracing self-discovery can transform your life. Begin today, and uncover the endless possibilities within you.



Charvi V

YOUR TRUE SELF, YOUR GREATEST ADVENTURE

THE PATH TO ME

I set out on a journey,
With courage by my side,
To seek the truth within myself,
And let my spirit guide.



The road was filled with twists and turns,
With mountains high to climb,
But every step I bravely took
Was part of finding mine.

I learned I'm more than what I see,
A spark, a glowing light,
With dreams as vast as open skies,
And strength to reach the height.

Through kindness, hope, and fearless will,
I've found my inner key,
The greatest treasure in this world—

The gift of being me. Kavya T. VI

GLOBAL INITIATIVES - UNITING YOUNG PEOPLE TO END HUNGER

Global initiatives uniting young people to end hunger are gaining momentum, empowering a new generation to take action against this pressing issue. By fostering global solidarity, collaboration, and youth-led activism, these initiatives are paving the way towards a hunger-free world, where every individual has access to nutritious food, education, and economic opportunities.

WORLD FOOD PROGRAMME - WFP has youth-focused campaigns like "Zero Hunger" to mobilize young people to address global hunger issues. **Programs:** school feeding programs like Roti bank, Aann Daan-Maha Daan



UNICEF - GENERATION UNLIMITED - UNICEF engages young people to address various global challenges, including hunger, through this initiative. **Programs:** Skills-building and leadership programs, guiding youth for sustainable food systems.

4-H GLOBAL NETWORK - 4-H programs focus on youth development, agriculture, and leadership to combat hunger through sustainable farming practices.

Programs: Agricultural knowledge, food security projects, Provides nutritious crops.



FAO - FOOD & AGRICULTURE ORGANIZATION - FAO supports young people to engage in family farming, reducing hunger through sustainable agriculture. **Programs:** Farming projects like poultry farming.

Bhumi Jain, VII C

मुखमरी मुक्त समाज, सपना नहीं हकीकत होगी

जब थाली में हर किसी के,
अन्न का सम्मान हो,
हर हाथ को रोटी मिले,
यही सबसे बड़ा वरदान हो।

पेट न तरसे किसी का,
भूख से ना कोई सोए,
हर सुबह हो आशा की,
हर दिल में खुशियाँ बोए।

खेतों में मेहनत रंग लाए,
अनाज से भरे हो गोदाम,
किसानों की मेहनत का हो,
दुनिया भर में नाम।

न हो कोई बेबस बच्चा,
जो भूख से आँसू बहाए,
हर चेहरा हो संतुष्टि से,
जो जीवन की धुन गुनगुनाए।

भोजन हो हक सबका,
यही हो इंसानियत की राह,
भूख मिटाकर चलें आगे,
यही हो सच्चा जज़्बा और चाह।

आओ मिलकर प्रण करें,
ये दुनिया बदलनी है,
हर पेट भरेगा अन्न से,
तभी तो कहलाएगा भारत,
फिर से सोने की चिड़िया।

गरिमा, VII A

WASTE LESS, SAVOR MORE



Reducing food waste is crucial to strengthening global food security, mitigating climate change, and promoting sustainable development.

We can join hands and follow the given ways to reduce food waste:-

- * Enhance food storage and preservation
- * Educate consumers on food waste reduction
- * Implement food recovery and redistribution programs
- * Anaerobic digestion for food waste conversion
- * Plan meals and grocery shopping
- * Use up leftovers

Every small action counts, and collective efforts can significantly reduce food waste, strengthening global food security.

Aradhya Jaiswal, VI B

HERITAGE ON THE PLATE (FOOD HERITAGE - SUSTAINING TRADITION)

Some of the methods to preserve food heritage are:

FOOD PRESERVATION

Pickling, Fermentation (yogurt, bread), Dehydration (dried fruits, veggies), Curing (salting meats), Smoking (fish, meats), Canning (jams)

FOOD STORAGE

Clay pots (Indian matka), Glass jars (Mason jars), Natural fibers (cotton, hemp)

COMMUNITY INITIATIVES

Food sharing, Meal cooperatives, Community gardens, Food banks

CULTURAL HERITAGE PRESERVATION

Oral histories (family recipes), Written recipes (cookbooks), Traditional cooking techniques.

These methods reduce food waste, preserve cultural heritage, promote sustainability, and foster community engagement. By embracing them, we ensure a healthier planet and preserve our culinary traditions for future generations.

Tanishka Jain, VI C

A milestone targets to shine



Grow your positive attitude - Adopting an optimistic outlook and focus on the good in every situation.

Be grateful - Feeling thankful for the good things happen in life



Getting in the "Zone" - A positive mental state where some one is performing at their best.

Take time to relax - A time to rest and do something enjoyable after work or effort.



Build memories - The act of experiencing the present, so that you can look back the cherished moments in the future.

Enjoy the little things and seemingly insignificant - To appreciate the every day moments that bring you joy.



Follow your dreams and goals - Taking action to create a life that's fulfilling and meaningful to you.

Stay and get connected to others - Having supportive relationships with people that make you feel valued.



Take the leadership of your life - Taking responsibility for your life that would be fulfilling and satisfying.

Happiness shared is happiness doubled - Sharing happiness makes people feel happier and positive.



Adira 4th

खुशियों का जादू

खुशी शब्द का प्रयोग मानसिक या भावनात्मक अवस्थाओं के संदर्भ में किया जाता है, जिसमें संतोष से लेकर तीव्र आनंद तक की सकारात्मक या सुखद भावनाएं शामिल हैं। दुनिया की सबसे बड़ी खुशी कई प्रकार की हो सकती हैं। कुछ लोग अपने परिवार के साथ समय बिताने को सबसे बड़ी खुशी मानते हैं, कुछ लोग अपने काम को सफलतापूर्वक पूरा करने को, और कुछ लोग अपने स्वस्थ शरीर को रखने को। हालांकि सुझाव के अनुसार सबसे बड़ी खुशी स्वस्थ संबंध और प्यार की होती है।

खुशी बढ़ाने के तरीके

- अपनी खूबियों को पहचानें। - ग्रेटीट्यूड शो करें।
- एप्रीशिएट करना सीखें। - नकारात्मक विचारों से बचें और सकारात्मक सोच पर ध्यान दें।

Sanraj 4th & Aadya 2nd

Mindful Heals



Mystery Masters

I
'm often
sought, yet hard
to hold.
What am I

H_PP_NE__

I'
m a feeling
that's contagious
and bright.
What am I ???

S_IL_

I
am the best
thing to hold onto
in life.
What am I ???

H_P_

I
can't be
seen or measured,
yet I affect how you
see the world.
What am I ???

P_S_TI_E
A__IT_D_

Kartik, 5th

Promoting UN Legacy : Sustainable Development

Our Sustainable Future

Sustainable development is a development that not only fulfils the need of the current generation but also aims to meet the needs of the coming future generations. Sustainability means something that can be carried on for many years from now. It maintains a balance



among various factors like economic growth environmental protection and social wellbeing with judicious use of resources available. It ensures the natural resources are also wisely used. To avoid the depletion of non-renewable resources, we shouldn't rely on them completely but alternate it with renewable energy sources to cause less harm to the environment as it is the need of the hour. It also works on the factor of Equity and Inclusion where everyone has equal opportunities and growth. It focuses on the equal access to Education, Healthcare and Basic Rights. It promotes various ways to tackle the challenges of Global Warming and Population Explosion by ensuring waste reduction, recycling and replenishing materials. By making conscious use of available resources, making right choices and implementing sustainable practises, the ecosystem and communities can be protected for a sustainable future.

Pankhuri Gupta VII- A

Action Plan For Future

Sustainable development is basically an action plan which helps us to achieve sustainability in any activity which makes use of the resource. Moreover, it also demands immediate and intergenerational replication.

The World Commission on Environment and Development popularized this concept in 1987. Their report defines the idea as a "development which meets the needs of the present without compromising the ability of future generations to meet their needs." Sustainable development is a way of living that meets current needs without compromising the ability of future generations to meet their needs

Here are some features of sustainable development...

REDUCE GREENHOUSE GASES-minimize the release of green house gases that cause air pollution and global warming.

PRESERVE NATURAL RESOURCE-preserve natural resources and protect the natural habitat and organism..

PROMOTE GREEN ARCHITECTURE- promote green architecture for building homes and offices...

Paridhi Sharma VI-D

Major steps of UN Legacy to promote Sustainability

1. Sustainable Development Goals (SDGs): The 17 SDGs form a blueprint for sustainable global development. Increasing awareness of these goals at all societal levels—governments, businesses, and individuals—can foster a culture of sustainability.
2. Support Global Initiatives: Advocate for participation in UN-led initiatives like the UN Environment Programme (UNEP) and the UN Framework Convention on Climate Change (UNFCCC), which address environmental challenges.
3. Support Policy Frameworks: Assist governments in integrating SDGs into national policies and legislation to promote long-term sustainability.
4. Strengthen Partnerships: Encourage collaboration between UN agencies, governments, NGOs, and the private sector to implement sustainable practices.

Sakshi Shanvi VIIA

Facts about Sustainable Development

UN Sustainable Development Goals (SDGs): In 2015, the United Nations adopted 17 Sustainable Development Goals aimed at addressing global challenges such as poverty, inequality, climate change, and environmental degradation by 2030.

Economic Growth and Sustainability: Sustainable development seeks to balance economic growth with environmental protection, promoting practices that do not deplete natural resources for future generations.

Renewable Energy: Transitioning to renewable energy sources, such as solar and wind, is crucial for sustainable development. Renewable energy can reduce greenhouse gas emissions and dependency on fossil fuels.

Vaishali Yadav VII C

Ensuring Accountability towards Future

Sustainable development is about meeting the needs of the present without compromising the ability of future generations to meet their own needs. It seeks a balance between economic growth, environmental protection, and social well-being. A key aspect of sustainable development is using natural resources wisely. For example, instead of relying on fossil fuels that harm the environment, we can invest in renewable energy sources like solar and wind power. This helps reduce environmental damage and preserve resources for the future. Social inclusion is another important element. Everyone, regardless of background or economic status, should have equal access to education, healthcare, and basic rights. By investing in education, we can empower young people to contribute to a more sustainable society. To achieve sustainable development, it's essential to ensure clean living conditions, promote environmental education, encourage the use of renewable energy, and produce eco-friendly products. Environmental management must also be monitored to ensure accountability. The core objective of sustainable development is to balance economic, environmental, and social needs. Like a three-legged stool, all must be in harmony for the world to be stable and prosperous. We must ensure the responsible use of resources, leaving enough for future generations while making sure everyone has access to them.



Tisha VII E.

Youth Empowerment and Global Cooperation

A United World

In a world where sound does not have a place,
And the sounds of gunshots dwindle,
We envision places that are filled with grace,
Everywhere is peace, all right.
Not any lines drawn by doubt and loathing, Not
any pleas or centre's distress,
Just souls that are resting at a soothing quaking,
In the bright golden less stress.
Clouds do not hover, water is crystal,
No trace of sadness,
A bright tomorrow, an optimistic refrain, With
compassion all out of the positive madness.
Close together, we take steps in unison,
There are no more dividing lines,
In the warmth of the encumbering sun,
Our souls intertwine.
Make sure that peace is not an ideal
for which we only hope,
It is instilled in every man as the guiding principle,
We will first lay the foundation of this love,
And this love will create peace, never to cease.

Aadrika Rastogi VII C



Quiz Human Rights

1. When did the Protection of Human Rights Act come into force on?
2. Which law defines the rights and duties of individuals and organizations?
3. When was the National Human Rights Commission constituted?
4. The "Universal Declaration of Human Rights" was adopted by the UN General Assembly in which year?
5. Which organization campaign for Human rights all over the world?
6. When was UN Commission on Human Rights established?
7. Which was the first country to allow voting rights for all groups of people?
8. What is the tenure of the chairman of the National Human Rights Commission?
9. Where is the headquarter of the National Human Rights Commission?
10. The Universal declaration of human rights was adopted under whose chairmanship?

Answers:

1. 28th September, 1993
2. Civil Laws, 3. 1993
3. 4. 10th December 1948
4. Amnesty International
5. 6. 1946
6. 7. New Zealand
7. 8. 5 years or upto
8. 9. Delhi
9. 10. Eleanor Roosevelt
10. 70 years of age (which ever is earlier)

Simarpreet Kaur, VII F

Youth Empowerment

In our hearts, a spark is shining,
With dreams so big, to our goals
we are climbing.
We stand together, strong and bright,
We will show our strength and might.
Like flowers growing in the sun,
We chase our dreams while having fun.
No goal too big, no dream too far,
Together we will shine, just like a star.
With kindness in our hearts each day,
We help one and other in our way.
Hand in hand, while standing tall,
Together, we will overcome it all.
Through new challenges, we will grow,
Learning new things, we will show.
With new opportunities, we will sprout.
There's so much we can work out.
We will dream and we will play,
Together, we will find the way.
We all are both brave and wise,
Together we can reach the skies

Izyan Nadeem VII - A

World Peace

Warring countries and internal conflicts can be reduced if world peace prevailed. War is a major cause of human suffering, and with peace, people are assured greater freedom, regardless of their religion, race, or nationality. Peace is the foundation for growth and prosperity in society. World peace can be achieved through the equal representation of nations in International Bodies. Without peace and harmony, political strength, economic stability, and cultural growth become impossible. Peace is essential to control the destructive forces that harm society. While crisis will always arise, peace helps us manage them effectively. Ultimately, peace is vital for humanity to survive and work towards a better future.

Aadhya Gupta VII E

Young Voices Matter

Youth empowerment means giving young people the tools and support they need to lead and make a difference. Imagine a world where young voices matter and they actively take part in community projects. By providing education and assistance, we help them tackle challenges and come up with solutions. For example, a group of teens might start a project to fight climate change, raising awareness and feeling responsible for their environment. When young minds are empowered, they become advocates for fairness, inspiring others to join their efforts. They learn to work together, share their experiences, and support each other, creating strong connections. Each young person has a unique story to tell, and by celebrating their diversity, we gain new perspectives. In the end, empowering youth unlocks their potential of building a brighter future. When we invest in young people today, we encourage a generation of leaders who will drive positive change and creativity for years to come. As Mahatma Gandhi said, "Be the change that you wish to see in the world."

Aareba Kazmi VII-C

Protecting Dignity: The Essence of Human Rights

Human rights are fundamental principles that safeguard the dignity, equality, and well-being of every individual. Enshrined in the Universal Declaration of Human Rights (UDHR), these rights are universal, inalienable, and interdependent.

- Article 1 of the UDHR states, "All human beings are born free and equal in dignity and rights." Key human rights include:- Freedom from discrimination and oppression.
- Right to life, liberty, and security-
- Freedom of speech, thought, and expression-
- Right to education, healthcare, and fair trial-
- Protection from torture, slavery, and exploitation



Human rights are essential for promoting social justice, peace, and development. Governments, organizations, and individuals must work together to:- Promote awareness and education- Combat human trafficking and violence- Support marginalized communities- Advocate for policy reforms. By upholding human rights, we recognize the inherent value and dignity of every person, fostering a more just and equitable world for all.

Pooshti VII C

Resilience Fuels Life's Greatest Triumphs

"Embracing Resilience: Thriving Through Adversity"

"Resilience is the art of bouncing back instead of breaking down."

Developing resilience in high-pressure environments requires the ability to adapt and grow from setbacks. By accepting obstacles and being courageous in adverse circumstances, one can be mentally and emotionally strong. Developing strategies to cope with surroundings you cannot control through time management, problem solving and optimism play out an important role in becoming resilient. An individual with resilience conquers over problems by embracing the bitter challenges in life.

Soham Malik(X-A)

Unleashing the Power of Growth Mindset

Embracing challenges, persisting through adversity and transforming failures into valuable lessons – there are the essence of a growth mindset. By adopting this mindset, you open doors to innovation, creativity and unparalleled success. Failures become stepping stones, setbacks turn into springboards, and obstacles transform into opportunities. A growth mindset fosters resilience, perseverance and self-awareness, allowing you to navigate life's twists and turns with confidence. It encourages you to reframe failure as a teacher, analyze setbacks to adapt and innovate and celebrate small victories along the journey. Cultivating inner strength is key. Self-awareness helps recognize our emotions and thoughts. Positive self-talk boosts confidence. Realistic expectations remind us that growth is gradual. Mindfulness and self-care keep us emotionally strong. By adopting a growth mindset, we overcome fear of failure, unleash creativity and reach new heights. So embark on this transformative journey, unlock your potential and rise above limitations.

Abeeha Kazmi(IX-I)

Embracing Uncertainty and Ambiguity....

Life... what is life??....Is there anyone who can tell or predict that what is going to happen very next second??....A Big NO.....

A joy of this moment can get into sadness but it can be reversed also. We are sad or disheartened for some reasons, but miracles happen and that very next moment can be the best phase of our life. We don't know what God has written in our destiny. The day we are born on this planet, the clock of life starts in reverse. But have you noticed, We are so selfish that whenever some mishappens we blame God and destiny and what not. We never accept it wholeheartedly. Where as on other hand, if something good comes our way, we thank God and our other well wishers. The moral is that we should always embrace and accept each and every situation in the same manner because life is full of uncertainties (good or bad) and ambiguity.

Harmanjot Singh(X-E)

"STRATEGIES FOR BUILDING RESILIENCE IN HIGH-PRESSURE ENVIRONMENTS"

Building resilience in high-pressure environments is essential for maintaining performance and mental well-being. Resilience refers to the ability to adapt and recover from stress, adversity, or challenges. In high-pressure settings, such as emergency services, corporate environments, or competitive sports, individuals can enhance their resilience through several strategies. First, cultivating a strong support network is crucial. Engaging with colleagues, mentors, or friends can provide emotional backing and practical advice during tough times. Additionally, practicing mindfulness and stress management techniques, such as deep breathing and meditation, can help maintain focus and reduce anxiety. Moreover, fostering a growth mindset encourages individuals to view challenges as opportunities for development rather than threats. Regularly reflecting on experiences and learning from setbacks also builds resilience, as it reinforces the understanding that failure is often a stepping stone to success. Ultimately, investing in personal well-being through self-care and maintaining a healthy work-life balance further strengthens resilience, enabling individuals to thrive under pressure.

Sarthak Singh (X-B)

Compassion Sees Beyond Human Imperfections

Path of the Mind

The dusty spaces of silence in the mind,
That thoughts like whispers often glide!
undiminished, by a mirror half-leased,
into the light of an offshore is Hidden.
It should be a call to look in with compassion,
not fight
It begins, nurtured by gentle hand
To the state with self, awake
And a fickle,
cooked bluff-based on transformed accurate
(MigrationBuilder) Frameworks.
Of buried hopes, tears all intertwined.
Every breath an opportunity to stop, reflect,
To follow the trails that we ignore.
Inward eyes watching you
Disclose truths, expose lies.
Under shadows, where light shall meet (and find)
Strength and fragility speak as one.
For wisdom only comes to blow
Like the gentle screams of self-awareness—
To introspect is not to find,
One great truth that sets the mind,
But learn, instead, from every
freshest morn that shrugs
To walk with self on way.

Manya Bansal (VIII-D)

Continue.....

You have come so far,
you have learned to let go off
what was not right for you.
You have learned to step out of
boundaries of you worries,
believing that in time,
it all would be woven together beautifully.
So, continue to give your all.
In all thing great or small,
continue to see that even in your thankless,
unnoticed work,
you are still sowing seeds.
You are still making mindful
and intentional step
towards where you meant to be.
You are still living a life full of meaning.
And also at last forget what hurt you
but never forget what it taught you.
Since you were born to be real
not to be perfect.

Kirti Krishna(IX-E)

Cultivating Empathy and Compassion

Empathy is the ability to understand and share another person's feelings, thoughts, and experiences. It helps us to understand people's feelings on the basis of situation and compassion means it is a feeling to sorrow or pity for someone else's suffering, along with a desire to help relieve it. It can be also referred as the ability to understand people's emotions so that we can respond to them with

kindness, empathy and politely. Compassion and empathy can help us in many ways which are as following:

Building relationships:

Empathy and compassion can help you build and strengthen relationships with friends, colleagues, and loved ones.

Setting goals:

Empathy can help you understand others' motivations and set common goals.

Amogh Sachdeva (IX-C)

Self Awareness Act

"Knowing others is intelligence but knowing yourself is a true wisdom."

Self-awareness is the ability to focus on yourself and how your actions, thoughts, or emotions do or don't align with your internal standards. Without Self Awareness our logistics will be all wrong, and you will find yourself lost at every turn, people are less likely to see things or problems that could negatively impact them. Having self-

awareness gives us the power to influence outcomes, helps us become better decision-makers and gives us more self-confidence. We can communicate with clarity and intention, which allows us to understand things from multiple perspectives. Self awareness allows one to manage one's emotions, thoughts, and behaviour.

Aarnav Bajaj (VIII-D)

Wondorius but alert DILWALI

Diwali's sparkles light the night,
A festival of joy, a wondrous sight.
But amidst the fireworks and delight,
Let's not forget safety's guiding light.
Handle crackers with careful hands,
Avoid open flames and burning lands.
Keep water nearby, a fire extinguisher too,
And celebrate with a cautious crew.
Don't let sparks ignite your clothes or hair,
Keep children close, show them you care.
Let Diwali's lights shine bright and bold,
But safety first, young and old.

Dimmed DIWALI

Diwali's lights shine bright and bold,
But for the poor, a different tale to be told.
No sweets to eat, no new clothes to wear,
Their Diwali's dimmed,
with struggles to share.
Let's share our joy, our food, and our light,
Bring hope to those in endless night.
A small act of kindness can go far,
Make their Diwali brighter,
like a shining star.
Let's bridge the gap, between rich and poor,
Spread love and warmth,
this Diwali and more.
May their lives sparkle, like festive lights,
And Diwali's joy, banish their darkest nights.

MIND BOOSTING - NEUROCHEMISTRY OF LAUGHTER

Unlocking the brain's happiness

"It's human tendency to seek not fame or fortune but to seek happiness"

It's common knowledge that happiness is the key to one's healthy life. Everyone has experienced it. When you're happy, you're automatically more energetic, cooperative and motivated. But why is it so? Happiness is an emotional concept, yes, a feeling that makes warmth bloom in one's chest and biological as were when Serotonin and Dopamine Hormones are released it creates a feeling of happiness and well being, thereby fighting depression and negative lethargy. This helps an individual function without any negative inhibitions and unlock their true potential. To conclude, 'happiness' is not only an abstract emotional concept we run after, but a biologically explainable phenomenon that effects one's overall health.

Reetun (XIIA)

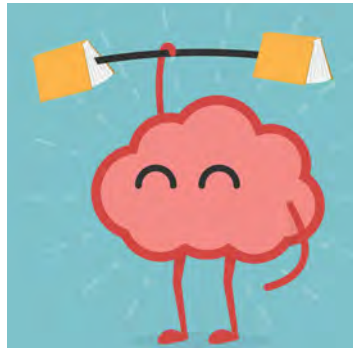
"The science behind a simple Smile"

Throughout the world, there is one gesture that every person recognizes as a sign of happiness and friendship: the smile it is on a person's face. Smiles are incredibly simple acts, but these carry a lot of meaning. Whenever we smile, there are two potential muscles we activate. The first one is the zygomaticus major which controls the corners of your mouth. When this muscle is activated, it's not actually a genuine smile. Scientists call this the "social" smile. The second muscle, known to show sincerity is the orbicularis oculi and it encircles our eye socket. Psychologists call this the "Duchenne smile," and most consider it the sole indicator of true enjoyment. In short, when our brain feels happy, we smile; when we smile, our brain feels happier. Our smiles can't betray us because they can't be faked and tell the true story.

Yashveer Malhotra (XI-H)

OPTIMISM BOOSTS MEMORY

Optimistic thoughts can reduce stress, which often hinders memory, creating a more conducive environment for learning and remembering. Optimism, defined as a positive outlook and expectation of good outcomes, is linked to improved cognitive functions, including memory, attention, problem-solving, and decision-making. The practical relationship between them can be understood through both psychological and physiological mechanisms.



Muskaan Singh XII-F

Challenges to Opportunities: Optimism

A positive attitude is a powerful tool for turning setbacks into opportunities. It helps individuals confidently tackle challenges with creativity and flexibility.

Adopting a positive mind set turns challenges into opportunities. Mix Gratitude with Negative Thinking and surround it with positivity. You will unlock your full potential.

Benefits of positive thinking

1. Increase flexibility and confidence
2. Promote creative problem solving
3. Expand relationships and networks
4. Improve physical and mental well-being.
5. Increase productivity and success

Cultivating positive thinking

1. Express gratitude every day.
2. Adjust your negative attitude
3. Use positive self-talk.
4. Be mindful and focused.
5. Surround yourself with positivity.

Real life example

1. J.K. Rowling - from struggling single mother to best-selling author
2. Stephen Hawking: Made ground breaking contributions to defeating debilitating diseases.
3. Richard Branson: Turning dyslexia into a business empire...

Important issues

1. Challenges are opportunities for growth and learning.
2. A positive attitude helps reframe obstacles.

Start your journey today!

1. Think of three things you are grateful for.
2. Challenge negative self-talk.
3. Practice mindfulness and meditation.

Change your thoughts, change your life.

Ishika Jain (XI-C)

Finding Comfort in Discomfort

Facing life's challenges with a calm mind allows us to turn discomfort into growth. A positive outlook reshapes our responses, easing stress thereby fostering resilience. Laughter, often called the best medicine, offers significant benefits for physical and mental health. It stimulates the heart and lungs, boosts oxygen flow, and releases endorphins, enhancing well-being. A wise man once said "Embrace Discomfort, Discover Growth" which would be much beneficial if applied in real life.

Raagen Aggarwal (XI-E)



LAUGHTER AS A THERAPY

Laughter: The Universal Remedy

Laughter is always said to be the universal panacea that transcends cultural as well as linguistic boundaries and creates bonding as well as joyful moments. Endorphin levels increase with laughter, thus bringing about a feeling of well-being and reduction in stress. At trying times, too, it can brighten up the atmosphere in such a situation that people bound together at moments of tension. Along with mood elevation, laughter also unites people, fostering communication and mutual understanding. And embracing laughter unlocks a powerful source of resilience and thus becomes the very important ingredient for the nitty-gritty navigation in life's twists and turns. However, laughing has several medical benefits: it boosts the body's immunity, improves cardiovascular health, and even calms aches. It keeps a person optimistic and more able to handle adversities and calamities. In a hard and unforgiving world, laughter reminds us of being human as well as forces us to look at life's simplicity. To laugh is to celebrate our existing strength and, on that note, unleash a mighty resilience tool that will keep us growing and working through the ups and downs of life, finding personal well being as well as community acceptance.

Vani Jain (XI-B)

Think Positive, Recall Better

Research increasingly supports the idea that a positive mindset can significantly enhance cognitive functions, particularly memory. Optimism not only boosts our emotional well-being but also stimulates our mental processes. When we maintain a positive outlook, our brains become more engaged and adaptable, leading to improved focus, retention of information, and overall cognitive performance. Studies have shown that individuals with a hopeful disposition tend to exhibit better memory recall and problem-solving abilities. This improvement can be attributed to the reduction of stress and anxiety that often accompany negative thinking. When we cultivate positive vibes, our brain's chemistry shifts, promoting the production of essential neurotransmitters like serotonin and dopamine, which play critical roles in memory formation and learning. Additionally, embracing positivity can bolster our resilience against cognitive decline as we age. Engaging in practices such as gratitude journaling, positive affirmations, or mindful meditation can foster a more optimistic mindset, ultimately sharpening our memory. In summary, nurturing a positive outlook not only elevates our mood but also significantly enhances cognitive functioning, paving the way for sharper memory and improved mental agility, which are essential for navigating life's challenges effectively.

Medhansh Goyal (XII - F)

The Medicine of Mirth: Laughter as the Best Medicine

In a world filled with stress and anxiety, laughter truly stands out as a potent remedy. The saying "laughter is the best medicine" isn't just an old adage—it's backed by science. When we laugh, our brain releases endorphins, nature's own feel-good chemicals, which not only elevate our mood but also reduce physical pain. It lowers stress hormones like cortisol, boosts the immune system, and even improves cardiovascular health by increasing blood flow. But beyond the biology, laughter connects us. Sharing a joke or a humorous moment strengthens bonds, lightens burdens, and helps us gain perspective on tough situations. It creates an emotional release, allowing us to momentarily escape life's pressures.

Aarna Choudhary (XI-I)

"EMBRACING THE LIGHT A JOURNEY INTO HAPPINESS"

With laughter and joy, we start the day,
Our minds awake, and hearts at play.

The classroom's alive, vibrant and bright,
Where curiosity takes flight.

A smile creeps in, and fears depart,
As wonder sparks within the heart.

The love for learning starts to grow,
And knowledge blooms, like a garden's show.

With every discovery, delight,
Our passions ignite, shining bright.

The world unfolds, a treasure chest,
Where wisdom's jewels are at our best.

Joyful learning, a treasure true,
A smile's the key, that unlocks it a new.

Gargi (XII B)

A BUCKET OF POSITIVITY

 *"Happiness has the power of filling one with complete positivity."* 

A key driver that tends to be more motivated, focused and productive is happiness. Positive emotions enhance cognitive function, creativity and challenging skills, enabling individuals to perform tasks more proficiently. The jobholders or employees who are positive and happy are more engaged and cooperative, leads the better teamwork and healthy communication. It reduces the stress and burn out, ensuring sustained energy and enthusiasm over time. In student's education journey, a child can also tailored achievements with happy and encouraging environment. Overall, **HAPPINESS** not only improves individual performance but also contributes to a more dynamic, and efficient work environment fostering long term success and growth.

Siddarth 5th & Mohd. Bashir 4th

Designed By- Madhav Narula(XI-E)

Managing Director



Dr. Manoj Kumar

"Don't limit your challenges. Challenge your limits."

In life, challenges are inevitable, but how we face them defines who we become. At Lovely Public School, we view every obstacle as an opportunity for growth and every challenge as a lesson in resilience. Our rapidly changing world requires us to adapt, learn, and grow continuously. It's in these moments of difficulty that we discover our true potential. Whether it's mastering a new concept or overcoming personal hurdles, the challenges we embrace today shape our success tomorrow. I encourage you to meet each challenge with courage, determination, and an open mind. Remember, success isn't about avoiding obstacles but rising above them. Every step, no matter how small, brings you closer to your goals. Let's create an environment where challenges inspire growth and each student strives to be their best. Wishing you all continued success on your journey of learning.

Lifesaving Health Skills



The school's health officers (nurses), led an engaging session on essential health practices during the Special Assembly. They demonstrated CPR, explained the uses of hot and cold fomentation, and showed how to respond to choking incidents. They also highlighted the importance of a nutritious breakfast and reducing screen time for better health. The session was interactive and left a lasting impact on the parents, who especially valued the CPR demonstration. Learning this life-saving skill gave them the confidence to act quickly in emergencies, ensuring the safety of their loved ones.



Gallery Station

**LAUGH LIMITLESSLY
WORRY LESS AND
ENJOY LIFE ENDLESSLY.**



Many things make me happy,
many things can make me smile
many things can make life
wonderfull, make it all seem so
worth while. But nothing mak
me happier than the special
friend I've found.

Utkarsh, 2nd



Kriti Maurya, 2nd