

LOVELY TIMES

1st September 2024 to 30th September 2024

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Tying Bonds of Love: A Heartwarming Rakhi Celebration with the *President*



It is our profound honour with the highest respect and admiration that the **Principal Dr. Bhawana Malik** Ma'am and students from **Lovely Public School** got the privilege of visiting the **President of India Smt. Droupadi Murmu** for celebrating Raksha Bandhan at Rashtrapati Bhavan (Amrit Udyan).

The atmosphere was filled with enthusiasm and respect as the students were dressed in traditional attire and were warmly escorted into the President's official residence. The Rakhi tying ceremony with The President represents our collective wishes for peace, harmony, and the preservation of our cherished cultural traditions. This gesture not only honoured the tradition of Raksha Bandhan but also fostered a sense of connection between the youth and the leader of our country.

The event concluded with a photo session and the appreciation for the students' efforts and their dedication for upholding cultural values. The visit left a long lasting impression on the students' mind who felt privileged to participate in such a prestigious and culturally significant event. It served as a reminder of the importance of celebrating and preserving cultural heritage, while also building a sense of national pride and unity.



Founder's Message

Lovely Public School believes that true education nurtures the mind, body, and spirit. As the famous quote goes, "Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship." This



Dr. (Mrs.) S.D. Malik

beautifully reflects our pursuit of excellence, highlighting the importance of health and well-being for our students. As educators, we recognize that nurturing physical health is just as important as academic success. We strive to instill in our students the value of practicing good hygiene and maintaining a clean environment everywhere.

The phrase "pink of health" resonates deeply with our philosophy, reflecting our commitment to holistic well-being, which includes mindful eating, stress management, emotional health, and a focus on overall hygiene. A healthy student is more engaged, resilient, and prepared to face life's challenges. Our curriculum is thoughtfully designed to promote a balanced lifestyle, integrating physical activities, mental health awareness, and healthy eating habits into everyday life. From sports and fitness programs to mindfulness practices and nutritional education, we are dedicated to ensuring each child develops habits that lead to lifelong well-being—an invaluable investment in their future. We foster a culture of care and support within our school community, creating an environment where students feel safe, respected, and valued. Our holistic approach not only contributes to academic success but also to the development of well-rounded individuals.

Together, let us continue to build a community that thrives on health, happiness, and harmony.

Salient Features of Lps



LOVELY PUBLIC SCHOOL takes pride in its excellent teaching methodology. The school has given exceptional results in the academic sphere and its students have excelled in extra-curricular activities too. The plethora of activities that the management has introduced for the harmonious and intellectual development of our lovelyites are as follows:

FULLY SAFE AND SECURE

School creates an open space for students to explore, learn and grow. The students are allowed to express their thoughts which motivates their morale and helps them in controlling their emotions as well as to stay calm.



3D VIRTUAL LAB

It allows students to visualize, interact and learn biology using advanced virtual reality technology. The understanding of complex ideas enhances knowledge. The proven fact is - 3D increases average score with tests.



SMART CLASS

provides teachers with instant access to multimedia content and instruction materials mapped exactly to the specific curriculum guidelines for use in class. It also enables teachers to instantly assess and evaluate the learning achieved by their students in class with innovative use of technology.



TINKERING LAB (STEM)

is a workspace that enables young minds to shape their ideas through hands on do it yourself mode. Young children are offered with opportunities to work with tools and equipments to understand the concepts of STEM (Science, Technology, engineering and Math). To stimulate inventiveness among students, ATL conducts different activities that range from regional and national level competitions, exhibitions, workshops on problem solving designing and lecture series etc. at periodic intervals.



BOXFIELD

Sports form an integral part of the school routine and all the students enjoy to participate in all the physical activities such as BasketBall, Volley Ball, Foot Ball, tennis, badminton etc. Special stress is laid on athletics particular track and field events including high jump and long jump. We keep in mind that physical exercise is so essential for the maintenance of good health.



AIR CONDITIONED SCHOOL

When students are exposed to hot weather, it reduces concentration as well as their learning and social skills. To maintain temperature, air conditioned are installed in schools for effective learning and we believe that comfortable classroom environment is essential for learning and good health.



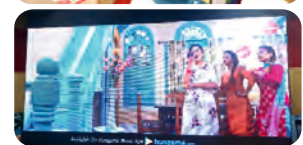
MIND POWER

helps students to sharpen their minds and improves focus. It enhances their logical and reasoning ability. It enable them to stay positive and bring out their hidden talents along with the development of their cognitive skills.



BIG LED DISPLAY

A digital board for teaching is an alternative to the traditional black and whiteboards. It is an interactive screen that displays text, images, videos etc. which helps students visualize content better. It also makes everlasting moleskin on young ones.



- AC and smart classes
- Auditorium, Sports Arena
- Swimming pool
- World class facilities for Tennis, Badminton, Basketball, Cricket, Handball, Football, Hockey, Skating and all other sports
- CCTV, GPS tracking for buses
- Modern Labs: ATAL, ASL, Aerobay, Astronomy, Physics, Chemistry, Biology, NIIT Maths Guru, 3D Science & Maths

INTER HOUSE ATHLETIC MEET

Lovely Public Sr. Sec. School successfully organized the RPM Inter-House Athletic Meet on Thursday, 5th September 2024, at the school playground. The event began with the lighting of the torch by the Honorable Chairperson, Dr. Manoj Kumar, followed by the hoisting of the school flag and the singing of the school anthem. During the opening ceremony, all participants took the athletic oath, pledging to abide by the rules and regulations of the competition. The athletic events officially commenced with a series of races and track events, in which over 250 students competed across various categories. The winners were honored with medals and certificates in recognition of their achievements. The meet concluded with a Vote of Thanks, expressing heartfelt gratitude to everyone who contributed to making the event a success.



Eco-Friendly Washing

Caring for your clothes shouldn't mean harming the environment. With a few mindful choices, you can wash your laundry in a way that conserves resources and reduces pollution. Here's how you can make your laundry routine more eco-friendly.



Manas Dubey VI

- 1. Wash Full Loads:** Maximize efficiency by filling your machine to its capacity.
- 2. Opt for Cold Water:** Use cold water to cut down on energy consumption.
- 3. Choose Eco-Friendly Detergents:** Select detergents that are free from harmful chemicals and biodegradable.
- 4. Air Dry Clothes:** Save energy by air drying clothes on a line or rack.
- 5. Use a Lint Filter or Bag:** Prevent micro plastics from entering waterways by using a lint filter or a Guppy friend bag. Adopting these eco-friendly washing tips helps you take better care of your clothes and our planet. Small changes in your laundry routine can lead to significant environmental benefits, making your efforts to live sustainably more impactful.

Practical Tips for Healing Negative Thinking

Making your wardrobe more eco-friendly is an essential step towards a more sustainable future. By choosing thoughtful practices and embracing conscious fashion choices, you can reduce your environmental impact while still looking stylish. Here are some practical ways to make your wardrobe more eco-friendly:



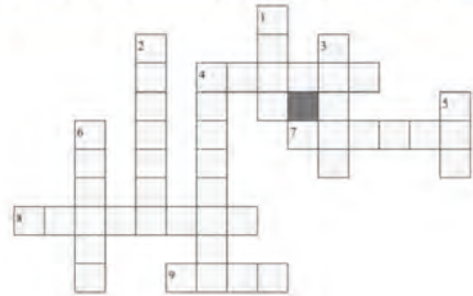
- 1. Buy second-hand:** Shop at thrift stores, consignment shops, or online marketplaces.
- 2. Invest in quality:** Purchase well-made, timeless pieces that won't need frequent replacement.
- 3. Choose sustainable fabrics:** Opt for clothing made from eco-friendly materials like organic cotton, recycled polyester, or Tencel.
- 4. Care for clothes properly:** Wash in cold water, hang to dry, and avoid over-drying to extend garment life.
- 5. Avoid fast fashion:** Limit purchases from fast-fashion retailers that prioritize speed and low costs over sustainability.

By making these conscious choices, you can enjoy a wardrobe that reflects your values and supports a better future for all.

Yashasvi Vinoy VI

Enjoy Eco-Friendly Puzzles!

"Eco-Friendly Fabrics: Sustainable Choices for a Greener Future"



Across

4. A natural fiber that can be grown organically.
7. A fast-growing grass used for sustainable textiles.
8. Fabrics made from post-consumer waste materials.
9. A durable fiber derived from the cannabis plant.

Down

1. A long, soft, shiny vegetable fiber used for burlap.
2. Fabrics produced without synthetic pesticides or fertilizers.
3. A semi-synthetic fiber made from beech tree pulp.
4. A luxurious fiber from cashmere goats, often sourced ethically.
5. A fiber made from soy protein, often used in eco-friendly textiles.
6. A brand name for lyocell, made from sustainably sourced wood pulp.



1. Jute 2. Organic 3. Modal 4. Cashmere 5. Soy 6. Tencel 7. Cotton 8. Recycled 9. Hemp

Aarin Jain VII

Mindful Choices, Stylish Solutions

Choose your clothes with care and thought. For nature's balance, let's give it a shot.

Bright and vibrant, yet kind and true, Sustainable choices in all we do.



Each stitch and seam, let love reside, In a world of dreams, let harmony guide.

Pankhudi Jaiswal VIII

Conscious Clothing: Fashion with a Footprint of Care

In fields where green meets sky's embrace,
 A call for change, a gentle grace,
 The threads we weave in nature's name,
 Eco-friendly fibers, hearts aflame.
 From earth's own bounty, fibers rise,
 To clothe the world with mindful eyes,
 No wasteful patterns, no harsh dyes,
 Just harmony beneath the skies.
 Each stitch a pledge to greener ways,
 In every seam, a promise stays,
 To tread more lightly, step with care,
 For future's hope, for lives to share.
 So dress with purpose, wear with pride,
 A greener world is now our guide,
 In eco threads, our dreams take flight,
 To clothe tomorrow's dawn with light.



Tanmay VII

महिला सुरक्षा एवं सशक्तिकरण

सकारात्मकता की उजली किरण

सूरज की पहली किरण की तरह,
आशा तुम खुद में जगाओ,
उम्मीदों के पंख लगाकर,
ऊचाईयों को नतमस्तक कराओ ।
उत्साह की रोशनी से,
अंधेरे को दूर भगाओ ।
आशा की शक्ति से सपने,
तुम अपने साकार कराओ,
चिंतन के रंगों से तुम,
जीवन को खुशहाल बनाओ ।
तूफानों से वृक्षों जैसा डटकर तुम लड़ जाओ,
धरती जैसा धीर-धैर्य, खुद में तुम ले आओ ।

कनिका जैन (X-A)



इतिहास की सशक्त महिलाएँ

इतिहास में सशक्त महिलाओं की भूमिका अत्यधिक महत्वपूर्ण रही है। रानी लक्ष्मीबाई न केवल साहस और शौर्य का प्रतीक थीं, बल्कि उन्होंने स्वतंत्रता संग्राम में अपने अदम्य साहस से ब्रिटिश शासन को चुनौती दी। इंदिरा गांधी, भारत की पहली और अब तक की एकमात्र महिला प्रधानमंत्री, ने अपने दृढ़ निश्चय और कठोर निर्णयों से देश की राजनीति को नई दिशा दी। सावित्रीबाई फुले ने समाज सुधार के लिए अपना जीवन समर्पित करते हुए महिलाओं और दलितों के लिए शिक्षा का मार्ग प्रशस्त किया। मदर टेरेसा ने मानवता की सेवा को अपना धर्म मानकर गरीब और असहाय लोगों के लिए अपार करुणा और प्रेम दिखाया। इन महिलाओं ने न केवल अपने समय में बल्कि आने वाली पीढ़ियों के लिए भी मिसाल कायम की है। उनका जीवन और योगदान हमेशा याद रखा जाएगा।

अवका (X-D)

इतिहास की सशक्त महिलाएँ

इतिहास की सशक्त महिलाएँ अपने समय की धारा को मोड़ने की क्षमता रखती थीं। रानी लक्ष्मीबाई जिन्होंने अंग्रेजों के खिलाफ साहसिक युद्ध लड़ा सेलेकर अहिल्या बाई होल्कर, जिन्होंने न्याय और धर्म की राह पर चलते हुए शासन किया, ऐसी अनेक महिलाएँ हैं जिन्होंने समाज को नई दिशा दी। ये महिलाएँ न केवल अपनी असाधारण नेतृत्व क्षमता के लिए जानी जाती हैं, बल्कि उनकी दृढ़ता और संकल्प भी आज के लिए प्रेरणा का स्रोत हैं। इनका योगदान इतिहास में स्वर्णिम अक्षरों में दर्ज है।

प्रवीण राजवन (IX-G)



सशक्त महिला हर चुनौती का सामना

अबला नहीं अंगार है वो,
स्वयं निपुणता का सार है वो ।
कभी गृहिणी बना घर को संभाले,
कभी जननी बन मानव को पाले ।
किंतु मानवता के क्षेत्र में
है जितना उसका बलिदान,
ना मिला उसे कभी उतना सम्मान ।
यूँ तो सृष्टि का हर गुण
उसके द्वारा संचित है,
फिर भी अपने अधिकारों से
वो वंचित है ।

वैशवी सिंह (IX-A)



Designed by: Saanvi Bhatia (IX-A), Manya Gupta (IX-A)

THE POWER OF MINDFULNESS: A PATH TO A MORE FULFILLING LIFE



Imagine you have a special pair of glasses that helps you see and enjoy every tiny detail around you. That's what mindfulness does! It helps you focus on what's happening right now. Instead of just eating your lunch, mindfulness lets you taste every bite and enjoy the

flavours, instead of just playing a game, it helps you notice every cool move you make.

Rohan's Magical Morning; Rohan was always in a hurry every morning. He'd rush through breakfast, race to get dressed, and barely notice the world around

him. One day, his mom introduced him to mindfulness.

"Rohan," she said, "try being mindful. It's like taking a slow-motion video of your day."

The next morning, Rohan decided to give it a try. Instead of hurrying through breakfast, he took his time with each bite of his cereal. He noticed how the milk was cool and how the cereal was crunchy. He even paid attention to the sound of his spoon clinking against the bowl. Rohan found that slowing down and enjoying each moment made his morning much more pleasant. He started his day feeling happy and ready for anything!

Your Mindfulness Adventure Awaits!

With mindfulness, every day can be a magical journey full of exciting discoveries. By paying attention to the present moment, enjoying the little things, and being kind, you can make your life more fulfilling and joyful.

Dhrishay S, IV

Safe & Sound SAFETY

At school and at home, wherever we go,
let's remember safety, from head to toe.

When we're on the playground,
having fun, we must be careful and never run.

Look both ways when you cross the street,
hold an adult's hand, stay off the busy beat.

Don't climb high or play with sharp things,
Safety is the secret to happy play and swings.

In the classroom, listen to your teacher,

Follow the rules, and be a great leader.

Keep your desk tidy, and don't make a mess,
being safe at school makes you the best!

So, let's stay alert, smart, and sound,

Safe and happy all year round! Rudra K., II

A JOURNEY TO A MORE FULFILLING LIFE

Mindfulness is the practice of being present in the moment, paying attention to your thoughts, feelings, and sensations without judgment. It's about cultivating awareness and acceptance of the present moment, just as it is.



Mindfulness isn't just limited to meditation or yoga. You can practice mindfulness in everyday activities like:

- Eating: savoring each bite, noticing flavors and textures

- Walking: paying attention to your breath, the sensation of your feet touching the ground

- Conversing: listening actively, responding thoughtfully

Mindfulness is a powerful tool for living a more fulfilling life. By embracing the present moment and letting go of distractions, we can discover a deeper sense of purpose, joy, and connection. So why not take the first step today? Take a deep breath, pause, and begin your mindfulness journey.

Dhavit V., IV

QUIZ TIME!

1. What does it mean to be mindful?

- a) Thinking about what you'll do tomorrow
- b) Paying attention to what you are doing right now
- c) Worrying about the past

2. Which of these is a way to practice mindfulness?

- a) Rushing through your homework
- b) Playing video games without breaks
- c) Eating your food slowly and paying attention to the taste

3. When you feel upset, what can mindfulness help you do?

- a) Make the feeling go away completely
- b) Understand and calm down your feelings
- c) Make someone else feel the same

4. Which of these activities can you do mindfully?

- a) Running in the playground
- b) Drawing a picture
- c) Both a and b

Answer Key: 1. b), 2. c), 3. b), 4. d)

Rishab S., IV



When I'm at home or out at play,

I always keep safe every day.

Here are some rules that I must know,
To help me learn and help me grow.

At school, I walk, I do not run,

So everyone can have some fun.

I keep my hands to myself, you see,

Because being kind is the way to be.

I look both ways before I cross,

And follow rules so I'm not lost.

I wear my helmet when I ride,

And never ever go outside.

So let's remember every day

To be safe at work and play.

With these rules, we'll do our part,

To keep ourselves safe and smart!



Kulraj Singh, II

Join the Green Revolution- Commute With Devotion

Ride The Eco-Wave

"In The Heart Of The City, Where Once Smog Did Reign,
Rise Towers Of Green, Where Nature Reclaims,
A Dance Of The Future, Where Hope Takes The Lead,
In A City Transformed, By Thoughts ,Words & Deeds"

Green City Transformation is the blueprint of a future where urban spaces breathe with life and harmony. It's a vision where concrete jungles are softened by the green embrace of nature, and cities hum with the quiet power of renewable energy. Imagine streets where cars yield to bicycles, and the air is free from the heavy sigh of pollution. In these transformed cities, skyscrapers touch the sky not as symbols of industry alone, but as living, breathing structures, adorned with gardens that kiss the sun. Parks flourish where once there were parking lots, and rivers run clear, reflecting the aspirations of a community united in sustainability. The journey to a Green City is more than a movement; it's a melody of progress, where the echoes of yesterday give way to the promise of tomorrow.

Darsh S VII-D

Nature's Wheel

On the green highway, where the wildflowers bloom,
Through valleys of emerald, in nature's grand room,
The trees line the path, with whispers they share,
A symphony of leaves, dancing in the air.
The sun casts its rays, a golden embrace,
On the winding road, a tranquil pace,
Birds sing sweet songs from branches so high,
As the green highway stretches under the sky.
Beneath the wheels, the earth softly hums,
As we journey forward, where peace becomes,
A traveler's dream, a gentle, green thread,
Connecting the world, where life is spread.
In this haven of calm, the soul finds rest,
Each mile a blessing, nature's true test,
For on this green highway, the heart feels free,
In the arms of the earth, where we're meant to be.

Ayaan M VII D

जलीय संरक्षण

जल हमारा रक्षक है लेकिन हम उसके रक्षक नहीं बन सकते। हम हर दिन लोगों को प्यास से मरते देखते हैं और कुछ नहीं कर पाते। इन विरोध प्रदर्शनों से हमें क्या मिला, जल बचाओ, पृथ्वी बचाओ, उत्तर कुछ भी नहीं है। हमें एक छोटे से कदम से शुरुआत करनी होगी। बस एक बार जाकर दिल्ली में यमुना नदी को देखें कि कैसे हम उसके साथ नालों जैसा व्यवहार करते हैं। यदि हम अपना पहला कदम शुरू करते हैं तो दुनिया बदल जाएगी, एक मजबूत बदलाव आएगा। हम यहां पानी बर्बाद कर रहे हैं और छोटे गांवों और छोटे इलाकों में लोगों को पीने के लिए भी पानी नहीं मिल रहा है। जब तक पानी सूख नहीं जाता तब तक हमें पानी की कीमत का पता नहीं चलेगा . पानी जिसे प्लिला सोना भी कहा जाता है, पृथ्वी पर हमारी सबसे मूल्यवान और महत्वपूर्ण वस्तु है। यह सभी जीवन और स्वास्थ्य की नींव है और शुद्ध पानी दुनिया की पहली और सबसे महत्वपूर्ण दवा है। मैं यह कहना चाहती हूँ कि अगर इस ग्रह पर कोई जादू है तो वह पानी में ही निहित है। परिधि कुमारी सातवीं-जी

Revolutionizing Transportation: The Rise of Green Technology

The transportation sector is undergoing a significant transformation with the advent of green technology. Electric vehicles, hybrid cars, and hydrogen fuel cell vehicles are leading the change towards a sustainable future. Regenerative braking, electric motorcycles, and fuel-efficient tires are also making a significant impact. Additionally, alternative fuel vehicles, vehicle-to-grid technology, and green logistics are reducing dependence on fossil fuels and minimizing carbon footprint. These innovations are not only eco-friendly but also cost-effective, improving energy efficiency and reducing emissions. As the world shifts towards a low-carbon economy, green technology in transportation is playing a vital role. With continued investment and development, we can expect a cleaner, healthier, and more sustainable transportation system. Embracing green technology is no longer a choice, but a necessity for a better future. Join the revolution and hop on the green transportation bandwagon!

Madhav B VII F



जल से ही जीवन का सच्चा आधार

नीला अम्बर, शांत जलधार,
धरती की रक्षा, इसका उपहार।
बूंद-बूंद में छिपी शक्ति अपार,
हर विपदा से करता उबार।

सूखे को हरता, प्यास बुझाता,
जीवन की हर धारा में ये समाता।
प्रकृति की गोद में सुरक्षित आश्रय,
जल से ही जीवन का सच्चा आधार।

जल की ठंडी छांव में चैन मिलता,
गर्मी की तपिश में भी ये राहत देता।
धरती की दरारों को ये भरता,
हर जीव के जीवन को संवारता।

संरक्षक, जीवनदायी, जल है महान,
हर संकट में बनता हमारा मान।
सम्भाल कर रखो इस ढाल को सदा,
जल से ही बचेगा जीवन का बंधन अटला।

सृष्टि सातवीं-जी



वायु की शीतलता प्रकृति का उपहार
पत्तों की सरसराहट में धीरे से बोलता है,
फुसफुसाते रहस्य, जैसे यह बुनता है।
चेहरे को सहलाते हुए, कोमल हाथों से,
दूर देश से लाई गई कहानियाँ।

हर झोंका, एक संदेश नया,
पहाड़ की चोटियों से लेकर महासागरों तक नीला।
एक उपस्थिति स्थिर, कभी दुर्लभ नहीं,
हवा का शांत आश्चर्य।

इसका नृत्य उन्मुक्त है, इसका स्पर्श इतना हल्का है,
मार्गदर्शन करने वाले दिन और शांति देने वाली रात।
हर आह में, हर हावा में,
वायु जीवन और सुंदर सहजता लाती है।

पत्ते जो सरसराते हैं, पेड़ जो लहराते हैं,
दिन के अंत में हवा की लोरी।
झींगुर चहचहाते हैं, दुनिया को सही लगता है,
जैसे हवाएँ रात का गीत गाती हैं।

पंख जो फड़फड़ाते हैं, पंख जो बहते हैं,
वायु का शीतल गीत, प्रकृति का उपहार।
दुनिया को कोमल पकड़ में हिलाना,
युगों-युगों की कहानियाँ, चुपचाप बताई गईं।

हवा की धीमी धुन पर सपने उड़ान भरते हैं,
खामोश चाँद की निगरानी में।
हर प्राणी, बड़ा और छोटा,
हवा की कोमल पुकार से पालना है।

-दीप्या सिधु सातवीं-जी

Respect: It's Not Just A Word, It's A Way Of Life

Love & Respect - The Cornerstone Of Humanity

Respect is a virtue that shines so bright,
A beacon of kindness, a guiding light.
It's the foundation of relationships strong and true,
A bond that connects me and you.
With respect, we listen and hear each other's voice,
We value each other's choice, and make a joyful noise.
It's the bridge that gaps our differences wide,
And brings us closer, side by side.
Respect is the language that speaks directly to the heart,
A gentle touch that never departs.
It's the whispered words that calm the soul,
And make us whole.
In respect, we find the beauty of our humanity,
A reflection of our divinity.
So let us cherish and honor this noble trait,
And respect each other, every step and in every way.
For when we respect each other, we rise above,
And create a world filled with endless love. **Fatima V**

Celebrating Difference ; Nurturing Understanding (Happy Quizzing)

- 1. What does diversity mean?**
 - a) Being exactly the same
 - b) Having different cultures, languages, and beliefs
 - c) All liking the same things
 - d) Having only one culture
- 2. Why is it important to respect diversity?**
 - a) It makes the world boring
 - b) It helps us learn from each other and live peacefully
 - c) It causes more arguments
 - d) It makes everyone the same
- 3. How can you show respect for diversity?**
 - a) By ignoring people who are different
 - b) By being open to learning about others' cultures & ideas
 - c) By only talking to people who are like you
 - d) By forcing others to agree with you
- 4. What might happen if we don't respect diversity?**
 - a) People will get along better
 - b) There could be arguments and misunderstandings
 - c) Everyone will be the same
 - d) There will be more fun
- 5. Which of these shows respect for diversity?**
 - a) Making fun of someone for their beliefs
 - b) Listening to others' ideas and respecting their culture
 - c) Refusing to learn about other cultures
 - d) Only valuing your own opinions

Answer Key:
 (b) Having different cultures, languages, and beliefs (b) It helps us learn from each other and live peacefully (b) By being open to learning about others' cultures and ideas (b) There could be arguments and misunderstandings (b) Listening to others' ideas and respecting their culture

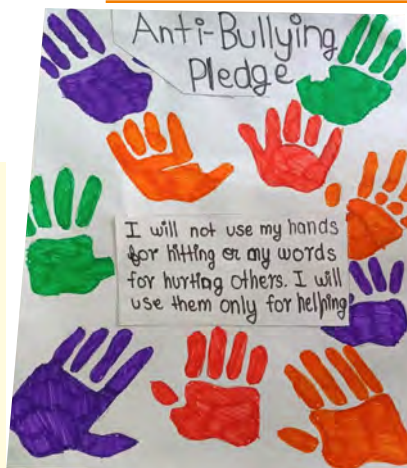
Divyansh G VI A

I DESERVE RESPECT INSIDE AND OUTSIDE

Respect is something that everyone, including me, deserves both inside and outside. At home, respect means my family listens to me, values my opinions, and treats me with kindness. This helps me feel important and understood. I know that to receive respect, I also need to give it. That's why I try to be polite, listen to others, and be kind in return. When I'm outside, whether at school, with friends, or in public, I believe I should be treated with the same respect. People should not judge me on the basis of my appearances. Respect outside means others acknowledging my thoughts, feelings, and rights. It's important for people to see that I am trying my best, just like they are. Respect helps everyone feel safe and valued. Whether I'm inside my home or out in the world, respect is something I deserve because it helps me feel confident and happy and encourages me to do my best. It's a cycle that makes the world a better place and creates a positive environment for everyone.

"Respect means you care enough to think about other's feelings before you act"

Athrav A VI C



Choose Empathy; Not Apathy

No bullying, let's make it clear,
We stand for kindness,
far and near.
With words and actions, gentle be,
A world of friends is what we see.
No room for hurt,
no space for hate,
Let's make respect our common trait.
Lift others up,
don't push them down,
In kindness,
let's all wear the crown.
We're stronger when we all unite,
No bullying, just what is right.
A helping hand, a smiling face,
Let's make our world a safer place.
So spread the word, and let it grow,
In every heart,
let kindness show.
No bullying, it's time to end,
Together, we can all be friends.

Naavya K, VII G



Together We Stand: A Voice Against Bullying.

In the quiet halls
where whispers fall,
A heart can break
with just one call,
Cruel words like knives,
they pierce the soul,
Leaving scars that time can't
make whole.
A smile concealed,
hiding the pain,
Behind brave eyes,
a silent rain,
Yet in the darkness,
hope still grows
A kindness shared,
a friend who knows.
No one deserves to feel
so small,
To fear the echo of a crueler call,
Stand tall, speak out,
let voices blend,
For every heart deserves a friend.
Together we rise,
hand in hand,
No bullying here,
we take a stand,
With love and care,
we'll light the way,
And turn the night a brighter day.

Pooshti VII-C

A month of joyful celebrations



Prerna Diwas



Independence Day



Rakshabandhan



Movie Time



TEEJ



MY SCHOOL MY PRIDE
LOVELY PUBLIC SCHOOL

Janmashtmi



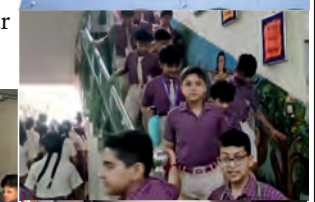
REFINING SAFETY: LESSONS LEARNED, READINESS STRENGTHENED



At LPS, we underscore the significance of regular drills to ensure that students are well-versed in emergency procedures, enabling them to remain calm and responsive. Recently, the entire school participated in comprehensive safety drills, including both a fire and an earthquake drill. The fire drill began with the activation of the fire alarm, prompting a swift and organized evacuation led by the staff. Children were guided calmly to the assembly point, ensuring their safety throughout the process.



Similarly, the earthquake drill involved practicing drop, cover, and hold techniques, followed by a safe evacuation to the assembly area. The execution of both drills was efficient, demonstrating effective preparedness across the school. While the exercises highlighted our strengths, they also revealed areas for refinement, reinforcing our commitment to maintaining a secure environment for all.



Practical Tips for Healing Negative Thinking



Negative thoughts can often feel overwhelming, but taking small, manageable steps can make a significant difference. By incorporating some simple techniques into your daily routine, you can shift your mindset and promote a more positive outlook on life.

- 1. Write It Down:** Journaling your thoughts can help you process and release negativity. Reflect on what you're grateful for in your life.
 - 2. Connect with Loved Ones:** Spend time with friends and family who uplift and support you. Positive social interactions can counteract negative thoughts.
 - 3. Enjoy Hobbies:** Engage in activities you love, whether it's reading, painting, or cooking. Hobbies can provide joy and distract from negative thinking.
 - 4. Practice Gratitude:** Start or end your day by listing things you're grateful for. This practice can shift your focus to the positive aspects of your life.
 - 5. Be Kind to Yourself:** Practice self-compassion. Remind yourself that everyone experiences negative thoughts, and be gentle with yourself as you work through them.
- By adopting these simple strategies, you can gradually transform your mindset and cultivate a more positive and balanced outlook.

Nivedita VI

Positivity: The Catalyst for Change

In our school days, full of fun and play,
Staying positive helps us find our way.
When tests are tough and homework is long,
A happy mindset keeps us strong.
When challenges come and doubts appear,
A bright outlook will help you steer.
With every problem, big or small,
A positive attitude conquers them all.
Believe in yourself, with a smile so wide,
And let positivity be your guide.
So every day, with joy and cheer,
Let positivity lead you through the year.



Transform adversity into opportunity with a Positive Perspective

In the hustle and bustle of school life, staying positive can be a powerful tool to help us navigate challenges and maintain our well-being. Here are some magic mantras to keep your spirits high:

"Every Challenge is an Opportunity to Grow."
View obstacles as chances to learn and improve. Each difficulty you face is a step toward becoming a stronger, wiser person.

"I Choose to See the Good in Every Situation."
Shift your focus to the positive aspects of any situation. By choosing to see the good, you can transform problems into opportunities.

"I Am in Control of My Thoughts and Feelings."
Remember that you have the power to shape your mindset. Take charge of your thoughts and emotions to guide your reactions and attitudes.

Mitakshi Rajpal VII

Chitrarth Pathak



Grade - 4

Roller

ROLLER SKATING is a sport, an art form, a lifestyle and a culture. It is the perfect way to combine fitness with fun. On 30th July, the amazing skaters of Lovely Vista School- Chitrarth Pathak and Shivansh Shaurya of Grade 4, participated in National Open Roller Skating Championship which held at **National Bal Bhawan ITO**, Delhi. It was an Indoor Skating Rink event organised by Bharat Sports Management Group. The students secured **IIIrd position** and showcased their talent in an energetic and enthusiastic performance which was applauded by the audience.

Skating



"They competed they conquered"



Our talented students of Pre Primary and Grade 1 and 2 recently participated in a group singing competition at Ahlcon Public School, showcasing their creativity by using DIY musical instruments. Their hard work and dedication paid off as pre primary (Nursery & KG) secured the third position and Grade 1 & 2 secured the first position, making all of us immensely proud. Their performance was not only musically impressive but also a testament to their innovative spirit and teamwork. This achievement has brought great pride to our school, and we look forward to many more such successes in the future.

"Unstoppable on the field!"

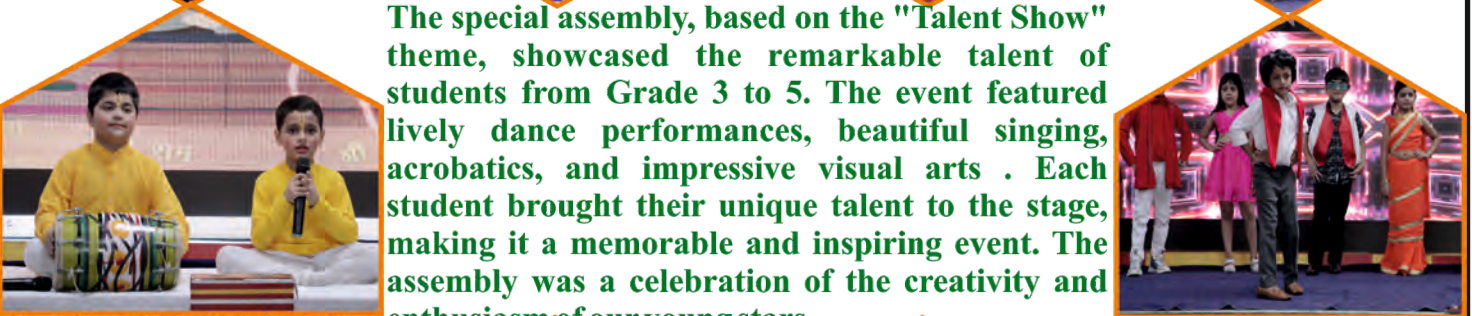
"Udaan" - a sports event was a colorful and joyful occasion, with students from Nursery to Grade 5 participating in various races, proudly carrying vibrant props. They were supported by their teachers and friends, creating a lively and encouraging atmosphere. It was a day of pride, teamwork, and fun for everyone involved.



"Talent in full bloom!"



The special assembly, based on the "Talent Show" theme, showcased the remarkable talent of students from Grade 3 to 5. The event featured lively dance performances, beautiful singing, acrobatics, and impressive visual arts. Each student brought their unique talent to the stage, making it a memorable and inspiring event. The assembly was a celebration of the creativity and enthusiasm of our young stars.



"Waste less, create more!"



Our students creatively used leftover food and vegetable scraps to make compost, promoting waste reduction. They also designed posters, web charts, and beautiful artwork, raising awareness about the importance of minimizing food waste. The activity was a great success, fostering environmental responsibility among the students.

"UNVEILING THE BIOLOGY OF DREAMS"

Navigating Mental Health in Generation Z

Generation Z, born between the mid-1990s and early 2010s, faces distinct mental health challenges shaped by their digital environment, economic uncertainties and climate anxieties. Constant exposure to social media often exacerbates feelings of anxiety and depression as they grapple with pressures of online comparisons and cyberbullying. The ongoing concerns about economic stability and environmental issues also contribute to their mental strain. Despite these challenges, Gen Z is remarkably open about mental health. They actively seek support, advocate for better mental health resources, and strive to reduce stigma through candid conversations and digital platforms.

Yashit Chona (XI-C)

ADDRESSING GEN-Z MENTAL HEALTH CHALLENGES

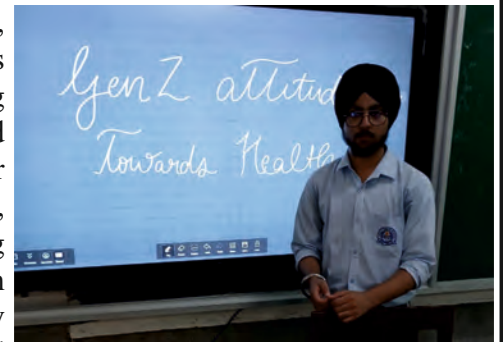
Nearly two years into the COVID-19 pandemic, Gen Z in India, from middle school students to early professionals, is experiencing higher levels of anxiety, depression, and distress compared to other age groups. Surgeon General Vivek Murthy highlighted this crisis in a December 2021 advisory, emphasizing the exacerbation of youth mental health issues. A McKinsey survey reveals Gen Z's significantly lower life outlook and emotional well-being compared to older generations. One in four Gen Z respondents reported increased emotional distress, with higher rates of behavioral-health diagnoses and a greater likelihood of suicidal thoughts or attempts.

Swastik Singh(XI-C)

Power of sub-conscious mind

The subconscious mind exerts a profound influence over our thoughts, behaviors, and experiences. It operates below the level of conscious awareness, storing our experiences, memories, and skills without us being aware of it. This part of the mind constantly influences our decisions and reactions based on past experiences and ingrained beliefs, often without our conscious realization. Dreams are thought to manifest the subconscious mind, revealing insights into our inner feelings and unresolved issues. They can bring hidden emotions or conflicts to the surface and help process and work through emotions and experiences that the conscious mind may not fully address. By blending and organizing memories, dreams provide a way to understand and explore the subconscious. Examining and interpreting our dreams can offer valuable insights into the workings of the subconscious mind and contribute to our psychological and emotional well-being.

Bhawika(XI-A)



Strategies for sustainable management

Sustainable management is vital for fostering long-term environmental, economic, and social well-being. Key strategies include enhancing resource efficiency by reducing consumption and waste, and transitioning to renewable energy sources such as solar, wind, and hydro to cut down on fossil fuel dependence and carbon emissions. Embracing a circular economy—where products are designed for durability, repairability, and recyclability—can minimize environmental impact. Additionally, establishing sustainable supply chains by partnering with ethically-minded suppliers ensures responsible sourcing of raw materials. Obtaining green certifications like LEED or ISO 14001 can validate and enhance these efforts, building trust and accountability.

Kanav Pandey(XI-F)

The Biological Theory Of Dreams

For centuries, dreams have captivated human curiosity, with early civilizations viewing them as messages from the gods. The Greeks and Romans believed dreams had prophetic power. In the late 19th century, Sigmund Freud and Carl Jung developed modern theories: Freud saw dreams as expressions of repressed desires, while Jung believed they held psychological significance, reflecting the unconscious mind. Advancements in neuroscience introduced the "activation-synthesis hypothesis," which suggests that dreams are simply random brain activity with no intrinsic meaning. According to this theory, the brain creates coherent stories from these random impulses after waking. In contrast, evolutionary psychologists propose the "threat simulation theory," which argues that dreams have an evolutionary function.

Kashika Nanda(XII B)

Designed By: Tanay Sharma (XI-H)

"GEN Z TRIUMPHS"

Implementing AI in healthcare for Gen Z

Artificial intelligence (AI), particularly generative AI, has emerged as a transformative tool in healthcare, with the potential to revolutionize clinical decision-making and improve health outcomes. Implementing AI in healthcare for Gen Z involves addressing both the technological and user experience aspects to ensure effectiveness and adoption. The need for this is to understand the specific healthcare needs and preferences of Gen Z, such as mental health support, preventive care, and personalized health management. This article aims to provide a comprehensive overview of the use of generative AI in healthcare, focusing on the utility of the technology in healthcare and its translational application, highlighting the need for careful planning, execution and management of expectations in adopting generative AI in clinical medicine. Design AI solutions with intuitive, engaging interfaces that resonate with Gen Z's digital habits. This includes mobile apps, chatbots and virtual assistance. It continuously collects feedback from Gen Z users and analyses the performance of AI tools to make necessary improvements and updates. Adhere to regulatory requirements and ethical standards, ensuring that AI applications are safe, reliable, and free from biases.

Manya Sarin



"Breaking Down Barriers Gen Z and Mental Health"

Gen Z faces unique mental health challenges shaped by a rapidly changing world. Growing up with social media, they face constant pressure to meet unrealistic standards, leading to anxiety and low self-esteem. The need for validation from others, often sought through likes and comments, makes them depend on others to feel good about themselves. Common mental health issues like anxiety, depression, and stress are widespread among Gen Z. The pressure to succeed academically and socially can lead to burnout, while the constant comparison to others online makes them feel inadequate. Despite being more open about mental health, Gen Z still faces stigma, especially in certain communities. Even though they're highly connected online, many feel lonely and isolated. To truly support Gen Z, we need to foster environments where discussing mental health is accepted and encouraged. Schools, families, and communities should work together to create supportive spaces, uplifting real-life friendships and managing stress. Understanding these issues can help Gen Z lead healthier, happier lives.

Sarah Mehdi (XI D)

Phones and Gadgets Endangering Our Planet

The rapid rise of phones and gadgets has revolutionized our lives, but at what cost? "Convenience comes with a hidden price," as environmental experts warn, pointing to the staggering waste generated by discarded electronics. Every year, millions of devices are tossed aside, contributing to e-waste mountains that poison our planet. The production of these gadgets is equally destructive, consuming vast amounts of resources and energy. "Our addiction to the latest technology is fuelling environmental devastation," say climate activists. From mining rare minerals to the energy-intensive manufacturing processes, the environmental footprint of our tech-driven lifestyle is unsustainable. But the story isn't over. We hold the power to change the narrative. "It's time to rethink our relationship with technology," urges eco-advocates. By making mindful choices—choosing durable products, repairing rather than replacing, and recycling responsibly—we can create a future where innovation and the planet coexist.

Raagen Aggarwal (XI-E)

Designed By: Madhav Narula (XI-E)

DESIGNING THE FUTURE WITH OPTIMISM

Upliftment from Negativity

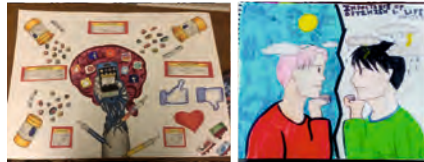
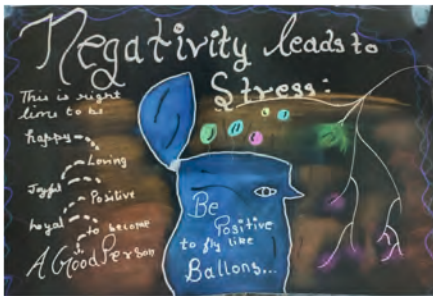
Converting negativity to positivity, is like reflecting light in a dark room . Pesimistic environment is completely dependent on someone's mindset, actions and most importantly perspective. Perspective is one of the strongest factors. Life is full of troughs and crests and is not for beginners who are frickle minded . By understanding how to shift from pessimism outlook to more optimistic one , acceptance is also required. After it we need to empower ourselves to navigate life's challenges with positive resilience and hope . But at last it's all about perspective , it depends on how someone sees a half filled glass of water , either as "half filled" or "half empty".

Ayush Swain (X-C)

From Shadows to Light

When darkness clouds the mind,
And doubt begins to grow,
Seek the spark of hope inside,
Let your inner courage show.
Turn each fear into a chance,
To rise above the storm,
For every struggle faced today,
A new strength will be born.
Look beyond the fleeting rain,
To the rainbow in the sky,
Transform the weight of negativity,
Into wings that help you fly.
"From every fall, rise with grace; turn
your fears to help you ace."

Harsh Melkani (VIII- C)



Turning Shadows Into Light

When life feels heavy and gray,
Try to find a brighter way.
Shift your gaze from shadows cast,
And seek the silver in the past.
When troubles come and
hope seems small,
Look for the good in every fall.
Each challenge faced is strength renewed,
A chance to see a brighter view.
Let laughter be your guiding star,
And dreams of peace not seem too far.
For every storm that passes through,
Brings clearer skies and skies of blue.
So when you're feeling down and low,
Remember, sunshine helps you grow.
Turn negativity around,
And find the joy that can be found.

Bakul Arora (X-E)

ETIQUETTES SERVES AS A COMPASS OF LIFE

Values are Valuable for Humanity

There are certain important values in maintaining relationship. These values are the backbone of health and happy family relations. These values lead to elimination of friction and establishment of total harmony in relationship on long term basis. Values that are important in any relationship:

- 1. Trust:** The foundational value in relationship.
- 2. Respect:** Respect means individuality.
- 3. Care:** Feeling to nurture and protect the body of our relative.
- 4. Glory:** Feeling for someone who has made efforts for excellence.
- 5. Love:** Emotion of strong affection and personal attachment.

Anshika Nijhawan (IX-G)

Etiquette and Harmonious Environment

Etiquette is an essential code of behaviour that guides us to treat others with honesty, respect, and consideration. It encompasses social norms, manners, and courtesy, helping us build strong relationships and communicate effectively. By practicing etiquette, we demonstrate empathy, kindness, and self-awareness, creating a harmonious and inclusive environment for everyone. By embracing the principles of etiquette, we can contribute to a more respectful and harmonious environment for everyone.

Shanvi Aggarwal (IX-D)

Managing Director "BAN THE BITS, SAVE THE SEAS: Smart Solutions for a Microplastic-Free Future"

Ecosystem Services: Benefits Provided by Nature



Dr. Manoj Kumar

"In every walk with nature, one receives far more than he seeks." As the Managing Director of our institution, I want to emphasize the importance of focusing on the factors that help preserve our ecosystem. Nature offers a multitude of benefits that are

essential to human life and well-being. It sustains us with food, clean water, and climate regulation, and also supports our mental health by reducing stress and anxiety. Ecosystems provide critical services such as clean air, water purification, waste decomposition, pollination by bees, and soil stabilization by tree roots. Each of us has a role to play in safeguarding nature. To build a sustainable society, we must wholeheartedly practice the three R's: Reduce, Reuse, and Recycle. By doing so, we can actively contribute to preserving our environment.

Dear students, it is of utmost importance that you prioritize the care of nature. Protecting our environment is a pressing need, and it is our responsibility to embrace simple living and high thinking as guiding principles. Those who appreciate the beauty of the Earth will find strength and resilience that endure throughout life. Let us all commit to nurturing and protecting our natural world for future generations.

These days, microplastic pollution in our rivers, oceans, and even the air we breathe has become a serious environmental problem. As the name microplastics, these are very small in size and hence they are readily consumed by marine life, where they can enter in food chain and endanger human health. Governments and organizations around the world are enacting laws and looking into creative solutions to address this expanding issue. **Few regulations to Address Microplastic Pollution being followed worldwide are :**

1. Bans on Microbeads: A number of nations have passed laws prohibiting the use of microbeads in toothpaste and face wash products.

2. Wastewater Treatment Regulations: Certain regions are enacting regulations mandating enhanced filtration systems in wastewater treatment plants because washing synthetic textiles releases a considerable amount of microplastics into the environment. Before being released into rivers, microfibers can be collected by these devices.

INNOVATIVE REMEDIES:

1. Biodegradable Plastics: The development of biodegradable plastics from natural resources like starch, cellulose, and algae is being carried out by researchers. With these substitutes, microplastic buildup is lessened because they decompose more readily in the environment.

2. Washing machine microplastic filters: To collect microfibers lost from synthetic fabrics, some businesses are creating filters that are designed to fit inside of washing machines. Microplastics are kept out of wastewater systems and the ocean by these filters.

Tanush Sharma, VII A

HAZARDS OF MICROPLASTICS

Microplastics are small plastic particles, often used in personal care products, synthetic fibers, and plastic debris which have dangerous impacts on environment. Some of them are mentioned below:-

☞ **Water Pollution:** Microplastics enter oceans, rivers, and lakes through wastewater, harming aquatic life.

☞ **Food Chain:** Microplastics are ingested by small animals, potentially harming humans who consume them.

☞ **Soil Pollution:** Microplastics can contaminate soil, affecting plant growth and ecosystem balance.

☞ **Climate Change:** Microplastics can contribute to greenhouse gas emissions during production and degradation.

☞ **Loss of Biodiversity:** Microplastics can alter habitats, causing harm to marine life and ecosystems.

Let's work together to mitigate microplastic pollution and protect our environment!



Shafi Ahmad, VI B