



RPM STRIVING TOWARDS PERFECTION

LOVELY TIMES

1st September 2023 to 30th September 2023

Page No. 1

Founder's Message



Dr. (Mrs.) S.D. Malik

" life isn't about finding yourself,
life is about creating yourself."

Success is the result of perfection, hard work, learning from failure, loyalty and persistence. The main ingredient to success is hard work. It can't be achieved in a day or two. The path has many hurdles. First of all objectives need to be set. Then decide how to accomplish those objectives and explore your capabilities. Some of you believe that success is the consequence of innate talents, while others feel that they are not born with those talents and tend to give up more easily. Yet there are others who have a growth mindset and feel they can change, grow and learn through efforts and these students achieve success. Failure for them is not a reflection of their abilities but valuable source of experience. They have faith that everyone can get smarter or more talented and they work for it. So go for it children and cope up with it. We at LPS strive to endow the students with a platform, helping them to broaden their horizon and in the process provide them with holistic, substantial and value based education. The school has made noteworthy progress in imparting quality education, instill self confidence and motivation in the young lovelyites and make them ready for future challenges. The work of a teacher is not only to teach but develop the overall character and personality which makes them confident and provides them with strength to deal with every kind of problem. Teachers are an integral part of a student's life. They elevate children's behaviour with their creative ideas. They are the pillars of the nation building process because they help to influence the next generation to become more responsible and productive members of our community.

One book, one pen, one child and one teacher can change the World

RPM INTER-HOUSE ATHLETIC MEET

"Sport is a preserver of health"



Lovely Public School hosted the RPM Inter-House Athletic Meet on 18th August 2023. It was a highly anticipated event that fostered a sense of camaraderie and healthy competition among students. The event was not only a showcase of athletic prowess but was also an opportunity for students to demonstrate teamwork, sportsmanship and dedication.

The event took place at the school ground with a well maintained facility and ample seating for spectators. The event was graced by honourable chief guest Dr. Manoj Kumar (Managing Director) and by our beloved Principal ma'am Dr. Bhawana. The meet was declared open by the chief guest by hoisting the school flag. Oath was then taken by the sports captain of the school, Jasmeen Kohli followed by the enlightenment of torch by the sports captain Kartik Yadav and vice sports captain Aditya Sharma.

The meet featured wide range of athletic disciplines, including track events and field events for both boys and girls in all the categories.

At the end of the day, the accumulated points from various events determined the overall winner. Patel House, winner of the Inter House athletic meet was awarded the school trophy, while individual athletes received certificates for outstanding performances.

The inter-house athletic meet proved to be a resounding success, promoting physical fitness, teamwork and sportsmanship among students. It was a day filled with thrilling moments and a strong sense of school spirit.



Logical Reasoning - Sudoku

		9	2			1		
		6						
						4		8
6	1					2		
			3	9		6	7	
	5		1				4	
	4			2	1			
	9			8			6	
			9		7			4

Answer Key:

1	1	3	5	7	9	6	8	2
2	9	5	3	8	4	1	6	7
7	8	9	1	2	6	5	4	3
3	4	2	2	6	1	7	5	9
1	7	6	5	9	3	4	2	8
6	9	2	5	8	7	4	3	1
8	6	4	6	3	5	7	1	2
5	8	9	2	7	4	1	3	6

13. Bharat Biotech International
limited in India

12. It has both antigens A and B
but no antibodies in plasma.

11. The pancreas

10. Marie Curie

9. Charak Samhita

8. 742 neurons

7. Petrology

6. Acharya Charak

5. Sushruta

4. Stephen Hawking

3. Down Syndrome

2. Tale

1. Sir Isaac Newton

TEST YOUR BRAIN

1. Name the famous physicist whose famous quote is "We build too many walls and not enough bridges."?
2. What is the softest natural substance on Earth?
3. Common disease caused by mutation of DNA?
4. Which famous physicist said "Remember to look up at the stars and not down at your feet?"
5. Who is the father of surgery?
6. Who is the father of ancient medicine in India?
7. What is the study of stones called?
8. How many neurons does a chimpanzee have?
9. What is the name of the encyclopedia of Ayurveda?
10. Whose famous quote is this, "One never notices what has been done; one can only see what remains to be done"?
11. What is the lightest organ in the human body?
12. Why is AB blood group rare?
13. Which company has developed the world's first intranasal vaccine for COVID?

Zero Shadow Day

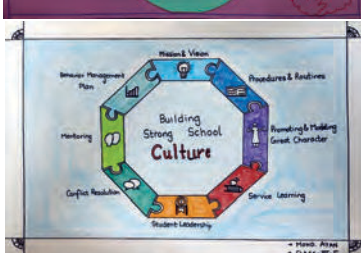
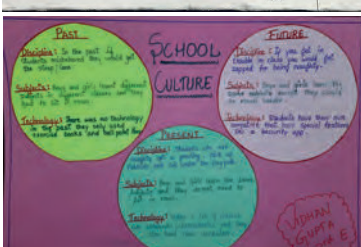
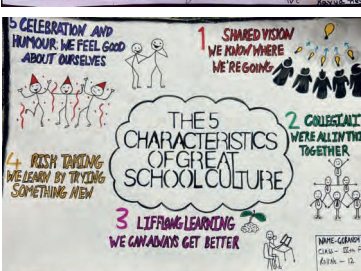
"The Absence of Shadows: A Captivating Beauty"

Discover the enchanting allure of a world without shadows. "Zero Shadow Day" is a phenomenon that unveils the exquisite harmony of nature. It's a day when the sun, at solar noon, doesn't cast a shadow on any object, standing directly above at its zenith position. This intriguing occurrence happens twice a year at specific locations. Picture this phenomenon gracing the regions nestled between the Tropic of Cancer and the Tropic of Capricorn. In the heart of this celestial rarity lies Bengaluru, where on August 18th of this year, magic unfolded. Precisely at 12:24 p.m., the sun stood directly overhead, casting no shadows for a fleeting moment.

Playway Days

In primary school, we laugh and play,
A culture of learning in a sunny way.
With friends we meet and lessons we learn,
In this vibrant world, our hearts do yearn.
In classrooms filled with colors bright,
We discover the joy of knowledge's light.
Teachers guide us with patience and care,
In this nurturing culture, they're always there.
Creativity blooms in art and rhyme,
We explore the world, one step at a time.
In primary school's culture, we spread our wings,
Dreaming of the possibilities life brings.
Respect and kindness, values we hold dear,
In this culture of love, we all draw near.
Primary school,
where memories are spun,
A place where our journey has just begun.

CHHAVI, V



स्कूल की संस्कृति

स्कूल एक ऐसा संस्थान है जहाँ शिक्षा और संस्कृति के समावेश से छात्रों के सुनहरे भविष्य का निर्माण होता है। जो छात्रों के जीवन में महत्वपूर्ण भूमिका निभाती है और उन्हें एक सकारात्मक और विकसित व्यक्ति बनने में मदद करती है। शिक्षक और छात्रों के बीच का संबंध बहुत महत्वपूर्ण होता है। यहाँ शिक्षक छात्रों को न केवल पाठ्यक्रम की पढ़ाई करवाते हैं, अपितु उन्हें जीवन के मूल्यों, नैतिकता, और उनका सही मार्गदर्शन करते हैं। एक स्कूल की संस्कृति में छात्रों को सामाजिक और व्यक्तिगत परिस्थितियों का सामना करने के साथ-साथ सहयोग, नैतिकता, और अन्य मूल्य का ज्ञान मिलता है। स्कूल का वातावरण उनमें आपसी समझ, विविधता, और समर्पण की भावना जागृत करता है। इसके अलावा, स्कूल की संस्कृति में विभिन्न गतिविधियाँ और प्रतियोगितां भी आयोजित की जाती हैं, जो छात्रों के विकास के लिए महत्वपूर्ण हैं। इनमें कला, खेल, साहित्यिक प्रतियोगितां, और विज्ञान शामिल हैं। छात्रों को जीवन के हर क्षेत्र में सफल होने के लिए तैयार किया जाता है और उन्हें जीवन के मूल्यों का पालन करने के लिए प्रेरित किया जाता है। इस प्रकार स्कूल की संस्कृति समाज के निर्माण में महत्वपूर्ण भूमिका निभाती है और छात्रों को बेहतर भविष्य की दिशा की ओर अग्रसर करती है।

Kavya Negi, IV

Mega Litter Drive

Clean water and Sanitation

"Environmental cleanliness begins with the contribution of everyone"

Lovely Public has adopted various eco-friendly measures to improve the environmental footprint. The Mega litter is a noteworthy initiative taken by the students every month. The Litter Less drive focuses on creating positive behavioral change through education, and shapes students into young leaders driving sustainability in own communities. The students enthusiastically contributed in communal mission to collect plastic waste within the school premises. This included packaging material (like empty milk packets, curd packets, wafers wrappers, etc.), bottles, and other single-use plastics. This is a remarkable step taken by the students to create a greener environment and save Mother Earth



Waste Management

Save The Mother Earth



To ensure healthy lives and promoting waste management, Lovely Public School, P.D Vihar organized seminar on Waste Segregation on 8th August 2023 in its premises. Colour coded bins are effectively in practice in school. Color coding has generated the feeling of safe waste disposal among the students and every person associated with the school to distinguish different types of wastes, and easily sorts them into different categories. Children understood and implemented disposing of waste in different color of dustbins and its importance.

Children learnt in the seminar that Waste segregation can be defined as the process of identifying, classifying, dividing, & sorting of garbage & waste products to reduce, reuse and recycle materials.

LOVELY TEACHERS' TRAINING INSTITUTE

Priyadarshini Vihar, Delhi-110092

RIISING STARS OF LTTI D.EL.ED. 1ST YEAR 2022-2024

1st Position



Kanak
79.82%

2nd Position



Sandhya
79.39%

3rd Position



Bushrd Naaz
78.95%

No. of students who secured above 75% - 13 Stu.

No. of students who secured above 70% - 26 Stu.

EMINENT STARS OF LTTI D.EL.ED. 2ND YEAR 2021-2023

1st Position



Ruby Kumari
83.43%

2nd Position



Vanshika Sharma
82.17%

3rd Position



Indu Sharma
81.56%

No. of students who secured above 80% - 03 Stu.

No. of students who secured above 75% - 12 Stu.

No. of students who secured above 70% - 13 Stu.

SHINING STARS OF LTTI D.P.S.E. 1ST YEAR 2022-2024

1st Position



Kanchan Bord
78.47%

2nd Position



Bharti
75.88%

3rd Position



Nikita
73.76%

No. of Distinctions - 29

No. of I-Division - 52

SPARKLING STARS OF LTTI D.P.S.E. 2ND YEAR 2021-2023

1st Position



Varsha
82.88%

2nd Position



Prachi
79.88%

3rd Position



Bhavana
78.58%

No. of Distinctions - 73

No. of I-Division - 63

No. of II-Division - 13

Udaan Gender Equality

"When girls are empowered, nation become stronger and more prosperous"
 Founder of LPS Sh. RP Malik always believed to stimulate girls to nurture in all arenas thus Sir initiated with "UDAAN" which aims to provide a platform to all girls to get self – confidence and inculcate sportsmanship in them. Complying with sir's footsteps, school organized "6TH RPM Udaan" in its premises on 22nd August, 2023. The girls participated in this grand sports event by performing several races. It was indeed a power-packed and enthralling show.



WOMEN EMPOWERMENT

मैं रही दिए की लौ बन कर
 घर आँगन रोशन करती हूँ।
 मत खेले मेरे जज्बातों से
 अँगार में भी बन सकती हूँ।
 मैं भड़क उठी जो अग्नि सी
 ये गाँव जला भी सकती हूँ।
 जो हवा तूफानी लाओगे
 तो खाक तुम्हें कर सकती हूँ।
 मंदिर में कदम भी रखते हो
 पूजा भी मेरी करते हो
 माँ कह कर तुम आगे मेरे,
 नतमस्तक अपना करते हो।
 हों वही मैं सीता मैया हूँ,
 हों वही मैं राधा रानी हूँ,
 हों वही मैं रक्षा करने वाली
 माँ दुर्गा और भवानी हूँ।
 काली भी है अवतार मेरा
 मैं रुद्र रूप भी धर सकती हूँ
 और अगर हुई मैं कुपित,
 तो चंडी भी बन सकती हूँ।
 हर रूप में मैं जब स्वीकारा है,
 तो मुझको भी तुम स्वीकार करो।
 माँ से पहले मैं नारी हूँ
 हर नारी का सम्मान करो,
 तुम हर नारी का सम्मान करो।

"नारी का सम्मान करो"



फजल कक्षा 8

लड़कियों की उड़ान भी जरूरी है

आज कस ली कमर है लड़कियों ने
 खेल के मैदान में।
 लड़कियाँ किसी से कम नहीं हैं आज
 यह कर दिखाया है।
 खेल है यह सिर्फ लड़कियों का
 दुनिया को यह बताना है।
 दिया मौका लवली स्कूल के फाउंडर
 श्री राम प्रसाद मलिक जी ने।
 लड़कियों को प्रोत्साहित कर, दे गए अपना परिचय वे,
 उनके शब्द आज भी दिमाग में घूमा करते हैं,
 लड़कियाँ लड़कों से कम नहीं, वादा हम ये करते हैं।
 प्रोत्साहित किया लड़कियों को, खेलो और बढ़ो।
 हिचकिचाहट को पीछे छोड़ो, आगे बढ़ो।
 पा लो अपने लक्ष्य को, पागलपन और जुनून की हद करो पार तुम।
 किस्मत को मत कोसना फिर उतर कर मैदान तुम।
 आज लड़कों से ज्यादा मैडल ला रही हैं बेटियाँ,
 वाह !! खेल के मैदान में, अपने हुनर को आजमा रही हैं बेटियाँ।



नित्याजोशी कक्षा आठवीं ब

Mobile Library

Quality Education

"The library is infinity under a roof"

In collaboration with National Book Trust (NBT) school schematized Mobile Library in its premises on 7th & 8th August 2023 for class II to VIII. This exertion brought a treasure trove of books right to the school premises, sparking a world of imagination and knowledge for our young readers.

The exuberant students eagerly flipped through pages, discussed book choices, and interacted with their friends and teachers about various literary genres. The event helped students to involve and ignite the passion of reading and magic of books.



Herbal Garden

Life on Land

"Herbal Garden of LPS : Connecting to Nature" At our school, This green space isn't just a bunch of plants; it's like a living classroom. **Learning by Doing:** It's like a real-life science class. **Helping Nature:** It teaches students to take care of the environment. **Useful Skills:** Students learn how to take care of plants. They learn gardening skills. **Our Herbal Garden: Neem:** Students learn about how people use it for medicine and why it's good for the environment. **Aloe Vera:** This plant is awesome for soothing cuts and burns. It's like nature's first aid kit. **More to Explore:** Some plants are for cooking, and some are for medicine. **Nature's Friends:** Students often see cute squirrels running around. It's like sharing our garden with animal friends. Herbal Garden of LPS is a fun way to learn about nature and how to take care of it.



Amalgamation Of School Ethos

School and Classrooms: Past, Present and Future

School Life is the best time of our life. We make many new friends there. School time is the only time which we enjoy the most. School life teaches us lots of new things. I love my school and enjoy going there everyday and learn new things. Earlier there were many government schools but, nowadays we can see that many private schools have been opened. Earlier there were very less facilities as compared to nowadays school life. If I talk about my school life, there are many facilities which were not present earlier. In my school there are well furnished classrooms with air conditioners present in them. The teachers teach with full dedication and students respond to them with full energy. Life in the school and classrooms in the future will be innovative and exciting place for both the Educators and the Students. Learning will become personalized. Most probably the assignments will be in the online mode and deep learning can be seen.

Kanan Saini, V

INSIGHTS OF SCHOOL CULTURE

School culture expresses a unique atmosphere and values that make every school unique. In the past, schools had strict rules and students focused on memorizing facts. Teachers were seen as the ultimate authority and creativity was sometimes limited. Today, school culture has developed a lot. It is more inclusive, encouraging students to express themselves, ask questions and explore their interests. Teachers are like guides who help students learn in many ways, not just from books. Students learn about teamwork, consensus, and intelligence. Looking ahead, we see that school culture will continue to change. We could have our virtual reality classroom and an exciting new way of learning. However, some things will be the same; the importance of respect, courtesy and a love of learning. Therefore, remember that as you grow, you will shape the future of your school's culture.

Mohd. Fausil Ansari, V F

Life cycle of a School bag

School bag is an important part of every child's life. The life cycle of a bag has undergone a tremendous change, made of soft fur, reflecting the innocence of primary school years to the bag packs of now. School life starts with a school bag and ends with a school bag.

Slate and Chalk - During the ancient times, there were two best friends, slate and chalk and students carry their- 'One and only notebook' in hand to Gurukul. This was an era of simple, yet powerful learning where knowledge seeped in straight into the mind of the student.

Clothes and Leather bags - With the transformation of education, the slate was replaced with paper and pencil and so came the trend of carrying things in simple cloth bags. Further change in the education system brought printed books mandatory for all students. Adding the weight on the back of the students and to support this weight came the leather bags. They started coming in different shapes and sizes. In fact, it became a fashion statement.

Bags on wheels - Somewhere down the line bags became too heavy to be lifted by the students soaking the bag on wheels. These bags were so beautifully designed to have equally divided the balance of weight, allowing the students to carry the weight of the school on wheels.

Future bags - Modern education significantly differs from the traditional methods of teaching and is widely practised in schools today emphasising more on technology.

Old classrooms are replaced by new smart classes where students will no longer need back packs. They will carry their laptops or iPads with them - 'One and only notebook'.

The life of a bag will end from where all it started- No bag in ancient era to no bags of digital classrooms.

Marching towards Success

School Culture- creating a link between past, present and future. School culture refers to the policies, attitudes, customs and rules of behaviour within the school. It involves teachers, staff, students and parents. The link between the past, present and future of the school culture is of great importance. The past shapes our traditions and values, while the present affects how we interact and learn everyday. The school culture prepares us for what's coming, helping us develop important qualities like adaptability. So, by honouring the past, embracing the present and preparing for the future, school culture sets us up for success and accomplishment. We can say "The Past culture lives in the Present culture which creates the Future culture."

Education - A life long process

In a world of stories old and new,
I found a way, and it's quite true,
To connect the past, now,
and what it used to be,
Like a bridge from a tree
to a wide blue sea.

With crayons and paper, I draw a line,
From Grandma's tales to now, it's fine!
The past is like a treasure chest,
Full of secrets, we're on a quest!

The present is where we laugh and play,
Learning new things every single day,
It's like a sandbox, full of delight,
Where we explore from
morning 'til night.

And the future, oh, that's a mystery,
Like a book waiting for us to see,
It's a rocket that's ready to soar,
To places we've never seen before.

So, let's hold hands and make a chain,
From past to present,
and future's terrain,
With love and dreams, we'll all be alright,
Creating a link that's shining so bright!

Ishu Kumari, V

FOSTERING POSITIVE CHANGES

Schools have different culture created by their beliefs, values, goals and behaviour Creating an environment that fosters education for one and all. Creating a language of support and care around the school. Culture is elastic that binds students, teachers and support staff It has a profound impact on the learning environment.

Paridhi Sharma, V

Tanmay Handa, III E

दैनिक जागरण

साप्ताहिक

सेहत भरे
जीवन का

बुधवार, 12 जुलाई, 2023



लगातार बारिश और जलभराव से मच्छरजनित बीमारियों की आशंका काफी बढ़ गई है। खासकर इस मौसम में डेंगू को लेकर अधिक सतर्क होने की जरूरत है। जानते हैं इसके कारणों और बचाव के उपायों के बारे में...



इन दिनों

डॉ. मनीका महाजन
इन्फेक्शन, इंटरनल
मॉडिसिन, मेडिसिन
हाथिल, नई दिल्ली

डेंगू एक प्रकार का वायरल संक्रमण है, जिसके चार अलग-अलग स्टेन होते हैं। इस बीमारी को ब्रेक बोन फीवर भी कहा जाता है। जब डेंगू मरीज को मच्छर काटता है, तो वायरस उसकी आंती में पहुंच जाता है और वहां उसका म्यूटेशन होने लगता है। फिर वायरस उसकी सलायवरी ग्लैंड यानी लार ग्रंथि में आ जाता है। इसके बाद जब वह मच्छर किसी स्वस्थ व्यक्ति को काटता है, तो वह भी डेंगू संक्रमित हो जाता है यानी डेंगू मरीज से मच्छर में और मच्छर से दूसरे व्यक्ति तक पहुंचता है।

हर साल अलग-अलग स्टेन : हर साल डेंगू के संक्रमण में अलग-अलग स्टेन का प्रभाव देखने में आता है। किसी वर्ष

डेंगू के लक्षण

- तेज बुखार के साथ सिरदर्द, आंखों के पीछे दर्द होना।
- उल्टी और भिचली।
- जितने लोगों को डेंगू के मच्छर काटते हैं, उनमें से केवल 10 प्रतिशत लोगों में ही लक्षण दिखते हैं। बाकी में कोई खास लक्षण नहीं दिखता। कुछ लोग स्वतः ठीक हो जाते हैं, उन्हें कोई खास तकलीफ नहीं होती।

इन बातों का रखें ध्यान

- डेंगू का मच्छर साफ पानी में ही पनपता है और दिन में काटता है।
- इनसे सुरक्षा के लिए पिकारिडीन रिपलेंट का प्रयोग करें।
- दिन में भी रिपलेंट का इस्तेमाल करें।
- क्याइल चैपराइन को चलाकर रखें।
- पूरी बांह के कपड़े पहनें।
- गमलों, कुलर में और फ्रिज के नीचे पानी इकट्ठा न होने दें।

संक्रमण में क्या करें

- शरीर में पानी की कमी न होने दें।
- डेंगू में कोई विशेष दवाई नहीं है, इसमें आराम जरूरी है।
- बुखार के लिए पैरासिटामॉल का प्रयोग किया जा सकता है।
- किसी तरह के पेनकिलर-एन्थिरीन या आइबुप्रोफेन जैसी दवाओं के सेवन से बचें। इससे प्लेटलेट टूटकर ब्लॉडिंग होने का खतरा रहता है।



इन लक्षणों पर
अस्पताल में भर्ती
होने की जरूरत

- बार-बार उल्टी
- पेट में तेज दर्द
- सांस लेने में तकलीफ
- दांती से खून निकलना
- खाने-पीने में समस्या
- हाथ-पांव ठंडे होना

डेंगू से बचाव ही बेहतर उपाय

प्लेटलेट्स की जरूरत

यदि किसी मरीज को किसी वजह से रक्तस्राव हो रहा है या प्लेटलेट्स बहुत कम हो गया है, तो प्लेटलेट्स चढ़ाया जाता है। बचाव उपाय के तौर पर डेंगू में प्लेटलेट्स नहीं चढ़ाना चाहिए, इसके अलावा तब के दुष्प्रभाव होते हैं। ज्यादातर लोग स्वतः ही इस बीमारी से उबर जाते हैं।

डेंगू बढ़ जाता है, तो कई वर्षों तक इसका असर कम रहता है।

सिरोटाइप-2 से अधिक जोखिम: यह सबसे खतरनाक स्टेन है। इसमें बुखार के साथ मस्तिष्क अघात का भी जोखिम रहता है। आमतौर पर डेंगू कारक एंटीजन एंजिनाइटिस मच्छर गर्म इलाकों में पाए जाते हैं। जलवायु परिवर्तन के चलते इस तरह के मच्छर बढ़ रहे हैं। पहले

ना पड़ें घरेलू नुस्खों के फेर में

- यह वायरल संक्रमण है, कुछ दिन शरीर में रहने के बाद स्वतः ठीक हो जाता है।
- पपीते के पत्ते और बकरी के दूध जैसे कथित उपायों के चक्कर में ना पड़ें। घरेलू नुस्खों को आजमाने के बजाय चिकित्सक की सलाह लें।
- घर का बना ताजा और हल्का भोजन हो करने का ध्यान रखें।

सिरोटाइप-2 का प्रभाव अफ्रीका में देखा जाता था, पर अंतिम तापमान और वैश्विक आबाजाही बढ़ने से इन मच्छरों की उत्पत्ति और प्रसार हमारे देश में भी तेजी से बढ़ रहा है।

बरसात में फैलता है डेंगू: कुछ स्थानों पर लगातार बारिश और जलभराव से मच्छर बढ़ जाते हैं। ऐसे में हमें डेंगू को लेकर पहले से ही सतर्क रहने की जरूरत है।

चिकित्सक से लें परामर्श

आमपास कहीं पानी इकट्ठा होता है तो उससे डेंगू मलेरिया और चिकनगुनिया जैसी मच्छरजनित बीमारियां होने का डर रहता है। आसपास साफ-सफाई रखें, ताकि मच्छर न पनपने पाएं। इस संक्रमण में बुखार, आंखों की लालिमा, सिरदर्द, आंखों में चुभन भरा दर्द होता है।

डॉ. सुनजीव वर्मा
कॉन्सल्टेंट, इन्फेक्शन, अपोलो हॉस्पिटल, दिल्ली

मच्छरों से बचाव को दें प्राथमिकता: आसपास मच्छर अधिक हैं, तो मच्छरदर्दनी और रिपलेंट जैसे उपायों की जरूरत अपनाएं। अगर डेंगू हो गया है, तो भी परेशान होने के बजाय डाक्टर से परामर्श लें। खुद डाक्टर बनकर मेडिकल स्टोर से दर्द-बुखार निवारक दवाएं न खरीदें। अगर लगातार बुखार, उल्टी हो रही है, तो फिजिशियन से संपर्क करें। पानी पीने में दिक्कत और रक्तचाप में गिरावट आ रही है, तो अस्पताल में भर्ती होने की जरूरत पड़ सकती है। हालांकि आमतौर पर हर मरीज को अस्पताल में भर्ती होने की जरूरत नहीं पड़ती।

हिपेटोक्रिट और प्लेटलेट्स की जांच: डेंगू के अलग-अलग तरह के टेस्ट होते हैं। हिपेटोक्रिट टेस्ट में रक्त की स्थिति को जांचा जाता है। इसमें प्लेनस, एंटीजन टेस्ट से डेंगू की जानकारी प्राप्त की जाती है। ये टेस्ट आसानी से उपलब्ध हैं।



जीवनशैली

डॉ. रोहिणी फाटिस
स्वास्थ्य व पोषण
विशेषज्ञ, मुंबई

बरसात में बीमार न कर दे आहार

बरसात के मौसम में सूक्ष्म जीव तेजी से पनपते हैं, जो खाद्य पदार्थों को दूषित करने के लिए जिम्मेदार होते हैं। कुछ प्राथमिकताएं बरकरार रखें होने वाली बीमारियों की आशंका को दूर किया जा सकता है...

हमारे शरीर में आंतों आंतरिक सुरक्षा में महत्वपूर्ण भूमिका निभाती हैं। जब आप जाने-अनजाने किसी दूषित खाद्य पदार्थ का सेवन करते हैं, तो यह तुरंत प्रतिक्रिया भी करती है। दूषित भोजन में कैपिलोबैक्टर जेजुनी, साल्मोनेला या ई. कोलाई जैसे हानिकारक सूक्ष्म जीव होते हैं, जो भोजन को जहरीला बना देते हैं। पेट इन्हें स्वीकार नहीं कर पाता और दस्त, उल्टी के माध्यम से बाहर निकालने लगता है। नुकसानदेह सूक्ष्म जीवों से कई बीमारियां (खाद्य जनित रोग) हो सकती हैं। इससे प्रतिरक्षा तंत्र प्रणाली कमजोर पड़ने लगती है। फूड ब्याइजनिंग के लक्षणों में उल्टी, दस्त के अलावा, पेट में ऐंठन, भूख में कमी, बुखार, मांसपेशियों में दर्द जैसी दिक्कत आ सकती है।

खानपान में सावधानी

- कुछ सेबने बल्ले समय तक रखे गए उप्पाद, अंडे, अकुरित मगर अस्पष्ट अनाज, फ्रिज में रखे गूथे आटे के सेवन से बचें।
- बाहर के कटोरे फल, सलाद के सेवन से परहेज करें।
- फलव सब्जी को धोने के लिए गर्म पानी व नमक के घोल का प्रयोग करें, ताकि उसमें से कीटनाशक पदार्थ निकल जाए।
- सब्जी काटने का सामान, जैसे- चाकू, चांगीम बोर्ड और खानपान के बर्तन की स्वच्छता का ध्यान रखें।



पेट में संक्रमण होने पर उपाय

- ओरल रिहाइडेशन सॉल्यूशन (ओआरएस) ले। यह उल्टी या दस्त से हुई खनिज लवण की कमी को पूरा करेगा।

- भोजन हल्का रखें।
- मसालेदार खाने से बचें।
- यदि दस्त व उल्टी अथवा विषाक्तता के लक्षण एक या दो दिन से ज्यादा रहते हैं तो चिकित्सक से जल्द संपर्क करें।

दिनभर में रखें इन बातों का ध्यान

- पेट दर्द है या कुछ अस्वच्छ खा लिया है तो एंटीबैक्टीरियल दवा रात में ले सकते हैं, हालांकि अपने चिकित्सक से परामर्श जरूर कर लें।
- सुबह खाली पेट नैमरस या कैप्सूल का सेवन करें।
- सुबह सामान्य तापमान वाले पानी की साथसेब का विना फिल्टर सिरका व थोड़े हल्दी का सेवन करें।
- प्रतिदिन प्रोबायोटिक युक्त खाद्य पदार्थ लें। इससे आंतों की कार्यप्रणाली बेहतर रहेगी।

समस्या आधारित शिक्षण - विश्वास निर्माण का विज्ञान

पाठ्यक्रम
सामग्री

विद्यार्थियों
का
प्रस्तुतीकरण

समस्या
आधारित
शिक्षण के
आवश्यक
तत्त्व

प्रतिबिम्ब
व
पुनरीक्षण

गहराई
में पूछताछ

जानने की
उत्सुकता

छात्र की
आवाज
व पसंद

Madhav Juneja, VII B



Rapid Fire Round

1) I am your mother's mother. I am Your _____

2) The children of your aunt and uncle are your _____

3) I am the sister of your mother or father. I am your _____

4) I am your father's father. I am your _____

5) Your grandmother and grandfather are called your _____

6) I am the brother of your mother or father. I am your _____

Uncle
Cousins
Aunt
Grandmother
Grandfather
Hints:

Swarali, 3 A

A Positive Mindset Is Equivalent To A Positive Life

Human mind is like a machine, and thinking plays a significant role in operating it. Thinking is a human capacity to analyze in a conscious way to achieve goals. Thinking process begins from the childhood and it becomes a way of one's life, so we need to think in a progressive way to make our life better and blissful.

How Thoughts Build Our Destiny?



Benefits of Positive Thinking

Improves relationship.
 Develops physical health.
 Balances state of mind
 Brings eternal bliss, happiness and charm on one's face.
 Transforms one's life and of others around them.

Key Notes

Everyone is a creator of his/her own thoughts.
 Thoughts and actions are the two sides of a coin.
 Effective thinking leads to satisfaction.

“Anything you want is possible, Once you have control over your mind”

CHECK YOUR UNDERSTANDING

Q1. Write two critical comments in a positive way. For e.g. “You are always late” –
 Instead of saying this, we can say- “Try to be punctual.”

Q2. As per your experience, write three benefits of Positive Thinking.

Q3. How positive thoughts transform your life? Give real life example.

Q4. As a global citizen, how can you decide/build your destiny? Give example.

Q5. Write few positive thoughts that you will feed your mind with. (e.g. I am energetic.)

Q6. Why is a Positive Attitude considered, “the key to success”?

INTERDEPENDENCY : THE THREAD THAT KEEPS US ALIVE

"Everything and everyone is interconnected, interdependent and interrelated"



Life's true beauty emerges through the intricate dance of interdependence, where every thread weaves a tapestry of purpose and meaning. In the grand symphony of existence, our interdependence harmonizes the melody of purpose, proving that meaning flows from the connections we nurture. "Like the delicate ecosystem of nature, our lives find meaning in the interdependence of hearts and minds, reminding us that together, we create a richer, more vibrant world. I believe that "In the web of life's interdependence, we discover that our individual paths intersect to form a greater purpose, reminding us that our significance lies in our connections with others."

Interdependency is the tapestry of life, weaving together our destinies with threads of support, reminding us that we are not alone but connected in the beautiful symphony of existence. On a closing note I would like to add on that we should understand that in the grand mosaic of humanity, interdependency is the golden thread that stitches our hearts together, making us resilient, whole, and capable of achieving wonders beyond our individual reach. *Gauransh Lalwani, VII D*

TOGETHER WE SHARE, TOGETHER WE CARE

"Alone we can do so little, together we can do so much."

In a world full of challenges and adversity, the value of unity and compassion cannot be overstated. The phrase **"together we share, together we care"** encapsulates the idea that by joining forces and supporting one another, we can overcome any hurdle in our path. Sharing is an essential aspect of building a stronger community. When we share resources, knowledge, and experiences, we ensure that everyone's needs are met. I believe that by pooling our collective strengths, we create a society that is more resilient and able to weather any storm. Caring for one another is the foundation of a harmonious society. I hold a firm faith that when we show compassion and empathy, we create a sense of belonging and foster strong relationships. Small acts of kindness can have a ripple effect, spreading positivity and creating a supportive environment for all. Furthermore, when we come together and work towards a common goal, we can achieve incredible things as collaborative efforts bring together diverse perspectives and talents, resulting in innovative solutions and progress. Thus, we can say that by sharing our skills and expertise, we can tackle complex problems and can create a better future for all.



Harshit Gupta, VI C

NEUTRAL INTERDEPENDENCY

"Life doesn't make any sense without interdependence"

In the intricate web of life, humanity's dependency on nature is the very thread that sustains our existence. Nature is not just a resource; it's the silent provider of life's essentials, teaching us humility in our dependency. Our breath, our sustenance, our very being is intertwined with the natural world, reminding us of our profound reliance on its delicate balance. From the air we breathe to the food we eat, nature's gifts are a constant reminder of our interconnectedness and dependence.



In nature's embrace, we find the true meaning of interdependence, for every creature, great and small, relies on the Earth's bounty. The rhythms of nature are a symphony of life, and within that melody, we discover our irreplaceable role as its custodians. As humanity, we must recognize that our well-being is intricately tied to the well-being of our planet, for we are but one strand in the tapestry of life. Nature's generosity knows no bounds, yet our responsibility to protect and nurture it should know no limits. In the intricate dance of ecosystems, we are but one partner, and our steps must be gentle to preserve the harmony of life. The roots of our existence are firmly planted in the soil of nature, and it is our duty to ensure they continue to flourish for generations to come.

Heena Sharma, VI C

QUESTIONNAIRE PLATTER

Q1) Which of these foods is not typically included in a vegan diet?

- a) Tofu b) Eggs c) Lentils

Q2) Which of the following non-dairy milk alternatives is commonly used by vegans?

- a) Goat milk b) Almond milk c) Cow's milk

Q3) What vitamin is often a concern for vegans, as it is primarily found in animal products?


Q4) Honey is considered vegan-friendly. True or False



HERBI WORLD

Veganism is a philosophy and way of living which seeks to exclude all animal product and dairy products as far as possible and practicable. All forms of exploitation and cruelty to animal for food, clothing or any other purpose.



The symbol  widely used to denote a vegan-friendly. The person who follows the diet or philosophy of vegan diet is known as a Vegan.

Veganism is about modifying consumption habits that cause harm to animals, no matter how great or small. It helps in reducing animals suffering and advocate for a more compassionate world by avoiding products made from animals. As such, veganism can be both a food and lifestyle choice.

There are Four main types of vegans:

(1) Ethical vegans (2) Environmental vegans (3) Health vegans (4) Religious vegans.

There are certain health benefits of vegan diets -

- (1) Lowers the blood pressure and cholesterol.
- (2) Reduces the risk of type 2 diabetes and some types of cancer.
- (3) Going to vegan is a great opportunity to learn more about nutrition to improvise the diet.

Shourya Kh, 3 A

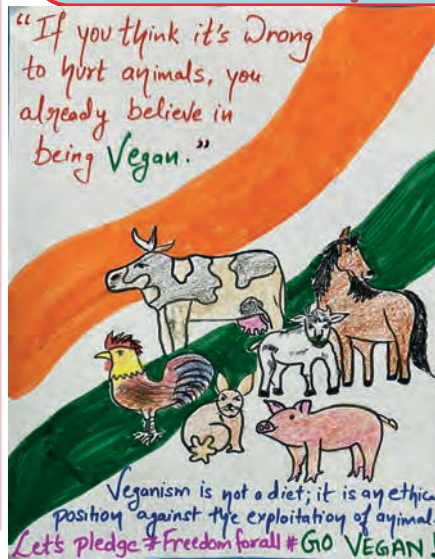
AN ODE TO VEGAN

In a world of choices, let us be aware,
Of the path of veganism, a choice so rare.
No harm to creatures, great and small,
In this compassionate way, we stand tall.
With hearts aligned to nature's grace,
We tread lightly, finding our place.
In fields of green and forests deep,
Veganism's promises we shall keep.
No animal need suffer, no life laid waste,
In this vegan journey, we find our taste.
For plant-based wonders, a bountiful feast,
A world of compassion, a path to peace.
So let us embrace this conscious choice,
With empathy, we find our voice.
In the realm of veganism, we find our song,
For a harmonious world, where all belong.

Sanjana, Pre-Primary



"Sow Seeds of Change: Go Vegan!"



Scoop a dip - Vegan

Our Karma is the biggest wealth,
So don't worsen your health.

It takes time to change,
so be away from non-vegetarian range.
it is not easy to become vegan,
but we can try, let's the journey begin
A world free of disease,

So, everyone's life will be at ease.
Feed your stomach with more veggies,
So that you can live healthy for ages.
Don't be cruel to animals on earth,
Only then we can live life to its worth.



Veganism is a way of living which seeks to exclude, as far as is possible and practicable, all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose.



Mohd Zaidan
K.A. (CB)

संबंधा

संबंध जोड़ना एक कला है,
लेकिन, संबंध को निभाना, एक साधना है।

संबंध, श्रीकृष्ण और सुदामा जैसा होना चाहिए।
एक, जो कुछ माँगता नहीं और
एक, जो सब कुछ देकर जताता नहीं।

संबंध अनमोल हैं, हर किसी से उम्मीद न करें,
क्योंकि हर कोई, दिल का मोल नहीं जानता।

संबंधों की गहराई का हुनर पेड़ों से सीखिए,
जड़ों पर चोट लगते ही शाखें सूख जाती हैं।

संबंध और जल एक समान होते हैं।

न कोई रंग, न कोई रूप

पर फिर भी जीवन के अस्तित्व के लिए सबसे महत्वपूर्ण।

पाँच सीढ़ियाँ संबंधों की,
देखना, अच्छा लगना, चाहना और पाना।
यह चार बहुत सरल सीढ़ियाँ हैं
सबसे कठिन पाँचवी सीढ़ी है, निभाना।

संबंध पुस्तक की तरह होते हैं,
लिखने में सालों लग जाते हैं,
पर जलने में सेकंड।

सबसे सुंदर संबंध दोनों आँखों का होता है
एक साथ खुलती-बंद होती हैं,
एक साथ रोती हैं, और एक साथ ही सोती हैं
वह भी जीवन भर एक दूसरे को देखे बगैर।

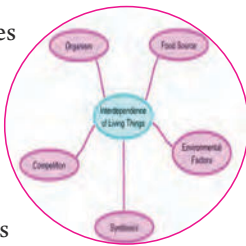
कशिश, VIII A

CHERISH, CONSERVE AND COEXIST : INTERDEPENDENCE IS THE KEY

"Small steps towards a greater goal, Let's make sure we
protect earth that unites us all."

Nature provides us essential resources and supports biodiversity, which ensures the stability and resilience of the ecosystem. Maintaining the integrity of natural habitats also mitigates climate change, protects endangered species, and promotes sustainable development. Rapid industrialization, deforestation, and encroachment into natural habitats have disrupted the delicate balance of the ecosystem. It has become evident that human activities play a significant role in exacerbating the risk of depletion of the living beings. For example, Snakes rely on the leaves and ground coloration to camouflage themselves from both predator and prey. Trees rely on decomposers like worms and fungi to break down carrion and return necessary nutrients to the soil. As humans and nature are inextricably coupled, and people depend on the plants, animals and microorganisms that supply important ecosystem services, it is really important to have minds and hearts of all people and to create a better understanding of nature and what loss of biodiversity means. Remember, even small steps can have a significant impact when taken collectively.

Tanishq, VI B



NATURE'S EMBRACE : INTERCONNECTED FOR SURVIVAL & FLOURISHING

"Take me into nature's arms, I need to feel her love embrace

To shelter from life's daily harms, And gaze upon her wizened face"

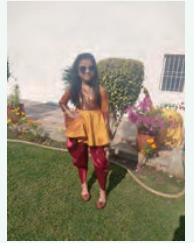
These words from "Nature's Embrace", a poem written by Wayne Visser appropriately describes the current dilemma that we as a world is facing. Whether to survive, live in harmony with nature and save it from our cruelty or to flourish & thrive economically. We have to make a choice wisely.

Just like a mother looks after her child, in the same way the nature fulfills every small need of the mankind. Humanity is dependent on nature to survive, yet our society largely acts as if this is not the case. The energy that powers our very cells, the nutrients that make up our bodies, the ecosystem services that clean our water and air; these are all provided by the nature from which we have evolved and of which we are a part.

We should understand that in the delicate balance of life, our choices can tip the scales towards harmony or chaos. We should also understand that Nature is not just our home; it's our legacy to future generations. Every tree we plant is a promise to the Earth's future. Let's keep that promise and nurture our planet. Thus, we should hold a firm faith that nature doesn't demand our protection; it deserves it. Let's honor the wonder and majesty of our natural world.

On the other hand, we have the need to live in a world which is thriving economically, technologically and socially. Increasing population, desire to live easy lives and attain materialistic contentment warrant the need to clear up lands, use non-renewable resources in an uncontrollable manner and develop new technologies which may harm our own existence. Our interaction with nature is only leading to depletion of natural resources and loss of biodiversity. So, let's pledge to take care of Mother Nature in the same manner we take care of ourselves and our family.

Dhruvika Bhardwaj, VI A



DELHI ROBOTICS LEAGUE (DRL)



Lovely Public School, Priyadarshini Vihar has participated in the DELHI ROBOTICS LEAGUE (DRL) – India's first statewide school-level robotics competition final stage is held on 6th-7th July 2023 at Thyagraj Stadium, New Delhi, which was organized by Dr. B.R. Ambedkar

School of specialized excellence, Chief Guest: Sh. Arvind Kejriwal, Hon'ble Chief Minister, Govt. of NCT of Delhi and Guest of Honour: Ms. Atishi, Hon'ble Education Minister, Govt. of NCT of Delhi.

The theme of the game is "ROBO KANCHA" First stage started with sharing of the design of the Robot game with specifications given by the DRL team and usage of the innovative working designed ROBOT which will play in the field arena at Thyagraj stadium for the Robotics League Matches. More than 286 Public and Government aided schools; SOSE's (Teams) participated in the Stage I, wherein 107 teams Qualified out of 286 which were further shortlisted and 68 teams made it for Stage II. We are Proud to mention that Lovely Public School, PD Vihar have qualified for both stages, i.e. Stage I and Stage II.

Also, Played Pre finals on 6th July at Thyagraj Stadium. Class IX and X students participated in this event with great zeal and enthusiasm under the guidance of Respected Principal Madam, Dr. Bhawana.

Students made a Working Robot in Atal Tinkering Labs, LPS with the support of their ATL In-Charge Ms. Sumi Malik and ATL Teacher- Ms. Kanchan Grover.

NEPTUNE - Young Riders ¹¹



If you want a child's mind to grow.... You must first plant a seed

From little seeds, grow mighty trees

The little learners of Nursery wing got together to perform a hands-on-activity of Planting Seeds. The activity unfolded into an enriching and amazing learning experience for our little wonders. With their tiny little hands, children prepared a soil bed, sowed and watered the seeds. They were eagerly waiting for the plants to grow. The activity stimulated all five senses of children as they observed, touched and felt the different textures in the soil, seeds and plants. Children

learnt how the food is grown and what is the life cycle of a plant. The activity was thoroughly enjoyed by the kids. It was an enriching learning experience for the little toddlers.



"Fresh air is as good for the mind as for the body.
Adopt the pace of nature. Her secret is patience".

Nature walk is an opportunity to relax, take your time and explore natural beauty. Children of Class 1 were taken for a nature walk in the nearby park where they enjoyed observing the different types of plants and exploring nature. It was an opportunity to learn about mother Earth, appreciate and admire her many facets. Children enjoyed the sound of nature around them and experienced joy and wonder. They played on the grass and did meditation for relaxation.

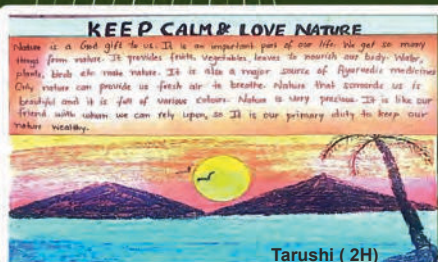




Plants and greenery is all around us and play a vital role in our ecosystem. To better understand their importance in our life and have knowledge about them, we at LPS took various activities that were designed to help kids understand the parts of a plant. From hands - on crafts to interactive discussions, drawing and exploring through smart boards these activities made learning about plants fun and engaging! Students explored about stems, leaves, roots, flowers, and more! They dived in and discovered the world of plants in an entertaining way.

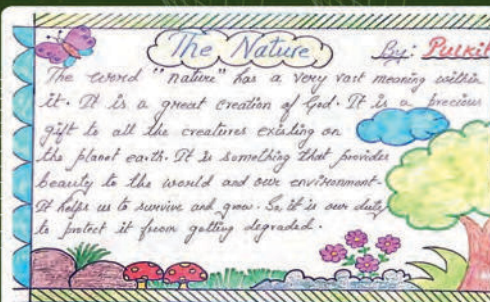


Aarav Kumar (IV)



Tarushi (2H)

The students from Grade 2 to 6 enthusiastically participated in different activities related to nature. They showcased their creativity by making vibrant posters and captured the beauty of nature through photography. Additionally, a quiz was organized to test their knowledge. It was a fantastic opportunity for the children to engage with nature and learn in a fun way!



Minimalisms and sustainability

Health and hygiene are important for our bodies. Health keeps our body healthy and fit. We can obtain health benefits from various food items through the nutrients found in their ingredients. There are many types of nutrients like fats, proteins, carbohydrates, vitamins, and minerals. Carbohydrates are energy-giving food. Fats give more energy than carbohydrates but eating too much of fat can cause obesity. Proteins are called body-building food because they build our muscles and make us grow fast. Pulses and milk are good examples of body-building foods. Vitamins help us to

protect ourselves from various diseases. Minerals help to maintain good health. Exercise is necessary for our body because it improves the speed of blood circulation in our body. Ex-football, basketball, running, jogging, etc. We should drink 2-8 glasses of water daily because it helps to maintain the body temperature of our body and it flushes all the waste from our body. We should also take a balanced diet in which fats, proteins, carbohydrates, vitamins, minerals, water, and roughage are included. Roughage is also called Dietary Fibres.

Recycling and Recreational Activities

IMPORTANCE

Recycling and reusing things is very important to save the environment and for its protection. We can control many types of pollution by recycling and reusing things.

WAYS OF RECYCLING

We can use raw materials from waste objects like paper, glass, water bottles, tin cans, and jars to make new things. We should make sure the dry and wet waste goes to the recycling plants. Buying things that come with less amount of packaging and plastic.

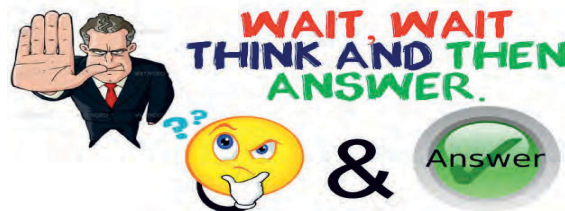


Ways of Practicing Personal Hygiene

Maintaining good personal hygiene is an extremely important part of one's life. It's one of the most important ways of steering clear of diseases and infections, of course, aided by a healthy and balanced diet. Personal hygiene is very easy to follow. Simple actions like mindful washing of hands at regular intervals, bathing every day, coughing your nose & and mouth while coughing, usage of only washed clothes, brushing your teeth twice a day, and maintaining cleanliness of everything around you. To keep your environment neat and clean.

To inspire the importance of personal hygiene in children, it's imperative for parents to practice it first. As per the saying "Charity begins at home", it's the parent's responsibility to lead by example. Every child follows their parents. The child learns more from practical training and by seeing others do. Every child should also be aware of the negative consequences of not following the rules. Parents should correct their children if they do something wrong. Children can also watch videos on YouTube to learn more about this. But it is very important for every parent to follow personal hygiene at home. Only then will their child follow. Parents can also relate to day-to-day examples, such as when a child does not brush their teeth regularly, it can result in cavities.

Viraj Tiwari, III-A



SUSTAINABLE LIVING

- Which of these materials cannot be recycled?
a) Bubble wrap b) Plastic bottle
c) Paper d) Light bulbs
- Which of these is a renewable resource of energy?
a) Coal b) Nuclear energy
c) Natural gas d) Wind energy
- Which is the most eco-friendly mode of transportation?
a) Car b) Bus
c) Cycle d) Motorcycle
- On which date Earth Day is celebrated?
a) March 12 b) October 2
c) April 22 d) May 9

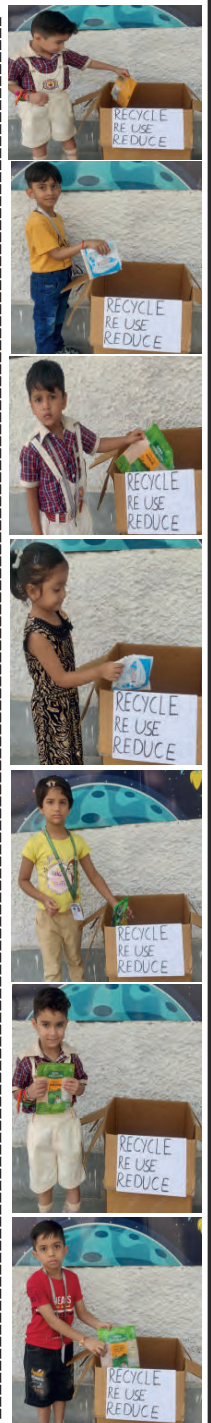
Answers : 1(b) 2(d) 3(b) 4(c)

Aayush Mehlawat, V-A

AMAZING FACTS OF



- UK is a major vegan nation.
- Al-Ma'arri - an Arab philosopher and the poet was one of the first vegans.
- Donald Watson - Founder of the vegan society in 1944.
- 39% of Hindus in South, don't eat meat and believed in vegan diet.
- Most of the famous personalities have opted for Vegan diet like - Mahatma Gandhi, Leonardo da Vinci, Virat Kohli, Anushka Sharma, Sonam Kapoor, Shahid Kapoor.



Biodiversity

STEPS TO REACH THE SUSTAINABILITY

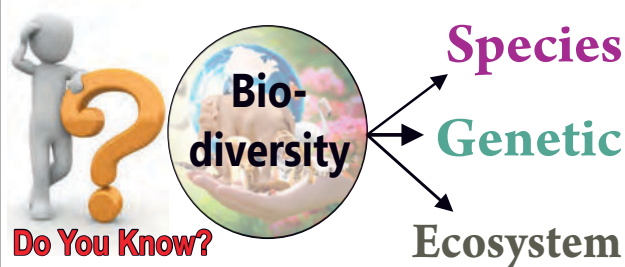
Change starts with action. Better yet, take an action that affects the world around you. A Billion Acts of Green are happening across the planet. From students in classrooms to organisers in their communities to officials in government, there are ways for anyone of any background to make a difference. **START SMALL AND GO BIG-OR START BIG AND STAY BIG.** Either way, keep coming back, keep taking action, and Join the movement to change the world.

Sustainability in a diverse world plays the role of a ladder, where one should take each step with more curiosity by being economically, socially, and culturally aesthetic towards biodiversity. Educating others about the same is the first step that needs to be taken. Our youth, in which organising community activities can be an eye-opener to those who doubt the true impact of waste on the environment.

"Reduce, reuse, and recycle the waste for a better future." A zero waste lifestyle is a journey, not a destination. By putting one step forward, our school feels exhilarated to embark on this journey in collaboration with Ms. Neetu Jain, an enthusiastic educator and working for a green environment and Zero Waste campaigns, in collaboration with MCD, conducted a workshop for students and teachers to create awareness and provide a solution for waste management.



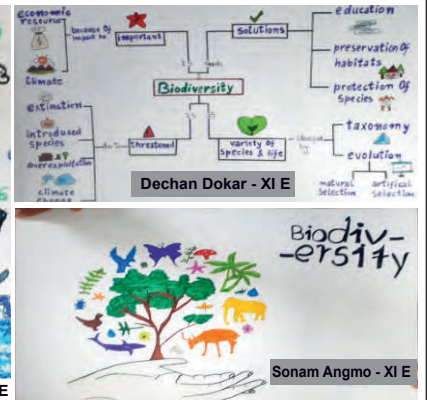
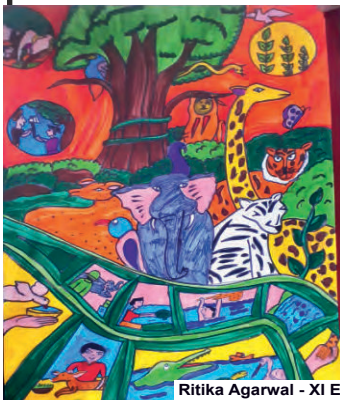
Zero-waste is a set of principles that focus on the reuse of used product. The main objective is to produce no trash. Zero-waste project today It's a great opportunity for us to educate people around us and Create awareness about waste disposal to save the earth. The first step is to learn how to segregate the waste for its proper disposal. This can be done by putting garbage in different bins according to its category. Blue bin for putting dry waste like paper, bottles, plastic, cardboard, Hazardous packaging material, milk pouches, and green bins will be used to dispose of waste. food items, tissue, paper towels, etc. A black bin is used to keep all electronic waste like mouse, keyboards, switches, etc. Not only this, we are also planning to move one step further by composting the wet waste. All these kinds of bins will be on all floors, and we all have to use them.



Species It includes blue whales, white-tailed deer, white pine trees, sunflowers and microscopic bacteria that can't even be seen by the naked eye.

Genetic It contains all individual plants, animals, fungi, and microorganisms

Ecosystem It includes everything from towering redwood trees to tiny, single-cellalgae that are impossible to see without a microscope.



SUSTAINABLE CONSUMPTION- REDUCE, REUSE AND RECYCLE

ROLE OF LANDFILL

Waste that is buried in a landfill will break down slowly and present problems for future generations. Low income households are more likely to find themselves home to such places. Government has taken various steps to deal with it such as converting waste to roads, bricks, resulting in low cost housing. Still we cannot combat it as inadequate toxic disposal, less awareness among rural area, no collaboration between community and municipal corporation. We all together can work by classification of waste, cost etc. Waste management is the managing of waste by disposal and recycling of it. Moreover, waste management needs proper techniques keeping in mind the environmental situations. For instance, there are various methods and techniques by which the waste is disposed.

Kaavya Aggarwal XI

RECYCLING OF FOOD WASTE

Recycling food waste is a crucial step towards environmental sustainability. It involves converting organic food scraps into valuable resources like compost and biogas. Composting, anaerobic digestion, and vermicomposting are common methods used to recycle food waste. These processes not only reduce the burden on landfills but also generate nutrient-rich compost for soil enrichment and renewable biogas for energy production. Recycling food waste helps minimize greenhouse gas emissions, conserve resources, and combat food waste-related issues. It is a responsibility shared by individuals, businesses, and governments to implement and promote food waste recycling as a vital component of a greener, more sustainable future.

Shrey Suri XI

CONSUMER WASTE

Solid waste discharged from everyday life or from services provided to everyday life is regarded as consumer waste under laws and administrative regulations for example- Garbage, plastics, waste, oils etc. This waste is unsightly, generates odour, threatens fresh groundwater supplies and contributes to airborne dioxins. Proper disposals of these wastes should be done. Burning waste oil is a safe and cost effective way to recycle used oil and convert it into more useful product by using an efficient heater. This system of consumption and disposal results in the waste of precious resources and in pollution that threatens our health, environment and the global climate.

Khyati XI

VARIOUS EDUCATION PORTALS



1. eSkillIndia – <https://eskillindia.org/>

2. E-patashala – <https://epathshala.nic.in/index.php?ln=en>

3. Diksha – <https://diksha.gov.in/>

4. Bharat Skills – <https://bharatskills.gov.in/>

5. NASSCOM – Future skills –

<http://futureskills.nasscom.in/>

6. Skillsbuild – <http://skillsbuild.org/>

7. Swayam – <https://swayam.gov.in/>

8. Swayam Prabha – <https://www.swayamprabha.gov.in/>

Manas Grover, XI

INDUSTRIAL WASTE MANAGEMENT

Today's main problem in industry sector is industry waste. First let's acknowledge about industrial waste. The waste materials generated by industries or industrial processes, is called industrial waste. It includes chemicals, trash, oils, solvents, dirt and gravel, many harmful gases etc. These are dumped in seas, rivers or land without adequate treatment. Thus, it has become a large source of environmental pollution.

Types of industrial wastes Industrial waste can be divided into following two types – Biodegradable industrial waste Non – biodegradable industrial waste Biodegradable Wastes – Those waste materials which can be decomposed into simpler harmless substances by the action of microorganisms are called biodegradable wastes

. Some industries such as the paper industry, food industry, sugar industry, wool industry etc. mostly produce biodegradable industrial wastes. Management of these wastes can be done at low cost and easily. Non-biodegradable Wastes – Non-biodegradable waste cannot be further decomposed via the action of the microorganisms. Such waste is the major source of toxins in the landfill.

PAGE DESIGNED BY - Ishan Bajaj and S. Dhruv (Senior Wing)

Managing Director



Do something today that your future self will thank you for. The school envisions to achieve all round development of students. Our aim is to prepare students to be future leaders with progressive mindset.

Dr. Manoj Kumar The students are moulded into skilled individuals useful to the world and society. Our diligent set of students and experienced staff is making the impossible possible. A little gesture of appreciation and encouragement is bringing about a positive change among students. Life can become much easier if we focus on progress over perfection. Challenging yourself to improve will help you achieve your goal with the best of your efforts. A positive mind focuses on 'what it can do best' than what it cannot. I strongly feel that every lovelite has a tremendous amount of talent, knowledge, and potential. Parents and teachers are proud of your efforts. You have the ability to do all kinds of work whether it is easy or tough. So be confident and work hard to achieve your goal. Wake up every morning with the thought that something wonderful is about to happen. Believe in the magic of life. "Never lose the childlike wonder. Show gratitude... Don't complain; Work hard... Never give up." Being a life long learner is way better than an ignorant self.

Veganism - A kind and friendly way of Eating

Have you ever heard of veganism. It might sound like a big word but it's actually a way of eating healthy without harming animals.

What is Veganism :

Veganism is like a special way of eating where people don't eat anything that comes from animals. That means no meat, no milk, no eggs and no products that comes from animals.



WHY DO PEOPLE CHOOSE VEGANISM:

- 1) **Being kind to animals :** Vegans believe that animals should be treated nicely and not used for food or other things like clothes, bags, fur etc.
- 2) **Staying Healthy:** Vegan foods can be super healthy and many people choose veganism to feel better from sickness.

HOW DOES VEGANISM WORKS:

- 1) **Eat more plants :** Vegans eat lots of fruits, vegetables, nut and grains.
- 2) **Say no to Animal stuff:** Vegans don't eat meat, chicken, fish, milk, cheese or eggs. They also avoid animal made things.

CONCLUSION:

Veganism is a special way of eating that's kind to animals helps our planet and can keep you healthy. so you are a kid or a grown up, you can try being a super hero for animals and the earth by giving veganism a try!!

Nayan Jain



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