



**RPM** STRIVING TOWARDS PERFECTION

# LOVELY TIMES

1<sup>st</sup> Aug 2025 to 31<sup>st</sup> Aug 2025

Page No. 1



## Dr. R P Malik *In every success, his vision lives on*

A man of great compassion, intellect and abiding commitment to humanity.

Dr RP Malik sir was an architect of Lovely group of schools. He has shaped individuals, built communities, and has contributed a lot for the society.

Sir's legacy has lived through the school's values, culture, and the countless lives he has touched. His love and concern for children and their welfare had been par excellence. One can find in him the qualities of head and heart.

Dr. Malik encouraged his students to dream big and work hard to make those



dreams come true. He valued ethics, creativity, and perseverance, teaching that true success comes from helping others. His selfless contributions to the field of education earned him numerous awards and the deep respect of his community.

He had a clear vision - to empower talented youth with holistic, value-driven, and high-quality education, helping them evolve into well-rounded and successful individuals.

Even though he is not with us in his physical form, his presence can be felt through his blessings in our endeavor.



True  
greatness  
is  
measured  
by the lives  
you inspire



## The Soul of LPS: A Tribute to Dr. R. P. Malik Sir

(Founder Chairperson, Lovely Group of Schools)

From humble soil, with dreams held high,  
He walked beneath the open sky.  
With purpose clear and heart so wide,  
A noble fire burned deep inside.

Not for riches, not for fame,  
But for a higher, sacred aim—

To shape young minds, to guide the way,  
To build tomorrow from today.

A teacher first, in soul and deed,  
He sowed with care each hopeful seed.  
With wisdom drawn from ancient lore,  
He opened minds and hearts and more.

He led not just with skillful hand,  
But with a heart that took a stand—  
For truth, for faith, for doing right,  
A spirit glowing pure and bright.

LPS—a vision born,  
From silent dusk to golden morn.  
An empire not of stone and steel,  
But of compassion, strength, and zeal.

A spiritual light in every hall,  
He taught that goodness stands above all.  
A good human being, through and through,  
In every word and act he knew.

Now look around, the legacy lives—  
In every hand that learns and gives.  
In every life his vision sparked,  
In every soul he gently marked.

So let us rise, and honor the name,  
Of one who lit the world with flame—

**Dr. Ram Prakash Malik**, ever bright,  
A builder of futures, a bearer of light.

He walked with grace, yet stood so tall,  
A guiding star for one and all.  
Through trials faced and battles won,  
His faith endured, like morning sun.

He saw in every child a spark,  
A light to chase away the dark.

He nurtured dreams with patient care,  
And raised a future bright and rare.

Now generations bear his name,  
A torch passed on, a living flame.  
His story sung in grateful voice—  
A life that made the world rejoice.

## LOVELY TEACHERS' TRAINING INSTITUTE

The academic success of students at Lovely Teachers Training Institute (LTTI) is a direct result of the tireless efforts and unwavering commitment of its Management, Teaching Faculty and Students. The Institute's Educators have established a culture of excellence, fostering a supportive environment that encourages students to reach their full potential.

### Shining Stars of D.El.Ed. 2<sup>nd</sup> Year Session (2023-2025)

#### 1st Position



Harshika Kainth  
84.82%

#### 2nd Position



Kritika  
84.60%

#### 3rd Position



Muskan Sharma  
84.34%

### Glittering Stars of D.El.Ed. 1st Year Session (2024-2026)

#### 1st Position



Muskan Bansal  
79.39%

#### 1st Position



Shagun Chaudhary  
79.39%

#### 2nd Position



Aastha  
79.13%

#### 3rd Position



Lakshita  
78.52%

### Bright Stars of DPSE 2nd Year Session (2023-2025)

#### 1st Position



Sakshi  
82.88%

#### 2nd Position



Radhika Sharma  
82.35%

#### 3rd Position



Jiya Gulati  
81.64%

### Twinkling Stars of DPSE 1st Year Session (2024-2026)

#### 1st Position



Anjali  
79.52%

#### 1st Position



Diya  
79.52%

#### 2nd Position



Prachi Bhandari  
77.52%

#### 3rd Position



Anjali Kukreti  
76.82%

## प्राकृतिक पथ्य, आरोग्य का सत्य

प्राकृतिक जीवनशैली अपनाने की दिशा में एक छोटा लेकिन असरदार कदम है – औषधीय पौधों को अपने घर में उगाना। ये न केवल वातावरण को शुद्ध करते हैं, बल्कि अनेक बीमारियों से बचाव और इलाज में भी मदद करते हैं।

१. तुलसी (Tulsi) को आयुर्वेद में 'जीवनदायिनी' माना जाया है। यह सर्दी-खांसी, जुखाम और सांस की समस्याओं से राहत देती है।



२. अलोवेरा (Aloe Vera) त्वचा की देखभाल, जलन, कटने के घाव और पेट संबंधी समस्याओं में यह चमत्कारी रूप से लाभदायक है।



३. गिलोय (Giloy) इम्यूनिटी बढ़ाने और बुखार, डेंगू व मलेरिया जैसी बीमारियों से लड़ने में मदद करता है।



४. पुटीना (Mint) ताजगी देने वाली खुशबू के साथ यह पावन को सुधारता है और गैस व अपच में लाभदायक है।



५. धनिया (Coriander) घर की रसोई में स्वाद बढ़ाने के साथ-साथ यह पावन तंत्र को सुधारता है और शरीर को ठंडक देता है।



६. अजवाइन (Carom Plant) का पत्ता खांसी, जुखाम और पेट दर्द में राहत देता है। अजवाइन की पत्तियाँ बांगे से सांसों की दुर्दशी दूर होती है।



७. लेमनग्रास (Lemongrass) चाय पावन को सुधारती है और यह एक नेतुरल डिटॉक्स भी है। इसकी खुशबू भी बहुत सुकूनदायक होती है।



८. अदरक (Ginger) सर्दी, खांसी, गले की झराश और अपच में इसका उपयोग बेहत लाभकारी होता है।

*Akriti Bajpai, VII A*

## GREEN RELIEF FOR EVERYDAY GRIEF

Cut & Wound

Calendula

Burns

Aloe Vera

Bruises

Arnica

Sore Throats

Thyme Vulgaris

Digestive Issues

Peppermint

Stress & Anxiety

Lavender

*Manvika, VI D*

## Incredible Journey of Courage Resilience Award – Kavya Sharma

Kavya Sharma, a dedicated teacher from Lovely Public School, was recently honored with the Best Resilience Award at a prestigious beauty pageant. Her story of strength and perseverance moved everyone present at the event. Despite using a prosthetic leg, Kavya walked the ramp with confidence, elegance, and an unshakable spirit. As she took the stage, the audience rose in a spontaneous standing ovation, acknowledging not just her beauty and grace, but her incredible journey of courage. Kavya's presence on that platform was not just about appearance—it was a celebration of inner strength, determination, and self-belief. Her achievement sends out a powerful message: challenges may shape us, but they never define our limits.



## "Fit, Focused, and Free from Pharma : Thriving in Evolving Times

Health is not just about what you're eating. It's also about what you're thinking, saying, and believing.

In a world of rapid change and uncertainty, health has never been more important — not just physical fitness, but mental clarity and holistic well-being. As modern medicine grows increasingly reliant on pharmaceutical solutions, a rising movement seeks a different path: one that prioritizes natural health, personal responsibility, and true vitality. Today, being fit means more than having a toned body; it means possessing the strength to adapt, to endure, and to thrive without constant external aid. Fitness is not just a goal- it's a lifestyle, built on consistent exercise, nourishing foods, deep rest, and purposeful movement. And perhaps most importantly, being free from pharma is an act of sovereignty.

More and more people are exploring natural ways to regulate their blood pressure, boost immunity, balance hormones, and heal their minds. Through nutrition, movement, stress management, and spiritual connection, many find themselves breaking free from the cycle of dependency.



*Shivay, IV*



## CHILL OUT WITH EVERY BITE!

Let's be real—school can be stressful. Between exams, projects, peer pressure, and trying to keep up with everything, it's easy to feel overwhelmed. And while blasting music or scrolling social media might help for a bit, there's another secret weapon we often overlook: food. Yup, the right snacks can actually help you feel calmer and more in control. Sounds like a win, right?

### Tasty Foods That Help You Stay Chill

**1. Dark Chocolate** - A square (or two) of dark chocolate can do more than just taste amazing—it helps lower stress hormones and gives your brain a little boost.

**2. Bananas** - They're not just for monkeys! Bananas are packed with vitamins that help your brain produce feel-good chemicals like serotonin.

**3. Yogurt** - Stress can mess with your stomach, and yogurt helps fix that. It's loaded with probiotics that calm your gut and your mood.

**4. Nuts & Seeds** - Snack on almonds or sunflower seeds when you're studying. They're full of magnesium—a natural chill pill for your brain.

**5. Green Tea** - Not just for adults! Green tea has an amino acid called L-theanine that helps you feel relaxed but focused (perfect for those late-night study sessions).

**6. Oats** - Whether it's oatmeal or an energy bar, oats give you slow-burning energy and keep your mood steady. No sugar crash here! So the next time stress creeps in, don't just reach for chips or soda. Your brain deserves better! Choosing foods that fuel your mood is one of the easiest ways to take care of yourself. Remember, feeling good starts from within—literally. Eat smart, stress less, and stay awesome.



Charvi VI

## A Sacred Flow to Honor the Sun

Surya Namaskar, or Sun Salutation, is a set of simple yoga moves that people do to stay healthy. Doing it in the morning, especially in the soft light of the rising sun, has many benefits. The early sunlight gives us vitamin D, which keeps our bones strong. The fresh morning air helps us breathe better and feel fresh. When we do Surya Namaskar, it stretches our body, makes us active, and wakes us up gently. It's also a great way to stay fit and focused for the rest of the day. Even just 10 minutes of this every morning can make a big difference. It helps us feel calm, happy, and full of energy. Surya Namaskar is a simple way to take care of our body and mind—right at the start of the day!

Remember the golden rule when you begin your day with the sun you brighten your mind!

Devesh R. VII



## Be Bold, Be Real, Be You!

Today, many of us rely on modern medicine to feel better when we're sick. Tablets, syrups, and injections work quickly and are very useful. But long before these medicines were made, people used natural remedies—like herbs, spices, and home-made mixtures—to treat common problems. While we should always listen to doctors and use medicines when needed, sometimes nature also has gentle ways to help us feel better.



### Common Medicines and Their Natural Alternatives:

#### 1. Paracetamol (for fever or mild pain)

**Natural Remedy:** Tulsi (holy basil) tea or turmeric milk. Both help reduce mild fever and body ache naturally.

#### 2. Cough Syrup (for cold and cough)

**Natural Remedy:** A spoon of honey with ginger juice and a pinch of black pepper soothes the throat and reduces cough.

#### 3. Antacid (for indigestion or acidity)

**Natural Remedy:** A glass of warm water with ajwain (carom seeds) or chewing fennel seeds can ease digestion.

#### 4. Antihistamines (for allergy or sneezing)

**Natural Remedy:** Steam inhalation with eucalyptus oil or a spoonful of local honey may reduce allergy symptoms.

#### 5. Antibiotic Ointment (for cuts and wounds)

**Natural Remedy:** Applying a bit of turmeric paste or aloe vera gel can help fight infection and promote healing.

Natural remedies are often gentle, easy to make, and free from side effects. However, they work best for mild problems and should not replace doctor's advice, especially in serious conditions. By using both nature's wisdom and modern science wisely, we can take better care of our health in a balanced way.

Vihaan G VII

## YOUR THOUGHTS SHAPE YOUR REALITY

Positive affirmations are statements that encourage self-belief and optimism. When students consistently affirm their strengths and potential, they activate the brain's reward centers, leading to increased feelings of self-worth and motivation. Research indicates that such practices can enhance resilience, reduce stress, and improve overall academic performance.

### Effective Affirmations for Students

Here are some affirmations tailored to inspire students:

"I am capable of achieving my goals."

"Every challenge is an opportunity to grow."

"I believe in my abilities and strengths."

"Mistakes are stepping stones to success."

"I am worthy of success and happiness."

"Today, I choose positivity and perseverance."

Integrating these positive affirmations into daily routines can significantly enhance a student's mindset, leading to improved academic performance and personal well-being. By fostering a culture of self-belief and positivity, students can navigate challenges with confidence and resilience.



Astha J. IX

## FROM PILLS TO PLANTS - A JOURNEY TO NATURAL HEALING

Herbal plants have been used for healing for centuries, offering a gentle touch to well-being through their natural properties. From ancient remedies to modern treatment, these plants provide relief and promote healing, highlighting the enduring power of nature's medicine. The use of medicinal plants for healing dates back thousands of years with evidence of their use. The knowledge was passed down through generations, forming the foundation of traditional healing systems. Few people were asked for their feedback about shifting to herbs for their problems and the result is summarised here:



Pratham Jain & Shubham Yadav, VIII C

ISSUE	CONVENTIONAL TREATMENT	HERBAL SWITCH	RESULT
Anxiety & Panic Attacks	Anti-anxiety medication with heavy side effects	Ashwagandha & Brahmi, along with yoga and lifestyle changes	Calmer mind, improved sleep, and better energy
Chronic Gastritis due to long working hours and irregular meals	Antacids and digestive pills	Triphala churna with warm water, aloe vera juice	Improved digestion, reduced acidity, no dependency on pills
Arthritis and chronic joint pain	Daily painkillers (ibuprofen)	Turmeric capsules (with black pepper extract) and gentle yoga	Reduced inflammation, less pain, stopped using painkillers.
PCOS (Polycystic Ovary Syndrome) with irregular periods & acne	Birth control pills causing weight gain and mood swings	Spearmint tea, cinnamon, and Shatavari supplements	Regular periods, hormonal balance, reduced acne

### Unravel the mystery

- I'm a tasty treat that comes from the ground, I help you grow strong and healthy all round. What am I?
- I'm a practice that calms the mind, helping you focus, leaving worries behind. What am I?
- I'm a great way to stay fit and strong, I can be done anywhere, all day long. What am I?
- I'm a low-impact exercise that's easy on the joints, great for people of all ages. What am I?

- I'm a habit that's essential for a healthy life, helping your body fight off disease and strife. What am I?
- I'm a practice that helps you sleep better at night, improving your rest, and overall health in sight. What am I?

Rihaan, 2<sup>nd</sup>

1) Fruits and Vegetables 2) Meditation 3) Exercise 4) Yoga 5) Hand Washing 6) Relaxation Exercise

## HEALING THE BODY - ANCIENT BELIEF VS MODERN RELIEF

### HERBAL MEDICINE

- Since time immemorial, herbal remedies have served as a mainstay for the treatment of various diseases and ailments, including therapies.
- They offer a more natural approach, leveraging the therapeutic properties of plants and herbs to promote wellness.
- This approach can be particularly beneficial for chronic conditions, such as stress, anxiety, and digestive issues.



### ALLOPATHIC MEDICINE

- Their treatments are often grounded in rigorous scientific research and clinical trials, ensuring their efficacy and safety.
- It can be highly effective in treating acute conditions, such as infections, and managing chronic conditions, such as diabetes and hypertension.
- It is also effective, can have significant side effects, particularly with long-term use.

Ultimately, the choice between these two approaches depends on individual preferences, health needs, and consultation with a healthcare professional.

Navya Mehra, VII B

## Healing Without Pills, Living With Purpose

### The Power of Rest: A Reminder for All

In today's fast-paced world, everyone seems to be busy — whether it's an adult juggling responsibilities or a child managing schoolwork and future dreams. Children, too, face pressure in the form of homework, exams and the desire to succeed.



One of the most overlooked aspects of health is rest. Many of us don't realize how vital proper sleep is. Rest is not just about closing our eyes — it's about giving our bodies the time to heal, recharge, and grow stronger.

We must teach all children that rest is not a waste of time; it is a step toward becoming healthier and more active. Developing healthy sleep habits can help prevent illness and keep us energetic throughout the day.

Let's remember the value of rest and make it a priority in our lives!

Amaira Waseem - III

### The Medicinal Leaf Challenge

1. Name the spice known for its anti-inflammatory properties.
2. A plant that is a natural antibiotic and is often worshipped.
3. A plant known for its wound healing properties.
4. A herb known for its antibacterial, antiviral, and antifungal properties.
5. A spice that regulates blood sugar and protects against heart disease.
6. The leaves of this tree can cure many skin problems, like acne.

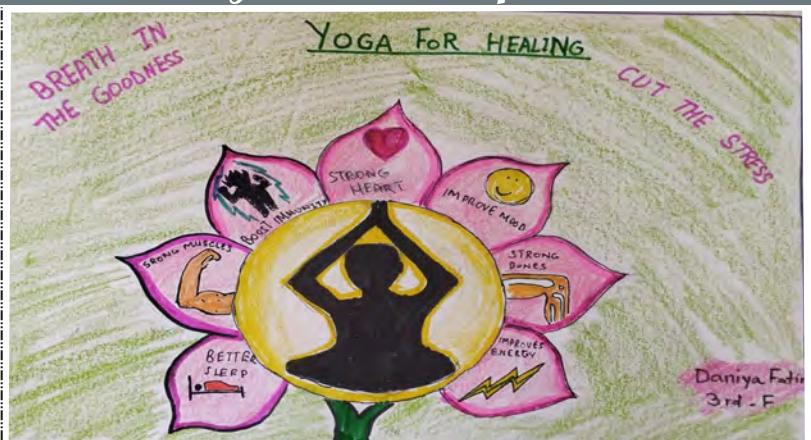
Ans: 1. Turmeric 2. Tulsi 3. Aloe Vera 4. Garlic 5. Cinnamon 6. Neem

SHIVAANSH PANWAR - II

### "A Healing Path"

Herbal medicines, a path so wise,  
Holistic healing is a wonderful surprise.  
Herbal remedies, a treasure so fine,  
Natural healing, a gentle design.  
Turmeric is yellow, it's good for skin,  
Heals cuts, helping us glow, and feel like a win.  
Ginger is spicy, it's good for the tummy,  
Fights off cold and flu in winter, used by all mummies.  
Aloe vera is cool, good for burns,  
Making skin happy with gentle turns.  
Honey is natural and beneficial as well.  
Making us healthy, with its sweetness to tell.  
No side effects, just nature's way,  
A balanced life in the modern day.  
With herbal remedies, our bodies will survive,  
And help us stay healthy and feel alive.

IRTAZA CHAUDHARY - II



## Magic from Nature

In gardens green and forests wide,  
Little herbs grow side by side.  
Mint and tulsi, neem and more,  
Nature's treasures we adore!

Ginger helps when we catch a cold,  
With honey, it's as good as gold!  
Aloe vera soothes the skin,  
Rub it gently, feel the win!

Turmeric bright, yellow and warm,  
Keeps us safe from every harm.

Leaves and roots, seeds so small,  
Herbal cures help one and all!  
No big pills or bitter taste,  
Just nature's gifts—no need to waste!

So, thank the plants every day,  
For keeping sickness far away!

Agrimony	Aloe vera	Chia seeds
Cloves	Eucalyptus	Basil
Lavender	Marshmallow	Onions
Saffron	Turmeric	Raspberry ketones
Anise	Dill	Chives

Ekansh Thakur - II



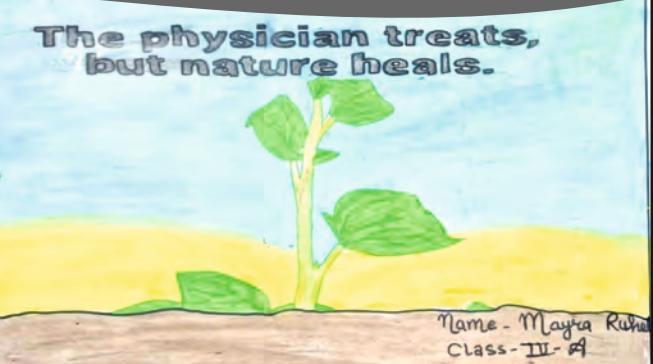
## Healing Without Pills

Healing without pills means using natural things like rest, food, love, and laughter to feel better. Our body is very smart and knows how to heal!

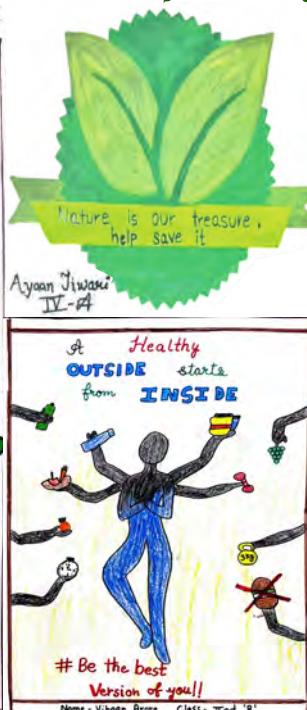
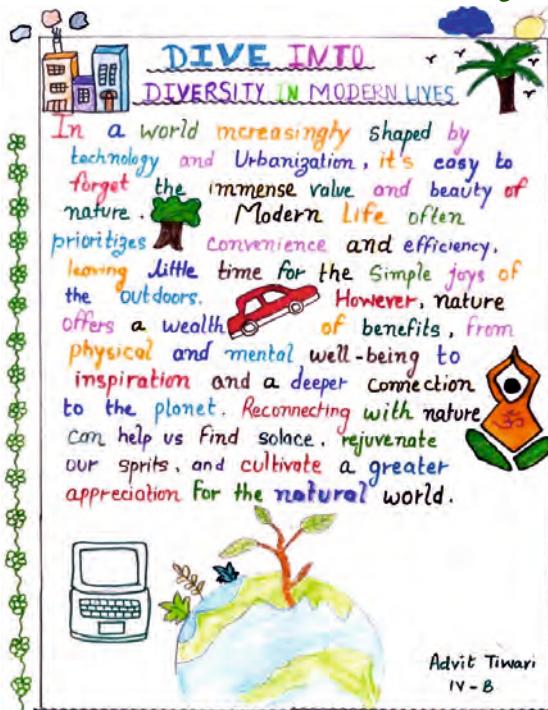
- ★ Eat colorful fruits and vegetables. They give us energy.
- ★ Sleep early. A good night's sleep helps us feel fresh.
- ★ Drink lots of water. Water keeps our body clean inside.
- ★ Do fun things. Drawing, singing, dancing, or reading can make us feel better.
- ★ Spend time with family. Talking and laughing together is healing.
- ★ Go outside and play. Nature helps us feel strong and happy.



Mohd. Yunus Ali - II



## "Creative Hands, Healthy Plans - Spreading the Magic of Natural Living!"



**Riddles**

**Riddle 1:** I grow in the garden, I'm yellow and bright, I fight germs and keep you all right. Mix me with milk, I make you strong— Guess my name, it won't take long! (Who am I?)

**Riddle 2:** Bend and stretch, breathe in, breathe out, I keep you calm without a doubt. No pill needed when I'm near, I bring health and lots of cheer! (What am I?)

**Riddle 3:** I'm not a doctor, I don't wear white, But eating me keeps you feeling just right. Crunchy, juicy, from a tree—Eat me daily, and you'll agree! (Who am I?)

1. Turmeric 2. Yoga 3. Apple Sparsh Ghosal, 3A

### Wonder People – Medicine Free People

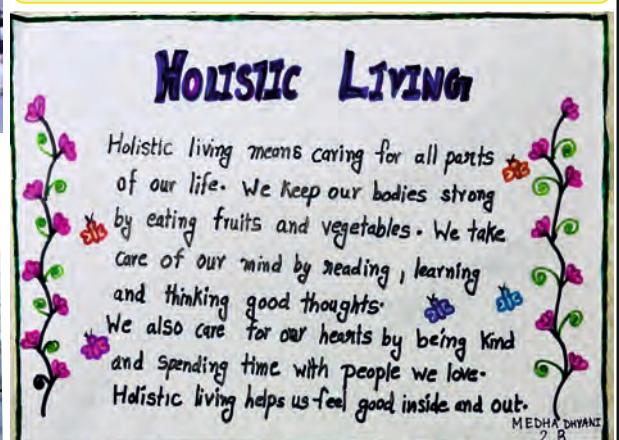
Some people stay healthy without taking any medicine. They use ancient wisdom like eating fruits, herbs, and doing yoga. They wake up early, drink lots of water, and stay happy. They trust nature to heal small problems. They do not eat junk food or use too many tablets. These people are strong and full of energy! I want to be like them and stay healthy too!

Yashvi - 3B



## Assembly Glimpses

Students from Classes 1 to 5 took part in a vibrant special assembly, showcasing their talents through songs, dance, and thought-provoking performances. The assembly reflected their confidence, creativity, and enthusiasm, leaving everyone inspired.



The Pre-Primary and Primary section articles have been created by our young learners with the help and guidance of their parents. Each entry reflects a shared effort and joyful collaboration.

## "Nature is Our Teacher - Learning the Medicine-Free Way!"



Children did fun activities to learn about holistic living and living a medicine-free life. They took care of plants, did leaf printing, and segregated garbage into dry and wet waste. They also learned about eating healthy, staying active, and using natural ways to stay strong. These hands-on activities helped children understand how to live in harmony with nature. It was a joyful and meaningful experience for all!



**QUIZ**

**Think and answer**

Q1: This daily morning practice helps clean your tongue and mouth.  
 a) Oil pulling   b) Tongue scraping   c) Meditation

Q2: In Ayurveda, this golden spice is used to heal wounds and improve immunity.  
 a) Cinnamon   b) Turmeric   c) Ginger

Q3: What is the Sanskrit word for yoga posture?  
 a) Pranayama   b) Mudra   c) Asana

Q4: This practice involves controlling your breath to calm the mind.  
 a) Yoga   b) Meditation   c) Pranayama

Q5: Which metal is traditionally used in Indian households to store drinking water for health benefits?  
 a) Steel   b) Copper   c) Plastic

ANSWERS: 1.b 2.b 3.c 4.c 5.b

Aashi Singh



## Healthy Living - The Recipe For A Happy Life

### EAT SMART: LIVE SUPERSMART

A balanced diet is the key,

To keep us strong and  
full of glee.

Fruits and veggies on our  
plate,

Help us grow and feel so  
great.



Whole grains give us energy,  
To run and play so happily.

Brown bread, oats, and rice are best,  
They keep us active with no rest.

Protein foods like milk and cheese,

Eggs and pulses, all of these,  
Build our body, make us tough,  
To face the day when it's rough.

Don't forget your water glass,  
Drink it slowly, don't let it pass.  
It clears your skin, cools your head,  
Keeps you fresh and full of zest.

Junk food may look fun and sweet,  
But it's not the best to eat.

Choose what's healthy, not just tasty,  
To stay fit and strong, lifelong and ever long.

Isha G, VII A

### स्वस्थ भोजन जीवन का सार

स्वस्थ भोजन जीवन का सार,  
रहन-सहन से बदले व्यवहार /  
दोनों मिलकर रचते हैं काया,

निरोगी जीवन की सुंदर छाया /  
ताजी सब्जियां और फल रंगीले,

अनाज साबूत, स्वाद रसीले /

दूध, दही, प्रोटीन भरपूर,

कर्जा और खुशियां दे भरपूर /

तली-मुनी चीजों से दूरी,

मीठे की भी कम हो जरुरी /

पानी पीना है भरपूर,

रखे शरीर को सेहत से पूरा /

समय पर सोना, सुबह उठना,

व्यायाम को जीवन में है अपनाना /

तनाव से रहना दूर हमेशा,

खुश रहना ही है अच्छा संदेशा /

प्रकृति से नाता जोड़ना सीखो,

खुली हवा में सांसें खींचो /

स्वच्छता का रखो हमेशा ध्यान,

स्वस्थ जीवन का यही है विधान /

जायना अलीम, VII G

### HEALTHY EATING & LIVING- A PATH TO A VIBRANT LIFE.

Healthy living is a journey, not a destination. It's okay to indulge occasionally—what matters is maintaining a consistent routine that supports your health. Celebrate small victories and be patient with yourself as you build better habits.



While it might seem challenging at first, small consistent changes can lead to big results, and the list is:-

**THE FOUNDATION: HEALTHY EATING.**

**ACTIVE LIVING: MOVING YOUR BODY.**

**MENTAL AND EMOTIONAL WELLNESS.**

**SOCIAL CONNECTIONS.**

**CONSISTENCY OVER PERFECTION**

In today's fast-paced world, maintaining a healthy lifestyle is more important than ever. Healthy eating and living are essential for boosting energy, enhancing mental clarity, preventing chronic diseases, and improving overall quality of life.

### FINAL THOUGHT

Healthy eating and living is about creating a lifestyle that makes you feel good inside and out. With mindful choices and a proactive approach, you can pave the way for a happier, more energetic, and fulfilling life.

KHUSHAL KAPOOR, VII B

### A HEALTHIER, HAPPIER YOU

I wash my hands before I eat,  
I sit up straight upon my seat  
I thank the ones who made my food,  
And start my meal with happy mood.

No talking loud, no wasting rice,  
Taking small bites feels so nice.  
Chew it well and eat it slow,  
That's the way to help me grow.

I never play or run around,  
While food is near or on the ground.  
I eat with care, no rush, no mess,  
Good table manners bring success.

Abhinav G., VIC

### JUST FOR THE HEALTH OF IT!!!!

Chew your food, don't rush  
the plate,

A peaceful meal is worth  
the wait.

No screen, no haste, just taste and feel,  
That's how you eat a mindful meal.

Portions small, yet filled with grace,  
Not a race, but a steady pace.

Choose greens and grains, avoid the fry,  
Respect your health, and you'll fly high.

Drink water slow, let hunger guide,  
Don't let cravings decide the ride.

Thank the food, both near and far,  
For keeping you just who you are.

Discipline begins at every bite,  
With conscious choice and inner light.

Healthy eating, a sacred art,  
A strong body and peaceful heart.

Manavya Sh., VI C

### QUIZ TIME!

#### 1. What should you do before starting your meal?

- A) Start eating right away.
- B) Wash your hands properly.
- C) Play with food.

#### 2. Why is it important to chew your food properly?

- A) It tastes better.
- B) It helps in digestion.
- C) It takes more time.

#### 3. What is the polite way to eat with others?

- A) Grab food quickly.
- B) Talk with your mouth full.
- C) Wait for everyone to be served..

#### 4. Where should you keep your elbows while eating?

- A) On the table.
- B) In the air.
- C) Off the table.

#### 5. What should you do after finishing your meal?

- A) Run away.
- B) Leave the plate on the table.
- C) Say thank you and clean up.

#### 6. Why should we avoid wasting food?

- A) Because it's boring.
- B) Because food costs money and many don't have enough to eat.
- C) Because the plate looks messy.

Divyansh G., VII A

Answers: 1. B), 2. B), 3. C), 4. C), 5. C), 6. B)

## Elevate Your Well-Being ; Elevate Your Life

### IGNITE YOUR INNER SPARK

Personal habits and routines play a vital role in shaping a successful and balanced life. Habits like waking up early, maintaining hygiene, staying organized, and setting daily goals bring structure to the day. A well-planned routine helps reduce stress, improves time management, and enhances productivity. Consistent habits such as reading, exercising, and eating healthy not only benefit the body but also strengthen the mind. When individuals follow a set routine, they tend to be more focused and disciplined. Small positive actions, when repeated daily, grow into powerful habits that influence long-term success. Whether it's making the bed every morning or reflecting on the day before sleeping, these simple routines bring a sense of control and purpose. By being mindful of our daily actions and sticking to a routine, we build a foundation for a healthier, happier, and more meaningful life.

Manavya, VI

### जब राहों में अंधेरा छा जाए

जब राहों में अंधेरा छा जाए,  
और हर उम्मीद खो जाए।  
तब भी जो न डगमगाए,  
वो मंजिल तक पहुँच जाए।  
जो गिरकर भी चलते जाते,  
दर्द को भी हँसकर अपनाते।  
हौंसले से जो लड़ते हैं,  
वो ही असली योद्धा कहलाते।  
हर ठोकर कुछ सिखा जाती,  
हर मुश्किल राह दिखा देती।  
जो धैर्य और विश्वास रखे,  
किस्मत भी उसका साथ निभाती।  
हिम्मत से जो काम करे,  
दिल से हर अरमान भरे।  
सपनों को सच कर दिखाएं,  
दुनिया भी फिर उसी को सलाम करे।

मोहम्मद रोहान, VII D

#### THE POWER OF SELF-CONTROL: UNLOCKING YOUR POTENTIAL

Self-control is the ability to regulate one's thoughts, feelings, and behaviors in the face of temptation, stress, or adversity. It's a vital skill that can help individuals achieve their goals, build strong relationships, and lead a more fulfilling life.

##### STEP 01

##### WHY SELF-CONTROL MATTERS??

Self-control is essential for making progress towards our goals, whether it's losing weight, saving money, or advancing in our careers.

##### STEP 02

##### BENEFITS OF SELF-CONTROL

Developing self-control can have a significant impact on various aspects of our lives. It includes- Improved Relationships, Increased Productivity, Better Physical and Mental Health

##### STEP 03

##### STRATEGIES TO IMPROVE SELF-CONTROL

Fortunately, self-control is a skill that can be developed and strengthened with practice

Ruhani Ch., VII D

### आज जागरूकता, कल स्वस्थ

स्वस्थ रहने के लिए नियमित व्यायाम है जरूरी, इसलिए योग से करो अपने स्वास्थ्य की जरूरत पूरी। हमें स्वस्थ भोजन खाना चाहिए। इससे हमारा शरीर स्वस्थ रहता है। हमें फल, सब्जियाँ और साबुत अनाज खाना चाहिए। ये हमें ऊर्जा देते हैं और हमें बीमारियों से बचाते हैं। हमें जंक फूड और मीठे पदार्थों से बचना चाहिए।

हमें नियमित व्यायाम भी करना चाहिए। इससे हमारा शरीर स्वस्थ रहता है और हम खुश रहते हैं। हम खेल सकते हैं, साइकिल चला सकते हैं या योग कर सकते हैं। इससे हमारे शरीर में ताकत आती है और हमारा मन भी खुश रहता है।

अगर हम स्वस्थ भोजन खाएंगे और नियमित व्यायाम करेंगे, तो हम स्वस्थ और खुशहाल रहेंगे। हमें अपने शरीर का ख्याल रखना चाहिए और स्वस्थ जीवन जीने की कोशिश करनी चाहिए। इससे हमारा भविष्य भी अच्छा होगा।

स्वस्थ जीवन है कुंजी, यही है भविष्य की पूँजी। रावया, VII G

### SEEKING HARMONY

A fire that comes, wild and free,  
Emotions raging, like a stormy sea.  
But then, a voice, a gentle guide,  
Reminds me to breathe, to step aside.  
It whispers calmly, in turbulent times,  
And helps me navigate life's twisted rhymes.

With every step, with every test,  
I find my strength, my inner best.  
I learn to pause, to reflect, to choose,  
And in the silence, my heart renews.  
It's Self-control, a gift divine, that's truly mine,  
And in it, I find my inner peace,  
that keeps me alive.

Daksh G., VII A

### EMPOWERING YOUR "SELF"

Personal development is a lifelong journey of self-improvement in knowledge, habits, mindset, and character. It helps individuals understand their strengths and weaknesses, set meaningful goals, and strive for personal and professional growth. By investing time in self-awareness, learning new skills, and reflecting on experiences, one can unlock their full potential. Personal development isn't limited to academic or career success—it also includes emotional intelligence, communication, time management, and resilience. Reading, journaling, attending workshops, and seeking feedback are effective ways to grow. Setting small, achievable goals can lead to big changes over time. The journey may involve stepping out of your comfort zone, facing failures, and embracing change. However, every step taken toward growth makes you more confident and capable. In essence, personal development empowers you to become the best version of yourself, enhancing not just your life, but also the lives of those around.

IT'S YOUR TIME  
TO EMPOWER

*yourself*

Harnoor, VII D

## NO PRESCRIPTION, JUST PRECISION LIVING

### Mindful Consumption

In our busy world, Conscious decisions count. Before I buy, eat, or watch, I pause and ask myself, "Why do I need this?" By editing down possessions and obligations, I've found greater clarity and enjoyment. Less clothing means really seeing what I have. One streaming platform means truly enjoying shows. Curating my information diet—unfollowing negative accounts and restricting news consumption—hasn't made me less aware but more laser-like. Mindful consumerism is not about deprivation, but taking control in a system set up to deliver mindless excess.

Raagen Aggarwal (XII-F)

### A Life By Design, Not By Default

Intentional living is the conscious act of designing our life with purpose and direction, rather than leaving it to chance. By aligning daily habits with our core values, we ensure each routine action reflects what truly matters and resonates with who we are at our core. Choosing quality over quantity in relationships, work, and daily commitments cultivates deeper satisfaction and meaning. This awareness builds purpose-driven momentum in life. Every decision becomes an opportunity for growth and fulfillment. Ultimately, a life built on mindful intention and values brings clarity, balance, continual progress, and wisdom, fostering a life of purpose and fulfillment.

Tanvi Khanna (XII-A)

### Personal Philosophy & Autonomy

In the modern world, it's simple to get caught up and feel like we just need to do the same thing that everybody else does — work hard, get a good job, get married. But having a personal philosophy is something different. It's making your own "rulebook" for life — a set of rules based on what is most important to you. As a contrast to simply moulding into whatever the society wants you to be, you pick and choose values and aspirations that function for who you are and want to become. Occasionally we are given a script for life and aren't even aware of it. But not everybody's dreams are the same, and that is just fine. True autonomy is questioning those scripts and making decisions based on your own dreams, even if they're not everyone else's. It's about living in a way that feels authentic to you, not perhaps even one that appears marvellous on the surface. Simplification is also an important step in this process. Philosophical minimalism instructs us that we don't have to believe in everything and strive for every goal. If we focus on a few basic values, we can live with less complex simplicity and less stress. Lastly, autonomy and personal philosophy are about being real, being present, doing what you do, and being you — regardless of how hard the world tries to tell you otherwise.



Swastik Singh (XII-C)

### Creativity Over Conformity

Conformity restricts one to reflect the ideas that comes from their creative side. These little ideas may have the power to transform the world around us in a way that goes far beyond the norms imposed over the society. Expression of one's own views as they are, can add up to their personality. Living artistically has the strength to improve human mood in unimaginable ways. When one adds a personal touch of creativity to a piece of work, they relate to it and the experience becomes joyous. In a nutshell, creativity eliminates the burden of work, replacing it with longing to do it. Creativity often comes with originality, making one stand out from a world full of templates. Every single person is creative in their own way. All that matters, is to find the fire inside of you.

Kanika Maheshwari (XI-D)

### Designing Environments

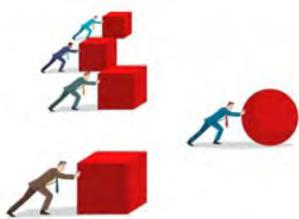
In this fast-paced world of the spaces we live, learn, and work in have a significant impact on our productivity, creativity, and happiness. Designing spaces is not merely about looks, it's about designing physical and virtual spaces that enable focus and flow. Curating spaces well is one such key aspect. Whether it is a tidy study desk, a relaxing bedroom, or an effective digital workspace, all of it should promote clarity and minimize distractions. A cluttered and inspiring environment naturally maximizes motivation and energy. Another key one is eliminating friction points, those little yet powerful barriers which hold us back every day. These may include messy files, complex routines, or even noisy environments. By finding and solving these problems, we have easier, less laborious day-to-day lives.

Dishita(XII-G)

## A STRENGTH WITHIN : A Life Beyond Prescription

### Efficiency vs. Hustle

"Efficiency is a silent operation; hustle is a noisy effort."



In the modern world, hustle culture is glorified and worn as a badge of honour. People now a days believe that exhausting oneself is the only path to success. On the other hand, efficiency is all about working

smart, doing what matters more, and cutting off all the distractions. By this, one can achieve maximum output from their time and efforts. The real meaning of productivity is not about working super hard for long hours; instead, it's about following an efficient process. Precision is greater than overworking. It's about doing the right things rather than trying to do all the things. It's about building smart plans and using the best strategies to accomplish tasks. Managing time is important, but that's not enough; one needs to prioritize high-impact tasks. We should focus our energy where it truly counts. The way we prepare ourselves for an exam according to the blueprint, in a similar manner, we should create a blueprint for our tasks.

Raunak Surana(XII-D)

### Minimalism of the Mind

Minimalism of the mind means keeping your thoughts simple and light. It's about letting go of all the extra things we think about — the stress, the pressure, the fear of what others think. Just like we clean our homes to feel better, we can also clear our minds to feel calm and free. Often, we carry thoughts that don't belong to us — expectations from others, regrets from the past, and the fear of being judged. These thoughts can make it hard to stay focused or feel peaceful. Clearing your mind reduces mental clutter and creates space for clarity and peace. One big part of this is removing the "shoulds" — the feeling that we should be doing more, should be like someone else, or should always be perfect. These thoughts are not always true, and they hold us back. In a nutshell, mental minimalism involves clearing the mind of unnecessary stress and prioritizing what is truly important. Atharav Narayan(XII-G)



### Emotional Precision: Meeting My Emotions

Every human being goes through a myriad of emotions in every phase of life. If we visualise every emotion as an individual character, then nervousness can be seen as biting nails, happiness will be seen jumping around and sadness can be seen as sulking in one corner. Emotional precision is like becoming friends with these characters. It means taking a moment to notice who has come to visit and calling them by their real names. Instead of just saying "I feel shaky," we can say, "I feel nervous because of my speech today" or "I feel proud because I helped a friend." Naming emotions clearly makes it much easier to manage them. Another important skill is to respond instead of react. Reacting to a person who is lashing out at us would mean shouting back without

thinking. But responding would mean taking a deep breath, talking to anger, and choosing your next step calmly. Building emotional intelligence is like becoming a wise leader of your own group of emotions. One should not only perceive and be sensitive to various types of emotions in others but also understand the powerful influence of the nature and intensity of one's own emotions. This makes relationships stronger and life much happier. In the end, emotions are not enemies. They are messages. Emotional precision helps us listen to them carefully, understand their meaning, and respond wisely. It is a superpower we all can develop.

Kavya Srivastava (XII-H)

### Mental health and non- traditional healing

**"Heal Your Mind, Your Way — Embrace Every Path to Wellness."**

Healing looks different for everyone. While traditional therapy and medication help many, others find their path through alternatives like yoga, herbal medicine, mindfulness, and creative expression. These approaches focus on the whole person ,mind, body, and spirit rather than just managing symptoms. Holistic and spiritual practices, from meditation to nature rituals, offer deep ways to reconnect with ourselves. It helps the people to be rooted in their soil. Creativity, to through art, music, or writing can be a powerful tool for emotional release and growth. One of the most freeing parts of non-traditional healing is letting go of labels. You're not just a diagnosis—you're a person with a unique story. Healing becomes less about fixing and more about finding what truly nourishes you.

Sukriti Shreya (XI -C)

## Acupuncture and Its Benefits

Acupuncture is an ancient practice that involves inserting thin needles into specific points on the body to promote health and well-being. It involves inserting needles into specific points to:

- Relieve pain
- Reduce stress
- Improve health



This ancient technique aims to balance the body's energy and promote overall well-being.

### Benefits of Acupuncture

1. Less pain: Helps with ongoing pain, headaches, and joint issues.
2. Feel calmer: Reduces stress and anxiety by promoting relaxation.
3. Better sleep: Improves sleep quality.
4. Healthy digestion: Helps with stomach issues.
5. More energy: Boosts energy and reduces tiredness.

ISHAAN KHNADELWAL - IV



When I feel low or catch a chill,  
I don't always need a pill.  
A hug from Mom, some rest,  
and play,  
Can chase the grumpy  
clouds away.



A glass of juice, a cozy bed,  
Some happy thoughts  
inside my head.  
A giggle, game,  
or sunny walk,  
A lovely chat, a kind heart talk.



I help a friend,  
I share my toy,  
And feel my heart  
fill up with joy.  
With love and care,  
and smiles so wide,  
I heal with happiness inside!

Maisha Majid - II

## Talk to yourself like someone you love.

Ignoring self-care can lead to burnout, low self-esteem, and illness. When we give too much to others without taking care of ourselves, we feel drained. But when we rest, reflect, and care for ourselves, we become stronger and more productive.

Many people feel inadequate due to social media comparisons. Self-love helps us value ourselves as we are and find happiness within. By loving ourselves, we don't need others' approval to feel good.

### SIMPLE WAYS TO PRACTICE SELF-CARE AND SELF-LOVE

Start your day positively – Begin with a few minutes of gratitude or deep breathing.

Eat and sleep well – Fuel your body with healthy food and enough rest.

Exercise regularly – Physical activity boosts your mood and reduces stress.

Take breaks – Allow time to relax and recharge, even if it's just a short walk.

Speak kindly to yourself – Replace negative thoughts with encouraging words.

Celebrate your small wins – Be proud of your efforts and progress.

Set boundaries – Learn to say no to protect your time and energy.

Seek support – Talk to friends, family, or a counselor when needed.

*"Loving yourself isn't vanity. It's sanity."* TIARA JAIN-IV

## Nature Therapy Quiz

### 1. What is nature therapy?

- A type of medication
- Spending time in nature for mental health benefits
- A form of exercise

### 2. What are some benefits of nature therapy?

- Reduced stress and anxiety
- Improved mood and cognitive function
- All of the above

### 3. What is one of the benefits of spending time in nature?

- Increased stress
- Improved mood
- Decreased creativity

### 4. Which of the following is a form of nature therapy?

- Watching TV
- Playing video games
- Gardening

### 5. Nature therapy is:

- A replacement for traditional therapy
- A complement to traditional therapy
- Only for physical health benefits

ANSWERS: 1b, 2c, 3b, 4c, 5b

YATHARTH - IV

### Aromatherapy:

#### The Therapeutic Benefits of Essential Oils



In today's fast-paced world, stress, anxiety, and fatigue have become our common companions.

Amidst this hustle, Aromatherapy emerges as a gentle yet powerful natural remedy to restore balance and well-being. Rooted in ancient traditions, this holistic healing practice uses essential oils extracted from plants to promote physical, emotional, and mental health.

### Popular Ways to Use Aromatherapy:

**Diffusion:** A few drops in a diffuser fill the air with therapeutic aromas.

**Massage:** Blending oils with a carrier oil for relaxing body massages.

**Bath:** Adding a few drops to warm bathwater for a soothing soak.

**Inhalation:** Inhaling directly from the bottle or using a steam bowl.

Aromatherapy is more than just a pleasant fragrance — it's a journey back to nature, healing, and harmony. With the right knowledge and care, essential oils can become a trusted part of our daily wellness routines. Let us embrace nature's essence and rediscover the joy of healing without pills.

lyonika -II

## Healthy Habits : Healthy Life

**1) Balanced Diet** - A balanced diet is one in which all the nutrients are found in balanced quantity. To keep our body healthy we should adopt balanced diet in our lives.

**2) Exercise** - Exercise is a way to remain active, fit and healthy. We must exercise regularly to enjoy good physical health. Exercise promotes healthy breathing and improves long strength.

**3) Natural supplements like**

### Vitamins

Vitamins A, C, D, E, B12 and Folic acid are common supplements

### Minerals

Calcium, Magnesium, Zinc and Iron are essential minerals often supplemented

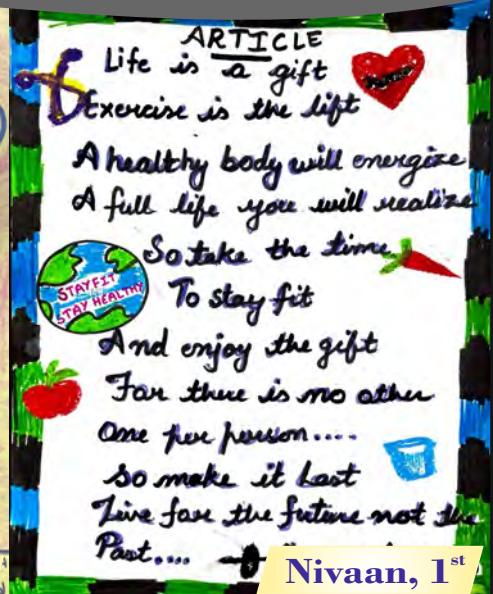
### Herbs

Herbs like Turmeric, Ashwagandha and Ginger are used for various health benefits

Priyansh, KG



Dakshit, 2<sup>nd</sup>



Nivaan, 1<sup>st</sup>

## Wellness Wisdom



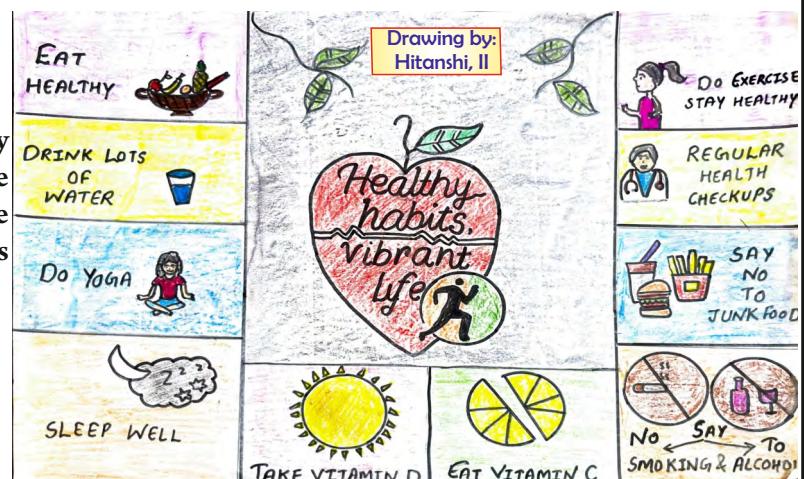
Manvik, 2<sup>nd</sup>

## Small Steps today, a healthier tomorrow

In today's changing world, staying healthy is very important. Every child is different. Some are tall, some are short, some run fast, and some love to paint. These differences are called variations, and they make us special!!

**To stay strong, we must have a fit focus. this means we should:**

- \* Eat healthy food like fruits and vegetables.
- \* Drink clean water      \* Play and move every day
- \* Sleep well at night      \* Keep ourselves clean



When we do these things, we don't fall sick often. that means we don't need to take too much medicine. Sometimes, medicine helps when we are sick but taking it too much can make us weak. So, it's better to stay healthy naturally.

In this evolving time, People are learning that good habits are better than too many pills. If we focus on being fit and understand that we are all different in our own ways, we can grow strong and happy without depending on medicine all the time.

**Let's Remember:** \*Everyone is unique- and that's great.

\* Use medicine only when needed

\* Stay calm and kind

\* Be happy and healthy everyday !!

\* Be fit by eating, playing and sleeping well

Avisha Sabharwal, Nur.

## Chairman's Message

"Small acts, when multiplied by millions of people, can transform the world."



**Dr. Manoj Kumar**

Our Earth is facing many problems — rising temperatures, melting ice, and sudden changes in weather. But even in these tough times, there is great hope —and that hope is you.

You are the future, and your actions matter. Every small step you take—like planting a tree, using less plastic, saving water, or riding a bicycle instead of a car—makes a big difference.

Start with small good deeds. Talk to your friends about helping the planet. Organize clean-up drives, create posters to spread awareness, or grow plants in your home or school. These small efforts show your care for Mother Earth. Let's be the generation that didn't just watch but acted. Let's help make the Earth cleaner, greener, and healthier. Believe in yourself. Do good things. Inspire others. Together, we can make the world a better place—one good deed at a time.

With pride and belief in you

**"True leadership lies in serving the people with dedication, and festivals remind us to honour such guardians of our society with love and gratitude."**

On the pious occasion of Raksha Bandhan, the **Principal and students** of Lovely Public School were granted a golden opportunity to meet **Hon'ble Prime Minister of India, Shri Narendra Modi Ji**, at his official residence, and also interacted with the **Hon'ble Lieutenant Governor of Delhi, Shri Vinai Kumar Saxena** sir at Raj Niwas.

Carrying the warmth of tradition, the students tied rakhis to both dignitaries as a heartfelt gesture of love, respect, and prayer for their well-being and continued service to the



nation. It was a moment of emotional connection, where the future of India — its children — met the present guardians of its progress.

Both the Pioneers of Political Integrity received the students with genuine affection, appreciating their values and encouraging them to grow as responsible citizens. Later, mentors of our nation offered their blessings and reminded our students that the strength of India lies in the purity of its youth and the power of its culture.

It was an unforgettable experience filled with emotion, pride, and inspiration. Our students returned with memories, they will cherish forever and a renewed sense of patriotism in their hearts.