



Newsletter: April -June 2021 FROM THE PRINCIPAL'S DESK

Dear Parents,
Greetings!

I heartily and joyfully welcome all of you to the new session 2021-2022. The last session was a roller coaster ride, but as a team, we succeeded beautifully. We are a strong organisation and with everyone's support, the scholastic and co scholastic classes went on well. In all that we do, we aim at inspiring learning, developing character, and building strong values. We are prepared and ready for another great year of explorations and adventures in learning! Like each year, in this session too, we will furnish important transitions and the acquisition of new skills that will enhance each student's ability to apply learning in many ways.

Delhi Public School, Pataudi is committed to providing a challenging and joyful curriculum that helps each student progress at an appropriate rate replete with all possible support.

I assure you that our students will explore, express and excel academically this year too, art integration will be imbued for a deeper and enhanced learning in the curriculum.

Another important thing that we are focusing on is the social and emotional development of each child which is of prime importance in the current scenario. I urge all parents to attend all the counselling sessions that we organize from time to time.

We would also be starting with few subjects under SKILL EDUCATION in the MIDDLE SCHOOL.

The school is growing and marching forward with our first batch of XII.

Let us join hands and grow from strength to strength.

Best wishes
Ms. Dipinder Kaur
Principal



CBSE Appreciation

Don't stop until you are proud!

It's a glorious moment for our school that Ishika & Muskan were acknowledged and appreciated by Central Board of Secondary Education and were awarded the certificate of merit for outstanding academic performance in Class X board exams and for being among the top 0.1 percent of successful candidates in English & Literature.

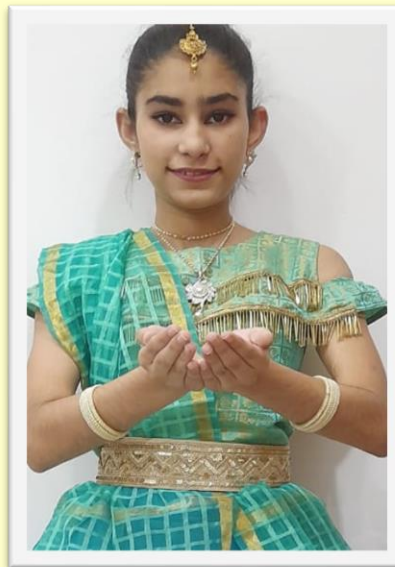
DPS Pataudi always believe in bringing the best out of their students and to make them more dedicated towards their work. Heartiest Congratulations!



International Adolescent Summit

We are immensely proud to announce that SHIYA participated in the International Adolescent Summit 2020" held from 18th Dec 2020 to 12th Jan 2021.

We acknowledge and congratulate her for receiving the online "CITATION FOR OUTSTANDING PERFORMANCE" for her enthusiastic participation in the event 'SUR SANGAM – Solo Indian Classical Dance.



World Health Day

Life is not merely being alive, but being well!

DPS Pataudi celebrated World Health Day in a special assembly hosted by Class 5 A and B. Our honourable Principal Ma'am addressed the students on the importance of health and well-being.

The tiny tots from class 1 to 4 celebrated the day by bringing healthy tiffins and teachers told them about health and its importance. Activities such as hand washing, nail care, and table manners were done and discussed. Class VII students campaigned in the school and focused on the significance of health. The science teachers asked the students to draw a food pyramid and the language teachers asked the students to write a paragraph on the Importance of health. Over all it was a Healthy and a Happy Day.



Founder's Day Celebration

The school celebrated its 4th Anniversary on 17th April 2021. The whole event was conducted by class 12 students in the presence of our Principal Ma'am, Mrs Dipinder Kaur. We had some wonderful performances like dance, poems, fun quiz. Journey of the whole school was showcased. It was a funfilled event for everyone. Here is a snippet from our Founders Day Celebration - imbued with great sense of pride, honour and thankfulness. The event was a great success.



Women's Day

"Here's to strong women: May we know them. May we be them. May we raise them."

International Women's Day is celebrated on the 8th of March every year. It's a day that celebrates the importance and significance of women in every person's life.

DPS Pataudi celebrated the day with great fervour and enthusiasm. The students of Class-XII Commerce presented a beautiful assembly on this occasion. Assembly started with an energetic thought followed by English and Hindi poems. Thereafter, there was a collective presentation by all the students of the class where they presented their views about the condition of women in today's society. The children enjoyed the assembly. This assembly was conducted to show gratitude towards the most beautiful creation of God i.e., WOMAN.

Baisakhi Celebration

In keeping with our tradition of celebrating all festivals with fervour, joy and gaiety, the children of class VI B organised a special assembly on Tuesday, 13 April 2021. The assembly commenced with the Gayatri mantra followed by a poem on Baisakhi focusing on the abundance of Mother Earth. Baisakhi is a festival that marks the beginning of a new season. It is also a time to reap crops and therefore, an occasion for celebration. The children also spoke about the saturaambh "starting of the new session". A lively Punjabi folk dance choreographed by Paramita Sinha; the dance teacher was also presented by the students. It was a treat to see the children performing, dressed in traditional vibrant Punjabi attire. The assembly was concluded by Principal, Mrs Dipinder Kaur. She explained why the occasion is considered to be auspicious and why it is such widely observed festival throughout North-West India.

How to End Name – Calling in Classrooms?

On April 20, 2021, Ishika from class 12 participated in a virtual Group Discussion for students. The topic of the discussion was - How to End Name-Calling in Classrooms?

Organized by Entab Campus care, students from a few selected schools across PAN India were shortlisted.

The discussion was thoroughly interactive and informative. It brought out the fears and anxieties and enlightened methods to cope up with the issue of 'name calling' amongst students.



Best out of waste

The students of class 4 participated in 'Best out of Waste' competition held on 22nd April 2021. The objective of the competition was to create love for environment by making best out of waste with help of recyclable things. Students made cloth doll, wall hangings with bangles, doll with tea strainer, night lamp with bottle, and paper flowers all of which were artistically made. The criteria for the competition were presentation, use of material, innovation and overall effect. The activity displayed creativity of the little ones and developed sense of love for environment.



Earth Day Celebrations:

"The Earth is what we all have in common."

Every year, Earth Day is celebrated on 22nd April at Delhi Public School, Pataudi to remind the students of their duties towards 'Mother Nature.' As a part of environmental education, "Green Pledge " initiative was taken to engage the whole school community in making a difference. Earth Day was celebrated through educational and action-oriented activities that were fun.

All students pledged to plant a tree each at their respective homes.

Children learnt the importance of protecting and preserving the planet Earth. Students expressed their views by making short speeches in both English and Hindi.

A myriad of activities were conducted in all the classes. Face painting activity was conducted for Pre-primary students. All students were reminded of the fact that 'Every Day should be celebrated as Earth Day'.

Special Assembly was conducted by Class 6 A and 8 A and students took the oath on Earth Day to protect the Earth from pollution.



World Book Day

A book is a device to ignite the imagination. - Alan Bennett

"There's no friend as loyal as a Book" Students at DPS, Pataudi stressed on the fact that countries all over the world have marked this day to encourage children to pick up books and read. "Books are our Best Friend " and on the occasion of World Book Day. Students and teachers pledged to make books their best friends.



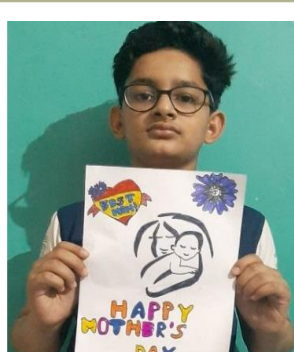
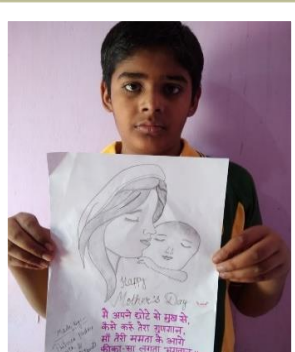
English Language Day

English Language Day is observed annually on April 23. It marks the birthday and date of death of famed writer William Shakespeare. Jayaditya Rao and Shweta, students of Class 6 A celebrated the English language day by sharing its importance with their classmates in the special assembly.

Rabindranath Jayanti

Delhi Public School, Pataudi does not leave any stone unturned to enrich and update the knowledge bank of its students. The students of class 7 presented a virtual assembly on May 7, 2021 to pay a tribute to the noble laureate on the occasion of **Guru Rabindranath Jayanti**. The students ardently recited the prominent poem written by Guru Rabindranath, 'Where the mind is without fear' which is a part of the rich legacy that he has left behind. His values and thoughts are an abundant source of inspiration for one and all. The students also presented an insight into Rabindranath Tagore's life through English & Hindi speech. They felt elated to apprise their peer group of the special achievements of the multitalented personality. The assembly provided rich knowledge to the students to remember for a lifetime. Honourable Principal Mrs. Dipinder Kaur motivated the students with Rabindranath Tagore's ideologies and principles which made the assembly more interesting and captivating.

Mother's Day



A mother is the one who fills your heart in the first place!

Mother's Day is a special day for all children and mothers as it celebrates the bond of love and affection that is everlasting. Mothers are the emotional backbone of the family, who have the magic touch to heal all wounds and make all things beautiful. The students of Delhi Public School, Pataudi celebrated this special occasion virtually on 9th May 2021. Students expressed their feelings and love by making cards, posters, writing articles for their mothers.

World Milk Day

'All you need is love and a cup of milk'

The children of DPS Pataudi celebrated World Milk Day virtually on 1 June, 2021. The teachers shared how milk boost our immunity system and helps in physical, mental & social development of every child. The main aim was to motivate in this era of processed and packaged food and to educate the students about the nutritive value of milk. Teachers made videos of children wearing cow masks and drinking milk. The conclusion here is obvious that it helps the kids to be active and they need milk energize themselves.



Health & Wellness Webinar

A Health & Wellness webinar was conducted by Ms. Gurleen Bindra, the counsellor of Delhi Public School, Pataudi on 2nd June 2021. It was conducted for all the parents and students of classes 6 to 8 on the Impact of current scenario on adolescents and strategies to overcome them. It was an enriching session for all the parents and the students. She was able to enlighten the audience in a very positive way. From the Webinar, the parents had the opportunity to ask their queries and they were told about the significance of Health & Wellness. Students & Parents had attended this informative session with the ardent desire to implement the key takeaways in their lives.



**DELHI PUBLIC SCHOOL
PATAUDI**
WEBINAR # 1
SESSION 2021-22
Health & Wellness Series

In Conversation with...



Ms. Gurleen Bindra
Counsellor

Webinar on
Impact of current scenario on
adolescents and strategies to
overcome them.

Wednesday, 02 June 2021
Timings: 5:15 pm to 6:15 pm

Meeting ID : 702 249 5841
Password : ABCD
For Classes : 6th-8th

Summer Camp

Making memories that last a lifetime!

Summer is the time for children to take time off from the regular chore of going to school and getting down to the curriculum. So, the summer vacation is, in another way, an opportunity to learn certain life skills while having fun. The school had organized a summer camp for school students during the summer break. In this summer camp all the sessions were enjoyable and it was made more interesting by the activity teachers.

During their summer camp, students of DPS Pataudi, with their creativity and diligence created marvellous Mosaic artworks, learnt to dance different steps. Music sessions were also conducted to enhance the vocal skills of the students.

The school's vision of summer camp is focused on overall Skill Development that is helpful for personal growth that last a lifetime.



International Yoga Day

Since its inception in the year 2015, June 21st is celebrated as The International Day of Yoga all over the world. This idea was proposed by our Prime Minister, Mr. Narendra Modi. He said, "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being.

International Yoga Day was celebrated by the students and teachers with great enthusiasm. Various quiz sessions were organized for all the classes. Warm up exercises were taken and all the students performed various asanas. The importance of these asanas were explained simultaneously. This special day was celebrated with a lot of eagerness and joy.



Father's Day

Father's Day is a celebration of honouring fathers and celebrating fatherhood, paternal bonds, and the influence of fathers in society. The school celebrated Father's Day virtually with enthusiasm. Students of Delhi Public School, Pataudi showcased their love and respect for their fathers and made them feel special. Fathers also expressed their feelings on this occasion. It was a memorable event which the fathers and children will cherish for their lifetime.



An Initiative by Delhi Public School, Pataudi

It's never too late to fight back!

Delhi Public School, Pataudi pledges to render its service to fight against the virus. A covid response team has been appointed to whom one can reach out for any kind of assistance. The school counsellor is available to help each one of us coping with stress during this pandemic. Doctor's assistance is also available to combat the infection. Other services that DPS, Pataudi is offering are isolation & homecare tips, tips to re-strengthen the mind post pandemic, yoga & meditation instructors to improve health & wellbeing, nutritionist to counsel one about immunity boosters and providing verified links for oxygen cylinders, vacant hospital beds etc. Delhi Public School, Pataudi commit to make mental health a priority and conquer this pandemic together.



An Initiative By Delhi Public School, Pataudi:
The School pledges to render its service to fight against the virus.

IT'S NEVER TOO LATE TO FIGHT BACK

- Coping with stress! Don't worry we have a professional Counsellor to help you confront the situation.
- Doctor's assistance available to guide you medically and psychologically to combat the infection.
- Isolation and homecare tips by professionals.
- Nutritionist is available to counsel you about immunity boosters and nutrition.
- Verified links will be shared for oxygen cylinders, vacant hospital beds and ventilator support system in case of emergency.
- Yoga and meditation instructors to assist you.
- Tips to re-strengthen the mind post pandemic.

We commit to make mental health a priority. Let's conquer this pandemic together.

For any assistance contact our Covid Response Team:
Ms. Swati: 91363 66283 Ms. Mehak: 7838157482
Ms. Gurleen: 97586 65700 Mr. Shankar: 9996363184
Ms. Varsha: 70430 12382

Fit India Week

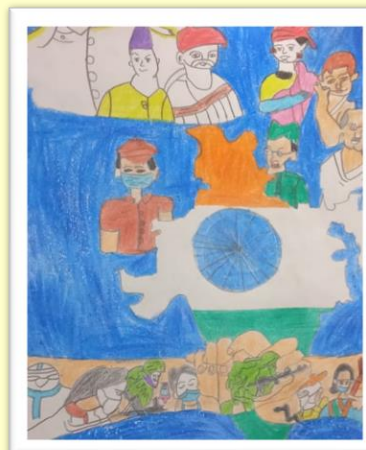
'Fitness week' was celebrated for all the students at DPS Pataudi. To make everyone aware of physical and mental fitness, Aerobics, Yoga & Free hand exercises sessions were organized virtually for the students. The motto of organizing these sessions was also to attract everyone towards fitness, wellbeing and mindfulness. After a brief warming up session, the students were taught a few free hand exercises to strengthen large and small muscles of the body. Children were told how movements like jumping, squatting, bending, swinging etc. help to increase strength, fitness, and flexibility of the body. Delhi Public School, Pataudi also got an opportunity to conduct special Yoga classes & Ms. Payal conducted Aerobics classes for the students of Army Military School. The students were made aware of various benefits of these asanas for both mind and body which include flexibility, strength, stress relief and cure of many lifestyle diseases. He encouraged the children to make yoga an integral part of their daily lives.



I love my India

"Freedom in our minds, Faith in our words, Pride in our Hearts, Memories in our Souls"

Keeping the spirit of patriotism alive and to remember the valuable contributions made by our leaders, the students of class 4 have showcased their love towards the country through their sketches and drawings. The students completed this activity with a lot of joy and enthusiasm that filled everyone's heart with patriotism.



Experiential Learning

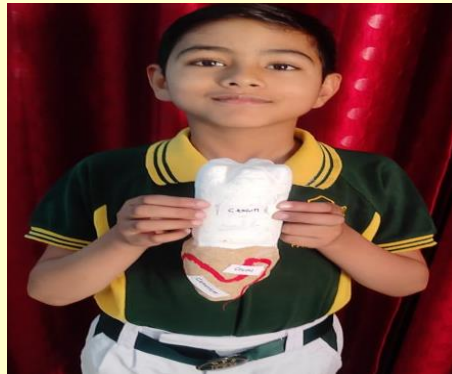
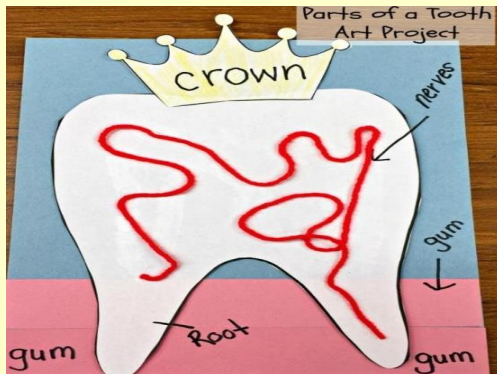
In DPS Pataudi students grasp the conceptual knowledge of science concepts through experimental and experiential learning Here are students showcasing their creativity and innovation.

This was an activity made with recycling of pet bottles.

The students of grade 4 made "Tooth Structure" with a pet bottle. They learnt with the help of this innovative experience. They also learnt about:

1. The structure of tooth and it's parts.
2. What should we eat for good teeth?
3. How we should care about our teeth?

Wow! What a creative Idea indeed!!



When I grow up, I want to be....

Everyone has aspirations to be someone when they grow up. Although talking about the future is pretty abstract for little ones, but our students loved talking about what they want to be when they grow up. The students of class 3 to 6 of DPS, Pataudi shared that they would like to be a Scientist or a Doctor, a teacher or may want to join the Indian Army and serve the nation in the future. They dressed up in these specific costumes and spoke about their aspirations and their dreams. It was a fulfilling activity for all the children and they enjoyed it thoroughly.

Through a small activity "When I grow up, I want to be...." students shared their little secrets of what they desire to be when they grow into adults.



Workshops by Delhi Public School Society

Keep Learning & Keep Training until you get it right!

Teachers across all levels in our school have been attending workshops organized by DPS Society to enhance their knowledge on their respective subjects which helped them to meet the needs of special education during and after COVID-19 pandemic. Delhi Public School Society has given a great platform where in all the teachers and the heads across DPS can share their views and experiences and one can seek learning and knowledge from each other.

Interaction with the Experts of Olive Green Institute, Chandigarh

Delhi Public School, Pataudi conducted an interaction on 25th June '21 with the experts and veterans of the Indian army in association with Olive Green Institute, Chandigarh. The speakers motivated students of class XI and XII to join the Indian army. The main agenda of the webinar was to let the students know about army life, training at NDA and IMA and the prerequisites required to join the Indian Army and how can one train themselves to succeed in the tests taken to enter this career. The experts encouraged the students to choose Army as a lifelong career. They boosted the morals of the parents and students to help them enter the army by explaining various steps required to join the army. Overall, it was a very informative and encouraging session.



Class 2 Activities

Me and My Mom - Students of class 2 traced their hand and mom's hand together. They observed the size and kept it safe with them as a memory.

My first roti - The teacher wanted to tell the students that how much time and energy a mother uses to cook food for them. It made the bond of love stronger between a mom and child. They made beautiful roti with cute designs and offered it to their parents.

Labour Day - Students of class 2 celebrated labour Day on 1st June, 2021. They made drawings and wrote different quotations. The teacher explained why the helpers around us are important for our lives. She asked the students to say thank you to all the helpers and respect every profession.

My Face Mask - The teachers taught the kids: how to put a mask on and take it off. She also reminded them that masks should always cover their nose and mouth.

EVS Art Integration - Class 2 students had fun learning about birds. They first started by reading some books about birds and then showcased their creativity by drawing "Life Cycle of a Chicken and butterfly". EVS (Environmental Studies) learnt through art integration encourages to develop creative expression and sharpen their skills.



Art Integration - English

Art has always been fun for students but language integrated with arts can be memorable and fun too. Class 6 at DPS, Pataudi comprehended the Subject -Verb Agreement by merging language with arts. During the English class the students created Mouth Melting ice creams in this summer season to infer the concept.



Art Integration - Science

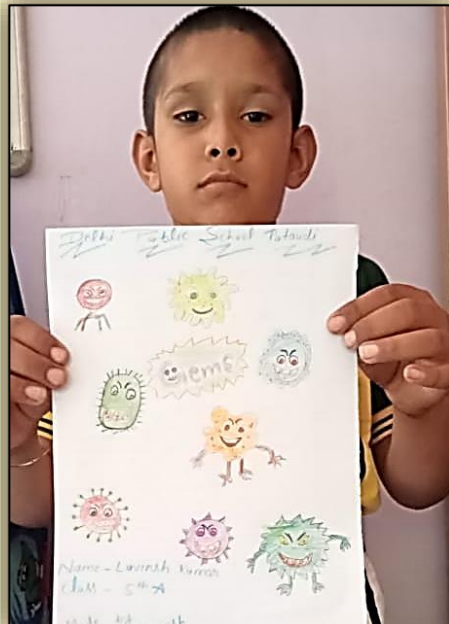
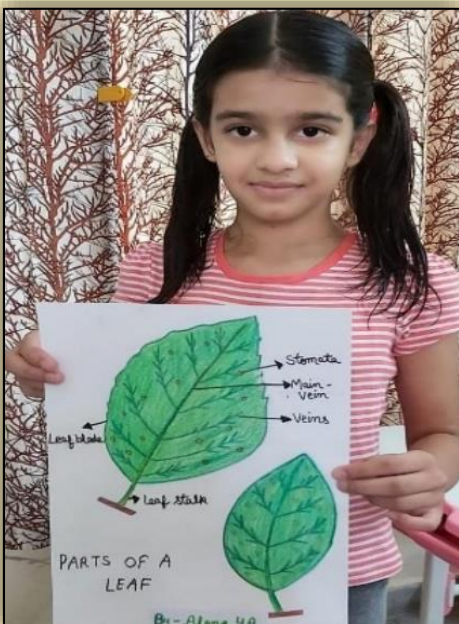
Grade 4 students showcased their creativity to show edible parts of a plant by using sunflower seeds, broccoli, celery, baby spinach, and carrots.

In Art integration, they have shown parts of leaf by colouring it and taking its impression in notebook. They had fun through this activity.

For better understanding, students need to have live experiences in life which help the students to become successful and enjoy each moment.

Grade 5 students showcased their creativity and presented wonderful ideas to show how Health and Hygiene is important to us. By this activity, they understood:

- * The negative effects of germs
- * Importance of Healthy Food and lifestyle.
- * Importance of Personal Hygiene.
- * How to check Nutrition Level while shopping food products.



Nursery Activities

"Artistic mastery at display with paper folding " - The Nursery kids of DPS,Pataudi conducted an origami activity on 6 May' 21. Kids took part in in this creative endeavour with great willingness and passion.

The tiny tots were startled to see the transformation of a flat sheet square of paper into a flower through folding and sculpting. Budding stars made flowers and exhibited their pleasure and gratification. This activity ignited their imagination and strengthened their creative skills.

Creativity – using potatoes - Potatoes are well-known for being cooked with anything but potatoes can be used to paint, that's new and the tiny tots of Nursery learnt how to use potato as a tool to paint.

Potato painting is not only fun and exciting but it also enhances the Fine motor skills that develops and strengthen the small muscles in a child's fingers, thumb and hand. They are therefore vital for learning to write, eat with a knife and fork, do zips/buttons on clothes and learn to tie shoe laces.

Sink or float experiment - Science doesn't have to be complicated. The principles of science, including exploration, testing, and discovery all come naturally to pre-schoolers. At DPS, Pataudi the teachers harness the power of student's curiosity and set up this super-fun density activity for the nursery kids. The kids loved diving into the science of density and had a blast playing and learning in the water.

Nursery teachers did a Sink or float experiment to teach toddlers about density and buoyancy. This play-based learning activity was combination of science activity and water activity.



Straight from the heart...

One afternoon Kabeer a nursery class student suddenly asked "Mumma, aaj class Nahi hai kya?"

His mother reminded him of Sunday.

Disappointingly he said to his mother "arre, mujhe class lena pasand hai" 😊

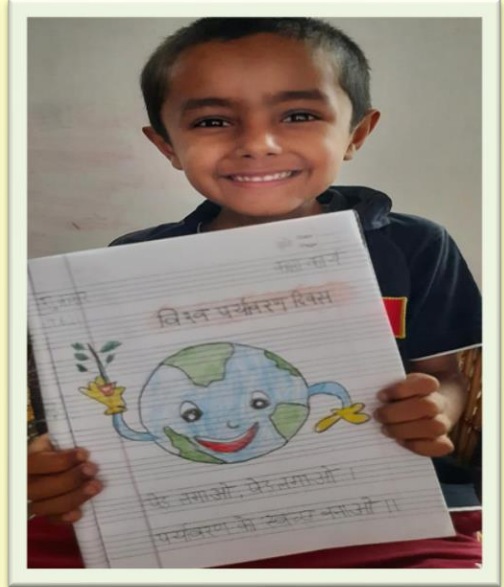
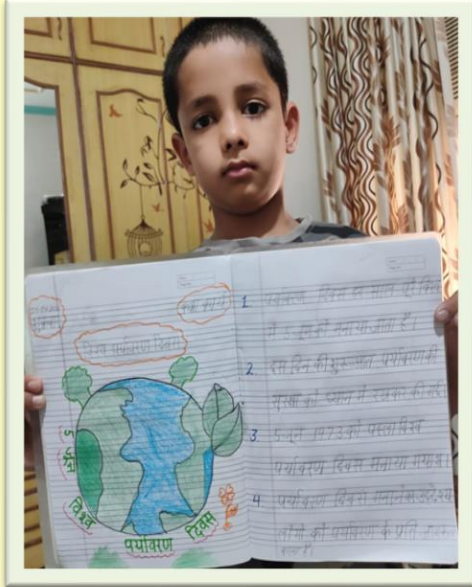
His mother said to his class teacher - Thank you for making the classes so interesting for him. 😊



विश्व पर्यावरण दिवस

दिल्ली पब्लिक स्कूल पटौदी के कक्षा दूसरी और तीसरी के विद्यार्थियों ने ऑनलाइन कक्षा में विश्व पर्यावरण दिवस के अवसर पर रचनात्मक गतिविधियों में उत्साह पूर्वक भाग लिया। विद्यार्थियों ने स्लोगन के माध्यम से यह संदेश दिया कि हमें पर्यावरण की रक्षा के लिए अधिक से अधिक पेड़-पौधे लगाने चाहिए।

" पेड़ लगाओ- पेड़ लगाओ, पर्यावरण को स्वच्छ बनाओ।"



नाटक प्रस्तुतिकरण- रामायण

दिल्ली पब्लिक स्कूल पटौदी में ऑनलाइन कक्षाओं के माध्यम से एक प्रतियोगिता का आयोजन किया गया जिसमें कक्षा छठी के विद्यार्थियों ने बढ़-चढ़ कर भाग लिया। इस प्रतियोगिता में विद्यार्थियों ने रामायण के मुख्य पात्रों का अभिनय कर सबका मन मोह लिया। इससे विद्यार्थियों के ज्ञान में वृद्धि होने के साथ-साथ उनका मनोबल भी बढ़ा और उन्हें बहुत कुछ सीखने को भी मिला। इस प्रतियोगिता में सभी विद्यार्थियों ने बड़े उत्साह के साथ भाग लिया।



Extempore Competition

Delhi Public School, Pataudi always thrives to cater to the all-round development of their students. The main focus of the school has always been on improving the soft skills amongst the students. Extempore Competition was held for the students of Class IX on 22nd June, 2021. The objective of the competition was to make the students confident and better orators so that they can fearlessly express their views on any topic. The participants delivered their speeches with great confidence and left no stone unturned to give in their best on the topics they got. The competition concluded successfully with great words of encouragement and appreciation from the principal.



CONGRATULATIONS



WINNERS

Extempore Competition

9A		9B	
Position	Name of Student	Position	Name of Student
1st	Komal	1st	Yashika
2nd	Vishal	1st	Vanshika
		2nd	Richa
		3rd	Vrinda
		3rd	Manshi
		Consolation	Kavin

Science Quiz

The science quiz aims to inculcate a spirit of scientific enquiry and analytical thinking amongst the students. A science quiz was organized for Delhi Public School, Pataudi by NII Delhi on virtual platform on 28th June 2021. It was facilitated by Ms. Jyoti Singh. The students of class X, XI and XII were divided into 5 teams. The winning team was declared based on the final scores followed by a motivational speech by Dr. Gopalan. Overall, the Quiz Competition was a huge success.



राष्ट्रीय प्रतिरक्षाविज्ञान संस्थान
National Institute of Immunology
AZADI KA AMRIT MAHOTSAVA
Commemorating 75 years of Independence

Science Setu Quiz
COMPETITION
for
Delhi Public School (DPS), Pataudi
by



Dr. Vidya Raghunathan
Scientist
on
28th June, 2021, Monday at 11.00 AM

Student's Perspective

For me, self-care begins with.....

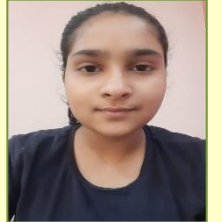
For me, self-care begins with exercising daily as a part of my routine and taking a self-care break by going outside with friends.

-Pragati Yadav, IXB



For me, self-care begins with loving yourself and to do what it takes to make one happy.

-Isha Dhankhar, IXB



For me self-care begins with trusting and having confidence in myself.

-Yashika Khandelwal, IXB



For me, self care begins with trusting people and keeping an honest relationship with everyone.

- Gaurav Sharma, IXA



For me, self-care begins from not giving up and to do everything that makes my parents proud.

- Jiya Yadav, IXB



For me, self-care begins with my +positive thoughts which help me during my hard times.

- Khushi Yadav, IXB



For me, self-care begins with a peaceful heart and a clear mind.

- Diya, IXB



For me, self-care begins with a quote "Haters keep a distance from me. Don't come between me and my success".

- Vaibhav, IXB



For me, self-care begins with doing things that improve my mood and ease anxiety and maintain optimal well-being .

- Vanshika Yadav, IXB



For me, self-care begins with, by surrounding myself with those people who stand with me in my challenging times.

- Komal Yadav, IXA



Money is important for us, but not more than our self-care. - Vansh Garg, IXB



For me, self-care is to ignore negativity and surround oneself with positive thoughts.

- Kavin K, IXB



Teacher's Perspective



**HEALTH IS A STATE OF BODY;
WELLNESS IS A STATE OF MIND**

Though both are interconnected, a healthy mind resides in a healthy body and a healthy body and healthy mind help us to achieve a healthy body. A healthy body results in a long life and wellness of mind help us to live a happy life, we cannot ignore the one for the other. -Deepanshu, SST teacher

"A HEALTHY MIND CAN LEAD YOU TO A HEALTHY BODY – AND A MUCH HAPPIER LIFE".

Health doesn't only mean a healthy body free from disease but much more than this one need to be energetic and productive as well.

-Mehak Sathya Puri, English teacher

True health infuses positive energy in the mind, body and spirit; it is a main focus in my life.

-Ranjana, Class 2 teacher

Health means so much more than freedom from disease. Through health optimization we work to prevent risk factors before they set it. While good health is implicit in the word vitality, it is a word that implies so much more; wellbeing, performance, energy and drive to name a few. If health is a state of body, wellness is a state of being. A goal we work toward regardless of age, for the ages as we help you discover your ageless vitality.

-Parul, Math's teacher

Good health and intelligent mind are two greatest blessings of life. Maintaining them is treasure to be kept.

-Kirti Gupta, Science teacher

शारीरिक, मानसिक और सामाजिक रूप से पूर्णतः स्वस्थ होना ही स्वास्थ्य है इसलिए हमें संतुलित भोजन और नियमित व्यायाम का संकल्प लेना चाहिए। धन- दौलत सब बेकार है, जब आपका स्वास्थ्य ही ठीक नहीं है। जिस व्यक्ति का स्वास्थ्य ठीक है, असल में वही धनी व्यक्ति है।

-Versha, Hindi teacher