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E-MAGAZINE

D.A.V. PUBLIC SCHOOL, PUNE

December 2024 Issue



CHRISTMAS CELEBRATION



STD- VI-VIII

VEER BAL DIWAS * December 23, 2024



As a nationwide celebration dedicated to honoring children as the foundation of India's future Veer Bal Diwas was celebrated by organizing different activities on topics like-
"Role of Children in Nation Building"
"My Vision for a Viksit Bharat"



ACTIVITIES ANNUAL FUNCTION NUR- STD II December 08, 2024



ACTIVITIES PICNIC

December 02 to 19, 2024



PARENT CHILD ACTIVITY Jr.KG.



ACTIVITIES OF STD- IV, VI-VIII

SOLO SONG COMPETITION

December 12, 2024



GREETING CARD MAKING COMPETITION

December 05, 2024



ADVERTISEMENT PRESENTATION COMPETITION

STD VIII

December 13, 2024



ACTIVITIES OF STD- IX & X

ADVERTISEMENT PRESENTATION COMPETITION

STD - X

December 18, 2024



ADVERTISEMENT PRESENTATION COMPETITION

STD - IX

December 19, 2024



CLASS ASSEMBLY

SWAMI SHRADDHANAND BALIDAN DIWAS

STD - I

December 17, 2024

STD - III December 23, 2024



STD VII- EK BHARAT SHRESHTHA BHARAT

December 17, 2024



FIELD VISIT TO GREEN TOKRI STD XII - GEOGRAPHY STUDENTS

December 08, 2024





SPORTS MEET

STD - IX to XII



December 17 to December 20, 2024



STUDENTS' ACHIEVEMENTS



Moakthika Singh of Std VII secured 1st Position in 500m Skating and 1000m Skating and bagged two gold medals in the U-14 Girls Skating Tournament at DAV National Sports.



**RISHABH ANUP- VI-C
ALL INDIA TENNIS
ASSOCIATION WINNER**

ART WORK DONE BY THE TEACHERS



By- Ms. Usha Parhe

TREASURE HUNT

One sunny afternoon, a group of children gathered in the park, excited for the day's adventure. Chris the oldest, had a special surprise planned: a treasure hunt!

“Are you ready?” Chris asked with a grin, holding up a small, weathered map. “There's a treasure hidden somewhere in the park, and it's up to you to find it!”

All the children cheered and rushed off in different directions, searching high and low. They checked under the benches, behind the trees, even inside the slide. As they explored, they found the clues- a shiny rock, a colourful feather, a piece of ribbon-leading them closer to the treasure.

Finally, after much searching little Ben spotted something glimmering under a bush. He dug carefully and pulled out a small chest. “I found it”, he shouted.

The children gathered around, their faces lighting up as Chris opened the chest. Inside, instead of gold or jewels, were dozens of colourful balloons tied together. Each balloon had a note attached with a kind message: “You are brave!” “You are kind”.

The children laughed and cheered, realizing the true treasure wasn't something that they could hold, it was the happiness that they shared together.

BY- SOHAM J RANE, VIII B

VOICES OF THE SCHOOL

PROTEIN SUPPLEMENTS - A NEED OR A FAD

I overheard a conversation about protein powders amongst the group of students. People always talk about protein and its health benefits. Recently, youth has started showing interest in protein diet. Protein is an essential macronutrient for various bodily functions. It is basically a tissue building and repairing one. It helps to form antibodies to defend against infections and supporting the immune functions. It is also important for boosting metabolism by providing enzymes and hormones and reducing fatigue.

Currently a craze around protein rich diet is due to increased interest in fitness and muscle building. This has resulted in obsession for neglecting other essential micronutrients and taking supplements without reason.

Adequate intake of protein benefits body for muscle growth, bone health, improved immunity as well as weight management. General recommendation is 0.8 grams of proteins per kilograms of body weight. Bodybuilders and athletes can have 1.2 to 1.6 grams of protein per kilogram of body weight.

There are two types of sources of protein. One is plant-based protein that includes beans, lentils, nuts, seeds, whole grains, soya products and the other one is animal-based protein like meat, poultry, fish, eggs, dairy products etc.

Protein needs of an individual depend on age, gender and lifestyle of a person.

Protein deficiency results in muscle wasting and weakness, fatigue and lethargy, hair loss and skin problems, increased risk of infection etc.

On the other hand, excessive intake leads to dehydration, kidney strain, nutrient imbalance.

According to the dietitians everyone doesn't need protein powder or supplements. If your diet is unable to fulfill the protein requirement then taking protein supplements with the expert's guidance is suggested. Usually, basic food items having either plant or animal-based proteins are sufficient for the daily need of protein for everyone.

By - Ms. Meenakshi Maitre
TGT (Science)