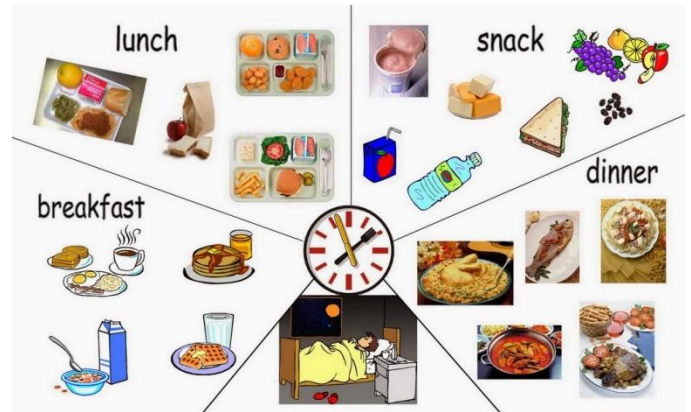


# IHS REPORTER

## ARTICLE OF THE MONTH: BALANCE DIET

A balanced diet is important because your organs and tissues need proper nutrition to work effectively. Without good nutrition, your body is more prone to disease, infection, fatigue, and poor performance. Children with a poor diet run the risk of growth and developmental problems and poor academic performance, and



bad eating habits can persist for the rest of their lives. The major nutrients that our body needs are proteins, carbohydrates, and fats. These provide the body with energy for various functions like beating of heart, activity of muscles and brain, etc. In addition, the body needs vitamins and minerals for its optimal functioning. To get a balanced diet and nutrition, it is important to choose foods from all food groups (cereals, pulses, poultry and meat, milk and milk products, fruits and vegetables).

## OLD AGE HOME VISIT



The students of IHS got an opportunity to visit an old age home on 8th August. Students entertained them with few songs and poems and also gifted them self-made cards and



refreshments. They succeeded in bringing smile on dejected and glum faces. It was a wonderful experience and an opportunity to discover empathy within ourselves.

## PAINTING COMPETITION

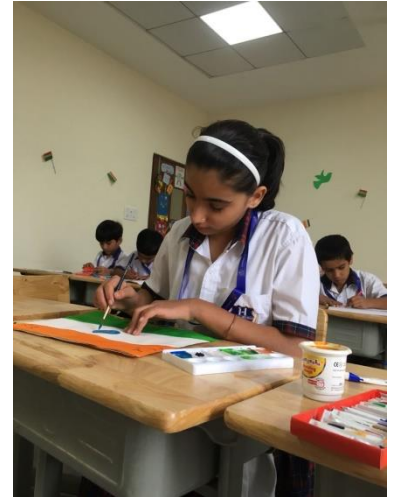


*“Every child is an artist”*

*Pablo Picasso.*

Keeping this in mind and to explore the creative potentials in the young minds of children a painting competition was conducted on 13th

August. The theme was “Independence Day”. Painting is both constructive and enjoyable. The more the children play with colours and paper, the more creative and imaginative they are. It boosts their confidence and plays a role in the development of social skills. Students came up with amazing art work. This fun filled competition witnessed an enthusiastic participation by all the students.



## KITE FLYING



Keeping the spirit of freedom in mind IHS organized the kite flying activity on

14th August’18.

This vanishing art of kite flying was enjoyed a lot by the students.



## INDEPENDENCE DAY CELEBRATION



72nd Independence Day was also celebrated on 15th August'18 with great pride and enthusiasm in the school premises. The great martyrs and freedom fighters were paid homage for giving us a free



country to live and prosper. A scintillating dance performance and few patriotic songs were presented by the shining stars of IHS. It was mesmerizing. The function was concluded by words of wisdom by our revered Principal Ms. Indu Paruthi and chocolates were distributed to the students. Indeed, it was a day to love and respect our country and to take a pledge to make it a better place to live.

## RAKHI MAKING ACTIVITY AND CELEBRATION



“Raksha Bandhan” is a special occasion to celebrate the bond between brother and sister symbolized by the tying of a holy thread “Rakhi” around the wrist of brother. On 21st of August the shining stars of IHS participated in the rakhi



making activity with great zeal and made beautiful, colourful rakhi's. On 24th of



August a special assembly was conducted in which children sang songs depicting the love between brother and sister. Sisters tied rakhi on their brother's wrist and shared chocolates. It was a fun filled day celebrating the festival of “knot of protection and love”.

## NATIONAL SPORTS DAY

*Healthy Body + Healthy Mind = Happy Life*



Fitness 365 and FICCI organized an art competition with the theme “Hum Fit



Toh India Fit” celebrating the National Sports Day on 29th August’18. This day is celebrated as the birthday of Major Dhyhan Chand – one of the most respected legendary figures in Indian and world hockey. Students of IHS participated and depicted different sports on the sheets using their creativity and imagination. They also took a pledge on the National

Sports Day to contribute in building of healthy and physically fit nations.

## JANMASHTAMI CELEBRATION



Janmashtami is also known as- Krishnashtami, Gokulashtami, Ashtami, Rohini, Srikrishna Jayanti celebrated in the month of Saavan and marks the birth of Lord Vishnu.



It was celebrated with great zeal and pomp on 31 August. Children came dressed as Krishna, Radha Sudama and other characters. They celebrated the occasion by dancing on songs like “ Radha kaise na jale”, “Maiya Yashoda” and many more.

They also made a flute by using newspaper and other decorative items where they learnt the “Concept of Recycling”. It was surely a treat to eyes and a day to remember for all.