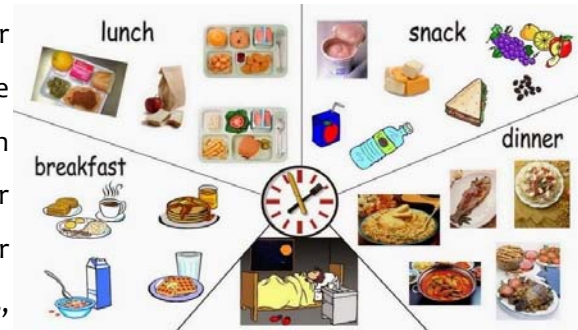


ARTICLE OF THE MONTH: BALANCED DIET

A balanced diet is important because our organs and tissues need proper nutrition to work effectively. Without good nutrition, our body is more prone to diseases, 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, 2018**. Students entertained the inmates with few songs and poems. The students also gifted them hand-made cards and shared refreshments with them. They succeeded in bringing smile on the faces of the elderly residents. 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 organized on **13th August, 2018**. The theme was “Independence Day”. Painting is both a constructive and an enjoyable art form. The more the children play with colors, the more creative and imaginative they become. 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



In keeping with the spirit of freedom in mind, IHS organized a kite flying activity on **14th August, 2018**.



This traditional art of kite flying was enjoyed by the students.



INDEPENDENCE DAY CELEBRATION



72nd Independence Day was celebrated on **15th August, 2018** with great pride and enthusiasm in the school premises. The great martyrs and freedom fighters were paid homage for giving up their lives so that we could breathe in a free country. A scintillating dance performance and a few patriotic songs were presented by the shining stars of IHS. It was heartwarming to see students performing with a patriotic fervor. The function was concluded with a speech by our Principal, Ms. Indu Paruthi. Chocolates were distributed to the students to mark the happy occasion.

RAKHI MAKING ACTIVITY AND CELEBRATION

“Raksha Bandhan” is a special occasion to celebrate the bond between brother and sister which is symbolized by the tying of a holy thread “Rakhi” around the wrist of brother. On **21st August, 2018**, the students of IHS participated in the Rakhi – making activity with a lot of enthusiasm. They made beautiful Rakhis.

On **24th August, 2018**, 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 day of 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 2018. This day is celebrated on the birthday of Major Dhyan 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 Krishna.



It was celebrated with great enthusiasm on **31st August, 2018**. Children came dressed as Krishna, Radha, Sudama and other mythological characters. They celebrated the occasion by dancing on songs like “Radha kaise na jale”, “Maiya Yashoda” etc. They also made flute by using old newspapers and other decorative items and learnt the “Concept of Recycling”.

