



M Monday	Maharashtra Day Labour Day	1	8	15	22	SUMMER VACATION	29	<div>NOTE</div>
T Tuesday		2	9	16	23		30	
W Wednesday		3	10	17	24		31	
T Thursday		4	11	18	25	VISITING HOURS ADMINISTRATIVE OFFICE 10.30 A.M. to 1:30 p.m. (On All Working Days) SCHOOL TIMINGS Grade Pre-Nur to II 9.00 A.M. to 1.00 P.M. Grade III onwards 8.00 A.M. to 2:30 P.M. MEETING THE PRINCIPAL (WITH PRIOR APPOINTMENT) 10.30 A.M. to 11:30 A.M. On all Working Days.		
F Friday	Buddha Purnima	5	12	19	26			
S Saturday	Result Declaration (III to VII) Summer Vacation Begins [III-VII]	6	13	20	27			
S Sunday		7	14	21	28	<div> DPS Mobile App</div> <div> DPS Nagpur Mobile App</div>		

ASSESSMENT (I-II)

(CR1- III TO VIII)

RT (IX)

PT (IX & X)

PT (III - VIII)

RT (IX)

QT (XII)

QT (XI)

HYE (III-VIII & XI)

HYE (IX, X & XII)

AE (XI)

AE (VIII & IX)

AE (III-VII)

PBE (X)

PBE (XII)

Second and last Saturdays are holidays for all students

All Saturdays are holidays for Pre-school only

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Our two branches of DPS Nagpur

JULY 2023

DPS
Kamptee Road

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MIHAN

7

ACTIVITY LIST

MONTHLY
MISSION
VISION
VALUES
GOALS
OBJECTIVES
KEY
POINTS
NOTES
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M	31	3	10	17	24
T	VISITING HOURS MONDAY 10:00 AM - 12:00 PM TUESDAY 10:00 AM - 12:00 PM WEDNESDAY 10:00 AM - 12:00 PM THURSDAY 10:00 AM - 12:00 PM FRIDAY 10:00 AM - 12:00 PM SATURDAY 10:00 AM - 12:00 PM SUNDAY 10:00 AM - 12:00 PM	4	11	18	25
W	DPS MIHAN Mobile App DPS Nagpur Mobile App	5	12	19	26
T	National Doctor's Day World Youth Skills Day Founder's Day & Inauguration Ceremony (MIHAN)	6	13	20	27
F	World Sports Journalists Day	7	14	21	28
S	1	8	15	22	29
S	2	9	16	23	30

NOTE

- ASSESSMENT (I-IV)
- PT (IX & X)
- QT (XI)
- HYI (III-IV & X)
- AE (XI)
- PSE (XI)
- (CRS - II TO VII)
- PT (III - VII)
- QT (IX)
- HYI (IX, X & XI)
- AE (VIII & IX)
- PSE (XII)
- RT (IX)
- AE (III-IV)

ACTIVITY LIST

[illegible]

M Monday	 DPS Nager Mobile App	7	14	21 Magganatham Day	28
T Tuesday	● PT-1 (8 A.M.) ● QRT-1 (8 TO 10) ● QT-1 (30)	1	8	● PT-1 (8 A.M.) ● QT-1 (30)	22 National Sports Day
W Wednesday	● PT-1 (8 A.M.) ● QRT-1 (8 TO 10) ● QT-1 (30)	2	9	● PT-1 (8 A.M.) ● QT-1 (30)	23 Raksha Bandhan
T Thursday		3	10	● PT-1 (8 A.M.) ● QT-1 (30)	24 Gandhi Day
F Friday		4	11	● PT-1 (8 A.M.) ● QT-1 (30)	25
S Saturday	PTM (8 TO 10)	5	12	● PT-1 (8 A.M.) ● QT-1 (30)	26
S Sunday		6	13	20 Gandhiana Day	27

NOTE

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CONTACT: DR. JENNIFER L. HARRIS
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ASSESSMENT (I-IV)
 PT (IX & X)
 QT (XX)
 HYD (III-IV & X)
 AE (XI)
 PSE (XI)

(CR)- III TO VII
 PT (III - VII)
 QT (XI)
 HYD (IX, X & XII)
 AE (VIII & IX)
 PSE (XII)

RT (IX)
 AE (III-VII)

SEPTEMBER 2023

ACKNOWLEDGMENTS

[illegible]

M Monday	VISITING HOURS ADMINISTRATIVE OFFICE 8:00 A.M. to 1:00 P.M. (2nd-4th Floor, 2nd Floor) GENERAL OFFICE 8:00 A.M. to 1:00 P.M. (2nd-4th Floor, 2nd Floor) ADMISSIONS OFFICE 8:00 A.M. to 1:00 P.M. (2nd-4th Floor, 2nd Floor)	4	11	18	25		
T Tuesday		Teachers' Day	5	12	19	World River Day World Environment Health Day CRD - 8:00 A.M. to 1:00 P.M. (2nd-4th Floor, 2nd Floor)	
W Wednesday	DPS MIHAN Mobile App 	6	13	20	27	World Teachers Day CRD - 8:00 A.M. to 1:00 P.M. (2nd-4th Floor, 2nd Floor)	
T Thursday	DPS Nazim Mobile App 	International Day of Girl (2nd-4th Floor, 2nd Floor)	World Day of Girl (2nd-4th Floor, 2nd Floor) POLA	14	21	28	World Day of Girl (2nd-4th Floor, 2nd Floor)
F Friday	1	World Literacy Day	8	15	22	29	World Heart Day CRD - 8:00 A.M. to 1:00 P.M. (2nd-4th Floor, 2nd Floor)
S Saturday	2	FTM (8:00 A.M. to 1:00 P.M.)	9	16	23	30	
S Sunday	3	10	17	24			

NOTE

● **RESEARCHER'S ROLE**

● **Can you tell me**

● 11月16日 星期日

1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 26

● **INTRODUCTION**



● **EST 2011**

THE UNIVERSITY OF CHICAGO

1998, 1999, 2000

Form

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ACTIVITY LIST

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M Monday	 DPS MOHAN Mobile App Download Now	CUA-1(I) & (I) HYA (30 - 30)	6	13	Diwali Vacation	20	27
T Tuesday	 DPS Nagpur Mobile App Download Now	CUA-1(I) & (I)	7	14		21	28
W Wednesday	HYA (30 - 30)	CUA-1(I) & (I) HYA (30 - 30)	8	15		22	29
T Thursday	CUA-1(I) & (I)	Diwali Vacation	9	16	Diwali Vacation	23	30
F Friday	CUA-1(I) & (I) HYA (30 - 30)		10	17		24	
S Saturday	CUA-1(I) & (I)		11	18		25	
S Sunday	5	Laxmi Pujan	12	19	Constitution Day	26	VISITING HOURS ADMINISTRATIVE OFFICE 10.30 AM to 1.30 PM (Day of Working Day) SCHOOL TEACHER 8.30 AM to 1.30 PM 3.30 PM to 5.30 PM (Day of Working Day) RECEPTION AND RECORDS 10.30 AM to 11.30 AM (Day of Working Day)

NOTE

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Abstract

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ASSESSMENT (I-IV)
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 QT (XX)
 HT (III-IV & X)
 AE (XI)
 PHE (XI)



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Abstract: The purpose of this study was to determine the effect of a 12-week training program on the physical and psychological health of sedentary, middle-aged women. The study was conducted in a community-based setting. The participants were 30 women, aged 40-50 years, who were sedentary and had no history of cardiovascular disease. They were randomly assigned to either a control group (n=15) or an exercise group (n=15). The exercise group participated in a 12-week training program consisting of three sessions per week, each lasting 30 minutes. The sessions included aerobic exercise, strength training, and flexibility exercises. The control group did not participate in any exercise program. Data were collected at baseline and at the end of the 12-week period. The results showed that the exercise group had significantly higher levels of physical fitness and lower levels of psychological stress compared to the control group at the end of the 12-week period. The findings suggest that a 12-week training program can improve the physical and psychological health of sedentary, middle-aged women.

2012年12月14日 星期四
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10.1002/9781118471996.ch101
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1. The first step is to identify the problem.

doi:10.1007/s10687-011-9240-1

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Journal of Internal Medicine 255: 103–110
DOI: 10.1111/j.1365-2796.2003.01300.x

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Second and last Saturday



	M Monday	T Tuesday	W Wednesday	T Thursday	F Friday	S Saturday	S Sunday
	 DPS Mobile App Download Now	 DPS Nagpur Mobile App Download Now	VISITING HOURS ADMINISTRATIVE OFFICE 9:30 AM - 4:30 PM (Closed on Wednesdays) GENERAL INQUIRY 9:30 AM - 4:30 PM (Closed on Wednesdays) ADMISSIONS OFFICE 9:30 AM - 4:30 PM (Closed on Wednesdays)	Dr. Anil Kumar Mathematics and IT	Dr. Anil Kumar Mathematics and IT	Dr. Anil Kumar Mathematics and IT	Dr. Anil Kumar Mathematics and IT
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31

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Our two branches of DPS Nagpur

JANUARY 2024

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ACTIVITY LIST

1st JANUARY
 School Day
2nd JANUARY
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M	Christmas Vacation	1	8	15	22	29
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W	3	10	17	24	31	
T	4	11	18	25		
F	5	12	19	26		
S	6	13	20	27		
S	7	14	21	28		

NOTE

NOTING HOURS
 10:30 AM to 12:30 PM
 1:30 PM to 3:30 PM
 4:30 PM to 6:30 PM
 7:30 PM to 9:30 PM
 10:30 PM to 12:30 AM

DPS MIHAN
Mobile App

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Mobile App

- ASSESSMENT (I-IV)
- PT (IX & X)
- QT (XI)
- HT (XI & XII)
- AE (XI)
- PSE (XI)
- (GR) - (I TO VII)
- PT (III - VIII)
- QT (XII)
- HT (IX, X & XI)
- AE (VIII & IX)
- PSE (XII)
- RT (IX)
- AE (XII)

Second and last Saturdays are holidays for all students

All Saturdays are holidays for Pre-school only



M	30	2	9	16	23	NOTE
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ASSESSMENT (A-H)
(CR1-16 TO YH)
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PT (H & X)
PT (H - VIO)
IT (00)

QT (00)
QT (00)
QT (00)

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HYE (X, X & X)
HYE (X)

AE (X)
AE (VH & X)
AE (H-M)

PDE (X)
PDE (00)
PDE (00)

Second and last Saturdays are holidays for all students

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