



***SOUTH DELHI PUBLIC SCHOOL***

***THE ACHIEVER***

---

MONTHLY SCHOOL MAGAZINE, JULY 2024 • VOL 40 • ISSUE 67

---

## EDITORIAL COLUMN



---

*Dear Readers*

***Greetings to you all!***

*As the school doors swing open once again, we are thrilled to welcome each and every one of you back from what we hope was a restful and exciting vacation. Whether you spent your break exploring new places, diving into hobbies, or simply relaxing at home, we are eager to hear all about your adventures and achievements!*

*The excitement in the halls is building up for your comeback. Embrace the opportunities that come your way, and don't hesitate to reach out to your teachers, friends, and fellow students for support and encouragement. We're all here to help each other succeed and make this year truly remarkable.*

*Let's all continue the vigor and excitement from our vacation. Let's go into each day eager to learn, grow, and make the most of every second by keeping an open mind and an optimistic outlook.*

*Every vacation offers us a new start where we all can give ourselves a fresh start to achieve big.*

*Welcome back, students. We're so glad to have you here with the latest edition of our newsletter which will enlighten you all with activities that took place during this month. We hope you will enjoy going through it and being a part of it.*

***Happy Reading :))***

***Warm Regards!***

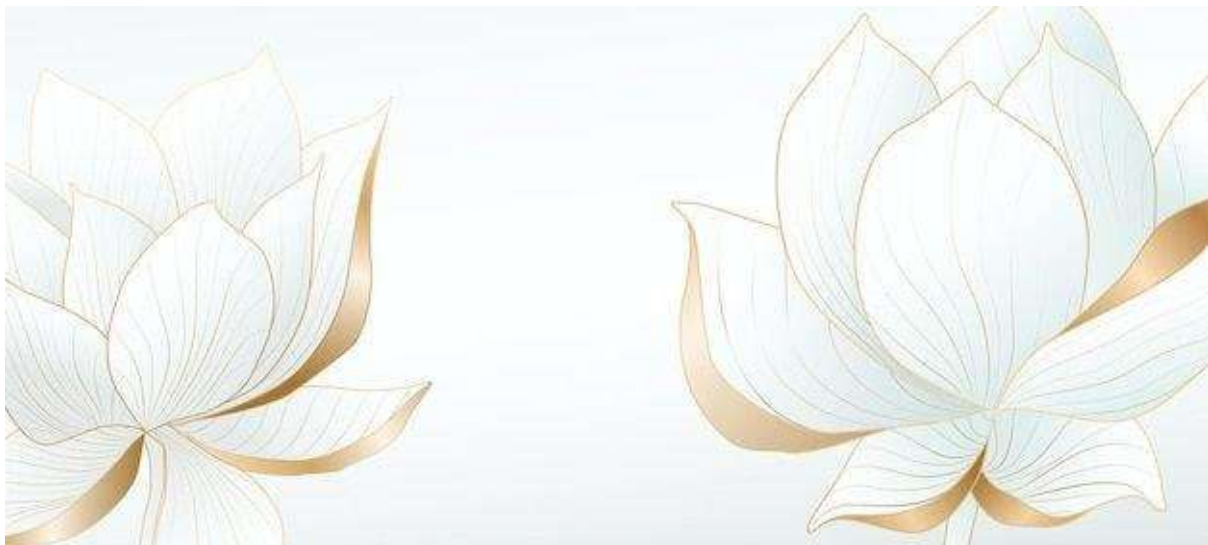
***The Editorial Team***

---

## DIARY DATES



## FROM THE PRINCIPAL'S DESK





---

*Dear students and Parents*

*Greetings from South Delhi Public School!*

*Hope you all had a wonderful summer vacation filled with relaxation, adventure and cherished moments with loved ones. Now it's time to focus on new goals and opportunities. We are here to support each other in a journey of growth and learning. Let us make this year extraordinary by working hard and staying curious.*

*As we embark on this new journey together, I encourage you to embrace the spirit of curiosity, creativity and resilience. Let us make this year one to remember filled with learning, laughter and unforgettable experiences.*

*The teachers at SDPS will endeavor their best and help the students to achieve success in academic, sporting as well as cultural aspects of education and groom their personalities in such a way that they walk tall and strong for their entire life.*

*However, what is most important is that the students themselves must take all actions to further their education. Our students too are beginning to realize that they cannot merely sit back and expect the teachers to do everything for them. They are realizing the importance of self-motivation and are prepared to help themselves.*

*"Help" four letters that mean so much. Only when we learn to help ourselves, we can help others. Hence, I expect my students to make a serious and dedicated effort to improve their learning and set high goals for themselves. To achieve high, one must aim high. Keep doing your bit and be benevolent to the needs of your family and friends. Be alert to the needs of the environment and mother nature.*

*Best Wishes*

*Jyotsna Jain*

*Principal*

---

## STARS OF THE MONTH





## RAINY SEASON



## Rain is Falling Down

---

*The clouds are grey*

*The sky is dark*

*We must stay in*

*Can't go to the park*

*The rain on fall steadily*

*Softly all around*

*But sometimes it falls loudly*

*Making puddles on the ground*

*With raincoats and boots*

*We head through the rain*

*Watching at the drops*

*Feed the trees and terrain*

*Bringing new life*

*And helping the earth*

*We're thankful for the rain*

*As bring it rebirth*

*Dripping and dropping*

*As we huddle together*

*Colorful umbrellas go up*

*To protect from the weather*

*As the sun slowly comes out*

*A rainbow we can see*

*We need to thank the rain*

*For keeping our world clean*

*Rishika Tank*

*3-B*

---

## **\*Value of Time\***



---

*Time is precious,*

*Don't let it pass by*

*For once it's gone*

*There's nothing but to cry.*

*So be strong and hold some*

*Give some and take some*

*Time is water,*

*Don't let it dry*



*For once it's gone,*

*There's nothing but to cry.*

*So be quick and keep some*

*Use some and gain some.*

*Time is money,*

*Don't let it fly*

*For once it's gone,*

*There's nothing but to cry*

*So be wise and grasp some*

*Use some and gain some.*

*Time is precious,*

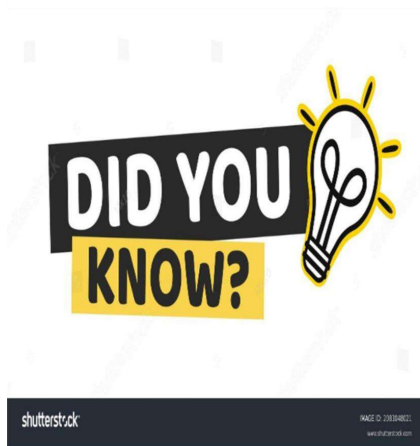
*Don't let it pass by*

*For once it's gone*

*There's nothing but to cry.*

**Zobbia**

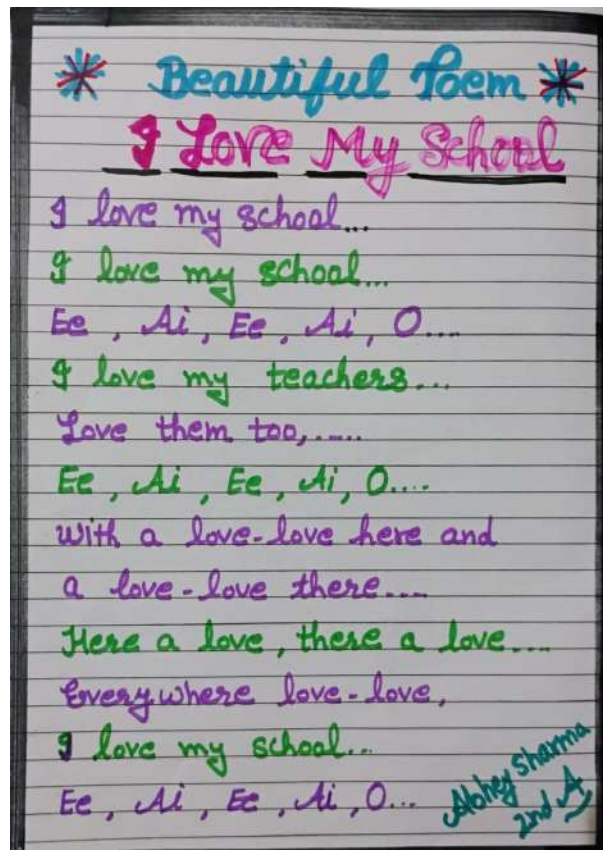
## FACTS RELATED TO ENGLISH



1. The most Common letter in English is “e”
2. Every syllable in English must have vowel ( sound ) .Not all syllables have consonants.
3. Only two English words in current use end in “-gry”. They are ”angry” and ”hungry”.
4. The word “bookkeeper” (along with its associate “bookkeeping”) is the only unhyphenated English word with three consecutive double letters. Other such words, like “sweet-toothed”, require a hyphen to be readily readable.
5. A sentence that contains all 26 letters of the alphabet is called a “pangram”.
6. A word formed by joining together parts of existing words is called a ”blend” (or, less commonly, a ”portmanteau word”). Many new words enter the English language in this way. Examples are ”brunch” (breakfast + lunch); ”motel” (motorcar + hotel); and ”guesstimate” (guess + estimate). Note that blends are not the same as compounds or compound nouns, which form when two whole words join together, for example: website, blackboard, darkroom.
7. If we place a comma before the word “and” at the end of a list, this is known as an “Oxford comma” or a “serial comma”. For example: “I drink coffee, tea, and wine.”
8. There are only 4 English words in common use ending in “-dous”: hazardous, horrendous, stupendous, and tremendous.
9. We pronounce the combination “ough” in 9 different ways, as in the following sentence which contains them all: “A rough-coated, dough-faced, thoughtful ploughman strode through the streets of Scarborough; after falling into a slough, he coughed and hiccoughed.”
10. The shortest complete sentence in English is the following. “I am.”

Yukta Choudhary

9th A



## World Nature Conservation Day

---

World Nature Conservation Day is observed on 28 July every year to recognise that a healthy environment is a foundation for a stable and productive society and for future generations. We must protect, conserve and sustainably manage our natural resources.

---



## International Tiger Day



---

*International Tiger Day is observed on 29th July to raise awareness for tiger conservation and first coined in 2010 at the Saint Petersburg Tiger Summit. The main significance of the day is to promote a global awareness for the protection of the natural habitats of tigers and to raise public awareness and support for tiger conservation issues.*

---











## National Tiger Day (Poem)

---

*In forests deep, where shadows play,*

*A majestic creature rules the day,*

*With stripes of orange, black as night,*

*The tiger roams, a wondrous sight.*

*Its eyes burn bright, like stars above,*

*Its roar resounds, a symbol of love,*

*For freedom, wild, and untamed space,*

*The tiger's spirit, we must embrace.*

*But habitats shrink, and numbers fall,*

*The tiger's future, we must stand tall,*

*Protect and preserve, we must strive,*

*For the tiger's survival, we must thrive.*

*On National Tiger Day, we pledge anew,*

*To safeguard their world, for me and you,*

*Let's join hands, to ensure their might,*

*And keep the tiger's spirit, burning bright.*

**Sarthak**

**6 B**

---

## International Friendship Day



---

*International Friendship Day is celebrated on 30 July to mark the importance of friends and friendship in life. The day also advocates the role that friendship plays in promoting peace in several cultures across the world.*

*Students of classes 4&5 participated in a friendship band& crown -making activity organized for Friendship Day. The aim was to encourage students to express their creativity and strengthen their bonds with classmates. The students shared ideas, helped each other with knots, and exchanged materials to make their bands& crowns. This activity allowed them to showcase their artistic skills and emphasized the value of friendship, cooperation, and teamwork.*

---



















---

*"Friendship is the only cement that will ever hold the world together."*

---

## POLLUTION

---

*Pollution is a big problem that happens when harmful things get into the air, water, and land around us. It can be from factories, cars, or even how we throw away our trash. Pollution is not good because it can make people and animals sick and can even change the weather.*

*Parikshit Sagar*

*Class 3rd B.*

---

## Activities Report for Class 2

### 1. **Topic:** Drawing 5 Neighbourhood Places



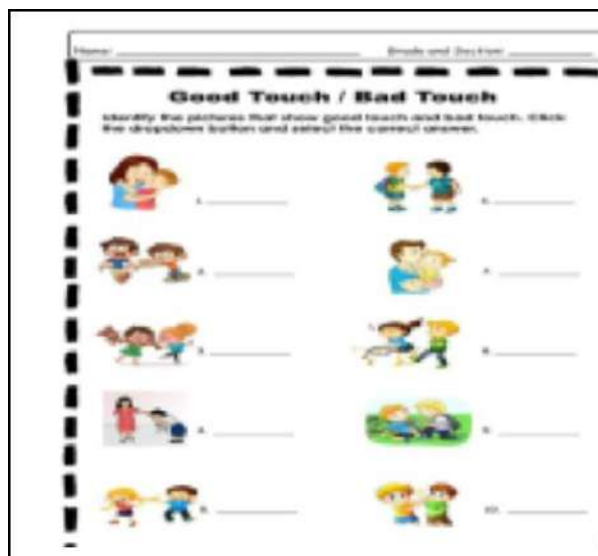
---

**Date:** 5th July 2024

*On 5th July 2024, an engaging drawing activity focused on "Neighbourhood Places" was organized. Students were asked to draw and label five important places in their neighbourhood, such as the fire station, post office, park, school, and hospital. Teachers provided guidance on basic drawing techniques and the significance of these places. The activity aimed to enhance students' observational skills, creativity, and awareness of their surroundings. The students displayed enthusiasm and creativity in their drawings, showcasing a variety of vibrant and detailed representations of their neighbourhoods.*

---

## 2. Topic: Good Touch Bad Touch



---

**Date:** 11th July 2024

*On 11th July 2024, a crucial educational session on "Good Touch Bad Touch" was conducted. Teachers explained the difference between safe and unsafe touches to the students through interactive storytelling and role-playing.*

*Visual aids and child-friendly activities were utilized to make the concept clear and relatable. The session aimed to empower students to recognize inappropriate behaviour and confidently report it to trusted adults. Students actively participated and asked questions, demonstrating their understanding and awareness.*

---

## 3. Topic: Key-Chain making Activity

---

**Date:** 12th July 2024

*On 12th July 2024, an art and craft activity was organized where students used "Mould It" clay to create and paint rainbow key chains. The activity aimed to enhance creativity, fine motor skills, and artistic expression.*

**Activity Details:**

---

- **Materials Used:** "Mould It" clay, keychain rings, acrylic paints, paintbrushes, and palettes.



- **Process:**

- 
- Students moulded clay into rainbow shapes and attached keychain rings.
  - After drying, students painted their keychains with vibrant colours.
  - Teachers guided students on shaping and painting techniques.
- 

---

*The rainbow keychain activity was a success, fostering creativity and skill development while providing a fun and engaging experience for the students.*

---





#### 4. **Topic:** Show and Tell Activity Based on Fruits and Vegetables

---

*Date:* 19th July 2024

---



---

On 19th July 2024, a "Show and Tell" activity focused on fruits and vegetables was conducted. Each student came dressed as a fruit or vegetable and presented it to the class by speaking 5 lines on it, such as sharing interesting facts about its nutritional value, origin, and benefits. Teachers facilitated the activity by encouraging students to speak confidently and ask questions. Few Students also performed in front of Director ma'am and were very well appreciated by her. This activity aimed to enhance public speaking skills, knowledge about healthy eating, and peer learning. The students enjoyed sharing their favourite fruits and vegetables and learned from each other's presentations.

---







## Conclusion

---

*The activities conducted in July 2024 were designed to foster important life skills, creativity, and knowledge among students. The "Good Touch Bad Touch" session raised awareness about personal safety, the drawing activity encouraged artistic expression and community awareness, and the "Show and Tell" session promoted healthy eating habits and public speaking. The students participated actively and showed significant engagement and enthusiasm in all activities. These sessions have contributed positively to their overall development.*

---

## QUIZ COMPETITION REPORTS

---

*History quiz was conducted on 19th July 2024 in class XI arts. In the competition, three different teams with equal participants, named TEAM A, TEAM B, TEAM C gave tough competition to each other. Rules and regulations were explained in the beginning. The students showcased their brilliance*

*by rapidly answering the questions. Though some of the questions were tricky, the teams tried to answer them with confidence. Team B scored the highest marks. It was very informative and knowledge enriching competition for the class.*

---





---

*The Intra-Class Science Quiz Competition was held on July 19, 2024, involving students from Classes 9 and 10. The primary aim of the quiz was to inculcate a scientific aptitude in students, encouraging them to delve deeper into the fascinating world of science. The students participated enthusiastically, demonstrating their knowledge and keen interest in various scientific concepts. Overall, the event was a great success, with students enjoying the challenge and showcasing their scientific insight*

---





## PUPPET SHOW





---

*Puppetry is a form of theatre or performance that involves the manipulation of puppets by a human called the puppeteer.*

*Children are more open to learning when they are having fun, and a puppet show offers an entertaining approach to introducing new concepts to children. Puppets can act as role models for behavior and emotional regulation, and they can boost communication skills through structured and playful teacher-led opportunities.*

*The puppet show by HT was enjoyed by students of classes 3,4 &5*

---



## Workshop Report: Menstrual Health and Hygiene



---

*Date: July 11 Audience: Class 6 to 8 Girls*

*On July 11, a workshop on Menstrual Health and Hygiene was conducted for girls in classes 6 to 8. The session aimed to provide essential information and promote understanding about menstrual health, ensuring the students feel informed and empowered.*

*The workshop covered the following key areas:*

*Understanding Menstruation: Explanation of the menstrual cycle and its phases. Hygiene Practices: Importance of maintaining hygiene during menstruation, including the use of sanitary products and proper disposal methods. Emotional Well-being: Addressing the emotional aspects of menstruation and providing strategies to manage discomfort and mood changes. Q&A Session: An open forum for students to ask questions and clarify doubts in a comfortable environment.*

*Overall, the workshop was a success, with the girls feeling well-informed and empowered.*

---

## Article on Girl Child Health

---

*\*Introduction:\**

*The health and well-being of girl children are crucial for their growth, development, and future prosperity. Unfortunately, girls worldwide face unique health challenges, often exacerbated by gender disparities, socio-economic factors, and cultural norms. This article delves into the critical aspects of girl child health, highlighting key issues, solutions, and strategies for empowerment.*

*\* \*Health Issues:\*\**



1. *\*Nutrition and Malnutrition:*\* Girls are more vulnerable to malnutrition, affecting their physical and mental development.2. *\*Menstrual Health:*\* Lack of access to sanitary products, hygiene facilities, and awareness leads to health risks and stigma.3. *\*Reproductive Health:*\* Early marriage, teenage pregnancy, and limited access to reproductive healthcare compromise girls' health and future.4. *\*Mental Health:*\* Gender-based violence, discrimination, and societal pressure impact girls' mental well-being.5. *\*Infectious Diseases:*\* Girls are disproportionately affected by diseases like malaria, HIV/AIDS, and tuberculosis.

*\*Solutions and Strategies:*\*

1. *\*Education and Awareness:*\* Empower girls through health education, promoting informed decisions and self-care.2. *\*Access to Healthcare:*\* Ensure affordable, quality healthcare services, including reproductive and mental health support.3. *\*Nutrition and Hygiene:*\* Implement initiatives promoting balanced diets and proper hygiene practices.4. *\*Community Engagement:*\* Involve families, communities, and leaders in advocating for girl child health.5. *\*Policy and Legislation:*\* Strengthen laws and policies protecting girls' rights, health, and well-being.6. *\*Empowerment Programs:*\* Support girls' economic empowerment, life skills development, and leadership opportunities.

*\*Conclusion:*\*

Prioritizing girl child health is essential for building a healthier, more equitable society. By addressing the unique challenges girls face and implementing comprehensive solutions, we can empower them to reach their full potential. Collective efforts from governments, organizations, communities, and individuals are necessary to ensure girl child health and well-being.

*\*Call to Action:*\*

Join the movement to empower girl child health! Support initiatives, advocate for policy changes, and educate yourself and others.

*\*\*Together, let's unlock the potential of girls and shape a brighter future\* !*

**Apeksha**

**7 B**

---

## Intra-class English Debate Competition

---

To hone the public speaking skills of the students and teach them to be articulate while expressing their thoughts and opinions, an Intra-class Debate Competition in English was organized on 5th July, 2024, for the students of Classes VI -VIII. Two speakers from each house spoke eloquently on the

topic while battling with their wits on the proposition, "Is Homework necessary for students?" The debate competition helped the students to boost their confidence and remove the fear of speaking in public. The teams were well prepared and undoubtedly convinced the audience of their beliefs and views. They exhibited great oratory skill. The competition was an enthralling experience for the speakers as well as the audience.

---





## SUMMER HOLIDAY HOMEWORK EXHIBITION



























## INSHORTS



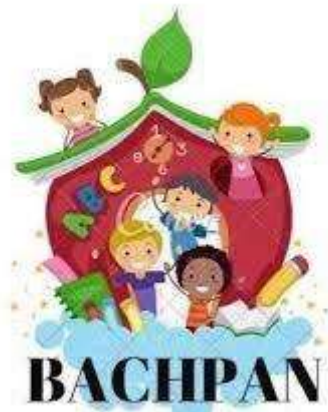
- BJP wins the Lok Sabha elections.
- Budget 2024 was announced on 23rd July 2024.
- Giorgia Meloni wins European parliament elections, becomes largest political force in EU.

- Joe Biden drops out of US presidential race.
- Chipko movement 2.0. Hundreds of people join hands to save 27k trees in Bhopal.
- KKR wins the IPL 2024.
- Argentina wins the Copa America title.
- Spain are the champions of Europe as they win the Euro Cup 2024.
- India wins T20 world cup. Rohit Sharma, Virat Kohli and Ravindra Jadeja retire from T20 format.
- Gautam Gambhir appointed as new BCCI coach.
- Paris Olympics starts from 26 July 2024.

## मन की उड़ान



## बचपन



---

ऐसा प्यारा हो सबका बचपन,

सुंदर यादों से सजा हो बचपन ।

स्कूल की शरारतों से भरा हो बचपन,

कुछ अच्छी यादों से सजा हो बचपन ।

कुछ नया सिखाकर आगे बढ़ाए बचपन,

मुड़कर पीछे देखें तो जी ललचाए बचपन ।

बड़े होने पर भी भूल न पाए बचपन,

फिर से जीने को दिल चाहे बचपन ।

क्यों न अच्छे से जीए अपना बचपन,

जब याद करें तो दिल खुश कर जाए बचपन ।

**आहिल**

**कक्षा 5 स**

**\*\*बरखा\*\***



गर्मी से बेहाल हैं सारे बरखा चाहें सब बेचारे।

झूम झूम जब बादल आए दिल में नई उमंग जगाए।

नभ में जब घटाएँ छाए चेहरे सबके खिल खिल जाए।

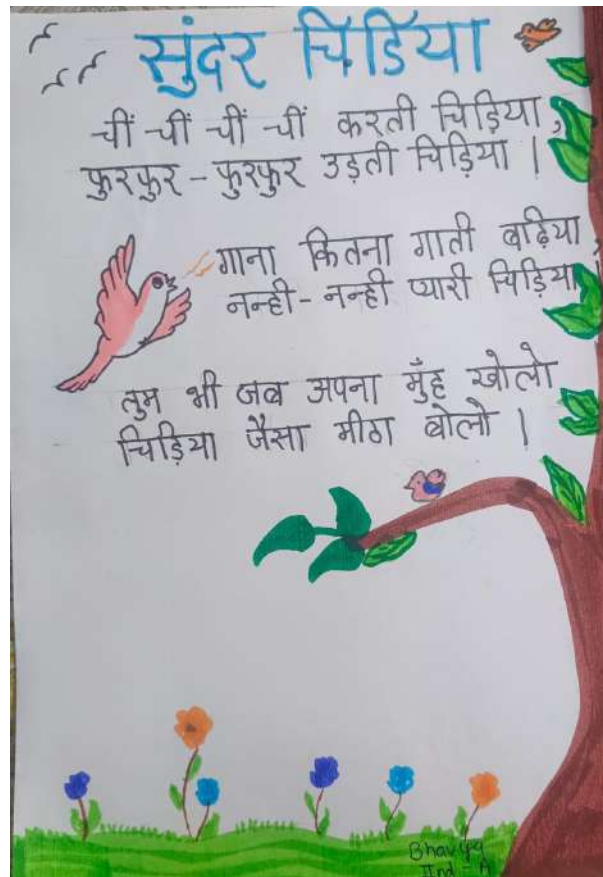
गर्मी से सब राहत पाएँ पौधे धुलकर नए हो जाएँ।

बरखा संग खुशियाँ आए किसान भी खुलकर मुस्कुराएँ।

बच्चे कागज़ की नाव चलाएँ बचपन को यादगार बनाएँ।

**\*\*रिहा सिंह\*\***

**कक्षा ~ चौथी-ब**





आओ मिलकर पौधा लगाएँ,

अपनी मां का सम्मान बढ़ाएँ।

जैसे पौधों से जीवन पाए धरती,

वैसे मां से महक जाए ज़िंदगी।

जैसे पौधे हैं पर्यावरण की जान,



वैसे मां हैं हर आंगन की शान।

जैसे पौधे न हों तो सांसें हो जाए दुशवार,

वैसे मां बिन घर की कौन संभाले पतवार ।

जैसे बरखा कर पौधे करते प्रकृति का संचार

वैसे मां का प्यार कर दे हर मुश्किल से पार ।

जैसे मां की तरह सर्वस्व देकर पौधे करते हम पर उपकार,

वैसे हम भी पौधे लगा बचा लें पर्यावरण का संसार ।

आओ मिलकर पौधा लगाएँ,

धरती मां का सम्मान बढ़ाएँ,

अपना जीवन सफल कर जाएँ॥

MEENA AHUJA



---

"एक पेड़ मां के नाम लगाओ" अभियान एक सरल, लेकिन प्रभावशाली कदम है। इस प्रेरणादायक अभियान का उद्देश्य पर्यावरण संरक्षण और मां के सम्मान को बढ़ाना है। यह हमें पर्यावरण के महत्व को बताने के साथ-साथ हमारे ग्रह को हरा-भरा और स्वस्थ रखने में भी सहायक है। इस अभियान में शामिल होकर हम अपनी मां के प्रति सम्मान व्यक्त कर सकते हैं और साथ ही पर्यावरण की रक्षा में अपना योगदान दे सकते हैं। अपनी मां के प्रति आदर और प्यार को प्रकट करने का यह अनोखा तरीका है। प्राइमरी कक्षाओं के सभी विद्यार्थियों ने इस में बढ़-चढ़ कर भाग लिया। इसमें बच्चों ने अपनी अपनी मां के नाम एक पेड़ लगाया जो उनका अपनी मां के लिए प्यार के साथ ही अपनी धरती और पर्यावरण को बचाना है।

---



## एक पेड़ मां के नाम



---

छोड़ो सारे जग के काम

लगाओ एक पेड़ मां के नाम ।

इससे जरूरी नहीं कोई काम

लगाओ एक पेड़ धरती मां के नाम ।

बचाना है अगर अपने प्राण,

लगाओ एक पेड़ धरती मां के नाम ।

मां का क्रोध झेलना नहीं है आसान,

वर्तमान से भयंकर होगा वरना भविष्य का परिणाम,

लगाओ एक पेड़ धरती मां के नाम।

होगा यही मां का सच्चा सम्मान,

मां का सब कुछ है तेरे नाम।

लगाओ एक पेड़ धरती मां के नाम॥

ऋषभ गोस्वामी

10 A

---

## जुलाई

---

आया है माह जुलाई का,

गर्मी की छुट्टी बीत गई

होती है अब हर बात नई

खुल गए हमारे विद्यालय,

होता आरंभ पढ़ाई का।

आया है माह जुलाई का॥

नई कक्षा में प्रवेश मिला।

सबके ही मन का कमल खिला॥

फिर से मिल गए सभी साथी,

कैसा आनंद बधाई का।

आया है माह जुलाई का॥



है लिया खरीद नया बस्ता।

चाहे महँगा हो गया सस्ता।।

कापियाँ, किताबें नई हुई,

होता है काम लिखाई का।

आया है माह जुलाई का।।

पढ़ने-लिखने के दिन आए।

हम आगे ही बढ़ते जाएँ,

सिर झुक जाए कठिनाई का।

आया है माह जुलाई का।।

याशिका

10 B

---

वर्षा ऋतु

---

वर्षा ऋतु आई,

सावन की बारिश हुई

पेड़ों को नया जीवन मिला,

धरती को सुगंध मिली

बादलों की गड़गड़ाहट,

बिजली की चमकार

नदियों में पानी की रिमझिम,

धरती की प्यास बुझी

वर्षा की खुशबू

फूलों की महक

पक्षियों की चहचहाहट,

जीवन की रौनक

सावन की रिमझिम,

वर्षा की बूंदें

धरती को नवजीवन से भर दे।

शिवांश

VII A

---

## गुरु पूर्णिमा

---

गुरु पूर्णिमा एक पवित्र दिन है, जो गुरुओं के प्रति सम्मान और कृतज्ञता का भाव प्रकट करने का दिन है। इस दिन उन गुरुओं को याद करने का है, जिन्होंने हमें ज्ञान, मार्गदर्शन और प्रेरणा दी। गुरु पूर्णिमा का अर्थ है गुरु की पूजा करना, उनके चरणों में श्रद्धा सुमन अर्पित करना।

गुरु हमारे जीवन के लिए एक दीपक की तरह हैं, जो हमें अंधकार से प्रकाश की ओर ले जाते हैं। वे हमें शिक्षा देते हैं, हमारी गलतियों को सुधारते हैं और हमें सही रास्ते पर चलने के लिए प्रेरित करते हैं।

गुरु पूर्णिमा के दिन हमें अपने गुरुओं का स्मरण करना चाहिए, उनके प्रति कृतज्ञता व्यक्त करनी चाहिए और उनके दिखाए हुए मार्ग पर चलने का संकल्प लेना चाहिए।

गुरु पूर्णिमा की शुभकामनाएं

अ/राध्या

VIII C

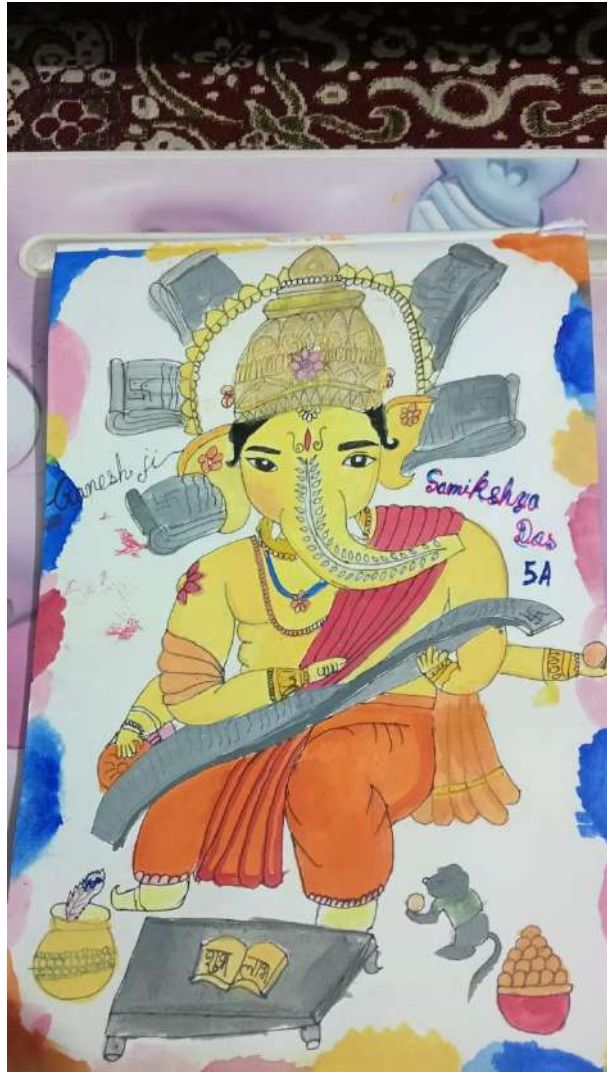
---

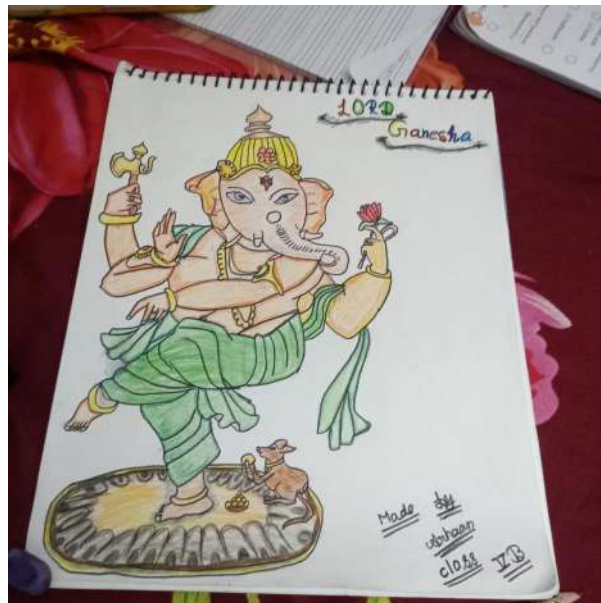
## THE CREATIVE CORNER













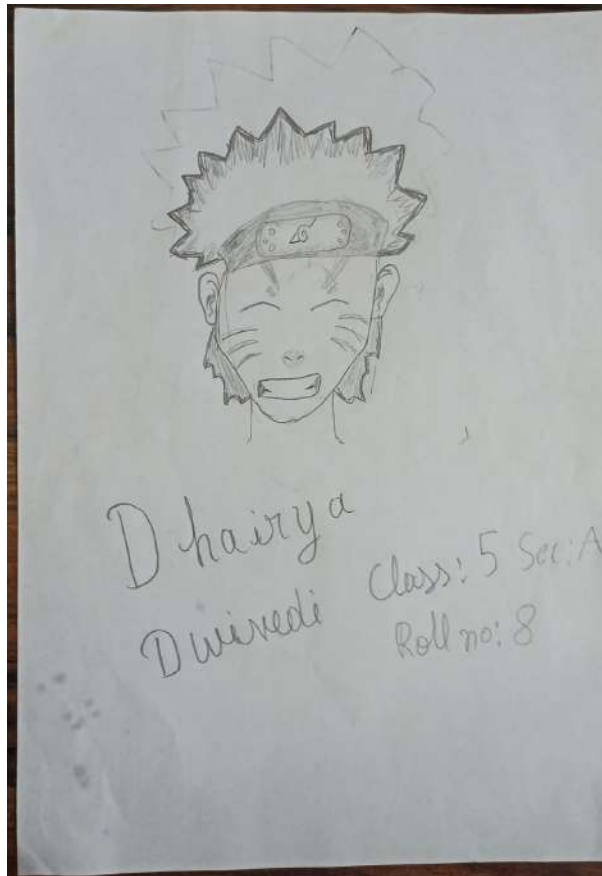


ANUSHKA  
Sharma















## PRE-PRIMARY

Pre - Primary Wing

*July*

**SAVE TREES**

**SAVE EARTH**

### Ek Ped Maa Ke Naam


Tree Plantation activity was conducted in the "Pre Primary Wing".

The event started with teachers apprising students on the names of plants, parts of plants and benefits of planting them.


Then, the children along with the teachers proceeded to the courtyard to plant the saplings. The saplings were of various species such as Rose, Jade, Bougainvillea, Tulsi, Curry Leaves, Money Plant & many more.

Our children enthusiastically participated in the drive. Once the activity was done, they were briefed about how to take care of the plants and were encouraged to visit the site to monitor their growth and development.






# WORKSHOP






## GOOD AND BAD TOUCH



**It is very important for the betterment of our young children to identify the "GOOD AND BAD TOUCH" to prevent any kind of damage or mishappening.**

**A workshop was conducted in the Pre Primary Wing to make our little children aware and how to deal with any unpleasant situation. Children were taught that their body belongs to them and they have a right to protect it.**

**A demonstration was given by the teachers to give a clear picture about the Good and Bad Touch and Safe Touch.**



## SHOW AND TELL ACTIVITY on

# COLOURS

*Our Wing organized Show and Tell Activity on the topic "COLOURS" to strengthen the verbal skills and to foster public speaking competency of the young ones.*

*The children participated in the Activity. Our children carried various Props to showcase their Favourite colour & spoke confidently about them.*

*Colours are indeed the smiles of nature. This wonderful activity helped our children to sort and classify things based on the colour.*









---

**EDITOR:** *Ms. Sarita Singh*

**CO-EDITORS :** *Ms. Pushpa Bhardwaj, Ms. Ritu Sharma, Ms. Preeti Bedi, Ms. Vimi Tewari, Ms. Pratibha Negi*

---



---

*D-Block, Defence Colony, New Delhi 110024*

*Tel: +91 1143214122*

Email: [sdpschooldefcol@gmail.com](mailto:sdpschooldefcol@gmail.com)

**"The earlier you start working on something, the earlier you will see results."**

---