



# SPOTLIGHT

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## EXPRESS WITHOUT WORDS!



Students (Form IV) participated in Intra Form Mime Competition. This enrichment programme enhances theatrical skills of expression, which words cannot express. The Mime performances showcased were themed around (A) Social Awareness, (B) Mobile Addiction & (C) The Mother Earth. While some of the performances were amusing, others were thought - provoking. The performances were judged for a) Acting & Synchronization, b) Visual appearances, c) Expression & d) depiction of the situation.

## STAGE THE CHANGE!



School held Street Play Competition for the students studying in Form IX. Students were mandated to perform Street plays themed around 'Social Awareness' - assisted by their form tutors. Students have learnt that Theatre is a collaborative form of performing art, which teaches valuable life skills - students realise that to progress in life, they need to communicate effectively which requires mastering the balance between verbal and non-verbal communication. School has always celebrated the joy of theatre where students can explore their creative potential while pursuing their Academics.

## BRINGING BRANDS TO LIFE!



School conducted 'Intra Form Advertisement Enactment Competition'. The competition is considered to be an important educational experience, specifically focused to expression and expressiveness. The Contest invited participation by the students studying in Form V & VI. The Topics of reference contested as 'storylines' were 'Free use of Imagination'. The Judges made an assessment based on the following criteria a) Artistic and stylistic interpretation. b) Empathy/Emotional quality, c) Rhythmic clarity and articulation of phrasing, d) Engagement of performer with the work & e) Abstract: Grammar and Clarity.

## NASO CHAMPIONS ILLUMINATE THE COSMOS!



Nischey Singh (Form V) & Kannan Aggarwal (Form III) participated in National Astronomy and Science Olympiad (NASO), an international contest attracting participation by 7455 Students from 13 different countries. The exposure our students get by participating in such Olympiads boosts their learning confidence to an extent that they enjoy Academics. Nischey Singh & Kannan Aggarwal successfully bagged Gold.

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AVG. TEMP.: 43.3°  
RAINFALL DATES: 18<sup>th</sup> September  
HOLIDAY:

### DIRECTOR'S MESSAGE

**Simrita Singh**



Dear Children,

Exams may seem like they are the most important thing in the world at this moment!

Hard work and perseverance makes things work out always.

Relax, keep calm and think positive.

Praying for you!

Good luck!

### PRINCIPAL'S MESSAGE

**Dr. Ekta Dhawan**



In the whirlwind of Mid Term Exams, we're your biggest fans, your loudest cheers, and your unwavering support. If you're grappling with stress, wrestling with overwhelm, caught in confusion, or battling fatigue – remember, we're right there with you. Don't stop now; you're on the brink of something incredible. Education isn't just a tool; it's a world-altering force that's sculpted your voice, your presence, and your power. As you face your exams, pour your heart into them, aiming for excellence. But remember, these results are not your entirety. Your worth stretches far beyond a scorecard. Embrace the effort, give it your all, yet keep in mind that life's measure isn't confined to numbers. You possess boundless potential – a unique brilliance that's yours alone. Your abilities can unlock countless doors, shaping a life that's uniquely yours. This power is your birthright, an unbreakable flame that's exclusively yours to nurture. Your mind is a universe in bloom, expanding in ways you can't yet fathom. You're yet to uncover the depths of your abilities. Your hunger to learn is insatiable, and you're poised to dive into a phase where you're the curator of your own knowledge. You get to pick what you feed your intellect, where you direct your focus, and what brilliance you'll cultivate. Expect your path to be a tapestry of twists, turns, and surprises – that's where the true beauty lies. No bend, no detour can eclipse the luminescence of your potential or the depth of your soul. Remember, we're your silent champions, your supporters in the shadows, your allies in the unknown. Your journey is our journey, and we're right behind you, every step of the way!

# ACTIVITIES OF THE MONTH

## INNOVATE! EDUCATE! CREATE! ARTICULATING EXCELLENCE!



School Team comprising Krishangi Aggarwal (Form XI) & Aryan Chugh (Form X) participated in the Sahodaya (Kapurthala) Inter School Scientific Model Making Competition. The contest invited participation by Teams representing 20 Schools. Team BLPS secured GOLD (First Position). Competing Teams were



School conducted its Annual Inter Form English Declamation Competition. Students studying in Form VII & VIII participated in the contest. The contest was divided into two categories, Form VII & Form VIII, mandating topics titled 'Climate

change is caused by human activities' & 'Social Media is making people more connected.'

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## GRACE IN MOTION!

## WORDS THAT INSPIRE!



School held Annual Inter Form Declamation Contest (Hindi). The contest invited participation by Form IX - XI. Great opportunity for our students to exhibit their presentation skills, art of speaking in public and engaging in impromptu conversations. The speeches were judged for a) good mechanics of speech, b) poise and use of voice, c) enunciation, fluency, expressiveness and d) captivating the audience's interest.



School Team comprising Avika Gupta (Form VI), Samayra Gupta (Form VI), Parampreet Kaur (Form VI), Unnati Shekhawat (Form VI), Khushi (Form VI) participated in Annual Kapurthala Sahodaya Inter School Classical Dance Competition. Our School Team was awarded SILVER (Second Position) in the finals.

## COURTING VICTORY!

## ENCHANTING WONDERS!



Annual Inter - Form Basketball Contest was held between competing teams (Form IX v/s Form X). Students playing exhibited balance, endurance and coordination.



Students studying in Form II to XII attended an in-school Magic Show sponsored by Red Cross Society International - Kapurthala.

## BRINGING TALES TO LIFE!



"Enactment is the real way to teach the children." In order to teach ethical values to the students, and draw inspiration from them, an Intra Form Story Enactment Competition was organised for the students of Form II & III. With creative props and expressive actions, these young stars transported the audience to the worlds of their stories. The students were adjudged on the basis of (a) Content/Storyline, (b) Vocabulary, (c) Pronunciation, (d) Props & Actions, (e) Teamwork and (f) Overall Presentation.

# ACTIVITIES OF THE MONTH

## GRIP! THROW! SCORE!



Annual Inter Form Handball Competition was held at the School. The finalists (Form XI (Girls) vs - Form XII (Girls) displayed fine sportsmanship. We observed athleticism, endurance and power throughout the high speed contests. Form XII emerged as a winners. The Player of the Match's was awarded to Harkhushneet Kaur (XII Commendables).

School held Intra Class Punjabi Debate Competition. The event attracted participation by Students studying in Form IX to XI. The Debate Challenge was an opportunity for Students to exhibit their oratory skills extempore, allowing students to work on strengthening their skills in critical analysis and reasoning, as well as developing their confidence in expression and delivery, all in a supportive learning environment. Form IX Debated 'ਬਿਹਤਰ ਕੀ - ਇਨਸਾਨੀ ਦਿਮਾਗ ਨਾਂ ਕੰਪਿਊਟਰ?', Form X Debated 'ਦੇਸ਼ ਨਾਂ ਵਿਦੇਸ਼' while Form XI Debated 'ਡਿਗਰੀ ਨਾਲੋਂ ਵੀਜ਼ਾ' ਰੰਗ in punjabi language. The competition was judged for a) Content & Argument b) Preparedness & Presentation c) Logical rebuttal d) Pronunciation & Fluency & e) Poise, Posture & Eye Contact.

## PUNJAB'S VERBAL DUEL!



## CELEBRATING LITERARY HERITAGE!



School Team comprising Ravneet Kaur (Form X), Navjot Kaur (Form IX), Pavneet Kaur (Form IX), Kirandeep Kaur (Form IX), Divleen Kaur (Form VIII), Divanshi (Form X), Jannatpreet Kaur (Form IX) & Ishvi (Form IX) participated in finals of Annual Punjab Sahit Sirjan & Kavita Gayan Competition. The competition attracted participation by 49 Teams from across Punjab. Interest in Poetry helps our young Students develop literacy skills, method of expressing feelings, accentuated with the use of distinctive style with a focus on rhythm.

## SPIKE TO VICTORY!



School conducted Inter Form Volley Ball Championships. Team Form XI v/s Form XII met at the finals - intense and gripping rallies, full of tactical complexities which gave players and spectators alike a unique experience. It was a fast, high energy and an exciting final game to watch. Team Form XII emerged Champions followed by Team Form XI as runners up.

## COMEDY CARNIVAL!



Laughter is the sound of soul dancing. Keeping the same in mind, the school organised an Intra Form Hasya Sammellan Competition with full zeal & vigour for the students studying in Form VII and VIII. Participants produced hilarious presentations about a variety of societal topics, such as price rises, corruption, politics and many more, in keeping with their respective themes. The students were adjudged on the basis of (a) Creativity/Originality, (b) Comic Elements, (c) Teamwork, (d) Presentation Skills and (e) Overall Impact.

The contents of this Newsletter are property of Bawa-Lalvani Public School, Kapurthala, published in the school by the Principal - Dr. Ekta Dhawan and Editorial Board: Ms. Silky Sharma & Mr. Charandeep Singh