



# SPOTLIGHT

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## BEYOND THE MIND'S DOOR

ISSUE No: 76/Vol: 28

AVG. TEMP.: 34.0

RAINFALL DATES: 17<sup>th</sup> - 18<sup>th</sup> September



Our teachers were privileged to attend an inspiring session by Dr. Prashant V. Kakoday. With grace and clarity, he shed light on a wide spectrum of meaningful themes understanding the mind's nature, mastering the flow of thoughts, nurturing emotional resilience, and cultivating inner peace. Blending timeless wisdom with practical strategies, the session encouraged participants to reflect deeply, shift limiting perspectives, and embrace a more mindful, positive approach to life. It was more than a learning experience it was a gentle reminder that when we befriend our mind, we open the door to lasting clarity, strength, and joy.

### FUTURE LEADERS, GLOBAL VOICES: BLPS EXCELS AT APEEJAY MUN 2025



The BLPS delegation proudly represented the school at the prestigious Apeejay Model United Nations 2025, hosted by Apeejay School, Mahavir Marg, Jalandhar on August. With more than 1100 delegates in attendance. Lavanya Devgon, Hasan Abdal Singh Sharma, and Pranjal Sood were honoured with the Best Delegate Award; Sparsh Joshi and Gurnoor Singh Walia earned High Commendation; while Divanshi and Vansh Babbar received Special Mention for their remarkable contributions.

### WHEN WORDS TAKE FLIGHT

Poetry is where words find their soul, where expression meets emotion, and children discover the courage to speak from the heart. Our confident young voices of Form IV took the stage during the Hindi Kavita Vaachan Pratiyogita, transforming poems into powerful performances. The competition concluded on a high note with Vihaan securing the First Position, Asmaira winning the Second Position, and Shivaay achieving the Third Position.



### TOUCHING THE SKY WITH GLORY

#### Form XI Students Explore Indian Air Force Road Drive – XVI



A proud moment for our school as students of Form XI attended the Indian Air Force Induction Publicity Exhibition Vehicle Road Drive – XVI at I.K. Gujral Punjab Technical University, Jalandhar-Kapurthala. From experiencing the thrill of a real-time flight simulator to exploring career opportunities in the Indian Air Force, our students were inspired to dream big, aim high, and serve the nation with pride. The exhibition, conducted by the Indian Air Force Team from New Delhi, left a lasting impression on young minds, motivating them to live by the glorious motto – “Touch the Sky with Glory.”

### DIRECTOR'S MESSAGE



Dear Children,  
Reprogramming your mind for the midterm tests is vital. Be willing to take the first step, no matter how small it is. Prepare your notes in advance. Concentrate on the fact that you are willing to learn and apply the same knowledge in your day to day lives. Practice makes you perfect. Create a specific time for revision of your chapters in your daily routine. Brainstorm with a friend in case you have missed an important point in a chapter. Sleep and eat your meals on time so you have sufficient energy to cope with the exams. Stay positive!  
Good luck.

### PRINCIPAL'S MESSAGE



Dear Students,  
September brings the Mid-Term Examinations a significant moment to pause, reflect, and acknowledge the progress of your learning journey. These exams are not just a measure of knowledge; they are a mirror of your diligence, a testament to your perseverance, and a gateway to growth and self-discovery. Think of them as a canvas, where your preparation, insight, and composure paint strokes of understanding, confidence, and poise. True excellence arises from strategic preparation and mindful effort. Divide your syllabus into manageable portions, focus on concepts that need reinforcement, and engage in thoughtful, active revision. Use concise notes, mind maps, and prompt doubt clarification. Remember, steady comprehension outweighs last-minute cramming. Equally vital is the care of your mind and body. Eat nourishing meals, rest sufficiently, and cultivate calm and positive thoughts. Anxiety clouds judgment; a balanced and resilient mind thinks clearly, recalls efficiently, and performs with composure. Short breaks, meditation, or a walk outdoors can rejuvenate your energy and sharpen focus. During exams, approach each question with clarity, discernment, and confidence. Mistakes are not failures but illuminated signposts guiding you toward deeper understanding. Let your answers reflect thoughtfulness, precision, and sincerity. Exams are not merely assessments; they are opportunities to cultivate discipline, resilience, and self-belief. Step forward with courage, balance, and determination. With meticulous preparation, steady focus, and a calm mindset, every challenge becomes an opportunity to excel, grow, and shine. May your dedication, perseverance, and poise illuminate your path, and may these Mid-Terms be a celebration of effort, wisdom, and confidence.

- Dr. Ekta Dhawan, Principal

## GRACE, STRENGTH, AND UNITY: SAHODAYA RHYTHMIC YOGA COMPETITION



Our school had the privilege of hosting the Sahodaya Inter-School Rhythmic Yoga Competition 2025, bringing together 14 schools in a spirited celebration of discipline, teamwork, and creativity. Each performance was a graceful blend of strength, balance, and expression, reflecting the true essence of yoga harmony of mind, body, and soul. The dedication and energy of the participants made the event a vibrant celebration of wellness, focus, and unity, with performances judged on team synchronization, expression, and asana construction. The competition concluded with Anand Public School, Kapurthala securing the first position, Guru Amar Dass Public School, Ucha Bet taking second place, and MGN Public School, Kapurthala finishing third.



## Celebrating 79 Years of Freedom

With pride in our hearts and gratitude in our souls, our school marked the 79th Independence Day of India with zeal and patriotic spirit. The celebration began with the unfurling of the National Flag and the singing of the National Anthem a moment of unity and devotion. Students expressed their love for the nation through patriotic songs, vibrant dances, and moving skits, each performance reflecting the values of freedom, sacrifice, and responsibility. May the tricolour always fly high and guide us towards a brighter, stronger, and united India.



## HANDS THAT BUILD & SERVE

Grade IX embraced their IAYP service journey at State Gurdwara Sahib, engaging in heartfelt sewa. Guided by Ms. Pooja Gautam, they lifted bricks, cleared paths, and supported construction work — learning that true service begins where comfort ends. The event was a shining example of how poetry nurtures confidence, creativity, and expression among young learners.



### HERITAGE THROUGH THE LENS:

#### BLPS AT FILMIT PROJECT WORKSHOP

A group of our young creative minds Kriday Gupta, Mridul Anand, Lovish Gupta, Amarpreet Kaur all of Form VIII, and Badra Bharti Singh of Form VII participated in the Filmit Project Workshop hosted by Spring Dale Public School, Amritsar, under the banner of INTACH. The workshop provided students with a valuable platform to explore the art of filmmaking as a medium to document and celebrate cultural heritage. Guided by their mentors, Mr. Harpreet Singh and Ms. Reena Sharma, the students engaged in hands-on sessions on scriptwriting, visual storytelling, and digital filming — returning enriched, inspired, and eager to create.



### THE ART OF EXPRESSION



Excellence shines brightest when passion meets creativity and our young learners have proved it once again! In the Design Your Emoji Art and Expression Competition organised by IQgradeup.com, Rushika Garg Form II secured the First Prize with her vibrant and imaginative designs, while Bhagwat Sangar Form I earned the Third Prize with his expressive and original creations. These young achievers have shown that true artistry lies in seeing the world differently and expressing it fearlessly.

### RAKHI MAKING COMPETITION



A celebration of creativity, tradition, and festivity came alive at the Rakhi Making Competition, where our students from Form III to VIII crafted beautiful rakhis reflecting the true spirit of Raksha Bandhan. The winners of the competition were: Panav Form III, Dikshita Form IV, Gunsehray Form V, Ayaan Form VI, Shihan Kumar Form VII, and Mehak Form VIII, securing the first positions. Second positions were awarded to Parinika Form III, Tanmay Form IV, Yashvi Form V, Samayra Sharma Form VI, Nehal Gupta Form VII, and Avika Gupta Form VIII, while third positions went to Gurasees Form III, Namya Form IV, Rashmeet Form V, Kashvi Anand Form VI, Harsirat Form VII, and Yatti Form VIII.

### GREEN CHAMPIONS LEADING THE WAY



B.L.P.S. honoured for its commitment to sustainability and eco-friendly initiatives Reaffirming the commitment to sustainable practices, Ms. Reena Sharma represented the school at the District Level Training Workshop for Coordinators under the Green School Programme & Eco Club for Mission LiFE. The school was appreciated with a Certificate for its active participation in Eco Club and EEP activities.

## BLPS BAGS HERITAGE BEACON AWARD!

Our school has been honoured with the prestigious Young INTACH Heritage Beacon Award — ‘Engagement Excellence’, a true testimony to its unwavering commitment towards preserving India’s glorious cultural heritage. Adding to this pride, our brilliant student Mayra Gupta Form IV has brought laurels by being recognised as the ‘Most Creative Challenge Participant’. Further, our dedicated faculty members — Ms. Dimple Soni, Ms. Bhawna, Ms. Reena Sharma, Ms. Nidhi Sachdeva, Ms. Jaswinder Kaur, Ms. Shilpa Dadhwal, Ms. Deepshikha Arora, Ms. Manjula Bathla, Ms. Manisha Sharma, Ms. Avinash Bharti, Ms. Nishi Kumari, and Ms. Archana Sekhri have been conferred with the ‘Engagement Excellence Award’ for their outstanding contributions.



## EDUCATORS WHO INSPIRE BEYOND THE CLASSROOM



A proud milestone shines bright as three inspiring teachers of our institution emerge as published authors. Ms. Radha reflects on the evolving landscape of education in “Chalk Dust and WiFi”, Ms. Geetika Gupta reimagines a universal academic challenge in “Rethinking Math Fear: Boon or Boogeyman”, and Ms.

Nishika Gupta brings untold classroom stories to life in “The Last Desk Near the Window.” Published under BriPublish — Voices of Education, these remarkable works have been selected for the National Jury & Best Seller League of India 2025 a prestigious recognition celebrating educators whose words enlighten lives far beyond the classroom.

### SLAM DUNK SPIRIT: ANNUAL BASKETBALL TOURNAMENT 2025



The campus came alive with energy and excitement during the Annual Inter-Form & Intra-Form Basketball Tournament 2025. The much-awaited clashes Form IX vs Form X (Inter-Form) and Form XI A vs Form XI B (Intra-Form) showcased remarkable talent, teamwork, and true sporting spirit. Every match was a thrilling display of determination and skill, keeping the audience on the edge of their seats. In the Inter-Form Basketball Tournament, Form X emerged victorious in both the girls’ and boys’ categories, while in the Intra-Form Basketball Tournament, Form XI A secured the top position in both girls’ and boys’ categories. The tournament was a perfect celebration of athleticism, camaraderie, and the joy of competition.

## THE MELODY OF WORDS: POETRY RECITATION



Poetry found its rhythm and soul as students from Forms I to III and Form VI stepped onto the stage to recite verses that touched hearts and stirred minds. With confidence in their stance and melody in their voices, our young learners embraced the art of expression making every line come alive. Judged on voice modulation, expression, memorization, pronunciation, and overall presentation, each participant shone with remarkable grace and poise. The event concluded with proud achievements. In Form I, Dhruvya Sharma won First Position, followed by Jaisha Kapur in Second and Ayansh Puri in Third. From Form II, Shrishti secured First, Anum Sidhu stood Second, and Siwastika Thakur claimed Third. In Form III, Atiksh Jalota earned First Position, Ritanya Oberoi took Second, and Chakshika placed Third. From Form VI, Kavish Sharma emerged as the winner.