

## NEWSLETTER

Delhi Public School Ludhiana

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Dear Parents and Students

The last quarter has been an exciting and enriching period in the school, filled with a diverse range of activities. From the literary events like Vagmita to the vibrant display of classical and folk arts at Avaahan, our students have showcased their creativity and talent in numerous ways. The Takshila Inter-school sports event, Annual Athletic Meet, and the Student Leadership Camp for Class XI also provided valuable opportunities for growth, teamwork, and exploration. These activities not only highlight the multifaceted nature of our students but also reinforce the importance of a well-rounded education.

As we now approach the final stretch of the academic year, it is time to focus on preparations for the annual exams. I encourage all students to adopt a thoughtful and focused approach to learning, by reflecting on areas that need improvement, and developing strategies to address them effectively. Consistent effort, smart planning, and determination will ensure success.

Let's make the most of the remaining time and finish the year on a high note.

Warm regards

Balmit Kaur

Principal

**STUDENT LEARNING CAMP**

A Self-Learning Camp was organized for Class XI students from October 20 to 24, 2024, fostering teamwork and self-sufficiency. Students gathered early on October 20, filled with excitement for the adventure ahead. The camp at Junga campus offered activities like high rope courses, survival skills, mountainous treks, and a friendship ladder, all promoting unity. Camping in such a serene, elevated environment allowed them to develop essential survival skills, build resilience, and foster a sense of teamwork.

To keep the parents updated on their children's experiences and the valuable lessons learnt during the Self-Learning Camp, an interactive session with the parents was organized on December 20, 2024.

**WORLD MENTAL HEALTH DAY**

World Mental Health Day, observed on October 10th, plays a crucial role in raising awareness about mental health and advocating for well-being globally. This year's theme emphasized the importance of prioritizing mental health in the workplace, highlighting the need for supportive, mentally healthy work environments. The day aims to foster awareness, promote education, and encourage self-care and prevention. At Delhi Public School, Ludhiana, students participated in activities designed to raise awareness and enhance well-being. These initiatives reflected the global push for better mental health support systems and solidarity for vulnerable populations.



## VAGMITA



'Vagmita' an Inter-School Hindi-Punjabi Literary Competition was held on October 16, 2024, at Delhi Public School, bringing together students from classes 6 to 12 across 12 schools. The event, aimed at promoting the astute and effective use of language, featured a range of literary and cultural activities. Students presented powerful poetry on 'Veer Ras,' gave impactful speeches on the topic 'Character without education is incomplete,' and created advertisements on 'Environmental Protection is Human Safety.' Other events included story-writing, Punjabi folk song performances and a unique competition where stories were presented as poems in Punjabi. Each activity showcased creativity and oratory skills, and all the winners were honored with trophies and certificates. The event was a vibrant celebration of Hindi and Punjabi literature, offering a platform for students to showcase their linguistic skills and creativity. By incorporating various literary forms like poetry, speeches, storytelling, and folk songs, it fostered cultural exchange and helped preserve the rich heritage of languages.



## SEMINAR ON SUBSTANCE ABUSE AWARENESS



On December 17, 2024, Delhi Public School, Ludhiana, organized a seminar on Substance Abuse Awareness for students of Classes IX and XI. The session was conducted by Dr. Swati Singh, an Assistant Professor in the Department of Physiology at Dayanand Medical College & Hospital, with over 13 years of teaching experience in the field. The seminar focused on raising awareness about the increasing threat of substance abuse among the youth and providing attendees with effective strategies for prevention and education. Dr. Singh provided valuable insights into the reasons young individuals are often drawn to addictive behaviours and emphasized the importance of early prevention and awareness. Her engaging presentation delved into the science behind addiction, offering students a clear understanding of its far-reaching consequences.



## GRAIN MARKET VISIT

On 12 November 2024, a field trip was organized for the Class XII Commerce students to Dana Mandi Partap Singh Wala, as part of their curriculum on Rural Development. The purpose of the trip was to provide students with practical insights into the functioning of government-regulated grain markets, the role of cooperative banks, and the assistance extended to farmers.

The students interacted with Ms. Ritika Sharma, the Agricultural Development Officer, and Mr. Harsh, the Agricultural Sub-Inspector, both of whom work under the Department of Agriculture Development and Farmer's Welfare. Ms. Sharma explained the government's efforts to raise awareness about the harmful effects of stubble burning. The students also interacted with Ms. Neha Kapoor, the Manager of the local Cooperative Bank, who provided valuable insights into the financial support available to farmers.

This visit aimed to supplement the theoretical concepts learned in class, allowing students to connect classroom knowledge with real-world applications.



## KHOJ – NIGHT CAMP



On November 16, 2024, a memorable night camp, "KHOJ" was organized for Class V students, fostering bonding and adventure. The Nursery Foyer, decorated with "Festivals of India" theme, welcomed students with headgears and a welcome drink. The evening was filled with plethora of activities to engage children that included a humorous play, a dance performance by teachers, and a motivational speech by the Junior Wing Coordinator. Outdoor games like Shoot the Colours and Flip-Flop with Bottles created a fantasy atmosphere. The highlight was "Tractor by the Stars," followed by a movie screening of *Safar*. The evening ended with bonfire, songs, and dances. The next day included yoga, a morning walk, and a hearty breakfast. The camp concluded with fond memories and a desire to return.

## JARMA WELLNESS



The 2024-25 annual health screening for Nursery to XII students, held from November 18-22, 2024 was conducted by an ISO9001:2015 certified organization. Expert dentists, optometrists, and physicians assessed the general health, oral hygiene, vision, ENT, and cardiovascular parameters of the students. The initiative aimed to ensure holistic well-being among students.



## SEMINAR – COMMUNICATION SKILLS

A highly engaging seminar on communication skills was held for class IX and XI students at Delhi Public School, Ludhiana, on December 20, 2024. Led by expert guest speaker Ms. Geetanjali Pabreja, a winner of several debate and declamation prizes, the event aimed to enhance students' communication abilities. Through interactive activities, students learned essential techniques such as active listening, body language, tone, and clarity of expression. The seminar also covered common communication barriers like misinterpretation and lack of confidence. Ms. Pabreja offered effective strategies to improve communication skills, benefiting both academic and personal development.



## SCHOOL ACHIVEMENTS

- Erica Sethi, a student from DPS Ludhiana, secured 3rd place in the State Level Painting Competition held in Panchkula, with the theme "Energy Conservation." Competing against 1,975,000 participants from Punjab, Haryana, and Chandigarh, her artwork earned her a certificate and a prize of Rs 20,000. The competition was organized by the Bureau of Energy Efficiency.  
Following her success at the state level, Erica represented Punjab in the National Level Competition in Delhi, organized by the Ministry of Power. The theme of the national competition was "Save Energy To Save the Environment." She was honored at Vigyan Bhawan, where she received recognition from Vice President Mr. Jagdeep Dhankar and Mr. Manohar Lal, the Union Minister of Power and Housing & Urban Affairs.
- Mysha Gangwani participated in the District Roller Skating Championship organized by the District Roller Skating Association and won a bronze medal in one lap, a bronze medal in 500 m+D, and a gold medal in the Road Race. She then participated in the 68th Punjab Schools' Games Skating Championship at the District level, won a silver medal in the 500 m+D and qualified for the state level.
- In the Punjab School Games State Swimming competition, Kiaan Sapra of IV – C won gold medal in the butterfly stroke, a silver medal in the breaststroke, and bronze medals in both the 4x50 relay and medley relay. At the LSSC Sahodaya Swimming event, he secured a bronze medal in the 50m breaststroke. Additionally, in the Open State Swimming Championship held in Ludhiana, he earned bronze medals in the 50m breaststroke, 100m breaststroke, and 200m Individual Medley.

- Samaira Aggarwal of class V – F won a silver medal in the Punjab School Games at District Level, followed by a gold medal at the state level. She also secured a gold medal in the Open State Badminton Championship. Additionally, she participated in the Badminton Federation of India Open National Championship held in Madhya Pradesh. In swimming, Samaira earned both district and state-level gold and silver medals.
- Aarna of IV B won a gold medal in District-level badminton at the Punjab School Games.
- Gauranshi Uppal became an Open District gold medalist and achieved the top ranking in the Table Tennis Federation standings.
- Aizah Baweja won a silver medal in swimming at the LSSC and also earned a silver medal in the Punjab School Games Swimming Championship.
- Kabir Sahni of V B and Pritesh Gupta of V E won a gold medal in badminton at the LDH District Primary School Games.
- Vanshil Gupta of IV F, Aarsh Sharma of V C and Aishani Sharma of IV D won a gold medal in badminton at the Block Level School Games.
- Mehr Rekhi of VII C and Mysha Aggarwal of VI C secured the Gold Medal in the Punjab Schools' Games State Level Soft Tennis Tournament in Under-14 Girls category. In the Under-14 Boys category, Moulik Jain clinched a gold medal. He also participated in SGFI National Level Tournament.
- Level Myra Ahuja of IX B, Prisha Kundra of IX C and Tanisha Seth of IX B secured the Silver Medal in the Punjab Schools' Games State Level Soft Tennis Tournament in Under-17 Girls category. Myra Ahuja and Prisha Kundra also participated in SGFI National Level Tournament. In the Under-17 Boys category, Aarav Jain of IX A and Deaven Sarraf of XI A clinched a silver medal. Deaven also participated in SGFI National Level Tournament.
- Gurbani Kaur Jassal of class secured the Gold Medal in the Punjab Schools' Games State Level Basketball Tournament in Under-19 Girls category.
- Bhavik Bansal of VIII C won silver medal in Punjab Schools' Games Table Tennis Tournament at State Level in Under 14 Boys Category.
- Shanaya Goyal of VI A and Kavya Gupta of VII E won Gold medal in Punjab Schools' Games Table Tennis Tournament at State Level in Under 14 Girls Category.