

Ref. No. _____

Date:

The Principal

Gurgaon

Subject: Invitation For Genesis: Health & Wellness Fiesta

Respected Sir/ Madam

Greetings from Blue Bells!

Adolescence is a period of transition and change that every teenager has to encounter as they embark on a process of self-exploration and self-discovery, as they step on the verge of adulthood. In this scenario, adolescence education and the inculcation of life skills have become mandatory to foster the harmonious and holistic development of Gen Y to enable them to combat the challenges of tomorrow.

We, at Blue Bells, believe that every child should be empowered with life skills to deal with the challenges that come along with passing through the phase of adolescence. In sync with the same, the school is organizing '**Genesis'- Health & Wellness Fiesta, An Inter School Mega Life Skills Event 2019-20 on August 03, 2019 (Saturday)**'. This will provide a platform where adolescents can share and exchange their creative, critical and innovative ideas.

Originality, creativity, fluency, diction and articulation will be the prime criteria for adjudging the different events forming part of the Fest. The students from classes VI to XII are eligible to participate.

We look forward to the participation of your students and hope that it will be a stimulating learning experience for all. You are requested to confirm the participation of your students in the event/s **before July 24, 2019 (Wednesday) via e-mail on the school Id (bbpublic@bluebells.org)**. We hereby attach the Registration Form and General Guidelines for the participants, for your kind perusal.

Please note that the event will be followed by the prize distribution on the same day.

Soliciting your cooperation in making the venture a grand success.

Warm regards

Vice Principal

For further queries, please contact:

Ms. Premlata Yadav: 9313007138

Front Desk: 0124-2370706, 9811945543, 8911868241/42



**BLUE BELLS PUBLIC SCHOOL
SECTOR - 10, GURUGRAM**



**GENESIS: HEALTH & WELLNESS FIESTA
2019-20**

AUGUST 3, 2019 (SATURDAY)

**GUIDELINES
POSTER MAKING (CLASSES VI TO VIII)**

Number of teams	1 Per School
Participants per team	2
Time Limit	1 hour 30 minutes
Theme	Healthy Lifestyle (Topic will be shared on the spot)

INSTRUCTIONS

1. There will be two members in one team and one team from each school.
2. The theme for Poster Making has already been shared. The topic for Poster-Making will be disclosed on the spot. Participants are therefore advised to prepare themselves for all probable topics under the theme provided.
3. On the day of the event, teams will be given 1 hour 30 minutes to design and make their posters.
4. Each team will be given a half cartridge sheet stamped by the Host School. Other materials required for making the posters such as **paint, colour pencils, crayons, oil pastels, sketch pens, pencil**, etc. will have to be arranged by the teams.
5. **No readymade material can be used.**
6. Participants will not be allowed to paste pictures or drawings on their posters. All artwork will have to be done on the paper itself.
7. Judgment Criteria for Poster Making:
 - a. Originality of Ideas
 - b. Clarity of the Message
 - c. Creativity, Team Coordination
 - d. Drawing Skills & Colour Sense
 - e. Neatness (in terms of maintaining their work area)
8. The work area needs to be cleaned after the event.
9. The teams must write the following at the back of their posters:
 - a. Code provided to them at the time of the registration
 - b. Theme
 - c. Topic
10. They should not write or tell their names or their school's name.
11. **The decision of the judges will be final and abided by all.**
12. All students must come in their school uniform.
13. All the participants will be awarded certificates and there are prizes for the following categories:
 - ✓ Winning team
 - ✓ Ist Runners-up
 - ✓ IInd Runners-up

GUIDELINES STREET PLAY (CLASSES IX TO XII)

Number of teams	1 Per School
Participants per team	Minimum 8 to Maximum 10 students
Time Limit	4 - 6 minutes for presentation

Themes and Topics

- i) Importance of Life Skills
 - a. The Magic of Life Skills (How life skills help in problem solving)
 - b. Be the Change You Want to See (The core life skills and how they are implemented in daily life)
 - c. When I Discover Who I Am, I'll be Whole (Importance of Self Awareness)
- ii) Managing Emotions
 - a. Don't Bottle Up Feelings, Express Them (Expressing emotions in a healthy manner)
 - b. Dousing the Fury (Managing anger)
 - c. Anger: Just a Letter Away From Danger (Effects of anger)
- iii) Anti Bullying
 - a. Don't Push me Around (Prevention and management of bullying)
 - b. Bullying: A Nightmare (Consequences of bullying)
 - c. Don't be a Bystander, be an Upstander (Ways in which bystanders can stop bullying)
 - d. Stand Up Against Bullying! (Ways in which bystanders can support the victim)
- iv) Healthy Lifestyle
 - a. Whole & Hearty (Balancing healthy food, exercise and sleep)
 - b. The Right Dose (Importance of natural vitamins)
 - c. Take Care of Your Body it's the Only Place to Live (Importance of nutrition)
 - d. Duniya Gol Hai, Aap Na Ban Jana (Disadvantages of not exercising)
 - e. Lift up style by covering miles (Importance of exercising)

INSTRUCTIONS

1. Only one team can participate from each school. Each team should have minimum 8 and maximum 10 students.
2. Students need to choose the **theme AND topic** (from the above provided list) beforehand.
3. The street play needs to be specific to the **TOPIC** and not just the theme.
4. No microphones, speakers, music system will be allowed or available. Teams can sing/dance by themselves to create the necessary music or sound. However, **ONLY Dholak and/or Dufli can be used. No other props will be allowed to use.**
5. Teams must bring their own Dholak and/or Dufli.
6. The act should be for minimum 4 minutes and maximum 6 minutes.
7. After 5 minutes 30 seconds a warning bell will be rung and the final bell will be rung at the end of 6 minutes.
8. **Proper dress code to be followed is— White Kurta, Blue Jeans and Black Dupatta**
9. The street play can be presented in Hindi, English or both (bilingual).
10. There will be only one round of the competition.
11. The team must not speak out their school's name but should tell their team number/code given at the time of registration.
12. Face painting and masks are not allowed.

13. Judgment Criteria for street play:

- a. Relevance to the topic
- b. Creativity / Originality
- c. Diction/ Dialogue Delivery
- d. Expression
- e. Clarity of Idea
- f. Humour
- g. Overall Presentation

14. Points will be deducted in case of breaking the rules.

15. Decision of the judges will be final and binding on all teams.

16. All the participants will be awarded certificates and there are prizes for the following categories:

- ✓ Winning team
- ✓ Ist Runners-up
- ✓ IInd Runners-up

**BLUE BELLS PUBLIC SCHOOL
SECTOR - 10, GURUGRAM**

**Genesis- Health & Wellness Fiesta
An Inter School Mega Life Skills Event 2019-20**

**August 03, 2019 (Saturday)
REGISTRATION FORM**

Note: Kindly fill the form in block letters

NAME OF THE SCHOOL: _____

POSTER MAKING FOR CLASSES VI TO VIII

S. NO.	NAME OF THE PARTICIPANT	CLASS
1.		
2.		

THEME FOR POSTER MAKING: _____

STREET PLAY FOR CLASSES IX TO XII

S. NO.	NAME OF THE PARTICIPANT	CLASS
1.		
2.		
3.		
4.		

5.		
6.		
7.		
8.		
9.		
10.		

THEME FOR STREET PLAY: _____

TOPIC FOR STREET PLAY: _____

Accompanying Teacher/Counsellor (One) Name: _____

Tel. No. (of Teacher/Counsellor): _____

School Phone Number: _____

Note: Last Date of Submission of the Form is July 24, 2019

Principal's Signature

School Stamp