

THE VALLEY WEEKLY

“IN SEEKING TRUTH YOU HAVE TO GET BOTH SIDES OF A STORY.”

MEASURE OF MINDS

IN THE BLOOM

THIS WEEK'S EVENTS

The Fringe Festival

On 19th and 20th August, students of Lotus Valley took their extraordinary talents to the global stage, performing various art forms, including dances like Bhangra, Bihu, Garbha, Ghoomar, and Lavani; yoga; and music. Their performances at Greyfriars Kirk, Greyfriars Place, Edinburgh, seamlessly blended Indian culture, learning, and enjoyment! Their achievements bring pride to not only our school but also our nation and its rich and diverse cultural heritage. Look below for their pictures!



CINEPHILE'S CHRONICLES

- Click here to take a break!
<https://www.nytimes.com/games/wordle/index.html>

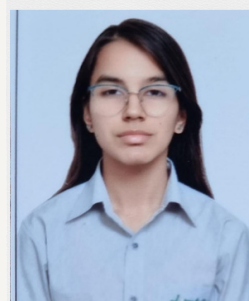


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- Click here to watch a compilation of videos from our friends and teachers giving their reactions to and advice for the upcoming examinations!

Tap on the picture to check it out! →



THE LOTUS LABYRINTH

POP QUIZ

- What is the name of the national campaign launched by the Indian government to help students manage exam stress?
- Which method is widely used for scanning answer sheets in competitive exams in India?
- What is the name of the technique where a student teaches someone else to reinforce their own learning?
- What do you call the method of testing where students must apply concepts rather than recall facts?
- Which skill helps you manage yourself effectively during exams?

Pariksha Pe Charcha, OMR, Feynman Technique, Competency, Time Management

BEHIND THE PERFECT SCORES

Examinations are an essential part of every student's life, but they can be the biggest cause of stress and anxiety. It was the pressure, the constant need to be good, to have high marks, to meet the expectations of parents, teachers and even my friends. The worry of failing and time pressures, as well as the content-heavy syllabus, can all add to the pressure and can even keep you awake at night, make it difficult to concentrate, and bring on headaches or a short fuse. Low self-esteem and self-doubt are commonly experienced by some students at this time too. This strain not only has an influence on the grades, but it also influences the mental and physical health.

