

**BRAHM DUTT BLUE BELLS PUBLIC SCHOOL**  
**SECTOR 10, GURUGRAM**

**E-NEWSLETTER**

**APRIL - AUGUST 2023**

**BDBBPS : A LEARNER'S PARADISE**



**Website : [bluebells.org/bbpublic](http://bluebells.org/bbpublic)**



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**Email: [bbpublic@bluebells.org](mailto:bbpublic@bluebells.org)**



**Twitter@bbpublic1**



**Facebook@bbpublic1**



**LinkedIn/company/bbpublic**



**YouTube Blue Bells Public School**



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**Website: [www.bluebells.org/bbpublic](http://www.bluebells.org/bbpublic)**

BRAHM DUTT BLUE BELLS PUBLIC SCHOOL

BLUE BELLIAN ARE AT THE TOP!

*Excellence*  
**BEGINS HERE**

CBSE CLASS XII  
RESULTS 2022-23

**100%**

No. of Students  
Passed

**97.6%**

Highest  
Aggregate

Students  
With Aggregate  
Above 90%

**23**

BRAHM DUTT BLUE BELLS PUBLIC SCHOOL

**BLUE BELLIAN**S DELIVER TOP-NOTCH

# PERFORMANCE

*Congratulations*

**TO CLASS XII 2022-2023**

23 TOP SCORING STUDENTS ABOVE 

BRAHM DUTT BLUE BELLS PUBLIC SCHOOL

**Blue Bellians** Scaling Heights of

# SUCCESS

*Congratulations*

CLASS X 2022-2023

**43**

STUDENTS SCORING ABOVE 90%

# Message



**“Leadership is about vision and responsibility,  
not power.” - Seth Berkley**

Dear Students

In a world where power is a currency, it requires deep insight and strength of character to be a leader who inspires. It is essential to be self-aware, to know the values and ideals that one holds oneself to, and to be able to impart a vision that carries promise for a better world. Knowing and loving ourselves allows us to be confident and motivated, and it inspires us to be our best self. Empathy is another quality that transforms an individual into a great leader. It helps us look at society with love, respect, and care. Understanding people helps us comprehend their differences and similarities, giving us a look into each person’s unique nature while also helping us value the magical experience of being human.

Each person creates a world for themselves. To be an individual who leaves a positive impact in the life of many of those that they encounter, one needs to understand that being a leader is about enabling people to grow. Creating an environment that is safe and uplifting aids in this endeavour. Overall, being in a leadership role is a great responsibility. It is an opportunity to thrive and help others flourish. While leadership gives us a chance to fly high, it also requires us to stay grounded. A mix of courage, creativity, and practicality enables us to be good leaders, who not only think, but act to change the world.

With Best Wishes

**Dr. Alka Saxena**  
**Deputy Director (Health & Wellness)**  
**Blue Bells Group of Schools**



# HALL<sup>OF</sup>FAME

**July 05 , 2023**



## **SCHOOL EDUEXCELLENCE AWARD FOR LEADING INNOVATIVE USE OF TECHNOLOGY**



We are delighted and proud to share that Brahm Dutt Blue Bells Public School was honoured with the prestigious 'School Edu Excellence Award 2022-23' in the category of 'Leading Innovative Use of Technology' on December 29, 2022, at Indian Institute of Technology, New Delhi. The esteemed award was graciously accepted by Ms. Anshuka Aneja, Deputy Director, IT, Blue Bells Group of Schools.

**'Perseverance is the swiftest vehicle in the journey towards  
excellence'**

June 03 , 2023



## PARYAVARAN RAKSHAK AWARD 2023



In recognition of the relentless and ardent efforts of the school team towards the conservation of resources, the school was bestowed with the "Paryavaran Rakshak Award 2023" by GMDA on the occasion of World Environment Day on June 3, 2023, at DPS G Palam Vihar Gurugram.

**‘Conservation of resources is the profound duty we have initiated as an Institution...’**

June 03 , 2023



## ANKIT CHAUHAN FROM THE CLASS OF 2017 CRACKS UPSC IN FIRST ATTEMPT

 BRAHM DUTT BLUE BELLS PUBLIC SCHOOL  
SECTOR-10, GURUGRAM

*Extends its Heartiest Congratulations*

To

**ANKIT CHAUHAN**  
BDBBPS Alumnus - Batch 2017

**# PROUD MOMENT**

**BDBBPS Alumnus clears  
UPSC Civil Services Exam in the First Attempt**



★ ★ ★ ★ ★

Ankit Chauhan an Alumnus of our 2017 batch has cracked UPSC Civil Services Exam this year in his first attempt and we feel elated to have a Blue Bellian cracking the IAS this year. He is ready to join the Lal Bahadur Shastri IAS Academy Mussoorie soon.

**“Leadership is the capacity to translate vision into a reality.”-  
Warren Bennis**

April 03, 2023



## MICROSOFT INNOVATIVE EDUCATOR EXPERT 2022-23

We congratulate Ms. Anju Luthra & Ms. Sunita Yadav, TGT Computer Science & Artificial Intelligence on being selected as Microsoft Innovative Educator Expert for 2022-2023!



‘Technology has always been a source of innovation, and will continue to be so. With the right use, technology can be used for good and can help people in ways that they never thought possible.’

May 17, 2023



# IIT -JEE MAINS RESULT

**Brahm Dutt**  
**Blue Bells Public School**  
Sector 10 , Gurugram



## Congratulations

**SUPER ACHIEVERS ON YOUR PERFORMANCE IN JEE MAINS**



**Takshay Bansal**  
99.73%



**Yashit Kumar**  
99.3%



**Niyati Goyal**  
98.5%



**Divyansh Singh**  
98.2%



**Aryan Saini**  
98.1%



**Nikunj Chauhan**  
97.95%



**Jhanavi Taneja**  
96.5%



**Jiya Mehta**  
94.2%



**Aashwat Jain**  
93.2%



**Archit Anand**  
92%

**Students, your hard work and perseverance is applauded! We are proud of your monumental accomplishment. Best wishes for a happy and prosperous future !**

9811868242  
[www.bluebells.org/bbpublic](http://www.bluebells.org/bbpublic)

**‘Success is counted the sweetest for those who wish to succeed, to comprehend a nectar requires a sorest need.’**



June 20, 2023

BDBBPS NURTURES EXCELLENCE AND FULFILLS DREAMS AS BLUE  
BELLIONS ACHIEVE SUCCESS IN

IIT JEE ADVANCE 2023

Brahm Dutt Blue Bells Public School  
**CONGRATULATES....**

**SUPER ACHIEVERS ON THEIR STUPENDOUS  
PERFORMANCE IN JEE ADVANCE**



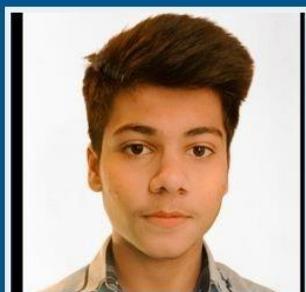
**DIVYANSH SINGH**  
AIR- 8000



**TAKSHAY BANSAL**  
AIR- 1596



**YASHIT KUMAR**  
AIR-10454



**ARYAN SAINI**  
AIR- 11362



**NIKUNJ CHAUHAN**  
AIR-17302

**“Success belongs to those who believe in the beauty of their  
dreams...as what a mind can conceive and believe... it can  
achieve.”**



**May 31, 2023**

## **SHREYA DADICH ( SPORTS CAPTAIN 2022-23) SELECTED FOR STATE VOLLEY BALL TEAM**



Shreya Dadhich of Grade XII (2022-23) was selected for the National School Games 2023. She will be a member of the State Team for Volleyball at Bhopal (MP).

**‘The history of the world is full of individuals who rose to the occasion by the sheer force of bravery, tenacity, and self-confidence..’**



June 16, 2023

## A PROUD MOMENT FOR BDBBPS

**Brahm Dutt Blue Bells Public School**  
Sector 10 , Gurugram



# CONGRATULATES...

**SUPER ACHIEVERS** ON THEIR STUPENDOUS  
PERFORMANCE IN **NEET (UG) 2023**



**NISHTHA SINGH**  
546/720  
Percentile 96.8  
Batch 2021



**AYUSH KATARIA**  
523/720  
Percentile 95.71  
Batch 2023



**SANA ARORA**  
468/720  
Percentile 92.98  
Batch 2023

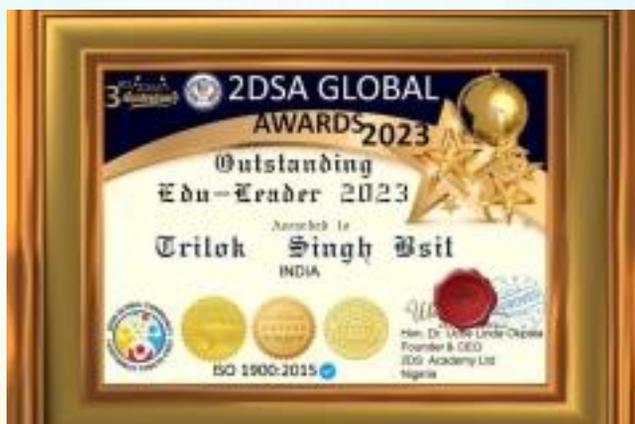
**“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do.”**

**Pele, Brazilian Soccer Player**



August 06 , 2023

## PRESTIGIOUS INTERNATIONAL 21st DIGI SKILLZ RECOGNITIONS TO BDBBPS



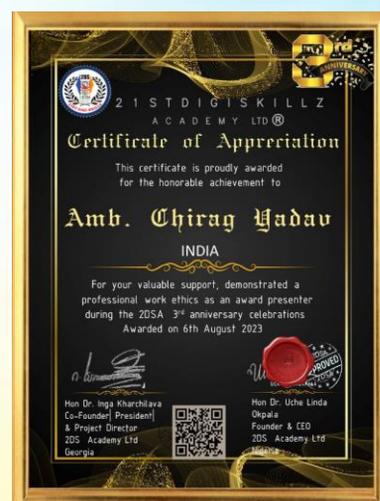
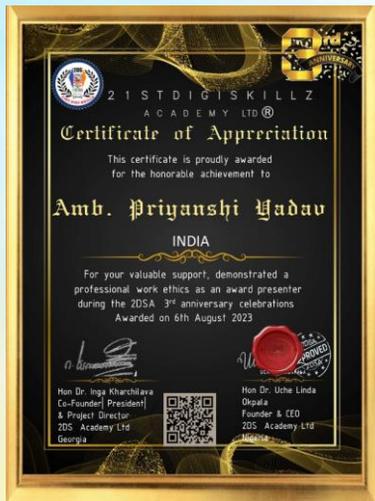
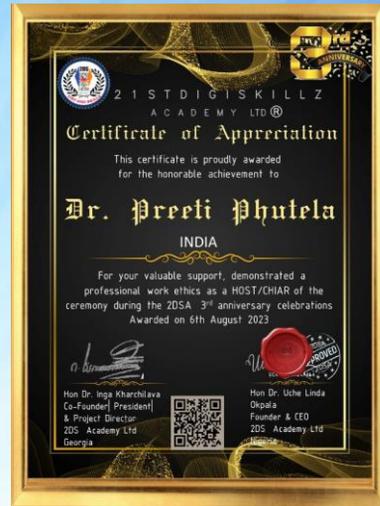
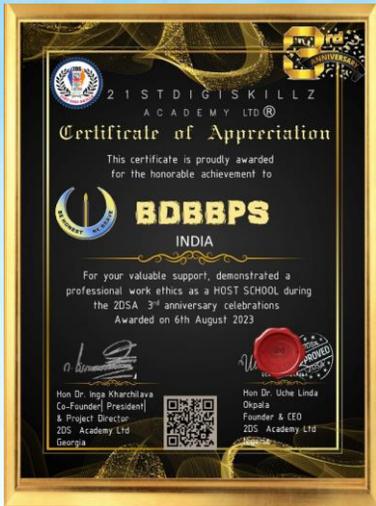
With esteemed pleasure, we are delighted to share that Brahm Dutt Blue Bells Public School, Sector 10, Gurugram was bestowed with the distinguished recognition of 'BEST SCHOOL AWARD 2023' at the international platform by the 21st Digi Skillz International Academy.

Dr. Trilok Singh Bisht, Principal, BDBBPS, and Dr. Preeti Phutela, Senior Wing Leader, BDBBPS were bestowed with the 'Outstanding Edu-Leader 2023 Award'.

**“Champions keep playing until they get it right.”**

**-- Billie Jean King**

# BDBBPS PROUDLY HOSTED THE 21ST DIGI SKILLZ ACADEMY AWARD CEREMONY





August 06 , 2023

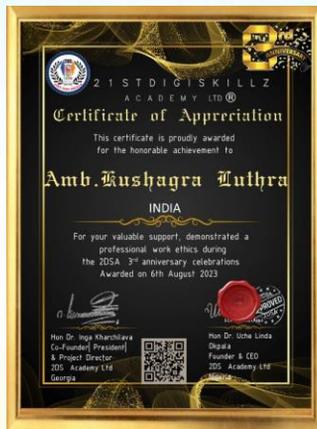
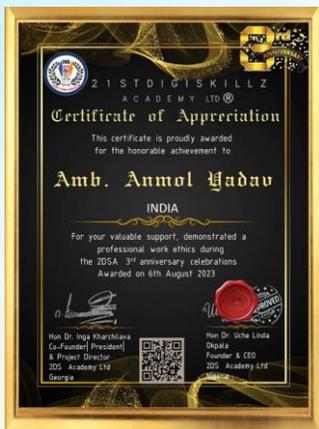
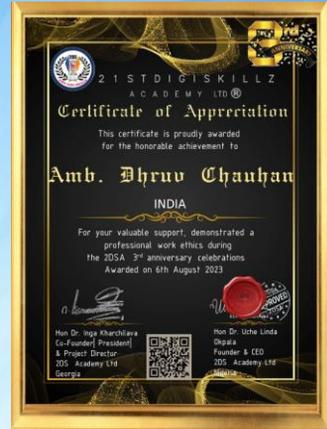


“All our dreams can come true if we have the courage to pursue them.” ~ Walt Disney



August 06 , 2023

## BDBBPS PROUDLY HOSTED THE 21ST DIGI SKILLZ ACADEMY AWARD CEREMONY



Dr. Trilok Singh Bisht, revered Principal, BDBBPS was appreciated for being an exceptional and inspirational Guest Speaker at the event. Dr. Preeti Phutela, Senior Wing Leader, BDBBPS, and a group of enthusiastic students with oratorical finesse and technical prowess hosted the Award Ceremony.

An event that stood as a jubilant recognition of the remarkable achievements within the education sector. The Master of Ceremony were Goohika Joshi, Jeshna Raja Benehar, Mannat Kaur, Kiran Bisht , Chirag Yadav, Rakshita Bhalla, and Priyanshi Yadav. The technical team of tech geeks -Divyanshu Chand, Dhruv Suhag, Anmol Yadav, Kushagra Luthra, and Dhruv Chauhan.



July 29, 2023

## UNHACKATHON 2023: BDBBPS TEAM REGISTERED A MAGNIFICENT FEAT



Demonstrating the power of belief and determination along with exceptional technological and problem-solving skills, a team of fabulous five students - Khushi, Paridhi, Japsimran Kaur, Jahnvi, and Sunanya Juneja from Class XII D of Brahm Dutt Blue Bells Public School achieved awe-inspiring success at Unhackathon 2023 on July 29, 2023. With seamless teamwork and unwavering coordination, they secured a prestigious position among the top three contenders, earning a well-deserved prize of Rs. 50,000 for their outstanding performance. The team was trained and mentored by the IT Team under the inspirational leadership of Madam Anshuka Aneja, Deputy Director (IT), BBGS.

**“Technology can become the “wings” that will allow the educational world to fly farther and faster than ever before – if we allow it.” – Jenny Arledge**



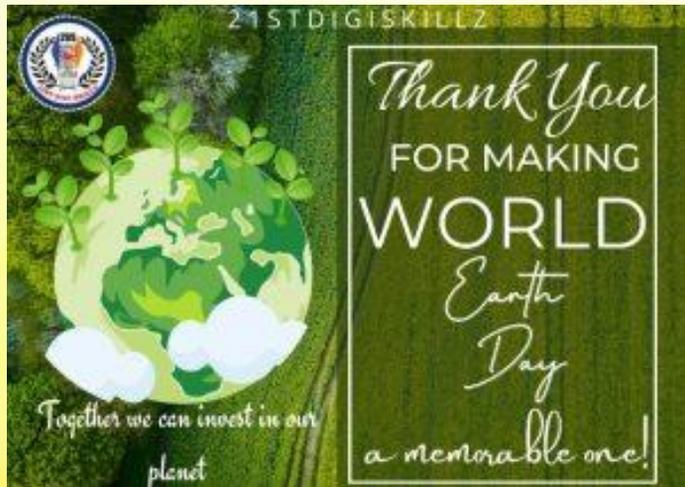
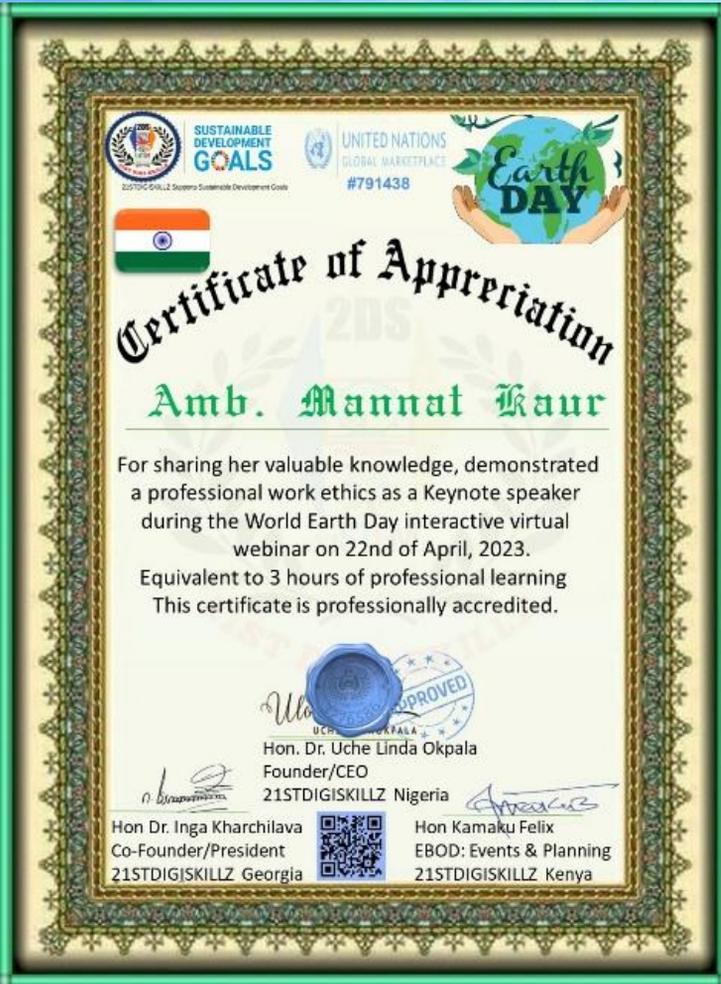
# ACHIEVEMENT GALORE





April 03, 2023

# BDBBPS HITS THE BULLION SHOT AT 21ST DIGI SKILLZ WEBINAR TO MARK WORLD EARTH DAY

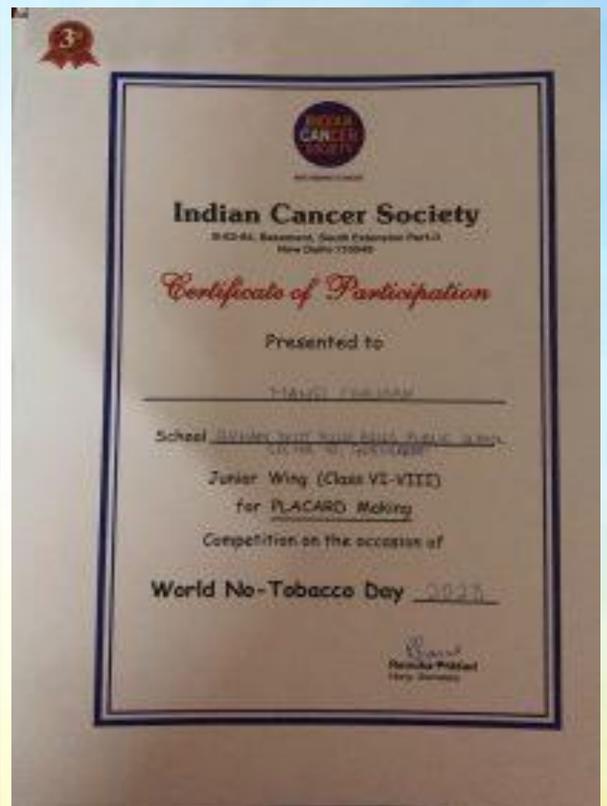
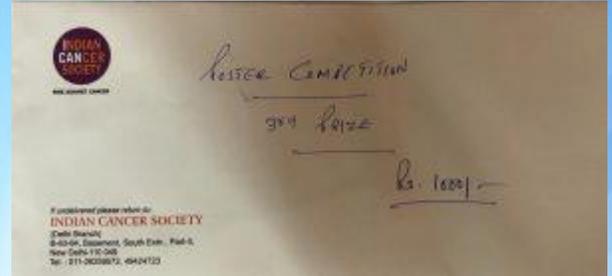


**“Share your knowledge. It is a way to achieve immortality.”  
 - Dalai Lama XIV**

May 02, 2023



## CROWNING GLORY BY MANSI CHAUHAN AT WNTD COMPETITION BY I-CAN



**Mansi Chauhan of Class VIII-D clinched the Third Position and a Cash Prize of Rs. 1000/- in the Junior Wing (Classes VI-VIII) in Placard Making Competition organized by the Indian Cancer Society at Shiv Nadar School, DLF, Phase -I, Gurugram to mark the World No Tobacco Day .**

**‘When you are inspired by a purpose, your knowledge expands and you chart your unique success saga..’**



**May 17, 2023**

## **LAURELS FOR BLUE BELLIAN'S AT INTER-SCHOOL IT COMPETITION**



In Byte Beat Technology Dance Competition, the School Team won the First Prize. The team included Vidhi Chawla, Aratrika, Saubhagya Singh, Deeksha Yadav, Gazal Verma, Deeksha Bassi, Aanya Arora, Kiran Bist, Chirag Yadav and Charvi Vashishtha.



In the event 'Voice it Out' which was a Debating event, Aarush Dutt of Class XI A won the Second Prize.

**“When you are inspired by a purpose, your knowledge expands and you chart your unique success saga.”**



May 17, 2023

## LAURELS FOR BLUE BELLIANAS AT INTER-SCHOOL IT COMPETITION AT DAV SECTOR-49



In 'Snapshots' a Photography event based on SDG Zero Hunger, Neerav Panwar of Class XI D won the Third Prize.



In the event 'Bot Brawl' a Robotics Competition, Prashansa Aggarwal from Class IX C, Dakshesh Khatri VIII D and Rohit Yadav VIII C won the Second Prize.



In the event 'Tech Attire', Fancy Dress Competition, Amyra Sharma of Class II B won the Third Prize.

**'Technology as an enabler giving wings to the flight of imagination.'**



May 25, 2023

## EXCELLENT PERFORMANCE IN OLYMPIADS



The students achieved distinguished ranks in Olympiads (NSO, IMO, IEO, IGKO, ABHO) at the Zonal level as well as the International level. They were awarded the Medals of Distinction, Gold Medals of Excellence, and certificates.

**'Excellence is the gradual result of always striving to do better.'**



May 31, 2023

## PRIME MINISTER'S OFFICE CONFERRED BLUE BELLIAN'S WITH CERTIFICATE OF EXCELLENCE IN PPC 2023



More than 150 **students** of the school received the Certificate of Excellence signed by the honourable Prime Minister, Mr. Narendra Modi for their well-articulated entries in the National-level Competition organized in online mode by CBSE on different themes on [www.mygov.in](http://www.mygov.in). as a part of Pariksha Pe Charcha 2023.

**‘The will to win, the desire to succeed will open the door to your personal growth and excellence .’**

# SILVER ZONE OLYMPIADS



Blue Bellians proved their excellence in Silver Zone Olympiads by achieving distinguished Regional and Zonal Ranks in various Olympiads [ABHO, IGKO, NCO, IIO, IRAO, IOEL].

**‘Develop a passion for learning, once you do it, you will soar high in sky..’**



June 01, 2023

## VOLLEYBALL CHAMPS MAKE THEIR MARK



The Girls' Volleyball Team of the school brought laurels to its alma mater by winning Gold and Silver medals in three separate categories as a part of the Volleyball Open National Sports Championship 2023.

The Under 19 and Under 14 Girls' Team bagged the Gold Medals while the Under 17 Girls' Team bagged the Silver Medals for their stupendous performance. The team coach, Ms. Sushma Sehrawat was also recognised as the Best Coach and was presented with a trophy.

**'We are what we repeatedly do, Excellence then becomes a habit..'**



June 17, 2023

# BLUE BELLIAN VOICING THEIR OPINION EXPLICITLY ON FORCED CHILD LABOUR AT GEN Z INTERNATIONAL CONFERENCE BY 21 DIGI SKILLS

QUALITY EDUCATION for ALL PRESENTS

## GEN Z CONFERENCE

TOPIC: **QUALITY EDUCATION FOR ALL**

SATURDAY  
17TH JUNE 2023  
12:00 PM NIG



**CHIRAG YADAV**  
SPEAKER - INDIA

21STDIGISKILLZ ACADEMY

UNited Nations Global Marketplace #791438

TEACH. INNOVATE. INSPIRE

SUSTAINABLE DEVELOPMENT GOALS

2023

QUALITY EDUCATION for ALL AWARD

17TH JUNE 2023

Hon. Kamaku Felix  
EBOD - Events & Planning  
2DSA - Kenya

Hon. Dr. Uche Linda Okpala  
Founder/CEO  
2DSA Ltd. Nigeria

Hon. Dr. Inga Kharchilava  
President/Project Director  
Co-founder 2DSA - Georgia

YouTube LIVE STREAM @21STDIGISKILLZ

21STDIGISKILLZ ACADEMY LTD®

TEACH. INNOVATE. INSPIRE

SUSTAINABLE DEVELOPMENT GOALS

2023

QUALITY EDUCATION for ALL AWARD

Awarded to

**Amb. Chirag Yadav**

17TH JUNE 2023

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21STDIGISKILLZ ACADEMY LTD®

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SUSTAINABLE DEVELOPMENT GOALS

2023

21STDIGISKILLZ Supports Sustainable Development Goals

21STDIGISKILLZ GLOBAL COMMUNITY

## Certificate of Appreciation

This certificate is proudly presented for honorable achievement to

**Chirag Yadav**

KEYNOTE SPEAKER - INDIA

In recognition of his/her professional work ethics and sharing of valuable knowledge on campaign against "NO CHILD LABOR" during the virtual interactive "GEN Z" Conference on "Quality Education for All" #UNSDG4 organized by 21STDIGISKILLZ Academy Awarded on 17th June 2023 Equivalent to 3 hours of professional learning.

Hon. Dr. Uche Linda Okpala  
Founder/CEO  
2DSA Ltd. Nigeria

Hon. Kamaku Felix  
EBOD - Events & Planning  
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21STDIGISKILLZ ACADEMY LTD®

TEACH. INNOVATE. INSPIRE

QUALITY EDUCATION for ALL

SUSTAINABLE DEVELOPMENT GOALS

2023

21STDIGISKILLZ Supports Sustainable Development Goals

## ADDRESSING BARRIERS TO EDUCATION

To ensure quality education for all, we must address the barriers that prevent children from accessing schooling. These barriers include poverty, gender discrimination, child marriage, and lack of infrastructure.

EDUCATION

7TH JUNE 2023  
12:00 PM NIG

THEME: CHILD LABOR

YouTube LIVE STREAM

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QUALITY EDUCATION for ALL

SUSTAINABLE DEVELOPMENT GOALS

2023

21STDIGISKILLZ Supports Sustainable Development Goals

## Certificate of Participation

**Chirag Yadav**

In recognition of his/her active participation during the virtual interactive "GEN Z" Conference on "Quality Education for All" #UNSDG4 organized by 21STDIGISKILLZ Academy Awarded on 17th June 2023 Equivalent to 3 hours of professional learning.

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SUSTAINABLE DEVELOPMENT GOALS

2023

QUALITY EDUCATION for ALL AWARD

17TH JUNE 2023

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**'Knowledge is the key that unlocks the chains of forced child labour. Only through awareness can we empower ourselves to act and liberate innocent lives.'**





June 17, 2023

# KEYNOTE SPEAKER & AMBASSADOR CERTIFICATE FOR VIEWS ON FORCED CHILD LABOUR

QUALITY EDUCATION for ALL PRESENTS  
**GEN Z CONFERENCE**  
**TOPIC: QUALITY EDUCATION FOR ALL**  
**SATURDAY**  
 17TH JUNE 2023  
 12:00 PM NIG



**KIRAN BIST**  
SPEAKER - INDIA

21STDIGISKILLZ ACADEMY

UNITED NATIONS GLOBAL MARKETPLACE #791438

21STDIGISKILLZ ACADEMY LTD®  
TEACH. INNOVATE. INSPIRE

QUALITY EDUCATION for ALL AWARD 2023

Awarded to  
**Amb. Kiran Bist**  
 17TH JUNE 2023

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EBOD- Events & Planning  
ZDSA - Kenya

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21STDIGISKILLZ ACADEMY

**STOP GIVING THEM TOOLS, WHEN ALL THEY NEED IS SCHOOL!**

**Thank you!**

Bibliography:  
UNICEF India

Tinatín Lepsveridze

How proud it is that the young generation is actively involved in finding solutions to global problems.

Kiran Bist (Class X)  
Brahm Dutt Blue Bells Public School  
Sector 10

21STDIGISKILLZ ACADEMY LTD®  
TEACH. INNOVATE. INSPIRE

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ZDSA Ltd. Nigeria

Hon. Dr. Inga Kharchilava  
President/Project Director  
Co-founder ZDSA - Georgia

**"Forced Child Labour continues to be a grave violation of human rights, hindering children's development and well-being."**



**July 18, 2023**

## **RHYTHMIC RAGA-INTER-SCHOOL COMPETITION AT AMITY INTERNATIONAL SCHOOL, SEC-46**



The talented singers of Classes IV & V mesmerized the audience with the presentation of a high-energy Western song and bagged the Second Prize in the event 'Ensemble'.

**'Confidence is the foundation of all great success and achievement.'**



July 22, 2023

## INTER-SCHOOL BUSINESS SUMMIT 2023



Goohika Joshi and Banaj of Class XI-C emerged victorious, clinching the Second Position in the Inter-school Competition -Business Summit 2023, organised by Blue Bells Model School, Sector 4, Gurugram.

**"Innovation is seeing what everybody has seen and thinking what nobody has thought." - Dr. Albert Szent-Gyorgyi**



July 28, 2023

## 'SCIENTREPTENEUR' at Delhi Public School, Sector 45, Gurugram



Anishka and Vanshika Asthana of Class XII B bagged Third Position in the final round of the event GPSC-CAPITALI under 'Scientrepreneur'. They presented their Business/Revenue Model for their product, ACSAFE, which is a safety device promoting and enhancing Sustainable Development Goals like Quality Education and Industry Innovation and Infrastructure.

**"Small opportunities are often the beginning of great enterprises."**



**August 02, 2023**

## **U-17 BDBBPS BOYS TEAM TRIUMPHS IN TABLE TENNIS TOURNAMENT AT ORCHID INTERNATIONAL SCHOOL**



The talented players Chirag Yadav, Jivesh Kapoor , and Vansh Arora from Class X A showcased their talents and skills, securing a well-deserved Second Position in the competition. Their ability to keep calm under pressure and their seamless coordination on the field set them apart from more than 14 other teams from renowned schools of Delhi-NCR.

**‘The five S's of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit.’**



August 02, 2023

## EXCELLENT PERFORMANCE BY BDBBPS IN INTER SCHOOL VOLLEYBALL TOURNAMENT



The U-17 Girls Volleyball Team of Brahm Dutt Blue Bells Public School beautifully exemplified this sentiment as they secured the First Position in the prestigious tournament held at Pathfinder Global School, Pataudi.

Sannvi's standout performance as the Best Player added another layer of brilliance to their triumph.

**'Individually, we are one drop; together, we are an ocean.'**

**- Ryunosuke Satoro.**

August 03, 2023



## 2ND JSKFI NATIONAL CUP KARATE CHAMPIONSHIP 2023



Samarth Kumar, a shining star from Grade VI of BDBBPS, participated with unwavering determination and skill, bringing glory and honour to his school by clinching a Gold Medal in the Sub Junior Category (boys)..

**‘Courage First; Power Second; Technique Third.’**



**August 10, 2023**

## **SAISHA KAPOOR WINS FIRST PRIZE IN CREATIVE CLIP EVENT AT TECHBUZZ 2023**



Saisha Kapoor, a student of Class X B, who clinched the First Prize in the Creative Clip Competition of TechBuzz 2023, organised by DAV Public School, Sector 14, Gurugram.

**‘Courage to think, Courage to invent are the unique qualities of the youth.’**



**August 11, 2023**

## **FIRST POSITION AT INTER-SCHOOL BAND COMPETITION: 'ONE EARTH, ONE FAMILY, ONE FUTURE'**



The School Band of six students of the Senior Wing, bagged the First Position in Spandan- The Band Competition held at Manav Rachna International School on August 11, 2023, on the theme 'One Earth, One Family, One Future.'

**'Playing an instrument is its own reward.'**



August 12, 2023

## XAVENIUM 2023



Annika Vats of Grade III participated in the Inter-school event 'Xavenium 2023' organised by St. Xavier's High School and emerged as a shining star by clinching the Second Prize in the event 'Tirade'.

**'Believe you can and you're halfway there.'**

**- Theodore Roosevelt**

**August 12, 2023**



## **BDBBPS GIRLS' U-17 FOOTBALL TEAM CLINCHES SILVER MEDAL AT SHALOM PRESIDENCY SCHOOL**



Our Girls' U-17 Football Team showcased their prowess on the field and secured a well-deserved Silver Medal in the competition. Their hard work, discipline, and determination were evident in every match they played. The team's consistent performance is a testament to their commitment to the sport and the guidance provided by their coaches.

**'The strength of the team is each individual member. The strength of each member is the team.' – Phil Jackson**



**August 12, 2023**

## **STUPENDOUS PERFORMANCE BY BDBBPS AT SHALOM'S CONCLAVE**



Avneet Mishra, Aratrika Rana and Yatharth Gaur from Grade VIII won First Position Notion Discourse - Debate.

Rakshita Bhalla, Shreya Tanwar, Harshita Kandwal, Lakshita Kakkar, and Neerav clinched the 'Special Jury Award' by presenting a self-composed poem on 'Women Empowerment'.

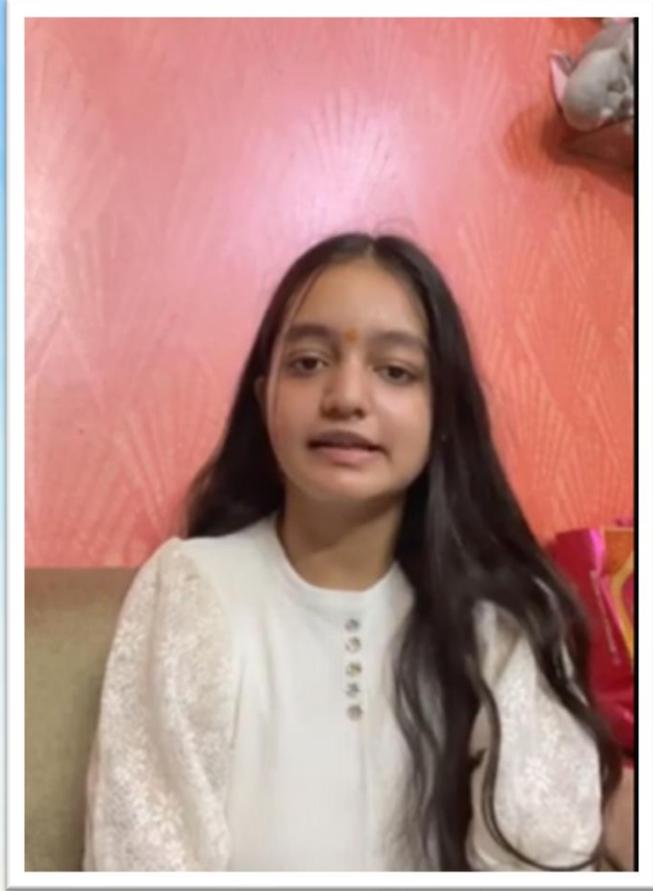
Ten students from Classes III and IV participated in the event 'Choral Recitation' and presented a thought-provoking poem on the theme 'Grow to Glow' and secured First Runner-Up Position.

**'If you believe in yourself and have dedication and pride - and never quit, you'll be a winner.'**



**August 18, 2023**

## **JUNIOR ENVIRONMENT LEADERSHIP DIPLOMA**



Mahi Pahuja, our proud Blue Bellian expresses her opinion on the misdeeds of the people towards our Mother Earth and the environment. She believes “we have not inherited this Earth from our ancestors but borrowed it from the future generations.

Video Link <https://www.facebook.com/watch/?>

**"The earth is what we all have in common." —Wendell Berry**

August 24, 2023



## INTER-SCHOOL DISTRICT ROLL BALL TOURNAMENT



In the U-9 Girls Category, our young talents, Janvi and Gulmaira of Class III, showcased their prowess and determination, securing the coveted First Position.

The boys' team of Riyansh from Class I, Ayaan Arora from Class II and Bhavy Siwach from Class III secured the First Position in U-9 Boys Category.

In the U-11 Girls category, Manvi of Class VI exhibited remarkable sportsmanship and clinched the Second Position.

**‘Embracing challenges with a relentless spirit fuels the journey to achievement.’**





With the increasing impact of technology in all aspects of life, Cyber Security Experts are in high demand.

D..  
Public  
Make The  
**WORLD**  
A Safer Place  
with  
**CAREER**  
**OPPORTUNITIES**  
IN CYBER SECURITY

**CYBERSECURITY ANALYST:**

The graphic shows a person sitting at a desk with a laptop, surrounded by icons representing a smartphone, a user profile, a folder, a document, and a bar chart.

# PENETRATION TESTER:



# CRYPTOGRAPHER:



# DIGITAL FORENSIC ANALYST:

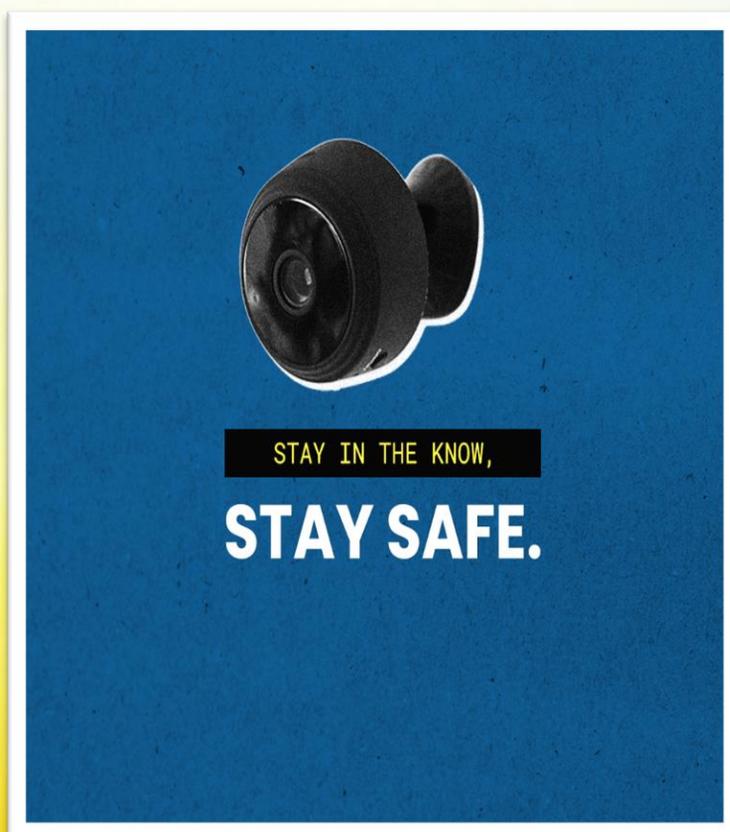


# INFORMATION SECURITY MANAGER:





**In an interconnected world today, social engineering attacks increasingly lurk behind screens, targeting unsuspecting individuals, especially our young learners. We want our students to be one step ahead, and to that end, we bring you the ins and outs of 'Social Engineering Attacks' : what they are, how they infiltrate minds and extract personal info, as well as a few ways to steer clear.**





Use Multi-Factor Authentication (MFA)

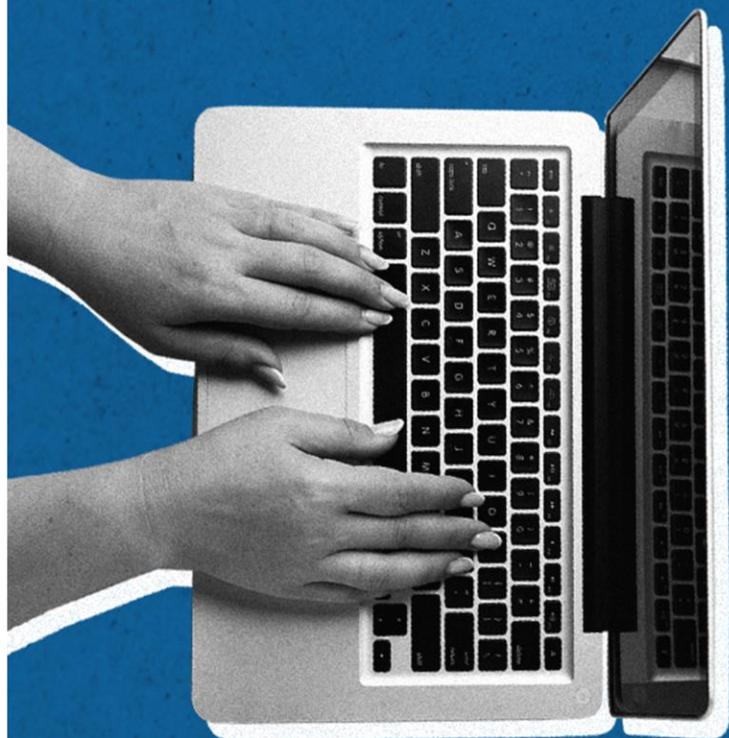
Don't open email attachments from suspicious sources

# HOW DO YOU **STAY SAFE?**

Install and update antivirus and other software

Back up your data regularly





WHAT IS

# **SOCIAL** ENGINEERING

Social engineering is the tactic of manipulating, influencing, or deceiving a victim in order to gain control over a computer system, or to steal personal and financial information.





\*  
\*  
\*



**SOCIAL**

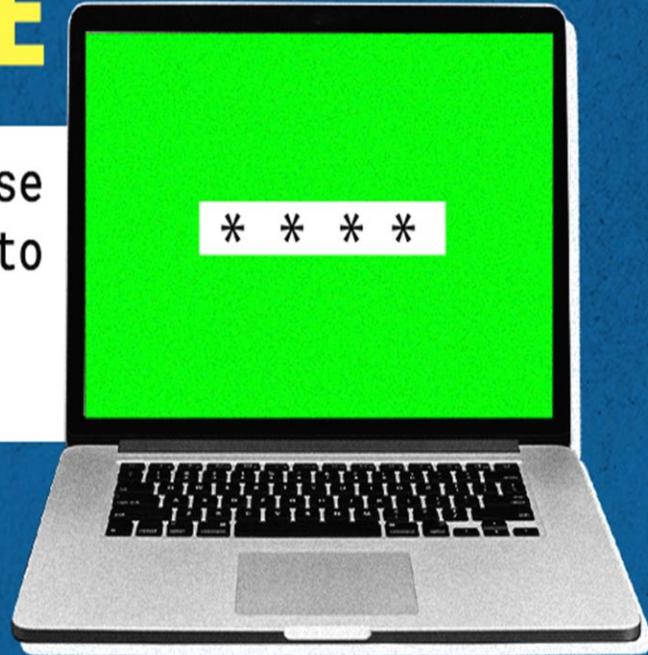
ENGINEERING



CYBER ATTACKS 101 ▶▶▶▶▶

# SCAREWARE

Bombarding users with false alerts to deceive them into installing programs that steal information



# QUID PRO QUO

The request of sensitive information like login credentials, or monetary value in exchange for a service





## USE COMMON SENSE AND BE **CYBERSMART!**

- CREATE PASSWORDS THAT ARE STRONG, UNIQUE AND EASY TO REMEMBER
- KEEP YOUR SOFTWARE UP TO DATE
- INSTALL ANTIVIRUS & DESKTOP FIREWALL SOLUTIONS AGAINST MALWARE AND UNAUTHORIZED ACCESS
- SECURE YOUR WEB BROWSER BEFORE ACCESSING INTERNET

May 27, 2023



## CYBER CONGRESS

Imagine your assignments, research papers, personal information, and cherished memories—gone in an instant. All because of a single careless click. It's a nightmare you don't want to experience. Cyber awareness is more crucial than ever for students, as neglecting safe practices can leave your devices vulnerable and expose you to increasing cyber threats. Please follow these safe downloading practices for a secure digital experience.

# DO YOU TRANSFER DATA ONLINE?

Then, follow these  
**safe downloading practices**  
to keep your devices **safe**.





Blue Bells  
PUBLIC SCHOOL



# DON'T FALL FOR THE TRAPS.



Be in the know.

Use **anti-malware**

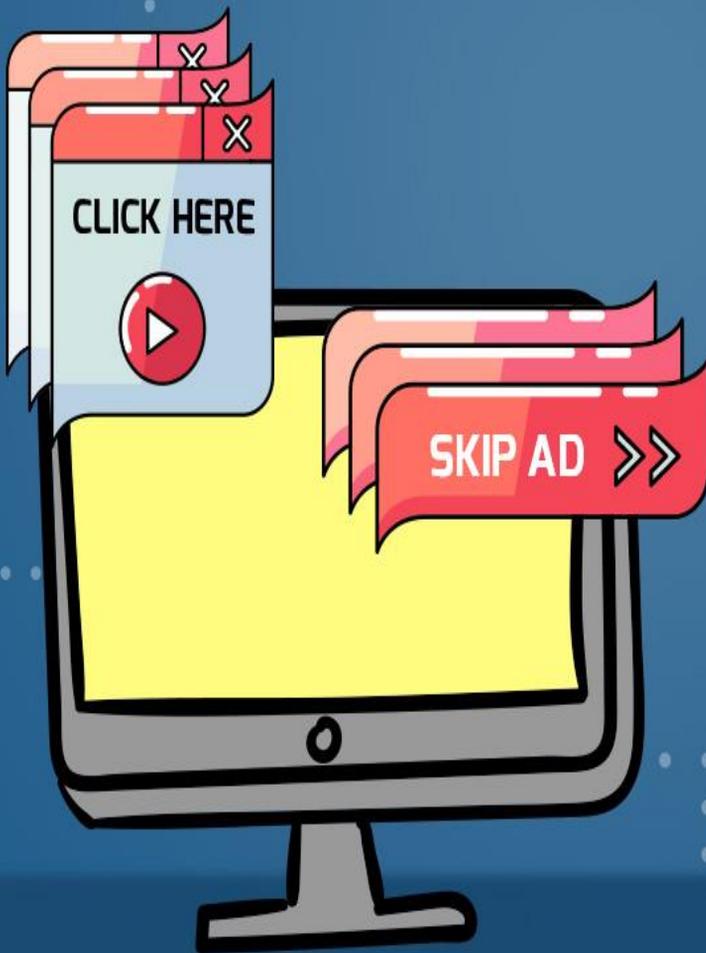
**software** to detect  
malicious files.



Always  
**scan files** for  
viruses before  
opening them.



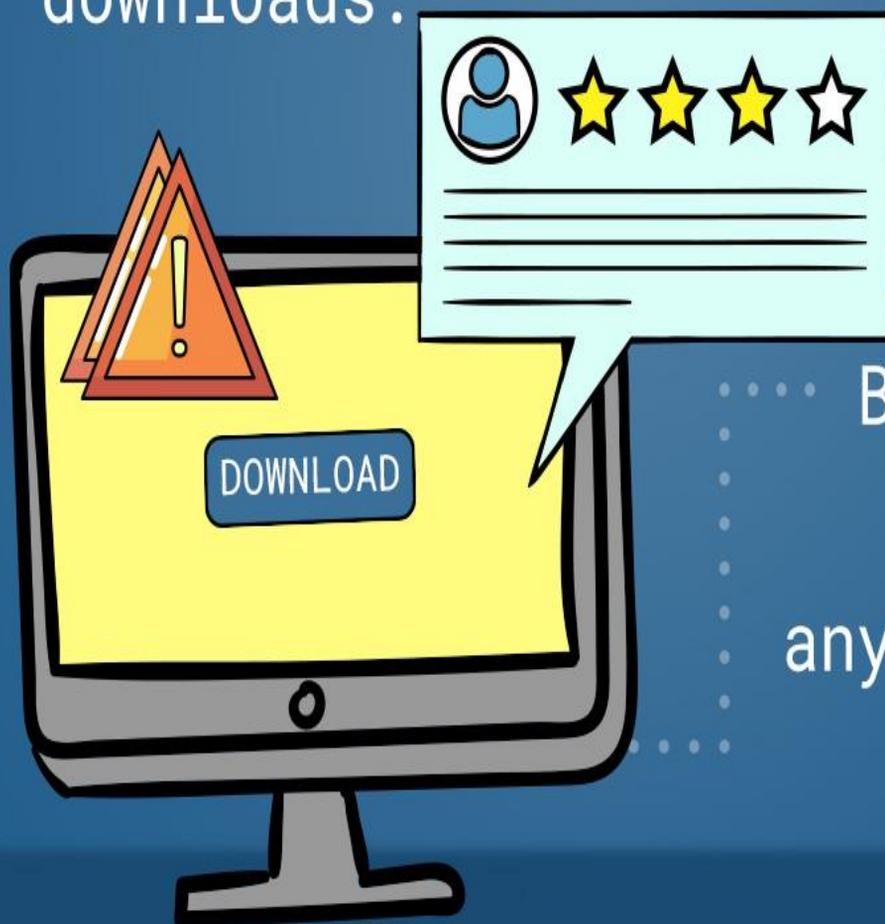
Download from  
**trusted sources** only.



Be cautious of  
apps asking for  
**permissions.**



Check **reviews & ratings** to ensure the reliability of downloads.



Be proactive and **report** any suspicious downloads.





July 25, 2023

In today's digital age, everything you post or share online leaves a trace, known as a digital footprint. It's crucial to make sure that this digital version of you is protected.

Be careful & mindful of what you share online because hackers might be watching & could use your information in harmful ways.

## HOW TO CREATE A **POSITIVE DIGITAL FOOTPRINT**



Use privacy settings to ensure that your online profiles are set to private



Always be respectful with others online, & avoid negative comments, cyberbullying, etc.

# HOW TO CREATE A **POSITIVE DIGITAL FOOTPRINT**

Put strong passwords  
& avoid using the  
same password for  
multiple accounts



Engage with appropriate  
content which is free of  
offensive language or  
images



# IMPORTANCE OF A **POSITIVE DIGITAL FOOTPRINT**

A clean & positive digital footprint is essential for your online reputation & future opportunities as it can be seen by colleges, employers, & others





# IT'S CALLED A **DIGITAL FOOTPRINT**

Your digital footprint refers to the info that is available about you online. It may be your name, age, location, photos, videos, comments etc.





## DID YOU KNOW?

What you do online,  
leaves a mark forever





Online Gaming is all fun and games until it becomes a serious threat.

Online games are an interesting way of interacting with new people while playing games on computers, phones, etc. However, it's crucial to be aware of the potential hazards associated with online gaming, like viruses, malware identity theft, and phishing attacks.

Read these safety tips before you play games online.

## DO YOU PLAY GAMES ONLINE?



Keep these safety tips in mind





Avoid clicking on links sent by unknown individuals

Make sure to report any inappropriate or offensive content





Choose a username that does not reveal your personal info

Refrain from sharing your details when playing online

Do not fall prey to

# CYBER MALPRACTICES

Be sure to follow our page  
for more  
**cyber awareness tips**



Do not download files from  
unidentified sources

Never input your parents'  
card details anywhere  
without permission







April 03, 2023

## BDBBPS WELCOMED THE STUDENTS TO SESSION 2023-24



**'Every day is the new beginning, a chance to take our first step, a step that can promise us a new horizon and a whole lot of new possibilities.'**



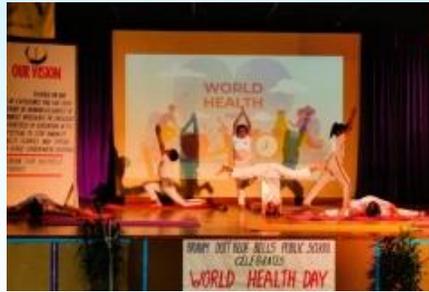
April 06, 2023

# TRANSITION SESSION FOR CLASS VI



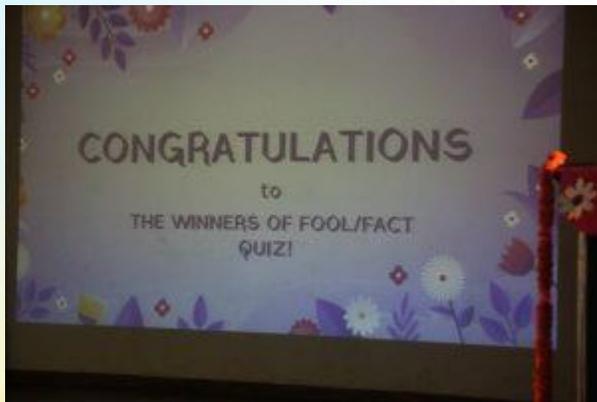
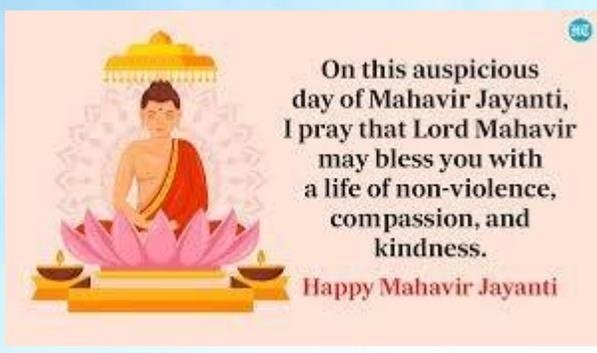
**'Transitions in life can offer opportunities for discovery.'**  
**Robbie Shell**

# World Health Day Activities



**'Investing in health today will lead to a brighter and healthier future tomorrow.'**

# HOW DID APRIL GET ITS NAME



**'Opening Buds of spring: Born in April.'**



April 10, 2023

# FOUNDER'S DAY : CELEBRATING 20 YEARS OF EXCELLENCE



**"A leader has the vision and conviction that a dream can be achieved. He inspires the power and energy to get it done." – Ralph Lauren**



April 10, 2023

## COUNSELLING SESSION BY DR. SHANKAR GOENKA



**‘Create the highest, grandest vision possible for your life, because you become what you believe..’**



April 11, 2023

## Educational Guidance Session on "The Career Path Ahead in the USA"



**'Keeping in mind the academic pursuit and vocational aspirations of the students, a session on Study Abroad .'**



April 17, 2023

# INTER HOUSE BHANGRA COMPETITION



**'Festivals are the threads that weave us together and herald a time for joy.'**



**April 17, 2023**

# **BAISAKHI CELEBRATION (MIDDLE WING)**



**'Amidst the rich harvest, Across the lush greenery,  
Baisakhi has arrived, In all its majesty – so let's rejoice and celebrate.'**

# CELEBRATION OF WORLD HERITAGE DAY



**‘Heritage is our legacy, what we live with today, and what we pass on to future generations. Our natural and cultural heritage are both irreplaceable sources of life and inspiration.’**



April 20, 2023

# EARTH DAY ASSEMBLY



**'Earth is a masterpiece of nature. Preserving its beauty is worth every effort to make the future generations enjoy it too.'**

April 21, 2023



## INTER-SCHOOL TABLE TENNIS TOURNAMENT 2023 UNDER THE AEGIS OF GPSC



**'Sports are a crucial part of a student's growth and development.'**



April 25, 2023

## EXPERIENTIAL LEARNING: FIELD TRIP FOR CLASS VIII



**'One learns from books and examples only that certain things can be done. Actual learning requires that you do those things.'**

**- Frank Herbert**



April 25, 2023

# INTERNATIONAL DANCE DAY



**'The art of art, the glory of expression and the sunshine of the light of movement and grace is simplicity...'**



April 26, 2023

# INTRA-CLASS NEWS READING COMPETITION



**'The art of communication is the language of leadership.'**- James Humes

April 29, 2023

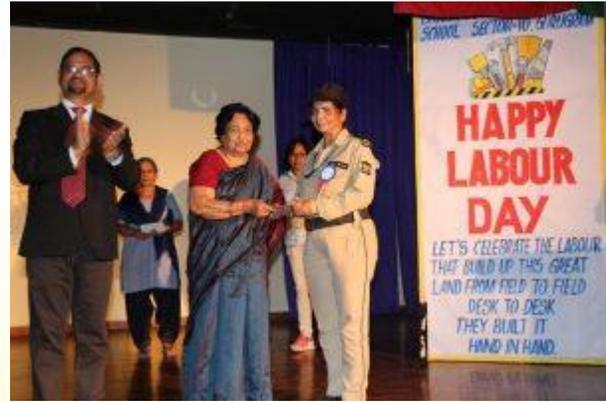


# BDBBPS HONOURS ACADEMIC ACHIEVERS FOR THE SESSION 2022-23



**'If you want to achieve excellence, you must accept all challenges and convert all obstacles into opportunities.'**

# LABOUR DAY CELEBRATION



**'Saluting the dignity of labour...'**



May 4-5, 2023

## THEATRIX 2023- THE TWO-DAY FIESTA OF THEATRICAL SKILLS



**'I regard the theatre as the greatest of all art forms, the most immediate way in which a human being can share with another the sense of what it is to be a human being.' ~Oscar Wilde**



May 4-5, 2023

## THEATRIX 2023- THE TWO-DAY FIESTA OF THEATRICAL SKILLS



**‘Theatre arts enhance both verbal and non-verbal expression of ideas. It improves voice projection, articulation, pronunciation, and fluency and guides the artist on how to express oneself with the body.’**



May 4-5, 2023

## THEATRIX 2023- THE TWO-DAY FIESTA OF THEATRICAL SKILLS

### RESULT ( 2023)

- **BEST DEBUTANT HINDI - TAMANNA (CV RAMAN)**
- **BEST DEBUTANT ENGLISH - ARKYA& AYUSHI (RADHA KRISHNAN)/(KALPANA CHAWLA)**
- **BEST NARRATOR HINDI - YUVAKSHI (CV RAMAN)**
- **BEST NARRATOR ENGLISH - SAISHA & VANSHIKA (RADHA KRISHNAN)**
- **BEST STUDENT DIRECTOR-HINDI - PRAKHAR (SAROJINI NAIDU)**
- **BEST STUDENT DIRECTOR ENGLISH - AAINA & VANI (CV RAMAN)**
- **BEST SUPPORTING ACTOR MALE HINDI - GARVIT SANGWAN (CV RAMAN)**
- **BEST SUPPORTING ACTOR FEMALE HINDI - JUHI ARORA (RADHA KRISHNAN)**
- **BEST SUPPORTING ACTOR MALE ENGLISH - ARUSH (CV RAMAN)**
- **BEST SUPPORTING ACTOR FEMALE ENGLISH - RASHI (CV RAMAN)**
- **BEST ACTOR FEMALE-HINDI - MANYA (SAROJINI NAYDU)**
- **BEST ACTOR MALE-HINDI - DAKSH & SAKSHAM (KALPANA CHAWLA AND CV RAMAN)**
- **BEST ACTOR FEMALE-ENGLISH - BHOOMIKA (SAROJINI NAYDU)**
- **BEST ACTOR MALE-ENGLISH - VIRAJ (CV RAMAN)**
- **BEST PLAY HINDI - PARIVARTAN (SAROJINI NAYDU)**
- **BEST PLAY ENGLISH- THE FISHERMAN AND HIS SOUL (CV RAMAN)**



May 05, 2023

## SPECIAL ASSEMBLY ON BUDDHA JAYANTI



**"A disciplined mind brings happiness." - Gautama Buddha**

May 08, 2023



# ASSEMBLY ON RABINDRANATH JAYANTI



**'Reach high, for stars lie hidden in you. Dream deep, for every dream precedes the goal.' Rabindranath Tagore**



May 09, 2023

# TAGORE JAYANTI CELEBRATIONS (SENIOR WING)



**‘Saluting the astounding work in the fields of culture, literature, and poetry.’**

May 09, 2023



# INVESTITURE CEREMONY (PRIMARY WING)



**'The future belongs to those who believe in the beauty of their dreams.' -Eleanor Roosevelt**

May 11, 2023



## WORLD LAUGHTER DAY CELEBRATION



**'Laughter can be a therapeutic tool for overcoming stress and finding happiness.'**

May 13, 2023



## MOTHER'S DAY



**'All that I am or ever hope to be, I owe to my angel mother.'**-  
**Abraham Lincoln**



May 15, 2023

# SCOUTS AND GUIDES CAMP (MIDDLE WING)



**“One learns from books and examples only that certain things can be done. Actual learning requires that you do those things.”  
— Frank Herbert**

May 18, 2023



## INTERNATIONAL FAMILY DAY CELEBRATION



**'The day celebrates the importance of families, people, society, and cultures around the world.'**



May 18, 2023

# NATIONAL TECHNOLOGY DAY

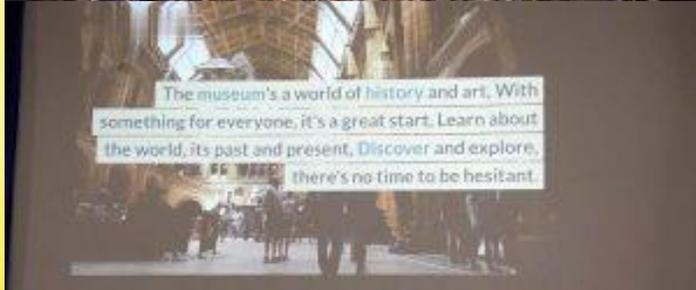


**‘Change is crucial. It brings new thought; new thought leads to innovative actions.’ - Dr. A.P.J, Abdul Kalam**



May 25, 2023

## INTERNATIONAL MUSEUM DAY CELEBRATION



**'Museums are an important means of cultural exchange, enrichment of cultures and development of mutual understanding, cooperation and peace among peoples.'**



May 28, 2023

# CYBER SAFETY WORKSHOP



**'Cyber Security is a shared responsibility. The more alert and informed we are, the more secure we are.'**



May 27, 2023

# LAUNCH OF NEWS BULLETIN-ABHIVYAKTI



Other Team Members:

Reporters-

- Viraj, XII-D
- Manya, IX-O

Journalists

- Sonarya, XII-D
- Sadaf Khan, XII-C
- Soumya Yadav, X-D

Other Supporting Members

- Seerat Chauhan, IX-D
- Yuvakshi, X-B



The Team that Made 'Abhivyakti' Happen

Gopika Joshi Editor-in-Chief	Jethva Raja Benhar Editor-in-Chief	Ranuj Compiling and Tech Support	Atulja Vats Reporter	Parth Yadav Reporter
Anjali Yadav Supporting Member	Harman Yadav Supporting Member	Joonita Karnar Supporting Member	Anyan Singh Supporting Member	



**Brahm Dutt  
Blue Bells Public School**

welcomes you to the  
Inauguration Ceremony of 'Abhivyakti'  
-BDBBPS's First News Bulletin




**'Abhivyakti' is a creative fortnightly initiative of the students, for the students and by the students.'**

# PREFECTORIAL BOARD (SENIOR WING)



**'Discipline is the epicenter of success in school and in addition to the Student Council, the Prefectorial Board has a crucial role to play in maintaining it.'**



June 21, 2023

# INTERNATIONAL YOGA DAY



**'Yoga is a blessing from divine to humanity for the entirety of body, mind and soul.'**



**July 4, 2023**

## **ORIENTATION SESSION FOR BDBBPSMUN 2023**



**ORIENTATION SESSION FOR BDBBPSMUN 2023 WITH A GLOBAL PERSPECTIVE ON 'NURTURING HARMONY: PEACE IN THE HEART OF CHAOS'**



July 4, 2023

# GURU PURNIMA ASSEMBLY: GRADE I



**'GRATITUDE TO THE GURUS WHO INSPIRE US, IGNITE OUR CURIOSITY, AND OPEN DOORS TO KNOWLEDGE AND SELF-DISCOVERY.'**



**July 7, 2023**

## **COMING BACK HOME- SHIVAM SAXENA VISITS HIS ALMA MATER WITH PRIDE**



**“IF YOUR ACTIONS INSPIRE OTHERS TO DREAM MORE, LEARN MORE, DO MORE AND BECOME MORE, YOU ARE A LEADER.” – PRESIDENT JOHN QUINCY ADAMS**



July 12, 2023

## WORLD POPULATION DAY



**“LET US COMMIT OURSELVES TO SPREAD AWARENESS ABOUT THE DIRE CONSEQUENCES OF POPULATION EXPLOSION. ”**



**July 13, 2023**

## **PLANTATION DRIVE**



**“THE CREATION OF A THOUSAND FORESTS IS IN ONE ACORN.”  
– RALPH WALDO EMERSON**



**July 17, 2023**

## **INSPIRING JOURNEY OF ENTREPRENEURSHIP: ALUMNA TALK ON HER START-UP**



**“AS WE LOOK AHEAD INTO THE NEXT CENTURY, LEADERS WILL BE THOSE WHO EMPOWER OTHERS.” – BILL GATES, CO-FOUNDER OF MICROSOFT**



July 19, 2023

## SCREENING OF THE LAUNCH OF CHANDRAYAN III



**“EDUCATION IS ALL ABOUT EMPOWERING THE GEN Z WITH ALL THE SKILLS AND KNOWLEDGE.**



July 19, 2023

## RELEASE OF JULY I EDITION OF ABHIVYAKTI



i

ONLINE.FLIPPINGBOOK.COM

Abhivyakti July Edition-1

The school news bulletin, known as 'Abhivyakti', encompasses the essence of hopes and dreams. The dedicated team behind Abhivyakti has invested countless hours to bring out the July Edition-I, centered around the theme 'Honouring Mother Earth'. The members sincerely hope that readers derive immense pleasure from reading it. The team expresses their heartfelt gratitude to all those who contributed, ensuring the theme shines brightly throughout this edition.

Looking ahead, the theme for the upcoming July Edition-II is 'Leaving Footprints - My Travel Diaries'. The team members humbly request your kind cooperation to help elevate this endeavor to new heights.

LINK OF FLIPBOOK

<https://online.flippingbook.com/view/45716246/>



**July 20, 2023**

## **AN INFORMATIVE WORKSHOP ON CAUSES AND EFFECTS OF NEW AGE LIFESTYLE**



**"SOME CHANGES LOOK INEFFECTIVE ON THE SURFACE BUT YOU WILL SOON REALIZE THAT SPACE IS BEING CREATED IN YOUR LIFE FOR SOMETHING NEW TO EMERGE." — ECKHART TOLLE.**



July 20, 2023

## SPECIAL ASSEMBLY ON 'LITTLE JOYS OF EVERYDAY LIFE'



**'Happiness is something that comes from your own actions.'**



July 26, 2023

**'RAAHEIN- THE POSITIVE PARENTING GUIDE'  
PRESENTED BY WELLNESS WISE BY DR. ALKA**



**Dr. Alka Saxena, Certified Positive Discipline Parent Educator and Deputy Director (Health & Wellness), BBGS, and Mr. Zubair Idrisi, Applied Theatre Practitioner were the esteemed resource persons for the workshop.** The focus was laid on positive parenting as the masterpiece that moulds hearts, colours minds, and sculpts the future with love and guidance.

In an experiential learning and interactive workshop with hands-on activities, **Dr. Alka and Mr. Zubair** focused on understanding a child's perspective and empathizing with them are crucial aspects of positive parenting. Parents immerse themselves in their child's world and gain valuable insights that nurture the parent-child bond.

**'Positive parenting is not about being a perfect parent, but rather a loving and supportive guide, nurturing the unique potential within each child.'**



**July 27, 2023**

## **INTER HOUSE PPT COMPETITION ON 'LET'S BE ECO-FRIENDLY'**



**“Buy less, choose well, make it last.”-Vivienne Westwood**



July 28, 2023

# NATURE CONSERVATION DAY ASSEMBLY REPORT -GRADE I B



**'NATURE IS OUR GREATEST TREASURE, AND ITS CONSERVATION IS OUR WISEST INVESTMENT FOR A THRIVING FUTURE.'**



July 29, 2023

## POSH WORKSHOP



**Brahm Dutt Blue Bells Public School places great emphasis on maintaining a positive work environment and providing education that inspires confidence.**



July 31, 2023

# ASSEMBLY ON THE THEME – ‘BE ECO FRIENDLY’



**"Environment is no one's property to destroy; it's everyone's responsibility to protect."**



August 03, 2023

## ASTRONOMY SESSION FOR CLASSES III - IX



**‘Exploring the stars unlocks a universe of wonders and sparks our imagination to new heights.’**



August 07, 2023

## FANCY DRESS COMPETITION



" Honing Latent Talent in the young Blue Bellians by providing them a platform to express explicitly. "



August 07, 2023

## FRIENDSHIP DAY ASSEMBLY (MIDDLE WING)



**'It is said true friendship is the greatest of all blessings. Friends are the gems who will never ever leave you alone in any circumstance even if the whole world is acting against you.'**



August 07, 2023

# FRIENDSHIP DAY ASSEMBLY-PRE-PRIMARY WING



**'Friendship is the purest bond that brings companionship and joy.'**



August 08, 2023

## ASSEMBLY ON FRIENDSHIP-VA



**"The only way to have a friend is to be one." - Ralph Waldo Emerson**



August 08, 2023

## POEM /JINGLE RECITATION COMPETITION



**"A platform for students to hone their recitation skills and enhance their confidence in public speaking, and also fostering an understanding of nutrition and healthy food choices. "**



August 08, 2023

## INTERNATIONAL DAY OF CONSCIENCE

# The International Day of Conscience : April 5

Change the *World* with Conscience.

zoom

0:05



**Tanmay Joshi from Grade IX A participated in an international event celebrating The International Day of Conscience, organised by The Federation of World Peace and Love (FOWPAL), in celebration of the UN's adoption of ICDAY on July 25, 2023 and won appreciation of the audience and organisers alike. For the video please click on the**

**link: <https://bit.ly/45g3flx>**

**Here is the extract from the programme where we can see our little champion sharing his views on the**

**occasion: <https://fb.watch/mgRu1fXort/>**



August 09, 2023

# AD-MAD COMPETITION



**"An Ad-Mad Competition to enhance the creative thinking and communication skills."**



August 10, 2023

## NAGASAKI DAY CELEBRATION



**'Nuclear weapons are the most terrifying weapon ever invented.'**



August 11, 2023

# INDEPENDENCE DAY CELEBRATION BY PRE-PRIMARY WING



**'Freedom is the will to be responsible to ourselves.'**



August 16, 2023

# August Edition 01 of Abhivyakti with you, on the theme-'Echoes of Freedom: Celebrating Independence Day'.



The Brahm Dutt Blue Bells Public School Bulletin  
**abhivyakti**  
Of the Students, By the Students, For the Students

Issue-1  
August 2023

### Scooneews Sustainability Award Recognizes the School's Commitment To Promoting Sustainability

BDBBPS has been honoured with the prestigious ScooNews Sustainability Award for its remarkable dedication towards promoting sustainability and environmental responsibility, in the Category of SDG Integration in Curriculum. The award recognises the school's achievements in ambitiously working towards the 17 SDGs as laid down by the United Nations.

The Award was received by the respected Principal, Dr. Trilok Singh Bist, on behalf of the entire school, in a glittering ceremony at Amer Clark Hotel, Jaipur.



### BDBBPS RECEIVES PRESTIGIOUS 'BEST SCHOOL AWARD 2023'



Brahm Dutt Blue Bells Public School, Sector 10, Gurugram was bestowed with the distinguished recognition of 'BEST SCHOOL AWARD 2023' at the international platform by the 21st Digi Skills International Academy. Dr. Preeti Phutela, Senior Wing Leader, BDBBPS headed the young brigade of the school comprising Priyanshi Yadav (XII-A), Jeshna Raja Benhar (XII-B), Goohika Joshi (XI C), Rakshita Bhalla (XI-A), Mannat Kaur (X-A), Chirag Yadav (X-A) and Kiran Bishi(X-A) proudly hosted the Award Ceremony at the 3rd Anniversary Celebration of 21st Digi Skills International Academy on August 6, 2023, online.

### POSH WORKSHOP AT BDBBPS

Brahm Dutt Blue Bells Public School places great emphasis on maintaining a positive work environment and providing education on preventing any form of Sexual Harassment in the workplace. To address this important issue, the school planned and organized a workshop on the Prevention of Sexual Harassment (POSH) specifically for the Pre Primary, Primary, and Middle Wing Teaching Staff on July 29, 2023. The workshop was conducted by esteemed Resource Persons, Dr. Alka Saxena, Deputy Director ( Health & Wellness), Blue Bells Group of Schools, and Ms. Kavita Arora, Co-founder and Director of Mittika. This workshop is a part of workshops planned for all teaching and non-teaching staff members under the aegis of the Human Resource Department and Health & Wellness Programme, Blue Bells Group of Schools spearheaded by Dr. Alka.



The primary objective of the Workshop was to raise awareness about the Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act, 2013, which is an extension of the Vishaka Guidelines issued by the Hon'ble Supreme Court in 1997. By drawing from real-life incidents, the workshop sought to provide a clear understanding of what constitutes unwelcome behaviour or acts as sexual harassment in the workplace. During the session, the responsibilities of both employers and employees were outlined. The participants gained insight into the scope of the act and were sensitized about their rights and responsibilities in relation to sexual harassment.

At the close of the workshop, all participants expressed their gratitude to the Resource Persons and shared that they felt more empowered, having acquired valuable knowledge from the session.

### 77th INDEPENDENCE DAY CELEBRATION AT BDBBPS



The Principal and staff of BDBBPS gathered in the school grounds to celebrate the 77th Independence Day with patriotic fervor. The Principal, Dr Trilok Singh Bist, hoisted the National Flag and took the salute of the marching



contingents of the teachers. The entire premises of the school reverberated with emotions of pride and gratitude towards the motherland. In his address, Dr Bist said, 'Let's take a resolution today to make our country free from communalism, corruption, narrow mindedness and hate speeches. Brahm Dutt Blue Bells Public School wishes a very Happy Independence Day to All Indians. Jai Hind, Jai Bharat!'



Scan for the Digital Edition!

August 2023 Issue-1

“ One Nation, One Vision, One Identity, My India...”



**August 18, 2023**

## **WORLD YOUTH SKILLS DAY**



**“Emphasis has to be laid on the strategic importance of equipping young people with skills for employment, decent work and entrepreneurship...”**



August 24, 2023

# SCREENING OF SUCCESSFUL LAUNCH OF CHANDRAYAN III



**'Proud to be an Indian.'**



August 25, 2023

### VISIT TO FLOUR MILL - KG



**“Tell me and I forget, teach me and I may remember, involve me and I learn.”**



August 26-27, 2023

# BDBBPS MUN 2023



**Resounding Success of Model United Nations Conference  
at Brahm Dutt Blue Bells Public School**



August 26-27, 2023

# BDBBPS MUN 2023

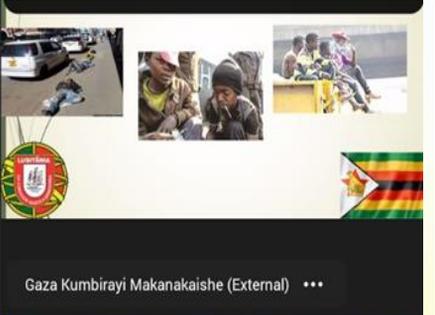
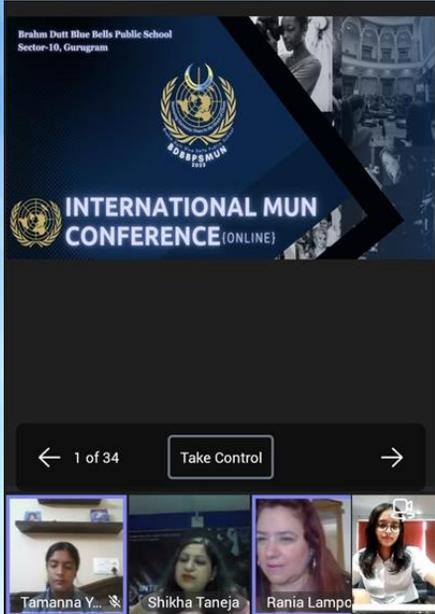


**'Around 500 delegates from ten states of India and many other parts of the country.'**



August 26, 2023

# BDBBPS MUN 2023 INTERNATIONAL CONFERENCE

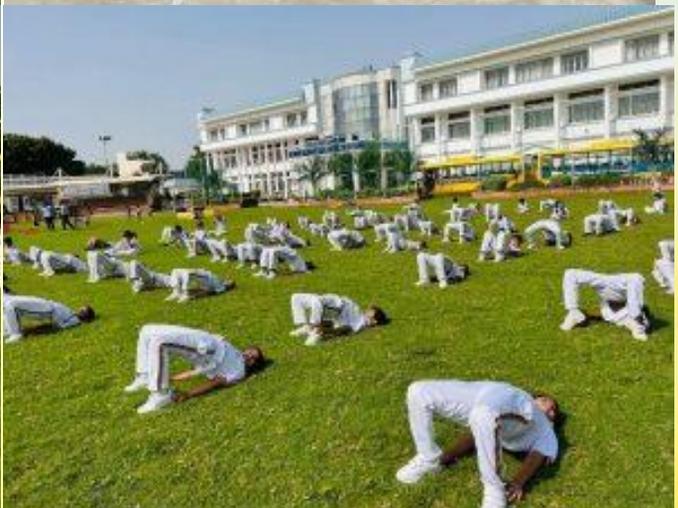


**'Unite, Thrive, Sustain:  
Empowering cities for inclusive Futures'**



**August 30, 2023**

# NATIONAL SPORTS DAY



**‘Sports is the way of life at Brahm Dutt Blue Bells Public School.’**



# AUGUST EDITION 02 OF ABHIVYAKTI WITH YOU, ON THE THEME- 'TOWARDS GLOBAL HARMONY: THE ROLE OF UNITED NATIONS'.



The Brahm Dutt Blue Bells Public School Bulletin  
**abhivyakti**  
Of the Students, By the Students, For the Students

Issue-2  
August 2023

## Wellness Wise by Dr. Alka



Communication is the key to strong relationships.

With the objective of reaching out to a large audience of youngsters and adults alike and sharing her vast knowledge and experiences on life skills, health & wellbeing, Dr Alka Saxena, Deputy Director (Health & Wellness), BBGS, writes on her blog, Wellness Wise by Dr. Alka. You can explore her writings on [www.wellnesswise.in](http://www.wellnesswise.in). Dr. Alka's vast knowledge and rich experience as an educationist form the background of her varied write-ups in her blog. The topics chosen are very relevant in today's context and appeal to all age groups. Dr. Alka consistently shares thought-provoking and thoroughly researched blog posts that serve as a valuable source of knowledge enhancement for everyone. Below, you can find a preview of two blogs that were presented to readers during the second fortnight of August 2023. For more information, please follow the link. <http://www.wellnesswise.in/>

## Resounding Success of Model United Nations Conference at Brahm Dutt Blue Bells Public School



Brahm Dutt Blue Bells Public School successfully organised a National Level two-day Model United Nations (MUN) Conference on August 26 and 27, 2023 on the theme 'Nurturing Harmony: Peace in the Heart of Chaos'. Around 500 delegates from ten different states of India like from Jammu, Kashmir, Rajasthan, Uttar Pradesh and many other parts of the country engaged themselves in meaningful discussions, simulated international diplomatic relations and developed crucial skills such as negotiations, public speaking and diplomacy.

The conference commenced with the Opening Ceremony that featured a well-orchestrated cultural programme and inspiring speeches by the keynote speaker, Dr. Ashok Divakar, Vice-chancellor, Starex University and Air Vice-Marshal, L.N. Sharma, AVSM who emphasized the importance of diplomacy, global cooperation, and problem-solving in today's inter-connected world. Dr. Saroj Suman Gulati, Director, BBGS, the Chief Guest for the ceremony declared the event open.

Throughout the two days, passionate and heated debates ensued as delegates discussed a wide range of views on the allocated agendas in their eight committees- UNHRC, AIPPM, UNW, UNGA, UNEP, UNSC, IPC and IC.

The conference concluded after the second day's proceedings with a memorable Closing Ceremony, where delegates received awards for their outstanding contribution. The Keynote Speaker, Mr. Vidhar Dwivedi, Advocate, Supreme Court of India, shared inspiring remarks, encouraging the delegates to carry forward the lessons learned, and connections made during the conference into their future endeavours.

The Chief Guest, Captain Indu Boken, DEO, Gurugram congratulated all the participants for their marvellous efforts and encouraged them to actively contribute towards achieving world peace. Dr. Saroj Suman Gulati, Director, Blue Bells Group of Schools acknowledged the tremendous success of the programme and congratulated each member who contributed towards its success.





# Tours & Travels





May 26, 2023

# ADVENTURE TRIP TO CHAIL (CLASSES VI-VIII)



**"And then I realised, Adventures are the best way to learn!"**

June 05, 2023



## ADVENTURE-CUM-EXPERIENTIAL LEARNING TRIP TO KANASAR, CHAKRATA, AND DEOBAN



**“To Travel, to experience and learn: that is to live.”  
-Tenzing Norgay**

June 4-11, 2023



# VISIT TO RUPIN SUPIN TRIP



“ To Travel is to take a journey into yourself.”





*Cheerfulness is the best promoter of health and is as friendly to the mind as to the body- Joseph Addison*



*The Health and Wellness Programme was introduced and implemented in Blue Bells Group of Schools in the year 2009 under the able guidance of Dr. Alka Saxena, (Deputy Director) Health and Wellness, Blue Bells Group of Schools, an avid advocate of the socioemotional well-being of children. In the year 2015, Health & Wellness Resource Centre, a unique initiative, was established with the sole aim of catering to the needs and demands of Blue Bells Group of Schools as well as other schools. The center's main focus is to create modules, workshops and policies for the students, teachers and parents. Health & Wellness Programme is a well-established programme which has been working to provide awareness, sensitization, and skill enhancement to all stakeholders of institutes for over 12 years. ADEPT – A Programme for Enhancing Life Skills was conceptualized and established to provide support in the form of preventive measures and focus on solution-based approaches in training. Specialized Training Sessions are curated for the students and parents. ADEPT, a specialized initiative, was developed to hone Life Skills in all stakeholders for imparting holistic wellbeing.*



*With the objective of reaching out to a large audience of youngsters and adults alike and sharing her vast knowledge and experiences on life skills, health & wellbeing, Dr Alka launched her blog [www.wellnesswise.in](http://www.wellnesswise.in). Ma'am's vast knowledge and rich experience as an educationist form the background of her varied write-ups in her blog. The topics chosen are very relevant in today's context and appeal to all age groups.*

*Over the years, Dr Saxena has groomed a full-fledged team of Doctors, Nurses, Counsellors and Life Skill Facilitators in carrying – on her vision of empowering students.*

## **EVENTS ORGANIZED UNDER THE HEALTH & WELLNESS PROGRAMME**

### **INVESTITURE CEREMONY**

***"A leader is the one who knows the way, goes the way and shows the way." - John C. Maxwell***

*Health and Wellness Programme believes that a true leader has the confidence and courage to make tough decisions and the compassion to listen to the necessities of others. Nurturing students to be future leaders, Blue Bells Model School held the Investiture Ceremony for the academic session 2022-23 by conducting special assemblies on January 13 and May 9 2023 for Senior Wing and Primary Wing respectively.*



*The motive was to bestow the deserving students with duties and responsibilities in order to involve them in effective functioning of the school system. The elected appointees were invested with their respective designations. For the Session 2023- 2024, Priyanshi Yadav of class XII was appointed as the Health & Wellness Ambassador, (Senior Wing), and Chahak Makkar of class V was appointed as the Junior Health & Wellness Ambassador, (Primary Wing). The newly elected appointees expressed their willingness to shoulder their duties with earnestness and diligence.*

*These students had undergone a vigorous selection procedure wherein all the nominated students appeared in the Written Round, JAM Session and Team building rounds, while the shortlisted candidates underwent an interactive session with our team leader Dr. Alka Saxena, Deputy Director, Health and Wellness, Blue Bells Group of Schools. The entire process offered a new learning experience to all the participants.*







## TRANSITION SESSION

*“Transitions in life can offer opportunities for discovery.”*

*– Robbie Shell*

*Adolescence is a phase where an individual assumes a sense of self-identity and is marked by a myriad of emotions. It is a transitional phase between childhood and adulthood and is characterized by a number of physical, emotional, cognitive and social.*

*Children’s experience of educational transitions has an impact on their learning and development, well-being, and their engagement with the school. To address the concerns of the young adolescents and provide appropriate information, the Health & Wellness Programme of the school organized a ‘Transition Session’ for the students of Class V graduated to Class VI on April 06, 2023.*



*The session is an indigenous initiative under the motivational leadership of Dr. Alka Saxena, Deputy Director (Health & Wellness), Blue Bells Group of Schools. To understand the feelings, perception and expectations of students, an activity was organized in all the sections of Class VI by the Health & Wellness Resource Center Team. The students were divided into groups and they were asked to frame a collage based on their thoughts, feelings, perception and expectations on joining the Middle Wing.*

*The activity based experiential learning session was especially curated by the team on April 06, 2023. In an interactive session, Dr. Alka addressed feelings and concerns of the students related to moving to a new wing and shared ways in which they can adapt effectively to the change which is apropos to growth. Art of conversation was shared which would help students to make new friends. Dr. Saxena shared with the students how they can divide difficult task in small parts and learn them effectively. She also talked about how taking small steps and managing time effectively will help them organize their studies and further help them to prepare well for studies and cope with these changes. Ms. Renu Khare, and Ms. Prerna Karkhanis, Health & Wellness team members, apprised the students about the Health & Wellness Programme followed in the Middle Wing. The Peer Educators from Class VII, Dhanvi Bajoria, Mishka Garg, Charvi and Eeshika Gupta also shared their last session's experience. The students briefed their juniors about their apprehensions and how they managed everything effectively with the support of Life Skills and scaled through the transition phase easily.*

*It is one of the constructive steps taken by the Health & Wellness team to help the students understand and adapt to the changes with ease.*







## GOAL SETTING

***Setting goals leads to long term vision and motivation.***

*Health & Wellness team has always believed in guiding students to stride ahead, create new opportunities and set realistic goals which helps students with developing a compelling future in a confident and realistic way. Every year the Health & Wellness Programme organises in-house sessions with students with the aim of nurturing in them different skills for self empowerment and self enhancement.*

*Goal Setting Session was taken for the students of class X and XII in the school in May 2023. The session was conducted by Ms Renu Khare, Ms. Lakshmi Hariharan , Ms. Priyanka Chaturvedi and Ms Sapna Sinha , members of the Health & Wellness Team. Session on ‘Goal Setting ‘ helped students to identify ways by which they can manage their time effectively and enhance their productivity in order to fulfill their desired goals , aspirations and aim in life. The session gave students an insight on how one can set goals in a systematic manner and keep themselves motivated. Students also understood the importance of prioritizing their task and could also identify certain time wasters which act as barriers and also look for solutions to these barriers.*

*The session was interactive and queries of students , and their concerns were addressed all along the session. Students participated actively in activity, discussions and posed their queries and confusions. The session was indeed very motivating and effective for increasing the productivity of students. They learnt that goal has to be realistic with a stretch, requiring effort and focus to achieve it.*



## STUDY SKILLS MODULE

*This module is designed especially for the students of classes IX to help them understand the importance of being organized and take notes effectively as this would help them to prepare better for their exams . The module was taken during the Life Skills periods. The key points discussed in the sessions with the students were about the changes and how they are feeling about it. The PQIRST (Preview, Question, Read, Self-study and Test) technique of studying was discussed in detail wherein the students were told about the importance of studying in a systematic manner to retain information. Some points about organizing themselves were shared with them. Besides that some hands on tips on note taking, note making, academic reading skills, and writing skills were shared with them. Lastly the importance of a study-friendly environment was discussed with the students where importance was given on understanding their pattern of studying and focusing on their learning styles. These interactive sessions were held with the students in May 2023 where the students participated enthusiastically.*





## ANTI TOBACCO CAMPAIGN: WORLD NO-TOBACCO DAY

*‘The tobacco plantation is a menace which is poisoning our planet incessantly...’*

*With a vision to sensitize all stakeholders about the ill effects of Tobacco use and plantations, ‘World No Tobacco Day’, was celebrated in the school on May 23, 2023, on the theme – ‘We need Food, not Tobacco.’*

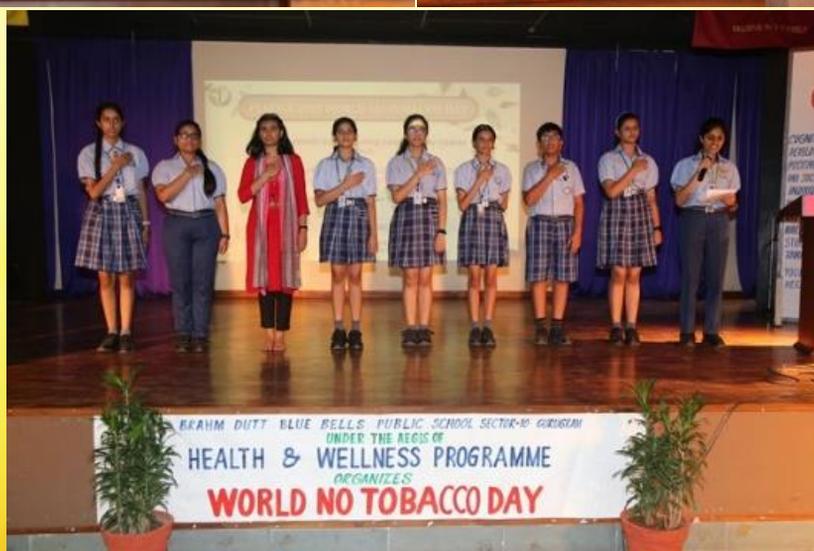
*A Special Morning Assembly was organized by the Health & Wellness Team under the guidance and mentorship of Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS for Classes VI-VIII and IX-XII respectively. Assembly moderated by the Peer Educators of Classes VII-X and the focus of the assemblies was to create awareness among the students and teachers on the harmful effect caused due to excessive plantation of tobacco for material profits. Mansi Chauhan presented her award-winning placard, which she curated for the Inter-School Competition by the Indian Cancer Society on the theme of WNTD2023 - ‘We need food, not Tobacco.’ The senior students also presented a ‘Skit’ on the same theme and showcased how the yield of tobacco is harming the environment and is becoming the cause of pain and misery later.*



*Priyanshi Yadav, Health & Wellness Ambassador, BDBBPS shared her view and facts about harmful effects of using tobacco and she further requested each and every member of the august gathering to take a Pledge on World No Tobacco Day and be committed to 'Say No to Tobacco.'*

*Dr. Saxena addressed the gathering and made them understand the cause and ill effects of tobacco use and how being a sensitive individual each one can spread awareness and make informed choices and decisions.*

*The Assembly closed on a promising note with a SIGNATURE CAMPAIGN.*



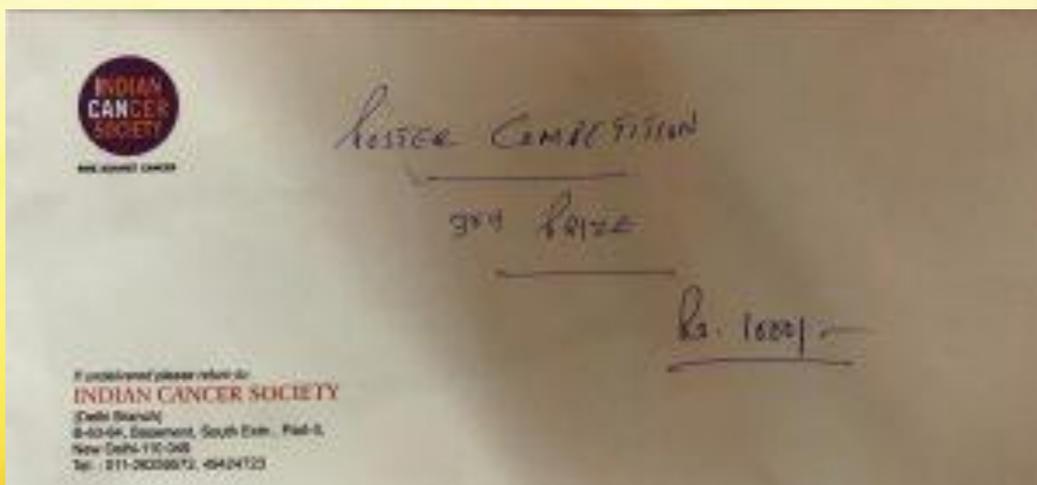


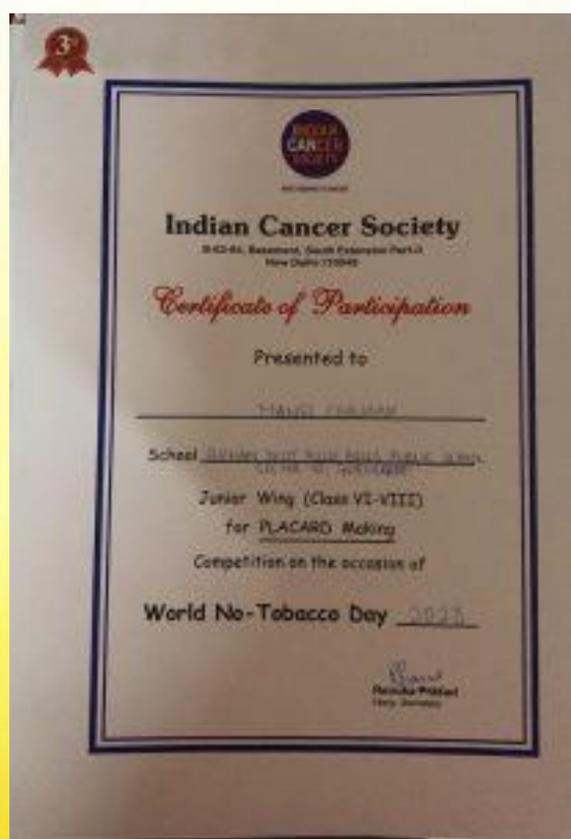


## BDBBPS GLEAMS AT INDIAN CANCER SOCIETY, DELHI

*When you are inspired by a purpose, your knowledge expands and you chart your unique success saga. This verbatim was personified by Mansi Chauhan of Class VIII-D when she clinched the Third Position and a Cash Prize in the Junior Wing (Classes VI-VIII) in Placard Making Competition organized by the Indian Cancer Society at Shiv Nadar School, DLF, Phase -I, Gurugram to mark the World No Tobacco Day on May 02, 2023.*

*In a tough competition with the top fifteen Delhi & NCR schools, Mansi curated a thought-provoking Placard on the theme of WNTD Campaign 2023. 'We need food, not tobacco.' Her pristine presentation and display showcased her deep understanding of the concept and expose the tobacco industry's efforts to interfere with attempts to substitute tobacco growing with sustainable crops, thereby contributing to the global food crisis. She was heartily appreciated by the judges and fellow contestants.*



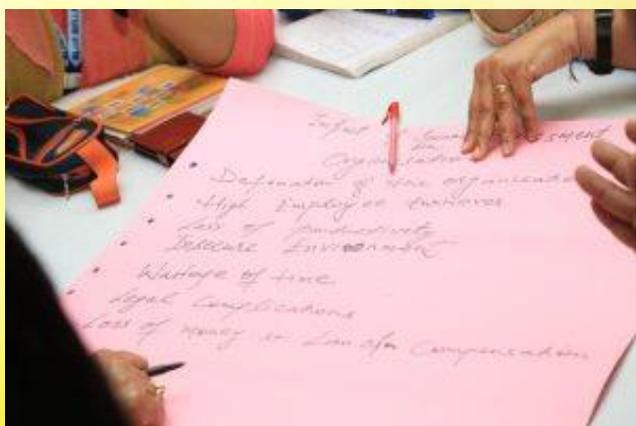




## POSH WORKSHOP

*At Blue Bells Model School, utmost importance is accorded to maintaining a healthy work environment and educating everyone towards prevention of any kind of Sexual Harassment that might occur at the workplace. In sync with the same, the school organized a POSH (Prevention of Sexual Harassment) workshop for the members of the Senior Teaching Staff of the school on May 3, 2023. The Resource Persons for the workshop were Dr. Alka Saxena, Deputy Director, Health and Wellness, Blue Bells Group of Schools and Ms. Kavita Arora, Co-founder and Director, Mittika. This workshop was the first in the series planned for the entire teaching and non-teaching staff.*

*The workshop aimed to create awareness about the Sexual Harassment of Women at work place (Prevention, Prohibition and redressal) Act, 2013 which is an extension of the Vishaka Guidelines issued by the Hon'ble Supreme Court in 1997. The aim was to create understanding about what kind of unwelcome behaviour or acts constitute sexual harassment at work place based on real life incidents. The workshop outlined the responsibilities of both the employer and the employees. It also explained who can complain, what should be the contents of the complaint and the repercussions of such complaints. The session enlightened the participants on the purview of the act and also sensitized them about their rights and responsibilities. The participants expressed their gratitude to the Resource Persons and shared that they felt more empowered after the workshop.*





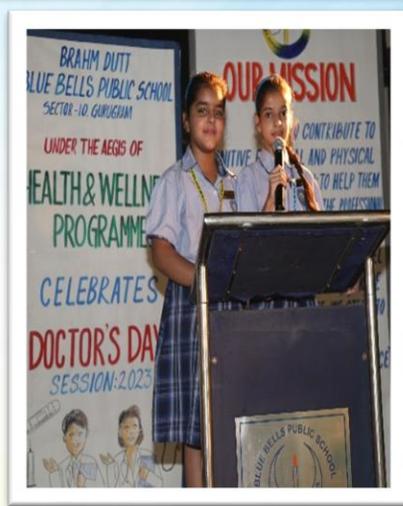
## DOCTOR'S DAY

*“Medicine cure diseases, but only doctors can cure patients.”- Carl Jung*

*Doctor's Day is a significant occasion that holds deep meaning as it serves to acknowledge, appreciate, and recognize the unwavering efforts, expertise, and sacrifices made by doctors. In honour of the dedication, compassion, and selflessness work of the healthcare professionals, the Health & Wellness Programme at Brahm Dutt Blue Bells Public Schools, under the guidance of **Dr. Alka Saxena, Deputy Director (Health and Wellness), Blue Bells Group of Schools**, curated a special assembly to pay tribute to these remarkable individuals who serve as the saviors of our world—our doctors.*

*Under the mentorship of the Health & Wellness Team of the school, special assemblies were conducted on July 04, 2023, for Primary Wing and July 6, 2023, for the Pre-Primary and Middle Wing respectively.*

*The Special Assemblies were hosted by Chahak Makkar, Primary Wing – Junior Health & Wellness Ambassador, and Tiya Sharma, Junior Head Girl along with students of Grades I & II and Grades III to V respectively. Goohika Joshi, Peer Mentor along with the students of Grade VI A conducted the Middle Wing Assembly. All aspects of the assembly were intricately woven around the theme of saluting the invaluable contributions of healthcare providers. The audience applauded a captivating poem that portrayed doctors as superheroes, highlighting their unwavering dedication to caring for and treating us.*



*The school Medical Team, Dr. Rita and Dr. Sanjay Bhat, the school doctors, accompanied by the school nurse Ms. Anamma, added value to the celebration by delivering an informative presentation on basic First Aid and Monsoon Tips. The students received guidance on safety rules and the proper utilization of items found in a First Aid Kit by Dr. Sanjay. Further Dr. Bhat and Dr. Rita emphasized on the importance of maintaining proper hygiene during the monsoon season.*

## 'LET'S EXPLORE PUBERTY': A SESSION FOR CLASS VII BOYS



***"Growth is paved through change."***

*Puberty marks a significant transition for both boys and girls, encompassing physical, cognitive, emotional, and social transformations. Recognizing the importance of addressing children's confusion and concerns during this period, an engaging session was organized on July 19, 2023, specifically for Class VII - boys. The session was conceived and organized under the expert guidance of Dr. Alka Saxena, Deputy Director (Health & Wellness). Blue Bells Group of Schools. The session was conducted by Dr. Sanjay Bhatt, the school doctor.*



*With the use of a School Cinema movie titled 'Let's Talk Puberty' as a foundation, the session aimed to enlighten the boys about the physical, emotional, hormonal, and social changes they would experience during puberty. They gained a comprehensive understanding of these forthcoming changes and learned how to manage them effectively through proper routine, diet, and hygiene. The concept of puberty was thoroughly grasped by the students, including explanations of mood swings and variations in energy levels.*

*Furthermore, the importance of maintaining a balanced diet, staying hydrated, getting sufficient sleep, engaging in outdoor activities, and practicing cleanliness and hygiene for overall health and fitness was emphasized. The students were provided with valuable insights into self-care methods that would enable them to navigate these changes successfully. They felt empowered to express their concerns, doubts, and feelings to the facilitator without any hesitation.*

*Dr. Bhatt concluded the session by emphasizing the significance of healthy eating and regular exercise. He encouraged the students to seek further support and guidance by initiating conversations with their mothers, nurses, doctors, teachers, counselors, and Wing Incharge regarding this crucial phase of their growth.*



## **'RAAHEIN- THE POSITIVE PARENTING GUIDE'**

### **Presented by Wellness Wise by Dr. Alka**

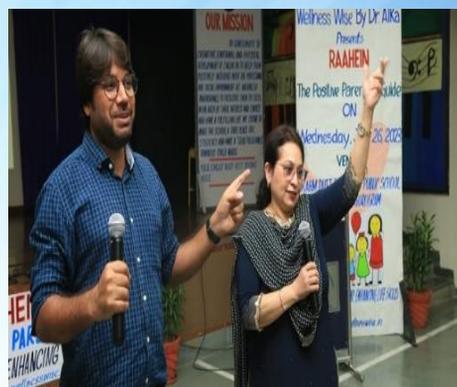
*Wellness Wise by Dr. Alka conceptualized, curated, and presented 'Raahein- The Positive Parenting Guide,' an experiential, theatre-based workshop for parents. The workshop focused on the principles of the Positive Discipline Approach and was conducted on July 26 & July 27, 2023, in the premises of Brahm Dutt Blue Bells Public School, Sector 10, Gurugram.*

*Dr. Alka Saxena, Certified Positive Discipline Parent Educator and Deputy Director (Health & Wellness), BBGS, and Mr. Zubair Idrisi, Applied Theatre Practitioner were the esteemed resource persons for the workshop. In an experiential learning and interactive workshop with hands-on activities, Dr. Alka and Mr. Zubair focused on understanding a child's perspective and empathizing with them are crucial aspects of positive parenting. Parents immerse themselves in their child's world and gain valuable insights that nurture the parent-child bond by engaging in open and respectful communication with them along with establishing routines for making them self-reliant and confident.*

*The parents deeply appreciated and lauded the thoughtfully planned and executed session. They enthusiastically engaged in the activities and gained insights into the significance of fostering a strong bond with their children. The parents highly appreciated the workshop.*



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## POSH WORKSHOP

*Brahm Dutt Blue Bells Public School places great emphasis on maintaining a positive work environment and providing education on preventing any form of Sexual Harassment in the workplace. To address this important issue, the school planned and organized a workshop on the Prevention of Sexual Harassment (POSH) for the Pre Primary, Primary, and Middle Wing Teaching Staff on July 29, 2023. The workshop was conducted by esteemed Resource Persons, Dr. Alka Saxena, Deputy Director ( Health & Wellness), Blue Bells Group of Schools, and Ms. Kavita Arora, Co-founder and Director of Mittika. This workshop is a part of workshops planned for all teaching and non-teaching staff members under the aegis of the Human Resource Department, Blue Bells Group of Schools.*

*At the close of the workshop, all participants expressed their gratitude to the Resource Persons and shared that they felt more empowered, having acquired valuable knowledge from the session.*



## DENGUE AWARENESS CAMPAIGN



*We at Blue Bells believe that children are the harbingers of a better tomorrow. With the mission to empower our young scholars with the right information and awareness regarding different issues related to health & wellness, the Health & Wellness Team under the mentorship Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS, organizes and conducts various informative sessions as a part of Peer Educator Programme.*

*In furtherance of the vision of the holistic well-being of the scholars, exclusive assemblies were meticulously arranged, segment-wise, catering to students from Classes III to XII. These sessions took place from August 22 and August 31, 2023, aimed at sensitizing the students about effective strategies to combat the prevalent Dengue disease and ensuring their safety during the Monsoon season.*



*Senior Wing Assembly ( IX-XII) was moderated by Priyanshi Yadav, Health & Wellness Ambassador (XII A), Goohika Joshi, Peer Mentor (XI C), Harshita Kandwal (XI-A), Saisha Kapoor (X B) and Tanishi Vaid (X D), Peer Educators. Middle Wing Assembly was presented by Peer Educators- Vineet (VII A), Dilisha (VII B), Chhavi Goel(VII C), Aratrika (VIII-A), and Devanshi (VIII B). Primary Wing Assembly was presented by Junior Health & Wellness Ambassador from Class V, Chahak Makkar, Peer Educators – Bhavika, Class VI A, Tanisha, Class VI B, and Natasha, Class VI C, under the guidance of the Health & Wellness Team.*

*Information regarding the prevention of the disease, the breeding conditions of the mosquitoes, and steps that could be taken to reduce the risk of acquiring the disease were shared with the help of a PowerPoint presentation. At the end of the session, a quiz was conducted to check students' understanding of the topic. Students responded to the questions with enthusiasm and demonstrated a sound understanding of the content. In addition to spreading awareness through the assemblies, posters on Dengue Awareness and Tips for Monsoon season, have been put across all strategic locations of the school.*







## WELLNESS WISE BY DR. ALKA

### AUTHOR PROFILE



**Dr. Alka Saxena**

Dr. Alka Saxena is an avid advocate of the socioemotional well-being of children. She earned her MBBS from the prestigious...

*The most important relationship is the one you have with yourself. Once you have that, it may be hard work, but you can actually design your life.*

*- Diane Von Furstenberg*

*Dr. Alka Saxena is a futurist who is constantly working to integrate the best emergent practices of Health & Wellness with education. She created her blog, Wellness Wise by Dr. Alka. The purpose was to reach out to a broad audience with the aim of sharing her vast knowledge and practices on life skills, health, and wellbeing. Her blog postings based on her experiential knowledge as an educator covers a wide range of topics which connects and relates to all the age groups alike.*

<https://wellnesswise.in/wednesdaywellness-4/>

# TIPS FOR PREPARING KIDS FOR A NEW WING

"Transitions are a time for reflection, and a time for looking forward."  
-Roy Cooper

Any transition involves leaving behind what is familiar and moving towards something new. For a child, the transition from primary to middle school is often a significant shift.

Here are some tips for preparing your child for the new wing.

## 1

### Encourage Your Child to Explore Their Feelings

Talk to your child about their feelings around starting middle school. Discuss what they are excited about and what are their apprehensions. Help them to manage any difficult feelings.



## 2

### Setting A Routine

As the child enters middle school, the number of activities and subjects increases. It is important to help them set a routine and learn time management skills, in order to make the most of their day.

## 3

### Building Friendships

It is valuable to speak to kids about building healthy relationships and friendships. Help your youngster learn effective approaches for connecting with new people and initiating conversations.



## 4

### Physical Activity And Self-Care

As the adolescent's body is rapidly changing, they may become conscious. It is important to remember that physical activity and self-care remain an essential part of this stage.



## Beat The Heat

Summer Safety Tips

www.wellnesswise.in



WellnessWise Specials

By **Dr. Alka Saxena**

# Summer BREAK

Make the Most of Your Time



www.wellnesswise.in

## KONE Callout record

### Essential Self-Care

Tips for Moms

www.wellnesswise.in

Take the attitude of a student, never be too big to ask questions, never know too much to learn something new.

- Maya Angelou

## #Wednesday Wellness

www.wellnesswise.in

Reclaim your space:  
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## #WEDNESDAYWELLNESS

August 30, 2023 by Dr. Alka Saxena



**S**iblings are our first friends, partners in mischief, and forever companions. Siblings hold a special place in our hearts that words can't fully capture. From sharing secrets under the...

## MINDFULNESS IN BUILDING MEANINGFUL RELATIONSHIPS

August 24, 2023 by Dr. Alka Saxena



**"Y**our relationship with yourself sets the tone for every relationship you have." - Robert Holden Relationships are central to human connection. We find ourselves in various kind of relationships with people...

## MINDFUL EATING FOR HEALTHIER LIVING

August 17, 2023 by Dr. Alka Saxena



## #WEDNESDAYWELLNESS

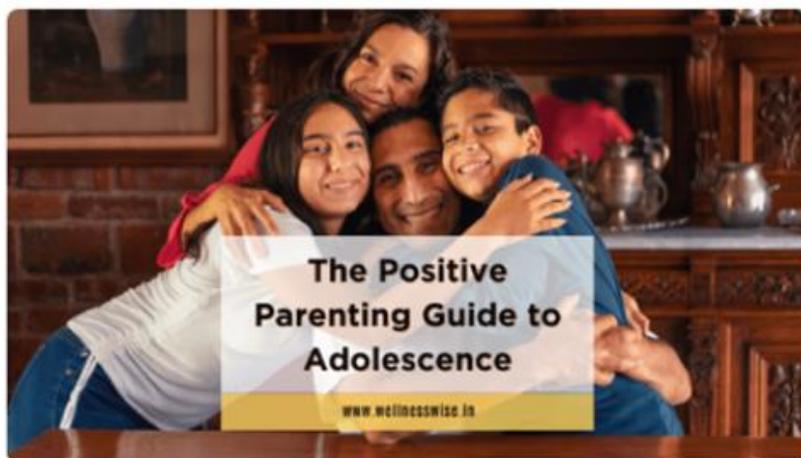
August 9, 2023 by Dr. Alka Saxena



**F**riendship is a precious gem that enriches our lives in countless ways. It's in these cherished bonds that we discover the true essence of compassion, trust, and unconditional love. Let's...

## THE POSITIVE PARENTING GUIDE TO ADOLESCENCE

August 2, 2023 by Dr. Alka Saxena



**"A**dolescence is when the very worst and best impulses in the human soul struggle against each other for possession." -G. Stanley Hall Adolescence as a stage in life can be...



***Dear Reader***

***Success is the culmination of relentless determination, unwavering dedication, and belief in oneself. Therefore, embrace the challenges, persevere through the obstacles, and let your accomplishments be a testament to your limitless potential.***

***We thank you for your relentless support. We hope you will find the E-Newsletter informative and engaging. Stay tuned for more exciting updates and events in the next edition.***

***Stay Connected, Stay Strong, and Stay Safe.***

***Warm Regards***

***Editorial Team***

***Brahm Dutt Blue Bells Public School***

***Sector 10, Gurugram***



Thank  
you

A little  
**PROGRESS**  
*each day*  
**adds up**  
**to big results!**