



Blue Bells Public School

Sector-10, Gurugram

E-News Letter (April – June)
Session 2022~23



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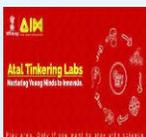


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Dear Readers

“Dream is not that you see in the sleep, but the dream is something that does not let you sleep.” – Dr. A.P. J. Abdul Kalam

Dreams are the illustrations from the book our soul is writing about us. What you conceive and believe, you achieve, and expression holds the priority in order to communicate effectively and concretize your dreams on the floor of realism.

Do you want to live life to the fullest or are you content to just go along with the crowd and settle for whatever comes your way? Your thoughts and beliefs have a strong correlation with every aspect of your life. This is one point upon which brain researchers, physicists, psychologists, psychiatrists, counselors, and educators agree. In simple words, you'll get that which you truly believe in and desire. The history of the world is replete with examples of men who had a firm belief in their creative ideas and this belief further transformed into vision as exceptional leaders are all visionaries. What they think about and what they do has a global impact that often lasts generations.

I have always admired Nelson Mandela for his vision and strategic thinking. With a steadfast approach and single-minded dedication, he inspired the country and redefined the history of South Africa. He is also an extraordinary example of a visionary leader with amazing people skills. He faced the seemingly impossible task of ending apartheid in South Africa, for which he paid a horrendous price— 27 years of his life in prison. His commitment and willingness to sacrifice for a cause are unparalleled.

He went on to become the first South African President elected through fully democratic elections and dedicated his life to uniting his country and the list is endless.

Thus, my dear students, you can design and create, and build the most wonderful place for yourself in the world as you are the master creator of your destiny and it is your vibrations that resonate in the surrounding atmosphere to create a world of your dreams as

***“The greatest achievement
Was at first a dream
And in the highest vision of the soul
a waking angel stirs
Dreams are the seedlings of realities.”***

Dream big, express fluently, actualize your potential in totality and soar into the sky as a resplendent star. Heartiest wishes for all your endeavors.

Warm Regards

Suneeta Kaul

Middle Wing Leader

Blue Bells Public School

Sector 10, Gurugram





UNIQUE

INITIATIVES AT





Drop Everything and Read (DEAR)

An effort towards inculcating the **reading** habit amongst students to help polish their **language skills**.





Design Thinking

Design Thinking projects are undertaken to **define** and **solve** tough challenges. It focuses heavily on rapid **prototype solutions** and immerses students and teachers (i.e., the designers) in real-world problems.



Language Lab

The lab ensures that the students get to hone LSRW (**L**istening, **S**peaking, **R**eading, **W**riting) skills in a fun way. Equipped with latest international software, **SANAKO** from Finland.





Learning Unbound – Academic Fest

A celebration of **learning** outcomes, the Carnival is spearheaded by the **Primary Wing students**, under the guidance of the Learning & Development Team.





Sustainable Development Goals (SDGs)

BBPS works to harmonize three core components for the future: economic growth, social inclusion, and environmental protection to work towards attainment of SDGs, which were designed to bring people together to improve life around the world.





Atal Tinkering Lab (ATL)

The school has the first fully-functional ATL in Gurugram, which is an initiative of the NITI Aayog, Government of India. The objective of the ATL is to promote STEAM education and develop Higher Order Thinking Skills in students.





The International School Award (ISA)

The International School Award (ISA) celebrates a school's effort to include international work as part of their curriculum and helps embed it within the school's culture. ISA is now called International Dimension in Schools (IDS) in India.





Math Lab

The Math Laboratory named 'Mathsmantra' is uniquely designed & equipped with a variety of models like Number meter, Cuisenaire strips, Spike Abacus, etc to facilitate the concept of numbers in a child-friendly manner. The Math Lab makes Math simple and fun for students.



Blue Bells Public School

Sector-10, Gurugram



May 12, 2022

ALBERT EINSTEIN AWARD FOR ACADEMICIANS & RESEARCHERS



“Innovation and research pave the roadmap to the future of education, globally.”

Ms. Soumya Gulati, Deputy Director (Academic Development and Innovation), Blue Bells Group of Schools was conferred with the Albert Einstein Award for Academicians & Researchers at the India International Conclave: Education D' Eminence-2022. The award is a testimony to her efforts at revolutionizing and optimizing the understanding of the complexities of the professional world and setting new benchmarks in the field of innovation.



May 30, 2022

PRIDE OF INDIA AWARD 2022



“The greatest achievement is at first a dream which propels the heart to move towards the optimum and the infinite.”

Dr. Alka Saxena, Deputy Director (Health & Wellness), Blue Bells Group of Schools, Gurugram was conferred with the prestigious ‘Pride of India Award 2022’ in recognition of her relentless contribution in the field of Health & Education by the Achievers Association for Health and Growth at the National Summit on Globalization of Economic & Social Development.

June 6, 2022

PARYAVARAN GAURAV SAMMAN



“Definiteness of purpose is the starting point of all great achievements.”-W. Clement Stone

Blue Bells Public School Gurugram was awarded as 'Swachh School' in 'Paryavaran Gaurav Samman' for its contribution in making Gurugram a clean city.

April 1, 2022

EXPRESSION OF GRATITUDE BY PRATOYA FROM THE BATCH OF 2015



“To accomplish great things, we must not only act, but also dream; not only plan, but also believe.”-Anatole France

Pratoya from the 2015 batch has recently graduated as the B.Tech CSE Gold Medalist. In addition, he recently secured an AIR of 405 in his GATE attempt. We are delighted to share that he credits key areas like his writing, public speaking, as well as his coding abilities to the time spent at the Blue Bells Public School.

April 22, 2022

KHUSHBOO GROVER FROM THE BATCH OF 2010 CREDITS HER ALMA MATER



“The starting point of all achievement is desire.”

- Napoleon Hill

Khushboo Grover, an alumna of the 2010 batch from talks about how the school has played a big part in her upbringing. She is currently a Partner in the law firm "Avyukt and Associates", working in the area of taxation compliance, and auditing.

April 22, 2022

SHALINI MONDAL FROM THE BATCH OF 2017 SALUTES HER ALMA MATER



**Honourable Mentions
from Our Alumni**

Shalini Mondal
Masters in Biotechnology
The Maharaja Sayajirao University of Baroda

“Cherish your visions and goals as they are the blueprints of your ultimate achievements.” Napoleon Hill

Shalini Mondal from the batch of 2017 is currently doing her Master's in Biotechnology from The Maharaja Sayajirao University of Baroda. She credits her alma mater and says that it has played an integral role in shaping the student that she is today.



Blue Bells Public School
Sector-10, Gurugram

ACHIEVEMENTS



April 29, 2022

'GOONJ', AN INTER-SCHOOL COMPETITION BY DPS , SEC 45



"We all must paint and dance to find out who we are, and to find out who we can become".

The students of Classes VI and VII brought accolades by winning High Commendation Award in Nriya Alankar.

The students of Class VIII also won an Appreciation Award for their commendable performance in the art event - Folk Fusion .

May 24, 2022

YATHARTH GAUR FROM BBPS PROVES HIS METTLE AT AMITY INTER-SCHOOL



Student Achievement

HEARTIEST CONGRATULATIONS!

Yatharth Gaur
Class VII

For achieving 1st position in
Panorama
(Online Poetry Competition)

Literati (Literary Fest)
Amity International School, Sector 46, Gurugram

“Excellence is an art won by habituation.”

Yatharth Gaur from Class VI proved verbatim right as he clinched the coveted First Position in Panorama, an Online Poetry Competition.

Yatharth composed a mesmerizing poem on the topic 'Hope'.

May 24, 2022

TECH WIZARDS OF BBPS MAKE EVERYONE PROUD AT INTER-SCHOOLIT COMPETITION TINKER IN E-COLO SSEUM BY DAV SCHOOL, SECTOR-49, GURUGRAM.



“Technology like art is a soaring exercise of the human imagination.”- Daniel Bell

In Gain Thy Trail, Nikunj Chauhan , Aryaman Bhardwaj and Takshay Bansal of Class XII won the Second Prize.

In Symhx, Daksh Chugh, Vyom Gupta and Vaibhav Chaudhary of Class IX won the Second Prize.

In Perspective (Arduino), Neerav Panwar and Anmol Malhotra of Class X won the Third Prize.



June 24, 2022

GOLD MEDAL AT DISTRICT LEVEL BOXING CHAMPIONSHIP



**“Set your goals high, and don’t stop till you get there.”
– Bo Jackson**

Ishan Kataria of Class XI D has bagged a Gold Medal at the District Level of Boxing Federation of India Competition in the weight category - 75 to 80kg.



Blue Bells Public School

Sector-10, Gurugram

www.cyberics.com

Information security
is as simple as



ALWAYS
BE
CAREFUL

www.cyberics.com



Cyber
Security
Awareness

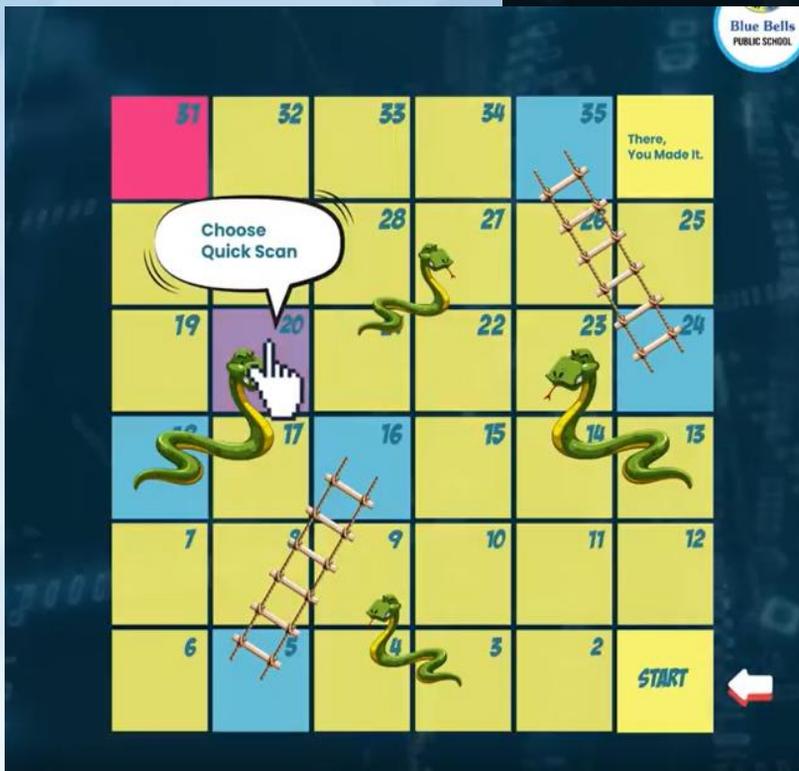


HOW TO INSERT FIREWALL?

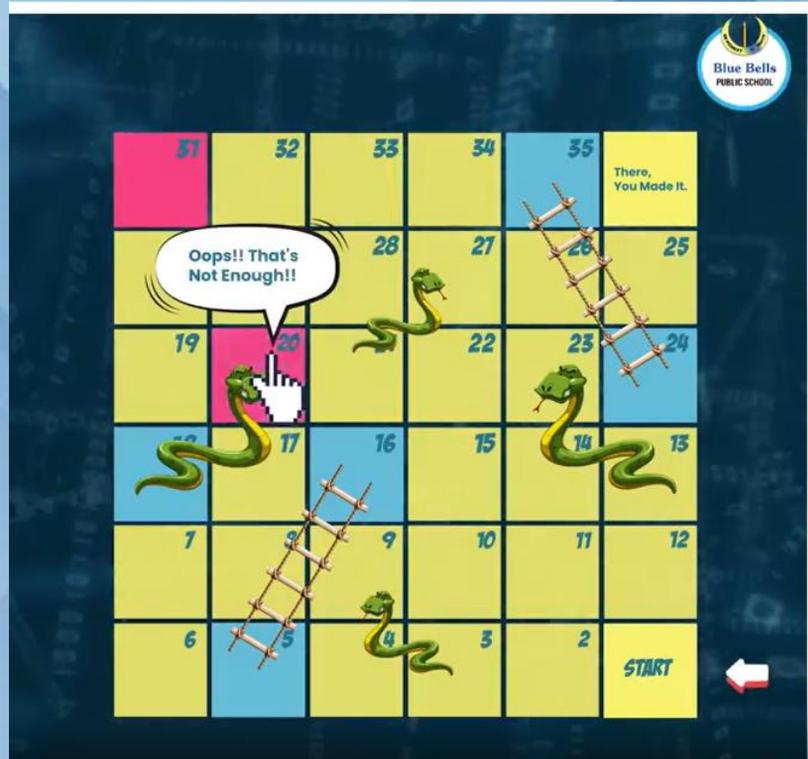


“Simple tips and tricks that can be used to be safer from prying eyes on the web.”

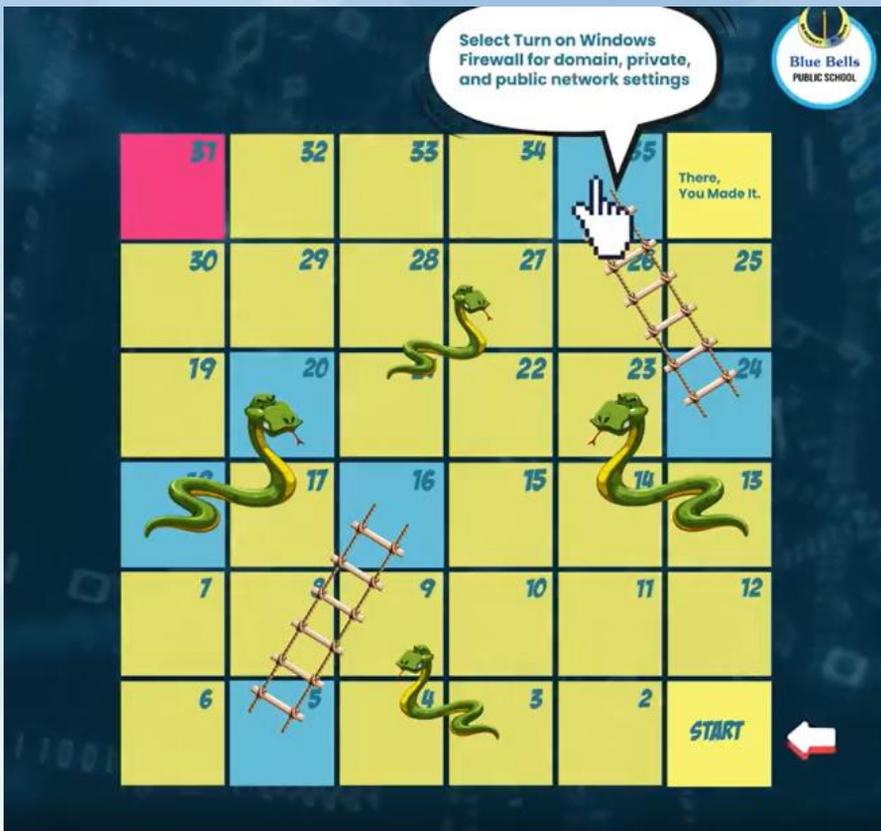
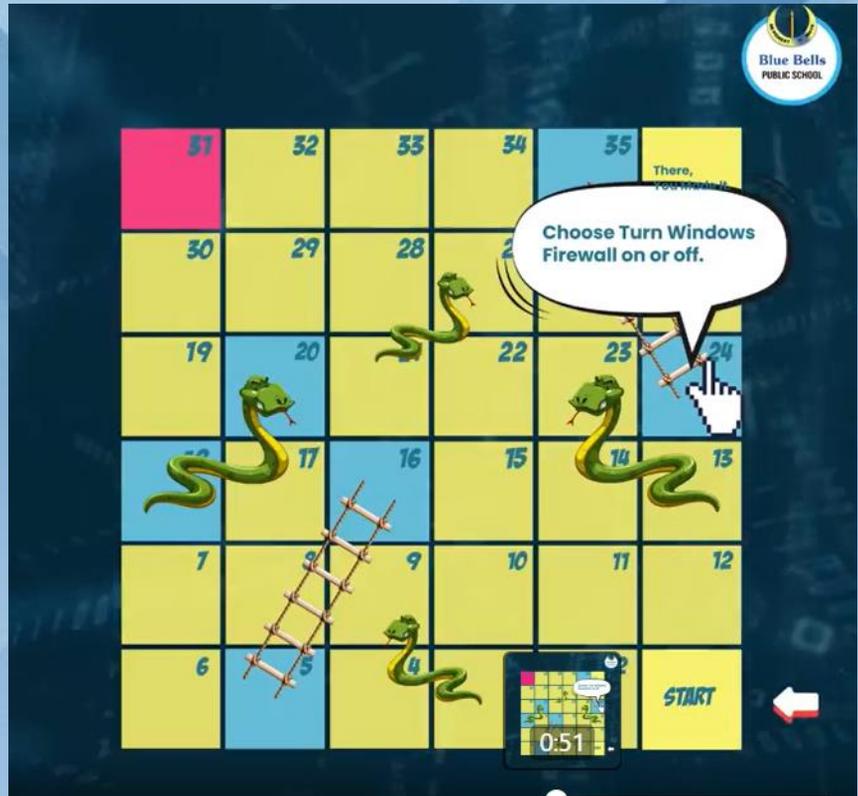
HOW TO INSERT FIREWALL?



HOW TO INSERT FIREWALL?



HOW TO INSERT FIREWALL?



April 19, 2022

HOW TO INSERT FIREWALL?



Keep your
Firewall turned on
for Safety & Security



April 19, 2022

MULTIFACTOR AUTHENTICATION FOR CYBER SAFETY



All You Need
To Know About

OTPs



And What You
Shouldn't Do
With Them
»»»



A Little Safety Goes A
Long Way In **Protecting**
You From Cyber Scams.



Stay Alert, Stay Safe



MULTIFACTOR AUTHENTICATION FOR CYBER SAFETY



Benefits of **OTP**

- 🔒 **Fraud blocking:** The OTP authentication offers several advantages over the exclusive use of static passwords.
- 🔒 **Robot Blocking:** This system is also very useful in blocking robots that generate automatic bot profiles.
- 🔒 **Two-factor authentication system – 2FA:** This requires two forms of validation for the user to access an online account.



Tips To Protect Yourself From Falling Prey To **Online Frauds**

- 🔒 **Never share** your OTP with others
- 🔒 **Refrain from downloading** suspicious apps
- 🔒 **Refrain from clicking** on suspicious links
- 🔒 You **don't require OTP** for receiving money



MULTIFACTOR AUTHENTICATION FOR CYBER SAFETY



How is an **OTP Generated?**

Values for one-time passwords are generated using the **Hashed Message Authentication Code (HMAC)** algorithm and a moving factor, such as **time-based information (TOTP)** or an **event counter (HOTP)**.

OTP generation algorithms typically use randomness to **generate a shared key or seed**, which can be used to derive a value but are hard to reverse. This is necessary because otherwise, it would be easy to predict future OTPs by observing previous ones.



What Is An **OTP** ?

A **one-time password (OTP)** is an automatically generated numeric or alphanumeric string of characters that authenticates a user **for a single transaction or login session**.

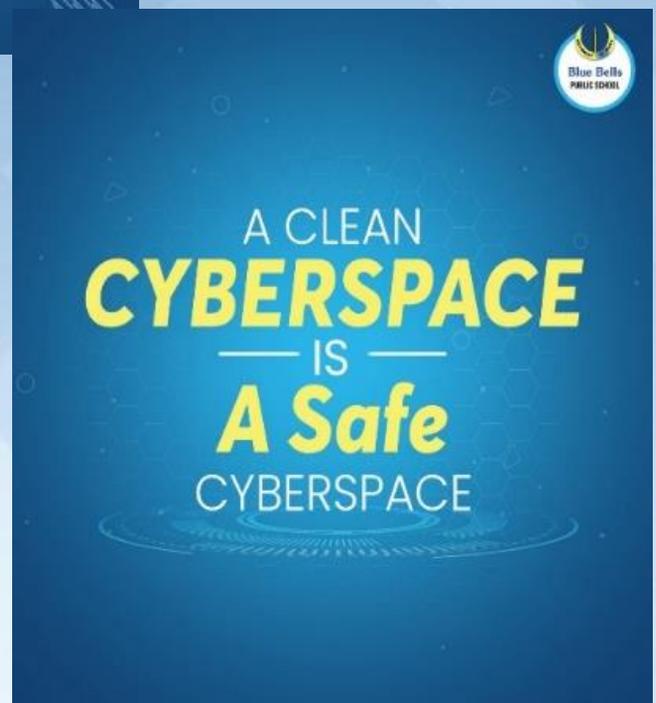


“Multi-factor authentication has become a crucial layer of security in today’s increasingly un-secure world.”



June 15, 2022

SPRINT CLEANING



**“Tips on how you can go about cleaning your device,
for a spic and span cyberspace.”**



SPRINT CLEANING



Digital spaces need cleaning just like our homes.

Clutter in your cyber spaces can put your devices and information at risk.

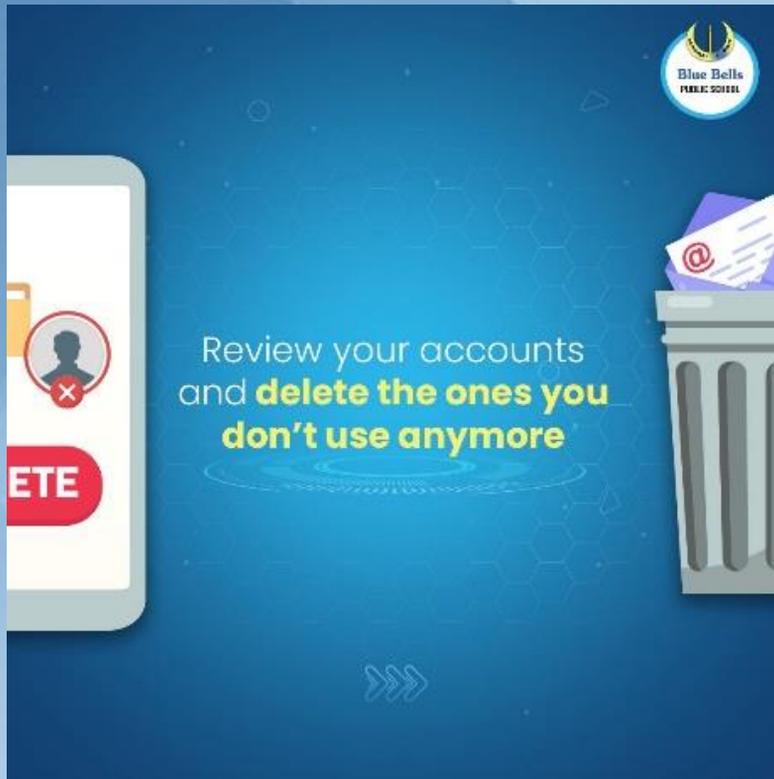
Here's what you can do.



Delete unused and outdated apps/programs on your devices



SPRINT CLEANING



Blue Bells PUBLIC SCHOOL

Review your accounts and **delete the ones you don't use anymore**

DELETE

This graphic features a dark blue background with a hexagonal pattern. On the left, a smartphone screen displays a profile icon with a red 'X' and a red button labeled 'DELETE'. On the right, a trash can contains a purple envelope with an '@' symbol. The Blue Bells Public School logo is in the top right corner, and three blue arrows point right at the bottom.



Blue Bells PUBLIC SCHOOL

Clear your web browser **cache and cookies**

This graphic features a dark blue background with a hexagonal pattern. On the left, a trash can contains a yellow envelope. On the right, a laptop is shown with a cloud icon above it containing a refresh symbol and a download arrow. The Blue Bells Public School logo is in the top right corner, and three blue arrows point right at the bottom.

June 15, 2022

SPRINT CLEANING



Back-up and archive
your files regularly



Illustration of a laptop on the left with a cloud icon and an upward arrow. On the right, a laptop is shown with two red gears. The background is a dark blue gradient with a hexagonal pattern and faint geometric shapes. At the bottom center, there are three blue chevrons pointing right.



**Update your system
and software.**

Having the latest
updates keeps your
devices and
information secure



Illustration of a laptop on the left with two red gears. The background is a dark blue gradient with a hexagonal pattern and faint geometric shapes. At the bottom center, there are three blue chevrons pointing right.



Blue Bells Public School

Sector-10, Gurugram



CELEBRATIONS



April 08, 2022

WORLD HEALTH DAY



“The world is a much better place to live when our health is in place.”

April 09, 2022

INVESTITURE CEREMONY – SENIOR WING



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



INVESTITURE CEREMONY – PRIMARY WING



“A good leader inspires people to have confidence in the leader, a great leader inspires people to have confidence in themselves.” – Eleanor Roosevelt



April 09, 2022

MORNING ASSEMBLY FOR CLASSES I & II



“Let’s move ahead...learn and grow.”



April 14, 2022

BAISAKHI: CLASS ASSEMBLY BY II A



“Live each festival as it passes; breathe the air and taste the joy to feel the power of festivities.”

April 14, 2022

BAISAKHI



**“The greatness of a culture can be found in its festivals.”-
Siddharth Katragadda**

April 14, 2022

CITATION CEREMONY



April 15, 2022

DO SVIDANIYA-2022



“School days are the happiest and golden days in the whole span of human life.”



April 22, 2022

EARTH DAY



“Plant seeds of happiness, hope, success, and love; it will all come back to you in abundance. This is the law of nature.”

April 22, 2022

GREEN DAY



“A green planet is a happy clean planet!”



April 23, 2022

WISHING GOOD LUCK TO THE STUDENTS



‘Havan Ceremony’ to seek the blessings of the Almighty for the students appearing in class X and XII Board Examinations.

April 23, 2022

EARTH DAY CELEBRATED BY THE YOUNG BRIGADE OF NURSERY TO V



"Earth has always given us every comfort and necessity of life. It takes care of everyone like a mother and we must also protect it and care for it in the best way."



April 25, 2022

WORLD HERITAGE DAY



“Saluting the rich diversity and cultural heritage of our nation.”

April 29, 2022

INTERNATIONAL DANCE DAY



**“The most essential thing in dance discipline is devotion.”
— Merce Cunningham**

May 03, 2022

INTERNATIONAL DANCE DAY



“Great dancers are not great because of their technique; they are great because of their passion.”



May 02, 2022

LABOUR DAY



“God give me work, till my life shall end, and life till my work is done...”



May 02, 2022

LABOUR DAY



Blue Bells Public School Wished A Very Happy Labour Day To All The Members Of The Support Staff Who Have Been Working Tirelessly To Support Us In Achieving Our Set Goals.

May 05, 2022

RABINDRANATH JAYANTI



**“Everything comes to us that belongs to us if we create the capacity to receive it.”
- Rabindranath Tagore**

May 07, 2022

MOTHER'S DAY ASSEMBLY



“A garden of love blooms in a mother’s heart.”



May 09, 2022

MOTHER'S DAY



“Mother : An Epitome of Love”



May 10, 2022

INTER-CLASS VOLLEYBALL TOURNAMENT



“Children need the freedom and time to play. Play is not a luxury. Play is a necessity.” – Kay Redfield Jamison

May 14, 2022

FELICITATION CEREMONY FOR ACADEMIC ACHIEVERS

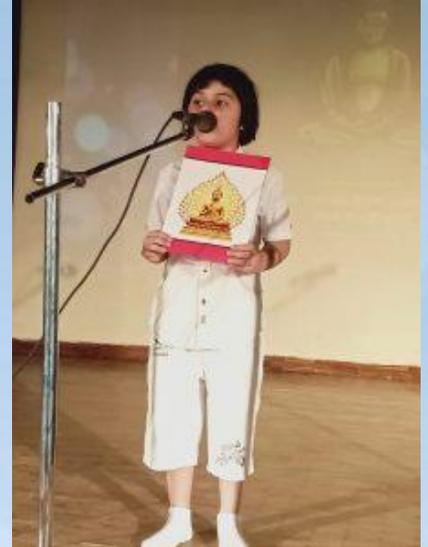


“Trust yourself. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement.” -Golda Meir



May 17, 2022

BUDDHA PURNIMA



"Happiness multiplies when shared ...Just like a thousand candles can be lighted with one candle without reducing its own life" – Gautama Buddha

May 20, 2022

MAGIC SHOW



“Magic is believing in yourself, if you can do that, you can make anything happen.”- Johann Wolfgang

June 09, 2022

ALUMNI SESSIONS: CONNECTING & COLLABORATING WITH SCHOLARS



“Coming back to school, after years of passing out, feels like coming back home...”

June 09, 2022

WORLD BICYCLE DAY



"A bicycle ride a day keeps the illness away."

June 13, 2022

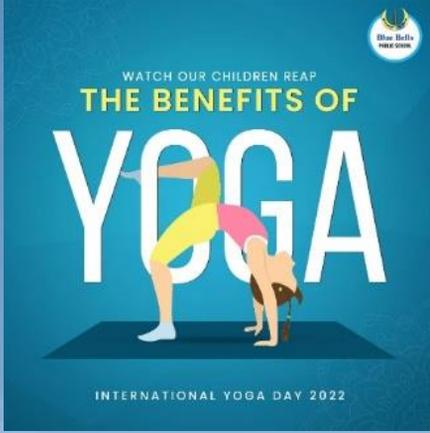
A WONDERFUL INITIATIVE TOWARDS BUILDING A BEAUTIFUL AND SUSTAINABLE ENVIRONMENT



” Incorporating sustainability through learning opportunities into our students' daily life.”

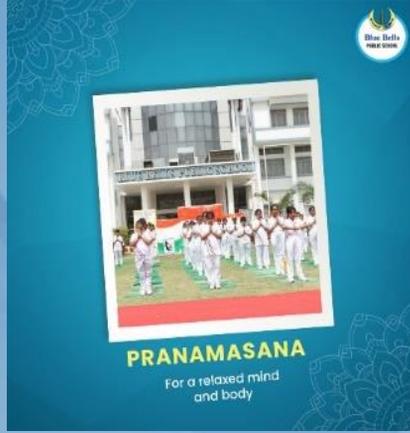
June 21, 2022

INTERNATIONAL YOGA DAY

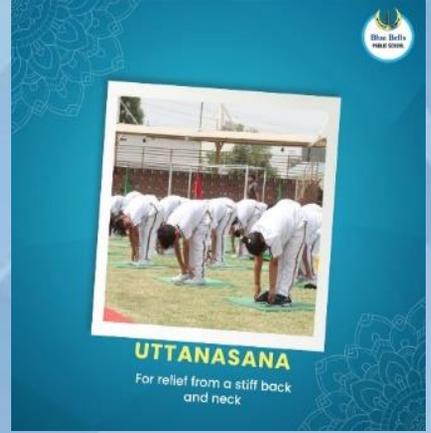


WATCH OUR CHILDREN REAP
**THE BENEFITS OF
YOGA**

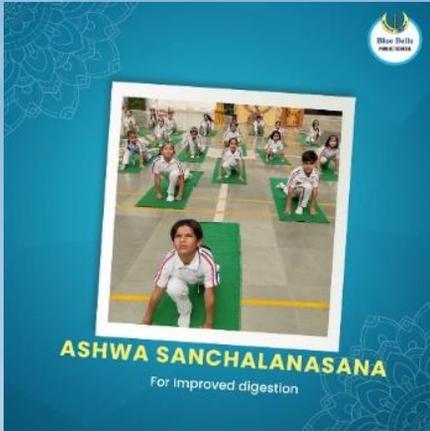
INTERNATIONAL YOGA DAY 2022



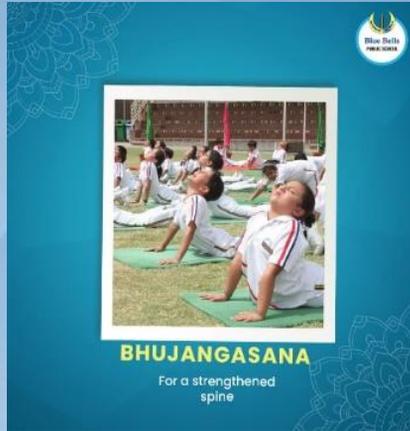
PRANAMASANA
For a relaxed mind
and body



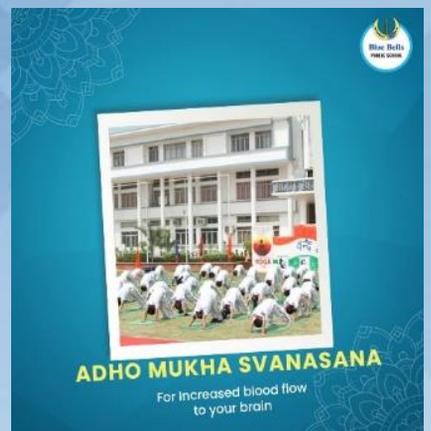
UTTANASANA
For relief from a stiff back
and neck



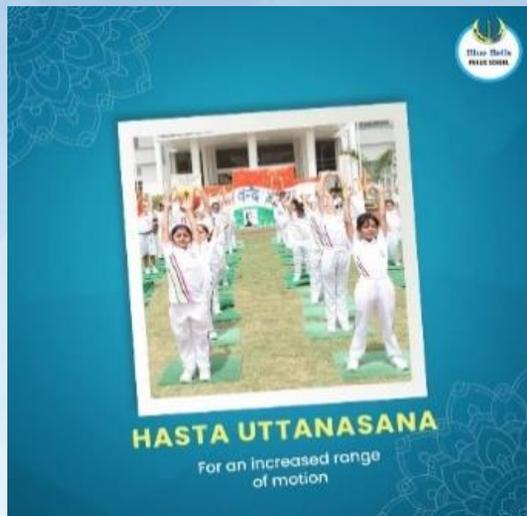
ASHWA SANCHALANASANA
For Improved digestion



BHUJANGASANA
For a strengthened
spine



ADHO MUKHA SVANASANA
For increased blood flow
to your brain



HASTA UTTANASANA
For an increased range
of motion

“Yog is derived from the Sanskrit word ‘Yuj’ which means to connect and integrate with the universe around.”

OUTDOOR EXCURSIONS FOR EXPERIENTIAL LEARNING



June 12-15, 2022

EDUCATIONAL TRIP TO JIM CORBETT & NAINITAL



“ School Trips are an excellent way for students to gain a better insight of the world around them.”



June 16-19, 2022

TRIP TO CHAIL AND KUFRI



“The memories of school educational trips are among the most prominent in the formative years, largely because they are a welcome break in the routine for students.”





Blue Bells Public School

Sector-10, Gurugram



BLUE BELLS PUBLIC MODEL UNITED NATIONS ON 'CLIMATE ACTION'



April 29, 2022

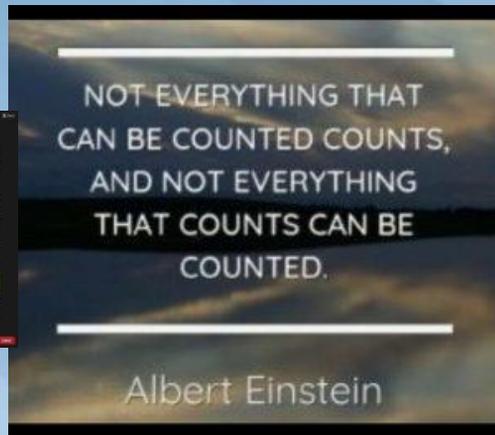
BLUE BELLS PUBLIC SCHOOL HOSTS MOCK BBPSMUN 2022



”At Blue Bells, we visualize today’s youth as the harbingers of change, filled with the hope of a better and progressive tomorrow.”

May 24, 2022

ORIENTATION SESSION OF BBPSMUN 2022 WITH A GLOBAL PERSPECTIVE



“You are today's promise and tomorrow's hope. It is your devotion and enthusiasm that will make the world a better place.”



May 25, 2022

MOCK BBPSMUN 2022 ON 'PARIS AGREEMENT AND SOLUTIONS FOR THE CLIMATE PROBLEM OF THE WORLD'

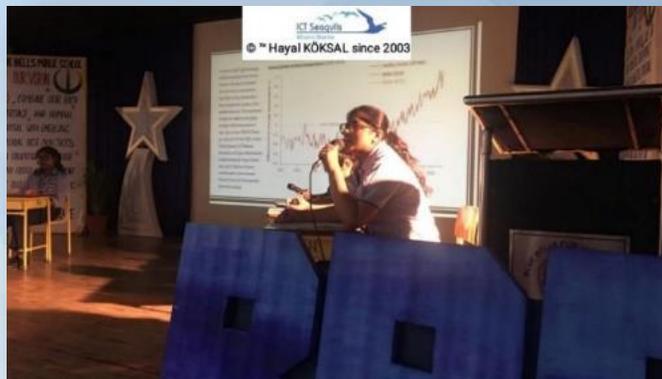


“We are the first generation to feel the effect of climate change and the last generation who can do something about it.” -Barack Obama



May 30, 2022

PANEL DISCUSSION ON 'PARIS AGREEMENT AND SOLUTIONS FOR THE CLIMATE PROBLEM OF THE WORLD'



“A commitment to come up with solutions to challenges such as global warming and climate change.”

June 03, 2022

MARATHON ON 'CLIMATE CHANGE'



“Climate change is the environmental challenge of this generation, and it is imperative that we act before it’s too late.”- John Delaney



June 06, 2022

INTERNATIONAL MUN



Blue Bells Public School ICT Sengulils
ORGANISES Hayal KÖKSAL since 2003

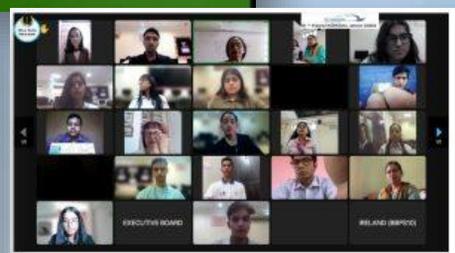
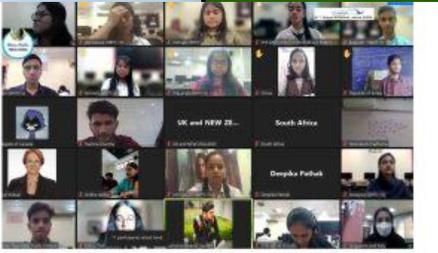
'BBPS MUN'

AGENDA: PARIS AGREEMENT AND SOLUTIONS FOR THE CLIMATE PROBLEM OF THE WORLD

THURSDAY, JUNE 2, 2022 @ 11:00 AM

PARTICIPATING SCHOOLS

- DAV Cenetary Public School, Malla Haldwani, Naninal, Uttrakhand
- Shining Star International School, Abu Dhabi, UAE
- Blue Bells Public School, Sector 10, Gurugram, India



International Collaboration for Climate Control.





Blue Bells Public School

Sector-10, Gurugram

HEALTH & WELLNESS





Blue Bells Public School

Sector-10, Gurugram

HEALTH & WELLNESS PROGRAMME

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

Dr. Alka Saxena, Deputy Director (Health & Wellness) Blue Bells Group of Schools, established the Health & Wellness Programme for BBGS in the year 2009 with the futuristic vision of equipping the students to delve deeper into their inner world.



Over the years, she has groomed a full-fledged team of Doctors, Nurses, Counsellors, Special Educators, Life Skill Facilitators, and teachers to carry forward her vision of empowering students. Our mentor Dr Alka Saxena heads the Health & Wellness Programme of Blue Bells Group of Schools and the Health & Wellness Resource Center. Ma'am is a Parenting Coach and a Certified Positive Discipline Parent Educator certified by Positive Discipline Association, Atlanta, Georgia (USA) & Adolescence e Education & life skills Education trainer. Ma'am has a keen interest in working with children and regularly conducts workshops with students, teachers and parents.

The Health & Wellness Resource Center, a unique initiative by Dr. Alka, was established in the year 2015, 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.



The Resource Center team is headed by Dr. Alka Saxena and comprises of Ms. Renu Khare (Counsellor and Content Developer) along with Ms. Priyanka Chaturvedi and Ms Sapna Sinha (Value Education /Life Skills Facilitators and Content Developers) and Ms. Premlata Yadav (Office Executive). Under the aegis of the Health & Wellness Programme, the Resource Center team plans and conducts various Sessions, Workshops and Modules for the students, teachers and parents after meticulous and extensive research.

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 Public School held the **Investiture Ceremony** for the academic session 2022-23 by conducting special assemblies on April 9 and April 30, 2022 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 2022-2023, Kasak Yadav of class XII was appointed as the Health & Wellness Ambassador, (Senior Wing), and Smriti Jha 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

“Each transition in life is an opportunity to look at who you are, where you are headed and what you want to become.” Graduating from Primary to Middle School is a major change every student faces. At the same time, they are adjusting to the social changes that happen around them. 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 on April 07, 2022. The session was an indigenous initiative under the inspirational mentorship of Dr. Alka Saxena, Deputy Director (Health & Wellness), Blue Bells Group of Schools. The aim of the session was to prepare the students for the transition from Class V to VI. Dr. Alka addressed many feelings of the students which they had related to moving to a new wing and shared ways in which they can adapt effectively to the change which is pertinent to growth. The school team assured the students that they would not only get the support of their new teachers but also their previous teachers as well. It is one of the constructive steps taken by the Health & Wellness team to help the students understand and adapt the changes with ease.



April 07, 2022

TRANSITION SESSION FOR CLASS V



“Each transition in life is an opportunity to look at who you are, where you are headed and what you want to become.”

STUDY SKILLS

Victory is the goal, a determined preparation gets you there.

An interactive session on study skills was taken by the Ms. Sapna Sinha and Ms. Prerna Karkhanis 4th May and 17th May for class IX under the able guidance of Dr. Alka Saxena, Deputy Director, Health and Wellness, Blue Bells Group of Schools. The session witnessed the enthusiastic participation of the students.

*The main objective of the session was to **help them building a strong foundation** for their board examination to be confronted next year thus expertizing them in **being organized** and **more prepared** to deal with the steadily increasing work over the year. They were urged to work in the **right environment** and to maintain a **healthy life style**.*

Students also shared their concerns which were discussed by the facilitators. The session was quite effective and certainly achieved its objective of empowering the students to adopt wide-ranging strategies to study thus leading them to achieve the zenith of excellence in their endeavours.





ASSEMBLY ON SOIL CONSERVATION

“Essentially, all life depends upon the soil... There can be no life without soil and no soil without life; they have evolved together.”

- Charles E. Kellogg

To sensitize students about the importance of conserving the precious resource, ‘Save Soil Movement’ was conducted from May 19, 2022 to May 27, 2022, under the aegis of the Health & Wellness Programme, Blue Bells Group of Schools steered by Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS.

The students were briefed about the deterioration in the quality of soil and the importance of sustaining it for the future generation. They were also apprised about the ‘Save Soil Movement’ launched by Isha foundation.

The students shared their understanding of the problem and joined hands to ardently contribute to the cause at the close of the thought-provoking session. They were urged to raise the bar of awareness by sending their letters to the Honourable Prime Minister of India and requesting him to take the necessary steps to address the issue in a constructive manner.

Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS applauded the members of Isha Foundation and Save Soil Movement for their efforts and for giving an opportunity to the young brigade of the school to vehemently voice their opinion and contribute to the cause. She further reiterated the importance of healthy soil and encouraged the students to participate in the cause wholeheartedly.





BBPS RESOUNDS WITH SADHGURU'S CALL TO SAVE SOIL

“To forget how to dig the earth and to tend the soil is to forget ourselves.”



Our Mission

Save Soil – a Global Movement to invoke a conscious approach to soil and planet in all. One of the main objectives of the movement is to show governments across the world that their citizens want policies that revitalize ecology and soil.

Isha Outreach will partner with the Save Soil movement to facilitate its execution in India. Already, thousands of eminent figures, including scientists, celebrities, policy experts, and even heads of states are coming together with this common goal to restore soil health and rekindle our bond with Mother Earth.

Save Soil, the global movement aims at invoking a conscious approach to soil and the planet in all. The Health and Wellness Programme being the harbinger in global endeavours, actively participated in the 'Save Soil Movement'.

Responding to the clarion call by Sadhguru, to 'Save Soil', the School leadership team & members of H&W team attended an exciting engagement with at Indira Gandhi Complex, New Delhi on 5th June 2022.

Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS applauded the members of Isha Foundation for their efforts and expressed the wholehearted support and encouragement for the movement!

ANTI TOBACCO CAMPAIGN: WORLD NO TOBACCO DAY

The Health & Wellness Team of the school conducts an Anti-Tobacco Campaign every year, to spread awareness about the severe life-threatening health problems such as cancer, heart disease, stroke, lung disease, and many others associated with tobacco consumption.

This year, WHO launched a global campaign under the theme 'Tobacco: Threat to our Environment.'

The Health & Wellness team organized a special assembly to celebrate 'World No Tobacco Day', in the school on May 31, 2022. The focus of the assembly was to create awareness among the students and teachers on the harmful effects caused due to use of tobacco products. Saavi Chauhan presented her award-winning video which she curated for the Inter-School Competition by the Indian Cancer Society on the current year's theme of World No Tobacco Day 2022 'Tobacco: Threat to our Environment.'. The students also presented a 'Street Play' and showcased how the use of tobacco becomes the cause of pain and misery.



Kasak Yadav , the Health & Wellness Ambassador, BBPS presented facts related to harmful effects of tobacco and requested all the members of the august gathering to take a Pledge to 'Say No to Tobacco'.

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





INDIGENOUS INITIATIVES OF HEALTH & WELLNESS PROGRAMME THROUGH SOCIAL MEDIA POSTS

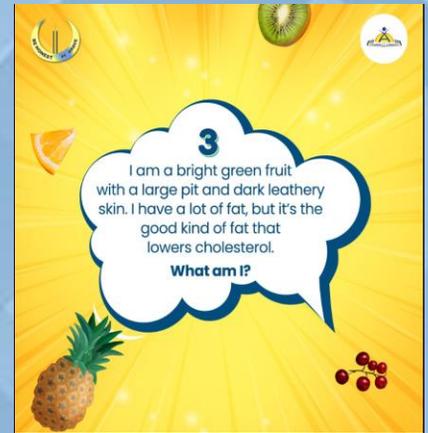
'The world is a much better place to live when our health is in place.'

*World Health Day is a global health awareness day celebrated on the 7th April every year. On World Health Day 2022, World Health Organization WHO focused on global attention on urgent actions needed to **keep humans and the planet healthy** and foster a movement to **create societies focused on well-being**. Keeping this objective in mind, this year's theme stands to be **"Our Planet, Our Health"**.*

The ever vigilant and concerned Health and Wellness Team of the School has been proactively involving itself in ensuring good health and wellness of the mankind.

As a nod to a healthier planet and to protect our health, the health and Wellness Programme spread awareness for waste management, waste segregation, and proper disposal through a thoughtful video shared on social media. The video sensitized about different types of waste and their disposal which help to maintain a cleaner, safer, and healthier planet.

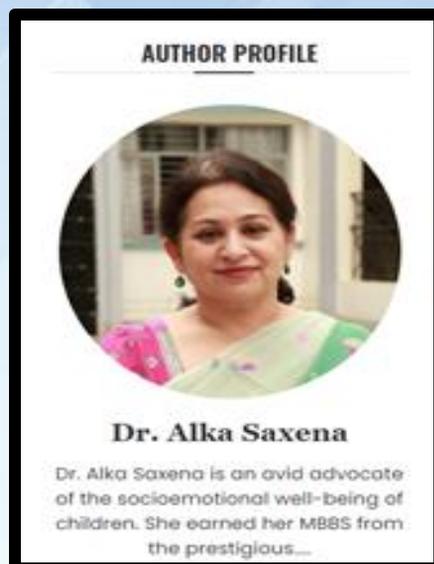




WELLNESS WISE BY DR. ALKA

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/>



Dear Reader

Life offers everyone a dream and the one who has guts and gusto can accomplish all set goals. Therefore, put on your thinking caps and navigate your own path with conviction and commitment. We welcome you to an exciting and invigorating year ahead with a wish that May Almighty grant us the wisdom to reach our optimum potential.

Stay Healthy, Stay Connected and Stay Safe!

Editorial Team

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