

BLUE BELLS PUBLIC SCHOOL

SECTOR 10, GURUGRAM

E-NEWSLETTER

JULY TO SEPTEMBER 2022

BLUE BELLS PUBLIC SCHOOL : A LEARNER'S PARADISE



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RANKED AMONG THE

TOP

10

CBSE CO-ED DAY SCHOOLS
IN GURUGRAM



**BlueBellsPublicSchool makes headway into Gurugram's
Top 10 Co-education Day Schools in the Education World
India School Rankings 2022-23.**



From the Desk of Senior Wing Leader



*Savoring the Journey of
Life with Kindness
As The Seasons Change So
Do, We.
May We Be Aware, That
We Are Shifting Just Like
The Wind.*

Transformation in life happens when we allow the magic of the universe to inspire us towards changes that are in alignment with our true authentic nature. Thus 'every success story is a tale of constant adaptation, revision, and change.' The pandemic prepared us for a 360degree turn in our day-to-day life. The physical lockdown during Covid 19 could not lock man's creative and innovative skills thereby giving a phenomenal boost to the digitally empowered society.

Now, as we are back to the offline mode, we need to use our resources judiciously. On one hand, we are grateful to the gadgets that helped us stay connected with each other but do we always require them? The time has come when we need to weigh our options so that they reap rich dividends in a long run. Were we resilient? Calm? Kind? Or fearful and fretful? In those times! How we braved through the situation and be thankful to the Almighty for giving us the boon of life. Yes, the pandemic did have a silver lining to it.



The great Stoic philosopher Epictetus said: "Circumstances don't make the man; they only reveal him to himself."

The tough conditions after the pandemic ignited the inner spark in humans to be the torch bearers for a gleaming future. The need of the hour is to stay together and be eternally connected to one another and stay happy, for we do not know what is there in store for us. The gizmos that helped us then to sail through, have made us lonely now; it has been observed that students do not feel the need of society, they feel comfortable and connected with their cell phones. As they say, 100s of social media friends and followers and very few real ones in the class and society. It is time that we realize the need to bond with each other as only when united, do we grow and evolve. What we require is 'Social and Emotional Learning (SEL)' which is about developing lifelong learners. It has been seen that SEL leads to improved academic outcomes and behaviours', its benefits are long-term and global.

These skills further help improve life outcomes. When students have supportive relationships and opportunities to develop and practice social, emotional, and cognitive skills across many different contexts, academic learning accelerates. As caring adults, it is our responsibility to help our children to learn to cultivate relationships, communicate ideas, work through challenges, and pursue their purpose.

We can support young people in making choices on behalf of their own wellness and wholeness while encouraging them to contribute to the wellness and wholeness of others. Our focus now is on working towards 21st-century future-ready skills. We have to constructively contribute to building upon the 5 Cs of creativity, collaboration, critical thinking, effective communication, and cultivating kindness.





This will initiate a journey towards exploration and experimentation with 'Self' and learning the science of 'Self-Realisation'. I urge my students to embrace their future with an open mindset and enthusiastically pursue their journey toward self-exploration and living a peaceful life. Remember, caring for yourself is not selfish. When we are kind to ourselves it also helps us respond more positively to what happens around us and treat others kindlier too.

I wish to close with the prayer, May God bestow His choicest blessings on all of us so that we grow with one another and take humanity to a new height. Stay safe and stay connected!

Warm Regards

Preeti Phutela

Senior Wing Leader

Blue Bells Public School

Sector 10, Gurugram





Hall *of* FAME



July 08, 2022

PARYAVARAN RAKSHAK AWARD – 2022



The school was awarded Paryavaran Rakshak Award – 2022 for its exemplary efforts towards saving the environment, by Municipal Corporation Gurugram, Canwin Foundation & Buland Awaaz Society at DPG College, Sector 34, Gurugram, to celebrate the World Environmental Day.

*“A true conservationist is a man who knows that the world is not given by his fathers, but borrowed from his children.”
- John James Audubon*



September 15, 2022

MICROSOFT INNOVATIVE EDUCATOR EXPERT M,2022-2023!



We congratulate Ms. Preeti Phutela, Senior Wing Leader, on being selected as a Microsoft Innovative Educator Expert for 2022-2023!

She has been chosen as an MIE Expert because she is self-driven, passionate, has a true collaborative spirit, and strives to inspire students with outside-the-box thinking on technology in education. We appreciate her resourcefulness and entrepreneurial spirit.

“While most dream of success. The winners strive to achieve.”



GURU SAMMAN :SANSKRIT KE SARATHI AWARD



Ms. Kavita Devi and Mr. Shashi Kumar Tiwari, Sanskrit faculty of the school were honoured with the coveted 'Sanskrit ke Sarathi Award' on September 10, 2022, at Shri. S.N. Siddheshwar School, Gurugram.

The meritorious members were felicitated amidst thundering applause of the coterie of elite educationists by Shri. Gurmeet Singh, Governor, Uttarakhand, esteemed Chief Guest for the ceremony. The award is a proud testimony to the contribution of educators in promoting the Sanskrit language.

'Dreams transform into thoughts and thoughts result in action.'

September 12-19,2022

INTERNATIONAL ACCLAIM FOR BBPS AS ISHAAN SECURES BRONZE MEDAL AT 40TH GOLDEN GLOVES AT SERBIA



Indian Team for the 40th Golden Gloves of Vojvodina
(Twitter- SAI Media)

Ishaan Kataria from Class XI of Blue Bells Public School has secured the Bronze Medal in the 80 Kg Youth Category by defeating his opponent from USA at the 40th Golden Gloves of Vojvodina Men's Youth Boxing Tournament 2022 held from September 12 to September 19, 2022. The event took place in the Sports Hall of Subotica in Vojvodina, Serbia.

“ Champions have deep in them a dream, a vision and a desire to excel...”



July 09, 2022

EXPRESSION OF GRATITUDE BY AYUSH SAPRA, ALUMNUS

Honourable Mentions
From Our **Alumini**

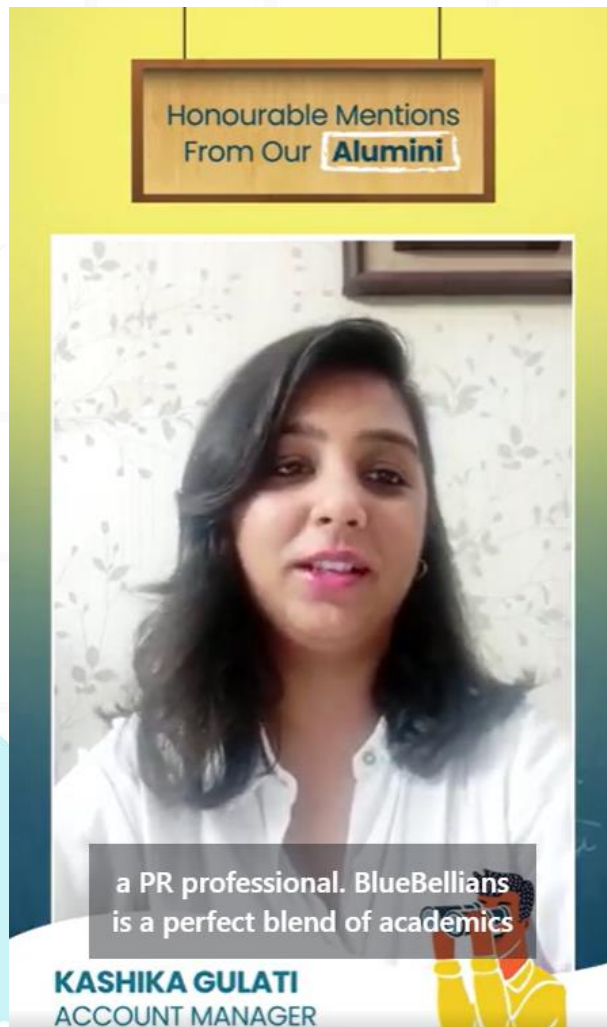


AYUSH SAPRA
ASSOCIATE EDITOR

Working with India's leading film production companies, Ayush Sapra from the batch of 2014 had a lot of fun memories to share about his alma mater. From chess, to dance classes, to the concern every teacher placed on him, he holds Blue Bells Public School in high regard.

September 14, 2022

KASHIKA GULATI FROM THE BATCH OF 2014-15 EXPRESSES GRATITUDE

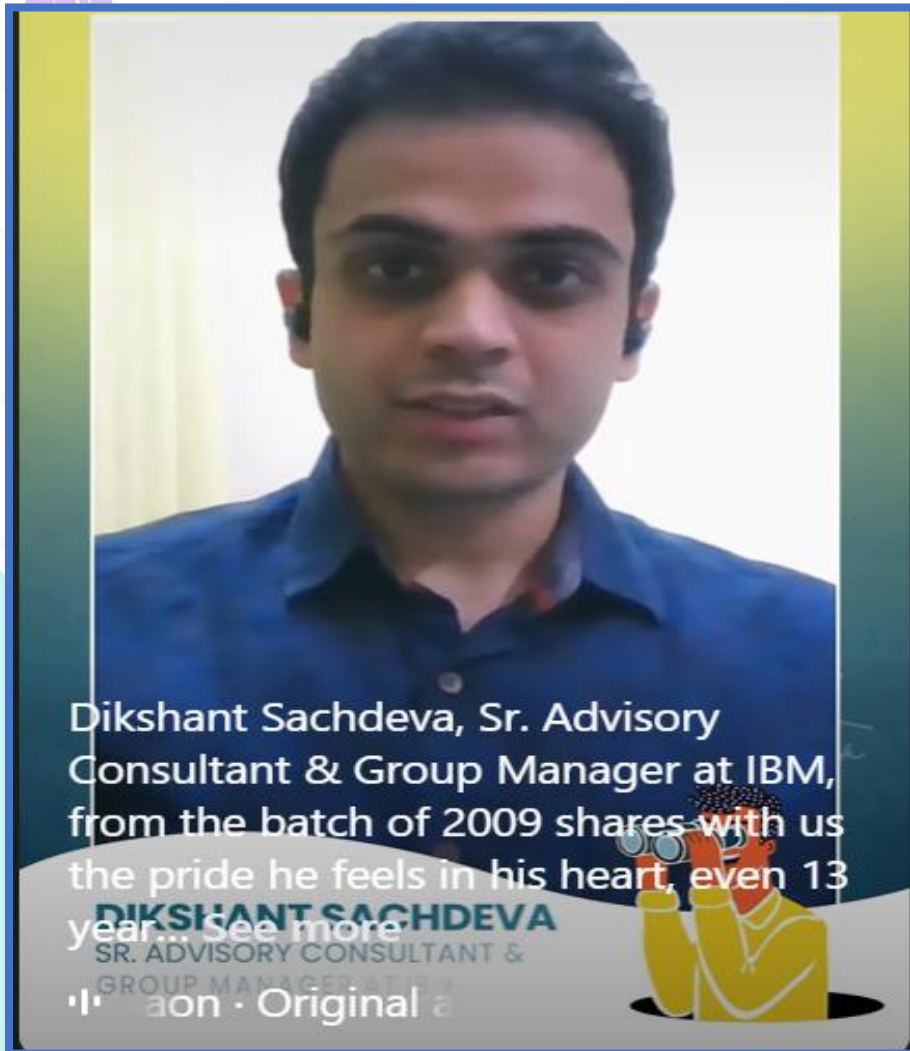


Kashika Gulati, a proud alumnus of the Blue Bells Group of School tells us about her 13 years in school, a journey that led her to the woman she is today. Today she looks after Public Relations at AvianWE, and couldn't thank her alma mater enough.



September 12, 2022

AN EXPRESSION OF GRATITUDE FOR THE ALMA MATER



Dikshant Sachdeva, Sr. Advisory Consultant & Group Manager at IBM, from the batch of 2009 shares with us the pride he feels in his heart, even 13 years after passing out of Blue Bells Public School. He expresses his gratitude as he ruminated on the slew of opportunities Blue Bells presented to him, which have given him the edge to cruise past personal and professional milestones.



COLLABORATION
DELIVER **INNOVATE**
INSPIRE
VISION
MOTIVATION
PERFORMANCE

ACHIEVEMENT

SERVICE
INTEGRITY
SUCCESS
SKILL
TEAMWORK
DUTY
STRENGTH
ACCOUNTABLE
COURAGE
MENTOR
EXCELLENCE
RESPECT



July 18, 2022

BLUE BELLIAN'S GROOVE TOWARDS A REMARKABLE FEAT AT NEXTT MOVE ORGANISED BY EURO INTERNATIONAL



- *Kashvi Chauhan bagged the coveted First Prize in Folk Dance Competition in the age group of 3 to 5 years.*
- *Mishita Panda clinched the Second Prize in Classical Dance Competition in the age group of 6 to 8 years.*

*“Success is the progressive realization of a worthy goal or ideal.
“–Earl Nightingale*



August 02, 2022

MINDSPARKS-FOOTLIGHTS 2022, AN INTER-SCHOOL SCIENCE COMPETITION BY SALWAN PUBLIC SCHOOL, GURUGRAM



- *First Position in a competition that laid emphasis on integrating Science with Music and Dance.*

“If you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hopes.” –Andrew Carnegie



August 02, 2022

AFFINITY 2022 AT KR MANGALAM WORLD SCHOOL, GURUGRAM



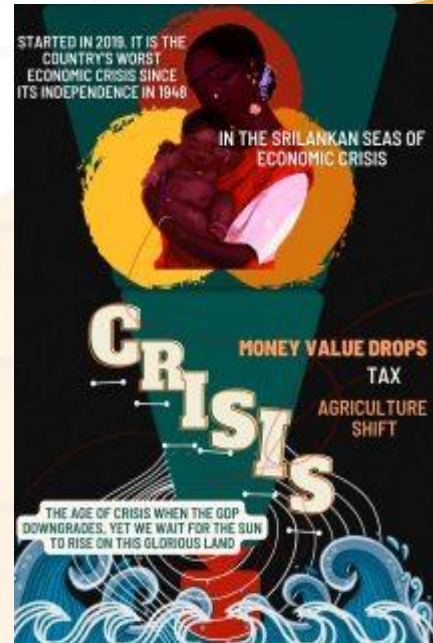
Third Position in Affinity 2022 in the event Hands On Minds On

*“Small daily improvements over time lead to stunning results.”
–Robin Sharma*



August 2, 2022

SADAF BRINGS LAURELS FOR BBPS AT HERITAGE INTER-SCHOOL



Sadaf of Class XI bagged the Second Position in Digital Poster Making Competition in COMMQUEST 2022 , the Inter-school Commerce Fest organised by Heritage Xperiential Learning School, Sector 62, Gurugram.

“ Believe in yourself and move untrammelled on the path of your dream destination.”



August 2, 2022

ACCOLADES FOR KAVYA VERMA AT AMITY ART FEST



Kavya Verma from Class XI bagged the Second Position in the Indian Folk Art Competition as a part of Chitrankan 2022 organised by Amity International School, Sector 46, Gurugram.

“Nurturing creativity and talent and promoting an artistic bent of mind amongst young artists.”



August 8, 2022

SHALOM CONCLAVE: ANNUAL INTER SCHOOL EVENT AT SHALOM'S INTERNATIONAL SCHOOL



- *Gorochana from Class X and Pranjali from Class XI bagged the Second Position in 'Illustoria'.*
- *Western Dance Event, 'Balliamo', the students of Classes VI to VIII clinched the Special Jury Award.*
- *Darshana Jain of UKG bagged the Special Jury Award in the event 'Ensemble'.*
- *Tiya Sharma of Class IV bagged the Special Jury Award in the event 'Weave a Story'.*

“When your desires are strong enough, you will appear to possess superhuman powers to achieve. “– Napoleon Hill



August 8, 2022

XAVENIUM'22 - SALVAGE: AWAKENING YOUNG MINDS





- *Saiesha Arora, Kashvi Chauhan, Dhairya Mittal, Lahith Mahakhariya of Grade UKG did the school proud by winning the First Position in the event 'Carton Critters'.*
- *Chahak Makkar of Grade IV by winning the First Position in the event 'Envision Enunciators'.*
- *Navika Chutani of Grade II bagged the Second Position in the event 'Water-the Elixir of Life'.*
- *Choir of Grade V bagged the Third Position in the event 'Symphony Saga'.*
- *Story tellers from Grade III (Vivaan Kamboj, Mishita Panda, Rihansh Kharbanda, Gauransh Pratap Singh, Pritika Jain and Manasvi Tiwari) won the Third Prize in the event 'Stage, Story and Enactment'.*

"A winning effort begins with thorough preparation."

- Joe Gibbs



August 8, 2022

RAZMATAZZ 2022 BY SHERWOOD CONVENT SCHOOL



- *In the event Colours of Life (Music), the students presented a melodious song 'Ye kaun chitrakar hai' and bagged the Second Prize.*
- *In the Shloka Shakti Competition, the students recited shlokas and brought home the Second Prize.*

“The roots of true achievement lie in the will to become the best that you can become.” – Harold Taylor



August 9, 2022

BLUE BELLIAN'S RAP THEIR WAY TO SUCCESS AT DPS, SECTOR 45



Shaurya Pratap Singh of Class XI and Anushka Pandey IX bagged the Third Position in Science Rap (Mic Drop) Event which was a part of the event CAPITALL, an Inter-school Science Fest hosted by DPS, Sector 45.

*“Have a vision. It is the ability to see the invisible. If you can see the invisible, you can achieve the impossible. “–
Shiv Khera*



August 18, 2022

BINARY BOTS 2.0 (2022-23) BY LOTUS VALLEY INTERNATIONAL SCHOOL



- *Naitik of Class XI C bagged the Second Position in the Lensation Photography Event..*
- *In the Debate Competition, Charvee Sankhla and Meghna Yadav of Class XII bagged the Second Position.*

“Optimism is essential to achievement, and it is also the foundation of courage and true progress.”

– Nicholas M. Butler



August 20, 2022

ISHAAN KATARIA OF BLUE BELLS PUBLIC SCHOOL TO REPRESENT THE COUNTRY AT THE INTERNATIONAL LEVEL



We are proud to share that Ishaan Kataria, a student of Class XI of Blue Bells Public School has been selected in Indian Boxing Team and will represent the country in Serbia from September 11 to September 16, 2022.

“Definiteness of purpose is the starting point of all achievement.” – W. Clement Stone



August 20, 2022

STELLAR PERFORMACE BY TIYA SHARMA IN INTER-SCHOOL COMPETITON AT DPSG SCHOOL,



Tiya Sharma from Class IV bagged the Third Position in the event 'Azadi aur Hum' held by DPSG School, Sushant Lok. She recited a beautiful self-composed poem with brilliant expressions.

“Spectacular achievement is always preceded by unspectacular preparation.” – Robert H. Schuller



AZADI KA AMRIT MAHOTSAV, AN INTER-SCHOOL EVENT ORGANISED BY DPSG SCHOOL, PALAM VIHAR

- In the Debate Competition (Sr. Category), Soumya Yadav - X C, Sakshi Singh - X B, Sunanya Juneja - XI D and Jeshna Raja Benhar - XI B secured the *First Position**
- In Poetry Composition Competition - English (Sr. Category), First Position was bagged by Goohika Joshi from Class X A*
- In Poetry Composition Competition - Hindi (Sr. Category), First Position was bagged by Harshita Kandwal from Class X A*
- Navika Chutani of Class II bagged the Second Position in the 'Art competition' event.*
- In the Middle School Category, Dhun Setia of Class VIII secured *Second Position* in Hindi Poetry Recitation Competition*
- In English Poetry Recitation Competition, Ishan of Class VII secured the Third Position*
- In the Quiz Competition (Senior Category), Ayshi Gupta - IX A, Rakshita Bhalla - X A, Khushi Yadav - XI D and Ananya Singh - XII D secured the Third Position*
- In the Football Tournament, U-17 category, the School Team bagged the Third Position*





PROUD FIRSTS AT GOONJ- AN INTER-SCHOOL BY DPS, MARUTI KUNJ



The students of Class VI sang a melodious self-composed song on Azadi ka Amrit Mahotsav to bag the coveted the First Position in ' Sur Sangam ', the group song event.

In the group dance event, ' Taal Tarang', the students of Classes VII and VIII presented a mesmerising dance on the theme Anekta Mein Ekta and bagged the First Position .

"If art is to nourish the roots of our culture, society must set the artist free to follow his vision wherever it takes him."

August 27, 2022

BRILLIANT PERFORMANCE OF BLUE BELLIONS AT MANAV RACHNA INTERNATIONAL SCHOOL



Hridya Thakur (8B), Paras Salgotra (8B), Saubhagya Singh (8B) and Saksham Pandit (8B) set the stage on fire with their electrifying role-play performance in the event YE DIL MANGE MORE and bagged Third Position.

‘Children are great imitators, give them something great to imitate.’

‘SAMVID 2022’ : AN INTER SCHOOL COMPETITION BY ROTARY PUBLIC SCHOOL



- Akshita Chutani of Grade IV and Risha Falswal of Grade V bagged the First Runners-Up position in the event ‘Verse Whirl’.***
- Rakshita Pandita of Class IV and Vansh of Class V clinched the Second Runners-Up position in the event ‘Vivify Health’.***

‘Persistence, determination, and a self-belief is what it takes to be a winner and curate your way to the pinnacle.’

September 05, 2022

BLOCK LEVEL BADMINTON CHAMPIONSHIP



The team comprising of Devansh (XIIC), Bhavishya (XI C), Bhavya (XII A) Hardik (X C), and Mehul (IX A) showcased supreme command, finesse, and techniques to weave a magical spell with their astounding team coordination to outsmart their competitors.

The team won against D.A.V School, Sector 49, in the Quarter Finals. In the Semi-Finals, they outshone Blue Bells Model School, Sector 4, and nailed an emphatic win against Shiv Nadar School, Gurgram in the Finals.

‘The body achieves what the mind believes.’



September 05, 2022

SGFI BLOCK LEVEL KARATE TOURNAMENT 2022



Ishaan Sharma, Class VIII D bagged the Gold medal in 60+ weight category

Yug Vermani, Class VII A bagged the Gold Medal in -60 weight category

Atharv Garg, Class VII D bagged the Bronze Medal in -45 weight category

Akshat Sharma, Class VII D bagged the Bronze Medal in -60 weight category

Akshit Moyal, Class VIII C bagged the Bronze Medal in +60 weight category

*The students ,Ishaan Sharma of class VIII and Yug Vermani of class VII,
have been selected for the District Level Tournament.*

*“ If you believe in yourself, have dedication and pride, and
never quit, you’ll be a winner. The price of victory is high
and so are the rewards...”*

BLOCK LEVEL VOLLEY BALL COMPETITION



- *In the Under 19 category, the team made the school proud by bagging the TOP-NOTCH TROPHY and the coveted GOLD MEDAL. More than 15 renowned schools participated in the event.*
- *The Under 14 Team also followed the footsteps of the seniors and clinched the Silver Medal.*
- *The teams have qualified for the District Level .*

“Whatever the mind of man can conceive and believe, it can achieve”. – W. Clement Stone

EXCELLENT PERFORMANCE OF BLUE BELLIAN'S AT AMERICAN MONTESSORI SCHOOL



- *Daksh Yadav of Class VII A bagged the Second Position in the event 'Ocean Awareness' through which he gave a deep insight into the need of protecting the oceans.*
- *Juhi Arora of Grade X A also made the school proud by securing the Second Position in the event 'History and Heritage'.*
- *Kashvi Chauhan of Class LKG bagged the Third Position in the event 'Clay Modelling'.*

"If we chase perfection, we can at least catch excellence."

CRICKET SUPERSTARS MAKE BBPS PROUD



The Under-14 Cricket Team of Blue Bells Public School made their alma mater proud as they registered two convincing back-to-back victories in SGFI Under 14 District Cricket Tournament.

In the first match , Arjun Kaushik was declared as the Man of the Match with an unmatchable performance in which he bowled 3 overs for 10 runs and bagged 3 wickets.

In the second match , Aryan Tyagi of BBPS was the Man of the Match with a spectacular performance in which he scored 50 runs of 25 balls and took 1 wicket..

“A key to achieving success is to assemble a strong and stable management team.” – Vivek Wadhwa

September 12, 2022

DISTRICT KARATE TOURNAMENT 2022



*Yug Vermani of Class VII A bagged the Gold Medal in -60kg
Kumite (fight)*

** Ishaan Sharma of Class VIII D bagged the Gold Medal in
+60kg Kimite (fight)*

*Both the students have been selected for the State
Championship.*

*“Having an aim is the key to achieving your best.” – Henry
J. Kaiser*



THE GIRL POWER MAKES IT TO THE STATE LEVEL IN VOLLEYBALL



- *The Under 19 Girls' Volleyball Team from Gurugram got the First Position. 6 girls from Blue Bells Public School were a part of the team in this category.*
- *In the Under 17 category, the Girls' Team from Gurugram got the First Position. 2 of our girls were a part of the team in this age category.*
- *The Under-14 Girls' Team from Gurugram also got the First Position. 4 girls of Blue Bells Public School are in this category.*
- *All twelve girls are selected for State Level Volleyball Tournament.*

“Desire, pulsating desire, is basic to achieving anything beyond the ordinary.” – Joseph B. Wirthlin

DESH AUR HUM RECOGNITIONS



- *Under the aegis of the National Academy of Direct Taxes, Nagpur, many schools became a part of this program under the "Desh Aur Hum" program organized by the National Academy of Direct Taxes, Regional Complex, Delhi in collaboration with Salwan Education Trust.*
- *Semi-Final Prize in eloquence and Street Play.*
- *The winner of the Consolation Award was Mannat Kaur and the students of Nukkad Natak were Lakshita Kakkar, Vanshika Yadav, Himanshu Gaur, Khushi, Navya, Dhanya Negi, Daksh Chugh, Harshit Sharma, Vyom Gupta, Mannat and Hardik Yadav. .*

‘Achievement is about loving something intensely and following it diligently with your heart.’



DISTRICT CRICKET TOURNAMENT SELECTION



Aryan Tyagi of Class IX C has been selected for (UNDER 14) SGFI District Cricket Tournament and Shashwat Mishra of class IX C has been selected for (UNDER 17) SGFI District Cricket Tournament.

“High achievement always takes place in the framework of high expectation. Nothing can stop the man with the right mental attitude from achieving his goal.”

‘CHRYsalis 2022’ ORGANIZED BY GEMS INTERNATIONAL SCHOOL

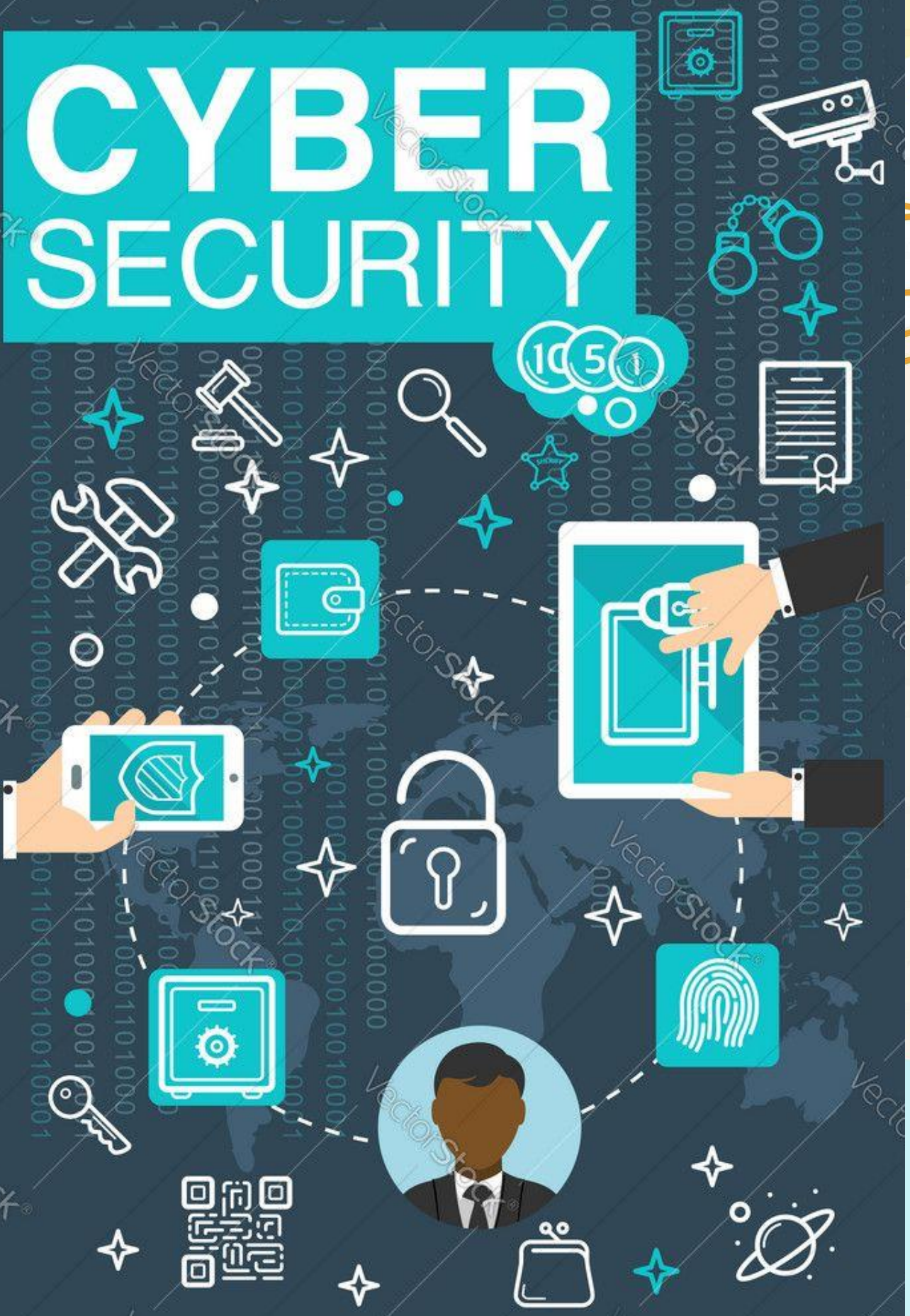


- *Jinisha, Naysha Banga and Rudraksh Gulrajani of Grade UKG in the event ‘Merging Boundaries’.*
- *Rishvi Gulrajani of Grade UKG in the event ‘The Yarn Spinners’.*
- *Nishant Bansal of Grade LKG in the event ‘Body Mechanics’.*
- *Tejasveer Singh Tanwar of Grade I in the event ‘Game-O-Thon’.*
- *Navika Chutani of Grade II in the event ‘Mono-Acting’.*

“Preparation is the key to success.” – Alexander Graham Bell



CYBER SECURITY



- *Jumping on a free public WiFi access point can be a quick and convenient way to connect to your online presence, get those emails out, or download that series you'll watch on that flight. But don't forget the risks it entails. No public wifi is safe from prying eyes. Here are a few tips you can use to safeguard yourself from the dangers of public wifi usage.*

Consider using your mobile phone

It may be worthwhile accessing the web via your mobile phone network, if you are accessing sites that need you to dial in your personal info.



Treat all Wi-Fi links with suspicion

It could be a link set up by a cybercriminal trying to capture personal information. Don't just assume that the Wi-Fi link is legitimate.



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Public WiFi Security Tips





Lots of Prying Eyes

On The Web,

Let's Do Our Part to Stay Safe



Remember – any device could be at risk

Laptops, smartphones and tablets are all susceptible to the wireless security risks.



Ensure 2 Factor Authentication is On

This adds a second layer of protection to your accounts.



Use a VPN

(virtual private network)

This can help to prevent cybercriminals that are lurking on the network from intercepting your data.



- *Ever wondered what that little green lock on the left of the address bar on most websites means? We have too! We can break down the core differences between HTTP and HTTPS.*
- *Let us learn how an HTTP website is different from an HTTPS one.*





http://www.

HTTP is subject to
man-in-the-middle
and **eavesdropping**
attacks

HTTP **doesn't**
use any secure
certificate



https://www.

HTTPS is considered
secure against
most such attacks

HTTPS uses
an **SSL certificate**





HTTP is
Hypertext Transfer Protocol



HTTPS is
Hypertext Transfer Protocol with Secure Sockets Layer



HTTP is **not secure**

HTTP URLs begin with **http://**



HTTPS is **secure and reliable**

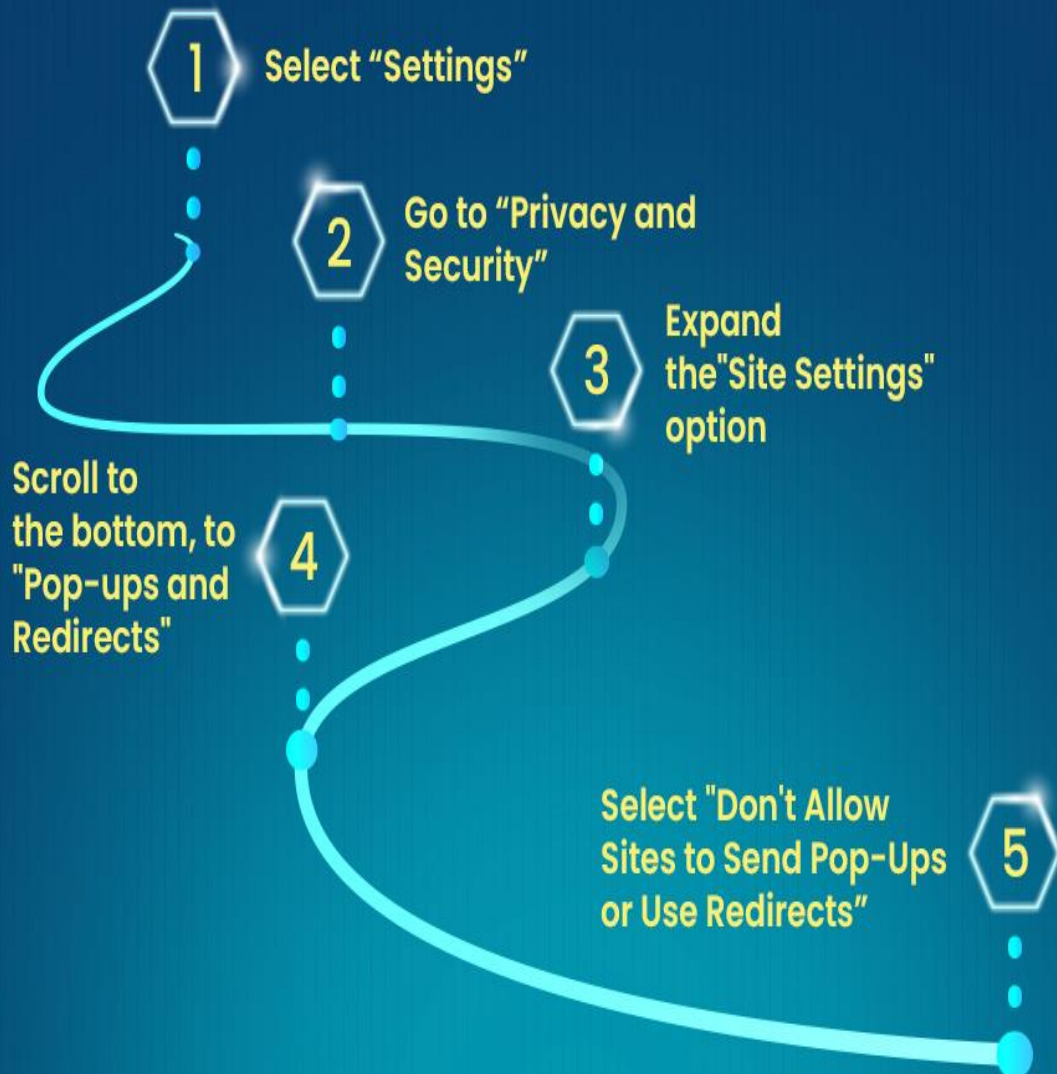
HTTPS URLs begin with **https://**



- *It is not an uncommon sight to get bombarded by popup ads on the web these days. While some of these may be legitimate ads placed by advertisers, some others are scams leading to counterfeiting initiatives by people lurking in the depths of the web, trying to get you to pay them money. Either way, popup ads are annoying and they clutter your browsing experience.*
- *Here we have two easy tips to get rid of unwanted popup ads. Swipe to enjoy a clutter-free browsing experience.*

How to Get Rid of **Pop-Up Ads** On Your Browser





That's not all.

We have one more trick up our sleeve.

AD BLOCK





Make sure you use both the tips to **keep the ads away!**





CELEBRATIONS GALORE

July 12, 2022

WELCOMING THE STUDENTS BACK TO SCHOOL



A special Welcome Assembly was conducted by the students of Class IX D on the theme of Time Management.

'Welcome every morning with a smile, take it as an opportunity to enhance human dignity.'



July 14, 2022

GURUPURNIMA



‘Guru is an aspiration, Guru is an inspiration, Guru is everything.’



July 15, 2022

RECYCLING AND WORLD POPULATION DAY



'We are living on this planet as if we had another one to go to.'



July 18, 2022

ASTRONOMY SESSION FOR CLASSES III to IX



‘Astronomy compels the soul to look upwards and leads us from this world to another.’-Plato



July 18, 2022

VISIT TO CSIR - NATIONAL PHYSICAL LABORATORY, DELHI



“The important thing is not to stop questioning. Curiosity has its own reason for existence. One cannot help but be in awe when he contemplates the mysteries of eternity, of life, of the marvelous structure of reality. It is enough if one tries merely to comprehend a little of this mystery each day.”-Albert Einstein



July 21, 2022

BLUE BELLIAN'S PAY HOMAGE TO BRAVEHEARTS ON KARGIL DIWAS



'Our flag does not fly because the wind moves it; it flies with the last breath of each soldier who died protecting it.'



FINANCIAL LITERACY AND USE OF DIGITAL TOOLS



The school hosted a workshop on Financial Literacy with the aim to sensitize teachers across the country on the basics of financial literacy and the use of digital tools that are relevant in the current scenario. Mr. Pankaj Sahijwani, the CBSE resource person explained the importance of financial planning that helps in making growth and expansion programmes which help in the long-run survival of individuals.

August 2 , 2022

MOCK FIRE EVACUATION DRILL AT BBPS



The best preparation for the future is planning it today...



August 2 , 2022

WORLD NATURE CONSERVATION DAY



'Environment is a gift from God, taking care of it is a return gift.'

ASSEMBLY ON 'LEADERSHIP'



*'If your actions inspire others to dream more.
Learn more, do more and become more, you a leader!'*



August 2 , 2022

WORLD NATURE CONSERVATION DAY (MIDDLE WING)



*‘Conservation means the wise use of the earth and its resources
for the lasting good of men.’*



August 9, 2022

VISIT TO FLOUR MILL FOR UKG STUDENTS



‘Tell me and I forget, teach me and I may remember, involve me and I learn.’



August 12, 2022

RAKSHA BANDHAN



*“Our days are full of life,
And nights are blessed with peace,
Our festivals are full of jollity,
And our happiness has that soulful satisfaction,
And it is all because of the soldiers
Who are out there on the borders protecting our lives...”*



August 13, 2022

ORIENTATION PROGRAMME FOR CLASS XI



‘A step to strengthen the Parent School Interface.’



August 13, 2022

AKAM(AZADI KA AMRIT MAHOTSAV)



One Nation, One Vision, One Identity- My India...



AKAM(AZADI KA AMRIT MAHOTSAV)



Saluting the patriots who gave us the divine bliss of freedom



August 13, 2022

CELEBRATING THE HUES OF FREEDOM – AKAM



Independence Day commemorates the brave young men who gave up their lives to liberate India from the manacles of thrallldom.



August 13, 2022

A DAY FULL OF PATRIOTISM AND EXHILARATION – A NATIONAL PLAYER, CYCLOTHON AND AKAM



“‘Tiranga Cyclothon’ was graced by the presence of the most renowned figure of the Indian Women National Hockey Team – Ms. Preetam Siwach, Ex-captain, Indian Hockey Team as the esteemed Guest..”



August 18, 2022

LEARNING BY DOING-FARM TO TABLE ACTIVITY



In sync with the theme, 'Farm To Table', students of class UKG did the Dough Making Activity followed by making of Roti.

August 20, 2022

JANMASHTAMI



‘The power of God is with you at all times; through the activities of mind, senses, breathing, and emotions; and is constantly doing all the work using you as a mere instrument.’



August 22, 2022

WORLD HUMANITARIAN DAY



*“Don’t look for big things, just do small things with great love.
The smaller the thing, the greater must be our love.”*
– Mahatma Gandhi



August 26, 2022

WOMEN'S EQUALITY DAY



‘Celebration of the spirit of women’s empowerment and understanding of the fact that irrespective of gender, equality is important for all.’



August 30, 2022

NATIONAL SPORTS DAY



"Sports teaches you to overcome failure, make you humble, keeps you fit and so many more things in life. It is very important for every human being to make sports an integral part of his/her life." -Harmeet Desai



September 02, 2022

GANESH CHATURTHI



'May Lord Ganesha give us a rainbow for every storm, a smile for every tear, a promise for every care, and an answer for every prayer!'



September 05, 2022

TEACHER’S DAY (PRIMARY WING)



‘A teacher is a compass that activates the magnets of curiosity, knowledge and wisdom in the pupils.’



September 05, 2022

TEACHER'S DAY (SENIOR WING)



'Teachers are the bedrock upon which quality education is built, and they are the few people who rejoice when their students outdo them.'



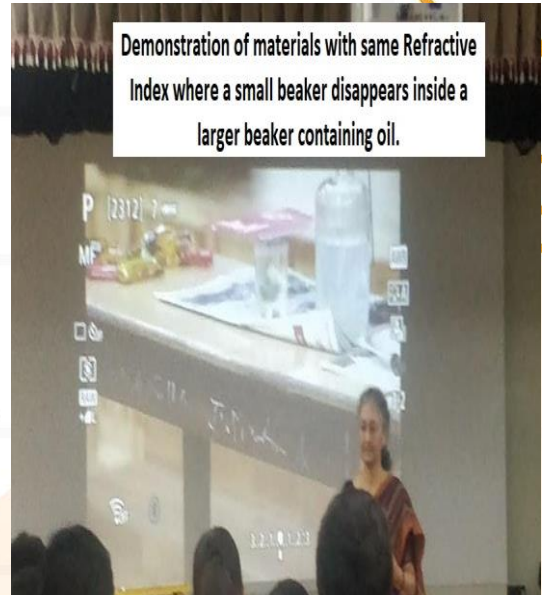
September 07, 2022

PHYSICS WORKSHOP - 'LET THERE BE LIGHT'

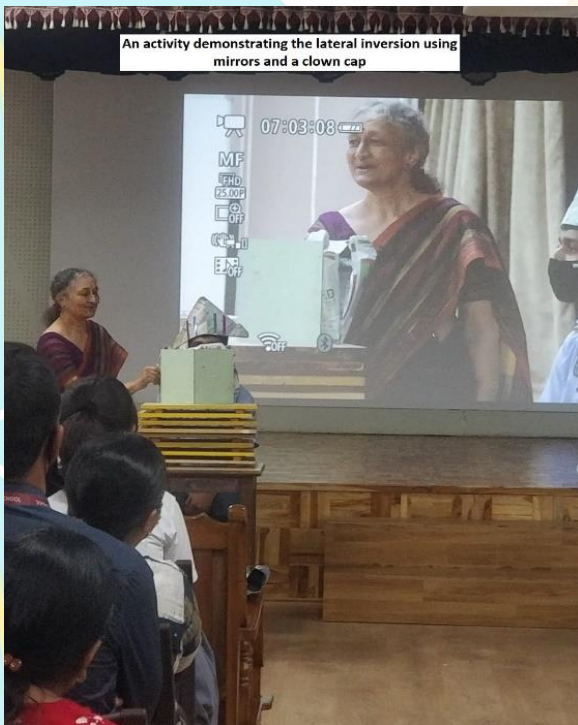
Blue Bellians attended the workshop on 'Let there be Light' conducted by Mrs Pragna Nopany, Coordinator BVN- IAPT Anveshika, New Delhi



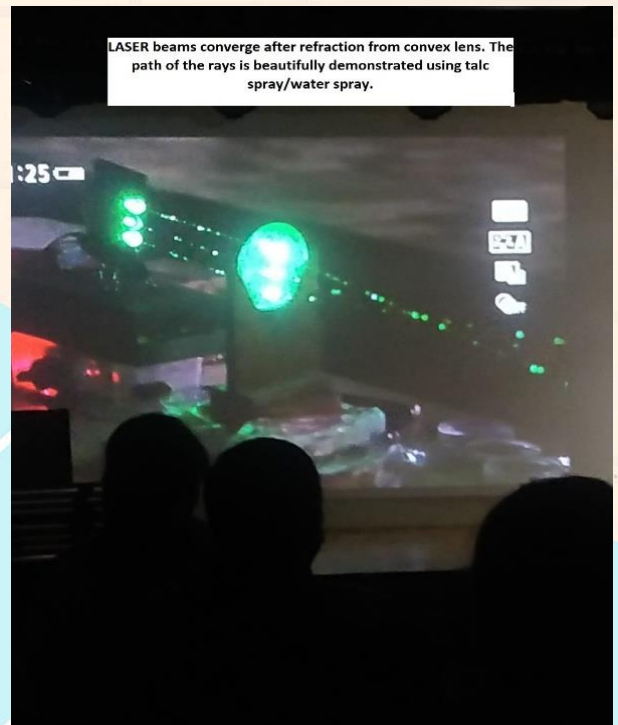
Demonstration of materials with same Refractive Index where a small beaker disappears inside a larger beaker containing oil.



An activity demonstrating the lateral inversion using mirrors and a clown cap



LASER beams converge after refraction from convex lens. The path of the rays is beautifully demonstrated using talc spray/water spray.



Experiential Learning - Hands on Experiments on Light.



September 10, 2022

LITERACY DAY



‘Being Literate is Empowering.’



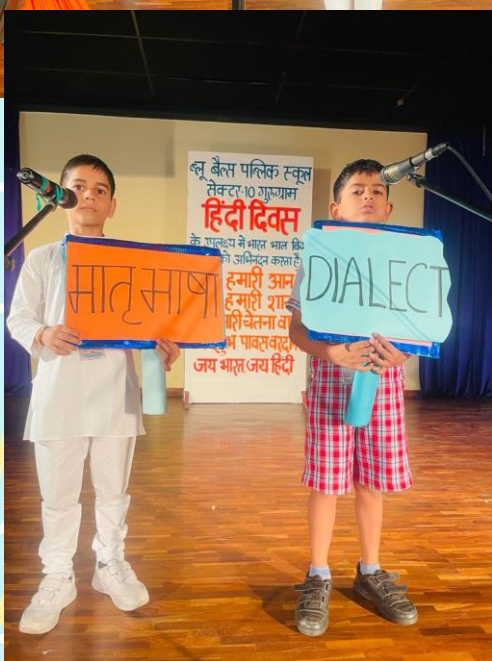
HINDI DIWAS (SENIOR WING)



'Language is the mirror of life and an affective means of communication.'



HINDI DIWAS (Primary Wing)



‘Hamari Bhasha Hamari Dharohar’



September 19, 2022

LAUGHTER YOGA SESSION



“Laughter is the only medicine, without side effects.”

– Shannon L. Alder



September 19, 2022

SPORTS IS A WAY OF LIFE



“The S’s of sports training are speed, strength, skill, and spirit; and an amalgamation of these helps in building self-confidence which further empowers the children to face all challenges in life.”



September 19, 2022

NATIONAL SMALL INDUSTRY DAY



National Small Industry Day is dedicated to promoting small businesses nationwide and offering job opportunities to the unemployed.



September 19, 2022

INTERNATIONAL DAY OF DEMOCRACY



“MAY THE LOVE AND PEACE IN OUR HEARTS TRANSFORM THE WORLD!”



September 20, 2022

MICROSOFT LEARN FOR EDUCATOR TRAINING



“For me, it matters that we drive technology as an equalizing force, as an enabler for everyone around the world.”

-Sundar Pichai, CEO of Google



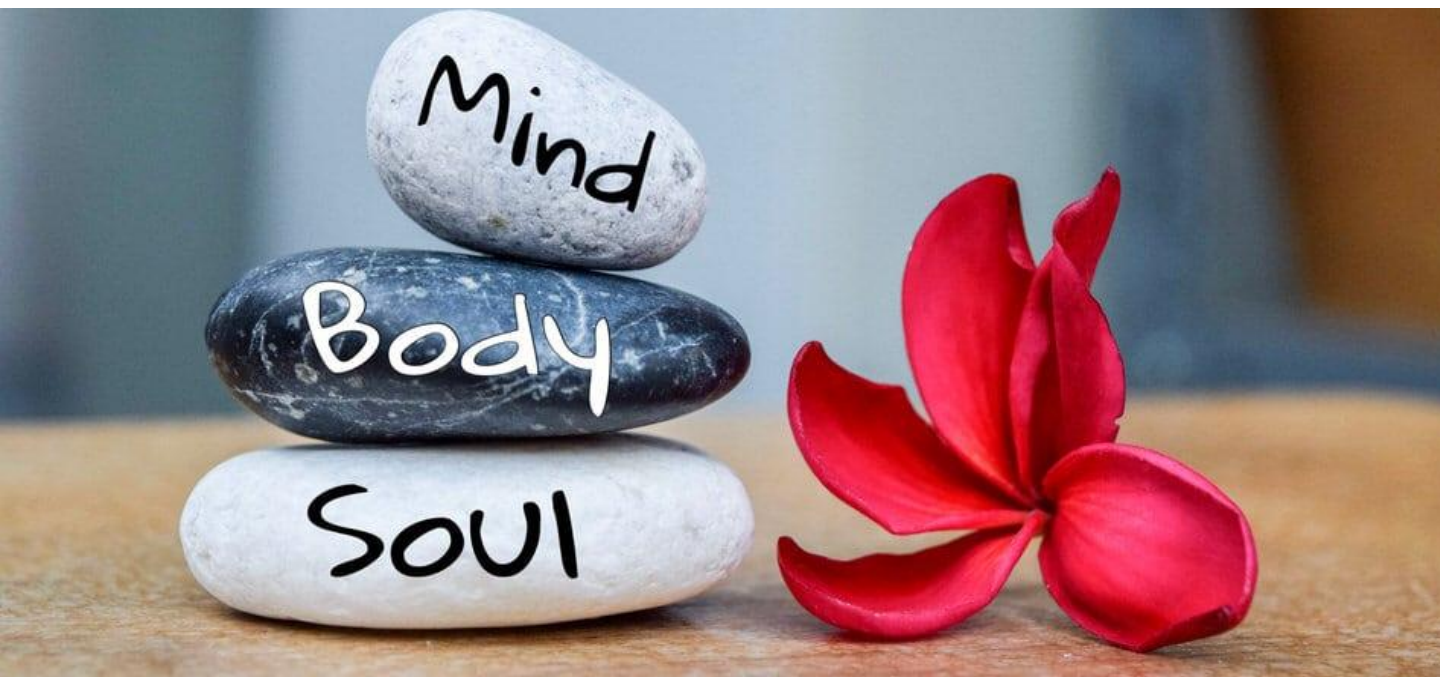
September 23, 2022

INTERNATIONAL DAY OF PEACE



‘Walk with peace and conquer the world with love.’







“Wellness encompasses a healthy body, a sound mind, and a tranquil spirit. Enjoy the journey as you strive for wellness.” --

Laurette Gagnon Beaulieu

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.

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. This motivated the Health & Wellness Resource Center Team to spread its wings further and expand its knowledge and skillset to other sections of society and hence 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, teachers and parents.



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. 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.

The Health & Wellness Resource Centre, a unique initiative, was established in the year 2015 by Dr. Saxena, 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 Centre team headed by Dr. Alka Saxena comprises of Ms Renu Khare, (Counsellor and Content Developer) along with Ms Priyanka Chaturvedi, Ms Sapna Sinha, (Value Education Facilitators and Content Developers) and Ms Premlata Yadav (Office Executive, Health & Wellness). Under the aegis of the Health & Wellness Programme, the Resource Centre team plans and conducts various Sessions, Workshops and Modules for the students, teachers, and parents after a meticulous and extensive research. Over the years, Dr Saxena has groomed a full-fledged team of Counsellors Life Skill Facilitators, Doctors and Nurses in carrying – on her vision of empowering students.



EVENTS ORGANIZED UNDER THE HEALTH & WELLNESS PROGRAMME

DOCTOR'S DAY CELEBRATION

“Real heroes don’t wear caps, they wear white coats, and we call them Doctors.”

The world has become a better and healthier place to live in with doctors bringing the joy of health and goodness to our lives.

The Special Assemblies were hosted by Smriti Jha, Primary Wing -Health & Wellness Ambassador, and Aaina Hiwal, Head Girl along with students of Grades I & II and Grades III to V respectively. The assemblies began on a pious note by invoking the blessings of the Almighty with the chanting of the Gayatri Mantra. All the assembly features were interwoven around the theme of celebrating the contributions of the custodians of health. A mesmerizing poem on the role of doctors as superheroes and how they dedicate their lives to caring for and treating us was applauded by all.

Adding value to the celebration, Dr. Sanjay Bhat, the school doctor along with the school nurse Ms. Rosamma & Ms. Anamma, gave an informative presentation on basic First Aid. The students were apprised of the safety rules and the uses of items in the First Aid Kit. They were briefed about the importance of administering First Aid in case of an emergency before the arrival of medical help.



Dr. Bhat further emphasised safety measures that must be taken in various areas like in the kitchen, at home, in the playground, on road, in the park, and in the swimming pool where children visit frequently. He focused on proper hygiene which is to be maintained for a safe and healthy life.



ANONओत्सव

ANON GLOBAL FOUNDATION DAY

“Your talent is God’s gift to you. What you do with it is your gift back to God.”

We, at Blue Bells, believe that a child is a bundle of talent and unimaginable energy which needs to be channelized for optimum accomplishments. Thus, the scholars are provided with ample opportunities and platforms to express themselves explicitly and in the process, they enhance their Life Skills. In sync with the same vision, 11 students from Classes VI-IX were invited to participate in “ANONओत्सव”, the third Foundation Day of ANON Global Foundation on July 29, 2022. The students’ Group Song was an integral part of the Cultural Program on the theme “Life Skills and Mental Health” and their performance by lauded by all. The school team of students and teachers was felicitated with certificates and a trophy.

Our students have been regularly participating in the Internship Programmes by ANON. It was a proud moment when Japsimran Kaur, a student of Class XI was awarded the Internship Completion Certificate. She completed her six months Internship Programme with ANON and was awarded a trophy and a certificate.







PEER EDUCATOR FELICITATION

“If your actions inspire others to dream more.

Learn more, do more and become more, you a leader!”

On this thoughtful note, the Morning Assembly was organized on July 28, 2022. It emphasised the role of the Leaders and leadership. The regular features of the Assembly were followed by an inspiring poem and an insightful speech on Leadership. A quiz was also conducted on some of the greatest leaders of India which helped the students in enhancing their knowledge.

This was also a perfect opportunity for the school Prefectorial Board for the session 2022-23 to be declared. The Vice-Captains and Prefects of all the four Houses were announced along with the Peer Mentor and Peer Educators for Classes VI to XI. They received their badges from the Leadership Team.





PEER EDUCATORS' INTRODUCTORY SESSION

If your actions inspire others to dream more, learn more, do more and become more, then you are a leader.

– John Quincy Adams.

We, at Blue Bells believe that in order to provide a wholesome education to children we must nurture in them the interconnected dimensions of values, life skills and wellness. Dr. Alka Saxena structured the Health & Wellness Programme for Blue Bells Public School with the strong vision of equipping the students with knowledge and awareness of their Health and Wellbeing thus ensuring a strong foundation of their childhood.

In furtherance of the vision , the Peer Educators for the Session 2022-23 were selected through a structured procedure comprising the Written Round, JAM Session, Team Building Activities and Personal Interview with Dr. Alka.

With the aim of giving an insight into the Health & Wellness Programme, an Introductory Session for newly elected Peer Educators of Blue Bells Public School was planned & conducted by Kasak Yadav , Health and Wellness Ambassador and Priyanshi Yadav, the Peer Mentor on August 18, 2022.



The students were trained by Ms. Mamta Shivpuri under the able guidance of our mentor Dr. Saxena. The session offered a new learning experience to all the participants.

The highlights of the session were:

- Team Introduction Activity*
- Team Building Activities*
- Motivational Videos*
- Roles & Responsibilities of the Peer Educators*

Dr. Alka apprised them about Do's and Don'ts to be kept in mind while performing the duties of a Peer Educator. She elaborated about the roles & responsibilities of Peer Educators. Speaking on the occasion, Ma'am briefed them about their take away from the session and motivated them for achieving their goals. She wished them luck for their future endeavours.

The Peer Educators participated enthusiastically in all activities & discussions. At the end of the session they were apprised about their first task as Peer Educators.

Peer Educators (VI- XII)

Session 2022-23

Health & Wellness Ambassador- Kasak Yadav XII C

Peer Mentor-Priyanshi Yadav XI A

Junior Health & Wellness Ambassador- Smriti Jha V B



DESIGNATION	NAME	CLASS/SEC
PEER EDUCATOR	Harnoor	VI A
PEER EDUCATOR	Charvi Vashisth	VI B
PEER EDUCATOR	Nistha Makkar	VI C
PEER EDUCATOR	S. Sirish Sundaram	VII A
PEER EDUCATOR	Dishita Sharma	VII B
PEER EDUCATOR	Yatharth Gaur	VII C
PEER EDUCATOR	Mansi Chauhan	VII D
PEER EDUCATOR	Jai Saxena	VIII A
PEER EDUCATOR	Sumahi Yadav	VIII B
PEER EDUCATOR	Tanmay Joshi	VIII D
PEER EDUCATOR	Saisha Kapoor	IX B
PEER EDUCATOR	Tanishi Vaid	IX D
PEER EDUCATOR	Goohika Joshi	X A
PEER EDUCATOR	Harshita Kandwal	X A
PEER EDUCATOR	Deepika Gupta	X B







AWARENESS CAMPAIGN ON DENGUE PREVENTION

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 organizes and conducts various informative sessions as a part of Peer Educator Programme.

In sync with the same vision, special assemblies were organized, wing wise for the students of Classes III-XII from August 25 to August 31, 2022, to sensitize them about the ways to combat the prevalent disease Dengue and stay safe during the Monsoon season.

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 sessions, 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.



Senior Wing Assembly presented by the Health & Wellness Ambassador Kasak Yadav, Peer Mentor Priyanshi Yadav along with Peer Educators of Class X - Goohika Joshi, Harshita Kandwal, and Deepika Gupta. Middle Wing Assembly presented by Peer Educators from VIII & IX - Jai Saxena, Sumahi Yadav, Tanmay Joshi, Saisha Kapoor, and Tanishi Vaid. Primary Wing Assembly presented by Junior Health & Wellness Ambassador from Class V Smriti Jha, Peer Educators from Classes VI & VII- Harnoor, Charvi Vashisth, , Nistha Makkar, , S. Sirish Sundaram, Dishita Sharma, Yatharth Gaur, and Mansi Chauhan, under the guidance of the Health & Wellness Team. Dr. Sanjay Bhatt, the School Doctor, briefed the students on how to stay safe from different Monsoon related diseases.

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. The sessions were interactive and supported in promoting a safer and healthier environment for the society.



INTERNATIONAL DAY OF PEACE

Walk with peace and conquer the world with love.



Peace is an element that affects personal lives as well as global relationships. Each year the International Day of Peace is observed around the world on 21st of September. The UN General Assembly has declared this as a day devoted to strengthening the ideals of peace, through observing 24 hours of non-violence and cease-fire.

Keeping the same in mind, a special assembly was conducted by the students of Grade IV C on September 21, 2022. With unsurpassed joy and vigour, they expressed gratitude and respect to the people who have worked hard to create peace in the world. The students came dressed up as famous personalities like Sir A.P. J. Abdul Kalam, Dalai Lama, Nelson Mandela, Barack Obama etc. to spread the message of peace. The other students shared their experiences that how they were inspired by these great personalities.

Smriti Jha, Junior Health & Wellness Ambassador delivered a peace message. She acquainted the students with peaceful conflict resolutions and urged them to adopt them into their lives.



INDIGENOUS INITIATIVES OF HEALTH & WELLNESS PROGRAMME THROUGH SOCIAL MEDIA POSTS


DOCTOR'S DAY

On the occasion of National Doctor's Day, we are tipping our hats to the only professionals to work tirelessly to eradicate the cause of their very being!! Yes. We cannot thank our Doctors enough for all the lifesaving work they do round the clock.

To celebrate them, we bring to you a few facts about the noble profession that you may find interesting. Happy Doctor's Day to all you heroes out there.





[#NationalDoctorsDay](#) [#DoctorsDay2022](#) [#ThankYouDoctors](#)
[#BlueBellsPublicSchool](#)



SOME MIND BLOWING
FACTS
ABOUT
DOCTORS

1


Balamurali Krishna "Bala" Ambati,
an Indian-American ophthalmologist
entered the Guinness Book of World
Records as the **world's youngest**
doctor, at 17.



SOME MIND BLOWING
FACTS
ABOUT
DOCTORS

2


Sushruta (600 BCE)
is considered as the
"Father of Surgery".



SOME MIND BLOWING
FACTS
ABOUT
DOCTORS

3



Doctors did not wear
white coats till
18th Century.



SOME MIND BLOWING
FACTS
ABOUT
DOCTORS

4

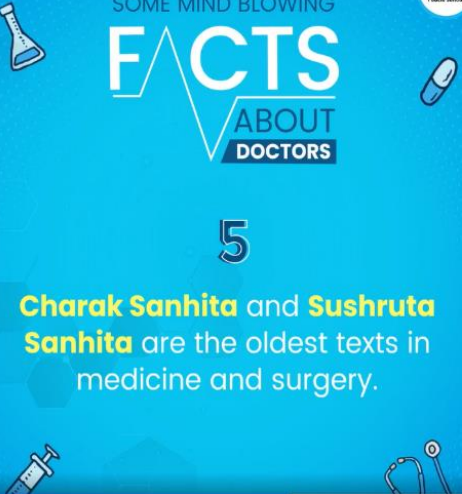
Doctors are not allowed to
eat or drink while performing
surgery.



SOME MIND BLOWING
FACTS
ABOUT
DOCTORS

5

Charak Sanhita and **Sushruta**
Sanhita are the oldest texts in
medicine and surgery.



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...

It is so important to take time for yourself and find clarity. The most important relationship is the one you have with yourself.

- Diane Von Furstenberg.

A healthy mind dwells in a healthy body. Keeping this in mind, Dr. Alka Saxena 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 practises 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 both the young and the old alike.

Dr Alka's blogs published during the months of July to September 2022 has been a source of inspiration to all her followers. It has helped readers to reconnect with life and find solace. Some of the contents published in her blogs have been shared below which majorly focusses on healthy living and emotional wellbeing. Her writings can be explored on www.wellnesswise.in



5 TIPS FOR A GOOD NIGHT'S SLEEP

July 8, 2022 by Dr. Alka Saxena

5 Tips For a Good Night's Sleep

www.wellnesswise.in

#BACKTOSCHOOL FROM SUMMER BREAK

July 13, 2022 by Dr. Alka Saxena

WellnessWise Specials

#BackToSchool From Summer Break

www.wellnesswise.in

#WEDNESDAYWELLNESS

July 20, 2022 by Dr. Alka Saxena

#WEDNESDAY WELLNESS

www.wellnesswise.in

BREAST CANCER AWARENESS

July 27, 2022 by Dr. Alka Saxena

Guest Blog

Dr. Geeta Kadayaprath
Breast Surgical Oncologist
and Oncoplastic Surgeon

BREAST CANCER AWARENESS

www.wellnesswise.in

TYPES OF BULLYING

August 5, 2022 by Dr. Alka Saxena

TYPES OF BULLYING

www.wellnesswise.in

CELEBRATING FRIENDSHIP #BONDTHATBINDS

August 6, 2022 by Dr. Alka Saxena

WellnessWise Specials

Celebrating Friendship #BondThatBinds

www.wellnesswise.in

#WEDNESDAYWELLNESS

August 10, 2022 by Dr. Alka Saxena

#WEDNESDAY WELLNESS

www.wellnesswise.in

TIPS FOR STAYING HEALTHY DURING EXAMS

August 19, 2022 by Dr. Alka Saxena

Tips For Staying Healthy During Exams

www.wellnesswise.in

#WEDNESDAYWELLNESS

August 24, 2022 by Dr. Alka Saxena

#WEDNESDAY WELLNESS

www.wellnesswise.in

BUILDING BRIDGES: CREATING A CONNECTION WITH YOUR CHILD

September 14, 2022 by Dr. Alka Saxena

BUILDING BRIDGES: Creating a connection with your child

www.wellnesswise.in

THE POSITIVE DISCIPLINE APPROACH TO PARENTING

September 7, 2022 by Dr. Alka Saxena

The Positive Discipline Approach to Parenting

www.wellnesswise.in



Importance of sports in students life



How **Sports Benefit** You



Character and moral principles

are formed through
fair play



Reducing stress and increasing feelings of **physical** and **mental well-being**



Important **learning environment** for children



Sports experiences help
**building positive
self-esteem**



Framing new **friendships**



Blue Bells Public School has **state-of-the-art** sports fields and stadiums with the latest equipment, providing the right platform to students.





Go Out There
Play Your
**Hearts
Out!**





Dear Reader

Life energy or consciousness has enormous potential, power, and intelligence. Look within yourself to find the hidden strength as you can change the world with your positive thinking and action. Therefore, ignite the inner force that will give you tremendous power to fulfill all your cherished goals in life.

We will again reach out to you with the next issue of the e-Newsletter with all our initiatives, accomplishments, and endeavours.

Stay Connected and Stay Strong.

Editorial Team

Blue Bells Public School



What we need today more than anything else is moral leadership founded on courage, intellectual integrity and sense of values. We are what our thoughts have made us...

Thank
You