

BLUE BELLS PUBLIC SCHOOL

SECTOR-10, GURUGRAM



e-News letter
OCTOBER –DECEMBER
SESSION 2021-22

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EXCELLENCE AND INNOVATION OUR FOUNDING PILLARS

STEAM= S-Science, T-Technology, E-Engineering, A-Arts and M-Mathematics



Dear Parents

The winter chill is in the air. It is that time of the year when we enjoy basking in the sun and relish the outdoors with family and friends. Winter is definitely my favourite season of the year.

Winter also brings back to me memories of my childhood, especially the time spent with my grandparents and other family members. I can still recall the stories that our grandparents shared with us on lazy afternoons, strolling through the gardens. Stories of India before independence, the independence struggle and stories of partition. Often all the children of the family would gather in a circle and an elder would take center stage and narrate an interesting anecdote from their own life. They seemed to have a story for every situation. Age old stories like Akbar and Birbal and stories from the Panchatantra left us with lessons that have stayed with us for life because of the engaging and interesting manner in which they were told. Narratives that told us about the traditions and customs of earlier times and so much about our heritage. When I look back, I feel that these are the threads which kept us connected and helped us relate to our legacy. These stories played an important role in providing insight into our rich culture and inculcating values in our lives.



Storytelling sessions unleash a world of imagination and transport young ones to a different realm where animals can talk and objects can think and feel. Every time a child looks at the environment, they find something wonderful and relate these things to stories. A cupboard may be the entrance to a new world and brooms may fly. A Big Friendly Giant leaves us with sweet dreams while brave children solve great mysteries and puzzles. Thus, soft emotions like empathy, understanding, care, and concern enter children's perception as their universe combines with the world of stories. These stories carry the power of imagination and the ability to connect people of all ages. This winter, let us share our stories with our children and loved ones. It is a great way to share laughter, inculcate values, understand our culture, and pass on learnings from our experiences to those around us. This winter, let us enter a galaxy of wonder and weave magic with words and actions.

Warm Regards

Dr. Alka Saxena

Deputy Director(Health & Wellness)

Blue Bells Group of Schools

Gurgaon





HALL OF FAME



LIFE TIME ACHIEVEMENT AWARD BY EDUTALK



Dr. Saroj Suman Gulati, esteemed Director, Blue Bells Group of Schools was conferred with the Lifetime Achievement Award by EDUTalk at the Principal's Conclave.

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



INDIA SCHOOL AWARDS

Ms. Soumya Gulati, Deputy Director (Academic Development & Innovations), Blue Bells Group of Schools was awarded by the Indian School Awards for her exemplary contribution to the education community. This award is a testimony to the years of her relentless futuristic efforts in pedagogy and curriculum planning.



"An Iconic and Legendary Leader par excellence."



EW STEAM EDUCATION EXCELLENCE AWARD



Blue Bells Public School is ranked No. 1 in Delhi-NCR, Gurugram and No. 2 in India by Education World under the STEAM Education Excellence category



“Envision, create, and believe in your own universe, and the universe will form around you.”



BLUE BELLS PUBLIC SCHOOL AMONG THE BEST TEN SCHOOLS IN GURUGRAM



Blue Bells Public School has been chosen as 'Gurugram's #10 Co-education Day Schools' in the Education World India School Ranking 2021-22.



"The roots of true achievement lie in the will to become the best that you can become.."

October 18, 2021

SWACHHATA SAMMAN AWARD BY MUNICIPAL CORPORATION, GURUGRAM



“Opportunities don’t happen, you create them.” – Chris Grosser

Education That Inspires Confidence



DIKSHANT SACHDEVA, BLUE BELLS ALUMNUS VALUES HIS ALMA MATER

#AlumniSpeak



Blue Bells
PUBLIC SCHOOL

Blue Bells gave me not just valuable learning experiences, but a treasure of memories that I cherish till date.

I could clear the high percentiles during my graduation, and then crack some tough interviews to get into a top tier MBA college. Wherever I have reached in life today, even if I thank the school infinite times, it would not be enough.

Dikshant Sachdeva
Sr. Advisory Consultant, IBM India Pvt Ltd

Dikshant has given us multiple reasons to harbour pride in what we do and keep at it. Having passed out from the outgoing batch of 2009, we are proud to see him as Senior Advisory Consultant in the Cognitive Process Transformation team at IBM India Pvt. Ltd.

“Try not to become a person of success, but rather try to become a person of value.”

Albert Einstein



INCREDIBLE ACCOMPLISHMENT BY BLUE BELLS ALUMNUS VIVEK YADAV

#AlumniSpeak



Blue Bells holds a special place in school memories

It is the place that provided me with the opportunity to work on Science projects for Regional/National Level competitions while working with friends & guidance of knowledgeable teachers - rather than just attending theoretical classes.

I believe that all my global exposure has been possible due to the learning & my experience during school days.

Vivek Yadav
Sr. Analyst, Phillips Healthcare

Vivek Yadav has given us more than one reason to be proud of the top-notch quality education we impart at Blue Bells Public School. We say this with pride as we see him lending his spark to names like Philips Healthcare as Senior Analyst..

"Your positive action combined with positive thinking results in success."



HONOURABLE MENTION BY BLUE BELLS ALUMNUS AKSHANS CHAUHAN



One of our bright alumnus Akshans Chauhan, currently working as Social Media Manager at Fragmynt recalls the first moment he set foot in his alma mater. From his classroom to the friends he made, to the morning assemblies, to the subjects, he recalls how it has molded him into a well-rounded individual.

"A dream becomes a reality through sweat, determination, hard work and self discipline."



OUR INGENIOUS ENDEAVOURS





Goohika Joshi From Class IX A secured Second Position in the event “Speak – Spell”. She expressed her views on “Solar Energy- A Clean Renewable Energy” through an impactful Science Talk.

“Ambition is at the very core of success and extraordinary achievement.” - Jim Rohn



STATE BOXING CHAMPIONSHIP



Ishaan Kataria of Class X-C has added another feather to the cap by bagging Gold medal in District and State Boxing Championships in Gohana, Haryana
He was also awarded with Silver Medal in National Boxing Championship.

“Things work out best for those who make the best of how things work out.”
John Wooden



October 11, 2021

HARYANA OPEN IN-LINE STATE HOCKEY ROLLER SKATING CHAMPIONSHIP



Harshant Kumar of X D and Siddhant Kumar of VII D bagged First Position in the age groups of 14 to 17 years and 11 to 14 years respectively in Haryana Open State In-line Hockey Roller Skating Championship.

"Skate faster, jump higher and give it all you got, because hardwork and practice pay off."



TECH ATTIRE EVENT



Vivaan Kamboj of Grade II won the Third Prize in the event 'Tech Attire'.

"Success is the result of perfection and persistence."



RAZMATAZZ 2021



Rishvi Gulrajani of Class LKG bagged the Third Prize in the event 'Shimmering Silhouette' (Shadow and Puppet Show).

* Kashvi Chauhan of Class clinched the Third Prize in the event 'Glow Little One Glow' (Solo Dance).

* Nishtha Makkar of Class V and Risha Falswal of Class IV won the coveted First Prize in the event 'Fireflies' (Duet Dance).

* Ayush Bhatt of Class II secured the Second Prize in the event - 'Glimmer of Hope' (Digital Painting).

"There is a powerful driving force inside every human being that, once unleashed, can make any vision, dream, or desire a reality." -- *Anthony Robbins*



"VANYAJEEVAN SANRAKSHAN" CELEBRATING NATIONAL WILDLIFE WEEK!



Navika Chautani from Class I secured the Second Position Fancy Dress Competition.

Charvi Vashisht from Class V won the First Position In Story Narration.

Goohika Joshi from Class IX clinched the First Position in Comic Strip Making Event.

Divyanshu Chand from Class X got Special Mention in the Comic Strip Making event.

Armaan Verma from Class XII won the Third Position in the event Abstract Painting.

"Wildness is the preservation of the world.":-Henry David



BLUE BELLS PUBLIC SCHOOL RECEIVES INTERNATIONAL ACCLAIM IN RECOGNITION FOR ITS WORK TOWARDS CLIMATE CHANGE

Climate Action Project Facilitators



Ms. Arpita Acharya

We have a single mission:
To protect and hand on the
planet to the next
generation



Ms. Meenakshi Malhotra



Ms. Komal Chugh



Ms. Bhavana Singh



Ms. Reema Manocha



Ms. Kavita Bhan

Our Students:
Climate Action Project
Ambassadors
from Blue Bells



Soham Shrivastava (V)



Mannu Ambia (V)



Dilisha Madan (V)



Nishtha Makkar (V)



Charvi Vashisht (V)



Kashvi Nautiyal (VI)



Yatharth Gaur (VI)

"Conserving the natural resources is our sacred duty."



BUDDING ENVIRONMENTALISTS



Anjali Choudhary(VII)



Dhun Setia(VII)



Saksham Pandita (VII)



Aarya (VIII)



Nitika Sharma(VIII)



Ipsha Jain(VIII)



Arnab Chaturvedi (VIII)



Chirag Yadav(VIII)



Dishita Sharma(VI)



Bikramjeet(VI)



Avneet Mishra, (VI)



Alvin Mathews(VI)



Aradya Sharma (V)



Avika Bhardwaj (VII)



Vrinda Chugh (VII)



Commitment to conserve the resources for future.



“ESPRIT 2021 AT BAL BHARTI PUBLIC SCHOOL, NOIDA



Khrisha Gupta from
Grade UKG
First Position - ‘Wizard Of
Shape

“The power of mathematics is often to change one thing into another, to change geometry into language.” Marcus du Sautoy



“REVERBERATIONS 2021” AT BAL BHARTI PUBLIC SCHOOL, NOIDA



Anushna Srivastava of Class IX
Second Position - ‘Spirit in Motion’

“There are shortcuts for happiness , dancing is one of them.”- Vicky Baum



“INSPIRON – A TALENT SPREE “ AT BAL BHARTI PUBLIC SCHOOL, MANESAR



Risha Falswal of Class IV
Second Position - ‘Move and
Groove’

**“To dance is to be out of yourself. Larger, more beautiful, more powerful...”
-Agnes de Mille**



STATE LEVEL VOLLEY BALL TOURNAMENT (GIRLS)



FIRST Position in SGFI Block and District Level Volleyball Tournament (Girls).
SEVEN players from Team Blue Bells Public School selected for Haryana State Volleyball Team (Girls).

" Victory is in the quality of competition and not the final score ..."-Mike Marshall



SCHOOL BLOCK LEVEL BOXING CHAMPIONSHIP



Ishaan Kataria of Class X
Gold Medal
Men's 75 Kg

" Sports do not build the character they reveal it."- John Wooden



"STERLING PERFORMANCE BY LAHITH MAHAKHARIYA AT SDG FEST BY BAL BHAVAN PUBLIC SCHOOL



Lahith Mahakhariya of Grade LKG secured a place in the best five entries in the event 'Voice of the Voiceless' held by Bal Bhavan Public School. He gave an impressive presentation on SDG-14 that advocates 'Life Below Water'.

"Self-belief and hard work will always earn you success."



December 1, 2021

HARYANA STATE ROLLER SKATING CHAMPIONSHIP



Our little skater Ayush Bhatt from Grade II won two Gold Medals in 2 Lap and 3 Lap Races in Haryana State Roller Skating Championship held at Panchkula.

He qualified for the Nationals and represented Haryana in RSFI National Speed Skating Championship 2021 to be held in Delhi in December 2021.

"If you set goals and go after them with all the determination you can muster, your efforts will take you places that will amaze you." - Les Brown



'MELODIES OF NATURE' BY S. D. ADARSH PUBLIC SCHOOL



Manaswi Tiwari of Grade II
First Position in the event 'Ad-Mad Show'

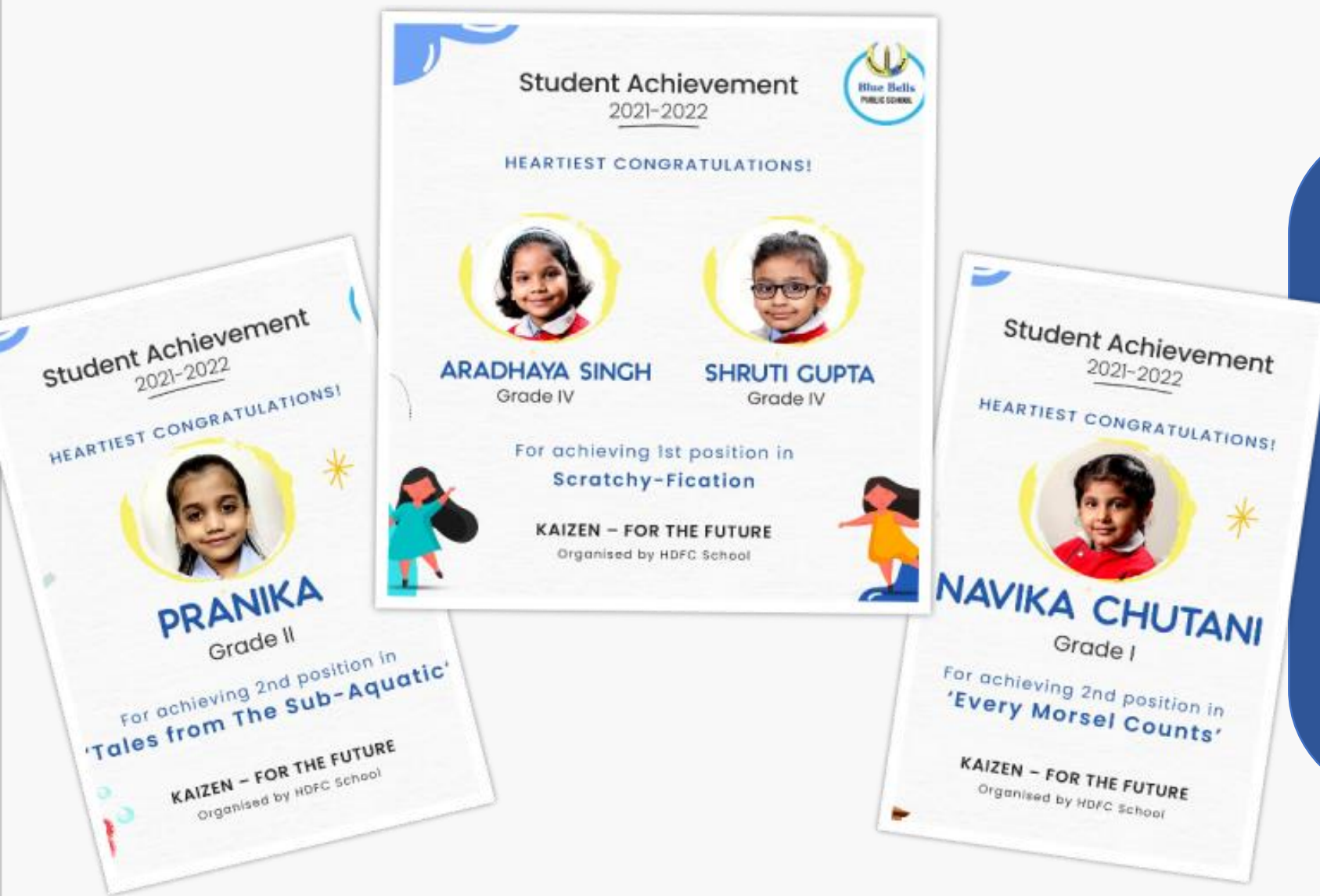


Akshita Chutani of Grade III
Third Position in the event 'Puppetry'

"A winning effort begins with thorough preparation." - Joe Gibbs



“KAIZAN FOR THE FUTURE BY HDFC SCHOOL



**Aradhaya Singh and Shruti Gupta of Grade IV
First Position in 'Scratchy-Fication'**

**Navika Chutani of Grade I
Second Position in 'Every Morsel Counts'.**

**Pranika of Grade II bagged
Second Position in 'Tales from The Sub-Aquatic'.**

“Dream it! Believe it! Achieve it!”



INTER-SCHOOL COMPETITION 'DARPAN – THE REFLECTOR OF LIFE'

S. D. ADARSH VIDYALAYA, SECTOR 47, GURUGRAM.



Drisha Gauthwal of Grade LKG bagged the First Position in the event 'Moods of Life – Fancy Dress'.



S. Sarvesh of Grade I bagged the Second Position in the event 'The Healthy Future – Yoga'.




Risha Falswal of Grade IV bagged the Second Position in the event 'Spectacular Dance (Indian Mythology)'.

"Immaculate and effortless presentation by young Blue Bellians."





WEEK 3- CLIMATE ACTION PROJECT



The poster features a central theme of global unity and environmental awareness. At the top left is the Blue Bells Public School logo, and at the top right is a stylized thumbs-up icon. The main title, "Blue Bells Public School, Sector-10, Gurugram & Colegio Positivo Internacional, Brazil", is prominently displayed. Below the title are two photographs of the respective schools. The central text, "Climate Change Awareness Through Global Connect", is flanked by the Indian and Brazilian national flags. A graphic of hands holding a globe is positioned above the phrase "Let's Embrace the Togetherness". The event date and time, "Thursday, October 14, 2021 @ 6:00 pm (IST)", are listed at the bottom.

Blue Bells Public School, Sector-10, Gurugram
&
Colegio Positivo Internacional, Brazil

Climate Change Awareness
Through Global Connect

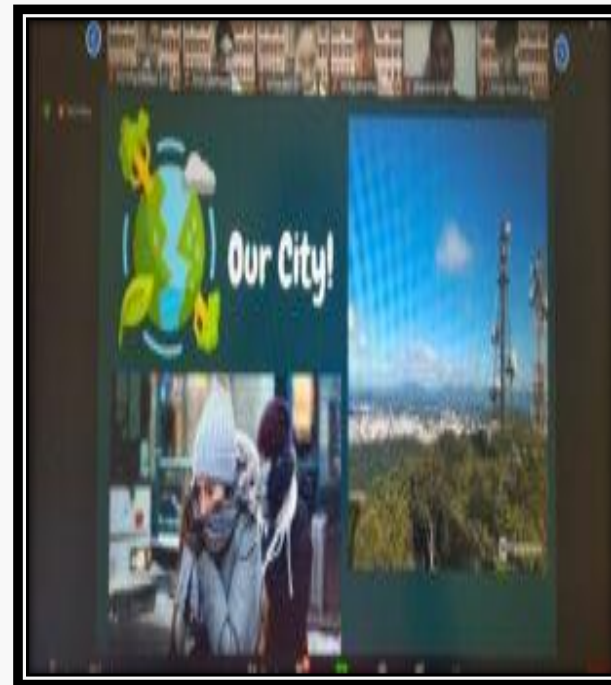
Let's Embrace the Togetherness

Thursday, October 14, 2021 @ 6:00 pm (IST)

“An initiative to sensitize all on the need of environment conservation.”



WEEK 3- CLIMATE ACTION PROJECT



"An initiative to sensitize all on the need of environment conservation."





**Blue Bells Public School, Sector-10, Gurugram
&**



**STEP BY STEP, School of Foreign Languages, Macedonia
collaborate for
Integration of Music in Language**

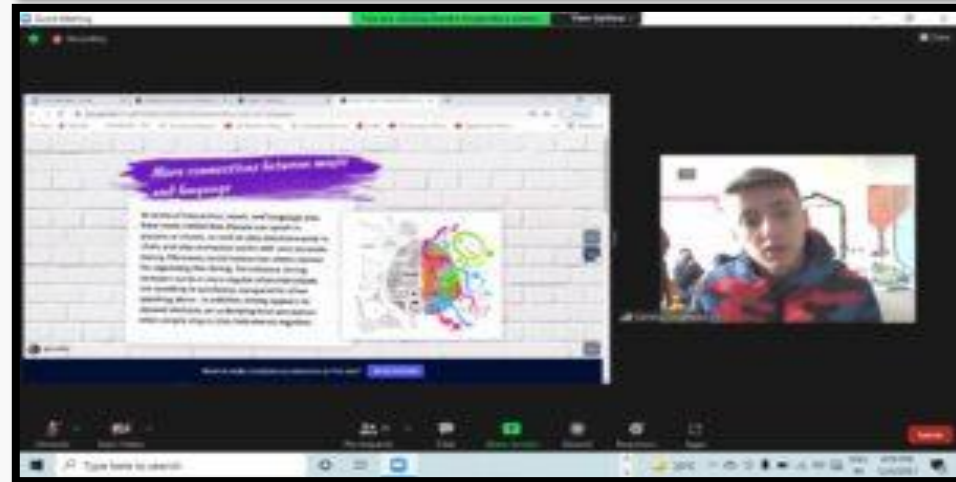
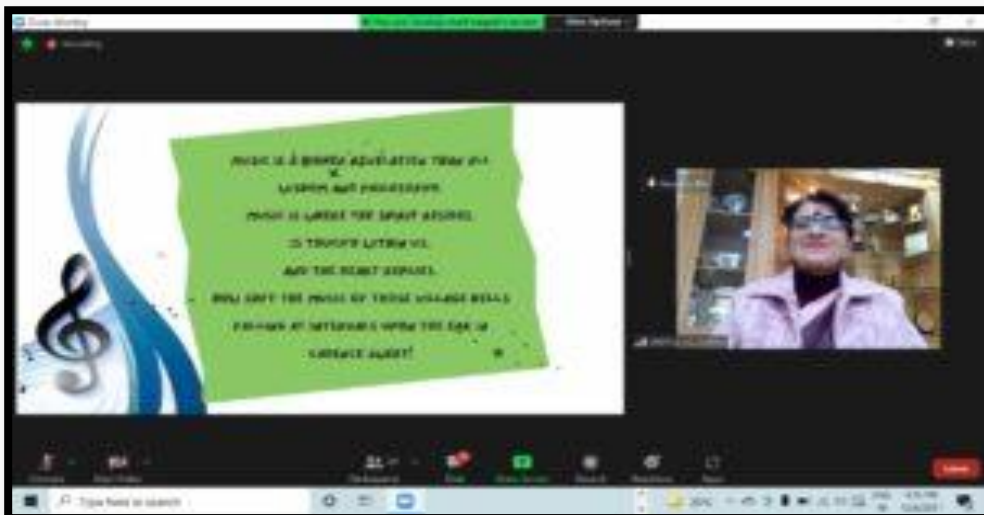


Let's Embrace the Togetherness

Saturday, December 04, 2021 @ 3:30 pm (IST)

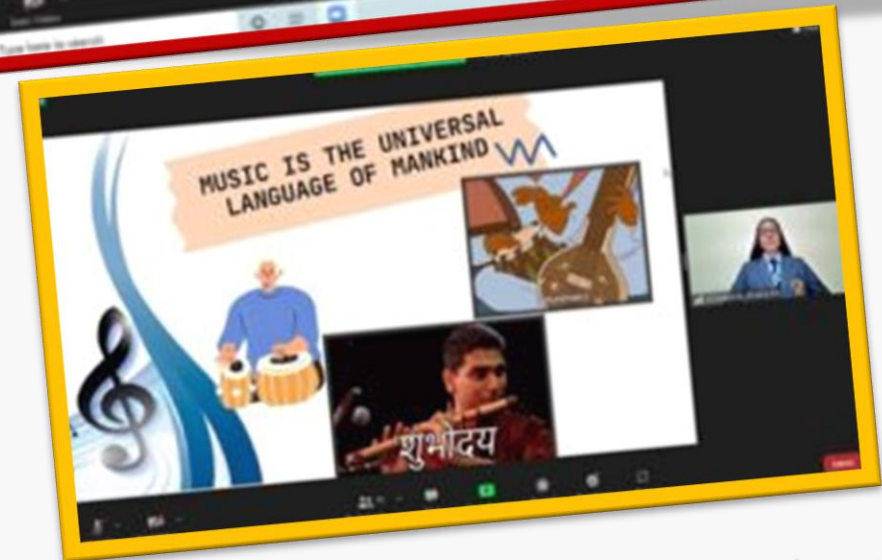
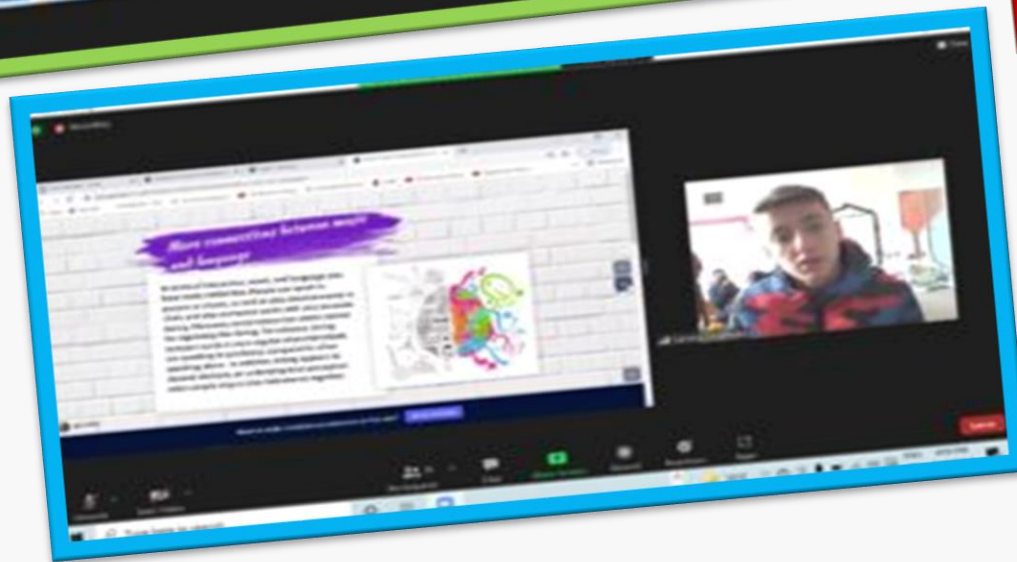
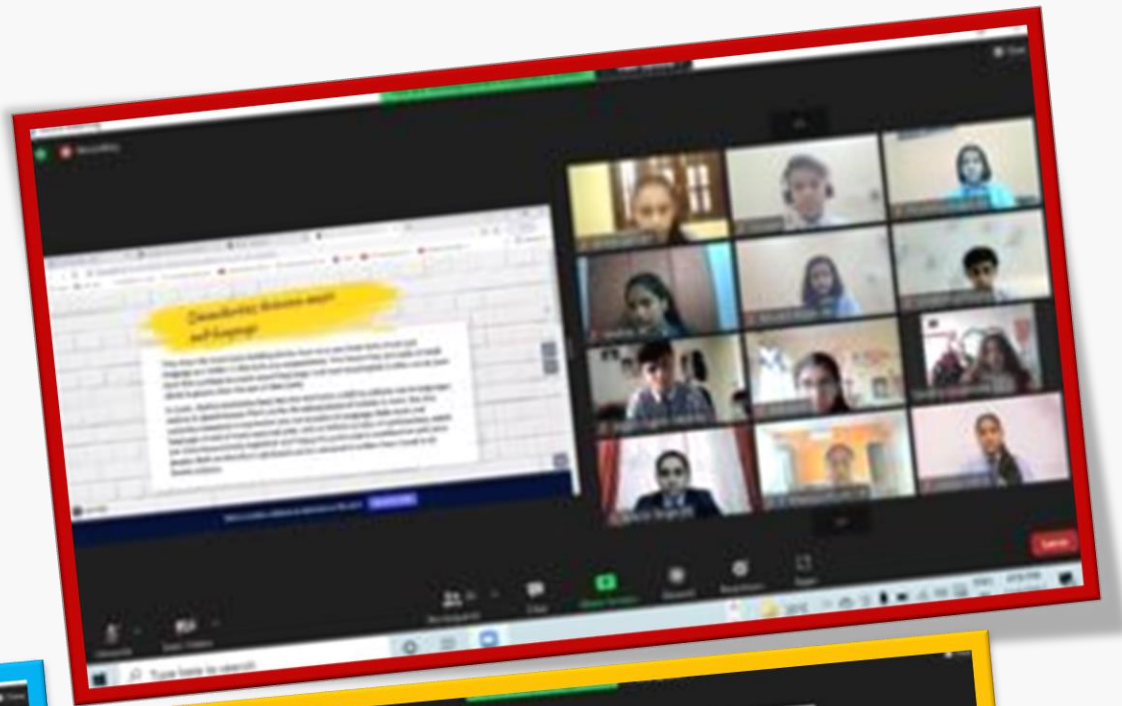
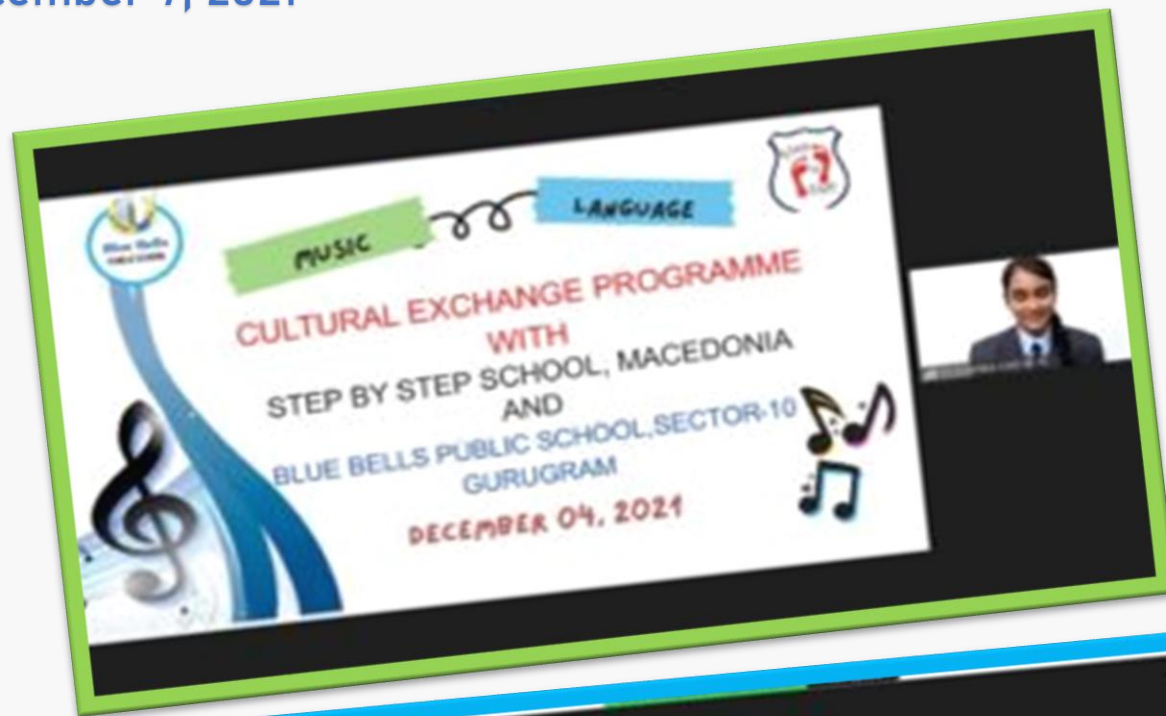


INTERNATIONAL CULTURAL EXCHANGE WITH MACEDONIA



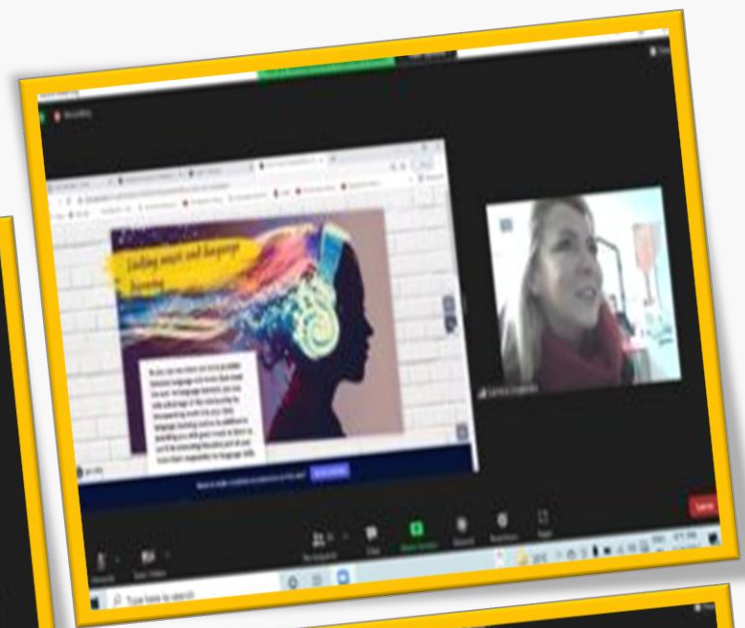
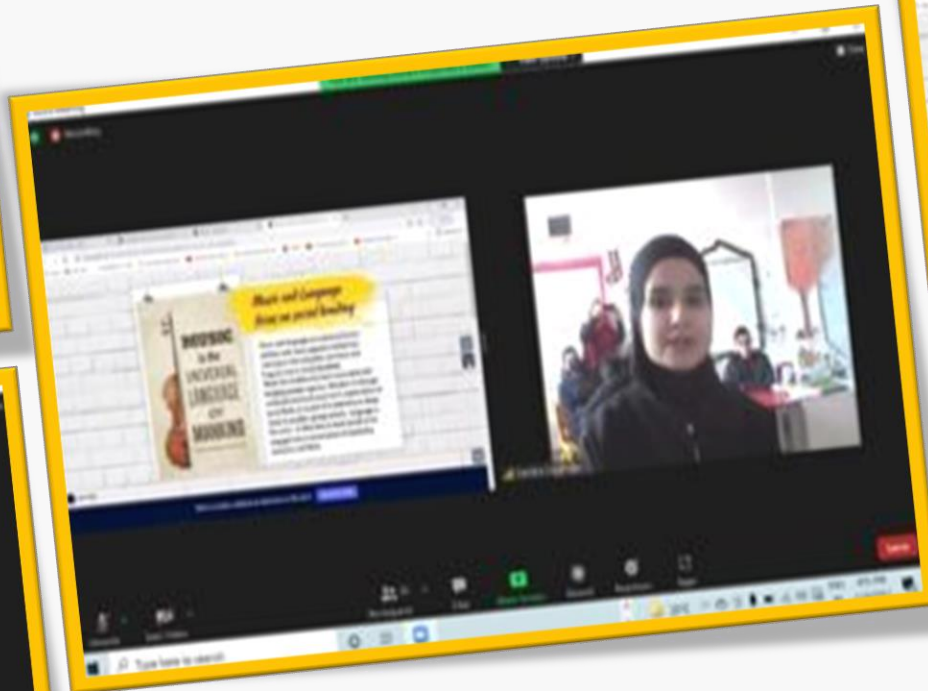
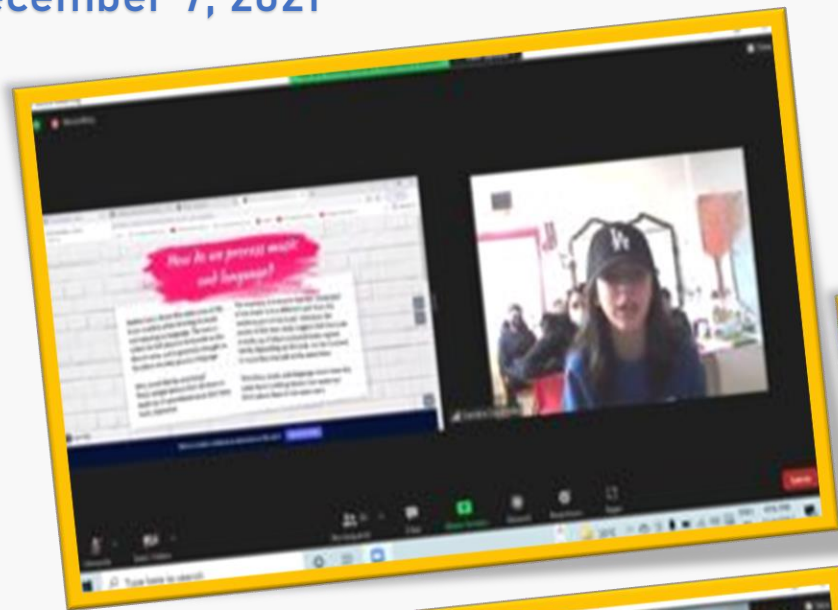
"One who knows to integrate language and music lives as many lives as the languages and music he knows."





“An informative and invigorating session of Internationalism on integration of language with music.”

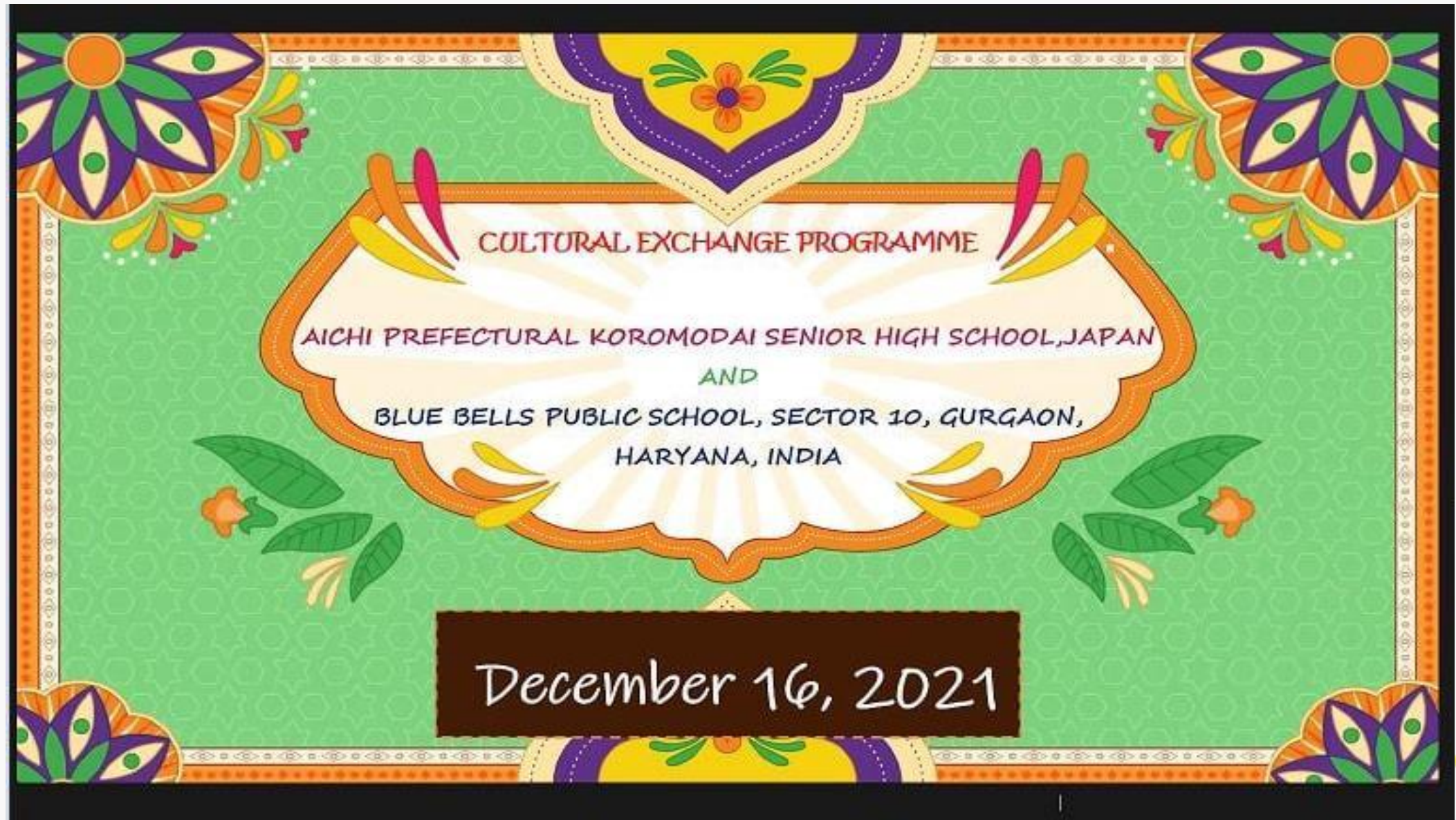
December 7, 2021



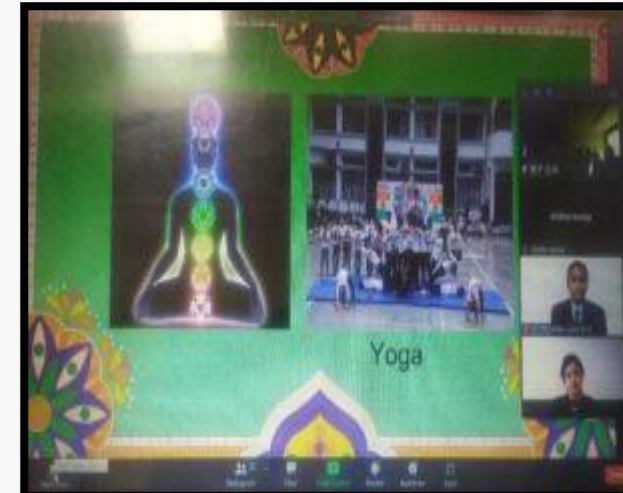
“An informative and invigorating session of Internationalism on integration of language with music. ”

Education That Inspires Confidence



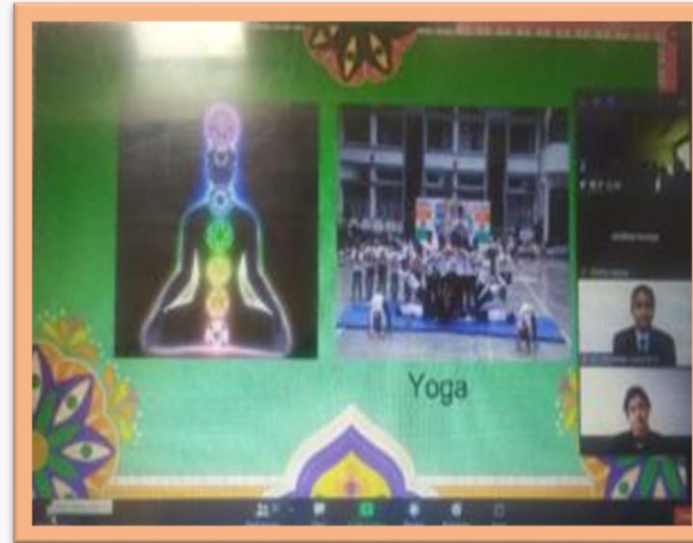


INTERNATIONAL CULTURAL EXCHANGE WITH JAPAN



"Blue Bells believes in promoting internationalism in integration with the curriculum."





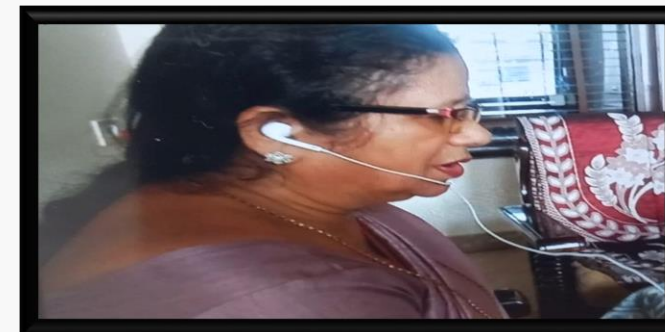
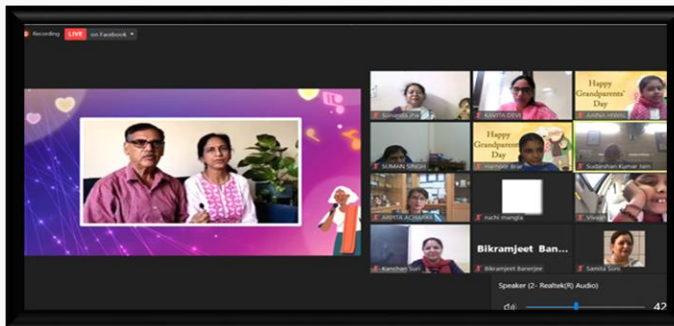
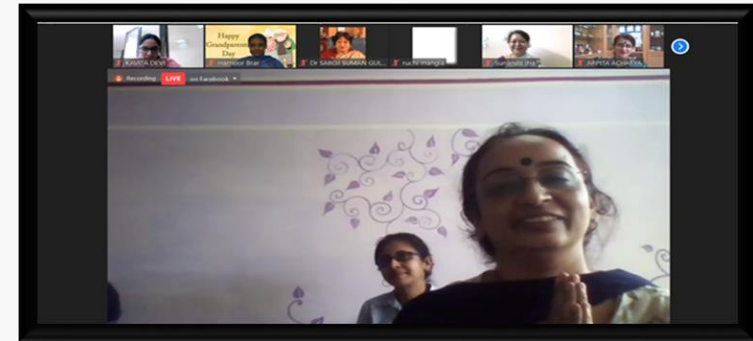
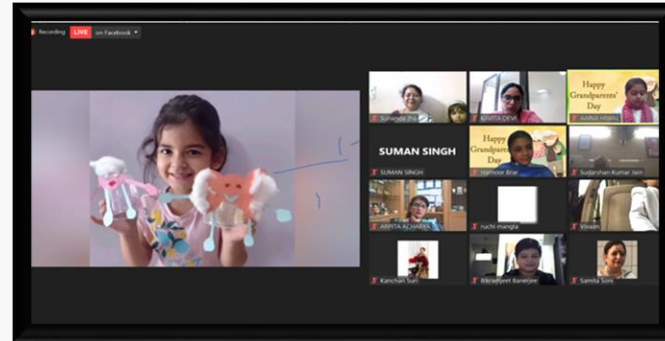
"A Cultural Exchange Session with Japan."



CELEBRATIONS GALORE



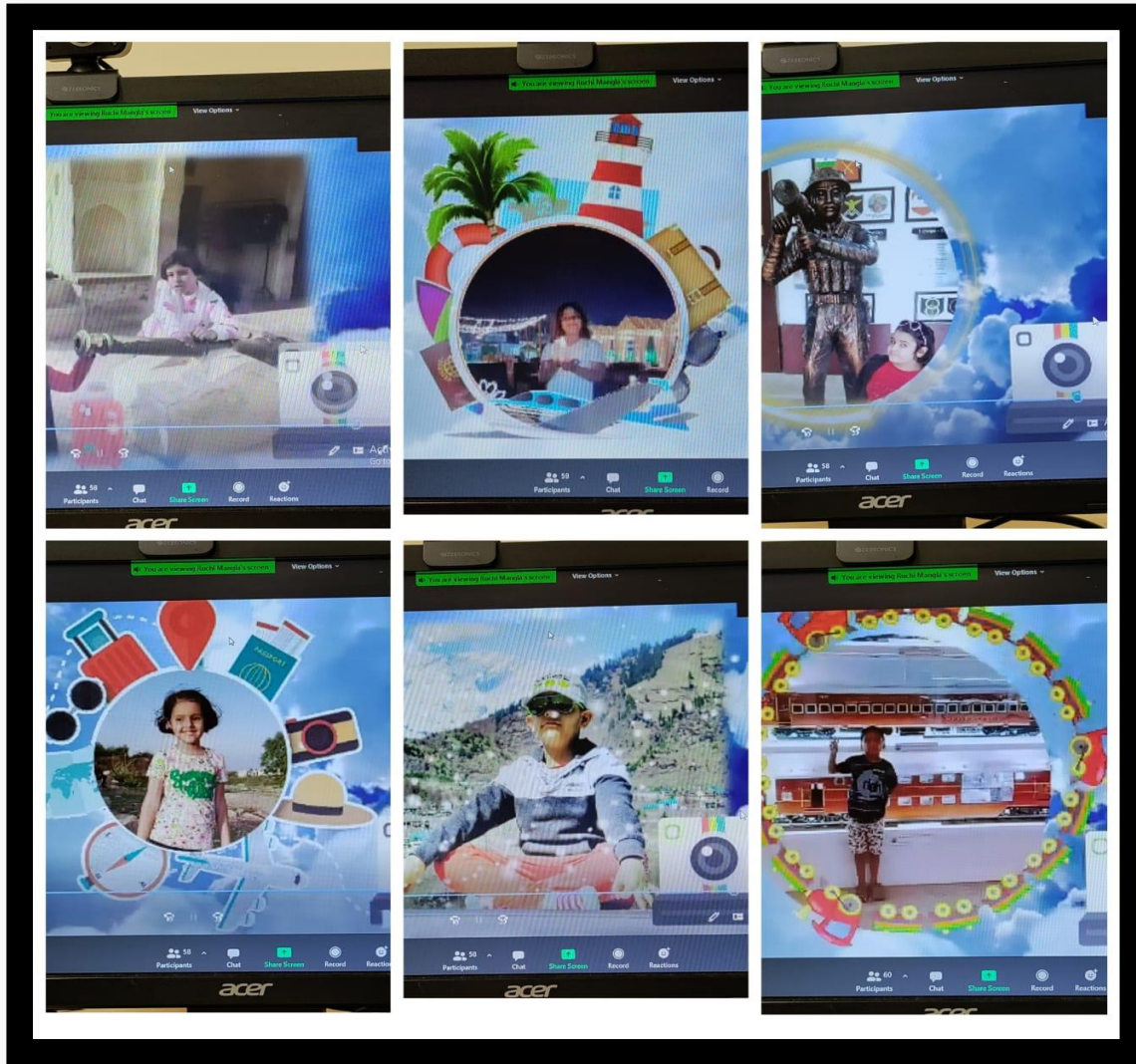
GRANDPARENTS' DAY



"A Salute to Our Roots."



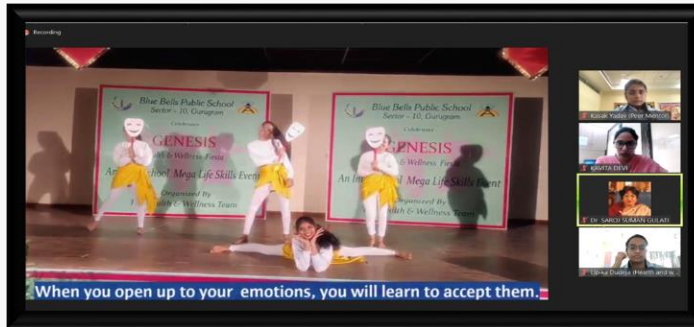
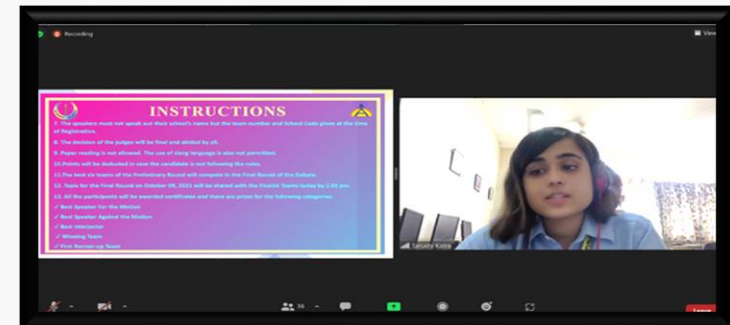
WORLD TOURISM DAY



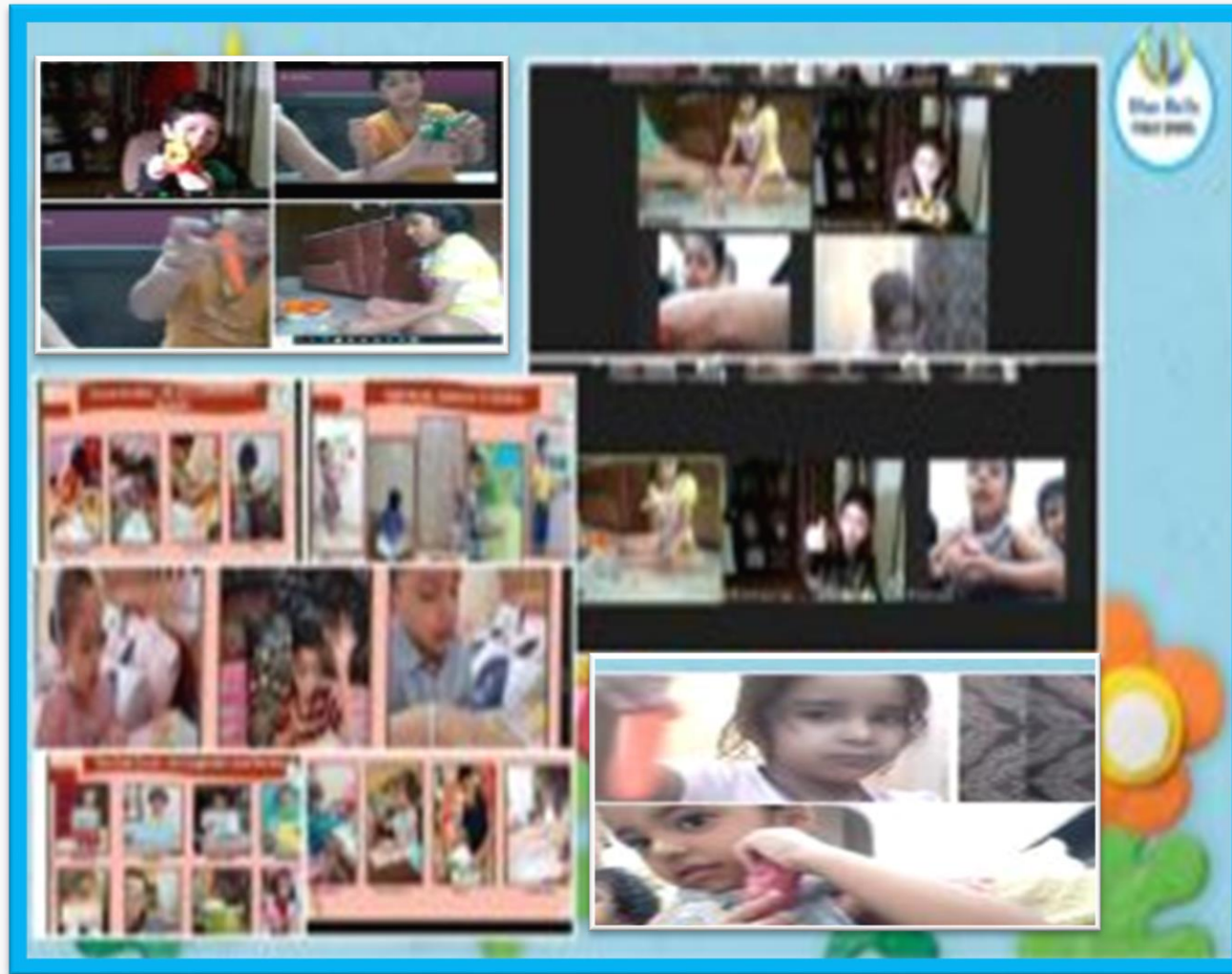
“Travelling – it leaves you speechless, then turns you into a storyteller.” – Ibn Battuta



GENESIS : HEALTH & WELLNESS FIESTA 2021



CLAY MODELLING WORKSHOP & COMPETITION



“Curating the dreams into a reality.”



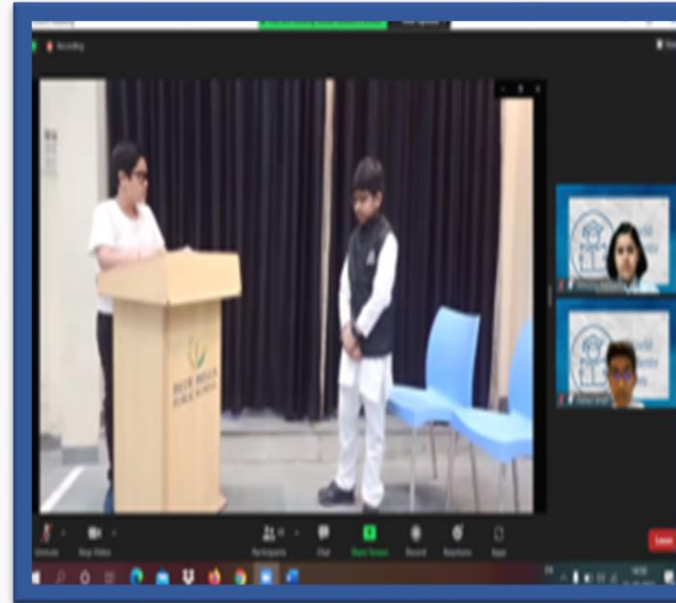
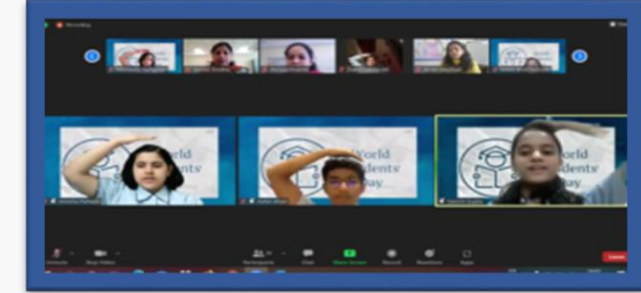
CLAY MODELLING WORKSHOP & COMPETITION



“Curating the dreams into a reality.”



WORLD STUDENTS' DAY CELEBRATION



**"Education is the most powerful weapon which you can use to change the world."
- APJ Abdul Kalam.**



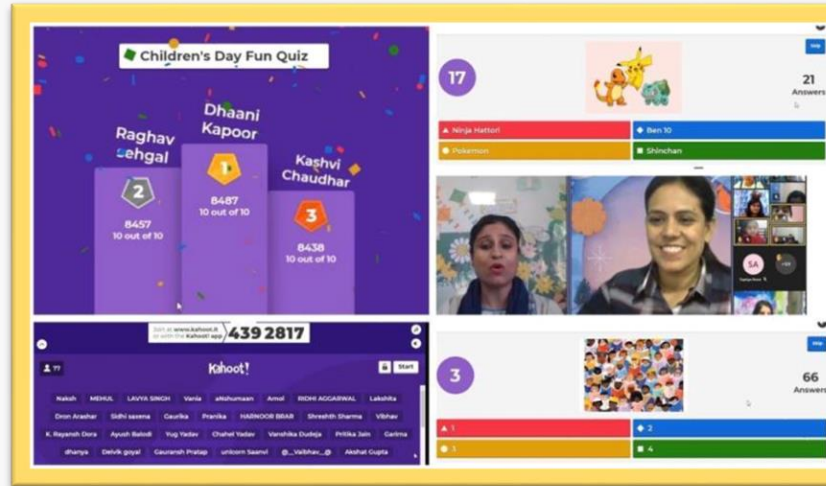
DIWALI : THE FESTIVAL OF LIGHTS



"Celebrating festivals is a glorious way to rejoice our culture, traditions and heritage."



CHILDREN'S DAY



“Children are like buds in a garden to be lovingly nurtured, as they are the future of our nation and the citizens of tomorrow.” - Pt. Jawaharlal Nehru



GURPURAB

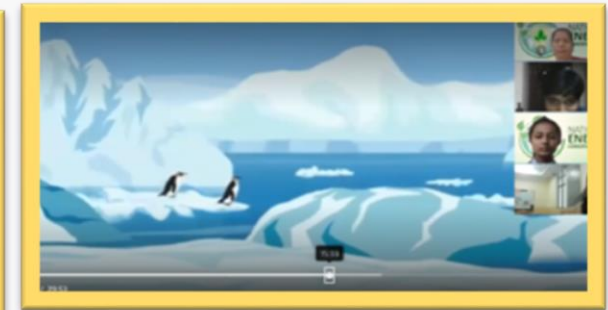
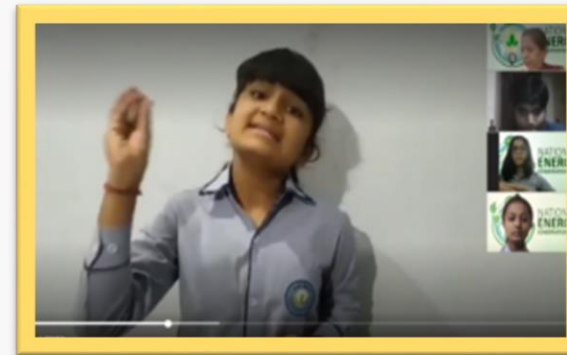
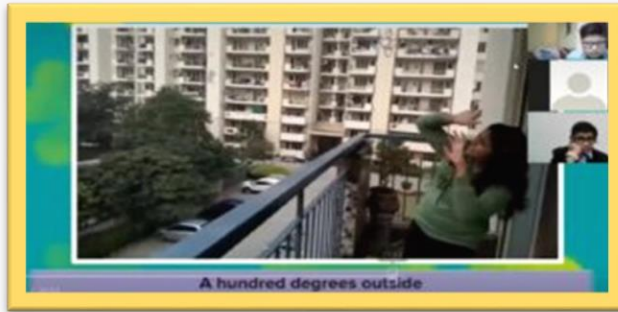


"I bow at His Feet constantly, and pray to Him, the Guru, the True Guru, has shown me the way."

– Guru Nanak Dev



SPECIAL ASSEMBLY ON ENERGY CONSERVATION



"Energy conserved is the energy generated."



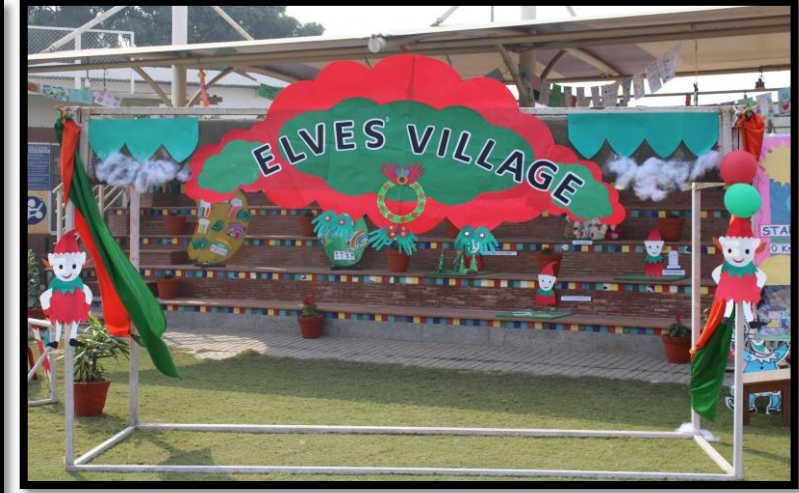
CHRISTMAS FIESTA



“Sparkling snowflakes and twinkling lights, Announces the arrival of Christmas bright.”



CHRISTMAS FIESTA



"A Christmas tree with tinsel gay, Holds gifts for all on Christmas day."



Word cloud featuring the word **Successful** in the center, surrounded by various other words including: **conflict**, **skills**, **challenges**, **raise life**, **business application**, **necessary**, **recently**, **bought**, **tactics**, **children**, **happily**, **charity**, **value**, **family**, **managed**, **manage**, **evidence**, **wonderful**, **years**, **generally**, **views**, **independant**, **environment**, **person**, **questions**, **balance**, **interviewed**, **remain**, **achieve**, **trustee**, **team**, **role**, **role**, **years**, **person**, **generally**, **views**, **independant**, **environment**, **person**, **questions**, **balance**, **interviewed**, **remain**, **achieve**, **trustee**, **team**, **role**.

HEALTH & WELLNESS PROGRAMME



“WE ARE SHAPED BY OUR THOUGHTS; WE BECOME WHAT WE THINK.”-BUDDHA

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 students with skills , knowledge and awareness in order to deal with the challenges and demands of everyday life. Over the years, Dr Saxena has groomed a full-fledged team of Counsellors and Life Skill Facilitators in carrying – on her vision of empowering students. Also ,by sharing her ideas and knowledge through her writings, Dr.Alka adds value to people's lives and empowers them to be their best selves. Ma'ams blog ,www.wellnesswise.in has a collection of her writings.

The Health and Wellness programme caters to the socio- emotional needs of students and plans age appropriate activities for them that allow children to express themselves, explore their potential and build critical thinking skills.

The Health & Wellness Resource Center, 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 Center team headed by Dr. Alka Saxena comprises of Ms. RenuKhare and Ms. Shreya Kumar, (Counsellors and Content Developers) 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 Center team plans and conducts various Sessions, Workshops and Modules for the students, teachers and parents after a meticulous and extensive research.



EVENTS ORGANIZED UNDER THE HEALTH & WELLNESS PROGRAMME

GENESIS- HEALTH & WELLNESS FIESTA, AN INTER SCHOOL MEGA LIFE SKILLS EVENT

With the objective of honing desired excellence by meticulously refining and polishing the 21st Century Skills, Blue Bells Public School hosted 'Genesis -Health and Wellness Fiesta-An Inter School Mega Life Skills Event 2021-22' on October 08 & 09 , 2021 under the aegis of GPSC and Health and Wellness Programme , Blue Bells Group of Schools. **Dr. Alka Saxena , Deputy Director (Health & Wellness) , BBGS has been the guiding force behind the concept , planning and concretizing the event to a beautiful reality.** An Inter School Debate Competition on Life Skills for **Classes IX-XII** was organized to mark the occasion. This creative extravaganza provided a platform where adolescents shared their innovative ideas and expressed explicitly.

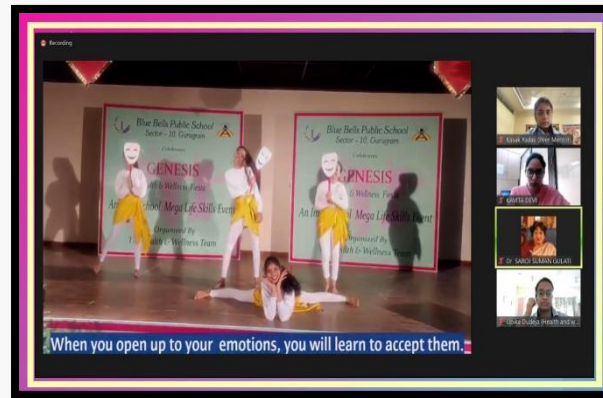
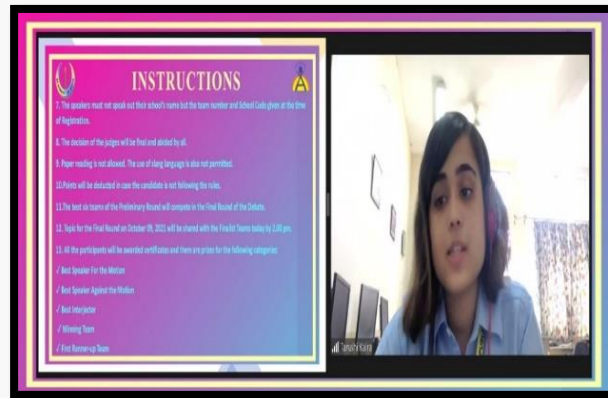
The creativity and expression of the participants was adjudged by the eminent personalities from the field of education, culture and Health & Wellness. It was a remarkable way in which the Gen Now maximized their creative potential and exhibited their incredible expression in the war of words. The Result was :-



CATEGORY	SCHOOL NAME
BEST SPEAKER -FOR THE MOTION	DAV PUBLIC SCHOOL, SECTOR 14, GURUGRAM
FIRST RUNNER UP -FOR THE MOTION	SUNCITY SCHOOL, SECTOR 54, GURUGRAM
BEST SPEAKER — AGAINST THE MOTION	DAV PUBLIC SCHOOL, SECTOR 49, GURUGRAM
FIRST RUNNER UP- AGAINST THE MOTION	BLUE BELLS PUBLIC SCHOOL, SECTOR 10, GURUGRAM & SH. S.N. SIDHESHWAR SR. SEC .PUBLIC SCHOOL
BEST INTERJECTOR	SH.S.N. SIDHESHWAR SR. SEC.PUBLIC SCHOOL
BEST TEAM DEBATE	DAV PUBLIC SCHOOL, SECTOR 14, GURUGRAM
FIRST RUNNER UP TEAM DEBATE	DAV PUBLIC SCHOOL, SECTOR 49, GURUGRAM

Dr. Saroj Suman Gulati , revered Director congratulated the winners as well as the team for a marvelous presentation. Ma'am emphasized on the importance of Life Skills in holistic development of the personality.





CHRISTMAS CARNIVAL



A fun-filled Christmas Fiesta was organized on December 25 and 26, 2021 in the premises of Blue Bells Public School. The Health and Wellness Team set up their stall showcasing the ideology of the Health & Wellness Programme which believes in equipping students with life skills and instilling a strong value based system. Students from classes 3 to 8 conducted an array of activities within their stall which included hands –on activities like - ‘Gratitude Jar’ , ‘Leave the past & live in the present, Believe in yourself Tree’. Values like kindness, compassion , humility for others was emphasised through these activities. The visitors participated in these hands- on activities with zeal & fervour and applauded the students’ efforts.

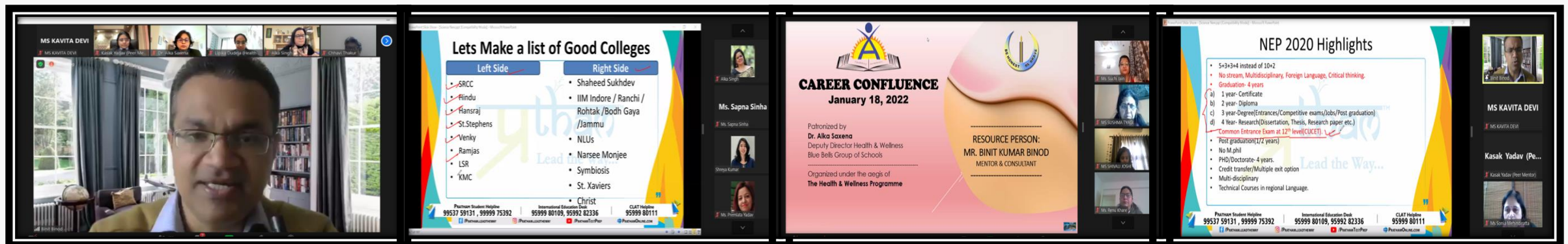


CAREER CONFLUENCE

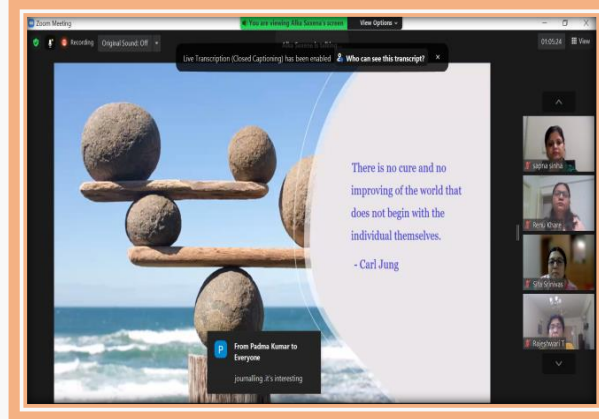
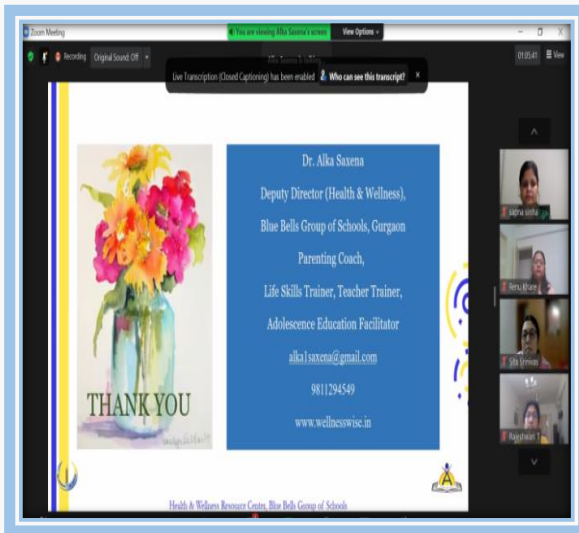
You have to dream before your dreams can come true- Dr. APJ Abdul Kalam

To equip the learners with the requisite knowledge and skills to make better career and life decisions, the school organizes **Career Confluence** every year as a part of Health & Wellness Programme under the patronage of **Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS**. The Session for the students of Classes IX & X on Stream Selection to pursue the career of their choice was conducted on December 16, 2021 online via Zoom Webinar.

Career Confluence provides a platform to students to listen to learned stalwarts in the field of career counselling. The Health & Wellness Ambassador and the Peer Mentor welcomed Mr. Binit Kumar Binod, Mentor and Consultant to conduct this session. He spoke about the myriad of academic programs offered in every stream which allow students to pursue careers in their desired fields. He also apprised them about common myths regarding career and elaborately discussed on untrodden careers in vivid fields which can prove to be rewarding in the future.



WORKSHOP ON 'DEVELOPING SELF AWARENESS'



Dr. Alka Saxena, Deputy Director, Blue Bells Group of Schools, was invited by Cilre Learning Spaces to facilitate a workshop for professionals on "Developing Self Awareness" on November 18, 2022. Dr. Saxena's session focused on the significance of self-awareness and ways to enhance self-awareness through techniques like meditation, yoga, self-reflection, journaling, and goal setting.

Through thoughtful activities, she apprised everyone about the advantages of a SWOT/ SWOC Analysis. The participants were engaged throughout the session and they enjoyed and learned a lot.



TEACHER EMPOWERMENT PROGRAMME

ADVANCED TEACHER TRAINING PROGRAMME CATEGORY 1-'EMPOWERING SELF' (RECAP SESSION)

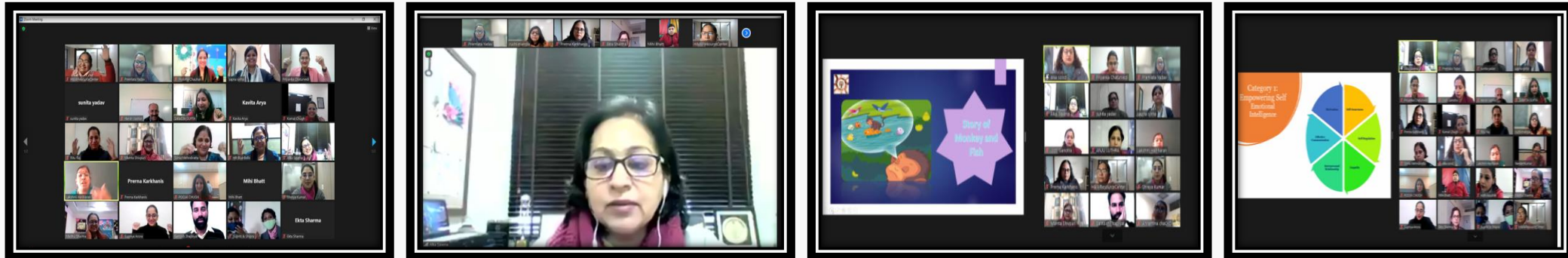
'Knowing yourself is the beginning of all wisdom'

Advanced Teacher Training Programme is an in-service training programme formulated by the Health & Wellness Resource Center Team under the inspirational guidance of Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS. The first category, Empowering Self, a 4-day programme was successfully conducted from 30th March to 2nd April 2021 for the teachers and staff of BBGS.

Self-Work and Self-learning is the most effective tool which helps us feel inspired and motivated. To develop better understanding and to have a hands-on experience, recap sessions were planned. The first recap session was conducted on 18th June 2021, where participants took part with enthusiasm. To further keep the momentum going on, the second recap session was conducted on 22nd & 29th December 2021, where participants shared their learning experiences and were able to connect with real-life essence.

The session was stimulating, and 32 Incredibles took part with zeal, giving presentations on various topics through different approaches such as e-posters, talk shows, brochure designing, Graphic story through comic strip and so on.

Through their presentations, a glimpse into the Advanced Teacher Training Programme was eloquently displayed.



INDIGENOUS INITIATIVES OF HEALTH & WELLNESS PROGRAMME

"The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice."

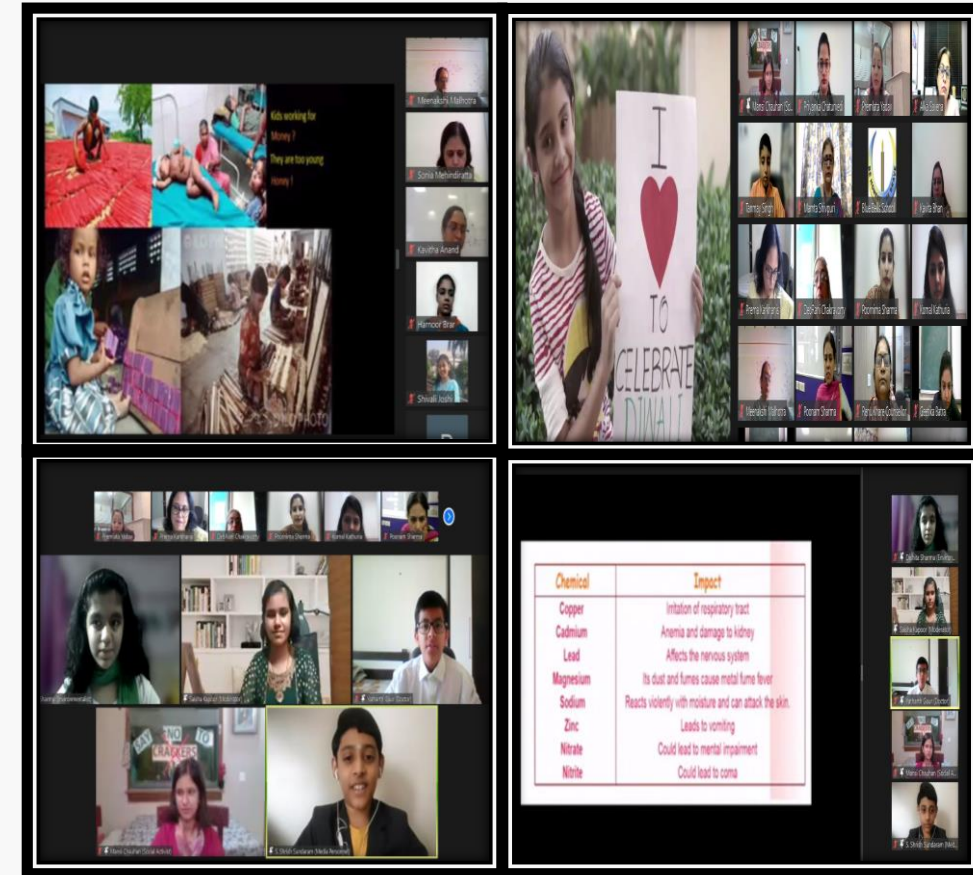
SAFE DIWALI MODULE

"True Happiness is not in how much you have but what you do to bring a smile on someone's face"

Keeping the environmental, health & safety factors as a major concern while celebrating the festival of light, the Health & Wellness Team prepared a talk show to enlighten and sensitize the students on how to celebrate a **Safe, Healthy & Green Diwali** for the students. This talk show was based on a module created by the Health & Wellness Resource Center Team, after thorough research under the inspirational guidance of Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS.

The Awareness campaign through a Talk Show was conducted on **October 27 & 28, 2021** for the students of **Classes III to VIII** via Zoom Platform by the members of the Health & Wellness Council. The objective was to enable the students to feel and internalize the values and sensitize everyone towards the issue. Donning roles as eminent personalities of the society, the Council members apprised the importance of Safe and Green Diwali by covering the minutest details like wasteful expenditure, adulteration, effect of crackers on environment and animals, child labour in cracker factories, garbage accumulation etc. Tips on safety measures to be adopted and guidelines of the Ministry of Health & Family Welfare was also shared during the Talk Show. The Module further helped the students to think deeper and understand the true essence of celebrating Diwali and propelled them to review the situation in a different light. An Online Quiz through Kahoot was also taken to reinforce the safety measures discussed in the Module

Dr Alka Saxena, not only discussed about the poor Air Quality Index and accumulation of garbage after Diwali but also emphasized on the 3 R's which need to be kept in mind to ensure the true spirit of festivity. She also reiterated to the students about the Pandemic and to be mindful of the safety measures while enjoying the festival.



CLUB-HEALTH AND WELLNESS – ZEAL

The Health & Wellness Programme aims to nurture in students the interconnected dimensions of values, life skills and wellness. In sync with this, the Health and Wellness Programme commenced its Activity Club 'Health and Wellness – Zeal'. The club's major goal is to foster teamwork among students by including them in various theme-based activities and further providing them the opportunity to explore and work in collaboration towards achieving a common goal. The club was conducted in hybrid mode and students enthusiastically participated in different activity based games like Fun with Letters, Let's Get to Know Each Other, Let's Sing Together, Roll the Dice & Break the Ice, Build a Word Tower & Knit a Story, Idea Building Blocks, and so on. Each of these activities were thoroughly engaging and highly enthralling.



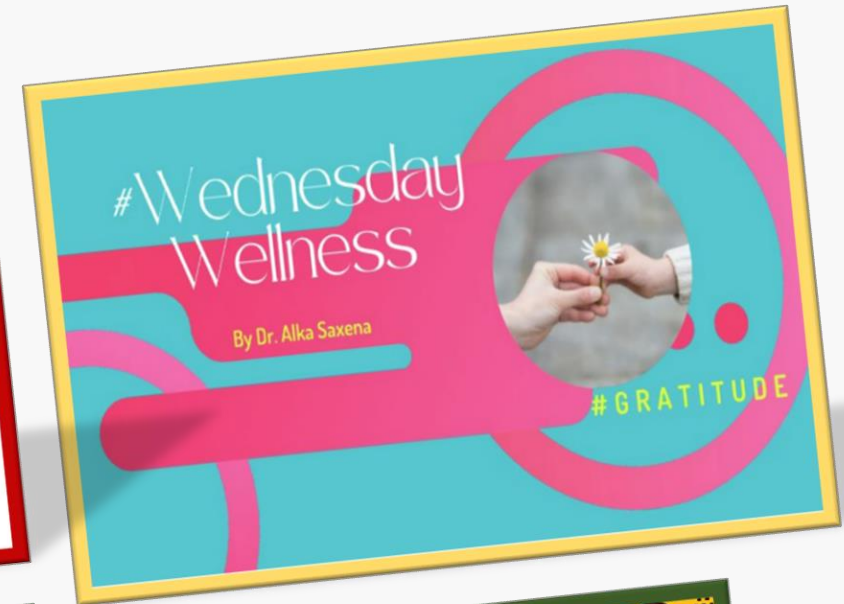
WELLNESS WISE BY DR. ALKA

“Wellness is a connection of paths; Knowledge and Actions”- Joshua Holtz

The foundation for a healthy exterior originates on the inside. To be able to keep our body in good health we must possess a clear and strong mind. Dr. Alka Saxena created her blog, Wellness Wise by Dr. Alka, with the purpose of reaching a broad audience and sharing her wealth of information and practises on life skills, health, and wellbeing. Her blog postings are based on her significant knowledge and experience as an educator. The topics selected are extremely relevant in today's prevalent scenario.

Dr Alka's blogs published during the month of November and December 2021, inspired many readers. The content provided in her blogs helped in the journey of wholeness and happiness for many. Some of the contents published in her blogs have been shared below which majorly focusses on healthy living and emotional well being.





ACHIEVEMENTS OF OUR STUDENTS AT INTER SCHOOL COMPETITIONS

Champions have something in them, a dream, a vision and a pulsating desire to tranquilize all envisioned dreams to reality.

Remarkable Accomplishment By Blue Bells Public School In Genesis : Health & Wellness Fiesta , An Inter School Mega Life Skills Event

An ace debater and orator, **Charvee Sankhla** proved her mettle and expressed explicitly in the Inter School Debate Competition as a part of **Genesis : Health & Wellness Fiesta**, an Inter School Mega Life Skills Event on October 08 & 09, 2021.

Charvee clinched the First Runner Up Speaker- Against the Motion competing with profound orators of seventeen GPSC Schools of Gurugram. In the battle of words, wit and intelligence, she outsmarted her competitors with her research and magnificent expression. She was heartily lauded by the judges and fellow contestants.



SPLENDID PERFORMANCE BY BLUE BELLS PUBLIC SCHOOL IN THE HARMONY & ECO FEST- NATIONAL, INTER SCHOOL 28TH PERFECT HEALTH MELA 2021

The students of the school exemplified the verbatim and performed brilliantly by bagging coveted positions in **Harmony & Eco Fest- National, Inter School 28th Perfect Health Mela 2021** organized by Heart Care Foundation from **October 11 to October 13, 2021** on virtual platform. The theme of the competition this year was **‘Preventive Health Practices & Wellbeing’**. The students participated in the event under the aegis of Health & Wellness Programme of the school and performed brilliantly.

The students bagged positions and brought laurels for the alma mater exhibiting their exceptional talent. They proved their excellence to clinch coveted positions in all the events they competed wherein more than 100 schools from across Delhi & NCR competed.



NAME OF THE STUDENT	EVENT	POSITION
Tarushi Kalra Class XII	Western Singing- Senior Category	FIRST
Armaan Verma Class XII	Painting— Senior Category	FIRST
Ranbir Yadav Class VII	Science Model – Middle Category.	FIRST
Samya Sharma Class VI	Master Chef Competition Middle Category	SECOND
Arnav VIII And Sambhavi VII	Movie Making On 'One Health' Middle Category	SECOND
Jeshna Raja Benhar Class X	Debate Senior Category.	THIRD
Sanya Malik Class XII	Art From Recycled Waste – Senior Category.	JUDGE SPECIAL PRIZE



Dear Reader

**We wish and pray that the year 2022 be the Year of Happiness, new goals
, new achievements , and a promise of euphoric tomorrow.**

**May the bliss of peace and divinity reign supreme .
Wishing you all a very Happy & Prosperous Year!**

Warm Regards

Editorial Team

Blue Bells Public School

Sector 10, Gurugram

