



BRAHM DUTT BLUE BELLS PUBLIC SCHOOL SECTOR 10, GURUGRAM



E-NEWSLETTER (JANUARY – MARCH 2024)



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A TESTAMENT TO OUR
UNWAVERING PURSUIT OF
EXCELLENCE

**RANKED AMONGST
THE TOP #10 SCHOOLS
IN GURUGRAM**



RANKED AMONG THE

TOP

10

**CBSE CO-ED DAY SCHOOLS
IN GURUGRAM**



Message



Transforming Educational Landscape with Digital Upskilling

Education is a catalyst for profound change, fundamentally altering the journey of lives. Brahm Dutt Blue Bells Public School concretized on a groundbreaking mission to move from traditional chalk-and-board teaching methods and introduce a revolutionary approach centered on activity-based learning. The aim was to cultivate a deeper understanding of concepts and help the child move from subject to the object and then the abstract. On a journey to redefine education, there is a shift from academic excellence to holistic development. Along with a commitment to academic excellence, our unwavering dedication has been to nurture and explore the soft skills of our students.

This relentless march of progress is evident by our age-appropriate pedagogical practices and innovative teaching methodologies ensuring that students are equipped with the ability to think independently and reflect critically on societal, national, and global issues. The school has smoothly adopted Education 5.0 which epitomizes the latest advancement in our approach to learning. Here, the potential of technology is harnessed to assist the learning experience, cultivating heightened student involvement.



Education at Blue Bells has become highly captivating, enabling students to delve into subjects through practical, real-world activities. By embracing cutting-edge technology, we provide a personalized learning experience that engages and challenges our learners to conceive, believe, and achieve. Introduction of Skill subjects from Class VIII onwards will further equip our students to be solution providers for economic growth and social development with a focus on 'deep learning' which reflects mastery of essential academic content as well as critical thinking.

"Education is the gateway to innovation," we aim to achieve this goal whereby the entire teaching staff continuously undergoes training in experiential learning and competency-based teaching certification modules. This preparation empowers them to design teaching and learning strategies aligned with the latest revolutionary practices. The vision and mission of adopting such an integrated and inquiry-based approach to learning is to make our students future-ready.

We believe that the children are vibrant with vigour and talent and a special emphasis is therefore laid on development of personality, character, positive attitude and team work. We sincerely endeavour to impart excellent and quality education so that the dreams of our dear students find fruition. We seek the blessings of the Almighty and guidance of our mentors, to keep us on the ascent of growth with a progressive mindset.

Warm Regards

Suneeta Kaul

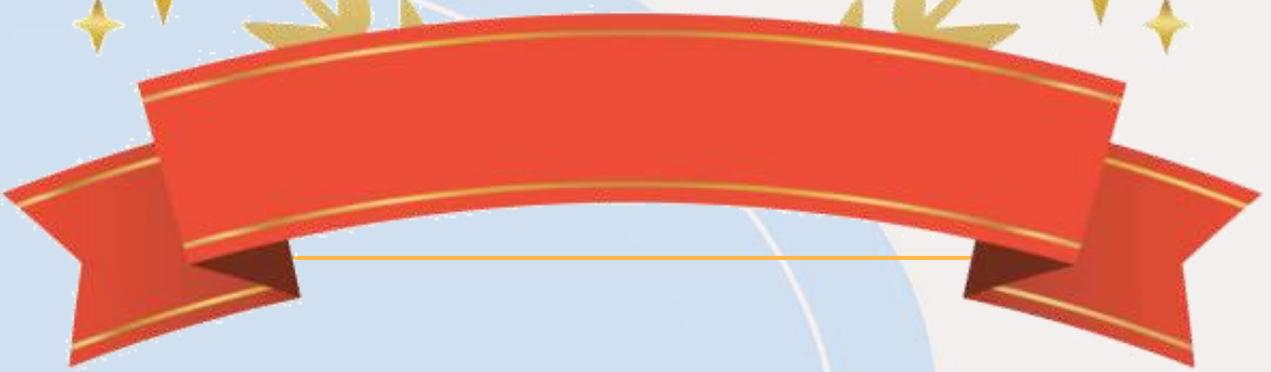
Middle Wing Leader

Brahm Dutt Blue Bells Public School

Sector 10, Gurugram



**HALL
OF
FAME**



March 13, 2024



SHAKTI AWARD 2024

Dr. Saroj Suman Gulati , Director , Blue Bells Group of Schools was bestowed with Shakti 2024 Award at Medanta Hospital, Gurugram.



February 26, 2024



**Heartiest Congratulations
Team Brahm Dutt Blue Bells Public School
for being the ATL School of The Month**



THIS CERTIFICATE IS PRESENTED TO

BLUE BELLS PUBLIC SCHOOL

FOR FEATURING IN THE ATL SCHOOL OF THE MONTH FOR

Jan-24

KEEP TINKERING AND KEEP INNOVATING

Chintan Vaishnav

Dr. Chintan Vaishnav
(Mission Director, Atal Innovation Mission - NITI Aayog)

The ATL School of the Month initiative aims to recognize and celebrate the outstanding contributions of schools within the ATL Community.

‘Technology is a great enabler which helps one to move from mundane to the optimum.’



Achievements



January 24, 2024

BRAHM DUTT BLUE BELLS PUBLIC SCHOOL SHINES BRIGHT AT IIT BOMBAY



The tech-geeks from Classes III-V bagged the Second Position in the Robotics Event at National Level Championship. The event was held from January 19-22, 2024 at IIT Bombay.

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



The winning team comprised of Parth Singh Tomar (IIIB), Manan Kadian (VB), Deivik Goyal (VB), Chitransh Gupta (VB) and Tejaswi Gaur (VB). The tech champs competed with the participants of more than 65 schools from all over India. Their stellar performance earned them a trophy along with a cash prize of Rs. 5,000. The school also received a token of honour in recognition of its exemplary commitment towards inspiring a new wave of enthusiasm among students for STEM education.

We are grateful to Madam Anshuka Aneja, Deputy Director, IT, Blue Bells Group of Schools for her guidance and support which made our success possible.

Our heartfelt thanks to Ms. Sunita Yadav, IT Faculty for her outstanding efforts in guiding and preparing students for the robotics competition.

“Digital design is like painting, except the paint never dries.”
- Neville Brody

February 22, 2024

EXCELLENT PERFORMANCE BY BLUE BELLIANs IN IIT JEE ADVANCE

Brahm Dutt Blue Bells Public School
Sector 10 , Gurugram



Congratulations for making it to JEE Advance...
Kudos to your stupendous performance in
JEE MAINS...



MANIK CHAUDHARY

97.27



CHIRAG SINGH

90.5



LAVANSH CHOUBEY

89.41



HARDIK TYAGI

88.19

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

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<https://bbpublic.bluebells.org/>

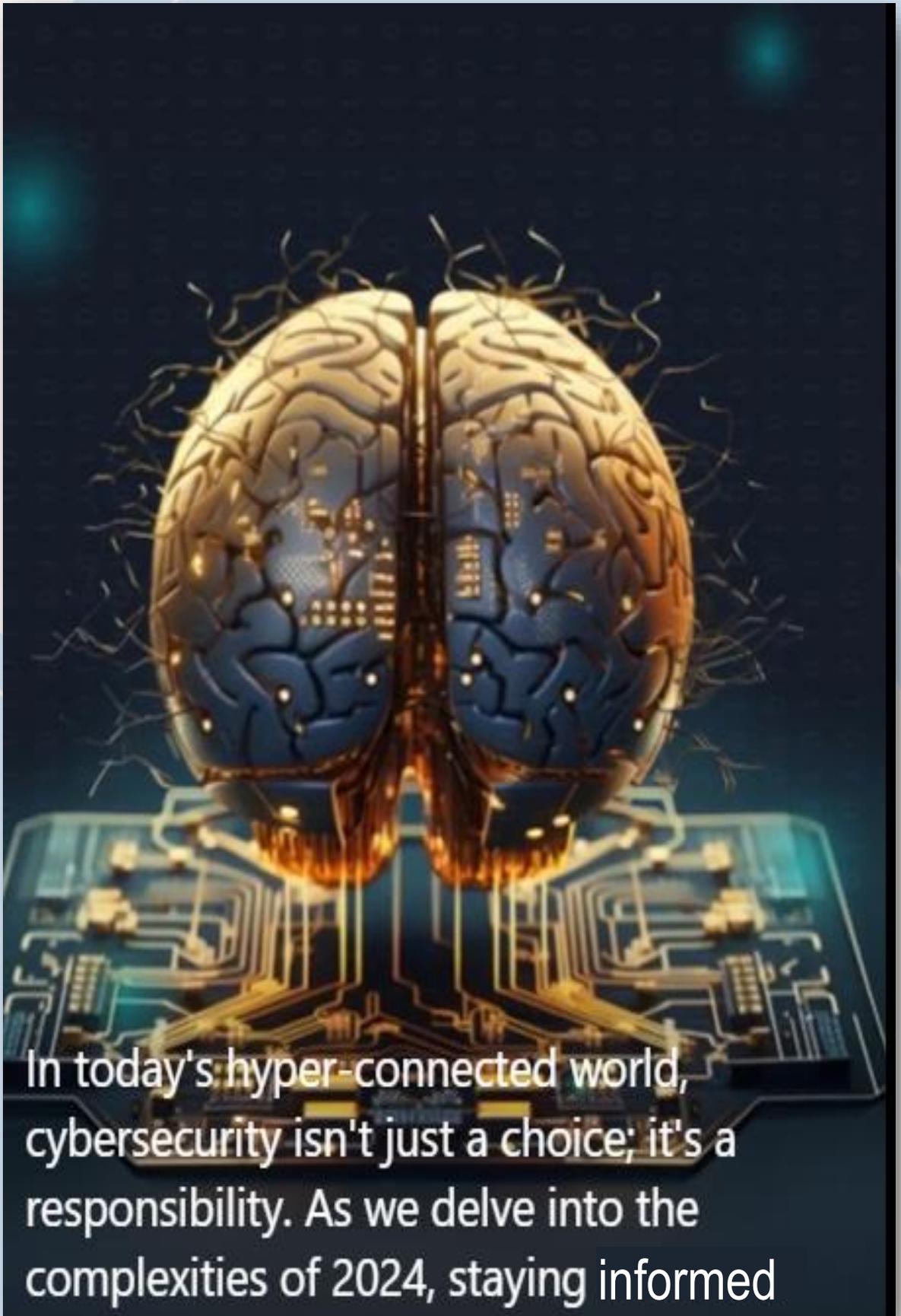


Cyber Security

VECTOR ILLUSTRATION



January 29, 2024

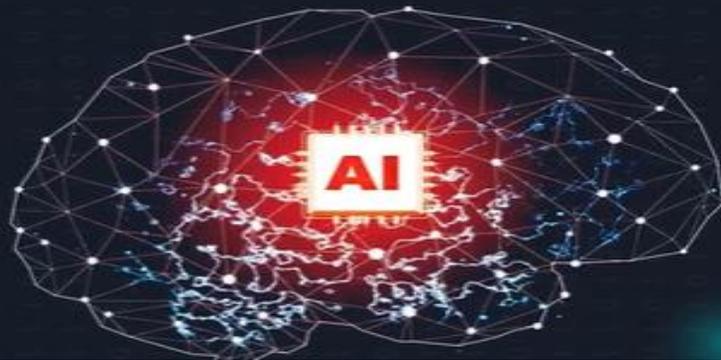


In today's hyper-connected world, cybersecurity isn't just a choice; it's a responsibility. As we delve into the complexities of 2024, staying informed

Public

Artificial Intelligence (AI)

AI is being used to build advanced security systems, facial and automatic threat detection, & more.



In today's hyper-connected world, cybersecurity isn't just a choice; it's a responsibility. As we delve into the complexities of 2024, staying informed about cutting-edge trends is paramount. You're not just gaining knowledge; you're wielding the tools to safeguard our interconnected future.



Public
**Internet of Things (IoT)
with 5G Network**

A new era of inter-connectivity
and security will become
a reality with IoT & 5G.

A futuristic, glowing 3D visualization of a 5G network. The letters "5G" are prominently displayed in the center, surrounded by intricate circuitry, data streams, and light effects. The background is dark with various digital elements and a cityscape silhouette.

In today's hyper-connected world,
cybersecurity isn't just a choice; it's a
responsibility. As we delve into the
complexities of 2024, staying informe...



Public **Real-Time Data Monitoring**

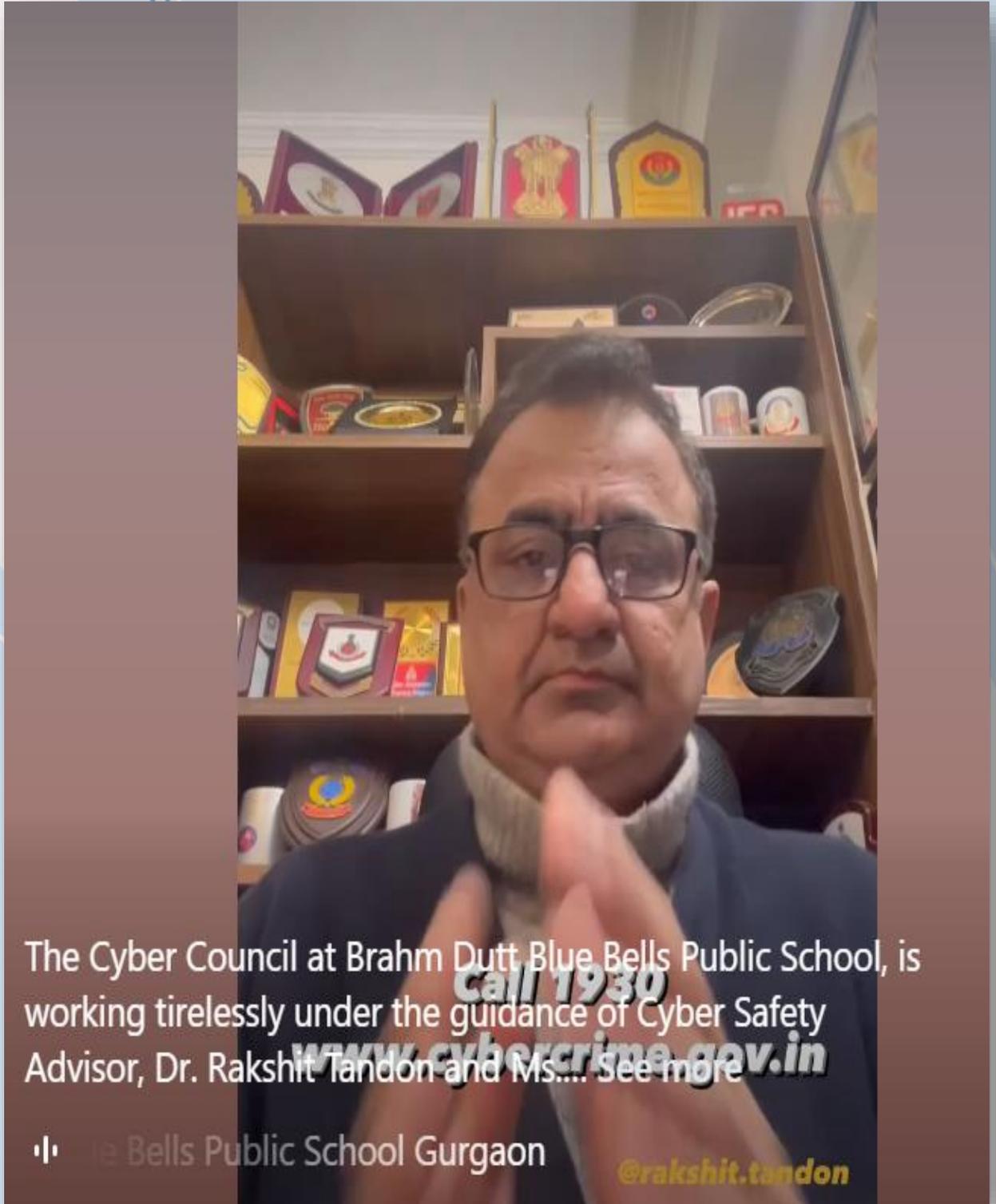
It is an important security measure to detect and respond to any suspicious activity.

In today's hyper-connected world, cybersecurity isn't just a choice; it's a responsibility. As we delve into the complexities of 2024, staying informed...
See more

February 22, 2024



CYBER SECURITY POST



The Cyber Council at Brahm Dutt Blue Bells Public School, is working tirelessly under the guidance of Cyber Safety Advisor, Dr. Rakshit Tandon and Ms.... See more

call 1930

www.cybercrime.gov.in

Blue Bells Public School Gurgaon

@rakshit.tandon



SCAM ALERT!


30




2



Call 1930

www.cybercrime.gov.in



Brahm Dutt Blue Bells Public S...

Send



The Cyber Council at Brahm Dutt Blue Bells Public School, is working tirelessly under the guidance of Cyber Safety Advisor, Dr. Rakshit Tandon and Ms. Anshuka Aneja, Deputy Director, IT, to make the school Cyber Safe. We aim to create awareness about the latest cyber scams and other frauds.

Scammers have devised a new tactic to exploit everyone. In recent times, complaints have surged regarding scammers preying on parents' love for their children, either by demanding fake ransom or fabricating scenarios requiring urgent funds for the child. So, stop, think, and verify before you or your child falls victim to a big scam!

To alert and safeguard you against these scams, Brahm Dutt Blue Bells Public School conducted a session with the renowned specialist @rakshit.tandon to raise awareness..



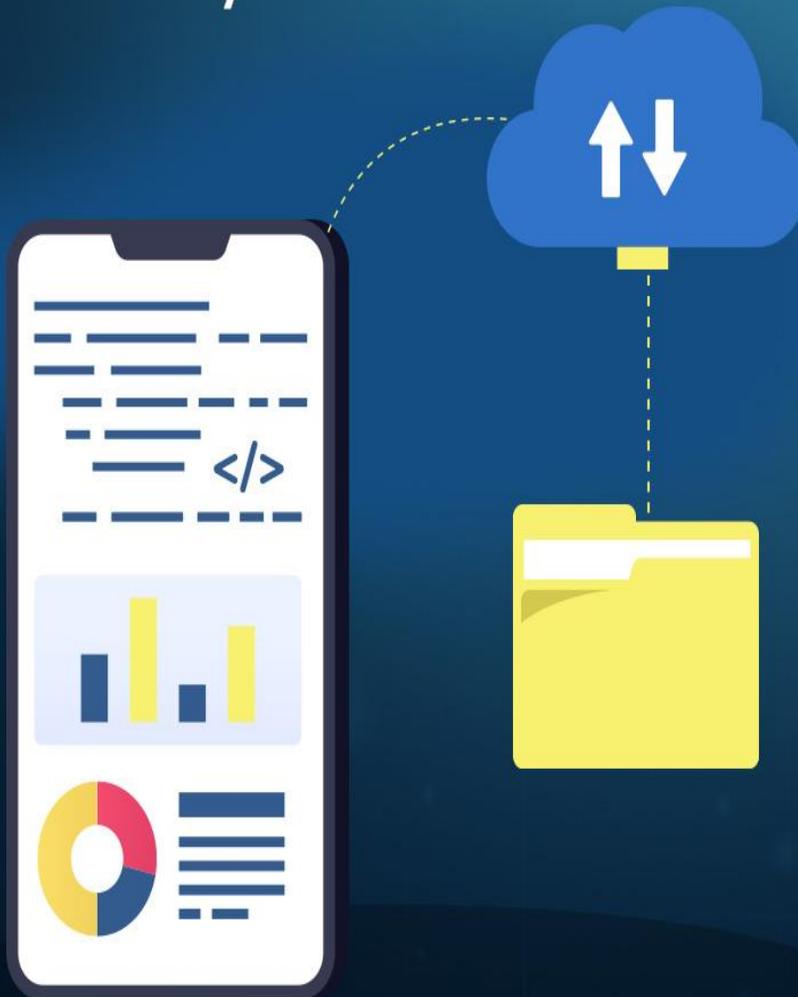
TRAVEL TECH SAFETY TIPS FOR SAFE TRAVEL

WHEREVER YOU ROAM,
ensure your data has a safe
trip too

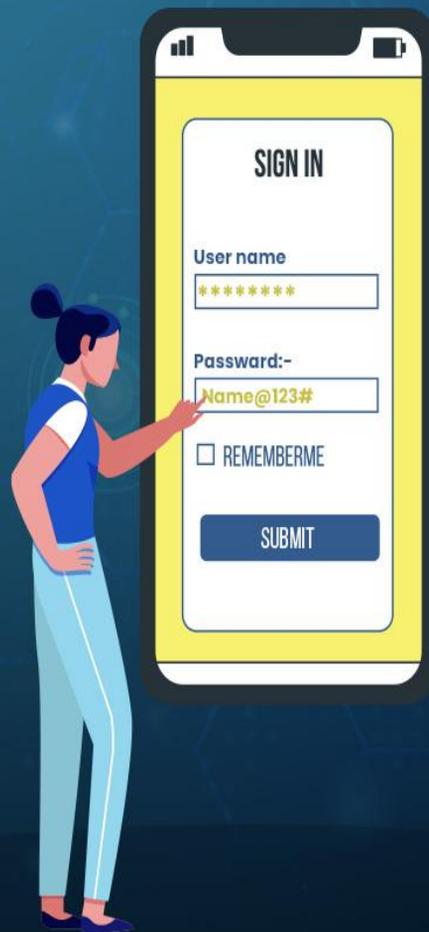


Swipe >

BEFORE LEAVING ON YOUR TRIP,
transfer sensitive data from
your devices



FIRST AND FOREMOST,
update your passwords and
use strong ones



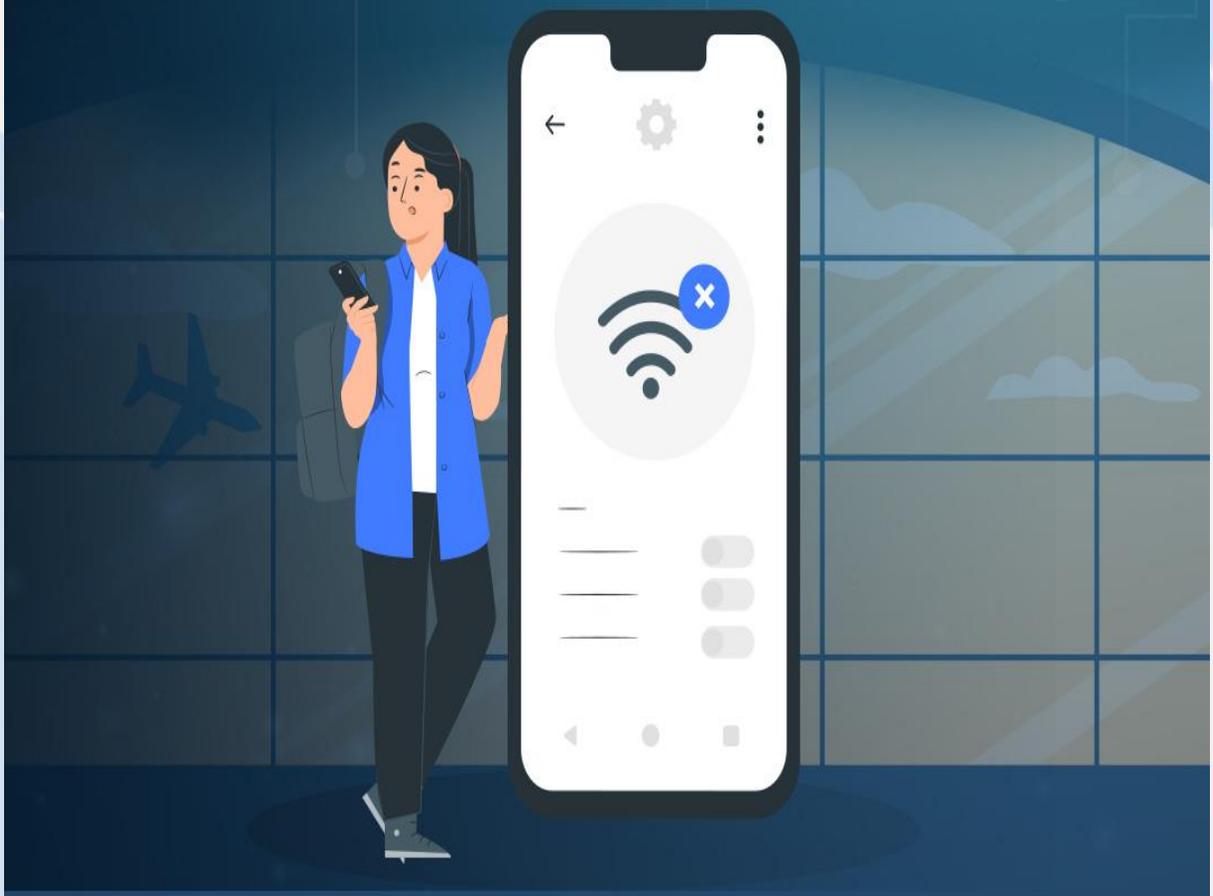
AVOID USING USB CHARGERS

in public spaces, as they
can be used to extract data



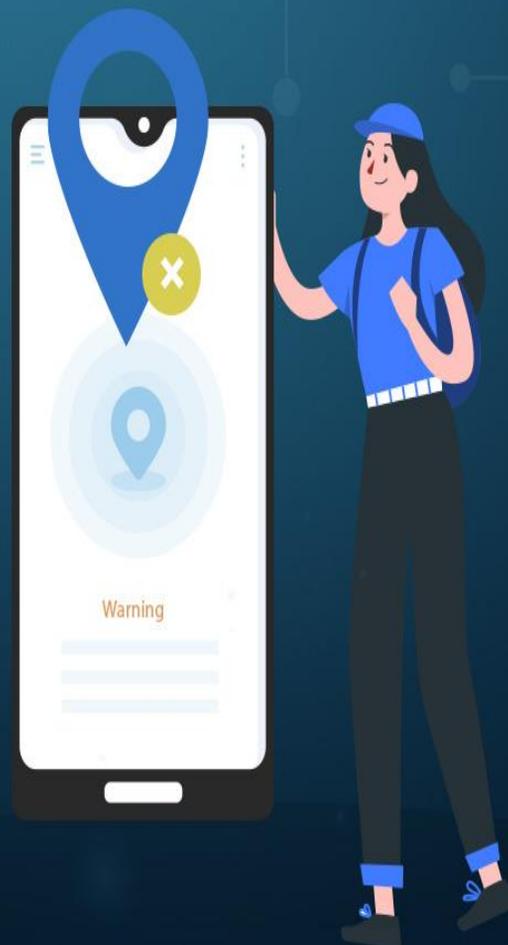
WHILE FREE WI-FI MAY

feel tempting, don't trust
public networks at hotels,
airports, etc



TURN OFF WIRELESS FEATURES

you don't need, as they can
be used to track your
movements







CELEBRATION GALORE

January 16, 2024

CITATION CEREMONY: ADIEU CLASS OF 2024



‘Education breeds confidence, Confidence breeds hope which breeds peace and prosperity.’

January 26, 2024

REPUBLIC DAY



'Saluting the brave hearts on 75th Republic Day !'

January 26, 2024

REPUBLIC DAY



‘One Nation, One Vision , One Identity, Meri Jaan, Mera Hindustaan.!’

January 26, 2024

REPUBLIC DAY



'India is not a country, it is a celestial music where anyone from any corner of the globe can find the real significance of life.'

January 30, 2024

SAFARNAMA: BIDDING ADIEU TO CLASS XII



January 30, 2024

COUNSELLING AWARENESS SESSION CUM PARENTS-TEACHER MEETING



**The goal is the ending of the Process. The Process is the
beginning of the goal.**

***“Choose a job you love, and you will never have to work a day in
your life.” —Confucius***

February 05, 2024

ABHIVYAKTI – JANUARY EDITION



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

January 2024

Blue Bellians Achieve Laurels in Computing Competition

It gives us immense pleasure to share that the students of the school got the First Position in 'Caption Caerus Caerul' Poster Making event of CyberHackathon, Inter-school Competition organised by Cyber Police, Gurugram, wherein 50 schools of Gurugram participated.

Ishan Singh & Rupesh Chauhan of Class VIII made a poster in Caerus with a slogan on the topic Digital Detox to bag the coveted position. The School Team has also received an iPad as the prize!

Students Have the Time Of Their Lives During Multiple Intelligence Camp

A Multiple Intelligence Camp was organised for students of Classes Nursery-II of the school at The Blue Bells School, Sector 50 on December 27, 2023. The camp aimed to provide a platform for students to engage in activities that catered to their individual intelligences and interests.



Adar Gāthā 2024: The Farewell Party



The school bid adieu to the students of class XII and wished them good luck in the grand farewell ceremony. The students of class XI organized a host of activities for their seniors and ensured that each moment of the event would leave an indelible mark for them. The videos showcasing the journey of the students through their school lives left everyone teary-eyed. The Principal Dr. Trilok Singh Bist motivated the students to compete with themselves to become the best version of themselves.

Dr. Trilok Singh Bist: Recognized as India's Most Impactful Principal 2023



Dr Trilok Singh Bist, Principal, BDBBPS was honoured with the Award for the Most Impactful Principal in India, 2023 as a part of the Grand Honour Ceremony IPN India's Most Impactful School Leaders - 2023. This ceremony was an evening of recognition, aspiration, and celebration, as visionaries from across the country came together to acknowledge and applaud the impactful leaders who have made a significant difference in the field of education.

Tech Prodigies Clinch Second Position at National Robotics Championship at IIT Bombay

Students of the school from Classes III-V bagged the Second Position in the Robotics Event in the National Level Championship. The event was held from January 19-22, 2024 at IIT Bombay.

The winning team comprised of Parth Singh Tomar (III-B), Masan Kadian (VB), Devik Goyal (VB), Chiransh Gupta (VB) and Tejasvi Gaur (VB). The tech champs competed with the participants of more than 65 schools from all over India. Their stellar performance earned them a trophy along with a cash prize of Rs. 5,000. The school also received a token of honour in recognition of its exemplary commitment towards inspiring a new wave of enthusiasm among students for STEM education.

At the first level, these students attended a two-day workshop which was organised by Vigyantram Technology in association with Aahvuday, IIT Bombay.



Republic Day Celebrated with Patriotic Fervor

The school celebrated the 75th Republic Day on January 25, 2024, with the gracious presence of Dr. Alka Saxena, Deputy Director, Health & Wellness, Blue Bells Group of Schools.

The day commenced with the unfurling of the National Flag accompanied by the soul-stirring strains of the National Anthem. The March Past that followed was a sight to behold, showcasing the discipline and precision instilled in the students.

The patriotic fervor reached its peak as melodious Patriotic Songs were presented by school choir. The celebration took an energetic turn as students showcased their physical prowess through Yoga, Aerobics, and Lathi performances. In the grand finale of the event, an enchanting dance, showcasing the rich and diverse culture of India was presented by the talented students.



“Sometimes we can only find our true direction when we let the wind of change carry us.” Mimi Novic.

February 10, 2024

SYNERGY – THE SPORTS FEST



‘Sports provide the opportunity to every individual to grow, succeed, and contribute to a bigger purpose.’



At Blue Bells, we believe that sports help the young, impressionable youth learn values like discipline, responsibility, self-confidence, sacrifice, and accountability from them.

February 10, 2024

BLESSING CEREMONY FOR THE OUTGOING BATCH OF CLASS X & XII



'Havan' cleanses the minds of the students and neutralizes pre-exam nervousness, which in turn raises their performance.

February 24, 2024

LEARNING UNBOUND CHAPTER 2023-24 ON THE THEME – 'SHREE ANNA-THE MIGHTY MILLETS'



*"Education is like turning mirrors into windows as it opens the whole wide world for you to explore and understand."
-Sydney J. Harris*







March 09, 2024

ORIENTATION PROGRAMME FOR CLASSES X & XII



An interactive, engrossing session with the parents to acquaint them with the pedagogy, working methodology along with Evaluation Pattern in the new academic session.

March 10, 2024

ABHIVYAKTI – MARCH (FIRST) EDITION



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

Issue-1
March 2024

Director Ma'am Honoured with Shakti 2024 Award



On the occasion of International Women's Day, the highly renowned Medanta Hospital organised its Medanta Shakti Awards ceremony to celebrate the achievements of remarkable women in their respective fields of work, who inspire and empower so many other women!

We are filled with immense pride that Dr. Saroj Suman Gulati, Director, Blue Bells Group of Schools, was also a recipient of this honour. Her achievements, as a woman leader, have been inspirational for all of us.

Havan Organised for Blessings and Good Luck



The school believes Havan cleanses the minds of the students and neutralizes pre-exam nervousness, which in turn raises their performance. In the wake of same, it organized Havan' on February 10, 2024 to seek the divine blessings of the Almighty for the students appearing in class 10th & 12th board examinations. Teachers and students participated in the Havan with an utmost respect and devotion. Teachers conveyed their blessings by applying Tilak to all the students. Dr. Saroj Suman Gulati, Hon'ble Director, Blue Bells Group of Schools, Mr. Trilok Singh Bist, Principal extended their best wishes to the students and gave them valuable tips to succeed in life.

"Synergy-The Sports Fest": A Grand Success

The Annual Sports Day 'Synergy-The Sports Fest' was held for the students of Classes Pre-Nursery to V on February 10, 2024.

The occasion was graced by the presence of the reverent Chief Guest, Mr. Ashish Gulati, Vice Chairman, Blue Bells Group of Schools. Honourable Director, Dr Saroj Suman Gulati graced the occasion as our esteemed Guest of Honour. The Special Guest for the day was Mr. Kamal Thakran (Alumnus BEMS, National Champion, Swimming and Best Swimmer of Haryana). Mr. Trilok Singh Bist, Principal, Brahm Dutt Blue Bells Public School, extended the formal welcome to all the distinguished guests and parents. The event began with the Hoisting of the Sports Flag. An array of races like Turbo Tot's Race, Bouncy Ball Hop Race, Commando Obstacle Race including Tug-of War and Musical Chairs (for the parents) were held in the school ground. In addition to the races, the audience was treated to mesmerising performances including Yoga, Aerobics, Karate, Dance and an impressive Mass Drill.



The achievers of the Sports Day were felicitated by the Chief Guest and other distinguished guests.

School Selected as ATL School of the Month

We are thrilled to announce that our school has been selected as the "ATL School of the Month" by Atal Innovation Mission (AIM).

The ATL School of the Month initiative aims to recognize and appreciate the exceptional efforts of school within the ATL Community, and our school under the mentorship of Madam Anshuka Anuja, Deputy Director IT has truly stood out. Our commitment to fostering innovation, creativity, and hands-on learning experiences for our students has not gone unnoticed.

As a token of appreciation, we were awarded a certificate to commemorate our school's achievement as the ATL School of the Month.



Scan for regular updates!

"A dream written down with a date becomes a goal. A goal broken down into steps becomes a plan. A plan backed by action makes your dreams come true." - Greg Reid

March 19, 2024

TOWARDS NEW BEGINNINGS-WELCOME ASSEMBLY FOR GRADES X & XII



'Every day is a chance to begin again. Don't focus on the failures of yesterday, start today with positive thoughts and expectations.'

March 23, 2024

ORIENTATION SESSION (NURSERY TO II)



An Illustrious Educationist

Ms. Soumya Gulati
Deputy Director Academic Development & Innovation



Temple of Knowledge



BRAHM DUTT
BLUE BELLS PUBLIC SCHOOL

Education That Inspires Confidence



Facilities at a Glance

Air-conditioned Classrooms



Library



Seminar Hall



Outdoor Play Area



Your Child's Very Best Begins Here...



March 30, 2024

ABHIVYAKTI – MARCH (SECOND) EDITION



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

Issue-2
March 2024

Beginning of a New Session: Assembly for Grade XI

Gathered in the seminar hall, students convened to commemorate the beginning of the Grade XI. Their spirits soared as Principal Sir and teachers instilled in them a sense of purpose and motivation. Stressing the gravity of academic commitment, educators emphasized the importance of diligent study habits and encouraged students to chart their own paths toward personal aspirations and goals. Ms. Freeth Phutela, Senior Wing Leader, took the stage to applaud the students for their achievements thus far, setting a tone of celebration and encouragement.

Principal Sir's address carried weight as he underscored the necessity of a backup plan, known as PLAN-B, in navigating potential career setbacks with resilience and determination. By fostering awareness of mental health, he sought to mitigate the risk of experiencing depression or anxiety in the face of adversity. His words resonated deeply, leaving an indelible imprint on the young minds before him.

Mastering Time Management – A Workshop For Grades X, XI & XII



In our fast-paced world, time is our most valuable asset. Managing it skillfully is vital for success and a fulfilling life. With an objective of helping the students learn and hone the skills of productively utilizing their time, Adept-A Program for Enhancing Life Skills under the inspirational leadership of Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS organized a workshop on 'Mastering Time Management' for Grades X, XI & XII on March 22, 2024. Mr. Chetan Jaswal, CEO, My Peegu conducted an interesting and engrossing session to stir the importance of managing time effectively to systemize the work.

Orientation Programme for Classes X & XII

Brahm Dutt Blue Bells Public School hosted an Orientation Programme for Classes X and XII on March 09, 2024. Dr. Trilok Singh Bhat, the Principal, extended a warm welcome to the parents and discussed the potential challenges students might encounter in the upcoming session, emphasizing their capacity to overcome them. Additionally, parents were informed about the School Integrated Programme. Madam Freeth Phutela, the Senior Wing Leader, briefed the parents on the expected Code of Conduct for students in the school premises. The highlight of the Programme was a workshop on 'Balancing Act: Mastering Time Management For Quality Time With Your Children' conceptualized and curated by ADEPT - A Program for Enhancing Life Skills, Powered by www.millionsmile.in



Welcome Session For Classes X And XII

The students of Class X and XII for the academic year 2024-25 assembled in the Seminar Hall along with their new class teachers, marking the dawn of a new session—a canvas waiting to be painted with the colors of learning, growth, and collective achievement. Excitement buzzed in the air as they eagerly anticipated the journey ahead.

Senior Wing Leader Ms. Freeth Phutela welcomed the students, her words were resonating with warmth and encouragement. She spoke of the opportunities that lay ahead, urging the students to embrace challenges and strive for excellence in all their endeavors.

Speaking on the occasion, Principal Sir shared his vision for the academic year, emphasizing the importance of diligence, determination, and character building.



Scan for regular updates!

"Laughter is the sound of the soul dancing." - Jarod Kintz

March 30, 2024

ORIENTATION SESSION (III-V)



A comprehensive presentation to apprise the parents about the school achievements, curriculum, rules and regulations, assessment parameters, Learning & Development Centre-The Learning Space, Health and Wellness Programme and IT curriculum at school.

March 30, 2024

ORIENTATION SESSION (VI-VIII)



Strengthening Parent School Interface-the major objective was to make the parents and students aware of the academic aspects, and the rules and regulations of the school and ensure parental participation in monitoring the performance and progress of students.

March 30, 2024

ORIENTATION SESSION (IX)



The academic curriculum, including subjects, teaching methodologies, and assessments, was outlined to give a comprehensive understanding of the school's educational approach.



Health & Wellness



“The groundwork for all happiness is good health.”
– Leigh Hunt.



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

DISTRESS TO DE-STRESS: HANDLING EXAMINATION STRESS

Throughout exams, maintaining a tranquil mental state is crucial for students, allowing them to address any distressing emotions they may experience. To support students in managing their emotions and addressing concerns, the Health & Wellness Resource Centre team, led by **Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS**, developed an interactive module specifically designed to gear with the Examination Stress. Dr. Alka and her team facilitated sessions for Class X students on December 6 and 7, 2023, aiming to assist them in handling the stress associated with exams. The Resource Center Team along with Life Skills facilitators conducted the module for the students of Classes VI to VIII, IX, and XI in the month of January and the first week of February 2024.

The session included indicators and symptoms of stress. Students were guided on how each one can recognize and address automatic negative thoughts. The importance of an effective time management plan through prioritization and crafting a SMART timetable was shared. Strategies for boosting productivity, recognizing, and integrating diverse learning approaches were liked by students.



To improve the concentration span, a few concentration exercises were conducted which were appreciated by the students. These exercises were followed by a short progressive muscular relaxation and guided imagery. The students enjoyed the healthy lifestyle walk. where the importance of a healthy lifestyle was presented creatively. The healthy lifestyle walk emphasized on balanced diet, regular exercise, and good sleeping habits.

Throughout the session, the students felt connected, could express their concerns effectively, and got adequate solutions to work positively for the forthcoming exam.

The session concluded on a positive note where it was shared with the students that they can connect individually with the Resource Center Team as well as the Life Skills facilitators for any further support.

For further reading, kindly visit the following links:

<https://wellnesswise.in/5-tips-for-mindful-exam-preparation/>

<https://wellnesswise.in/resilience-and-coping-with-stress/>

<https://wellnesswise.in/tips-for-staying-healthy-during-exams/>

<https://wellnesswise.in/skills-to-acquire-in-2022-time-management/>

<https://wellnesswise.in/using-smart-timetables-in-your-daily-life/>

<https://wellnesswise.in/hands-on-tips-for-your-learning-style/>





'LEARNING UNBOUND CHAPTER 2023-24'

The Health & Wellness team, under the motivational leadership of Dr. Alka Saxena, Deputy Director (Health & Wellness), Blue Bells Group of Schools, curated a serene space called 'Elixir: Find Your Essence', adding a touch of magic to the event 'Learning Unbound Chapter 2023-24' centered around the theme- 'ShreeAnna -The Mighty Millet.' This endeavour provided parents with an insightful overview of the Health & Wellness Programme, School Cinema, and Raahein -Parents' Workshop, showcasing its wide array of activities and events tailored for students, parents, and teachers. These initiatives were conceived by ADEPT - A Program for Enhancing Skills, powered by Wellnesswise.in. The students from the Primary Wing apprised parents about the Wellnesswise blog by Dr. Alka. Additionally, through the Mascots of School Cinema Movies, students helped parents grasp the significance of embracing various values, life skills, and emotions for a comprehensive approach to well-being.

During the program, Inspirational Movies by School Cinema were screened, highlighting the value-based learning instilled in students through their values education classes. Students warmly greeted the parents and involved them in captivating and stimulating energizers and activities inspired by the movies. Parents actively participated in hands-on activities at the 'Creative Corner' and 'Critical Thinking Corner' with enthusiasm, acknowledging the students' efforts. These activities exemplified in-house teaching approaches that prioritize enjoyable and meaningful learning experiences.





Puberty Session

"Embracing change leads to personal and professional development."

Puberty marks a significant transitional phase for both boys and girls, encompassing physical, cognitive, emotional, and social changes. It's imperative to address the confusion and concerns that arise during this period. In alignment with this, an interactive session was conducted specifically for girl students of Class V, under the patronage of by Dr. Alka Saxena, Deputy Director (Health & Wellness)), Blue Bells Group of Schools. The session, led by Ms. Sapna Sinha, Content Developer, & Life Skills Facilitator, along with Ms. Perna Karkhanis, Life Skills Facilitator & Counsellor, was organized on February 27, 2024.



Through the screening of the School Cinema movie 'Let's Talk Puberty' and engaging discussions, the girls gained insight into the physical, emotional, hormonal, and social changes characteristic of puberty. They were briefed about Puberty that involves physical and emotional changes that can be both challenging and exciting. Having conversation with elders, family members and teachers helps to ease out the concerns and queries which they have during the onset of puberty. The session provided each one an open and safe space to discuss their experiences.





ORIENTATION PROGRAMME FOR CLASSES X & XII

Brahm Dutt Blue Bells Public School hosted an Orientation Programme for Classes X and XII on March 09, 2024. The highlight of the Programme was a workshop on **‘Balancing Act: Mastering Time Management For Quality Time With Your Children’** conceptualized and curated by ADEPT- A Program for Enhancing Life Skills, Powered by wellnesswise.in under the mentorship of Dr. Alka Saxena, Deputy Director (Health & Wellness), Blue Bells Group of Schools .Ms.Divyangi, a Senior Associate Psychologist at My Peegu conducted the session, with moderation by Ms. Sapna Sinha, Life Skills Facilitator & Content Developer from the Health & Wellness Resource Centre Team. During the workshop, parents gained insights into various aspects of Health & Wellness, thus ensuring their support for their child's overall well-being.

Ms. Divyangi guided parents on valuing quality time, recognizing time management obstacles, and acquiring practical time management techniques. Additionally, to promote the significance of time management and attain a balanced lifestyle, parents were introduced to effective time planning through infographics and articles available on Wellness Wise by Dr. Alka. These resources allowed parents to delve deeper into the subject and enhance their time management skills. Furthermore, an interactive quiz was shared on social media, encouraging active participation from parents. The Health & Wellness team acknowledged the efforts of each participant and presented them with stylish diaries as a token of appreciation.





MASTERING TIME MANAGEMENT – A WORKSHOP FOR GRADES X, XI & XII

“The way we spend our time defines who we are.”

-Jonathan Estrin

In our fast-paced world, time is our most valuable asset. Managing it skilfully is vital for success and a fulfilling life. With an objective of helping the students learn and hone the skills of productively utilizing their time, **Adept-A Program for Enhancing Life Skills** under the inspirational leadership of **Dr. Alka Saxena, Deputy Director (Health & Wellness), BBS** organized a workshop on ‘**Mastering Time Management**’ for Grades X, XI & XII on March 22, 2024. Mr. Chetan Jaiswal, CEO, My Peegu conducted an invigorating and engrossing session to site the importance of managing time effectively to systemize the work.

Mr. Chetan explained time management as planning, organizing, resting, delegation and prioritizing tasks to use time efficiently. The process of planning includes setting goals, strategies , breaking them into steps, and allocating time for each. Effective time management boosts productivity, reduces stress, and optimizes time.

Speaking on the occasion, Dr. Alka advised the students about the importance of time management and remaining focused to achieve their goals. Ma’am also reiterated that continuing with the mindfulness sessions taken up in the school , if practiced at home also would be beneficial in the long run.

An indigenous initiative of the team, a proud testament to the commitment to the holistic well-being of scholars, was a productive and enriching session.





WELLNESS WISE BY DR. ALKA

“WELLNESS IS A CONNECTION OF PATHS; KNOWLEDGE AND ACTIONS”- JOSHUA HOLTZ

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.



WELLNESSWISE SPECIALS

BY **Dr. Alka**

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AND WELL-BEING**

February 28, 2024 by Dr. Alka Saxena



GUEST BLOG
Embracing Kindness:
A Pathway to Happiness & Well-being

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Dear Readers

*'Have faith in your goals and pursue them fervently,
With joy, resolve, and unwavering commitment.
Trust in your abilities and experience the grace,
For you are crafted as a divine masterpiece.'*

The importance lies in the life awaiting you, transcending what is in the past. This stage resembles the start of a new chapter in a book, waiting to be written. Thus, put on your thinking caps and map out your distinctive path. Together, let us focus, establish our objectives, and leave our lasting mark everywhere we go. Let us welcome the upcoming year with utmost enthusiasm.

Stay tuned for the upcoming edition, where we will showcase more achievements, events, and endeavours of the school.

Warm wishes

Editorial Team

Brahm Dutt Blue Bells Public School

Sector 10, Gurugram



**“The best
way to predict your
future is to create it.”**

—Abraham Lincoln

Thank You

