



BLUE BELLS PUBLIC SCHOOL

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NEWSLETTER
(October to December 2018)



MESSAGE

***"Children need encouragement just as plants need water.
They cannot survive without it." - Dreikurs***

No one can deny that discipline is vital to every living being and without it, the world around us would be in chaos. Discipline brings stability and structure into a person's life. It teaches a person to be responsible and respectful and promotes good interpersonal relationships. Discipline is crucial not only for adults but children too, as it is necessary for their happiness and well being and helps them to tackle the challenges of life.

However, the general perception is that discipline can be enforced only through punishment and coercive methods. In a way, the word 'Discipline' has come to be negatively associated with punishment. Coercive methods may get the desired results in short term but in the long term they are ineffective. Jane Nelsen, in her book 'Positive Discipline' states that using punishment leads to Four R's - Resentment, Revenge, Rebellion and Retreat, among children which has a negative impact on them.

On the other hand, people who do not believe in punishment or coercive methods become too permissive. However, this is not helpful either in raising self-motivated and self-disciplined children. In fact, permissiveness leads to feeling of entitlement and lack of kindness, empathy and responsibility. Neither is being permissive nor are coercive methods to discipline the children a desirable approach to nurture responsible children.


Over the past few years it has been observed that there is a marked difference in the behaviour of the children. With the change in structure of society, they have fewer opportunities necessary to learn responsibility. When children do not get the opportunity to contribute in meaningful ways, they do not feel a sense of belongingness or significance and do not develop responsibility. Teaching children self-discipline hence becomes a challenge and the conflict between coercive methods and permissiveness continues. This means we need to rethink about discipline and adopt a Positive Discipline Approach which is based on mutual respect. The approach of Positive Discipline is based on the philosophy of Alfred Adler and Rudolph Dreikurs.

Jane Nelsen, in her book 'Positive Discipline' discusses that positive discipline is an approach that teaches important social and life skills in a manner that is respectful for both adults and children.

Positive Discipline focuses on connection before correction. It focuses on understanding misbehaviour and to respond to it in a proactive manner to reinforce positive behaviour.

Reinforcing positive discipline among children helps to empower them to be self-disciplined and self-motivated. It helps to inculcate a sense of belongingness and significance which results in more responsible, respectful adults.




Dr. Alka Saxena
Deputy Director – Health & Wellness
Blue Bells Group of Schools
Gurugram



GLOBAL EDUCATION LEADERS AWARD 2018



The Director, Dr. Saroj Suman Gulati, Blue Bells Group of Schools, was conferred with the coveted Global Education Leaders Award 2018 by Nahyan Bin Mubarak Al Nahyan, Minister of State for Tolerance, UAE. An educationist par excellence, Dr. Gulati was among the nine eminent education leaders from India who were awarded for their exemplary contribution in various spheres of education and social development in the eve of the 2nd edition of India-UAE Partnership Summit (IUPS) on 30th October 2018. The event was held at The Atlantis, Dubai in the presence of His Excellency Navdeep Singh Suri, Indian Ambassador to UAE, Mr. Manpreet Singh Badal, Hon'ble Finance Minister, Govt. of Punjab. Mr. Ashish Gulati, Vice - Chairman, Blue Bells Group of Schools, received the award on the Director's behalf. The two day summit was attended by over 400 Delegates from India & UAE comprising of prominent Education Leaders, Chancellor's & Vice Chancellors, Academicians, Schools Principals, Edupreneurs and EdTech Startups. The award has been conferred on Dr. Gulati in recognition of her exemplary contribution to 'K-12 education and

promotion of Art and Culture'. She is recognized in the education sector for imparting education that inspires confidence and ensures that the students are totally equipped to become the global citizens of the 21st Century.



BRAINFEED EDUCATION AWARD

"The key to Wellness is to accept responsibility for your health and wellbeing."

In sync with this objective, the BBGS has a well regulated Health & Wellness Programme devised in-house under the inspiring initiative and guidance of Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS. It is in recognition of this exemplary and consistent contribution of the school to provide quality education in India, the school was conferred with the prestigious Brainfeed Education Excellence Award 2018-19 for Life Skills Education, Safety & Security along with Innovative Practices at Jaypee Palace Hotel & International Convention Centre, Fatehabad Road, Tajganj, Tora, Agra, UP on December 16, 2018, amidst the eminence of innovative educational leaders and a galaxy of intellectuals. Heartiest Congratulations to all the members of Blue Bells Family on this stupendous achievement! We are indebted to all our mentors for their unconditional support and patronage. We pray that this legacy is carried forward and scales great height in the years to come.



EXCELLENCE IN SPORTS AWARD



At Blue Bells, we, believe in giving adequate importance to sports and games so that our young buds develop their Kinesthetic skills, as it not only imbibes rich values in them but also instills a sense of discipline, fellow - feeling and togetherness. In recognition to the contribution of the school in nurturing the sporting talents of the state and country at large, the school was conferred the prestigious Excellence of Sports Award under the category - 'Mainstreaming Health and Physical Education and Innovations', by Association of Special Educators and Allied Professionals in association with Global Education Promotion Council powered by Fortunosaathi Pvt. Ltd. and Ansal University, Gurgaon on November 24, 2018. The award was a way to recognize and felicitate Health, Physical & Mental Health and Sports at Indian Schools as per the accordance of CBSE and MHRD.



INNOVATION & INCUBATION FEST 2018

"Innovation Blended With Right Earnest Is A Perfect Reward For A Developing Society And Nation."

The School ATL Team clinched the First Position in Innovation and Incubation Fest 2018 organized by Dr. Ambedkar International Centre, Ministry of Social Justice and Empowerment, Government of India and Edu TV at India Islamic Centre, New Delhi on December 7, 2018. The school team explored, created and showcased two wonderful projects in the Competition - Aerowater and Cattlelogger. Teams from all over India competed to register and display their projects. The Level of competition was very high as the participating teams had already won the Regional Round. Both the projects presented by school were very relevant to the society and highly appreciated by the judges for their utility. Aerowater - The students of class IX developed a prototype that can extract water vapours from the air and convert it into potable water. This would help in generation of this elixir of life. Cattlelogger was developed by Class VIII - It is a foot band for the cattle to record their heartbeat, blood pressure and temperature. If any problem is there with the cattle, farmers can note it with the help of the App that is also generated by the students. The Jury Members were Dr. Mohit Gambhir from MHRD and Gopal Krishan Aggarwal, BJP Spokesperson. This is a magnificent achievement by young innovators of the school. Kudos to their aptitude, attitude and creativity!



ENLIGHTENING THE WORLD - COMMUNITY OUTREACH PROGRAMME

We, at Blue Bells always reach out to the society to bring positive social changes. Carrying forward the vision of the institution that believes in Service Before Self, the students of the school visited "UdayanGhar", an NGO located in Narsinghpur, Gurgaon on November 17, 2018. The children from the age group of 6 to 13 years, victims of child trafficking, are rehabilitated there. The ATL Team provided a proper hand holding and training to the children living at UdayanGhar to make Solar Study Lamps. The students further explained the procedure to charge these lamps during the day so that



it can be used at night. They also created an awareness among them about the importance of solar technology. The students donated these lamps to the children living at the NGO. This is the first step for these Student Solar Ambassadors in their journey to contribute effectively about Solar Technology. The response the school team received at the NGO was phenomenal and has motivated the team to serve the society in a productive manner.



CYBERSPAZE



The school organized Cybersapze 2018, an Intra School IT Fest from December 3 to December 5, 2018, to provide a unique learning platform to the students to hone their tech skills. The competition, an annual feature of the school, is a beehive of science and technological activity where the objective is to cultivate the creative spirit, practical ability and encourage outstanding talents among the students. The Opening Ceremony for this Mega Fest on December 3, 2018 was graced by the benign presence of Mrs. Anshuka Aneja, Deputy Director IT, BBGS. After Ceremonial lighting of the diya to mark the auspicious beginning of the Event, a Workshop on design and programming was organized in collaboration with Mind Box for the students. Varied types of Tech events were organized for the students of Classes VI to XI where the students enjoyed competing with each other. The creativity and expression of the participants was adjudged by the eminent personalities from the field of education, culture and Information Technology. One could see the remarkable way in which the students maximized their creative potential and exhibited their incredible innovation. The Closing Ceremony of the Mega IT Fest on December 5, 2018, was adorned with the illustrious presence of Mr. Rakshit Tondon, Advisor, Cyber Crime Cell, Moradabad, Up & Haryana Police Academy, who graciously agreed to be the Chief Guest for the occasion. He is also an eminent member of Gurgaon Police Safe Surfing Campaign and took two sessions with the students of classes VI to VIII and IX to XI to guide them on Cyber Safety Issues and concerns and how it can curb corruption. Ms. Anshuka Aneja, Deputy Director - IT, BBGS blessed everyone with her radiant presence. The students presented a well or chestrated programme where there was a perfect amalgamation of Awareness Campaign, Product Launch, Dance presentation, Street Play and Reminiscence - a panormic view of Cyberspaze 2018. The achievers of various IT Competitions were felicitated by Mr. Rakshit Tondon and Ms. Anshuka Aneja, Deputy Director IT, BBGS. Mr. Rakshit Tondon heartily appreciated the efforts of the students and school. He urged the students to make right choices in life to keep themselves safe and sound with use of technology as a tool.



LEARNING AND DEVELOPMENT ACTIVITIES : A GALORE

We, at Blue Bells Public School, have a philosophy of promoting all round excellence of the students wherein due impetus is given to honing their social, emotional and cognitive skills. The Learning Space - Learning and Development Centre is engaged in continuous research for incorporating the latest teaching pedagogies and technologies. It functions under the inspirational leadership of Madam Soumya Gulati, Deputy Director, Academic Development and Innovation, Blue Bells Group of Schools. The centre aims at providing an enriched curriculum and keeps school in sync with the global educational practices. Gallery Walks and Back to School Series are unique initiatives wherein the parents are acquainted about Teaching - Learning processes.



VENERABLE ASSORTMENT OF SOUNDS : READ-O-PHONICS SESSION

The school organized a session for the parents of UKG students on 'READ - O - PHONICS' on November 24, 2018. This is a part of BACK TO SCHOOL SERIES by the L & D Team spearheaded by Madam Soumya. The parents were acquainted with the latest teaching learning techniques and strategies adopted by the school to hone the language skills of the learners. The session aimed to provide the parents with the unique learning environment that their young one's experience in school. The session was interactive wherein a number of fun filled activities like Hop Scotch, Dumb Charades, Cross Word, Rhyming Plane, Mobile Making and other games were played by the parents. This was the live demonstration of different strategies used during the teaching learning process to engage, enthuse and empower the students. The parents also understood the importance of phonic sounds. A skit presented by the students of class UKG showcased an exemplary display of the skills which the students acquire in a play way



method through fun filled games. A 'Gallery Walk', an aesthetic display of the work done by the students showing their progression in learning in the classroom was highly lauded by the parents. It provided a glimpse of their understanding, creativity and development of the transdisciplinary skills and values through hands - on - activities and experiential learning. The parents were thoroughly engrossed and enjoyed the fun - filled Team building games with the Sports team.



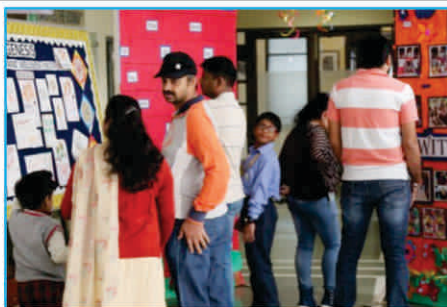
READING & WRITING READINESS SESSION



The school is committed to its mission of promoting quality education by adopting innovative ways of teaching. In sync with its mission of promoting learning through hands - on activities and making learning a pleasurable journey for the students, the school organized a session for the parents of Class Nursery on Reading & Writing Readiness as a part of 'Back To School Series' by the L & D on December 1, 2018. The session aimed at acquainting the parents about the new techniques of teaching and learning adopted by the school for the holistic development of child's personality. The parents were further assured that similar type of sessions will be conducted in future also to encourage active learning through exploration, innovation, play and live experience. The parents were apprised of multitudes of activities conducted in the class. A Video laying emphasis on developing and honing LSRW (Listening, Speaking, Reading and Writing) Skills was shown. The parents were divided in various groups and activities like Introduction of Letters in Class, Story Weaving, Picture Walk of the Story, Non Dominant Hand Activity and Letter Craft Activity etc. were conducted. A Gallery Walk with a display of series of worksheets and craft activities done by the students was highly appreciated by the parents. The exhibits of the students' work showcased the development of Cognitive, Aesthetic, Fine and Gross Motor skills, Communication, Social and Personal skills of the students. The parents thoroughly enjoyed playing games organized by Sports Team showcasing a transdisciplinary approach of blending sports activities with real life learning & subjects.



LEARNING MATHEMATICS A JOYFUL EXPERIENCE : FUN WITH NUMBERS SESSION



The school is recognized for its unique pedagogical practices and unique teaching methodologies. In sync with the same, a session on 'Fun With Numbers' was organized for the parents of LKG students on Saturday, December 1, 2018, to showcase the development of numeracy in the students at a tender age. This is one of the unique endeavours of the school to acquaint the parents about the new strategies and methodologies of teaching and learning adopted by the school for the holistic development of child's personality. The session aimed at familiarizing the parents with the same learning environment that their little ones experience in school. A number of interactive & fun filled activities like ice breaking Ping - Pong game, Mystery Bag Activity, Train Activity, Crocodile Mouth game for the concepts of greater than and smaller than, pattern making, Bingo and other games on numbers were played by the parents. A number rhyme and song by the students of class LKG explicitly demonstrated the skills which the students acquire through fun filled games and activities. The session was interactive and it was shared that different learning strategies are required during classroom transaction considering student's individual needs, interests and abilities to make learning a fun. The parents were also apprised that similar type of sessions will be conducted in future also to encourage active learning through exploration, play and live experience. All the activities of the session were conducted by the teachers of Class LKG and UKG. A Gallery Walk showcasing the progression of the work done by the students in the school with the transdisciplinary approach, wherein all the domains of learning are interwoven in the theme, was heartily appreciated by all. The parents were overwhelmed to watch their little ones performing with utmost perfection and participated with great zeal and enthusiasm not only in the invigorating session but also the games organized by Sports team.



MATH - E - MAGIC - AN INTRA SCHOOL MATHEMATICS FEST

The main goal of Mathematics education in schools is the mathematization of the child's thinking. Clarity of thought and pursuing assumptions to logical conclusions is central to the mathematical enterprise. To pay tribute to the great Mathematician Sir S. Ramanujam, the school organized Math-E-Magic - an Intra School Mathematics Fest for the students of Classes VI-X from December 11-18, 2018. Diverse activities were designed by the



Mathematics Faculty members for the students under the guidance of Ms. Arpita Acharya, Vice Principal & HOD-Mathematics, Blue Bells Public School. In sync with the same objective, the school hosted Math-E-Magician -an Intra School Mathematics Quiz on December 18, 2018 in collaboration with NIIT as a part of the Mathematics Fest. The first round of Math-E-Magician was a Qualifier Round and the selected teams were chosen for the Final Stage Round which comprised of four rounds wherein students not only adopted practical methods of learning but also assessed their knowledge of theoretical concepts. The students of Classes VI to IX also participated in the Rubik Cube Challenge and displayed their analytical skills with utmost perfection and speed. The Closing Ceremony-Cum - Valedictory Function of this mega event was graced by Ms. Richa Akhil, Deputy Director, NIIT Ltd. who was the revered Guest for the occasion. She appreciated the event and expressed that such events need to be more frequently organized as they contribute in enhancing the analytical and cognitive skills of the students.

S.No.	Class	ACTIVITY	POSITION
1.	VI	DRAWING A SCENE USING DIFFERENT GEOMETRIC SHAPES	I-HARSHITA KANDWAL (VI C), II-JUHI ARORA (VI C) III - DISHITA GUPTA (VI C)
2.	VII	DRAWING OF MATHS PART	I-SIMARJEET SINGH (VII A), II-KHUSHI (VII C) III-TRIPTI SINGH (VII A)
3.	VIII	3 D ILLUSIONS	I-RIDHI PAHUJA(VIII D), II-JIYA MEHTA (VIII B) III-ANKITA DEY (VIII B)
4.	IX	QUADRILATERALS USING SET SQUARE	I-KASHISH (IX), II-LIPIKA (IX), III-ISHITA (IX)

MATH-E-MAGICIAN

POSITION	JUNIOR	MIDDLE	SENIOR
I	Saanvi Nigam (III), Prithvi Raj Chauhan (IV), Moksha Parashar (V)	Harshita Kandwal (VI), Nandini Sapra (VII), Takshay Bansal (VIII)	Aayush (IX), Pragyan Sharma (X)
II	Harshvardhan Behl(III), Harshita Yadav (IV), Hardik Yadav(V)	Siddhant Kumar (VI), Saksham Jain (VII), Harsh Kumar (VIII)	Aaditya (IX), Arya Mishra (X)
III	Avani Puri (III), Tanmay Joshi (IV), Anusha Gautam (V)	Deepika Gupta (VI), Shivraj Dash (VII), Ankita Dey (VIII)	Abhisar (IX), Aman (X)

RUBIK CUBE CHALLENGE

S.NO	CLASS	POSITION
1.	VI-VII	I - Siddhant (VI), II- Anand (VI), III- Swayam (VI)
2.	VIII-IX	I - Saien (IX), II-rakshit (IX), III- Mukul (IX)

It was a very good learning experience for all the students involved.



HEALTH & WELLNESS INITIATIVES

The Health and Wellness Programme for BBGS was established in the year 2009 under the inspiring leadership of Dr. Alka Saxena, Deputy Director, Health and Wellness, Blue Bells Group of Schools. Over a period of time, she has groomed a full-fledged team of Counselors and Teachers to empower the students. Keeping in mind the need and demands of BBGS as well as other schools, the Health & Wellness Resource Center was set up by Dr. Saxena in the year 2015. The Center incessantly develops the modules and sessions for the students, teachers and parents after a thorough and extensive research. The Resource Center is headed by Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS and other members include Ms. Renu Khare (Counselor, BBPS), Ms. Shreya (Counselor, BBPS) and Ms. Aarti Arora, Executive Assistant. Under the aegis of Health & Wellness Programme, the school received many laurels for its outstanding contribution in the field of imparting quality education with a perfect amalgamation of Life Skills. In sync with the same vision, many events were organised and varied sessions were conducted by the team for the students and teachers to sensitize them on different issues.



INTERNATIONAL ADOLESCENT SUMMIT ON LIFE SKILLS, VALUES, GENDER, SCHOOL HEALTH & WELL BEING 2018

Creativity is the whetstone of talent and Blue Bellians personified the saying when they not only competed but proved their versatility by performing exceedingly well in varied competitions in the 6th International Adolescent Summit on Life Skills, Values, Gender, School Health & Wellbeing organized by Expressions India (A CBSE empaneled agency), held at India Islamic Cultural Center, Lodhi Road, New Delhi on December 4, 5 and 6 2018. Our students, Dhanviee (IX), Arya (X), Nishant (XI), Vanshika (XI) and Himani (XI) participated in the competition under the aegis of Health & Wellness Programme of the school. The event was inaugurated by the former President of India, Shri Pranab Mukherjee and saw the participation of over 50 schools comprising of over 350 students across India. Our students made us proud with their splendid performances and bagged the following prizes:

- Arya Mishra (X) articulated and presented her thoughts magnificently and clinched Special Jury Award in Rhetorics (The Young Orators Championship).
- Carrying forward the legacy of winning, Dhanviee Mishra (IX) mesmerised everyone with her melodious and soulful rendition and bagged the Special Jury Award in Sur Sangam - Inspirational Song Singing Competition.
- Setting his dancing feet on, Nishant Rajput (XI) performed marvellously to win the hearts of the judges along with the reward of Meritorious Performance in Sur Taal - Solo Western Dance Competition.



The students were trained by the Health & Wellness Team and the Music & Dance Department.



MTNL PERFECT HEALTH MELA

"Dance is the language of the soul and brings in eternal delight."



beehive of creativity and cultural exploration wherein renowned teams from different schools of Delhi & NCR competed for the coveted position. Kudos to the school team and teachers! Heartiest Congratulations to the students and mentors for this astounding feat!



'EMPEZAR': A BEGINNING, HEALTH & WELLNESS FIESTA



Education is an integral process which harmonizes book learning with direct life experience and instructs students in the art of living their lives as successful individuals. We, at Blue Bells uphold a perfect fusion of traditional and modern values for

holistic personality development to fulfil the vision and mission of the school - "to churn out socially and ethically responsible citizens of the country". In sync with the same vision, 'Empezar': A Beginning was hosted under the aegis of The Health & Wellness Programme of the school on September 19, 2018. This year's theme was to celebrate the bond of love between grandparents and grandchildren. This annual feature of the school for the students of Primary Wing included a plethora of activities like Greeting Card Making, Book Mark Making, Collage Making and Creative Writing. Various theme like, 'Gratitude towards Grandparents', 'My special time with my Grandparents' and 'My bond of love with my Grandparents' were shared with the students to mark the befitting beginning of the celebration of Grandparents Day. The work done by the students will be displayed during the Grandparents Day Celebration later in the month. This is an earnest endeavour of the Health & Wellness Team to root the students to our rich cultural heritage where elders in the family hold a prominent position.



CAREER CONFLUENCE

"The future belongs to those who believe in the beauty of their dreams."

Blue Bells is a premier co-educational institution based on a strong value system that believes in inculcating in the children the resources that will endure lifelong. As a true reservoir of quality education, the school strives towards holistic education in an active and dynamic learning environment. Our vision and mission is to kindle the unique potential of every child and empower them to become innovative thinkers so that they can achieve their desires. In sync with the same objective and to sensitize the students about the various career options available, the school organizes Career Confluence every year under the aegis of The Health & Wellness Programme. The First Session of the same was organized for the students of Classes IX and X on Stream Selection on October 5, 2018. The Second Session for the students of Classes XI and XII on Career Choices & Selection was organized on October 12, 2018. Peer Educators Suryansh Utreja of Class X and Ishika Jain of Class IX welcomed Ms. Gagandeep Kaur, Director, Unique Psychological Services (UPS) to conduct this session. Ma'am is a Presidential Double Gold Medalist and a Child and Clinical Psychologist with a rich experience of more than 10 years. The students were briefed about Making Career Decisions by eliciting 10-14 parameters which helps one to decide one's career along with identifying and acknowledging strengths, weaknesses, abilities, interests, skills and various other factors. Common pitfalls with their psycho-social impact were explained. The students were given information about various Stream based career options along with examples like Careers based on Science, Commerce and Humanities Stream. The students were apprised about New Age Career options like Vocational Careers, Skill Based Careers, Career beyond and across different Streams. The school organized a session on Career Counselling for the Parents of the students studying in Classes IX to XII on October 13, 2018 where they were welcomed by Mrs. Arpita Acharya, Vice



Principal, Blue Bells Public School. The main motive of this session was to help them to understand the various career options available so that they can help their ward choose an option based on his/her aptitude, interest and passion. The last part of the session was an OPEN HOUSE where the parents were apprised of the new avenues and they were satisfied with the appropriate information of the options available in this global scenario. The parents were also apprised of the school's Career Counselling Committee, headed by Ms. Sushma Tyagi. Speaking on the occasion, Dr. Alka Saxena asked the students to introspect and find out their strength, aptitude and interest and then choose the stream in Class XI as that would be a deciding factor and help them achieve success in life by following their passion.



SAFE DIWALI CAMPAIGN: A PROUD ENDEAVOUR OF THE HEALTH & WELLNESS PROGRAMME

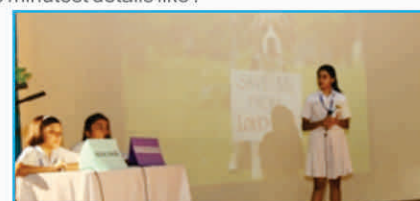


Diwali is a festival that signifies the triumph of light over darkness, good over evil, and hope over despair. However, in the recent years, extravagant celebrations have not only put a great strain on the environment, but have also put people's health at stake. While these celebrations may

seem fun, their far-reaching consequences are not. Air pollution levels rise to dangerous levels, energy and food wastage increases exponentially, plastic packaging and cracker debris litters the roads and several people and animals suffer physically. Keeping these environmental, health & safety factors as a major concern while celebrating the festival of light, The Health & Wellness Resource Center Team prepared the module on Safe Diwali for the students after thorough research with all the statistics and verifying data. The module was taken up for Classes III to XII from October 23, 2018 to October 29, 2018, by the Health and Wellness teachers and Peer Educators so that the feeling and values could be internalized and everyone could be sensitized towards the issue. To make it more interactive, interesting and absorbing, the entire session was presented in form of a Talk Show wherein the students were apprised about 'How To Celebrate A Safe And Green Diwali' by covering the minutest details like :

- The present way of celebrating Diwali and its harmful effects, (Supported by a video)
- The consequences of children working in cracker factories. Environmental & health hazards of not only crackers but also adulteration and generation of waste of flowers, gift wrappers etc.
- Pollution and other environmental factors
- Harmful effects on humans as well as animals during Diwali
- Wasteful expenditure
- Adulteration, over consumption of sweets and tips for dealing it.
- Safety tips to follow during Diwali (Do's and Don'ts)

The sessions 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. The students were urged by the team TO SAY NO TO CRACKERS and to celebrate a Safe & Green Diwali. It was an earnest attempt by the Health and Wellness Team to create sensitivity on the issue along with creating an understanding the real essence of celebrating Diwali.



GENESIS : HEALTH & WELLNESS FIESTA 2018-19



Adolescence is a period of transition and change that all children have to encounter as they embark on a process of self-exploration and self-discovery on the verge of adulthood. In this scenario, the inculcation of life skills have become mandatory to foster the harmonious and holistic development of the youth to enable them to combat the challenges of tomorrow. In sync with the objective of honing desired excellence by meticulously refining and polishing the 21st Century Skills, GENESIS- Health & Wellness Fiesta 2018-19, an Intra School event, was organized on October 31, 2018 under the aegis of the Health & Wellness Programme of the school. Genesis is an annual feature of the school to hone and sharpen the life skills of the multi talented youngsters today, as well as to provide a platform where Gen Now can share and exchange their creative, critical and innovative ideas. This year the Celebration was coupled with the festive spirit and the activities were designed to sensitize all on celebrating a Safe and Eco-friendly Diwali. The students were involved in plethora of activities which called for 100% participation and provided a platform to all to exhibit their understanding in most effective manner. Class VI was engrossed in Card Making / Footprint Designing, Class VII put their creative brains to design a Rangoli / Tattoo, Class VIII researched well and prepared Recipe Booklet of Homemade Sweets, Class IX made a Collage and Class XI

aesthetically designed the posters highlighting the issue in an expressive manner. This was an earnest attempt of the team to imbibe true essence of celebrating the festival which would not only bring eternal delight but also help in conserving the resources by helping in reducing the level of pollution.

→ SENSITIZING STUDENTS ON SAFETY : WORKSHOP ON SAFE TOUCH



The meaning of social interaction has changed with time. The volatile relationship paradigms require children to remain alert and updated on many issues; safety being a prominent one. Keeping in mind the necessity to sensitize students about keeping themselves safe, a module on safe touch was conducted in the months of October and November 2018. These sessions were taken with the students of Classes UKG to VIII by Value Education & Life Skills Education Facilitators in their respective Classes. The students were made aware of their body parts, especially their personal zones which are not to be seen or touched by anyone. The difference between safe & unsafe touches, adopting safety measures like - 'Say No', 'Scream', 'Run for Help' & and 'Tell' a trusted adult (Like; Parents, Teachers & Counsellors) were also shared with them. Module also aimed at educating students on vulnerabilities and threats that exist around them. It was conducted to support the cause of creating awareness on child safety. The session was summarized by showing age appropriate videos to students on safety suggested by CBSE and Gurgaon Police. The session added a lot of understanding regarding maintaining safety. The students put forth a number of queries which were attended well by the team.



During examinations, it is important for the students to be in a calm state of mind and to deal with any emotion which may be causing distress. To address the feelings and concerns of students and to help them manage their stress, an interactive module was conducted with the students. This session was taken by the Health & Wellness Resource Centre team for the students of Classes X, XI and XII in December 2018. The session included:

→ DISTRESS TO DE-STRESS : HANDLING EXAMINATION STRESS

During examinations, it is important for the students to be in a calm state of mind and to deal with any emotion which may be causing distress. To address the feelings and concerns of students and to help them manage their stress, an interactive module was conducted with the students. This session was taken by the Health & Wellness Resource Centre team for the students of Classes X, XI and XII in December 2018. The session included:

- Ways to identify stress
- Internal and external factors that lead to stress during examinations
- Identifying and dealing with automatic negative thoughts
- Managing time effectively through prioritizing and making SMART time table
- Being aware of obstacles to time management and how to handle it
- Tips to increase productivity
- Identifying and incorporating learning styles
- Importance of a healthy lifestyle. Like, balanced diet, regular exercise, good sleeping habits, and harmful effects that simulating activities like television, phones, video games, arguments, etc. can have before sleeping.

Lastly, a few concentration exercises along with a short progressive muscular relaxation and guided imagery were conducted. These exercises help in feeling calm, relaxed and increase concentration span. The session concluded on a positive note where it was shared with the students that they could connect individually with the counsellors for any further support.



→ SHRI B.D GULATI MEMORIAL INTER SCHOOL TABLE TENNIS TOURNAMENT



The enhancement of physical and mental development of children is the most important contribution of sports. It is also a powerful tool that breaks down all the barriers and helps us feel good about ourselves, both physically and mentally. In pursuance of this objective and to pay a tribute to our Founder Chairperson Shri B.D. Gulati ji, The school proudly hosted the Shri B. D. Gulati Memorial Table Tennis Tournament 2018 under the aegis of GPSC on October 25 & 26, 2018. Upholding the spirit of sports was the underlying theme. The Opening Ceremony on October 25, 2018 commenced with a very well coordinated and disciplined March Past followed by the Oath Taking Ceremony where the student leaders of participating schools administered the oath to play the game in the right earnest. The salute of the marching contingents was taken by Dr. Saroj Suman Gulati, revered Director, BBGS. Ma'am further declared the event open by playing the first ball of the first match. The students presented a breath taking dance on the theme - 'KHELO RE' highlighting the significance of playing the sports with right sportsman spirit for optimum gain and empowerment. The Closing Ceremony Cum Valedictory Ceremony held on October 26, 2018 was embellished with the illustrious presence of Dr. Saroj Suman Gulati, Director, Blue Bells Group of Schools who felicitated the winners of the Tournament. The occasion was also graced by Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS. A mesmerizing dance performance highlighting the Unity in Diversity of India through games and sports added vibrance & fervor to the event. **The Result of the Tournament :-**



CATEGORY	UNDER 17 BOYS	UNDER 17 GIRLS
WINNERS	DELHI PUBLIC SCHOOL, SEC - 45	DELHI PUBLIC SCHOOL, SEC - 45
FIRST RUNNERS UP	BLUE BELLS MODEL SCHOOL, SEC-4	MANAV RACHNA INTERNATIONAL SCHOOL
SECOND RUNNERS UP	MANAV RACHNA INTERNATIONAL SCHOOL	THE SAGAR SCHOOL



SPORTSTHALON - ANNUAL SPORTS FEST (NURSERY TO II)



The Pre-primary Wing of Blue Bells Public School presented Annual Sports Fiesta – "Sportsthalon" on December 08, 2018 in the school ground. The students from classes Nursery-II participated in the event with great zeal and enthusiasm.

The occasion was blessed with the pristine presence of Dr. Saroj Suman Gulati, esteemed Director, BBGS and Madam Soumya Gulati, Deputy Director (Academic Development & Innovation), BBGS graced the occasion as a revered Guest. Our Sports Mascot 'Playphal' along with his buddy cheerleaders welcomed Director Ma'am by presenting a badge and wristband. Director Madam declared the Sports Meet Open by untying the clapper.

Under the initiative and guidance of



Madam Soumya Gulati, Deputy Director (Academic Development and Innovations), BBGS, the Learning & Development team organized GALLERY WALK showcasing the learning outcomes through models, activity sheets and boards based on progression of Classes I and II on the theme - 'Animal World' and thematic interdisciplinary approach on 'Landforms' for class I and 'People Who Help Us' for class II. A parental corner was created to acquaint the parents with the change in pedagogies adopted by the school to bring in innovative practices to enhance the learning process. Photo gallery and Scroll displays were the special features wherein work and photographs of every student was covered for the parents to appreciate the involvement of their ward in multifarious activities. The integration of the theme 'Animal World' was even visible on the field in 'SPORTSTHALON'.

The Health & Wellness Team spearheaded by Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS, presented an overview of the Health & Wellness Programme. The display explicitly showcased the ideology of the programme enhancing Early Education, Value Education through School Cinema and Awareness on Safe Touch which works towards holistic development and would help in inculcating values and Life Skills. It also gave a fitting glimpse of various activities, sessions and Programmes conducted by the team. Director BBGS felicitated the winners with medals and congratulated the students for the marvelous presentation and wished all the Blue Bellians to be the custodians of rich sportsman spirit. Director Madam thanked all the parents for sparing their valuable time and being a part of the festivity. The event concluded with an energetic and peppy dance presentation. The vibrant performances of the students were heartily appreciated and applauded by all.



INTERNATIONAL CRICKET MATCHES WITH SRILANKA

"We can best teach character on the playing field, using sports to teach life's lessons."



The school organized International Cricket Matches between Under 16 Boys Team of Blue Bells, Gurugram and JCA, Srilanka in the School Grounds on December 28 & 29, 2018. The spirit of Internationalism was showcased as it fostered the spirit of brotherhood and provided a platform to the learners to become global citizens by transcending geo-political boundaries and adding a new dimension to the learning

perspective. In the two matches played, one match was won by JCA, Srilanka and the other by Blue Bells, Gurugram. The umpires then calculated the net run rate of both the teams in the matches and the Winners Trophy was lifted by Blue Bells, Gurugram because of the good net run rate. The school being the host passed on the trophy to the Runners Up, JCA, Srilanka. Man of Match was Karan Yadav with 53 runs and 2 Wickets for his all-round performance. Achint Desha, the Captain of JCA, Srilanka team bowled exceedingly well and was the Highest Wicket Taker with 4 Wickets. Maximum Runs Scorer was Karan Bhambu, Captain of Blue Bells, Gurugram team with 113 runs. Director Ma'am felicitated the students for their stupendous game planning and execution on the field. The Winners were also felicitated with Gold Medals for their marvelous performance and sportsman spirit they exhibited on the field for two days.



CELEBRATIONS GALORE

→ GRAND PARENTS DAY



The school celebrated Grandparents Day on September 29, 2018. The Grandparents were accorded a warm welcome with the traditional tilak and beautiful greetings made by the students. The school choir dedicated a special rendition "We Love You Dear Grandparents". To pay reverence to our elders Class III D presented a skit "Ode to the Grandparents". The students of the Primary Wing prepared for this heartiest tribute towards their Grandparents when they earnestly participated in Empezar - A Beginning (Health and Wellness Fiesta 2018 -



19) under the guidance of Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS. The theme of the Fiesta was to celebrate the bond of love between grandparents and grandchildren and the students participated in plethora of activities like Greeting Card Making, Book Mark Making, Collage Making and Creative Writing. The work done by the students was displayed during the Grandparents Day Celebration. Sanjeeta, Health & Wellness Ambassador and Irijiya Kalra, Peer Mentor expressed their sincerest gratitude toward the grandparents. As a part of School Enterprise Challenge, the students of Commerce Stream of Class XI put up a stall with their jewelry and artifacts designed in house during the celebration. The stall received a good response from all the visiting parents and grandparents and registered a record foot fall.

→ GANDHI SHASTRI JAYANTI : "MY LIFE IS MY MESSAGE"



Gandhi-Shashtri Jayanti is celebrated by the nation to commemorate the birth anniversary of Mahatama Gandhi and Sh. Lal Bahadur Shastri on October 2. The Primary Wing of our School paid homage to the noble souls with a special assembly "My Life Is My Message" on October 03, 2018. The highlight of the assembly was anecdotes from Gandhiji's life as a skit by the students of Class V - B. The skit depicted Gandhiji's life and how his principles guided the country towards becoming an independent nation. The students also presented a talk on the life of Sh. Lal Bahadur Shastri aiming at the power of unity and discipline to forge ahead in life.



→ DUSSHERA



Dussehra in Blue Bells Public School was celebrated with great enthusiasm. Keeping the festive spirit alive, Pre Primary and Primary Wing organized a special Assembly "Vedic Chants" on October 17, 2018.



→ DEEPAWALI - BE THE LIGHT TO ENLIGHTEN THE WORLD



The celebration of Deepavali - 'The festival of lights' came alive at the Primary Wing of School, on October 24, 2018 with the Special Assembly "Be The Light" conducted by Class IV A. To carry the message of Green Diwali forward, a creative endeavour Inter House Art Competition - The Heritage of India was also conducted. Students made Monuments of



India and wrote slogans about conserving the monuments from Land, Air and Noise pollution thus preserving the architectural marvels of India. Students adorned their classrooms and homes with a creative outlay of Ethnic Garlands and Mobile Craft using crepe paper as a part of Diwali activity.

→ FOUNDATION DAY



The true purpose of education, it is rightly said, 'is to replace an empty mind with an open mind' for when it comes to learning and acquiring knowledge, the sole objective of the learner is to be at the receiving end and with an open mind permit the influx of knowledge. Thus, the objective of the school has always been to provide holistic education and all - round development to the youngsters to meet the challenges of the 21st century educational mindscape. To provide a unique learning platform to the students to unleash their hidden potential, our Founder Chairperson Shri B. D. Gulati ji and Director Dr. Saroj Suman Gulati envisioned a dream and now this dream has taken a shape of a beautiful reality in form of Blue Bells Public School. The foundation stone of this unique institution was laid on October 25, 2001. To commemorate this day, Foundation Day was celebrated in the school with utmost enthusiasm on October 25, 2018. The spirit of celebration was evoked by an auspicious Hawan Ceremony graced by Dr. Saroj Suman Gulati, esteemed Director, BBGS and was attended by the students of Class XII.

CHILDREN'S DAY



The school celebrated Children's Day with unique endeavours on November 14, 2018, commemorating the birth anniversary of Pt. Jawahar Lal Nehru, the First Prime Minister of independent India in the truest sense. In an effort to enhance the sensitivity towards environment, the school, in association with 'I AM GURGAON', an NGO, participated in a drive against the threat to Aravali Biodiversity Park (ABDP). The park is threatened by the construction of a 6 lane highway through it. The idea behind the effort is to bring the attention of



the government authorities to the future they are proposing for our children by destroying this urban forest which functions as a huge carbon sink and water recharge zone for Gurgaon city. Blue Bellians joined other schools and formed a massive human chain inside the city forest to showcase their concern for conserving the resources for future generations. It was an earnest attempt of the school to serve the society in a remarkable way.

ANHAD NAAD – GURUPURAB



Gurpurab also known as Guru Nanak's Prakash Utsav is celebrated to commemorate the birth anniversary of Guru Nanak Dev Ji. To celebrate this propitious festival, Primary Wing of Blue Bells Public School organized a special assembly "AnhadNaad" with great zeal and enthusiasm on November 21, 2018, presented by Class V D.



CELESTIAL SOJOURN



The very nature of a visionary is that they see what others miss. They see vivid dreams, opportunities and desires in their imaginations and then spend their days breathing life into it. Shri B. D. Gulati Ji, the Founder Chairperson Of Blue Bells Group of



Schools was one such indomitable spirit whose cherished dream was to give back to society in his own humble way. To pay reverence to Honourable Founder Chairman Sir, Sh B.D Gulati Ji and to root the students to the power of the self - exploration connecting with the Divine, an Inter-House Spiritual Presentation - Celestial Sojourn was presented by the Primary Wing of Blue Bells Public School on November 27, 2018. The program was presided over by revered Dr. Saroj Suman Gulati, Honourable Director, Blue Bells Group of Schools and Dr. Alka Saxena, Deputy Director, Health and Wellness, Blue Bells Group of Schools. All the four Houses presented soulful renditions to pay tribute to Sir Sh. B.D Gulati Ji - Ram Ka Gungaan, Sai Teri Yaad, Bhajman Ram and Mere Man Mein. The event aimed at inspiring the students to learn from the legacy created by Sir Sh. B.D Gulati Ji. Speaking on the occasion, Director Madam shared with the students that Sir strongly believed that if the personality of the child is positively groomed in their formative years they grow up to become socially and ethically responsible citizens and hence, an asset for their country. She also appreciated the dedicated efforts of the students. The soulful melodies touched the hearts of all present at the event.

BBMUN 2018

"Great opportunities seldom come without us seeking them, but such a rarity did become a reality."

BBPSMUN conducted on December 19, 2018, was extremely exciting for both the organizers and the participants. The students from the school took part in these simulations and staged a model performance of the actual event. This process was very enriching for all the members of the team, in terms of gaining vital insight into the politics and diplomacy of today's world. The platform got bigger this year with 6 committees as



its part namely - The Union of European Football Association (UEFA), United Nations Human Rights Council (UNHRC), United Nations Security Council (UNSC), United Nations Environment Programme (UNEP), United Nations General Assembly (UNGA), All India Political Party Meet (AIPPM). The students from Class VIII to XI participated in the one - day long conference and portrayed their debating and analytical skills. The chair effectively and firmly stated the rules and asked everyone to maintain the decorum of the conference room which was followed by the delegates religiously. The delegates and the chair were enthusiastic and willing to start the conference. The Executive Board (EB) also highlighted about the chapter VII of UN Charter which says to Determine, Challenge & effect and propose Solutions.

EXCURSIONS

→ VISIT TO QUTUB MINAR - CLASS NURSERY



Exposing children to newer experiences arouses their curiosity about the world around them. Hence the children are given opportunities to encounter things they only get to read about, encouraging them to explore and learn about what lies beyond the four walls of the school, and gain confidence to take on the world. Nursery went to Qutub Minar and had great fun there.

→ VISIT TO RAIL MUSEUM - CLASS LKG



The National Rail Museum focuses on the Rail Heritage of India. The Major attractions are - Gallery of Indian Railway History, toy train rides, engines from very start to latest ones. The students took a round of the park and observed the different Engines and carriages. They visited the Mini museum which had an interesting display of the parts of Train.

→ VISIT TO HUMAYUN'S TOMB - CLASS UKG



A trip was organized for the students of class UKG to the great Mughal Emperor Humayun's Tomb in New Delhi. Humayun's Tomb is known for its perfect symmetry, geometric Islamic patterns as well as traces of Hindu culture.

→ CHRITSMAS CELEBRATION - NUR - UKG



The school adorned hues of red, white and green to celebrate Christmas in it's full glory. Corridors were decorated with stars, bells and bunting. Excited little ones dressed up as Santas could be seen giggling, chirping around. The Pre-Primary Wing of the school spread the festive fervor with a Special Assembly - "Joy To The World" conducted by the students of Class UKG on December 21, 2018.