

BRAHM DUTT BLUE BELLS PUBLIC SCHOOL
SECTOR 10, GURUGRAM

e-NEWSLETTER

OCTOBER TO DECEMBER 2022



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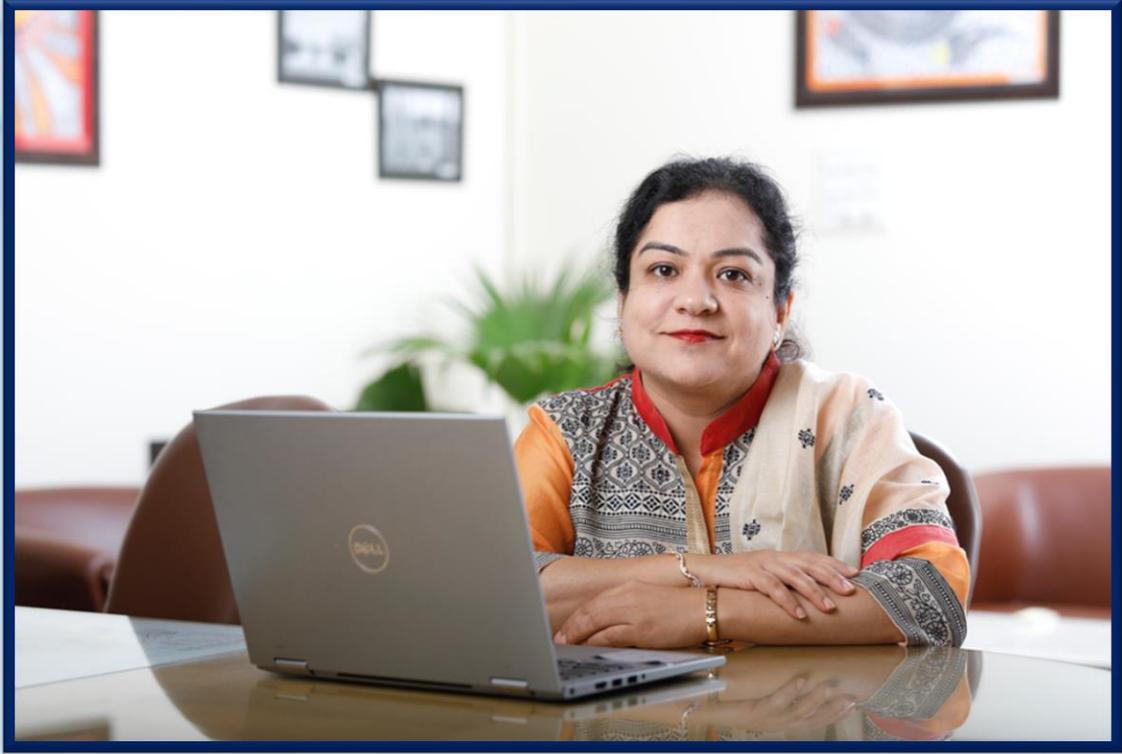
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FROM THE DESK OF DEPUTY DIRECTOR (IT), BBGS



Dear Readers

As the year comes to an end, we look back with joy, gratitude and contentment with all that we have achieved and the lessons learnt so far. We move ahead into the new year with new hopes and energy. It is indeed reassuring to see how schools and life in general have resumed back to normal after the long pandemic. It was a pleasure to be part of the IT event, Cybertronix, held offline this year after a long gap.



In the coming session, we aim to make the school a Cyber Safe place and create as much awareness among students, staff and parents, so that the next generation can become Cyber 'happy' netizens. The importance and urgency of Cyber Security cannot be emphasized enough. With pride and immense pleasure I would like to share that Cyber Expert, Mr. Rakshit Tandon has joined Blue Bells Group of Schools as an Advisor on Cyber Security. We hope that under his guidance, students will learn and achieve many milestones.

Wishing a Safe Cyber world to the coming generations.

Warm Regards

Anshuka Aneja

Deputy Director IT

Blue Bells Group of Schools





Hall *of* FAME



DR. ALKA SAXENA, DEPUTY DIRECTOR (HEALTH & WELLNESS), BBGS CONFERRED WITH THE ICON OF THE YEAR AWARD



Dr Alka Saxena, Deputy Director (Health & Wellness), BBGS, a legendary visionary was conferred with the prestigious 'Icon of the Year Award' organized by Citizens Integration Peace Institute for her relentless and innovative contribution in the field of Education towards the nation.



September 30, 2022

BLUE BELLS PUBLIC SCHOOL

RANKED AMONG THE

TOP

10

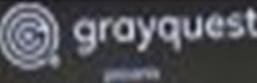
**CBSE CO-ED DAY SCHOOLS
IN GURUGRAM**



EW SCHOOL RANKING AWARD



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

 grayquest

Ranked Gurugram #10
By Education World India School Rankings 2022-23

Connect us: bbpublic@bluebells.org / www.bluebells.org/bbpublic

The School was ranked among the TOP TEN in the Co-ed Day Schools category in the Education World India School Rankings 2022-23.



NORTH INDIA'S SCHOOL MERIT AWARDS



**Blue Bells Public School,
Sector 10, Gurugram
is ranked No. 1 as
North India Merit Award**

Congratulations

Certificate of Achievement
THIS CERTIFICATE IS PROUDLY PRESENTED TO
Blue Bells Public School
SECTOR 10, GURUGRAM, HARYANA
Ranked No. 1 in
Future-Proof Learning Infrastructure
CATEGORY- CBSE
STATE- HARYANA
for exemplary contribution in the field of education

CBSE Category (Haryana): Future – Proof Learning Infrastructure

The School was ranked No.1 for “Future-Proof Learning Infrastructure” in Haryana, in the CBSE Category for North India’s School Merit Awards survey conducted by Education Today. North India’s School Merit Awards are based on Jury Ranking, Parents’ Votes & Survey Analysis.



COVID VACCINATION AWARD

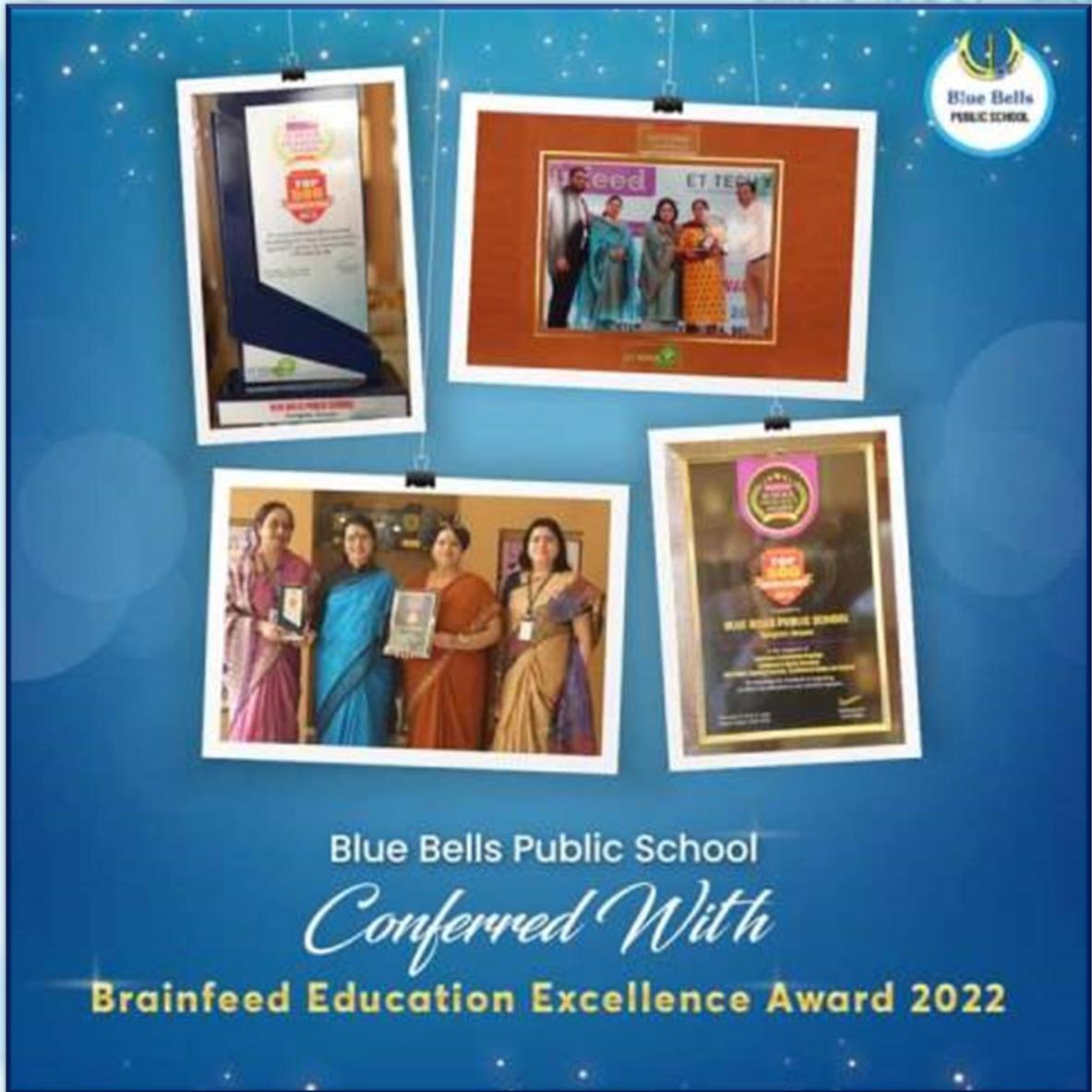


Under the able leadership of Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS, the school has ardently carried out the goal of vaccinating all the staff, students, and people in the nearby vicinity with Covid 19 antidote. The school was awarded with a Certificate for reaching the 100% target of Covid Vaccination from the Health Department, Government of Haryana. This award is a proud testimony to the vision of the school for constructively contributing to the noble cause and giving back to society in the most effective manner.



November 15 , 2022

BRAINFEEED EDUCATION EXCELLENCE AWARD 2022



The School was awarded the School Excellence Award 2022. The school received the award in the category of Excellence in Innovative Practices, Excellence in Sports Education, Best Online Teaching Practices, and Excellence in Safety & Security for enriching the standards in imparting excellence in education to GenNext learners.



ICT SEAGULLS 2022



The students of the school got a wonderful opportunity to be a part of a prestigious project with ICT Seagulls which opened new horizons of learning for them.

The students worked under the guidance of Dr. Hayal Koksal Hoca (ICT SEAGULLS) and their other mentors from school on the Project: Paris Agreement and Solutions for the Climate Problem of the World . They took significant initiatives to create awareness about the drawbacks of increasing temperature and the urgent need to work for ensuring sustainability of the planet Earth.

October 01 , 2022

AAKASH LAAD FROM THE BATCH OF 2013 APPRECIATES HIS ALMA MATER

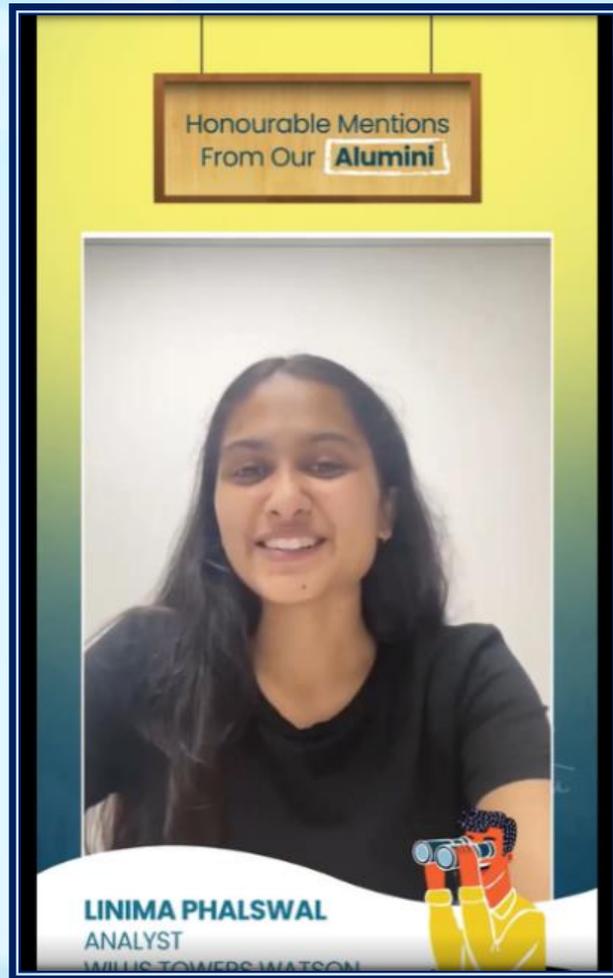


Aakash Laad, from the batch of 2013, looks back at a beautiful chapter of his life: his schooling from. Currently serving as the Assistant Manager at the Mumbai-Ahmedabad Bullet Train Project, he talks lovingly of the trust he placed in himself and how the confidence he gained through his years in have helped him be the well-rounded.



October 25, 2022

LINIMA PHALSWAL FROM THE BATCH OF 2018 EXPRESSES GRATITUDE FOR THE ALMA MATER



We have been fortunate to be in touch with our alumni. One such grateful alumni is Linima Phalswal from the batch of 2018. She is currently serving as an Analyst at Willis Towers Watson.



November 18, 2022

ALUMNI SPEAK



Prashorya Negi from the batch of 2018, currently pursuing his Master in Economics looks back at his schooling from Blue Bells Public School with nothing but pure gratefulness.



November 18, 2022

MAHIMA MUNJAL FROM THE BATCH OF 2017 EXPRESSES GRATITUDE



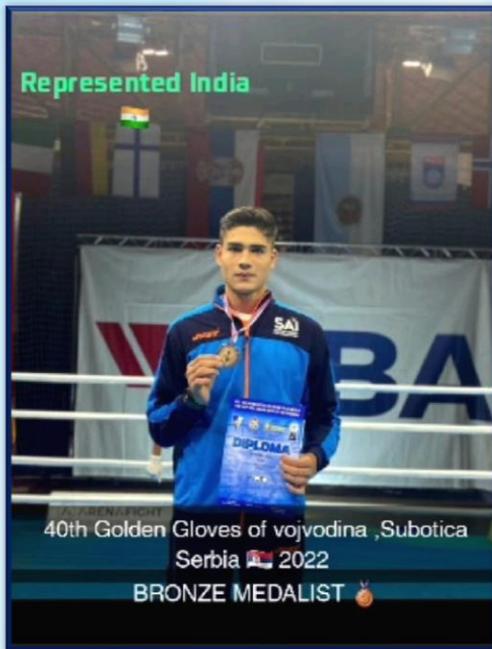
Our alumnus never fails to impress us with their journeys after they walk out of the school campus. We welcome yet another shining star to grace us with what they have to say about the wonderful time they spent here at school. Meet Mahima Munjal from the batch of 2017, who is now working as a Software Engineer at Nagarro.

Watch the video to hear what she had to say.

<https://fb.watch/h0EYS5T4sb/>

September 26, 2022

INTERNATIONAL ACCLAIM FOR BBPS AS ISHAAN SECURES BRONZE MEDAL AT 40TH GOLDEN GLOVES AT SERBIA 2022



Ishaan Kataria from Class has secured the Bronze Medal in the 80 Kg Youth Category by defeating his opponent from USA at the 40th Golden Gloves of Vojvodina Men's Youth Boxing Tournament 2022.

The event took place in the Sports Hall of Subotica in Vojvodina, Serbia. The youth tournament featured 200 boxers from 22 countries and serves as a warm-up for the next IBA Youth World Boxing Championships in La Nucia, Alicante in Spain.



September 26, 2022

SHREYA DADHICH MAKES IT TO THE NATIONAL LEVEL IN 25th YOUTH VOLLEYBALL CHAMPIONSHIP



“ Excellence is an art won by training and habituation.” - Aristotle



October 08, 2023

POORVA YADAV CREATES HISTORY AS THE CRICKET CHAMP



Poorva Yadav from Class VIII of Blue Bells Public School was selected for (UNDER 17) SGFI District Cricket Tournament. Also, Poorva is the first girl from BBPS to have made it to the District Level.

“Champions have deep inside them, a dream, a vision and desire.”



October 22, 2022

BLUE BELLIAN'S SHINE AT DISTRICT YOGA CHAMPIONSHIP - 2022



In Gurugram District Yoga Championship – 2022., the school bagged :-

6 Gold Medals

16 Silver Medals

16 Bronze Medals

Overall Trophy Girls' Category for winning a maximum number of medals.

“Yoga is known to be beneficial for the physical and emotional health of children. ”



October 29, 2022

AYUSHMAN BHAVA ONLINE INTER-SCHOOL COMPETITION



Two students of Class IX, Jasmita Kumar and Jiya Kapoor participated in the Competition' and bagged the First Prize in a battle of the healthiest or most organic dishes, without compromising the taste and flavour.

'Creative people make the pursuit of excellence their habit, they move from mundane to the optimum.'



October 29, 2022

ECO CHAMP SCIENCE EXHIBITION 2022



The students of the Senior Wing made their alma mater proud as they bagged Third Position in Science Exhibition at the Inter-school Event Oorja hosted by DPSG Palam Vihar, Gurgaon.

“Creativity is thinking up new things. Innovation is doing new things.” — Theodore Levitt



October 29, 2022

REMARKABLE PERFORMANCE BY BLUE BELLIAN IN BBIMUN 2022



Dhriti, Special Mention, Committee United Nations Women

Saksham, High Commendation, United Nations General Assembly

'Debate and deliberation can stir the soul of democracy.'



October 31, 2022

STERLING PERFORMANCE BY BLUE BELLIANs AT SCIENCE FIESTA- IGNITE 2022 HELD BY S.D. ADARSH VIDYALAYA



Unnati Sharma and Shruti Gupta from Class V bagged the First Position in the event 'Know Me More' held as a part of Science Fiesta- Ignite 2022. They presented a 3D model of the ecosystem of the North Eastern region of India.

'Only the exceptional paths bring exceptional glories!'

November 07, 2022

A SPLENDID VICTORY AT GPSC UNDER-14 CRICKET TOURNAMENT



Under-14 Cricket Team of Blue Bells Public School made its alma mater proud by winning the Cricket Tournament organized by Ridge Valley School, under the aegis of GPSC.

Yug Yadav was awarded as the MAN OF THE MATCH for his excellent performance.

Best Batsman Of The Tournament - Jayant Yadav

Player Of The Tournament - Yug Yadav

'Dreams come true for those who work towards them tirelessly.'



November 07, 2022

CREATIVE SYNERGY, SYMPHONY, AND EXPRESSION BY BLUE BELLIANIS IN AMITY INTER SCHOOL DEBATE COMPETITION



Sunanya Juneja and Punya Anand, articulated their thoughts in the most effective manner to clinch the coveted Third Position and Consolation Prize respectively in the prestigious Inter School Debate Competition at Amity International School, Sec-43, Gurgaon in association with Power Grid Corporation of India Ltd. under Vigilance Awareness Week.

“The art of art, the glory of expression, and the sunshine of the light of letters is simplicity.” -William Shakespeare



November 09, 2022

LITE CRAFT :AN ONLINE INTER-SCHOOL COMPETITION BY SETH ANANDRAM JAIPURIYA SCHOOL, LUCKNOW.



2022 to 2023

Blue Bells PUBLIC SCHOOL

Student Achievement

HEARTIEST CONGRATULATIONS!

Sushant Yadav
Class X D

Yash Deep Lamba
Class X D

For achieving 3rd position in
Lite craft
(Minecraft)

Online Inter-School Competition
Organised by Seth Anandram
Jaipuriya School, Lucknow

Sushant Yadav and Yash deep Lamba of class X D, bagged the III Position in Lite Craft(Minecraft).

“Creativity is inventing, experimenting, growing, taking risks, breaking rules, making mistakes, and having fun.” — Mary Lou Coo



November 09, 2022

GLITTER-LITERATI AJANTA PUBLIC SCHOOL



Charvi Vashisht performed exceptionally well in the self-composed Rap Song category RAP-O-MANIA, based on the theme SDG-13, Climate Action and bagged the Second Position in the event.

‘Creative effort is the root of all achievements.’



November 12, 2022

INTER SCHOOL IT FEST AT MODERN SCHOOL



The team from Blue Bells Public School bagged the Second position in AIM MOD Valorant Competition and made their alma mater proud.

“Every artist dips his brush in his own soul, and paints his own nature into his pictures.” — Henry Ward Beecher



November 14, 2022

LAURELS AT INTER-SCHOOL HOSTED BY APPEEJAY SCHOOL, DELHI



Chandramouli Sinha and Ranya Kalkal of class XI secured First Position in Shark Tank.

The Second Position in the event TOONTASTIC was bagged by Piyanshu and Gyanav of class VIII. Using their creative skills, they made an exemplary animation on the topic Retrofuturism.

Vanshika Dhingra (VII) made us proud by securing Third Position in the event POWERFLOW wherein she made a winning PowerPoint Presentation on the theme Retrofuturism.

“The world is but a canvas to the imagination.” — Henry David Thoreau



November 16, 2022

MI-ME MULTIPLE INTELLIGENCE FEST SUNCITY SCHOOL



- Prisha Bhatia from Class VIII got the First Position in Agility.
- Kushagra Luthra from Class XI got the Second Position in the event Design Thinking.
- Samya from Class VII got the Second Position in the event Design Thinking
- Ashvi Gupta of Class V bagged the Second Position in the event VUCA World.
- Yatharth Gaur from Class VII got Second Position in the ACE category.
- Anushna from Class X got Third Position in the ACE category.

“When we engage in what we are naturally suited to do, our work takes on the quality of play and it is play that stimulates creativity.”

Linda Naima



November 21, 2022

IGNITE-2022 - G.D. GOENKA PUBLIC SCHOOL, ROHINI, NEW DELHI



- *First Position in the event Technological Cave , Paras Luthra from Class IX C and Shreya Agarwal from Class XA successfully made the best 360° video and proved their mettle. They showcased what life will look like in the year 2030 aided by artificial intelligence.*

“Creativity is... seeing something that doesn’t exist already. You need to find out how you can bring it into being and that way be a playmate with God.” — Michele Shea



November 21, 2022

BLUE BELLS PUBLIC SCHOOL LIFTS THE WINNERS TROPHY AT GD GOENKA TRIDENT TOURNAMENT



School U-19 Boys team won and bagged the First Position with the Winners Trophy.

Girls' Soccer team proudly bagged the First Runner-Up Trophy in the same tournament. Mugdha Kalia of Grade X bagged the Best Player of the tournament.

“I shall become a master in this art only after a great deal of practice.”

— Erich Fromm



ICE SKATING



- *Jiya Mehta from Class XII has bagged 2nd Position in the 6th Haryana State Speed Ice Skating Championship in 17-19 years category,*
- *Jiya is also been selected for the 18th National Speed Ice Skating championship which will take place in the month of January 2023.*

*“The most potent muse of all is our own inner child.”–
Stephen Nachmanovitch*



November 25, 2022

MARVELLOUS ACHIEVEMENT OF BLUE BELLIANIS AT LPS INTER-SCHOOL



- *Ishaan Singh and Vansh Ahlawat of Class VII B bagged the First Position in the event 'AI - 3D Model'.*
- *Trisha Gupta of Class II B and Krisha Gupta of Class I-C bagged the Second Position in the event 'Festival Diorama'.*

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



November 25, 2022

'FEST-A-FIESTA-2022' AT BLUE BELLS PREPARATORY SCHOOL.



Dimyra Khatreja, our little artist of Class Prep bagged the Second Prize in the event 'Gate to Glory.'

She decorated the given image using 'Best out of Waste' material by applying different techniques..

"Small daily improvements over time lead to stunning results."

–Robin Sharma



'OUT TO SPROUT- 22' AT BEANSPROUTS SCHOOL



- *Kashvi Chauhan, Nishant Bansal, Naysha Banga and Rudraksh Gulrajani from Grade UKG bagged the Second Position in the event 'Nriya Sangam'.*
- *Nimisha Kaushik, Yukta Bhardwaj Aadvik Singhal of Grade I bagged the Third Position in the event 'Jashan 2050'.*
- *Tuviksh Sharma of Grade Prep, Ira of Grade LKG, Dhairya Mittal of Grade UKG and Akshaj Katarial of Grade I bagged the Third Position in the event 'Ogaan Parvah'.*
- *Ms. Poonam Midha, Early Years Educator, participated in the event 'Rang de Basanti' and bagged the coveted First Position.*

"Things work out best for those who make the best of how things work out. "–John Wooden

November 28, 2022

SPORTS FIESTA AT G.D. GOENKA PUBLIC SCHOOL



Our little skaters Aarvi from Class II bagged a Silver Medal and Ayush Bhatt from Class III clinched a Bronze Medal.

"Skating is a beautiful mixture of art and sport. -"Katarina Witt



November 28, 2022

INTER-SCHOOL SKATING COMPETITION AT K.R. MANGALAM SCHOOL.



For their impressive Skating Skills and swizzles, Lavanya from Class IV received a Silver Medal and Ayush Bhatt from Class III received a Bronze Medal.

"I just think that it is magical having to glide across on skates." -Debi Thomas



December 01, 2022

CBSE VOLLEY BALL CLUSTER



School Volleyball Girls' Team has bagged the Runner-up position in CBSE Clusters. To add glory to the achievement, Shreya Dadhich of Class XII B has been awarded as the Best Attacker of the tournament.

“A dream becomes a goal when action is taken toward its achievement.” — Bo Bennett



December 01, 2022

SPORTS FIESTA AT G D GOENKA PUBLIC SCHOOL



Chirag Yadav of Class IX A secured Third Position in Table Tennis Tournament organised as a part of Sports Fiesta at GD Goenka Public School, Gurgaon in the U-18 category..

“The roughest roads often lead to the top.” — Christina Aguilera



December 02, 2022

TREMENDOUS SHOW OF SKILLS AT SKILLOTSAV BY DAV SCHOOL, SECTOR-14



Jiya Mehta and Tamanna Yadav from Class XII bagged the FIRST PRIZE in AI MODEL DEVELOPMENT. They created a working model for an effective Home Security System, winning the applause of the judges and audience alike.

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



December 10, 2022

SGFI STATE UNDER 17 GIRLS CRICKET TOURNAMENT



Poorva Yadav from Class VIII exhibited a winning performance in SGFI STATE UNDER 17 GIRLS CRICKET TOURNAMENT. In the final match against Panipat, Gurugram Cricket Team won the toss and booked its place to bowl first. Poorva took TWO wickets in her TWO overs by giving Eight runs. The Team won the Final Match by Eight wickets.

“Every achievement is a servitude. It compels us to a higher achievement.” — Albert Camus



December 08, 2022

HARYANA STATE BADMINTON CHAMPIONSHIP



Devyansh Baweja from Class XII C represented the Gurugram Team in the Under-19 category in Haryana State Badminton Championship and made his alma mater proud by bagging the Runner-up position in the tournament. He will next be representing the Haryana Team in the School Games Federation of India (SGFI) National Badminton Championship.

“Happiness lies in the joy of achievement and the thrill of creative effort.” — Franklin D. Roosevelt



INTER-SCHOOL COMPETITION 'MOSAIC 2022' -- K.R. MANGALAM WORLD SCHOOL



- *Blue Bellians were on a winning spree as they made a clean sweep and bagged the OVERALL TROPHY .*
- *Adhrita Srivastava of Grade LKG bagged the First Position in the event 'Dress to Impress' for the aesthetic appeal of her theme-based costume and her amazing confidence.*
- *Another feather was added to our cap as Rishvi Gulrajani of Grade UKG bagged the First Position in the event 'Gender Parity'. She presented a foot-tapping musical rap on SDG 5 'Gender Equality'.*
- *Continuing the success saga, the students of Grade III bagged the coveted First Position in the event 'Pantomime'.*
- *Navika Chutani of Grade II bagged the Second Position in the event 'Rhythmic Twirl'.*

"Persistence, determination, and a belief in yourself are what it takes to be a winner and carve your way to the top."



December 19, 2022

RECALIBERATION 2022 AT DPS, SUSHANT LOK



- A team of **FOUR** students from Grade XI of Blue Bells Public School gave a superlative performance in **TGAMATICS**, an Inter-school Math event organised by DPS School, Sushant Lok, and bagged the First Position..

‘ Mathematics is the poetry of logical ideas .’

ATL TINKERFEST ORGANISED BY DAV, SECTOR 14



- *Tanuj Sharma and Kushagra Luthra of Grade XI got First Prize in the event Designathon under the theme -Sustainable Development Goal 9: 'Industry , Innovation and Infrastructure. ...*
- *Vanshika Asthana and Anishka of Grade XI got First Prize in the event 'Innovation Accumulation'. They built an 'ACSAFE'- a GPS tracker with voice recognition safety device, based on STEM.*
- *Students of Grade VII Saavi Chauhan, Aytharv Garg and Daksesh Khatri got Third Prize in Robolution. They made two robots (1 programmed and 1 manually operated) that can finish the given task in 5 minutes.*

“Make EVERY journey a challenge, so YOU get to CELEBRATE EVERY achievement along the way!” — Roz Fruchtman



CYBER SECURE



BEFORE YOU USE THE INTERNET, TAKE TIME TO UNDERSTAND THE RISKS AND LEARN HOW TO SPOT POTENTIAL PROBLEMS.

TAKE A MOMENT TO BE CERTAIN THE PATH AHEAD IS CLEAR. CONSIDER HOW YOUR ACTIONS ONLINE COULD IMPACT YOUR SAFETY.

STOP THINK CONNECT

ENJOY THE INTERNET WITH GREATER CONFIDENCE, KNOWING YOU'VE TAKEN THE RIGHT STEPS TO SAFEGUARD YOURSELF AND YOUR COMPUTER.



Our systems generate files to facilitate seamless operational flow. Once their purpose is served, these files are rendered useless, and they clog up storage while slowing down your system. An unsecured system always runs the risk of being infected by cyber threats.

Learn how you can clean up your system for a refined computing experience.

A SPOTLESS **DIGITAL DOMAIN** FOR A

SAFE

— AND —

**ENJOYABLE COMPUTING
EXPERIENCE**



HYGIENE TIPS FOR A

GOOD

COMPUTING

EXPERIENCE



A SPOTLESS **DIGITAL DOMAIN** FOR A

SAFE

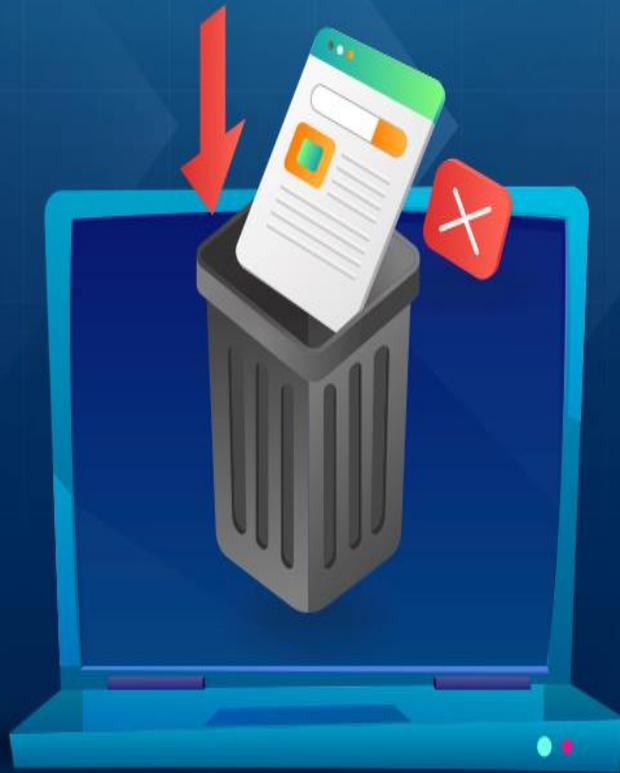
— AND —

**ENJOYABLE COMPUTING
EXPERIENCE**



Clean Junk Files

It's important to ensure temporary files are cleared out and trash cleaned



• Get Good • **Antivirus**

Having a premium subscription to Antivirus Software is well worth the money



Update Software

Regularly

Update your apps, web browsers, and operating systems to be up to date with patched possible glitches



While one of the best ways to secure online assets is a tough password, most of us almost always trade security in exchange for convenience by settling for "easy to remember" or "quick to type" ones.

That, is where security concerns arise. In today's instalment of Cyber Awareness, we bring to you a few tips you can use to fortify your online accounts with the strongest passwords you can create.

How to
Keep Your
ONLINE
Accounts >>>>
Safe and Secure



Information You Should Never Include in Your Passwords :

- Your pet's name.
- Your birthday or that of family members.
- Any words related to your hobby, job, or interests.
- Part of your home address including, city/town, street, house/apartment number, or country.
- Your name or the name of a family member.



Do not use sequential numbers or letters

Common passwords like 1234 or ABC or XYZ are first guesses for hackers and cyber criminals



Use Unique Passwords for Every Login

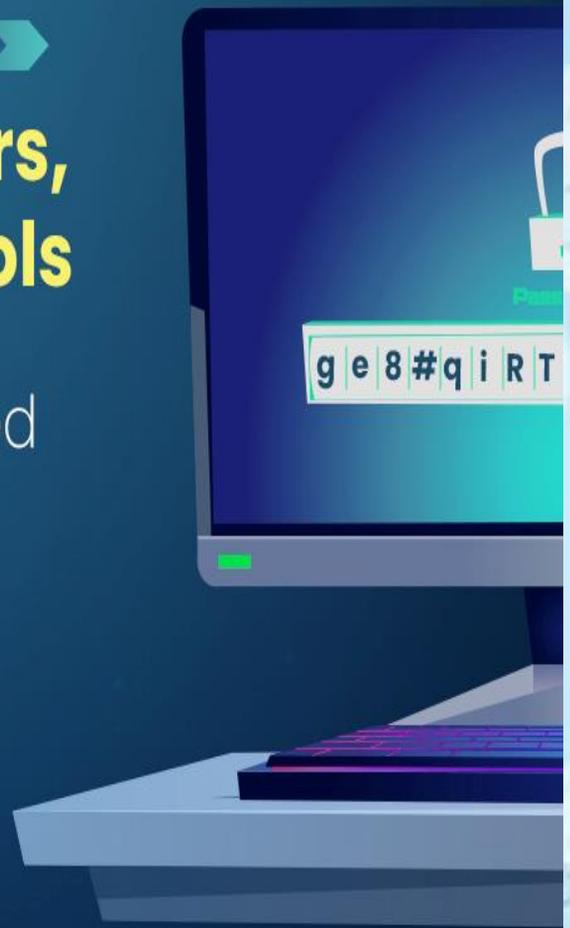
If hackers get hold of your credentials, they might try to log into your other accounts using the same username and password combination



**Use a combination >>>
of at least eight letters,
numbers, and symbols**

Combine different unrelated
words in your password or
passphrase like

9SpidErscaKetobogGaN





»»» **Do not include
your birth year or
birth month/day
in your password**

Cyber criminals
can easily find this
information by snooping
into your other social
media accounts





CELEBRATE!



October 09, 2022

GRANDPARENTS' DAY



'A grandparent is a parent, a teacher and a friend, all rolled into one.'



October 20, 2022

DIWALI CELEBRATION



'The greatest significance of Diwali is to light up new, bright and colourful dreams and fresh hopes.'



October 21, 2022

INTER-HOUSE RANGOLI COMPETITION



- 1st Position Sarojini Naidu House
- 2nd Position C. V. Raman House
- 3rd Position Kalpana Chawla House
Radha Krishnan House

'May the supreme light and colours illumine our minds, enlighten our hearts and strengthen our bonds.'



October 21, 2022

DIWALI CELEBRATION (PRIMARY WING)



‘May the light of diyas lead us onto the road of growth and prosperity.’



October 21, 2022

DEEPOTSAV: ILLUMINATING MINDS, ENLIGHTENING HEARTS AND STRENGTHENING BONDS



'The festival of light is here, let's join in and bring the festive cheer.'



October 21, 2022

THEATRIX 2022- A TWO-DAY EXTRAVAGANZA OF EMOTIONS AND ENERGY



“Drama is exposure; it is confrontation; it is a contradiction and it leads to analysis, construction, recognition, and eventually to an awakening of understanding.” – Peter Brook.



October 21, 2022

THEATRIX 2022- A TWO-DAY EXTRAVAGANZA OF EMOTIONS AND ENERGY



Theatre is a strong medium of communication."



October 21, 2022

THEATRIX 2022- A TWO-DAY EXTRAVAGANZA OF EMOTIONS AND ENERGY

THEATRIX 2022 INTER HOUSE THEATRE FEST ENGLISH PLAY

PLAY	HOUSE	POSITION
Ivanov	C.V. Raman	I
Imaginary Invalid	Radha Krishnan	II
The Cherry Orchard	Kalpana Chawla	III
The Miser	Sarojini Naidu	IV

HINDI PLAY

PLAY	HOUSE	POSITION
Boodhi Kaki	Kalpana Chawla	I
Panch Parmeshwar	Radha Krishnan	II
Mantra	C.V. Raman	III
Ek Aur Dronacharya	Sarojini Naidu	IV

“The hues of emotions that the grand stage witnessed over the two days is the testimony to the talent and skills that Blue Bellians possess.”



CATEGORY WISE AWARDS

S.No.	Award	Name
1.	Best Supporting Actor Male (English)	Atulya (Valera -SN)
2.	Best Supporting Actor Female (English)	Ranya(Toinette- RK)
3.	Best Supporting Actor Male (Hindi)	Banaj (Jumman Sheikh-RK)
4.	Best Supporting Actor Female (Hindi)	Priyanshi (Roopa- KC) Juhi Arora (Dhanno- RK)
5.	Best Actor Male (English)	Priyansh (Argan-RK)
6.	Best Actor Female (English)	Chandramouli (Sasha-CV)
7.	Best Actor Male (Hindi)	Vyom Gupta (Budhi Ram- KC)
8.	Best Actor Female (Hindi)	Navya(Boodhi Kaki- KC)
9.	Best Student Director (English)	Aaina Yadav/ Vani Wason (Ivanov) CV
10.	Best Student Director (Hindi)	Lakshita(Boodhi Kaki - KC)
11.	Best Play (English)	Ivanov (CV Raman)
12.	Best Play (Hindi)	Boodhi Kaki (Kalpana Chawla)
	Running Trophy	KALPANA CHAWLA
	Position II	RADHA KRISHNAN
	Position III	C V RAMAN
	Position IV	SAROJINI NAIDU



October 31, 2022

22nd FOUNDATION DAY



'Blue Bells Public School celebrated its 22nd Foundation Day with reverence, great enthusiasm, and zeal.'



INTER HOUSE COMPETITION ON THE THEME – ‘EAT RIGHT AND EAT HEALTHY’



Position	Poster Making (VI-VIII)	Rangoli (IX-XII)	Bulletin Board (VI-XII)
I	Pari Kaushik (VII B) (SN House)	Himanshi (IX B) (SN House)	Sarojini Naidu House
II	Pranchal (VIII B) (KC House)	Meghna (X C) (RK House)	C.V. Raman House

‘Human being is a master of his /her own health as it is the only wealth.’



November 04, 2022

HARYANA DAY CELEBRATION



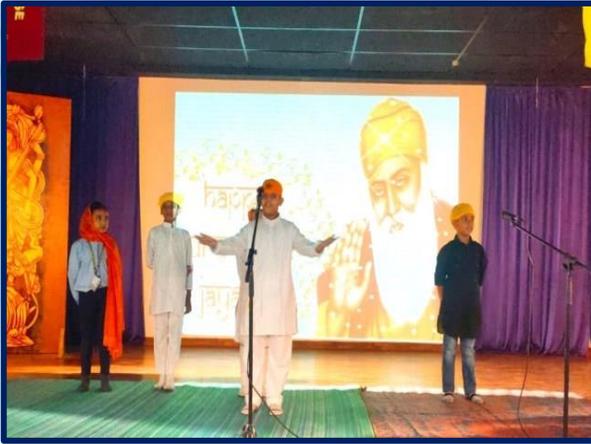
'Haryana is the land of industries as well as the land of agriculture. Let us work towards making it a better state.'

Happy Haryana Day



November 09, 2022

GURU NANAK JAYANTI



“With your hands carve out your own destiny.”

– Guru Nanak Dev Ji



November 14, 2022

CHILDREN'S DAY 2022



"Only through right education can a better order of society be built up." - Pandit Jawaharlal Nehru.



November 14, 2022

CHILDREN'S DAY (PRIMARY AND PRE-PRIMARY WING)

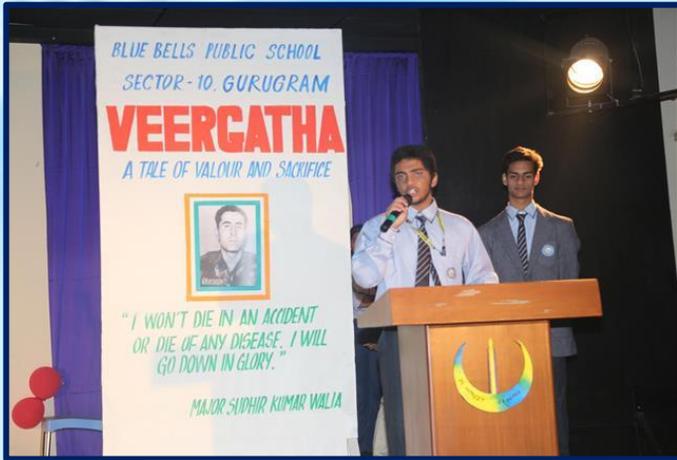


*'Children are the ones who can fill the world with happiness.
Let the tribe of happy children grow!'*



November 14, 2022

VEERGATHA ASSEMBLY



“Loyalty and devotion lead to bravery. Bravery leads to the spirit of self-sacrifice. The spirit of self-sacrifice creates trust in the power of love.” Morihei Ueshiba



November 18, 2022

WORLD SCIENCE DAY FOR PEACE AND DEVELOPMENT



"The science of today is the technology of tomorrow." -Edward Teller



November 18, 2022

RUN FOR UNITY

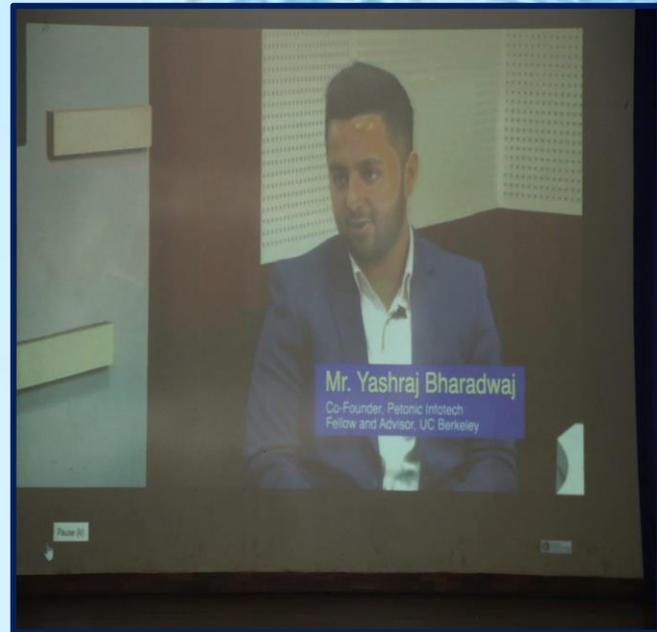


'Unity is the feeling of being together and staying together. Unity is strength.'



November 19, 2022

LEADERSHIP TALK



'School Innovation Council' is a novel initiative by CBSE to systematically handhold schools in establishing ideation, innovation, and entrepreneurial ecosystem in a sustainable manner.'



November 19, 2022

LEADERSHIP TALK



November 22, 2022

INTERNATIONAL DAY OF TOLERANCE

Dhriti Gupta

Student,
Blue Bells Public School,
India

open minded towards different religions

Dhriti Gupta

Student,
Blue Bells Public School,
India

This day has been introduced by UNESCO

Blue Bellian Teaches Tolerance to the World.



November 23, 2022

VEERGATHA PROJECT



Veergatha Project was organized by CBSE under the Ministry of Education to give a befitting tribute to all the War Heroes of our country. Its aim is to instill love and sacrifice for the country in the hearts of all the students.

“Be brave. Take risks. Nothing can substitute experience.”

- Paulo Coelho



November 23, 2022

SCOUTS & GUIDES CAMP



'Building confidence and teaching skills to the young generation will ensure that the valuable citizens of tomorrow are ready.'



November 25, 2022

NATIONAL CONSTITUTION DAY



“Constitution is not a mere lawyer’s document, it is a vehicle of life, and its spirit is always the spirit of Age.” — B.R. Ambedkar



November 25, 2022

ECO CLUB ENCOURAGES SUSTAINABILITY



'The aim of the Eco Club is to spread awareness among students, parents, and neighbourhood for having sound environmental behaviour and to take up meaningful environmental activities and projects.'

November 29, 2022

INTER-SCHOOL IT FEST- CYBERTRONIX 2022



“Any sufficiently advanced technology is indistinguishable from magic.”-Arthur C. Clarke.



ASSEMBLY ON PLANTS –OUR FRIENDS



'To plant a garden is to believe in tomorrow.'



December 02, 2022

HERITAGE CLUB ASSEMBLY (MIDDLE WING)



'India is a land of diversity- in cultures, religions and languages.'



December 03, 2022

HOME SCIENCE CLUB ASSEMBLY



'Home science is not just about ingredients, recipes, and cooking. It's about harnessing imagination, empowerment, and creativity.'



ASTRONOMY CLUB



'Man must rise above the Earth—to the top of the atmosphere and beyond—for only thus will he fully understand the world in which he lives.' - Socrates, Philosopher



December 09, 2022

SCOUTS AND GUIDES CAMP



'Education is not just through books. It is a process of learning through a practical approach with a balanced attitude.'



THEATRE CLUB ASSEMBLY



‘Theatre has the power to move, inspire, transform, and educate in ways that no other art form can. Theatre reflects both the extraordinary diversity of cultures and our shared human condition, in all its vulnerability and strength.’



SPECIAL ASSEMBLY ON SAVE ENERGY



'Saving energy today will make tomorrow bright!'



December 15, 2022

LITERARY CLUB ASSEMBLY



'Literary Club activities play a pivotal role in unleashing the creative skills and boosting the confidence of today's talented youngsters.'



December 16, 2022

INTERNATIONAL CONNECT FOR CLIMATE ACTION PROJECT



Climate Action Project 2022

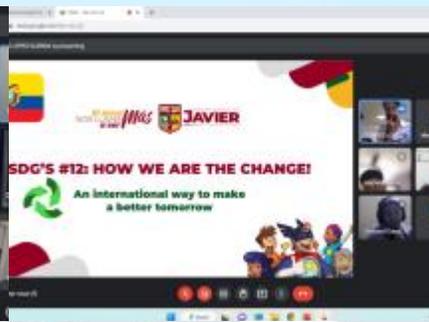
Date of live interaction - 13th December, 2022 (Tuesday)
Time - 06:30 pm. (IST), 08:00 am. (GST)

[Click here to join](#)

The banner features the project logo, flags of India, Mexico, and Ecuador, and a 'Click here to join' button.



Zoom meeting screenshot showing a slide titled "STRATEGY 7 - OUR FUTURISTIC APPROACH". The slide text reads: "High Hands On Activity: 'Each was conducted under the aegis of CAUNClimate Action 7 our school as part of peer to peer learning. The aim is to create awareness about writing more plants as one of some climate change.'"



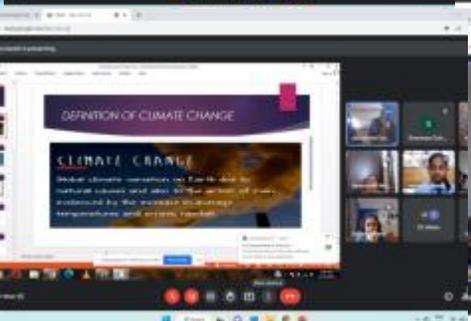
Zoom meeting screenshot showing a slide titled "SDG'S #12: HOW WE ARE THE CHANGE!". The slide text reads: "An international way to make a better tomorrow".



Zoom meeting screenshot showing a slide titled "STRATEGY 5 - ENLIGHTEN THE WORLD WITH INNER SPARK". The slide text reads: "The aim is to create awareness about writing more plants as one of some climate change."



Zoom meeting screenshot showing a slide titled "CLIMATE CHANGE". The slide text reads: "Climate change is the long-term change in the world's climate system, which is caused by the increase in greenhouse gases in the atmosphere."



Zoom meeting screenshot showing a slide titled "DEFINITION OF CLIMATE CHANGE". The slide text reads: "Climate change is the long-term change in the world's climate system, which is caused by the increase in greenhouse gases in the atmosphere."



'Everywhere across the world people learn with mutual exchange of knowledge. A good education system is essential to building a better world.'



December 20, 2022

NEP PANEL DISCUSSION



'NEP -Redefining School Education and the Crucial Role of Schools in Atmanirbhar Bharat.'



December 22, 2022

NATIONAL MATHEMATICS DAY

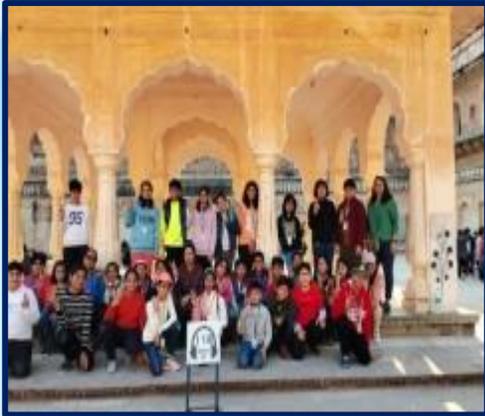


'Mathematics is the unshaken Foundation of Sciences and the plentiful Fountain of Advantage to human affairs.'



December 22, 2022

EDUCATIONAL EXCURSION TO JAIPUR



'Travel is a part of education and experience.'



VISIT TO NPL



*“ The Science of today is the technology of tomorrow.”
-Edward Teller*



HUMAN RIGHTS DAY

ICDAY's Virtual Event in Support of
Human Rights Day

Join us to celebrate Human Rights Day as we recognize the rights of every individual everywhere. May our conscience foster respect for each other and courage to protect human rights.

Dec. 10, 2022
3:00 - 4:30 pm GMT

Live Stream on

[Music]

FOWPAL : www.fowpal.org ICDAY : www.icday.org send us your message in support of the event to icday@fowpal.org

nhrc national Human Rights Commission is a body in India it

discussion
um and

you were born with something called
human rights

10 December the day Union general
assembly adopted

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Live Stream on

[Music]

FOWPAL : www.fowpal.org ICDAY : www.icday.org send us your message in support of the event to icday@fowpal.org

"To deny people their human rights is to challenge their very humanity." - Nelson Mandela



December 22, 2022

GALLERY WALK

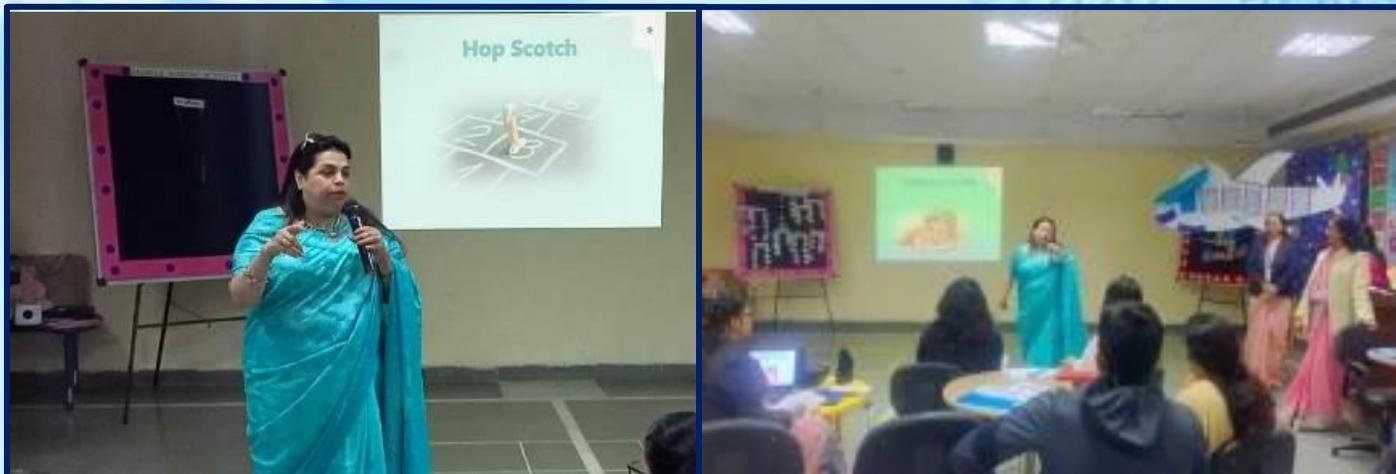


'With each new thing we come to know, a little smarter our brains will grow, learn continually for there's always one more thing to learn.'



December 22, 2022

BACK TO SCHOOL SERIES



'When the learning becomes visible, it projects the well-planned approach of the educators.'



VISIT TO FIRE STATION AND TRAFFIC PARK



'Field trips provide the students experiential learning opportunities by connecting their classroom learning to the real world.'



December 24, 2022

CITATION CEREMONY



December 24, 2022

CHRISTMAS CELEBRATION (MIDDLE WING)



'Christmas is for joy, for giving and sharing, for laughter, and, for coming together with family and friends.'



December 24, 2022

CLEANLINESS DRIVE



“Better keep yourself clean and bright; you are the window through which you must see the world.”-George Bernard Shaw



VISIT TO BIODIVERSITY PARK



'Nature is a tool to get children to experience the wider world.'



CHRISTMAS CELEBRATION (PRIMARY WING)



'Christmas waves a magic wand over the world, and behold, everything is softer and more beautiful.'





ORGANIC BALANCE BEAUTY WELLNESS WALK PLANNING REGENERATION LIFESTYLE
CALORIES NATURAL ASSESSMENT EAT EXERCISE ENERGY MOTIVATION WEIGHT LOSS
VITAMIN FRUIT NUTRITION TRANSFORMATION
ENERGY GOALS CARDIO RUN WELLNESS FOCUS RESOLUTION SPORT
ACTIVE TRAINING IMPORTANT ENDURANCE MOVE HEALTHY RESOLUTION SUCCESS FITNESS BODY PERFORMANCE POWER MARATHON FOOD ACHIEVE



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 the students to delve deeper into their inner world. Over the years, she has groomed a full-fledged team of Doctors, Nurses, Counsellors, Special Educators, Life Skill Facilitators, and teachers to carry forward her vision of empowering students.

Our mentor Dr Alka Saxena heads the Health & Wellness Programme of Blue Bells Group of Schools and the Health & Wellness Resource Center. Ma'am is a Parenting Coach and a Certified Positive Discipline Parent Educator certified by Positive Discipline Association, Atlanta, Georgia (USA) & Adolescence e Education & life skills Education trainer. Ma'am has a keen interest in working with children and regularly conducts workshops with students, teachers and parents.



The Health & Wellness Resource Center, a unique initiative by Dr. Alka , was established in the year 2015, with the sole aim of catering to the needs and demands of Blue Bells Group of Schools as well as other schools. The center's main focus is to create modules, workshops and policies for the students, teachers and parents.

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

EVENTS ORGANIZED UNDER THE HEALTH & WELLNESS PROGRAMME

WORLD MENTAL HEALTH DAY

“Take care of mental health because a healthy mind is very important for a healthy body.”

According to World Health Organization, every year World Mental Health Day is commemorated on October 10 around the globe to raise awareness about mental health, and its significance in life.



This day is dedicated to creating cognizance about mental health and the reasons why it is important for holistic well-being. The theme of this year's celebration set by the World Federation for Mental Health is 'Make Mental Health & Wellbeing for All a Global Priority.'

The school celebrated World Mental Health Day on October 10, 2022, for Senior Wing and Middle Wing. Health & Wellness Team curated age-appropriate activities for the students of Middle & Senior School to sensitize all on the importance of mental well-being.

Dr. Alka flagged off the Rally signifying Mental Health & Well Being a Global Priority organized for the senior school students. The enthusiastic students chanted inspirational slogans to sensitize the students of the school about the importance of mental health. The movie -Inside Out was screened for the students of Classes VI-VIII followed by a Reflection Sheet to reiterate the concept. The senior students were also engaged in Poster Making on the theme.

Speaking on the occasion, Dr. Alka spoke about the importance of mental health and well-being for the overall personality development of an individual. Ma'am urged all the members to be aware of their emotions and learn how to manage them effectively.





'EMPEZAR': A BEGINNING, HEALTH & WELLNESS FIESTA 2022

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”.

'Empezar': A Beginning , an annual feature for the students of Primary Wing, was organized under the aegis of the Health & Wellness Programme of the school on October 14, 2022. This year's theme was 'Safe and Green Diwali'. A plethora of activities was curated in-house to give vent to the creativity hibernating in the scholars like -Seed Ball Making for Class III, Making Decorative Wind Chime for Class IV and Jharokha Making – Ethnic Wall Art for Class V. The students enthusiastically participated in all the activities and showcased their commitment of heralding a new era of conservation of resources for a safe and secured future.

Dr. Alka congratulated the Blue Bellians for upholding the vision of 'Clean Earth, Green Earth' and following the principle of the 3 R's – Reduce, Recycle and Reuse. Ma'am further motivated them to work as an effective team to save our earth from being depleted of its precious resources.





EAT RIGHT CREATIVITY CHALLENGE

“Human being is a master of his /her own health as it is the only wealth.”

With an aim to stimulate young minds towards eating right for sound health, the Health & Wellness Programme of the school provides an opportunity for the students to participate in the ‘Eat Right India’ movement, a flagship program of the Food Safety and Standards Authority of India (FSSAI).

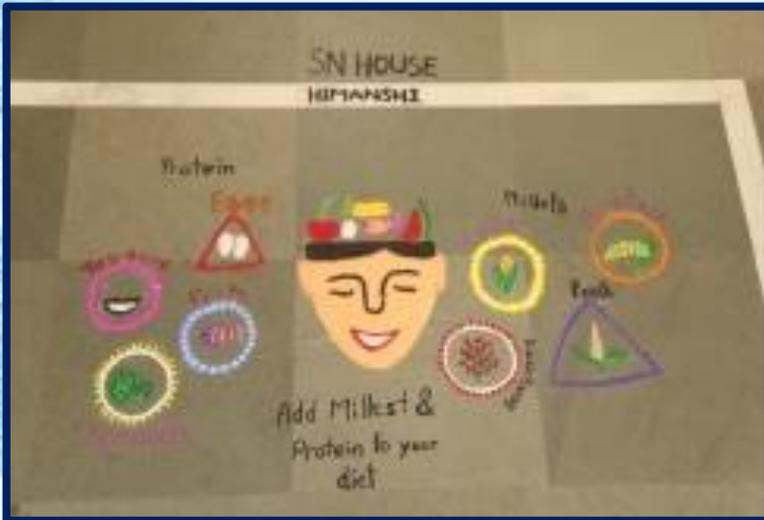
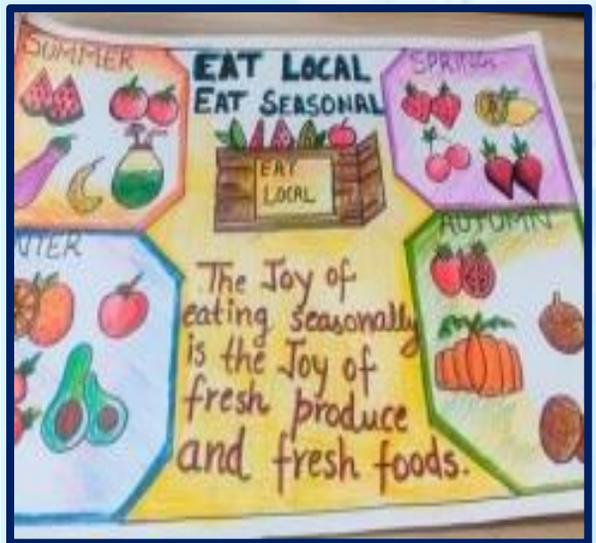
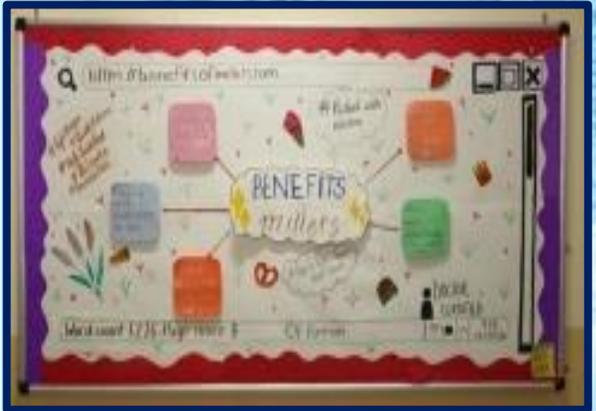
The Health & Wellness Team organized the ‘Eat Right Creativity Challenge’ on October 28, 2022. In this challenge, the students of the Primary Wing made thought-provoking posters on "Eat Seasonal and Local". Middle & Senior Wing students participated in Inter House Competitions.

The motive of the ‘Eat Right Creativity Challenge’ was to ensure the health and well-being of people through safe food, and healthy and sustainable diets. The students of all four houses enthusiastically competed in the competitions. Classes VI-VIII also made thoughtful posters on ‘Eat Local Eat Seasonal’, Classes IX to XII were involved in Eat Right Rangoli Competition, and Classes VI-XII made Eat Healthy Bulletin Board Decoration Competition on the theme- ‘Benefits of Millets’.

The result of the competition was :

Position	Poster Making (VI-VIII)	Rangoli (IX-XII)	Bulletin Board (VI-XII)
I	Pari Kaushik (VII B) (SN House)	Himanshi (IX B) (SN House)	Sarojini Naidu House
II	Pranchal (VIII B)(KC House)	Meghna (X C) (RK House)	C.V. Raman House





WORLD FOOD DAY 2022

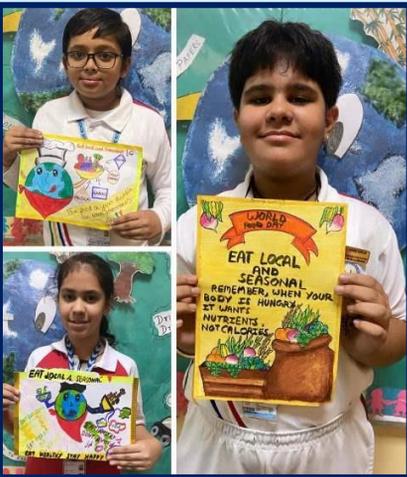
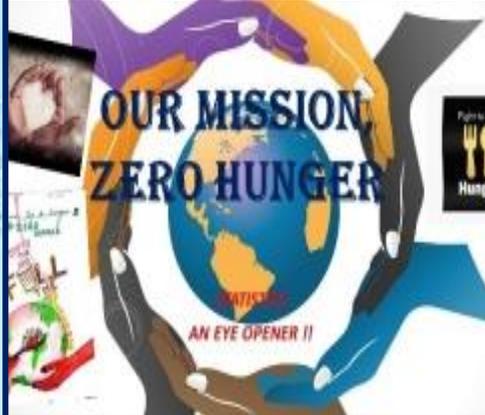
COMMITMENT TO WORK TOWARDS ZERO HUNGER ON WORLD FOOD DAY 2022

World Food Day is observed every year on 16th October and is dedicated to eliminating global hunger. The Health & Wellness Team celebrated 'World Food Day' on the theme 'The Road to Zero Hunger' on United Nations Sustainable Development Goal 2 on October 18, 2022. Diverse age-specific activities were designed by the Health & Wellness Team for the students of the Primary Wing, Middle Wing, and Senior Wing to sensitize the students on the wastage of food and how they can contribute to the road of Zero Hunger.

The students of Classes III-V made thought-provoking Posters on "Eat Seasonal and Local". Class VI students were engrossed in Poster Making on reducing the wastage of food, Class VII students maintained a Food Log and paint Hunger Awareness quotes on T-shirts. The students of Class VIII researched on hunger under three parameters-Causes, Statistics, and Suggested solutions to combat the grave situation. They showcased their understanding of Zero Hunger with an E-presentation. An engrossing Group Discussion was organized for the students of Class IX on integrated approaches that respond to the multiple, interconnected causes of hunger and malnutrition and encourage all to work together towards ending hunger.

The students enthusiastically participated in the activities, making this endeavour an enriching experience. The celebration is a testimony to the commitment to creating awareness among the netizens about the wastage of food and the need to eliminate hunger.





What is World Hunger?

What is world hunger? The United Nations' (UN) Hunger report defines hunger as "periods when populations are experiencing severe food insecurity." World hunger is when people spend entire days with nothing to eat due to various reasons such as lack of money and lack of access to food and other resources.





SAFE & GREEN DIWALI CELEBRATION

'The festive light of Diwali brings in abounding happiness for all.'

In recent years, extravagant celebrations have not only put a great strain on the environment but have also put people's health at stake. Air pollution levels rise to dangerous levels, energy, and food wastage increase exponentially, plastic packaging and cracker debris litter the roads and several people and animals suffer physically.

Keeping these environmental, health & safety factors in mind, Safe and Green Diwali was celebrated under the aegis of the Health & Wellness Programme of the school in the Middle & Senior Wing and Primary Wing on October 18 & 19, 2022 respectively. To root the students in the rich cultural heritage along with sensitizing them to preserve the resources, age-specific events were designed under the guidance of Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS. Ma'am is constantly working to integrate the best emergent practices of Values and Life Skills in the system.

A Special Assembly was organized for Primary Wing students by the Peer Educators of Classes VI & VII on the Safe and Green Diwali theme. Peer educators presented the story in a creative manner through attractive props. The students of the Middle & Senior Wing were engrossed in a plethora of activities -Class VI was involved in Card Making /Rangoli Designing, Class VII worked on Best out of Waste and Class VIII prepared a Recipe Booklet of Homemade Sweets. Class IX added melody to the occasion by composing Jingles on Diwali. The activities helped the students to think deeper and understand the true essence of celebration and propelled them to review the situation from a different perspective.







CAREER CONFLUENCE

'The best way to predict the future is to create it.'

Dreams are extremely important and one can't transform the dream into reality unless one imagines it. The Health & Wellness Programme of Blue Bells Group of Schools believes in this axiom and keenly strives to empower its students to give wings to their imagination and choose the right path to have a rewarding and fulfilling life. In pursuance with the same objective, the Health & Wellness programme of the school organized Career Confluence under the patronage and able guidance of Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS, for the Students and Parents of Classes IX -XII from 17th November to 19th November 2022.

The session on the topic, "How to Get Selected in Top 100 Universities of the World" was conducted for Class XI & XII on 17th November by Mr. Harsh Radhwa, resource person from I-Step organization. He apprised the students about the eligibility criteria, admission procedures, courses and the scholarship schemes offered by various international universities.

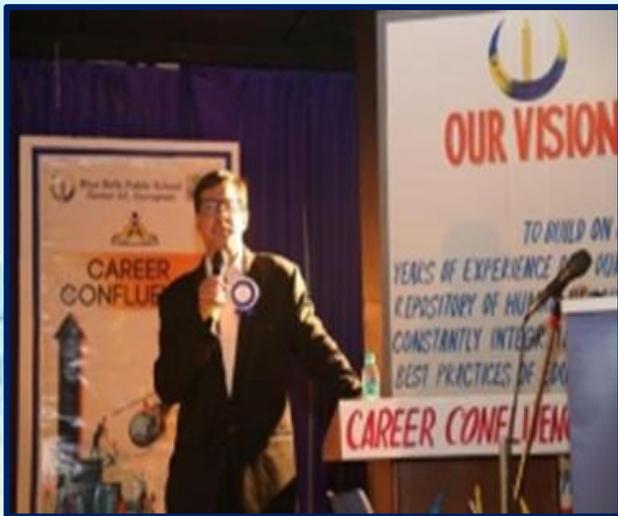
Mr. Vineet Vaidya, Mechanical Engineer by profession, addressed the students of classes IX & X on 18th November 2022. He acquainted students on the importance of planning for their career in advance. He also clarified certain common myths regarding stream selection and guided them to opt the right stream based on their aptitude and potential.

The Resource persons from Pratham organization - Mr. Binit Binod along with Mr. Vaidya familiarized the students of classes XI & XII with the emerging career options in the field of Science, Commerce and Humanities. They also cleared certain misconceptions regarding different career choices.



To further acquaint the Parents of Students for the classes IX-XII about career choices for their wards, a workshop was organized on 19th November 2022. The resource person was Mr. Praveen Khanna, a government certified Business Communication Specialist and a Certified Training & Development Manager, While addressing the Parents, he categorically emphasized on emerging Science, Commerce and Humanities careers and fallacies regarding many professional careers. He also updated the Parents about the plethora of courses and institutions available to pursue their higher studies.

The sessions concluded with an effective interaction, wherein everyone's query was dealt with proficiency and dexterity. The students were also informed about the Career Counseling Committee. The Confluence certainly achieved its objective with an overwhelming participation of Students as well as Parents.





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 cause distress. To address the feelings and concerns of students and to help them manage their emotions; Health & Wellness Resource Centre team prepared an interactive module for the students under the mentorship of Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS. The session to deal with Examination Stress was conducted for the students of Class X on December 05, 2022, and Class XII on December 5 and December 7, 2022 respectively.

The session included a brief about signs and symptoms of stress. The objective was to facilitate students to acquire helpful and adaptive ways to manage and deal with stress during exams. Prioritizing of tasks was also taken up to emphasize on giving importance to revision time along with identifying time-consuming tasks.

The students were apprised about three steps of planning their time effectively. At first making an overall planner, followed by a weekly time-table and then listing the daily things to do.

The students were briefed about the different learning styles. They were encouraged to identify their own learning style so that their learning and recalling become efficient. The students were encouraged to identify the time wasters they face. These were followed by tips that can help them to increase their productivity.

In order to improve students' concentration span, a few concentration exercises were conducted. These exercises were followed by a short progressive muscular relaxation and guided imagery.



The importance of a healthy lifestyle was also emphasized upon. The harmful effects that simulating activities like T.V., phones, video games, arguments, etc. can have before sleeping was also discussed.

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.



SAFE TOUCH

“There is nothing more precious to our future than the safety of our children.”

With a vision to sensitize and aware the young Blue Bellians about their personal safety, sessions on Safe Touch were planned and prepared by the Health & Wellness Resource Center Team under the mentorship of Dr. Alka Saxena, Deputy Director(Health & Wellness), BBGS. These sessions were taken with the students of Classes III to VIII in different time slots by the members of Health & Wellness Team in the month of December 2022 to help them understand personal safety and ways to keep themselves safe.

The focus of the session was to make students aware about the personal zones of their bodies for their safety. Difference between safe & unsafe touch, adopting safety measures like- ‘Say No’, ‘Scream’, ‘Run for Help’ & and ‘Tell’ a trusted adult (Like, Parents, Teachers & Counsellors) were also shared with them. . To help the students understand the concept, an effective discussion on ‘Stranger Safety’ was undertaken, wherein students shared their concerns and views. The session was summarized by showing age appropriate videos to students on safety, suggested by the CBSE and the Gurgaon Police.

The students found the workshop to be informative and felt that they were better equipped now to face these challenges.





GENESIS – HEALTH AND WELLNESS FIESTA 2022-23 ON ‘THEME: KINDNESS MATTERS’

“Kindness is like a seed that when cultivated can grow and grow and grow.”

Truly giving from the heart fills your life with joy and nourishes your soul. Giving provides an intrinsic reward that is far more valuable than the gift. At Blue Bells, it is our firm belief that when we share our time, skills, knowledge, wisdom, compassion, wealth, and love—the world would be a more peaceful and healthier place. In furtherance of the same vision and soaking in the spirit of sharing is caring, Blue Bells Public School, Sector 10, Gurugram, celebrated Genesis – Health and Wellness Fiesta, 2022-23 on the theme ‘Kindness Matters’ on December 21, 2022, with the students of Spreading Smiles, Gyan Kendra, Nathupur, Gurgaon. The occasion was embellished with the illustrious presence of Dr. Saroj Suman Gulati, Director, BBGS.

Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS, ideated and mentored this unique initiative with the motive of ‘Service Before Self’. In an attempt to promote good deeds and assure acts of kindness, students of Blue Bells Group of Schools donated stationery items to the children of Spreading Smiles School with the thought that small deeds and acts of kindness can make a big impact on someone's life.



The event organized under the aegis of the Health & Wellness Programme, BBGS aimed at instilling values such as empathy, sensitivity, and generosity in each student.

The school team prepared a special cultural event for the visiting children. Skill enhancement activities like Sports and Art activities were taken up with the children of Spreading Smiles and they participated with enthusiasm and fervor. They also showcased their talent on stage which was commendable and applauded by all. In order to create a compassionate and selfless partnership with each one, the Health & Wellness Programme of BBGS believes in inculcating the spirit of giving back to the community. The happiness and enthusiasm of the school as well as the visiting team during the event is a proud testimony to the venerable commitment of the Health & Wellness Team of BBGS.



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

AUTHOR PROFILE



Dr. Alka Saxena

Dr. Alka Saxena is an avid advocate of the socioemotional well-being of children. She earned her MBBS from the prestigious...

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 is an avid advocate of the socioemotional well-being of children who is constantly working to integrate the best emergent practices of Health & Wellness with education.

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.

<https://wellnesswise.in/>

5 WAYS TO MANAGE YOUR CHILD'S SCREEN TIME



When your child starts using a digital device, it is helpful to have age-appropriate guidelines to create a balance between screen time and other activities.

"Eating is a necessity, but to eat intelligently is an art"

- Francois La Rochefoucauld

www.wellnesswise.in



WellnessWise Specials
By **Dr. Alka Saxena**
Recollecting the art of
Storytelling
this Children's Day



November 14, 2022 by Dr. Alka Saxena

WellnessWise Specials



Wishing You All a
Happy & Healthy Diwali

www.wellnesswise.in

October 19, 2022 by Dr. Alka Saxena

5 Tips to Take Care of
Your Mental Health



www.wellnesswise.in

October 12, 2022 by Dr. Alka Saxena

Encouraging Your Child
The Right Way



www.wellnesswise.in

October 5, 2022 by Dr. Alka Saxena

We've Turned **1**



WWW.WELLNESSWISE.IN

October 26, 2022 by Dr. Alka Saxena



Kindness For a Happier World

www.wellnesswise.in



November 10, 2022 by Dr. Alka Saxena

5 Amazing Benefits of Storytelling for Kids

www.wellnesswise.in



November 23, 2022 by Dr. Alka Saxena

“You don't have to control your thoughts. You just have to stop letting them control you.”

- Dan Millman

www.wellnesswise.in



Hands-On Tips For Your Learning Style

Learning styles are ways in which people organize and process information, which guides how they think, learn, and solve problems. Knowing your style of learning can help you identify resources that you or your children use to learn.

VARK model (Fleming, 1987, 2001) identifies four styles of learning. Here are some tips for each style.



VISUAL

LEARNING STYLE

01

Visual learners prefer to use charts, flowcharts, diagrams, illustrations, videos, pictures, highlighting, colour coding, integrating designs and patterns with information.



AUDITORY



LEARNING STYLE

02

Auditory learners prefer to learn by listening to lectures, speeches, podcasts, stories, songs and by discussing about the topics with those around them.



READING AND WRITING

LEARNING STYLE

03

Reading and writing preference learners like to study through books, definitions, essays, notes, lists and journals.



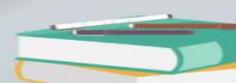
KINESTHETIC



LEARNING STYLE

04

Kinesthetic learners prefer to learn by using senses and "doing" through field trips, laboratory experiments, trial-and-error methods, real-life examples and role-plays.



“Sometimes the most productive thing you can do is relax.”

- Mark Black

www.wellnesswise.in



Hands-On Tips For Your Learning Style

www.wellnesswise.in



December 7, 2022 by Dr. Alka Saxena



Storytelling is an art that fascinates and engages children. Stories give an insight into our rich heritage and culture. They can become a creative outlet to explore the world of their imagination. Here are five benefits of writing, narrating, and listening to stories:-



ENCOURAGES CURIOSITY AND CREATIVE THINKING.



STRENGTHEN VERBAL AND WRITTEN COMMUNICATION



MOTIVATES TO READ AND DELVE DEEP INTO THE TOPIC



IMPROVES LISTENING AND COMPREHENSION ABILITY



ENHANCE SOCIAL AND EMOTIONAL SKILLS

”

"Kindness is doing what you can, where you are, with what you have."

-RAKtivist



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”

"A single act of kindness throws out roots in all directions, and the roots spring up and make new trees."

- Amelia Earhart



Dear Reader

“ A strong pulsating desire is the bedrock of all great achievements.”

Spread your wings to fly high, for you are destined to touch the sky. The laurels achieved by our students are a proud testimony to the motto of the school to prepare children with 21st-century skills, with learning through inquiry, conceptual understanding, differentiated instruction, and technology integration.

We hope that going through this e-Newsletter will be as enjoyable for you as it is for us to bring it to you. We will reach out to you again with an update on our initiatives, accomplishments, and events.

Stay Connected and Stay Strong.

Editorial Team

Brahm Dutt Blue Bells Public School



“Cherish your visions and your dreams, as they are the children of your soul; the blueprints of your ultimate achievements.” -Napoleon Hill

Thank
You

