

**BRAHM DUTT BLUE BELLS PUBLIC
SCHOOL**
SECTOR 10, GURUGRAM

E-NEWSLETTER
JANUARY TO MARCH 2023
A LEARNER'S PARADISE



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From the Desk of the Principal



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

Creation is the manifestation of pervading consciousness in an individual. At Brahm Dutt Blue Bells Public School our every endeavour is to provide the rarest of opportunities to our students to widen their ‘Think Tanks’ and indulge in innovation and exploration thus making research, project base, and experiential learning the bedrock of all accomplishments. Our mission is to provide a platform to our students for research and innovation in their fields of study and also to share their learning with their peers across other countries.

Today’s child is exposed to an exhaustive virtual world that has opened multi-dimensional portals of learning for him/her. The young learners of today are therefore constantly looking for a good system of education which is able to satisfy their insatiable hunger for knowledge and feed and challenge their innovative and creative minds. Here, I wish to quote the words of Dr. A.P.J Abdul Kalam, “An ignited mind is the most powerful resource on earth above the earth and under the earth.” It is thus the ignited and creative mind which can contribute in changing life patterns.



Here, as educators, we need to understand the importance of honing the 21st-century skills that prepare scholars for change: Adaptability, resourcefulness, creativity, problem-solving skills, working well under pressure, open-mindedness, and more. Great emphasis is thus laid on the use of technology in our curriculum. The school has partnered with Microsoft to leverage technology to teach 21st Century Skills to the students and enhance their learning experience. We ardently work on Design Thinking Model: Think, Make, Break and Repeat. The school is further committed to teaching and practicing all the 17 Sustainable Development Goals (SDGs) laid down by the United Nations.

I would like to cite the importance of Machine Learning, a branch of AI that would be embedded in all spheres of life in the future. With the introduction of skill subjects like Artificial Intelligence, Data Science, Coding, and Design Thinking, we are striving for perfection and forging ahead with commitment and conviction. The astounding performance of the school's Robotics Team in the International Robotics Championship over the years is a proud testimony to our commitment of preparing our learners for the globally competitive world.

We dedicate ourselves to empowering young learners with the “Courage to invent, Courage to discover the impossible, and Courage to combat problems and succeed.”

Let us embark on a sojourn of happy learning with innovation, exploration, and creation.

Warm Regards

Trilok Singh Bist

Principal

Brahm Dutt Blue Bells Public School

Sector 10, Gurugram



Hall of Fame



GLOBAL EDU ICON -THE CRUSADER OF EDUCATION



GSLC
Global School Leaders' Consortium



29TH APRIL 2023



NEW DELHI

THE GLOBAL EDU ICONS OF THE YEAR 2022-2023

MR. TRILOK SINGH BIST

*Principal
Brahm Dutt Blue Bells Public School,
Gurugram*



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Dr. Trilok Singh Bist, Principal, Brahm Dutt Blue Bells Public School , Gurugram was conferred with the Global Edu Icon -the Crusader of Education by GSLC. Sir's passion for education and rich experience of over three decades as an educator, vision, amicable personality, and inspiring oratory skills have been instrumental in changing the lives of several learners and teachers.



LIFETIME ACHIEVEMENT AWARD



Dr. Trilok Singh Bist , esteemed Principal, Brahm Dutt Blue Bells Public School , was bestowed with the 'Lifetime Achievement Award' at the World Book Fair at Pragati Maidan by the main sponsors of this year's Fair , the Student Edge Newspaper. The award is a proud testimony for his relentless contribution to the education sector for more than 33 years.

JIYA MEHTA BRINGS LAURELS TO BDBBPS



Jiya Mehta, a student of Class XII A, clinched the III Position in the 18th National Ice-skating Championship. She represented Haryana in the event held at I-skate, Ambience Mall from January 02 to 08, 2023. She also received a cash reward of Rs.3100/- from the Ice Skating Association of Haryana and has been selected for the 3rd Edition of Khelo India Winter Games which will take place at Gulmarg in Jammu & Kashmir .

“Overpower. Overtake. Overcome.” — [Serena Williams](#)



February 02, 2023

STUPENDOUS FEAT BY OUR YOUNG SCHOLARS AT THE UNIBUDDY PSYCHOLOGY INTERNSHIP PROGRAMME

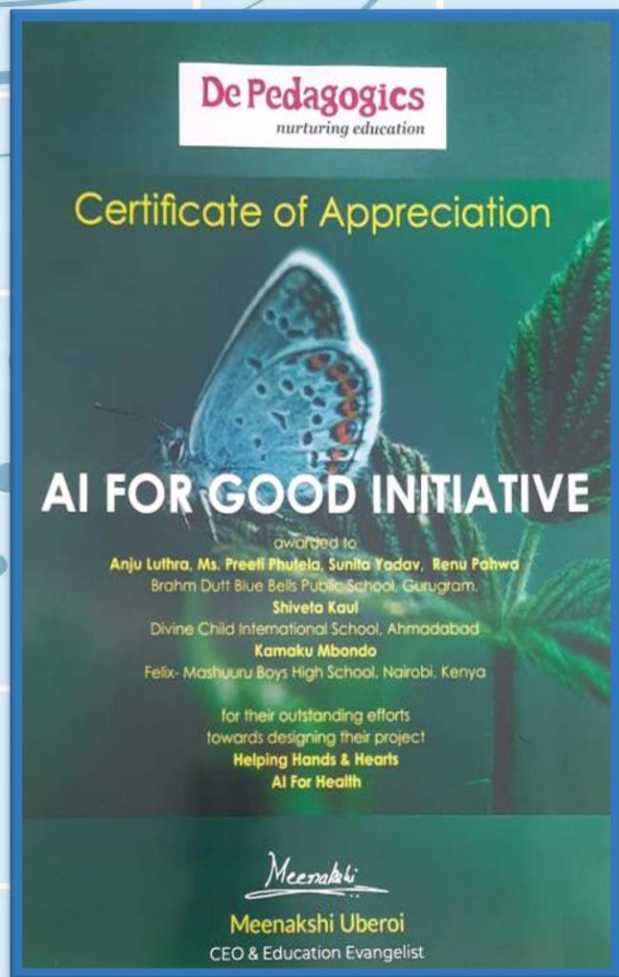


Four of our students, Japsimran Kaur, Jahnavi Dahiya, Paridhi Garg, and Sneha from Class XI participated in the 'UniBuddy-Psychology Internship Programme' by Unique Psychological Services, New Delhi from January 2 to January 6, 2023. It was a proud moment when two of our students, Jahnavi Dahiya and Paridhi Garg received the 'Best Intern Award' along with Medals..

“The individual great spirit and great efforts create a great team.” – Lailah Akita



A TECH-SAVVY TEAM OF BDBBPS GAINS APPRECIATION FROM ONE AND ALL



The students Nikunj Chauhan, Takshay Bansal, and Aaryaman Bhardwaj of Grade XII made a project under the theme AI for Health. They created a chatbot namely Helping Hands and Hearts for doctor's consultations and online appointments, wherein the students used the open-source software Dialogflow to create the chatbot. They made use of MS Sway to submit the project.

“Technology is a great enabler.”



February 10, 2023

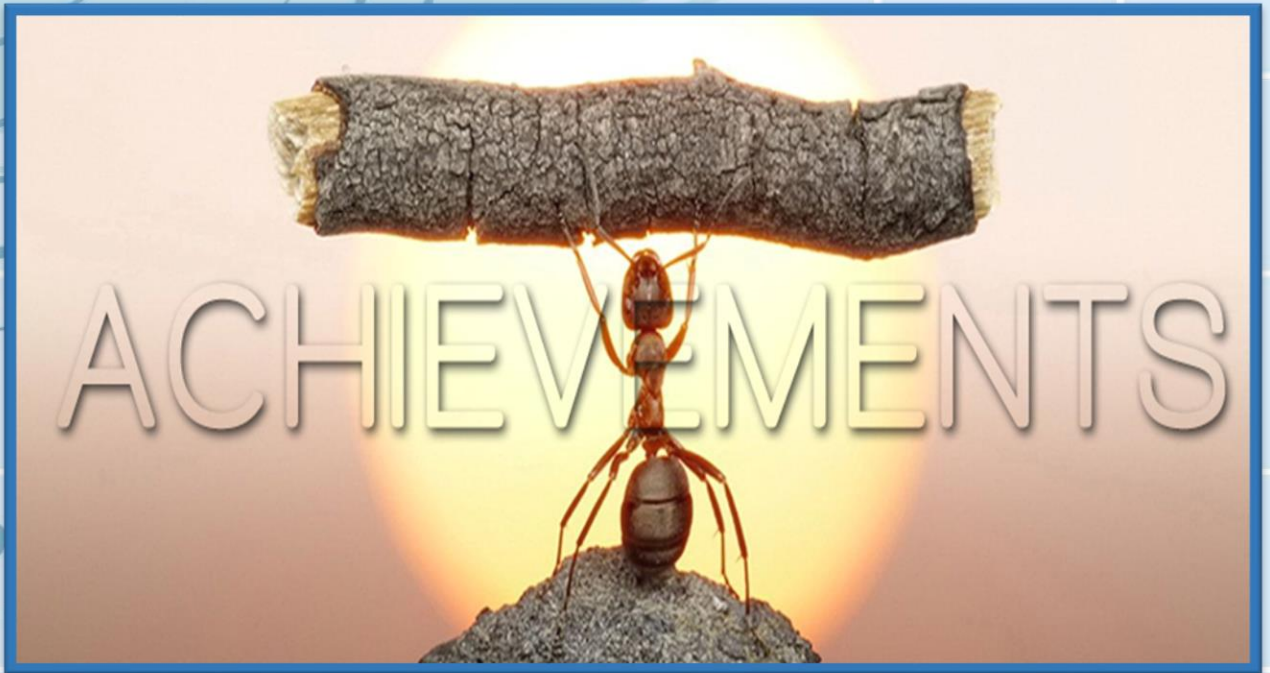
ISHAAN KATARIA FROM BRAHM DUTT BLUE BELLS PUBLIC SCHOOL WINS GOLD



A winning streak is an uninterrupted sequence of success in games and Ishaan Kataria from Brahm Dutt Blue Bells Public School has lived it up to the fullest. Firstly he proved his mettle by securing Bronze Medal at the 40th Golden Gloves Boxing Tournament in Serbia and recently a Gold Medal on National Level in Khelo India Khelo youth games, recently held in Madhya Pradesh. He aims to repeat his success story with the same result in the upcoming IBA Youth World Boxing Championship which will take place in Spain.

“Winners have something deep in them , a dream, a vision and a strong pulsating desire to achieve the optimum.”





January 20, 2023

THE CARNIVAL OF BOOKS - AALEKH 2K23



Bhoomi Yadav of Class XI B of Brahm Dutt Brahm Dutt Blue Bells Public School, Sector 10, Gurugram, was rewarded with a cheque envelope and a Certificate of Recognition by the esteemed guests for getting her book named 'Dark Angel' published.

Bennett University organized The Carnival of Books - Aalekh 2k23 to evoke a spark among creative minds, thus promoting reading, writing, and learning with publishing support. Mr. Harjeet Khanduja, Dr. Kiran Bedi (IPS), and Dr. Ramesh Pokhriyal - Member of Parliament, Former Education Minister, Govt of India, were the Guests of Honour.

"Books are the gateway to knowledge and wisdom."

January 28, 2023

UN INTERNATIONAL DAY OF EDUCATION AT CITY MONTESSORI SCHOOL, LUCKNOW



Our little musicians from Grade I and Grade II bagged the Second Position in the event 'Live the Rhythm'.

little champs of Grade I and Grade II presented a dance with incredible energy and bagged the Third Position in the event 'Funky Feet'.

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

LITERARY FEST AT GEMS INTERNATIONAL SCHOOL

Event Name	School's Name	Exemplary performance By
Midsummer Night's Dream - Pantomime	MIT World Peace School, Aland	Parikshit Phadke, Saeel Bhalekar, Shreya Yadav and Samruddhi Bhosale
'All's Well That Ends Well' - Soliloquy in my Preferred Language	Modern School, Barakhamba Road. (French)	Cheshtaa Sharma
	Blue Bells Public School, Sector 10, Gurgaon. (Hindi)	Ayshi Gupta
	Lions Public School (Hindi)	Ishita
	CCA School (Sanskrit)	Medhansh Gupta
Reversing gender Roles - Dramatic Monologue	Sunbeam School Annapurna	Mehvish Fatima
	Kulachi Hansraj Model School	Shinjini Aggarwal
	Braham Dutt Blue Bells Public school sector 10, Gurugram	Navya
	SUNBEAM SCHOOL LAHARTARA	Srishti Modi
	The Millennium School Noida Sector 41	Prisha Agrawal

- In the event Count the Raps, Jeshna Raja Benhar got recognition for her tremendous performance.
- In the event 'All's Well That Ends Well' -Soliloquy in my Preferred Language, Ayshi Gupta made a remarkable presentation.
- In the event Reversing Gender Roles - Dramatic Monologue, Navya made her alma mater proud by giving a power packed performance.
- In the event Megalomaniac Conversation, Chandramouli and Khushi gave a praiseworthy performance.
- In Turncoat Debate, Stuti presented very convincing arguments to bag the honour.
- In the event Farcically Yours! - Slapstick Theatre, Sunayna Juneja and Viraj bagged recognition.
- In the event, Slam Poetry - For Better or Verse, Goohika, Rakshita and Harshita composed a beautiful piece of poetry to mesmerise everyone and bag the honour.



February 02, 2023

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



- 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'. They depicted the significant impact of changing weather patterns, rising sea level, deforestation and many other problems through their flawless Mime Presentation.
- Navika Chutani of Grade II bagged the Second Position in the event 'Rhythmic Twirl'. She wore a beautifully designed costume that represented the Flora and Fauna and narrated a captivating story on SDG 15 'Life on Land'.
- The students were adjudged the winners of the coveted Overall Trophy.

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



March 27, 2023

ADVITYA BHARDWAJ BAGS A GOLD AT ZONAL LEVEL BOXING CHAMPIONSHIP



Advitya Bhardwaj of Grade II bagged a Gold Medal in Under 12 Zonal Level Boxing Event on March 25 & 26, 2023. The event was organised by Indian Boxing Academy. The little boxer showcased exceptional agility and skills involved in Boxing Championship.

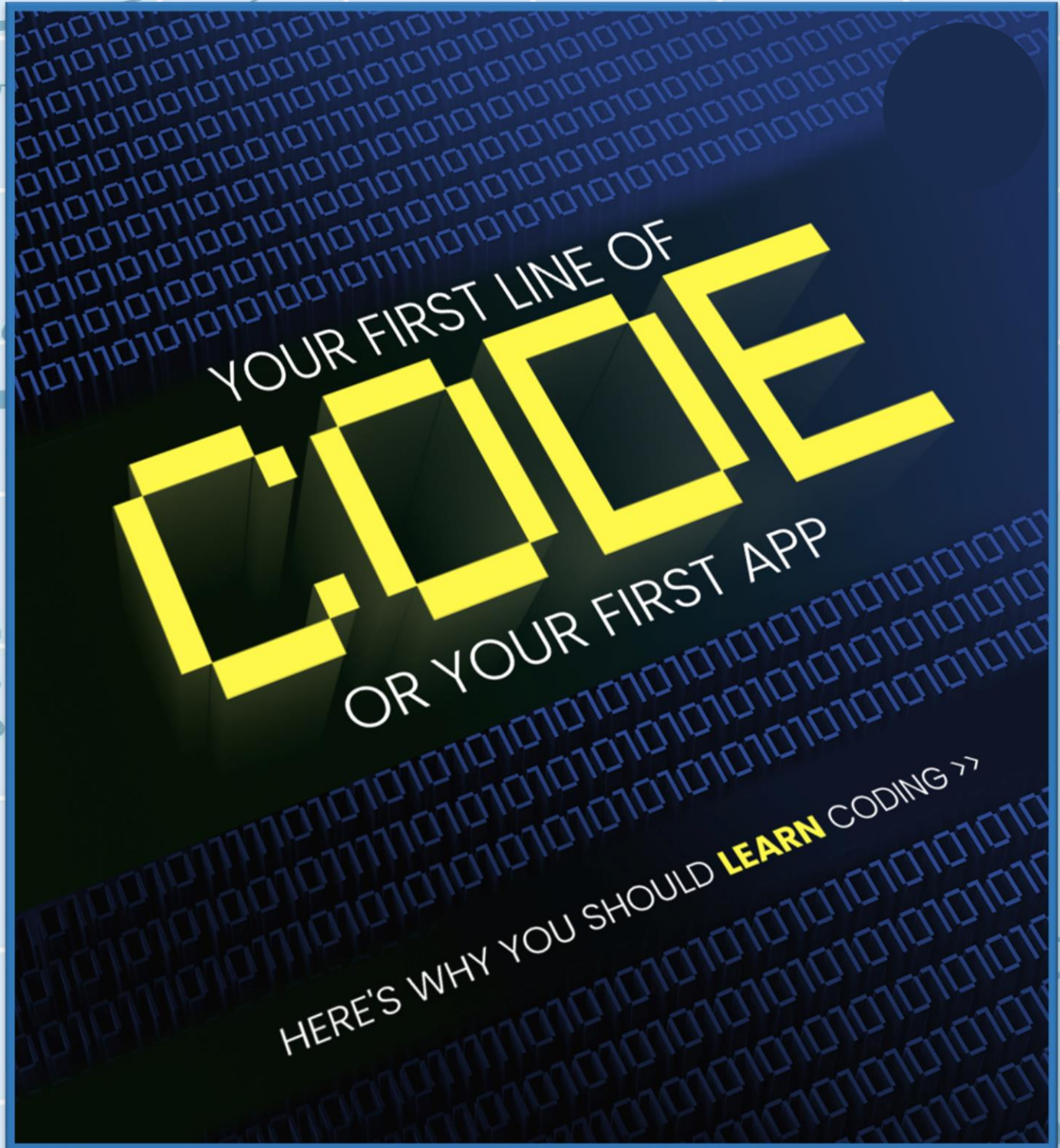
“Champions are made from something they have deep inside them - a dream and a vision.”

Cybersecurity



INTRODUCTION TO THE WORLD OF CODING

In this age of [digitization](#), it makes perfect sense why Coding is hailed as the language of the future. It focuses on key 21st-century skills such as logical and critical thinking, creativity, computational thinking, and problem-solving skills. Empower y [children](#) with the tools of tomorrow by introducing them to the world of Coding.





EXPLORING CREATIVITY

Coding may sound daunting, but it does stimulate creativity, and is a lot of fun.



CAREER OPPORTUNITIES

Computer-science related jobs are at a staggering high demand, and rather than just being cool, coding is now becoming a vital skillset.



CONFIDENCE BUILDING

Learning the basics of coding can fundamentally change the way you interact with technology.



STORYTELLING SKILLS

Structured thought processes have been known to help with other aspects of learning, like creative writing and oral communication.

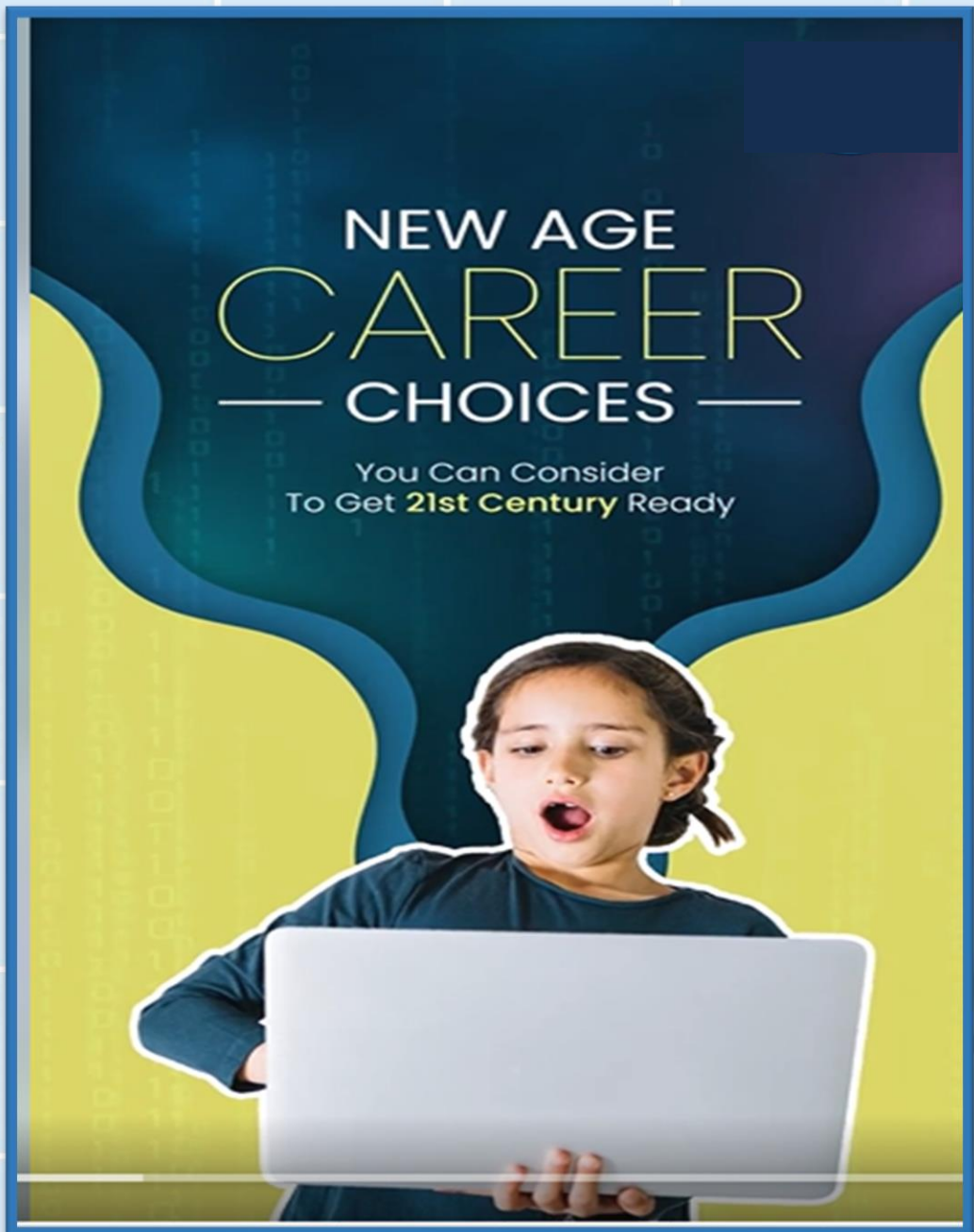


DEBUG YOUR WAY INTO THE
FUTURE.
CODING IS FOR ALL!



Career choices have come to be far and wide ranging in today's day and age. And equipping oneself with the skills of the future only has benefits beyond measure.

Here are a few alternative career choices that the [CBSE](#) is adding to their curriculum. These [skills](#) will help you gain a head-start on the most happening and high paying career options for the future. Take a look, they are every bit exciting as they are modern.



The **CBSE**
has introduced **skill-based
subjects** in it's curriculum.



Let's take a look at some
of these you can consider
for alternate, but **equally
exciting career choices!**





ARTIFICIAL INTELLIGENCE

— (AI) —

You will be able to :

Relate, apply, and reflect on the Human-machine Interactions to identify and interact with the three domains of AI: Data, Computer Vision and Natural Language Processing



DATA SCIENCE

You will be able to :

Combine a range of skills to analyze data collected from the web, smartphones, customers, sensors, and other resources to drive actionable insights.



INFORMATION TECHNOLOGY — (IT) —

You will be able to :

Develop practical knowledge of digital documentation, Internet tools, and presentations



DESIGN THINKING

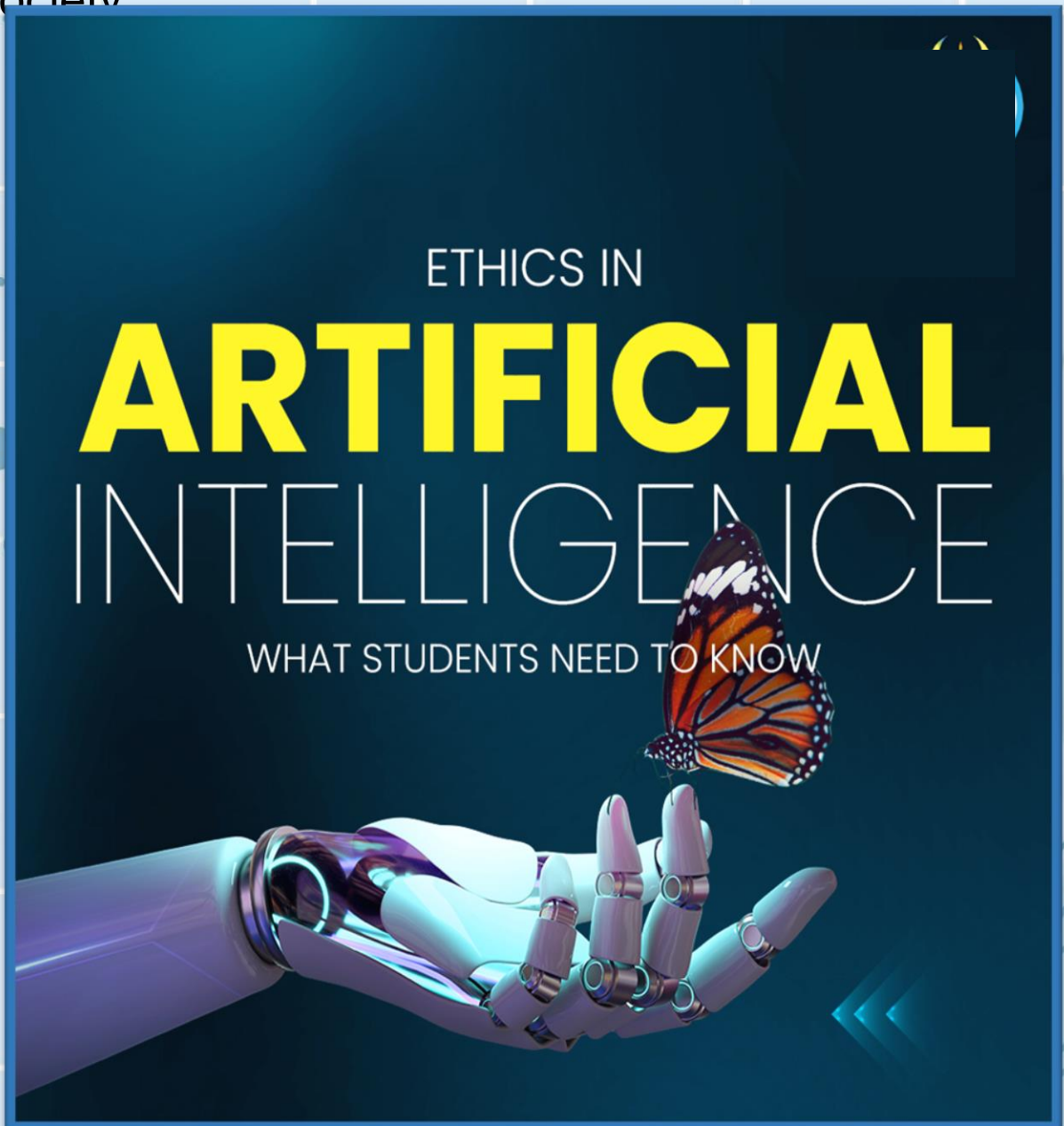
— (IT) —

You will be able to :

Create several ideas & develop
empathy – to address the needs of
users/consumers.

MAIN ASPECT OF AI

With the onset of Artificial Intelligence (AI) tools rapidly becoming an integral part of our lives, understanding the ethical implications of it becomes increasingly important. With today's special, we are reiterating the responsible use of AI technology to our kids, for a clearer understanding of its impact on society.



What are **Ethics** in

AI?

Just like people have rules
and morals they follow,
AI systems should also have a set
of rules that they follow.

The key here being
"SHOULD"

swipe to learn the top aspects of Ethics in AI



AI is increasingly
infiltrating areas of our lives.

Let's ensure we guide our
children on an ethical use of AI,
starting now.

The Role of ***Humans***

Als can automate tasks.
The question that arises is
Which decisions should Als be
allowed to make alone
& which should have human
involvement



AI and the Environment

Large AI models consume a
lot of computer resources
during training.

Reducing the energy use of AI is an
important element of AI Ethics.



AI and Privacy

AI often involves collecting and analyzing large amounts of personal data, and this can be used to predict patterns about people.



AI Bias

AI algorithms are trained using vast amounts of data. If the data is biased, the algorithm will be too.



LET'S

CELEBRATE!

January 6 & 7, 2023

OUTDOOR EXCURSION TO ROCKSPORT



“Education is not preparation for life; education is life itself.”
—John Dewey.



January 13, 2023

INVESTITURE CEREMONY



“Reach high, for stars lie hidden in your soul,
Dream big, for every dream precedes the goal.”



January 14, 2023

ADIEU SENIORS!-FAREWELL



“ Curate your marvelous future and go in the direction of your dreams...”



January 13 - 17, 2023.

TRIP TO UDAIPUR



“The purpose of the journey is its goal, the purpose of an excursion is the process. A process to gather knowledge and explore.”



January 20, 2023

COMMERCE CLUB ASSEMBLY



“Motivation is what gets you started. Habit is what keeps you going.” – [Jim Ryun](#)

January 25, 2023

REPUBLIC DAY CELEBRATION



“ Liberty of each by the like liberties of all is the rule of conformity with which countries are governed.”



PARIKSHA PE CHARCHA 6.0



“Examination stress is a feeling of pressure that many young students experience when the exams are approaching.”



January 31, 2023

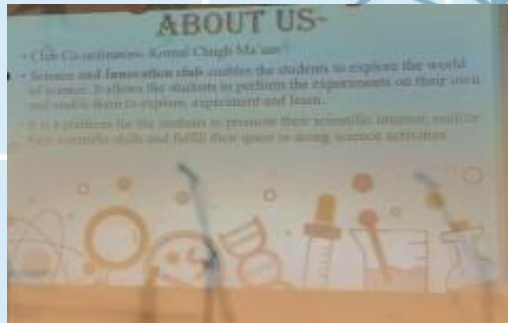
ASTRONOMY SESSION



"Astronomy compels the soul to look upward and lead us from this world to another." – Plato

February 02, 2023

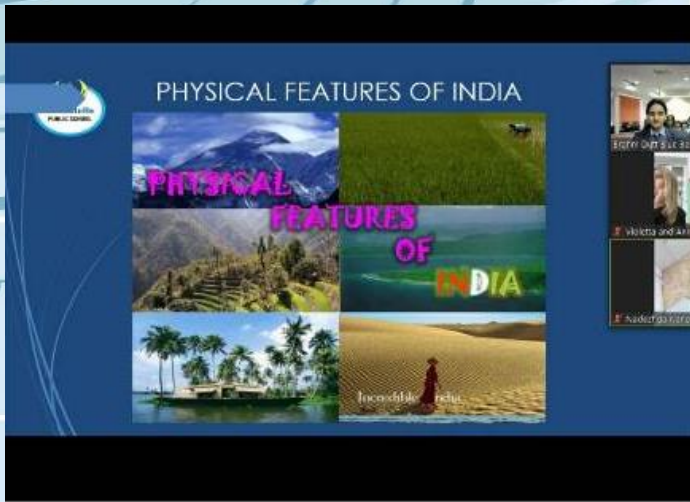
SCIENCE AND INNOVATION CLUB ASSEMBLY



"Science is a beautiful gift to humanity; we should not distort it."

February 06, 2023

INTERNATIONAL CONNECT SESSION



“Diversity and inclusion, which are the real grounds for creativity, must remain at the center of what we do.” -Marco Bizzare



February 10, 2023

HAWAN CEREMONY



“Seeking The Blessings Of The Almighty For Students’ Success In Board Exams.”

February 12 , 2023

ANNUAL SPORTS DAY



“ Sports not only builds the character but reveals it.”

February 26 , 2023

ANNUAL FUNCTION – KRISHNAYAN -THE ETERNAL SAGA



“The life of Lord Krishna is an inspiration, Filled with love, wisdom, and devotion. That light which resides in the sun, which illumines the whole world, which is in the moon and in fire—know that light to be mine.”





“ Lord Krishna is the apostle of fearlessness and truthfulness.”

March 14, 2023

CHRYSLIS DAY

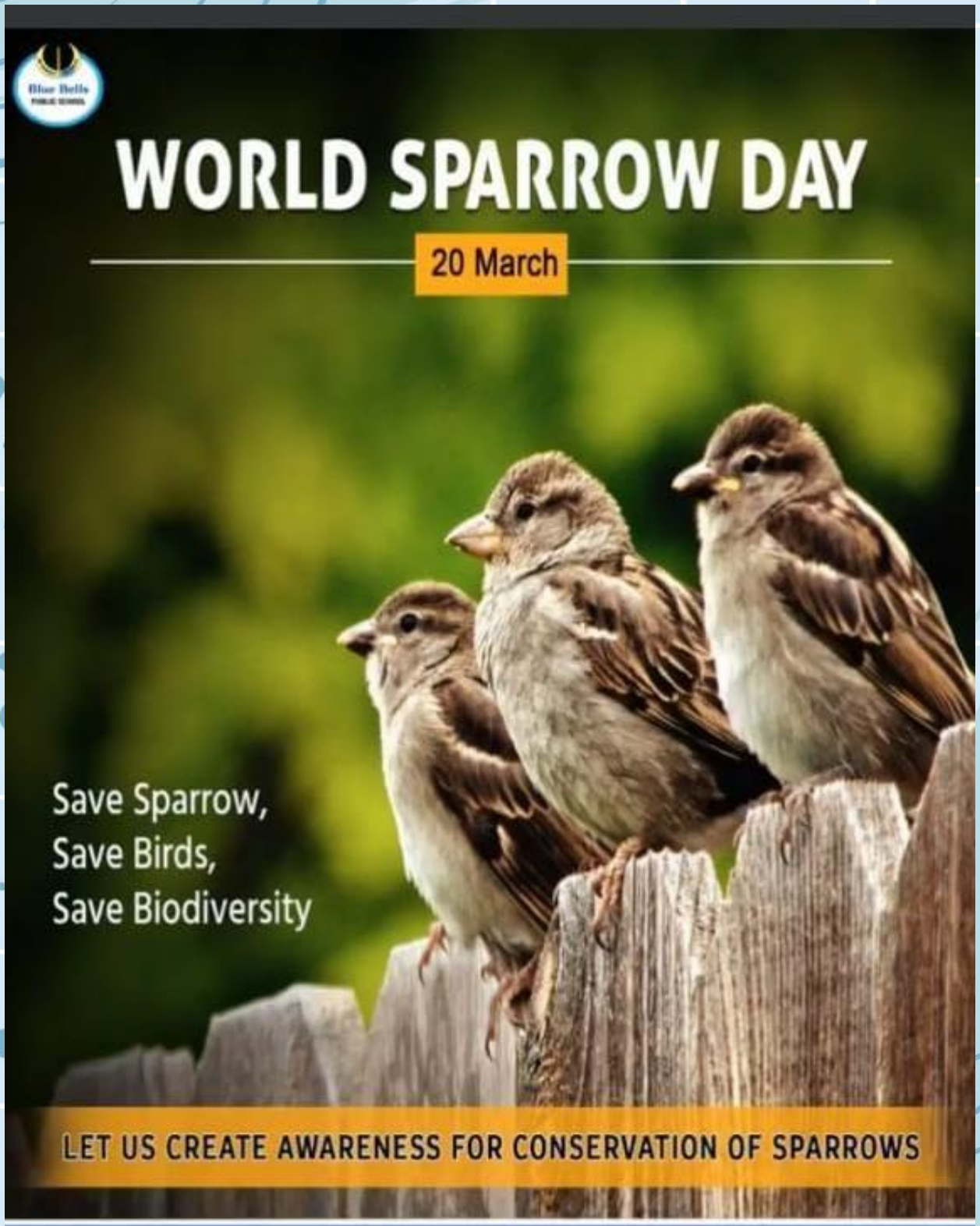


“The best way to create value in the 21st century is to connect creativity with technology.” - Steve Jobs



March 21, 2023

WORLD SPARROW DAY



”Let us raise awareness and protect the common house sparrows, which are not so commonly seen now.”



March 12, 2023

LEARNING UNBOUND CHAPTER 2022-23



“Education inspires confidence. Confidence fosters hope. Hope nurtures peace.”









“Your body hears everything your mind says.”
– Naomi Judd



The Health and Wellness Programme was introduced and implemented in Blue Bells Group of Schools in the year 2009 under the able guidance of Dr. Alka Saxena, (Deputy Director) Health and Wellness, Blue Bells Group of Schools, an avid advocate of the socioemotional well-being of children. In the year 2015, Health & Wellness Resource Centre, a unique initiative, was established 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.

Health & Wellness Programme is a well-established programme which has been working to provide awareness, sensitization, and skill enhancement to all stakeholders of institutes for over 12 years. ADEPT – A Programme for Enhancing Life Skills was conceptualized and established to provide support in the form of preventive measures and focus on solution-based approaches in training. Specialized Training Sessions are curated for the students and parents. ADEPT, a specialized initiative, was developed to hone Life Skills in all stakeholders for imparting holistic wellbeing.

With the objective of reaching out to a large audience of youngsters and adults alike and sharing her vast knowledge and experiences on life skills, health & wellbeing, Dr Alka launched her blog www.wellnesswise.in. Ma'am's vast knowledge and rich experience as an educationist form the background of her varied write-ups in her blog. The topics chosen are very relevant in today's context and appeal to all age groups.

Over the years, Dr Saxena has groomed a full-fledged team of Doctors, Nurses, Counsellors and Life Skill Facilitators in carrying – on her vision of empowering students.



EVENTS ORGANIZED UNDER THE HEALTH & WELLNESS PROGRAMME

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 emotions; The Health & Wellness Resource Centre team under the guidance of **Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS**, prepared an interactive module on dealing with Examination Stress for the students. Dr. Alka with her team conducted the session for the students of Class IX on January 30 and February 01, 2023, and February 02, 2023 for Class XI respectively.

Another session to deal with Examination Stress was conducted for the students of Class X on December 05, 2022 and Class XII on December 7, 2022 respectively.

The session included

- Various signs and symptoms of 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 different learning styles



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

Students enjoyed the **healthy lifestyle walk**, where the importance of a healthy lifestyle was presented in a creative manner. The healthy lifestyle walk emphasized on balanced diet, regular exercise and good sleeping habits.

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





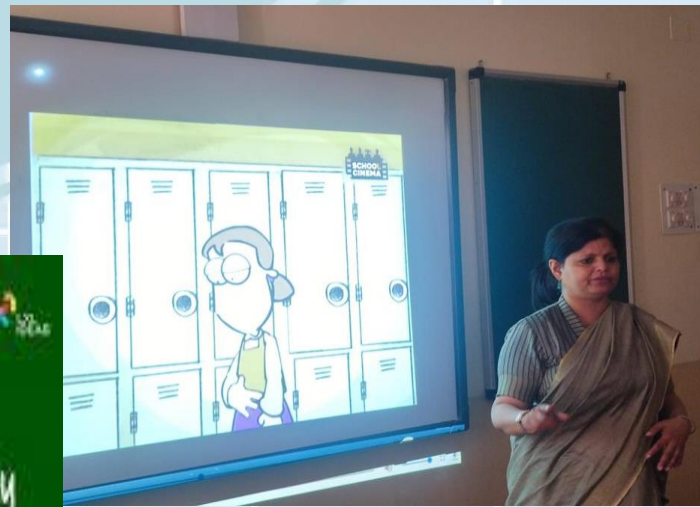
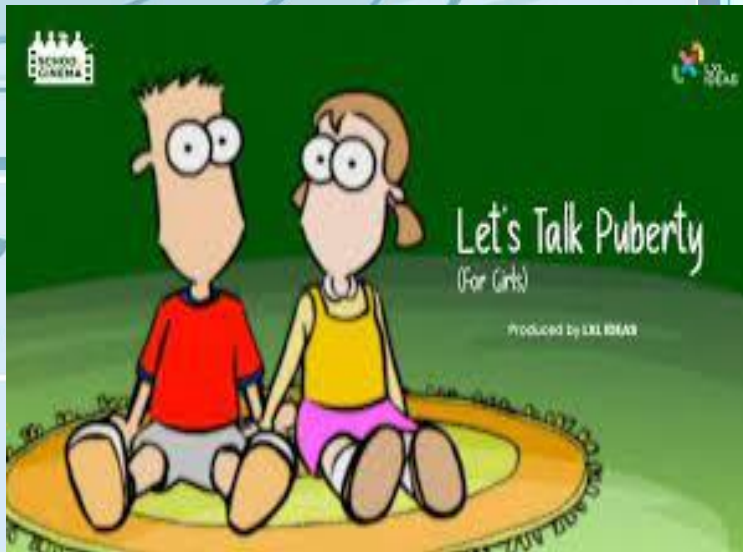
LET'S TALK PUBERTY- A SESSION FOR CLASS V GIRLS

“Change is the pathway to growth.”

Puberty is a transition where both boys and girls experience changes physically, cognitively, emotionally and socially. During this period of change, the confusion and concerns of children need to be addressed. In sync with this, an interactive session was organized on March 03, 2023, for the girl students of Class V under the skillful guidance of Dr. Alka Saxena, Deputy Director (Health & Wellness), Blue Bells Group of Schools. The session was conducted by Ms. Sapna Sinha, Content Developer and Life Skills Facilitator, a member of the Health & Wellness Resource Center team.

Through the School Cinema movie ‘Let’s Talk Puberty’ along with an interactive session, the girls came to know about physical, emotional, hormonal, and social changes that occur during Puberty. They were able to understand the changes they would experience in the coming years and how to manage them with proper sleep, diet, and hygiene. The meaning of puberty was well grasped by the students. Mood changes and variations in energy levels were explained. The students understood the importance of a balanced diet, drinking plenty of water, taking proper sound sleep, participating in outdoor games, and maintaining cleanliness and hygiene for staying healthy and fit. An insight was provided into the useful ways in which they can look after themselves at this time so they can cope with the changes effectively. Students shared their concerns, doubts, and feelings with the facilitator without any inhibition and felt empowered.





LEARNING UNBOUND

ELIXIR – FIND YOUR ESSENCE

The Health & Wellness team under the inspirational guidance of Dr. Alka Saxena, Deputy Director, Health & Wellness, Blue Bells Group of Schools created a soulful corner Elixir: 'Find Your Essence'. The corner added a Midas touch to the event 'Unwrapping Learning packages', imparting a thoughtful outlook to the parents. An overview of the Health & Wellness Programme was displayed which peeped into the kaleidoscopic glimpse of various activities and events for students, parents and teachers under the Health & Wellness programme conceptualized by ADEPT- A Program for Enhancing Skills, powered by Wellnesswise.in. Primary Wing students apprised the parents about the blog, Wellnesswise by Dr. Alka. Students, through the Mascots of School Cinema Movies, helped parents to understand the importance of acknowledging different values, life skills, and emotions in order to have a holistic approach.



Inspirational Movies by School Cinema was screened during the program, which showcased the Value-based learning inculcated in students during their values education classes. Students welcomed the parents and engaged them in interesting and thought-provoking energizers and activities related to the movies. The parents experienced hands-on activities like 'Tongue Twisters', 'Newspaper Gift Wrapping', and 'Mark Your State' with full zeal and vigour and appreciated the students' performance. These activities reflected in-house teaching methodologies which make learning fun-filled and impactful.



WELLNESS WISE BY DR. ALKA

AUTHOR PROFILE



Dr. Alka Saxena

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

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

A healthy mind dwells in a healthy body. Keeping this in mind, Dr. Alka Saxena created her blog, Wellness Wise by Dr. Alka. The purpose was to reach out to a broad audience with the aim of sharing her vast knowledge and practises on life skills, health, and wellbeing. Her blog postings based on her experiential knowledge as an educator covers a wide range of topics which connects and relates to both the young and the old alike.

Dr Alka's blogs published during the months of January to March 2023 has been a source of inspiration to all her followers. It has helped readers to reconnect with life and find solace. Some of the contents published in her blogs have been shared below which majorly focuses on healthy living and emotional wellbeing. Her writings can be explored on www.wellnesswise.in



WellnessWise Specials
By **Dr. Alka Saxena**

HAPPY INTERNATIONAL
WOMEN'S
DAY



The Art of Thinking

www.wellnesswise.in

World of Emotions

www.wellnesswise.in



Ways to Incorporate Self-Care into Your Busy Schedule

www.wellnesswise.in

#Wednesday Wellness

www.wellnesswise.in





At-Home Winter Activities

www.wellnesswise.in



Mindfulness in Daily Life

www.wellnesswise.in

Dear Reader

“Success is counted the sweetest for those who wish to succeed, to comprehend the nectar requires a sorest need.”

Success is the manifestation of pervading consciousness in an individual. Whatever you dream, you envision, you desire and you can achieve.

With the close of the previous session and commencement of the new academic session, new dreams, hopes, aspirations and events are unfolding.

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

Stay Connected and Stay Strong.

Editorial Team

Brahm Dutt Blue Bells Public School

Sector 10, Gurugram



“Take up one idea. Make that one idea your life—think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success.” — Swami Vivekananda

