



# BLUE BELLS PUBLIC SCHOOL

**SECTOR 10, GURUGRAM**

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# MESSAGE

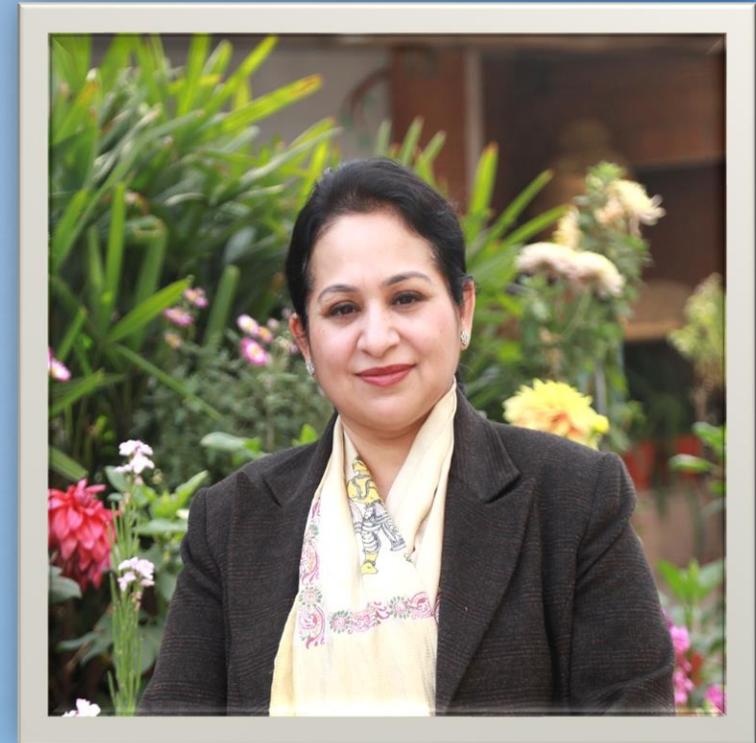
## THE MISUNDERSTOOD EMOTION: ANGER

Dear Students

Anger is one of the six basic human emotions along with happiness, sadness, disgust, fear, and surprise. If not managed properly, anger can affect our personal and professional lives. Multiple times we also resort to anger in order to cover up other feelings and therefore, anger is sometimes seen as a secondary emotion. It can be imagined as the tip of an iceberg.

Anger causes various physiological changes in our body. It triggers the 'fight or flight' response mechanism of the body and the adrenal glands release adrenaline and cortisol in our body which increases our heart rate, blood pressure, and perspiration. There is a blood rush towards the muscle which is why many people turn violent when angry. This adrenal response, if continued for a long period of time, can lead to problems like headaches, anxiety, or even heart attack.

Anger is an emotion, which, if not expressed and dealt with appropriately, may damage our relationships with other people as well as ourselves. Hence, we must learn to deal with anger in a constructive manner. Anger management aims to manage the emotional and physiological changes and find a healthy outlet for them.



However, anger management is not equal to anger avoidance. It means acquiring skills to identify your triggers and keep them from pushing you over the edge.

These are some techniques you could use to manage your anger:

- **Self-Awareness:** Be aware of your feelings
- **Relaxation:** Practising deep breathing, yoga exercises that stretch and relax your muscles, or picturing yourself in a calming situation can help you manage your anger.
- **Better Communication:** Thinking carefully about what you want to say, listening actively to the other person and using 'I' instead of 'you' sentences are helpful in controlling altercations. For e.g., Instead of saying "You hurt me," say "I was hurt." Learn about conflict resolution strategies.
- **Managing Your Environment:** Give personal time and space to yourself, walk away from situations that you feel are getting out of control.

Some people may need professional help in managing their anger ,if it starts interfering with their daily lives and ability to carry out routine tasks.

Anger management is an important contributor to a fulfilling life and anger managed well is a sign of emotional intelligence.

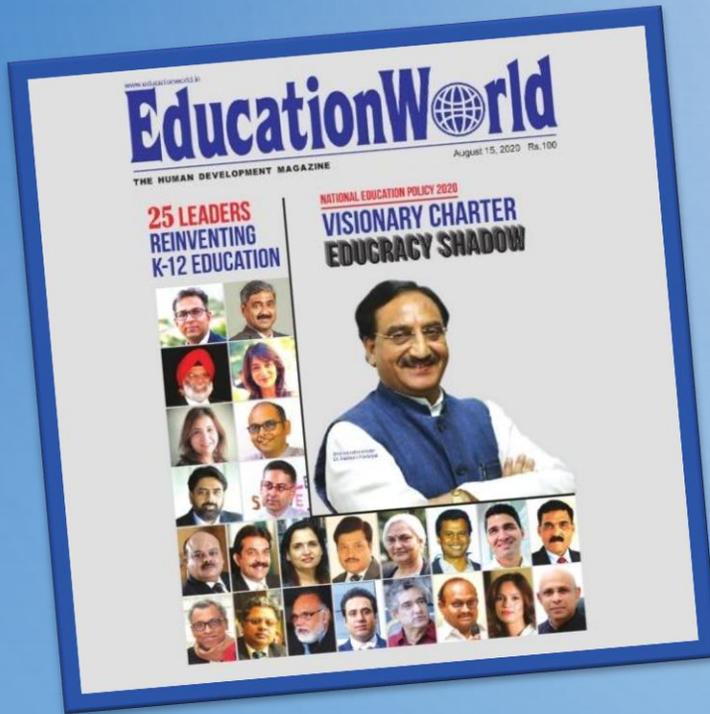
**Dr.Alka Saxena**

**Deputy Director(Health & Wellness)**

**Blue Bells Group of Schools**

# HALL OF FAME

Mr. Ashish Gulati, Vice Chairman, Blue Bells Group of Schools, has been recognized as one of the top 25 leaders reinventing K12 education in India.



## **Ashish Gulati**

Vice chairman, Blue Bells Group of Schools, Gurgaon

**A**n alum of the top-ranked Management Development Institute, Gurgaon, Ashish Gulati is vice chairman, Blue Bells Group of Schools comprising five schools and preschools in Gurgaon with an aggregate enrolment of 3,700 students and 350 faculty.

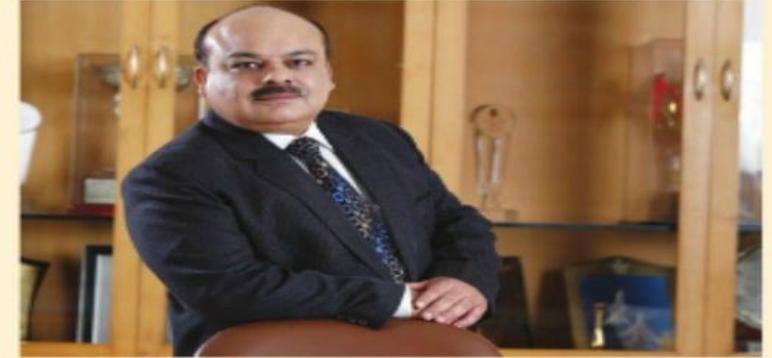
**NEP 2020 overview.** Arriving after a 34-year hiatus, the NEP 2020 is welcome and heralds overdue reforms in Indian education. Reiteration of the resolve to double government spending on public education to 6 percent of GDP is encouraging although this promise has been made before and not fulfilled. I also welcome the 360-degree assessment system that takes into consideration the holistic development of children. The change to the 5+3+3+4 schooling system, in line with international education standards, together with the proposed reforms in higher education, will develop India into an education hub. I am hopeful that implementation of NEP 2020 will be smooth and successful.

**How satisfied are you with the switch of K-12 schools to online/blended learning during the current Covid-19 crisis? Is this a beneficial development for school education?**

The switchover to the online mode was the only option available to schools to ensure learning continuity for children. Fortunately, teachers and students adapted very quickly. Blended learning is here to stay as it allows greater flexibility and interaction between students, parents, and teachers. However, it will never entirely replace bricks-and-mortar learning, which offers a more wholesome learning experience.

**The past few months have witnessed increasing government interference in fees and online education delivery. How much damage has this caused to private schools?**

Inevitably in times of crisis, vested interests try and create conflict. Erosion of trust between schools and parents is the worst damage they have caused. Our constant en-



deavour is to assure parents that we are equally invested in the well-being of their children.

**What are the major initiatives Blue Bells Schools have recently taken to upgrade teaching-learning?**

Blue Bells Group has devised a two-pronged approach to improve teaching-learning in our schools. Started eight years ago, our in-house curriculum development and teacher training centre enables us to continuously upgrade curricular content and pedagogies. The second initiative focuses on organisation-wide behavioural interventions to develop a compassionate culture conducive to child-centric learning and emotional well-being of our students.

**What are your Top 3 proposals for re-inventing India's K-12 education system?**

It is critical that we build policies and systems that enable schools to focus on teaching-learning, rather than on administration. Also establishing a separate regulatory and accreditation body for private schools — one that supports and improves rather than merely regulates their activities — is imperative. However, school reforms will be effective only when similar reforms are introduced in the higher education system.

“People who are Determined enough to think they can change the World, are the Ones who Do.”-Steve Jobs



**Samarth Yadav**, student of class VIII-C applied the knowledge he gained at the Atal Tinkering Lab of the school, to create and print hundred 3D Face shields for Corona Warriors.



“Be the reason someone smiles. Be the reason someone feels loved and believes in the goodness in people.”- Roy T. Bennett

# GLOBAL COLLABORATIONS



**The Asian Platter  
(U.A.E. & Thailand)**



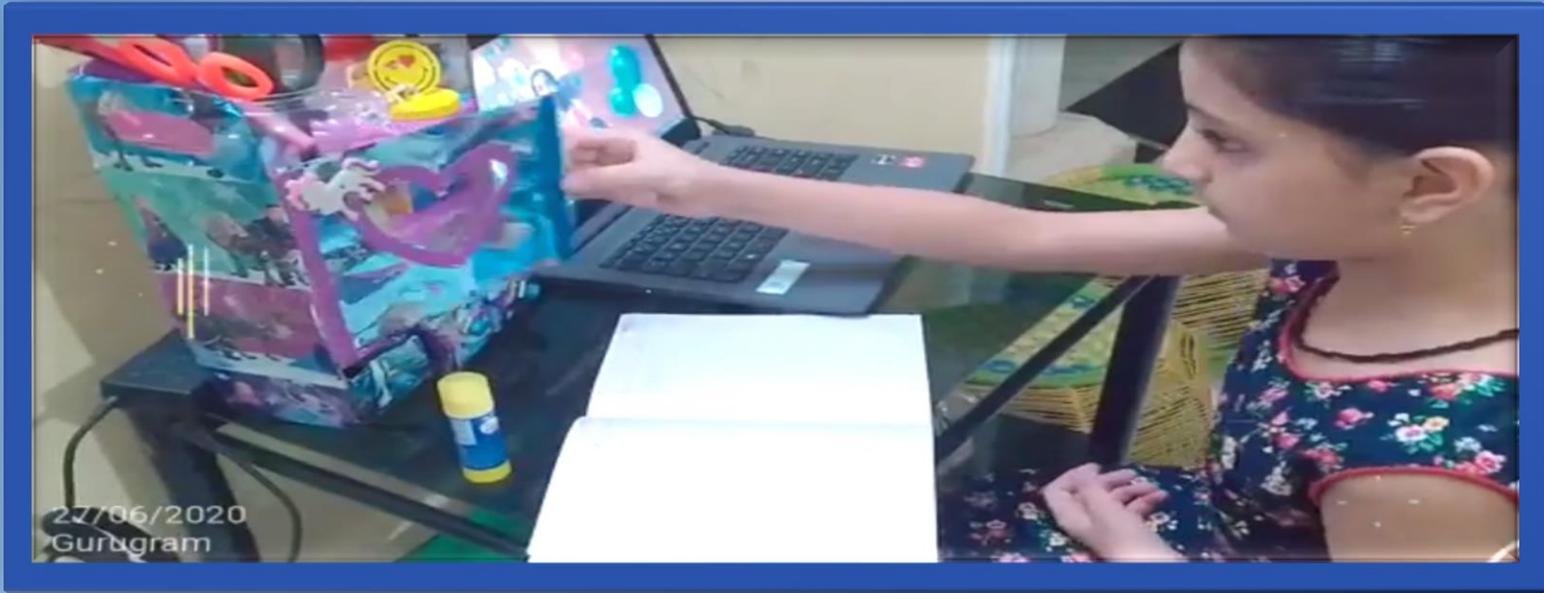
**Water Conservation  
(Australia & Brazil)**



Blue Bellians are knowledge explorers when it comes to learning about new cultures and countries. In such sessions, our students had an insightful discussion on “**Water Conversation**” with students of schools in Australia and on “**The Asian Platter**” with the students of schools in U.A.E. and Thailand.

Not all classrooms have four walls

# YOUNG ENTREPRENEUR CONTEST AN OPPORTUNITY to LEARN & GROW BEYOND



Aanya Arora of Class IV-B, participated in the **Young Entrepreneur Contest** by **The Hush Tree**, an Indian Ed-Tech Company fostering the development of Self-leadership Skills, in line with **UNESCO's Education Agenda 2030**. She was among the best 23 students selected across India to be a part of this wonderful experience.

Aanya's organiser, which she created from a shoebox, won her a prominent position in the prestigious **Young Entrepreneurship Programme**.

**"TECHNOLOGY is the campfire around which we tell our stories"- Laurie Anderson**

# AVISHKAAR LEAGUE QUALIFIER



**TWEAK LEAGUE: JUNIOR ROBOTICS CHALLENGE**  
**KHUSHAL YADAV - IV C**



**HACKATHON: THE CODING CHALLENGE**  
**SAKSHAM PANDITA - VI C**



**HACKATHON: THE CODING CHALLENGE**  
**SHAURYA THAPAN - V A**



**IRC LEAGUE: ROBOTICS CHALLENGE**  
**SHUBHADEEP MITRA - VIII C**



**IRC LEAGUE: ROBOTICS CHALLENGE**  
**SHUBHAM YADAV - VII D**



**IRC LEAGUE: ROBOTICS CHALLENGE**  
**SUSHANT YADAV - VIII A**

Competing against 350 students from across India, USA and UAE, Sushant Yadav (VIII-A), Shubhadeep Mitra (VIII-C), Shubham Yadav (VII-D), Khushal Yadav (IV-C) Shaurya Thapan (V-A) and Saksham Pandita (VI-C) all made us proud by qualifying for the finals of the Avishkaar League - Unique Tech Challenge.

“Technology gives the quietest student a voice.”- Jerry Blumengarten

# HEALTH & WELLNESS PROGRAMME

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 Counsellors and Life Skill Facilitators to carry forward her vision of empowering students.

The Health & Wellness Resource Center, a unique initiative, was established in the year 2015 by Dr. Saxena, with the sole aim of catering to the needs and demands of Blue Bells Group of Schools as well as other schools. The center's main focus is to create modules, workshops and policies for the students, teachers and parents. The Resource Center team headed by Dr. Alka Saxena comprises of Ms. Renu Khare and Ms. Shreya Kumar, (Counsellors and Content Developers) along with Ms. Priyanka Chaturvedi, (Value Education Facilitator and Content Developer) and Ms. Premlata Yadav (Office Executive, Health & Wellness). Under the aegis of the Health & Wellness Programme, the Resource Center team plans and conducts various Sessions, Workshops and Modules for the students, teachers and parents after a meticulous and extensive research.

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

# WORLD HEALTH DAY



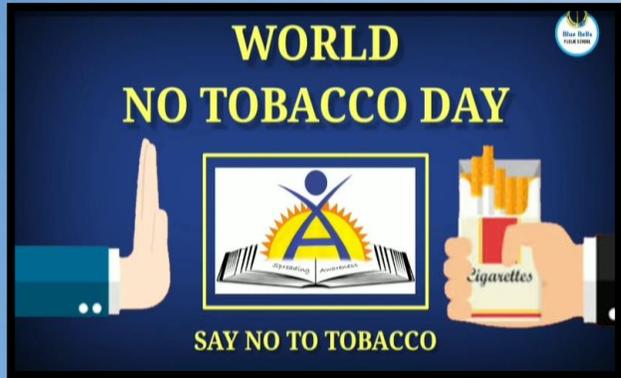
Understanding the importance of staying at home during the pandemic, The Health & Wellness team sent out a slogan through the school Facebook page to commemorate World Health Day 2020.

“This World Health Day, we need to stay in to stand together and ensure a healthy future for all of us”.

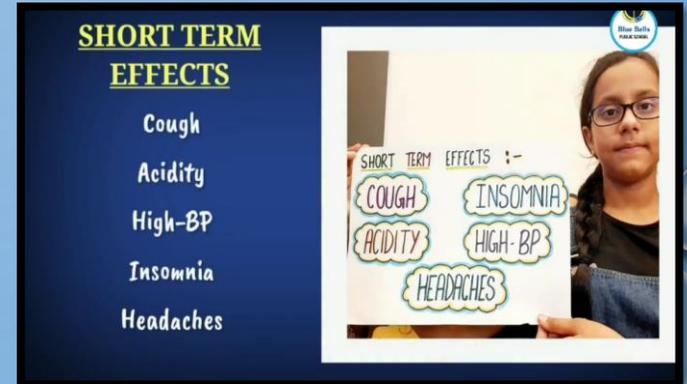
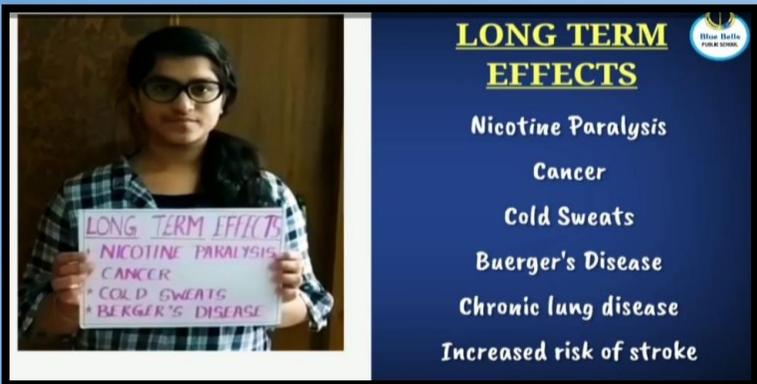
# WORLD NO TOBACCO DAY



The Health & Wellness Team of the school conducts an Anti-Tobacco Campaign each year to generate awareness about the serious health hazards associated with the consumption of tobacco. This year's theme for the WHO designated 'World No Tobacco Day' on 31 May 2020 was **“Protecting Youth from Industry Manipulation and Preventing them from Tobacco and Nicotine Use”**.



The Team under the guidance of Dr. Alka Saxena created a video to highlight the enormity of this issue and reinstate the ill-effects of tobacco. The Health & Wellness Ambassador and Peer educators shared an effective message for their peers through the video. The team also provided links to watch two recommended documentaries on the topic.



# DOCTOR'S DAY CELEBRATION



**Dr. Alka Saxena**



**Dr. Rishabh Yadav**



**Dr. Aarushi Tulli**

Doctor's Day was celebrated to raise awareness about the roles, importance, and responsibilities of doctors and to promote the medical profession. Our alumni serving in various hospitals as doctors shared their experiences with their juniors.



Dr. Alka Saxena addressed the gathering on two aspects: Prevention is better than cure and Mental Well Being. She gave useful tips on how to balance both physical and mental health during this pandemic to keep ourselves safe and healthy.

# PEER EDUCATOR AND PEER MENTOR SELECTION – ROUND II(2020-2021)



The selection was done online wherein the themes were shared through share screen. Once the students informed about their choices, the sub topics were shared with individually. All the students performed well. The judges shared important tips with the students and appreciated their efforts. All the online sessions were a very enriching experience.

# LIFE SKILLS ONLINE CLASSES

The Life Skills facilitators are providing emotional support and helping the students imbibe Life Skills through Life Skills education classes in these challenging times. School Cinema movies, worksheets & hands on activities were used to keep up the spirit of the students and to teach life skills in a stimulating environment. Life Skills help us to deal well and effectively with the challenges of life.



# WEBINARS conducted by DR. ALKA SAXENA, DEPUTY DIRECTOR (HEALTH & WELLNESS), BBGS

## Webinar on Mother's Day

Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS, conducted an engaging and informative Webinar on 9 May 2020 on 'Understanding Teens and Communicating with them Effectively' as part of the Mother's Day online programme. Communication being the key to a healthy relationship Dr. Saxena covered vital topics like Understanding Adolescence, Listening with Whole Body, Addressing Feelings, Respectful Confrontation, Setting Routines and Stating Values and Expectations. Dr. Saxena also responded to the queries posted by mothers after the webinar.

**Understanding Teens And Communicating With Them Effectively**

Blue Bells Group of Schools invites you for a Webinar with Dr. Alka Saxena, Deputy Director(Health & Wellness) on Saturday, 9th May 2020 at 4pm Join us on Zoom

**Respectful Confrontation**

- Moving from Problems towards Solutions
- Deal with the situation at hand
- Do not make personal attacks
- Do not criticize character traits
- Refrain from repeating unpleasant experiences
- Collate the facts and state them with intent to support and not letting down

When adolescents are insulted, they're sometimes tempted to return the insult

DON'T TELL ME YOU'RE GOING OUT LOOKING LIKE THAT!  
WHAT'S WRONG WITH HOW I LOOK?  
IT'S A STUPID LOOK.  
I THINK YOUR LOOK IS STUPID.

"HOW TO TALK SO TEENS WILL LISTEN & LISTEN SO TEENS WILL TALK"- Faber & Mazlish

**Set routines and be consistent**

Reflection

- All feelings are- Normal, Natural, Neutral
- It is okay to feel all feelings. What is important is what we do with them.
- So, what should we do?

Participants: You, ABHISHE..., Alka Sax...

Zoom Meeting Grid

Participants: Tanushree Bhattacharjee, Sander Singh, Unique Psychological, Shady Kaur, Alka Saxena, Rajanya Sharma.

Zoom Meeting - Dr. Alka Saxena

Participants: Premalata Yadav and 46 more, Unique Psychological, Sander Singh, Tanushree Bhattacharjee, Shady Kaur.

Emotional Intelligence(EI)

Peter Salovey and John Mayer are considered the founders of Emotional Intelligence. The term was first used by them in a Research Paper in the year 1990.

Participants: Premalata Yadav (You), Alka Saxena (NEW), Tanushree Bhattacharjee, Alka Saxena.

Also in the meeting (50)

Dr. Alka Saxena, Deputy Director (Health & Wellness), Blue Bells Group of Schools, was a key speaker at a virtual webinar on ‘**Emotional Intelligence**’ organised by Unique Psychological Services, New Delhi on 5 July 2020.

Her talk focused on ‘**Understanding Emotions and Decoding Anger**’ in which she explained that while we all experience diverse emotions, we may express them differently. All emotions are normal, natural and neutral – we just need to be aware of them, identify them for what they are, and learn to deal them effectively. She also shared important tips on how to manage anger.

# AWARENESS CAMPAIGN (APRIL)

Ministry of Health & Family Welfare  
Government of India

Help us to help you

## NOVEL CORONAVIRUS (COVID-19)

**Protect yourself and others!**  
Follow these **Do's** and **Don'ts**

**Do's**

- Practice frequent hand washing. Wash hands with soap and water or use alcohol based hand rub. Wash hands even if they are visibly clean.
- Cover your nose and mouth with handkerchief/tissue while sneezing and coughing.
- Throw used tissues into closed bins immediately after use.
- See a doctor if you feel unwell (fever, difficult breathing and cough). While visiting doctor wear a mask/cloth to cover your mouth and nose.
- If you have these signs/symptoms please call State helpline number or Ministry of Health & Family Welfare's 24X7 helpline at 011-23978046.
- Avoid participating in large gatherings.

**Don'ts**

- Have a close contact with anyone, if you're experiencing cough and fever.
- Touch your eyes, nose and mouth.
- Spit in public.

**Together we can fight Coronavirus**

**For further information :**  
Call at Ministry of Health, Govt. of India's 24X7 control room number  
+91-11-2397 8046  
Email at [ncov2019@gmail.com](mailto:ncov2019@gmail.com)

moHFW.gov.in | @MoHFWIndia | @MoHFW\_INDIA | mohfwindia

FLYER TO SPREAD AWARENESS ABOUT THE VIRUS

## BLUE BELLS GROUP OF SCHOOLS HEALTH & WELLNESS PROGRAMME

**THINGS TO DO WHEN AT HOME**

*Stay Safe, Stay Healthy*  
Health & Wellness Team

- COMPLETE YOUR WORKSHEETS
- MAKE A BIRD HOUSE
- SKETCH/PAINT
- SET UP A CAMP IN YOUR HOME
- LEARN ORIGAMI
- ORGANIZE YOUR CLOSET/DESK
- EXERCISE/ YOGA/ MEDITATION
- READ A BOOK OR WRITE YOUR OWN BOOK
- LEARN A NEW SKILL
- WATCH A MOVIE/ FAVOURITE SERIES
- SKYPE WITH FRIENDS & PLAY ONLINE GAMES TOGETHER
- BAKE CAKES & COOKIES
- EAT HOME MADE HEALTHY FOOD
- FOLLOW A HEALTHY ROUTINE
- LISTEN TO MUSIC

FLYER ABOUT USAGE OF TIME CONSTRUCTIVELY DURING THE PANDEMIC

During this challenging time, mental well-being is as important as physical well-being, more so for children. Keeping this in mind the Health & Wellness Team sent Circulars to parents informing them about the counselling support being provided by the school and NCERT (telephonically) which would help them and their children to tide over the difficult times.

**HOW TO TAKE CARE OF THE MENTAL HEALTH OF YOUR CHILDREN DURING COVID-19 STAY-IN**

**Stay Safe, Stay Healthy!**

**Best Wishes**  
**Health & Wellness Team**  
**Blue Bells Group of Schools**

**National Institute of Mental Health and Neuro Sciences (Institute of National Importance)**

**Taking care of Mental Health of Children during COVID-19**

The outbreak of COVID-19 and its consequences can make children anxious and stressed. Take care of their mental health with these simple strategies.

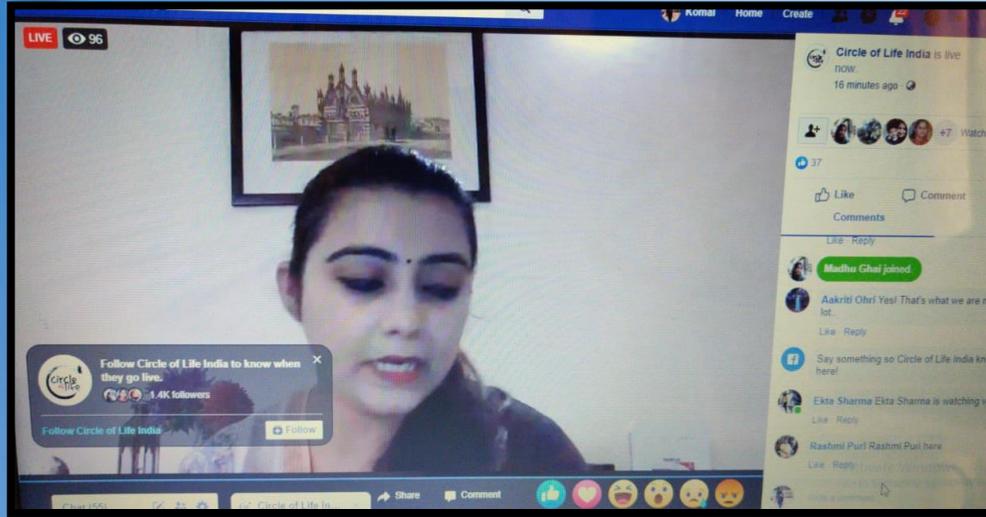
<p><b>PROVIDE ASSURANCE WHENEVER NEEDED</b>                  It is important to reassure your children. Listen to their concerns and try answering their queries related to the outbreak. Spend quality time with them and give them the attention they need. Reading them stories to put them to sleep will make them feel loved.</p>	<p><b>KEEP THEM IN CONTACT WITH THEIR FRIENDS</b>                  Physical distancing from friends can be a cause of distress for the children. Encourage them to talk to their friends, cousins and loved ones by calling them up or through video calls. You can also involve your children and their friends in some fun activities which they can do together by staying connected virtually.</p>
<p><b>MANAGE YOUR CHILD'S ANXIETY</b>                  It is normal for your child to become anxious at this time. Look out for the emotional cues in your child and talk to them regarding the same. Avoid being judgemental when they express their feelings. Do not avoid their questions related to COVID or speak to them harshly. This can increase their fear and anxiety. Instead, make them understand that things will be better if we take proper care. Remember that this is a new situation for your children and do not get irritated with them.</p>	<p><b>GIVE THEM CLEAR INFORMATION</b>                  It is not advisable to provide children with a lot of reports and news related to the outbreak. However it is important to give them correct information as to what is happening around the world. Give them proper facts in a way that they can understand so that they do not remain confused, as this may increase their anxiety. You can make the explanations creative through pictures and drawings.</p>
<p><b>ENGAGE THEM IN INDOOR ACTIVITIES</b>                  During this time, children may get easily bored. Involve them in indoor games to cut down the boredom. You can also make their learning fun by giving them puzzles to solve and teaching them crafts. Encourage them to pick up a hobby. Involve the children in some stretching exercises, yoga or dancing which they will enjoy. You can also involve them in doing simple household activities to keep them engaged.</p>	<p><b>MAKE A ROUTINE OF LEARNING AT HOME</b>                  At this time, schools are closed, however this should not stop the children from learning. Ensure that they have a regular habit of studying by giving them small assignments related to their lessons. Check the assignments to understand their progress.</p>

Above all, take good care of your children's health. Ensure that they practise hand washing and cover their mouth and nose with bent elbow when they cough or sneeze. Watch out for any symptoms of COVID-19 and reach out to the doctor if necessary. Have a plan in advance in case your child falls sick. Ensure that the children eat healthy food and get good sleep and rest.

**IN CASE YOU NEED ANY HELP**  
 Please contact COVID-19 Psycho social toll free helpline at 080-46110007 or consult your doctor or a mental health professional

Content developed by the Ministry of Health & Family Welfare, GOI and National Institute of Mental Health & Neurosciences (NIMHANS) on how to support children during the pandemic and a video link of Child and Adolescent Psychiatrist Dr. Shekhar P. Seshadri (NIMHANS) was shared with parents.

# CIRCLE OF LIFE SESSIONS



→ “Coping with Stress in the face of a Pandemic”: This LIVE session was scheduled for **18th April 2020** at **11:30 am**, on their Facebook page Circle of Life.



→ “Maintaining work- life balance”: This LIVE session was scheduled for **April 29, 2020** at **3:30 pm**, on their Facebook page Circle of Life

## Cultivating Mindfulness in these trying times



Come be a part of a **5 - session** module through **Facebook Live**, on Cultivating Mindfulness and practising some mindfulness activities, especially in the current testing times!

Join us every alternate day, starting **Thursday, 28th May, 5.30 to 6.00 pm**

Contact: 8800116695 | [contactus@circleof.life](mailto:contactus@circleof.life)



"Mindfulness means being awake. It means knowing what you are doing."

— Jon Kabat Zinn



## Unlocking ourselves to the "NEW" NORMAL



Let's discuss ways to make this transition to the upcoming changes smoother and easier!

Catch us on **Facebook LIVE** on

Date - **9th June 2020**  
Time - **5 pm**

Date - **13th June 2020**  
Time - **5 pm**

Contact: 8800116695  
Email: [contactus@circleof.life](mailto:contactus@circleof.life)  
Follow us on:



→ “Cultivating Mindfulness in these trying times”: This LIVE session was scheduled for **28th May, 2020 at 5:30 pm**, on their Facebook page [Circle of Life](#).

→ “Unlocking ourselves to the NEW NORMAL”: This LIVE session was scheduled for **9th June, 2020 & 13th June, 2020 at 5:00 pm**, on their Facebook page [Circle of Life](#).

# HEALTHSETGO



EXPERT THURSDAYS WITH **LSG HEALTH SET GO**

## SCRAMBLE UNSCRAMBLE

Let's play an online word puzzle where you have to re-arrange letters/word to reconstruct a new word.

**Today 4th June  
6 PM - 7 PM**

zoom



FUN FRIDAYS WITH **LSG HEALTH SET GO**

## MANDALA ART

WITH **ARLITA SAHA**  
JUST FOR ARTS

**Today 5th June, 6 PM - 7 PM**

JFA zoom



FUN FRIDAYS WITH **LSG HEALTH SET GO** **JFA**

## CREATE YOUR OWN JOURNAL

WITH **SANA**

**TODAY, 19 JUNE, 6-7 PM**

zoom



EXPERT TALK WITH **LSG HEALTH SET GO**

## Mind Gym

- FOSTER A HAPPIER MIND  
BY **SANA KHULLAR**

**TODAY, 17 JUNE  
6 - 7 PM**

zoom



**LSG HEALTH SET GO**  
PRESENTS

## SATURDAY DANCE PARTY

with  
Choreographer **Anushruti**

**6:00 - 7:00 PM  
6th June 2020**

zoom



**LSG HEALTH SET GO** zoom

TASTY TUESDAYS ARE HERE!

## SPINACH, CHEESE AND SUNDRIED TOMATO PINWHEEL SANDWICHES

IT'S HAPPENING TODAY!  
16 JUNE 6-7 PM

WITH **CELEBRITY CHEF AKSHAY NAYYAR**

**INGREDIENTS :**  
6-8 SMALL TOMATOES  
4 PCS CHEESE SLICES  
1/2 CUP SPINACH LEAVES  
6 SLICES OF BREAD  
1/2 CUP HUNG YOGURT  
OLIVE OIL  
OREGANO (OR AJWAIN)  
GARLIC  
ROSEMARY LEAVES (OR CORIANDER)  
TOMATO KETCHUP  
SALT  
BLACK PEPPER

A letter informing about the various online activities organized by **HealthSetGo** to keep the children engaged during the lockdown and vacations was sent to parents through Email.

The links of these activities were also shared on a regular basis to keep the children's lifestyle healthy and help them enhance their skills.

# 'MANODARPAN'

This is an initiative of the Ministry of Human Resource Development to provide Psychosocial Support to students for their Mental Health & Well-being during the COVID outbreak and beyond. The aim of **MANODARPAN** is to help students to live their lives happily, effectively and productively and become resilient over time with the help of life skills even in the face of challenges and roadblocks.

This is a part of **ATMANIRBHAR BHARAT ABHIYAN** for strengthening human capital and increasing the productivity through efficient reforms and initiatives for the Education sector.

**A Circular highlighting the main points of this initiative was sent to the parents and teachers.**



In addition to this, the School Counsellors and Special Educator are in regular touch with students and parents providing them support during this pandemic for their, emotional well-being and academic needs. A special email id has also been created for this, wherein all stakeholders can share their concerns with the counsellors

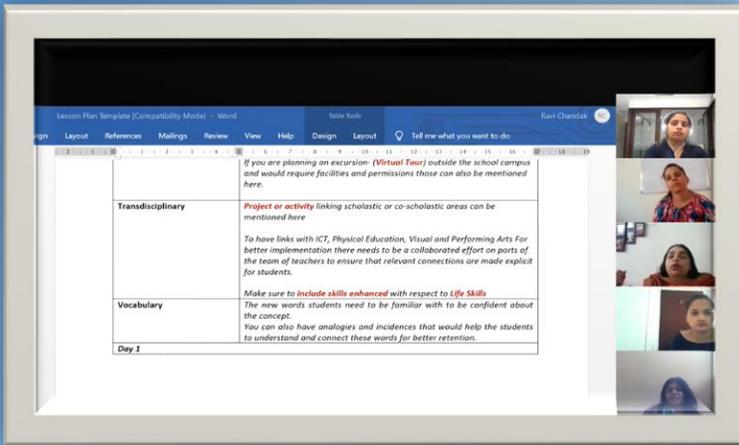
# LEARNING AND DEVELOPMENT CENTRE

## Dealing with the Pandemic Productively through 'Engaging Online Pedagogical Practices'

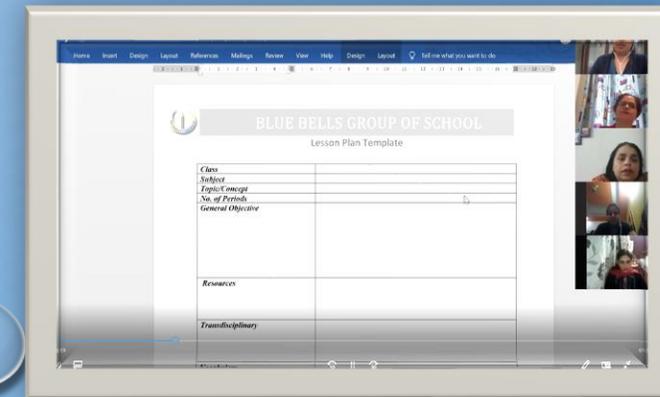
With the aim of making online transactions more engaging and to tap the 21st century skills leading to holistic development of each child, regular Training Sessions are being conducted for the teachers by the L&D Department of the school under the guidance of Madam Soumya Gulati, Deputy Director, Academic Development and Innovation, Blue Bells Group of Schools. Ma'am also has to her credit now, a certification in Hybrid and Blended Learning.



**Ms. Soumya Gulati**



The L&D Team has once again taken the lead to train the teachers so that the benefit reaches the students through the exact training required by them. The sessions conducted by the team have been helping the teachers to interpret, identify, analyse, apply, correlate, realign and customize the pedagogical strategies in their Lesson Planning to suit the Online Mode.



One of the key take aways from the sessions has been the transdisciplinary connect between different strands of learning. To derive the maximum benefit out of the process, a variety of strategies are being discussed which make virtual transaction more interesting and student centric. These training sessions are proving to be extremely helpful for the students and teachers alike.

## Milestones achieved

<p>May 11,2020</p>	<p><b>LITFEST MELANGE</b> in DAV 14, GURUGRAM</p>	<p>Saavi Chouhan (V-C) won 2nd position in Poetry Presentation in Junior Level. Harshita Khandwal (VIII-C) won 3rd Prize in Entertaining Comics @ Lockdown Learning in Middle Level. Arya Mishra (XII-A) received a Special Mention in the English Debate- My Standpoint in Senior Level.</p>
<p>May 28,2020</p>	<p><b>BEHES</b> Online Challengers</p>	<p>Muskaan Tandon(XII-D), Milan Singh(XII-A) and Khushi Ahuja of class XII-D, in Lions Category (14 Years and above) made it to The Best Speaker Standings.</p>
<p>June 08,2020</p>	<p><b>GOONJ-Cultural Fest</b> by DPS-45, GURUGRAM</p>	<p>Kashish Rawat(XII-C), Divyanshi Rajput (X-B), Ankita Maiti (XII-D) won Jury's Special Mention Award in NRITAYA ABHINAY</p>
<p>July 27,2020</p>	<p><b>Literati</b> organized by Amity International School - Sector 46, Gurugram</p>	<p>Khushi(IX-C) bagged First runner up in Geeta Shlokagayan, Aratrika of Class V-A had been 2nd runner up in Rhythms, Consolation prize in Rap it up was bagged by Juhi Arora(VIII-C)&amp;Dhruv Kataria(VIII-D)</p>
<p>July 28,2020</p>	<p><b>Capax Infinitum 2020-</b> Grasping the Infinite at DPS 45, Gurugram</p>	<p>The students combined Scientific Principles of Newton's Laws with an amazing Dance Performance in Rhythmic Intellection and bagged the 3rd position. Komal Bhalla XII-B and Pari Chouhan XI-D bagged 3rd prize in Synchronize, a movie-making event in which they made a movie on the theme Evolution of Life Saving Drugs.</p>



# Milestones achieved

July 29,2020	<b>Concordia - Online Model United Nations Conference</b>	Khushi Yadav - Class IX A, Tanishq Malhotra - Class IX B , Tarushi Kalra - Class XI D got Special Mention in their respective committees at Concordia Online Model United Nations Conference
August 07, 2020	<b>Techsmert-2020 E Colosseum</b>	Harshit and Keshav Garg of Class XI won 'Prod.By' event where as Sai Naman Chauhan and Moksh Parashar from Class VII, won Third Prize in the event 'Framed'.
August 10, 2020	<b>ROBOTRONICS</b> - An Inter-School Robo-Tech Championship - 2020" organized by Amity School Sec-46, Gurugram	<ul style="list-style-type: none"> <li>• Kanishk Gulia (XII-A) won Third Prize in Audio Mixing</li> <li>• Aryaveer Singh (IV-C) won Third Prize in Paint 3D</li> </ul>
August 19, 2020	<b>National Science Concours 2019 (NSC)</b>	Juhi Arora of Class VIII-C won for the second time in a row!!
August 24, 2020	Atal Tinkering Event ( <b>Games Artefact</b> )	Juhi Arora of Class VIII-C bagged First Prize.

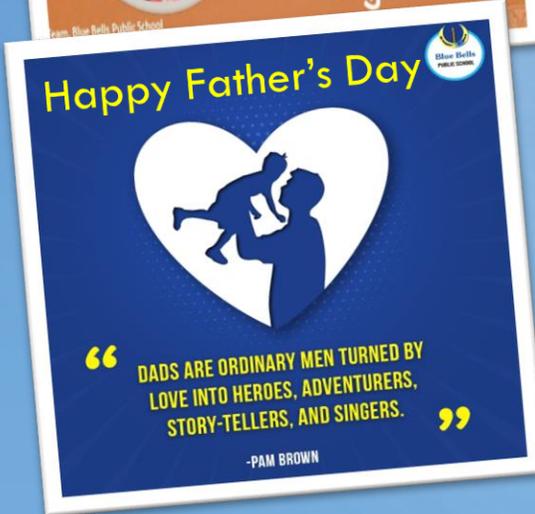
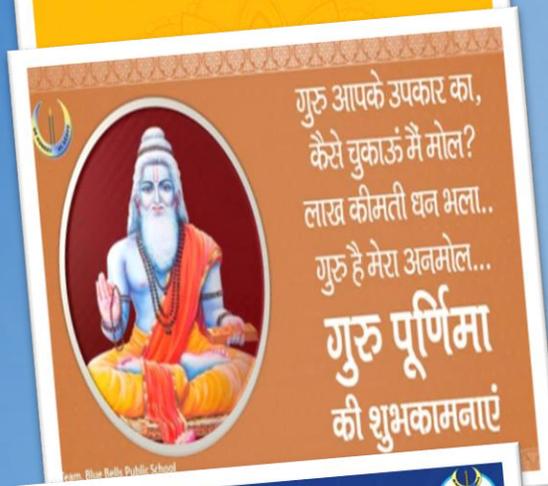
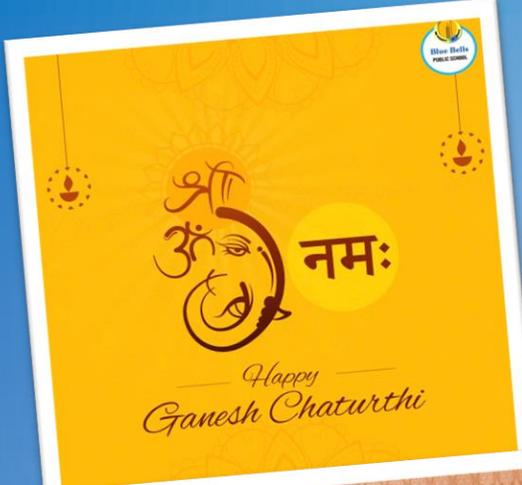


We are changing the WORLD with Technology.

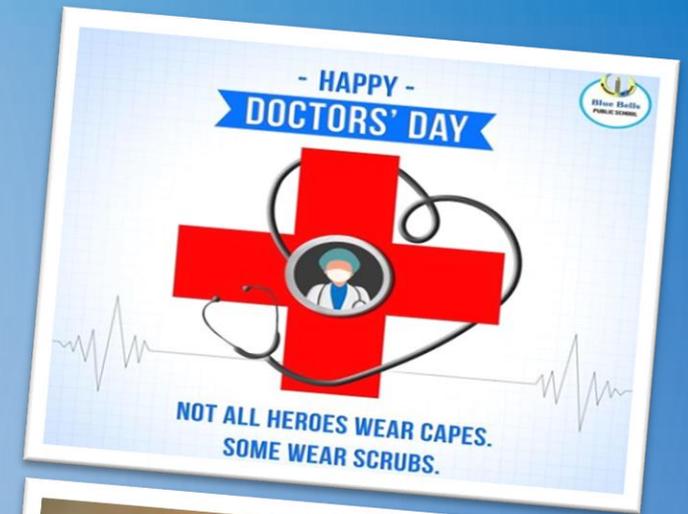
# Milestones achieved

<p>August 25, 2020</p>	<p>Primary Wing students of BBPS emerge as winners at <b>'VISIONNAIRE'</b>, an online interschool competition held by Delhi Public School, Sushant Lok</p>	<p><b>Nishtha Makkar</b> of Class IV-C displayed her scientific temperament with the help of a very innovative model in the event 'Serious About Science' and won the Second Prize in the category. <b>Yatharth Gaur</b> of Class V-D clinched the consolation prize in the event 'Vibgyor' at which he exhibited his excellent IT skills. <b>Naysha</b> of Class III-D held everyone spellbound with her captivating storytelling with the help of shadows and bagged the Second Prize in the event 'Silhouette Spiel'.</p>
<p>August 31, 2020</p>	<p>Runners Up at <b>PRATIBIMB 2020</b> organized by G.D Goenka School, Sector 48, Gurugram</p>	<ul style="list-style-type: none"> <li>❖ Pranav Shrivastava and Yash Mittal of Class XII-A made the school proud by clinching second position in the 'Science in Sports' category .</li> <li>❖ Ayaan Dang of LKG-Tulip, mesmerized the audience by showcasing self-defence techniques and bagged Third Prize in 'Martial Arts'.</li> </ul>
<p>August 28, 2020</p>	<p><b>'Carpe Diem-Let's Seize the Day'</b> held by Amity International School, Sec-46, Gurugram.</p> <p><b>'Xavenium 20'</b> held by St. Xavier's High School, Gurugram.</p>	<ul style="list-style-type: none"> <li>❖ Pariniti Phalswal of Class III-C won a 'Special Mention' for her recipe at the Interschool MI Fest</li> <li>❖ First prize in 'Young Reporter Free Press'- Vineet Janghu, Class IV-B.</li> <li>❖ Second prize in 'Zentangles', Doodle Art Competition - Roopneet Kaur, Class IIIrd-A</li> </ul>





# CELEBRATION GALORE



April 02, 2020

# SCHOOL COMES HOME



The dedication shown by BBPS teachers to provide uninterrupted education to their students through the online system is commendable.

“Technology will not replace great teachers but technology in the hands of great teachers can be transformational.”- George Couros



Ishita Khatri

XI-C



Sakshi XII-D



Namisha Giridhar XII-C



KANISHK GULIA

# FOUNDER'S DAY CELEBRATION

This **Founder's Day** was another opportunity to reflect upon all that we have achieved together, celebrate how far we have come and also make a commitment to continue to support each other and overcome any obstacle in our way.

It is worth expressing gratitude for our Mentor, Philosopher and Guide **Late Sh. B. D. Gulati Ji** who laid the foundation for us to be regarded as one of the best schools of Gurgaon.

“Legend remains victorious in spite of history.”- Sarah Bernhardt

April 22, 2020

# EARTH DAY CELEBRATION



Blue Bellians celebrated **Earth Day** by expressing their gratitude with their dance, music and creativity. Social distancing didn't take their spirits away to make a promise together to save Mother Earth.



“The Earth is what we all have in common.”- Wendell Berry

April 29, 2020

# INTERNATIONAL DANCE DAY CELEBRATION



In a society that worships love and freedom, dance is sacred. Through a mesmerizing performance on “**Mile Sur Mera tumhara**” Blue Bellians presented a true picture of national integration in these difficult times.

Dance is the joy of movement and the heart of life.

# LABOUR DAY CELEBRATION

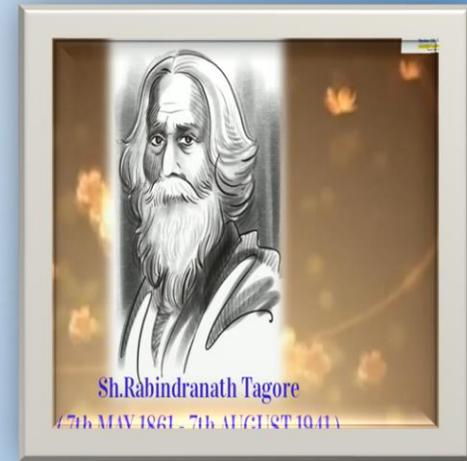
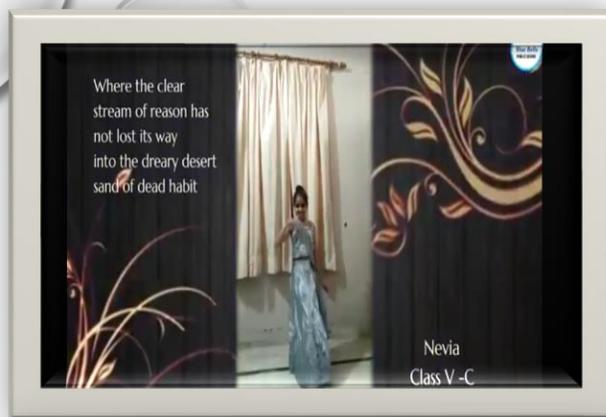
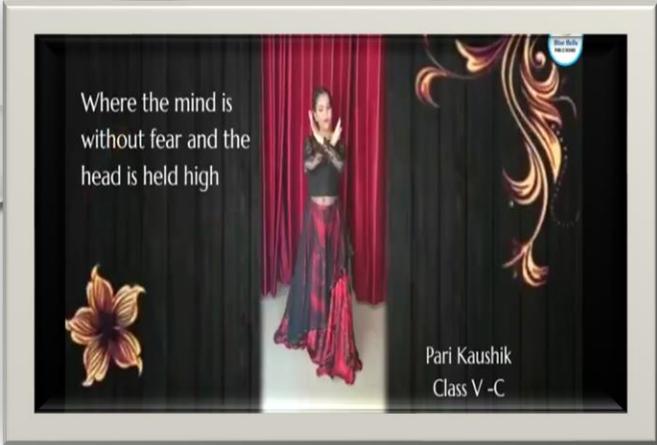


Here is a humble effort from Blue Bellians to pay their respect to each one of our helpers. If not for them, we wouldn't have had the comfort and conveniences that we enjoy.



“Genius begins great work. Labour alone finishes them.”- Joseph Joubert

# RABINDRANATH TAGORE'S BIRTH ANNIVERSARY



One of the world's foremost cultural icons, **Rabindranath Tagore's** Birth Anniversary was celebrated with a lot of Fanfare. On his 159th Birth-anniversary, the Blue Bellians paid a tribute to **GURUDEV** and sought hope and courage from his words.

“Clouds come floating into my life, no longer to carry rain or usher storm, but to add color to my sunset sky.”- Rabindranath Tagore

# MOTHER'S DAY CELEBRATION



BBPS celebrated **Mother's Day** to salute the spirit of **MOTHERHOOD**. A live celebration through a Zoom webinar was organized by the students.



Mother: the most beautiful word on the lips of mankind.

May 31 - June 11, 2020

# SUMMER FUN



Eat .....Sleep.....Camp.....Repeat !!!!!

June 20, 2020

# FATHER'S DAY CELEBRATION



A father is the one who loves completely, gives quietly, teaches gently and inspires deeply. The Blue Bellians expressed their love and affection towards their fathers with a beautiful presentation through a webinar.

# WORLD MUSIC DAY CELEBRATION



The vibrations of the conch-shell purify the air and spread positive vibes, giving us more confidence that **WE SHALL DEFINITELY OVERCOME!**

Blue Bells PUBLIC SCHOOL

English



Akshita (II-A)

Blue Bells PUBLIC SCHOOL

English



Vastav (XII-B)

Blue Bells PUBLIC SCHOOL



Mr. Taranand Jha  
Teacher

Blue Bells PUBLIC SCHOOL

Hindi



Charvi (IV-A)

Mr. S.K. Chaturvedi  
Teacher

Blue Bells PUBLIC SCHOOL

“Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.” — Plato. The students of BBPS know that 'We Shall Overcome'. Their emotions have found an expression through this beautiful song to wish everyone a Happy Music Day!

# INTERNATIONAL YOGA DAY CELEBRATION

## Surya Namaskar

### Benefits

- \* It's a complete exercise
- \* Improves digestive system
- \* Helps your body detox
- \* Helps to lose weight



“INHALE the Future, EXHALE the Past”



BlueBellians showed the way to a healthy and mindful life on this International Yoga Day by practicing this ancient form and taking us through its benefits. Yoga also inspired them to express their creativity through the artwork.

## Tadasana Benefits

- \* May Help Increases Height.
- \* Boosts Mental Awareness.
- \* Improves Breathing.
- \* Promotes Weight Loss.
- \* Boosts Energy Levels.



Ishaan Singh  
V C

## Vriksasana Benefits

- \* It builds strength in the ankles and calves, and tones the abdominal muscles.
- \* helps to improve flat foot and is therapeutic for sciatica.



keerti yadav  
VI C

## Shirshasana Benefits

- \* Calms the brain and helps relieve stress and mild depression.
- \* Stimulates the pituitary and pineal glands.
- \* Strengthens the arms, legs, and spine.



Rudra Kataria  
I C

Neel Yadav  
VI A



## Setu Bandhasana Benefits

- \* It improves digestion, relaxes whole body, cures back pain and insomnia.



Naman  
VI B

## Poorna Bhujangasana

- \* Strengthens the spine.
- \* Stretches chest and lungs, shoulders, and abdomen.
- \* Stimulates abdominal organs.



Gunjan  
I B



Anurvi Sharma  
U.K.G-ROSE

# DIGI ABHYAS- DIGITAL WELLNESS



**DIGI abhyas**

## Digital Wellbeing And its importance

An Initiative by **LIQUIWORKS**

Program Partners: **Better Minds**, **Customer Success**, **DEF**, **LEARNING LINKS**

## How technology impacts us

Habits	Relationships	Productivity
<p><b>Quicker, faster communication</b> <i>Becoming "a couch potato"</i></p> <p><b>Informed Choices</b> <i>Smartphone pinky</i></p> <p><b>Recreation</b> <i>Text Neck/Tired Eyes</i></p>	<p><b>Being present but not present</b></p> <p><b>Instant connectivity</b> <i>Focussed on gadgets around friends and family</i></p> <p><b>Makes us part of a larger community</b></p>	<p><b>Personal efficiency</b> <i>Multiple screens distracting</i></p> <p><b>Organization of work</b> <i>FOMO</i></p> <p><b>E-learning and sharing information</b> <i>Distraction from Work</i></p>

Ms Anshuka Aneja-Deputy Director (IT)

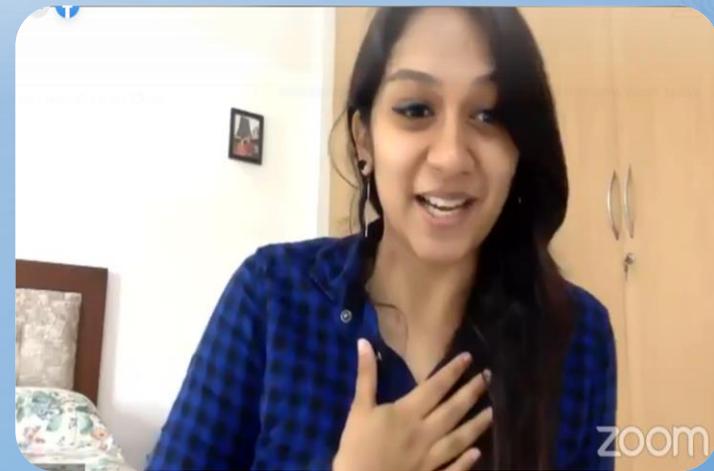
## Internet, Apps & Mobile Devices

have advanced our way of life.

Alongside, they have impacted our **relationships** our **attention** and our **productivity**.

## Smartphones enable us to do many things

- Communication and networking** > Flexibility & mobility in workplaces (video streaming)
- Socializing** > decreased isolation, social validation and support of marginalized individuals and groups
- Shopping** > Business opportunities through e-commerce
- Research** > Accessing information and knowledge through e-learning platforms and search engines
- Entertainment** > Gaming, movies, web series, music, etc.
- Expression** > Showcasing of identity and talent



Ms Sneha Ramanan-Speaker

It requires education, principled thinking, awareness and discipline to use the INTERNET as a tool for development rather than a new way to consume unnecessary stuff and become more indebted.

# GAME PLAYER TO GAME CREATOR

Blue Bells PUBLIC SCHOOL

- Aligned to UN Sustainable Development Goals
- Interactive way to Learn Programming
- Online & No Age limit
- Completely FREE & Open Source
- Only requires a Tech device & Internet

**Key features of our platform**

Shubham Pandey

Himanshu Dudge

Sonia Mehndra...

GAME DEVELOPMENT MADE EASY

**BLUE BELLS PUBLIC SCHOOL**  
Invites you for an online session on 'Orientation to Gaming Solution'

## GAME PLAYER TO GAME CREATOR

Join our free Student Training workshop and learn how to Design, Animate & Create your own 2D & 3D Games with

**THE ATL GAME DEVELOPMENT PLATFORM**

Date & Time  
July 18, 2020 at 10.00 AM & 12.00 PM

For queries - email us at

AIM Dell LEARNING LINKS

Blue Bells Group

anju luthra

Shubham Pa...  
Sonia Mehnd...  
Devarshi Tripathi...  
Fogam 24...

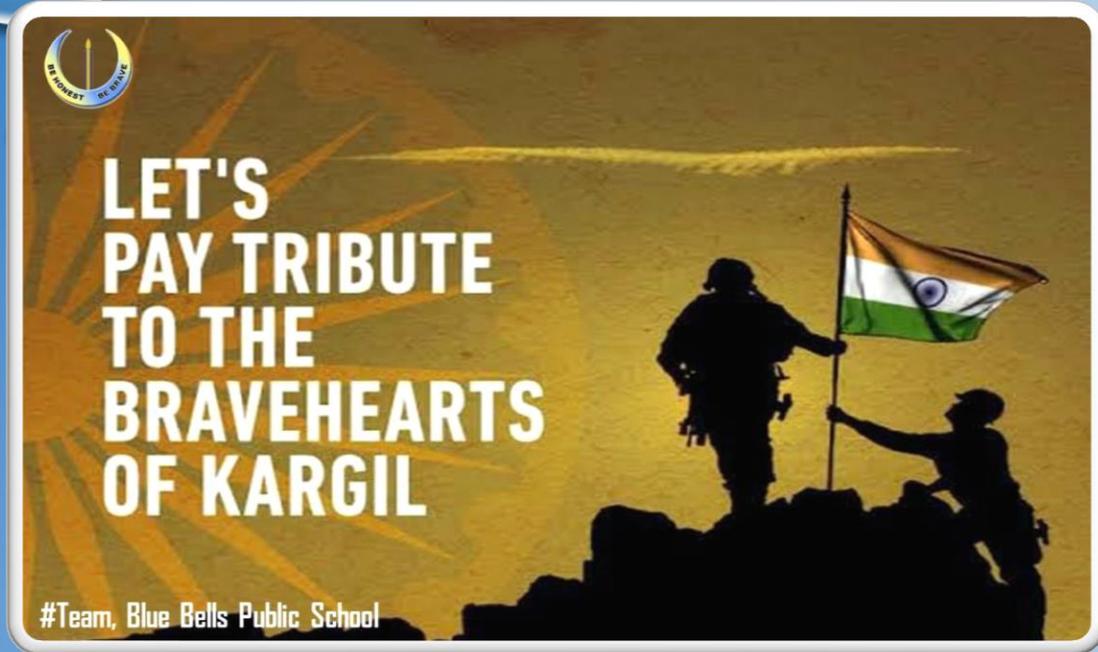
Himanshu Dudge

Blue Bells PUBLIC SCHOOL

Sunita Yadav

Gamification should not be about control. It is about motivation and engagement.

July 26, 2020



## Kargil Vijay Diwas

Blue Bells Public School salutes the **Armed Forces** of India for their undaunted courage and indomitable valour.

July 05, 2020



**GURU is Aspiration.....**  
**GURU is Inspiration**

The great Gurus lead us from darkness to light and ignite our lives with a heightened state of awareness.  
The students paid obeisance to their Gurus on the auspicious occasion of **Guru Purnima.**

July 28, 2020

# WORLD NATURE CONSERVATION DAY



"In all things of nature there is something of the marvelous."  
—Aristotle

"Look deep into nature, and then you will understand everything better."  
—Albert Einstein

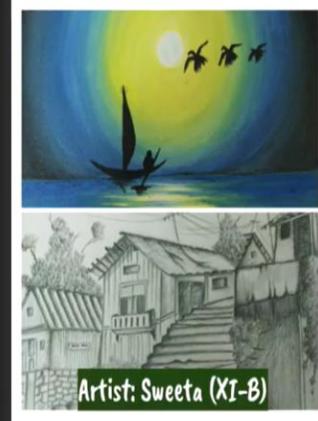


"He that plants trees loves others besides himself."  
—Thomas Fuller



"Nature is painting for us, day after day, pictures of infinite beauty."  
—John Ruskin

Blue Bellians understand the importance of taking care of the environment and contributing to the best of their ability to keep it healthy. They know that every effort counts. The students expressed their gratitude towards **Mother Nature** on the occasion of **World Nature Conservation Day** through their artwork which is a real treat to the eyes.



"The earth is what we all have in common."  
—Wendell Berry

"Nature is painting for us, day after day, pictures of infinite beauty." — John Ruskin

August 02, 2020

# FRIENDSHIP DAY CELEBRATION

A friend has a special place in everybody's life. Friendship is a special bond which has no boundaries and the moments which are spent together, are priceless. The students of Primary Wing celebrated Friendship Day by sending their loving wishes to their dear friends.



**“Sweet is the memory of distant friends!”**



August 15, 2020

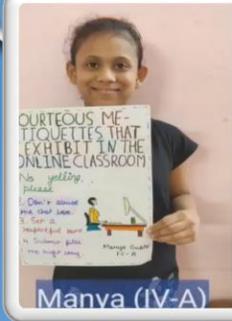
# INDEPENDENCE DAY CELEBRATION

This year, we ensured that the fervour of patriotism lives on, and shifted our Independence Day celebrations online along with all other events. The only live part of the online I-day event was the flag hoisting ceremony and a speech by the Vice-Principal. Art, debate, poster making, poem recitation and fancy dress competition were organised in advance where students had to submit photographs and videos of their entries.



“Patriotism is a feeling of loyalty and allegiance that is the result of knowledge and belief. A patriot shows his patriotism through his actions, by his choice.”-Jesse Ventura

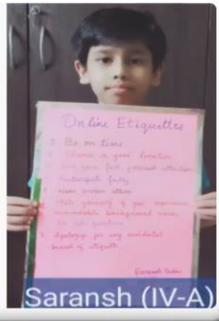
# ONLINE ETIQUETTES



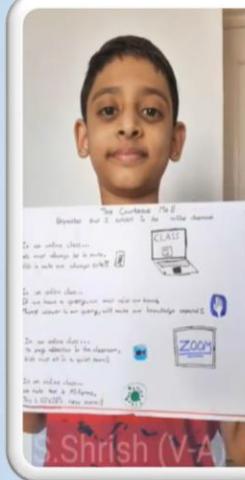
Manva (IV-A)



Kunal (IV-A)



Saransh (IV-A)



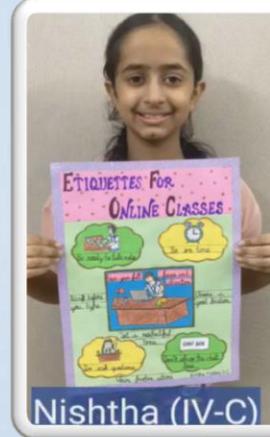
Shrish (V-A)



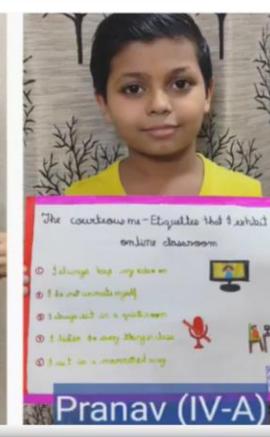
Rohit (IV-A)



Saarav (IV-A)



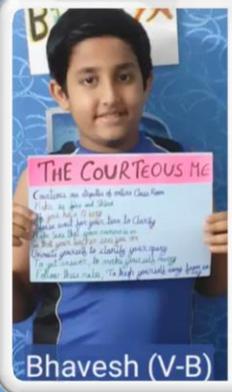
Nishtha (IV-C)



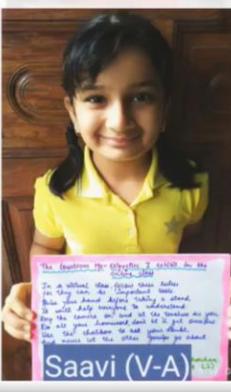
Pranav (IV-A)



Harnoor (IV-A)



Bhavesh (V-B)



Saavi (V-A)



Ishaan (V-C)



Parneet (IV-C)



Rohan (IV-B)



Shaurya (IV-A)

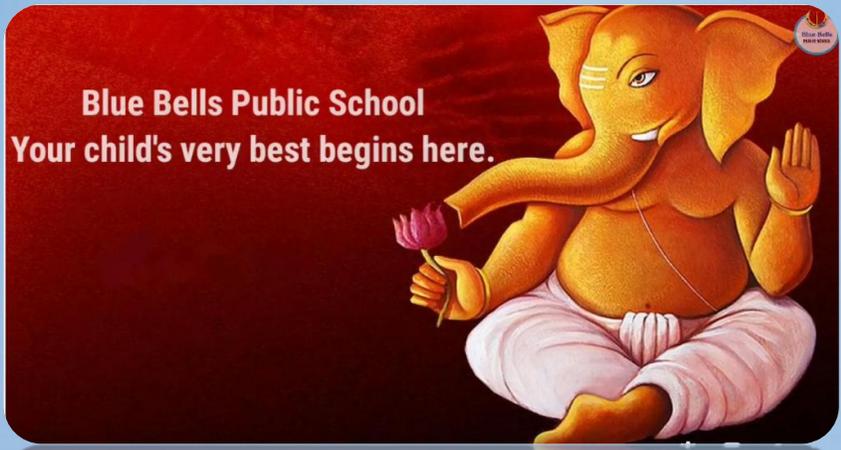


Dishita (V-C)

Online Etiquettes make the experience of being on the internet more effective and fun. The Blue Bellians have always believed in spreading and sharing the best of their knowledge with the society at large. This time, the students of the primary wing of BBPS took to composing jingles and making posters to make their peers aware of being good online too!

It's all about securing our systems.

# GANESH CHATURTHI CELEBRATION



The students of BBPS invoked the blessings of Lord Ganesh through a special assembly on the occasion of Ganesh Chaturthi.



“Gratitude lifts our eyes off the things we lack so we might see the blessings we possess.”- Max Lucado

# SPORTS DAY CELEBRATION



On the occasion of **National Sports Day**, students of Class V hosted a special assembly. A host of performances on the importance of sports conveyed a powerful message of never giving up.





kindergarten  
children are  
confident in  
spirit, infinite in  
resources, and  
eager to learn.  
Everything is still  
possible."

Robert Fulghum



# WORLD LAUGHTER DAY



Our tiny tots lit up everyone's hearts with their giggles and smiles. They reminded us that laughter is a positive and powerful emotion that has all the ingredients required for individuals to change themselves and to change the world in a peaceful and positive way.

“A child’s laugh is one of the most beautiful sounds in the world.” Vicki Reece

# ENVIRONMENT DAY



Amayra(LKG-Tulip)



Suhani(LKG-Rose)



Sarvesh(UKG-Tulip)



Trisha(UKG-Tulip)

The students of BBPS believe in celebrating the Environment each day of the year.



Daksh(UKG-Tulip)



Bhavy(UKG-Tulip)



Tanishka(III-A)



Samya(V-D)



Harshali(UKG-Tulip)



Devansh(UKG-Tulip)



Kimaya(UKG-Pansy)



Kamaksh(LKG-Rose)



Advik(LKG-Rose)



Vanshika(UKG-Rose)



Raunak(LKG-Tulip)



Vivaan(LKG-Rose)



Gulmaira(UKG-Tulip)

On the occasion of **World Environment Day**, this is how they decided to express their gratitude by feeding stray animals, taking care of trees and poster making .

“Time spent among trees is never time wasted.”- Katrina Mayer

# THE VIRTUAL LEARNING CONTACT SESSIONS



Navisha Goel  
L.K.G Tulip



Dhani Katyal  
L.K.G Tulip



Leena  
Nursery Rose



“A child is not a thing to be moulded, but a person to be unfolded.”- Jess Lair

# YUMMY MANGO DAY



**MANGO PARTY**

*Lets have fun with mangoes!!!!*

*Date: May 22, 2020*

*Dress code: Shades of Yellow*

*Things to carry : Any mango dish*

*We will dance, sing songs and enjoy!!!!*

The invitation card features a cheerful mango character on the left and a banner at the top. The background is yellow with confetti and illustrations of mangoes and a mango slice.



The Pre Primary section of Blue Bells Public School had great fun celebrating 'Yummy Mango Day'! Students enjoyed talking to Merry Mr. Mango and learnt Fun Facts about this juicy fruit. Everyone relished the mouth-watering mango dishes!

Fruits are nature's candies.

August 03, 2020

# RAKSHABANDHAN CELEBRATION

Rakhi is the combination of five meaningful letters.



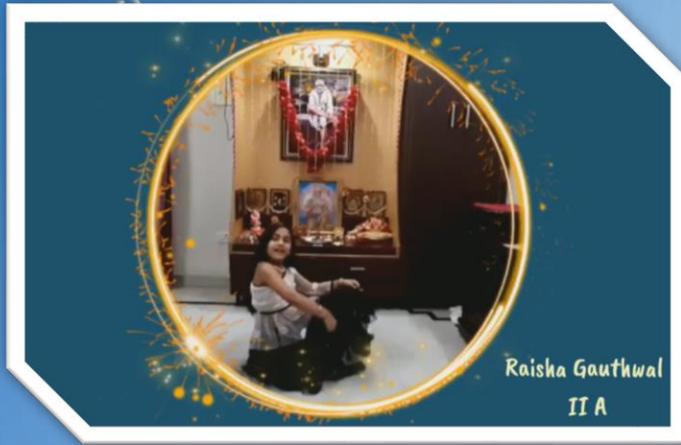
Pre-Primary Students of Blue Bells made beautiful Rakhis to celebrate RAKSHABANDHAN, a bond of unconditional love.



The greatest gift our parents ever gave us was each other.

August 12, 2020

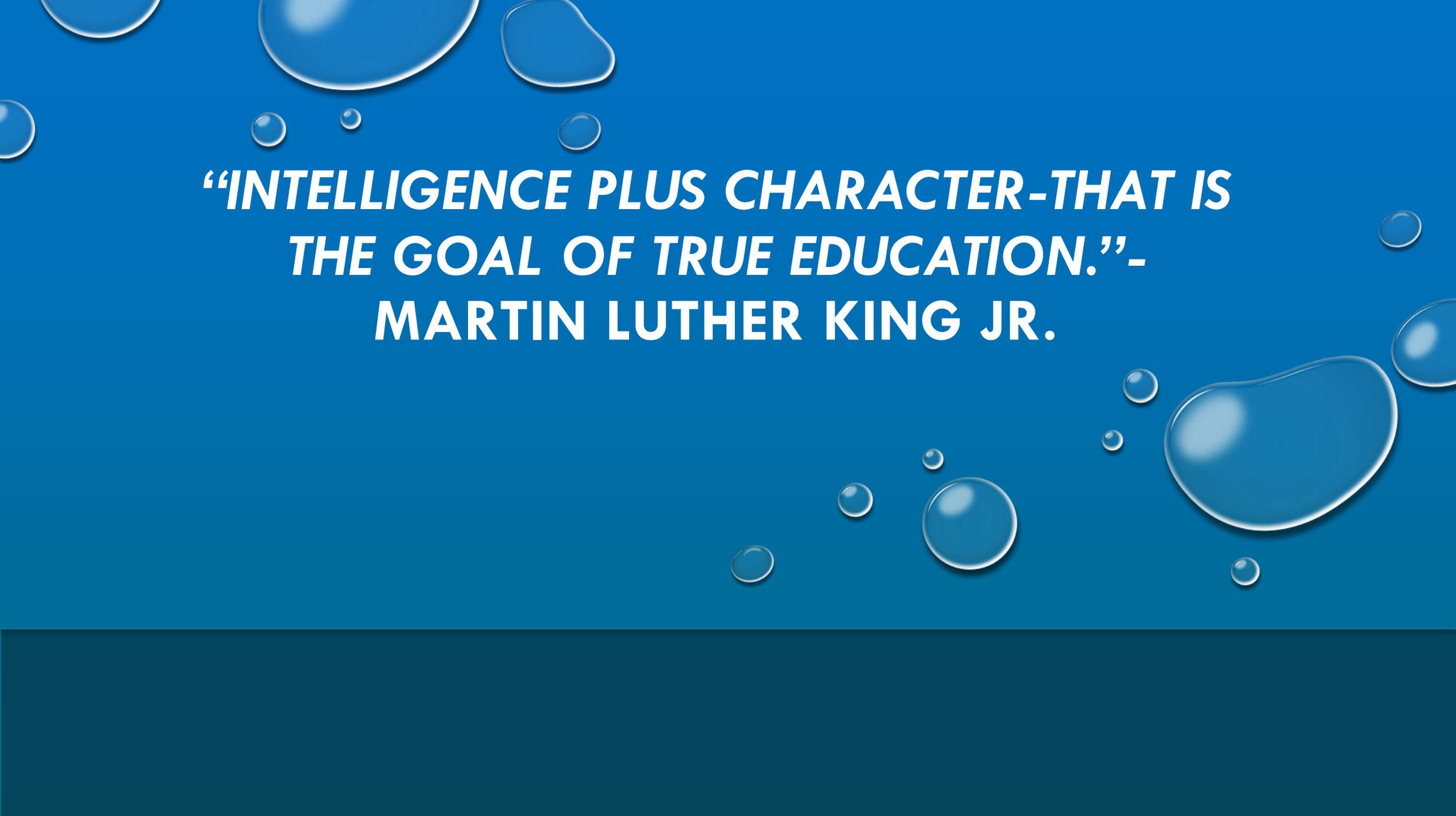
# JANMASHTAMI CELEBRATION



May lord Krishna show us the way in our life as He showed the way to Arjuna in the battle of Mahabharata at Kurukshetra. Here are the little Blue Bellians wishing everyone a very **Happy Krishna Janmashtami**. May Shri Krishna shower all of us with his choicest blessings on the auspicious day and always.



May Krishna's flute invite the melody of love into everyone's life. Go...Go...Go....GOVINDA!!!!

The background is a solid blue color with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance. The text is centered in the upper half of the image.

***“INTELLIGENCE PLUS CHARACTER-THAT IS  
THE GOAL OF TRUE EDUCATION.”-  
MARTIN LUTHER KING JR.***