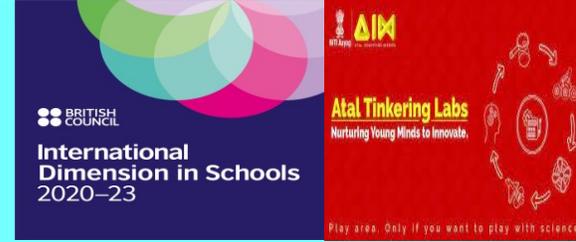




Blue Bells Public School

Sector-10, Gurugram



e-Newsletter

January-March

Session 2021-22

Phone No.: 0124-4999401/ 0124-4999402

Email Id: bbpublic@bluebells.org

Website: www.bluebells.org/bbpublic





EXCELLENCE AND INNOVATION OUR FOUNDING PILLARS

STEAM= S-Science, T-Technology, E-Engineering, A-Arts and M-Mathematics

Dear Readers

As I write this message I am filled with new hope, happiness, and excitement. The school compounds are brimming with joy and activity. Once again, our dear children are back to their classrooms, interacting with peers, learning with the same energy, and setting examples of resilience and boundless energy. We, as an institution, have braced ourselves to bridge the learning gaps that came because of the comfort of homes that had to become classrooms during the virtual classes. The entire school system is geared up for the coming year. Normalcy of the teacher student rapport, peer to peer learning, vigilance, mentoring and monitoring have paced the learning transaction again at Blue Bells Public School.





I take this opportunity to congratulate and thank all stakeholders who have helped us ride over these difficult two years and bring forth many great events like Learning Unbound Chapter 2021-2022, Parthenon and Theatrix etc. These events reassured us that our students and teachers are the ‘Unstoppables.’

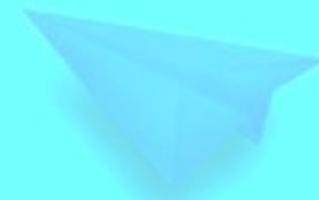
As we move forward, we see a great scenario where the learnings of yesterday will empower the transactions of tomorrow. Foundations for the future are curated and laid through the grit and determination with which we handle our today. So, take on the coming year with all your power and talent and explore furthermore. Be ready for any change that is away from the normal but brace yourself with new skills.

Warm wishes and regards

Soumya Gulati

Deputy Director (Academic Development and Innovation)

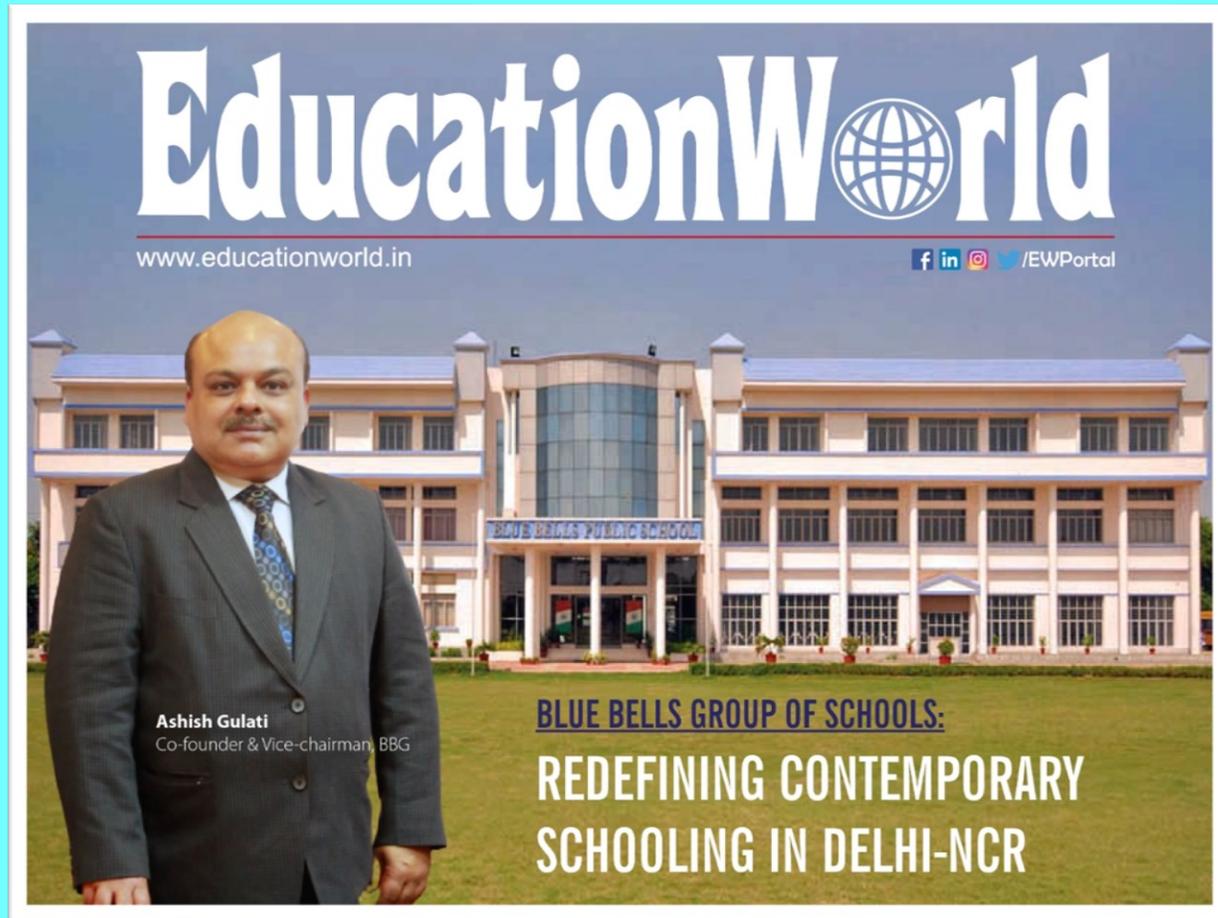
Blue Bells Group of Schools



A large graphic in the center of the page. It features a laurel wreath in shades of blue and purple. In the center is a gold circle containing a silhouette of a person reaching for a star above a classical building with columns. Below the circle is a large gold star. The text "Hall of Fame" is written across the center in a large, red, serif font with a black outline.

Hall of Fame

BLUE BELLS GROUP OF SCHOOLS : REDIFINING CONTEMPORARY SCHOOLING IN DELHI-NCR



With 42 years of pursuit of excellence in the education sector, the Blue Bells Group of Schools has nurtured its learners with the art of collaboration, empowered them with critical thinking, creativity, communication and a strong value system.

India's premier Education magazine Education World writes in details about what makes Blue Bells Schools, a leading brand in Gurugram.



SDG HERO HARYANA AWARD

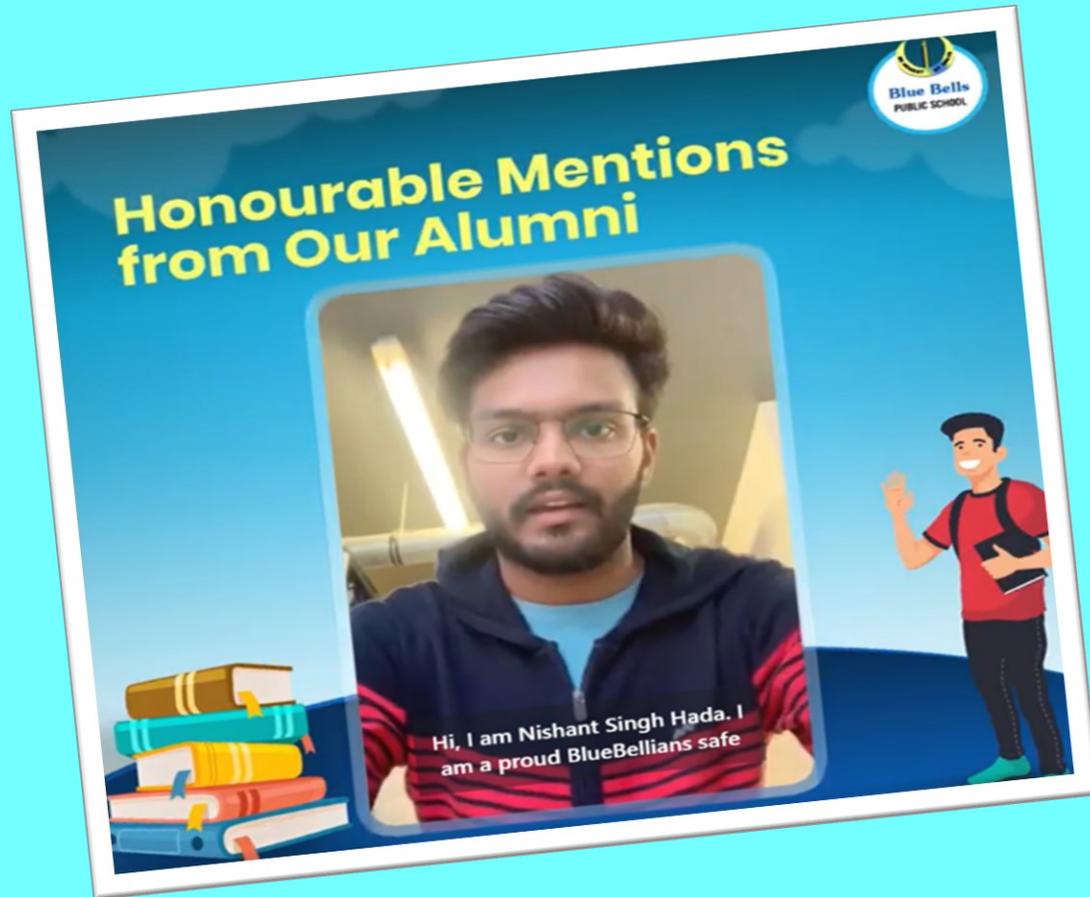


The school has been awarded with the title of 'SDG HERO HARYANA' as a part of Global Sustainability Awards 2021 for its exceptional work in the area of SDGs (Sustainable Development Goals) by ARC, SDG Choupal and Earth Day Network.

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



OUR PROUD ALUMNUS : NISHANT SINGH HADA



Our Alumni seem to have a habit of bringing us lots of pride. And we are all here for it!

Nishant Singh Hada has bagged a pre-placement offer as a Software Engineer at Bloomberg LP, New York, worth Rs 1.5 Crore, while pursuing his B.Tech in Computer Science from NIT, Hamirpur.

“Believe in yourself. You are braver than you think, more talented than you know, and capable of more than you imagine.”— Roy T. Bennett

DR. VINITA YADAV, OUR PROUD ALUMNUS



Our children have been bringing us enormous joy with their success stories. Dr. Vinita Yadav, currently posted in Aryan Hospital, Gurgaon is yet another success story we love to laud.

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



EXPRESSION OF GRATITUDE BY ARYAN SACHDEVA, ALUMNUS



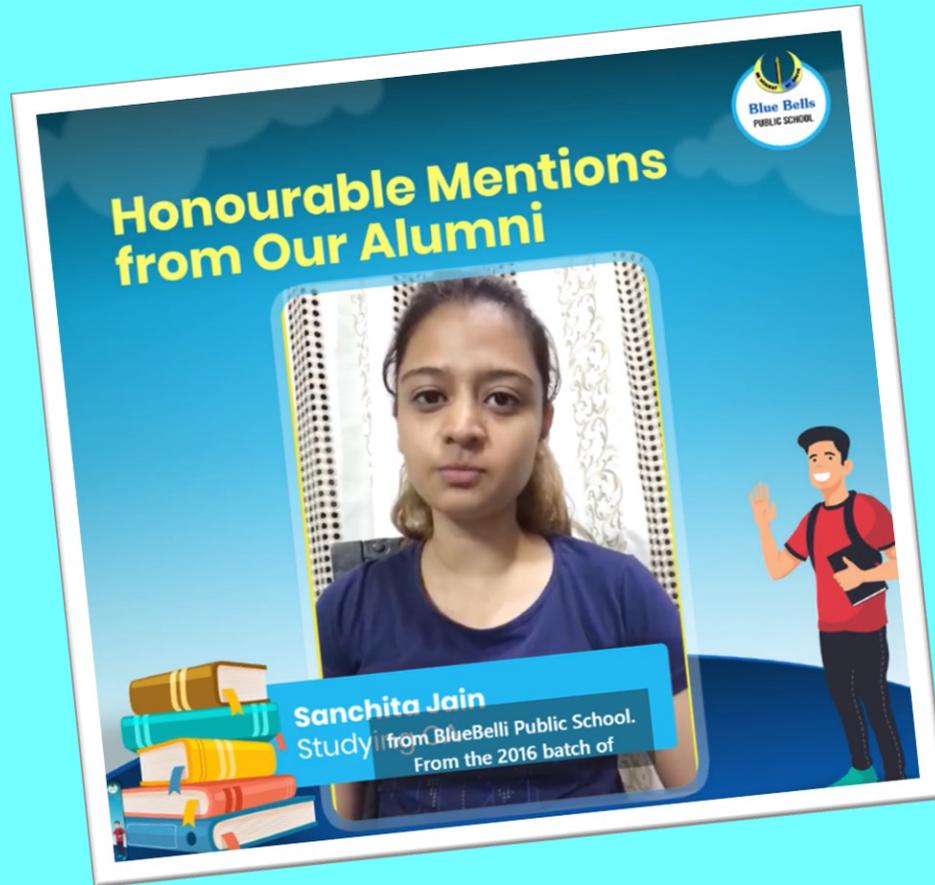
Aryan Sachdeva, a proud Blue Bellian from the 2017 batch, who is currently stationed in Los Angeles studying 3D and VFX at the Otis College of Art and Design, LA. Aryan did his schooling with Blue Bells Public School for the period of 2004-2017. Watch as he speaks about his alma mater with fond remembrance.

“Always bear in mind that your own resolution to success is more important than any other one thing.” – Abraham Lincoln



YET ANOTHER SUCCESS STORY

SANCHITA JAIN, ALUMNUS

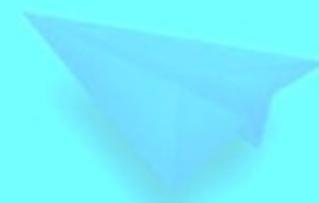


Sanchita Jain, one of our loved Alumni from the batch of 2016 is grateful for her years at the Blue Bells Public School. She is currently pursuing her Chartered Accountancy course, and we only wish her the absolute best for the future.

“Success comes to those who become success conscious.” – Napoleon Hill



OUR INGENUOUS ENDEAVOURS





'Darpan –The Reflector Of Life' At S.D. Adarsh Vidyalaya



- Drisha Gauthwal of Grade LKG bagged the First Position in the event ‘Moods of Life – Fancy Dress’.
- S. Sarvesh of Grade I bagged the Second Position in the event ‘The Healthy Future – Yoga’.
- Risha Falswal of Grade IV bagged the Second Position in the event ‘Spectacular Dance (Indian Mythology)’.

“Accomplishments give you a sense of confidence and encouragement.”-

Catherine Pulsifer



'Velocity Unlimited 'At ASN International School



- Dhwani Sao of Grade V bagged the First Position in the event 'Historiography'.
- Darshana Jain of Grade Nursery bagged the Second Position in the event 'Veggie Parade'.
- D.A Nrupali of Grade V bagged the Second Position in the event 'Devotion and Dedication'.
- Raisha Gauthwal of Grade III bagged the Third Position in the event 'Tour-e-Tourism'.

"The harder the effort, the more glorious the triumph."





'Prerna 2021' At Modern Vidya Niketan School, Faridabad



- **SECOND OVERALL WINNERS FOR GRADES NURSERY TO UKG**
- **Kashvi Chauhan and Ayaan Dang of Grade LKG bagged the First Position in the event 'Rhythm in Motion- Arabian Folk Dance'.**
- **Trisha Gupta of Grade I and Manasvi Tiwari of Grade II bagged the First Position in the event 'JINTA MAI- Fan Dance'.**
- **Aanya Arora of Grade V and Aratrika Rana of Grade VI bagged the First Prize in the event 'VAMOS DANCAR-Brazilian Dance'.**
- **Shruti of Grade IV bagged the Third Position in the event 'TU GUIA TURISTICA- E- Brochure'.**
- **Rudraksh Gulrajani of Grade LKG bagged 'Jury's Appreciation Award' in the event 'TELL A TALE- Story Telling'.**
- **Bihan Chatterjee and Heemakshi Singh of Grade III bagged the 'Judges' Choice Award' in the event 'MOVES AND GROOVES- Spanish Dance'.**

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



'Ebenezer 2021- The Joyful Vibes' At Manav Rachna International School



- In the category 'Melodious Elves', the team from Classes III-V was declared the Second Runner-Up
- In the category 'Rejoicing Angels', the team from Classes VI-VIII bagged the 'Special Mention' Award.

“The determination to win is the better part of winning.”- Daisaku Ikeda



'Learn O' Test World Computer Olympiad' by Edunext Technologies



Kushagra Luthra from Blue Bells Public School achieved Rank 1 in Learn O' Test World Computer Olympiad

"The only limit to the height of your achievements is the reach of your dreams and your willingness to work for them." –Michelle Obama



'LA FETE DE LA LANGUE'- The Festival Of Languages, Edition III Chapter 2021-22 By Blue Bells Model School

Student Achievement
2021-2022

HEARTIEST CONGRATULATIONS!

BLUE BELLS PUBLIC SCHOOL, SECTOR 10, GURUGRAM

First Overall Runner-up

HEARTIEST CONGRATULATIONS!

PARINITI PHALSWAL
Class IV

NISHTHA MAKKAR
Class V

For achieving 2nd position in
Twist & Twirl

LA FETE DE LA LANGUE
Organised by Blue Bells Model School

HEARTIEST CONGRATULATIONS!

SAKSHAM PANDITA
Class VII

AAHANA TIWARI
Class VI

ELSAA
Class VII

For achieving 3rd position in
Kath Katha

LA FETE DE LA LANGUE
Organised by Blue Bells Model School

HEARTIEST CONGRATULATIONS!

AKSHITA CHUTANI
Class III

For achieving 1st position in
Pictocraft

LA FETE DE LA LANGUE
Organised by Blue Bells Model School

HEARTIEST CONGRATULATIONS!

AYSHI GUPTA
Class VIII

DHUN SETIA
Class VII

For achieving 2nd position in
Gita Adhyatam

LA FETE DE LA LANGUE
Organised by Blue Bells Model School

HEARTIEST CONGRATULATIONS!

ISHI TIWARI
Class VI

For achieving 1st position in
Nriya Natika

LA FETE DE LA LANGUE
Organised by Blue Bells Model School

FIRST OVERALL RUNNER-UP

- Akshita Chutani of Class III got the First Position in the event 'Pictocraft'.
- Pariniti Phalswal of Class IV and Nishtha Makkar of Class V bagged the Second Position in the event Twist & Twirl.
- Ishi Tiwari from class VI got the First Position in Nriya Natika.
- Saksham Pandita from class VII, Aahana Tiwari from Class VI and Elsa from class VII got the Third Position in the event Kath Katha.
- Ayshi Gupta from class VIII and Dhun Setia from class VII got Second Position in Gita Adhyatam.

"Literature is the art of discovering something extraordinary about ordinary people,
and saying with ordinary words something extraordinary." Boris Pasternak



'Resonance 2022', An Inter-school Competition By DAV Public School,, Sector-49, Gurugram



- In Webizine, Kushagra Luthra from X and Siddharth Dang from Class IX got the First Position.
- In Twist-a-Tale event, Pariniti Phalswal from Class IV secured the Second Position.
- In RJ Wars, Ayshi Gupta & Dhara Lamba from Class VIII got the Third Position.

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



Blue Bells Public School Secures Rank 1 In National Math Game-A-Thon

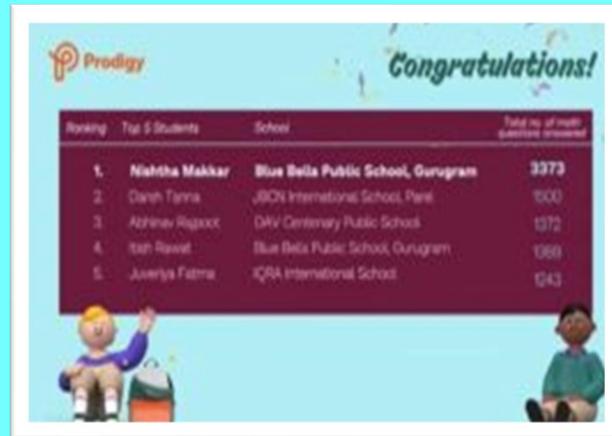


Blue Bells Public School has secured the 1st Rank in National Math Game-a-thon powered by Prodigy by solving more than 23920+ Math questions in just 12 days . Incredible feat attained by the scholars !

“The whole secret of a successful life is to find out what is one’s destiny to do, and then do it. “–Henry Ford



Blue Bells Public School Secures Rank 1 In National Math Game-A-Thon



“The study of Mathematics, like the Nile, begins in minuteness but ends in magnificence.” – Charles Caleb Colton



Blue Bells Public School Clinches Gold Sqcc 2022 At Raman Munjal Vidya Mandir



- Case Study : Gold Award (GoohikaJoshi, Khushi Mittal, Ridhima Singh, Deepika Gupta, Sakshi Singh, Priyanka Yadav)
- Poetry Competition: Second Position (Rakshita Bhalla)
- Collage Making Competition: Second Position (Anushna Srivastava & Dishita Gupta)

“All our dreams can come true if we have the courage to pursue them.”
– Walt Disney



'Blitzkrieg 2021-22' By DPS Sushant Lok



- In Conundrum , Harsh Maheshwari of Class XII B and Takshay Bansal of Class XI A bagged the First Position.
- In Artician (SR) , Khushi of class X A bagged the Third Position.
- In Humormacts , Atulya Vats of class IX A , Samarth Yadav of Class IX A and Vyom Gupta of Class VIII A bagged the Third Position.
- As a part of their IT Fest, "ncrypt 2021", in Film making Meghna, Akul, Ajitesh and Shashwat from Class XI got Third Position.

“Opportunities don’t happen, you create them.” – Chris Grosser



'Moscienza' By DPS Sushant Lok

SAMYA SHARMA
Class VI

PRISHA BHATIYA
Class VII

SAISHA KAPOOR
Class VIII

For achieving 1st position in
Bhautik Nritya Pradarshan

'MOSCIEZA' (SCIENCE FEST)
Organised by DPS Sushant Lok

KHWAISH YADAV
Class XI

For achieving 1st position in
The Ideathon

'MOSCIEZA' (SCIENCE FEST)
Organised by DPS Sushant Lok

HARSHIT GAUR
Class XII

HARSHITA KHANDWAL
Class IX

ISHITA KHATRI
Class XII

RIDHIMA SINGH
Class IX

For achieving 2nd position in
Radio Show

'MOSCIEZA' (SCIENCE FEST)
Organised by DPS Sushant Lok

JASMITA KUMAR
Class VIII

For achieving 1st position in
Sanjha Chulha

'MOSCIEZA' (SCIENCE FEST)
Organised by DPS Sushant Lok

- In Sanjha Chulha, Jasmita Kumar from Class VIII bagged the First Position.
- In Bhautik Nritya Pradarshan, Samya Sharma from Class VI, Prisha Bhatiya from Class VII and Saisha Kapoor from Class VIII bagged the First Position.
- In the event The Ideathon, Khwaish Yadav from Class XI bagged the First Position.
- In Radio Show, Harshit Gaur from Class XII, Harshita Khandwal from Class IX, Ishita Khatri from Class XII and Ridhima Singh from Class IX bagged the Second Position.

“Live the life of your dreams as this will pave way for happiness and success.”



Remarkable Performance At K. R. Mangalam World School



- Raisha Gauthwal of Grade III bagged the Second Position in the event 'A Spoonful of India'. She showcased her fine culinary skills and prepared an authentic dish of an Indian state.
- Risha Falswal of Grade IV bagged the second position in the event 'Discovery'. She took the audience on a virtual tour of Australia. Her presentation on tourist attractions, culture, food and famous places was captivating and enticing.

“The power of imagination makes us infinite.”





Blue Bells Public School Clinches Gold At SQCC Inter-School



- Case Study : Gold Award (Goohika Joshi, Khushi Mittal, Ridhima Singh, Deepika Gupta, Sakshi Singh, Priyanka Yadav)
- Poetry Competition: Second Position (Rakshita Bhalla)
- Collage Making Competition: Second Position (Anushna Srivastava & Dishita Gupta)

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





'Arpan 2022' At DAV Public School, Dayanand Vihar, Delhi

Student Achievement 2021-2022
HEARTIEST CONGRATULATIONS!
GUNJAN KUMAR
Class XII
For achieving 3rd position in Painting Competition
ARPAN 2022
Organised by DAV Public School, Delhi

Student Achievement 2021-2022
HEARTIEST CONGRATULATIONS!
ISHI TIWARI
Grade VI
For achieving 1st position in Solo Dance
ARPAN 2022
Organised by DAV Public School, Delhi

Student Achievement 2021-2022
HEARTIEST CONGRATULATIONS!
KAMAKSHI YADAV
Grade VII
For achieving 1st position in Flameless Cooking
ARPAN 2022
Organised by DAV Public School, Delhi

Student Achievement 2021-2022
HEARTIEST CONGRATULATIONS!
SAKSHI
Grade XII
For achieving 1st position in Painting Competition
ARPAN 2022
Organised by DAV Public School, Delhi

Student Achievement 2021-2022
HEARTIEST CONGRATULATIONS!
PARI DADHWAL MEGHNA YADAV
Grade XI Grade XI
For achieving 2nd position in Face to Face
ARPAN 2022
Organised by DAV Public School, Delhi

- In the event Flameless Cooking, Kamakshi Yadav from Grade VII got the First Position.
- In the Solo Dance event, Ishi Tiwari from Grade VI got the First Position.
- In the Painting Competition, Sakshi from Grade XII got the First Position and Gunjan Kumar from Class XII got the Third Position.
- In the event Face to Face, Pari Dadhwal and Meghna Yadav from Grade XI got the Second Position.

“Energy and persistence conquer all things.”



'Oxamite 2022' By Bal Bharti Public School, Noida



- Rakshita Pandita, our tech prodigy of Class III bagged the Third Prize in the event 'Techy Artist'.
- She designed an informative poster using Paint 3D software and depicted SDG 14 (Life Below Water) creatively.

“The meaning of life is to find your gift.”





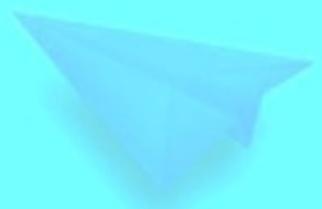
Brilliant Performance In Learn-o-test Olympiad 2021-22



First Position In Senior & Junior Category

Kushagra Luthra of Class X A and Arnav Singh of Class IV A proved their versatility and genius by giving an ace performance in the international level of the Olympiad..

“It always seems impossible until it’s done.”





INTERNATIONALISM





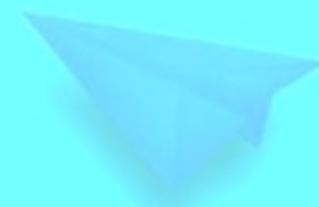
An Enriching International Exposure For Blue Bellians



“Fostering The Spirit Of The Indian Values Of 'Vishwa Kutumbakam', the 'World Is A Family', By Integrating Internationalism Within Its Curriculum.”



CELEBRATIONS GALORE





Vaccination Drive



“I am alive, well and fully vaccinated.” — Abhijit Naskar



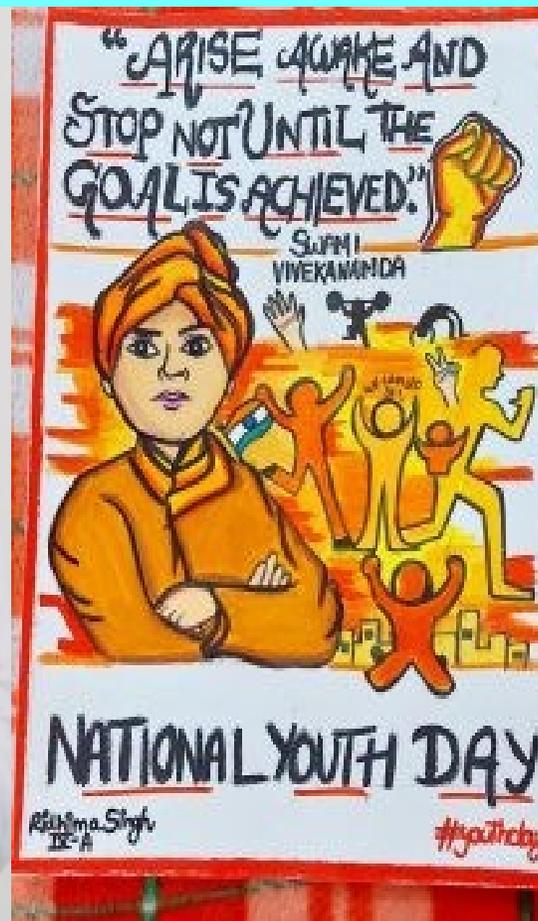
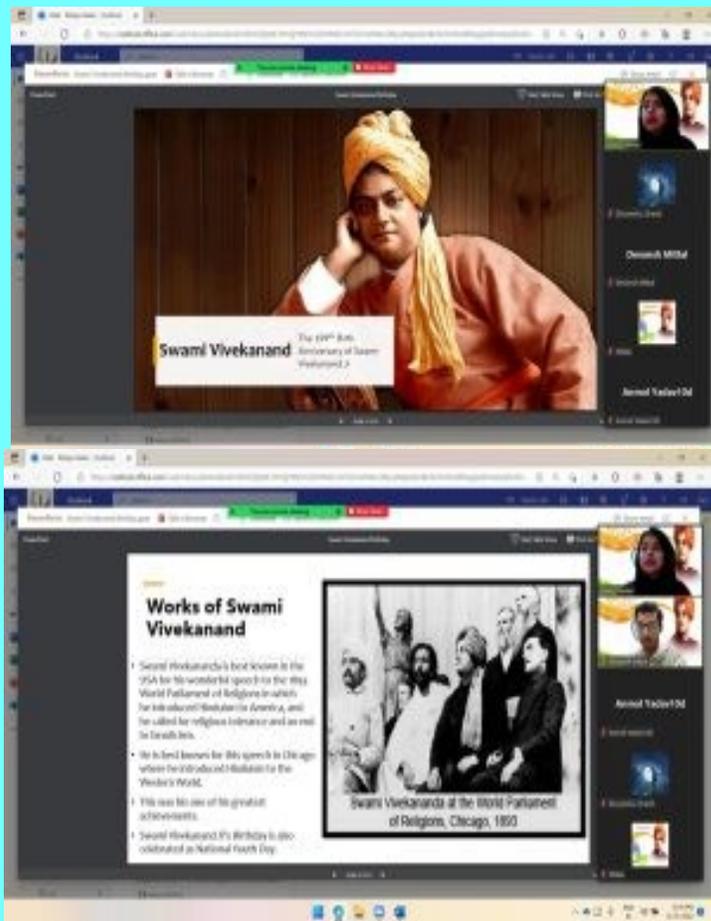
Vaccination Drive



“It's important for children to be vaccinated so that they have the opportunity to become adults.” — Brad McKay



National Youth Day



“Whatever you think, you will be....You think yourself strong, strong you will be.” - Swami Vivekanda

January 15, 2022

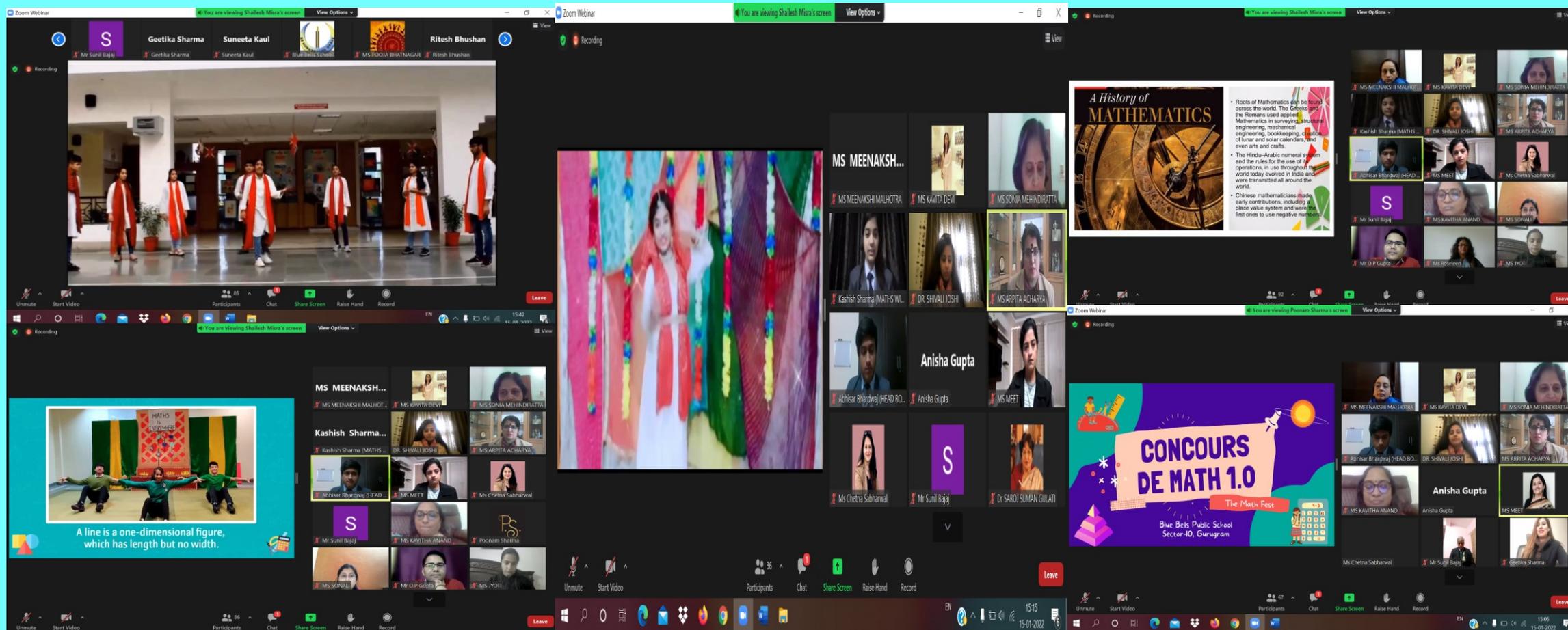
'Concours De Math 1.0 ': Inter School Math Fest



“Mathematics - the unshaken Foundation of Sciences, and the plentiful Fountain of Advantage to human affairs.”



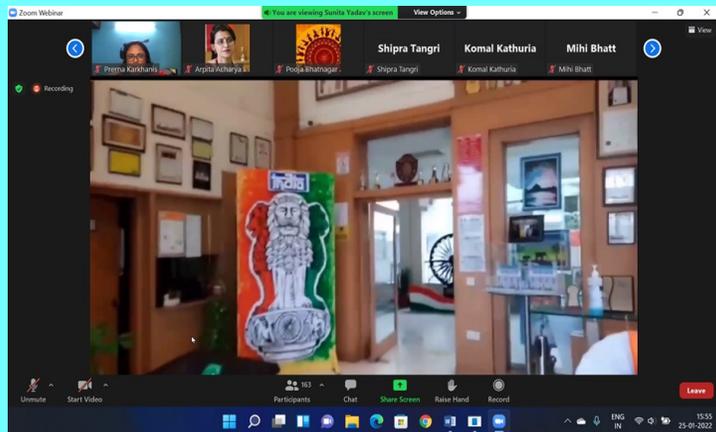
'Concours De Math 1.0 ': Inter School Math Fest



“Pure Mathematics is, in its way, the poetry of logical ideas.”



Republic Day



“With freedom in mind, faith in our heart, Memories in our souls, let’s salute the Nation on Republic Day.”

Fit India Week



The certificate features a collage of students engaged in various activities: a girl writing, a girl reading, a group of students cheering with arms raised, and students sitting on the floor. The text is overlaid on this collage.

75
Azadi Ka
Amrit Mahotsav


Government of India
Ministry of Youth Affairs and Sports

FIT
INDIA

CERTIFICATE
OF RECOGNITION

Congratulations to
BLUE BELLS PUBLIC SCHOOL

for Successfully organising Fit India School Week 2021

14th Nov - 31st Jan 2022

www.fitindia.gov.in

#AmritMahotsav **#FitIndiaSchoolWeek**

“Physical fitness contributes to all other aspects of personal development and makes for rich and radiant living.”—Hugh B. Brown



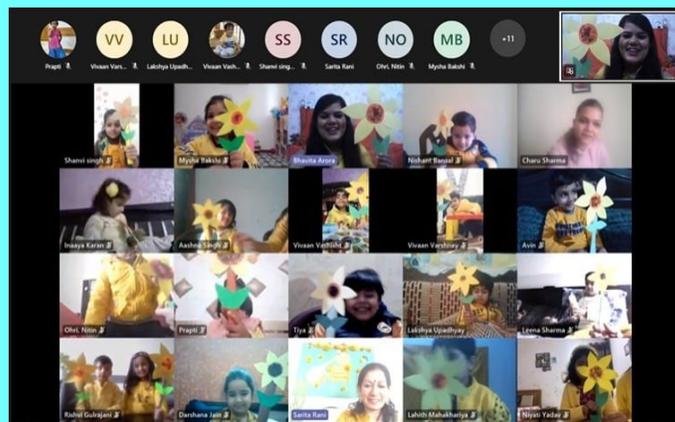
Basant Panchami



“All around are beautiful sights, flowers, birds, sweets and kites, Basant Panchami truly delights!”



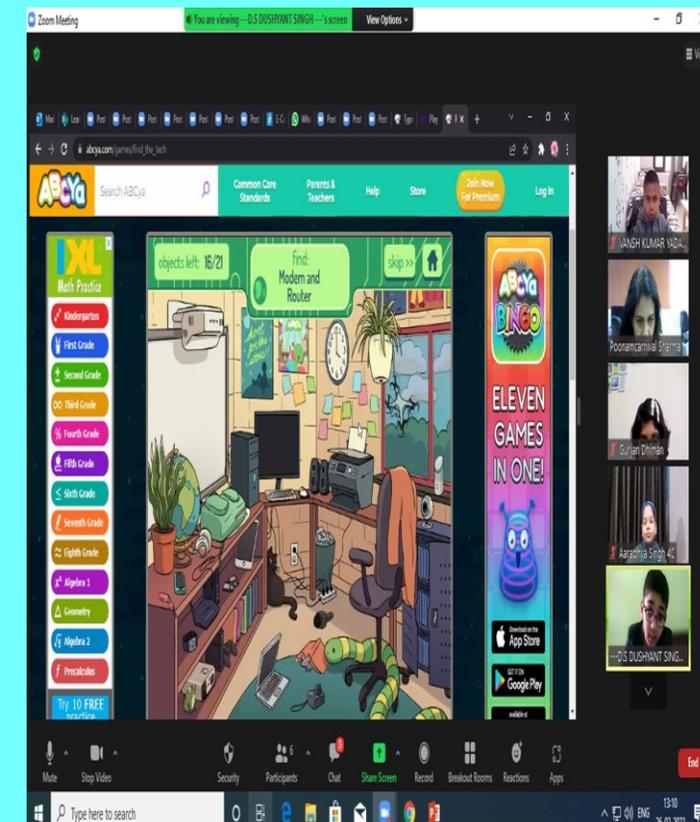
Interactive Session With Parents



“The most overwhelming key to child’s success is the positive involvement of the parents.”



Learning Unbound Chapter 2021-22



“Creativity leads to thinking, Thinking leads to knowledge, knowledge makes you great.” - Dr. APJ Abdul Kalam.



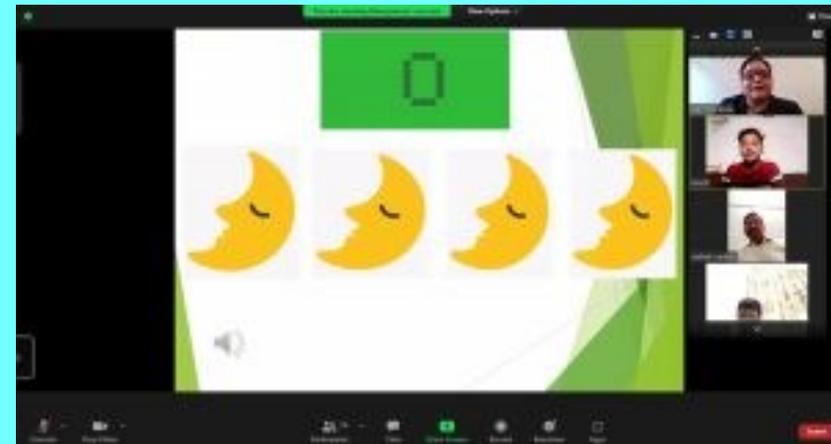
Learning Unbound Chapter 2021-22



“Education goes beyond shaping us as individuals and enhancing our perspectives.”



Learning Unbound Chapter 2021-22



“Showcasing themes ‘Governing Ourselves’ and ‘How the World Works’ through ‘Ideate, Innovate, Create.’”

March 24, 2022



Embarking Towards Another New Beginning



Long Awaited Steps Entered The Campus With Great Zeal And Zest To Unveil The Beginning Of The New Session.



Orientation Session (Nursery –II)



“The magic in new beginnings is truly the most powerful of them all.” - Josiyah Martin

Orientation Session (III-V)



Education is a shared commitment between dedicated teachers, motivated students and enthusiastic parents with high expectations.”- Bob Beauprez

March 26, 2022

Orientation Session (VI-IX)



“Education moves from the Subject to the Object and then Abstract...”

March 28, 2022

First Day At School (LKG)



“School Bells are ringing loud and clear, it's time for learning and fun, the school is here.”

March 29, 2022

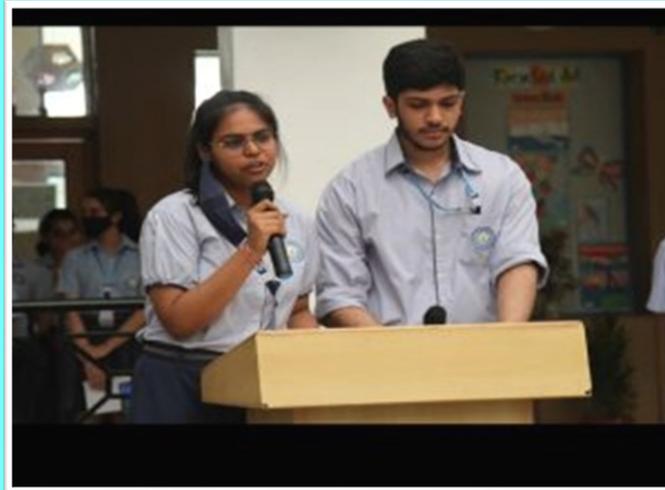


New Academic Session For Classes UKG To V

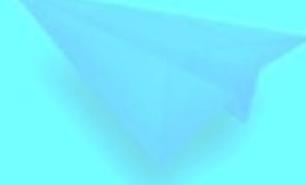


“Those who believe in the magic of the new beginnings create wonders for themselves and others.”

Welcome Assembly For Grades VI TO IX



Assembly on 'Cherishing the new beginnings.'



“A calm mind brings inner strength and self-confidence, so that’s very important for good health.” – *Dalai Lama*



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 students with skills, knowledge and awareness in order to deal with the challenges and demands of everyday life. Over the years, Dr. Saxena has groomed a full-fledged team of Counsellors and Life Skill Facilitators in carrying – on her vision of empowering students. Also, by sharing her ideas and knowledge through her writings, Dr. Alka adds value to people's lives and empowers them to be their best selves. Ma'am's blog -www.wellnesswise.in has a collection of her writings.

The Health & Wellness Resource Centre, 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 Centre team headed by Dr. Alka Saxena comprises of Ms. Renu Khare and Ms. Shreya Kumar, (Counsellors and Content Developers) along with Ms. Priyanka Chaturvedi, Ms. Sapna Sinha, (Value Education Facilitators and Content Developers) and Ms. Premlata Yadav (Office Executive, Health & Wellness). Under the aegis of the Health & Wellness Programme, the Resource Centre team plans and conducts various Sessions, Workshops and Modules for the students, teachers, and parents after a meticulous and extensive research





Events Organized Under The Health & Wellness Programme

Career Confluence (Class XI-XII)

Dreams transform into thoughts and thoughts result in action. - Dr. APJ Abdul Kalam

A hallmark of Blue Bells education is to equip the students with two essential ingredients of life: Strong Roots and Powerful Wings to empower them fly higher and live independently. In sync with the same objective and to equip the learners with the requisite knowledge and skills to make better career and life decisions, the school organizes **Career Confluence** every year as a part of Health & Wellness Programme under the guidance of **Dr. Alka Saxena**. The Session was virtually held for the students of Classes XI & XII on career choices on January 18, 2022.

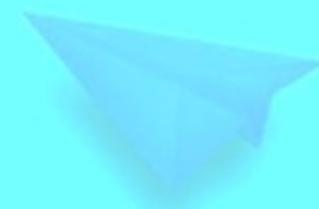




Career Confluence provides a platform to students to listen to learned stalwarts in the field of career counselling. The Health & Wellness Ambassador and the Peer Mentor welcomed Mr. Binit Kumar Binod, Mentor and Consultant to conduct this session. He introduced the students to a host of emerging careers in science, commerce and humanities. He also introduced them to new age career options covering vocational careers, skill-based careers, careers that go beyond familiar streams along with a range of courses. Besides this, he talked about the many unconventional careers that students could explore and opt for and those best suited to their aptitude, interest, skills, passion and personality.

Additionally, he ~~also~~ helped students understand the importance of planning for their career early, busted some common myths, and covered other aspects to enable students to choose the right option while selecting their stream.

The last part of the session was an interactive ‘Question Answer Round’ which helped students to clarify several concerns regarding career choices. With an overwhelming participation by students and parents, the Confluence was a huge success.



January 18,2022

Career Confluence



Zoom Webinar | You are viewing Ms. Shalini Gupta's screen

CAREER CONFLUENCE
January 18, 2022

Patronized by
Dr. Alka Saxena
Deputy Director Health & Wellness
Blue Bells Group of Schools

Organized under the aegis of
The Health & Wellness Programme

RESOURCE PERSON:
MR. BINIT KUMAR BINOD
MENTOR & CONSULTANT

Click to add text

Lets Make a list of Good Colleges

Left Side	Right Side
SRCC	Shruard Sukhdev
Widya	IIM Indore / Ranchi / Rohtak / Bodh Gaya / Jammu
Flora	NLU's
St. Stephens	Narsee Morjee
Venky	Symbiosis
Parul	St. Xavier's
LSR	Christ
WMC	

Management-Related Courses in India

Participants: Ms. Sapna Sinha, Ms. Karita Arya, MS SUSHMA TYAGI, Ms. Shachi Mat., Jitender, Shalish Mitra, Pulak Singh, Ms. Monikah...



“Dreams transform into thoughts and thoughts result in action.”- Dr. APJ Abdul Kalam



Elixir: Find Your Essence

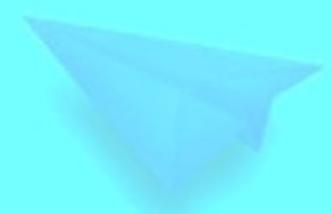
The Health & Wellness team showcased a **spectacular presentation, Elixir: 'Find Your Essence'** as an integral part of Academic Fest 'Learning Unbound- Chapter 2021-22 with the theme: Ideate, Innovate, Create. (Following 5R's)

An overview of the Health & Wellness programme was presented through an audio-video presentation where the team showcased a panoramic view of the various activities and events undertaken by the programme. Dr. Alka offered an insight about the importance of Value Education and how it is imbibed easily through School Cinema making learning fun-filled and impactful.

Image Gallery for Classes III, IV and V showcased the Value Education learning to the optimum. During the Live Connect, students welcomed the parents and engaged them through interesting and thought-provoking energizers, School Cinema Movies and activities related to the movies. The parents enjoyed the movies participated in activities with full zeal & vigour and appreciated the students' performance.

These activities reflect our in-house teaching methodologies, where we focus on ensuring that students imbibe values and incorporate them in the real world. The Image Gallery, Video Gallery and Live Connect sessions were appreciated by the spectators. The display left an indelible impact on the parents and they lauded the efforts of the team.



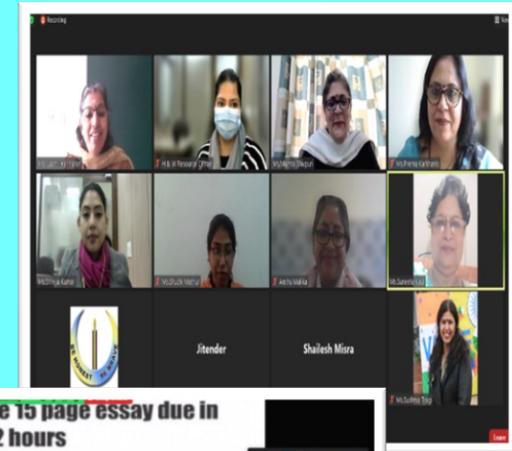
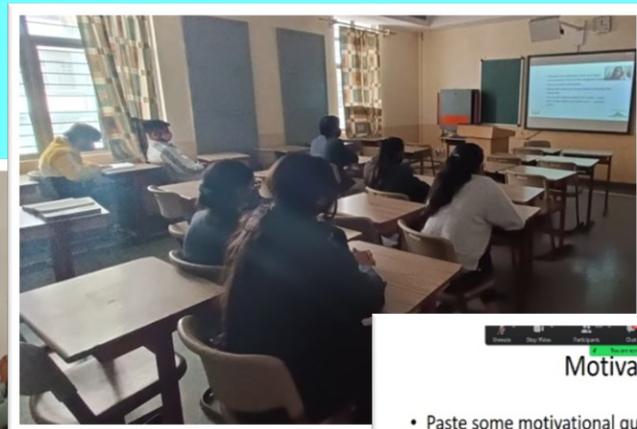


DISTRESS TO DE-STRESS: HANDLING EXAMINATION STRESS



Examination is a stressful period for students who need help to manage themselves. To deal with the challenges which arrive during this time, the Health & Wellness Resource Centre Team prepared an interactive module for them. The Health and Wellness counsellors along with the Life Skills facilitators conducted it through **Hybrid mode** for students of Classes VI to XII from February 7,2022 to February 18,2022

The session ended on a positive note where it was shared with the students that they could connect individually with the counsellors for further support.



Motivate Yourself!

- Paste some motivational quotes around the room
- Make your quotes look attractive
- Positively word your sentences

Use of time before 15 page essay due in 12 hours

- Writing
- Making the margins really small
- Making a cover page
- Inserting huge quote boxes
- Skimming your research notes
- Crying because you're going to fail your class
- Facebook

Session On Puberty For Students Of Class V



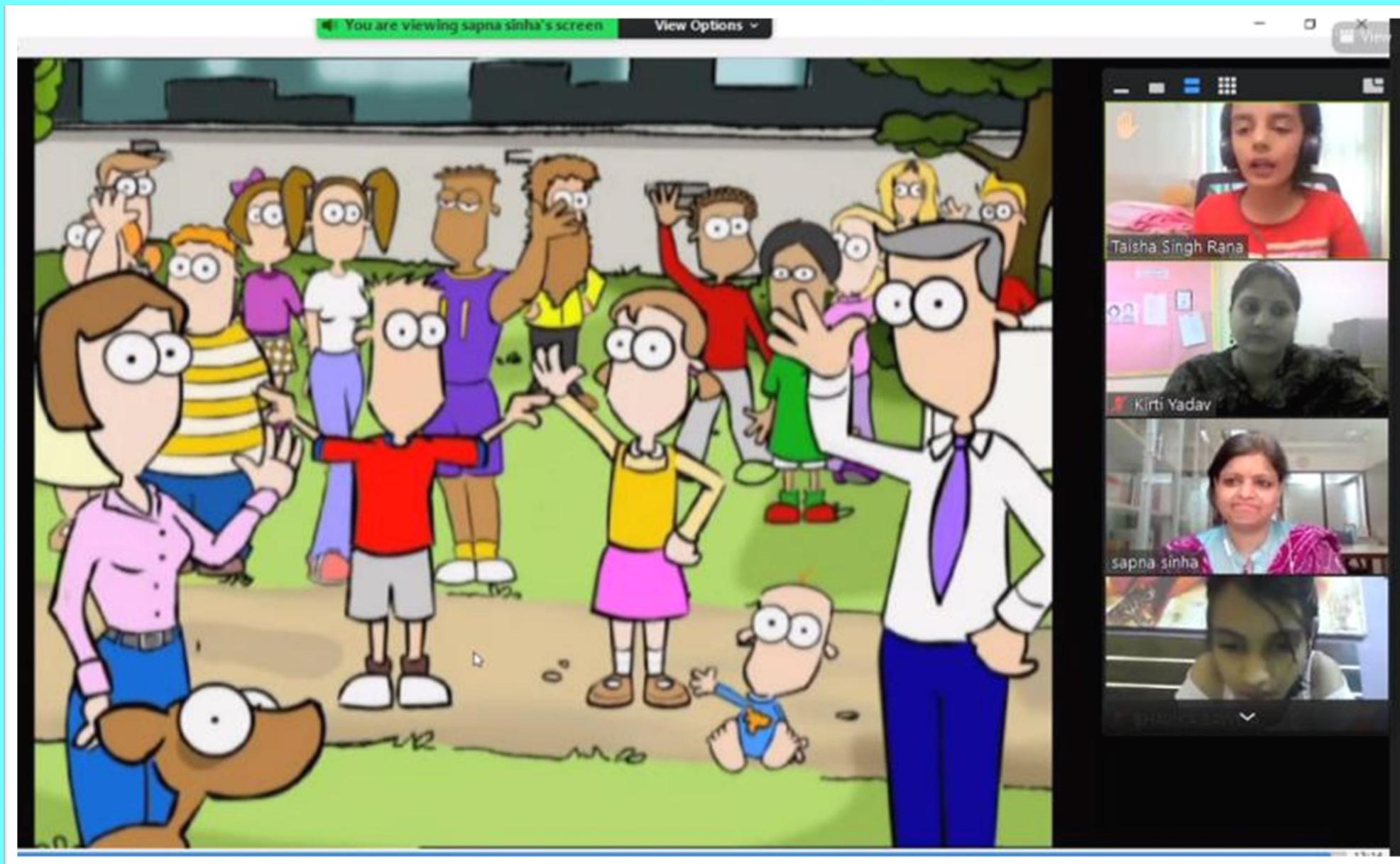
Adolescence is a challenging yet essential phase in the lives of children as they undergo physical and emotional changes. At times they find it difficult to cope with these changes and so it is extremely important to educate them about puberty and support them through this journey.

Keeping this in mind, an interactive virtual session was organized by the Health & Wellness Programme on March 11, 2022 for the girls of class V by, Ms. Sapna Sinha (Life Skills Facilitator & Content Developer, Health & Wellness Resource Center). The Session was conducted by using the School Cinema video “Let’s Talk Puberty”.

The children were sensitized about the fact that puberty is a transitional phase of physical, emotional and psychological development. To sail smoothly through this transition, it is important for them to remain healthy and fit by following a healthy lifestyle through proper sleep, diet and hygiene. The students understood the importance of balanced diet, drinking plenty of water, taking sound sleep, participating in physical activity and maintaining cleanliness and hygiene.

They were assured that in case they have more queries, they can talk freely to their parents, nurse, doctor, teachers, counsellors, or Wing In-charge regarding this important phase of their growth.





Workshop Conducted By Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS



How to Overcome Internet Addiction & Related Psychological Factors Among Children After the Pandemic.

A session on 'How to Overcome Internet Addiction & Related Psychological Factors Among Children After the Pandemic' was conducted by Dr. Alka Saxena, Dy. Director, Health & Wellness, BBGS at the Premier Schools Exhibition, Gurgaon, on March 12, 2022.

The objective of the session was to make the parents aware about the impact of Internet Addiction on the health of the children. Dr. Saxena discussed how to identify the addiction & the steps that can be taken to deal with it. Following digital rules at home, digital fasting, 20-20-20 rule & digital free zones at home were some of the favourite take away tips from the session.

The Q&A session helped everyone to clarify their concerns & gain more information about the topic.

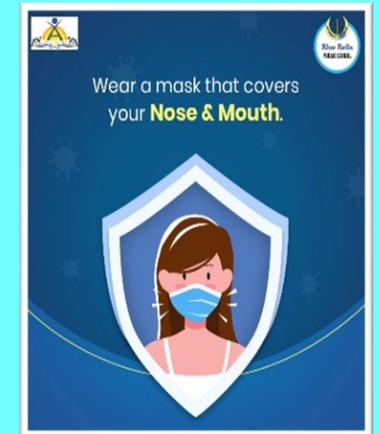
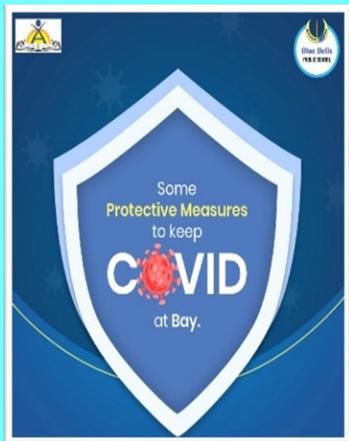


INDIGENOUS INITIATIVES OF HEALTH & WELLNESS PROGRAMME THROUGH SOCIAL MEDIA POSTS



With the Novel Coronavirus back for the third wave, the Health & Wellness Team shared some important precautionary measures through thought-provoking posters with the aim of creating awareness.

The objective was to ensure and prevent the transmission of the virus by following the COVID protocols by keeping themselves as well as their loved ones safe.



Wellness Wise By Dr. Alka



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 2022 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 focusses on healthy living and emotional wellbeing. Her writings can be explored on www.wellnesswise.in

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...





Tips For Parents to Help Children During Exams

www.wellnesswise.in

What's Your Learning Style?

www.wellnesswise.in

Making a SMART Time Table

Your daily routine matters.

www.wellnesswise.in

The Power of Positive Affirmations

www.wellnesswise.in

#WEDNESDAY WELLNESS

www.wellnesswise.in

Strategies for 21st Century Parents for Early Childhood

www.wellnesswise.in

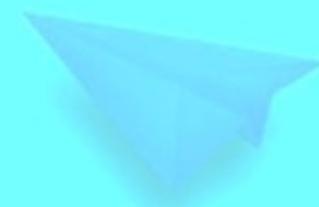


Article on “Teacher And Student Relationships Are Life Changers” by Dr. Alka Saxena in Mentor Magazine

Dr. Alka Saxena was invited by Mentor Magazine to share her views in their March Edition.

In her article, "Teacher and student relationships are life changers" published under leadership section in the March '22 edition of Mentor magazine, Dr. Saxena, talks about the significance of this connection. The bond between a student and teacher is a unique one. Teachers closely interact with students, colleagues, and parents, and form a lasting connection with them. Thus, it is essential that we realize the importance of these bonds and know how to form and maintain good interpersonal relationships. Dr. Alka discussed how rights, respect and responsibility are key ingredients for maintaining healthy relationships, thus leading to effective interpersonal relationships skills.

Please visit the <https://bit.ly/MentorMarchSCT> to access the full article.





Teacher and student relationships are life changers.

A solid relationship between teacher and student leads to a better school environment.

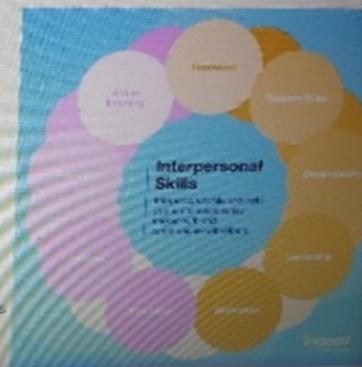
Dr. Alka Saxena

Deputy Director (Health & Wellness), Blue Bells Group of Schools, Gurugram

Skills helpful for strong interpersonal relationships are:

- Self-awareness Self-awareness also helps us assess our strengths and weaknesses, and use them to maximize the positive aspects of a relationship.
- Assertiveness Assertiveness skills can assist people to deal with a range of life experiences.
- Empathy Empathy can be modelled by striving to understand the other person's point of view.

Teachers are an integral part of this society for helping students realise their true potential! The relationships teachers hold with...



The 3 must R's for effective Relationships

An effective relationship is characterized by 3R's: Rights, Responsibilities, and Respect. Children embody what they see, and not what they hear. Respect in relationships includes understanding, empathy, assertiveness, managing anger, and helping people develop their own capacity for problem-solving.

The New 3Rs in Education Respect, Responsibility and Relationships

The True Basics for all Success in Life

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The New 3Rs in Education Respect, Responsibility and Relationships

The True Basics for all Success in Life

The relationship between a teacher and student is always very crucial yet strong. The last two years have been marked by online interactions which have made educators realize the importance of relationships. Teachers have a multitude of important relationships in their life. They closely interact with students, colleagues, and parents, and form a lasting connection with them. Thus, it is essential that we realize the importance of these bonds, and know how to form and maintain good interpersonal relationships.

What are the The 3 must R's for effective Relationships? What are the skills, which are helpful for strong interpersonal relationships? Ms Alka Saxena gives you answers for all these questions and also tells us how important it is to integrate these aspects of effective interpersonal relationships into our daily life. Read this article to know the ways to develop a solid relationship between teacher and student leads to a better school environment.

Dear Reader



**“ Feel the magic inside you,
Follow the strength that guides you,
You are born like a star ,
With knowledge and enterprising ,
Set your sailing apart,**

Have confidence in yourself and be prepared to take everything in your stride...”

The school Team keeps working unremittingly under the guidance of the mentors and gurus to reintroduce the dynamism for learning among students by developing in them a better understanding of the world around and a profounder knowledge of the creation within them.

Stay Healthy , Stay Safe and Connected.

**Warm Regards
Editorial Team
Blue Bells Public School
Sector 10, Gurugram**

