



# The Brahm Dutt Blue Bells Public School Bulletin

## abhiivyakti

Of the Students, By the Students, For the Students

Issue-2  
July 2023

### Bridging the Gap between New Age Lifestyle and Spirituality- Technology Integration

Renowned management expert, Dr. Vineeth Sikka, conducted an enlightening workshop for students of Classes XI and XII, addressing the challenges of the new age lifestyle. Focusing on spirituality and technology integration. He provided practical solutions for students to strike a harmonious balance between the two realms. A transformative session that empowered students to navigate the complexities of modern life with wisdom and mindfulness.



### 'RAAHEIN- THE POSITIVE PARENTING GUIDE' Presented by Wellness Wise by Dr. Alka

Wellness Wise by Dr. Alka conceptualized, curated, and presented 'Raahein-The Positive Parenting Guide,' an experiential, theatre-based workshop for parents. The workshop focused on the principles of the Positive Discipline Approach and was conducted on July 26 & July 27, 2023, in the premises of Brahm Dutt Blue Bells Public School, Sector 10, Gurugram.

Dr. Alka Saxena, Certified Positive Discipline Parent Educator and Deputy Director (Health & Wellness), BBGS, and Mr. Zubair Idrisi, Applied Theatre Practitioner were the esteemed resource persons for the workshop. In an experiential learning and interactive workshop with hands-on activities, Dr. Alka and Mr. Zubair focused on understanding a child's perspective and empathizing with them as crucial aspects of positive parenting. Parents immerse themselves in their child's world and gain valuable insights that nurture the parent-child bond by engaging in open and respectful communication with them along with establishing routines for making them self-reliant and confident.

The parents deeply appreciated and lauded the thoughtfully planned and executed session. They enthusiastically engaged in the activities and gained insights into the significance of fostering a strong bond with their children. The parents highly appreciated the workshop.



### BDBBPS Shines at Inter-School Commerce Fest

"Innovation is seeing what everybody has seen and thinking what nobody has thought." - Dr. Albert Szent-Gyorgyi. **Goohika Joshi** and **Banaj** of Class XI-C emerged victorious, clinching the **Second Position** in the **Inter-school Competition Business Summit 2023**, organised by Blue Bells Model School, Sector 4, Gurugram. They participated in a very innovative competition Planathon: Business Plan. Their innovative business idea focused on building a gender-neutral, sustainable fashion label 'Beyond Binary'. The two impressed the judges with their vision for a more inclusive world.



### Students Of Primary Wing Bring Laurels to the School!

The Primary Wing of the school witnessed the moments of elation when the students

participated in an Inter-School Competition 'Rhythmic Raaga' by Amity International School, Sector 46. The talented singers of Classes IV & V mesmerized the audience with the presentation of a high-energy Western song and bagged the Second Prize in the event 'Ensemble'.



### Unhackathon 2023: BDBBPS Team Registers a Magnificent Feat

A team of 5 participants from Class XII D of Brahm Dutt Blue Bells Public School achieved astounding success at Unhackathon 2023, a prestigious innovation competition jointly organized by Rishihood University, Sonipat and EduTV.

Unhackathon 2023 challenged participants with various tasks, and our team's exceptional skills and teamwork set them apart. They had worked on the innovative Ideation to unhack mind and body, and take control of oneself. Throughout the intense competition, the winning team showcased outstanding problem-solving skills and an in-depth understanding of concepts. Their proficiency in handling intricate challenges and adapting to dynamic scenarios set them apart from their competitors. The team secured a place amongst the top three positions, earning a prize money of Rs. 50,000/- for their outstanding performance.



**Scan for  
the  
Digital  
Copy!**



# The International Aerospace and Defense Exhibition (ADEX) 2023 will be held in Seoul, South Korea

Korea will hold an International Defense Exhibition in October to showcase advanced military hardware and technologies, organizers said on Monday, amid Seoul's push to become a major player in the global arms market.

The six-day Seoul International Aerospace Defense Exhibition (ADEX) 2023 will kick off on October 17 at Seoul Air Base in Seongnam, just south of Seoul, involving 550 companies from 35 countries. It would mark the largest-ever edition of the exhibition, which was first launched in 1996. During this year's event, the organizers seek to hold various aircraft demonstrations and exhibit



advanced military assets and equipments. The first four days will host various seminars and forums for defense industry officials before the exhibition is opened to the general public in the last two days. The exhibition's previous edition in 2021 featured hydrogen-fuel drones, virtual reality-based training systems, laser weapons systems and multipurpose unmanned vehicles, as well as military aircraft, including FA-50 fighters. This year's event will take place after Korea unveiled a goal last year to become the world's fourth-largest defense exporter by 2027.

# International Tiger Day: A Roaring Call for Conservation

International Tiger Day, celebrated on July 29th, is a significant reminder of the



importance of tiger conservation worldwide. These majestic creatures are facing numerous threats, such as poaching and habitat loss. This day aims to raise awareness about their plight and the need for urgent action to protect their habitats and combat illegal trade. Conservation plays a vital role in preserving these apex predators for future generations. By working together, we can secure a brighter future for tigers and ensure they continue to roam the forests with grace and power.

## The Pillar of Success: Embracing the Importance of Discipline

Dear Students

As we embark on the path of knowledge and personal growth, it is my privilege to emphasize the significance of discipline in shaping your academic journey and preparing you for a bright and successful future. Discipline is not just a set of rules to be followed; rather, it is a valuable life skill that empowers you to take charge of your actions, choices, and outcomes. It is the compass that guides you towards achieving your goals and aspirations. When you embrace discipline in your daily life, you lay the foundation for a successful and fulfilling educational experience leading to:

**Academic Excellence:** Discipline is the key that unlocks the doors to academic excellence. Being disciplined means attending classes regularly, actively participating in discussions and completing your assignments on time. It involves organizing your schedule, setting realistic goals, and staying focused on your learning objectives. By cultivating a disciplined approach to your studies, you will find that you are better able to grasp complex concepts, retain information, and excel in your examination.

**Time Management:** One of the most crucial aspects of discipline is time management. As students, you juggle various responsibilities, from attending classes to participating in extracurricular activities and spending time with family and friends. When you practice discipline in managing your time, you learn to prioritize tasks and make the most of every moment. Effective time management not only reduces stress but also allows you to strike a healthy balance between your academic pursuits and personal interests.

**Character Development:** Discipline goes beyond academic achievements; it plays a fundamental role in shaping your

character. By being disciplined, you exhibit traits such as responsibility, self-control and resilience. You learn to respect authority, follow rules, and work collaboratively with your peers. These qualities not only contribute to a positive school environment but also lay the groundwork for becoming respectful, responsible and compassionate individuals in all aspects of life.

**Building Strong Habits:** They say that excellence is not an act, but a habit. When you practice discipline consistently, it becomes a part of who you are. It strengthens your ability to persevere in the face of challenges and to stay committed to your goals. By building strong habits of discipline, you set yourself up for success not only in your academic journey but throughout your life's endeavours.

**Preparation for the Future:** Discipline is a skill that will serve you well beyond the boundaries of the classroom. As you progress through your education and eventually step into the professional world, the discipline you cultivate today will play a pivotal role in shaping your career success. Employers value individuals who demonstrate discipline, as it reflects a strong work ethic, reliability, and a commitment to excellence.

My Dear Students, I urge you to embrace the importance of discipline wholeheartedly. As you walk through the journey of excellence in the school, remember that discipline is your ally in conquering challenges, realizing your dreams and making a positive impact on the world. Together, let us foster a culture of discipline that empowers each one of you to thrive academically, emotionally and socially. With Unwavering Belief in your Potential and Best Wishes!



Meenakshi Malhotra, Primary Wing Leader, BDBBPS



### Blue Bellians Embrace Adventure and Growth on Thrilling Camping Trip to Chail

The students of Classes VI to VIII of Brahm Dutt Blue Bells Public School visited Chail, Himachal Pradesh for an exciting camp that made experiential learning authentic and safe. The plethora of activities like Rappling, Trekking, Rope Climbing, and Guerilla War held at the camp posed sufficient challenges according to the age and level of students while providing a memorable and adventurous experience.

For details, click [here](#).



### Adventure-cum-Experiential Learning Trip to Kanasar, Chakrata, and Deoban

The school's thrilling Adventure-cum-Experiential Learning Trip took Secondary School students on an enriching journey to Kanasar, Chakrata, and Deoban. The immersive trip aimed to provide educational adventures beyond the classroom. Students acclimatized in Chakrata by visiting a farmland and orchid garden, planted with thousands of fruit trees. The team then embarked on a challenging hike to Kanasar, a forest reserve renowned for its biodiversity. At Vyas Shikhar Point, the students marveled at the Himalayan Peaks, capturing breathtaking views. They also raised the school flag at Cliff Point, reaching an elevation of 3000 meters. This adventure trip left a lasting impression, fostering personal growth, teamwork, cultural diversity appreciation, and a deep connection with nature.

For a detailed report, visit [this](#) page.

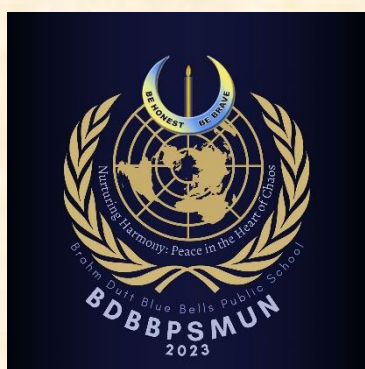


### Increasing Awareness Through a Special Assembly On World Population Day

Special Assembly was conducted by the students of the school to celebrate the 'World Population Day'. Along with the regular features of the Assembly, the students presented a melodious song on the theme. They also presented a speech to express their deep concern and care for the healthy growth and safety of the human race. Ms. Preeti Phutela, the Senior Wing Leader, also expressed her views and appreciated the assembly. The Principal, Dr. Trilok Singh Bist was extremely contented to see the active participation and to hear the concern of young generation towards 'population explosion'.



### BDBBPS MUN 2023: Preparations in Full Swing for an Unforgettable Experience!



Calling all aspiring diplomats and global leaders! The highly anticipated BDBBPS Model United Nations (MUN) 2023 is approaching, promising a unique and enriching experience. With thought-provoking agendas and top-notch resources, the organizing committee ensures an immersive event. The diverse range of committees, from Security Council to the United Nations Environment Programme, caters to varied interests, fostering personal growth and intellectual stimulation. BDBBPS MUN offers an ideal melting pot of talents, cultures, and perspectives, creating lasting friendships and a global network. Prepare for an unforgettable conference that challenges, inspires, and transforms you into a future leader. Mark your calendars and get ready to make your mark on the world stage, one resolution at a time!



### Blue Bellians Conquer Himalayan Heights, Hoist School Flag at 3800 Meters on 'Vijay Top'

The school organized an educational-cum-adventure trip for senior students in Grades XI and XII. The students embarked on a challenging trek through the forests of Rupin Supin Valley, facing various weather challenges along the way. Despite difficulties, the students exhibited courage and determination as they successfully reached an impressive altitude of 3800 meters above sea level at 'Vijay Top' in the Himalayas. They proudly hoisted both the School Flag and the National Flag, and sang the school song symbolizing their commitment to bringing laurels to the school. Under the guidance of the esteemed Principal, Dr. Trilok Singh Bist, and a team of eight teachers, this educational journey provided a valuable learning experience for all 84 participating students.

Click [here](#) to know more.

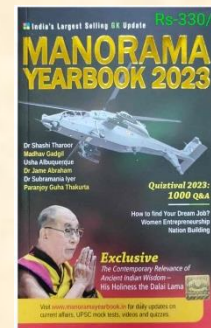
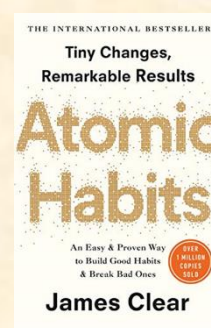


## BOOKS TO READ SUGGESTED BY DR. VINEETH SIKKA

- Manorama Yearbook - It has different editions filled with information covering all sectors like politics, Geography, government initiatives, General Knowledge and much more. It is a best option if one wants to prepare for UPSC examinations.

- Atomic Habits - James Clear

Real change comes from the compound effects of hundreds of small decisions or habits that over time accumulate to produce remarkable results. The book is all about reaching one's goals by taking small steps.



- Rich Dad Poor Dad - Robert T. Kiyosaki and Sharon Lechter

The book emphasizes the importance of financial literacy, independence, and building wealth by investing in assets, starting and owning enterprises, and enriching financial intelligence.

- Autobiography of a Yogi - Paramahansa Yogananda

One of the famous spiritual books of the Twentieth Century written by Paramahansa Yogananda. Throughout this book, he explains noteworthy discoveries from the world of saints and yogis. Furthermore, he explained science and miracles, death and resurgence. With soul-satisfying consciousness and an endearing wit, he lightens the hidden secrets of life and the world opening our hearts and minds to the happiness, splendour and limitless spiritual capacities that last in everyone's lives.

- Personality Plus - Florence Littauer

Through humorous anecdotes and straightforward counsel, Personality Plus guides to improve upon one's strengths and correct weaknesses. The engaging book also provides keys to understanding humans and learning how to accept and enjoy the traits that make each of us so different.

## THE SYNERGY BETWEEN ENTREPRENEURSHIP AND INNOVATION

Entrepreneurship and Innovation are closely related but distinct concepts. While innovation involves introducing something original, such as a business model, product, idea, or service, entrepreneurship focuses on turning a great idea into a viable business opportunity. Innovative entrepreneurship is crucial for identifying emerging trends and market demands. This allows businesses to create new goods or services for their target audience. To stay relevant, businesses must continue to innovate by developing better products and services. This enables entrepreneurs to satisfy customer demands through a variety of strategies. Innovation also allows entrepreneurs to create new opportunities such as introducing new technologies. It is essential for businesses to stay abreast of changes in the industry and to stay competitive in an ever-evolving market. Apple's success story is built on a foundation of innovation and entrepreneurship. Steve Jobs and Steve Wozniak's innovative ideas and groundbreaking products like the iPod, iPhone and iPad revolutionized the tech industry. The entrepreneurial drive of Jobs, along with his ability to envision and market these innovations effectively, led Apple to become one of the world's most valuable companies. The synergy between innovation and entrepreneurship is the driving force behind societal progress and economic prosperity. We can unlock their full potential and create a future fueled by transformative ideas and ventures. Embracing this synergy is not only essential for the growth of businesses but also for addressing global challenges and creating a better world for generations to come. To know about "INSPIRE Awards - MANAK" click [here](#).



## Let's Be Eco-Friendly: Inter-House PPT Competition

The students of Class IX A hosted an exciting Inter-house PPT Competition with the theme 'Let's Be Eco-Friendly.' The event aimed to raise awareness about environmental issues and encourage students to come up with innovative solutions to create a sustainable and eco-friendly future. The competition saw enthusiastic participation from all four houses, and students exhibited their creativity, knowledge, and dedication to promoting a greener world.

A PPT was also shown to the students on the importance of Mangrove Forests.

After much deliberation, the panel of judges announced the winners of the Inter-House PPT Competition:

**First Position:** Kalpana Chawla House and Radhakrishnan House

**Second Position:** Sarojini Naidu House







## #UnmuteYourself: A Special Interview with Ms. Stuti Sood

Ms. Stuti Sood is a Counselling Psychologist at the Department of Mental Health and Behavioural Sciences, Fortis Healthcare. She conducts life skills and mental health workshops across different schools and organizations. The Psychology students of BDBBPS interned at Fortis Memorial Research Institute under the guidance of Stuti Ma'am. On the final day, the students interviewed Ma'am. Here are some excerpts:

**Q. Ma'am, what prompted you to pursue a career as a Counselling Psychologist?**

Ms. Stuti: Firstly, it was my interest towards the profession. Secondly, I understood the contribution I could make to the society. It's you and me who can make a difference and I wanted to be part of that difference.

**Q. Ma'am, what do you see as the fundamental skills in a Psychologist?**

Ms. Stuti: Empathy and Authenticity. The ability to understand the emotions of others will improve communication and the relationship that you will be establishing with the individual. The more authentic you are, the more trustworthy you become to the individual. It helps in making a better rapport with your client.

**Q. Ma'am, can dancing, listening to music, and painting be therapy?**

Ms. Stuti: Yes! Absolutely! We have Dance and Movement Therapy, Music Therapy. It fills you with positive vibes and enhances your health as well.

**Q. Ma'am, if any student wants to pursue psychology, can you suggest a few points that would help them?**

Ms. Stuti: Psychology is fascinating. People, in today's world, acknowledge the need to understand the human mind and the awareness about mental health has increased. There are specializations that students can do, for example, Clinical Psychology, Consumer Psychology and more. The future will definitely have greater scope in the field of psychology.

**Q. Ma'am, this is our signature question. 'Can you share a message to the Blue Bellians?'**

Ms. Stuti: Oh, definitely. At school level, it's everything that you can do. It's the students like you, who can proliferate the awareness about Mental Health. It's you and me in this project. Encourage seeking support. Mental Health has not been discussed enough. It's high time we talk about it and take a step towards it. #UnmuteYourself

## The Summer Internship at Fortis

A total of 17 Psychology students of our school under the guidance and mentorship of Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS interned at the Fortis Memorial Research Institute in Psychology under the aegis of Dr. Samir Parikh. The program spanned over six days, from Monday to Saturday by the Counseling Psychologist, Dr. Stuti Sood. The initiative focused on #Unmuteyourself. The motive is to encourage people to break the stigma of silence and speak up about their mental health struggles. This can help create a more supportive environment and allow for a better understanding of mental health issues. It also motivates students to initiate student-driven campaigns and anti-bullying policies. Overall, the internship helped foster a deeper appreciation of psychology in the students.



## Cyber Hygiene Corner

In today's interconnected world, where technology is an integral part of our daily lives, practising good cyber hygiene is essential to protect ourselves. Cybercriminals are constantly devising new techniques to gain unauthorized access to sensitive information. By practising proper cyber hygiene, individuals can significantly reduce the chances of falling victim to cyber threats. Essential Cyber Hygiene Practices:

- 1. Keep Software Updated:** Regularly update operating systems, applications, and antivirus software to patch known vulnerabilities and protect against the latest threats.
- 2. Secure Wi-Fi Networks:** Ensure your home and work Wi-Fi networks are password-protected and use WPA2 or WPA3 encryption for enhanced security.
- 3. Back Up Data:** Regularly back up important data to an external device or a secure cloud storage service to mitigate the impact of data loss from ransomware attacks or hardware failures.
- 4. Digital Footprints:** Your digital footprint is the record of all your interactions online. Be careful about what you share, where you share and with whom you share. Be smart about the sites you visit and links you click. Cyber hygiene is our collective responsibility. We can create a safer digital environment for everyone. Let us make cyber hygiene a priority, ensuring that we navigate the digital realm securely. For more information click [here](#).

## Ragi (Finger Millet) Cookies

By Jeshna, XII-B



Ingredients:

- ½ cup Millet flour
- ½ cup Whole Wheat Flour
- 1 tsp Baking Powder
- ½ cup Butter Chilled; cut into cubes
- ½ cup Jaggery powder/ Brown Sugar
- ½ tsp Vanilla essence
- Chilled Milk as required (about 6 tbsp)

Procedure:

1. Add the millet flour, wheat flour, baking powder and sugar into a bowl. Mix it together. Once the dry ingredients are mixed,

add the cubed unsalted butter into the bowl.

2. Once the butter has been rubbed into the flour, add the milk and vanilla essence. Make the flour into one soft dough ball but do not knead it.

3. Refrigerate it and later, shape the cookies.

4. Preheat the oven at 180C or 365F for 10 minutes empty. Place the cookies inside. Keep an eye on the cookies after 10 minutes.

5. Let them cool down. It gets crispier with time.

Enjoy making cookies!!!



# Creative Corner -

## Leaving Footprints: My Travel Diaries

The BDBB Bulletin

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### The Allure of Exploration

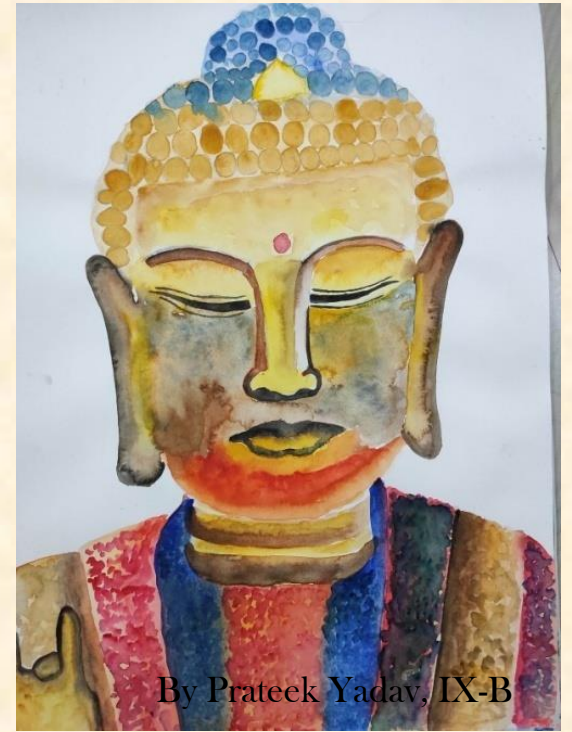
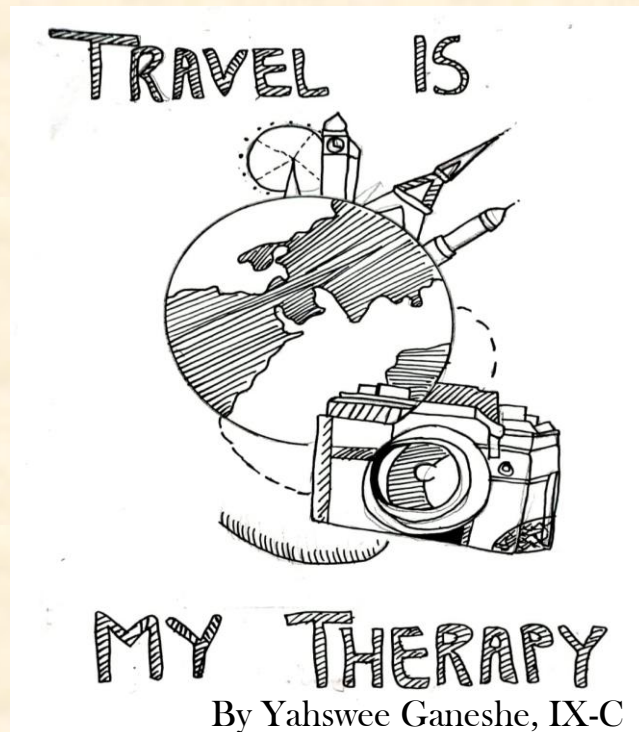
Starting with, travel experiences are the most fun when you cherish and live the unique moments. This is one of my travel experience. "ANDAMAN AND NICOBAR ISLANDS" the name you all are familiar with. It is my hometown (But I am NOT a tribal). Going there is the relish of life for me. Meeting my extended family to spending the entire day with cousins makes the time of 30 days feel like just 30 hours. This trip is imperfect without a joyful visit to beaches and collecting seashells along the seashore. This thing has always been at the top of my bucket list because why not! I love to visit the famous places of Portblair like Ross Island, Corbyn's Cove, Cellular Jail, Marina Park, Chidya Tapu every time I go. Walking through the corridors of the cellular jail just not awakes the feeling of patriotism but also the profound feeling of history and sacrifice by the freedom fighters of our country. The famous Ross Island is the architecture of the British era who took the expenses from the Indians and made buildings for themselves and their comfort which have turned into ruins. But a little part has been intact including the lighthouse and the Japanese bunkers despite of the after effects of the tsunami in 2004. "Sagarika Emporium" the famous place to purchase beautiful items made up of seashells, wood and the hard outer shells of coconut including ornaments, key chains etc. Saying goodbye to the leisure of hometown and the beautiful sunsets which had accompanied me in the days of my stay is very difficult. As I come back and remember the days it refreshes me and makes me realize that maybe I came back from there but I carried a treasure trove of memories. If I keep on writing about this place the words will finish but the mesmerizing feelings floating in my mind will never finish. But at last I would like to say that the history and the tales of sacrifices which the island holds is equal to the monuments which are all over India.

By Ishita Halder, VIII-B

### QUIZ

1. Which is the most visited place in the world?  
a) Bangkok b) Hong Kong c) Switzerland d) India
2. Which is the most visited monument in the world?  
a) The pyramids of Giza b) Burj Khalifa c) Taj Mahal d) Forbidden City
3. Which place is known as the 'Heaven in Earth'?  
a) Kashmir b) Norway c) Meghalaya d) Himachal Pradesh
4. Which place is known as the 'land of the rising sun'?  
a) Arunachal Pradesh b) Japan c) New Zealand d) Spain
5. When is the 'World Tourism Day' celebrated?  
a) 6 November b) 25 January c) 5 June d) 27 September

By Aaina Hiwal, VI-C



### Fun Loving Journey

Thrilling and chilling in the hill

Long hauling trekking lead us to tiredness

Fun loving journey with family lead us to happiness,

Nainital lies in the edge of the lake,

Beauty lies in the eyes of the beholder.

**Q. Who was the first person to reach all seven peaks of mountains?**

A. Richard Bass

- Aarvi Yadav, III-A



### JOKE

A photon is going through airport security. The TSA agent asks if he has any luggage. The photon says, "No, I'm traveling light."

5. d) 27 September  
4. b) Japan  
3. a) Kashmir  
2. d) Forbidden City  
1. b) Hong Kong

### ANSWERS

### RIDDLE

**Q:** What goes through towns, up hills, and down hills but never moves?

**A:** The road!

### Fun Loving Journey

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### NEW WORD

Eudaimonia - The contented happy when you travel

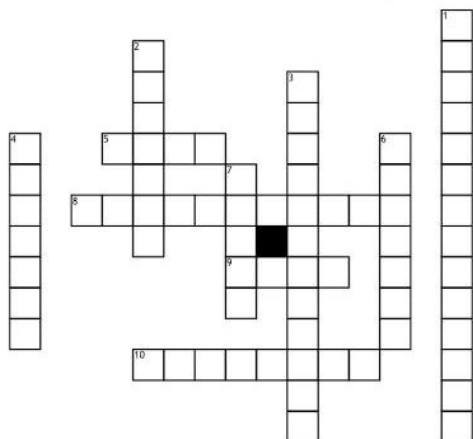


Creative Corner -  
Leaving Footprints: My Travel  
Diaries

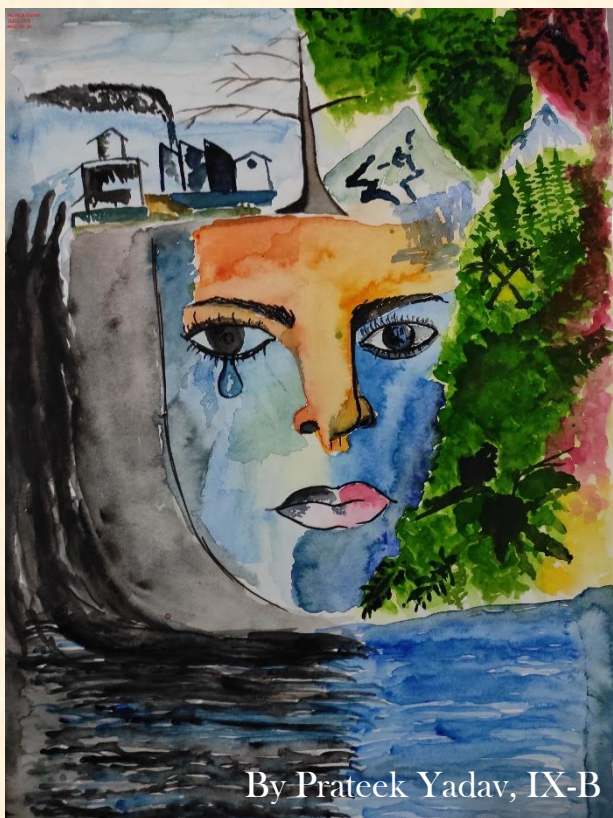
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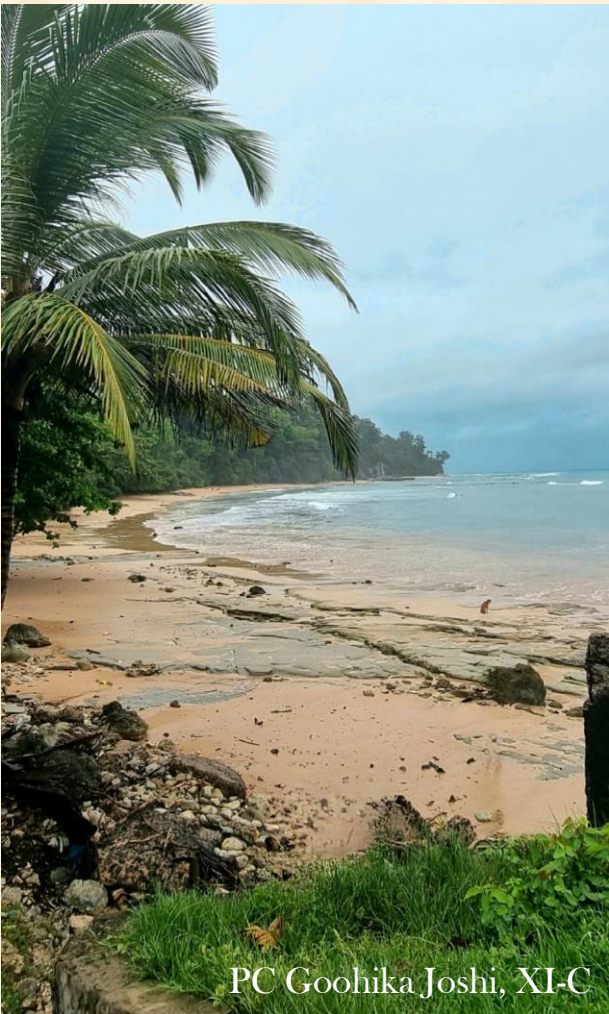
CROSSWORD PUZZLE



- Across
5. The act of traveling from one place to another.
8. Where you have your ticket checked before a flight.
9. Arriving on the ground in an airplane.
10. A bag that is used to carry clothes and other personal belongings.
- Down
1. The area in an airport where passengers collect their luggage that has been carried by the airplane.
2. The act of travelling to multiple places.
3. The airplane ticket, used to allow you to board the plane.
4. Broad term for all bags that carry personal belongings.
6. Leaving the ground in an airplane.
7. The passage between rows of chairs on an airplane.



By Prateek Yadav, IX-B



PC Goohika Joshi, XI-C



By Prateek Yadav, IX-B



PC Goohika Joshi, XI-C

TRAVEL

That day I went to Shimla  
Those nightfalls took my heart  
The ethereal beauty of nature  
Those gardens full of flowers  
I gazed upon the pearly nights  
It healed my heart  
Broken inside  
Now I realised  
I reached the heaven  
It gifted me something I lost  
So I realised  
I reached the heaven  
It drew those stars around my scars  
Diksha Yadav, X-A

The Enchanting Beauty of Andaman & Nicobar Islands  
by Goohika Joshi, XI-C

“The line where the sky meets the sea-it calls me.”  
The vast, unrestrained, beautiful sea as far as your eyes can see. The sound of the waves crashing on the shore, the salty air and pure, blissful peace- that is what the Andaman and Nicobar Islands present to you. You almost feel the waves taking your worries away with them, as they rise and fall. Cruising through the untamable sea, and enjoying slightly rocky boat rides-it’s all a part of the experience. The air is fresh, and the atmosphere is warm and welcoming. Feeling the cool breeze in your hair rejuvenates you.  
The beaches of Havelock Island and the Natural Coral Bridge of Neil Island leave one spellbound. It is paradise for adventure lovers. Observing and learning about marine life-especially corals, which are found in abundance in the Andaman and Nicobar Islands- is fascinating. The place also has a rich historical past, with the Cellular Jail, colloquially known as Kala Paani located in Port Blair. One also gains an appreciation for the lifestyle of the tribes living in the islands, including the prominent Jarwa tribe.  
As is true for any travelling experience, one is not the same after visiting the majestic Andaman and Nicobar Islands. The place leaves an imprint in your heart, almost changing the way you look at the world. I will cherish the memories I made here forever!



PC Goohika Joshi, XI-C



PC Goohika Joshi, XI-C



Wimbledon Champions Crowned in Thrilling Finals – 2023



London, 2023 - The Wimbledon Championships 2023 culminated in a double triumph as Carlos Alcaraz and Marketa Vondrousova, in the men's and women's categories respectively, claimed the coveted titles in thrilling showdowns.

In an awe-inspiring display of skill, Carlos Alcaraz dominated the men's final, defeating the 7 times winning player Novak Djokovic with finesse and power. The match left the crowd in awe as Alcaraz secured his first Wimbledon victory, solidifying his position among tennis elites. On the women's side, Marketa Vondrousova emerged victorious after a fierce battle against Ons Jabeur. Her exceptional court coverage and precision shots proved insurmountable, as she clinched her maiden Wimbledon championship.

Both champions exhibited remarkable sportsmanship, and their triumphant performances will be etched in Wimbledon's storied history for years to come.

The Team that Made Abhivyakti Happen!

- Founding Members and Editors-in-Chief
- Goohika Joshi, XI-C
  - Jeshna Raha Benhar, XII-B
- Compiling and Tech Support
- Banaj, XI-C
- Reporters
- Aaina Hiwal, VI-C
  - Avneet Mishra, VIII-C
  - Sunanya, XII-D
- Journalists
- Sadaf Khan, XII-D
  - Anjali, XII-D
  - Viraj, XII-D



Satwik-Chirag gets Second Spot in BWF rankings

Fresh from winning the Korea Open, India's top Men's Doubles pair of Chirag Shetty and Satwiksairaj Rankireddy rose to a career-best second spot in the latest BWF rankings.

Satwik and Chirag gained a place, displacing the Chinese pair of Liang Wei Keng and Wang Chang whom they had defeated in the Korea Open semifinals last week, to achieve a new career-high ranking in the Men's Doubles circuit. The two have not lost a single final this season and are on a 10-match unbeaten streak on the BWF World Tour.



India Shines Over West Indies In Test Series

In a gripping Test match that had cricket enthusiasts on the edge of their seats, Team India emerged victorious against West Indies in the first Test match of their series. The clash saw brilliant performances from both sides, but India's resilience and skill secured their triumph.

Bowling first, India's bowlers exhibited outstanding form, dismantling the opposition's batting lineup. In reply, India's top-order batsmen exhibited persistence and class, propelling the team to a commanding lead of 421/5d.

Captain Rohit Sharma led the team with exceptional captaincy, and Yashasvi Jaiswal was named the 'Player of the Match' for their stellar all-round performance. With this emphatic win, India takes a 1-0 lead in the series, setting the stage for an enthralling battle in the upcoming matches.

See You in the Next Issue!