



The Brahm Dutt Blue Bells Public School Bulletin  
**अभिव्यक्ति**  
Of the Students, By the Students, For the Students

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## Wellness Wise by Dr. Alka



Communication is the key to strong relationships.

With the objective of reaching out to a large audience of youngsters and adults alike and sharing her vast knowledge and experiences on life skills, health & wellbeing, Dr Alka Saxena, Deputy Director (Health & Wellness), BBGS, writes on her blog, Wellness Wise by Dr. Alka. You can explore her writings on [www.wellnesswise.in](http://www.wellnesswise.in). Dr. Alka's vast knowledge and rich experience as an educationist form the background of her varied write-ups in her blog. The topics chosen are very relevant in today's context and appeal to all age groups. Dr. Alka consistently shares thought-provoking and thoroughly researched blog posts that serve as a valuable source of knowledge enhancement for everyone. Below, you can find a preview of two blogs that were presented to readers during the second fortnight of August 2023. For more information, please follow the link.

<https://wellnesswise.in/>

## Resounding Success of Model United Nations Conference at Brahm Dutt Blue Bells Public School



Brahm Dutt Blue Bells Public School successfully organised a National Level two-day Model United Nations (MUN) Conference on August 26 and 27, 2023 on the theme 'Nurturing Harmony: Peace in the Heart of Chaos'. Around 500 delegates from ten different states of India like from Jammu, Kashmir, Rajasthan, Uttar Pradesh and many other parts of the country engaged themselves in meaningful discussions, simulated international diplomatic relations and developed crucial skills such as negotiations, public speaking and diplomacy.

The conference commenced with the Opening Ceremony that featured a well-orchestrated cultural programme and inspiring speeches by the keynote speaker, Dr. Ashok Diwakar, Vice-chancellor, Starex University and Air Vice-Marshal, L.N. Sharma, AVSM who emphasized the importance of diplomacy, global cooperation, and problem-solving in today's inter-connected world. Dr. Saroj Suman Gulati, Director, BBGS, the Chief Guest for the ceremony declared the event open.

Throughout the two days, passionate and heated debates ensued as delegates discussed a wide range of views on the allocated agendas in their eight committees- UNHRC, AIPPM, UNW, UNGA, UNEP, UNSC, IPC and IC.

The conference concluded after the second day's proceedings with a memorable Closing Ceremony, where delegates received awards for their outstanding contributions. The Keynote Speaker, Mr. Vidhur Dwivedi, Advocate, Supreme Court of India, shared inspiring remarks, encouraging the delegates to carry forward the lessons learned, and connections made during the conference into their future endeavours.

The Chief Guest, Captain Indu Boken, DEO, Gurugram congratulated all the participants for their marvellous efforts and encouraged them to actively contribute towards achieving world peace. Dr. Saroj Suman Gulati, Director, Blue Bells Group of Schools acknowledged the tremendous success of the programme and congratulated each member who contributed towards its success.



## International MUN Conference as a Part of BDBBPS MUN 2023

We are also proud to share that BDBBPS International MUN Conference was held with Ms. Rania Lampou, from the Ministry of Education, Directorate of Educational Technology and Innovation, Greece as a Keynote Speaker. The school team deliberated with the students of Zimbabwe and Russia.

The conference started with an online session with our global partners.

The facilitators and their students presented wonderful and well researched presentations on the Agenda: "Unite, Thrive, Sustain: Empowering cities for inclusive Futures". The guest speaker for the day was Ms. Rania Lampou. The session was divided into three sections Presentations, Take Away and Closing ceremony. Principal Sir and Preeti ma'am presented the participation and Best presentation award to the students from Zimbabwe.

Principal Sir urged for the collaboration to continue and not stop with the conference, students and teachers across the globe produced strategic plans for SDG11. Ms Preeti Phutela, Senior Wing Leader, gave an opportunity to online students and educators to peep into committee rooms and have a word with EBs as to how they function during the conference. The global partners were amazed to see the vast numbers, discussions, and deliberations. They were shared Day 1's Gazette which gave a clear picture of how things function at MUN Conference. Ms. Nadezhda expressed her gratitude to the school, saying, "Thank you, dear Preeti ma'am, for the opportunity to collaborate with educators and students from your School and around the globe. I was greatly impressed by the gazette. So many discussions and presentations!" Ms. Rania from the Digi Skills Academy was overjoyed as she said, "Wonderful experience! No words to express my gratitude! Congratulations to all! It was a great pleasure and honor!"



## BRICS 2023: Argentina, Iran, UAE, Saudi Arabia, Ethiopia, and Egypt are set to be new members.

Oil powers Saudi Arabia and the United Arab Emirates have been invited to become members of the BRICS group of developing nations in its first expansion in over a decade.

Also invited are Iran, Egypt, Ethiopia and Argentina, South African President Cyril Ramaphosa said Thursday as he wrapped up the annual summit of the group in Johannesburg.

Saudi Foreign Minister Prince Faisal bin Farhan said the kingdom was awaiting details from

the BRICS group on the nature of the membership, and would take an "appropriate decision" accordingly.

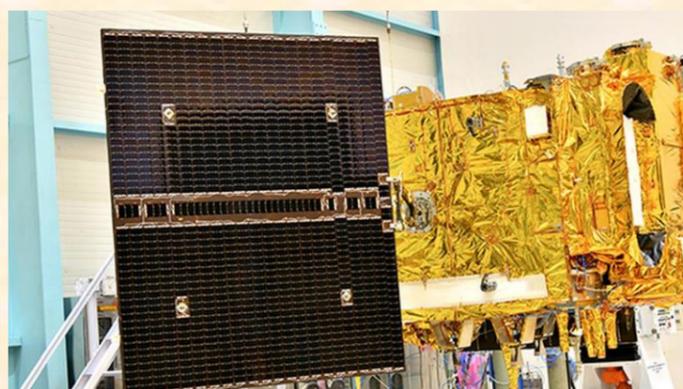
All six countries invited had already expressed an interest in joining. The BRICS group currently includes Brazil, Russia, India, China and South Africa.



"The membership will take effect from the first of January, 2024," Ramaphosa said.

In a video message, Russian President Vladimir Putin congratulated the new BRICS members, adding that the bloc's global influence would continue to grow.

## Aditya-L1, First Space-Based Indian Observatory To Study The Sun, To Be Launched



"The launch of Aditya-L1, the first space-based Indian observatory to study the sun, is scheduled for September 2, 2023, at 11:50 Hrs. IST from Sriharikota," ISRO posted on X, formerly Twitter.

According to ISRO, the spacecraft will be placed in a halo orbit around the Lagrange point 1 (L1) of the Sun-Earth system, which is about 1.5 million km from the Earth. It is expected to take more than 120 days for the spacecraft to reach the L1.

"A satellite placed in the halo orbit around the L1 point has the major advantage of continuously viewing the sun without any occultation/eclipses.

This will provide a greater advantage of observing the solar activities and its effect on space weather in real time. The spacecraft carries seven payloads to observe the photosphere, chromosphere and the outermost layers of the sun (the corona) using electromagnetic and particle and magnetic field detectors. Using the special vantage point L1, four payloads directly view the sun and the remaining three payloads carry out in-situ studies of particles and fields at the Lagrange point L1, thus providing important scientific studies of the propagatory effect of solar dynamics in the interplanetary medium," states the Aditya L1 mission profile.

## Chandrayaan 3 Mission: Pragyan Rover Detects Oxygen, Other Elements on Moon; Hunt Underway for Hydrogen



The Laser-Induced Breakdown Spectroscopy instrument onboard 'Pragyan' rover of Chandrayaan-3 has "unambiguously confirmed" the presence of sulphur in the lunar surface near south pole.

"Laser-Induced Breakdown Spectroscopy (LIBS) instrument onboard the Rover unambiguously confirms the presence of Sulphur (S) in the lunar surface near the south pole, through first-ever in-situ measurements. Al, Ca, Fe, Cr, Ti, Mn, Si, and O are also detected, as expected. Search for Hydrogen (H) is underway," the space agency tweeted.

The space probe had earlier posted a message for 'earthlings' telling the world that it was on its way to 'uncover the secrets of the Moon'.

"Me and my friend Vikram Lander are in touch. We're in good health. The best is coming soon," the Pragyan Rover had earlier tweeted via ISRO InSight.

## Dengue Awareness Campaign

We at Blue Bells believe that children are the harbingers of a better tomorrow. With the mission to empower our young scholars with the right information and awareness regarding different issues related to health & wellness, the Health & Wellness Team under the mentorship Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS, organizes and conducts various informative sessions as a part of Peer Educator Programme.

In furtherance of the same vision, a special assembly was convened by Priyanshi Yadav, Health & Wellness Ambassador, Goohika Joshi, Peer Mentor, and Tanishi Vaid, Peer Educator, on August 22, 2023, for the Senior Wing, to sensitize them about the ways to combat the prevalent disease Dengue and stay safe during the Monsoon season.

Information regarding the prevention of the disease, the breeding conditions of the mosquitoes, and steps that could be taken to reduce the risk of acquiring the disease were shared with the help of a PowerPoint presentation. At the end of the session, a quiz was conducted to check students' understanding of the topic. Students responded to the questions with enthusiasm and demonstrated a sound understanding of the content. In addition to spreading awareness through the assemblies, posters on Dengue Awareness and Tips for Monsoon season, have been put across all strategic locations of the school.



## 'Farm to Table': A Trip

'Farm to Table', an educational trip to a Flour Mill was organised for the students of Class KG on August 25, 2023.



The students observed the entire process of wheat being ground into flour and packed. They were excited to see the wheat being ground by a machine equipped with rollers that broke the grains into pieces and finally converted it into fine white flour.

The students held the wheat grains in their hands to feel their texture and also touched the flour after the wheat had been processed.

It was truly an exceptional experiential learning opportunity for the little ones as they got to know how a product grown by the farmers reaches us and the stages through which it undergoes.

The trip resulted in valuable learning outcomes. Students gained a deeper appreciation for the efforts made by farmers in bringing food from the 'Farm to Table.' Moreover, they were sensitized to the importance of minimizing food wastage.

## Fostering Young Eco-Champions: JELD5 Inspires Environmental Leadership at Brahm Dutt Blue Bells Public School



The young minds at Brahm Dutt Blue Bells Public School participated in Junior Environmental Leadership Diploma which was held from July 15 to August 15, 2023. A total of 35 students from classes VI to XII participated in JELD5. It was organized by Eco Training Centre Sweden and sponsored by Alberto Coto Olympiad Spain. The JELD assignments were related to the environment and Sustainable Development. This program sensitized the students about the local environmental issues, causes and its effect. It also urged them to find solutions to those problems. It was indeed an enriching learning experience for them.



## Blue Bellians Dazzle with Skills Assembly: XID Celebrates World Youth Skills Day with Enthusiasm

World Youth Skills Day is celebrated to emphasise the strategic importance of equipping young people with skills for employment, decent work and entrepreneurship. In the wake of the same, class XID organised its Class Assembly on the theme. Along with the regular features of the assembly i.e. prayer, pledge, thought for the day, the students presented a short skit to highlight the importance of equipping oneself with various skills. The audience was truly enthralled to see the mesmerizing performance of the fellow Blue Bellians. The program lasted for forty minutes and culminated with the Principal's message, followed by the national anthem

## August's Significant UN Observances

August is a month of profound importance, marked by several significant United Nations observances that echo themes of peace, human rights, and global progress.

### August 6 and 9: Hiroshima and Quit India Days

August starts with Hiroshima Day, a somber reminder of the consequences of nuclear warfare. It prompts discussions about disarmament and peaceful resolutions. On August 9, Quit India Day commemorates India's fight for independence, led by Mahatma Gandhi, showcasing the power of nonviolent resistance.

### August 12: International Youth Day

Recognizing the potential of young people, International Youth Day celebrates their contributions to shaping a sustainable future. It highlights their role in driving social and economic progress.

### August 19: World Humanitarian Day

World Humanitarian Day on August 19 honors aid workers who assist those affected by crises. It emphasizes the need to protect both humanitarian workers and civilians in conflict zones, fostering global solidarity.

### August 23: International Day for the Remembrance of the Slave Trade and its Abolition

This day urges reflection on the transatlantic slave trade's impact and promotes equality and understanding. It's a reminder of historical injustices that need addressing.

August's UN observances cover a spectrum of global challenges, encouraging individuals worldwide to take part in conversations and actions that contribute to a more just and peaceful world.

## Cyber Hygiene Corner

Online games are an interesting way of interacting with new people while playing games on computers, phones, etc. However, it's crucial to be aware of the potential hazards associated with online gaming, like viruses, malware identity theft, and phishing attacks.

- 1) Choose a username that does not reveal your personal information.
- 2) Refrain from sharing your details when playing online.
- 3) Never input your parent's card details anywhere without permission.
- 4) Do not download files from unidentified sources.
- 5) Avoid clicking on links sent by unknown individuals.
- 6) Make sure to report any inappropriate or offensive content.

Do not fall prey to Cyber Malpractices.



## Delicious and Healthy Pasta Recipe

### Ingredients:

1. Whole wheat pasta
2. Assorted vegetables (bell peppers, zucchini, cherry tomatoes, broccoli)
3. Olive oil, garlic, salt, pepper
4. Lemon juice, fresh basil
5. Grated Parmesan cheese (optional)

### Instructions:

1. Preheat oven to 400°F (200°C).
2. Toss chopped veggies with oil, garlic, salt, pepper. Roast 20-25 mins.
3. Cook whole wheat pasta, then drain.
4. Mix pasta, roasted veggies, olive oil, lemon juice, basil.
5. Season with salt, pepper. Top with Parmesan.

Enjoy a flavorful and nutritious pasta dish!

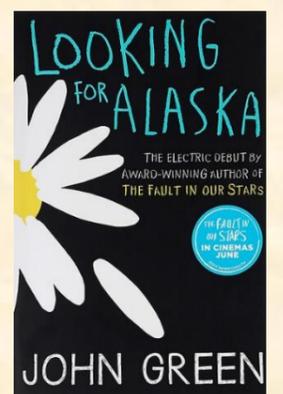


## Book Review: 'Looking for Alaska' by Supriya Kelkar

**What I Love About the Book:** The book starts with a count down of sorts. The first chapter is titled '136 Days Before', and with every chapter, the reader gets closer to an unknown event (which I won't mention, because no spoilers). The protagonist, Miles, better known by his moniker 'Pudge', is fascinated by the last words of famous people. He believes that they tell you a lot about their personalities and lives. The complex theme of death, mixed with a meaningful love arch add flavour to the book.

The characters are beautifully written- especially Alaska's. The author steers clear of all stereotypes as he writes this layered, complex and uninhibited girl. She is best described by Pudge when he says, "If people were rain, I was a drizzle and she was a hurricane." Overall, Looking for Alaska is a gripping and beautiful book that touches upon sensitive topics like faith, death, love and the idea of 'forever', while doing justice to each one. A must-read in my opinion!

**About the Author:** John Green is the #1 New York Times bestselling author of Looking for Alaska, An Abundance of Katherines, Paper Towns, The Fault in Our Stars, and Turtles All the Way Down. Green's books have been published in more than 55 languages and over 24 million copies are in print.



-by GooHika Joshi, XI-C

# Towards Global Harmony: The Role of United Nations



## Neeraj Chopra 1st Indian To Win Gold At World Athletics Championships

Neeraj Chopra continued his impressive show in javelin becoming the first Indian to win a gold medal at the World Athletics Championships. India's golden boy, a name given to Chopra after his historic gold at Tokyo Olympics, achieved the feat in the men's javelin final at Budapest, Hungary, clinching the top position with a gigantic 88.17m throw, a distance which he touched in his second attempt.



## Blue Bellians Leave an Indelible Imprint at Inter-School District Roll Ball Tournament

With a vision to cultivate a generation of exceptional athletes, our school's commitment to provide a supportive infrastructure and relentless training sessions, has led to a triumphant feat. The budding skaters of our school skillfully navigated their way to the winner's podium at the Inter-School District Roll Ball Tournament held on August 19, 2023 at Suncity School, Sector 37D.



In the U-9 Girls Category, our young talents, Janvi and Gulmaira of Class III, showcased their prowess and determination, securing the coveted First Position. Similarly, the boys' team comprising of Riyansh from Class I, Ayaan Arora from Class II and Bhavy Siwach from Class III secured the First Position in U-9 Boys Category.

In the U-11 Girls category, Manvi of Class VI exhibited remarkable sportsmanship and clinched the Second Position.

## The Team that Made The BDBB Bulletin Happen!

Founding Members and Editors-in-Chief

Goohika Joshi, XI-C

Jeshna Raja Benhar, XII-B

Compiling and Tech Support

Banaj, XI-C

Reporters

Sunanya, XII-D



## Asian Medal On Her Mind, Mirabai Decides To Not Lift At Worlds; Will Just Attend Weigh-In

With her sights firmly set on an elusive Asian Games medal, Mirabai Chanu will only mark her attendance by completing the necessary formalities and not lift any weight at next week's World Championships, which is a compulsory qualifying event for the Paris Olympics. The World Championships are scheduled from September 4 in Riyadh, while the Asian Games begin less than 20 days later in Hangzhou, China on September 23. The short time between the two events makes it difficult for lifters to manage their weight and peak at both the events.

"There is very less time between the Asian Games and the World Championships. Since there is compulsory participation at the World Championships, we have decided that Mirabai only travel to Riyadh and give the body weight.

"She will complete all the mandatory protocols like give the dope test, if required. But she will not lift any weight. She is only going there to participate," head coach Vijay Sharma told PTI.

The Tokyo Olympics silver medallist, who competes in the 49kg weight class, has registered an entry weight of a mere 60kg at the World Championships.



## Indian Women's Visually Impaired Cricket Team Won Gold At The IBSA World Games.

The visually challenged Indian women's cricket team achieved a remarkable feat by securing an unprecedented gold medal at the IBSA World Games, surpassing Australia with an impressive nine-wicket lead. A testament to India's bowling prowess was their adept containment of Australia to a modest 114/8 in the allocated 20 overs. In a revised scenario, India pursued a target of 42 runs with unwavering resolve, managing to accomplish it in an astonishingly brief 3.3 overs. This extraordinary performance not only holds immense sporting significance but also resonates profoundly as a symbol of unity, unwavering resilience, and an extraordinary human capacity to overcome adversity. The team's triumph stands as a poignant inspiration, reflecting the indomitable spirit that pushes boundaries and defies limitations. This victory is a testament to the latent potential within all of us, reiterating that determination knows no bounds.

See You in the Next Issue!