



# The Brahm Dutt Blue Bells Public School Bulletin

## abhirvyakti

Of the Students, By the Students, For the Students

Issue-1  
March 2024

### Director Ma'am Honoured with Shakti 2024 Award



On the occasion of International Women's Day, the highly renowned Medanta Hospital organised its Medanta Shakti Awards ceremony to celebrate the achievements of remarkable women in their respective fields of work, who inspire and empower so many other women!

We are filled with immense pride that Dr. Saroj Suman Gulati, Director, Blue Bells Group of Schools, was also a recipient of this honour. Her achievements, as a woman leader, have been inspirational for all of us.

### Havan Organised for Blessings and Good Luck



The school believes 'Havan' cleanses the minds of the students and neutralizes pre-exam nervousness, which in turn raises their performance. In the wake of same, it organized 'Havan' on February 10, 2024 to seek the divine blessings of the Almighty for the students appearing in class 10th & 12th board examinations. Teachers and students participated in the Havan with an utmost respect and devotion. Teachers conveyed their blessings by applying Tilak to all the students. Dr. Saroj Suman Gulati, Hon'ble Director, Blue Bells Group of Schools, Mr. Trilok Singh Bist, Principal extended their best wishes to the students and gave them valuable tips to succeed in life.

### 'Synergy-The Sports Fest': A Grand Success

The Annual Sports Day 'Synergy-The Sports Fest' was held for the students of Classes Pre-Nursery to V on February 10, 2024.

The occasion was graced by the presence of the revered Chief Guest, Mr. Ashish Gulati, Vice Chairman, Blue Bells Group of Schools. Honourable Director, Dr Saroj Suman Gulati graced the occasion as our esteemed Guest of Honour. The Special Guest for the day was Mr. Kunal Thakran (Alumnus BBMS, National Champion, Swimming and Best Swimmer of Haryana). Mr. Trilok Singh Bist, Principal, Brahm Dutt Blue Bells Public School, extended the formal welcome to all the distinguished guests and parents. The event began with the Hoisting of the Sports Flag. An array of races like Turbo Tots Race, Bouncy Ball Hop Race, Commando Obstacle Race including Tug-of War and Musical Chairs (for the parents) were held in the school ground. In addition to the races, the audience was treated to mesmerising performances including Yoga, Aerobics, Karate, Dance and an impressive Mass Drill.

The achievers of the Sports Day were felicitated by the Chief Guest and other distinguished guests.



### School Selected as ATL School of the Month

We are thrilled to announce that our school has been selected as the "ATL School of the Month" by Atal Innovation Mission (AIM).

The ATL School of the Month initiative aims to recognize and appreciate the exceptional efforts of school within the ATL Community, and our school under the mentorship of Madam Anshuka Aneja, Deputy Director IT has truly stood out. Our commitment to fostering innovation, creativity, and hands-on learning experiences for our students has not gone unnoticed.

As a token of appreciation, we were awarded a certificate to commemorate our school's achievement as the ATL School of the Month.



Scan for  
regular  
updates!



## Ban On Paytm Payment Bank: 85% Of Paytm Wallet Users Unlikely to Be Impacted, Says RBI Governor Shaktikanta Das

The RBI has advised Paytm Payment Bank (PPBL) to transfer remaining Paytm wallet users, whose app is only linked to their payment bank account, to other banks.

Governor Shaktikanta Das of the Reserve Bank of India said on Wednesday that the clampdown on Paytm Payments Bank is unlikely to affect nearly 85 percent of Paytm payment wallet users because their wallet or app is linked to other bank accounts.

The RBI has advised Paytm Payment Bank (PPBL) to transfer remaining Paytm wallet users, whose app is only linked to their payment bank account, to other banks.

In response to persistent non-compliances and material, the RBI barred PPBL from accepting deposits or top-ups in any customer account, prepaid instruments, wallets, FASTags, or NCMC card after February 29, 2024. The deadline was later extended until March 15.



The National Statistical Office predicts a 7.6% growth in the country's economy in 2023-24, with Das predicting that this growth target may be exceeded due to the current economic momentum and regular high-frequency indicators.

## 1 Mission, 2 Rockets: ISRO's Plan for Chandrayaan-4



For the first time in the history of ISRO, India will launch two rockets to complete a single mission — the country's fourth moon mission Chandrayaan-4 that will bring moon rocks and soil (regolith) back to Earth.

Chandrayaan-4, a lunar mission, will use a propulsion module to guide it to the lunar orbit, performing Earth-bound orbit maneuvers. The descender module will make the lunar landing, similar to Chandrayaan-3's Vikram lander. The ascender module, introduced in India's moon mission, will collect and

store rock and regolith samples from the lunar surface. It will dock with the transfer orbit, which will collect lunar samples and return them to Earth's orbit. The re-entry module will safely land the moon samples on Earth.

The mission aims to perform safe landings on the lunar surface, demonstrate lunar sample collection and containersiation, ascend from the Moon's surface, demonstrate docking and undocking in lunar orbit, transfer samples from modules, and demonstrate return and re-entry to Earth for sample delivery.

## Can China Meet Its Growth Target?

China's top leaders announced an ambitious economic growth target of about 5 percent this year. It will be hard for them to pull it off.

China's economy is battered by a property crisis, the loss of consumer confidence and financial pressures of indebted local governments. But Beijing didn't announce major spending increases to aid local government, measures to revive the property market or moves to strengthen consumer confidence. With leaders short on action, economists and investors are skeptical.

"It's an unsurprisingly unrealistic set of targets," a China researcher said.

China plans to increase military spending by 7.2% in 2024, reaching \$231 billion, and increase science and technology research spending by 10%, continuing a decades-long expansion.





## Learning Unbound 2023-24: A Resounding Success

An Academic Fest 'Learning Unbound Chapter 2023-24' was organised for the students of the Primary Wing on February 24, 2024. Mr. Ashish Gulati, Vice Chairman, Blue Bells Group of Schools, graced the occasion as the Chief Guest. The empowering presence of Dr. Saroj Suman Gulati, Director, Blue Bells Group of Schools further motivated the students to perform to the best of their ability.

With the theme 'Shree Anna-The Mighty Millets,' the event aimed to instil an appreciation for millets beyond their role as a staple food, emphasizing their significance in resilience, sustainability, and cultural heritage. Through innovative approaches, the theme 'Shree Anna - The Mighty Millets' was intricately and seamlessly woven into various subjects including Visual Arts, Performing Arts, Physical Education and IT, fostering a holistic understanding of millets' multifaceted importance. 'The Learning Space' meticulously aligned the event's activities with the curriculum goals outlined in the National Curriculum Framework (NCF) 2020, thereby enriching students' educational experiences with relevance and depth.



## Sparkling Stars Shining in JEE MAINS

We are pleased to highlight the exceptional achievements of four of our students who have cracked for the IIT JEE Advance, which is one of the most prestigious engineering entrance examinations in India, and securing commendable ranks in this exam is a testament to the hard work, dedication, and academic prowess of the students and our teachers.

We are immensely proud of the achievements of Manik Chaudhary, Lavansh Chaubey, Chirag Singh and Hardik Tyagi and they serve as an inspiration for their peers and juniors. Their success is a reflection of the academic excellence and nurturing environment provided by our institution.

We congratulate the students, parents and mentors for this stupendous achievement!



## Distress To De-Stress: Handling Examination Stress

Throughout exams, maintaining a tranquil mental state is crucial for students, allowing them to address any distressing emotions they may experience. To support students in managing their emotions & addressing concerns, the Health & Wellness Resource Centre team, led by Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS, developed an interactive module specifically designed to gear with the Examination Stress. Dr. Alka & her team facilitated sessions for Class X students on December 6 & 7, 2023, aiming to assist them in handling the stress associated with exams. The Resource Center Team along with Life Skills facilitators conducted the module for the students of Classes VI to VIII, IX, & XI in the month of January & the first week of February 2024.



## Let's Talk Puberty- A Session for Class V Girls

Puberty marks a significant transitional phase for both boys and girls, encompassing physical, cognitive, emotional, and social changes. It's imperative to address the confusion and concerns that arise during this period. In alignment with this, an interactive session was conducted specifically for girl students of Class V, under the patronage of by Dr. Alka Saxena, Deputy Director (Health & Wellness), Blue Bells Group of Schools through the screening of the School Cinema movie 'Let's Talk Puberty' and engaging discussions, the girls gained insight into the physical, emotional, hormonal, and social changes characteristic of puberty. The session provided each one an open and safe space to discuss their experiences. Moreover, the girls were made aware of significance of maintaining a balanced diet, staying hydrated, getting sufficient rest, engaging in outdoor activities, and upholding cleanliness and hygiene for overall well-being was also emphasized.

The session, led by Ms. Sapna Sinha, Content Developer, & Life Skills Facilitator, along with Ms. Prerna Karkhanis, Life Skills Facilitator & Counsellor, was organized on February 27, 2024.





From the Editor’s Desk

“An aim in life is the only fortune worth finding.”

-Robert Louis Stevenson

In the rush of daily life, we often neglect to examine our own lives to discover our purpose. We lose sight of the importance of truly living, simply existing instead of thriving. We chase after goals, yet many of us are unsure what those goals even are. Taking time for introspection is essential. As Stephen Killong said, "The moment you put a deadline on your dream, it becomes a goal." Our goals shouldn't be about matching others' achievements or acquiring material possessions, but about pursuing what we value most. By following our core values, success will naturally follow.

We should also strive to become the best versions of ourselves. But our purpose extends beyond personal goals. A fulfilling life includes spreading compassion, positivity, and knowledge around the world. Helping those in need and contributing to the well-being of our planet are powerful aims to strive for.

To achieve our goals, we must be proactive, focused, and maintain a positive outlook. We need to be ready to embrace any challenge that arises along the way. But most importantly, we must believe in our ability to succeed. After all, a determined spirit is more important than intellectual capacity.

So, let's embark on our journeys with ambition in our hearts and a practical approach. With our eyes on the stars and our feet on the ground, we can achieve our goals and live fulfilling lives.

-Goohika Joshi, XII-C

Berry Blast Smoothie Recipe  
-Banaj, XII-C

Ingredients:

- 1 cup mixed berries (strawberries, blueberries, raspberries)
- 1 ripe banana
- 1/2 cup plain yogurt
- 1/2 cup almond milk (or any milk of your choice)
- 1 tablespoon honey or maple syrup (optional)
- Ice cubes (optional)

Instructions:

1. Wash the berries thoroughly and remove any stems.
2. Peel the banana and break it into chunks.
3. In a blender, combine the mixed berries, banana chunks, plain yogurt, almond milk, and honey or maple syrup if desired.
4. Blend until smooth and creamy, adding ice cubes if you prefer a colder consistency.
5. Pour into glasses and serve immediately.

Enjoy your refreshing Berry Blast Smoothie!



Test Your Knowledge: GK  
Corner

1. What is the capital city of Kazakhstan?  
a) Bishkek  
b) Dushanbe  
c) Nur-Sultan  
d) Tashkent
2. Who was the first woman to win a Nobel Prize?  
a) Marie Curie  
b) Mother Teresa  
c) Rosalind Franklin  
d) Dorothy Crowfoot Hodgkin
3. Which ancient wonder of the world was located in present-day Iraq?  
a) The Colossus of Rhodes  
b) The Hanging Gardens of Babylon  
c) The Lighthouse of Alexandria  
d) The Mausoleum at Halicarnassus
4. Which composer wrote the "Moonlight Sonata"?  
a) Wolfgang Amadeus Mozart  
b) Ludwig van Beethoven  
c) Johann Sebastian Bach  
d) Franz Schubert
5. Which African country was formerly known as Abyssinia?

- a) Ethiopia
- b) Kenya
- c) Somalia
- d) Sudan

Answers

1. C)
2. A)
3. B)
4. B)
5. A)



## Cyber Hygiene Corner

For a secure online experience, follow these essential tips:

1. Use Secure Connections: Look for "HTTPS" in website URLs to ensure encrypted connections.
2. Be Cautious with Links: Verify sender identity and URLs before clicking, especially in emails and messages.
3. Download from Trusted Sources: Stick to official app stores and verified websites for software downloads.
4. Keep Software Updated: Enable automatic updates to patch security vulnerabilities promptly.
5. Consider Ad Blocking: Use ad blockers to minimize exposure to malicious ads and scripts.
6. Use Strong Passwords: Create unique passwords for each account and consider using a password manager.
7. Practice Skepticism Online: Verify suspicious offers or requests before taking action.

By adopting these habits, you can protect yourself from cyber threats and enjoy a safer browsing experience.

## अनुशासन: जीवनाधार

अनुशासन किसी भी समाज और व्यक्तिविशेष को बाँधकर रखने वाली धुरी है। मनुष्य एक सामाजिक प्राणी है, समाज में रहते हुए मनुष्य अनेक प्रकार के सामाजिक बँधनों और नियमों से बँधा होता है जो उसका निरन्तर मार्ग प्रशस्त करते हैं। सामान्य अर्थों में अनुशासन तीन प्रकार का होता है।

- छात्रों को उनके कार्यों में तल्लीन रखकर असंगति की ओर ले जाने वाले अनुशासन को “निवारक” अनुशासन कहते हैं।
- छात्रों को अनुचित व्यवहार से उचित व्यवहार तक लाने और सही दिशा में मार्गदर्शन करने वाले अनुशासन को “सहायक अनुशासन” कहा जाता है।
- कई बार विद्यार्थी अपने बाल सुलभपन में कुछ शरारतें ऐसी कर जाते हैं जो उनके व्यक्तित्व को पूरी तरह से बिखेर कर रख देती है, ऐसे में विद्यार्थी को सुधारने के लिए जो अनुशासन अपनाया जाता है, उसे “सुधारात्मक अनुशासन” कहते हैं।

अनुशासन प्रत्येक व्यक्ति के जीवन का अभिन्न अंग होना चाहिए क्योंकि यह व्यक्ति को उसके लक्ष्य से भटकने नहीं देता। अनुशासन मात्र बुद्धिजीवियों की ही धरोहर नहीं अपितु प्रकृति भी हमें अनुशासन में रहने की निरन्तर प्रेरणा देती है। सुबह सूरज का निकलना और शाम को अस्त होना अनुशासन का अभूतपूर्ण उदाहरण है। अनुशासन का अर्थ ही व्यवस्थित और संयमित ढंग से जीवन यापन करना है। अनुशासन की मदद से हम अपने समय और साधनों का उचित प्रयोग करने में सक्षम हो सकते हैं। अनुशासन में बँधा व्यक्ति निरन्तर सफलता की नई ऊँचाईयों को छूता है तथा उसका जीवन भी नियमित और सुचारु ढंग से चलने वाला होता है। ऐसा व्यक्ति कभी भी नियमों, रीति-रिवाजों और मौलिक व्यवस्थाओं का उल्लंघन नहीं करता। अनुशासित व्यक्ति समाज का सुदृढ़ आधार हैं या कहिए एक आदर्श समाज की नींव है। इसलिए जीवन में स्थिरता, आत्मविश्वासनीयता लाने के लिए अनुशासन एक अभिन्न उपहार है।

कविता देवी

राधाकृष्णन् सदन अध्यक्षा



## Book Review: The Book Thief by Markus Zusak - Goohika Joshi, XII-C

Genre: Historical fiction

Themes: Kindness, Family, Literacy, War

What I Love About the Book: The book is heart-breakingly beautiful. Set in Nazi Germany and told from the point of view of Death. The Book Thief tells the story of a young girl, Liesel, who discovers the power of words. The book speaks of the cruelty- and kindness- of the human heart. The way war affects the lives of common people is described vividly in the book, and unfortunately, is relevant to this day. If you have ever wondered what life would have been like during the Second World War or under the Nazis, you should surely read this book. The characters are layered and well-written and share beautiful bonds with each other.

Following a non-linear pattern of storytelling, the book is gripping and a must-read.

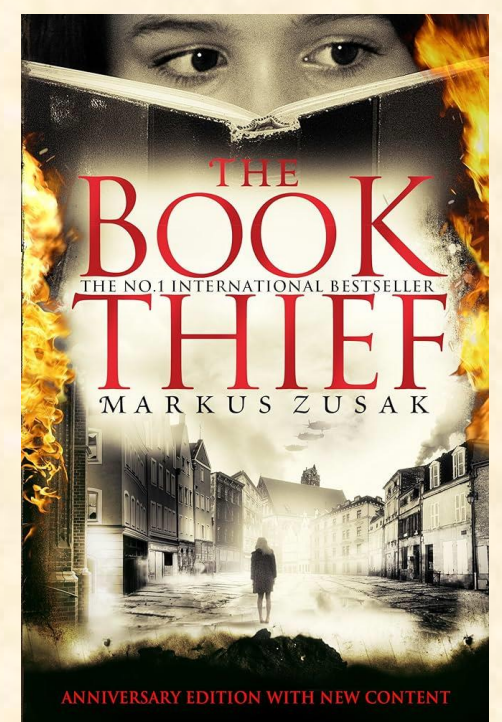
Beautiful Quotes from the Book:

“I have hated words and I have loved them, and I hope I have made them right.”

“Like most misery, it started with apparent happiness.”

“Even death has a heart.”

“A small but noteworthy note. I've seen so many young men over the years who think they're running at other young men. They are not. They are running at me.” (From the point of view of death)





## SUDOKU

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	9	6				1	3	
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Kunal Verma, XII-A



Kunal Verma, XII-A

## New Word:

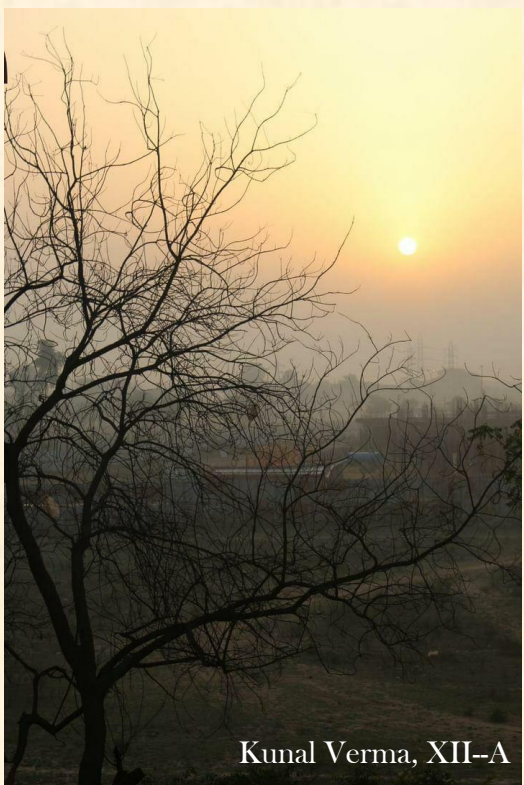
Bourn

## Meaning:

A goal/destination or limit



Kunal Verma, XII-A



Kunal Verma, XII-A



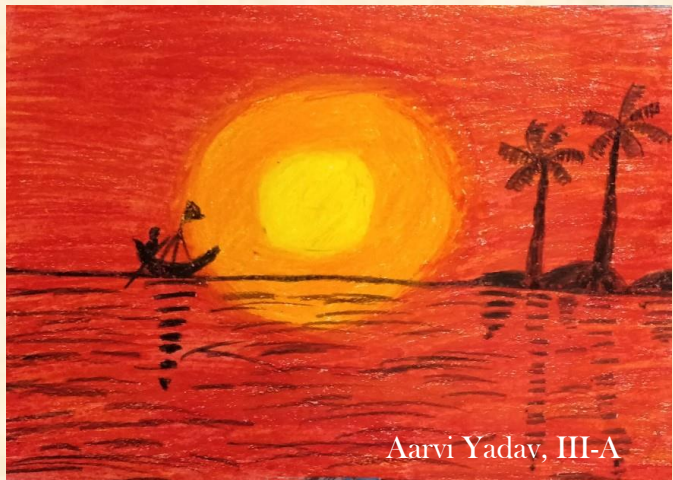
Ishaan Chauhan VI-B



Ishaan Chauhan VI-B



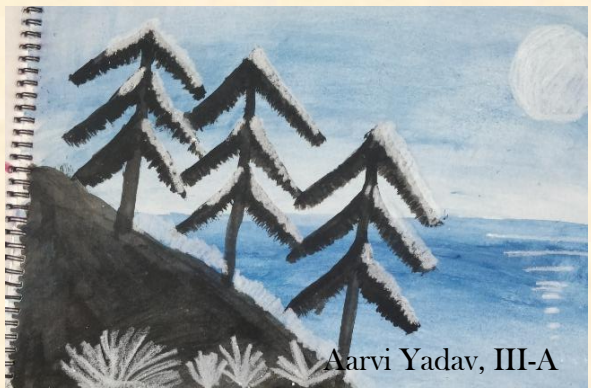
Ishaan Chauhan VI-B



Aarvi Yadav, III-A



Aarvi Yadav, III-A



Aarvi Yadav, III-A



## Setting Goals Effectively Smart Goals

**S**pecific –( what is my goal?) Plan effectively with a specific target in mind ,clear on what needs to be accomplished and outline each step to goal.

**M**easurable – (how will I measure my progress ?)Track your progress and re-evaluate along the way . Measurable goals help you to evaluate whether the goal was achieved or not .

**A**ttainable – (do I have the skill and the resource for it ?) Set realistic goals that are challenging but achievable .

**R**elavant –(why is this goal important?) Set goals that are related to your career, education or interest .

**T**ime bound – (when will I achieve the goal set by me? ) Loch goals into a specific time frame and Specify when they will be completed , monitor progress and re-evaluate.

-Harshita, X-C



## Fun Facts About Setting Goals

- 1. Neuroscience of Goal Setting:** When you set a goal, your brain releases dopamine, a neurotransmitter associated with pleasure and reward. This surge of dopamine not only makes you feel good but also motivates you to take action towards achieving your goal.
- 2. Visualization:** Visualizing yourself achieving your goals can significantly enhance your motivation and performance. Athletes often use visualization techniques to mentally rehearse winning scenarios, which helps improve their actual performance.
- 3. Written Goals:** According to research conducted by Dr. Gail Matthews at Dominican University, people who write down their goals are 42% more likely to achieve them than those who don't. Writing down your goals clarifies your intentions and serves as a tangible reminder of what you want to accomplish.
- 4. Accountability Partners:** Sharing your goals with a trusted friend, family member, or mentor can increase your sense of accountability and commitment. Having someone to support and encourage you along your journey can make a significant difference in achieving your goals.
- 5. Goal Setting Across Cultures:** While the concept of goal setting is universal, cultural differences may influence how individuals approach and prioritize their goals. Understanding cultural nuances can help you tailor your goal-setting strategies to resonate with diverse audiences.
- 6. Failure as Feedback:** Not every goal you set will be achieved, and that's okay. Failure provides valuable feedback that can inform your future actions and refine your goals. Embrace setbacks as opportunities to learn and grow, rather than viewing them as insurmountable obstacles.

In conclusion, setting goals is a dynamic and rewarding process that fuels personal growth and achievement. By embracing proven strategies, staying adaptable, and celebrating your progress, you can turn your aspirations into reality and lead a more fulfilling life.



Jinisha, I-B



@ALEXMAESEJ



## Satwiksairaj Rankireddy-Chirag Shetty Clinch Second Title

The pair of Satwiksairaj Rankireddy and Chirag Shetty clinched its second French Open men's doubles badminton title. The Indian top seed registered a straight games victory over Chinese Taipei's Lee Jhe-Huei and Yang Po-Hsuan in the final. Satwik-Chirag, who earlier won the title in 2022, clinched a 21-11, 21-17 win on Sunday to bag the second final at the tournament. While the duo won the first game without breaking a sweat, it did get a tough fight in the second. The Indian pair, however, managed to win the second game as well. Before this, they were without a title this year despite playing Malaysia Masters and India Open finals. However now, they have added to their achievements with a second French Open title.



### The Team that Made the BDBB Bulletin Happen!

**Editors-in-Chief**  
Goohika Joshi, XII-C

**Compiling and Tech Support**  
Banaj, XII-C

**Reporters**  
Yashvi, X-C  
Harshita, X-C

**Journalists**  
Sambhavi, X-C  
Hemank, X-D



## Saurashtra Beat Bengal By 9 Wicket To Lift 2nd Ranji Trophy Title

Saurashtra defeated Bengal by 9 wickets to lift the Ranji Trophy title for the second time in their history. In the second innings, Saurashtra were given only a 12-run target to chase. Saurashtra captain Jaydev Unadkat was the pick of the bowlers in the second innings claiming a 6-wicket haul. On Day 3, Bengal's pace-heavy attack looked ineffective in the morning as Saurashtra, continuing from where they had left on Friday evening -- 317/5 -- added 87 more runs to take their score past 400. Though overnight batters Arpit Vasavada (81) and Chirag Jani (60) perished quickly, tail-enders Prerak Mankad (33) and Dharmendrasinh Jadeja (29) gave Saurashtra the winning edge.



## India Blasts Their Way Past Bazball to Seal Test Series Win Against England

India maintained their aura of invincibility at home after completing a 4-1 series triumph against England on Saturday.

Rohit Sharma and his men clinched the series in the fourth Test in Ranchi but did not take their foot off the pedal in Dharamshala, where they routed England inside three days.

The win, which consolidates two-time finalists India's position at the top of the World Test Championship standings, will have a special place in the memory of Ravichandran Ashwin.

The India off-spinner claimed five second-innings wickets to hasten England's collapse in his 100th test match.