



The Brahm Dutt Blue Bells Public School Bulletin

अभिव्यक्ति

Of the Students, By the Students, For the Students

Issue-2
March 2024

Beginning of a New Session: Assembly for Grade XI

Gathered in the seminar hall, students convened to commemorate the beginning of the Grade XI. Their spirits soared as Principal Sir and teachers instilled in them a sense of purpose and motivation. Stressing the gravity of academic commitment, educators emphasized the importance of diligent study habits and encouraged students to chart their own paths toward personal aspirations and goals. Ms. Preeti Phutela, Senior Wing Leader, took the stage to applaud the students for their achievements thus far, setting a tone of celebration and encouragement.

Principal Sir's address carried weight as he underscored the necessity of a backup plan, known as PLAN-B, in navigating potential career setbacks with resilience and determination. By fostering awareness of mental health, he sought to mitigate the risk of experiencing depression or anxiety in the face of adversity. His words resonated deeply, leaving an indelible imprint on the young minds before him.

Mastering Time Management – A Workshop For Grades X, XI & XII



In our fast-paced world, time is our most valuable asset. Managing it skilfully is vital for success and a fulfilling life. With an objective of helping the students learn and hone the skills of productively utilizing their time, Adept-A Program for Enhancing Life Skills under the inspirational leadership of Dr. Alka Saxena, Deputy Director (Health & Wellness), BBSGS organized a workshop on 'Mastering Time Management' for Grades X, XI & XII on March 22, 2024. Mr. Chetan Jaiswal, CEO, My Peegu conducted an invigorating and engrossing session to site the importance of managing time effectively to systemize the work.

Orientation Programme for Classes X & XII

Brahm Dutt Blue Bells Public School hosted an Orientation Programme for Classes X and XII on March 09, 2024. Dr. Trilok Singh Bist, the Principal, extended a warm welcome to the parents and discussed the potential challenges students might encounter in the upcoming session, emphasizing their capacity to overcome them. Additionally, parents were informed about the School Integrated Programme. Madam Preeti Phutela, the Senior Wing Leader, briefed the parents on the expected Code of Conduct for students in the school premises. The highlight of the Programme was a workshop on 'Balancing Act: Mastering Time Management. For Quality Time With Your Children' conceptualized and curated by ADEPT- A Program for Enhancing Life Skills, Powered by www.wellnesswise.in



Welcome Session For Classes X And XII

The students of Class X and XII for the academic year 2024-25 assembled in the Seminar Hall along with their new class teachers, marking the dawn of a new session—a canvas waiting to be painted with the colors of learning, growth, and collective achievements. Excitement buzzed in the air as they eagerly anticipated the journey ahead.

Senior Wing Leader Ms. Preeti Phutela welcomed the students, her words were resonating with warmth and encouragement. She spoke of the opportunities that lay ahead, urging the students to embrace challenges and strive for excellence in all their endeavors.

Speaking on the occasion, Principal Sir shared his vision for the academic year, emphasizing the importance of diligence, determination, and character building.

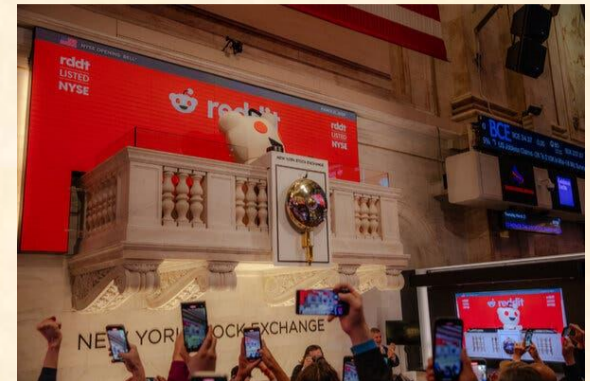


Scan for
regular
updates!

Reddit Rises 48% in First Day of Trading

The social media company's debut on the New York Stock Exchange was one of the first major tech initial public offerings of the year. Reddit shares rose 48 percent on Thursday in their first day of trading, in a sign of investor eagerness that set the stage for more tech companies to reach the stock market this year. Following their initial public offering on Wednesday at \$34, shares of the social networking business started trading at \$47 on the New York Stock Exchange. After rising further, the stock closed at \$50.44. Reddit was valued in the private markets at \$10 billion three years ago, but the pop put its market valuation at roughly \$9.5 billion

For Reddit, which was established in San Francisco in 2005, the listing represents a significant turning point in a long journey. The website is most well-known for its discussion boards, where users may gather in groups called subreddits to explore and talk about a wide range of topics, including parenting, power cleaning, and Labrador retrievers. Reddit's over 70



million daily users are concerned about the impact of quarterly reports and Wall Street demands on the site's functionality, fearing that profit over products could harm what made it unique. Mark Huffman emphasized that while the sentiment is shared, it is crucial to treat Reddit with respect as the platform continues to evolve and adapt to new challenges. He added, "But there's only so much telling I can do – now we have to show it."

Biden Administration Announces Rule Aimed at Expanding Electric Vehicles



The regulation would essentially require automakers to sell more electric vehicles and hybrids by gradually tightening limits on tailpipe pollution. The Biden administration issued one of the most significant climate regulations in the country's history on Wednesday, requiring that by 2032, the majority of new passenger cars and light trucks sold in the United States be all-electric or hybrid vehicles. The Environmental Protection Agency's new tailpipe pollution limits, which have been in the works for nearly three years, will transform the American automobile market. Last year, a record 1.2 million electric vehicles were sold, but they accounted for only 7.6 percent of total U.S. car sales, far short of the new regulation's 56 percent target. Hybrids would account for

an additional 16 percent of new Car sales. Cars and other modes of transport account for the largest single source of carbon emissions in the United States, contributing to climate change and making 2023 the hottest year on record. Electric vehicles are central to President Biden's strategy to combat global warming, which calls for halving the country's emissions by the end of the decade. However, electric vehicles have become politicised and are a flashpoint in the 2024 presidential campaign. However, the rule is expected to face an immediate legal challenge from a coalition of fossil fuel companies and Republican attorneys general, with complaints likely to make their way to the Supreme Court. In response, the final E.P.A. rule relaxed the pace at which automakers must comply with the rule in its early years, ramping it up after 2030.

Tripura commemorates the Independence and National Day of Bangladesh

The Bangladesh Assistant High Commission in Agartala commemorated the 54th Independence and National Day of Bangladesh, honouring the country's heroic struggle and Liberation War history against West Pakistan. The officials also observed Massacre Day, a protest against the Pakistani Army's mass killing of hundreds of Hindus at Dhaka University and other East Pakistan locations prior to liberation.

Arif Mohammed, Bangladesh's Assistant High Commissioner, marked the country's independence from Pakistan by raising the national flag and honouring Bangabandhu Sheikh Mujibur Rahman and his family. A special prayer for the nation's well-being was offered, followed by a commemoration of martyrs and the reading of the President's and Prime Minister's messages. A seminar on the Bangladesh Liberation War was held with intellectuals and scholars from Tripura and Bangladesh, followed by a cultural gathering. In the 1970 Pakistani general election, the Awami League, led by Sheikh Mujibur Rahman, won the majority in East Pakistan. However, Zulfikar Ali Bhutto and Yahya Khan conspired to reverse their positions, refusing to hand over power to Sheikh Mujib, sparking the Liberation War.

On March 7, 1971, Bangladesh's founder-president, Sheikh Mujibur Rahman, called for the country's independence in a mass meeting at Romna Maidan, Dhaka, and launched a fight against the Pakistani army's barbaric crackdown on civilians.

School Extends Warm Welcome to Nursery and LKG Students

The school warmly welcomed the Nursery and LKG students as they embarked on their educational journey. Teachers greeted them at the gate, facilitating a smooth transition into the school environment. Engaging activities, vibrant classroom decorations, and stringent safety measures were in place to ensure a nurturing atmosphere for their growth and development. Parents were reassured of their child's safety through clear communication of safety protocols. The school's commitment to providing a supportive learning environment was evident from the enthusiastic participation of staff and the engaging curriculum tailored to their needs. As the students settled into their new routine, they were encouraged to explore, learn, and grow, fostering a sense of belonging and excitement for the academic year ahead. The school community eagerly anticipated the progress and achievements of its newest members.



Travel Tech Security Tips to Keep you Safe

WHEREVER YOU ROAM,
ensure your data has a safe trip too

Swipe >

TURN OFF WIRELESS FEATURES
you don't need, as they can be used to track your movements

FIRST AND FOREMOST,
update your passwords and use strong ones

AVOID USING USB CHARGERS
in public spaces, as they can be used to extract data

BEFORE LEAVING ON YOUR TRIP,
transfer sensitive data from your devices

WHILE FREE WI-FI MAY
feel tempting, don't trust public networks at hotels, airports, etc

Fun Animal Idioms to Make You Laugh!

-Goohika Joshi, XII-C

1. Cold turkey 🦃

People often use the idiom 'quitting cold turkey' when they decide to abruptly stop doing something that is considered bad for them, such as smoking.

MEANING: To quit something (like an addiction) abruptly and without fanfare

USAGE: To cure his addiction to video games, he decided to go cold turkey and gave his entire collection away.

2. Hold your horses 🐎

The phrase is historically related to horse riding or travelling by horse or driving a horse-drawn vehicle.

MEANING: It's a way of telling someone to stop or slow down

USAGE: Hold your horses, kids! The show will be starting in five minutes.

3. Get someone's goat 🐐

This expression comes from a tradition in horse racing. Thought to have a calming effect on high-strung thoroughbreds, a goat was placed in the horse's stall on the night before the race.

MEANING: To upset, irritate or anger someone

USAGE: "The way she corrects everything really gets my goat! Thank you very much, Miss Know-it-all!"

Delicious Fried Rice Recipe

-Banaj, XII-C

Ingredients:

- 2 cups cooked white rice
- 2 tablespoons vegetable oil
- 2 eggs, beaten
- 1 cup mixed vegetables
- 2 cloves garlic, minced
- 2 green onions, chopped
- 2 tablespoons soy sauce
- A splash of vinegar
- Salt and pepper to taste



Instructions:

1. Heat oil in a wok, add beaten eggs, scramble, then set aside.
2. Stir-fry garlic, green onions, and mixed vegetables until tender.
3. Add cooked rice to the skillet, stir-fry.
4. Mix in soy sauce along the sides of the wok and add a splash of vinegar.
5. Return scrambled eggs to the skillet.
6. Season with salt and pepper, stir well.
7. Serve hot. Enjoy your quick vegetable fried rice!

Test Your Knowledge: GK Corner

1. Who created the character Spider-Man?
 - a) Stan Lee
 - b) Jack Kirby
 - c) Bob Kane
 - d) Joe Shuster
2. Which comic book series is known for the character Wolverine?
 - a) X-Men
 - b) Justice League
 - c) Fantastic Four
 - d) Avengers
3. Which comic book company is responsible for characters like Iron Man, Captain America, and Thor?
 - a) DC Comics
 - b) Image Comics
 - c) Marvel Comics
 - d) Dark Horse Comics
4. In the DC Comics universe, what is the civilian name of Batman's loyal butler?
 - a) Alfred Pennyworth
 - b) J. Jonah Jameson
 - c) Commissioner Gordon
 - d) Harvey Dent
5. Who is the primary antagonist in the graphic novel "Watchmen"?
 - a) Ozymandias
 - b) Rorschach
 - c) Dr. Manhattan
 - d) The Comedian

Answers

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

Cyber Hygiene Corner

In today's digital age, the line between reality and fiction is becoming increasingly blurred, thanks to the rise of deepfake technology. From viral videos to political propaganda, deepfakes have the potential to deceive and manipulate with alarming precision. But fear not, for armed with the right knowledge, you can navigate this digital minefield and emerge unscathed.

What are deepfakes?

Deepfake is a type of fake video made using special computer technology. It can make it look like someone is saying or doing things they never actually did. These videos can be tricky because they seem real, but they're actually made by changing the person's face or voice with computer tools.

Spotting Deepfakes:

Look for inconsistencies in facial expressions, lip movements, and lighting. Verify the source and be cautious of content shared on social media or anonymous platforms.

Protecting Yourself:

Invest in antivirus software, keep devices updated, and practice good cyber hygiene. Educate yourself and others about deepfake dangers and encourage critical thinking.

The Mantra of Success

Success comes to those who continue to strive for it relentlessly.

Congratulations students for one more year of success and moving on to the next class.

Once you move to a higher class, there are added responsibilities that comes with it. As students, we tend to become lackadaisical about our life irrespective of what our results had been. This is the right time to analyse the learning gaps and find where all we could not do well. Being self-aware helps us to address the gaps and find ways to overcome it.

You can question yourself:

- Did I procrastinate or had I been taking things too casually?
- Did I not prepare my notes properly?
- Was I distracted and disorganized while studying?
- Was I able to manage my time properly?

Pondering over such type of questions will help you to know yourself better and find ways to overcome them. The Mindfulness activity that the school has taken up is one way through which you can become more focussed and be in the present moment.

You can also look into your time management skills, learning styles and most important you need to follow a healthy lifestyle of eating a balanced diet and a proper sleep time of 6-8 hours a day.

Children, Remember one thing : Being aware of the skills to overcome the gaps is not enough, you need to apply it and work towards success. Each one of you is unique in your own way, so have faith in your abilities, be confident and face the year ahead with a smiling face.

Whatever has happened cannot be undone but whatever is going to happen is in your hands.

Plan and stick to it. Success will surely kiss your feet.

Looking forward to a great year ahead with all of you.

With lots of love

Ms. Lakshmi Hariharan, Life Skills Facilitator, (Senior Wing)



Book Review: The Mind-Gut Connections -Sarvathmika U.J. VIII-A

Genre: Neuroscience, Psychology

Themes: Holistic Health, Nutrition

What I Love About the Book: Combining cutting-edge neuroscience with the latest discoveries on the human micro-biome, a practical guide in the tradition of brain-gut axis conclusively demonstrates the inextricable, biological link between the mind and body. We have all experienced the connection between our mind and our gut—the decision we made because it “felt right”; the butterflies in our stomach before a big meeting; the anxious stomach rumbling when we’re stressed out. In *The Mind-Gut Connection*, Dr. Emeran Mayer, executive director of the UCLA Center for Neurobiology of Stress, offers a revolutionary look at this developing science, teaching us how to harness the power of the mind-gut connection to take charge of our health.

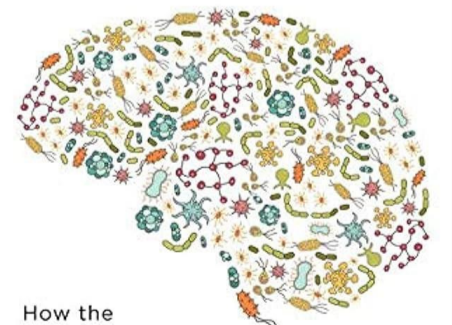
Beautiful Quotes from the Book:

“In Fact, we now know that your gut mirrors every emotion that arises in your brain.”

“Gut micro-biota has also been linked to depression, which is the second leading cause of disability in the United States.”

“The Second Brain,” (From the point of view of Dr. Emeran Mayer of gut being referred to as ‘the second brain’)

THE
Mind-Gut
CONNECTION



How the
Hidden Conversation
Within Our Bodies Impacts Our Mood,
Our Choices, and Our Overall Health

Emeran Mayer, MD

SUDOKU

			2	6		7		1
6	8			7			9	
1	9				4	5		
8	2		1				4	
		4	6		2	9		
	5				3		2	8
		9	3				7	4
	4			5			3	6
7		3		1	8			

Laughter is the best medicine because it helps us to feel better. Life becomes so much better when you laugh. It is a medicine that can heal a person who is upset. It can cure multiple illness. I think laughing is the most important thing in our life. The most wasted day of your life will be the day when you did not laugh. Laughing is the best medicine for a happy and healthy life. If you are not laughing then you are not living. Laughing is and will be the bestest form of therapy. Life is very short so don't miss out on being happy. Life becomes very boring if you don't laugh. So be happy and keep laughing.-
-Chahat Jain, VIII-D

Laughing is indeed the best medicine. Apart from all the scientific facts including many physical and mental health benefits, there are a lot of advantages of laughing. Laughing adds a sense of lightness and playfulness in this short experience called 'life'. It uplifts our spirits, improves our mood, and most importantly brings joy and positivity to everyday life. Laughing also helps us to alleviate tension and reduce stress level. Laughing often stimulates creativity and problem-solving abilities, as it encourages a more relaxed and open mindset.
It is rightly said that laughter is not only the best medicine but it also serves as a universal language, breaking down language barriers and stimulating connections between people belonging from different backgrounds and cultures. Laughing also leaves a lasting legacy, with cherished memories of shared jokes, memories which we can remember in the future and be grateful for. Also, shared laughter strengthens bonds between friends, family members, and even strangers! All of these things tell us that laughing is, and will always be, the best form of therapy.
- Mansi Chauhan, VIII-D

New Word:

Cachinnation

Meaning:

To laugh loudly or immoderately

Laughter is the best medicine.
To stay disease free without any vaccine.
Heart vibrates when you laugh
Laughter decreases stress in a graph.
Feeling our internal fun
Reduces tension and burden.
Though emotions filled with love and affection.
Laughter remains, the greatest healing medication.
-Avani Puri, VIII-D

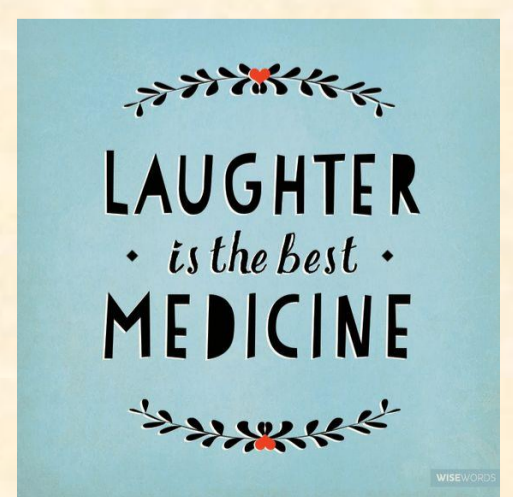
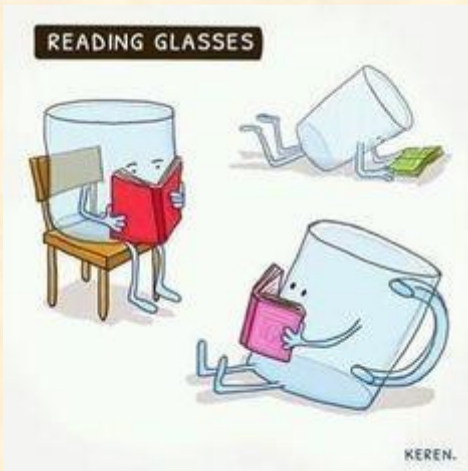
Smile: The Best Ornament

The feast of the soul is the medicine of the hurt, this precious smile.
So is.
A smile is the only thing such makes the receiver rich without making the giver poor.
Smiling cultivates positive thoughts,
Burns negative ones.
Smile is the free therapy.
- Sarvathmika UJ, VIII-A



Jinsiha, I-B

**Laughing is,
and will always
be, the best
form of therapy.**



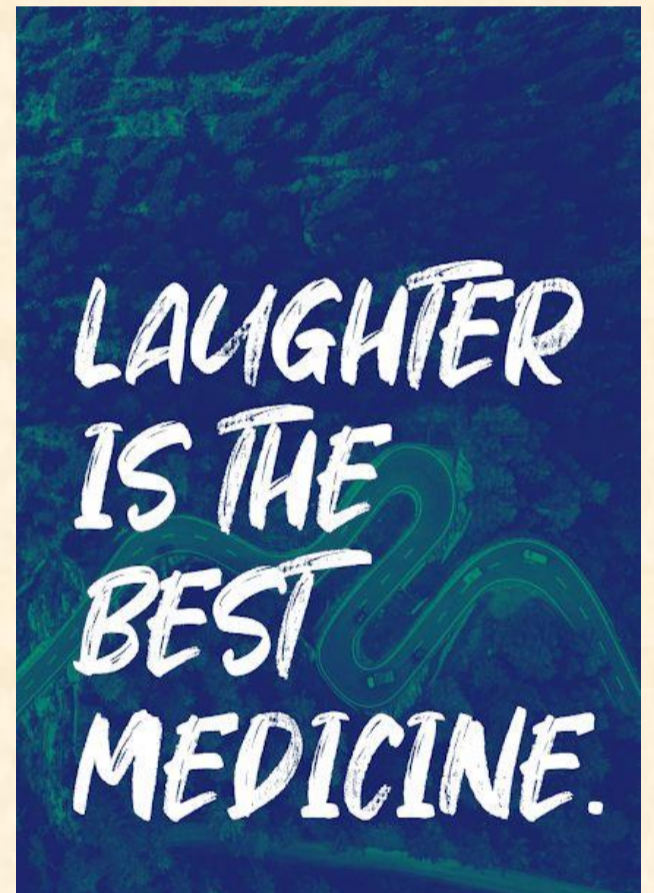
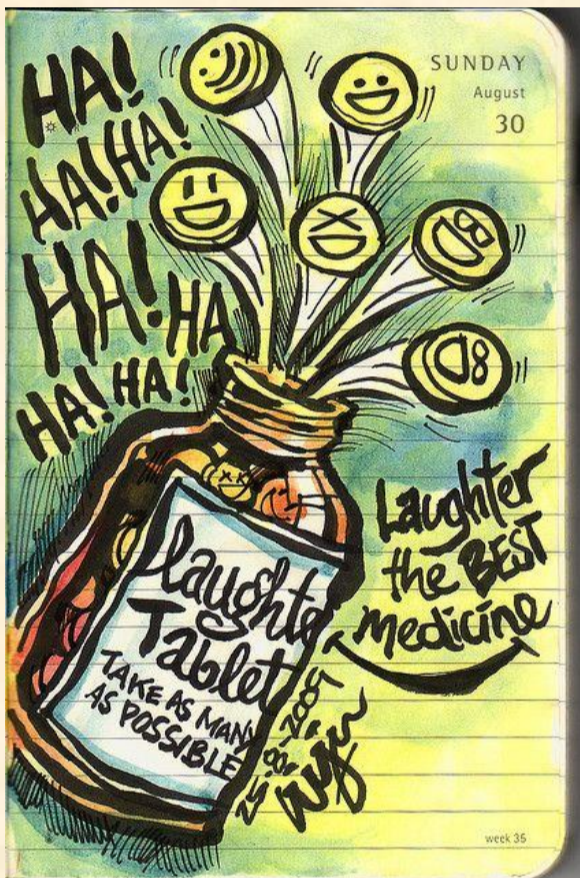
Have you ever been in a tense or difficult situation when you suddenly burst into a fit of giggles? Or feel a release or rejuvenated after watching a funny movie? It turns out that there's some science behind this adage, 'Laughter is the best medicine.'

Laughter releases the endorphin hormone which reduces stress levels in our body and makes us happy. Apart from that, it boosts our immune system and increases our resilience (the ability to see failure as natural progression to success rather than as a negative outcome.) The people who are resilient are happier and more successful. They acknowledge mistakes without becoming angry or frustrated. Studies show that laughter also combats depression.

To bring more laughter in your life, you should make humor a priority by reading a funny book or watching a funny movie or practice laughter yoga. Remember life is fun. The ability to laugh at yourself makes you attractive to others and helps you relieve your own stress. Share laughter with friends and spend time with people who make you happy.

Laughter is contagious, so share it with everyone!

- Saanvi Nigam, VIII D



Why did the dinosaur cross the road? <small>Because children weren't around yet!</small>	Why did the biker get a flat tire crossing the road? <small>Because there was a hole in the road.</small>	Why did the rollerskates cross the road? <small>The skater was wearing them!</small>
Why did the chef cross the road with an egg? <small>She wanted to make an omelet.</small>	Why did the hog roll in the mud, and then cross the road again? <small>It was a dry double crosser!</small>	What happened to the milk that crossed the road? <small>It got creamed!</small>
How did the blue bird cross the road? <small>It flew!</small>	What happened to the banana that crossed the road? <small>It just split.</small>	Why did the cow cross the road? <small>To get to the other side.</small>
Why did the fish cross the road? <small>To get to its school.</small>	Why did the coyote cross the road? <small>It was chasing the chicken.</small>	Why did the ostrich cross the road? <small>Because the chicken retired.</small>


Coloring Sheet



Benefits of Laughing:

- *Reduces chance of heart disease
- *Natural pain killer
- *Improves breathing
- *Helps you lose weight
- *Gives good sleep
- *Decreases stress
- *Makes you look young
- *Boosts relationships

There's no reason not to laugh!



HIGHER PERSPECTIVE

Surprising Twists at Australian Grand Prix Set Stage for Unforgettable Formula One Season

The Australian Grand Prix was a thrilling rollercoaster. Despite challenges, Sainz's surprising win captivated fans. Verstappen's unexpected retirement added drama, reshaping the season. Such unpredictability makes Formula One exhilarating. It underscores the sport's unpredictability, keeping fans hooked. The race left spectators on edge, eager for more surprises. Now, anticipation builds for the season ahead, promising unforgettable moments for Formula One enthusiasts worldwide.



Ferrari's Carlos Sainz clinched victory at the Australian Grand Prix

The Team that Made the BDBB Bulletin Happen!

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3rd Edition of North East Games 2024 Begins in Nagaland

Northeast Games 2024: Nagaland And Manipur Triumph, Uniting Athletes in Celebration of Sports and Unity

The Northeast Games at Nagaland's Armed Police Training Centre saw Nagaland triumph over Tripura in football and Manipur defeating Mizoram in Sepaktakraw Men's event. Held every four years, the games unite athletes from eight Northeastern states, showcasing their sporting talent and fostering unity. The 2024 edition promises a vibrant celebration of sports and Northeastern culture, featuring top-notch facilities and a lively atmosphere. It's an opportunity for athletes to shine and communities to come together in the spirit of sportsmanship, promoting camaraderie and mutual respect. Fans eagerly anticipate more thrilling matches, highlighting the region's love for sports and unity-building efforts.



KIRTI Program Revolutionizes Indian Sports: Nurturing Talent from Grassroots to Global Success

The KIRTI program is the first of its kind in India, aiming to excel in global sports. It will use IT tools to find talent nationwide and provide a platform to showcase abilities. KIRTI establishes a hierarchical structure from grassroots to top-tier athletes for global success. The program, aligned with the Khelo India initiative, focuses on ten sports disciplines. With a scientific approach, KIRTI collaborates with experts to identify talent. The Khelo India Scheme, led by the Ministry of Youth Affairs & Sports, aims to promote a sporting culture and excellence. Through talent identification and development, it fosters a thriving sports ecosystem. KIRTI's launch marks a significant step in nurturing athletes from grassroots, enhancing India's global sports presence.

See You in the Next Issue!