



The Brahm Dutt Blue Bells Public School Bulletin

Abhivyakti

Of the Students, By the Students, For the Students

Issue-1 October
2024

BDBBPS Wins At Volleyball Tournament

The Girls' Under 17 participated in the GPSC Volleyball Tournament held at DPS Maruti Kunj and bagged the coveted **First Position**.

The team showcased exceptional performance throughout the tournament, progressing smoothly through the matches. In the semi-finals, they faced DAV Sector 14 and secured a remarkable victory, advancing to the finals.

The final match was held against Salwan Public School, where our team once again displayed strong coordination skills and teamwork to claim the championship title. It was a thrilling and proud moment for the team, and our efforts paid off with a well-deserved win. Heartiest Congratulations to the winners and the coach!



Heartwarming Grandparent's Day Celebration At BDBBPS

'Grandparents are our storytellers, weaving rich tales of love and wisdom that forever stay in our hearts.'

To commemorate the International Year of the Elderly, a special Storytelling Session was organised on October 1, 2024, in Classes Nursery-V. Grandparents were invited to share their timeless tales with students. As the grandparents entered, they were greeted with smiles and heartfelt appreciation. They could feel the affection in the eyes of the little ones as they narrated their stories.



BDBBPS Teachers Get Recognized With The Guru Samman Award

We are delighted to share that under the esteemed mentorship of Director Ma'am, two of our faculty members, Ms. Kavita Devi (TGT Sanskrit) and Ms. Sapna Suneja (TGT Hindi), were honoured with the Guru Samman Award 2024 at the Sanskriti Ke Saarthi Samman ceremony on September 21, 2024. The organisation felicitates teachers every year on the occasion of Teacher's Day. Ms. Kavita Devi was recognised for her outstanding contribution to Sanskrit education, while Ms. Sapna Suneja was commended for her exceptional work in promoting Hindi.

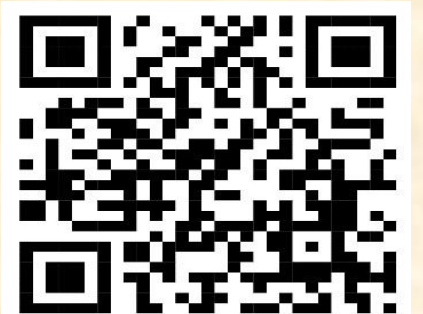


Volleyball Team Achieves Laurels At Cluster Tournament

We are proud to announce the outstanding performance of our school's Volleyball Teams in the CBSE Volleyball Cluster 15* tournament held at Tagore Senior Secondary School, Mahendragarh, from September 25, 2024, to September 28, 2024. A total of 25 schools participated in this prestigious event, and our teams have made us immensely proud.

-The Under-14 Girls' Team secured the Second Position - Team Members: 09 girls

-The Under-17 Girls' Team secured the Third Position - Team Members: 08 girls



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Updates

On International Literacy Day, Pakistani Prime Minister Shehbaz Sharif Proclaims An Emergency In Education

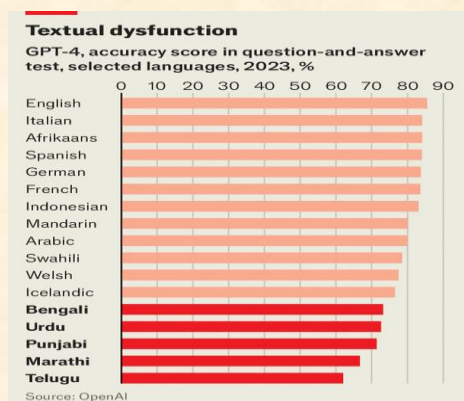
The Prime Minister noted that the administration has implemented scholarships and other incentives to lower the dropout rate and motivate all children to finish their school. On International Literacy Day, Sunday, September 8, 2024, Pakistan announced an education emergency to educate the nation's 26 million out-of-school youngsters. According to the state-run Associated Press of Pakistan, Prime Minister Shehbaz Sharif announced the action and called on the corporate sector and civil organisations to work with the government. In an effort to create a more knowledgeable and sustainable country, the 72-year-old head of the Pakistan Muslim League-Nawaz (PML-N) underlined his dedication to furthering the education agenda. "We have started an enrolment campaign for students, declared an educational emergency nationwide, and started providing midday meals for kids in schools," he said. In addition to stating that literacy is a "gateway to empowerment, economic opportunities, and active participation in society," he stressed that it is a fundamental human and constitutional right that ensures our nation's future. According to the prime, stunted development and the 26 million out-of-school children are Pakistan's biggest problems, which need for significant financial resources. In an effort to create a more knowledgeable and sustainable country, the 72-year-old head of the Pakistan Muslim League-Nawaz (PML-N) underlined his dedication to furthering the education agenda. "We have started an enrolment campaign for students, declared an educational emergency nationwide, and started providing midday meals for kids in schools," he said. In addition to stating that literacy is a "gateway to empowerment, economic opportunities, and active participation in society," he stressed that it is a fundamental human and constitutional right that ensures our nation's future. According to the prime, stunted development and the 26 million out-of-school children are Pakistan's biggest problems, which need for significant financial resources.

In The Upcoming Year, We Hope To Welcome 30,000 Indian Students To France, The French Ambassador Says



French envoy Thierry Mathou informed that an important education fair will take place mid-October to present all the opportunities to students. The development of people-to-people interactions in this bilateral relationship is one of France's top priorities, according to India, which has stated that it hopes to host 30,000 Indian students in France in the upcoming year. A significant education exhibition will be held in the middle of October to give students access to all of the chances, according to French envoy Thierry Mathou. Developing people-to-people contacts in this bilateral relationship is one of the European nation's top priorities, according to the French Ambassador to India, who also stated that France hopes to host 30,000 Indian students in the upcoming year.

India Has A Special Chance To Take The Lead In AI



India's AI development is hindered by the low spoken Hindi language, which only makes up 0.1% of all online information. This lack of data, combined with the fact that less than half of the nation speaks Hindi, means that the AI revolution may not reach native speakers of over 60 additional languages. Large language models (LLMs) are crucial for generative AI technologies like ChatGPT. Despite this, government, non-profit organizations, entrepreneurs, and multinational IT companies are working to modify technology to meet India's needs, with success and potential to revolutionize development shaping India's future. To gain a better understanding of India's AI prospects and problems, think about it like making dinner. Data is the foundation of artificial intelligence. India is essentially growing its own food in the absence of a well-stocked pantry. The Indian Institute of Technology in Chennai's AI4Bharat research lab has dispatched personnel across to manually gather speech recordings in 22 different languages.

Google is using a similar approach. Both contribute to Bhashini, a government initiative to develop an Indian language translation system. A model, which is a recipe, is then used to mix, simmer, and season the data. Models may be enormous, involving numerous ingredients and intricate procedures, or they may be quite simple. There are a tonne of recipes underlying Google's Gemini or ChatGPT. But simpler ones might be adequate for India's needs. One concept is to use open-source models as a foundation, like Meta's Llama, and then modify the methods or add ingredients to suit regional requirements. This is the path taken by Bangalore-based startup Sarvam AI. Finally, cooking calls for the deft use of strength. AI depends on specialist computer chips, just as cooking requires the application of heat to transform components into food. The kind required to create and operate complex AI models is costly and scarce worldwide.

WHO Director-General Declares Mpox Outbreak A Public Health Emergency Of International Concern



WHO Director-General Dr Tedros Adhanom Ghebreyesus has declared the mpox outbreak in the Democratic Republic of the Congo and other African countries a public health emergency of international concern (PHEIC) under the International Health Regulations (2005). The declaration follows the advice of an IHR Emergency Committee, which has reviewed data from WHO and affected countries, stating that the outbreak is a PHEIC with potential for further spread across Africa and possibly outside the continent. WHO is collaborating with countries and vaccine manufacturers to secure vaccine donations and ensure equitable access to vaccines, therapeutics, and diagnostics. The organization anticipates a funding requirement of \$15 million for surveillance, preparedness, and response activities. The WHO has released \$1.45 million from the Contingency Fund for Emergencies to scale up, and is appealing to donors to fund the full extent of the mpox response. A needs assessment is being conducted across three levels of the organization.

A Tribute to Teachers: A Day of Gratitude

In a heartwarming display of appreciation, students from various classes, including the UKG class and the students of Radha Krishnan House(primary wing), came together to celebrate Teacher's Day. Two separate assemblies were organized to showcase the students' love and respect for their teachers. In the first assembly, students from the UKG class presented a captivating song, a vibrant dance, and a heartfelt poem. In the second assembly, students from the Radha Krishnan House expressed their reverence through a melodious song, poem recitation, and fun games. Both assemblies featured handmade cards, thoughtful gifts, and lively activities. The teachers were deeply moved by the thoughtful gestures of the students, and the school leadership team commended them for their initiative and creativity. The day was a testament to the special bond between teachers and students, highlighting the profound impact teachers have on the lives of their young learners.



Student-Led Conference: Empowering Young Minds

The school successfully hosted the second edition of its Student-Led Conference, providing a platform for students in grades VI to VIII to showcase their learning journeys. The event, organized by 'The Learning Space,' encouraged students to take ownership of their education, reflect on their progress, and set future goals. Parents attended their child's presentation, actively engaging in discussions and offering valuable feedback. The conference reinforced the school's commitment to student-centered learning, empowering students to take charge of their academic journeys. The positive feedback from parents highlighted the event's success in fostering a culture of self-directed learning and preparing students for future success.



Empowering Students to Combat Bullying and Peer Pressure



The school organized an awareness session on Anti-Bullying and Peer Pressure to address the prevalent issue of bullying and peer pressure among students. The workshop, organised under the mentorship of Dr Alka Saxena, Deputy Director (Health & Wellness), BBS, focused on the effects of bullying and peer pressure, providing students with strategies to respond to these challenges. Through engaging discussions and real-life examples, the workshop highlighted the negative consequences of bullying and peer pressure, emphasizing the importance of creating a supportive and respectful environment. Students learned to recognize the signs of bullying and peer pressure, and were encouraged to stand up for themselves and others. The workshop also emphasized the role of bystanders in preventing bullying. Students were taught how to intervene safely and effectively, and to seek help from adults when necessary. By empowering students with knowledge and tools, the workshop aimed to foster a culture of kindness, inclusion, and respect within the school community. Ms. Arora, the workshop facilitator, played a crucial role in delivering the session effectively. Her expertise and engaging approach helped students understand the complexities of bullying and peer pressure.

Gallery Walk (Classes I & II)

"Hidden talents become visible when students are given the right platform and the opportunity to explore. 'Gallery Walk' event was held on 14 September 2024, showcasing the innovative learning journey and progress of Classes I and II students. Under the inspiring leadership of Madam Soumya Gulati, Deputy Director (Academic Development and Innovation), Blue Bells Group of Schools, the event highlighted the school's integrated transdisciplinary approach. Adding to the event's success, students showcased their culinary skills at a charity stall, with proceeds going to support less privileged individuals through the school's Community Outreach initiative. The event received overwhelming appreciation from parents, who were impressed by the visible learning progression and creative talents of their children.



Cyber Hygiene Corner

How To Stay Safe On Social Media-

In the current day and age, social media has become an essential part of our lives. It's hard to imagine escaping it, as platforms like Instagram, Twitter, and Facebook offer ways to connect, share, and engage.

However, the platforms that are contained in the umbrella term 'social media' have various risks to them, such as, privacy and data risks, cyberbullying and harassment, misinformation and fake news, effects on mental health et cetera.

These risks, fortunately, are not unavoidable. Here's how you can protect yourself while staying active online-

- > Enhancing your privacy settings: Limiting your profile visibility, managing friend lists and other such steps can limit your personal details.
- > Posting wisely: Be mindful while posting anything online, taking into consideration whether your posts could expose any personal information such as location or daily routines. It is important to understand that anything you post online can be hard to fully delete later.
- > Using strong passwords and enabling two-factor authentication
- > Being cautious with public Wi-Fi
- > Limiting time that you spend on social media
- > Fact-checking sensitive or important information

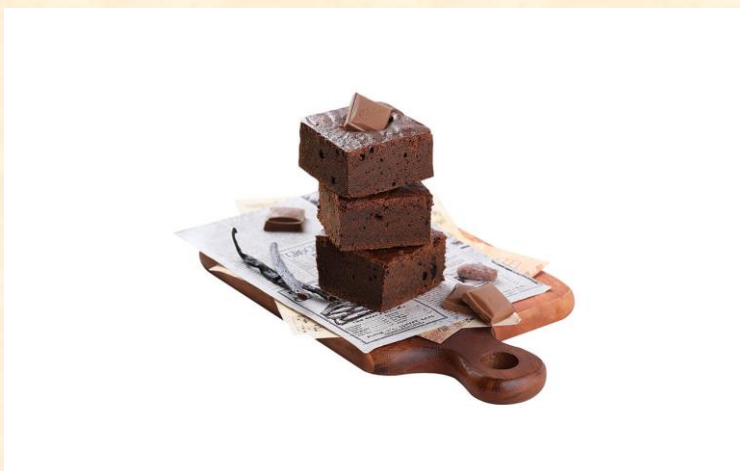
Chocolate Chunk Brownies Recipe

Ingredients:

- ¾ cup Melted Butter
- 3 Eggs
- ½ tsp Vanilla Extract
- ½ cup Brown Sugar
- 1 cup Refined Flour
- 5 tbsp Cocoa Powder
- 1 packet chocolate
- 1¼ cups Castor Sugar

Procedure:

- In a bowl, cream melted butter with castor sugar until light and fluffy.
- Add in brown sugar and cream again until everything is mixed well.
- Add egg in batches of 1 no at a time whisking continuously. Add in vanilla extract and mix.
- Now add refined flour and Cocoa Powder. Mix well.
- Add in roughly chopped Chocolate into the batter and fold in gently.
- Transfer the batter in a greased baking tray and spread evenly
- Arrange Chocolate pieces on top and bake at 180 degrees for 25 - 30 minutes
- Once cooled, cut into squares and serve.



Test Your Knowledge: GK Corner

1. Who was the founder of Swaraj Party
A) C.R. Das
B) B. R. Ambedkar
C) J.L. Nehru
D) More than 1 is correct
2. In which Indian state is the Flamingo festival celebrated?
A) Rajasthan
B) Assam
C) Manipur
D) Andhra Pradesh
3. Who among the following performing artists bagged the best actress award for Meena Gujari in 1975?
A) Sonal Masingh
B) Sitara Devi
C) Shovana Narayana
D) Mallika Sarabhai
4. Fatehpur Sikri was founded as the capital of the Mughal Empire by _____.
A) Babur
B) Humayun
C) Jahangir
D) Akbar
5. Which state does not share its boundary with Myanmar ?
A) Arunachal Pradesh
B) Mizoram
C) Manipur
D) Sikkim
6. Which Veda depicts the information about the most ancient Vedic age culture?
A) Atharvaveda
B) Rig Veda
C) Yajurveda
D) Samaveda

Answers

- 1.(A)
- 2.(D)
- 3.(D)
- 4.(D)
- 5.(D)
- 6.(B)

“Success Is Not About Being The Best. It’s About Always Getting Better”

Dear Students,

This quote has always resonated with me deeply and been a guiding principle in my life. I’ve learned that the journey of self-improvement isn’t about trying to achieve a perfect version of yourself; rather, it’s about constant growth, embracing self-discovery, and being willing to improve. The best version of you is not a fixed destination but a continuously moving goal, shaped by your ability to learn, adapt, and thrive. At the heart of becoming your best self is self-awareness. One memory that stands out for me is the moment when I realized how important it was to reflect on my experiences instead of simply moving through them. Taking a step back to evaluate my strengths and weaknesses helped me gain clarity on what truly matters to me. It wasn’t easy, but this kind of reflection helped me align my decisions with my core values and grow in ways I hadn’t anticipated. Another vital aspect of self-improvement that I’ve embraced is the pursuit of continuous learning. I’ve noticed that the more curious I am, the more opportunities seem to open up. Albert Einstein’s quote, “Once you stop learning, you start dying”, kept me motivated through times when I was tempted to settle into routine. Moreover, I realized that learning doesn’t always come from formal settings; it can come from the everyday experiences that push you to think differently or try something new. Setting meaningful goals has also played a huge role in my journey. Without clear goals, it’s easy to drift. Breaking goals down into smaller, manageable steps has helped me stay on track and feel more accomplished along the way. Achieving these small wins reminds me that progress, even if slow, is still progress. One thing I’ve learned though, is that a growth mindset is crucial. I used to be hard on myself when I didn’t succeed immediately, but I realised that setbacks are valuable lessons and opportunities for improvement. Whether it’s a personal challenge or a professional one, this mindset has taught me to stay open to possibilities and keep pushing myself forward. Finally, taking care of my well-being has been a game-changer. There was a time when I thought self-care was optional, something you do when you’ve “earned” it. But as Anne Lamott wisely noted, “Almost everything will work again if you unplug it for a few minutes, including you.” I now know that making time for rest, exercise, and mindfulness is not a luxury; it’s essential for keeping myself balanced and motivated. I’ve also learned to be kinder to myself, especially during times when things don’t go as planned. Growth isn’t linear, and it’s okay to take a step back sometimes. Patience and self-compassion are as important as perseverance on this journey. In conclusion, becoming the best version of yourself is an ongoing process that involves self-awareness, continuous learning, goal-setting, and practicing both resilience and self-compassion. It’s not about reaching a fixed destination, but about making small, meaningful improvements every day. As I continue striving for excellence, I remind myself that growth happens one step at a time, and that’s enough.



Ms Meet Khurana

PGT Mathematics

BDBBPS

Shatter Me By-Avneet Mishra,IX-B

Shatter Me by Tahereh Mafi is one of those books that pulls you into a world where emotions, power, and survival all collide.

The story follows Juliette, a girl who hasn’t touched anyone in 264 days because her touch is lethal. Locked away and isolated, she feels more like a monster than a human, that is, until she meets Adam, someone from her past, and everything changes. The dystopian world in Shatter Me is dark and broken, and it truly makes you fear for the future of mankind.

The book kept me guessing with its amazing storyline, and weird but interesting characters. Though, being completely honest, I did not like Juliette in the first few chapters, her character started to grow on me gradually. The beauty with Shatter Me is its unique style of writing, it’s full of crossed lines and scratched out pages that do make you feel more connected to the characters.

For anyone my age, that is, fourteen and above, that is looking for a dystopian novel filled with thrill and strong female lead, Shatter Me is just the right novel.



New word – Awedde

Meaning – To overcome or heal from anger, madness, or distress.

The Joy of School Life

School life is a journey filled with learning, friendships, and unforgettable experiences. It's a time when we discover the world around us and our own potential. Each day brings new lessons, not just from textbooks but also from the interactions we have with our classmates and teachers. The joy of school life lies in the small moments—the excitement of a new class, the thrill of scoring well in an exam, and the fun during recess. It's in the laughter shared with friends, the satisfaction of solving a tough problem, and the pride of participating in school events. School is more than just a place for academic learning; it's where we learn about teamwork, empathy, and resilience. We build friendships that often last a lifetime, creating memories that stay with us long after we leave. In the end, the joy of school life is about growing up in a supportive environment, where each day is a new opportunity to learn, play, and dream.

Mitisha Vashist, X-D

Sudoku

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

IDIOMS

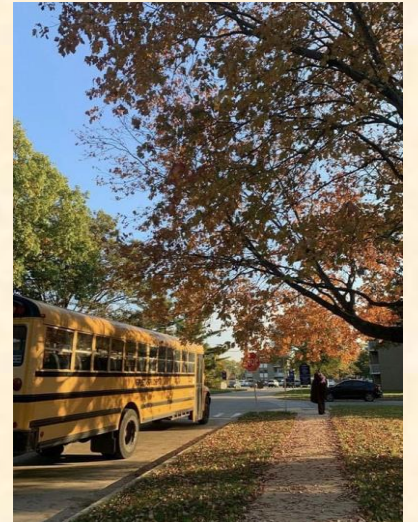
1. **A short fuse:** A quick temper. Jamie is known for his short fuse; just a few days ago he screamed at his coach for not letting him play.
2. **A taste of your own medicine:** Bad treatment deservedly received for treating other people badly. After constantly being prank-called, Julian decided to give Juan a taste of his own medicine and ordered twenty-seven pizzas to be delivered to Juan's house.
3. **Butterflies in my stomach:** To be nervous. Liam had butterflies in his stomach before he went on stage to play the violin.
4. **By the skin of your teeth:** To just barely get by or make it. Lester made the dance team by the skin of his teeth; you can tell he hasn't been dancing jazz for very long.
5. **Cat got your tongue?:** Can't you speak? (Usually said to embarrass the other person). What's the matter Amber, cat got your tongue?



School life is a mix of growth, and fun, all weaved together with a mix of common challenges we all face. It's where you make lifelong memories, form friendships, and discover who you are. Whether it's chatting with friends during lunch, stressing over exams, or laughing like maniacs on something other would not even find remotely funny, it shapes you in unexpected ways. There's a unique joy in those everyday moments, like getting through a difficult class, having fun at school events, or connecting with a teacher who truly cares.

Some beautiful quotes on school life are-

1. "Education is not the filling of a pail, but the lighting of a fire." – William Butler Yeats
2. "School is a building which has four walls with tomorrow inside." – Lon Watters
3. "The roots of education are bitter, but the fruit is sweet." – Aristotle
4. "What we learn becomes a part of who we are." – Unknown
5. "In school, you're taught a lesson and then given a test. In life, you're given a test that teaches you a lesson."
– Tom Bodett



The School

Still sits the school-house by the road, A ragged beggar sunning;
Around it still the sumaches grow,
And blackberry-vines are running. Within, the master's desk is seen,
Deep scarred by raps official;
The warping floor, the battered seats, The jack-knife's carved initial;
The charcoal frescos on its wall; Its door's worn sill, betraying
The feet that, creeping slow to school, Went storming out to playing!

-John Greenleaf Winter

COLORING PAGE



World Padel League's second season to be held in Mumbai

The second season of the World Padel League [for men and women] will be held in Mumbai from February 6-9 next year in a franchise-based format. Padel is a racquet-based sport which is similar to tennis and squash. It is played in an enclosed space with a net in the middle but the court size is much smaller than tennis. The players here are allowed to hit the ball bouncing off the enclosure in order to keep it in play.



Under-9 Boys' Team Wins District Roll Ball

The Under-9 Boys' Team of RKSA Multisport Academy secured first place in the District Roll Ball Competition held on October 2, 2024. Their hard work and teamwork led to this impressive victory. All players have been selected to represent the district in the State-Level Competition, which will be held in Kaithal on October 6, 2024. Special thanks go to their coach for his valuable guidance. Best wishes to the team for the upcoming competition!



The Team that Made the BDBB Bulletin Happen!

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Martina Shatters Senior NR In C&J, Total Lift

Maibam Martina Devi, an 18-year-old weightlifter from Manipur, delivered an outstanding performance at the Junior World Championships by breaking multiple senior national records. Competing in the women's +87kg category, Devi lifted 101kg in the snatch, surpassing her own junior national record of 95kg, though she missed the senior national record by just 3kg. In the clean and jerk, she achieved a remarkable lift of 136kg, breaking the senior national record of 128kg and significantly improving her personal best. Her total lift of 237kg also set a new senior national record, surpassing the previous mark of 231kg. Although she didn't make it to the podium, her impressive lifts secured her a sixth-place finish in the competition.

See You in the Next Issue!