



# The Brahm Dutt Blue Bells Public School Bulletin

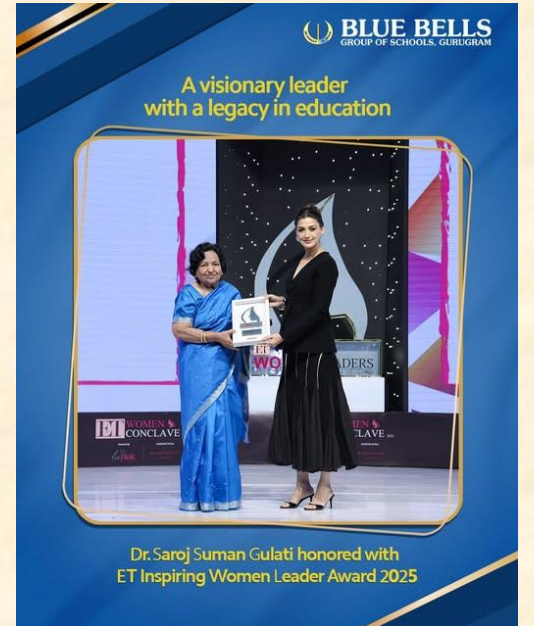
## Abhivyakti

Of the Students, By the Students, For the Students

Issue-1 January -  
March 2025

### Dr. Saroj Suman Gulati Honoured For Excellence At ET 2025

We are thrilled to announce that Dr. Saroj Suman Gulati, Director of The Blue Bells Group of Schools, has been honoured with the prestigious ET Inspiring Women Leaders 2025 Award. The event organized by The Times of India at the Grand Hyatt Gurgaon on the occasion of International Women's Day celebrated trailblazing women across various fields. She founded the first school of the Blue Bells Group, Blue Bells Model School in 1980 which has been a pioneering initiative of the group. It is such a proud moment for us as Dr. Saroj Ma'am receives this well-deserved recognition from the renowned personality Ms. Sonali Bendre, who applauded her incredible leadership in this field.



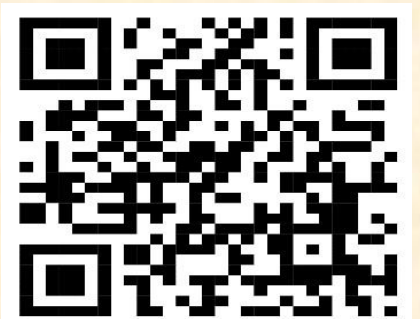
### New Session, Infinite Zeal

The first day of the new session began with a vibrant assembly by Class XII D, featuring the regular opening elements and a welcome address by the Vice Principal, Ms. Roopali Kudesia. A devotional song performance by the students added a touch of inspiration to the event. The highlight was an insightful address by alumna Sanjeeta, who shared her valuable tips on effective board exam preparation, stressing consistency, time management, and mental well-being.



### Blue Bellians Secure Laurels at the Inspire Awards

The INSPIRE AWARDS - MANAK, an initiative by the Department of Science and Technology, Government of India, encourages innovation among students from classes 6 to 10. This year, our school nominated five student projects, and two out of those were selected for the prestigious award. Prisha Bhatia from class X received INR 10,000 for her project, The Auto Cleaning Mode in Air Conditioners, which aims to automate the cleaning process in ACs for better efficiency and air quality. Arihant Rao from class VII was also awarded INR 10,000 for his project, Smart Medical Dispenser, which ensures accurate medication dispensing and timely reminders for patients.



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Updates**



## Learning Unbound Chapter 2024-25

The school hosted the Academic Fest - Learning Unbound, Edition IX Chapter 2024-2025, on March 01, 2025 to share the pedagogical practices with parents and make them aware how these practices pave the path towards the development of 21st century skills and subject specific skills. Under the motivational leadership of Madam Soumya Gulati, Deputy Director (Academic Development and Innovation), Blue Bells Group of Schools, the transdisciplinary approach, showcasing the learning progression of students, came to life through an array of subject based models, projects, and activities. The Health & Wellness team under the inspirational guidance of Dr. Alka Saxena, Deputy Director, Health & Wellness, Blue Bells Group of Schools created an expressive corner Elixir: 'Find Your Essence' and imparted a thoughtful mindset and a new outlook to parents. The young tech innovators showcased their expertise in the ICT-enabled games, VR and Robotics Arena under the leadership of Ms. Anshuka Aneja, Deputy Director -IT, BBGS. Dr. Saroj Suman Gulati, Director, Blue Bells Group of Schools graced the occasion and blessed them. The members of the management inspired the students to perform to the best of their ability. A truly enriching experience, the fest left visitors amazed by the depth of learning and innovation.





## NASA Astronauts Butch Wilmore And Sunita Williams Return To Earth After Nine Months

Boeing's Starliner spaceship, designed for NASA's Commercial Crew Program, was used to transport humans to and from the International Space Station. NASA astronauts Butch Wilmore and Sunita Williams arrived home on March 18, 2025, after a failed test flight over nine months ago. They spent 286 days in space, 278 days longer than expected, circling Earth 4,576 times, and traversing 121 million miles before splashdown. Astronauts Sunita Williams and Butch Wilmore flew aboard Starliner to assess its safety and performance. Their purpose was to evaluate the spacecraft's flying systems, docking capabilities, and crew operations. Their findings will help evaluate whether Starliner is ready for frequent missions, giving NASA another spacecraft option to complement SpaceX's Crew Dragon.



## AIIMS Forms Special Committee To Monitor Adverse Drug Reactions



The All India Institute of Medical Sciences (AIIMS) in New Delhi has established a committee to monitor and report adverse occurrences related to medications and medical devices. The committee aims to improve pharmacovigilance and patient safety by recording side effects and problems during medical treatments. It will also enhance and optimize the institute's patient safety initiatives. Healthcare personnel are expected to monitor the safety of medical treatments as part of their ethical responsibilities. Adverse Events Monitoring (AEM) enables medical teams to detect and report adverse effects, allowing for timely interventions to reduce risks and protect patient health. This method also assists pharmaceutical makers by detecting safety issues early on, allowing corrective actions to improve medication and device safety.

## Is Space About to Become Too Crowded?



MIT aerospace engineers have discovered a link between rising carbon emissions and increasing space debris, potentially causing future problems. With over 10,000 satellites in orbit, the number continues to grow, with more satellites launched in the past five years than in the previous 60 years. The rapid growth of satellite launches by companies like SpaceX and Amazon, along with increasing participation from countries and private firms, has led to increased space congestion, particularly in low Earth orbit (LEO). This congestion increases

collision risks and contributes to space debris. Organizations like NASA, ESA, and the UN are developing strategies to manage space traffic, improve regulation, and remove debris to ensure space safety for future exploration. With over 10,000 satellites now in orbit, the number has surged in recent years, with more satellites launched in the last five years than in the previous 60 years. Companies like SpaceX and Amazon, alongside global private and public sectors, have contributed to this rapid increase.

## Employees At Deepseek Suffer Travel Restrictions In China



Just a few weeks ago, the Chinese government warned AI researchers and experts not to travel to the United States due to fears of losing trade secrets. Chinese AI firm DeepSeek is halting key staff from traveling outside the country due to government concerns about vetting potential investors. The company's parent, Quant Fund High-Flyer, withheld worker passports. DeepSeek founder Liang Wenfeng prioritizes AI research over product profit. Similarly, the Chinese AI firm DeepSeek, led by Liang Wenfeng, has restricted key staff from traveling abroad to protect its proprietary research and control the flow of sensitive information. DeepSeek's parent company, Quant Fund High-Flyer, has even withheld employee passports to maintain control. Liang, who values research over profit, has turned down investment offers to maintain the company's independence and avoid outside influence.



### Blue Bells Group of Schools Organises Workshop on 'Building Better Brains'

Under the aegis of Adept – A Program for Enhancing Life Skills, powered by wellnesswise.in, an insightful and transformative session, “Building Better Brains: Neuroscience Insights & Strategies for Cognitive Success,” was organized on February 8, 2025. The session was thoughtfully curated for the parents of senior students. Dr. Saroj Suman Gulati, esteemed Director, BBGS graced the workshop with her benign presence. Ms. Shammi Proothi, Vice President, ANON Global Foundation, led the parents through an enlightening session, providing profound insights into how the brain influences learning, decision-making, and overall well-being. From strategies to enhance cognitive abilities to wellness practices that foster resilience, the session equipped parents with powerful tools to support their child's success. Additionally, young entrepreneurs from Serenity Space—Mr. Udyat Gulati, Ms. Shivanshi, Mr. Kavish, Ms. Tanisha, and Mr. Yash—introduced their project, which aims to create a safe, inclusive space where individuals can openly discuss mental health and access professional guidance.



### Excellent Performance by Blue Bellians in Expressions 2025

The young achievers of Grades II-V brought glory to the school with their outstanding performance in the Inter-School Competition 'EXPRESSIONS 2025', hosted by DLF QEC Innovative School, Ridge Valley, Gurugram, on the theme 'Breaking Stereotypes'. Dhairya Mittal of Grade II and Khrisha Gupta of Grade III secured the First Position in the story telling event. Their powerful storytelling and creative perspectives impressed the audience immensely. In another event, Tejasvi Chandana of Grade IV and Aahana Srivastava of Grade V secured the Second Position in their event wherein through an engaging performance, they skilfully used idioms to present innovative ideas that challenge conventional mindsets.



### Insightful Excursion To Pradhanmantri Angrahalaya



Students of Classes III - V visited the Pradhanmantri Sangrahalaya on March 11, 2025, to gain insights into the lives and contributions of India's Prime Ministers and their role in shaping modern India. Students explored interactive galleries featuring rare photographs, documents, and personal belongings of the Prime Ministers. They were particularly fascinated by the technologically advanced displays, including holograms, audio-visual booths, and touchscreen panels. The museum also highlighted the evolution of India's Constitution, economic reforms, and developmental milestones.

### Students of Grade I Organise Serene Asembly on 'Spring'

The spring is a true delight, a season of hope and new beginnings. To celebrate the beauty of spring, the students of Grade I presented a delightful assembly, showcasing the vibrant spirit of nature. The assembly commenced with students sharing a wonderful thought for the day and



new vocabulary in sync with the theme. The young performers, through a fun-filled ramp show on all the seasons, a melodious song, and a foot-tapping dance, showcased their enthusiasm for the season of rejuvenation and joy.



Cyber Hygiene Corner

How To Stay Safe On Internet-

1.Avoid Public Wi-Fi for Sensitive Activities

Public Wi-Fi networks are often not secure. Avoid logging into sensitive accounts or making financial transactions while on public networks.

2. Backup Your Data

Regularly back up important files to an external drive or cloud storage. This ensures you don't lose data if your device is compromised.

3. Be Wary of Unsolicited Calls and Messages

Scammers may call or message you claiming to be from reputable companies. Always verify their identity before sharing any information.

4. Educate Yourself and Others

Stay informed about the latest cyber threats and how to protect yourself.



Avocado Toast Recipe  
Advika Anand , X-C

Ingredients:

- 1 ripe avocado
- 2 slices of bread (your choice: whole wheat, sourdough, etc.)
- Salt and pepper to taste
- Optional toppings: chili flakes, lemon juice, tomato, or a poached egg

Instructions:

- Toast the bread to your liking.
- Mash the avocado in a bowl, add salt and pepper, and mix well.
- Spread the mashed avocado on the toasted bread.
- Top with your choice of optional toppings like chili flakes, lemon juice, or a poached egg.

Tip: You can also add a little garlic powder or cheese for extra flavor!



Test Your Knowledge: GK  
Corner

- 1.Rajiv Yuva Vikasam scheme has been introduced by which state government?  
A) Maharashtra  
B) Telengana  
C) Gujrat  
D) Rajasthan
2. Kanger Valley National Park is located in which state?  
A) Tamil Nadu  
B) Rajasthan  
C) Kerela  
D) Chattisgarh
3. Exercise Sea Dragon 2025 was hosted by which country?  
A) United States  
B) Japan  
C) Australia  
D) India
4. Gambhir River, that was recently seen in news, is primarily located in which state?  
A) Karnataka  
B) Rajasthan  
C) Maharashtra  
D) Tamil Nadu
5. Who won the Stockholm Water Prize 2025?  
A) Jacob Bear  
B) Paul Witherspoon  
C) Gunter Blochl  
D) Yuan Daoxian
6. A Eurasian goshawk- a medium-large raptor- was recently spotted at which wildlife sanctuary in Maharashtra?  
A) Gautala Wildlife Sanctuary  
B) Melghat Wildlife Sanctuary  
C) Tansa Wildlife Sanctuary  
D) Koyna Wildlife Sanctuary

Answers

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



## Exams Make The Smallest Hills Into The Biggest Mountains

Dear Students

As we approach exam season, it's essential for all of us to prioritize our well-being. At this time, maintaining a tranquil mental state is vital as it will allow each one of us to address any distressing emotions that we may be experiencing. Exam stress for some of you can be like carrying a heavy weight, but you don't ought to handle it all by yourself. We are always there to address your concerns and support each one of you in managing your emotions. Recently a session on 'Handling Examination Stress' was conducted under the leadership of Dr Alka Saxena, Deputy Director (Health & Wellness), BBGS, with the objective of empowering you with the right tools to manage stress, equip you all with the valuable life skills for future challenges and ensure that your academic performance is enhanced. Exam stress can stem from various factors, including pressure to perform well, fear of failure, poor time management, and unrealistic expectations. Recognising the root cause of stress is essential to develop effective coping mechanisms.



A few coping strategies which can be helpful to manage stress during exams:

- Create a study plan: Break down study material into manageable chunks and allocate specific time slots for each subject.
- Time Management: Prioritize time efficiently and avoid procrastination. Doing so will help you to manage workload and reduce stress.
- Stay Active and Eat Healthy: Regular exercise and a balanced meal can keep you energized and focused, and decrease the effect of pressure.
- Physical Activity: Exercise is an amazing way to ease pressure and improve holistic health. Regular exercising can help you in feeling comfortable.
- Good Sleep Habits: Getting enough sleep is vital for decreasing stress and enhancing academic performance. Aim to get at least 8 hours of sleep every night time and create a steady sleep routine.
- Take Breaks: 50 minutes of focussed study followed by a 10-minute break will keep you rejuvenated.

progressive muscular relaxation and guided imagery into your daily routine. It's a privilege to share that Dr Alka Ma'am has written articles on her blog related to effective stress management techniques. The links are shared below for each one of you to benefit from the tips shared. <https://wellnesswise.in/5-tips-for-mindful-exam-preparation/> <https://wellnesswise.in/tips-for-staying-healthy-during-exams/> Last but not the least, reach out to your teachers, counsellors and peers for emotional support. Exam is just a stepping stone.

Wishing you the very best in all your future endeavours!

Sapna Sinha

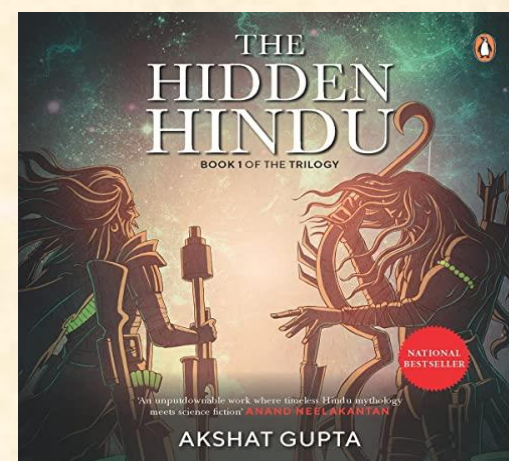
TGT Science

Life Skills Facilitator & Content Developer

BDBBPS

## The Hidden Hindu By-Aryan Singh , XII-B

This is a story like no other, divided into three parts, full of thrill and mystery. It begins with an Aghori named Om Shastri, who gets kidnapped and hypnotized in a secret lab. Under hypnosis, Om reveals something unbelievable—he has been alive since the Satya Yuga, the first of the four Yugas: Satya, Treta, Dwapar, and Kaliyuga. Once Kaliyuga ends, the cycle starts all over again. Om says he's been through countless such cycles, has met Lord Rama and Lord Krishna, and has even been part of the Ramayana and Mahabharata! But here's the twist—he never ages and is searching for the seven immortals, while revealing that he is the eighth immortal. The story then dives into fascinating aspects of Indian history and mythology. It talks about how Sushruta, the world's first surgeon, wrote the Sushruta Samhita, and how gravity was understood in ancient India way before Newton. It also explains the importance of the number 9 in our lives.





**New word** – Avidity

**Meaning** – keen interest or enthusiasm

**Resolutions and Revelations**

1.Turn over a new leaf

Meaning - Start behaving in a better, different way.

2. A change is as good as a rest

Meaning - A change of occupation can be just as relaxing as a having a rest.

3.Start with a clean slate

Meaning - Make a fresh start, not connected to how things were before.

4.Break the Ice

Meaning - To start a conversation or make people feel comfortable.

**Sudoku**

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

**Resolutions and Revelations**

The clock strikes twelve, the old year fades,  
A whispered promise, the past cascades.  
Blank pages waiting, fresh and new,  
Resolutions rise with morning’s dew.

I vow to chase the dreams I hid,  
To mend the heart I once forbid.  
To speak with kindness, stand up tall,  
To rise again if I should fall.

But in the quiet, truth appears,  
Beyond the hopes, beyond the fears.  
Revelations, soft yet bright,  
Unfold beneath the New Year’s light.





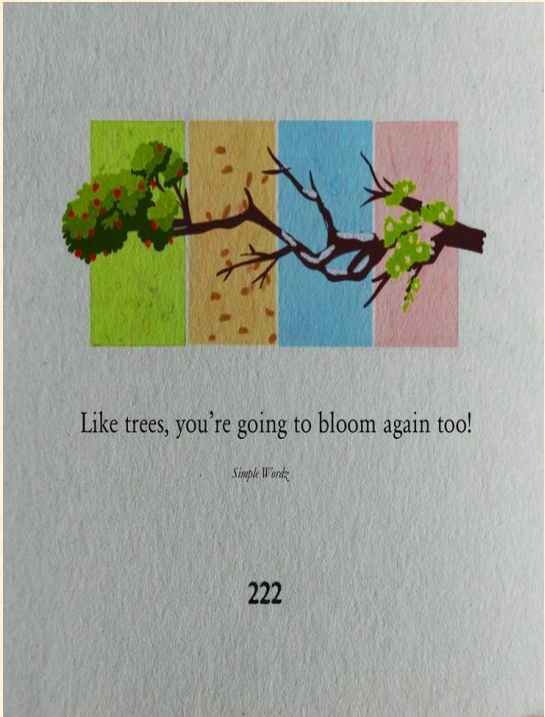
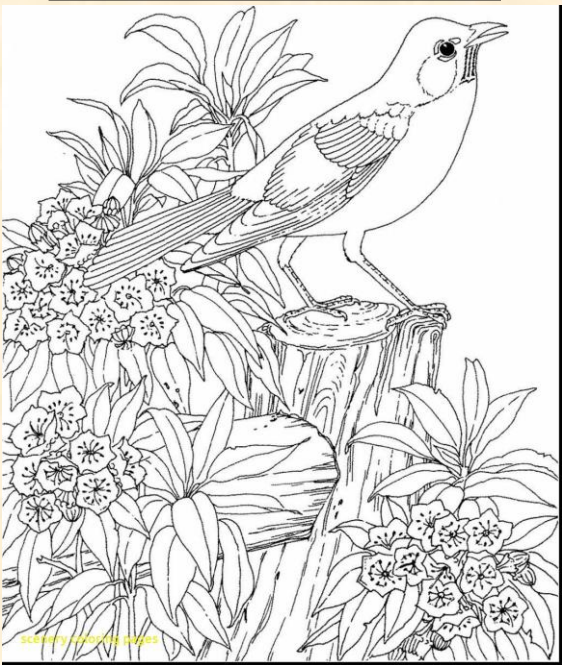
ARTICLES

- 1. “8 Tricks to Help You Accomplish Any Goal, According to Psychologists” by Real Simple: This article offers practical strategies to maintain motivation and achieve goals, such as cognitive restructuring, visualizing success, breaking goals into micro-goals, ensuring goals have a positive purpose, preparing in advance, enlisting support, listing benefits, and acknowledging small wins.
- 2. “The Motivational Trick That Makes You Exercise Harder” by Time: The article discusses the motivational power of setting personal records (PRs) in exercise routines. By focusing on individualized, achievable goals, PRs enhance motivation without external pressure. The piece emphasizes the importance of balancing PR pursuits with well-being to maintain continuous self-improvement.
- 3. “25 Motivational Quotes You Didn’t Know You Needed to Read” by Verywell Mind: This collection of motivational quotes serves as a source of inspiration, reminding readers of their capability to overcome challenges. The article underscores the benefits of motivational quotes and suggests seeking professional help if feelings of low motivation persist.
- 4. “How to Keep Working When You’re Just Not Feeling It” by Ayelet Fishbach: Published in the Harvard Business Review, this article delves into strategies to sustain motivation during challenging times. Fishbach emphasizes the importance of setting specific goals, seeking social support, and finding intrinsic rewards in tasks to maintain productivity and drive.
- 5. “30 Motivational Stories To Push You Forward In Life” by January Nelson: This compilation presents short, inspiring stories that encourage readers to follow their dreams, treat others with kindness, and persevere through challenges. Each narrative offers a unique perspective on overcoming obstacles and finding motivation in everyday life.

Resolutions And Revelations

Resolutions and revelations are the twin forces that drive transformation! Resolutions give us direction—the bold commitments to push beyond limits, break old patterns, and strive for greatness. But revelations? They are the sparks of insight, the moments of clarity that show us why we must keep going. It’s not just about setting goals; it’s about discovering our true potential along the way. Every challenge reveals our strength, every setback teaches resilience, and every success reminds us that we are capable of more than we ever imagined. Growth isn’t just about discipline—it’s about awakening to the possibilities within us. So, let’s charge forward with purpose, embrace every lesson, and turn our resolutions into a journey of self-discovery and unstoppable progress!

COLOURING  
PAGE





**Women's Elite Sports Set to Generate Over \$2.35 Billion in 2025, Marking 240% Growth in 4 Years**

Women's Elite Sports to fetch more than \$2.35 billion in 2025. The projected amount based on matchday, broadcast and commercial revenues is predicted to have increased by 240% in 4 years. Basketball and football are projected to remain as the two highest revenue-generating sports in 2025.



**IPL 2025: Kolkata to Host Opening Ceremony as 10 Teams Compete in 74 Matches Across 13 Cities**

The 18th edition of the Indian Premier League which will be held across 13 cities in India, with Kolkata hosting the opening ceremony. The tournament will feature ten teams competing in 74 matches from 22 March to 25 May 2025.



**BDBB Bulletin  
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**PV Sindhu Exits All-England Open 2025; Lakshya Sen and Malvika Bansod Advance to Second Round**

Indian shuttler PV Sindhu crashed out of the ongoing All-England Open 2025 badminton tournament after losing to South Korea’s Kim Ga Eun in the first round of the women’s singles event on Wednesday. Lakshya Sen and Malvika Bansod, both victorious in their opening singles matches on Tuesday, will compete in the second round on Thursday.