

BRAHM DUTT BLUE BELLS PUBLIC SCHOOL



E-NEWSLETTER APRIL- JUNE 2025



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From the Desk of the Director



Education is the spring of new ideas, the font of eloquent speech, and the spur to the transcendence of the impossible. It acts quietly but deeply, shaping progress, building unity, and creating tomorrow. It is the dialogue of the mind, the path towards understanding, and the awakening of a global moral compass. It does not just illuminate—it raises, transforming the human condition at its most basic level.

Early institutional learning is the hallmark. These are the early days when attitudes are ingrained. Orientation is discovered, and potential begins to rise. A universe of possibility in each young mind—untutored brilliance waiting to be tapped. Leveraging that energy with intent makes tomorrow's leaders not born, but ready.

As a steward of a dream, an organization with the spirit of growth at its core, my utmost pledge has always been to develop a culture where all students can thrive with the courage to attempt, the persistence to persevere, and the judgment to progress. My strongest resolve is to create an environment that not only fosters intellectual development but also ethical development.

One of the deepest values I would like to impart to all children is the capacity to behold each other deeply. Gratitude begets empathy—enables young hearts to look at goodness in others and then fosters dignity and confidence. This simple act of kindness becomes the stepping-stone for confident, reflective citizens who treat each other with kindness.

My heartiest congratulations to our commendable Grade X and XII achievers, and to their parents who have guided them with integrity and perseverance. This win is not just an achievement; it is also a reflection of your integrity, strength, and commitment. I want to emphasize that my vision has been to see my students not just be great scholars but also as kind and empathetic individuals who understand their responsibilities, value relationships, and take ownership of their actions. True distinction is not being a somebody: handsome, smart, and accomplished, but a person of substance: empathetic, reflective, and dedicated to the higher good.

Dear students, be the change spark. Make yourself count. Be the example with your actions. Because if we all choose to become forces for good, we all create a wave of change that reimagines what is next.

So, be the catalyst for the change. Be the beat of the revolution. Let the dawn of something new start with you.

May God bless us all!!

Warm Regards

Dr. Saroj Suman Gulati
Director
Blue Bells Group of Schools



HALL OF FAME

YEARS OF DEDICATION REWARDED WITH GLORY

CLASS X

HIGHEST AGGREGATE

99%



CLASS XII

HIGHEST AGGREGATE

98.8%



PROUD TO BE RANKED AMONGST THE
**TOP TEN SCHOOLS
OF GURUGRAM**

#9

ACROSS
GURUGRAM



YEARS OF DEDICATION
REWARDED
WITH
GLORY

CBSE CLASS XII RESULTS 2024-25

HIGHEST
AGGREGATE **98.8%**

AVERAGE
RESULT **85.1%**

TOTAL NO.
OF AIs **182**

BLUE BELLIANs
RISING TO
THE
TOP

CBSE CLASS X RESULTS 2024-25

HIGHEST
AGGREGATE **99%**

TOTAL NO.
OF AIs **222**

GOLD FOR TECH EXCELLENCE AT ECONOMIC TIMES AWARDS 2025



The school was awarded the Gold Award for Outstanding Technology-Enabled School at the Education Excellence Awards 2025, hosted by The Economic Times. Ms. Anshuka Aneja, Associate Director – Information Technology, Blue Bells Group of Schools, has been the driving force behind our digital transformation, leading with vision and purpose to embed technology at the core of our academic journey.

At BDBBPS, technology is not an enhancement—it is a way forward.

June 23, 2025

FUTURISTIC TRENDS IN EDUCATION & SDG AWARDS



The school wears the mantle of honour and gratitude as it is ranked among the Top 50 SDG Schools of India under the visionary theme--Futuristic Trends in Education & SDG Awards. This prestigious recognition was conferred upon the school at the Education Leadership Conclave 2025 on June 29, 2025, amidst a galaxy of eminent educators and profound intellectuals.

The award was presented by the Centre for Educational Development Foundation (registered under MSME & NITI Aayog, Government of India) in collaboration with the Bharat Olympiad Foundation.

JEE MAINS



**BRAHM DUTT
BLUE BELLS PUBLIC SCHOOL**
SECTOR 10, GURUGRAM

Congratulates

HARSHITA
96.94

SIDHANT KUMAR
98.8

JUHI
93.54

for clearing
JEE MAINS 2025
with flying colours.

We wish them ALL the Best for the
JEE ADVANCED 2025

We are delighted to share the outstanding achievement of our students who have successfully qualified the Joint Entrance Examination (JEE) Mains 2025...

April 24, 2025



Inter-School Achievements

ZONAL BOXING CHAMPIONSHIP



Vidushi Bhardwaj, a student of Class 11A, has made the school immensely proud by clinching the **Gold Medal** at the **Inter Academy (Zonal) Boxing Championship**, held at **Rising Star Academy, Gurgaon**, on **May 2nd and 3rd, 2025**.

Competing in the **70–75 kg weight category**, Vidushi showcased remarkable strength, skill, and perseverance to emerge as the **champion**.

"Boxing is about discipline, resilience, and mastering your mind before your opponent. It teaches you to rise every time you fall."

May 08, 2025

SOARING TO VICTORY! BLUE BELLIAN'S ACE THE DRONE RACE AT STEM EXPO 2025



Ishaan Singh and Yatin of Class 10 proudly represented the School at STEM Expo'25, hosted by DLF QEC Innovative School, Ridge Valley, and bagged the coveted First Prize. Competing in the much-anticipated event, "Circuit Flyers: The Drone Race," the dynamic duo designed and assembled a high-performance drone capable of navigating a challenging obstacle course.

May 08, 2025

VOICING BRILLIANCE: CELEBRATING EXPRESSIONS BEYOND BOUNDARIES



Overall Winner Trophy

In the event Broadcasting Across Centuries, our students won First Position.

Creativity continued to shine in Inked Expressions, where our students' powerful storytelling through comic strips earned them the **Third Position**, highlighting their flair for visual narrative.

'Art is not merely what you see—it is what you empower others to perceive and feel.'

May 09, 2025

CROWNING GLORY FOR BDBBPS AT METAMORPHOSIS 2025



The school team comprising of Saisha Kapoor (XII C), Health & Wellness Ambassador, Mannat Kaur (XII D), Cultural Secretary and Avneet Mishra (X B), Peer Educator emerged resplendent, clinching the coveted **Best Team Trophy**.

Mannat Kaur was honoured with the **Best Speaker Award** for her persuasive arguments **Against the Motion** .

Heartiest congratulations to our exceptional student representatives and the dedicated mentors whose guidance and inspiration made this remarkable achievement a reality.

May 23, 2025

OLYMPIADS NURSERY TO V

Champions of Tomorrow: Young Scholars Shine Bright on Global and National Platforms



May 28, 2025

OLYMPIADS VI-XII

Honouring Our Olympiad Champions!

From clinching top ranks in the **SOF Olympiad**, **Silverzone Olympiad**, and **Antarashtriya Hindi Olympiad** to excelling in the **TERI Green Olympiad**, our students have showcased brilliance, intellectual agility, and an unwavering commitment to excellence.



May 28, 2025

OLYMPIADS VI-XII



"Excelling in Olympiads is not just about intelligence — it is a celebration of discipline, determination, and a deep love for learning. Such achievements reflect a mind that dares to go beyond the ordinary."

May 28, 2025

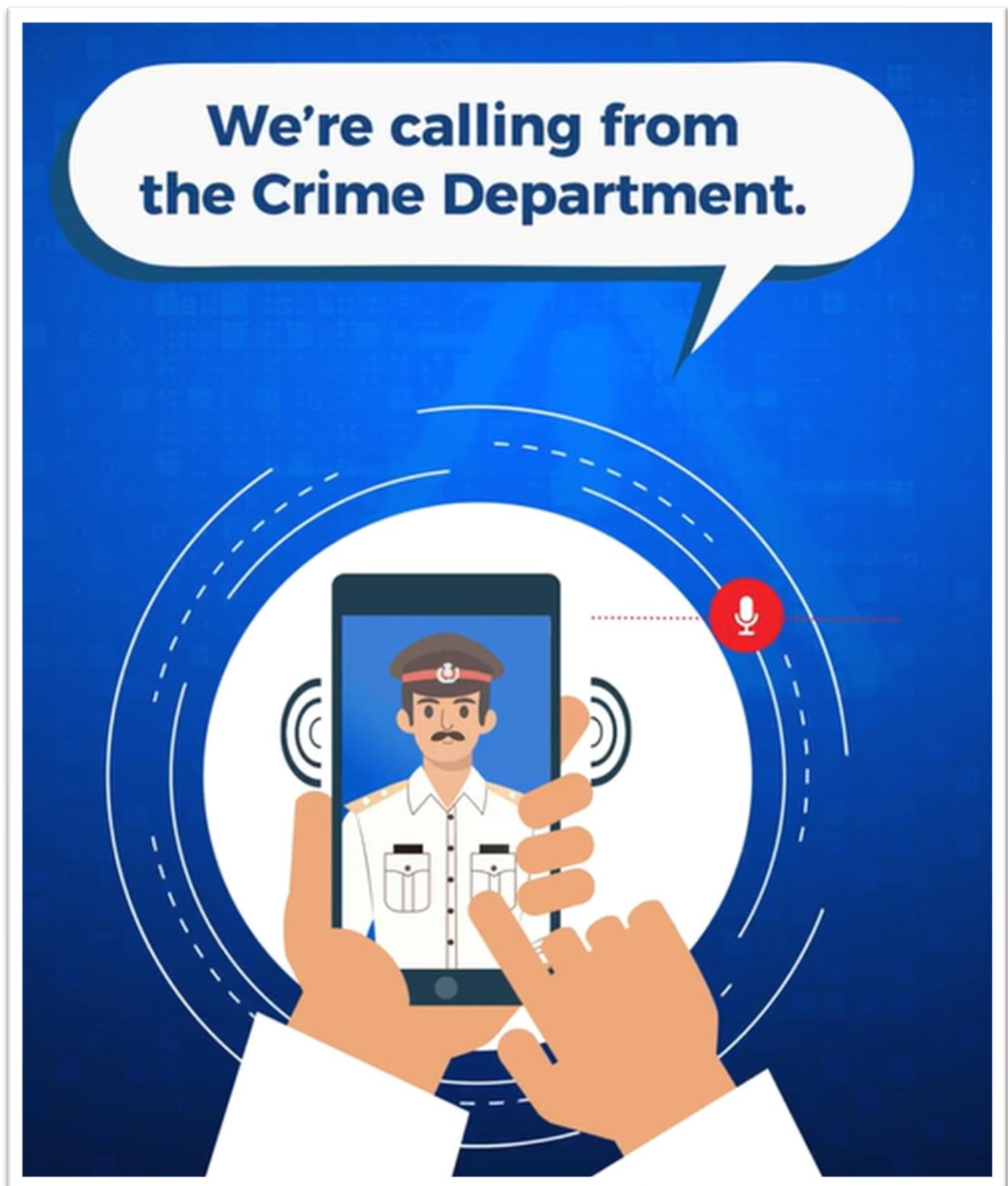
CYBER SECURITY



Digitally Arrested or Digitally Scammed?

Stay Alert!

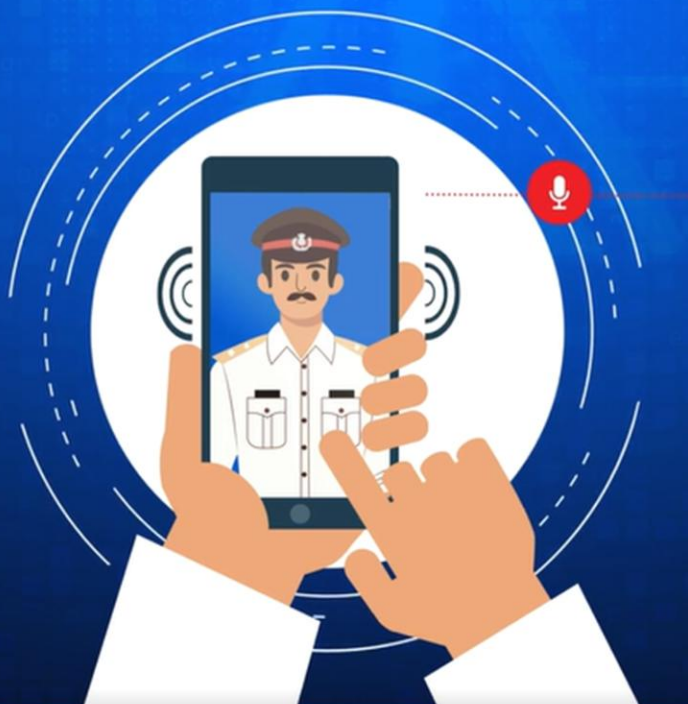
Cybercriminals are now impersonating police officers to trick unsuspecting victims. These scams are becoming increasingly sophisticated — but with awareness, you can stay one step ahead.



**Your Aadhaar card was found
linked to an illegal activity,**



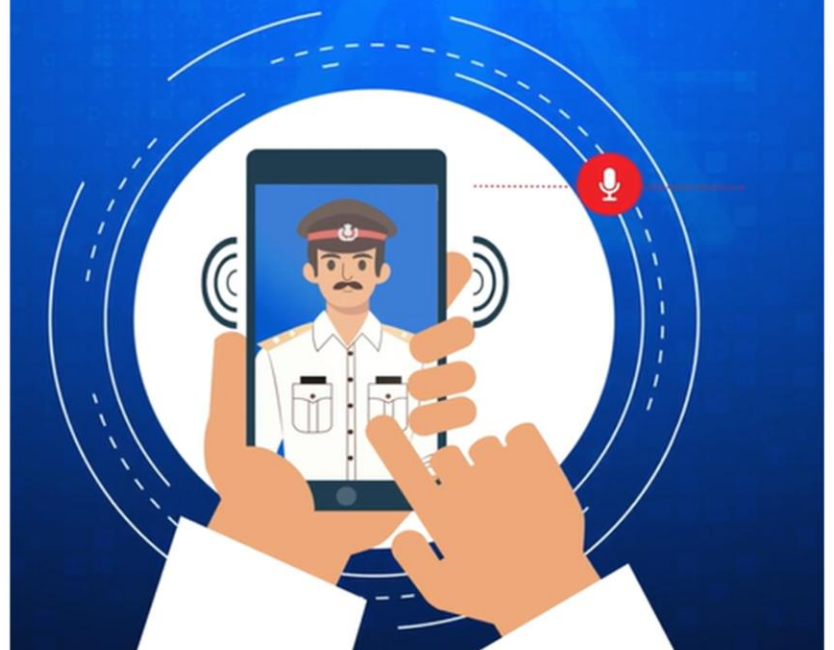
**& you are now under
digital arrest!**



Don't hang up or tell anyone.






**Pay ₹10,000 now to avoid
jail time.**



WAIT
before you fall
for this Cyber Scam

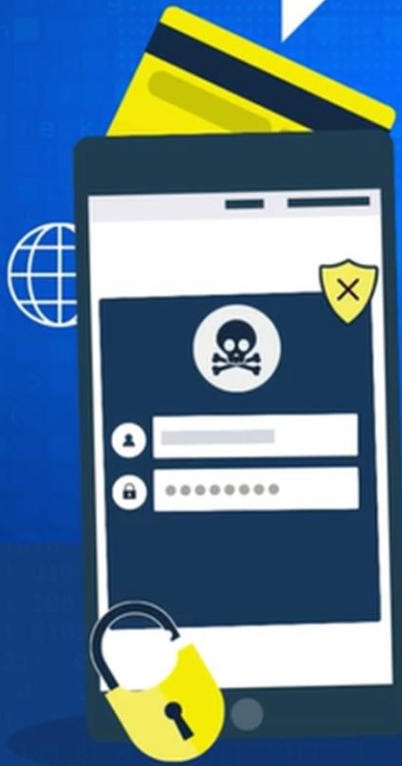


Here's the truth!

-  There's no such thing as a digital arrest in India.
-  Real police never ask for money on a call.
-  Legal action comes with official papers—not panic calls!



What to do if it
HAPPENS
to you?



Hang up
immediately



Never share your
details or pay



Call 1930 or report
at cybercrime.gov.in

**Stay sharp & spot
these traps!**

Ace Your Studies Smartly & Safely with AI! Supercharge your learning with Artificial Intelligence—but don't forget to protect your privacy. Whether you're researching, revising, or seeking support, using AI the smart and safe way is key.



SUCCEED
SMARTLY
WITH **AI,**
WHILE
STAYING
SAFE



STUDY
**THE PLATFORM'S
PRIVACY POLICY**



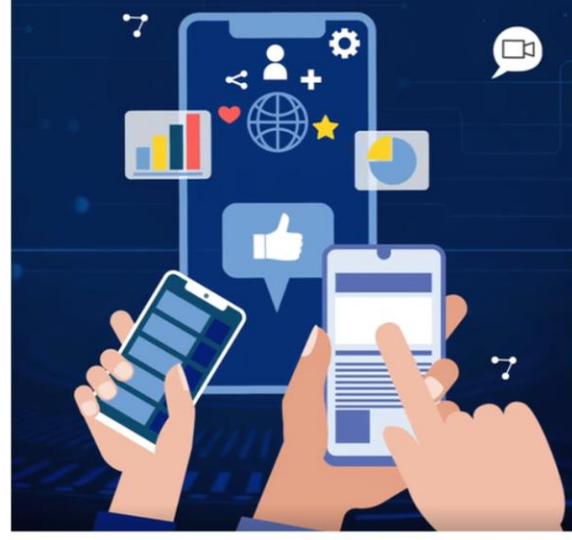
CHECK
**THE TOOL'S
SAFETY REVIEWS**



SWITCH THE TOOL'S
**PRIVACY SETTINGS
TO THE MAXIMUM**



AVOID UPLOADING
**PERSONAL
INFORMATION**





TIME TO
PUT YOUR
AI TOOL
TO
THE TEST!



Cyber Events & Initiatives



AI WORKSHOPS

Empowering Educators: AI in Education Workshops at Brahm Dutt Blue Bells Public School

In a dynamic effort to integrate cutting-edge technology into the teaching-learning process, Brahm Dutt Blue Bells Public School conducted an in-house workshop series on 'AI in Education' under the expert guidance of **Ms. Anshuka Aneja, Associate Director, IT, BBGS**. The initiative aimed to equip educators with AI-driven tools, fostering innovation in lesson planning, student engagement, and digital content creation.

The sessions were taken by the school's IT faculty—Ms. Anju Luthra, Ms. Sunita Yadav, Ms. Poonam Sharma, Ms. Sarita Dhiman, and Ms. Renu Pahwa, and provided a comprehensive, hands-on learning experience for teachers.

The training began with interactive AI-based activities, allowing educators to explore how AI analyses language, predicts patterns, and recognizes images. This was followed by practical workshops on Gamma AI and prompt engineering, empowering teachers to craft dynamic lesson plans and presentations with enhanced efficiency and creativity.

As the sessions progressed, educators delved into advanced AI applications such as MagicSchool AI and Gemini AI, discovering their capabilities in text and image generation, email automation, and language learning. Additionally, they explored Steve.AI's intuitive video creation features, enabling them to design engaging, visually appealing educational content effortlessly.

By integrating AI into pedagogy, BDBBPS is preparing its educators for the future of education, ensuring they are well-equipped to inspire, engage, and empower students in an ever-evolving digital landscape.

April 2, 2025



STEM TEACHER TRAINING SESSION ON ROBOTICS

Under the mentorship of Ms. Anshuka Aneja, Associate Director (IT), BBGS, the teachers of Brahm Dutt Blue Bells Public School participated in a one-day STEM Teacher Training Session on Robotics, organised by the National Science Centre in collaboration with the India STEM Foundation on April 15, 2025. The session, attended by Ms. Sunita Yadav (IT Faculty) and Mr. Sunil Kumar, aimed to deepen teachers' understanding of robotics and STEM education, equipping them to mentor students for national and international competitions such as the World Robot Olympiad (WRO) 2025.

The training featured insightful talks by STEM experts, hands-on activities using TinkerCad and robotics kits, and a comprehensive briefing on WRO 2025. Educators explored real-world applications of STEM in the classroom and gained awareness of various innovative programs the National Science Centre offers.

The session proved to be a valuable learning experience, promoting experiential education and empowering teachers to inspire the next generation of innovators.



April 15, 2025



CYBER COUNCIL ASSEMBLY

"Labour Day is a yearly milestone marking the economic and social achievements of workers. It's a day to celebrate the contributions workers have made to the strength, prosperity, and well-being of our communities."

May 01 is celebrated as Labour Day all over the world. It marks the celebration of the hard work and dedication of the working class. The day was celebrated by the students of the Cyber Council Brahm Dutt Blue Bells Public School through a Special Assembly. The students made heartfelt efforts to ensure that the day was special for the didis and bhaiyas by organising a host of activities for them.

Cyber Council for the session 2025-26 was announced during the assembly. The Cyber Council is a team of student & teacher representatives, constituted under the guidance of Ms. Anshuka Aneja, Associate Director IT and mentored by our Cyber Safety Advisor, Dr. Rakshit Tandon. The Council aims at creating Cyber Security awareness amongst students & other stakeholders.

In the course of the assembly, the students delivered insightful presentations on the history of Labour Day, its global significance, and the evolution of labour rights over time. The assembly included speeches, poems, and performances by Cyber Council members to raise awareness of cyber frauds, along with games, songs, and poems about workers' struggles and achievements.

May 8, 2025

These performances showcased our students' talents and creativity while conveying powerful messages about the value of labour. Members of the support staff also came forward to showcase their talents including singing songs and playing games enthusiastically. They participated in all the events wholeheartedly and thanked the students for the warm gesture of organising this celebration.

Deeksha Yadav, Cyber Safety Ambassador of the school delivered an impactful message on the significance of Cyber Security.

Ms. Roopali Kudesia Vice Principal Brahm Dutt Blue Bells Public School addressed the gathering . She congratulated the members of the Cyber Council and wished the support staff members on the occasion of Labour Day.





WORKSHOP ON SYSTEM HYGIENE & DATA BACKUP

Empowering Digital Well-being: Workshop on System Hygiene & Data Backup

"In the digital age, cleanliness is no longer just physical—it's virtual. Secure systems build strong futures."



June 25, 2025

TOUR & TRAVELS



TRIP TO CHOPTA – TUNGNATH ADVENTURE CAMP

The four-day adventure to Chopta–Tungnath was far more than a school trip — it was a soul-stirring journey of courage, connection, and self-discovery for the spirited students of Classes XI and XII.



May 20 - June 3, 2025

ADVENTURE TRIP FOR CLASSES VI-VIII

“Every journey leaves footprints on the soul.”

In a vibrant celebration of experiential learning and the awe-inspiring wonders of nature, the school curated a transformative four-day odyssey to the ethereal hill stations of **Mussoorie – The Queen of Hills** – and the serene expanse of **Dhanaulti** for students of Classes VI to VIII.



June 4-7, 2025

INITIATIVES TOWARDS CONSERVATION OF RESOURCES

HELP THE ENVIRONMENT

WE DON'T HAVE
ANOTHER PLANET



EARTH DAY CELEBRATION

The students captivated the audience with a compelling discussion based on the powerful concept of the 7 R's: Rethink, Refuse, Reduce, Repurpose, Reuse, Recycle, and Rot.



April 28, 2025

ECO-REVOLUTION: BUILDING A SUSTAINABLE FUTURE TODAY

Eco-Revolution: Building a Sustainable Future Today

“The greatest threat to our planet is the belief that someone else will save it.” – Robert Swan

The campaign underscored the **3Rs—Reduce, Reuse, Recycle** — as not just practices but principles to live by. Students were deeply engaged as they discovered how small, conscious actions can ripple into global change



May 20, 2025

WORLD BIODIVERSITY DAY

Biodiversity is humanity's most invaluable treasure—yet too often, the most overlooked.

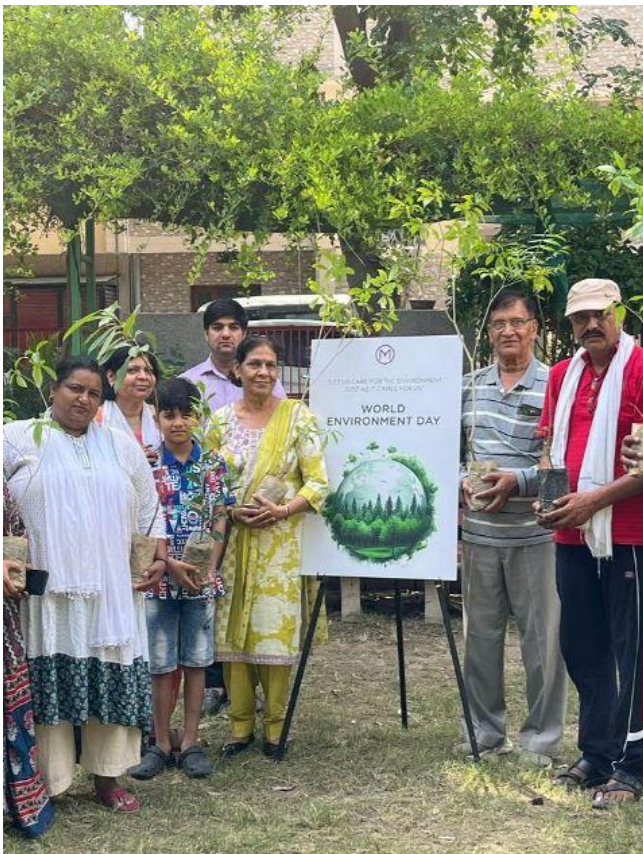


May 28, 2025

EK PED MAA KE NAAM

Growing Green with Gratitude: Ek Ped Maa Ke Naam at BDBBPS

On World Environment Day, the school proudly joined the nationwide movement “Ek Ped Maa Ke Naam,” an inspiring initiative launched by our Hon’ble Prime Minister.

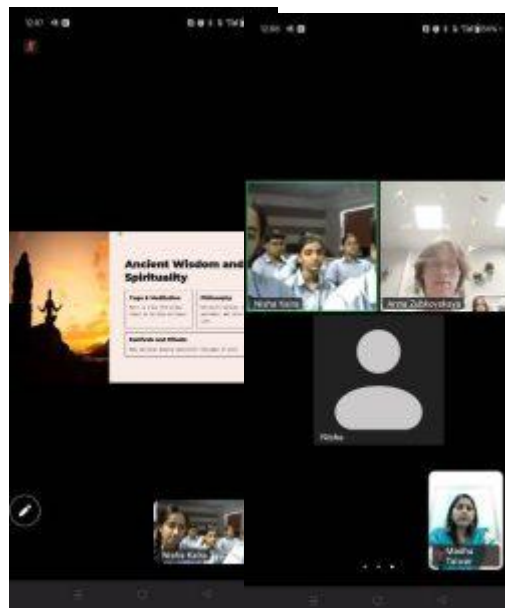
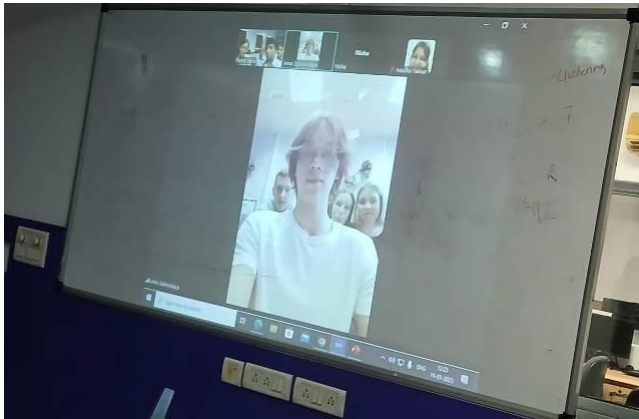


June 13, 2025

INTERNATIONALISM



VIRTUAL INTERNATIONAL CULTURAL EXCHANGE PROGRAMME WITH RUSSIA



“Culture is the widening of the mind and the spirit.” – Jawaharlal Nehru

May 28, 2025

LEARNING & DEVELOPMENT



THEATRIX 2025- A CELEBRATION OF DRAMA, PASSION AND COMMITMENT

"Theatre is the art of looking at ourselves." – Augusto Boal

True to this spirit, Theatrix 2025, the much-anticipated Inter-House Mega Theatre Fest of Brahm Dutt Blue Bells Public School, unfolded on May 15 and 16, 2025, leaving the audience spellbound with its passion, creativity, and powerful storytelling. This annual celebration of the dramatic arts brought together students from Grades IX to XII, who captivated audiences with compelling performances in both English and Hindi.

Conceptualized and brought to life under the visionary leadership of **Ms. Soumya Gulati, Associate Director (Academic Development & Innovation)**, the festival opened with a vibrant inaugural ceremony. Ms. Gulati officially declared the event open, setting the tone with an evocative introductory act, Hues of Emotions, that beautifully captured the emotional spectrum of theatre.

Over the course of two days, eight thought-provoking plays were staged—four in English, inspired by Victorian playwrights, and four in Hindi, addressing pressing social issues. Each of the four houses—Sarojini Naidu, Kalpana Chawla, CV Raman, and Radhakrishnan—presented one play in each language, seamlessly blending expressive performances with creative direction and impactful narratives.

The fest was enriched by the presence of renowned theatre personalities—**Mr. Varun Kapoor, Mr. Gaurav Kumar, and Mr. Sheel Kalia**—who served as judges. Their insightful feedback and encouragement offered students invaluable learning and motivation.

June 15-16, 2025

The grand finale was a heartfelt closing ceremony, graced by Chief Guest Ms. Shefali Chopra—TEDx speaker, storyteller, and founder of SAL Tree Academy. Her reflections on the transformative power of storytelling resonated deeply with the audience, reinforcing the profound impact of the performing arts.

The event culminated in a high-energy dance performance, an emotional video montage capturing behind-the-scenes moments, and the eagerly awaited awards ceremony. Vitthala by CV Raman House was awarded Best Hindi Play, while The Ideal Husband by Radhakrishnan House received the title of Best English Play, among several other accolades recognizing individual and team excellence.

Theatrix 2025 was more than just a festival—it was a powerful celebration of voice, vision, and collaborative creativity. It illuminated the stage with talent and left a lasting impression on the hearts and minds of all who experienced its magic.



June 15-16,2025



May 17, 2025

MICROTEACHING SESSIONS

Strengthening Pedagogical Excellence

Date: 8th May 2025 | Grades: III – V

The Learning Space team, under the insightful leadership of Ms. Soumya Gulati, conducted a comprehensive microteaching session on 8th May 2025, focusing on enhancing instructional practices across Grades III to V. The session provided a collaborative platform for educators to reflect on syllabus completion, review lesson planning, and discuss innovative strategies that enrich the teaching-learning process.

In English, the discussions emphasized alignment with the annual academic plan, integration of subject-based activities, and the development of worksheets that support language skills. Hindi educators focused on crafting level-appropriate content rooted in Bloom's Taxonomy, integrating creative and critical thinking into writing tasks, and making learning more meaningful through real-life connections. The Mathematics team shared practical approaches such as using number lines, visualization techniques, and glossary-building exercises to help students better understand abstract concepts. An engaging idea to add a "Pinch of History" to each math topic was also proposed to spark curiosity. In Social Science, the emphasis was on planning beyond textbooks, using interactive tools like maps and globes, and building a 'concept wall' to reinforce key terms and ideas.

The session reinforced the value of interdisciplinary learning, reflective practice, and consistent academic planning. With a clear focus on student engagement and meaningful learning, the microteaching dialogue continues to empower teachers to innovate, collaborate, and deliver enriching classroom experiences.

May 8, 2025



MIDDLE SCHOOL ACADEMIC REVIEW SESSION: FOCUSED PLANNING AND ENRICHMENT ACTIVITIES

A collaborative academic planning and review session was recently held for Grades VI to VIII, bringing together subject teachers for meaningful discussions around enhancing lesson design, notebook structuring, and incorporating engaging, activity-based learning.

In Science, teachers worked together to align the Middle Year Programme curriculum with the updated NCERT textbooks. There were rich exchanges of ideas around enrichment activities for key chapters. Conversations also focused on incorporating a balanced mix of evaluation, application-based, and creative questions in assignments, reflecting Bloom's Taxonomy. Teachers shared suggestions on maintaining consistency in notebook work across sections and emphasized the use of NCERT-recommended activities to ensure hands-on, meaningful learning experiences. Planning for the upcoming Student-Led Conference (SLC) was also underway, with teachers preparing drafts for review in the coming week.

In EVS, the planning followed the monthly syllabus, with engaging activities like *Humus Making*, *Soil Composition Observation*, *Things Above and Below the Soil*, and *Soil Jar Experiments* to explore plant growth and edible soil layers. These tasks aim to deepen student understanding through observation and exploration.

In Social Science, teachers discussed planning in alignment with the SLC framework, focusing on student-led, concept-driven assignments. The emphasis remained on creating experiential, inquiry-based activities that foster critical thinking and real-world connections.

June 24, 2025

This academic session served as a platform for reflection, exchange of ideas, and collective growth. It reaffirmed our commitment to purposeful planning and innovative practices that nurture curiosity, engagement, and higher-order thinking in every learner.



June 24,2025

Workshop on Bloom's Taxonomy: Empowering 21st-Century Educators

A two-day workshop on Bloom's Taxonomy was conducted on June 25 and 26, 2025, aimed at equipping new teachers from the Primary and Middle Wing with effective, student-centric instructional strategies. The session focused on fostering holistic development among learners in alignment with the needs of the 21st-century classroom.

The workshop provided in-depth insights into Bloom's Taxonomy, enabling educators to design lessons that move beyond rote learning toward deeper understanding and creativity. Participants were introduced to the principles of Constructivism in Learning, which emphasizes enquiry, exploration, questioning, debate, application, and reflection. These elements collectively guide students towards meaningful understanding, conceptual clarity, and the generation of new ideas.

Teachers were also familiarized with the three key domains:

Cognitive – focusing on knowledge acquisition, comprehension, and critical thinking

Affective – dealing with emotional development and student engagement

Psychomotor – involving physical skills and the ability to manipulate tools or instruments

The workshop also highlighted the importance of inclusivity through the No Child Left Behind (NCLB) approach, emphasizing the need to address the learning needs of every student.

June 25-26, 2025

This workshop empowered educators to reimagine their classroom practices and adopt a layered, inquiry-driven approach that nurtures thinking minds and confident learners.







CELEBRATIONS GALORE

ORIENTATION PRE-PRIMARY -II

Education is a shared responsibility between teachers, parents, and students, and it is through collaboration that excellence is achieved.



March 22, 2025

ORIENTATION DAY CLASS-X & XII

The school organized an engaging and insightful Orientation Day for parents of students transitioning to **Grades X and XII** on **March 08, 2025**. The session aimed to equip parents with a clear understanding of the academic framework, including the core and skill-based subjects available at these levels.



March 08, 2025

ORIENTATION PROGRAMME FOR CLASSES III–V

The Orientation Programme for Classes III–V was held on March 22, 2025, to provide parents with insights into the academic journey planned for the year ahead. The session featured a detailed presentation covering school achievements, curriculum, rules and regulations, assessment parameters, the Learning & Development Centre—The Learning Space, the Health and Wellness Programme, and the IT curriculum.



March 22, 2025

ORIENTATION PROGRAMME (CLASSES VI-IX)

"Alone we can do so little; together we can do so much." - Helen Keller

The school hosted an insightful Orientation Programme for parents of Classes VI to IX reaffirming the vital role of collaboration between parents and educators in shaping young minds. The event provided a platform for meaningful dialogue, ensuring a shared vision for students' academic and personal growth.



March 29, 2025

ORIENTATION PROGRAMME (CLASSES XI)

The event aimed to familiarise students and parents with the school's ethos, academic structure, co-scholastic offerings, and expectations for the senior secondary years.



July 05 , 2025

WELCOME ASSEMBLY FOR CLASSES VI-IX

"Every moment marks a new beginning." – T.S. Eliot

To mark the commencement of the academic session 2025–26, the students of Class 12 organized a vibrant and heartfelt welcome assembly for the students of Classes VI to IX on their first day.



April 8, 2025

WELCOME ASSEMBLY FOR GRADE XI

The **'New Vistas'** assembly set a vibrant and positive tone for the academic year, igniting a sense of purpose, ambition, and optimism among students and staff alike. It was a powerful reminder that each new day brings with it limitless possibilities, fresh aspirations, and the promise of success.



March 27, 2025

FIRST ASSEMBLY 2025-26

Embracing New Beginnings: An Inspiring Start to the Academic Year



March 21, 2025

SPIC MACAY

Kathak Maestro Guru Shovana Narayan Graces BDBBPS with a Mesmerizing Recital Under SPIC MACAY

The soul of Kathak transcends rhythm and movement—it lies in its power to narrate stories and celebrate India's profound cultural legacy. On **April 9, 2025**, the school had the distinct honour of hosting an exquisite Kathak recital under the esteemed banner of **SPIC MACAY**, featuring none other than the legendary **Guru Shovana Narayan**.



April 9, 2025

BUSINESS SUMMIT 2.0

BDBBPS Hosts Business Summit 2.0 to Mark its 23rd Founder's Day – A Celebration of Innovation and Entrepreneurial Vision



April 11, 2025

ABHIVYAKTI

JANUARY-MARCH 2025



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.



Scan For
Regular
Updates

AMBEDKAR JAYANTI

Honouring the Legacy of Dr. B.R. Ambedkar

Class XII A conducted a special morning assembly on April 15, 2025, to honour Ambedkar Jayanti, commemorating the birth anniversary of Dr. B.R. Ambedkar — the visionary behind the Indian Constitution and a steadfast advocate for social equality and justice.



April 15, 2025

INTER-HOUSE BHANGRA COMPETITION

Celebrating Baisakhi with Rhythm and Joy: Inter-House Bhangra Competition (Classes III–V)



First Position – Radha Krishnan House Second Position – Sarojini Naidu House Third Position – C. V. Raman House & Kalpana Chawla House (Tied)

April 19, 2025

THEATRE WORKSHOP

A Journey into the World of Theatre

The students of Class IX had the enriching opportunity to participate in a dynamic theatre workshop conducted by Ms. Ananya Arya from Unmasked Studios.



April 19,2025

INVESTITURE CEREMONY 2025–26

Rising to Lead: Investiture Ceremony 2025–26 at Brahm Dutt Blue Bells Public School

With pride and poise, the school conducted the Investiture Ceremony for the Senior Student Council for the academic year 2025–26 in the serene ambiance of the school's Seminar Hall.



April 21, 2025

FELICITATION CEREMONY

Celebrating Academic Excellence: Felicitation Ceremony at Brahm Dutt Blue Bells Public School

The school hosted a heartwarming Felicitation Ceremony to honour the academic brilliance and unwavering commitment of students from Classes VI to IX and XI for the session 2024–25.



April 21, 2025

EARTH DAY CELEBRATION

"The Earth provides abundantly for every need—but never for unchecked greed."

In a spirited celebration of Earth Day, the school proudly observed a 'Zero-Waste Challenge Day,' inspiring students to embrace sustainability as a way of life.



April 23, 2025

EARTH DAY

To mark Earth Day, the enthusiastic learners of Class IV A conducted a meaningful special assembly centered around environmental awareness. The core message echoed throughout the event was that even the smallest efforts, when made collectively, can bring about a significant and lasting positive impact on our precious planet.



INTER-SCHOOL TABLE TENNIS TOURNAMENT

BDBBPS ORGANIZES SHRI. BRAHM DUTT GUALTI MEMORIAL
INTER-SCHOOL TABLE TENNIS TOURNAMENT
UNDER THE AEGIS OF GPSC

Game. Grit. Glory. – Honouring a Timeless Legacy



April 21-22, 2025

WORLD BOOK DAY

The school joyfully celebrated **World Book Day** with students of Classes VI to VIII, embracing the 2025 theme, 'Read Your Way'.

A book is a dream you can explore with your fingertips.



April 24, 2025

NEWS READING ACTIVITY

The school organized a News Reading Activity for students of Classes III to V, aiming to foster self-expression, stage presence, and collaborative learning. Students were divided into teams of five, with each team presenting five categories of news: national, international, sports, weather, and scientific. Emphasis was placed on selecting positive and age-appropriate news items, encouraging students to develop language skills and a broader awareness of the world.



April 24, 2025

BAISAKHI CELEBRATION

The students of Class VIII A presented a vibrant and thought-provoking assembly on Baisakhi, celebrating the rich tapestry of India's cultural and historical heritage.



April 25, 2025

WORLD BOOK DAY

Language paves the path of civilization, while books stand as enduring milestones of its journey.



April 30, 2025

LABOUR DAY CELEBRATION

Every form of work that serves humanity deserves respect and recognition."

To mark International Labour Day on May 1, 2025, the young learners of Class II A set the tone with a vibrant **Special Assembly**. Their innocent enthusiasm shone through a heartfelt **choir performance** and a lively **dance**, both dedicated to celebrating the dedication and hard work of the school's support staff.



May 02, 2025

INTERNATIONAL DANCE DAY CELEBRATION

To dance is to lose yourself and become something greater—
graceful, powerful, and free



May 02, 2025

WORLD LAUGHTER DAY CELEBRATION

In a world often overwhelmed by noise and haste, **World Laughter Day** assembly on May 06, 2025, was a refreshing pause, a celebration of joy, unity, and well-being. Class X C beautifully hosted a special assembly, reminding all the members that laughter is a shared language of hope.



May 06, 2025

SAFETY FIRST! MOCK DRILL

INFORMATION

At school, we believe that preparedness is key to safety! Today, our students and staff participated in a session designed to equip everyone with the skills and awareness needed in case of emergencies.



May 8, 2025

RABINDRANATH JAYANTI

Let your life lightly dance on the edges of Time like dew on the tip of a leaf.” – Rabindranath Tagore

To honour the timeless legacy of **Rabindranath Tagore**, the students of **Class VIII D** presented a heartfelt and evocative special assembly. The occasion was a tribute to the Bard of Bengal, celebrating his literary brilliance and cultural depth.



May 8, 2025

LABOUR DAY CELEBRATION

Labour Day is a yearly milestone marking the economic and social achievements of workers. It's a day to celebrate the contributions workers have made to the strength, prosperity, and well-being of our communities.



May 8, 2025

LABOUR DAY CELEBRATION

Blue Bells Group of Schools celebrated Labour Day on May 03, 2025, at Brahm Dutt Blue Bells Public School, paying heartfelt tribute to the relentless commitment and invaluable contributions of its support staff.



May 8, 2025

RABINDRANATH TAGORE JAYANTI

Commemorating the Timeless Legacy of Gurudev Rabindranath Tagore, the young visionaries of C.V. Raman House (Classes III to V) paid a heartfelt tribute to Gurudev Rabindranath Tagore on his 164th birth anniversary through a thoughtfully curated Special Assembly



May 12, 2025

MOTHER'S DAY CELEBRATION

Radiant smiles and joyful hearts lit up the day as we celebrated the true essence of motherhood!



May 15, 2025

WORLD TELECOMMUNICATION DAY

“Technology is a useful servant but a dangerous master.”



May 26, 2025

ABHIVYAKTI BULLETIN: APRIL– MAY 2025 EDITION



The Brahman Dutt Blue Bells Public School Bulletin
Abhivyakti
Of the Students, By the Students, For the Students

Issue-1 April-May
2025

Board Results Shine Glory On The School



Another Proud Chapter in The Blue Bells Legacy!

Bearing the fruits of hard work and dedication, our Class 10 and 12 students have shone brightly in the CBSE Board Examination 2024-25. Congrats to all our stars for their remarkable achievements. We extend our gratitude to the parents for their unwavering support and guidance.

As you embark on another adventure, we wish you all the very best for a glorious future!



Theatrx 2025: A Vibrant Celebration of Theatre

Theatrx 2025, the Inter-House Mega Theatre Fest at Brahman Dutt Blue Bells Public School, was held on May 15-16, showcasing performances by students from classes IX to XII. Under Mrs. Soumya Gulati's guidance, eight plays—four in English based on Victorian works and four in Hindi addressing social issues—were performed by the four houses. Judged by theatre professionals Varun Kapoor, Gaurav Kumar, and Sheel Kalia, the fest opened with "Haas of Emotions" and closed with inspiring words from Chief Guest Shefali Chopra. CV Raman House won Best Hindi Play for Virthala, and Radhakrishnan House's The Ideal Husband was named Best English Play. Theatrx 2025 celebrated creativity, empathy, and teamwork, leaving a lasting impact on all.



Rising to Lead: BDBBPS Investiture 2025-26

The Investiture Ceremony of Senior Student Council of BDBBPS for the academic year 2025-26 was held with utmost grace and solemnity on April 19, 2025 in the school Seminar Hall. The dignified occasion marked the formal induction of the newly elected student council, signifying the trust and confidence bestowed upon the young leaders by the school. The elected members proudly marched to the stage in their crisp uniforms, exuding confidence and enthusiasm. The prestigious badges and sashes were conferred upon the School Ambassador, Head Boy, Head Girl and other council members by the Leadership Team. The event was a true reflection of the school's commitment to nurturing leadership, discipline, and responsibility among its students.



BDBBPS Hosts Shri B.D. Gulati Memorial Inter-School Table Tennis Tournament

To commemorate the birth anniversary of Late Shri Brahman Dutt Gulati ji, the revered Founder Chairperson of Blue Bells Group of Schools, the school hosted the Shri Brahman Dutt Gulati Memorial Inter-School Table Tennis Tournament on April 21 and 22, 2025, under the esteemed aegis of GPSC.

The tournament witnessed enthusiastic participation of more than 250 students from 20 reputed schools.

After frenzied games, the Overall Runners-up for the tournament were the students from Bal Bharati Public School, Manesar and the Overall Winners Trophy was lifted by DPS School, Sector 45, Gurugram.



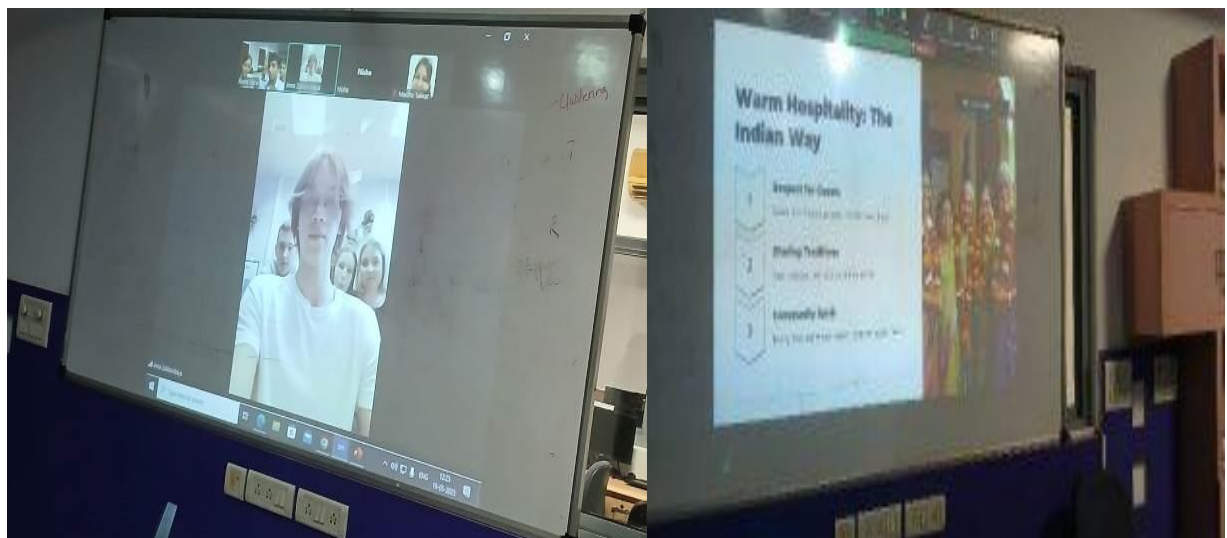
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Regular
Updates

Abhivyakti April-May 2025

June 17, 2025

VIRTUAL INTERNATIONAL CULTURAL EXCHANGE PROGRAMME WITH RUSSIA

“Culture is the widening of the mind and the spirit.” – Jawaharlal Nehru



May 19, 2025

INTERNATIONAL YOGA DAY 2025

International Yoga Day 2025: A Soulful Celebration of Harmony and Health at Brahm Dutt Blue Bells Public School



June 21, 2025

A POWERFUL NEW CHAPTER BEGINS FOR BDBBPS NCC CADETS

With pride in our hearts and purpose in our stride, a dynamic group of NCC Cadets from BDBBPS is ready to embark on an extraordinary journey at the upcoming NCC Training Camp.



June 3, 2025

NCC TRAINING CAMP

Discipline. Duty. Dedication. NCC Camp Chronicles at BDBBPS

BDBBPS proudly witnesses the unceasing energy and zeal of its cadets at the ongoing NCC Training Camp.



June 7, 2025

NCC TRAINING CAMP – DAY 8

BDBBPS NCC Training Camp – Day 8: A Day of Empowerment and Enlightenment



NCC Camp

From Discipline to Destiny: The BDBBPS Cadets at Annual NCC Camp 2025



June 2-11, 2025

HEALTH & WELLNESS



EVENTS ORGANIZED UNDER THE HEALTH & WELLNESS PROGRAMME

‘Cheerfulness is the best promoter of health and is as friendly to the mind as to the body’ - Joseph Addison

The Health & Wellness Programme at Blue Bells Group of Schools has, over the years, played a vital role in promoting the well-being of all stakeholders—students, teachers, and parents. Under the visionary leadership of Dr. Alka Saxena, Associate Director (Social & Emotional Learning), the programme has evolved into a holistic and dynamic initiative. Dr. Saxena has been instrumental in building and guiding a strong team, ensuring that the school community thrives in a nurturing, balanced, and health-conscious environment.


PARTNERING FOR PROGRESS: ORIENTATION PROGRAMME

With a new beginning comes new hopes, new aspirations and new learnings for our little ones.

The school organised an engaging and insightful Orientation Day on March 29, 2025, and April 5, 2025.

A notable event segment was an interactive session titled ‘Mind Matters: Encourage Positive Thinking’, led by Ms. Chetna Vashisht, Associate Psychologist from My Peegu, under the aegis of the Health & Wellness Programme. The session aimed to empower parents with strategies to foster self-esteem, emotional well-being, and long-term success in children. The session provided parents with strategies to support their children’s emotional well-being and resilience, promoting a deeper connection between academic success and mental health.

March 29, 2025



A special highlight of the session was the introduction of the school's Health & Wellness Programme, which focuses on the physical, emotional, and mental well-being of students. Parents were briefed on the various initiatives under this programme that promote a balanced and supportive learning environment.

Through interactive, hands-on activities, parents actively participated in their children's learning journey, gaining a deeper understanding of the concept of self-awareness. They also explored strategies and benefits related to self-awareness and emotional regulation. The session highlighted the integration of mindfulness practices twice daily.

The 'Know Yourself' segment captivated the parents, encouraging enthusiastic participation and reflection.





INVESTITURE CEREMONY

"A leader is the one who knows the way, goes the way and shows the way." - John C. Maxwell

Health and Wellness Programme believes that a true leader has the confidence to make tough decisions and the compassion to listen to the necessities of others. Nurturing students to be future leaders, Blue Bells Model School held the Investiture Ceremony for the academic session 2025-26 by conducting special assemblies on April 19 & May 21, 2025. The motive was to bestow the deserving students with duties and responsibilities in order to involve them in the effective functioning of the school system. The elected appointees were invested with their designations. For the Session 2025- 2026, Saisha Kapoor of class XII was appointed as the Health & Wellness Ambassador (Senior Wing), and Bhavi Choudhary of class V was appointed as the Junior Health & Wellness Ambassador (Primary Wing).

These students had undergone a vigorous selection procedure wherein all the nominated students appeared in the Written Round, JAM Session and Team building rounds, while the shortlisted candidates underwent an interactive session. The entire process offered a new learning experience to all the participants.

April 19 & May 21, 2025



GROUP WORK FOR STUDENTS

Guiding Young Minds Through Change: Transition Session for Grade VI

"Change is the beginning of growth. Embrace it with courage and curiosity."

The transition from Primary to Middle School marks a pivotal milestone in a student's academic journey, bringing new responsibilities, environments, and expectations. To support students through this important change, the Health & Wellness Programme, under the aegis of ADEPT- A Program for Enhancing Life Skills, organized a thoughtfully curated Transition Session for Grade VI students on April 24, 2025. This initiative is a part of an indigenous effort to ensure a smooth and confident progression into the Middle Wing.

A preliminary activity was conducted to explore students' emotions, perspectives, and anticipations in which the students collaboratively designed collages expressing their emotions and expectations about moving to the Middle Wing.

This led to an experiential learning session addressing their concerns and curiosities. Facilitators guided discussions on self-awareness, adaptability, and communication as tools for building friendships and thriving in new settings. Practical strategies like task breakdown, time management, and goal setting were introduced to support both academic and emotional adjustment.

April 24, 2025

Peer Educators from Grade VII added a personal touch by sharing how Life Skills helped them transition with confidence. This inclusive initiative reflects the Health & Wellness team's dedication to holistic student development, promoting readiness, resilience, and social-emotional growth.





WORKSHOP ON WORLD HEALTH DAY

‘Health is a state of complete harmony of the body, mind, and spirit.’

In observance of World Health Day, the Health & Wellness Programme of the school co-partnered with Max Hospital, Gurugram, to organize a Health Talk on UTI & Gynaecological Health in Teens, on April 8, 2025

The session aimed to provide age-appropriate, relevant health education to students, focusing on Polycystic Ovary Syndrome (PCOS) for girls of Classes VIII to XII, and Urinary Tract Infections (UTI) for boys of Classes IX to XII.

The keynote speakers were:

- Dr. Ritu Sethi, Associate Director and Unit Head, Obstetrics and Gynaecology, Max Hospital, Gurugram
- Dr. Mandeep Dhanda, Director and Head, Unit 1 - Urology, Kidney Transplant, and Oncology, Max Hospital, Gurugram

Dr. Sethi's expert insights helped students understand the importance of managing their health and provided practical knowledge on handling PCOS (Polycystic Ovary Syndrome) effectively.

Dr. Dhanda's session on Urinary Tract Infection (UTI) prevention and care helped the students understand how to take preventive measures and maintain their health.

April 8, 2025



GOAL SETTING

“A dream becomes a goal when action is taken towards its achievement.” — Bo Bennett

ADEPT – A Program for Enhancing Life Skills, Powered by wellnesswise.in believes in guiding students to stride ahead, create new opportunities and set realistic goals which helps them develop a convincing.

The Health & Wellness team conducted an interactive module on Goal Setting for students of Grade X & XII at Blue Bells Model School on April 16, 2025. The session aimed to help students achieve their aspirations and utilize their time to the optimum so that they can explore their interests, passions and professional paths.

Students were briefed about short -term and long-term goals which they can make by setting timelines for achieving them. They were guided about the steps of goal setting and were encouraged to write one goal with an action plan, identifying the barriers and further the possible solution. The points to ponder upon for better productivity were also discussed.

Students participated actively throughout the session and put forth their queries and concerns.

April 16, 2025



‘LET'S EXPLORE PUBERTY’: A SESSION FOR MIDDLE SCHOOL BOYS

“Growing up is like experiencing new things, getting change with time, and learning various lessons from life. “– Saloni Kshirsagar

The session on Understanding Puberty was conducted on April 25, 2025, with Grade VI and VII boys to address all the core issues related to adolescence.

The session aimed to educate students about the physical, emotional, social, and psychological changes that occur during puberty. The session was facilitated by the school doctor, Dr. Sanjay Bhat, and Life Skills Facilitator, Mr. Harsh Vashist, who provided age-appropriate and scientifically accurate information to address their concerns, misperceptions, and confusions. The session covered topics such as hormonal changes, personal hygiene, emotional well-being, and the importance of healthy habits during adolescence. Students were encouraged to ask questions and participate in discussions, fostering a safe and open environment for learning. Overall, the session was well-received, and it contributed positively to the students' awareness and confidence in managing the changes of puberty.

April 25, 2025



YOGA SESSIONS FOR STUDENTS AND TEACHERS

"Yoga is the journey of the self, through the self, to the self." – Bhagavad Gita

To promote holistic well-being and the importance of mental and physical health among students, the Health & Wellness Team of the school organized a Yoga Session for the students on May 03, 2025.

A rejuvenating chair yoga session along with Laughter Yoga was facilitated by a parent volunteer, and the school Yoga Facilitator to celebrate World Laughter Day and International Yoga Day. The session aimed to spread awareness about the benefits of yoga and laughter in maintaining a healthy lifestyle and included a series of Breathing Exercises, Rhythmic Clapping, Laughter Techniques, Deep Breathing, Neck Stretches, Shoulder Stretches, Side Bends, Leg and Foot Stretches and Aum Chanting that helped reduce stress and create a cheerful environment. Students participated actively and discovered the therapeutic effects of laughter. The session witnessed enthusiastic participation from students, creating a vibrant and mindful atmosphere. These activities not only highlighted the importance of physical fitness but also emphasized emotional wellness, encouraging students to incorporate yoga and laughter into their daily routines.

May 03, 2025.



STUDY SKILLS - EMPOWERING YOUNG MINDS

At Blue Bells Model School, an enlightening session on Study Skills was conducted on April 22 , 2025, for the students of Grade IX. With the aim to equip students with essential academic strategies and skills, the session was implemented through an interactive presentation, group discussion, followed by a question-and-answer round, thus ensuring active participation and engagement from each student. The PQRST (Preview, Question, Read, Self-study, Test) technique was introduced to help them retain information through structured study. The students further learned effective strategies to enhance their note-taking, note-making, academic reading, and writing skills, while also discovering valuable tips for better organization and time management, thus ensuring increased productivity.

Students explored strategies and learned effective techniques to adapt to academic changes, understand their learning styles, and cultivate effective study habits in a supportive environment. The session helped them gain valuable insights and effectively equipped each one with essential skills, boosting their confidence and independence in learning.

April 22 , 2025



You 2.0 – Evolving for Tomorrow: A Journey of Self-Discovery and Growth

In line with its vision of holistic development, Blue Bells Group of Schools conducted an insightful life skills session for students of Grades IX & XI.

Titled "**You 2.0 – Evolving for Tomorrow**," the session was led by Ms. Shammi Proothi, Vice President, ANON Global Foundation. She encouraged students to reflect on the question: "What version of yourself are you today, and who do you aspire to become?" The session emphasized evolving from Version 1.0 to 2.0 by becoming aware of one's thoughts, emotions, and actions. Concepts like **Intuitive Quotient (IQ)** and **Emotional Quotient (EQ)** were redefined to promote a balanced, mindful approach to personal success.

A thought-provoking video on the **energy of words** and the **emotional spiral** helped students understand the power of self-awareness and mindful communication.

Student changemakers Udyat Gulati and Kavish from Serenity Space introduced their initiative focused on mental health support and peer-led conversations. They encouraged students to seek guidance and create safe spaces within their peer groups.

The session ended with sincere student reflections, inspiring all to step into their Version 2.0—with **clarity, courage, and compassion**.

April 28, 2025

SERENITY SPACE
in association with
ANON GLOBAL FOUNDATION
presents a Session for Students of Grades IX & XI on the topic
YOU 2.0 : EVOLVING FOR TOMORROW

Ms. Shammii Proothi
Vice President, ANON

28/04/2025
09:00 AM

ANON Interns

Shikha
Queen's Valley School
Dwarka

Devika Verma
Hari Vidya Bhawan Sr. Sec.
School, Sangam Vihar

Venue
Seminar Hall, Brahm Dutt Blue Bells
Public School, Gurugram



EMPEZAR – A Beginning- Health & Wellness Fiesta for Classes III to V

A Celebration of Love, Expression, and Emotional Wellness

In a world that constantly evolves, it is vital to ground young minds in enduring values—love, gratitude, and emotional connection. With this vision, Inizio – A Beginning - Health & Wellness Fiesta for students of Classes III to V, was held on May 8, 2025 aligned with Mother's Day and themed "A Symphony of Love: Celebrating Motherhood."

The fiesta unfolded through thoughtfully designed, age-appropriate activities that enabled students to connect with the theme while developing essential life skills. Through hands-on engagement, students poured their emotions into meaningful creations—Clay Jewellery Holders (Class III), All About My Mom Booklets (Class IV), and Magnetic Planners (Class V).

The event exemplified belongingness, empowering each child to articulate love through art, language, and design. More than a celebration, it marked the genesis of emotional literacy—an awakening to the power of heartfelt connections.

May 8, 2025



Awareness about Colon Cancer

Self-discovery begins with awareness—of health, well-being, and proactive care. Under the inspirational leadership of Dr. Alka Saxena, Associate Director (Health & Wellness), BBGS, the Health & Wellness Programme remains dedicated to promoting holistic well-being.

In collaboration with Medanta - The Medicity Hospital, Gurugram, Brahm Dutt Blue Bells Public School organised an informative event to raise **Awareness about Colorectal Cancer** for students of **Classes VII to X on April 4, 2025**. Specialists from Medanta conducted this experiential session through their innovative **“Colon Tunnel on Wheels.”**

This mobile exhibition featured interactive displays, anatomical models, and educational materials to help students understand the causes, symptoms, diagnosis, treatment, and prevention of colorectal cancer. A screening of a specially curated animated video simplified key concepts, and further students enthusiastically took part in the online quiz.

April 4, 2025



MOTHER'S DAY

My Peegu Mother's Day Session: A Celebration of Emotional Well-being

Mother's Day is a heartfelt celebration of the eternal bond of love, care, and sacrifice shared between a mother and her child. To honour this indomitable spirit, the Health & Wellness Team organized an exclusive session on Emotional Well-being for the mothers of our school community on May 10, 2025.

The session was facilitated by Ms. Chetna, Associate Psychologist at My Peegu. It provided a safe, nurturing space for connection, reflection, and empowerment. The session acknowledged the myriad roles mothers fulfill daily and addressed the emotional weight they often carry. Participants explored the nuances of stress—eustress and distress—and embraced the idea that self-care is a necessity, not a luxury.

What resonated most was the warmth, honesty, and solidarity that filled the SDMM Hall. Mothers shared openly, uplifted one another, and left feeling seen, heard, and validated. More than just a workshop, it was a celebration of resilience, community, and the enduring spirit of motherhood.

May 10, 2025



CALM CORNER TRAINING SESSION FOR PARENTS

Brahm Dutt Blue Bells Public School, under the aegis of **Adept – A Program for Enhancing Life Skills**, powered by **Wellnesswise.in**, has taken a meaningful step towards fostering **socio-emotional learning** among early learners. An interactive session was conducted with parents on **Understanding Emotions**, which was followed by the **Introduction of the Calm Corner** across pre-primary classrooms.

This **Parent session** was organized on **April 23, 2025**.

The session was led by **Dr. Alka Saxena, Associate Director (Health & Wellness), BBGS**, along with the **Health & Wellness Resource Centre Team**, offering valuable insights and practical strategies to support children's emotional well-being both at school and at home.

The session was divided into two parts. In the first part Dr. Saxena emphasized how emotions influence both physical and mental well-being. This helped them to develop a deeper understanding of emotions and healthy coping strategies through hands-on activities.

The second part of the session provided insight into the purpose, benefits, and implementation of the Calm Corner within the classroom.

April 23, 2025



WORLD NO TOBACCO DAY: A COMPELLING CALL FOR A TOBACCO-FREE TOMORROW

In a powerful initiative to champion the cause of a healthier, tobacco-free society, the Health & Wellness Team orchestrated a deeply impactful assembly to mark World No Tobacco Day on May 20, 2025, followed by a Signature Campaign.

Through a hard-hitting theatrical skit, an impassioned address by the Health & Wellness Ambassador, and a unifying pledge, students and staff were inspired to confront the harsh realities of tobacco use and embrace positive lifestyle choices. As part of the World No Tobacco Day (WNTD) observance, students were sensitized to participate in the poster-making activity. A signature campaign was organized wherein everyone engaged to stand against tobacco.

The assembly served as a resounding reminder that when knowledge meets conviction, change is inevitable. Together, the Blue Bells community took a proud and collective stand for health, life, and a tobacco-free future.



Workshop: Stress Management Skills

Workshop: Stress Management: Skills for a Healthier, Happier You! 'Happiness is not something ready-made. It comes from your own actions.' – Dalai Lama In today's fast-paced world, stress has become a common challenge. Keeping in view the mental and emotional well-being of its office staff, Brahm Dutt Blue Bells Public School organized a workshop on June 20, 2025, on the topic 'Stress Management: Skills for a Healthier, Happier You!' The workshop was conducted by Dr. Alka Saxena, Associate Director, Health & Wellness, Blue Bells Group of Schools and her team members. It focused on understanding the causes and symptoms of stress, ways to manage procrastination, prioritize responsibilities and the importance of following healthy lifestyle like nutrition, sleep, and exercise, to manage stress effectively. A key takeaway was the Eisenhower Matrix, a time management framework that helps distinguish between what's urgent and what's important—enabling smarter decision-making and focus. The workshop concluded with practical tips to enhance mental well-being and productivity at workplace. It was well-received and appreciated for its relevance and interactive approach—reinforcing the school's commitment

June 20, 2025



CROWNING GLORY FOR BDBBPS AT METAMORPHOSIS 2025

Providing exposure and enriching students through various competitions

The school under the aegis of the Health & Wellness Programme proudly participated in **Metamorphosis – Health & Wellness Fiesta 2025**, an Inter-School Mega Life Skills Event hosted by Blue Bells Model School on May 23, 2025.

Amidst this confluence of brilliance, the **Brahm Dutt Blue Bells team comprising of Saisha Kapoor (XII C), Health & Wellness Ambassador, Mannat Kaur (XII D), Cultural Secretary and Avneet Mishra (X B), Peer Educator** emerged resplendent, clinching the coveted **Best Team Trophy**—a proud testimony to our students’ relentless spirit, eloquent expression, and values-driven outlook.

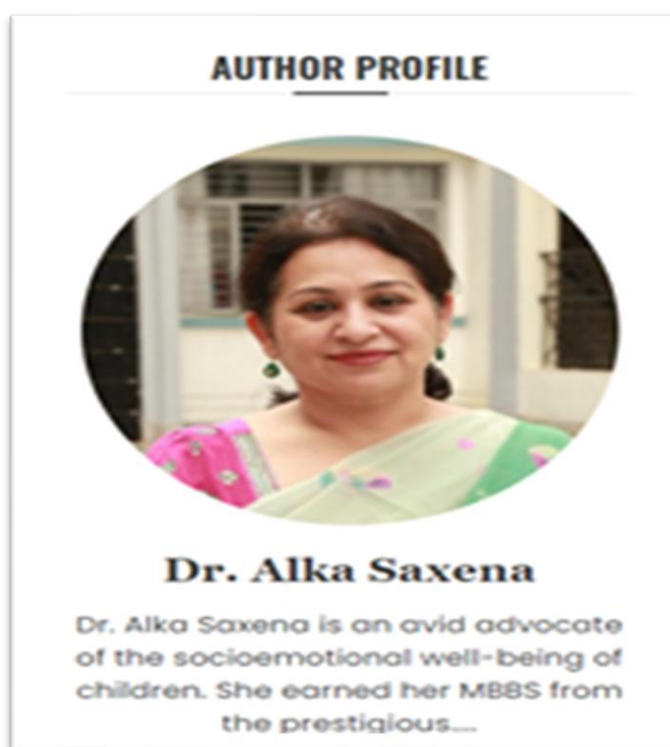
Mannat Kaur captivated both the audience and the esteemed jury with her incisive insights and powerful delivery. She was honoured with the **Best Speaker Award** for her persuasive arguments **Against the Motion** on the thought-provoking topic: **“Considering both direct and indirect costs, is the Tobacco Industry a Net Economic Benefit or a Burden to Society?”** Her performance was a masterclass in critical thinking, ethical reasoning, and impactful communication.

May 23, 2025



WELLNESS WISE BY DR. ALKA

‘CALMNESS IN MIND IS ONE OF THE BEAUTIFUL JEWELS OF WISDOM.’ - JAMES ALLEN



Dr. Alka Saxena is a futurist who is constantly working to integrate the best emergent practices of Health & Wellness with education. She created her blog, Wellness Wise by Dr. Alka. The purpose was to reach out to a broad audience with the aim of sharing her vast knowledge and practices on life skills, health, and wellbeing. Her blog postings based on her experiential knowledge as an educator covers a wide range of topics which connects and relates to all the age groups alike.

<https://wellnesswise.in/wednesdaywellness-4/>



“

Children need the freedom and time to play. Play is not a luxury. Play is a necessity.

KAY REDFIELD JAMISON

www.wellnesswise.in

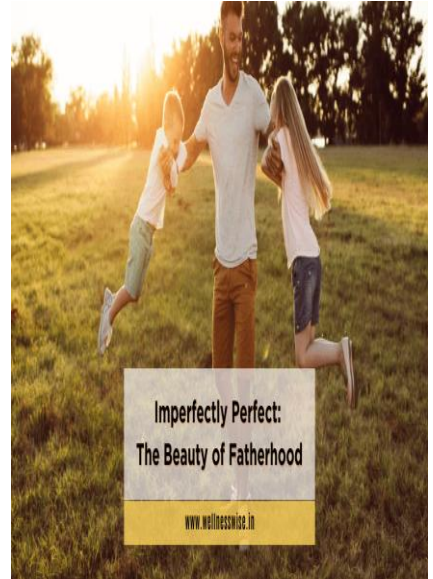


“

One benefit of summer was that each day we had more light to read by.

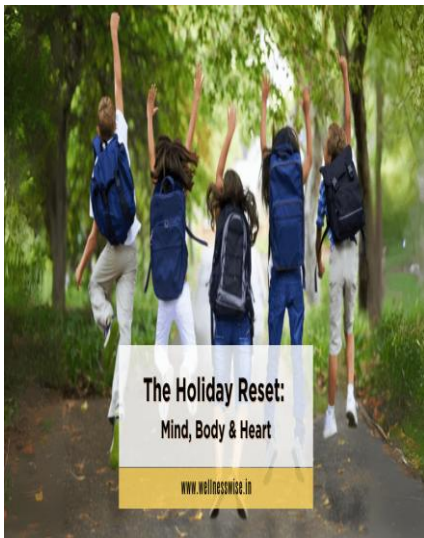
JEANETTE WALLS

www.wellnesswise.in



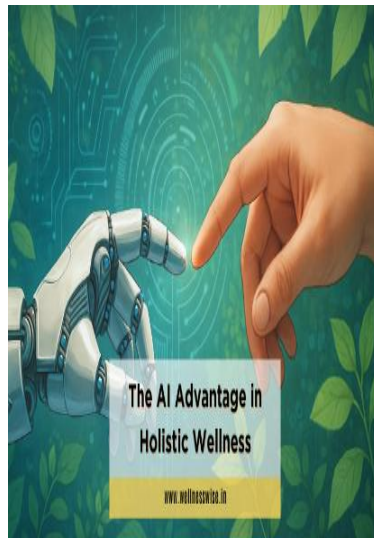
**Imperfectly Perfect:
The Beauty of Fatherhood**

www.wellnesswise.in



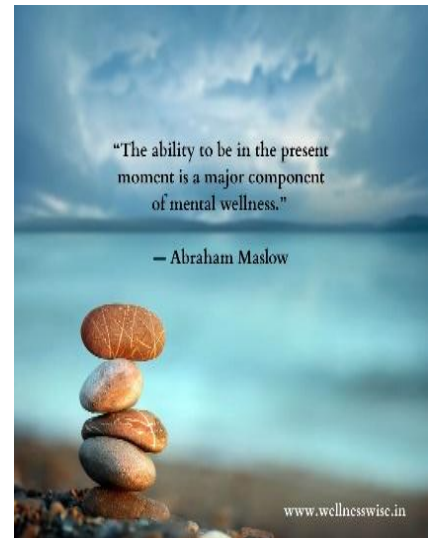
**The Holiday Reset:
Mind, Body & Heart**

www.wellnesswise.in



**The AI Advantage in
Holistic Wellness**

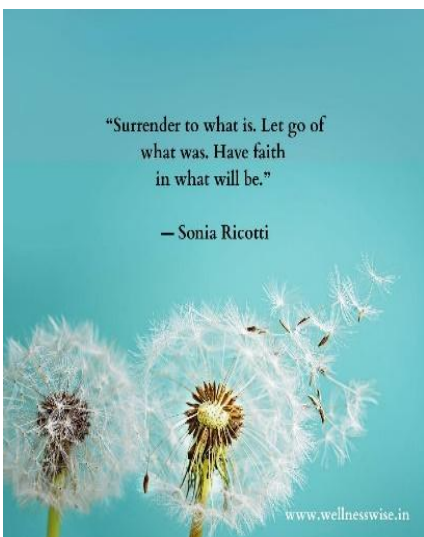
www.wellnesswise.in



“The ability to be in the present moment is a major component of mental wellness.”

— Abraham Maslow

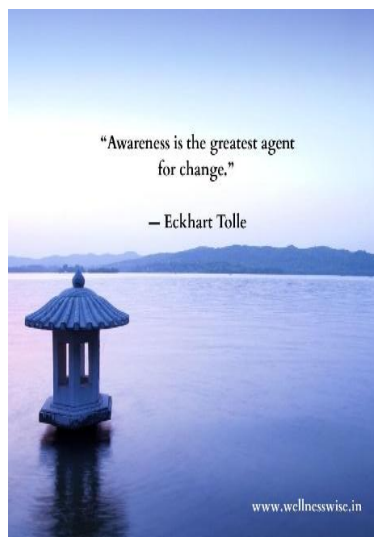
www.wellnesswise.in



“Surrender to what is. Let go of what was. Have faith in what will be.”

— Sonia Ricotti

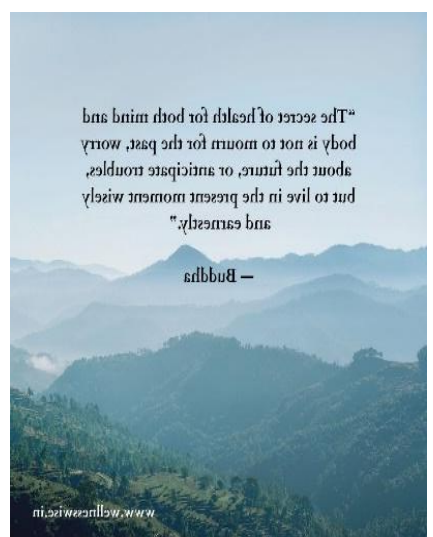
www.wellnesswise.in



“Awareness is the greatest agent for change.”

— Eckhart Tolle

www.wellnesswise.in



“The secret of health for both mind and body is not to worry for the future, or to anticipate troubles, or to live in the present moment wisely and earnestly.”

— Buddha

www.wellnesswise.in

Wellness Wise Social Media Uploads

Monday: Quotes from Wellness Wise Blog

Tuesday: Thoughtful Tuesday creative on Critical thinking, Problem-Solving, Lateral Thinking, Aptitude questions, Puzzles on County names and unfinished statements, etc.

Wednesday: Wellness Wise Blog

Friday: School activity / Video on infographic content from Wellness Wise blog

Saturday: Selfcare Saturday content on Environmental Selfcare, Recreational Self-Care, Spiritual Selfcare, Social Selfcare, Emotional Selfcare, Eco-Friendly Selfcare, Mindful Eating, Breakfast Selfcare, Feather Breathing, Self-care routine, Handling Burnout.

‘Self-Care is not being selfish’, Selfcare - Myths vs Facts, Self Compassion, Incorporating Yoga into Your Self-Care Routine, Assertive Communication, music for the soul, Self-care can become challenging and hard to adhere, Self-care during festivals, Staying Active during festivals, Eating right during festivals, etc.

Blog Link of Wellness Wise by Dr. Alka

<https://wellnesswise.in/>

Instagram Links-

<https://www.instagram.com/wellnesswisebydr.alka?igsh=MTFhcDZ3cGRrMzJ4Zg==>

https://www.instagram.com/dr_alkasaxena/?hl=en

Facebook Link –

<https://www.facebook.com/profile.php?id=61550726024471&mibextid=ZbWKwL>

LinkedIn Links -

https://www.linkedin.com/in/adept-a-program-for-enhancing-life-skills-21b387229?utm_source=share&utm_campaign=share_via&utm_content=profile&utm_medium=android_app

<https://www.linkedin.com/company/dr-alkasaxena/>



Dear Reader

“True greatness lies in the quiet consistency of small acts done with love and purpose. Together, they build something truly extraordinary.”

Guided by this belief, we have poured our hearts into curating a vivid and heartfelt reflection of school life—a mosaic of events, milestones, and celebrations from April to June 2025.

This newsletter is more than a record of happenings; it is a tribute to the spirit of collaboration, joy in learning, and the everyday moments that shape our shared journey. May these pages rekindle fond memories and inspire continued excellence.

With gratitude and best wishes,

Editorial Team

BDBBPS, Sector 10

Gurugram





Thank you!

