



BRAHM DUTT BLUE BELLS PUBLIC SCHOOL SECTOR 10, GURUGRAM

E-NEWSLETTER

APRIL - JUNE 2024



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0124-4999401/ 0124-4999402



A WINNING COMBINATION OF EXCELLENCE & ACHIEVEMENT

CLASS X
HIGHEST AGGREGATE

99.4%

CLASS XII
HIGHEST AGGREGATE

97.2%

MAKING A MARK WITH TOP-NOTCH ACHIEVEMENTS!

CBSE **CLASS XII** RESULTS 2023-24

HIGHEST
AGGREGATE

97.2%

AVERAGE
RESULT

83.32%

NO. OF
DISTINCTIONS

573

★★★★★ MAKING EXCELLENCE A NORM

CBSE **CLASS X** RESULTS 2023-24

HIGHEST
AGGREGATE

99.4%

AVERAGE
RESULT

87.1%

NO. OF
DISTINCTIONS

625

FROM THE DESK OF THE PRINCIPAL

"Training the intellect does not result in intelligence. Rather, intelligence comes into being when one acts in perfect harmony, both intellectually and emotionally." - J. Krishnamurti

The true aim of education has always been to explore the real purpose of life and encourage contemplation about two basic questions: "Who am I?" and "Why am I here?" From early childhood to years of formal education, the aspiration is to reach a state described by prophets as "present moment awareness" or simply, "being," which is believed to be the epitome of learning.

Our world is undergoing rapid transformation. Human conflicts, climate change, globalization, and rapid urbanization are eroding socio-political and economic systems while increasing inequalities pose added threats. The exponential development in technology including artificial intelligence (AI), automation, robotics, natural language processing (NLP), neural networks, etc., have far-reaching implications for future employment prospects and more importantly our understanding of what it means to be human.



Dr. Trilok Singh Bist

The research has shown that human creativity, as well as empathy, are among very few unique traits that only humans can possess alongside ethical decision-making skills. Creativity entails curiosity, intuition, imagination; originality; aesthetics; critical thinking, and divergent thinking. Another vital human capacity is empathy – having an understanding or being able to feel what another person is experiencing from their perspective. These are areas where humans remain superior.

As an institution, we always strive to explore the depths of educational traditions to extend and enrich these qualities in our students. We have therefore reoriented our learning programmes into lifelong learning mode, helping them to learn how to learn, not only what is to be learned, challenge themselves, take risks, persevere, learn from failures, and develop courage and confidence in accepting unknowns.

We are now living in a time of huge uncertainties and challenges but I have supreme faith that as a school we will embark on an even more rewarding journey in the coming years and take forward the legacy of excellence and brilliance. Together we commit ourselves to nurturing a community of learners who wish to excel with creativity and empathy as the bedrock for an astounding life.

Stay Connected and Stay Safe.

Warm Regards

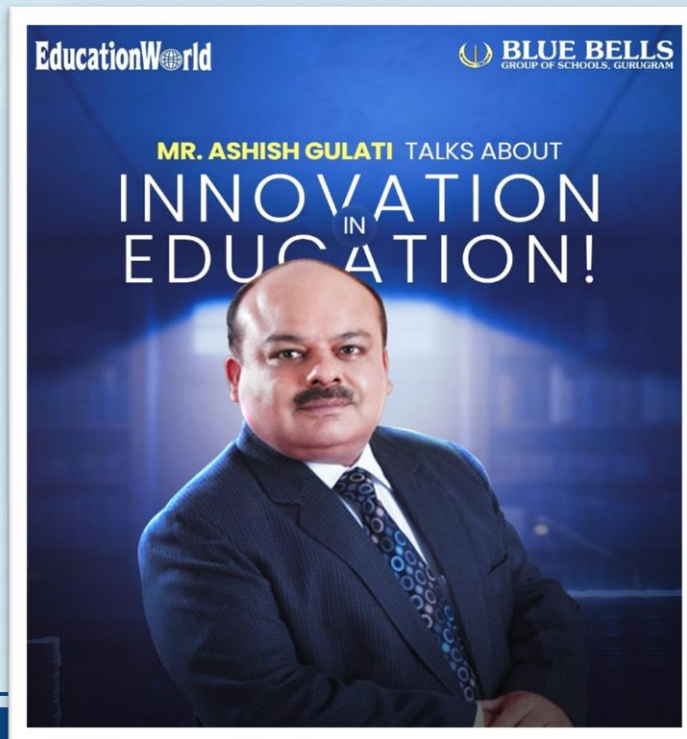
Dr. Trilok Singh Bist
Principal
BDBBPS
Sector 10, Gurugram



HALL^{OF}FAME

EDULEADER SPEAKS BY EDUCATION WORLD

June 07, 2024



**Mr. Ashish Gulati, Vice-Chairman
Blue Bells Group of Schools**

We are delighted to announce that Mr. Ashish Gulati, Vice-Chairman of Blue Bells Group of Schools, was invited to share his insights and vision for the future of the education sector by the digital content platform- Eduleader Speaks by Education World. It is a must-watch for key industry stakeholders and parents, as Mr. Ashish Gulati shares his thoughts on the significant transformations likely to shape and impact the education sector.

Watch the full interview at this link: bit.ly/3VtyM7Q

“ A Leader takes people where they want to go. A great leader takes people where they ought to be.”-Rosalynn Carter



Dr. Trilok Singh Bist
Principal, BDBBPS

Dr. Trilok Singh Bist, Principal, BDBBPS, was conferred with the 'Global Eduicon Award ' by Global School Leaders' consortium Eduicon Awards 2024-25 , honoring excellence in Academia.

'A Leader is the one who knows the way and shows the way.' - John C. Maxwell

VISIONARY EDUCATION TECHNOLOGY LEADER 2023-24



**Dr. Trilok Singh Bist
Principal, BDBBPS**

Dr. Trilok Singh Bist was awarded the Education World Visionary Education Technology Leader 2023 Award. Mr. Anil Bhardwaj, Senior English Faculty received the award on behalf of Sir at K.R. Mangalam World School, Greater Kailash, New Delhi.

**“The path to success is to take massive, determined action.”-
Tim Robbins**

IMPACTFUL LEADER 2023-24

March 2024



Dr. Trilok Singh Bist
Principal, BDBBPS

Dr. Trilok Singh Bist , Principal , BDBBPS , was bestowed with the most Impactful Leader 2023-24 .

“ The function of Leadership is to produce more leaders.”-Ralph Nader

OUTSTANDING CONTRIBUTION TO EDUCATION AWARD 2023-24

June 2024



Dr. Trilok Singh Bist
Principal, BDBBPS

Dr. Trilok Singh Bist , Principal, was bestowed with the Outstanding Contribution to Education Award 2023-24.

“A dream becomes a goal when action is taken toward its achievement. “Robert Foster Bennett

NEET ACHIEVERS

June 2024



Brahm Dutt Blue Bells Public School

Sector 10 , Gurugram



CONGRATULATES...

SUPER ACHIEVERS ON THEIR STUPENDOUS
PERFORMANCE
IN **NEET EXAM**



MANOJ PRADHAN

671/720

Percentile 99.39



LAKSHITA KAKKAR

629/720

Percentile 97.869



ADHEET YADAV

613/720

Percentile 97.13

"There are no secrets to success. It is the result of preparation, hard work, and learning from failure."-Colin Powell



INTER-SCHOOL ACHIEVEMENTS



BDBBPS SHINES BRIGHTLY AT SHRIYAN MEMORIAL BOXING TOURNAMENT

April 09, 2024



Advitiya Bhardwaj of Class IV C showcased exceptional prowess and clinched the Gold Medal in the 27 Kg to 30 Kg category. In the 57 Kg to 60 Kg category, Vidushi of lass X B demonstrated outstanding skills and secured the Silver Medal.

“Definiteness of purpose is the starting point of all achievement.” – W. Clement Stone

EXCELLENT PERFORMANCE BY BDBBPS CRICKET TEAM

April 12, 2024



BDBBPS Cricket Team clinched Runner Up Trophy and a cash prize of Rs. 5100 /- in the Inter School Cricket Tournament held at Dev Samaj School from April 02-09, 2024. Aafan Khan was awarded the prize for being the Best Fielder of the Tournament,

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

BLUE BELLIAN SHINE AT IDE BOOTCAMP: A SHOWCASE OF INNOVATION AND ENTREPRENEURSHIP

April 16, 2024



NIET
Greater Noida
Autonomous Institute



Arihant Rao VII A, Saksham Gautam VII A, Saksham Pandita X D, and Rishika X D along with two teachers –Ms. Seema Yadav, PGT Physics, and Mr. Sunil Kumar, ATL instructor were selected to attend the Innovation, Design, and Entrepreneurship (IDE) Bootcamp as part of the School Innovation Contest. The event was jointly organized by the Department of School Education and Literacy, Ministry of Education, Ministry of Education's Innovation Cell (MIC), AICTE, and NCERT.

“People with goals succeed because they know where they’re going.” – [Earl Nightingale](#)

STUPENDOUS PERFORMANCE OF BDBBPS SKATERS

May 04, 2024



The skilled skaters from Classes KG-V showcased their talents by securing 6 Gold Medals and 1 Silver Medal in different events of the Inter-School Speed Skating Competition held at Ajanta Public School, Gurugram.

‘Dedication is the spark that transforms effort into brilliant success for champions.’

HONOURING STUDENTS FOR THE MERITORIOUS PERFORMANCE IN OLYMPIADS, MOTHER'S DAY ACTIVITIES, ETM PROJECT AND ENTREPRENEURSHIP CHALLENGE

May 22, 2024



‘Success is counted the sweetest for those who wish to succeed.’



CYBER SECURITY



CYBER COUNCIL SPECIAL ASSEMBLY ON LABOUR DAY

May 01, 2024



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 Senior Wing Brahm Dutt Blue Bells Public School through a Special Assembly (by Class XI A).

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. The occasion was graced by the presence of Madam Anshuka Aneja, Deputy Director, IT, Blue Bells Group of Schools. The Cyber Council for the Session 2024-25 was declared in her presence. In her address, Ma'am congratulated the members of the Cyber Council and wished the support staff members on Labour Day.

During the assembly, the students delivered insightful presentations on the history of Labour Day, its global significance, and the evolution of labour rights over time. These presentations were informative and helped raise awareness. The assembly also featured a variety of creative performances, including an informative skit by the members of the Cyber Council- which aimed at making the support staff aware of cyber frauds, interesting games, poems, and songs, highlighting the struggles and achievements of workers. 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.



CYBER COUNCIL SPECIAL ASSEMBLY ON LABOUR DAY



CYBER COUNCIL TRAINING SERIES: A COMMITMENT FOR A CYBER SECURE WORLD

June 01, 2024



The Cyber Council, comprising student and teacher representatives, was established to promote Cyber Security awareness under the expert guidance of our advisor & Cyber Security Evangelist Dr. Rakshit Tandon, and Ms. Anshuka Aneja, Deputy Director IT, BBGS. This year, the school will organize a series of training sessions for the Cyber Council, led by the prominent Cyber Security Expert Dr. Rakshit Tandon. The first session, held on May 20, 2024, aimed to equip students with knowledge about digital threats and protective measures, encouraging them to act as cyber safety ambassadors.



Dr. Tandon, renowned for his expertise in cyber forensics and ethical hacking, provided valuable insights on maintaining cyber hygiene, identifying cyber threats, and fostering digital resilience. Key topics deliberated and included during the session were the importance of a "Zero Trust" approach, managing screen time, and understanding the risks associated with excessive gaming and social media use.



The practical advice covered protecting social media accounts, safeguarding sensitive documents, and responding to account hacks. Dr. Tandon also discussed the legal aspects, outlining penalties for various cyber crimes under Indian law.



The session concluded by emphasizing the need for ongoing cybersecurity education, ethical online behaviour, and community efforts to create a safe digital environment. This training equipped Cyber Council members with essential skills to protect themselves and support their peers in navigating the digital landscape securely.

"Cyber security is the foundation of a secure and resilient digital society." – Anonymous



TOUR & TRAVELS



ADVENTURE TRIP TO MASHOBRA (Classes VI-VIII)

May 31 2024 -
June 04, 2024



“Let's treasure these journeys, these moments so dear, For in the tapestry of life, they hold a premier.”

EXCURSION TO MANALI (CLASSES XI & XII) : AN EXPERIENTIAL LEARNING

June 03 , 2024-
June 08, 2024



"Traveling – it leaves you speechless, then turns you into a storyteller." – Ibn Battuta

AN EXCURSION TO NAINITAL (Classes IX & X)

June 05, 2024
June 08, 2024



"To travel is to take a journey into yourself." – Danny Kaye

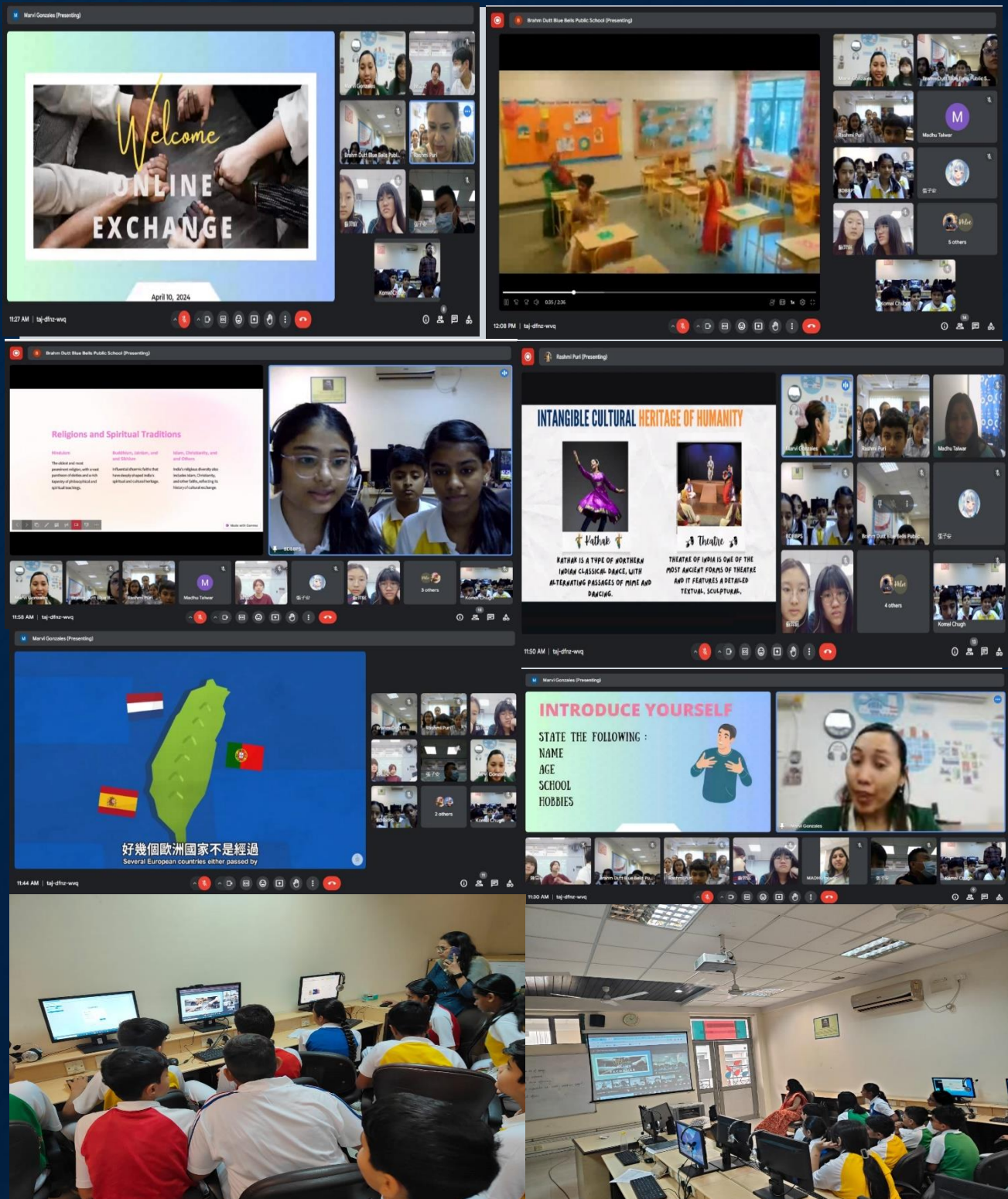


INTERNATIONALISM



INTERNATIONAL CONNECT WITH TAIWAN

March -April 2024



"If you're going to make connections which are innovative... you have to not have the same bag of experiences as everyone else does."

INTERNATIONAL CONNECT WITH TAIWAN

April 12, 2024



INTERNATIONAL CONNECT FOR CROSS-CULTURAL INTERACTIONS

May 13, 2024



"Education is not the filling of a pail, but the lighting of a fire."
- William Butler Yeats

INTERNATIONAL CONNECT WITH PODAR PEARL SCHOOL, QATAR

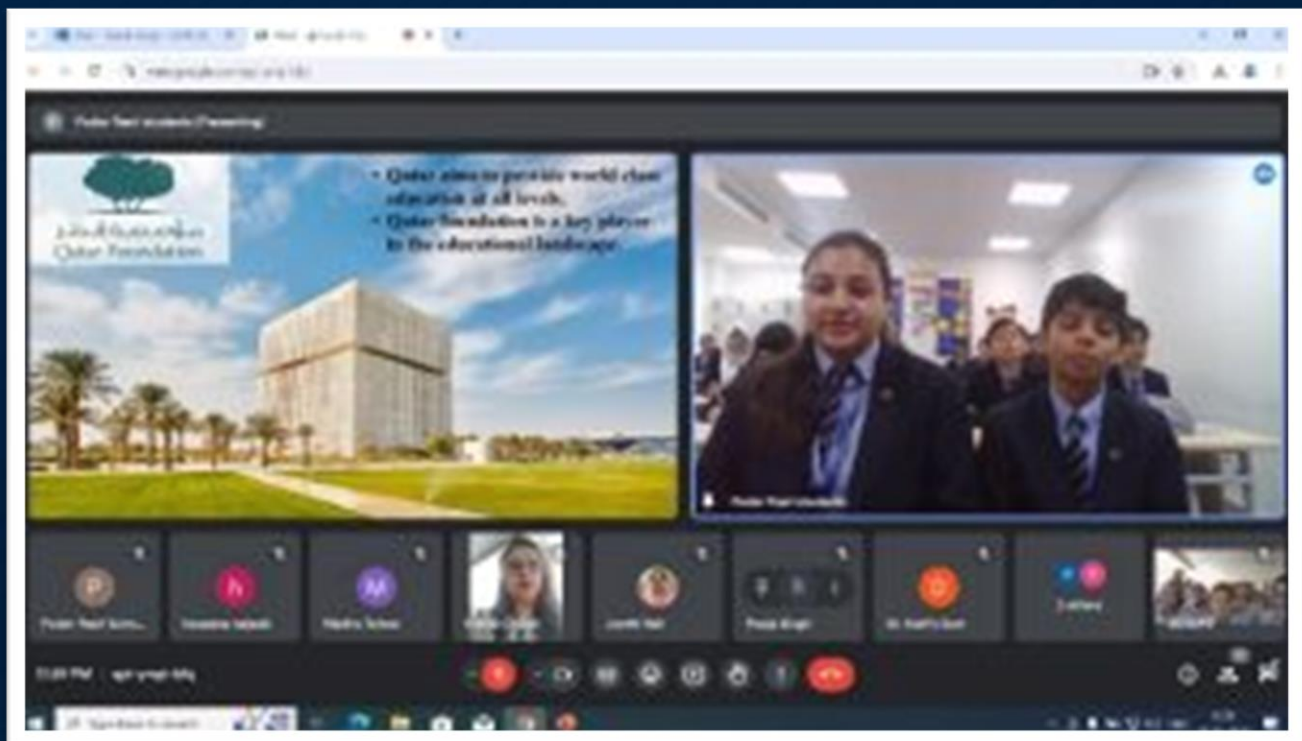
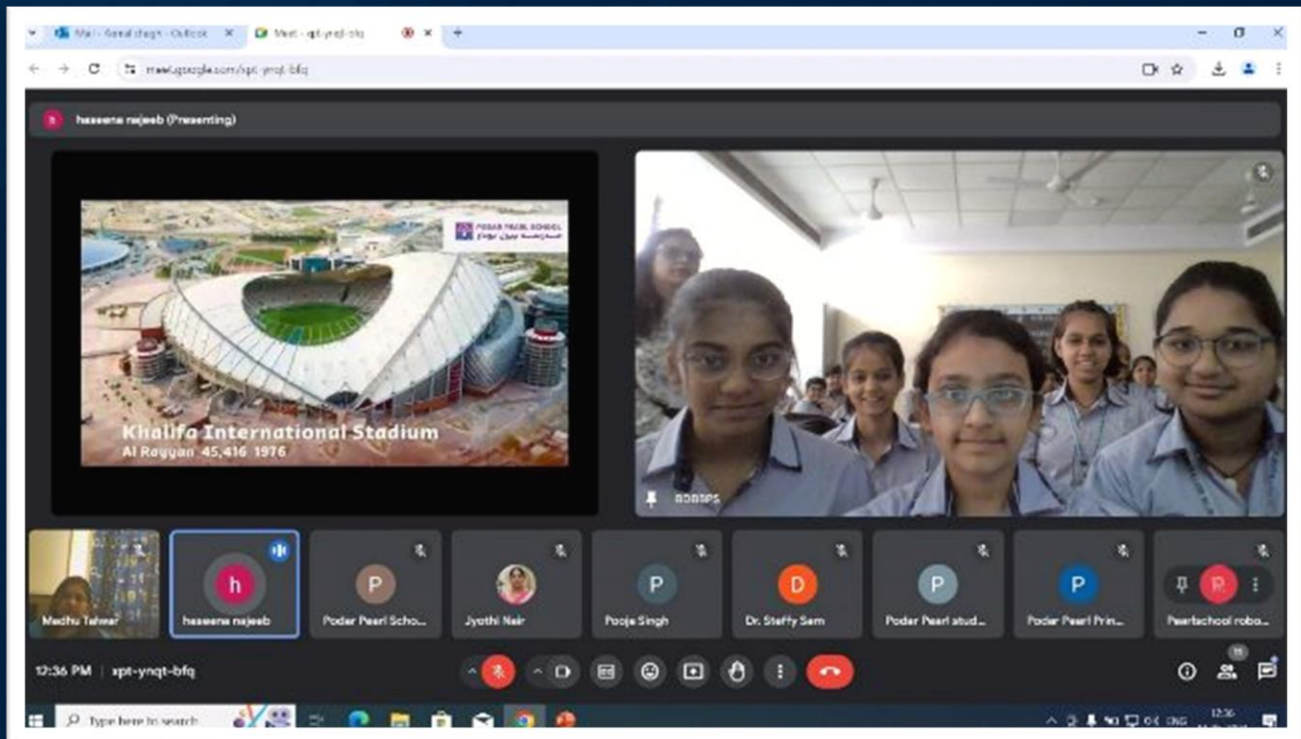
May 22, 2024



‘In today's interconnected world, fostering global connections among students is becoming increasingly important.’

INTERNATIONAL CONNECT WITH PODAR PEARL SCHOOL, QATAR

May 2, 2024



INTERNATIONAL EXCHANGE WITH DOHA, QATAR

May 22 .2024



"Look deep into nature and then you will understand everything better."
– Albert Einstein



INITIATIVES TOWARD CONSERVATION OF RESOURCES



EARTH DAY CELEBRATION (PRIMARY WING)

April 23, 2024



‘Protecting and nurturing our planet Earth is the best we can do for it and for us.’

EARTH DAY CELEBRATION(MIDDLE WING)

April 24, 2024



‘We do not need magic to change the world; we carry all the power we need inside ourselves already.’

EDUCATIONAL VISIT TO ENERGY PARK

April 24, 2024



“The world is the true classroom. The most rewarding and important type of learning is through experience, seeing something with our own eyes.” - Jack Hanna

EDUCATIONAL TRIP TO HAREDA RENEWABLE ENERGY PARK

May 01, 2024



The students of Class VI along with two teachers went to HAREDA RENEWABLE ENERGY PARK to experience exhibits on renewable sources of energy and watch short movies on renewable sources of energy.



A WORKSHOP BY BLUE PLANET

May 08, 2024



‘The blue planet, ‘Earth’, calls us to cherish its fragile beauty and protect its future.’



Celebrations[®]

GALORE

ABHIVYAKTI

MARCH EDITION 02

April 3, 2024



The Brahm Bhatt Blue Bells Public School Bulletin
abhivyakti
Of the Students, By the Students, For the Students

Issue-2
March 2024

Beginning of a New Session: Assembly for Grade XI

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

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

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



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

Orientation Programme for Classes X & XII

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



Welcome Session For Classes X And XII

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

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

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



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regular
updates!

WELCOME ASSEMBLY: A NEW BEGINNING (UKG-V)

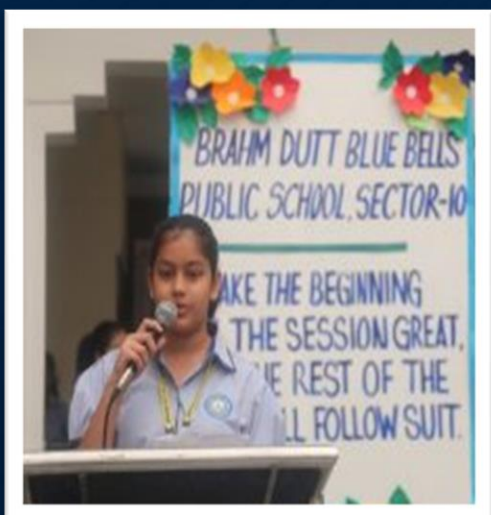
April 3, 2024



'A journey of a thousand miles begins with a single step.'

INAUGURAL ASSEMBLY FOR NEW SESSION (VI-XII)

April 3, 2024



The new academic session commenced with a vibrant and inspiring assembly hosted by the students of Class X-D on the theme of 'New Beginnings'.

ORIENTATION PROGRAMME FOR CLASSES III-V

April 8, 2024



FOUNDER'S DAY HAWAN CEREMONY

April 10, 2024



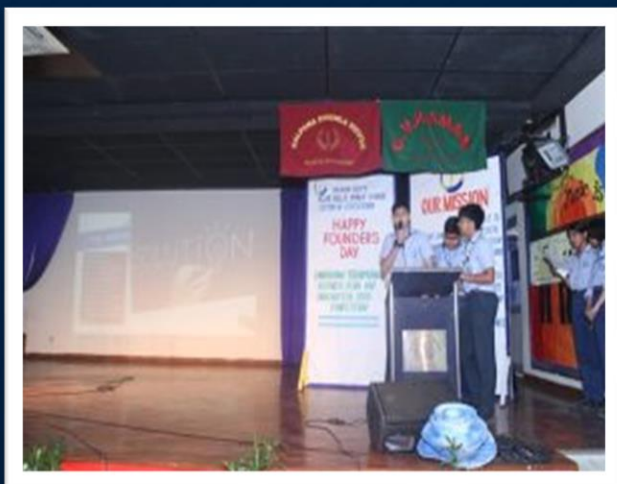
BAISAKHI

April 12, 2024



FOUNDER'S DAY - CARVING ENTREPRENEURS PAR EXCELLENCE

April 12, 2024



ORIENTATION PROGRAMME (MIDDLE WING)

April 12, 2024



MIDDLE WING FOUNDER'S DAY

April 12, 2024



INVESTITURE CEREMONY: EMPOWERING STUDENTS

April 15, 2024



A sense of pride and optimism filled the air as the newly appointed student council members embarked on their leadership journey with the collective support and blessings of their parents and teachers!

ACADEMIC EXCELLENCE AWARD CEREMONY

April 15, 2024



"All our dreams can come true if we have the courage to pursue them."



The Brahm Bhatt Blue Bells Public School Bulletin *abhivyakti* Of the Students, By the Students, For the Students

Issue-1
April 2024

Orientation Programme – Session 2024-25

An Orientation Programme was held for Classes III-V on March 30, 2024. The programme commenced with an invocation to Goddess Saraswati, the deity of knowledge and wisdom. Students welcomed the audience through a melodious song followed by a warm Welcome Address by the Principal, Mr. Trilok Singh Bist. A comprehensive presentation was given to apprise the parents about the school achievements, curriculum, rules and regulations, assessment parameters, Learning & Development Centre-The Learning Space, Health and Wellness Programme and IT curriculum at school.



Student Council 2024-25 Inducted At BDBBPS

The Investiture Ceremony, to induct the Student Council of the school, was held on April 13, 2024. The ceremony aimed to formally recognize and confer leadership responsibilities on deserving students from the senior most class, Grade XII, empowering them to uphold the values of integrity, discipline, and excellence.

The Ceremony commenced with a grand procession of the newly appointed student council members, accompanied by school leaders, teachers, and special guests- the members of the previous council.

The highlights of the ceremony was the investiture of the student council members, including the School Ambassador, Head Boy, Head Girl, House Captains, and other appointed positions.

During the ceremony, the student council members were presented with badges and sashes. Following the Badging Ceremony, the newly appointed student leaders took an Oath of office, pledging to uphold the values of honesty, diligence, and inclusivity throughout their tenure.

A sense of pride and optimism filled the air as the newly appointed student council members embarked on their leadership journey with the collective support and blessings of their parents and teachers!



New Beginnings: First Assembly for The Session 2024-25 (Classes VI To XII)

The new academic session commenced with a vibrant and inspiring assembly hosted by the students of Class X-D on the theme of 'New Beginnings'. The assembly began with the customary prayer and pledge, setting a serene and focused atmosphere. This was followed by motivational speeches in Hindi and English. Hindi and English poems showcased the audience the beauty of literature. This was followed by a stimulating quiz on the topic of 'First Inventions' which engaged the audience, testing their knowledge and fostering a spirit of healthy competition among the participants. The Principal, Dr. Trilok Singh Bist addressed the gathering and enlightened the audience with his thought-provoking words.



Online Orientation Programme For Grades Nursery To II

Orientation serves as an invaluable opportunity for parents to acclimate to the school's culture. To ensure a thorough understanding of the school's environment, policies, and teaching methodology, Online Orientation Programmes were held for the parents of Grades Nursery to II in two slots on March 23, 2024. The event began with lighting of the ceremonial lamp, followed by a spectacular presentation of Saraswati Vandana. The parents were accorded a warm welcome by the Principal, Mr. Trilok Singh Bist.



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WORLD HERITAGE DAY

April 19 , 2024



‘Our heritage, a symbol of identity and pride, is a bridge between the past and the future’

SHRI BRAHM DUTT GULATI INTER-SCHOOL TABLE TENNIS TOURNAMENT

April 19 & 20, 2024

CELEBRATING YOUNG TALENT AT INTER-SCHOOL TABLE TENNIS TOURNAMENT

Shri Brahm Dutt Gulati Memorial Inter-School Table Tennis Tournament, under the aegis of GPSC, brought together 20 schools from the region to compete in four age categories: Under 12, Under 14, Under 17, and Under 19. Held at Brahm Dutt Blue Bells Public School on April 19 and 20, 2024, the event showcased the talent and sportsmanship of young Table Tennis players from 20 different schools across Delhi-NCR. The tournament is particularly significant as it is conducted every year to commemorate the birth anniversary of the Founder Chairperson, Shri B.D. Gulati Ji, whose vision and dedication continue to inspire us all.

The Opening and Closing Ceremonies were graced by the presence of Dr. Saroj Suman Gulati, Director, Blue Bells Group of Schools, as the esteemed Chief Guest. Her inspiring words encouraged the participants and added to the excitement of the event. The tournament featured intense competition across all age categories, with players demonstrating exceptional skill and determination on the table. Each school fielded teams in multiple categories, fostering a spirit of camaraderie and healthy competition among participants.

Results:

Under 12 (Girls)

- III - Kunsapaskolan
- II - Brahm Dutt Blue Bells Public School
- II - KR Manglam School
- I - DPS Sector -45

Under 12 (Boys)

- III - Bal Bharati Public School
- II - Brahm Dutt Blue Bells Public School
- II - DAV, Sector 49
- I - Manav Rachna International School, Sector 46
- al School

Under 14 (Boys)

- III - Ridge Valley School
- III- DPS Sector -45
- II - KR Manglam School
- I - Suncity School

Under 14 (Girls)

- III - Brahm Dutt Blue Bells Public School
- III- Bal Bharati Public School
- II - DPS, Sector 45
- I - DAV, Sector 49

Under 17 (Boys)

- III - DPS, Sector 45
- II - Brahm Dutt Blue Bells Public School
- II - Lions Public School
- I - Blue Bells Model School, Sector 4

Under 17 (Girls)

- III- Brahm Dutt Blue Bells Public School
- III- KR Mangalam School
- II - Raman Munj
- I - DPS, Sector 45

SHRI BRAHM DUTT GULATI INTER-SCHOOL TABLE TENNIS TOURNAMENT

April 19 & 20 ,2024

Under 19 (Boys)

- III - Kunsapksolan School
- II- Brahm Dutt Blue Bells Public School
- II - Ridge Valley School
- I - Bal Bharati Public School



Under 19 (Girls)

- III - Summerfields School
- II- Brahm Dutt Blue Bells Public School
- II - DPS, Sector 45
- I - Bal Bharati Public School



SHRI BRAHM DUTT GULATI INTER-SCHOOL TABLE TENNIS TOURNAMENT

April 19 & 20, 2024



Heartiest Congratulations to all the winners and participants for their exemplary performance and sportsmanship. As we celebrate the birth anniversary of our Founder Chairperson, Shri B.D. Gulati Ji, we are reminded of the values of integrity, perseverance, and excellence that continue to guide us in all our endeavours.

Overall, the tournament served as a celebration of youth sportsmanship and talent, leaving a lasting impression on all who attended.

WORLD BOOK DAY (SENIOR WING)

April 24, 2024



FELICITATION CEREMONY (NURSERY TO V)

April 27, 2024



'The road to excellence is paved with persistence and passion.'

FELICITATION CEREMONY (NURSERY TO V)

April 27, 2024



‘The road to excellence is paved with persistence and passion.’

WORLD DANCE DAY

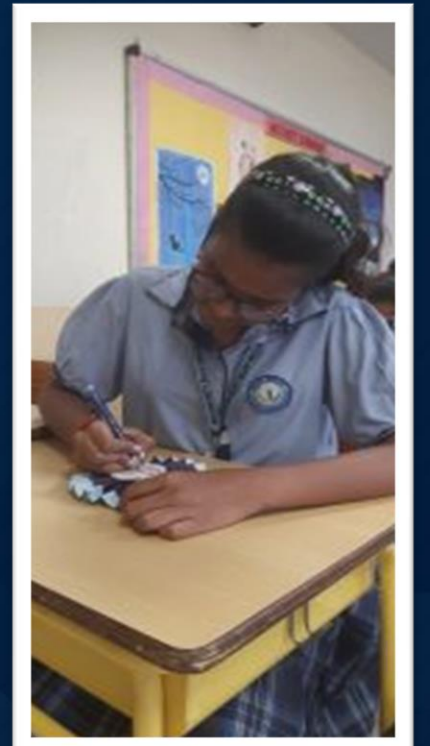
April 30, 2024

INTER-HOUSE DANCE COMPETITION TO CELEBRATE WORLD DANCE DAY



WORLD BOOK DAY -MIDDLE WING

April 30, 2024



"Books are the quietest and most constant of friends; they are the most accessible and wisest of counselors, and the most patient of teachers." ? Charles W. Eliot

STUDENT-LED CAREER CONFERENCE

May 1, 2024



LABOUR DAY

May 2, 2024



"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."



The Brahm Dutt Blue Bells Public School Bulletin

abhivyakti

Of the Students, By the Students, For the Students

Issue-2
April, 2024

Student-Led Career Conference



A student-led career conference series has been initiated at BDBBP5 by the Grade 11 and 12 Psychology students. This series has been organized to instill a mindset within school that encourages exploration and discovery. It is a process that brings careers and colleges alive for high school students. This conference aims to establish a mechanism and ethos at school that facilitate and outline a process for decision-making in school for students. The conference was attended by Grade 9 students as they are in the phase of making up their minds about stream selection and choosing a career of their choice in the near future. Three presentations were made on the first day of the series.

Celebrating Young Talent At Inter-School Table Tennis Tournament

Shri Brahm Dutt Gulati Memorial Inter-School Table Tennis Tournament, under the aegis of GPSC, brought together 20 schools from the region to compete in four age categories: Under 12, Under 14, Under 17, and Under 19. on April 19 and 20, 2024. The event showcased the talent and sportsmanship of young Table Tennis players from renowned schools of Delhi-NCR. The tournament is particularly significant as it is conducted every year to commemorate the birth anniversary of the Founder Chairperson, Shri B.D. Gulati Ji, whose vision and dedication continue to inspire us all.



Enriching Visit To Hareda Renewable Energy Park

As part of our ongoing efforts to provide environmental awareness and to inculcate sustainable practices, the students of Classes VI and VIII were taken to HAREDA RENEWABLE ENERGY PARK to acquaint them about renewable sources of energy and their significance in addressing environmental challenges. During the visit they got the opportunity to explore various renewable energy technologies, including solar power, wind energy, and waste-to-energy, through hands-on activities and demonstrations. They also watched some informative short movies on alternative methods of electricity generation.



Inter-House Dance Competition On International Dance Day

International Dance Day was celebrated at the school with great enthusiasm. To mark the celebration, an Inter-House Dance Competition was organized for the students of Classes VI to VIII. The air buzzed with anticipation as students, teachers, and judges gathered in the Seminar Hall for the much-awaited Inter-House Dance Competition. The competition commenced with an electrifying opening dance. Each of the competing houses—CV Raman, Kalpana Chawla, Radhakrishnan, and Sarojini Naidu—presented unique and mesmerizing Solo and Group dance performances, leaving the audience spellbound.



Scan for
regular
updates!

"The cosmos is within us. We are made of star-stuff. We are a way for the universe to know itself." - Carl Sagan

WORLD INTELLECTUAL RIGHTS DAY

May 4, 2024



RABINDRANATH TAGORE JAYANTI- (PRIMARY WING)

May 9, 2024



"Let us keep the lamp of learning aflame, for in the light of knowledge, we find endless possibilities." - Gurudev Rabindranath Tagore

SUMMER SPLASH ACTIVITY

May 13, 2024



The students of the Pre-Primary Wing had a great time enjoying the fun-filled Summer Splash Activity. Decked in vibrant costumes, the tiny tots gleefully splashed and enjoyed immensely. They danced to lively music, creating a vibrant and unforgettable atmosphere.

VISIT TO NATIONAL SCIENCE CENTER

May 14, 2024



INVESTITURE CEREMONY (PRIMARY WING)

May 17, 2024



"Leadership is the capacity to translate vision into reality." - Warren Bennis

Mother's Day Assembly

May 17, 2024

Through every storm, she stands tall,
A mothers love, the strongest wall.
A beacon bright in the darkest night,
A mothers love, an endless light.



MOTHER'S DAY

May 20, 2024



'Mothers hold their children's hands for a short while, but their hearts forever.'

AN ENGAGING SESSION ON SUSTAINABLE COMPUTING AND WEB TECHNOLOGIES

May 22 , 2024



PRE-SUMMER FUN DAY (MIDDLE WING)

May 24, 2024



"School's pause, adventure's play – it's summer break!"

Brahm Dutt Blue Bells Public School planned for an electrifying Pre-Summer Break Fun Day for the students of Classes VI to VIII, marking the beginning of the vacation season with a bang.



The Brahmin Smit Blue Bells Public School Bulletin
abhivyakti
Of the Students, By the Students, For the Students.

Issue-1
May, 2024

Special Assembly On Labour Day



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 Senior Wing of our school through a Special Assembly (by Class XI A). The occasion was graced by the presence of Madam Anshika Anjeja, Deputy Director, IT, Blue Bells Group of Schools. The Cyber Council for the Session 2024-25 was declared in her presence. In her address, Madam congratulated the members of the Cyber Council and wished the support staff members on the occasion of Labour Day.

Transition Session For Class VI



The transition from Primary to Middle School is a pivotal milestone in every student's academic journey, signaling a notable change in their educational environment and expectations. To address the needs of the young adolescents and offer them relevant guidance and information, the school's Health & Wellness Programme organized a 'Transition Session' for the students of Grade VI on April 25, 2024. The session is an indigenous initiative under the inspirational mentorship of Dr. Alka Saxena, Deputy Director (Health & Wellness).



Skating Sensations Achieve Laurels

It was a moment of immense pride for the school as the skilled skaters from Grades EG-V showcased their talents by securing 6 Gold Medals and 1 Silver Medal in different events of the Inter-School Speed Skating Competition held at Ajeeta Public School, Gurugram, on April 25 & 26, 2024. They were awarded the overall trophy for their exceptional performance.



Workshop On Preserving Nature Through Augmented Reality

An informative workshop was conducted by 'Blue Planet Environmental Solutions India Pvt Ltd' for the students of classes VI to VIII focusing on the 'practices to be followed for saving nature powered by Augmented Reality (AR)'. The workshop engaged students with interactive and educational content on crucial environmental themes, including Climate Change, Conscious Consumption & Production, Water Conservation, Biodiversity, etc. Using 3D and 2D models, concept of water cycle and pollution were presented as the part of demonstration.



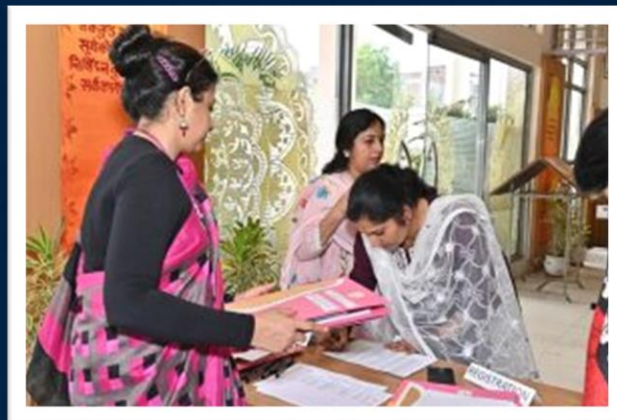
Scan for
regular
updates!

Abhivyakti May2024 Issue-1

“Life doesn't get easier or more forgiving,
we get stronger and more resilient.”

CAPACITY BUILDING WORKSHOP BY CBSE

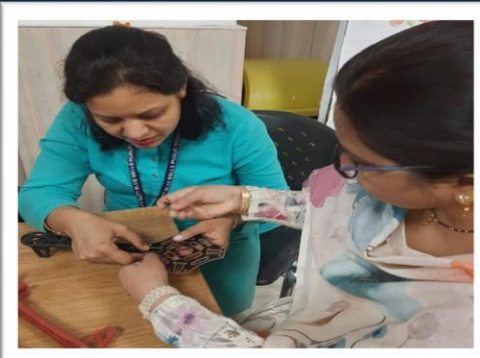
May 27, 2024



‘Empowering teachers with strategies and techniques to foster the crucial skills in their students, the Capacity Building Programme, in collaboration with CBSE.’

WINGS OF INNOVATION AT BBGS: SUMMER CAMP ON DRONE CRAFTING AND FLYING

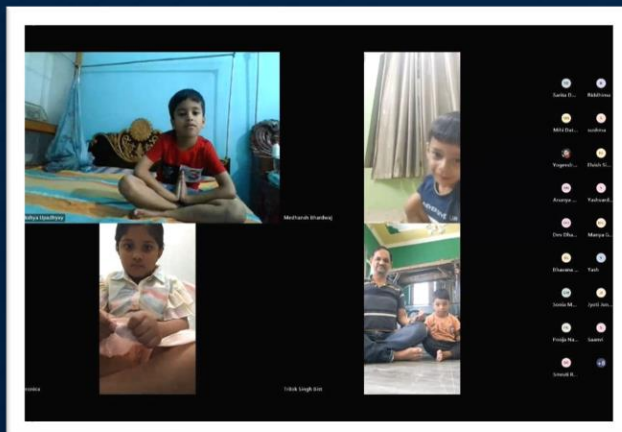
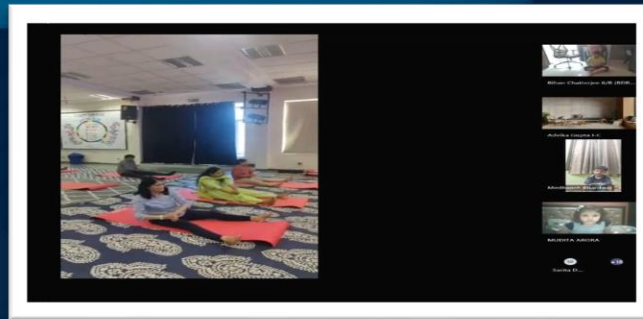
June 03, 2024
June 07, 2024



'We believe in not limiting the challenges, but challenging the limits!'

INTERNATIONAL YOGA DAY

June 21, 2024



‘Yoga is a journey of the self, through the self, and to the self.’

HEALTH & WELLNESS



ORIENTATION PROGRAMME

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

To acquaint with the Health & Wellness Programme, a presentation on 'Self Awareness Through Mindfulness' was conceptualized and curated by ADEPT- A Program for Enhancing Life Skills, Powered by wellnesswise.in under the skilful leadership of Dr. Alka Saxena, Deputy Director (Health & Wellness), Blue Bells Group of Schools. The session was conducted by the Resource Centre Team along with the Health & Wellness Facilitators to give insights into various aspects of the Health & Wellness Programme.

The parents were given hands on experience and were made part of the learning sojourn of their wards. They enthusiastically participated in the activities which helped them to understand the concept of 'Mindfulness' and 'Self Awareness'. They were further apprised of the benefits of Self Awareness and also how the Health & Wellness Programme intends to take it up as a theme in the month of April. They were explained that the practice of mindfulness would be conducted twice daily, once in the morning and the other after the lunch break.

The parents thoroughly enjoyed the segment of 'Know Your Child' and were whole heartedly engrossed. In addition, the links to the informative blogs on Wellness Wise by Dr. Alka on 'Mindfulness' and 'Self Awareness' were shared with the parents. It was an enriching experience which was heartily lauded by all.





STUDY SKILLS

This module is designed for the students of classes IX to help them understand the importance of being organized and take notes effectively as this would help them to prepare better for their exams. The module was taken during the Life Skills periods. The key points discussed in the sessions with the students were about the changes and how they are feeling about it. The PQRS (Preview, Question, Read, Self-study and Test) technique of studying was discussed in detail wherein the students were told about the importance of studying in a systematic manner to retain information. Some points about organizing themselves were shared with them. Besides that some hands on tips on note taking, note making, academic reading skills, and writing skills were shared with them. The importance of a study-friendly environment was discussed with the students where importance was given on understanding their pattern of studying and focusing on their learning styles. These interactive sessions were held with the students on 9 April 2024 where the students participated enthusiastically.



GOAL SETTING

Setting goals leads to long term vision and motivation.

Goal Setting Session was taken for the students of class X and XII on April 16 and May 14, 2024 under the able guidance of Dr. Alka Saxena, Deputy Director, Health and Wellness, Blue Bells Group of Schools. Session on 'Goal Setting' helped students to identify ways by which they can manage their time effectively and enhance their productivity in order to fulfil their desired goals, aspirations and aim in life. The session gave students an insight on how one can set goals in a systematic manner and stay motivated. Students understood the importance of prioritizing their task and could also identify certain time wasters which act as barriers and also look for solutions to these barriers.

The session was interactive and queries of students, and their concerns were addressed all along the session. Students participated actively in activity, discussions and posed their queries and confusions. The session was indeed very motivating and effective for increasing the productivity of students. They learnt that goal has to be realistic with a stretch, requiring effort and focus to achieve it.



TRANSITION SESSION

“Any transition is easier if you believe in yourself and your talent.” Priyanka Chopra

The transition from Primary to Middle School is a pivotal milestone in every student's academic journey, signalling a notable change in their educational environment and expectations. To address the needs of the young adolescents and offer them relevant guidance and information, the school's Health & Wellness Programme organized a 'Transition Session' for the students of Grade VI on April 26, 2024. The session is an indigenous initiative under the inspirational mentorship of Dr. Alka Saxena, Deputy Director (Health & Wellness), Blue Bells Group of Schools.

A preliminary activity in Grade VI was organised to explore students' emotions, perspectives, and anticipation. Students were grouped and tasked with creating a collage on reflecting their thoughts, feelings, perceptions, and expectations about transitioning to the Middle Wing.

A specially designed experiential learning session was conducted to help students express their thoughts, feelings, perceptions, and expectations. The students were briefed about the program in the Middle Wing. During an engaging session, team members addressed the students' feelings and concerns regarding their transition to a new wing, offering insights on how they can adapt positively to this change, which is essential for personal growth. They discussed the art of conversation as a tool to make new friends and shared strategies for breaking difficult tasks into manageable parts for effective learning. The importance of taking small steps and managing time was emphasized to organize studies and cope with changes successfully.

Additionally, Peer Educators from Class VII shared their experiences, highlighting how they managed their concerns with the support of Life Skills and honed their skills during the process of successfully navigating the transitional phase.

This initiative by the Health & Wellness team is a proactive step to help students understand and adjust to changes more smoothly





‘LET'S EXPLORE PUBERTY’: A SESSION FOR CLASS VII BOYS

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

Puberty represents a significant phase of transformation for both boys and girls, involving physical, cognitive, emotional, and social changes. Recognizing the importance of addressing children's doubts and queries during this period, a captivating session was arranged on May 07, 2024, specifically tailored for Class VII boys. This initiative was developed and conducted under the guidance and inspirational leadership of Dr. Alka Saxena, Deputy Director (Health & Wellness), Blue Bells Group of Schools. The session was led by Dr. Sanjay Bhatt, the school Doctor and Mr. Harsh Vashisht, Life Skills Facilitator.

The session aimed to educate the boys about the forthcoming physical, emotional, hormonal, and social transformations during puberty. School Cinema movie 'Let's Talk Puberty' was screened to lay foundation of the topic. They gained a holistic understanding of changes and learned strategies for managing them effectively through adequate sleep, nutrition, and personal hygiene. Concepts such as mood swings and fluctuations in energy levels were also explained comprehensively.

Dr. Bhatt concluded the session by stressing the importance of healthy eating habits and regular physical activity. He urged the students to seek additional support and guidance by initiating conversations with their parents, doctors, teachers, counsellors, and the Wing In-charge regarding this crucial stage of their development.



YOGA SESSION (PRIMARY WING)

“Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe affects our state of well-being.” -Greg Anderson

The Health & Wellness Programme continually strives to spread awareness of the holistic well-being of all stakeholders. In pursuance of this goal, the Health and Wellness team of the Primary Wing organized a Yoga Session on May 21, 2024 under the expert guidance of Dr. Alka Saxena, Deputy Director (Health & Wellness), Blue Bells Group of Schools. This session aimed to raise awareness about the importance of well-being and maintaining a healthy lifestyle in our daily lives. It included Laughter Yoga and various stretching exercises for the neck, arms, spine, legs, and toes. The students participated with great enthusiasm and pledged to continue these exercises. The session was led by teachers in collaboration with esteemed parents to ensure the involvement of all stakeholders in the holistic development of the students.

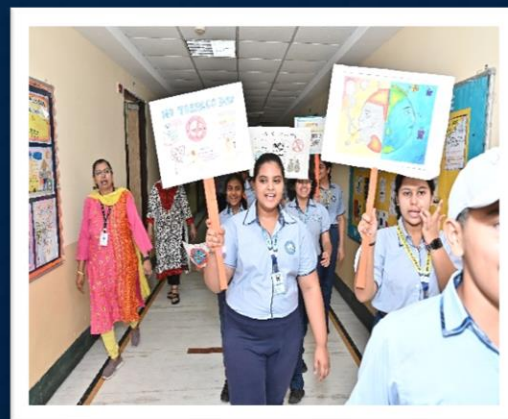
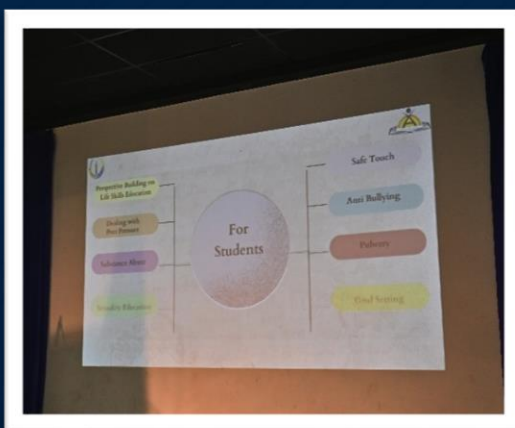


TOBACCO CAMPAIGN: WORLD NO TOBACCO DAY

“The groundwork for all happiness is health.” –
Leigh Hunt

Every year, 31st May is observed as World No Tobacco Day. This year's theme being – ‘Protecting children from tobacco industry interference.’ The annual event marks an opportunity to raise awareness on the harmful and deadly effects of tobacco use.

The Health & Wellness Programme under ADEPT-A Program for Enhancing Life Skills, Powered by wellnesswise.in, has been working incessantly in cultivating the right knowledge and providing each one a platform to feel empowered to advocate on various social issues. Under the mentorship of Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS, Brahm Dutt Blue Bells Public School celebrated ‘World No Tobacco Day’ from July 2, 2024 to July 04, 2024. The objective was to shield the youth with information about harmful tobacco products and deceptive advertising practices.



On July 02, 2024, a special assembly was organized on account of WNTD. Anushna Srivastav, the Health & Wellness Ambassador of BDBBPS, shared her views on the harmful effects of using tobacco. She further reiterated the theme and sensitized the august gathering to take a Pledge on World No Tobacco Day and be committed to 'Say No to Tobacco'. Dr. Trilok Singh Bist, Principal, BDBBPS addressed the audience by voicing his opinion that each one of us needs to make a conscious effort to make the right choices and say 'No' to the deadly threat. The assembly closed on a promising note with a Signature Campaign.



The students of Grades IX to XII participated in a plethora of activities by designing thought-provoking Posters, Collages, and Placards with Slogans articulating their thoughts and feelings. To further foster a sense of responsibility among the masses, on July 04, 2024, the students participated in an awareness drive raising slogans on the ill effects of tobacco use and the risks involved with children working in the tobacco industries. The presentation given by students citing the ill effects of Tobacco consumption left the audience gasping for more.

The endeavour was successful in sensitizing people to the core issue. Each member of the community felt responsible and committed to bringing about a change in the society.

TEACHER EMPOWERMENT PROGRAMME

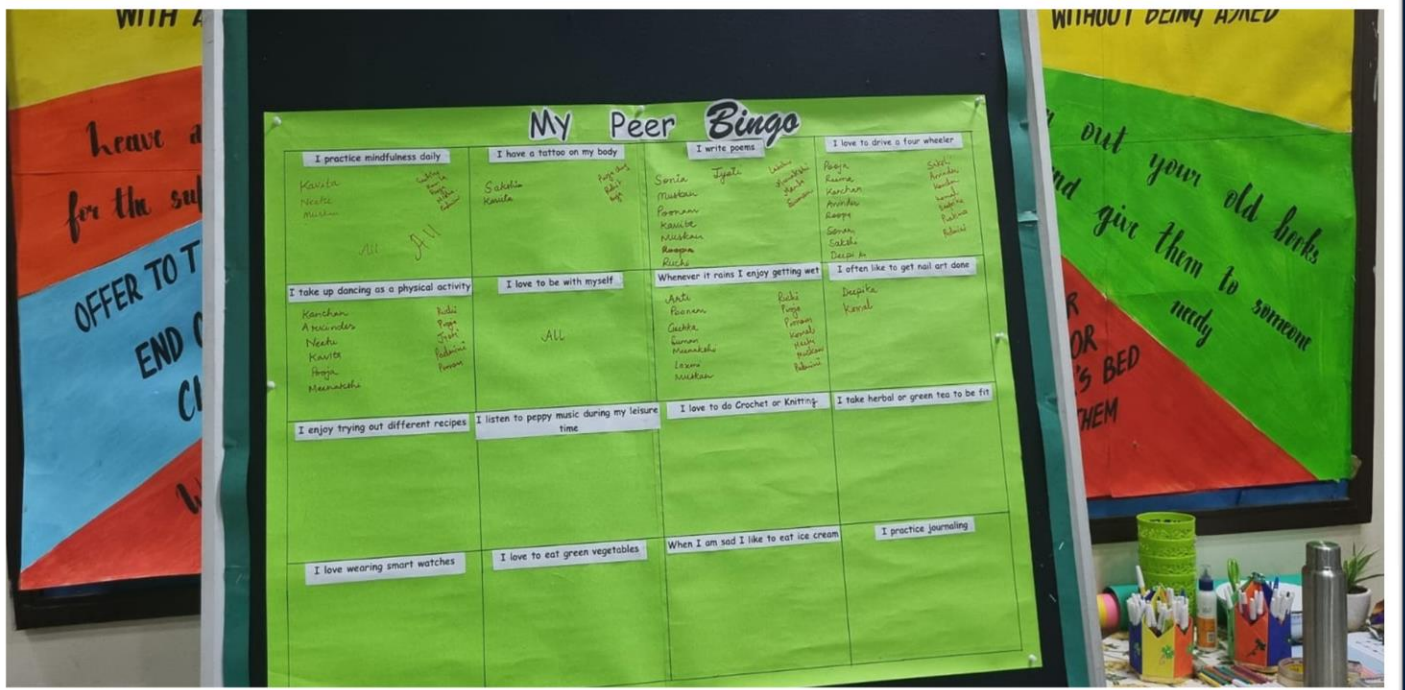
A workshop on 'Self Awareness through Mindfulness' and Setting Ground Rules was conceptualized and curated by ADEPT- A Program for Enhancing Life Skills, Powered by wellnesswise.in under the skilful leadership of Dr. Alka Saxena, Deputy Director (Health & Wellness), Blue Bells Group of Schools. The session was conducted by the Resource Centre Team members for the teachers of Blue Bells Model School on March 28, 2024.

The teachers were given an insight into the concept of Mindfulness and its importance for students. They enthusiastically participated in the activities which helped them to understand the concept of 'Mindfulness', 'Self Awareness' and 'Setting Ground Rules'. They were further apprised of the benefits of these aspects and also how the Health & Wellness Programme intends to take it up as a theme in the month of April.

In addition, teachers were equipped with various tools and techniques which would be applied in the classes for boosting students' overall wellbeing. It was an enriching session



TEACHER EMPOWERMENT PROGRAMME





Ground Rules

- * Awareness about the consequences from
- * Reinforce time to time
- * Involve children in making rules to give ownership
- * Rules to be displayed for reminders
- * develop a sense of belongingness
- * Discuss rules in Circle Time
- * Create a song or poem on rules
- * Frame rules in a positive manner - properly worded
- * Making parents co-partners in making rules
- * Checklist for following rules for students
- * Appreciate & encourage children for following rules
- * Teach children Self Regulation - self motivated to follow rules

- * Why rules are important?
- * Make them co-partners
- * How to display?
- * Positively word it
- * Reinforcement is important

Rules for Teachers

- * Reach classroom in time
- * Prepare interesting lessons
- * Check notebooks regularly
- * Be punctual
- * Be polite & friendly with children
- * Address emotions, be kind & firm
- * Respect everyone & be positive
- * Love who you teach
- * Be non judgemental
- * Be Mindful about students
- * Equal opportunities

THE BEST
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EDUCATION
CONFIDEN

WELLNESS WISE BY DR. ALKA

AUTHOR PROFILE



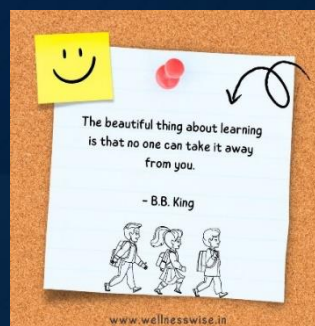
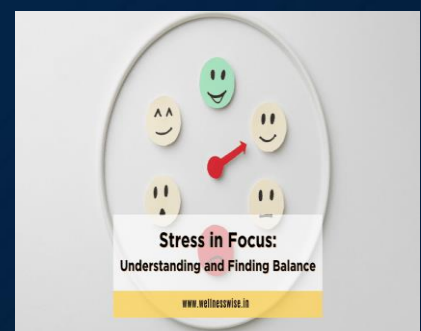
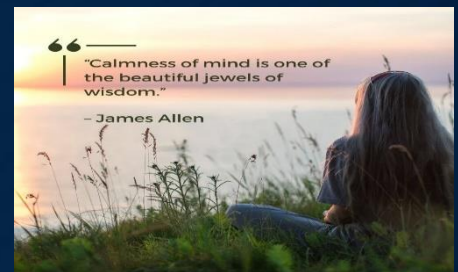
Dr. Alka Saxena

Dr. Alka Saxena is an avid advocate of the socioemotional well-being of children. She earned her MBBS from the prestigious...

‘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/>



Dear Readers

Life offers everyone a dream and the one who possesses guts and gusto accomplishes it. We pray to the Almighty that all your envisioned dreams find fruition, and may you reach the epitome of happiness and peace. We are sharing with you the words that have always propelled us to march toward our goals with conviction and commitment.

“Have faith in your goals and pursue them with joy, determination, and dedication,

Trust yourself, and you will feel truly blessed because you are unique and God’s special creation.”

So, let us keep dreaming and achieving, setting new benchmarks. We will see you in the next edition of the e-Newsletter, where we will proudly present to you the achievements, celebrations, and indigenous initiatives of the school.

Warm Regards

Editorial Team

BDBBPS, Sector 10

Gurugram

**‘Success is sweetest for those who strive,
To taste its nectar, they must survive,
Through deepest need and hardest test,
Only then do they find it best.’**

