



# BRAHM DUTT BLUE BELLS PUBLIC SCHOOL

## E- NEWSLETTER



## January-March 2025



Phone No.: 9811945543  
9811868241/242



Website :  
[bluebells.org/bbpublic](http://bluebells.org/bbpublic)



Email:  
[bbpublic@bluebells.org](mailto:bbpublic@bluebells.org)



YouTube  
Blue Bells Public School

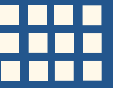


Facebook@bbpublic1



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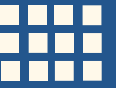
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# MESSAGE



**Dr. Alka Saxena**  
**Deputy Director (Health & Wellness)**  
**Blue Bells Group of Schools**





“Transitions are a time for reflection, and a time for looking forward.”-Roy Cooper

Dear Students

As the academic session concludes and a new one begins, it's time to reflect upon the past year and set intentions for the new phase. The transition from one academic session to another provides an excellent opportunity to pause, examine, and turn previous experiences into key takeaways. Self-reflection and learning work collectively, and both play a crucial role in personal and academic development.

Introspection allows us to make informed decisions in our lives. It also helps us choose the learnings we want to carry forward with us and leave behind those which do not serve any purpose in the future. Here are some ways that a learner can introspect for personal growth. Examine whether you have been able to accomplish the goals you set for yourself, analyse your time management skills, and study habits. Reflect on the challenges you faced in the last session and scrutinize the strategies used to overcome these issues. This reflection will help you identify the areas and skills you would like to concentrate on in the new session.







As you prepare for the new academic term, align your actions with your goals. Setting achievable scholastic and extracurricular targets will help to focus and navigate your way through the year. A well-structured plan with clear milestones can ensure a steady progress. A new school year is a time for new beginnings and an opportunity to take on new challenges. Begin the session with hope in your heart and faith in your dreams and remember the words of Christopher Robin, “You are braver than you believe, stronger than you seem, and smarter than you think.”

Best Wishes

Dr. Alka Saxena

Deputy Director (Health & Wellness)

Blue Bells Group of Schools





# HALL OF FAME





# ET Inspiring Women Leaders 2025

March 13, 2025

**A visionary leader  
with a legacy in education**



**Dr. Saroj Suman Gulati honored with  
ET Inspiring Women Leader Award 2025**

Honoured to be under the patronage of a Visionary Leader,  
Mentor, and Source of Inspiration For the Blue Bells Family





# Bilkul Sateek, Dr. Saroj Suman Gulati, Director of Blue Bells Group of Schools

February 12, 2025



Dr. Saroj Suman Gulati, Director, Reflects on the Enduring Legacy of Blue Bells Group of Schools

A legacy woven with excellence; a journey etched in pride continues...

In an exclusive conversation with Bilkul Sateek, Dr. Saroj Suman Gulati, Director of Blue Bells Group of Schools, takes us on a nostalgic voyage through the defining moments that shaped the institution's illustrious legacy.

Watch the full interview on –

<https://www.youtube.com/watch?v=ymyPSc57o8>







# Sustainability Innovation Awards 3.0

January 02, 2025



The school proudly clinched the prestigious Green School Award at the Sustainability Innovation Awards 3.0. The Sustainability Innovation Awards 3.0 organised by Root Skills, Root Sap, Green Society of India, and Roots2Fame is a celebrated platform that shines a spotlight on groundbreaking efforts to build a greener future.





# CELEBRATING INNOVATION: INSPIRE AWARDS - MANAK 2025

March 13, 2025



Arihant Rao (Class VII) was awarded INR 10,000 for his innovation, Smart Medical Dispenser, which ensures accurate medication dosing and timely reminders for patients.

Prisha Bhatia (Class X) received INR 10,000 for her project, The Auto Cleaning Mode in Air Conditioners, designed to automate AC maintenance for improved efficiency and air quality.



The **INSPIRE AWARDS - MANAK** (Million Minds Augmenting National Aspirations and Knowledge) is a flagship program by the **Department of Science and Technology, Government of India**, aimed at fostering a culture of creativity and scientific innovation among students from Classes VI to X.





## JEE MAINS RESULT 2025

Continuing our Legacy  
of Excellence in Education



**BLUE BELLS**  
GROUP OF SCHOOLS, GURUGRAM

99.9%  
Aditya  
Kumar



99.9%  
Himanshi



98.9%  
Shreshth  
Gaur



96.94%

96.9%

96.2%

96%

94.09%

93.54%

91.8%



HARSHITA KHANDHAL



SAKSHAM



RITWINT



SIDDHANT KUMAR



RISHIT



JYOTI ARORA



HARSHITA SHUKLA

EDUCATION PARTNER  
**ALLEN**



**Blue Bells Model School**  
Urban Estate, Sector 4, Gurugram  
☎ 91 8851396484

**B.D Blue Bells Public School**  
Urban Estate, Sector 10, Gurugram  
☎ 91 9811945543, 0124-4999-400/401







# Aryan Tyagi Powers Uttar Pradesh to Victory in the Vijay Merchant Trophy Final

January 29, 2025



In a thrilling Vijay Merchant Trophy U-16 final on January 24, 2025, Uttar Pradesh triumphed over Punjab, thanks to an exceptional display of skill and determination by Aryan Tyagi. Punjab set a formidable first-innings target of 364 runs in 174 overs, but Uttar Pradesh's relentless bowling attack, spearheaded by Aryan, turned the game's tide.

Aryan Tyagi, a student of Class XI D, proved to be the linchpin of the team's success. The right-arm fast bowler delivered a masterclass in precision and strategy, claiming 4 crucial wickets for just 44 runs in 25 overs at an impressive economy of 1.76.







# INTER-SCHOOL ACHIEVEMENTS





# RISING STAR: ANGAD SHAHI LEADS THE WAY TO FOOTBALL GLORY

January 29, 2025



**Angad Shahi**, a Grade V student, led his team to a spectacular victory in the **Delhi Future Stars League 2025**, where they emerged as Champions! With an astounding **43 goals in just 12 matches**, he was declared as the Best Player and Highest Goal Scorer of the Tournament.





# DISTRICT ROLLER SKATING CHAMPIONSHIP

February 12, 2025



The school gave an outstanding performance at the **RGOI District Roller Skating Championship and Selection Trials for the State Championship**, held at **RKSA Multi Sports Academy, Gurugram**, on **February 04, 2025**. **Ayush Bhatt (Class V)**, **Prisha Kataria (Class IV)** and **Ayaan (Class UKG)** bagged the **First Position** in their respective categories. **Ambika Anubhav Almadi (Class I)** joined the success wagon by clinching the **Second Position** with her exceptional performance.







# EXPRESSIONS 2025

## Ridge Valley Gurugram

February 24, 2025



**Dhairya Mittal (Grade II) and Khrisha Gupta (Grade III)** captivated the audience with their compelling narratives, securing the **First Position** in their event.

Tejasvi Chandana (Grade IV) and Aahana Srivastava (Grade V) clinched the Second Position with their innovative presentation, skilfully using idioms to challenge conventional perspectives through an engaging and insightful performance.







# ROBOTICS





# TECH-GEEKS FROM CLASS VI SHINE BRIGHT AT NATIONAL LEVEL CHAMPIONSHIP

January 11-12, 2025



Hands-on experience is the best way to learn about all the interdisciplinary aspects of robotics. -Rodney Brooks





Under the expert mentorship of **Madam Anshuka Aneja, Deputy Director, IT, Blue Bells Group of Schools**, our tech-geeks from Class VI showcased their brilliance at the prestigious National Level Championship, 'Robotron,' organized by Vigyantram at IIT Delhi on January 11-12, 2025. Competing against participants from over 50 schools across India, the team—comprising **Chitransh Gupta, Manan Kadian, Deivik Goyal, and Omji Singh**—secured an impressive **Second Position**. Their outstanding performance earned them a well-deserved **trophy and a voucher worth ₹5,000**.

The school was also honoured with a **special recognition** for its relentless dedication to promoting a passion for **STEM education** among students.





# CYBER SECURITY







## **Don't Let Digital Anxiety Take Over Your Life!**

Technology connects us, but too much screen time can lead to digital anxiety—stress, overwhelm, and dependency on devices. The good news? You can take control before it affects your well-being!

### **Signs to Watch For:**

- ✓ Constant urge to check notifications
- ✓ Feeling restless without your phone
- ✓ Difficulty focusing on real-life interactions
- ✓ Sleep disturbances due to screen exposure

### **Simple Ways to Unplug & Thrive:**

- ✓ Set Screen Time Limits – Reduce unnecessary scrolling.
- ✓ Create Tech-Free Zones – Keep devices away during meals & bedtime.
- ✓ Prioritize Offline Activities – Engage in hobbies, exercise, or social interactions.
- ✓ Turn Off Non-Essential Notifications – Minimize distractions.





# **LIVE LIFE** BEYOND **SCREENS,** **FREE OF** **DIGITAL ANXIETY**

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# Spot the **signs & symptoms**

---



Social  
comparison



Information  
overload



Fear of  
missing out



Cyberbullying





# Here's how you can **manage it**

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Watch selective  
content



Practice  
digital detox



Set a limit  
on screentime



Prioritize face-to-face  
interactions







## **Is Your Phone Secretly Listening? Stay Cyber-Safe!**

Ever talked about something and suddenly saw ads for it? Your phone might be listening in without you realizing it! Apps with microphone access can collect data, putting your privacy at risk.

### **How to Protect Yourself:**

- ✓ Review App Permissions – Disable microphone access for unnecessary apps.
- ✓ Check Privacy Settings – Restrict background listening in your phone settings.
- ✓ Keep Software Updated – Install updates to patch security vulnerabilities.
- ✓ Be Cautious – Avoid discussing sensitive details near smart devices.

**Stay Alert, Stay Secure! Your Privacy Is In Your Hands.**





Do some ads  
make you think  
**is my phone  
eavesdropping  
on me?**

Here's why it  
happens!





## **Active Listening**

The process through which your phone listen in on your conversations both in-real time & on-phone





## Why is it a matter of concern?



Data profiles  
are sold out  
to companies



Personal information  
is at risk



Spying and  
surveillance  
through microphone







## How to stop it?



Delete the voice assistant's history and data



Turn off the microphone for unnecessary apps



Disable your phone's voice assistant



Review and manage app permissions



Keep your software updated



0100101 01 1 01 10 010101 00010101 1 11 0 10100 0 10 1 0101  
01010 0 10 010101 01 0100 0 01110 1010 10101 010101 010001  
11 01010 01 1 0 100 01010 0001010 10100 001010 1101 01001  
11 1010010 10 0001010100 01 011 0 0 00 01001010 0 0 00100 0  
0 110 01000 010 010 00101010 10 0 00101 00 01 0 00 110101 01  
100 0100 0 0101 1011 10 0001 0110 1 0 0 01011 1 10 0 010  
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## Not All Cookies Taste as Good as They Look!

In the digital world, we often accept website cookies without a second thought. While these cookies are designed to enhance user experience by remembering preferences, searches, and login details, they also pose potential privacy risks.

To ensure online safety, it's crucial to stay informed and take control of your digital footprint. Be mindful of the cookies you accept and explore ways to safeguard your personal data. Stay smart, stay secure!





# ACCEPTING COOKIES WITHOUT A SECOND THOUGHT

**THINK  
AGAIN!**





## How do cookies work?

**Websites track the cookie crumbs you leave while surfing the internet to understand your preferences & show personalized content**







# Cookies remember all your things, like:



SafeSearch  
settings



Search history  
& filters



Language  
preferences

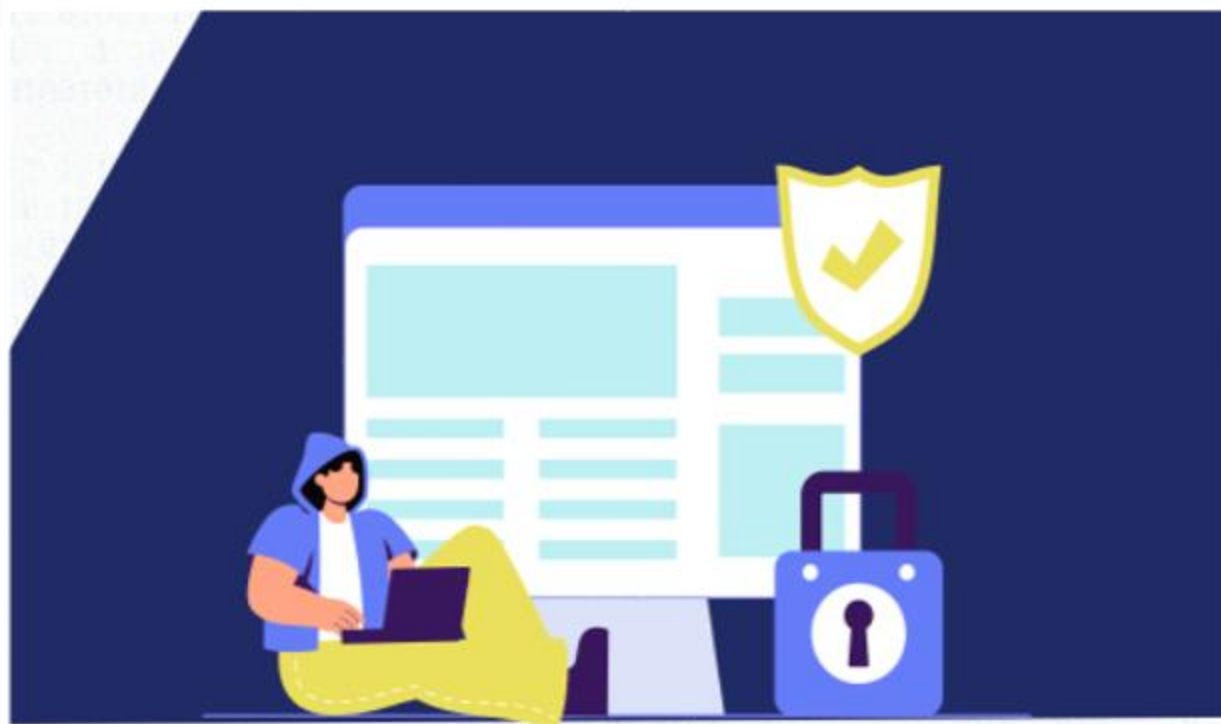


Shopping cart  
items



Login details

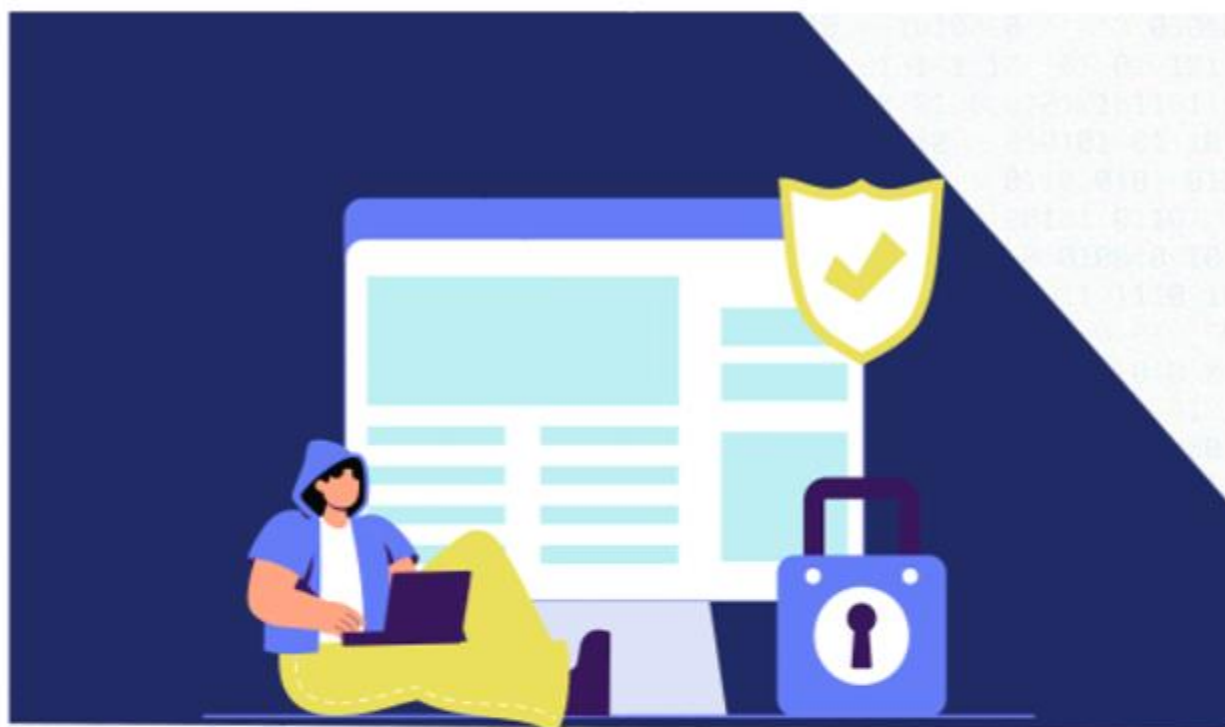




## **How to take control of your cookies?**

- 1. Open Chrome**
- 2. Click the three dots (top right)**
- 3. Go to Settings > Privacy & Security**
- 4. Select Third-Party Cookies**





## **5. You get 3 choices:**

- ▶ **Block all third-party cookies**
- ▶ **Send a “Do Not Track” request**
- ▶ **Choose which websites can use cookies**





# **COOKIES IMPROVE USER-EXPERIENCE, BUT ALSO COME WITH PRIVACY RISKS**

**STAY  
AWARE,  
STAY SAFE!**







# **TEACHER EMPOWERMENT WORKSHOP ON ROLE OF AI IN EDUCATION**

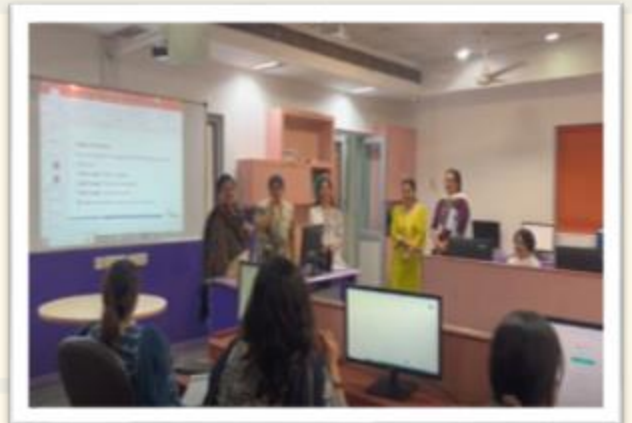




## AI IN EDUCATION: EMPOWERING EDUCATORS FOR THE FUTURE

The Capacity Building Programme at school introduced educators to the transformative power of Artificial Intelligence (AI) in teaching. The sessions covered AI applications, prompt engineering techniques, and Gamma AI for interactive presentations. Hands-on activities, including supervised machine learning and AI gaming, provided practical insights into AI-driven learning. Educators explored innovative strategies to enhance classroom engagement, boost efficiency, and promote digital transformation in education. By integrating AI tools, the initiative equipped teachers with essential skills to revolutionize pedagogy, making learning more interactive, personalized, and future-ready. This programme marks a significant step towards embracing technology in modern education.





**“AI can be a great equalizer in education, bridging gaps and offering opportunities to those who need them most.” – Sundar Pichai**





**"With AI, education becomes a journey of limitless possibilities, personalized for every learner." – Unknown**







# **TEACHER EMPOWERMENT WORKSHOP ON GEMINI & MAGIC SCHOOL**



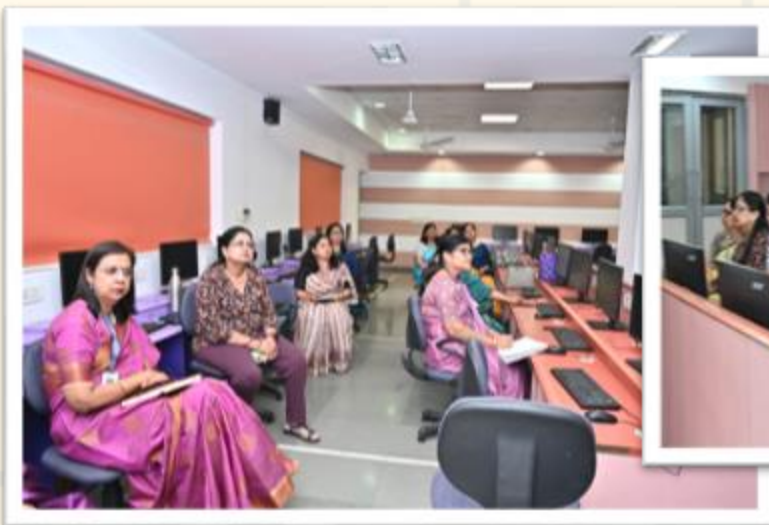


The IT Department of BBGS organized a workshop on March 24 & March 29, 2025, for the teaching and non-teaching faculty of BDBBPS. Led by the IT team, the session introduced two powerful AI tools—**Gemini AI** and **MagicSchool AI**—highlighting their potential to enhance productivity and creativity in education.

**Gemini AI** is a multimodal AI capable of processing text, images, audio, and video. It aids in productivity, content creation, communication, and text manipulation while addressing ethical concerns like data privacy and transparency.

**MagicSchool AI** is an AI-powered toolkit for teachers, assisting in lesson planning, assessment creation, and student engagement. It features an AI image generator, lesson plan and rubric creators, and tools for generating engaging and thought-provoking questions.





**"The real power of AI is not replacing humans, but enhancing human capabilities and enabling us to achieve more." — Fei-Fei Li**





**"AI is a new form of intelligence, one that can help us dream bigger, innovate faster, and push the boundaries of what is possible." — Andrew**





# **CELEBRATIONS GALORE**





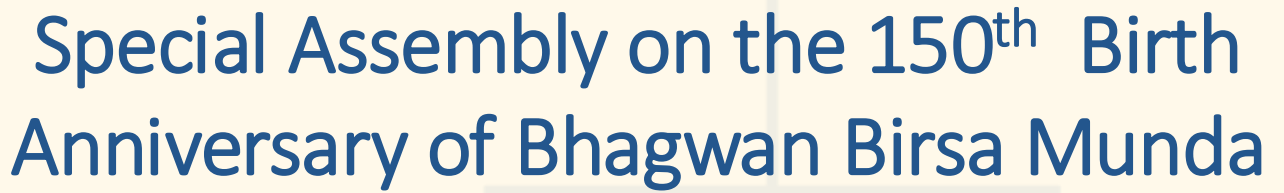
# CITATION CEREMONY 2025

January 18, 2025

The Citation Ceremony is a treasured tradition held annually to bid a warm farewell to graduating students, honour their accomplishments, and inspire them to chase their aspirations as they transition to the next stage of their journey. It stands as a tribute to the determination, perseverance, and growth displayed by the students throughout their time at the school. The Citation Ceremony for the Class of 2025 was held on January 18, 2025.







**Legacy of Birsa Munda's Kranti:**

The revolt led to changes in policies, especially the abolishment of the zamindari system which allowed peasants to own their own land. Birsa Munda's legacy lives on as a model of freedom fighting.

**Martyrdom:** Birsa Munda was arrested by the British in 1900 and died under mysterious circumstances in jail. His legacy lives on as a model of freedom fighting.







# REPUBLIC DAY CELEBRATION

January 26, 2025



The school commemorated the 76th Republic Day on January 24, 2025, with immense enthusiasm and a deep sense of patriotism. The school campus came alive with vibrant energy as students and faculty joined to mark this momentous occasion.







# Farewell Ceremony 2025

January 27, 2025





# Pariksha Pe Charcha

February 10, 2025

Brahm Dutt Blue Bells Public School buzzed with excitement as approximately 230 students came together for the screening of Pariksha Pe Charcha, a transformative initiative led by Shri. Narendra Modi, Hon'ble Prime Minister of India on February 10, 2025. The event provided an enriching platform for students to express their thoughts, exchange ideas, and gain valuable insights on examinations and education.







# Synergy - The Sports Fest 2025

## Nursery - V

February 01, 2025



With the vision of fostering sportsmanship, confidence, and holistic development among young learners, the Annual Sports Day, 'Synergy – The Sports Fest,' was celebrated with great enthusiasm on February 1, 2025, for students from Pre-Nursery to Class V.





# Synergy - The Sports Fest 2025

1<sup>ST</sup> February, 2025



True success in sports stems from dedication, determination, and the unwavering spirit to chase one's dreams







# Celebrating Spring: A Joyful Assembly by Grade I

February 19, 2025

Spring is a season of renewal, joy, and endless possibilities. Embracing its beauty, the students of Grade I presented a lively and engaging assembly, celebrating the vibrant essence of nature.







# Learning Unbound Chapter 2024-25

March 01, 2025



Learning becomes profound when it is visible, and transformational when it is shared.















# Women's Day Celebration at BDBBPS: A Tribute to Courage and Excellence

March 08, 2025







# Orientation Day Class-X & XII

March 08, 2025



ORAN BELL BLUE BELLS PUBLIC SCHOOL SECTOR-35, GURUGRAM  
**ORIENTATION PROGRAMME**







# Embracing New Beginnings: An Inspiring Start to the Academic Year

March 12, 2025





# TOURS & TRAVELS







# A Joyful Journey of Discovery at the Rail Museum

February 27, 2025

Brimming with excitement and curiosity, the young learners of Classes Nursery and LKG embarked on an enriching visit to the Rail Museum.



Every small step of exploration paves the way for great journeys of learning.







# Trip To India Gate (Class-I)

March 4, 2025

Learning Beyond the Classroom: A Day of Discovery and Fun







# Trip to the National Rail Museum (UKG)

March 4, 2025







# Trip to Amrit Udyan (Class-II)

March 7, 2025

An educational trip to Amrit Udyan, New Delhi, was organized for the students of Class II on March 5, 2025. The young learners were enthralled by the garden's breathtaking beauty and the vibrant hues of nature. Their curiosity sparked lively discussions as they eagerly identified different plants and exchanged their discoveries with their peers.







# Trip to Pradhanmantri Sangrahalaya ( Grades III-V)

March 11, 2025









# HEALTH AND WELLNESS





**"Wellness is not a destination; it is a way of life—one that begins with taking charge of health and well-being."**

Brahm Dutt Blue Bells Public School cultivates a culture of holistic wellness in order to thrive physically, mentally, and emotionally. We nurture students with the interconnected dimensions of wellness.

The Health & Wellness Programme at BDBBPS, under the dynamic leadership of Dr. Alka Saxena, Deputy Director (Health & Wellness), Blue Bells Group of Schools, has been taking innovative initiatives to equip students with the knowledge, positive mindset, and practices to lead empowered and fulfilling lives. By integrating value education and life skills into the very fabric of learning, we help students to become resilient and self-aware with confidence.







## **EVENTS ORGANIZED UNDER THE HEALTH & WELLNESS PROGRAMME**

### **GROUP WORK FOR STUDENTS**

#### **DISTRESS TO DE-STRESS: HANDLING EXAMINATION STRESS**

As we approach exam season, it is essential to prioritize our students' well-being and help them maintain a calm and focused state of mind. To support students in managing their emotions and addressing their concerns, **Adept – A Program for Enhancing Life Skills**, powered by [wellnesswise.in](https://wellnesswise.in), has been conducting Exam Stress Modules annually for students in the Senior Wing and Middle Wing, from Grades IX to XII and VI to VIII, respectively.





The primary objective of the session was to help students recognize the causes of stress and acquire effective coping strategies. Students were guided on how to recognize and address automatic negative thoughts, enabling them to manage these effectively and avoid feelings of discomfort or pressure during exam time. The importance of a **healthy lifestyle**, which includes a balanced diet, regular exercises and good sleeping habits, was also emphasized upon. The students were apprised that they could connect individually with the counsellors for any further support.





For further reading, kindly visit following links:

<https://wellnesswise.in/resilience-and-coping-with-stress/>

<https://wellnesswise.in/tips-for-staying-healthy-during-exams/>

<https://wellnesswise.in/skills-to-acquire-in-2022-time-management/>

<https://wellnesswise.in/using-smart-timetables-in-your-daily-life/>

<https://wellnesswise.in/hands-on-tips-for-your-learning-style/>







## **Elixir: 'Find Your Essence 2024-25**

The Health & Wellness team created an expressive corner Elixir: 'Find Your Essence'. The corner added enthusiasm to the event 'Learning Unbound Edition IX Chapter 2024-25, by imparting a thoughtful mindset and a new outlook to parents.





An overview of the Health & Wellness Programme was showcased through aesthetically designed display boards which gave a kaleidoscopic glimpse of various activities and events for students, parents and teachers under the programme. Primary Wing students apprised the parents about the Health & Wellness Programme, ADEPT- A Programme for Enhancing Skills, powered by [wellnesswise.in](https://wellnesswise.in), and interesting characters and mascots of the School Cinema Movies which help to imbibe a healthy value system in the students.

Inspirational and thought-provoking movies by School Cinema were projected as part of the Value Education programme. Students welcomed the parents and engaged them in interesting and intriguing energizers, mind jogs and activities like 'Spot the Difference', 'Brain Gym' and 'Unlocking Creativity: The Pandora Possibilities' related to the movies. The movies helped the parents to understand that it is extremely important to acknowledge different values, life skills and emotions to have a holistic approach towards life.





The parents experienced hands on activities with full zeal and vigour and appreciated the students' performance. These activities reflected in- house teaching methodologies which make learning fun-filled and impactful.

The display left an indelible impact on the parents, and they lauded the efforts of the team.









# CAPACITY BUILDING WORKSHOP FOR TEACHERS

## Calm Corner: Nurturing Emotional Well-Being in Classrooms



"Calm minds bring inner strength and self-confidence." –  
Dalai Lama

The school, under the aegis of Adept – A Program for Enhancing Life Skills, powered by Wellnesswise.in, is embracing innovation in socio-emotional learning by introducing the Calm Corner in the classrooms of its Pre-primary Wing. This designated space is designed to help students relax and self-regulate when feeling overwhelmed, anxious or upset.







To support this initiative, the Health & Wellness team conducted a teacher training session on creating Calm Corners in classrooms. The session aimed to enhance teachers' understanding of social-emotional learning and its impact on students' academic and personal growth.

The Calm Corner will help students identify and regulate emotions, fostering confidence and cognitive readiness. This tranquil space allows them to regain focus during emotional distress, ensuring a positive and inclusive learning environment that promotes success in school and beyond.







# **PARENT EMPOWERMENT WORKSHOPS**

## **INTERACTIVE SESSION ON ‘BUILDING BETTER BRAINS’**

At Blue Bells Group of Schools, we firmly believe that a strong parent-school partnership lays the foundation for meaningful learning experiences. In line with this vision, under the aegis of Adept – A Program for Enhancing Life Skills, powered by [wellnesswise.in](https://wellnesswise.in), an insightful session, “Building Better Brains: Neuroscience Insights & Strategies for Cognitive Success,” was organized on February 8, 2025. The session was thoughtfully curated for the parents of senior students. Dr. Saroj Suman Gulati, esteemed Director, BBGS graced the workshop with her benign presence.

Ms. Shammi Proothi, Vice President, ANON Global Foundation, led the parents through an enlightening session, providing profound insights into how the brain influences learning, decision-making, and overall well-being. From strategies to enhance cognitive abilities to wellness practices that foster resilience, the session equipped parents with powerful tools to support their child’s success.





Additionally, young entrepreneurs from Serenity Space—Mr. Udyat Gulati, Ms. Shivanshi, Mr. Kavish, Ms. Tanisha, and Mr. Yash—introduced their project, which aims to create a safe, inclusive space where individuals can openly discuss mental health and access professional guidance. They shared insights into their mental wellness platform, dedicated to promoting a supportive community through peer support groups, expert-led therapy, and curated self-care resources.

The workshop was highly appreciated by parents, who actively engaged in the interactive Question & Answer Session. Attendees lauded the efforts of Blue Bells Group and Team Serenity Space for their innovative and meaningful initiative.







## THOUGHT-PROVOKING SESSION ON ' MIND MATTERS: ENCOURAGE POSITIVE THINKING'







notable event segment in the Orientation Programme (X & XII) was a thought-provoking 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.





# Orientation Session

## Pre-Primary Wing

A brief overview of the Health & Well-being (H&W) Programme was shared with parents, highlighting its focus on emotional regulation and positive parenting strategies.

To promote self-awareness, a reflective activity was conducted where parents pondered upon how their emotions evolved in different situations. This exercise emphasized the importance of emotional intelligence in parenting. Parents were encouraged to recognize and validate their child's emotions, guiding them in reframing thoughts to develop healthier emotional responses. Additionally, a handout was provided, summarizing the interconnectedness of a child's thoughts, feelings and behaviour across various aspects of life—home, school, and friendship. It also outlined key strategies to support children's emotional well-being effectively at home. This session reinforced the role of





## Group Work for Students

*Learning to create bonds through sharing and caring.*

### Understanding the Thoughts, Feelings & Behaviour Cycle

ADEPT - A Program for Enhancing Life Skills  
Powered by vedamurugan.in

## Group Work for Students

*Learning to create bonds through sharing and caring.*







## Primary Wing

To strengthened the parent-school partnership through an engaging session conducted by the Health & Wellness Team under the visionary mentorship of Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS. Parents explored key initiatives of the Health and Wellness Programme and participated in an experiential session on emotional awareness, highlighting the impact of mindful parenting on a child's well-being.

To extend this learning, parents received a handout, "Happy Hearts: Understanding Thoughts, Feelings, and Behaviours," as a practical guide to nurturing emotional intelligence. The session concluded with an excerpt from Ma'am's blog, "World of Emotions," inspiring parents to prioritize emotional literacy in their child's development.













# ORIENTATION PROGRAMME FOR CLASSES VI - IX

Orientation Programme for classes VI- IX was held at Brahm Dutt Blue Bells Public School on March 29, 2025, with the aim of showcasing the vision, curriculum, and holistic development opportunities the school offers to its students.

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, and learned how these would be the central themes for April. The session highlighted the integration of mindfulness practices twice daily—once in the morning and again after lunch.

The 'Know Yourself' segment captivated the parents, encouraging enthusiastic participation and reflection. The session proved to be an enriching and memorable experience, earning widespread appreciation.





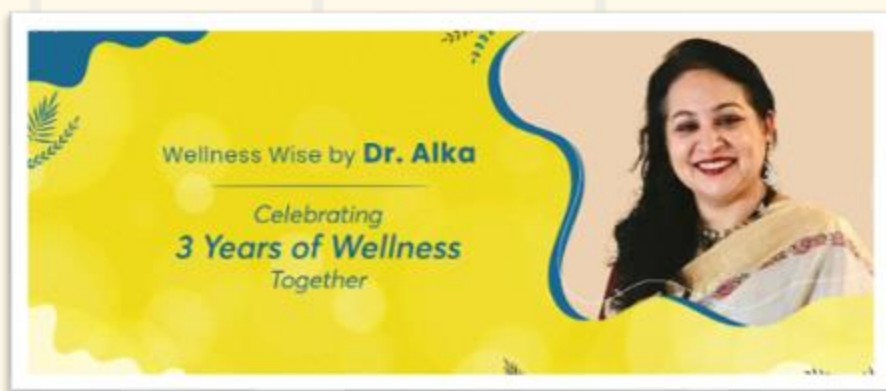


# WELLNESS WISE BY DR. ALKA



**“Wellness is a connection of paths; Knowledge and Actions”- Joshua Holtz**

Dr. Alka Saxena is a visionary leader dedicated to integrating cutting-edge health and wellness practices into education. She founded Wellness Wise by Dr. Alka to create a dynamic platform that empowers individuals across all age groups with invaluable insights on life skills, health, and well-being. Through her blog, she shares experiential wisdom gained as an educator, offering practical strategies that resonate with diverse audiences. Her mission is to inspire holistic well-being and foster a healthier, more balanced approach to life. Explore her insights at [www.wellnesswise.in](http://www.wellnesswise.in).







*Hello, Wellness Wise Family!*



*I am delighted to take a moment to reflect on and celebrate three incredible years together. What began as a simple vision to inspire a healthier, happier lifestyle has grown into a thriving community that continues to connect and grow in meaningful ways.*

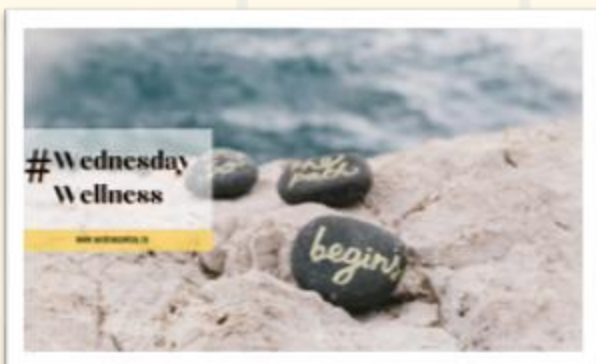
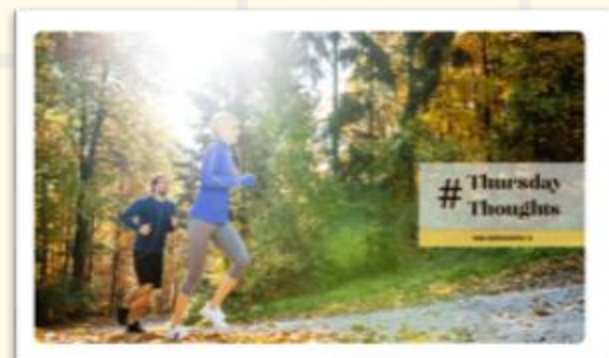
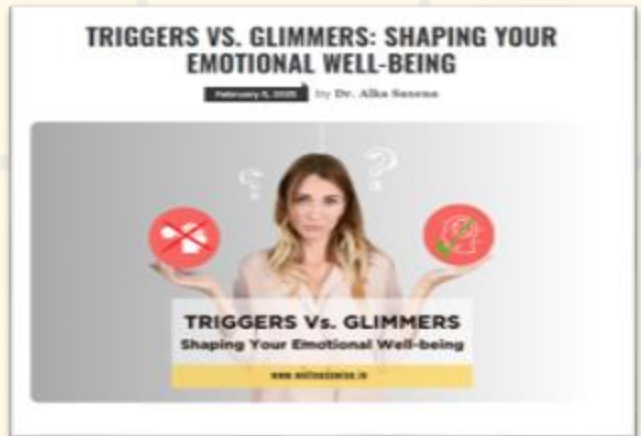
*Over the past year, we have delved deeper into topics that truly matter in today's world. We have explored the wonders of gut health, kept pace with the latest wellness trends, and offered valuable insights into mental health, emotional intelligence, and personalized counseling. Our goal has been to provide you with more of the resources you need on your wellness journey.*

*Your stories, feedback, and engagement have been the cornerstone of our progress, and for that, I am deeply grateful. Thank you for making these three years so fulfilling and impactful. Let us continue to embrace wellness together—one wise step at a time.*

*Here's to another year of growth, connection, and wellness wisdom!*

*With all my gratitude,  
Dr. Alka*







## 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](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/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/>





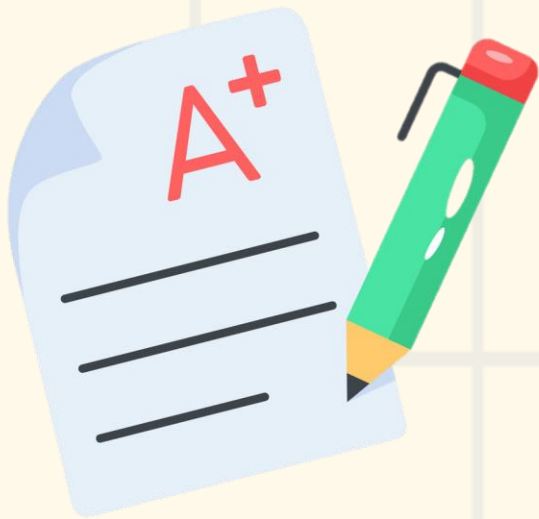
# ACADEMIC RESULTS (2024-25)





## CLASS: NURSERY

- ❖ Suvira Suthar
- ❖ Khiansh Chopra
- ❖ Diya Walecha
- ❖ Khanak Chauhan
- ❖ Jeevika Kathuria
- ❖ Ansh Sharma



## CLASS: LKG

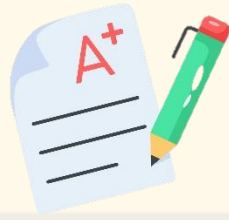
- ❖ Aadhya Srivastava
- ❖ Vihaan Aggarwal
- ❖ Ridansh Taneja
- ❖ Saksham Siwach
- ❖ Keyaan Singla
- ❖ Laghun Dudeja
- ❖ Viraj Kumar
- ❖ Nivaan Bhardwaj
- ❖ Keyansh Sethi
- ❖ Geetansh
- ❖ Divyanshu Mohanty
- ❖ Raavisha Yadav
- ❖ Avyukta Yadav
- ❖ Arjun Garg
- ❖ Ishanvi Bhardwaj
- ❖ Keyansh Dwivedi
- ❖ Apramya Devpuriya







## CLASS UKG ROSE



## CLASS UKG TULIP

- ❖ Pratyush
- ❖ Medhansh Bhardwaj
- ❖ Abhiraj Yadav
- ❖ Gurnaaz Singh
- ❖ Tuviksh Sharma
- ❖ Mitansh Jain
- ❖ Dimyra Khatreja
- ❖ Kaira Kataria
- ❖ Shivansh
- ❖ Purvil Falswal
- ❖ Smayan Sundariyal
- ❖ Atharv Pandey
- ❖ Aarya Sen
- ❖ Geetanshi Singhwahiya
- ❖ Rudraveer Singh
- ❖ Mishka Ganotra
- ❖ Mudita Arora
- ❖ Vanya Vashisth
- ❖ Vanya Yadav

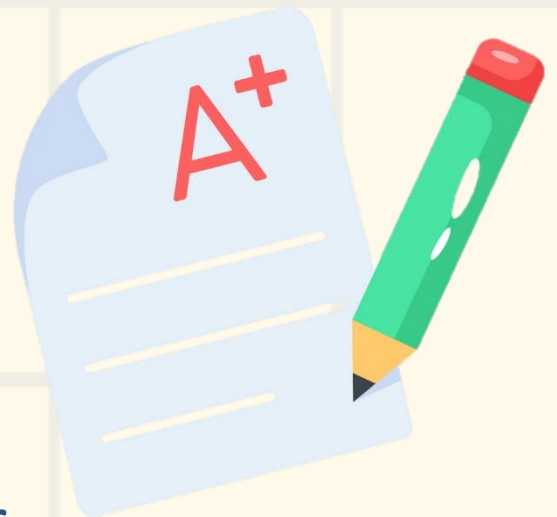
- ❖ Nihit Bansal
- ❖ Sarth Satsangi
- ❖ Aadhya Sirohi
- ❖ Gurvi Munjal
- ❖ Shreyansh Yadav
- ❖ Tisha Yadav
- ❖ Kiaan Gupta
- ❖ Tishya Yadav
- ❖ Myra Pannu
- ❖ Veer Pratap Tyagi
- ❖ Pratyaksh Gulati
- ❖ Ayansh Chaudhary
- ❖ Khanak
- ❖ Advik Agarwal
- ❖ Ayan
- ❖ Dhairya Rao
- ❖ Yug Deora
- ❖ Advik Yadav
- ❖ Peehu Vashista





# Class I A

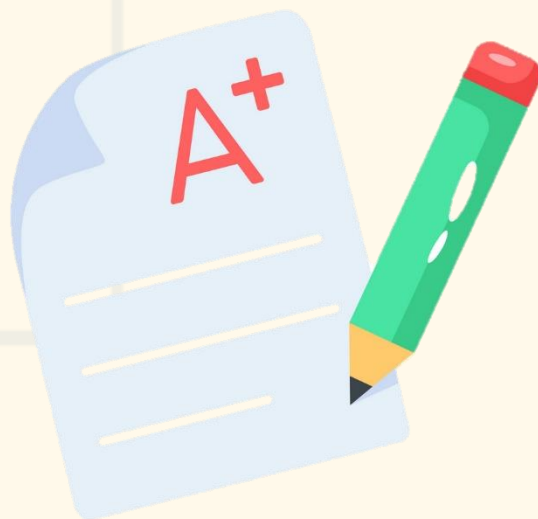
- ❖ Ambika Anubhav Almadi
- ❖ Adya Bedi
- ❖ Vihaan Sanwariya
- ❖ Sunaina Grewal
- ❖ ViraaJ Thakur
- ❖ Kiara Gupta
- ❖ Arth Dangayach
- ❖ Ira
- ❖ Ruhani Shukla
- ❖ Shivaansh Kumar
- ❖ Shanaya Dhaka
- ❖ Elvish Singla
- ❖ Shivansh Jangra
- ❖ Viransh Bande
- ❖ Prisha Yadav





# Class I B

- |                        |                    |
|------------------------|--------------------|
| ❖ Karanveer Singh Brar | ❖ Runnvijaay Khera |
| ❖ Krishav Rao          | ❖ Moksharth Verma  |
| ❖ Adwit Upmanyu        | ❖ Himank           |
| ❖ Yashvi Shekhawat     | ❖ Veronica Arora   |
| ❖ Krishika Khanna      | ❖ Kavyansh Mishra  |
| ❖ Ridhaan Amish        | ❖ Diya Vashishtha  |
| ❖ Shivaansh Kataria    | ❖ Pavika Morwal    |
| ❖ Jianshi Yadav        | ❖ Vishavjeet Singh |
| ❖ Shrinika Yadav       |                    |
| ❖ Mythili              |                    |
| ❖ Chhyansh Khanna      |                    |
| ❖ Dhairya Katyal       |                    |

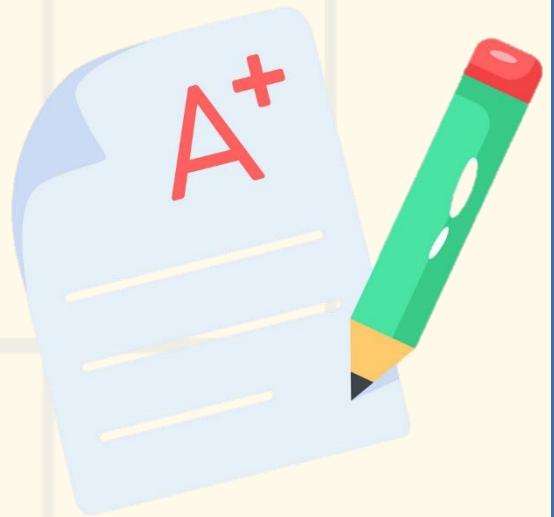






# Class I C

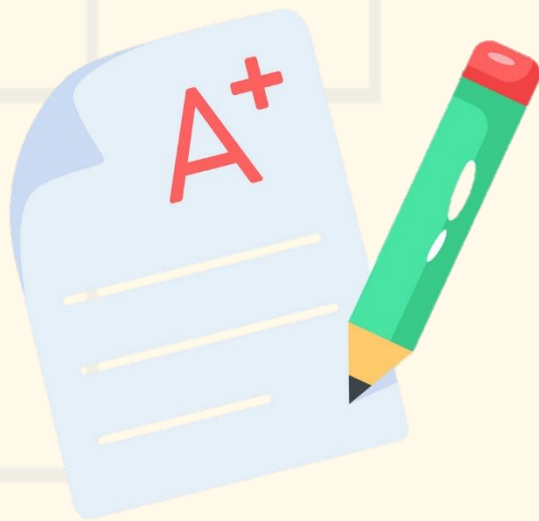
- ❖ Navya Yadav
- ❖ Anaisha Kilyania
- ❖ Zorawar Singh Khanna
- ❖ Advika Gupta
- ❖ Misha Verma
- ❖ Adhrita Srivastava
- ❖ Advit Sachdeva
- ❖ Swastikaa Parmar
- ❖ Viraj Banker
- ❖ Taakshvi Chandel
- ❖ Naksh Bothra
- ❖ Navya Yadav
- ❖ Nitanshi Raheja
- ❖ Divika Garg
- ❖ Nirvi Singhroha
- ❖ Pranshul Baloda
- ❖ Peehu Rajput





# Class II A

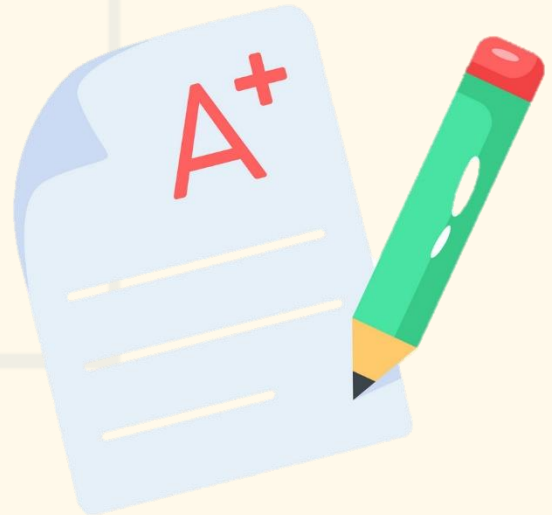
- |                          |                 |
|--------------------------|-----------------|
| ❖ Leena Sharma           | ❖ Aarjav Jain   |
| ❖ Saarya Bhalla          | ❖ Raayna Jain   |
| ❖ Sayesha Ohri           | ❖ Prisha Patial |
| ❖ Naysha Banga           | ❖ Ananya Tiwari |
| ❖ Roshika Thakur         | ❖ Aadvik Sharma |
| ❖ Lakshya Upadhyay       | ❖ Baani Suthar  |
| ❖ Tiya Azad              |                 |
| ❖ Shreeyansh Raghav      |                 |
| ❖ Shanvi Singh           |                 |
| ❖ Adhya Srivasatva       |                 |
| ❖ Navyansh Bhutani       |                 |
| ❖ Atharv Shrivastava     |                 |
| ❖ Aaruhi Upadhyay        |                 |
| ❖ Achal Chaturvedi Gupta |                 |





# Class II B

- |                           |                 |
|---------------------------|-----------------|
| ❖ Vivaan Vashisht         | ❖ Garvit Tiwari |
| ❖ Darshana Jain           | ❖ Ishani        |
| ❖ Inaaya Karan            | ❖ Dhairya       |
| ❖ Drisha Gauthwal         | ❖ Jinisha       |
| ❖ Kaavya Chaman           | ❖ Yakshit       |
| ❖ Nishant Bansal          | ❖ Jivraj Verma  |
| ❖ Diyansh Joon            |                 |
| ❖ Jiyanshi Tandon         |                 |
| ❖ Manat Walecha           |                 |
| ❖ Khushank Dhaka          |                 |
| ❖ Saanvi Mamgain          |                 |
| ❖ Agamyia Bhardwaj        |                 |
| ❖ Aahana Singhal          |                 |
| ❖ Astuti Chaturvedi Gupta |                 |

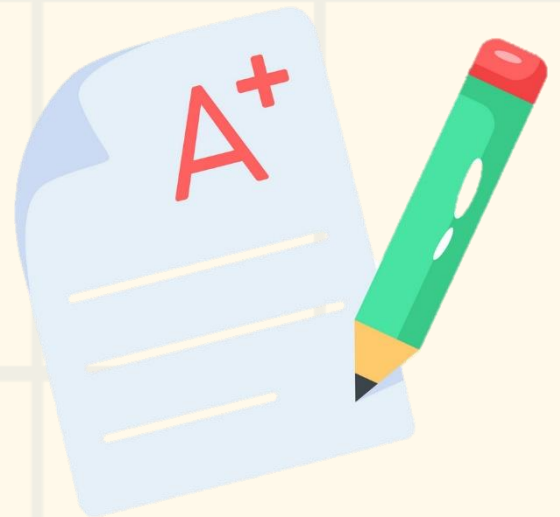






# Class II C

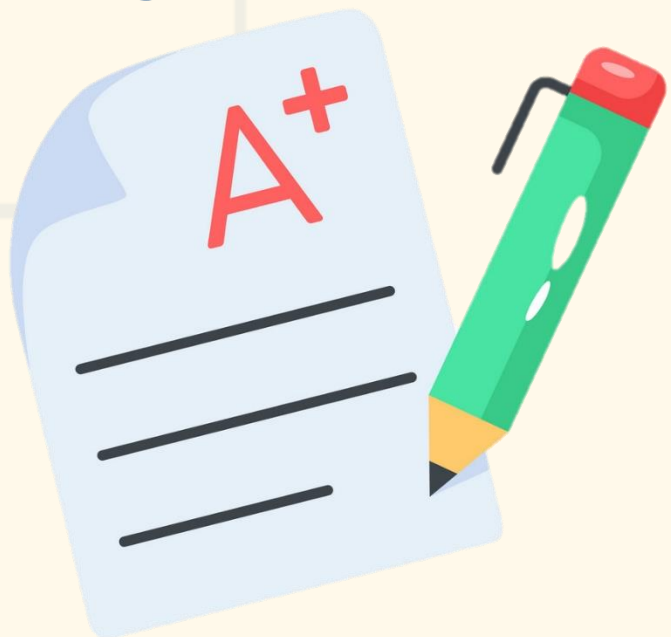
- ❖ Kashvi Chauhan
- ❖ Saiesha Arora
- ❖ Lahith Mahakhariya
- ❖ Harshvardhan Rao
- ❖ Purvansh Verma
- ❖ Parikshit Dahiya
- ❖ Mysha Bakshi
- ❖ Avin
- ❖ Bhavika Yadav
- ❖ Advika Choudhary
- ❖ Aaditya Sahu
- ❖ Dhairya Mittal
- ❖ Ishaanvi Sinha
- ❖ Reyansh Krishnater
- ❖ Dhanraj Bansal
- ❖ Eshaan Chaudhary
- ❖ Shivansh Maurya
- ❖ Shivansh Tuteja





# Class III A

- ❖ **Suhani Garg**
- ❖ **Ayaan Dang**
- ❖ **Shreya Sharma**
- ❖ **Raghav Sehgal**
- ❖ **Onish Sharma**
- ❖ **Venuka Dikhit**
- ❖ **Ayaan Arora**
- ❖ **Aayansh Singhal**
- ❖ **Vedika**





# Class III B

- ❖ Navyansh Chopra
- ❖ Harleen Malik
- ❖ Sampriti Manoharan
- ❖ Aayan Yadav
- ❖ Dhani Katyal
- ❖ Amayra Sharma
- ❖ Tejasveer Singh Tanwar
- ❖ Ayush Balodi
- ❖ Atharv Johri
- ❖ Kartik Sharma
- ❖ Shresth Jaiswal
- ❖ Urvi
- ❖ Reyansh Hans
- ❖ Kamaksh







# Class III C

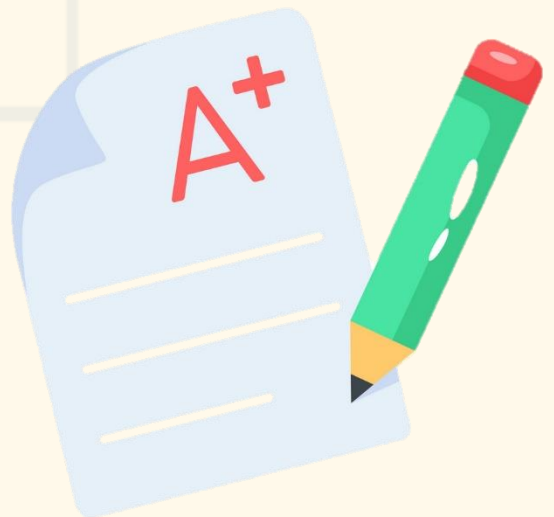
- ❖ Tejas Chopra
- ❖ Khrisha Gupta
- ❖ Gitanshi Gupta
- ❖ Tisha Yadav
- ❖ Aryan Jangid
- ❖ Nirmitt Gupta
- ❖ Rudransh Singhroha
- ❖ Vihaan Singh
- ❖ Deeyan Dudeja
- ❖ Udbhav Yadav





# Class IV A

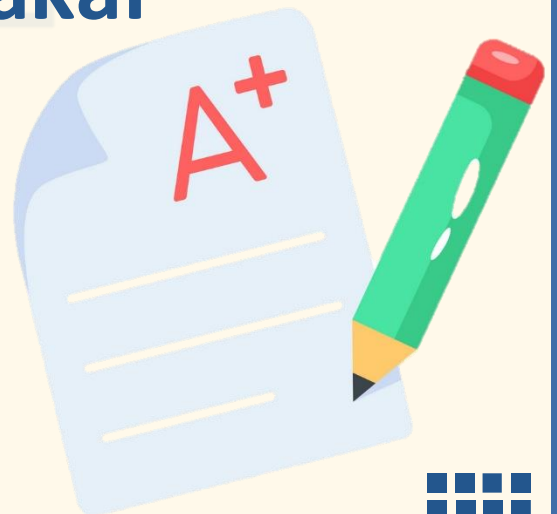
- ❖ Navika Chutani
- ❖ Aanvi Sharma
- ❖ Kalaathmika Uma Jayaprakash
- ❖ Aarvi Yadav
- ❖ Satya Kuchhal
- ❖ Annika Vats
- ❖ Tejasvee Chandna
- ❖ Vivaan Sharma
- ❖ Adinath Nair
- ❖ Samyra Singh
- ❖ Ayra Mehta





# Class IV B

- ❖ Tarasha Kotra
- ❖ Ghrit Mehndiratta
- ❖ Devansh Kapoor
- ❖ Vaibhav Jadaun
- ❖ Gulmaaira Sharda
- ❖ Dikshan Madan
- ❖ Aryansh Jha
- ❖ Kaushiki Priya
- ❖ Akshit Prabhakar
- ❖ Trisha

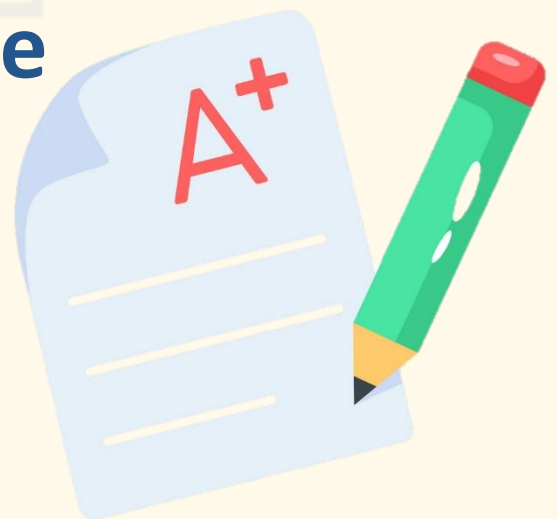






# Class IV C

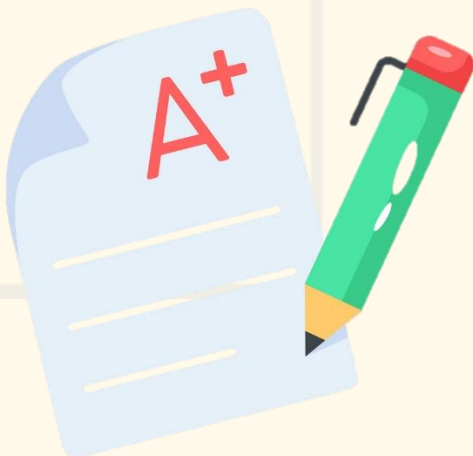
- ❖ Moira Grover
- ❖ Misha Dahiya
- ❖ Akshay Kumar
- ❖ Sarthak Yadav
- ❖ Omansh Yadav
- ❖ Kartik Yadav
- ❖ Krisha Yadav
- ❖ Garvit Yadav
- ❖ Utkarsh Kukade
- ❖ Maahira Singh





# Class V A

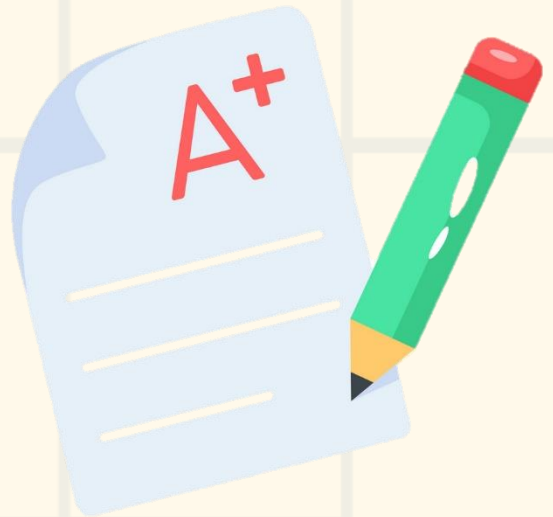
- ❖ Armaan Srivastav
- ❖ Bhavya Kataria
- ❖ K. Rayansh Dora
- ❖ Myra Yadav
- ❖ Mahira Sarkar
- ❖ Siddid Gakhar
- ❖ Shatakshi Nigam
- ❖ Abhimanyu Yadav
- ❖ Akshat Kaushik





# Class V B

- ❖ Naisha Singhal
- ❖ Mudit Lamba
- ❖ Nirmitt Bhagat
- ❖ Himani Rao
- ❖ Rudransh
- ❖ Yashvi Arora
- ❖ Yukti Arora
- ❖ Aahana Srivastava
- ❖ Amay Gupta
- ❖ Gunshika Havelia
- ❖ Manvi
- ❖ Taraash Tangri
- ❖ Nivaan Jagram

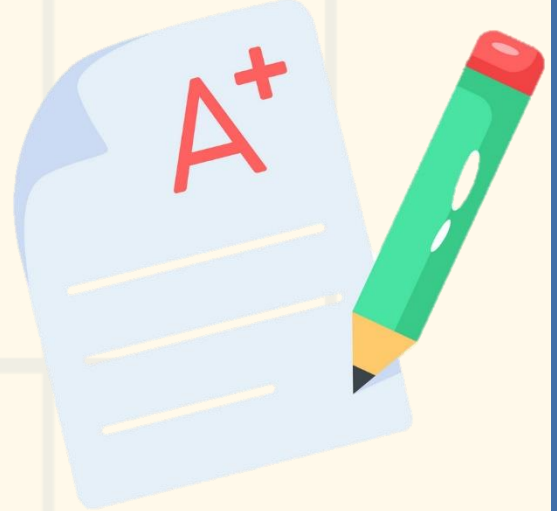






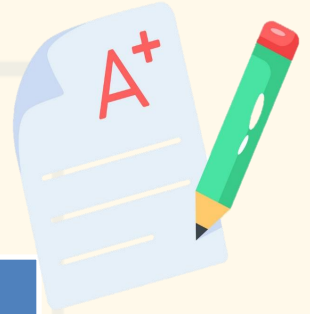
# Class V C

- ❖ Vibhav Sharma
- ❖ Dhruv Yadav
- ❖ Pranika Khandelwal
- ❖ Pritika Jain
- ❖ Ayush Bhatt
- ❖ Kshitij Gupta
- ❖ Gauransh Pratap Singh
- ❖ Ritika
- ❖ Aashita Goswami
- ❖ Mohd. Arham Khan
- ❖ Akshat Sharma





# Class VI A



I

Akshita Chutani

II

Devansh Garg

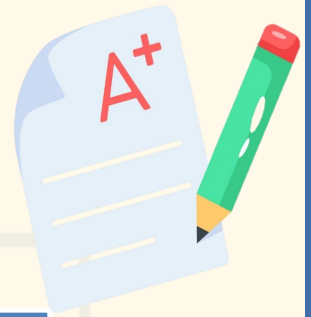
III

Tiya Sharma





# Class VI B



I

Drishti Mehra

II

Anay Tiwari

III

Advik Garg

III

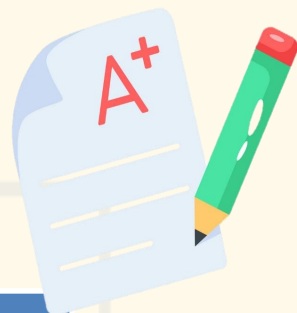
Shivam Khurana







# Class VI C



I

Atharv Yadav

II

Hiya Sharma

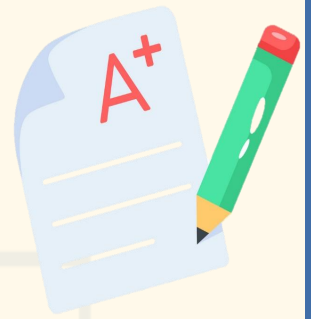
III

Aarika Sharma





# Class VII A



I

- Ashvi Gupta

II

- Kashvi Choudhary

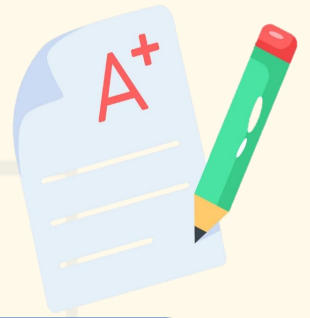
III

- Arihant Rao
- Prisha Dudeja





# Class VII B



I

- Shruti Gupta

II

- Akshaj Saini

III

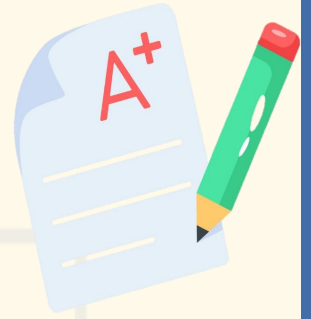
- Prabhleen Kaur







# Class VII C



I

- Aaina HIWAL

II

- Purva

III

- Riya





# Class VIII A

I

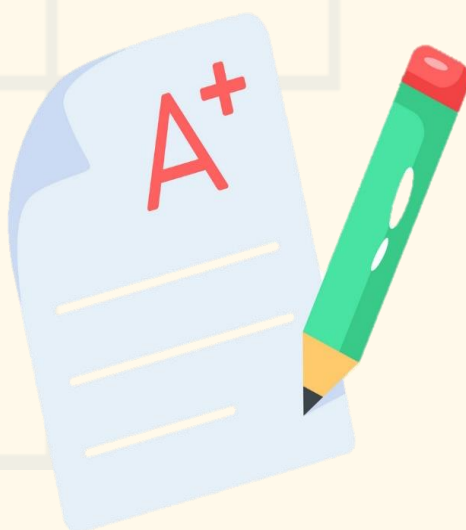
**Rohan Yadav**

II

**Harnoor Brar**

III

**Riddhima Sharma**  
**Aashi Jangid**





# Class VIII B

I

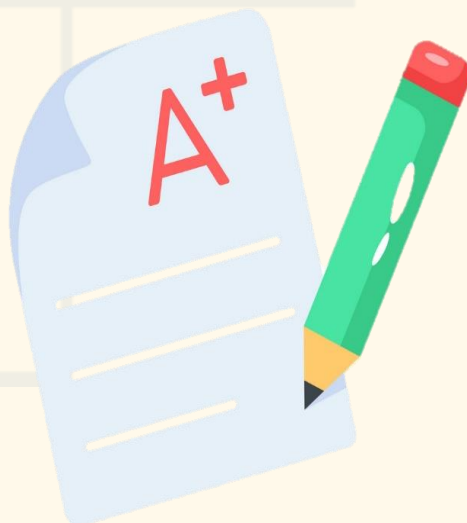
**Dilisha Madan**

II

**Aanya Arora**

III

**Saanvi Aggarwal**







# Class VIII C

I

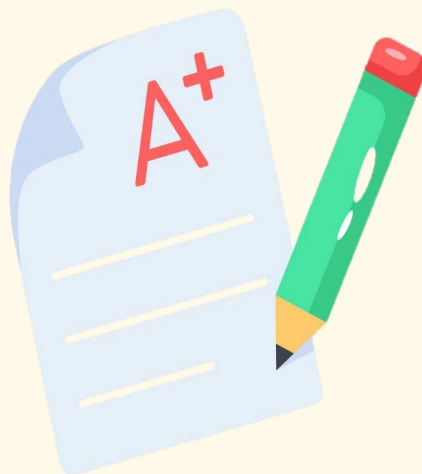
**Khushal Yadav**

II

**Prakriti**

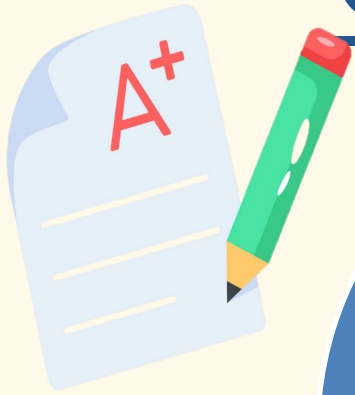
III

**Nishtha**





# Class IX A



**VEDANT  
CHAKRAVARTI**

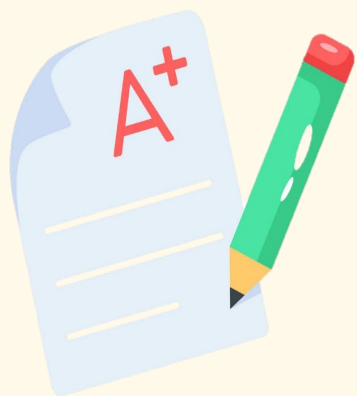
**PRABHAV  
KALSI**

**ASHIKA  
GOYAL**





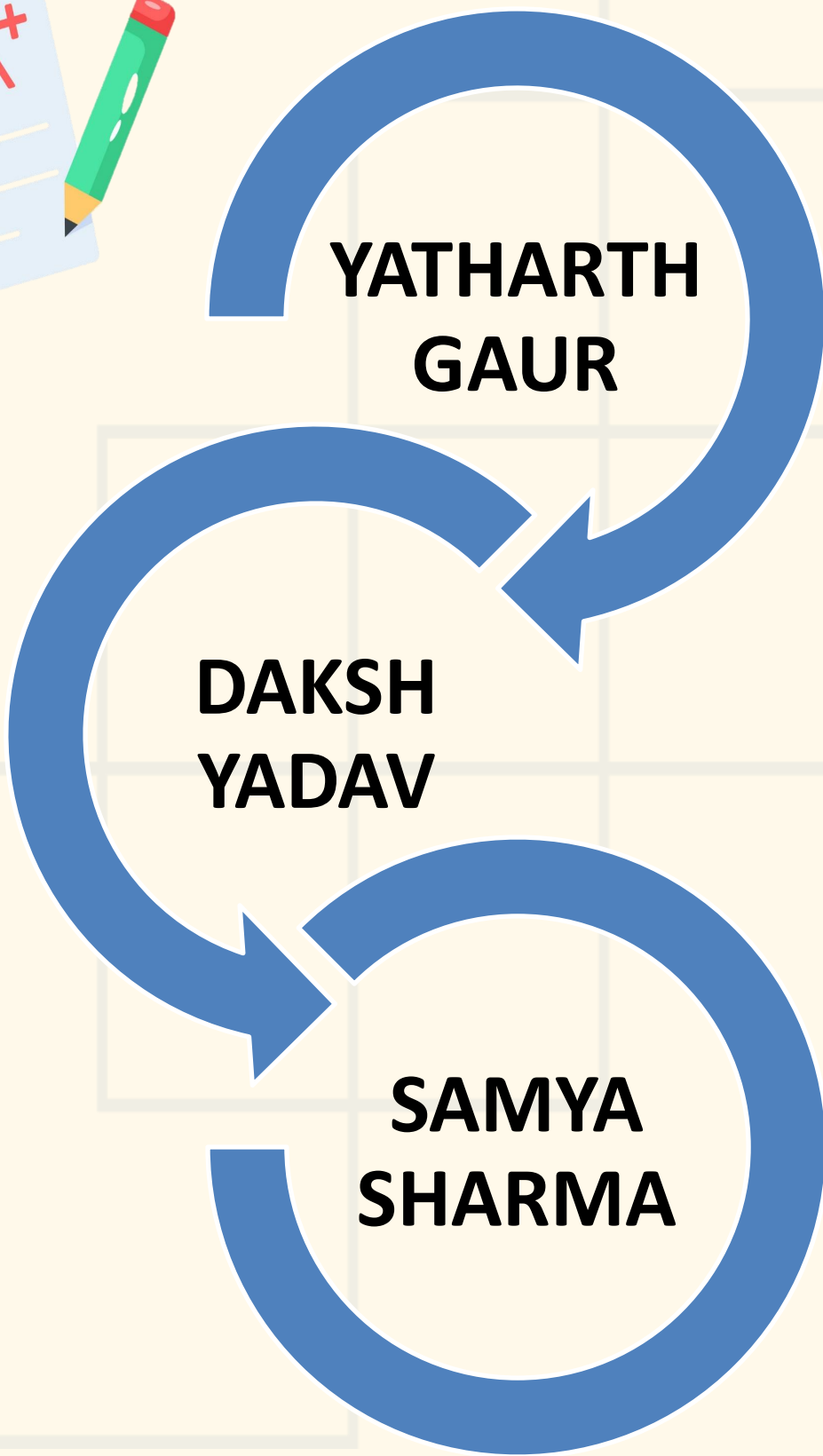
# Class IX B



**YATHARTH  
GAUR**

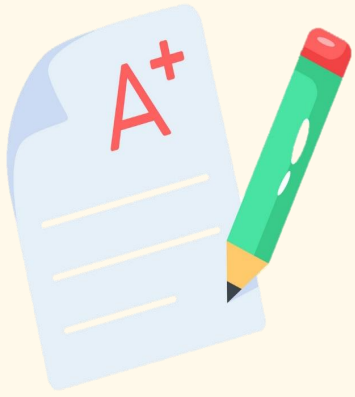
**DAKSH  
YADAV**

**SAMYA  
SHARMA**





# Class IX C



**SWASTIK  
AGGARWAL**

**KASHVI  
MEHRA**

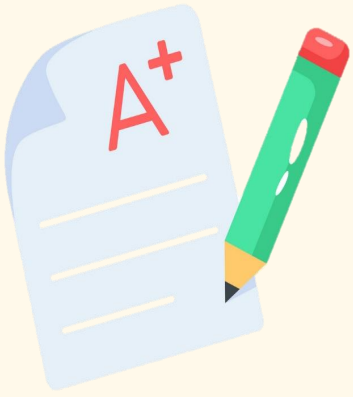
**DISHITA**







# Class IX D



**ISHAAN  
SINGH**

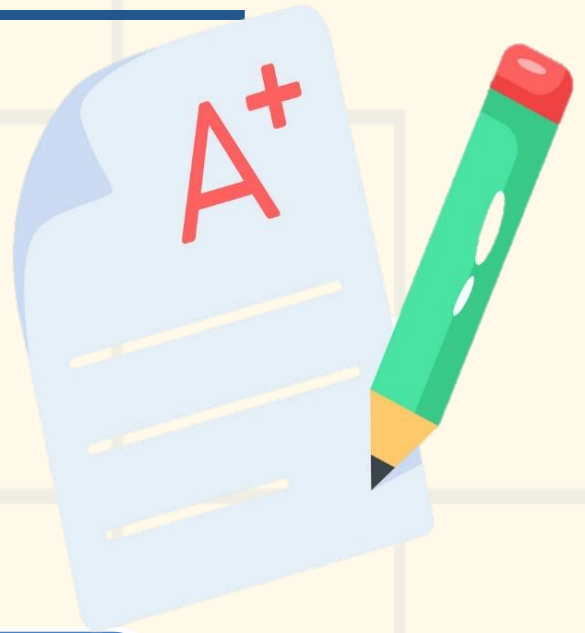
**NEVIA  
YADAV**

**SAANVI  
NIGAM**

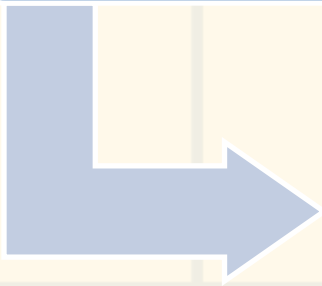




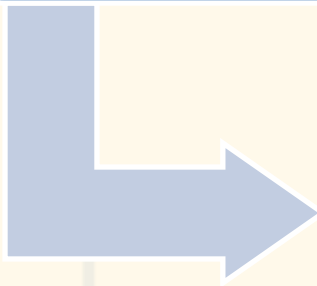
# Class XI A



**AYSHI  
GUPTA**



**PARAS  
LUTHRA**

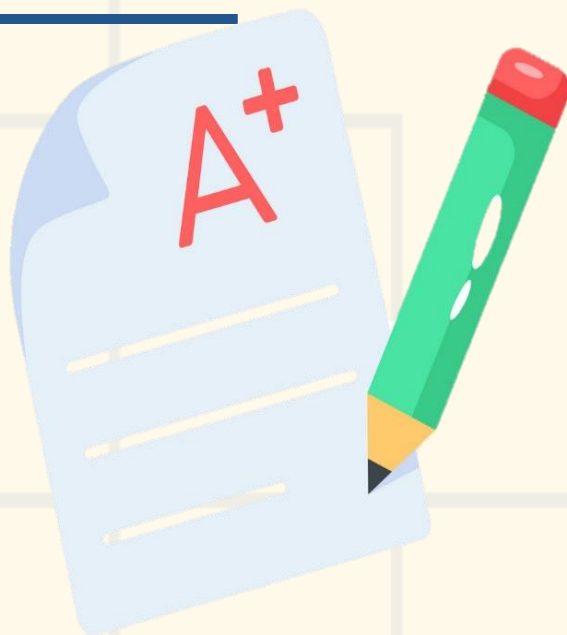


**GEET  
KAUSHIK**

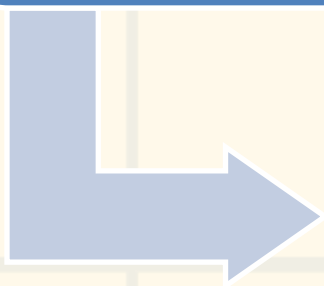




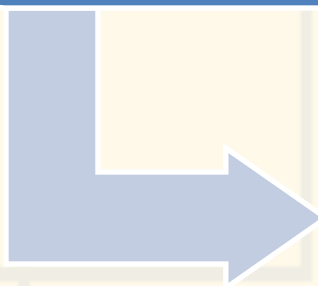
# Class XI B



**TANNVI  
SANGWAN**



**GARIMA  
YADAV**



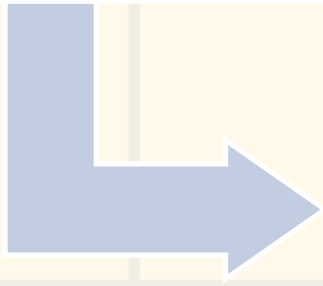
**VIVAAN  
KOTRA**



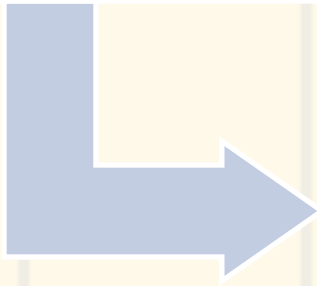


# Class XI C

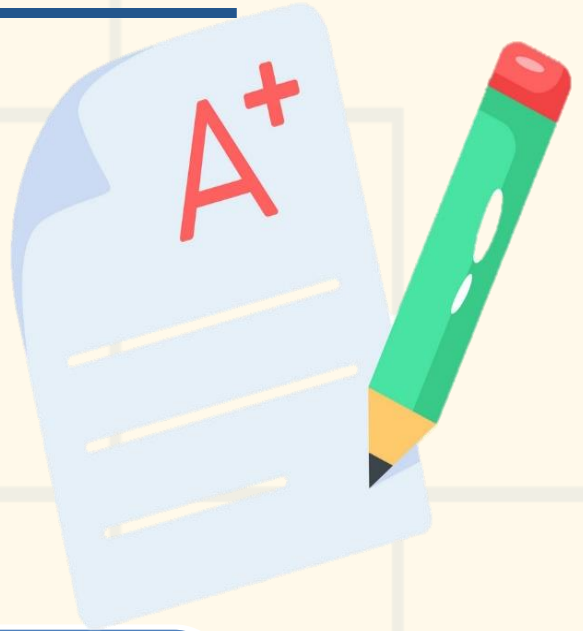
**OJAS  
ARORA**



**TANISHI  
VAID**



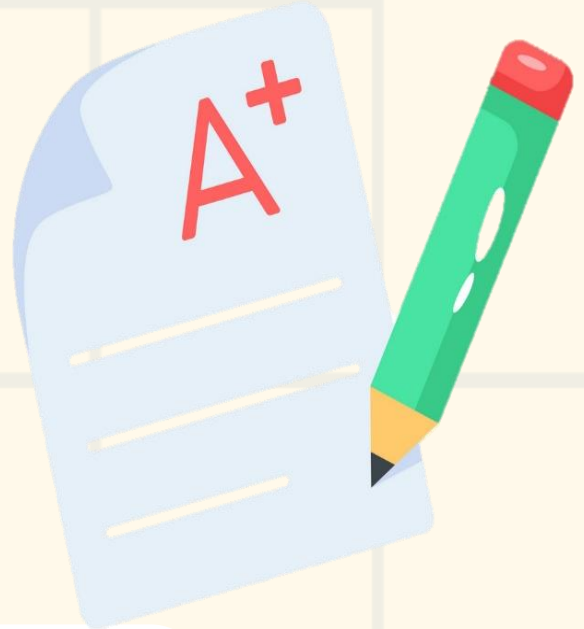
**JASMITA  
KUMAR**



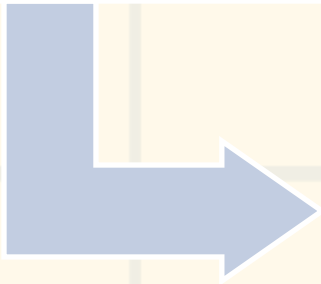




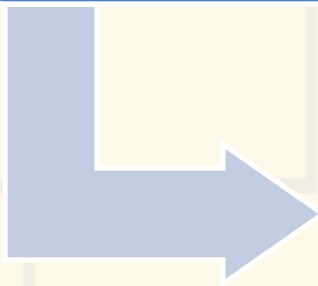
# Class XI D



**MANNAT  
KAUR**



**ARYAN  
TYAGI**



**VEDIKA**





# Full Attendance

CLASS	NAME OF THE STUDENT
I-B	•Chhyansh Khanna •Jianshi Yadav
III B	•Amayra Sharma
III C	•Udbhav Yadav
IV A	•Navika Chutani •Shreya Yadav •Ansh Panu
IV B	•Gulmaaira Sharda
IV C	•Omansh Yadav
V B	•Aahana Srivastava
V C	•Ritika •Ishika •Mantavy Saraswat •Akshat

"Regularity builds discipline; punctuality earns respect. Together, they form the foundation of success."





# Full Attendance

CLASS	NAME OF THE STUDENT
VI A	<ul style="list-style-type: none"><li>Lakshit Khatri</li><li>Aarav Kataria</li><li>Akshita Chutani</li></ul>
VI B	<ul style="list-style-type: none"><li>Vanshika</li><li>Rishaank Yadav</li><li>Shresth Sharma</li></ul>
VI C	<ul style="list-style-type: none"><li>Abhinav Shukla</li></ul>
VII A	<ul style="list-style-type: none"><li>Sriyam Magoo</li><li>Saksham Gautam</li></ul>
VII B	<ul style="list-style-type: none"><li>Prabhleen Kaur</li></ul>
VII C	<ul style="list-style-type: none"><li>Vanya Mutreja</li><li>RIYA</li></ul>
VIII C	<ul style="list-style-type: none"><li>Naman Sharma</li><li>Prakriti</li><li>Nishtha Makkar</li></ul>
IX B	<ul style="list-style-type: none"><li>Devik Kataria</li></ul>
IX B	<ul style="list-style-type: none"><li>Vanam Saini</li></ul>
IX C	<ul style="list-style-type: none"><li>Shanaya</li></ul>
IX D	<ul style="list-style-type: none"><li>Ishaan Singh</li></ul>
IX D	<ul style="list-style-type: none"><li>Yatin</li></ul>





Dear Readers

As we come to the close of this newsletter, we would like you to go through these lines and stay inspired till we meet again,

A fresh new journey now takes flight,  
Brimming with dreams and pure delight.  
The lessons past, the hopes we hold,  
Fuel our spirits, bright and bold.  
With hearts ablaze and heads held high,  
We're ready to soar, to reach the sky!  
Each step we take, a new world calls,  
Adventure, growth, and joy for all.  
With hope alive and passion bright,  
Let's march ahead into the light!

With Best wishes

Editorial Team

Brahm Dutt Blue Bells Public School

