

BRAHM DUTT BLUE BELLS PUBLIC SCHOOL



E-Newsletter

July-September 2024



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MESSAGE



A Brighter Future Through Visionary Education

In the words of Gurudev Swami Chinmayananda, “Invest in your child, not on your child.” At Brahm Dutt Blue Bells, we strive to realize this vision by providing quality education that embraces modernity while remaining rooted in cultural heritage. Our curriculum is designed to equip students with problem-solving skills, creativity, and leadership qualities. Through a range of academic programs, sports, performing arts, and life skills activities, we aim to create well-rounded individuals prepared to face the challenges of a rapidly changing world.



With the support of the school management, teachers, and parents, our students are nurtured in a dynamic and secure environment. In our classrooms, students are actively engaged in the teaching-learning process through group work, which helps them focus and grow. Recently, the school hosted Theatrix 2024 - Theatre Fest and BDBBPS MUN 2024, events that proudly reflect our educational approach and the extraordinary opportunities we offer to all Blue Bellians. We believe that each child has a unique identity, and we are committed to ensuring their proper growth.

As we continue to uphold high standards, we encourage our students to excel academically, actively participate in co-curricular activities, and contribute meaningfully to the community. With innovative teaching methodology and a focus on 21st-century skills, we prepare our students for the future.

Together, let us work to elevate our school to even greater heights of excellence as **‘Teamwork makes Dream Work.’** May Almighty grant us wisdom so that all our dreams find completion. Let us be creative, and colour the world with our positive vibrant energy.

Warm Regards

Suneeta Kaul

Discipline Incharge

BDBBPS, Sector 10

Gurugram



HALL OF FAME



September 27, 2024

CELEBRATING SUCCESS IN EDUCATION WORLD SCHOOL RANKING 2024: B.D. BLUE BELLS PUBLIC SCHOOL RANKED AMONG TOP 10 IN GURUGRAM



B.D. Blue Bells Public School earned a prestigious spot in the Education World Rankings for 2024-25, securing 9th place among the top 10 schools in Gurugram. Competing with over 100 schools in the city, this recognition speaks volumes about our resolute commitment to academic excellence and holistic development.

TIMES OF INDIA SCHOOL RANKING 2024

GURUGRAM LEADERS

- | | |
|---|--|
| 1 | K.R.Mangalam World School, Gurgaon |
| 1 | Manav Rachna International School, Sector-46 |
| 2 | St. Xavier's High School, Sector-49 |
| 2 | G.D. Goenka Public School, Sector-48 |
| 3 | Bal Bharati Public School, Manesar |
| 3 | Greenwood Public School, Sector-9 |
| 4 | St. Xavier's High School, Sector-81 & 89 |
| 5 | Blue Bells Model School, Sector-4 |
| 6 | Gems International School, Palam Vihar |
| 6 | The Maurya School, Palam Vihar |
| 7 | Ambience School, Sector-43 |
| 7 | Ajanta Public School, Sector-31 |
| 8 | KIIT World School, Sohna Road |
| 8 | Salwan Public School, Sector-15, Part 2 |
| 9 | Ryan International School, Sohna Road |
| 9 | B.D.Blue Bells Public School, Sector-10 |

September 27, 2024

MIE EDUCATOR AWARD 2024



Brahm Dutt Blue Bells Public School

Sector-10, Gurugram






MICROSOFT INNOVATIVE EDUCATOR EXPERT 2024-2025



 <p>Ms. Madhu</p>	 <p>Ms. Anju</p>	 <p>Ms. Poonam</p>	
 <p>Ms. Priyanka</p>	 <p>Ms. Renu</p>	 <p>Ms. Sarita</p>	
 <p>Ms. Sunita</p>	 <p>Ms. Ruchi</p>	 <p>Ms. Seema</p>	 <p>Ms. Bhawna</p>

A Proud Achievement: Blue Bells Educators Honoured as Microsoft Innovative Educator Experts 2024-25



Ten educators from Brahm Dutt Blue Bells Public School have been recognized as Microsoft Innovative Educator (MIE) Experts for the 2024-25 session. This remarkable achievement is a testament to the guidance and mentorship of Ms. Anshuka Aneja, Deputy Director, IT, Blue Bells Group of Schools.

Heartiest Congratulations

- Ms. Madhu Talwar (Middle Wing Leader)
- Ms. Renu Pahwa (PGT, Computer Science)
- Ms. Poonam Sharma (PRT, Computer Science)
- Ms. Anju Luthra (TGT, Computer Science)
- Ms. Sunita Yadav (TGT, Computer Science)
- Ms. Sarita Dhiman (PRT, Computer Science)
- Ms. Priyanka Chaturvedi (PRT, Mathematics)
- Ms. Bhawna (TGT, Science)
- Ms. Ruchi Mangla (PRT, English)
- Ms. Seema Yadav (PGT, Physics)

‘A testament to the power of technology in transforming education.’



September 23, 2024

GURU SAMMAN AWARD

Under the esteemed guidance of our Director, Dr. Saroj Suman Gulati, two of our faculty members—**Ms. Kavita Devi (TGT Sanskrit)** and **Ms. Sapna Suneja (TGT Hindi)**—were honoured with the prestigious **Guru Samman Award 2024** at the **Sanskriti Ke Saarthi Samman Ceremony**.



"Teachers are the architects of the future, shaping minds and hearts with knowledge, wisdom, and compassion."

CYBOLYMPIAD 2024



Ms. Anju Luthra and Ms. Renu Pahwa, secured an impressive **Third Place** in the **CybOlympiad Mentors' Edition 2024**. They were awarded a Stylish Smart Watch and an Achievement Certificate.

"In a digital landscape, adaptability is our greatest strength; those who can navigate change will thrive."

July 08, 2024

AISHANI DEBNATH FROM THE BATCH OF 2018-19 CRACKED CAT

A PROUD
MOMENT INDEED
Congratulations!

*BDBBPS Alumna
made it to IIM,
Ahmedabad in her first
attempt for the*

MBA
Programme



AISHANI DEBNATH
BATCH 2018-19

"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful." – Albert Schweitzer

**FROM THE 2017-18 BATCH, SANCHITA
JAIN SETS A REMARKABLE EXAMPLE BY
BECOMING A
CHARTERED ACCOUNTANT!**

Congratulations



Sanchita Jain

Batch 2017

for successfully completing CA Final Exams in July 2024 and starting her
professional journey as a Chartered Accountant at KPMG.

"Success is the sum of small efforts, repeated day in and day out." —
Robert Collier

Inter-School Achievements



July 20, 2024

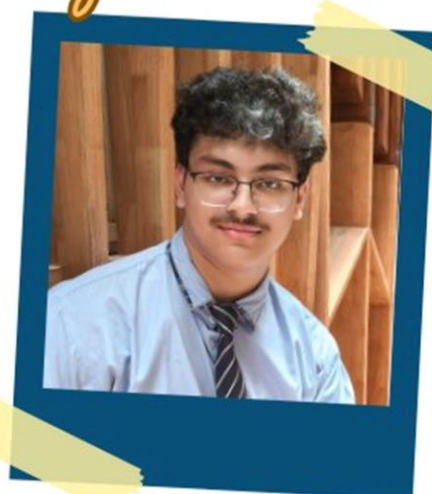
BLUE BELLIAN'S DAZZLE AT NORTH CAP UNIVERSITY ONLINE FEST

Congratulations!

**Blue
Bellians
Shine at
North Cap
University
Online Fest**



**AARUSHI YADAV
GRADE XII
THIRD POSITION
PRESENTATION COMPETITION
CASH PRIZE OF 500 RUPEES.**



**ARKYA BANERJEE
GRADE XII
FIRST POSITION
ESSAY WRITING COMPETITION
CASH PRIZE OF 2000 RUPEES**

An ignited mind is the most powerful resource on Earth, above the Earth,
and below the Earth.

July 20, 2024

ROLL BALL DISTRICT TOURNAMENT THE GLEAMING BLUEBELLIAN BRING GLORY TO BDBBPS



Our exceptionally skilled skaters, Gulmaaira and Janvi (Grade IV) and Ayush Bhatt (Grade V), secured the prestigious Silver Medal.

‘Triumph builds self-esteem and self-confidence and the school bears the testimony that commitment coupled with uphill devotion paves the way to success.’

July 24, 2024

ASTOUNDING ACHIEVEMENT BY BDBBPS IN CHORAL RECITATION COMPETITION



Talented orators from Grades III to V of our school won the First Prize in the Inter-school Choral Recitation Competition, organized by Summer Fields School, Gurugram.

‘The magic of success comes from practice, hard work, and perseverance.’

July 25, 2024

MATHLETICS BY DPS, SECTOR 45



The school team performed exceedingly well and won the **OVERALL TROPHY** for their outstanding performances in the offline events.

- **Flameless Flavours Envent - Jury Award**
- **Maths Couture Event, - Jury Award**

‘Mathematics is the poetry of logical ideas and the queen of all the Sciences.’

July 30, 2024

ATHARV SELECTED FOR NATIONAL FOOTBALL CHAMPIONSHIP

Congratulations!



Atharv Garg

FOR GETTING SELECTED IN HARYANA
STATE UNDER 17 TEAM & PARTICIPATING
IN NATIONAL FOOTBALL CHAMPIONSHIP
FOR B.C.ROY TROPHY 2024-25



Atharv from Grade IX of BDBBPS was selected for the Haryana State Under-17 Team and is headed to Assam for the National Football Championship for Dr. B.C. Roy Trophy 2024-25.

‘Champions become champions when they have deep in them, a dream, a vision, a desire...’

July 27,2024

REMARKABLE PERFORMANCE BY BLUE BELLIANs AT BUSINESS SUMMIT 2024



HEARTIEST CONGRATULATIONS !!

The school team gave a captivating presentation earning them the prestigious **Second Runners-up position** in the event held at Blue Bells Model School.

Their standout performance featured a folk song, "**Nikal Pdho Re Bandhu Nikal Pdho Re**," which translates to "If you want to see the change in the world, be the change first."

‘Achievement is the result of hard work, perseverance, and passion.’

COLOSSAL MARVELS 2024



Vibhav Sharma of Grade V secured the Second Position in the event 'Nautical Depths Virtual Journey'.

A team of eight students from Grade III—Reya Verma, Shreya Sharma, Amayra Sharma, Naira Gauthwal, Advik Jain, Kartik Sharma, Arundhati Singh, and Tejas Chopra—secured the Second Position in the event 'Rhythmic Epiphany'.

August 08,2024

E-COMM TECH PARV 2.0



HEARTIEST CONGRATULATIONS !!

Our IT Wizards showcased their adroitness and creativity, triumphantly lifting the **Overall Rolling Trophy** for the **Online Events**, a testament to their innovation and teamwork.

In the **Offline Events**, our students continued to prove their mettle, securing **Second Position** in **Swaysphere**, a **Sway Designing** event, and **Third Position** in **Craftathon**, a **Game Designing** event.

August 22, 2024

2ND IBM FUTURE TECH OLYMPIAD 2024



Sparsh Srivastava (Class XI) and Geet Kaushik (Class X) won Gold Medals for securing a rank in the top 25 nationally, while Paras Luthra (Class X) and Kushagra Luthra (Class XII) secured Silver Medals for ranking in the top 50.

August 06, 2024

GPSC INTER-SCHOOL DEBATE COMPETITION



Avneet Mishra from Grade IX clinched the Best Orator for her performance in debating the topic "Cyber Space - A World More Divided Than United."

‘Debate and deliberation can stir the soul of democracy...’

August 28, 2024

SGFI BLOCK LEVEL VOLLEYBALL TOURNAMENT



Under-19 Girls' Volleyball Team emerged victorious in the Finals of the SGFI Block Level Volleyball Tournament.

‘Volleyball is more than just a game; it's a powerful lesson in teamwork, resilience, and communication. Every spike, set, and serve teaches the importance of working together, staying focused, and pushing through challenges to achieve greatness.’

August 28, 2024


SGFI BADMINTON TOURNAMENT



The Boys Under-19 Badminton Team has proudly earned the 2nd position in the SGFI Badminton Tournament.



‘Badminton is not just a sport; it's an art of precision, strategy, and grace, where every shuttlecock flight tells a story of passion and perseverance.’


GOONJ-INTER SCHOOL EVENT AT DPS, SEC. 45 , GURUGRAM



DIVERSITY DIALOGUE - MOVIE MAKING

High Commendation

BRAHM DUTT BLUE BELLS PUBLIC SCHOOL, SEC-10, GURUGRAM AVANI PURI IX TANMAY SINGH VIII			DELHI PUBLIC SCHOOL, SECTOR-45, GURGAON ILISHA BAWEJA IX KOISHA GARG VIII SHANNIDDHYA SAHA IX VARENYA VIII	
LOTUS VALLEY INTERNATIONAL SCHOOL, NOIDA HARNOOR MAKHIJA IX AAHANA MEHRA VIII			DHARAV HIGH SCHOOL, JAIPUR PRISHA SINGH IX SHASHTHA KHANDELWAL IX	
TAGORE INTERNATIONAL SCHOOL, EAST OF KAILASH ARYSHAA SHARMA IX RUDRANSH VIII MAANIT IX KUHUK KHURANA VIII			DELHI PUBLIC SCHOOL, JAIPUR PARTH KHANDELWAL IX HARDIK GUPTA VIII AADWIK AGARWAL IX NAVYA KASHYAP VIII	



SHUTTER SURPRISE

Appreciation




DPS INTERNATIONAL, GURUGRAM NEHA KUMARIX IX	CHIMMAY VEDIKLATA, DELHI RYUSHIYANIX IX
SUNCEY SCHOOL, SECTOR 37D, GURGAON AYUSHJANIX VIII ANANIPADWALIX IX	PALLAVI MODEL SCHOOL, ALWAR G. ANSHITHIX IX MEDURISHI JANGRAIX IX
BLUE BELLS MODEL SCHOOL, GURUGRAM CHIRAG GUPTAIX IX DEVIKA JAINIX VIII	BRAHM DUTT BLUE BELLS PUBLIC SCHOOL, SEC-10, GURGAON SUDEEP CHAUDHARYIX VIII ASHUTOSH NAIRIX IX



PICTURE POSTCARDS

Appreciation




BLUE BELLS MODEL SCHOOL, GURGAON GUNDIR KAPOR IX	VEDHA SCHOOL, DLF 3, GURGAON FERDIPTAIX IX BHATUNVEDHAIX IX
DELHI PUBLIC SCHOOL, MARUTI KUNJ, GURGAON KANISHK KADWAVIIX IX	CHIMMAY VEDIKLATA, GURGAON KANYA SANGIX IX SHAMNADIX VI
BRAHM DUTT BLUE BELLS PUBLIC SCHOOL, SEC 10, GURGAON ANANYA AHUJAXIX VII VANSHIKA DUDJAXIX VI	

In the event, **Dialogue Diversity**, a team of two students—Avani Puri (IX) and Tanmay Singh (IX)—achieved a **Certificate of High Commendation**. Sudeep Chaudhary (VIII) and Ashutosh Nair (IX) secured a **Certificate of Appreciation** for their outstanding performance in **Shutter Surprise**.

Ananya Ahuja (VII) and Vanshika Dudeja (VI) designed impressive postcards on **Monuments Less Known** and clinched **Certificates of Appreciation**.

September 28, 2024

MI-ME INTER-SCHOOL FESTIVAL AT SUNCITY SCHOOL



Lahith Mahakhariya from Class II, who won the **Third Prize** in the 'Rising Phoenix' event at the 'MI-ME 2024 Inter-School Competition' hosted by Suncity School.

'Imagination leads to limitless possibilities in the journey of intelligence.'

Cyber Security





August 2-8, 2024

CYBER TANK 2024: A GATEWAY OF EXPLORATION & INNOVATION

In celebration of technological innovation, the Cyber Council of BDBBPS organized an Inter-Class Competition, Cyber Tank 2024, for Classes IX to XII. The prelims for the event were conducted on August 2, 2024, as an intra-class competition, where the best team from each section was selected for the final round.

The final round of Cyber Tank 2024 was held on August 8, 2024, in the Sita Devi Memorial Multipurpose Hall. The Inter-Class Competition showcased the creative prowess and technical skills of our students, who presented their cutting-edge projects with remarkable enthusiasm. The event was adjudged by Mr. Hitesh and Mr. Yogesh, senior faculty members from Blue Bells Model School. The competition was adorned by the gracious presence of Ms. Anshuka Aneja, Deputy Director (IT), BBGS. The students' innovative ideas received high praise, reflecting their dedication and ingenuity. The event was marked by insightful feedback from the judges and motivational words from Ms. Aneja, culminating in a successful showcase of youthful talent and potential.

The students applied AI in cybersecurity, creating solutions to swiftly address threats and protect digital assets. They designed apps tackling cyberbullying, privacy, and exam security, ensuring fair testing through advanced monitoring. The projects also emphasized gamified learning in cybersecurity, privacy safeguards, and responsive tools for recovering from cyberattacks, highlighting comprehensive digital protection. This was a unique learning platform where the fecund imagination of the scholars was nurtured and brought to fruition.

CYBER TANK 2024: RESULT

Class XI

First position

Kiran Bisht

Aarya

Diksha Yadav

Kanishka Arora

Class XI

Charvie Luthra

Rishwa Rana

Lavanaya Yadav

Pujal

Aryan Singh

Shanvi Vashisht

Class IX

First position

Avneet Mishra

Yatharth Gaur

Vanam Saini

Rishab Singh

Class IX

Runners up position

Vedant Chakravarti

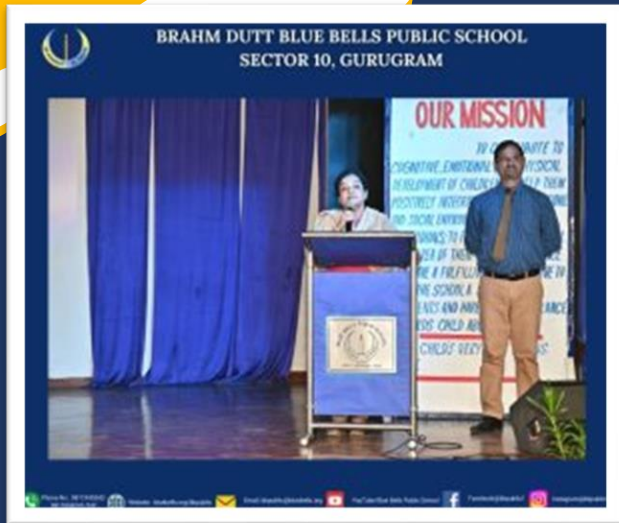
Kavya Tomar

Atharv Garg

Ghazal Verma

Ronit Rao

GLIMPSES OF CYBER TANK



"The great growing engine of change – technology." – Albert Toffler

GLIMPSES OF CYBER TANK



"Technology is the tool that allows us to scale our abilities as human beings and achieve things that were once considered impossible." – Elon Musk

June 03-July 03,2024

CYBER SECURITY INTERNSHIP

Cybersecurity is not just essential but a shared responsibility. Protecting our digital landscape requires constant vigilance, knowledge, and commitment. In line with this vision, seven students from Brahm Dutt Blue Bells Public School, Sector 10, Gurugram, participated in the Police Cyber Security Summer Internship 2024, held at DAV Public School, Sector 49, Gurugram, from June 3 to July 2, 2024. The program aimed to enhance cybersecurity skills and prepare students for future digital challenges, attracting around 1,000 interns from 13 states.

The Closing Ceremony featured notable guests, including DCP South Sri Siddhant Jain, IPS, ACP Cyber Crime Sri Priyanshu Diwan, HPS, cybersecurity expert Dr. Rakshit Tandon, and Mr. Rubaab Sood, Head of Government Affairs at Zupee. Dr. Tandon's talk on cybersecurity was particularly impactful, introducing innovative ways to browse safely and inspiring students to consider careers in cybersecurity. The message "Be Safe, Not Sorry" resonated with the participants, equipping them with tools for a safer digital future.

Ms. Anshuka Aneja, Deputy Director of IT at Blue Bells Group of Schools, honored the Cyber Ambassadors, acknowledging the invaluable experience gained. The program proved to be an enriching journey, helping students sharpen their networking skills and deepen their understanding of cybersecurity and professional collaboration.

Cybersecurity is becoming the foundational enabler for all digital transformation.”-Sandra Peterson

Congratulations!

to the

Achievers

ON THE SUCCESSFUL COMPLETION
OF GPCSSI 2024
GURUGRAM POLICE CYBER SECURITY
SUMMER INTERNSHIP PROGRAM



"Cybersecurity is not a product, but a process."-Andy Hargreaves

June 03-07,2024

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

An innovative, experiential learning Summer Camp on Drone Crafting and Flying was organized from June 03 to June 07, 2024. This engaging and engrossing workshop, designed for both students and IT faculty, was led by Mr. Shubham from Vigyantram, and ensured a captivating and educational experience for all participants..

During the sessions, the members were introduced to Quadcopters, Drone Components and Assembly, ESC and Motor Testing, Controller Boards and Power Management, and Calibration & Flight Testing. The workshop offered comprehensive training on drone making, from understanding basic components to assembling and flying it. The participants gained valuable hands-on experience, enhancing their skills in STEAM and robotics, sharpening problem-solving skills, and exploring applications in fields like agriculture, environmental science, and security. The event concluded with a successful test flying session and the distribution of participation certificates to students and teachers. The sessions were attended by :-

Class VI Rohit Kumar, Yash

Class VII Raavi Sharma, Arihant Dutta, Jyoti Prava Behera

Class VIII Tanmay Singh, Ishaan Sehgal

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



Drone technology will forever change the way industries, governments, and citizens interact with their environment.” - Randy Goers

ROBO GEEKS AT WORK



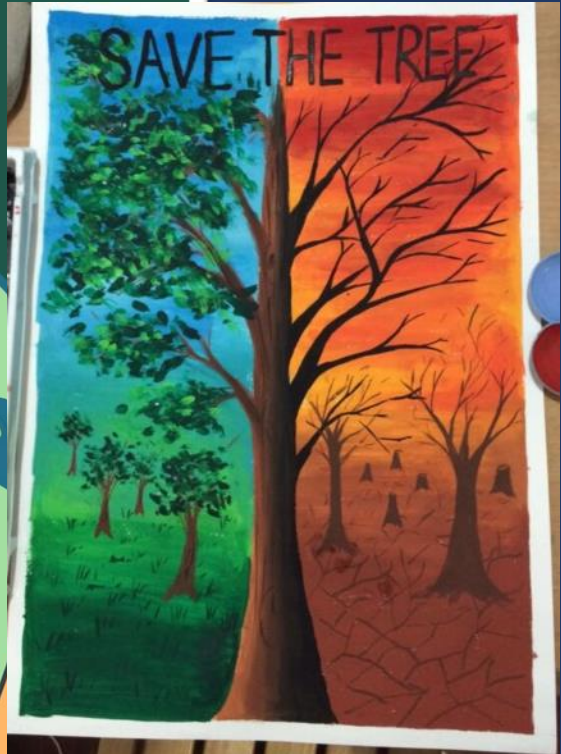
"Robots touch something deeply human in us. For some, they bring out our desire to explore, create, and transcend our limitations." -Cynthia Breazeal

CYBER HABITS MAKE A DIFFERENCE!



HELP THE ENVIRONMENT

WE DON'T HAVE
ANOTHER PLANET



July 30,2024

WORLD NATURE CONSERVATION DAY



‘Let us learn to appreciate the beauty of nature and preserve it for future generations.’

August 24, 2024

TREE PLANTATION DRIVE BY BLUE BELLIANIS UNDER PROJECT CHHAYA



The school actively participated in the Tree Plantation Drive organized by Rootskills in collaboration with the ROTARY CLUB and environmentalists as part of Project Rukush at Ansal Heights, Sector 86, Gurugram. This event was an integral part of the school's ongoing Chhaya Project, which aims to increase green cover in the community and raise environmental awareness among students.

July 29, 2024

ECO-FRIENDLY INITIATIVE: PLANTATION DRIVE AT BDBBPS



“He who plants a tree, plants hope!”



Celebrations Galore



July 11, 2024

INTERNATIONAL YEAR OF CAMELIDS



‘Let’s be inspired by camels and embrace resilience and adaptability.’

July 16, 2024

VISIT TO EXHIBITION AT NATIONAL AGRICULTURAL SCIENCE CENTRE (NASC), NEW DELHI



July 19, 2024

A TRIBUTE TO GURUS: GURU PURNIMA CELEBRATED BY YOUNG BLUE BELLIAN



'A Guru enlightens the journey of knowledge, inspiring us to achieve our fullest potential.'

July 24, 2024

PLANTATION DRIVE UNDER PROJECT CHHAYA



"He who plants a tree, plants hope!"

July 25 and 26, 2024

THEATRIX 2024



July 25 and 26, 2024

THEATRIX 2024



"It was only in the theatre, that I lived. " — Oscar Wilde

July 20 & 23, 2024

YOGA SESSIONS FOR MIDDLE WING



“Yoga is the emotional integration and spiritual elevation with a touch of mysticism, which helps to create overall harmony of body and mind.”

July 29, 2024

VISIT TO OLD AGE HOME



July 29, 2024

WORLD NATURE CONSERVATION DAY



'Let us learn to appreciate the beauty of nature and preserve it for future generations.'

ABHIVYAKTI- JULY 2024 ISSUE 1



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

Issue-1 July, 2024

World No Tobacco Day 2024

"The groundwork for all happiness is health." - Leigh Hunt

Every year, the 31st May is observed as World No Tobacco Day. This year's theme is - 'Protecting Children from Tobacco Industry Interference.' The annual event marks an opportunity to raise awareness of the harmful and deadly effects of tobacco use. The Health & Wellness Programme, part of ADEPT-A Program for Enhancing Life Skills and powered by wellnesse.in, has been diligently working to cultivate the right knowledge and provide a platform for advocacy 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.



Theatrx 2024 The Mega Inter-House Theatre Fest

The world of theatre is one where realities collide and worlds blend seamlessly. Amidst joyous harmony, the immensity surrounding the dramaturgy of the stage are explored by an empowered audience, and judged by critics once the red curtain falls. Assembly recreating the atmosphere of theatre, this event presents to you original scripts, that subliminally convey various messages, by the enthusiastic students of the school. Through our mega theatre event, Theatrx, the students instead to showcase just that, along with other interlinked elements and provide a true slice of life experience that helps us understand the impact of theatre and its relevance in everyday life. With a total of 5 plays spanning over two days, each house has two plays, one in English and the other in Hindi. The English plays portray great theatre personalities in an autobiographical manner while the Hindi plays present mythological stories set in the modern era. The toughest competition is cabaret, with each team going in all on stage. Stage fight? We don't know what that is - so fierce defensive maneuvers all dances in the minds of the performers. The audience is thrilled, captured by the intensity of the performances. Even the judges are impressed by all the efforts put into preparation, which is evident from the performances. The confidence of the participants doesn't waver, each being a myriad of confidence and emotion portrayed beautifully. Alas! There has to be a single Winner... hopes were high and the stakes were higher, for each team prepped for its victory. The judging process was tedious, but a conclusion was finally reached on the basis of performance, diction, delivery, dialogue and costume. As we say, 'May the best man win' - the winner of THEATRAX 2024 turned out to be Best Play (English)- Louis Bradstreet's 'Kishorena House' & Best Play (Hindi)-Kishorena House. CV Ramana House. The other teams took the award like champs, showcasing their support and optimism spirit. Individual prizes were also awarded to the participants for their exceptional performances; for some, it was their debut and for others it was just being the best at their respective roles. As always, THEATRAX 2024 proved to be a great hit in the hearts and minds of the people! - Renuka Choudh, XII D



Doctor's Day Celebration

Doctor's Day is an important event that commemorates the sacrifices, expertise, and relentless efforts of doctors in saving lives. To recognise and honour their invaluable contribution towards the well-being of society, the Health & Wellness team of Brahm Dutt Blue Bells Public School under the inspirational leadership of Dr. Alka Saxena, Deputy Director (Health and Wellness) Blue Bells Group of Schools organized special assemblies to celebrate Doctor's Day.



Scan For
Regular
Updates

Abhivyakti July 2024 Issue 1

August 5, 2024

FRIENDSHIP DAY



‘Friends are the sunshine of life, making every day brighter and warmer.’

August 12, 2024

RAKHI CELEBRATION AT NCC OFFICE



"Festivals add vibrant colors to the canvas of life, refreshing and inspiring us endlessly."

August 13, 2024

INDEPENDENCE DAY CELEBRATION



August 17 & 18, 2024

BDBBPS MUN 2024



Empowering Global Leaders of Tomorrow: BDBBPS MUN 2024-
A Resounding Triumph

August 17 & 18, 2024

BDBBPS MUN 2024

Brahm Dutt Blue Bells Public School Model United Nations 2024 was a notable success, offering young minds the opportunity to engage with global issues, develop crucial skills, and build lasting friendships.



August 22, 2024

JANMASHTMI



‘Embrace the joy of Krishna's birth, and let his teachings light your path.’

August 24, 2024,

STUDENT LED CONFERENCE 2024-25



The Second Edition of the Student-Led Conference at Brahm Dutt Blue Bells Public School was organized for students in grades VI to VIII

ABHIVYAKTI: AUGUST ISSUE 1



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

Issue-1,
August 2024

BDBBPS MUN 2024-A Resounding Triumph

The school hosted an International Model United Nations (MUN) Conference on August 17-18, 2024, themed 'Catalyzing Change: Creating an Equitable World.' The event gathered delegates from across India, including Jammu, Kashmir, Rajasthan, and Uttar Pradesh, and provided a vibrant platform for enhancing diplomatic skills through simulations of real-world scenarios. The Opening Ceremony on August 17, 2024, featured a cultural program and speeches by Chief Guest Major Mohammad Ali Shah and Guest of Honour Ms. Rohini Aima, Principal & Vice Chairperson of Jammu Sanskrit School. They emphasized the importance of diplomacy and global cooperation. Delegates engaged in dynamic debates across various UN bodies, including UNHRC, WTO, AIFFM, UNW, UNGA, UNEF, UNSC, IPC, and IC. The conference benefited from the insights of Ms. Kania Lampou from the Greek Ministry of Education and international teams from Romania, Russia, Croatia, and Zimbabwe and other countries. On the second day, delegates drafted resolutions and sought consensus on pressing global issues, guided by experienced committee chairs. The Closing Ceremony on August 18, 2024, honoured and felicitated exceptional delegates. Major General (Dr.) G.D. Bakshi, SM, VSM (Retd.), a decorated combat veteran, our esteemed Chief Guest delivered an inspiring keynote address, urging delegates to apply the lessons and connections from the conference to their future endeavours. Dr. Saroj Suman Gulati, Director, Blue Bells Group of Schools embellished the occasion with her gracious presence.



Patriotic Independence Day Celebration At BDBBPS

The School proudly celebrated the 78th Independence Day on August 15, 2024, with an event that beautifully blended tradition, patriotism, and youthful energy. The occasion was graced by Dr. Alka Saxena, Deputy Director (Health & Wellness), Blue Bells Group of Schools who honoured the event as the Chief Guest. The celebration commenced with the flag hoisting ceremony, a moment of pride as the National Anthem resonated through the campus, setting a reverent tone for the day.



Scan For
Regular
Updates

August 2024 issue 1

https://bbpublic.bluebells.org/?page_id=343

Link of Abhivyakti

September 4, 2024

TEACHER'S DAY (PRE-PRIMARY AND PRIMARY WING)



A Day of Gratitude: Students Celebrate
Teacher's Day with Enthusiasm

TEACHER'S DAY (MIDDLE AND SENIOR WING)

September 05, 2024



A Tribute to Dedication: A Memorable
Teachers Day Celebration

September 07, 2024,

GANESH CHATURTHI (PRIMARY WING)



‘May Lord Ganesha’s blessings bring you happiness as vast as the ocean, wisdom as deep as the sea, and prosperity as endless as the sky.’

14 September 2024

BACK TO SCHOOL SERIES (CLASSES LKG & UKG)



"The art of teaching is the art of assisting discovery."

14 September 2024

GALLERY WALK (CLASSES I & II)



"Hidden talents become visible when students are given the right platform and the opportunity to explore."

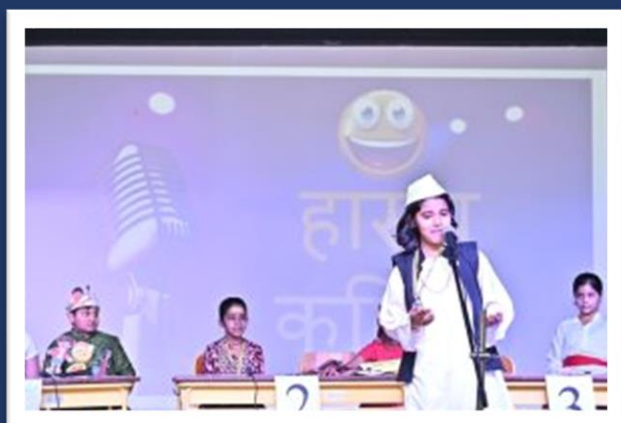
INTERNATIONAL DAY OF PEACE



"Peace begins with a smile." - Mother Teresa


September 18, 2024

HINDI DIWAS



BDBBPS Celebrates Hindi Diwas with Enthusiasm and Creativity:
A Tribute to the Language of Pride


[illegible]



"Wellness is the complete integration of body, mind, and spirit—the realization that everything we do, think, feel, and believe has an impact on our state of health."

In the modern era, education has evolved to prioritize a holistic approach to wellbeing. With advancements in technology and shifts in teaching methods, it is essential for children to be deeply engaged in every aspect of their learning journey. At Blue Bells, we recognize that true education nurtures not just the mind, but also instills values, life skills, and a focus on wellness.

Under the leadership and mentorship of **Dr. Alka Saxena, Deputy Director (Health & Wellness), Blue Bells Group of Schools**, the Health & Wellness Programme at Brahm Dutt Blue Bells Public School is crafted to provide students with the knowledge and tools they need to prioritize their health and wellbeing, fostering a strong and balanced foundation for their growth.





EVENTS ORGANIZED UNDER THE HEALTH & WELLNESS PROGRAMME

WORLD NO TOBACCO DAY 2024


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

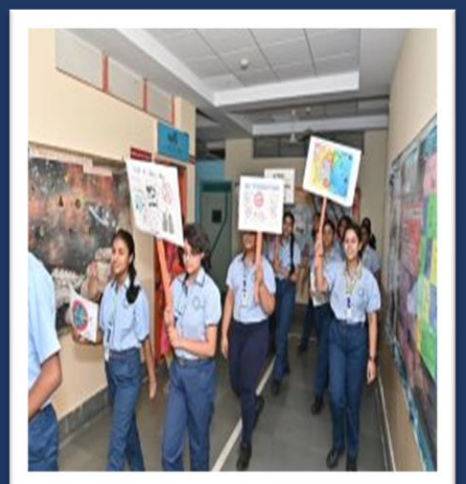
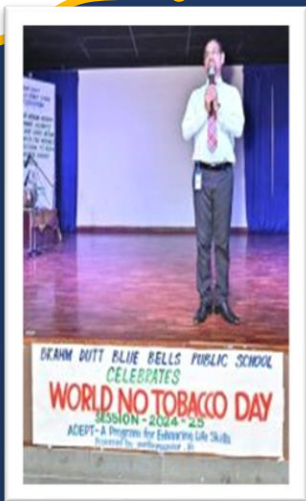
World No Tobacco Day is observed annually on May 31. This year's theme, "Protecting Children from Tobacco Industry Interference," highlights the harmful effects of tobacco use.

The school celebrated World No Tobacco Day from July 2-4, 2024, aiming to educate the youth on the dangers of tobacco products and misleading advertising.

On July 2, a special assembly featured a speech by Health & Wellness Ambassador Anushna Srivastav, emphasizing the need to "Say No to Tobacco." Principal Dr. Trilok Singh Bist also encouraged making conscious choices to avoid tobacco. The event ended with a signature campaign.

Students from Grades IX to XII participated in activities, including poster-making and an awareness drive on July 4. A short play highlighting the risks of tobacco consumption was also presented. The event successfully raised awareness and inspired community commitment to addressing tobacco-related issues.





July 2 -4, 2024

DOCTOR'S DAY

“Doctor are blessed with the magical powers to treat a life and to bring health into our lives.” - Unknown

Doctors Day, commemorating the dedication and expertise of doctors, was celebrated by Brahm Dutt Blue Bells Public School's Health & Wellness team under Dr. Alka Saxena's leadership. Special assemblies on July 2 and 4, 2024, involved students from Pre-Primary, Primary, and Middle Wings. Peer Educators and School Council members honoured healthcare professionals with a poem and handmade cards.

The School Medical Team, Dr. Rekha and Dr. Sanjay, along with nurses, demonstrated basic First Aid essentials and shared health tips for the monsoon. The event concluded with the school leaders expressing gratitude to the medical team for their tireless service.








July 10, 2024

LAUGHTER YOGA SESSION

“Laughter is one of the best medicines around for relieving stress and for creating a more healthy spirit.” – Byron Pulsifer

Laughing is a fun and effective method of enhancing your wellness as it has a wide range of benefits – from stress relief to bond-making as well as other numerous ways to benefit health-wise. In an attempt to promote holistic wellbeing through laughter, the school organized a Laughter Yoga Session under the aegis of Health and Wellness Programme on July 10, 2024 for the teachers in the senior wing of the school. This special session was curated to bringing smiles to the faces of the faculty members.

The session was mentored by Dr. Madan Kataria, a renowned Laughter Guru who is also known as “The Founder” of the Laughter Club in India. The leader behind this in fact sparked off world-wide joy and laughter movement. He blended laughter exercises with yoga breathing techniques (Pranayama) which he called Laughter Yoga; this combination brings more oxygen into not only our bodies but also our minds thereby boosting energy levels and overall health. Just ten to fifteen minutes spent doing such exercises can help you manage your stress levels well enough, boost your immune system, and maintain a positive mindset even when things get tough.





July 20-23, 2024.

HEALTH & WELLNESS TEAM ORGANISES YOGA SESSIONS

"Yoga is the emotional integration and spiritual elevation with a touch of mysticism, which helps to create overall harmony of body and mind." Considering its significance for the holistic well-being of all stakeholders, the Health & Wellness Team of the school organized Yoga Sessions for the teachers and students of the Middle Wing in specific slots on July 20 & 23, 2024.

As part of our monthly theme, "Healthy Lifestyle," the rejuvenating chair yoga session aimed to introduce the benefits of yoga, equipping students with the knowledge and techniques to incorporate these practices into their lives. The sessions were conducted by Ms. Kavita, the school Yoga Facilitator and Expert, and featured various beneficial exercises, including- Deep breathing, Neck stretches, Shoulder stretches, Side bends, Warrior pose, Cat/Cow pose, Spinal twists, Leg and foot stretches and Aum chanting.





PEER EDUCATOR FELICITATION CEREMONY



“Life is not just about finding oneself; life is about creating oneself.” - George Bernard Shaw

We, at Blue Bells, believe that to provide wholesome education to children we must nurture in them the interconnected dimensions of wellness. The Health & Wellness Programme of the school has been structured with a strong vision of equipping the students with the knowledge and awareness of their Health & Wellbeing thus ensuring a strong foundation for their childhood.

The Health & Wellness Team launched its own Peer Educator Programme in the year 2015 which consists of a Health & Wellness Ambassador from class XII, a Peer Mentor from class XI, and Peer Educators from classes VI to X. These students are an integral part of the Student Council and are selected through a well-planned process. They play an active role by working as a bridge between mentors and pupils and also conduct specially designed sessions for the students along with Counsellors and Life Skills Facilitators.

The Peer Mentor and Peer Educators for the session 2024-25 were pinned their badges by the school Leadership Team in a glittering celebration to mark the Teacher's Day on September 04, 2024.

Peer Educators (V- XII)

Session 2024-25

Health & Wellness Ambassador- Anushna Srivastav XII D

Junior Health & Wellness Ambassador- Amay Gupta (V)

Peer Mentor- Saisha Kapoor (XI C)

Designation	Name	Class/Sec
• Peer Educator	Akshita Chutani	VI A
• Peer Educator	Himakshi Singh	VI B
• Peer Educator	Aarika Sharma	VI C
• Peer Educator	Bhavika	VII A
• Peer Educator	Tanisha	VII B
• Peer Educator	Nitasha	VII C
• Peer Educator	Vineet	VIII A
• Peer Educator	Dilisha	VIII B
• Peer Educator	Chhavi Goel	VIII C
• Peer Educator	Ashika	IX A
• Peer Educator	Avneet Mishra	IX B
• Peer Educator	Shubhang Bajpai	IX C
• Peer Educator	Ishaan Singh	IX D
• Peer Educator	Aarav Gauthwal	X B
• Peer Educator	Yeshashwi Ganeshe	X C




INDIGENOUS INITIATIVES & WORKSHOPS

SPECIAL SCREENING OF MOVIES FOR PARENTS DURING THE SCHOOL CINEMA INTERNATIONAL FILM FESTIVAL (SCIFF) 2024

The school's Health & Wellness Program highlights the significance of cultivating values and essential life skills in students to ensure long-term success. As part of this effort, Value Education and Life Skills are incorporated into the curriculum for Classes I-VIII through School Cinema.

From August 20-27, 2024, the school organized the School Cinema International Film Festival (SCIFF), showcasing over 75 films in 15 different languages, representing more than 20 countries. The festival celebrated creativity, teamwork, and cultural diversity. The esteemed parents were invited for the special screening of the movies during SCIFF 2024.

The parents enthusiastically participated in film screenings that focused on their role in fostering their children's overall development, providing them with tools to better guide their children through life's challenges. This experience allowed parents to engage more deeply with their children's world, strengthening emotional connections and understanding.




STUDENTS' WORKSHOPS



An Informative Workshop on The Teen Guide-Unlocking the Path to a Positive Adolescence


“Drugs destroy your memory and your self-respect and everything that goes along with your self-esteem.” – Kurt Cobain



Substance abuse involves the harmful use of substances like tobacco, alcohol, illicit drugs, and prescription drug abuse, leading to impairment or distress. To raise awareness among adolescents about the dangers of these substances that jeopardize their futures, an informative workshop on **'The Teen Guide-Unlocking the Path to a Positive Adolescence'** was organized under the aegis of the Health & Wellness Programme of the school.

The engrossing sessions were conducted on August 12, 2024, for students of Classes IX to XI by Ms Divyangi Mittal, Senior Associate Psychologist at My Peegu. The expert provided a detailed presentation and video on the issue, covering its causes, effects, and prevention. The expert further explored the complexities of teenage behaviour and the factors driving addiction to social media and substances. Key topics included the teenage brain's idealism, critical thinking, risk-taking, personal fables, and imaginary audiences.

Each session concluded on a thoughtful note with a **pledge** to **"Say No to Drugs,"** emphasizing that addressing addiction requires awareness of its impacts and the ability to distinguish between positive and negative thought patterns. The students committed themselves to raising awareness about drugs within their community, family, and friends to help the nation move toward a **"Zero Substance Abuse Zone."**





August 20-27, 2024

SCHOOL CINEMA INTERNATIONAL FILM FESTIVAL (SCIFF) 2024

The Health & Wellness Programme of the school emphasizes the importance of instilling values and life skills in children for lifelong success. To support this, Value Education and Life Skills are integrated into the curriculum for Classes I-VIII through School Cinema.

From August 20-27, 2024, the school hosted the School Cinema International Film Festival (SCIFF), featuring over 75 films in 15 languages from 20+ countries. The event promoted creativity, teamwork, and cultural appreciation. Workshops and screenings, such as Ms. Samina Mishra's session on 'Understanding the Language of Cinema,' helped students explore key values like friendship, empathy, and respect.



Parents also attended screenings that focused on their role in their children's holistic development, empowering them to better support their children through life's challenges. The event helped parents connect with their children's experiences, fostering deeper emotional bonds.

SCIFF 2024 successfully reinforced essential life values and strengthened family connections, showcasing the programme's commitment to holistic education. The school looks forward to organizing more such enriching events in the future.



WORKSHOP ON ANTI-BULLYING AND PEER PRESSURE

"Resist peer pressure and bullying—true strength is in lifting others, not bringing them down."

Recent research in school education indicates that bullying and peer pressure are major issues affecting students' well-being and self-esteem. Therefore, awareness of these challenges and their consequences is crucial. To address this issue of immense importance, an awareness session on Anti-Bullying and Peer Pressure was organized for students of Grades VI to VIII on September 3, 2024.

The students were encouraged to respond to bullying calmly and assertively and to seek adult help. The students were reinforced with some strategies that can be incorporated in responding to any sort of bullying. The workshop was a sincere effort to create a supportive and respectful community, encouraging kindness, promoting inclusion, and ensuring that every student feels valued and respected.





PEER EDUCATORS' INTRODUCTORY SESSION (2024-25)

“Coming together is a beginning, staying together is progress, and *working* together is success.” — Henry Ford

The Health & Wellness Programme at Blue Bells Group of Schools offers a holistic education that integrates values, life skills, and well-being. **Dr Alka Saxena, Deputy Director (Health & Wellness), Blue Bells Group of Schools, an avant-garde educationist and visionary**, developed this comprehensive Peer Educator Programme with a clear vision: to empower students—to become effective role models and serve as an accessible and approachable health education resource both inside and outside the classroom.




On September 26, 2024, a Peer Educator Introductory Session at Brahm Dutt Blue Bells Public School brought together newly elected Peer Educators and school leaders from Blue Bells Group of Schools. The session featured activities, discussions, and a highlight: an Anti-Bullying workshop. Dr. Saxena guided the students in understanding their roles, emphasizing responsibility, and encouraging excellence. The students will engage in research projects on bullying, inspired by Dr. Saxena's advice to create a positive impact on their peers and the wider community.









July 24, 2024


TEACHER'S WORKSHOPS

From Impulse to Insight: Empowering Teachers on Emotional Awareness and Management

“You can't stop the waves, but you can learn to surf.” - Jon Kabat-Zinn

A workshop on "Understanding Emotions" was organised on July 24, 2024, at Brahm Dutt Blue Bells Public School, Gurugram, for Pre-Primary and Primary Wing facilitators of the Blue Bells Group of Schools. The session, led by Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS, and supported by the Resource Center Team, aimed to empower the teaching faculty with a holistic understanding of emotions.

Dr. Saxena highlighted the diverse ways emotions impact our physical and mental well-being, emphasizing the importance of emotional awareness and regulation. The workshop promoted a healthier understanding of emotions and their effects on individuals through experiential activities such as role-plays, reflections, and creating relevant jingles. The participants found the workshop enlightening and valuable. Dr. Trilok Singh Bist, Principal, BDBBPS, proposed the Vote of Thanks, expressing gratitude on behalf of the management and teachers to Dr. Saxena for her continued efforts in curating quality workshops for teacher capacity building





September 12, 2024

Cultivating Emotional Awareness: Transformative Workshop for Educators

“The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.” —Helen Keller

People who are aware of their own emotions and able to manage them effectively are likely to build strong relationships and create a supportive environment. With this thought, on September 12, 2024, under the aegis of Adept a Program for Enhancing Life Skills Powered by Wellnesswise.in, an engaging workshop on ‘Understanding Emotions’ for the facilitators of the Middle and Senior Wing, BDBBPS was organised. The esteemed resource person for the invigorating workshop was Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS, supported by the Health & Wellness Resource Center Team. The workshop aimed to reshape how educators perceive and manage emotions, both in themselves and their students.

Dr. Saxena emphasized how emotions influence both physical and mental well-being, underscoring the importance of emotional awareness and regulation. The participants were made to understand the impact of emotions through hands-on activities such as role-plays, reflections, and creating meaningful jingles.

This initiative reflects Dr. Saxena's ongoing commitment to designing high-quality workshops that enhance teachers' capacities. The session provided fresh perspectives on socio-emotional wellbeing, leaving a lasting impact on attendees, who found the experience deeply enriching.



WELLNESS WISE BY DR. ALKA



The most important relationship is the one you have with yourself. Once you have that, it may be hard work, but you can actually design your life. - Diane Von Furstenberg

Dr. Alka Saxena is a visionary mentor dedicated to blending cutting-edge health and wellness practices with education. She launched her blog, Wellness Wise by Dr. Alka, to share her extensive expertise on life skills, health, and wellbeing with a wider audience. Through her blog, she offers insights drawn from her rich experience as an educator, addressing topics that resonate with people of all ages.

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

EDUCATORS WHO INSPIRE

September 4, 2024 by Dr. Alka Saxena



THE ART OF EMOTIONAL INTELLIGENCE

August 22, 2024 by Dr. Alka Saxena



#WEDNESDAYWELLNESS

August 14, 2024 by Dr. Alka Saxena



As we celebrate the essence of freedom, it's important to remember that true liberation begins within. Your journey to wellness is your journey to freedom—freedom from stress, negativity, and anything...

PROMOTING SOCIAL SKILLS IN THE CLASSROOM

July 24, 2024 by Dr. Alka Saxena



#WEDNESDAYWELLNESS

July 10, 2024 by Dr. Alka Saxena



As we find ourselves midway through the year, it's the perfect time to reflect, re-focus, and reignite our goals. Whether you're seeking a burst of inspiration or a gentle nudge...

YOGA FOR A STRESS-FREE LIFE


July 10, 2024 by Dr. Alka Saxena



What is Yoga? Yoga is one of the six traditional systems of Indian philosophy, which was compiled, coordinated, and systematized by Maharishi Patanjali in his classical work 'The Yoga Sutras'...



Wellnesswise Social Media Uploads

- Monday: Quotes from WellnessWise Blog
 - Tuesday: Thoughtful Tuesday creative on Critical thinking, Problem-Solving, Lateral Thinking, Aptitude questions, Puzzles on County names and unfinished statements, etc.
 - Wednesday: WellnessWise Blog
 - Friday: School activity / Video on infographic content from WellnessWise blog
 - Saturday: Selfcare Saturday content on Environmental Selfcare, Recreational Self-Care, Spiritual Selfcare, Social Selfcare, Emotional Selfcare, Mindful Eating, SWITCH OFF AND TUNE IN, Breakfast Self – Care, Feather Breathing, self-care routine, Handling Burnout, ‘Self-Care is not being selfish’, Selfcare - Myths vs Facts, Breakfast Self – Care, Incorporating Yoga into Your Self-Care Routine, and Self-care can become challenging and hard to adhere to etc.
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Blog Link of wellness wise.in - <https://wellnesswise.in/>

Instagram Link-

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

Facebook Link –

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

LinkedIn Link - 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_a




Dear Readers

They say that great dreams of great dreamers always transcend boundaries. Education empowers you to dream big and achieve what once seemed impossible. It nurtures fertile thoughts, enriches your imagination, and strengthens your resolve to challenge and conquer the unconquerable. To our cherished readers, let your passion and individuality guide you on a journey of success, with unwavering determination and faith.

Here's to a delightful walk down memory lane! Stay tuned for the next edition of the e-Newsletter, where we will proudly showcase the achievements, celebrations, and unique initiatives of the school.

Warm Regards
Editorial Team
BDBBPS, Sector 10
Gurugram





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**Education is the
most powerful
weapon which you
can use to change
the world.**

NELSON MANDELA



Thank You

