

# BLUE BELLS MODEL SCHOOL

*E-Newsletter*

*July – September 2022*



**Phone No.: 0124-4698888**

**Email Id: [bbms@bluebells.org](mailto:bbms@bluebells.org)**

**Website: [www.bluebells.org/bbms](http://www.bluebells.org/bbms)**

# Message

*A mind that is stretched by a new experience can never go back in its old dimensions.*

Dear Leaders

Life is all about your attitude and perceptions. Carrying an '**I Can**' attitude equips you to be more aware of the surroundings and enables and empowers you to be innovative and design something that is desired for sustainable future.

Your '**I Can**'- mindset will empower you to be compassionate and sympathetic towards the changes in the World. The empathy towards your surroundings will enable you to feel the need, do and share your ideas to design the processes and practice the same.

It is good to be curious and use your understanding to make this world a better place.

Your '**I Can**' attitude develops a mindset to deal with difficult situations of life and use failures of life as an opportunity to get you closer to success.

I wish all my leaders a happy and successful life. Be innovative, enthusiastic and empathetic!

With love

Pallavi Sinha

Primary Wing Leader



*Awards*



July 21, 2022

## APAC News Network Felicitated the Principal for Exemplary Work and Contribution in the Education Sector



**"Some painters transform the sun into a yellow spot whereas some transform a yellow spot into sun."**

# Principal of The Year 2022 Award



"Great achievements are usually born of excellence and perseverance. A little progress each day adds up to big results. The award is a proud testimony and recognition of her vision, leadership quality, academic initiatives, and outstanding contribution to the cause of education."

## Green Campus Award 2022



"Success is the progressive realization of predetermined goals."

## Guru Samman Award 2022



“A good teacher can inspire hope, ignite the imagination, and instill a love of learning.”

## Principal and Teachers Par Excellence Award



**“The influence of teachers extends beyond the classroom, well into the future.”**



# Education World India School Ranking 2022-23



**DISTRICT GURUGRAM # 4**

**Delhi NCR # 12**

**India #20**

**"A milestone is an indication of progress, not a destination."**



# Junior State Boxing Championship



Divyansh Kataria of Class XI F bagged Gold Medal

**"You were born to win, but to be a winner, you must plan to win, prepare to win and expect to win."**

# Dr. Kalam's Mighty Minds Scholarship Program



Tanish Dhiman, IX D

## Jatin Virmani Badminton Tournament



**Aditya Batra** of Class VI C; **Ishita Sharma** of Class V B and **Ms. Nitu Kumari** secured Runners Up Positions Under 12 Boys Singles; Under 12 Girls Singles and Open Women Singles respectively

**"Success is not achieved by chance. It is the result of hard work, perseverance, learning, studying, sacrifice and most of all, love what you are doing or learning to do."**

## MBD Olympiad



**Namit Rajpal of Class VIII C** clinched the Third Position and was rewarded with a Certificate of Recognition along with a gift card worth Rs 3000/-. **Vihaan Goyal of Class VI B** grabbed the Consolation Prize and received a Certificate of Recognition along with a gift card worth Rs. 500

## Dance Competition, Nexxt Move



**Sanchit Mallick, Class VI bagged Second Prize and Titiksha Kukreja, Class VII secured Third Prize**

# Dr Kalam's Mighty Minds Scholarship Programme



**Dhruv Jangra IX B**





## Online Streak India Finance Quiz



**Harshit Garg of Class IX B won Third Prize**

## Strota Ratnavali



**Ishat Kumar Jha clinched Second Prize**

**"Persistence is the quality of winners. Successful people never give up."**

## FREEDOM RUN with Milind Soman



“Exercise should be regarded as a tribute to the heart.”

## 'Kick Off Football Tournament Season-03'



**Under 14 Team won 'Fair Play Trophy' and Vansh Massey of Class VIII got Best Midfielder Trophy**

**"Honest hearts produce honest actions."**

August 22, 2022

## Delhi Public School Ghaziabad , Gurugram hosted Interschool Basketball Competition



**Third Prize**

**"A dream does not become reality through magic; it takes sweat, determination, and hard work."**

## District Badminton Tournament



**Divyanshi of Class VII A won Girls Doubles in Under -13 and the prodigy, and the mentor, Ms Nitu Kumari, performed exceptionally well and won 40+ Singles, Doubles and Mixed Doubles.**

**“Courage, sacrifice, determination, commitment, toughness, heart, talent, guts. That’s what girls are made of; the heck with sugar and spice.”**

## Commonomics 2022-23



**Harsh Jha, XII C and Yuvraj Singh Chauhan, XI E secured FIRST PRIZE in Bulls and Bears**  
"Keeping an eagle's eye and unfathomable knowledge, the participants got to experience the concept of the stock market by investing in a few listed companies."

## Maneuvre-The Fiesta



**Gold Medal in Skating**

**Priyanshi (Class III)**

**Shreyashi (Class V)**

**Silver Medal in Skating**

**Navjeet (Class VII)**

**Bronze Medal in Skating**

**Gauri (Class VII )**

**Bronze Medal in Long Jump**

**Vanya (Class IV)**



## Shalom Hills Resilienza 2022



**Raj Sardana, Class X got the First Runner-Up Trophy in Character Portrayal of Chaucer's Pilgrims. Tanishi Chugh(XI B) and Hriday Chugh (XI C) bagged First Runner-up in Bio-Economy, a presentation on Key to Sustainable Goals 2030**

**Success comes to those who act.**

## Inter District Volleyball Tournament



Under 19 Girls Team brought the Champion's Trophy home.

“It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing.” Pele

## Hunar, an Interschool Sports Competition



**Ahana Gulati**  
**First Prize in Chess**



**Sanya**  
**Third Position Table Tennis**



**Smyan Banerjee**  
**Second Position Table Tennis**

**“Continuous effort – not strength or intelligence – is the key to unlocking our potential.”**

## Scientartist in Capital 2022



**Riddhima Chawla XI F and Harshita Garg XI D won Third Prize**

## Abhivyakti



**Avni Yadav** of Class XII bagged the **Second** position while **Ishita Singh** of Class X bagged **Third** Position in the Hues of Freedom, Painting Competition

## District Carom Championship



### First Position

Keshav - Under 14 Boys Category

### Third Position

Vansh - Under 12 Boys Category

Gaurav - Under 14 Boys Category

Aryan - Under 18 Boys Category

Selected for the State Level.

# JEE Advanced 2022



**BLUE BELLS MODEL SCHOOL**



**ROOPAM TANEJA**

**RANK - 790  
JEE ADVANCE 2022**

**Congratulations!!!**



**BLUE BELLS MODEL SCHOOL**



**DIVYAM GUPTA**

**RANK - 3700  
JEE ADVANCE 2022**

**Congratulations!!!**



**BLUE BELLS MODEL SCHOOL**



**PUSHPENDRA JAIN**

**RANK - 4905  
JEE ADVANCE 2022**

**Congratulations!!!**



**BLUE BELLS MODEL SCHOOL**



**ADITYA KEDIA**

**RANK - 6057  
JEE ADVANCE 2022**

**Congratulations!!!**

**"I am who I am today because of the choices I made yesterday."**

## Razzmatazz 2022



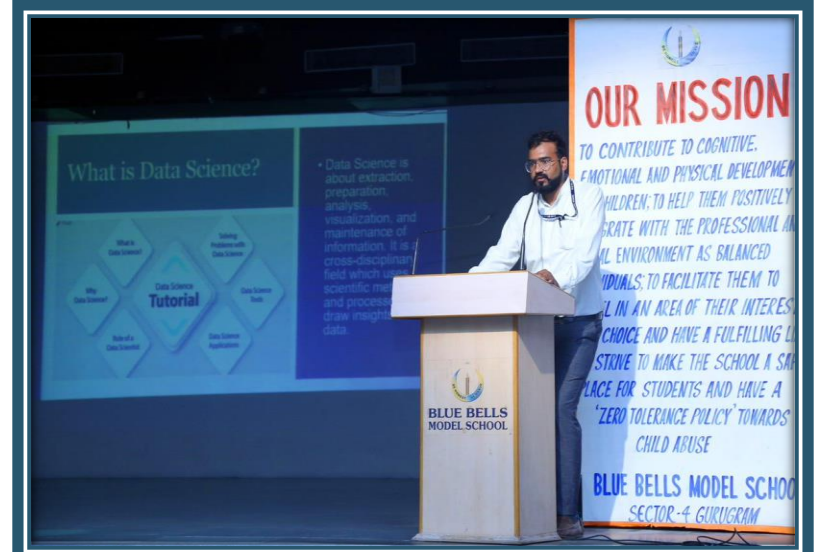
Riddhima Tiwari, Vrishtee Chauhan, Riya Bhat and Srishti Sanjay of Class IX C bagged **Second Prize** in Radio-Jockey



EVENTS



# Orientation on Skill Subject



“Wellness encompasses a healthy body, a sound mind and tranquil spirit. Enjoy the journey as you strive for wellness.”



# Formation of Vitt Club Cabinet 2022-23



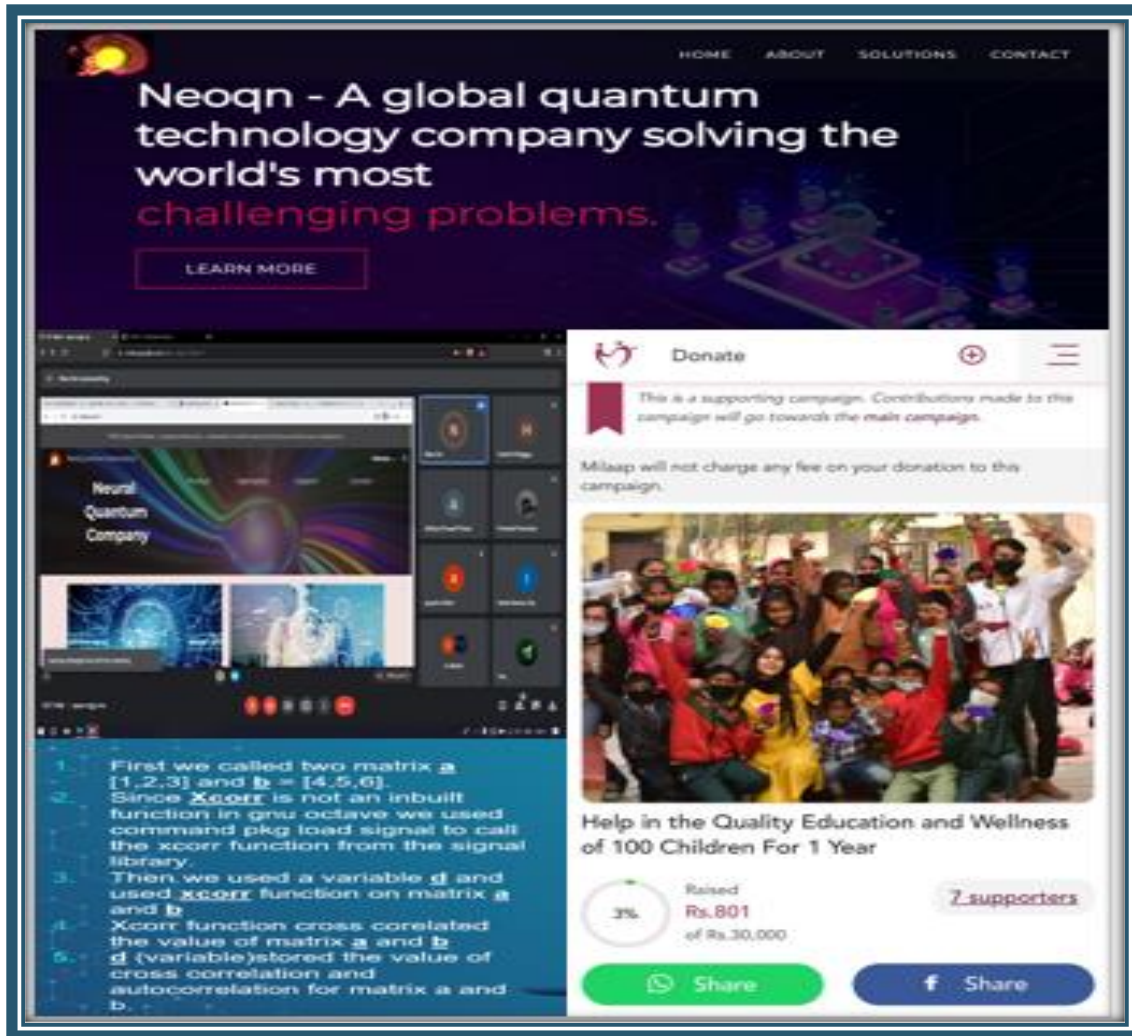
"There are no secrets to success. It is the result of preparation, hard work, and learning with sincerity and dedication."

# Guru Purnima



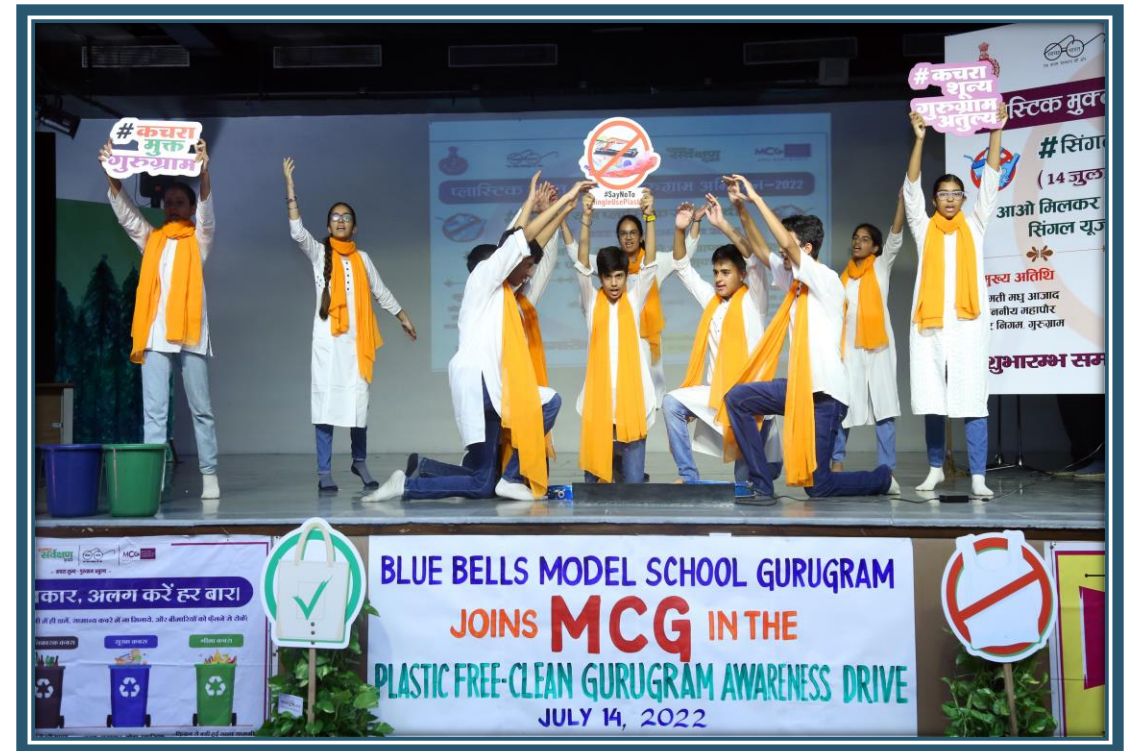
**"Guru is everything in our eternal life, nothing is possible without him. Life needs some power to push you up and Guru is that super power."**

# Internship Programme for Students



Experiential, Hands-on Learning has become the buzzword of the teaching-learning process today because practical, skill-based learning only, can carve employment generators.

## 'Jagrukta Rath' in collaboration with MCG



"Good stewardship of the environment is not just a personal responsibility, it is a public value... Our duty is to use the land well, and sometimes not to use it at all. This is our responsibility as citizens, but more than that, it is our calling as stewards of the earth."

# Learning Beyond The Classroom



**"Opportunities don't happen, you create them."**

# Design Fair



“The best way to predict the future is to create it.” Alan Kay - Computer Scientist



# World Youth Skills Day



**“Skill is the joined force of passion, experience, and intellect.”**

# World Nature Conservation Day



"Nurturing Mother Nature"

July 27, 2022

## KARGIL DIWAS: A Tribute to the Martyrs



**"Kargil is not a story of just winning, it's a story of pain with pride."**

July 29, 2022

## Scouts And Guides: A Life-changing Experience



**"Nature is a Scouts' playground. It is a place to discover new things and embark on great adventures; a place where youth gain leadership skills by leading their peers on meaningful outdoor adventures."**

August 2, 2022

# Financial Literacy Workshop



"An investment in knowledge pays the best interest."

August 9, 2022

## STAGE -O- RAMA



**“The power of art can break the shackles that bind and divide human beings”**

## 76TH INDEPENDENCE DAY CELEBRATION



**‘Independence is a blessing which needs to be safeguarded and preserved and that is possible only when we work in unison overshadowing any impediment on the way.’**

August 13, 2022

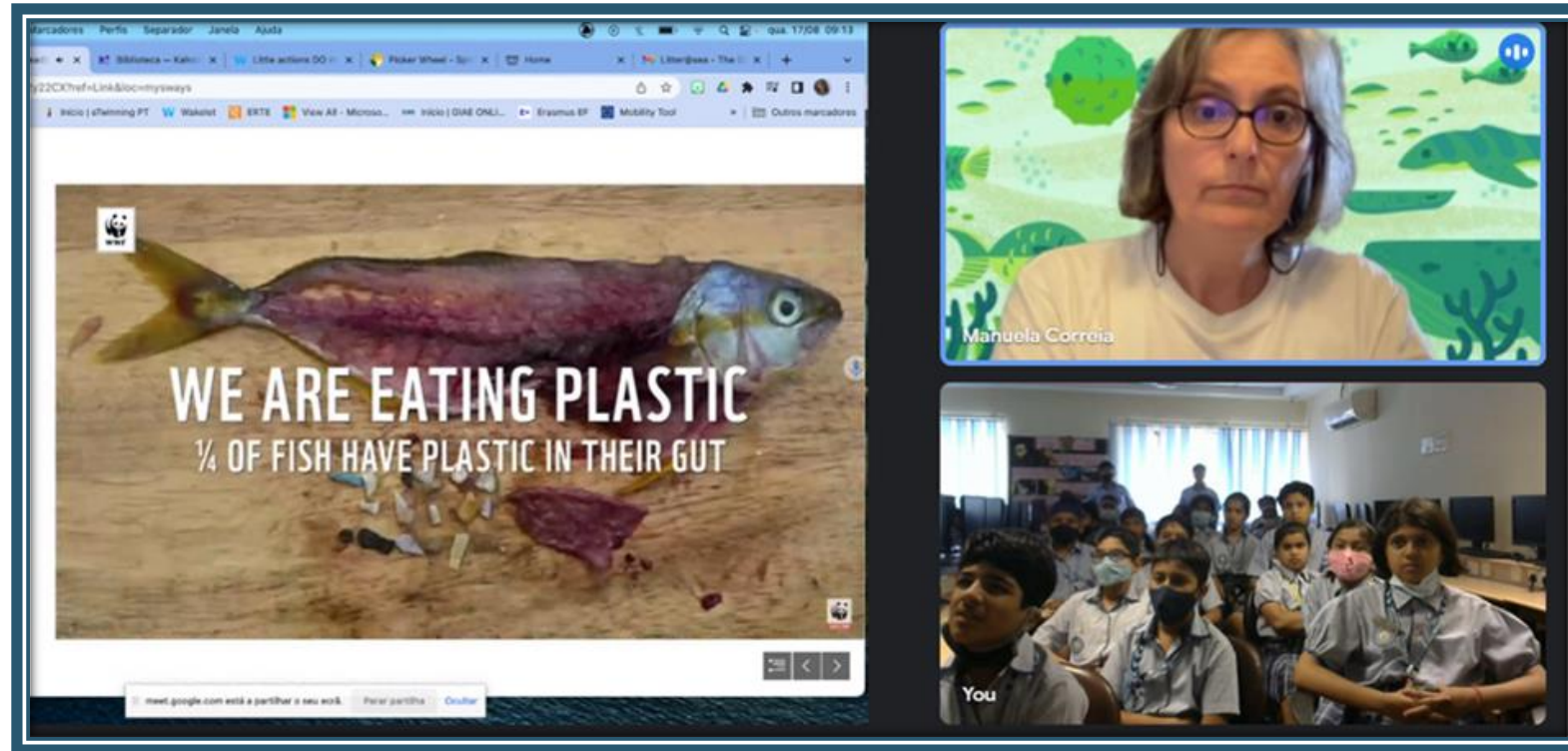
# Har Ghar Tiranga Walkathon



**‘Our Mind, Body and Soul Feel Ignited When We See Our Tricolour Flag Soaring High Up In The Sky Promising Peace, Harmony And Brotherhood.’**



## International Connect



**"Water and air, the two essential fluids on which all life depends, have become global garbage cans."- Jacques Yves Cousteau, Oceanographer**

# Comm-Kshetra 2.0 2022- Contest For The Best!

The screenshot shows a Zoom meeting in progress. The main display area features a presentation slide with the following text: "BLUE BELLS MODEL SCHOOL PRESENTS comm-क्षेत्र 2.0 COMMERCE FEST 'Contest for the best'". The Blue Bells Model School logo is visible in the top right corner of the slide. The Zoom interface includes a top bar with "Recording" status, "You are viewing Hitesh Goyal's screen", and "View Options". A vertical gallery of participants is on the right side, showing several participants in a grid. The bottom toolbar contains icons for "Unmute", "Stop Video", "Participants" (89), "Chat" (1), "Share Screen", "Record", "Raise Hand", "Apps", "Whiteboards", and a "Leave" button.

**“Great business is built to last with passion and hard work.”**

August 29, 2022

# Vigyantram



**Genueflections and Regards to Revered Dr Sanjay Pal Sir BBMS brims with scientific temper!**

# Teachers' Day Celebration



“It is the supreme art of the teacher to awaken joy in creative expression and knowledge.”

## Grandparents' Day



**‘Grandparent is one who strengthens you with prayer, blesses you with love & encourages you with hope.’**



*“Wellness encompasses a healthy body, a sound mind, and a tranquil spirit. Enjoy the journey as you strive for wellness.” -- Laurette Gagnon Beaulieu*

The Health & Wellness Programme was introduced and implemented in Blue Bells Group of Schools in the year 2009 under the able guidance of Dr. Alka Saxena, (Deputy Director) Health and Wellness, Blue Bells Group of Schools, an avid advocate of the socioemotional well-being of children.

Health & Wellness Programme is a well-established programme which has been working to provide awareness, sensitization, and skill enhancement to all stakeholders of institutes for over 12 years. This motivated the Health & Wellness Resource Center Team to spread its wings further and expand its knowledge and skillset to other sections of society and hence **ADEPT** – A Programme for Enhancing Life Skills was conceptualized and established to provide support in the form of preventive measures and focus on solution-based approaches in training. Specialized Training Sessions are curated for the students, teachers and parents.

With the objective of reaching out to a large audience of youngsters and adults alike and sharing her vast knowledge and experiences on life skills, health & wellbeing, Dr Alka launched her blog -[www.wellnesswise.in](http://www.wellnesswise.in). Ma'am's vast knowledge and rich experience as an educationist form the background of her varied write-ups in her blog. The topics chosen are very relevant in today's context and appeal to all age groups.

The Health & Wellness Resource Centre, a unique initiative, was established in the year 2015 by Dr. Saxena, with the sole aim of catering to the needs and demands of Blue Bells Group of Schools as well as other schools. The center's main focus is to create modules, workshops and policies for the students, teachers and parents. The Resource Centre team headed by Dr. Alka Saxena comprises of Ms Renu Khare, (Counsellor and Content Developer) along with Ms. Priyanka Chaturvedi, Ms. Sapna Sinha,(Value Education Facilitators and Content Developers) and Ms. Premlata Yadav (Office Executive, Health & Wellness). Under the aegis of the Health & Wellness Programme, the Resource Centre team plans and conducts various Sessions, Workshops and Modules for the students, teachers, and parents after a meticulous and extensive research. Over the years, Dr Saxena has groomed a full-fledged team of Counsellors Life Skill Facilitators, Doctors and Nurses in carrying – on her vision of empowering students.



# EVENTS ORGANIZED UNDER THE HEALTH & WELLNESS PROGRAMME

## DOCTOR'S DAY CELEBRATION

**“Real heroes don’t wear capes, they wear white coats and we call them Doctors.”**

The world has become a better and healthier place to live in with doctors bringing the joy of health and goodness to our lives.

The Special Assemblies were hosted by Smriti Jha, Primary Wing -Health & Wellness Ambassador, Ayaana Singh and School head Girl Varnika along with students of Grades III to V. The assemblies began on a pious note by invoking the blessings of the Almighty with the chanting of the Gayatri Mantra. All the assembly features were interwoven around the theme of celebrating the contributions of the custodians of health. A mesmerizing poem on the role of doctors as superheroes and how they dedicate their lives to caring for and treating us was applauded by all.

Adding value to the celebration, Dr. Sanjay Bhat, the school doctor along with the school nurse Ms. Neelam, gave an informative presentation on basic First Aid. The students were apprised of the safety rules and the uses of items in the First Aid Kit. They were briefed about the importance of administering First Aid in case of an emergency before the arrival of medical help Dr. Bhat further emphasised safety measures that must be taken in various areas like in the kitchen, at home, in the playground, on road, in the park, and in the swimming pool where children visit frequently. He focused on proper hygiene which is to be maintained for a safe and healthy life.







# PEER EDUCATORS' INTRODUCTORY SESSION

**If your actions inspire others to dream more, learn more, do more and become more, then you are a leader. – John Quincy Adams.**

We, at Blue Bells believe that in order to provide a wholesome education to children we must nurture in them the interconnected dimensions of values, life skills and wellness. Dr. Alka Saxena structured the Health & Wellness Programme for Blue Bells Public School with the strong vision of equipping the students with knowledge and awareness of their Health and Wellbeing thus ensuring a strong foundation of their childhood.

In furtherance of the vision, the Peer Educators for the Session 2022-23 were selected through a structured procedure comprising the **Written Round, JAM Session, Team Building Activities and Personal Interview with Dr. Alka.**

With the aim of giving an insight into the Health & Wellness Programme, an Introductory Session for newly elected Peer Educators of Blue Bells Model School was planned & conducted by Ashutosh Raghav, Health and Wellness Ambassador and Harshita Garg, the Peer Mentor on July 28, 2022. The students were trained by Ms. Manisha Gupta, Ms. Prerna and Ms. Komal Kathuria **under the able guidance of our mentor Dr. Saxena.** The session offered a new learning experience to all the participants.

The highlights of the session were:

- Team Introduction Activity
- Team Building Activities
- Motivational Videos
- Roles & Responsibilities of the Peer Educators

Dr. Alka apprised them about Do's and Don'ts to be kept in mind while performing the duties of a Peer Educator. She elaborated about the roles & responsibilities of Peer Educators. Speaking on the occasion, Ma'am briefed them about their take away from the session and motivated them for achieving their goals. She wished them luck for their future endeavours.

The Peer Educators participated enthusiastically in all activities & discussions. At the end of the session they were apprised about their first task as Peer Educators.



# Peer Educators (VI- XII)

## Session 2022-23

Health & Wellness Ambassador - Ashutosh Raghav XII E  
Peer Mentor - Harshita Garg XI D  
Junior Health & Wellness Ambassador -Ayaana Singh V D

DESIGNATION	NAME	CLASS/SEC
PEER EDUCATOR	Armaan Sareen	X B
PEER EDUCATOR	Aarshiya Sharma	X C
PEER EDUCATOR	Aadhya Singh	IX B
PEER EDUCATOR	Lochan Ganotra	IX B
PEER EDUCATOR	Guneet Poplee	VIII A
PEER EDUCATOR	Jahan Grover	VIII B
PEER EDUCATOR	Neeti Sharma	VIII C
PEER EDUCATOR	Tejasvi Chauhan	VIII D
PEER EDUCATOR	Pari Kathpal	VII A
PEER EDUCATOR	Jivitesh	VII B
PEER EDUCATOR	Atharva Goyal	VII C
PEER EDUCATOR	Gauri Gokul	VII D
PEER EDUCATOR	Mishka Goyal	VI A
PEER EDUCATOR	Dhanvi Bajoriya	VI B
PEER EDUCATOR	Charvi Gupta	VI C
PEER EDUCATOR	Eeshika Gupta	VI D



# METAMORPHOSIS - HEALTH & WELLNESS FIESTA, AN INTER-SCHOOL MEGA LIFE SKILLS EVENT

*“With a powerful community, I can do much more. I am happier. I learn and expand and, possibly, I can transform.”- Elana,  
Educator*

With the strong vision of equipping the students with knowledge and awareness of their Health & well-being; a workshop as a part of our annual feature ‘**Metamorphosis-Health & Wellness Fiesta, An Inter School Mega Life Skills Event**’ was organized on the Topic: ‘**Draw the line: Stand up to Bullying**’ for students of Classes IX to XII on **August 05, 2022**. The invigorating and enriching workshop was conducted by **Dr. Alka Saxena, Deputy Director (Health & Wellness), Blue Bells Group of Schools**.

In the workshop, Dr. Alka laid stress on the adverse impacts of bullying on a child’s personal, social, emotional as well as interpersonal functioning. Her inspiring words reached out to the participating students with a rationale to equip them to deal with the challenges posed by bullying. The interactive session was attended by more than 100 students from the reputed institutions of Gurgaon.

Dr. Saroj Suman Gulati, revered Director, BBGS, emphasized on the importance of Life Skills and extended her felicitations to Dr. Alka and her team for conducting the session on such a sensitive topic effectively.





# AWARENESS CAMPAIGN ON DENGUE PREVENTION

We at Blue Bells believe that children are the harbingers of a better tomorrow. With the mission to empower our young scholars with the right information and awareness regarding different issues related to health & wellness, the **Health & Wellness Team** under the mentorship **Dr. Alka** organizes and conducts various informative sessions as a part of **Peer Educator Programme**.

In sync with the same vision, **special assemblies** were organized, wing wise for the students of Classes III-XII **from August 25 to August 30, 2022**, to sensitize them about the ways to combat the prevalent disease Dengue and stay safe during the Monsoon season.

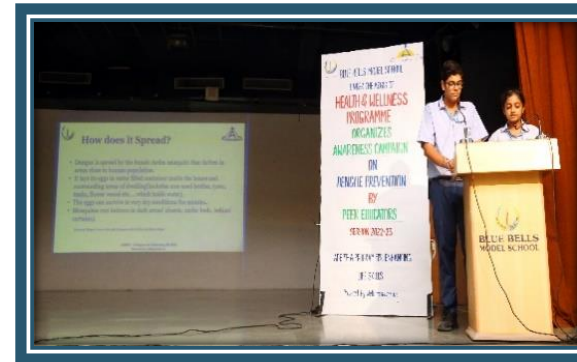
Information regarding the prevention of the disease, the breeding conditions of the mosquitoes, and steps that could be taken to reduce the risk of acquiring the disease were shared with the help of a PowerPoint presentation. At the end of the sessions, a quiz was conducted to check students' understanding of the topic. Students responded to the questions with enthusiasm and demonstrated a sound understanding of the content.

Senior wing assembly presented by the **Health & Wellness Ambassador** from Class XII E, **Ashutosh Raghav**, **Peer Mentor Harshita Garg**, Class XI D along with **Peer Educators Armaan Sareen**, Class X B, **Aarshiya Sharma** and Class X C.

Middle wing assembly presented by **Peer Educators Guneet Poplee**, Class VIII A, **Jahan Grover**, Class VIII B, **Neeti Sharma**, Class VIII C and **Tejasvi Chauhan**, Class VIII D **Aadhya Singh**, Class IX B and **Lochan Ganotra**, Class IX C. Primary Wing assembly presented by **Junior Health & Wellness Ambassador Ayana Singh** from Class V, **Peer educators Dhanvi Bajoriya**, Class VI B, **Charvi Gupta**, Class VI C, **Eeshika Gupta**, VI D, **Jivitesh**, Class VII B, **Atharva Goyal**, Class VII C and **Gauri Gokul**, Class VII D, under the guidance of the Health & Wellness Team. Dr. Sanjay Bhatt, the School Doctor, briefed the students on how to stay safe from different Monsoon related diseases.

In addition to spreading awareness through the assemblies, posters on Dengue Awareness and Tips for Monsoon season, have been put across all strategic locations of the school. The sessions were interactive and supported in promoting a safer and healthier environment for the society.







# TEACHER EMPOWERMENT PROGRAMME

## ADVANCED TEACHER TRAINING PROGRAMME, CATEGORY 1, GROUP 2

*'Small steps in the right direction can turn out to be the biggest step of your life'*

Advanced Teacher Training Programme conducted by ADEPT- A Program for Enhancing Life Skills powered by wellnesswise.in, is an in-service training programme formulated by the Health & Wellness Resource Center Team under the inspirational guidance of Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS. The prime purpose of this in-service training is to enable teachers & staff to acquire new understanding and instructional skills which will further enable them to develop effectiveness in all spheres.

This programme is divided into three categories. The first category - Empowering Self was designed as a weekly programme which was conducted every Wednesday from April 13 to September 14, 2022 for the teachers and staff of Blue Bells Model School.

The main objective of this programme was to help teachers identify their interests, aspirations, strengths and weaknesses and further enhance upon their strength areas and boost their motivation and become more professional at their work place. The incredible participants participated passionately and wholeheartedly, in the session.





# INDIGENOUS INITIATIVES OF HEALTH & WELLNESS PROGRAMME THROUGH SOCIAL MEDIA POSTS

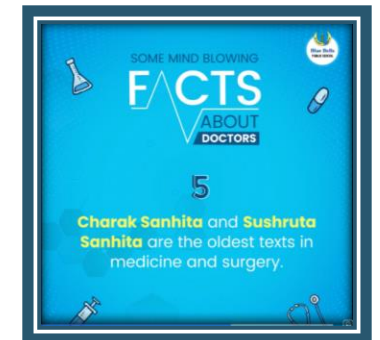
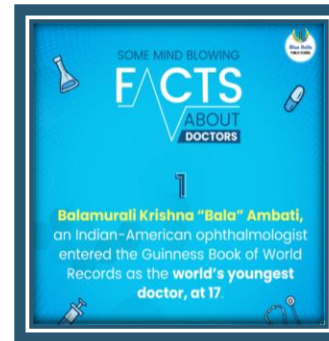
## DOCTOR'S DAY

On the occasion of National Doctor's Day, we are tipping our hats to the only professionals to work tirelessly to eradicate the cause of their very being!! Yes. We cannot thank our Doctors enough for all the lifesaving work they do round the clock.

To celebrate them, we bring to you a few facts about the noble profession that you may find interesting. Happy Doctor's Day to all you heroes out there.

[#NationalDoctorsDay](#) [#DoctorsDay2022](#) [#ThankYouDoctors](#) [#BlueBellsPublicSchool](#)

<https://fb.watch/e7T9zLcD49/>



# WELLNESS WISE BY DR. ALKA

## AUTHOR PROFILE



**Dr. Alka Saxena**

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

It is so important to take time for yourself and find clarity. The most important relationship is the one you have with yourself. - Diane Von Furstenberg.

A healthy mind dwells in a healthy body. Keeping this in mind, Dr. Alka Saxena created her blog, Wellness Wise by Dr. Alka. The purpose was to reach out to a broad audience with the aim of sharing her vast knowledge and practises on life skills, health, and wellbeing. Her blog postings based on her experiential knowledge as an educator covers a wide range of topics which connects and relates to both the young and the old alike.

Dr Alka's blogs published during the months of July to September 2022 has been a source of inspiration to all her followers. It has helped readers to reconnect with life and find solace. Some of the contents published in her blogshave been shared below which majorly focusses on healthy living and emotional wellbeing. Her writings can be explored on [www.wellnesswise.in](http://www.wellnesswise.in)


**#WEDNESDAYWELLNESS**  
August 10, 2022 by Dr. Alka Saxena



**# WEDNESDAY WELLNESS**

www.wellnesswise.in

**TIPS FOR STAYING HEALTHY DURING EXAMS**  
August 15, 2022 by Dr. Alka Saxena



**Tips For Staying Healthy During Exams**

www.wellnesswise.in

**#WEDNESDAYWELLNESS**  
August 24, 2022 by Dr. Alka Saxena



**# WEDNESDAY WELLNESS**

www.wellnesswise.in

**BUILDING BRIDGES: CREATING A CONNECTION WITH YOUR CHILD**  
September 14, 2022 by Dr. Alka Saxena



**BUILDING BRIDGES: Creating a connection with your child**

www.wellnesswise.in

**THE POSITIVE DISCIPLINE APPROACH TO PARENTING**  
September 7, 2022 by Dr. Alka Saxena



**The Positive Discipline Approach to Parenting**

www.wellnesswise.in

**BREAST CANCER AWARENESS**  
July 27, 2022 by Dr. Alka Saxena


**Guest Blog**  
Dr. Geeta Kadayaprath  
Breast Surgical Oncologist and Oncoplastic Surgeon



**BREAST CANCER AWARENESS**

www.wellnesswise.in

**TYPES OF BULLYING**  
August 3, 2022 by Dr. Alka Saxena



**TYPES OF BULLYING**

www.wellnesswise.in

**CELEBRATING FRIENDSHIP #BONDTHATBINDS**  
August 6, 2022 by Dr. Alka Saxena



**WellnessWise Specials**  
**Celebrating Friendship #BondThatBinds**

www.wellnesswise.in

**5 TIPS FOR A GOOD NIGHT'S SLEEP**  
July 8, 2022 by Dr. Alka Saxena



**5 Tips For a Good Night's Sleep**

www.wellnesswise.in

**#BACKTOSCHOOL FROM SUMMER BREAK**  
July 13, 2022 by Dr. Alka Saxena



**WellnessWise Specials**  
**#BackToSchool From Summer Break**

www.wellnesswise.in

**#WEDNESDAYWELLNESS**  
July 20, 2022 by Dr. Alka Saxena



**# WEDNESDAY WELLNESS**

www.wellnesswise.in



# Message from the editorial team

Dear Readers

It's time for you to transform your world by transforming your internal state. Just start by learning to let go of negative self-judgement, and replace it with positive, loving thoughts about yourself. Be kind to yourself and watch your external world change.

- Do what you feel is right.
- Stop complaining.
- Learn from your mistakes.
- Dream big.
- Plan ahead.
- Love unconditionally.

## **Editorial Team**

Ms. Kiran Rawat

Ms. Sunita Yadav

Ms. Sanjana Arora

