



Blue Bells Model School

Sector-4, Gurugram



E-Newsletter

June-July 2021

Phone No.: 0124-4698888

Email Id: bbms@bluebells.org

Website: www.bluebells.org/bbms

Message

“The secret of change is to focus your energy, not on fighting the old, but on building the new”.—Socrates



The recent pandemic has been a great learning for all of us to understand and realize the futility of the bygone and adapt and accept to the new normal. This has proven all the more true for the educators as the sudden and unprecedented transition in the teaching- learning process was not easy going because it involved a paradigm shift in the way we were accustomed to learning.

Visualizing the change from the physical to the virtual mode and analyzing its efficacy involved burning the mid-night oil and multiple Heads coming together to make learning not only effective but also engaging for the students for it is a

widely accepted fact that if students don't find school engaging, empowering and interesting then they are not interested in performing.

All apprehensions associated with such transition were brought to rest as the education sector seemed to be the fastest and the most creative in not only adapting to the change but also working magic by exploring varied tech-tools. Incorporating such innovative practices not only contributed in making



learning more enabling and engaging but also more diverse by crossing the boundaries of the class-rooms and scaling national and international levels.

Such broadening of horizons was experienced by us at Blue Bells Model School when our Honoured Principal Ms. Alka Singh was invited as the guest speaker on the virtual platform to The School of Business Economics and Management and also shared her viewpoints with the students of American College Skopje. The virtual mode further empowered our students to collaborate with The Goals Projects which is working on 17 Goals of Sustainable Development with 1600 classroom projects all over the world. The scope of such international connect further widened when our Inter-school competitions like BBMUN, Comm-kshetra, Literary-Fest organized virtually received participation from students both Nationally and Internationally.

I sincerely believe that nothing can be more motivating than these words:

Always Remember

You're Braver than you believe..

Stronger than you Seem and..

Smarter than you think..

So the best thing is have faith in your capacities and be the Change that you want to see.....

Anjali Nagpal
PGT-English

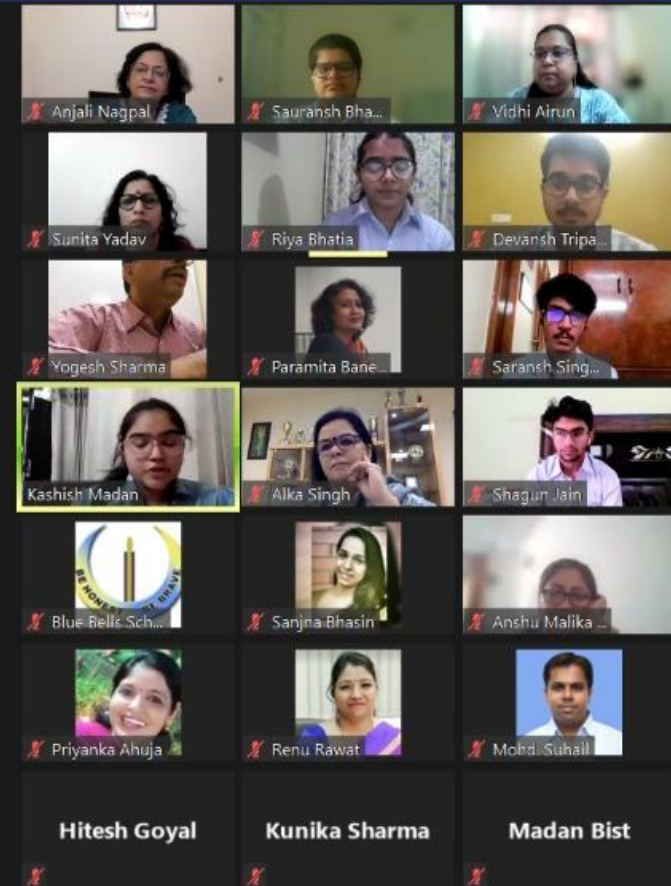


A Webinar on Digital Literacy



Why digital literacy among elderly people is important?

1. Digital literacy can be a boon for older persons, particularly for those who live alone, live away from their children/grandchildren, live with mobility constraints and want to live independently in old age.
2. It not only makes their life smooth, comfortable and easier but also keeps them in the mainstream of society.
3. It is also observed that there is a keen desire among older persons to keep them connected with the new world order, ruled by internet and information technology.



“I dream of a digital India where quality education reaches the most inaccessible corners driven by digital learning.” – Shri Narendra Modi

World Day Against Child Labour

**WORLD DAY AGAINST
CHILD LABOUR
JUNE 12, 2021**

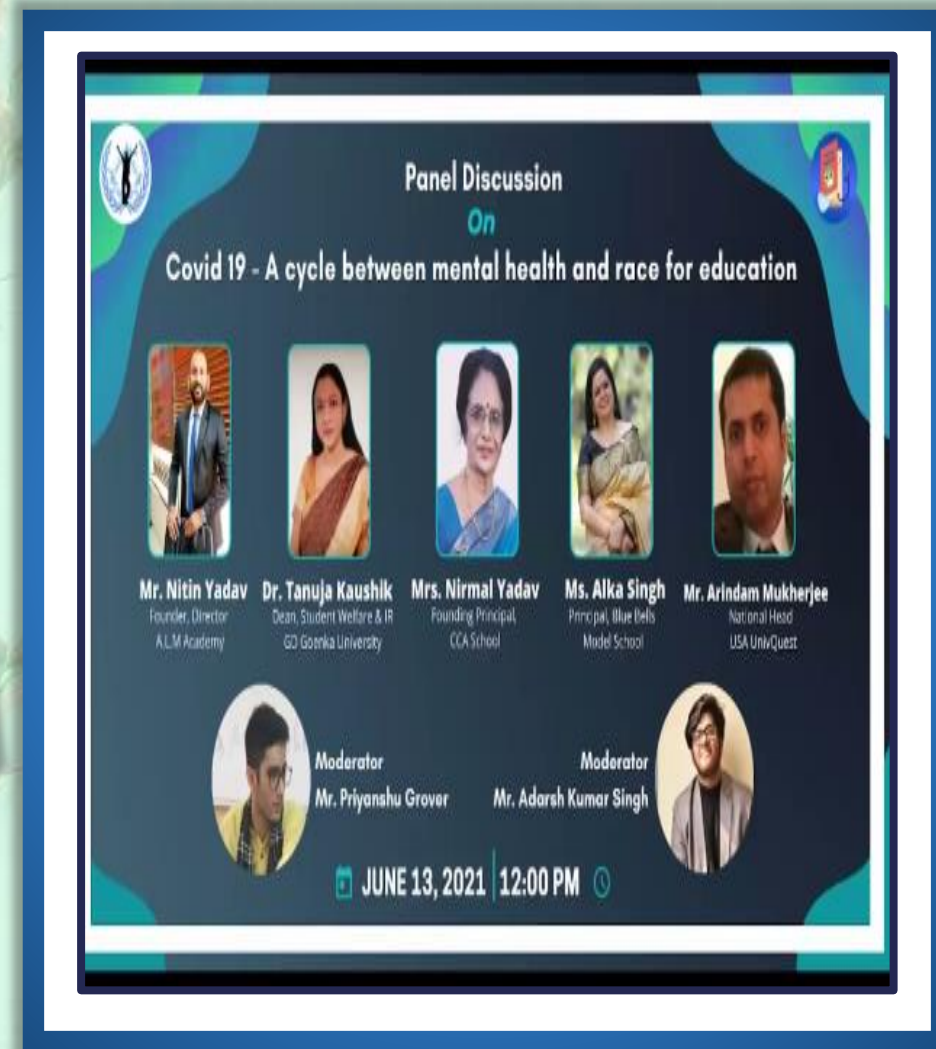


**BLUE BELLS COMMITTED
TO EDUCATION FOR ALL.**



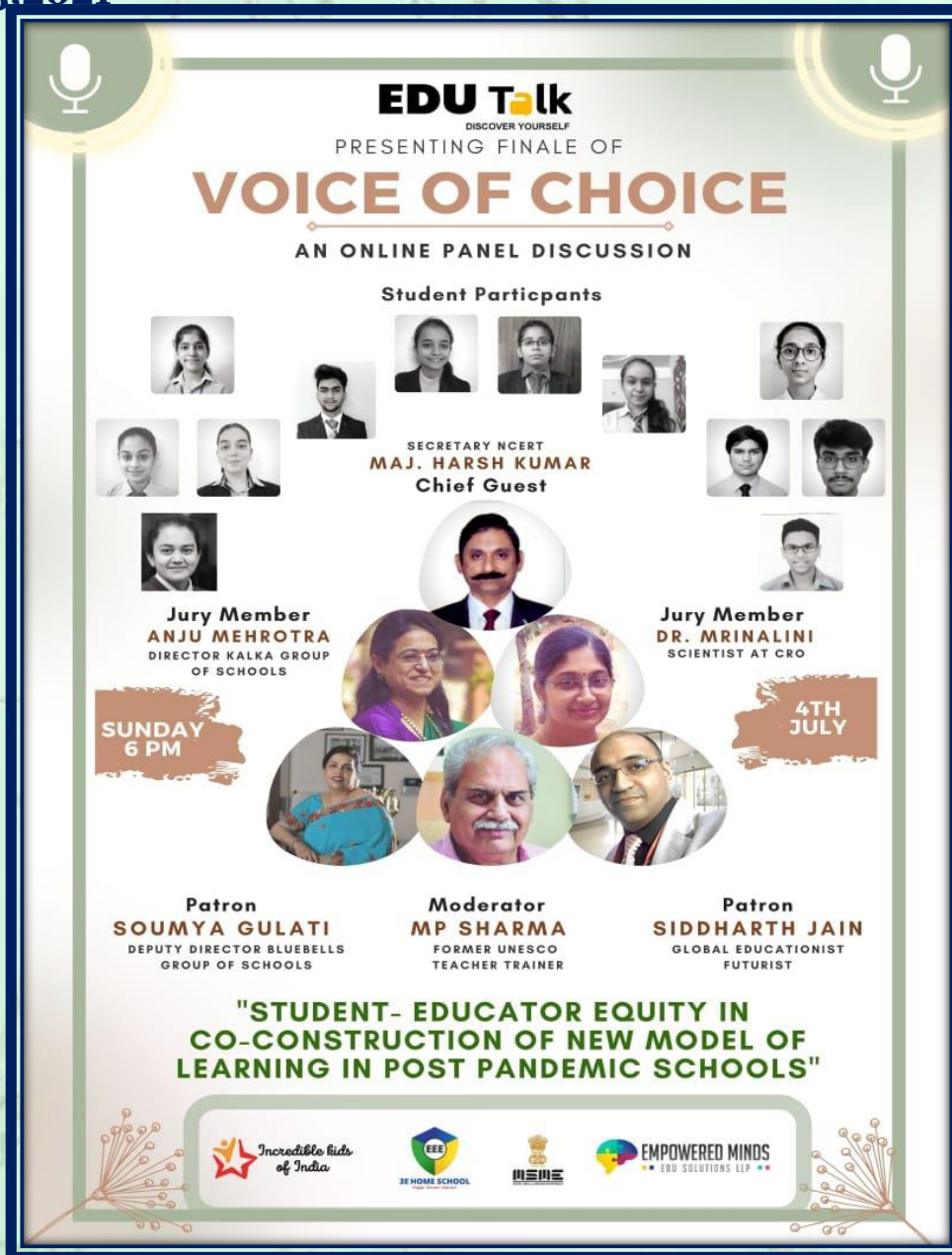
Education is their
birthright; so against
child labour we must
fight.

Covid 19 – A Cycle Between Mental Health and Race for Education



Voice of Choice

Shagun Jain and Kishika Mallik
created a benchmark by
participating in the prestigious
Edutalk forum -A special debate of
students and educators.



EDU Talk
DISCOVER YOURSELF
PRESENTING FINALE OF
VOICE OF CHOICE
AN ONLINE PANEL DISCUSSION

Student Participants

**SECRETARY NCERT
MAJ. HARSH KUMAR
Chief Guest**

**Jury Member
ANJU MEHROTRA
DIRECTOR KALKA GROUP
OF SCHOOLS**

**Jury Member
DR. MRINALINI
SCIENTIST AT CRO**

**SUNDAY
6 PM**

**4TH
JULY**

**Patron
SOUMYA GULATI
DEPUTY DIRECTOR BLUEBELLS
GROUP OF SCHOOLS**

**Moderator
MP SHARMA
FORMER UNESCO
TEACHER TRAINER**

**Patron
SIDDHARTH JAIN
GLOBAL EDUCATIONIST
FUTURIST**

**"STUDENT- EDUCATOR EQUITY IN
CO-CONSTRUCTION OF NEW MODEL OF
LEARNING IN POST PANDEMIC SCHOOLS"**

**Incredible kids
of India**

BE HOME SCHOOL

U.S.M.S.

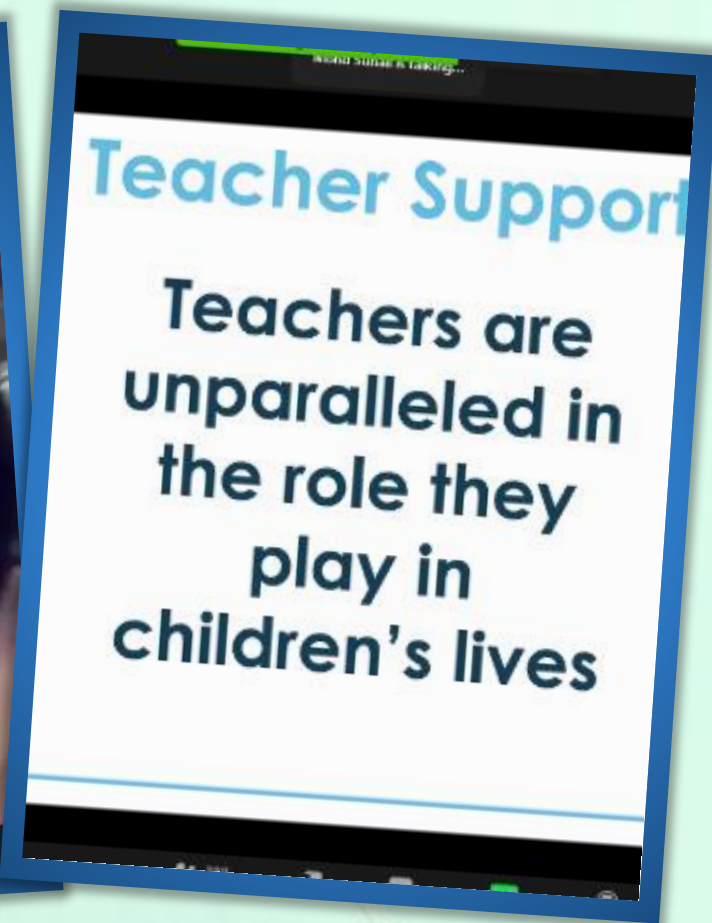
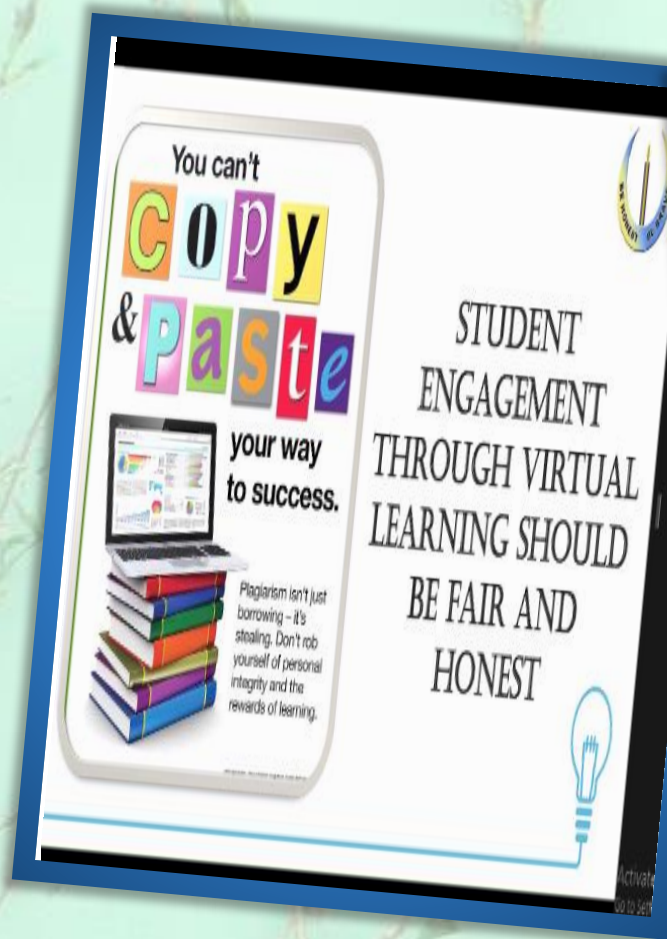
**EMPOWERED MINDS
EDU SOLUTIONS LLP**

Investiture Ceremony 2021-22



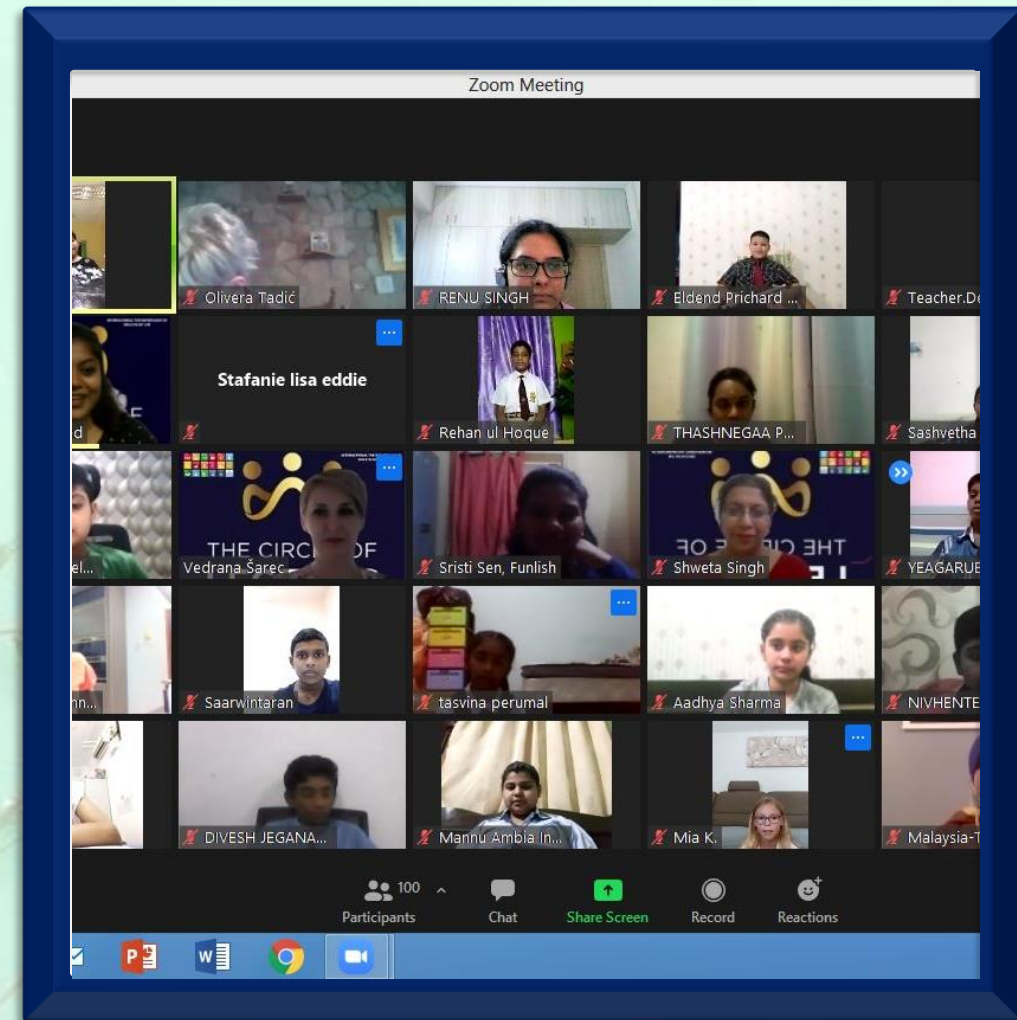
‘If your actions inspire others to dream more, learn more, do more and become more then you are a leader.’

Honesty in Examination



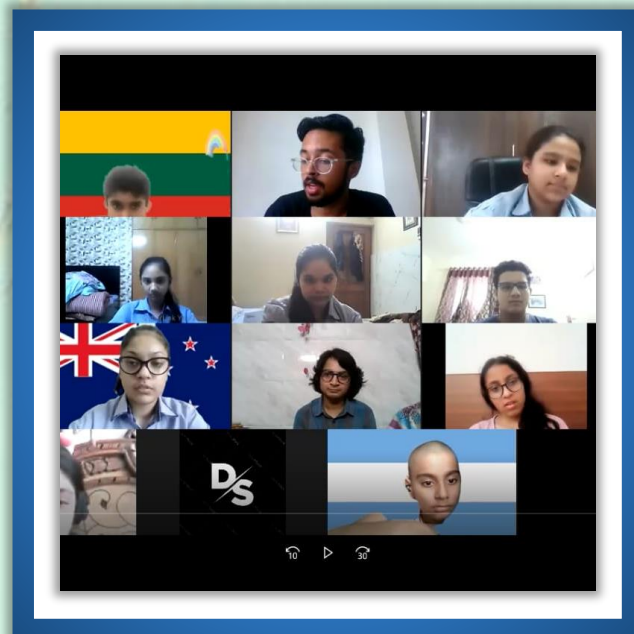
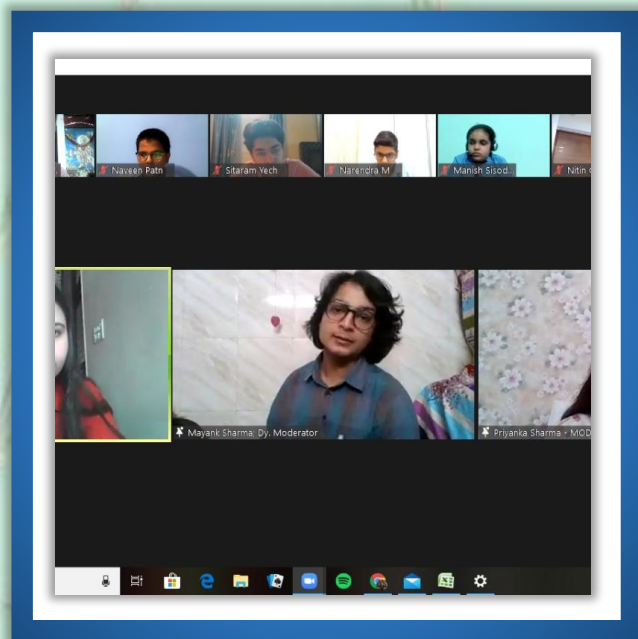
‘Honesty is the cornerstone of all success.’

SDG in Action- Committed To The Cause



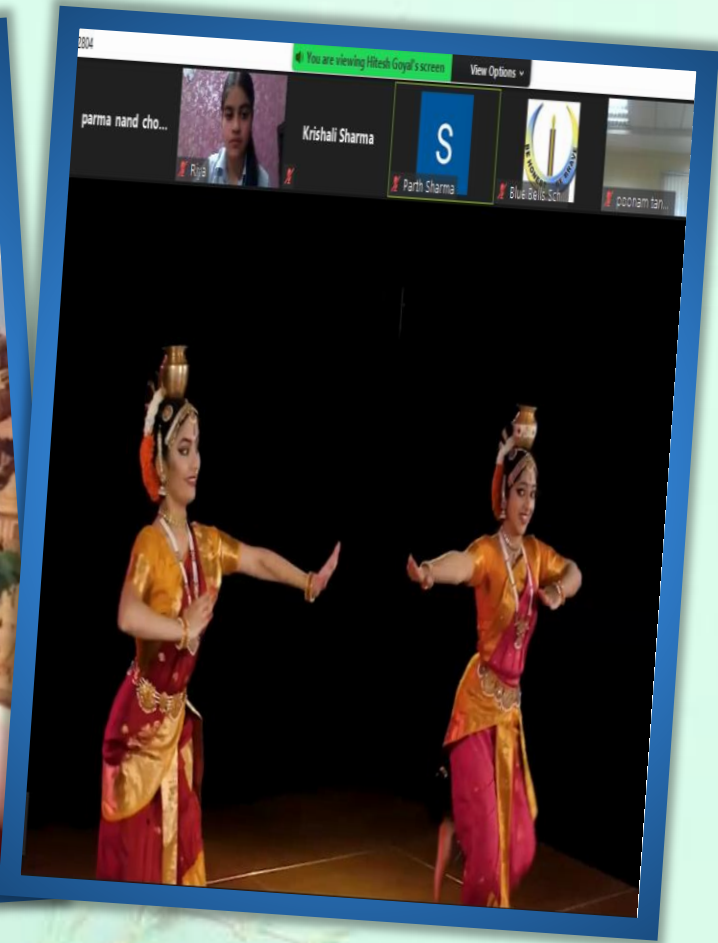
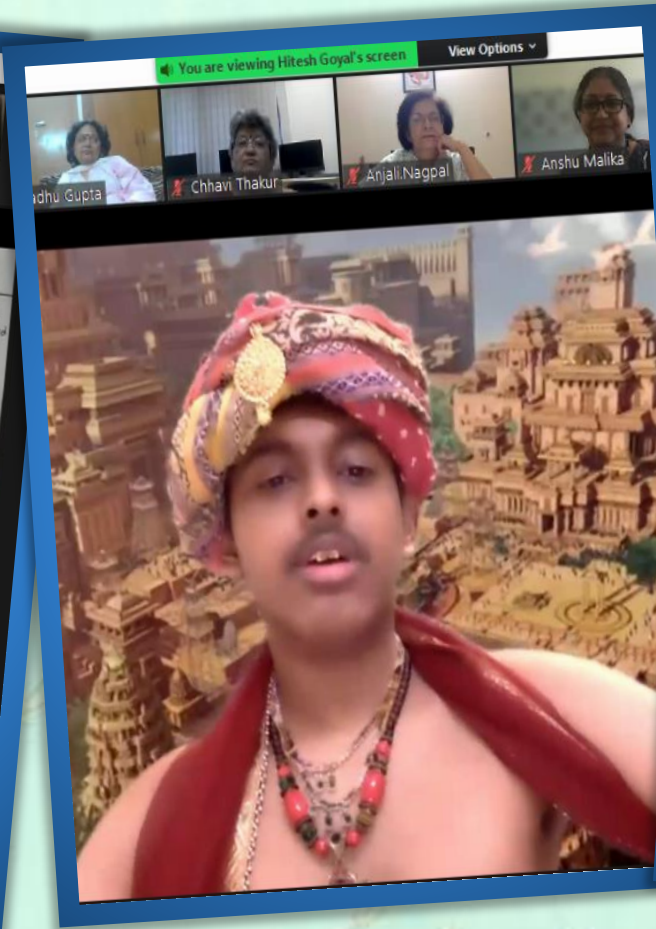
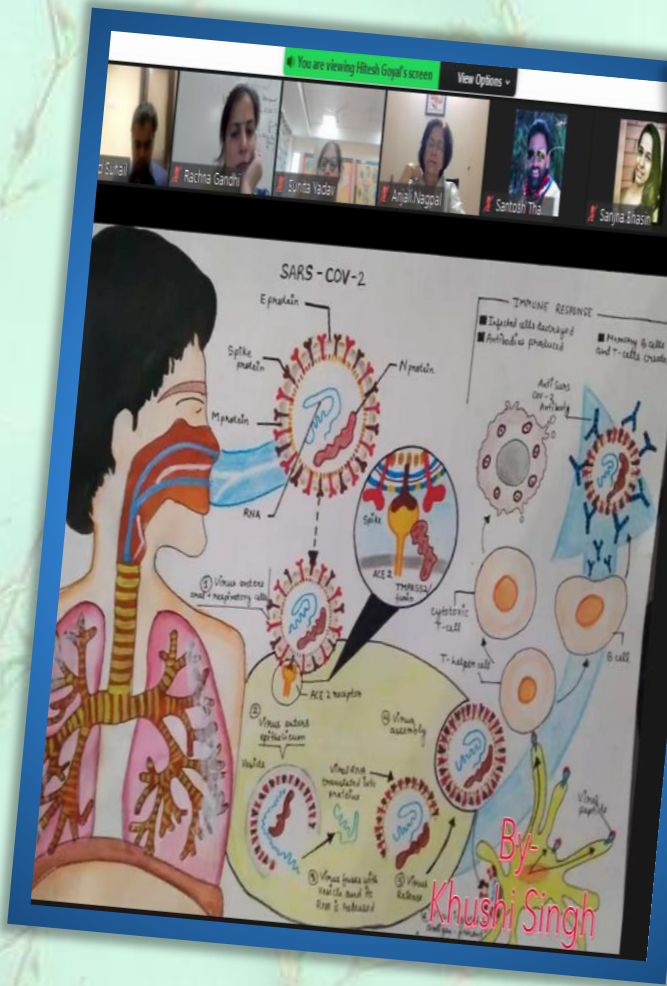
Rethinking Sustainable Development Goals

Mock BBMUN 2021



‘A man’s feet should be planted in his country but his eyes should survey the world.’

A Showcase of AIL Projects by The Senior Wing

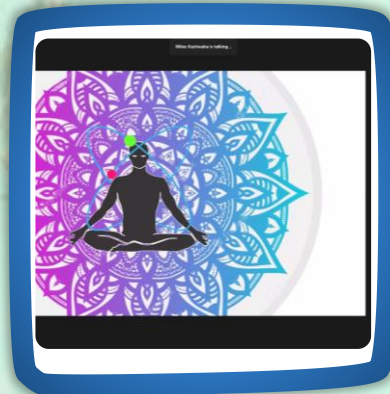
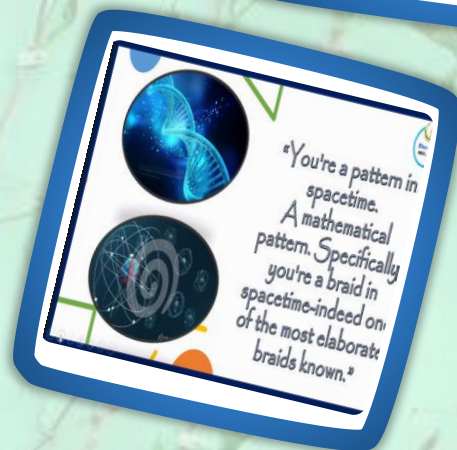
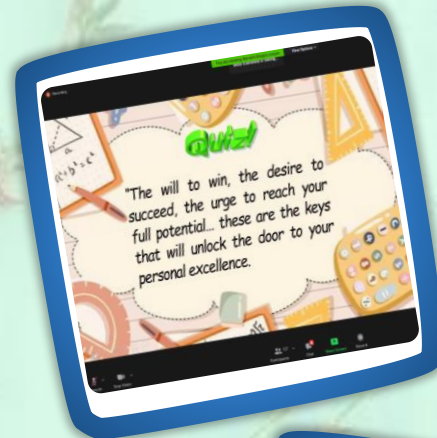


“Art has the power to transform, to illuminate, to educate, inspire and motivate.”

The Brain Thugs #Chapter2 @2021



The universe is pure geometry - basically, a beautiful shape twisting around and dancing over space-time.

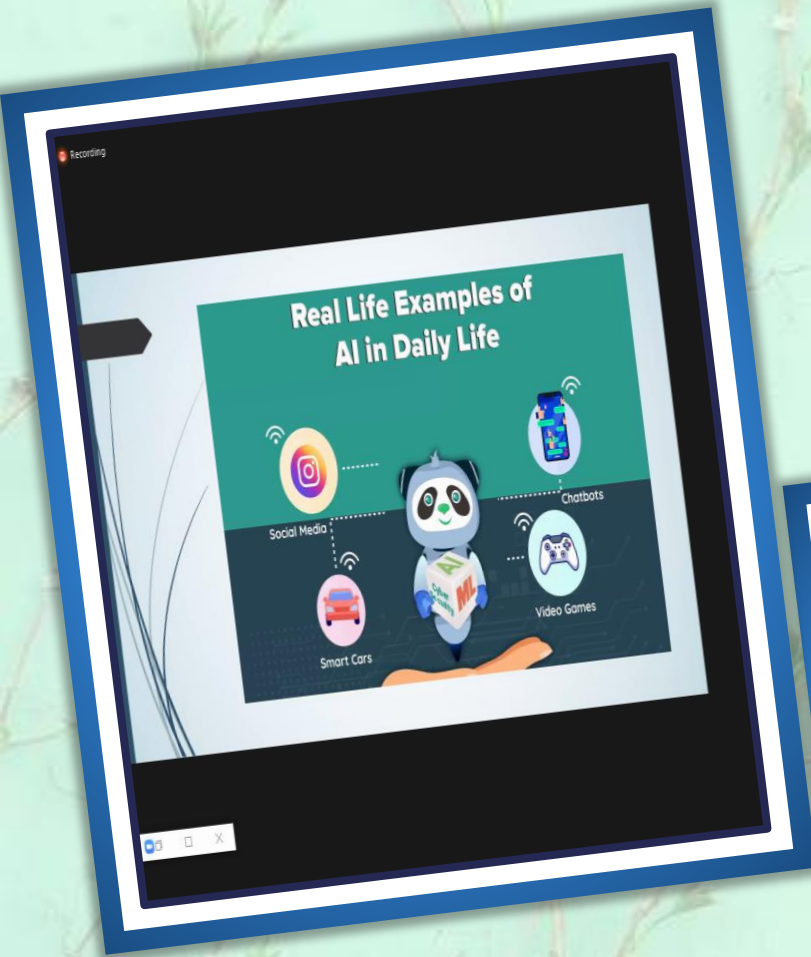


Comm-Kshetra-2021- Contest for the Best!



‘Planned use of hard-earned money is commerce and growing the remaining is an art.’

Orientation for Skill Courses (Classes VI – IX)



“The capacity to learn is a GIFT and the ability to learn is a SKILL.”

Inter House Online Gaming FIFA Championship '21



CHAMPIONSHIP '21

MATCH RESULTS

WINNERS

MOTHER T. HOUSE

RUNNERS UP

TAGORE HOUSE

“Online games foster the mindset that allows creativity to grow.”

BEHES Regional Gurugram Round 2021-22



“If you can speak, you can influence. If you can influence, you can change lives.”

ACHIEVEMENTS



Earth Day Competition

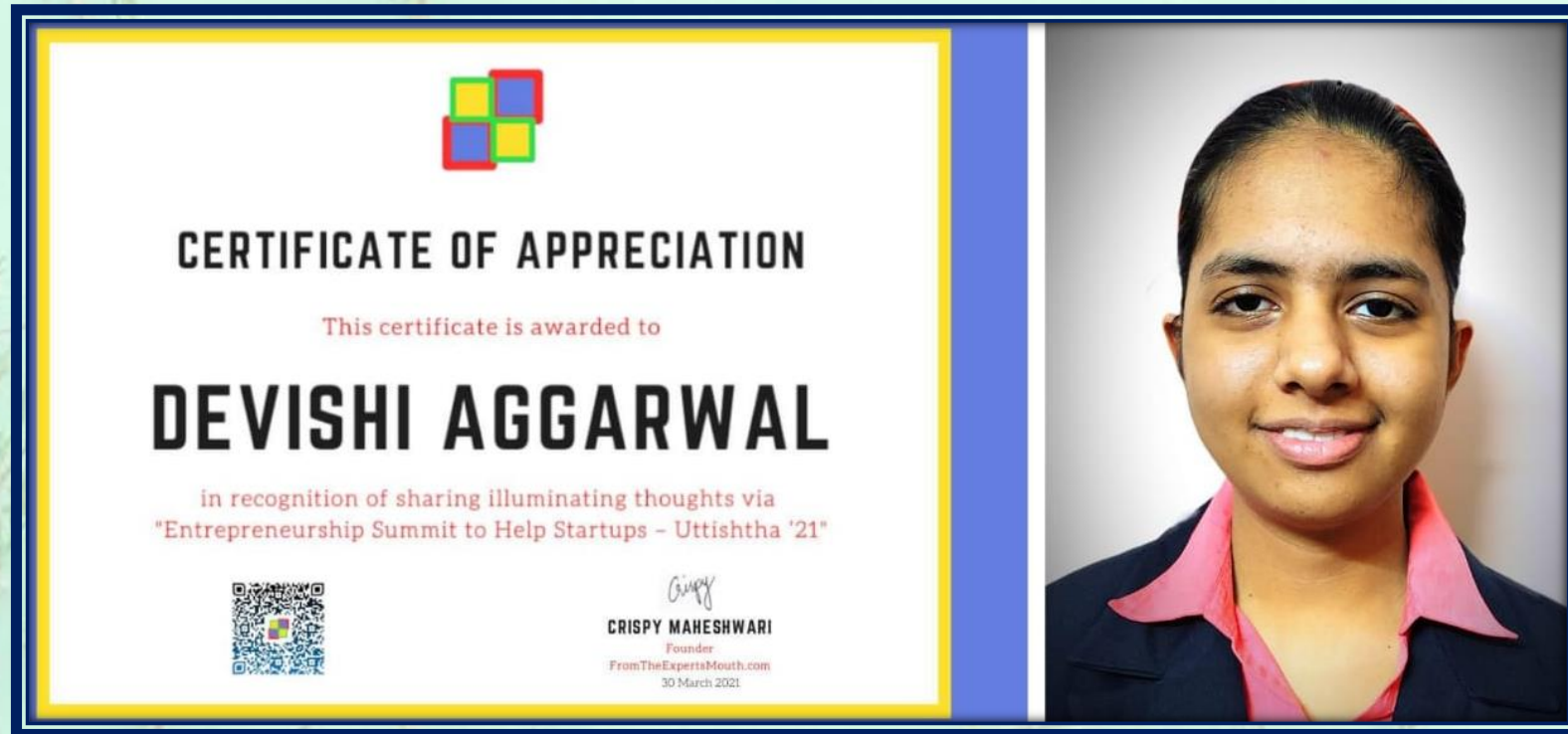
Ignited Mindz Innoventures



‘Thinking is the Capital, Enterprise is the way, Hard-work is the solution.’

Uttishtha '21'

Entrepreneurship Summit to Help Startups – Uttishtha '21'



‘The discipline involved in finishing a piece of creative work is something you can truly pride yourself.’

Arsh Khurana (IV C)
School Topper
Group I



Dhruv (VIII C)
School Topper
Group II



Harnidh Kaur (III)
School Topper
Innovation Suite

NTSE Stage 1 Result



Anurag Sangwan
Rank 35



Vaibhav Semwal
Rank 65

“Winning reflects that you are willing to go longer, work harder and give more than anyone else.”

Rhythmic Raaga Competition



Viswadeep Dutta of Class VIII clinching the Third Position

"Desire is the starting point of all achievement but a keen pulsating desire transcends everything."

Maha Behes 2021



Manya Srivastava of Class XI bagged the Seventeenth Position

‘For worthy ideas and true innovation, all we need is human interaction, conflict, argument and debate.’




DISCOVER YOURSELF

PRESENTS

PANEL DISCUSSION

**Student Educator Equity
In CO-Construction of New Model
Of Learning in Post Pandemic school**

Date

13th June 2021

Time

18:00

			
Shagun Jain School Ambassador Blue Bells Model School	Kishika Malik Headgirl Blue Bells Model School	Mr. Gurender Mishra Principal Nutun Vidya Mandir Dilshad Garden	Ms. Anjali Malik Principal Jaypee Public School
			
Jaspreet kaur GEMS International School GGN	Himanshi Ahlawat Mount Abu Public School	Ms. Sanyogita Sharma Director Manav Rachna Group of Schools	Dr. Suchitra Bhattacharya Principal Manav Rachna School







Shagun Jain, the School Ambassador and **Kishika Malik**, the Head Girl clinched **Gold Medal** and **Silver Medal** respectively through their stellar performance in the Finale of Edutalk Webinar Voice of the Choice.

‘The alluring glow of your accomplishment enlivens the way to your success.’



‘Remarkable achievement is always prefigured by extraordinary preparation.’



Titiksha Kukreja (VI C)



Aarushi Ahuja (VII A)



Trisha Nasa (VII A)



Khushi Daga (VII A)



Tejus Gambhir (VII D)

Won the Third Position in **Dance Twirl**

‘Opportunities don’t happen, you create them.’

KVPY Fellowship Program



Khushi Chauhan proved that intelligence is the ability to adapt to change through her brilliant performance in KVPY.

National Talent Search Examination 2020-21



Roopam Taneja and **Shivansh Bajaj** were awarded scholarship

“Winning isn’t getting ahead of others, it is getting ahead of yourself”

Conglomerate



Vanshika Chug(X B)



Manan Arya(X B)



Krisha Gupta(X B)



Binti Swarup (X B)



Devansh Tripathi (XIIA)



Mokshita Gupta(XB)



Lavanya Kathuria(XB)



Vanshika Chaudh(XII D)

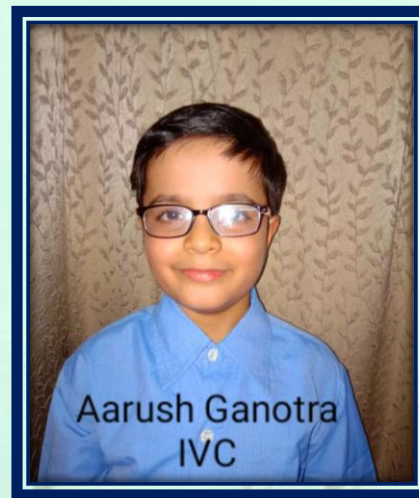
Third Position
Chal Chitra Sanrachna

‘Astounding achievement is always heralded by astonishing preparation.’

Conglomerate



Vihaan Singh (IV)
Third Position
Express Your Creativity



Aarush Ganotra (IV C)
Second position
Tarana



Praveen Sharma (XII C)
Third Position
Virtual Fitness Mantra

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

Android Apps Development Boot Camp Competition



Tanish Dhiman (VIII C) bagged First Runner Up Position

“The best way to predict the future is to create it”

1st Online Inter-School Chess Tournament



Dhanvin Joon(V)
Consolation
Sub Junior Category



Viraj Rai(III)
Consolation
Sub Junior Category



Aarush Uppal(VII)
Silver Medal
Junior Category



Darsh Goyal (III)
Consolation
Sub Junior Category



Jyotsnesh Dutta (IV)
Silver Medal
Junior Category

Winning Streak Continues For Blue Bells Model School
1st Online Inter-School Chess Tournament Organized By 'My Sport Academy Gurugram'

1st Online Inter-School Chess Tournament



Pavaki Kumar (IX)
Bronze Medal
Junior Category



Shreya Piplani (IV)
Gold Medal
Junior Category



Vihaan Gupta (III)
Consolation
Sub Junior Category



Kartik Bhardwaj (XII)
Bronze Medal
Senior Category

Winning Streak Continues For Blue Bells Model School
1st Online Inter-School Chess Tournament Organized By 'My Sport Academy Gurugram'

Health & Wellness Programme



The sound body is the product of the sound mind

Dr Alka Saxena, Deputy Director (Health & Wellness), Blue Bells Group of Schools structured the Health & Wellness Programme 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. Over the years, she has groomed a full fledged team of Doctors, Nurses, Counsellors and Life Skill Facilitators to carry forward her vision of empowering students.

To keep pace with the challenges and to cater to the needs of the children during the current situation, the Health & Wellness program continuously kept striving towards attaining ample goals and aspirations with the motive to build the journey for students' health, happiness and well-being.





The Health & Wellness Resource Center, 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 main focus of the Resource Center is to create modules, workshops and policies for the students, teachers and parents after a meticulous and extensive research. The Health & Wellness Resource Center team is headed by Dr. Alka Saxena and comprises of Ms. Renu Khare and Ms. Shreya Kumar, (Counsellors and Content Developers) along with Ms. Priyanka Chaturvedi, Ms Sapna Sinha (Value Education /Life Skills Facilitators and Content Developers) and Ms. Premlata Yadav (Office Executive, Health & Wellness). Under the aegis of the Health & Wellness Programme, the Resource Center team plans and conducts various Sessions, Workshops and Modules for the students, teachers and parents after a meticulous and extensive research.

Events Organized Under The Health & Wellness Programme



Workshop On Introduction To Mindfulness : Gym For Brain

Dr. Alka Saxena, Deputy Director, Blue Bells Group of Schools took up the initiative to organize a workshop on “Introduction to Mindfulness” for the students of the age group 5 to 10 years. The workshop was conducted by Mind On, under the aegis of Circle of Life, on June 5, 2021. The Resource person, Dr. Soamya Arora, a well-known Consultant Psychologist at Circle of Life, India, shared some effective tools that can help students to discover engaging and enjoyable ways to practice mindfulness.


The aim of the workshop was to help students to stay focused, manage stress and deal with emotions effectively .

Live Workshop

Introduction to Mindfulness

Gym For Brain

 **5th JUNE, SATURDAY**
4:00 - 5:00 PM

 **Age Group**
5 - 10 yr

 **Enroll Your Child**

Register now

www.mindon.in |    | Contact no : 788899423, 8800116691



Dr. Soamya Arora
Consultant Psychologist, MindOn
Core Member, Delhi Happiness Curriculum



Teacher Empowerment Programme

Advanced Teacher Training Programme Category1-‘Empowering Self’

Recap Session

Advance Teacher Training Programme 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 first category (Empowering Self) a 4-day programme was conducted from 30th March to 2nd April 2021 for the teachers and staff of BBGS.

Self- work and Self-learning is the most effective tool which helps one feel inspired and motivated . In sync with this, a 1-day recap session on the first Category (Empowering Self) was conducted on 18th June 2021, wherein the participants shared their learning experience.

The Session was engaging and 32 incredibles took part with full enthusiasm and presented their understanding about different topics. The presentations were made and executed in a very innovative and engaging way by using different methodologies like dance drama, talk show, and role play etc.

Glimpses into the four-day Advance Teacher Training Programme was showcased beautifully through a presentation followed by a powerful poem on self-knowledge by Kahlil Gibran. The glimpses depicted new insights and abilities of each incredible as they felt more informed and inspired after using their strengths at work, and their confidence. The session ended with a famous quote by Antonio Machado saying that for a “traveller there is no path, the path must be forged as you walk”,

Advanced Teacher Training Programme

Category 1- Recap Session

Health & Wellness Resource Centre, Blue Bells Group of Schools

Dr. Alka Savana

Group 2 Presentation

Topic: Self-Regulation

Methodology: Role Play & Discussion

Incredibles:

Ms. Supriya Arora	Ms. Ekta Sharma
Ms. Jyoti Ganotra	Mr. Mihi Bhatt
Ms. Purna Karkhanis	

Health & Wellness Resource Centre, Blue Bells Group of Schools





Indigenous Initiatives Of Health & Wellness Programme

Spreading Awareness Through Social Media Posts

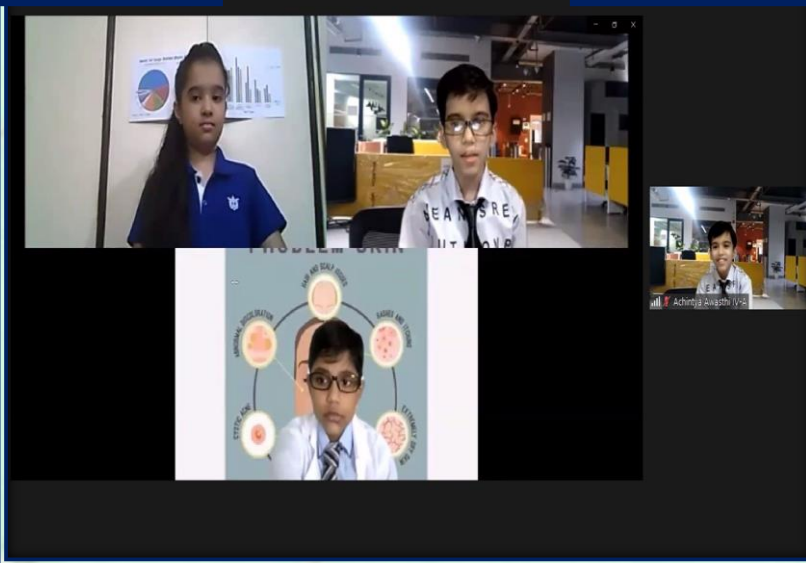
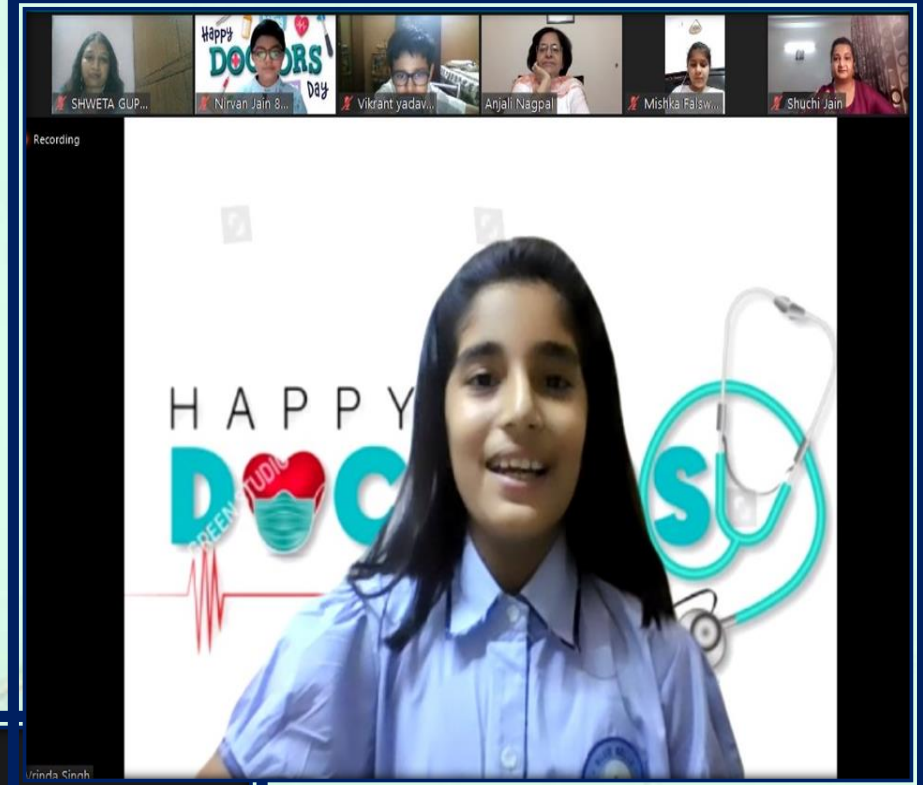
Healthy Habits For The Summer'

With the aim of churning out responsible citizens and spreading mass awareness, the Health & Wellness team shared important tips on staying safe and developing healthy habits during summer season. The purpose was to sensitize them about remaining diligent in adopting a healthy lifestyle like wearing cotton clothes, maintaining proper hygiene, and staying hydrated.

Doctor's Day



Doctors Day is celebrated every year on 1st July. This year, the school celebrated it with enthusiasm. The assembly was graced by the august presence of Dr. Saroj Suman Gulati, esteemed Director, BBGS and Dr. Alka Saxena, Deputy Director (Health& Wellness) BBGS. Dr. Kamna Kakkar, Dr Preeti and Dr Honey Verma the Alumni of BBMS were the guest speakers. Dr Saxena spoke about the importance of taking care of one's mental health, along with physical health. She emphasized on the practice of Mindfulness and to be aware of our thoughts and feelings. The students presented a well-orchestrated cultural activity as well as role play to highlight the importance of doctors in our society. Dr Sanjay Bhat, the on-campus doctor stressed on the importance of following the Covid protocol. Speaking on the occasion, Director ma'am praised the work done by the medical fraternity during the pandemic and encouraged everyone to keep faith in their ability to bring our nation out of these turbulent times.



Holiday Homework Presentation By Students Of Primary Wing



The Health & Wellness Programme aims to nurture in students the interconnected dimensions of values, life skills and wellness. To further inculcate sensitivity in students on energy conservation, Value Education holiday homework based on the Theme: “Oorja”, was assigned to students of classes 3 to 5.

During the special assembly organized by Primary Wing, student's displayed and presented their activities like creating 'Badges, Posters and Illustrations on energy conservation. Students expressed simple ways on how each one can contribute in conserving energy and nurturing the nature.

The assembly was graced with the benign presence of Director, Dr Saroj Suman Gulati and revered Parents. Parents appreciated each and every student whole heartedly and were grateful to school for taking sincere efforts in preparing children for a bright future and developing in them an insight on the importance of energy conservation.

ENERGY CONSERVATION

CONSERVE ENERGY FOR A BRIGHTER FUTURE.

I SUPPORT AFFORDABLE AND CLEAN ENERGY

Smyan Banerjee (IV-A)

GLIMPSES OF OUR CREATION TOWARDS SUSTAINABLE DEVELOPMENT

GRADE V

"BADGES OF HONOUR"

AS RESPONSIBLE CITIZENS, TOGETHER WE PLEDGE TO SAVE OUR ENVIRONMENT FOR THE FUTURE GENERATION.

I pledge to take care of Earth!

LET'S PLEDGE TO TAKE CARE OF EARTH

Sourmyajeet

6 Dimensions Of Wellness Wheel



The Health and Wellness Programme believes that wellness is holistic and requires efforts in all aspects. In sync with this, Wellness Wheel, encompassing six dimensions that are all interconnected and equally contribute to a well-rounded and balanced lifestyle, was showcased.

The objective behind sharing the dimensions was to sensitize about wellness is a holistic growth, which includes Physical health and other aspects of life like Social, Emotional, Intellectual, Occupational and Spiritual.



Online Internship Programme , 'Building Leaders For Lifeskills'



A 3 Week Online Internship Programme , 'Building Leaders for Lifeskills' was organized for students of classes IX-XII under the aegis of Health and Wellness Programme from June 4th to June 28th 2021. The programme was conducted by Anon Global Foundation, Pan India with the motive to foster the development of life skills among the students, and help qualities like perseverance, leadership, resilience and communication thrive in them. The internship programme also had an eminent jury, and the members of the jury gave their guidance and support to all the participating students. The internship was truly a phase of mental development, learning and constructive effort.

Plastic Free July 2021: Be A Part Of The Solution To Plastic Pollution



Dr. Saxena initiated Plastic Free July 2021 is a global initiative to encourage millions of people to reduce their plastic waste and be a part of the solution to plastic pollution. Aditya Mukarji, a youth Environmentalist, founder of 'The Alternatives-Refuse If You Cannot Reuse' from Gurugram took up the initiative to raise awareness about making our earth plastic free by providing resources and ideas to reduce single-use plastic waste everyday.

In order to create social awareness about the harmful effects of plastic, the team encouraged students to be a part of this mission which included-

- Refuse minimum 3 Single Use Plastic (S U P) in daily life.
- Influence 5 people in family and friends to refuse minimum 3(S U P)
- Collect all the plastic waste from their homes and their neighbors' house for recycling.

Geet Arora of Blue Bells Model School, put in her conscious effort towards helping the environment sustain its balance. She was awarded certificate of appreciation for her commitment towards creating a plastic free environment. The mission opened vistas to work towards the vision of seeing a world free of plastic waste. This mission will encourage each one of us to responsibly contribute towards creating a better environment.

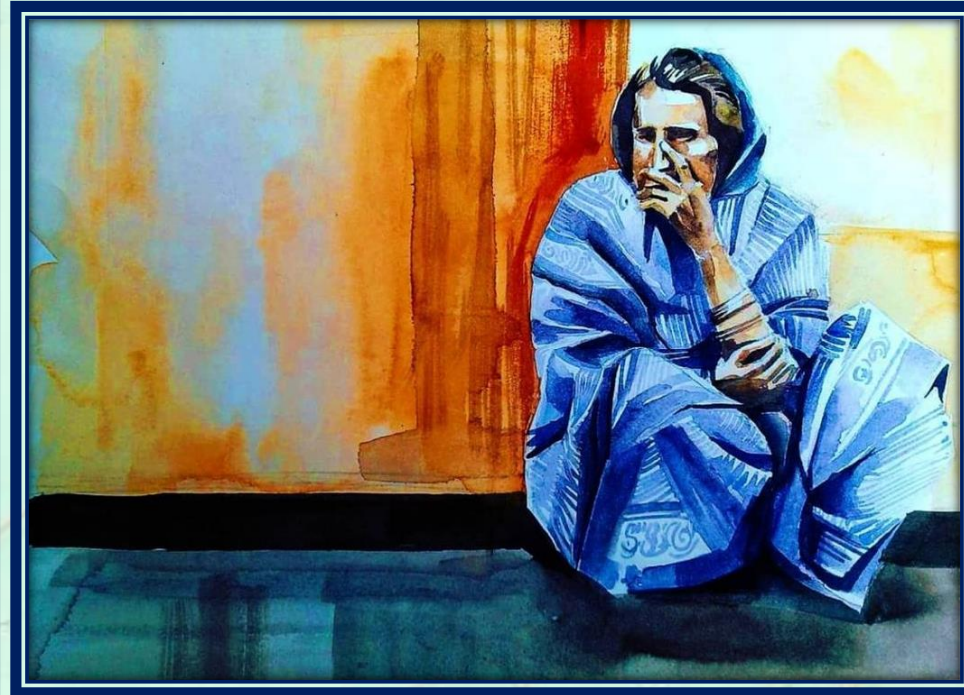




**CREATIVITY IS JUST
CONNECTING
PEOPLE**

ALUMNI CONNECT

ARTIST'S CORNER



COLOUR IS A POWER WHICH DIRECTLY INFLUNCES THE SOUL.

PRIYANKA
BATCH 2019-2020

ALUMNI CONNECT

ARTIST'S CORNER

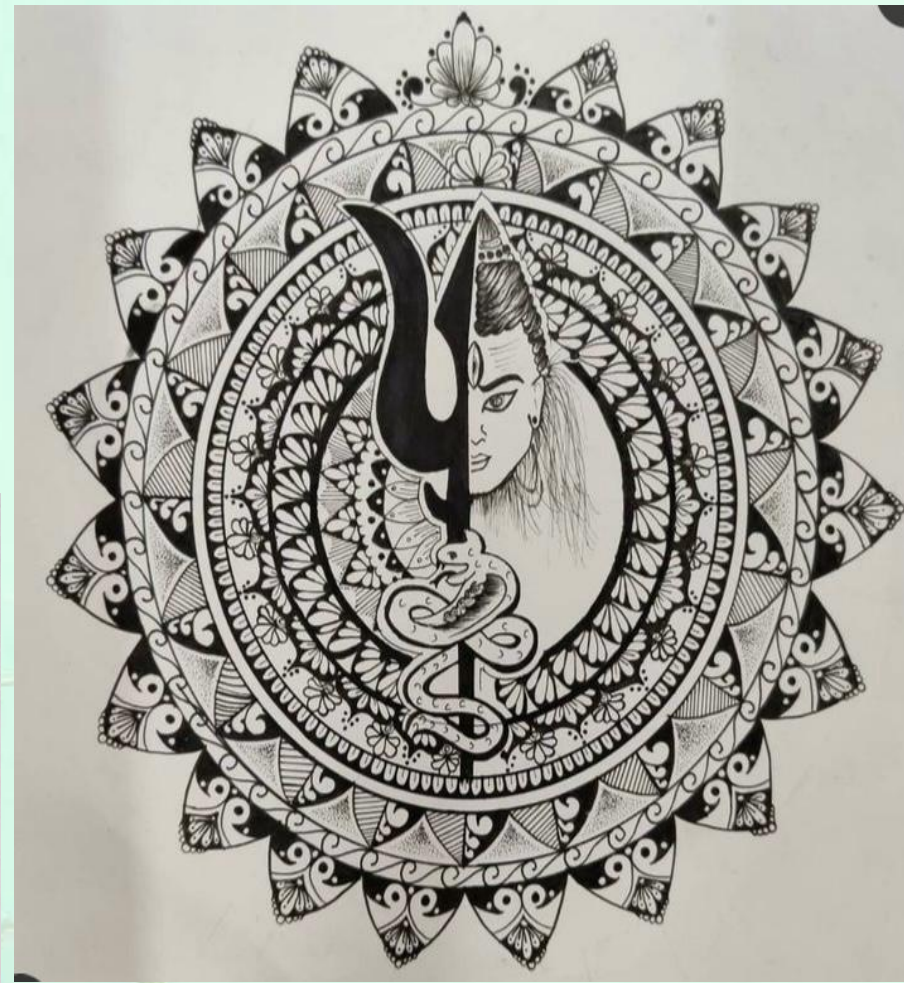


you know how in winter
it gets so cold you don't
think you'll ever be hot
again? and then summer
comes and you don't
think you'll ever feel
cold? i've come to
realize it's similar to
feelings. when you are
sad, you wonder if you'll
ever be happy again.
and when you're happy,
you can't imagine
feeling so sad. but you
will be hot again. and
you will be cold again.
and you will feel sad
again. but most
importantly, you will feel
happy again. it's all
temporary.

WRITING IS THE PAINTING OF THE VOICE

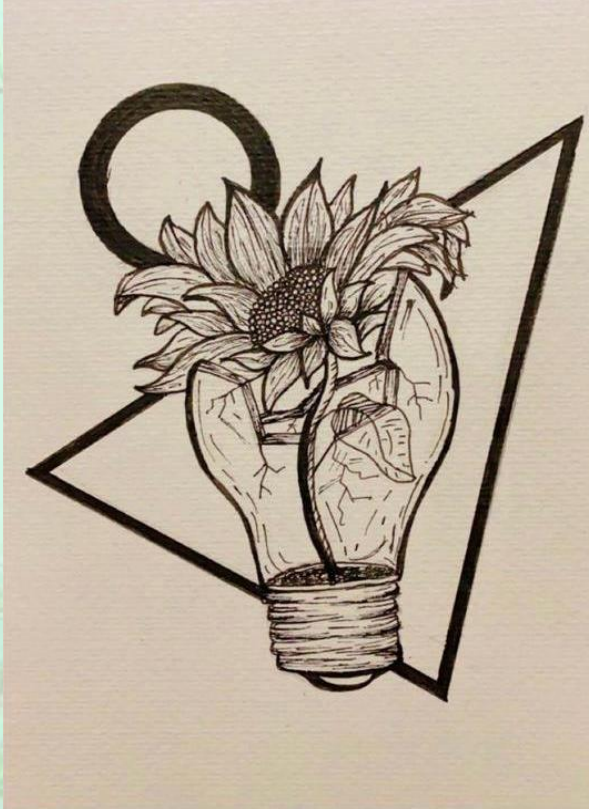
RIYA
BATCH 2019-20

**ART IS NOT WHAT
YOU SEE, BUT
WHAT YOU MAKE
OTHERS SEE**



**KANIKA CHAUDHARY
XII D
BATCH 2021-2022**

**ART IS SOMETHING
THAT MAKES YOU
BREATHE WITH A
DIFFERENT KIND OF
HAPPINESS**



**KANIKA CHAUDHARY
XII D
BATCH 2021-2022**



Dear Readers

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

*"Believe in your aim and work towards it,
With elation, determination and dedication.
Believe in yourself and you'll feel blessed,
As you are God's special creation."*

With lots of wishes from the editorial team

Ms. Sunita Yadav
Ms. Sanjana Arora
Ms. Kiran Rawat