

BLUE BELLS MODEL SCHOOL

*E-Newsletter
October-December
Session 2022-2023*

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Message

FINANCIAL LITERACY: A PRE-REQUISITE SKILL TO BE HONED

Education is a tool with which you can create the world of your dreams. Financial Literacy is the pre-requisite tool to be honed for a progressive tomorrow. It is the ability to use knowledge and skills to manage financial resources effectively for a lifetime of financial well-being. It is a perfect combination of financial awareness, knowledge, skills, attitude, and behaviour necessary to make sound financial decisions and ultimately achieve individual financial well-being. This learning will further empower and equip anyone with the knowledge, skills, and confidence to take charge of their lives and curate a more secure future for themselves and their families.

The National Centre for Financial Education in 2019 conducted a survey and said that only 27 percent of Indians are financially literate. Amongst the BRICS countries, financial literacy in India is the lowest. As per the survey conducted by Standard and Poor, “While the array of financial products available in Asia continues to grow rapidly, the survey suggests that most consumers lack a general understanding of credit, compound interest, and other key concepts”.

As parents, we introduce this concept to our young ones by giving them a piggy bank and urging them to save their spare change, and birthday money along with cash gifts that they receive from family, relatives, and friends. The motive of the initiative is to introduce them to the discipline of saving. This is the first step of their learning of reserving finance and can play a pivotal role in using the financial instruments later.



This is the basis of the financial knowledge-based society as when the children are involved in the process, they become the harbingers of change. They can act as agents who would share their knowledge on the importance of saving with the family to help them take the right decisions. Therefore, I feel that knowledge of financial awareness holds the key to a gleaming future of the society and nation at large.

The biggest question to educators today is, 'How can we teach our GenZ the concept of financial literacy?'. To navigate through today's tough financial landscape, it's crucial that financial education is introduced right from the school level as it's undoubtedly an essential life skill. If the scholars from their school days are made to understand the nuisances of financial markets, they will be more sure of their investments towards the later part of the educational discourse.

I would like to share that the National Centre of Financial Education (NCFE) runs the flagship school training program and around 150 schools in India are certified 'Money Smart' schools. Under the program, schools are provided with means for imparting financial education through free workbooks for students and training for teachers.

The National Stock Exchange is also offering financial education programs in around 4,000 schools across six states, namely, Nagaland, Gujarat, Himachal Pradesh, Goa, Tamil Nadu, and Punjab. Adding on, the Central Board of Secondary Education (CBSE) also offers courses like Financial Markets Management, Banking, and Insurance at the Secondary and Senior Secondary levels.

With the endeavours from these institutions, as an educator, if you also walk the extra mile and impart financial literacy amongst students like doing the grocery shopping with them to make them understand the basics of commerce. Some schemes can be opened under your guardianship to make them responsible and help them understand the financial products. There are several online and offline short-term courses available on wise money management for school students to help them understand the concept of 'Smart investment'.

In the words of Thomas J. Stanley, “Economic success is a direct function of being able to define one’s own allocation of time and motion.” Thus, financial literacy is an important part of avoiding financial mistakes and planning for a strong, secure financial future and it needs to become part of our national curriculum and scoring systems so that it’s not just the children who learn about money... it’s all of us.

Stay Safe, Stay Connected, and Be Financially Educated!

Warm Regards
Mr. Suhail

ACCOMPLISHMENTS





BLUE BELLS MODEL SCHOOL, GURUGRAM SCHOOL ACHIEVEMENT

2022-23



Received the prestigious Brainfeed School Excellence Award 2022 for its vision and innovative approach to grooming young learners with skills for life



BLUE BELLS MODEL SCHOOL, GURUGRAM SCHOOL ACHIEVEMENT

2022-23



SDG-Superhero Global Sustainability Award 2022
by ARC, Complete the Circle of Learning



BLUE BELLS MODEL SCHOOL, GURUGRAM

TEACHER ACHIEVEMENT

2022-23



Dr. Anubha Roy

Secured place among the **TOP 10 PERCENTILE**
GLOBALY in the International Teachers'
Olympiad



BLUE BELLS MODEL SCHOOL, GURUGRAM
ALUMNI ACHIEVEMENT



Ms Shivangi Sharma, Alumna Batch - 2019

Felicitated with Pratham TI- Fellowship in
1st Annual Convocation Ceremony.

The image features three dark silhouettes of people in celebratory poses against a bright, glowing yellow background. The person on the left has their arms outstretched horizontally. The person in the middle is jumping with both arms raised. The person on the right is also jumping with one arm raised. The overall scene is framed by a white border with a decorative, splattered yellow and orange pattern.

ACHIEVEMENTS



BLUE BELLS MODEL SCHOOL, GURUGRAM

STUDENT ACHIEVEMENT SESSION 2022-23



Yashi (XI), Kartik (VIII), Livesh (IX), Riddhima (XI), Siddhant (VI), Urvi (VIII),
Mohika (IX), Devanshi (VIII), Khushi (VIII), Nandini (VIII) and Aarushi (VIII)

Bagged Second Position in Ad Mad & Hasya Kavita; Best Interjector and
Third Position in Hindi Debate & Bottle Art in Dynamix, an Interschool
Competition held at DPS Maruti Kunj, Gurugram



BLUE BELLS MODEL SCHOOL, GURUGRAM

STUDENT ACHIEVEMENT SESSION 2022-23



Our versatile group of students clinched Winner Overall Trophy in CYBERTRONICS organized by Blue Bells Public School



BLUE BELLS MODEL SCHOOL, GURUGRAM

STUDENT ACHIEVEMENT

2022-23



Reet Verma of Grade XI took maximum wickets in
School Games Federation of India Under 17 Cricket
Tournament



BLUE BELLS MODEL SCHOOL, GURUGRAM

STUDENT ACHIEVEMENT

2022-23



Kartik More of Class VIII

Honoured with the Hindi Bal Shreshth Samman at the State Level in the International Hindi Olympiad



BLUE BELLS MODEL SCHOOL, GURUGRAM
STUDENT ACHIEVEMENT



Divyanshi of Class VII

Emerged as a Champion in U14 Championship in
Haryana State Badminton Championship
Tournament



BLUE BELLS MODEL SCHOOL, GURUGRAM

STUDENT ACHIEVEMENT

2022-23



Dhruv Bhattacharya of Class XII

Secured the First Position in Kala Utsav Solo Singing
Competition hosted by Suruchi Sahitya Kala Parivaar Samiti



BLUE BELLS MODEL SCHOOL, GURUGRAM STUDENT ACHIEVEMENT

2022-23



Pranchi of Class III & Akagra of Class XII

Bagged Bronze Medals in CBSE North Zone Rolling Skating Competition held at South Point Public School, Sonipat



BLUE BELLS MODEL SCHOOL, GURUGRAM

STUDENT ACHIEVEMENT

2022-23



Ahana Gulati - U9 & Vishwadeep Dutta -U17 category

Secured 4th Position in Sahtranj 2022 organized
by Ridge Valey School, Gurugram



BLUE BELLS MODEL SCHOOL, GURUGRAM

STUDENT ACHIEVEMENT

2022-23



Armaan Sareen and Kartik Yadav of Class X

Won Second Prize in Math Model Making at the Annual Mathematics Fest 2022 held at Delhi Public School



BLUE BELLS MODEL SCHOOL, GURUGRAM

STUDENT ACHIEVEMENT

2022-23



Students of Primary Wing

Bagged 32 MAC Golden Awards and 6 MAC Star Awards in various competitions organised by MAC:
Master Art Competition



BLUE BELLS MODEL SCHOOL, GURUGRAM

STUDENT ACHIEVEMENT

2022-23



Under 11 Girls, Under 14 Girls and Under 14 Boys Teams

Bagged Silver Medals in the District Roll Ball
Championship organised at Sun City School, Sec - 37



BLUE BELLS MODEL SCHOOL, GURUGRAM

STUDENT ACHIEVEMENT

2022-23



Bhavishya Saini of Class IX

Received Certificate of Appreciation in Dr
Kalam's Mighty Minds Scholarship Programme
2021-22



BLUE BELLS MODEL SCHOOL, GURUGRAM

STUDENT ACHIEVEMENT

2022-23



Drishi Yadav of Class XI, Anurag Sangwan & Vaibhav Semwal of Class XII

Secured Second Runner-UP Position and qualified
for Zonal level in District Science Quiz Competition
organized at Govt SS School, Chakkarpur



BLUE BELLS MODEL SCHOOL, GURUGRAM

STUDENT ACHIEVEMENT

2022-23



Karan Lakhani of Class IX

1st Runner Up in the Innovation Pitching
Competition held at Young Entrepreneurs
Bootcamp' 22



BLUE BELLS MODEL SCHOOL, GURUGRAM STUDENT ACHIEVEMENT



Ishat Kumar Jha, Atishay Jain, Srusti Sanjay, Tavishi Goel and Krisha Gupta

Bagged First Prize in Debate & Dance; Second Consolation Prize in Comic Strip and the Overall First Runner Up Trophy in the International Youth Festival 2022, City Montessori, Lucknow.

EVENTS & CELEBRATIONS



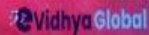


Blue Bells International Model United Nation 2022, Chapter 7

'An opportunity to create wide networks and connections with people all around the world.'



EVENT PARTNERS



BLUE BELLS MODEL SCHOOL
PRESENTS

BLUE BELLS MODEL UNITED NATIONS

BBMUN FOR SUSTAINABILITY AND INCLUSIVENESS FOR A RESILIENT WORLD





E-Cell Workshop

“Budgeting your money is the key to having enough.”





AN EDUCATIONAL VISIT TO ANMOL BISCUIT FACTORY

“The best education you'll get is visiting. Nothing teaches you more than exploring the world and accumulating experiences.”



CYBERMAZE

“Modern technology has become a total phenomenon for civilization, the defining force of a new social order in which efficiency is no longer an option but a necessity imposed on all human activity.”

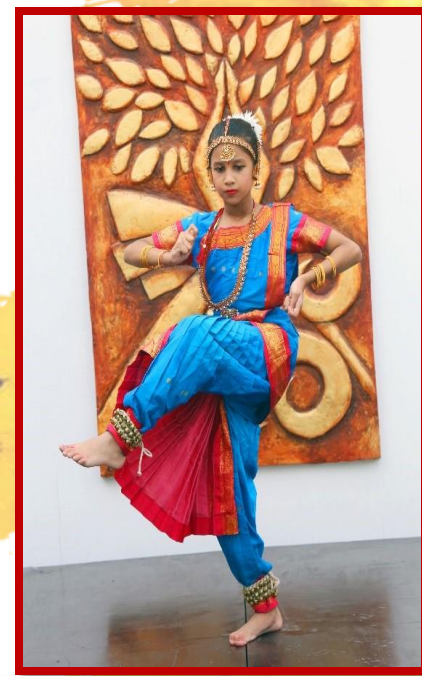




BLUE BELLS MODEL SCHOOL
PRESENTS

CYBERMAZE

2022



ASSEMBLY ON ABDUL KALAM JAYANTI

"If you fail, never give up because **FAIL** means **F**irst **A**ttempt **I**n **L**earning.

-Dr. APJ Abdul Kalam



CHILDREN'S DAY ASSEMBLY

“Children are like buds in a garden and should be carefully and lovingly nurtured, as they are the future of our nation and the citizens of tomorrow.” - Pt. Jawaharlal Nehru



‘LA FÊTE DE LA LANGUE’—

A FESTIVAL OF LANGUAGES EDITION IV CHAPTER 2022-2023

Reconceive, Redefine, Recreate for an ingenious world



La Fête De La Langue
UNDER THE AEGIS OF GPSC



La Fête De La Langue
UNDER THE AEGIS OF GPSC





FINANCIAL LITERACY WORKSHOP

To navigate through today's tough financial landscape, it's crucial that financial education is introduced right at the school level as it's undoubtedly an essential life skill.



FOUNDER'S DAY CELEBRATION 2022

"Success means having the courage, the determination and the will to become the person you believe you were meant to be."



ASSEMBLY ON GURU NANAK JAYANTI

"There is but one God. True is His Name, creative His personality and immortal His form. He is without fear sans enmity, unborn and self-illuminated. By the Guru's grace He is obtained." -Guru Nanak Dev



HALLOWEEN PARTY



INTERNATIONAL CONNECT KOREA

“Every technology ages. The only thing that never gets old is connecting with people.”



LEADERSHIP TALK SCHOOL INNOVATION COUNCIL

... A leap to transform innovation landscape



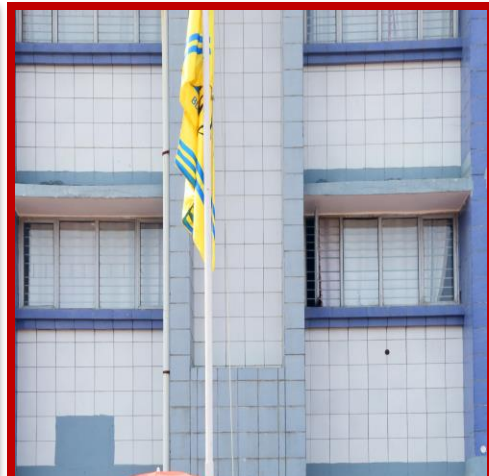
ASSEMBLY ON SARDAR VALLABH BHAI PATEL JAYANTI

India is a secular country with diversified cultures and the significances in their own kind.



ANNUAL SPORTS DAY

Champions aren't made in the gyms. Champions are made from something they have deep inside them – a desire, a dream, a vision.





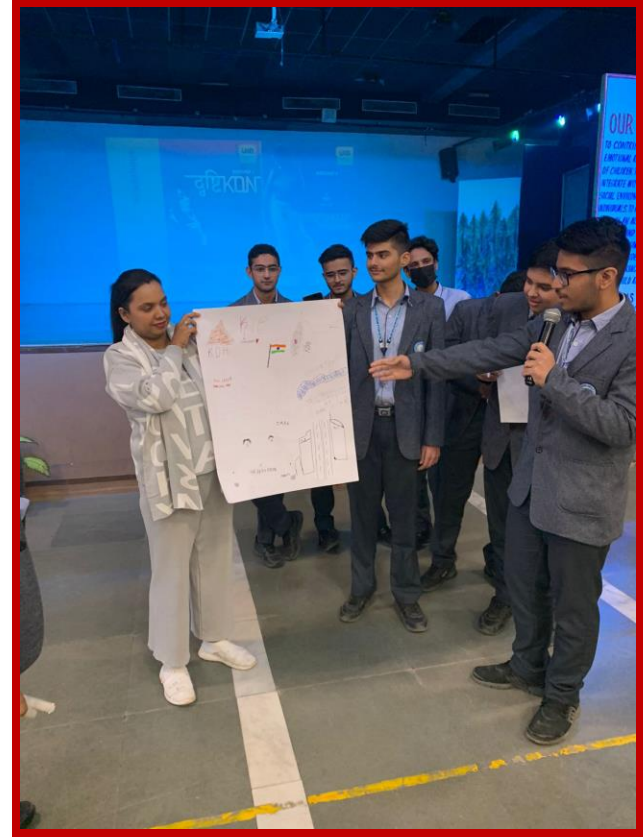
VEER GATHA PROJECT

The Government of India launched “Veer Gatha Project” to inspire school children, by making them aware with stories of war heroes and brave hearts.



AABHAAR: JEEWAN KA AADHAAR – Annual Function





DESIGN THINKING WORKSHOP

“Innovation is the unrelenting drive to break the status quo and develop anew where few have dared to go.”



CITATION CEREMONY

“Your life is your story, and the adventure ahead of you is the journey to fulfill your own purpose and potential.”



AGAMAN - WINTER CARNIVAL

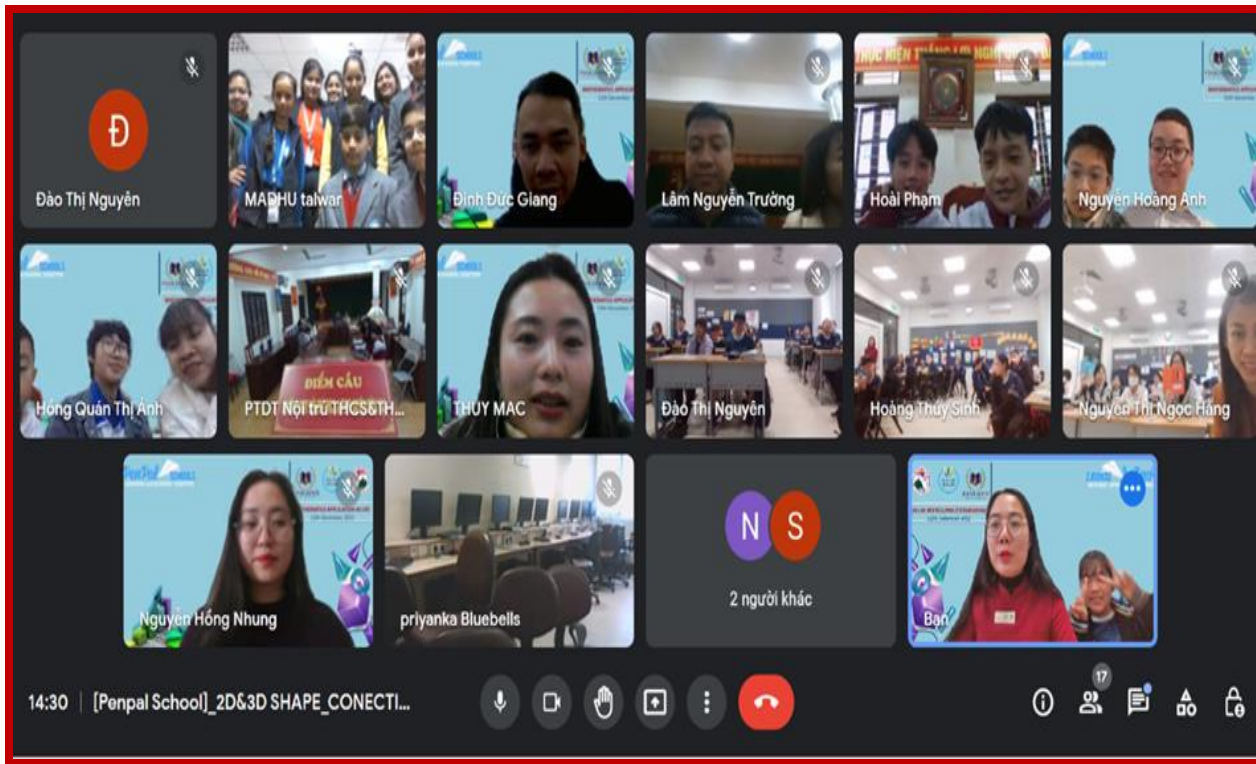
“Let us have music for Christmas... Sound the trumpet of joy and rebirth; Let each of us try, with a song in our hearts, To bring peace to men on earth.”.





DHAROHAR – A meet with yesteryears' mentors & alumni





VINSCHOOL

1. KEY KNOWLEDGE RELATED TO 2D SHAPES

(Tổng kết các kiến thức trọng tâm liên quan đến hình 2D)

d) Identify the components of a circle: center, radius, diameter, perimeter, chord, and tangent

(Nhận biết các thành phần của hình tròn: tâm, bán kính, đường kính, chu vi, dây cung và tiếp tuyến)

INTERNATIONAL CONNECT

“Meaningful connection is formed when we bravely share our truth”.

HEALTH & WELLNESS



“We are shaped by our thoughts; we become what we think.”-Buddha

Dr. Alka Saxena, Deputy Director (Health & Wellness) Blue Bells Group of Schools, established the Health & Wellness Programme for BBGS in the year 2009 with the futuristic vision of equipping the students to delve deeper into their inner world. Over the years, she has groomed a full-fledged team of Doctors, Nurses, Counsellors, Special Educators, Life Skill Facilitators, and teachers to carry forward her vision of empowering students.

Our mentor Dr Alka Saxena heads the Health & Wellness Programme of Blue Bells Group of Schools and the Health & Wellness Resource Center. Ma'am is a Parenting Coach and a Certified Positive Discipline Parent Educator certified by Positive Discipline Association, Atlanta, Georgia (USA) & Adolescence e Education & life skills Education trainer. Ma'am has a keen interest in working with children and regularly conducts workshops with students, teachers and parents.

The Health & Wellness Resource Center, a unique initiative by Dr. Alka , was established in the year 2015, 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 Center team is headed by Dr. Alka Saxena and comprises of Ms. Renu Khare (Counsellor and Content Developer) along with Ms. Priyanka Chaturvedi and Ms Sapna Sinha (Value Education /Life Skills Facilitators and Content Developers) and Ms. Monali Jauhari (Office Executive). 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 meticulous and extensive research.

EVENTS ORGANIZED UNDER THE HEALTH & WELLNESS PROGRAMME

WORLD MENTAL HEALTH DAY

“Take care of mental health because a healthy mind is very important for a healthy body.”

According to World Health Organization, every year World Mental Health Day is commemorated on October 10 around the globe to raise awareness about mental health, and its significance in life. This day is dedicated to creating cognizance about mental health and the reasons why it is important for holistic well-being. The theme of this year’s celebration set by the World Federation for Mental Health is ‘Make Mental Health & Wellbeing for All a Global Priority.’

The school celebrated World Mental Health Day on October 11, 2022 and October 14, 2022 for Senior Wing and Middle Wing respectively. Health & Wellness Team curated age-appropriate activities for the students of Middle & Senior School to sensitize all on the importance of mental well-being.

Dr. Alka flagged off the Rally signifying Mental Health & Well Being a Global Priority organized for the senior school students. The enthusiastic students chanted inspirational slogans to sensitize the students of the school about the importance of mental health. The movie -Inside Out was screened for the students of Classes VI-VIII followed by a Reflection Sheet to reiterate the concept. The senior students were also engaged in Poster Making on the theme.

Speaking on the occasion, Dr. Alka spoke about the importance of mental health and well-being for the overall personality development of an individual. Ma’am urged all the members to be aware of their emotions and learn how to manage them effectively.



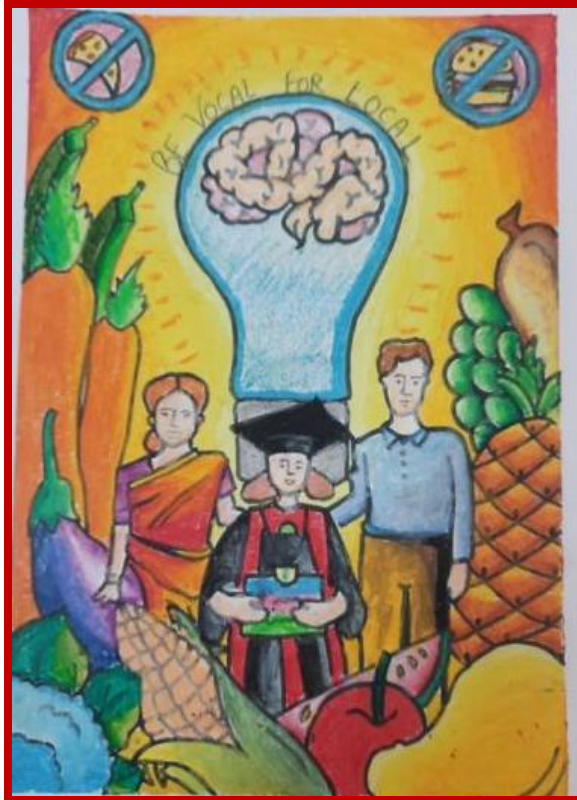
EAT RIGHT CREATIVITY CHALLENGE

“Human being is a master of his /her own health as it is the only wealth.”

With an aim to stimulate young minds towards eating right for sound health, the Health & Wellness Programme of the school provides an opportunity for the students to participate in the ‘Eat Right India’ movement, a flagship program of the **Food Safety and Standards Authority of India (FSSAI)**.

The Health & Wellness Team organized the **‘Eat Right Creativity Challenge’** on **October 21, 2022**. In this challenge, the students of the **Primary Wing** made thought-provoking posters on **“Eat Seasonal and Local”**. **Middle & Senior Wing** students participated in **Inter House Competitions**.

The motive of the **‘Eat Right Creativity Challenge’** was to ensure the health and well-being of people through safe food, and healthy and sustainable diets. The students of all four houses enthusiastically competed in the competitions. **Classes VI-VIII also made thoughtful posters on ‘Eat Local Eat Seasonal’, Classes IX to XII were involved in Eat Right Rangoli Competition, and Classes VI-XII made Eat Healthy Bulletin Board Decoration Competition** on the theme- **‘Benefits of Millets’**. **Nandini (VIII A) and Jiya (VIII A) from Tagore House bagged 1st and 2nd Position respectively** in the **Poster Making Competition**; **Nehru House and Mother Teresa House bagged 1st and 2nd Position respectively** in **Bulletin Board Competition**.



WORLD FOOD DAY 2022

COMMITMENT TO WORK TOWARDS ZERO HUNGER ON WORLD FOOD DAY 2022

World Food Day is observed every year on 16th October and is dedicated to eliminating global hunger. The Health & Wellness Team celebrated **'World Food Day'** on the theme **'The Road to Zero Hunger' on United Nations Sustainable Development Goal 2 on October 18, 2022**. Diverse age-specific activities were designed by the Health & Wellness Team for the students of the Primary Wing, Middle Wing, and Senior Wing to sensitize the students on the wastage of food and how they can contribute to the road of Zero Hunger.

The students of Classes III-V made thought-provoking Posters on "Eat Seasonal and Local". Class VI students were engrossed in **Poster Making on reducing the wastage of food**, **Class VII** students maintained a **Food Log and paint Hunger Awareness quotes on T-shirts**. The students of **Class VIII** researched on hunger under three parameters-Causes, Statistics, and Suggested solutions to combat the grave situation. They showcased their understanding of **Zero Hunger with an E-presentation**. An engrossing **Group Discussion** was organized for the students of **Class IX** on integrated approaches that respond to the multiple, interconnected causes of hunger and malnutrition and encourage all to work together towards ending hunger.

The students enthusiastically participated in the activities, making this endeavour an enriching experience. The celebration is a testimony to the commitment to creating awareness among the netizens about the wastage of food and the need to eliminate hunger.



SAFE & GREEN DIWALI CELEBRATION

'The festive light of Diwali brings in abounding happiness for all.'

In recent years, extravagant celebrations have not only put a great strain on the environment but have also put people's health at stake. Air pollution levels rise to dangerous levels, energy, and food wastage increase exponentially, plastic packaging and cracker debris litter the roads and several people and animals suffer physically.

Keeping these environmental, health & safety factors in mind, **Safe and Green Diwali** was celebrated under the aegis of the **Health & Wellness Programme** of the school in the **Middle & Senior Wing and Primary Wing on October 19 & 21, 2022 respectively**. To root the students in the rich cultural heritage along with sensitizing them to preserve the resources, age-specific events were designed under the guidance of **Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS**. Ma'am is constantly working to integrate the best emergent practices of Values and Life Skills in the system.

A **Special Assembly** was organized for **Primary Wing** students by the Peer Educators of Classes VI & VII on the **Safe and Green Diwali theme**. Peer educators presented the story in a creative manner through attractive props. The students of the Middle & Senior Wing were engrossed in a plethora of activities -**Class VI** was involved in **Card Making /Rangoli Designing**, **Class VII** worked on **Best out of Waste** and **Class VIII** prepared a **Recipe Booklet of Homemade Sweets**. **Class IX** added melody to the occasion by composing **Jingles** on Diwali. The activities helped the students to think deeper and understand the true essence of celebration and propelled them to review the situation from a different perspective.



CAREER CONFLUENCE

'The best way to predict the future is to create it.'

Dreams are extremely important and one can't transform the dream into reality unless one imagines it. The Health & Wellness Programme of Blue Bells Group of Schools believes in this axiom and keenly strives to empower its students to give wings to their imagination and choose the right path to have a rewarding and fulfilling life. In pursuance with the same objective, the Health & Wellness programme of the school organized Career Confluence under the patronage and able guidance of Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS, for the Students and Parents of Classes IX -XII from 17th November to 19th November 2022.

The session on the topic, "How to Get Selected in Top 100 Universities of the World" was conducted for Class XI & XII on 17th November by Mr. Harsh Radhwa, resource person from I-Step organization. He apprised the students about the eligibility criteria, admission procedures, courses and the scholarship schemes offered by various international universities.

Mr. Vineet Vaidya, Mechanical Engineer by profession, addressed the students of classes IX & X on 18th November 2022. He acquainted students on the importance of planning for their career in advance. He also clarified certain common myths regarding stream selection and guided them to opt the right stream based on their aptitude and potential.

The Resource persons from Pratham organization - Mr. Binit Binod along with Mr. Vaidya familiarized the students of classes XI & XII with the emerging career options in the field of Science, Commerce and Humanities. They also cleared certain misconceptions regarding different career choices.

To further acquaint the Parents of Students for the classes IX-XII about career choices for their wards, a workshop was organized on 19th November 2022. The resource person was Mr. Praveen Khanna, a government certified Business Communication Specialist and a Certified Training & Development Manager. While addressing the Parents, he categorically emphasized on emerging Science, Commerce and Humanities careers and fallacies regarding many professional careers. He also updated the Parents about the plethora of courses and institutions available to pursue their higher studies.

The sessions concluded with an effective interaction, wherein everyone's query was dealt with proficiency and dexterity. The students were also informed about the Career Counseling Committee. The Confluence certainly achieved its objective with an overwhelming participation of Students as well as Parents.



DISTRESS TO DE-STRESS: HANDLING EXAMINATION STRESS

During examinations, it is important for the students to be in a calm state of mind and to deal with any emotion which may cause distress. To address the feelings and concerns of students and to help them manage their emotions; Health & Wellness Resource Centre team prepared an interactive module for the students under the mentorship of Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS. The session to deal with Examination Stress was conducted for the students of Class X on December 05, 2022 and Class XII on December 2, December 5 and December 7, 2022 respectively.

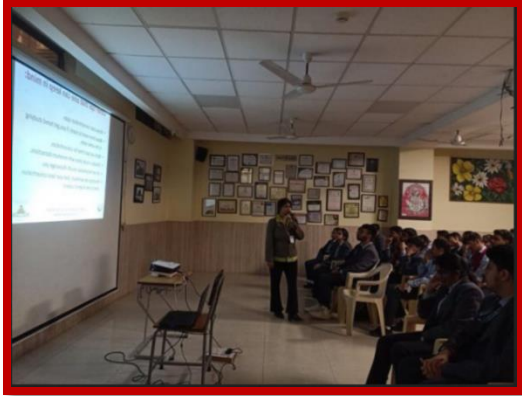
The session included a brief about signs and symptoms of stress. The objective was to facilitate students to acquire helpful and adaptive ways to manage and deal with stress during exams. **Prioritizing** of tasks was also taken up to emphasize on giving importance to revision time along with identifying time-consuming tasks.

The students were apprised about three steps of planning their time effectively. At first making an overall planner, followed by a weekly time-table and then listing the daily things to do.

The students were briefed about the different **learning styles**. They were encouraged to identify their own learning style so that their learning and recalling become efficient. The students were encouraged to identify the **time wasters** they face. These were followed by tips that can help them to increase their **productivity**.

In order to improve students' **concentration** span, a few concentration exercises were conducted. These exercises were followed by a short **progressive muscular relaxation** and **guided imagery**. The importance of a **healthy lifestyle** was also emphasized upon. The harmful effects that simulating activities like T.V., phones, video games, arguments, etc. can have before sleeping was also discussed.

The session concluded on a positive note where it was shared with the students that they could connect individually with the counsellors for any further support.



SAFE TOUCH

“There is nothing more precious to our future than the safety of our children.”

With a vision to sensitize and aware the young Blue Bellians about their personal safety, sessions on Safe Touch were planned and prepared by the Health & Wellness Resource Center Team under the mentorship of Dr. Alka Saxena, Deputy Director(Health & Wellness), BBGS. These sessions were taken with the students of Classes III to VIII in different time slots by the members of Health & Wellness Team in the month of December 2022 to help them understand personal safety and ways to keep themselves safe.

The focus of the session was to make students aware about the **personal zones** of their bodies for their safety. Difference between **safe & unsafe touch**, adopting **safety measures** like- ‘Say No’, ‘Scream’, ‘Run for Help’ & and ‘Tell’ a trusted adult (Like, Parents, Teachers & Counsellors) were also shared with them. . To help the students understand the concept, an effective discussion on **‘Stranger Safety’** was undertaken, wherein students shared their concerns and views. The session was summarized by showing age appropriate videos to students on safety, suggested by the CBSE and the Gurgaon Police.

The students found the workshop to be informative and felt that they were better equipped now to face these challenges.



KINDNESS MATTERS

“Kindness is like a seed that when cultivated can grow and grow and grow.”

Truly giving from the heart fills your life with joy and nourishes your soul. Giving provides an intrinsic reward that is far more valuable than the gift. At Blue Bells, it is our firm belief that when we share our time, skills, knowledge, wisdom, compassion, wealth, and love—the world would be a more peaceful and healthier place. In furtherance of the same vision and soaking in the spirit of sharing is caring, Blue Bells Group of Schools, Gurugram, celebrated ‘Kindness Matters’ on December 21, 2022, with the students of Spreading Smiles, Gyan Kendra, Nathupur, Gurgaon. The occasion was embellished with the illustrious presence of Dr. Saroj Suman Gulati, Director, BBGS.

Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS, ideated and mentored this unique initiative with the motive of ‘Service Before Self’. In an attempt to promote good deeds and assure acts of kindness, students of Blue Bells Group of Schools donated stationery items to the children of Spreading Smiles School with the thought that small deeds and acts of kindness can make a big impact on someone’s life. The event organized under the aegis of the Health & Wellness Programme, BBGS aimed at instilling values such as empathy, sensitivity, and generosity in each student.

The school team prepared a special cultural event for the visiting children. Skill enhancement activities like Sports and Art activities were taken up with the children of Spreading Smiles and they participated with enthusiasm and fervor. They also showcased their talent on stage which was commendable and applauded by all.

In order to create a compassionate and selfless partnership with each one, the Health & Wellness Programme of BBGS believes in inculcating the spirit of giving back to the community. The happiness and enthusiasm of the school as well as the visiting team during the event is a proud testimony to the venerable commitment of the Health & Wellness Team of BBGS.



WELLNESS WISE BY DR. ALKA

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

The foundation for a healthy exterior originates on the inside. To be able to keep our body in good health we must possess a clear and strong mind.

Dr. Alka Saxena is an avid advocate of the socioemotional well-being of children who is constantly working to integrate the best emergent practices of Health & Wellness with education. Dr. Alka Saxena created her blog, Wellness Wise by Dr. Alka, with the purpose of reaching a broad audience and sharing her wealth of information and practises on life skills, health, and wellbeing. Her blog postings are based on her significant knowledge and experience as an educator. The topics selected are extremely relevant in today’s prevalent scenario.

<https://wellnesswise.in/>

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...

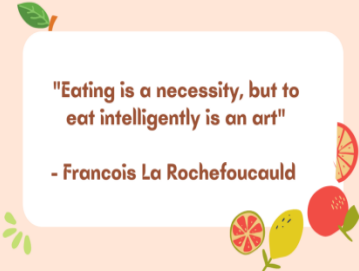
5 WAYS TO MANAGE YOUR CHILD'S SCREEN TIME



When your child starts using a digital device, it is helpful to have age-appropriate guidelines to create a balance between screen time and other activities.

"Eating is a necessity, but to eat intelligently is an art"

- Francois La Rochefoucauld



www.wellnesswise.in

WellnessWise Specials
By **Dr. Alka Saxena**

Recollecting the art of **Storytelling**
the Children's Day



November 14, 2022 by Dr. Alka Saxena



Encouraging Your Child
The Right Way

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5 Tips to Take Care of
Your Mental Health

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Happy & Healthy Diwali

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We've Turned

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"You don't have to control your
thoughts. You just have to stop
letting them control you."

- Dan Millman

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Kindness For a
Happier World

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November 10, 2022 by Dr. Alka Saxena

Hands-On Tips For Your Learning Style

Learning styles are ways in which people organize and process information, which guides how they think, learn, and solve problems. Knowing your style of learning can help you identify resources that you or your children use to learn.

VARK model (Fleming, 1987, 2001) identifies four styles of learning. Here are some tips for each style.



VISUAL

Visual learners prefer to use images, illustrations, videos, pictures, photographs, computer graphics and charts with information.

LEARNING STYLE
01

LEARNING STYLE
02

AUDITORY

Auditory learners prefer to learn by listening to lectures, discussions, audio books, podcasts about the topics with their groups or friends.



READING AND WRITING

Reading and writing preference learners like to learn by reading and writing books, blogs and journals.

LEARNING STYLE
03

LEARNING STYLE
04

KINESTHETIC

Kinesthetic learners prefer to learn by using movement, "learning" through field trips, role playing and dramatization, task-like assignments and role playing.



5 Amazing Benefits of Storytelling for Kids

www.wellnesswise.in

November 23, 2022 by Dr. Alka Saxena

Storytelling is an art that fascinates and engages children. Stories give an insight into our rich heritage and culture. They can become a creative outlet to explore the world of their imagination. Here are five benefits of writing, narrating, and listening to stories:-



ENCOURAGES CURIOSITY AND CREATIVE THINKING.



STRENGTHEN VERBAL AND WRITTEN COMMUNICATION



MOTIVATES TO READ AND DELVE DEEP INTO THE TOPIC



IMPROVES LISTENING AND COMPREHENSION ABILITY



ENHANCE SOCIAL AND EMOTIONAL SKILLS

"Sometimes the most productive thing you can do is relax."

- Mark Black

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"Kindness is doing what you can, where you are, with what you have."

- RAKTivist

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"A single act of kindness throws out roots in all directions, and the roots spring up and make new trees."

- Amelia Earhart

Hands-On Tips For Your Learning Style

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December 7, 2022 by Dr. Alka Saxena

PROUD MOMENT FOR BLUE BELLS GROUP OF SCHOOLS

DR. ALKA SAXENA, DEPUTY DIRECTOR (HEALTH & WELLNESS), BBGS CONFERRED WITH THE ICON OF THE YEAR AWARD

With great pride and immense pleasure, Blue Bells Group of Schools wishes to share that Dr Alka Saxena, Deputy Director (Health & Wellness), BBGS, a legendary visionary was conferred with the prestigious 'Icon of the Year Award' organized by Citizens Integration Peace Institute for her relentless and innovative contribution in the field of Education towards the nation. The award ceremony was organized at the India International Centre, Lodhi Road to mark the 91st Birth Anniversary of Bharat Ratna Dr. A.P.J. Abdul Kalam and was attended by a coterie of eminent educationists from different parts of the nation.

Dr. Saxena is recognised for her dynamic leadership and for incorporating revolutionary changes in the field of Health & Wellness education with the mission of providing an 'Education that Inspires Confidence'. Ma'am is the personification of excellence and perfection in totality.

The Blue Bells Family salutes Dr. Alka for her dedicated service and extends their heartiest congratulations to Ma'am for another milestone.





Dear Readers

“When we open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity.”- Edith Lovejoy Pierce

The world is a beautiful place to live in. We learn at each step we take. As time passes by, we realize that we have left behind some great memories that we want to live again along with good morals or values that will help in making our future more stable and worthwhile. The year we stepped into is a fresh beginning for everyone to climb another step of success and create good memories. We hope this new beginning takes a marvellous head start for each one of us.

“With the new day comes new strength and new thoughts.”

EDITORIAL TEAM
BLUE BELLS MODEL SCHOOL