



BLUE BELLS MODEL SCHOOL, SECTOR 4, GURUGRAM

»»» E-Newsletter July - September 2024



#1
DESIGN THINKING



#1
STEAM EDUCATION



EDUCATION EXCELLENCE
AWARD 2020, 21 & 2022



#1
CO-CURRICULAR EDUCATION
HOLISTIC EDUCATION



BEST IN EXPERIENTIAL
LEARNING



BEST CBSE SCHOOL
OF THE YEAR



EDUCATION THAT INSPIRES CONFIDENCE

MESSAGE FOR THE READERS



Cultivating Resilience: Empowering Our Children to Thrive in a Changing World

“The strongest oak of the forest is not the one that is protected from the storm and hidden from the sun. It’s the one that stands in the open where it is compelled to struggle for its existence against the winds and rains and the scorching sun.” – Napoleon Hill

This powerful quote captures the essence of resilience — the courage to stand tall, to adapt, and to thrive, even amid life’s toughest challenges. Resilience is what prepares us to face

adversity, to hone our talents, and to live with a sense of purpose and joy.

In our fast-changing world, resilience is more essential than ever. As educators, we know that children need more than just academic knowledge. They also need emotional strength and the ability to cope with the inevitable ups and downs of life. Teaching resilience doesn’t just help children overcome immediate challenges; it builds a foundation for lifelong confidence, empathy, and self-reliance.



MESSAGE FOR THE READERS

Our role, then, is to help children view setbacks not as failures but as stepping stones toward growth. By introducing them to real-world challenges and encouraging creative problem-solving, we equip them with the critical thinking and emotional skills to face life's complexities head-on. Practices like mindfulness, self-regulation, and empathy give children tools to manage their emotions and build positive relationships.

Creating an environment of open communication, where students feel heard and valued, is fundamental to their growth. Emotional support from teachers, friends, and family gives children the confidence to tackle challenges. When they feel connected to a caring community, they're more likely to take risks, seek help, and build resilience with every experience.

As we reimagine the role of schools and parents as co-partners in a child's journey, we have the unique opportunity to shape a generation equipped to face life with strength and resilience. Resilience isn't a trait we're born with; it's a skill that grows through encouragement, support, and learning.

Together, let's create a world where resilience is both taught and lived, where every child feels empowered to grow, learn, and thrive, no matter what obstacles come their way. In nurturing resilient children, we're building a future generation of leaders, thinkers, and problem-solvers—ready to shape a more sustainable, compassionate world for us all.

Best Regards

Anshu Malika Kumar
Vice Principal



ACCOMPLISHMENTS: TRIUMPH THROUGH TENACITY



URJA GLOBAL MERITORIOUS STUDENT AWARD 2024



The Urja Global Meritorious Student Award 2024, held at Rishihood University, Sonipat, celebrated students who achieved perfect scores in the Class X and XII CBSE Board Exams (2023-24). Dignitaries, educators, and parents gathered to honour their outstanding performance. The event also recognized the crucial role of teachers in guiding these achievers, applauding their commitment to excellence. This ceremony emphasized the importance of quality education and the lasting impact of dedicated mentorship on students' success.



MONEY SMART SCHOOL



The school has been designated as the "First Money Smart School in Gurugram (Haryana)" by the National Centre for Financial Education (NCFE), acknowledging its commitment to financial literacy. The school hosted a Financial Literacy Exam in the month of March for Grades VI to VIII, where students excelled in their understanding of financial concepts. This achievement reflects the hard work of the students and the vital support of educators Dr. Suhail and Ms. Smriti Sharma.



NATIONAL GREEN SCHOOL RANKING 2024



The school has earned the 3rd National Green School ranking for 2024, recognized for its sustainability efforts and alignment with UNESCO's Green Education Partnership. Through recycling, energy conservation, and environmental projects, the school fosters eco-consciousness, inspiring students and other institutions to adopt sustainable practices.

ADI ACHARYA VED VYAS SAMMAN

Dr. Suhail, Senior Coordinator, has received the Adi Acharya Ved Vyas Sammaan at the National Educators Achievement Awards 2024. This prestigious honour recognizes his exceptional leadership, innovative teaching methods, and commitment to academic excellence. His contributions have significantly impacted students and the educational community, fostering a culture of excellence at the school.



MICROSOFT INNOVATOR EXPERT



Mr. Hitesh Goyal, Ms. Sharmishtha Bhatia, and Ms. Srishti Seth have been recognized as Microsoft Innovative Educator (MIE) Experts. Their commitment to integrating technology and AI in education inspires our community.



GURU SAMMAN AWARD



Under the flagship of our Director Ma'am, two of our mentors were honoured with the Guru Samman Award on 21st September 2024 as part of the Sanskriti ke Saarthi Samman 2024. Ms. Neha Massey, Art and Craft Teacher and Ms. Renu Rawat, TGT Hindi, received this prestigious recognition.



PROFESSIONAL EXCELLENCE AWARD



Ms. Bindu Sharma, PGT Accountancy, has been selected for the prestigious "Professional Excellence Award" by Commerce Teachers' Foundation. The award recognizes her exceptional performance in the CBSE 2023-24 exams. The felicitation ceremony was held at India International Centre, New Delhi.



ACHIEVEMENTS: FROM DREAMS TO REALITIES



EDUCATION THAT INSPIRES CONFIDENCE





STUDENT ACHIEVEMENT SESSION 2024-25



Saanvi Aneja, Grade X won Gold Medal in Girls Singles U-19 and also reached the Women's singles quarterfinals at the 1st Yonex-Sunrise Haryana State Ranking Senior & Junior Badminton Tournament 2024.



STUDENT ACHIEVEMENT SESSION 2024-25



Karan Lakhani, Grade XI earned a prestigious High Commendation at The Goenka MUN 2024.



STUDENT ACHIEVEMENT SESSION 2024-25



Rudraveer Saini and Kshama Gupta of Primary Wing clinched 3rd Position in Jr. Round Sculpture organized by Amity International School , Sector -46 .



STUDENT ACHIEVEMENT SESSION 2024-25



Saanvi Aneja of class X was selected in the Haryana Girls U19 team for YONEX SUNRISE North Zone Interstate Senior & Junior Badminton Championship 2024. U19 team of Haryana bagged the Silver medal in the championship.



STUDENT ACHIEVEMENT SESSION 2024-25



Dhairi Khurana was awarded as the Best Caricaturist in KR Mangalam Vaishali Model United Nations 2024 .



STUDENT ACHIEVEMENT SESSION 2024-25



Saksham Gupta, Gauransh Gupta, and Milee Kushwaha from Grade XI achieved Third Position in Interschool Fin-Reel-It Competition.





STUDENT ACHIEVEMENT SESSION 2024-25






Toshit Gandhi and Shashwat Semwal of Class IX clinched Certificate of Appreciation in the prestigious Dainik Jagran Inext Sustainable Innovators Science Exhibition Season 2, Senior Category.



STUDENT ACHIEVEMENT SESSION 2024-25





Samaira (3D), Deviasha (3D), Arohi (5D), Erika (5D), Ashris (5A), and Arshiya (4A) bagged silver medal in District Roll Ball Championship 2024-25 in the U-11 & U-14 Girls Skates Categories (inline and quads) organized by Suncity School, Gurugram



STUDENT ACHIEVEMENT SESSION 2024-25





The school cohort bagged prizes at CCA MUN 2024.



STUDENT ACHIEVEMENT SESSION 2024-25






Saanvi Aneja, Grade X bagged Bronze medal in Girls Singles U19, Haryana State Championship Held in Panchkula from 27th to 30 th August



STUDENT ACHIEVEMENT SESSION 2024-25





Shashwat Semwal (IX-C) and Mannat (XII-F) bagged the Best Delegate Award at the GDGMUN'24 held at GD Goenka Public School.



STUDENT ACHIEVEMENT SESSION 2024-25





Ranveer 5C, Vivan Katriya 5C, Vivan kamboj 5C, Hunar 5B, Pulkit 4A, Bhavya 4A, Ahaan Raj 4B, Yug 4B, Pulkit 4D bagged silver medal in District Roll Ball Championship 2024-25 in the U-11 & U-14 Boys Skates Categories (inline and quads) organized by Suncity School, Gurugram



EVENTS & CELEBRATIONS: UNLOCKING POTENTIAL, EMBRACING DIVERSITY



**VANMAHOTSAV CELEBRATION
ASSEMBLY BY IX C**

JULY 2, 2024



"Van Mahotsav reminds us that every tree we plant contributes to the health of our planet. Let's work together to build a greener future!"



KEDARKANTHA TREK

JULY 5, 2024



What an adventure! Our Kedarnath trip was filled with laughter, learning, and breathtaking natural views.



STARTUP KA MAHAKUMBH 4.0

JULY 6, 2024

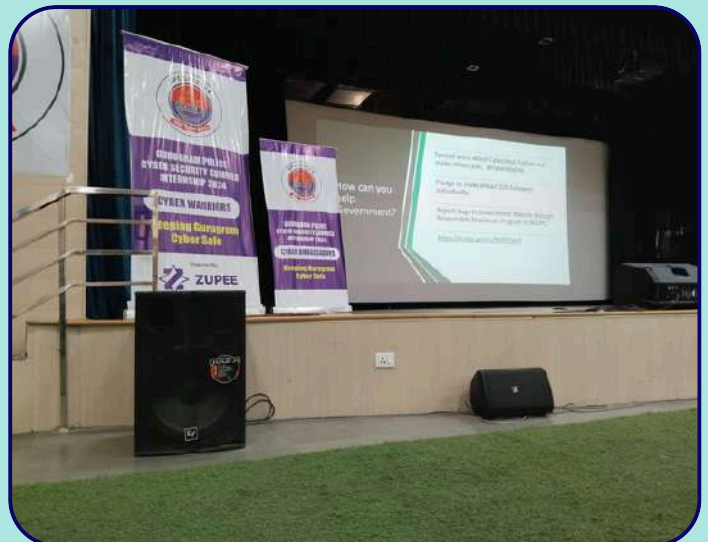
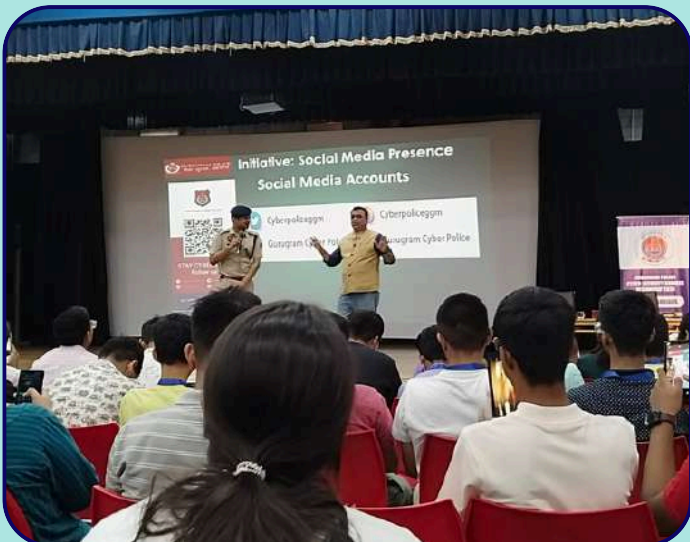


The students showcased their innovative projects- 'Protectifier', an antibullying app and 'Envirobond' - CFC Neutrilizer at Startup ka Mahakumbh 4.0- India's First Tech Startup Conclave and witnessed the future unfold at Startup Expo.



CYBER AMBASSADOR SUMMER INTERNSHIP PROGRAMME

JULY 8, 2024



Students participated in the Cyber Ambassador Program, a summer internship organized by the Gurugram Police to enhance cybersecurity awareness. Led by Mr. Rakshit Tandon, an international cyber expert, and the Gurugram Police Cyber Cell experts, the programme aimed to equip participants with knowledge and skills to protect against cyber-attacks.





The School has initiated "Neer Nirmaan" under the Jal Shakti Abhiyan to tackle water scarcity in Gurugram. The program focuses on the Ghata Bundh area, which has alarmingly reduced from 370 acres to just 2 acres.



SAVE WATER (ASSEMBLY BY CLASS V D)

JULY 15, 2024



Every drop counts! Let's commit to saving water and conserving this precious resource for future generations. Together, we can make a difference and protect our planet. Remember, saving water today ensures a sustainable tomorrow!



REDEFINING COMMERCE EDUCATION: TEACHERS' TRAINING SESSION

JULY 18, 2024



Training session for the Commerce Department, by Dr. Shunil Tripathi, where teachers collaboratively explored innovative and practical teaching methods in line with the new National Curriculum Framework (NCrF) 2023.



**GURU PURNIMA
(ASSEMBLY BY CLASS IV B)**

JULY 22, 2024



Celebrating Guru Purnima by honoring those who empower us with knowledge and wisdom. Thank you, Gurus, for your endless guidance!



CYBER AWARENESS ASSEMBLY

JULY 23, 2024



The Cyber Council hosted an assembly focusing on Cyber Awareness and Safety. Students learned about the serious issue of cybercrimes, the responsibilities of the Cyber Council, and the importance of being 'Cyber Smart' in the digital age.



KARGIL VIJAY DIWAS ASSEMBLY BY CLASS IX A

JULY 24, 2024



Remembering the bravery and sacrifice of our soldiers on Kargil Vijay Diwas. Their courage and sacrifice remind us of the price of freedom in defending our nation inspires us all.



INNOVATION - THE NEW REALITY ASSEMBLY VI-VIII

JULY 26, 2024



Innovation is the new reality, a necessity for survival and growth in today's dynamic world.



BUSINESS SUMMIT 2024

JULY 27, 2024



A celebration of innovation and collaboration, where passionate professionals unite to share insights and experiences. Thrilling engages with visionary thinkers to discuss trends, challenges, and opportunities for the future and the positive change one can drive together!

EDUCATION THAT INSPIRES CONFIDENCE



**WORLD NATURE CONSERVATION DAY
ASSEMBLY BY CLASS IV C**

JULY 29, 2024



As stewards of the Earth, Let's unite for our profound responsibility to protect and conserve its natural wonders from the smallest insect to the grandest forest and promote a sustainable future.



JOY OF GIVING : NGO HARMONY HOUSE

JULY 30, 2024



The school donated ration and stationery to Harmony House, supporting the underprivileged. Students engaged with beneficiaries, spreading joy and compassion, exemplifying our commitment to community support and social responsibility.



CYBER AWARENESS WORKSHOP

JULY 30, 2024



The school organized an engaging cyber security session led by ACP Priyanshu Dewan, focusing on the importance of online safety and the rising threats. Cyber Council, also conducted an awareness drive at Ram Park, Sector 4, educating residents on cyber safety measures.



CELEBRATING “LA FÊTE NATIONALE DE LA FRANCE”

AUGUST 2, 2024



Embracing French Culture: A vibrant assembly with presentations, culinary delights, and captivating performances by our talented students



BHARAT EK KHOJ

AUGUST 3, 2024



'Bharat Ek Khoj' event offered students a captivating journey into India's history. Through engaging storytelling and an exhibition of crafted monuments, the experience brought the nation's heritage to life in a memorable way.



DOCTORS DAY (ASSEMBLY BY CLASS IV A)

AUGUST 3, 2024



To honour Doctors' Day, students of Grade IV held a special assembly with skits, poems, and handmade cards, celebrating doctors' compassion and their essential contributions.



YOUTH PARLIAMENT : TWO-DAY PARLIAMENTARY SESSION

AUGUST 5, 2024



Armaan Sareen, Shashwat Semwal, and Arya Ojha's visit to Rajasthan Vidhan Sabha included discussions on coaching scams, direct assembly participation, and exploring Jaipur's culture, creating a deeply enriching and memorable experience.

EDUCATION THAT INSPIRES CONFIDENCE



MOCK TRADING SESSION

AUGUST 8, 2024



The Stock Savvy Society's mock trading session, in collaboration with SRCC, provided students with hands-on financial literacy, bridging theoretical learning with practical stock trading and investment strategies.

EDUCATION THAT INSPIRES CONFIDENCE



**FRIENDSHIP DAY
(ASSEMBLY BY CLASS IV D)**

AUGUST 9, 2024



Celebrating Friendship Day with heartfelt moments! Class IV D shared prayers, stories, poems, and dances, highlighting the beauty of true friendship and the joy it brings to our lives!



INDEPENDENCE DAY CELEBRATION

AUGUST 13, 2024



United in diversity, we celebrated our independence! Let's cherish our freedom and commit to building a better tomorrow for our country.



HAR GHAR TIRANGA

AUGUST 14, 2024



Every flag flown is a tribute to our heroes! Celebrate #HarGharTiranga and let's light up our homes with the colors of freedom!



**KRISHNA JANMASHTAMI
(ASSEMBLY BY NEHRU HOUSE)**

AUGUST 22, 2024



A colourful celebration of love and devotion! 🌈 Our students filled the assembly with energy and enthusiasm, bringing the stories of Lord Krishna to life this Janmashtami!



SECOND EDITION OF STUDENT LED CONFERENCE

AUGUST 24, 2024



Empowering students to share achievements and learning strategies, fostering essential skills and strengthening the school-family partnership.



EDUCATIONAL EXCURSION TO ARAVALLI BIODIVERSITY PARK

AUGUST 24, 2024



Visit to Aravalli Biodiversity Park with BML Munjal University, exploring its diverse ecosystem and enhancing their understanding of nature and academic knowledge in a refreshing environment.



JOURNEY THROUGH INDIA LEGACY: A DAY AT THE PRADHAN MANTRI SANGRAHALAYA AND NEHRU PLANETARIUM AUGUST 24, 2024



The school's educational trip to Delhi's Pradhan Mantri Sangrahalaya and Nehru Planetarium sparked curiosity and critical thinking, engaging students through a captivating space show and immersive exhibits on India's history and leadership.



CBSE RETIREMENT PLANNING

AUGUST 29, 2024



Retirement Planning Workshop with CBSE, where expert Ms. Ruhi Mahajan guided teachers on investment options for a secure and comfortable retirement.



CYBERMAZE 2024-25

AUGUST 27-SEPTEMBER 6, 2024



CyberMaze 2024-25 An Intra School IT Fest: Showcasing the champions of Concatenate, Configures, and Captures innovation through competitions and workshops, including Cyber Safety workshop led by Dr. Rakshit Tandon.



BLUE BELLS MODEL SCHOOL STUDENTS MEET DEPUTY CHIEF OF ARMY STAFF (STRATEGY)

SEPTEMBER 04, 2024



Visit to Lt. General Tarun Kumar Aich, Deputy Chief of Army Staff, gaining insights on military careers and inspiration to pursue their dreams with dedication and discipline.



TEACHERS DAY CELEBRATION: A HEARTFELT TRIBUTE TO EDUCATORS

SEPTEMBER 5, 2024



Celebrating the incredible educators who illuminate our paths with knowledge, wisdom, and inspiration! Happy Teachers' Day to the dedicated mentors who shape our futures and empower us to dream big. Your passion and commitment make a world of difference!

EDUCATION THAT INSPIRES CONFIDENCE



**GANESH CHATURTHI
(ASSEMBLY BY MOTHER TERESA HOUSE)**

SEPTEMBER 9, 2024

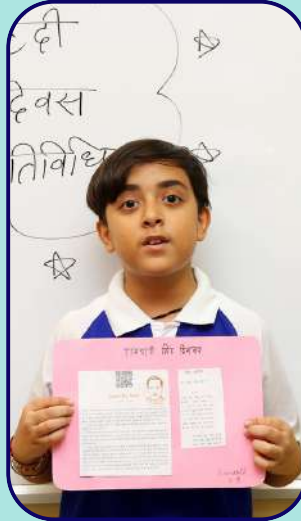


Celebrating Ganesh Chaturthi with devotion and joy! May Lord Ganesha bless your life with happiness, success, and remove all obstacles. Embrace the festive spirit!



HINDI DIWAS

SEPTEMBER 16, 2024



"हिंदी दिवस का जश्न हमारी संस्कृति और पहचान का जश्न है। आइए, इस दिन हिंदी को और भी बुलंदियों तक पहुंचाने का प्रयास करें।"



HEALTH & WELLNESS

"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 Blue Bells Model 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.

"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 5 and 8, 2024, involved students from Middle and Primary Wings. Peer Educators and School Council members honoured healthcare professionals with a poem and handmade cards.

The School Medical Team 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.



DOCTOR'S DAY



DOCTOR'S DAY



HEALTH & WELLNESS TEAM ORGANISES YOGA SESSIONS FOR MIDDLE WING



HEALTH & WELLNESS TEAM ORGANISES 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.” 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 August 2 & 3, 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.



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 14, 2024, for students of Classes IX to XII by Ms. Chetna Vashist, Counselling Psychologist & Soft Skill trainer 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."**



STUDENTS' WORKSHOPS

AN INFORMATIVE WORKSHOP ON “THE TEEN GUIDE-UNLOCKING THE PATH TO A POSITIVE ADOLESCENCE”



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 III-VIII through School Cinema.

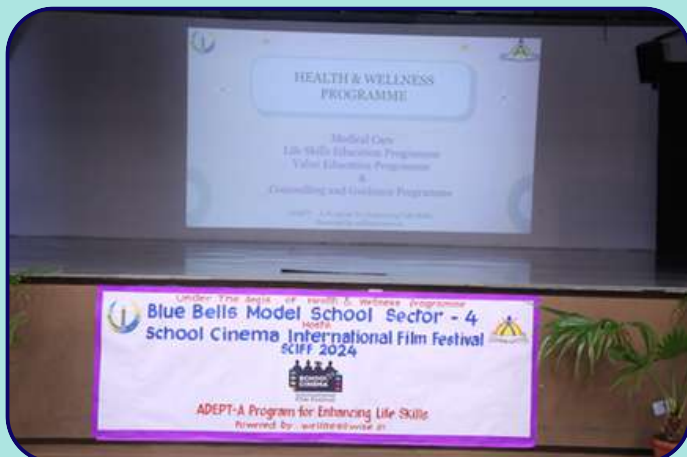
From August 20-31, 2024, the school hosted the School Cinema International Film Festival (SCIFF), featuring over 75 films in 15 languages from 20+ countries. The event promoted creativity, teamwork, and cultural appreciation. Workshops and screenings, such as Ms. Samina Mishra's session on 'Understanding 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.



SCHOOL CINEMA INTERNATIONAL FILM FESTIVAL (SCIFF) 2024



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 25, 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.



WORKSHOP ON ANTI-BULLYING AND PEER PRESSURE



PEER EDUCATOR INTRODUCTORY ROUND

“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.



PEER EDUCATOR INTRODUCTORY ROUND



TEACHER'S WORKSHOPS

Empowering Teachers on Emotional Awareness and Management.

Workshop for Educators Primary Wing.

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

A workshop on **"Understanding Emotions"** was organised on September 18, 2024, at Blue Bells Model School, Gurugram, for 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. Ms. Kiran Rawat, Primary Wing Incharge, BBMS, 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.



TEACHER'S WORKSHOPS EMPOWERING TEACHERS ON EMOTIONAL AWARENESS AND MANAGEMENT



INTER SCHOOL EVENT

SPECIAL SCREENING OF MOVIES FOR REPUTED SCHOOLS OF GURUGRAM 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 III-VIII through School Cinema.

From August 20-31, 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 schools of Gurugram were invited for the special screening of the movies during SCIFF 2024.

The students and teachers of reputed schools of Gurugram enthusiastically participated in film screenings that provided an exceptional opportunity for them to immerse themselves in a world of visual storytelling. It also gave them a deep sense of clarity in empowering themselves to overcome life's challenges. Students enjoyed the films and found them relatable, connecting them to their personal experiences.



INTER SCHOOL EVENT
SPECIAL SCREENING OF MOVIES FOR REPUTED SCHOOLS OF GURUGRAM DURING
THE SCHOOL CINEMA INTERNATIONAL FILM FESTIVAL (SCIFF) 2024



INTER SCHOOL EVENT
SPECIAL SCREENING OF MOVIES FOR REPUTED SCHOOLS OF GURUGRAM DURING
THE SCHOOL CINEMA INTERNATIONAL FILM FESTIVAL (SCIFF) 2024



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/>



WELLNESS WISE BY DR. ALKA

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 17, 2024 by Dr. Alka Saxena



As we find ourselves midway through the year, it's the perfect time to reflect, refocus, 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'...



WELLNESS WISE BY DR. ALKA

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.

Blog Link of wellness wise.in - <https://wellnesswise.in/>

Instagram Link-

[https://www.instagram.com/wellnesswisebydr.alka?
igsh=MTFhcDZ3cGRrMzJ4Zg==](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-
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CREATIVE CORNER



Nishtha
XII



Riddhima Chawla
XII



Riddhima Chawla
XII



Priyanshi
XII



Tanishka
XII



Suhani
XII

Dear Readers

As we bring this edition to a close, let's carry forward the enthusiasm, creativity, and determination that fills our school with pride. Every achievement, big or small, reminds us that we are all part of something greater—a shared journey of growth, discovery, and endless possibilities. Let's continue to learn, support one another, and strive for excellence in everything we do. Together, we are shaping a brighter tomorrow.

Until next time, keep inspiring and be inspired!

Warm regards

Ms. Kiran Rawat, Editor

Ms. Tanvi, Design & Layout Specialist

Mr. Vinod Shah, Through the Lens

[Blue Bells Model School]

