Dear Students

Anger is one of the six basic human emotions along with happiness, sadness, disgust, fear, and surprise. If not managed properly, anger can affect our personal and professional lives. Multiple times we also resort to anger in order to cover up other feelings and therefore, anger is sometimes seen as a secondary emotion. It can be imagined as the tip of an iceberg.

Anger causes various physiological changes in our body. It triggers the ‘fight or flight’ response mechanism of the body and the adrenal glands release adrenaline and cortisol in our body which increases our heart rate, blood pressure, and perspiration. There is a blood rush towards the muscle which is why many people turn violent when angry. This adrenal response, if continued for a long period of time, can lead to problems like headaches, anxiety, or even heart attack.

Anger is an emotion, which, if not expressed and dealt with appropriately, may damage our relationships with other people as well as ourselves. Hence, we must learn to deal with anger in a constructive manner. Anger management aims to manage the emotional and physiological changes and find a healthy outlet for them.
However, anger management is not equal to anger avoidance. It means acquiring skills to identify your triggers and keep them from pushing you over the edge.

These are some techniques you could use to manage your anger:

- **Self-Awareness**: Be aware of your feelings
- **Relaxation**: Practising deep breathing, yoga exercises that stretch and relax your muscles, or picturing yourself in a calming situation can help you manage your anger.
- **Better Communication**: Thinking carefully about what you want to say, listening actively to the other person and using ‘I’ instead of ‘you’ sentences are helpful in controlling altercations. For e.g., Instead of saying “You hurt me,” say “I was hurt.” Learn about conflict resolution strategies.
- **Managing Your Environment**: Give personal time and space to yourself, walk away from situations that you feel are getting out of control.

Some people may need professional help in managing their anger, if it starts interfering with their daily lives and ability to carry out routine tasks.

Anger management is an important contributor to a fulfilling life and anger managed well is a sign of emotional intelligence.

**Dr. Alka Saxena**

**Deputy Director (Health & Wellness)**

**Blue Bells Group of Schools**
Mr. Ashish Gulati, Vice Chairman, Blue Bells Group of Schools, has been recognized as one of the top 25 leaders reinventing K12 education in India.

EducationWorld
August 27, 2020

"People who are Determined enough to think they can change the World, are the Ones who Do." - Steve Jobs
Samarth Yadav, student of class VIII-C applied the knowledge he gained at the Atal Tinkering Lab of the school, to create and print hundred 3D Face shields for Corona Warriors.

“Be the reason someone smiles. Be the reason someone feels loved and believes in the goodness in people.” - Roy T. Bennett
Blue Bellians are knowledge explorers when it comes to learning about new cultures and countries. In such sessions, our students had an insightful discussion on “Water Conversation” with students of schools in Australia and on “The Asian Platter’ with the students of schools in U.A.E. and Thailand.
Aanya Arora of Class IV-B, participated in the Young Entrepreneur Contest by The Hush Tree, an Indian Ed-Tech Company fostering the development of Self-leadership Skills, in line with UNESCO’s Education Agenda 2030. She was among the best 23 students selected across India to be a part of this wonderful experience.

Aanya’s organiser, which she created from a shoebox, won her a prominent position in the prestigious Young Entrepreneurship Programme.

“TECHNOLOGY is the campfire around which we tell our stories” - Laurie Anderson
Competing against 350 students from across India, USA and UAE, Sushant Yadav (VIII-A), Shubhadeep Mitra (VIII-C), Shubham Yadav (VII-D), Khushal Yadav (IV-C) Shaurya Thapan (V-A) and Saksham Pandita (VI-C) all made us proud by qualifying for the finals of the Avishkaar League - Unique Tech Challenge.

“Technology gives the quietest student a voice.”- Jerry Blumengarten
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 Counsellors and Life Skill Facilitators to carry forward her vision of empowering students.

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 center’s main focus is to create modules, workshops and policies for the students, teachers and parents. The Resource Center team headed by Dr. Alka Saxena comprises of Ms. Renu Khare and Ms. Shreya Kumar, (Counsellors and Content Developers) along with Ms. Priyanka Chaturvedi,(Value Education Facilitator and Content Developer) 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.

“The key to Wellness is to accept responsibility for your health and wellbeing.”
Understanding the importance of staying at home during the pandemic, The Health & Wellness team sent out a slogan through the school Facebook page to commemorate World Health Day 2020.

“This World Health Day, we need to stay in to stand together and ensure a healthy future for all of us”.
The Health & Wellness Team of the school conducts an Anti-Tobacco Campaign each year to generate awareness about the serious health hazards associated with the consumption of tobacco. This year’s theme for the WHO designated ‘World No Tobacco Day’ on 31 May 2020 was “Protecting Youth from Industry Manipulation and Preventing them from Tobacco and Nicotine Use”.

The Team under the guidance of Dr. Alka Saxena created a video to highlight the enormity of this issue and reinstate the ill-effects of tobacco. The Health & Wellness Ambassador and Peer educators shared an effective message for their peers through the video. The team also provided links to watch two recommended documentaries on the topic.
Doctor’s Day was celebrated to raise awareness about the roles, importance, and responsibilities of doctors and to promote the medical profession. Our alumni serving in various hospitals as doctors shared their experiences with their juniors.

Dr. Alka Saxena addressed the gathering on two aspects: Prevention is better than cure and Mental Well Being. She gave useful tips on how to balance both physical and mental health during this pandemic to keep ourselves safe and healthy.
The selection was done online wherein the themes were shared through share screen. Once the students informed about their choices, the sub topics were shared with individually. All the students performed well. The judges shared important tips with the students and appreciated their efforts. All the online sessions were a very enriching experience.
The Life Skills facilitators are providing emotional support and helping the students imbibe Life Skills through Life Skills education classes in these challenging times. School Cinema movies, worksheets & hands on activities were used to keep up the spirit of the students and to teach life skills in a stimulating environment. Life Skills help us to deal well and effectively with the challenges of life.
Dr. Alka Saxena, Deputy Director (Health & Wellness), BBGS, conducted an engaging and informative Webinar on 9 May 2020 on ‘Understanding Teens and Communicating with them Effectively’ as part of the Mother’s Day online programme. Communication being the key to a healthy relationship Dr. Saxena covered vital topics like Understanding Adolescence, Listening with Whole Body, Addressing Feelings, Respectful Confrontation, Setting Routines and Stating Values and Expectations. Dr. Saxena also responded to the queries posted by mothers after the webinar.
Dr. Alka Saxena, Deputy Director (Health & Wellness), Blue Bells Group of Schools, was a key speaker at a virtual webinar on ‘Emotional Intelligence’ organised by Unique Psychological Services, New Delhi on 5 July 2020.

Her talk focused on ‘Understanding Emotions and Decoding Anger’ in which she explained that while we all experience diverse emotions, we may express them differently. All emotions are normal, natural and neutral – we just need to be aware of them, identify them for what they are, and learn to deal them effectively. She also shared important tips on how to manage anger.
FLYER TO SPREAD AWARENESS ABOUT THE VIRUS

FLYER ABOUT USAGE OF TIME CONSTRUCTIVELY DURING THE PANDEMIC
During this challenging time, mental well-being is as important as physical well-being, more so for children. Keeping this in mind the Health & Wellness Team sent Circulars to parents informing them about the counselling support being provided by the school and NCERT (telephonically) which would help them and their children to tide over the difficult times.

Content developed by the Ministry of Health & Family Welfare, GOI and National Institute of Mental Health & Neurosciences (NIMHANS) on how to support children during the pandemic and a video link of Child and Adolescent Psychiatrist Dr. Shekhar P. Seshadri (NIMHANS) was shared with parents.
→ “Coping with Stress in the face of a Pandemic”: This LIVE session was scheduled for 18th April 2020 at 11:30 am, on their Facebook page Circle of Life.

→ “Maintaining work- life balance”: This LIVE session was scheduled for April 29, 2020 at 3:30 pm, on their Facebook page Circle of Life
→ “Cultivating Mindfulness in these trying times”: This LIVE session was scheduled for 28th May, 2020 at 5:30 pm, on their Facebook page Circle of Life.

→ “Unlocking ourselves to the NEW NORMAL”: This LIVE session was scheduled for 9th June, 2020 & 13th June, 2020 at 5:00 pm, on their Facebook page Circle of Life.
A letter informing about the various online activities organized by HealthSetGo to keep the children engaged during the lockdown and vacations was sent to parents through Email. The links of these activities were also shared on a regular basis to keep the children’s lifestyle healthy and help them enhance their skills.
This is an initiative of the Ministry of Human Resource Development to provide Psychosocial Support to students for their Mental Health & Well-being during the COVID outbreak and beyond. The aim of MANODARPAN is to help students to live their lives happily, effectively and productively and become resilient over time with the help of life skills even in the face of challenges and roadblocks.

This is a part of ATMANIRBHAR BHARAT ABHIYAN for strengthening human capital and increasing the productivity through efficient reforms and initiatives for the Education sector.

A Circular highlighting the main points of this initiative was sent to the parents and teachers.

In addition to this, the School Counsellors and Special Educator are in regular touch with students and parents providing them support during this pandemic for their, emotional well-being and academic needs. A special email id has also been created for this, wherein all stakeholders can share their concerns with the counsellors.
Dealing with the Pandemic Productively through 'Engaging Online Pedagogical Practices'

With the aim of making online transactions more engaging and to tap the 21st century skills leading to holistic development of each child, regular Training Sessions are being conducted for the teachers by the L&D Department of the school under the guidance of Madam Soumya Gulati, Deputy Director, Academic Development and Innovation, Blue Bells Group of Schools. Ma’am also has to her credit now, a certification in Hybrid and Blended Learning.

The L&D Team has once again taken the lead to train the teachers so that the benefit reaches the students through the exact training required by them. The sessions conducted by the team have been helping the teachers to interpret, identify, analyse, apply, correlate, realign and customize the pedagogical strategies in their Lesson Planning to suit the Online Mode.

One of the key take aways from the sessions has been the transdisciplinary connect between different strands of learning. To derive the maximum benefit out of the process, a variety of strategies are being discussed which make virtual transaction more interesting and student centric. These training sessions are proving to be extremely helpful for the students and teachers alike.
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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>May 11, 2020</td>
<td>LITFEST MELANGE in DAV 14, GURUGRAM</td>
<td>Saavi Chouhan (V-C) won 2nd position in Poetry Presentation in Junior Level. Harshita Khandwal (VIII-C) won 3rd Prize in Entertaining Comics @ Lockdown Learning in Middle Level. Arya Mishra (XII-A) received a Special Mention in the English Debate - My Standpoint in Senior Level.</td>
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<td>May 28, 2020</td>
<td>BEHES Online Challengers</td>
<td>Muskaan Tandon (XII-D), Milan Singh (XII-A) and Khushi Ahuja of class XII-D in Lions Category (14 Years and above) made it to the Best Speaker Standings.</td>
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<td>June 08, 2020</td>
<td>GOONJ-Cultural Fest by DPS-45, GURUGRAM</td>
<td>Kashish Rawat (XII-C), Divyanshi Rajput (X-B), Ankita Maiti (XII-D) won Jury’s Special Mention Award in NRITAYA ABHINAY</td>
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<td>July 27, 2020</td>
<td>Literati organized by Amity International School - Sector 46, Gurugram</td>
<td>Khushi (IX-C) bagged First runner up in Geeta Shlokagayan, Aratrika of Class V-A had been 2nd runner up in Rhythms, Consolation prize in Rap it up was bagged by Juhi Arora (VIII-C) &amp; Dhruv Kataria (VIII-D)</td>
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<td>Date</td>
<td>Event Description</td>
<td>Achievements</td>
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<td>August 07, 2020</td>
<td>Techsmert-2020 E Colosseum</td>
<td>Harshit and Keshav Garg of Class XI won ‘Prod.By’ event where as Sai Naman Chauhan and Moksh Parashar from Class VII, won Third Prize in the event ‘Framed’.</td>
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| August 10, 2020 | ROBOTRONICS - An Inter-School Robo-Tech Championship - 2020 organized by Amity School Sec-46, Gurugram | • Kanishk Gulia (XII-A) won Third Prize in Audio Mixing  
• Aryaveer Singh (IV-C) won Third Prize in Paint 3D |
| August 19, 2020 | National Science Concours 2019 (NSC)                | Juhi Arora of Class VIII-C won for the second time in a row!!                 |
| August 24, 2020 | Atal Tinkering Event (Games Artefact)              | Juhi Arora of Class VIII-C bagged First Prize.                                |

We are changing the WORLD with Technology.
### Milestones achieved

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<th>Date</th>
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| **August 25, 2020** | Primary Wing students of BBPS emerge as winners at ‘VISIONNAIRE’, an online interschool competition held by Delhi Public School, Sushant Lok | **Nishtha Makkar** of Class IV-C displayed her scientific temperament with the help of a very innovative model in the event ‘Serious About Science’ and won the Second Prize in the category.  
**Yatharth Gaur** of Class V-D clinched the consolation prize in the event ‘Vibgyor’ at which he exhibited his excellent IT skills.  
**Naysha** of Class III-D held everyone spellbound with her captivating storytelling with the help of shadows and bagged the Second Prize in the event ‘Silhouette Spiel’. |
| **August 31, 2020** | Runners Up at PRATIBIMB 2020 organized by G.D Goenka School, Sector 48, Gurugram | ❖ **Pranav Shrivastava** and **Yash Mittal** of Class XII-A made the school proud by clinching second position in the ‘Science in Sports’ category.  
❖ **Ayaan Dang** of LKG-Tulip, mesmerized the audience by showcasing self-defence techniques and bagged Third Prize in ‘Martial Arts’. |
| **August 28, 2020** | ‘Carpe Diem-Let’s Seize the Day’ held by Amity International School, Sec-46, Gurugram.  
‘Xavenium 20’ held by St. Xavier’s High School, Gurugram. | ❖ **Pariniti Phalswal** of Class III-C won a ‘Special Mention’ for her recipe at the Interschool MI Fest  
❖ First prize in ‘Young Reporter Free Press’- **Vineet Janghu**, Class IV-B.  
❖ Second prize in ‘Zentangles’, Doodle Art Competition - **Roopneet Kaur**, Class IIIrd-A |
The dedication shown by BBPS teachers to provide uninterrupted education to their students through the online system is commendable.

“Technology will not replace great teachers but technology in the hands of great teachers can be transformational.” - George Couros
This Founder’s Day was another opportunity to reflect upon all that we have achieved together, celebrate how far we have come and also make a commitment to continue to support each other and overcome any obstacle in our way.

It is worth expressing gratitude for our Mentor, Philosopher and Guide Late Sh. B. D. Gulati Ji who laid the foundation for us to be regarded as one of the best schools of Gurgaon.

“Legend remains victorious in spite of history.” - Sarah Bernhardt
Blue Bellians celebrated Earth Day by expressing their gratitude with their dance, music and creativity. Social distancing didn't take their spirits away to make a promise together to save Mother Earth.

“The Earth is what we all have in common.”- Wendell Berry
Dance is the joy of movement and the heart of life. In a society that worships love and freedom, dance is sacred. Through a mesmerizing performance on “Mile Sur Mera tumhara” Blue Bellians presented a true picture of national integration in these difficult times.

Dance is the joy of movement and the heart of life.
“Genius begins great work. Labour alone finishes them.” - Joseph Joubert

Here is a humble effort from Blue Bellians to pay their respect to each one of our helpers. If not for them, we wouldn’t have had the comfort and conveniences that we enjoy.
One of the world’s foremost cultural icons, Rabindranath Tagore’s Birth Anniversary was celebrated with a lot of Fanfare. On his 159th Birth-anniversary, the Blue Bellians paid a tribute to GURUDEV and sought hope and courage from his words.

“Clouds come floating into my life, no longer to carry rain or usher storm, but to add color to my sunset sky.” - Rabindranath Tagore
BBPS celebrated Mother’s Day to salute the spirit of MOTHERHOOD. A live celebration through a Zoom webinar was organized by the students.

Mother: the most beautiful word on the lips of mankind.
SUMMER FUN

May 31 - June 11, 2020

Eat .......Sleep.....Camp.....Repeat !!!!!!
A father is the one who loves completely, gives quietly, teaches gently and inspires deeply. The Blue Bellians expressed their love and affection towards their fathers with a beautiful presentation through a webinar.
“Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.” — Plato. The students of BBPS know that 'We Shall Overcome'. Their emotions have found an expression through this beautiful song to wish everyone a Happy Music Day!
INTERNATIONAL YOGA DAY CELEBRATION

June 22, 2020

"INHALE the Future, EXHALE the Past"

BlueBellians showed the way to a healthy and mindful life on this International Yoga Day by practicing this ancient form and taking us through its benefits. Yoga also inspired them to express their creativity through the artwork.
It requires education, principled thinking, awareness and discipline to use the INTERNET as a tool for development rather than a new way to consume unnecessary stuff and become more indebted.
Gamification should not be about control. It is about motivation and engagement.
The great Gurus lead us from darkness to light and ignite our lives with a heightened state of awareness. The students paid obeisance to their Gurus on the auspicious occasion of Guru Purnima.

Kargil Vijay Diwas

Blue Bells Public School salutes the Armed Forces of India for their undaunted courage and indomitable valour.
Blue Bellians understand the importance of taking care of the environment and contributing to the best of their ability to keep it healthy. They know that every effort counts. The students expressed their gratitude towards Mother Nature on the occasion of World Nature Conservation Day through their artwork which is a real treat to the eyes.

“Nature is painting for us, day after day, pictures of infinite beauty.” — John Ruskin
A friend has a special place in everybody's life. Friendship is a special bond which has no boundaries and the moments which are spent together, are priceless. The students of Primary Wing celebrated Friendship Day by sending their loving wishes to their dear friends.
August 15, 2020

INDEPENDENCE DAY CELEBRATION

This year, we ensured that the fervour of patriotism lives on, and shifted our Independence Day celebrations online along with all other events. The only live part of the online I-day event was the flag hoisting ceremony and a speech by the Vice-Principal. Art, debate, poster making, poem recitation and fancy dress competition were organised in advance where students had to submit photographs and videos of their entries.

“Patriotism is a feeling of loyalty and allegiance that is the result of knowledge and belief. A patriot shows his patriotism through his actions, by his choice.”- Jesse Ventura
Online Etiquettes make the experience of being on the internet more effective and fun. The Blue Bellians have always believed in spreading and sharing the best of their knowledge with the society at large. This time, the students of the primary wing of BBPS took to composing jingles and making posters to make their peers aware of being good online too!

It's all about securing our systems.
The students of BBPS invoked the blessings of Lord Ganesha through a special assembly on the occasion of Ganesh Chaturthi.

“Gratitude lifts our eyes off the things we lack so we might see the blessings we possess.” - Max Lucado
On the occasion of National Sports Day, students of Class V hosted a special assembly. A host of performances on the importance of sports conveyed a powerful message of never giving up.

“Sports has the power to change the world and the ability to inspire people and unite them.”-Nelson Mandela
kindergarten children are confident in spirit, infinite in resources, and eager to learn. Everything is still possible.”

Robert Fulghum
Our tiny tots lit up everyone’s hearts with their giggles and smiles. They reminded us that laughter is a positive and powerful emotion that has all the ingredients required for individuals to change themselves and to change the world in a peaceful and positive way.

“A child’s laugh is one of the most beautiful sounds in the world.” Vicki Reece
On the occasion of World Environment Day, this is how they decided to express their gratitude by feeding stray animals, taking care of trees and poster making.

“The time spent among trees is never time wasted.” - Katrina Mayer
May 27, 2020

THE VIRTUAL LEARNING CONTACT SESSIONS

"A child is not a thing to be moulded, but a person to be unfolded." - Jess Lair
The Pre Primary section of Blue Bells Public School had great fun celebrating 'Yummy Mango Day'! Students enjoyed talking to Merry Mr. Mango and learnt Fun Facts about this juicy fruit. Everyone relished the mouth-watering mango dishes!

Fruits are nature’s candies.
Pre-Primary Students of Blue Bells made beautiful Rakhis to celebrate **RAKSHABANDHAN**, a bond of unconditional love.

The greatest gift our parents ever gave us was each other.
May lord Krishna show us the way in our life as He showed the way to Arjuna in the battle of Mahabharata at Kurukshetra. Here are the little Blue Bellians wishing everyone a very Happy Krishna Janmashtami. May Shri Krishna shower all of us with his choicest blessings on the auspicious day and always.

May Krishna’s flute invite the melody of love into everyone’s life. Go...Go...Go....GOVINDA!!!!
“INTELLIGENCE PLUS CHARACTER-THAT IS THE GOAL OF TRUE EDUCATION.” - MARTIN LUTHER KING JR.