



**CHILD  
EDUCATION  
SOCIETY**



**Bal Bharati**  
PUBLIC SCHOOL  
Rohini

# 130 SMC Meeting

**FROM PERIOD  
25 JANUARY TO  
13 MARCH 2024**

# RANKINGS, AWARDS & ACCOLADES

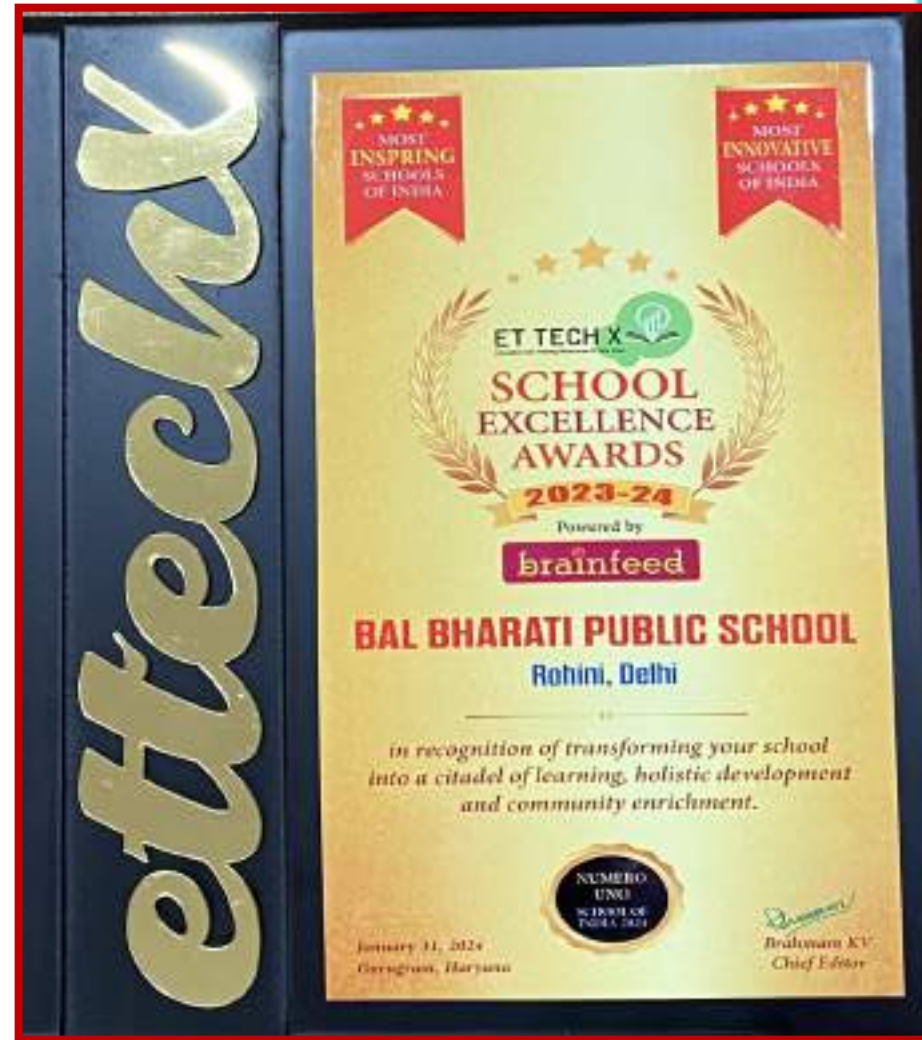


**Bal Bharati**  
PUBLIC SCHOOL  
Rohini

# ET TECH X SCHOOL EXCELLENCE AWARD

BBPSRH has been honoured with the ET TECH X School Excellence Award 2023-2024 powered by BRAINFEEED. The award ceremony was held on 31 January 2024 at Apparel House, Gurugram.

This recognition reflects the school's unwavering commitment to excellence in academics, teaching-learning systems, and holistic student development.



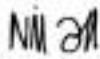
# SILVER LEVEL AWARD in SCHOOL ENTERPRISE CHALLENGE

Entrepreneurship Club of BBPS RH, won the **Silver Level Award** in the School Enterprise Challenge, an initiative by **Teach a Man to Fish**. The venture of the club "**Nourish Millet Bites**" not only earned real profits but also fostered key life skills like problem-solving, communication and leadership

## CERTIFICATE SILVER LEVEL AWARD

This is awarded to the team **Nourish Millet Bites** from **Bal Bharati Public School, Rohini**

For planning, setting up and running an innovative school business and achieving the Silver Level Award in the School Enterprise Challenge 2023.



**NII A**  
CEO & Founder  
Teach A Man To Fish



2023/2024 12/14/21

The School Enterprise Challenge is organized by Teach A Man To Fish  
Registered Learning Agency, No. 127/2018

## CERTIFICATE HEADTEACHER

**Ms. Geeta Gangwani**

From Bal Bharati Public School, Rohini

In recognition of their valuable contribution made to the school business as part of the School Enterprise Challenge 2023.



**NII A**  
CEO & Founder  
Teach A Man To Fish



2023/2024 12/14/21

The School Enterprise Challenge is organized by Teach A Man To Fish  
Registered Learning Agency, No. 127/2018

# FICCI ARISE EXCELLENCE AWARD

BBPS RH, was amongst the top five schools shortlisted for the final round of the reputed FICCI ARISE Excellence Award for the category **'Excellence in Promoting Entrepreneurship.'**

The Principal, Ms. Geeta Gangwani, presented the projects and work done by members of Entrepreneurship club over last two sessions to the esteemed Jury. The endeavours of the school were much appreciated.

Dear Applicant,

At the outset, we thank you for participating in the FICCI ARISE Excellence Awards. The response received has been very positive, which is a testimony of the inspirational and exemplary work going on in the K-12 space.

We are pleased to inform you that your application for the category **'Excellence in Promoting Entrepreneurship'** has been **shortlisted** for the final round of selection post the interim jury deliberations. As next steps, we invite you to present your initiative to the Grand Jury on November 10, 2023 at FICCI, Federation House, Jansewala Marg, New Delhi. The template in which each shortlisted finalist would present is enclosed for your ready reference. Please note that each presenter shall get 10 minutes in total, which includes six minutes of presentation followed by 4 minutes of Q&A. You are requested to please share the PPT by 7<sup>th</sup> November. The exact schedule of your presentation will be shared shortly.

We are also organising a short orientation webinar on 31<sup>st</sup> October at 4PM to take you through the template and brief you on the presentation outline. The link to join the webinar is as under:

Join Zoom Meeting

<https://us02web.zoom.us/j/86279015854?pwd=SWA0S05AWUcyfjR0TzR6YU5wR2Sjw0RkxFL1>

Meeting ID: 862 7901 5854

Passcode: 288968

# ATL SCHOOL OF THE MONTH

Atal tinkering Lab of BBPS RH, has been selected as the "ATL School of the Month" for January 2024 by Atal Innovation Mission. The ATL School of the Month initiative recognizes and appreciates the exceptional efforts of schools within the ATL Community.



# WASTE TO WEALTH PROGRAM

The School was felicitated by Blue Planet Environmental Solutions India Pvt. Ltd, and received a certificate of appreciation for successful participation in '**Waste to Wealth Programme**' wherein students collected more than 3000 kg of waste paper for setting up a Guinness record for the collection.



# SUSTAINABILITY SUPERSTAR AWARD

The Sustainability Superstar Award ceremony was organized by online environment and sustainability learning platform, **Go Sharpener** on 3 February 2024 at Chinmaya Mission, New Delhi. **Aavya Singh IX** and **Vrinda Vijayan VIII**, were felicitated for their outstanding performance. The school principal and environment club In-charge were also felicitated for their efforts in coordinating the online learning platform in the school.





# THE INNOTHON



Adeetya Kakkar XI and team secured 1 position and cash prize of 20K in Innothon, organized by Twinning Owl Learning & Nextgen Innov8 for their idea "**GO-GETTER**": India's premier internship, vocational training, and personal branding platform for teenagers.

BBPS RH received the certificate of appreciation for promoting **Innovation, Critical Thinking, and Academic Excellence** through active participation in the Innothon during World Student Innovation Summit (WSIS). Teacher incharge Ms. Areesha Naaz, PGT Commerce also received certificate of appreciation.



# STUDENT INNOVATOR PROGRAMME

A team comprising of **Gaurav Srivastav and Palak Gupta** of Class X was among the Top 400 teams selected in ATL Marathon 2023 PAN India. In continuation to this, the students participated in Student Innovator Programme (SIP), an eight week virtual programme carried out by Amity Technology Business Incubators, to empower young minds to refine their innovative project.

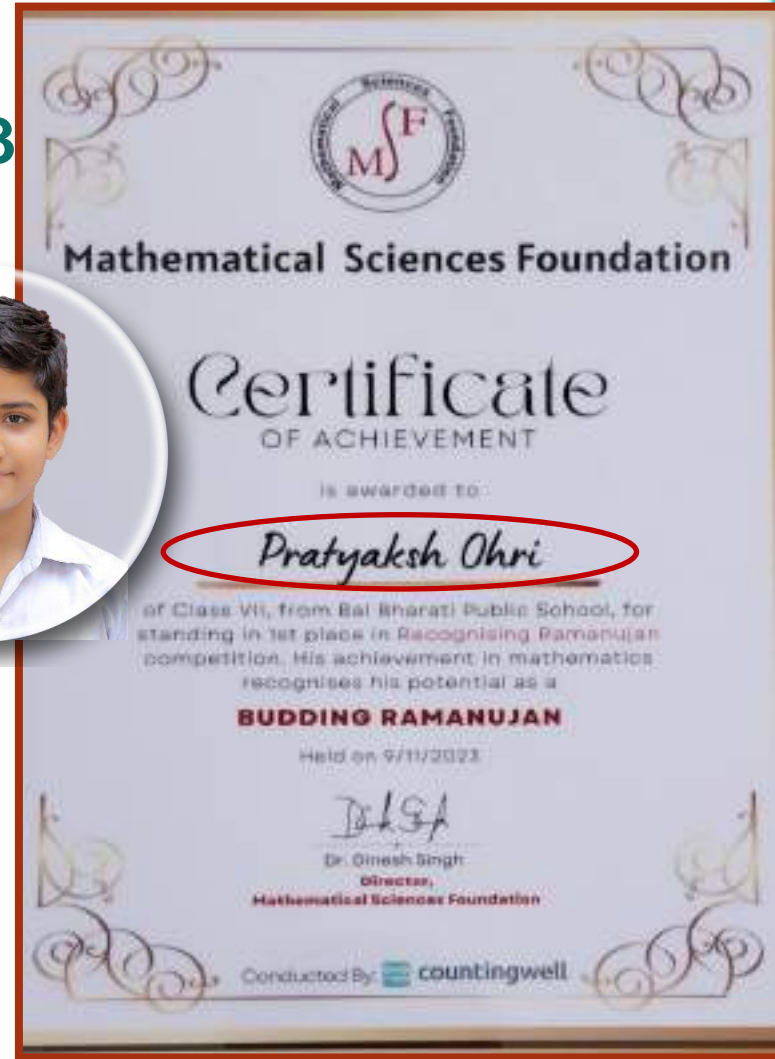
The programme culminated with a presentation at Amity University Campus in Noida on 24 January 2024. The project prototype, **Geriatric Chair** : customised wheel chair for physically dependent and elderly was deeply appreciated.



# RECOGNISING RAMANUJAN- MATHEMATICS COMPETITION-2023

450 schools participated at the National Level of 'Recognising Ramanujan'- A Mathematics Competition organized by Mathematical Sciences Foundation. **Pratyaksh Ohri** VII was adjudged as "**Budding Ramanujan**" for scoring 66 marks out of 70.

He received a 'Certificate of Achievement' and an Amazon gift voucher worth Rs.5000.



# SCIENCE OPEN MERIT TEST 2023

In the Science Open Merit Test 2023 organized by The Delhi State Science Teachers Forum, **Rahul Aggarwal** of class X secured II position among 9000 students from Delhi by scoring 135 marks out of 150.



Rahul Aggarwal

# ARYABHATA GANIT CHALLENGE 2023

**Ishita Singhal IX, Rahul Aggarwal X, and Tegjyot Singh X** have been placed among the top 100 students from Delhi West in the final round of Aryabhata Ganit Challenge 2023, a CBSE initiative.



**Ishita Singhal**



**Rahul Aggarwal**



**Tegjyot Singh**

# PRIME MINISTER'S RALLY & SPECIAL NATIONAL INTEGRATION CAMP

Anvesha Polamraju IX, participated in Prime Minister's Rally & Special National Integration Camp, the most prestigious events of NCC Republic Day Camp, 2024. She also participated in the cultural show performed by 1100 cadets from different states of the country on the theme “**Amrit Kaal Ki NCC**”.



# FACULTY COMPETENCE



**Bal Bharati**  
PUBLIC SCHOOL  
Rohini

- **Ms. Sugandh Lal**, PGT History, was one of the presenters at the Google Educator Group Asia Pacific event titled "Creating Remarkable Learning," held on 14 January 2024. The online session focused on "Creative Ways to Engage Students in Your History Class."

**Creative ways to engage students in your history class**

Meeta Singh  
Sugandh Lal  
Sanchita Ghosh

JAN 14, 2024  
6.00PM, IST

Google Educator Groups  
Asia Pacific

#CreativeWaysToEngage

The banner features three circular portraits of the speakers: Meeta Singh, Sugandh Lal (circled in red), and Sanchita Ghosh. The background is blue with white text.

Google Educator Groups Asia-Pacific  
GEG APAC Weekend 8.0

**Certificate of Appreciation**

This certificate is awarded to  
**Sugandh Lal**  
Creative Ways to engage students in your History class

in recognition of presenting for the GEG Asia-Pacific event 'Creating Remarkable Learning'.

Awarded By  
GEG Asia-Pacific

Google Educator Groups  
Asia Pacific

Date  
1/14/2024

Google for Education

The certificate is white with a red border and features the Google Educator Groups logo at the top and bottom. The name 'Sugandh Lal' is circled in red.



**Ms. Anju Mishra Asst. Teacher Hindi**, was honoured with the 'Rachnatmak Pratibha Shikshak Samman' and **Ms. Neeru Trikha TGT Hindi**, was felicitated with the 'Hindi Bhasha Samvardhan Hetu Samman' at the International Hindi Olympiad organized by the Hindi Vikas Manch on 11 February 2024.



- **Mr. Unni Vishwanthan, Dance Teacher, has been featured as the Young Promising Artist in the newspaper MALAYALA MANORAMA dated 27 February 2024.**

**മലയാള മനോരമ**

## കൂട്ടിക്കാലം മുതൽ അഭിനയവും നൃത്തവും കൂടെക്കൂട്ടി മലയാളി

**അ**ഭിനയവും നൃത്തവും കൂട്ടിക്കാലം മുതൽ ഇണ്ണി വിശ്വനാഥ് മലയാളി കൂടെക്കൂട്ടി. മലയാളി പലപ്പോഴും മലയാളി സാഹിത്യത്തിൽ അഭിനയവും നൃത്തവും കൂട്ടിക്കാലം മുതൽ ഇണ്ണി വിശ്വനാഥ് മലയാളി കൂടെക്കൂട്ടി. മലയാളി പലപ്പോഴും മലയാളി സാഹിത്യത്തിൽ അഭിനയവും നൃത്തവും കൂട്ടിക്കാലം മുതൽ ഇണ്ണി വിശ്വനാഥ് മലയാളി കൂടെക്കൂട്ടി.



**ഇണ്ണി വിശ്വനാഥ് മലയാളി**

**ദിൽ ടൈപ്പി**

മലയാളി സാഹിത്യത്തിൽ അഭിനയവും നൃത്തവും കൂട്ടിക്കാലം മുതൽ ഇണ്ണി വിശ്വനാഥ് മലയാളി കൂടെക്കൂട്ടി. മലയാളി പലപ്പോഴും മലയാളി സാഹിത്യത്തിൽ അഭിനയവും നൃത്തവും കൂട്ടിക്കാലം മുതൽ ഇണ്ണി വിശ്വനാഥ് മലയാളി കൂടെക്കൂട്ടി.

27/02/2024 | Delhi | Page : 03  
Source : <https://paper.manoramaonline.com/>

- An article on ‘Schools are modern Gurukuls’ by **Ms. Pooja Sharma**, TGT Biology was published in the magazine “**Darpan**”, Annual magazine by the **Delhi State Science Teachers’ Forum** on 28 February 2024.

## SCHOOLS ARE MODERN GURUKULS

NEP 2020 is a reinvention of the timeless essence of the ancient Indian Gurukul system. The policy advocates the inclusion of traditional and cultural values in education. This forces me to draw amazing parallels between the two. NEP's paramount recommendation lies in fostering inclusivity, ensuring that no child is deprived of learning opportunities due to birth or background. The policy's fundamental principles resonate with the Gurukul philosophy, embracing and nurturing the distinctive capabilities of each student. It stands as a beacon for a flexible, holistic education, dismantling the artificial boundaries between arts and sciences. The emphasis on multidisciplinary, conceptual understanding, creativity, critical thinking, and ethical values mirrors the enlightened environment of Gurukuls.



Echoes of ancient Gurukuls, where princes and paupers shared equal knowledge, find poignant reflection in the imagery of Lord Krishna and Sudama reading together, embodying life skills of camaraderie, love, and empathy. This egalitarian spirit seamlessly aligns with NEP 2020's vision.

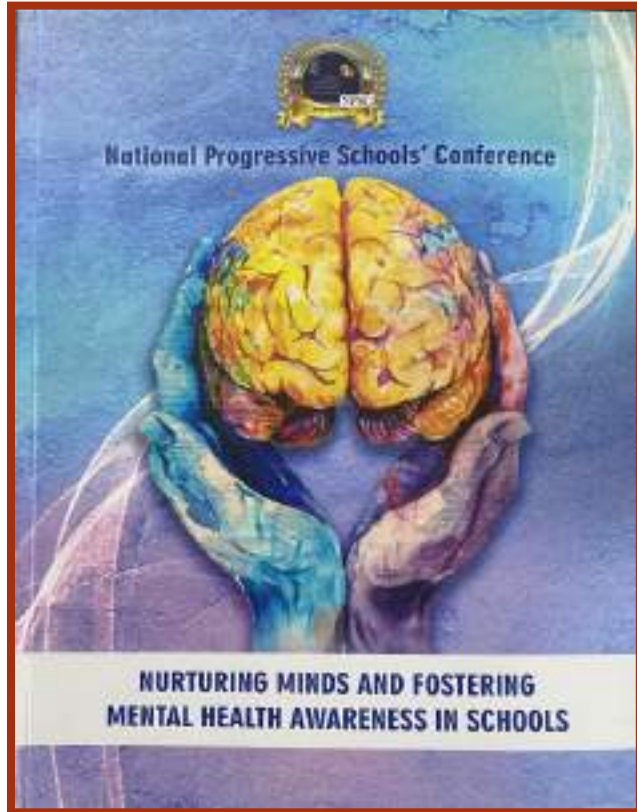
### “NEP 2020 echoes Gurukul's ethos, fostering inclusivity and nurturing potential.”

Catering to diverse intelligences—kinesthetic, spatial, and naturalistic—the wisdom of Guru Drona in the Mahabharata illuminates the synergy further. Drona's adept ability to tailor teachings to individual skills, evident in Yudhishtira's adherence to dharma, Bhim's fearless bravery, Arjuna's archery mastery, Nakul's naturalistic intelligence as a horse rider, and Sahdev's astrological prowess, underscores the nuanced approach to personalised education. This emphasis on identifying individual skills mirrors the Gurukul ethos, where students living in Ashrams imbibed independence, taking ownership of their education. The nurturing of collaborative skills, team spirit, communication, critical thinking, and problem-solving resonates with incidents in Gurukuls showcasing the development of these attributes in the Pandavas. In the symphony of education, NEP 2020 and ancient Indian principles harmonise, celebrating individuality, equality, and collective triumph. Implementing NEP's recommendations, teachers as facilitators shoulder the monumental responsibility of transforming classrooms into modern Gurukuls, leveraging technology while passionately nurturing students. In this transformative journey, the aim is to craft individuals equipped with 21st-century skills for a life brimming with contentment. The solemn reminder echoes that, like Mother Earth, we cannot afford any more conflicts akin to the Kurukshetra war, emphasising the urgency for compassionate and conscientious education.



Mrs Pooja Sharma  
TGT (Biology)  
Bal Bharati Public School, Rohini

- Articles of three teachers on the theme – ‘**Mental Well Being**’ were published in the **NPSC Annual publication**.



**Surbhi Bhardwaj**  
TGT Computer Science  
Bal Bharati Public School, Rohini

## The Impact of Screen Time on Mental Health

In an era dominated by technology, where screens are an integral part of our daily lives, concerns about the effects of excessive screen time on mental health have become increasingly prevalent. As we immerse ourselves in the digital world, it is crucial to strike a balance between harnessing the benefits of technology and mitigating its potential negative impact on our mental well-being. Delving into the research on the relationship between screen time and mental health, offering insights into the consequences of excessive usage and practical suggestions are highlighted to enhance a balanced approach.

A growing body of research suggests a correlation between excessive screen time and various mental health issues. Prolonged exposure to screens, especially on devices such as smartphones, tablets, and computers, has been associated with disrupted sleep patterns, increased feelings of anxiety and depression, and a decline in overall psychological well-being. Numerous studies highlight the negative impact of screen time on sleep quality. The blue light emitted by screens suppresses melatonin production, a hormone that regulates sleep. Excessive screen time, particularly before bedtime, can lead to difficulty in falling asleep, disrupted sleep cycles, and overall sleep deprivation. Thus contributing to mental fatigue and heightened stress levels.

Research indicates a link between heavy screen use and increased levels of anxiety and depression, particularly among adolescents and young adults. Social media in particular, has been identified as a potential catalyst for these mental health issues, fostering unrealistic standards, social comparison, and cyberbullying. Sedentary behavior associated with prolonged screen time can lead to physical health issues, such as obesity and cardiovascular problems. The interconnection between physical and mental health underscores the need for a holistic approach to well-being.

Recognizing the potential challenges posed by excessive screen time, it is essential to adopt proactive strategies to ensure a balanced relationship with technology. Here are some practical suggestions based on research findings:

Set realistic and enforceable limits on daily screen time, especially for children and adolescents. The American Academy of Pediatrics recommends age-appropriate time restrictions to mitigate the adverse effects of excessive screen exposure. Encourage regular breaks from screens to allow for mental rejuvenation. Implementing "digital detox" days or weekends can significantly contribute to improved mental well-being. Engaging in offline activities fosters face-to-face interactions, reducing the negative impact of virtual socialization.

Emphasize the importance of consuming high-quality, educational, and positive content. Actively curate the digital environment to minimize exposure to harmful or distressing material. This is particularly relevant for social media, where users often encounter unrealistic portrayals and negative narratives. Promote physical activities and outdoor experiences to counterbalance sedentary screen time. Engaging in sports, recreational activities, or simply spending time in nature has been shown to have positive effects on mental health, reducing stress and anxiety.

Implement a screen curfew at least an hour before bedtime to mitigate the impact of blue light on sleep quality. Encourage the creation of a conducive sleep environment by minimizing screen use in the bedroom and prioritizing relaxation techniques. Introduce mindfulness activities to enhance self-awareness and reduce the negative impact of stress-induced stress. Practices such as meditation, deep breathing exercises, and yoga can contribute to a more balanced and resilient mental state.

Balanced technology usage is the key to mitigating the potential adverse effects of excessive screen time on mental health. As we navigate the digital landscape, it is crucial to remain vigilant and proactive in adopting strategies that promote a healthy relationship with technology. By incorporating evidence-based recommendations, such as setting screen time limits, promoting digital detox, prioritizing quality content, and encouraging outdoor activities, individuals can strive to maintain a harmonious balance between the benefits of technology and the preservation of mental well-being.

## Library : A Storehouse of Mental Wellbeing

*"The education must correspond to the surrounding environment or it is not a healthy growth."*  
- Maria Montessori

In the ever-changing landscape of education, schools play a very crucial role when it comes to shaping a child's development. This development is not just academic but also social and emotional. Ever since the concept of holistic well-being has started gaining recognition, it has become more and more important to develop school libraries as safe spaces. This article sheds light into the pivotal role of creating supportive as well as inclusive environments within schools, particularly focusing on of libraries as a space for fostering open dialogues, acceptance, and understanding of mental health issues.

The Concept of Safe Spaces are defined as environments where individuals feel secure, valued, and respected, irrespective of their backgrounds or identities. In the context of schools, this concept extends beyond just physical safety and encompasses emotional and mental well-being as well. The school library, traditionally a hub of knowledge, is evolving into a space that not only nurtures intellectual growth but also provides a safe haven for students

dealing with the complexities of mental health. At the heart of any effective school library program lies the importance of individual understanding of each child. In recent years, due to more and more usage of technology and it being introduced much earlier in a child's life, the boundaries between real and virtual lives have blurred, this causes a lot of mental stress and has resulted in a rise in children dealing with mental health issues. This alone offers reason enough to think about how our school libraries are meeting the need for a comfortable, welcoming, personalized learning environment by providing a non-judgmental character, an atmosphere where students can be their true selves without having to prove themselves to anyone.

One of the primary challenges in addressing mental health issues is the pervasive stigma that surrounds them. By transforming school libraries into safe spaces, educators and administrators can actively contribute to dismantling mental health. The library becomes a platform for resources that promote understanding, empathy, and awareness, fostering an atmosphere where students feel comfortable seeking help and discussing their struggles.

Inclusive Literature is another key element in the transformation of school libraries into safe spaces for nurturing literature that reflects diverse perspectives on mental health. It has been an established fact that representation matters a lot and hence inclusive literature that includes narratives depicting characters dealing with various mental health challenges is vital for providing the students with relatable stories and role models. By incorporating such material into the library collection, schools send a powerful message of acceptance and acknowledgment of mental health as an integral aspect of the human experience.

Librarians, as information facilitators, play the central role when it comes to shaping the culture of the school library. Moreover, librarians can serve as allies in creating an atmosphere of trust, ensuring that students feel comfortable in approaching them for support.

In addition to hosting relevant literature, school libraries can host open dialogue sessions and support groups focused on mental health. These forums provide students with the opportunity to share their experiences, learn from others, and engage in conversations that break down the barriers surrounding mental health at the while promoting representative literature. Librarians and school counselors can collaborate to facilitate these events, fostering a sense of community within the school.

Creating school libraries as safe spaces is an imperative step in creating inclusive and supportive environments within educational institutions. By actively addressing mental health through literature, professional guidance, open dialogues, educational programs, and innovative technologies, schools can contribute greatly to fighting misconceptions and breaking the stigma surrounding mental health issues. The transformation of libraries into hubs of mental health and awareness regarding its issues reflects a commitment to the overall well-being of students, giving birth to a culture of acceptance, understanding, and empathy that extends beyond the classroom. In doing so, schools become catalysts for positive change, shaping the future of education in a manner that promotes the holistic development of every student.

Akhila Arora  
Librarian  
Bal Bharati Public School, Rohini

Some of the suggested "feel good" books are:

### 1. "The Happiness Project" by Gretchen Rubin

Gretchen Rubin takes readers on a year-long journey to discover what makes us happy and provides actionable advice on how to incorporate positive habits into our lives.

### 2. "Feeling Good: The New Mood Therapy" by David D. Burns

Dr. Burns, a renowned psychiatrist, provides practical tools and techniques from cognitive behavioral therapy to help individuals overcome depression and improve their mental well-being.

### 3. "Mindset: The New Psychology of Success" by Carol S. Dweck

Carol Dweck explores the concept of mindset and how our beliefs about our abilities can impact success, happiness, and overall well-being.

### 4. "Man's Search for Meaning" by Viktor E. Frankl

Based on his experiences as a Holocaust survivor, Viktor Frankl explores the pursuit of meaning in life, emphasizing the importance of finding purpose in the face of adversity.

### 5. "Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones" by James Clear

James Clear provides a practical guide to understanding habits, making positive changes, and building a foundation for long-term well-being.

### 6. "The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are" by Brené Brown

Brené Brown explores the power of vulnerability, shame resilience, and the importance of embracing imperfections for a more wholehearted life.

## Healing Hearts, Healing Minds: The Interconnectedness of Emotional Well-being

"Everything negative – pressure, challenges – is all an opportunity for us to rise" – Kobra Bryson

Mental well-being of children is the need of the hour. The world is changing at a fast pace and one needs to cope up with the changes and the challenges that come hand in hand with the advancement in society. It would not be wrong if we say that mental health of children is a newly developed concept which was perhaps overlooked a few decades back or maybe it was not really required. While many of you may disagree with me that mental well-being of students was not really a major issue of concern as much as it is now, in terms of advancement of science and technology with a seasoning of AI in our day-to-day action. Childhood, a synonym for innocence and carefree life is no longer the same. Compared our childhood to the present day's child, usually, we were connected to the world in a different way- via social networking and media. The constant presence of the modern child vs the children of 40s, 70s... is miles apart. It may not sound appropriate but the over exposure due to advancement in technology has triggered the concern about mental well-being of students, which is actually a harsh truth.

Earlier, the social connections were limited to his relatives, school and colony friends or maybe some pen friends abroad compare that with today's child who is connected digitally to the world through social networking and overexposure. It would not be an overstatement that we are dealing with Gen Z or Netflix products, who have reached the levels of addiction to uncontrollable screen time, it is an alarming matter. The striking effects of technology on the minds of children that take their knowledge and intelligence to a much higher level can't be underestimated. But the other side of the picture is that it unfortunately leads to a misuse of serious concepts that put a question mark on the Mental Health of the students. This eventually leads to mental stress where the child is unable to cope up with the ordinary commitments related to studies, games while taking time time to remain updated to peer family and online developed social connections. This matter can certainly not be treated as overstatement.

Here is where the ROLE OF SCHOOL becomes undeniably important, as it initiates understanding and facilitates through school-based initiatives.

The foremost and most important role of school begins here, where the teacher plays a pivotal role. For resolving any issue, a deep understanding of the root cause of any issue plays a major role. The teacher needs to be equipped with the necessary details of his/her students, their background, the strengths and weaknesses to actually enter the personal space of students and adopt an approach with keen empathy in order to reach out to them. Here, it becomes imperative to point out the message/ number of students to be handled by a teacher should be small. The smaller the number, personalized will be the approach.

However, we cannot overlook the fact that this is a very far fetched statement that is not possible, at physical level. So what is the solution? One can't emerge out of the constraints and limitations of curriculum and syllabus completion. Infact, the curriculum needs to be redefined, so as to include activities that cover both syllabus completion and focusing on individual's growth and mental fitness.

The day to day activities should be designed in a manner that promote leadership and team building qualities. The inclusion of interdisciplinary topics while integrating art and culture into the day to day activities not just keep the students involved but also enhance their awareness about their own self and the world around.

This, of course, requires constant in-service training of teachers to update them with the latest techniques and strategies to deal with the modern day students.

One very convenient set up in the school where the teacher can establish a long lasting relationship with a personal touch is - the conventional procedure of creating Tutorial groups where small groups of students are assigned to teachers, where they adopt those students, meet them on a regular basis, and establish a real life connection. Here the students share their problems, open their heart to the teacher and vent out their hidden anxieties that remain within them which can be surfacing at times. What remains within and cannot find expression disturbs the mental health of students in later stages.

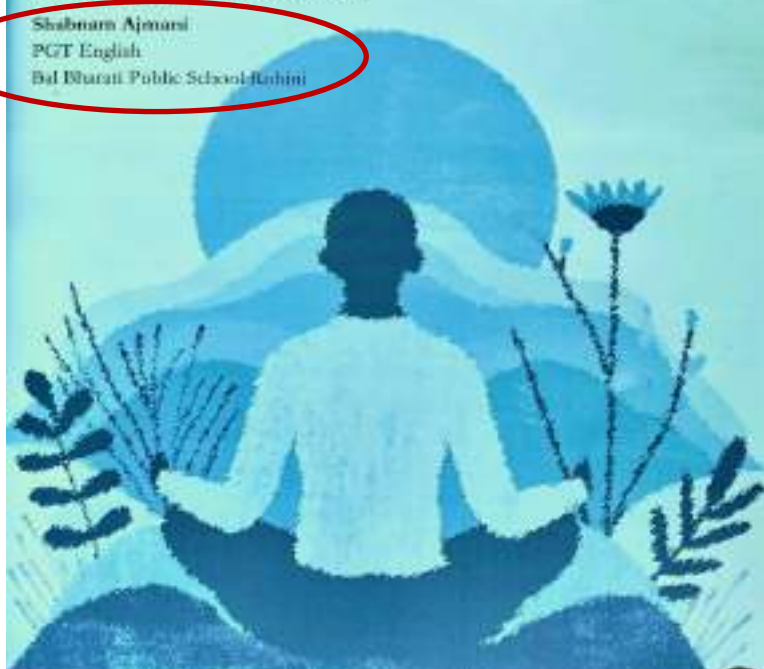
*There's nothing in a caterpillar that tells you it's going to be a butterfly." – Bachchanter Palle*

It is an annual fest that parents are die closer to our students but unfortunately they live in denial most of the time and are not ready to accept the weaknesses of their wards. The school counselor can promote the involvement of parents in fostering mental health awareness and techniques to support their child's mental well-being with the acceptance of their child to their needs.

The role of school counselor is very important in this present scenario. Both the parents and students need that aid from a well-qualified counselor. A caring, flexible, adaptable & patient counselor plays a vital role in supporting students' academic, career and personal development.

An individualized guidance to help a student navigate suitable career options & address their personal challenges becomes the effective role of a school counselor.

**Shabnam Ajanarsi**  
PGT English  
Bal Bharati Public School, Rudhrim



However, it is easier to put down strategies that focus on restoring mental well-being, mental health awareness is diluted but when it comes to applying the same, we need to look into many other aspects relating to the various backgrounds from where the students had from and our own limitations and restrictions.

Turning up the strategies of fostering mental health in school at a limited number of words is of course not possible but a collective approach where school authorities, teachers, counsellors and parents work hand in hand will definitely lead to a healthy society with a bright future ahead and they believe in the famous quote

*"God is the architect and you are the stone."*  
- Martin Luther King

# SCHOOL FUNCTIONS, DAYS OF CELEBRATION & PROGRAMS



**Bal Bharati**  
PUBLIC SCHOOL  
Rohini

# Republic Day 26 January 2024







# Basant Panchami

14 February 2024



# National Science Day

28 February 2024



# World Music Therapy Day

01 March 2024



# VIDYA UTSAV 2 February 2024

The Child Education Society organized the Second Edition of 'Vidya Utsav' at Kamani Auditorium on 2 February 2024. This annual event celebrates the achievements of the society, reinforces its vision and mission and honors distinguished alumni. The theme for the event was “**Celebrating & imbibing Indian Knowledge Systems**”.

**Dr Devdutt Pattanaik**, a renowned mythologist & writer was the keynote speaker. He enlightened the audience about the treasures of the Indian Knowledge Systems that continue to nurture the roots of contemporary education . The highlight was an art exhibition on the theme and enthralling dance & music performances by the budding artists of BBPS units Delhi/NCR .

WELCOME TO



CHILD EDUCATION SOCIETY

DELHI

ICES



**Aman Mittal, IRS an Alumnus of BBPS, RH (1992-2006) was felicitated for his outstanding achievements. He is presently posted as Additional Private Secretary to Hon'ble Union Cabinet Minister of Commerce and Industry, Consumer Affairs, Food & Public Distribution and Textiles. He is also a Regular visiting faculty at National Academy of Customs, Indirect Taxes and Narcotics, Delhi.**

The Power & Magic of the ancient pool of knowledge, has been retained through national archives museums and digital libraries across the country, the prominent being the Indira Gandhi National Centre for the Art.

Kalpavriksha, the tree that grants all wishes, is the symbol of Education that we seek through the Indian knowledge system. Underneath it is the perfect amalgamation of the Guru and the Shishya learning together with the modern gadgets.



Modern Education System in INDIA

# GRANDPARENTS' DAY 17 February 2024

**Pre-Primary Department** celebrated Grandparents' Day on 17 February 2024 to pay reverence to grandparents of Pre Primary students. **Sant Shri Bhushan Lal**, renowned ex-government Chief Engineer (MTNL-Arbitration Dept.), a trained motivator and former President of Rotary Club, Delhi, Vasant Kunj was the **Chief Guest**.

The programme began with a humble prayer and lighting of the ceremonial lamp. It was followed by a myriad of cultural presentations by the tiny tots, which included Ganesh Stuti, rhyme presentation and melodious songs & dances. The highlight of the programme was the Fun Games wherein the grandparents enthusiastically participated in innovative games and won prizes. Principal, Ms Geeta Gangwani addressed the gathering, emphasizing the importance of school & grandparents' partnership for holistic development of children.





# **ANNUAL DAY: PRE-PRIMARY DEPARTMENT**

## **18 February 2024**

Primary Department, celebrated its Annual Day & Prize Distribution ceremony on 18 February 2024, with Chief Guest Prof. Rajesh Rohilla, Dean Training and Placement DTU. The event featured cultural performances, musical renditions, and a prize distribution ceremony sponsored by the PTA, honouring outstanding achievements of students. MS Arti Nathani, Asst. Teacher Primary, was felicitated for 100% attendance in the academic session 2023-24. Principal highlighted the school's achievements through the Annual Report. The event showcased the school's commitment to holistic education, blending academic and cocurricular accomplishments. The festive ambiance, vibrant decorations, and enthusiastic applause created a memorable atmosphere for parents, teachers, and students.



ANANIAN

(PRIMARY)

# INTERSCHOOL ACHIEVEMENTS



**Bal Bharati**  
PUBLIC SCHOOL  
Rohini

NAME OF THE COMPETITION	ORGANISED BY	DATE	NAME & CLASS	RESULT
<b>Aaroh-4.O</b> <b>Exploring wonders of nature</b>	BBPS Nabinagar	25.01.2024	Aabhya Thyagrajan IX Mayra Goel IX	I
<b>Aaroh-4.O</b> <b>Mathe comix</b>	BBPS Nabinagar	25.01.2024	Smriddh Sharma V Yuven Aggarwal V	I
<b>Aaroh-4.O</b> <b>Little life guide</b>	BBPS Nabinagar	25.01.2024	Twisha Sethi II Ariha Jain II Arihant Jain II	I
<b>Aaroh-4.O</b> <b>Aao sunae kahani</b>	BBPS Nabinagar	25.01.2024	Taksh Aggarwal I Tanay Uppal II	I
<b>Aaroh-4.O</b> <b>Spectacle act</b>	BBPS Nabinagar	25.01.2024	Shivesh Gupta VI Chhavi Gupta VII Ridhima Desal VIII Ananya Soni IX	I
<b>Literary Fiesta</b> <b>Veer Saputo ke Balidan</b>	BBPS Khargone	08.02.2024	Nysa Suri VI	I
<b>Literary Fiesta</b> <b>On the Hot Seat</b>	BBPS Khargone	08.02.2024	Arnav Narain Sharma VI	I

<b>NAME OF THE COMPETITION</b>	<b>ORGANISED BY</b>	<b>DATE</b>	<b>NAME &amp; CLASS</b>	<b>RESULT</b>
<b>MOSAIC Origin of Space</b>	K R Mangalam World School	30.01.2024	Ojas Bothra II Diyara Rohra II Riaana Sood II Samy Chawla II Mishika Ahuja II	<b>I</b>
<b>Union Budget Debate 2024 Online Debate championship</b>	Neerja Modi School, Jaipur	05.02.2024	Siya Garg XI Adeetya Kakkar XI	<b>II</b>
<b>Literary Fiesta A tribute to Shakespeare</b>	BBPS Khargone	08.02.2024	Vidushi Chawla VIII	<b>II</b>
<b>Aaroh-4.O Madhur Vachnam</b>	BBPS Nabinagar	25.01.2024	Tanishka Kumar VII Ridhima Desal VIII Arihant Chauhan VIII Daksh Mangla VIII Jayati Bisht VI	<b>II</b>

NAME OF THE COMPETITION	ORGANISED BY	DATE	NAME & CLASS	RESULT
<b>Aaroh-4.O</b> <b>Code Web</b>	BBPS Nabinagar	25.01.2024	Yuvaansh Jain VIII Aarna Mangla VIII	<b>II</b>
<b>Aaroh-4.O</b> <b>World of Advertisement</b>	BBPS Nabinagar	25.01.2024	Jayesh Aneja III Kiyara Rawal III	<b>III</b>
<b>Aaroh-4.O</b> <b>Golden Yoga</b>	BBPS Nabinagar	25.01.2024	Manvi IX, Parth IX Ridhima Desal VIII Kush VIII Vaanya Gupta VII Pratyaksh Ohri VII Divyanta Gautam VI Shivanshu VI	<b>III</b>
<b>Literary Fiesta</b> <b>Tulsikrit Chaupai</b> <b>Vachan</b>	BBPS Khargone	08.02.2024	Yashvi Garg VIII	<b>III</b>

**BBPSRH received First Runners-up Trophy in Literary Fiesta**

NAME OF THE COMPETITION	ORGANISED BY	DATE	NAME & CLASS	RESULT
<b>Literary Fiesta Swaranjali</b>	BBPS Khargone	08.02.2024	Chhavi Gupta VIII	<b>III</b>
<b>GAMING Artefacts Stellar Sparks</b>	BBPS Brij Vihar	20.01.2024	Myra Arora X Sai Sanjitha Mutnuru X	<b>III</b>
<b>RANG Art Competition</b>	Nirman Pratishthan (supported by the Ministry of Culture,GOI)	30.12.2023	Pragya VIII  Lavika Kamra VIII  Vridhi Garg VII Aarushi Garg IX	<b>Gold</b>  <b>Silver</b>  <b>Bronze</b> <b>Bronze</b>



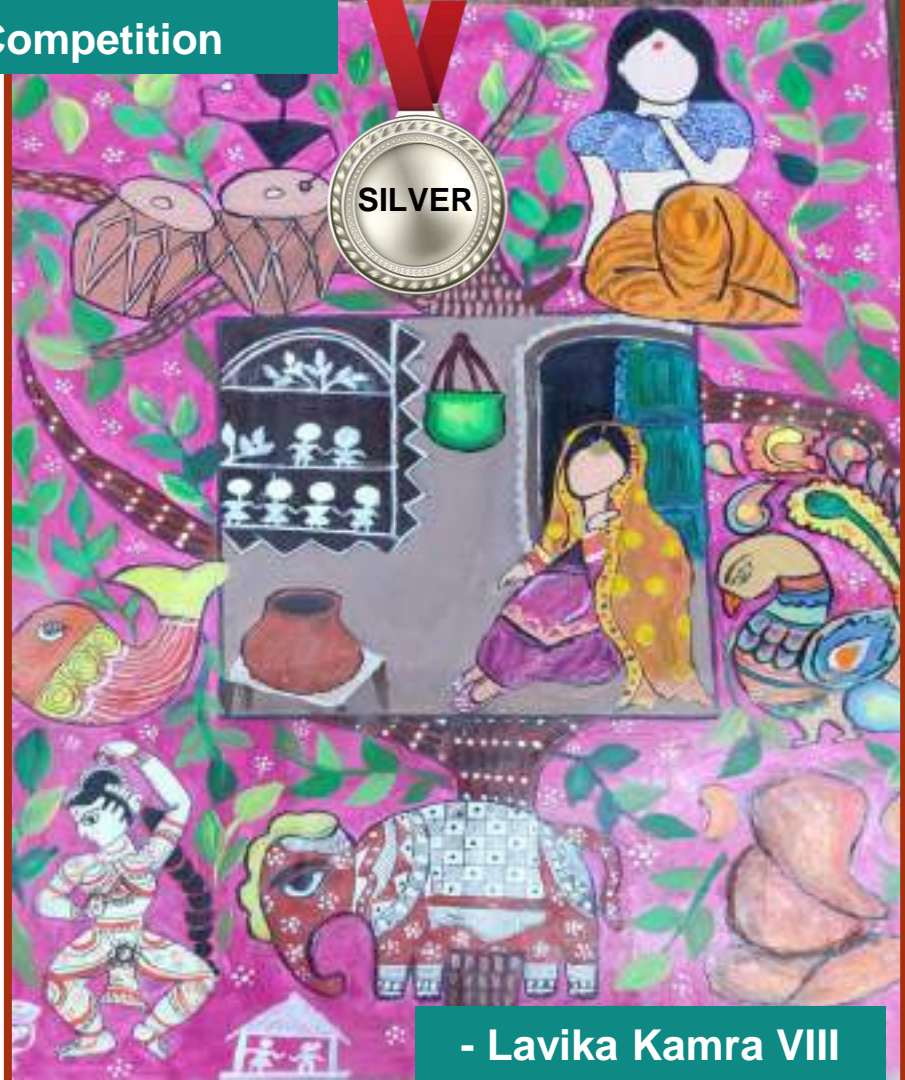
RANG Art Competition

GOLD



- Pragya Bhan VIII

SILVER

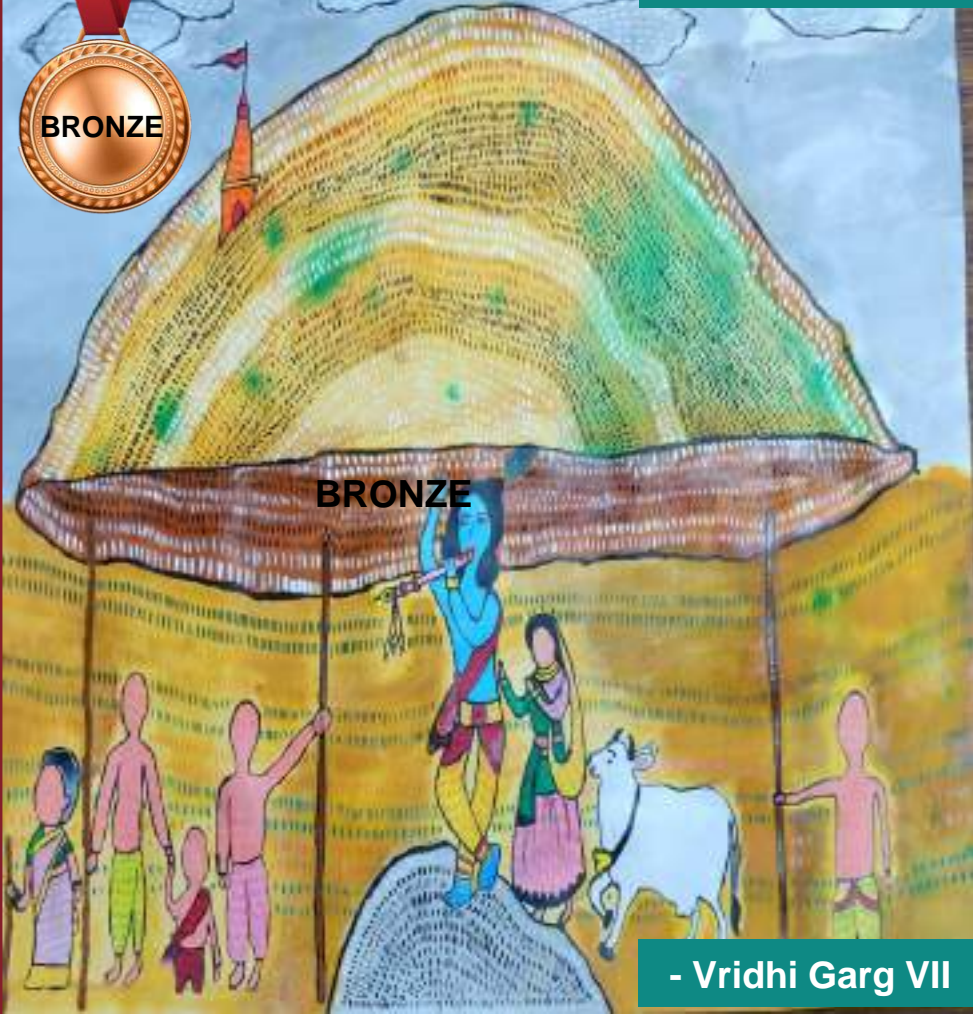


- Lavika Kamra VIII

# RANG Art Competition



BRONZE



- Vridhi Garg VII



- Aarushi Garg IX

# OLYMPIADS & EXAMINATIONS



**Bal Bharati**  
PUBLIC SCHOOL  
Rohini

# SOF INTERNATIONAL MATHS OLYMPIAD LEVEL-I

## RESULT 2023-2024



Avyan Indra



Niyansh Gupta



Rahul Aggarwal

S.N	Name	Class	Zonal Rank	Reg. Rank	Int. Rank	Awards
1	Avyan Indra	III	1	1	1	Medal of Distinction
2	Niyansh Gupta	I	3	3	3	Gifts Worth Rs 1000/- ,International Bronze Medal, Certificate of outstanding Performance, Medal of Distinction & Certificate of Distinction
3	Rahul Aggarwal	X	3	4	4	Medal of Distinction
4	Sridhar S. Negi	II	35	44	44	Gold Medal of Excellence
5	Ishita Singhal	IX	21	51	52	Medal of Distinction
6	Ivaan Solanki	II	54	74	75	Gold Medal of Excellence
7	Tanay Uppal	II	59	79	80	Gold Medal of Excellence

# SOF INTERNATIONAL MATHS OLYMPIAD LEVEL-I

Continue...

S.N	Name	Class	Zonal Rank	Reg. Rank	Int. Rank	Awards
8	Divyansh Gupta	IX	39	92	95	<b>Gold Medal of Excellence</b>
9	Aarush Kamra	X	42	96	100	<b>Gold Medal of Excellence</b>
10	Ronav Kumar	II	74	117	120	<b>Gold Medal of Excellence</b>
11	Ayana	III	92	149	167	<b>Gold Medal of Excellence</b>
12	Veer Kumar	VII	33	143	170	<b>Gold Medal of Excellence</b>
13	Kanishq Aggarwal	VIII	41	154	181	<b>Gold Medal of Excellence</b>
14	Amaira Gakhar	III	120	207	231	<b>Gold Medal of Excellence</b>
15	Yugansh Jain	I	157	232	248	<b>Gold Medal of Excellence</b>
16	Sahir Vasdev	I	199	322	356	<b>Gold Medal of Excellence</b>
17	Dhruv Aggarwal	X	90	319	379	<b>Gold Medal of Excellence</b>
18	Kalkin Bansal	VII	65	292	391	<b>Gold Medal of Excellence</b>
19	Ridhaan Garg	I	271	468	522	<b>Gold Medal of Excellence</b>
20	Rudra Goel	VII	98	419	595	<b>Gold Medal of Excellence</b>
21	Siddharth Goel	III	261	511	597	<b>Gold Medal of Excellence</b>
22	Vivaan Singhal	I	311	554	631	<b>Gold Medal of Excellence</b>
23	Shubham Sehgal	VIII	175	704	1018	<b>Gold Medal of Excellence</b>

# SOF INTERNATIONAL MATHS OLYMPIAD LEVEL-I

Continue...

S.N	Name	Class	Zonal Rank	Reg. Rank	Int. Rank	Awards
24	Parishi Kukreja	V	214	710	1060	Gold Medal of Excellence
25	Dipansh Goyal	VIII	200	815	1191	Gold Medal of Excellence
26	Aradhya Gupta	V	245	835	1242	Gold Medal of Excellence
27	Rudra Mann	IV	530	1087	1388	Gold Medal of Excellence
28	Manthan Aggarwal	X	310	1116	1430	Gold Medal of Excellence
29	Pranav Gupta	IV	553	1138	1447	Gold Medal of Excellence
30	Vivaan	IV	679	1399	1815	Gold Medal of Excellence
31	Peehu Bassi	IX	554	1753	2351	Gold Medal of Excellence
32	Saksham Dua	V	612	2004	3053	Gold Medal of Excellence
33	Aardhya Goyal	VI	651	2188	3168	Gold Medal of Excellence
34	Arnav Jindal	IX	815	2442	3341	Gold Medal of Excellence
35	Utkarsh	VI	836	2774	4092	Gold Medal of Excellence
36	Anugreh Diwan	VI	997	3211	4742	Gold Medal of Excellence

**Awarded 4 Medal of Distinctions and 32 Gold Medal of Excellence**

# SOF INTERNATIONAL SOCIAL STUDIES OLYMPIAD LEVEL-I

**RESULT 2023-2024**

**18 Gold Medal of Excellence**

S.N	Name	Class	Zonal Rank	Reg. Rank	Int. Rank	Awards
1	Krishna Bhutani	IV	40	69	69	<b>Gold Medal of Excellence</b>
2	Rudra Mann	IV	41	70	70	<b>Gold Medal of Excellence</b>
3	Arihant Dubey	IV	45	76	76	<b>Gold medal of Excellence</b>
4	Arjun Solanki	V	39	71	80	<b>Gold Medal of Excellence</b>
5	Parishi Kukreja	V	39	71	80	<b>Gold Medal of Excellence</b>
6	Kyra Sawhney	V	42	75	84	<b>Gold Medal of Excellence</b>
7	Ambar Poonia	V	49	87	96	<b>Gold Medal of Excellence</b>
8	Rahul Aggarwal	X	24	97	117	<b>Gold Medal of Excellence, Certificate of distinction, Certificate of Zonal excellence</b>
9	Sanvi Agrawal	X	100	527	737	<b>Gold Medal of Excellence</b>
10	Daksh Solanki	VIII	140	715	1126	<b>Gold Medal of Excellence</b>
11	Suryansh	VIII	141	718	1129	<b>Gold Medal of Excellence</b>
12	Vedaan Goel	VII	187	727	1221	<b>Gold Medal of Excellence</b>
13	Lakshita Rana	VI	236	975	1741	<b>Gold Medal of Excellence</b>
14	Arnav Narain Sharma	VI	245	1007	1808	<b>Gold Medal of Excellence</b>
15	Yuvaansh Jain	VIII	299	1261	2013	<b>Gold Medal of Excellence</b>
16	Abbir Dhawan	VII	376	1305	2174	<b>Gold Medal of Excellence</b>
17	Kunal Aggarwal	VI	315	1258	2210	<b>Gold Medal of Excellence</b>
18	Khagesh Gupta	VII	389	1340	2224	<b>Gold Medal of Excellence</b>

# INTERNATIONAL CHEMISTRY OLYMPIAD 2023

Organized By Royal Australian Chemical Society on 5 October 2023

S.No.	NAME	CLASS	PERCENTILE RANK	ACHIEVEMENT
1	Shrey Sharma	XI	99.90	High Distinction & Medal
2	Aarush Kamra	X	99.87	High Distinction & Medal
3	Rahul Aggarwal	X	99.54	High Distinction & Medal
4	Aryan Gopinathan	XI	99.00	High Distinction & Medal
5	Kartik Singhal	XI	99.00	High Distinction & Medal
6	Dhruv Aggarwal	X	98.49	High Distinction & Medal
7	Sehejvir Singh	XI	98.00	High Distinction & Medal
8	Nupur Sehgal	XI	97.50	High Distinction & Medal
9	Ishita Singhal	IX	97.02	High Distinction & Medal
10	Aadya Chauhan	XII	96.57	High Distinction & Medal
11	Ayansh Kushwaha	VII	96.50	High Distinction & Medal
12	Prithish Malhotra	VII	96.50	High Distinction & Medal
13	Angel Kansal	XI	96.50	High Distinction & Medal
14	Pranay Raj	VIII	94.20	High Distinction & Medal
15	Yuvaansh Jain	VIII	94.20	High Distinction & Medal
16	Angel Malhotra	XII	93.88	High Distinction & Medal
17	Avani Sehgal	XII	93.88	High Distinction & Medal
18	Dhruv Khurana	XII	93.88	High Distinction & Medal
19	Vishv Sandhu	XII	93.88	High Distinction & Medal
20	Keshav Neemrot	XII	93.88	High Distinction & Medal
21	Akshita Aggarwal	VII	92.00	High Distinction & Medal
22	Dev Arora	X	91.35	High Distinction & Medal



# INTERNATIONAL CHEMISTRY OLYMPIAD 2023

S.No.	NAME	CLASS	PERCENTILE RANK	ACHIEVEMENT
23	Keshav Mittal	X	91.35	High Distinction & Medal
24	Shubh Arora	XII	90.37	High Distinction & Medal
25	Aaditya	VIII	88.20	Distinction
26	Aprajita Sharma	XI	87.40	Distinction
27	Aditya Malhotra	X	85.71	Distinction
28	Manthan Aggarwal	X	85.71	Distinction
29	Tegjyot Singh	X	85.71	Distinction
30	Vedansh Sharma	X	85.71	Distinction
31	Divyansh Trehan	VIII	84.10	Distinction
32	Aditya Kumar	XI	82.50	Distinction
33	Ameyao Naarang	X	80.67	Distinction
34	Jahnvi Ohri	X	80.67	Distinction
35	Shubham Sehgal	VIII	79.90	Distinction
36	Dhairya Sindhvani	X	74.77	Distinction
37	Vanshika Bhatt	X	74.77	Distinction
38	Shreyan gopinathan	XI	75.00	Credit
39	Raghav gupta	XI	75.00	Credit
40	Tanushi Goyal	XI	75.00	Credit
41	Prisha	IX	63.38	Credit
42	Anish Garg	X	62.78	Credit
43	Naman Kapoor	X	62.78	Credit
44	Swarna Dabas	X	62.78	Credit

**24 High  
Distinctions ,  
13 Distinctions  
and 7 Credits**

# ENVIRO QUIZ 2023

Organized By Royal Australian Chemical Society



**Soumil Gupta**  
VI

**Argentum**



**Ayaan Bansal**  
VI

**Argentum**

**Securing a position in top 30% of all participants nationally in The Enviro Quiz.**

# ICSI Commerce Olympiad

## Organized By Indian Olympiad Foundation



S.No	Students Name	Class	Zonal Rank	National Rank	Int. Rank	Achievement
1	Prisha Aggarwal	XI	112	259	270	<b>Silver</b>
2	Samridhi Gupta	XI	112	259	270	<b>Silver</b>
3	Abhya Mittal	XII	118	221	241	<b>Silver</b>
4	Samiksha Bhardwaj	XI	390	847	886	<b>Bronze</b>
5	Bhavishya	XI	320	676	706	<b>Bronze</b>
6	Avni Goel	XII	455	1008	1056	<b>Bronze</b>

**3 Silver Medals and 3 Bronze Medals**

# GAMES AND SPORTS

## National, State, & Zonal Achievements



**Bal Bharati**  
PUBLIC SCHOOL  
Rohini

# Rope Skipping

# NATIONAL LEVEL ACHIEVEMENT

Name of Event / Organised by	Dates	Name of Participants Class/Section	Event	Result/Position
<b>Rope Skipping Ambassador cup 2024 with Delhi Olympic Association (DOA) Organised by Rope Skipping Jump Rope Association Delhi at Talkatora Stadium</b>	<b>19 &amp; 20.1.2024</b>	Shagun Dua VIII	<b>U/14/G</b> (TEAM)	<b>Gold</b>
		Nethra VII	Double Dutch pair	<b>Gold</b>
		Naisha VII	speed)	<b>Gold</b>
		Jeevika VII		<b>Gold</b>
		Shubham VIII	<b>U/17/B</b> (TEAM 1)	<b>Gold</b>
		Ansh VII	Double Dutch pair	<b>Gold</b>
		Khagesh VII	speed)	<b>Gold</b>
		Thirth VII		<b>Gold</b>
		Bhumika XI	<b>U/17/G</b> (TEAM)	<b>Gold</b>
		Prisha XI	Double Dutch pair	<b>Gold</b>
Saaj XI	speed)	<b>Gold</b>		
Nishka VIII		<b>Gold</b>		
Aashvi III		<b>U/11/G</b>	<b>Silver</b>	
Dipansh Goyal VIII		<b>U/17/B</b> (TEAM 2)	<b>Bronze</b>	
Dipanshu Solanki IX		Double Dutch pair	<b>Bronze</b>	
Virat gupta IX		speed)	<b>Bronze</b>	
Shivaan Kapoor IX			<b>Bronze</b>	
Virat Gupta IX			<b>U/17/B</b> (Individual)	<b>Bronze</b>

**Total Medals Won 18**

**GOLD – 12**

**SILVER – 1**

**BRONZE – 5**

# NATIONAL LEVEL ACHIEVEMENT



Rope Skipping Ambassador cup 2024

# STATE LEVEL ACHIEVEMENT

Name of Event / Organised by	Dates	Name of Participants Class/Section	Event	Result/Position
<b>Delhi State Para Badminton Tournament 2023-24</b> <b>Organised by DOE at Ludlow castle sport complex, ISBT</b>	21.01.2024	Chaitanya Sethi IX	U/14/G	<b>Silver</b>



**Chaitanya Sethi**

Name of Event / Organised by	Dates	Name of Participants Class/Section	Event	Result/Position
<b>Rohini District Football League 2024 Organised by Manthan Foundation at Football Sports Ground Rohini Sector 12</b>	27.01.2024	Rudra kumar VII Namish Kapoor VIII Sarthak Sagar VIII Shrey budhiraja VII Aadyant Raj Dewan VII Aryan Jain VII Vinod Giri VII Ayush Aggarwal VII Nityant Gupta VII Aryan Choudhary VI	U/12/B	II





# INTERSCHOOL LEVEL ACHIEVEMENT

Name of Event / Organised by	Dates	Name of Participants Class/Section	Event	Result/Position
Active mantra Inter school Gymnastic Competition 2024	27.02.2024	Avika Bhatt II	U/8/G Floor exercise	I



Avika Bhatt

## INTERSCHOOL LEVEL ACHIEVEMENT

Name of Event / Organised by	Dates	Name of Participants Class/Section	Event	Result/Position
<b>23<sup>rd</sup> Inter School Chess Tournament 2024</b>	21.01.2024	Hridesh Bhatt III	U/10/B	<b>I</b>



Hridesh Bhatt

Name of Event / Organised by	Dates	Name of Participants Class/Section	Event	Result/Position
<b>Golden Online Yoga Inter school Yoga competition 2024</b>	23.01.2024	Vaanya Gupta VII Ridhima Desal VIII Kush VIII Deepanshu VIII Pratyaksh VII Diyanta VI Lakshay VI Manvi VI	U/14/G	<b>III</b>



# INTERSCHOOL LEVEL ACHIEVEMENT

Name of Event / Organised by	Dates	Name of Participants Class/Section	Event	Result/Position
<b>Seventh “Adaptive Athletic Meet” for Children with Special Needs  organised by Sanskriti school Chanakyapuri, Delhi</b>	8-9.02.24	Neel Saini V	100 m Race	II
		Dhairya Khanna V	Shot Put	II
		Tijil Kapoor VIII	50 m Race	II



**Adaptive Athletic Meet**



ANNUAL SPORTS DAY , 31 January 2024



**Bal Bharati**  
PUBLIC SCHOOL

Rohini



# HIGHLIGHTS OF CLUB ACTIVITIES

CLUB REPORTS:  
MIDDLE &  
SENIOR DEPT



**Bal Bharati**  
PUBLIC SCHOOL  
Rohini

# ASTRONOMY CLUB

**Wandering through the solar system session, 31 January 2024.** Students created a model of solar system with accurate scaling of distances between celestial bodies.

**Hydrobot session, 14 February 2024.** The students made their own hydro robot.





# HEALTH & WELLNESS CLUB

World Cancer Day 6 February 2024

- Students of classes VI-VIII created bookmarks and cards to raise awareness about the causes and prevention of cancer.



# WORDSMITHS CLUB

40 students and 4 teachers attended the inauguration ceremony of the New Delhi World Book Fair at Bharat Mandapam, Pragati Maidan on 10 February 2024. The ceremony was inaugurated by Mr. Dharmesh Pradhan, Union Education Minister. The theme for this year's fair, "Multilingual India: A Living Tradition," highlights India's linguistic diversity and global literary traditions. Mr. Pradhan also launched a new app for the National Digital Library during the event.



# ENVIRONMENT CLUB

Club members participated in **Quality Bharat Mission**, envisaged by the Honourable Prime Minister of India, Mr. Narendra Modi. Under this mission of QCI by Ministry of Commerce, Govt. of India, the students campaigned in classes discussing the Quality Bharat Mission - Viksit Bharat 2047 document for quality in all facets of life. A **Quality Bharat Pledge** was undertaken in the special assembly on 25 January 2024.



# Rashtriya Gunvatta Pakhwada

The Rashtriya Gunvatta Pakhwada, organized under the same endeavour from 12 to 26 January 2024 saw participation of students in competitive activities such as quality essay writing, quality mascot making, quality poster making, quality quiz, focusing on the vision of Viksit Bharat.

Recognizing the efforts of the school, 50 students from class VIII and IX were invited to participate in Youth For Quality Bharat Festival on 7 February 2024.



# Youth For Quality Bharat Festival

The chief guest, Hon'ble Minister of Commerce and Industry, Shri Piyush Goyal, encouraged students to pursue quality in all aspects of life and promote the Vocal for Local campaign. Celebrities including star boxer Ms. Mary Kom, stand-up comedian Amit Tandon, and choreographer Ganesh Acharya also addressed the students.



# YUVA CLUB

"**Myths and Realities**" activity was conducted on 28 January 2024, where students engaged in detailed discussions about various monuments in Delhi namely, Agrasen ki Baoli, Jama Masjid, Humayun's Tomb and Qutub Minar. They shared stories, historical evidence, and used flashcards to illustrate to discuss various myths and realities associated with these monuments.



# NEW INITIATIVES



**Bal Bharati**  
PUBLIC SCHOOL  
Rohini

# INCLUSIVE EDUCATION CLUB

Anti-Leprosy Day – 30 January 2024



Prevocational Activity – 10 January 2024  
Baking, Cooking without Fire and Gardening



Sensitization of students





# INCLUSIVE EDUCATION CLUB



3D Animal Mask Activity – 12 February 2024



Gratitude Tree Activity – 16 February 2024





# ACTIVITIES WITH INTERNATIONAL DIMENSION



**Bal Bharati**  
PUBLIC SCHOOL  
Rohini

# Generation Global

DATE	PARTNER SCHOOLS INVOLVED	TOPIC
08.02.2024	<ul style="list-style-type: none"><li>• BBPS Rohini, Delhi</li><li>• BBPS Pitam Pura, Delhi</li><li>• Narayna E Techno School, Chennai</li></ul>	Peace and security



# VISIT OF JAPANESE DELEGATION

BBPS RH welcomed the Japanese delegation to school on 29 February 2024. Distinguished delegates were **Tetsuo Morishita**, Vice President for Global Academic Affairs Professor, Department of International Legal Studies, Faculty of Law, **Shigeru Nishizawa**, Professor, Department of Management, Faculty of Economics and **Professor Yoshiro Azuma**, Department of Materials and life Sciences **from Sophia University, Tokyo, Japan**. Prof Yoshiro is also the visiting faculty at Indian Institute of Technology, Delhi.

During the visit , the school showcased innovative pedagogical approaches like Toy Pedagogy and sports integration, mesmerizing presentations including yoga asanas, dance performances and classroom interaction with Pre primary & Primary Department. The visit also witnessed discussions ranging from strategic dialogues on strengthening bilateral ties led by the Principal Ms. Geeta Gangwani to insightful explorations of career avenues for senior students in business, law, and economics in Japan.

Prof. Yoshiro Azuma engaged science enthusiasts from class IX and XI with an enlightening discourse on material science and accelerator technology. In parallel, the humanities students pursuing History curated an insightful exhibition celebrating Japanese culture with graceful “**Tea Ceremony Performance**” and also explained Indian traditional knowledge system. The visit epitomized the spirit of collaboration and cultural exchange, fostering deeper understanding and appreciation between India and Japan.

# VISIT OF JAPANESE DELEGATION



# VISIT OF JAPANESE DELEGATION



# VISIT OF JAPANESE DELEGATION





# VISIT OF JAPANESE DELEGATION



Tea Ceremony Performance

# VISIT OF JAPANESE DELEGATION



# COLLABORATION WITH PARTNER SCHOOL IN TAIWAN

An online exchange session on 29 January 2024, with **Zhongshan Elementary School, Taiwan**, was organised to celebrate Chinese New Year traditions and foster cultural understanding through interactive activities including introductions, presentations, cultural performances, and Q&A sessions.

Students immersed themselves in the rich tapestry of Chinese New Year customs. This virtual exchange exemplified the limitless potential of cultural exchange in the digital age, emphasizing the importance of empathy and friendship across borders.





# ALUMNI & PARENT ENGAGEMENTS



**Bal Bharati**  
PUBLIC SCHOOL  
Rohini

# FREEDOM CUP 5.0

**BBExSA**, the Alumni Association of BBPS, Rohini organised Freedom Cup 5.0 on 11 February 2024 in the school premises. Freedom Cup is the Annual Cricket Event organized by the Alumni Association BBPS RH . The cricket match took place between the two alumni teams from batches 2005 to 2017. BBPS Scorchers and BBPS Gladiators. The winner of the match was BBPS Scorchers. The Principal, presented trophies to the winners, runners-up, best batsman, best bowler, and man of the match during the felicitation ceremony.



## FREEDOM CUP 5.0





# STRENGTHENING ALUMNI DATA BASE

The Alumni Executive body and Alumni Teacher Representatives are currently working on establishing connect with class XII alumni of the first batch 2002 through Social media connect and personal contact.

50 alumni have been contacted as on date out of total 68 alumni of batch 2002



**Bal Bharati**  
PUBLIC SCHOOL  
Rohini

# Fun Games for Grandparents



# TESTIMONIALS



# CONTINUOUS PROFESSIONAL DEVELOPMENT OF STAFF AS PER GUIDELINES OF NEP 2020



**Bal Bharati**  
PUBLIC SCHOOL  
Rohini

**LIC Investment planning on 3 February 2024 by Mr. Deepak Kataria, Sr. Business Associate for entire staff**



Training session for kill Builder Partnership on 19 February 2024 by Ms. Rosa Goodlow, for entire Staff



# POSH Workshop on 2 March 2024 by Dr Meenu Goyal, Ayaksha Healthcare Pvt. Ltd for entire Staff




# NCF (FS) & Facilitation Modules Workshop on 12 February 2024 by Ms. Nanu Rekhi, Advisor, CES, for Pre-Primary department

## Panchakosha Vikas (Five-fold Development) - A keystone in Indian tradition Panchakosha

The child is a whole being with panchakoshas or five sheaths. The layers are:

- Annamaya kosha (physical layer).
- prana-maya kosha (life force energy layer).
- manomaya kosha (mind layer).
- vijnana-maya kosha (intellectual layer) and
- anandamaya kosha (inner self).

Each layer exhibits certain distinct characteristics. The holistic development of a child takes into account the nurturing and nourishment of these five layers.

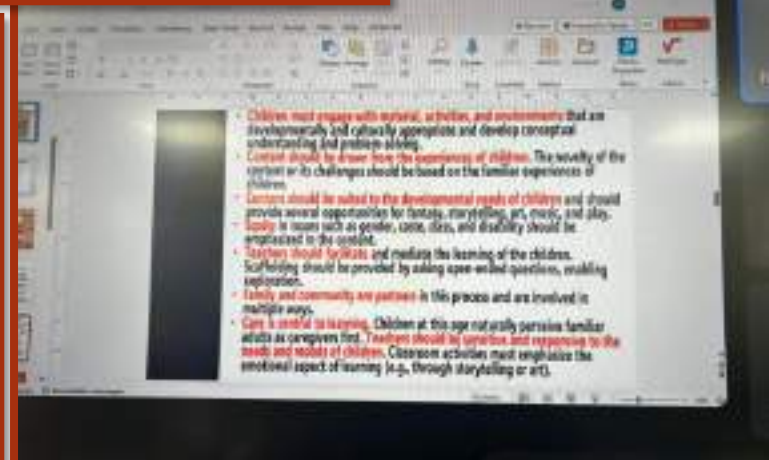
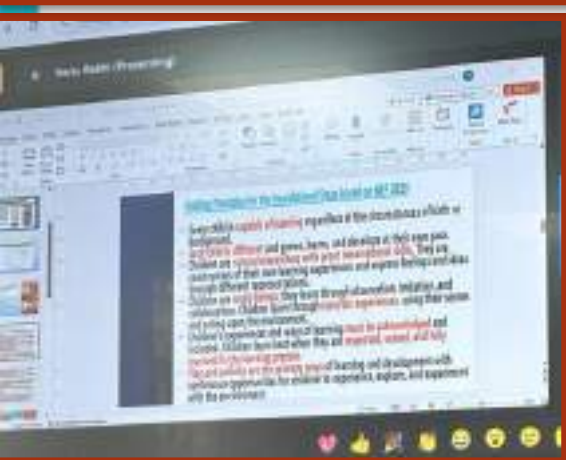


**5 KOSHAS**

- Annamaya Kosha (Physical)
- Pranamaya Kosha (Energy)
- Manomaya Kosha (Mind)
- Vijnanamaya Kosha (Intellectual)
- Anandamaya Kosha (Inner Self)

## Guiding Principles for the Foundational Stage based on NEP 2020

- Every child is **capable of learning** regardless of the circumstances of birth or background.
- **Each child is different** and grows, learns, and develops at their own pace.
- Children are **natural researchers with great observational skills**. They are constructors of their own learning experiences and express feelings and ideas through different representations.
- Children are **social beings**; they learn through observation, imitation, and collaboration. Children learn through **concrete experiences**, using their senses and acting upon the environment. Children's experiences and ways of learning **must be acknowledged and included**. Children learn best when they are **respected, valued, and fully involved in the learning process**.
- **Play and activity are the primary ways** of learning and development with continuous opportunities for children to experience, explore, and experiment with the environment.





Observation sessions were conducted by **Ms Neelam Ahuja, Advisor CES** for all teachers of Pre-Primary department.

- Sensorial Apparatus – 13.02.2024
- Arithmetic apparatus–2.3.2024



- Following 11 teachers are attending six weeks long training programme by **CBSE** in collaboration with **Adobe on Digital Creativity Skills powered by Adobe Express**.

**Ms. Shikha Thakur & Ms. Shefali Gupta**, PGT Computer Science,  
**Ms. Bindu Rashmi & Ms.Surbhi Bhardwaj**, TGT Computer Science,  
**Ms. Ruchika Jain**, Astt. Computer Teacher,  
**Ms.Pooja Sharma & Ms.Sandhya Sachdev**, TGT Science,  
**Ms. Anita Desal & Ms.Sapna Rajput**, TGT Social Science,  
**Ms.Sapna Makan & Ms.Punita Verma**, TGT Maths



Session	TOPIC	DATE
1	Introduction to Creativity Skills and Overview of Adobe Express for Creation of Learning Content	08.02.2024
2	Unleash Creativity and Generative AI for Students in Classroom	15.02.2024
3	Integrating Express into Daily Classroom & Curriculum	22.02.2024
4	Draw, Animate with Audio and Video Storytelling	29.02.2024
5	Creating Graphic Organizers and Digital Portfolios	07.03.2024
6	More about Video Storytelling & Webpage Magic: Discover Best Video Templates & Learn to Create Beautiful Webpages	14.03.2024

Name of the Workshop	Date	Conducted By	Resource Person	Attended by
<b>Experiential Learning and Innovative Practices</b>	3.02.2024	BBPS, Brij Vihar	Ms. Pragya Nopany, CBSE National Awardee Mr. Utkarsh Ahuja, mentor of Change Atal Tinkering lab	Ms.Varsha Krishnan and Ms. Ankita Ahuja, TGT Science
<b>Holocaust and Global Citizenship Education</b>	29.01.2024	UNESCO and CBSE	Ms. Isabel Tamoj, UNESCO	Ms. Sugandh Lal Ms. Sapna Rajput
<b>Forensic Science (Crimes, Critters and Clues)</b>	29.02.2024	i STEP in association with Murdoch University	Dr.Paola A.Magni (Forensic Scientist)	Ms.Monica Arora, PGT Chemistry
<b>51st Annual NPSC Conference theme: Mental Wellbeing</b>	20 & 21.02.2024	NPSC	Eminent educators related to the field of Psychology & SEL	Principal, Ms. Monica Arora, Ms. Arti Nathani, Ms. Kanika, Ms. Smriti

## Experiential Learning & Innovative Practices



## Holocaust & Global Citizenship Education



## Forensic Science





# Training Programme for security guards was conducted on 10 February 2024 & 09 March 2024 by Miraz Security Services at Sector-14



# WORKSHOPS for Students

SN	DATE	WORKSHOP	ORGANISED BY/RESOURCE PERSON	CLASSES
1.	30.01.2024	Mental Abilities to crack entrances	FIITJEE	VIII & IX
2.	08.02.2024	Oral hygiene for the students	Dr. Silky Bhatia, from Ayaksha Healthcare	Pre-Primary
3.	09.02.2024	Win your Exams	Mr. Nilabh Pandey from Ayaksha Healthcare	Class IX

**Mental Abilities to crack entrances**



**Win Your Exams**

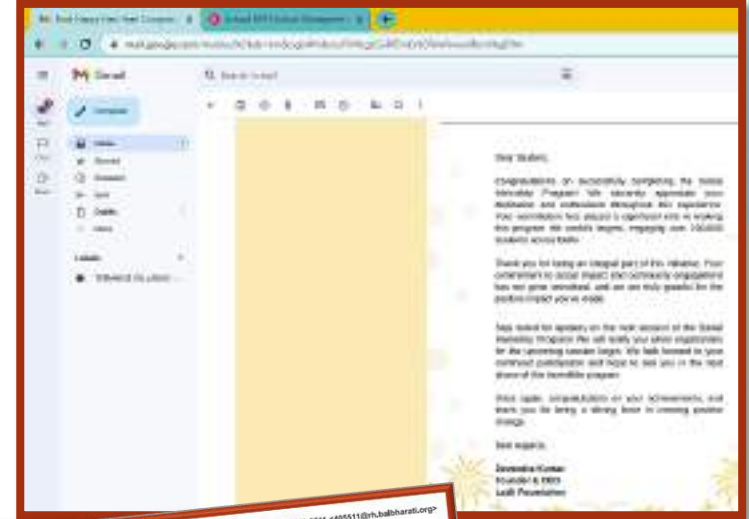


**Oral hygiene**



# ACTION-BASED SOCIAL INTERNSHIP

Total Nine Students of class XI namely, **Saniya, Sneha, Aryan Kumar, Shahana Goel, Eva Jha, Saksham Singhal, Shaurya Saini, Aryan Gopinathan, and Panya Tandon** have successfully completed six months long Social Internship Program by **DoE and Ladli Foundation** in the session 2023-24. Throughout the internship, these students actively engaged in various activities aimed at creating social impact and community involvement. They utilized online platforms and social media to sensitize people, particularly students, on critical societal issues such as drug abuse, AIDS, and malnutrition. Their efforts included spreading awareness through social media posts, creating videos, and delivering PowerPoint presentations. Students received completion certificates for the Social Internship program.





# COUNSELLING SESSIONS

S.N	DATE	TOPIC	PARTICIPANTS	CONDUCTED BY
1.	31.01.2024	School Ethics & discipline	VIII-A,B,C,D,E	Consultant Counsellor
2.	06.02.2024	Discussion on	VI-B,VII-A	School Counsellor
3.	07.02.2024	Pariksh pe charcha	VII-D,VIII-C,D	School Counsellor
4.	13.03.2024	Learning Goal setting	X D, XII D	Consultant Counsellor

**School Ethics & discipline**



**Learning Goal setting**



**Pariksha pe charcha**



# Earthquake Mock drill for classes I to XII on 15 February 2024

## DROP, COVER AND HOLD



# TRIPS & EXCURSIONS



**Bal Bharati**  
PUBLIC SCHOOL  
Rohini

# Visit to Places of Worship – Pre School & Pre-Primary 05 & 11 March 2024



# Vishalgarh Farms - Classes – IX – 09 March 2024



# PUBLICATIONS



**Bal Bharati**  
PUBLIC SCHOOL  
Rohini

Bal Bharati Public School, Rohini celebrates  
INTERNATIONAL YEAR OF

# MILLETS

HAVE A MEAL FULL OF NUTRITION  
"Millets: A sustainable  
nutritious and delicious choice"



### ENJOYING THE IMMERSIVE SESSION

### MILLETS BASED LUNCH DAYS

At Bal Bharati Public School, Rohini not only raised awareness about millet consumption but also championed these miracle grains with their innovative recipes. The event was a resounding success, encapsulating the spirit of health and sustainability promoting nutritious meals on specific days along with their nutritional facts to be shared with other students. This initiative sparked meaningful discussion about the importance of embracing millets for health benefits, environmental sustainability and cultural significance.

"Nurture your food"



"Sow the seeds of health with the bounty of millets."

### SNIPPETS OF STUDENT LED PROJECT

Project By : Aditya Choudhan (VIII), Vidushi Chawla (VIII) & Anvesha Palanraju (IX)

**Millets: Unveiling the Potential of Nature's Super Food for Nutrition and Well-Being**

**ABSTRACT :**  
In our journey to tackle modern dietary challenges through scientific exploration, our focus was on an ancient treasure – the millets. Millets, offer exceptional nutrition such as fiber, vitamins, and minerals, and protein. Their low glycemic index aids in diabetes management. Affordable and sustainable, millets combat malnutrition and support global food security. Thus, integrating millets into diets promotes health and well-being.

**WHY DID WE CHOOSE THIS TOPIC ?**  
Aligns with the International Year of Millets 2023. Showcases scientific curiosity, promotes sustainability, educates and raises community health awareness. Our minds got ignited after we attended the webinar of Ms. Sharmila Datta on role of millets in human nutrition and health and hence we decided to do our project on this topic.

**AIMS :**  
Our research examines if consuming millet-based foods affects blood sugar levels compared to conventional grain based foods. Our aim was to determine whether millets can contribute to more stable blood sugar levels, which may benefit prediabetics.

**WORK PLAN METHODOLOGY**

- 10 teachers were selected for the study.
- Participants were asked to fast for 12 hours from 7:15-7:25 AM.
- Blood glucose levels were meticulously measured in the school's medical room with the help of the school doctor and the nurse.

- Getting our project's topic and learning outcome.
- Conducting experiments, measuring the blood sugar levels in certain meals and for these experiments we took notes of observations for pre-observation and post-observation notes.
- Getting information about millets, preparing about millets in the presentation form, video, poster, drawing, etc., and finally making.
- Creating content presentation, sharing them with our schoolmates to let us know the impact of millets and to let us know the impact of millets to let us know the impact of millets.
- Identifying what our research and objectives are, and how we will measure the number of people who respond to be added to a list.

### SPREADING AWARENESS THROUGH CLASS DISPLAY BOARDS

**Credits : Anushka Mittal, Vidhi Jain, Daksh Solanki**  
**Class : VIII A**

"Let millets grace your plate, and watch as health and harmony follow suit."

## DATA COLLECTION & EVIDENCES

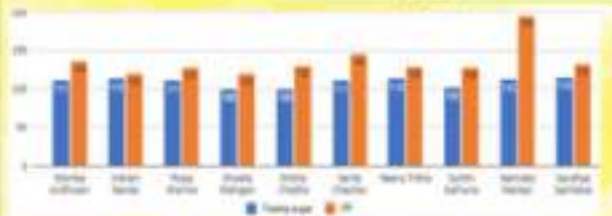
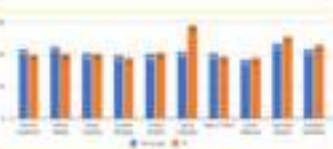
It was observed that the glycemic spike was generally lower.

WEEK 1 - 23/04/2023 - 28/04/2023

WEEK 2 - 3/05/2023 - 4/05/2023

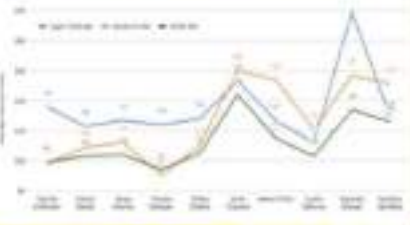
WEEK 3 - 11/05/2023 - 21/05/2023

Equivalent amount of carbohydrates was provided (in the form of millets) compared to traditional carbohydrates, such as white bread and potato and pure glucose which was our control.



### KEY FINDINGS :-

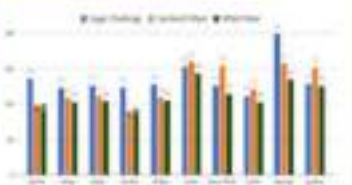
Millets and blood sugar: Millets didn't cause big spikes in blood sugar like regular carbs do. Why? It happens! Millets possess lot of fiber, which slows down how quickly our bodies digest them. This slower digestion leads to a gentler increase in blood sugar levels.



### CONCLUSION

In conclusion, our work not only transcends mere data and graphs, it also represents the convergence of innovation, tradition, and limitless potential for a positive change. As we embrace millets in our meals, we take a stride towards a future where health and nourishment coexist harmoniously.

Our research shows that including millets in our diets would be a wise choice, especially for those monitoring their blood sugar levels. Millets have proven to help stabilize blood sugar after meals. Our investigation into the impact of millets on blood sugar levels has unearthed compelling evidence.



**Sample size : 25 teachers**

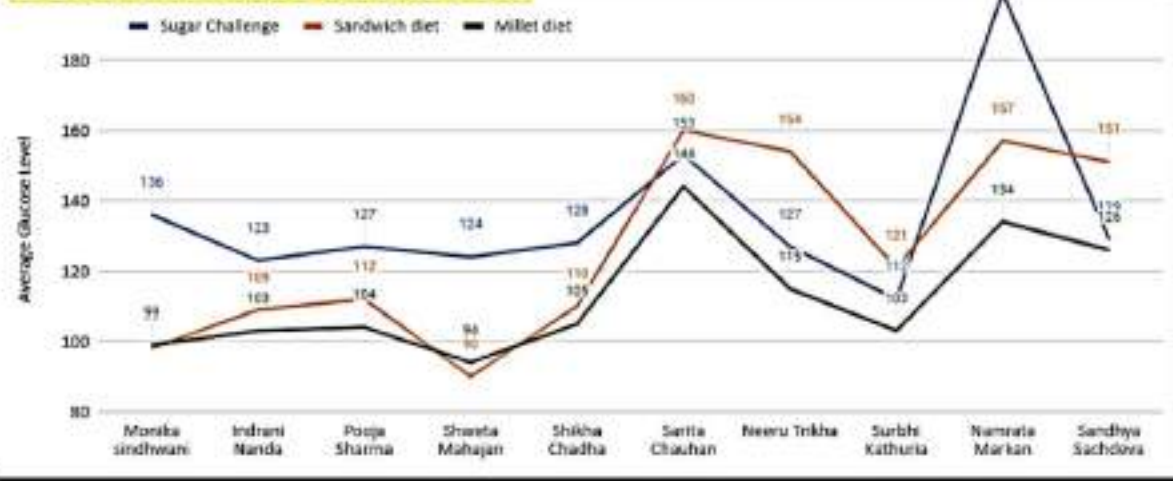
**Load : 38gms.**

**Day 1 : Glucose**

**Day 2 : White Bread**

**Day 3 : Millets**

## COMPARATIVE ANALYSIS





Published its Newsletter 'Nayi Disha: A Path to Hope' an endeavour to nurture our students into sympathetic and empathetic citizens of a progressive nation.

VOLUME VII   Issue IV, January 2023-24

# INTERACT CLUB

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## E- NEWS LETTER

# नई दिशा

## A PATH TO HOPE



### ABOUT INTERACT CLUB

Since its inception, 5 December 2011, the Interact Club, with a dedicated team of students as interactors, has been committed to serving the community and upholding the ideals set forth by Rotary International. Through various initiatives, such as the "Drum Out Poverty" event, training programs for interactors, and Blood Donation Camps, the club has made meaningful contributions.

It embodies the belief that waiting for change isn't enough—action is the key. Their ethos revolves around actively contributing to witnessing a better world.

As passionate advocates for change, they are eager to introduce you to a new path – a path illuminated by hope. In each edition of the newsletter, there are stories of resilience, compassion and hope. 'Nayi Disha' encapsulates the spirit of the belief that, together, we can carve out a better future for tomorrow.



### ACHIEVEMENTS

A consistent journey of Interact Club's Achievements

Year 2020-21

**CERTIFICATE OF RECOGNITION**

INTERACT DISTRICT 3012 recognizes  
**INTERACT CLUB OF BBPS Rohini**  
as the **GOLD CLUB**  
for demonstrating continued excellence throughout the Rotary year 2020-21

*Congratulations BBPS RH Interactors!*  
All your efforts and hard work got us this big achievement.  
**THANK YOU!!**

Year 2021-22

**ELITE CLUB**

Presented to  
**Interact Club of BBPS Rohini**

for Significant Leadership & Demonstrating the Rotary spirit to "Serve to Change Lives"

Year 2022-23

**शुकराती**

INTERACT THANKS GIVING CEREMONY  
**PLATINUM CLUB**

Presented to  
**Bal Bharti Public School Rohini, Delhi**

for Significant Leadership & Demonstrating the Rotary spirit during the Rotary Year 2022-23



### UMEED: INTERACT-ION

In the spirit of giving and compassion, under the banner of "Project Umeed- Serving dreams together" over 50+ passionate souls gathered to craft more than 600 servings of aloo puri, creating a significant impact on people in need. On 5th November 2023. This collaboration with the Interact club of DAV Public School, Rohini was successfully done for the District Interact Flagship Event- "INTERACT-ION". This event was more than just a culinary endeavour; it was a testament to the Interact Club's unwavering commitment to building a stronger, more compassionate community. The generosity displayed during "Umeed" not only filled empty stomachs but also nourished the spirit of camaraderie.

# ACADEMICS

Annual exams for classes III-V were held from 01 to 14 March 2024. The result declaration is scheduled for 22 March 2024.

Annual exams for classes VI-IX / XI were held from 20 February to 12 March 2024. Result declaration for classes VI-VIII and IX/XI is scheduled for 27 March & 29 March '24 respectively.

Provisional classes for class X & XII session 2024-25 commenced from 13 March '24.

Board Examination for class X and XII commenced from 15 February 2024. School is the center for SSCE 2024 and SSE 2024 CBSE Examination. 423 students of class XII and 433 students of class X are appearing from our centre.

School is center for spot evaluation of CBSE Class XII Chemistry answer scripts (043).

# SCHOOL LIBRARIES

Total number of books in the senior Library as on date are 18074. New books added in the Senior library in the session 2023-24 are 887.

Class Libraries for classes VI to VIII have been revamped as per guidelines received from Advisory Council, CES.

Total number of books in the junior library are 15163. New books added in the Junior library in the session 2023-24 are 50.

The E-library has been strengthened by adding 20 links to the online collection in the session 2023-24. Links added include- NEP, NIPUN BHARAT, CBSE Life skills Manuals, NCF, SQUAAF, Teacher Resources like Diksha, Swayam Nishtha etc.

Online public access cataloged (OPAC) has been made functional using Bharati connect software. Link: <https://bbpsconnect.org/sms/#/Library/managebook>

**Total Enrolment of the school is 2997 with 1601 Boys and 1396 Girls.**

# MEETINGS

## **\*PTMs**

**Classes PS & PP : 03.02.2024**

**Classes I-V : 03.02.2024**

**Classes VI-VIII : 03.02.2024**

**Classes IX,X & XII : 03.02.2024**

**\*PTA EXECUTIVE BODY MEETING : 05.02.2024**

**\*SAFETY & SECURITY MEETING : 28.02.2024**

**\*GENERAL STAFF MEETINGS & COORDINATION COMMITTEE MEETINGS ARE HELD REGULARLY.**

**\*FACULTY MEETINGS ARE BEING HELD REGULARLY.**

**\*HOUSEKEEPING SERVICES ARE SATISFACTORY.**

# INFRASTRUCTURE IMPROVEMENTS



**Bal Bharati**  
PUBLIC SCHOOL  
Rohini

S.N	Nature of work at sector 14	Status
1	Strengthening of boundary wall and fixing of concertina wire between gate no 1 & 2	Work completed
2	Installation of IP Cameras and CCTV surveillance system in classrooms and corridors of all floors, Block- III	Work completed
3	CCTV display in guard room, gate no-1	Work Completed
4	Electrical Panel Room on gate no -1	Work Completed
5	Fixing of windows, ACP sheet and tiles in area under tensile roof, block-II, Top floor	Work completed
6	Upgradation of CWSN washroom II Floor, Block -III	Work in progress
7	Doors in area under tensile roof, block-II, Top floor	Work in progress
8	Chiller Plant, Top floor, Block-II	Work initiated
<b>Nature of work at sector 25</b>		
9	Dismantling of brick work for checking of columns	Work in progress



**Strengthening of boundary wall and fixing of concertina wire  
between gate no 1 & 2 at sector 14 - Completed**



**Installation of IP Cameras and CCTV surveillance system in classrooms and corridors of all floors, Block III at sector 14 - Completed**





**CCTV display in guard room, gate no. 1 at sector 14 - Completed**



**Fixing of windows, ACP sheet and tiles in area under tensile roof, block-II, Top floor at sector 14 - Completed**



**Doors in area under tensile roof, block-II, Top floor at sector 14 - Completed**

## Upgradation of CWSN washroom II Floor, Block III at sector 14 – in Progress



## Dismantling of brick work for checking of columns at sector 25 – in Progress



The culmination of the previous year serves as a testament to our collective resilience, perseverance, and unwavering commitment to excellence. As we stand on the threshold of a new beginning, I wish to convey my profound gratitude to Mr. Nikhil Channa, President CES and Chairman of BBPS RH, for his effective leadership and forward-thinking approach in guiding all endeavours of Bal Bharati Schools. Mr. Channa's guidance and knowledge has played a pivotal role in achieving success, ensuring excellence in infrastructure upgrades, academic and co-curricular improvements, parental engagement, student well-being, and teacher empowerment. I am sincerely grateful to Mr. Harsh Kumar, Secretary BBPS Rohini, for his active engagement and unwavering support in addressing pertinent issues for the smooth functioning of the school. Special acknowledgment goes to Mr. L.V. Sehgal, Joint Secretary CES, for his invaluable guidance in academic and administrative aspects, providing expertise and wisdom in navigating challenging decisions. My heartfelt thanks extend to the Chairpersons, Conveners, and members of various councils - Sports Council, Infrastructure Cell, Finance Cell, and Legal Cell for their expert counsel. I am grateful for the invaluable contributions of the Managing Committee, which serve as inspiration to strive for even greater accomplishments in the future. I would like to express sincere appreciation for parent and alumni community, as well as my devoted team of educators, administrative staff, and support personnel and of course my students, for being the driving force behind all our endeavours. The success of BBPS Rohini is the culmination of each and every one of your contributions. Thank you for your unwavering support. Wishing you all a joyous and colourful Holi!

# HAPPY HOLI



**Bal Bharati**  
PUBLIC SCHOOL  
Rohini



**THANK YOU**



**Bal Bharati**  
PUBLIC SCHOOL  
Rohini