

## APART BUT STILL TOGETHER..... THE COVID 19 EFFECT

April every year, comes full of excitement and pride for school children, as it means, promotion to a higher class, getting a new set of school bags, books, accessories looking forward to a new classroom, a new set of teachers and so much more.

This April however, was a big dampener, in the form of the total lockdown imposed to counter the spread of the Corona Virus Pandemic. Total, sudden lockdown meant no reaction time to prepare, which not only meant no books for children, but also no planners, syllabus, timetable or books for teachers as well.

This is where technology came to the rescue. To help children stay in touch with academics, digital lesson plans in the form of simple worksheets based on general topics related to the curriculum were prepared by all subject teachers and sent regularly to children through class groups formed by class teachers on Whats App.

For class IX-XII, brief interactive sessions were held by teachers using the Zoom App, supplemented by assignments being forwarded through Whats App. This process came to a halt with a few holiday assignments being given to the students, as part of the Summer Break, declared by the Punjab Govt from 11 April – 10 May 2020.

Here we are with some of our post break activities. Enjoy!

### TABLE MAT MAKING: CLASS I-V, 29 MAY 2020

### BEST OUT OF WASTE: CLASS I-V, JUNE 2020



Sri Varshini  
II G



Pranya IV B



Deepanshu Lahiri  
IV K



Anhadpreet Singh  
II H



Daksh III B



Varjot Kaur  
III A



Kavya Sharma  
V D

### DROP EVERYTHING AND READ : CLASS I-XII 05 JUNE 2020

### SCIENCE IN EVERYDAY LIFE: CLASS I-V, 19 JUNE



Advika I A explains how Oxygen helps a candle stay lit

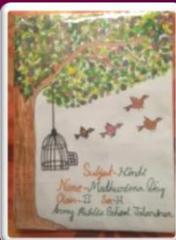


Yash IV B with his 'Lungs made out of dough'



AP Tharakesh VC with his 'Draw Bridge that works'

### NOTEBOOK MAINTENANCE: CLASS I-V, 06 JUNE



Madhurima  
II H



Gane Gaurav  
V A



Manveer  
IV B



Parvesh  
IV C

### BOOK MARK MAKING: CLASS I-V, 26 JUNE 2020



### NAPKIN FOLDING: CLASS I-V, 12 JUNE 2020



Aryan I A



Akhilesh IV A



Ayush Gangwar V G



Soham Thang VI

## APS JALANDHAR JOINS THE VIRTUAL WORLD....TEACHING – LEARNING GOES100% DIGITAL

Always exploring new avenues, on the road to progress, the teaching faculty of APS Jalandhar, under the able guidance of Brig Amaresh Panwar CSO HQ 11 Corps, Chairman APS Jalandhar, and leadership of Principal Dr Saksham Singh, attended training sessions conducted by the school's Computer Science Faculty members, to acquaint themselves with the use of the Microsoft Teams App, for conducting interactive teaching sessions with students. Through mock sessions amongst themselves, teachers from class I-XII, got to explore the practicality of both, the concept of online teaching, as well as the App in question.

There were a few hiccups along the way, but by the time Summer Break ended, we were ready to commence with our lessons.

However, a vital aspect which still remained unexplored was the co – operation of the parents with regard to their children's access to the required electronic devices, to be able to avail the services being provided by the school. Once the news of the commencement of 'a regular school day with a difference' was conveyed to the parents, the response was mostly positive, except for the genuine concern with regard to 'network problems' and required electronic devices. Amid such apprehensions, with God's blessings, on the 18 Of May 2020, we excitedly held our very first virtual class, and there has been no looking back since.

Day by day we continue to grow, exploring further and adding onto our capabilities and bettering our performance. Self made Power Point Presentations, supplemented by suitable You tube videos, additional content from CBSE's Diksha App, live performance and follow up of activities and experiments, as also, assessment of the children's retention and understanding, through simple, content based quizzes on Microsoft and Google forms, are some of the strategies being practised.

For children living in places with poor or slow internet availability, notes of the day's lessons as well as follow up assignments are sent through Whats App, to help them catch up.

The support of both, the School Management and parents has been a vital contributor to boosting our morale and helping us deliver expected results. TOGETHER WE ACHIEVE !

So, Thank you all very much.

### PRACTICAL LESSONS.... FUN CLASS ASSIGNMENTS



AM Harshini  
IV A



Pratasmita  
IV A



Priyank  
Jain IV A



Shreyas  
IV F



Sakshyam  
IV J



Shagun  
V H



Soham  
V J

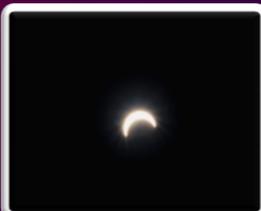
### CAPTURING NATURE THROUGH THE LENS...



Nature at peace... Freshness and clarity!

The Dhauladhar Range clearly visible from Jalandhar rooftops during Lockdown 1

Photo shots by Mr HS Bhatti HOD Fine Arts



Is that the moon???  
I wonder...

The Solar Eclipse in Jalandhar 12.09 PM on 21 June 2020

### PHOTOGRAPHY BY FINE ARTS STUDENTS



Gursehaj Singh  
XII A



Mehar  
XII A



Shrutismita  
XII D



Welcoming a new day!

Photo shots by Principal Dr Saksham Singh



Show me the way O Guru!  
Simranjeet Kaur XII C  
Budding Watercolour Artist



Suparna XII G



Sukhbir Singh XII D

## INTERNATIONAL YOGA DAY AT APS JALANDHAR : 21 JUNE 2020

Under the able guidance of Principal Dr Saksham Singh, the APS family collectively observed International Yoga Day, connecting with each other through the ancient practise of Yoga, directly from home, made possible by the modern practise of connectivity through the internet. The motto for this year's International Yoga Day being 'Yoga for health, Yoga at home', the staff and students were enthusiastically joined in by their respective family members. At the designated time of 6.30 AM to 7 AM, the pre-decided routine began, for students and teachers of class VI – XII, guided by Mrs Davinder Saini, the in house Yoga guru. The chanting of 'Om', was followed by various pranayams and asanas, which the children also practise in their regular Yoga classes. The younger children from class I-V also joined in the event, guided by their teachers and encouraged by their parents. A motivating exercise indeed.



Yogis from Class VI



Abhishek XII A



Asmita X C



Oinam Rohan IX C



Parul X B



Rakshana VIII A



Nandita V D



Rakshit Tanwar I A



Smriti Singh II E



Pandhi II E



Ritesh V H



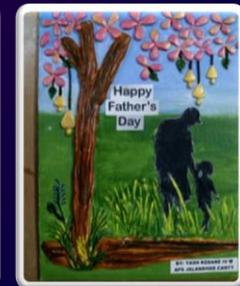
Aditya Bhind II F

### POSTER MAKING ON COVID 19 : CLASS VII – VIII



### FATHER'S DAY: 21 JUNE 2020 WE LOVE OUR DADS...

#### GREETINGS MADE BY LITTLE CREATORS



### WORLD ENVIRONMENT DAY – TREE PLANTATION 05 JUNE 2020



### CALLIGRAPHY : CLASS VI



### FANCY DRESS : CLASS VI – VII



"अहसास"

कब परिंदों ने उड़ान भरने छोड़ी है ,  
कब कलियों ने महकना बंद किया!  
कब रुका है कोकिला का मधुर स्वर,  
कब थमा है नदियों का बहता जल!  
हां यह एक एहसास है ,  
इस ठहरी हुई जिंदगी का!  
संदेश जैसे यही दे रहा,  
डर मत कुछ पलों के लिए ठहरी  
इस जिंदगी की रफ्तार से!  
रख हौसला बांध हिम्मत ,  
सीख आज तू मानव रूपी भगवान से  
हो निष्ठावान जुटे जो जन-जन के कल्याण में!  
नतमस्तक हो  
हर उस शख्स के अनथक प्रयास को  
जो इंसानियत की मिसाल बने!  
हां बढ़ जाता है आत्म बल  
और कह उठता है मेरा यह मन  
उठेगा, आगे बढ़ेगा इंसान अबकी बार  
एक बेहतरीन अंदाज में !  
लौट आएगी जिंदगी अपनी रफ्तार पर  
एक नई शान से!  
पर एक मांग है समय की  
"कुछ पल ठहर, बांध ले खुद को खुद से जीवन संचार में"!  
आओ अपने हिस्से के कर्तव्य को निभालें,  
सरकार के दिए निर्देशों का पालन कर ले!  
हां यह जरूरी है,  
फिर से खुलकर मुस्कुराने के लिए,  
जिंदगी को जिंदगी से मिलाने के लिए !  
धन्यवाद!

कामना ढींगरा  
अध्यापिका,  
आर्मी पब्लिक स्कूल जालंधर छावनी

शिक्षक ही तो हूँ

शिक्षक ही तो हूँ  
फिर क्या हुआ  
गर गुजरे ज़माने का सा  
औहदा मिले न मिले,  
फिर क्या हुआ  
आज की पीढी सुने न सुने,  
फिर क्या हुआ  
आज कोई ज़रा रूक कर  
थोड़ा झुक कर नमन करे न करे  
उनके लिए, केवल शिक्षक ही तो हूँ।  
फिर क्या हुआ  
गर मुझे कई पाठों में  
बाँट दिया गया तो  
फिर क्या हुआ  
गर मुझे कई नियमों में  
बाँध दिया गया तो  
फिर क्या हुआ  
गर दस्तूर ज़माने का  
बदल दिया गया तो  
उनके लिए, केवल शिक्षक ही तो हूँ ।  
फिर क्या हुआ  
इंजीनियर, शिक्षक, नेता,  
एक्टर, डॉक्टर, अफसर  
सबको बनाने में  
थोड़ा हाथ भले मेरा भी हो  
पर उनके लिए,  
केवल शिक्षक ही तो हूँ।  
पर इतना तो तय है कि  
कोई नमन करे न करे,  
कोई दो शब्द प्रशंसा के  
कहे न कहे,  
पर मुझे खुद को पता है  
शिक्षक का वजूद,  
तभी तो मैं अटल हूँ  
अपने जुनून पे  
और अडिग हूँ  
अपने विश्वास पे ।  
आखिर मैं शिक्षक जो हूँ ।

# FACULTY ENRICHMENT PROGRAM

MAY – JUNE 2020

## ONLINE TRAINING SESSIONS ATTENDED BY APS JALANDHAR FACULTY MEMBERS

# COUNSELLING SESSIONS CONDUCTED

COUNSELLING SESSIONS 13 MAY-15 JUNE 2020

| DATE       | CLASS   | TOPIC COVERED   |
|------------|---------|---|
| 13.05.2020 | XII A-D | Presentation and Video on Motivation  |
| 14.05.2020 | XII A-D | Inspirational Video and General Awareness Quiz  |
| 15.05.2020 | X F-J   | Presentation and Video on Motivation  |
| 16.05.2020 | X A-E   | Presentation and Video on Motivation  |
| 18.05.2020 | XII E-G | Presentation and Video on Motivation  |
| 19.05.2020 | XII E-G | Inspirational Video and General Awareness Quiz  |
| 20.05.2020 | XII A-D | Presentation and Video on Resilience  |
| 21.05.2020 | XII A-D | Inspirational Video and General Awareness Quiz  |
| 22.05.2020 | X F-J   | Inspirational Video and General Awareness Quiz  |
| 23.05.2020 | X A-E   | Inspirational Video and General Awareness Quiz  |
| 26.05.2020 | XII E-G | Presentation and Video on Resilience  |
| 27.05.2020 | XII A-D | Presentation on Understanding Emotions  |
| 28.05.2020 | XII A-D | Video on Emotions and General Awareness Quiz  |
| 29.05.2020 | X F-J   | Presentation and Video on Resilience  |
| 30.05.2020 | X A-E   | Presentation and Video on Resilience  |
| 01.06.2020 | XII E-G | Presentation on Understanding Emotions  |
| 02.06.2020 | XII E-G | Video on Emotions and General Awareness Quiz  |
| 03.06.2020 | XII A-D | Discussion on Motivation, Resilience and Understanding Emotions   |
| 04.06.2020 | XII A-D | Inspirational Video and Discussion on Problem vs Opportunity, General Awareness Quiz                                |
| 05.06.2020 | X F-J   | Inspirational Video and Discussion on Motivation and Resilience   |
| 08.06.2020 | XII E-G | Inspirational Video and Discussion on Problem vs Opportunity  |
| 09.06.2020 | XII E-G | Inspirational Video on Dare to Dream for better life and General Awareness Quiz                                     |
| 10.06.2020 | XII A-D | Inspirational Video on Dare to Dream for better life and Discussion on Positive Attitude                            |
| 11.06.2020 | XII A-D | Inspirational Video on Life is Simple and General Awareness Quiz  |
| 12.06.2020 | X F-J   | Inspirational Video and Discussion on Problem vs Opportunity and General Awareness Quiz                             |
| 13.06.2020 | X A-E   | Inspirational Video and Discussion on Positive Attitude ,Efforts never get wasted.                                  |
| 15.06.2020 | XII E-G | Inspirational Video and Discussion on Life is Simple .  |
| 16.06.2020 | XII E-G | Inspirational Video and Discussion on Volunteering and General Awareness Quiz                                       |
| 17.06.2020 | XII A-D | Inspirational Video and Discussion on Volunteering and General Awareness Quiz                                       |
| 18.06.2020 | XII A-D | Inspirational Video and Discussion on Positive Attitude ,Efforts never get wasted and General Awareness Quiz        |
| 19.06.2020 | X F-J   | Presentation on Understanding Emotions  |
| 20.06.2020 | X A-E   | Presentation on Understanding Emotions  |
| 22.06.2020 | XII E-G | Presentation on Emotional Intelligence  |
| 23.06.2020 | XII E-G | Inspirational Video and Discussion on Positive Attitude ,Efforts never get wasted and General Awareness Quiz        |
| 24.06.2020 | XII A-D | Presentation on Emotional Intelligence  |
| 25.06.2020 | XII A-D | Discussion on Emotional Intelligence and General Awareness Quiz   |
| 26.06.2020 | X F-J   | Inspirational Video on Dare to Dream for better life and Discussion on Positive Attitude and General Awareness Quiz |
| 27.06.2020 | X A-E   | Discussion on Positive Attitude and Seeking Help, General Awareness Quiz  |
| 29.06.2020 | XII E-G | Presentation and Discussion on Self Esteem  |

## FORTHCOMING ACTIVITIES: JULY, 2020

### PRIMARY WING

10 July, 2020 Spell Bee Class I - V  
 17 July, 2020 Origami Creations Class I - V  
 24 July, 2020 Heal Mother Earth: Tree Plantation Class I – V  
 31 July, 2020 Rakhi Making Class I – V

### SENIOR WING

10 July, 2020 Debate: English Class VI – IX and XI  
 17 July, 2020 Club Activities Class VI – IX and XI  
 24 July, 2020 Debate: Hindi Class VI – IX and XI

### EDITORIAL BOARD

**Editor-in-chief:** Dr Saksham Singh, Principal  
**Editors:** Mrs Mandeep Talwar, Vice Principal  
 Mrs Shallu Sharma, Headmistress  
**Asstt Editor:** Miss Sonu Singh  
**Layout and designing:** Mr Vikas Bhardwaj

| DATE                 | TEACHER'S NAME                                 | WORKSHOP   |
|----------------------|--|--|
| 18-May-20            | Ms Vimmi Maken, Librarian                      | CBSE Workshop on Exploring Happiness   |
| 19-May-20            | Ms Misha Santhakumari, PGT Biology             | CBSE Workshop on Conduct Management in class - Consequences and Reward   |
| 18, 20 & 22 May 2020 | Mr Gurpreet Singh, PRT                         | IBM Workshop on Artificial Intelligence  |
| 20-May-20            | Ms Rajni Dua, TGT English                      | Workshop on Teaching Strategies / Methodologies in English writing.  |
| 21-May-20            | Ms, Harprit Kaur PGT Economics                 | CBSE Workshop on Understanding Bloom's Taxonomy and its Application in Economics                                       |
| 22-May-20            | Ms, Sukhwinderjit Kaur, PRT                    | LPU Workshop on Soft Skills Construction   |
| 22, 23, 25 May 2020  | Ms Kavita Rajput, PRT                          | LPU Workshop on Self Soft Skills, Basic Interview Skills and Management skills   |
| 23-May-20            | Ms Anju Setia, TGT Sanskrit                    | CBSE Workshop on Adolescents in present scenario   |
| 23-May-20            | Ms Surinderjit Kaur, TGT Punjabi               | CBSE Workshop on Dramatics in teaching   |
| 24-May-20            | Ms Davinder Saini, PRT                         | CBSE workshop on Interpersonal Skill development   |
| 24-May-20            | Ms Dipika Sharma, PRT                          | LPU Workshop on Management Skills  |
| 25 and 26 May 2020   | Ms Kamna Dhingra                               | CBSE Workshop on Introduction to Cyber Security and Soft Skills for self   |
| 25-May-20            | Ms Kulwinder Bhatia, PRT                       | LPU Workshop on Management Skills  |
| 26-May-20            | Ms Pooja Rani PRT                              | LPU Workshop on Management Skills  |
| 26-May-20            | Ms Santosh Kumari, PRT                         | CBSE Workshop on Gender Construct  |
| 27-May-20            | Dr Saksham Singh Principal                     | CBSE Workshop on Health Promoting School   |
| 28-May-20            | Ms Usha Rani, TGT                              | CBSE Workshop on Blooms taxonomy and specific objective writing in Hindi Language Teaching                             |
| 28-May-20            | Ms Mandeep Talwar Vice Principal               | CBSE Workshop on Empowering Your Team  |
| 01-05 June, 2020     | Dr Saksham Singh Principal                     | AWES Webinar on Inclusive Education  |
|                      | Ms Vibha Bhardwaj, School Counsellor           |  |
|                      | Mr Ranjeet Singh, Special Educator             |  |
| 06 June, 2020.       | Ms Kavita Rajput, PRT and Ms Kamna Dhingra PRT | LPU Workshop on How to deal with 21st century students   |
| 08-10 June, 2020     | Ms Harprit, PGT Economics                      | Webinar on Financial Market Management   |
| 08 June, 2020        | Dr Saksham Singh Principal                     | AWES Webinar on Online Learning, The Medium Of Tomorrow  |
|                      | Ns Shallu Sharma Headmistress                  |  |
|                      | Ms Vibha Bhardwaj, School Counsellor           |  |
|                      | Mr Ranjeet Singh, Special Educator             |  |
|                      | Ms Sarabjeet, PRT                              |  |
|                      | Ms Pooja Sharma, PRT                           |  |
|                      | Ms Anju Setia, TGT                             |  |
|                      | Ms Usha Rani, TGT                              |  |
|                      | Ms Rajni Dua Rani, TGT                         |  |
|                      | Ms Kanwalinder, PRT                            |  |
|                      | Ms Bhupinder Bedi, PRT                         |  |
|                      | Ms Kavita, PRT                                 |  |
|                      | Ms Kamna, PRT                                  |  |
|                      | Ms Anita Jaswal, PRT                           |  |
|                      | Ms Ranjeet Parmar, PRT                         |  |
| Ms Neelam, PRT       |  |  |
| Ms Paramjeet, PRT    |  |  |
| Mr Vikas, PRT        |  |  |
| 08 - 12 June 2020    | Ms Shallu Sharma, Head Mistress                | FDRC Webinar Workshop on Inclusive Education   |
|                      | Ms Kanwalinder, PRT                            |  |
|                      | Ms Bhupinder Bedi, PRT                         |  |
|                      | Ms Kavita, PRT                                 |  |
| 16-18 June, 2020     | Dr Saksham Singh Principal                     | OP Jindal Global University Certification Programme on "School Modalities in implementing Inclusive Education in APSs" |
|                      | Ms Shallu Sharma, Head Mistress                |  |
|                      | Ms Vibha Bhardwaj, School Counsellor           |  |
|                      | Mr Ranjeet Singh, Special Educator             |  |
|                      | Ms Sarabjeet, PRT                              |  |
|                      | Ms Kanwalinder, PRT                            |  |
|                      | Ms Bhupinder Bedi, PRT                         |  |
|                      | Ms Kavita, PRT                                 |  |
|                      | Ms Kamna, PRT                                  |  |