



THE JAPSIAN CHRONICLE

MONTHLY NEWSLETTER



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SCHOOL CBSE AFFILIATION NUMBER: 1680003

LT GEN DEVENDRA SHARMA, AVSM, SM, GOC 11 CORPS, SENIOR PATRON APS JALANDHAR, VISITS THE SCHOOL 09 JULY 2022



Senior Patron, Lt Gen Devendra Sharma, AVSM, SM, GOC 11 Corps being briefed by the Principal, Dr Saksham Singh, on the progress of the school



The Senior Patron interacting with the students



Motivating the students of class X and XII...

Sharing a snack in 'The Japsians Café'

**VISIT BY MAJ GEN SANJAY MAINI, COS HQ 11 CORPS, PATRON APS JALANDHAR
07 JULY 2022**



The Patron being received by Brig KS Batra, COS HQ 11 Corps, Chairman APS Jalandhar and Principal Dr Saksham Singh



Inspecting the new 'Visitors Room'



Interacting with the senior students in 'The Japsians Café'



CBSE CLASS XII RESULT : 2021-22

DISTRICT TOPPER



Poonam Panwar
Humanities: 97.8%

SCHOOL TOPPERS



Ayush K Singh
Medical: 98.6%



Gurjot Kaur
Medical: 97.8%



Gaurav K Singh
Humanities: 97.4%



Arshdeep Kaur
Commerce: 97.4%

NON-MEDICAL STREAM



Jai Shree: 95.2%



Garva Singh: 95%



Sukhwinderjit Singh: 95%

MEDICAL STREAM



Ayush Kumar Singh: 98.6%



Gurjot Kaur: 97.8%



Sonali Sahoo: 96.4%

COMMERCE STREAM



Arshdeep Kaur: 97%



Harshita Gulati: 94.4%



Komal: 93.6%

HUMANITIES STREAM



Poonam Panwar : 97.8%
District Topper



Gaurav Kumar Singh : 97.4%



Dhirendar Kumar : 94.4%

CBSE CLASS X RESULT 2021-22

SCHOOL TOPPERS



Bhavya Chand
99.2%



Vasu
98.8%



Ankush Raj
98.2%



Aayush Hudda
98%



Rohan Mehta
97.6%

APS JALANDHAR HOSTS THE 11 CORPS INTER APSs ETHIC BOWL CONTEST : 11 – 13 JULY '22

The first ever Ethic Bowl Contest, 'a debating arena with a difference', was held at APS Jalandhar from 11-13 July 2022. Moving away from the stereotype of debating where one team speaks for and one against a given topic, this contest allowed participants the freedom of expressing their views any way they wanted, irrespective of which team they belonged to, resulting in a healthy exchange of views and opinions on the given topics. Contestants counter questioning each other was of course a part of the process. However, a new feature in the form of judges questioning the contestants was also introduced.

Six children each, from class IX to XII were part of the teams representing the six APSs of the 11 Corps. The contest comprised three rounds. Round 1 was an Inter School Round. Thereafter the 24 top scorers were randomly divided into 4 teams to battle it out to become one of the 12 top scorers. These 12 became part of the two teams in the final round. The top 6 individual scorers were ultimately picked out as winners and went on to represent 11 Corps at the Western Command level.

Principal Dr Saksham Singh inaugurated the event, while the final day's proceedings were graced with the presence of Mrs Mrs Vijaya Khanduri, Regional President AWWA Western Command, Mrs Rani Sharma, Zonal President Vajra AWWA and Mrs Supreet Batra, Chairperson Vajra FWO



Principal Dr Saksham Singh inaugurating the event



The Contest in progress...

The guests enjoying the show

AUGUST

ZODIAC SIGNS



Leo



Virgo

BIRTH STONE



Peridot

BIRTH FLOWERS



Gladioli



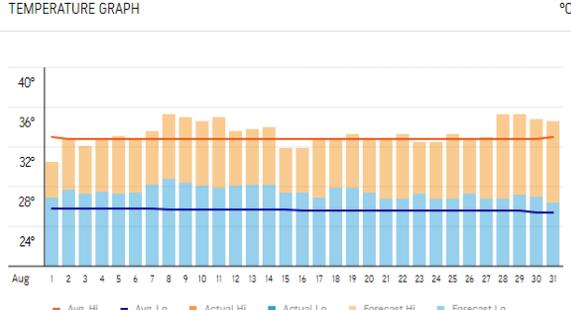
Poppy

August is the eighth month of the Gregorian and Julian calendars. It has 31 days and is named after the Roman Emperor Augustus. Originally its Latin name was Sextilis as it was the sixth month in a year that began with March and had a total of ten months.



A Roman Era Mosaic Tile depicting August

WEATHER CHECK: AUGUST 2022

S	M	T	W	T	F	S
	1	2	3	4	5	6
						
	31° 27°	33° 28°	32° 27°	33° 28°	33° 27°	33° 27°
7	8	9	10	11	12	13
						
34° 28°	35° 29°	35° 28°	35° 28°	35° 28°	34° 28°	34° 28°
14	15	16	17	18	19	20
						
34° 28°	32° 27°	32° 27°	33° 27°	33° 28°	33° 28°	33° 27°
21	22	23	24	25	26	27
						
33° 27°	33° 27°	33° 27°	33° 27°	33° 27°	33° 27°	33° 27°
28	29	30	31	TEMPERATURE GRAPH		
						
35° 27°	35° 27°	35° 27°	35° 26°	<p>Legend: Avg. Hi (red line), Avg. Lo (blue line), Actual Hi (orange bars), Actual Lo (blue bars), Forecast Hi (orange bars), Forecast Lo (blue bars)</p>		

EVERGREEN WORDS OF WISDOM

अनारम्भस्तु कार्याणां प्रथमं बुद्धिलक्षणम् ।

आरब्धस्यान्तगमनं द्वितीयं बुद्धिलक्षणम् ॥

हिन्दी अर्थ : कार्य शुरू न करना बुद्धि का पहला लक्षण है। शुरू किये हुए कार्य को समाप्त करना बुद्धि का दूसरा लक्षण है।

English Translation

Not starting tasks is the first characteristic of intelligence. Once started, bringing tasks to completion is the second characteristic of intelligence.

सुखार्थिनः कुतो विद्या नास्ति विद्यार्थिनः सुखम् ।

सुखार्थी वा त्यजेद्विद्यां विद्यार्थी वा त्यजेत्सुखम् ॥

हिन्दी अर्थ : आराम के साधकों को ज्ञान प्राप्त नहीं होता, और ज्ञान के साधकों को आराम प्राप्त नहीं होता। सुखार्थी को विद्या और विद्यार्थी को सुख त्याग देना चाहिए।

English Translation

There is no knowledge for the seekers of comfort, and no comfort for the seekers of knowledge. A seeker of comfort should give up knowledge, and a seeker of knowledge should give up comfort.

मन के हारे हार है, मन के जीते जीत है

राजा सुजान सिंह भुवनगढ़ का प्रतापी राजा था। वह जब तक जीवित रहा, तब तक पड़ोस के किसी राजा की हिम्मत न हो सकी कि भुवनगढ़ की ओर आँख उठाकर देख सके। सुजान सिंह के देहांत के बाद उनके बड़े पुत्र जीवन सिंह को राजा का उत्तराधिकारी मानकर राजसिंहासन सौंप दिया गया।

जीवन सिंह अपने पिता के विपरीत स्वभाव का था। उसमें वीरता, साहस और विवेक की तो कोई कमी नहीं थी, परंतु वह राग-रंग में व्यस्त रहना अधिक पसंद करता था। उसे सैन्य-संचालन, शासन-प्रबंध तथा न्याय-व्यवस्था से कुछ लेना-देना नहीं था। उसने इनसे संबंधित सारे अधिकार क्रमशः सेनापति, प्रधानमंत्री तथा महादंडाधिकारी को दे रखे थे।

जब हनुमानगढ़ के राजा सूरज सिंह के गुप्तचरों ने उसे बताया कि जीवन सिंह के शासन में क्या कुछ हो रहा है, तो वह अत्यंत प्रसन्न हुआ। उसे लगा कि अब उसके अच्छे दिन आने वाले हैं। उसने अपने सेनापति को बुलाकर कहा, “अब समय आ गया है कि भुवनगढ़ को अपने अधिकार में किया जाए। सभी तैयारियाँ डटकर होनी चाहिए।”

राजा सूरज सिंह ने दल-बल के साथ आक्रमण किया, परंतु उसकी सेना पुनः जीवन सिंह की सेना से डरकर नदी से इस ओर भाग आई। राजा को बड़ा क्रोध आया। उसकी ओर से यह चौथा आक्रमण था। उसने दृढ़ स्वर में सेनापति से कहा, “इसमें घबराने की बात नहीं है। मेरा विश्वास है कि हम अवश्य सफल होंगे। राजा बूस की कहानी मुझे अच्छी तरह स्मरण है।”

कहने को तो राजा सूरज सिंह ने यह सब कह दिया, परंतु वास्तव में वह बहुत चिंतित था। उसे यह तो समझ आ रहा था कि सुजान सिंह के न रहने पर हार का क्या कारण था। राजपुरोहित ने कुछ पल सोचकर कहा, “राजन उसमें विचित्र कुछ भी नहीं है। वास्तव में आपके सैनिक तथा आपकी सेना शत्रु पक्ष से कहीं अधिक प्रबल है, परंतु एक अड़चन दूर करनी होगी। वह यह कि आपकी सेना का मन बुझा हुआ है। उसके मन में अतीत के शत्रु का आतंक बसा हुआ है। उसे निकालकर उसमें आत्मविश्वास भरना होगा। यदि मन में विश्वास बढ़ा हुआ होगा, तो आपकी सेना विजयी होकर लौटगी क्योंकि मन के हारे हार है मन के जीते जीत।”

“इसके लिए एक युक्ति है कि अगले आक्रमण से पूर्व आप एक यज्ञ करवाइए। अपनी सेना के विभिन्न दलों के अध्यक्षों व सेनापति को भी न्योता दीजिए। वहाँ यह घोषणा कीजिए कि एक ज्योतिषी ने कहा है कि यदि इस बार आक्रमण करते समय हमारे सेनापति अपने ध्वज के स्थान पर घास का पुतला लेकर आगे बढ़ेंगे, तो अवश्य हमारी विजय होगी। यह भी कहिए कि पुतला मंत्रों द्वारा तैयार किया जाएगा।

“इससे क्या होगा?”

“होगा यह कि आपकी सेना के मन में से शत्रु का पूर्व अनुभव व आतंक निकल जाएगा और आप जीत जाएँगे।” कहा जाता है कि इस युक्ति से राजा सूरज सिंह की विजय हुई। वह पुतला वास्तव में मन का विश्वास था, जो खो चुका था।”



सुखमनी सातवीं 'ग'

World's 1st woman PM

Sirimavo Bandaranaike was a Sri Lankan politician. On August 21, 1960 she became the world's first woman prime minister. She served as prime minister on three separate occasions. Sirimavo Ratwatte Dias was

born on April 17, 1916, in Ratnapura, Ceylon (now Sri Lanka). She was born into a wealthy family. She married

S.W.R.D. Bandaranaike, a politician, in 1940. Her husband became prime minister in 1956 but was assassinated in 1959. After his death his political party, the Sri Lanka Freedom Party (SLFP), convinced her to become its



leader. She became prime minister of Ceylon after the SLFP won in the July 1960 general election. Bandaranaike wanted the government to follow socialist policies. Those included giving the government owner-

ship over a number of businesses. She also encouraged Buddhism and carried out a law that made Sinhalese the only offi-

cial language of the country. The SLFP was defeated in the 1965 election but regained power in 1970. During her second term as prime minister, Bandaranaike changed Ceylon into a republic named Sri Lanka.

CO – CURRICULAR ACTIVITIES: JUNIOR WING

PAPER PLATE NURSE HAT MAKING CONTEST: CLASS I-II, 8 JULY 2022



Arohi Sinha I B



Saransh Dadwal II B



Simarpreet Kaur III C



Tripti Saini IV E

PAPER BAG MAKING CONTEST: CLASS I – IV, 15 JULY 2022



Aarvi Sharma I E



Utkarsh S Tomar II D



Paramveer Singh III B



Jaitik Atrish IV C

GENERAL KNOWLEDGE QUIZ CONTEST: CLASS I – IV, 22 JULY 2022



PAPER CUTTING, PENCIL SHAVING PASTING CONTEST: CLASS I – IV 29 JULY 2022



Smriti I F



Tamanna Bisht II F



Nancy Rawat III B



Raunak Choubey IV E

CO CURRICULAR ACTIVITIES CLASS V – XII: 08 JULY 2022

ORIGAMI CONTEST CLASS V



Simran Singh V C



M Sudiksha V G



Ananya Yadav VI E



Khushi VII B



Harleen VIII H

BOOKMARK MAKING CONTEST CLASS VI - VIII

ACTIVITIES TO COMEMORATE KARGIL DIWAS: 22 JULY 2022

HINDI POETICAL RECITATION CLASS V



Akshaj Hargun V A



Taniska V B



Naman VI C



Khushi VII B

Drishadwati VIII D

POSTER MAKING CLASS VI - VIII

HINDI EXTEMPORE: CLASS IX-X



Vanshika IX E



Netra Bhardwaj X E



Harmanjot X H

PRESENTATION MAKING: CLASS IX-X



Contest in progress

CBSE EXPRESSION SERIES ACTIVITY – YOGA FOR FITNESS: 27 JULY 2022



Anshika IV B



Varjot Kaur V A



Shruti VIII F



Vanita Singh IX D



Anshika Verma IX D

CLUB ACTIVITIES CLASS V-XII: 29 JULY 2022

RHYTHMIC YOGIS CLUB



Practising Surya Namaskar

EK BHARAT SHRESHTHA BHARAT CLUB



Pledging to stop using single use plastic

ROBOTICS CLUB



Learning the basics ...

SANGEET VAHINI CLUB



Learning to play the 'C Major' chord

SOCIAL DEVELOPMENT CLUB



Importance of etiquette: Role Play

THE ART CONNOISSEURS CLUB



Learning the art of doodling and cartooning

THE MATH PIRATES CLUB



Learning the basics of Vedic Math

THE D.E.A.R. CLUB



Learning and sharing about Kargil Vijay Diwas



STUDENT COUNSELLING SESSIONS HELD DURING THE MONTH OF JULY 2022

Counselling Sessions July 2022		
DATE	CLASS	TOPIC COVERED
04.07.2022	VII A, B, E XII A, B, C	Class talk on Know Yourself by Ms Vibha Bhardwaj, School Counsellor Class Activity and discussion on creating Emotional Support Directory Ms Vibha Bhardwaj, School Counsellor
05.07.2022	VII A, B, E & G XII D, E	Class activity on Gratitude Letter and Class talk on Know Yourself by Ms Vibha Bhardwaj, School Counsellor Class Activity and discussion on creating Emotional Support Directory
06.07.2022	VII A, E & J	Class activity on Improving Vocabulary by Ms Vibha Bhardwaj, School Counsellor
07.07.2022	VII C	Class talk on Know Yourself by Ms Vibha Bhardwaj, School Counsellor
08.07.2022	VII E, F, H, J	Class activity on Improving Vocabulary by Ms Vibha Bhardwaj, School Counsellor
13.07.2022	VI A, F, K	Class talk on Know Yourself by Ms Vibha Bhardwaj, School Counsellor
14.07.2022	VII A, C, D, F, J	Class Activity on Know Yourself by Ms Vibha Bhardwaj, School Counsellor
15.07.2022	VII B, C, D, J	Class Activity on Know Yourself by Ms Vibha Bhardwaj, School Counsellor
19.07.2022	VII F, G, H VIII A	Class Discussion on Self Awareness by Ms Vibha Bhardwaj, School Counsellor. Class Discussion on Understanding and Dealing with Teenage Issues and SWOT Analysis for Career Planning by Ms Vibha Bhardwaj, School Counsellor.
20.07.2022	VIII C, D, B, F	Class Discussion on Understanding and Dealing with Teenage Issues and SWOT Analysis for Career Planning by Ms Vibha Bhardwaj, School Counsellor.
21.07.2022	VIII E, G, J	Class Discussion on Understanding and Dealing with Teenage Issues and SWOT Analysis for Career Planning by Ms Vibha Bhardwaj, School Counsellor.

Counselling Sessions July 2022

DATE	CLASS	TOPIC COVERED
23.07.2022	VIII A, E, H, K	Class Discussion on Understanding and Dealing with Teenage Issues and SWOT Analysis for Career Planning by Ms Vibha Bhardwaj, School Counsellor.
26.07.2022	VIII G XII F X C, D IX G, H, J	Class talk on dealing with Anger Issues by Ms Vibha Bhardwaj, School Counsellor. Class talk on Communication Skills by Ms Vibha Bhardwaj, School Counsellor. Class talk and Motivational Video on Becoming Best Version of Yourself by Ms Vibha Bhardwaj, School Counsellor
27.07.2022	VI D X A, B, E, F, G, H, J	Class activity on Improving Vocabulary by Ms Vibha Bhardwaj, School Counsellor
28.07.2022	IX A, B XI A, B, C, D	Class talk and Motivational Video on Becoming Best Version of Yourself by Ms Vibha Bhardwaj, School Counsellor. Class Talk on Career Planning and SWOT Analysis for making informed Career Decisions by Ms Vibha Bhardwaj, School Counsellor.
29.07.2022	X H XI F	Class Talk on Behavioural issues and maintaining class discipline by Ms Vibha Bhardwaj, School Counsellor. Class Talk on Career Planning and SWOT Analysis for making informed Career Decisions by Ms Vibha Bhardwaj, School Counsellor.
30.07.2022	IX E XII A, B, C, D, E	Class Talk on Understanding and Dealing with Teenage Issues and Behavioural issues by Ms Vibha Bhardwaj, School Counsellor. Class talk on New Age Career Skills by Ms Vibha Bhardwaj, School Counsellor.

Individual Counselling for the students on Study Skills, Time Management, Career-related queries, and Adjustment issues is being done on case to case basis.

During Class Counselling sessions, all students are encouraged to send personal telephonic messages to the counsellor for individual counselling requests, and if required, follow-up is done by Ms Vibha Bhardwaj, School Counsellor.

Parents' Individual Counselling Session is also being done on a priority basis to empower parents and students to develop skills for a smooth transition from online to offline studies, by Ms Vibha Bhardwaj, School Counsellor.

WE ARE LOOKING FORWARD TO.....

FORTHCOMING ACTIVITIES: AUGUST 2022

- 05 August 2022: Rakhi Making Class I – IV
Poetical Recitation Class V
Rakhi Making Class VI – VIII
Enactment to honour freedom fighters
Class IX - XII
- 12 August 2022: Patriotic Group Singing Class I – IV
Club Activities Class V – XII
- 26 August 2022: CBSE Specified Activity, Class V – XII
- 29 July 2022: Creative Writing Class I-IV
Club Activities Class V-XII

FORTHCOMING EXAMS

Evaluation I

05 – 12 August 2022: Class I – II

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