



# THE JAPSIAN CHRONICLE

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**Monthly Newsletter**

## **MD AWES VISITS THE SCHOOL 30 OCTOBER 2019**

Maj Gen (Dr) R K Raina SM (Retd), the new Managing Director of Army Welfare Education Society visited the school on 30 October, 2019. He was received by Brig Amaresh Panwar, CSO HQ 11 Corps, Chairman APS Jalandhar and Dr Saksham Singh, Prinicipal APS Jalandhar. After a presentation by Principal Dr Saksham Singh about the progress of the school, the MD, went around both, the Senior Wing and Primary Wing campuses.



**Dr Saksham Singh, Principal APS Jalandhar escorting Maj Gen (Dr) R K Raina SM (Retd), MD AWES**



**Principal Dr Saksham Singh Showing the MD around**



**MD AWES presenting his vision for wellness of the school**



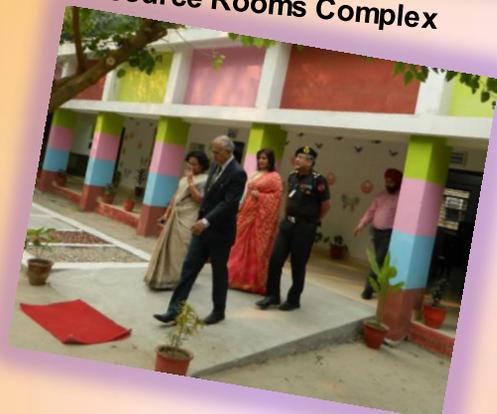
**MD AWES being shown around the Primary Wing by the Principal and Headmistress**



**MD AWES being escorted to the Resource Rooms Complex**

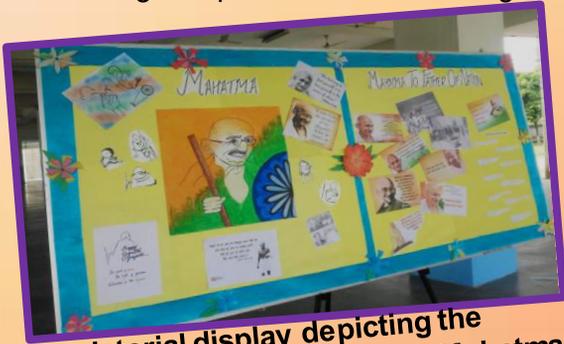


**MD AWES in conversation with the school Chairman, Principal and Headmistress about functioning of the Resource Rooms**



# HOMAGE TO THE FATHER OF THE NATION GANDHI JAYANTI CELEBRATION

On the eve of the 150<sup>th</sup> birth anniversary of the Father of the Nation special morning assemblies were held in both the Primary and Senior wings of the school. In the Senior Wing, the assembly began with the school choir singing the Mahatma's favourite bhajan 'Raghupati Raghav', followed by a speech on his life and works and a skit on his teachings. The Primary Wing assembly showcased the Mahatma's growth as a person, through a speech and his teachings through a short enactment.



A pictorial display depicting the milestones achieved by the Mahatma

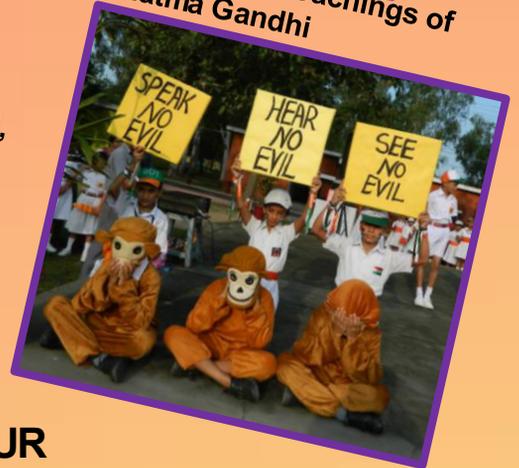


A speech on the life and teachings of Mahatma Gandhi

A floral tribute by the Primary Wing



Speak no evil,  
hear no evil,  
see no evil...  
An enactment



## EXCURSION TOUR

### PUNJAB INSTITUTE OF MEDICAL SCIENCES: 01 OCTOBER 2019

12 students of class XII, Medical Stream, went on a field trip to the Punjab Institute of Medical Sciences, Jalandhar, duly accompanied by their Biology teacher, Mrs Misha S, (PGT Biology), for an insight into the world of medicine. They were received and guided around the campus by the hospital PR Representatives. They were shown preserved human anatomical features, with a doctor explaining their nature to them, in the hospital museum. Also on display were exhibits of the Life cycle of Plasmodium, Replication of Viruses, and a model of bacteriophage. They also visited the Bio Chemistry and Micro Biology laboratories and saw how instruments like Incubators, Flame Photometers, Digital Spectrometers worked. Thereafter they went to the library exhibiting thick volumes of books dedicated to different fields of medicine. Overall, a fun filled, informative excursion.



Students of the school posing with the teacher in front of PIMS, Jalandhar

## FIT INDIA PLOGGING MARATHON: 02 OCTOBER 2019

To make children aware of the 'Clean India, Healthy India' concept, the CBSE initiated the observance of the 'Fit India Plogging Marathon' in all its affiliated schools on the 150<sup>th</sup> birth anniversary of the Father Of The Nation. 70 students from class V – IX, under the supervision of 10 teachers, set off from the school gate at 6 am, armed with cloth bags, jogging along the decided route, stopping enroute to clear snack packets, plastic bags, bottles, littered around / on the road. They followed the route from APS Senior Wing to KV No 4, to Chhattri Chowk, to Ajit Road, Nalwa Road and back to school. The garbage collected was disposed off in the Cantonment Board Dumpster near the school, from where it would be picked up by the Board's garbage clearing trucks. With the participants promising to keep up this practise as also, educate neighbours, friends, families about minimizing the use of plastic and the correct disposal of garbage, the exercise came to an end.



**Plogging: Health and sanitation together**



**Collecting garbage along the Plogging route**



**The busy ploggers...**



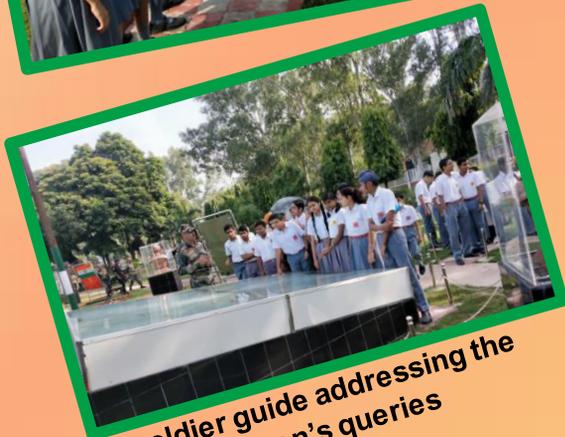
**Mr Vinod Suri, PET, guiding and supervising the Plogging exercise**

# DEFENDERS OF PUNJAB VAJRA MUSEUM INAUGURATION 05 OCTOBER '19

Lt Gen Arvind Dutta, AVSM, VSM, GOC 11 Corps and Mrs Simmi Dutta, Zonal President Vajra AWWA, inaugurated the new extension of the Vajra Museum at the Vajra Vatika, Jalandhar Cantt on 5 October '19. Set amidst the lap of nature, this part of the museum is dedicated to tales of Sikh Valour throughout history, right from the inception of the Khalsa, till date. Sculptures of great soldiers and hoardings of the great battles fought in this sector, by the soldiers of the Vajra Corps, to guard the honour and integrity of the nation, are artistically spread across the vatika. This is an initiative on part of the Indian Army to motivate youth from Punjab to join the Armed Forces.

The event was attended by 53 students from class IX, duly accompanied by four teachers. The children found the visit very informative and motivating.

## Fun Time Learning : Children enjoying the displays at the Vajra Museum



A soldier guide addressing the children's queries



Capturing memories....

## NCC BOYS ANNUAL TRAINING CAMP 09 - 18 OCTOBER 2019

The Annual training camp for boys of the National Cadet Corps was held at DAV University Jalandhar, from 09 to 18 Oct 2019 which was attended by 33 boys from the Junior Division and 23 boys from the Senior Division of our school. Besides doing well in the training routine, our cadets did us proud by winning laurels in various contests held there. Cadet Balsharandeep Singh stood First in Firing. Cadets Amritpal Singh, Cadet Arshdeep Singh and Cadet Akashdeep Singh were declared Runners Up in the Squad Drill and Cadet Vijay was the Winner of the Line Lay Out Competition



Amritpal Singh, Runners Up, Squad Drill



Akashdeep Singh, Runners Up, Squad Drill

# MOTIVATION BY OUR MENTORS

## 11 OCTOBER'19

Brig Amaresh Panwar, CSO 11 Corps, Chairman APS Jalandhar, interacted with the teachers and students of class X & XII on 11 Oct 2019. He appreciated the efforts being put in by the teachers to prepare the children to excel in academics and motivated them to keep working hard in this context. He discussed the measures being taken to help low achievers and suggested ways to further improve their performance. While speaking to the students he advised them to replace social media with sports as it would enhance their concentration and also insisted on their learning time management.



**Brig Amaresh Panwar, CSO 11 Corps, Chairman APS Jalandhar interacting with the children.**



**Brig Amaresh Panwar, CSO 11 Corps, Chairman APS Jalandhar in discussion with the teachers of Class X and XII.**

# OUR WONDEROUS YOGIS FIRST RUNNERS UP 6TH PUNJAB STATE OPEN YOGA CHAMPIONSHIP 05 OCTOBER'19

The Indian Yoga Sports and Fitness Association organised the 6<sup>th</sup> Punjab State Open Yoga Championship at Jalandhar, wherein 250 children, from all over Punjab participated, some as teams and some individually, in the Under 18 years and Under 12 years categories, for boys and girls respectively. 5 boys and 7 girls represented our school and made us proud by winning the First Runners Up positions in the Under 18 categories for both, boys and girls. Besides, our 'rubber dolls', also won individual prizes. While Agrima Kashyap from class IV B won the Silver medal in the Under 12 years category, Asmita from Class IX B and Oinam Rohan from class VIII C bagged the Gold medals in the Under 18 years categories for girls and boys, respectively.



**Oinam Rohan, VIII C Gold Medalist  
Category : Boys Under 18 years**



**Asmita, IX B, Gold Medalist  
Category : Girls Under 18 years**



**The Under 18 Years APS Boys Team in action.  
Winners of the First Runners Up Team Position**

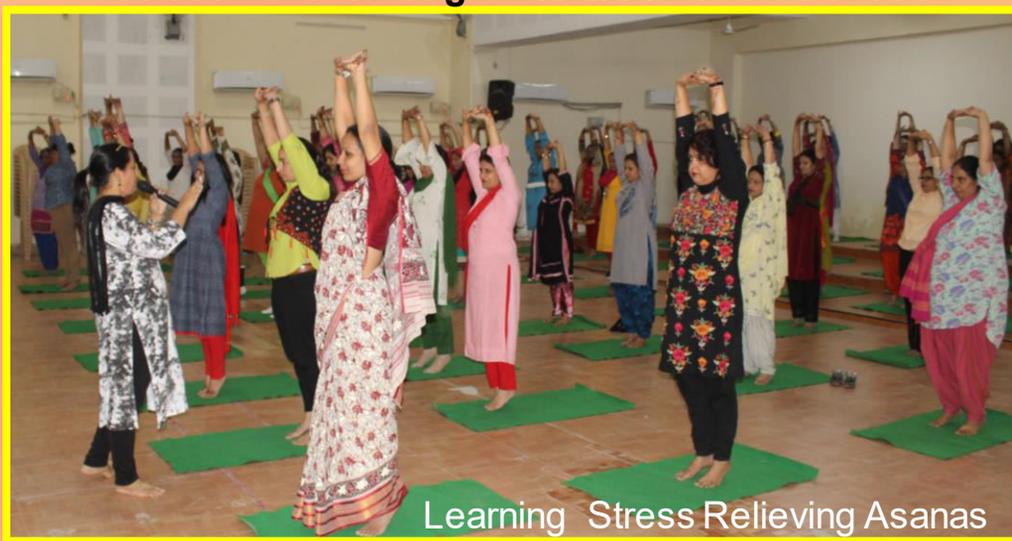
# SHARING AND LEARNING TOGETHER

In service training session for Faculty members: 19 October 2019



Principal Dr Saksham Singh addressing the faculty members

Mrs Davinder Saini, the In House Yoga Expert, conducted a session on 'Stress Relief through Meditation and Relaxation'



Learning Stress Relieving Asanas



Solutions through Vedic Maths

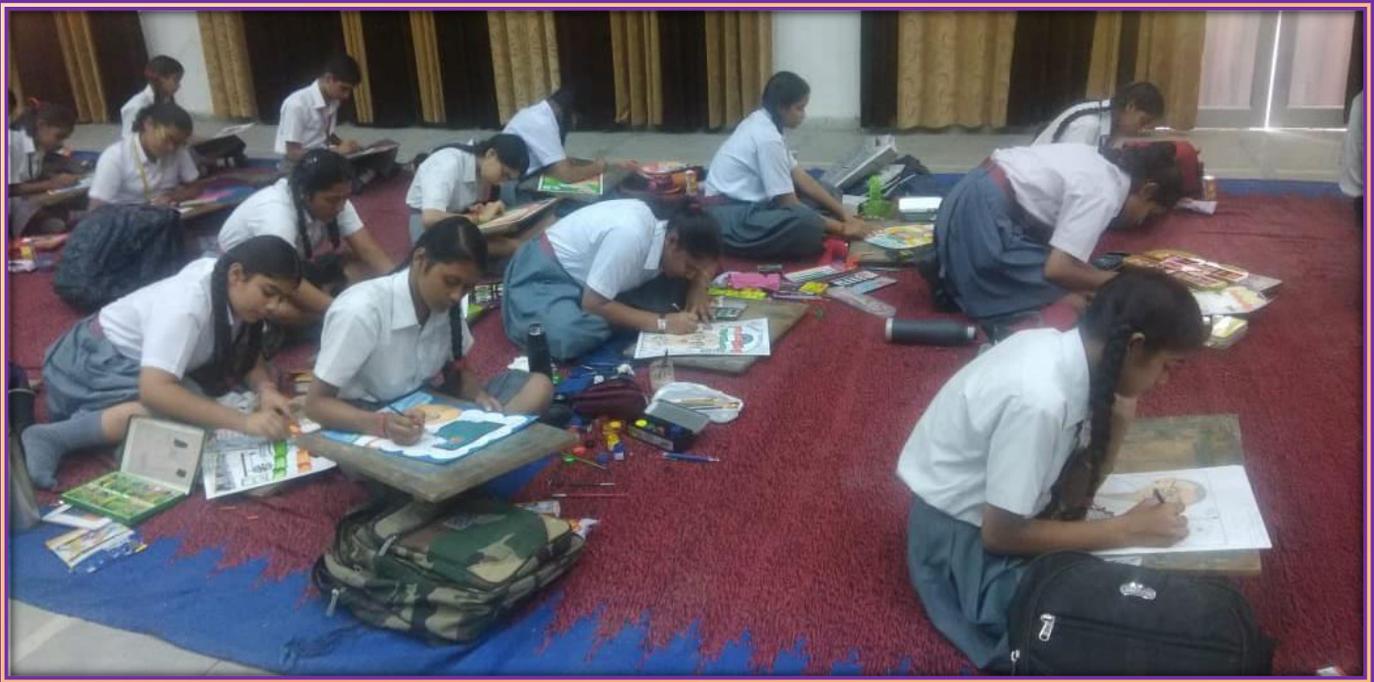
De stressing through friendly competition



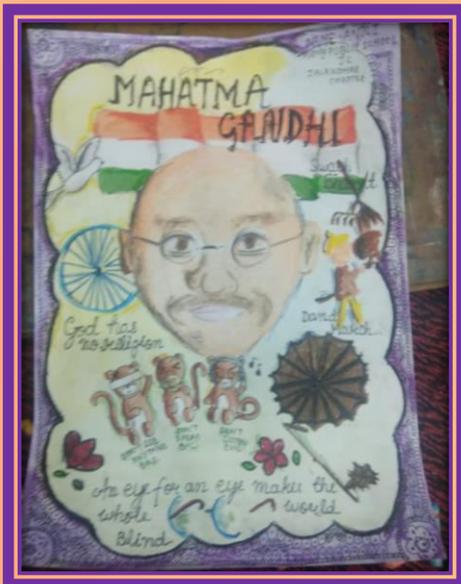
Antakhshadi

# INTACH ON THE SPOT DRAWING AND PAINTING CONTEST APS BEAS, 18.10.19

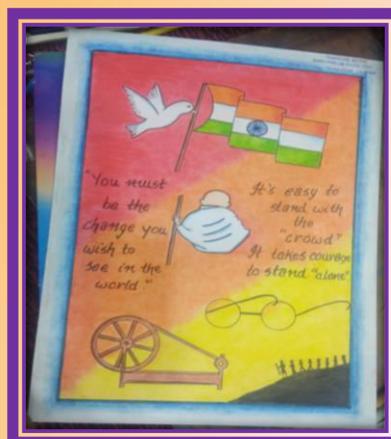
The Jalandhar chapter of INTACH, an organisation dedicated to conserving Indian culture and traditions and motivating youngsters to be an integral part of this drive, organised an On the spot Drawing and Painting Contest for children from schools in and around Jalandhar, on the theme, Gandhi and Indian Culture. 10 students from class VI - IX represented our school. Their creations were very well appreciated by the organisers and guests alike. The result will be declared in November.



The Young Picassos at work...



Some of the children's creations



# CBSE LEARNING HUB INTER SCHOOL FOLK DANCE CONTEST APS JALANDHAR, 22 OCTOBER 2019

The first Inter School Folk Dance Contest for member schools of the CBSE Learning Hub was organised by APS Jalandhar to promote mutual harmony, healthy competition and a chance to learn and grow together amongst the children. Dr Saksham Singh, Principal APS Jalandhar appreciated the efforts of the participants and felicitated them. The team from St Manu's Convent School emerged winners and received the Winner's Trophy and participation certificates. APS Jalandhar being the host did not contest for the trophy.



Performance by the winning team



The host team in action



Winners being felicitated by Dr Saksham Singh, Principal APS Jalandhar

# CLUBBING FUN.....

## DROP EVERYTHING AND READ : D.E.AR: THE READERS CLUB



## KNOW YOUR AUTHOR : Finding, Reading, Analysing Books By Famous Writers

## LITERATI: PUBLIC SPEAKING CLUB



## Debate : Alpenliebe Vs Cadbury's Chocolate Eclairs

## BRUCE LEE CLUB



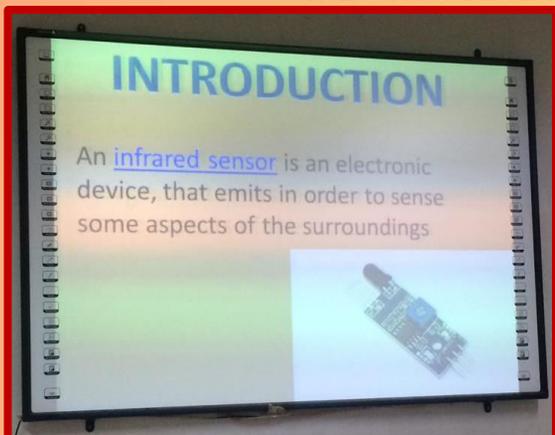
## Karatekas practising defensive kicks

## NATURE NURTURERS CLUB



## Poster Making on 'Save the Environment'

## ROBOTICS CLUB : EXPLORING INFRA RED IMAGING



**MATHS PIRATES CLUB : FUN WITH VEDIC MATHS**



**YOGA CLUB : RHYTHM AND FITNESS TOGETHER**



**OLYMPIADS: EXERCISING THE MIND**



**SOF ENGLISH OLYMPIAD IN PROGRESS: 15 OCTOBER 2019**



**GREEN OLYMPIAD IN PROGRESS: 16 OCTOBER 2019**

# NEWS FROM ACTIVITY LAND

OBSERVATION OF GLOBAL HANDWASHING DAY: 16 OCTOBER 2019



Students depicting the importance of soaping and washing hands correctly



Students from the Army Nursing College, Jalandhar presenting a skit on the occasion

## DIYA/CANDLE DECORATION, CLASS V



Students with their decorated diyas.



Students decorating their candles.

## DIWALI CORNER DECORATION, CLASS I-IV: 25 OCTOBER 2019



Decorated Diwali Corner

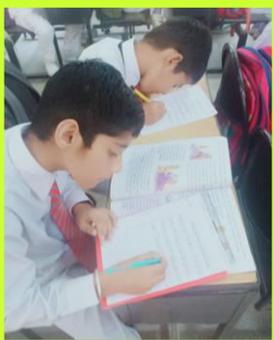


Busy bees at work.....

# FIRE FIGHTING AND EVACUATION DRILL: CLASS I-IV 01 OCTOBER 2019



## ENGLISH AND HINDI CALLIGRAPHY CONTEST : CLASS I-IV



## INTER HOUSE BADMINTON TOURNAMENT : CLASS IV

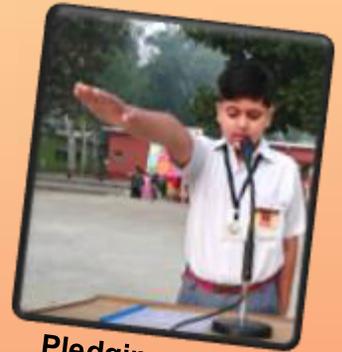


# EKTA DIWAS: 31 OCTOBER 2019

To pay homage to Sardar Vallabh Bhai Patel, the Iron Man of India on his 144<sup>th</sup> birth anniversary, various activities were held on 31 October 2019 for the students.



Running for Unity: Class I - IV



Pledging our Unity



On the spot Drawing and Painting Contest Class VI-VIII on the Theme 'National unity'



On the spot Hindi Essay Writing Contest  
Class IX  
Theme: Vallabh Bhai Patel's life and works



## WE ARE PROUD OF



**Dr Saksham Singh**  
Principal APS Jalandhar

Dr Saksham Singh, Principal APS Jalandhar was conferred with the prestigious 'S Balbir Singh Memorial Award' by the management of KCL Institute of Management and Technology, Jalandhar for being an eminent educationist and dedicating herself to the field of education on 25 Oct 2019.

Mr H S Bhatti, HOD Fine Arts received an 'Award of Excellence' for photography, at the 85th All India Exhibition of Arts 2019 organised by AIFACS, New Delhi.



**Mr H S Bhatti** receiving his Award from **Padam Vibhushan Shri Ram V Sutar**, President, AIFACS New Delhi.



The award winning photograph

Mrs Vibha Bhardwaj, School Counsellor was invited as a guest speaker and panelist to participate in a discussion on 'Mental Health Promotion & Suicide Prevention' on 9<sup>th</sup> October 2019, on the eve of World Health Day. It was organised by the AWWA and presided over by Mrs Simmi Dutta, Zonal President, Vajra AWWA. The objective of the discussion was to raise awareness about causes of the increasing suicide rate around the world and the role we can play in its prevention.



# CLASSWISE COUNSELLING SESSIONS CONDUCTED BY MRS VIBHA BHARDWAJ, SCHOOL COUNSELLOR

**14 Oct 2019**

A motivational session was held for children of class XI A, to help them study and improve their academic performance.

A class activity on introspection was organized for class XI D.

**15 Oct 2019**

An activity on Assessing Communication Skills was organized for class XI D

A discussion on how to prepare for examinations was held for students of class XII A.

**16 Oct 2019**

A motivational session on helping students of class XII B to study and prepare for examinations was held.

An activity on 'Developing Interpersonal Skills' was organized for class XI D.

**18 Oct 2019**

A session on identifying and reporting 'Good and Bad Touch', was held for children of class I D, E F G,H and class IV H & J.



## FORTHCOMING ACTIVITIES: NOVEMBER, 2019

### PRIMARY WING

01 November, 2019

English and Hindi Calligraphy Contest Class I-IV

Best Out of Waste Creation Class V

08 November, 2019

Hindi Poetical Recitation and Enactment Class I-IV

Bookmark Making Class V

14 November, 2019

Fancy Dress Contest Class I-IV

15 November, 2019

Sandwich Making Class V

22 November, 2019

Wonders from Waste Class I-IV

News Reading Class V

29 November, 2019

Paper Plate Craft Contest Class I-IV

Poster Making Using Ms Paint Class V

### SENIOR WING

01 November, 2019

Best Out of Waste Class VI-VIII

08 November, 2019

Clubbing Class VI-XII

15 November, 2019

Declamation: English, Hindi Class VI-XII

22 November, 2019

Clubbing Class VI-XII

29 November, 2019

GK Quiz Class VI-XII

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