

# THE JAPSIAN CHRONICLE

## MONTHLY NEWSLETTER

VOLUME 3 ISSUE 8 DECEMBER 2021

SCHOOL CBSE AFFILIATION NUMBER : 1680003



# HAPPY NEW YEAR 2022



DEAR READERS  
THE PRINCIPAL, STAFF AND STUDENTS  
OF ARMY PUBLIC SCHOOL JALANDHAR  
WISH YOU AND YOUR LOVED ONES A  
YEAR FILLED WITH HAPPINESS,  
PROSPERITY, SUCCESS AND THE BEST  
OF HEALTH.  
GOD BLESS!

**APS JALANDHAR QUIZZERS WIN  
THE 11 CORPS INTER ARMY PUBLIC SCHOOLS  
INTACH HERITAGE QUIZ : 17 DECEMBER 2021**



Quizzers Kashvi Dhankar and Shreya Singh from class XI, posing with  
Brig KS Batra CSO HQ 11 Corps, Chairman APS Jalandhar and Principal Dr Saksham Singh

# JANUARY



**January** is the first month of the year in the Julian and Gregorian calendars. It is also the first of seven months that have 31 days. It is, on average, the coldest month of the year within most of the Northern Hemisphere and the warmest month of the year within most of the Southern Hemisphere. It is named after Janus, the Roman God of new beginnings.

What is interesting is that January, along with February, was added to the calendar much after the other ten months. Before this was done, the year comprised of ten months and began with March.

## January Zodiac Signs

## January Birth Stone

## January Birth Flower



Capricorn



Aquarius



Garnet



Pink Carnations

## Important Historical Event of the Month

### Adoption of Jana Gana Mana as the National Anthem of India

24 January 1950

Our national anthem is the translation of the first stanza of the Bengali hymn 'Bharato Bhagya Bidhata', written and composed by the great Nobel Laureate Rabindra Nath Tagore in 1911. The original Bengali hymn was sung for the first time on 27 December 1911, at the Calcutta Session of the Indian National Congress.

27 DECEMBER, 1911

## JANA GANA MANA

FIRST SUNG AT INC, CALCUTTA

The Jana Gana Mana, which would become India's National Anthem, was sung for the first time, at the Indian National Congress (INC) annual convention at Calcutta on December 27, 1911.

It was written by Nobel laureate and poet Rabindranath Tagore in Bengali, although the vocabulary used was majorly inflected by Sanskrit.

The song was first published under the title 'Bharat Vidhata' in Tattva Bodhini Patrika in January, 1912.

It was adopted by the Constituent Assembly as the National Anthem of India on January 24, 1950.

# WEATHER CHECK

Sun Mon Tue Wed Thur Fri Sat

## JANUARY 2022

1  
  
20°  
7°

2



21°  
7°

3



22°  
7°

4



20°  
5°

5



20°  
5°

6



20°  
5°

7



19°  
5°

8



21°  
7°

9



21°  
8°

10



19°  
8°

11



18°  
8°

12



18°  
5°

13



20°  
5°

14



20°  
4°

15



20°  
4°

16



20°  
5°

17



21°  
4°

18



21°  
4°

19



22°  
5°

20



23°  
5°

21



22°  
4°

22



21°  
5°

23



22°  
9°

24



23°  
9°

25



20°  
9°

26



22°  
8°

27



21°  
7°

28



23°  
6°

29



22°  
6°

30



22°  
6°

31



22°  
6°

# Words OF WISDOM

## आदर्श विद्यार्थी के पांच लक्षण

काकचेष्टा बकोध्यानं श्वाननिद्रा तथैव च ।  
अल्पहारी गृहत्यागी छात्राणां  
पञ्चलक्षणम् । ।

(पाणिनीय शिक्षा)

**SOURCE:** Paniniya Shiksha, by Sage Panini, the father of Linguistics.

**MEANING:** To attain knowledge, an ideal student must at all times, persevere like a crow, concentrate like a crane, stay alert like a dog, eat and sleep less and, stay away from interference in worldly affairs.

ਨੀਂਦ ਨਾ ਵੇਖੇ ਬਿਸਤਰਾ, ਤੇ ਭੁੱਖ ਨਾ  
ਵੇਖੇ ਮਾਸ ।

ਮੌਤ ਨਾ ਵੇਖੇ ਉਮਰਾਂ ਨੂੰ, ਤੇ ਇਸ਼ਕ  
ਨਾ ਵੇਖੇ ਜਾਤ ।

**MEANING:** A person who is really sleepy does not go around looking for comfortable bedding. He can sleep anywhere.

Likewise, a really hungry person does not crave a feast, just something edible.

Death strikes when it is time, irrespective of whether one is young or old and one falls in love irrespective of a person's name, fame or social status.

## विद्या का महत्त्व

येषां न विद्या न तपो न दानं  
ज्ञानं न शीलं न गुणो न धर्मः ।  
ते मर्त्यलोके भुवि भारभूता  
मनुष्यरूपेण मृगाश्चरन्ति । ।

(नीतिशतकम्)

**SOURCE:** Nitishatakam, by Sage Bhartrihari

**MEANING:** Those who do not want to gain knowledge, or persevere, do not possess humility, good character or the need to donate to charity, have no respect for humanity and religion, are just a burden on Mother Earth, wandering around aimlessly, like animals in human form.

ਗੁੱਸੇ ਵਿੱਚ ਨਾ ਆਇਆ ਕਰ  
ਠੰਢਾ ਕਰ ਕੇ ਖਾਇਆ ਕਰ ।  
ਦਿਨ ਤੇਰੇ ਵੀ ਫਿਰ ਜਾਵਣਗੇ,  
ਐਵੇਂ ਨਾ ਘਬਰਾਇਆ ਕਰ ।

**MEANING:** Never lose your cool, always stay calm. Take time to enjoy your meals. Do not be tense, as good times will soon replace trying times.

## कमाल चूहे का

एक गाँव में छोटी बच्ची राधा अपने माँ-पिता के साथ रहती थी। भूख लगने पर जब भी वह रोती तो उसकी माँ उसे दूध दे देती। एक दिन उसकी माँ घर की सफाई में लग गई। उसने दूध गर्म करके राधा के सिरहाने रख दिया। राधा जब भी जागती वह दूध उठाकर पी लेती थी। किंतु आज उसका दूध एक चूहा पी गया। नींद से जागते ही राधा रोने लगी। उसकी माँ उदास हो कहने लगी, “बड़ी मुश्किल से दूध जुटाया था।” चूहा छिपकर सुन रहा था। वह भी उदास हो गया। उसे अपनी गलती का अहसास हो गया। चूहे ने सोचा, “मुझे कहीं से दूध लाना ही पड़ेगा।” चूहा एक ग्वाले के पास गया और उससे दूध माँगा।

ग्वाले ने कहा, “मैं तो गाय से दूध लेता हूँ।”

चूहा गाय के पास गया। चूहे ने गाय से दूध माँगा।

गाय ने कहा, “मैंने कई दिनों से हरी घास नहीं खाई। हरी घास होती तो मैं दूध देती।”

चूहा घास के पास गया। घास ने कहा, “पहले मैं पूरे मैदान में उगती थी। नदी के पानी से मैं हरी भरी रहती थी। अब तो मैं पीली पड़ गई हूँ।”

चूहा नदी के पास गया। नदी ने कहा, “मैं खुद सूखती जा रही हूँ पता नहीं क्यों पानी क्यों नहीं बरसता। तुम पहाड़ से जाकर मिलो।”

पहाड़ से मिलने पर बोला, “पहले पानी मैं लाता था पर पता नहीं बादल क्यों नाराज़ हैं।”

चूहा बादल के पास गया। चूहे की पूरी बात सुनकर बादल ने कहा, “जहाँ जंगल नहीं वहाँ कैसे बरस सकता हूँ इंसानों से कहो वे पेड़ लगाएँ।”

बेचारा चूहा सोच में पड़ गया। उसने बादल से कहा, “इंसान तो बहुत खतरनाक है। मुझे उन से बहुत डर लगता है।”

बादल बोला, “इंसान तो जल-धरती-जिभ तीनों को नुक्सान पहुँचा रहे हैं। तुम छोटे बच्चों से दोस्ती करो। नन्हें मुन्ने बच्चे ही पेड़ लगाएँ। वे पेड़ों की देखभाल भी करेंगे।”

चूहे ने बच्चों से दोस्ती कर ली। नन्हें मुन्ने बच्चों ने खूब सारे पेड़ लगाए। पेड़ों की देखभाल की। पेड़ हरे भरे हो गए। आसमान में बादलों का जमघट लग गया। जमकर पानी बरसा। नदी पानी से भर गई। खेतों-मैदानों को पानी मिल गया। मैदानों में छाई हरियाली से गाय को हरी घास मिलने लगी। गाय दूध देने लगी। ग्वाले दूध बेचने लगे। प्रत्येक घर में दूध मिलने लगा। राधा को भी दूध मिलने लगा। चूहा राधा के हाथ में दूध का गिलास देखकर बहुत खुश हुआ।



शिक्षा : एक गिलास दूध के लिए भी प्रकृति में सबकुछ ठीक होना अत्यंत आवश्यक है। आओ हम सब मिलकर प्रकृति का संरक्षण करें।

लेखक मनोहर चमोली मनु  
चित्रांकन दीपिका नवम् 'अ'  
प्रियांशु कुंवर नवम् 'अ'



# VEDIC MATH PRINCIPLES

## RULES TO FIND THE SQUARE ROOT OF A NUMBER

1. Arrange the number in two-digit groups from the right to left.  
If on the left hand side, a single digit is left, that will also be counted as a group.
2. The number of digits in the square root will be the same as the number of groups derived from the number.  
Examples:  
25 has just one group as '25', hence the square root should be of one digit.  
144 has two groups as '44' and '1', hence the square root should be of two digits.  
1024 has two groups as '24' and '10', hence the square root should be of two digits.
3. If the given number has 'n' digits then the square root will have  $n/2$  or  $(n+1)/2$  digits
4. The squares of the first nine natural numbers are 1, 4, 9, 16, 25, 36, 49, 64, and 81.  
All of these squares end with 1, 4, 5, 6, 9, 0. This means:  
An exact square never ends in 2, 3, 7 or 8  
If a number ends in 2, 3, 7 or 8, its square root will always be an irrational number  
If an exact square ends in 1, its square root ends in 1 or 9  
If an exact square ends in 4, its square root ends in 2 or 8  
If an exact square ends in 5, its square root ends in 5  
If an exact square ends in 6, its square root ends in 4 or 6  
If an exact square ends in 9, its square root ends in 3 or 7
5. If a perfect square is an odd number, the square root is also an odd number
6. If a perfect square is an even number, the square root is also an even number
7. A whole number, which ends with an odd number of 0's, can never be the square of a whole number
8. An exact square never ends in a 6 if the penultimate digit (digit that is next to the last digit) is even.  
Exact squares can not end in 26, 46, 86, etc.
9. An exact square never has an odd penultimate digit unless the final digit is a 6 (thus, exact squares can not end in 39, 71, etc.)
10. An exact square never ends with an even number when the last two digits taken together are not divisible by 4  
Thus, no exact square can end in 22, 34 and other non-multiples of 4 if the last digit is even.

# YOUNG CHEF OF THE MONTH



**JASMINE KAUR IV D**

## INGREDIENTS

1. 9 slices of bread
2. 3 packets Oreo biscuits
3. ½ glass of milk
4. 1 bar chocolate
5. 1 packet Gems candies



## MY CREATION OREO AND BREAD CAKE

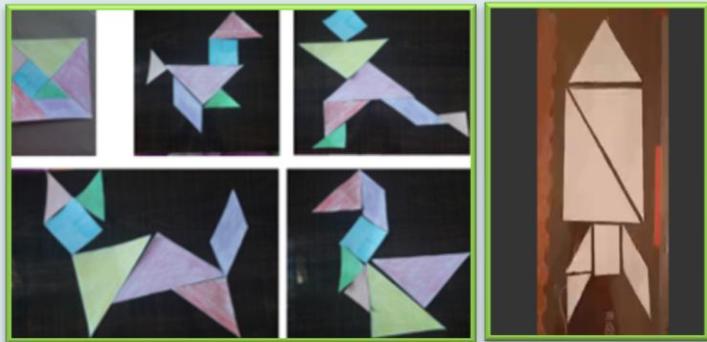
### RECIPE

1. Take the bread slices and cut off their edges .
2. Cut 6 slices into semi circles.
3. Now arrange 3 semi circular and 3 square cut bread slices to form a heart.
4. Take out all the Oreo biscuits from their packets and grind them into a fine paste with mummy's help.
5. Mix them with some milk to make a smooth paste.
6. Now spread this paste between the bread pieces and over the layers, covering them completely.
7. Grate the chocolate bar and sprinkle it over the Oreo paste.
8. Top it up with colourful Gems.

**OUR YUMMY CAKE IS READY TO EAT!**

# CLUBBING FUN: 10 DECEMBER 2021

## MATH PIRATES Fun With Tangrams



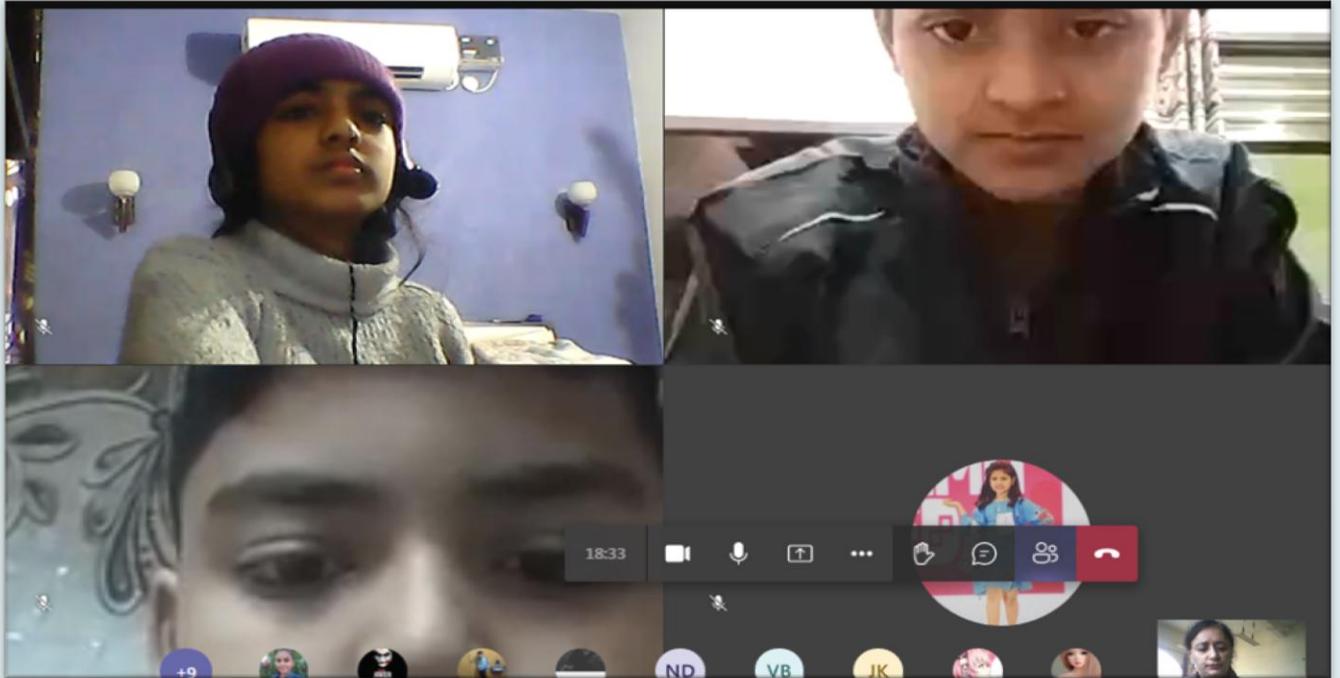
Ayushi Singh VI C

Pratik VII A

## NATRAJ CLUB Learning Himachali Folk Dance

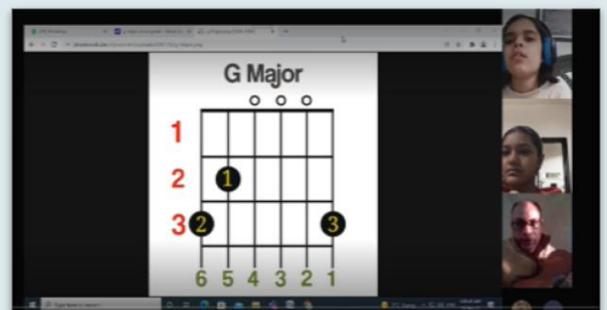


## RANGMANCH CLUB Learning Elements of Drama



Class with Ms Surinderjit Kaur HOD Punjabi, in progress

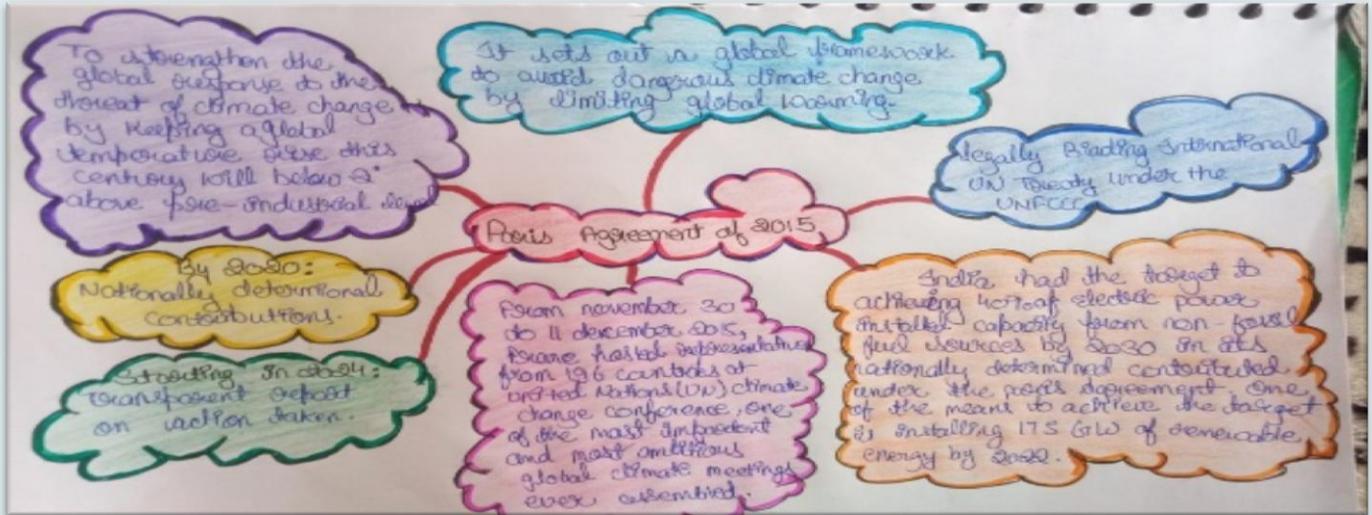
## SANGEET VAHINI CLUB Learning how to become a guitarist



Mr Sandeep Verma HOD Music demonstrating the basics

# ITIHAAS CLUB

## The Paris Climate Accord 2015 : A Discussion



Salient Features of the Paris Climate Accord 2015, by Harsh Tomar VIII D

### BRUCE LEE KARATEKAS

#### Practising the Back Power Kick'

### THE ART CONNOISSEURS CLUB

#### Water Colour Painting



Pradumn Sinha V J



B Siva Das VIII J



Nandana Binu VII C



Gurleen Kaur VI G

### SOCIAL DEVELOPMENT CLUB

#### Sharing and Caring

### RHYTHMIC YOGIS CLUB

#### Pranayam for good health...



Damanpreet V D



Pratasmitta Mallick V A



Srishti Verma V E demonstrates.....

# NATURE NURTURERS CLUB

## Exploring 'Naturotherapy'



Name- Aleya Siddique  
Class- IX D



- Boil a handful of Neem leaves in water until the water turns greenish and cleanse your scalp with it. It helps in strengthening your hair and reducing dandruff.
- Chewing Neem leaves or drinking Neem juice helps prevent Gastrointestinal diseases like constipation, stomach ulcer etc.
- Applying Neem paste on wounds heal them faster due to its antiseptic properties.
- You can burn few neem leaves to prevent mosquitoes from entering your house.



NAME- ANJALI  
8A



### GARLIC

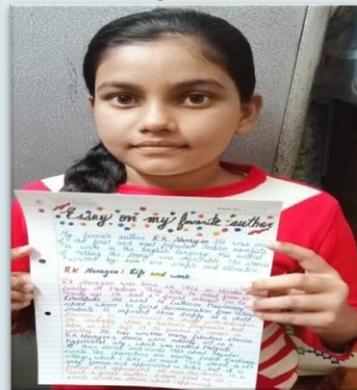
This super plant is great for fighting infections, aiding with cholesterol management and much more. Eating garlic on a regular basis is good for your overall health and easy to incorporate into a wide array of dishes. Raw garlic is the most potent so by eating it uncooked for the most health benefits.

**GARLIC HEALTH BENEFITS:-**

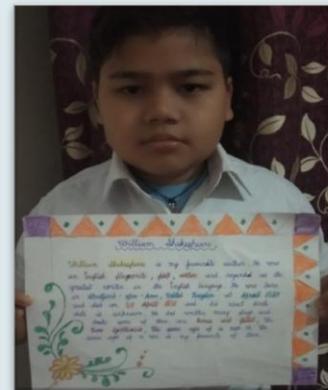
1. Helps prevent Heart diseases.
2. Lowers cholesterol and blood pressure.
3. Prevents dementia, Alzheimer's and similar degenerative diseases.
4. Improves digestive health.
- 5.

# DROP EVERYTHING AND READ (D.E.A.R.) CLUB

## My Favourite Author Is....



Gurpreet Kaur VII G



Palak Thakur VIII B

# CLUBBING FUN: 23 DECEMBER 2021

## THEME: CHRISTMAS TIME

### SOCIAL DEVELOPMENT CLUB

#### Learning the meaning of Christmas

### D.E.A.R. CLUB

#### Exchanging Christmas Greetings



Gurpreet Kaur VII G



Afsana VII B

### NATRAJ CLUB

#### Hip Hopping to the tune of 'Jingle Bells'

### THE ART CONNOISSEURS CLUB

#### Creating Christmas Decorations from Waste



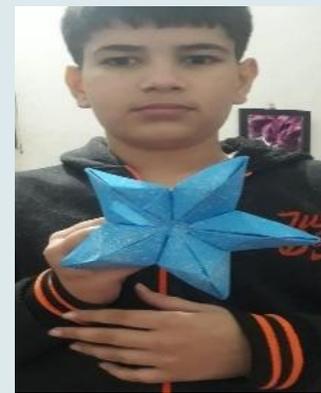
Siya Dhiman VII D



Ananya Yadav V J



Vanya Sharma VII C



Bhanoo Yadav VII E

# NATURE NURTURERS CLUB

## Slogan Writing: Water Conservation



Priyanshu VIII C



Ishwan X G

# RANGMANCH CLUB

## Learning 'Dramatic Effects'



# BRUCE LEE KARATEKAS CLUB

## Hair Pulling for Self Defense



Demonstration by Pradanya V D

# RHYTHMIC YOGIS CLUB

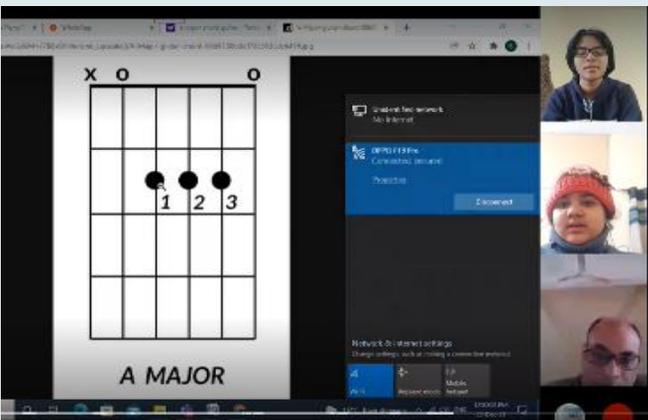
## Advanced Yoga Poses



Hardeep Singh VIII H

# SANGEET VAHINI CLUB

## Practising playing the 'A Major Chord' on guitar



Class in progress...

## MATH PIRATES CLUB Sketching using Graph Paper



Riya VIII B



Abhinav VI B

# CO – CURRICULAR ACTIVITIES CLASS I – IV

## FANCY DRESS: 10 December 2021



Utkarsh Singh I D



Soham Ajit Gadre II E



Rajveer Parmar III A



Akshaj Hargun IV A

## STONE PAINTING: 17 December 2021



Ruhi Choudhary I B  
Name: Ruhi choudhary  
Class: IB



Omi Bala II B



Swagat Kumar III G



Vikalp Rana IV C

## CHRISTMAS CORNER DECORATION: 23 December 2021



Anik Biswas I C



Inayat Patial II D



Sambhav III F



Chiara Sharma IV E

# CO – CURRICULAR ACTIVITIES CLASS V – XII

## ENVIRONMENTAL STUDIES QUIZ - CLASS V : 17 December 2021



The Quiz in progress...

# POSTER MAKING CLASS VI-VIII



Khushi Yadav VI B



Angel Tomar VII D



Aditi VIII B

## INTER HOUSE PUNJABI DEBATE: CLASS IX, XI



The Debate in progress...

## IN SERVICE TRAINING WEBINARS CONDUCTED BY THE FDRS DELHI: DECEMBER 2021



S No	Webinar/Contact Course	Attended By
1	FDRS Workshop 01 21/22 at FDRS Delhi 6-10 December 2021	Ms Geeta Rana PRT
2	FDRS Teachers Empowerment Programme IE Phase 2 Batch 1, at FDRS Delhi : 13-17 December 2021	Ms Vibha Bhardwaj School Counsellor
3	FDRS Webinar 41 for PGT and TGT Geography : 13-17 December 2021	Ms Kavita Sharma PGT Geog ( HOD Soc Sci) Ms Sonam Verma TGT Soc Sci

## OTHER IN SERVICE TRAINING WEBINARS: DECEMBER 2021

S No	Webinar	Attended By
1	CBSE Training for First Aid and Medical Emergency Care : 6, 8, 10 December 2021	Ms Vibha Bhardwaj School Counsellor Ms Baljeet Kaur Nursing Assistant
2	IC3 Institute's IC3 Flagship Programme Virtual Sessions 5th Cohort : 13 -17 December 2021	Ms Vibha Bhardwaj School Counsellor Mr Ranjeet Singh Special Educator

**COMING SOON**

**WE ARE LOOKING FORWARD TO...**

**UPCOMING CO-CURRICULAR ACTIVITIES: JANUARY 2022**

07.01.2022	English Calligraphy Class I – IV English Story Narration Class V Collage Making Class VI-VIII Still Advertisement Designing Class IX-XII
14.01.2022	Kite Making Class I - IV Club Activities Class V - VIII
21.01.2022	Handicrafts Making on the theme 'Republic Day' Class I-IV Gift Wrapping Class V Punjabi Declamation Class VI-VIII Web Page Designing Class IX-XII
28.01.2022	Hindi Calligraphy Class I-IV Club Activities Class V-VIII

**FORTHCOMING EXAMINATIONS**

10.01.2022 – 21.01.2022 Internal Assessment : Term II, Class III-X



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