



School CBSE Affiliation Number: 1680003

THE JAPSIAN CHRONICLE

A MONTHLY SCHOOL E-NEWSLETTER

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COUNSELLING SESSIONS FOR STUDENTS : 24, 29 JANUARY'24

Under the able guidance of Mrs Uma Nair, President Vajra AWWA, counselling sessions on 'Wellness and Mindfulness' were conducted for students from class IX-XII. The Resource Person was Ms Jaya Yadav, a trained and experienced coach.

The goal was:

1. To guide children on how to develop the skill to sharpen their dormant mental and physical abilities.
2. To best use these abilities to become smart, enthusiastic, positive thinking individuals and achieve success in professional as well as personal fronts.

In her address, Mrs Nair motivated the children to be openly expressive of their emotions. She said that all moods must be shared and shown rather than hiding them, without fearing the reactions of others, as this would help in keeping one stress free. She also said that children must learn to be curious, think critically and question what happens around them. She gave them her blessings and wished them the best for the future.



President Vajra AWWA and Brig Navin Sahrawat CSO HQ 11 Corps, Chairman APS Jalandhar, on their way to the venue



Digital lighting of the lamp by Mrs Uma Nair, President Vajra AWWA



The resource person addressing the audience



President Vajra AWWA, motivating children to be inquisitive and smart...



The attentive audience...



President Vajra AWWA, Mrs Uma Nair, motivating young Japsians



Question time...



The Resource Person receiving a token of appreciation

PARIKSHA PE CHARCHA: 15 - 18 January 2024
Stress Busting Fun Time Activities...

Poster Making Contest: Class V-XII, 15 January'24



Posters created by Miss Sakshi IX D and Miss Shivangi Raj VI B

Role playing: 'Student Anchor Student Guest'
16 January'24



Ensuring physical fitness...
Marathon Run: 17 January'24



Physical Education Teacher Mr Manpreet and young Japsians...

Learning to Build Mental and Physical Strength through Yoga
18 January'24, Class V-XII



AWARENESS SESSION : 30 JANUARY'24, CLASS VIII

Resource Person: Mr Bhausaheb, traveller and motivator. Mr Bhausaheb has been cycling across India since 1999 for a very noble cause. He has made it his life's mission to create awareness amongst the youth about social evils prevailing in our society and to motivate them to fight against them. He cycles 80-120 kms per day, resting on a folding chair he carries, when tired. He spends nights in temples along the way.
Audience: Students and teachers from class VIII



The session in progress

SPECIAL MORNING ASSEMBLY FOR REPUBLIC DAY

24 January'24: Junior Wing



Poem recitation by Miss Aahana IV C

Patriotic song singing by Bhagat Singh House Choir

Patriotic dance presentation by class IV

25 January'24: Senior Wing



I love my country... Enactment presented by class VI F

Soft Board Display created by class VI F

PRINCIPAL TEACHERS INTERACTION : 20 JANUARY'24

Topic : Procedure to be followed by members of committees for purchase and procurement of items for use in school
In Attendance: Vice Principal and Teaching Faculty members



Dr Saksham Singh addressing the teaching fraternity

The attentive audience

INCLUSIVE INTERACTION
24 JANUARY'24

VAPPS Jalandhar students visit APS Jalandhar Junior Wing



Enjoying Aerobics...

Learning to make 'Hand Print' greetings

CO- CURRICULAR ACTIVITIES

ENGLISH CALLIGRAPHY
05 JANUARY 2024, CLASS I TO IV



Master Reyansh I C

Master MD Sharik II E

Master Abhurup III C

Miss Shikha IV C

FLOWER MAKING CONTEST
19 JANUARY 2024, CLASS VI-VII

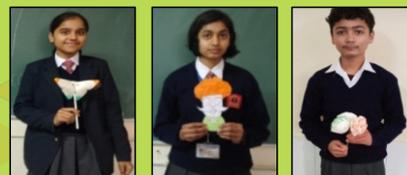


Miss Khushi Yadav VIII D

Miss Anushka Yadav VII E

Miss Parmeet Kaur VIII H

CREATE YOUR OWN MASTERPIECE
19 JANUARY 2024, CLASS IX



Miss Reedhika Jha IX B

Miss Kumari Tumul IX B

Master Rudraksh IX K

JAPSIANS FOLLOWING TRAFFIC RULES WEARING FLOURESCENT BODY BANDS AND VESTS IN THE FOG



Counselling Sessions Conducted in January by Ms Vibha Bhardwaj School Counsellor

DATE	ATTENDED BY	TOPIC COVERED
20.01.2024	Teachers teaching class I-XII	Mental Health Issues
23.01.2024	IX F, G	Class activity and Discussion on a situational story, to understand different perspectives for a particular event..
27.01.2024	IX D	Class activity and Discussion on a situational story, to understand different perspectives for a particular event..
30.01.2024	IX G XI F	Class activity and Discussion on a situational story, to understand different perspectives for a particular event..
31.01.2024	XI D, G	Class activity and Discussion on a situational story, to understand different perspectives for a particular event..

Individual Counselling for students on Study Skills, Time Management, Career-related queries, and Adjustment issues is being done. During Class Counselling sessions, all students are encouraged to send telephonic messages to the counsellor for individual counselling if required and follow-up is done. Parents Individual Counselling is also done to empower parents and students to develop skills for creating a healthy and happy environment for improving overall wellness and academic performance.

Weather - FEBRUARY 2024



S	M	T	W	T	F	S
				1	2	3
				22° 10°	23° 9°	24° 10°
4	5	6	7	8	9	10
24° 12°	24° 12°	24° 12°	24° 13°	23° 12°	25° 11°	25° 10°
11	12	13	14	15	16	17
25° 12°	26° 13°	26° 12°	27° 11°	25° 11°	26° 12°	26° 14°
18	19	20	21	22	23	24
27° 14°	25° 13°	23° 12°	26° 14°	24° 14°	24° 13°	24° 14°
25	26	27	28	29		
25° 13°	25° 14°	26° 11°	25° 11°	25° 11°		

TEMPERATURE GRAPH

°C



PROUD MOMENT...



Congratulations on earning your doctorate!
Tr Dr Sandeep Verma, receiving blessings from Chairman and Principal APS Jalandhar



Tr Dr Sandeep Verma being felicitated by Mr HS Cheema, Finance Minister of Punjab for composing the 'Swacch Jalandhar Anthem'

Vedic Maths Tricks

HOW TO FIND THE CUBE OF NUMBERS STARTING WITH 1

To find the cube of 16 i.e. $(16)^3$

STEP 1: Consider 1 as the 1st term and 6 as the 2nd term and write them as
1 6

STEP 2: Square the 2nd term i.e. 6

$$6^2 = 36$$

STEP 3: Cube the 2nd term i.e. 6

$$6^3 = 216$$

STEP 4: Now write the values in one row like:

1 6 36 216

STEP 5: Now, double the 2 middle numbers i.e. 6 and 36 and write them just below the two middle numbers, like:

1 6 36 216
12 72

STEP 6: Now add the numbers vertically, column wise and carry forward the tens and hundreds place digits to the next column like:

$$\begin{array}{r}
 1 \quad 6 \quad 36 \quad 216 \\
 + \quad 12 \quad 72 \quad \quad \\
 \hline
 1 \quad 3 \quad 12 \quad 21 \quad 6 \\
 \hline
 4 \quad 0 \quad 9 \quad 6
 \end{array}$$

SO: $(16)^3 = 4,096$

WE ARE LOOKING FORWARD TO...

FORTHCOMING EXAMS: FEBRUARY 2024

16.02.2024: CBSE Board Exams, Class X and XII

FORTHCOMING ACTIVITIES: FEBRUARY 2024

02.02.24: Fallen Leaves Craft
Hindi and English Calligraphy

Poster Making
Solo Singing

09.02.24: Mask Making
Doodling

16.02.24: Kite Flying

23.02.24: Fun Day



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Layout and Designing
Tr Mr Vikas Bhardwaj
Tr Mr Paramveer Singh

Address: Near Military Hospital, Jalandhar Cantt, Punjab
Phone: 0181 - 2995785, 2630776, +91 - 7986730513, ARMY: 2561
E-mail: apsjalandharcantt@gmail.com, Website: www.apsjalandhar.com