

# THE JAPSIAN CHRONICLE

VOLUME 3 ISSUE 2 MAY – JUNE 2021

SCHOOL CBSE AFFILIATION NUMBER : 1630038



## APS SUMMER CAMP BONANZA

The Summer Break commenced on 17 May 2021 for Japsians from class I to VIII. Along with it began a marathon of fun filled activities via Club Sessions which helped children explore their creative genius, as also, test their physical prowess. 10 days of nonstop holiday fun.

The Clubs which the children could join were:

S NO	CLUBS
1	Bruce Lee Karatekas : The Martial Artists Club
2	D.E.A.R.: Drop Everything And Read : The Readers Club
3	Itihaas : The Heritage Club
4	Natraj : The Dance Lovers Club
5	Rang Manch : The Performing Artists Club
6	Rhythmic Yogis : The Fitness Fanatics Club
7	Sangeet Vahini : The Music Lovers Club
8	The Art Connoisseurs : The Craftspersons Club
9	The Literati : The Public Speakers Club
10	The Maths $\pi$ rates : The Mathematical Geniuses Club
11	The Nature Nurturers : The Environment Watchers Club
12	The Social Developers : The Community Welfare Watchers Club

Membership of all clubs was open for children from class V –VIII.

The Junior Japsians from class I – IV could join the Natraj, Sangeet Vahini, Art Connoisseurs, Rhythmic Yogis and D.E.A.R. Clubs. Besides, they also explored cooking without fire, through the Young Chefs Club.

The Club Sessions were so timed that children could join multiple clubs.

Here is a colourful canvas of the Club Activities:



# THE ART CONNOISSEURS

Hand Painting



Somya I A

Blow Painting



Yonakshi III B

Shaping Greeting Cards



Pushpo Sardar VIII E

Vegetable Painting



Yaman V A

Comic Strip Designing



Nysah Dutta III B

Tribal Painting



Vanya Sharma VII C

Printing Greeting Cards



Nitika V A

Doodling



Viren Singh I A

# YOUNG CHEFS' CUISINE



Monaco Bites and  
lemonade



Veg Mayonnaise sandwich  
Ridhika III D



Bhelpuri  
Manaya III G

# THE NATURE NURTURERS CLUB

Making and using plant based natural  
colours to create master pieces

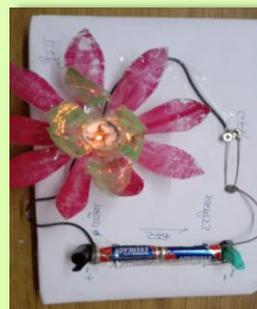


Omkareshwar VIII B

Creating wonders  
from waste



Akaksha VIII B



Himesh Kanaw

Popsicle Stick Craft



Arnav Chand II D

# THE RHYTHMIC YOGIS

Asanas for weight loss  
Reducing weight from the upper part of the body



Sunidhi VIII G



Shailja Singh VII A



Divyansh Manhas V J



Varmeen VII H



Ankit Heer VI F



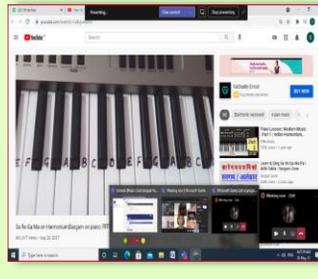
Junior Yogis in action

# SANGEET VAHINI CLUB

Class on 'Alankaar':  
Vocals and Playing on the Key board

'C Major' on the guitar

Practising the Alankaar



Avipsha Behera VIII C



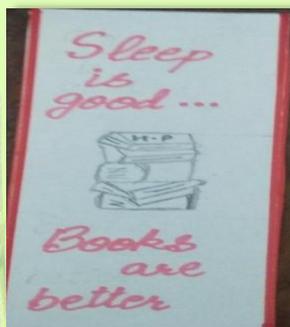
Rashmi IX G

# D.E.A.R CLUB

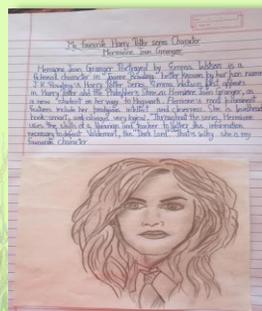
Bookmark Making

My Favourite Character:  
Harry Potter Series

THE MATH PI RATES



Armaan Bhardwaj VIII A



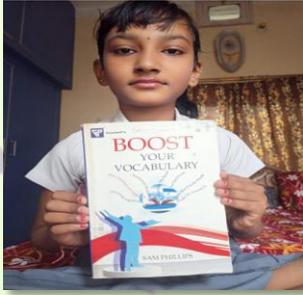
Palak Thakur VIII B



Learning Graph Paper Art

# THE LITERATI

My Favourite Book and Why I Recommend It to You.....



Pratishmita Mallick V A



Extempore  
Rishav Kumar VI D



Class in progress



# ITHAAS CLUB

Exploring Historical Monuments Around Us



Nurmahal Sarai



Devi Talab Mandir Jalandhar

# THE SOCIAL DEVELOPMENT CLUB

My Family My Treasure



Ayushi V B



Deven Choudhary V D



Ayushi V B



Priyanshu Raj V E

Social Etiquette for Good Health

# RANGMANCH CLUB



Moods through dialogues



Facial Expressions and  
Voice Modulation



Meditation : Building  
Prospective



# FITNESS CHECK...

## INTERNATIONAL YOGA DAY AT APS JALANDHAR 21 JUNE 2021

## OUR YOGI QUIZZERS DO US PROUD...

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, was made possible by the modern practise of connectivity through the internet. The motto for this year's International Yoga Day being 'One Health One World', the staff and students were enthusiastically joined in by their respective family members. At the designated time of 7 a.m. to 7.40 a.m., the pre-decided routine began, for students and teachers of class V – 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- IV also joined in the event, guided by their teachers and encouraged by their parents. A motivating exercise indeed!

We are also proud of Devyansh Gupta XII A and Gaurav Nayak XII F who won themselves Merit Certificates for successfully completing 'The International Day of Yoga Online Quiz' organised by the Ministry of Ayush, on the occasion.



**Gaurav Nayak XII F**



**Devyansh Gupta XII A**

# INTERNATIONAL YOGA DAY AT APS JALANDHAR



Prachi I B



Collective Efforts: Class I A ,B



Deeksha Pal II A



Atulya Biswas IV E



Yonakshi III A



Ankush Raj X C



Ritvik Singh XII A



Srishti Verma V E



Yashika VIII G



Ayush K Tiwari XII C



Tejal Salathia XII B



# LIVING JULY

July is named after Julius Ceaser, the famous Roman Emperor. The seventh month of the Gregorian Calendar, it is the fourth month that has 31 days.

Some important days of the month are:

- 1 July : National Doctor's Day
- 4 July : USA's Independence Day
- 11 July : World Population Day
- 17 July : World Day for International Justice
- 26 July : Kargil Day
- 28 July : World Nature Conservation Day  
World Hepatitis Day
- 29 July : International Tiger Day
- 30 July : International Friendship Day



Kargil War Memorial, Drass

## Significant Indian Regional Festivals of July: First Week of July

### Hemis Festival, Ladakh

This festival is celebrated to remember the birth anniversary of Guru Padmasambhava, the founder of Tibet's Tantric Buddhism. Held at the Hemis Monastery, the main attraction of this festival is the masked dance by the monks, showing the victory of good over evil. Visitors also get to see the spiritual scrolls which are only displayed on this occasion.



Masked Dance at Hemis



Boat Race in progress

### Champakulam Boat Race, Kerela

Held on the Pamba river in Champakulam this colourful event is the oldest among traditional boat races. It marks the beginning of the annual boat race season in Kerela. The boats used for racing are called snake boats and were used traditionally, as war boats.



# YOUNG CHEF

## DISH OF THE MONTH: Cream Biscuit Swiss Rolls



Sehyog IV D

### INGREDIENTS:

- 1 Packet of cream biscuits (any flavour)
- Half cup luke warm milk
- Oil for greasing

### UTENSILS AND OTHER MATERIAL NEEDED:

- 2 mixing bowls
- 1 small steel katori
- 1 sheet silver foil paper
- 1 rolling pin
- 1 blunt knife

### METHOD:

Separate the biscuits and the cream, putting them in two separate mixing bowls.

Crush the biscuits to a fine powder, using the bottom of a small steel katori.

Add two spoons of milk to the biscuit powder and mix well to make a dough.

Grease the foil paper sheet using some oil and spread the biscuit dough on it with the help of a rolling pin.

Add 1 spoon of milk to the biscuit cream and mix well.

Spread the milk and cream mixture on the dough spread.

Carefully roll the dough to make a big roll.

Put the roll in the refrigerator and freeze for 30 minutes.

Take the roll out and carefully cut it into round pieces with the help of an adult.

**YUMMY SWISS BISCUIT  
ROLLS ARE READY.  
ENJOY !**

# WEATHER CHECK



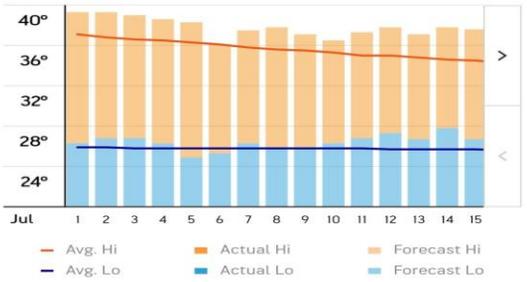
Sun Mon Tue Wed Thur Fri Sat

**JULY  
2021**

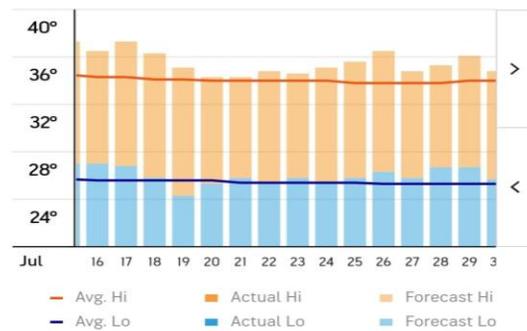
1	2	3
39° 26°	39° 27°	39° 27°

4	5	6	7	8	9	10
39° 26°	38° 25°	36° 25°	38° 26°	38° 26°	37° 26°	37° 26°
11	12	13	14	15	16	17
37° 27°	38° 27°	37° 27°	38° 28°	38° 27°	35° 26°	34° 27°
18	19	20	21	22	23	24
35° 26°	37° 25°	37° 25°	36° 26°	36° 26°	37° 25°	36° 25°
25	26	27	28	29	30	31
36° 26°	37° 26°	37° 27°	37° 26°	37° 27°	37° 25°	36° 25°

TEMPERATURE GRAPH °C



TEMPERATURE GRAPH °C



The weather is expected to be generally cloudy, with expectation of rain. 2 July 2021, with a maximum temperature of 39°C is expected to be the hottest day of the month.

Let's hope we have a good monsoon this year.

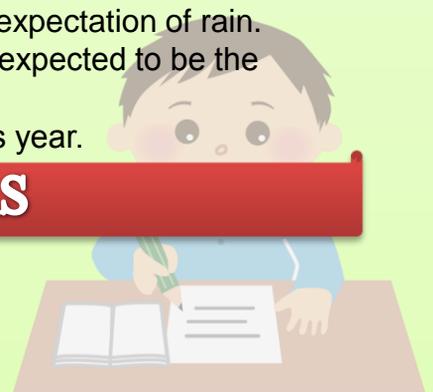
## YOUNG EXPLORERS

**Experiment:** To Prove Air Is Needed For Burning

**Young Explorer:** Divyansh Sharma IV F

**Material Required:**

1. A candle
2. A matchbox and matchsticks
3. A glass



Take a candle and fix it on a table.



Light the candle carefully



Cover the burning candle with a glass



After some time the candle goes off.

# EVERGREEN 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.

## ਬਾਬਾ ਬੁੱਲਾ ਸ਼ਾਹ ਦੇ ਬੋਲ

### Baba Bulleh Shah says...

ਨੀਂਦ ਨਾ ਵੇਖੇ ਬਿਸਤਰਾ, ਤੇ ਭੁੱਖ ਨਾ ਵੇਖੇ ਮਾਸ ।  
ਮੌਤ ਨਾ ਵੇਖੇ ਉਮਰਾਂ ਨੂੰ, ਤੇ ਇਸ਼ਕ ਨਾ ਵੇਖੇ ਜਾਤ ।

**SOURCE:** Kafis of Baba Bulleh Shah, the 17<sup>th</sup> century Punjabi Sufi poet

**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.

## ਗੁੱਮੇ 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.

## उसको तो फर्क पड़ता है.

एक बार समुद्री तूफ़ान के बाद हज़ारों लाख़ों मछलियाँ

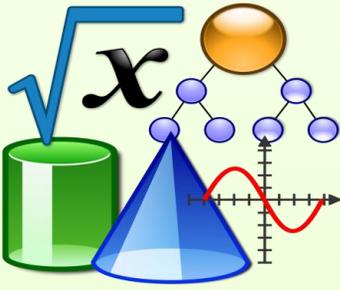
किनारे पर रेत पर तड़प तड़प कर मर रहीं थीं। इस भयानक स्थिति को देखकर पास में रहने वाले एक छह वर्ष के बच्चे से रहा नहीं गया और वह एक एक मछली उठाकर समुद्र में वापस फेंकने लगा। यह देखकर उसकी माँ बोली, “बेटा ये मछलियाँ लाख़ों की संख्या में हैं। तू कितनों की जान बचा पाएगा।” यह सुनकर बच्चे ने अपनी गति और बढ़ा दी। माँ फिर बोली, “बेटा रहने दे कोई फर्क नहीं पड़ता। बच्चा जोर जोर से रोने लगा और एक मछली को समुद्र में फेंकते हुए जोर से बोला, “माँ इसको तो फर्क पड़ता है।” दूसरी मछली को उठाता और फिर बोलता, “माँ इसको तो फर्क पड़ता है।” माँ बच्चे को सीने से लगा लिया।

कहानी से सीख: मुश्किल से मुश्किल परिस्थिति में भी हो सके तो लोगों को हमेशा हौसला और उम्मीद देने की कोशिश करें। जानें कब आपकी वजह से किसी की जिंदगी बदल जाए।

क्योंकि आपको कोई फर्क नहीं पड़ता पर उसको तो फर्क पड़ता है.



Illustration by : Sohanki Das IV B



# VEDIC MATH TRICKS

## SUBTRACTION USING THE NIKHILAM RULE :

“All from 9 and the last from 10”.

**Trick to Subtract any number from 10000, 1000 and 100**

**Subtrahend:** The number which we subtract from another number in subtraction.

**Minuend:** The number from which the Subtrahend is subtracted to get the difference.

Let's solve  $1000 - 589 = ?$  using the Nikhilam rule  
As there are 4 digits in 1000 so we have to subtract 589 from a 4 digit number .

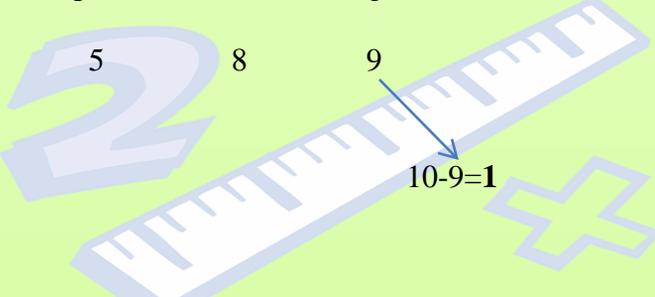
$$1000 \longrightarrow 9910$$

$$9910 - 589 = ?$$

Step1: Subtract the first two digits (5,8) of 589 from 9.

5	8	9		5	8	9
↙				↘		
$9 - 5 = 4$				$9 - 8 = 1$		

Step 2: Subtract the last digit (9) of 589 from 10.



$$\text{Answer: } 1000 - 589 = 411$$

Minuend      Subtrahend      Difference

**If the subtrahend has less number of digits, add leading zeros to get more digits.**

Now let's solve :  $100000 - 875 = ?$

Same no. of digits

$$\left. \begin{array}{l} 100000 - 875 = ? \\ \downarrow \qquad \downarrow \\ 999910 \quad 00875 \end{array} \right\}$$

Step 1: Subtract each digit except the last one from 9.

$$9999 - 0087 = 9912$$

Step 2: Subtract the last digit from 10.



**Answer: 99125**



# COUNSELLING SESSIONS: MAY 2021



COUNSELLING SESSIONS FOR STUDENTS				
S No	Date	Topic	Conducted by	Attended by
1	23.6.2021	Social, Emotional, Ethical Literacy Programme	Ms Archana Singh, Founder Director Shaurya Foundation	Students of Class VIII and IX, along with their parents.
2	27.5.2021	Corporate Management as a career choice	Prof Rahul Verma, AIMT Greater Noida	Students of Class XII.

## IN SERVICE FACULTY ENRICHMENT WEBINARS : MAY 2021

**PROJECT CONNECT+ (Compassionate Leadership Internship Programme)**

**DATE : 5 May 2021**

**ORGANISER:** AWES in collaboration with Shaurya Foundation

**RESOURCE PERSONS:** Ms Archana Singh Founder Director Shaurya Foundation

and Ms Ranjana Bharadwaj from Shaurya Foundation

**TOPIC:** Social, Emotional Ethical Literacy program'

**IN ATTENDANCE:** Principal and all Faculty Members from APS Jalandhar

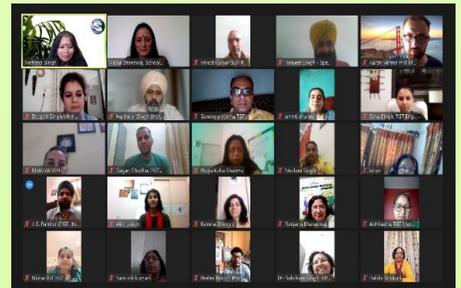
### Resource Persons in action



Ms Archana Singh



Ms Ranjana Bhardwaj



The Attentive Audience

## DATE : 17 May – 20 May 2021

**ORGANISER:** APS Jalandhar in collaboration with Lovely Professional University

### TOPICS

- 21st Century Teaching Skills/Effective Online Teaching
- Developing Interpersonal Skills & Cooperative Learning
- Constructivism in Education
- Language Development in Early Childhood

### RESOURCE PERSONS

- Mr Gaurav Bali, Asstt Prof, LPU
- Ms. Archana Malik, Asstt Prof , HOD, Department of Soft Skills, LPU
- Mr. Vibhakar Ghosh, Asstt Prof, LPU
- Ms. Neetu Madan, Asstt Prof, LPU

### IN ATTENDANCE

Principal and all Faculty Members from APS Jalandhar



### IN HOUSE TRAINING SESSIONS : 17-21 May 2021

S No	Date	Topic	Conducted by	Attended by
1	17.5.2021	Technology Aided Learning	Ms Kamna Dhingra, Mr Vikas Bhardwaj, Mr Gurpreet Singh, Ms Sakshi APS Computer Faculty Members	All APS Faculty Members
2		Effective Lesson Planning	Ms Mansimran Kaur HOD Mathematics	
3	18.6.2021	Effective Lesson Planning	Mr JS Parmar PGT History Mr Lucky Gowda PGT Chemistry	
4	19.6.2021	Resilience	Ms Vibha Bherdwaj, School Counsellor	
5		Effective Lesson Planning	Ms Anju Setia HOD Sanskrit Ms Surinderjit Kaur HOD Punjabi	
6	20.6.2021	Effective Lesson Planning	Ms Usha Rani TGT Hindi Ms Deepali S Minhas HOD English	
7	21.6.2021	Improving Creativity In Life	Mr HS Bhatti HOD Fine Arts, Ms Preety, Ms Yashika Kunjar, Mr Gurpreet Singh, Mr Jaswant Singh	
8		Fun With Music	Mr Sandeep Verma HOD Music	



# FORTHCOMING ACTIVITIES

## CO – CURRICULAR ACTIVITIES : JULY 2021

9.7.2021 :	Solo Singing Contest	Class I - IV
	Origami	Class V
	Bookmark Making	Class VI-VIII
	Hindi Extempore	Class IX-XII
14.7.2021:	Beginners Garden Contest	Class I-IV
16.7.2021:	Show and tell	Class I - II
	Club Activities	Class VI-VIII
23.7.2021:	Spell Bee	Class I - IV
	Hindi Poetical Recitation	Class V
	Hindi Declamation	Class VI-VIII
	MS Powerpoint Presentation	
	Making	Class IX-XII
30.7.2021:	Drawing and Painting	Class I-II
	Paper Quilling	Class III-IV
	Club Activities	Class VI-VIII
31.7.2021:	Investiture Ceremony	Class I-XII

## UPCOMING EXAMINATION

12.7.2021 – 19.7.2021: Unit Test I Class I - VIII

12.7.2021 – 17.7.2021 : Unit Test I Class IX, X, XII

## EDITORIAL BOARD

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