



School CBSE Affiliation Number: 1680003

# THE JAPSIAN CHRONICLE

A MONTHLY SCHOOL E-NEWSLETTER

VOLUME 6 ISSUE 6 OCTOBER 2024

## ANNUAL ADMINISTRATIVE AND TECHNICAL INSPECTION FOR 2023-24 3-4 NOVEMBER 2024

The Annual Adm and Tech Inspection for the session 2023-24 was held on 3-4 November'24. The inspecting team comprised of Dr Pratibha Garg, Addl Dir AWES (Academics), HQ Western Command and Ms Sonal Sharma, Principal APS Ratnuchak. After a briefing by Principal Dr Saksham Singh on the school's general progress and development projects underway, the guests visited the academic blocks of both, the senior and junior wings of the school. They inspected the laboratories, interacted with the children, visited classrooms and observed lessons being delivered, whereafter they interacted with the respective heads of departments.



**SPECIAL ASSEMBLIES: OCTOBER 2024**  
**DUSHERA CELEBRATION ON 15 OCT 2024**



Ramlila Presentation by class V G

**DIWALI CELEBRATION ON 29 OCT 2024**

To celebrate Diwali, a special assembly held on 29 October 2024 featured a captivating dance performance and group song by Class VII A students, showcasing their talent and enthusiasm for the festival's spirit.



Dance Drama Presentation by class VII A

**CBSE ARYABHATT GANIT CHALLENGE LEVEL 2: 8 OCTOBER 2024**

Three students from APS Jalandhar, Master Animesh Bhattacharjee VIII F, Master Avinab Parmar IX J and Master Gagan X E, qualified for and participated in the said challenge, online.



The challenge underway...

**CSRL SUPER 30 ENTRANCE EXAM HELD : 16 OCTOBER 2024**



22 IIT JEE aspirants from APS Jalandhar, taking the free coaching scholarship exam

**VISIT TO LOVELY PROFESSIONAL UNIVERSITY : 26 OCTOBER 2024**

On 26th October 2024, 154 Class XII students from APS Jalandhar embarked on a highly productive visit to Lovely Professional University (LPU). The trip included participation in the LPUNEST Career Assessment Tests, and a detailed campus tour. Students explored their career preferences, undertook psychoanalysis tests to better understand their cognitive strengths, and gained insights into various academic opportunities. Combining practical exposure with self-assessment tools, the visit proved to be a valuable experience, helping students to shape their aspirations and make informed career decisions. Overall, it was a successful and enriching journey.



Class XII at the LPU Innovation Lab



Children taking the Career Assessment Test

**PROJECT WORK EXHIBIT : 19 OCTOBER 2024**



Science, Social Science, Computer, Mathematics models and Fine Arts paintings on display

**SECOND CBSE EXPRESSION SERIES: 23 OCTOBER 2024**

**Theme:** Yuva Shakti  
**Classes:** VI-IX, XI  
**Activities:**  
 Poetry Writing: Class VI-VIII  
 Essay Writing: Class IX  
 Painting: Class XI



**GENERAL KNOWLEDGE OLYMPIAD: 4 OCTOBER 2024**



OLYMPIAD IN PROGRESS

The Science Olympiad Foundation (SOF) is an educational foundation established in 1998, which promotes science, mathematics, general knowledge, introductory computer education and English language skills among school children in India and many other countries, through various Olympiads. This year 1042 of our children from class I - XII are taking the tests in various subjects. 156 children from class I - X appeared in the GK Olympiad .

**ALUMNI VISIT THEIR ALMA MATER**

Japsians from the 2020 batch visited the school, met and took blessings from Principal Dr Saksham Singh and their teachers. They are : Brahmjot Kaur, Thapar University, Patiala  
 Aakash Sharma, AIT Pune  
 Akshay Sharma, GNDU Amritsar



The alumni with Principal Dr Saksham Singh

Lt Sukhpreet Singh from the 2018 batch visited the school on 4 October 2024. After seeking the blessings of his mentors, he addressed the children from class XI and XII, inspiring them to join the Indian Army as officers.



Mentoring juniors... Lt Sukhpreet Singh motivating children and answering their queries

## MOTIVATIONAL SESSIONS HELD IN OCTOBER

### MENTAL HEALTH AWARENESS : 9 OCTOBER 2024

**Resource Person:** Principal Dr Saksham Singh

**In Attendance:** Parents of children from Class X, XII



### HUMAN PAPILOMAVIRUS INFECTION AWARENESS: 14 OCTOBER 2024

**Resource Person:** Lt Col (Dr) Avadhesh Singh Malik

**In Attendance:** 415 Children from class VI and VII

**Topic:** Causes and symptoms of HPV and precautionary measures to be taken



### IMPORTANCE OF CLEANLINESS OF SURROUNDINGS: 14 OCTOBER 2024

**Organisers:** Municipal Corporation Jalandhar in collaboration with Radio City

**In Attendance:** 270 Children from class IX



### PERSONALITY DEVELOPMENT: 15 OCTOBER 2024

**Resource Person:** Mr Jai Kumar from JK Life Skills Academy

**Topics:** Personality Development and Habit Mastery  
Secrets of leading a healthy, happy and successful life

**In Attendance:** 230 Children from class XII



### PREVENTION OF DRUG ABUSE: 22 OCTOBER 2024

**Resource Person:** Maj (Dr) Sanchit Thakral, 4011 Field Hospital

**Topic:** Myths and realities about drugs

**In Attendance:** 200 Children from class IX



## TOGETHER WE GROW

### VISIT TO THE ASHA SCHOOL JALANDHAR CANTT: 1 OCTOBER 2024



Japsians join ASHA School children in activities

### NUKKAD NAATAK PRESENTATION: 23, 26 OCTOBER 2024

To make children aware of social issues requiring attention, a fun filled exercise has been introduced in our school. Children from different classes prepare and present street plays on allotted topics, turn wise everyday, during the recess. Here is a glimpse of some of the issues depicted by the children this month.



Right to education : Class IX F



Sustainable Living : Class IX J

## DIWALI CELEBRATION: 25 OCTOBER 2024

### INTER HOUSE RANGOLI MAKING CONTEST



Class I - V



Class IX, XI

### COOKING WITHOUT FIRE: CLASS VI-VIII



Young chefs with their creations

### SPREADING LIGHT WHERE IT MATTERS...



Japsians donating lights, candles, crackers to the under privileged

# TWEET US @APSJalandhar

**Army Public School, Jalandhar Cantt** @ArmyPublicScho5 · Oct 11  
 #WorldMentalHealthDay2024  
 #APSJRC Principal Dr Saksham and Counsellor Ms Vibha put light on Mental Health issues with Parents and also discussed the ways to overcome it.

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**Army Public School, Jalandhar Cantt** @ArmyPublicScho5 · Oct 15  
 #APSJRC  
 On October 14, 2024, Army Public School, Jalandhar Cantt, hosted a seminar on cleanliness awareness part of Swachh Bharat Mission. Event featured RJ Himanshu, also known as "City Ka Mr. Bin," who inspired students to embrace cleanliness.  
 #CleanIndia #swachhbharatabhiyan

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**Army Public School, Jalandhar Cantt** @ArmyPublicScho5 · Oct 16  
 #APSJRC  
 Swachh Jalandhar Anthem by APS Jalandhar is inspiring action during the ongoing SwachhtaDrive! 🙌 Grateful to the media for amplifying this important message. Together, let's continue working towards a cleaner and greener Jalandhar! 🌍💚 #SwachhJalandhar #SwachhBharat

4   37

**Army Public School, Jalandhar Cantt** @ArmyPublicScho5 · Oct 16  
 On 16 Oct 2024 XI class humanities domain students of #APSJRC attended an excursion and guest lecture on career options with CT group of institute Jalandhar. Looking forward to them expanding their knowledge and understanding of future possibilities. #Excursion #Futures

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## SPORTS NEWS THIS MONTH

Inter House matches in various sports were held for children from class V to IX and XI from 21 to 26 October 2024. Enthusiastic sports persons, competed against each other, to help their houses emerge as champions.

Here is a glimpse:



Badminton: Class V, Boys and Girls



Class VI- IX, X in action..

## CO-CURRICULAR ACTIVITIES

### 4 OCTOBER 2024 : SWACCH VIDYALAYA POSTER MAKING: CLASS I-IV



MISS DIYA, I F   MASTER AYUSH PRAMANIK, II H   MISS KAVYA THAKUR, III G



MASTER PRAJWAL DASHRATH, IV H   MASTER KRISHNA, V F

### 18 OCTOBER 2024: ORIGAMI WONDERS: CLASS I-IV



MISS SAMAIRA, I A   MISS SUNAINA PAUL, II D   MASTER JATIN, III F



MISS DEEPIKA THAKUR, IV A   MISS GURKEERAT, V B

## 22 OCTOBER 2024: INTER HOUSE POWER YOGA: CLASS I-V



BHAGAT SINGH HOUSE



LAXMIBAI HOUSE



SAROJINI NAIDU HOUSE



SUBHASH C BOSE HOUSE

## INTER HOUSE CONTEST WINNERS FELICITATED: 29 OCTOBER 2024



Some of the winners, with their mentors

## CLUB ACTIVITIES: OCTOBER 2024



DEAR CLUB: Making eco friendly festive decorations



MATHS  $\pi$  RATES CLUB: Learning to find surface areas of 3D figures



NATRAJ CLUB: Dancing to 'Mere Ghar Ram Aaye'



NATURE NURTURERS CLUB: Finding ways to conserve wild life



E.B.S.B CLUB: Our culture and traditions: A discussion



THE LITERATI CLUB: Vocabulary building



ART CONNOISSEURS CLUB: Learning the use of acrylic colours



YUVA TOURISM CLUB: Creating advertisements on tourism



SOCIAL DEVELOPMENT CLUB: Learning budgeting rules



ROBOTICS CLUB: Learning chatbot rules



YOGA CLUB: Experiencing the power of meditation



SANGEET VAHINI CLUB: Practising playing 'Mere Ghar Ram Aaye'



RANGMANCH CLUB: Practising Role Play

**IN SERVICE TRAINING : 19 OCTOBER 2024**  
**EXPANDING HORIZONS: A MENTAL HEALTH WORKSHOP**

**Resource Persons:** Mr Jatindra Pal Singh Sr Mgr, Smile Foundation  
 Ms Deepali Thakur, Psychologist, Manas Foundation  
**In Attendance:** Principal Dr Saksham Singh and the entire teaching fraternity of APS Jalandhar



The Resource Persons enlightening the audience

**Out Cycling...  
 Wear a Helmet...  
 Stay Safe!...  
 says Prithviraj, VIII A**



**COUNSELLING SESSIONS HELD : OCTOBER 2024**

**COUNSELLING BY PRINCIPAL DR SAKSHAM SINGH**

DATE	ATTENDED BY	TOPIC COVERED
21.10.2024 24.10.2024	XII A - E XII F, G	Developing Study Skills and Time Management

**COUNSELLING BY SCHOOL COUNSELLOR MS VIBHA BHARDWAJ**

01.10.2024	IX G, X G, XII F, G	Class talk on Importance of Responsible behaviour and Steps to Behaviour Management,
03.10.2024	IX A, F, X C, XI D, G, XII C, G	Class activity and Discussion on Conflict Resolution.
04.10.2024	IX C, XI C	Class activity and Discussion on Conflict Resolution.
09.10.2024	Parents of children of class IX, XI	Awareness on Mental Health
10.10.2024	Students of class VI XII and the School Counsellor	Organiser: Ministry of Education Topics: Mental Health Cyber Security
14.10.2024	IX E, X B, XI F, XII E	Class activity and Discussion on Conflict Resolution.
17.10.2024	X F, XI A, E, XII A, B	Class activity and Discussion on Conflict Resolution.
18.10.2024	IX C, XI C	Class activity and Discussion on Conflict Resolution.
25.10.2024	IX C, XI C	Class talk on Importance of exploring diverse careers and making informed career decisions.

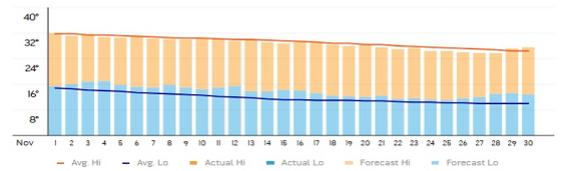
Counselling for students on Study Skills, Time Management, Career related queries, and Adjustment issues is provided.  
 During Class Counselling sessions, students are encouraged to send personal request messages to the counsellor for individual counselling. If required, follow up is done.  
 Counselling for parents is also provided to help them to create a healthy and happy environment, for the overall wellness and good academic performance of their child.

**Weather - NOVEMBER 2024**



S	M	T	W	T	F	S
					1	2
					32° 15°	31° 16°
3	4	5	6	7	8	9
32° 17°	31° 17°	31° 16°	31° 15°	30° 15°	30° 16°	30° 15°
10	11	12	13	14	15	16
30° 14°	30° 15°	30° 15°	30° 14°	29° 14°	29° 14°	29° 14°
17	18	19	20	21	22	23
29° 13°	28° 12°	28° 12°	28° 12°	28° 12°	27° 11°	27° 12°
24	25	26	27	28	29	30
26° 11°	26° 11°	26° 12°	26° 12°	26° 12°	27° 12°	28° 12°

TEMPERATURE GRAPH



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

**FORTHCOMING ACTIVITIES: NOVEMBER 2024**

**09.11.24: Shabad Gaayan**  
**20.11.24 - 22.11.24: 25 Annual Athletic Meet**

**FORTHCOMING EXAMS**

**27.11.24 - 03.12.24 : Periodic Test III: Class I - V**  
**25.11.24 - 12.12.24 : Pre Board Examination: Class X**  
**25.11.24 - 12.12.24 : Pre Board Examination: Class XII**



**EDITORIAL BOARD**

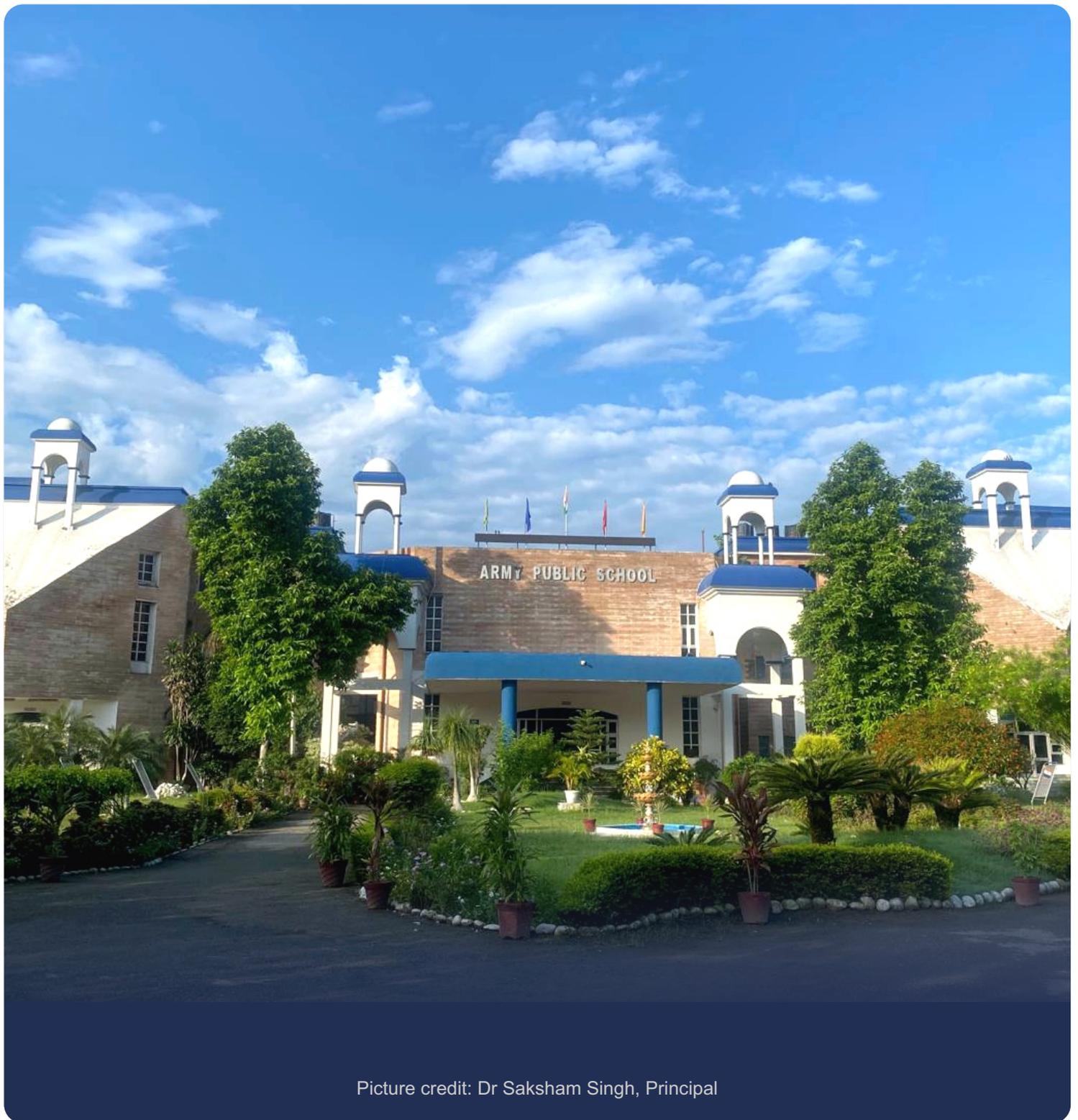
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Picture credit: Dr Saksham Singh, Principal

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