



**CBSE HERITAGE
INDIA QUIZ 2024**

INSIDE



**ANNUAL
SPORTS DAY:
SPORTSTACLE
24**



**SPELL BEE
ACTIVITY**



Ad Vitam Paramus

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ARMY PUBLIC SCHOOL GWALIOR (MP) FWO MONTHLY REPORT FOR THE MONTH OF JANUARY 2025

UNIQUE TALENT DAY

Army Public School organized a vibrant Unique Talent Day on 25 November 2024, featuring a series of exciting competitions aimed at showcasing the artistic and technical design skills of students. The event was designed to encourage creativity and talent, allowing students to express their abilities in various artistic forms. The competitions included Doodle Art, Origami, Caricature, Home Page Design, Business Plan Template, Magazine Front Page Designing, and Unique Character Designing, and it saw enthusiastic participation from students of classes VIII, IX and XI. The event's aim was to inspire students and help them hone their artistic and technical skills.

The competition witnessed remarkable performances from many students, with several emerging as winners in different categories. The competition was meticulously conducted by Ms. Chhaya Mandil, Computer Science PGT, while the judgement was done by Mr. Vikash Kankane, TGT Arts. The Unique Talent Day not only provided students with an opportunity to display their talents but also encouraged a spirit of innovation and artistic expression among the participants. The success of the event was a testament to the school's commitment to nurturing the creative potential of its students.



UNIQUE TALENT DAY

MEDICAL HEALTH CHECK UP

Medical Health Check-up of the students of APS Gwalior was held from 25 November to 02 December 2024 under the directions of Mrs Tanuja Mann, Chairperson FWO 36 Arty Brigade. 790 students of classes Nursery to XII have undergone the health check-up process. A team of MH employees including Dr Karan Chauhan, Captain Kumari Neha, Captain R Pranav and four assistants came to do the check-up of the students. They did the general check-up including height, weight, nails, skin, ear, nose, throat and systematic examination including respiratory system, abdomen and nervous system. The entries were recorded in the health cards. Mrs Renu Mourya (Staff Nurse), Mr Manish Umraiya (Asst Librarian), Mr Rajesh Sharma (Lab Attendant – Physics), Mr Manoj Sharma (Lab Attendant – Chemistry), APS Gwalior assisted in the medical health check-up. The check-up was successful in examining the health status of the newly admitted students in the session 24-25. This check-up would be helpful in promoting health awareness and ensuring the holistic wellbeing of the students.



MEDICAL HEALTH CHECK UP

SPECIAL ASSEMBLY ON INDIAN CONSTITUTION DAY

On 26 November 2024, Army Public School Gwalior observed Indian Constitution Day, also known as Samvidhan Divas, with great enthusiasm and reverence. The day's proceedings were dedicated to honouring the adoption of the Indian Constitution and fostering awareness about its significance among students and staff.

The program commenced with a morning prayer, creating a solemn and respectful atmosphere. Following the prayer, Mrs. Shubhra Bhatnagar, TGT English, addressed the assembly with an insightful speech on the core values enshrined in the Constitution. She emphasized the principles of democracy, equality, secularism, and the duties of citizens, highlighting the importance of these ideals in building a just and progressive society.

To further instil constitutional values, Mrs. Saroj Devgan, TGT Biology, conducted a reading of the Preamble. She led the assembly in reciting the Preamble line by line, ensuring every student and staff member reflected on the profound words that form the foundation of India's Constitution. This collective activity reinforced the commitment of everyone present to uphold the ideals of justice, liberty, equality, and fraternity.

The presence of the Principal, Dr Arvind Kumar Sikarwar, and the Vice Principal added to the significance of the event. Both leaders actively participated, demonstrating their unwavering commitment to instilling constitutional values among students.

The program concluded with students and teachers reflecting on the responsibility each citizen carries to contribute to the nation's development. The celebration served as a reminder of the democratic rights and duties that bind India's diverse population together.

This observance of Constitution Day was a heartfelt tribute to the vision of Dr B.R. Ambedkar and the other framers of the Constitution, inspiring the young minds at APS Gwalior to uphold and cherish the principles that make India a vibrant democracy.

| S.No. | STUDENT NO. | CLASS | ACTIVITY | POSITIONS |
|-------|----------------|--------|---------------|-----------|
| 1 | JANVI RATHORE | VIII B | ORIGAMI ART | I |
| 2 | TANYA BHADORIA | VIII B | ORIGAMI ART | I |
| 3 | DEEPA RATHORE | IX C | BUSINESS PLAN | I |
| 4 | SIMRAN TOMAR | VIII A | DOODLE ART | II |
| 5 | AAKRATI | VIII D | DOODLE ART | II |
| 6 | SUHANI VERMA | VIII B | ORIGAMI ART | III |
| 7 | DAKSH | VIII D | CARICATURE | III |



SPECIAL ASSEMBLY ON INDIAN CONSTITUTION DAY

CBSE HERITAGE INDIA QUIZ 2024

To strengthen the efforts and to create awareness and a sense of pride among students about the vibrant history and culture of our country, CBSE Heritage India Quiz, over the years has established itself as the benchmark for Pan-India Inter School Quiz Competitions. This year 2300 CBSE schools across India and overseas registered to participate in the zonal rounds. Army Public School Gwalior was among 30 top teams in the Bhopal region after qualifying the online quiz completion round which was held on 29 October 2024.

Army Public School Gwalior was selected for the Cluster Round under the theme "The conservation and restoration of cultural heritage" held at Medi-Caps International School, Indore on November 26, 2024. 30 Teams from various schools of Bhopal- Indore region enthusiastically participated, showcasing their knowledge and passion. The team of Aps Gwalior: Master Satender Singh Bhadoriya, XII-C, Master Akshat Singhal, X-A and Miss Radhika, X-A participated in it. Mrs. Sunita Bhadauria, PGT History, APS Gwalior mentored the students and escorted the team to the venue of the event.

The event commenced with a welcome speech by the Principal, Mrs. Yogeshwari Rathore, who extended a warm welcome to all the participants and emphasized the importance of heritage and cultural awareness. The chief guest of the event was the 'Vice Chancellor of Medicaps University, Mr. D.K. Patnayak'.

This Quiz was held in two stages. In Phase 1:(Written Qualifying Round) There were 30 questions which were to be answered in a written format. After qualifying in it, top 6 teams reached in the second stage: (On Stage Round) This round was of 75–90-minute duration. The round comprised a mix of verbal, audio and visual questions.It consisted of four exciting rounds, designed to test the knowledge and understanding of students regarding India's rich heritage. The quiz was conducted by Quiz Master 'MrTitash Banerjee', who kept the atmosphere engaging and competitive. Army Public School Gwalior team performed admirably and secured the IV position in the competition, earning an 'Honourable Recommendation' for its impressive performance. The event was a great success, fostering a spirit of learning and competition among students from various schools.



CBSE HERITAGE INDIA QUIZ 2024

IN HOUSE FELICITATION CEREMONY OF STUDENT ACHIEVERS SESSION 23-24

An Inhouse felicitation ceremony for the students of classes Nur-XII was held at APS Gwalior on 29 November 24 to honour the young achievers, who have excelled in academics, co-curricular activities, and leadership, which made APS Gwalior proud. The following awards were given to the students: The Whizkid Award, The Shining Star Award, The Most Promising Student, Academic Excellence Award. The programme commenced with a warm welcome by Mrs Neelu Dixit, who highlighted the importance of academic excellence and its role in shaping future leaders. The Chief Guest of the event was Lt. Col H. S. Vartak, AAG, HQ 36 Arty Brigade. Principal, APS Gwalior, Dr Arvind Kumar Sikarwar delivered the welcome address, expressing pride in the students' achievements and gratitude to the parents and teachers for their continuous support. He also emphasized the importance of hard work, perseverance, and the holistic development of young minds. The award presentation ceremony was the most awaited part of the event. A total of 67 students were felicitated for their outstanding performances in academics and co-curricular activities. Each achiever was presented with a certificate, a trophy, and a token of appreciation by the Chief Guest, accompanied by Principal, Dr Arvind Kumar Sikarwar and Vice Principal, Mrs Vivian Singh. The applause and cheers from the audience reflected the pride and joy shared by all. This followed with the speech of the Chief Guest, who motivated the students and appreciated them for their outstanding performance in academics. The ceremony concluded with a vote of thanks delivered by Mrs Neelu Dixit, expressing heartfelt gratitude to the Chief Guest, parents, teachers, and students for making the event a resounding success.



IN HOUSE FELICITATION CEREMONY OF STUDENT ACHIEVERS SESSION 23-24

ANNUAL SPORTS DAY: SPORTSTACLE 24

Army Public School, Gwalior, hosted its grand Annual Sports Day, Sportstacle24, on 30th Nov 2024. The event witnessed enthusiastic participation from approximately 1500 students and 80 teachers, along with 10 students from Asha School.

The event was graced by Brigadier Deepak Mann, Commander 36 Artillery Brigade and Chairman of APS Gwalior, as the Chief Guest. Mrs. Tanuja Mann, Chairperson of FWO, HQ 36 Artillery Brigade, attended as the Guest of Honour, while Col Anshuman Handa, Deputy Commander 36 Artillery Brigade, and Mrs. Vaishali Handa joined as Special Guests.

The day featured a vibrant lineup of 28 track and field events and 7 meticulously organized drills, showcasing the skills and sportsmanship of the participants. Abhishek Singh of Class 12C and Harshita of Class 9B were honoured with the Best Athlete (Boy) and Best Athlete (Girl) awards, respectively. Raman House emerged victorious in the Best March Past category, while Tagore House clinched the coveted Best House Award.

Adding to the celebration, various faculty members were recognized for their exceptional contributions. Mrs. Mithilesh Kumari received the prestigious Nilanjana Singh Trophy, Mrs. Archana Bhargava was awarded the Academic Wizard title, Mrs. Anju Dutta earned the TechnoGeek Award, and Mrs. Neha Tiwari was lauded with the Trailblazer Award.

The event's success was credited to the dedicated efforts of the mentors, including Mrs. Saroj Devgan ,TGT Biology, Mr. Anurag Singh Tomar, PGT PE, Mr. Vimal Prakash ,TGT PTI, Mr. Akash Bhadoria ,TGT PTI, Mr. Vinay Kadam ,PRT PTI, Mr. Manoj Bhadoria ,PRT, PTI, Mr. Paritosh Sharma (Karate Instructor), Mr. Sanjay Pandey (Karate Instructor), Mr. Sourabh Kushwah ,PRT, PTI, and Mrs. Jyoti Singh ,TGT Yoga. Sportstacle '24 was a testament to the spirit of teamwork, perseverance, and excellence that defines the ethos of Army Public School, Gwalior.



ANNUAL SPORTS DAY: SPORTSTACLE 24

FDRC PHYSICAL WORKSHOP ON CAPACITY BUILDING IN SKILL EDUCATION

The workshop focused on several key areas, including Skill Education as a bridge between school and industry, Adobe Express for Education, AI applications, Virtual and Augmented Reality, and careers in Data Science, IT, and Cyber security. It equipped educators with tools and knowledge to enhance their teaching and prepare students for future careers.



FDRC PHYSICAL WORKSHOP ON CAPACITY BUILDING IN SKILL EDUCATION

COMPUTER LITERACY DAY

"Computers are omnipresent, and Digital Literacy is requisite" Keeping this in consideration on 4 Dec 24 on account of Computer Literacy Day, the children of Balvatika were taken to the computer lab by their class teachers. They were introduced to various parts of the computer, including the monitor, keyboard, CPU, mouse, and speakers. The highlight of the session was a hands-on activity where each child learned to type their name and their parents' phone number on the keyboard. This engaging activity enhanced their familiarity with the keyboard and improved their motor skills. The children were excited and curious throughout the session, showing enthusiasm in exploring the world of computers. The activity was a great success, and it provided the children with an enjoyable learning experience in a practical setting.



COMPUTER LITERACY DAY

NEWS READING COMPETITION

Army Public School Gwalior conducted a News Reading Competition on 5th December 2024 for the students of classes IX to XII. The event aimed to enhance students' confidence, communication skills, and awareness of current affairs. Participants were required to prepare a news reading segment comprising: National News, International News, Sports News and Weather Report. The competition provided a dynamic platform for the students to showcase their presentation skills, articulation, and understanding of current events. Participants delivered their news segments with clarity, creativity, and confidence, reflecting their potential as budding journalists. The participants were evaluated on the following parameters, with each parameter carrying 10 marks: Content Quality, Pronunciation and Clarity, Expression and Confidence, Presentation Skills and Time Management. The competition witnessed enthusiastic participation, with students presenting well-researched and compelling news segments. Their performances demonstrated not only their talent for public speaking but also their dedication to staying informed about global and national news.

Class teachers judged the performances and selected the top three winners from each class and section. This initiative provided students with an opportunity to hone their oratory skills, improve their awareness of current events, and develop a professional demeanor. Overall, the News Reading Competition proved to be an engaging and enriching experience for all participants, furthering their confidence and interest in journalism.



NEWS READING COMPETITION

PARENT ORIENTATION

Army Public School Gwalior organized an Offline Parents' Orientation at school for the classes of I- XII from 09:30 hrs to 12:00 hrs regarding the forthcoming Term 1/Periodic Test -2 and Preboard starting from 09 December 2024. The points which were discussed during the session were Syllabi, Blueprint, Date Sheet of the Exam, Student Attendance, Discipline Issues, Student Performance in Academics, Health Issues and Precautions, Winter Uniform and other routine things. The parents also discussed about the work completion and academic performance of their wards. They also took the inputs of the subject teachers in improving the academic performance of their wards.

The class teachers recorded parents' attendance for the orientation. The same was recorded in the Attendance Registers by class teachers of their respective classes.



PARENT ORIENTATION

NATURE CLUB ACTIVITY

The teachers of Pre-Primary Wing arranged various activities on 6 December 24. The activities conducted in various classes were as follows-

Balvatika I :

Identification of Fruits and Vegetables:

Identification of Fruits and Vegetables activity was conducted for the students of Balvatika I. They explored fruits and vegetables by touching them and also learnt their names in both languages. They also understand about the vegetables which are eaten raw and those which are cooked. They enjoyed the beauty of nature through this activity and understood that plants are a very important part of life. We get our food from them.

Balvatika II:

Seasons Exploration:

Balvatika II students had hands on experience about different seasons through different props. They acted according to different seasons and knew about different kinds of food eaten and clothes worn in different seasons. They also learnt about the change of seasons and changes observed in the environment due to changes in seasons.

Balvatika III:

Scavenger Hunt:

As a part of nature club scavenger hunt activity was conducted for the students of Balvatika III. They were asked to collect different objects from nature. Students started collecting different size, colour and shape pebbles and different flowers, leaves from nature. In this way they spent some time very close to nature and experienced the diversity and beauty of it.

The nature club activity turned out to be fun with experiential learning. The activities provided ample opportunity to understand the beauty of nature and to know the role of plants and animals in making nature lively.



NATURE CLUB ACTIVITY

EUREKA JR. BOOTCAMP ENTREPRENEURSHIP CELL

The Eureka Jr. Bootcamp held on December 6th and 7th, 2024, at IIT Bombay, was a culmination of months of rigorous competition organized by E-Cell, IIT Bombay. The competition began with a registration quiz, followed by three online critical phases over three months: Introduction Submission, Team Formation, and Business Plan Development. After excelling in these tasks, three students from Army Public School Gwalior—Master Kapil Pal, XIA, Master Vinamra Sharma, XII B and Master Aman Yadav, XI C—secured their spot in this prestigious boot camp, under the able guidance of Principal Dr. Arvind Kumar Sikarwar, Principal, APS Gwalior. They were accompanied by Mr. Sanjay Pandey, PRT, PE, APS Gwalior.

APS Gwalior the two-day bootcamp was meticulously designed to provide a hands-on learning experience for young entrepreneurs. Renowned academicians and industry professionals conducted sessions, combining theoretical insights with practical applications. The first day session was on the topic 'What is a Business Model?' by Dr Lina Sonne Vyas, an academic and entrepreneurship coach with Swedish origins, explored the fundamentals of business models, their importance in innovation, and strategies for creating sustainable enterprises. Customer Discovery and UX Design session was taken by Mr. Jayesh Khade an entrepreneur and head of '10 Minute Million.' On the second day the session was on the topic 'Minimal Viable Product' by Prof. Sankalp, a respected faculty member of IIT Bombay specialized in product development, shared insights into the iterative MVP development process. Cracking the Code: Market Segmentation and Advertising session was taken by Mr. Gaurav Shah, the Managing Partner at Arete Ventures and a veteran in marketing strategies, shared powerful techniques to identify target audiences and craft compelling marketing campaigns. Case studies of Spotify and Nike highlighted the role of market segmentation in driving success. Participating in the bootcamp was a transformative journey. The sessions were not only highly informative but also inspiring, thanks to the remarkable expertise of the speakers. The Eureka Jr. Bootcamp was a remarkable opportunity that provided everyone with invaluable knowledge and skills in entrepreneurship. It not only broadened their understanding of business models, customer research, and marketing but also inspired them to think critically and innovate.



EUREKA JR. BOOTCAMP ENTREPRENEURSHIP CELL

WEBINAR ON THE INITIATIVES OF CBSE FOR PROMOTING SKILL EDUCATION IN SCHOOLS

"The more we give importance to skill development, the more competent will be our youth."

A webinar for Skill Educators along with various Army Public Schools was conducted on 9 December 2024 by Mr. R.P Singh, Joint Secretary Skill Education. It was attended by Mr Anurag Singh, PGT Physical

Education, Mr Manas Mukherjee, TGT Computer Science, Mrs Varsha Chauhan, TGT English, Mrs Anubhuti Jaiswal, TGT, Art & Craft, and Mrs Mayuri Tripathi, PRT, APS, Gwalior. It showcased the skill subjects and their respective modules provided by CBSE for the reference of the teachers as well as the students. He also talked about the importance of skill education in the current scenario and its wide scope in the coming time. The webinar was very informative and aligned with the inclusion and importance of skill education with NEP and latest teaching methodologies which could be implemented by the teachers to enhance the effectiveness of the skill education for the students. Overall, it was a wonderful session and had a great learning experience for all the teachers.



WEBINAR ON THE INITIATIVES OF CBSE FOR PROMOTING SKILL EDUCATION IN SCHOOLS

FDCR PHYSICAL WORKSHOP NO. 11

Mrs Shivani Chauhan, TGT English, APS Gwalior was detailed to attend Teachers' Workshop FDCR South, Pune Maharashtra from 10 -12 December 2024. The sessions were organized at APS Pune Primary Wing. During the workshop different resource persons came to refresh teachers' knowledge on various upcoming changes in education system. The first day session was conducted by Dr. Priya Singh. She explained concept and process of Pedagogies as per NEP 2020. The second day session was conducted by Mrs. Vindi Pujari. She elaborated the importance of inclusion of Indian Knowledge System in present education system and also made us aware about POCSO and POSH. The other session was taken by Mr. Sudhanshu Nayak who made us aware about curricular area and curricular goals. The third day session was conducted by Mrs. Parimita Nandi, enlighten on NEP and classroom management and Mrs. Padmaja Chawali. She elaborated inclusive education. Overall training sessions were informative, structured and innovative. The session was helpful in making the teachers aware with latest changes in NEP and NCF. It sensitized the teachers about the importance of school health and wellness. The teachers were made aware about inclusion of Indian Knowledge System with present education system.



FDRC PHYSICAL WORKSHOP NO. 11

IN HOUSE WORKSHOP ON NEP 2020

Army Public School Gwalior organized an in house professional development session for the teachers teaching classes Nursery to class II on 12 December 2024. The topic of the session was NEP-2020- Leading to an outcome based curriculum. The workshop was conducted by Mrs. Jayanti Naidu, Head mistress, APS Gwalior. The session was graced with the presence of Dr. Arvind Kr. Sikarwar Principal Army Public School Gwalior who gave his valuable inputs on the topic and boosted the vigour of the session. The presentation highlighted the transformative vision of the policy in fostering a learner-centric and competency-driven education system. It accentuated the shift from traditional rote learning to measurable outcomes that prioritize critical thinking, creativity and experiential learning with a strong emphasis on the importance of ECCE. Key points included Principles of NEP 2020, ECCE, Aims and objectives of ECCE, Pedagogical approaches for curriculum transaction, Subject integration, Preparing children for *Vidya Pravesh*, *Vidya Pravesh* Activity planner given by FDRC, FLN and strategies to achieve FLN, Assessment reforms. The session emphasized foundational reforms such as Early Childhood Care and Education (ECCE) to ensure equitable and quality early learning opportunities and introduced significant changes in assessment practices to align with outcome-based education. Key reforms included implementing formative assessments for continuous learning feedback, introducing 360-degree progress cards to capture cognitive, emotional, and social development, and leveraging technology for adaptive and personalized evaluations. In nutshell the presentation underscored the critical role of NEP 2020 in driving a flexible and inclusive education system, empowering students with the skills and knowledge needed for the future.



IN HOUSE WORKSHOP ON NEP 2020

IN HOUSE WORKSHOP USAGE OF INNOVATIVE TEACHING AIDS

As a follow-up to the FDRC workshop held in Delhi in the month of September 2024 and in line with the continuing professional development and the goal to enhance teaching practices at Army Public School (APS), Gwalior, an in-house workshop was conducted by Mrs. Sunita Bhadauria (PGT History) for the Social Science teachers from classes VI-X, as well as for PGTs. The aim was to share valuable insights and tools for enhancing teaching practices, promoting student well-being, and leveraging technology in education. The topics were: Mental Health and Well-being of Students and Understanding Autism Spectrum Disorder (ASD), Bloom's Taxonomy of Measurable Verbs, and Uses of AI: Chat GPT and Gamma App for specific classroom scenarios. This session provided educators with practical approaches to identify mental health challenges

among students, as well as strategies for offering emotional support. It emphasized on creating a safe and inclusive classroom environment where students feel valued, heard, and understood. Strategies were discussed for including and promoting mindful practices, identifying signs of stress or depression, and creating a supportive network for students' mental health needs. It provided teachers with a deeper understanding of ASD, its signs and how to create an inclusive classroom that accommodates students with Autism. The workshop explained how different levels of Bloom's Taxonomy (Remember, Understand, Apply, Analyze, Evaluate and Create) can be utilized to structure clear learning objectives and assess student outcomes. Teachers were introduced to measurable verbs for each level of the taxonomy, and real-world examples were provided for better clarity. It explored Chat GPT as a tool for lesson planning, content creation, and brainstorming. To make the topics more relatable and engaging, the workshop incorporated multimedia presentations and videos that highlighted real-life applications of the discussed concepts. Teachers actively participated in worksheets designed to align with Bloom's Taxonomy. These exercises helped them practice writing measurable learning objectives using appropriate verbs for each cognitive level of Bloom's framework. Teachers gained actionable knowledge on mental health, autism, and inclusive teaching practices. Educators learned to utilize AI tools and presentation apps to streamline their work, saving time while enhancing creativity.



IN HOUSE WORKSHOP USAGE OF INNOVATIVE TEACHING AIDS

IN HOUSE WORKSHOP FOR SOCIAL SCIENCE TEACHERS

As a follow-up to the FDRS workshop held in Delhi in the month of September 2024 and in line with the continuing professional development and the goal to enhance teaching practices at Army Public School (APS), Gwalior, an in-house workshop was conducted by Mrs. Sunita Bhadauria (PGT History) for the Social Science teachers from classes VI-X, as well as for PGTs. The aim was to share valuable insights and tools for enhancing teaching practices, promoting student well-being, and leveraging technology in education. The topics were: Mental Health and Well-being of Students and Understanding Autism Spectrum Disorder (ASD), Bloom's Taxonomy of Measurable Verbs, and Uses of AI: Chat GPT and Gamma App for specific classroom scenarios. This session provided educators with practical approaches to identify mental health challenges among students, as well as strategies for offering emotional support. It emphasized on creating a safe and inclusive classroom environment where students feel valued, heard, and understood. Strategies were discussed for including and promoting mindful practices, identifying signs of stress or depression, and creating a supportive network for students' mental health needs. It provided teachers with a deeper understanding of ASD, its signs and how to create an inclusive classroom that accommodates students with Autism. The workshop explained how different levels of Bloom's Taxonomy (Remember, Understand, Apply, Analyze, Evaluate and Create) can be utilized to structure clear learning objectives and assess student outcomes. Teachers were introduced to measurable verbs for each level of the taxonomy, and real-world examples were provided for better clarity. It explored Chat GPT as a tool for lesson planning, content

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IN HOUSE WORKSHOP FOR SOCIAL SCIENCE TEACHERS

IN HOUSE WORKSHOP ON MENTAL HEALTH & WELL BEING

In a continuous effort to enhance the professional development of faculty members at Army Public School Gwalior, Mrs. Savita, PGT Psychology, conducted an insightful in-house workshop on 13 December 2024. This workshop was specifically designed to address critical issues surrounding the 'Mental health and well-being of students autism spectrum disorder (ASD) and classroom physical and mental exercises to reduce stress and anxiety'. The content of the workshop was inspired by her participation in the FDRRC Webinar on these topics in the month of September 2024, where she gained valuable insights to apply in her role as a PGT Psychology and educator. This workshop aimed to equip teachers across all subject areas with a deeper understanding of how to support students' mental health and create an inclusive classroom for those with autism spectrum disorder. The workshop emphasized that emotional and psychological support is key to a student's academic success and personal growth. The session discussed common mental health issues among students, including stress, anxiety, and depression, and how these can affect their academic performance and social interactions. Teachers were provided strategies for recognizing signs of distress and intervention techniques, such as active listening, creating a supportive classroom environment, and ensuring students know where to seek professional help. The session covered the different levels of autism, and the range of challenges students with ASD may face in a mainstream classroom setting, including communication barriers, sensory sensitivities, and social interaction difficulties. Teachers participated in discussions around real-life case studies of students facing mental health challenges or exhibiting signs of autism. This allowed teachers to brainstorm strategies and solutions that could be implemented in their classrooms.

A dedicated Q&A session allowed teachers to ask questions regarding mental health issues, autism spectrum disorder, and inclusive education. This was a valuable opportunity for teachers to clarify doubts and discuss their experiences.

The in-house workshop was an immense success and greatly benefitted the APS Gwalior teaching community. By providing teachers with the necessary knowledge and tools to handle mental health issues and support students with autism spectrum disorder, the workshop aligned with the broader goals of NEP

2020, which emphasizes inclusivity, well-being, and holistic education. This initiative marked an important step in building a more empathetic, inclusive, and mentally healthy learning environment at APS Gwalior.



IN HOUSE WORKSHOP ON MENTAL HEALTH & WELL BEING

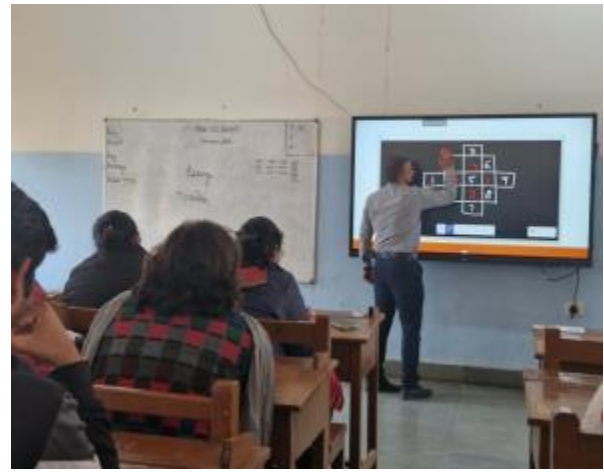
IN HOUSE WORKSHOP ON COMPETENCY BASED LEARNING

In a continuous effort to enhance the professional development of faculty members at Army Public School Gwalior, Mr. Abhishek Sharma (TGT Mathematics), conducted an insightful in-house workshop on 14 December 2024. This workshop was specifically designed to emerge the 'Developing well-being plan for teachers to promote art integration approach in mathematics and It's based on the idea that students should demonstrate mastery of a skill before moving on, and that they should be able to progress at their own pace. 'The content of the workshop was inspired by his participation in the FDRC Webinar on these topics in the month of (Jul - Aug 2024), where he gained valuable insights to apply in his role as a TGT Mathematics and educator. This workshop aimed to teachers to meet different learning abilities that can lead to more efficient student outcomes and to provides an engaging and effective way to achieve standards in both math/geometry and visual arts.

The workshop emphasized educators act as facilitators or coaches, guiding learners to achieve competencies rather than being the primary source of information. Collaborations with learners helps create a supportive learning atmosphere and ensures that instructions meet individual's needs. Teachers were advised to encourage learners to become self-directed and take ownership of their learning journey, cultivating a mindset geared towards lifelong education and adaptability.

Teachers took part in conversations about real-world case studies of children who dealt with stress, conflict, and difficulties. This made it possible for educators to highlight how math is used in practical settings, assisting students in seeing the value of math in both daily life and a variety of career paths. Teachers were able to ask questions about the transition from rote memory to deep conceptual knowledge and how to inspire students to investigate the "why" behind mathematical processes during a special Q&A session.

The APS Gwalior teaching community benefited immensely from the in-house workshop, which was a huge success. By giving educators the skills, they need to incorporate digital tools and resources to improve mathematics learning and exploration, we can give students a variety of approaches to problem-solving and data visualization. The event was in line with NEP 2020's overarching objectives, which prioritize holistic education, inclusion, and well-being. This program was a significant step towards creating a more inclusive, sympathetic and psychologically sound learning environment at APS Gwalior.



IN HOUSE WORKSHOP ON COMPETENCY BASED LEARNING

CAPACITY BUILDING WORKSHOP ON MENTAL HEALTH (IN HOUSE SESSION)

On 16 December 2024, an In House Session was organised by Army Public School Gwalior for teachers on the topic Capacity Building on Mental health, the session was coordinated by Ms Devnishi (TGT Health & Wellness Teacher). The Capacity Building Program on Mental Health was conducted to equip participants to identify, manage, and support mental health challenges in their respective communities or institutions. This program emphasized awareness, stigma reduction, and intervention techniques to promote mental well-being and to identify early warning signs of Mental Health issues Mental Health first aid stress and coping strategies, addressing stigma and discrimination building resilience and positive mental health practices community-based Mental Health Support. This session increased awareness about mental health and its importance, participants acquired skills to recognize early mental health issues and support affected individuals. Strengthened support systems within schools and communities, enhanced capacity to address stigma through awareness campaigns.



CAPACITY BUILDING WORKSHOP ON MENTAL HEALTH (IN HOUSE SESSION)

CAPACITY BUILDING WORKSHOP ON COMPUTER & CYBER SAFETY

Mr. Vikesh Shakya, TGT Computer Science, APS Gwalior organised an online workshop for the TGTs and PGTs of APS Gwalior on 17 December 24. The workshop on "Cybersecurity: Protecting Your Digital World" was conducted to raise awareness among TGT and PGT teachers about the importance of cybersecurity in

the digital age. The session highlighted the evolving cyber threat landscape, including sophisticated cybercrimes, vulnerabilities arising from IoT, and challenges posed by increased digital transformation.

Key Topics Discussed: Common Cyber Threats: Malware, phishing, social engineering, and denial-of-service attacks. Principles of Cybersecurity: Confidentiality, integrity, and availability. Identity and Access Management: Strong authentication, authorization, and user activity monitoring. Encryption and Data Protection: Securing data at rest and in transit, as well as implementing data loss prevention. Network Security Measures: Firewalls, VPNs, and intrusion detection systems. Incident Response and Disaster Recovery: Strategies to handle security breaches and recover critical business functions. Promoting Cyber security Awareness: Strong password practices, phishing awareness, and regular software update. Legal Landscape: The workshop emphasized understanding digital crimes such as hacking, fraud, and identity theft, and discussed associated legal implications and penalties.

Participants gained practical insights into implementing robust cybersecurity practices in their personal and professional digital environments. In recognizing and mitigating cyber threats. Promoting a culture of cybersecurity awareness in educational institutions. The workshop reinforced the need for vigilance and proactive measures in combating cyber threats. Teachers were encouraged to integrate cyber security principles into their daily practices and to act as ambassadors of digital safety within their schools. This session was an effective step toward building a secure and informed digital community.



CAPACITY BUILDING WORKSHOP ON COMPUTER & CYBER SAFETY

CAPACITY BUILDING WORKSHOP ON COMPUTER & CYBER SAFETY

The Eureka Jr. Bootcamp held on December 6th and 7th, 2024, at IIT Bombay, was a culmination of months of rigorous competition organized by E-Cell, IIT Bombay. The competition began with a registration quiz, followed by three online critical phases over three months: Introduction Submission, Team Formation, and Business Plan Development. After excelling in these tasks, three students from Army Public School Gwalior—Master Kapil Pal, XIIA, Master Vinamra Sharma, XII B and Master Aman Yadav, XI C—secured their spot in this prestigious boot camp, under the able guidance of Principal Dr. Arvind Kumar Sikarwar, Principal, APS Gwalior. They were accompanied by Mr. Sanjay Pandey, PRT, PE, APS Gwalior.

APS Gwalior the two-day bootcamp was meticulously designed to provide a hands-on learning experience for young entrepreneurs. Renowned academicians and industry professionals conducted sessions, combining theoretical insights with practical applications. The first day session was on the topic 'What is a Business Model?' by Dr Lina Sonne Vyas, an academic and entrepreneurship coach with Swedish origins, explored the fundamentals of business models, their importance in innovation, and strategies for

creating sustainable enterprises. Customer Discovery and UX Design session was taken by Mr. Jayesh Khade an entrepreneur and head of '10 Minute Million.' On the second day the session was on the topic 'Minimal Viable Product' by Prof. Sankalp, a respected faculty member of IIT Bombay specialized in product development, shared insights into the iterative MVP development process. Cracking the Code: Market Segmentation and Advertising session was taken by Mr. Gaurav Shah, the Managing Partner at Arete Ventures and a veteran in marketing strategies, shared powerful techniques to identify target audiences and craft compelling marketing campaigns. Case studies of Spotify and Nike highlighted the role of market segmentation in driving success. Participating in the bootcamp was a transformative journey. The sessions were not only highly informative but also inspiring, thanks to the remarkable expertise of the speakers. The Eureka Jr. Bootcamp was a remarkable opportunity that provided everyone with invaluable knowledge and skills in entrepreneurship. It not only broadened their understanding of business models, customer research, and marketing but also inspired them to think critically and innovate.



CAPACITY BUILDING WORKSHOP ON COMPUTER & CYBER SAFETY

'PRAYOG' ON THE CONVERGENCE OF NATIONAL EDUCATION POLICY AND OTHER SCHEMES

Dr Arvind Kumar Sikarwar, Principal APS Gwalior attended one day webinar on Prayog on 19 December 2024 at 1530 hrs. The webinar was taken by Dr Pooja Mann and Mrs Geeta Varshney. During the webinar, the resource person discussed on NCF, Environmental Education through Eco Club, Sustainable Development, CBSE Shunya Project, Life Skills and Peer Education, AIL and SEWA. The whole discussion revolved round the initiatives of CBSE and its effective implementation in CBSE schools. The session was very informative and a recapitulation of all CBSE academic documents in summarised form to orient the school leaders.



'PRAYOG' ON THE CONVERGENCE OF NATIONAL EDUCATION POLICY AND OTHER SCHEMES

SPELL BEE ACTIVITY

Army Public School Gwalior organized Spell Bee Activity for Classes I & II on 20 December 2024. There was a mass participation in this activity. Around 280 students participated in this activity. This activity was conducted by Mrs. Nisha Bais, CCA/IC I & II and all the class teachers of classes I and II in their respective classrooms. Students showed a great interest and excitement for the activity. The activity was organized to enhance their vocabulary, spellings, listening skills, overall linguistic abilities and to boost-up their confidence. The event was successful in raising the competitive spirit, communication skills and their confidence. Students enjoyed the activity a lot and participated with full excitement and preparation.

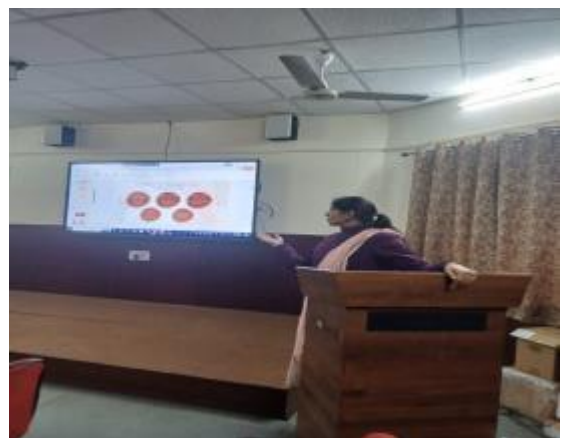


SPELL BEE ACTIVITY

WORKSHOP ON PERSONALITY DEVELOPMENT

"The more we give importance to skill development, the more competent will be our youth."

A webinar for Skill Educators along with various Army Public Schools was conducted on 9 December 2024 by Mr. R.P Singh, Joint Secretary Skill Education. It was attended by Mr Anurag Singh, PGT Physical Education, Mr Manas Mukherjee, TGT Computer Science, Mrs Varsha Chauhan, TGT English, Mrs Anubhuti Jaiswal, TGT, Art & Craft, and Mrs Mayuri Tripathi, PRT, APS, Gwalior. It showcased the skill subjects and their respective modules provided by CBSE for the reference of the teachers as well as the students. He also talked about the importance of skill education in the current scenario and its wide scope in the coming time. The webinar was very informative and aligned with the inclusion and importance of skill education with NEP and latest teaching methodologies which could be implemented by the teachers to enhance the effectiveness of the skill education for the students. Overall, it was a wonderful session and had a great learning experience for all the teachers.



WORKSHOP ON PERSONALITY DEVELOPMENT

CHRISTMAS DAY CELEBRATION AT ASHA SCHOOL

Asha School invited the students of APS Gwalior for Christmas celebration. The children of APS Gwalior showcased their talent through the dance performance. Students of Asha School also participated in cup cake making activity. It was a delightful celebration for the special children, creating a day filled with happiness, love, and cheer, while highlighting the importance of inclusivity and the joy of giving.



CHRISTMAS DAY CELEBRATION AT ASHA SCHOOL

CHRISTMAS TREE MAKING ACTIVITY

The students made a Christmas tree by using the art technique of origami under the guidance of their class teachers. The activity encouraged creativity, the development of fine motor skills, and teamwork and connected the students with festival Christmas.



CHRISTMAS TREE MAKING ACTIVITY

SNOWMAN & SANTA CLAUS MAKING ACTIVITY

The activity focused on creating paper models of a Snowman and Santa Claus with Origami craft technique, allowing participants to explore their creativity and learn the art of paper folding and connect themselves with the winter festival Christmas.



SNOWMAN & SANTA CLAUS MAKING ACTIVITY

VISIT TO GWALIOR ZOO

The students learned about various animals and their survival needs in a natural environment. The experience enhanced their knowledge of animal diversity, leaving them with joyful memories.



VISIT TO GWALIOR ZOO

VIDYANJALI ACTIVITY - 'CHRISTMAS CELEBRATION'

The Vidyanjali activity provided a platform for learning and celebration, featuring an engaging session on cyber security, lively cultural performances, and a creative craft-making competition. The event also included a distribution drive, reflecting the spirit of giving. It successfully combined education with festive cheer to create a memorable experience for all attendees.



VIDYANJALI ACTIVITY - 'CHRISTMAS CELEBRATION'

PARENTS TEACHER MEET

Meeting was organized in offline mode for the result discussion of the Exams. The points which were discussed: Students Attendance, Discipline Issues, Student Performance in Academics, Health issues, Proper uniform and other routine things..



PARENTS TEACHER MEET

GWALIOR SAHODAYA SAMITI WORKSHOP

The session covered life skills, work-life balance, and CBSE initiatives to promote positive attitudes, improve communication, and enhance decision-making. Teachers gained valuable insights into managing stress, controlling anger, and boosting self-esteem for better academic performance.



GWALIOR SAHODAYA SAMITI WORKSHOP

8TH WARRIOR NATIONAL KARATE CHAMPIONSHIP 2024

Students of Classes VI to XI participated in the championship. A total of 14 states and approximately 650 players participated in the championship. Shri Deepak Sacheti, President of the Madhya Pradesh Sports Council, graced the event as the Chief Guest. A proud moment for APS Gwalior was marked by the participation of 30 students, out of whom 17 students secured medals. Notable achievements included Rohit from Class VIII E, who clinched two gold medals in Kumite and Kata, and Ananya from Class VII A, who won a gold medal in Kumite. Other performers secured silver medals and Bronze medals in their respective events.



8TH WARRIOR NATIONAL KARATE CHAMPIONSHIP 2024