

INSIDE



AN EXCURSION  
TO JAI VILAS  
PALACE



MAKAR  
SANKRANTI  
CELEBRATION



*Ad Vitam Paramus*



8<sup>TH</sup> WARRIOR NATIONAL  
KARATE CHAMPIONSHIP

# APS GWALIOR TIMES

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

### 8<sup>TH</sup> WARRIOR NATIONAL KARATE CHAMPIONSHIP 2024

The 8<sup>th</sup> Warrior National Karate Championship 2024, organized by the Karate Development Organization and approved by the Karate Association of India, was held at LNIFE, Gwalior, Madhya Pradesh on 29<sup>th</sup> and 30<sup>th</sup> Dec 2024. The event witnessed participation from 14 states with approximately 650 players competing across various categories. A proud moment for APS Gwalior unfolded as 30 students participated in the championship, out of which 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 VIIA, who earned a gold medal in Kumite. Other standout performers were Miss Shruti Bhadauriya (Gold and Bronze), Master Tanishk Singh, Master Vasudev, Master Manveer Singh, Miss Angel, and Master Satyam Tomar, who bagged silver medals in their respective events. The championship was graced by Shri Deepak Sacheti, President of the Madhya Pradesh Sports Council, as the Chief Guest. The students' success was a testament to their dedication and the exceptional guidance of their mentors, Mr. Paritosh Sharma, Karate Instructor and Mr. Sanjay Pandey, Karate Instructor, APS Gwalior.

#### RESULT-

S. No.	Student's Name	Class	Event	Achievement
1.	Sourav Chouhan	XI C	Kumite	Bronze
2.	Tanishk Singh	XI D	Kumite	Silver
3.	Rohit	VIII E	Kumite and Kata	2 Gold
4.	Vasudev	IX B	Kumite	Silver

5.	Shruti Bhadauriya	IX F	Kumite and Kata	Gold and Bronze
6.	Manveer Singh	IX F	Kumite	Silver
7.	Angel	XII C	Kumite	Silver
8.	Vaishnavi	VIII B	Kumite	Bronze
9.	Kuman Singh	IX H	Kumite	Bronze
10.	Satyam Tomar	VIII B	Kumite	Silver
11.	Adarsh Singh	VIII B	Kumite	Bronze
12.	Ansh Yadav	VIIID	Kumite	Bronze
13.	Janvi Choudhary	VIII B	Kumite	Bronze
14.	Abhinav Singh	VII E	Kumite	Silver
15.	Ananya	VII A	Kumite	Gold
16.	Siddharth	VII A	Kumite	Bronze
17.	Arun	VIII B	Kumite	Bronze
18.	Niyatee Singh Bisht	VIC	Kumite	Bronze



## **8<sup>TH</sup> WARRIOR NATIONAL KARATE CHAMPIONSHIP 2024**

### **SCHOOL TRIP TO ZOO AND ITALIAN GARDEN**

School Trip to Zoo and Italian Garden

**Conducted by-** Army Public School, Gwalior

**Attended by** – Students of Class II along with 6 teachers, 1 nurse and 1 maid

**Escorted by** - Mrs. Beenu Kumari, PRT Ms. Deepti Bisen, PRT Mrs. Pooja Yadav, PRT Mr. Manoj Bhadoria, PRT ,PE , Mr. Vinay Kadam, PRT, PE Mr. Sourav Kushwah, TGT, PE

**Focus/ Highlights-** The trip aimed to showcase various wild animals, including mammals, birds, reptiles, and aquatic creatures, while providing students with information about these animals in their natural environment



## SCHOOL TRIP TO ZOO AND ITALIAN GARDEN

### **PARIKSHA PE CHARCHA AT BAZZ AUDITORIUM**

Army Public school Gwalior organised a session " Pariksha pe Charcha" for the students of X and XII at Bazz auditorium on 8 January 25. The session was organized as per the directions of Mrs. Tanuja Mann, Chairperson FWO, 36 Arty Brigade. Around 300 students of Class X and XII and 20 teachers of APS Gwalior attended the session.

Dr Anchal Bhatnagar, Psychologist , psychoanalyst therapist, was the resource person and Mrs Tanuja Mann was the Chief Guest of the session . Mrs. Tanuja Mann & Dr Anchal Bhatnagar were welcomed with saplings by the school Principal and Vice Principal. In his welcome address, Dr Arvind Kumar Sikarwar, Principal, APS Gwalior welcomed the dignitaries and addressed the students and teachers. He said that marks and mark sheets are not the only parameter to measure the caliber of a student.

Dr Anchal Bhatnagar started her session by asking the students how many of them were stressed about exams. She presented different situations and asked the students to relate themselves with the given situation and share their experiences. She suggested the students to shift their focus in stressful situation by doing a proper planning, listening music, rhythmic breathing. She also discussed some common symptoms found in students ie. panic attack, anxiety, nausea and shivering. She suggested them to follow grounding and relaxation techniques to manage anxiety. She apprised them with the effective studies techniques. She shared the tips of a better planning of exam day. She suggested the students to make a communication with their parents in times of

stress. She told the students not to forget rewarding themselves, taking self-care, realizing their strength and need of social support. The session also included interactive Q&A where students asked questions related to exam stress. Dr Anchal gave the answers and shared the tips to overcome the exam stress. She also discussed conflicts between parents and students related to studies and parents' expectations. At the end she shared her e-mail id with students.

Mrs Tanuja Mann addressed the students and motivated them for forthcoming exams. She suggested the students to make a realistic time table and make a healthy communication with their parents. She advised them to make better communication with their parents. She wished all the best to the students. As a tangible reminder of the event, the Principal APS Gwalior presented mementoes to Mrs Tanuja Mann and Dr Anchal Bhatnagar. The program ended with a vote of thanks by Mrs Vivian Singh, Vice Principal, APS Gwalior. It was followed by a high tea. The session was quite helpful in helping the students to keep away from exam stress.



### **PARIKSHA PE CHARCHA AT BAZZ AUDITORIUM**

### **EDUCATIONAL EXCURSION TO JAI VILAS PALACE MUSEUM, GWALIOR**

APS Gwalior organized an excursion trip for the students of class IX & XI on 21 Jan 25. A team of teachers Mr Manoj Bhadoriya, PRT, PE, VinayKadam, PRT, PE, Mr Shivam Tomar, TGT, Mathematics, Mr Devendra Singh Tomar, TGT, Hindi, Mrs Prabha Kushwah, TGT, Chemistry and Mrs Rinu Sikarwar, TGT English escorted the students on their excursion trip. 83 students of class IX & 223 students of class XI went on their much awaited trip to Jai Vilas Palace – An ode to opulence. Jai Vilas Palace is an Italian structure that is a combination of Tuscan and Corinthian architectural modes. It was built in 1874 by Jayaji Rao Scindia, the Maharaja of Gwalior in the British Raj. It took barely 30-40 minutes to reach this magnificent monument. All the students were spellbound to see the Durbar Hall which is 41 feet in height, 100 feet in length and 50 feet in width. The luxurious carpet adorning this hall is considered to be one of the largest in the world. It was a successful trip, as the students got an opportunity to learn through experience. It helped the students to understand Indian royalty, appreciation of Indian architecture, knowledge of historical events. It gave the students an exposure to Indian Art and developed critical thinking and enhanced observational skills of the students.



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## EDUCATIONAL EXCURSION TO JAI VILAS PALACE MUSEUM, GWALIOR

### SPORTS CLUB ACTIVITY

The Sports club activity was organised at APS Gwalior on 10 January 2025 for the students of Balvatika I, II and III aiming to develop their physical agility, coordination, and teamwork.

The activities were carefully curated by Mrs. Bhawna with the help of all the class teachers.

#### **Balvatika-I Hop and collect the object**

Children displayed their balance and coordination by hopping into rings to collect objects. The activity was a great way to enhance their motor skills.

#### **Balvatika-II Posham Pa**

Students participated in **Posham Paa**, a culturally enriching, traditional game that also tested their focus and endurance.

#### **Balvatika-III Seven Stones**

students enthusiastically played the traditional game of "Seven Stones." They showed remarkable teamwork and precision in stacking and knocking down the stones, adding a competitive yet enjoyable element to their session.

It was a delightful day for the young learners. The activities not only brought smiles to the children's faces but also contributed to their physical and social development.

The event concluded with applause for the students' efforts and a special mention of Mrs. Bhawna for her meticulous planning and execution.



### SPORTS CLUB ACTIVITY

## VIDYANJALI ACTIVITY - MAKAR SANKRANTI CELEBRATION, YOGA AND REMEDIAL CLASSES

Army Public School Gwalior organised a Vidhyanjali activity on 11th January 2025, aimed at fostering knowledge, creativity, and celebration among the young learners of Government Middle School, Morar Cantt. The entire event was meticulously designed by Mrs. Preeti Sharma (PGT English) to provide educational enrichment and joyful experiences for the students of Classes from Nursery to 8th. The program began with an insightful session on AISSEE (All India Sainik School Entrance Examination) conducted by Mr. Amit Tripathi, TGT Mathematics, APS Gwalior. This session has been planned to benefit the students with all required information regarding the selection criteria for AISSEE, which further detailed the Marking scheme, question typology & way to attempt them with speed & accuracy to achieve their desired goal. The session continued with the Yoga activities under the effective guidance of Yoga teacher Mrs. Jyoti Singh, TGT Yoga. She motivated them by describing the positive effects of inculcating the habits of doing in their daily life for physical well-being and mental & emotional stress relaxation. The session became colourful with creativity of Art teacher Mrs. Anubhuti Jaiswal, TGT Art. She enriched the cultural values in them by making bright & beautiful kites with the help of Art & craft activities by students. The Vidyanjali activity was a resounding success, combining education, creativity, and celebration seamlessly. The students gained valuable knowledge about AISSEE, participated in yoga and art & craft activities, and embraced the festive spirit of Makar Sankranti.



## VIDYANJALI ACTIVITY - MAKAR SANKRANTI CELEBRATION, YOGA AND REMEDIAL CLASSES

### ALUMNI V/S STUDENTS CRICKET MATCH (A CELEBRATION OF SCHOOL LEGACY AND SPORTSMANSHIP)

**Conducted by** – Army Public School Gwalior

**Venue** – Cricket Ground Army Public School

**Mentors-** Mr. Anurag Singh Tomar PGT PE, Mr. Vimal Prakash TGT PE

**Highlights-** The Cricket Match was a spirited celebration of the school's legacy and sportsmanship, graced by Lt. Col. Chandar Shekhar, Education Officer, HQ 36 Arty Bde, as the Chief Guest. In a thrilling, closely contested game, Team Alumni won by 1 wicket. Individual achievements were also celebrated, with Mr. Pankaj Mishra won the title "Man of the Match", Mr. Roshan Ghabra was honored as "The Best Batsman", and Master Sahil Ansari, XI D APS Gwalior was recognized as

the “Best Bowler”. It was followed by lunch for the senior teachers and APS alumini. The lunch on was organised by APS aluminis.



### **ALUMNI V/S STUDENTS CRICKET MATCH (A CELEBRATION OF SCHOOL LEGACY)**

### **EDUCATIONAL TRIP TO ZOO**

APS Gwalior organized an educational trip to the zoo on 13 Jan 25 for the students of Pre Primary with the objective to provide students with a practical learning experience about animals and their habitats. All the teachers of Bal Vatika along with Mr Manoj Bhadoriya, PRT, PE, MrAkash, TGT, PE, Mr Vinay Kadam, PRT, PE went to the zoo along with the children. The children were excited to explore the zoo and observe a variety of animals, birds, and reptiles. Students enthusiastically interacted with their peers, pointing out animals they recognized and sought answers from the accompanying faculty. After an exciting walk around the zoo refreshments were given to the students to refuel their enthusiasm. The treat was well enjoyed by the children. The zoo visit was a delightful and educational experience for the children. It successfully combined learning with recreation, leaving the students with valuable knowledge and fond memories. The smiles and excitement on their faces were a testament to the success of the trip.



### **EDUCATIONAL TRIP TO ZOO**

## MAKAR SANKRANTI CELEBRATION

To mark this auspicious day, a special assembly was conducted under the able guidance of Mrs Rashmi Chauhan in which the significance of this festival was highlighted & the stage was beautified with the children appearing in various colourful traditional attires. Various activities were curated in which students of classes spanning from Balvatika I, II & III. The students of Balvatika I made paper cut Pongal pots & further enhanced with colorful bindis on them, whilst the students of Balvatika II showcased paper cut Kites & beautified these with cute smilies on them & finally the students of Balvatika III showcased their painting skill in the form of a Bonfire in their sketchbooks, in which they used hand impression to depict fire & popsicle sticks to show the firewood. The celebration of this auspicious festival of Makar Sankranti plays a major role in instilling in these young minds the greatness of this nation in which a festival is being celebrated under various names & methods encompassing varying attire, culture & food but all directed towards a same event highlighting the nation's *Unity in Diversity*. Such celebrations shall go a long way in fostering unity, instilling pride towards the national heritages & rich culture, thereby treading pathway to make this nation great again.



## MAKAR SANKRANTI CELEBRATION

### INTER HOUSE G.K. QUIZ COMPETITION

**Conducted by-** Mrs. Nisha Bais, CCA I / CI & II and Ms. Saundarya Joshi, CCA I/C III to V

**Attended by** – Students of Classes I to V

**Focus/ Highlights-** The theme of the quiz was “Ek Bharat Shreshtha Bharat”. The quiz, featuring rounds on Indian history, culture, and geography, aimed to promote unity and cultural awareness. Tagore House (Class I & II) and Raman House (Class III to V) emerged victorious, with the event enhancing students' public speaking, confidence, and presentation skills



### INTER HOUSE G.K. QUIZ COMPETITION

### SPECIAL ASSEMBLY ON 77<sup>TH</sup> INDIAN ARMY DAY

**Organised by** – Army Public School Gwalior

**Attended by** – Students of Classes I to XII

**Focus/Highlights** - Army Public School, Gwalior organized a special assembly featuring patriotic songs, speeches, and performances, instilling pride and patriotism among students. The event concluded with an inspiring speech by Principal Dr. Arvind Kumar Sikarwar, emphasizing the significance of Army Day and the values of discipline and security upheld by the Indian Army.



### SPECIAL ASSEMBLY ON 77<sup>TH</sup> INDIAN ARMY DAY

### SAVE WETLANDS CAMPAIGN- 2025

1. Wet land-Mitra-Pledge
2. Painting Competition
3. Nukkad Natak

**Conducted by-** CBSE

**Attended by-** Students of Classes VI to XII

**Highlights-** Students of classes VI to IX and XI took Wetland-Mitra-Pledge in the school assembly, a painting competition for classes VI-VIII on the theme “Protecting Wetlands for Our Common Future” and Nukkad Natak by students of IX and XI was organized as per the directions of CBSE.



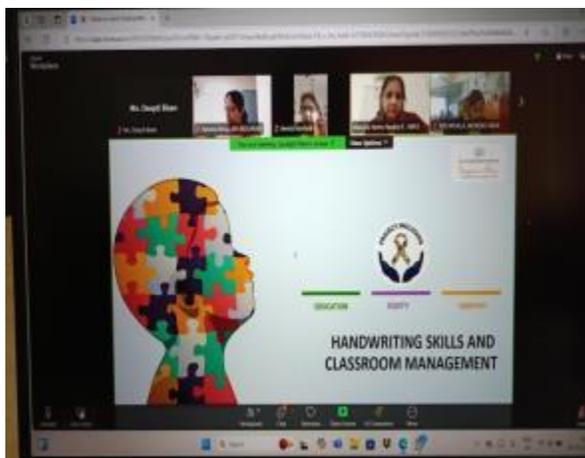
### SAVE WETLANDS CAMPAIGN- 2025

### **ADVANCE LEVEL TRAINING WEBINAR FOR PROJECT INCLUSION**

**Conducted by-** Sarabjit Palta (Special Educator), Rashmi Maldahiya (Special Educator), Sri Aurobindo Society

**Attended by –** Ms. Deepti Bisen (PRT) of Army Public School Gwalior

**Focus/ Highlights-** Word Recognition, Phonemic Awareness, Sight words, Language Comprehension, Components of Handwriting Development, Fine Motor Skills, Skills for Developing Efficient Handwriting, Accommodations for Handwriting



### ADVANCE LEVEL TRAINING WEBINAR FOR PROJECT INCLUSION

## ECHS-SPARSH (SEVA AUR SAMMAN)

Army Public School Gwalior organised “ECHS-SPARSH (Seva aur Samman)” “Activity ,under community outreach programme for retired elderly people at ECHS Gwalior on 16 Jan 25 .Students of classes III to V donated seasonal fruits of their own choice. Nearly 15 Kgs of fruits donated by the students of Class III –VIII were distributed to patients at ECHS Gwalior. President, Vice President,Secretary, Treasurer and members of club committee, Interact Club APS Gwalior along with 12 other students visited ECHS. In this event Miss Muskan of XI A presented a speech on “How to take care of health during winters?” Miss Sneha Singh of class XI B presented a speech on “Diabetes” and Miss Shagun Bhadouria of class XI A entertained the patients with her poetry. Capt.Moshami, OIC, Polyclinic Gwalior also interacted with students. Mrs Neha Tiwari(PRT) and Mr Vikas Kankane(TGT Arts) , APS Gwalior escorted the students to the venue. The students of APS Gwalior showed a great level of energy and enthusiasm in the event. These types of events are organized to develop feelings of gratitude and respect for elderly people and the community.



## ECHS-SPARSH (SEVA AUR SAMMAN)

## GWALIOR IDEA CONTEST AND SCIENCE EXHIBITION VIGYANOTRI-SCIENCE & TECHNOLOGY QUIZ

### **Conducted by-**

Atal bihari vajpayee

Indian Institute of Information Technology and management

**Attended by-** 21 students of Class VIII, IX, XI of APS Gwalior

Mr.Abhishek Tripathi,TGT, Science

Mr.Dharambeer Singh Bhadoria (PRT) from Army Public School Gwalior

**Highlights** – In this workshop it was basically focused on creating awareness and interest in our students and society towards science and technology as well as to find new and innovative ideas to make our city a better place.



## **GWALIOR IDEA CONTEST AND SCIENCE EXHIBITION VIGYANOTRI-SCIENCE & TECHNOLOGY QUIZ**

### **ONLINE WEBINAR ON 3030 EKLAHYA STEM EDUCATION**

Dr Arvind Kumar Sikarwar, Principal APS Gwalior attended a webinar on 3030 Eklavya STEM Education dt 21 January 2025 by CBSE Training Unit IIT Gandhinagar. It was taken by Sh Manish Jain Professor, CCL IIT Gandhinagar and CBSE HQ Training Team. The webinar focused on Fostering Creativity and Innovation, Enhancing Critical Thinking and Problem-Solving Skill, Making Education More Inclusive and Engaging, Addressing Skill Gaps and Preparing for the Future, Encouraging Innovation and Entrepreneurship, and Bridging the Urban-Rural Divide. This webinar is oriented on NEP 2020's goal of reducing disparities in education and ensuring equitable access to learning opportunities, leading to a more balanced distribution of resources and opportunities across the country.



### **ONLINE WEBINAR ON 3030 EKLAHYA STEM EDUCATION**

### **AN EXCURSION TO JAI VILAS PALACE**

**Organised by-** Army Public School Gwalior

**Attended by-** Students of classes IX and XI

**Escorted by** – Mr Manoj Bhadoriya (PRT), Mr. Vinay Kadam (PRT) Mr Shivam Tomar (TGT), Mr Devendra

Singh Tomar (TGT), Mrs Prabha Kushwah ( TGT) and Mrs. Rinu Sikarwar(TGT)

**Focus/Highlights-** Students of Class IX and XI visited Jai Vilas Palace, an architectural marvel built in 1874 by Maharaja Jayaji Rao Scindia. The trip was not only enjoyable but also educational, helping students develop resourcefulness, self-confidence, initiative, and leadership skills.



### AN EXCURSION TO JAI VILAS PALACE

### VISIT OF NCC OFFICER

**Highlights** – Brigadier KDS Jhala ( NCC Officer) came to APS Gwalior to meet the Associate NCC Officer , Lt. P. Indu Rao and Dr Arvind Kumar Sikarwar, Principal APS Gwalior . During the visit , Brigadier Jhala acknowledged and appreciated the hard work and dedication demonstrated by the ANOs in the recent Officers Training. He commended the efforts of the ANOs in ensuring the successful execution of training programs , highlighting their significant contribution to the NCCs growth and success.



### VISIT OF NCC OFFICER

## ADVANCE LEVEL TRAINING WEBINAR FOR PROJECT INCLUSION -

**Conducted by-** Sarabjit Palta (Special Educator), Rashmi Maldahiya (Special Educator), Sri Aurobindo Society

**Attended by – –** Ms. Deepti Bisen (PRT) of Army Public School Gwalior

**Focus/ Highlights-** Number Sense, Difficulties and CRA Approach, Operations with Word Problems ,Managing Challenging Behaviour of Neurotypical and Neurodiverse, Functions of Behaviours, Classroom Management



## ADVANCE LEVEL TRAINING WEBINAR FOR PROJECT INCLUSION -

## PARAAKRAM DIWAS SPECIAL ASSEMBLY

Army Public School Gwalior organized a special assembly on 22 January 2025 to commemorate Paraaakram Diwas, a day dedicated to honoring the valor and sacrifices of India's freedom fighters, with a special emphasis on the legacy of Netaji Subhash Chandra Bose. The event was meticulously planned and executed under the guidance of Mrs. Preeti Sharma (PGT English), who served as the teacher-in-charge.

The assembly began with a thought-provoking speech, reflecting on the life and leadership of Netaji Subhash Chandra Bose. His courage, determination, and unwavering commitment to India's independence were highlighted, inspiring the audience to appreciate the significance of this day and the enduring impact of his contributions to the freedom struggle. Following the speech, a moving poem recitation was presented by Shubhang Kapoor from Class VII E. His recital, full of emotions, evoked a strong sense of national pride and remembrance of the sacrifices made by freedom fighters, particularly those like Netaji who dedicated their lives to the cause of India's independence. A stirring patriotic song was performed by students from Classes VIII and IX, further enhancing the event's patriotic fervor. The soulful rendition of the song united the audience, fostering a deep sense of respect for the bravery and struggles of the nation's heroes, including Netaji Subhash Chandra Bose. The students of Classes IV and V then presented an exuberant patriotic dance performance, adding a vibrant and dynamic visual element to the assembly. Their coordinated movements further reinforced the spirit of nationalism and unity, symbolizing the collective strength of the nation in its fight for freedom. The assembly concluded with an insightful address by the respected Principal, Mr. Arvind Kumar Sikarwar, who emphasized the importance of remembering and honoring the sacrifices made by freedom fighters, with special mention of Netaji Subhash Chandra Bose. He

urged students to carry forward the values of bravery, patriotism, and selfless service to the nation, reflecting on how these ideals continue to shape India's progress.



### **PARAAKRAM DIWAS SPECIAL ASSEMBLY GUEST LECTURE ON SAFEGUARDING**

#### **SPEECH COMPETITION**

Army Public School Gwalior organized an inter-house Speech Competition for Classes I to V on 22 January 2025. In these 20 students participated i.e. one from each class of each house. The judgment was done by Mrs. Madhuri Debnath, Ms Saundarya Joshi (I & II) and Mrs. Nisha Bais (III to V). The competition featured participants, each presenting speeches on their given topics such as for class I & II- 'National Symbols', class III- 'Unity in Diversity', class IV- 'Clean India Green India and class V- 'The Indian Constitution. The competition saw impressive skills of students of public speaking. Each participant delivered the speech with clarity and confidence while sticking to the theme. The parameters of the judgement were relevance to the theme, clarity & confidence and content delivery. The competition was resounding success, leaving the audience inspired and motivated. The competition was conducted under the guidance of Mrs. Jayanti Naidu, Head Mistress and Mrs. Saroj Devgan, activity coordinator in assistance with Ms. Saundarya Joshi, CCA I/C III to V and Ms. Nisha Bais, CCA I/C I & II APS Gwalior. The result of the competition is as follows-

#### **Result-**

##### CLASS – I

SL.NO.	NAME & CLASS	SCORE (60)	HOUSE	POSITION
1.	Devansh- I C	46	Azad	I
2.	Kartik Singh Tomar- I A	44	Tagore	II
3.	Aanya Prajapati- I B	43	Bhagat	III

##### CLASS – II

SL.NO.	NAME & CLASS	SCORE (60)	HOUSE	POSITION
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1.	Maheshwari – II C	58	Azad	I
2.	Ariv Ghosh- II A	49	Tagore	II
3.	Vaishnavi- II B	44	Bhagat	III

### CLASS – III

SL.NO.	NAME & CLASS	SCORE (60)	HOUSE	POSITION
1.	Anushka – III B	59	Azad	I
2.	Sai Shubranshu- III B	57	Raman	II
3.	Khushi- III D	48	Tagore	III

### CLASS – IV

SL.NO.	NAME & CLASS	SCORE (60)	HOUSE	POSITION
1.	Adhrija Ghosh- IV A	60	Tagore	I
2.	Abhinav Sisodiya- IV A	57	Azad	II
3.	Bhakti Rawat- IV B	56	Bhagat	III

### CLASS – V

SL.NO.	NAME & CLASS	SCORE (60)	HOUSE	POSITION
1.	Mayank Bhadoriya- V C	49	Azad	I
2.	Naman Parmar- V A	48	Tagore	II
3.	Katyayani- V D	43	Bhagat	III



## SPEECH COMPETITION

### **ORIENTATION SESSION ON MENTAL HEALTH' FOR APS STUDENTS**

In a continuous effort to enhance the mental peace and overcome mental health related issues of students at Army Public School (APS) Gwalior, Mrs. Savita, PGT Psychology and Mrs Jyoti Singh, conducted an insightful orientation session on 22 Jan 2025. This session was specifically designed to address critical issues surrounding the 'Mental health of the students and how to overcome with using some techniques like meditation, breathing and raise awareness about different strategies to develop personality traits. The content of the session was inspired by participation in the *FDRC Webinar* on these topics in the month of September 2024, where she gained valuable insights to apply in role as a PGT Psychology and educator. This session aimed to equip students with a deeper understanding of how to develop emotional intelligence and deal with day to day conflict challenges & stress. Focus areas were value of gratitude, self-care, social connections, self-talk, identify triggers, develop emotional regulation and how to reduce stress. The session emphasized that emotional and psychological support is key to a student's academic success and personal growth. The session discussed mental health issues & empathy issues among students, including stress, anxiety, and depression and how these can affect their academic performance and social interactions. Students were provided with strategies for recognizing signs of distress and intervention techniques, such as active listening, creating a supportive classroom environment. Students participated in discussions around their real-life case studies, facing challenges or handle conflict, challenges & stress. This allowed students to brainstorm strategies and solutions that could be implemented in their life. A Q&A session allowed students to ask questions regarding their day-to-day life challenges and problems. This was a valuable opportunity for students to clarify doubts and discuss their problems. The orientation session was an immense success and greatly benefitted the APS Gwalior students. By providing students with the necessary knowledge and tools to handle stress, anxiety and depression related issues. This initiative marked an important step in building a more empathetic and mentally healthy learning environment at APS Gwalior.



### **ORIENTATION SESSION ON MENTAL HEALTH' FOR APS STUDENTS**

### **' PARIKSHA PE CHARCHA 2025: BASKET OF ACTIVITIES**

Army Public School Gwalior organized a basket of activities suggested by CBSE in order to celebrate PPC-2025. The activities were conducted for the students of classes VI to XI from 12 January to 23 January. The activities included indigenous game sessions, marathon run, yoga-cum-meditation, poster making, mental health counseling and watching inspirational movie. Mrs. Preeti

Rajawat, TGT, Computer Science, Mrs. Anubhuti Jaiswal, TGT, Arts Mrs. Jyoti Singh, Yoga Instructor, Mr, Manoj Bhadoria, PRT, PE and Mrs. Savita, PGT, Psychology engaged the students in above-mentioned activities under the supervision of Activity Coordinator Mrs. Saroj Devgan. Students posted their selfies while performing these activities with hash tags. These activities were conducted to transform exam-related stress into a festival of learning and celebration. Students participated in these activities with great enthusiasm as these were the perfect combination of physical and mental exercises.

One of the new elements to engage the students this year is to showcase the series named “Bharat Hain Hum” which has been recently launched by I&B Ministry. After collective viewing of series, a competition was conducted for the students based on their performance. A team of 10 students was selected to participate in a quiz competition held at Kendriya Vidyalaya No.1 Gwalior. Our team was escorted by Mrs. Shanu Agrawal. The performance of the team was greatly appreciated. Two students of APS Gwalior have secured first position. Names are as below:

- Miss. Mahi Bhadoria XI A
- Miss. Anshita Sharma XI B



## PARIKSHA PE CHARCHA 2025: BASKET OF ACTIVITIES

### ASHA MILAPACTIVITY (REPUBLIC DAY CELEBRATION)

**Conducted by-** Mrs. Shaily Gahlot, TGT Mathematics, and Mr. Sohit Saxena under the guidance of Mrs. Mithilesh Chauhan ( In Charge ECHS Activity)

**Attended by-** 15 students of classes VI to VII

**Focus/ Highlights-** The students of Army Public School Gwalior were invited by Asha School on 23 Jan 2025 for Republic day celebration. The activities creating Tricolor badge, butterfly and salad were conducted by Asha school with the help of students of APS Gwalior. It promoted patriotism, creativity, and teamwork.



## ASHA MILAPACTIVITY (REPUBLIC DAY CELEBRATION)

### **PARIKSHA PE CHARCHA 2025: PARAKRAM DIWAS QUIZ COMPETITION**

Pariksha Pe Charcha 2025: Parakram Diwas quiz Competition (prior to Pariksha Pe Charcha Session by CBSE )

**Conducted by-** CBSE

**Attended by-** Students of Classes IX to XII

**Highlights-** A Quiz based on “Bharat Hain Hum” series was organized by Kendriya Vidyalalya No.1 Gwalior. The quiz was based on five episodes of Bharat Hain Hum series.



## PARIKSHA PE CHARCHA 2025: PARAKRAM DIWAS QUIZ COMPETITION

### **REPUBLIC DAY CELEBRATION AT PRE PRIMARY**

**Conducted by-** Teachers of Balvatikal, II and III

**Attended by** –Students of classes Balvatika-I, Balvatika-II, Balvatika–III, I and II

**Highlights** – Republic Day Celebration at APS Gwalior was a memorable event organized on 24 January that instilled a sense of pride and patriotism. Students of Balvatika I,II participated in Group Song and Group Dance. Some class activities were conducted to encourage creativity and motivate fun loving.



## REPUBLIC DAY CELEBRATION AT PRE PRIMARY

### REPUBLIC DAY CELEBRATION

Army Public School Gwalior celebrated the 76<sup>th</sup> Republic Day on 26 January 25 with great zeal and enthusiasm. The programme started with the unfurling of the national flag Tiranga by Dr Arvind Kumar Sikarwar, Principal, APS Gwalior. It was followed by the National Anthem sung by the teachers' choir of APS. The choir sang a medley of patriotic songs and added patriotic fervor to the programme. There were around 100 NCC Cadets present in the programme. The School Principal delivered a speech on the auspicious occasion of republic Day and elaborated the importance of laws in our daily life, especially in school. The students and teachers departed from school after sweet distribution. The celebration of the national festival made everyone feel the importance of rules and regulations in our life.



## REPUBLIC DAY CELEBRATION

### SCIENCE CLUB ACTIVITY

**Conducted by-** Teachers of Balvatika I, II, III

**Attended by-** Students of classes Balvatika I, II, III

**Highlights-** . The science club activity aimed to develop scientific skills and attitude and encourage their creativity and curiosity. Hands-on, exploratory experiments were conducted that focused on basic concepts like importance of air, seed germination, plant growth, evaporation and condensation.



## SCIENCE CLUB ACTIVITY

### **PTM OF CLASSES X AND XII FOR PRE BOARD –II EXAMS**

**Conducted by-** Army Public School Gwalior

**Attended by-** Parents and Students of Classes X and XII

**Highlights-** A Parent-Teacher Meeting (PTM) was organized to discuss the performance of students in the Pre-Board 2 exams. During the meeting, parents were informed about their wards' results and provided guidance on how to support their children during the upcoming board exams. They were counseled on creating a stress-free environment at home, emphasizing that marks should not be the sole measure of a student's knowledge. The importance of parental involvement in learning and exam preparation was highlighted, along with the need to prioritize the well-being of students, ensuring they remain happy and healthy throughout the exam period.



### **PTM OF CLASSES X AND XII FOR PRE BOARD –II EXAMS**

### **ORCHESTRA PERFORMANCE BY THE BLIND SCHOOL , RAMKRISHNA ASHRAM , KOLKATA**

**Conducted by-** Mentors and students of Ramkrishna Mission , Kolkata at APS Gwalior

**Attended by-** Dr Arvind Kumar Sikarwar, Principal, Mrs Vivian Singh, Vice Principal, Mrs Jayanti Naidu, Head Mistress, Mrs Patrika Pawar, Special Educator , Mrs Mayuri Tripathi , PRT, all the class teachers and students of class IX & XI

**Highlights-** The students of Ramkrishna Ashram presented a melodious orchestra and did vocal singing on patriotic theme in front of the students of class IX & XI. At the end of the programme Mrs Patrika, Special Educator and Dr Arvind Kumar Sikarwar, Principal in their speech urged the students of APS to get motivated with the spirit of the blind children and do not get discouraged with the problems of daily life



**ORCHESTRA PERFORMANCE BY THE BLIND SCHOOL , RAMKRISHNA ASHRAM ,  
KOLKATA**