



YOGA SESSION AT
ABV TRAINING
CENTER, GWALIOR

INSIDE



INSPIRE MANAK
AWARD



INTERNATIONAL
YOGA DAY
CELEBRATION
2025



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

FOUNDATIONAL DIGITAL LITERACY PROGRAM – PROJECT CARTE BLANCHE

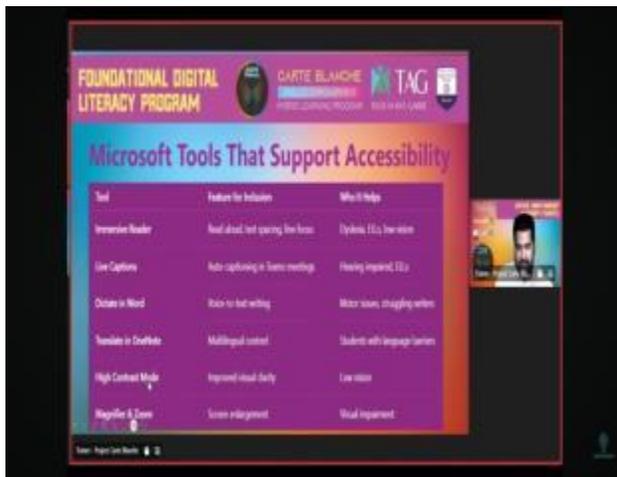
Foundational Digital Literacy Program – Project Carte Blanche

Conducted by – Tech Avant Garde

Resource Person – Mr. Prashant Jha, Trainer, Carte Blanche

Attended by – The teachers of APS Gwalior

Highlights - The session focused on enhancing digital fluency, understanding the practical applications of Microsoft 365, and adopting best practices for hybrid teaching. It provided valuable insights into modern educational technologies and innovative teaching approaches, helping teachers build confidence in integrating digital tools into their classrooms..



FOUNDATIONAL DIGITAL LITERACY PROGRAM – PROJECT CARTE BLANCHE

SESSION ON MEDITATION, LAUGHING THERAPY AND YOGIC GAMES

As per the directions of HQ Southern Command (AWES) letter No 8305001/Yoga/ID2025/AWES, date 9 June 25, APS Gwalior organized Meditation Session, Laughing Therapy, Yogic Games for the students of APS Gwalior on 12 June 25 . Approximately 40 students from Classes VI to VIII along with 15 members of the administrative staff actively participated in the event to make the event lively and engaging. The activity aimed to promote mental well-being, physical fitness, and holistic development among students and staff alike. The event was planned under the mentorship of Mrs Vivian Singh, Vice Principal, Mrs Jyoti Singh Yoga Teacher and Mr Vinay Kadam, PRT, PE, APS Gwalior.



SESSION ON MEDITATION, LAUGHING THERAPY AND YOGIC GAMES

SELECTION IN NEET 2025

Ms Divyanshi Yadav, X Pass out from APS Gwalior , Batch 22-23, D/O Mr Sanjay Kumar, Subedar ASC BN, has cracked NEET 2025 Exam in her first attempt. Her All India rank in NEET is 23637 and Category Rank is 10763.

Master Ankit Katare, X Pass out from APS Gwalior, Batch 20-21, S/O NK Bablish Katare, has cracked NEET 2005 Exam . His all India rank in NEET is 154549 and category rank is 18966. Both the students have made APS Gwalior proud by their ultimate success and inspired others for the same



SELECTION IN NEET 2025

YOGA WEEK CELEBRATION - SEMINAR BY YOGA EXPERT

Under Yoga Week Celebration 2025 Army Public School Gwalior organized a seminar on the topic 'Importance of Yoga in daily life'. Mr. Ghanshyam Singh Thakur from Chauras Campus, Sri Nagar was the resource person. He is Assistant Professor in the Department of Naturopathy and Yoga. The speaker highlighted the importance of Yoga in the daily life of students. He explained basics of Kriya Yoga, including meditation, breathing techniques to improve concentration, coordination, endurance and strength. The seminar was chaired by Vice Principal Mrs. Vivian Singh and supervised by Yoga teacher Mrs. Jyoti Singh and Activity Coordinator Mrs. Saroj Devgan. Students and staff members actively participated in the seminar and interacted with the expert. The seminar was a great success as the attendees learnt various techniques to reduce stress and anxiety to improve physical, mental and spiritual well-being.



YOGA WEEK CELEBRATION - SEMINAR BY YOGA EXPERT

YOGA WEEK CELEBRATION (ONLINE SESSION)

Yoga Week Celebration (Online Session)

Conducted by - SPIC MACAY Society

Resource Person - Dr. Manju Jha, Yoga Instructor, Mr. Sabyasachi Dey, National Coordinator, Mrs. Megha Sethia, Coordinator Yoga Shivar, Mr. Tanmay Patil, Technical team, Ms. Bhavya, Coordinator Technical Team.

Highlights - An online workshop was conducted via Zoom by Dr. Manju Jha to promote physical and mental well-being among students. It included yoga asanas, breathing exercises, and meditation techniques aimed at reducing stress and enhancing mindfulness. The workshop encouraged a healthy lifestyle and self-discipline, making it a valuable step toward holistic development.



YOGA WEEK CELEBRATION (ONLINE SESSION)

YOGA WEEK CELEBRATION(POSTER MAKING COMPETITION)

Under the directions of HQ Southern Command (AWES) a Poster Making Competition was organized by APS Gwalior on 18 June 25. Around 15 students of APS Gwalior participated in the competition. The event aimed to raise awareness about the physical, mental and spiritual benefits of yoga in daily life. The theme of the competition was “Yoga Day celebration” & “Importance of Yoga”. The competition was conducted under the mentorship of Mrs Vivian Singh, Vice Principal, Mr Vikas Kankane, TGT Arts, Mr Akash Bhadoriya, TGT, PE. The students expressed their creativity by illustrating the essence of yoga through vibrant posters, showcasing its role in promoting health, inner peace and holistic wellbeing. The competition not only highlighted the artistic talent of the students but also deepened their understanding of yoga’s relevance in today’s fast paced world. The activity was a great success and reflected the spirit of International Yoga Day by inspiring young minds to embrace a healthy lifestyle.



YOGA WEEK CELEBRATION(POSTER MAKING COMPETITION)

IN HOUSE SESSION ON 'HAPPY CLASSROOMS'

An engaging in-house workshop on the topic “Happy Classrooms” was conducted on 20th June 2025 by Mrs. Sunita Bhadauria, PGT History and Mrs. Archana Bhargava, PGT Commerce, APS Gwalior. The workshop aimed to align with the vision of the National Education Policy (NEP) 2020, focusing on creating joyful, inclusive, and experiential learning spaces in schools.

The session covered key aspects such as the philosophy of NEP 2020, the features of a Happy Classroom, the importance of socio-emotional learning, inclusive and equitable practices, innovative teaching strategies, and meaningful assessment techniques. Special emphasis was laid on the role of teachers in building positive, student-centered environments. To make the session interactive and practical, 3–4 engaging activities were conducted involving the participants. These included mindfulness exercises, group reflections, and classroom simulations designed to promote joyful and collaborative learning. In addition, related videos were shown to help visualize the concepts and provide real-life examples of Happy Classrooms in action. The workshop was fruitful and well received by all participants. A total of 103 teachers attended the session and expressed their appreciation, finding the workshop informative, thought-provoking, and highly relevant to their teaching practice. Overall, the workshop succeeded in reinforcing the idea that happy classrooms are essential for nurturing confident, compassionate, and curious learners, and it inspired educators to begin implementing these practices in their own classrooms. It emphasized that academic excellence can truly flourish in an emotionally safe and engaging environment. The session left the educators motivated and committed to embracing the principles of NEP 2020.



IN HOUSE SESSION ON 'HAPPY CLASSROOMS'

YOGA SESSION AT ABV TRAINING CENTER, GWALIOR

Conducted by-Atal Bihari Vajpayee Training Centre for Disability Sports, Gwalior

Attended by: Miss Sanjana, Class II A, specially abled child and Mrs. Patrika Pawar, Special Educator, APS Gwalior

Focus/ Highlights- The event showcased yoga's vital role in enhancing physical, mental, and spiritual health through meditation, pranayama, and asanas. Participants were encouraged to adopt these practices to achieve a balanced and healthy lifestyle. The celebration reinforced the importance of holistic wellness in daily life.



YOGA SESSION AT ABV TRAINING CENTER, GWALIOR

INTERNATIONAL YOGA DAY CELEBRATION 2025

On the occasion of International Yoga Day, 21 June 2025, Army Public School Gwalior organized a significant event aimed at celebrating the holistic benefits of yoga which was held within the school premises. The event saw active participation from 100 students and 120 teachers of APS Gwalior. The focus was on promoting the multifaceted advantages of yoga, emphasizing practices like meditation, pranayama, and various asanas. Under the guidance of dedicated mentors, Mrs. Jyoti Singh, TGT Yoga, and Mr. Anurag Singh Tomar, PGT Physical Education, participants engaged in sessions that highlighted yoga's transformative effects. Meditation was showcased for its ability to reduce stress and enhance mental clarity. Pranayama techniques were taught to regulate breath, calm the mind, and balance energy levels. Additionally, various asanas were practiced improving physical flexibility, strength, and balance, promoting relaxation alongside stress reduction. International Yoga Day Celebration at APS Gwalior served as a platform to raise awareness about yoga's profound impacts on overall health and harmony. The event at APS Gwalior underscored the school's commitment to fostering well-being through holistic practices, reflecting a dedicated effort towards promoting a healthier and more balanced lifestyle among its students and staff.



INTERNATIONAL YOGA DAY CELEBRATION 2025

IN HOUSE SESSION ON NATIONAL CURRICULUM FRAMEWORK-FOUNDATIONAL STAGE

An In-house Session on the topic NCFFS was conducted on 21 June 2025 at Army Public School Gwalior by Mrs Jayanti Naidu, HM. The session emphasized the Core concepts, Indian Perspective of education and foundational philosophy of the National Curriculum Framework for the Foundational Stage (NCFFS), as outlined in the National Education Policy (NEP) 2020, along with emerging trends in early childhood care and education. The session was initiated with an introduction to the topic, focusing on a deeper understanding of the National Education Policy (NEP) 2020 and school education, illustrated through a flow chart explaining the implementation of framework. The insights of NCFFS as envisioned by NEP -2020 and recent trends in education were presented and discussed. Teachers from Pre-primary and Primary Wing participated actively and enthusiastically, engaging in interactive activities and knowledge-sharing discussions, making the session both meaningful and collaborative.



INHOUSE SESSION ON NATIONAL CURRICULUM FRAMEWORK-FOUNDATIONAL STAGE

IN HOUSE SESSION ON 'EDUCATIONAL TECHNOLOGY'

An in-house session on *NISHTHA Educational Technology* was conducted on 25 June 2025 by Km. Anupama, TGT English, APS Gwalior. The session was attended by all teachers of APS Gwalior and aimed to enhance digital awareness and competency in line with modern educational needs. The session began with an interactive activity where teachers were invited to share their existing knowledge about educational technology via a Padlet link. This activity fostered active participation and set a collaborative tone for the discussion. Key topics covered included the thrust areas of digital education, challenges in implementing technology in classrooms, and the importance of educational technology as emphasized by NEP 2020. The session also highlighted major digital initiatives, possible ICT solutions, and necessary precautions for using technology responsibly in educational settings. Additionally, the use of e-content, Open Educational Resources (OER), audio-

visual resources, and subject-specific digital tools was discussed in detail. Teachers were introduced to various digital tools for assessment and classroom engagement, further empowering them to integrate technology effectively into their teaching practices. The session was informative, practical, and well-received, equipping educators with valuable insights to enhance teaching and learning through digital means.



IN HOUSE SESSION ON 'EDUCATIONAL TECHNOLOGY'

IN HOUSE SESSION ON 'ACTION RESEARCH'

Army Public School Gwalior organized an In-House Workshop on 25 June 2025 at 1115 hrs in Conference Room, APS Gwalior on the topic 'Action Research'. The session was taken by Mrs Mithlesh Chauhan, PGT Chemistry, APS Gwalior. The session started with the introduction of the topic. The resource person defined the topic, explained aims and objectives, types of action research and how to apply in day-to-day teaching learning process. She apprised the teachers about the difference between Research and Action research. She also talked about the utility of Action Research in the field of education. She conducted one activity in which all the departments were given a piece of paper and they were instructed to do Action Research on any one problem of their subject. All the teachers did the action research and elaborated about the research done in the workshop. The interaction between the resource person and the teachers was quite fruitful and mind blowing. It would definitely help the teachers in solving the problems related to students their academics etc.



IN HOUSE SESSION ON 'ACTION RESEARCH'

INSPIRE MANAK AWARD

The Manak Inspire Award Science Competition at the district level plays an essential role in nurturing young scientific minds. It serves as an important stepping stone in the development of students academic careers and fosters innovation in various scientific fields. The district level competition not only identifies and rewards exceptional projects but also encourages students to pursue their interest in science and contribute to solving real-world problems.

The Manak Inspire Award 2025 is a remarkable platform for young innovators to showcase their creativity and problem-solving abilities. Among the 400 students who uploaded their ideas across the region, three brilliant students from our school were selected to prepare the prototype and they were praised by the judges.

Prototypes:

- 1.Desert Umbrella by Master Prathvi Singh Tomar, XG
- 2.Smart Food Delivery by Master Naitik, IX A
- 3.Pollution Control Device by Master Amit Singh, XA.

Their efforts were mentored by Mrs. Suman Ahlawat, PGT Biology and Mrs. Prabha Sikarwar, TGT Chemistry, APS Gwalior who provided invaluable guidance and support throughout the development of these innovative projects. The competition's holistic approach – emphasizing creativity, problem-solving, and practical application – ensures that participants not only gain technical knowledge but also develop essential skills like critical thinking, teamwork, and communication. These are valuable qualities that will aid them throughout their academic journey and future careers.



INSPIRE MANAK AWARD

IN HOUSE SESSION ON 'LIFE SKILLS'

Army Public School Gwalior organized In-House Workshop on Life Skills on 27 June 2025. In this workshop, 65 teachers including Mrs Jayanti Naidu, HM, APS Gwalior attended the workshop. The workshop was conducted by Mrs. Beenu Kumari, PRT, and Mrs. Nisha Bais, PRT, APS Gwalior. It was aimed to suggest the techniques to enhance Life Skills in students. It was explained that Life Skills fall into three basic categories that is Cognitive or Thinking Skills, Social or Interpersonal Skills

and Emotional Skills which compliment, supplement and reinforce each other. In addition to this, various interactive Individual activities like worksheets on Self Analysis and Questionnaire and Group activities like Making of Group Logo and Storytelling based on life skills were incorporated during the workshop. All the teachers had actively participated in all the activities and winner group got the appreciation badges too. Overall the workshop was very interactive and successful in apprising the teachers about the ways to develop life skills among their students



IN HOUSE SESSION ON 'LIFE SKILLS'

IN HOUSE SESSION ON 'AI'

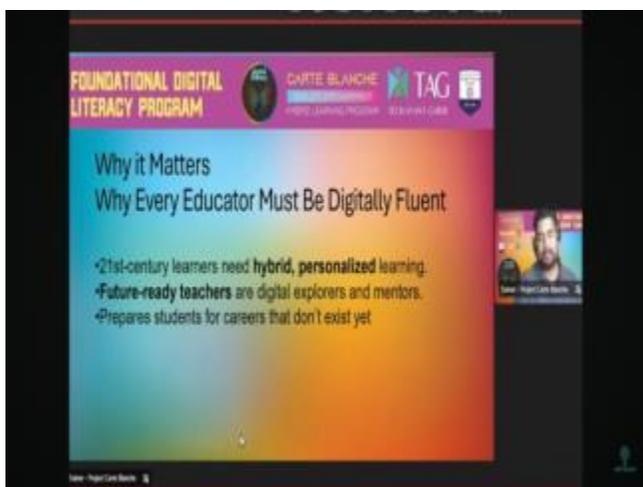
An in-house workshop on the topic "Artificial Intelligence" was conducted at *Army Public School* on 27th June 2025. The objective of the workshop was to explore how AI tools can be effectively implemented by educators in both their academic practices and personal productivity. The session was led by Mr. Sudhanshu Sharma, TGT (Skill Educator), who provided hands-on training on various AI tools including Gamma AI, Meta AI, Gemini, Clip champ, and Canva for video editing. Educators learned how to use these tools to enhance their teaching methods, streamline tasks, and engage students more effectively. Apart from tool-based learning, the workshop also focused on how AI enables personalized learning experiences, automates routine academic tasks, and provides insights into student performance and learning needs. The discussion highlighted the role of AI in making education more inclusive and accessible, particularly for students with disabilities and diverse learning styles. The workshop was graced by the presence of Dr. Arvind Kumar Sikarwar (Principal), Mrs. Jayanti Naidu (Headmistress), and was attended by all the faculty members of APS Gwalior. It was an enriching experience that empowered the teachers with the knowledge and confidence to integrate AI meaningfully into their teaching.



IN HOUSE SESSION ON 'AI'

INHOUSE SESSION ON 'FINANCIAL LITERACY AND DIGITAL TOOLS'

Army Public School Gwalior organized a workshop on the topic Digital & Financial Literacy on 27 June 25. The resource person of the workshop was Mr Rajveer Singh, PRT, Computer, APS Gwalior. The workshop began with an opening address on Financial Literacy, Understanding Equity Investment, and Managing Debt Effectively. This was followed by insightful discussions and interactive sessions on the importance of financial planning, the basics of equity markets, and practical strategies for effective debt management. During the workshop an activity was introduced to encourage self-reflection. A self-assessment tool in the form of google form link was shared to help teachers reflect on their financial knowledge and habits. It served as a simple, personal tool to identify individual strengths and areas for growth. Participants were encouraged to take a few minutes to complete it using the link provided. The workshop proved to be a valuable learning experience for all the participants, equipping them with essential knowledge and tools to make informed financial decisions.



INHOUSE SESSION ON 'FINANCIAL LITERACY AND DIGITAL TOOLS'

IN HOUSE SESSION ON 'EDUCATIONAL TECHNOLOGY'

An in-house session on *NISHTHA Educational Technology* was conducted on 25 June 2025 by Km. Anupama, TGT English, APS Gwalior. The session was attended by all teachers of APS Gwalior and aimed to enhance digital awareness and competency in line with modern educational needs. The session began with an interactive activity where teachers were invited to share their existing knowledge about educational technology via a Padlet link. This activity fostered active participation and set a collaborative tone for the discussion. Key topics covered included the thrust areas of digital education, challenges in implementing technology in classrooms, and the importance of educational technology as emphasized by NEP 2020. The session also highlighted major digital initiatives, possible ICT solutions, and necessary precautions for using technology responsibly in educational settings. Additionally, the use of e-content, Open Educational Resources (OER), audio-

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IN HOUSE SESSION ON 'EDUCATIONAL TECHNOLOGY'

BHARTIYA BHASHA SUMMER CAMP 2025: BHASHA SHALA 2025

The “Bhasha Shala” Summer Camp was organized by Army Public School Gwalior, with an emphasis on multilingualism and the “Ek Bharat Shreshtha Bharat” initiative, successfully provided a rich and immersive experience for all participants. Through a diverse array of educational and competitive activities, the camp fostered an appreciation for Indian languages and specifically highlighted the vibrant culture of Maharashtra. About 120 students participated in Bhasha Shala. A teacher belonging to Maharashtra Mrs. Patrika Pawar, Special Educator, APS Gwalior taught the students simple Marathi words used in daily life and ways to greet each other in Marathi. The reason behind choosing Marathi language is that Maharashtra is the economic capital of India and the students should be familiar with this language. Mrs. Neha Tiwari, PRT Dance, APS Gwalior taught the students famous dance of Maharashtra and music teacher Mr. Vinayak Kalvint taught them Marathi songs. Video based on Marathi culture was shown to the students. The “Bhasha Shala” Summer Camp, organized by Army Public School Gwalior, in adherence to the guidelines of CBSE and AWES, provided a rich and immersive experience for all participants. Through a diverse array of educational and competitive activities, the camp successfully fostered an appreciation for Indian languages and specifically highlighted the vibrant culture of Maharashtra. The enthusiastic participation of students and the dedicated efforts of the teachers ensured the success of this important initiative in promoting linguistic diversity and cultural understanding.



BHARTIYA BHASHA SUMMER CAMP 2025: BHASHA SHALA 2025

IN HOUSE SESSION ON 'SKILL EDUCATION'

Army Public School, Gwalior conducted an In-House Workshop on Skill Education to promote awareness about vocational learning and skill development for the teachers of Classes VII-XII on 28 June 2025. The session, led by Mr. Bhanu Pratap Mishra, PGT Computer, Dr. Surinder Kaur, PGT Painting and Mrs. Shruti Wadhvani, TGT Marketing & Sales, APS Gwalior. They focused on integrating practical skills with academic education as per CBSE and NEP guidelines. Teachers were introduced to skill subjects offered at middle, secondary, and senior secondary levels, including IT, AI, Marketing, Multimedia, and Physical Activity Training. The workshop emphasized hands-on learning, industry alignment, and preparing students for employment, entrepreneurship, and lifelong learning. The workshop concluded with an engaging (Handicraft Activity) where participants explored Paper Mache Art for home decor and handmade jewellery, showcasing creativity and practical application of skill-based education. The workshop was successful in inculcating the value that "Skill is the currency of the future—invest in it daily."



IN HOUSE SESSION ON 'SKILL EDUCATION'