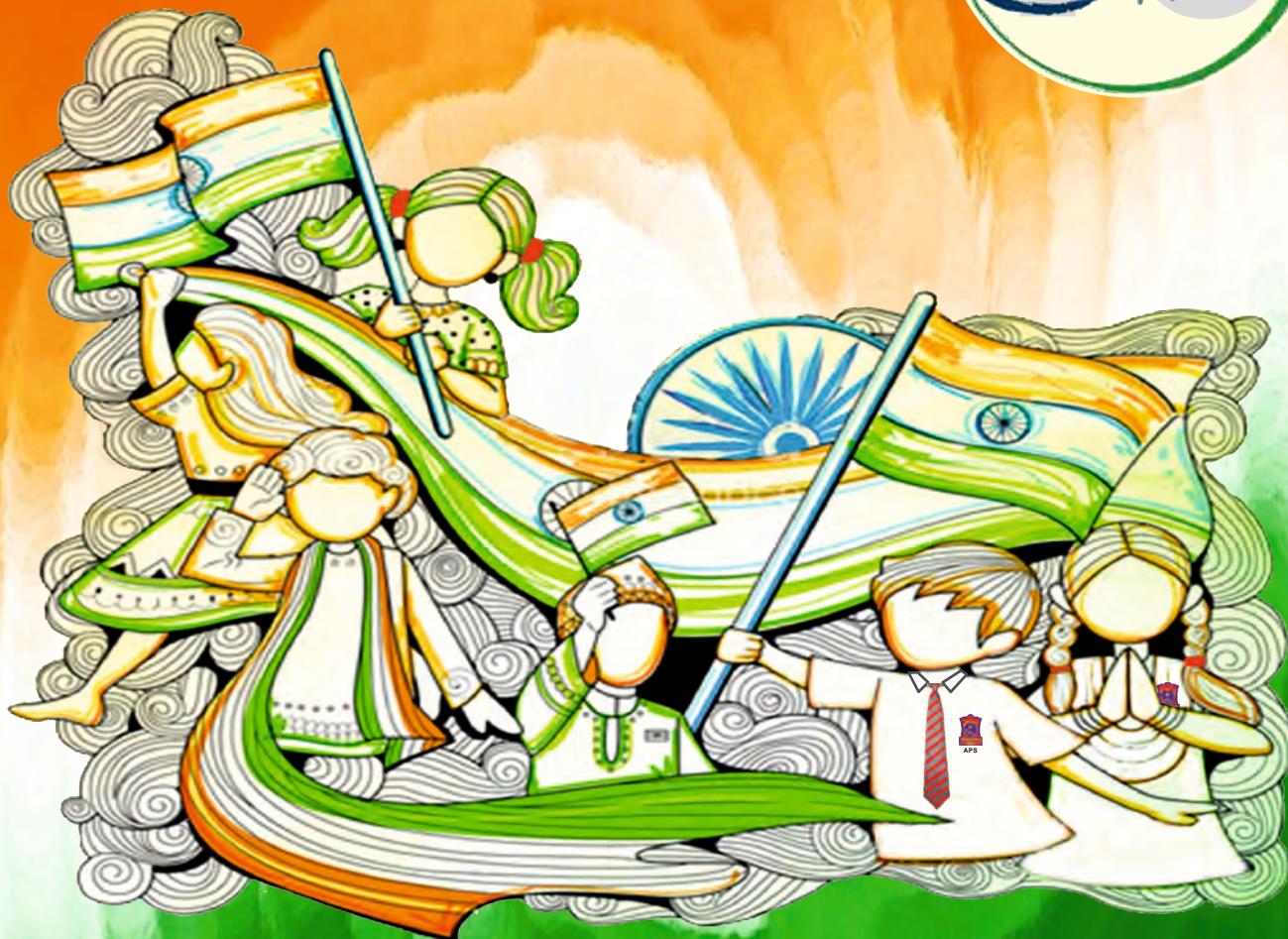




Army Public School Mumbai

PRAGATI : 2021-22



Editorial Team At Work



Credits:

- Anchor Mrs Vipanjot Sehdeva (Principal)
- Chief Editor – Mrs Puneet Bains
- Editor English Section – Mrs Melissa D'Silva
- Editor Hindi Section – Ms Bharti Rai
- Editor Sanskrit Section – Mrs Jayshree Sreeram
- Technical Editor – Mrs Anusha SK
- Art Editor – Mrs Neeta Sutar
- Student Editor – Manas Khanger (XII Science)

The cover page was designed by Mrs Anusha SK(PGT - IP), beautifully portraying the celebration of the glorious 75 years of Indian Independence on one side and the role of the youth as custodians of this freedom and their role in nation building on the other.

Editor's Note...

BEYOND BARRIERS we move and that is when we actually grow.

GROWTH signifies progression at all levels. It is very much apparent that we live today in a world that is so very different from the one we grew up in, the one we were educated in. Change in today's world is riding an accelerated pace and we need to pause and reflect it on the entire education system. Consistent, ceaseless growth in the right direction is what we should aim at. Growth is not only forward looking but also retrospective. For our growth in the real sense, we need to invest in the vast reservoir of energy—the young minds.

YOUNG WORLD, thus is devoted to the kaleidoscopic vision of the young minds; exuberant, joyful and ready to conquer the world – a world that has an inherent system of harmonizing itself, **ORDERLINESS** becomes a cogent metaphor of harmony in nature and man's peaceful co-existence with it.

This edition of 'Pragati' itself is a testimony to the fact that in the backdrop of firm values of integrity, honesty, diligence and righteousness that withstand the onslaughts of time resiliently, APS Mumbai team is not only grooming students but is lending a charisma to their character to stand out conspicuously in the crowd.

REACH OUT echoes the idea of giving back to the society. We reach out to the community, the society and brace ourselves for the celestial blessings with equipoise...



Puneet Bains
TGT English

ESTEEMED PRESENCE IN THE CAMPUS



Mrs Anita Nain, Regional President AWWA, HQ Southern Command being welcomed by the Student Council



Mrs Anita Nain, inaugurating the newly fabricated Activity Hall, aptly named 'Manthan'



Mrs Anita Nain and Mrs Harkiran Kahlon with the teachers

SENIOR PATRON'S VISIT TO SCHOOL.....



The Staff welcoming Lt Gen and Mrs H. S. Kahlon



Head Girl welcoming Mrs Harkiran Kahlon,
Zonal President, AWWA, HQ MG&G Area



Briefing by the Principal



Senior Patron addressing the Staff



Round of the School



Interaction with the School Counsellor

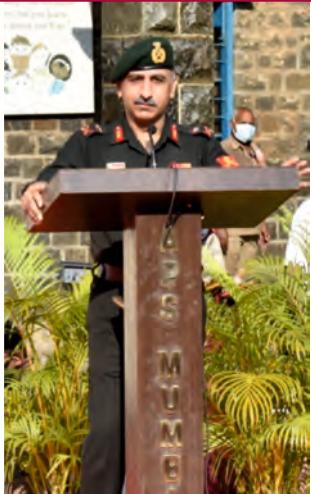
PATRON'S VISIT TO SCHOOL.....



Principal welcoming Maj Gen Rakesh Manocha,
COS, MG&G Area to the Investiture Ceremony



Maj Gen Rakesh Manocha, COS, MG&G Area
with Principal and other dignitaries



Addressing the Students and their Parents



Awarding sash to the office bearers during the Investiture Ceremony

CHAIRMAN'S VISIT TO SCHOOL.....

Visit of Brig Saumya Banerjee, Chairman of APS Mumbai



Briefing by the Principal



Addressing the Staff



Felicitating the Staff on "Teachers' Day"



Addressing the Outgoing Batch



Presenting Momento to the Outgoing Batch



MESSAGE FROM THE SENIOR PATRON

My best compliments to the Editorial Team for bringing out the 29th Edition of the School Magazine 'PRAGATI'. Each issue of the School Magazine is a milestone that marks our growth, unfolds our imagination and gives life to new thoughts and aspirations. It is always an event-filled journal chronicling another exciting year that will be cherished by our students in the years to come.

Students are the nation builders and have always been the agents for transformation. They have many challenges to face and targets to achieve in this age of competition and excellence. My compliments to the school for attuning to the New Education Policy 2020, by fostering a strong Research Culture and focus on Practical Skills, enabling the holistic development of students. The set-up of STEM / Innovation Hub is one step in this direction. The school continues to impart high quality education through a plethora of media and learning support tools, even during these unprecedented times. It's laudable that the staff and the students seamlessly adapted to the Hybrid Mode of Instruction during the lockdown and are now exuberantly getting back to the Offline Mode of teaching & learning. I am happy to note that the school has been successful in maintaining a healthy balance between academic excellence and diverse co-curricular activities, through which the students get exposure to learn, perform and find recognition for their talents.

My message to the students would be, "**Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all; love of what you are doing or learning to do.**" Keep your options open to acquire skills, learn, understand, analyze, apply and create. It is because learning is paramount and 365 more days is hardly an investment to learn for a lifetime ahead.

I extend my heartfelt compliments to the Principal and the faculty who diligently strive to bring forth the best in their students. Wishing you the best for scaling greater heights and achieving success in future.

**Lt Gen Harminder Singh Kahlon, SM
General Officer Commanding,
HQ MG&G Area**



MESSAGE FROM THE PATRON

It gives me immense pleasure to congratulate the Principal, Staff and Students of APS Mumbai for bringing forth the 29th Edition of the School Magazine, 'Pragati'.

It is a matter of great pride that the school has been able to cope with the current challenging times with immense resilience and persistence. The flawless transition of the school from online to hybrid mode during this session is commendable.

It is extremely heartening to note that the school, in its relentless quest for excellence and achievement, is embracing progressive changes in all aspects of academics, sports and co-curricular activities. Encouraging innovation, radical ideas and a positive approach, the school is providing a healthy environment in nurturing creativity, competitiveness and team work amongst the young learners. The legacy of academic excellence and continuous progress has been steered through diligent effort on quality education and holistic development.

I would like to congratulate the school for maintaining the upward trend in board results of Classes X and XII, this year. APS Mumbai has a commendable track record of excellence in academics and achievements in all spheres. I am sure, the school flag will fly high with pride and honour under the efforts of the excellent staff and the enthusiastic students. Team APS Mumbai is now geared up with all its resources and expertise for the academic session 2022-23 to uphold the APS vision and philosophy in the field of education.

My best wishes for the continued growth and success of the school in all spheres and activities.

**Maj Gen Rakesh Manocha, SM, VSM
Chief of Staff
HQ MG&G Area**



MESSAGE FROM THE CHAIRMAN

'The best way to predict the future is to create it yourself.'

This adage is best depicted in APS Mumbai where young minds have the freedom to express themselves. As 'Pragati' rolls out its 29th Edition, I take this opportunity to congratulate the Principal, faculty and the students for coming together and publishing this Magazine filled with a plethora of ideas, thoughts, musings and achievements of the students.

The school has seen a smooth transition from online classes to blended learning and has been able to strike a judicious balance between academic and co-curricular activities. I found that students possess high level of communication skills and this is certainly a result of the initiatives taken by the School in exposing the students to interactive events like the IIMUN (India's International Movement to Unite Nations) and other inter school cultural fests, all India level.

The School is now geared up for the transformative reforms in the pattern of Education as per the provisions of 'New Education Policy' 2020 and will uphold the pillars on which the NEP is based ' Access, Equity, Quality and Accountability' .

My message to the young learners is "**Push yourself harder than you believe you are capable of. You will find a new depth inside yourself and bring out the best version of yourself. Write your own story with passion and determination. Success will find its way to you!**"

**Brig Saumya Banerjee, SM
Brigadier General Staff
HQ MG&G Area**



FROM THE PRINCIPAL'S DESK

We are in the midst of a digital revolution that has changed every aspect of our lives, with the global IT fabric, changing the way we interact, work and live. The concept of Traditional Education has changed radically, especially during the Pandemic. Being physically present in the classroom is not the only learning option anymore. Learning can also happen 'Teacher to Student', 'Student to Teacher', 'Student to Student' and 'Teacher to Teacher'. For this idea to hit home and catalyse the mindset change, we can also redefine a teacher to now being a 'Learning Facilitator'. A child looks up to the teacher for all answers.

I feel extremely proud that during the entire pandemic period my teachers could 'Go Beyond Teaching', be it Hobby Club Activities, Inter School Competitions, Value Education or Counselling Sessions. As I reminisce over the academic session 2021-22, my heart fills up with gratitude for the fertile soil, which the school provides to its students. They are nurtured by the love and care of their 'Gurus' who understand the unique needs of every child, respect students as individuals and allow them to Explore, Experiment and Exchange ideas.

I take this opportunity to thank my magnanimous team, comprising the School Management, Cooperative Parents, Dedicated Staff and last but not the least 'My Adorable Students' who are the real stars of the school.

**Mrs Vipanjot Sehdeva
Principal
Army Public School, Mumbai**

OUR GUIDING LIGHTS : Team APS, Mumbai 2021-22

Moulding Minds with Pride & Professionalism!



From left standing: Mrs Gagandeep Sandhu; Ms Vandana Pandey; Mrs Astha Singh; Mrs Neeta Sutar; Mrs Vandana Wanjari; Mrs Priyanka; Mrs Gayatri Khanger; Mrs Ranjini; Mrs Keertida Khanapurkar; Mrs Meenu Atri; Mrs Simran Gharat; Mrs Maitri Soni; Mrs Puneet Bains; Mrs Melissa D'Silva; Mrs Manisha Jagtap; Mrs Indu Kadian; Mrs Reshma Raut; Mr Hemchand Malviya; Mr Dinesh Yadav

From left seated: Mr Sunil Yadav; Mrs Sangeeta Sharma; Mrs Harpreet Sandhu; Mrs Pallavini Sinha; Mrs Sanhita Dutta (Secondary Wing Coordinator); Mrs Usha Bharadwaj (Primary Wing Coordinator); Mrs Vipanjot Sendeva (Principal); Dr Kusum Chawla (Senior Secondary Wing Coordinator); Mrs Gopa Burman; Ms Bharti Rai; Mrs Shanta Nair; Mrs T Shailaza; Mrs Jayshree Seeram; Mr Humayun Afroz Alam

Administrative Staff



From Left : Mr Manoj Patil; Mr Girish Chandra Tiwari; Mrs Sneha Santosh Pawar; Mrs Vipanjot Sehdeva (Principal); Mr Balkishan Bind; Mrs Sheetal Santosh Telvekar; Mrs Kirtida Khanapurkar, Mr Pushpkant Ovhal

Ancillary Staff



Seated from left: Mrs Sangeeta Sharma; Mrs Sanhita Dutta; Dr Kusum Chawla; Mrs Vipanjot Sehdeva (Principal); Mrs Shanta Nair

Standing from left: Mr Nisar Ahmed, Mr Baliram Kumar; Mrs Lalitabai Rathod; Mr Neel Chand; Mr SA Swamy; Mr Mainuddin Khalifa; Mr Sunil Mohrale; Mr Swapnil Kamble; Mr Subhash Rathod; Mrs Sundari Taak

Outgoing Batches



XII Science



XII Commerce

INVESTITURE CEREMONY 2021 – 22

"Leaders are not born but are made by their experiences in life".



Saraswati Vandana



August audience



Awarding scroll to the office bearer



Newly appointed Head Council



Principal administering the oath



Comperes of the event

STUDENT HEAD COUNCIL -2021-2022

The office bearers of our esteemed School Head Council



DISCIPLINE CAPTAIN BOY
CHIRAG AWASTHI
CI 12 Com



DISCIPLINE CAPTAIN GIRL
RAUSHNI SINGH
CI 12 Sci



CULTURAL CAPTAIN BOY
SANCHIT AGALAVE
CI 12 Sci



CULTURAL CAPTAIN GIRL
PRITISHTHA SONI
CI 12 Com



SPORTS CAPTAIN BOY
MOHD. SAMI
CI 12 Sci



SPORTS CAPTAIN GIRL
MEGHA V BADAME
CI 12 Sci



CWC CAPTAIN BOY
YUVRAJ SINGH
CI 12 Com



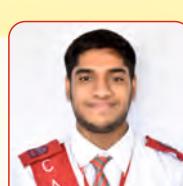
CWC CAPTAIN GIRL
SHIVALIKA YADAV
CI 12 Com



ASHOKA HOUSE CAPTAIN
NISHKA DIXIT
CI 12 Com



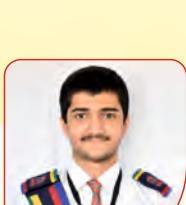
PRATAP HOUSE CAPTAIN
PRAKHER SHARMA
CI 12 Sci



RANJIT HOUSE CAPTAIN
PRATHAM SHARMA
CI 12 Sci



SHIVAJI HOUSE CAPTAIN
KUMARI HARSHIKA
CI 12 Com



LITERARY CLUB CAPTAIN BOY
ANUBHAB CHAND
CI 12 Com



LITERARY CLUB CAPTAIN GIRL
SHREYA VINOD
CI 12 Sci



MAGAZINE STUDENT EDITOR
MANAS KHANGER
CI 12 Sci



SCIENCE CLUB CAPTAIN
MANSI YADAV
CI 12 Sci



PR CAPTAIN BOY
HIMANSHU PATIL
CI 12 Sci



PR CAPTAIN GIRL
AVISHI SINHA
CI 12 Com

Our Alumni - Our Pride

APS Mumbai holds its head held high, for its students have carved a niche in fields as diverse as media, sports, business, medicine and literature. From ex-IITians to sportsmen of international repute, the school can also boast of media artists and fashion designers.

Time and again, the School has been giving the Indian Defence Services many of its glittering jewels - soldiers who are tough but sensitive, unyielding in their integrity and patriotism.

Name : Priyaranjan Kr Singh
Post : Dy Comdt, Indian Coast Guard
Pass out year : 2009
Designation : Staff Pilot 746 SQN (CG)

I would like to share my experience which might help inspire children who feel that they are meant to be mediocre in life. I was just an average student, who managed to fail in Class IX, which meant sitting in the same class with new students but with the same old books. My self-confidence was shattered, and I felt that I would not be able to do anything better in my life. But my school and teachers told me not to lose hope and never think that I cannot achieve my goal. They reassured me that it will not come my way, easily. It will take effort; it will require sacrifice of time and comfort. That was the turning point of my life and I never looked back. I got selected in the Flying Cadre of the Indian Coast Guard, in my first attempt. I was awarded the "Best in Flying" trophy during my training. I have flown for more than 3200 hours which includes various missions.

"One set back in life should not decide your fate. Believe in yourself and work hard to achieve what you want."



Name : Althaf Ibrahim Para
Pass out year : 2015
Position : Program Manager
Company : Amazon India Operations

I had the pleasant fortune of studying at APS Mumbai for 12 years. Reminiscing over the school memories often brings a smile to my face- be it friendly tiffs over samosas, or the PT periods, or the zero-period practice for annual days, etc.- all of them are fondly cherished. I remember eagerly looking forward to take part in all skits/plays. Few of my memorable roles were playing a rat, bear, monkey, cobbler, terrorist and Ganesha 😊.



After school, I went on to complete my B.Tech from MIT Manipal (batch of 2019). The leadership exposure I had at school (as House Vice Captain & Captain), helped me immensely in boosting my confidence to take wider responsibilities at college. I held the positions of Student Council Vice President and President during my engineering. The stage exposure in school also helped me pursue my passion of stand-up comedy in college, where I got to open for few of the big names in the Indian stand-up comedy circuit. My teachers who nurtured me, the friends I made at school and college, all played a pivotal role in setting me up to boldly face the corporate world. To my friends studying at APS – "You folks are fortunate to have such amazing teachers to guide & mentor you. Make the most of your time there because these years will never come back. Actively take part in extra-curricular activities without losing focus on academics. Choose your circle wisely, pick a few good friends and hold them tight. Take every setback as a motivation to strive for even greater milestones." A quote which helped me sail through multiple rejections in college was – **"It takes 13 hours to build a Toyota but 6 months to build a Rolls Royce". Hang in there, champ – your Rolls Royce is in the making!**

Wishing you all, not luck, but strength to tackle obstacles that life may have to offer. As we say at Amazon- Work Hard, Have Fun & Make History!

Alumni Speak

Name : Ramya Saravanan

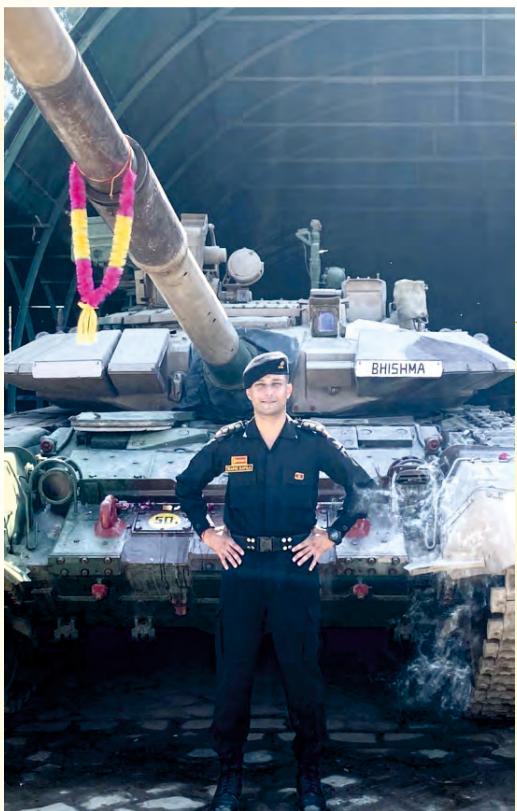
Pass out year : 2017

Profession : Athlete

Ramya Saravanan has done us proud by getting selected in the Asian Games 2014.

Ramya is currently pursuing her graduation in Mumbai and campaigning for the Paris 2024

Olympics. She has recently won a Silver Medal in the nationals held in Mumbai. While in school, she won 31 national medals and 5 International medals in Yachting. She remembered her school days fondly and especially her mentors who went out of their way to help her cope with the syllabus she missed out, when she was out sailing for months. She is grateful to APS Mumbai for helping her achieve great heights by teaching her important life skills like perseverance and discipline.



Name : Manik Kapila

Year of Passing : 2012

Designation : Captain, Indian Army

"Excellence is not a skill; it is an attitude"

Army Public School, Mumbai, is the cradle of learning this attitude.

I often, fondly remember the days I spent in the school, learning and imbibing the greatest values and traditions that I feel, no other school could have taught me. 'Work is Worship', one of the greatest traditions of the Indian Army is taught in APS Mumbai, as one of the stepping stones, which is also the motto of the school. The values such as discipline, respect for seniors and care for juniors, drill, bearing, faith and most importantly, a never-ending hunger for knowledge is taught to students at a very young age, which helps them in facing the challenges in the service and I am sure in the other professions too. It has been possible only because of the sincere and heartfelt efforts of the teaching staff and the able leadership of my favourite mentor, Mrs Vipanjot Sehdeva, Principal of APS Mumbai,

under whose guidance the school has reached the zenith of excellence and still knows no bounds! I will never be able to express how grateful I am to my 'Alma mater' for making me who I am today, which is entirely because of the efforts and blessings of my teachers.

This cradle of excellence has taught me a lot, most importantly – **to strive, to seek, to find and not to yield.**

It will be my constant endeavour to bring laurels to my school.

The School Captains Speak

Head Girl Speaks :

As theatrical as it sounds, introducing myself as "Head Girl, Army Public School Mumbai" while holding the prestigious school flag, was indeed a moment of pure surrealism. To this day, I cannot help but feel proud as well as humbled, when I bear the stars of honour on my shoulders. Although my journey in this organization was a short one, it has left me with countless memories that will remain my most prized possessions. I am immensely grateful for the opportunities that I got; both in the academic and co-curricular areas, which built my confidence and broadened my horizons.



The teachers, especially during the last two years of Pandemic, taught us how to face new challenges. The knowledge imparted by them will be our weapon for the future ahead and I will always be indebted to Principal ma'am and all my teachers. Having shifted to different schools, I have met a lot of people over the course of my journey as a student, but the genuineness, compassion, and true spirit of cooperation found in APS Mumbai is something extremely rare and these are the qualities I hope to carry forward in my life. Today I feel the weight of my words as I bid farewell to APS Mumbai, an institution that had a deep impact on me and helped me to find the best version of myself.

As we turn over to the next chapter of our lives with enthusiasm and undeniable apprehension, we pledge to dedicate ourselves towards thriving in whatever path we choose and holding the school's name high. Thank you for everything, APS Mumbai.

- SUHANI JAMUAR (XII Com, Head Girl)



Head Boy Speaks :

"If you're brave enough to say goodbye, life will reward you with a new hello"

As the academic session inches to an end, it is time for the hardest part- the goodbyes. Yet another nut to crack in a year which has been full of shocking jolts and moments of exuberating joys intertwined in an overwhelming realness. It bestows a sense of humility to have lived through the unthinkable. It shows how strong each one of us is and how we're even stronger together, the feeling of solidarity makes no feat unachievable.

This community that we've created with warmth and understanding, is what made my experience unforgettable. Having joined in 11th and been put under online school for almost one and a half year, my interaction with all my teachers and peers had been through an unflattering screen. While navigating through uncharted territory and busy lectures, the only way to get some socializing was through extracurricular activities which forced me to step out of the box.

And somewhere enroute, I was given the honour of becoming the Head Boy of Army Public School, Mumbai. I've learnt something or the other at every step of the process as a member of a team, a leader among leaders. I'm proud how far we've come as people, our achievements and how we've evolved in such a short period of time. This institution will forever remain an undisputable part of who I am as a person. It has shaped me for the better and I hope I live up to its glory.

As we embark on a new journey, I reminisce all the experiences and memories which are now souvenirs of the mind. The cordiality of our community will forever keep us grounded and will kindle modesty in our hearts. I bid farewell and wish the best for all!

- MRIDUL JAIN (XII Sci, Head Boy)

Coming up to address the occasion, I spent long hours staring into space, in deep thought wondering how best to describe what I felt for this institution. No matter how many subsequent rough drafts I made, not a single one came close to encapsulating what I wanted to express. As we reflect on the milestones crossed in the years gone by, there are many memories that we will always treasure. Lifelong friendships and bonds have been cemented. The people we are today is because of the opportunities that APS Mumbai has given us. As students we have imbibed the values that our school stands for values so precious, so deeply ingrained and so integral to our well-being that they must be shared and collectively used to help the world. The school has polished the students' personality by giving a moral compass, and the courage of conviction to do the right thing, no matter what the circumstances are.



Today is an appropriate day for us to express our gratitude to all those who have made this journey a truly memorable one. We are grateful to our Principal, Mrs Vipanjot Sehdeva, who is our role model, the dedicated APS faculty who are the pillars of this esteemed institution, our non-teaching and support staff who contribute so much and our parents for the invaluable role that they play. As we bid adieu, we assure that the footprints that we leave behind will leave a valuable contribution to our country. Summing up now. I would like to remind you that we are the batch that survived Ebola, 17 earthquakes, a full blown pandemic with no school for 2 years (you read it right – no school), numerous conflicts, with an ongoing war. We are the batch that had the courage to rise above all these situations and emerge victorious.

- Manas Khanger (XII Science)



Saying goodbye to APS Mumbai, my home away from home, is a daunting task. This school provided me with a safe haven when I really needed one. The last 12 years of my life have been spent here and it has been such a privilege to be a part of this community.

The people I have met through this school have given me incredible memories: participating in competitions together, exploring our hobbies, the school picnics, organizing events, the annual functions, sharing lunch boxes and running to our class hoping that we would reach before our teacher did. We have experienced all our highs and lows together. Some of you taught me friendship, some of you taught me important life lessons; I treasure each one of them.

The atmosphere of our school is not something that you can replicate. I missed the school when I had to shift to Delhi for a brief period of time. Coming back here was a second chance, one that I will always be grateful for.

Thank you, Principal ma'am and our teachers for everything you have taught us and for all of your support. Thank you to our helping hands for keeping the school running. Lastly, thank you APS Mumbai, for everything you've given me and for the most amazing years of my life.

Bidding farewell to your home is never easy; so, with tears streaming down my face, I am saying goodbye.

- Shreya Vinod (XII Science)

It was my 15th birthday when I joined APS Mumbai in 2019. As a freshie, it was a very dicey yet fascinating experience for me. To study in a new school, among new teachers and friends in a whole new air was definitely a challenge for me. But, as it has been rightly said, 'The world is exuberant beyond your comfort zone'.

First of all, I would like to take this opportunity to thank our beloved Principal ma'am who has always been a source of inspiration, hope and guidance for us even during these tough times. With her presence, APS has not been a school but a big family for me. Secondly, I would like to thank our beloved teachers whose lessons geared us up not only for academics but also for the game of life. They helped us to unravel our hidden talent by exposing us to various competitions and debates. Being in the last year of my schooling, I can not help but cherish all those precious exploits I had with my friends at school; whether it has been studying, eating our lunch secretly on the back benches or racing to reach the class on time; their company has taught me an important life lesson: 'Challenges are not so challenging, when we face it together'.

Overall, it was because of the enriching guidance and support of our school faculty that we, the 'Experimental Batch of 2021-22' managed to face and overcome all the obstacles in our path to reach where we are today. It may be our last year as school students but the memories which we cultivated together, will live on for a lifetime. With that, this is Literary Club Captain, Anubhab Chand, signing off, conveying my best wishes to the upcoming shining stars of APS Mumbai!

-Anubhab Chand (XII Commerce)



School- the magical word that instantly makes me smile. It makes me reminisce and relive all those cheerful memories in the classroom, during the break, with my friends and my teachers.

APS Mumbai is where I learnt to express myself freely, put forward my views and discover my talents, which I never thought I was capable of. It instilled confidence in me which helped me hone my skills and be proud of them. It also provided me with numerous opportunities and helped me grow as a student, as well as a human being.

I consider myself extremely privileged and lucky to study in this remarkable institution. It was like my second home and I felt like I was a part of a big family. I am extremely grateful to all the teachers for always helping me, guiding me, leading me onto the right path and most importantly, for believing in me.

Lastly, I would like to quote something from "Julius Caesar" by William Shakespeare, which beautifully sums up all the emotions and the feelings of a heartful adieu:

"And whether we shall meet again I know not.

Therefore, our everlasting farewell take:

For ever and for ever farewell!

If we do meet again, why, we shall smile;

If not, why then, this parting was well made."

- Sabrina Hehar (XII Science)

Two years ago, I walked into the school office to submit my admission documents. I had a gut feeling that my time here in Army Public School, Mumbai, would be lovely. What can I say? That turned out to be so true.

I remember the first time I visited the school after months of online classes. It was to receive the certificate for a competition I had won. My friend and I (both new admissions) took a stroll around the school, exploring the grounds, imagining and anticipating what it would have been like to visit the beautiful place daily. I am glad I got the chance to attend school in person.

The splendid and supportive community of APS Mumbai, found its way into my heart even through the screen of my laptop. Through participation in photography competitions, moderating panel discussions, Co-editing the school magazine and more, the school has given me abundant opportunities to showcase my talents. Principal Ma'am and the diligent school faculty have helped me at every step of the way, and I am thankful for it.

Of course, I cannot fail to mention my fantastic group of friends. Whether it was supporting each other through struggles, studying together in study rooms, or exploring random locations together, we had fun times. They are all unique with amusing quirks, and I feel privileged to have met them.

I would not have wanted to spend the last two years of high school anywhere else if given a chance. Thank you APS Mumbai, for all the love and the wonderful memories.

- Prishtha Soni (XII Commerce)



JIt feels almost surreal to say that my school days are over now. I still remember my first day in APS Mumbai, when I took admission in 9th grade, wondering how much time I would take to fit in. To be very honest, I did not, in any way feel like I was in a new school. Everyone including the classmates and the teachers could not have been more welcoming and kinder.

The last four years have been nothing less than a roller coaster ride, with all the changes in the academic curriculum, online / offline dilemma and countless friends, and even more memories. The word 'boring' fits nowhere. Our school's hard work and efforts made this journey an insightful one.

I would like to thank our respected Principal ma'am, Mrs Vipanjot Sehdeva for being so supportive and helping through these strange times. I am also grateful to all my teachers and fellow classmates for the stupendous time and experience in the past four years.

Being involved in the school choir is one of the many memories I will cherish when I will look back to the time I've spent in this school. I am thankful to the school for giving me the opportunity of becoming the Ranjit House Captain. Stepping out from this school I feel, I am a better prepared person and I am confident that I will do well in my life ahead. We classmates supported each other as a team and we were all like a big family and will always remain one. Words are not enough to thank what school life has given each one of us. It would be my endeavour to make the school proud someday.

- Pratham Sharma (XII Science)

OUR YOUNG ACHIEVERS

WE SOAR WITH PRIDE



Aksheeta Ghosh (X-A)

Aksheeta Ghosh is an eloquent, tech-savvy, artistic and self-determined child, who believes in doing things in her own way. She strives to complete everything thrust upon her with utmost sincerity and dedication, till the time she is successful. She actively participates in various events and competitions organized by national and international bodies. Recently she won two gold medals in the 'International Olympiad of Reasoning & Aptitude' and 'Mathematics'.

Additionally, she is good at painting, music (vocal) and playing keyboard, in which she has won many accolades. In 2021, she won the first prize in Patriotic Song Competition organized by Sangeet Sadhana, Hyderabad. She also won 3rd prize in Painting Competition organised by Iskcon, India. She is an amazing cook, who keeps experimenting her skills with new delectable dishes in her free time.

We wish her all the best for every step in her journey.



Mannveer Kadian (X-A)

Mannveer is a multi-faceted student of our school.

With his forte in public speaking, he won the 'Best Speaker' award in the Southern Command Cluster Level Hindi Debate Competition. He also won 1st position in English Elocution and 2nd position in Hindi Elocution, at the school level. Owing to his prolific writing, Mannveer won 1st position in Hindi Essay Writing and English Essay Writing school level competitions. His article on 'Computer Coding' was published in Hindustan Times. He has won accolades while participating in multiple IIMUN digital conferences with 2 High

Commendations & 2 Verbal Mentions. He was also the IIMUN's Campus Ambassador from APS Mumbai. Besides this he's an avid photographer as well. He's won 1st position in the school level Photography Competition on 'Serenity of Nature' and 2nd position in the Videography Competition on 'Birds in My Locality'. That's not all. Mannveer is also a voracious reader and has read close to 150 books. He is also an active member of the school Book Club – Bombay Bookies. We wish him all the best for his future endeavours.

Mannan Arora (IV-B)

Mannan Arora has won kudos for APS Mumbai by bagging Gold Medal in the 'Reasoning Olympiad'. Keeping up with the pace, he added yet another Gold Medal in his kitty, in 'Informatics Olympiad'. Making the most of his mathematical concepts and strategies, he has been able to add another feather in his cap by clinching a Silver Medal in the 'Math-o-Pedia Competition'. We congratulate him and wish him all the best for his future ventures.



BEYOND THE CLASSROOM



VALENTINO ROSSI IN THE MAKING

Tech savvy and a motorbike racing enthusiast, Raheesh has had the proud privilege of being signed up by Honda Racing India for the National and International Racing Championship as the youngest rider. Despite the covid hurdles, he actively participated during the lockdown and created history by being awarded for achieving the 'Best Ever Lap Time of the Season' at Madras Motor Race Track at the final round of the MRF National Racing Championship 2021. He also bagged 3rd position at the MRF Indian National Racing Championship and at the Dirt Track Competition, in under 18 years category. We congratulate him on his incredible success..... Wishing him greater laurels in future!

- Raheesh Khatri (IX-A)

MARATHONER OF APS MUMBAI

Eshdeep's love for running started at the age of 7 years, in National Defence Academy, Pune. He ran his first marathon of 5 km on 26 Jan 17. His second race was a challenge where he ran 10 kms in FSAI Half marathon on 06 Apr 2017. This was just the beginning for him, to test his calibre. He had just learned the basics of riding a geared cycle when he participated in a Duathlon for children in Pune International Triathlon. The next race was 10 kms in Land of Legends Marathon in Kerala on 03 Dec 2017. He trained well for the events, under the able guidance of his father, who ran Ultra Marathons across India every alternate month in 2018. Then he got the golden opportunity to participate in Golden Peak Half Marathon at Ponmudi near Trivandrum. It was his first half marathon (21 Kms) with a climb of 1000 mtrs. It was a tough challenge but he managed to complete it successfully. It was a proud moment for him. The next big challenge was Matheran Endurathon, on 07 Apr 2019 where he ran 25 kms on the trail. During the race he fell twice but he bounced and completed the race. His recent achievement in this field was a 21 kms run in Mahabaleshwar Endurathon on 20 Feb 22. This according to him, was his toughest marathon. It was indeed an elated feeling and he thanked Almighty God for his blessings.

He says, "Though it is challenging, but the feeling after running is Supreme". His life goal is to run Ultra Trail Du Mont Blanc (UTMB) which is a 171kms race which happens in the French Alps across France-Italy-Switzerland.

Marathon imitates life – never give up. Good Luck!!

- Eshdeep Singh Soodan (VIII-A)

Eshdeep Singh Soodan's running achievements from the age of 8 to 13 years



1st 5kms Race in Republic Day Marathon 27 Jan 2017



Matheran Endurathon 7 Apr 19
Distance -25 kms
1st Trail marathon



Mahabaleshwar Endurathon 20 Feb 22
Distance - 21 kms in 3 hrs 04 minutes



Golden Peak Half Marathon
Ponmudi, Trivandrum

BEYOND THE CLASSROOM



BUDGING TAEKWONDO STAR OF APS MUMBAI

"Those who try their best, taste victory!"

At APS Mumbai, the endeavour is to always lead from the front and keep our flag soaring high. The emphasis on speed and agility is a defining characteristic of taekwondo and this is what our student Shuktij Banerjee of IV-B showcased to earn his Green Belt in Taekwondo. He underwent his training in TAEDAS Academy Gurgaon, cleared his test on 18 August, 2021 and has been awarded a certificate for the same, by the World Taekwondo Federation.

Heartiest Congratulations to Shuktij Banerjee for this glorious achievement. The School Management and APS Mumbai fraternity congratulate him and his parents for this accomplishment.

We wish him all the very best for all the new ventures that life has in store for him.

- Shuktij Banerjee (IV-B)

BUDGING ACTORS OF THE CELLULOID WORLD

Xeric Tomar, a student of Class VIII, has made a name for himself in the entertainment industry. He has been featured in various advertisements and clothing catalogues including Hercules Cycles, Abacus, Extramarks Hometown, Byjus and Dell. Besides modelling, he is also active on various social media platforms where he enjoys vlogging and posting about his passion for gaming and creating content. He interacts and listens to the suggestions given by his viewers and regularly expresses his gratitude towards them. His dynamic personality and eagerness to try out new things encourages him to participate in various sports like Horse Riding, Golf, Swimming, Football, Badminton & Basketball. He is an admirable child who is both, hardworking and devoted to his interests and goals.

We wish him all the best for his future ventures!

- Xeric Tomar (VIII-A)



Zoya Tomar, a student of grade six, is quite a fashionista. Much like her brother, she has also been featured in television advertisements including Byjus Dream 11 and has been modelling for many clothing brands as well. Zoya's influence on social media platforms as well as her sense of clothing are extremely fitting to her confident and bold personality. Along with being expressive and true to herself through her dressing style, she is also very clever and innovative. She has a very artistic mind and has been indulging herself in art & craft since young age. She is a gifted child who isn't afraid of challenges and enjoys expressing herself through various mediums of creativity.

We wish her success in future!

- Zoya Tomar (VI-A)

EDUCATIONAL VISITS



Our students at Girgaum Chowpatty to attend the sailing camp organized by the Army Yachting Node



Our students participating in the Naval Uprising Commemorative Event



Our XII Commerce students on an educational visit to RBI Monetary Museum

EDUCATIONAL VISITS



Our students at the World Trade Centre for an interactive session with Late General Bipin Rawat

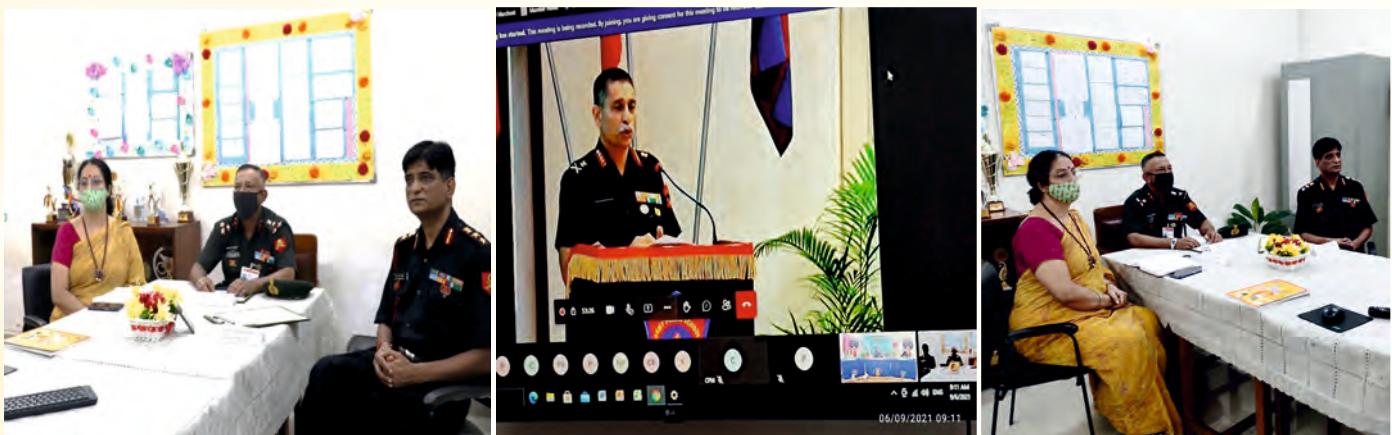


INS Shikra : Demonstration & Display of Naval Helicopters as part of Navy Week events



Our students enjoying 'Beating the Retreat & Tattoo Ceremony' at Gateway of India

SOUTHERN COMMAND PRINCIPALS' MEET 2021



The Principal, along with the Chairman of the School, Brig Saumya Banerjee, SM attended the virtual Southern Command Principals' Meet on 06 September, 2021. The Meet was hosted by APS Kirkee. Lt Gen Arvind Walia, COS, HQ Southern Command presided over the meeting. Also present was Col Manohar Singh Shekhawat, SO Schools. The theme of the meet was "Augmentation of Education with the Advent of NEP 2020".

LAURELS FOR OUR TEACHER



Our teacher,
Mrs Manisha Jagtap
was awarded
The AWWA Award for Excellence,
in recognition to her contribution
in the field of Education



CCA ACTIVITIES AT A GLANCE

A PLETHORA OF ACTIVITIES TO IGNITE THE HIDDEN SPARK OF TALENT

THE EMPHASIS ON HOLISTIC DEVELOPMENT WILL NOT ONLY MAKE THE LEARNING A MORE JOYFUL PROCESS, IT WILL ALSO NURTURE INNATE TALENT AND DEVELOP SKILLS IN YOUTH - AN INVALUABLE ASSET FOR DEVELOPING THE NATION.

-SADGURU

April 2021

❖ AWES DAY CELEBRATION

- INTERCLASS QUIZ COMPETITION- CL: 6-10
- PANEL DISCUSSION ON THE TOPIC 'IS OUR PRESENT EDUCATION SYSTEM PREPARING STUDENTS FOR THE REAL WORLD'- CL: 12

❖ WORLD EARTH DAY

- FOLK SONG SINGING COMPETITION - CL: 2-5
- POSTER MAKING COMPETITION - CL: 4-5
- CARD MAKING COMPETITION (BEST OUT OF WASTE) - CL: 2-3
- SLOGAN WRITING COMPETITION - CL: 4-5
- THEME: PROTECTION OF HERITAGE MONUMENTS

❖ CARD MAKING ACTIVITY ON MOTHER'S DAY - CL: 2-3

June 2021

- ❖ 58TH EDITION OF INDIA'S INTERNATIONAL MOVEMENT TO UNITE NATIONS (IIMUN)
- ❖ HINDI CALLIGRAPHY COMPETITION - CL: 1-5

July 2021

- ❖ POTENZIA EXZELONCSE- INTERSCHOOL LITERARY AND CULTURAL FEST CONDUCTED BY ARMY PUBLIC SCHOOL RK PURAM SECUNDERABAD
- ❖ THEME: WORLD POPULATION DAY
 - POSTER MAKING – CL: 1-3
 - SLOGAN WRITING – CL: 4
 - PARAGRAPH WRITING – CL: 5
- ❖ INTER HOUSE BOOK MARK MAKING COMPETITION - CL:1-2
- ❖ INTER HOUSE ENGLISH PHOTO CAPTION WRITING COMPETITION: PENNY FOR YOUR THOUGHTS - CL: 3-5
- ❖ THEME: BEST OUT OF WASTE
 - CREATIVE GARDENER (DESIGN A PLANTER) CL: 1-3

- ❖ TOY FROM TRASH - CL: 4-5
- ❖ CHORAL RECITATION PRACTICE - CL: 3-5
- ❖ THEME: FORGIVENESS
 - ACTIVITY: MAKING A JIGSAW PUZZLE CL: 4-5
 - ACTIVITY: POSTER MAKING CL: 1-3
- ❖ ACTIVITY: FLAG MAKING CL: 1-2
- ❖ INTERCLASS CHORAL RECITATION COMPETITION FINALS CL: 3-5

August 2021

- ❖ VIRTUAL INTERSCHOOL ENGLISH DEBATE COMPETITION
- ❖ HINDI AND ENGLISH BOOK CLUB: BOOK REVIEW ON NATIONAL LEADERS AND FREEDOM FIGHTERS- CL: VI-X
- ❖ INTERHOUSE HINDI DESH BHAKTI KAVITA COMPETITION- CL: VI
- ❖ AWARENESS PROGRAM: 75 FREEDOM FIGHTERS/ NATIONAL LEADERS- CL: V-X
 - POWERPOINT PRESENTATION
 - INTERCLASS QUIZ COMPETITIONS
- ❖ OPEN PATRIOTIC SONG COMPETITION- CL: VI-VIII
- ❖ CLUSTER LEVEL HINDI DEBATE COMPETITION
- ❖ THEME- WORLD NATURE CONSERVATION DAY
 - INTERCLASS FACE PAINTING COMPETITION- CL: IX
- ❖ INDEPENDENCE DAY CELEBRATIONS
- ❖ INTER-HOUSE LETTER WRITING COMPETITION- CL: 1-3
- ❖ INTER CLASS DECLAMATION COMPETITION- CL: 4
- ❖ INTER CLASS DEBATE COMPETITION- CL: 5

September 2021

- ❖ VIRTUAL INTERSCHOOL QUIZ COMPETITION BY APS AHMEDNAGAR
- ❖ ECO-FRIENDLY GANESH MAKING ACTIVITY- CL: VII
- ❖ INTERCLASS QUIZ COMPETITION: INDIAN HISTORY AND INDIAN FREEDOM STRUGGLE- CL: VIII-X
- ❖ HINDI DIWAS VIRTUAL MEETING
- ❖ TREE PLANTATION DRIVE BY STAFF AND STUDENTS
- ❖ TEACHERS DAY CELEBRATIONS
- ❖ MATHS QUIZ- CL: 1-5

October 2021

- ❖ PRESENTATION ON TEACHINGS OF MAHATMA GANDHI
- ❖ VIGILANCE AWARENESS WEEK
 - INTER HOUSE HINDI SLOGAN WRITING COMPETITION
 - INTER HOUSE ENGLISH SLOGAN WRITING COMPETITION
 - INTER SCHOOL HINDI DEBATE COMPETITION
 - INTER SCHOOL ENGLISH DEBATE COMPETITION
 - INTER SCHOOL HINDI POEM WRITING COMPETITION
 - INTER SCHOOL ENGLISH POEM WRITING COMPETITION
 - INTER SCHOOL HINDI ELOCUTION COMPETITION
 - INTER SCHOOL ENGLISH ELOCUTION COMPETITION
 - INTER SCHOOL PAINTING COMPETITION
 - INTER SCHOOL HINDI ESSAY WRITING COMPETITION
 - INTER SCHOOL ENGLISH ESSAY WRITING COMPETITION
- ❖ RASHTRIYA EKTA DIWAS (NATIONAL UNITY DAY)
 - ONLINE DRAWING COMPETITION- CL: V-VII
 - ONLINE PAINTING COMPETITION- CL: VIII
- ❖ NATIONAL CYBER SECURITY AWARENESS MONTH (NCSAM)
 - ONLINE POSTER MAKING COMPETITION- CL: IV-VIII
- ❖ CONCERTED DRIVE: SWACHATAABHIYAN
- ❖ FANCY DRESS COMPETITION- CL: 1-2
THEME: MYTHOLOGICAL CHARACTERS
- ❖ JINGLE O TOURISM COMPETITION- CL: 3 -5
- ❖ INTER - HOUSE HINDI RECITATION COMPETITION CL: 1-5
(HASYARAS KAVITA SAMMELAN)

November 2021

- ❖ CHILDREN'S DAY
 - OPEN CREATIVE WRITING COMPETITION FOR CLASS IX-X ON THE TOPIC 'IF PANDIT JAWAHARLAL NEHRU WERE TO VISIT INDIA TODAY...'
 - OPEN PHOTOGRAPHY COMPETITION ON THEME 'NATURE AT ITS BEST'

- PANEL DISCUSSION ON TOPIC 'HOW MUCH PRIVACY IS REQUIRED IN THE LIVES OF CHILDREN? THE PERFECT BALANCE BETWEEN SAFETY AND FREEDOM.'
- SPECIAL PROGRAM FOR CHILDREN'S DAY BY TEACHERS
- INTERACTION WITH GEN BIPIN RAWAT, CHIEF OF DEFENCE STAFF IN IIMUN
- ❖ STUDENT VISIT FOR DISPLAY AND DEMONSTRATION OF NAVAL HELICOPTERS
- ❖ INVESTITURE CEREMONY
- ❖ SPELL-BEE FINALS CL 1-5
- ❖ CONSTITUTION DAY WRITING & RECITING THE PREAMBLE CL:1-5

December 2021

- ❖ NAVY WEEK- BEATING THE RETREAT CEREMONY AT GATEWAY OF INDIA.
- ❖ SAILING CAMP FOR STUDENTS AT GIRGAUM CHOWPATTY ORGANIZED BY ARMY YACHTING NODE
- ❖ '75 LAKH POSTCARD CAMPAIGN'
- ❖ WORKSHOP ON 'IDENTIFICATION OF CHILDREN WITH SPECIAL NEEDS' WAS ORGANISED BY HQ SOUTHERN COMMAND, PUNE
- ❖ SENIOR PATRON'S VISIT

January 2021

- ❖ THEME: INDIAN ARMY- NO CHALLENGE TOO BIG
 - SOUTHERN COMMAND OPEN ONLINE PAINTING COMPETITION
 - SOUTHERN COMMAND OPEN ONLINE VIDEO MAKING COMPETITION
 - CBSE SCIENCE CHALLENGE

February 2021

- ❖ INTERSCHOOL PAINTING COMPETITION CONDUCTED BY APS GOLCONDA

BIDDING ADIEU TO OUR CLASS XII STUDENTS

"If you are brave enough to say goodbye, life will reward you with a new hello."

The Chairman of APS Mumbai, Brig Saumya Banerjee, SM, addressed the outgoing Class XII Batch at Cariappa Auditorium on 22nd April, 2022 and wished them the very best for their upcoming exams. Class XI students put up a varied cultural program for their seniors and enthralled everyone with their performance. APS Mumbai Souvenir was presented to all the outgoing students.

We wish our outgoing batch a new journey of success and happiness, showered with abundant opportunities to do what their heart desires!!



NURTURING TALENT – INTERSCHOOL EVENTS

POTENZIA EXZELONCSE

Potenzia Exzeloncse is a literary and cultural fest conducted by APS RK Puram, Secunderabad on 30 August, 2021. It was conducted virtually, due to the pandemic and Army Public Schools from all over the country, along with few renowned Public Schools participated in the event. There was a total of twelve events for the students ranging from Classes I-XII.

Our students participated in seven events and won prizes in three events, for which they were awarded E-Certificates.



Sabrina Hehar – XII (Sci)
1st Prize – Soliloquy



Dhruv Thapa – III-B
2nd Prize – Musique De Folk



Prthishta Soni – XII(Comm)
2nd Prize - Elocution

HIRAYA – DREAM YOUR THEME

cultural fest was conducted virtually on Google Meet, by Army Public School, Golconda, Hyderabad on 26 Feb, 2022. It was a medley of Songs, Dance and Music along with Art and Physical Endurance events.

This year, 33 Army Public Schools from all over the country, along with a few renowned Public Schools participated in this event. Out of 16 events, ranging from Class I to V, APS Mumbai participated in 9 events and won prizes in 4 events. Book prizes were awarded to all the winners, as per the guidelines of the School Management.



NURTURING TALENT – INTERSCHOOL EVENTS

VIGILANCE AWARENESS WEEK

ORGANISED BY BPCL

VAW 2021 was conducted by BPCL from 26th Oct. to 1st Nov., under which various programs were organised to create awareness on transparency, accountability and corruption-free governance. The theme for this year was- "Independent India @ 75 : Self Reliance with Integrity". Our students participated in 18 events and won prizes in 15 of them. The essays/poems of 3 students have been selected by BPCL to be printed in their in-house company's magazine.



Md Sami
XII Sci



Bhoomi Arora
XI Sci



Pragya Singh
VII - B



Sehaj Bains
VI - A



Renaissance Dutta
VII - A



Mannveer Kadian
X - A



Divyanshu Singh Takuli
VIII - A

•AZADI KA AMRIT MAHOTSAV•

“Freedom is never dear at any price. It is the breath of life. What would a man not pay for living?”

– Mahatma Gandhi

Azadi Ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of progressive Independent India and the glorious history of its people, culture and achievements.

To mark this unforgettable occasion, APS Mumbai participated pro-actively in the Mahotsav by conducting a wide array of activities and competitions, related to the freedom struggle, ideas, achievements and actions so that the students can absorb the magnitude of sacrifices this nation has seen for its independence, the progress it has made socially, politically and economically over the decades and celebrate the diversity that it holds. The objective is to increase awareness and interest in the nation's journey and prospective growth.

A melange of patriotic activities was conducted online as well as offline. The account of the same is as follows:

75th Independence Day Celebration: Though the 75th Independence Day celebration was limited in the wake of Corona Virus Pandemic, APS Mumbai celebrated it with full joy and enthusiasm on the virtual platform. The creativity of the students was channelized through activities like Poem Recitation, Speech, Patriotic Song played on the flute and a presentation of the National Flag drawings by our little champs. To commemorate the unsung heroes of freedom struggle, our Bombay Bookies (English Book Club) members and Anubhuti (Hindi Book Club) members presented a book review on the autobiographies of our heroes like Batukeshwar Dutt, Aruna Asif Ali, Annie Besant, Archana Garodia Gupta and many more. A quiz was also conducted for the students on 'National Freedom Movement'.

Mile Sur Mera Tumhara – Patriotic Song Competition: Our singers showcased their talent in this online activity for which the judges were Mrs Shruti Chandran, classical singer and TV actress Madhu Bala Atri. E-certificates were awarded to all the winners.

Gandhi Jayanti Celebrations: Our tiny-tots enthusiastically participated in this competition, dressing up in Mahatma Gandhi's attire. The students were also shown a presentation on 'The Teachings of Mahatma Gandhi' to remind them about the true values of peaceful co-existence and of the need to work unitedly for the equality and freedom of every individual.

Poster Making Competition on 'National Unity Day': Our students showcased their creativity and patriotic fervour through myriad posters on the theme – 'National Unity Day'. This competition was organised to sensitize the students about the ways to maintain the nation's unity, integrity and security.

Each One, Plant One – Tree Plantation Drive: Post reopening of the school, a tree plantation drive was carried out in the school campus in which our teachers and students of the 'Nature Club' planted 40 saplings donated by the NGO 'Sanskar India Foundation'.

Swachhata Abhiyaan: As part of the various activities being undertaken pan-India, cleanliness drive was observed by APS Mumbai with full enthusiasm and the level of participation of the staff and students was very encouraging. Cleanliness of the school campus was done by the teachers and students & disposal of the scrap was taken care by the supporting staff. Besides this, old files and documents were destroyed and maximum files and documents were digitised by the admin staff.

'75 Lakh Postcard Campaign': Our students enthusiastically and zealously participated in the '75 Lakh Postcard Campaign' which was an initiative of Govt. of India, MoE & DoP along with the Ministry of Education.

Veer Gatha Programme: To create awareness amongst children about our brave martyrs and other gallant soldiers, the Head Council Members narrated anecdotes from the lives of war heroes to the students of junior classes on the occasion of 73rd Republic Day. A competition was organized in which the students with best narratives and presentations were awarded with e-certificates. Besides this, RD parade videos were also shown to all the students.

APS Mumbai celebrates Azadi Ka Amrit Mahotsav with the motive to urge every student to work with honesty and dedication so that our nation soars to monumental heights.

VIRTUAL ASSEMBLY ON 75TH INDEPENDENCE DAY

BOOK REVIEW ON 'UNSUNG HEROES OF FREEDOM STRUGGLE'

QUIZ COMPETITION ON 'INDIAN NATIONAL MOVEMENT'



Introduction

Bhakkeiwala Dutt was a member of Bhagat Singh's group. He was a member of the Indian National Congress and the Indian National Army. He was a member of the Indian National Congress and the Indian National Army.

The parts I liked

One of the best known freedom fighters of India is Bhakkeiwala Dutt, who was the leader of the Indian National Congress. He was a member of the Indian National Congress and the Indian National Army.

Bhakkeiwala Dutt, associate of Bhagat Singh

Quiz Competition on Indian National Movement

Book Review 'The Women Who Ruled India' Archana Gade Gupta

Right history in Smriti Tak Mahan during the Quit India Movement, 1942

PATRIOTIC SONG COMPETITION



PATRIOTIC SONG COMPETITION



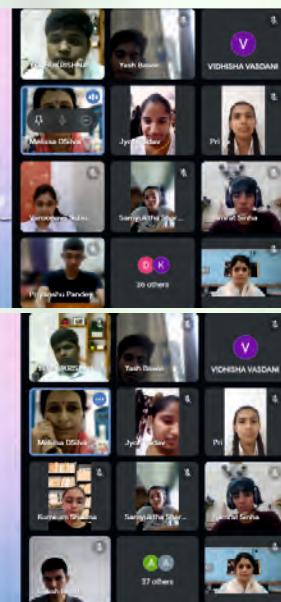
PATRIOTIC SONG COMPETITION

THE TEACHINGS OF MAHATMA GANDHI

PRESNTATION BY: MELISSA D'SILVA
PGT ENGLISH

WHAT DO YOU ASSOCIATE GANDHI WITH?

Mahatma Gandhi



POSTER MAKING COMPETITION ON 'NATIONAL UNITY DAY'



TREE PLANTATION DRIVE



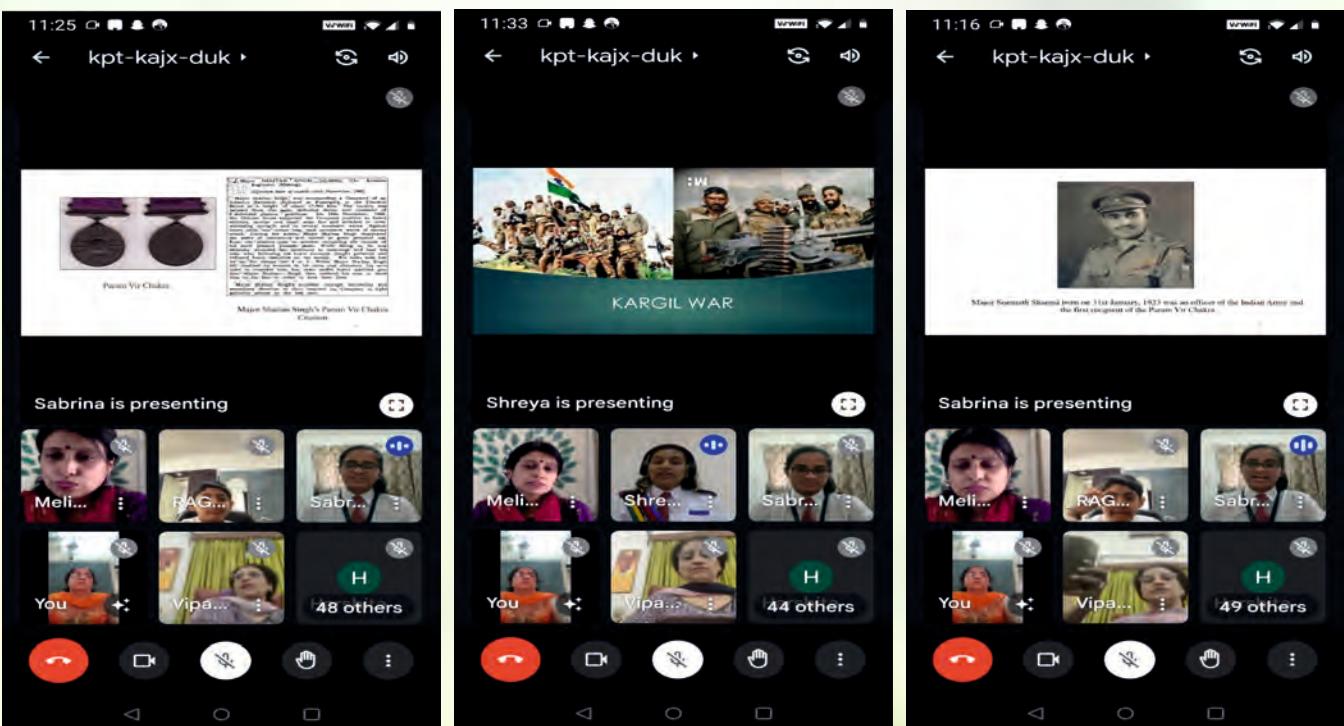
CLEANLINESS DRIVE



75 LAKH POSTCARD CAMPAIGN



VEER GATHA PROGRAMME



OUR SPECIAL ASSEMBLIES

Special assemblies were the highlight of our online assemblies being conducted during this academic year. Under the able guidance of our Primary CCA Coordinator, Mrs Harpreet Sandhu and the wholehearted support of our teachers, the students religiously conducted these assemblies, which reflected the enthusiasm and zeal of our APSM family to celebrate these special occasions, despite the prevailing unprecedented times. These assemblies were conducted on important days like Republic Day, Kargil Diwas, Independence Day, Teachers' Day, Hindi Diwas, Gandhi Jayanti, Children's Day etc.





Creating Their Masterpiece with The Best Strokes of Their Brush

Aanandi Patil (X - A)



Divyanshu Singh (IX - A)





Maroof Alam (IX - A)



Maroof Alam (IX - A)



Harshad Yadav (III - C)



Ayushi Singh (VI - A)



Aarohi Sharma (III - B)



Yuthisha (VI - A)



Jassereen (VI - A)



Mohammad Ayan (VI - B)



Anusha Sharma (IX - A)



Kavya (VI - B)



Ayush P Supale (VI - A)



Prayashi (III - A)



Abhinava Manoj (VI - A)



Paridhi Mandal (V - B)



Sania (V - B)



Deepanshu Singh (VI - B)



Abhinava Manoj (VI - A)



Dhanyatha K (V - B)



Palak Bhagel (IX - B)



Kashvi Arun (VI - B)



Vidya Singh (V - A)



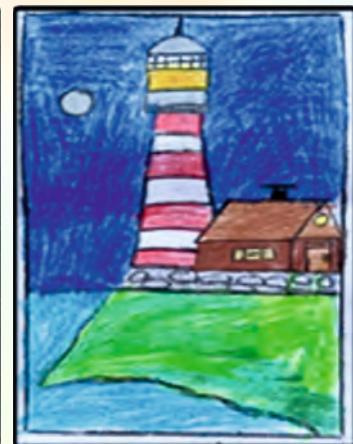
Janhvi Singh (VI - A)



Ayush P Supale (VI - A)



Shreya Kolekar (VI - A)



Saavir Bharadwaj (III - B)



Namrata (V - A)



Aarohi Sharma (III - B)



Diya Mandal (VII - B)



Kavya (VI - B)



Anusha Sharma (IX - A)



Nityanshi Rajput (III - B)



Aakriti (IV - B)

Fostering Love and Responsibility Towards Nature

To inculcate the feeling of gratitude and belongingness towards the nature and mother earth, an array of activities was done both online and offline. Children not only enjoyed participating but also developed the sense of responsibility they have towards nature.

1. Face Painting Competition: World Nature Conservation Day

To create awareness and a sense of responsibility in school children towards our mother earth, an online intra-class face painting competition was conducted in class IX on 28.07.21. Children participated enthusiastically and used their imagination to spread awareness about the conservation of earth. The students connected with the theme and realized the seriousness of the situation regarding atmospheric changes due to human interference and importance of mother earth.



First position
Mahi (IX B)



Second position
Gaurangee (IX B)



Anshika

Third position
Anshika (IX B)

2. Nature Club Activity: Eco-Friendly Ganesha Making Competition

The students of class 7 A and 7 B participated in a fun eco-friendly Ganesha making activity where Peepal leaves were used to make Ganesha. Also, few students used dough to create Ganesha idols. The winners were awarded with e-certificates.



3. Open Photography Competition on the Theme 'Nature at its Best' on the occasion of Children's Day

Today's generation now is tech savvy and updated regarding use of gadgets, so this year we kept an online photography contest on the theme 'nature at its best'. They also had to give a tag line for the picture. This competition served the dual purpose

- ✓ Students showcased their talent of photography
- ✓ They got to connect with nature

Students of Classes VI - VIII participated and winners were awarded prizes and certificates.



First Position

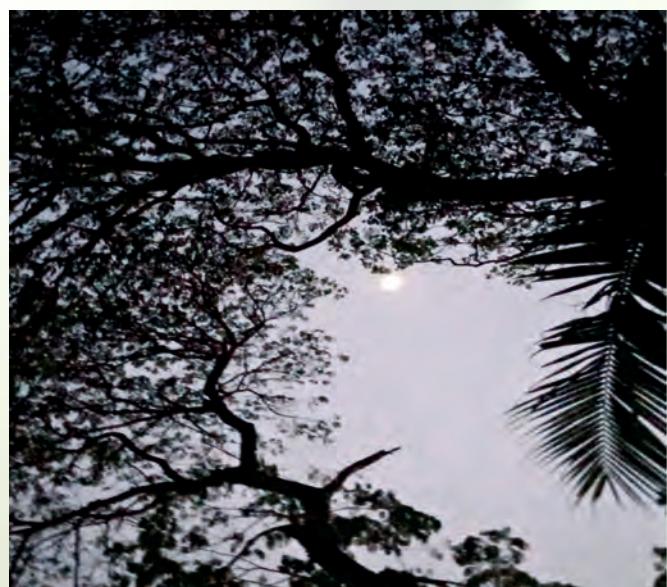
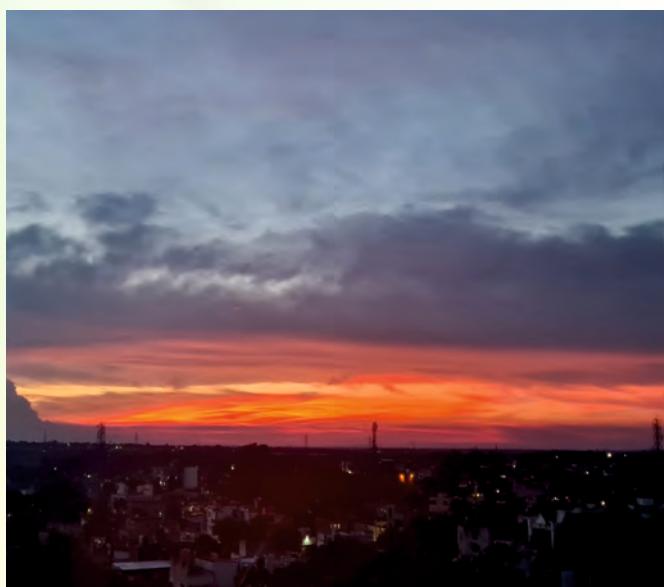
Heramb Agarwal (VIII A)

Tag line: Nature or Art- Its all about perspectives

Second Position

Ananya Nair (VIII A)

Tag line: The sky speaks in a thousand colours



Third Position

Harshita Shree (VI A)

Tag line: The Golden Beginning

Third Position

Akanksha (VIII A)

Tag line: Keep the reality beautiful by protecting 'Nature'



4. A special mention of an inquisitive and talented student of Class XII A, Priya Karmakar. She studied the life cycle of an Asian butterfly called lime butterfly during the lockdown and documented the metamorphosis in video and picture formats. For her commendable work she was awarded with an e- certificate.

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VID-20210613-WA0002.mp4

METAMORPHOSIS of Lime Butterfly

Scientific Name: Papilio demoleus
Family: Papilionidae
Order: Lepidoptera

By PRIYA KARMAKAR
XII Science

Day 09 already

Hanging on the branch to convert from caterpillar to pupa

Day 18

Day 31

Priya Karmakar (XII A) and screenshots of her butterfly lifecycle video

Submitted by- Sangeeta Sharma- PGT Biology
Nature Club- Teacher-In-Charge

FROM THE KITCHEN OF "COOL COOKS"

According to Webster dictionary the word, 'Hobby' means 'an activity that you enjoy doing in your spare time'. Engaging in a hobby can be a mental escape from mundane activities of daily life. It helps to develop a new skill or provide us an opportunity to socialise with like-minded people. The new education policy NEP-2020 also stresses on the need to develop some skill in the school going students which can be used to develop into a profession in the future. So, with this aim of providing entertainment and developing new skills in students, various hobby clubs were started for the primary wing students of APS Mumbai. Thus, the cooking club named 'COOL COOKS' came into being.

In today's scenario, cooking is a skill which is no longer the domain of the female gender. With changing landscapes of time, cooking has become a skill needed for survival by both men and women.

APS Mumbai has started a hobby club named 'COOL COOKS' for developing the basic cooking skills in primary students through non-fire cooking. The aim of this club is to generate interest of primary students in cooking because cooking is a hobby which not only has benefits in terms of health and nutrition but it also incubates the virtues of time and patience. Cooking helps you to compete with your own self for self-improvement which helps to boost self-confidence and self-esteem.



WORKSHOPS FOR STUDENTS

WORKSHOP ON STRESS ANXIETY & TIME MANAGEMENT

"I must govern the clock, not be governed by it." For the students to completely resonate with this adage, a workshop on 'Time Management and Stress Anxiety' was conducted by Mrs Alia Vashishtha, trained CBT/ REBT Therapist, on 28 February 2022, for the students of Class X. The students were assigned tasks to make their long-term and short-term goals. Students were actively involved in breathing exercise and a lot of activities. It was an insightful session for the students as they were motivated to trust themselves and do their best. It also set a foundation upon which they could build better habits to manage time in order to excel in their upcoming Board Exams.



SEMINAR ON LAW AS A CAREER

A seminar on "Law as a Career" was conducted at Army Public School, Mumbai, for the students of Class XII (both Science and Commerce) on 22nd March, 2022 by 'The Times of India' group. A total of 59 students attended the session. The aim of this seminar was to give the students an insight into pursuing law as a career option.

The interactive session was conducted by Mr. Nikhil Katyal – an alumnus of NLU Jodhpur. He is a lawyer, mentor and avid quizzer, who has an excellent academic record.

Mr. Nikhil Katyal covered the following salient aspects in his session:



- A career in law is one of the most respected and sought after professions across the globe.
- CLAT which stands for Common Law Admission Test is a centralised national level entrance test for admissions to 22 National Law Universities (NLU) in India. The programme offered is a 5 – year integrated LLB.
- Benefits of taking up law as a career.
- Admission process and campus activities at NLUs.
- Remuneration and professional growth of a Lawyer.

The seminar was conducted in an interactive and lively manner, which enabled enthusiastic participation by the students.



An AWES Workshop on 'School to College Awareness Campaign: Visibility into AWES Professional Institutions' was conducted on 3rd March 2022 for the students of Classes X-XII.

SEMINAR FOR STUDENTS AND TEACHERS

Team IRIS, on behalf of AWES, conducted an online session on 16 March 2022, with Col. Alankar Bhardwaj, CEO of Team IRIS and Ms. Shikha Agnihotri, Child Safety Expert. Six teachers and Class X students attended the workshop. It was about sexual harassment at large and how to protect children from sexual assault, sexual harassment, pornography offences and cyber-crime. The participants were informed about different training programs related to POCSO and a Child Abuse Prevention Program for Parents and Caregivers. These are certified programs, designed by lawyers. This webinar was insightful for the teachers and beneficial for the overall welfare of the students.

FDRC WEBINARS (2021 – 2022)

Compiled by – Gopa Burman, PGT Commerce

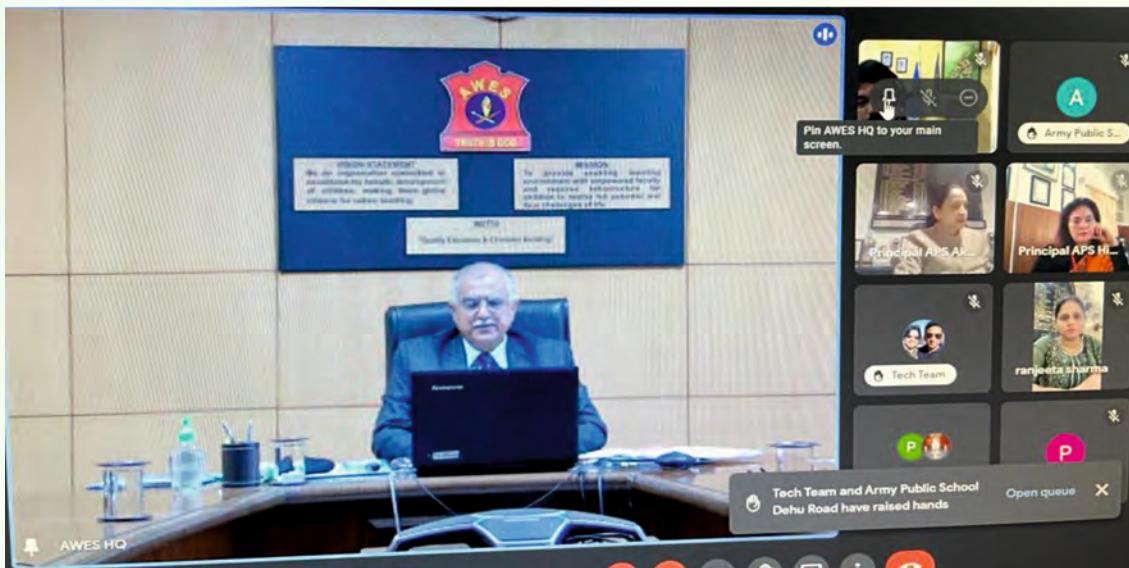
The Faculty Development and Research Centre (FDRC) has conducted various webinars for upgradation of teachers' knowledge, skills in areas of curriculum, instruction, assessment and integration of technology. Conduct of the online webinars has also ensured enhanced participation. Application of the various techniques taught in these webinars assist Educators in imparting holistic education to the students.

LIST OF FDRC WEBINAR ATTENDEES (April 2021 – March 2022)

Ser	Name of Course/ Workshop	Webinar No.	Duration	Name of Teacher	Desig.
1.	Orientation Workshop	Webinar- 2	19-20 April & 22-23 April	Mrs Usha Bhardwaj	PRT
2.	Technology Related Webinar Focuses on Digi Campus and LMS	Webinar- 5	24-25 May & 27- 28 May (04 days)	Mrs Neha Arora & Mr Girish Tiwari	PGT (IP) LDC
3.	Skills and Life Skills Development	Webinar- 6	31 May-04 June (05 days)	Mrs Vipanjot Sehdeva	Principal
4.	Financial Management, Legal and HR Issues	Webinar- 7	07-11 June (05 days)	Mrs Vipanjot Sehdeva	Principal
5.	Implementation of IE in Balance 120 APS (Phase -2)	Webinar- 8	14-18 June (05 days)	Mrs Shanta Nair Mrs T Shailaza Mrs Indu Kadian Mrs Aditi Prabhu Mrs Simran Gharat	PRT PRT PRT Counsellor PRT
6.	Developing Language Skills in Learners at Foundational Level (Preschool to Class 1)	Webinar- 11	05 - 09 July (05 days)	Mrs Priyanka Singh	PRT
7.	Teaching Mathematics (TGT)	Webinar- 12	12 - 16 July (05 days)	Mrs Ranjini AC & Ms Vandana Pandey	TGT (Science/ Mathematics)
8.	Innovation Hubs and Technology at TGT Level	Webinar- 13	12 - 16 July (05 days)	Mrs Smitha Nair & Mrs Reshma Raut	TGT (Science/ Computer Science)
9.	Phase II of IE Implementation Screening and Identification of Special Needs	Webinar- 14	19- 20 July & 22- 23 July (04 days)	Mrs Aditi Prabhu Mrs Shalini Srivastava Mrs Maitri Soni	Counsellor PRT PRT
10.	Foundation Level for APS teacher teaching classes 1 & 2	Webinar- 15	26- 30 July (05 days)	Mrs Simran Gharat	PRT
11.	Skills and Life Skills Development at TGT Level	Webinar- 16	26- 30 July (05 days)	Mr Sunil Kumar Yadav, Mrs Aditi Prabhu (in place of Mr Sunil Yadav on 29-20 Jul) & Mrs Sanhita Dutta	TGT (Social Science)
12.	General Workshop for PRT Teachers (L2) Teaching Preparatory Level (CL – III to V)	Webinar- 17	02-06 Aug (05 days)	Mrs Manisha Jagtap Mrs Gayatri Khanger Mrs Harpreet Sandhu	PRT PRT PRT
13.	TGT Science (for teachers teaching CL – VI to X)	Webinar- 18	09-13 Aug (05 days)	Mrs Smitha Nair Mrs Divya Shukla	TGT Science TGT Science
14.	Skills and Life Skills Development for PRT Teachers	Webinar- 19	09-13 Aug (05 days)	Mrs Gagandeep Sandhu Mrs T Shailaza Mrs Priyanka Singh	PRT PRT PRT
15.	Gifted Education Program – “Understanding Salient Traits of Gifted Learners”	Webinar- 20	16- 19 Aug (04 days)	Mr Afroz Humayun Alam Dr (Mrs) Kusum Chawla	Officiating Principal

Ser	Name of Course/ Workshop	Webinar No.	Duration	Name of Teacher	Desig.
				Mrs Aditi Prabhu	Sr.Sec. Cordinator Counsellor
16.	Foundation Level for APPS and APS (PRT Teaching CL – 1 & 2)	Webinar- 21	23- 27 Aug (05 days)	Ms Meenu Bala Atri	PRT
17.	Arts and Sports Integration at TGT Level	Webinar- 22	23- 27 Aug (05 days)	Mrs Neeta Sutar Mr Dinesh Yadav	TGT Arts Phy. Eduation
18.	Social Science for TGT Teachers (Teaching CL – VI to X)	Webinar-23	31Aug- 03 Sep (04 days)	Mr Sunil Yadav Mrs Sanhita Dutta	TGT Social Science
19.	Developing Scientific Temper at PRT Level	Webinar-25	06-10 Sep (05 days)	Mrs Manisha Jagtap Mrs Gagandeep Sandhu	PRT PRT
20.	Sanskrit for TGT (Cl –VI to X)	Webinar-26	13-17 Sep (05 days)	Mrs Jayshree Seeram Mr Khemchand Malviya	TGT Sanskrit TGT Hindi
21.	Pedagogy for Inclusive Education	Webinar- 27	20-24 Sep (05 days)	Mrs Indu Kadian Mrs Maitri Soni Mrs Harpreet Sandhu	PRT PRT PRT
22.	Developing Scientific Temper at TGT Level	Webinar- 28	20-24 Sep (05 days)	Mrs Smitha Nair Mrs Divya Shukla	TGT Science TGT Science
23.	General Workshop for PRT (L – 2) Teaching Preparatory Level (Classes III to V)	Webinar- 29	27 Sep – 01 Oct (05 days)	Mrs Manisha Jagtap Mrs Gayatri Khanger Mrs Shanta Nair	PRT PRT PRT
24.	PGT Mathematics	Webinar- 30	04 – 08 Oct (05 days)	Mr Chandrashekhar Vishwakarma Ms Vandana Pandey	PGT Maths TGT Maths
25.	Arts & Sports Integration at the PRT Level	Webinar- 31	04 – 08 Oct (05 days)	Mr Dinesh Yadav Mrs Neeta Sutar	PRT Phy. Edu. TGT Arts
26.	Computer Science for TGT Teachers (Cl-VI-X)	Webinar- 32	18 - 22 Oct (05 days)	Dr(Mrs) Neha Arora Mrs Reshma Raut	PGT IP TGT Computer Science
27.	Remedial Interventions for Students with Learning Problems	Webinar- 33	25 - 29 Oct (05 days)	Mrs Gayatri Khanger Mrs Maitri Soni	PRT PRT
28.	TGT English	Webinar- 34	25 – 29 Oct (05 days)	Mrs Puneet Bains Mrs Astha Singh	TGT English TGT English
29.	PGT Biology	Webinar 35	08-12 Nov. (05 days)	Mrs Sangeeta Sharma Rai	PGT Biology
30.	Developing Scientific Temper at PRT Level (Cl I To V)	Webinar 36	08-12 Nov. (05 days)	Mrs Gagandeep Kaur Mrs Shalini Srivastava	PRT PRT
31.	Foundational Level for APPS & APS (PRT Teaching CL 1 & 2)	Webinar 38	22-26 Nov. (05 days)	Mrs Meenu Atri	PRT
32.	Case Study “An Approach To Understand The Gifted”	Webinar 39	22-26 Nov. (05 days)	Mrs Usha Bhardwaj Mrs Aditi Prabhu	Sr. PRT Counsellor
33.	General Wksp for PRT (L2) Teaching Preparatory Level Classes III to V	Webinar 40	29 Nov- 03 Dec (05 days)	Mrs Shanta Nair Mrs T Shailaza	PRT PRT
34.	PGT Geography	Webinar - 41	13-17 Dec. (05 days)	Mrs Sanhita Dutta	TGT Social Science

Ser	Name of Course/ Workshop	Webinar No.	Duration	Name of Teacher	Desig.
35.	PGT Physics Teaching of Physics	Webinar - 42	03- 07 Jan. (05 days)	Mr. Jeelani Abdul Ms. Divya Shukla	PGT Physics TGT Science
36.	PGT Chemistry	Webinar- 43	17- 21 Jan (05 days)	Dr(Mrs) Kusum Chawla Mrs Ranjini A C	PGT Chemistry TGT Science
37.	PGT Political Science	Webinar- 44	24– 28 Jan (05 days)	Mr Sunil Yadav Mrs Pallavini Sinha	TGT S. Science PGT Economics
38.	Consolidation Exercise On Counselling Process In Inclusive APSs	Webinar- 45	24– 28 Jan (05 days)	Ms. Aditi Prabhu	Counsellor
39.	PGT English	Webinar- 46	31Jan – 04 Feb (05 days)	Mrs Melissa D'Silva	PGT English
40.	Consolidation & Feedback on Implementation of IE in APSs by Special Educators	Webinar- 47	07- 11 Feb	Ms Aditi Prabhu	Counsellor
41.	PGT Accountancy and Business Studies	Webinar- 48	07- 11 Feb	Mrs Gopa Burman	PGT Commerce
42.	TGT Hindi	Webinar- 49	14- 18 Feb	Ms Rai Bharti	TGT Hindi



हिंदी कलब रिपोर्ट

मधुर मधुर मनोहारी है।
हिंदी भाषा प्यारी है।
अद्भुत शान हमारी है।
अपनी हिंदी प्यारी है।

हिंदी अनुवाद की नहीं बल्कि संवाद की भाषा है। एक भाषा के रूप में हिंदी न सिर्फ भारत की पहचान है बल्कि यह हमारे जीवन मूल्यों, संस्कृति एवं संस्कारों की सच्ची संवाहक, संप्रेषक और परिचायक भी है। बहुत सरल, सहज और सुगम भाषा होने के साथ हिंदी विश्व की संभवतः सबसे वैज्ञानिक भाषा है जो प्राचीन सभ्यता और आधुनिक प्रगति के बीच एक सेतु भी है। हिंदी की इसी महानता को समझते हुए हमारे विद्यालय ने पूर्ण वर्षभर बच्चों की प्रतिभा को जांचने एवं उभारने के उद्देश्य से विभिन्न प्रतियोगिताओं जैसे की प्रश्नोत्तरी, गायन आदि का आयोजन ऑनलाइन माध्यम द्वारा किया गया। विद्यार्थियों ने 'बीपीसीएल' अंतर विद्यालय प्रतियोगिता मैं बढ़ चढ़कर भाग लिया एवं बहुत पुरुस्कार जीतकर विद्यालय का मान-सम्मान बढ़ाया। इनके इस प्रयास के लिए विजेता छात्रों को वाउचर एवं प्रमाण पत्र उपहार मैं दिए गए। दसवीं कक्षा के मनवीर कादियान हिंदी सीबीएसई क्लस्टर स्तरीय वाद-विवाद प्रतियोगिता में सर्वश्रेष्ठ प्रतिनिधि के रूप में चुने गए।

'प्रगति' पत्रिका के संपादन का एकमात्र उद्देश्य है- हिंदी/संस्कृत का सतत प्रोत्साहन एवं छात्रों मैं इसके लिए रुचि का विकास। और हम अपने प्रयास मैं अवश्य सफल होंगे।

- भूमी अरोड़ा (कक्षा 12 A)



प्राथमिक विभाग के क्रिया-कलाप
छोटे बच्चों का हिन्दी के प्रति रुचि हेतु विभिन्न कार्यक्रम आयोजित किए गए।

कहानी कहना
कविता वाचन
पात्र अभिनय
दोहा गायन

समूह में गीत गायन
लघु नाटिका
मुखौटे बनाकर उसके
अभिनय करना

माध्यमिक विभाग के क्रिया-कलाप
माध्यमिक स्तर के अनुसार विभिन्न प्रकार के क्रिया-कलाप

अनुभूति क्लब के विभिन्न क्रिया-कलाप

दोहा गायन
कविता वाचन
भाषण
अनुच्छेद लेखन
चित्र के माध्यम से नारा लेखन

चर्चित पात्र अभिनय
पोस्टर बनाना
आशु भाषण
वाद-विवाद

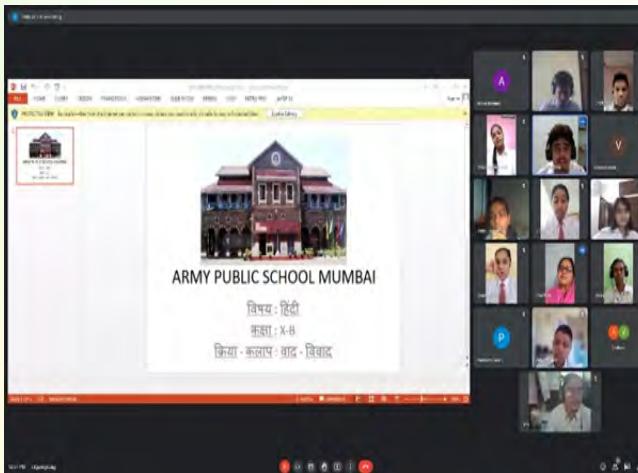
विभिन्न क्रिया-कलाप के माध्यम से यह कोशिश की जाती है की
छात्रों की रूचि विषय के प्रति बढ़े एवं उनका आत्मविश्वास विकसित हो।



आभासी माध्यम से नारा लेखन करते हुए छात्र-छात्रा



हिंदी भाषा में आभासी माध्यम से
पुस्तक समीक्षा प्रस्तुत करते हुए विद्यार्थी एवं शिक्षक



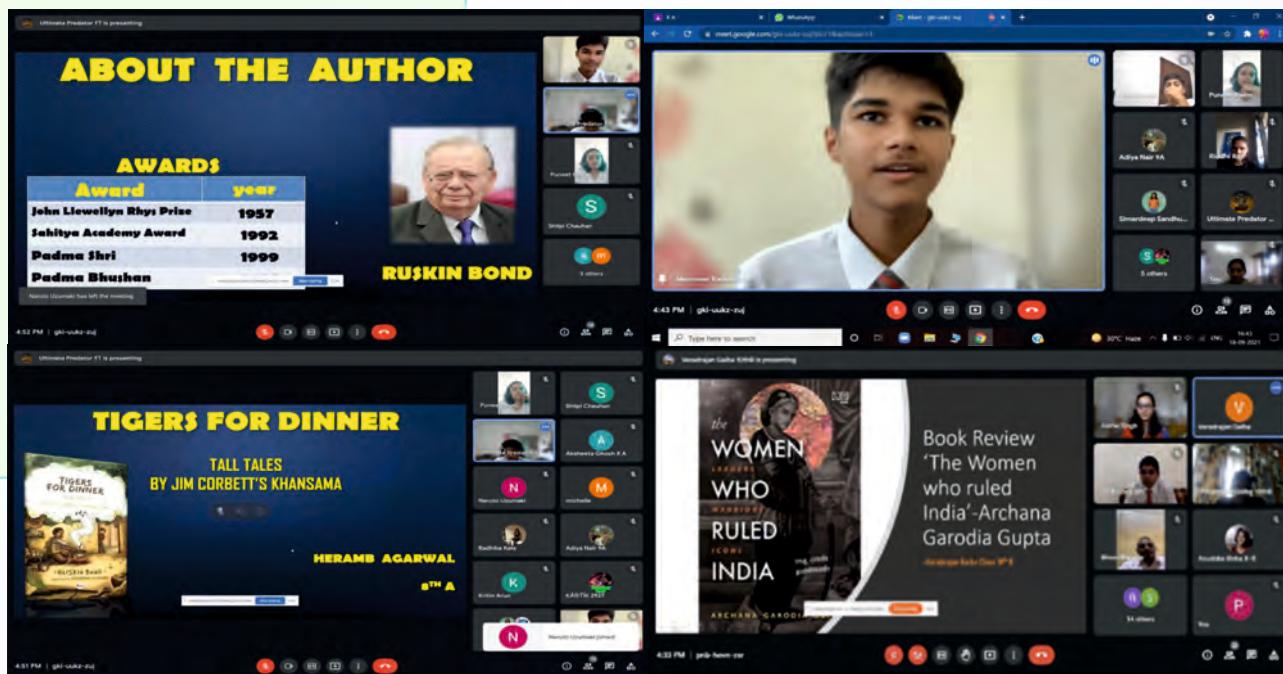
आभासी माध्यम से वाद-विवाद प्रस्तुत करते हुए
छात्र-छात्रा एवं शिक्षिका



आभासी माध्यम से हिंदी सप्ताह मनाते हुए
छात्र-छात्रा, शिक्षक और प्राचार्या जी

BOMBAY BOOKIES – A HEAVEN FOR READERS

Army Public School Mumbai started a Book Club, by the name of **Bombay Bookies**, in the year 2015, with the aim to kindle the love for books among the present digitalized youth. Since then, the Club has witnessed steady progress in terms of more and more students enrolling and participating. The pandemic also could not deter the spirit of our avid readers and the Book Club seamlessly migrated to an online platform – Google Meet. Both teachers and students of APS Mumbai displayed tremendous resolve to adapt to the situation and make the best of what was available within the constraints of the pandemic. The Club members meet every 1st and 3rd Saturday of the month. Under the able guidance of the Club in-charges, a wide array of activities is carried out throughout the year. The Bookies present book reviews – often accompanied with PowerPoint presentations and videos. Appreciation certificates are awarded to the students presenting the best reviews. These reviews inspire and motivate others to read more. Apart from book reviews, the members also involve themselves in activities like – bookmark designing and book cover designing etc. Before the lockdown, Bombay Bookies also organized educational visits to the prominent libraries of Mumbai, which will be continued in the session 2022-23 as well.



Students presenting their book reviews through PPTs

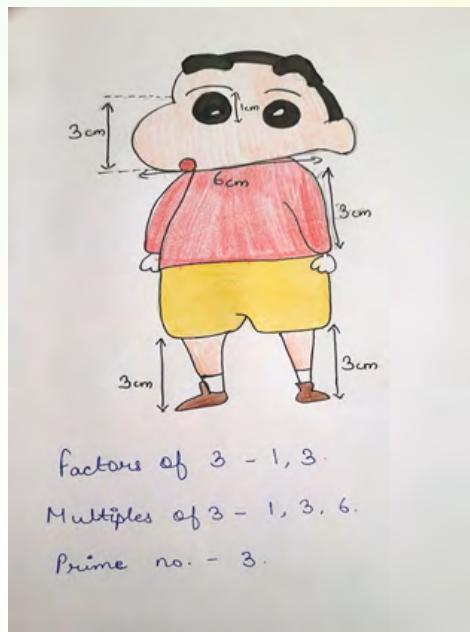


Bookmarks and Book Covers designed by our Bombay Bookies

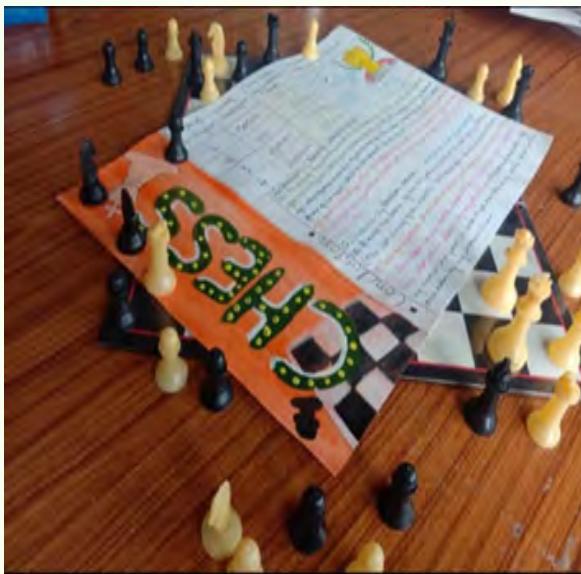
GIMPSSES OF ACTIVITIES OF MATHS CLUB

Mathematics is all about calculating, experimenting and evaluating. In the past academic session the whole purpose of math club remained to make that process easy and fun for students with the help of activities. Here we are presenting some glimpses of those activities.

1. Character: In this activity students had to create a character of their own choice. While making it they had to take the dimensions of the character in form of factors, multiples and prime numbers. Through this activity students visualized their favorite characters in a whole new way on their own.



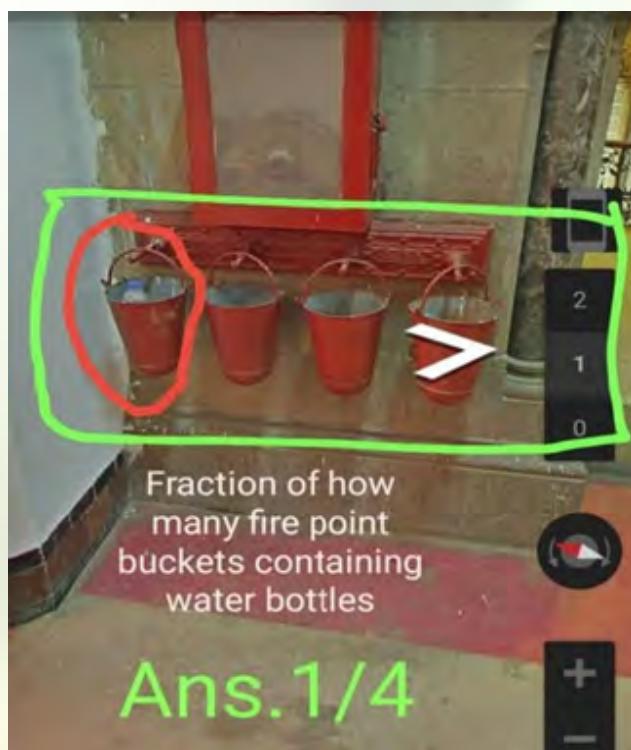
2. Game On: Fun with family: Activities are more fun when we have a group of people to enjoy it with us. Game on activity gave an opportunity to the students and their parents to enjoy and learn mathematics together. In this activity the family had to simply play games like Ludo, chess, rope skipping, snake and ladder etc. Students had to note down the observations like timings, number of players etc. After that students had to make mathematical word problems based on those observations. All the students thoroughly enjoyed this activity with their family.



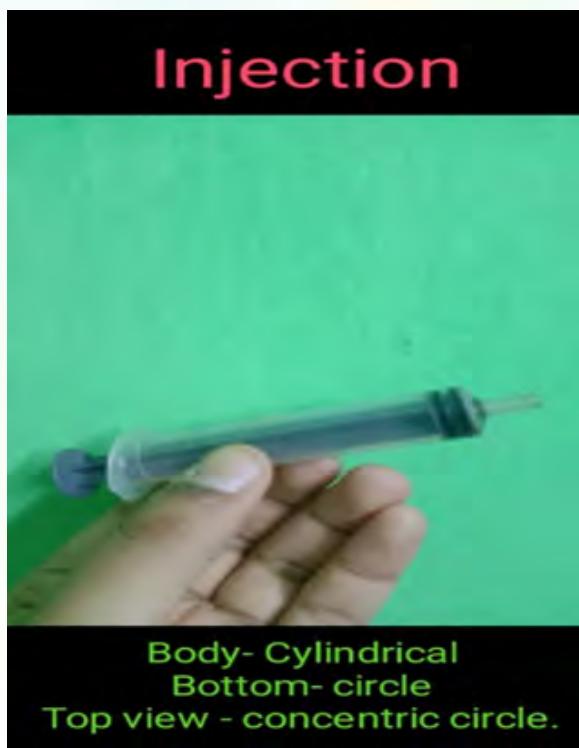
3. Collage of integers : In this activity students had to observe integers in their real life which they had studied in their textbooks during class. All the students were very creative and scientific while picking up examples of integers from their lives. They gathered integers by clicking pictures. Finally, they made extremely informative collages with the help of that.



4. Fractions and Percentage in Indian Railways : This activity was a mind awakening exercise for the students. It gave them the opportunity to visualize what they have learnt through their textbooks. All the Students virtually visited CSMT railway station and collected numerous fractions and percentages from there. Even though students had virtually visited, it was no less than a real experience for them. All the students enthusiastically participated in this activity.



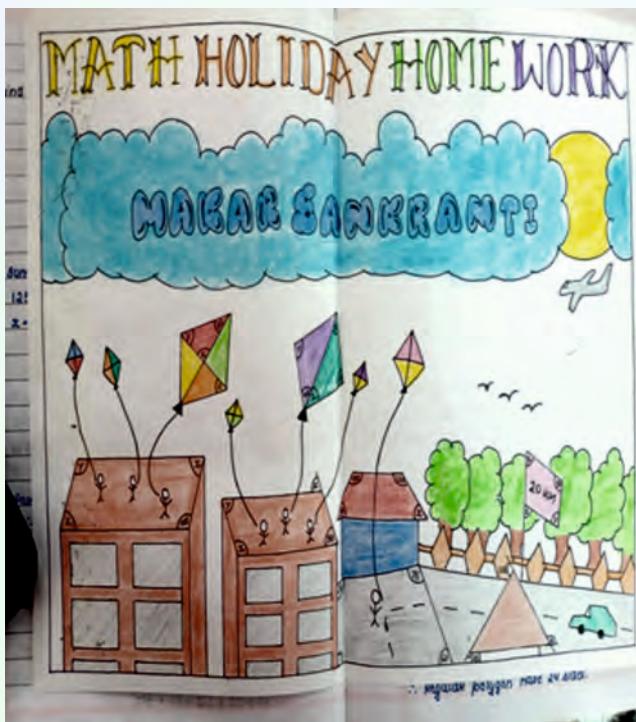
5. Hide and seek (Identifying different hidden shapes) : In this activity students had to find out different types of shapes which are present in front of their eyes but hidden behind an overall picture. All the students very well extracted those hidden shapes. They identified shapes with proper labeling. It was fun for the students to play hide and seek in this new way.



6. Let's try direction : In this activity students were given the opportunity to think, write and direct a short story on their own. It was a peer group activity. Stories were to be made inculcating mathematical problems inside them. All the students pou out their hearts, imagination and creativity in their creation. All the stories created were very mesmerizing. The stories written by students had a blend of real life on one side and also fiction like zombies, virus attacks etc. on the other side as well.



7. Is it you : This activity gave the opportunity to the students to create a worksheet in a whole new way. They imbibed questions in the form of characters, beautiful sceneries etc. They were the same question which they can see in their books but now presented in a fun way.



8. Health score with the help of integers : This activity included the calculation practice of the Integer chapter. Students had to make a list of food items. Then they had to assign each food item some positive and negative values. Later on they chose their favorite food items from the list and calculated in total what value or health score they are getting. It was a delicious activity for students to do.

MATHS ACTIVITY

CALCULATING HEALTH SCORE

	Carbohydrate	FAT	JUNK FOOD	Beverages
Apples	Potatoes	Avocado	BURGER	Pepsi
Mulberries	Rice	Coconut	Pizza	coca-cola
Banana	Yam	Olive	Chips	Coffee
Spinach	Bread	Peanuts	Fries	MILKSHAKE
Avocado	Flour	Butter	Noodles	Lemonade

LIST YOUR FAVORITE 4 ITEMS

- Mulberries
- Yam
- Peanuts
- Pizza
- Pepsi
- Olives
- Noodles
- Coffee

EQUATION

$$2x(+3) + 1x(+2) + 2x(+1) + 2x(-2) + 2x = 3x$$

$$6+2+2+1-4+2x = 3x$$

$$6+2x = 5x \therefore 6 = 5x - 2x \therefore 6 = 3x \text{. Therefore}$$

$$3x = 3x \therefore 5x = 15$$

MY HEALTH SCORE = 15

9. Making Calendar using math concepts : In this activity students have to design one month of the calendar with a twist. All the dates were not to be written directly but in an exponential way , in terms of squares, in terms of cube roots etc. it's an interesting calendar to read.

- COMPILED BY: Ms. Vandana Pandey, TGT Maths

X a° MATHS ACTIVITY $\theta = 1$
% \angle Calendar Making September - 2021 : $\frac{1}{4}$ $\frac{1}{3}$

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			0 9	$(\sqrt{2})^2$	$(\sqrt{15}-5)^2$	$(1427-2\sqrt{2}+1)$
$(\sqrt{3})^2 - (\sqrt{2})^2$	$(\sqrt{3} + \sqrt{2})^2$	$2^3 - 2^0$	$(\sqrt{8})^2$	$(3)^2$	HCF of 30 & 20	LCM of 10 & 12
$9 + (\sqrt{3})^2$	Odd One: $(\sqrt{9} + \sqrt{2})^2$, $(\sqrt{10})^2$, $(\sqrt{11})^2$, $(\sqrt{12})^2$	$(\sqrt{7} \times \sqrt{2})^2$	HCF of 14 & 15	$(3+1)^2$	Mode of 2, 6, 8, 5, 5, 7, 11, 12, 17	Upper Limit of 16-18
Lower Limit of 12-29	Perimeter of Square if Side is 5cm	Median of 30, 12	Area of \triangle if base = 4cm	9th Prime Number	$(4+1)^2$	Area of \triangle when altitude and base is 10cm
After 9 \square	Area of \triangle if d=4m, h=3m	Area of \square if l=4m, b=3m	Area of \triangle if b=2cm, h=5cm	Sum of Perimeter of triangle and rectangle	By Bhagya Jit	
8 1 18 20	$b=2m$	$l=3m$	$h=3m$	$b=2cm$		

❖ Our School Houses and their Activities ❖

Even during online learning which happened during the academic session 2021-22, all the four school houses were very active with a series of interhouse online competitions. This kept alive the spirit of belongingness and unity among the house members. The house masters worked hard along with the house members to keep their flag soaring high. The inter-house activities were a reflection of the camaraderie that exists between our various houses as well as within each house. We, in APSM believe that camaraderie builds 'both the individual and the institution'.

THE RESULTS OF OUR INTERHOUSE COMPETITIONS

2021-22

First position
Shivaji House



Second Position
Pratap House



Third Position
Ashoka House



Fourth Position
Ranjit House



SHIVAJI HOUSE

House Motto : “Knowledge is the Bliss of Life”



HOUSE IN-CHARGE : Mrs T Shailaza
House Captain : Kumari Harshika

New Beginning – New Mindset- New Focus- New Start- New Intentions – New Result

It's not just about coming with ideas but equally about effectively applying them to turn it into a successful reality.

To accomplish our goal, we built an ambience where we welcomed opinions and ideas from all corners irrespective of position and allowed the best ideas to flourish. We took a systematic approach to plan and coordinate all activities well in advance and ensured open communication among ourselves which included taking regular feedbacks from all people involved to ensure we present our best version forward.

We also encouraged students to develop a positive attitude towards the extra-curricular activities to ensure active participation.

I feel very proud to announce that we have been successful in achieving our goal of bringing creative ideas to life and also won the '**OVERALL HOUSE TROPHY**'. This would not have been possible without the unconditional support of all the teachers and students of Shivaji house.

Finally, I would like to quote the inspiring words of **NELSON MANDELA** –

“IT ALWAYS SEEMS IMPOSSIBLE UNTIL IT'S DONE”

PRATAP HOUSE

House Motto : “Green India, Clean India”



HOUSE IN-CHARGE : Mrs Simran Gharat
House Captain : Prakhar Sharma

“Ask the right questions and nature will open the doors to her secrets”

“Motivation is what gets you started; Habit is what keeps you going”. It does not matter where you go and work, what matters most is what you share with yourself and the world.

The Students of Pratap house participated in various online competitions such as; English Essay Writing, Hindi Desh Bhakti, inter- house Bookmark Making, Photo Caption and Poetry Writing. Parth Bhardwaj bagged 1st position for English Essay Writing Competition and Dhriti Bhaskar Paranjpe bagged 2nd position for Hindi Desh-Bhakti Kavita.

All these above competitions threw light on the improvisation and achievements of both students as well as the teacher. An institution can work wonders and rise to heights if headed by ignited minds. We hope to take part in each and every event and competition with even more vigor, enthusiasm and team spirit in the coming session.

“If there is no struggle, there is no failure. If there is no progress, there is no success. Failure is the pillar of success.”

ASHOKA HOUSE

House Motto : “Work Is Worship”



HOUSE IN-CHARGE : Mrs. Manisha Jagtap
House Captain : Nishka Dixit

“The struggle you are in today is developing the strength you need for tomorrow”.

Under the shadow cast by the COVID – 19 pandemic an entire academic year – 2021-22 has been spent by students away from the classroom learning, outdoor co-curricular activities and interaction with peers.

This academic year was virtually an eventful and a challenging year for everyone. **The house students participated in all co-curricular activities and bagged prizes for Essay Writing Competition and Desh Bhakti Kavita Competition there by making all Ashoka House members proud.**

The team effort, determination and dedication shown by the students were showed utmost dedication and involvement in these online activities. Although success was not achieved in every field but the Blues never believed in surrendering before difficulties.

RANJIT HOUSE

House Motto : “Live and Let Live”



**HOUSE IN-CHARGE : Mrs. Meenu Atri
House Captain : Pratham Sharma**

“Nothing can be achieved without strong determination and will.”

Success! It is all a state of mind.

“As all the academic institutions were working online, many inter-house competitions were conducted online throughout the year. These competitions were very helpful in keeping the students engaged in productive activities during their stay inside their houses”.

The Ranjit House students showed utmost dedication and involvement in these online activities. Although success was not achieved in every field but the Reds never believed in surrendering before difficulties.

“When spirit is high and ambition is set, then sky is the limit.”

I wish the reds will continue to hold the house flag high and bring glory in the coming years also.

Our Literary Corner - Expressions through Poetry

Virtual Morals

The crown of Literature is poetry -
William Somerset Maugham



Woke up on the table covered with smear,
finishing the work was now nowhere near.
Scared out of my wits I now thought of lying,
but my clean conscience was not even trying.
Alt-tabbing my way through online classes,
could not help me remember the types of gases.
My high morale was now filled with endless fear,
chemistry exam now seemed impossible to clear.
Independent students were now acing the tests,
meanwhile 13 chapters were hard to digest.
Students trying to put it out on their divinity,
it was high time I started questioning my own integrity.

- Abhinav Jagtap (XI science)



Go to school and your good future will be assured.
When you get up early your laziness is cured.
Learning is a very divine thing,
You can learn lessons in life from morning to evening.
When teachers scold, don't feel bad,
Try to improve your mistakes without being sad.
Always go to school with joy,
Make lots of friends, be it a girl or boy.
If you think homework is a burden,
To complete it fast do it often.
Go to school and have fun,
Be good with everyone and shine like the sun.
Teacher and students share special kin,
Together with affection teachers and
Students are always seen talking.

- Eshdeep Singh Soodan (VIII A)



Nature



The wind blew stronger than a breeze,
Across the seven seas,
Almost like a mighty gale,
Forcing sailors to put down their sail.
With a loud thud,
And a splash of mud,
Fell the huge tree,
Making the tiny squirrels flee.
After a long and dreadful night,
Next day was an absolute delight,
A clear sky,
And a calm sea.
Birds were chirping cheerfully,
And the squirrels were
slurping nuts noisily,
I had my hot soup,
While the world had a glossy look.
A beautiful day in the month of March,
And a charming rainbow in the sky,
I saw the sun shining bright yellow,
While I was sitting in a meadow.

- Mansi Jagtap (IX B)

Mother

I wish i could do something better than your imagination

I wish i could be your perfect son,
Putting best of my efforts under this sun.

O' mother

I am your part,

How can i live apart?

This world is so strange,

I am notable to understand.

Live with your parents they say,
And they offer job thousand miles away,

How to touch your feet daily,

I have no other way o' mother.

I know you can't travel this far,

I have always in my mind a little war.

Why have i chosen this life,

Which is making me sick and cry?

I have no option to try.

There is no job in the village, and you can't leave native.

In this age o' mother,

Why world works in such a manner,

Where a son has to live away from his mother,

why people suffer like this, no son should leave his mother like this.

O' mother

Why am i so helpless sometimes,

There is no stopping of tears from my eyes.

I feel your pain,

I don't know what i gain,

I count your blessings everyday,

I am managing to live this way.

O' mother

I promise you this time,

i will take a long leave and spend with you my time,

As i used to when i was small.

You put oil in my hair,

Feed me with your hands,

i will sleep on your lap,

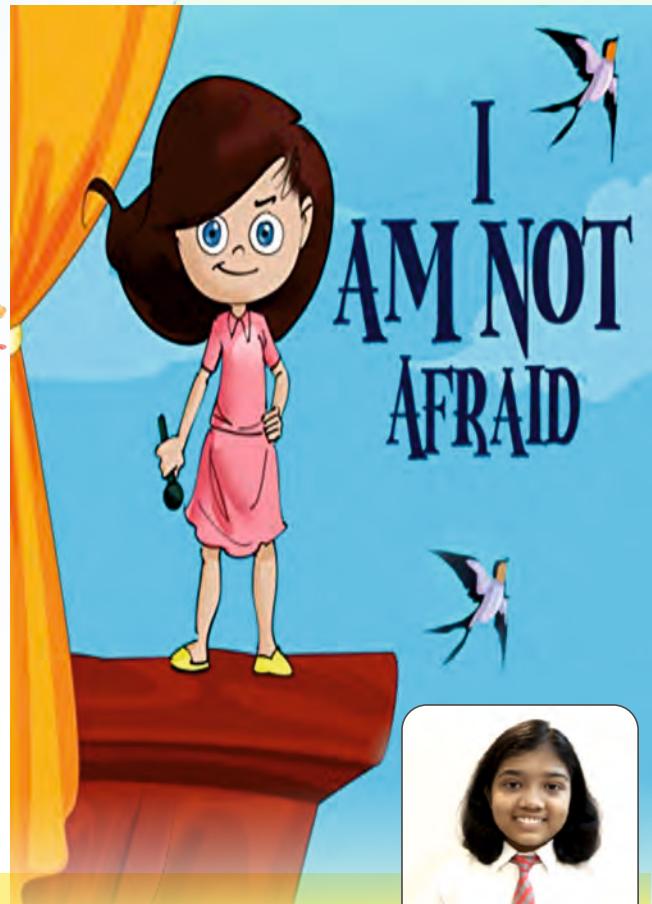
at least i will feel your

Presence for the days left,

o' mother, o' mother



- Divyanshu Singh Takuli (VIII A)



I am not afraid of success
I am afraid of crashing down

I am not afraid of love
I am afraid of heartbreak
Because love and pain comes hand in hand

I am not afraid of happiness
I am afraid of being addicted to it
Because the thing which brings the most happiness
Brings the greatest grief

I am not afraid of being alone
I am afraid of the feeling of being lonely
When I am in a crowd

I am not afraid of challenges in life
Because
Life is all about fighting against your own fears and
keep walking

- Priya Karmakar (Class XII Science)



Recipe for an Incredible India

Through many struggles till 1947
A country was made which is our heaven,
It has been 75 years since our independence,
And, we wear our freedom as a pendant.
Our love for our country is inexpressible,
But we are yet to become incredible.
First ingredient in our recipe is self-reliance;
Is India truly self-reliant?
Or are we surviving on the mercy of outside giants?
A self-reliant country can alleviate human suffering
And prevent social unrest,
And achieving it, would be our quest.
To make a self-reliant nation,
Intent, inclusion, investment, infrastructure and innovation;
We have to take these five as our inspiration.
Our next ingredient is integrity,
Believing in singularity is absurdity.
To prevent suffering and agony,
We should first live in harmony;
Treat our fellow citizens as if they are our blood,
Then the rivers of compassion and brotherhood will flood.
Now we have to mix our ingredients on the flames of ambitiousness,
And garnish it with culture and truthfulness.
This recipe will be the foundation,
For the formation of an incredible nation.



- Mohd. Sami (XII Science)

Icy Musings

How I adore the beautiful snow flakes that fall
Little by little ,one by one
From the hidden corners of the sky
Onto my earthbound feet

The chill in the air doesn't seem to bother me
For the beauty of the white gold around is too enchanting to see
Oh What a relief it is, to let all my troubles pass
as if they had flown away with the wind

Oh how I wish I could stay there day and night
With not one worry in sight
But just the beauty of the hill tops covered in the icy sea
Looking over me

Each little snow flake brings back a memory
Of a younger me
Cheerful and free
Unlike the present one I see

A child worriless and oblivious
to the workings of the world
One so strong and bold
Not with apprehensions and agitations furled



Each ice crystal seems to turn the clock over,
taking me back to a time where the bitter burdens of life didn't sit on my shoulders

It certainly is amusing how a thing
so simple and plain
Mesmerizes me enough for
childhood freedom and joy to bloom again
Oh how I wish for this to last

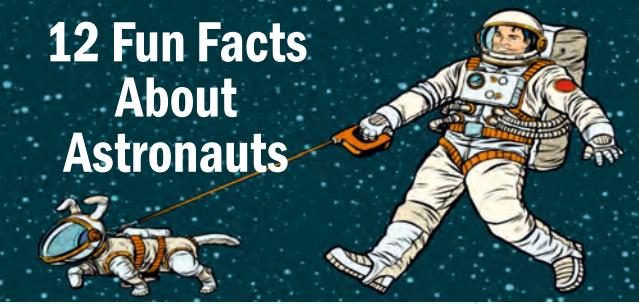
But just as the pearly snow vanishes
At the arrival of the sun
So does the mind banish
This freedom so short lived
Inviting over the worries that i wish to neglect

Oh how I wait for the snowflakes to fall again
Just so I could get away from the hard days
And learn what it would be to be free again



- Michelle Mathew (IX - B)

12 Fun Facts About Astronauts

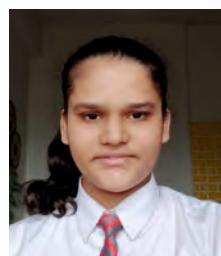


- ASTRONAUT literally means “STAR SAILOR” in Latin.
- ASTRONAUTS wear diapers during their spacewalk.
- ASTRONAUTS have to train to use the toilet in zero gravity.
- An ASTRONAUT has to learn RUSSIAN to be on the International Space Station.
- An ASTRONAUT named Ken Mattingly lost his wedding ring on the moon once and found it during a spacewalk.
- On average, ASTRONAUTS exercise for 2 hours a day on special equipment design for space.
- ASTRONAUTS can grow up to 3% taller while spending time in microgravity and when they return to Earth, their height returns to normal after few months.
- A Space suit weighs approximately 280 pounds on the ground without the ASTRONAUT in it.
- Putting on a space suit takes 45 minutes, including the time it takes to put on the special undergarments that help the ASTRONAUTS keep cool.
- Full NASA Space suit costs \$12,000,000.
- ASTRONAUTS have special types of toothbrushes, edible toothpaste and rinse less shampoo.
- ASTRONAUTS have been drinking recycled urine in ISS (International Space Station) since 2009.

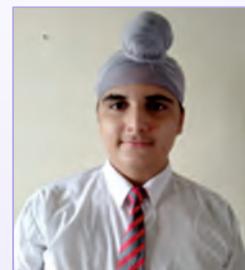
Poem on soil



I must protect the soil in which I was born,
This soil has given birth to great people for whom
we mourn.
My soil is equivalent to my mother,
Every person born here is my sister and brother.
I love my soil and it is my pride,
By protecting it I shall take my soil's side.
I shall not let anyone pollute our soil,
Otherwise to clean it we will have to live a life of
toil.
From soil we get food and,
Every organism depends on soil for its livelihood.
We all must protect our soil and land,
If we work together the magic of cleanliness shall
surely happen,
But without any wand.



- Riddhi Rai (VIII-A)



- Eshdeep Singh Soodan (VIII - A)

Roar

The moon so high, the night so dark
I had planned to leave, without waking them all
Seems like it was only yesterday
when maa's smile had reached her eyes
upon hearing my jeep from as far as a mile.
She had embraced me for the first time in years
That's when I had felt my combat shirt in tears.
The call of duty had obliged me to leave,
She had whimpered, "Oh dear Jaswant, you only stayed for 4 days mere"
"Maa, I promise to come back soon" was the sweetest lie I had told
That was my brave attempt to let her smile unfold.
Oh, how much did I want to turn back,
to embrace her for yet another chance
But wasn't I brave enough to only steal a glance?
In a hope to return, I had skillfully closed the gate
Oh how well did everything turn upside down, thanks to the fate
It still amazes me, how within seconds had I reached
where the roars of soldiers and red color of bravery would bleed
Maybe this was the time I had to break my vow
It indeed was the time to outshine the foes
I had seen my pals die,
pining to see their mother, for some, their newly born child
Alas! that was their very last ever cry
It wasn't just the battle on the ground,
but a fierce one against my fears that once kept me bound
Those same hands of mine had thrown the grenades
had snatched the MMG gun
which once held my mother so out of love.
Days had passed, my unheard pray for the battle to not last long
I remember being shot on my head
caressing the Tiranga and suddenly my body was gone.
How beautiful is the epiphany, it had me realized
family wasn't the one I had lived with
But the one for which I had died.
All these years my soul was just sojourning in the body
for it to leave one day and be declared Bravery.
Wrapped in Tiranga, my body was mourned upon
The salute for my valor and they knew I was immortal
Up from heaven I still hear them say
"You will always be remembered in every possible way"
"that last glance at your mother might have been your last glimpse
but oh dear Jaswant, you won the battle, when you left that very night"

Dedicated to the Highest gallantry award winner
Late Rifleman Jaswant Singh Rawat.

- Kumkum Sharma (XI A)



Imagination Unlimited : Our Young Wordsmiths



The Pandemic - Through My Eyes



It was January 2020. My final exams were around the corner. I had a doubt in one of my science chapters so I went to google it. That's when I saw the news that the first COVID-19 case had been reported in India. I did not think much of it at first but little did I know that my whole world was going to turn upside down from that day. As days went on, the COVID cases kept on increasing. They increased to the extent that my school shut down. The school announced that the exams were postponed amidst the COVID pandemic. Soon, masks were made compulsory. I remember the first time I went to buy a mask; I was so excited and was very interested to go out with a mask on. The first time you do a thing, it is always exciting.

As COVID cases kept on rising, the exams got canceled and we were directly promoted to eighth grade. I was very happy as the holidays came early and that meant I had more time to play with my friends. The first week was great. We played all day. But things changed as the first COVID wave was declared. Everyone was stuck inside their houses, unable to go out. However, initially, this change was not a bad thing for me. I spent my time watching TV, playing online games, reading books, etc. It was like I was in heaven. This feeling did not last as long as I thought it would. It was only a matter of time as I ran out of TV shows, most of the games I played felt boring and I finished all the books that I had. I started experiencing a lot of 'boredom', a feeling that I had never experienced before.

As there seemed to be no stop to COVID, the school announced 'Online Classes'. First, the classes were conducted on Zoom and eventually we switched to Google Meet. Online classes were exciting for the first month or so, but then it started feeling boring. The first wave finally came to an end around October 2020. I thought that it was finally over and soon we could return to our normal lives. I was expecting the school to start any moment. Unfortunately, the First Wave was only an ending to the beginning. Soon, the Second Wave started. I was fed up with this lifestyle, trapped inside the four walls of my house. Every day felt the same, online classes felt repetitive and there was no fun. I started missing my friends and physical school. "You don't understand the true value of something until it is taken away from you." The Pandemic made me understand this fact by all means. Before COVID started I used to look forward to weekends, I was never in the mood to go outside. But now, I wanted to go to school physically and go outside so badly, it was like the joy in my life vanished.

Two years passed in boredom, just looking at the outside world, through my window. Fortunately, all things come to an end, and now it looks like COVID is ending. School has finally started again. The happiness I felt when my school announced that they were opening again, was immeasurable. COVID was something that turned the whole world upside down. No one thought that this virus would get the entire world to a standstill, completely changing its work pattern. Now, after almost two years, it finally looks as if the world is coming back to its old self. COVID-19 was a disastrous pandemic. However, we sailed through it.

- Ishaan Karthik M (Class IX-B)



Waking up barely minutes before class, having breakfast-in-bed in the midst of the monologue of our teacher, letting our hair grow out and even dying them whichever funky color our heart desires, dressing up only from the waist-up, because, "how could anyone possibly know if I'm wearing sweatpants under my school shirt?" , going on a vacation, in spite of having exams, taking or attending classes from any corner of the world...

These are some of the many luxuries & liberties of 'online (almost) everything'! But now that the world is slowly & steadily starting to open up, who knew we would end up missing something that was forced upon us due to a catastrophic and fatal pandemic.

Figuring out how we used to get up at 6 am, bathe, get ready, eat and show up at school right on time with a backpack full of books (which mind you, were organized in serial order, according to the timetable) is still a mystery. Just finding our school trousers & belt became such a herculean task, let alone waking up at the crack of dawn and getting ready for school...but I digress, meeting friends and teachers, after what almost feels like eons, has made all this worthwhile!

Even though sitting on the class benches might not be as snug and cozy as our own bed, but the banter & laughter amongst classmates and teachers is truly unparalleled, and cannot be replaced by a laughing emoji!!!



- **Mannveer Kadian (X-A)**

INDEPENDENT INDIA @ 75 : SELF RELIANCE WITH INTEGRITY

Self-reliance means developing the right skills and capabilities to do one's activities without depending on outside support. Its essence is not to wait for the opportunity to knock at one's door but to create opportunities for oneself by doing hard-work and acquiring the qualities that are necessary to go ahead in life. Self-reliance is not confined to individuals and families. There are self-reliant villages, societies and nations. Our villages, before Britishers, were self-reliant units, producing their own food, weaving clothes and managing their daily need items.

Since independence, India's food grain production has registered an over a five – fold increase, with a seen record at 292 million tonnes in 2019 – 2020. The country has largely achieved self-sufficiency as over the past 70 years it has transformed itself from a 'ship-to-mouth' status to an 'exporter'.

Two Made-in India vaccines have become a symbol of India's self-pride. During the moment of crisis, India is able to serve the world today, since it is capable and self-reliant in the field of medicines and vaccines. Lot of industries have come up in the past 75 years, attracting foreign investors. India's mission to Mars is another example of self-reliance. Technology has reached out to the remotest areas of our country and lately we've seen the students benefit from it, attending school online. With the boost in infrastructure and technology many jobs have also been generated for the youth of our country. There is a need to preserve national integrity of our country. The feeling of oneness among all the citizens is important for the overall stability and growth of our country. We need to accentuate our skills, our creativity and with that we need to touch new heights. We need to strengthen skill development for a self-reliant India, for improving our competency.

Self-reliance is the best defence against the pressures of the present times. India's self-reliance will not only help in the nation's progress but contribute to the world's progress also.



- **Sehaj Bains (VI A)**

Insightful Words From The School Counsellor

The past two years have been challenging for all of us but they have been particularly hard on children. They might have been unable to say it out loud, but they must have definitely shown through their behaviour. Seeing people around them die, being separated from their schools, friends and loved ones, not being able to see people's faces because of masks, not being able to gauge their emotions and having disrupted routines has done more damage than we can think of. So much free time led people inwards, getting to know themselves better, exploring their personality and sexuality. Relationships with family, friends changed. Not everyone would be able to understand them. As adults we not only must have read news articles about the growing mental health crisis but also seen people around us face various issues and difficulties. With children these difficulties and issues are silent. They can be observed through changing study habits, disrupted behavioural patterns and sudden changes in personality only if we pay attention. This COVID pandemic has caused a greater invisible pandemic of mental health crisis.

Getting to know themselves has been an exhausting process for some. Some have not been able to accept themselves and many others are running behind trying to change a few aspects of their personalities. Most not being able to handle and hence creating havoc with their peace of mind. The beginning of the pandemic created anxiety and now it is the end of the pandemic which is spurring up a different anxiety. The back-to-school challenges need to be addressed in order to take care of the minutest of problems that occur and the smallest of the difficulties that the children face so that larger problems can be prevented.

ANXIETY DURING THE PANDEMIC

WHY THE PANDEMIC'S END SPURS ANXIETY?

Anxiety is driven by uncertainty. There is so much uncertainty right now, from the vaccine roll out to society re-opening to the new normal to the virus and its new variants.

Nobody alive today has ever emerged from a global pandemic into a digital world and navigated this before. We are making it up as we go along, so of course we are anxious. So many people are emerging from the pandemic feeling exhausted, burned out, anxious or depressed.

ADDRESSING THE BACK TO SCHOOL TRANSITION

As our kids return to school it is important for parents and teachers to be prepared to support them. This transition, though hopefully positive for many, is likely to present its own challenges.

Some students preferred being at home without the social pressures of school, after school activities and social events. We should remember the lessons we learned over the past 2 years about the importance of sleep, time outdoors and time with family. Also it is important to prioritize mental health even when focusing on grades, tests and extra curricular activities.

While this is relevant to every student, we need to remember that some who have been more negatively affected by the pandemic may require special attention.

We can focus on providing adolescents with the space to process their experience, opportunities for counseling and access to caring adults who check on them early and often.

We can help children express their frustration, fears and overwhelm and listen to and validate their challenging experiences. Just sharing how they feel and what they are going through with someone they trust can be therapeutic.

HOW CAN PEOPLE FEEL COMFORTABLE WITH RE-ENTRY?

Think of social confidence like a muscle, if you have worked on your social anxiety in the past, that architecture is still there. It will feel awkward at first, but you will get used to the environment faster than the first time. As for feeling comfortable returning to everyday activities, there will be many firsts. There will be a first time on the public transportation, a first time at a friends or relatives house, the first time in front of the classroom on stage, first time talking to a teacher, first time to enter through the school gate and many more. We will work our way up to larger gatherings.

Just because you feel that you haven't used your social skills in a long time doesn't mean you're doing it wrong. It means you're getting back out there. Your brain will automatically recalibrate with experience. We all need love, support and community. Studies show that the quality of our relationships predict our future health, happiness and even longevity, so it's worth it to push ourselves a little to get the interaction we all need, even if we are the most introverted of introverts.

WE MAY BE ABLE TO SUPPORT TEENS MENTAL HEALTH BY

1. ENCOURAGING THEM TO SHARE THEIR FEELINGS

Look for ways to check in with your teen. Ask them how the day was and what they have been doing. Involve them in daily chores so that we can use the time to chat about their day.

Remind them that you are there for them, no matter what, and that you want to hear how they are feeling and what they are thinking. A few simple words of encouragement can help them feel comfortable sharing their feelings with you.

It is important to acknowledge and understand emotions they might be experiencing, even if it feels uncomfortable. When they open up to you, you can respond with "I understand"

It can be easy to notice the things your teen is doing that you do not like. But also try to notice and raise them for something they are doing well- even something simple like cleaning up after themselves.

2. TAKE THE TIME TO SUPPORT THEM

Work together on setting up new routines and achievable daily goals. Give them the appropriate time and space to be on their own. Needing space is a normal part of growing up.

Support and encourage your teen to take breaks to do things they enjoy. If they feel frustrated, work with them to brainstorm some solutions to problems. Try not to take over and tell them what to do.

3. WORK THROUGH CONFLICT TOGETHER

Listen to your kid's views and try to sort out conflict calmly. Remember, everyone gets stressed.

Never discuss an issue while you are angry. Walk away, take a breath and calm down- you can talk with your kid about it later.

Avoid power struggles. With the world feeling unpredictable teens might be struggling to be in control. Be honest and transparent. Let the child know that you are experiencing extra stress as well. Showing them how you deal with your own difficulties can help them know their feelings are okay.

When there is a conflict, take some time to reflect on how you and your teen can resolve it. You can discuss these reflections with your teen, so they see how you are processing ideas.

4. CARE FOR YOURSELF

Caregivers also have a lot to deal with and hence need care and support. Showing self-care is also a good way of modelling the practice to your teen.

Don't wait to ask for help if you are feeling overwhelmed.
Find someone you can talk to.

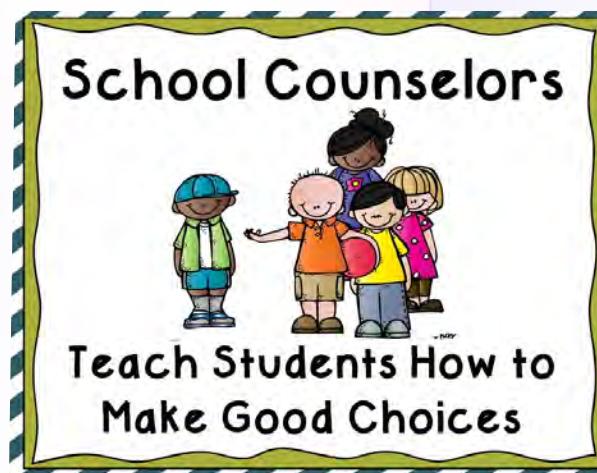
Make time for the things that help you cope with and manage stress.

Try different positive coping strategies that work for you like exercising, talking with friends, making to do lists /planning ahead, maintaining routines, reflecting by keeping a journal and being grateful.

At such a turn around stage we need to create a safety net for our children so that they can take this leap of faith in a trustworthy, accepting and cushioned environment so they can explore new opportunities and take up difficult challenges. We need to get rid of the stigma attached to mental health issues and accept it as any other medical issue and get the required professional help. Only then will we be able to make changes and have a life that we desire. Thus AWARENESS - ACCEPTANCE -CHANGE is what we need to follow.



- Aditi Prabhu, Counsellor



"Teaching is bliss" is a statement we as teachers have heard and read umpteen times. However, teaching is not a one-way traffic. Whenever we think of teachers, the image of a person in an educational institution or a learning portal comes to one's mind. We feel that a teacher is solely

responsible for a student's education, moral development, social development and overall personality. However, one important thing that we forget is, a student is an individual beyond the boundaries of the school. Hence, education is a lifelong process which not only involves instruction by teachers, but the involvement of parents is equally important.

Parents' involvement in a child's education can extend the experience of a child in all aspects—social, cultural, emotional and mental. Involved parents can help make a positive and long-lasting impact on their child's education. When children experience quality learning and care, their short-term cognition boosts and they develop socially and emotionally. It would also facilitate long-term success in academics and later stages of life.

Active participation in the education of the child by the parents is necessary. It makes the child more confident and happier.

Parents should:

- try and be available for their children.
- teach them to distinguish between right and wrong.
- encourage them to be independent.
- enable them to express their ideas and opinions boldly.

Since the bond of love and affection binds the parents with their children, it becomes extremely important on the parents' part to encourage their children to explore the world outside their comfort zone. An over-protective or an over-possessive parent may do more harm than good to their child. Generally, going to a play school is the first time a child gets out of the comfort zone of his/ her home and from the protective shadow of his/ her parents. It is also the parents' first experience of letting the child away from them, even if it is for a while.

Enabling this transition to take place smoothly is the primary and defining mark for both, the parents and the play school. It facilitates learning away from the arena of the comfort zone of the child and the parents. However, it does not imply that parents cease to play a role in the education of their ward. They must try and remain active facilitators and continue to guide their child's education.

Parents must try and ensure to:

- have regular interactions with the teachers.
- encourage the child to engage with other students and make friends.
- ensure that the child takes part in extracurricular activities as much as possible.

A child is not just a student, but a resident of a colony and most importantly, a citizen of the nation. Hence, the education of a child, is not only important for an individual's benefit, but also for the development of the nation. Teachers are undoubtedly the mentors of a child and they will continue to enlighten the child with their knowledge, but the parents need to play their role as well. Education is a commitment. All of us must come together and make progress.

Children are every parent's greatest joy and a country's greatest asset. Hence, we all must pledge to educate a child for the individual development of a student and also the progress of the nation.



- Mrs. Astha Singh (TGT English)

STRAIGHT FROM THE HEART.....

WORDS OF APPRECIATION FROM OUR PARENTS

It is a great honour and privilege for us to be a part of APS Mumbai. Our son Mridul joined the institution in 2020 when Covid-19 pandemic had brought the entire world to a standstill. Amidst those difficult times APS, under the able leadership of Principal Ma'am, stood firm as a great guiding light not only for our child but for us as well. I would like to thank each faculty member for their support and guidance, every single day of the academic session. In spite of all the odds, our child never felt bored or tired of online classes. He was well motivated to give his best because of the personal connection he had with his respective subject teachers. When the school opened offline, Mridul felt equally enthusiastic and happy to be able to meet his friends and teachers at school.



Being from a civil background we felt humble and grateful, as no place could have been better than APS for our child's holistic development. It has prepared our child to step into the outside world, full of challenges and competition, fearlessly. It has also helped our child to inculcate values that are going to make him a well-accomplished adult and, also help him to face life's tests with full zeal and vigour.

I wish all the members of this esteemed institution, all the very best for their future endeavours!

- Smriti Jain
M/o Mridul Jain (XII Science)



"School prepares for the alienating institutionalization of life by teaching the need to be taught."

- Ivan Illich

The school has been off but our child's learning hasn't, all thanks to the management & the school faculty. I'm extremely grateful to Mrs Vipanjot Sehdeva, Principal APS Mumbai, for planning everything in such a thoughtful, mature and meticulous manner; and making things easy for the parents. All the efforts taken for the betterment of the students at the school are worth an appreciation. I am grateful to the Principal for always going out of her way and ensuring that the students are learning and making the most, of the opportunities offered. I want to acknowledge, how beautifully the school has managed to help us in this arduous time.

I wholeheartedly appreciate the initiative taken by the school regarding online classes and co-curricular activities to enable holistic development of children during these unprecedented times. Kudos to the teachers who, within no time, upgraded themselves from the traditional way of teaching to the online mode of teaching, to ensure that the students don't miss out on any aspect of learning, and for regularly updating us with everything possible during these ongoing conditions. My compliments to them for making the online classes far more interactive and interesting than my imagination and giving an absolutely new experience to the kids. The smooth and phase-wise transition of the teaching-learning process from online mode to hybrid mode and then from hybrid, back to the offline mode, is commendable.

As parents, we try to give our child the best of everything at home. We rest easy because we know our child will get the best of everything at school – all thanks to the wonderful team of APS Mumbai.

- Col A S Bains
Father of Sehaj Bains (VI - A)



Activity Report- Army Public School

2021 – 2022

17th April, 2021

Introduction to the 'Sanskar' program and Waste Management

Through digital platform, students were made aware of the problem of increasing waste in the city and how that is affecting our health & the environment. The importance of segregation of waste into dry and wet waste, The 3R Mantra - Reduce, Reuse, Recycle was also introduced.

24th April , 2021

Introduction to waste , sources of waste generation.

3rd July, 2021

Discussion on waste management

17th July , 2021

Paper Bag Making Activity

Through e-workshop, children were taught about the harmful effects of plastics on our health and the environment. How to make paper bags was taught, which are an environment friendly alternative to the harmful, easily available plastic bags.



7th August , 2021

Eco friendly Rakhi

To celebrate the festival of Raksha Bandhan in an eco-friendly way and to introduce the concept of **REUSE** and **RECYCLE**, the children were taught how to make beautiful Rakhis out of tailoring scraps and rags. Even in the lockdown times, children displayed their artistic skills and came up with beautiful creations from all the waste.



4th September, 2021

Eco Friendly, Leaf Ganesha Making Activity

Many of our Sanskar students and their families celebrated Ganesh Chaturthi in an eco-friendly manner. The children were taught how to make Idol of Ganesha with peepal leaves and homemade clay, how they could reduce the water pollution by:

- 1) keeping the size of idols small and having visarjan of Ganesha at home,
- 2) using only organic colours like rice flour, haldi, kumkum etc for the decorations and
- 3) to avoid plastics and thermocol for decorations.

28th September 2021

Tree Plantation drive



30th October, 2021

Noise Pollution and Noise-free Diwali and No Firecrackers

Many of our Sanskar students, decided to make their own kandeels by using Recycle Mantra. In this online session, the students were made aware of the harmful effects of burning firecrackers. The children vowed that they will say NO TO FIRECRACKERS.



4th and 18th December, 2021

Reduce, Reuse, Recycle

Through Christmas Decorations, children were taught how to celebrate the Christmas in an eco-friendly manner, making decorations from recycled materials.

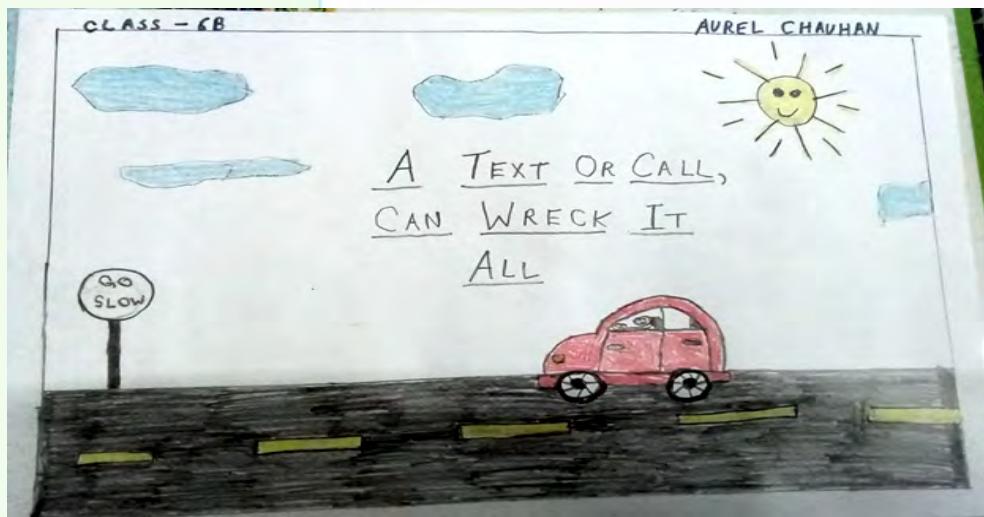
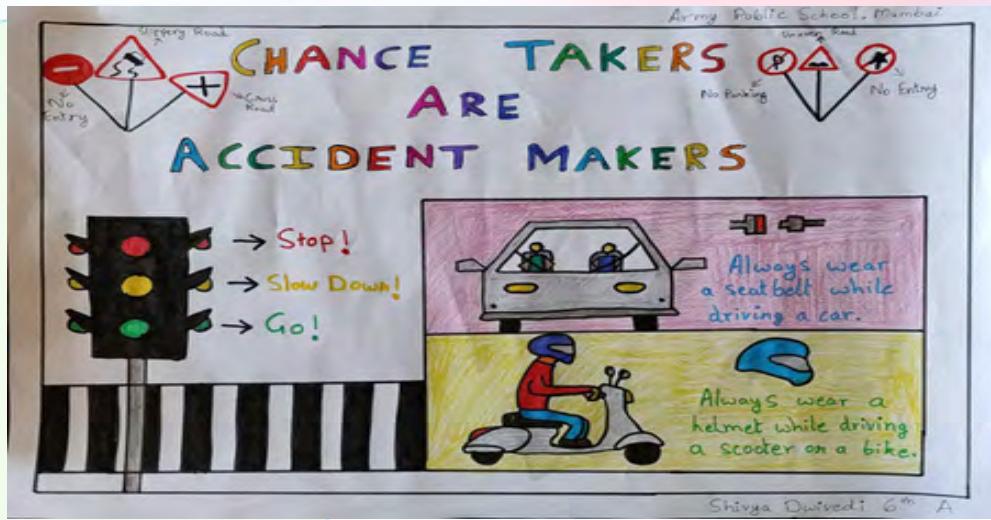


15th and 29th January 2021

Road Safety Month

In collaboration with Maharashtra Traffic police, Road Safety Month was celebrated. Books and videos were used to make the session more interesting for the students. The children also promised to sensitize their parents about the rules about the importance of wearing seat belts, alighting from the left side of the vehicle, obeying traffic signals etc Students took part in quizzes, made posters and wrote slogans on the topic.





5th February 2021

Food And Nutrition

Balanced food and nutritious food along with easy no cook recipes were discussed with the children.

18th February, 2021

Eco friendly Herbal Holi

SIF trained our young students in the art of preparing natural colours which are less harmful and a very fun activity to do. They were taught how to make dry and wet colours from easily found household materials like turmeric, beetroot, spinach etc.



Thank You



धूप में, छाँत में, दिन और शाम में
बढ़े प्रतिभाओं का काफ़िला।
उजाले में, अंधेरे में, यात और सर्वेरे में
यूँ ढी बढ़ता रहे 'प्रगति' का सिलसिला ॥

आज मुझे भाषा की विविध विधाओं से सुसज्जित पत्रिका के अंक 'प्रगति' को समर्पित करने में हार्दिक प्रसन्नता एवं गर्व महसूस हो रहा है। इतने वर्षों से 'प्रगति' इस प्रतिष्ठित संस्था का अमूल्य हिस्सा रहा है।

हर बच्चे में प्रतिभा होती है, बस उन्हें थोड़ा उत्साह प्रदान करने की ज़रूरत होती है। यह सुनिश्चित करना होता है कि उस प्रतिभा को दुनिया की नज़रों में लाया जाए। भाषा अपनी भावनाओं के संचार का ज़रिया है। एवं प्रगति उसी ज़रिए को साधन बनाकर प्रतिभाओं को सबकी नज़र में लाती है। हर बच्चे में यह नैसर्गिक लालसा होती है कि वह सबकी नज़रों में आए एवं उस लालसा को पूर्ण कर हमें कृतार्थ करें।

इस अंक को संगठित करने में मुझे सभी शिक्षक गणों का एवं हमारी प्रधानाचार्य श्रीमती विपन्नजोत सहदेव का जो सहयोग लाभ हुआ उसकी मैं अत्यंत आभारी हूँ। पत्रिका उत्तरोत्तर विकसित हो एवं नई प्रतिभाओं की अभिव्यक्ति के लिए स्थान मिले, यह हमारा लक्ष्य है।

आशा है पाठक इसके बाह्य कलेवर पर ध्यान न देकर भावों पर ध्यान केंद्रित करेंगे एवं विद्यार्थियों का उत्साहवर्धन करेंगे।



- भारती राय
एच.ओ.डी. हिन्दी

पहचान बन जाए अलग

अजीब सी धुन बजा रखी है,
जिंदगी ने मेरे कानों में।
मिलता कहाँ है चैन,
पथर के इन मकानों में॥
बहुत कोशिश करते हैं,
जो खुद का वजूद बनाने की।
हो जाते हैं दूर अपनों से,
नज़र आते हैं बेगानों में॥

हस्ती नहीं रहती दुनिया में,
हर किसी की लंबे दौर तक।
आखिर मैं जगह मिलती है,
उन्हें मुक्तिधामो में॥
गम न कर कि,
कोई तेरा नहीं है।
खुश रहने की राह है,
मस्ती के तरानों में॥

यह जान ले कि दुनिया,
साथ नहीं देती।
कोई दम नहीं होता,
लोगों के अफसानों में॥
क्यों रहता है निराश,
अपनी ही कमजोरियों से।
झोक दे सब ताकत अपनी,
फतह करने मैदानों में॥

करना है तो, कर गुज़र कुछ,
किसी और की खातिर।
पहचान बन जाए अलग,
तेरी दुनिया के इंसानों में॥

मैक्सा सौभाग्य

यह मेरा सौभाग्य है,
प्राचार्या जी ने मुझे ए पी एस मुंबई में लाया,
बेशुमार सम्मान और प्यार,
विद्यालय में आप सभी से है पाया।
नहीं तपाती मुझे मुश्किलों की धूप,
क्योंकि मेरे ऊपर हैं प्राचार्या जी के स्नेह की छाया।
हो जाता हूँ कभी मायूस तो,
प्राचार्या जी ने हमेशा मेरा आत्मविश्वास बढ़ाया।
भूल नहीं सकता कभी,
जो अपनेपन का एहसास आपने मुझे दिया है।
एक सगी बहन की तरह,
आपने मुझ पर विश्वास किया है।
आपने हर समय मुझे प्रेरणा दी है,
मेरी हर उलझन को आपने हल किया है।
भूल नहीं सकता एहसान कभी आपका,
हर हालात में आपने ही मेरा हौसला बढ़ाया।
पढ़ाता हूँ मैं बच्चों को पुस्तक के पाठ,
प्राचार्या जी ने मुझे जीवन का पाठ पढ़ाया।



- खेमचंद मालवीय,
प्रशिक्षित स्नातक शिक्षक



गहन विचार का एक नाम है विज्ञान,
सतत निरंतर अभ्यास का काम है विज्ञान,

जिज्ञासा का एक रूप है विज्ञान,
अनुभव एवं प्रयास का संगम है विज्ञान,
कार्य हो व्यवस्थित यह क्रमांक है विज्ञान,

जांच और प्रयास का खेल है विज्ञान;
भिन्न विचारधाराओं का मेल है विज्ञान,
तथ्य और प्रयोग का परिणाम है विज्ञान,
हो यदि दुरुपयोग तो विनाश का नाम है विज्ञान।



- देवांशी सिंह,
८ 'ब'



ज़रूरी-ज़रूरी है, ज़रूरी-ज़रूरी है
ज्यादा खा लेने से पेट फूल जाता है ।
जीवित रहने के लिए खाना ज़रूरी है
वस्तुयें नशीली तो रोग का खजाना है ।

शुद्ध हवा, निर्मल जल पीना ज़रूरी
पढ़ना ज़रूरी है, लिखना ज़रूरी है ।
बुरे ग्रंथ पढ़ने से ज्ञान भ्रष्ट हो जाता
लेकिन सद् ग्रंथों को पढ़ना ज़रूरी है ।

गंदी लिखावट से अंक बहुत कम मिलते
शुद्ध साफ़ लिखना तो बहुत ही ज़रूरी है।
गाना ज़रूरी है, जाना ज़रूरी है
पढ़ने की घड़ियों में गाना मना है मगर
गाने की घड़ियों में गाना ज़रूरी है।

बिना काम इधर-उधर जाना है व्यर्थ,
काम से हो जाना वहाँ जाना ज़रूरी है ।
सोना ज़रूरी है, रोना ज़रूरी है
बिना बात हँसना बेकार हँसी होती है ।



हँसने की बातों पर हँसना ज़रूरी है
दुःख में जो रोते, वे बुज़दिल कहलाते हैं
किन्तु अपनी गलती पे रोना ज़रूरी है ।

- मारूफ आलम
८ 'ब'



अंकुर

मैं हूं बीज छोटा सा
धरती में मुझे डाल दिया
जब सीचा पानी से मुझको
तब अंकुर बन मै फूट गया
हवा रोशनी पानी से
भोजन जब मुझको है मिला
बढ़ता गया, बढ़ता गया
तब फल फूलों से लद गया
जब पत्ते निकले शाखा पर
तब हरियाली छा गई
कलियों और फूलों से
मुझ पर जवानी छा गई
थक गया पथिक जब चलते-चलते
मेरी छाया में तब बैठ गया
विश्राम किया कुछ पल उसने
फिर अपने रास्ते चला गया
बढ़ते हुए प्रदूषण से
वातावरण सब शुद्ध हुआ
पेड़-पौधों की हरियाली से
प्रदूषण सब दूर हुआ



- धृती भास्कर परांजपे
६ 'ब'

मंजिल अभी है बहुत दूर
रास्ता मुश्किल नजर आता हैं ।
इंसान का आत्मविश्वास हो तो वह,
हर नामुमकिन को मुमकिन कर दिखाता हैं ।

लक्ष्य ओझल न हो जाए,
आत्मविश्वास से कदम बढ़ाता चल
सफलता कदम चूमेगी
आज नहीं तो कल ॥

लहरों से डर कर
दरिया पार नहीं होते।
"आत्मविश्वास" से भरपूर लोगों की
कभी हार नहीं होती।

कर्मभूमि पर कर्म
सभी को करना पड़ता हैं।
ईश्वर सिर्फ लकीरें देता हैं,
रंग हमें ही भरना पड़ता हैं।

ऐ दोस्तों याद रखना मेरी बात
"आत्मविश्वास" है सबसे बड़ा
इसी पर करना तुम सब विश्वास।



- गीतिका वर्मा
१२ 'ब'



समय की तलाश

- हिमांशी, ९ 'ब'

तू खुद की खोज में निकल
तू किस लिए हताश है,
तू चल तेरे वजूद की
समय को भी तलाश है
जो तुझ से लिपटी बेड़ियाँ
समझ न इनको वस्त्र तू
ये बेड़ियाँ पिघला के
बना ले इनको शस्त्र तू
बना ले इनको शस्त्र तू
तू खुद की खोज में निकल
तू किस लिए हताश है,
तू चल तेरे वजूद की
समय को भी तलाश है, समय को भी तलाश है
चरित्र जब पवित्र है
तो क्यों है ये दशा तेरी
ये पापियों को हक्र नहीं
कि ले परीक्षा तेरी
तू खुद की खोज में निकल

तू किस लिए हताश है तू चल, तेरे वजूद की
समय को भी तलाश है
जला के भस्म कर उसे
जो कूरता का जाल है
तू आरती की लौ नहीं
तू क्रोध की मशाल है
तू क्रोध की मशाल है
तू खुद की खोज में निकल
तू किस लिए हताश है
तू चल तेरे वजूद की
समय को भी तलाश है, समय को भी तलाश है
चूनर उड़ा के ध्वज बना
गगन भी कंपकंपाएगा
अगर तेरी चूनर गिरी
तो एक भूकंप आएगा
तो एक भूकंप आएगा
तू खुद की खोज में निकल
तू किस लिए हताश है, तू चल तेरे वजूद की
समय को भी तलाश है, समय को भी तलाश है



है। अनुशासन का अर्थ है नियम का पालन करना। जीवन में सफलता हासिल करनी हो या खुशहाल रहना हो अनुशासन सदैव होना चाहिए। अनुशासन हमारे जीवन को सरल व स्वस्थ बनाता है। प्रत्येक मनुष्य को उसके

व्यवहार और अनुशासन से आंका जाता है। इसीलिए बचपन से ही हमें इसका महत्व और पालन करने की शिक्षा दी जाती है। जीवन के कठिन से कठिन परीक्षा में अनुशासन ही सहायता करता है। हर व्यक्ति को अपने जीवन में अनुशासन को अपनाना चाहिए क्योंकि अनुशासन ही सफलता की कुंजी है।



- तन्वी माने, ९ 'ब'

अनुभव



- मनवीर कादयान, १० 'अ'

सजल मूल जिन सरितन्ह नाहीं

वरसि गए पुनि तबहिं सुखाहीं ।

अर्थात् जिन नदियों के उद्गम स्थल पर सदा प्रवाहित होने वाला मूल स्रोत नहीं होता, वे बरसात बीतते ही सूख जाती हैं।

सुंदरकांड की इस चौपाई को यदि हम हिंदी भाषा के संदर्भ में देखें तो सच ही जान पड़ती है। क्योंकि हिंदी हमारी मूल भाषा है, और यदि इस मूल को हम नहीं अपनाएंगे तो संपूर्णता की कमी रहेगी।

इस तथ्य से मेरा सामना तब हुआ जब हमारी हिंदी अध्यापिका महोदया ने मुझे हिंदी वाद-विवाद प्रतियोगिता में भाग लेने को कहा। सच बताऊं, तो, हिंदी से मेरी भी कुछ खास मित्रता नहीं थी। मैं अमूमन अंग्रेजी लेखन, निबंध या वाद-विवाद प्रतियोगिताओं में ही भाग लिया करता था। हिंदी को एक विषय के रूप में ही लिया - की परीक्षा के लिए पढ़ लो। किंतु अब, जब प्रतियोगिता में सम्मिलित हुआ तो फिर हिंदी भाषा केंद्र बिंदु बन गई। सबसे अधिक मेहनत करनी पड़ी शब्दों के निर्बाध रूप से उच्चारण पर। हालत यह थी कि एक भी वाक्य यथार्थता के साथ उच्चारित नहीं हो पा रहा था। किंतु मैंने भी ठान लिया था की हिंदी भाषा में पारंगत होना है, तो होना है।

फिर क्या था, कबीरदास जी के दोहे "करत करत अभ्यास के जड़ मति होत सुजान" को आत्मसात कर लिया। फिर ना ही नींद का होश था और ना ही खाने का। सोते जागते, उठते बैठते, केवल और केवल प्रतियोगिता ही दिखाई दे रही थी। घंटों दर्पण के समक्ष, अनगिनत बार लेखन की उच्चारण शैली को दोहराया, अनेकों बार अपनी ही आवाज रिकॉर्ड करके सुनी, लेखन को और सशक्त बनाने के लिए सुधार किए। फिर धीरे

धीरे परिश्रम का परिणाम मिलने लगा। उच्चारण शुद्ध हो गया, कथन में सौम्यता आने लगी एवं सब कुछ जुड़ने लगा।

सबसे महत्वपूर्ण बात ये थी कि मुझे हिंदी में आनंद आने लगा था। मुझे गर्व होने लगा था की हमारी हिंदी भाषा इतनी संपूर्ण है। हर स्वर के लिए शब्द हैं, मात्राएं हैं। जो भी हम व्यक्त करना चाहते हैं, वह सब स्पष्टता के साथ लिख सकते हैं व बोल सकते हैं। देवनागरी लिपि - जिससे हिंदी की उत्पत्ति हुई है, वह विश्व की सबसे प्राकृतिक एवं वैज्ञानिक लिपि है। इन सभी तथ्यों की जानकारी मुझे हिंदी से जुड़कर ही हुई।

अथक परिश्रम का फ़ल तो मिलना ही था। प्रतियोगिता में मुझे खूब आनंद आया। जिस प्रकार से चाहता था वैसे ही बोला

अंत में जब परिणाम की घोषणा हुई तो प्रसन्नता से मैं गदगद हो गया। मुझे आर्मी की दक्षिणी कमान की प्रतियोगिता, जिसमें 8 आर्मी विद्यालय भाग ले रहे थे, उसमें प्रथम पुरस्कार मिला। मेरी हिंदी अध्यापिका महोदया भी अत्यधिक प्रसन्न थी मेरी उन्नति देखकर। इस उन्नति में उनकी भी बराबर की भागेदारी थी क्योंकि निरंतर मार्गदर्शन मुझे उनसे ही मिलता रहा। भाषा शैली में सुधार, लेखन को विषय के भीतर रखने की कला तथा निरंतर अभ्यास करवाना - इन सभी में वह प्रयासरत रही। अच्छे को बेहतर, तथा बेहतर को शीर्ष तक ले जाने में श्रीमती भारती राय का अथक योगदान रहा है। कभी सोचता हूँ की अगर मेरी अध्यापिका मुझे यूं प्रतियोगिता के लिए प्रेरित ना करती तो मैं जीवन के इस महत्वपूर्ण अनुभव से अनभिज्ञ ही रहता।



ऐसा हिंदुस्तान चाहिए

धरती को बलिदान चाहिए,
मंदिर को भगवान चाहिए

नहीं चाहिए हमें देवता,
हमको तो इंसान चाहिए

रहे माँ बहन सुरक्षित,
ऐसा स्वस्थ समाज चाहिए

न पडे जरुरत वृद्धाश्रम,
नहीं हमें बालाश्रम चाहिए

सभी में प्रेम छलकता हो,
ऐसी मीठी तान चाहिए,

हर तराफ हो खुशहाली,
ऐसा हिंदुस्तान चाहिए

धरती को बलिदान चाहिए,
सेना में सच्चा जवान चाहिए

ऐसा हिंदुस्तान चाहिए,
ऐसा हिंदुस्तान चाहिए



डर

डर से जितना भी भागोगे,
डर उतना ही पास आएगा,
अगर सामना करोगे उसका
डर फिर गायब हो जाएगा।

डर तो मन का एक भाव है,
डर कुछ नहीं बस धूप-छांव है,
हिम्मत, हौसला मन में हो तो,
डर फिर नजर नहीं आएगा।

डर से जो घबरा जाते हैं
हार के सदा ही आ जाते हैं,
ऐसे की कमज़ोर हृदय में,
डर अपना घर बनाएगा।

श्रम से जो नहीं जिया चुराते,
पढ़ाई से जो नहीं कतराते
आत्म-विश्वास जिनका आभूषण,
डर उससे सदा कतराएगा।



- नीतीश, १० 'अ'



- अभिषेक सिंह, ८ 'ब'



सभ्य समाज

- मानस खाँगर, १२ 'अ'



बचपन की बेगुनाही में
असीम जिज्ञासा से प्रेरित
नहे बबलू ने अपनी माँ से पूछा
माँ, आखिर कैसा होता है एक सभ्य समाज ?

कहा माँ ने, कि बबलू बेटा
जहां कानून का तराजू
राजा और रंक को एक ही सामान पायेगा
ऐसा समाज सही मायने में सभ्य समाज कहलायेगा।

जहां माँ - बेटी और पिता - पुत्र
में कोई राज़ न रह जाएगा
और हर व्यक्ति अपने अभिभावकों को
सम्मान का पात्र बनाएगा
ऐसा समाज सही मायने में सभ्य समाज कहलायेगा।

जहां हर बालक स्वतंत्र होगा
और उसे अपना हर एक सपना
साकार करने दिया जाएगा
और हमारे अध्यापकों को उनके
अधिकार का सम्मान मिल जाएगा
ऐसा समाज सही मायने में सभ्य समाज कहलायेगा।

जहां समाज के हर वर्ग, धर्म और जाति के बीच
सहानुभूति, सम्मान और सद्ग्राव का संचार हो पायेगा
और सभी लोगों को समान देखा जाएगा
ऐसा समाज सही मायने में सभ्य समाज कहलायेगा।

जहां पुरुष स्त्री का सम्मान करना सीख जाएगा
और हर रईस व्यापारी गरीबों कि पीड़ा समझ जाएगा
तब सही मायने में प्यारे बबलू
यह समाज एक सभ्य समाज कहलायेगा।



दोस्ती

सिर्फ एक प्यारा एहसास है दोस्ती
एक अनबुझी प्यास है दोस्ती
कृष्ण ने दिया जो सुदामा को
वह मधुर एहसास है दोस्ती

हर रिश्ते से मधुर जो रिश्ता
वह एक अनजानी राह है दोस्ती
दुनिया के हर बंधन से बढ़कर है दोस्ती
माता-पिता के बाद दिया ईश्वर ने
वह मधुर एहसास है दोस्ती
जीवन रूपी दीपक है
जगमगाती है दोस्ती
प्यासे की प्यास की तरह
भूखे की भूख के समान है दोस्ती
मनुष्य को प्रेम और भाईचारा
सिखाती है दोस्ती
इसलिए तो मुझे अच्छी लगती है दोस्ती



- गौरांगी, ९ 'ब'



तन - मन - धन से
 अंदर - बाहर मुख - मस्तक से
 बनूँ मैं मातृभूमी की शान
 अब तो बस यही है अरमान
 स्मरण मुझे है आती
 वह युग - युग की जलती अनेकों घटनाएं
 नत - मस्तक हो हर वीर ने
 झेली कई सजाएं।
 मैं भी बन वीर सपूत मातृभूमि का
 सत्यपथी, तेज पुत्र, महावृत्ति कलाएँ।
 ले मस्तक हस्त में,
 मातृभूमि के चरण चढ़ाऊं।
 ये देश मेरा, ये देश मेरा,
 ये खेत मेरा, खलिहान मेरा।
 ये जान मेरा, इमान मेरा,
 संसार मेरा, सुखसार मेरा।
 कुर्बान इस पर कर दू देह - काया को।
 बलीहारी इस पर जाऊं,
 छोड़ मोह - माया को।
 जाति - धर्म या संप्रदाय का नहीं

भेद - व्यवधान यहां।
 समता का संवाद बुनते इसके निवासी
 फैलाते कीति बनाते पुण्य स्थल यहां।
 ली शपथ! अतीत की गलतियों का
 पुनःन दोहराएंगे।
 आई है जो कोरोना महामारी,
 उसको जड़ से मिटाएंगे।
 स्वयं हाथ धोएंगे,
 औरों से भी धूलवाएंगे।
 फिर से न आए कोई
 कोरोना जैसी महामारी।
 ऐसी पुण्यस्थली भारत को बनाएंगे।
 हो जाए जो मौन कोरोना महामारी से।
 दे गए जो जान बुलबुले हिन्द के
 उनकी तरह कहलाएंगे।
 ऐ देशवासियों! न भूलना कभी
 20-20 की इस आपदा महामारी को।
 उजाड़ दिए जिसने कई घर, कई सुहाग।
 मिटा दिये जिसने कई घरों के चिराग।
 आओ मिलकर यह प्रतिज्ञा ले।
 रखवाला, हिम्मतवाला,
 न मिटने वाला न डिगने वाला बने हम।
 कर न्यौछावर मातृभूमि के
 चरणों में स्वयं को।
 हर आपदा, हर संकट,
 हर महामारी का सामना करें हम।
 मैं मातृभूमि का वीर
 बनु मैं मातृभूमि की शान।
 अब तो बस यही है अरमान, अरमान
 जय हिंद!

- औरेल चौहान, ६ 'ब'





जिंदगी

खुश रहकर गुजारो,
तो मस्त है ज़िन्दगी,
दुखी रहकर गुजारो,
तो त्रस्त है ज़िन्दगी,
तुलना में गुजारो,
तो पस्त है ज़िन्दगी,
इंतजार में गुजारो,
तो सुस्त है ज़िन्दगी,
सीखने में गुजारो,
तो किताब है ज़िन्दगी,
दिखाने में गुजारो,
तो बर्बाद है ज़िन्दगी,
मिलती है एक बार,
प्यार से बिताओ ज़िन्दगी,
जन्म तो रोज होते हैं,
यादगार बनाओ ज़िन्दगी।

~ शीतल देवी, १० 'ब'



दोस्ती

अगर बुरों के साथ रहोगे,
स्वयं बुरे बन जाओगे।
अगर भलों के साथ रहोगे,
स्वयं भले कहलाओगे।
जैसे होगे मित्र तुम्हारे, वैसे ढल तुम जाओगे।
सोच समझकर करो मित्रता,
जीवन भर सुख पाओगे।
कुदरत का दिया अनमोल एहसास है दोस्ती।
एक मासूम सा एहसास है दोस्ती।
सूर्य की किरणों से भी, पवित्र है दोस्ती।
फूलों की तरह नाज़ुक है दोस्ती।
ओस की बूँदों की तरह
कोमल है दोस्ती।
यह रिश्तें की बुनियाद है दोस्ती।
सच्चाई, ईमानदारी है दोस्ती।
मेरी नज़र में ईश्वर का
दूसरा नाम है दोस्ती ॥

- वर्षा विश्वास, १० 'अ'

एक सवाल ?



- शालिनी, १० 'ब'

आओ, पुछे एक सवाल!
मेरे सिर में कितने बाल?
कितने तारे आसमान में?
बतलाओ या कह दो हार!
नदियाँ क्यों बहतीं दिन-रात?
चिड़ियाँ क्या करती हैं बात?
क्यों कुत्ता बिल्ली पर धाए?
बिल्ली क्यों चूहे को खाए?

फूल कहाँ से पातें रंग?
रहते क्यों न जीव संग?
बादल क्यों बरसाते पानी ?
लड़के क्यों करते शैतानी?
नानी की क्यों सिकुड़ी खाल?
अजी, न ऐसा करो सवाल!
यह सब ईश्वर की माया है,
इसको कौन जान पाया है?

एक नागफ़नी



एक विशाल उपवन मे
एक छोटी सी नागफ़नी खिली
परंतु उस रंग बिरंगे उद्यान मे
कांटा बनकर थी वह खड़ी
सारे वृक्ष-पुष्प मिलकर उससे बोले
तुम हमारे जैसा कभी न बन पाओगी
इस दुनिया में कांटा बनकर आयी हो
इस दुनिया से कांटा ही बनकर जाओगी
उस उपवन का माली भी बोला
“इस खूबसूरत बाग में मेरे
तुम कांटा बनकर क्यों आयी”
खुरपी उठाई, ज़मीन खोदा
और नागफ़नी को उठाकर फेंका
परन्तु फिर भी उस नागफ़नी की
जीवन पर पकड़ बड़ी कमाल थी
धीरे -धीरे अपनी जड़ें वह
ज़मीं में जमा ली फिर,
फूलों ने देखकर कहा
“यह हमारे उपवन की कलंक है
यह हमारी आँखों का कांटा है”
हमारे जैसा न बन पाएगी



तो हमारी गरिमा पर बाट क्यों लगाती है
उपवन की शोभा क्यों खराब करती है
समय बीता और एक दिन
सूर्यदेव का पारा सातवें आसमान पर छा गया,
जहाँ तक नज़र पहुँचती
वहाँ तक अकाल था आ गया
सारे वृक्ष-पुष्प मुरझा गये
बस एक नागफ़नी ही टिकी रही
उस तपिश और गर्मी में भी
उसकी जीवन पर पकड़ बनी रही
फिर एक दिन सूर्यदेव को
एक अद्भुतसी चीज़ दिख गई
उस नागफ़नी के कांटों के बीच
एक नाजुक सी कली खिल गई
सूर्यदेव ने जब देखा
उस उज्ज्वल सफ़ेद पुष्प को
सारा क्रोध शांत हुआ उनका
बादल आए और बरसे खुश हो
जब वापस खिले सब पुष्प
तब उन्होंने यह देखा
जिसे वह कलंक बुलाते थे
उसने ही सूर्यदेव को शांत किया
और धरती पर ला दी मेघा



- आदित्य कत्रोजिया
११ साईंस

संस्कृत विभागः

सरस्वतीं च तां नौमि वागधिष्ठात् देवतां
दैवत्वम् प्रतिपद्यन्ते यदनुग्रहतो जनाः

गुणान् अभिनन्दन्तु



वयं मानवाः संसर्गशीलाः भवन्ति। संसर्गतः एव मनुष्येषु गुणाः दोषाश्च
समाविशन्ति। सत्सङ्गतिं पोषिका दुसंगतिश्च नाशिका भवति। यदा मनुष्यः
कुसंगतिम् करोति तदा सः दुर्जनः भवति यदा च सत्सङ्गतिम् करोति तदा
सः सज्जनः भवन्ति। सज्जन पुरुषाः स्वकीयैः गुणैरेव सज्जनाः भवन्ति, तान्
दृष्ट्वा अस्माकं मनसि गुणानां कृते स्पृहाम् वर्धन्ते। वयं सुखं अनुभुयामः।



- Shaikh Shaazneen (VIII A)

लघु कथा - ब्राह्मणः धूर्ता� च

कश्चन अतीव सरलः ब्राह्मणः एकदा नगरात् अजां क्रीत्वा गृहं प्रति आगच्छति स्म | मार्गे
त्रयः धूर्ताः तम् अपश्यन्।

तेषां लोभः अजायत ते अचिन्तयन् । यत् कश्चिद् अपि सा अजा हर्तव्या इति | तदा प्रथमः
धूर्तः ब्राह्मणः अवदत् - भो ब्राह्मण! भवान् कुकुरं किमर्थं नयसि? ब्राह्मणः अवदत् - एषः न
कुकुरः एषा तु अजा। इत्युक्त्वा सः अग्रे अगच्छत् । मार्गे द्वितीयः धूर्तः मिलितः सः अपि
तादशमेव उक्तवान्। ब्राह्मणः अचिन्तयत - किं वस्तुतः एषः कुकुरः? पुनः च सः सम्यक् अपश्यत | एषा अजा इति निर्णयं कृत्वा सः अग्रे
अगच्छत् । मार्गे तृतीयः धूर्तः मिलितः | सः अकथयत् - भवान् कीदृशः
ब्राह्मणः? स्वस्कन्धे कुकुरं आदाय चलसि। एतत् कार्यं तु भवतां कृते
न शोभते | एतत् श्रुत्वा ब्राह्मणः चिन्तितः भीतः च अभवत् | शीघ्रमेव सः
तम् अमुच्यत, गृहं प्रति अगच्छत् । तदा सर्वे धूर्ताः अजां प्राप्य अतीव
प्रसन्नाः अभवन्।



- Devanshi Singh (VIII B)

केचन सूक्तयः

जीवनस्य लक्ष्यं सुन्दरं भवेत् ।
जीवन का लक्ष्य सुन्दर होना चाहिये ।

सत्संकल्पः सद्विचारं उत्पादयति ।
अच्छे संकल्प से अच्छे विचार उत्पन्न होते हैं ।

सदैव सत्याचरणं एव कर्तव्यं ।
सदैव सत्य बोलो ।

मातुः ममता अमूल्याः भवति ।
माता की ममता अमूल्य है ।

जीवनस्य सुखं त्यागे अस्ति ।
जीवन का सुख त्याग मे है ।

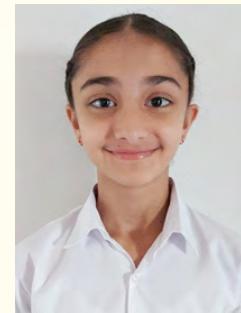
संतोषः परं सुखं ।
संतोष सबसे बड़ा सुख है ।



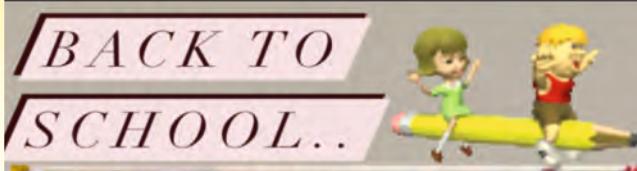
- Navdeep Kaur (VIII B)

एहि जानामः संस्कृत शब्दावलीः

Cheque book	धनादेश पुस्तकं
Dairy	दैनन्दिनी
Credit card	प्रत्ययपत्रं
Toothpaste	दन्तफेनकम
Towel	मार्जनवस्त्रं
Nail polish	नखरञ्जनी
Curtain	जवनिका
Doormat	पादकं
Pillow	उपधानं
Plate	स्थालिका
Bottle	कूपी
Jam	फलपाकम्
Bitter gourd	कारवेलं
Coral jasmine	पारिजात पुष्पं
Oleander	रक्त करवीरः
Hibiscus	जपापुष्पं



- Sehaj Bains (VI B)



"Enjoy the first day back at school! It's a new beginning, so never stop trying!"

Our tiny-tots completely appertained to this adage, as they came back to school with full zeal and enthusiasm.

enthusiasm on 28 February, 2022. They were keen to meet their friends and teachers. The teachers welcomed them with open arms and beautifully decorated classrooms. Parents were also happy to see the Covid protocol strictly being followed in school.

Many interesting activities like making bags using old T-Shirts, making clocks using coloured papers and different shapes etc. were conducted in the classroom to engage the students and the same was done for the online students, through hybrid mode.

The students were very happy and excited to be back at school after two long years.







Tiny Tots go around the school

Our freshers, class I tiny tots were taken on a tour around the school to familiarize them with the infrastructure of the school.



AWES Day Celebrations:

AWES Day was celebrated in the school on 29th April 2022. A quiz was conducted and students were given certificates. Power point presentations were made by teachers and students to spread knowledge and awareness about AWES and its functions. Information was given about the various educational institutions under the aegis of AWES.



International Labour Day 1st May 2022

Students made beautiful cards for the helping hands on the occasion of International Labour Day. Gift hampers were also given to express our gratitude to them.

Educational Visit

The biology students of class XII science went for an educational visit to Bombay Natural History Society (BNHS) on 4th May 2022 where the students were familiarized with the fauna of the city of Mumbai.



Investiture Ceremony

The long awaited Investiture Ceremony for the current academic year 2021-22 was held on 18th November 2021. The chief guest for this prestigious event was Major General Rakesh Manocha SM, VSM, Chief of Staff, Headquarters Maharashtra, Gujarat and Goa Area. The guest of honour was the chairman of APS Mumbai, Brig Saumya Banerjee SM Brigadier General staff

The programme started with a Saraswati Vandana performed by class 9th stu-

dants

The newly appointed office bearers smartly marched in to receive the scroll of honour handed over by the chief guest and the guest of honour.

The principal Vipanjot Sehdeva administered the oath to the new leaders. The chief guest Maj Gen Manocha spoke a few words to inspire the students donning their new responsibilities.

The programme ended with the newly appointed Head Boy and Head Girl giving the Vote of thanks.



The image shows the Hindustan Times logo at the top left, followed by a portrait of Pope Francis in the center. The background is yellow with some text and graphics.

Army Public School, Colaba

Different videos were shared showing the benefits of yoga in daily life.



SCHOOL IS COOL

CLICK HERE: FOR PAGE 3 AND 4

INDEPENDENCE DAY CELEBRATION

DHEERAJ THAPAR III A

RAGHAV SINGH VI

PARTU BHARGAVANTR VIZA

75TH

Independence Day

Aditya

Army Public School, Colaba

THE TIMES OF INDIA

 THE TIMES OF INDIA
www.timesofindia.com

Army Public School, Colaba

Earth Day is celebrated on the 22nd April every year to spread awareness among people about the issues of climate change, global warming, pollution and exploitation of natural resources. Being global citizens, the Family of Army Public School, Mumbai, takes pride in creating awareness about environmental issues and also celebrating the beauty of planet Earth in the same way. The competitions like, Poster Making, Craft Making using the theme 'Save our Water', Eco Model competition and also a Quiz competition were organised for the students. In addition to this a Special Assembly was conducted by the Commanders-in-Chief, XI, to celebrate Earth Day. The students presented an amalgamation of quotations, poem and easy recycling ideas, such as using cardboard as compost and switching to biodegradable toothbrushes instead of the plastic ones. The students culminated the essence of Earth Day with the quote, "I pledge allegiance to the Earth, to the mountains, to the soil and sky".



STUDENT EDITION

WEDNESDAY, AUGUST 18, 2021

 TIMES
NiE
Newspaper in
Education

SWACHHATA ABHIYAAN

As part of the various important activities being undertaken pan-India, a concerted drive is being instituted under SWACHHATA ABHIYAAN by the Ministry of Defence. Post reopening of the schools, the cleanliness drive was observed by Army Public School, Mumbai with full enthusiasm and the level of participation of the staff and students was very encouraging. Since actions speak louder than words, the commitment of APS Mumbai to the cause of swachhata is well-reflected in its initiatives that include cleanliness of the school campus by the students and teachers, destruction of old files and documents, digitisation of maximum files and documents and disposal of scrap.

