



ARMY PUBLIC SCHOOL JODHPUR

AARAMBH

A Monthly Newsletter January'23



“WHEN YOU CATCH
A GLIMPSE OF YOUR
POTENTIAL, THAT’S
WHEN PASSION IS
BORN.”

- Zig Ziglar

WHAT'S INSIDE

❖ From The House Master's Desk

❖ Events Of The Month

❖ Back To School!!

❖ Vidhyanjali Scheme

❖ Student's Corner

- Session on Career Counseling
- Pariksha Pe Charcha 2023
- Impressions & Expressions

❖ Teacher's Corner

- Session on Mental Health

❖ AARAMBH 2023

❖ Republic Day Celebration

❖ Aero Modelling Show

❖ Wall of Fame

❖ Commencement Of Pre – Board and Board Practical Exams.

❖ Parents Teacher Meeting

❖ Forthcoming Events

❖ Quote of the Month

• Pg.:- 2

• Pg.:- 3

• Pg.:- 3

• Pg.:- 4

• Pg. :- 4

• Pg. :- 4

• Pg. :-5

• Pg. :- 7

• Pg. :- 8

• Pg.:- 9

• Pg. :-12

• Pg. :-12

• Pg. :- 13

• Pg.:- 13

• Pg.:- 14

• Pg.:- 14

• Pg.:- 14

FROM THE HOUSE MASTER'S

Dear Students,

*“New Year~ a new chapter, a new verse, or just the same old story?
Ultimately, we write it. The choice is ours.”*

- Alex Morritt

January signifies a new beginning, a New Year, a fresh start. We turn to New Year resolutions in hopes of changing and/or making something better in our life. There is no time to reflect on the past, only time to prepare for the future. Set your mark, reach your goals, and don't look back. Quitting is not an option! It is time to build your character, form good habits, and seek positive outcomes. Have the right values and do the right things. Be a good person and spread kindness and compassion. Practice persistence and determine to be determined. Work on yourself and pursue excellence.

Warm Regards,

*Mrs. Rama Yadav (PGT Economics)
House Master (Aryabhata House)*



“Faster, Higher, Stronger”

BACK TO SCHOOL....!!

“New year is the glittering light to brighten the dream- lined pathway of future.”

Ushering in a new year comes with tons of excitement, anticipation. On 4 January, classes resumed at APSJ with utmost zeal, enthusiasm, positivity and hope to achieve the pinnacle of excellence. The corridors once again echoed with laughter, benches witnessed the innocent aura of children, the grounds embraced the feet exploring its length and breadth and the building came alive to nurture the budding citizens of a responsible and aware society.

VIDYANJALI

(A School Volunteer Program)

“KNOWLEDGE IS WEALTH THAT EXPANDS BY SHARING.”

In congruence with Vidyanjali Scheme, The Southern Command launched an extensive outreach program to commemorate 75th Army Day. APSJ adopted the Government Middle Sanskriti School, Digari and Government Senior Secondary School Junior Military Saran Nagar Jodhpur to involve student community in nation building. On 6 January, Dr. (Mrs.) Tabassum Khan (Principal APSJ) along with a team of teachers visited the school.

Special assembly on “Health and Hygiene “and “Army Day”, followed by different activities like: drawing competition, Kho-Kho, fun races were conducted. Books, chess, carom, volleyball were also donated to the school.



Glimpses Of Vidyanjali Scheme

STUDENT'S CORNER

❖ SESSION ON CAREER COUNSELING AND GUIDANCE

With a futuristic vision, APSJ is consistently paving the path of progression for the students. Students of Grade 11 B had the privilege of attending an Interactive session with Col Sandeep Kapoor and Capt. Sharad, at 12 Crops Dental Unit. The motive of this session was to help the students to kick start their journey of excellence in mapping their future career growth.

The talk was based on Career counseling and guidance for young receptive minds to understand the career in Dentistry that would help them to tread on newer pastures. Students cleared their doubts and asked questions regarding their career and higher studies.



Glimpses of Counseling Session

PARIKSHA PE CHARCHA 2023

“Neither compare yourself with your peers, nor consider your exams, your life. There is a life beyond these....”

LIVE WELL, PROSPER!

PM Shri Narendra Modi Ji's much awaited “Pariksha Pe Charcha 2023” was screened

at School Auditorium on 27th January. Students, Teachers of Grade 10th and 12th attended and also got a chance to learn life skills. He gave valuable tips to students, ranging from time management to enhancing productivity by cutting off gadget dependency.



GLANCE OF "Pariksha Pe Charcha 2023"

❖ IMPRESSIONS AND EXPRESSIONS

STAY FIT, STAY HIT!!

If you want to be a big hit,
Let's start to be healthy and stay fit.
To increase your height,
Eat little light.
Let's work on your diet,
Have a good eye sight.
Try at your best
You'll be the strongest.

STAY FIT, STAY HIT!!

~ Shruti
VI K

Tangled Labyrinth

My thoughts are tangled like a web,
No clear direction, no clear path.
I'm stuck in a labyrinth, searching for a way out,
But getting further in, instead.

My mind is spinning, I'm overwhelmed,
Struggling to keep my thoughts contained.
The confusion is mounting; I'm feeling so lost,
And I'm unable to find the way out, at any cost.

My thoughts are scattered, darting, and wild,
I can't seem to catch them, no matter how hard I try.
They're like a million stars in the sky,
So far away and yet so near, I just don't know why.

I'm trying to make sense of it all,
But my mind is in a tangled knot.
I'm trying to unravel the threads,
But I just keep getting caught.

My thoughts are entangled, and I'm feeling so confused,
I'm searching for clarity, but nothing is being used.
I'm stuck in this web of thoughts,
And I can't seem to break free,
But I won't give up hope,
And keep on trying until I'm finally free.

- Aarshi Ray
XII F

TEACHER'S CORNER

TOMORROW.....

.....A Mythical Land

The great thing about "**tomorrow**" is that it never comes! That's why it's a mythical land. We put things off because we do not want to do them or because we have too many other things on our plate. Putting things off is part of being human. People have been putting things off for centuries. In fact, the problem is so timeless that some philosophers have developed a word to describe this type of behavior: **PROCRASTINATION**.

"While we waste our time putting things off, life slips away from us. Procrastination is one of the main obstacles that keep us from getting out of bed, making the right decisions, and living the life we dream of.

No matter how organized and dedicated we are, we waste hours on trivial pursuits (watching content on OTT platform, updating Instagram /Snapchat profile, etc.) when we should have been using that time on our work or school projects.

When we procrastinate, we waste time that we could be investing in something meaningful. If we can defeat this bitter enemy, we can achieve more and make better use of the potential that life has to offer.

Why do we procrastinate? Some factors responsible for procrastination are: Fear of criticism, perfectionism, not having a clear direction, ignoring the value of time, lack of self-discipline, etc.

How to stop procrastinating? Willpower is often considered the most important tool against procrastination, our intrinsic motivation that helps us overcome the habit of putting things off on a daily basis. Understanding why we procrastinate can help us break through and get things done!!! .

- VIJAY PAL SINGH RAWLOT
(TGT ENGLISH)

SESSION ON MENTAL HEALTH

“When Values, Thoughts Feelings And Actions Are In Alignment, A Person Becomes Focused And Character Is Strengthened.”

Affirming this dictum, APSJ with the collaboration with military hospital Jodhpur organized a session on mental health on 14th January. Teachers of APSJ had the privilege of attending an interactive session with Capt. Shraddha and Dr. Neeta Dwivedi (Clinical Psychologist), at M.H Jodhpur. The motive of this session was to help the teachers to deal with any mental issue coming out of the stigma.

As adults and teachers, the session was an absolute enlightenment since we are constantly faced with critical situations at school and at home. In these days, life has become very stressful, so it is vital to learn how to deal with negativity and turn it into positivity in order to spread it among students, as well as at home.



Glimpses of Session on Mental Health

"AARAMBH 2023"

(Sports and Cultural Meet)

"When You Catch A Glimpse Of Your Potential, That's When Passion Is Born"

The reinvigorated spirit of sportsmanship found its way to echo in the Annual Sports and Cultural Meet "AARAMBH 2023" in the field of APS, Jodhpur on the cool morning of 23rd and 24th January'23. A day filled with fervor and exhilaration, amidst thrills and cheers began with the lighting of the lamp by the Chief Guest, Lt. Gen Rakesh Kapoor (VSM). He was accompanied by Maj Gen PS Chadha (VSM), Brig Sanjay Chauhan (Chairman). They were led forward by the guiding lights and stalwarts of the Institution, Dr. (Mrs.) Tabassum Khan (Principal), Mrs. Kalpana Tripathi sharing a brief report of the school's sports activities and achievements of students.

This was entailed by the hoisting of declaration of the meet open, followed by the lighting of the flame by releasing air balloons to mark the expression of joy and merriment.



Cheerful Moments



The program began with March past by the four house .the most intriguing aspect, embellishing the event was the field and cultural events , involving mass student participation.

Students participated in the various races and cultural dance with ultimate vigor and enthusiasm. The sword & spear dance, bamboo dance were a delight to watch. The abundant energy of the students channelized in the right direction was setting the tempo and the premises were reverberating with the audience cheering for participates.



GLIMPSES OF AARMABH 2023

The winners of various events were felicitated with medals. The ceremony amidst cheers was a joyous sight to behold. Aryabhata house bagged First Position in overall Inter House Competition, while Rajendra House bagged the title of Runner-Up House.

The program concluded with a finale performance that proved to be the highlight of the whole event.



The Proud Achievers Posing With the Chief Guest.

REPUBLIC DAY CELEBRATION

“A National Festival Is An Occasion To Refine And Rebuild The National Character.”

APS, Jodhpur celebrated 74th Republic Day with fervor at the school premises. National flag was hoisted by the Principal, Dr. (Mrs.) Tabassum Khan. School staff was in attendance.



CELEBRATING THE SPIRIT OF PATRIOTISM

AERO-MODELLING SHOW



GLANCE OF AERO- MODELLING SHOW

An Aero-Modelling Show was organized by Aero-model Association; Jodhpur on 31st January in school premises. Team was led by Gp. Capt. Nishant Sharma and Flt Lt (Retd.) B.L Jangir. They explained science behind flying and demonstrated various aero-models, ornithopters, helicopter, and quad- copters.

The students learnt the basics of aero model flying, with design elements of flying machines. The air show was aimed at developing inquisitive skills among the students.

WALL OF FAME

❖ SHINING STAR: SANSKAR SARASWAT

It was yet another proud and exalting moment for APSJ, when Sanskar Saraswat from Grade XII C won Bronze Medal in Yonex Sunrise All India Junior (U-19) Ranking Badminton Tournament held in Chandigarh from 3rd to 9th January 2023.

He was also selected in Boy's Singles Badminton for Khelo India Youth Games 2023, held in Madhya Pradesh from 31st January to 3rd February 2023.

COMMENCEMENT OF PRE- BOARDS AND BOARD PRACTICAL EXAM 2022-23

The daunting experience of entering the examination hall, finding your roll number on the exam desk and taking a seat with a booklet and unknown questions . Under the expert guidance of teachers' students felt confident enough to face their fear to appear in examination. All the safety measures were taken for smooth functioning of the same.

- ❖ Pre- Board Examination was conducted for the students of Grade 10th and 12th.

Board Practical Examination was conducted for the students of Grade 10th and 12th.

- ❖ Unit Test II was conducted for the students of Grade 11th .

PARENTS TEACHER MEETING (X-XII)

“PARENT + TEACHER = EDUCATED CHILD”.

A Parent- Teacher Meeting was held in the school campus on 31st January. This meeting provided an opportunity to the parents to discuss the Pre- Board result. It was a great interaction between the teacher and the parents for the development of their children where they discussed both the strengths and areas of improvements. The progress was discussed with parents and their suggestions were noted.

FORTHCOMING EVENTS

S.NO	DATE	EVENT
1	2 nd February 2023	G-20 QUIZ COMPETITION
2	From 6 th February 2023	ANCILLARY SUBJECT FINAL EXAMS.
3	7 th & 8 th February 2023	ADM & TECHNICAL INSPECTION
4	13 th February 2023	CLASS XI P.T.M
5	From 24 th February 2023	BOARD EXAMS

QUOTE OF THE MONTH

“Life is a math equation.

In order to gain the most,

You have to know

How to convert

Negatives into positives.”

- ARYABHATA