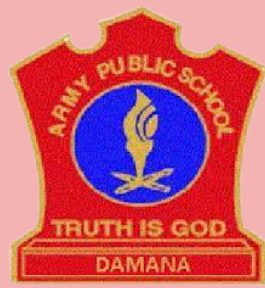


**MARCH
2024**



**ARMY PUBLIC
SCHOOL
DAMANA**

SCHOOL NEWSLETTER



VISIT OF KUNWARANI DR RITU SINGH



Dr Ritu Singh, daughter-in-law of the Royal family of J&K, founding Chairperson of the Women Wing of Indian Chamber of Commerce and Industry (FICCI) visited Army Public School Damana on 18 March 24. Accompanied by her mother, she was accorded warm welcome. In the benign ambience, she, along with other dignitaries, took a round of the school campus which included visit to Atal Tinkering Lab, English Language Lab, Sports Room, NDA Room, Art Room and other specific areas. She also applauded the artistic manifestation of the students. The foremost idea of the visit is to seek motivation from the journey and vibrant persona of the Chief Guest. It also intended to serve a platform for the promotion of collaborative hubs of learning. She was highly impressed with the radiant, confident and enriched personality of the Junior Wing Children. In her address, she congratulated the school for excelling in Academics and Co-curricular fields.



"KEEP YOUR FACE TOWARDS SUNSHINE, AND THE SHADOW WILL FALL BEHIND YOU"

CELEBRATION OF WOMEN'S DAY



International Women's Day is celebrated globally on March 8 every year to acknowledge the contribution of women in various spheres of life be it social, economic, political or cultural contributions that women have made to the society.



The school celebrated the day with a vibrant morning assembly and hues of different colours and shades of feminism in the air. Under the theme, 'Invest in Women: Accelerate Progress', the celebration emphasized the crucial role of understanding and investing in gender equality that strives to achieve parity between genders.

"A woman is the full circle : Within her is the power to create, nurture, and transform."



ACADEMICS



EV III of Class I & II and Annual Exams of Classes III-IX and XI were successfully conducted from 29 Feb to 19 March 2024.



PARENT-TEACHER MEET

To apprise the parents about the overall academic as well as co-curricular performance of the students, the school conducted Annual PTM from 23-29 March



CL	TOTAL STRENGTH	NO OF PARENTS PRESENT	ABSENT	FATHERS ATTENDED
I-V	820	807	13	189
VI-VIII	584	561	23	158
IX & XI	311	298	13	102
TOTAL- 97.4% Parents attended the PTM				

ORIENTATION PROGRAMME FOR CLASS I



Orientation for Class I - Defence & Civil Wards was conducted on 05 March & 18 March 2024 respectively.



“A happy life is one spent in learning, earning, and yearning”

LOCAL SCREENING BOARD (2024-25)



The school conducted written examination for the post of Headmaster/Headmistress on 21 March 24 and LSB- Local Screening Board (Written and Computer Proficiency Test) on 28 March 24. Non-CSB candidates appeared in the test competing for various Teaching and Non-Teaching Posts.

"GATHERED IN UNITY, WE IGNITE THE FLAMES OF INSPIRATION."

Welcome to our morning assembly, where each sunrise brings new opportunities for growth and learning. Revitalizing Morning Assembly was conducted by the staff every day from 20 March -30 March 2024.



"Transcending Canvas: A Fusion of Color, Emotion, and Expression."



Budding Artists of APS Damana presented many creative ideas during Art Exhibition on Annual PTM which left all the parents dumb struck and full of praise for the talent displayed.

"Embrace the beauty of a new beginning, where endings are merely invitations to start afresh."

EDIFYING THE EDUCATORS

SESSION ON 'SUICIDAL INTERVENTIONS'



A session for the staff on the topic **SUICIDAL INDICATIONS AND PREVENTION** was conducted by the School Counsellor, Ms Madhur Uppal. In the thoughtful session, the counsellor sensitized the educators about the role of parents, teachers and peers in prevention of suicide among teenagers. She suggested primary and secondary preventive measures like educating parents, environmental policies, mental health support, screening and assessment, counselling and therapy, mental health services to reduce suicide.

Session on Physiotherapy

The school conducted a Session on Physiotherapy for the staff on 20 March 2023. The session was taken by Mr Jagjeet Singh, Trainer, Physiotherapy Centre Udhampur wherein he sensitized the staff about the causes, consequences and remedial measures to prevent various diseases like Migraine, Lower Back Pain, Frozen Shoulder, Stress etc.



SESSION ON Pivotal Changes by CBSE



An Offline In-House Workshop was conducted in the school on the topic 'Pivotal Changes by CBSE' for the session 2024-25. The workshop was initiated by the Exam Cell of the school wherein they briefed the teachers about the major changes done by CBSE which includes New Textbooks for grades III, VI and IX, 'No Detention Policy' will not be applicable from 2024, Language Policy- based on NEP 2020 , Two Board Exams for class X and XII etc.

"The beautiful thing about learning is that nobody can take it away from you."

REVITALIZING ACTIVITIES FOR STAFF



**The body heals with play,
the mind heals with
laughter,
and the spirit heals with
joy.**

AMATEUR PLAYERS IN ACTION...



The school conducted rejuvenating games/ activities for the educators of the school to give them a chance to enhance their mental and physical health. Games are the positive experience which helps in the strengthening of our body and mind which further affect a person's psychological state of mind leading to excitement and sense of accomplishment.

DEPARTMENTAL MEETINGS

Regular Departmental Meetings are being organized in the school to update the educators with latest teaching learning methodologies. The educators sit in their faculty to discuss Latest Evaluation Criteria for Checking and Re-checking of Answer Sheets, Academic Curriculum Pedagogical Planner, Marks Entry in Digicamp Portal etc.



**"Coming together is a beginning; keeping together is progress;
working together is success."**

SPORTS ACTIVITIES FOR STUDENTS



Students should not be confined to books alone during their educational journey; they require a lifestyle conducive to their overall development. Apart from the physical, cognitive, and social benefits, engaging in sports and games has a crucial and profound impact on their psychological well-being.



STUDENTS EXHIBITING THEIR GAMING PROWESS

To utilize the free time of the students after exams and give them ample of practice for upcoming sports competitions, the school has organized various practice sessions for the students interested in various games like Basketball, Badminton and Table-Tennis. The sessions were organized from 21 - 31 March 2024.

‘The difference between the impossible and the possible lies in a person’s determination.’

ACHIEVEMENTS

52nd Senior Women National Handball Championship

Suhani Manhas & Kusam Charak (XI) participated in 52nd Senior Women National Handball Championship held at Hathras (U.P) from 5 - 11 March 2024.



Ms Anurita Koul (PRT) got an opportunity to publish her educational video in All India Children's Educational E-Content, NCERT Shillong. She has prepared an interactive video on 'Change is Beautiful : Life Cycle of Butterfly'.

Producer, Director & Scriptwriter : Prasenjit Biswas
 Cameraperson : Prasenjit Biswas
 Voice Over Anchor/Narrator : Prasenjit Biswas
 Running Time : 15:40

VPT243

Change is Beautiful-Life Cycle of Butterfly

In this engaging video, we explore the life cycle of a butterfly through storytelling, using intricately crafted handmade cutouts. This EVS concept not only imparts knowledge about the natural world but also incorporates moral values and life skills, making the learning experience both educational and enriching.

Producer, Director & Scriptwriter : Anurita Koul
 Set Designer : Anurita Koul
 Editor & Research, : Anurita Koul
 Graphics & Design : Anurita Koul
 Running Time : 05:05

VPT244

Vanamahotsav

Planet Earth is a home for all of us and is undergoing many catastrophic changes as a result of deforestation, pollution and global warming. Vanamahotsav (Festival of Trees) is one of the initiatives of the Government of India to increase the green cover of the country.

Producer : Frederic Dias
 Director & Editor : Rohan Carvalho

02 Students- Vineet Sharma (X) and Neelakshi Sharma (VIII) excelled in 'FIT INDIA QUIZ' organized by National Testing Agency (NTA) under Ministry of Education (MoE), Government of India (GOI). From Jammu Division, only 02 students (both from APS Damana) have qualified the 1st round with State Rank 7 & 12 respectively.

Roll No.	Name	Class	Score	Rank	Gender
80126207	SHRUTI SHRI PRADHIN	KANWAR	500	1	Female
8027287	SHRADDHA PRADHIN	KANWAR	495	2	Female
80126208	SHRADDHA PRADHIN	KANWAR	495	2	Female
80126209	SHRADDHA PRADHIN	KANWAR	495	2	Female
80126210	SHRADDHA PRADHIN	KANWAR	495	2	Female
80126211	SHRADDHA PRADHIN	KANWAR	495	2	Female
80126212	SHRADDHA PRADHIN	KANWAR	495	2	Female
80126213	SHRADDHA PRADHIN	KANWAR	495	2	Female
80126214	SHRADDHA PRADHIN	KANWAR	495	2	Female
80126215	SHRADDHA PRADHIN	KANWAR	495	2	Female
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80126298	SHRADDHA PRADHIN	KANWAR	495	2	Female
80126299	SHRADDHA PRADHIN	KANWAR	495	2	Female
80126300	SHRADDHA PRADHIN	KANWAR	495	2	Female

“To accomplish great things, we must not only act, but also dream; not only plan, but also believe.”