

# ARMY PUBLIC SCHOOL JORHAT

## REFLECTIONS

NEWSLETTER SEP'23 - NOV'23



### QUOTE

"Success is the sum of small efforts,  
repeated day-in and day-out."

--- Robert Collier

### In this Issue

TEACHER'S DAY  
FIRE SAFETY DRILL  
EDUCATION FAIR  
AND MANY MORE ...

### Editorial Board

MRS JOGMAYA HAZARIKA  
PGT (English)  
AKANSHHA SONOWAL  
XII (SCIENCE)  
PRARTHANA GAUTAM  
XII (SCIENCE)



Dear Readers,

Finally we are here to knock onto the doors of December, the season of morning fog and frosty winds, the time when we unfold the pleasant remembrances with our families together, resonating our laughter. Under the twinkling night sky with the distant ringing of the church bells, the winter finds its purpose as Mary's child is born to spread "joy to the world."

As we have approached the end of a remarkable year of reflection and growth, it is important for us to pause and evaluate our achievements and lessons learned. Let us take this time to acknowledge and applaud our hard work and accomplishments while also creating new goals for the coming year.

Embracing the joyful spirit of December, we present before you this issue of the newsletter summarizing the events that have marked our path in academics and co-curricular activities. As we flip through the pages of the newsletter, let's celebrate the spirited journey we have embarked on from pompous September to a grateful December. Looking ahead, the new year promises, new opportunities and challenges. Let us embrace these with an unwavering commitment towards learning and growth which is best described in the extract taken from The Psalm of life by Henry Wadsworth Longfellow -

*In the world's broad field of battle,  
In the bivouac of Life,  
Be not like dumb, driven cattle!  
Be a hero in the strife!  
Trust no future however pleasant!  
Let the dead past bury its dead!  
Act - act in the living present!  
Heart within and god o'erhead!*

HAPPY READING!



## TEACHER'S DAY

Teacher's Day was celebrated with enthusiasm and fervor in the school on 5 September 2023 to honor and express gratitude to the teachers. The day began with a special morning assembly replete with paying a tribute to Dr Sarvapalli Radhakrishnan, a traditional dance performance, melodious rendition of songs, poetry recitation and a band performance. One of the most heartwarming moments of the day was the distribution of Teacher's Day gifts to all the educators. The event highlighted the significance of teachers in shaping the lives of students and left everyone with cherished memories.



## FIRE SAFETY AND TERRORIST SAFETY DRILL

On 12 September 2023, a comprehensive Fire Safety and Terrorist Safety Drill was conducted at the school under the supervision of Captain Sachin Vashisth and his expert team. The drill aimed to educate students, teachers and staff on fire prevention, response procedures, and preparedness for potential terrorist attacks. Captain Sachin and his team demonstrated various methods to control different types of fires. Emphasis was placed on the importance of fire extinguishers and their correct usage. Evacuation procedure for safe escape in case of a fire was also explained. Captain Sachin Vashisth also addressed the vital topic of preparedness in case of a terrorist attack. He emphasized the importance of staying vigilant and reporting any suspicious activities and outlined the procedure for communicating threats to concerned authority. The importance of staying calm and assisting others and the role of the QRT was also highlighted during the session.



## COUNSELLING SESSION ON STRESS MANAGEMENT

On 15 September 2023 a Counselling Session on Stress and Time Management was held in the school for the students of classes IX to XII. Dr. Gandhi Nayak, Academic Director, Concept & Potential Group of Educations covered various topics to help the students manage their stress levels and use their time effectively. He dwelt at length on Identifying Stressors, Stress Awareness, Time Management Techniques, Goal Setting, Stress Reduction Techniques, Time-Blocking, Self-Care, Problem-Solving etc.



## EARTHQUAKE DISASTER MANAGEMENT

An Earthquake Disaster Management lecture cum demo was held at the school on 9 Sep 2023. The session apprised the students and staff with the risks associated with earthquakes and effective strategies for earthquake preparedness and response. It commenced with an overview of what earthquakes are, how they occur, and their potential impact on communities. Students were informed about earthquake hazards such as ground shaking and structural damage. The team from 340 Field Regiment, Artillery also discussed the importance of preparedness, including creating emergency kits, developing family communication plans, and securing heavy objects that could become hazards during an earthquake.



## HINDI DIWAS

The school joyfully celebrated Hindi Week from 4 Sep- 8 Sep 2023, fostering love for the national language among students. Various activities took place throughout the week, emphasizing the significance of Hindi. Students showcased their creativity with slogans emphasizing the importance of Hindi as the language of the nation and engaged in insightful debates on the theme 'हिंदी को जनमत की भाषा बनाना' (Making Hindi the Language of the People). Topics ranged from cultural significance to the role of Hindi in fostering national unity. The school echoed with the essence of Hindi, fostering a sense of pride in the rich linguistic heritage. The events served as a platform for students to express their thoughts on the cultural and social importance of Hindi. The Week long celebration was a resounding success with the enthusiasm and active participation of students showcasing their dedication to preserving and promoting the language.





## FELICITATION CEREMONY

A felicitation ceremony was organized to felicitate the winners of Cluster Level Quiz Competition in Junior and Senior Category at HQ 41Sub Area on 23 Sep 2023 . The winners were honoured with a sum of Rs 5000 each.



## SWACHATA PAKHWADA

The school celebrated Swachata Pakhwada with great enthusiasm and dedication on 27 Sep 2023 with the objective of instilling a sense of responsibility and awareness about cleanliness among students. All the students were encouraged to actively participate in keeping their surroundings clean and to contribute to the larger mission of a Swachh Bharat . Armed with gloves, brooms, and trash bags, students enthusiastically cleaned classrooms, corridors, the playground, and the surrounding areas. The celebration began with a speech by the Principal highlighting the importance of keeping one's surroundings clean and how a clean school environment not only promotes happiness and well-being among children but also enhances their learning experience. The speech was followed by a pledge taking ceremony in the morning assembly. All the students, teachers and staff members gathered in the Assembly Hall and took the Swachata Pakhwada pledge with full dedication, vowing to maintain cleanliness in the surroundings and spread awareness about hygiene.



Chutiakari, Assam, India  
MBRO+43Q, Chutiakari, Assam 785616, India  
Lat 26.689106°  
Long 94.173456°  
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## MERI MATI MERA DESH

The "Meri Mati Mera Desh" celebration at school was a vibrant and patriotic event that brought together students, teachers, and staff to pay homage to our beloved motherland on 29 Sep 2023. The day began with a Prabhat Pheri, where participants walked a distance of approximately 1 kilometer. This early morning procession was marked by the enthusiastic use of the national flag and photographs of local Veers (heroes). The participants showcased their talent by playing instruments like Dhol, Nagadas, and other local musical instruments. These elements added a rich cultural dimension to the event, connecting everyone to their roots and traditions. The "Mitti Anthem" created by the Ministry of Culture reverberated in the air and served as a reminder of our duty to protect our land. During the morning assembly, the entire school gathered to take the Panch Pran Pledge together, fostering a sense of unity and commitment to the values it represents. In the spirit of celebrating our nation, an essay writing competition and an art competition was also organized for the students.



## CLEANLINESS DRIVE

A cleanliness drive was carried out in the school premises on 30 Sep 2023. Students from classes IX to XII participated in the drive along with their teachers assisted by the support staff. The programme helped in creating awareness regarding cleanliness and its benefits among the students.





## TALK ON MILLETS

On 9 Oct 2023, Saranga Dev Goswami, District Agriculture Department BTM, Agriculture Department Jorhat, gave a talk on millets at the school. Mr. Goswami began his talk by introducing major and minor millets, its importance and nutritional values. He explained that they are highly nutritious and drought-tolerant, making them an ideal crop for farmers in developing countries. He further discussed the benefits of consuming millets and that millets are a good source of protein, fiber, and minerals, including iron, calcium, and magnesium. He also discussed the different ways in which millets can be used to make a variety of foods, including bread, porridge, roti, and dosa. The talk concluded with the students learning more about millets and to include them in their regular diet. He explained that millets are a delicious and nutritious way to support their health and the environment.



## MENTAL HEALTH AWARENESS WEEK

Mental Health Awareness Week was celebrated in the school from 4 Oct-10 Oct 2023 in the school to create awareness regarding mental health among students. During this period various mental health related activities were conducted for the students from classes I-XII. In the Senior Wing a Talk on Mental Health Awareness and a Role Play on mental health related issues was presented in the morning assembly apart from activities like writing positive affirmations on the Affirmation Wall, Slogan Writing and Gratitude Sharing for teachers/parents/siblings/friends. In the Primary Wing Bookmark making with positive affirmations and Sharing Gratitude activity was conducted with the belief that mental health is just as important as physical health and the School is committed to create a supportive environment for everyone in the school community.



## CAREER FAIR

On 10 Oct 2023 a Career Fair was organized in the school for the parents and students of classes IX-XII to provide them with an excellent opportunity to interact with representatives from 16 distinguished universities. The event aimed to help students explore higher education options, gain valuable insights into academic programs and connect with potential future academic institutions. Each university had a dedicated booth, where representatives provided information about their institution, academic programs, admission criteria and scholarship opportunities. The Fair provided the students with the opportunity to engage in one-on-one conversations with the representatives, allowing them to ask questions and receive personalized guidance.



## FITNESS DAY

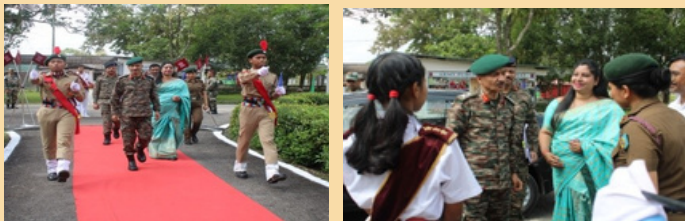
Fitness Day was observed in the school on 11 Oct 2023 and was marked by various fitness activities like Mass PT, Yoga, Fitness Workouts, Rhythmic Workouts, Rhythmic Exercises, Body Pyramids etc. It was aimed at inspiring students to prioritize their health and well-being and served as a reminder for everyone that a healthy lifestyle is essential for a productive and fulfilling life. The engagement and enthusiasm of the students made the day a grand success.





## MAIDEN VISIT OF PATRON

Maj Gen Deepak Sharma, VSM, Patron APS Jorhat paid maiden visit to the School on 18 Oct 2023.



## CYBER SECURITY WEEK

Cyber Security Awareness Week was observed in the school from 13 Oct -19 Oct 2023 and was aimed at educating the students about cyber security, online safety, and responsible digital behavior. The Week commenced with an exciting Drone Operating Demonstration providing a hands-on experience to students and showcasing the application of technology in our daily lives. Students displayed their creativity in the Poster Making Competition with their artistic expressions highlighting important messages about online safety, creating visually appealing reminders for responsible online behaviour. Speech Competition on the Effects of Social Networking brought out their insights into the positive and negative impacts of social media usage. A Digital Footprint Survey was also conducted by the students of class VIII to raise awareness about the traces we leave online, promoting a conscious approach towards digital presence and privacy. The Week concluded with an enlightening speech on the Information Technology Act 2000 providing valuable insights into legal aspects of cyber security.



## ANNUAL ADM AND TECH INSPECTION

Adm & Tech inspection for AY 2022-23 was held in the school on 02 Nov & 03 Nov 2023. The Inspecting Team comprised of Col Rohit Solanki, Edn Officer HQ 51 Sub Area & Dr Bandana Baruah, Principal, APS Narangi as members and Brig Sanjeev Chopra, Chairman APS Narangi as the Presiding Officer.



## VIGILANCE WEEK

Vigilance week was observed in the school from 30 Oct 2023 to 05 Nov 2023. A host of activities were conducted throughout the week on the occasion. The school premises was adorned with eye-catching banners and hoardings. Students, teachers and staff members took the "integrity pledge" in the morning assembly reinforcing their commitment to ethical values. Students of Senior Classes actively participated in the session aimed at creating awareness about the negative impacts of corruption in society. The staff members were sensitized to the consequences of corruption and the significance of probity, integrity and honesty.



## CHILDREN'S DAY

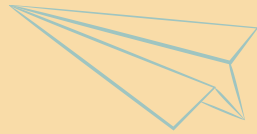
The school celebrated Children's Day with great enthusiasm and fervor, creating a memorable day for the students. The event commenced with the lamp lighting ceremony and a heartfelt tribute to the beloved Chacha Nehru, highlighting his vision and love for children. The morning assembly, usually led by students, took a unique twist as teachers stepped into the limelight. They orchestrated an engaging assembly, showcasing their talents and dedication to fostering a positive learning environment.

One of the highlights of the celebration was the "Lazy Dance" performed by the teachers, adding a touch of humor and joy to the atmosphere. The spontaneous and light-hearted performance not only amused the students but also strengthened the bond between teachers and pupils. Musical talents of the teaching staff were on full display as they presented a medley of songs, creating a melodious backdrop to the festivities. The harmonious tunes resonated with the spirit of Children's Day, spreading joy and warmth throughout the school. To add a fashionable flair to the event, teachers dazzled in a captivating fashion show. The runway became a stage for showcasing creativity and style, demonstrating that the spirit of youthfulness and vibrancy is timeless. In conclusion, the Children's Day celebration at Senior and Primary Wing of the school was a delightful blend of tradition and modernity. The active participation of teachers not only made the event entertaining but also served as a reminder that, while Chacha Nehru's legacy lives on, it is the collective responsibility of teachers and students to nurture the dreams and aspirations of the young generation.



## GOOD LUCK ASSEMBLY

On November 15, a special Good Luck Assembly was conducted at the school to extend heartfelt wishes to the students gearing up for their upcoming board exams. The event was marked by a solemn atmosphere and a sense of encouragement. The assembly commenced with reciting a prayer by the Principal, seeking divine blessings for the students. In the motivating speech that followed she emphasized the significance of hard work, perseverance and maintaining a positive mindset during exam preparation. A poignant moment unfolded as diyas (traditional oil lamps) were lit symbolizing the dispelling of darkness and the ushering in of light and knowledge. The glowing diyas served as a visual representation of the collective hopes and well-wishes of the entire school for the success of the students.



## EYE CHECK - UP

To promote student well-being, the school conducted a comprehensive eye check-up for the students of classes XI & XII on 30 Nov 2023. A team of Optometrist from Himalaya Optical screened students for visual impairment fostering a healthy learning environment.







# OUR GLORIOUS MOMENTS



## INTER APS CLUSTER LEVEL QUIZ

APS Jorhat emerged as the WINNER of Eastern Command Cluster Level Quiz Competition in both Senior and Junior Category held at APS Tezpur on 4 Sep 2023.



## INTER APS COMMAND LEVEL QUIZ

Quiz Team of the School bagged the Runners up position in Command Level Quiz Competition held on 6 Oct 2023 at APS Rangapahar. The team comprised of Harsh Dwivedi (VII), Sanchayeeta Ghosh(VIII) and Arjun Aphria(IX).



## POSTER MAKING COMPETITION

APS Jorhat bagged the first position in Science Poster Making at Agri Education Fair organized by Assam Agricultural University on 15 Sep 2023.



## BEST DELIGATE

Aarangan Phukan of Class IX was adjudged the "BEST DELEGATE" in DON BOSCO LICHUBARI-MUN held from 17Oct-19 Oct 2023.





## CBSE NORTH EAST REGION CLUSTER - I FOOTBALL TOURNAMENT

Army Public School, Jorhat won the CBSE North-East region (Cluster I) Football Tournament held at Rajdhani Public School, Guwahati from 16 Oct-19 Oct 23. In the Finals they beat "Baichung Bhutia Academy Base" team, The Assam Rifles Public School, Shillong by 1-0. The goal was scored by tournament's 'Best Player' Bastab Bora of APS Jorhat. 47 teams from North Eastern States participated in the tournament that was played by Knock out system after splitting teams into two poles by lottery. Before reaching the Finals, they had beaten Brahma Baba School, Kokrajhar by 3-0 & Saint Joseph's School, Ghy by 2-0 in the initial knock-out rounds. Subsequently in the Quarter final APSJ beat Miles Bronson School, Ghy by 2-0 goals and in the Semi final they beat Saint Anthony School by 1-0 goal.



## INCREDIBLE INDIA QUIZ

Quiz Team of APS Jorhat bagged the Runners up position in the Incredible India Quiz organised by Sankardev Kola- Krishti Gavesona Kendra, Jorhat. The team received a cash award of Rs.4000 and a trophy. A total of 26 teams from schools in Jorhat district participated in the Quiz Contest.

