



*"Our greatest ability as humans is not to change the world, but to change ourselves."*  
*Mahatma Gandhi*

## AWARDS & ACCOLADES

### NDA 152<sup>nd</sup> Course (II) Written Examination 2023

APS SP Marg is elated to proudly announce that four students of Class XII have done exceedingly well in NDA 152 written examination and qualified for SSB. The achievers are-

S.N	Name	Class	Session
1	Pawan Singh Kunwar	XII	2023-24
2	Ashish Pandey	XII	2023-24
3	Sreyash Singh	XII	2023-24
4	Kunwar Aditya Singh	XII	2023-24



PAWAN SINGH KUNWAR



ASHISH PANDEY



SREYASH SINGH



KUNWAR ADITYA SINGH



### CONSTANTIA - La Martiniere Boys' College

S.N	Name & Class	Event	Pos
1	Praveen Singh, Rudra Singh (XII)	EXOTECH	II
2	N. Pavan Kumar Sanjeev Shaurya (XI)	WEB GENESIS	III



### Inter-School Competitions

The students of APS S P Marg made a mark by confidently participating in various Inter-School Competitions and winning laurels for the school. More than 30 prominent schools of the city participated in these events. The winners of various competitions are as follows-

### IT WHIZFARM - Jagran Public School OVERALL WINNER'S TROPHY WON BY APS SP MARG

S.N	Name & Class	Event	Pos
1	Prashun Kumar X F	PRESENTANCHO R	I
2	N Pavan Kumar XI B	DREAMWEAVER	I
3	Anch Kushwaha IX B	DIGIPRESCO	I
4	Harsh Vikram XII B	GAMESTER	III
5	Aniket Maurya XII E	DIGIQUISTOR	III
6	Piyush Raj X C	PICZARD	III

### EXPRESSIONS - St Francis' College

S.N	Name & Class	Event	Pos
1	Aditya Singh Takuli Aditya Singh Class IX	BEST OUT OF WASTE	II
2	Rashmi Rai Class IX	HINDI DEBATE	Best Speaker Prize (Against the motion)



### NIRANTAR - Isabella Thoburn College

S.N	Name & Class	Event	Pos
1	Praveen Kumar Class XII C	SPELL BEE	II
2	Vinay and Somya of Class XII D	CLASH OF WORDS- Debate	III



### BCS ANNUAL FEST - Bhonwal Convent School

S.N	Name & Class	Event	Pos
1	Nalini XI C	English Debate	I (For the Motion)
2	Anahita Srivastava XI F		I (Against the motion)
3	Shruti XI B		I (Interjector)
4	Shivangi Pandey XI B	Hindi Debate	I (For the Motion)
5	Rashmi Rai IX E		I (Against the motion)
6	Antriksh Singh XI B		I (Interjector)

### Winners of the Basketball Girls Team

S.N	Name	Class
1	Kanchan	VIII B
2	Garima Rajbhar	X H
3	Shreya Singh	VIII B
4	Vanshika Shukla	VIII A
5	Jyoti Verma	VIII A
6	Nikki Tiwari	X H
7	Aparna Shukla	IX F
8	Megha Patel	IX F
9	Ritika Yadav	VIII A
10	Deepshikha Yadav	VIII B

### Winners of the Basketball Boys Team

S.N	Name	Class
1	Aryan	X H
2	Rohit Sahani	X H
3	Gajanand Yadav	X H
4	Kartik Gupta	IX G
5	Satyajit Mani Tripathi	X C
6	Yash Kumar	X F
7	Aditya Yadav	X F
8	Rohan Sahani	IX F
9	Gaurav Singh	IX C
10	Pankaj Singh	IX F



### Inter-House Competitions

#### English Play

An Inter House English Play Competition was organized for Classes III – V, to enhance the linguistic and dramatic skills of the students. The four houses staged different plays featuring interesting stories. The bright and vibrant costumes, dialogues and acting enthralled each and every one. Rana Pratap House showcased the play titled, 'The Selfish Giant' and won 1<sup>st</sup> position. The performance of the students generated thunderous applause from the judges as well as the audience.



### Kho-Kho Competition

Inter-House Kho-Kho Competition was conducted for Class V in the Boys and Girls category. The students enjoyed simple agile movements and alertness that the game demands. It was a splendid show of vigour and enthusiasm by all teams as they chased each other in the competition. The Boys & Girls Team of Ranjeet House gave a stellar performance and finished first in both categories.



### In House Activities Adm & Technical Inspection (For the session 2022-23)

The Annual Adm and Technical Inspection of APS SP Marg for the session 2022-23 was carried out by the Inspection Team consisting of Presiding officer Brig Rajesh Gupta, Chairman APS Nehru Road, Dr. Malini Sharma, Principal, APS Hempur, accompanied by Lt.Col. Pankaj Dhama, Education Officer, AMC Centre & College. The team was cordially welcomed by the Principal, Ms Seema Tara, escorted by the school NCC Cadets of 20 UP Girls Bn and 64 UP NCC Bn. Dr Malini Sharma witnessed the morning assembly of the Senior Wing where a short educational program on 'Vasudhaiva Kutumbakam' was fielded by the vibrant stars of the school from Classes VI - XI. Thereafter, the team visited the school premises including TAL Classrooms, Tinkering Lab, Science Labs, Inclusive Room, Counselling Room, Herbal Garden, Library, Activity Clubs etc. The inspection covered various aspects related to school academics, co-curricular, teaching practices, discipline, documentation, infrastructural facilities etc. The Presiding Officer appreciated the efforts of the School Management & also gave some valuable suggestions for sustaining improvement and development of the school.



### Yoga Session (Classes V-XII)

A yoga session was conducted at APS SP Marg, by a certified Yoga expert, Mrs Rajashree Tupe, Co-founder of Rajani Yog Foundation. She is CEO and Founder of Shriyog Institute of Iyengar Yoga in Pune. She is a certified senior Iyengar Yoga Teacher. The session was aimed to promote physical and mental well-being among our students and provide them with valuable tools for stress management and relaxation.

#### Session Highlights:

- (a) **Warm-Up:** The session began with a gentle warm-up to prepare students' bodies for yoga practice. This included stretching exercises and breathing awareness.
- (b) **Asanas (Yoga Postures):** Mrs Rajashree guided students through a series of asanas, catering to different skill levels. She provided clear instructions and encouraged proper form to ensure students' safety.
- (c) **Pranayama (Breathing Exercises):** Breathing exercises were incorporated to teach students the importance of mindful breathing for relaxation and stress relief.
- (d) **Mindfulness and Meditation:** Yoga expert, Mrs Rajashree introduced mindfulness and meditation techniques to help students relax their minds and improve focus.

The instructor ensured that the session was inclusive, offering modifications for students with physical limitations. This made the practice accessible to all participants. The yoga session conducted was a success, providing students with valuable tools for physical and mental well-being.



### EDU VISTA 2023

The students of Classes XI and XII attended EDU VISTA, a Career Counseling Event organised by St.Paul's College Lucknow Cantt. It gave an opportunity to our students to know and understand their interest, aptitude and various career options, so that they could devise a road map to achieve a suitable career, education and life goals.



## Celebration of important days GANDHI JAYANTI

The students of APS SP Marg celebrated birth anniversary of the 'Father of our Nation,' Mahatma Gandhi, and our 2nd Prime Minister Shri Lal Bahadur Shastri, with great patriotic fervour. The programme commenced with Bapu's favourite hymn, 'Raghupati Raghav Raja Ram' and flute recital on 'Vaishnav Jan to Tene Kahiye.' The students of Classes I – V participated in Art & Craft activities like making beautiful 'Charkha' replicas.



## DUSSEHRA

Dussehra, the festival that resonates 'the triumph of virtue over vice' was celebrated by the Primary students of APS SP Marg. Keeping the festive spirit alive, a special presentation of an act from the great epic, the Ramayan, was staged by the students of Classes I and II, attired vibrantly in different characters. The skit conveyed the message of victory of Lord Rama over Ravana and reinforced the message of Dussehra.



## CYBER SECURITY

A special assembly on Cyber Security was conducted by the students of Classes IX – XI, to promote awareness of online safety and responsible digital behavior among students.



## WORLD FOOD DAY

A special assembly was conducted by the students of Cookery Club (Classes VI-VIII) on the occasion of World Food Day, under the guidance of Mrs Ruby Chitranshi, TGT & Cookery Club In charge. The students presented an informative skit on 'Healthy Food vs Junk Food' highlighting the importance of eating a variety of fresh fruits and vegetables that are loaded with significant nutritional value and health benefits.



## WORLD MENTAL HEALTH DAY

World Mental Health Day is observed globally on October 10th every year to raise awareness about mental health issues and promote mental well-being. At Army Public School, SP Marg, Lucknow, we recognized this important day with a series of activities and initiatives to emphasize the significance of mental health.

**(i) Rally to create awareness-** A students' rally was launched from APS SP Marg to Asha School, carrying banners and slogans based on the theme, "Mental Health is a universal right." Our students got the valuable opportunity to visit the special children's school as a part of mental health awareness program, that helped them gain a deeper appreciation for the challenges and abilities of differently-abled children. Our students interacted with the special children, engaged in conversations, and played games with them.

They also prepared paper Origami gifts for special school children to present them as a token of appreciation.

**(ii) Poster Making Activity-** The students from Classes VI-XII showcased powerful artwork related to mental health. This provided an opportunity for students to creatively express their feelings and thoughts on the subject.

**(iii) Presentation of nukkad natak-** A soul-stirring theatrical performance was given by the Psychology students of Class XI through a nukkad natak at Topkhana bazar. They openly shared and disseminated their experiences and thoughts on mental health. They raised awareness among the general public about pressing mental health concerns.

The observance of World Mental Health Day at APS SP Marg was a significant step in fostering a culture of

mental well-being. It encouraged open discussions, provided valuable tools for managing mental health, and highlighted the importance of seeking help when required. We believe that such initiatives are essential for the holistic development and well-being of our school community.



### DEWORMING DAY

UP National Health Mission envisages achievement of universal access to equitable, affordable & quality health care services that are accountable and responsive to people's needs. Under this program, the students from Classes I – XII, with the consent of parents, were given Albendazole tablets for deworming in the presence of the Class teachers.



### Bagless Days

The National Education Policy 2020 has helped to revamp the education system by making it more activity-based and practice-oriented. The 10-day bagless policy is one such change being brought in to revive learning through various enrichment activities. APS SP Marg observed bagless day for students of Classes I – VIII based on the theme “Diversity of India”. The activities conducted this month are as follows:

ACTIVITY	WINNERS	CLASS
Interclass Diya Decoration Competition	Anmol (I B) Suditi (I C) Shreenika (2 A)	I & II

	Ayush Kumar Yadav (2 D)	
Inter class Lantern Making Competition	Ritwik 3D	III
Inter House Rangoli Competition	Rana Pratap House Boiri Riyanshi (IV D) Somya Singh (V A)	IV & V
Inter House Group Yoga Competition	Ashoka House	IV & V
Inter Class Fancy Dress Competition	Fiona and Aadvik (I C) Samriddhi Pandey & Shreyant Jana (II C) Rudra, Rishika (III C)	I - III
Potter's Day	Creative activity	I - V
Visit to Bara Imambara	Educational Excursion	VI - VIII



### SCHOOL BEATS

14.10.2023	Parent Teacher Meeting (Classes I-XII)
16.10.2023 to 19.10.2023	Health Camp (Classes I-XII)

*Edited By: -*

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