



NEWSLETTER

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“Education is right, not a privilege. It is an opportunity not an entitlement.”

~ Arne Duncan

Awards and Accolades

“There are always new, grander challenges to confront and a true winner will embrace each one.”

NEET 2023

The recent results of medical aspirants of APS SP Marg in NEET (UG) Medical Entrance Examination 2023 have brought honours to the school. The achievers are as follows:-

Ser No	Name	Score	AIR
(a)	Anurag Singh Rajput (2017-18)	597	30824
(b)	Nitya Khajuria (2022-23)	592	33755
(c)	Yash Bajpayee (2022-23)	581	41000
(d)	Shashank Shekhar (2021-22)	557	58498
(e)	Vidushi Singh (2021-22)	522	87916
(f)	Ananya Bakundi (2022-23)	436	180445



JEE (ADVANCE) 2023

APS SP Marg is immensely proud of two students of the school who secured the required marks in highly coveted JEE (Adv) Examination 2023, for a successful seat in India's premier engineering colleges. The achievers are as follows:-

Ser No	Name	Score	Category Rank
(a)	Rishit Srivastava (2022-23)	167	3569
(b)	Ayush Kumar Singh (2022-23)	83	7601
(c)	Harshit Singh (2021-22)	84	4424



NDA 150 Course

Yash Vardhan Singh of 2021 Batch brought laurels to the school by joining for NDA-150 Course at NDA Khadagwasla wef 01 Jul 2023.



Combined Annual Training Camp-218

Keeping up with the NCC motto of 'Unity and Discipline', 22 Cadets (SW) of 20 UP (G) Bn NCC from APS SP Marg participated in a 10-day NCC CATC 218 conducted by 20 UP (G) Bn NCC at La Martiniere Girls College, Lucknow. The camp was conducted for a specific purpose of exposing the cadets to a 'regimental way of life' and help in developing camaraderie, team work, leadership qualities, self-confidence, self-reliance and dignity of labour in the cadets. The Commanding Officer Col Vinod Joshi welcomed the Cadets to the Camp. The participants were trained on important branches including map reading, physical training, weapons training, battle crafts, drill etc. Brig Neeraj Punetha, Group Commander, NCC Group HQ, Lucknow, inspected the camp site and reviewed the training activities of the cadets including weapon handling, firing, parade training etc. Our Cadets also won accolades in various competitions conducted for their overall development. They won Silver medals in Basketball, Tug of war, Push Ups and Sit Ups Competition.



World Environment Day

"Plant a tree. Plant a hope for future."

World Environment Day is celebrated annually on June 5th to raise awareness about environmental issues and promote actions to protect and preserve our planet. To mark the day, APS SP Marg, Lucknow, conducted a tree plantation drive in the campus of the school. Special Guest, Mr Prashant Upadhyay, Chief Manager SBI, Sadar Branch, Lucknow and Principal Ms Seema Tara, inaugurated the programme by planting a sapling. The Principal spoke about the importance of tree plantations to combat many environmental issues and encouraged spreading awareness about the necessity of tree plantations. The members of the school staff also made their small yet significant contribution towards Mother Nature by each one planting a sapling as a token of love and gratitude towards Mother Nature. World Environment Day was celebrated by also Nature's Club of the Primary section on 12th May 2023. The students gave a wonderful presentation through a Special Assembly that included a talk, a poem and a skit on the topic 'Save Earth' that depicted how climate change has presented the gravest threat to life on Earth in all of human history.



9th International Yoga Day

योगश्चित्तवृत्तिनिरोधः -A line from Patanjali's Yoga Sutras, referring to stilling the mind in order to experience Ultimate Reality. When our thoughts are calm and our mind in its natural state of tranquility, we can move towards Self-realization. People around the world embraced Yoga to stay healthy and rejuvenated and to fight social isolation and depression during the pandemic. Yoga has offered the world a path for sustainable living. In keeping with this spirit, the theme for this year's International Yoga Day celebrations is "YOGA FOR VASUDHAIVA KUTUMBAKAM". International Day of Yoga is an annual event celebrated all over the world on 21 June since its inception in 2015 by the UN General Assembly. APS SP Marg celebrated 9th International Yoga Day with great enthusiasm and vigour on 21st June 2023, as per the directives of the Ministry of Ayush, CBSE and AWES. The members of teaching, non-teaching staff and students joined for the Yoga

session with the Principal, Ms Seema Tara, a Yoga enthusiast herself. The session commenced with the prayer, followed by Chaallan Kriya, standing and sitting asanas followed by Pranayam- (Kapaal Bhati, Anulom Vilom and Bhramri), entailed by meditation. During the course of "Yogabhyas", the yoga instructor, Mr Pankaj Mishra, PGT(P.Ed), also narrated the benefits of different "Asanas" as a precautionary measure in curing many diseases and the usefulness of Yoga in the overall wellbeing. The rejuvenating session concluded with synchronized recitation of shlokas. The Principal emphasized on having healthy balanced diet to maintain strength & vigour. Ma'am encouraged all to practice yoga regularly and improve one's resistance to fight against all diseases.

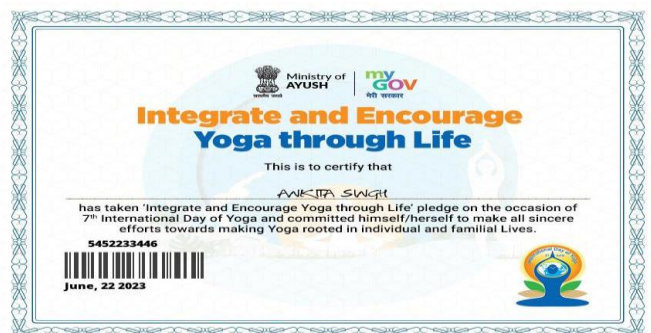


On this occasion, various online activities were also organized for teachers and students of Classes I-XII by the Ministry of Ayush :-

(a) **Yoga Quiz**: Students and teachers attempted online Yoga Quiz and downloaded certificates.



(b) **Yoga Pledge**: Students and teachers took online Yoga Pledge to integrate Yoga in their lives and have a healthy lifestyle.



(c) **Yoga at Home**: Yoga for children is the perfect tool for a healthy body and mind with body postures, breathing exercises, and training of the mind. The Primary students shared pictures from home performing different asanas and wrote about its benefits to ensure a healthy mind, body and soul.

Surya Comd Kids Summer Camp (Phase II)

Surya Comd Kids Summer Camp (Phase II) was organized with outdoor activities at Surya Khel Parisar & Indoor activities at APS LBS Marg Lucknow. 21 students of APS SP Marg participated in a plethora of exciting activities.



(d) **Essay Writing:** Students wrote essay on the topics "Har Aangan Yog"(Hindi) for Classes VI-VIII& "Yoga for Vasudhaiva Kutumbakam"(English) for Classes IX-XII. Other students have been asked to submit their essays by 03 July 2023.



Motivational Lecture by Mr Devendra Kumar Arya, World Record Holder in 3D bell Structure

The students of Class XII attended a motivational lecture delivered by Mr Devendra Kumar Arya, World Record Holder in creating the World's largest 3D Bell Structure. The event was conducted under the aegis of 11 GRRC. It was a challenging project for Mr Arya and his team but with determination and patience this remarkable feat was achieved in Feb 2023. The students were inspired by his journey in the pursuit of his dream and were moved to the core.



SCHOOL BEATS

03.07.23	Re-opening of school after summer vacations for Classes I-XII
07.07.23	Inter-house English Debate- Classes IX-XII
10.07.23 to 18.07.23	EV 1 for Classes I & II
11.07.23 to 18.07.23	PT 1 for Classes III-V
12.07.23	Paper Bag Day – Classes I-V
14.07.23	Inter - House Hindi Debate
19.07.23 & 20.07.23	Command Cluster English, Hindi Debate & Quiz Competition
22.07.23 to 31.07.23	Periodic Test 1 for Classes VI-XII
24.07.23	Inter-House Carrom Competition- Class V
26.07.23	Kargil Vijay Diwas Celebration
27.07.23	PTM of EV 1 & PT 1- Classes I-V
28.07.23	Hariyali Diwas

"Learn from yesterday, live for today, hope for tomorrow."

~ Albert Einstein

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