

RINGING IN THE INDEPENDENCE DAY

CELEBRATING OUR FOREFATHERS AND REMEMBERING OUR DUTIES.

The 70th Independence Day was celebrated with great fervour. A wave of patriotism swept over the entire school as the students and staff zealously awaited the unfurling of the Triranga, a symbol of freedom and a stark reminder of the cherished ideals of our indomitable nation, by the honourable Chief Guest, Chairman Brig V S Narang.

The beautiful rendition of the National Anthem that followed gripped one and all, as it magnificently captured the spirit of the day and its significance. The students of the school choir befittingly filled the air with patriotic fervor with their rendition of patriotic songs in which they praised the pristine glory of the nation. The Investiture Ceremony in 2016-17 were administered the oath of loyalty and dedication towards their responsibilities in the presence of guests: Arni Singh and Soumya Saxena vowed to take up the responsibilities as Head Boy and Head Girl respectively. All the Captains, Vice Captains and Sports Captains, Cultural Secretaries pledged to be the worthy chosen students of the school.

Later, the winners of the cluster level English Debate, Hindi Debate and Quiz competition which was held at Allahabad, were felicitated by the Chairman of the school. In his address, the Honourable Chairman paid reverence to the founders of the nation and implored the students to be their worthy successors.



Anxiety: Identification & Management

Three things you need to succeed: Preparation, Organization and Practice.

The signs to Test Anxiety are:

- 1) Mental Block out
- 2) Racing thoughts
- 3) Difficulty in concentrating
- 4) Negative thoughts about past performance, consequences of failures and others opinion.

Signs of Test Anxiety : Nausea, Cramps, Sweating, Headache, Dry mouth, Increased heart rate, Increased breathing, Tense muscles.

Tips for Managing Anxiety

- 1) Problem: You are unfamiliar with the test.
Solution: Know about the test.
- 2) Problem: You feel you haven't mastered the subject of the test.
Solution: Make an organized study schedule and stick to it.
- 3) Problem: You have negative thoughts.
Solution: Replace negative with positive thoughts.
- 4) Problem: Your body shows sign of anxiety.
Solution: Eat well and exercise, get proper sleep, socialize, avoid people with negative attitude.
- 5) Problem: Tension reinforces and builds up.
Solution: Practice breathing exercise, meditation, body relaxation techniques are helpful.
- 6) Problem: Mind goes blank during exam.
Solution: Take a deep breath, focus, recollect the learned.

To know your level of Anxiety

- Never Sometime Often Ten Most Always
1. How often did you feel tired out for no good reason? ●●●●●
 2. How often did you feel nervous? ●●●●●
 3. How often did you feel so nervous that nothing could calm you down? ●●●●●
 4. How often did you feel hopeless? ●●●●●
 5. How often did you feel restless or fidgety? ●●●●●
 6. How often did you feel so restless you could not sit still? ●●●●●
 7. How often did you feel depressed? ●●●●●
 8. How often did you feel that everything was an effort? ●●●●●
 9. How often did you feel so sad that nothing could cheer you up? ●●●●●
 10. How often did you feel worthless? ●●●●●

Scoring : Give marks as follows - Never: 1 ; Sometime: 2 ; Of ten: 3 ; Mostly: 4 ; Always: 5

Interpretation: Score 0-12 Low anxiety

Score 13-24 Average anxiety

Score 25-36 High anxiety

Score 37-50 Very high anxiety

By Ashish Pillai (Counselor)

BRAIN TEASERS

- Q1. I am an odd number, take away one letter and I am even.
- Q2. What is so fragile that when you speak its name you break it?
- Q3. I can live only where there is light, but if light shines on me I die. What am I?
- Q4. What five letter word becomes shorter if you add two letters to it
- Q5. I have keys but no locks, I have a space but no room. You can enter but not go outside. What am I?

ANSWERS OF BRAIN TEASERS : (1) Seven –even, (2) Silence, (3) Shadow,

(4) Shorter-shorter, (5) Keyboard

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PANORAMA

Newsletter

ARMY PUBLIC SCHOOL, MHOW



The second edition of Panorama will give all an insight into the activities carried on in the new session 2016-17. At the onset of the new academic year, our school extended a warm welcome to all its students. An array of extra curricular activities interspersed in the first quarter of the session, invigorated the spirits of the students who were participating with a lot of enthusiasm. The school reverberated with the delight of the students and applause during the inter-house competitions such as Debates, Recitation Competition, Volleyball and Basketball Matches, to name a few.

Awes Day Celebration

Our school celebrated AWES Raising Day on 29 April 2016 by organising a variety of programmes conducted by the very talented students of the Middle Wing. A special mention must be made for the skit on 'Save the Environment'. It served as a reminder that we only have one home, Mother Earth, whom we need to respect and save before it's too late.

SUMMER CAMP 2016

Every year the school organizes a Summer Camp for its students and this year, it was very well received by the sheer strength in numbers. 363 students from class III to VIII participated in the long list of activities.

The outdoor activities comprised of Lawn Tennis, Yoga, Basketball, Volleyball and Football. The indoor activities comprised of Aerobics, fun with Computers, Classical Vocal and Instrumental Music, English Speaking Classes, Art and Craft, Dance and Table Tennis. Along with this, a Faculty Enrichment Programme was organized for the teachers in the school from 17 to 28 June 2016. Experts were invited to share their knowledge on the topics:

- Fertile convulsions and remedy.
- Adolescence, problems and management.
- Stress management and positivity in life.

The Closing Ceremony was held on 28 June. Brig V S Narang, the Chairman of the school was the Chief guest. Dance and Aerobics Club gave wonderful performances along with the students of the Yoga Club. The Summer Camp culminated with the Chairman's encouraging speech.



The Board Results & Felicitation



The academic session of 2015-16 was very exhilarating for Army Public School, Mhow. The collective efforts of the students and teachers were rewarded by the glorifying results given by the Board classes this year. The following students of class XII made us proud by attaining more than 90% aggregate:

SCIENCE STREAM	
Aarman Jyagan Nalgaun	95.4%
Musank Sheela	90.8%
Raghav Kulkar	93.6%
Samriddhi Bhatti	90.8%
COMMERCE STREAM	
Divya Singh Tomar	93.2%
Ashnil Kishan	90.6%
Karal Jadhav	91.6%
HUMANITIES STREAM	
Rishi Sharma	88.2%

In class X Examination AISCE 2015-16, 26 students brought laurels to the school by securing 10 points CGPA while 58 secured above 9 CGPA, 46 secured above 8, 38 got more than 7 CGPA and 42 secured more than 6 CGPA.

The students' dedication, hard work, efforts and devotion to their subjects and studies gave us these astounding results. They have surely become our role models. In order to appreciate their hard work and efforts, a Felicitation Ceremony was held on 12 July 2016. Major Gen. Harjiv Singh felicitated the students and appreciated their performance. The ceremony commenced with a cultural programme put up by the talented students of APSM that created a blissful atmosphere.

SKATING AND KARATE CLASSES

We feel very proud to draw your attention to the recently started activities like Skating and Karate in the evening hours in the school. The students of our school are taught Karate by Mr. Nabesh Kushwaha who is a Black belt 6th Dan.

KARATE is the classical art of weapon less self-defence. Children who involve in Karate reap many benefits like control of aggressive behavior and the gain of self-respect, self-control, self-defence, self-esteem, confidence and courtesy.

Mr. Indrajit Singh Gill, the Secretary of Skate Roller Skating Association, trains the students of our Skating Club. Skating can make you feel athletic, graceful and beautiful. It is an activity for kids of all ages. It takes a lot of courage and energy to get out on the rink and get moving. It is a great activity to keep you active and fit.



CO-CURRICULAR ACTIVITIES 2016-17

SENIOR WING

Co-Curricular activities for the year 2016-17 commenced with the first House meeting held on 12 April 2016 for the selection of Prefectorial Board.

Poster Making Competition was organized on 21 April 2016 to shape the artistic talents and improve skills of the budding artists.

On 15 July, English Debate was organized and the students of all the four houses participated enthusiastically and showcased their linguistic talent and the oratory skills. The Debate also displayed a combination of confidence and eloquence in presenting the content effectively.

On 16 July, Hindi Debate competition was organized in which the students from all the four houses proved their talent of Hindi oratory skills confidently.

English Recitation was an additional feature to check the expertise of reciting poems in English. Their enthusiasm and zeal reflected their dedication which resulted in their winning prizes for their houses.

From 18 to 25 July APS Cricket League and APS Kho-Kho League Matches were organized. A whole-hearted participation of the students in both the events reflected their cooperative and sportsmanship spirit. Inter House Basket Ball Matches for Girls and Boys were also organized and students played with team spirit.

11 Aug 2016 was devoted to Hindi Recitation for VI-VII and IX to XII Classes respectively. The theme of this competition was 'Yeer Ras Ki Kavayitr' which left an impact directly on the mind and soul. The students recited the best poems of Yeer Ras.

Display Board Competition was held on 12 Aug 2016 on the theme 'India - A Window to the World' where the students displayed their artistic talent and organizing skills on the topics such as Beti Bachao Beti Padhao, Skill India, Clean India and Education for All. In all the competitions students participated with great zeal and zest to win a position for their House.

PRIMARY WING

The Primary Wing strives to raise vibrant and all round students. The success is visible in the enthusiastic participation and outpouring talent seen during co-curricular activities.

The activities began in the month of April with an escalating start. ENGLISH CALLIGRAPHY COMPETITION was held on 12 April 2016 for classes I to V. In May Mothers Day Gift Making Competition for classes I to V was held on 3 May 2016. Cards and gifts made by them exhibited their love and feelings for their Mothers. ON THE SPOT DRAWING COMPETITION was organized for classes I to V on 26 April 2016 in which our budding artists showcased their artistic talent.

ENGLISH EXTENDPORE COMPETITION was held on 21 July 2016 for classes III to V to enhance oral skill and self confidence as today's age demands good communication skills. August witnessed a flurry of co-curricular activities which marked the celebration of our Independence Day.

INVESTITURE CEREMONY for our young appointment holders was conducted on 13 August 2016. They were awarded their badges by the Principal and they took an oath of sincerity and devotion towards their duties.

Jr. Wing also celebrated VAN MAHOTASAV from 5 August to 8 August 2016 with great enthusiasm. In August the stage was set for the festivity by the INTER HOUSE PATRIOTIC SONG COMPETITION on 11 August 2016 where the participants instilled the audience with feelings of nationalism.



HIGHLIGHTS : Inter School Activities



Miss Pooja Jadhav, participated in the 45th Aquatic Championship held in Jabalpur on 13 June 2016 where she stood First in 4x50m, Free Style Relay; Second in 4x50 Medley Relay & Third in 50m, Free Style.

Miss Pooja Jadhav further participated in the District level Swimming competition on 29 June 2016 and bagged the Second Position in 100 mt. Breast Stroke and 50m, Free Style & Third in 100m, Free Style.

APSM hosted an Inter School Debate competition where over 7 schools of Indore region participated. Our team won the trophy. Miss Shreya Talwar & Master Jyotir Sondhi of class X were adjudged as the Best Speaker Against and For the motion respectively. Ishdeep Singh of class X was declared as the Best Interceptor.

Master Dipankar, a budding artist of APSM, participated in the Online International Pheaso Art Contest during the months of April and June 2016. He was adjudged as the Golden Artist in the month of April on winning the Third position. In the month of June he bagged the Second position and was adjudged as the 'Diamond Artist'.



The school English and Hindi Debate teams continued its winning at Cluster level Inter School Debate Competition held at Allahabad. The English Debate team bagged the trophy and the Hindi Debate team were the First Runners-up. Miss Shreya Talwar & Master Jyotir Sondhi were adjudged as the Best Speaker Against and For the motion respectively. Ishdeep Singh was declared as the Best Interceptor.

August turned out to be an active and sporty month. The Soccer team of APSM went to Daily College, Indore for a Football Tournament and marked their place in the Top 4 Teams by bagging the Third position.

The Basketball Team (Boys) of our school participated in the Inter School Basketball Tournament organized by Emerald Heights and secured the Third position.

On 28 August, School Volleyball team participated in the Inter School Volleyball Tournament organized by Builder Memorial, Mhow and brought laurels to the school by bagging the Second Position in the Boys' category and First Position in the Girls category.

The Students participated in the Inter Army Public School Central Command (Cluster IV) Basketball Tournament (Boys and Girls) which was held at Jabalpur from 28 to 31 August 2016 and brought acclaim to the institution by clinching Position in the duo competition.



Command level Inter School Debate Competition was held at Bareilly during the first week of September 2016. Our English Debate team was adjudged as the First Runners-up and the Hindi Debate team as the Second Runners-up. Chalee Rusbeckesh was declared as the Best Interceptor.