



# *Army Public School Birpur*

*Monthly Report : June, 2022*



## SCHOOL ACTIVITIES FOR THE MONTH OF JUN 2022

### *Mission 'Parakh'*

Mission 'Parakh' has been started by APS, Birpur and the motto of the mission is to provide a platform for students to crack the written examination of NDA. Three experienced teachers Mrs Neetu Kant Uniyal, Mr Shubham and Mrs Bimla Rawat have been appointed for the task. Twenty-two students including girls have enrolled for the preparation. These students are being imparted extra coaching in Maths, GAT and English along with regular classes. The school is aspiring for a bright future for the students through 'Parakh'.



### *Passing out Parade*

APS Birpur students got the opportunity to witness the Passing out Parade at IMA Dehradun, scheduled on 5 Jun 2022. Seventy-three students of cl XII and three teachers from the school witnessed the POP. The enthralling POP, at the backdrop of the famous Chetwood Building, captivated the hearts of children. The whole ambience was reverberated with the claps of the audience. This incredible event inspired and motivated all students to pursue a career in the Indian Army.

### *Summer Camp 2022- Beat The Heat (6 - 11 Jun 2022)*

The summer camp- "Beat the Heat" was inaugurated by the Principal, Mrs Neelam Kaushik on 6 Jun 2022. In the inaugural function the pigeons and balloons were released. The camp was organised for one week in Middle Wing of the school between 8:30 am to 11:45 am. Around 430 students participated in the camp. The camp started with full of enthusiasm. Different groups were made according to their choice and interest. The following activities were covered in the camp.



## *Cooking without fire*

In this activity, the children learned to make cool and refreshing lemonade. They were taught to make Mango Lassi, Chickpea Salad and Sandwich using different types of vegetables. While making the sandwich they were explained the importance of raw/uncooked food. Children also learned to prepare Aam Panna- an Indian drink renowned for its cooling properties. After that, they were also taught to make mouth-watering Fruit Chaat, Oreo milkshake and Bhelpuri.



## *Sports & Yoga*

In this activity, children learned different Paranyams and Asanas under the guidance of Mr Nitin Uniyal.



## *Music, Art & Craft*

Music is a way to make one relaxed and comfortable. Keeping this in view, many children opted for music group in summer camp. Children participated in various songs and played instruments

like tabla, guitar and harmonium. They enjoyed the song “prithvi ko bachana hai, aage kadam badhana hai” based on the theme ‘Save Environment’. In Art and Craft Group, children learnt to make colourful paper flowers, Thanks Cards with colourful papers.



### *Personality development & Dance*

Children gained a lot of experience in personality development by competing in a Speaking Competition that challenged our young speakers to speak confidently, persuasively, and charismatically. Children were also taught to develop courtesy, politeness, good manners, and social skills. They also learned good habits and table etiquette. In dance classes, students had a great time grooving to the beats of Zumba, fusion dance and classical dance steps. Kids had fun and enjoyed themselves a lot.



### *Soil Conservation*

Students were explained about the importance of top soil and how we all can conserve our planet earth. They were explained about contour ploughing, terrace farming and flat-levelled area into hills. All these types of agriculture benefit the environment through helping maintain soil quality, reducing erosion, and preserving water. Children were taken for a nature walk, to show them Herbal Garden. Instructions were given to them to do gardening and take care of plants.



## *Felicitation of the teachers and students on the concluding day of Summer Camp*

On 10 of Jun 2022, a glimpse of the whole journey of summer camp was presented. It was a very enthusiastic teaching-learning experience for both students as well as for teachers. A display of Calligraphy writing, Paper bags, Warli painting, Madhubani painting, Pen holders, Stalking flowers, and Textile Painting was done by the students. In the end the CCA Coordinator thanked students, teachers and group D staff to make camp successful.



## *Recreational visit to Malsi Dear Park*

As part of Summer Camp, a recreational trip was organised to Malsi Deer Park -The Dehradun Zoo for the students of class III to V on 10 Jun 2022. A group of 40 students along with seven teachers went there to witness the many species of animals that inhabit the zoo. The children were very excited to see tigers, birds, peacocks, rabbits, Snake Park, Aquariums, and The Cactus Garden in the Zoo. After having enjoyed at the Zoo, the children returned to school fully satisfied and with happy memories.



## *21 Jun 2022 - 8th International Yoga Day*

APS Birpur celebrated the 8th International Yoga Day in the school with great zeal and enthusiasm. Twenty-five girls from NCC, thirty students from different classes, teachers, administrative staff and parents of students participated in the programme. The students

performed Yogic Asanas and Pranayamas under the guidance of Mr Nitin Uniyal (Physical Education Teacher) and Ms Durga Thapa (Associate NCC Officer).

Mr S. K. Dikshit, Vice Principal, described the importance of yoga in people's lives. He also explained how the practice of Elements of Yoga - Yama, Niyam, Asana, Pranayama, Pratyahara, Dharna, Dhyana and Samadhi could rejuvenate and delay ageing and help to get rid of various lifestyle diseases. A light warm-up followed by various yogic asanas such as Surya Namaskar, Vajrasana, Shashank asana, Sarvangasana, Bhujangasana, Paschimottanasana, Makarasana, Naukasana and Halasana etc., were practiced by the children and all present over there. Additionally, children were also enlightened about parts of Pranayama Viz, Puraka, Kumbhak, and Rechak. The children mainly practiced Bhastrika, Kapalbhati, and Anulom-Vilom Pranayam. With the chanting of Omkar and Gayatri Mantra, the session came to an end.

NCC cadets of APS Birpur and KV Birpur performed yoga together at KV Birpur to mark the International Yoga Day. Students enjoyed performing yoga with each other. Video and link were sent to students to join and perform and to make them aware of the importance of yoga.

