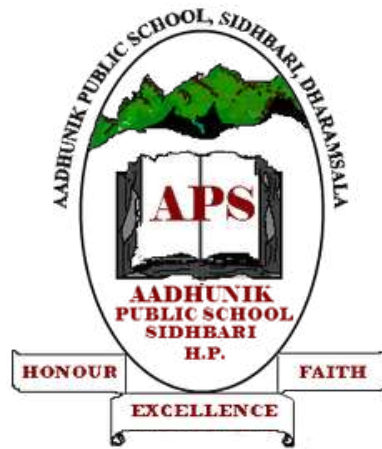


APS MIRROR

THE OFFICIAL SCHOOL NEWSLETTER

A PLATFORM TO ENCOURAGE CREATIVITY AND NURTURE NEW SKILLS AND INSIGHTS



CELEBRATING 25 YEARS OF SOUL CRAFTING

MESSAGE FROM THE PRINCIPAL

MS. Anita Verma



Dear Parents

As we all know this is an unprecedented time in our country. With everything going on from the end of the second wave to the fear of the third phase of coronavirus, things may seem scary, strange, up-in-the-air, even unknown from one hour to the next. Our School is taking a positive approach to carrying forward things in light of the current situation. Parents, perhaps you are helping more with your child's learning today than you ever have before. For that, we thank you! We know it is not easy balancing working from home, helping your wards' access the online learning environment, and guiding with school work. Online learning presents many opportunities and challenges for educators and students. The students are involved in the interactive sessions during online learning. Our school Portal is a platform designed with safety and is a secured environment for the learners. But at the same time, it has become mandatory to look after their physical and mental health as they are away from their peer group and friends for a long period. When your child is undergoing a rough phase give him/her the emotional cushioning he/she needs to get out of the blues. It is also a good time to inculcate the habit of reading and learning life skills. Encourage your ward to read books and journal writing. They can also be involved in activities related to the conservation of the environment. Little efforts like taking care of plants can go a long way to great learning and maintaining our life support system.

To prevent the spread of COVID-19:

Wear a face mask.

Clean your hands often. Use soap and water, or an alcohol-based hand rub.

Maintain a safe distance from anyone who is coughing or sneezing.

Don't touch your eyes, nose or mouth.

Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.

If you have a fever, cough and difficulty breathing, seek medical attention.

Encourage your child to watch the news and be informed. Meanwhile, discuss with them to understand the situation but not to panic. Appreciate them whenever they follow the safety rules.

Stay Home, Stay Safe.

IN THIS ISSUE

Messages by the principal and the editor

Messages by the teachers

School activities/news

Student submissions



IT'S A GLORIOUS WIN

CLASS XII TOPPERS-SESSION 2020-2021

STREAM	STUDENT	PERCENTAGE
COMMERCE	KHUSHI RANA	94.8
MEDICAL	AASTHA KATOCH	96.6
MEDICAL	AGRIMA KAPOOR	96.6
MEDICAL	STUTI ARORA	96.6
NON-MEDICAL	SAMRIDH ARORA	96.6



STRENGTH - 62
PASSED - 62
ABOVE 90% - 18
ABOVE 95% - 4



**AASTHA
KATOCH**



**AGRIMA
KAPOOR**



**STUTI
ARORA**



**SAMRIDH
ARORA**



**KHUSHI
RANA**

CLASS X TOPPERS - SESSION 2020-2021

STUDENT	PERCENTAGE
MUKUL RANA	96
AANANDIT KANWAR	95.6
EKAMJOT SINGH MADAN	95.2
VINAYAKDEEP SACHDEVA	95.2



STRENGTH - 76
PASSED - 76
ABOVE 90% - 18
ABOVE 95% - 4



**MUKUL
RANA**



**ANANDIT
KANWAR**



**EKAMJOT SINGH
MADAN**



**VINAYAKDEEP
SACHDEVA**

THE EDITORIAL BOARD

Ms. Eeha Singh (Editor)
Ms. Neetu
Ms. Shagun Rana
Ms. Ranjana Sharma
Ms. Richa

THE EDITOR'S PEN

My dear students

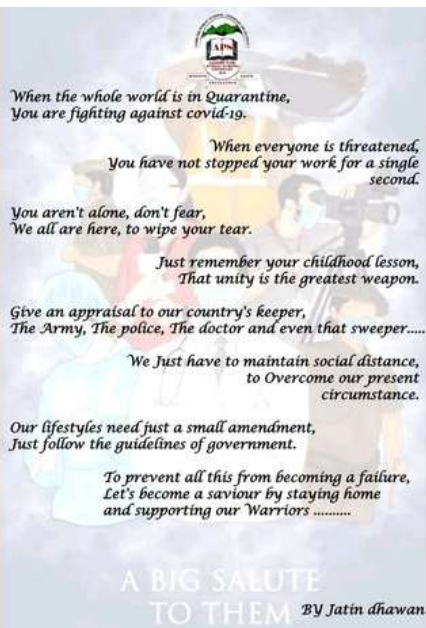
I know you are working hard but I also know that you are capable of achieving even more. Language plays a very significant role in our lives. It has become so important that it can either make or mar your career. English is a foreign language so the only way to master it is practice. The more you use it, more proficient you'd become. You must understand that it won't come naturally to you unless you are surrounded by people who are constantly speaking in English throughout the day just like Hindi. Drench yourself in this language to become a pro at it.

Follow these methods and notice the difference.

1. Watch English channels-news, music, movies etc.
2. Talk to your siblings, friends and parents in English. Use simple sentences during the course of the day like 'Can I have something to eat?', 'There's someone at the door', 'The food is way too delicious today', 'Can you help me with my homework, please?' etc.
3. Do not bother how others react when you talk in English. Let them laugh at you. It's your life after all. They won't represent you at job interviews or group discussions at reputed colleges. You are going to be by yourself.
4. Don't be afraid of making mistakes while speaking. Do not feel embarrassed at all. As long as you speak clearly and confidently, no one is going to judge you for using the wrong article or sentence order. Just be aware of your mistakes and learn from them.
5. Get into the habit of listening to audio books as you read the text or listening to English Podcasts. Try to imitate the speakers. Record yourself speaking and try to bring a change the next time you record.

So try these methods consistently and conquer your fear of speaking. Remember- 'Courage is resistance to fear, mastery of fear – not absence of fear' – Mark Twain

EEHA SINGH



EVERY ARTIST WAS FIRST AN AMATEUR

There is no doubt that arts and crafts are fun activities for kids. Be it coloring with crayons or making miniature statues from clay, folding paper to create fine origami or designing a handmade birthday card, there are several arts and crafts activities, which can enhance the interest of the children and exploit their artistic potential.

By introducing arts and crafts to the kids and involving them in such activities in schools, you will invest in building their cognitive, physical, and social development.

Benefits-

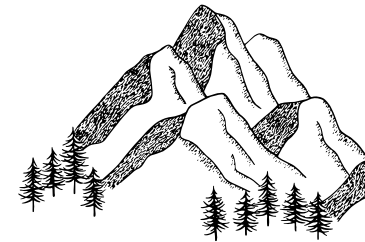
- Development of fine motor skills
- Improvement of hand-eye coordination
- Learning to appreciate art and culture
- Enhancement in self-expression
- Helps in socializing
- Boosts confidence
- Enhances creativity
- Sharpens skills of decision making
- Enhances memory and visual learning

Ms Rama Sharma





HIMACHAL DAY 2021 'IF THERE IS A HEAVEN ON EARTH, IT IS HERE'



VAISAKHI 2021 'REJOICING IN THE RICHNESS OF HARVEST AND THE GLORY OF PUNJABI CULTURE'



ENVIRONMENT

Our environment is our asset. We should not lose the charm of the environment by pollution. We should deal with the environment of our Earth like our mother because our Earth also nurtures us and provides shelter to us. If the climate gets polluted then will it be possible for us to live? The contaminants of the environment are called pollutants. They harm our body.

Save the Environment!

Samaira Walia

IV A



प्रदूषण

प्रदूषण और अधिक बढ़ा है। धरती का वायुमंडल इतना विषैला हो गया है कि किसी भीड़ भरे चौराहे पर साँस लेने में भी दिक्कत महसूस होने लगती है। प्रकृति में जब तक संतुलन बना हुआ था, तब तक जल और वायु दोनों ही शुद्ध थे। उपयोगितावाद के हाथों प्राकृतिक साधनों का अंधाधुंध दोहन हुआ है, परिणामस्वरूप वातावरण में निरंतर प्रदूषण बढ़ा ही है। आज स्थिति यह हो गई है कि न केवल हवा, बल्कि जल-स्रोत भी दूषित हो गए हैं। इतना ही नहीं अब तो ध्वनि-प्रदूषण के भी दुष्परिणाम सामने आने लगे हैं। यदि हम अब भी नहीं संभले तो उसके विनाशकारी परिणाम शीघ्र सामने आएंगे। संसार में जो कुछ भी है वह मनुष्य से जुड़ा हुआ है। अपने व्यवहार से मनुष्य उसे अच्छा या बुरा जो चाहे बना सकता है। मानव का भला तो अच्छा करने और बनाने में ही है। यह सोचकर हमें जंगलों की रक्षा कर नए पेड़ उगाने हैं। धुआँ-धुंध फैलाने वाले उन उपकरणों से छुटकारा पाने का प्रयास करना है, जो कि वायु को प्रदूषित कर दमघोंटू सिद्ध हो रहे हैं। अपने चारों ओर की सफाई का ध्यान रखना है। नदियों के जल की शुद्धता और पवित्रता बनाए रखनी है। सबसे बढ़कर अपने मन-मस्तिष्क को वैयक्तिक स्वार्थों के प्रदूषण से मुक्त रखकर ऐसे कार्य करने हैं जो समूची मानवता के हित में हों।

Ashmi Jamwal

XB

दूषित नदी (लघु कथा)

कुसुबागाँव में पहाड़ों के बीच एक नदी बहती थी | वह नदी एकदम स्वच्छ व सुंदर थी |उसकी आवाज़ पूरे गाँव में गूँजती थी और सभी लोगों को अच्छी लगती थी |एक दिन अचानक खराब मौसम के कारण नदी कचरे व कूड़े के साथ मिल गई। जो नदी आज तक इतनी सुंदर हुआ करती थी प्रदूषण की शिकार हो गई थी। वह नदी अब उदास हो गई थी। लोगों ने भी उसके पास जाना छोड़ दिया था। वह अकेली पड़ गई थी। वह सोचती कि अगर इस दुनिया में हर इंसान अपने पर्यावरण को स्वच्छ एवं सुंदर बनाए रखें तो कितना अच्छा हो! यही सोचते - सोचते वह आगे बढ़ती रही। "काश मेरे पास ऐसा कोई होता जिसके साथ मैं अपना दुख व्यक्त कर पाती " ऐसा नदी ने कहा।

Vanshita Sharma

XB

WORLD ENVIRONMENT DAY 2021 'WORKING TOWARDS A GREEN FUTURE'



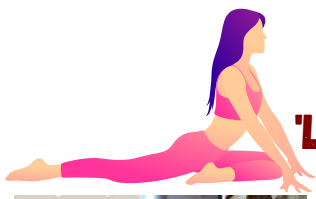
Environment Day

World Environment Day is an annual campaign run by the United Nations Environment program on 5th June to raise global awareness about the environment and nature to protect the planet Earth. It is a day to especially focus on the current environmental conditions to make the environment better.

Vani Sharma

IV-B





INTERNATIONAL DAY OF YOGA 2021

'LEARNING TO LOOK AT OURSELVES FROM WITHIN'



Ayurveda or Allopathy?

In these hard times of the covid-19 pandemic, a question has gained everyone's attention. That is if the modern medical practice (allopathy) is right or the most ancient method for medical treatment, Ayurveda is right. This clash isn't new, it has been going since ages, here is some information about it.

Ayurveda is made up of two words, Ayur and Veda. Ayur means life and Veda means science. It is the most ancient method for medical treatment. According to modern Ayurvedic sources, the origins of Ayurveda have been traced to around 6,000 BC. Ayurveda is one of the few systems of medicine developed in ancient times that is still widely practiced in modern times. Medicines are typically based on complex herbal compounds, minerals, and metal substances.

The word "allopathic" comes from the Greek "allos" — meaning "opposite" — and "pathos" — meaning "to suffer". Allopathy is the opposite of homeopathy. It is the system of medical practice which treats disease by the use of remedies which produce effects different from those produced by the disease under treatment. It was originally used by 19th-century homeopaths as a derogatory term for heroic medicine. The term "allopathy" was coined in 1910.

Talking about India, Ayurveda was the only medical practice in the ancient times. The gurus who practiced Ayurveda were considered gods. But, during the British rule, Britishers introduced the modern medical practice (allopathy). However, the Indians wanted to stick to Ayurveda. Then, there was a disease which was widely spread in India. There was a vaccine developed. People started taking it to save their lives. This gained the trust of Indians in allopathy. It was popularising day by day. Britishers opened many modern medical colleges. This was the starting of allopathy in India and now it's the most popular method for medical treatments.

Allopathy usually gives instant relief unlike Ayurveda. But Ayurveda assures to treat the disease completely which takes time. For emergencies, allopathy is the best method. It has saved a lot of lives. The fact is, people usually prefer allopathy over Ayurveda. As it is more convenient and can cure serious diseases.

At last, I just wanted to say that, Ayurveda or Allopathy, both methods are saving people's lives. And in these hard times, everyone needs to stand in unity to fight the virus.

Shradha Purohit - IX B



FLOWER ARRANGEMENT COMPETITION 'WHERE FLOWERS BLOOM, SO DOES HAPPINESS'

WORLD NO TOBACCO DAY 'LIFE IS SHORT, MAKE IT LAST'



RAM NAVAMI CELEBRATIONS



'माँ'

माँ तुम कितनी महान हो,
इस धरती की तुम शान हो ।
लोरी सुनाई और बड़ा किया पाल-पोसकर,
गोद में अपनी झूला झुला कर ।
माँ तुम कितनी महान हो,
इस धरती की तुम शान हो ॥

नाम - चिराग,
कक्षा- तीसरी (क),



FLAMELESS COOKING 'FOOD FOR THE SOUL'



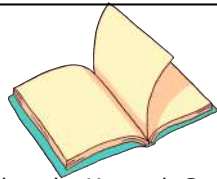
Raksha Bandhan

Raksha Bandhan is a famous festival of India. It is celebrated all over the country with great joy. "Raksha" means- Protection and "Bandhan" means - bond, thus the bond of protection. The festival of Raksha Bandhan is celebrated on the day of Shrawan Purnima. On this day sister apply tilak on their brother forehead and tie Rakhi on their brother wrist. Brother gives gifts to their sister and promise to take care of them in every situation, sister prays to god for the safety good health and bright future of her brother.

Name - Yukti Thakur
Class - 2nd - B

FROM A STUDENT'S PERSPECTIVE

BOOK REVIEW



Wind in the willows

The wind in the willows, written by Kenneth Grahame is a classic sweet children's novel. It is one of the best loved tales in children's literature and it has been entertaining readers of all ages for over a century now. The book is nice and cute and narrates the adventures of four animal friends –the polite MOLE, the friendly RAT, the kind Mr. BADGER and the boastful Mr. TOAD.

What I like about this book is that there is no "main plot", and there are no humans involved. The story revolves around how three friends rescue Mr. Toad. The author has based this novel on a few bed time stories he made for his son.

I totally recommend this book, it is a good read.

Paavni Rampal

6th A

" चाहत- चाहत "

चाहत है, आसमां तक जाने की,
चाहत है, सफलता पाने की।
चाहत है, देश पर मिट जाने की,
चाहत है, नई मंजिल पाने की।
चाहत है, चाँद को छू लेने की,
चाहत है, देश को आगे बढ़ाने की।

चाहत है, नाम कमाने की,
चाहत है, कदम से कदम मिलाने की।
चाहत है, देश की गरीबी मिटाने की,
चाहत है हर अंधविश्वास और भेदभाव मिटाने की।

नमन कीर्ति

कक्षा- 5 (अ)

Open A Book

Open a book
And you will find
People and places of every kind;
Open a book
And you can be
Anything you want to be;
Open a book
And you can share
Wondrous worlds you find in there;
Open a book
And I will too
You read to me
And I'll read to you.

Saanvi Sethi

2nd B

ON WAITING...

The day they met ,the way they spent
Through his smiles through his laughs
She drowned herself into the sea of his eyes
She started loving her existence more but
abhorred the thought of his absence on her
life shore.

Sneaking out at night, peeking through the
windows

Just getting excited for a glimpse of her
dream Hero

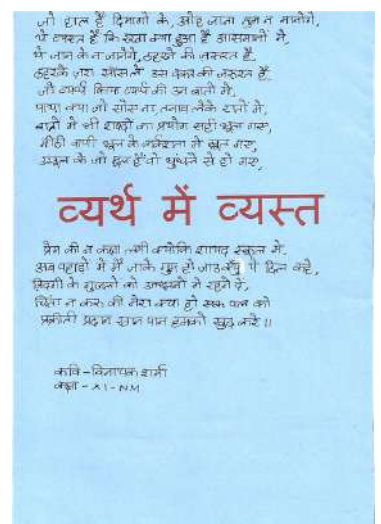
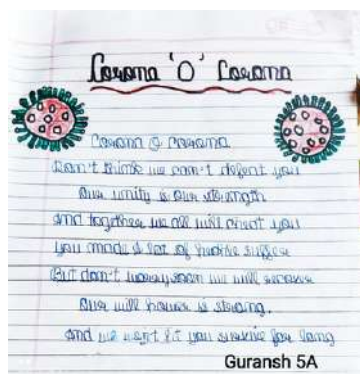
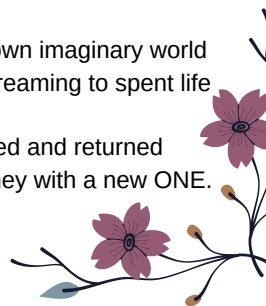
Too innocent to realize that her Hero would
soon disappear into the mist of dark nights .
She had infinite slashes and cuts on her
figure, still craved and waited to be cured by
the honeyed lips of her lover

He held her hand and secured her possession
Was now ready to haul her to another Earth.
Experiencing the thrill out of ,she suddenly
realised

It was just her and her own imaginary world
For the lover she was dreaming to spent life
with and adoring to

Had now left her deserted and returned
And was now on a journey with a new ONE.

Sonal Guleria





The Minjar Mela

The Minjar Mela in the Chamba district of Himachal Pradesh, where it is celebrated, has a very long history dating back to the year 935 AD. This is held on the second Sunday of Shravana, which usually falls during July-August. It is one of the most important state fairs of Himachal Pradesh.

Minjar originates from the Hindi word Manjari which means maize flower. There are many versions regarding the historical origin of this festival. In one of the versions, it is said that in 935 AD, when the Raja Sahila Verma of Chamba came back victorious after defeating Raja of Kangra in a battle, he was welcomed with bundles of paddy and maize by the people of the kingdom. Overwhelmed with joy and to commemorate the victory, the King ordered a full week of celebrations. It is also said that it starts on a Sunday because the Raja belongs to the Rajput Suryavanshi dynasty. Since then, it has been a custom to celebrate this period as an annual festival. This is celebrated during Shraavan Maas when the green shoots of maize and paddy cereals emerge in the middle of the monsoon season. This is similar to the different harvesting festivals celebrated in various parts of India to express thankfulness to God for the crop.

Another legend says the River Ravi was earlier following a different course between two temples, and the people in the kingdom used to face a lot of difficulties because of this. To help the people, the King requested a saint to perform a Yagna for 7 days, after which the river changed its flow to the present course. This auspicious period is continued even now and celebrated.

At last, no matter what is its origin, I feel happy to see the faith people still have with their culture.

Shraddha - IX B

Hobbies- The right use of leisure

A hobby is a favorite subject that gives us pleasure and can be practiced in our leisure time to relieve our mental stress. Music, dance, reading, painting, adventure, cycling, etc. are some of hobbies. Hobbies widen the sphere of our cultural activities, give refinement to our tastes and show us the path that leads to our overall skill development. Our tendencies and inclinations are also best detected by our hobbies.

The spare time must not be fritted in idleness or spent on useless tasks. During free time a person should plan to do something that results out to be productive and useful. The new interest will be worthwhile only if it provides relaxation and change from routine tasks. This also produces a feeling in the individual that life is not a boring play rather it is charming and beautiful.

The choice of hobbies is not an easy task. Sometimes the wrong choice also proves to be a right one. All that is demanded by any task is that interest in the hobby chosen, strong willingness to learn new things and great enthusiasm. Some hobbies also require guidance from an experienced person.

So, we can conclude that hobbies are equally important as compared to jobs and studies because overall development of a person mainly depends upon extra activities that provide us relaxation from daily stress.

Vanshika Mahajan - XI Medical



Life is a mystery

Life is a Mystery
Everyone has their own history
Interesting and amazing
Some Sad and Some Happy

But excitement is always on
Because what life holds is unknown
Finding out solutions to problems
Seeing which our minds baffle

बँटवारा

सूरज ढला शाम से रातें,
ऑसुओं की थी वह बरसातें।
भाई -भाई से भिड़े,
मन से फिर भी थे चौखट पर खड़े।
बँटवारे की वह शाम आज भी कोई भूलन पाया है,
उन लार्शों का मेला आज भी कोई भूल न पाया है।
मन से निकलें कुछ ऐसी ही मुरादें,
फिर कभी नआएँ बँटवारे की रातें।
शासन कर लड़वा गए,
यहाँ जो थे अंग्रेज़ी शासक।
सत्तर बरस बाद भी भाई बने भाइयों के भक्षक,
अनार्थों और विधवाओं की कुछ ऐसी ही मुरादें।
फिर कभी न आएँ बँटवारे की रातें।

रुद्रांशी शर्मा- दसवीं 'ब'



Everyday teaches something new
Each day is as fresh as a drop of dew
Moving on from past incidents
Passing through different phases

It's not easy to be a teen
What's gonna happen-we're always keen
We're confused about our own life
Still friends ask us for advice

We say "Hey! Dude chill"
Inside we know life is surprising still
We tolerate everything like a tree
Because Life is a mystery!

Mansi - XI NM



We believe that kids must learn to trust their ideas. We offer them freedom, material and space to bloom!

FROM A STUDENT'S PERSPECTIVE

THE SCIENCE OF CANDY – SUGAR CHEMISTRY

An eye-catching title, isn't it? Well, all of us love candies a lot. The different mouth relishing flavours of candy can make anybody delighted. No matter what your age is but you always remain a candy lover! But ever thought that how our favourite candies are made? Well today we're going to talk about the CANDY CHEMISTRY.

The primary ingredient used is sugar. Sugar is a general term used for group of molecules containing sucrose, fructose and glucose. The 1st step is boiling sugar in water to form syrup. Then this syrup is cooled and the way its cooled determines the type of candy produced. For example, the rock candy is made when syrup is cooled several days and fudge requires constant stirring during cooling so that the sugar crystals formed remain small.

Now many few of us know that there are two categories of candy – crystalline and non-crystalline. The crystalline candies such as fudge and fondant have lower sugar concentration than the non-crystalline candy and may contain small fine particles of sucrose.

Glass candy, cotton candy and gummies are the non-crystalline candies which have a higher concentration of sugar than the crystalline ones. The famous fudge is made by boiling sugar and water at 212° F. Then it's cooled. Once cooled, the syrup is constantly stirred and scraped, forming many crystals at once. Constant stirring distributes the crystals evenly which keeps the size of crystals small and give fudge its milky texture!

Now you know the chemistry used in making your favourite candies and maybe anyone of you can make this! Science is always fun and never goes out of style.

Anvi Puri - XI Non Med

DREAM BIG, LITTLE ONES

PAPER BAG MAKING



PAPER BRACELET MAKING



NEWSPAPER FLOWER VASE



HAPPY LEARNING