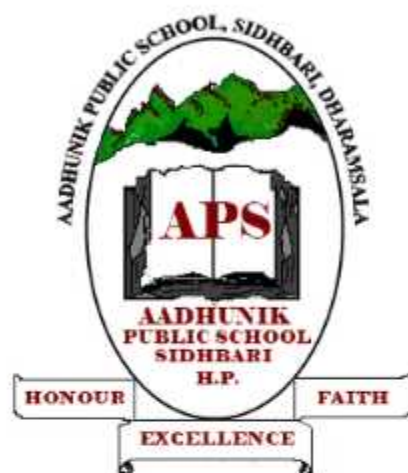


# APS MIRROR

THE OFFICIAL SCHOOL NEWSLETTER

**A PLATFORM TO ENCOURAGE CREATIVITY AND NURTURE NEW SKILLS AND INSIGHTS**



## PRINCIPAL'S MESSAGE

Dear Parents and Students

Childhood is a wonderful phase of life and every moment of it should be lived with passion and mindfulness. I see children playing with team-spirit, studying with curiosity and eating together with a sense of belonging towards each other. It fills my heart with pride when I see them growing and blooming into beautiful individuals with each passing year. Amidst all this, there is something that perturbs me and I would like to highlight this issue because it needs to be dealt with immediately. There are so many parents who confide in us about how their kids misbehave at home or simply refuse to listen to them. These are certainly not the values that I want my students to grow up with. Children, you need to remember that your parents are your first teachers, your biggest supporters, and your lifelong allies who only wish to see you rise. They sacrifice so much just to ensure that you lead a comfortable life. It is your moral obligation to show them respect and gratitude. It is not a societal expectation but something that should come to you naturally. I hope to see you all strive to be more considerate, empathetic and respectful in your interactions with your parents. Make them feel proud of their upbringing. Their heads should be held high not just because of your academic achievements, but also your character.



Ms. Anjali Dogra

## IN THIS ISSUE

Message by the Editor

Messages by the teachers

School activities/news

Student submissions



## FROM THE EDITOR'S PEN

### Dear Children

There is bombardment of information from all avenues these days. What is paramount is that you need to judge between the right and the wrong. Neither is every bit of information correct nor is it based on facts. Get into the habit of researching in an in-depth manner than just vouching on the first write-up you see online. Search from varied resources like newspapers, books, different archives/websites etc. Such a habit will not only make you wise but also informed enough to pass on the correct information to others. Stop relying solely on word of mouth. You will end up making a mockery of yourself in front of everyone. Research will keep you motivated while you enjoy the freedom of exploring a topic. It will enhance your problem solving skills and increase your learning capacity substantially.

Refrain from indulging in plagiarism (using someone else's words or ideas and stating them as if they were your own). Here is how you can avoid it.

- Cite the source from where you got your material.
- Note down all the sources being used in your research process.
- Always credit the original author.
- Paraphrase in your own words everything that you copy but make sure that the meaning doesn't change.

Who said Research is only meant for scientists. Let your journey to becoming independent researchers begin! I assure you it'll be adventurous and wholesome.

**Eeha Singh**

Editor



### From Stillness to Spotlight : The Transformative Power of Western Dance

Western dance is a vibrant blend of style, rhythm, and self-expression. From hip-hop to contemporary, its energetic and expressive nature captures the hearts of students, allowing them to move freely and feel every beat. They don't just perform—they live every step, every turn, every jump with passion and excitement. Children naturally connect with Western dance. Its dynamic movements and lively music awaken their curiosity and creativity. Whether they are gliding, waving, spinning, or trying out a new freestyle move, there is always a sense of wonder in their eyes. The happiness they feel while dancing is unmatched—it becomes a part of them. What makes Western dance truly powerful is the way it brings out emotions. Students express joy, confidence, and even their stories through movement. Without saying a word, they show how they feel—sometimes strong, sometimes playful, and often proud of what they can do. It helps them build not only physical strength and flexibility but also inner confidence and emotional intelligence. The steps they learn aren't just dance moves—they become achievements that boost self-esteem and motivation. Every new step mastered is a victory. Their excitement is real, and their love for dance grows with every beat. Even those who are usually shy find comfort in movement. Western dance gives them the courage to step out and shine. It becomes their safe space to be themselves—bold, expressive, and fearless. Western dance doesn't just teach movement—it inspires expression, joy, and growth. With rhythm in their hearts and energy in their bodies, students discover a new way to connect with the world around them. And in those moments, they aren't just dancing—they're telling their story.

**Akash Sharma**

Western Dance Teacher

## CONSISTENCY AND PERSEVERANCE IS THE KEY

### Our Students Made Us Proud Again

#### CLASS X

OVERALL RESULT : Appeared : 78, Passed : 78  
Above 90% : 12, Overall Above 60% : 66

*Bhanu Pratap Singh Pathania- 96%*

#### CLASS XI

Overall above 90% : 4, Overall Above 60% : 82

*Anshuman Sharma (Medical)-91.8%*  
*Mitanshi Chauhan (Non Medical)- 90.6%*  
*Tanvi Chaudhary (Humanities)- 97%*  
*Ansh Rustagi (Commerce)- 87%*



## First Aid Box Making Competition



## DHAULADHAR NATURE PARK-FIELD TRIP

### ADVENTUROUS, FUN AND INFORMATIVE



explore



discover



## BABA SAHEB AMBEDKAR

Dr. Bhimrao Ramji Ambedkar, also known as Babasaheb, was a visionary leader and social reformer who dedicated his life to fighting caste-based discrimination and promoting social equality in India. Born on April 14, 1891, he overcame immense challenges and became one of India's most influential figures.

### Key Contributions

1. **Abolition of Untouchability:** He worked tirelessly to eliminate caste barriers and advocated for equal rights and opportunities for Dalits.
2. **Indian Constitution:** Ambedkar played a pivotal role in drafting India's Constitution, introducing provisions to ensure equality, abolish untouchability, and promote social justice.
3. **Education and Empowerment:** He established institutions like the People's Education Society to empower the oppressed through learning.

### Legacy

Ambedkar's legacy extends beyond politics to literature, education, and social reform. His conversion to Buddhism in 1956 marked a significant socio-religious movement. Today, he remains an inspiration for millions, reminding us of the power of education, equality, and perseverance.

Kiyaansh Thakur

III A

## WORLD HERITAGE DAY - 2025



## Russo-Ukrainian War

Roots of the war begin from 1991. Soviet Union was dissolved, and modern-day Russia was formed. Russian democracy is symbolic in nature. It masks their dream of their Communist utopia. Russia had its puppet state in Ukraine till 2014. As we know that Russia supplies 30% of Europe's natural gas, all Russia's neighbours are dependent on it for natural gas. That's why no one dares to criticise Russia. NATO (North Atlantic Treaty Organisation) believed that this was destroying their dream of an anti-Russian Europe. They made Estonia, Latvia and Lithuania their allies and supplied them weapons and missiles for their security but, it was for preparing them against Russia. They told Ukraine to join NATO because then they will be self-dependent and have security against enemies. The real reason was they wanted to deploy their army in Ukraine against Russia because Ukraine had its longest boundary with Russia. Ukrainian government refused because it was a puppet state of Russia, and its duty was to protect the interest of Russia in Ukraine. The nationalists in Ukraine were infuriated and they started a nationalist movement in Ukraine (2014). The government was overthrown. Russia was infuriated and started to invade Crimea (in southern Ukraine). Russia defended its act by saying that they were sending "peacekeeping troops" to defend the old government. USA said that if they attack Ukraine in the future again, it will be full-blown war. Ukraine's newly formed government found itself trapped in ego-war between Russia and USA. If we dive into history, we can see numerous wars happened because of these nations and only small and weak nations get trapped. If USA really cared about these small nations, they wouldn't have left Afghanistan overnight. If we see the bilingual map of Ukraine, we see that most of the land in the west of river Dnieper (which goes through middle of Ukraine) speaks Russian and nationality of more than 75% people is Russian. So they supported Russia's act in Crimea and they will support Russia in the upcoming war. Russia declared war on Ukraine in 2021. EU (European Union) and NATO declared war on Russia. India remained neutral. PM Modi said that "it is not the time of war". Russia allied with Belarus in late 2021. Millions of people have died and are dying in this devastating war. Ukraine has annexed Kiev, Lutsk, Zhytomyr back in its nation after Russia conquered it. bombings on schools, hospitals and other public places left a great impact on human values. Donald Trump had withdrawn his support and aid from Ukraine saying that Zelenskyy was wasting both resources and time of both the countries. Germany and other EU members consoled Zelenskyy by saying that EU is with Ukraine until end of the war. On the funeral of Pope Francis, Zelenskyy and Trump held a personal meeting on the sideline of the funeral. After the discussions, President Trump doubted Putin's intent to end the war and hinted at further sanctions against Russia.



Viraaj Verma (7th A)



## CLEANUP DRIVE IN ASSOCIATION WITH 'THE WASTE WARRIORS' (DHARAMSHALA)



## PLANTATION DRIVE BY THE STUDENTS OF CLASS VIII

WE DON'T JUST SPEAK ABOUT IT  
WE ACT ON IT AND MAKE A DIFFERENCE



## ENVIRONMENT DAY : A COLLECTIVE RESPONSIBILITY :



## WORLD ENVIRONMENT CONVENTION AND RALLY HELD AT GANDHI SAMRITI VATIKA







"Peace cannot be kept by force; it can only be achieved by understanding." — Albert Einstein

War..... just a three letter word but has the power to destroy the whole mankind. People who believe in war think that it will end all the conflicts and there would be peace at the end. But they forget that war is marked by widespread violence, destruction of property, and significant loss of life.

Acts of war challenge the human rights framework almost to the point where it seems to collapse. It is hard to see any place for human rights when human life is deliberately targeted, or where it is seen as "collateral damage" in the course of mass bombing campaigns, which either directly or indirectly lead to sickness, disease, suffering, destruction of homes, and death. In times of war, particularly wars which last for years on end, every human right appears to be affected adversely.

The recently ended Israel and Gaza war is one of the perfect examples of human suffering and destruction.

Gaza war has been fought between Israel and Palestinian militant groups in the Gaza Strip. It started on 7 October 2023 and ended on 19 January 2025. It is the 15th war of the Israel Gaza conflict.

The main reason of the Israel Gaza war was persecution, political instability and economic hardships of the Jewish people. Additionally, factors like the Jewish-Roman Wars, Roman rule, and later, the rise of Christianity, led to restrictions and forced expulsions of Jewish communities, contributing to the Diaspora. In the modern era, political tensions, economic challenges, and security concerns have also prompted Jewish emigration from Israel, with some individuals seeking new lives in Europe or other parts of the world.

## 1. Persecution:

The rise of Nazi Germany led the systematic persecution and murder of millions of Jewish people in Europe. This led to the massive migration of the Jewish people to Palestine. The Jewish-Roman Wars and subsequent Roman rule resulted in the forced exile of many Jews from Judea, contributing to the spread of Jewish communities across the Roman Empire and beyond.

## 2. Political Conflict:

The Great Revolt in the 1st and 2nd centuries CE led to the destruction of Judea and the scattering of Jews across the Roman world. The establishment of the State of Israel and the subsequent 1948 Arab-Israeli War led to the displacement and emigration of many Palestinians, as well as the influx of Jewish refugees into Israel.

## 3. Economic and Social Factors:

Throughout history, economic opportunities in other countries have attracted Jewish communities, leading them to leave their homes. Many factors like the high cost of living and economic challenges in Israel have also contributed to migration.

## 4. New beginning of the Jews:

While some Jews left Israel, others have immigrated to Israel from various parts of the world, driven by a desire to reach their homeland. Many Jews, regardless of their religious background, find new opportunities and a better quality of life in other countries.

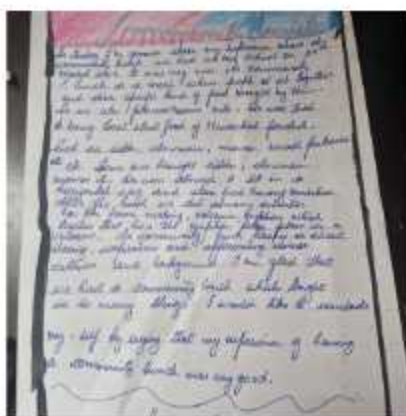
It is just one example for reference there are many countries that always have the clouds of war hovering over them. If people will not mend their ways then the doomed day is not far.

Remember we can get the piece of land after war but not the peace of mind.



Aarish  
VII A

## A TRIP TO JALANDHAR WATER PARK CREATING MEMORIES TO LAST FOREVER CLASS IX AND VIII





**INVESTITURE CEREMONY 2025  
LEARNING TO LEAD, INSPIRE AND BLOOM**



**PROMOTING HEALTHY LIFETYSLE AMONG STUDENTS  
CBSE'S INITIATIVE TO BUILD A HEALTHIER SOCIETY**

*As per the Lancet GBD 2021 obesity forecasting study published in 2025, the number of overweight and obese adults in India is projected to rise from 18 crores in 2021 to 44.9 crores by 2050, making it the country with the second highest global burden.*

**SOURCE- [cbseacademic.nic.in](http://cbseacademic.nic.in)**



**Aadhunik Public School is consistently and passionately working towards spreading awareness and ensuring that students implement a healthy diet and a healthier lifestyle. Sugar boards have been put up in every class and the teachers recapitulate the vision each day to condition the students to opt for good health over junk food.**

