

SUMMER CAMP 2023 AND THE CAPACITY BUILDING WORKSHOP

AT APS JAMMU CANTT

DAY-3

The third day of the 'Summer Camp 2023' started with the refreshing Yoga Session. The camp participants gathered early in the morning at the designated outdoor area surrounded by nature and fresh air. The session was led by experienced yoga experts of the school Ms Ranjana Sharma and Mr. Rashav Singh, who guided everyone through a series of postures, breathing exercises and relaxation techniques.

In the art & craft session the children focussed on paper clay making. Paper Clay is a versatile medium that can be moulded into various shapes and dried to create beautiful artwork.

After the invigorating Art and Craft session the campers gathered for the Fireless Cooking. This session aimed to teach them how to prepare healthy and delicious snacks without fire. The focus of this particular session was on making sandwiches, sprouts, chocolate laddoo and tamarind chutney. The session began with an introduction to sprouts, highlighting their nutritional benefits.

On the third day of the camp, the students learnt Kathak, a captivating Indian Classical Dance Form. They delved into footwork, hand gestures, facial expressions, rhythms and explored the rich cultural heritage of the enhancing dance style.

Following the yoga session, in the Capacity Building Program a workshop was conducted by Ms Anupama Bahadur, the headmistress, focused on the topic 'Introduction to National Curriculum Framework (NCF) at Its Fundamental Stage'. The workshop aimed to provide insights into the principles and guidelines of the NCF and its relevance to early education. During the workshop, Ms Anupama explained the key components and principles underlying the NCF. She discussed how the NCF serves as a guideline for curriculum development in school across the country, emphasizing the need for a flexible and child-centric approach to education. It also covered topics like holistic development and inclusive practices.

In second session Mr Ashish Anand, the special educator, took session on 'Orientation Program on Inclusive Education'. He emphasised on the 6 DISABILITIES recommended by AWES and (UDL) UNIVERSAL DESIGN OF LEARNING.

- VISUAL IMPAIRMENT
- HEARING IMPAIRMENT

- CEREBRAL PALSY
- INTELLECTUAL DISABILITY
- AUTISM
- SPECIFIC LEARNING DISABILITY

Following that Mr Gopal TGT Sanskrit and Mr Vikas Sharma, PRT SKT , introduced the teachers to the basics of Sanskrit . The teachers learnt simple(word bifurcation) ‘ SHABD KA SANDHI – VICHADDE’, singular and plurals, masculine and feminine .

A session was organised by our librarians Ms Jyoti Sharma and Ms Akriti Sharma, to shed light on the importance and role of school libraries. The session aimed to highlight the significance of school libraries in promoting literacy, fostering love for reading and supporting academic growth . The session addressed the evolving nature of school libraries in the digital age, focusing on providing access to e-book, online databases and fostering digital access to books. Overall the session emphasized the vital role of school libraries as knowledge hubs for students.

The day concluded with a session on “Grooming Skills for Teachers” by Ms Ranjana Sharma and Ms Rachna Sharma. A dedicated session was organized to focus on grooming skills for teachers. It covered various aspects of grooming including attire, body language and etiquettes. It aimed to enhance the professional appearance and overall presentation of teachers, allowing them to create a positive and impactful impressions on their students and colleagues. Topics such as appropriate hairstyles, grooming for both men and women, skin care and maintaining a polished appearance were covered. The participants learned about the significance of well-fitted and neat clothing, coordinating colour and accessorizing appropriately. Throughout the sessions the participants were encouraged to actively participate, ask questions and practice the skills they have learnt.





