

SUMMER CAMP 2023 AND THE CAPACITY BUILDING WORKSHOP AT APS JAMMU CANTT

Yoga means addition of energy, strength and beauty to body, mind and soul.

The seventh day of the 'Summer Camp 2023' kicked off with the Yoga Session. This is a wonderful way to rejuvenate our body, mind and soul. The session was conducted by experienced yoga experts of the school Ms Ranjana Sharma and Ms. Rashav Singh.

Creativity is the natural order of life. In the Art and Craft session, the little bloomers invigorated the atmosphere with pot decoration and glass painting. Senior students expressed their ideas and emotions by creating beautiful paintings on Canvas in two dimensional visual language. They reaped incredible benefits by developing their motor, emotional, intellectual and social skills.

The fireless cooking session of the day was a blend of innovation and heartfulness. Mini cuisiniers prepared dahi chat and mocktail. Junior culinary artists made chocolate ladoos. The mouth-watering fragrance was a testimony to the hard work put in by their tiny hands.

In today's dance session students delved their tiny feet on the beats of different Indian dance forms. The dance teachers taught them some fundamental footwork, hand gestures and expressions. They practiced and performed a short fusion of folk with bollywood.

Capacity building workshops are a medium and platform for facilitators to improvise their teaching pedagogies and for updation of their professional skills. The session was steered by Ms Vishali Gupta, Ms Supreet Kour and Ms Sakshi Gupta on the topic 'NCF for foundational stage', 2022. They introduced the teachers to the following parameters:

- Meaning of NEP 2020
- Difference between NEP and NCF
- Curricular goals, competencies, learning outcomes
- Hierarchy – from aims of education to curricular goals.

NEP 2020 aims to provide a holistic and flexible learning experience to students and focuses on 21st century skills.

Ms Jyotsana Verma, Ms Shaveta Sharma and Ms Surbhi Slathia collectively introduced the faculty with a power-packed workshop on 'VIDHYA PRAVESH'. It is one of the significant components of NIPUN Bharat Mission to achieve Foundational Literacy and Numeracy. They explained that it is a 'Three month play based school preparation module' for grade 1 students. The module lays out detailed plans, using activities, games, art integration, and storytelling tools to achieve all round development for learners in a fun loving way.

Mr Ashish Anand, the special educator guided the teachers to the basics of 'Indian sign language' which will enable them to understand and communicate using gestures and signs.

Following the ebullient session of our special educator, Ms Indu Dhambi and Ms Tamandeep Kour presented a workshop on 'Art Integration'. The resource persons wonderfully explained the integration of art among different subjects which will help them to improve academic achievement, increase student engagement and boost social and emotional development. It is a process where art becomes the medium of teaching learning process. It is the framework for Experiential Learning.

The concluding session of the day was conducted by Ms Kajal Sharma on the topic 'advanced Ms Office skills'. She meticulously explained the usage of MS Word, Power point and Excel in our curriculum.

In a nutshell, it was a day of amalgamation of bliss and learning.





