

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

Yoga is a journey of the self, through the self, to the self. The sixth day of the 'Summer Camp 2023' sparked off with the Yoga Session. This journey was conducted by our experienced yoga experts Ms Ranjana Sharma and Mr Rashav Singh.

In the Art and Craft session, the campers explored "painting on canvas". They expressed their ideas and emotions by creating beautiful paintings in two dimensional visual language.

Cooking is about harnessing imagination, empowerment and creativity. For the Fireless Cooking session children learnt to make delicious fruit cream. The ingredients used were Amul milk cream, powdered sugar, seasonal fruits and dry fruits.

Dance is the joy of movement and heart of life. Students learnt the fusion of bollywood, punjabi and kathak dance forms.

Following the yoga session, Capacity Building Workshops were conducted by different facilitators of our School. The workshop for the first session was conducted by Dr Sandhya Dhar on the topic "Pedagogy of Teaching Social Science". The workshop aimed to equip educators with effective teaching strategies, approaches and resources to enhance the teaching and learning process. Participants were encouraged to engage in interactive activities and hands on practice, promoting interest among students for the subject.

In the second session Mr Ashish Anand, the special educator tutored "Basic Indian Sign Language", enabling the teachers to understand and to communicate using gestures and signs.

Following our special educator's invigorating session Mr Vikas Sharma TGT Sanskrit, introduced the basics of Sanskrit. The teachers learnt simple phrases, month's name, explanation of pronouns, their usage and pronunciation.

The concluding session of the day was conducted by Mr Rahul Sharma PGT Accounts, on the topic "Financial Literacy". He threw light on the importance of money and savings in our day to day life. He introduced the goals, different steps and benefits of financial literacy.

Overall, it was a well-rounded day. All the participants had the opportunity to explore their creativity, develop new skills and to gain knowledge in different areas.







