



**WORKSHOP ON NURTURING STUDENTS**



**PAINTING COMPETITION**



**ESSAY WRITING**



**SLOGAN WRITING**







## APS FAZILKA : ACTIVITIES



### CBSE CLUSTER XVIII BADMINTION CHAMPIONSHIP 2024-25



### SWC INTER APS QUIZ COMPETITION 2024







## **AWWA ACTIVITIES : FAZILKA**



Family welfare meet was org at Bde SDC, Fazilka Military Station on 05 Jul 2024. Alec was conducted to acquaint families with the challenges faced by them particularly Army wives including stress management and accessing support resources.







## APS FAZILKA : ACTIVITIES



### COUNSELLING SESSION ON CHILD SAFETY



### AN ESSAY THROUGH THE EYES OF A TREE



Nama vimaldaep

As a tree, I stand tall and silent, a silent witness to the passage of time and the ever-changing world around me. My roots run deep into the earth, anchoring me to the ground, while my branches reach towards the sky, reaching for the sun's warm embrace. From my vantage point, I have observed the world with unwavering patience, witnessing the cycle of life unfold before me.

In the early days of my existence, I was but a sapling, tender and fragile, yet filled with the promise of growth and renewal. With each passing season, I grew stronger, my roots delving deeper into the earth, drawing sustenance and strength from the soil. I watched as the world around me changed, as seasons came and went, each bringing its own unique beauty and challenges.

Through the years, I have seen the world transform before my eyes. I have watched as forests have been cleared to make way for roads and highways, as rivers have been dammed and diverted, and as the delicate balance of nature has been disrupted by human activity. Yet, despite the many challenges I have faced, I have remained steadfast, a symbol of resilience and endurance. In the end, I am more than just a tree. I am a life witness, a silent observer of the world around me, bearing witness to the beauty and wonder of the natural world, and reminding us all of the importance of living in harmony with the earth.





## APS FAZILKA : ACTIVITIES



### INTERNATIONAL YOGA DAY



### KARGIL VIJAY DIWAS CELEBRATION







## APS FAZILKA : ACTIVITIES



### WELCOME BACK ACTIVITY FOR PRE PRIMARY SCHOOLS



### SNAKES AND LADDERS







## APS FAZILKA : ACTIVITIES



VISIT OF CO. 25 PUNJAB NCC BN







## AWWA ACTIVITIES : FAZILKA



AWWAActivities.

Vis of Zonal President AWWA, 10 Chetak Corps.



VISIT OF MRS VINIKA SINGH, ZONAL PRESIDENT AWWA, CHETAK  
CORPS





## AWWA ACTIVITIES : FAZILKA



VISIT OF MRS VINIKA SINGH, ZONAL PRESIDENT AWWA, CHETAK CORPS TO  
APS/APPS





## INTERNATIONAL WOMEN'S DAY AT FAZILKA MIL STN



1. Fazilka Military Station (FMS) celebrated International Women's Day with a series of events for meaningful welfare of the women power in the station as under:-

(a) Lecture on Gen Health, Wellness Care and Management by Ortho Physio. A lecture on 'women's general health, wellness care and management' was conducted by Dr Swami Bhageshwar Ortho-Physio, Fitness Expert & Director of Om Sai Hospital & Health Centre. The lecture emphasised the importance of prioritising women's well-being across all stages of life. It addressed various aspects of women's health, including physical, mental and emotional well-being, highlighting the need for comprehensive healthcare services tailored to women's unique needs.



## LECTURE ON GEN HEALTH, WELLNESS CARE





## INTERNATIONAL WOMEN'S DAY AT FAZILKA MIL STN



(b) Bone Density & Diabetic Neropathy Tests. Dr Swami Bhageshwar, Orthopaedic physiotherapists and fitness experts came for checkup of families of Stn.. Patients having diabetes, ceivical spondylosis, sciatica which mainly pæsents as numbness, tingling sensation.s and sharp pain were screened using Biothesiometer for early detection and management of complications. They were provided with expert advise and taught various exercises to provide adequate pain reduction promoting a better and pain free lifestyle. similarly bone densité check was done using Peripheral DEXA scan for ladies to check for early asteopörotic.changes. they were.provided adequaté calcium supplements and dietary modification.



### BONE DENSITY & DIABETIC NEROPATHY TESTS





## INTERNATIONAL WOMEN'S DAY AT FAZILKA MIL STN



(c) Lecture & Demonstration on Breast Cancer & self examination and HPV Vaccination by Civil Lady Gynecologist & MO. Centreal MI Room. FMS. A lecture and demonstration was conducted by Lady Gynecologist to raise awareness about the most common type of cancer in the women and they were also taught the technique to check themselves. An awareness lecture on Human Papilloma Virus Vaccination covering the treats and advantages of the vaccine was conducted by MO, CMIR, Fazilka.



### LECTURE & DEMONSTRATION ON BREAST CANCER

(d) Lecture on Financial Planning for Home Maker. On 07 Mar 2024 a lecture was conducted by "stellofsBy raelkeiaiaedat' énsudhgettef.8na:nciamānāyemeut &pianning:by:theH eMākeraftdto t ach them value of prudence.



### LECTURE ON FINANCIAL PLANNING





## INTERNATIONAL WOMEN'S DAY AT FAZILKA MIL STN



- (e) **Lecture on Environmental Conservation.** To raise awareness about the value & methods of environmental conservation and to underscore deeper connect with nature, a workshop was conducted that included a lecture-meditation exercise and walk session in the field. A total of two officer ladies 5 JCO ladies & 55 OR ladies attended the event.



### LECTURE ON ENVIRONMENTAL CONSERVATION

- (f) **Workshop on Art of Living.** A lecture on Art of living (Meru Chikitsa) was conducted on 08 Mar 2024 to empower the women with insights on good health in a natural way. Art of living Guru Sri Rajesh and Meru Chikitsa shboo Pujal spine right"



### WORKSHOP ON ART OF LIVING





## INTERNATIONAL WOMEN'S DAY AT FAZILKA MIL STN



(g) o a o o . A Yoga workshop was conducted at FMS. to guide the ladies towards mentally & physically healthier lifestyle.



**YOGA WORKSHOP**



## CYBER SECURITY ASPECTS FOR CHILDREN

A lecture on cyber security was conducted by 25 Rajput on 16 Aug 2023. Imparting basic Cyber Security Knowledge to kids via an interactive audio-visual presentation by Lt Sanjai Krishnan R.







ASTC & VTC :-

BAKING CLASS :-



BAKING CLASS