



WORKSHOP ON NURTURING STUDENTS

PAINTING COMPETITION





ESSAY WRITING

SLOGAN WRITING













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.











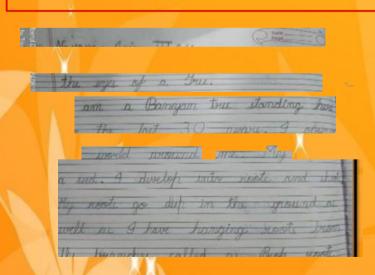


COUNSELLING SESSION ONCHILD SAFETY





AN ESSAY THROUGH THE EYES OF A TREE



Nama vimaldaep

As a Iree, I stand lall and silent, a silent witness to the passage of time and the ever-changing world around me. My roots run deep into the eanh, gnchorin9 me to the ground, while my branches reach \overline{\text{ovzords}} the sky, reaching for the sun's warn> embrace. From my vantage point, I have observed \he world with unwavering patience, wilnessing 1he cycle of life unfold before me.

In the early days of my exis&nce. Two s bt a sapling Fender and Iraq &, yet filled with the promise of g+oath and renewal. With each passing season, Tgrew stronger, my roots delving deeper into Ede earlyt. d raeng sustenance and strength frgm lihe soil I watched as lihe world a rot nd me changed. as seasons canse ond went, each bringing its own unique beauty and challenges

Through the years I have seen lhe world 1ransform before my eyes. I have watched asforests have been cleared la mahe way for codes arid highways, as rivers have been dammed and divefied, and as the delicate balance of nature has been disrupted by human act/vrty. Yet, desqiu the many challenges I have faced, I have remained s\eadfasl,a symbol of resilience and endurar-ce ina wo\(\tilde{n}\)0 that \(\tilde{s}\) ever-chang \(\tilde{n}\)0 so the years have passed. I have growo vase. my branches beanng the scars of Countless storms end hardships in the end. I am more than justa \(\tilde{I}\)1 ree I am a Irfe 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 mpor\(\tilde{n}\)1 can be a fin harmony with the eafth





INTERNATIONAL YOGA DAY





KARGIL VIJAY DIWAS CELEBRATION









WELCOME BACK ACTIVITY FOR PRE PRIMARY SCHOOLS





SNAKES AND LADDERS









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







- 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 saivices tailored to women's u.nique needs.









LECTURE ON GEN HEALTH, WELLNESS CARE





(b) <u>Bone Density & Diabetic Neropathy Tests.</u> Dr Swami Bhageshwar, Orthopaedic physiotherapists and fitness experts came for checkup of familles 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 adequate calcium supplements and dietary modification.









BONE DENSITY & DIABETIC NEROPATHY TESTS





(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.





TU RE & DEMONST RATION ON BREAST CANCER

(d) <u>Lefitti'z'ëomRirahüialPRamfitqfofoahleromei¥laker.</u> On **07 Ma**i 2024 a lectürgwaëconduütedby "steliofsBy raeilkeïaïraedat" énsudhgbettef.8na:ncialmänäyemeut &pianning:by:theH eMäkersaftdto t ach them value of prudence.





LECTURE ON FINANCIAL PLANNING





(e) <u>Lecture on Environmental Conservation.</u> To raise awareness about the value & methods of environmental conservation and to underscore deeper connectwith 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 withy insights on good health in a natural way. Art of living Guru Sri Rajesh and Meru Chikitsa shboo Puja spine right"





WORKSHOP ON ART OF LIVING





(g) o a o o . A Yoga workshop was conducted at FMS. to guide the ladieü towards rnentally & physically heaithier 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 CLAŠS :-





BAKING CLASS

