



KADAM

A stride forward...

(MONTHLY NEWSLETTER BY ANKUR SCHOOL)

SEPTEMBER 2025

GOLDEN JUBILEE YEAR: MARCH 2025 - MARCH 2026

CAPACITY BUILDING PROGRAMME : MENTAL HEALTH AND WELLNESS



A teachers' Capacity Building Programme on the topic "Promoting Mental Health and Wellness among Students" was held on September 4, 2025. The programme saw an enthusiastic participation of 60 teachers from the school. The resource persons were Ms. Ranjana Bhardwaj (Master trainer, CBSE) and Dr Suman Lata, Principal, Vidya Valley School, Mohali, Punjab. The programme aimed to help teachers reflect upon the methods to identify and address students' emotional and psychological needs. Mrs Aruna Dhiman, Principal, in her address essentialised the need of having a sound mental health of both the stakeholders - the teachers as well as the students for conducive learning environment in schools.



TEACHER'S DAY WITH GOLDEN JUBLIEE SPIRIT



Ankur School celebrated Teachers' Day on September 6, 2025 with zeal and enthusiasm in its Multi-purpose Hall, marking the school's Golden Jubilee year. Students showcased their talent through a variety of cultural performances, adding colour to the celebration. The President of the Managing Committee, Mr. Sandeep Vig, along with other distinguished members, graced the occasion and inaugurated the school's new website. In his address, Mr. Vig lauded the invaluable role of teachers in nation building and stressed the need for introducing digital education to empower students.

On this occasion, teachers were felicitated for their exemplary service to the institution. The Principal congratulated the staff and encouraged them to continue nurturing bonds of love and care with their students. The programme concluded with a deep sense of respect and gratitude, truly reflecting the spirit of Teachers' Day.



REWARDING THE SPIRIT OF PATRIOTISM

Ankur School proudly honoured its students who participated in the Independence Day celebrations held at the Parade Ground, Panjab University. The Principal graciously distributed thoughtful gifts to all the participants, appreciating their vibrant contribution to the grand event. This special gesture, initiated by the school management, served as a heartfelt token of recognition for the students' enthusiasm, dedication and spirited performances. The acknowledgement not only boosted their confidence but also reaffirmed the school's unwavering commitment to nurturing young talent and instilling patriotic values among its learners.



TEACHER'S TRAINING ON - AI IN CLASSROOMS



A teacher training session was organised on September 8, 2025, on "AI in Classrooms" with Mr. Ravjot Singh, Assistant Vice President, Narayana, as the resource person. The programme familiarized teachers with the applications and benefits of Artificial Intelligence in education, aiming to enhance teaching practices and student learning outcomes. The session also highlighted useful AI-based applications such as Suno, Gemini, Eleven Labs and ChatGPT, recommended by the resource person for classroom integration and innovation in teaching.



ANKUR SCHOOL EXTENDS SUPPORT TO PUNJAB FLOOD RELIEF FUND

The Peace Club of Ankur School demonstrated its commitment to social responsibility by seeking contribution from teaching and non teaching staff towards the Punjab Flood Relief fund. The School Principal presented a cheque of ₹ 3 Lakh to the Vice Chancellor, Panjab University of the contribution made by staff of Ankur School, dedicated to the social cause.



TEACHER TRAINING SESSION

Ankur School initiated the Swachhta Action Plan 2025-26 with full dedication and commitment. As part of this initiative, a comprehensive Teacher's Training Session was organized to guide and empower the teaching faculty on effective implementation of the plan. The training focused on creating a Swachh evam



Harit Vidyalaya (Clean and Green School), adopting water conservation practices within the campus, promoting personal hygiene among students and inculcating eco-friendly habits to ensure cleanliness across the institution. In addition, the school has introduced a Child Cabinet (Bal Sansad) under the Swachhta Action Plan to encourage student leadership and active participation in maintaining a clean, green and healthy environment.

With the joint efforts of teachers and students, Ankur School is determined to make its campus a model of cleanliness, greenery and sustainability, thereby contributing to the vision of a Swachh, Harit and Healthy Vidyalaya.

TRAINING SESSION FOR HOUSEKEEPING STAFF

Ankur School conducted a training session for its housekeeping staff on September 15, 2025 as part of the Swachhta Action Plan 2025-26. The session focused on improving practices of cleanliness, hygiene and green initiatives to ensure a healthier and cleaner campus environment.



On this occasion, the Principal addressed the housekeeping staff and encouraged them to adopt effective methods of maintaining cleanliness and sustainability. With this initiative, the school reiterates its commitment to building a Swachh evam Harit Vidyalaya.

WORLD OZONE DAY

Ankur School observed World Ozone Day on 16th September 2025 with great enthusiasm under the guidance of the Eco Club. The day was marked with engaging activities such as poster making, slogan writing, awareness speeches, video screenings and a pledge ceremony. These activities not only highlighted the significance of protecting the ozone layer but also inspired students to take responsibility for safeguarding the environment.



COMMUNITY OUTREACH PROGRAMME



Ankur School conducted a Community Outreach Programme at Dhanas on September 20, under Swachhata Pakhwada 2025 to spread awareness about cleanliness and healthy living.

The Swachhata team addressed the community on sustaining toilet usage, waste management, water conservation and the ongoing Jal Shakti Abhiyan. This initiative encouraged people to adopt cleanliness as a habit and contribute towards building a clean, green and healthy India.





SWACHHTA PAKHWADA 2025-ANKUR SCHOOL LEADING THE WAY



Ankur School actively participated in Swachhata Pakhwada 2025 by organizing a series of impactful initiatives including tree plantation drives, awareness rallies and human chain events. The students enthusiastically took part in these activities, spreading the vital message of cleanliness, environmental protection and social responsibility. Through these efforts, the school community not only nurtured a spirit of teamwork but also reinforced the importance of caring for our planet. Every tree planted and every awareness activity undertaken symbolized a collective step towards building a cleaner, greener and healthier future.



STUDENTS CELEBRATE THE LOVE AND WISDOM OF GRANDPARENTS

Ankur School celebrated Grandparents' Day on September 20, 2025 with great enthusiasm and warmth. The event provided an opportunity for students to honour and appreciate their grandparents, acknowledging the invaluable role they play in their lives. The day was filled with engaging activities, including fun games organized by teachers, where grandparents participated with joy and energy. A special cultural programme featuring songs and dances by the students added charm to the celebration, leaving the grandparents delighted. The event concluded with a heartfelt address and vote of thanks by the Principal, who appreciated the presence and blessings of the grandparents.



CAPACITY BUILDING PROGRAMME : NCF & NEP



Ankur School hosted a Capacity Building Programme on the National Curriculum Framework for School Education 2023. The workshop saw an enthusiastic participation of 60 school teachers. The resource person for the workshop was Ms. Monica Chawla, Principal, St. Joseph's Sr. Sec. School, Chandigarh. The interactive sessions, hands-on activities, competency based learning equipped the teachers to effectively understand the Bible of education NCF 2023. The principal expressed her gratitude to the resource person and CBSE for empowering and enlightening the teachers.



DIVINE INSTALLATION OF GODDESS SARASWATI'S IDOL AT ANKUR SCHOOL



Ankur Senior Secondary Co-Educational School on September 29, 2025 marked the seventh day of Navratri with the installation of the divine, radiant and benevolent idol of Maa Saraswati, the eternal Goddess of wisdom, eloquence and enlightenment. The Chief Guest of the event was Prof. Renu Vig, Vice Chancellor, Panjab University. Shri Sandeep Vig, President, School Management Committee, graced the occasion as the Guest of Honour. The idol of Maa Saraswati was unveiled by Prof. Renu Vig amidst the resonant chanting of Vedic mantras.

The event was attended by the respectable management members Prof. Pratibha Nagpal, Dr. Madhu Kaul, Prof. Gurmeet Singh, Prof. Bharat, Mrs. Arundhati Sham, Shri Honey Thakur and several special invitees, including Prof. Nandita Shukla Singh, Dr. Kuldeep Singh, Dr. Vishal Bhatnagar and Mr. Ashok Thakur. The Principal, Ms. Aruna Dhiman, formally extended a warm welcome to the Chief Guest, Guest of Honour, Management members and all distinguished dignitaries. In her welcome address the Principal remarked that the installation of Maa Saraswati's idol is an unforgettable and historic moment for the entire school family, as her divine presence will continue to cast a sacred and positive influence on every member of the institution.



On this occasion, the NCC unit was officially inaugurated at the school. Students added devotion and vibrancy to the celebrations with a melodious Saraswati Vandana and a graceful Garba dance. Prof. Nandita Singh from the Department of Education delivered an insightful lecture on the importance of Maa Saraswati.



Her eloquent description of the divine virtues of Maa Saraswati deeply moved the audience. In her address, the Chief Guest, Prof. Renu Vig, highlighted the harmony of destiny, effort and prayer—attainable only through the divine blessings of Maa Saraswati, the bestower of knowledge and eternal light. The ceremony concluded with a heartfelt vote of thanks by Headmistress Ms. Savita Sharma, who thanked the dignitaries, management and students for making the event memorable and enriching.



INTER SCHOOL MUSIC COMPETITION



Ankur School hosted a lively Inter-School Music Competition on September 30, 2025, graced by Hindustani music maestros Dr. Jagjit Shah and Dr. Gurpreet Kaur. The event featured Solo Hindustani Classical Music for Classes 6 to 8 and Group Songs on Patriotism and Devotion for Classes 9 to 12. In the Solo category, Amrit Kaur of I.S. Dev Samaj School won first prize, Shyam Singh of Ankur School second and Arnav Singh of Chitkara International School third. In the Group Song competition, AKSIPS stood first, followed by Ishwar Singh Dev Samaj School second and Chitkara International School, Panchkula third. All winners received trophies and certificates, while all participants were awarded participation certificates. The Guests of Honour praised the students' performances and the Principal of Ankur School congratulated everyone, encouraging them to nurture their musical talent with dedication and passion.





ACTIVITIES OF THE MONTH



PLEDGE & POSTER MAKING

SEGREGATION OF WASTE

HAND WASH

GREEN SCHOOL DRIVE DAY



BEST OUT OF WASTE

QUIZ COMPETITION

PLASTIC FREE LUNCH BOX

SLOGAN WRITING



ACCOLADES



Raghav of Class XI (Commerce), brought laurels to the school by securing the Second Prize in the Inter-School Painting Competition, where around 40 schools from the tricity participated. The award was presented by eminent artist Mr. Ravinder Sharma, who not only honoured Raghav but also applauded his work in front of the audience, making the moment truly special.



Three pre-primary students enthusiastically participated in the Interschool Competition held at St. Joseph School on September 20, 2025

1. Arshnoor Khan of LKG-C showcased her talent in Fancy Footwork.
2. Prisha Syal of LKG-D displayed her creativity in the Colouring Competition
3. Vama of UKG-D impressed everyone with her confidence in the Storytelling Competition.

Their active participation at such a young age reflects confidence, creativity and enthusiasm, bringing pride to the school.



PRIZE DISTRIBUTION

Ankur Senior Secondary School, Sector-14, Chandigarh, organized a Prize Distribution Ceremony on 30th September 2025 to felicitate the winners of the Slogan Writing and Poster Making Competitions held under Swachhata Pakhwada 2025.

Students

Bhavya, Harleen Kaur of class V Udayveer, Aadhya Chandel, and Shristi of Class IV were honoured for their outstanding creativity and efforts. Their thoughtful slogans and beautiful posters reflected a strong message on cleanliness, hygiene, and environmental care. Such initiatives inspire students to adopt and promote the values of cleanliness and contribute towards a healthier, greener community.





SPORTS



BOXING TOURNAMENT



INTER-SCHOOL STATE BOXING TOURNAMENT

Aarchi and Tanmay student of Class VIII, won a Silver Medal and Gold Medal in the Inter-School State Boxing Tournament held at 56 Sports Complex.



BADMINTON CHAMPIONSHIP



Rudraaniket Samrat, of class IV secured 3rd place in the Boys Doubles Under-11 category at the Chandigarh State Badminton Championship 2025.



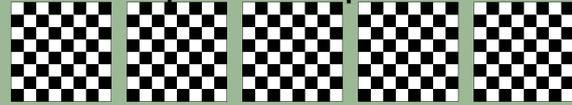
JUDO



Hasrat Kaushal won gold medal in Judo Inter State Championship held at 34 Sports Complex.



CHESS



Dishant Bansal of class- IX C bagged 10th position at SDRC fide rated chess event held at Delhi from August 24 to August 28, 2025. He is awarded with prize money 5500 INR & also gained 46 FIDE points from this tournament.



TAEKWONDO



Lavish won bronze medal in inter school Taekwondo Tournament.



Darsh student of class-VII won gold medal in Inter School State Taekwondo Tournament.



Kunjan of class VIII won a gold medal in the inter school taekwondo tournament



Akshita won a Silver Medal in the Interschool Taekwondo Tournament.



In the 5th Royal Mixed Martial Arts Championship held at Kharar, Mohali, our student from Class 2nd C, Ankur School, made us proud by securing the 1st Position.



WUSHU TOURNAMENT



Akshat of Class IX, won the Silver Medal in the Inter-School Wushu Tournament held at Sector-43 Sports Complex, Chandigarh.



RELAY RACE



Amanjot, Aliya and Priyanshu, won the Gold Medal in the Under-12 Relay Race event held at Sports Complex, Sector 7, Chandigarh.



Deep Roy of Class X, secured the Bronze Medal in the Inter-School Wushu Tournament.



ATHLETICS

Artik of class III-C made the school proud by winning two gold medals in the STATE LEVEL ATHLETICS CHAMPIONSHIP held at Sector -7 Sports complex.



Ankur School is proud of Sanchit (Class VIII-E) for winning a Silver Medal in the 100m sprint and a Bronze Medal in the 200m sprint at the Athletics Meet held at Sports Complex, Sector 7, Chandigarh.



ARCHERY TOURNAMENT



Ankur School proudly showcased its sporting spirit at the Interschool State Archery Tournament held at Lake Sports Complex, Sector 1, Chandigarh. Our talented archers delivered an outstanding performance across the Under-14, Under-17, and Under-19 categories, securing an impressive tally of 23 medals. In the boy's category, our achievers were: Ankit Chand, Harman, Vihaan, Nitesh Nadal Krishna. In the girls' category, our champions were: Akshita Yadav, Sofia Samber, Kusum, Avneet Kaur, Devanshi, Samiksha, Sarita, Sohani, Harnoor and Ekankshi. This remarkable achievement highlights the dedication, hard work, and sporting excellence of our students, bringing immense pride and honor to the school.



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अंकुर स्कूल में राष्ट्रीय पाठ्यचर्या रूपरेखा 2023 पर क्षमता निर्माण कार्यक्रम का आयोजन



अर्थ प्रकाश/वीरेन्द्र सिंह

चंडीगढ़। अंकुर सीनियर सेकेंडरी को-एजुकेशनल स्कूल, सेक्टर-14, चंडीगढ़ में दिनांक 27 सितंबर, 2025 को शिक्षकों के लिए राष्ट्रीय पाठ्यचर्या रूपरेखा 2023 पर आधारित क्षमता निर्माण कार्यक्रम आयोजित किया गया। इस अवसर पर 60 शिक्षकों ने उत्साहपूर्वक भाग लिया। कार्यक्रम की संसाधन वक्ता श्रीमती मोनिका चावला (प्रधानाचार्या, सेंट जोसेफ सीनियर सेकेंडरी स्कूल, सेक्टर-44,

चंडीगढ़) ने शिक्षकों को नई शिक्षा नीति और राष्ट्रीय पाठ्यचर्या रूपरेखा के विभिन्न पहलुओं के बारे में विस्तारपूर्वक बताते हुए इसके व्यावहारिक प्रयोग से विद्यार्थियों की सीखने की प्रक्रिया को और अधिक प्रभावी एवं सार्थक बनाने के उपाय सुझाए। विद्यालय की प्रधानाचार्या सुश्री अरुणा धीमान जी ने संसाधन वक्ता का आभार व्यक्त करते हुए कहा कि ऐसे कार्यक्रम शिक्षकों को निरंतर नई जानकारियों से जोड़ते हैं और शिक्षा की गुणवत्ता को मजबूती प्रदान करते हैं।

एनईपी के पहलुओं से अवगत कराया



चंडीगढ़। अंकुर सीनियर सेकेंडरी को-एजुकेशनल स्कूल, सेक्टर-14 में शनिवार को क्षमता निर्माण कार्यक्रम आयोजित किया गया। कार्यक्रम में 60 शिक्षकों की भागीदारी रही। संसाधन वक्ता और सेंट जोसेफ सीनियर सेकेंडरी स्कूल, सेक्टर-44 की प्रिंसिपल मोनिका चावला ने शिक्षकों को नई शिक्षा नीति के विभिन्न पहलुओं से अवगत कराया। उन्होंने बताया कि इसके व्यावहारिक प्रयोग से स्टूडेंट्स की सीखने की प्रक्रिया को और अधिक प्रभावी और सार्थक बनाया जा सकता है। प्रिंसिपल अरुणा धीमान ने कहा कि इस तरह के कार्यक्रम शिक्षकों को नई जानकारियों से जोड़ते हैं और शिक्षा की गुणवत्ता को सुदृढ़ करते हैं। उन्होंने शिक्षकों को निरंतर आत्म-विकास और नवाचार की दिशा में प्रयास करने के लिए प्रेरित किया।

आत्मविश्वास व तनाव प्रबंधन की क्षमता विकसित करने के लिए सुझाव दिए

चंडीगढ़। पंजाब यूनिवर्सिटी परिसर सेक्टर-14 स्थित अंकुर सीनियर सेकेंडरी को-एजुकेशनल स्कूल में छात्रों में मानसिक स्वास्थ्य और तंदुरुस्ती को बढ़ावा देना विषय पर शिक्षक क्षमता विकास कार्यक्रम का आयोजन किया गया। कार्यक्रम की मुख्य वक्ता रंजना भारद्वाज (मास्टर ट्रेनर, सीबीआईई) और डॉ. सुमन लता (प्रिंसिपल, विद्या वैली स्कूल, मोहाली) थीं। उन्होंने शिक्षकों को छात्रों की भावनात्मक और मनोवैज्ञानिक आवश्यकताओं को समझने तथा उनमें सकारात्मक सोच, आत्मविश्वास और तनाव प्रबंधन की क्षमता विकसित करने के लिए सुझाव दिए। प्रिंसिपल अरुणा धीमान ने कहा कि ऐसे आयोजन शिक्षा की गुणवत्ता में भी



शिक्षकों के लिए राष्ट्रीय पाठ्यचर्या रूपरेखा पर प्रशिक्षण कार्यक्रम

जगरण रोषावट, चंडीगढ़ : सेक्टर-14 स्थित अंकुर सीनियर सेकेंडरी स्कूल में शिक्षकों के लिए राष्ट्रीय पाठ्यचर्या रूपरेखा पर क्षमता निर्माण कार्यक्रम आयोजित किया गया। इस कार्यक्रम में लगभग 60 शिक्षकों ने भाग लिया। मुख्य वक्ता के रूप में सेंट जोसेफ सीनियर सेकेंडरी स्कूल की प्रधानाचार्या मोनिका चावला ने शिक्षकों को नई शिक्षा नीति और एनईपी 2023 को प्रमुख विशेषताओं से अवगत कराया। उन्होंने विद्यार्थियों की सीखने की प्रक्रिया को अधिक प्रभावी बनाने के लिए व्यावहारिक सुझाव भी दिए। विद्यालय की प्रधानाचार्या अरुणा धीमान ने धन्यवाद ज्ञापित करते हुए कहा कि ऐसे प्रशिक्षण कार्यक्रम शिक्षकों को निरंतर अद्यतन रखते हैं और शिक्षा की गुणवत्ता को सुदृढ़ बनाते हैं।

वैधानिक सूचना

सुविधा पत्रकों से आवाह ले कि इस समाचार पत्र को प्रकाशित करने में सहायता के लिए जसे रकमों, धरो और दानों के प्रति बंधु बंधु भी अवगत हो। पत्रकों से आवाह ले कि यह प्रकाशित विज्ञापन से प्रभावित होकर कोई कदम उठाने से पहले अपने वरिष्ठ पर भी स्वयं के चतुर होने का संपूर्ण जवाबदारी कावकाशी कर ले। प्रतिष्ठान में किसी भी अवकाश विज्ञापन में प्रिंटिंग दानों या सतों को लेकर पाठकवर्ग को कोई अशुभ या परेशानी होती है तो योजक अवकाश के प्रकाशक, संपादक या संपादक की कोई जवाबदारी नहीं होगी।

प्रकाशक विज्ञापन

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ANKUR SCHOOL

A teachers' Capacity Building Programme on the topic "Promoting Mental Health and Wellness among Students" at Ankur School, Sector 14. The programme saw an enthusiastic participation of 60 teachers from the school. The resource persons for the program were Ranjana Bhardwaj (Master trainer, CBSE) and Suman Lata, Principal, Vidya Valley School, Mohali. It aimed to help teachers reflect upon the methods to identify and address students' emotional and psychological needs.

ANKUR SCHOOL, SECTOR 14

Ankur School, Sector 14, hosted a Capacity Building Program (CBP) on the National Curriculum Framework for School Education. The workshop saw an enthusiastic participation of 60 school teachers. The resource person for the workshop was Monica Chawla, Principal, St Joseph's Senior Secondary School, Sector 44. The interactive sessions, hands-on activities, competency based learning equipped the teachers to effectively understand the Bible of education.