



SAINIK SCHOOL MANDSAUR

(AFFILIATED TO SAINIK SCHOOLS SOCIETY, DELHI)
MINISTRY OF DEFENCE



CALENDAR

FOR THE SESSION

2024-25

APRIL 2024 TO MARCH 2025

OFFICERS

Managing Director

Mr. Sunik Sharma

Principal

Dr. Saroj Prasad

Vice Principal

Miss Laxmi Rathod

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STAFF- MEMBERS

Academic Staff

Dept. of Biology

Mrs Seema Gupta	PGT
Mrs Aakansha Upadhyay	TGT

Dept. of Chemistry

Ms. Ishan	PGT
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Dept. of Physics

Mrs. Akansha Upadhyay	TGT
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Dept. of Computer Science

Mr. Arun Paliwal	TGT
Mr. Vibhuti Sharma	TGT

Dept. of English

Mrs. Manju Tomar	TGT
Mrs. Ishika Bhawsar	TGT
Miss Apeksha Aeran	TGT

Dept. of Hindi / Sanskrit

Mrs. Teena Tiwari	TGT
Mrs. Seema Swami	TGT

Dept. of Mathematics

Mr. Surendra Singh Chouhan	PGT
Miss Yogendra Vaidhya	TGT

Dept. of Social Science

Mrs. Priyanka Sisodiya	TGT
Mrs. Indresh Patidar	PGT

Library

Mr. Raju Chouhan	Librarian
Mrs. Nisha Trivedi	Librarian

Art Teacher

Mrs. Seema Chourdiya	Art Teacher
Mrs. Shraddha Jain	Art Teacher

Music Teacher

Mr. Ritesh Kumawat	Music Teacher
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P.T.I.

Mr Dinesh Yadav (Sports Coordinator)

Mr Digvijay Sisodiya (PT)

Mr. Komal Prasad Mali (PT)

Mr. Rampal Masaniya (Athletics)

Mr. Bablu Kumawat (Judo)

Mr. Nitiraj Singh (Martial Art)

Mr. Sanjay Meena (Yoga)

Mr. Nimish Duggad (Football)

Driver

Mr. Radheshyam Chouhan

Mr. Dolatram Balecha

COMMITTEES – ACADEMIC SESSION 2022-2023**Administrative committee**

Manager

Principal

Vice Principal

Middle Department Head

Sports committee

Principal

Sports Coordinator

PTIs

All Games I/C

House Masters.

Academic Committee (Quarterly)

Principal

Vice Principal

Subjects Heads

Class heads

Activity Committee

Vice Principal

Activity Head

House Head

House Captain

Mess Committee

Manager

Principal

Mess Manager

Day Warden

Hostel Suptd.

House Captain

Cadets' Discipline Committee

Vice Principal

Discipline Incharge

Day Warden

Hostel Suptd.

Assembly Committee

Vice Principal

Assembly Incharge

House Captain

Internal Complaint Committee (ICC)

Vice Principal- Miss Laxmi Rathod

Middle department Head- Mrs. Teena Tiwari

Hostel Suptd.- Mr. Komal Prasad Mali

Day Warden- Mr. Surendra Singh Chouhan

School Safety Committee for Students Safety

Sports Head- Mr. Dinesh Yadav

PTI's- Mr. Digvijay Singh Sisodiya

Mr. Nitiraj Singh Chouhan

Mr. Komal Prasad Mali

Middle department Head- Mrs. Teena Tiwari

Protection of Children from Sexual Offences (POCSO) Committee

Vice Principal- Miss Laxmi Rathod

Girls Education Head- Mrs. Manju Tomar

Councilor – Mr. Parikshit Parmar

Sports Head- Mr. Dinesh Yadav

Redressal of Grievances Committee – Parents / Public

Manager- Mr. Sunil Sharma

Principal- Dr. Saroj Prasad

Parent Member-Mr. Arvind Saraswat

School Captain- Arshit Raj

Redressal of Grievances Committee – Students

Vice Principal-Miss Laxmi Rathod
Middle Department Head- Mrs. Teena Tiwari
Hostel Superintendent-Mr. Komal Prasad Mali
Day Warden:- Mr. Surendra Singh Chouhan
House Captains:- All Houses
Class Monitor

Redressal of Grievances Committee – Teachers

Vice Principal- Miss Laxmi Rathod
Sports Head- Mr. Dinesh Yadav
Senior Teacher:- Mrs. Manju Tomar
Middle Department Head- Mrs. Teena Tiwari

Redressal of Grievances Committee – Non Teaching Staff

Vice Principal:- Miss Laxmi Rathod
Mess Manager:- Mr. Tejnarayan Sharma
Day Warden:- Mr. Surendra Singh Chouhan
Hostel Superintendent:- Mr Komal Prasad Mali
Drill Instructor:- Mr. Kamlesh Bhati, Mr. Sanjay Sharma, Ms. Teena Kunwar (Nursing Staff)

Instructions for Heads

1. To call for agenda points before meeting date as per calendar and discuss the same with Administrative Officer/Vice Principal/Principal as the case may be.
2. To plan out and conduct the meeting as per schedule. All meetings are to be generally held during games period.
3. To maintain minutes register of the meeting (minutes of the meeting will be recorded and put upto the Principal within three days of the meeting).
4. To follow up decisions taken during meeting

राष्ट्रीय गान

• जन गण मन अधिनायक जय हे
भारत भाग्य विधाता

पंजाब सिन्ध गुजरात मराठा
द्राविड़ उत्कल बंग

विंध्य हिमाचल यमुना गंगा
उच्छल जलधि तरंग

तव शुभ नामे जागे
तव शुभ आशीष मागे

गाहे तव जयगाथा

जन गण मंगलदायक जय हे
भारत भाग्य विधाता

जय हे, जय हे, जय हे
जय जय जय जय हे

राष्ट्रीय गीत

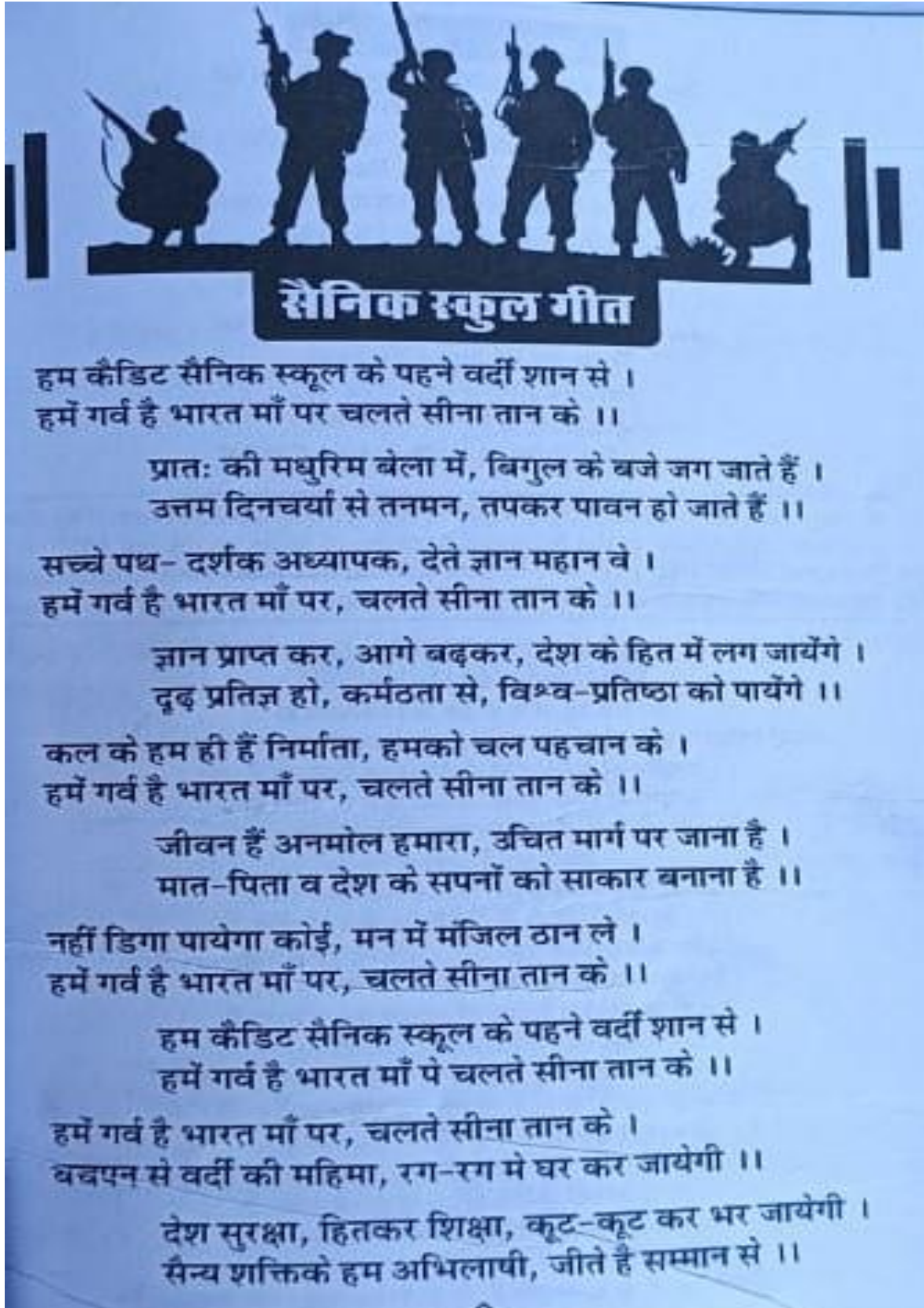
वंदे मातरम्, वंदे मातरम्!
सुजलाम्, सुफलाम्, मलयज शीतलाम्,

शस्यश्यामलाम्, मातरम्!
वंदे मातरम्!

शुभ्रज्योत्सनाम् पुलकितयामिनीम्,
फुल्लकुसुमित द्रुमदल शोभिनीम्,

सुहासिनीम् सुमधुर भाषिणीम्,
सुखदाम् वरदाम्, मातरम्!
वंदे मातरम्, वंदे मातरम्॥

सैनिक स्कूल गीत



हम कैडिट सैनिक स्कूल के पहने वर्दी शान से ।
हमें गर्व है भारत माँ पर चलते सीना तान के ॥

प्रातः की मधुरिम बेला में, बिगुल के बजे जग जाते हैं ।
उत्तम दिनचर्या से तनमन, तपकर पावन हो जाते हैं ॥

सच्चे पथ- दर्शक अध्यापक, देते ज्ञान महान वे ।
हमें गर्व है भारत माँ पर, चलते सीना तान के ॥

ज्ञान प्राप्त कर, आगे बढ़कर, देश के हित में लग जायेंगे ।
दृढ़ प्रतिज्ञ हो, कर्मठता से, विश्व-प्रतिष्ठा को पायेंगे ॥

कल के हम ही हैं निर्माता, हमको चल पहचान के ।
हमें गर्व है भारत माँ पर, चलते सीना तान के ॥

जीवन हैं अनमोल हमारा, उचित मार्ग पर जाना है ।
मात-पिता व देश के सपनों को साकार बनाना है ॥

नहीं डिगा पायेगा कोई, मन में मंजिल ठान ले ।
हमें गर्व है भारत माँ पर, चलते सीना तान के ॥

हम कैडिट सैनिक स्कूल के पहने वर्दी शान से ।
हमें गर्व है भारत माँ पे चलते सीना तान के ॥

हमें गर्व है भारत माँ पर, चलते सीना तान के ।
बचपन से वर्दी की महिमा, रग-रग में घर कर जायेगी ॥

देश सुरक्षा, हितकर शिक्षा, कूट-कूट कर भर जायेगी ।
सैन्य शक्तिके हम अभिलाषी, जीते हैं सम्मान से ॥

इतनी शक्ती हमें देना दाता

इतनी शक्ती हमें देना दाता,
मनका विश्वास कमजोर होना,
हम चले नेक रस्तेपे हमसे,
भूलकर भी कोई भूल होना ।धृ।

दूर अज्ञान के हो अंधेरे
तू हमें ज्ञान की रोशनी दे
हर बुराई से बचते रहे हम
जितनी भी दे भली जिंदगी दे
बैर होना किसीका किसीसे
भावना मन में बदलेकी होना ।१।

हम ना सोचे हमें क्या मिला है
हम ये सोचे किया क्या है अर्पण
फूल खुशियोंके बाँटे सभीको
सब का जीवन ही बन जाये मधुबन
अपनी करुणा का जल तू बहाके
कर दे पावन हर एक मन का कोना ।२।

GENERAL RULES FOR GUIDANCE OF CADETS

1	Cadets must wish the ladies, members of the staff and visitors followed by 'Sir' or 'Madam' and salute service officers followed by Jai Hind Sir.
2	They must keep perfect silence while : (a) Fall- in (b) Stepping into the school main building, particularly in Vivekanand Auditorium, Classrooms, laboratories and during preparatory periods. (c) In the dining-hall. (d) In the Houses after 2100hrs.
3	They must safeguard the property of school. Any damage observed must be brought the notice of Class teacher/ House Master /Duty Master of the day immediately.
4	They must be "punctual" and reach well in time for all activities.
5	No Cadet should leave the school campus without prior Permission from Vice Principal/ Sr Master.
6	Cadet must not tease Bees or pluck leaves and flowers from the garden.
7	They must be polite at all the times in their dealings with friends, seniors, strangers and ladies.
8	They must always talk in ENGLISH.
9	They must write letters / make phone calls to their parents regularly, at least, once a week.
10.	Cadets are not permitted to keep mobile phones/tablet etc.
11.	Cadets are to wear Head Gear in uniform at all times whenever they are outside of the classroom/Houses/Mess

12.	They must observe proper dress code while in the school building, in the Cadets' Mess or at the play fields / training area.
13.	Cadets should not use foul language/Sarcastic remarks/Hurt religious sentiments/ ill treat/emotional blackmail/ in-fight/ Man handle/Peer Pressure for wrong deeds against any cadets in any form.
14.	Ragging is strictly prohibited.
15.	Cadets will not visit the out of bound areas such as cook house, without any valid reason, River and any such areas outside the school premises.
16.	No party/ celebration is to be organized in the Houses.

TURN-OUT AND HYGIENE

Cadets must maintain a neat and smart appearance at all times. For this they should:-

1	Brush their teeth daily twice- once in the morning and once before going to bed.
2	Keep their finger and toe nails trimmed and clean.
3	Take bath every day.
4	Take their hair- cut twice a month.
5	Comb their hair properly.
6	Polish their shoes every day.
7	Wash their socks and under garments every day.
8	Dress-up for various activities as per rules.
9.	Keep their sleeves down in Mufti.
10.	Always be in appropriate shoes other than shoe excuse by Medical Authority.

DORMITORY DISCIPLINE

1	<p>Cadets are forbidden to.</p> <ul style="list-style-type: none">(i) Enter their dorms during working hours.(ii) Borrow or lend money.(iii) Keep valuable items with them including Mobiles etc.(iv) Bring eatable inside the dormitory.
2	<p>They should mark their garments and mend/stitch buttons on Sundays.</p>
3	<p>Cadets should remember to.</p> <ul style="list-style-type: none">(i) Visit the toilet before going to bed.(ii) Make their beds once before going to sleep and again after waking up.(iii) Close the water taps, when not in use.(iv) Flush the latrines after use.(v) Switch- off fans and lights when not required.(vi) Cadets should use their own soap and towel.
4	<p>They should carry-out orders and instructions passed by school through Appointments.</p>

CLASS - ROOM DISCIPLINE

1	<u>When a teacher goes to take a class, the monitor will bring the class to "Savdhan" and handover the Parade State to the teacher.</u>
2	The class-room furniture and walls must be kept clean and tidy. Damage, if any, should be immediately brought to the notice of the class teacher by monitor.
3	Whenever the class goes out, the class-rooms must be switched-off. All lights and fans
4	Whenever doors and windows are opened, these must be properly secured with stoppers.

MESS DISCIPLINE

1	Cadets should reach the mess on time and in proper dress.
2	Each meal will begin and end with a prayer. Cadets must stand in attention for the prayer.
3	Cadets should not start eating or drinking water till the prayer has been completed.
4	Silence should be maintained in the mess.
5	Cadets should not waste food.
6	Cadets should learn and observe mess etiquettes.
7	Cadets should not argue with the waiters/mess staff.
8	Cadets should not compel the waiters to serve them anything which is not on menu.
9	Cadets should leave the mess only after the Grace.

DUTIES OF THE HOUSE CAPTAIN

1.	Will himself set a good example in turn-out, punctuality and good behavior for all cadets of his house.
2.	Will promote a spirit of honor and sportsmanship among the boys of his house.
3.	Will explain relevant school orders to the cadets of his house and ensure that they are fully carried out.
4.	Will deposit the "Lost & Found" property with the Administrative Officer.
5.	Will keep close liaison with all the prefects of his house & guide and help them in carrying-out their duties.

DUTIES OF THE CLASS MONITOR

1.	Class Monitor will be responsible to the Class teacher for the following :-
(a)	Ensure discipline in the class.
(b)	Ensure that class room is cleaned daily and waste paper is put in the Dust bin.
(c)	Ensure that chalk and duster are available in the class- room.
(d)	Maintain the inventory of furniture and electric fittings in the class-room.
(e)	Ensure that the class-room is locked after school hours and whenever the cadets move out for any reason during working hours.
(f)	Arrange issue of stationery and books.
(g)	Will report any loss of breakage immediately to the class teacher.
(h)	Ensure that Light and Fans are switched off when cadets move out of the classrooms.
(j)	Will ensure the smart class equipments fixed in the classes are functioning properly.
(k)	Will bring the class to Savdhan whenever Teacher/Adm Offr/Vice Principal/Principal enter in to the class.
(l)	Will have the accountability of every cadet of the class.
(m)	Must maintain the following records on daily basis. (i) Split-up syllabus. (ii) Monitor the progress of the syllabus as per split up syllabus (iii) Period wise attendance of the students.

DUTIES OF THE CLASS ASSISTANT MONITOR

1.	Will assist the monitor in discharge of his duties.
2.	Will fill the attendance of the class in the I-period in the column on the black-board/glass-board and keep it up-to date in each period.

VISITORS

Parents and authorized visitors are permitted to meet the cadets only on from 1100 hrs to 1600 hrs. They should enter their particulars in the register kept with the Hostel Superintendent. They should also enter the time of arrival, and departure. They should enter dormitories only after obtaining specific permission from the House Master/Duty Master

PRINCIPAL'S TURNOUT INSPECTION

Turn out inspection will be carried out on first Monday of the month. 1 Point will be awarded for each good turn out and negative mark will be awarded for unsatisfactory turn out. Points thus scored will contribute towards Inter House Championship Banner. Following will be taken into consideration:-

- (a) General hygiene and cleanliness of the cadets.
- (b) Proper turnout and hair cut of the cadets.
- (c) Command and control of the leader.

PRINCIPAL'S INSPECTION OF HOUSES.

The following will be inspected.

- (a) Cleanliness.
- (b) Kit lay-out in the house.
- (c) Maintenance of the house including electrical/water and sanitary fittings.
- (d) General development of the surrounding areas including house garden.
- (e) During Principal's Inspection the Hostel Supdt / Matron, Day Warden will be present.

STAFF DUTIES 2022-2023

1. CLASS TEACHERS

SL.NO.	CLASS	CLASS TEACHERS
01	6 th NEERAJ CHOPRA	MS. APEKSHA AERAN
02	6 th RAJVARDHAN SINGH	MRS. AKANSHA UPADHYAY
03	7 th	MS. ISHIKA BHAWSAR
04	7 th CAP ABHINAV	MR. SURENDRA SINGH CHOUHAN

2. HOUSE MASTER /

S N	NAME OF HOUSE	HOUSEMASTER
1	Vajra	Mr Kamlesh Bhati
2	Pinak	Mr Digvijay Singh Sisodiya
3	Sudarshan	Mr Surendra Chouhan
4	Trishul	Mr Kamlesh Bhati

LABS / STORE

SN	NAME	DEPARTMENT
1	Mrs Seema Gupta	Biology Lab
2	Mr Arun paliwal	Computer Lab
3	Mrs. Akansha Upadhyay	Physics Lab
4	Mr Nageshwar Kumawat	Chemistry Laboratory
5	Mr Raju Chouhan	Library, Stationery (Note Book)
6	Mr. Dinesh Yadav	Sports Gears

1. SPORTS

SN	NAME	NATURE OF DUTY
1	Mr. Dinesh Yadav	Hockey, Basketball, Wrestling, Kabbaddi
2	Mr. Rampal Masaniya	Handball, Athletic
3	Mr. Nimish Duggad	Football
3	Mr. Nitiraj Singh Chouhan	Judo, Martial Arts, Karate
4	Mr. Kamlesh Bhati Mr. Sanjay Sharma	Drill, Obstacle

SOME GOOD DEEDS

- * Always dress up properly as per the occasion.
- * Be a good listener to someone who needs it.
- * Clean graffiti from a public space.
- * Compliment seniors and superiors.
- * Conserve water and electricity.
- * Donate books to a municipal School.
- * Feed the birds.
- * Help a person looking for a certain address.
- * Give up your seat for someone else on a bus or train.
- * Help a busy mother or older person carry groceries.
- * Help an elderly person to cross the road.
- * Hold the door for the person behind you.
- * Keep your surroundings clean and tidy.
- * Learn manners and etiquettes.
- * Phone or visit a senior citizen living alone.
- * Pick up litter and throw none in a public place.
- * Plant a sapling and take its care.
- * Protect monuments and heritage sites.
- * Return misplaced belongings.
- * Send a note of support to, or visit someone who's going through a tough time
- * Play music or watch Television on a low volume.
- * Avoid using plastic/polythene bags.
- * Always maintain the school property.

DAILY ROUTINE (BOARDERS)
NEW SAINIK SCHOOLS

Sl No	Time/Period	Name of Activity	Remarks
1	0500 to 0530 hrs	Wake up	
2	0530 to 0545 hrs	Tea & Roll Call	
3	0545 to 0600 hrs	PT Fall In	
4	0600 to 0630 hrs	PT	
5	0630 to 0715 hrs	Bath & Breakfast	
6	0730 to 1330 hrs	Join school with Day scholars	
7	1330 to 1400 hrs	Seated Lunch at School Dining Hall	Training about all aspects of Dining Etiquettes/ Organized Meal.
8	1400 to 1430 hrs	Rest	Lunch to be followed by quiet time/ own time for students.
9	1430 to 1530 hrs	Value Based Class x 01 per week	Value based class as specified for each class by SSS.
		Value Based Activity x 01 per week	Common value based competitions as specified by SSS.
		Skill Based Training x 01 per week	Fire Fighting / First Aid / Self Defence
		NCC/ Drill Training x 02 per week	NCC / Parade Training on School Ground
		Special period x 01 per week	Activity as decided by school
10	1530 to 1700 hrs	Sports & Games x 02 per week	Indoor & Outdoor games based on One School One Sport Scheme
		PT / Physical Fitness Training x 02 per week	PT for 45 min followed by athletic training for 45 min
		NCC/Field craft Training x 01 per week	To train students on various field craft signs / symbols / tactics etc.,
		Special period x 01 per week	Activity as decided by school
11	1700 to 1730 hrs	Return Sports Gear, Change	
12	1730 to 1750 hrs	Tea & Roll Call	
13	1800 to 2020 hrs	Supervised self-study	
14	2030 to 2100 hrs	Dinner	
15	2100 to 2120 hrs	Roll Call	
16	2130 to 2230 hrs	Own Time Work	
17	2200 to 2230 hrs	Lights off	

1. Academic Plus Curriculum for New Sainik Schools include the following :-

(a) Value Based Teaching.

(b) Value Based Activities.

(c) Basic Fire Fighting.

(d) Basic First Aid.

2. The Curriculum specified for a class may be adapted by the school as per the age group and understanding level of the students.

3. The sequence of Topic specified for the class may be modified if there is need. However, all topics should be covered in an academic year.

4. The School should adopt the appropriate teaching/learning methodology suitable for the topics to make class rooms interactive and interesting as per the age group of the students.

5. The Academic Plus Curriculum is subject to updates /revisions as promulgated from time to time by Sainik Schools Society.

VALUE BASED TEACHING

Class VI

1. Self Esteem

2. Gender equality

3. Unity and Integrity of India

4. Ethics, Values and morals

5. Public Speaking

6. Discipline

7. Indian Armed Forces - Indian Army

8. Eminent Indian Personality

First Aid Syllabus

CLASS VI

Total no. of sessions – 14

Time per session – 60 min (can be split into two periods of 30 minutes each)

1. **Session 1.** Introduction

(a) Introduction

(i) What does First Aid mean?

(aa) Self-help

(ab) Help for others

(ac) Why First Aid?

(ii) Basic objectives of First Aid.

(iii) First Aid symbols.

(b) List of Emergency numbers and list of persons to be contacted.

(c) Introductory video on concept of First Aid to summarize the concept.

2. **Session 2.** Health & Hygiene (To give First Aid you yourself need to maintain good personal hygiene)

(a) Structure of Human Body.

(b) Hygiene and Sanitation.

(c) Cleanliness.

(i) Teeth

(ii) Ears

(iii) Eyes

(iv) Nose and Throat

(v) Nails and Fingers

(vi) Skin

(vii) Clothes

(viii) Hair

(ix) Bowel

(d) Food, Proper Rest and Balanced Diet.

3. **Session 3.**

(a) Importance of clean drinking water.

(b) Methods of purification of water.

4. Session 4.

- (a) Physical and Mental Health.
- (b) Characteristics of Good Health.
- (c) Characteristics of Healthy Mind.
- (d) Prevention, Importance of warming up before Heavy exercises and Games.

5. Session 5 & 6.

- (a) Occasions on which First Aid to be administered (basics).

- (i) First aid in Drowning

- (ii) Fire Injuries

- (aa) Mild Burns

- (ab) Severe Burns

- (ac) Blisters

- (iii) Injuries on Play Fields

- (aa) Skin injuries

- (ab) Soft tissue injuries

- (ac) Joint injuries

- (ad) Bone injuries/ Fractures

- (iv) Electric Shock

- (v) Poisoning

- (vi) Heat Stroke

- (vii) Cold Injuries

- (viii) Shock

- (ix) Foreign Body in the Eye

- (x) Snake Bite

- (xi) Scorpion Bite

- (xii) Dog Bite

6. Session 7.

(a) Types of First Aid Kits (Introduction)

(i) Small First Aid Box

(ii) Medium First Aid Box

(iii) Large First Aid Box

(iv) First Medical Responder First Aid Kit

(b) Dimensions and Contents of Small First Aid Box.

(c) Video of standard First Aid box followed by live demonstration of First Aid box and its contents.

(d) Assignment – Make a First Aid Box and keep in your classroom.

7. Session 8.

(a) Types of wounds.

(b) First Aid for Wounds – Articles required.

(c) The Roller Bandages and its application.

8. Session 9.

(a) General rules of Bandages.

(b) Procedure for First Aid of Small wounds.

9. Session 10.

(a) Videos on First Aid of Small wounds.

(b) Demonstration sessions followed by practice by cadets.

10. Session 11.

(a) General Rules of handling.

(i) Snake Bite

(ii) Scorpion Bite

(iii) Dog Bite

(b) Relevant videos and Demonstration sessions.

11. Session 12. Revision.

12. Session 13. Examination – written.

13. Session

14. Practical.

VALUE BASED TEACHING
Class VII

- 1 Goal Setting
2. 2. Creativity
3. Competitive Spirit
4. Personal Hygiene
5. Communal Harmony
6. Indian Navy
7. Eminent Personalitie

SYLLABUS – FIRST AID

CLASS VII

Total no. of sessions – 15

Time per session – 60 min (can be split into two periods of 30 minutes each)

1. Session 1. Introduction

- (a) First Aid and the Law.
- (b) Dealing with an Emergency.
- (c) Demonstration/ Video.

2. Session 2. Recovery Position

- (a) How to put a person in to the recovery position.
- (b) The initial top to toe assessment.
- (c) Demonstration/video.

3. Session 3. Content of a First Aid Kit

- (a) Content of Small First Box.
- (b) Content of Medium First Aid Box.

4. Session 4. Hygiene and Hand washing

- (a) General Hygiene Notes.
- (b) Technique of hand washing.
- (c) Practical/Video/Demonstration

5. Session 5. First Aid Techniques - Dressing

- (a) Type of Dressing.
- (b) How to apply dressing.
- (c) Practical/Video/Demonstration session.

6. Session 6. First Aid Techniques – Bandages

- (a) Types of Bandages.
- (b) Roller Bandages.
- (c) Crepe Bandages.

7. Session 7. First Aid Techniques – Evacuation Technique

- (a) Evacuation Technique (i) Shoulder pull. (ii) Ankle pull.
- (b) Transport Technique (i) Single helper transport. (ii) Multiple helper transport.
- (c) Demonstration for Evacuation Technique and Transport Technique

8. Session 8. Stretchers

- (a) Loading a stretcher.
- (b) Lifting and lowering a stretcher.
- (c) Carrying a loaded stretcher.
- (d) Loading a stretcher into an ambulance.

9. Session 9. Demonstration on stretcher loading techniques.

10. Session 10. Animal Bites

- (a) Animal Bites (Dog, Cat, Monkey, Mongoose, Horse, Cow or other animal bites).
- (b) Things to observe and enquire.
- (c) Actions to be taken.
- (d) When to refer to a health care facility?

11. Session 11. Snake Bites

- (a) Types of snakes commonly found in neighborhood.
- (b) Things to observe and enquire.
- (c) Actions to be taken.
- (d) When to refer to a health care facility?

12. Session 12. Insect Stings and Bites

- (a) Types of Insects commonly found in neighborhood.
- (b) Things to observe and enquire.
- (c) Actions to be taken.
- (d) When to refer to a health care facility?

13. Session 13. Revision.

14. Session 14. Examination – written.

15. Session 15. Practicals.

Working Days:-21							Holidays:- 05
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Celebration:- 1- World Health Day 2- Gudi Padwa 3- Ram navmi 4- World Art Day 5- Mahaveer Jayanti 6- Hanuman Jayanti
	1	2 Students Welcome session Start	3	4	5 Syllabus Breakup	6	
7 World Health day	8	9 Gudi Padwa & Dr. Hedkrewar Jayanti	10 Jhulelal Jayanti	11 Summer Camp Planning	12	13	Activities - CLUB ACTIVITIES AND EXTRA CURRICULUM CLASSES AS PER SCHEDULE
14 Ambedkar Jayanti	15	16 Durga Ashtami, Ram Navami Celebration	17 Ram Navami	18 Career Counselling by Resource Person	19 Workshop Makeup artist	20	Work Education:- ATL (CLUB ACTIVITY)
21 Mahaveer Jayanti	22 Workshop (Electrician) World Earth Day & Mahaveer Jayanti Celebration	23 Hanuman Prakatya utsav	24 Class Test	25	26	27 Class Test	GOVERNMENT COMPAGN- EK BHARAT SHRESHT BHARAT
28	29	30					Profesional Development:- 1 Training Session 2- Lesson Plan Presentation 3- Wing Wise Meet
Academic:- 1- Setting up a Academic Target 2- Distribution of Syllabus 3- Distribution of Moniter. Monitress Bedges 4- Distribution of (Lesson plan diary class log book diary. 5- Subjective Meet 6- Bridge Cource for slow learner 6- Career counslling for higher classes 7- Lesson Plan Presentation 9- Skill Development Classes for Students			SAINIK SCHOOL SOCIETY- AISSG (FOOTBALL TOURNAMNET	ALL EXTRA CURRICULUM CLASSES AS PER SCHEDULE			

MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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04 MAY- ANNUAL RESULT DISTRIBUTION

SUMMER VACATION

WORKING DAYS-09				June	HOLIDAYS-00		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
SUMMER VACATION							

Working days-26

July

Holidays- 01

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 Doctor Day & C.A day	2	3 International Plastic day & Free day	4	5	6	Academic:- 1- Formation of student council 2- Maintanance of profile 3- Notebook Correction regularly 4- Skill classes 5-Maintenance of cadets diary 6- Maintanance of attendance register 7- Planning of EC classes
7	8	9	10	11	12 World Paper Bag Day	13 Bal Sabha Poem Competition	Celebration of National /International Day 1-Kargil Shahid Diwas C 26 2- GURU PURNIUMA 3- Investifule ceremony 5- Theme based display board/ house board decpration competition
14	15	16	17	18	19	20	INDIVIDUAL AND GROUP COMPETITIONS AS PER EC SCHEDULE
21 Guru Purnima	22 PT-I	23 Chandra Shekhar Jayanti, Lakmanya Bal Gangadhar Tilak Jayanti	24	25	26 Kargil Vijay Diwas	27 APJ Abdul Kalam Jayanti	Professional development:- 1- maintenance and submission of teaches diary 2- Subject wise meet (subject enrichment meet) 3- Training sessions.
28 World Nature Conservation Day	29	30	31 Teachers Tranning				CLUB Activities- 1- 3D Alphabet letter
ALL EXTRA CURRICULUMN CLASSES AS PER SCHEDULE							

WORKING DAYS-24							HOLIDAYS-03
August							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				1	2 PT-I, UT-I	3 Hariyali Amavasya Celebration, Methalisharan Gupt Jayanti , Poem Competition	Academic:- 1- maintenance of profile 2- Maintenance of cadets Diary 3- Notebook Correction regularly
4 Hariyali Amavasya	5	6	7 NATIONAL HANDLOON DAY	8	9 Nag Panchami, PT, UT End	10 (BALSABHA) Tulsidas Jayanti Celebration	
11 Tulsidas Jayanti	12 Rakhi Making Workshop	13	14 Akhand Bharat Diwas, FOLK DANCE, COMPETITION	15 Independance Day	16	17 Result of PT,UT Rakhi Celebration	Professional Development 1- Monthly Training session 2- Subject wise meet 3- Maintenance and submission of teachers lesson plan , diary , log book and notes copy
18	19 Raksha Bhandhan Celebration, Photography day WORLD SANSKRIT DAY	20 Sadbhawna Diwas AKSHAY URJA DAY	21	22	23	24 Janmashtami celebration	
25	26 krishna Janmashtami	27	28	29 Sports Day Major Dhyanchand Jayanti	30 Ganesh Ji Making Workshop	31 Teachers Training	ATHLETICS CADETS WILL PARTICIPATE IN AISSG INTER AND INTRA SCHOOL GAMES COMPETITIION OLYMPIADS
ALL EXTRA CURRICULUMN CLASSES AS PER SCHEDULE						Examination:- 1- UT-1/PT-1	

WORKING DAYS-24

September

HOLIDAYS-01

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Academic:-
1	2 Ganesha Making Workshop	3	4	5 Teachers Day	6 SWAANUSHAS HAN DIWAS	7 Ganesh Chaturthi	1- Entry of subject enrichment marks and note book marks in register 2- Maintenance of profile 3- Maintenance of cadets diary 4- Notebook correction
8	9	10	11	12	13	14 Hindi Diwas Essay Writing	Celebration of National/International Day 1- Celebration of teachers Day 2- Hindi Diwas & Hindi Pakhwara 3- Theme based Display/ House Board decoration Competition
15 Engineers day, Democracy day	16 Ozone Day, ENGINEER DAY, Democracy day	17 Ganesh Visarjan	18	19	20	21 Drama in Different Languages, Peace Day	Professional Development . 1- Monthly Training Session. 2- Subject Wise Meet. 3-Main Tenance and Submission of Teachers Lesson Plan Diary Log Book and Notes Copy.
22	23 World Cinema Day	24	25 (pt Dindayal Jayanti, Swadeshi saptah prarambh)	26	27	28 Shahid Bhagat Singh Jayanti	REGIONAL AND NATIONAL GAMES TOURNAMENT
29 World Heart Day	30 Teachers Training						CLUB ACTIVITIES AS PER SCHEDULE
Examination:- Monthly Test	ALL EXTRA CURRICULUM CLASSES AS PER SCHEDULE						

Working days-20		OCTOBER					Holidays-07
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1 National Blood Donation Day	2 Gandhi Jayanti & Bahadur Shastri Jayanti, Swadeshi Saptah Samapt	3	4 Animal Welfare Day	5 Rani Durga Wati Jayanti Navratri Celebration	Academic:- 1- maintenance of PROFILE 2- Maintenance of CADET's Diary 3- Notebook Correction regularly .
6	7 Half Yearly Start	8 Air Force Day	9 Half Yearly Start	10	11	12 Dushhara	DIWALI Celebration
13	14	15 Apj Abdul Kalam Jayanti/ Hand wash Day	16 half Yearly Complete	17 Maharshi Valmiki Jayanti (Sharad Purnima	18	19 Balsabha	Professional Development 1- Subject wise meet 2- Maintenance and submission of teachers lesson plan , diary , log book and notes copy
20	21	22	23 half Yearly RESULT	24	25	26	Ek Bharat Shrestha Bharat:- 1- Celebration Of National Unity Day.(Ojasvi House)
27	28	29	30	31			CLUB ACTIVITIES
Activitie related to art education :- PTM (HALF YEARLY)				DIWALI VACATION- 24 OCT TO 17 NOV			Examination:- 1- Half Yearly Examination 2- Result Distribution (PTM)

Working days-23				November			Holidays-03	
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1 HOLIDAY CONTINUE	2	Academic:- 1- Maintenance of Profile 2- Maintenance of cadets Diary 3- Notebook Correction (HOLIDAY WORK)
	3	4	5	6	7	8	9	Celebration of National International Day 1- Celebration Of National Education Day 2-Celebration of Constitution Day 3 Theme Based Display Board /House Board Decoration Competition
	10	11	12	13	14	15	16	SELECTED CADETS WILL TAKE PART IN NATIONAL GAME(VIDYA BHARTI) OLMPIAD COMPETITIONS PSY EXAMINATION
	17	18 VACATION END	19	20	21	22	23 Traffic Awareness Day	
	24	25	26	27	28	29	30 Teachers Training	
	Professional Development:- 1- Maintenance and submission of teachers diary notes copy and log book 2- Subject wise meeting 3- Training Session		ALL EXTRA CURRICULUM CLASSES AS PER SCHEDULE					

	December							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1	2 Pollution Control Day	3	4 National Navy day	5	6	7 PT-II Pre Board-I	
	8	9	10 Human Rights Day	11	12	13	14 Energy Conservation Day, PT-II End	Academic:- 1-Strategy for focused revision 2- Maintenance of Portfolio 3- Maintenance of Students Diary 5-Notebook Correction regulary
	15	16 Vijay Diwas Pre Board-End (Tatkalik Bhashan)	17	18	19	20	21 Result Maths day Celebration	
	22 Maths day (Ramanuj Jayanti)	23	24	25 Atal Bihari Vajpayee, Madan Mohan Malviya Jayanti Celebration	26	27	28 Result Pre Board	SPORTS TOURNAMNET
	29	30	31					
	Professional Development:- 1- Maintenance and submission of teachers diary notes copy and log book 2- Subject wise meeting 3- Training Session		ALL EXTRA CURRICULUMN CLASSES AS PER SCHEDULE					

Working Days-25

January

Holidays-02

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Academic:- 1-Strategy for focused revision and follow up after 2- Maintenance of Profile 4- Maintenance of cadets Diary 5- Notebook Correction regulary
			1	2	3	4	
5	6 Guru Govind Singh Jayanti	7	8	9	10	11 Pre-Board-II	
12 Vivekanand Jayanti & Youth Day	13 Lohary	14 Makar Sankranti & Pongal	15 Indian Army day Practical Exam. Class-XII	16	17	18	Celebration of National/ International Day 1- Republic day 2- Youth Day
19	20	21	22 Pre- Board End	23 Subhash chandra Bose Jaynati	24	25	SHOURYA EVENT EDUCATIONAL AND FUN TRIP (01-04 JANUARY)
26 Republic day	27 Family Literacy Day Annual Practical Exam. Class-XI	28 Lala Lajpat rai Jayanti	29	30	31		
Professional Development:- 1- Maintenance and submission of teachers diary notes copy and log book 2- Subject wise meeting 3- Training Session							
ALL EXTRA CURRICULUM CLASSES AS PER SCHEDULE							

Working Days-22		February					Holidays-02
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1	Academic:- 1- Revision Work for session ending examination 2- Completion of Sujection enrichment and notebook evalution 3- Note book Correction
2 Vasant Panchami, Samarpan Diwas	3	4	5	6	7	8	Celebration of National/ international day:- 1- National Science Day
9	10	11	12 Guru Ravi Das Jayanti	13	14	15 Practical Exam End Class XII	ANNUAL EXAM PREPARATION
16	17 Annual Exam	18	19 Chatrapati Shivaji Maharaj Jayanti	20	21	22	Examination:- 1- Revision & Annual Examination
23 Maharshi Dayanand Saraswati Jayanti	24	25 Class IX, XI Annual Exam	26 Mahashivratri	27 Chandrashekhar Aajad shahid Diwas	28 Science Day Middle Exam Start		ALL EXTRA CURRICULUM CLASSES AS PER SCHEDULE- IN FIRST WEEK

Working days-24				March			Holidays-03
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Academic:- 1- Admission Open 2- Remadial Class 3- Preparation of Academic Calender 2025-26
						1	
2	3	4	5	6	7	8	Celebration 1- Womens Day
9	10	11	12 Holi Celebration	13 Holika Dahan	14 Holi	15	
16	17 Result III Week Exam	18	19	20 IX & XI Result	21	22	Examination Annual Exam Result (SHOW TO CADETS ONLY)
23	24	25	26 Middle Result	27	28	29 Chaitra Navratri	
30	31 Cheti Chand/ Gudi Padwa						

AIM

To prepare boys academically, physically and mentally fit for entry into the National Defense Academy. To remove regional imbalance in the officer cadre of defense services. To develop qualities of body, mind and character which will enable the young boys of today to become good and usefull citizens of tomorrow. To bring public school education within the reach of the common man.

School, Motto And Colour

Motto	‘स्वयमेव मृगेन्द्रता’ – Lion does not need a coronation ceremony to became the king of the Jungle, he himself becomes the king by his actions and courage.
Crest	Book represents – ‘ज्ञान’ Lamp represents - ‘असतो मा सद्गमय’ Burning torch represents - ‘शौर्य’ Cross swords represents - ‘पराक्रम’
Colour	Blue, Yellow and red. Blue color is for liveliness, Yellow color is for awakens and red color is for sacrifice.

House Colour & Emblems

House	Colour	Emblem
Sudarshan	Green	Chakra
Vajra	Royal Blue	Vajra
Trishul	Red	Trishul
Pinak	Yellow	Dhanush

CALENDAR FOR THE SESSION

2022-2023

APRIL 2022 TO MARCH 2023

April						
Su	Mo	Tu	We	Th	Fr	Sa
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May						
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June						
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July						
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August						
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September						
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October						
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November						
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December						
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January						
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February						
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March						
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CALENDAR FOR THE SESSION

2023-2024

APRIL 2023 TO MARCH 2024

April						
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May						
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June						
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August						
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September						
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October						
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November						
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December						
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January						
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February						
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March						
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CALENDAR FOR THE SESSION

2024-2025

APRIL 2024 TO MARCH 2025

April						
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May						
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June						
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July						
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August						
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September						
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October						
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November						
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December						
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January						
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February						
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March						
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