

PERSONAL BIODATA

Name

Class

School No.

Blood Group

House

Home Address

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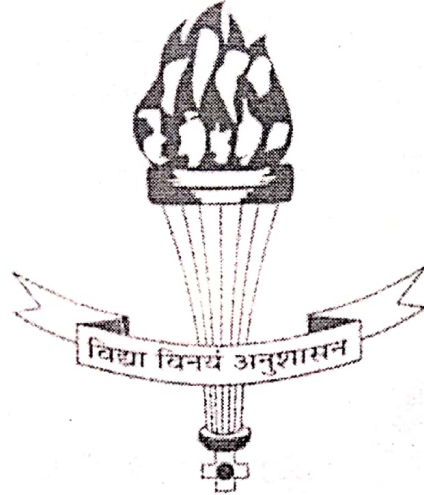
Bank A/c.

Hobbies

Phone no. of Parents

An honest man is the noblest work of God.

SAINIK SCHOOL



KAPURTHALA

Principal : Col Vikas Mohan

Vice Principal : Lt Col Seema Mishra

Adm Officer : Lt Cdr Dil Preet Singh Kang

Tel. : 01822-230184

Laziness is nothing more than the habit of resting before you get tired.

2

SAINIK SCHOOL, KAPURTHALA

1 Introduction

Sainik School, Kapurthala was inaugurated by the then Defence Minister, Sh. VK Krishna Menon on 08 July, 1961. It is a fully residential school for boys, providing Public School Education. It is one of the 31 Sainik Schools started in different states. These schools are run by an autonomous body, known as Sainik Schools Society. The Society has Board of Governors functioning under the Chairmanship of the Defence Minister.

Besides the Board of Governors and the Executive Committee, each school has a Local Board of Administration. The Chief of Staff, Headquarters, 11 Corps is the Chairman of the Local Board of Administration of Sainik School, Kapurthala. The Principal of the School is the Member Secretary.

2 Aim

The scheme to establish Sainik Schools was introduced in 1961 with the primary aim of preparing boys academically, physically and mentally for entry into the National Defence Academy, Khadakwasla.

The other objectives of the scheme are:-

- (a) To remove regional imbalance in the officer cadre of the Defence Services.
- (b) To develop qualities of body, mind and character which will enable the young boys of today to become good and useful citizens of tomorrow.
- (c) To bring public school education within the reach of the common man.

Be great in act, as you have been in thought.

- (d) To prepare those who could not make it to National Defence Academy, for responsible positions in various other walks of life.

3 Location and School Campus

Sainik School, Kapurthala is located in the palace of the erstwhile Majaraja of Kapurthala. This Palace was constructed in 1908 on the pattern of Palace of Versailles built by Louis the XIV of France. The Jagatjit Palace at present houses Sainik School, Kapurthala (total area measuring 1961 kanals and 18 marlas). In addition, the Punjab Govt. has set up a separate water supply, Gymnasium cum Swimming Pool and a few residential quarters for the administrative staff, academic staff and general employees. The School has three football fields, two hockey fields, six basketball courts, four volleyball courts, swimming pool, gymnasium and a CSD Canteen besides a lot of other facilities.

SCHEDULE OF SCHOOL EXAMINATIONS : 2019-2020

(TENTATIVE)

Classes	24 July to 31 Jul 2019	14 September 2019 To 23 September 2019	16 Novemeber 2019 to 25 Novemeber 2019	28 January 2020 to 04 February 2020	01 March 2020 Onwards (Tentative) (Classes VI to VIII) 7 March 2020 to 17 March 2020
VI, VII, VIII	Pre Mid Term	Mid Term	Post Mid Term	-----	Annual Examinations
IX, XI	Periodic Test I/ Practice Test I	Periodic Test II/ First Terminal	Periodic Test III/ Practice Test 2	-----	Annual Examinations
X,XII	Periodic Test I/ Practice Test I	Periodic Test II/ First Terminal	Periodic Test III/ Practice Test 2	Pre Board Examination	Annual Examinations

Note: Schedule of examinations is subject to change/updation at any time, during the academic session as per the directions received from CBSE/ Sainik School Society.

Good judgement comes from experience and experience comes from bad judgement.

CADETS' CODE OF CONDUCT

I. General Behaviour

1. The School expects the cadets to be polite, friendly, and well behaved in and outside the school. They should be respectful to their elders and teachers, honest and truthful at all times.
2. Personal hygiene and cleanliness are essential. Cadets must keep their classrooms and the school clean and tidy.
3. Work is worship. A certain decorum should be maintained in the classroom. Cadets should be attentive and respectful to their teachers and companions.
4. Cadets are to communicate in English at all times in and outside school so as to maintain a suitable level of conversation. Those who are weak in English need to be encouraged.
5. The School does not accept responsibility for any loss of money/books/clothes etc. The students are advised not to bring ~~any~~ valuables to the school. Any item lost/found, needs to be deposited in Vice-Principal's Office.
6. No collective petition will be entertained but reasonable and private ones will be sympathetically attended to.
7. The boys should switch off lights in the Houses and class rooms, when not required.
8. Text Books will be strictly followed as per CBSE guidelines.

II. Paying Mark of Respect & Greetings

Students must wish the Service Officers, Members of the Academic, Administrative staff and visitors. They must salute the Service Officers if they are wearing berets/pugrees.

No matter how big or soft or warm your bed is, you still have to get out of it. 6

III. Turnout and Hygiene

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

- (a) They brush their teeth daily and keep the nails clean and trimmed.
- (b) They take hair cut on due date and time.
- (c) They take bath regularly and daily.
- (d) They comb their hair properly.
- (e) They polish their shoes daily.
- (f) They dress up for various activities as per orders issued from time to time.

IV. Dormitories

- (1) Students should not:
 - (a) Borrow or lend articles and money.
 - (b) Keep valuables and attractive items with them.
 - (c) Rest in the dormitories unless permitted by the School Medical Officer.
- (2) They should mark their garments and stitch buttons etc. on Sundays/holidays.
- (3) Students should remember to :
 - (a) Visit the toilet before retiring.
 - (b) Make their beds after use.
 - (c) Close taps when not in use.

The more the comfort, the less the courage there is.

- (4) They should carry out the orders and instructions passed by the House Ap-
pointments.

V. Class Rooms

- (1) Students must be punctual for the classes.
- (2) Perfect silence should be maintained in the class rooms.
- (3) In absence of the teacher, instructions issued by the class monitor should be obeyed by all ^{the} cadets of the class.
- (4) Students should keep their desks, and class rooms neat and clean.
- (5) The class room furniture and walls etc. must be saved from mutilation. Any damage should be brought to the notice of the Class Teacher.
- (6) Students should keep their books and exercise books properly arranged. Any loss of book or damage should be brought to the notice of the Class Teacher.
- (7) Students should enter and leave their class rooms in single formation and in an orderly manner.
- (8) They should spruce up their class rooms before leaving them at cease work.

General Behaviour

- (9) Text Books will be strictly followed as per CBSE guidelines as published by NCERT/CBSE.
No help books or guides are recommended or advised.
- (10) Cadets are strictly forbidden from leaving the school premises without permission.
- (11) Do not move in the corridor or outside class rooms during school hours. Always be punctual and properly dressed.

Not failure but low aim is a crime.

VI. Dining Hall

- (1) Students are to march Housewise to the Dining Hall for all meals.
- (2) Students are to sit in Dining Hall as per given Seating Plan
- (3) They should enter the Dining Hall in a single line when ordered.
- (4) Discipline should be maintained in the Dining Hall and conversation should be in a subdued voice.

Don'ts

- (a) Do not drag the chairs.
- (b) Do not rest your elbows on the table.
- (c) Do not heap up your plates with food stuff.
- (d) While eating do not keep your mouth open.
- (e) Do not produce any noise with cutlery.
- (f) Do not leave your seat when the meals are in progress.
- (g) In case your neighbour's seat is vacant (but the table is laid) do not eat from his plate.
- (h) Do not get up for a second helping, instead ask your neighbour to pass the dish over to you.
- (i) Do not enter into a dialogue with the bearer or any member of the mess staff.
- (j) In case of any complaint towards meals, you are to make an entry in the suggestion register.
- (k) Do not start blowing your nose and cleaning your throat while seated at the dining table.
- (l) While talking to your neighbours, do not hold the cutlery up in the air.
- (m) While handing over the cutlery to anyone, please see that the sharp edge is towards you.

I never knew how strong I was until I had to forgive someone who wasn't sorry and accept an apology I never received.

स्कूल गीत

जीवन है पाया जिस लिए,
हम करके वो दिखलायेंगे,
कठिनाइयों पर जूझ के
भारत के गुण हम गायेंगे।
प्रेमी ही क्या वो देश के
जो त्याग कर पाये नहीं,
इन्सान क्या जो मौत से
डर लक्ष्य तक जाये नहीं
खेलेंगे होली आग से
तूफान बन हम छावेंगे,
जीयेंगे माँ तेरे लिए
तेरे लिए मिट जायेंगे
जीवन है पाया जिस लिए
हम करके वो दिखलायेंगे॥

प्रार्थना

वह शक्ति हमे दो दयानिधे, कर्तव्य मार्ग पर डट जावें।
पर सेवा, पर उपकार में हम, निज जीवन सफल बना जावें।
हम दीन-दुखी, निबलों-बिकलों के सेवक बन संताप हरें।
जो हैं अटके भूले-भटके उनको तारें खुद तर जावें।
छल-दंभ द्वेष पाखंड-झूठ, अन्याय से निशि दिन दूर रहें।
जीवन हो शुद्ध-सरल अपना, शुचि प्रेम सुधारस बरसावें।
निज आन-मान मर्यादा का प्रभु ध्यान रहे, अभिमान रहे।
जिस देश जाति में जन्म लिया, बलिदान उसी पर हो जावें।
वह शक्ति हमे दो दयानिधे, कर्तव्य मार्ग पर डट जावें।
पर सेवा, पर उपकार में हम, निज जीवन सफल बना जावें।

A pint of sweat will save a gallon of blood.

प्रतिज्ञा

भारत हमारा देश है। हम सब भारतवासी भाई-बहन हैं। हमें अपना देश प्राणों से भी प्यारा है। इसकी समृद्धि और विविध संस्कृति पर हमें गर्व है। हम उसके सुयोग्य अधिकारी बनने का प्रयत्न सदा करते रहेंगे। हम अपने माता-पिता, शिक्षकों और गुरुजनों का सदा आदर करेंगे और सबके साथ शिष्टता का व्यवहार करेंगे। हम अपने देश और देशवासियों के प्रति वफादार रहने की प्रतिज्ञा करते हैं। उनके कल्याण और समृद्धि में ही हमारा सुख निहित है।

॥ जयहिन्द ॥

PRAYER

O Lord, each morning when we come to school
Bless us with a successful day
Bless our teachers one and all
And ^{all} our friends both big and small,
Bless our parents whose love we share
And keep them always in your care.
We thank thee, dearest Lord
For this new morning with its light
For rest and shelter of the night
For health and food, for love and friends,
Now guide me through another day
When at school and when at play,
And keep me safe from all evils.
May I cherish noble thoughts
May I do all things I ought
Enlighten our minds
Strengthen our memories
And direct our wills to do what is right.
O God, grant us courage to seek truth
And make us truly wise, by leading us
From darkness to light.
May all in this world be happy,
May they be healthy
May they be comfortable
And never miserable!

To see the right and not to do it is cowardice.

PLEDGE

India is my country,
all Indians are my brothers and sisters.

I love my country
and I am proud of its rich and varied
heritage and

I shall always strive to be
worthy of it.

I shall respect my parents, teachers
and all elders and treat everyone with
courtesy.

To my country and my people

I pledge my devotion.

In their well being and prosperity
alone lies my happiness.

Jai Hind

NCC SONG

Ham Sab Bharatiya Hain, Ham Sab Bharatiya Hain.

Apni Manzil Ek Hai, Ha, Ha, Ha, Ek, Hai, Ho, Ho,

Ho, Ek, Hai

Ham Sab Bharatiya Hain

Kashmir Ki Dharti Rani Hai,

Sartaj Himalaya Hai

Sadiyon Se Hamne Isko Apne Khoon se Pala Hai

Desh ki Raksha Ki Khatir Hum Shamshir Utha Lenge;

Bikhre-Bikhre Tarey Hain Hum Lakin Jhilmil Ek Hai

Ha, Ha, Ha, Ek Hain

Ham Sab Bharatiya Hain

Mandir Gurdware Bhi Yahan

Aur Masjid Bhi hai Yahan

Girja Ka Hai Ghadiyal Kahin

Mullah Ki Kahin Hai Azaan

Ek Hi Apna Ram Hai, Ek Hi Allah Taala Hai,

Ek Hi Allah Taala Hai, Rang Birange Deepak Hain Ham,

Lekin Jagmag Ek Hai Ha, Ha, Ha, Ek Hai, Ho, Ho,

Ho, Ek Hai

Ham Sab Bharatiya Hain, Ham Sab Bharatiya Hain

Courage grows by daring, fear by delaying.

NDA CODE

I believe that a cadet must be Truthful, Trustworthy, Honest and Forthright in all circumstances. I will not lie, cheat or steal nor will I mislead or deceive anyone. I undertake to live up to this code faithfully and to encourage my comrades continuously to do so.

CADETS' COMMANDMENTS

- 1) Be loyal to the school and the country.
- 2) Be physically fit, mentally alert and morally upright.
- 3) Be disciplined and obedient.
- 4) Be brave, enthusiastic and cheerful in all eventualities.
- 5) Be dutiful, studious and willing to serve the school and the country in future.
- 6) Choose the harder right instead of easier wrong.
- 7) Be pure in thought and deed, courteous and polite in conduct with the subordinates and weak.
- 8) Do not lie, cheat, steal or abet the same.
- 9) Feel pride in being a cadet of this school and avail opportunities offered by the school.
- 10) Your honour is supreme and place service before self.

A war represents the failure of diplomacy.

14

LIST OF SAINIK SCHOOLS

S. No.	Sainik School	State	Abbr	Date of Est.
1.	Satara	Maharashtra	SSS	23-06-61
2.	Kapurthala	Punjab	SSKP	08-07-61
3.	Balachadi	Gujarat	SSBC	08-07-61
4.	Kunjipura	Haryana	SSK	24-07-61
5.	Chittorgarh	Rajasthan	SSC	07-08-61
6.	Korukonda	A.P.	SSKK	18-01-62
7.	Kazhakootam	Kerala	SSKT	26-01-62
8.	Purulia	W.B.	SSP	29-01-62
9.	Bhubaneshwar	Odisha	SSB	01-02-62
10.	Amravathinagar	Tamilnadu	SSA	16-07-62
11.	Rewa	M.P.	SSR	20-07-62
12.	Tilaiya	Jharkhand	SST	16-09-63
13.	Bijapur	Karnataka	SSBP	16-09-63
14.	Goalpara	Assam	SSG	12-11-64
15.	Ghorakhal	Uttarakhand	SSGK	21-03-66
16.	Nagrota	J&K	SSN	22-08-70
17.	Imphal	Manipur	SSI	07-10-71
18.	Sujanpur Tira	H.P.	SSST	02-07-78
19.	Gopalganj	Bihar	SSGG	12-10-03
20.	Nalanda	Bihar	SSNL	12-10-03
21.	Punglwa	Nagaland	SSPN	01-04-07
22.	Kodagu	Karnataka	SSKG	18-10-07
23.	Ambikapur	Chattisgarh	SSAP	01-09-08
24.	Rewari	Haryana	SSRW	01-05-09
25.	Kalikiri	A.P.	SSKL	20-08-14
26.	Chhing Chhip	Mizoram	SSCC	21-04-17
27.	Jhunjhunu	Rajasthan	SSJ	28-04-18
28.	East Siang	Arunachal Pradesh	-	2018
29.	Chandrapur	Maharashtra	-	-
30.	Mainpuri	U.P	-	-
31.	Jhansi	U.P	-	-

God made the country and man the town.

LIST OF PHONE NUMBERS-ACADEMIC STAFF

S.no.	Teacher's Name	Post	Subject	Mobile No.
1.	Mr Jagdish Singh	PGT	Maths	9876264430
2.	Mr Bhushan Kumar Joshi	PGT	Maths	9592596035
3.	Dr Harpreet Singh Ishar	PGT	Physics	9463008841
4.	Mr Manohar Lal Chandel	PGT	Chemistry	9815574379
5.	Mr. Arvind Kumar Srivastav	PGT	Computer Science	9417877244
6.	Mr Yadwinder Singh	PGT	Physics	9417348061
7.	Mr Divyendu Misra	PGT	Biology	7696291718
8.	Mr Raj Kumar	PGT	Chemistry	9478927492
9.	Dr SK Gautam	PGT	English	7986198493
10.	Mr Kuldeep Kumar	TGT	Maths	9463268543
11.	Mr Ranvir Singh Rana	TGT	Physics	9501706556
12.	Mrs Narinder Kaur	TGT	English	9463356140
13.	Mr Shiv Kumar	TGT	Maths	9872654111
14.	Mrs Satinderjit Kaur	TGT	Chemistry	9463762786
15.	Mr Hanuman Prasad Shukla	TGT	Hindi	9915292644
16.	Mr GC Jena	TGT	Art	9417114506
17.	Mr Randhir Singh	TGT	Social Science	9417877075
18.	Mr Malkinder Singh Bajwa	TGT	Maths	9463484041
19.	Mrs Harjinder Kaur Bajwa	TGT	English	7589218101
20.	Mr Jai Kishore Prasad Singh	TGT	Hindi	7888938469
21.	Mr Mriginder Singh	TGT	English	8872900664
22.	Mr Kamaljit Singh	TGT	Social Science	8146264100
23.	Mr GP Awasthi	TGT	Hindi	9041603238
24.	Mr Anand Prakash Pandey	TGT	Social Science	9530935359
25.	Mr Munish Sharma	TGT	English	8968353506
26.	Mr Nelson Dass	Librarian	—	9530665753
27.	Mr Rajpal Singh	TGT	Biology	8968522632
28.	Mr Istinderjit Singh	Lab Assistant	—	8968522632
29.	Mr Amarjit Singh	Lab Attendant	—	9417596474
30.	Mr Rajneesh Kumar	TGT	Computer Science	7589056825
31.	Mr Daljit Singh	TGT	Punjabi	6239715765
32.	Mr Satish Kumar	Band Master	—	8847341263

I won't quarrel with my bread and butter.

LIST OF PHONE NUMBERS-ADM STAFF

S.no.	Name	Post	Mobile No.
1.	Mr GS Arora	(Accountant)	9530643712
2.	Mr Vasanda Kumar S.	(Off. Supdt.)	9417877364
3.	Mrs Asha Sharma	(Qr. Master)	—
4.	Mr Raj Kumar	(Mess Manager)	9464195556
5.	Mrs Bhadra Kumari	(Hostel Supdt.)	9478050107
6.	Mr Devender Singh	(Hostel Supdt.)	9463762868
7.	Mr Pardeep Kumar	(UDC)	9417039348
8.	Mr Ajay Kumar	(UDC)	8847629144
9.	Mr Jagdish Chand	(LDC)	9417224618
10.	Ms Suman Sharma	(LDC)	7696205747
11.	Mr Sunny Kumar	(LDC)	7888749307
12.	Mr Anil Kumar	(LDC)	7696205956
13.	Mr TP Singh	(LDC)	9878093630
14.	Mr SC Sharma	(Nursing Asstt.)	8580572123
15.	Mr Dev Kumar	(Hostel Warden)	9815650277
16.	Hony Capt Puran Singh	(Hostel Warden)	7589271443
17.	Mr Ravinder Singh	(Driver)	9815473387
18.	Mr Rakesh	(Driver)	9876060033
19.	Ex Hav Kundan Singh	(Hostel Warden)	9463007752
20.	Mr Mohan	(LDC cum Supervisor)	9992696536

NCC & PI Staff

1.	Sub Vikram Singh		6395427125
2.	BHM Rakesh Chaudhary		7057977973
3.	Hav Satveer Singh		7972795378
4.	Hav Suman Kumar		7837006094
5.	Hav Sunil Dutt		8580840049
6.	Mr Parkash Chand	NCC Clerk	9872979675

An example is a lesson that all men can read.

DAILY ROUTINE SUMMER/WINTER

Activity	Summer	Winter
1. Reveille	0500 h	0530 h
2. Cadets leave Houses for PT	0540 h	0610 h
3. Cadets fall in and Report	0550 h	0620 h
4. P.T.	0600 h-0640h	0630 h-0710h
5. NCC Parade	0625 h-0710h	0645 h-0725h
6. Bath and Change, Setting of Dorms	0640 h-0735h	0710 h-0755h
7. Inspection-Cadets Dress	0735h	0755h
8. Breakfast	0740h-0800h	0800h-0820h
9. Central/House Assembly on all days	0815h-0835h	0835h-0855h
10. 1st Period	0840h-0920h	0900h-0940h
11. 2nd Period	0920h-1000h	0940h-1020h
12. 3rd Period	1000h-1040h	1020h-1100h
13. 4th Period	1040h-1120h	1100h-1140h
14. Tea Break	1120h-1140h	1140h-1200h
15. 5th Period	1140h-1220h	1200h-1240h
16. 6th Period	1220h-1300h	1240h-1320h
17. 7th Period	1300h-1340h	1320h-1400h
18. Lunch	1350h-1420h	1410h-1440h
19. Quiet Hour/Rest/Library	1420h-1520h	1440h-1520h
20. 1st Prep Self Study	1530h-1630h	-
21. Games/Hobbies Fall in and Dispersal	1630h-1640h	1520h-1530h
22. Games/Out Pass	1640h-1730h	1530h-1630h
23. Refreshment, Bath & Change	1730h-1820h	1630h-1750h
24. Supervised Prep	1825h-2000h	1800h-2000h
25. Dinner	2005h-2030h	2005h-2030h
26. TV News	2030h-2055h	2030h-2055h
27. Self-study (House Prep Rooms)	2100h-2200h	2100h-2200h
28. Dorm Lights off	2230h	2230h
29. Lights off	2300h	2300h

It is easy to flatter, it is harder to praise.

LIST OF CLASS TEACHER
(2019-20)

S.No.	Class	Class Teacher
1.	XII A	Mr Jagdish Singh
2.	B	Mr BK Joshi
3.	XI A	Dr Harpreet Singh Ishar
4.	B	Mr ML Chandel
5.	X A	Mr Raj Kumar
6.	B	Mr. Kuldeep kumar
7.	C	Mr HP Shukla
8.	IX A	Mr. GP Awasthi
9.	B	Mr. Rajpal Singh
10.	C	Mr JKP Singh
11.	VIII A	Mr GC Jena
12.	B	Mr. Mriginder Singh
13.	C	Mr AK Srivastav
14.	VII A	Mr Daljit Singh
15.	B	Mr. RS Rana
16.	C	Mr Istinderjit Singh
17.	VI A	Mr Narinder Kaur
18.	B	Mrs Satinder Jit Kaur
19.	C	Mr. RK Chauhan

ROUTINE-SUNDAY/HOLIDAYS

1.	Reveille	0630h	Summer
		0630h	Winter
2.	Breakfast	0900-0920h	Summer
		0900-0920h	Winter
3.	Washing Make & Mend	0930-1100h	Summer
		0930-1100h	Winter
4.	Prep	1115-1315h	Summer
		1115-1315h	Winter
5.	Roll Call & Lunch	1330-1400h	Summer
		1330-1400h	Winter
6.	Quiet Hour	1400-1545h	Summer
		1400-1545h	Winter
7.	Film/TV	1600-1900h	Summer
		1600-1900h	Winter
8.	Roll Call & Dinner	1930-1955h	Summer
		1930-1955h	Winter
9.	TV News	2000-2030h	Summer
		2000-2030h	Winter
10.	Self-study (House Prep Rooms)	2045-2200h	Summer
		2045-2200h	Winter
11.	Dorm Lights off	2230h	

The greatest remedy for anger is delay.

LIST OF CLOTHING ITEMS REQUIRED
TO BE BROUGHT BY THE CADETS IN
NEW SESSION 2019-20

S.NO.	Name of Item	Qty.
1.	Bed Sheet White	03 Nos.
2.	Trouser Black	02 Nos.
3.	Trouser Dark Grey	02 Nos.
4.	Shirts Full Sleeves Sky Blue	03 Nos.
5.	Shirts Half Sleeves Sky Blue	03 Nos.
6.	Shoes Black Oxford Pattern	01 Pair
7.	Sports Shoes White	01 Pair
8.	Socks Black (Mid Calf length, without any logo)	06 Pairs
9.	Socks White (Mid Calf length, without any logo)	06 Pairs
10.	Handkerchief	06 Nos.
11.	Vest Sandow	06 Nos.
12.	Underwears	06 Nos.
13.	Toilet Items Including a bucket & a mug	As per requirement
14.	Pillow Cover White	02 Nos.
15.	Towel	01 Pair
16.	Bathroom Slippers	01 Pair
17.	Shorts Blue Terricot	02 Nos.
18.	Night Suit Blue/White	02 Nos.
19.	Mattress	As per requirement
20.	Permanent Marker	01 No.
21.	Alarm Clock	01 No.
22.	Lab Coat (Class XI & XII)	01 No.

- Note :-
1. Any item found deficient with the cadets will be procured by the school and the money for the same will be deducted from their personal account.
 2. The cadets should not wear ankle socks.

Quality education lays the foundation of good character.

LIST OF CLOSED HOLIDAYS-2019

S.No.	Holidays on Account of	Date	Day of Week
1.	Republic Day	26 Jan	Saturday
2.	Maha Shivratri	04 Mar	Monday
3.	Holi	21 Mar	Thursday
4.	Mahavir Jayanti	17 Apr	Wednesday
5.	Good Friday	19 Apr	Friday
6.	Buddha Purnima	18 May	Saturday
7.	Idu'l Fitr	05 Jun	Wednesday
8.	Idu'l Zuha (Bakrid)	12 Aug	Monday
9.	Independence Day	15 Aug	Thursday
9.	Janmashtami	24 Aug	Saturday
10.	Muharram	10 Sep	Tuesday
11.	Mahatma Gandhi's Birthday	02 Oct	Wednesday
13.	Dussehra	08 Oct	Tuesday
14.	Diwali (Deepavali)	27 Oct	Sunday
15.	Milad-Un-Nabi	10 Nov	Sunday
16.	Guru Nanak's Birthday	12 Nov	Tuesday
17.	Christmas Day	25 Dec	Wednesday

Hope raises no dust.

INCHARGES OF VARIOUS CO-CURRICULAR ACTIVITIES : 2019-20

1. Sports Activities

- | | |
|-------------------|---|
| (a) Athletics | Mr MS Bajwa I/C & Mr Munish Sharma |
| (b) Football | Mr RS Rana -I/C & Mr Dev Kumar |
| (c) Basketball | Mr Devender Singh-I/C |
| (d) Hockey | Mr MS Bajwa -I/C & Mr Daljit Singh |
| (e) Volleyball | Mr Yadwinder Singh-I/C & Mr JKP Singh |
| (f) Swimming | Mr D Misra-I/C & Mr Rajpal Singh |
| (g) Boxing | Mr Kuldeep Kumar -I/C & Mr Anand Prakash Pandey |
| (h) Cross Country | Mr RD Singh -I/C & Mr Rajpal Singh |
| (i) Announcers | Mrs Narinder Kaur & Mr Mriginder Singh |

2. Hobby Clubs

- | | |
|---|---|
| (a) Drawing & Painting | Mr GC Jena -I/C & Mr Kuldeep Kumar |
| (b) Informatics Hobby | Mr AK Srivastav -I/C & Mr Rajnish Chauhan |
| (c) Music Club | Mr Mriginder Singh -I/C & Mr GP Awathi |
| (d) Dramatics Club | Mrs Narinder Kaur -I/C & Mrs H K Bajwa |
| (e) Photography Club | Mr Rajpal Singh - I/C |
| (f) Public Speaking and
Debating (Seniors) | Dr SK Gautam -I/C |
| (g) Public Speaking and
Debating (Juniors) | Mr Munish Sharma -I/C |
| (h) Yoga | Mr HP Shukla -I/C & Mr Anand Prakash Pandey |

No greater shame to man than inhumanity.

4. Event Organising Committee (Annual Day/North Zone/Old Boys)

- | | |
|-----------------------------------|---------------------------------------|
| (a) Co-ordinator | Mr Jagdish Singh |
| (b) I/C Cultural Program | Dr HS Ishar |
| (c) English Play | Mrs HK Bajwa |
| (d) Punjabi Play | Mrs Narinder Kaur |
| (e) Shabad | Mr Daljit Singh |
| (f) Hindi Group Song | Mr JKP Singh |
| (g) Bhangra | Mr Daljit Singh |
| (h) Music and Recording | Mr Mriginder Singh |
| (i) Light and Sound | Mr MS Bajwa |
| (j) Announcer | Mrs Narinder Kaur, Mr Mriginder Singh |
| (k) Rangoli | Mrs Bhadra Nair, Mrs Satinderjit Kaur |
| (l) Stage Decoration | Mr GC Jena, Mrs Bhadra Nair |
| (m) Annual Report | Dr SK Gautam |
| (n) Preparation of Draft Speeches | Dr SK Gautam |

5. Assembly Organisation

Mr Jagdish Singh assisted by House Master

6. School Magazine

Mr Munish Sharma -I/C

Mr JKP Singh

Mr Daljit Singh

Mrs Narinder Kaur

A rolling stone gathers no moss.

7. Exhibition Committee

- | | |
|----------------------|--------------------|
| (a) Co-ordinator | Mr M L Chandel |
| (b) Physics | Mr Yadwinder Singh |
| (c) Chemistry | Mr Raj Kumar |
| (d) Biology | Mr D Misra |
| (e) Art | Mr GC Jena |
| (f) Computer Science | Mr AK Srivastav |
| | Mr RK Chauhan |

8. Quiz

- | | |
|-------------------------|--|
| (a) Seniors | Mr Kamaljit Singh-I/C
& Mr Anand Prakash Pandey |
| Technical Support | Mr AK Srivastav |
| (b) Juniors | Mrs Satinderjit Kaur -I/C & Mr Rajpal Singh |
| Technical Support | Mr Mriginder Singh |
| (c) Maths | Mr Kuldeep Kumar -I/C & Mr Shiv Kumar |
| Technical Support | Mr R K Chauhan |
| (d) Online IPSC GK Test | Mr AK Srivastav -I/C & Mr Nelson Das |

Disciplinary Committee

I Qtr (Apr-June)	II Qtr (July-Sep)	III Qtr (Oct-Dec)	IV Qtr (Jan-Mar)
Presiding Officer Dr. HS Ishar	Presiding Officer Mr ML Chandel	Presiding Officer Mr Yadwinder Singh	Presiding Officer Mr D Misra
Members Mr Raj Kumar Mrs Satinderjit kaur Hostel Supdt of Concerned House	Members Mr Kuldeep Kumar Mrs HK Bajwa Hostel Supdt of Concerned House	Members Mr RS Rana Ms Preeti Hostel Supdt of Concerned House	Members Dr SK Gautam Mrs Narinder Kaur Hostel Supdt of Concerned House

Slow & steady wins the race.

10. Other Activities

- | | |
|---------------------------------------|---|
| (a) Boys Stationery | Mr Istinderjit Singh & Mr Amarjit Singh |
| (b) I/C Welfare Committee | Mr ML Chandel |
| (c) Festival Celebration | Mr HP Shukla |
| (d) Press & TV Coverage | Mr JKP Singh |
| (e) Mess Committee | Mrs Bhadra Nair |
| (f) Prizes, Mementoes
Certificates | Mrs Shiv Kumar & Mrs Satinderjit Kaur |
| (g) Old Boys Association | Mr MS Bajwa & Mr Munish Sharma |
| (h) M/C Dinner Nights | Mrs HK Bajwa |
| (i) Cadets Entertainment
Committee | Mr Nelson Das |
| (j) Recording All Meetings | Dr SK Gautam (Conference VPPL and above)
Mr Munish Sharma (Senior Master's Conference) |
| (k) I/C Educational Trips | Mr Raj Kumar |
| (l) I/C Staff Room | Mr Anand Prakash Pandey |
| (m) Entrance Exam Stationery | Mr JKP Singh |
| (n) I/C School Diary & Daily Events | Mr Jagdish Singh-I/C |
| (o) Filling of NDA forms | Mr Mriginder Singh |
| (p) Women Cell | Mrs Narinder Kaur
Mrs Satinderjit Kaur |
| (q) I/C Band | Mr RS Rana |
| (r) I/C Language Lab | Mr Mriginder Singh |
| (s) Poetry Recitation (HH) | Mrs HK Bajwa |
| (t) Extempore Speeches | Mr HP Shukla |
| (u) NCC Activities | Mr Munish Sharma
Mr Kuldeep Kumar |

Languages are pedigrees of nation.

(v) NTSE & Science Olympiad

Mr BK Joshi -I/C

Mr D Misra

Mr R D Singh

Mr Nelson Das

(w) Ek Bharat Shreshta Bharat

Mr BK Joshi -I/C

Dr SK Gautam

Mr R D Singh

Mrs Narinder Kaur

Mr J K P Singh

As you sow, so shall you reap.

A WORD TO THE PARENTS

1. In order to allow the School to keep parents informed about the progress of their wards, parents should inform their latest mobile numbers, mailing address to the school administration during admission. Any change should be immediately brought to the notice of the School
2. Parents/guardians are permitted to meet their wards on second Sunday of the month only from 0930 hrs to 1300 hrs. Parent's Day will not be observed during Exam days.
3. Parents are requested to watch, their ward's progress in academics (result is uptaded on the school website) and outdoor activities carefully.
4. Parents must meet the Housemaster, if their ward's progress is not satisfactory/otherwise.
5. Use of mobile phones, electrical appliances and electronic gadgets in the school premises is strictly PROHIBITED. In case a cadet is found in possession of aforesaid items, he will be penalized as per school orders.
6. Parents are requested to have regular correspondence with their ward in order to keep themselves fully apprised of their progress in various fields.
7. Parents have to ensure that their wards meticulously follow the booking out and booking in schedule.
8. Parents are requested to ensure that their wards utilise vacation period for studies & completing the home work.
9. Parents are requested to send their wards back to school after each break or vacation as per scheduled time. If the cadet fail to report on time due to medical reason, a medical certificate from Civil Hospital will be submitted. Else, the cadet will be penalized as per school order.
10. Parents are not to visit classes and dorms.

When you make a Goal. All the Universe conspires in helping you achieve it. 37

11. No leave will be sanctioned other than authorised vacation and emergencies.
12. Parents are advised to go through the school website for accessing the updates about the school. (result, activities)
13. Parents must visit the school, whenever the school requires their presence while handling cases of indiscipline.
14. Parents will not give more than Rs 200 as cash to their wards. It is the responsibility of cadet to keep the cash secured. In case of theft the school will not be held responsible.
15. Parents must apprise the school in case their ward is undergoing any course of medicine, or he is allergic to any drug. No medicine will be handed over to the cadet by the parents without information of school. In case the school is not informed and cadet resorts to self medication school will not be held accountable.

PROMOTION POLICY

As per CBSE / Sainik Schools Society guidelines

LABORATORY AND WORKSHOP RULES

1. In the laboratory/workshop, follow the instructions given by teachers.
2. Any breakage of loss must be reported immediately.
3. The cadets should come prepared with the theory of experiment, which they have to perform in laboratory or workshop.
4. Students should come to laboratory with complete practical record and observation note book.
5. All cadets are advised to be regular during practicals.
6. All work be done in the presence of supervisor/instructor.
7. No student will be permitted in the Laboratory without Lab-coat (XI & XII)

Work is Worship.

RULES OF SCHOOL LIBRARY

1. Maintain silence in the school library.
2. Any book lost/torn must be informed to the Librarian immediately and the book lost by the borrower shall have to be replaced within 15 days time from the date of loss by the borrower.
3. Each borrower is supposed to examine the condition of the book when it is issued and has to ensure that the damage, if any, is mentioned in the loan register.
4. While returning the book, the borrower will ensure that the date of return is correctly entered and each entry is signed by the Librarian.
5. A borrower from whom fine or some other recovery is long over-due will be debarred from borrowing books from the school library.
6. Stealing of books/magazines from the school library is a serious offence. If a student is caught stealing books/magazines from the library, he/she will have to pay double the cost of the book.

Change is the strongest son of life.

SHRAMDAAN

S.No.	Class/ Section	Area to be looked after
1.	VI A	Area around auditorium upto School Boundary Wall
2.	VI B	Area around Chemistry lab upto main road
3.	VI C	Baiza Garden & Lawn in front of library and road
4.	VII A	Area around Aeroplane upto main gate
5.	VII B	Area around School-Hospital and Sahodhya Garden
6.	VII C	Cricket Ground & Kacha Road from main gate to football ground including obstacle
7.	VIII A	Area adjacent to Generator set and road from hostel to palace
8.	VIII B	Ground in front of Gym upto Hockey ground and GTO
9.	VIII C	Area inside Gym & Swimming pool with Gazibo & new tubewell
10.	IX A	Area behind Lajpat House to Ranjit-Nalwa House Entrance Gate
11.	IX B	Area behind Mess upto Patel including road from Holding House Gate including to Dhobhi Ghat
12.	IX C	First 02 football ground with obstacles
13.	X A	01 Football Ground obstacles and Gazibo
14.	X B	Old swimming pool (Maharaja's Swimming Pool)
15.	X C	Island Structure behind Bal Niketan
16.	XI A	Area of Smriti Sthal & Fountains next to SS upto Bal Niketan
17.	XI B	Area Near Tennis & Squash Courts including Gazibo

Knowledge comes, but wisdom lingers.

PT/PARADE SCHEDULE FOR SESSION 2019-20

The schedule for the morning session w.e.f 07 Apr 19 is as follows :-

Day	Drill	NDA Classes	PT	Cross Country	Timings	Duty	
Monday	XI & XII	-	VI to X	-	0600-0640	T/O Kuldeep Kumar, PI Staff & PTI Staff	
Tuesday	VIII, IX XI & XII	XII	VI, VII & X	-	-do-	All ANOs, PI Staff & PTI Staff	
Wednesday	-	XII	VI to XI	-	-do-	PTI Staff	
Thursday	IX	XII	VI, VII, VIII X & XI	-	-do-	T/O SK Gautam, T/O HP Shukla & PTI Staff	
Friday	VIII	XII	VI, VII, IX X & XI	-	-do	T/O RS Rana	
Saturday	Ist-Sat	-	XII	IX, X & XI	VII & VIII	-do	All House Masters, Hostel Supdt & PTI Staff
	IInd-Sat	-	XII	VII, VIII & XI	IX & X	-do	All House Masters, Hostel Supdt & PTI Staff
	IIIrd-Sat	-	-	VII, VIII, IX & X	XI & XII	-do	All House Masters, Hostel Supdt & PTI Staff
	IVth-Sat All Classes	-Shramdan All Houses (0600-0700hrs)					All House Masters & All Hostel Supdt

Pain is temporary greatness is forever.

HOUSE APPOINTMENT - STAFF

Houses	LL/Mobile	House Master	House Tutor	Hostel Supdt
Tilak	01822-238710 7627820371	Mr MS Bajwa	Mr ML Chandel, Mr RS Rana	Mr Puran Singh
Bhagat	01822-238712 7627820369	Mr Yadwinder Singh	Mr Kuldeep Kumar Mr RK Chauhan	Mr Kundan Singh
Patel	01822-238711 7627820370	Mr Raj Kumar	Dr HS Ishar Mr JKP Singh	Mr Kundan Singh
Azad	01822-238714 7627820368	Dr SK Gautam	Mr BK Joshi Mr Mriginder Singh	Mr Dev Kumar
Sarojini	01822-238715 7627820367	Mr D Misra	Mr AK Srivastav Mr Istinderjit Singh	Mr Devender Singh
Subhash	01822-238820 7627820362	Mr Munish Sharma	Mr Nelson Das	Mr Puran Singh
Lajpat	01822-238819 7627820363	Mr Anand Prakash Pandey	Mr Rajpal Singh	Mr. Devender Singh
Chittaranajan	01822-238818 7627820365	Mr RD Singh	Mr GP Awasthi	Mr Puran Singh
Motilal	01822-238817 7627820364	Mr Shiv Kumar	Mr Daljit Singh	Mr Kundan Singh
Tagore	01822-238716 7627820366	Mr Kamaljit Singh	Mr GC Jena	Mr Dev Kumar
Ranjit	01822-238822 7627820361	Mr HP Shukla	Mrs Satinderjit Kaur	Mrs Bhadra Nair
Nalwa	01822-238821 7627820360	Mrs HK Bajwa	Mrs Narinder Kaur	Mrs Bhadra Nair

Honesty is the best policy.

MESS ETIQUETTE

The mess is our home. We have to maintain a certain amount of decency and decorum in the mess. This is an institution we should take pride in and observe the laid down rules/regulations to maintain and keep up its dignity. Some tips on Mess Etiquette have been listed below:

Dos and Don'ts

- (a) Observe punctuality
- (b) Follow the dress regulations strictly
- (c) While seated, sit erect without leaning lazily on the back of the chair.
- (d) Mess is the place where you can talk. Therefore, talk freely but in a soft and subdued voice with your immediate neighbour on the Dining Table.
- (e) When you take or leave your seat you must seek permission from your neighbour by saying "Excuse me."
- (f) After the meal is over, replace your chair gently.
- (g) Complaints, if any, should be lodged with Duty Master or Mess Manager who in turn must put up to the Adm Officer.
- (h) After the meals, leave the dining hall gracefully.

Creativity comes from a conflict of ideas.

DRESS CODE FOR CADETS

Details of Dress	Day/Time
Blue shorts, White vest, House Colour T-shirt, White PT/Sport Shoes White Socks, (Games Time) White Handkerchief for Sikh Boys	PT/Games
School Uniform :- a) Khaki Shirt, Khaki Shorts/Trouser, School Belt, Formation Sign, Name Tab, Black OP Shoes, Black Socks, Maroon Turban, Cap with School Badge, Khaki Jersey (During Winter)	Mon, Tue, Thu, Fri
During Summer/Winter b) Sky Blue Shirt, Dark Grey Trousers, Black Belt, Black Shoes, Black Socks, Maroon Blazer with School Tie (during Winter), Maroon Turban/Patka	Wed, Sat
c) Sky Blue Shirt, Black Trousers, Black Shoes, Black Socks, Black Belt, Maroon Blazer with School Tie (during Winter), Maroon Turban/Patka	Evening Prep & Dinner Time
d) Night Suit (White/Sky Blue Colour) Slippers	Night Prep Time in Houses

Before commanding others, learn to command yourself.

PT TEST-STANDARDS

Class VI, VII, VIII

S.No.	Event	Excellent	Good	Satisfactory
1.	2.4km	15min	16min	17min
2.	5 mtr. Shuttle Run	11nos	10nos	9nos
3.	Sit-Up	25nos	20nos	15nos
4.	Push-ups	16nos	14nos	10nos
5.	60 M Run sprint	10sec.	12sec.	15sec

Class IX & X

S.No.	Event	Excellent	Good	Satisfactory
1.	2.4km	12min	13min	15min
2.	5 mtr. Shuttle Run	13nos	12nos	11nos
3.	Sit-Up	25nos	20nos	15nos
4.	Push-ups	16nos	14nos	10nos
5.	60 M Run sprint	15sec.	17sec.	6sec

Class XI & XII

S.No.	Event	Excellent	Good	Satisfactory
1.	2.4km	12min	13min	15min
2.	5 mtr. Shuttle Run	15nos	13nos	11nos
3.	Sit-Up	30nos	25nos	20nos
4.	Push-ups	30nos	25nos	20nos
5.	Chin-ups	7nos	5nos	3nos
6.	60 M Run sprint	13sec.	15sec.	17sec

ROPE CLIMBING STANDARDS

VI, VII, VIII, IX, X, XI, XII with aid of legs

SWIMMING STANDARDS

Class	Distance
Class VI to X	25 mts
XI & XII	50 mts

A well begun is half done.

HONOUR

1. Honour is that attribute of a person, which impels him to be steadfast in his allegiance to what is right, and what is conventionally accepted as correct in personal and public life.
2. In your days here as a cadet, it means disciplined conduct, sincerity in your work, moral courage, integrity of the highest order.

THE HONOUR CODE

The following commandments constitute the Honour Code.

1. You shall not lie, steal or cheat or tolerate those who do it.
2. You shall not do anything selfish or mean, including letting down a colleague for self-interest.
3. You shall not by any action or omission, bring the name of the school into disrepute.
4. You shall accept your responsibility voluntarily.
5. You shall always be courteous to your teachers.
6. You shall respect senior cadets and treat younger cadets with consideration.
7. You shall always uphold the honour of the School.
8. You shall keep yourself as well as your surroundings clean.

Justice delayed is justice denied.

DUTIES & RESPONSIBILITIES OF SCHOOL APPOINTMENTS

I. SCHOOL CAPTAIN

A School Captain is responsible to the Senior Master for the following:-

1. To be a role model and lead by example in punctuality, turnout, respect to elders, manners, public speaking, impartiality and other aspects of discipline and courage.
2. To ensure that all the School Appointments perform their duties properly and ensure that their conduct and behaviour is exemplary.
3. To pass orders to House Captains and other appointments which he receives from School Administration, especially Principal, VP, AO and Senior Master. To pass instructions of the Officers, to the school, during Roll Calls.
4. To ensure that the cadets are correctly dressed and punctual at Mess, for Classes, Assembly, Games Roll Call etc.
5. To assist the Senior Master and the staff during functions and VIP visits.
6. To ensure that the activities of the School progress smoothly even when there is no staff to supervise. To ensure arrangements for the School Assembly, Flag Hoisting, CCA, Cultural, Sports Functions etc are made. To ensure that the cadets are responsible for various activities including cadet-officials are detailed in advance.
7. To ensure that in the School, no activity occurs which is detrimental to the interest of the School. In the event of any violation of the school rules or any disturbance, the School Captain is to control the situation with the help of other School Appointments and also report to the Duty Master/Senior Master immediately.
8. To ensure that no cadet leaves the School Campus without proper authority.
9. To ensure that cadets pay proper compliments to the staff and ladies and wish them whenever they meet/pass by.
10. To ensure that the School Flag is hoisted and lowered in time.
11. To impress on the cadets the need for self-discipline.
12. To be present at the forefront of all school events.

Your attitude determines your direction.

13. To instil discipline among cadets with the help of School Adjutant and other School and House Appointments.
14. To carry out the responsibilities of the School Adjutant during the latter's absence.
15. To handover Parade State in time to the Duty Master at all Roll Calls and Assemblies
16. To say School Prayer during assembly and grace during meal.
17. To project the problems of the cadets, including those related to health and homesickness, fitness, academics, administration, discipline etc.
18. To meet the Officers at 1345 hrs everyday after Classes and apprise them of the problems and activities as well as to take down instructions for the rest of the day and the next day.
19. To inform the Duty Master and Officers of any unusual happenings or event like homesickness, depression, rebelliousness, continued sickness, etc; any incident of indiscipline like a fight, quarrel, ragging, mutiny, theft, forgery, late-coming, absenteeism, skipping meals, malingering, littering, visiting out of bound places, consuming alcohol, smoking, using electric gadgets, malpractice in exams, disobedience of orders etc even if it involves own classmates.
20. To undertake tree plantation and tending to saplings with the help of the House Captains.
21. Counselling defaulting cadets to follow rules and regulations; in the case of repeated offenders report to the Vice Principal/Adm. Officer/Senior Master for further constructive action.
22. To handle problems which are within one's capacity and attempt to find the solutions with the help of the Staff and Management. School Captain is responsible for the welfare and training of all the juniors.
23. To keep the campus green and clean with the help Juniors.
24. To guide the junior appointments in carrying out their responsibilities.
25. To lead the School Parade on ceremonial occasions.
26. To guide/direct visitors with in the School.
27. To motivate young visitors to join the School and NDA.
28. Any other duty assigned by school authorities.

Necessity is the mother of invention.

II. SCHOOL ADJUTANT

A School Adjutant is responsible to the Senior Master for the following:-

1. To be a role model and lead by example in punctuality, turnout, respect to elders, manners, public speaking, impartiality and other aspects of discipline and courage.
2. To promote self-discipline amongst cadets.
3. To be present at the forefront of all school events.
4. To ensure that the cadets wake up in time and also go to bed by Lights-Out time.
5. To ensure that the cadets report everywhere in time.
6. To ensure that the cadets are properly dressed according to the uniform of the day.
7. To ensure that the cadets march properly in squads on the road.
8. To ensure that cadets follow Mess Etiquette and Table Manners.
9. To ensure that cadets bathe themselves and wash their under garments everyday.
10. To ensure that the cadets pay compliments and respect to all the elders at the School.
11. To ensure that the cadets don't indulge in acts of vandalism or destruction of public or private property.
12. To ensure that the cadets don't indulge in ragging of any sort, especially physical manhandling and use of abusive language.
13. To carry out the duties and responsibilities of the School Captain in the latter's absence.
14. To listen to the problems of the cadets and attempt to solve them with the help of the Staff and Management.
15. To meet the Officers at 1345 hrs everyday after classes and apprise them of the problems and activities as well as to take down instructions for the rest of the day and the next day.

16. To take rounds of the Hostels, Study Rooms (on Sunday during Prep) Classrooms, Band Room and Games Field to see if everyone is following the schedule of activities at that moment and the cadets are present where they are required to be.
17. With the help of the House Captains, ensure cadets maintain silence during an event.
18. To inform the Duty Master and Officers of any unusual happenings like homesickness, depression, rebelliousness, continued sickness, etc; any incident of indiscipline like a fight, quarrel, ragging, mutiny, theft, forgery, late-coming, absenteeism, skipping meals, malingering, littering, visiting out of bounds places, consuming alcohol, smoking, using electronic gadgets, malpractice in exams, disobedience of orders etc even if it involves own classmates.
19. To ensure that the School flag is hoisted and lowered in time.
20. To ensure that the junior appointments in carry out their responsibilities.
21. To ensure the School Band performs its tasks including beating of drum during marching to School and back, prompting and is punctual for all events.
22. Any other duty assigned by School authorities.

III. SPORTS CAPTAIN, NCC CAPTAIN, ACADEMIC CAPTAIN

1. To demonstrate a high level of leadership as well as motivational and sporting ability.
2. To assist the PT Instructors/NCC Officers/School Staff in Sports/NCC activities/literary events.
3. They will assist School Captain and School Adjutant in various events and wherever required

IV. HOUSE APPOINTMENTS

The House appointments are responsible for the House Master for the following :

1. To encourage the house-mates in various sports, co-curricular activities and general upkeep of the House.
2. They will assist the school appointments in maintaining silence in the houses as well as various activities.

A good health is above wealth.