



# SAINIK SCHOOL MANDSAUR

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



# CALENDAR

**FOR THE SESSION**

**2023-24**

**JULY 2023 TO JUNE 2024**

**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**

Mrs. Priyanka Patel	PGT
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#### **Dept. of Physics**

Mrs. Dipti Pancholi	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 Ptidar	PGT

#### **Library**

Mr. Raju Chouhan	Librarian
Mrs. Pinky Patel	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 Cordinator)

Mr Digvijay Sisodiya (PT)

Mr. Komal Prasad Mali (PT)

Mr. Rampal Masaniya (Athletics)

Mr. Bablu Kumawat (Judo)

Mr. Nitiraj Singh (Martail 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 – Ms. Bhakti 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 शक्ति हमें देना दाता,  
मनका विश्वास कमजोर होना,  
हम चले नेक रस्तेपे हमसे,  
भूलकर भी कोई भूल होना ।१।

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"><li>(i) Enter their dorms during working hours.</li><li>(ii) Borrow or lend money.</li><li>(iii) Keep valuable items with them including Mobiles etc.</li><li>(iv) Bring eatable inside the dormitory.</li></ul>
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"><li>(i) Visit the toilet before going to bed.</li><li>(ii) Make their beds once before going to sleep and again afterwaking up.</li><li>(iii) Close the water taps, when not in use.</li><li>(iv) Flush the latrines after use.</li><li>(v) Switch- off fans and lights when not required.</li><li>(vi) Cadets should use their own soap and towel.</li></ul>
4	<p>They should carry-out orders and instructions passed by school through Appointments.</p>

### CLASS - ROOM DISCIPLINE

1	<b><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></b>
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 <sup>th</sup> NEERAJ CHOPRA	MS. APEKSHA AERAN
02	6 <sup>th</sup> RAJVARDHAN SINGH	MRS. AKANSHA UPADHYAY
03	7 <sup>th</sup>	MS. ISHIKA BHAWSAR
04	7 <sup>th</sup> CAP ABHINAV	MR. SURENDRA SINGH CHOUHAN

### 2. HOUSE MASTER /

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

### LABS / STORE

SN	NAME	DEPARTMENT
1	Mrs Seema Gupta	Biology Lab
2	Mr Arun paliwal	Computer Lab
3	Mrs. Dipti Pancholi	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.**

**SCHOOL CALENDAR : 2023-24 July 2023**

<b>Date</b>	<b>Day</b>	<b>Events</b>
1-Jul-2023	Saturday	DOCTOR AND CA DAY (VISIT OF HOSPITAL AND CA OFFICE)
2-Jul-2023	Sunday	-
3-Jul-2023	Monday	GURU PURNIMA & EC SCHEDULE
4-Jul-2023	Tuesday	CLASSEES AND EC AS PER SCHEDULA GOING ON
5-Jul-2023	Wednesday	<b>CLUB (8 CLUBS GOING ON), BIRTHDAY CHART MAKING GROUP ACTIVITY, PRINCIPAL'S SESSION &amp; CHESS</b>
6-Jul-2023	Thursday	CLASSEES AND EC AS PER SCHEDULA GOING ON
7-Jul-2023	Friday	CLASSEES AND EC AS PER SCHEDULA GOING ON
8-Jul-2023	Saturday	ACTIVITY IN ASSEMBLY (QUIZ COMPETITION)
9-Jul-2023	Sunday	SHRAMDAAN (TELIYA TANK)
10-Jul-2023	Monday	READING SESSION AND EC APPLIED
11-Jul-2023	Tuesday	CLASSEES AND EC AS PER SCHEDULA GOING ON, NEWS BULLETIN ACTIVITY, INTER SCHOOL ATHLETIC COMPETITION REWA
12-Jul-2023	Wednesday	VICE PRINCIPAL SESSION, FOOD PREPARATION, THANK YOU NOTE MAKING ACTIVITY
13-Jul-2023	Thursday	HOSTEL VISIT BY PRINCIPAL
14-Jul-2023	Friday	CLASSEES AND EC AS PER SCHEDULA GOING ON
15-Jul-2023	Saturday	CLASSEES AND EC AS PER SCHEDULA GOING ON, EXPEMPORE
16-Jul-2023	Sunday	--
17-Jul-2023	Monday	CLASSEES AND EC AS PER SCHEDULA GOING ON
18-Jul-2023	Tuesday	CLASSEES AND EC AS PER SCHEDULA GOING ON
19-Jul-2023	Wednesday	MANAGER SPEECH,MECHANICAL, PROP MAKING ON AKAM
20-Jul-2023	Thursday	CLASSEES AND EC AS PER SCHEDULA GOING ON
21-Jul-2023	Friday	CLASSEES AND EC AS PER SCHEDULA GOING ON
22-Jul-2023	Saturday	POEM RECITATION
23-Jul-2023	Sunday	6 <sup>th</sup> CLASS SONDHANI TRIP
24-Jul-2023	Monday	CLASSEES AND EC AS PER SCHEDULA GOING ON
25-Jul-2023	Tuesday	CLASSEES AND EC AS PER SCHEDULA GOING ON
26-Jul-2023	Wednesday	MATHS TRICK SESSION, KARGIL VIJAY DIWAS (GUEST SPEECH)
27-Jul-2023	Thursday	CLASSEES AND EC AS PER SCHEDULA GOING ON
28-Jul-2023	Friday	CLASSEES AND EC AS PER SCHEDULA GOING ON
29-Jul-2023	Saturday	HOLIDAY
30-Jul-2023	Sunday	--
31-Jul-2023	Monday	CLASSEES AND EC AS PER SCHEDULA GOING ON

**SCHOOL CALENDAR : 2023-24****AUG 2023**

<b>Date</b>	<b>Day</b>	<b>Events</b>
1-Aug-2023	Tuesday	CLASSEES AND EC AS PER SCHEDULA GOING ON
2-Aug-2023	Wednesday	<b>PRINCIPAL'S SESSION , CLUB (8 CLUBS GOING ON)</b>
3-Aug-2023	Thursday	CLASSEES AND EC AS PER SCHEDULA GOING ON
4-Aug-2023	Friday	CLASSEES AND EC AS PER SCHEDULA GOING ON
5-Aug-2023	Saturday	CLASSEES AND EC AS PER SCHEDULA GOING ON
6-Aug-2023	Sunday	WATER BODY CLEANING (PUNIT SAGAR ABHIYAN )
7-Aug-2023	Monday	-
8-Aug-2023	Tuesday	FLAG HOISTING IN ALL ACADEMIC BUILDINGS OF THE CAMPUS
9-Aug-2023	Wednesday	WOMENS FACILITATION PROGRAMME (OF DIFFERENT FIELDS)
10-Aug-2023	Thursday	PREPARE YOUR FLAG COMPETITION (HGT)
11-Aug-2023	Friday	CYCLE RALLY HOIST NATIONAL FLAG (HGT), SURPRIZE HOSTEL VISIT BY PRINCIPAL
12-Aug-2023	Saturday	<b>PROP MAKING</b>
13-Aug-2023	Sunday	PRABHAT FERRY, SCREENING OF MOVIE
14-Aug-2023	Monday	INDEPENDENCE DAY CELEBRATION PREPARATION
15-Aug-2023	Tuesday	<b>VARDI CEREMONEY ON INDEPENDENCE DAY CELEBRATION (CLASS 6<sup>TH</sup>)</b>
16-Aug-2023	Wednesday	CLASSEES AND EC AS PER SCHEDULA GOING ON
17-Aug-2023	Thursday	CLASSEES AND EC AS PER SCHEDULA GOING ON
18-Aug-2023	Friday	CLASSEES AND EC AS PER SCHEDULA GOING ON
19-Aug-2023	Saturday	CLASSEES AND EC AS PER SCHEDULA GOING ON
20-Aug-2023	Sunday	--
21-Aug-2023	Monday	CLASSEES AND EC AS PER SCHEDULA GOING ON
22-Aug-2023	Tuesday	CLASSEES AND EC AS PER SCHEDULA GOING ON
23-Aug-2023	Wednesday	SENIOR TEACHER SPEECH,CLASSEES AND EC AS PER SCHEDULA GOING ON
24-Aug-2023	Thursday	CLASSEES AND EC AS PER SCHEDULA GOING ON
25-Aug-2023	Friday	CLASSEES AND EC AS PER SCHEDULA GOING ON
26-Aug-2023	Saturday	DRAMA (PSA)
27-Aug-2023	Sunday	--
28-Aug-2023	Monday	CLASSEES AND EC AS PER SCHEDULA GOING ON
29-Aug-2023	Tuesday	RAKSHA BANDHAN & MAJOR DHYAN CHAND BIRTH CELEBRATION
30-Aug-2023	Wednesday	HOLIDAY
31-Aug-2023	Thursday	<b>SURPRIZE HOSTEL VISIT BY PRINCIPAL</b>

**SCHOOL CALENDAR : 2023-24****SEP 2023**

<b>Date</b>	<b>Day</b>	<b>Events</b>
1-Sep-2023	Friday	Pre Term -1 Examination Continue
2-Sep-2023	Saturday	Pre Term -1 Examination Continue, Quiz Competition (Selection For Rewa Sainik School)
3-Sep-2023	Sunday	--
4-Sep-2023	Monday	<b>Greeting Card Making Workshop</b>
5-Sep-2023	Tuesday	<b>Teacher's Day Celebration</b>
6-Sep-2023	Wednesday	--
7-Sep-2023	Thursday	-
8-Sep-2023	Friday	--
9-Sep-2023	Saturday	Poem Recitation Competition, Water Body Cleaning -1 (PSA)
10-Sep-2023	Sunday	--
11-Sep-2023	Monday	Debate Competition (PSA)
12-Sep-2023	Tuesday	--
13-Sep-2023	Wednesday	-
14-Sep-2023	Thursday	-
15-Sep-2023	Friday	Swacchata Hi Sewa (15 Sep – 02 Oct)
16-Sep-2023	Saturday	Swacchata Hi Sewa (15 Sep – 02 Oct)
17-Sep-2023	Sunday	Swacchata Hi Sewa (15 Sep – 02 Oct)
18-Sep-2023	Monday	Swacchata Hi Sewa (15 Sep – 02 Oct)
19-Sep-2023	Tuesday	Swacchata Hi Sewa (15 Sep – 02 Oct)
20-Sep-2023	Wednesday	Swacchata Hi Sewa (15 Sep – 02 Oct)
21-Sep-2023	Thursday	Swacchata Hi Sewa (15 Sep – 02 Oct)
22-Sep-2023	Friday	Swacchata Hi Sewa (15 Sep – 02 Oct)
23-Sep-2023	Saturday	Swacchata Hi Sewa (15 Sep – 02 Oct)
24-Sep-2023	Sunday	Swacchata Hi Sewa (15 Sep – 02 Oct)
25-Sep-2023	Monday	Swacchata Hi Sewa (15 Sep – 02 Oct)
26-Sep-2023	Tuesday	Swacchata Hi Sewa (15 Sep – 02 Oct)
27-Sep-2023	Wednesday	Swacchata Hi Sewa (15 Sep – 02 Oct)
28-Sep-2023	Thursday	Swacchata Hi Sewa (15 Sep – 02 Oct)
29-Sep-2023	Friday	Swacchata Hi Sewa (15 Sep – 02 Oct)
30-Sep-2023	Saturday	Swacchata Hi Sewa (15 Sep – 02 Oct)

## 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

<b>Motto</b>	‘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.
<b>Crest</b>	<b>Book represents</b> – ‘ज्ञान’ <b>Lamp represents</b> - ‘अस्तो मा सद्गमय’ <b>Burning torch represents</b> - ‘शौर्य’ <b>Cross swords represents</b> - ‘पराक्रम’
<b>Colour</b>	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
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May						
Su	Mo	Tu	We	Th	Fr	Sa
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22	23	24	25	26	27	28
29	30	31				

June						
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July						
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24	25	26	27	28	29	30
31						

August						
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September						
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18	19	20	21	22	23	24
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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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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

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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February						
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March						
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