





*I Shall not lie, steal, cheat, defame
or tolerate amongst us those who do so,
I shall not do anything selfish or mean,
including letting down a school mate for self interest
I shall not, by any action omission,
bring the name of my school into disrepute.
I will accept voluntarily my responsibility
for any infringement of this code.*



SAINIK SCHOOL GOALPARA ASSAM



‘सर्व मे साध्यम्’

SCHOOL DIARY 2019-20



Name.....

Admission No. Date of Birth.....

Class :Section.....

Class Teacher :

House :

House Master :

Parent's Name and address :

.....

Phone No. : (R)..... (M)..... (O).....

Local Guardian's Name and Address :

.....

Phone No. : (R)..... (M)..... (O).....

Sign. of Student

Sign. of Class Teacher

SCHOOL UNIFORM

SUMMER SEASON



P.T.



Khaki



Games



Prep

WINTER SEASON



P.T.



Khaki



Games



Prep

HAIR CUT





‘सर्व मे साध्यम्’

SAINIK SCHOOL GOALPARA

Sainik School Goalpara, Assam was founded on 12 Nov 1964. It is a residential school for boys providing public school education with an aim to prepare them to join Defence Services. The school is spread over 505 acres of land. The school is located on Goalpara-Matia-Dudhnoi road & is 18 kms away from Goalpara town, near village Mornoi. Private vehicles frequently ply between Goalpara town and the school. Guwahati railway station is situated approximately 130 kms away from the school.

The school has excelled in its primary role as a feeder institution to the Armed Forces. Over 250 ex-students (SSGians) have joined as officers in the Armed Forces through NDA. Many others have joined through OTA, IMA, AFA and NAVAC. A good number of ex-students are IAS, IPS officers, Doctors, Engineers, etc. and are serving not only in Assam but also all over the country and abroad. The school is a member of IPSC (Indian Public School Conference).

MOTTO

The motto of the school is ‘Everything is Possible’, ‘सर्व मे साध्यम्’, ‘সকলো সম্ভব’

OBJECTIVES

The aim of Sainik School is to prepare boys academically, physically and psychologically for entry into the National Defence Academy and other walks of life. A sound character, esprit-de-corps, dedication, patriotic outlook and desire to serve the country are the qualities which the School seeks to promote.

The objectives of the school are :

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



‘सर्व मे साध्यम्’

ADMINISTRATION

Sainik School Goalpara is one of the 27 Sainik Schools in the country administered by Sainik Schools Society under Ministry of Defence, Government of India. A Board of Governors (**BoG**) under the chairmanship of Defence Minister is the Chief Executive Body of the Sainik Schools Society. An Executive Committee under the Chairmanship of Defence Secretary exercises closer control and supervises the affairs of the School. An Officer of MoD nominated to function as Honorary Secretary supervises and coordinates the functions of the Sainik School. A Local Board of Administration (LBA) under the Chairmanship of GOC-in-C/FOC-in-C/AOC-in-C of the command under which the area of the school falls, reviews and supervises the functioning of the school.

The General Officer Commanding, Headquarters 51 Sub Area is the Chairman of Local Board Administration (LBA) of Sainik School Goalpara. Principal SSG is the Chief Executive and Academic Head of the School. He is appointed by the Chairman of Board of Governors and is responsible to the Board of Governor and of Local Board of Administration for effective command and control, efficient administration and optimum training efficiency of the institution. He is assisted in his responsibilities by the Vice Principal and the Administrative Officer who head the academic and administrative wings respectively.

FACILITIES AVAILABLE

- Knowledge hub for e-Learning.
- Digi School Facility (HCL)
- Well stocked Library with Internet facility
- Uninterrupted power Supply with Generator backup in Hostels
- Well equipped Physics, Chemistry, Biology, Maths, Computer Labs.
- Well maintained Academic Block & Hostels. Spacious & well furnished Cadets' Mess.
- Well equipped Infirmary. Regular Medical Check-up Camps.
- Auditorium.
- Adequate Physical Training facilities. Football, Basketball, Volleyball, Hockey & Athletic Grounds.
- Lawn Tennis & Badminton courts.
- SSB oriented Obstacle Course.
- Swimming Pool.
- School Band.
- Parents Shed, Guest Room & School Guest House
- Shopping complex.
- Canteen facilities.

ROLL OF HONOUR : TEACHERS

Ser	Name	Designation	Award	Year	
1	Dr. Ramji Prasad Yadav	Master	National Award	1994	
2	Mr. Rayasat Ali Khan	Master	CBSE Award	2004	
3	Mr. Ram Murti Verma	Master	CBSE Award	2006	
4	Mr. Dilip Borborua	Asstt.Master	National Award	2012	
5	Mr. Prasanta Kumar Jena	Asstt. Master	National Award	2015	

ROLL OF HONOUR : BIR CHILARAI AWARDEE

Ser	Roll no	Rank	Name of Cadet	House	Class	Year
1	4594	Srgt	Chanchel Kumar	Chilarai	X	2009
2	4481	Srgt	Nanhen Gaurav	Lachit	XII	2010
3	4610	Srgt	Debasish Sharma	Lachit	XII	2012
4	5500	Srgt	Raj Chetry	Chilarai	X	2015
5	5616	Srgt	Himshikhar Kashyap	Lachit	X	2016
6	5672	Srgt	Uddipta Baishya	Lohit	X	2017

ROLL OF HONOUR: NDA/INA

ser	Roll no	Name of Cadet	House	Joining year	NDA Course no1
1	5414	Hirok Jyoti Deka	LA	July 2018	141 st
2	5456	Krishna Kant Gupta	LA	July 2018	140 th
3	5482	Jai Prakash Yadav	UD	July 2018	140 th
4	5417	Hirok Jyoti Talukdar	LO	July 2018	140 th
5	5262	Dwifang Narzary	LA	Jan 2018	139 th
6	5026	Kh Om Prakash Singha	CH	Jul 2017	137 th
7	5079	Avinash Kumar	CH	Jul 2016	98(INA)
8	5051	Abhishek Kumar	LA	Jul 2016	136 th
9	5057	Mayank Shekhar	LO	Jan 2016	135 th
10	5513	Sugam Mani	LO	Jan 2016	135 th
11	4914	Praloy Barman	UD	Jan 2015	133 rd
12	4866	Sourav Kumar	UD	Jan 2015	133 rd
13	4902	Amborish Deka	LA	Jul 2014	132 nd
14	4747	Rajeev Kumar	LA	Jan 2014	131 st
15	4738	Ankur Jyoti Saikia	UD	Jan 2014	131 st
16	4590	Piyush Kr Singh	CH	July 2012	128 th
17	4630	Tridip kumar Sarmah	LA	Jul 2012	128 th
18	4691	Apu Thengal	LO	Jul 2012	128 th
19	4610	Debashish Sarma	LA	Jul 2012	128 th
20	4987	R Sahil	UD	Jan 2012	127 th
21	4507	Anujpol Deka	UD	Jan 2012	127 th
22	4504	Jyotirmoy Boro	LA	Jan 2012	127 th

NDA ENTRANTS (HOUSEWISE STRENGTH) **(FROM JULY 1968- JULY 2019)**

Ser	House	NO OF CDTs JOINED NDA
1	LACHIT	67
2	UDAYGIRI	58
3	LOHIT	48
4	CHILARAI	44 (till 2018)

I am a Role Model...

Qualities I Claim.....

"I am a person of integrity with a good positive attitude and specific goals. I have a high energy level, am enthusiastic, and take pride in my appearance and what I do. I have a sense of humour, lots of faith, wisdom, vision, empathy, and courage to use my talents effectively. I have character and am knowledgeable. My convictions are strong and I have a healthy self image, am a person who stand for what is right, and a solid hope for the future.

I am an honest, sincere, hardworking person. I am tough but fair and sensitive. I am disciplined, motivated, and focused. I am a good listener and patient, but take decisive action. I am bold and confident, yet humble. I am an encourager, a good finder, an excellent communicator, and I am loving, caring, gentle, and kind and I am a student and a self-starter. I am obedient, loyal, responsible, dependable, and prompt. I have a servant's heart and self-control. I am ambitious, cheerful, courteous, respectful. I am consistent, considerate, generous, and resourceful. I am intelligent, competent, persistent and creative. I am health-conscious, balanced and sober. I am flexible, punctual and diligent.

I am a giving, forgiving, friendly, unselfish, mannerly, neat, obedient good-finder who does my best at whatever I do. I am also a versatile, curious, mature, action-oriented person who have a strong desire to succeed in all areas of life. I am a prudent, honorable person and I run my life with integrity and discernment. I am truly grateful for the opportunities that life has given to me. These are the qualities of the winner I was born to be, and I am fully committed to develop these marvelous qualities with which I have been entrusted. I know that by doing all these I will be happier, healthier, more prosperous, and more secure. I will also have more peace of mind, more friends, better family relationships, and more hope for a better future. Everyday I'm going to sleep well wonderfully with powerful & positive dreams. I will be awakened, energized and refreshed, and everyday is going to be magnificent!"

SCHOOL ROUTINE

Particulars	Timings
Reveille	0500 hrs
PT/Drill	0545 – 0615 hrs
Breakfast	0700 – 0730 h
Breakfast (Sunday & Holidays)	0800 – 0830 hrs
Assembly	0750 – 0810 hrs
1 st Period	0820 – 0900hrs
2 nd Period	0900 – 0940 hrs
Break	0940-0945 hrs
3 rd Period	0945 – 1025 hrs
4 th Period	1025 – 1105 hrs
Tea Break	1105 – 1120 hrs
5 th Period	1120 – 1200 hrs
6 th Period	1200 – 1240 hrs
Break	1240-1245 hrs
7 th Period	1245 – 1320 hrs
Cleanship	1320 – 1325hrs
Lunch	1335 – 1400 hrs
Hair Cut	1400 – 1445 hrs
SUPW/ Art Hobby / Extra Class / NCC/ Games	1500 – 1630 hrs
Tea	1700 – 1715 hrs
Evening Prep	1800 – 1945 hrs
Dinner	2000 – 2030 hrs
Evening Roll Call (House Assembly)	2040 – 2100 hrs
Self Study	2100 – 2200 hrs
Light out (Junior Houses)	2200 hrs
Light out (Senior Houses)	2215 hrs
Reading hour Sundays & Holidays	1100 – 1300 hrs

- No PT on Holidays
- Reading hour in House on last Sunday of every month (Parents Day)
- Movie on 3rd Sunday
- Brunch on 2nd Sunday

EXTRA DRILL REPORTING

Reporting	Summer	Winter
1st	0500 h	0530 h
2nd	1500 h	1430 h
3rd	1730 h	1700 h
4th	2130 h	2100 h

IMPORTANT INSTRUCTIONS TO THE CADETS

- Be punctual on all school parades and functions.
- Be in correct specified school dress.
- Keep your class rooms and dormitories neat & clean.
- Obey School Appointments.
- Neither be a borrower nor a lender.
- Never damage School property.
- Never keep valuables and big amount of cash in dormitories.
- Take hair cut in time.
- Always be smartly turned out.
- Play games of your choice and pursue reading as a hobby.

Following are Strictly Prohibited Inside the School Campus

- Possessing mobiles, CD players, I-pods & cameras (cameras to be deposited with the house master. The same may be taken on special occasions after due permission.)

Unauthorised possession of mobile will attract a fine of Rs. 5000/- and ED.

- Chewing of tobacco, drinking, use of any prohibited drug.
- Keeping crackers, match boxes, lighters, knives, heaters, heating rods etc.
- Visiting staff quarters.
- Cooking inside the dormitories.
- Visiting out of bounds areas.

Withdrawal from the School

Following acts on part of the students may result in their withdrawal from the school without any previous warning :

- Stealing, cheating or impersonation.
- Ill treatment of other cadets, ragging in any form and manhandling.
- Malpractices or use of foul means during exams.
- Smoking and other indecent acts.
- Misbehaviour with any of the staff members.
- Failure in exam.

Payment of Fees

All Cadets must ensure that their dues are paid well on time. Defaulters will be levied late fee charges & they may be sent home till payment of the outstanding dues.

All payments to school to be made through Demand Draft only, drawn in favour of Principal, Sainik School Goalpara, SBI, Mornai Branch (Branch Code-9148) or through SBI e-collect.

DETAILS OF SCHOLARSHIP

Source of Scholarship	Income Slab of parents	Rate of Scholarship
Assam Govt	All cadets irrespective of parental income	40,000/- per cadets
Sikkim Govt	All cadets irrespective of parental income	20,000/- per cadet
Meghalaya Govt	Income below Rs. 5,000/- P.M. Income between Rs. 5,000/- to Rs. 8,000/- P.M.	Full Sch Rs. 20,000/- Half Sch Rs. 10,000/-
Arunachal Govt	All cadets irrespective of parental income	Full Sch Rs.94,785/-
Bihar Govt	General/OBC Income upto to 8,000/- PM	Fees 8,500/- Washing 800/400
	Rs. 8001/- to 10,000/- PM	Fees 6,500/- Washing 800/400
	Rs. 10,000/- to 12,000/- pm	Fees 5,500/-
	Rs 12,000/- above	
	SC/ST Income upto to 8,500/- PM	Fees 8,500/- Washing 800/400/-
	Rs. 8501/- to 10,500/- PM	Fees 6,500/- Washing 800/400/-
	Rs. 10,500/- to 12,000/- pm	Fees 5,500/-
	Rs 12,000/- above	
Defence Scholarship(MoD)	NCO & ORs JCOs Officers	Rs 32,000/- Rs 16,000/- Nil
Central Share	(On approval of respective State Govt. Scholarship) Full Sch 3/4th Sch Half Sch	Rs. 2,000/- Rs 1,062/- Rs 125/-
MoD Fee and Dietary Charges	All Boarders	Rs. 13,916/-

Fine & Punishment for Late Reporting

1. Rs. 500/- up to first 3 days.
2. After 3 days Rs. 100 per day thereafter.
3. No representation / request in the aforesaid will be entertained.

BEHAVIOUR EXPECTED FROM CADETS

1. General Behaviour

- (i) The School expects cadets to be polite, friendly and well behaved inside and outside the school. They should be respectful to their elders and teachers, honest and truthful at all times.
- (ii) Personal neatness and cleanliness are essential. Cadets must keep their classrooms and the school clean and tidy.
- (iii) Decorum should be maintained in the classroom at all times. Cadets should be attentive and respectful to their teachers and companions.
- (iv) Cadets are to speak in English at all times.**
- (v) Cadets are advised not to bring any valuables to the school. The school does not accept responsibility for any loss of money and valuables.
- (vi) In the absence of the teacher, the monitor assumes the responsibility for the order and discipline of the class. He should fulfill his duty with loyalty and impartiality. He is not permitted to punish the cadets.
- (vii) No collective petition will be entertained but reasonable and private ones will be sympathetically attended to.**
- (viii) Cadets should switch off the lights in the Houses and Class rooms, when not required.
- (ix) Use of obscene language or profanities is not expected of Cadets.
- (x) Forcing a Cadet to do things which violate his own space or the code of conduct of the School, constitutes coercion. This will be viewed very seriously and dealt with accordingly.
- (xi) Cadets need to conduct themselves with dignity at all times. Physical violence violates a person's dignity. The School has zero tolerance policy for physical violence.
- (xii) The act of bullying or intimidation goes against all tenets of socially accepted behaviour. Offences of this nature are considered serious and will be dealt severely.
- (xiii) Cadets must respect school property. Vandalism and theft will not be tolerated. Offences of this nature are considered serious and suitable disciplinary action will be initiated against defaulters.

2. Paying Mark of Respect & Greetings. Cadets must wish the officers, members of the academic staff, Administrative staff and visitors. Cadets must salute when they are wearing berets.

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

- (i) Brush their teeth daily and clean/ trim their nails.
- (ii) Take hair cut on due dates.
- (iii) Take bath regularly.
- (iv) Comb their hair properly.
- (v) Polish their shoes daily and keep their socks clean.
- (vi) Dress up for various activities as per orders issued from time to time.
- (vii) Wear school tie with a proper fitting shirt with upper most button closed.

4. Cadets are to write their grievances/issues and drop it at the **Suggestion Box** in the Cadets Mess and Sentry Post at Main Building.

5. Dormitories

- (a) Cadets are forbidden to:-
 - (i) Borrow/ Lend articles and money.
 - (ii) Keep valuable and attractive items with them.
 - (iii) Rest in the dormitories unless permitted by the House Staff.
 - (iv) Use other's toiletries.
- (b) They should mark their garments.
- (c) They should handover soiled linen to dhobi, after noting them in the dhobi account page in this book.
- (d) Cadets should remember to:-
 - (i) Visit the toilet before retiring to bed and brush their teeth.
 - (ii) Make their beds after use.
 - (iii) Close the taps when not in use.
 - (iv) Keep their cupboards as per proper format.
- (e) They should carry out the orders and instructions passed by House Appointments.

6. Class Rooms

- (i) Cadets must be punctual for the classes.
- (ii) Perfect silence should be maintained in the class room.
- (iii) Instruction issued by the Class monitor who is in charge of the class in the absence of the teacher, should be obeyed by all.
- (iv) Cadets should keep their desks, cupboards and class rooms neat and tidy.
- (v) Cadets 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.
- (vi) Cadets will enter and leave their class room in a single formation and in an orderly manner.
- (vii) Switch off lights before leaving the classrooms.
- (viii) In case the teacher does not turn up in 5 minutes of the start of the period, monitor to stand outside in corridor to detail one of the classmates to go and report to the teacher. If the teacher is not found, he should report to the Vice Principal.

CADETS' CODE OF CONDUCT

I take the following pledge in the spirit of Code of Conduct:

- 1. **The Nation.** The Nation's honour and interests come first, always and every time.
- 2. **The School.** I am proud of my school. I will at all times endeavour to uphold its reputation by my conduct, bearing and manners both within and outside the campus.
- 3. **The Corps of Cadets.** We are a family. We are loyal to each other. We act as one man.
- 4. **Truth.** I will always follow the harder right than the easier wrong.
- 5. **Discipline.** I will obey all orders at once. I will never leave a task unless permitted to do so by a superior.
- 6. **Punctuality.** I will make punctuality my second nature.
- 7. **Supervision.** I will work without any need of supervision. Supervision is unnecessary, when duty is performed conscientiously.
- 8. **Work & Play.** I will work hard and play hard. I will keep myself physically fit, mentally alert and morally upright.
- 9. **Gentlemen.** As future officer/ leader / good citizen, I will learn to conduct myself as a gentlemen.

CADETS WEEKLY WATCH LIST

1. A system of Weekly Watch List is in place for Cadets found to be persisting with disorderly and deviant behaviour. The purpose is to expose such cadet, enhanced monitoring and thereby providing an opportunity for correction.
2. The cadets against whom repeated instances of misconduct have been noticed and the misconduct is of a nature that can adversely influence the general discipline of the School, such as disobedience of orders, unauthorized absence from school activities/or from places as ordered, refusal to adhere to orderly conduct inside and outside the house (such as moving in squads/keeping queue etc.), causing damage/destruction of properties (both of school or personal belonging of other), incitement/instigation of others etc. may be recommended for placing in the list. The recommendation shall be initiated along the channel by the House Master, House Tutor, other teachers, the JCO/NCO, the Mess Manager and the APTIs or any other trainer/teacher. Placement in the list can directly be ordered by the Vice-Principal/Administrative Officer.
3. Once a cadet is placed he shall continue to remain in the Watch list unless revoked by the Principal in writing. Those in the Weekly Watch list who show unsatisfactory progress despite elapse of several weeks shall be considered for further proceedings under Rule 3.32 of the Rules & Regulation 1997.

MORNING ASSEMBLY SCHEDULE

Days	Senior / Activities	Junior/ Activities	Remarks
MONDAY PPL Assembly	(i) School Captain Report (ii) Sainik School Song (iii) Pledge by Class VIII (Roll No wise) (iv) Prayer by Class VIII (Roll No wise) (v) Prize distribution, if any – By Coord Tr (vi) Address by PPL (vii) National Anthem	(i) News reading (VI) (ii) School Prayer (VI) (iii) Thought for the Day (VII) (iv) Celebration of a Word (VII) (v) Speech on Indian States / Country / Indian Festivals/ Culture etc (VII) (vi) Multiplication Table (VII)	(a) Dress as per school routine for the day. As a norm, Khaki on Mon, Tue, Thurs, Fri and Muftis on Wed & Sat. (b) Attendance (i) PPL Assembly. All teaching Staff (ii) Senior Assembly. All Senior and Junior Housemasters & House Tutors. (iii) Junior Assembly. All Sub-Junior Housemasters & House tutors. (iv) Saturday Assembly. Assessment shall be carried out by School Appts/ JCO/ NCOs & PTIs. To add for House Points (v) Officers. To monitor the conduct of Sub Jr Assembly on other days
TUESDAY VP assembly	(i) School Captain Report (Class XII, Roll No wise to act as Assembly Captain) (ii) School Song (Axom Axom) (iii) Thought for the Day : Class VIII (Roll No wise) (iv) Celebration of a Word : Class VIII (Roll No wise) (v) News : Cdt of Class IX (vi) Speech by Class X Cdt, Roll No. wise (vii) Address by VP	(i) News reading (VI) (ii) School Prayer (VI) (iii) Thought for the Day (VII) (iv) Celebration of a Word (VII) (v) Speech on Indian States/ Country / Indian Festivals/ Culture etc (VII) (vi) Multiplication Table (VII)	
WEDNESDAY Sr Master Assembly	- As on Tuesday – NCC Song	- As on Tuesday -	
THURSDAY VP Assembly	- As on Tuesday – Sainik Schools Song	- As on Tuesday -	
FRIDAY AO Assembly	- As on Tuesday – SSG Song	- As on Tuesday -	
SATURDAY Assembly	Assembly (for inspection of dress/ hair cuts/ uniform)	Assembly (for inspection of dress/ hair cuts/ uniform)	

SCHOOL PRAYER

O' God our father
behold us assembled here
to thank thee for the place we dwell in,
for the love that unites us,
for the peace accorded us this day
and for the hope with which
we expect the morrow.
As the clay to the potter,
and the windmill to the wind,
we beseech of thee,
O' Lord, for this help and mercy.

ABIDE WITH ME

Abide with me; fast falls the even tide;
The darkness deepens; Lord with me abide;
When other helpers fail and comforts flee,
Help of the helpless, O abide with me

Swift to its close ebbs out of life's little day,
Earth's joys grow dim; its glories pass away,
Change and decay in all around I see.
O Thou who changes not, abide with me.

Come not in terrors, as the king of kings;
But kind and good with healing in thy wings;
Tears for all woes, a heart for every plea;
Come, friends of sinners, thus abide with me.

सैनिक स्कूल गीत

हम कैडिट सैनिक स्कूल के, पहने वर्दी शान से ।
हमें गर्व है भारत माँ पे, चलते सीना तान के ॥
बचपन से वर्दी की महिमा, रग-रग में घर कर जायेगी ।
देश सुरक्षा, हितकर शिक्षा, कुट-कुट कर भर जायेगी ।
सैन्य-शक्ति के हम अभिलाषी, जीते हैं सम्मान से ।
हमें गर्व है.....
जीवन है अनमोल हमारा, उचित मार्ग पर जाना है ।
माता-पिता व देश के सपनों को साकार बनाना है ॥
नहीं डिगा पायेंगा कोई, मन में मंजिल ठान ले ।
हमें गर्व है.....
हम कैडिट सैनिक स्कूल के, पहने वर्दी शान से ।
हमें गर्व है.....

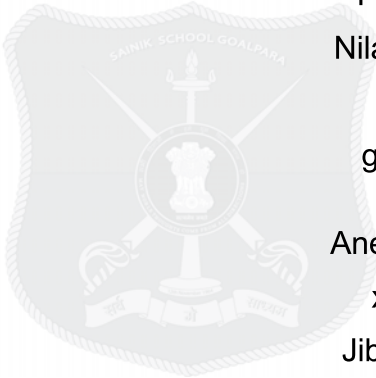
স্কুল গীত

অসম অসম অ, আই অসম
মাতৃ মোৰ চেনেহী দেশ
সেউজী ধৰণী ৰূপেৰে শূৱনি
শস্য-শ্যামলা অসমীৰ বেষ।

বিজয়ৰ ধ্বজা আকাশত উৰাই
উদয়গিৰিয়ে পোহৰ বিলাব
লাচিত চিলাৰায় বীৰ ডেকা দলে
হেং ডাং তুলি ৰণ জিকিব।

প্ৰাগজ্যোতিষৰ লুইতৰ পানীয়ে
নীলাচল দেৱীৰ পথালে চৰণ
মাতৃৰ পুত পদ-জল ঢালি
গ্লানি-পাপ কৰিলে মোচন।

এনেনো শূৱলা অসমী ভাষা
শুনিলে পেলোৱা পৰাণ-শাঁত
জীৱনে মৰণে তযু চৰণত
নিজৰাও অসমীৰ সুৰদি মাত।



School Song

Axom Axom o Ai Axom
matri mor senehi dekh
Xeuji dharani rupere xuwani
Xoiya shymala Axamir bekh.

Bijoyor dhwaja akakhat urai
Udaygiriye pohor bilaba
Lachit Chilarai bir deka doley
Heng dang tuli ron jinibo.

Pragjyotikhar luitor paniyei
Nilashal debir pokhale charan
matrir put pada jal dhali
glani paap karibo moshan

Aneno huwala akhami bhakha
xunile paluwa paran hat.
Jibone morone taju sharanat
Nijarao Ahkamir xuwadi mat.

जहाँ से सूर्योदय होता है, वह देश असम सूजलम-सूफलम, सस्य श्यामला से भरपूर है। जिस विजय पताका को लाचित और चिलाराय ने गगन में फहराया है उस ध्वजा को हमारी नई पीढ़ी ने संभाल कर रखा है। नीलाचल में स्थित माँ कामाख्या के पैर को पखारते हुए तथा कामाख्या के बीच से बहती हुई लोहित नदी असम राज्य के सभी लोगो के कष्ट-पीड़ा को दूर करती हुई आगे बढ़ जाती है। असमीया भाषा सबके ऋदय को जोड़ कर रखती है। जन्म तथा मृत्यु के बाद भी मातृभाषा असमीया मधुरता को सभी गाते रहें। यही मेरी ईश्वर से कामना है।

- উইং কামাণ্ডাৰ অতুল চন্দ্ৰ ৰাজখোৱা
প্ৰাক্তন ছাত্ৰ
ৰোল নং- ১৬, বৰ্ষ (১৯৬৪-১৯৭৯)

- Wing Commander Atul Ch. Rajkhowa
Ex-SSgain
Roll No. 16, Year (1964-1979)

National Anthem

Jana gana mana adhinayaka, Jaya he
Bharata bhagya bidhata
Punjab Sindhu Gujarata Maratha
Dravida, Utkala, Banga
Vindhya Himachala Yamuna Ganga
Uchchhala Jaladhi taranga
Tava shuba name jage
Tava Shuba asisa mange
Gahe tava Jaya-gatha
Jana gana mangala dayaka, Jaya he
Bharata bhagya vidhata,
Jaya he, Jaya he, Jaya he,
Jaya Jaya Jaya, Jaya he.

- Rabindra Nath Tagore

The song Jana Gana Mana, composed by R. N. Tagore, was adopted by the constituent Assembly as the National Anthem of India on 24 Jan 1950. It was first sung on 27 Dec 1911 at Calcutta session of Indian National Congress. Playing time of the full version of the National Anthem is Approx. 52 seconds.

एन सी सी गान

NCC Song

हम सब भारतीय हैं, हम सब भारतीय हैं।
अपनी मंजिल एक है, हा हा हा एक है, हो हो हो
एक है,
हम सब भारतीय हैं।।
कश्मीर की धरती रानी है, सिरताज हिमालय है,
सदियों से हमने इसको अपनी खून से पाला है।
देश की रक्षा की खातिर हम शामशीर उठा लेंगे,
हम शामशीर उठा लेंगे।
बिखरे बिखरे तारे हैं हम, लेकिन झिलमिल एक हैं,
हा हा हा एक हैं, हो हो हो एक हैं-
हम सब भारतीय हैं।।
मन्दिर गुरुद्वारे भी यहां, आहर मस्जिद भी है यहां,
गिरजा का घड़ियाल कहीं, मुल्ला की कहीं है अजां,
एक ही अपना राम है, एक ही अपना अल्ला ताला हैं।
एक ही अपना अल्ला ताला हैं।
रंग बिरंग दीपक हैं हम, लेकिन महफिल एक है,
हा हा हा एक है, हो हो हो एक है-
हम सब भारतीय हैं।।
अब सारी दुनिया में कोई हम जंग न होने देंगे।
अब मानव को ऐसी मौत की नींद न सोने देंगे।।
अमन ही अपनी पुंजी है अमन ही अपना नारा है।
ऊंची-नीची लहरें हैं हम, लेकिन साहिल एक है
हा हा हा एक है, हो हो हो एक है-
हम सब भारतीय हैं।।
अपनी मंजिल एक है, हा हा हा एक है, हो हो हो
एक हैं,
हम सब भारतीय हैं।।

NATIONAL DEFENCE ACADEMY /NAVAL ACADEMY

1. Eligibility Conditions :

(a) **Age limits, Sex and Marital status** : Only unmarried male candidates between 16½ years and 19 years are eligible.

(b) **Educational Qualifications :**

(i) For Army Wing of National Defence Academy: 12 Class pass of the 10+2 pattern of School Education or equivalent examination conducted by a State Education Board or a University.

(ii) For Air Force and Naval Wings of the Defence Academy and for the 10+2 (Executive Branch) course at the Naval Academy : 12 class pass with Physics and Mathematics of the 10+2 pattern of School Education or equivalent examination conducted by a State Education Board or University.

(iii) **Naval Academy** : 10+2 with Science Stream with minimum 75% aggregate in PCM subject and appeared in JEE Mains.

(c) **Fee** : Rs. 100/- (Rupees hundred only) for candidates applying through Common Application Form.

2. The Scheme and Syllabus of Examination

(a) The subjects of the written examination, the time allowed and the maximum marks allotted to each subject will be as follows :

Subject	Number of Questions	Duration	Maximum marks
Mathematics	120	2½ Hours	300
General Studies	150	2½ Hours	600
Total			900

(b) The papers in all the subject will consist of objective type questions only. The question papers (Test Booklets) of Mathematics and Part “B” of General Ability Test is set bilingually in Hindi and English.

NDA EXAMINATION SCHEDULE

Event	NDA-II (2019)	NDA-I (2020)
Notification	7 th August 2019	1 st Week January 2020
Registration	Till 3 rd September 2019	Till 1 st Week of February 2020
Born between	2 nd Jan to 1 st July	2 nd July to 1 st Jan
UPSC	17 th November 2019	3 rd week of April 2020
SSB	July-Sep	Jan-April
Medical	July-Sep	Jan-April
Merit list	Nov-Dec	May-June
Joining NDA	June 2020	December 2020

HEIGHT/WEIGHT STANDARDS FOR ARMED FORCES

Height in Centimeters (Without Shoes)	Weight in Kgs.					
	Army/Airforce	Navy	Army/Airforce	Navy	Army/Airforce	Navy
	16-17 Years		17-18 Years		18-19 Years	
152 Cms	42.5	44	44.0	45	45.0	46
155 Cms	43.5	45	45.3	46	47.0	47
157 Cms	45.0	46	47.0	47	48.0	49
160 Cms	46.5	47	48.0	48	49.0	50
162 Cms	48.0	48	50.0	50	51.0	52
165 Cms	50.0	50	52.0	52	53.0	53
167 Cms	51.0	52	53.0	53	54.0	55
170 Cms	52.5	53	55.0	55	56.0	57
173 Cms	54.5	55	58.0	57	58.0	59
178 Cms	58.0	59	61.0	61	62.0	62
180 Cms	60.0	61	63.0	63	64.5	64
183 Cms	62.5	63	65.0	65	66.5	67

A 10% (6Kg for Navy) deviation from the average weight given in table 1 above is to be considered within limit. However, for individuals with heavy bones and broad build as well as individuals with thin build but otherwise healthy, the set standards may be relaxed to some extent.

Note 1 : Height relaxable upto 2.5cm (1.5cm. for Navy) may be allowed where the medical Board certifies that the candidates is likely to grow and come upto the required standard on completion of his training.

Note 2 : To meet special requirement as a pilot in the Air Force the acceptable measurements of leg length, thigh and sitting height will be as under :

	Minimum	Maximum
Leg Length	99.00 cms	120.00 cms
Thigh Length	–	64.00 cms
Sitting Height	81.50 cms	96.00 cms

- (c) On account of lower age of NDA candidates, a margin of upto 5.0 cm. in height, 2.5 cm. in leg length (minimum) and 1.0 cm. sitting height (minimum) may be given provided it is certified by the Medical Board that the candidate is likely to grow and come upto the required standard on completion of his training in NDA. Candidates are also advised to rectify minor defects/ailments in order to speed up finalisation of medical examination conducted at the Military Hospital after being recommended at the SSB. Few of such commonly found defects/ailments are listed below:

- | | |
|---------------------------|-------------------------------|
| (i) Wax (Ears) | (ii) Deviated Nasal Septum |
| (iii) Hydrocele /Phimosis | (iv) Over weight/Under weight |
| (v) Under sized chest | (vi) Piles |
| (vii) Gynaecomastia | (viii) Varicocele |

3. Physical Conditioning

Prospective candidates are advised to keep themselves in good physical condition, by following the undermention routine :

- Running 2.4 km in 15 minutes.
- Skipping
- Push-ups and sit ups (minimum 20 each)
- Chin ups (minimum 08)
- Rope climbing 3-4 meters.

4. Stipend for Cadet During Training

Gentlemen Cadets during the entire duration of training at Service Academies shall be entitled to stipend.

5. For further details see following websites

Army: www.joinarmy.nic.in, Navy: www.nausenabharati.nic.in,
Airforce: www.careerairforce.nic.in

TECHNICAL ENTRY (NAVY) EXAMINATION SCHEDULE

Event	Month
Availability of application forms	2nd week of June to 2nd week of July
Last date of submission of application form	2nd week of July
Date of Entrance Examination	September

TECHNICAL ENTRY (ARMY) EXAMINATION SCHEDULE

Event	Month
Availability of application forms	24 May to 30 June
Last date of submission of application form	30 June
Date of Entrance Examination	August - September

ALL INDIA SAINIK SCHOOL ENTRANCE EXAMINATION SCHEDULE **(OMR based Exam for VI & IX only)**

Class	VI	IX
Age	10-12 years	13-14 years
Papers/Tests	Mathematics, General knowledge (Sc & SST), Language & Intelligence	Mathematics, English, Intelligence, General Science & SST
Maximum Marks	150 + 50 + 50 + 50 = 300	200 + 50 + 50 + 50 + 50 = 400
Event Notification	September	
Registration	October to December	
Written Exam	January -1 st Sunday	
Call for Interview	February	
Merit list	March	
Admission	May-June	
Exam venue	Guwahati, Goalpara, Dibrugarh, Tezpur, Gangtok & Shillong	

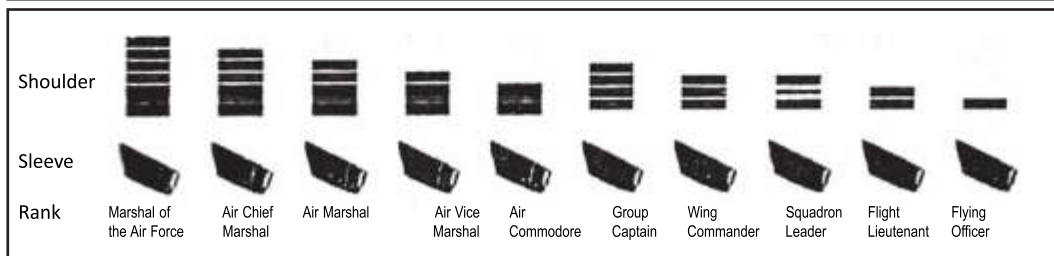
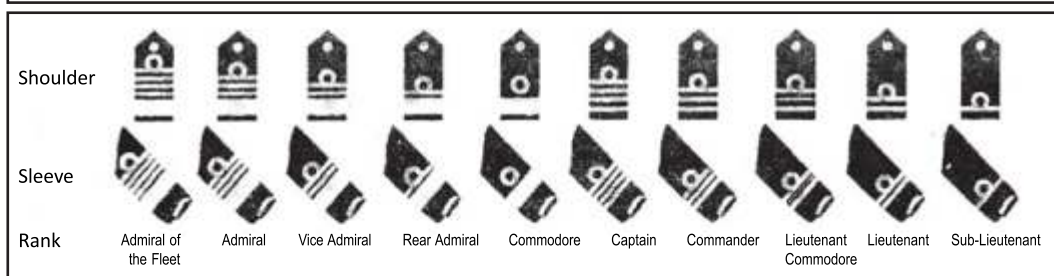
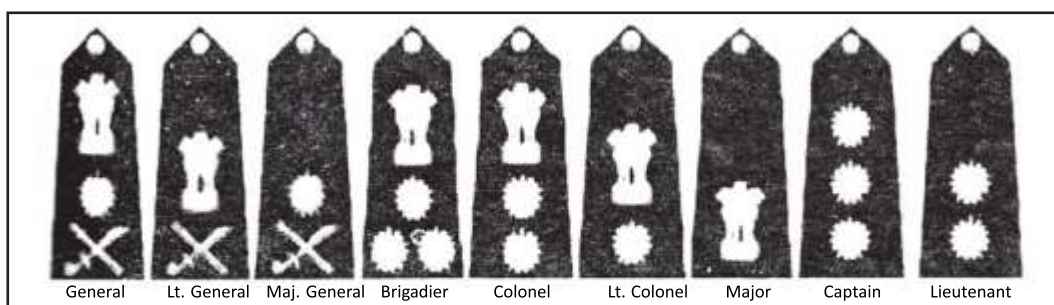
ARMED FORCES MEDICAL COLLEGE ENTRANCE EXAMINATION SCHEDULE

Event	Month
Notification	December
Availability of application forms	3rd week of December of last week of January
Last date of submission of application form	1st week of February
Date of Entrance Examination	1st week of May
Announcement of Results	End May
Interviews	June

website - www.afmc.nic.in

RANKS IN INDIAN ARMED FORCES

Indian Army	Indian Navy	Indian Air Force
Field Marshal	Admiral of the Fleet	Marshal of the Air Force
General	Admiral	Air Chief Marshal
Lieutenant General	Vice Admiral	Air Marshal
Major General	Rear Admiral	Air Vice Marshal
Brigadier	Commodore	Air Commodore
Colonel	Captain	Group Captain
Lieutenant Colonel	Commander	Wing Commander
Major	Lieutenant Commander	Squadron Leader
Captain	Lieutenant	Flight Lieutenant
Lieutenant	Sub-Lieutenant	Flying Officer



CAREER OPTION IN SERVICES: ARMY, NAVY & AIR FORCE

A CAREER IN THE ARMY MEANS A WINNER FOR LIFE

Type of Entry	Month of Starting of Course	Age at the time of joining	Educational Qualification	Mode of Selection	How to Apply
National Defence Academy, Pune	Jan & July	16½ – 19 yrs	12th standard of 10+2 System of Education or equivalent.	NDA Exam by UPSC & SSB interview.	Apply in response to advertisement in March/April & Oct/Nov
Indian Military Academy					
Direct Entry	Jan & July	19-24 yrs	Degree or equivalent at the time of joining the course	Combined Defence Services Exam (CDS) conducted by UPSC and SSB interview	Apply in response to advertisement in March & Oct/Nov
Engineering Graduate	Jan & July	20-27 yrs	Engineering Degree in notified discipline	Direct SSB interview	Apply to Dte. Gen of Recruiting (TGC Entry), Army HQ, West Block III, R.K.Puram, New Delhi-110066 in response to advertisement in March/April & Oct/Nov
University Entry Scheme	July	19-25 yrs 18-24 yrs	Final & Pre Final year students of an Engineering degree course	Campus Interview and SSB Interview	Apply in response to detailed advertisement in July
10+2 TES	Jan&July	16 ½ - 19 ½ yrs	10+2 pass with 70% aggregate in PCM	Apply directly to the Recruiting Directorate	Apply in response to advertisement in May and November
Officers Training Academy, Chennai					
Short Service Commission (Non- Tech)	May& Oct-Nov	19-25 yrs	Degree or equivalent at the time of joining the course.	CDSE conducted by UPSC and SSB interview	Apply in response to advertisement in March/April & Oct/Nov.
Short Service Commission (Technical)	May& Oct-Nov	20-27 yrs	Engineering Degree in notified discipline	Direct SSB Interview	Apply in response to advertisement in March/April & Oct/Nov.
Short Service Commission (NCC Special Entry Scheme)	May& Oct-Nov	19-25 yrs	Graduate with 50% aggregate marks with NCC 'C' Certificate	Direct SSB Interview	Apply in response to advertisement in Oct/Nov.
Women Special Entry Scheme (Officers)	March& Sep	19-27 yrs	Graduate/Post Graduate/LLb/Professional Engineering Graduate	Direct SSB interview	Apply in response to advertisement in June/Dec.

A CAREER IN THE NAVY MEANS LOOKING FOR CHALLENGE

Type of Entry	Educational Qualification	Age Limits (Years)	Remarks
Cadet Entry(10+2) Indian Naval Academy, Ezhimala (Through UPSC)	10+2 or equivalent with Physics & Maths	16 ½ - 19	For Men Only
Cadet Entry(NDA) (Through UPSC)	10+2 or equivalent with Physics & Maths	16 ½ - 19	For Men Only
CDSE	BE/B Tech (any discipline)	19 - 22	For Men Only
NCC Special Entry, INA	BE/B Tech (any discipline) with Naval Wing, Senior Div NCC'C' Certificate.	19 - 24	For Men Only
Direct Entry Naval Armament Inspection Cadre	A Degree in Electronics/Elect/Mech/Engg or Post Graduate Degree in Electronics or Physics.	19 ½ - 25	For Men Only
Direct Entry Law Cadre	A Degree in Law qualifying for enrolment as an Advocate under the Advocates Act 1961 with minimum 55% marks.	22 - 27	For Men Only

SHORT SERVICE COMMISSION

Type of Entry	Educational Qualification	Age Limit (Years)	Remarks
Law Cadre	A Degree in Law qualifying for enrolment as an Advocate under the Advocates Act 1961 with minimum 55% marks.	22 - 27	For Men & Women
Logistics Cadre	BA(Economics) II Div. Or B. Com II Div, Or B.Sc (Physics and Maths) II Div, Or B. Tech/BE or Graduation in any subject with Degree/Diploma in Material/Financial Management	19 ½ - 25	For Men & Women
ATC(Air Traffic Control)	B.Sc I Div or M. Sc II Div	19 ½ - 25	For Men & Women
Hydro Cadre	B.Sc I Div or M. Sc II Div or BE	19 ½ - 25	For Men only
General Service	B.Sc I Div or M. Sc II Div or BE	19 ½ - 25	For Men only
Logistic (Catering)	Degree in Hotel Management or equivalent with minimum 50% marks in aggregate	19 ½ - 25	For Men & Women

INDIAN AIR FORCE

A CAREER IN THE AIR FORCE MEANS READY TO FACE CHALLENGES

Branch/Type of Entry	Educational Qualification	Age Limit (Yrs)	Advertisement Schedule
FLYING BRANCH			
National Defence Academy for Men Only	10+2 with Physics & Maths	16 ½- 19	Mar/Oct
Combined Defence Services Examination for Men Only	Graduate with Physics & Maths at 10+2 or BE	19 - 23	Apr/Sep
NCC Special Entry Through CO Unit/DG NCC) for Men Only	Graduate with Physics & Maths at 10+2 or BE& NCC Air Wing Sr Div 'C' Certificate.	19 - 23	Apr/Oct
Short Service Commission For Women Only	Graduate with Physics & Maths at 10+2 or BE	19 - 23	May/Nov
TECHNICAL BRANCH			
(PC for Men/ SSC for Women)**			
Aeronautical Engineering (Electronics)	First Class degree in Engineering Electronics/Mechanical/Allied subjects as per advertisement	18-28	Apr/Oct
Aeronautical Engineering (Mechanical)			
SSC for Women			
Same as above			Oct
GROUND DUTIES BRANCH			
(PC for Men/ SSC for Women)**			
Administration	First Class Graduate or PG in subjects as per advertisement	20-23	May/Nov
Logistics			
Accounts		20-25	
Education	PG in subjects as per advertisement	20-25	

** PC Permanent Commission/SSC Short Service Commission

NCC HISTORY

Introduction

1. The National Cadet Corps (NCC) has its genesis in the 'University Corps', which was created under the Defence Act, 1917 with the object to make up the shortage of the Army. In 1920, when the Indian Territorial Act was passed, the 'University Corps' was replaced by the 'University Training Corps (UTC).' In 1942, the UTC was renamed as the 'University Officers Training Corps'(UOTC). The need to create a youth organisation at national level to train young boys and girls to be better citizens and future leaders of our great country in all walks of life, including defence forces, was rightly realised by our leaders. A committee under Pandit HN Kunzru was set up in 1946 at the behest of our first Prime Minister, Pandit Jawaharlal Nehru. The NCC came into existence on 16 July, 1948 under the NCC Act XXXVI of 1948 under the Ministry of Defence (MOD).

The logo of the National Cadet Corps (NCC) is a shield-shaped emblem. It features a central torch and a banner at the bottom. The text "NCC" is prominently displayed in the center, with "MOTTO" written below it. The words "NATIONAL CADET CORPS" are written around the top edge of the shield.

NCC Motto

2. The motto of NCC is 'Unity and Discipline' which was adopted on 23 Dec 1957. In living upto its motto, the NCC strives to be and is one of the greatest cohesive forces of our nation, bringing together the youth hailing from different parts of our country and moulding them into united, secular and disciplined citizens of our nation.

Aims

3. The aims of NCC as approved by MOD in Mar 2001 are as under:-
- (a) To develop character, comradeship, discipline, leadership, secular outlook, spirit of adventure, sportsmanship and ideals of selfless service among the youth of the country.
 - (b) To create a human resource of organised, trained and motivated youth, to provide leadership in all walks of life and always be available for the service of the nation.
 - (c) To provide a suitable environment to motivate the youth to take up a career in the Armed Forces.

NCC Song

Hum Sab Bhartiya Hain, Hum Sab Bhartiya Hain
Apni Manzil Ek Hai, Ha, Ha, Ha, Ek Hai, Ho, Ho, Ho, Ek Hai
Hum Sab Bhartiya 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,

Hum Shamshir Utha Lenge.
Bikhere-Bikhere Tarey Hain Hum lekin Jhilmil Ek Hai
Ha, Ha, Ha, Ek Hain
Hum Sab Bhartiya Hain.

Mandir Gurdware Bhi Hain Yahan
Aur Masjid Bhi Hain Yahan
Girja Ka Hai Ghadiyal Kahin
Mullah Ki Kahin Hai Ajaan.

Ek Hi Apna Ram Hai, Ek Hi Allah Taala Hai,
Ek Hi Allah Taala Hai, Rang Birange Deepak Hai Hum,
Lekin Jagmag Ek Hai Ha, Ha, Ha, Ek Hai, Ho, Ho, Ho, Ek Hai
Hum Sab Bhartiya Hain, Hum Sab Bhartiya Hain

LEADERSHIP TRAITS

1. Leadership traits are distinguishing qualities which, if demonstrated in daily activities, help the commander to earn respect, confidence, willing obedience and loyal co-operation of his subordinates. These are given in the succeeding paragraphs.

Alertness

2. Every one is offered fleeting opportunities in their life and if seized and exploited, can bring happiness, promotion and victory. Alertness of mind is what helps a person to pick up the opportunities at the right time and exploit the situation to his own advantage.

Bearing

3. Implies creation of favourable impression, upright carriage and appearance,

condition of clothing and equipment, alertness and energy in actions and movements, and high personal conduct at all times. Appearance and manner must depict competence and confidence.

4. Language is another important outward mark by which you will be judged and through which you influence subordinates. Speak plainly and clearly. Make sentence short, simple, positive and direct. Refrain from “talking down” to subordinates, avoid immoderate language and sarcasm, avoid criticism or condemnation of an entire group.

Courage

5. A mental quality recognising fear of danger or criticism, enables a man to accept responsibility and act correctly in a threatening situation with calmness and firmness; requires moral and physical courage.

Decisiveness

6. The ability to make decision promptly and announce them in a clear and forceful manner. The wise leader gets all the facts, weighs one against the other and then calmly and quickly arrives at sound decisions; a matter of practice and experience.

Dependability

7. Proper performance of duty. Reliance in carrying out actively, intelligently and willingly the orders of superiors. Your Commander’s decision; despite your suggestions, once made, must be given complete and energetic support.

Endurance

8. The mental and physical stamina measured by the ability to withstand pain, fatigue, stress and hardship; akin to courage, implies to ability to stick to a job and see it through.

Enthusiasm

9. Display of sincere interest and zeal in performance of duties, work with a cheerful and optimistic attitude, determination to do a good job, example to be emulated by others.

Initiative

10. To do what is to be done even in the absence of orders. Avoid inactivity or passive acceptance of an unsatisfactory situation. Men unite quickly behind a commander who meets new unexpected situations and prompt action.

Integrity

11. The uprightness of character, soundness of moral principles, quality of absolute truthfulness, honesty and personal integrity.

Judgement

12. Quality of logically weighing facts and possible solutions on which to base sound decisions.

Justice

13. Quality of being impartial; consistent in exercising command, involves rendering of reward; meting out punishment in accordance with the merits of the case; avoid anger and other emotions in a tense situation; avoid prejudice of race or creed; good professional knowledge and an understanding of subordinate; a broad knowledge of national and international events gives a more rounded personality.

Knowledge

14. A leader must know more than the men he commands. Until he does, he has no business to be called their leader. The process of acquiring knowledge never ends. There is always something new to learn even from a re-reading or rethinking of the same material or problem.

Loyalty

15. Quality of faithfulness to country, your seniors, subordinates and colleagues; quality to earn confidence and respect of others.

Sense of Humour

16. The ability to appreciate the many amusing or lighter moments in every day life, especially those which pertain to the leader himself. It is also the ability to remain cheerful under stress.

Tact

17. Ability to deal with others without creating offence involves understanding of human nature and consideration for the feelings of others. Criticism must be clear, yet constructive. Avoid discouragement in dealing with seniors, colleagues or subordinates.

Unselfishness

18. Refrain from providing for own comfort and personal advancement at the expense of others; place comfort, pleasure and recreation of subordinates before your own; pass the credit to the subordinates who made possible outstanding work; share the same dangers, hardship, discomforts as your subordinates.
19. Some other traits though not described, are important and are listed below:-
 - (a) Truthfulness.
 - (b) Esprit- de-corps.
 - (c) Humility and sympathy
 - (d) Patience and a sense of urgency, as appropriate.
 - (e) Self confidence.
 - (f) Maturity.
 - (g) Mental including emotional stability.

HYGIENE AND SANITATION

- (1) Hygiene is the science which seeks to preserve and improve the health of the individual and of the community as a whole. Hygiene has nothing to do with religion or social customs but it is simply based on scientific requirements. Personal hygiene involves all aspects of the health of an individual. Responsibility for the maintenance of personal health, therefore, lies with the individual.

Personal Hygiene

- (2) **Sleep:** Sleep means the periodical rest of both body and mind. The amount of sleep requires varies with individual and age. Older people sleep less than the young. The average requirement of sleep is from 7 to 8 hours a day.
- (3) **Bathing:** Keeping the skin clean and in healthy condition is essential for good health. A warm bath in winter and cool one in summer and use of soap are essential for body cleaning.
- (4) **Eating and Drinking:** Properly cooked food with its full nutritive value is beneficial for health. Eat slowly and chew well. Do not swallow hastily. Avoid strenuous exercise after a heavy meal. Drink plenty of water between meals.
- (5) **Care and Cleanliness of Skin, Hand, Hair and Teeth:** Our skin keeps on secreting sweat and hence it is necessary to keep it clean through bathing and by removing dust and dirt. Constant use of soap is required otherwise, the clothing is essential to keep the body fit. Hands and fingers are to be kept clean and washed before taking meals and after a visit to the lavatory. Nails should be kept trimmed to keep them free from dirt. The hair should be kept clean by regular washing and combing. Care of teeth plays an important part in keeping fit. Digestive and other disorders take place when decayed teeth and unhealthy gums bleed giving foul smell in the mouth. Teeth should be regularly brushed after the last meal at night and early in the morning. Insufficient vitamins C & D are the cause of dental decay.
- (6) **Food and Rest:** Properly balanced diet is essential for physical well being. Food should be hygienically and properly cooked. It should be chewed well and taken in proper proportion. Sufficient rest, recreation and sleep are essential for mental and physical fitness.
- (7) **Exercise:** Organised games and physical exercise are necessary for proper development of the body and the mind.

Elements of Good Health

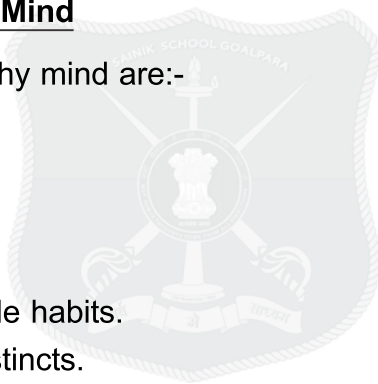
Good health is essential condition for a purposeful existence. The main elements of good health are:-

- (a) Absence of disease.
- (b) Ability to work hard with efficiency and enthusiasm.
- (c) Ability to endure stress and strain.
- (d) Cheerfulness.
- (e) Courage.
- (f) Freedom from anxiety.
- (g) Self control and self confidence.
- (h) Sense of well being.
- (i) Wholesome mental attitude.

Characteristics of Healthy Mind

Characteristics of healthy mind are:-

- (a) Normal appetite.
- (b) Calmness.
- (c) Cheerful outlook.
- (d) Good temper.
- (e) Socially acceptable habits.
- (f) Well regulated instincts.
- (g) Normal physical vitality.
- (h) Receptivity to new ideas.
- (i) Sex consciousness.



PT TEST - STANDARD

Class VIII & Below

Event	Excellent	Good	Satisfactory	Mode	Remarks
2.4 km Run	12 min	13 min	14 min		
5 mtr Shuttle Run	14 nos	13 nos	12 nos	Opp hand touching ends	1 min
Sit -Ups	25 nos	20 nos	15 nos	With partner knee fold	
Push - ups	15 nos	10 nos	5 nos	Straight Body	
100 m Sprint	16 sec	17 sec	18 sec		
Forward Roll	-	-	-	10 Roll	Fail/Pass

Class IX & X

Event	Excellent	Good	Satisfactory	Mode	Remarks
2.4 km Run	11 min	12 min	13 min		
5 mtr Shuttle Run	15 nos	14 nos	13 nos	Opp hand touching ends	1 min
Sit Ups	30 nos	25 nos	20 nos	With partner knee fold	
Push - ups	20 nos	15 nos	10 nos	Straight Body	
Chin - ups	7 nos	5 nos	3 nos	Knee straight & Chin above bar	
100 m Sprint	15 sec	16 sec	17 sec	On the Track Block	May use Starting Block
Forward Roll	-	-	-	15 Roll	Fail/Pass

Class XI & XII

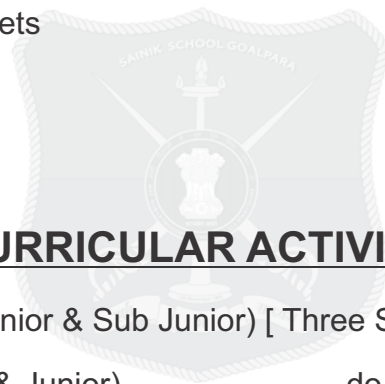
Event	Excellent	Good	Satisfactory	Mode	Remarks
2.4 km Run	10 min	11 min	12 min		
5 mtr Shuttle Run	16 nos	15 nos	14 nos	Opp hand touching ends	1 min
Toe - Touch	7 nos	6 nos	5 nos	On Chin up bar	
Push - ups	30 nos	25 nos	20 nos	Straight Body	
Sit - ups	35 nos	30 nos	25 nos	Knee Fold	
Chin - ups	9 nos	7 nos	5 nos	Knee straight & Chin above bar	
100 m Sprint	14 sec	15 sec	16 sec		
Forward Roll	-	-	-	20 Roll	Fail/Pass

Rope Climbing Standard

III Class - VIII & IX, X, XI, XII
(With aid of legs)

CO-CURRICULAR ACTIVITIES (CCA)

- ➡ Essay Writing (English, Hindi, Assamese) for Senior, Junior, Sub-Junior
- ➡ Quiz (Senior, Junior) English Elocution (Senior, Junior, Sub-Junior)
- ➡ English Debate (Senior, Junior)
- ➡ Short Story Writing (English, Hindi, Assamese) for Senior, Junior, Sub-Junior
- ➡ English Extempore Speech for Senior, Junior
- ➡ Recitation (Eng., Hindi, Assamese) for Junior, Sub Junior
- ➡ Hindi Debate for Senior & Junior
- ➡ Assamese Debate for Junior
- ➡ Art for Senior, Junior & Sub Junior
- ➡ Open GK for all Cadets



EXTRA CURRICULAR ACTIVITIES (ECA)

- ➡ Football (Senior, Junior & Sub Junior) [Three String]
- ➡ Basketball (Senior & Junior) - do-
- ➡ Volleyball (Senior, Junior & Sub Junior) - do-
- ➡ Cross Country (Senior - 9 KMs, Junior & Sub Junior - 6 KMs)
- ➡ Obstacle Course (X & XI only)
- ➡ Athletic Meet (Senior, Junior & Sub Junior)
- ➡ PT, & Gymnastics (Senior & Junior)
- ➡ Drill (Senior & Junior)
- ➡ Gardening (Senior, Junior & Sub Junior)
- ➡ Firing (Senior & Junior)

Basic Rules of Games

BASKET BALL

Court Dimension - Width : 28m Breadth : 15m

How the ball is played

During the game, the ball is played with the hand(s) only and may be passed, thrown, tapped, rolled or dribbled in any direction, subject to the restrictions of these rules.

A player shall not run with the ball, deliberately kick or block it with any part of the leg or strike it with the fist.

However, to accidentally come into contact with or touch the ball with any part of the leg is not a violation.

Fouls

A foul is an infraction of the rules concerning illegal personal contact with an opponent and/or unsportsmanlike behavior.

Any number of fouls may be called against a team. Irrespective of the penalty, each foul shall be charged, entered on the score sheet against the offender and penalized according to these rules.

Contact : General Principles

Cylinder principle

The cylinder principle is defined as the space within an imaginary cylinder occupied by a player on the floor. It includes the space above the player and is limited to:

- ➡ The front by the palms of the hands,
- ➡ The rear by the buttocks, and
- ➡ The sides by the outer edge of the arms and legs.

The hands and arms may be extended in front of the torso no further than the position of the feet, with the arms bent at the elbows so that the forearms and hands are raised. The distance between his feet will vary according to his height.

Principle of verticality

During the game, each player has the right to occupy any position (cylinder) on the playing court not already occupied by an opponent.

This principle protects the space on the floor which he occupies and the space above him when he jumps vertically within that space.

Legal Guarding Position

A defensive player has established an initial legal guarding position when:

- ➡ He is facing his opponent, and
- ➡ He has both feet on the floor.

The legal guarding position extends vertically above him (cylinder) from the floor to the ceiling. He may raise his arms and hands above his head or jump vertically but he must maintain them in a vertical position inside the imaginary cylinder.

Charging

Charging is illegal personal contact, with or without the ball, by pushing or moving into an opponent's torso.

Blocking

Blocking is illegal personal contact which impedes the progress of an opponent with or without the ball.

Illegal guarding from the rear

Illegal guarding from the rear is personal contact with an opponent, by a defensive player, from behind. The fact that the defensive player is attempting to play the ball does not justify his contact with an opponent from the rear.

Holding

Holding is illegal personal contact with an opponent that interferes with his freedom of movement. This contact (holding) can occur with any part of the body.

Pushing

Pushing is illegal personal contact with any part of the body where a player forcibly moves or attempts to move an opponent with or without the ball.

Personal foul

A personal foul is a player's illegal contact with an opponent, whether the ball is live or dead. A player shall not hold, block, push, charge, trip or impede the progress of an opponent by extending his hand, arm, elbow, shoulder, hip, leg, knee or foot, nor by bending his body into an 'abnormal' position (outside his cylinder), nor shall he indulge in any rough or violent play.

Penalty

A personal foul shall be charged against the offender. If the foul is committed on a player not in the act of shooting:

- The game shall be resumed with a throw-in by the non-offending team at the place nearest to the infraction.
- If the offending team is in the team foul penalty situation, then Art. 41 shall apply.

If the foul is committed on a player in the act of shooting, that player shall be awarded a number of free throws as follows:

- If the shot released from the field goal area is successful, the goal shall count and, in addition, 1 free throw.
- If the shot released from the 2-point field goal area is unsuccessful, 2 free throws.
- If the shot released from the 3-point field goal area is unsuccessful, 3 free throws.
- If the player is fouled as, or just before, the game clock signal sounds for the end of the quarter or overtime or as, or just before, the shot clock signal sounds, while the ball is still in the player's hand(s) and the field goal is successful, the goal shall not count and 2 or 3 free throws shall be awarded.

VOLLEYBALL

Court : Length : 18 m Breadth: 9 m It is divided in half lengthwise by a net that reaches 2.24m in height.

William Morgan, the game's creator, would still recognize it because Volleyball has retained certain distinctive and essential elements over the years. Some of these it shares with other net/ball/racquet games:

Service

Rotation (taking turns to serve)

Attack

Defense

Rally and completed rally A rally is the sequence of playing actions from the moment of the service hit by the server until the ball is out of play. A completed rally is the sequence of playing actions which results in the award of a point. This includes :

TO WIN A SET

A set (except the deciding 5th set) is won by the team which first scores 25 points with a minimum lead of two points. In the case of a 24-24 tie, play is continued until a two-point lead is achieved

TO WIN THE MATCH

The match is won by the team that wins three sets.

In the case of a 2-2 tie, the deciding 5th set is played to 15 points with a minimum lead of 2 points.

POSITIONS

At the moment the ball is hit by the server, each team must be positioned within its own court in the rotational order (except the server). The positions of the players are numbered as follows: the three players along the net are front-row players and occupy positions 4 (front-left), 3 (front-centre) and 2 (front-right); the other three are back-row players occupying positions 5 (back-left), 6 (back-centre) and 1 (back-right).

FOOTBALL

Court :- The shape of the field must be rectangular, with the dimensions of 90 - 120 metres long by 45-90 metre wide.

International Standard Length: 100 to 110 meters. Width: 65 to 75 meters.

No of Players : 11 members per team.

Time Duration :- 90 minutes. It is split into two halves of 45-minute each.

Half-time interval: Max 15 minutes.

Direct free kick : A direct free kick is awarded to the opposing team if a player commits any of the following seven offences in a manner considered by the referee to be careless, reckless or using excessive force:

- ➡ Kicks or attempts to kick an opponent.
- ➡ Trips or attempts to trip an opponent.

- Jumps at an opponent.
- Charges an opponent.
- Strikes or attempts to strike an opponent.
- Pushes an opponent.
- Tackles an opponent.

A direct free kick is also awarded to the opposing team if a player commits any of the following three offences:

- Holds an opponent.
- Spits at an opponent.
- Handles the ball deliberately (except for the goalkeeper within his own penalty area)

A direct free kick is taken from the place where the offence occurred

Penalty kick : A penalty kick is awarded if any of the above ten offences is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.

Indirect free kick : An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offences:

- Controls the ball with his hands for more than six seconds before releasing it from his possession.
- Touches the ball again with his hands after he has released it from his possession and before it has touched another player.
- Touches the ball with his hands after it has been deliberately kicked to him by a team-mate.
- Touches the ball with his hands after he has received it directly from a throw-in taken by a team-mate.

An indirect free kick is also awarded to the opposing team if, in the opinion of the referee, a player:

- Plays in a dangerous manner.
- Impedes the progress of an opponent.
- Prevents the goalkeeper from releasing the ball from his hands commits any other offence, not previously mentioned in Law 12, for which play is stopped to caution or send off a player. The indirect free kick is taken from the place where the offence occurred.

Throw-in : A throw-in is awarded when the ball crosses the touch line (conceded by the team who last touched the ball). It is delivered off the field of play with both hands and from behind and over the deliverer's head. Otherwise it is deemed to be a foul throw and a throw-in is given to the opposition. It cannot go direct to the goalkeeper's hands and you cannot score directly from a throw-in.

Corner Kick : A corner kick is awarded once the ball crosses the goal line of the opposition, after last touching one of their players. A corner kick is taken from the prescribed quarter-circle space at the corner of whichever side the ball exited the field. Opponents must be 10 yards from the corner arc and the kicker cannot touch the ball a second time without contact from someone else beforehand (or the opponent receives an indirect free kick). Rules of football are, thus, set to help players to play the game safely and with good spirit.

HOCKEY

Court- The field of the play is rectangular, 91.40 mtr. long and 55 mtr. wide.

The Game :

- Timing - 4 Qtr - 15-2-15- (15 min half time) 15-2-15
- 11 players per side, including the goalkeeper.
- The ball must be passed or dribbled down the field with the flat side of the stick.
- A goal is scored when an attacker strikes the ball into the goal from within the striking circle.

Fouls : A player may not-

- Shield or obstruct the ball from an opponent with the body or stick. All players must have an equal chance to gain control of the ball as it is dribbled or passed down the field.
- Play the ball with the rounded side of the stick.
- Charge, hit, shove or trip an opponent.
- Play the ball in a potentially dangerous way.
- Raise the stick above the waist in a dangerous manner while attempting to play or stop the ball.
- Advance the ball by any means other than with the stick.
- Stop or deflect the ball in the air or on the ground with any part of the body.
- Hit, hook, hold or interfere with an opponent's stick.

Penalty Corner :

- In a penalty corner, the ball is placed on the goal line at least 10 yards from the nearest goal post. One attacking player hits the ball to a teammate just outside the striking circle line. No shot on goal may be taken until the ball is stopped or comes to rest on the ground outside the circle. All attackers must be outside the circle before the hit is taken. On defence, a maximum of five defenders may be behind the goal line while the remaining defenders must be positioned beyond the centre line.
- Typically, the attacking player taking the free hit passes the ball to his/her teammate positioned outside the striking circle. An offensive player will stop the ball with the stick while another player will strike the ball at the goal.
- A penalty corner is awarded for the following offenses:
 - # Any breach of the rule by a defender within the circle that would have resulted in a free hit to the attacking team if the breach had occurred outside the circle.
 - # An intentional hit over the goal line by a defender from any part of the field.

16 Yard Hits : When the attacking team plays the ball over the backline, the defence receives a 16-yard hit. The free hit is taken 16 yards from the spot where the ball crossed the backline.

The Push-In/ Hit in : A push-in or hit in is awarded to the opposition if a player hits the ball over the sideline. All players and their sticks must be at least 5 yards away from the spot where the ball is put into play.

MESS ETIQUETTES

The importance of table manners, for the cadets aspiring to join the armed forces, need not be overemphasised. A person with good table manners adds to the pleasure of a good meal.

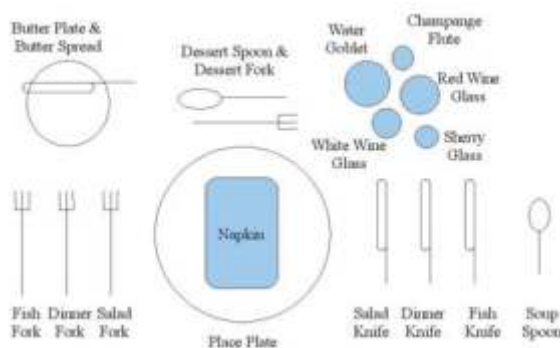


Table Arrangement :- A standard table setting would consist of a full plate, a quarter plate, cutlery such as knife, spoon, fork, a soup spoon (optional), a teaspoon or a spoon for dessert and a drinking glass. The plate is placed in front of the diner and the quarter plate to his left. The table knife/ spoon is laid to the right and the fork to the left of the plate. If soup is being served in a soup plate, then the spoon would be placed on the right of the knife/ table spoon or served separately along with the soup plate. The teaspoon/ dessert spoon is placed above the plate. The glass tumbler is at the right top corner of the plate.

Dress :- Dress appropriately for the meal. Remove your beret while eating. Look cheerful and interested even if you are bored, tired or not fond of the menu.

Punctuality :- Be in time for meals, definitely before 'Grace'. Say 'Grace' properly. Similarly don't continue eating after the last 'Grace'.

Sitting :- Don't drag your chair while sitting and standing up- lift and move gently. If you are escorting a lady, please move the chair for her to sit and move it back after she stands up. Sit upright at the table. Don't place your elbows or hands on the table.

Distance :- The distance from the table at which to sit is a matter of personal comfort. Still, one should not sit so far back that food is likely to be dropped in transit from the plate to the mouth, nor so near as to allow one's dress to touch the table edge.

Napkin :- Sometimes napkin is folded or arranged and placed on the quarter plate to your left or in the glass tumbler. Before commencing the meal, the napkin is always unfolded and spread across the lap for protecting the clothes and to wipe off the moisture from the lips if necessary.

Do not use it for blowing your nose. When you have finished the meal, loosely fold the napkin, or gently crumple, and then place it on the left of you on the quarter plate.

Opening & Closing :- If you stop in the middle of a course keep knife and fork (or spoon and fork) on the plate on each side at an angle to each other, crossing each other at the tip. When you have finished, keep the knife and fork (or spoon and fork) straight together in the middle of the plate, the handles toward you and the fork upward. It is bad manners to close the plate before the others on your table have finished their meal.

Cutlery :- Knives and spoons are held in the right hand and the fork in the left (with the thumb and the first finger). The fork can be held in the right hand if used by glassware. While not eating, keep your hands still. Don't make noise with crockery and cutlery while eating.

Cup & Saucer :- The cup and saucer, whenever used, should be brought together toward the mouth but the latter is to be held at an appropriate distance below the former while drinking. A cup should not be filled to the brim so as to avoid spilling. Never drink tea from a saucer. Sip without making unseemly sounds.

Don't Hurry :- Don't be in a rush at the dining table. Wait for your turn. Allow ladies, elderly people and juniors to have first. Don't pile your plate with food which you are likely to waste. Don't be in a panic that there won't be any food left for you. During 'Dinner Night', please follow the order of courses; Soup, Main Course, Dessert, and Coffee. Don't start the next course until the President (Chief Guest) has commenced.

Soup :- The soup spoon is held with the thumb and the first finger. The soup should be taken into the mouth from you, if necessary, with your left hand and not towards you. Avoid making any 'slurping' sound while enjoying your soup.

Small Helpings :- When serving yourself, go for smaller and more helpings than to pile food onto your plate. The food should be placed in the inner ring of your plate and shouldn't spill over to the sides. Chew your food with your mouth closed.

Don't Spit :- If the food is hot, quickly take a swallow of water. Never spit out. If food has been taken in your mouth, no matter how you hate it, you must swallow it, unless it contains stone or something bitter, in which case take it from your lips in your right hand (thumb underneath and the other four fingers forming a screen over your mouth) and place the item on the plate.

Breaking Bread :- In formal dinners, bread/ toast is placed on the quarter plate and broken to small mouthfuls with the left hand and eaten in between soup or main course. During breakfast, butter and jam are taken on the main plate at the top right corner. The bread/ jam is to be applied on the top side of the toast with the knife; the omelette or cutlet may be spread on the bread again with the help of the cutlery; the toast should be cut with the knife to the size of small mouthfuls which are to be picked up one at a time with the help of the fork and eaten. Don't crumble bread or soak in milk/ tea while eating.

Eating Fruits :- When eating fruits, it should be separated from the skin/ seeds on the plate itself. A half closed hand should be placed to the mouth to receive the pips/ seeds which should be placed on the side of the plate.

Conversation :- Conversation at a table should be conducted in low tones. Do not make conversation with mouthful or make noise while eating. Avoid belching or burping while eating. Ask your neighbour in a whispering tone to pass on any item. Don't talk across the table.

Excuse before leave :- If required to leave the table during a meal, excuse yourself to those seated to your left and right. Before leaving, place your chair at a tilt forward to the table. This indicates to the waiter that you will soon return to complete your meal.

Other Bits of Etiquettes :-

- ➞ Be courteous to the waiters and the Mess staff. Don't shout loudly to catch the attention.
- ➞ Eat well, but don't over eat. As the saying goes, 'eat to live, and don't live to eat'. Don't waste food since it shows disrespect. Don't be choosy while eating. The mess food is balanced and nourishing.
- ➞ Eat within time allotted. You should finish your food before the last 'Grace'.
- ➞ No comments should be offered, nor should the host or hostess apologise if a dish is ill-cooked. Silence is golden on such occasions. Similarly do not criticise the quality/ quantity of food.
- ➞ If water or food is spilled or an accident occurs it should be remedied by the waiters quietly and ignored as far as possible by the diners and guests.
- ➞ **Rinse your mouth, at the wash basin, before and after every meal. Also brush your teeth after every meal especially before going to bed.**

DUTIES & RESPONSIBILITIES OF SCHOOL APPOINTMENTS

School Captain

School Captain is responsible 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 are exemplary.
3. To pass orders to House Captains and other Appointments which he receives from School Staff, especially Principal, VP, AO and Senior Master. To pass instructions of the Officers, to the school, during Roll Call.
4. To ensure that the cadets are correctly dressed and punctual at the 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 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 the 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 wherever 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.
13. To instill 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 project the problems of the cadets, including those related to health and homesickness, fitness, academics, administration, discipline etc.
17. To meet the VP at 1315 hrs every day after classes and apprise him of the problems and activities as well as to take down instructions for the rest of the day and the next day.
18. To inform the Duty Master and Officers of any unusual happening or event like homesickness, depression, rebelliousness, continued sickness, any incident of

absenteeism, skipping meals, malingering, littering, visiting out of bound places, consuming alcohol, smoking, using electronic gadgets, malpractice in exams, disobedience of orders etc, even if it involves own classmates.

19. To undertake tree plantation and tending to saplings with the help of the House Captains.
20. Counselling defaulting cadets to follow rules and regulations; in the case of repeated offenders report to the VP/AO/Senior Master for further constructive action.
21. To handle problems which are within one's capacity and attempt to find solutions with the help of the Staff and Management. School Captain is responsible for welfare and training of all the juniors.
22. To keep the campus green and clean with the help of the Eco Club Captain.
23. To guide the Junior Appointments in carrying out their responsibilities.
24. To lead the School Parade on ceremonial occasions.
25. To guide/ direct visitors within the school.
26. To motivate young visitors to join the School and NDA.
27. Any other duty assigned by School Authorities.

School Vice-Captain

School Vice- Captain is responsible 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 the cadets follow Mess Etiquettes and Table Manners.
9. To ensure that the cadets bathe themselves and wash their undergarments every day.
10. To ensure that the cadets pay compliments and respect to all the elders at the school.
11. To carry out the duties and responsibilities of the School Captain in the latter's absence.
12. To listen to the problems of the cadets and attempt to solve them with the help of the Staff and Management.
13. To meet the VP at 1315 hrs everyday after class and apprise him of the problems and activities.
14. To take rounds of the Hostels, Study Rooms, Classrooms, Band Room and Games Field to see if everyone is following the schedule of activities at that moment and the cadet is present where he is required to be.

15. With the help of the House Captains, to ensure cadets maintain silence during an event.
16. To inform the Duty Master and Officers of any unusual happening 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 electronic gadgets, malpractice in exams, disobedience of orders etc even if it involves own classmates.
17. To ensure that the school flag is hoisted and lowered in time.
18. To guide the Junior Appointments in carrying out their responsibilities.
19. To ensure the School Band performs its tasks and is punctual for all events.
20. Any other duty assigned by School Authorities and Senior Master.

House Captain & Vice Captain

A House Captain is responsible 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 ensure that the cadets wake up in time at reveille.
4. To check the turnout and haircut (ensure haircut of a cadet twice a month) of the cadets before proceeding to any place.
5. To ensure that the cadets reach in time for all events and assemblies.
6. To handover parade state in time to the School Captain/ House Master at all Roll Calls (PT, Games, Prep, Night Roll Call etc) and Assemblies. A Parade State Chit will be used for the purpose.
7. To give daily report to the House Master during Night Roll Call.
8. To ensure that a buddy system is maintained within the house, where four cadets who live in proximity are part of a buddy group.
9. To maintain discipline and order of the housemates inside and outside the hostel.
10. To insure punctuality at all assemblies, roll call, meals etc.
11. To ensure cadets are appropriately dressed for each occasion.
12. To ensure that the cadets maintain proper kit layout after waking up every morning.
13. To ensure that the hostel and its premises are kept clean always through shramdaan (especially on Sundays between 0700 and 0800 hrs) and by not permitting the cadets to litter the place.
14. To ensure that the cadets wake up in time and also go to bed by Lights-out time.
15. To ensure that the cadets march properly in squads on the road.
16. To eat with the Housemates and to ensure that the cadets follow Mess Etiquettes and Table Manners.

17. To ensure that the cadets bath themselves and wash their under garments everyday.
18. To ensure that the cadets pay compliments and respect to all the elders at the school.
19. To ensure that the cadets don't indulge in acts of vandalism or destruction of public or private property.
20. To ensure that the cadets don't indulge in ragging of any sort, especially physical manhandling and use of abusive language.
21. To ensure that the cadets participate in PT, Games, NCC, Club, CCA and other activities.
22. To ensure that cadets of another House don't enter the hostel without the permission of the Housemaster.
23. To ensure that cadets of another House don't tease or trouble own Housemates and vice versa.
24. To ensure that housemates speak only in English and also read books in English.
25. To conduct public speaking exercise during Night Roll Call.
26. To ensure that the cadets who are detailed for Assembly Talk, News Reading, Debate, and Group Discussion, are all practised well. This is applicable to the preparation of all other events/ competitions.
27. Ensuring the serviceability and maintenance of lights, fans, taps, telephones etc inside the House; listing down complaints with respect to electricity, water, telephone, furniture, carpentry work etc and registering these with the Hostel Superintendent regularly for any repair or rectification.
28. Ensuring with the help of the House duty cadet that there is no wastage of electricity or water.
29. Issue, collection and maintaining records of CSD/ Non CSD items for all cadets; projecting requirement of items from CSD, Non CSD etc and ensuring that they are issued properly to the cadets; issue of items to newcomers to the House and attending to their immediate needs.
30. Ensuring neatness and cleanliness inside the House.
31. Undertaking tree plantation programmes for the House with the help of the Eco Club.
32. Properly accounting for laundry clothes; ensuring that the cadets write down the Roll Nos on the clothes; monitoring the issue and return of clothes during laundry parade and to keep a proper record of the same (any loss or surplus to be reported immediately to the House Master/ Hostel Supdt)
33. Projecting any problem pertaining to the Mess to the House Master and to the Mess Captain.
34. Visiting the MI Room every day after the Night Roll Call to enquire about welfare of the housemates and projecting their requirement to the agencies concerned.
35. To detail, as per daily roster, a House Duty Cadet whose duties would be the following:-
 - (a) To assist the House Captain in carrying out all the House Duties.

- (b) To wake up everyone by 0500 hrs and remind everyone of the meal time.
 - (c) To switch off all unwanted lights and fans as well as turn off the taps which are running.
 - (d) To ensure lights out.
36. To coordinate events such as Hike, Tree Plantation, Shramdaan, Selection for IH Games, House PT and other competitions in consultation with the House Master.
 37. To conduct regular meetings of the inmates depending on the convenience of the House Master.
 38. To handle the problems of the cadets, including those related to health and attempt to find solutions with the help of the Staff and Management.
 39. To project problems to the School Management through the School Captain.
 40. To inform the Duty Master and Officers/ Housemaster/ Hostel Supdt of any unusual happening 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 electronic gadgets, malpractice in exams, disobedience of orders etc even if it involves own classmates.
 41. To report absentees/ cadets who are unwell to the Housemaster everyday.
 42. To seek guidance from House Master, Hostel Supdt, School Captain/ School Vice-Captain to solve any problem.
 43. To seek permission from House Master/ Hostel Supdt before deviating from the School Schedule or Rules/ Regulations.
 44. To carry out the following events even in the absence of House Master/ Hostel Supdt/ Any other Teacher.
 - (a) Reveille (b) House PT (c) Night Roll Call (d) Lights out.
 45. To ensure that the housemates devote sufficient time to academic pursuits in order to improve their own and the House's performance in academics.
 46. To select teams for various competitions involving sports & games, co-curricular and other activities and ensure that these teams practise adequately for the competitions.
 47. To assist the House Master in compiling and publishing articles and photographs in the House Newsletter.
 48. To ensure that a substantial contribution of articles and photographs are made by the housemates for the Annual School Magazine - The Puberun.
 49. To ensure good and harmonious relationship with other House Appointments.
 50. To lead the House Troop on Parade.
 51. To guide junior/ Feeder House Captains in carrying out their responsibilities and the latter are to seek advice and counsel from the Senior House Captains.
 52. Any other duty assigned by School Authorities.

School Mess Captain

School Mess Captain is responsible to the Senior Master for the following :

1. To ensure discipline inside the dining Hall. To ensure the cadets follow the Mess Etiquettes including assembling in time before the teachers enter, saying Grace and not leaving the Mess till the last going and till after the teachers have left.
2. To ensure that the House Appointments sit along with the respective House for the meal.
3. To ensure cadets, especially juniors eat in time and don't waste their food.
4. To ensure the junior cadets are taught how to use the crockery and cutlery.
5. To ensure that the cadets don't chit chat during the meal.
6. To inform the MM and Officers regarding any complaint received from cadets about any meal in terms of its quality (including hygiene) or quantity.
7. To communicate suggestions and ideas regarding menu as well as quality and quantity of food served.
8. If rations, food or tea are being pilfered by any staff, to inform the MM and Officers about the same.
9. To report to the Officers if the Dining Hall, Kitchen, Wash Area etc are not kept clean.
10. To project other problems like un serviceability of fans, fly catchers etc.
11. To coordinate and conduct Mess Committee Meeting with the school.
13. To encourage obese cadets to shed weight by dieting and physically weak cadets to eat more.
14. To ensure that the cadets don't keep greasy and fried food in their dormitories.
15. Any other duty assigned by School Authorities.

Class Captain

Class Captain is responsible for the following :

1. To submit parade state to class teacher and each subject teacher.
2. To note details on the blackboard such as Date, Period, Total Strength, Present Strength, Out of station, MI Room, Subject, Master etc.
3. To maintain the discipline of the class.
4. To report to the teacher if he or she has not come to the class within the first five minutes.
5. To maintain work done Register (including details of class talk) and get it signed by the teacher concerned after the class.
6. To ensure that the cadets don't talk, sleep or play inside the classroom when the teacher is not present. To ensure that they only study or carry out any other assigned task.
7. To ensure that the classroom and the corridors are kept clean. Cadets should not litter the floor with paper, wrappers etc. They should put the garbage in the waste bin.
8. To ensure that all the doors and windows are open and again closed after class.

9. To update information on the classroom boards and on the board outside the classroom.
10. To distribute textbooks and stationeries.
11. To assist the Class Teacher to prepare nominal roll for various activities.
12. To distribute answer scripts and collect them back after perusal.
13. To remind absentees of the classes which they have missed due to hospitalisation, leave, TD etc and ensure that they catch up with the syllabus/ tasks and also appear for all the tests/ exams which they have missed.
14. To keep an account of all the furniture and fittings (including electronic items like Computer/ LCD Projector, White Board, Speakers etc) inside the classroom. To ensure that these are not damaged or tampered with by anyone and are returned to the classroom if they have been taken out temporarily.
15. He has to ensure that the cadets do not damage/ deface property and any such occurrence has to be reported to the class teacher and the Senior Master/ VP immediately.
16. He has to inform the Class Teacher/ Senior Master/ VP about any unusual activity or any breach of instruction by any cadet.
17. He has to ensure that the duty cadets are to clear the litter in the classroom before the squad leaves for lunch or goes back to the dorms.
18. He has to ensure that all windows are closed; electrical points (including computers) are switched off and doors bolted properly before leaving.
19. Any other duty assigned by School Authorities.

Class Duty Cadet

Class Duty Cadet is responsible for the following :

1. To keep the classroom neat and tidy. The floor, inside the shelf and desks, on the black board etc. should always be neat and tidy.
2. To update the information on the blackboard with regard to date, period, total strength, present strength, out of station, MI Room, subject, teacher etc.
3. To assist the Class Captain in recording the Parade state.
4. To assist the Class Captain in keeping the chalk, duster etc ready.
5. To keep the blackboards clean after the class.
6. To ensure discipline of the class in the absence of the Class Captain.
7. Any other duty assigned by School Authorities.

Band Captain

Band Captain is responsible for the following :

1. To be a role model and lead by example in punctuality, turnout and other aspects of discipline.
2. Maintenance of the band room and musical instruments in proper working condition.

3. To muster the cadets for practice as per the school curriculum; during practice and conduct of Ceremonial Parade, Guard of Honour, Dinner Night etc and whenever called for.
4. To ensure the discipline of the Band including aspects like punctuality, turnout, movements, performance etc.
5. To conduct the music and to be the time keeper who controls the tempo of the Band as per requirement i.e. fast, medium or slow.
6. When the Band is on parade, to observe the movement of the contingents and adjust the speed and the space required between the marching squads and indicate the march, kadamtaal, halt and cutting the music with the help of the mace (baton).
7. To lead the Band's march on the correct path and to ensure the speed, turn, salute, signal to change the score and proper halt in the end.
8. To detail buglers and ensure practice to play during arrival of VIPs, to detail buglers for flag hoisting and flag lowering.
9. Any other job assigned by the school authorities.



SOP FOR OUTDOOR TRIPS & TOURS

1. Pack in advance; carry Identity Card, Hall Ticket (where applicable), notebook, pen, cap besides other items; may carry camera, binocular with permission. Carry souvenirs and gifts (emblematic of the school) to be given to your hosts.
2. Dress properly since you are brand ambassadors of the school. Don't let down the name of the school. Pay particular attention to haircut, tucking in of shirt, wearing tie, belt, shoes etc wherever applicable.
3. Prepare talks and book reviews which may be presented during an assembly with the host school.
4. Move about in squads and in an orderly and quiet manner.
5. Be familiar with the itinerary and the sequence of visits.
6. Please note down the telephone numbers of the Masters travelling with you.
7. Please note down the registration numbers of the bus which you are designated to. The buses will be also be labeled for easy identification.
8. If you are on foot and walking through the forest, don't make noise and disturb the wildlife. Respect their habitat; wear either grey coloured or camouflage green cloths (don't wear white or any other bright colours); carry at least two litres of water and first aid.
9. While travelling by bus, don't put your head or limbs out of the window and don't stand on the footboard.
10. Whenever the bus stops for repair or for a requirement don't go out on your own. Similarly if you are travelling by train, please don't detrain at any Railway Station till the destination is reached. Don't put your head or limbs out of the window and don't stand near the door.
11. Please take permission of Masters and inform Cadet Appointments, Buddies before going anywhere on your own.
12. Attend Roll Call everyday (before breakfast, after lunch and after dinner) even when you are travelling. Cadet i/c of Bus/ Bogie is to take headcount at every stop before resuming journey.
13. At every halt know about the place of reassembly and time of departure.
14. Carry packed meal and water (at least two litres).
15. Please keep cash (Pocket Money) safely.
16. Find out where the toilets and drinking water points are to save time.
17. There is no permission to meet parents en route or to use mobile phones, i-pods with display screen etc. Therefore, dissuade parents, relatives and friends from coming and seeing you. However, leave correct contact/mobile numbers of your parents with the office so that they can be given daily updates of your location and activity (through SMS).
18. Follow the instructions given by teacher/ directing staff and Appointments.
19. Please collect and give details (name and addresses) of all your hosts and those who extended assistance on the journey to the teacher i/c so that they are able to send 'thank you' letters in time.
20. Submit tour/ trip reports/ photos etc on arrival back at the school.

OFFICERS AT HELM

Ph No	
Principal Capt (IN) S Edwin Jothirajan	03663-287076 (Office)
Administrative Officer Lt Col Vishal Sharma	03663-287118 (Office / Res.) 9954981876
Vice Principal Lt Col ADS Jasrotia	03663-287119 (Office/ Res.) 6000989281

TEACHING STAFF

Sl.	Name	Designation	Qualification	Mobile No
Social Studies				
1	Mr P K Hujuri	TGT	MA, B Ed	8011796445
2	Mr M Hazarika	TGT	MA, B Ed	9435314743
3	Mr A Islam	TGT	MA, B Ed,	9435127627
4	Mr. M.K. Barman	TGT	MA, B Ed,	8403949769
Mathematics				
5	Mr A K Kushwaha	PGT	M Sc, B Ed	8638794690
6	Mr S K Sengupta	TGT	M Sc, B Ed	9101268375
7	Mr S M Rahman	TGT	MSc, B Ed	9678110116
8	Mr S Gouda	TGT	MSc, B Ed	7086602087
9	Mr Radhe Shyam Jha	TGT	MSc, B Ed,	7980694392
Science				
10	Mr N Aich	PGT (Chem)	M Sc, B Ed, M Phil	9435314751
11	Mr G Sorowar	PGT (Physics)	MSc, B.Ed	8011696162
12	Ms Nithina Manohar	PGT (Biology)	M Sc, M Ed	8471970523
13	Mr G Deka	TGT	M Sc (Phy) MSc (EL.Sc) B Ed	9435530181
14	Mr H Ali	TGT	M Sc, B Ed	8011797623
15	Mr P Choudhury	TGT	M Sc, B Ed	9435415759
16	Mr D Kundu	TGT	M Sc, B Ed	7002095923
17	Mr Sanjoy Deka	TGT	M Sc, B Ed,	9854183540

English

18	Mr R Sharma	PGT (English)	MA(Eng), MA (Soci), B Ed	9435878403
19	Mr P K Adhikary	PGT (English)	MA,B Ed,PGCTE, PGDEAS	9401044324
20	Mrs. R Yasmin	TGT	MA , B Ed	9435117076

Hindi

21	Mrs R Tewari	TGT	MA, B Ed	9435737075
22	Dr. D P Mishra	TGT	MA, B Ed. Ph.D	9401976953

Assamese

23	Mrs P Kalita	TGT	MA, B Ed	9957199336
24	Mrs Juri Das	TGT	MA, B Ed	9859100672

Computer Science

25	Mr M K Singh	PGT (Computer)	MCA	9957860635
26	Mr K Elango Raj	TGT	B Tech, ME(CSE)	8134938631

MISC ACADEMIC STAFF

1	Mr T Ghosh	Librarian	B Sc, M Lib & Info Sc, CML	9435314750
2	Mr Dhiman Chakraborty	Art Teacher	MFA	9957313933

ADMINISTRATIVE STAFF

1	Mr Pradip Bezborra	Accountant
2	Mr Kaushal Kishor Giri	Quartermaster
3	Mr Nilanjan Choudhury	Mess Manager
4	Mr Gokul Ch Goswami	Hostel Supdt
5	Mr Ramesh Ch Sarmah	Nursing Asstt
6	Mrs Arpana Das Nath	LDC
7	Mr Biswasri Datta	OS/LDC
8	Mrs Bandana Kalita	LDC
9	Mr Kularanjan Nath	LDC
10	Mr Bhola Nath Sharma	LDC
11	Mr Mahammad Ali	LDC

NCC STAFF

Sl.	Rank	Name	Designation
1.	Sub	Yousuf Ali Khan	Sr JCO
2	Hav	Yam Bahadur Darlami	NCO
3	Hav	Prem Bahadur C Thapa	NCO
4	–	Chandan Kumar Ray	Sr Asstt
5	–	Lokendra Choudhury	Jr Asstt
6	–	Layo Ram Roy	Laskar

PTI STAFF

Sl.	Rank	Name	Designation.
1	Hav/APTC	PC Muthu	PTI
2	Hav/APTC	AD Barma	PTI

LIST OF HOUSE MASTERS & HOUSE TUTORS

Sl. No.	House	House Master	Tel. No.	House Telephone No.	Tutor
1	ABHIMANYU	Mrs R Yasmin	9435117076 9954935085	287096 287077	Mr P K Hujuri, Mr M K Barman
2	BHASKAR	Mr P Choudhury	8472622493 9435415759	287097 287082	Mrs P Kalita, Mr T Ghosh
3	ANIRUDDHA	Mr S M Rahman	9678110116	287008	Mr D P Mishra, Mr A Islam
4	CHILARAI	Mr S Deka	9854183540	287064 287026	Mr M Hazarika, Mrs R Tiwari, English-1
5	EKALAVYA	Mr G Sorowar	8011696162	287020 287035	Mr H Ali, Mr R S Jha
6	LACHIT	Mr G Deka	9435530181	287060 287087	Mr N Aich, Mr S Gouda
7	LOHIT	Mr S K Sengupta	8011797603 9101268375	287074 287052	Mr P K Adhikary Mr D Kundu
8	UDAYGIRI	Mr R Sharma	9435878403	287086 287022	Mr M K Singh, Ms Nithina M

CLASS TEACHERS : 2019-2020

Class/Sec	Name of class Teacher
XII	Mr N Aich
XIA	Mr M K Singh
XIB	Ms N Manohar
XA	Mrs P Kalita
XB	Mr A Islam
XC	Mr P K Adhikary
IXA	Mr H Ali
IXB	Dr D P Mishra
IXC	Mr R S Jha
VIIIA	
VIIIB	Mr D Kundu
VIIIC	Mr M K Barman
VIIA	Mr P K Hujuri
VIIIB	Mr S Gouda
VIIIC	Mr K Elango Raj
VIA	Mr M Hazarika
VIB	Mrs R Tewari
VIC	Mrs J Das

STUDENT SECTION



APR 2019 - MAR 2020

April - 2019

01-04-2019	Monday	
02-04-2019	Tuesday	
03-04-2019	Wednesday	
04-04-2019	Thursday	
05-04-2019	Friday	
06-04-2019	Saturday	Summer Vacation Commence- Departure of Cadets of Class VI to IX
07-04-2019	Sunday	
08-04-2019	Monday	Departure of Staff
09-04-2019	Tuesday	
10-04-2019	Wednesday	
11-04-2019	Thursday	
12-04-2019	Friday	
13-04-2019	Saturday	
14-04-2019	Sunday	
15-04-2019	Monday	Summer Vacation starts for class XII

April - 2019

16-04-2019	Tuesday	
17-04-2019	Wednesday	Mahavir Jayanti
18-04-2019	Thursday	
19-04-2019	Friday	Good Friday
20-04-2019	Saturday	
21-04-2019	Sunday	
22-04-2019	Monday	
23-04-2019	Tuesday	
24-04-2019	Wednesday	
25-04-2019	Thursday	
26-04-2019	Friday	
27-04-2019	Saturday	
28-04-2019	Sunday	
29-04-2019	Monday	
30-04-2019	Tuesday	

May - 2019

01-05-2019	Wednesday	
02-05-2019	Thursday	
03-05-2019	Friday	
04-05-2019	Saturday	
05-05-2019	Sunday	
06-05-2019	Monday	
07-05-2019	Tuesday	
08-05-2019	Wednesday	
09-05-2019	Thursday	
10-05-2019	Friday	
11-05-2019	Saturday	
12-05-2019	Sunday	Reporting of class XII
13-05-2019	Monday	Admission for Class VI & IX
14-05-2019	Tuesday	
15-05-2019	Wednesday	

May - 2019

16-05-2019	Thursday	
17-05-2019	Friday	Reporting of Staff
18-05-2019	Saturday	Buddha Purnima/Reporting of cadets
19-05-2019	Sunday	
20-05-2019	Monday	
21-05-2019	Tuesday	PPL Address to Class VI
22-05-2019	Wednesday	PPL Address to Class IX
23-05-2019	Thursday	
24-05-2019	Friday	
25-05-2019	Saturday	
26-05-2019	Sunday	
27-05-2019	Monday	
28-05-2019	Tuesday	
29-05-2019	Wednesday	EBT Class IX
30-05-2019	Thursday	
31-05-2019	Friday	English Debate/Anti Tobacco Day

June - 2019

01-06-2019	Saturday	
02-06-2019	Sunday	
03-06-2019	Monday	
04-06-2019	Tuesday	
05-06-2019	Wednesday	World Environment Day/Idul Fitr
06-06-2019	Thursday	Hindi Debate(Sr)
07-06-2019	Friday	
08-06-2019	Saturday	
09-06-2019	Sunday	
10-06-2019	Monday	Investiture Ceremony
11-06-2019	Tuesday	
12-06-2019	Wednesday	
13-06-2019	Thursday	IH Football
14-06-2019	Friday	
15-06-2019	Saturday	House Inspection

June - 2019

16-06-2019	Sunday	
17-06-2019	Monday	IH Quiz (Sr)
18-06-2019	Tuesday	
19-06-2019	Wednesday	
20-06-2019	Thursday	
21-06-2019	Friday	IH Quiz (Jr), International Day of Yoga
22-06-2019	Saturday	
23-06-2019	Sunday	
24-06-2019	Monday	
25-06-2019	Tuesday	
26-06-2019	Wednesday	International Day Against Drug Abuse and Illicit Trafficking / IH Basketball
27-06-2019	Thursday	
28-06-2019	Friday	
29-06-2019	Saturday	Principal Parade (Tentative)
30-06-2019	Sunday	Annual Academic Day/Parents Day

July - 2019

01-07-2019	Monday	
02-07-2019	Tuesday	
03-07-2019	Wednesday	
04-07-2019	Thursday	
05-07-2019	Friday	
06-07-2019	Saturday	Periodic Test-1
07-07-2019	Sunday	
08-07-2019	Monday	Periodic Test-1
09-07-2019	Tuesday	Periodic Test-1
10-07-2019	Wednesday	
11-07-2019	Thursday	
12-07-2019	Friday	
13-07-2019	Saturday	
14-07-2019	Sunday	
15-07-2019	Monday	

July - 2019

16-07-2019	Tuesday	IH Hindi Debate(Jr)
17-07-2019	Wednesday	IH Hindi Debate(S Jr)
18-07-2019	Thursday	
19-07-2019	Friday	
20-07-2019	Saturday	House Inspection
21-07-2019	Sunday	
22-07-2019	Monday	IH Art Comp(Sr, Jr, S Jr)
23-07-2019	Tuesday	
24-07-2019	Wednesday	
25-07-2019	Thursday	
26-07-2019	Friday	
27-07-2019	Saturday	Principal Parade
28-07-2019	Sunday	Parents Day
29-07-2019	Monday	
30-07-2019	Tuesday	
31-07-2019	Wednesday	

August - 2019

01-08-2019	Thursday	IH Assamese Debate
02-08-2019	Friday	IH English Extempore Speech Commences
03-08-2019	Saturday	
04-08-2019	Sunday	
05-08-2019	Monday	
06-08-2019	Tuesday	
07-08-2019	Wednesday	IH Cultural Competition (Sr)
08-08-2019	Thursday	IH Cultural Competition (Jr)
09-08-2019	Friday	IH Cultural Competition (Sub- Jr)
10-08-2019	Saturday	
11-08-2019	Sunday	
12-08-2019	Monday	Idul Zuha
13-08-2019	Tuesday	Aniruddha House Day
14-08-2019	Wednesday	
15-08-2019	Thursday	Independence Day

August - 2019

16-08-2019	Friday	
17-08-2019	Saturday	House Inspection
18-08-2019	Sunday	
19-08-2019	Monday	
20-08-2019	Tuesday	
21-08-2019	Wednesday	
22-08-2019	Thursday	
23-08-2019	Friday	Periodic Test-2
24-08-2019	Saturday	Janmastami
25-08-2019	Sunday	Parents Day
26-08-2019	Monday	Periodic Test-2
27-08-2019	Tuesday	Periodic Test-2
28-08-2019	Wednesday	IH English Essay Writing
29-08-2019	Thursday	
30-08-2019	Friday	Science Exhibition
31-08-2019	Saturday	Principal Parade

September - 2019

01-09-2019	Sunday	Srimanta Sankardev Tithi, IH Ass Eassy & Short Stoty Writing
02-09-2019	Monday	Physical Training Test- 1 Commence (VII-XII)
03-09-2019	Tuesday	
04-09-2019	Wednesday	
05-09-2019	Thursday	Teachers Day, House Day of LO & UD
06-09-2019	Friday	SoF IGKO
07-09-2019	Saturday	IH Obstacle
08-09-2019	Sunday	
09-09-2019	Monday	
10-09-2019	Tuesday	Muharram
11-09-2019	Wednesday	IH Hindi Essay Writing
12-09-2019	Thursday	IH Hindi Short Story Writing
13-09-2019	Friday	
14-09-2019	Saturday	Hindi Pakwara
15-09-2019	Sunday	

September - 2019

16-09-2019	Monday	
17-09-2019	Tuesday	
18-09-2019	Wednesday	
19-09-2019	Thursday	
20-09-2019	Friday	
21-09-2019	Saturday	Term- 1
22-09-2019	Sunday	
23-09-2019	Monday	Term- 1
24-09-2019	Tuesday	Term- 1
25-09-2019	Wednesday	Term- 1
26-09-2019	Thursday	Term- 1
27-09-2019	Friday	House Inspection
28-09-2019	Saturday	PPL Parade
29-09-2019	Sunday	
30-09-2019	Monday	IH GK Test-1

October - 2019

01-10-2019	Tuesday	Autumn Break/ Departure of Cadets/ PTM
02-10-2019	Wednesday	Mahatma Gandhi's Birthday
03-10-2019	Thursday	Departure of staff
04-10-2019	Friday	
05-10-2019	Saturday	
06-10-2019	Sunday	Departure of Class XII
07-10-2019	Monday	Dussehra(Maha Navmi)
08-10-2019	Tuesday	Dussehra(Vijay Dashmi)
09-10-2019	Wednesday	
10-10-2019	Thursday	
11-10-2019	Friday	
12-10-2019	Saturday	
13-10-2019	Sunday	
14-10-2019	Monday	
15-10-2019	Tuesday	

October - 2019

16-10-2019	Wednesday	
17-10-2019	Thursday	
18-10-2019	Friday	
19-10-2019	Saturday	
20-10-2019	Sunday	
21-10-2019	Monday	
22-10-2019	Tuesday	
23-10-2019	Wednesday	
24-10-2019	Thursday	
25-10-2019	Friday	
26-10-2019	Saturday	
27-10-2019	Sunday	Diwali /Reporting of Class XII(Tentative)
28-10-2019	Monday	
29-10-2019	Tuesday	
30-10-2019	Wednesday	
31-10-2019	Thursday	

November - 2019

01-11-2019	Friday	Reporting of staff
02-11-2019	Saturday	Reporting of cadets
03-11-2019	Sunday	Practice for School Raising Day Commence
04-11-2019	Monday	
05-11-2019	Tuesday	SoF IEO
06-11-2019	Wednesday	
07-11-2019	Thursday	
08-11-2019	Friday	
09-11-2019	Saturday	
10-11-2019	Sunday	Prophet Mohammad's Birthday(Id- E- Milad)
11-11-2019	Monday	
12-11-2019	Tuesday	Guru Nanak's Birthday School Raising Day
13-11-2019	Wednesday	
14-11-2019	Thursday	Children's Day CH & LA house day
15-11-2019	Friday	

November - 2019

16-11-2019	Saturday	House Inspection
17-11-2019	Sunday	
18-11-2019	Monday	Photography session
19-11-2019	Tuesday	I H Athletics Meet
20-11-2019	Wednesday	I H Athletics Meet
21-11-2019	Thursday	I H Athletics Meet / SoF NSO
22-11-2019	Friday	
23-11-2019	Saturday	
24-11-2019	Sunday	Parents Day
25-11-2019	Monday	
26-11-2019	Tuesday	
27-11-2019	Wednesday	
28-11-2019	Thursday	SoF NCO
29-11-2019	Friday	
30-11-2019	Saturday	IH Cross country

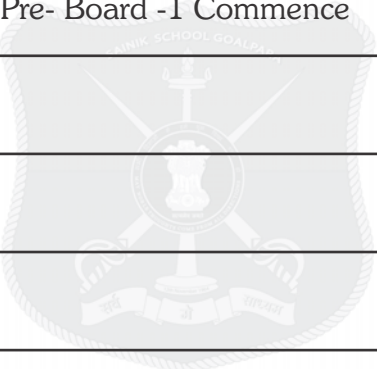
December - 2019

01-12-2019	Sunday	
02-12-2019	Monday	ATC & Firing(NCC)
03-12-2019	Tuesday	
04-12-2019	Wednesday	
05-12-2019	Thursday	SoF IMO
06-12-2019	Friday	IH Quiz (Sub jr)
07-12-2019	Saturday	
08-12-2019	Sunday	
09-12-2019	Monday	IH English short story writing
10-12-2019	Tuesday	
11-12-2019	Wednesday	ATC Camp Fire & Cultural (NCC)
12-12-2019	Thursday	
13-12-2019	Friday	
14-12-2019	Saturday	PT-3
15-12-2019	Sunday	

December - 2019

16-12-2019	Monday	PT-3
17-12-2019	Tuesday	PT-3
18-12-2019	Wednesday	
19-12-2019	Thursday	
20-12-2019	Friday	
21-12-2019	Saturday	House Inspection
22-12-2019	Sunday	
23-12-2019	Monday	IH Mass PT & Gymnastic
24-12-2019	Tuesday	IH Mass PT & Gymnastic
25-12-2019	Wednesday	Christmas Day
26-12-2019	Thursday	
27-12-2019	Friday	
28-12-2019	Saturday	PPL Parade
29-12-2019	Sunday	
30-12-2019	Monday	Physical Training-II (VI-XII)
31-12-2019	Tuesday	

January - 2020

01-01-2020	Wednesday	
02-01-2020	Thursday	I H Drill (Sr)
03-01-2020	Friday	I H Drill (Jr)
04-01-2020	Saturday	
05-01-2020	Sunday	AISSEE-2020
06-01-2020	Monday	Pre- Board -1 Commence
07-01-2020	Tuesday	
08-01-2020	Wednesday	
09-01-2020	Thursday	
10-01-2020	Friday	
11-01-2020	Saturday	
12-01-2020	Sunday	
13-01-2020	Monday	IH Volleyball
14-01-2020	Tuesday	IH Volleyball
15-01-2020	Wednesday	IH Volleyball

January - 2020

16-01-2020	Thursday	IH English Recitation
17-01-2020	Friday	
18-01-2020	Saturday	House Inspection
19-01-2020	Sunday	
20-01-2020	Monday	
21-01-2020	Tuesday	
22-01-2020	Wednesday	Internal Practical for Class X
23-01-2020	Thursday	
24-01-2020	Friday	
25-01-2020	Saturday	Pre- Board -2 Commences
26-01-2020	Sunday	Republic Day
27-01-2020	Monday	
28-01-2020	Tuesday	
29-01-2020	Wednesday	
30-01-2020	Thursday	Saraswati Puja
31-01-2020	Friday	

February - 2020

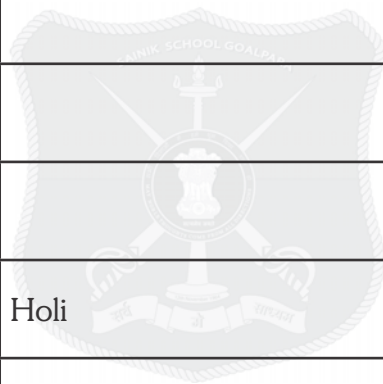
01-02-2020	Saturday	PT-4 / Study Holidays for class X Commence
02-02-2020	Sunday	
03-02-2020	Monday	PT-4 / Practical for class XII Commence as per CBSE
04-02-2020	Tuesday	PT-4
05-02-2020	Wednesday	PT-4
06-02-2020	Thursday	
07-02-2020	Friday	
08-02-2020	Saturday	
09-02-2020	Sunday	
10-02-2020	Monday	
11-02-2020	Tuesday	
12-02-2020	Wednesday	
13-02-2020	Thursday	
14-02-2020	Friday	Internal Practical for class XI Commence
15-02-2020	Saturday	House Inspection

February - 2020

16-02-2020	Sunday	
17-02-2020	Monday	
18-02-2020	Tuesday	
19-02-2020	Wednesday	
20-02-2020	Thursday	
21-02-2020	Friday	
22-02-2020	Saturday	
23-02-2020	Sunday	
24-02-2020	Monday	
25-02-2020	Tuesday	
26-02-2020	Wednesday	
27-02-2020	Thursday	
28-02-2020	Friday	Term-II Examination
29-02-2020	Saturday	

March - 2020

01-03-2020	Sunday	
02-03-2020	Monday	
03-03-2020	Tuesday	
04-03-2020	Wednesday	
05-03-2020	Thursday	
06-03-2020	Friday	
07-03-2020	Saturday	
08-03-2020	Sunday	
09-03-2020	Monday	Holi
10-03-2020	Tuesday	
11-03-2020	Wednesday	
12-03-2020	Thursday	
13-03-2020	Friday	
14-03-2020	Saturday	
15-03-2020	Sunday	

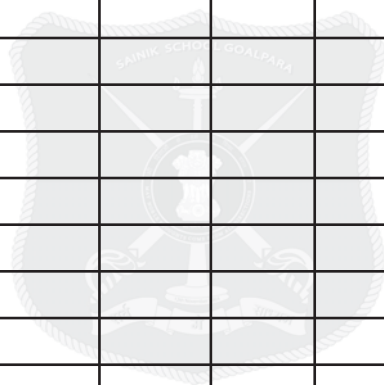


March - 2020

16-03-2020	Monday	
17-03-2020	Tuesday	
18-03-2020	Wednesday	
19-03-2020	Thursday	
20-03-2020	Friday	
21-03-2020	Saturday	House Inspection
22-03-2020	Sunday	
23-03-2020	Monday	
24-03-2020	Tuesday	
25-03-2020	Wednesday	
26-03-2020	Thursday	
27-03-2020	Friday	
28-03-2020	Saturday	Announcement of Result
29-03-2020	Sunday	
30-03-2020	Monday	
31-03-2020	Tuesday	House shifting

DHOBI ACCOUNT BOOK

ser	Date	B Sheet	Towel	Pillow slip	S pajama	S shirt	K short	Shirt White (F)	Shirt White (H)	T khaki	T white
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											
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26											
27											
28											
29											
30											

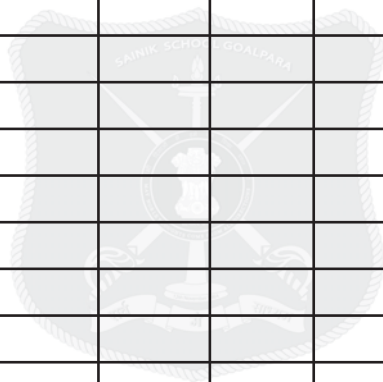


DHOBI ACCOUNT BOOK

ser	Date	B Sheet	Towel	Pillow slip	S pajama	S shirt	K short	Shirt White (F)	Shirt White (H)	T khaki	T white
31											
32											
33											
34											
35											
36											
37											
38											
39											
40											
41											
42											
43											
44											
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57											
58											
59											
60											

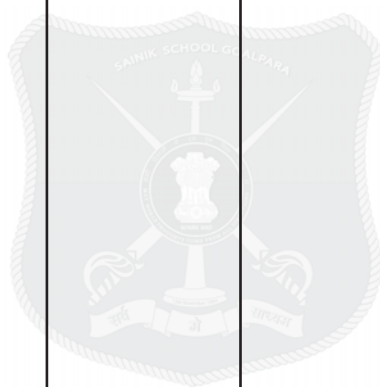
DHOBI ACCOUNT BOOK

ser	Date	B Sheet	Towel	Pillow slip	S pajama	S shirt	K short	Shirt White (F)	Shirt White (H)	T khaki	T white
61											
62											
63											
64											
65											
66											
67											
68											
69											
70											
71											
72											
73											
74											
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86											
87											
88											
89											
90											



MEDICAL REPORT

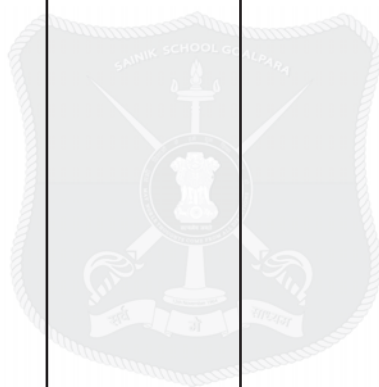
Date	Ailment	Sign of DM/SM/HM/CT	Treatment	Sign of Nurse Asstt



* DM - Duty Master, SM - Senior Master, HM - House Master, CT - Class Teacher.

MEDICAL REPORT

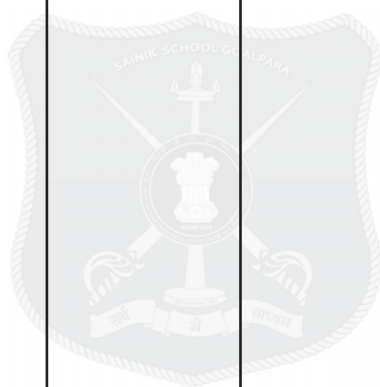
Date	Ailment	Sign of DM/SM/HM/CT	Treatment	Sign of Nurse Asstt



* DM - Duty Master, SM - Senior Master, HM - House Master, CT - Class Teacher.

MEDICAL REPORT

Date	Ailment	Sign of DM/SM/HM/CT	Treatment	Sign of Nurse Asstt



* DM - Duty Master, SM - Senior Master, HM - House Master, CT - Class Teacher.

HOUSE HISTORY

SUB JUNIOR

1. **Abhimanyu House** : Abhimanyu House is named after 'Abhimanyu' the Son of Arjuna. He was one of the bravest warriors in the battle of Kurukshetra.
2. **Bhaskar House** : Bhaskar House is named after Bhasker Varman, the greatest ruler of Assam during whose time Assam played an important part in Indian History. He was an ally of King Harshavardhana. During his time the Chinese traveller, Hiuen Tsang came to Assam and was highly impressed by what he saw.

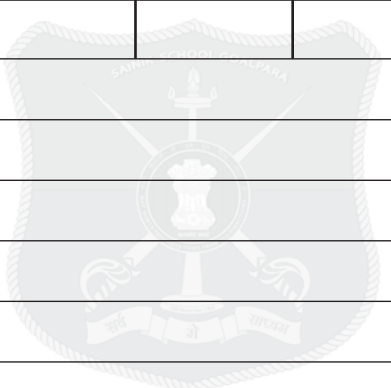
JUNIOR

3. **Ekalavya House** : Ekalavya House is named after Ekalavya one of the greatest disciple of Dhronacharya. He was one of the bravest warriors in the battle of Kurukshetra.
4. **Aniruddha House** : Aniruddha House is named after 'Aniruddha' the grandson of Lord Krishna who is a symbol of love and courage.
5. **Chilarai House** : Chilarai House is named after Chilarai who was a great General of Koch King Naranarayan. His actual name was "Sukladhvaj" who made an attempt to establish the supremacy of the Koches in the Eastern India. He was a man of great courage and ambition and was nick named Chilarai or 'Kite King' because of his swiftness and agility in fighting.

SENIOR

6. **Lachit House** : Lachit House is named after Lachit Barphukan, the youngest son of Momai Tamuli Baruah. He was a great Ahom General who defeated Ram Singh the famous Mughal General in the Battle of Saraighat. His name is synonymous with patriotism and he killed his maternal uncle when he found him neglecting his duties and said "My Country is dearer to me than my dear Uncle."
7. **Lohit House** : Lohit House is named after the mighty river Brahmaputra also called Luit-the lifeline of Assam. The river exercised a great influence in the life and culture of the Assamese people.
8. **Udaygiri House** : An imaginary hill where it is believed that Sun rises. The Rising Sun is a symbol of energy, power and strength.

CADET'S PERFORMANCE RECORD

Subject	PT-I	PT-II	TERM-I	PT-III	PT-IV	TERM-II
MAX.MARK	50	50	80	50	50	80
ENG						
HINDI						
ASSAMESE						
MATHS						
SCIENCE						
SST						
COMPUTER						
Sign of Cadet						
Remarks & Sign of Class Teacher						
Sign of Parents						

Annual Self Assessment

(Academic Session : 2018-2019)

1. Cdt's Profile

No : _____ Name _____ Class : _____ Sec : _____

House : _____

Tel No : _____

Date of Birth : _____

Residential Address : _____

Father's Profession : _____

Mother's Profession : _____

Brothers / Sisters : _____

Post card Size
Family Photo

2. Co-curricular Participation

Event	Contribution	Date

3. Extra - curricular Participation

Event	Contribution	Date

4. Misc.

[illegible]

5. My Goal in Life :

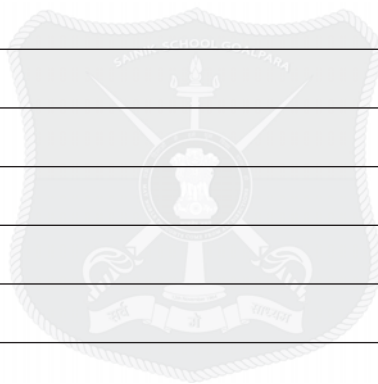
6. My Strenghts :

7. Qualities I'd like to improve :

8. Interests and hobbies :

9. My Goal in this Academic Session :

Note



Time Table

DAYS/ PERIOD	1 0820- 0900 hrs	2 0900- 0940 hrs	3 0945- 1025 hrs	4 1025- 1105 hrs		5 1120- 1200 hrs	6 1200- 1240 hrs	7 1245- 1320 hrs
SUN					TEA BREAK 1105-1120 Hrs			
MON								
TUE								
WED								
THU								
FRI								
SAT								

2019-20

April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			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	31	

June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30						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

July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	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	31			

August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				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	31

September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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					

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		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	31		

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					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

December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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	31				

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			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	31	

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						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

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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	31				



WORLD THROUGH OUR EYES

