

ESTD. 1955

The Air Force School

SUBROTO PARK, NEW DELHI-110010

Senior School Planner

Clouds come floating into my life,
No longer to carry rain or usher storm,
but to add colour to my sky.
- Rabindranath Tagore

Education is our Primary Goal,
Education is our Ultimate Post.

True Learning

Education is not only learning from books, memorizing some facts, but also learning how to look, how to listen to what the books are saying, whether they are saying something true or false. All that is part of education.

Education is not just to pass examinations, take a degree and a job, get married and settle down, but also to be able to listen to the birds, to see the sky, to see the extraordinary beauty of a tree, and the shape of the hills, and to feel with them, to be really, directly in touch with them. As you grow older, that sense of listening, seeing, unfortunately disappears because you have worries, you want more money, a better car, more children or less children. You become jealous, ambitious, greedy, and envious; so you lose the sense of the beauty of the earth.

Since you are young, fresh, innocent, can you look at all the beauty of the earth, have the quality of affection? And can you retain that? For if you do not, as you grow up, you will conform, because that is the easiest way to live. As you grow up, a few of you will revolt, but that revolt too will not answer the problem. Some of you will try to run away from society, but that running away will have no meaning. You have to change society. Society is you and I. You and I create the society in which we live. So, you have to change.

Jiddu Krishnamurti

Adapted from Osho's writings

Personal Information

Name

Date of Birth House

Address

..... Bus Route

Tel. Residence Mobile No

Email Id

Blood Group Height Weight

Father's Name

Designation

Office Address

..... Tel.

Mother's Name

Designation

Office Address

..... Tel.

Name, class of sibling studying in TAFS

Any medical history

I have read and understood the school rules and agree to abide by them.

Father's Signature

Mother's Signature

Note:- To be filled in by parent/guardian

Please fill the Medical card (on the last page) and submit it to the Class Teacher by the third week of April 2020.

Information for Parents

School hours	: 0750 to 1340 hours
Visiting hours	
Principal	: 0900 to 1430 hours
Vice-Principal	: 0900 to 1430 hours
Teachers	: Timing on enquiry Open days, working Saturday and by appointment on other days
Counsellor	: By appointment
Timings	
Office	: 0800 to 1500 hours
Bank	: 0900 to 1300 hours (Weekdays) : 0900 to 1100 hours (Saturday)
Stationery Shop	: 0930 to 1330 hours
Uniform Shop	: 0930 to 1330 hours

Note to Parents:

- Please ensure that punctuality is maintained at all times.
- The School Diary needs to be checked regularly. Note teacher's remarks and reply.
- **Inform the school if the leave of absence of your child exceed 3 days. Send the application the day your child joins school.**
- Please do not go directly to the class / Labs to meet the teachers. In case of an urgent requirement, you may fix an appointment with the teacher or a working day.
- Kindly ensure timely payment of fee to avoid inconvenience.
- Kindly access the student's portal regularly for all Parent-Teacher Communication.



The Air Force School

Subroto Park, New Delhi-110010

Tel : 25693063, Fax : 25696365

Email : tafsdeldhi@gmail.com Website : www.tafssp.com

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Our School

The school was established in temporary wartime hutments at Wellington Camp, Club Road, New Delhi on 18 July 1955 with the aim of providing comprehensive modern education to children of personnel of the Indian Air Force. In May 1967, the school shifted to its present Aravali Campus at Subroto Park, Delhi Cantt. The school celebrated its Silver Jubilee in 1980 when the word “Central” was dropped from its name.

The School is situated on the Aravali ridge - amidst picturesque surroundings- lined by rows of majestic Eucalyptus and Ashoka trees. In the 15 acre area of the school, there are numerous varieties of Bougainvillea, ranging from the common Pink to the rare lovely Mary Palmer which blossom throughout the year.

The school has a rich tradition of education through sports and games, co-curricular activities, House competitions and intra class competitions. The faculty adept in multi-tasking has always played a vital role in grooming the students in drama, debate and quizzing. Social responsibility is developed through EVS and the I Care Club.

An interface with the parents is maintained on an everyday basis is through the On-Line-Information System.

The Air Force School is a co-educational public school with boarding facilities for boys of classes VI to XII.

The school is affiliated to the Central Board of Secondary Education and is a member of the Indian Public School Conference (IPSC) and the National Progressive Schools Conference (NPSC).

Quality Policy

“To develop our students into responsible harmonious and integrated individuals through ever evolving curricular and co-curricular activities.”

MUSINGS ON LIFE

Dear Students

You are the young ambassadors of “The Air Force School”. You carry with you a legacy of excellence. Ours is a heritage rich with examples of overcoming all odds, with strength and resilience. As your life in the school unfolds, moment by moment, day by day, week by week, you will have various learning experiences. Fully immerse yourself in the activities of the school that shape you into a better version of yourself. Evolve into a higher self that is not dismissive of failures. Use the failures as moments of reflection and of resetting your goals. In this journey there always are moments which will test you, challenging your boundaries. Be open, unafraid, flexible and unburdened. Train your mind to listen to the voice of reason, cultivate the spirit of kindness towards all. Once you do so you will be unencumbered by your past. You will then build a vision for your life that will create a beautiful future. Be strong mentally, physically, emotionally and psychologically. Seek support from your loving teachers. Ignore all misleading voices. Tune in to the wisdom that is a natural gift to every human.

Use this planner judiciously for staying organized and focused. Read the rules and regulations of the school and follow them diligently.

Amita Gupta

Principal

The Integrity

The school is a place to learn and grow. To make it run smoothly the following code of conduct is required:

1. **Punctuality:** Reporting for the assembly at 0755 hours is a must. No student must be late for a class. Promptness in submitting assignments and projects is necessary.
2. **Regularity:** One day / period missed at school is like a broken link in a chain. Study regularly. Read what has been taught in class on a daily basis.
3. **Discipline:** Students must show restraint in their behaviour. Talking loudly in corridors, class rooms, assembly grounds or other places in the school is not permitted. Silence must be maintained when the assembly is in progress. Occupy your mind in reading, solving puzzles, completing assignments, when you are free. Please queue up while moving from one class to another or when waiting for your turn for anything.
4. **Cleanliness & Hygiene:** Do not litter the school. Use the dustbin. Defacing walls or graffiti is ugly. Do not scribble on desks, walls or doors. Maintain your report card, notebooks, files and other material neatly.
Keep yourself clean. Nails and hair must be clean and tidy. Wear a clean and well ironed uniform. Polish your shoes. Neatness is the hall-mark of a successful individual.
5. **Courtesy:** The language of a student must reflect refinement. Use of polite expressions is recommended on every occasion. Learn to use 'Excuse me' 'Please' 'Thank You' 'Sorry' 'Could I...'liberally. Decorum must be maintained while talking to teachers and

seniors. Extend courtesies to everyone including equals and juniors. Soft words of praise or thanks can prove magical. Observing courtesies can open doors.

Follow these etiquettes:

- a. Greeting young and old alike with a warm 'Hello, How are you?' or 'Good Morning' according to the age and position of the individual. Acknowledge the presence of a student or teacher even if you do not know him or her. Greet those who clean your classroom, mend your furniture, ring the bell etc.
 - b. Holding the door for the next person.
 - c. Using the wash room cleanly.
 - d. Helping a junior board or alight from the bus. Helping him or her get a seat in the bus.
 - e. Carrying a teacher's notebooks.
 - f. Using the books lent by the library well.
 - g. Talking softly while others are studying.
 - h. Using a tissue or a handkerchief while sneezing.
 - i. Covering mouth while coughing, yawning or sneezing.
6. **Integrity:** Honesty in all dealings is to be followed. Be true to your friends, teachers and yourself. Cheating in exams will invite heavy penalties. Completing an assignment from a guide book can never increase knowledge. This will increase your trust value in the school by being genuine and honest. Do not touch another student's belongings without permission.
 7. **Generosity:** Be generous in helping others. Be a buddy to a classmate who needs academic support. Do not let any one copy your project, answer sheet or home assignment.

8. **Quality:** Please do not neglect the little things. Never skimp on extra effort. Giving the best should be your trademark.
9. **Initiative:** Be pro-active. Jump into the middle of things by accepting responsibilities. Take charge of programmes, offer help and support to teachers.
10. **Awareness:** Stand for causes such as reduction of emissions and conservation of resources, freedom from child labour, secularism, global peace and multiculturalism. Go green by carrying cloth bags. Restrict the use of plastics. Begin a signature campaign to bring about social harmony.

School Rules

Unacceptable Behaviour

- Irregular attendance; unjustified and unexplained absence.
- Habitual late coming.
- Truancy: Missing classes, Work Experience, Library, P.E. classes.
- Self driven vehicle.
- Boarding school bus before 1350 hours.
- Bullying in any form.
- Damaging school property.
- Bringing sports articles like balls, bats, etc. into the school building.
- Toys like Rubics Cube and Uno cards are banned in school.
- Disorderly conduct, physical assault, abusive language.
- Bursting of crackers or playing with Holi colours
- Rude and insolent behaviour with staff members.

A student might have to face heavy penalties if found indulging in any of the afore mentioned behaviour. Any violation of school rules may lead to issuance of a warning letter/suspension letter/expulsion from the school. Two suspension letters will lead to expulsion from the school.

Items Banned School

- Mobile phones are strictly banned in school. A student may carry one only in an emergency situation. In such a case, it must be deposited with the class teacher/Vice-Principal in the morning. An accompanying application by the parent is mandatory. A phone brought without permission, will be confiscated and a fine of Rs. 500 only will need to be paid for its return. The phone will be returned to parents only. If the student is found to get the phone again, without permission, it will be confiscated and will be returned to him/her only when he/she takes TC.
- CD Players, I-Pods and MP3 & MP4 Players, Tabs
- Calculators.
- Video games and USB sticks.
- Correction fluid or whitener.
- Thinners of any kind.
- Paint.
- Crackers.
- Holi Colours .

Please Note

It is mandatory for every student to wear his/her ID Card everyday to school.

Absence And Leave

A minimum of 75% attendance is a pre requisite for the Final / Board Exam. The following rules must be followed in case leave becomes unavoidable:

Please check the school calendar before planning long leaves.

- ✓ In case a leave is planned, submit a leave application duly signed by a parent in advance.
- ✓ In case of absence due to illness or unforeseen circumstances submit a leave application within two working days of the student returning to school.
- ✓ A medical certificate is to be attached with application in case of illness.
- ✓ If a student has been suffering from an infectious disease, a doctor's certificate stating that the student is fit to attend school, after a quarantine period must be submitted.

Repeated absence without leave or unexplained leave for more than 20 consecutive days will result in the student's name being struck off from the school rolls.

Guidelines for Parents

Parents are equal partners in education. Without their cooperation the school can achieve little on its own. Here are a few ways in which parents can contribute:

Parental Involvement

- **Preparation for School Exams**

Please take note of the school exams and the tests the school conducts. Kindly prepare your child to study regularly. Correct study habits need to be imparted. Suggest active study skills to your ward.

- **Academic Conduct**

Ensure that your ward is regular in submitting his assignments. Discourage copying from guide books. Suggest sources for research on a given topic.

Grow and learn with your child. Have a close bond with him/her irrespective of the grade he is studying in. This will provide him with much needed moral support. Remain involved in your ward's studies even if he has moved to the high school. You are a constant source of learning for your child, irrespective of how old he becomes.

- **Grooming**

Encourage your child to participate in co-curricular activities. Equip him with necessary skills like fluency in languages, a good diction, a high level of general knowledge and a commitment to the smallest jobs.

- **Personality Development**

Guide your child to cultivate a hobby like playing a musical instrument, drawing, painting, reading, playing a game or a sport.

Curtail the T.V. viewing hours of your ward. Watch informative channels like Star Sports, Discovery, National Geographic, Animal Planet, History TV, NDTV 24x7, Times Now, CNN News-18, India Today, BBC, and CNN among others. Watch good programmes together as a family and hold discussions on the same.

Encourage your child to participate in the online quiz on the school website.

Please take your child to a bookstore frequently and encourage the reading habit.

Please encourage your child to speak more in English.

Teach your ward to be responsible. Instruct

him to take care of his things. Kindly put a name tag on his clothing. Also, do counsel him about the benefits of packing his bag according to the everyday Time Table so that he is not burdened with a heavy bag.

- **Value System**

The child is a mirror of the home. Respect for others, following rules and politeness of speech is first learnt at home. Be particular about good behaviour and a refined language. Avoid using abusive language.

Teach your child to value money. Do not give pocket money liberally. Encourage him to become confident through participation in school activities instead of relying on externals like branded things or cash.

- **Respecting Teachers**

Maintain a cordial relationship with the teachers. Criticising a teacher or the school in the company of a child is undesirable. It reduces the respect a learner should have for his teachers.

- **Following Rules**

Do not permit your child to absent himself from school, to prepare for a test or on the pretext that co-curricular activities are being held.

Along with a written application, please send in an e-mail at tafsdelhi@gmail.com, in case your ward needs to take leave.

Please ensure that your child is wearing the correct school uniform and is neatly turned out. A student must wear his school uniform whenever he visits the school. Polished shoes, a neat haircut, trimmed nails are desirables.

Please encourage your ward to carry metal bottles and metal tiffin boxes, so as to stay safe from using plastic ware.

Health Advisory

In order to avoid the emerging health problems, a symptom of modern day living, the school advises the following steps for students:

1. Maintain personal hygiene.
2. Consume a proper diet consisting of fruits, vegetables, milk, yoghurt and complex carbohydrates. Avoid refined and processed foods.
3. Exercise regularly. Walking, jogging, swimming, playing games and sports help supply oxygen to the brain and aid in mental alertness.

4. Sleep for at least eight hours.
5. Keep yourself hydrated by drinking water, not aerated drinks.
6. Restrict intake of junk food. Pizzas, burgers, chips, french fries, salad dressings, tikkis, samosas and cookies/ biscuits contain high salt content and saturated fats which harm the body.

Note to parents

Do not send your child to school in case he/she has an infectious disease like chicken pox, mumps, conjunctivitis etc. This will save others from ill health.

The prescribed period of quarantine must be followed by students suffering from following diseases:

Chicken Pox: Till complete falling of scabs.

Measles: Two weeks after the rash disappears.

Mumps: Until the swelling has completely gone.

[About one month.]

Cholera: Till the child is completely well.

Jaundice: Six weeks after recovery.

Damages To School Property

- All students need to take care of the school property.
- The financial effects of any damages done by students will have to be borne by them.
- The particular class will be held responsible and made to pay the cost of the equipment/item as fine, if damage is done to the property in the class.
- Care must be taken not to damage the soap dispensers, urinals and other accessories placed in toilets. Students are advised not to write/scribble anything on the walls or doors of the washrooms. Students must not attempt to deface school property in any way.

Medical Guidance

1. Immunise all children as per the prescribed schedule for the diseases given below:
 - a. BCG
 - b. DPT
 - c. Oral Polio
 - d. Measles / MMT
 - e. Tetanus- Booster dose to be given between 7-16 years of age and also to be given if injured.
 - f. Typhoid every 2 years (oral / injections)
 - g. Hepatitis A, Hepatitis B
 - h. Meningitis, Chicken Pox
2. Get a dental and an ophthalmic check up done once every year.
3. Students suffering from infectious diseases like Conjunctivitis, Dermatitis, Scabies, etc. should not be sent to school until they are clear of the infection.
4. Students suffering from chronic diseases like Asthma, Epilepsy, Rheumatic heart diseases, etc., are advised to be under continuous medical supervision of a Specialist Doctor. History of their illness must be filled up in the Almanac along with the treatment being taken. They should inform the school doctor as well.
5. Parents are required to fill up the Medical Card given in this planner.

Admissions

1. Class K.G

- a) Registration will take place in December-January, for the new academic year.
- b) The minimum age for admission to K.G is 4 plus, as on 31 March, of the year of admission.
- c) Admission to K.G. will take place as per the Government rules and recommendations formulated from time to time.
- d) Student AADHAR number is required at time of admission

2. Class I – X

- a) Registration in the first week of April depending on availability of seats in each class.
- b) Admission to be carried out through entrance test and on production of Transfer Certificates and Mark Sheets from the previous school.

Important:

The Registration of a student does not guarantee admission.

Class- XI: Registration will be carried out within 10 days, of the date of declaration of AISSE examination results (Class X).

The admission and allotment of subject streams will be done on the basis of the Board Results. Admission to class XI is considered as a re-admission. If a student fails or obtains a compartment in a subject in the All India Secondary School Examination he will not be given re-admission to the school till the time he clears the compartment exam.

The intake points for admission to school are K.G. and XI.

There are few seats available in the other classes.

Withdrawal

- TC Application form must be signed by both parents.
- One month's notice must be given in writing for a withdrawal. In case of a short notice period, fee for the next month will be charged.
- A student will be issued a Transfer Certificate only when the school dues have been cleared.
- I-Card & Library Card must be returned to the librarian before clearance.
- The first and last payment of school dues

must be done only in cash.

- In case a student is leaving Delhi, the Transfer Certificate must be counter signed by the Education Officer, Zone XX, C-4 Vasant Vihar, New Delhi. However, it is not mandatory when shifting from one CBSE school to another.

School Fee

1. Please quote your child's admission number during any kind of correspondence with the school.
2. School fee is to be paid quarterly. The quarter begins from 01 April - 01 July, 01 October and 01 January respectively.
3. The fee should be paid between the 1st and 10th of the first month of each quarter. For fee paid after 10th of the first month of each quarter, a late fee fine of Rs.10/- per day will be charged. In case of a holiday falling on 10th, the fee will be accepted on the next working day without late fee fine.
4. The name of student will be struck off without any intimation if the fee is not paid on the last day of the first month respective quarter. Further a re-admission fee of Rs. 200/- will also be charged in addition to late fee fine in case of re-admission.
5. Fee slips will be made available in student fee portal on school website during first week of each quarter. Parents must check the same on school website. In case of non-receipt of fee slips, the Accounts Department of the school may be approached for the same.
6. Kindly make the online payment of fee of your ward by 10th of Apr, Jul, Oct & Jan through fee payment link available on school website (<http://www.tafssp.com>) after entering the login credential of your ward."
7. In case fee is paid by Cheques/drafts due to any reason Cheques/drafts must be drawn in favour of "The Air Force School, Subroto Park, New Delhi "and submitted along with fee slips downloaded from

student's portal.

8. If the fee paid by cheque is dishonored by the bank in any manner, the payment will be accepted along with applicable late fee fine. Further, actual bank charges prevailing for dishonored cheque will also be charged separately.

Sick Bay

The School has engaged a part-time doctor. There is also a Nurse, who is available round the clock. They provide minor medical relief and first-aid of the following kind:

- Minor stitches and dressing in case of injury.
- I V drip for use in an emergency situation.
- Heat treatment to children suffering from Joint and Muscular pain.
- Bronchodilator drugs in emergency cases of Asthma.

Travel Concession

A request for travel concession must follow the following format:

Railway Fare Concession: Application on plain paper.

Air Fare Concession: Airline Form duly filled. Please submit the same at least seven days before the required date.

Conditions for eligibility for concession:

- a) Travel from school to home town and vice versa.
- b) Travel from school to an examination centre within the country and vice versa.

School Transport

There are two school owned buses. Additionally, the school hires private buses to help students commute. In order to ensure the safety of their wards, parents are advised to use school/school hired buses.

- Bus routes are fixed at the beginning of the academic session. Please do not request for a change of route in the mid session.
- To avail the bus facility please fill up the prescribed application form available with the school Bus In-Charge. Submit the same before 15 March. You will be required to submit two recent passport sized photographs of the student.
- The Bus Fee will be charged for 10 ½ months

only. Once the bus facility is opted for, bus fee will be charged for full academic session.

- Discontinuation of bus during middle of the academic session will not be permitted except under extreme circumstances & with prior approval of Principal. The bus fee is to be paid for entire month even if the bus has been used only for a day in a month. There is no system of one way charge.
- Please intimate the school office in case of change of address to help update school records.
- A bus pass will be issued every year. In case of loss a duplicate pass will be issued for Rs. 20 and on submission of one recent passport size photograph. The student must carry the bus pass at all times.
- The bus facility is provided on a 'No Profit, No Loss' basis. A sufficient number of students is required to make it a feasible venture. Hence bus facilities cannot be claimed as a right by any parent.
- Students will not be permitted to board the bus or alight from it at any point other than the authorized boarding point.
- Students involved in acts of indiscipline especially those affecting the safety and well being of other students will be debarred from using the bus.
- Measures of all kinds will be taken for the safety of students using the school bus. However the school cannot be held responsible for any accident, injury or loss of life. In case the school/school hired buses are not used for communication, parents must ensure that only government authorised /legal modes of transportation are used.
- For all queries related to school transport, parents are requested to contact Transport I/c, who is a single point of contact. The particulars of transport i/c are available on school website.
- Discontinuation of bus is permitted with one month's notice or part with bus fee charges in lieu of the notice period. Students of classes X & XII are not allowed to discontinue the bus facility after November.

Bus Rules

- Arrive at the bus stop at least 5 minutes before arrival of bus.
- Wear proper school uniform while travelling in the bus.
- Carry the bus pass every day & hand over the

- same to the bus conductor/helper in the morning.
- No student will be allowed to board the bus without a valid bus pass.
- If a student is picked up by the parents, written information must be given to Vice Principal/ Head Mistress and Transport IC.
- In case of not being able to board the bus in the afternoon due to any unforeseen reason, report immediately to the Main Office/Vice Principal's office/any school official.
- Listen to the driver and follow the driver's directions. Refrain from unnecessary conversation with the driver while the bus is in motion.
- While boarding and deboarding keep a safe distance from the bus. Keep at least 10 FEET away from the bus. Wait for bus to stop before boarding/de-boarding.
- Enter the bus promptly, remain seated at all times.
- Do not touch the emergency equipment on the bus (emergency doors, windows, roof hatches, first aid kits, CCTV/GPS, etc.) except as directed by the driver or during an actual emergency.
- The bus windows should not be opened without permission from the driver.
- Do not extend any part of the body outside the bus
- Do not eat or drink while on the bus. Purchasing eatables from outside is not permitted.
- Do not throw objects outside the bus.
- Keep the bus clean. Do not litter.
- Do not damage bus seats or equipment.
- Do not use abusive language or profanity, obscene or rude gestures within the bus or at passersby.
- Do not bring large musical instruments, any animals, balloons, glass containers or objects into the bus.
- Playing of music by the students in bus is not permitted.
- Carry a written application by a parent, duly verified by the class teacher/Head Mistress/ Vice Principal in case you need to travel on another route for a day. Inform the bus driver and conductor/helper in advance in case of not availing the bus in the afternoon.
- Parents are not to board the school buses/hired buses at any time, for any reason, whatsoever.
- Board the school buses/hired buses and service coaches in front of the Junior School in the afternoon.

- Once the bus has left the school premises from designated point, no bus is permitted to halt in between till it exits Subroto Park Campus.
- No stoppage of buses at/near school main gates.
- Discontinuation of bus is permitted with one month's notice or part with bus fee charges in lieu of the notice period. Students of classes X & XII are not allowed to discontinue the bus facility after November.

Security

- All parents/visitors are to adhere to the security norms of the school.
- Visitors' passes are to be taken from school gate after making due entries in the visitors' register whenever coming to school during school hours and the same are to be deposited back at the gate, at the time of leaving.
- Escort/Guardian I-Card has been introduced for parents/guardians/escorts/ drivers etc. who come to drop and pick up their children from school.
- Above I-Card is to be carried at all times whenever visiting the school for any purpose such as PTA, Functions, etc.
- In case this I-Card goes missing, a duplicate will only be issued after submission of a copy of duly filed FIR.
- No child will be allowed to leave school premises with any individual who is not carrying Escort/ Guardian I-Card

School Counsellor

The School Counselor's role is to facilitate Life Skills, values and behavioral support to the students. The following are the areas of the counselor at TAFS:

For students of classes VI-VIII:

- Regular Life skill classes & First Aid training sessions
- Diagnosing Learning and Attention related problems keeping in line with CBSE guidelines.
- Interactive workshops on discipline, values, behavior, language development.
- Behavioral training and follow up of bullying, indiscipline, peer relations.
- Tweenage concerns and adapting to the new senior wing.
- Referrals for academic or behavioral cases.

For students of classes IX-X:

- Management of teenage issues/anxiety/academics/Peers etc.
- Learning related CBSE pattern changes and rule discussions for studying.
- Attention or behavioral counseling that is unresolved.
- Stream selection & subject choice understanding.
- Workshops on teenage, study and time management.
- Manage the Health & Wellness Club, aiming towards emotional health.

For students of classes XI-XII:

- Stream choice and academic concerns with subject combinations for career ahead.
- Workshops on time management, stream-wise discussions and applying abroad.
- Any behavioral concern of anxiety, stress, domestic or attention related areas.
- Subject changing rules and diagnosing proper CBSE combinations for class XII.
- The school Counselor is available during school hours on all working days and has regular wellness and life skill interactive classes with the students. The aim of the school counselor is to understand child psychology and ensure that the child feels safe and well adjusted in school with peers and seniors in the school for the better development of the child holistically.

Library Rules and Procedures

1. One library card is issued per student. A new book will not be issued till the card held by the student is returned.
2. Books must be returned on the last date

stamped on the label.

3. Students are responsible for the books issued in their name. Books lost or damaged have to be paid for.
4. Silence must be maintained in the library.
5. The library cards are non-transferable.
6. Personal books cannot be brought to the library.

A variety of books are available in the school library. These include books on different subjects, the latest fiction, classics and encyclopedias.

*'I love smooth words, like gold-enamelled fish
which circle slowly with a silken swish'*

School Book Store

The prescribed set of books for the new academic session will be available in the school Book Shop. Other stationery items such as notebooks, files folders, maps are also available. Students must buy the stationery from the shop, as it bears the school name. This is mandatory because it ensures uniformity. Students will not be allowed to leave their classes to make purchases. Parents are requested to buy books for their wards to ensure that the students do not miss their classes.

School Uniform Store

The school uniform is to be bought from the school uniform store. The uniform purchased from the school store conforms to the standards set by the school. The House T-Shirts are also available at this store. All articles of the uniform are to be bought well in advance. Students will not be allowed to leave their classes to buy their uniform. Students may, however, visit the store during the break.

TAFS Online Information System

TAFS has a comprehensive Online Information System consisting of:

- School Website (www.tafssp.com) : All the information regarding Scholastic & Co-scholastic activities, school infrastructure, school calendar, admission policy, promotion policy, fee structure, subject combinations, annual weekly syllabus, daily homework etc. is available on the website along with latest news, circulars & events.
- Parent Portal: Parents can monitor the progress of their ward and communicate with the teachers through this portal using their login Id & password. The following information is available on the portal:

- ✓ Exam wise report card
- ✓ Student Profile
- ✓ Daily homework
- ✓ Communication link
- ✓ Class Time Table
- ✓ News & Events
- ✓ School Fee
- ✓ Photogallery

- SMS Facility: All SMS about important activities, events, holidays, participation in sports or co-curricular activities, open houses are sent to parents on their mobile number registered with the school.

School uniform Essentials

The school uniform may be obtained from the school uniform store. Any variation in the style of the skirt, trousers etc. will not be permitted. The material and colour must conform to the uniform sold in the school store.

- Tunic for girls in the pre-primary sections.
- Navy-blue/steel-grey trousers for girls, along with a navy-blue short waist coat stitched to the kurta in place of dupatta, for girls of Class IX and above.
- AF Blue half-sleeved shirt for boys.
- Navy-blue trousers for boys.
- Multipurpose black Velcro shoes with PU sole for all days.
- The school tie is to be worn with the winter uniform and on formal occasions.
- Elasticated navy-blue with broad AF blue band in middle with chrome buckle printed with IAF E&C Society logo.
- Navy-blue headgear for Sikh boys. Not applicable for girls.
- The school logo cannot be duplicated or altered in any way.
- The student is expected to wear his uniform well. The turnout must be neat and smart.
- Wearing the student Identity Card is mandatory.

PT DRESS (Common for boys and girls)

Items	Boys	Girls
T-shirt and trackpants	T-shirts are to be worn with elasticated navy-blue trackpants with House colour piping in the side seam.	
Shoes	Black Velcro attachment shoes with PU sole.	
Socks	Sky-blue nylon/cotton/woolen socks, with two navy-blue stripes on top rim.	

School uniform Essentials

Each House has been allotted a specific colour for the t-shirt that will be worn by students every Thursday, the day of the House Meeting. The student is supposed to buy a t-shirt of his House colour from the school uniform shop. The colours of the t-shirts are as follows:

Subroto- maroon

Katre- green

Arjan- red

Pratap- yellow

Latif- blue

Note: All students will adhere to uniform norms on non-teaching days e.g., exam days. The students must wear the Student Identity Card to school every day.

Girls

- Hair cannot be worn loose. It must be braided.
- No jewellery is allowed except for a simple pair of earrings. Multiple earrings are not allowed.
- Nail paint and make up are not allowed. The use of kajal, eye pencils, eye shadows etc. is prohibited.

Boys

-
- Only half-sleeve shirts to be worn in summers.
- Trousers, not shorts, to be worn from grade VIII onwards.
- Visible vests under shirts are not permitted.
- Trousers to be worn at waist level. Low waisted trousers are not permitted.
- Shirts to be neatly tucked in with the school belt visible.
- Square toed and other fancy designs in shoes are not allowed.
- Hair to be worn short. Spikes and gelled hairstyles are not allowed.
- A clean- shaven look to be maintained. Fancy sideburns are not permitted.

Schedule of Examinations 2023-2024

CLASS VI-VIII		
Assessment		Dates
Pre Mid Term	Periodic Test- I (PT I)	07 July - 19 July
	Notebooks Assessment	Regularly
Mid Term	Periodic Test- II (PT II)	11 Sep - 23 Sep
	Notebooks Assessment	Regularly
	Activity & Project Assessment	August
	Multiple Assessment	August
Post Mid Term	Periodic Test- III (PT III)	17 Nov - 14 Dec
	Notebooks Assessment	Regularly
Final Term	Final Term Exam	26 Feb - 11 Mar
	Notebooks Assessment	Regularly
	Activity & Project Assessment	January-February
	Multiple Assessment	January-February

CLASS IX		
Assessment		Dates
Pre Mid Term	Periodic Test- I (PT I)	07 July - 19 July
	Portfolio	Regularly
Mid Term	Periodic Test- II (PT II)	11 Sep - 23 Sep
	Multiple Assessment	August
	Activity Assessment	August
Post Mid Term	Periodic Test- III (PT III)	20 Nov - 30 Nov
Final Term	Final Term Exam	07 Feb- 21 Feb
	Portfolio	Regularly
	Multiple Assessment	January
	Activity Assessment	January

CLASS X		
Assessment		Dates
Class Test	Class Test	01 May - 08 May
Pre Mid Term	Periodic Test- I (PT I)	07 July - 19 July
	Portfolio	Regularly
Mid Term	Periodic Test- II (PT II)	11 Sep - 23 Sep
	Multiple Assessment	August
	Activity Assessment	August
Post Mid Term	Periodic Test- III (PT III)	20 Nov - 30 Nov
Pre Board Exam	Pre Board Exam	09 Jan - 23 Jan
	Portfolio	Regularly
	Multiple Assessment	November/December
	Activity Assessment	November/December

IMPORTANT

1. Dates for Mid Term & Final Term examination are tentative.
2. As each exam has some weightage and absence in any one will negatively affect the overall result, it is advised to consult school authorities before planning your holidays to avoid absence in any of the exams.

Schedule of Examinations 2023-2024

CLASS XI			
Assessment			Dates
TERM-I	Exam Series- I (ES-I)	Theory	21 Aug - 25 Aug
	Half -Yearly Examination	Practical	August / September
		Theory	11 Sep - 23 Sep
TERM-II	Exam Series - II (ES-II)	Theory	21 Nov - 14 Dec
	Annual Examination	Practical	January
		Theory	07 Feb- 21 Feb

CLASS XII			
Assessment			Dates
1	Exam Series - (ES-I)	Theory	01 May - 08 May
2	Exam Series - (ES-II)	Theory	07 July - 19 July
3	Half Yearly Examination	Practical	August / September
		Theory	11 Sep - 23 Sep
4	Mock Pre Board Examination	Theory	20 Nov - 30 Nov
5	Pre-Board Examination	Practical	December
		Theory	09 Jan - 23 Jan

IMPORTANT

- Dates for Half Yearly & Annual examination are tentative.*
- As each exam has some weightage and absence in any one will negatively affect the overall result, it is advised to consult school authorities before planning your holidays to avoid absence in any of the exams.*

Scheme of Evaluation

Weightage to each exam (ES/Half Yearly/ Final) is according to CBSE/DOE.

Promotion Policy

Class	Policy
VIII & IX	☞ Student has to secure 33% marks in each subject
XI	☞ Qualifying marks - 33% (Cumulative marks) in EACH subject (33% in Theory, 33% in Practical & 33% together)

- Promotion Policy is subject to change as per the guidelines from DOE and CBSE.*

Date Sheet 2023-2024

CLASS TEST (X)

Date & Day	X
1st May, 2023 (Mon)	Social Science
2nd May, 2023 (Tue)	English
3rd May, 2023 (Wed)	Mathematics
4th May, 2023 (Thurs)	Hindi
8th May, 2023 (Mon)	Science

PT-I (VI TO X)

Date & Day	VI	VII	VIII	IX	X
7th July, 2022 (Fri)	Science	Social Science	Hindi	English	Math
10th July, 2022 (Mon)	English	Science	Math	Hindi	Science
12th July, 2022 (Wed)	Hindi	English	Social Science	Math	Social Science
14th July, 2022 (Fri)	Math	Hindi	Science	Science	English
17th July, 2022 (Mon)	Social Science	Math	Sanskrit	Social Science	Hindi
19th July, 2022 (Wed)	Sanskrit	Sanskrit	English	-	-

PT-III (VI TO VIII)

Date & Day	VI	VII	VIII
17th November, 2023 (Fri)	English	Hindi	Sanskrit
21st November, 2023 (Tue)	Science	Math	Social Science
23rd November, 2023 (Thurs)	Hindi	Sanskrit	English
29th November, 2023 (Wed)	Social Science	Science	Math
12th December, 2023 (Tue)	Math	Social Science	Science
14th December, 2023 (Thurs)	Sanskrit	English	Hindi

Exam Series – I (XI)

Date & Day	XI
21st August, 2023 (Mon)	Mathematics/IP/Home Science/Psychology
22nd August, 2023 (Tue)	English
23rd August, 2023 (Wed)	Physics/Accountancy/Geography
24th August, 2023 (Thurs)	Chemistry/Business Studies/History
25th August, 2023 (Fri)	Biology/Economics/Computer Science/Political Science

Exam Series – II (XI)

Date & Day	XI
21st November, 2023 (Tue)	Biology/Economics/Computer Science/Political Science
23rd November, 2023 (Thurs)	English
29th November, 2023 (Wed)	Chemistry/Business Studies/History
12th December, 2023 (Tue)	Physics/Accountancy/Geography
14th December, 2023 (Thurs)	Mathematics/IP/Home Science/Psychology

Date Sheet 2023-2024

Exam Series – I (XII)

Date & Day	XII
1st May, 2023 (Mon)	Mathematics/IP/Home Science/Psychology
2nd May, 2023 (Tue)	English
3rd May, 2023 (Wed)	Physics/Accountancy/Geography
4th May, 2023 (Thurs)	Chemistry/Business Studies/History
8th May, 2023 (Mon)	Biology/Economics/Computer Science/Political Science

Exam Series – II (XII)

Date & Day	XII
7th July, 2023 (Fri)	Physics/Accountancy/Geography
10th July, 2023 (Mon)	Mathematics/IP/Home Science/Psychology
12th July, 2023 (Wed)	English
14th July, 2023 (Fri)	Biology/Economics/Computer Science/Political Science
17th July, 2023 (Mon)	Chemistry/Business Studies/History

Schedule for Houses on Duty 2023-2024

MONTH	HOUSE ON DUTY
April and May 2023	Pratap
July and August 2023	Katre
September and October 2023	Subroto
November and December 2023	Latif
January and February 2023	Arjan

Excursions/Educational Trips 2023-2024

VI	A visit to Toilet Museum/Air Force Museum
VII	A visit to The Gandhi Ek Pravasi Museum/War Memorial/Pusa Institute / National Bal Bhawan
VIII	Rashtrapati Bhawan Museum
IX	A visit to National Science Museum
X	A visit to Rashtrapati Bhawan Museum

* Trips are tentative & final dates will be intimated later.

Morning Assembly Topics - 2023-2024

CLASS	DATES	ASSEMBLY TOPICS
VII A	21/4/23	World's Earth Day
VII B	28/4/23	Solid waste management
VII C	12/5/23	Household and environmental sanitation
VII D	19/5/23	Solar energy as an alternate to fossil fuels
VII E	28/7/23	Sustainable development
VIII A	4/8/23	G-20 "Vasudhaiva Kutumbakam" or "One Earth. One Family. One Future"
VIII B	11/8/23	G-20 Objectives and Members
VIII C	18/8/23	G-20 Summit 2023 in India
VIII D	8/9/23	G-20 How to achieve no poverty and zero hunger in the world
VIII E	6/10/23	G-20 Globalisation brought the world closer
VI A	13/10/23	There is a crack in everything, that's how the light gets in.
VI B	20/10/23	Impact of social media, video games and technology on mental health of children
VI C	3/11/23	Practising self-love and self-nurturing
VI D	8/12/23	Role of forgiveness in achieving psychological well being
VI E	22/12/23	Happiness can be found even in the darkest of times, if one only remembers to turn on the light.

Themes

- Class VI - Mental Health
- Class VII- Our Earth
- Class VIII -G-20 Group of Countries

CLASS	DATE	TOPIC
IX A	10/04/23	Strong people stand for others
IX B	17/04/23	Let's help and heal others
IX C	24/04/23	Let's take one step towards humanity.
IX D	01/05/23	Speak up for those who cannot speak for themselves
IX E	08/05/23	The purpose of human life is to serve.
X A	15/05/23	I am unique, I am special, I am me
X B	31/07/23	We are all different and that's beautiful.
X C	07/08/23	I don't need easy I just need possible.
X D	21/08/23	If I don't keep pace with my companions, it is because I hear a different drummer.
X E	28/08/23	Why fit in when you were born to stand out.
XI A	09/10/23	A goal without a plan is just dream.
XI B	16/10/23	Wish it, plan it, do it.
XI C	30/10/23	If a plan doesn't work, change the plan not goal.
XI D	04/12/23	Set your goal high, don't stop till you get there.
XI E	11/12/23	You get what you focus on, so focus on what you want.

Themes

- IX- Social Service
- X- Inclusive Education For Special Child.
- XI- Goals

Inter-House Activities 2023-2024

Sl.No.	ACTIVITY	CLASS	DAY & DATE
1.	Rap Song	X & XII	27 April 2023
2.	Ad Mad	VI-VIII	08 May 2023
3.	Fusion Dance	IX & XI	21 July 2023
4.	Gate Decoration	VI-XI	14 August 2023
5.	Street Play	IX & XI	27 October 2023
6.	Rangoli Making	VI-VIII	Day before Citation Ceremony, January 2024

Tips to Minimise Exam Stress

Revision Tips: Develop a timetable. Make sure you allocate adequate time for fun and relaxation as well. While revising a subject, practice writing. This would be an actual simulation of the examination itself. Plan your revision and complete it in time. This will give you a sense of achievement and build your confidence. Set realistic targets of what you can achieve in the time available.

Time out: To prevent mental fatigue, take a short break as soon as you notice your mind is losing concentration. Stick to activities that do not break your study continuum during these breaks. Avoid television and loud music.

Maintain a regular sleep pattern: A regular seven hours of sleep is mandatory for the body to function well. Also, sleep at a regular time; don't alter your sleeping cycle. It is not important whether you study late or get up early, as long as you get into the habit of being most alert at the same time as that of the exam.

What to eat: Food rich in vitamins and proteins, such as green leafy vegetables and fresh fruits, are a must. The nutrients will help your brain stay sharp. Avoid food with high fat content. Don't drink too much coffee, tea or fizzy drinks. Caffeine will keep you up and reduce the clarity of your thinking.

NO distractions: Keep all unimportant issues at bay. Right now, examinations should be your only focus. Stay away from distractions that could cause loss of concentration or unwanted anxiety.

The power of positive thinking: Spend time with people who have a positive effect. It will rub off on you. Avoid negative thoughts.

Practise relaxation techniques: Practise deep breathing, meditation and yoga as forms of relaxation. They help your body relax and reduce stress. Alternately, take a brisk walk in fresh air after your day's revision is over.

Display Board Duties 2023-2024

GROUND FLOOR

MONTHS	BOARD 1	BOARD 2
April to August	Hindi Department	Biology Department
September to November	English Department	Chemistry Department
December to March	Home Science Department	Art Department

FIRST FLOOR

Date	Board-1	Board-2	Date	Board-1	Board-2
01-15 April	VII-A	X-A	16 Oct- 31 Oct	IX-D	XI-D
15-29 April	VII-B	X-B	02 Nov- 18 Nov	IX-E	XI-E
01-13 May	VII-C	X-C	20 Nov- 02 Dec	VI-A	VIII-A
15 May-02 July	VII-D	X-D	04 Dec- 19 Dec	VI-B	VIII-B
05 July-15 July	VII-E	X-E	20 Dec- 08 Jan	VI-C	VIII-C
17 July-31 July	IX-A	XI-A	08 Jan- 24 Jan	VI-D	VIII-D
01 Aug- 16 Aug	IX-B	XI-B	25 Jan- 10 Feb	VI-E	VIII-E
18 Aug- 27 Sep	IX-C	XI-C	12 Feb- 29 Feb	Comp. Science Lab	Photography Lab
27 Sep- 14 Oct	EVS Club	Calligraphy Club			

SECOND FLOOR

MONTHS	BOARD 1	BOARD 2
April to August	History Department	Art Department
September to November	Geography Department	Literati Club
December to March	Mathematics Department	Physics Department

CLUB & ACTIVITIES	OBJECTIVES
EVS Club	Sensitizing students to environmental issues; working individually as well as collectively towards their solutions.
Computer Science Club	Enhancing technical and practical skills of students; increasing awareness about latest software.
Astronomy Club	Providing and widening the knowledge of Astronomy and Space Sciences; integrating technical skills with astronomical science.
Photography Club	Promoting and developing skills of photographic art; learning to compose a good and impactful photograph.
NIE Club	To inculcate the love for reading newspapers and to stay in touch with global news; creating impactful newsletters and journals.
Mission N-Mole	An acronym for NDA, Medical, Others, Law & Engineering To groom and give direction to our students' ambitions and to provide added assistance in reaching their goals.
Road Safety Club	Sensitizing students on the importance of following road safety rules; spreading the message of the significance of road safety.
Quiz Club	To build quizzing skills among students; to make them sharp thinkers and swift in responding to questions.
Dramatics Club	Designed for students interested in all aspects of theatre; to build public speaking and acting skills.
Eco Club	Aimed at developing awareness about the ecology; spreading sensitivity towards Nature and Mother Earth.
Sports Club	Promoting and developing interest in sports and physical activities; enhancing talents of students who are gifted at various sports.
Gracious Giver Club	Bolstering sentiments of compassion and generosity, especially towards the less fortunate.
Calligraphy Club	Learning to create beautiful and decorative handwriting for letters, posters, advertisements etc.
Debating Society	Developing oratory skills for public speaking; learning techniques of expressing points of view assertively and convincingly.
Cyber Club	Covering areas related to cyber security; building awareness of cyber-safety and netiquettes.
Journalism Club	Empowering students to develop media aspirations; researching about developments in the current affairs segment.
Model United Nations Club	An educational simulation where students can learn about diplomacy, political negotiations and international relations.
Consumer Club	To impart consumer education to students; developing consumer awareness- rights, duties and redress mechanisms.
Techno Geeks Club	Providing activities and projects for students to learn about and explore leadership and learning opportunities in engineering, technology and innovative designing.

SEWA (Social Empowerment through Work Education and Action)

SEWA is an endeavor by CBSE for the students of classes IX to XII, which aims to help them develop in intellectual, personal, social, emotional and social fields. Students, through this program, are expected to be life-long learners and through experiential learning develop as active citizens and compassionate humans.

SEWA takes learning beyond the walls of the classroom and sometimes even beyond the boundaries of the school, building bridges with the authentic and real world in meaningful and positive ways. To make the students understand the significance of the interdependence of all human beings and our dependence on the environment, each class after discussion, chooses a project and works on it. Some of the project ideas are:

- ✓ Swachcha Vidyalaya Swachcha Bharat.
- ✓ Dignity of Labour.
- ✓ Empathy.
- ✓ Care for Homeless Children.
- ✓ Being Safe and Responsible.
- ✓ Environment Conscious Citizens.
- ✓ Reduce, Recycle, Reuse (most important 3R's) and now Respect.

The SEWA projects will have 50 marks & students will be graded according to the marks obtained.

Marks Obtained	Grades
Upto 12 marks	Learning
13-12 marks	Proficiency
21-25 marks	Advanced

Class & Section	Topics
IX A	Water Conservation
IX B	Use Social Media Responsibly
IX C	Become an Environment Conscious Citizen
IX D	Reduce, Recycle and Reuse
IX E	Take Pride in Good Personal Hygiene
X A	In Harmony With Nature
X B	Dignity Of Labor
X C	Anti Bullying Awareness Campaign
X D	Lending a Helping Hand to the Underprivileged
X E	Importance of a Balanced Diet
XI A	One Earth - One Family One Future (G 20 theme)
XI B	Holistic Health
XI C	Mental Health Awareness
XI D	Celebrating the School's History and Heritage
XI E	Empathy
XII A	"Nothing Like Voting , I Vote for Sure" (Theme of NVD 2023)
XII B	Go Green : Save The Planet
XII C	Bringing Joy to Those Who Have Little
XII D	Cultivating Leadership Skills
XII E	A Healthy Mind is the Greatest Treasure to Find

Sports Activities 2023

Month	Date	Activities	Class
April	17 to 21	a) Intersection Chess b) TPL	VII-VIII (Girls) VII- VIII (Boys)
	24 to 28	a) Intersection Chess b) TPL	IX-X (Girls) IX-X (Boys)
May	8 to 12	a) Intersection Chess b) Intersection Kho- Kho	VII- VIII (Boys) VII-VIII (Girls)
June	21	Yoga Day	
July	24 to 28	Intersection Kho- Kho	VII- VIII (Boys)
August	21 to 25	Intersection football	IX- X (Boys)
September	25 to 27	Self defence Training	VI-VIII (Girls)
October	9 to 13	Intersection Basketball	VI-VIII (Girls & Boys)
November	8 to 10	Selection trials of Athletic Meet	VI-XI
December	1 and 2, 9	a) Athletic Meet b) Sports Day	VI-XI
January	15 to 19	Yoga Week	VI-VIII (Girls & Boys)

Departmental Activities Planned For Session 2023-24

Sl. No.	Activity Week	Class	Activity	Expected No. of Participants	Department involved
1	17 Apr 2023 to 21 Apr 2023	VI	Role Play - Diversity	Entire Class	Social Science
		VII	WEAVE A STORY- Indian Monuments	Entire Class	
		VIII	Graphic Strips -Social evils	Entire Class	
		IX	Travelogue - on any two G20 member nations	Entire Class	
		X	Shark Tank TAFS- An entrepreneurship display of ideas	3 students from each class	
2	24 Apr 2023 to 28 Apr 2023	VI	Slogan writing on Cyber Safety	Entire Class	Computer Science
		VII	Essay Writing on Cyber Safety	Entire Class	
		VIII	Poster Making on Cyber Safety	Entire Class	
3	15 May 2023 to 19 May 2023	VI	Collage Making	Entire Class	English
		VII	Travel Brochure Making	Entire Class	
		VIII	Tale With A Twist	Entire Class	
		IX	All The World's a Stage	Entire Class	
		X	Table Top Calendar	Entire Class	
4	24 July 2023 to 28 July 2023	VI	Gratitude Cards	Entire Class	Psychology
		VII	Culinary Activity	Entire Class	Home Science
		VIII	Culinary Activity	Entire Class	Home Science
		IX & XI	Motivational Videos	Entire Class	Psychology
		X	PPT Presentation on Nutraceuticals	Entire Class	Home Science
5	04 Aug 2023	IX	Online Cyber Quiz	Entire Class	Computer Science
		X	Online Cyber Quiz	Entire Class	
		XI	Online Cyber Quiz	Entire Class	
		XII	Online Cyber Quiz	Entire Class	
6	07 Aug 2023 to 11 Aug 2023	VI	स्वतन्त्रता दिवस बधाई संदेश कार्ड निर्माण	Entire Class	Hindi & Sanskrit
		VII	माथापच्ची (Brainstorm)	Entire Class	
		VIII	सामूहिक श्लोकाःवाचन (वसुधैव कुटुंबकम्- शांति व मैत्री)	Entire Class	
		IX	सामूहिक दोहा-वाचन (रहीम व कबीर)	Entire Class	
		X	वाद-विवाद विषय-वैश्विक समस्याओं का समाधान: युद्ध अथवा शांति	Entire Class	

7	09 Oct 2023 to 13 Oct 2023	VI	Essay Writing - Pros and Cons of Social Media	Entire Class	Computer Science
		VII	Debate- Pros and Cons of Social Media	20	
		VIII	Poster Making-Impact of Social Media	Entire Class	
8	16 Oct 2023 to 20 Oct 2023	VI	Jingle Making	Entire Class	Science
		VII	Science Newsletter-Buzz	Group of 10 students per class	
		VIII	Chem- Doodle	Entire Class	
		IX	Litter Less Campaign	Entire Class	
		X	Fun with Physics	Entire Class	
9	18 Dec 2023 to 23-22 Dec 2023	VI	Geometric Robot	Entire Class	Mathematics
		VII	Comic Strip on Problem Solving in Maths.	Entire Class	
		VIII	Traditional Mandala Art Rangoli using Geometrical Concepts.	Entire Class	
		IX	Square root Spiral using Innovative Mathematical Ideas.	Entire Class	
		X	Math Quiz	Entire Class	

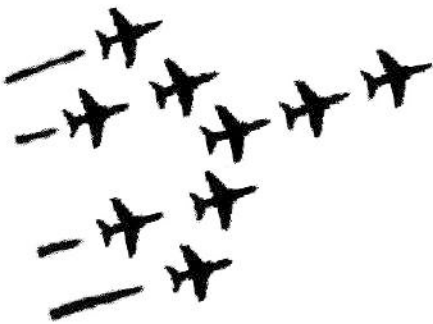
विद्यालय गान

तेरी स्नेह छाया में पल कर
श्रद्धा से करते हैं अर्पित
देश प्रांत और विदेश में
हे विद्यादायिनी कुलमाता
तू श्रद्धा की धाम हमारी
जीवन में अपनाएंगे हम

करते हैं विद्या मधुपान
तुझको ही तेरा यह ज्ञान
जहाँ-जहाँ हम जाएंगे
तेरा नाम उठाएंगे
तेरी शोभा अमित ललाम
तेरी जीवन पथ निष्काम
—कैलाश विद्यालंकार

वायु सेना विद्यालय गान

बदलेंगे युग को, इस युग की धारा को
नूतन इतिहास बनाएँगे
हम बच्चे वायु सेना विद्यालय के भारत को स्वर्ग बनाएँगे।



बनकर हम प्रगति की ज्योति, आलोकित करें इस धरा को
दिशा दिशा में प्रेम का और ज्ञान का दीप जलाएँगे
हम बच्चे वायु सेना विद्यालय के भारत को स्वर्ग बनाएँगे।

शांति हमें है प्यारी, मत समझना हमको कमजोर
मातृभूमि की बलिवेदी पर, अपना शीश चढ़ाएँगे
हम बच्चे वायु सेना विद्यालय के भारत को स्वर्ग बनाएँगे।

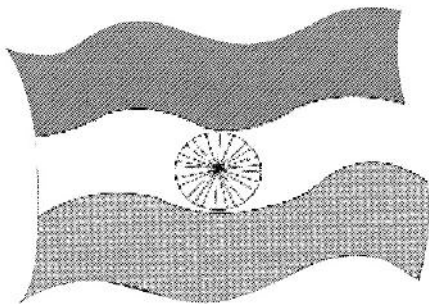
नभः स्पृशं दीप्तम्।।

वन्दे मातरम्

वन्दे मातराम् । वन्दे मातराम् ।
सुजलाम्, सुफलाम्, मलयज शीतलाम्
शस्य-श्यामलां मातरम् । वन्दे मातरम्
शुभ्रज्योत्सनां पुलकित यामिनी
फुल्लकुसुमितद्रुमदलशोभिनीम् ।।
सुहासिनीम्, सुमधुरभाषिणीम्
त्वम् हि दुर्गा दशप्रहरणाहारिणी
कमल कमल दलहाविहारिणी
त्वं हि विद्यादायिनी नमामि त्वां
नमानि कमलम् अमलां अतुलाम्
सुजलां मातराम् । वन्दे मातरम् ।
वन्दे मातरम्

— बंकिम चन्द्र चट्टोपाध्याय

राष्ट्रगान



जन-गण-मन अधिनायक जय हे ।
भारत-भाग्य विधाता ।।
पंजाब-सिन्ध-गुजरात मराठा !
द्राविड़-उत्कल बंगा ।।
विंध्य, हिमाचल, यमुना, गंगा ।
उच्छल-जलधि तरंगा ।।
तव शुभ नामे जागे,
तव शुभ आषिश माँगे ।
गाहे तव जय गाथा ।।
जन-गण-मंगल दायक जय हे ।
भारत भाग्य विधाता ।।
जय हे, जय हे, जय हे ।
जय, जय, जय, जय हे ।।

Academic Calendar 2023-2024 (Tentative)

APRIL 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	No. of Working Days
						1 With students	1
2	3	4 Mahavir Jayanti	5	6	7 Good Friday	8	3
9	10	11	12	13	14 Ambedkar Jayanti	15	4
16	17	18	19	20	21	22 Id-ul-Fitr	5
	TPL (BOYS), CHESS (GIRLS), VII-VIII SOCIAL SCIENCE WEEK						
23	24	25	26	27	28	29 With students Parent Orientation VI & IX Jr Proff Awards	6
	TPL (BOYS), CHESS (GIRLS), IX-X COMPUTER SCIENCE WEEK						
30				IHA -Rap Song (X & XII)			
							19

MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	No. of Working Days
	1	2	3	4	5 Buddha Purnima	6	4
	CHESS (BOYS), KHO-KHO (GIRLS), VII-VIII ES-1 (XII) / CT (X)						
7	8	9	10	11	12	13	5
	ES-1 (XII) / CT (X)			Inter -School Competition (The Quest)			
14	15	16	17	18	19	20 With students	6
	ENGLISH WEEK						
	INTRA CLASS MUN (IX-XII) on G20			IHA -AD MAD (VI-VIII)			
21	22	23	24	25	26	27	
						Open House -X & XII, Jr PTM	
28	29						
							15

JUNE 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	No. of Working Days
				1	2	3	
4	5	6	7	8	9	10	
11	12	13	14		16	17	
18	19	20	21	22	23	24	
25	26	27	28	29 Id-ul-Zuha (Bakrid)	30		
							0

Academic Calendar 2023-2024 (Tentative)

JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	No. of Working Days
						1 With Staff	0
2	3	4	5	6	7 PTI -VI-X & ES-II XII	8	5
9	10	11	12	13	14	15	5
	PTI -VI-X & ES-II XII						
16	17	18	19	20	21	22 With students	6
	PTI -VI-X & ES-II XII						
23	24	25	26	27	28	29 Muharram	5
	KHO-KHO (BOYS), VII-VIII PSYCHOLOGY/HOME SCIENCE WEEK						
					IHA Fusion Dance (IX & XI)		
30	31						1
							22

AUGUST 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	No. of Working Days
		1	2	3	4	5	5
					Comp Sci Activity IX-XII	Open House -VI-X & XII	
6	7	8	9	10	11	12	5
	HINDI WEEK						
13	14	15	16	17	18	19	4
	IHA -Gate Decoration (VI-XI)	Independence Day					
20	21	22	23	24	25	26	6
	FOOTBALL (BOYS), IX-X ES-I(XI)					With students	
					Class Test	Annual Prize Distribution	
27	28	29	30	31			3
	Class Test		Raksha Bandhan				
							23

SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	No. of Working Days
					1 Class Test	2	1
3	4	5	6	7 Janmashtami	8	9	4
10	11	12	13	14	15	16	6
	Mid Term (PTII) / HY Exam						
17	18	19	20	21	22	23	6
	Mid Term (PTII) / HY Exam						
24	25	26	27	28 Milad-un-Nabi	29	30	4
	SELF DEFENCE TRAINING VI-IX (GIRLS)						
							21

Academic Calendar 2023-2024 (Tentative)

OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	No. of Working Days
1	2 Mahatma Gandhi's Birthday	3	4	5	6	7 Annual Prize Distribution	5
8	9	10	11	12	13	14 Open House -VI-XII	6
15	16	17	18	19	20	21	5
22	23 Autumn Break 23 Oct	24 Dussehra	25	26	27 IHA -Street Play (IX & XI)	28 Maharishi Valmiki's Birthday	3
29	30	31					2
							21

NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	No. of Working Days
			1 Karwa Chouth	2	3	4 With students	3
5	6	7 Annual Day	8	9	10	11 Diwali	5
12 Diwali	13 Govardhan Puja	14	15 Bhai Duj	16	17 PTIII -VI-VIII	18 With students	5
19	20 Mock Pre Board (XII) & PTIII (IX & X)	21 ES2-XI PTIII -VI-VIII	22 Mock Pre Board (XII) & PTIII (IX & X)	23 ES2-XI PTIII -VI-VIII	24	25	3
26	27 Guru Nanak's Birthday	28 Mock Pre Board (XII) & PTIII (IX & X)	29 ES2-XI PTIII -VI-VIII	30 Mock Pre Board (XII) & PTIII (IX & X)			3
							19

DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	No. of Working Days
					1	2 Annual Athletic Meet	2
3	4	5	6	7	8	9 Sports Day	6
10	11	12 ES2-XI PTIII -VI-VIII	13	14 ES2-XI PTIII -VI-VIII	15	16 Open House -IX, X & XII	6
17	18	19	20 MATH WEEK	21	22	23	5
24 Christmas Eve	25 Christmas Day	26	27	28	29	30	
31							
							19

Academic Calendar 2023-2024 (Tentative)

JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	No. of Working Days
	1	2	3	4	5	6	
	Winter Break 26 Dec -05 Jan						
7	8	9 Common Pre Board Begins (X & XII)	10	11	12	13	5
14	15	16	17	18	19	20	6
	YOGA WEEK (VI-VIII)					Open House-VI-VIII & XI	
21	22	23 Common Pre Board over (X & XII)	24	25	26 Republic Day	27 FAREWELL-XII	5
28	29	30	31				3
							19

FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	No. of Working Days
				1	2 IHA -Rangoli (VI-VIII)	3 CITATION CEREMONY Open House-X& XII	3
				Class Test			
4	5	6	7 Final Exams begin (IX& XI)	8	9	10	5
	Class Test						
11	12	13	14	15	16	17	6
18	19	20	21 Final exams over (IX& XI)	22	23	24	5
25	26 Final Exam begins (VI-VIII)	27	28	29			4
							22

MARCH 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	No. of Working Days
					1	2 Final Term Open House -IX & XI	2
3	4	5	6	7	8 Maha Shivratri	9	4
10	11 Final Exam Over (VI-VIII)	12	13	14	15	16	6
17	18	19	20	21	22	23	5
24 Holi	25 Holi	26	27 Final Term Open House -VI-VIII	28	29 Good Friday	30	5
31							
							20

HOW TO AVOID HEAVY SCHOOL BAG



Schoolbags are an integral part of school life: they carry your books, papers and other important belongings to and from school. However, it's easy to overload a bag, especially as forgotten books and papers pile up inside. This can lead to discomfort, fatigue and even injury. You can get organized and change your habits to go to school with a lighter bag.

1. **Pick a quality bag.** You should choose a good quality bag, because the longer the bag stays in good shape, the more of a routine you can build around it.
2. **Pick a bag that fits.** While you may think that backpacks are one size fits all, know that there are several factors that will make the bag fit better to your frame. You'll have to pay attention to the shoulder straps and the center of gravity.
 - Make sure the bag has two, wide straps. Two wide straps will distribute the weight of the bag evenly to both your shoulders.
 - Make sure the straps rest comfortably on your shoulders, and are not too wide or too close together.

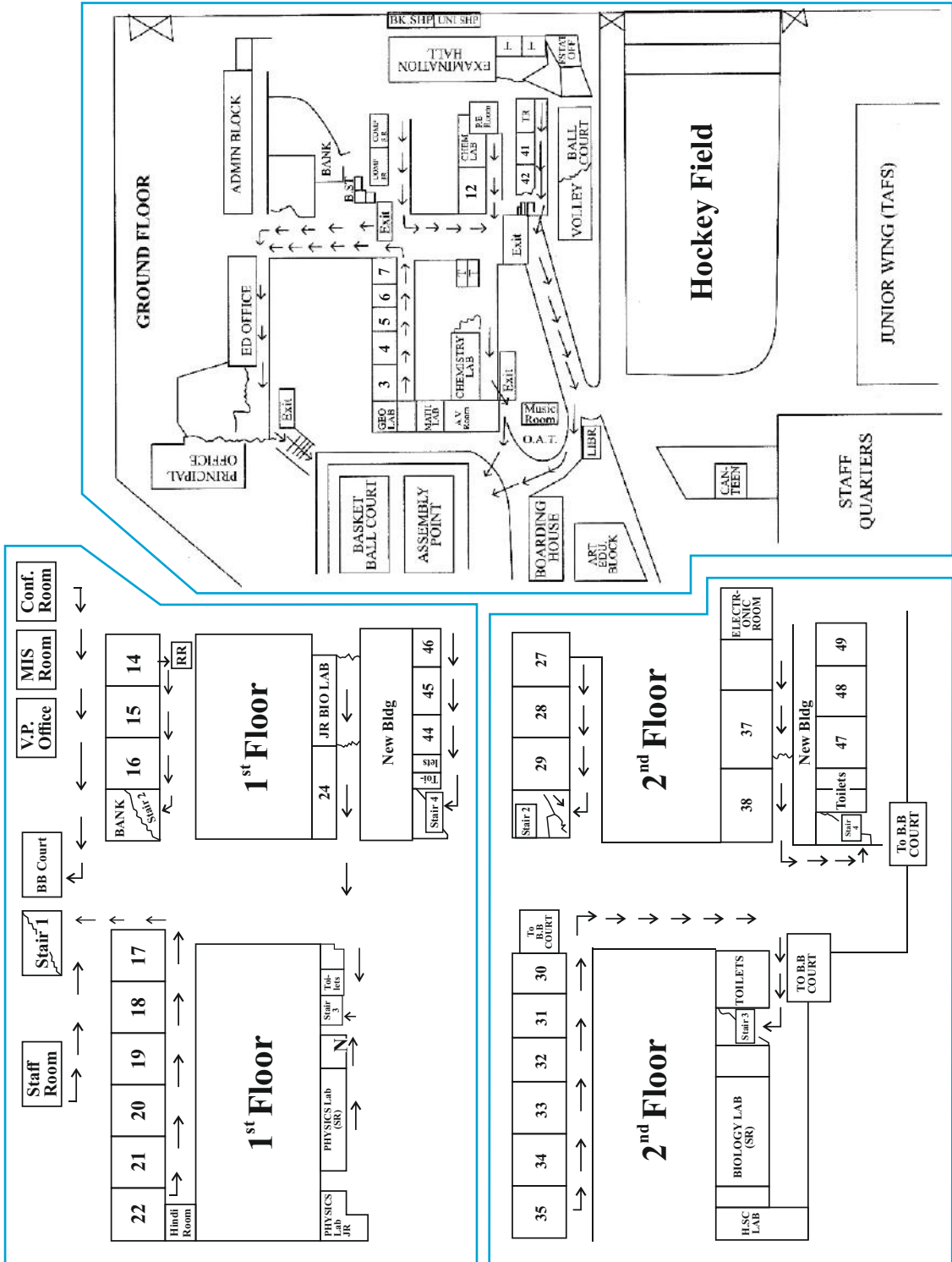
- Check the center of gravity. The heaviest of your books and belongings will rest at the very bottom of the bag, so you should make sure that that center of weight is not too low. The bottom of the backpack should rest at your hipline, or right about the height where you wear a belt.
- 3. **Look at smaller bags.** The smaller the bag is, the less you will be tempted to overload it.
- 4. **Consider a stroller bag.** A stroller bag can be loaded with a more weight than a carried bag and can prevent injury too.
- 5. **Weigh the bag.** Make sure that the empty bag you are buying is not too heavy by itself. Pick up the bag and get a feel of what is it like empty.
- 6. **Empty your bag.** Make your bag lighter by removing everything and deciding what you really need. Take out what is not necessary.
- 7. **Get rid of old work.** Go through the old work and papers and decide what you still need. File or save any old homework or tests that you will need in the future, and throw the rest away.
- 8. **Take out old books and binders.** Try to take out books and projects as soon as you are finished with them or no longer need them for class.
- 9. **Decide what you need for one day.** Think about what you actually use on a daily basis: how much paper, how many pens and so on. Remove extra or excess amounts of things.
- 10. **Pack heavy items close to the inside.** You should pack the heaviest items closer to your spine. The further out you pack them, the more they will pull your spine in that direction, causing bad posture or even injury.
- 11. **Make use of all compartments.** Try to utilize all of the compartments and zipped pouches, especially those on the sides and near your shoulders.
- 12. **Plan your day the night before.** Go through your class time table and see exactly what you will need to take with you for the next day, to ensure that you do not carry unnecessary books, notebooks or supplies.
- 13. **Give parents notes and packets as soon as you get them.** Give your parents any notices or letters that may tend to pile up and add weight to your bag.
- 14. **Do not delay on your homework.** The sooner you do homework, the less likely it is to get lost or be forgotten in your bag.

Record of Non-Attendance

Date of Absence	Remarks	Sign. of Teacher	Sign. of Parents

Teacher Communication

Date	Remarks	Sign. of Teacher	Sign. of Parents



Time Table

Day	CTP/Assembly/ Zero	I	II	III	IV	11.00am - 11.20am	V	VI	VII	VIII	
		8.00am - 8.15am 15 minutes	8.15am - 9.00am 45 minutes	9.00am - 9.40am 40 minutes	9.40am - 10.20am 40 minutes	10.20am - 11.00am 40 minutes	20 min.	11.20am - 12.00pm 40 minutes	12.00pm - 12.40pm 40 minutes	12.40pm - 1.15pm 35 minutes	1.15pm - 1.50pm 35 minutes
Monday						R E C E S S					
Tuesday											
Wednesday											
Thursday											
Friday											

The timings are subject to change according to the change in school schedule.

Medical Card of the Child

(To be filled up by the parents/guardians in capital letters)

1. Name
2. AgeSex
3. Blood group
4. Identification mark
5. Immunization card available Yes/No
6. Past history of
Major illness
Operation
Accident
7. Present illness if any
8. Allergic to medicines Yes/No.
if any, name the drugs
9. Emergency contact no.

Parent's Signature

Medical Card of the Child

(To be filled up by the parents/guardians in capital letters)

1. Name
2. AgeSex
3. Blood group
4. Identification mark
5. Immunization card available Yes/No
6. Past history of
Major illness
Operation
Accident
7. Present illness if any
8. Allergic to medicines Yes/No.
if any, name the drugs
9. Emergency contact no.

Parent's Signature



Abhishek XII B



Shreeja Mishra XII A

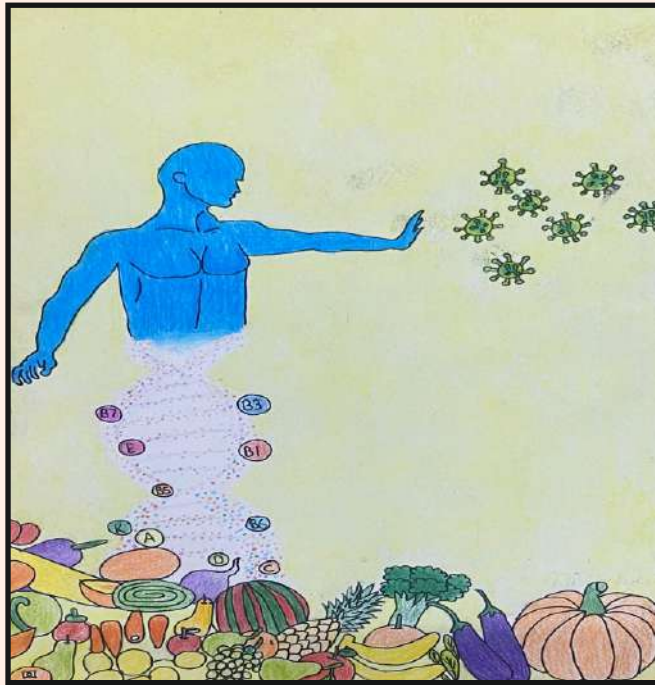
Physical Immunity

Your immune system is the natural defense system that fights diseases that attack your body. Such attacks can be from viruses, bacteria etc. A healthy immune system is always important for overall health. You need a robust immune system to fight infections, viruses, and other sicknesses. Thankfully, there are many things you can do to boost your immune system and live a healthy lifestyle.

There is not single pill or medicine that you can use to boost your immunity. Adopting healthy living habits can be the key to prevent infectious diseases. Your immune system will create a barrier to stop contagious germs from entering your body that cause illnesses.

Your wounds and injuries heal faster because the strong immune system helps the process of recovery. Those with poor immunity take longer to recover when they get hurt.

When you have a strong immune system, you will feel less tired and fatigue. As you play or exercise, your body gets exhausted. But if your immunity is weak, you will feel tired faster. A robust immune system plays a crucial role in fighting infections. It produces white blood cells, proteins and other chemicals that attack and destroy disease-causing substances.



How Can You Build Your Immunity?

- * Eat healthy. Include power foods in your daily diet. Have walnuts, cashews, pulses, dates, fresh leafy vegetables, milk and soya. For non-vegetarians, eggs and fish are positively good. Seeds of pumpkin and sunflower have huge benefits. Plain curd and buttermilk are musts for all. Avoid processed foods.
- * Get rid of the sugar. Make fruit your friend. Try sweets with natural sweeteners like jaggery.
- * Make sleep your priority. Not getting enough sleep can make you weak. Establish a routine to go to bed and to wake up.
- * Since a lot of infections are spread by touch, ensure that you wash your hands after coughing, sneezing and using the toilet. Washing hands with soap and warm water really reduces your chances of catching an infection. Take a bath every day.
- * Go out and play. Spend time outdoors, get lots of physical activity. Soak up the sun, without the sunburn! Your body needs the fresh air and the sunlight.
- * Drink plenty of water. Keep yourself hydrated. Water helps to regulate blood circulation.
- * Keep your mind peaceful and your heart happy. You are too young to stress over things that you cannot control. Anxiety and stress can weaken your immune system.



Saumya XII D

Emotional Immunity

Emotional immunity refers to how well someone is equipped mentally to go through life with a happy and healthy outlook. They encounter negative life events and tough times, but they know how to cope with these and maintain a good level of mental health. When we have emotional immunity, we can identify what we need, what we do not, and what really matters. It is how we avoid negative emotions and develop positive ones.

Emotional immunity works in a similar way to physical immunity. A person who has a high level of self-awareness will overcome rejection and negativity far more easily than someone who is struggling to become aware of their own emotions.

The ocean has many waves on the surface but deep down it is quite calm. We can also be like the ocean if we know how to develop mental immunity.



Shree Maurya VII D



Gayatri Kumari XII A

Choose a hobby

Here is how you can begin to build your emotional immunity.

- ★ Pause and name. Whenever you feel something, both pleasant and unpleasant, slow down and ask yourself, “What am I feeling now?” Let the answers come to you.
- ★ Adopt an attitude of progress, not perfection. Aim for 1% improvement in your behaviour each day, rather than making a huge change overnight.
- ★ Accept and allow. If you recognize that you are unhappy, anxious, frustrated, irritated, jealous or even calm and happy, simply accept it. Do not try to ignore what you are feeling.
- ★ Rest with the emotion. Emotions are not permanent. Even if you need to act on something or change something, wait for a while. The good and bad, both come and leave. Never let a temporary emotion control you.
- ★ Stay kind and compassionate towards yourself.
- ★ Choose a creative hobby. Remember, you do not have to excel at it, at least not on day one.
- ★ Communicate well with family and friends. We are happier and healthier when we have strong social support.
- ★ Exercise. After a stressful day, go play outdoors. Connect with Nature. Release all the tension as you play or exercise.
- ★ Meditate. Even guided chanting and deep breathing can help your mind to take a pause and relax.



Saumya XII D

Immunity from Social Negativity

We all know that one person who makes us feel small and unloved. It could be manipulative classmate or a family member who cannot stop complaining about every little thing. Toxic people can cause immense damage to our social lives. They are mostly unaware of the negative impact they have on the people around them. They create unnecessary confusion, anxiety and stress. Studies have shown that toxic people have irrational behaviour. Why do we allow ourselves to respond to such people? Why do we let them sap our energy?

Some people have the tendency to see themselves as the victim in every situation. They prefer to shift the blame on another person. They may even spin stories that make them appear in the right, even if they are wrong. For such people, we might feel tempted to nod and smile so as to not to have a conflict. Dealing with toxic behaviour can be exhausting.

There are people who are always taking and you are always giving. You might value their friendship, but never offer support while putting yourself and your well-being at risk. They might get personal, try to twist your words, or accuse you of wanting to hurt them. At some point, you might even rack your brain wondering if it is something you might have done.

We must learn to distance ourselves, both emotionally and physically, from such people. We do not need to respond to them all the time. People can change, but they have to be willing to change. While you can offer compassion and kindness, you cannot change them. They will have to put in efforts to do that.



Ananya Basak XII A



Shrushti VII B

What you can do to become immune to negative people

- * When you offer support, you should receive support too.
- * When someone constantly complains about others, or how unfair things are for them, respond with a simple, "I am sorry you feel that way" and leave it at that.
- * For someone who gossips, manipulates others or creates unnecessary drama, have an open conversation with them. Tell them, "I feel uncomfortable when you speak unkind things about my classmates. I will not participate in such conversations."
- * It is difficult to say "no" to people who make you feel guilty for saying a "no" to their demands and fuss. Remember to say "no" to things you are not comfortable with.
- * Remind yourself that the negative person's behaviour is not your fault. Take deep breaths, calm yourself and do not take their anger to heart.
- * Toxic people will stop bothering you if they sense that their tactics do not work on you. Walk away from them saying, "Sorry, I have too much work to stop and chat with you." Or try saying, "I have homework to complete-got to go!"
- * Do you feel anxious and stressed before seeing a particular person? Try cutting down on the amount of time you spend with them.
- * Exit a toxic conversation if it makes you uncomfortable or anxious.
- * If you come across a whiner or someone with negative vibes, change your routine so that you do not bump into them in the library, or the canteen and so on.
- * If the toxic person is open to talking to you, point out his/her mistakes in a friendly way. Tell them how their behaviour affects you and others.
- * Sometimes toxic people make personal remarks, over-share personal details or use personal information to get your reaction. Shut them off by saying, "Actually, I prefer not to talk about this."
- * Above all-stay calm, breathe and tell yourself, "This person cannot control me. I do not need his negativity in my life."

Date.....

Date.....

**“If you have good thoughts, they will shine out of your face like sunbeams and
you will always look lovely.” – Roald Dahl, British Author**

Date.....

Date.....

“You yourself, as much as anybody in the entire universe, deserve your love and affection.” – Gautam Buddha

Date.....

Date.....

“Promise me you will always remember: you're braver than you believe, and stronger than you seem, and smarter than you think.” – Christopher Robin, American film

Date.....

Date.....

“When we can talk about our feelings, they become less overwhelming, less upsetting and less scary.”—Fred Rogers, American television host

Date.....

Date.....

“Successful people are simply those with successful habits.”—Brian Tracy, Canadian motivational speaker

Date.....

Date.....

“Each of us needs to show how much we care for each other and, in the process,
care for ourselves.” -- Diana, Princess of Wales

Date.....

Date.....

“If you see someone without a smile, give them one of yours.” – Dolly Parton, American singer and songwriter

Date.....

Date.....

Date.....

Date.....

There are so many great things in life; why dwell on negativity? – Zendaya, Hollywood actor

Date.....

Date.....

“If you have good thoughts, they will shine out of your face like sunbeams and you will always look lovely.” – Roald Dahl, British Author

Date.....

Date.....

“In all this world, there is nothing so beautiful as a happy child.”—Ralph Waldo Emerson, American writer

Date.....

Date.....

“I will not allow anyone to walk in my mind with dirty feet.” – Mahatma Gandhi, Indian political leader

Date.....

Date.....

Date.....

Date.....

“You don't have to see the whole staircase, just take the first step.”—Martin Luther King Jr, American minister

Date.....

Date.....

“The best way to make children good is to make them happy.”—Oscar Wilde, author and poet

Date.....

Date.....

“Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing.”—Mother Teresa