



Promoted by  
Jain Group of Institutions,  
Bangalore



Knowledge | Skills | Values | Growth

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# There's time for everything

- Thomas A. Edison



CBSE AFFILIATION NO. 1030565

Name .....

Class ..... Section .....

House .....

Town ..... Contact .....

# SCHOOL DIARY

## A Message from Director



*I consider myself fortunate enough to have been entrusted with the responsibility of being an integral part of an educational institution where I help nurture the future generation of our country. For us, at Jain Public School your children are the life and core of our school. As children, their pulsating vibrancy, vivacity, and vigor invigorate and enliven our young institution while infusing new energy and enthusiasm. In this regard, the responsibility that is entrusted to me and my staff are absolute, fulfilling, and purposeful.*

*At JPS I aim to provide an exemplary educational experience that assimilates a global perspective developed through the challenging programme of our national board i.e. CBSE.*

*Ankit Vohra*

**PERSONAL DETAILS OF THE STUDENT**

\*(To be filled by the parent or guardian in BLOCK LETTERS)

Name: .....

Scholar No. : ..... Roll No. : .....

Class & Sec: ..... DOB: .....

Aadhar No. ..... SSSM ID .....

Residential Address: .....

.....

Email id: .....

Father: ..... Mother: .....

Occupation: ..... Occupation: .....

Official Address: ..... Official Address: .....

Contact No.: ..... Contact No. : .....

.....

Details of sibling (s) if in the school: .....

Name: ..... Class: .....

Name: ..... Class: .....

Conveyance particulars (Tick which is applicable):

School Bus; Bus No. ..... Bus Driver's Contact No. : .....

Private Transport; Vehicle No.: ..... Driver's Contact No. : .....

Driver's Name: .....

Driver's Address: .....

\*If child is in care of someone other than his/her parents, then details of the guardian are required:

Guardian's Name: ..... Relation: .....

Address: .....

Occupation: ..... Contact number: .....

Photo

Father's  
Signature

Mother's  
Signature

Guardian's  
Signature

**GENERAL INFORMATION:**

Name of the student .....

Gender: (Male/Female) .....

Date of Birth .....

**PERSONAL INFORMATION:**

Weight (Kg.) .....

Height (cm) .....

Food Habit (Veg/Jain) .....

Medical Test: General check-up allergies against .....

Eye sight: Right ..... Left .....

Dental .....

Ear/Nose/Throat .....

Blood Group .....

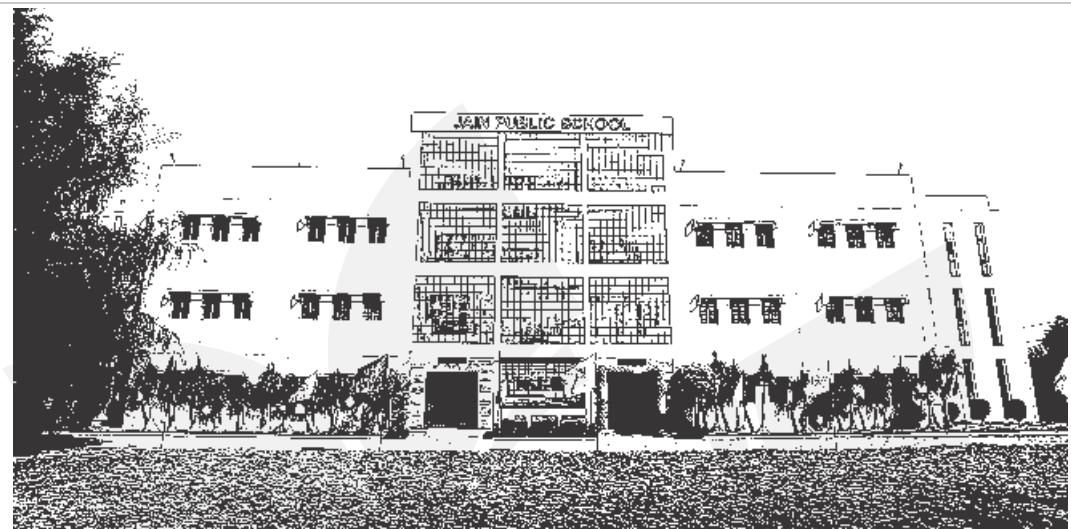
Any major ailment .....

Major injuries in past .....

Any past record surgery .....

Any special educational needs (SEN) identified .....

Name of General Practitioner / Family Doctor .....

**ABOUT THE SCHOOL**

Jain Public School (JPS) is located at Barnagar, promoted by 'Jain Group of Institutions', Bangalore.

This school is co-ed english medium school. It started its first academic year from April 2010. Currently, the school has classes till XII.

Jain Public School has highly qualified teachers and experienced management. With good infrastructure and congenial learning environment the school gives particular focus on Indian values. The school has all standardized sporting facilities needed for proper growth of the child as per local conditions.

We believe in conducting activities that are aimed at general welfare of the society. Such activities will generate social awareness amongst the students and would help in building an attitude of selfless service towards their community for general good.

**SCHOOL VISION**

Jain Public School is committed to the development of society through holistic quality education at affordable cost.

**SCHOOL PHILOSOPHY**

True education is the overall growth of head, heart and hand. Jain Public School believes in the philosophy that every child is potentially divine and possesses an inherent desire to grow. A school

must provide a congenial environment where each child gets an opportunity to grow into a complete human being who is a treasure for the community. The school strongly believes that no education is complete without good character. Providing opportunity to each child to develop good character runs across in all activities of the school.

**SCHOOL MISSION**

Holistic education is modern global education imbibed in traditional Indian values and culture. The School aims to achieve it by:

- ⑩ Creating a child friendly environment to foster healthy and moral growth.
- ⑩ Inculcating values among its pupils, of universal brotherhood, acceptance of all religions and faith, thereby creating truly global citizens.
- ⑩ Focusing on overall development of 3H's (head, heart and hand), through excellent academics, sports and games, other co-curricular activities and serving the community in the best possible manner.
- ⑩ Providing opportunities to develop strong moral character is the basis of all educational endeavours.

### गणेश वन्दना

वक्रतुण्ड महाकाय सूर्यकोटि समप्रभः।  
निर्विघ्नं कुरु मे देव सर्व कार्येषु सर्वदा॥



### गुरु वन्दना

गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः।  
गुरुः साक्षात् परब्रह्मः तस्मै श्री गुरुवे नमः॥



### ॥ णमोकार मंत्र ॥

णमो अरिहंताणं,  
णमो सिद्धाणं,  
णमो आयरियाणं,  
णमो उवज्ञायाणं,  
णमो लोए सत्व साहुणं,  
एसो पंच णमोक्कारो,  
सत्व पावप्पणसणो।  
मंगलाणं च सव्वेसि,  
पढमं हवइ मंगलं॥



### हे शारदे माँ

हे शारदे माँ, हे शारदे माँ, अज्ञानता से, हमें तार दे माँ॥  
 तू स्वर की देवी है, संगीत तुझसे॥ हर शब्द तेरा है, हर गीत तुझसे॥  
 हम हैं अकेले, हम हैं अधूरे। तेरी शरण हम, हमें तार दे माँ॥

हे शारदे माँ.....

मुनियों ने समझी, गुणियों ने जानी। वेदों की भाषा, पुराणों की वाणी॥  
 हम भी तो समझें, हम भी तो जानें। विद्या का हमको, अधिकार दे माँ॥

हे शारदे माँ.....

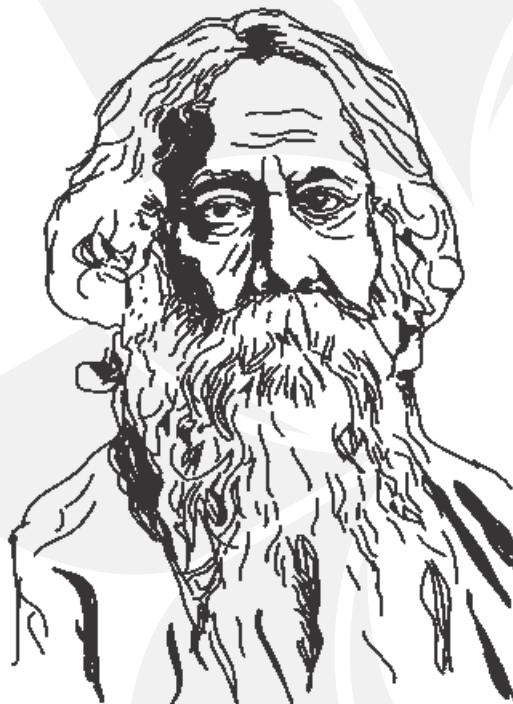
तू श्वेत वर्णी कमल पर विराजे। हाथों में वीणा, मुकुट सर पे साजे॥  
 मन से हमारे, मिटा दे अँधेरा। हमको उजाले का, संसार दे माँ॥

हे शारदे माँ.....



### सरस्वती वंदना

या कुन्देन्दुतुषारहारधवला, या शुभ्रवस्त्रावृता,  
 या वीणावरदंडमंडितकरा, या श्वेत पदमासना।  
 या ब्रह्माच्युतशंकरप्रभतिभिर्देवैः सदा वंदिता,  
 सा मां पातु सरस्वती भगवती, निःशेषजाङ्गापहा॥



### राष्ट्र-गान

जन-गण-मन अधिनायक जय हे,  
भारत भार्य - विधाता ।  
पंजाब, सिंधु, गुजरात, मराठा,  
द्राविड़, उत्कल, बंग ।  
विंध्य, हिमाचल, यमुना, गंगा,  
उच्छ्वल जलधि - तरंग ।  
तव शुभ नामे जागे, तव शुभ आशिष माँगे,  
गाहे तव जय गाथा ।  
जन गण मंगलदायक, जय हे,  
भारत भार्य - विधाता ।  
  
जय हे ! जय हे ! जय हे !  
जय जय जय, जय हे !

### राष्ट्र-गीत

वन्दे मातरम्।  
(बंकिमचन्द्र चटर्जी - आनंद मठ)

वन्दे मातरम्।

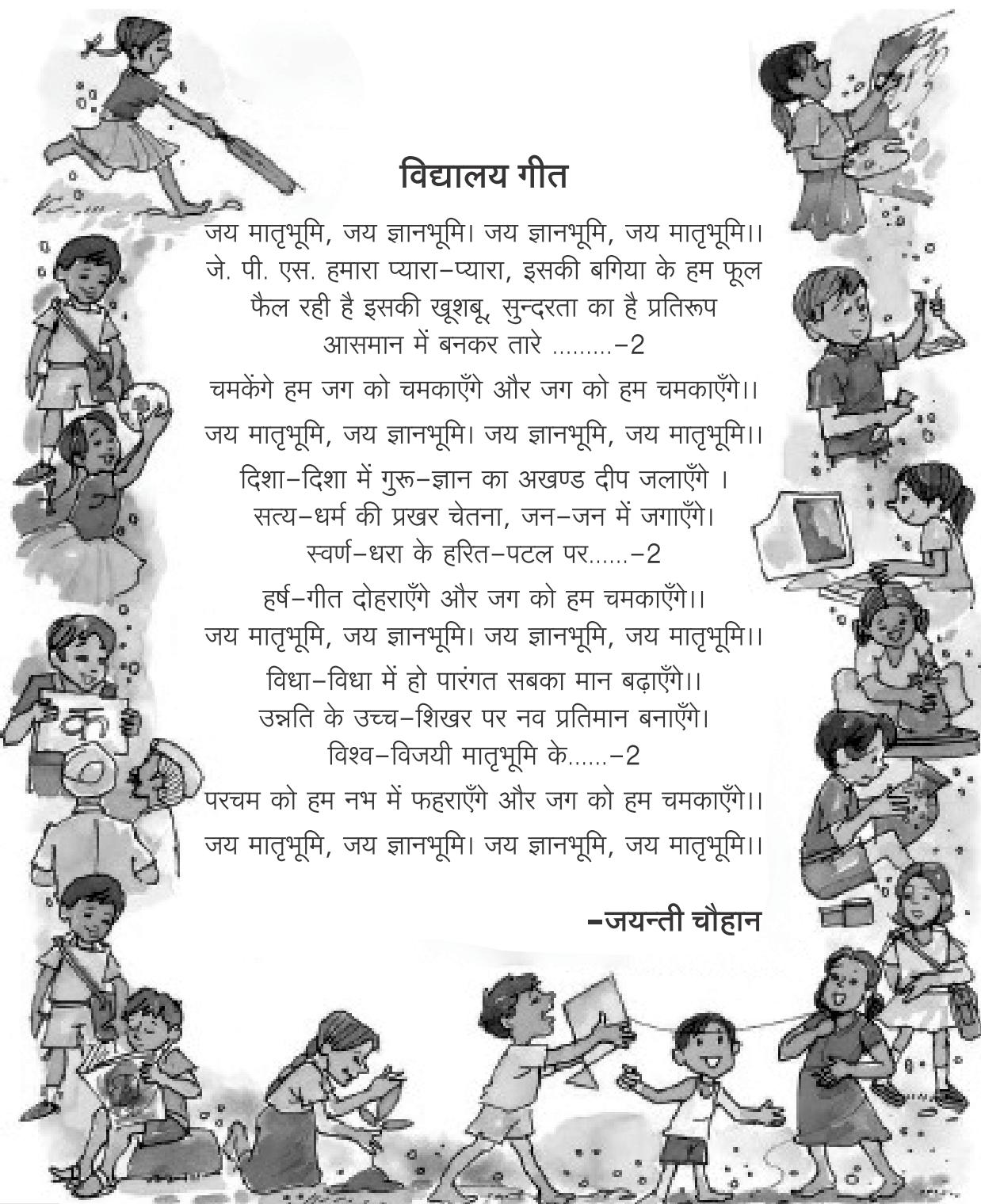
सुजलाम् सुफलाम् मलयजशीतलाम्  
शस्यश्यामलाम् मातरम्।

वन्दे मातरम्॥

शुभ्रज्योत्सना पुलकितयामिनीम्  
फुल्ल-कुसुमित-द्रुम-दल-शोभिनीम्।  
सुहासिनीम्, सुमधुरभाषिणीम्  
सुखदाम् वरदाम् मातरम्।

वन्दे मातरम्।





## विद्यालय गीत

जय मातृभूमि, जय ज्ञानभूमि। जय ज्ञानभूमि, जय मातृभूमि॥  
जे. पी. एस. हमारा प्यारा-प्यारा, इसकी बगिया के हम फूल  
फैल रही है इसकी खूशबू सुन्दरता का है प्रतिरूप  
आसमान में बनकर तारे .....-2

चमकेंगे हम जग को चमकाएँगे और जग को हम चमकाएँगे॥  
जय मातृभूमि, जय ज्ञानभूमि। जय ज्ञानभूमि, जय मातृभूमि॥

दिशा-दिशा में गुरु-ज्ञान का अखण्ड दीप जलाएँगे ।  
सत्य-धर्म की प्रखर चेतना, जन-जन में जगाएँगे।  
स्वर्ण-धरा के हरित-पटल पर.....-2

हर्ष-गीत दोहराएँगे और जग को हम चमकाएँगे॥  
जय मातृभूमि, जय ज्ञानभूमि। जय ज्ञानभूमि, जय मातृभूमि॥

विधा-विधा में हो पारंगत सबका मान बढ़ाएँगे॥  
उन्नति के उच्च-शिखर पर नव प्रतिमान बनाएँगे।  
विश्व-विजयी मातृभूमि के.....-2

परचम को हम नभ में फहराएँगे और जग को हम चमकाएँगे॥  
जय मातृभूमि, जय ज्ञानभूमि। जय ज्ञानभूमि, जय मातृभूमि॥

-जयन्ती चौहान

## प्रतिज्ञा

भारत मेरा देश है । सभी भारतीय मेरे भाई बहन हैं ।

मुझे अपने देश से प्रेम है और उसकी संपन्न और  
विविध परंपरा पर गर्व है।

उसके योग्य होने के लिए मेरा प्रयत्न जारी रहेगा।

माता-पिता, गुरु तथा अग्रज मेरे आदरणीय होंगे  
और उनसे मेरा व्यवहार सम्मानपूर्ण होगा ।

मेरी प्रतिज्ञा है कि अपने देश और जनता के प्रति  
मेरी श्रद्धा अटल रहेगी। उनकी उन्नति और  
समृद्धि पर ही मेरा सुख निर्भर है । जय हिंद।

## PLEDGE

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

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

I shall always strive to be worthy of it.

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

To my country and my people, I  
pledge my devotion.

In their well being and prosperity  
alone lies my happiness.

Jai Hind !





### हमको मन की शक्ति देना

हमको मन की शक्ति देना, मन विजय करें।  
दूसरों की जय से पहले, खुद को जय करें॥

भेद-भाव अपने दिल से साफ कर सकें,  
दूसरों की भूल हो तो माफ कर सकें।

झूठ से बचे रहें सच का दम भरें,  
दूसरों की जय से पहले, खुद को जय करें।

मुश्किलें पड़ें तो हम पे इतना करम कर,  
साथ दें तो धर्म का, चलें तो धर्म पर

खुद पे हौंसला रहे बदी से न डरें,  
दूसरों की जय से पहले, खुद को जय करें।

हमको मन की शक्ति देना.....



### इतनी शक्ति हमें

इतनी शक्ति हमें देना दाता, मन का विश्वास कमज़ोर हो न।  
हम चलें नेक रस्ते पे हमसे, भूलकर भी कोई भूल हो न।  
दूर अज्ञान के हों अंधेरे, तू हमें ज्ञान की रोशनी दे।  
हर बुराई से बचते रहें हम, जितनी भी दे भली जिंदगी दे।  
बैर हो न किसी का किसी से, भावना मन में बदले की हो न॥

हम चलें.....

हम न सोचें हमें क्या मिला है, हम ये सोचें किया क्या है अर्पण।  
फूल खुशियों के बाँटे सभी को, सबका जीवन ही बन जाये मधुबन॥

अपनी करुणा का जल तू बहा के, कर दे पावन हर एक मन का कोना।

हम चलें.....



## तुम्ही हो माता पिता तुम्ही हो।

तुम्ही हो माता पिता तुम्ही हो।  
तुम्ही हो बंधु सखा तुम्ही हो॥2॥

तुम्ही हो साथी तुम्ही सहारे,  
कोई ना अपने सिवा तुम्हारे।  
तुम्ही हो नईया, तुम्ही खिवईया,  
तुम्ही हो बंधु सखा तुम्ही हो।  
तुम्ही हो .....॥1॥

जो खिल सके ना वो फूल हम हैं,  
तुम्हारे चरणों की धूल हम हैं।  
दया की दृष्टि सदा ही रखना,  
तुम्ही हो बंधु सखा तुम्ही हो।  
तुम्ही हो .....॥1॥



## ऐ मालिक तेरे बंदे हम

ऐ मालिक तेरे बंदे हम, ऐसे हो हमारे करम  
नेकी पर चले और बदी से टले, ताकि हँसते हुए निकले दम  
ये अंधेरा घना छा रहा, तेरा इन्सान घबरा रहा  
हो रहा बेखबर, कुछ न आता नज़र, सुख का सूरज छुपा जा रहा  
है तेरी रोशनी में जो दम, तू अमावस को कर दे पूनम

बड़ा कमजोर है आदमी, अभी लाखों है इसमें कमी  
पर तू जो खड़ा, है दयालु बड़ा, तेरी कृपा से धरती थमी  
दिया तूने हमें जब जन्म, तू ही झेलेगा हम सब के गम

जब जुल्मों का हो सामना, तब तू ही हमें थामना  
वो बुराई करें, हम भलाई भरें, नहीं बदले की हो कामना  
बढ़ उठे प्यार का हर कदम, और मिटे बैर का ये भरम

ऐ मालिक तेरे बंदे हम.....



## सारे जहाँ से अच्छा हिन्दोस्ताँ हमारा

सारे जहाँ से अच्छा हिन्दोस्ताँ हमारा,  
हम बुलबुले हैं इसकी, ये गुलसिताँ हमारा।

पर्वत वो सबसे ऊँचा, हमसाया आसमाँ का।  
वो संतरी हमारा, वो पासवाँ हमारा-हमारा,  
सारे जहाँ से अच्छा हिन्दोस्ताँ हमारा।

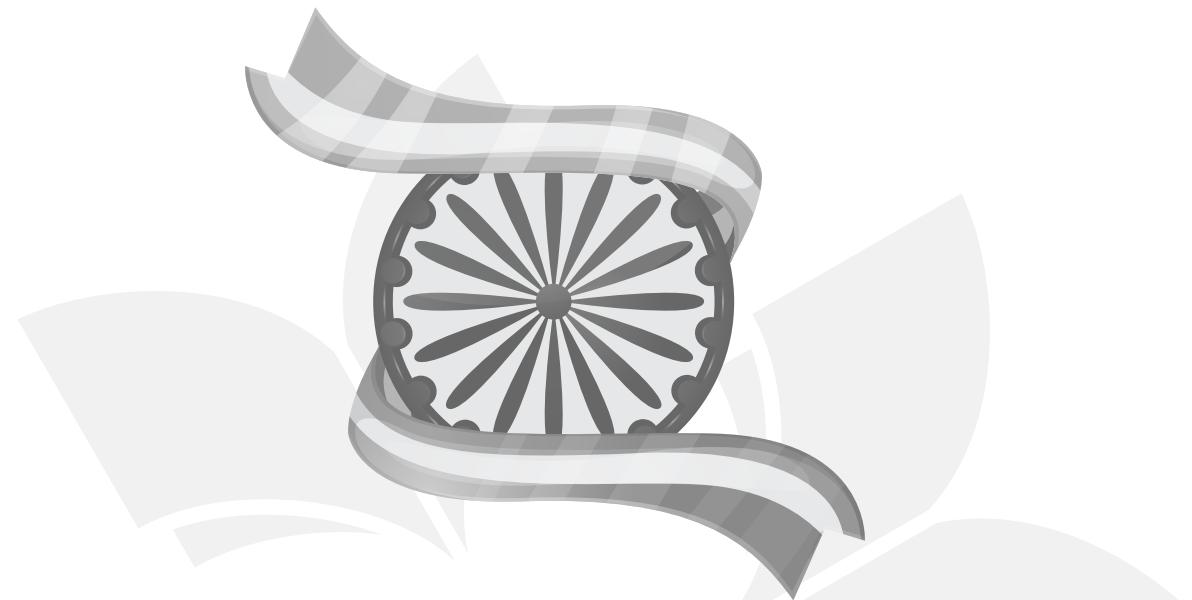
गोदी में खेलती हैं जिसकी हजारों नदियाँ,  
गुलशन है जिनके दम से, रश्क-ए-जना हमारा-हमारा,  
सारे जहाँ से अच्छा हिन्दोस्ताँ हमारा।

मज़हब नहीं सिखाता आपस में बैर रखना,  
हिन्दी हैं हम, हिन्दी हैं हम, वतन है,  
हिन्दोस्ताँ हमारा-हमारा,  
सारे जहाँ से अच्छा हिन्दोस्ताँ हमारा।

## हम होंगे कामयाब

हम होंगे कामयाब, हम होंगे कामयाब,  
हम होंगे कामयाब एक दिन।  
ओ हो मन में है विश्वास, पूरा है विश्वास,  
हम होंगे कामयाब एक दिन।  
होगी शांति चारों ओर, होगी शांति चारों ओर,  
होगी शांति चारों ओर एक दिन।  
ओ हो मन में है विश्वास, पूरा है विश्वास,  
होगी शांति चारों ओर एक दिन।  
नहीं डर किसी का आज, नहीं डर किसी का आज,  
नहीं डर किसी का आज एक दिन।  
ओ हो मन में है विश्वास, पूरा है विश्वास  
नहीं डर किसी का आज एक दिन।  
हम चलेंगे साथ-साथ, डाल हाथों में हाथ,  
हम चलेंगे साथ-साथ एक दिन।  
ओ हो मन में है विश्वास, पूरा है विश्वास,  
हम होंगे कामयाब एक दिन।





## आओ बच्चों तुम्हें दिखाएँ ज्ञाँकी हिंदुस्तान की

आओ बच्चों तुम्हें दिखाएँ ज्ञाँकी हिंदुस्तान की  
इस मिट्टी से तिलक करो ये धरती है बलिदान की  
वंदे मातरम...

उत्तर में रखवाली करता पर्वतराज विराट है  
दक्षिण में चरणों को धोता सागर का सम्राट है  
जमुना जी के तट को देखो गंगा का ये धाट है  
बाट-बाट पे हाट-हाट में यहाँ निराला ठाठ है  
देखो ये तरसीरें अपने गौरव की अभिमान की,  
इस मिट्टी से...

ये है अपना राजपूताना नाज इसे तलवारों पे  
इसने सारा जीवन काटा बरछी तीर कटारों पे  
ये प्रताप का वतन पला है आजादी के नारों पे  
कूद पड़ी थी यहाँ हजारों पद्ममिनियाँ अंगारों पे  
बोल रही है कण कण से कुरबानी राजस्थान की  
इस मिट्टी से...

देखो मुल्क मराठों का ये यहाँ शिवाजी डोला था  
मुगालों की ताकत को जिसने तलवारों पे तौला था  
हर पर्वत पे आग लगी थी हर पत्थर एक शोला था  
बोली हर-हर महादेव की बच्चा-बच्चा बोला था  
यहाँ शिवाजी ने रखी थी लाज हमारी शान की  
इस मिट्टी से...

जलियाँवाला बाग ये देखो यहाँ चली थी गोलियाँ  
ये मत पूछो किसने खेली यहाँ खून की होलियाँ  
एक तरफ बंदूकें दन-दन एक तरफ थी टोलियाँ  
मरने वाले बोल रहे थे इंकलाब की बोलियाँ  
यहाँ लगा दी बहनों ने भी बाजी अपनी जान की  
इस मिट्टी से...

ये देखो बंगाल यहाँ का हर चप्पा हरियाला है  
यहाँ का बच्चा-बच्चा अपने देश पे मरने वाला है  
ढाला है इसको बिजली ने भूयालों ने पाला है  
मुट्ठी में तूफान बंधा है और प्राण में ज्वाला है  
जन्मभूमि है यही हमारे बीर सुभाष महान की  
इस मिट्टी से...



## सबका जीवन मंगलमय हो

आनंद उर्मियों का प्रतिपल जन-जन के मन में अभिनव हो  
सबका जीवन मंगलमय हो

जिनकी जग बीच झुकी आँखें, जिनकी मग बीच रुकी पाँखें  
उन सबका भविष्य उज्ज्वल हो, उन सबका पथ ज्योतिर्मय हो  
सबका जीवन मंगलमय हो

धन का धरती पर राज न हो, गुण दुनिया में मोहताज न हो  
सबके अधरों पर जग-जननी प्रिय पृथ्वी का पावन पथ हो  
सबका जीवन मंगलमय हो

- कवि प्रदीप

## PRAISE HIM IN THE MORNING

Praise Him!  
Praise Him!  
Praise Him in the morning,  
Praise Him in the noontime.  
Praise Him!  
Praise Him!  
Praise Him when the sun goes down!

Love Him!  
Love Him!  
Love Him in the morning,  
Love Him in the noontime.  
Love Him!  
Love Him!  
Love Him when the sun goes down!

Serve Him!  
Serve Him!  
Serve Him in the morning,  
Serve Him in the noontime.  
Serve Him!  
Serve Him!  
Serve Him when the sun goes down!



## GOD'S LOVE IS SO WONDERFUL

God's Love is so wonderful,  
God's Love is so wonderful,  
God's Love is so wonderful,  
Oh! Wonderful love!

So high you can't get over it,  
So high you can't get over it,  
So high you can't get over it,  
Oh! Wonderful love!

So deep you can't get under it,  
So deep you can't get under it,  
So deep you can't get under it,  
Oh! Wonderful love!

So wide you can't get around it,  
So wide you can't get around it,  
So wide you can't get around it,  
Oh! Wonderful love!





### We Shall Overcome

We shall overcome, we shall overcome,  
 We shall overcome, some day  
 O deep in my heart, I do believe  
 We shall overcome, some day.  
 We shall live in peace, we shall live in peace,  
 We shall live in peace, some day  
 O deep in my heart, I do believe  
 We shall live in peace some day.  
 We shall walk hand-in-hand  
 We shall walk hand-in-hand, some day  
 O deep in my heart, I do believe  
 We shall walk hand-in-hand some day.

### Bind Us Together

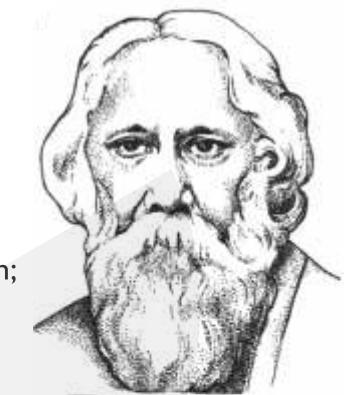
Bind us together Lord,  
 bind us together, with cords  
 that cannot be broken,  
 bind us together, Lord  
 bind us together,  
 bind us together with love.

### Hymn

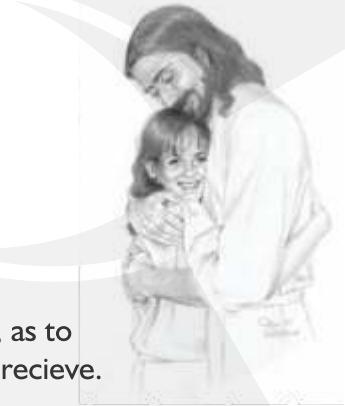
Like a Sunflower  
 That follows every moment of the Sun  
 So I turn towards you to follow you  
 My God.....  
 In simplicity and charity  
 I follow.....(2)  
 Like a Sunflower.....  
 In simplicity and honesty  
 I follow.....  
 Like a Sunflower.....

Where the mind is without fear, and the head is held high:  
 Where knowledge is free;  
 Where the world has not been broken up into fragments  
 By narrow domestic walls;  
 Where words come out from the depth of truth;  
 Where tireless striving stretches its arms towards perfection;  
 Where the clear stream of reason has not lost its way  
 Into the dreary desert sand of dead habit.  
 Where the mind is led forward by Thee into ever  
 Widening thought and action;  
 Into that heaven of freedom, my Father, let my country awake.

-Tagore



Lord make me an instrument of thy purpose,  
 Where there is hatred, let me sow love  
 Where there is Injury-Pardon -  
 Where there is Doubt-Faith  
 Where there is Despair-Hope  
 Where there is Darkness-Light  
 Where there is Sadness-Joy  
 'O! Divine Master, grant that I may not so  
 much seek to be consoled as to console : to be understood, as to  
 understand to be loved as to love. For it is in giving that we receive.



O God, give me clean hands, clean words and clean thoughts.  
 Help me to stand for the hard right against the easy wrong, save  
 me from habits that harm. Teach me to work as hard, and to  
 play as fair, in Thy sight alone as if all the world saw. Forgive me  
 when I am unkind and help me to forgive those who are unkind  
 to me. Keep me ready to help others at some cost to myself and  
 give me chances to do some good every day.

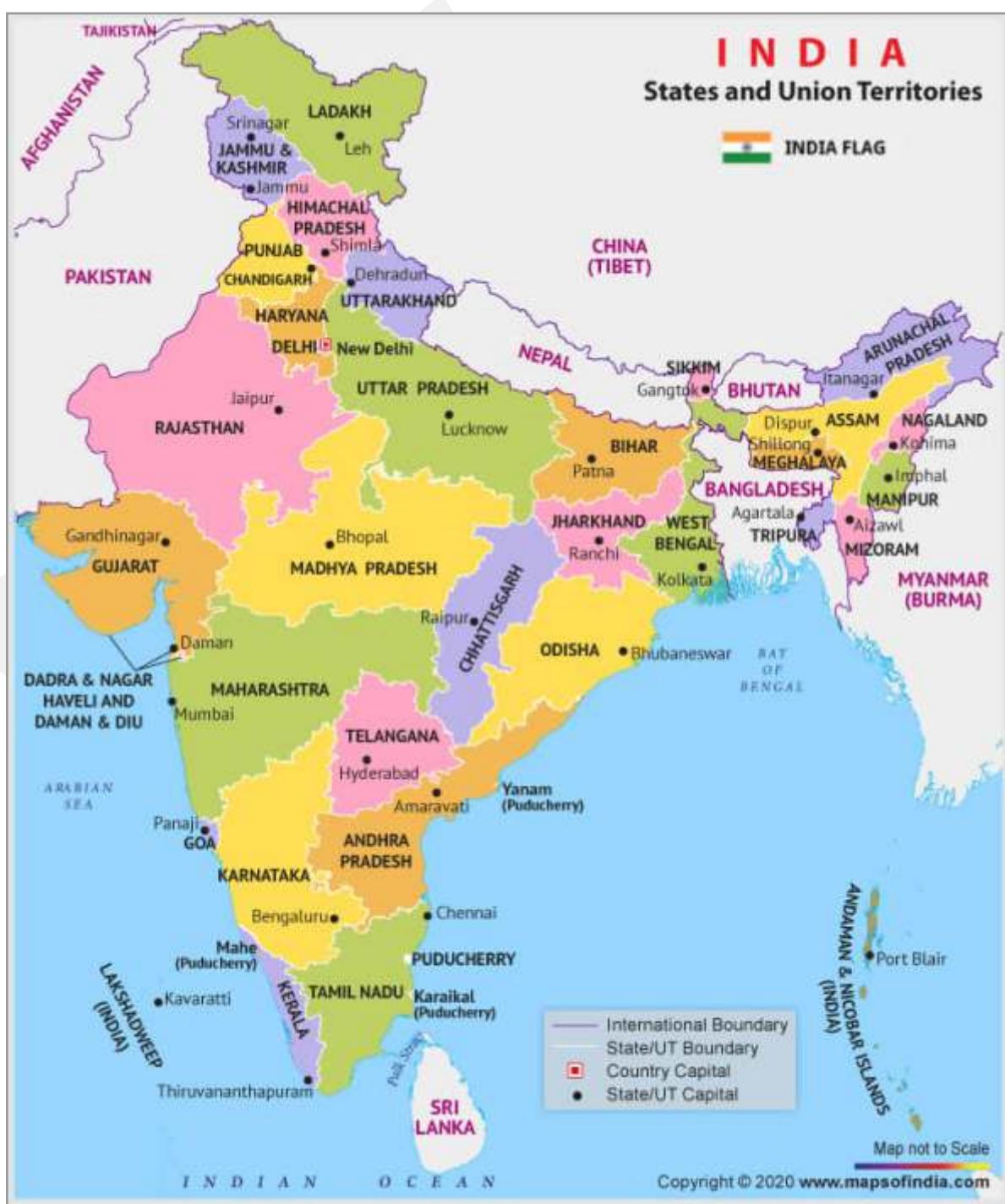


# WORLD MAP



1. Netherlands	10. Austria	20. Ghana	29. Liechtenstein
2. Belgium	11. Hungary	21. Togo	30. Montenegro
3. Luxembourg	12. Serbia	22. Benin	31. Kosovo
4. Switzerland	13. Moldova	23. Cameroon	32. Palestinian Territories
5. Slovenia	14. Macedonia	24. Equatorial Guinea	33. St. Vincent & the Grenadines
6. Croatia	15. Albania	25. Rwanda	
7. Bosnia and Herzegovina	16. Cyprus	26. Cambodia	
8. Czech Republic	17. Lebanon	27. Panama	
9. Slovakia	18. Guinea-Bissau	28. Malawi	

## MY COUNTRY



## MY NEW WORDS

## SOP OF LUNCH

### Monday

1. Idly, Uttapam
2. Chutney-Coconut
3. Dal-Bati, Dal-Dhokli
4. Seasonal Fruits / Salad
5. Sattu ka laddu

### Tuesday

1. Chapati-Jawar, Raggi (for summer)/Makka/White Maize, Bajra (for winter)
2. Green Vegetables (seasonal)
3. Seasonal Fruits/Salad
4. Urad/Til ke laddu (winter), Rajgira ka laddu (Summer/winter)

### Wednesday

1. Chapati-Jawar, Raggi (for summer)/Makka/White Maize, Bajra (for winter)
2. Green Vegetables (seasonal)
3. Sprout (desi chana/green moong/moth)
4. Seasonal fruits/Salad
5. Chutney-Dhaniya/til/mungfali ke dane/khopra
6. Mungfali chikki

### Thursday

1. Khichadi-Dal-Chawal (Moong Dal/Tuvar Dal/Masoor Dal), Sabudana, Jawar, Bajra, Daliya, Makka (Khichda)
2. Pickle - Amla, Mango, Haldi, Mix-pickle
3. Seasonal fruits / Salad
5. Moong ke laddu

### Friday

1. Paratha-Aloo ka paratha (summer), Gobi/Mooli, Methi, Mixed vegetables (winter)
2. Pickle - Amla, Mango, Haldi, Mix-pickle
3. Urad/Til ke laddu (winter), Rajgira ka laddu (Summer/winter)
4. Chutney-Dhaniya/til/mungfali ke dane/khopra

### Saturday

1. Chapati-Jawar, Raggi (for summer)/Makka/White Maize, Bajra (for winter)
2. Green vegetables (seasonal)
3. Sprout (Desi Chana/Green Moong/Moth)
4. Seasonal fruits / salad
5. Chutney-Dhaniya / Til / Mungfali ke dane / Khopra)
6. Mungfali Chikki

### Instructions\* -

1. Our motive is to build up the habit of consuming nutritious and healthy food among students and these habits will help them to maintain their healthy body even at their workplace in future.
2. Not allowed food items - non veg, egg, junk food, sev, poha, maggie, pasta, sandwich, noodles, pav bhaji (fork is not allowed in school).
3. Educators will ensure that the students shall bring a proper meal and finish it too.
4. Children must bring napkin, spoon and use one hand while eating.
5. Children should sit at the same place for lunch and keep the table neat and clean after the lunch.
6. Children can share sweets only.
7. Educators will take care of the relaxed atmosphere.
8. Children should use a good quality lunch box so that food could be fresh and hot.

\* Instructions: Minimum requirement

## 10 IMPORTANT HEALTHY EATING HABITS FOR STUDENTS

1. Introduce fruits and vegetables on your diet.
2. Reduce added sugar.
3. Add a variety of proteins into your diet.
4. Practice good oral hygiene.
5. Prefer whole grains.
6. Chew your food well.
7. Never skip your breakfast.
8. Limit on processed food items.
9. Drinks lots and lots of water.
10. Control the portion size.

## BASIC FIRST AID

Every year many accidents occur. With some care, they can be prevented. In case an accident does happen, you can be of help if you know Basic First Aid. Read each of the following carefully. You will be able to give vital first aid if needed. Remember always to seek help from an adult IMMEDIATELY.

### 1. RESPIRATION

If it is failing, give artificial respiration (CPR) - MOUTH to MOUTH or MOUTH to NOSE.

### 2. BLEEDING / NOSE BLEEDING

Arrest the bleeding and protect the wound. Apply direct or indirect pressure. Cover with a dressing, apply a pad and firm bandage. Elevate. Keep at rest.

Sit him up facing the breeze with the head slightly forward. Ask him to breath through the mouth and NOT to blow his nose. Apply a cold compress over the nose. The soft part of the nose may be pinched close with the fingers for 10 mins. Cold application on the back of the neck and forehead may help.

### 3. FRACTURES

IMMOBILISE it with a well padded stiff support reaching the joints on either side. Apply bandages on either side of the site and at the joints on either side, support.

### 4. BURNS AND SCALDS

A burn is caused by dry heat and a scald by moist heat like steam, very hot water or oil. IMMEDIATELY cool the area with cold water - for 15 mins. till pain subsides. DO NOT break blisters, or apply anything on the burns. Cover with a sterile or clean cloth, pad and bandage. Give fluids.

### 5. BEE STING

Do not press the bag (of the sting). Use forceps and remove the sting. Apply cold or weak ammonia.

### 6. ANIMAL / SNAKE BITES

Wash with soap and plenty of water. Loose bandage may be applied. Get quick medical aid.

Keep patient calm. Wash with plenty of water and soap. DO NOT RUB hard. First apply a constrictive bandage on the heart side of the bite. (Not to be applied continuously for more than 20 min.). Do not incise or attempt to suck the wound. Get aid quickly. Try to identify the snake.

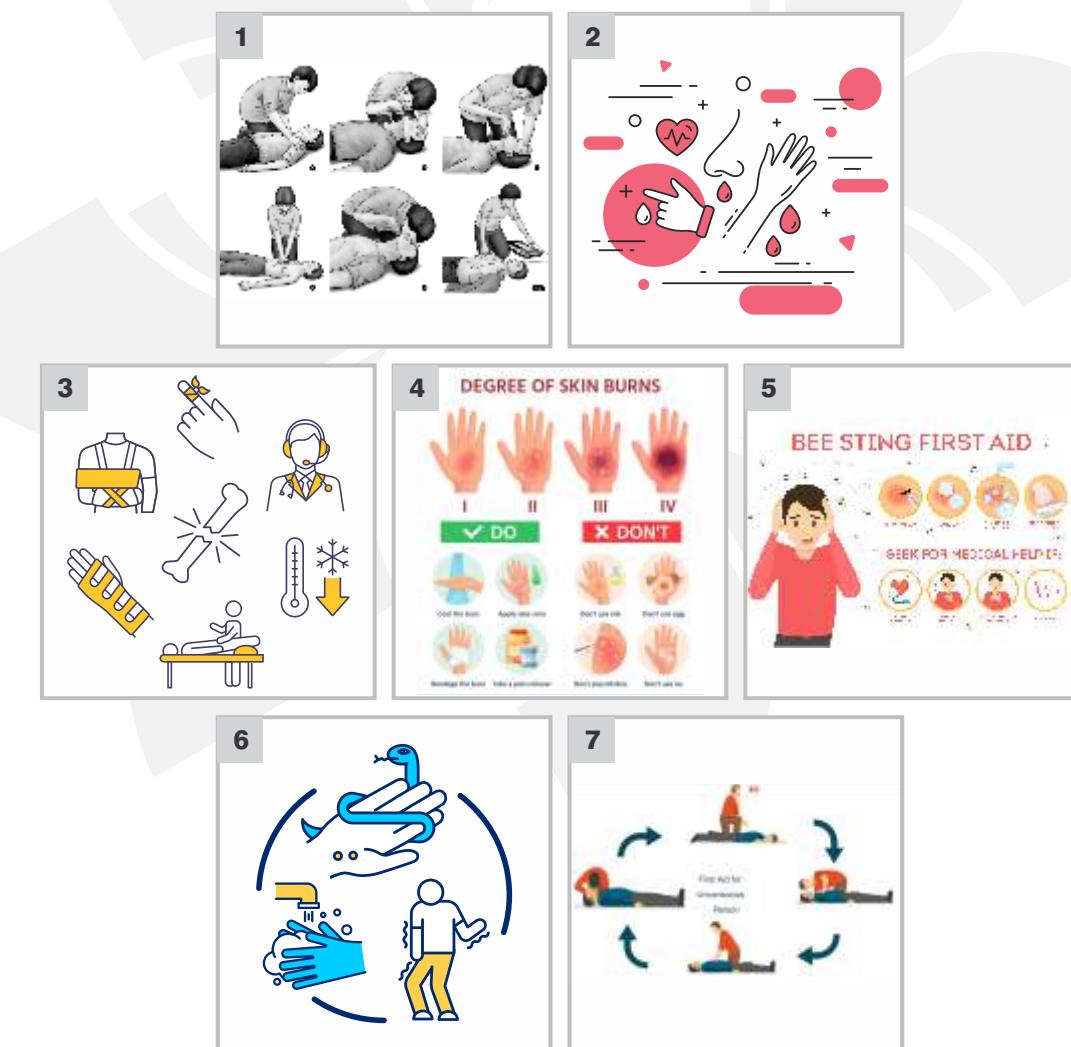
### 7. LOSS OF CONSCIOUSNESS (FAINT)

Lay him down and loosen the clothing around chest and waist. Turn head to one side. The legs may be raised a little. DO NOT attempt to give any solids or liquids. On recovery a small quantity of a drink may be given and he may be allowed to sit up and move after rest.

### 8. GENERAL

If you are in doubt the treatment DO NOT DO anything. You may do more harm.

These are only hints. To be a good FIRST AIDER you can do the first aid course conducted regularly by the St. John Ambulance Association in all the states. contact your State Centre for details. Also join the Ambulance Brigade in your State.



SUBJECT      NOTES      DATE / /

DATE / /

SUBJECT      NOTES      DATE / /

DATE / /

SUBJECT	NOTES	DATE	/	/
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Period & Timing →	to										
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**TIME TABLE**

Period & Timing → Days ↓	to							
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								

**TIME TABLE**

Period & Timing → Days ↓	to							
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								

**PARENT-TEACHER COMMUNICATION**

Date	Message	Teacher's Sign	Parent's Sign

**PARENT-TEACHER COMMUNICATION**

Date	Message	Teacher's Sign	Parent's Sign

**PARENT-TEACHER COMMUNICATION**

Date	Message	Teacher's Sign	Parent's Sign

**MY IMPORTANT PHONE Nos. / ADDRESSES**

S. No	Name and Address	Ph. No
1.	Principal	
2.	Class Teacher / Subject Teacher	
a.		
b.		
c.		
d.		
e.		
3.	Counsellor	
	School Manager/ Bus Incharge	
4.	Accountant	
5.	Sports Teacher	
6.	Bus Driver	
7.	Bus Conductor	
8.	Friends	
a.		
b.		
c.		
9.	Others	

## INTER HOUSE COMPETITIONS / ACTIVITIES (VI to X)

Dates & Day	VI & VIII	IX to X	XI & XII	Exhibition Classes I to V
30.06.22	<b>Social Science:</b> Depiction on Unity in Diversity (I/C)	English (Debate)	English (Debate)	
07.07.22				<b>Art &amp; Craft</b>
13.08.22	<b>Hindi:</b> नारालेखन (I/H)	<b>Hindi:</b> स्वतंत्रता सेनानियों के जीवन का सचित्र वर्णन (अलबम) (I/C)	<b>Hindi:</b> (भाषण)	
10.09.22				<b>Performing Art (Music &amp; Dance)</b>
31.10.22	<b>Art:</b> Pot Designing & Cloth Painting (I/H)	<b>Art:</b> Pot Designing & Cloth Painting (I/H)	<b>Science:</b> Experiment Demonstration (I/C) / Big Business Idea	
22.11.22				<b>Computer &amp; Sc.</b>
21.12.22	<b>Math:</b> Famous Mathematicians (Chart Making Activity) (I/H)	<b>Math:</b> Famous Mathematicians Making Activity) (I/H)	<b>Artificial Intelligence</b> Daily Life (PPT Presentation)	
04.01.23				<b>Maths and ATL</b>

**N.B.-** Planned activities are tentative and subject to change.

## INTER HOUSE SPORTS EVENTS

Month	Class/Age Group	Game
July	9 to 12	Table Tennis (Boys) Volleyball (Girls)
August	9 to 12	Table Tennis (Girls) Volleyball (Boys)
	6 to 8	Football (Boys) Kho-Kho (Girls)
September	6 to 8	Badminton (Girls) Kho-Kho (Boys)
October	3, 4 & 5	Kho-Kho (Girls / Boys)

**N.B.-** Planned activities are tentative and subject to change.

## INTER HOUSE COMPETITIONS / ACTIVITIES (I to V)

Dates & Day	I & II	III to V	Exhibition Classes I to V
30.06.22		(Hindi Story - Competition) (I/H)	
07.07.22			<b>Art &amp; Craft</b>
13.08.22	<b>Heart of India</b> Madhya Pradesh (Fancy Dress Competition)	Cleanliness Drive EVS Activity	
10.09.22			<b>Performing Art (Music &amp; Dance)</b>
31.10.22	<b>Story</b> (English Story Telling Competition)	(English Poem Recitation & Enactment) (I/H)	
22.11.22			<b>Computer &amp; Science</b>
21.12.22	<b>Hindi - Baal Geet Activity</b> बाल गीत	<b>Hindi - Baal Geet Activity</b> बाल गीत	
04.01.23			<b>Maths</b>

## DISCIPLINE AND CONDUCT

1. We at JPS, believe that self-discipline is the best policy. Everyone in the campus is expected to adhere to certain norms of discipline and conduct.
2. Conversing in English is mandatory at all times in the school campus, be it in the classroom, on the play ground and in the bus.
3. Use of soft language is important to maintain proper decorum of the school. Shouting, screaming, whistling, use of foul language is not allowed in the school campus.
4. Students are supposed to come to school in proper uniform on all the days.
5. Preserving school property is the responsibility of everyone. All are expected not to damage, deform or destroy any school property.
6. Your belongings are your belongings. Please take care. School management will not be responsible for any loss.
7. Dealing in money transactions is to be done through school office only. No one else is supposed to collect funds.
8. Wearing jewellery and bringing expensive things to school is prohibited. If for any reason any student bring any such thing, it should be deposited with the class teacher forthwith, which can be collected later.
9. Organizing parties in the school is forbidden.
10. Please avoid exchange of gifts inside the premises. Gifts don't show your affection and gratitude. A simple pleasant wish and a smile worth a thousand dollars.
11. Indulgence in any unethical activity will be dealt with seriously. Smoking, use of drugs, intoxicants etc. are not allowed.
12. Students are not allowed to leave the school premises for any domestic functions or events. Avoid going out of school premises except for any emergency with the written permission of the Principal.
13. Any kind of disobedience towards teachers or staff members or school authorities will be dealt with seriously.

## LIST OF HOLIDAYS

(2022-23)

Date	Day	Festival
10 April 2022	Sunday	Ram Navmi
14 April 2022	Thursday	Ambedkar Jayanti
14 April 2022	Thursday	Mahaveer Jayanti
15 April 2022	Friday	Good Friday
03 May 2022	Tuesday	Eid-Ul-Fitr*
16 May 2022	Monday	Buddha Purnima
09 July 2022	Saturday	Eid-Al-Adha*
09 August 2022	Tuesday	Moharram*
11 August 2022	Thursday	Raksha Bandhan
15 August 2022	Monday	Independence Day
19 August 2022	Friday	Janmashtami
02 October 2022	Sunday	Gandhi Jayanti
02-06 October 2022	Sun-Thursday	Dussehra
09 October 2022	Sunday	Id-E-Milad*
22-27 October 2022	Sat-Thursday	Deepawali
08 November 2022	Tuesday	Guru Nanak Jayanti
25-31 December 2022	Sun-Saturday	Christmas & Winter Break
26 January 2023	Thursday	Republic Day
18 February 2023	Saturday	Mahashivratri
08 March 2023	Wednesday	Holi (Colors)
12 March 2023	Sunday	Rangpanchmi
22 March 2023	Thursday	Gudi Padwa
30 March 2023	Thursday	Ram Navmi

\* Actual dates may vary based on planetary positions or Government orders.

Any other local holidays will be communicated by School.

## SCHOOL EVENTS

(2022-23)

Sr.	List of Celebrations	Day	Date
1.	World Environment Day	Sunday	05 <sup>th</sup> June
2.	Teachers Get-Together	Saturday	11 <sup>th</sup> June
3.	Parents Orientation Programme (VI to XII)	Tuesday	14 <sup>th</sup> June
4.	Parents Orientation Programme (Nur. - V)	Saturday	18 <sup>th</sup> June
5.	International Yoga Day	Tuesday	21 <sup>st</sup> June
6.	Kargil Vijay Diwas	Tuesday	26 <sup>th</sup> July
7.	Election - Student Council	Saturday	06 <sup>th</sup> August
8.	Raksha Bandhan Celebration	Wednesday	10 <sup>th</sup> August
9.	Independence Day	Monday	15 <sup>th</sup> August
10.	Investiture Ceremony	Monday	15 <sup>th</sup> August
11.	Janmashtami	Thursday	18 <sup>th</sup> August
12.	National Sports Day	Monday	29 <sup>th</sup> August
13.	Ganesh Chaturthi	Wednesday	31 <sup>st</sup> August
14.	Teacher's Day	Monday	05 <sup>th</sup> September
15.	Hindi Diwas	Wednesday	14 <sup>th</sup> September
16.	Garba Day & Dussehra Celebration	Saturday	01 <sup>st</sup> October
17.	Diwali Celebration	Friday	21 <sup>st</sup> October
18.	Children's Day	Monday	14 <sup>th</sup> November
19.	Constitution Day	Saturday	26 <sup>th</sup> November
20.	World Pollution Day	Friday	02 <sup>nd</sup> December
21.	Annual Sports Meet (Jr.)	Friday	23 <sup>rd</sup> December
22.	Annual Sports Meet (Sr)	Saturday	24 <sup>th</sup> December
23.	Makar Sankranti	Saturday	14 <sup>th</sup> January
24.	Vasant Panchami & Republic Day	Thursday	26 <sup>th</sup> January
25.	Ganesha Olympiad	Sunday	30 <sup>th</sup> January
26.	Integrated Exhibition Day	Saturday	18 <sup>th</sup> March

**EXAMINATION SCHEDULE**  
(2022-2023)

**I TO IX**

Exam	MT-I	PT-I	T-I/HY	MT-II	PT-II	T-II/Annual
<b>START</b>	<b>21/07/22</b>	<b>22/08/22</b>	<b>20/09/22</b>	<b>24/11/22</b>	<b>11/01/23</b>	<b>20/02/23</b>
<b>END</b>	<b>27/07/22</b>	<b>27/08/22</b>	<b>30/09/22</b>	<b>30/11/22</b>	<b>17/01/23</b>	<b>04/03/23</b>
<b>PTM</b>	<b>30/07/22</b>	<b>03/09/22</b>	<b>15/10/22</b>	<b>03/12/22</b>	<b>21/01/23</b>	<b>18/03/23</b>

**XI**

Exam	-	UT-I	T-I/HY	UT-II	UT-III	T-II/Annual
<b>START</b>	-	<b>22/08/22</b>	<b>20/09/22</b>	<b>24/11/22</b>	<b>11/01/23</b>	<b>20/02/23</b>
<b>END</b>	-	<b>27/08/22</b>	<b>30/09/22</b>	<b>30/11/22</b>	<b>17/01/23</b>	<b>04/03/23</b>
<b>PTM</b>	-	<b>03/09/22</b>	<b>15/10/22</b>	<b>03/12/22</b>	<b>21/01/23</b>	<b>18/03/23</b>

**X AND XII**

Exam	MT-I	PT/UT-I	PT/UT-II	PT/UT-III	PB-I	Annual
<b>START</b>	<b>21/07/22</b>	<b>22/08/22</b>	<b>20/09/22</b>	<b>24/11/22</b>	<b>11/01/23</b>	<b>As per</b>
<b>END</b>	<b>27/07/22</b>	<b>27/08/22</b>	<b>30/09/22</b>	<b>30/11/22</b>	<b>17/01/23</b>	<b>CBSE</b>
<b>PTM</b>	<b>30/07/22</b>	<b>03/09/22</b>	<b>15/10/22</b>	<b>03/12/22</b>	<b>21/01/23</b>	

**INSTRUCTIONS:**

**I to XII**

- ⑩ Periodic tests will be conducted during regular school timings.
- ⑩ School timings during periodic tests will be notified separately.
- ⑩ Re-scheduling/Retest/Re-exam will not be conducted for any reason.
- ⑩ Half day leave or leave after EXAM DATE is not permitted.



## My National Prayer

*The grand scene of birth of Independent India  
In that mid-night, the flag of the ruler of two centuries lowered; The Tri-colour  
Indian flag flaps in the Red Fort in the midst of National Anthem.  
The first vision of Independent India was dawned.*

*The rejoice everywhere, happiness all around,  
There was a tender cry: where is the Father of the Nation?  
The white clothed soul walking in the midst of sorrows and pain,  
Injected by hatred and ego, the result of communal violence.*

*The father of the Nation, Mahatma, walking bare footed  
In the streets of Bengal for peace and harmony  
With the strength of blessed soul of Mahatma  
I pray the Almighty: When will be the dawn of second vision ?*

*Create thoughts in the minds of my people,  
And transform those thoughts into action.  
Embed the thought of Nation being bigger than  
The individual, in the minds of leaders and people.*

*Help all the leaders of my country to give strength  
And bless the Nation with peace and prosperity.  
Give strength to all my religious leaders to bring  
'Unity of Minds' among all our billion people.*

*Oh Almighty! Bless all my people to work and transform  
Our country from a developing into a developed Nation.  
Let this second vision be born out of sweat of my people,  
And bless our youth to live in Developed India.*

***A.P.J. Abdul Kalam***

# An investment in knowledge pays the best interest

– Benjamin Franklin



BARNAGAR

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**Jain Toddlers Barnagar** : Behind Kavi Pradeep Udhyan, Near Shanti Vatika, Nayapura  
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