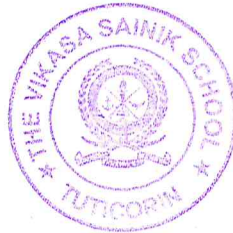


The Vikasa Sainik School  
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**Academic Plus Activity**

Spoken English	Activity designed to improve the communication skills in English language
Art & Craft	This activity is used as a tool to inculcate creativity and develop motor skills
Field Craft Training	An essential endurance course for the cadets
General Service Knowledge	Course highlights the general information about the services
Skill-based (Theory)	Skill-based courses like Firefighting, First-aid are taught
Skill-based (Practical)	Practical sessions for the Firefighting, First-aid courses
Value-Based (Theory)	Soft skills like moral instruction and personality development are highlighted in this course
Value-Based (Practical)	Practical exposure of the morals through video presentations and guest lectures
Band Practice	Activity to train the cadets to play the band instruments
Self Defence	Activity to train the cadets in self defence skills like karate.



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Timetable for Academic Plus Classes

**Class-VI**

Day	Session 1 1440hrs – 1520hrs	Session 2 1520hrs – 1600hrs
Monday	Spoken English	Skill-based (Theory)
Tuesday	Art & Craft	Self Defence
Wednesday	Skill-based (Practical)	Value-Based (Theory)
Thursday	Value-Based (Practical)	Field Craft Training
Friday	General Service Knowledge	Band Practice

**Class-VII**

Day	Session 1 1440hrs – 1520hrs	Session 2 1520hrs – 1600hrs
Monday	General Service Knowledge	Art & Craft
Tuesday	Value-Based (Theory)	Self Defence
Wednesday	Band Practice	Skill-based (Theory)
Thursday	Skill-based (Practical)	Spoken English
Friday	Value-Based (Practical)	Field Craft Training

**Class-VIII**

Day	Session 1 1440hrs – 1520hrs	Session 2 1520hrs – 1600hrs
Monday	Value-Based (Theory)	Band Practice
Tuesday	Spoken English	Self Defence
Wednesday	Skill-based (Theory)	Value-Based (Practical)
Thursday	General Service Knowledge	Skill-based (Practical)
Friday	Art & Craft	Field Craft Training



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**Celebrations and Functions**

School makes it a point to mark a few days in the calendar to be observed and celebrate/commemorate them.

Below give is the list of activities:

Date	Event	Details
27.07.2023	World Peace Day	Cadets took part in skit and role play on the Peace & Harmony
26.07.2023	Kargil Diwas	Homage was paid to the martyrs of Kargil War
14.08.2023	Mera Mitti Mera Desh	A Tableau was displayed on the Tirang and Mitti
15.08.2023	Independence Day	National Flag was Hoisted, and a special Bag Pipe Band was displayed
14.09.2023	World Hindi Day	A speech on Hidi Diwas was given by Hindi teacher, highlighting the importance of the day
27.09.2023	World Tourism Day	A special activity was conducted for the students on the importance of Tourism. It was observed as a Bagless Day in par with NEP
02.10.2023	Gandhi Jayanthi	Cadets commemorate the day with a special speech highlighting Gandhi's involvement in freedom struggle
11.10.2023	World Girl Child Day	Girl Cadets came in casual dress and took part in group skit on the theme: Girl Health is the World Wealth
27.11.2023	Indian Constitution Day	A speech given by the cadet to mark the occasion
19.10.2023	School Day (Exuberant)	Students stage a play: 'Chitrangada-The Warrior Princes'
04.12.2023	Navy Day	Lt.Comd.Hasin Sayeed, INS Kattaboman, addressed the gathering
07.12.2023	Armed Forces Flag Day	Speech by Lt.Col.Rajan (Retd.), ECHS Tuticorin on the importance of the day
28.02.2024	National Science Day	A Science Exhibition was conducted in which cadet displayed various projects and working models



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**Club Activities**

One of the most engaging activities for the cadets is undoubtedly, the Clubs. The school has initiated various Clubs to inculcate productive hobbies for the cadets. The following are the details:

Name of the Club	Teacher In-charge	No. of enrollment	
		Boys	Girls
Cultural Club	Ms. Priscilla	21	7
Eco Club	Ms. Harni	21	7
Heritage Club	Ms. Charmine	21	7
Language Club	Ms. Ruth Radha	20	8
Riding Club	Mr. Prasanth	93	19
Water Sport Club	Gr.Capt.R.Muthuvel	93	19
Aero Modelling Club	Ms. Kayathri	93	19



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**Community Service**

The purpose of education is not just enlightenment of a mind but empathise with the community, as well; working in tandem with the above, the school works meticulously in encouraging the students to take part in community service.

Below give is the list:

Date	Place of Visit	Details
29.06.2023	Armugamangalam Village	Visit for a beach cleaning
20.07.2023	Sentidyam Palam Village	A rally around the village and a street play on the importance of cleanliness of water bodies
14.08.2023	Tuticorin Beach	Spoken on the importance of sports in personality development
02.10.2023	Amabaduveedu	Ek Ganta Ek Thareek program at the village; street cleaning activity
07.10.2023	School Campus	Planted 125 saplings in the surrounding around the school campus
25.11.2023	Raphael Home, Sawyerpuram	Visited the home and interacted with inmates and gifted them with cash vouchers and ration items
22.12.2023	Flood Relief, Tuticorin	Cadets volunteered in helping the NDRF to pack and dispatch relief material
13.01.2023	Primary Health Center, Sivathayapuram	Involved in cleaning of the hospital surroundings
11.02.2023	Amabaduveedu	A shramdhan was organised where cadets were engaged in cleaning the surrounding of the village
31.03.2023	Manimuthar Dam, Tirunelveli	Cadets visited the dam area to clean the plastic disposal



*Heenu*

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**Extra-Curricular Activities**

Physical activities or non-academic pursuits at Vikasa Sainik School are meticulously conducted. Regular monitoring of the activities is done. Competitions and training camps are organised both in the school and outside. Qualified coaches are recruited for effective implementation.

Below give is the list of activities:

Group	Coach	Individual	Coach
Volleyball	Mr Venkatesh	Swimming	Mr. Kannan
Basketball	Mr. Muhammad Arshad	Silambam	Mr. Prameshwaran
Football	Mr. Alex Calliph	Yoga	Mrs. Velmani
Hockey	Mr. Abijith Nair	Horse Riding	Mr. Prasanth
Boxing	Mr. Jabastine		
Throwball	Mrs. Velmani		



*Rajeev*

The Vikasa Sainik School  
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**Guest Lectures & VIP Visits**

School takes initiative in arranging guest lectures and VIP to visit the campus and interact with the cadets.

Below give is the list:

Date	Name of the Guest	Details
30.06.2023	Dr.Shabari Raja, Medical Officer	Conducted a session on health sanitation and preventive measures of mosquito breeding
30.06.2023	Gr.Capt.Muthuvel, Commandent	Briefed on how to join NDA & the Armed Forces
04.08.2023	Mr. Rajesh, Director, Tuticorin Airport	Spoken on the importance of sports in personality development
08.09.2023	Mrs.Muthulakshmi, ICT Coordinator	Conducted a session on Technology and Mental Health
15.09.2023	Gr.Capt.Muthuvel, Commandent	Conducted a seminar on Career Guidance on Armed Forces
16.09.2023	Catp.Manikantan, Principal, Sainik School, Amaravathinagar	Addressed the cadets on importance of discipline for personal excellence
10.10.2023	Comd.Karuakar, ICGS Athulya, Tuticorin	Spoke on career option in Armed Forces.
15.01.2024	Col.Rajan (Retd), ECHS, Tuticorin	Gave a talk on Culture and Ethos of Armed Forces
26.01.2024	Dr. Suryakala, Asst. Professor, Anamalai College	Spoke on Gender Sensitivity
22.03.2024	Mrs.Steffi John, Climatologist	A guest lecture on Climate Change and Global Warming



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The Vikasa Sainik School  
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**Innovative Activities**

Innovation is integral part of Vikasa Sainik School. We both encourage and oversee innovation at every facet of education at school.

Below give is the list of activities:

Date	Event	Coordinator	Classes
15.06.2023	Mini Marathon on the occasion world Olympic Day	Mr. Joel Lazarus	VI & VII
10.07.2023	Guest Lecture on Pollution	Mrs. Rithima	VI & VII
20.07.2023	Azadi ka Amrit Mahotsav – Rally by cadets	Mrs. Kanimoli	VI & VII
06.08.2023	Display of Projects & Models	Mr. Joel Lazarus	VI & VII
13.09.2023	Space Olympiad Exam for Pre-Registered Students	Ms. Kayatri	VI & VII
16.10.2023	Lecture on Space & Achievements of Chandrayan-III	Mrs. Kanimoli	VI & VII
24.11.2023	Hydroponics – Working models of Ships conducted by NCC Naval Unit	Ms. Rajalakshmi	VI & VII
02.12.2023	Water overflow alarm	Mrs. Shanthi Joel	VI & VII
04.02.2024	Water level indicator	Mrs. Shanthi Joel	VII
10.02.2024	Segregation of Biodegradation & Non-biodegradable waste preparation of compost	Mr. Kaniraj	VI
24.02.2024	Lights On & Off Sensor	Mr. Sharon	VII
24.02.2024	Conservation of water using sprinklers / drip irrigation for a garden	Mr. Kaniraj	VI





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### School Assembly Programs

School starts with the morning assembly. There will be a song rendition by the school choir and the thought-provoking program will be conducted by one of the houses. The programs like, skits, speeches, mock discussion panels, quizzes will be performed in the assembly.

Every month there will be a specific theme; all the program must and will revolve around the given theme. The list is given below:

Month	Theme
June	Giving
July	Bravery
August	Endurance
September	Enlightenment
October	Respect
November	Humility
December	Perseverance
January	Resilience
February	Empathy
March	Happiness
April	Caring



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The Vikasa Sainik School  
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**Sports and Games**

Sports and games are integral part of Vikasa Sainik School. Our cadets are given enough exposure to compete at district and state-level.

1. On the 20.06.2023, Students of Class VII took part in All India Sainik Schools Athletic Meet – 2023. 5 boy cadets and 4 girl cates represented the school.

Bellow give is the Results:

Event	Result
400m (Girls)	Bronze Medal
400m (Boys)	4 <sup>th</sup> Position
100m (Boys)	5 <sup>th</sup> Position
100m (Girls)	5 <sup>th</sup> Position
4 X 100m Relay	5 <sup>th</sup> Position
4 X 100m Relay	6 <sup>th</sup> Position

**Overall result: 2<sup>nd</sup> Place (\*among the new Sainik School)**

2. Below given is the participation in Intra-District Basketball tournaments:

Event	Date	Category	Result
Vikasa Trophy	25.11.2023	Boys	3 <sup>rd</sup> Place
Vikasa Trophy	25.11.2023	Girls	-
St.Francis Xavier Trophy	11.01.2024	Boys	3 <sup>rd</sup> Place
St.Francis Xavier Trophy	11.01.2024	Girls	3 <sup>rd</sup> Place
KVS Trophy	01.02.2024	Boys	3 <sup>rd</sup> Place
KVS Trophy	01.02.2024	Girls	-
Md.Ali Trophy	08.02.2024	Boys	2 <sup>nd</sup> Place
Md.Ali Trophy	08.02.2024	Girls	-



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### **Tours and Excursions**

The school believes in recreational activities not just for entertainment purposes but as an integral part of education. As a norm, all the class V and below students will go on south India tour and class VI and above students will be taken on National Tour.

This year (2023-24), the school organised a National Tour to Mumbai for 8 days, Mumbai, Lonavala, Mahabaleshwar & Pune. A total of 22 students (7 girls and 15 boys) have taken part in it. It was an enjoyable and fun-filled event.



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