



MUSINGS

The Monthly Newsletter of
RASHTRIYA MILITARY SCHOOL, BANGALORE

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SSB CAPSULE FOR CLASS XII CADETS

With a view to get CI XII cadets familiarized with the Services Selection Board (SSB) procedure, a two-day SSB Capsule was conducted for them by Lt Cdr Vimal Raj (Retd.), Ex-GTO on 01- 02 Nov 23. The training capsule introduced the participants to the 05-day selection procedure and its various components such as OIR, GTO, Psychology Tests, Personal Interview and Conference and how to prepare themselves for these.

EVALUATION & INTERVIEW FOR SCHOLARSHIP FOR NON-ENTITLED CADETS

The evaluation and interview for scholarship for the non-entitled category cadets was held on 03 NOV '23 by a Board of Officers comprised of Col Prashant Saxena, Col (Edn), Southern Comd, Pune as the Presiding Officer and Lt Col K Anup Nair, Principal, Maj Sumit Dhiman, AO, Mr T S Suresh, MIE and Mr DK Sisodiya, Master (Gaz) as the members. 23 eligible cadets were put through the process for the 8.5 scholarships currently available. Recommendations of the board await approval of the competent authority.



PARAKH '23 : EDUCATIONAL ACHIEVEMENT SURVEY



'Performance Assessment, Review and Analysis of Knowledge for Holistic Development (PARAKH) 2023 Survey was carried out on 02 & 03 Nov 23. The sampled students were from Classes VI & IX. The teachers teaching Classes VI & IX also participated in the survey. This was done as a part of the State Education Achievement Survey. It may be recalled that the National Council for Educational Research & Training (NCERT) has launched PARAKH with an aim of removing disparities in scores of students enrolled in different state boards, in line with NEP 2020 which envisaged a standard-setting body to advise school boards regarding new assessment patterns and latest research and promote collaboration between them.

YOGA PRANAYAM SESSION



Fully keeping with the ministry of AYUSH's effort at creating general awareness among people and community about the immense physical, mental and spiritual benefits of Yoga, a Yoga Pranayam session was held at the School 01 Nov 23 by Mrs Padmini Jog, a Yoga practitioner well-known for conducting camps for soldiers and officers of the Armed



Forces and school students. 145 cadets attended the session in which they were taught basic 'asanas' and pranayama breathing techniques.

INTER-HOUSE CROSS COUNTRY RACE

The Inter-House Cross Country Race was organized on 04 Nov 23. Held at 03 levels: Sub-juniors (Cl VI & VII), Juniors (Cl VIII & IX) and Seniors (Cl X & XI). There was a also a separate Sub-junior category for the girl cadets. The Sub-junior course consisted of 2 km, the Juniors 5 km while the Seniors had to run over a demanding 7 km course. A total of 285 cadets across the 03 levels participated in the race. On the basis of the overall points scored by the Houses,



Rajaji House bagged the 1st position and lifted the Cross Country Race trophy 2023. Tagore House was the Runner-up. Among the individual athletes, Cdt Devansh Singh, Cl VII, Shastri House won the 1st prize in the Sub-juniors category while Cdt A Homa Priya, Cl VI, Shastri House secured the 1st prize among the Girl cadets. Cdt Manav Pratap, Cl IX, Rajaji House won the 1st prize in the Juniors category while among the Seniors, Cdt Raman Yadav, Cl X, Nehru House bagged the 1st prize. Speaking after the prize distribution, the Principal reminded the cadets of the uniqueness of the Cross Country race as it is not just a test of physical endurance but an effort to

win over one's mind, a race against one's own self, a commitment to oneself and one's House. Lt Col Suresh Dhiman (Retd.) (father of the Adm Officer) who was the Guest of Honour expressed similar views and said that though it was a team event but individual effort mattered and announced a cash prize of Rs 2100/- for Cdt Raman Yadav who bagged the 1st prize in the Seniors category.

INTER-HOUSE VOLLEYBALL TOURNAMENT

The Inter-House Volleyball Tournament was conducted from 22 Nov – 24 Nov 23. Held as per SSCB & SAI rules, the matches were conducted at both Juniors (Classes VII – IX) and Seniors (Classes X & XI). Each of the four Houses fielded a team of 12 players incl 06 extras. Played on 'knock out' basis, the winners of each match were given 02 points while the losers none. On the basis of the



overall points scored at both the levels, Nehru House won the tournament and lifted the trophy. Rajaji House were the Runners-up. Among the individual prize winners, Cdt Love Sagar Sikarwar, Cl XI, Shastri House, was adjudged the Best Player (Srs) of the tournament while Cdt Vihan Singh, Cl IX, Rajaji House was adjudged the Best Player (Jrs). Cdt Sarthak Singh, Cl IX, Nehru House won the prize for the Best Upcoming Player.

JUNIOR CADETS VISIT PLANETARIUM

In continuation with the School's effort at conducting educational excursions for the cadets of the junior classes, cadets of Classes VI & VII were taken on a trip to Jawaharlal Nehru Planetarium on 18 Nov 23. The cadets saw the amazing sky-theatre show called 'Our Solar System'- a forty minute audio visual programme using 3 D animations and high quality visuals, right in a stunning full dome. This was followed by an enthusiastic walk through the exhibition hall and the science park, watching working models and exhibits that helped them understand several scientific concepts.



INTER-HOUSE BOXING CHAMPIONSHIP

The Inter-House Boxing Championship 2023 was organized from 08 Nov – 10 Nov 23. Conducted as per the Services Sports Control Board (SSCB) guidelines, the Championship was held at 02 categories: U-14 and U-17 years, with weight categories ranging from 28-30 kg to 63-66 kg. All pugilists were made to undergo a medical screening by the CMO and written consent was also obtained from the parents. The Championship got underway on 08 Nov 23. The Chief Guest of the occasion was Mr Santosh Menon, a well-known alumnus of the School, Honorary Secretary, Karnataka State Cricket Association along with



Mr G C Guna Shekar and other members of the OBA. On the basis of the over-all points scored, Rajaji House won the Championship and lifted the Boxing trophy. Tagore House was the Runner-up. Among the individual pugilists, Cdt Sidharth Singh, Cl XI, Rajaji House was adjudged the Best Boxer while Cdt Shaurya Vardhan, Cl VII, Shastri House was adjudged the Best Loser. The prize for Best Upcoming Boxer was won by Cdt Prateek Kumar, Cl VII, Rajaji House. The prize for the Most Scientific Boxer was given away to Cdt Atul Kumar Yadav, Cl XI, Tagore House. These individual prizes were given away by Mr Deepak Varma, the Guest of Honour, a prominent alumnus of the

School. Speaking after the prize distribution, Col Sanjeev Dhiman, Deputy Commandant, Corps of Military Police Centre & School, Bengaluru, the Chief Guest of the event, opined that boxing taught 'controlled aggression' necessary in all walks of life. He exhorted the cadets to participate in school events enthusiastically and create good memories and asked them to set the goal of sending maximum number of cadets per batch to the NDA.



INTER-HOUSE ENGLISH DECLAMATION COMPETITION FOR SENIORS



The Inter-House English Declamation Competition for the Seniors 2023 was held on 15 Nov 23. Each of the four Houses was represented by a team of 03 cadets who declaimed some of the most well-known speeches by great orators including our contemporaries. The participants' performance was evaluated by a panel of 03 judges – experienced teachers from reputable schools in the vicinity - on the basis of 03 scores: 'creativity', 'speaking ability' and 'over-all impression', all carrying 10 points each. On the basis of the points scored by the participants, Rajaji House won the competition and lifted the trophy. Tagore House was the Runner-up. The 3rd prize was shared between Nehru House and Shastri House. Among the individual positions, the 1st prize was bagged by Cdt Aditya Raj, Cl IX, Rajaji House. The 2nd prize was won by Cdt Prince Kumar, Cl X, Shastri House. The 3rd prize was secured by Cdt Rishiv Kumar Mishra, Cl XI, Tagore House. Addressing the gathering after distributing the prizes, Col Suman Kumari, CO, 5 Tech Trg Regt, 2 Sigs Trg Centre, Goa, who was the Chief Guest reminded the cadets of the vital importance of public speaking skills in shaping their personality.

IFSO MATHS, SCIENCE & ENGLISH OLYMPIADS

With a view to help the cadets enhance their competitive aptitude and consolidate basic concepts, Mathematics, Science and English Olympiads were organized from 07 Nov – 09 Nov 2023. Conducted by the International Society for Olympiads (ISFO), as many as 168 cadets participated in the Maths Olympiad, 141 in Science and 94 cadets in the English Olympiad.

INTER-HOUSE CULTURAL SHOW COMPETITION

The Inter-House Cultural Show competition 2023 was held on 29 & 30 Nov 23. It consisted of 04 categories: Group Song, Group Dance, Hindi Skit and English Play. The cadets' creativity was its peak as they put up a high-decibel, pulsating, elevating and electrifying show that combined entertainment with food for thought. The cadets' performance was judged by a panel of 03 judges: music & dance teachers from reputable schools. Tagore House put up an excellent show to win 1st prize in Group Song, Hindi Skit and English Play. Shastri House won



the 1st prize in Group Dance. Tagore House won the competition and lifted the Navin Nishchol Inter-House Cultural Show Competition trophy, instituted by the Old Boys Association in fond memory of Mr Navin Nishchol, the well-known film personality, an alumnus of the School (Cdt No.606, Mountbatten (Tagore) House, 1961 batch). Cdt Yashvir Singh, Cl XII, Tagore House won the prize for the Best Actor while the prize for the Best Supporting actor was won by Cdt Aman, Cl XI, Tagore House. Addressing the gathering after prize distribution, Brig C K Ramesh (Retd.) President, Old Boys Association praised the creativity, team spirit and esprit-de-corps evident during the event.

INTER HOUSE DRAWING & PAINTING COMPETITION

The Inter-House Drawing & Painting Competition was held on 03 Nov 23. Held at both the Jrs & the Srs levels, each of the four Houses was represented by a team of 10 cadets. The theme given was 'What You Want to Become in Future?' for the Jrs while for the Srs it was 'Indian Army : Pride of the Nation.' The paintings made were evaluated by a panel of 03 judges – Art teachers from reputable schools. On the basis of the points scored by the Houses at both the Juniors and Seniors levels, Shastri House won the competition and lifted the trophy. Tagore House



was the Runner-up. Nehru House and Rajaji House secured the 3rd and 4th positions respectively. Among the individual participants, the 1st prize among the Juniors was bagged by Cdt Aditya Kumar Upadhyay, Cl VIII, Tagore House while Cdt Devansh Singh, Cl VII, Shastri House won the 2nd prize and Cdt Devraj Singh, Cl VIII, Rajaji House secured the 3rd prize. Among the Seniors, Cdt Love Sagar Sikarwar, Cl XI, Shastri House bagged the 1st prize, Cdt Rahul Kumar, Cl XI, Nehru House won the 2nd prize and Cdt Kanishk Jaiswal, Cl XI, Rajaji House

INTER-HOUSE HINDI DEBATE COMPETITION FOR SENIORS

The Inter-House Hindi Debate Competition for the Seniors 2023 was held on 21 Nov 23. Each of four Houses was represented by a team of 02 contestants, drawn from Classes IX – XI, one speaking for the motion of the debate; the other against. The motion for the competition was, "Will the provisions of the New Education Policy help the School achieve its aim?" On the basis of the points scored by the contestants, Tagore House won the competition and lifted the trophy. Rajaji House was the Runner-up. Among the individual contestants, Cdt Harshit Singh, Cl X, Tagore House bagged the 1st prize while Cdt Aman Yadav, Cl XI, Tagore House and Cdt Ashish, Cl X, Nehru House, won the 2nd and 3rd prize respectively. The prizes were given away by Mrs Leena Daniel, Principal, Baldwin Boys' High School, Richmond Town, the Chief Guest of the event, who, in her address spoke on the need to strengthen one's language skills to enhance one's competence and comprehension and strengthen one's critical thinking ability.

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