

CAREER GUIDANCE WORKSHOP

In an effort to help them acquire the knowledge, information and skills necessary to identify career options and make informed career decision, a career guidance workshop was organized for the seniors cadets on 05 Nov 24. Dubbed 'Find Your Ikigai', the workshop was conducted by Col Sajjan Moideen (Retd), Director, Renenergetics Consulting, Hyderabad, who has a rich experience as a career and leadership coach and in talent development. By means of a clearly structured and visually appealing presentation and his engaging delivery and story-telling, Col Sajjan made the cadets understand concept of ikigai, goal setting, the right way to choose one's career and career options available. They were made to realize the importance of acquiring problem solving skills, communication skills, adaptability, teamwork and



organizational skills to make themselves 'future proof.' The interesting and compelling group activities further consolidated these vital concepts. The cadets were also informed of various exams to take and institutions to join and also about certain free coaching platforms meant especially for wards of service personnel and ex-servicemen. Needless to say, the career guidance workshop boosted the cadets' confidence by increasing their awareness and helping them understand their strengths, interests, aptitude and abilities and better prepared for future at this crucial juncture of their school life.

SILVER ZONE OLYMPIADS

In order to help cadets enhance their competitive aptitude and consolidate basic concepts in Maths, Science, Social Science and English, the Silver Zone Olympiads were conducted every week throughout November 2024. While 239 cadets appeared in the Maths Olympiad, 194 appeared in Science, 139 in English and 89 cadets appeared in Social Science. These were diagnostic in nature and the emphasis was on problem- solving, concept-building and self-evaluation.

REASONING ABILITY & GENERAL INTELLIGENCE TEST

With a view to help the cadets sharpen analytical and logical reasoning skills, a Reasoning Ability & General Intelligence Test was conducted on 21 Nov 24 in which 250 cadets from classes VI –IX participated enthusiastically. Conducted by LogIQids, an educational/learning initiative by IIT-IIM alumni, the test focussed on crucial skills of reasoning ability, verbal ability, aptitude and visual representation.

GIRL CADETS GIVEN MEDICAL COUNSELLING

A medical counselling for the girl cadets was held on 22 Nov 24 by Dr Srigowri, Obstetrician & Gynaecologist from St Philomena Hospital, Austin Town. Dr Srigowri spoke about teenage health issues and personal hygiene. Health issues were discussed and resolved. This was followed by a routine medical checkup.



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SCHOOL BAGS HIGH RANK IN TIMES SCHOOL SURVEY 2024-25

In a clear validation of its academic prowess, the School bagged the 3rd rank among top residential schools of Bengaluru in the Times of India School survey 2024-25. RMS Bengaluru is the only Govt boarding school to figure in the list, making this an achievement that will go down in history.

Apart from this, the School has been awarded the 'Best Dynamic School' & the 'Best School in Sports Education & Skill Development' by E-News Network & Eldrok – India.



TOP RESIDENTIAL SCHOOLS BENGALURU	
SCHOOL NAME	RANK
JAIN International Residential School, Bengaluru	1
Greenwood High International School, Sarjapur Road	2
Rashtriya Military School, Bangalore	3
The International School Bangalore, Whitefield-Sarjapur Road	4
Ebenezer International School, Electronic City, Bangalore	5
Baldwin Girls' High School, Richmond Road	6
Bishop's Cotton Boys School, Ashok Nagar*	7
Stonehill International School, Jala Hobli*	8
Sarala Birla Academy, Bannerghatta*	9
NITTE International School, Hobli Bengaluru North*	10

CADETS WIN LAURELS IN VIGILANCE AWARENESS WEEK COMPETITION BY INDIAPOST

The School team consisting of 12 cadets of CI IX & X, 03 each representing the four Houses, reaped laurels at the 'Pick and Speak' competition on various topics related to the theme 'Culture of Integrity for Nation's Prosperity' held on 01 Nov 24 as part of the Vigilance Awareness Week by Indiapost from 28 Oct 24 to 03 Nov 24. The prize winners are:

Position	Cdt No	Name	Class
I	5112	Cdt Mitul Shah	X
II	5110	Cdt Aditya Raj	X
III	5105	Cdt Ayush Singh Yadav	X

The prizes were given away by Mr A Kumar, Asst Superintendent of Post Office, Bengaluru East. It may be



recalled that Vigilance Awareness Week is observed every year to create greater sensitivity about the need for ethics and transparency in governance and public administration.

SCHOOL TEAMS PUT UP BRILLIANT PERFORMNCE AT INTER-SCHOOL VOLLEYBALL & BASKETBALL TOURNAMENT

Keeping up its fine sporting tradition, the School team put up a brilliant performance to win the Inter-School Volleyball tournament conducted by Army Public School, Bangalore and lifted the Winners Cup.



In yet another fine display, the U-14 Basketball team lifted the Winners trophy while the U-17 team won the Runners up cup at the Inter-School Basketball tournament organized by Baldwin Boys School. Individual medals:

Category	Cdt No	Name	Class	House
U-16	5186	Cdt Vihan Singh	X	Best Player
U-14	5275	Cdt Neel Pandey	VIII	Most Promising Player



INTER-HOUSE BOXING CHAMPIONSHIP

The inter-House Boxing Championship 2024 was organized from 11 Nov – 14 Nov 24. 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 Guest of Honour on the inaugural day was Mr Balasubramaniam, a noted business consultant who is also a well-known alumnus of the School (No. 2200, Shastri House). The final matches were played on 14 Nov 24. The Guest of Honour was Col Govind Choudhary, Sports Officer, MEG &

Overall House Positions:

Position	House	Points
I	Rajaji House	35
II	Tagore House	33
III	Shastri House	30
IV	Nehru House	17

Centre. Lt Gen CP Cariappa, PVSM, AVSM, SM, VSM (Retd), a distinguished alumnus of the School (No. 1825, Shastri House, 1981 batch) also graced the occasion and gave away the cups and cash prizes for the best boxers sponsored by the GAB. On the basis of the over-all points scored, the House positions are:

The Best Boxers in various categories are:

Category	Cdt No	Name	Class	House	House
U-14	5297	Cdt Saurabh	VII	Rajaji	Best Boxer
	5277	Cdt Rawat Singh	VIII	Nehru	Best Upcoming Boxer
	5273	Cdt Prince Shekhawat	VIII	Shastri	Most Technical Boxer
U-17	5197	Cdt Aditya Upadhyay	IX	Tagore	Best Boxer
	5163	Cdt Tejas Namdeo More	X	Shastri	Best Upcoming Boxer
	5092	Cdt Krishna Pundir	X	Nehru	Most Technical Boxer

fitness and mental toughness that was displayed by the participants and urged the cadets to participate enthusiastically in games & sports and do all their tasks with good cheer. Lt Gen Cariappa in his address hoped that the losers would take their defeat in the right spirit and come back stronger and more motivated. Sharing a few technical skills that would greatly improve their performance, he exhorted them to keep themselves physically fit through games & sports and keep their mind supple through study and reflection.



Speaking after the prize distribution, Col Govind Choudhary expressed happiness at the high level of physical



CHILDREN'S DAY CELEBRATED WITH FUN AND GAIETY

Acknowledging the unique place that children occupy in society, the Children's Day was celebrated on 14 Nov 24 with fun and gaiety. Floral tribute was paid to Pt Jawaharlal Nehru

and a brief talk was delivered on the significance of the Children's Day. The assembly conducted by the teachers was also a learning experience for the cadets. Inculcation of childhood traits like frankness, openness, simplicity, honesty and faith was emphasized along with values such as courage and self-discipline that would help them sail through life with ease. Later, some really engaging and fun-filled games were organized for the cadets. A sumptuous lunch was laid out for the cadets and the staff.



NAVIN NISHCHOL INTER-HOUSE CULTURAL SHOW COMPETITION

The navin Nishchol Inter-House Cultural Show competition 2024 was held on 26 & 27 Nov 24. It consisted of 04 categories: Group Song, Group Dance, Hindi Skit and English Play. The cadets' creativity was at its peak as they put up a high-decibel, pulsating, 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. Shastri House put up an excellent show to win 1st prize in Group Song, Group Dance and English Play and lifted the Navin Nishchol Inter-House Cultural Show Competition trophy. The Winners were:

House Positions:

Position	House	Points
I	Shastri House	243
II	Tagore House	227
III	Rajaji House	217
IV	Nehru House	214

The trophy and the prizes were given away by Mr Anil Sehrawat, President, Georgian Association, Bengaluru. Addressing the gathering after prize distribution, Mr Anil

Sehrawat fondly remembered his passion for acting in which he had won several accolades and wide recognition and opined that creative talent should be identified early and nurtured.

Best Actors:

Name	Class	House	Prize
Cdt Ujjwal Sharma	XII	Shastri	Best Actor – English play
Cdt Ashish	XI	Nehru	Best Actor – Hindi Play
Cdt Aditya Aryan	XI	Rajaji	Best Supporting Actor – Eng play
Cdt Raj Kamal	XII	Shastri	Best Supporting Actor – Hindi play

It may be recalled that the Navin Nishchol Inter-House Cultural show competition trophy has been 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).



SCHOOL TEAMS REAP RICH LAURELS AT SFA CHAMIPONSHIPS

In a fine display of their sports & games superiority, the School teams put up a brilliant show at the Sports for All (SFA) Championships held from 10 Nov – 25 Nov 2024.

The Best Players in each category are:

Sports Events	Name	Class	Medal
Hockey			Bronze
Volleyball			Silver
Badminton (Doubles)	Cdt Mitul Shah	X	Silver
	Cdt Shrikrishna Jha	X	
Shot put	Cdt Ankit Ranjan	XI	Bronze
2000 m Race	Cdt Manav Pratap	X	Bronze
600m Race (Girls)	Cdt Khushboo Rani Ansari	VII	Bronze
Shot put (Girls)	Cdt Pragya Tiwari	IX	Bronze
Discus throw (Girls)	Cdt Pragya Tiwari	IX	Silver
	Cdt Suchira Mitra	IX	
Race walk (Girls)	Cdt Harshi Patel	VIII	Gold
	Cdt Diljan Kaur	VIII	
2000m Race (Girls)	Cdt Aditi	VIII	Gold
Shot put (Girls)	Cdt Abhilasha Kumari	VI	Silver

It may be recalled that SFA Championships is India's largest multisport School championships.

