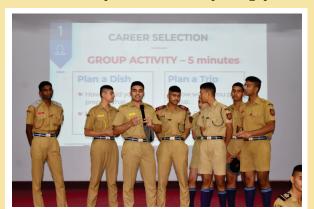
# musings

## **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 Sajan Moideen (Retd), Director, Renergetics 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 Sajan 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 exservicemen. 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 selfevaluation.

## **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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# musings

The Monthly Newsletter of RASHTRIYA MILITARY SCHOOL, BENGALURU

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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. \*\*\* \* \*\*\*\* \* \* \* \* \* \* \* \* \* \* \* \*







# CADETS WIN LAURELS IN VIGILANCE AWARENESS WEEK COMPETITION BY INDIAPOST

The School team consisting of 12 cadets of Cl 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.

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| 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 Rest Royers in various categories are

| The Best Boxers in various categories are: |        |                       |       |         |                            |  |  |
|--|--------|-----------------------|-------|---------|----------------------------|--|--|
| Category                                   | Cdt No | Name                  | Class | House   | House                      |  |  |
|  | 5297   | Cdt Saurabh           | VII   | Rajaji  | Best Boxer                 |  |  |
| U-14                                       | 5277   | Cdt Rawat Singh       | VIII  | Nehru   | <b>Best Upcoming Boxer</b> |  |  |
|  | 5273   | Cdt Prince Shekhawat  | VIII  | Shastri | Most Technical Boxer       |  |  |
|  | 5197   | Cdt Aditya Upadhyay   | IX    | Tagore  | Best Boxer                 |  |  |
| U-17                                       | 5163   | Cdt Tejas Namdeo More | X     | Shastri | <b>Best Upcoming Boxer</b> |  |  |
|  | 5092   | Cdt Krishna Pundir    | X     | Nehru   | Most Technical Boxer       |  |  |



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

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.

## 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:** 

| ilouse i o. | J11101131     |        |
|-------------|---------------|--------|
| Position    | House         | Points |
| I           | Shastri House | 243    |
| II          | Tagore House  | 227    |
| III         | Rajaji House  | 217    |
| IV          | Nehru House   | 214    |
|             |               |        |

should be identified early and nurtured.

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

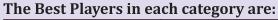


|                   | Dest Actors.     |       |         |                                    |  |  |  |
|-------------------|------------------|-------|---------|------------------------------------|--|--|--|
|                   | Name             | Class | House   | Prize                              |  |  |  |
| 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 brilliant show at the Sports for All (SFA) Championships held from 10 Nov - 25 Nov 2024.



| The Best Flayers in each eategory 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    | Bronze |  |  |  |
| Race walk (Girls)                      | Cdt Harshi Patel         | VIII  | Gold   |  |  |  |
|  | Cdt Diljan Kaur          | VIII  | Silver |  |  |  |
| 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.