



**VALLABA VIDYALAYA**

CBSE AFFL. 1930722 | NIOS AI 190182

— SAINIK SNKLP0016972622 —

**YEAR PLANNER**

**2026-27**



**Dear Parents (of Sainik Cadets),**

Greetings from Vallaba.

Please take time to read the below pages for better usage of the year planner. The content is categorized under

- Basics
- Academics, Sports & PT
- Academic Plus Curriculum
- Assembly & Competitions
- Parent – Cadet Communication
- Parent – School Communication

# **BASICS**

## **Roll Number**

Roll number is a Student identification number specific to “Vallaba Sainik School”. It will take the format “YY-Admission order of the year”. E.g. For a student enrolling as the 1st admission in 2025 academic year, Roll number would be “25001”. This will remain the same throughout the child’s school life.

## **Dorm Cot (DC) Number**

At the beginning of every year, at the time of checking into hostel, each cadet is

- Assigned a dorm & cot. This will form the DC number of the cadet for that particular year.
- A single DC number is used by a Cot, Beerow & a Key-chain.
- The DC number is marked on all dresses that a hosteller uses.
- A typical DC number of a Boy could be “B1-01” - meaning the cadet is in “B1” Dorm and cot numbered as “1”.
- A typical DC number of a Girl could be “G1-01” - meaning the cadet is in “G1” Dorm and cot numbered as “1”.

# ACADEMICS, SPORTS & PT

## Exams (VI-VIII)

Cadets will have Mid-Term & Term exams as per mentioned dates.

### Types of questions in Exams (Mid Terms, Terms)

- Book back questions refer to ones that are listed at the end of the chapter (with minimal changes), classwork note, and worksheets.
- LOT refers to Lower Order Thinking. LOTs are direct questions. This can be answered just by studying the chapter properly.
- HOT refers to Higher Order Thinking. To answer HOTs questions, memory, application and extra thinking is needed

A worksheet or question paper will have a mix of Bookback questions, LOTs and HOTs. For Grades VI to XII, please note the weightage given to each category of questions for worksheets & exams.

|            | <b>Book back questions</b> | <b>LOTs</b> | <b>HOTs</b> |
|------------|----------------------------|-------------|-------------|
| VI to VIII | 20%                        | 40%         | 40%         |

## **Parent Teacher Meetings (PTMs)**

PTM dates are scheduled on the day of hostel check-outs. Parents will have about 20 minutes to meet all subject teachers & non-subject teachers (PT, sports coach, warden, etc.) between 0900 hrs and 1400 hrs. A gathering with the Principal / Commandant will be arranged during PTM day. Post PTM, cadets will be sent along with parents.

## **Sports**

Following are the options available on campus - Football, Hockey, Volleyball, Basketball, Indoor Shooting (Rifle or Pistol), Archery, Table Tennis, Swimming, Athletics (100m, 200m, 400m, 4x100m, 1500m, Long jump). A choice of sport for each cadet is decided based on prior skills, interest & physical suitability.

Cadets compete with,

- Other Sainik Schools in Football, Hockey, Volleyball, Basketball & Athletics in Under-15 and Under-17 age categories as part of All India Sainik Schools National Games (AISSNG).
- Other CBSE schools in Under 11, 14, 17, 19 age categories. as part of CBSE Games.
- Other players at District / State level events organized by Sports Associations or Institutions of repute.

## Physical Proficiency Standards

|              | # | Test          | Class VI, VII VIII |        |          | Class IX & X |        |        | Class XII |        |        |
|--------------|---|---------------|--------------------|--------|----------|--------------|--------|--------|-----------|--------|--------|
|              |   |               | EX                 | GOOD   | SAT      | EX           | GOOD   | SAT    | EX        | GOOD   | SAT    |
| <b>BOYS</b>  | 3 | 5 mtr Shuttle | 10 nos             | 09 nos | 08 nos   | 12 nos       | 11 nos | 10 nos | 14 nos    | 12 nos | 10 nos |
|              | 4 | Sit up        | 25 nos             | 20 nos | 15 nos   | 30 nos       | 25 nos | 20 nos | 35 nos    | 30 nos | 25 nos |
|              | 5 | Push up       | 10 nos             | 09 nos | 07 nos   | 18 nos       | 16 nos | 14 nos | 20 nos    | 18 nos | 16 nos |
|              | 6 | 100 mtr       | 17 sec             | 18 sec | 19 sec   | 13 sec       | 14 sec | 15 sec | 13 sec    | 14 sec | 15 sec |
|              | 7 | Chin up       | -                  | -      | -        | 5 nos        | 4 nos  | 3 nos  | 6 nos     | 5 nos  | 4 nos  |
|              | 8 | Toe touch     | -                  | -      | -        | 4 nos        | 3 nos  | 2 nnos | 5 nos     | 4 nos  | 3 nos  |
|              | 9 | Swimming      | 25 m               |        |          | 25 m         |        |        | 50 m      |        |        |
| <b>GIRLS</b> | 1 | 1.6 km        | 8.30 min           | 9 min  | 9.30 min | -            | -      | -      | -         | -      | -      |
|              | 2 | 2.4 km        | -                  | -      | -        | 12 min       | 13 min | 14 min | 11 min    | 12 min | 13 min |
|              | 3 | 5 mtr Shuttle | 8 nos              | 6 nos  | 5 nos    | 10 nos       | 8 nos  | 6 nos  | 12 nos    | 10 nos | 8 nos  |
|              | 4 | Sit up        | 15 nos             | 13 nos | 12 nos   | 18 nos       | 16 nos | 14 nos | 20 nos    | 18 nos | 16 nos |
|              | 5 | Push up plank | 20 sec             | 16 sec | 12 sec   | -            | -      | -      | -         | -      | -      |
|              | 6 | Push up       | -                  | -      | -        | 15 nos       | 12 nos | 10 nos | 18 nos    | 16 nos | 12 nos |
|              | 7 | 100 mtr       | 18 sec             | 20 sec | 22 sec   | 14 sec       | 16 sec | 18 sec | 14 sec    | 16 sec | 18 sec |
|              | 8 | Swimming      | 25m                |        |          | 25m          |        |        | 50m       |        |        |

The above table is the PT standards expected from a cadet at the end of every year. Towards this, cadets have daily PT & sports sessions. A Physical Proficiency Test is conducted during the first few working days of every month to understand improvement areas.

# **ACADEMIC PLUS CURRICULUM**

## **Concept of Active Holidays**

National dates or government holidays or local holidays are considered as “Active Holidays”. Cadets will have semi-structured learning, inter house competitions (academic, sports, literary), sports sessions, field Trips, community services, VIP Visits on these days. Parents are requested not to ask permission to meet their wards on those days or plan for phone calls.

## **Field Trips**

Cadets undertake monthly educational field trips to places of historical, scientific, social, and industrial importance, including museums, hospitals, colleges, factories, and research centers. These visits provide exposure to real-world learning, career awareness, cultural heritage, and community functioning beyond the classroom environment.

## **Community Services**

Cadets take up community service once a month,

- Including sanitation drives, environmental conservation, blood donation camps, disaster relief, health awareness, literacy programs, and road safety campaigns.



- Social outreach activities supporting senior citizens, differently-abled persons, underprivileged children, marginalized communities, and civic engagement through voter awareness and national integration programs.
- Cultural and sports events with social themes, promoting teamwork, awareness, fundraising, community participation, and leadership development.

## **VIP Visits**

Cadets interact every month with distinguished personalities from the social, scientific, defence, administrative, and entrepreneurial fields through special guest sessions and VIP visits. These interactions expose students to real-life experiences, leadership values, innovation, discipline, and national service perspectives. The sessions inspire cadets through motivational talks, interactive discussions, and firsthand insights from accomplished professionals and achievers.

## **Skill & Value Education**

Cadets learn basic first aid, fire fighting skills on a monthly basis. Following are learnt as part of Value Ed classes,

- Personality development topics such as self-esteem, discipline, goal setting, creativity, leadership, officer-like qualities, public speaking, interpersonal skills, and time management, aiming to build confident, responsible, and capable students.
- National values such as patriotism, gender equality, communal harmony, honesty, ethics, women empowerment, and unity of India, while creating awareness about Indian culture, eminent personalities, and heritage.
- Defence-oriented topics on the Indian Army, Navy, Air Force, military science, defence establishments, and national security organisations, space research, etc.

# **ASSEMBLY & COMPETITIONS**

## **Weekly Assembly**

Cadets engage in Assembly thrice a week. The assembly instills discipline, patriotism, communication skills, knowledge, and leadership through activities such as Thamizh Thaaai Vazhthu, Prayer, Pledge, Flag Hoisting, Flag Song, News Reading, Student Academic Presentations, Non-Academic Talks, Talent Exhibits, Poem Recitation, Storytelling, and Staff Talks, followed by the National Anthem.

## **Inter House Competitions**

To have cadets experience the spirit of Comradeship & Team working, all cadets are assigned to one of the following houses - Duty (Red), Cleanliness (Yellow), Integrity (Blue), Shakthi (Green). Once a cadet has been assigned to a house, he/she remains in that house throughout their school life. Cadets have weekly competitions & assemblies where they represent their house.

Following are some of the competitions planned for the year - Story writing, story telling, Essay writing, Debate, Extempore, Elocution, Declamation, Book review, Poem recitation, Group discussion, Art, Olympiads, Quiz, Skit, Thirukkural, March past, Cross country run, etc. On a monthly basis, cadets compete in their chosen sports.

## External Competitions

- Among the external competitions that come to our knowledge, we choose the ones
  - that offer learning / practice opportunities for our cadets
  - that suits our calendar.
  - that are organized by District / State associations or by reputed organizations
  - and only when a cadet is also ready for a competition.
- Among competitions that have an entry fee, we email parents asking for confirmation. In those cases, the entry fee is deducted from the 'Student ATM Card'.
- If a parent comes across a good competition that we should participate in, feel free to email to the official email address with the details.

# **PARENT – CADET COMMUNICATION**

## **Sunday Visits**

- Parents can visit as per scheduled date and time. A parent can take charge of a cadet after filling the “Cadet Handover Form”.
- Parents can use pre-designated classrooms in the Ground floor area during visit time. Or they can take cadets outside campus. In either case, they have to be handed back by the mentioned time without fail.
- Every 2nd Sunday is marked for visiting hours.
- If a parent is unable to visit during the 2nd Sunday, then the parent can turn up on campus during the 3rd Sunday to visit the child. No parent visits would be permitted on 1st or 4th or 5th Sundays.

## **Leave Requests**

- In a typical day, a cadet has learning activities (sports, academic, co-scholastic, etc) for about 14 hours (excluding eating time, sleeping time & self care time).
- Since days and weeks are meticulously planned, a few days leave (irrespective of the reason) will set a cadet behind by more than a week as there is no spare time to catch up on the missed learning.
- Cadet leave requests can be made for emergency reasons only.

## Birthday Visits

- On birthdates, parents are free to visit campus to meet their child between (1500 hrs to 1700 hrs).
- One day before the birthday, parents can send a message to “Official mobile number” in following format.

Cadet Name -

Dorm Cot (DC) Number -

Grade Section -

Birthday date -

Visiting time -

Request to visit my child on birthday.

- After reaching campus, parents can call the “Official mobile number” regarding the birthday meet and wait at MPH1 (Multi Purpose Hall 1) in VV1 Building. Cadets will be relieved from their tasks and sent to parents.
- Parents can avoid getting cakes, chocolates, etc for friends or classmates. Healthy snacks (peanut chikkis, etc) are allowed.
- Requests for midnight celebration or cake cutting or midnight calls will not be entertained.

## Parcels or Letters to Cadets

- Letters are permitted.
- Permitted parcels - Dry items and healthy snacks (dates, chikki, almonds, etc.) once a month, with the clear instruction that they are to be shared with his entire room.
- Cadet Name along with Grade-Section and Dorm-Cot Number (DC Number) shall be written in 'From Address area'.

For e.g.

|                                                                                                    |
|----------------------------------------------------------------------------------------------------|
| From,<br>Mr / Mrs. Parent Name<br>(F/o or M/o, Cadet Name, VII-S1, DC No. B1-01)<br>Parent address |
|----------------------------------------------------------------------------------------------------|

## Parent phone Calls

- Calling schedules (with cadet names, call time) will be issued to each parent at the beginning of the year. Parents are requested to stick to the allotted time slots only.
- If a parent misses to call the hostel number during the allotted time, then the parent can call after the last scheduled slot. In such cases, each call will be allowed for a maximum of 5 mins.

- Parent phone calls are allowed on all Sundays.
- On a Sunday when visiting is allowed, if a parent is unable to come to school, then the parent can call the respective hostel number during the ward's allotted time.
- For the first few Wednesdays in the first year in the hostel, parent calls are allowed on Wednesdays for smooth transition of cadets & parents. A Wednesday calling schedule will be issued at the beginning of the year. Requests for extension of this practice won't be considered.



# **PARENT – SCHOOL COMMUNICATION**

## **Event updates**

- Every month, we email “Monthly Circular” to all parents. This contains all important updates, events, competitions, training programs, etc that happened over the last month. Parents are requested to read it to remain informed about whole school activities.
- Pictures and details of events on campus will be regularly updated in the following URL - <https://vallabasainik.in/events/> and <https://www.facebook.com/vallabasainik> Parents are welcome to follow the page.

## **If a Parent wishes to contact School**

- For emergency reasons, please call the number mentioned in the following pages.
- For non-emergency reasons, please email official email address or message the numbers.

## **If School wishes to contact Parent**

- For non-emergency reasons, we email from the official email address or send a Whatsapp broadcast message.
- For emergency reasons, we will call you directly.

## **Misc**

- The food menu (meals, snacks) is rotated on a weekly basis and has been created taking into account calorie & nutritional needs of cadets.
- All cadets get a hair cut once a month or before key events.
- Fee payment is done in two installments per year. Parents are requested to adhere to the dates.
- Both Boys hostel & Girls hostel have separate Medical rooms in case cadets fall sick.

## Events & Holidays

| Date         | Task                                      |
|--------------|-------------------------------------------|
| Jun 3 (Wed)  | (VII) Class starts                        |
| Jun 21 (Sun) | International Yoga Day                    |
| Jun 24 (Wed) | (VI) Class starts                         |
| Jun 26 (Fri) | Muharram (Holiday)                        |
| Jul 11 (Sat) | (VII) Student Teacher Meeting (STM) 1     |
| Jul 20-25    | Mid Term I                                |
| Jul 15 (Sat) | Independence Day Celebration & Sports Day |
| Aug 26 (Wed) | Milad-Un-Nabi                             |
| Sep 4 (Fri)  | Krishna Jayanthi                          |
| Sep 7-12     | Term Exam I - Revision                    |
| Sep 14 (Mon) | Vinayakar Chathurthi                      |
| Sep 15-26    | Term Exam I                               |
| Oct 2 (Fri)  | Gandhi Jeyanthi                           |

|              |                     |
|--------------|---------------------|
| Oct 8 (Thu)  | Air Force Day       |
| Oct 17 (Sat) | Cross Country Run   |
| Oct 19-20    | Pooja holiday       |
| Oct 24 (Sat) | Projects Day        |
| Oct 29 (Thu) | Science Olympiad    |
| Nov 17 (Tue) | English Olympiad    |
| Nov 30 (Mon) | Social Olympiad     |
| Dec 2 (Wed)  | Group Photo Session |
| Dec 4 (Fri)  | Navy day            |
| Dec 5 (Sat)  | (VII) STM 2         |
| Dec 10 (Thu) | Math Olympiad       |
| Dec 14-19    | Mid Term II         |
| Dec 25 (Fri) | Christmas           |

|              |                          |
|--------------|--------------------------|
| Jan 1 (Fri)  | New Year                 |
| Jan 26 (Tue) | Republic Day Celebration |
| Feb 13-19    | Mid Term III             |
| Feb 20 (Sat) | (VII) STM 3              |
| Feb 27 (Sat) | Natl. Science Day        |
| Mar 8-13     | Term Exam II - Revision  |
| Mar 15-25    | Term Exam II             |
| Mar 26 (Fri) | Good Friday              |
| Apr 7 (Wed)  | Telugu New Year          |
| Apr 14 (Wed) | Tamil New Year           |
| Apr 19 (Mon) | Mahavir Jeyanthi         |

## Key dates for Parents

| Date         | Time            | Task                                                                                                                                                                                                                                                                                               |
|--------------|-----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| May 31 (Sun) | 0900 - 1300 hrs | (Sainik VII) Reporting date                                                                                                                                                                                                                                                                        |
| Jun 14, 28   | 0900 - 1430 hrs | (Sainik VII) Sunday visit date                                                                                                                                                                                                                                                                     |
| Jun 20 (Sat) | 0900 - 1300 hrs | (Sainik VI) Reporting date<br><br><u>Tasks</u> <ul style="list-style-type: none"> <li>• New Parent orientation</li> <li>• Academic orientation (meet Class Teacher)</li> <li>• Handover Annual calendar, calling / visit schedule, etc.</li> <li>• Uniform measurement, Issue supplies.</li> </ul> |
| Jul 5, 19    | 0900 - 1430 hrs | Sunday visit date                                                                                                                                                                                                                                                                                  |
| Aug 9 or 16  | 0900 - 1430 hrs | Sunday visit date                                                                                                                                                                                                                                                                                  |
| Sep 13 or 20 | 0900 - 1430 hrs | Sunday visit date                                                                                                                                                                                                                                                                                  |
| Oct 11 or 18 | 0900 - 1430 hrs | Sunday visit date                                                                                                                                                                                                                                                                                  |
| Oct 31 (Sat) | 0900 - 1500 hrs | PTM & Hostel Check out                                                                                                                                                                                                                                                                             |

| <b>Date</b>  | <b>Time</b>     | <b>Task</b>            |
|--------------|-----------------|------------------------|
| Nov 15 (Sun) | 0900 - 1300 hrs | Hostel Check-in.       |
| Nov 29       | 0900 - 1430 hrs | Sunday visit date      |
| Dec 13 or 20 | 0900 - 1430 hrs | Sunday visit date      |
| Jan 9 (Sat)  | 0900 - 1500 hrs | PTM & Hostel Check out |
|              |                 |                        |
| Jan 23 (Sat) | 0900 - 1300 hrs | Hostel Check-in.       |
| Feb 14 or 21 | 0900 - 1430 hrs | Sunday visit date      |
| Mar 14 or 21 | 0900 - 1430 hrs | Sunday visit date      |
| Apr 11 or 18 | 0900 - 1430 hrs | Sunday visit date      |
| Apr 30 (Fri) | 0900 - 1500 hrs | PTM & Hostel Check-out |

## School Contact Details

|                        |                                                                                                   |
|------------------------|---------------------------------------------------------------------------------------------------|
| Official Mobile number | (+91) 93848 17087, 93848 17088                                                                    |
| Fees related           | (+91) 78670 11793                                                                                 |
| For any concerns       | (+91) 90439 73265. Parents are free to offer constructive feedback.                               |
| For Sun/Wedn calls     | Hostel landline numbers will be issued to parents via separate list.                              |
| Official Email address | <a href="mailto:info@vallabasainik.in">info@vallabasainik.in</a>                                  |
| Postal address         | Vallaba Vidyalaya<br>Thiruvizhanpatti, Alagarkovil Main Road, Arumbanur (P.O), Madurai – 625 104. |

## CAMPUS ADDRESS

Vallaba Vidyalaya

Thiruvizhanpatti, Alagarkovil Main Road,

Arumbanur (P.O), Madurai – 625 104.

Website: [www.vallaba.in](http://www.vallaba.in) | [www.vallabasainik.in](http://www.vallabasainik.in)