



# ROYAL SAINIK SCHOOL

NDA | JEE - NEET FOUNDATION WITH SCHOOLING | GAMES



शीतला माता रोड़ परबतसर, जिला- डीडवाना कुचामन (राज.)



7568-217275, 7568-287275



[www.royalsainikschool.com](http://www.royalsainikschool.com)



[sainikschoolparbatsar](https://www.facebook.com/sainikschoolparbatsar)



[sainikschoolparbatsar](https://www.youtube.com/sainikschoolparbatsar)



## **Director's message**

I am delighted to Honor you to Royal Sainik School Parbatsar. Our core aspiration is to provide an educational excellence, in that every student make a positive shift during the time with us. In expecting Excellence we ensure that your beloved ward enjoy school in a happy, safe and secure atmosphere designed to fulfill his/hear potential. We also strive to provide a caring, supportive and challenging environment to the beloved ward, in which he/she can grow and flourish to the esteemed heights.

Royal Sainik School Parbatsar offers an extraordinary opportunity both in scholastic and co-scholastic areas we have a comprehensive array of co-scholastic activities encourage our children to develop their aptitude.

I strongly believe that remarkable education should instill knowledge, creativity, tradition and culture among children and we director along with faculties work together to motivate the children to perform well in every walk of their journey towards noble citizen of tomorrow.



## **Principal's message**

Education is a life long learning process. Learning happens all the time, not only in a pre-designated place called the school. It happens in the home, between home and school too. The home's and school's mission therefore is to provide a learning environment and opportunities to the children as the learners. Grooming young, impressionable mind is one of the life's biggest provocation. At Royal Sainik School Parbatsar, we aim to empower our students to grow as individual with strong open vigorous and discerning mind with an international perspective, preparing them to make a mark in the global village- the word has come to be today

We value igniting the spark of creativity and curiosity in our student



# ABOUT ROYAL SAINIK SCHOOL PARBATSAR

ROYAL SAINIK SCHOOL IS AN ENGLISH MEDIUM RESIDENTIAL  
RBSE AFFILIATED SCHOOL

ADMISSIONS OPEN FOR CLASSES L.K.G. to 12th  
IN SCIENCE & ARTS STREAM



**CHEMISTRY LAB**



**COMPUTER LAB**



**GEOGRAPHY CLASS**



**SMART CLASS**



**LIBRARY**



**SAINIK CONFERENCE**



# Toppers Of Class XII Session 2022-23



| Total | I  | II | III |
|-------|----|----|-----|
| 26    | 25 | 01 | Nil |

# Toppers Of Class X Session 2022-23



| Total | I  | II | III |
|-------|----|----|-----|
| 38    | 36 | 02 | Nil |

## ROYAL MESS



## ROYAL BARRACK



## ROYAL CLASS ROOM

# PRESIDENT AWARDIES SCOUT GUIDE 2023-24



JAY PRATAP SINGH  
(SCOUT GUIDE)



SUSHIL ROYAL  
(SCOUT GUIDE)



YOHAN SANKHEWAL  
(SCOUT GUIDE)



HITESH MEENA  
(SCOUT GUIDE)

## NATIONAL PLAYERS OF 2023-24



TAMMANA KHAN  
(KUDO)



AAYUSHI SINGH  
(RIFLE SHOOTING)



AMRITA SINGH  
(RUGBY)



CHAVI LAKSHKAR  
(RUGBY)



BISMILLAH BANO  
(RUGBY)



PRATI KSHA CHOUHAN  
(RUGBY)



KAMLESH  
(RUGBY)



RAGINI SAXENA  
(RIFLE SHOOTING)



RACHNA KUMAWAT  
(CRICKET)



SHIVAM BENIWAL  
(RIFLE SHOOTING)



DIVYA PARTAP SINGH BHATTI  
(RIFLE SHOOTING)



CHANDRABHAN SINGH  
(RIFLE SHOOTING)

# SPORTS AVAILABLE FOR ROYAL CADETS

SHOOTING



RUGBY



KABADDI



GYMNASTIC



SWIMMING



KHO-KHO



CRICKET



FOOTBALL



HORSE RIDING



ATHLETICS



POWER LIFTING



OTHER GAMES : CHESS, WRESTLING, VOLLEYBALL, BADMINTON, BOXING, SEPAK TAKARA

# ACHIEVEMENTS BY THE CADETS OF ROYAL

1000+ ROYAL CADET SELECTED FOR ARMED FORCES & OTHER GOVT. JOBS.



66 वीं 19 वर्षे सारना जिला सरीय सुपर सेवन क्रिकेट प्रतियोगिता चेम्पियनशिप



गणतंत्र दिवस समारोह में उपखंड स्तर पर सम्मानित राष्ट्रीय स्तर खिलाडी



66 वीं 17 वर्षे सारना राष्ट्रीय स्तरीय कन्या प्रतियोगिता चेम्पियन



67 वीं 14 वर्षे सार / सारना जिला सरीय तेराकी प्रतियोगिता चेम्पियनशिप



65 वीं 19 वर्षे सारना जिला सरीय रग्बी फुटबल प्रतियोगिता चेम्पियनशिप



66 वीं 17 / 18 वर्षे सारना जिला सरीय एगनरिबल एथेलेटिक्स प्रतियोगिता



67 वीं 19 वर्षे सारना जिला सरीय एबी फुटबल खेल - कूट प्रतियोगिता चेम्पियनशिप



67 वीं 17 / 19 वर्षे सारना जिला सरीय एगनरिबल खेल - कूट प्रतियोगिता चेम्पियनशिप



67 वीं राष्ट्रीय स्तरीय एगनरिबल प्रतियोगिता में प्रतिनिधित्व करते सारना जिला सरीय खेल उपखंड स्तरीय



66 वीं 14 वर्षे सार / सारना जिला सरीय तेराकी प्रतियोगिता चेम्पियनशिप



67 वीं 17 / 19 वर्षे सारना जिला सरीय एगनरिबल खेल - कूट प्रतियोगिता चेम्पियनशिप



67 वीं 19 वर्षे सारना जिला सरीय कर्ली खेल - कूट प्रतियोगिता के चेम्पियन



65 वीं 14 वर्षे सार / सारना जिला सरीय एगनरिबल खेल - कूट प्रतियोगिता विजयी चेम्पियनशिप



67 वीं 14 वर्षे सारना / सारना जिला सरीय एगनरिबल प्रतियोगिता चेम्पियनशिप



65 वीं 14 वर्षे सारना जिला सरीय क्रिकेट प्रतियोगिता चेम्पियनशिप

## DAILY ROUTINE OF CADET LIFE

| S.N. | TASK                          | SUMMER  | WINTER  |
|------|-------------------------------|---|---|
| 01   | WAKE UP                       | 04:30 AM  | 05:00 AM  |
| 02   | PT / YOGA                     | 05:30 AM - 06:30 AM                               | 06:00 AM - 07:00 AM                               |
| 03   | BREAKFAST                     | 06:45 AM - 07:30 AM                               | 07:15 AM - 08:00 AM                               |
| 04   | READY FOR SCHOOL              | 07:45 AM  | 08:15 AM  |
| 05   | MORNING ASSEMBLY              | 08:00 AM - 08:30 AM                               | 08:30 AM - 09:00 AM                               |
|      | 1st PERIOD                    | 08:30 AM - 09:15 AM                               | 09:00 AM - 09:35 AM                               |
|      | 2nd PERIOD                    | 09:15 AM - 10:00 AM                               | 09:35 AM - 10:10 AM                               |
|      | 3rd PERIOD                    | 10:00 AM - 10:45 AM                               | 10:10 AM - 10:45 AM                               |
|      | 4th PERIOD                    | 10:45 AM - 11:30 AM                               | 10:45 AM - 11:20 AM                               |
|      | 5th PERIOD                    | 11:30 AM - 12:10 PM<br>(BREAK FOR CLASS 1 to 9)   | 11:20 AM - 12:00 PM<br>(BREAK FOR CLASS 1 to 9)   |
|      | 6th PERIOD                    | 12:10 PM - 12:50 PM<br>(BREAK FOR CLASS 10 to 12) | 12:00 PM - 12:40 PM<br>(BREAK FOR CLASS 10 to 12) |
|      | 7th PERIOD                    | 12:50 PM - 01:30 PM                               | 12:40 PM - 01:15 PM                               |
|      | 8th PERIOD                    | 01:30 PM - 02:10 PM                               | 01:15 PM - 01:50 PM                               |
|      | 9th PERIOD                    | 02:10 PM - 02:40 PM                               | 01:50 PM - 02:25 PM                               |
| 06   | FINAL BELL / REST             | 02:50 PM - 04:15 PM                               | 02:30 PM - 03:30 PM                               |
| 07   | GAMES /<br>FOUNDATION CLASSES | 04:30 PM - 06:30 PM                               | 03:45 PM - 05:30 PM                               |
| 08   | PRAYER                        | 06:45 PM  | 05:45 PM  |
| 09   | ROLL CALL                     | 07:30 PM  | 06:15 PM  |
| 10   | DINNER                        | 08:00 PM - 09:00PM                                | 07:00 PM - 08:00 PM                               |
| 11   | DOUBT CLASS/ SELF STUDY       | 09:00 PM - 10:00PM                                | 08:00 PM - 09:15 PM                               |
| 12   | LIGHTS OFF                    | 10:15 PM  | 09:30 PM  |



## DAILY MEAL FOR A ROYAL CADET

| S.N. | DAY       | BREAKFAST  | LUNCH   | DINNER   |
|------|-----------|--|---|--|
| 01   | MONDAY    | Porridge/Plan Paratha & Sabzi + Milk   | Dal + Chapati + Jeera Rice + Sabzi<br>Salad + Buttermilk(In Summer Only)      | Chapati + Iapasi + Sabzi<br>Aamras(In Summer Only)   |
| 02   | TUESDAY   | Poha/Khichadi + Milk   | Dal + Chapati + Rice + Sabzi<br>Salad + Buttermilk(In Summer Only)            | Chapati + Pudding + Sabzi<br>Kerry Water(In Summer Only)                                     |
| 03   | WEDNESDAY | Veg Poolav/Fruits/Egg + Milk   | Dal + Chapati + Rice + Pickle + Sabzi<br>Salad + Buttermilk(In Summer Only)   | Chapati + Sweet Rice + Sabzi<br>Tamarind Water(In Summer Only)                               |
| 04   | THURSDAY  | Pasta/Macaroni + Milk  | Dal + Chapati + Jeera Rice + Sabzi<br>Salad + Buttermilk(In Summer Only)      | Chapati + Iapasi + Sabzi<br>Aamras(In Summer Only)   |
| 05   | FRIDAY    | Upma/Fruits + Milk   | Dal + Chapati + Rice + Pickle + Sabzi<br>Salad + Buttermilk(In Summer Only)   | Chapati + Pudding + Sabzi<br>Kerry Water(In Summer Only)                                     |
| 06   | SATURDAY  | Chow mein/Aloo Paratha & Pickle + Mill   | Dal + Chapati + Rice + Chatni + Sabzi<br>Salad + Buttermilk(In Summer Only)   | Chapati + Sweet Rice + Sabzi<br>Tamarind Water(In Summer Only)                               |
| 07   | SUNDAY    | Kopta/Samosa/Kachori/Puri Sabzi/<br>Patties/Aloo Tike/Pakodi/Idli-Sambar<br>+ Milk | Dal + Chapati + Poolav + Chatni + Sabzi<br>Salad + Buttermilk(In Summer Only) | Khair-pudi/Matar Paneer & Chapati<br>Chole Bhature/Dal bati Churma<br>Palak Paneer & Chapati |

Note : Tea Time (Afternoon ) Biscuit/Toast/Sakhe/Mathri & Tear



# VISITS OF GREAT PERSONELITIES



Governor of Assam Mr. Gulab Chand Kataria



Ex. Cabinet Minister Mrs. Kiran Maheshwari



Ex. Cabinet Minister Mr. Ajay Singh Kilak



Honorable Judge Mrs. Rekha Rathore



ADM Mr. Rajendra Singh Chandawat



Principal - National Military School Ajmer



C.O. 4 Unit Naval NCC Mr. Manish Singh



C.O. 6 Raj. BN NCC Mr. Ajay Kumar

# UNIQUE ACTIVITIES OF ROYAL CADETS





YOU DRIVE WE ASSURE.....!!



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