



## Planner Academic Session 2022-2023

# NOIDA INTERNATIONAL PUBLIC SCHOOL

Senior Secondary (Affiliated to CBSE, New Delhi)

MP3 MAIN ROAD, SEC-121, NOIDA, G.B. NAGAR

Mobile No. 9599810512, 9599810516



“All of us do not have equal talent. But, all of us have an equal opportunity to develop our talents.”

“Thinking should become your capital asset, no matter whatever ups and downs you come across in your life.”

-- Dr. A.P.J. Abdul Kalam

Happy Earth



Sad Earth



## SUSTAINABLE FUTURE

Education is the most powerful weapon which you can use to change the world”

– Nelson Mandela.

Education is the first step for people to gain the knowledge, critical thinking, empowerment and skills they need to make this world a better place.

**New Session begins on \_ \_ \_ \_ \_ 01<sup>st</sup> April 2022**

### List of Holidays

Date	Day	Holidays Name
<b>April -2022</b>		<b>New Session Start</b>
10/04/2022	Sunday	Ram Navami
14/04/2022	Thursday	Dr. Ambedkar Jayanti / Mahavir Jayanti
15/04/2022	Friday	Good Friday
<b>May-2022</b>		
03/05/2022	Tuesday	Eid ul Fitar
16/05/2022	Monday	Budhh Purnima
<b>Summer Vacation to be announced</b>		
<b>July-2022</b>		
10/07/2022	Sunday	Eid ul Zuha Bakrid (Bakrid)
<b>August-2022</b>		
09/08/2022	Tuesday	Muharram
12/08/2022	Friday	Raksha Bandhan
15/08/2022	Monday	Independence day
18/08/2022	Thursday	Janmashtami
<b>October-2022</b>		
02/10/2022	Sunday	Gandhi Jayanti
02/10/2022 to 05/10/2022	Sunday to Wednesday	Dussehra Holidays
23/10/2022 to 27/10/2022	Sunday to Thursday	Diwali Holidays
<b>November-2022</b>		
08/11/2022	Tuesday	Guru Nanak Jayanti, Kartik Purnima
<b>December-2022</b>		
25/12/2022	Sunday	Christmas Day
<b>Winter Break to be announced</b>		
<b>January-2023</b>		
01/01/2023	Sunday	New Year
14/01/2022	Saturday	Makar Sankranti/ Pongal
26/01/2022	Thursday	Republic Day
<b>February-2023</b>		
<b>To be announced</b>		Maha Shivratri
<b>March-2023</b>		
<b>To be announced</b>		Holika Dahan
<b>To be announced</b>		Holi

## 2. Examination Schedule and Parents Teacher Meeting (PTM)

Unit Test I	11/07/2022 to 17/07/2022	P.T.M.	24/07/2022 (Saturday)
Half Yearly	12/09/2022 to 24/09/2022	P.T.M.	01/10/2022 (Saturday)
Unit Test II	01/12/2022 to 07/12/2022	P.T.M.	18 /12/2022 (Saturday)
Unit Test III	01/02/2023 to 09/02/2023	P.T.M.	19 /02/2023 (Saturday)
Pre-Board – I (Class X & XII)	31/10/2022 to 09/11/2022	P.T.M.	20/11/2022 (Saturday)
Pre-Board – II (Class X & XII)	31/03/2023 to 17/04/2023	P.T.M.	18/01/2022 (only X & XII)
Final Exam	To be announced according to Board Exam 2023		

### Examination Schedule for the academic session 2022-23

S.N.	EXAMS	DAY & DATE-1	DAY & DATE-2	ELIGIBLE CLASSES
01	SOF IGKO (International General Knowledge Olympiad)	15-09-2022	11-10-2022	1 <sup>st</sup> to 10 <sup>th</sup>
02	SOF IEO (International English Olympiad)	22-09-2022	14-10-2022	1 <sup>st</sup> to 12 <sup>th</sup>
03	SOF NSO (National Science Olympiad)	18-10-2022	03-11-2022	1 <sup>st</sup> to 12 <sup>th</sup>
04	SOF IMO (International Mathematics Olympiad)	10-11-2022	22-11-2022	1 <sup>st</sup> to 12 <sup>th</sup>
05	SOF NCO (National Cyber Olympiad)	24-11-2022	20-12-2022	1 <sup>st</sup> to 10 <sup>th</sup>
06	SOF ICO (International Commerce Olympiad)	22-12-2022	24-01-2023	11 <sup>th</sup> & 12 <sup>th</sup>

### Activities Duties House-wise

Month	House In charge	Month	House In charge
April 01-15	Blue House	October 01-15	Red House
April 16-30	Green House	October 16-31	Yellow House
May 01-15	Red House	November 01-15	Blue House
May 16-31	Yellow House	November 16-30	Green House
July 01-15	Blue House	December 01-15	Red House
July 16-31	Green House	December 16-31	Yellow House
August 01-15	Red House	January 01-15	Blue House
August 16-31	Yellow House	January 16-31	Green House
September 01-15	Blue House	February 01-15	Red House
September 16-30	Green House	February 16-28	Yellow House

### Class I-VIII Celebration-House wise

Month	Assembly Special	Blue House	Green House	Red House	Yellow House
April/May	Investiture ceremony (IX-XII)	Earth Day -	Mother's Day		
August		Independence Day-		Raksha Bandhan	Janamashtami
September			Teacher's Day		
October				Gandhi Jayanti	Dussehra
November	Children's Day - only Teachers	Guru Nanak Jayanti-			
December			Christmas Day		
January				Republic Day	
February					Basant Panchami

## Classes I & II (Activities)

Month	Subject Interaction	Activity Name	Competition
April	English/Hindi / EVS	<b>DEAR (Drop Everything And Read)</b> <b>Pollution</b> (Spread solution not pollution) <ul style="list-style-type: none"> <li>• What is Pollution</li> <li>• Types of Pollution</li> <li>• Causes and effects of pollution</li> </ul>	Poem Recitation Competition
May	English / Art/ Craft	Happy Earth Vs Sad Earth <ul style="list-style-type: none"> <li>❖ <i>Verbal Presentation with poster</i></li> <li>❖ <i>Vacobometer (Phonic and Sight Spell Check)</i></li> </ul>	Show and tell Poster making
July	EVS / English/ Hindi /Maths	<b>DEAR (Drop Everything And Read)</b> <b>Air Pollution</b> (Go Green to Breath Clean) <ul style="list-style-type: none"> <li>• Causes of air pollution</li> <li>• Effect of air pollution</li> <li>• Ways to reduce air pollution</li> <li>❖ <i>Decorate a small earthern pot and plant a sapling</i></li> </ul>	Quiz Competition
August	English / Hindi/ Maths / EVS	<b>DEAR (Drop Everything And Read)</b> <b>Water Pollution</b> <ul style="list-style-type: none"> <li>• What is water pollution?</li> <li>• Causes and effects of water pollution.</li> <li>• Ways to control water pollution.</li> <li>❖ <i>Do's and don'ts of water pollution</i></li> </ul>	Show and tell
October + November	EVS / Hindi/ Art & Craft / Maths	<b>DEAR (Drop Everything And Read)</b> <b>Land Pollution</b> <ul style="list-style-type: none"> <li>• What is land pollution?</li> <li>• Causes and effect of land pollution.</li> <li>• Plastic is not fantastic.</li> <li>• Reduce Reuse and Recycle.</li> <li>• Ways to control Land Pollution.</li> <li>❖ <i>Waste segregation in different colour dustbin.</i></li> <li>❖ <i>New creation with waste material.</i></li> </ul>	Show and tell  Poster making
December + January	English / Hindi EVS / Music	<b>DEAR (Drop Everything And Read)</b> <b>Noise Pollution</b> <ul style="list-style-type: none"> <li>• What is noise pollution</li> <li>• Sources of noise pollution</li> <li>• Impact of noise pollution on health</li> <li>• Make a list of pleasant and unpleasant sound from your surrounding areas.</li> <li>• Pleasant and unpleasant sound of musical instruments</li> <li>❖ <i>No horn areas of your city</i></li> </ul>	Reading Competition  Roll Play

## Classes III to V (Activities)

Month	Subject Interaction	Activity Name	Competition
April + May	English/Hindi / Science / Art & Craft / S.Sci	<b>DEAR (Drop Everything And Read)</b> <b>Pollution</b> (Spread solution not pollution) <ul style="list-style-type: none"> <li>• What is Pollution</li> <li>• Types of Pollution</li> <li>• Causes and effects of pollution.</li> <li>• Ways to control Pollution.</li> </ul> Happy Earth VS Sad Earth conservation of Nature ❖ <i>Tree Plantation</i>	Poster and Slogan Competition
July	English/Hindi/ Math/ Science/ Computer	<b>DEAR (Drop Everything And Read)</b> <b>Air Pollution</b> (Go Green to Breath Clean) <ul style="list-style-type: none"> <li>• Causes and impact of air pollution</li> <li>• Ways to reduce air pollution</li> <li>• Indoor and Outdoor pollutant</li> <li>• Diseases caused by air pollution</li> <li>• Effect on Ozone layer</li> <li>• Composition of air</li> </ul> ❖ <i>Recognize angles in different types of yoga postures</i> ❖ <i>AQI of your city (Data from July to Dec 2022)</i> ❖ <i>How to form Smog</i>	Essay writing Competition
August	Science / Hindi Maths / Comp/ S.Sci.	<b>DEAR (Drop Everything And Read)</b> <b>Water Pollution</b> (Count Every Drop of Water) <ul style="list-style-type: none"> <li>• Causes and impact of water pollution</li> <li>• Way to control</li> </ul> <b>Do's and Don'ts</b> <ul style="list-style-type: none"> <li>• Tips of Water saving</li> <li>• Effects of water pollution on aquate animal.</li> <li>• Water scarcity.</li> </ul> ❖ <i>Under ground water level of your city</i> ❖ <i>Water harvesting.</i>	Show and tell From news paper cutting
October + November	Science / Eng/ Hindi / Art & Craft / S.Sci./ Math/ Comp	<b>DEAR (Drop Everything And Read)</b> <b>Land Pollution</b> (Plastic is not fantastic) <ul style="list-style-type: none"> <li>• What is land pollution?</li> <li>• Causes and impact.</li> <li>• Reduce Reuse and Recycle.</li> <li>• Ways to control Land Pollution.</li> <li>• Solid Waste</li> <li>• Importance of organic farming.</li> </ul> ❖ <i>Extinct and endangered plant and animal</i>	Quiz competition
December	S.Sci. / Science/ Hindi / Maths	<b>DEAR (Drop Everything And Read)</b> <b>Noise Pollution</b> <ul style="list-style-type: none"> <li>• What is noise pollution?</li> <li>• It Sources and Impact</li> <li>• Ways to control</li> <li>• Types of noise pollution</li> </ul> ❖ <i>Outdoor and indoor sound levels</i> ❖ <i>Decibel scale of Noise Pollution.</i>	Essay Competition
January	Eng / Hindi / Science / S.Sci	❖ <i>Environmental superheroes create their identity card</i> ❖ <i>Global Warming Natural Disasters due to Pollution Condition of environment at present, before 50 years and after 50 years.</i> ❖ <i>Short skit on pollution awareness.</i>	Play Competition

## Classes VI to VIII (Activities)

Month	Subject Interaction	Activity Name	Competition
April	English/Hindi / Science / S.Sci/ Computer	<b>DEAR (Drop Everything And Read)</b> <b>Pollution</b> (Spread solution not pollution) <ul style="list-style-type: none"> <li>Beware of pollution, work on solutions</li> <li>What is pollution</li> <li>Types of pollution</li> <li>Major causes and impacts of pollution.</li> <li>Ways to control pollution</li> </ul> <i>❖ Picture composition on "Pollution"</i>	PPT Competition
May	English / Hindi	Happy Earth Vs Sad Earth <b>Group Discussion</b>	
July	English/Hindi/ Math/ Science/ SSt.	<b>DEAR(Drop Everything And Read)</b> <b>Air Pollution</b> (Go Green to Breath Clean) <ul style="list-style-type: none"> <li>Major causes and impacts of air pollution.</li> <li>Ways to reduce air pollution</li> <li>Indoor and Outdoor pollutant</li> <li>Greenhouse gas emissions</li> <li>Effects of Acid rain on Taj Mahal</li> <li>Diseases caused by air pollution</li> <li>Formation of smog and its impacts</li> <li>Ways to reduce smog.</li> </ul> <i>❖ Collect the AQI data of 5 metro cities from July to December and present it through pie and bar graph.</i> <i>❖ Top 5 Carbon emission countries of current year.</i> <i>❖ Write an article on 'Climate Summit'.</i>	Article writing competition On 'Climate Summit'
August	Science / S.Sci./ Maths	<b>DEAR(Drop Everything And Read)</b> <b>Water Pollution</b> <ul style="list-style-type: none"> <li>Major Causes and impact of water pollution</li> <li>Way to control water pollution</li> <li>Effects of water pollution on aquatic wildlife.</li> <li>Rain water harvesting</li> </ul> <i>❖ Make a model of Rain water harvesting</i> <i>❖ Solve Crossword Puzzle</i> <i>❖ Collect data of Underground water level of different areas of your city on pie or bar graph.</i>	Essay Competition
October	Science / Eng/ Art & Craft / S,Sci.	<b>DEAR(Drop Everything And Read)</b> <b>Land Pollution</b> <ul style="list-style-type: none"> <li>Causes and impacts of Land Pollution.</li> <li>Ways to prevent Land Pollution.</li> <li>3'R's - Reduce, Reuse, Recycle</li> <li>Solid waste Biodegradable / Non Biodegradable</li> </ul> <i>❖ Make a list of Eco Friendly products.</i>	Poster Competition 'Waste Segregation'
November	S.Sci. / Science/ English /Music	<b>DEAR(Drop Everything And Read)</b> <b>Noise Pollution</b> <ul style="list-style-type: none"> <li>What is noise pollution</li> <li>Causes and Impacts of noise pollution.</li> <li>Ways to control noise pollution.</li> </ul> <i>❖ Make a chart of permissible noise level standards of different zones in the day and night time of India.</i> <i>❖ Find out the ideas to make homes and offices sound proof.</i> <i>❖ Write noise levels of musical instruments in decibel.</i>	Story Narration Competition

December	English/Computer/ Science/ S.Sci/ Maths/hindi	<b>DEAR (Drop Everything And Read)</b> <b>Electronic Waste Pollution</b> <ul style="list-style-type: none"> <li>• What is E-Waste?</li> <li>• Sources of E-Waste</li> <li>• Effects of E-Waste on environment and on human body.</li> <li>• Methods of disposal of E-Waste</li> </ul> <ul style="list-style-type: none"> <li>❖ <i>Make a PPT on E-Waste management in India.</i></li> <li>❖ <i>Write an article on E-Waste Management in Hindi.</i></li> </ul>	Debate Competition
January & February	Eng / Hindi / Science / S.Sci/ Maths	<b>DEAR (Drop Everything And Read)</b> <b>Space Pollution</b> <ul style="list-style-type: none"> <li>• What is space pollution?</li> <li>• Causes and effects of space pollution.</li> <li>• Facts about Space Junk Solutions.</li> </ul> <ul style="list-style-type: none"> <li>❖ <i>Make a list of reentering space debris.</i></li> <li>❖ <i>Make a poster of space pollution.</i></li> </ul>	Quiz Competition

### Activity Planner- IX

	Subject Integration	Activity
Term - I	Science	<b>Intra Class Activity</b> (Declamation topic Air Pollution) 1. Intra Class Activity (Declamation topic Air Pollution) What is Pollution 2. Sources of air pollution, 3. How pollution is affecting our internal & Outernal organs, 4. What measures we can take to protect our body.
	English	"Pollution is one of the greatest challenges the world is facing" today. Justify the statement by 3 min speech.
	Social Science	" <b>Say no to Plastic</b> " - to reduce pollution and save environment. "Disaster Management" - Natural and Man-made disaster, Increasing Industrialization and urbanization leads to river Pollution "Consumer awareness" - In today's era consumer is a king
	Hindi	<u>औद्योगीकरण एवं परिवहन से पर्यावरण किस प्रकार प्रदूषित होने से बचा सकते हैं।</u>
	Computer	Look the smart product of example smart lock -- check product website and make document. How this product advertises and explain how this product uses computer and become a smart product.
	Maths	Draw the bar graph of air pollution of 5 major cities of India in the month of Jan 2022 –Aug 2022.
	English / Hindi/ Sci/ S.Sci	<b>Inter Class Competition-Final</b> (Selected Students with Participate)
	All Subjects	CBSE Activities
Term - II	Science	<b>Interclass Quiz activity on pollution</b> - Pollution (Air, Water, Land, Noise Pollution) Interclass Quiz Competition (Selected students of Infraclass) Debate for against the usage of horns in vehicles taking noise pollution into consideration.
	English	Poetry writing competition of pollution awareness.
	Social Science	Increasing "Water Pollution" through industrial agreements, Oil spill and Human disposal. Collect the information about the flora and jarna of your region and how to protect them "Garbage Pollution" and "Waste management" "Social Issues" - Faced by the people living in India.
	Hindi	<u>पर्यावरण सुरक्षा पर विज्ञापन लिखिए या पृथ्वी की रक्षा हेतु पर्यावरण की सुरक्षा पर रचनात्मक लेख।</u>
	Computer	Give presentation of above topics.
	English	Role play the members of Parliament and discuss on the issue of pollution
	English/Hindi/Sci. /S.Sci	<b>Interclass Quiz activity on pollution</b> - Pollution (Air, Water, Land, Noise Pollution) Interclass Quiz Competition (Selected students of Infraclass) Debate for against the usage of horns in vehicles taking noise pollution into consideration.
	All Subjects	CBSE Activities

## Activity Planner – X

	Subject Integration	Activity
Term - I	Maths	Draw the pie chart of water pollution of 5 major rivers of India in 2021
	Hindi	औद्योगिकरण एवं परिवहन से पर्यावरण किस प्रकार प्रदूषित होने से बचा सकते हैं।
	English	News reporter on political parties and metor speaching as a motivational speaking.
	Science	Electrolysis of Water How photolysis of water help us to control the Air pollution
	Computer	Make a poster in word on topic - Various factors that influence our environment.
	S. Science	"Say no to Plastic" - to reduce pollution and save environment. "Disaster Management" - Natural and Man-made disaster. Increasing Industrialization and urbanization leads to river Pollution. "Consumer awareness" - In today's era consumer is a king "Say no to Plastic" - to reduce pollution and save environment.
	All Subjects	CBSE Activities
Term - II	Maths	Draw the Histogram of Six major cause of air pollution in India.
	Hindi	पर्यावरण सुरक्षा पर विज्ञापन लिखिए या पृथ्वी की रक्षा हेतु पर्यावरण की सुरक्षा पर रचनात्मक लेख।
	English	Debate on the factors affecting our atmosphere and solutions for the same.
	Science	Speak about one indoor air purifying plant and place few potted purifying plants in your class with collective effort. Physical properties of water
	Computer	Prepare an interesting presentation on the topic - 'Factors effecting Human growth because of Pollution'
	S. Science	Collect the information about the flora and jarna of your region and how to protect them. "Garbage Pollution" and "Waste management" "Social Issues" - Faced by the people living in India. Increasing "Water Pollution" through industrial agreements, Oil spill and Human disposal.
	All Subjects	CBSE Activities

## Sports Activities for Class I to V

Month	Class	Activity
April	I	Breathing Exercise (Only inhale & exhale )
	II	Breathing Exercise (Only inhale & exhale )
	III	Breathing Exercise (Anulom Vilom)
	IV	Pranayam
	V	Parnayam
May	I	P.T – Counting 1 to 8 with hands (Up & down)
	II	P.T – Counting 1 to 12 with hands (Up & down)
	III	P.T – Counting up to 16 with hands (Up & down)
	IV	P.T. up to 20
	V	PT up to counting 30
July	I	Surya Namaskar with demo
	II	Surya Namaskar (4 times)
	III	Surya Namaskar (6 to 8 times)
	IV	Surya namaskar (10 times)
	V	Surya namaskar (15 times)
August	I	Yoga – Tadasana (Palm tree pose) with benefit of each pose
	II	Yoga – Bhastrika increases oxygen supply Bhramri – improves concentration.
	III	Yoga – Vrikshasana, Sukhasana, Padmasana
	IV	Yoga – Tadasan (Palm tree pose), Dhanusasan (Bow pose) Gaumukhasan, Chakrasan
	V	Yoga – Tadasana (Palm tree pose), Trikonsana (Triangle pose), Bhusangasana (Cobra pose), Dhanurasana (Bow pose)
September	I	Ball holding Exercise (Ball holding while walking)
	II	Fun bouncy ball exercises, Zig-Zag
	III	Ball PT exercise, Balancing of ball, PTwith ball (4 steps), Ball games Zig-Zag with cone
	IV	Ball PT Exercises, Balancing or Holding ball while running Zig-Zag
	V	Ball PT, Exercise, Balancing of ball, PT with ball, 8 steps ball games, zig-zag with cone.
October to December	I	Aerobic exercises with Music & without Music
	II	Aerobic Exercises with Music & without Music
	III	Aerobic Exercises with Music & without Music
	IV	Aerobic Exercises with Music & without Music
	V	Aerobic Exercises with Music & without Music
January & February	I	Meditation – Basic Level
	II	Meditation – Basic Level
	III	Meditation – Basic Level
	IV	Meditation – Basic Level
	V	Meditation – Basic Level

## Sports Activities

### Only Saturday- Inter House Activities

Month	Class	Sports	Competition
April	VI - VIII	Kho-Kho (Boys & Girls) Karate (Boys & Girls) Athletes (Boys & Girls)	Inter Class Wise
May	VI - VIII	Kho-Kho (Boys & Girls) Karate (Boys & Girls) Athletes (Boys & Girls)	Competition
July	VI - VIII	Table Tennis (Boys & Girls) Carrrom (Boys & Girls) Ludo (Boys & Girls) Chess (Boys & Girls)	Inter Class Wise
August	VI - VIII	Table Tennis (Boys & Girls) Carrrom (Boys & Girls) Ludo (Boys & Girls) Chess (Boys & Girls)	Competition
October	VI - VIII	Drill (Boys & Girls) P.T. (Boys & Girls) Parade (Boys & Girls)	Inter Class Wise
November	VI - VIII	Drill (Boys & Girls) P.T. (Boys & Girls) Parade (Boys & Girls)	Competition
December	VI - VIII	Kabaddi (Boys & Girls) Badminton (Boys & Girls) Vollyball (Boys & Girls)	Inter Class Wise
January & February	VI - VIII	Badminton (Boys & Girls) Vollyball (Boys & Girls)	Competition

### Sports Activities for Class IX to XII

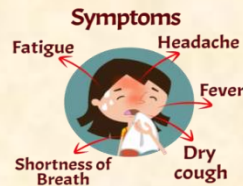
Month	Class	Sports
April	IX to XII	Fitness trainings (daily basis) and field games
May	IX to XII	Drill & Yoga - Field games practice like volleyball and kabaddi and badminton
July	IX to XII	Field event (Inter house Competition)
August	IX to XII	Fitness training & Drill Parade (15 Aug)
Sep-Oct	IX to XII	Athletics games & fitness test CBSE
Nov- Dec	IX to XII	Athletics games & fitness test CBSE
Jan-Feb	IX to XII	Athletics games & fitness test CBSE



*We value the environment, both natural and shaped by humanity, as the basis of life and a source of wonder and inspiration. On the basis of these values, we should:*

- *accept our responsibility to maintain a sustainable environment for future generations,*
- *understand the place of human beings within nature,*
- *understand our responsibilities for other species,*
- *ensure that development can be justified,*
- *preserve balance and diversity in nature wherever possible,*
- *preserve areas of beauty and interest for future generations,*
- *Repair, wherever possible, habitats damaged by human development and other mean.*





# Be Safe



## School Re-Opening Guidelines-

We would like to request parents to follow a few guidelines –The generic preventive measures include simple public health measures that are to be followed to reduce the risk of COVID-19/any other diseases after reopening of school. These measures need to be observed by all (teachers, employees and students) in these places at all times.

These Include:

- If your ward is suffering from a cold, cough, fever or other flu like symptoms, please do not send the child to school unless fully recovered. Please consult a doctor immediately.
- Wash your hands frequently with soap and water (for at least 40-60seconds) / use a sanitizer. We shall have this done in school too.
- Teach children personal hygiene like covering mouth and nose with tissue while sneezing and coughing.
- Avoid shaking hands and hugging people.
- Maintain a distance of at least 3 ft from people who have a cough or cold.
- Drink water frequently. Keep yourself hydrated. Use a face mask and gloves if needed.
- Do at least three long breathing sets every morning. Take a deep breath, hold for 10 seconds and exhale slowly.
- Avoid going any crowded area like mall, fair etc. until its emergency.
- Lastly strengthen immunity system to fight any disease.
- Use of face covers/masks to be made mandatory.
- Respiratory etiquettes to be strictly followed. This involves strict practice of covering one's mouth and nose while coughing/sneezing with a tissue/handkerchief/flexed elbow and disposing off used tissues properly.
- Self-monitoring of health by all and reporting any illness at the earliest.
- Spitting shall be strictly prohibited.
- Installation & use of Aarogya Setu App may be advised wherever feasible.

Let us all stay healthy and help others stay healthy too!!!

With Regards

Principal

Noida International Public School