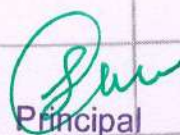


# EAT HEALTHY THINK HEALTHY BE HEALTHY

Dear Parents

To include the habit of eating all types of vegetables and to know about its nutritions values. We request you to kindly send the tiffin as per the given menu on every Friday.

Date	Nutritions food days	Signature of Parents	Signature of Teacher
25th April	Vegetable Pulao		
3rd May	Bean Dish		
6th May	Brinjal		
17th May	Party Tiffin		
20th May	Poha		
27th May	Sandwich		
1st July	Stuff Parantha		
8th July	Lady Finger		
15th July	Kidney Beans (Rajmah)		
26th July	Lady Finger		
29th July	Poori Aaloo		
5th August	Bread Pakora (different shapes)		
20th August	Chick peas (white chana) with Kulcha		
21st August	Sprout Salad/Vegetable		
29th August	Party Tiffin		
5th September	Coconut		
9th September	Fresh Bananas (2)		
19th September	Yellow Dish/ Rice		
26th September	Fresh Vegetable Sandwich		

  
Principal

Nav Jyoti Sr. Sec. School  
LAKRIA (Jhajjar)



## HOW TO USE THIS ALMANAC

Each page can be used by parents, teachers or students.

1. **Parents** - To Communicate with the teacher or Principal. Please use a new fresh page for one day's comments.
2. **Teachers or Principal** - To Communicate with the parents, teachers should encircle applicable complaints as per the following abbreviations.

### Dear Parents -

L	: Late coming
A	: Absent without application
IU	: Improper Uniform
IB	: Incomplete Bag
HWND	: Home work not done

Almanac must be checked daily by Parents. They must take remedial steps after they come to know of any deficiency in their ward's performance.

**Students** - To write Home Work, Please use a new fresh space daily and always p date first. Use subject abbreviations as follows.

Eng.	English	R.C.	Reading Comprehension
Hin.	Hindi	G.K.	General Knowledge
San.	Sanskrit	Phy.	Physics
Fr	French	Chem.	Chemistry
Gr	Grammar	Bio.	Biology
Maths	Mathematics	His.	History
Sc.	Science	Civ.	Civics
S.S.	Social Studies	Geo.	Geography
Comp.	Computer	P.P.T.	Principal's Promotional Test

  
Principal



# SPORTS CALENDER

## 1. Inter-House Race Competition (Boys/Girls)

24.04.2025  
25.04.2025

III, IV, V, VI  
VII, VIII, IX, X, XI, XII

## 2. Inter-House Long Jump and High Jump

28.08.2025  
29.08.2025

V, VI, VII, VIII  
IX, X, XI, XII

## 3. Inter-House Throws Competition

16.10.2025  
  
17.10.2025  
  
18.10.2025

(i) Him. vs Ara.  
(ii) Shiv. vs Vindh.  
(i) Ara. vs Shiv.  
(ii) Him. vs Vindh.  
Final Heat

## 4. Inter-House Cricket Matches

28.11.2025  
02.12.2025  
04.12.2025  
05.12.2025  
06.12.2025

(i) Him. vs Ara.  
(ii) Shiv. vs Vindh.  
(i) Him. vs Vindh.  
(ii) Ara. vs Shiv.  
Inter-House Play 1. Jr. Final 2 Sr. Final

## 5. Inter-House Kho-Kho Matches

18.12.2025  
  
19.12.2025  
  
20.12.2025


(i) Him. vs Ara.  
(ii) Shiv. vs Vindh.  
(i) Him. vs Vindh.  
(ii) Ara. vs Shiv.  
(i) Junior Final  
(ii) Senior Final

## 6. Inter-Class Volley Ball Competition (Boys)

10.02.2026  
10.02.2026

(i) IX vs X (ii) XI vs XII  
(ii) Winners vs. Winners

Games of Mont-I, Mont-II, 1st Class and Second Class will be held on same date

  
Principal  
Nav Jyoti Sr. Sec. School  
LAKRIA (Jhajjar)



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Nav Jyoti Sr. Sec. School  
LAKRIA (Jhajjar)



# ACTIVITY SCHEDULE

## For Montessori Classes

Mont - I : LKG Classes

Mont - II : UKG Classes

S.No.	Activity / Competition	Mont-I (LKG)	Mont-II (UKG)
1.	Colouring Competition	18.07.2025	18.07.2025
2.	Hindi Recitation Competition	25.07.2025	25.07.2025
3.	English Recitation Competition	18.08.2025	18.08.2025
4.	Drawing Competition	22.08.2025	22.08.2025
5.	Hindi Story Telling Competition	08.09.2025	08.09.2025
6.	English Story Telling Competition	27.09.2025	27.09.2025
7.	Best out of Waste Activity	14.10.2025	15.10.2025
8.	Fancy Dress Show	25.10.2025	25.10.2025
9.	Hindi Writing Competition	15.11.2025	15.11.2025
10.	English Writing Competition	28.11.2025	29.11.2025
11.	Dance Competition	05.12.2025	06.12.2025
12.	Games	19.12.2025	20.12.2025
13.	G.K. Quiz	16.01.2026	16.01.2026