



School No.: 40058

Affiliation No.: 520004

MOTILAL NEHRU SCHOOL OF SPORTS

RAI-131029 DISTRICT SONIPAT (HARYANA)

- Winner of International School Award (2008-2011, 2012-2015 and 2016-18)
- No. 1 Ranked Boarding School in “Education World India School Rankings” in “Sports Education” – consistently from 2011 and ‘Haryana No. 1 Boarding school consistently from 2013 to 2021 and Ranked India’s No. 3 amongst Govt Residential School in 2021.
- Winner of “Green School Certificate-2017-18, 2018-19 and No. 1 School in “Change Maker Category” by Centre for Science and Environment (CSE)
- Affiliated to the Central Board of Secondary Education (CBSE) & Member of the Indian Public Schools’ Conference (IPSC), National Progressive Schools’ Conference (NPSC) and Member of International Award for Young People (IAYP).

PROSPECTUS

SESSION 2024–2025

Please read the instructions in School Prospectus carefully before filling the form. Failure to comply with instructions will result in the rejection of the Application Form.

TELEPHONE

OFFICE:

Principal & Director

0130-2366501

Admn. Officer (Bursar)

0130-2366201, 130-2366502

Helpdesk

0130-2366271

OFFICE TIMINGS

9.00 am. to 4.00 p.m.

Monday to Friday

9.00 a.m. to 2:00 p.m.

Saturday

Website: www.mnssrai.com

Price : 2000/- at School website

E-mail: mnssrai@rediffmail.com

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Note:

- (i) In case of any dispute the jurisdiction of court will be Sonipat only.

Introduction

The Motilal Nehru School of Sports, Rai was founded in July, 1973 by the Government of Haryana with the prime objective to provide excellent educational facilities with extra emphasis on sports to deserving students. The School is organized on the Public School pattern. It is fully residential and co-educational. The School is a member of the Indian Public Schools' Conference and National Progressive Schools' Conference. It is also a member of International Award for Young People (IAYP). **The School is the winner of International School Award (2008-2011, 2012-2015 & 2016-18). The School has been ranked as No. 1 Boarding School in 'Education World India School Rankings' in "Sports Education" in 2011, 2012, 2013, 2014, 2015, 2016 & 2017 and No. 1 School in Haryana in 2013. 2014, 2015, 2016, 2017 & 2018 and ranked India's no. 3 amongst Government Residential Schools. It is also the winner of Green School Award from 2011 consistently and No. 1 school in "Change Maker Category" by Centre for Science and Environment (CSE).** The School is affiliated to the Central Board of Secondary Education for the Secondary (Class X) and Senior Secondary (Class XII) Examination. Our endeavour is to help and guide the students in their vigorous pursuit of excellence in academics and sports.

The administration of the School is vested in an Administrative Body for the School constituted by the Government of Haryana. The expenditure on academics and sports is heavily subsidised by the state government.

Location

The School is located at Rai, district Sonapat. Rai is popularly known as "Beeswan Meel" and is about 37 kms north of Delhi on the Sher Shah Suri Marg (N.H. No.1). There is frequent bus service from Delhi's Maharana Pratap Inter State Bus Terminus, Kashmiri Gate to Rai "Beeswan Meel." Buses coming from Chandigarh and Punjab will drop passengers on request at Beeswan Meel. The nearest town (District Headquarter) and Railway Station are at Sonapat, about 13

kms from the School. The nearest airport is at Palam (Delhi).

Campus

Spread over about 250 acres of verdant splendour, the magnificent campus covers the school building, academic and administrative blocks, hostels, residential accommodation for staff, Auditorium, Athletics Stadium, Swimming pool, Gymnasium, Tennis Courts, Basketball and Volleyball Courts, Equestrian lines, Football and Astro turf Hockey fields, Squash Court, School Infirmary and miles of boulevards skirted by majestic avenues, a Multipurpose Hall, 10m Indoor Rifle Shooting Range, a Cricket Pavilion & a Sewage Treatment Plant (STP).

The School buildings are specially designed and are sheer architectural beauties. Our sports and games infrastructure is most modern and one of the best in the country. Our campus is a perfect setting and an ideal environment for intellectual, aesthetic and physical development of the chosen few who are fortunate to get admission in our school.

Our Motto

The School motto is enshrined in the Sanskrit expression “उच्चो भव” meaning “Rise High”. Thus all our efforts are directed to help our students to forge ahead providing them with the right opportunities and an ideal environment for harmonious development of the personality. We endeavour to instil in the students a sense of responsibility and initiative to become useful members of the society so that they can competently play their important roles in the nation building process.

Staff

The academic and administrative head of the School is the Principal & Director. The P&D is assisted by the Vice-Principal, Headmistress

and Administrative Officer (Bursar). The teaching staff consists of fully qualified and trained teachers with the necessary attributes and aptitude to work in a residential school.

Our coaches are drawn from two sources:- our own establishment and Sports Authority of India. Each one of them, besides being a good sportsperson is a virtual expert in his/ her discipline. The coaching they impart in various sports and games is modern and scientific.

School Activities

The School activities or curriculum is broadly covered under three heads, viz. Academic or Curricular, Sports and Games and Work Experience or Co-curricular.

ACADEMICS

Affiliations and Examination

The School is affiliated to the Central Board of Secondary Education, New Delhi and prepares the students for the All India Secondary Examination (Class X) and the Senior Secondary Certificate Examination (Class XII) following the 10+2 pattern of education. All streams are offered and thus the students can prepare themselves for courses in Humanities, Science, Medicine, Engineering, and Commerce and so on. The medium of instruction is English with adequate emphasis on the learning of Hindi as well.

Progress Reports and Promotions

A report on the performance of a student during the term is communicated to the parents at the end of each term through Progress Reports. These Reports contain a record of the student's progress and achievement in academics, general conduct and other co-curricular activities. Promotions are made as per regulations promulgated by CBSE.

Extra Coaching

Private tuition is prohibited. However, the School may arrange special coaching for students of classes X and XII during vacations on payment, if need arises. Special coaching for entrance examination in Medicine, Engineering, NDA, and other competitive exams etc. is also arranged.

Initiatives

Every student of the school keeps a folder with information of a country, state, district, Param Vir Chakra winner, Indian Olympian, Indian freedom fighter, current affairs etc.

Every student carries a card with a sholka of the Bhagwad Gita printed on it, which he/she has learnt. Students are encouraged to read books, with incentive of a foreign trip for the students who have read the maximum books.

Students also have access to a well-equipped e-source centre with 50 computes where students can do self study. This is in addition to the computer Labs where teaching is conducted. Coding classes for students is conducted by the staff collaboration of a US based agency.

Prizes

There is a liberal scheme of prizes by which a spirit of healthy competition is inculcated for achieving distinction in academics, sports and other co-curricular activities.

SPORTS AND GAMES

The School is fully equipped to train students in almost all disciplines in sports and games i.e. Athletics, Gymnastics, Swimming, Basketball, Hockey, Lawn Tennis, Boxing, Cricket, Football, Horse Riding , Volleyball , Rifle Shooting . The best possible facilities in terms of modern equipment, spacious playfields and expert coaching staff provide the students with every opportunity to excel in sports and games. Our coaching system also trains the students to develop the traits of leadership, team spirit, co-operation and sportsmanship.

Fencing, Taekwondo and Archery disciplines have been

introduced in the year 2018. 8 IPSC (Indian Public School Conference) tournaments were conducted in the school in 2022. Winning teams get direct entry in Nationals.

We have an Olympic-size Swimming pool, a modern Gymnasium, All 4 types of Tennis Courts, Rifle Shooting Range, two Squash Courts a multi gym and well equipped fields and facilities for all other major and minor games.

It is a great privilege for our school that our school has become the first in the country to have an AstroTurf for Hockey in the school campus. It is not only helping the budding Hockey players of the school but also of the state, who are able to use it to improve their skills in the game considerably and contribute to the growth of the game at state and national level. It is our endeavour that this school of the state of Haryana will be able to prepare maximum number of players for the national team and help the country to bring back its past glory.

Every student is expected to gain proficiency in at least one game by the end of the Secondary School Examination. Apart from his/her own game, students are encouraged to play other games like tennis, basketball and learn swimming and horse-riding.

School programme for sports development nurtures the child with Basic Foundation Course at junior wing. On induction student is introduced to Athletics, Gymnastics and Swimming disciplines and a certain benchmark is kept at successive stage to identify and develop motoability skills. Coaches identify the potential of student for sports specific and after there train the child to attain proficiency in at least one game.

Adequate coaching and practice is given both in the morning and evening sessions. The school teams in various sports are encouraged to participate in several State and National level tournaments. Inter-House tournaments are also held in every sports/ game. Special coaching camps are held to train those selected students who show encouraging potential in a sport/ game. Attendance is compulsory for students selected for these camps and defaulters are fined.

Performance/achievement in sports and games is regularly monitored and graded. There is a provision for weeding out a student,

who does not achieve the minimum acceptable grade, is weeded out from the school.

WORK EXPERIENCE & CO-CURRICULAR ACTIVITIES

Education is incomplete till the students attain values such as dignity of labour, love for fellow human beings, affinity for group activities and selfless help of the needy. These basic character traits are inculcated by a variety of Work Experience and Co-curricular activities. We offer a wide variety of such activities so that every student has a free choice of an activity which he/she likes and for which he/she has an aptitude. Thus the following activities are offered:

Calligraphy, Flower-making, Wood/Metal Work, Photography, Electronics, Industrial Chemistry, Fine/ Commercial Arts, Papier Mache, Book-Binding, Library Service, Clay Modeling, Web Designing, Astronomy and so on. Students are encouraged to participate actively in dramatics, group singing, poetry recitation/writing, journalism, debates and nature study. The work done by the students is regularly evaluated and this assessment in terms of grades is entered in the student's record.

National Cadets Corps (NCC)

Army, & Air Force Wings of NCC for both JD, JW and SD, SW are available in the school. The school offers 374 seats in NCC, which is the highest number in any institution of the country.

Remount Veterinary (RV) (Senior Division/Senior Wing) NCC is also available in the school.

The House System

The School is grouped under four Houses, namely: Indra, Soma, Surya and Varuna. Each House is directly under the charge of a House Master/Mistress and House Tutors. The House Master/Mistress acts as the local guardian of the child in his/her House.

True to its Public School nature, the School accepts the importance of the prefectorial system. Thus the School Captains (Boys & Girls) House Captains, Senior and Junior House prefects

actively assist the House Master / Mistress in the efficient running of the House. The House appointments are expected to oversee and carry out the routine administration in the House. The School considers all prefects as important functionaries in the Houses.

All School competitions in every discipline are organised as Inter-House activities. This brings in the spirit of healthy competition, so vital to spot talent and excellence. There are individual and team trophies for every such competition.

Leave

Leave of absence to a student will be granted only:

- a) In case of serious illness or death of a near relative.
- b) for the marriage of a real brother/sister, a maximum of two days leave, excluding the journey period will be granted. No request should be made for leave to attend the marriage of any other relative or other religious, social or family functions.
- c) In case of any sickness, medical fitness certificates from the Medical Officer of a Govt. Hospital upto 4 days of Medical Leave and countersigned by the Civil Surgeon for the medical leave for a period of more than 4 days will be essential to avoid fine and adverse endorsement in the personal record of the student. (NO MEDICAL FITNESS CERTIFICATE FROM ANY PRIVATE PRACTITIONER WILL BE ENTERTAINED.)

Facilities for Students

The School has excellent facilities aimed at improving the quality of his/her life while at School with us.

School Infirmary

The School has a 32 bed hospital with two Resident Medical Officers assisted by a fully qualified medical staff like Pharmacist, Nurses, Lab. Technician, Ward Attendants, etc. School is in process of developing a sports injury rehabilitation centre. All cases of serious illness are immediately reported to the parents. Minor illnesses are taken care of in the infirmary itself. A record of the student's general health is maintained in the infirmary. If the Resident Medical Officer or the Principal & Director feels that a sick child needs the attention of the specialists, he/she is referred to the General Hospital in Sonipat

or Pt. Bhagwat Dayal Sharma P.G.I. Medical Science at Rohtak. In such cases the care and entire cost of the treatment will be borne by the parents/ guardian.

No medical bill will be reimbursed to the child if he/she gets injured inside or outside the school on any kind of tour, i.e. in any part of the country or abroad. Entire cost on the treatment will be borne by the parents / guardians only.

Auditorium

The School has an acoustically designed auditorium to seat about five hundred. Educational, Sports and Feature films are regularly screened here. The stage is also used for cultural and academic activities. The School has an Open Air Theatre (OAT) having a capacity of 1000 persons.

Library and Laboratories

The imposing Science Block houses spacious and modern laboratories for Physics, Chemistry and Biology besides the Craft Workshop. The School Library, perhaps the most attractive building in the campus, is well stocked with almost 40,000 books, properly catalogued and meticulously maintained. It has reading rooms and stack rooms. The library also houses an e-source centre with 8 computers and printers so that students can use them to supplement their studies. The e-source centre is at present being expanded with 30 additional computers and work stations.

The School has also got departmental libraries in Home Science, Computers & Fine Arts. The classes are also taught through Computer Aided Instructional Systems (CAIS), Projectors & Over Head Projectors (OHPs) and English Language Laboratory.

School Transport

The School transport fleet consists of a Staff Car, three mini buses, a Tata Sumo and an Ambulance. These are made available to the students for travel, for sports engagements, excursions and medical check-up of the students.

Excursions

The School organises hiking/trekking expeditions, excursions

and picnics. Our aim is to bring the students closer to nature in her infinite variety and moods.

The Govt./School will not be liable for any damage/charges/compensation on account of injuries/mis-happening, fatal or otherwise, which may be sustained by the student at any time during his/her stay in the school and/or while taking part in sports, extra-curricular or excursions/ educational tours or any other of the activities in school or abnormal behaviour or his/ her contracting any illness/disease within or outside the school premises. All expenses that may be incurred on the treatment of such injuries/mis-happenings will be borne by the parents and responsibility for care of the child during his/her treatment outside School premises will also be that of the parents.

General Risk & Responsibility

The students will be allowed to proceed home and detained to participate in any course/sports competitions/ excursions/ educational tours/debates/cultural programmes, etc. at the risk and responsibility of their parents in case they have submitted General Risk Certificate duly signed by them at the time of admission to this school and no compensation will be paid to the parents in case of accident/mis-happening and they will not hold the School or its staff wholly or partially responsible for the same.

The school will not be responsible if a student violates School rules/regulations and meets with an accident/ mishappening due to the same either within or outside the school campus.

Mess

The School has two well-furnished and fully equipped messes. All the students eat together in the same hall under the immediate supervision of the House Masters, Tutors and the Hostel Superintendent / Matrons. The food served is wholesome and well balanced as per requirements of the principles of diet.

Career Guidance and Counselling

The School provides expert career guidance and counselling to its students. This helps them in selecting careers in Medicine, Engineering, the Armed Forces, the Civil Services and so on. We also provide some coaching assistance for entrance examinations for

Medical and Engineering Colleges, Merchant Navy and NDA. Our endeavour is to provide maximum guidance and coaching to help our students choose a course of higher study/career of his/her own choice.

Admissions

There will be only one point of entry to the School which is **Class V**. Approximately **150** children will be admitted in Class V. Boys and Girls will be admitted in the ratio 1:1. **Number of seats to be filled as mentioned above can be increased/decreased at the convenience of the School/Government.**

OSP/LATERAL ENTRY ADMISSION

All the remaining vacant seats in other classes will be filled under Outstanding Sports Person (OSP) Category/Lateral Entry in class VI to IX and XI. The candidates should be medal winners in Khelo India, National School Games, Khelo Haryana etc. Motilal Nehru School of Sports, Rai will admit only on the basis of game specific test under OSP category. The admission will be restricted to only those sports disciplines that are available in school.

In case the application is not received by the due date i.e. 05.01.2024 (Friday), the same will be received with late fee of Rs.500/-upto the last date as fixed and advertised in the newspapers i.e. 12.01.2024 (Friday).

Eligibility Criteria for classes V and Outstanding Sports Person Category category in classes VI to IX, XI

Class	Age Group should be between	Date of birth should be between
V	09-11 years	01.04.2013 - 31.03.2015

In no case will this age restriction be relaxed.

Proof of Date of Birth

For proof of Date of Birth, only an extract/a certificate from the “Registrar Birth & Death” kept/issued by the Civil Authorities or Civil Surgeon or any other authority responsible for keeping the authentic record of births **will be accepted only if the birth has been registered within 2 years from the date of birth.**

The Date of Birth will be Considered for admission in other classes on the basis of age group of class V.

No request for change in personal details & DOB will be entertained at any stage later than filling of admission form. Candidature of such candidate will be rejected outrightly, even if selected

Medical Standards Required For Admission

All candidates considered for admission will have to be medically cleared by a Medical Board constituted for this purpose. Board may recommend any Medical Test for the verification of the age of the child & Physical Medical Fitness. Candidates with flat feet will be considered as medically unfit.

Reservation of Seats

Not less than 80% of the seats in class V are reserved for the children whose parents/guardians are residents of Haryana. Reservation of seats will be strictly in accordance with the Government orders.

Documents Required

The following documents are to be submitted by candidates on passing of PESAT and Written Test:

- (a) Certificate of proof of Date of Birth.
- (b) Recent Residence Certificate in the name of father / grand father of the child if parents have mentioned in the Application Form that they are residents of Haryana. *People of other states need not send this certificate. Residence certificate in the name of child is not acceptable.*
- (c) Any other certificate as per requirement of Application Form i.e. ESM/ EWS / SC / OBC (A) / OBC (B) / Certificate of adoption, Freedom Fighter etc.
- (d) In the case of children from Haryana the onus of submitting an **authentic proof of the date of birth of the candidate and a copy of the certificate of residence shall rest with the parent(s) and if at any stage it is proved that the statements made by the parents regarding candidate's date of birth and place of residence, school, class, domicile, category, etc, is wrong, the child shall be debarred from admission or discharged forthwith, if**

already admitted. Parents of all prospective candidates are, therefore forewarned about the implications of submitting false statements/certificates with a view to securing admissions for their wards.)

- (e) Photograph of the child should have been taken on or after 01.10.2023.

Entrance Test

General Admission to Class V (the Main Entry Point) is made on the basis of the following Tests

Physical Efficiency and Sports Aptitude Test (PESAT)

The Physical Efficiency and Sports Aptitude Test for class V will be conducted at Rai only in the following format:

- 800 M. run (min. sec)
- 30 meter flying Start
- S.B. Jump (cm)
- Medicine Ball Put upto 10 yrs 1 kg (above 10 yrs 2 kg meters)
- 6x10 m Shuttle Run (Sec.)
- Forward Bend & Reach (cm)
- S.V. Jump (cm.)

After the PESAT the candidates will be under taking the written test for the final selection.

**** There are seven tests in PESAT. It is mandatory for every candidate appearing in PESAT to clear all the seven tests in it, since any candidate who fails to clear even one of the seven tests will not be eligible for admission.***

Written Test For Class V

There will be a written test for all candidates i.e. who are studying in or have passed Class IV. The Written Test will have the following subjects (Papers):-

Subjects	Maximum Marks
(i) Hindi	} 100 (minimum qualifying marks 40% in each subject)
(ii) English	
(iii) Mathematics	
(iv) G.K.	

The general standard prevalent in class IV of any good school in the country particularly in the State of Haryana will form the basis of these tests. **Except in the Language papers, candidates will have the option to answer either in Hindi or English.**

Syllabus for the Written Test for Class V

The Course for the Written Test for admission to class V is based on the NCERT / Haryana Education Deptt. Syllabus of class IV.

Note: (i) The subjects of tests including languages and the style of question papers may be changed within limits of the prescribed syllabi.

Written Test for Class V and Lateral Entry in classes VI to VIII

- | | |
|-------------|------------|
| (i) English | (ii) Hindi |
| (iii) Maths | (iv) G.K. |

Written Test for Classes IX & XI for Lateral Entry will have the following subjects (Papers)

- | | |
|-------------|---------------------|
| (i) English | (ii) Science |
| (iii) Maths | (iv) Social Science |

The Syllabus for the test will be based on NCERT / Haryana Education Dept. syllabus of classes VIII & X as the case may be.

Medical Examination

All students prior to being finally selected for admission to the school will be medically examined by a Medical Board according to the standards prescribed by the Special Board for the School.

Final Merit list will be prepared on the basis of marks scored in written examination and PESAT. The weightage of written examination & PESAT will be 75% and 25% respectively.

Note: The student's achievement/performance in Sports in particular & Academics in general will be reviewed every year and the students not performing up to the required standard will be weeded out from the school.

The school session starts in April. Initially all admissions will be made on PROVISIONAL basis until time that all cases are thoroughly scrutinised and facts regarding age category and place of residence have been verified to the satisfaction of the School Authorities.

- Note: 1. Please note that no correspondence on the performance of the candidate in the PESAT OR WRITTEN TEST will be entertained. It is highly confidential. The decision of the Selection Committee will be final and binding for all.**
2. The school administration takes due care to ensure that the parents of all prospective candidates get the information regarding Physical Efficiency & Sports Aptitude Test, Written Test and Medical Examination well in time, and sends this information on school website or through SMS, you are advised to visit school website on regular basis.
3. If there is any dispute for non-receipt of information well in time regarding Written Test, PESAT, Medical Examination and selection for admission, the jurisdiction of court will be Sonipat only.

Admission under Outstanding Sportsperson Category

All the remaining vacant seats in other classes (VI to IX & XI) will be filled under Outstanding Sportsperson Category (OSP) on the basis of criteria mentioned by institution in prospectus. OSP category applicant will only undergo sports specific test and there was not be any PESAT and Written test. (* Refer to detailed guidelines for admission on the basis of sports in MNSS, Rai)

Joining Instructions

Students finally selected for admission are sent joining instructions. Once admission has been accepted, the student is given a School Number which remains with him/her throughout his/her stay in the school. All correspondence pertaining to the child should bear this number and all articles brought from home by the student should be marked with this number with indelible/marking ink or woven.

School Fees and Other Charges

The School does not accept any money – in cash or by cheques. All School dues are to be paid by Crossed Bank Draft only drawn on the State Bank of India. Motilal Nehru School of Sports, Rai-131029 (Branch Code 6838) or of any other Bank drawn on their Sonipat/Delhi Branch and payable to the Principal & *Director, MNSS Rai.*

The Draft and all the other required documents must be sent to the School by Registered Post as and when directed by the Office failing which a late fee fine of Rs. 30/-per thousand or part thereof for every 15 days or part thereof shall be charged (minimum Rs. 200/-) upto re-opening of the school after summer/winter vacation failing which, the student will not be allowed to join the school. **School fees deposited will be refunded as per norms. School Number and name of the student should also be mentioned on the back of the Bank Draft.**

Admission Fee

An Admission fee of Rs. 2000/- is required to be sent alongwith the School fee and other documents.

Security Deposit

A Security Deposit of Rs. 1,00,000/- will be deposited by the parents of each child at the time of admission. The same is refundable after deducting dues, if any alongwith other deposits on passing the class XII by the concerned student.

The security will be forfeited & remain at the disposal of school on account of adjustment of any pendency in case of removal/withdrawal of a student.

School Fee

For Boarders

School spends approximately Rs. 2, 70,000 on each student.

Fee is highly subsidized by Govt of Haryana.

Sr. No.	Category	Total Fees (Rs)	Fee Class wise (per annum)					
			V - VIII		IX - X		XI - XII	
1.	All Girl students of Haryana State	2,70,000	Tuition Fee	NIL	Tuition Fee -	NIL	Tuition Fee -	NIL
			Boarding & Lodging and Stationery-	30,500	Boarding & Lodging and Stationery-	30,500	Boarding & Lodging and Stationery-	30,500
2.	Ward of Pink & Yellow Card Holders of Haryana State	2,70,000	Tuition Fee	NIL	Tuition Fee -	NIL	Tuition Fee	NIL
			Boarding & Lodging and Stationery-	30,500	Boarding & Lodging and Stationery-	30,500	Boarding & Lodging and Stationery-	30,500
3.	All boy students of Haryana State	2,70,000	Tuition Fee –	NIL	Tuition Fee -	6000/-	Tuition Fee	9000/-
			Boarding & Lodging and Stationery-	30,500	Boarding & Lodging and Stationery-	30,500	Boarding & Lodging and Stationery-	30,500

For Non- Haryanvees & Detainees full fees & other charges will be charged. The school fee including Boarding & lodging, Mess Charges, Stationery and charges for use of Games equipmen, Science and Computer labs, Library, Medical facilities, Educational tours etc. will be Rs.2,40,000/-

Notes:

- 20% concession in Tuition fee will be allowed to real brothers/sisters (only up to 2 children) for Haryana Domicile only.
- 20% concession in Tuition fee will be allowed to the Boarder students of School employees.

For Day Scholars
(Wards of School Employees only)

Sr. No.	Category	Tuition Fee Classwise (per annum)		
		V - VIII	IX - X	XI - XII
1.	Wards of School Employees	NIL (Keeping in view the policy of Govt. of Haryana dated 18.06.09 for reimbursement of fee Rs. 6000/- p.a. per student upto two children or as per the latest ruling)		
2.	For Lunch	Rs. 7500/- p.a.		

Note:

- Rs. 2500/- will be charged for Books & Stationery per student per year.

a) Personal Account

From Class V to IX Rs. 3,000/-

From Class X to XII Rs. 3,500/-

It depends upon the parents if they want to deposit school fee in one instalment. However, parents will have the option to pay the above school fee in two equal half yearly instalments payable by 20th May and 20th October every year.

The demand notice of school dues is generally sent to all the parents. However, if the same is not received by the parent, it is obligatory on the part of the parents to deposit the school dues by the due date failing which late fee fine shall also be charged.

Note: Whenever a student is detained in the same class he/she will have to pay full school fee Rs. 2,70,000 for subsequent year if they want to continue in the school. The School authorities will, however, have full discretion as to whether such a student should be allowed to continue in the school after such detention even if the parents are willing to accept this condition.

From IX class onwards students have to clear the Physical Efficiency Test (PET) (Standard mentioned by Govt as amend from time to time) for admission in subsequent classes. Those who fail in PET will be expelled from school.

Other Charges Leviable Annually

Besides the School Fees, the school charges other dues from the parents of boarders, which are as follows:

Security Deposit (Refundable) (On initial admission only)	Rs. 100000/-	
Personal Account Class X to XII	Rs. 8200/-	} includes Rs. 4700/- Standard deduction
Other Classes	Rs. 7200/-	
Clothing Money at the time of admission(for school uniforms)	Rs. 20,000/-	

NOTE:

- 1. The clothing money in respect of all students in the subsequent years will be charged as may be necessary to maintain a credit balance of Rs. 12000/- at the start of each session.**
- 2. The rate of standard deduction is Rs. 4700/- per Boarder and Rs. 1600/- from Day Scholars per annum to meet his/her minor and sundry expenses on facilities like cinema, entertainment, postage, school magazine/monthly news letter, haircut, washing charges of clothing items, repair of school uniform, private books / work books etc. and is debited from the student's personal account irrespective of his/her stay in the school. There will be a credit balance in Personal Account as above (b) at the start of each session.**
- 3. The Charges mentioned at Sr. Nos. (2) and (3) above will be on the actual expenditure basis, and balance at the credit of a Boarder at the end of each session will be carried forward to the next year's account. Similarly, the debit balance will be made good next year.**

Pocket Money

A student is advised to deposit all the cash (minimum Rs. 1000/-) with his/her House Master/House Mistress who will allow him/her to withdraw a reasonable amount from the deposit from time to time, if he/she is satisfied with the reasons for such withdrawals. If the child is found in possession of any cash, the same will be forfeited and deposited in a welfare fund.

Parents are advised to open their child's Saving Bank Account in the State Bank of India (Branch in the school) when they come to leave him/her initially and a certain amount of money should be deposited in it from time to time. The students are allowed to withdraw this money only with the permission of their House Master/House Mistress. This is very helpful in training the children to operate their own bank accounts and to meet their urgent requirements.

Withdrawals

- a) Notice of withdrawal of a student from the school must be given two months before the commencement of the next session. Failure to give this mandatory notice will lead to forfeiture of security deposit. In case a student is withdrawn he/she rejoins the school after the declaration of the annual result, fee for first term will also be charged in addition to forfeiture of security deposit.
- b)
 - (i) No student will be allowed to leave the school up to class 12. Parent will have to submit a bond at the time of admission in the school that in case they withdraw their child after admission they will be liable to refund the entire subsidy availed by them for entire duration of their child's stay at the school.
 - (ii) In case any student is asked to leave the school on disciplinary ground or any other reason, the parent shall be liable to refund the entire amount for subsidy availed by the student during his/her stay in the school. The subsidy will be worked out as per formula i.e., the difference of school fee paid by the student and maximum school fee prescribed in the fee structure for the period of his/her stay in the school.
- c) The Principal & Director in the interest of the school can weed out a student from the school for the following reasons:-
 - (i) Where in the P&D's opinion, the student fails to accept the discipline of the school and his/her continued presence is considered detrimental to the interest of other

students and the school.

- (ii) Where the student's achievement/performance after every 03 years is not found up to the required standard will be weeded out as per the school policy.
 - (iii) Where a student fails for the second time during his/ her entire academic period in the school.
 - (iv) Students admitted, but not showing potential or interest in sports may be weeded out from the academic year 2024-2025.
 - (v) This would be in the interest of the student, so that he/she may leave the school when he/she is till young enough to benefit by joining a school more suitable to him/her. In all such cases the security money will be refunded on the discretion of Principal & Director.
 - (vi) The school will not be responsible if a student violates School rules/regulations and meets with an accident/mishappening due to the same either within or outside school campus.
 - (vii) Continuous absence from the School for more than 15 days without prior permission of the competent authority.
 - (viii) Where a student leaves the School premises without seeking permission.
- d) Or student leaves school on account of home sickness/ chronic diseases (detail is on pg 25) or is withdrawn by his/her parents or any ground.
- In both the cases as explained above (a) & (b) the parents shall have to deposit the entire amount of subsidy availed by the student given under various heads approximately 1.00 lac per year (actual amount will be calculated at the time of removal/withdrawal).

Prohibition of Ragging

Ragging of students in the school is prohibited. Any student accused of ragging would be given a chance to explain his conduct and position, and if found guilty, would be straightaway suspended/expelled from the School and legal proceedings can also be initiated against him.

Chronic diseases

The admission, already granted to those students who had Chronic Diseases as under prior to the admission and were concealed by the parents, will be cancelled and the child will be removed from the school forthwith:-

1. Central Nervous System (C.N.S.)
 - a) Epilepsy
 - b) Eneuresis
 - c) incontinence of urine
 - d) Migraine

2. Cardio Vascular System (C.V.S.)
 - a) Any organic disease of Heart and Blood vessel
 - b) Congenital Heart Disease
 - c) Murmur
 - d) Hypertension

3. Respiratory System
 - a) Bronchial Asthma
 - b) T.B.
 - c) Allergic Bronchitis
 - d) Allergic Rhinitis

4. Skin — Psoriasis

5. Psychiatry a) Schizophrenia
 b) Drug Abuse
6. Coagulation Disorder - Haemophilia
7. Metabolic Disorder - Juvenile Diabetes
8. Renal Diseases a) Nephritic Syndrome
 b) Ch. Nephritis
9. Hormonal Disorder - Hypo & Hyper Thyroidism
10. ENT - Ch. Sinusitis
11. Any Chronic Disease of Liver & Spleen

Important Information

1. The Entrance Admit Card taken online is a very important document and should be properly preserved. This card is to be brought by the candidate on the day of the Physical Efficiency & Sports Aptitude Test and also on the day of Written Test and again on the day of Medical Examination/Interview if called for. Candidate will be refused entry without this card.
2. Please note that the Venue, Date & Time of Exam & other tests will not be changed under any circumstances.

Highest Marks (XII) in Subject Wise Since 2013

Subject	Highest Marks out of 100								
	2013	2014	2015	2016	2017	2018	2019	2020	2021
English Core	95	96	95	97*	96	96	97	98	99
Hindi Core	94*	93	84	82	87	70	95	97	98
Mathematics	86	96	93	95	95	95	95	89	95
Physics	90	95	95	95	95	95*	95	83	91
Chemistry	95	98*	96	96	95	98*	95	83	96
Biology	82	93	95	95	95	93	85	71	83
Informatics Practices	91	95	91	94	90	92	95	86	95
History	95	93	95	95	98*	99*	94	96	96
Geography	99*	97	95	98	95	99*	99	97	99
Economics	99*	95	95	95	96	100*	91	96	99
Business Studies	91	95	96	95	95	95	95	96	96
Accountancy	83	93	95	92	93	95	95	95	92
Physical Education	95	99	99	100*	100	99	98	100	99
Music Hindustani (Vocal)	100	99	100	100	100	100	100	99	99
Dance Bharat Natyam	--	96*	94	91	94	99*	95	98	98

***Highest Since Inception**

SPORTS ACHIEVEMENTS AT INTERNATIONAL LEVEL SINCE INCEPTION

Sr. No.	Name of Student/Alumni	Games Competition By	Year	Name of Game & Achievement
1.	Ms Krupali Patel (Arjuna Awardee)	Indo-Romanian Championship Delhi-1985	1985	Gymnast participation
2.	Ms. Nirmal Gulia	Indo-Romanian Championship Delhi-1985	1985	Gymnast participation
3.	Ms. Sumana Das	Jr. Asian Champ. Delhi	1992	Gymnast participation
4.	Ms. Kaberi Saha	Jr. Asian Champ. Delhi	1992	Gymnast participation
5.	Col. R.S. Bhanwala	Asian Games -1990	1990	Rowing participation
6.	Sh. Kapoor Singh	SAF Games,Dhaka	1993	Athletics participation
7.	Sh. Vikas Sheoran	SAF Games,Dhaka	1993	Athletics participation
8.	Sh. Raj Singh Chauhan	Asian School Championship Sri Lanka	1993	Football participation
9.	Ms Manikankana Baruah	SAF Games,Dhaka	1993	Swimming participation
10.	Ms. Pallavi Dutta	SAF Games,Dhaka	1993	Swimming participation
11.	Ms. Sangeeta Karwasra	SAF Games,Dhaka	1993	Volleyball participation
12.	Ms. Mamta Karwasra	SAF Games,Dhaka & Asian School Championship,Colombo	1993	Volleyball participation
13.	Ms. Navneet Lather	Asian School Champ. Indonesia	1994	Football participation
14.	Ms. Chitra Sarwasa	Test Matches,SriLanka	1994	Volleyball participation
15.	Ms. Gayatri Rana	Asian School champ.,Singapore	1996	Volleyball participation

16.	Mr. Rajiv Kumar Dahiya	Horse Riding Olympics,Sydney	2000	Equestrian participation
17.	Mr. Pankaj	Asian School Champ.,Vietnam	2007	Basketball participation
18.	Mr. Veerpal	Asian School Champ., Vietnam	2007	Basketball participation
19.	Mr. Ajay Kherwa	AFC Youth Cup(U-20), Mumbai	2005	Football participation
20.	Mr. Pawan Kumar	AFC Football Festival(U-14),Tehran(Asian Football Cup Federation)	2008	Football participation
21.	Mr. Pawan Kumar	AFC Youth Cup (U-14) Tehran AFC Cup(U-16),Abu Dhabi	2008 2009	Participation Football
22.	Ms. Nidhi	Asian Cup Champ.,Thailand	2014	Volleyball participation
23.	Ms.Ritika Deshwal	Asian Cup Champ.,Thailand	2014	Volleyball Participation
24.	Pooja Sangwan	Asian Championship, Beijing, China	2015	Participated in Asian Championship
		Senior National Rowing Championship	2017	Senior National Rowing Championship-2 silver medal
		18 th Asian Games, Indonesia	2018	6 th position
25.	Mr. Narender	Gymnastics International Tournament at Uzbekistan(Tashkant) Invitational	2017	Gold
26.	Mr. Vikramjeet			Gold
27.	Mr. Sahil			Gold
28.	Mr. Sagar			Gold
29.	Ms. Gaura			Silver
30.	Mr. Neeraj			Silver
31.	Ms. Khushi			Bronze
32.	Ms. Kajal			Bronze
33.	Ms. Saloni			Bronze
34.	Col. Satyavrat Sheoran			The Deptt. Chief The mission of Indians Team at Palembang, 18 th Asian Games, Indonesia
35.	Col. Rajiv Dahiya	Manager Horse Riding, 18 th Asian Games, Indonesia	2018	Jakarta

OFFICERS/OFFICIALS

Principal & Director	Col Ashok Mor (Retd.)
Vice Principal	Mrs. Moushumi Ghoshal
I/c KNS	Mrs Nirmal Sheroan
Administrative Officer	Lt. Col. Mohit Kapoor (Retd.)
From Health Dept	Resident Medical Officer
	Lady Medical Officer
From Finance Dept	Accounts Officer

ACADEMIC STAFF
(MASTER SENIOR WING)

	<u>Name</u>	<u>Subject</u>	<u>Qualification</u>
1.	Mr. P.K. Dhiman (Academic Coordinator)	Comp. Science	M. Sc. (Comp. Science), M.Com., PGD in CSA, B. Ed.
2.	Mr. Ramdhari Sharma	Hindi	M.A. (Hindi), M. Phil., B. Ed.
3.	Mrs. Nimmi Kumari Dassi	Phy. Edu.	M.A. (History), M.P. Ed.
4.	Mrs. Dinesh Kumari	Maths	M.Sc. (Maths), B. Ed.
5.	Mr. A.K. Pradhan	Economics	M.A. (Eco), B.Ed., MBA (Education Management) M.Phil. (Eco)
6.	Dr. (Mrs.) Anju Vijairun	Chemistry	M.Sc. (Chem). B. Ed., Ph. D.
7.	Mrs. Neelu Dahiya	English	M.A. (Eng), B. Ed.
8.	Mrs. Mamta Upadhyay	Dance	M.A. (Dance) Sr. Dip. (Dance), Parthma (Dance)
9.	Mr. Garish Channan	Music	M.A. (Musical Vocal), M. Phil., B. A. (Tabla)
10.	Mr. C.K. Ranga	Comp. Science	B.E. (Comp Sc. & Engg.)
11.	Mr. B.N. Tiwari	Physics	M.Sc. (Physics), B. Ed., MBA (Education Management)
12.	Mrs. Narinder Kaur	Biology	M.Sc. (Microbiology), B. Ed.
13.	Mrs. Anjana Pahwa	Maths	M.Sc. (Maths), B. Ed.
14.	Mrs. Neelam Ahlawat	English	M.A. (Eng.), M. Ed. in Educational Management, BA(HRM)
15.	Mrs. Reema Sharma	Physics	M.Sc. (Phy.), B. Ed., MCA,
16.	Mr. V.S. Shekhawat	Chemistry	M.Sc. (Chem.), B. Ed.
17.	Dr. Akhilesh Kumar	Hindi	M.A. (Hindi), B. Ed., Ph. D (Gold Medalist)
18.	Mrs. Babita Hooda	English	M.A. (Eng.), M.Ed., M.Phil.
19.	Mr. D. D. Tiwari	Maths	M.Sc. (Maths), B. Ed., L.L.B.

20	Mr. Parvinder Malhan	Biology	M.Sc. (Zoology), B. Ed
21.	Mr. Pankaj Verma	Commerce	M.Com., B.Ed., MBA (E.M.)
22.	Mr. P.K. Roy	Geography	M.A. (Geog.), B.Ed.
23.	Mrs. Sunita Devi	Hindi	M.A. (Hindi & Skt.) M.Ed, M.Phil, Comp. Diploma
24.	Mrs. Kamlesh Kumari	English	M.A. (Eng.), M.Ed., Diploma in Computer, M.Phil.
25.	Mr. Jagtar Singh Sindhu	Maths	M.Sc. (Maths), B.Ed, Comp. Course, MBA (E.M.)
26.	Mr. Sushil Kumar	History	M.A. (Hist.), M.Phil., B.Ed.
27.	Mrs. Asha Sharma	Commerce	M.Com., B.Ed., M.Phil.
28.	Mrs. Archana Malik	Chemistry	M.Sc. (Chem.), B.Ed.
29.	Mr. Manvir Singh Sheoran	Geography	M.A. (Geog.), B.Ed.
30.	Mr. Sumit Kumar,	Librarian	M.Lib.Sc., PGDCA., M.Phil. in Lib.Sc.
31.	Mr. Mohan Singh Bhati	Band Master	Matric, Piper Course & Buglar Course
32.	Mr. Navdeep Singh	P.T.I.	- (B.A., B.P.Ed.), M.A. (Phy. Edu.), Certificate Course (Volleyball & Yoga), PGD YHE

Master Junior Wing

	<u>Name</u>	<u>Subject</u>	<u>Qualification</u>
1.	*Mrs. Nirmal Sheoran	Science	- M.Sc. (Bot), M.A. (Eng.), M.Ed.
2.	Mrs. Sushila Rani Duhan & Hindi	English	- M.A. (Eng. & Hindi), B.Ed.
3.	Mrs. Archana R. Batra	Hindi	- M.A. (Hindi), B.Ed, P.G. Diploma in Computer Programming
4.	Mrs. Sunita Mann	English	- M.A. (Eng.), B.Ed.
5.	Mr. R.B. Sharma	English	- M.A. (Eng.), B.Ed., PGCTE
6.	Mr. Vishal Kumar	Hlstory	- M.A. (History), B.Ed.
7.	*Mrs. Sangita Arora	Maths	- M. A. (Maths), B.Ed.
8.	*Mr. Kalu Ram Badgujjar	English	- M.A. (Eng.), B.Ed
9.	*Mr. Ashok Saini	English	- M.A. (Eng.), B.Ed
10.	Mr. Virender	Punjabi	- M.A. (Punjabi), B.Ed.

* House Master / House Mistress

COACHING/ INSTRUCTIONAL

Name	Discipline	Qualification
1. Mr. H.S. Antal	Hockey	-NIS
2. Mr. Chandan Prakash	Cricket	- NIS, M.A. (Hist), B.Ed.
3. Mr. Chandra Shekhar Sharma	Basket Ball	- NIS, MBA (Edu. Management), B.A., Dip. In Mech. Engg. PG DIP IN SPORTS MANAGEMENT
4. Mr. S.K. Phogat	Boxing	- NIS, B.A,
5. Mr. Vinod Kumar Sharma	Lawn Tennis	- NIS, M.Sc. (Human Bio),
6. Dr. T.S. Kundu Gymnastics		- NIS, DPED, MPED, M.Phil., Ph.D., (Gold Medalist) Int. National Judge
7. Mr. V.K. Dangi	Shooting	- M.A. (Socio), PGD, PGS
8. Mr. Raj Kumar Rana	Volleyball	- NIS, BA, BPEd
9. Mr. Dilbag Singh	Athletics	- NIS, BA
10. Mr. N.S. Rana	Riding	- National
11. Ms. Supreet Kaur	Hockey	- NIS, BA
12. Mr Nikhil Hooda	Lawn Tennis	
13. Mr Sandeep Verma	Swimming	

ADMINISTRATIVE STAFF

1.	Mrs. Sangita	Dy. Supdt.	M.A..
2	Mr. Sachin	Assistant	B.A.
3	Mr. Anil Kumar Sain	Assistant	Stenography(E&H)
4.	Mr. Dhanpat	Storekeeper-cum-Cashier	B.A.
5.	Mr. Vilesh	Cashier	B.A.
6.	Mrs. Kiran Rani	Accountant	B.Tech
7.	Mr.Gurdeep	Clerk	M.A. (Sociology)
8.	Mr.Rahul Saini	Clerk	B.Tech
9	Mr.Abhishek	Clerk	M.A.
10	Mr. Nitin Saroha	Steno Typist	M. Tech. (ECE)
11.	Mr. Sanjay	Clerk	B.Pharma
12.	Mr. Mukesh Kumar	Tabla Player	M.A. Music, Praveen- tabla

MEDICAL STAFF

1. Mr. Shyam Lal Kaushik - Pharmacist
2. Ms. Raj Rani - Staff Nurse
3. Ms. Sudesh Kumari - Staff Nurse
4. Ms. Savita Rani - Staff Nurse

HOSTEL STAFF

1. Ms. Snehlata Mandal Matron (Girls Hostel) Sr.Wing MA(Eng),B.Ed
2. Ms. Usha Sharma Matron (Girls Hostel) Jr.Wing B.A.
3. Ms. Mamta Sharma Matron (Boys Hostel) Jr.Wing MA(Eng),B.Ed
4. Ms. Rajwanti Sharma Matron (Girls Hostel) Sr.Wing M.A. History
5. Mr. Sunil Kaushik Hostel Supdt. (Boys Hostel)Sr.Wing B.Sc.

QUARTER MASTER SECTION

- | | | |
|-----------------------|----------------|------------|
| 1. Sh. Randeep Phogat | Quarter Master | Graduation |
| 2. Mr. Dinesh | Storekeeper | M.B.A. |
| 3. Mr.Puneet Arora | Storekeeper | M.Tech |

SECURITY

- | | |
|-----------------------|---------------------|
| 1. Sh. Satbir Kataria | Security Supervisor |
|-----------------------|---------------------|

LAB STAFF

- | | | |
|-----------------------|----------------|------------------|
| 1. Mr. Narender Singh | Lab. Assistant | Matric |
| 2. Mr. Anil | Lab. Attendant | M.A. |
| 3. Mrs. Nirmla Devi | Lab. Attendant | B.A. |
| 4. Mr. Sushil Kumar | Lab. Attendant | 12 th |

TRANSPORT STAFF

1. Mr. Sat Prakash
2. Mr. Bijender
3. Mr. Sahib Singh
4. Mr. Deepak (Tractor Driver)

LAST DATE FOR SUBMISSION OF COMPLETE ONLINE APPLICATION FORM

For Class V & Outstanding Sport Person Category/Lateral Entry in classes VI to IX & XI

- a) **24.11.2023** (Friday)- Online Admission Process begins
- b) **05.01.2024** (Friday) –without late fee
- c) **12.01.2024** (Friday) - with late fee of Rs. 500/- (for all categories)

Tentative Dates for Various Tests

Physical Efficiency & Sports Aptitude Test

Class	Date of Test	PESAT	Centre
V & other Classes	February, 2024	Physical Efficiency & Sports Aptitude test	MNSS, Rai

Written Test

Class	Date of Test	Written Test (for those who qualify the PESAT)	Centre
V & other Classes	March, 2024	Written Test	MNSS, Rai

MOTILAL NEHRU SCHOOL OF SPORTS, RAI-131029
DISTRICT SONIPAT (HARYANA)
PHYSICAL EFFICIENCY TEST SCORE CALCULATOR, BOYS

Age	30M Flying Start (Sec)	S. B. Jump (Cm)	Medicine Ball Put Up to 10Yrs -1Kg Above 10Yrs -2Kg (Mtrs)	6x10M Shuttle Run (Sec)	Forward Bend & Reach (Cm)	S.V Jump (Cm)	800M Run (Min.Sec)	Marks
08 Years	5.39 – 4.80	131 – 157	2.26 – 2.50	19.79 – 18.80	04 – 06	20 – 24	4.09.99 – 3.48.00	1
	4.79 – 4.50	158 – 176	2.51 – 2.76	18.79 – 17.80	07 – 10	25 – 29	3.47.99 – 3.27.00	2
	4.49 & Less	177 & Above	2.77 & Above	17.79 & Less	11 & Above	30 & Above	3.26.99 & Less	3
09 Years	5.19 – 4.70	139 – 159	2.51 – 2.82	19.39 – 18.50	05 – 07	23 – 27	4.03.99 – 3.37.00	1
	4.69 – 4.30	160 – 179	2.83 – 3.13	18.49 – 17.60	08 – 11	28 – 32	3.36.99 – 3.16.00	2
	4.29 & Less	180 & Above	3.14 & Above	17.59 & Less	12 & Above	33 & Above	3.15.99 & Less	3
10 Years	4.99 – 4.50	149 – 163	2.60 – 2.96	19.19 – 18.20	06 – 08	27 – 31	3.52.99 – 3.31.00	1
	4.49 – 4.10	164 – 184	2.97 – 3.43	18.19 – 17.40	09 – 12	32 – 36	3.30.99 – 3.11.00	2
	4.09 & Less	185 & Above	3.44 & Above	17.39 & Less	13 & Above	37 & Above	3.10.99 & Less	3
11 Years	4.89 – 4.40	156 – 176	2.66 – 3.13	18.49 – 17.70	07 – 09	30 – 35	3.36.99 – 3.21.00	1
	4.39 – 3.90	177 – 200	3.14 – 3.59	17.69 – 17.00	10 – 13	36 – 41	3.20.99 – 3.05.00	2
	3.89 & Less	201 & Above	3.60 & Above	16.99 & Less	14 & Above	42 & Above	3.04.99 & Less	3
12 Years	4.79 – 4.30	164 – 186	2.80 – 3.28	18.09 – 17.40	08 – 10	31 – 36	3.29.99 – 3.14.00	1
	4.29 – 3.80	187 – 209	3.29 – 3.97	17.39 – 16.70	11 – 14	37 – 41	3.13.99 – 3.01.00	2
	3.79 & Less	210 & Above	3.98 & Above	16.69 & Less	15 & Above	42 & Above	3.00.99 & Less	3
13 Years	4.29 – 4.00	171 – 191	3.01 – 3.62	17.69 – 17.00	09 – 11	33 – 39	3.23.99 – 3.09.00	1
	3.99 – 3.60	192 – 214	3.63 – 4.23	16.99 – 16.30	12 – 15	40 – 45	3.08.99 – 2.53.00	2
	3.59 & Less	215 & Above	4.24 & Above	16.29 & Less	16 & Above	46 & Above	2.52.99 & Less	3

MOTILAL NEHRU SCHOOL OF SPORTS, RAI-131029
DISTRICT SONIPAT (HARYANA)
PHYSICAL EFFICIENCY TEST SCORE CALCULATOR, BOYS

Age	30M Flying Start (Sec)	S. B. Jump (Cm)	Medicine Ball Put Up to 10Yrs -1Kg Above 10Yrs -2Kg (Mtrs)	6x10M Shuttle Run (Sec)	Forward Bend & Reach (Cm)	S.V Jump (Cm)	800M Run (Min.Sec)	Marks
14 Years	4.19 – 3.80	181 – 200	3.19 – 3.80	17.19 – 16.60	10 – 12	36 – 42	3.14.99 – 2.58.00	1
	3.79 – 3.40	201 – 220	3.81 – 4.41	16.59 – 16.10	13 – 16	43 – 49	2.57.99 – 2.41.00	2
	3.39 & Less	221 & Above	4.42 & Above	16.09 & Less	17 & Above	50 & Above	2.40.99 & Less	3
15 Years	3.79 – 3.60	201 – 215	3.81 – 4.09	16.49 – 16.30	11 – 13	38 – 45	3.07.99 – 2.56.00	1
	3.59 – 3.30	216 – 225	4.10 – 4.59	16.29 – 16.00	14 – 17	46 – 52	2.55.99 – 2.33.00	2
	3.29 & Less	226 & Above	4.60 & Above	15.99 & Less	18 & Above	53 & Above	2.32.99 & Less	3
16 Years	3.59 – 3.40	216 – 231	4.10 – 4.39	16.29 – 16.10	12 – 14	51 – 52	2.55.99 – 2.41.00	1
	3.39 – 3.20	232 – 235	4.40 – 4.79	16.09 – 15.90	15 – 18	53 – 54	2.40.99 – 2.29.00	2
	3.19 & Less	236 & Above	4.80 & Above	15.89 & Less	19 & Above	55 & Above	2.28.99 & Less	3
17 Years	3.39 – 3.20	232 – 235	4.40 – 4.69	16.09 – 15.90	13 – 15	53 – 54	2.39.99 – 2.28.00	1
	3.19 – 3.00	236 – 240	4.70 – 5.07	15.89 – 15.70	16 – 19	55 – 57	2.27.99 – 2.24.00	2
	2.99 & Less	241 & Above	5.08 & Above	15.69 & Less	20 & Above	58 & Above	2.23.99 & Less	3
18 Years	3.19 – 3.00	236 – 240	5.00 – 5.29	15.89 – 15.70	14 – 16	55 – 57	2.26.99 – 2.23.00	1
	2.99 – 2.80	241 – 244	5.30 – 5.57	15.69 – 15.50	17 – 20	58 – 60	2.22.99 – 2.18.00	2
	2.79 & Less	245 & Above	5.58 & Above	15.49 & Less	21 & Above	61 & Above	2.17.99 & Less	3
19 Years	3.09 – 2.90	241 – 244	5.30 – 5.79	15.69 – 15.50	15 – 17	58 – 60	2.22.99 – 2.20.00	1
	2.89 – 2.70	245 – 248	5.80 – 6.26	15.49 – 15.30	18 – 21	61 – 64	2.19.99 – 2.17.00	2
	2.69 & Less	249 & Above	6.27 & Above	15.29 & Less	22 & Above	65 & Above	2.16.99 & Less	3

MOTILAL NEHRU SCHOOL OF SPORTS, RAI-131029
DISTRICT SONIPAT (HARYANA)
PHYSICAL EFFICIENCY TEST SCORE CALCULATOR, GIRLS

Age	30M Flying Start (Sec)	S. B. Jump (Cm)	Medicine Ball Put Up to 10Yrs -1Kg Above 10Yrs -2Kg (Mtrs)	6x10M Shuttle Run (Sec)	Forward Bend & Reach (Cm)	S.V Jump (Cm)	800M Run (Min.Sec)	Marks
08 Years	6.20 – 5.70	114 – 130	1.80 – 2.13	20.59 – 19.70	04 – 06	19 – 21	5.07.99 – 4.31.00	1
	5.69 – 5.20	131 – 146	2.14 – 2.47	19.69 – 18.90	07 – 10	22 – 25	4.30.99 – 3.54.00	2
	5.19 & less	147 & Above	2.48 & Above	18.89 & Less	11 & Above	26 & Above	3.53.99 & Less	3
09 Years	6.00 - 5.50	123 – 140	2.02 – 2.40	20.59 – 19.60	05 – 07	20 – 24	4.45.99 – 4.13.00	1
	5.49 – 4.90	141 – 159	2.41 – 2.80	19.59 – 18.70	08 – 11	25 – 29	4.12.99 – 3.40.00	2
	4.89 & less	160 & Above	2.81 & Above	18.69 & Less	12 & Above	30 & Above	3.39.99 & Less	3
10 Years	5.80 - 5.30	129 – 149	2.21 – 2.69	20.29 – 19.30	06 – 08	23 – 27	4.34.99 – 4.05.00	1
	5.29 – 4.80	150 – 169	2.70 – 3.18	19.29 – 18.30	09 – 12	28 – 32	4.04.99 – 3.34.00	2
	4.79 & less	170 & Above	3.19 & Above	18.29 & Less	13 & Above	33 & Above	3.33.99 & Less	3
11 Years	5.40 – 5.00	136 – 151	2.41 – 2.84	19.49 – 18.60	07 – 09	25 – 30	4.29.99 – 3.56.00	1
	4.99 – 4.60	152 – 175	2.85 – 3.29	18.59 – 17.80	10 – 13	31 – 36	3.55.99 – 3.25.00	2
	4.59 & less	176 & Above	3.30 & Above	17.79 & Less	14 & Above	37 & Above	3.24.99 & Less	3
12 Years	5.30 – 4.90	146 – 165	2.51 – 2.94	19.39 – 18.50	08 – 10	28 – 32	4.19.99 – 3.50.00	1
	4.89 – 4.50	166 – 185	2.95 – 3.39	18.49 – 17.50	11 – 14	33 – 37	3.49.99 – 3.16.00	2
	4.49 & less	186 & Above	3.40 & Above	17.49 & Less	15 & Above	38 & Above	3.15.99 & Less	3
13 Years	4.80 – 4.50	151 – 168	2.56 – 3.02	18.69 – 18.00	09 – 11	30 – 33	4.14.99 – 3.41.00	1
	4.49 – 4.20	169 – 189	3.03 – 3.49	17.99 – 17.30	12 – 15	34 – 39	3.40.99 – 3.06.00	2
	4.19 & less	190 & Above	3.50 & Above	17.29 & Less	16 & Above	40 & Above	3.05.99 & Less	3

MOTILAL NEHRU SCHOOL OF SPORTS, RAI-131029
DISTRICT SONIPAT (HARYANA)
PHYSICAL EFFICIENCY TEST SCORE CALCULATOR, GIRLS

Age	30M Flying Start (Sec)	S. B. Jump (Cm)	Medicine Ball Put Up to 10Yrs -1Kg Above 10Yrs -2Kg (Mtrs)	6x10M Shuttle Run (Sec)	Forward Bend & Reach (Cm)	S.V Jump (Cm)	800M Run (Min.Sec)	Marks
14 Years	4.60 – 4.30	153 – 170	2.61 – 3.09	18.59 – 17.90	10 – 12	32 – 34	4.09.99 – 3.33.00	1
	4.29 – 4.00	171 – 192	3.10 – 3.59	17.89 – 17.20	13 – 16	35 – 40	3.32.99 – 3.01.00	2
	3.99 & Less	193 & Above	3.60 & Above	17.19 & Less	17 & Above	41 & Above	3.00.99 & Less	3
15 Years	4.40 – 4.10	170 – 187	2.65 – 3.13	18.29 – 17.70	11 – 13	36 – 38	3.33.99 – 3.17.00	1
	4.09 – 3.80	188 – 197	3.14 – 3.63	17.69 – 17.00	14 – 17	39 – 41	3.16.99 – 2.56.00	2
	3.79 & Less	198 & Above	3.64 & Above	16.99 & Less	18 & Above	42 & Above	2.55.99 & Less	3
16 Years	4.20 – 3.90	188 – 194	2.70 – 3.18	18.19 – 17.50	12 – 14	39 – 40	3.16.99 – 2.56.00	1
	3.89 – 3.60	195 – 205	3.19 – 3.68	17.49 – 16.80	15 – 18	41 – 42	2.55.99 – 2.49.00	2
	3.59 & Less	209 & Above	3.69 & Above	16.79 & Less	19 & Above	43 & Above	2.48.99 & Less	3
17 Years	4.00 - 3.70	190 – 199	2.75 – 3.23	17.69 – 17.00	13 – 15	41 – 42	3.14.99 – 2.54.00	1
	3.69 – 3.40	200 – 215	3.24 – 3.73	16.99 – 16.50	16 – 18	43 – 44	2.53.99 – 2.45.00	2
	3.39 & Less	216 & Above	3.74 & Above	16.49 & Less	19 & Above	45 & Above	2.44.99 & Less	3
18 Years	3.80 – 3.50	201 – 218	2.80 – 3.28	17.49 – 16.80	14 – 16	43 – 44	3.12.99 – 2.53.00	1
	3.49 – 3.20	219 – 227	3.29 – 3.78	16.79 – 16.10	17 – 19	45 – 46	2.52.99 – 2.40.00	2
	3.19 & Less	228 & Above	3.79 & Above	16.09 & Less	20 & Above	47 & Above	2.39.99 & Less	3
19 Years	3.80 – 3.40	224 – 230	2.85 – 3.33	16.09 – 15.80	15 – 17	45 – 46	3.10.99 – 2.50.00	1
	3.39 – 3.00	231 – 239	3.34 – 3.83	15.79 – 15.60	18 – 20	47 – 48	2.49.99 – 2.25.00	2
	2.99 & Less	240 & Above	3.84 & Above	15.59 & Less	21 & Above	49 & Above	2.24.99 & Less	3