

Anand Gurukul

A home away from home for boys aged 6-18

A fully English medium boarding school exclusively for boys

Anand Gurukul - A Gateway to Affordable Excellence in Education

True Education is Affordable

Anand Gurukul, proudly operated under David Conrad Linus's Child Development Centre, is committed to delivering high-quality education to boys from economically weaker sections or Below Poverty Line (BPL) families. Recognizing that financial constraints should never be a barrier to excellence, Anand Gurukul offers a subsidized, transformative educational program tailored for young learners. Through this initiative, we aim to empower families and nurture children into well-rounded individuals capable of excelling in life.

A Foundation for Holistic Growth

At Anand Gurukul, education goes beyond textbooks. Our mission is to foster all-round development by focusing on academic rigor, physical well-being, and social skills. Adopting a regimented, quasi-military lifestyle, the Gurukul instills discipline and structure in young minds, preparing them for the challenges of the future. From adhering to a routine that balances study and play to promoting teamwork and leadership, Anand Gurukul ensures that every child blossoms into a confident and capable individual.

Comprehensive Support for Young Learners

Designed for boys between Grades 1 and 2 (aged 6-9 years), Anand Gurukul provides a nurturing environment where children can grow academically and socially. By integrating various prestigious syllabi, including NCERT, SCERT, CBSE, ICSE, IGCSE, and Cambridge, the curriculum ensures students are well-prepared for competitive exams and future academic pursuits.

Affordable, Quality Education

Our subsidized annual offer for 2024 makes quality education accessible like never before. With a nominal fee and additional in-kind contributions, families gain access to a fully residential, meticulously planned program. Anand Gurukul proves that affordability and excellence can coexist, creating opportunities for children to reach their highest potential.

Join Anand Gurukul today and be a part of a journey where education shapes destinies, and every child is given a chance to shine.

Why Choose Anand Gurukul?

Anand Gurukul stands out as a beacon of hope and opportunity for families seeking high-quality education at an affordable cost. Here's why Anand Gurukul is the ideal choice for your child's academic and personal development:

1. Unique in the North

Anand Gurukul is widely recognized as one of the most holistic and well-rounded educational centers in the northern region of India. Combining traditional values with modern teaching methodologies, we focus on nurturing every aspect of a child's development—academics, physical fitness, social skills, and life lessons. Our disciplined, quasi-military lifestyle, paired with a nurturing residential environment, ensures that students grow into confident and capable individuals. Anand Gurukul is not just a school; it's a complete ecosystem for learning and growth, unmatched in its scope and approach.

2. Guaranteed Preparation

The curriculum at Anand Gurukul is carefully designed to prepare students for competitive entrance exams and future academic pursuits. By integrating the syllabi of NCERT, SCERT, CBSE, ICSE, IGCSE, and Cambridge, we ensure that students are equipped with the knowledge and skills needed to excel in diverse academic settings. Our program specifically focuses on preparing students for admission into prestigious institutions like Jawahar Navodaya Vidyalayas, Kendriya Vidyalayas, Sainik Schools, Rashtriya Military Schools, and others. This comprehensive preparation gives your child a competitive edge and opens doors to limitless opportunities.

3. Affordable Excellence

Anand Gurukul proves that quality education need not come with an exorbitant price tag. With a subsidized fee structure tailored for economically weaker sections, we make world-class education accessible to deserving families. The nominal cost, combined with our exceptional facilities and holistic program, offers unparalleled value.

Choosing Anand Gurukul means investing in your child's bright future. It's a place where affordability meets excellence, where dreams are nurtured, and where every child has the chance to shine.

'SSTREAAAM'

SSTREAAAM, a multidimensional framework that integrates **Soft Skills, Science, Technology, Robotics, Engineering, Arts, Agriculture, Animal Husbandry, and Mathematics.**

Anand Gurukul embraces a holistic educational philosophy centered around SSTREAAAM, a multidimensional framework that integrates **Soft Skills, Science, Technology, Robotics, Engineering, Arts, Agriculture, Animal Husbandry, and Mathematics**. This innovative model reflects the institution's commitment to equipping students with a comprehensive skill set essential for navigating an interconnected and rapidly evolving world.

Soft Skills:

Anand Gurukul prioritizes essential life skills such as communication, emotional intelligence, teamwork, and leadership. By fostering these abilities, students develop resilience, adaptability, and interpersonal competence, ensuring they thrive in diverse professional and social settings.

Science and Technology:

The institution emphasizes inquiry-based learning and scientific rigor, encouraging students to explore the natural and physical world. Paired with technology, students are taught to harness digital tools and platforms, enabling them to stay at the forefront of technological advancements.

Robotics and Engineering:

Through hands-on projects and problem-solving challenges, students engage with robotics and engineering principles. This cultivates creativity, critical thinking, and technical proficiency while nurturing a spirit of innovation.

Arts:

Anand Gurukul integrates visual and performing arts to encourage creativity, cultural appreciation, and emotional expression. This multidimensional approach enriches students' intellectual and aesthetic sensibilities.

Agriculture and Animal Husbandry:

Grounded in sustainability, these disciplines teach practical skills and environmental stewardship, preparing students to contribute meaningfully to food security and rural development.

Mathematics:

By fostering logical reasoning and analytical skills, mathematics serves as the foundation for problem-solving across disciplines.

Anand Gurukul's SSTREAAAM approach creates well-rounded individuals, blending technical expertise with ethical responsibility, ready to address global challenges with ingenuity and compassion.

Vision, Mission & Motto

Vision of Anand Gurukul

To become a model institution that inspires and sets benchmarks in holistic education, fostering an environment where every child develops intellectual curiosity, moral integrity, and the resilience to face life's challenges. Anand Gurukul envisions creating future leaders who value excellence, sustainability, and service to humanity.

Mission of Anand Gurukul

To nurture disciplined, responsible, and well-rounded individuals by providing a holistic education that integrates academic excellence, character building, and life skills in a supportive and community-driven environment. Anand Gurukul aims to empower students from diverse backgrounds, especially the economically disadvantaged, to excel in all aspects of life and contribute positively to society.

Motto

"Excellence Through Habits, Thorough in All Pursuits"

This motto emphasizes the importance of cultivating daily habits that lead to mastery and thoroughness in academics, character, and life. It reflects the Gurukul's commitment to instilling discipline and a pursuit of excellence in every student.

Message from the Principal -

David Conrad Linus

Anand Gurukul: A Beacon of Holistic Education in Bihar

"The goal of education is the advancement of knowledge and the dissemination of truth." – John F. Kennedy

In this ever-evolving world, education has undergone remarkable transformations over time. It has been reshaped by disruptive technologies and groundbreaking ideas, evolving to emphasize creativity, skills, competency, proficiency, and aptitude. At **Anand Gurukul**, Bihar's premier English-medium boarding school, we embrace this progressive vision of

education. We are dedicated to nurturing curious, disciplined, and academically inspired young learners in an environment that fosters growth and innovation.

While academic excellence remains our cornerstone, we also prioritize the development of emotional and social intelligence. At Anand Gurukul, education is not just about learning from books but about shaping well-rounded individuals prepared for life's challenges.

It is often said, "Discipline is the architect of success." At Anand Gurukul, we instill self-discipline in every student, helping them bridge the gap between dreams and accomplishments. Our structured and regimented routines, inspired by a quasi-military lifestyle, foster punctuality, responsibility, and teamwork among our students.

As an institution, Anand Gurukul is committed to excellence in both scholastic and co-scholastic domains. Our students consistently excel, achieving remarkable outcomes in academics, sports, and extracurricular pursuits. With a curriculum that integrates prestigious frameworks like NCERT, SCERT, CBSE, ICSE, IGCSE, and Cambridge, we prepare our students to transition seamlessly into institutions like Jawahar Navodaya Vidyalayas (JNVs), Kendriya Vidyalayas (KVs), Sainik Schools, and more.

Beyond academics, our vibrant extracurricular programs encourage students to explore their diverse talents and interests. These activities foster creativity, resilience, and leadership, helping students develop skills that go beyond the classroom.

At Anand Gurukul, we believe in values that shape future leaders—democracy, environmental responsibility, adventure, leadership, and service. Our students are encouraged to develop empathy and contribute meaningfully to their communities and society.

We also recognize the pivotal role parents play in a child's educational journey. At Anand Gurukul, we aim to build a collaborative partnership with families, ensuring that together we can help children achieve extraordinary accomplishments.

In closing, let me remind you of the power of purpose and determination in achieving the impossible.

"The highest peak hasn't been climbed yet, The mightiest rivers aren't spanned."

जय बिहार !

School Highlights

Program Highlights - Anand Gurukul's Holistic Educational Approach

Eligibility

Anand Gurukul welcomes young boys aged between 6 and 9 years who are entering Grades 1 or 2. This program is designed to provide these early learners with a solid foundation that combines academic excellence with personal growth. By focusing on this crucial age group, Anand Gurukul aims to nurture curiosity, discipline, and a love for learning from the very start.

Comprehensive Curriculum

Our curriculum is a unique blend of some of the most respected educational frameworks, integrating elements from NCERT, SCERT, CBSE, ICSE, IGCSE, and Cambridge syllabi. This well-rounded approach ensures that students gain exposure to diverse teaching methodologies and are equipped with knowledge that transcends any single system. This fusion prepares students to seamlessly transition into prestigious academic institutions such as Jawahar Navodaya Vidyalayas (JNVs), Kendriya Vidyalayas (KVs), Sainik Schools, Rashtriya Military Schools, Eklavya Model Residential Schools (EMRS), and the Central Hindu School (CHS) at Banaras Hindu University.

Lifestyle and Learning Environment

Anand Gurukul provides a fully residential setup that emphasizes a disciplined yet nurturing environment. Drawing inspiration from a quasi-military lifestyle, the program instills values of punctuality, responsibility, and teamwork. This structured daily routine not only fosters discipline but also ensures a balance between academic pursuits and physical activity.

The program places equal importance on extracurricular activities, offering ample opportunities for sports and life skills development. Through these activities, students learn the value of teamwork, perseverance, and leadership, which are essential for personal growth and success.

At Anand Gurukul, the focus is not just on academics but on shaping well-rounded individuals who are prepared to excel in competitive environments while embodying the values of integrity and discipline. This comprehensive program ensures that students develop the skills and confidence needed to achieve their dreams.

10 qualities of Anand Gurukulites

10 qualities of a well rounded education on a student.

A well-rounded education equips students with a diverse set of skills, knowledge, and personal attributes that foster intellectual, emotional, and social growth. Here are 10 qualities of a well-rounded education:

1. **Critical Thinking:** Encourages students to question, analyze, and evaluate information logically, helping them make informed decisions and solve problems creatively.
2. **Cultural Awareness:** Promotes understanding and appreciation of diverse cultures, perspectives, and worldviews, fostering empathy and global citizenship.
3. **Effective Communication:** Develops strong oral and written communication skills, enabling students to express ideas clearly and engage in meaningful dialogue.
4. **Collaboration and Teamwork:** Encourages students to work with others, respecting diverse ideas and contributing positively to group efforts.
5. **Adaptability and Flexibility:** Prepares students to respond to new challenges and situations, cultivating a mindset of continuous learning and personal growth.
6. **Emotional Intelligence:** Helps students develop self-awareness, self-regulation, and empathy, leading to better relationships and mental well-being.
7. **Time Management and Organization:** Teaches students how to prioritize tasks, manage their time effectively, and stay organized, preparing them for academic and professional success.
8. **Leadership Skills:** Encourages students to take initiative, motivate others, and make responsible decisions that impact their communities and organizations.
9. **Ethical Reasoning:** Instills a sense of responsibility, integrity, and understanding of ethical principles, guiding students in making moral decisions.
10. **Physical and Mental Health Awareness:** Promotes the importance of physical fitness, healthy habits, and mental well-being, ensuring students lead balanced and fulfilling lives.

Together, these qualities help students become capable, well-adjusted individuals ready to contribute meaningfully to society.

Anand Gurukul Commandments

The 10 unique **boarding commandments** at Anand Gurukul that emphasize discipline, character-building, and all-round development while fostering a sense of responsibility and

community. These commandments act as guiding principles and reflect the ethos of the institution:

Anand Gurukul Boarding Commandments

1. Rise with the Sun, Begin with Gratitude

- **Commandment:** All boys must wake up at 5 AM, start their day with a moment of gratitude, and prepare for the challenges ahead.
- **Why:** Instills discipline and mindfulness while setting a positive tone for the day.

2. Own Your Space, Respect Others' Space

- **Commandment:** Every boy is responsible for maintaining cleanliness in their living area and respecting shared spaces.
- **Why:** Encourages accountability, organization, and respect for others.

3. Work Hard, Play Harder

- **Commandment:** Every student participates in physical activities and games daily, striving for excellence in academics and sports.
- **Why:** Ensures physical fitness, mental sharpness, and teamwork.

4. Earn Your Meal Through Service

- **Commandment:** Each boy must contribute to the community through chores, including cleaning and organizing.
- **Why:** Builds humility, teamwork, and the value of hard work.

5. Speak with Purpose, Listen with Intent

- **Commandment:** Practice effective communication—always speak thoughtfully and listen actively to peers and mentors.
- **Why:** Enhances interpersonal skills and empathy.

6. Respect Time, Respect Yourself

- **Commandment:** Adherence to the daily schedule is mandatory, with no excuses for tardiness.
- **Why:** Cultivates punctuality and self-respect.

7. Learn from the Earth, Care for It Too

- **Commandment:** Each student participates in gardening or animal husbandry activities.
- **Why:** Teaches sustainability, responsibility, and a connection to nature.

8. Be Curious, Stay Humble

- **Commandment:** Every boy must ask at least one meaningful question in class daily and help a peer in their studies.
- **Why:** Promotes curiosity, humility, and a supportive learning environment.

9. Value Silence, Cherish Reflection

- **Commandment:** Quiet hours are observed daily for meditation, reflection, or personal reading.
- **Why:** Encourages inner growth, focus, and clarity of thought.

10. Honor the Uniform, Live the Values

- **Commandment:** Wear the Gurukul uniform with pride, always embodying the values of integrity, respect, and excellence.
- **Why:** Reinforces identity, unity, and a sense of belonging.

These commandments set Anand Gurukul apart by emphasizing self-discipline, community service, and personal growth, ensuring the boys grow into responsible and well-rounded individuals.

School Military Ranks

This is the list of **quasi-military ranks** given to our military-styled boarding school students, along with their explanations and definitions. These ranks are adapted for an educational environment and emphasize leadership, responsibility, and discipline:

1. Commandant

- **Definition:** The highest-ranking student leader, equivalent to the captain of a ship or head officer.

- **Role:** Oversees the entire student body, ensures adherence to rules, and acts as a liaison between students and school authorities.

2. Deputy Commandant

- **Definition:** Second in command to the Commandant, assisting in administrative and leadership responsibilities.
- **Role:** Takes charge in the absence of the Commandant and ensures smooth execution of daily routines.

3. Platoon Leader

- **Definition:** Leader of a specific group or platoon of students, similar to a lieutenant.
- **Role:** Responsible for discipline, coordination, and morale within their assigned group.

4. Sergeant Major

- **Definition:** Senior student responsible for maintaining discipline and standards across all platoons.
- **Role:** Supervises non-commissioned officers and assists the Commandant in implementing decisions.

5. Section Leader

- **Definition:** A mid-level leader in charge of smaller sections or teams within a platoon.
- **Role:** Ensures tasks are carried out effectively within their section, reporting progress to the Platoon Leader.

6. Corporal

- **Definition:** A junior student leader tasked with assisting the Section Leader in managing the group.

- **Role:** Acts as a mentor to younger students and ensures adherence to assigned duties.

7. Cadet

- **Definition:** A general term for all students undergoing training and development within the school.
- **Role:** Follows orders from higher ranks, participates in activities, and learns discipline and teamwork.

8. Quartermaster

- **Definition:** Student in charge of supplies and logistics within the school.
- **Role:** Manages uniforms, equipment, and other essential items, ensuring proper distribution and maintenance.

9. Drill Instructor

- **Definition:** A student leader responsible for training others in physical fitness and military drills.
- **Role:** Conducts drills, physical exercises, and ensures readiness for activities and events.

10. Flag Bearer

- **Definition:** A ceremonial rank given to students tasked with carrying and respecting the school flag.
- **Role:** Represents the school in parades, assemblies, and official functions.

Purpose of These Ranks

- **Leadership Development:** Encourages students to take responsibility and build leadership skills.

- **Discipline and Structure:** Mirrors military hierarchy, fostering discipline and teamwork.
- **Recognition and Motivation:** Offers a system of rewards and incentives for excellent performance and responsibility.

These ranks and their roles can be tailored to suit the specific needs and traditions of the boarding school while instilling a sense of duty and pride in students.

Co-curricular Activities

List of co-curricular activities at our boarding school along with their descriptions and benefits:

1. Nature Walks

- **What it is:** Guided explorations of nearby natural areas, such as forests, gardens, or rivers.
- **Why we have it:** Enhances students' appreciation for nature, promotes physical activity, and fosters mindfulness.

2. Book Reading Clubs

- **What it is:** Group discussions on a chosen book, with each participant sharing insights.
- **Why we have it:** Encourages reading habits, critical thinking, and the exchange of ideas.

3. DIY Craft Workshops

- **What it is:** Hands-on sessions for creating crafts using inexpensive materials like paper, cloth, and recycled items.
- **Why we have it:** Promotes creativity, resourcefulness, and fine motor skills.

4. Gardening

- **What it is:** Students grow and maintain plants, learning about botany and sustainability.
- **Why we have it:** Teaches responsibility, teamwork, and environmental awareness.

5. Animal Husbandry

- **What it is:** Students care for small animals like chickens, goats, or rabbits, learning basic veterinary practices and animal management.
- **Why we have it:** Teaches empathy, responsibility, and sustainable living skills. It can also provide lessons in biology and agriculture.

6. Debates and Elocution

- **What it is:** Competitive or informal events where students present arguments or speeches on various topics.
- **Why we have it:** Develops confidence, public speaking, and logical reasoning skills.

7. Board Games and Puzzles

- **What it is:** Organized sessions for games like chess, Scrabble, or solving group puzzles.
- **Why we have it:** Enhances strategic thinking, patience, and collaboration.

8. Community Service

- **What it is:** Activities like visiting local shelters, cleaning public areas, or teaching younger children.
- **Why we have it:** Instills empathy, civic responsibility, and teamwork.

9. Cooking Classes

- **What it is:** Simple cooking or baking lessons for students using local ingredients.

- **Why we have it:** Teaches basic life skills, self-reliance, and teamwork.

10. Fitness Challenges

- **What it is:** Fun activities like yoga sessions, morning runs, or simple obstacle courses.
- **Why we have it:** Encourages physical health, teamwork, and a competitive spirit.

Admissions

Admission Details - Your Path to Anand Gurukul for 2024

Limited Seats for Exclusive Opportunities

Anand Gurukul is proud to offer 20 subsidized seats for the 2024 academic year, providing an extraordinary opportunity for deserving boys from economically weaker sections. These seats are designed to ensure that promising young learners gain access to quality education and holistic development without financial constraints.

Affordable Cost Structure

The actual cost of a year's boarding and education at Anand Gurukul, inclusive of all facilities, is ₹82,000. However, recognizing the challenges faced by families from Below Poverty Line (BPL) backgrounds, a significant subsidy has been introduced, reducing the financial burden dramatically.

- **One-Time Payment:** Families opting for a one-time payment can avail of the complete program for just ₹36,000, ensuring the most economical option.
- **Two Installments:** For those who prefer staggered payments, the fee can be paid in two installments of ₹40,000 each, totaling ₹80,000.
- **Three Installments:** Families requiring more flexibility can pay in three equal installments of ₹48,000, amounting to ₹144,000.
This tiered fee structure ensures that quality education is accessible without compromising on the program's excellence.

Selection Process

Admission to Anand Gurukul is merit-based, ensuring that every child admitted is capable of making the most of the program. The selection process involves a **multiple-choice question test**, designed to evaluate the student's aptitude, foundational skills, and potential. This

fair and inclusive approach ensures equal opportunities for all applicants while maintaining high educational standards.

At Anand Gurukul, we believe in nurturing young minds through accessible, high-quality education. With only 20 seats available, we encourage eligible families to apply promptly and secure their child's place in this transformative program. Join us in shaping the leaders of tomorrow!

Important Dates

Key Dates - Mark Your Calendar for Anand Gurukul Admissions 2024

The admission process for the 2024 academic year at Anand Gurukul is now open, offering a golden opportunity for families to secure a place for their child in our transformative educational program. With only **20 subsidized seats** available, it is crucial to act swiftly and complete the application process within the stipulated timeframe.

Application Deadline

The last date to submit your application for admission is **December 22, 2024**. This deadline is strictly enforced to ensure that the selection process runs smoothly and efficiently, allowing us to finalize and welcome the brightest young minds into our institution.

Submitting your application early is highly encouraged, as it provides ample time to prepare for the selection process and reduces the risk of missing out on this unique opportunity. Each application will be carefully reviewed to ensure that eligible candidates from economically weaker sections or BPL families receive the full benefits of this subsidized program.

Why This Date Matters

The December 22nd deadline is more than just a cut-off; it is your family's first step toward a brighter future for your child. By adhering to this date, you ensure that your child has the opportunity to:

- Access an all-inclusive education tailored to their growth and development.
- Prepare for entrance into prestigious academic institutions such as Jawahar Navodaya Vidyalayas, Kendriya Vidyalayas, Sainik Schools, and others.
- Join a nurturing and disciplined environment that emphasizes academic excellence, physical health, and life skills.

We urge all interested families to submit their applications on or before **December 22, 2024**, and become a part of Anand Gurukul's vision to create well-rounded, capable, and confident young individuals. Don't miss this chance to secure your child's future - the countdown to a life-changing journey begins now!

School Fees

Affordable Cost Structure

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Selection Process

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Daily Routine of the Boarding School

Morning Activities (5:00 AM - 8:00 AM)

1. Wake-Up Call (5:00 AM)

- **Why:** Starting the day early builds discipline and aligns with natural body rhythms.

2. Personal Hygiene and Dorm Cleaning (5:00 AM - 5:30 AM)

- Students make their beds, clean their living spaces, and tidy up their belongings.
- **Why:** Teaches personal responsibility and organizational skills.

3. Bathroom and Toilet Cleaning Rotations (5:30 AM - 6:00 AM)

- Students take turns cleaning communal bathrooms and toilets.
- **Why:** Encourages accountability for shared spaces and promotes hygiene awareness.

4. Physical Exercise (6:00 AM - 6:45 AM)

- Activities include yoga, running, or team sports.
- **Why:** Boosts physical fitness, mental alertness, and teamwork.

5. Breakfast (6:45 AM - 7:15 AM)

- A communal meal with gratitude expressed for food.
- **Why:** Builds a sense of community and energizes students for the day.

6. General Chores (7:15 AM - 8:00 AM)

- Tasks include sweeping, mopping common areas, maintaining gardens, and organizing supplies.
- **Why:** Develops teamwork and respect for shared environments.

Academic Classes (8:30 AM - 2:30 PM)

• Morning Session (8:30 AM - 12:30 PM):

- Focus on core subjects like Math, Science, and Language.

- **Lunch Break (12:30 PM - 1:00 PM):**
 - Balanced meal served in the dining hall.
- **Afternoon Session (1:00 PM - 2:30 PM):**
 - Includes art, music, or project-based learning.
- **Why:** Structured academics ensure intellectual development and preparation for future challenges.

Afternoon Activities (2:30 PM - 5:30 PM)

1. **Gardening and Campus Maintenance (2:30 PM - 3:30 PM)**
 - Students care for plants, repair fences, or clean pathways.
 - **Why:** Builds a connection with nature and teaches sustainability.
2. **Study and Homework Time (3:30 PM - 4:30 PM)**
 - Quiet study sessions supervised by teachers or senior students.
 - **Why:** Reinforces learning and cultivates self-discipline.
3. **Sports and Recreation (4:30 PM - 5:30 PM)**
 - Team games like football, volleyball, or individual activities like cycling.
 - **Why:** Encourages fitness, stress relief, and camaraderie.

Evening Activities (5:30 PM - 9:00 PM)

1. **Snack Break (5:30 PM - 5:45 PM)**
 - Light refreshments served.
 - **Why:** Keeps energy levels up before evening activities.
2. **Evening Chores (5:45 PM - 6:30 PM)**
 - Tasks include dishwashing, managing laundry, or preparing spaces for the next day.
 - **Why:** Instills responsibility and time management.
3. **Personal Time and Reflection (6:30 PM - 7:00 PM)**

- Students can write journals, meditate, or engage in quiet hobbies.
 - **Why:** Encourages self-awareness and emotional well-being.
4. **Dinner (7:00 PM - 7:30 PM)**
- Nutritious meal eaten together.
 - **Why:** Reinforces communal bonds.
5. **Cultural Activities or Skill Development (7:30 PM - 8:30 PM)**
- Activities like music, debate, or drama practice.
 - **Why:** Fosters creativity and soft skills.
6. **Bedtime Preparation (8:30 PM - 9:00 PM)**
- Students wind down with reading or light conversation before lights out.
 - **Why:** Prepares the body and mind for restful sleep.

Key Principles

- **Self-Reliance:** By managing chores, students learn independence and life skills.
- **Community Values:** Working together fosters a sense of shared responsibility.
- **Balance:** The schedule integrates academics, physical health, and creativity for holistic development.

This routine nurtures well-rounded, disciplined, and capable individuals prepared for future responsibilities.

The School Boarding Menu Chart

A sample **vegetarian mess menu chart** tailored for our boarding school in Bihar, considering locally available ingredients and preferences. The menu includes wholesome, balanced meals that cater to the dietary needs of growing students while maintaining simplicity and cost-effectiveness.

Daily Vegetarian Mess Menu Chart

Monday

- **Breakfast:** Poha (flattened rice) with peanuts, seasonal fruits.
- **Lunch:** Rice, dal (arhar or masoor), aloo-gobhi sabzi (potato and cauliflower curry), green salad, and papad.
- **Evening Snack:** Murmura (puffed rice) chaat or samosa with chutney.
- **Dinner:** Chapati, mixed vegetable curry, plain rice, and curd.

Tuesday

- **Breakfast:** Idli with sambhar and coconut chutney.
- **Lunch:** Jeera rice, dal fry, baingan bharta (mashed spiced eggplant), and pickle.
- **Evening Snack:** Roasted chana (gram) or moong dal chilla with chutney.
- **Dinner:** Chapati, chana masala, steamed rice, and cucumber raita.

Wednesday

- **Breakfast:** Paratha with aloo sabzi and curd.
- **Lunch:** Rice, yellow dal, bhindi sabzi (okra), green salad, and pickle.
- **Evening Snack:** Vegetable pakoras with ketchup.
- **Dinner:** Chapati, kadhi-pakora, plain rice, and mixed veg salad.

Thursday

- **Breakfast:** Daliya (broken wheat porridge) with jaggery.
- **Lunch:** Rice, rajma curry (kidney beans), and sautéed seasonal greens.
- **Evening Snack:** Bread butter or veg sandwich.
- **Dinner:** Chapati, paneer curry, plain rice, and cucumber salad.

Friday

- **Breakfast:** Upma with vegetables.
- **Lunch:** Rice, moong dal, aloo-matar sabzi (potato and peas curry), and papad.
- **Evening Snack:** Corn chaat or vegetable bhel.
- **Dinner:** Chapati, lauki kofta (bottle gourd balls in gravy), rice.

Saturday

- **Breakfast:** Chana dal cheela or besan paratha with chutney.
- **Lunch:** Pulao with mixed vegetables, boondi raita, and pickle.
- **Evening Snack:** Masala puffed rice or aloo tikki.
- **Dinner:** Chapati, aloo palak (spinach and potato curry), plain rice, and salad.

Sunday

- **Breakfast:** Puri with aloo curry and halwa.
- **Lunch:** Vegetable biryani, curd, and tomato chutney.
- **Evening Snack:** Seasonal fruit or sweet (like laddoo).
- **Dinner:** Chapati, matar paneer (peas and cottage cheese), plain rice, and kheer (rice pudding).

Key Notes

- **Balanced Nutrition:** Each meal includes a combination of carbohydrates, proteins, vitamins, and minerals.
- **Local Ingredients:** Incorporates commonly available staples like rice, dal, and seasonal vegetables.
- **Cultural Touch:** Includes Bihari-style dishes such as litti chokha on occasional weekends.
- **Flexibility:** The menu can be adjusted based on seasonal availability and specific student preferences.

This chart ensures students receive nutritious, varied meals that support their growth and development while being easy to prepare in a vegetarian mess.

Contact

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