



HEALTH AND ACTIVITY CARD

GENERAL INFORMATION

Aadhar Card no. of Student (optional) _____

NAME: _____

ADMISSION No.: _____ DATE OF BIRTH: _____

M F T _____ BLOOD GROUP: _____

MOTHER'S NAME: _____

YOB* _____ WEIGHT* _____ HEIGHT* _____ BLOOD GROUP _____

AADHAR CARD NO.* _____

FATHER'S NAME: _____

YOB* _____ WEIGHT* _____ HEIGHT* _____ BLOOD GROUP _____

AADHAR CARD NO.* _____

FAMILY MONTHLY INCOME* _____

ADDRESS _____

PHONE NO. _____ (M): _____

CWSN, SPECIFY _____

SIGNATURE OF PARENTS/GUARDIAN

DATE:

* Optional information; that need not to be shared with CBSE. Data privacy and protection shall be the responsibility of the concerned school.



AIR FORCE GOLDEN JUBILEE INSTITUTE
SUBROTO PARK, NEW DELHI - 110010

Name of the student :

Adm No.

Class:

Session:

HEALTH AND ACTIVITY RECORD

Components	Parameters	Remarks
Vision	RE/LE	
Ears	Left /Right	
Teeth Occlusion	Caries/Tonsils/Gums	
General Body Measurements	Height	
	Weight	
Circumference	Hip	
	Waist	
Health Status	Pulse	
	Blood Pressure	
Posture Evaluation	If any: Head forward/Sunken chest Round shoulders/ Kyphosis/lordosis/Abdominal Ptosis/body lean/tilted head/ Shoulders uneven/Scholiosis/Flat feet/Knock Knees/Bow legs	

Mr/Ms

Place :

Signature of Medical Officer along with official seal

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SCHEDULE FOR THE HPE TEST(HEALTH AND PHYSICAL EDUCATION TEST)
FOR THE SESSION 2018 - 19

FOR CLASS XII

Date	1 st to 4 th Period	5 th to 8 th Period
19 Nov 2018	XII A	XII B
20 Nov 2018	XII C	XII D

FOR CLASS X

Date	1 st to 4 th Period	5 th to 8 th Period
12 Dec 2018	X A	X B
13 Dec 2018	X C	X D

Note:- It is mandatory for the students to wear Sports Kit (T- Shirt & Track Pant) on the day of the Test.

* Schedule for classes IX and XI will be uploaded later.