

# GYM

## GYM TIMING

<u>Day</u>	<u>Timing</u>	<u>Category</u>
<b>Monday to Saturday (except Thursday and Sunday)</b>	<b>1500-1630 hrs</b>	<b>Children</b>
	<b>1630-1830 hrs</b>	<b>Officers &amp; families</b>
	<b>1830-2030 hrs</b>	<b>Sailors &amp; families</b>
<b>Morning Session</b>	<b>0600-0830 hrs</b>	<b>Combined slot</b>
<b>Sundays and Holidays</b>	<b>0600-0830 hrs</b>	<b>Combined slot</b>
	<b>0830-1000 hrs</b>	<b>Children</b>
<b>Thursday</b>	<b>Closed for Maintenance</b>	

# JEEVIKA



## TIMINGS

### 1. WORKING DAYS.

- |                        |                                                                 |
|------------------------|-----------------------------------------------------------------|
| (a) 1530 HR TO 1700 HR | - JCO / OR & FAMILIES<br>INCL CHILDREN                          |
| (b) 1730 HR TO 1900 HR | - OFFRS & FAMILIES<br>INCL CHILDREN                             |
| (c) 1900 HR TO 2000 HR | - OFFRS, LADIES &<br>CHILDREN (ABOVE 12 YRS)<br>(ONLY SWIMMERS) |

### 2. SUNDAY.

- |                        |                                                                 |
|------------------------|-----------------------------------------------------------------|
| (a) 0530 HR TO 0830 HR | - JCO / OR & FAMILIES<br>INCL CHILDREN                          |
| (b) 1700 HR TO 1900 HR | - OFFRS & FAMILIES<br>INCL CHILDREN                             |
| (c) 1900 HR TO 2000 HR | - OFFRS, LADIES &<br>CHILDREN (ABOVE 12 YRS)<br>(ONLY SWIMMERS) |

### 3. CLOSED. MONDAY & CLOSED HOLIDAYS.

# NAVY WELFARE AND WELLNESS ASSOCIATION

NWWA

AJAY BAUGH

<u>ACTIVITIES</u>	<u>DAYS &amp; TIMING</u>	<u>COTACT PERSON</u>
Dance Classes for Kids	Monday, Wednesday and Friday 1700 – 1800	Mr. Raja 9531908070
Dance Classes For Ladies	Tuesday, Thursday and Saturday 1000 – 1100	Mr. Raja 9531908070
Karate Classes for Kids	Tuesday, Saturday and Sunday 1600 to 1730	Mr. M. A. Manoharan 9933278929
Stitching Classes	Monday, Wednesday and Friday 1000 to 1300	Mrs. Archana 7588669466
Tuition Classes	Nursery to Class 3 <sup>rd</sup> Monday to Saturday 1530 to 1630	Mrs. Deepti 9458679579
	Science & Maths Class 4 <sup>th</sup> to 8 <sup>th</sup> Monday to Saturday 1500 to 1600	Mrs. Hema Bhatt 7060432021
	Maths Class 9 <sup>th</sup> to 12 <sup>th</sup> Monday to Saturday 1700 to 1800	Mrs. Shivani Bansal 9460856435
Mehendi Classes	Monday, Wednesday and Friday 1100 to 1200	Mrs. Leela 7207282168
Baking Classes	Thursday, Friday and Saturday 1000 to 1230	Mrs. Laxmi Chaudhary 8137876456

NWWA In- Charge: Mrs. Reena, 8281521163

# **IDS** Society

## **OPENING TIMING**

<b><u>Day</u></b>	<b><u>Timing</u></b>	<b><u>Category</u></b>
<b>Monday to Saturday (except Thursday and Sunday)</b>	<b>1500-1630 hrs</b>	<b>Children</b>
	<b>1630-1830 hrs</b>	<b>Officers &amp; families</b>
	<b>1830-2030 hrs</b>	<b>Sailors &amp; families</b>
<b>Morning Session</b>	<b>0600-0830 hrs</b>	<b>Combined slot</b>
<b>Sundays and Holidays</b>	<b>0600-0830 hrs</b>	<b>Combined slot</b>
	<b>0830-1000 hrs</b>	<b>Children</b>
<b>Thursday</b>	<b>Closed for Maintenance</b>	

# CSP CLOSED Swimming Pool REPAIR / MAINTENANCE

till further Order

CSP ic Mob No - 9390707367 (Leave in POLO)

NEW TIMING OF COMMAND SWIMMING POOL  
W.E.F 26 MAR 22

<u>DAYS</u>	<u>USER</u>	<u>TIMING</u>
TUE - SAT	PET and Practice for Non- swimmers	0600 - 0800 h
TUE - <del>SUN</del>	Exclusively for Ladies	0800 - 0900 h
TUE & FRI	Promotion Test	0900 - 1000 h
ODD Date	PBORs and Families Officers and families	1600 - 1800 h 1800 - 2000 h
EVEN Date	Officers and families	1600 - 1800 h
	PBORs and Families	1800 - 2000 h
Sunday	PBORs and Families Officers and families	0900 - 1030 h 1030 - 1200 h
Monday and Holiday Closed		

# swimming Pool

स्टेशनरी शॉप  
**STATIONERY SHOP**

**TIMINGS: 0900 HRS TO 2200 HRS  
(MONDAY CLOSED)**

**Raksha Vihar**



लिकर कैन्टीन  
**LIQUOR CANTEEN**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FORENOON	HOLIDAY	1000 HRS - 1250 HRS LAST ENTRY HRS	1000 HRS - 1250 HRS LAST ENTRY HRS	1030 HRS - 1250 HRS LAST ENTRY 1230 HRS	1000 HRS - 1250 HRS LAST ENTRY HRS	1030 HRS - 1300 HRS LAST ENTRY HRS	0900 HRS - 1300 HRS LAST ENTRY HRS
AFTERNOON	HOLIDAY	1430 HRS - 1600 HRS STOCK TAKING	1430 HRS - 1650 HRS LAST ENTRY HRS	1430 HRS - 1650 HRS LAST ENTRY HRS	STOCK TAKING	1430 HRS - 1550 HRS LAST ENTRY HRS	CLOSED

**( MONDAY & HOLIDAYS CLOSED)**



आईसी स्पाइसी  
ICY SPICY

OPENING HOURS: 09.00 HRS TO 21.00 HRS  
(OPEN ALL DAYS)

## अफवा उपहार केन्द्र AFWWA GIFT SHOP

WORKING HOURS: TUESDAY - SATURDAY - 1030 HRS TO 1230 HRS

- 1630 HRS TO 1930 HRS

SUNDAY - 1030 HRS TO 1230 HRS

(MONDAY & HOLIDAYS CLOSED)

12

### BOOKING FOR HOME DELIVERY

LPG CYLINDER CAN BE BOOKED FOR HOME DELIVERY FOR STAYING IN THE DEFENCE AUTHORISED MARRIED ACCOMMODATION ONLY BETWEEN 0800 HRS TO 1200 HRS BY SMS ON MOBILE NO. 9531990085.

FORMAT FOR BOOKING:

CONSUMER NO/ RIK:

NAME, RANK & P NO:

DELIVERY ADDRESS:

MOBILE NO:

13

### CANTEEN TIMING

# CSD / NON CSD

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Forenoon	1000-1300 Hrs Last entry 1230 Hrs	1000-1300 Hrs Last entry 1230 Hrs	1000-1300 Hrs Last entry 1230 Hrs	1000-1300 Hrs Last entry 1230 Hrs	1000-1300 Hrs Last entry 1230 Hrs	1000-1300 Hrs Last entry 1230 Hrs	1000-1300 Hrs Last entry 1230 Hrs
Afternoon	1430-1600 Hrs (For Utkrosh personnel only) Stock Taking 1600-1700Hrs		1430-1700 Hrs Last entry 1645 Hrs	1430-1700 Hrs Last entry 1645 Hrs	Stock Taking 1430-1700Hrs	1430-1700 Hrs Last entry 1645 Hrs	CLOSED

# Raksh Vihar

14

# DHANWANTARI

<u>OPD</u>	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THUR</u>	<u>FRI</u>	<u>SAT</u>
MEDICINE	Officer's & Dependents	TMT/ Holter/ PFT	Sailor's & Dependents	Reporting of TMT/Holter/ PFT, Departmental Training	AME/ PME/ Opinion(Recat/ Release)	All Ranks & Dependents
SURGERY	Sailor's & Dependents	OT Day	Officer's & Dependents	Opinion Day	OT Day	All Ranks & Dependents
EYE	Sailor's & Dependents	Sailor's & Dependents	OT Day	Officer's & Dependents	Investigations /Minor Procedures	AME/PME/Opinion
ENT	Endoscopy and minor procedure	General OPD & PRE operative procedure (sailors & families)	OT DAY	General OPD & Pre Operative Procedure (Officers & Families)	Audiometry, Neonatal Hearing Screening, PME, SME, AME and Opinion Day	General OPD (All Ranks)
OBS & GYNECOLOGY	OT Day	Sailor's & Dependents	Procedure Day	OT Day	Sailor's & Dependents	Officer's & Dependents
DENTAL	Sailor's & Dependents	Officer's & Dependents	Officer's & Dependents	Sailor's & Dependents	Sailor's & Dependents	Officer's & Dependents
PSYCHIATRY	All Ranks & Dependents	All Ranks & Dependents	All Ranks & Dependents	All Ranks & Dependents	All Ranks & Dependents	All Ranks & Dependents
PAEDIATRICS	Neo natal Screening	All Ranks & Dependents	Neuro Developmental OPD	All Ranks & Dependents	Departmental Training	All Ranks & Dependents
PATHOLOGY (Special Investigation)	Vit D3, Vit B12, Ferritin, Beta HCG	Lipid Profile (Chol, TRG, HDL, LDL)	Thyroid Profile, FNAC, Semen Analysis	Thyroid Profile, FNAC	Lipid Profile (Chol, TRG, HDL, LDL)	LH, FSH, Progesterone, Testosterone, Cortisol, SPSA, AFP, CEA
RADIOLOGY	USG/ CT Sailors, ECHS & Dependents	USG (OPD Gyn)	Medical Board	Medical Board	USG (OPD Gyn)	USG/ CT Officer's & Dependents

## **COMMAND REFERENCE LIBRARY (MINNIE BAY)**

<b>DAY</b>	<b>TIMING</b>
<b>MONDAY TO FRIDAY</b>	<b>1000 HRS - 1730 HRS</b>
<b>SATURDAY</b>	<b>1000 HRS - 1330 HRS</b>

**LUNCH BREAK - 1300 HRS - 1400 HRS**

**SUNDAY & HOLIDAY WILL REMAIN CLOSED**

# **NAVY CHILDREN SCHOOL, MINNIE BAY**

## **ADMISSION NOTICE FOR AY 2023 – 24**

<b>Ser</b>	<b>Event</b>	<b>Dates</b>
(a)	Online filling of admission forms	15 Feb – 10 Mar 23
(b)	Entrance Exam for classes IX and above	24 Mar 23 (0900 hrs)
(c)	New Session begins	01 April 23

- For admission in Std. I (Age Criteria)**

(a) For Admission to **Class I** the child should have attained the age of 6+ (born before **31 Mar 2017**).

**Note : Duplicate applications will not be entertained.**

**Interested parents are to apply through online mode only by visiting school website [www.ncsportblair.in](http://www.ncsportblair.in). Any technical queries contact : 03192 -248781 / 01143193335**

**Description for online/ Google/Paytm payment**

**STATE BANK OF INDIA**

**A/C name - Navy Children School**

**A/C No. - 35489844608**

**IFSC - SBIN0008721**

**URL for campuscare payment**

**Entab URL- ncspb.campuscare.info**

**FOR TEXT BOOKS AND NOTE BOOKS**

**PLEASE CONTACT**

**GENESIS BOOK STORE**

**1<sup>ST</sup> FLOOR, KARAN MANZIL**

**OPPOSITE STATE LIBRARY MAIN GATE, MIDDLE POINT**

**PORT BLAIR**

**CONTACT NO.: 03192230294/ 9933200223/ 9434260110**

**FOR UNIFORM**

**PLEASE CONTACT**

**DAAUJI PARIDHAN**

**NEAR GANESH TEMPLE**

**ABERDEEN BAZAR**

**CONTACT NO.:9933298205/ 03192235065**



SBI Payments

MERCHANT NAME: NAVY CHILDREN SCHOOL

UPI ID: NAVYCHILDRENSCHOOL1844@SBI

**SCAN & PAY**



BHIM  
SBI Pay

BHIM | UPI  
BHARAT INTERFACE FOR MONEY | UNIFIED PAYMENTS INTERFACE

# **SCHOOL UNIFORM**

## **ALL DAYS (Except Wednesdays)**

<b>S. No.</b>	<b>Boys</b>	<b>Girls</b>
(a)	Navy blue shorts (I – V) Navy blue trousers (VI – XII)	(a) Navy blue skirt - Regular (b) Navy blue/black <b>cycling tights</b>
(b)	Striped shirt (half sleeves) - Regular	Striped shirt (half sleeves) - Regular
(c)	Navy blue socks with stripes	Navy blue socks with stripes
(d)	Belt with buckle	Belt with buckle
(e)	Short cropped hair/ Navy blue head dress for Sikh boys	i) Black hair band (colored hair band are not allowed). ii) Hair below shoulder level should be neatly plaited into two or made into two pony tails
(f)	Black Rex shoes without lace (well polished) (I to III) Black Rex shoes with lace (well polished) (IV to XII)	Black Rex shoes without lace (well polished) (I to III) Black Rex shoes with lace (well polished) (IV to XII)

## **PT UNIFORM (On Wednesdays)**

<b>S. No.</b>	<b>Boys and Girls</b>
(a)	White track pant – Sports
(b)	House T-Shirt – Sports
(c)	White Rex shoes (I to XII)
(d)	White head dress for Sikh boys and White band or white hair band for girls

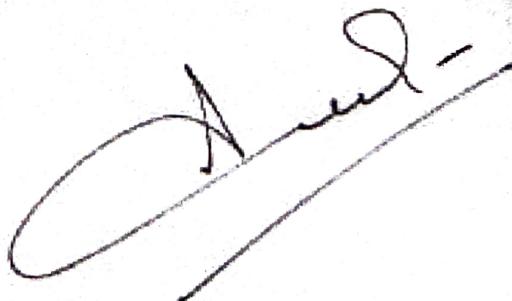
**NAVY CHILDREN SCHOOL, MINNIE BAY**  
**LIST OF HOLIDAYS - 2022**

Sl. No.	Holidays	Date	Day of the week
1.	Mahavir Jayanti	14 Apr 22	Thursday
2.	Good Friday	15 Apr 22	Friday
3.	Idul' Fitr*	03 May 22	Tuesday
4.	Buddha Purnima	16 May 22	Monday
5.	Id-Ul-Juha*	10 Jul 22	Sunday
6.	Muharram	09 Aug 22	Tuesday
7.	Independence Day	15 Aug 22	Monday
8.	Ganesh Chaturthi	31 Aug 22	Wednesday
9.	Onam	08 Sep 22	Thursday
10.	Gandhi Jayanti	02 Oct 22	Sunday
11.	Dussehra	05 Oct 22	Wednesday
12.	Milad – Un – Nabi*	09 Oct 22	Sunday
13.	Diwali	24 Oct 22	Monday
14.	Guru Nanak's Birthday	08 Nov 22	Tuesday
15.	Christmas	25 Dec 22	Sunday

\* Subject to change depending on the appearance of the moon.

**VACATION SCHEDULE**

- Summer Vacation      - 07 May 22 – 26 Jun 22
- Autumn Break          - 01 Oct 22 – 09 Oct 22
- Winter Break           - 23 Dec 22 – 01 Jan 23



REVISED PET STANDARDS FOR MEN

<u>Sl</u>	<u>Age (Years)</u>	<u>Run</u>	<u>Bent Knee Sit ups</u>	<u>Push ups</u>	<u>Shuttle Run</u>	<u>Swim</u>	<u>Vertical Floating</u>	<u>Jump</u>
(a)	Less than 30	2.5 km within 11.30 min	30	25	300 m within 65 sec	100 m in overalls	03 min in overalls with head up	05 m height
(b)	30 to less than 35	2.5 km within 12.30 min	25	22	300 m within 66 sec	As above	As above	As above
(c)	35 to less than 40	2.5 km within 13.30 min	23	20	300 m within 68 sec	As above	As above	As above
(d)	40 to less than 45	2.5 km within 15.00 min	20	15	300 m within 81 sec	As above	As above	As above
(e)	45 to less than 50	1.5 km run/walk within 13.00 min	15	12	300 m within 100 sec	50 m in overalls	As above	As above
(f)	50 and above	1.5 km run/walk within 18.00 min	NA	NA	NA	As above	As above	NA

REVISED PET STANDARDS FOR WOMEN

<u>Sl</u>	<u>Age (Years)</u>	<u>Run</u>	<u>Bent Knee Sit ups</u>	<u>Shuttle Run</u>	<u>Swim</u>	<u>Vertical Floating</u>	<u>Jump</u>
(a)	Less than 30	1.5 km within 10.30 min	17	300 m in 90 sec	100 m in overalls	03 min in overalls with head up	05 m height
(b)	30 to less than 35	1.5 km within 11.00 min	15	300 m in 100 sec	As above	As above	As above
(c)	35 to less than 40	1.5 km within 11.30 min	13	300 m within 110 sec	As above	As above	As above
(d)	40 to less than 45	01 km within 10.00 min	11	200 m within 100 sec	As above	As above	As above
(e)	45 to less than 50	01 km run/walk within 10.30 min	09	200 m within 110 sec	50 m in overalls	As above	NA
(f)	50 and above	01 km in 11.00 min	NA	NA	As above	As above	NA

Swimming Pool

Grocery shop  
Ajay Baugh



9434289823 \*

UPI ID: 9434289823@paytm

Paytm: 9434289823



Scan this QR or send money to 9434289823  
from any app. Money will reach in 9434289823's  
bank account.

paytm



UPI

## **COBBLER SHOP TIMINGS**

TIMING-1730 TO 1930 ALL DAYS

SHOE, UMBRELLA,BAG CHAIN  
REPAIR.

BLACK N WHITE RAXINE ON  
SHOES.

REPAIR OF ALL LEATHER  
ITEMS.

**MOB-9933265153**

**Tailor  
Ajay Baugh**

**CONTACT:-**

**9933216632**

**SHOP TIMING:**

**3:30 PM TO 8:00 PM**

(Administrative Block, AjayBaug)

- ❖ **STICHING -UNIFORMS -**  
**CAMOUFLAGE, 8A, 10A**
- ❖ **ALTRATIONS- BATCHES, DRESSES**
- ❖ **LADIES AND GEN'S DREES MAKING**

## HAIR CUT PRICE LIST

KIDS	Rs .70.00 (BELOW 8 YRS)
OFFICERS	Rs. 80.00
SAILORS	Rs. 80.00
SAVING	Rs .50.00
HAIR TRIMING	Rs. 40.00
MUNDAN	Rs.100.00

Hair Cut  
Ajay Baugh

MONDAY	TO	0830 to 1300 -1500 to 1930 HRS
THURSDAY		
THURSDAY	0830 to 1300- 1700 to 1930 HRS	
SATURDAY	AND	0830 to 1300 -1500 to 2000 HRS
SUNDAY		
FRIDAY		SHOP REMAIN CLOSED

NAME : HUMAYUM MOLLA

CONTACT : 7076438552

**VATIKA CAFETERIA**

**MINNIE BAY**

Cell: 9933209304

ITEM	PRICE
TEA	10
VADA	10
SAMOSA	10
SAMOSA CHAT	10
SAMBAR VADA	10
IDL	12.00
DOSA	12
MASALA DOSA	12
ONION DOSA	12
GHEE ROTI DOZA	12
EGG DOZA	12
PAROTA	12
ROTTI	12
BUTTER ROTTI	12
PURI	12
<b>VEG ITEMS</b>	
-paneer butter masala	140
MUTTER PANNER	140
KADAI PANNER	140
SHAHİ PANNER	140
CHILLY PANNER	140
paneer manjir	140
GOSI MASALA	140
GOSI MUTTER MASALA	140
GOSI MANJURIA	140
CHILLY GOSI	140
TOMATO FRY	140
ALU MUTTER	140
ALU JEERA	140
ALU GOSI MUTTER MASALA	140
ALU GOSI MASALA	140
MIX VEG	140
DAL FRY	140
DAL FRY (BUTTER)	140
DAL THADKA	140
VEG NOODLES	140
GARLIC NOODLES	140
VEG BRIYANI	140
VEG FRIED RICE	140
VEG PULAO	140
GEERA RICE	140
STEAM RICE	140
<b>NON- VEG ITEMS</b>	
BUTTER CHICKEN MASALA	170
KADAI CHICKEN	180
CHICKEN CURRY	180
CHICKEN MASALA	180
CHICKEN CURRY (HOME)	180
CHILLY CHICKEN	180
CHICKEN MANJURIA	180
GINGER GARLIC CHICKEN	180
PEPPER CHICKEN	180
FISH FRY	180
FISH CURRY	180
CHICKEN 65	180
CHICKEN BRIYANI	180
CHICKEN FRIED RICE	180
EGG FRIED RICE	180
EGG OMLATE	180
EGG BRIYANI	180
CHICKEN NOODLES	180

#### **PAGE 11 EXTRA CHARGE**

## RATE OF TICKETS

ADULT	: RS. 50.00
CHILD (05 YEARS TO 12 YEARS)	: RS. 25.00
AUDIO GUIDE SYSTEM (OPTIONAL)	: RS. 100.00

CONCESSION TICKET FOR ARMED FORCES, ESM AND DEPENDENT  
WITH VALID ID CARDS

(ONLY NAVY, ARMY & AIR FORCE)

ARMED FORCES, ESM & DEPENDENT : RS.20

ARMED FORCE & ESM DEPENDENT CHILD : RS. 10

TIMING OF VISIT

09 AM TO 05 PM (0900 HRS TO 1700 HRS)

LUNCH BREAK

01 PM TO 02 PM (1300HRS TO 1400 HRS)

TICKET COUNTER WILL BE CLOSED AT 1230 HRS

FOR LUNCH BREAK

NOTE: PARAMILITARY & DEFENCE CIVILIAN ARE NOT  
AUTHORISED FOR CONCESSION TICKET

# NAVAL MARINE MUSEUM

## SAMUDRIKA

### ACCEPTS PAYMENT BY

BHIM ➤ APP



TICKET COUNTER

# HARD

THE FOLLOWING GYMNASIUM TIMING WILL BE  
FOLLOWED AT THE ANCOM GYM:-

AMENDED GYMNASIUM TIMING

MORNING

- 0500 HRS TO 0900 HRS

DAILY MAINTENANCE -

0900 HRS TO 1000 HRS

EVENING

- 1700 HRS TO 2000 HRS

MONDAY/HOLIDAY

- CLOSED

# PANCHAVATI

<u>SR.NO.</u>	<u>DESIGN</u>	<u>CONTACT NUMBER</u>
01.	OFFICER' INCHARGE	9531990085/7063966793
02.	SAILOR INCHARGE	9531990083
03.	CARE TAKER	9933255193
04.	SAFAI WALA	9476021618
05	TV CABLE	9933217220
06	PUMP HOUSE	9933207838
07	MES ELECTRICAL CELL	03192232494
08	EXCHANGE	03192247000
09	GRASS CUTTING	9322229732
10	MES CELL (NDA)	8927561240