

**SELF DECLARATION FORM**  
**(Please fill all particulars in CAPITAL LETTERS only)**

1. That I, \_\_\_\_\_ Father/Mother/Guardian of Name  
\_\_\_\_\_ Class and Section \_\_\_\_\_ Roll No. \_\_\_\_\_ House \_\_\_\_\_  
declare that that my child is physically fit and is ready to join the school willingly.

2. Does your ward have any of the following:-

	Yes	No
Fever		
Cough		
Sore Throat		
Breathlessness		
Other: Please Specify		

(a) Recent travel history:

(i) Did you/your ward travel to any other country recently \_\_\_\_\_ YES/NO

(ii) Did you/your ward travel to any declared red zone in the country  
\_\_\_\_\_ YES/NO

(iii) Whether you are coming from a declared red/containment zone  
\_\_\_\_\_ YES/NO

3. **Please specify the ZONE/Category from where you are currently coming to the school.**

Is in a Containment Zone/ Red Zone/ Orange Zone/ Green Zone \_\_\_\_\_.

**The exact Address of your place of residence (in the last 14-days):**

(a) Address

(b) Contact Number

(c) E-mail

4. **Status in Aarogya Setu App.** Green: YES/NO

5. **Does anybody in your immediate family fall under any of the following categories:**

Confirmed Positive Case of Covid-19/ Active Case/Recovered from Covid-19.

6. **I confirm that nor have I or my child or immediate family members come in close contact** with any Coronavirus (COVID-19) patient, in last ONE month. ("Close contact" means being at a distance of less than one meter for more than 15 minutes.)

7. **I hereby certify that my child is not suffering from any pre-conditions** or such disease like Diabetes, Hyper-tension, Asthma or any such like Ailment to make him pre-conditioned to becoming a serious risk in case he gets infected with the Coronavirus (COVID-19).

8. **I also fully understand the risk involved in keeping him in the hostel**, in community living conditions and am prepared to take the risk involved, without any inferences against the school or its employees or the School Management.

9. **I hereby acknowledge that the information furnished above is true to the best of my belief and knowledge.**

10. If information is found false, any action may be taken as deemed fit and appropriate by the School Management or Head of School.

Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

## FORMAT OF UNDERTAKING BY PARENT/CADET

Place.....

Date.....

From  
Mr/Ms \_\_\_\_\_  
Parent/Guardian of Cadet \_\_\_\_\_  
Roll No. \_\_\_\_\_  
Sainik School \_\_\_\_\_

To  
Principal  
Sainik School \_\_\_\_\_  
Address \_\_\_\_\_

### WILLINGNESS TO SEND WARD TO SCHOOL

Sir/Madam

1. I, Mr/Mrs \_\_\_\_\_ am parent/guardian of Cadet \_\_\_\_\_ (Roll No. \_\_\_\_\_), of Class \_\_\_\_\_ studying at Sainik School Korukonda. I have received intimation through email/telephone call by House Master/ Ward Boy of \_\_\_\_\_ House that the School is opening on \_\_\_\_\_.

2. I intend to convey to you that our ward Cadet \_\_\_\_\_ (Roll No. \_\_\_\_\_) is keen on joining the school for balance of the academic session. We, as parents are also willing to send our ward to school. Though we are fully confident about the precautions and safeguards which will be taken by the school administration, we, the parents/ guardian as well as our ward(s) is/are aware of the risk and threat posed by COVID-19 infection. We assure the school administration that if my ward contracts COVID-19 during his / her stay in the school, I or my family members shall not hold the school responsible for it or for any of its consequence. I will have no objection if my ward is expelled from the school for, at any time, not following any of the COVID-19 health safety norms as prescribed by the school.

3. I have enclosed a Certificate as proof that my ward was tested for COVID-19 on \_\_\_\_\_ and he/she is declared COVID-19 negative. I shall be personally responsible for the vaccination of my ward against COVID-19, as per the Government regulations. I also understand that cadets living in containment zones will not be allowed to attend school.

Yours sincerely

(Signature of Parent/Guardian)

(Name of Parent/Guardian)

### Checklist for Parents

S.No.	Task	Yes/No
(a)	Regular monitoring cadet's health before reopening of school	
(b)	Keeping child at home if he/she is ill or has any specific medical condition that may make the cadet a potential risk	
(c)	Teach and model good hygiene practices at home. <ul style="list-style-type: none"><li>Wash your hands with soap and water frequently or use an alcohol-based hand sanitizer with at least 70% alcohol</li><li>Ensure availability of safe drinking water</li><li>Ensure clean and safe toilets at home</li><li>Ensure safe collection, storage and disposal of waste</li><li>Cough and sneeze into a tissue or your elbow and avoid touching your face, eyes, mouth, nose</li></ul>	
(d)	Ensure emotional safety of your child through different means	
(e)	Prevent stigma by using facts and teach your children to be considerate of one another	
(f)	Coordinate with school to receive information	
(g)	Offer support to the school to strengthen school safety efforts	

### Checklist for Cadets

S.No.	Task	Yes/No
(a)	You avoid stressful situation by talking and sharing with others and help keep yourself and your school safe and healthy	
(b)	You protect yourself and others by: <ul style="list-style-type: none"><li>Washing hands frequently, always with soap and safe water at least for at least 40 seconds (hand hygiene)</li><li>Not touching face</li><li>Not sharing cups, eating utensils, food or drinks with others</li></ul>	
(c)	You act as a leader in keeping yourself, your school, family and community healthy by: <ul style="list-style-type: none"><li>Sharing what you have learnt about preventing disease with your family and friends, especially with younger children</li><li>Respiratory etiquettes such as sneezing or coughing into your elbow and washing your hands, especially for younger family members</li></ul>	
(d)	You don't stigmatize your peers or tease anyone about being sick	
(e)	If you feel sick, inform your parents, other family members, or a caregiver, and ask to stay home	

### References:-

1. CBSE Circular COORD/SPORTS/2020 dated 08 Oct 2020 on Standard Operating Procedure / Guidelines for Reopening Schools after COVID-19 Lockdown.
2. UGC Guidelines for Reopening Universities and Colleges Post Lockdown due to COVID-19 Pandemic dated Nov 2020.
3. Navodaya Vidyalaya Samiti inviting Comments / Suggestions on the recommendations of the Committees on Effective Organisation of Vidyalaya Activities Post COVID-19 Pandemic (01 May 2020)