



Smt. GANGABEN RAMBHAI BHANABHAI PATEL
GYAN GANGA ENGLISH MEDIUM SCHOOL

Managed by, KADVA PATIDAR KELAVNI MANDAL, KRUSHIMANGAL, SURAT
Vidyamangal Campus, Navi Pardi, Kamrej, Surat, Gujarat

A Coed Day cum Residential School | Creating Champions

Pre-Primary | Primary | Secondary | Higher Secondary (Science, Commerce & Arts)

CBSE AFFILIATION NO. 430343 | SCHOOL NO. 10320

CIRCULAR

GGEMS/CIR/011/S/26-27

DATE: 23/05/2026

Dear GGEMS Parents,
Namaskar,

We trust that our students have completed their holiday homework and are enjoying their summer break.

In continuation of maintaining the **Student Portfolio File**, we request you to kindly download the PDF named "*Students Portfolio*", take a printout, and fill in the required details. Parents are requested to sign on the first page of the file.

It is **mandatory** for every student to complete the portfolio details and submit the file to their respective Class Teacher upon reopening of the school.

Note: Also send a file along with the pdf.

Regards

Principal



HEALTH AND ACTIVITY CARD

GENERAL INFORMATION



AADHAR CARD NO. : _____

NAME OF STUDENT : _____

ADMISSION NO. : _____ DATE OF BIRTH : _____

GENDER : _____ BLOOD GROUP: _____

YEAR OF BIRTH : _____ WEIGHT: _____ HEIGHT: _____

MOTHER'S NAME : _____

YEAR OF BIRTH*: _____ WEIGHT*: _____ HEIGHT*: _____

AADHAR CARD NO.*: _____

FATHER'S NAME: _____

YEAR OF BIRTH*: _____ WEIGHT*: _____ HEIGHT*: _____

AADHAR CARD NO.*: _____

FAMILY MONTHLY INCOME: _____

ADDRESS: _____

MOBILE NO.: _____

CWSN, SPECIFY _____

SIGNATURE OF PARENTS / GARDIAN

DATE:

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

HEALTH AND ACTIVITY RECORD

COMPONENTS	PARAMETERS	Grade: 6th	Grade: 7th	Grade: 8th	Grade: 9th	Grade: 10th	Grade: 11th	Grade: 12th
VISION	RE / LE							
EARS	Left / Right							
TEETH OCCLUSION	Caries / Tonsils / Gums							
GENERAL BODY MEASUREMENTS	Height							
	Weight							
CIRCUMFERENCES	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/ Scoliosis/ Flat Feet/ Knock Knees/ Bowlegs							

HEALTH AND ACTIVITY RECORD

COMPONENTS	PARAMETERS	Grade: 6th	Grade: 7th	Grade: 8th	Grade: 9th	Grade: 10th	Grade: 11th	Grade: 12th
SPORTING ACTIVITY (HPE)	Strand 1 : <u>Any one of the following:</u> <ol style="list-style-type: none"> 1. Athletics / Swimming 2. Team Game 3. Individual Game 4. Adventure Sports 							
	Strand 2 : <u>Health and Fitness:</u> <u>(Mass PT, Yoga, Dance,</u> <u>Calisthenics,</u> <u>Jogging, Cross Country Run,</u> <u>Working out using weights /</u> <u>Gym equipment, Tai-Chi</u> <u>etc.)</u>							
	Strand 3 : <u>SEWA</u>							

HEALTH AND ACTIVITY RECORD

FITNESS COMPONENTS	FITNESS PARAMETERS		TEST NAME	WHAT DOES IT MEASURE	Grade: 6th	Grade: 7th	Grade: 8th	Grade: 9th	Grade: 10th	Grade: 11th	Grade: 12th
HEALTH COMPONENTS	Body Composition		BMI	Body Mass Index for Specific Age and Gender							
	Muscular Strength	Core	Partial Curl Up	Abdominal Muscular Endurance							
		Upper Body	Flexed / Bent Arm Hang	Muscular Endurance/ Functional Strength							
	Flexibility		Sit and Reach	Measures the flexibility of the lower back and hamstring muscles							
	Endurance		600 Mtr Run	Cardiovascular Fitness/ Cardiovascular Endurance							
	Balance	Static Balance	Flamingo Balance Test	Ability to balance successfully on a single leg							
SKILL COMPONENTS	Agility		Shuttle Run	Test of speed and agility							
	Speed		Sprint/ Dash	Determines acceleration and Speed							
	Power		Standing Vertical Jump	Measures the Leg Muscle Power							
	Coordination			Plate Tapping	Tests speed and coordination of limb movement						
				Alternative Hand Wall Toss Test	Measures hand-eye coordination						

- **Self-Introduction**

Grade:	
About Me (A short paragraph (3–4 lines) to introduces in own words)	
My Strengths:	
My Interests & Hobbies:	
My Goals: Academic and personal aspirations (short-term and long-term)	
Personal Motto / Quote: A line that inspires the student/ favorite quotation	

- **My Aspirations**

Grade:	
My aspirations	
What I want to become?	
What do I have to do to achieve it?	
Name of the university/place I need to seek admission.	
How to get into it?	
Where do I stand now?	
What efforts I must put to reach my goal?	