O/o Secretary, Govt. of Punjab, Department of School Education and Higher Education & Languages

To

All Deputy Commissioners/Commissioner of Police/
Senior Superintendent of Police,
Punjab

No. SED-EDU5010/04/2023-3EDU5/24
Date: 28/10/2026

Subject: **Regarding One-day Exposure Visits for Class XI students of Schools of Eminence and Meritorious Schools, 2nd to 4th November, 2026.**

Kindly refer to the subject cited above.

2. The Department of School Education, Punjab, organises annual exposure visits for Class XI students of 118 Schools of Eminence and 10 Meritorious Schools across the State (list enclosed as Annexure-A). These visits are intended to provide students with first-hand exposure to various institutions, professional environments and career opportunities, enabling them to make informed choices regarding their academic streams and future career pathways.

This year, the exposure visits are scheduled for 2nd, 3rd and 4th of November 2026 (Monday to Wednesday). Each school shall select three of the following **ten sectors and organise one visit on each of the three days**, preferably within the respective district:

i. Civil Services and Administration
ii. Judiciary and Law
iii. Medical and Health Sciences
iv. Sports
v. Defence Services
vi. Engineering and Technology
vii. Banking and Finance
viii. Industry and Manufacturing
ix. Fashion Design and Technology
x. Hospitality and Hotel Management

The visits shall be undertaken with the prior written consent of parents/guardians. Transportation shall be arranged by the respective schools, and students shall be accompanied by the principal and/or designated teachers. Visits to defence establishments shall be subject to prior clearance from the competent military authorities.

I would, therefore, request your kind intervention in facilitating these visits by extending the necessary directions to the concerned officers and institutions in your district to permit student visits and facilitate meaningful interaction sessions. Wherever necessary, appropriate security arrangements may also be made. You are further requested to nominate a nodal officer to coordinate with the concerned District Education Officers and ensure the smooth and orderly conduct of the visits.

Secretary School Education

Endst. No. SED-EDU5010/04/2023-3EDU5/24/(1-4) **Dated:** 28/10/2026

A copy is forwarded to the following for information and necessary action:

1. All Civil Surgeons, Punjab
2. All Lead District Managers, Punjab
3. All General Managers, District Industries Centres, Punjab
4. All Principals of Schools of Eminence and Meritorious Schools, through concerned District Education Officers.

Secretary School Education

Annexure-A

Schools of Eminence and Residential Schools for Meritorious Students List

Sr no	Districts	School Name	Principals	Contact
1	AMRITSAR	Shaheed Gurmeet Singh SoE for Girls Sultanwind, Amritsar, 3020801809	Gurinder Kaur	9814302281
2	AMRITSAR	SoE Varpal Kalan, Amritsar, 3020402502	Jaspreet singh	9878350299
3	AMRITSAR	Saragarhi Memorial SoE, Town Hall, Mall Mandi Amritsar, Amritsar, 3020800501	Vikas kumar	7837298557
4	AMRITSAR	SoE for Girls Jandiala Guru,3020404001	Jatinder Kaur	9501033427
5	AMRITSAR	SoE Ajnala, Amritsar, 3020100103	Sudesh Kumar Arora	9914333526
6	AMRITSAR	SoE Karampura, Amritsar, 3020804802	Anu Anand	9501021766
7	AMRITSAR	SoE for Girls, Mall Road Amritsar, 3020804403	Mandeep Kaur	9501106160
8	AMRITSAR	SoE Chheharta, Amritsar 3020803502	Manmeet Kaur	9855545201
9	Amritsar	Sr. Sec. Residential Meritorious School	Mrs. Savjeet Kaur	9814523512
10	BARNALA	SoE Barnala, Barnala, 3200106609	HARISH BANSAL	7719622046
11	BARNALA	Shaheed Bibi Kiranjit Kaur Memorial SoE Mehal Kalan, Barnala, 3200202602	Rajinder pal Singh	9463461635
12	BARNALA	SoE Bhadaur, Barnala, 3200305601	Major Singh	9463279049
13	BATHINDA	Shaheed Sipahi Sandeep Singh SoE Parasram Nagar 3140112501	Renu Garg (Morng Shift) Harmeet Singh (Evng Shift)	R8146417200 H8146740088
14	BATHINDA	SoE Mandi Phul Rampura, 3140504801	Deepak Kumar	9872258678
15	BATHINDA	SoE Ram Nagar, Bathinda, 3140303208	Rajinder Singh	8880016000
16	BATHINDA	SoE Bangi Kalan, Bathinda, 3140800202	Devinder Kumar Goyal	9417158977
17	BATHINDA	SoE Kot Shamir, Bathinda, 3140109901	Vishal Bansal(2nd Incharge)	9357198822
18	BATHINDA	SoE Bhucho Kalan, Bathinda, 3140400402	Rajinder Kaur	9878677027
19	Bathinda	Sr. Sec. Residential Meritorious School	Dr. Gurdeep Singh Sidhu	9417356944
20	FARIDKOT	Balbir SoE Faridkot, Faridkot, 3130104303	Second Incharge	99150-42455
21	FARIDKOT	Dr. Hari Singh Sewak SoE Kotkapura, 3130207701	Panna LAL	8427950625
22	FARIDKOT	Hsn SoE Jaitu, Faridkot, 3130203604	Amarjeet Kaur (Incharge)	9465605727
23	FATEHGARH SAHIB	SoE Amloh, Fatehgarh Sahib, 3080200801		9464000070
24	FATEHGARH SAHIB	Mata Gujri SoE Fatehgarh Sahib, Fatehgarh Sahib, 3080110402	Reeta Rani	9914914620
25	FATEHGARH SAHIB	SoE Khamano Kalan, 3080508402	Puneet Madam 2nd Incharge	9872169278, 7986506992
26	FAZILKA	SoE Arniwala Sheikh Subhan, 3210500102	Ms. Sheenam Sharma 2nd Incharge	7973529744
27	FAZILKA	SoE Ramsara, Fazilka, 3210103704	Navjot Kaur	9501800330
28	FAZILKA	SoE Jalalabad (W) Fazilka, 3210415904	Sanjay Singla	9463018281
29	FAZILKA	SoE Fazilka, Fazilka, 3210312101	Hari Chand	9463094599
30	FEROZEPUR	SoE, Guru Har Sahai, Ferozepur, 3110514901	Karan Singh Dhaliwal	9417613498
31	FEROZEPUR	Shahid Sukhwinder Singh SoE Mallanwala Khas, Ferozepur, 3111018301	SANJEEV TANDON	8557080100
32	FEROZEPUR	SoE Ferozepur City, Ferozepur, 3110717004	Rajesh mehta	9814482037
33	FEROZEPUR	SoE Mamdot Utar, Ferozepur, 3110604804	Robina Chopra	7986141115
34	Ferozepur	Meritorious School, Hakumat Singh Wala	Dr. Satinder Singh (Dy. DEO)	9815427554
35	GURDASPUR	SoE Shri Hargobindpur Sahib, 3011503003	Rajni Bala	9417426200
36	GURDASPUR	SoE Gurdaspur, Gurdaspur, 3010101003	Anil Bhalla	9463048548
37	GURDASPUR	SoE Batala , Gurdaspur, 3010713831	Sunita Sharma	9878651516
38	Gurdaspur	Sr. Sec. Residential Meritorious School	Ramanpreet Kaur	9872824255
39	HOSHIARPUR	SoE Baghpur Sataur Hoshiarpur, 050414002	Surjit Singh Badhan	9915557969
40	HOSHIARPUR	SoE Purhiran, Hoshiarpur, 3050419002	Mrs. Ramandeep kaur	9814794373
41	HOSHIARPUR	SoE Tanda, Hoshiarpur, 3051010401	Arvindrjeet singh 2nd Inchar	9417757443

Sr no	Districts	School Name	Principals	Contact
42	HOSHIARPUR	SoE Garhshankar, Hoshiarpur, 3050302801	2nd Incharge	9464031638
43	HOSHIARPUR	SoE Dasuya, Hoshiarpur, 3050203201	Baljeet singh (2nd Incharge)	8146874395
44	Hoshiarpur	Meritorious School, Talwara	Japinder Kumar	6284461688
45	JALANDHAR	SoE Maqsudan, Jalandhar, 3040112010	Poonam Puri	9814206700
46	JALANDHAR	SoE Bajwa Kalan, Jalandhar, 3040600602	Harpreet Singh Sondhi	9417137965
47	JALANDHAR	SoE Nakodar , Jalandhar, 3040515401	Mukesh Kumar 2nd Incharge	8968434422
48	JALANDHAR	SoE Model Town Jalandhar, 3040113307	Sangeeta Bhatia	8146966544
49	JALANDHAR	SoE Ladowali Road Jalandhar, 3040111409	Yogesh kumar	9876790599
50	JALANDHAR	SoE Kartarpur, Jalandhar, 3040215801	Kulwinder Kaur (Second Incharge)	9855927576
51	JALANDHAR	SoE Bhargo Camp, Jalandhar, 3040113122	DINESH KUMAR	9876901656
52	JALANDHAR	SoE Adampur, Jalandhar, 3040408501	Ram Asra	9463072748
53	JALANDHAR	SoE Phillaur, Jalandhar, 3040811401	Tarna Duggal (Second Incharge)	8360918976
54	Jalandhar	Sr. Sec. Residential Meritorious School	Rajiv Handa	9814381282
55	KAPURTHALA	SoE Kapurthala 3030208208	Anurag	98553-22822
56	KAPURTHALA	SoEPhagwara Kapurthala, 3030411603	Ranjit Kumar	7837106639
57	LUDHIANA	SoE for Girls Division No.Three 3090615504	Ranjit Kaur	9888735008
58	LUDHIANA	SoE Jawahar Nagar Ludhiana, Ludhiana, 3090508710	Pritpal kaur Second Incharge	9872804865
59	LUDHIANA	SoE Model Town Ludhiana, 3090508603	Vishwakirat Kaur Kahlon	9501024410
60	LUDHIANA	SoE Sahnewal , Ludhiana, 3090505308	Hanish Kumar 2nd Incharge	9501346300
61	LUDHIANA	Kishori Lal Jethi SoE for Girls Khanna, Ludhiana, 3090409502	Shri Rajesh Kumar	9646700111
62	LUDHIANA	SoE Indrapuri Ludhiana, 3090614604	Jasvinder singh	9592840086
63	LUDHIANA	SoE Millerganj (Dholewal) 3090510608	Hardeep kaur	9888368270
64	LUDHIANA	Shaheed-E-Azam Sukhdev Thapar SoE for Girls Bharat Nagar Chowk 3090509602	Dr.Jaswinder kaur mangat	8695800001
65	LUDHIANA	SoE Baddowal Cantt Ludhiana, 3090500305	Mrs Karmjeet Kaur	8427475800
66	LUDHIANA	Shaheed Paramjeet Singh SoE Gill, 3090502003	Kulwinder kaur 2nd Inchagre	9501015602
67	LUDHIANA	SoE Doraha, Ludhiana, 3090207301	Ragbir singh 2nd Incharge	9592495909
68	LUDHIANA	SoE Dadhahur, Ludhiana, 3090901502	Hardeep Singh second Incharge	8427533399
69	LUDHIANA	SoE Mundian Kalan, Ludhiana, 3090506306	Puja Trehan	9855792888
70	LUDHIANA	SoE Sekhewal, Ludhiana, 3090617713	Naresh kumar	9855590929
71	LUDHIANA	SoE Samrala, Ludhiana, 3091006303	Sandeep kaur 2nd Incharge	9779156494
72	LUDHIANA	SoE Jagraon, Ludhiana, 3090308402	Nirmal kaur second Incharge	9876653655
73	Ludhiana	Sr. Sec. Residential Meritorious School	Amandeep Singh (Dy. DEO)	9888541387
74	MALERKOTLA	SoE Bagrian, Malerkotla, 3160709102	Naresh Kumar	9501654100
75	MALERKOTLA	SoE Sandaur, Malerkotla, 3160100702	DALBIR SINGH	8872795100
76	MANSA	SoE Sardulgarh, Mansa, 3150504201	Prabhjit Kaur	9501056034
77	MANSA	SoE Mansa, Mansa, 3150405402	Vijay Kumar Middha	9815928840
78	MANSA	Shaheed Jagsir Singh SoE Boha,3150201801	Gaganpreet Verma (Incharge)	7986365406
79	MOGA	SoE Landhe Ke, Moga, 3100304502	Manjeet kaur	9781597718
80	MOGA	SoE Kaila, Moga, 3100207802	Vinod Sharma	9855110739
81	MOGA	SoE Nihal Singh Wala, Moga, 3100503602	Jyoti	9219900001
82	MOGA	SoE Bagha Purana, Moga, 3100105702	Satinder kaur	9914724117
83	MUKTSAR	SoE for Girls Abul Khurana, 3120400104	Haripal Singh (Incharge)	9464309558
84	MUKTSAR	SoE Lambi, Muktsar, 3120403204	Kiran Yadav (Incharge)	9501026811
85	MUKTSAR	SoE Bariwala Muktsar Sahib, 3120109602	Satnam Singh	8872788143
86	PATHANKOT	SoE Bhoa, Pathankot, 3220905802	Nasib Singh	9465793501
87	PATHANKOT	SoE Pathankot, Pathankot, 3220900902	Monika Vijan	9872355888

Sr no	Districts	School Name	Principals	Contact
88	PATIALA	SoE Pheelkhana Patiala,3170513903	Dr.Rajnish Gupta	9814250464
89	PATIALA	SoE Balbehra, Patiala, 3170200602	Surinder kumar Inchage	9988778886
90	PATIALA	SoE Mandaur, Patiala, 3170410902	Jaspal singh	7307542555
91	PATIALA	SoE Nabha, Patiala, 3170418903	Ms. Pardeep kaur 2nd Incharge	9915559696
92	PATIALA	SoE Bhadson, Patiala, 3170402102	Preetinder Singh Ghai	9855533100
93	PATIALA	Shaheed Flight Lt Mohit Kumar Garg SoE Samana, Patiala, 3170808703	Pardeep kumar	81465-00704
94	PATIALA	SoE Mohinderganj Rajpura,3170716202	Poonam Kumari	9814605221
95	PATIALA	SoE Mardanpur, Patiala, 3170306802	Saroj Sharma second Incharge	9815088071
96	PATIALA	SoE Ghagga, Patiala, 3170607302	Sukhjinder Kaur	9646105568
97	PATIALA	SoE Bhunerheri, Patiala, 3170102402	Harpreet	9815173757
98	Patiala	Sr. Sec. Residential Meritorious School	Avtar Singh	8591439040
99	ROOPNAGAR	SoE Ropar, Roopnagar, 3070719801	Mnoranjan Kaur (Incharge)	8146530091
100	ROOPNAGAR	SoE for Girls Sri Chamkaur Sahib, 3070202603	Jagtar Singh	9417194482
101	ROOPNAGAR	SoE Morinda, Roopnagar, 3070500602	Varinderjit Kaur	8146993708
102	ROOPNAGAR	SoE Nangal, Roopnagar, 3070114602	Anita (Incharge)	9417930692
103	ROOPNAGAR	SoE Kiratpur Sahib, 3070107303	Ms. Shikha Arora 2nd Incharge	9855690462
104	SANGRUR	SoE Lehragaga, Sangrur, 3160603202	Yudhishthir Kumar Gulati 2nd Incharge	8847006330
105	SANGRUR	Shaheed Bhai Mati Dass SoE Longowal, Sangrur, 3160900102	Nisha Bansal	8360136489
106	SANGRUR	SepyJaswant Singh SoE Bhasour, 160701103	Arjinderpal Singh	9417600957
107	SANGRUR	SoE Ghanauri Kalan, 3161102003	Khushdeep Goyal	9878510979
108	SANGRUR	SoE Chhajli, Sangrur, 3161200405	Jagdish singh	9417504236
109	SANGRUR	Comrade Bhim Singh SoE Dirba, 316130570	Jugraj Singh	9465617729
110	SANGRUR	Savtantarta Sangrami Jathedar Kartar Singh Darvesh SoE Sangrur, Sangrur, 3160906003	Bipan Kumar	94170-00777
111	SANGRUR	Shaheed Udham Singh SoE,Sunam Udham Singh Wala, Sangrur, 3161205303	Anil Kumar jain	9876643700
112	Sangrur	Sr. Sec. Residential Meritorious School	Mr. Manish (Incharge)	9592844551
113	SAS NAGAR	M L Puri SoE Mullanpur Garibdass, SAS Nagar, 3180210404	Jyoti Bhatia	9878870201
114	SAS NAGAR	SoE Bakarpur, SAS Nagar, 3180200802	Sunit Rani	9815449259
115	SAS NAGAR	SoE Kharar, SAS Nagar, 3180217803	Bhupinder Singh	9417454990
116	SAS NAGAR	SoE 3B1 Mohali, SAS Nagar, 3180212502	Sanjeev Kamboj	7901976315
117	SAS NAGAR	SoE Banur, SAS Nagar, 3180220802	Harwinder singh 2nd Incharge	8847555855
118	SAS NAGAR	Gurnam Singh Saini SoE Derabassi, 3180114702	Sunita Sharma	9417508747
119	SAS NAGAR	SoE Phase 11, SAS Nagar, 3180212302	Lovish chawala	8054603132
120	SAS Nagar (Mohali)	Sr. Sec. Residential Meritorious School	Mrs. Ritu Sharma	9417068954
121	SBS NAGAR	SoE Nawanshahr, SBS Nagar, 3060411801	Sarabjit Singh	6284412461
122	SBS NAGAR	SoE Mehandipur, SBS Nagar, 3060213701	Jagmohan singh second Incharge	9872352947
123	SBS NAGAR	SoE Banga, SBS Nagar, 3060310901	Saroj Bala 2nd Incharge	8872700720
124	TARN TARAN	SoE Khadur Sahib, Tarn Taran, 3190404203	S.Gurdeep singh	8146557078
125	TARN TARAN	SoE Tarn Taran, Tarn Taran, 3190709101	Gursewak singh	9814934513
126	TARN TARAN	SoE Goindwal Sahib, Tarn Taran, 3190403103	Parveen Kaur (Second Incharge)	7837763043
127	TARN TARAN	SoE Bhikhiwind, Tarn Taran, 3190101404	S.Harjeet singh Second Incharge	9855752872
128	TARN TARAN	SoE Patti, Tarn Taran, 3190607402	Monika Trehan 2nd Incharge	8146566960