

PREFACE

"The function of education is to teach one to think intensively and critically."

Education is a tool that strengthens the foundational skills acquired early in childhood and make possible a lifetime of learning. There is a focus on an integrated curriculum. An integrated curriculum is described as one that connects different areas of study by cutting across subject-matter lines and emphasizing unifying concepts. Integration focuses on making connections for students, allowing them to engage in relevant, meaningful activities that can be connected to real life. Achieving, learning for all, is challenging, but it is the right agenda for the real gist of education. This document is the overview of the syllabus prescribed for the standard it is meant for, so that the children, teachers and the parents have a concrete idea as to how much is to be learnt by the child for the scheduled examination. It comprises of the pattern of examination and detailed date sheet for the whole session. In short it is the index, a glance of which, will help a child to get prepared for assessment and evaluations with ease.

"Learning is not attained by chance, it must be sought for, with passion and intelligence."

Objectives of the Curriculum

- To identify and articulate the curriculum challenges for educating young people for the twenty first century.
- Taking care of different styles of learning i.e. audio, visual and experimental.
- The theoretical knowledge to be pursued ensuring maximum application of it.
- Correlating academics to real life situations balancing social and emotional stimulation among children and imbibe human values.
- To shape and influence the development of a national collaborative approach to curriculum.

EXAMINATION SCHEDULE FOR SESSION 2018-19

TEST ONE [1 Hr. + 20 Marks + during School Hrs.]

DATE	DAY	IX	X
07-05-18	Monday	IT	Hindi/Skt./Fr.
11-05-18	Friday	Science	English
14-05-18	Monday	English	Maths
18-05-18	Friday	Social Science	Science
21-05-18	Monday	Maths	Social Science
23-05-18	Friday	Hindi/Skt./Fr.	IT

General Meeting – 29th May 2018 (Tuesday) School closes on 24th May18

PERIODIC-I [1½ Hrs. + 40 Marks + during School Hrs.]

DATE	DAY	IX	X
29-06-18	Monday	IT	Hindi/Skt./Fr.
02-07-18	Friday	Science	English
04-07-18	Monday	English	Maths
06-07-18	Friday	Social Science	Computer
09-07-18	Monday	Maths	Social Science
11-07-18	Friday	Hindi/Skt./Fr.	IT

PTM – 18th Aug. 2018 (Saturday)

PERIODIC-II [3 Hrs. + 80 Marks + 60% Syllabus]

DATE	DAY	IX	X
07-09-18	Friday	IT	IT
10-09-18	Monday	Science	Hindi/Skt./Fr.
14-09-18	Friday	Social Science	Maths
17-09-18	Monday	Hindi/Skt./Fr.	English
20-09-18	Thursday	English	Science
24-09-18	Monday	Maths	Social Science

PTM – 13th Oct. 2018 (Saturday)

PERIODIC-III [3 Hrs. + 80 Marks + 100% Syllabus]

DATE	DAY	IX	X
07-12-18	Friday	IT	IT
10-12-18	Monday	Science	Social Science
13-12-18	Thursday	Hindi/Skt./Fr.	Maths
15-12-18	Saturday	Social Science	English
18-12-18	Tuesday	Maths	Hindi/Skt./Fr.
21-12-18	Friday	English	Science

PTM – 28th Dec. 2018 (Friday) School closes on 31st Dec. 2018

PRE-BOARD EXAM [3 Hrs. + 80 Marks + 100% Syllabus]

DATE	DAY	IX	X
21-01-19	Monday	IT	IT
24-01-19	Thursday	Science	Social Science
28-01-19	Monday	Hindi/Skt./Fr.	Maths
31-01-19	Thursday	Social Science	English
04-02-19	Monday	Maths	Hindi/Skt./Fr.
07-02-19	Thursday	English	Science

PTM – 16th Feb. 2019 (Saturday)

ANNUAL EXAM [3 Hrs. + 80 Marks + 100% Syllabus]

DATE	DAY	IX
19-02-19	Tuesday	IT
22-02-19	Friday	Science
25-02-19	Monday	Hindi/Skt./Fr.
28-02-19	Thursday	Social Science
04-03-19	Monday	Maths
07-03-19	Thursday	English

PTM – 16th March 2019 (Saturday)

ENGLISH

Book	:	Literature Reader (NCERT) Main Course Book (NCERT) Workbook (NCERT) Assignment Book
Periodic - I		
Literature	:	F1 Two Gentlemen of Verona F2 Mrs. Packtide's Tiger P3 Not Marble nor the Gilded Monuments
MCB	:	U1 Health and Medicine U2 Education
WB	:	Determiners, Tense, Active and Passive Voice, Connectors
Writing Skill	:	Formal letter, Story writing
Reading Skill	:	Comprehension passage (Novel)

Enrichment Activities :

1. ASL
2. H.W. by choice
3. Notebook Assessment

Periodic - II

Literature	:	F3 The Letter F5 Patol Babu, Film Star D1 The Dear Departed P1 The Frog and the Nightingale P4 Ozymandias P3 Not Marble nor the Gilded Monuments
MCB	:	U3 Science U4 Environment
WB	:	Subject verb agreement, Nonfinites, Relatives, Modals
Writing Skill	:	Letter (Business), Speech writing
Reading Skill	:	Comprehension passage (Novel)

Enrichment Activities :

1. ASL
2. H.W. by choice
3. Integrated Project

Syllabus of First Periodic will be added.

Periodic - III

Literature	: F1 Two Gentlemen of Verona (Repeated) F3 The Letter (Repeated) F4 A Shady Plot F5 Patol Babu, Film Star (Repeated) F6 Virtually True P5 The Rime of the Ancient Mariner P4 Ozymandias (Repeated) P6 Snake D1 The Dear Departed (Repeated) D2 Julius Caesar
MCB	: U5 Travel and Tourism U6 National Integration
WB	: Prepositions, Comparison, Nominalisation, Reported Speech, Modals
Writing Skill	: Debate, Report writing, Story writing
Reading Skill	: Comprehension passage (Novel)

Enrichment Activities :

1. ASL
2. Notebok Assessment

Note : Complete Syllabus for Annual Examination.

fglh ^c*

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	%i kB&2 Mkjhdk, d i ldk
Li ' kZ(i n-)	%i kB&1 dchj
	%i kB&2 ejjk
	%i kB&8 dj pysge fi ck
I p; u	%i kB&1 gfjgj ddk
Qldj. k	%i kB&1 ' k@ v ljsin %i kB&4 v' lqf/ ' ksu %i kB&5 eglojs %i kB&6 neae r fk nfoxql ek
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	%i kB&6 vc dgk nlykdsnfk eanfjk gksokys
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	%i kB&4 euqrk
	%i kB&7 rk
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	%i kB&3 I ek (I Hh Hs)
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yksu dksy	%i puk yksu] foKku r fk i k yksu (f ldk rhi k i h; kM&1 dsl Hh Qldj. k fo"k @nZi kB-@e
e@ldu xrfaf/	%Jo. k o okpu dksy (ASL) vd & 5 %d@ldu vd & 5

Periodic - III

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	%i k88	d̩jrlw
Li 'kz(i n̩)	%i k85	i oZ i zsk eai lo
	%i k89	v k̩ekk
I p; u	%i k83	Vish' k̩y
Oldj. k	%i h̩; k̩d 1] 2 dk l EwZ k̩-øe	
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fu̩t i k̩	fadht kudjh l e; v kusij nh t k̩xh %	
Li 'kz	%i k84	r̩jh dle dsf M d̩
	%i k85	fxjfxV
	%i k86	e/ j̩e/ j̩ ejsn̩id t y

MATHEMATICS

Book : NCERT
Ref. Book : APC Mathematics by M.L. Aggarwal
Test Booklet : Chapterwise
Practice Manual

Periodic - I

Ch-3 Pair of Linear Equation in 2 variable
Ch-2 Polynomials
Ch-4 Quadratic Equation
Ch-6 Triangles
Ch-15 Probability

Lab Activities : (In Maths Activity File)

1. To obtain condition for consistency or inconsistency for given pair of linear equations in two variables.
2. To verify the basic Proportionality Theorem by paper-cutting.
3. To verify the ratio of areas of two similar triangles is equal to square of ratio of their corresponding sides.
4. To verify Pythagoras Theorem by paper cutting method.
5. To obtain a solution of a quadratic equation $x^2 + 6x+8 = 0$ by completing square method.

Note : Activity File and Notebook will be assessed.

Periodic - II

Ch-5 Arithmetic Progression
Ch-7 Coordinate Geometry
Ch-8 Introduction to Trigonometry
Ch-9 Applications of Trigonometry
Ch-14 Statistics

All Chapters of Periodic - I included.

Lab Activities : (In Maths Activity File)

6. To verify that the sum of 'n' natural number is $\frac{n(n+1)}{2}$.
7. To verify that sum of first 'n' odd natural number is n^2 .
8. To get familiar with the idea of probability of an event through a double coloured card experiment.
9. To find median of given data graphically.

Note : Activity File and Notebook will be assessed.

Syllabus of First Periodic will be added.

Periodic - III

Ch-10	Circles
Ch-11	Construction
Ch-12	Area related to circles
Ch-13	Surface Area and Volume
Ch-1	Real Numbers

Complete syllabus for Exam.

Lab Activities : (In Maths Activity File)

10. To verify by paper cutting and pasting that the length of tangents from an external point to a circle are equal.
11. To obtain the formula of area of circle using paper-cutting method.
12. To compare surface areas of right circular cylinders made from same rectangular sheet when rolled along length and when rolled along breadth.

Note : Activity File and Notebook will be assessed.

Annual Exam : Complete syllabus of class X

SCIENCE

Book : NCERT

Reference Books : Living Science by Ratna Sagar
(Physics, Chemistry & Biology)

Practice Manual : (Student's Companion)

Periodic - I

Chemistry	:	Ch-1	Chemical Reactions & Equations
		Ch-2	Acids, Bases and Salts - Indicators
Physics	:	Ch-12	Electricity
		Ch-14	Sources of Energy (till 14.2.4)
Biology	:	Ch-6	Life Processes
		Ch-15	Our Environment

Classroom Activities

Chemistry : 1. (a) To study observable changes during chemical reaction.
(b) To Measure change in temperature during chemical reaction & identify exothermic reactions.

2. To demonstrate the effect of indicators on different solutions.

Physics : 1. To identify the various components like resistance, rheostat, voltmeter, ammeter, key etc.

2. To arrange the apparatus containing a battery (4 cells) a plug key, ammeter, resistor, a voltmeter to understand relationship between current (I) & potential difference (V).

3. To find various sources of energy and their alternatives.

Biology : 1. To study that chlorophyll is essential for photosynthesis.

2. To observe and record the changes in blood pressure and pulse rate before and after exercise in your body.

3. Collect and paste newspaper reports depicting (fauna and flora) and the measure being taken up by the government.

Subject Enrichment Activities :

Chemistry : 1. To study different chemical reactions and action of :
(a) Zinc and sulphuric acid
(b) Heating of lead nitrate
(c) Copper sulphate solution on iron nail
(d) Sodium sulphate with BaCl_2
(e) Heating of Mg ribbon
(f) Addition of water on Quicklime

Physics : 1. To study Ohm's Law
2. To study series combination of resistance using Ohm's Law.
3. To study parallel combination of resistances using Ohm's Law.

Biology : 1. To prepare a temporary mount of stomata.
2. To show experimentally that light is essential for photosynthesis.
3. To show experimentally that CO_2 is given out during respiration.

Note : Notebook and Practical Files to be assessed.

Periodic - II

Chemistry	:	Ch-2	Acids, Bases and Salts
		Ch-3	Metals and Non-Metals
		Ch-5	Periodic Classification of Elements (till 5.1.2)
Physics	:	Ch-14	Sources of Energy
		Ch-10	Light-Reflection and Refraction
Biology	:	Ch-7	Control & Co-ordination
		Ch-16	Management of Natural Resources

Classroom Activities :

Chemistry : 1. To study the acidity and basicity of the following substance :
(a) Lemon juice (b) Shampoo (c) Vinegar (d) Coffee
2. To study physical and chemical properties of metals like magnesium, zinc, aluminium and non-metals like sulphur, carbon.

Biology : 1. To design an experiment to demonstrate hydrotropism.
2. To study various kinds of endocrine glands.

Physics : 1. To study refraction of light through water.
2. To study the natural phenomenon-twinkling of stars, early sunrise & delayed sunset & tyndall effect.
3. To study image formation using a spoon.

Subject Enrichment Activities :

Chemistry : 1. To study the role of pH paper in differentiating acids and bases.
2. To observe the reaction of Zn, Cu, Fe and Mg metals on given salt solution and arrange in decreasing order of reactivity.
3. To study properties of HCl and NaOH with (a) litmus (b) Zn metal and (c) Sodium carbonate.

Physics : 1. To find the focal length of a concave mirror.
2. To find out focal length of a convex lens.
3. To find image distance for varying object distance in case of convex lens.

Repeated Topics :

Chemistry : Ch-1 Chemical Reaction and Equation
Physics : Ch-12 Electricity
Biology : Ch-6 Life Processes

Note : Notebook and Practical File will be assessed.

Syllabus of First Periodic will be added.**Periodic - III**

Chemistry : Ch-5 Periodic Classification of Elements
Ch-4 Carbon & its compounds
Physics : Ch-13 Magnetic Effects of Electric Current
Ch-11 Human Eye & Colourful World
Biology : Ch-8 How do Organism Reproduce ?
Ch-9 Heredity and Evolution

Classroom Activities :

Chemistry : 1. Formation of ester using alcohol and carboxylic acid.
2. To study different types of flames in candle and burner.
3. Designing of homologous series.

Physics : 1. To show the magnetic field due to current carrying conductor.
2. To demonstrate magnetic field lines around a bar magnet using iron fillings.

Biology : 1. To observe pollen germination in Hibiscus through a permanent slide.
2. To observe permanent slide of hydra.
3. To study the inheritance of blood groups in human population.

Subject Enrichment Activity :

Chemistry : 1. To study the various properties of ethanoic acid and its action on :

(a) NaHCO_3 (b) Litmus Paper
(c) Odour (d) Solubility in water

2. To distinguish between tap water and hard water.

Physics : 1. To study refraction through glass slab.

2. To trace path of rays of light through glass prism.

Biology : 1. Binary fission in Amoeba

2. Budding in yeast

3. To study homology and analogy in plants and animals with the help of charts and models.

4. To study parts of dicot seed.

Note : Syllabus for First & Second Periodic will be added.

Notebook and Practical File will be assessed.

Annual Exam : Complete Syllabus

SOCIAL SCIENCE

Book	:	NCERT Text Books
		1. India and the Contemporary World (II)
		2. Contemporary India (II)
		3. Democratic Politics (II)
		4. Economic
		5. Map (History, Geography)
		Periodic - I
History	:	L-1 Print Culture and the Modern World
C.Activity	:	Discussion on print media v/s electronic media
Geography	:	L-1 Resources
C.Activity	:	Quiz on L-2
Pol. Science	:	L-1 Power sharing
		L-2 Federalism
Economics	:	L-1 Development
Subject Enrichment Activities :		
1. Map activity related to L-1, 2.		
2. Presentation - making an album of birds and animals (endangered). Presentation can be through Power Point.		
3. Debate - 'Why power sharing is necessary ?'		
		Periodic - II
History	:	L-2 Nationalism in Indo-China
		L-6 Work, Life and Leisure
C.Activity	:	Group discussion - Impact of Industries
Geography	:	L-3 Water Resources
		L-4 Agriculture (Content of Pg. No. 44-47 of NCERT to be deleted)
C.Activity	:	Discussion on the various types of farming (Individual)
Pol. Science	:	L-1 Power Sharing (Repeated)
		L-3 Democracy and Diversity
		L-4 Gender, Religion and Caste
		L-5 Popular Struggle and Movement (only Project Work)
Economics	:	L-2 Sectors of Indian Economy
		L-3 Money and Credit

Subject Enrichment Activities :

1. Maps related to geography lessons 3 and 4.
2. Graph Analysis - The distribution/contribution of three sectors to the G.D.P. of India (Project File)
3. Prepare a report on functioning of Central Bank and Commercial Bank.

Syllabus of First Periodic will be added.**Periodic - III**

History	:	L-3	Nationalism in India
		L-6	Work, Life & Leisure (Repeated)
Geography	:	L-3	(Repeated)
		L-5	Minerals and Energy Resources
		L-6	Manufacturing Industries (Few portions deleted) : * Aluminium * Smelting * Chemical Industries * Fertilizer Industry * Cement Industry
		L-7	Lifelines of Indian Economy
C.Activity	:		Narrate an incident that took place at the railway station, where passengers faced certain problem.
Pol. Science	:	L-6	Political Parties
		L-7	Outcomes of Democracy
		L-8	Challenges to Democracy
Economics	:	L-1	(Repeated)
		L-4	Globalisation
		L-5	Consumer Awareness
C.Activity	:		Flow chart - write the duties, rights and how consumers are exploited in a flow chart form. (Project File)

Subject Enrichment Activities :

1. Maps : His- L-3, Geog. L-5, 6, 7
2. Data Collection - collect information about Bolivia's Water Crisis and Nepal's struggle for democracy. (Project File).
3. Collect information regarding six national parties and prepare a manifesto for the same. Each student would speak about the same.
4. Collect logos of standards available for various goods & service. Visit a consumer court nearby & discuss in the classroom the proceedings; collect stories of consumer exploitation & grievances from newspaper & consumer courts.

INFORMATION TECHNOLOGY

BOOK – Vocation IT, Level 2

Periodic - I Unit 2, 3

Enrichment Activities :

1. Create a newsletter for academic session April-May 2018-19.
2. Create a well formatted Resume describing qualities.

Periodic - II Unit 4, 5, 2, 3

Enrichment Activities :

1. Create a present on Sustainable Development
2. Create a library management sys. making it enable to solve different queries.

Periodic - III Ch- 1, 2, 3, 4, 5, 6, 7

Project : Project topic will be given in the topic.

FRENCH

Book	: Entre Jeunes
	Periodic - I
Leçon 1	: Retrouvons nos amis
Leçon 2	: Après le Bac
Leçon 3	: Chercher du travail
Grammaire	: Les Expressions, Les Proverbes, La Correspondance, La recapitulation de La grammaire IX, Le Futur Antérieur, La Forme Nominale, Le Pronom Relatifs : Simple et Composé
Écriture	: Remettez le texte/Dialogue, La Recette, La Message/L'Invitation, La Lettre
Le Culture et le Civilization	: Leçon : 1 à 3
Les Activités d' Enrichissement :	
	1) Jouez un rôle
	2) La Récitation du Poème
	: Evaluation de Cahier
	Periodic - II
Leçon 4	: Le Plaisir de lire
Leçon 5	: Les Médias
Leçon 6	: Chacun ses goûts
Leçon 7	: En pleine Forme
Leçon 8	: L'environnement
Leçon 1 à 3 (1st Periodic)	

Grammaire	: Le FuturAntérieur, Plus-que-parfait, Les Pronoms personnels <<en>>, <<y>>, Les Pronoms démonstratifs Simple et Composés, Le Pronom "on", L'emphase — C'est qui, C'estque, Les Pronoms Possessifs, Le Subjonctif
Écriture	: La Lettre (Informelle), Le message/L'Invitation, La Recette, Mettez les dialogues en ordre, Complétez l' histoire avec les mots données
Le Culture et le Civilization : Leçon : 2, 4 à 8	
Les Activités d' Enrichissement :	
1) Montrer et dire 2) Le Reportage : Evaluation de Cahier, le Project	
Periodic - III	
Leçon 9	: Métro, Boulot, Dodo
Leçon 10	: Vive La République
Leçon 11	: C'est bon Le Progrès
Leçon 12	: Vers un monde Interculturel
Leçon 3	: Chercher du travail (Repeated)
Leçon 4	: Le Plaisir de lire
Leçon 5	: Les Médias (Repeated)
Leçon 6	: Chacun ses gôuts
Leçon 7	: En pleine Forme (Repeated)
Leçon 8	: L'environnement (Repeated)
Grammaire	: Les Pronoms relatifs — Simple et composé, Les Pronoms démonstratifs, Simple et Composé, L'emphase-C'est....qui, C'est...que Les Pronoms personnels, Les Pronoms possessifs, Le subjonctif, Le conditionnel passé, ne...pas Infinitif du verbe, si+plus-que-parfait + Conditionnel passé, Le discours rapporté, Le Participe Présent, Le gérondif, plus que farfait
Écriture	: La lettre, la Recette, Une message/Un Invitation, Complétez l'histoire ou le texte, Remettez les dialogues en ordre
Le Culture et le Civilization : Leçon : 3, 5, 7, 8 à 12	
Les Activités d' Enrichissement :	
1) Parler sur le Sujet 2) Evaluation de Cahier	
Annual Exam : Whole Syllabus	

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Periodic - I	
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i Ze%i KB%	I fU&hZxk (Repeated)
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Syllabus of First Periodic will be added.	
Periodic - III	
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	rjh%i KB% fde-fd aninse~(Repeated)
	i pe%i KB% v H k ao' kaeu%(Repeated)
	I lre%i KB% je. k kfg I f"Vsk (Repeated)
ef. kdk v H k i fudk& i Ze%i KB%	Qau & i Ze{kj
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	rjh%i KB% I ek%cgqig v O; kko
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	pr̥Zi kB%	lu Bd~(Repeated)
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ART

Book	:	Aesthetics of Art and Activity
April	:	Still life, Nature study, Birds study
May	:	Landscape, Human body proportions
July	:	Life study, Sketching, Portrait
August	:	Compositions, 3D Art
September	:	Abstract Art, Poster designing
October	:	Cartoon Character, Indian Folk Art
November	:	Calligraphy, Optical illusion
December	:	Book cover design, Christmas Scene
January	:	Logo design
February	:	Completing the Syllabus and submission

MUSIC

	Vocal
April	: Stuti (Sanskrit Shloka)
May	: Alankaars variation and theory
July	: Saraswati Vandana
August	: Patriotic Song
September	: School Song
October	: English/Hindi Prayer & Taal Theory
November	: Shiv Vandana & Gurubani
December	: Welcome Song (English & Hindi both)
January	: Holi Song
Feb. & March	: Annual Assessment
	Instrumental
April	: Introduction of Teen Taal, Rupak Taal
May	: Western beat of Drum & Basic pattern
	: Western beat of Congo & Basic pattern
July	: Kayda in teen taal on Tabla

August	: Kayda & Bal in teen taal on Tabla and Tukda
September	: Revision of syllabus April to August
October	: Keherwa taal on Tabla and Western beat on Drum with rolling + Western beat on Congo with rolling
November	: Western Dadra taal on Drum
December	: Western Dadra taal on Congo
January	: Dadra taal on Tabla + Revision
February	: Revision of Syllabus + Annual Assessment

Sports Activity

Table Tennis

April	: Physical exercise, holding the racket and basic forehand counter
May	: Physical exercise, practicing service, playing forehand and backhand counter
July	: Physical exercise, basic forehand push and backhand push
August	: Physical exercise, discussing about the rules and regulation, making spin service
September	: Physical exercise, playing match with proper rules
October	: Recreational activity, any outdoor sports
November	: Physical exercise, multiball practice with Table Tennis Robot
December	: Physical exercise, blocking topspin with backhand and forehand
January	: Physical exercise, playing match.

Cricket

April	: Physical exercise, still head position
May	: Proper forward defense
July	: Shadow practise, forward defense
August	: Backfoot defense, shadow backfoot
September	: Straight drive - Running between the wickets
October	: Cover drive - catching practise
November	: On drive - fielding practise
December	: Strategy of match with all types of shots & defense
January	: Playing proper matches with rules.

Badminton

April	: Physical exercise, basic rules and regulations of badminton
May	: Physical exercise, gripping of racket and forehand shot, how to serve

July	: Physical exercise, back hand shot as well as forehand shot with toss
August	: Forehand toss, backhand shot with drop shot
September	: Foot work with all strokes i.e. forehand, backhand, lifting the shuttle
October	: Physical exercise, with one on one play with proper servicing strokes
November	: Knockout matches within the classes with all strokes.
December	: Proper smash, how to lift the smash.
January	: Matches between the students with a proper rules and regulation.

Basketball

April	: Physical exercise, Basic dribble, Passing
May	: Physical exercise, lay up shot with both hand with pass
July	: Physical exercise, Fundamental drills, High dribble, Low dribble
August	: Defence men to men, Zone defence zone come men to men
September	: Match practice with all rules, Fitness drills with ball passing
October	: Physical exercise, one on one, two on two, three on three, five on five
November	: Ball handling, cross lay up shot three lay up
December	: Physical exercise, Match full court, half court match, defence drill men to men
January	: Physical exercise, out side throw, side line throw, base line throw, passing move.

YOGA

April

- ⌚ Introduction of Yoga
- ⌚ Yoga for children
- ⌚ Sukshma vyayama (Minor joint movement practices)
 - * Griva Shakti vikasak kriya (I, II and III)
 - * Purna Bhujia Shakti Vikasak kriya (I, II and III)
 - * Kati Shakti Vikasak (I, II, III and IV)
- ⌚ Asanas
 - * Introduction to Asanas
 - * Tadasana
 - * Tiryaka tadasana
 - * Hashtotanasana

May

- ⌚ Chanting of Om
- Sukshma Vyayama
 - * Jangha Shakti Vikasak (chair pose)
 - * Pindali Shakti Vikasak
 - * Pada Mula Shakti Vikasak
- ⌚ Asanas
 - * Padhastasan
 - * Veerbadrasana I
 - * Vrikshasana
 - * Katichakrasana
 - * Veerbadrasana II
- ⌚ Pranayama
 - * Sheetali
 - * Shitkari

July

- ⌚ Recitation of Hymns from Upanishads and Yoga Texts
- ⌚ Asanas
 - * Ardhakatichakrasana
 - * Natrajasana
 - * Dandasana
 - * Ardhpadmasana
- ⌚ Pranayama
 - * Anulom Vilom
- ⌚ Breath meditation

August

- ⌚ Asanas
 - * Vajrasana
 - * Brahmacharyasana
 - * Trikonasana/Triangle pose
 - * Dadmasana
 - * Baddha Konasana
- ⌚ Pranayama
 - * Chandra bhedi
 - * Surya bhedi
- ⌚ Meditation

September

- ⌚ Asanas
 - * Janushirshasana
 - * Purvottanasana
 - * Ardhamatsendsyasana
 - * Pashchimotanasana
 - * Vajrasana
- ⌚ Pranayama
 - * Bhramari

Tarataka**October**

- Introduction : Surya Namaskar
- ⌚ Asanas
 - * Gomukhasana
 - * Matshendrasana
 - * Naukasana
 - * Mandukasana
 - * Shalbhaasan

- ⦿ Pranayama
 - * Bhaskika
- ⦿ Meditation
- November**
- ⦿ SURYA NAMASKAR/ASANAS
 - * Bhujangasana (Various steps) * Dhanurasan
 - * Ushtrasana
- ⦿ Pranayama
 - * Nadishodhan * Bhramari
- ⦿ Meditation
- December**
- ⦿ SURYA NAMASKAR
 - * Suptvajrasan * Halasan
 - * Sarvangasana
- ⦿ Pranayama
 - * Benefits of Pranayama * Importance of Pranayama
 - * Suryabhedi Pranayama
- ⦿ Meditation
 - * Om Chanting * Breath Meditation
- January**
- ⦿ Asanas
 - Surya Namaskar
 - * Marjaryasana * Chakkichalasana
 - * Naukachalasana
- ⦿ Pranayama
 - * Kapalbharti
- ⦿ Meditation
 - Om Chanting
 - Breath Meditation
 - Mudras of Hand
- February**
- ⦿ Surya Namaskar
- ⦿ Asanas
 - * Chakrasana * Hastikshundasana
 - * Mahavirasana
- ⦿ Pranayam
 - Kapalbharti
 - Mudras

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