M.R. CITI PUBLIC SCHOOL BHADDI ROAD, BALACHAUR, DISTT. SBS NAGAR - 144521

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			Class:	VII
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CLASS - VII SESSION - 2023-24

ENGLISH

Books Recommended:

1. Course Book - Jasper English Coursebook - 7 Published by - Blackie ELT Books

2. BBC Compacta (Basic) - 7 Published by - Brajindra Book Company

EXAM PATTERN

Мс	odules	Weightage (Unit Test-40)	Weightage (Terminals-80)
1	Reading	10	20
	(Unseen passages, poem)		
2	Writing	8	15
0	(ACC to Syllabus)	10	20
3	Grammar (ACC to Syllabus)	10	20
4	Literature	12	25
	(word meanings, Make Sentences, Ques/Ans, MCQ)		
Ар	April Literature Poem - The Road Not Taken 4 Story - Big Brother 6 Story - The Lion Whisperer 6 Writing 6 Notice 6 Grammar 8		
Ма	MayLiteraturePoem - The Cherry Tree4Story - The Spark Neglected Burns the House6WritingDiary Entry, Factual Description8		6

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Grammar	Adverbs, Adjectives 8		
Revision of Unit test - I			
Syllabus for	Unit test - I		
Reading	Unseen Passage, Poem		
Writing	Notice, Descriptive Paragraph, Diary Entry		
Grammar	Determiners, Adjectives, Adverbs		
Literature	Poem - The Road Not Taken, The Cherry Tr	ee	
	Story - Big Brother, The Lion Whisperer		
July	Literature		
-	Drama: Neel Darpan	6	
	Story: Hitch Hiker	8	
	Poem - If	4	
	Writing		
	E-mail, Informal Letter	8	
	Grammar		
	Verbs, Tenses, Integrated Grammar	12	
Aug.	Literature		
-	Story - The Aged Mother	6	
	Story - Uncle Podger Hangs a Frame	6	
	tory - The Story of Ali Cogia 6		
	Writing - Formal Letter	4	
Sept.	Revision of Mid-Term		
	Syllabus for Mid-Term		
Reading	Unseen Passages, poem		
Writing	Notice, Diary Entry, Descriptive Paragraph, I Letter, E-mail	Informal	
Grammar	Determiners, Adjectives, Adverbs, Verbs, Te Integrated Grammar	nses,	
Literature	-	g Brother, The Lion Whisperer, A Spark Neglected	
	Poem - The Cherry Tree, The Road Not Tak Drama - Neel Darpan	- The Cherry Tree, The Road Not Taken	
Sept.	Literature		
	Story - The Story of Ali Cogia	6	
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	Uncle Podger hangs a Frame	6
	Writing Formal Letter	5
Oct.	Literature	
	Drama - I'll Met by Moonlight Poem - A Psalm of Life	6 3
	Writing	5
	Speech	3
	Articles	3
	Grammar	
	Voice	5
	Preposition	6
Nov.	Literature	
	Poem - The Pied Piper of Hamelin	4
	Story - Mangalyaan - India's Mars Orbiter Mission Writing	7
	Debate	3
	Grammar	, i i i i i i i i i i i i i i i i i i i
	Conjunctions, Reported Speech	8
	Modals	4
Dec.	Literature	
	Story - The Legend of Arachne	6
	Syllabus for Unit - II	
	Reading	
	Unseen Passage, Poem Writing	
	Formal Letter, Articles, Speech	
	Grammar	
	Prepositions, Conjunction, Modals	
	Literature	
	Lesson - Uncle Podge Hangs a Frame The story of Ali Cogia	
	Poem - The Pied piper of Hamelin A Psalm of Life	
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Jan.	Grammar Integrated Grammar Practice + Revision	
Feb.	Revision of Final Term	
Mar.	Syllabus for Final Term	
	Reading	
	Unseen Passages, Poem	
	Writing	
	Informal Letter, E-mail, Articles, Speech, Descriptive passage	
	Grammar	
	Reported Speech, Prepositions, Conjunctions, Modals, Voice, Integrated Grammar, Tenses	
	Literature	
	Stories - Hitch Hiker, Uncle Podge Hangs a Frame,	
	The story of Ali Cogia, The Aged Mother,	
	The Legend of Arachne.	
	Poem - The Pied piper of Hamelin	
	A Psalm of Life	



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SCIENCE

Book Recommended: Candid New Trends in Science	÷
Publisher : Evergreen	

April	Ch-1 Ch-4	()		. ,
Мау	Ch-3	Heat - A form	of Energy	(10P)
	Lab Activity:- 1. Reaction of acids & Bases with Litmus paper 2. Reading a thermometer			
	Unit Te Syllab	est - I us : Ch- 1, 3, 4		
Ch Ch	n apters n-1 n-3 n-4	12 marks 14 marks	Types of Questions Multiple Choice Questions, Inte Questions, Two, Three and four marks Ques, Case Study Ques	
July	Ch-10		nimals nt and its effect are an electric circuit.	(8P) (10P)
Aug.	Ch-8	Reproduction	erve the image of formation in diffe	(10P) (10P) erent
SeptemberRevision of Mid-Term ExamsSyllabus for Mid-Term ExamsChaptersWeightageCh-110 marks				
US •	ର ଓ	୪ କ୍ଟ ୦୪ ୦	ઝ ઝ ઝ રે હે છે	જ જ

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Ch-2	10 marks		
Ch-3	15 marks		
Ch-4	15 marks		
Ch-8	15 marks		
Ch-10	15 marks		
October	Ch-5 Physical & chemical changes	(7P)	
	Ch-6 Respiration in organisms	(10P)	
Lab Activity	To study the impact of sodium-bicarbonate on	acid	
November	Ch-9 Motion and Time Ch-7 Transportation in Plants and Animals	(10P)	
Lab Activity	(1) To observe and analyse the motion (slow of	(10P) f fast) of	
Lab Activity	common object on land.	1851) 01	
	(2) To make a model of stethoscope.		
December	Ch-12 Forests - Our Lifeline	(7P)	
	Revision for Unit Test - II		
Syllabus for L	Jnit Test - II		
Ch. 5, 6, 9, 11			
Chapter	Weightage		
Ch-5	10 marks		
Ch-6	10 marks		
Ch-9	10 marks		
Ch-11	10 marks		
Jan	Ch-13 Wastewater Management	(6P)	
Feb	Revision Final Term Exam		
March	Final Term Exam		
Syllabus :- Ch-5, 6, 7, 8, 9, 10, 11, 12, 13			

Chapters	Weights	Type of Questions
Ch-5	8 marks	Multiple Choice Questions, Internal
Ch-6	10 marks	Questions, Two, Three & Four
Ch-7	10 marks	Marks Questions, Case Study
Ch-8	10 marks	Questions
Ch-9	8 marks	
Ch-10	10 marks	
Ch-11	10 marks	
Ch-12	7 marks	
Ch-13	7 marks	



SOCIAL STUDIES

Books Recommended: New Trends in Social Science Publisher : Vinita Malhotra

April

Geo	L-1	Our Environment	5 P	
His	L-1	The Medieval Period in India (700-1700AD)	5 P	
Civ	L-1	Equality in Indian Democracy	5 P	

May

Geo	L-2	Inside Our Earth	5 P	
His	L-2	Emergence of new kingdoms (700-1200AD)	5 P	
Civ	L-5	Understanding the Media (Project)		

Activity

Class Discussion : Divide students into pairs, each pair should collect news articles from newspapers, magazines or online research about different environmental problems like global warming, greenhouse effect and depletion of Ozone Layer etc.

Syllabus for Pre-Mid Term Exam

Lesso	on	Weightage	Type of Questions
Geo	L-1	10 marks	Multiple Choice Ques.
	L-2	10 marks	Internal Questions
His	L-1	10 marks	Two, three and four marks
Civ	L-1	10 marks	questions, Creative analysis questions

July

Geo	L-3	The Changing Faces of the Earth	5 Prd
His	L-3	Kingdoms of South (700-1200 AD)	5 Prd
Civ	L-2	How the State Government Works	5 Prd
	L-3	Role of State Government in Health	5 Prd

Map: Medieval kingdoms that emerged in the North and South India.



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Aug.	Geo	L-4	Landforms of the Earth	5P
	Geo	L-5	The Atmosphere	5P
	His	L-4	The Delhi Sultanats	5P
Map :	Delhi	Sultanat	e under Muhammad-Bin-Tughl	aq
Sept.	SYLL	ABUS FO	R MID-TERM EXAMINATION	1
Lesso	n	We	ightage Type of Que	estions
Geo	L-2	7 r	narks MCQ, Interna	al One Mark,
	L-3	8 r	narks Two marks, ⁻	Three marks,
	L-4	9 r	narks four marks q	uestions,
	L-5	8 r	narks Map	
His	L-2	8 r	narks	
	L-3	9 r	narks	
	L-4	8 r	narks	
CIV	L-2	9 r	narks	
	L-3	9 r	narks	
Мар		5 r	narks	
Oct.	Geo	L-6	Elements of weather and climate	ate 5P
	Geo	L-7	Humidity and Rainfall	5P
	His	L-5	The Mughal Empire	6P
	Civ	L-4	Gender and Gender Inequalit	ty 6P
Nov.	His	L-6	Tribes, Nomads and Settled	Communities 5P
	Geo	L-8	Hydrosphere	6P
	His	L-7	Religious ideas in Medieval F	
	His	L-9	Political changes in 18th Cen	()
Мар		groups o	-	
Dec.	Geo	L-9	Life in tropical and sub-tropic	al regions 5P
Activit	y Geo	L-10	Life in Desert Regions - Saha	•
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Syllabus		ৰ Final Term	ිං හි බං හි බං 40 Marks	80
Lesson		Weightage	Type of Question	
Geo. L-6		8 marks	MCQ's Internal	
Geo. L-7		8 marks	One mark Ques.	
His. L-5	5	8 marks	Two mark ques.	
His. L-6	5	8 marks	Three mark ques.	
CIV L-4		8 marks		
Jan.	Civ L-	7 Markets and Intermed	iaries	5P
	His L-8	3 The Flowering of regio	nal cultures (OBT)	1P
Activity	L-6 (C	ivics) Media and Adever	tising	
Feb.	Revis	ion of Final Exams		
March	Syllab	ous for Final Examinati	on	
Lesson		Weightage	Type of Questions.	
Geo	L-5	5 Marks	MCQs.	
	L-7	10 Marks	Internal Questions	
	L-8	5 Marks	One, Two, three and four	
	L-9	10 Marks	marks Questions	
His	L-4	5 Marks	Creative Analysis + Map	
	L-5	10 Marks		
	L-6	5 Marks		
	L-9	10 Marks		
CIV	L-4	5 Marks		
	L-7	10 Marks		
	Map	5 Marks		

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MATHEMATICS

	Ch-1: Integers	10P
	Ch-4: Simple Equations	7P
Мау	Ch-2: Fractions and Decimals	10P
Pre-Mi	d Term Exam	Weightage
Ch-1: Ir	ntegers	14 marks
Ch-2: F	ractions & Decimals	14 marks
Ch-4: S	imple Equations	12 marks
Total		40 Marks
June	Summer Vacation	
July	Ch-3: Data Handling	
	Ch-5: Lines and Angles	
Aug.	Ch-9: Perimeter and Area	10P
	Ch-12: Symmetry	5P
Sept.		
Mid Te	rm Exam	Weightage
Ch-1: Ir	ntegers	12 marks
Ch-2: F	ractions and Decimals	12 marks
Ch-3: E	oata Handling	10 marks
Ch-4: S	imple Equations	12 marks
Ch-5: L	ines and Angles	12 marks
Ch-9: F	Perimeter and Area	12 marks
Ch-12:	Symmetry	10 marks
Total		80 marks

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Oct.	Ch-6: The Triangles and its properties	10P
	Ch-11: Exponents and Powers	7P
Nov.	Ch-7: Comparing Quantities	8P
	Ch-13: Visulising Solid Shapes	5P
Dec.	Ch-10: Algebraic Expressions	6P
	Post Mid Term Exam	
	Chapter Name	Weightage
	Ch-6: The Triangles and its properties	10
	Ch-11: Exponents and Powers	10
	Ch-7: Comparing Quantities	10
	Ch-10: Algebraic Expressions	10
	Total	40 marks
Jan.	Ch-8: Rational Numbers	
Feb.	Revision	
Marc	h Final Exam	
	Chapter Name	Weightage
	Ch-3: Data Handling	10
	Ch-6: The Triangles and its properties	10
	Ch-7: Comparing Quantities	10
	Ch-8: Rational Numbers	10
	Ch-10: Algebraic Expressions	10
	Ch-11: Exponents and Powers	10
		10 10
	Ch-11: Exponents and Powers	
	Ch-11: Exponents and Powers Ch-12: Symmetry	10
	Ch-11: Exponents and Powers Ch-12: Symmetry Ch-13: Visualising Solid Shapes	10 10

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	Unit Test Pape	
	MCQ	1x5=05
	2 M	2x4=08
	3 M	3x4=12
	5 M	5x2=10
	Case Study	5x1=5
	,	10 Marks
	Mid Term and	Final Exam Pattern
	MCQ	1x20=20
	2 M	2x7=14
	3 M	3x7=21
	5 M	5x4=20
	Case Study	5x1=5
		80 Marks
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अप्रैल	पाठ—1ः हम पंछी उन्मुक्त गगन के	(4 Prd)
	पाठ–2ः हिमालय की बेटियाँ	(4 Prd)
	पाठ—3ः कठपुतली	(3 Prd)
व्याकरण	पाठ—1ः भाषा लिपि—व्याकरण	(2 Prd)
	पाठ—2ः वर्ण विचार (परिभाषा, भेदों के विस्तार)	(2 Prd)
	पाठ–3ः उच्चारण और वर्तनी	(2 Prd)
मई	वसंत : पाठ–4ः मिठाई वाला	(6 Prd)
व्याकरण	पाठ—4ः शब्द विचार (परिभाषा, भेद, उत्पत्ति अर्थ	(1 Prd)
	के आधार पर विस्तार)	
	पाठ—5ः शब्द निर्माण (उपसर्ग, प्रत्यय)	(2 Prd)
मई	यूनिट परीक्षा पाठ्यक्रम	(40 अंक)
	वसंत : पाठ–1 और 2	(10 अंक)
	व्याकरण : पाठ—1, 2 और 3,	(10 अंक)
	अपठित गद्यांश, पद्यांश,	(10 अंक)
	अनुच्छेद, पत्र	(10 अंक)
जून		. ,
जून जुलाई	अनुच्छेद, पत्र	. ,
	अनुच्छेद, पत्र ग्रीष्मावकाश	(10 अंक)
जुलाई	अनुच्छेद, पत्र ग्रीष्मावकाश पाठ—5: पापा खो गए पाठ—6: शाम एक किसान पाठ—6: संधि (भेदों के नाम, स्वर संधि)	(10 अंक) (7 Prd) (5 Prd) (2 Prd)
जुलाई	अनुच्छेद, पत्र ग्रीष्मावकाश पाठ—5: पापा खो गए पाठ—6: शाम एक किसान पाठ—6: संधि (भेदों के नाम, स्वर संधि) पाठ—7: शब्द भंडार—पर्यायवाची (1 से 25) विलोम श	(10 अंक) (7 Prd) (5 Prd) (2 Prd)
जुलाई	अनुच्छेद, पत्र ग्रीष्मावकाश पाठ—5: पापा खो गए पाठ—6: शाम एक किसान पाठ—6: संधि (भेदों के नाम, स्वर संधि)	(10 अंक) (7 Prd) (5 Prd) (2 Prd)
जुलाई	अनुच्छेद, पत्र ग्रीष्मावकाश पाठ—5: पापा खो गए पाठ—6: शाम एक किसान पाठ—6: संधि (भेदों के नाम, स्वर संधि) पाठ—7: शब्द भंडार—पर्यायवाची (1 से 25) विलोम श	(10 अंक) (7 Prd) (5 Prd) (2 Prd) ाब्द (1 से 40)
जुलाई	अनुच्छेद, पत्र ग्रीष्मावकाश पाठ—5: पापा खो गए पाठ—6: शाम एक किसान पाठ—6: संधि (भेदों के नाम, स्वर संधि) पाठ—7: शब्द भंडार—पर्यायवाची (1 से 25) विलोम श	(10 अंक) (7 Prd) (5 Prd) (2 Prd) ाब्द (1 से 40)
जुलाई व्याकरण	अनुच्छेद, पत्र ग्रीष्मावकाश पाठ—5: पापा खो गए पाठ—6: शाम एक किसान पाठ—6: संधि (भेदों के नाम, स्वर संधि) पाठ—7: शब्द भंडार—पर्यायवाची (1 से 25) विलोम श	(10 अंक) (7 Prd) (5 Prd) (2 Prd) ाब्द (1 से 40) (4 Prd)

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अगस्त वसंतः पाठ–7ः अपूर्व अनुभव	(7 Prd)
व्याकरण पाठ–8ः संज्ञा	(1 Prd)
पाठ–9ः लिंग	(1 Prd)
पाठ—10ः वचन	(1 Prd)
सितंबर दोहराई + अर्धवार्षिक परीक्षा (80 Marks)	
पाठ्यक्रम	
वसत — पाठ— 1, 3, 4, 5, 6, 7	(20 अंक)
व्याकरण पाठ— ४, ५, ६, ७, ८, १, १,	(20 अंक)
अनुच्छेद, पत्र, प्रार्थना पत्र	(20 अंक)
अपठित गद्यांश, पद्यांश	(20 अंक)
अक्तूबर वसंत – पाठ–8ः रहीम के दोहे	(3 Prd)
पाठ—9ः एक तिनका	(4 Prd)
पाठ–10ः खानपान की बदलती तस्वीर	(4 Prd)
व्याकरण पाठ–11: कारक	(2 Prd)
पाठ—12ः सर्वनाम	(2 Prd)
पाठ—13ः विशेषण	(2 Prd)
नवंबर पाठ—11ः नीलकंठ	(7 Prd)
पाठ–12ः भोर और बरखा	(4 Prd)
पाठ–13ः वीर कुँवर सिंह	(4 Prd)
व्याकरण पाठ—14: क्रिया (कर्म के आधार पर भेद)	(2 Prd)
पाठ—15ः क्रिया ः काल (भूतकाल के भेदो के विर	त्तार) (2 Prd)
पाठ—16ः वाच्य (परिभाषा, भेद)	(2 Prd)
दिसंबर वसंत : पाठ—14: संघर्ष के कारण	(4 Prd)
मैं तुनुक मिजाज हो गया	
व्याकरण पाठ—17ः अविकारी शब्द (क्रिया विशेषण, संबंधबो	धक) (1 Prd)
पाठ—18ः वाक्य—विचार	(1 Prd)
(वाक्य के अंग, अर्थ के आधार पर भेद))
S S S S S S S S S S S S S S S S S S S	B S B

	यूनिट परीक्षा–॥	(40 अंक)
	पाट्यक्रम	
वसंत –	पाठ— 13, 14, 15	(10 अंक)
व्याकरण	ा पाठ— 12, 13, 14	(10 अंक)
अनुच्छेद,	पत्र, प्रार्थना पत्र	(10 अंक)
अपठित र	गद्यांश, पद्यांश	(10 अंक)
जनवरी		
वसंत –	पाठ–15ः आश्रम का अनुमानित व्यय	(5 Prd)
व्याकरण	ा ः पाठ—19 ः विराम चिह्न	(1 Prd)
	पाठ—23ः मुहावरे	(2 Prd)
	पाठ–24ः लोकोक्तियाँ	(2 Prd)
	पाठ–30ः सूचना लेखन	(2 Prd)
फरवरी	दोहराई और वार्षिक परीक्षा	(80 अंक)
	पाठ्यक्रम	
वसंत –	पाठ— 13, 14, 15, 16, 17, 18, 19, 20	(20 अंक)
व्याकरण	पाठ— 13, 14, 15, 16, 17, 18, 19, 23, 30	(20 अंक)
अनुच्छेद,	पत्र, सूचना लेखन	(20 अंक)
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COMPUTER

Book Introduced : D-code (Kips Learning Pvt. Ltd.)

April	Ch-1	Number System				
Мау	Ch-2	Advanced Features of Excel				
Activity	Use of	Use of different features of MS-Excel				
June	Summ	er Vacations + Holiday Assignment				
July	Ch-3	More on GIMP				
	Ch-4	Introduction to HTML5				
Activity	Editing	of photos using GIMP tools				
	Progra	ims using different tags of HTML5				
Aug.	Ch-5	Introduction to Robotics				
Activity	Revisi	on of Practical topics				
Sept.	Revis	ion + Mid Term Examination				
Oct.	Ch-6	More on CSS3				
	Ch-7	Python				
Activity	Creati	ng web pages using CSS3 and HTML5 tags				
	Progra	Programming using python				
Nov.	Ch-8	Introduction to App development				
Activity	Introdu	ction to various apps				
Dec.	Ch-9	Cyber threats & Security				
Activity	Make a Presentation on different type of cyber attacks					
	and th					
Jan.		on of all topics				
Feb.		y :- Revision of all practical				
Mar.	FINAL					
Paper Pattern		70 10 marks				
Fill ups True/False		10 marks				
MCQ		10 marks				
App based quest	tion	10 marks				
Inside & Short Q		10 marks				
Shorts Question		5x4=20 marks				
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GK

Book : Candid Anytime GK By : Dr. Martha Immanuel

April	 Unit-I : Incredible India Indian History GST Bill Indian Currency Embroidery Designs Indian Railways Geo Quiz Riverside Cities
Мау	Unit-II : The World Around us
	8. Guess the country
	9. World's Indigenous People
	10. United Nations
	11. Global News Agencies
	12. Memorials
	13. Forms of Government
June	Summer Vacations
July	Unit - III : Animal Kingdom
-	14. Dedicated dads
	15. Deep Sea Creatures
	16. Animal Eyesight
	17. Animal Olympians
	Unit - IV : Plant Kingdom
	18. Watch, What you eat
	19. Strange and unusual Trees
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August	 Unit-V : Sports & Entertainment 22. Olympic Medalists 23. Logos of Cricket Team 24. Karate Belts Ranking 25. Gymnastics Events 26. Film Adaptation 27. Music Albums and Musicians 28. World Champions
September	Mid Term Exam Types of Questions M.C.Q. True / False Fill in the blank Short Answer type Questions Identify the pictures
October	 Unit - VI : Science and Technology 29. Human body Vocabulary 30. Non-Vital organs 31. Science Quiz 32. Essential Minerals 33. Space Missions 34. Google Apps
November	Unit - VII : Language and Literature 35. In a Word 36. Literature Quiz 37. Figures of Speech 38. Body Idioms

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December	 Unit - VIII : Life Skills and Environment 40. Internet Safety 41. Green Inventions 42. Environment Quiz 43. Philanthropist Celebrities Unit - IX : General Awareness
	44. Know your Quality Marks45. Abbreviations46. Banking Awareness47. Hidden Messages
January	 Unit - X : Tickle your Brain 48. Test your IQ 49. Analogy 50. Figure Problems 51. Rebus Puzzles
February	Final Exam
	Type of Questions M.C.Q. Fill in the blank True / False Short Answer types Questions Identify the pictures
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MORAL EDUCATION

	able My Assets
April	Ch-1 : Yoga to keep fit
Мау	Ch-2 : Saying 'No' on Social Media Ch-3 : Ability to Differentiate between Acceptable and Avoidable
June	Summer Vacations
July	Ch-4 : Building a Team Ch-5 : Taking care of the Well-ebing of the Family
August	Ch-6 : Respect of Family Traditions
September	First Term Exam
October	Ch-7 : Clean Energy Ch-8 : Wasting Water
November	Ch-9 : Nurturing Long-Term Relationships Ch-10 : Protecting Heritage
December	Ch-11 : The Clothes We wear
January	Ch-12 : Daily Actions : Climate Action
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	MUSIC					
April	Introduction of music with different definitions. Practice of School prayers					
Мау	First 5 sargams on harmonium Introducing Octave & rhythm					
July	Introducing Guitar with Beginning lesson					
August	Poem & song related to 15 August					
September	Introducing congo & tabla with beginning lesson.					
October	First 7 sargams on harmonium					
November	Introducing drum beat with basic beats.					
December	Advance beats on drum beat, Christmas (cards)					
January	P.K. Testing, Song related to 26 January.					
February	Introducing Keyboard.					



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HEALTH AND PHYSICAL EDUCATION

Month	Key concepts	Resources	Activities/ processes
April	File formation (in twos, in threes, in fours, in fives)	Demonstration and media resources	Attention and stand at ease (right turn, left turn, about turn, make a circle
	Opportunities to play games and sports	Play ground gymnastic beams & benches mattresses	make a semi circle, forward march,backward march, march past)
	Introduction of athletics	Track and field	Fundamentals oftrack & fields events - 100 m.
	Difference between boys and girls during growing-up puberty menstruation common menstrual problems	Study material, drawings and figures models of reproductive system films work book	Run, 600 m. Run/walk basic gymnastic balance on one leg, jumps, turn 360 degree
	emotional changes sexual health, hygiene		Track and field events
	and genital hygiene need for cleanliness during menstruation		Interaction discussion life skills focused activities - question box
May	Introduction of football	Football, cones,	Conditioning and fundamental moments
	Environmental pollution & health	Charts and models	and basic skills
	Developing ability of naturally responding to :	Microphone/ pa system Markers drum	Listing different sources of environment pollution
	command, limited space, group-work, formations	Menstruation drawings and figures reading material	Marching on command marching formations Exercising with apparatus : lezium,
	Body consciousness attraction towards opposite sex socio- cultural norms parent		dumbbels, hoops, ropes, balls, ribbons aerobics and other group- activities
	adolescent relationship common myths and misconception regarding growing up and		Interactive session discussion life skills focused activities
July	Introduction of badminton	Badminton racket and shuttles Yoga charts	Conditioning and fundamental moments and basic skills
	For healthful living Postures	Posters of yogic practices	Orientation to yoga gomukhasana, yoga-
	Sexual abuse touch including unwanted touch sexual abuse prevention of sexual	Study material, stories, poster, newspaper clippings.	mudra, viparitkarani, sarvangasana, matsyasana, halasasana ujjayi (without
	abuse life skills		kumbhaka), shavasana



			Discussion story telling role play life skills focused activities
Aug.	Introduction of Tennis	Tennis racket and balls	Conditioning and fundamental moments
	Peer and social	Advertisement,	and basic skills
	pressure peer pressure ability to say 'no' health	wrapping papers, warnings, packets of	Discussion and role play
	hazards of smoking, alcohol & drugs abuse	relative items	Information sharing
	Concept of beauty,	Advertisements about cosmetics, clothes etc.	experiences of great personalities examples
	body image misconception about	Stories and lifeexperiences	of famous players, actors/actresses
Sept.	body image etc Introduction of Basket	Basketball, court	Conditioning and
	ball	First-aid box	fundamental moments and basic skills
	Simple common injuries		
	identification & treatment		Practical & role play
	Vector's life cycle life	Charts, models,	Watch different
	cycles for prevention & treatment for illness.	experiments real life situations	mosquitoes under a microscope
	treatment for liness.	watch and write about	Visit a microbiology
		mosquito behaviour	lab and see slides of plasmodia etc
Oct.	Introduction of kho-kho	Kho-kho ground	Conditioning and fundamental moments
	Availability of scholarships at school /	Information bulletins, brochures News	and basic skills
	zonal / Inter-zonal /	clippings etc.	Preparing list of the
	district / state / national		scholarships and / or
	/ international level	Charts, models-pictures -reading material	awards available (specifying name,
	Concept of good	redding material	amount, eligibility,
	environment different sources of environmen-	Material - chart, poster - film	duration etc.)
	tal pollution & its effects		Listing of different
	on health. Steps for prevention of pollution		sources of environment pollution -interaction -
	prevention of pollution		discussion
	Creative leisure -		Play, exercise, reading
			books, poetry, singing,
			dancing, play-models
			identifying individual
			potentials through observation. Guidance
			to find ways for utilizing



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Nov.	Introduction Structure of differen health car advertiser Preparing celebration special oct food value	on of kaba and funct it levels o re. Role o ment on h foods for n - festiva ccasion ar	addi ion f f iealth al / nd its	Kabaddi court Literature – informa bulletins, circulars, brochures, newslet etc. -newspapers, films radio, electronic & media Meals prepared by students. Study material.	ation ters , print	Conditio fundame and basi Meeting governm functiona local sub dispensa assessm healthy p advertise Listing o organizir commun	ning and ental mo c skills with lient hea arries Vis p-centre, ary -self hent- cre promotir ement f festiva ng a smaity meal	d ments lth it to ' eating lg l foods all or class	
Dec.	Introduction Concept of health and illness. Simple co- identificat treatment Social res role as a of Peer pres say 'no' h of smokin drugs abu	of mental d mental mmon inj ion & ponsibility change ag sures abi ealth hazz g, alcohol	uries y our gent lity to ards	Volleyball, court Charts, posters Materials First-aid box Work book on heal and habits checklis responsibilities and selfassessment proforma Advertisements, wrapping papers, warnings, packets Of related items	t of l etc.	meal (pr festival) Conditio fundame and basi Observa behaviou around (neighbod school e Practical Commun projects Discussi	ning and ntal mo c skills tion of ur of pec home, ur, socie tc.) ls & role nity base	d ments pple ty, play ed	
Jan.	Introduction tennis Recreation physical a Changes during group Role mod to different sports.	n through activities occurring owing-up els in rela	ition	informative materia Table, racket and b Reading material depending upon the nature of recreation activity Material observatio self and others Role models biographies, movie posters, t.v., radio, magazines, newsp highlighting local/ panchayat level achievers etc.	all e nal n of s,	Conditio fundame and basi Activities games – table-ter games M Discussi guidance Story-tel experien about the outstand the scho popular any field	ental mo c skills s recreat badmir badmir nis etc., Modified on follov ling life- ices disc e local h ling stud ol or cuu persona	ments tional ton, Party games ved by cussion teroes, lents in rrently	

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YEARLY PLANNER 2023-24					
	Scholas	tic/ Co-s	cholastic Activities		
DATE	DAY	CLASS	THEME OF ACTIVITY OR COMPETITION/ASSESSMENT PLANNED		
4 April 2023	Tuesday		Mahavir Jyanti		
6 April 2023	Thursday		New Session Begins		
7 April 2023	Friday		Good Friday		
8 April 2023	Saturday		Birthday of Sri Guru Nabha Dass Ji /Second Saturday		
11 April 2023	Tuesday	III-V	Be right to write - English Calligraphy		
13 April 2023	Thursday	Nur & II	Hope my yellow dress brighten up your day - Yellow Day		
		VI-VIII	Back to the roots of our Culture -		
			Folk Song inter House Competition		
14 April 2023	Friday		Vaisakhi & Birthday of Dr. B.R. Ambedkar		
17 April 2023	Monday	V	Game of Flexibility - Boys Yoga activity		
18 April 2023	Tuesday	V	Yoga is a skill in action/ Yoga is 99% practice & 1% theory - Girls Yoga activity		
19 April 2023	Wednesday		Weekly Test		
20 April 2023	Thursday	-	Clean hands are Safe hands - Hand wash Activity		
21 April 2023	Friday	-X	Life is possible only on earth, protect it		
			- Save Earth, Save Life Poster Making		
22 April 2023	Saturday		ld-Ul- Fitr /		
			Bhagwan Parshuram Jayanti		
24 April 2023	Monday	Nur–UKG	Show your Thumb skills -		
			Thumb painting activity		
25 April 2023	Tuesday	III-V	ਪੰਜਾਬੀ ਅੱਖਰਕਾਰੀ -		
			Punjabi Calligraphy		
26 April 2023	Wednesday		Weekly Test		

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	Scholas	tic/ Co-s	cholastic Activities		
DATE	DAY	CLASS	THEME OF ACTIVITY OR COMPETITION/ASSESSMENT PLANNED		
27 April 2023	Thursday	VI-VIII	Your diet is bank account: Good food choices are good investments - Healthy Diet for mind, Yoga Competition		
28 April 2023	Friday	Nur–UKG	For Fun - Big/Small Activity		
29 April 2023	Saturday	IX-XII	The game of RUN and CHASE -		
			House Wise Kho – Kho Match		
3 May 2023	Wednesday		Weekly Test		
5 May 2023	Friday		Budha Purnima		
8 May 2023	Monday	III	Mindfulness - Guided Meditation Activity		
9 May 2023	Tuesday	IV	Attention! - Guided Meditation Activity		
10 May 2023	Wednesday		Weekly Test		
11 May 2023	Thursday	VI-VIII	Human Race - G.K Quiz (Knowing your surrounding) Current Affair		
12 May 2023	Friday	Nur - XII	Ancestor - Mother Day Card making and Writing letter to Mother. Paying gratitude to mother's		
13 May 2023	Saturday		Second Saturday		
15 May 2023	Monday	III-V	You only fail when you stop trying - Calligraphy Hindi		
16 May 2023	Tuesday	Nur - II	Catchy Symbols-National Symbols activity		
17 May 2023	Wednesday		Weekly Test		
19 May 2023	Friday		Weekly Test		
20 May 2023	Saturday	LKG-UKG	Long shoelace, better result -		
			Tying shoe laces activity		
		IX - XII	Your only limit is you - Calligraphy Eng, Pbi, Hdi Topics - Current Affair or Story		
			writing LEARN ART OF WRITING		

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	YEARLY PLANNER 2023-24			
	Scholas	tic/ Co-s	cholastic Activities	
DATE	DAY	CLASS	THEME OF ACTIVITY OR COMPETITION/ASSESSMENT PLANNED	
23 May 2023	Tuesday		Shaheedi Diwas Sri Guru Arjun Dev Ji	
24 May 2023	Wednesday		I-Unit Exams Commence	
27 May 2023	Saturday		Fourth Saturday	
1 June 2023	Thursday	Nur XII	Sow a seed today, Harvest	
			TOMORROW -	
			Planting and seedling activity, Nur to XII on	
			World Environment Day	
4 June 2023	Sunday		Kabir Jayanti	
5 June 2023	Monday		World Environment Day	
17 June 2023	Saturday	Nur - XII	When my father didn't have my hand,	
			he had my back - Father's Day Activity	
21 June 2023	Wednesday	Nur - XII	Keep fit's YOG - Yoga Day Activity	
29 June 2023	Thursday		ld-Ul-Zuha (Bakrid)	
1 July 2023	Saturday	IX-XII	God gives life, Doctor saves life !! -	
			Doctor's Day - Speech on Boost Immunity and Hand wash	
3 July 2023	Monday		School Reopens	
6 July 2023	Thursday	NUR-UKG	Puppet activity - Stick making activity	
8 July 2023	Saturday		PTM I-Unit Exams / Second Saturday	
10 July 2023	Monday	NUR-UKG	Keep clean, Keep Safe - Hygiene activity	
		-	Plastic free day activity	
11 July 2023	Tuesday	III-V	It rhymes and connects - English Poem Recitation	
13 July 2023	Thursday	VI-VIII	Make Learning Fun, Ban Mobiles & Run	
40 1.1. 0000	Turnel		- Debate on Banning Mobile in School	
18 July 2023	Tuesday	III-V	Spell it-Right with the fight-Spell bee English	
19 July 2023	Wednesday		Weekly Test	

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	Scholastic/ Co-scholastic Activities			
DATE	DAY	CLASS	THEME OF ACTIVITY OR COMPETITION/ASSESSMENT PLANNED	
20 July 2023 22 July 2023	Thursday Saturday	Nur-II	Grow more trees day-Greenish day activity Fourth Saturday	
25 July 2023	Tuesday	III-V	Great grown up-Spell bee Hindi	
26 July 2023	Wednesday		Weekly Test	
27 July 2023	Thursday	VI-VIII	The ultimate battle of Brain power- Science Quiz Inter House Competition	
28 July 2023	Friday	NurII	Paper Canoe - Paper boat activity	
29 July 2023	Saturday	IX-XII	Be alive, Be healthy-Yoga activity Yoga heals the Soul	
31 July 2023	Monday		Shaheed Udham Singh Martyrdom Day	
1 Aug 2023	Tuesday	LKG - UKG	Come join the FUN- Word Power with flash card	
		III - V	Spell bee Punjabi	
2 Aug 2023	Wednesday		Weekly Test	
4 Aug 2023	Friday	Nur UKG	Nutrition Guidance-Salad Making Activity	
5 Aug 2023	Saturday	XI-XII	Society lives by faith & develop by science - S.St. Quiz	
7 Aug 2023	Monday		Weekly Test	
8 Aug 2023	Tuesday	III-IV	Express yourself - Show and Tell	
9 Aug 2023	Wednesday		Weekly Test	
10 Aug 2023	Thursday	VI-VII	Mera Bharat Mahan - Inter House Patriotic Song Competition	
11 Aug 2023	Friday	NurUKG	Jai Hind - Flag making Activity on Independence day	
		IX-XII	Math-O-Mania	
12 Aug 2023	Saturday		Second Saturday	
14 Aug 2023	Monday	NurXII	Show your love for nation: VANDE MATARAM - Patriotic Role play in Special Assembly on Independence day	
15 Aug 2023	Tuesday		Independence Day	
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YEARLY PLANNER 2023-24			
	Scholas	tic/ Co-s	cholastic Activities
DATE	DAY	CLASS	THEME OF ACTIVITY OR COMPETITION/ASSESSMENT PLANNED
17 Aug.2023	Thursday		Weekly Test
21 Aug. 2023	Monday		Mid-Term Exams (Oral/Practical) Commence
23 Aug. 2023	Wednesday		Weekly Test
26 Aug. 2023	Saturday		PTM Before Mid-Term Exam/ Fourth Saturday
29 Aug. 2023	Tuesday	NurXII	A Bond of love and protection - Rakhi Making
30 Aug. 2023	Wednesday		Raksha Bandhan
1 Sept. 2023	Friday	NurII	Show & Tell activity
4 Sept. 2023	Monday	NurII	Nand ke anand Bhaeo Handi divas - Janmashtami Celebration
		-V	Hindi Poem Recitation
5 Sept. 2023	Tuesday	NurXII	Teachers: Our Beacons of hope! -
			Gratitude towards Guru's
			Teacher's Day
7 Sept. 2023	Thursday		Janamashtmi
9 Sept. 2023	Saturday		Second Saturday
13 Sept. 2023	Wednesday		Mid-Term Exams Commence
23 Sept. 2023	Saturday		Fourth Saturday
28 Sept. 2023	Thursday		Id-E-Milad / Birthday of Bhagat Singh
2 Oct. 2023	Monday		Gandhi Jyanti
3 Oct. 2023	Tuesday		School Reopens
9 Oct. 2023	Monday	NurUKG	Speed is unmatched - Poem recitation
		III	Circle Race
10 Oct. 2023	Tuesday	III-V	Keeping your mind sharp - Inter House Science Quiz
11 Oct. 2023	Wednesday	VI to VIII	Math is the love of my life - Inter House Math Quiz

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	YEARLY PLANNER 2023-24 Scholastic/ Co-scholastic Activities			
DATE	DAY	CLASS	THEME OF ACTIVITY OR COMPETITION/ASSESSMENT PLANNED	
14 Oct. 2023 15 Oct. 2023 17 Oct. 2023	Saturday Sunday Tuesday	III-V	PTM Mid-Term Exam / Second Saturday Maharaj Agarsen Jyanti Focus on gear - Inter Section (Race Competition)	
18 Oct. 2023 19 Oct. 2023 21 Oct. 2023	Wednesday Thursday Saturday	VI-VIII IX-XIII	Weekly Test Interhouse Volleyball Match Dream Big & Train Hard! -	
23 Oct. 2023	Monday	Nur - II	Interhouse Volleyball Match Mythology tales - Fancy dress competition, Dussehra Coloring activity & Special Assembly	
24 Oct. 2023	Tuesday		Dussehra	
25 Oct. 2023	Wednesday		Weekly Test	
26 Oct. 2023	Thursday	Nur - II	Ground Picnic -	
27 Oct. 2023	Friday	XI-XIII	The fun is in the fresh air - Science Quiz	
28 Oct. 2023	Saturday	N /	Birthday of Maharishi Valmiki	
30 Oct. 2023 1 Nov. 2023	Monday	IV	Duck Walk Race Karva Chauth	
2 Nov. 2023	Wednesday Thursday	IX -XII	Theatre field trip watching movie to add learning	
3 Nov. 2023	Friday		Weekly Test	
4 Nov. 2023	Saturday	IX - X XI - XII	Essay writing (Extempore essay) Visit botanical Gardens & Short trip	
6 Nov. 2023	Monday	Nur - II	Dream, Big, Little One - Role Plays	
8 Nov. 2023	Wednesday		Weekly Test	
9 Nov. 2023	Thursday	NUR- VIII	This 'Diwali' burst your Ego / Crackers - Card Making Activity (Diwali)	

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	Scholas	tic/ Co-s	cholastic Activities
DATE	DAY	CLASS	THEME OF ACTIVITY OR COMPETITION/ASSESSMENT PLANNED
10 Nov. 2023	Friday	IX – XII	Rangoli enhance beauty of occasion - Rangoli/Diya Decoration, Class Cleanliness highlight
11 Nov. 2023	Saturday		Second Saturday
12 Nov. 2023	Sunday		Diwali
13 Nov. 2023	Monday		Vishvakarma Day/ Goverdhan Puja
14 Nov. 2023	Tuesday		Diwali Break
15 Nov. 2023	Wednesday		Bhai Duj
17 Nov. 2023	Friday		Weekly Test
18 Nov. 2023	Saturday	IX – XII	I am possible & determined - Sports - Tracks & Field events
20 Nov. 2023	Monday	Nur II	Play then say - Sharing Activity
22 Nov. 2023	Wednesday		Weekly Test
23 Nov. 2023	Thursday	Nur - II	Sport Fest - (Opening Ceremony)
24 Nov. 2023	Thursday	Nur - II	Sport Fest - (Closing Ceremony)
25 Nov. 2023	Saturday		Fourth Saturday
27 Nov. 2023	Monday		Birthday of Guru Nanak Dev Ji
29 Nov. 2023	Wednesday		Weekly Test
5 Dec. 2023	Tuesday	III - V	Numbers Never Lie-Inter House Math Quiz
6 Dec. 2023	Wednesday		Weekly Test
7 Dec. 2023	Thursday	VI - VIII	Diversity - Inter House S.St. Quiz
9 Dec. 2023	Saturday		Second Saturday
13 Dec. 2023	Wednesday		Weekly Test
16 Dec. 2023	Saturday		II-Unit/I-Pre-Board Exams Commence
17 Dec. 2023	Sunday		Guru Teg Bahadur Ji's Martyrdom Day
23 Dec. 2023	Saturday	Nur-UKG	May your days be Merry & Bright! Christmas activity
		Nur - XII	Special Assembly on Shaheedi Diwas and Christmas

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YEARLY PLANNER 2023-24 Scholastic/ Co-scholastic Activities			
DATE	DAY	CLASS	THEME OF ACTIVITY OR COMPETITION/ASSESSMENT PLANNED
25 Dec. 2023	Monday		Christmas Day
4 Jan. 2024	Thursday		School Reopens
11 Jan. 2024	Thursday	Nur – II	Punjabi Folk Dance
12 Jan. 2024	Friday	Nur – XII	Activity and Lohri Celebrations
13 Jan. 2024	Saturday		PTM II-Unit /I Pre- Board Exams
14 Jan. 2024	Sunday		Makar Sankranti
16 Jan. 2024	Tuesday		II-Pre-Board
23 Jan. 2024	Tuesday	III - V	Freedom is not free - Inter House Patriotic
			Song Competition
24 Jan. 2024	Wednesday	VI - VIII	East or West, India is west/ One identity, one vision, one nation - Nationalism Inter House Speech Competition
25 Jan. 2024	Thursday	Nur–UKG	Kite Coloring Activity
26 Jan. 2024	Friday		Republic Day
27 Jan. 2024	Saturday		Fourth Saturday
3 Feb. 2024	Saturday		PTM for Pre-Board Exams
10 Feb. 2024	Saturday		Second Saturday
13 Feb. 2024	Tuesday	- V	Win the sky with kite - Kite Flying Making
14 Feb. 2024	Wednesday	Nur-XII	Basant Panchami Celebration of
			Spring season - Special Assembly
15 Feb. 2024	Thursday		Final Exams (Oral/Practical) Commence
24 Feb. 2024	Saturday		Fourth Saturday
4 Mar. 2024	Monday		Final Exams Commence
8 Mar. 2024	Friday		Maha Shivratri
25 Mar. 2024	Monday		Holi
27 Mar. 2024	Wednesday		PTM Final Term Exams



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