

M.R. CITI PUBLIC SCHOOL

BHADDI ROAD, BALACHAUR, DISTT. SBS NAGAR - 144521

SYLLABUS

2023-24

Class: VIII



Name : _____

Class: _____ Sec. _____

Roll No. _____ Adm. No. _____



CLASS - VIII
SESSION - 2023-24

ENGLISH

Books Recommended:

1. **Course Book - Jasper**
Published by - Blackie ELT Books
2. **BBC Compacta (Basic) - B**

Modules	Weightage (Unit Test-40)	Weightage Terminals (80)
1 Reading (Unseen Passages, Poem)	10	20
2 Writing (ACC to Syllabus)	8	15
3 Grammar (ACC to Syllabus)	10	20
4 Literature (Word meanings, Make Sentences, Ques & Ans, MCQ)	12	25

April Literature

Poem - The Lotus 2 Prd.

Ch-1 - Story -The Time Machine 5 Prd.

Ch-2 - Story -The Old Man and The Sea 3 Prd.

Grammar

Determiners (Ex. 1 to 5) 4 Prd.

Auxiliary Verbs 1 Prd.

Writing

Notice 3 Prd.

Diary Entry 2 Prd.

May Literature

Ch-3 - Story - Scrooge and the Ghost 4 Prd.



**Grammar**

Tenses (Ex 1 to 6) 5 Prd.

Integrated Paragraph, Descriptive Paragraph 3 Prd.

Revision of Unit test - I

Reading : Unseen Passage, Poem

Writing : Notice, Diary, Descriptive Paragraph,

Grammar : Determiners, Auxiliary Verbs, Tenses

Literature : Ch - 1, 2, 3

Poem - Lotus

July**Literature**

Poem - In the Bazaar of Hyderabad 2 Prd.

Drama - A Pound of Flesh 4 Prd.

Ch-5 - The gift of the Magi 2 Prd.

Writing : Informal Letter, Email 3 Prd.

Grammar

Tenses 3 Prd.

Subject -Verb -Agreement 4 Prd.

Aug.**Literature**

Poem - The Mouse and the Snake 3 Prd.

Ch-6 - Story - The Great Sport 4 Prd.

Writing - Descriptive Paragraph 3 Prd.

Grammar - Modals / Preposition 3 Prd.

Writing - Speech 3 Prd.

Writing - Debate

Reading - Unseen Passage 8 Prd.

Sept.**REVISION FOR MID - TERM**

Reading - Unseen Passage, Poem

Writing - Notice, Diary Entry, Descriptive Paragraph, E-mail, Informal Letter.

Grammar - Tense, Modals, Determiners, Tag Questions, Subject- Verb- Agreement, Integrated passage

Literature - Ch- 1, 2, 3, 4, 5, 6

Poem - The Lotus, In the Bazaars of Hyderabad,

The Mouse and the Snake





Oct. Literature

Ch-7	The Little Prince	4 Prd.
Ch-8	The Speckled Band	4 prd.
Ch-9	Tryst with Destiny	4 prd.
Grammar - Conjunctions (Ex 1 to 3)		3 prd.
Reported Speech / Voice		4 prd.
Integrated Grammar Practice - IV		3 prd.

Nov. Literature

Poem - The Tyger		3 prd.
Ch-10	Story - Nyaminyami the zambezi River god	5 prd.
Integrated Grammar - V		4 prd.
Writing - Formal / Informal Letters		5 prd.

Dec. Literature

Poem - The Inchcape Rock		4 prd.
Revision for Unit Test - II		
Reading (Unseen Passage, Poem)		
Writing - Short Story, Formal/Informal, Debate		
Grammar - Prepositions, Conjunctions, Reported Speech		
Literature - Ch-7, 8, 9, 10		
Poem - The Mouse and the Snake, The Tyger		

Jan.

Ch-11	The Bishop's Candle Sticks
Grammar - Reported Speech	

Revision for Final Exam

Syllabus for Final Term

Reading (Unseen Passage, Poem)	
Writing - Formal/Informal Letter, E-mail, Article, Speech, Debate, Story	
Grammar - Determiners, Subject Verb Agreement, Modals, Voice, Speech, Conjunctions Tenses.	





Literature

- Poem : The Mouse and the Snake
- Story : The Great Sport
- Story : The Little Prince
- Story : The gift of magi
- Poem : The Tyger
- Story : The Speckled Band
- Story : Tryst with Destiny
- Poem : The Inchcape rock
- Story : Nyaminyami the Zambezi River God.
- Drama : The Bishop's Candelsticks



SCIENCE

Books Recommended: Candid New Trends in Science

Publisher : Evergreen

April	Ch-1	Crop Production & Management	8 Period
	Ch-10	Sound	8 Period

Activities

1. To test the quality of the seeds before sowing.
2. Draw and explain human ear structure.

May	Ch-5	Conservation of Plants & Animals	7 Period
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Unit Test - I

Syllabus : Ch- 1, 5, 10

Chapters Weightage

Ch-1	13 marks
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Ch-5	13 marks
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Ch-10	14 marks
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July	Ch-8	Force & Pressure	7 Period
	Ch-9	Friction	7 Period

Activities

1. To show the presence of atmospheric pressure.
2. What is spring balance? How would you demonstrate the principle on which it works?

August	Ch-11	Chemical Effect of Electric Current	6 prd
	Ch-3	Coal and Petroleum	6 prd

Activities

1. Displacement Reactions.
2. To study about fractional distillation of petroleum.

September Revision + Mid-term Exams

Syllabus : Ch-1, 5, 10, 8, 9, 3

Chapters Weightage

Ch-1	13 marks
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Ch-5	13 marks
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Ch-10	13 marks
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Ch-8	13 marks
Ch-9	14 marks
Ch-3	14 marks

October	Ch-2 Microorganisms- Friend & Foe	7 prd
	Ch-13 Light	8 prd
Activities	1. To observe microorganisms from a sample of pond water. 2. Draw and explain human eye structure.	

November	Ch-6 Reproduction in animal	7 prd
	Ch-7 Reaching the age of adolescence	6 prd

December	Ch-4 Combustion & Flame	6 prd
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Revision for Unit Test - II

Syllabus : Ch-2, 11, 13, 6

Chapter	Weightage
2	10 marks
6	10 marks
11	10 marks
13	10 marks

Jan	Ch-12 Some Natural Phenomenon	5 P
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Pending Syllabus + Revision

Feb	Revision
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March	Final Term Exams
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Syllabus for Final term exams

Ch - 2, 3, 4, 6, 7, 8, 9, 11, 12, 13

Types of Questions

- | | |
|------------------------|------------------------------|
| 1. MCQ | 5. Three marks Questions |
| 2. Internal Questions | 6. Challenge / Hot Questions |
| 3. One Marks Questions | 7. Diagram |
| 4. Two marks Questions | |





Chapters	Weightage
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2	8 marks
3	8 marks
4	8 marks
6	8 marks
7	8 marks
8	8 marks
9	8 marks
11	8 marks
12	8 marks
13	8 marks





SOCIAL SCIENCE

Books Recommended: India and the World

Publisher : Evergreen Publications

April

Geo L-1 Resources 5 Periods

His L-1 When, Where, Why and How? 6 Periods

Civ L-1 The Indian constitution and Secularism 6 Periods

Activity : A group discussion in class to find out some new ideas, through which we all can contribute towards sustainable development.

May

Geo L-2 Land, Soil and Water Resources 6 Periods

His L-2 The British from Traders to Rulers 6 Periods

Map British Empire under Lord Dalhousie

Syllabus for Pre-Mid Term Exam 40 Marks

Lesson	Weightage	Type of Questions
Geo L-1	10 marks	MCQ, Internal Questions
L-2	10 marks	One marks questions
His L-1	10 marks	Two marks questions
Civ L-1	10 marks	Three Marks questions, Sources

July

Civ L-2 Understanding Laws 5 Periods

His L-3 Ruling the Countryside 6 Periods

Geo L-3 Natural Vegetation and Wildlife 6 Periods

His L-4 Colonisation and Tribal Societies (OBT)

Activity : 1. Make a poster on conservation of wild life. Write a catchy slogan also.

2. Celebrate Vanmahotsav by planting trees in your neighborhood.

August

Civ L-3 The Judiciary in India 6 Prd





His L-6 Revolt of 1857 6 Prd

- Map** : 1. India in 1765 (different territories)
2. Centres of Revolt 1857.
3. Location of some tribal groups.

Syllabus for MID-Term Examination

Lesson	Weightage	Type of Questions
Geo L-1	05	Internal Questions ,
L-2	05	MCQ, One mark questions
L-3	10	Two marks questions
His L-1	05	Three marks questions
L-2	10	Map, Sources
L-3	10	
L-6	10	
Civ L-1	05	
L-2	10	
L-3	10	

September MID-Term Exams 80 Marks

October

Geo L-5	Agriculture	6 Prd
L-6	Industry	3 Prd
His L-7	Educating and British Rule	5 Prd
Civ L-5	Social Justice and the Marginalised	5 Prd

Activity : 1) On a physical map of India, mark different types of crops producing states.

2) Report about local agriculture practice, crops grown.

November

Geo L-7	Human Resources	6 Prd
His L-8	Women Caste and Reforms	8 Prd
Civ L-2	Parliamentary Government	6 Prd
L-6	Public Facilities	6 Prd

Activity : Class debate on Public Facilities should be run by Private Companies.





December

His	L-9	The National Movement (1885-1919)	6 Prd
His	L-10	The Struggle for Independence (1919 to 1947)	8 Prd

Map Activity : Bengal 1905 to 1911

Syllabus for Pre Final Exam

40 Marks

Lesson	Weightage	Type of Ques.
Geo L-5	10 marks	MCQs, Internal Ques., One
His L-7	10 marks	mark question, Two marks
Civ L-5	10 marks	question, Three make question,
L-6	10 marks	Case Study

January

Civ	L-7	Law and Social Justice	6 Prd
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February

REVISION FOR FINAL EXAMINATION

Syllabus for Final Examination		
Lesson	Weightage	Type of Questions
Geo L-5	05	MCQ, Internal Questions,
L-6	05	One mark questions,
L-7	10	Two marks questions,
Map	5	Three marks questions,
His L-7	05	Map, Case Study
L-8	10	
L-9	10	
L-10	10	
Civ L-2	05	
L-5	05	
L-6	05	
L-7	05	
Map	05	
Case Study	05	



Number Pattern for Unit Exams

Question Type	No. of Questions	Marks
MCQ, One word Questions	10	10
True/Fasle, Correct the Statement		
2 Marks Questions	04	08
3 Marks Questions	03	09
4 Marks Questions	02	08
Case Study	01	05

Number Pattern for Mid Term & Final Term

Question Type	No. of Questions	Marks
MCQ, One word Questions	20	20
True/Fasle, Correct the Statement		
2 Marks Questions	06	12
3 Marks Questions	06	18
4 Marks Questions	05	20
Case Study	01	05
Map	01	05



MATHEMATICS

Book Recommended : New Maths Bliss

By : S. C. Saxena

April	Ch-1: Rational Numbers	9P
	Ch-2: Linear Equations in One Variable	8P

May	Ch-4: Data Handling	5P
	Ch-5: Square and Square roots	8P

Pre Mid Term Exam	Weightage
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Ch-1: Rational Numbers	15 marks
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Ch-2: Linear Equations in One Variable	15 marks
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Ch-4: Data Handling	10 marks
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Total	40 Marks
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June	Summer Vacations
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July	Ch-8: Algebraic Expressions and Identities	9P
	Ch-10: Exponents and Powers	6P

Aug.	Ch-12: Factorisation	8P
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Sept.	Mid Term Exam	Weightage
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Ch-1: Rational Numbers	12 marks
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Ch-2: Linear Equations in One Variable	12 marks
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Ch-4: Data Handling	10 marks
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Ch-5: Square and Square roots	12 marks
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Ch-8: Algebraic Expressions and Identities	12 marks
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Ch-10: Exponents and Powers	10 marks
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Ch-12: Factorisation	12 marks
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Total	80 marks
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Type of Questions :

MCQ, 2 marks, 3 marks, 5 marks, Case-Study

October	Ch-3: Understanding Quadrilaterals	7P
	Ch-6: Cubes and cube roots	5P
	Ch-7: Comparing Quantities	9P





Nov.	Ch-9: Mensuration	7P
	Ch-11: Direct and Inverse Proportions	9P

Dec.	Ch-13: Introduction to Graphs	3P
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Post Mid Term Exam

Chapter Name	Weightage
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Ch-3: Understanding Quadrilaterals	10 marks
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Ch-6: Cubes and cube roots	10 marks
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Ch-7: Comparing Quantities	10 marks
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Ch-13: Introduction to Graphs	10 marks
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Total	40 Marks
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Type of Questions :

MCQ, 2 marks, 3 marks, 5 marks, Case-Study

Jan.	Revision
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Feb	Revision
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March	Final Exam
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Chapter Name	Weightage
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Ch-3: Understanding Quadrilaterals	10 marks
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Ch-5: Square and Square roots	10 marks
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Ch-6: Cubes and cube roots	10 marks
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Ch-7: Comparing Quantities	10 marks
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Ch-9: Mensuration	10 marks
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Ch-11: Direct and Inverse Proportions	10 marks
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Ch-13: Introduction to Graphs	10 marks
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Ch-12: Factorisation	10 marks
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Total	80 marks
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Type of Questions :

MCQ, 2 marks, 3 marks, 5 marks, Case-Study





Unit Test Paper Pattern

MCQ	1x5=5
2 Marks	2x4=8
3 Marks	3x4=12
5 Marks	5x2=10
Case Study	<u>5x1=5</u>
	40 marks

Mid Term and Final Paper Pattern

MCQ	1x20=20
2 Marks	2x7=14
3 Marks	3x7=21
5 Marks	5x4=20
Case Study	<u>5x1=5</u>
	80 marks



सितंबर – दोहराई + अर्धवार्षिक परीक्षा

पाठयक्रम	अंक
वसंत – पाठ 3 से 7 तक	– 20
व्याकरण – पाठ 3 से 10 तक	– 20
अनुच्छेद, पत्र/प्रार्थना पत्र	– 20
अपठित पद्यांश, गद्यांश	– 20

अक्तूबर

वसंत	पाठ-8: सुदामा चरित पाठ-9: जहाँ पहिया है
व्याकरण	पाठ-11: कारक पाठ-12: सर्वनाम पाठ-13: विशेषण

नवंबर

वसंत	पाठ-10: अकबरी लोटा पाठ-11: सूरदास के पद
व्याकरण	पाठ-14: क्रिया पाठ-15: क्रिया : काल पाठ-16: वाच्य

दिसंबर

वसंत	पाठ-12: पानी की कहानी
व्याकरण	पाठ-17: अविकारी शब्द पाठ-18: वाक्य विचार पाठ-23: मुहावरे

दिसंबर यूनिट टेस्ट पाठयक्रम

वसंत	पाठ 9, 10, 11	– 10
व्याकरण	कारक, सर्वनाम, विशेषण	– 10
अनुच्छेद, पत्र/प्रार्थना-पत्र		– 10
अपठित गद्यांश, पाद्यांश		– 10



जनवरी

वसंत	पाठ-13: बाज और साँप
व्याकरण	पाठ-24 लोकोक्तियाँ
	पाठ-28 विज्ञापन लेखन
	पाठ-30 सूचना लेखन

फरवरी दोहराई + वार्षिक परीक्षा

	पाठ्यक्रम	अंक
मार्च	वसंत – पाठ 9 से 13 तक	– 20
व्याकरण	कारक, क्रिया, काल, वाच्य, अविकारी शब्द, वाक्य विचार, मुहावरे/लोकोक्तियाँ, सूचना लेखन	– 20
अपठित	गदयांश, पादयांश	– 20
अनुच्छेद,	पत्र/प्रार्थना-पत्र	– 20



PUNJABI

gʒ kphgkm g[se (d[hGkók)

gʒ kphft n keoB (n ʔ or oB)

n gʒ

gkmFg[se gkmF1 LokóNohM k
 gkmF2Lfi E/BkHt E/BkBe/
 gkmF3Lepʒ hdhyʒ

ft n keoBL gkmF1 Lpbhi KGkók
 gkmF2 Lft n keoB s /fb gh
 gkmF3Ln ʒyo pX

w h

gkmFg[se gkmF4Lok e r kovB dkfBowks kBé uz
 gkmF5Lft ; kyhdkwók
 gkmF6Li BwfdB dhgkóNh

ft n keoBL gkmF4Lbr Kwks okt Ks /br kyo
 gkmF5Lôpd pX

d[okJhns /gfj bh: fBN gʒfyn k

f; b ʔ; gkmFg[se gkmF1, 2, 3
 ft n keoB gkmF1, 2, 3

n ʒKdht ʒ e ʔ n ʒF40

gV e ʒb (n Dfv ʒrk gók Qekt gʒ) 10 n ʒ

fb ʒD e ʒb (b ʒ, g ʒo, fu ʒ o t oBD) 10 n ʒ

gkmFn fGn k (gʒ [ôpdFn oE, t ke ouBk) 10 n ʒ

ft n keoB (gʒ [yk hEkt K, n fGn k) 10 n ʒ

i ʔK h

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 L gkmF13Lt s B
 ft n keoB L gkmF18Ln oE pX
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f; b p; gkmF4 s A14 s Ž

ft n keoB L gkmF4, 5, 7, 8, 9, 18, 19

n žKdht ž e p n žF80

gVB e žb (n Dfv žrk gok Qekft Nē Vh) 20 n ž

fb žD e žb (b ž, g ž o, fu ž o t oBD) 20 n ž

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ft n keoB (gfoGk k, gšt [gkmn fGn k) 20 n ž

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 gkmF17Lgž kph





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 gkmF20LJ hdr kj
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 gkmF22Ln; hvBkt N/ J K
 ft n keoBL gkmF11Lft o/D
 gkmF12Lfe fon k ekb
 gkmF13Lfe fon k ft oD

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 gkmFg[se gkmF23Lgfj b
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cot oh L gkme vpdhd] ok] h





wkou L (; bKkgbfyn k)

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gkmFg[se gkmF 4, 8, 16, 17, 18, 20, 21, 22, 24, 25

ft n keoBL gkmF6, 10, 11, 12, 13, 14, 15, 16

wj kt o/ (; , j) Gkr

nykD L (1 s'A20) sZ

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COMPUTER

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

April Ch-1 Networking concepts

May Ch-2 Openshot Video Edition
Ch-3 Log on to Access

Activity Use of Various editing tools in openshot
Introduction to access database & its data types

June **Summer Vacations + Holding Assignment of Networking types**

July Ch-4 Working with queries, Forms & Reports
Ch-5 Introduction to data Science

Activity Creating queries & database using various tools of access

Aug. **Revision of All Chapters**
Revision of Practical topics

Sept. **Mid Term Exam**

Paper Pattern

MM 70

Fill ups 10 marks

True False 10 marks

M.C.Q. 10 marks

App. Board questions 10 marks

Inside & Short Questions 10 marks

Long Questions 5x4 = 20 marks

Oct. Ch-6 Using Lists & Tables in HTML 5
Ch-7 Images, Links & Frames in HTML 5





Activity Creating Table in HTML 5 by using Tags
Use of Image tag, Linking tag in HTML 5

Nov. Ch-8 Iterative Statements in Python
Activity Practice of Python Programs in Lab

Dec.
Activity Practice of HTML Programming

Jan. Ch-9 Computer Ethics
Activity Practice of All the Programs of HTML & Python

Feb. **Revision of All Chapters & Practicals too**

Mar. **Final Year Examination**





GK

Books Recommended : Candid Anytime GK

By : Dr. Martha Immanuel

April

Unit-I

- Ch-1 Mughal Rule in India
- Ch-2 The Judiciary
- Ch-3 Indian Armed Forces
- Ch-4 Governing Educational Bodies
- Ch-5 Seaports of India
- Ch-6 Learning Centres
- Ch-7 Historical Places

May

Unit - II

- Ch-8 World Intelligence Agencies
- Ch-9 Know Your Boundaries
- Ch-10 World Quiz
- Ch-11 Roman Mythology
- Ch-12 Geographical Epithets

June

Summer Vacations

July

Unit - III

- Ch-13 Animal Pharmacists
- Ch-14 Animal Fact or Fiction
- Ch-15 Stout Defences
- Ch-16 Colossal Sea Creatures
- Ch-17 Man Best Friend

August

Unit - IV : Plant Kingdom

- Ch-18 Amazing Plants
- Ch-19 Modern Farming





Ch-20 Algae and Fungi
Ch-21 Sports Quiz
Ch-22 Sports Governing Bodies
Ch-23 Cricket Vocabulary

September Revision of Mid Term Exam

October Unit - IV

Ch-24 Hollywood Legends
Ch-25 Popular Artists
Ch-26 Celebrations
Ch-27 Film Genres
Ch-28 Computer Facts
Ch-29 Metals and Non-metals
Ch-30 Pathogens and Diseases

November Unit - VI

Ch-31 Internet and Networking
Ch-32 Blood - A Wonder Liquid
Ch-33 Space Firsts
Ch-34 Alternative Medicines
Ch-35 Notable Pandemics
Ch-36 Poetic Forms
Ch-37 Famous Autobiographies

December Unit - VII

Ch-38 Languages and Authors
Ch-39 End with ent and est
Ch-40 William Shakespeare plays
Ch-41 CPR First Aid
Ch-42 Global Warming





January

Unit - VIII

Ch-43 Environmental Pollution

Ch-44 Memory Tips and Tricks

Ch-45 Nobel Prize

Ch-46 Extreme Airports

Ch-47 Reasoning

Ch-48 Puzzles

March

Final Term Exam

Syllabus : Unit - V, VI, VII, VIII

Types of Questions

Multiple Choice Questions (MCQ)

True & False

Fill in the blanks

Short Answer types Questions

Identify the pictures.





MORAL EDUCATION

Books Recommended : CANDID Valuable My Assets
Publishers : Evergreen

April Ch-1 : Talking Mates
Ch-2 : Taking care of yourself when you are ill

May Ch-3 : How to become self-aware
Ch-4 : Daily Actions - Gender Equality

June **Summer Vatications**

July Ch-5 : Getting to know your body Better
Ch-6 : Green Thumb and the 4 R's

August Ch-7 : The 1st R, Reduce - Wastage of Electricity
Ch-8 : The 2nd, R, Reuse Unused things
Ch-9 : 3rd R - Rethink and Reuse Responsibility.

September **First Term Exam**

October Ch-10 : 4th R - Rethink and Send a Message to your heart
Ch-11 : Reduce - Wastage of Food
Ch-12 : The Power of Thoughts

November Ch-13 : Man wants Too much, Too fast!
Ch-14 : No Further Please : Setting Boundaries

December Ch-15 : What does it take to become an Achievo

January Ch-16 : Effective Leaderships
Ch-17 : Pollution by Thoughts





MUSIC

April Introduction of music with different definitions + School Prayers

May Introduction of Tabla, Guitar, Harmonium with basic Lesson &

July First 5 beats on Congo

Aug. Introducing drum kit with basic beats, song and prayers related to 15 August

Sept. **Basic beats on Tabla**
Keyboard Practice

Oct. First 8 Sargams on harmonium

Nov. First 5 beats on Congo
Introducing Different scales on Harmonium

Dec. Advance beats on Drum kit

Jan. Song related to 26 January

Feb. Pattern





ART

April to September

1. Alphabets : A to Z in (3 x 5) cm
2. Slogan Writing Work Hard, Never Give up, work is worship, wear mask stay safe
3. Knowledge About Colour Primary, Secondary, Cool Colour Warm Colour Neutral Colour
4. Pencil Shading Landscape, Portrait, Sketcher, Still Life work
5. Activity Rakhi Making, Card for 15 August, Teacher Day
6. Cartoonist Poster on Various Topic

October to February

1. Gurmukhi ਉ ਤੇ ਕ
2. Slogen in Punjabi ਸਖਤ ਸਿਹਨਤ ਕਰੋ, ਪ੍ਰਮਾਤਮਾ ਇੱਕ ਹੈ, ' ਸਵੱਛ ਭਾਰਤ ' ਅਤੇ ਕਰੋਨਾ ਤੋਂ ਬਚਾਅ ਕਰੋ '
3. Colouring work Land Scape, Faces other Still Life
4. Basket Fruits + Vegetable + Flower
5. Rangoli, Design, Diwali Diya, Decorations
6. Activity Card making, Diwali, Merry Christmas New Year, Happy Lohri, Happy Holy

Poster Preparation on Social Evils



HEALTH AND PHYSICAL EDUCATION

Month	Key concepts	Resources	Activities/ processes
April	<p>File formation (in twos, in threes, in fours, in fives)</p> <p>Concept of mental health and mental illness.</p> <p>Role of heredity and environment defects related to eye and ear</p> <p>Introduction of athletics</p>	<p>Demonstration and media resources</p> <p>Charts, posters Materials</p> <p>Models, charts school health services</p> <p>Track and field</p>	<p>Attention and stand at ease (right turn, left turn, about turn, make a circle make a semi circle, forward march, backward march, march past)</p> <p>Observation of behaviour of people around (home, neighbour, society, school etc.) And in different situations (happiness, sorrow, winning, losing etc.) Followed by discussion and counseling</p> <p>Discussion school health checkup referral and follow up</p> <p>Track and field event</p>
May	<p>Introduction of football</p> <p>Emotional changes concern for physical appearance, assertion of individual identity, existing social values and norms: moods, anger, shyness, etc.</p> <p>Identification of causes for mood swing during adolescence and strategies to overcome it.</p> <p>Goal-setting identifying own strength and weaknesses planning strategies to achieve set goals</p>	<p>Football, cones</p> <p>Reading material Books</p> <p>Charts depicting different moods</p> <p>Reading material books</p>	<p>Conditioning and fundamental moments and basic skills</p> <p>Discussion and other co-curricular activities and games and sports.</p> <p>Discussion and role play</p> <p>Each student could draw a hexagon and write one goal they have in life in its center. Then on each side of the hexagon write the answer to the following question: is your goal clear? Is it realistic? Is it achievable? When can you achieve it? What will you have to do in order to achieve it? How will you know when you reach it? Setting goals for your physical accomplishments, competing against own / others' sports records and performance evaluating the opponent team and planning own team's strategy</p>



July	<p>Introduction of badminton</p> <p>Recreation through physical activities</p> <p>Agility for fitness</p> <p>Water hygiene and sanitation, water management, kitchen garden, using grey water</p>	<p>Badminton racket, shuttle</p> <p>Reading material depending upon the nature of recreational activity</p> <p>Measuring tape, stopwatch, whistle, open space, lime powder for marking</p> <p>Field visits, charts, slides, models</p>	<p>Conditioning and fundamental moments and basic skills</p> <p>Activities Recreational games – badminton, table-tennis etc., Modified games</p> <p>Pushups/modified pushup bent knee sit-ups shuttle run</p> <p>Harvesting structure in the school raise and maintain the kitchen garden demonstration of water management in home and school</p>
Aug.	<p>Introduction of lawn Tennis</p> <p>Peer and social pressure peer pressure ability to say 'no' health hazards of smoking, alcohol and drugs abuse Seed banking, learn about indigenous seed varieties and its impact on health</p>	<p>Tennis racket and balls</p> <p>Advertisement , wrapping papers, warnings, packets of relative items</p> <p>Seeds, soil, water etc.</p>	<p>Conditioning and fundamental moments and basic skills</p> <p>Discussion and role play</p> <p>Collection of seeds of all locally grown crops and making an indigenous seed bank in the school</p>
Sept.	<p>Introduction of volleyball</p> <p>Learning of basic sports skills</p> <p>Food choices and mixes shifts in food practices globalization of food practices seasonal foods and festivals fasting, nutritional anemia</p>	<p>Volleyball, court</p> <p>Open space and marked area</p> <p>Charts & posters</p>	<p>Conditioning and fundamental moments and basic skills</p> <p>Football, hockey, basketball, cricket, kho-kho, kabaddi</p> <p>Discussion and sharing the experiences of peer group</p>
Oct.	<p>Introduction of kabaddi</p> <p>Fundamental skills of any two major games as per the availability of facilities Knowledge about providing first-aid incase of snakebite, animal attacks, dog bites hospitals, phcs</p>	<p>Kabaddi ground</p> <p>Available grounds</p> <p>Use of first aid materials to tackle the problems Material first-aid box</p>	<p>Conditioning and fundamental moments and basic skills</p> <p>Volleyball, swimming, judo, wrestling etc. Track & field Gymnastics Match practice (before / after school)</p>



			Demonstration preparing practical file mentioning steps to tackle animal attack along with providing first-aid, role play Practical classes of first-aid, bandaging. Pricer – prevention, rest, ice, compressor, elevation & rehabilitation
Nov.	<p>Introduction of kho-kho</p> <p>Agility for fitness Listening to others, doing negotiations, making decisions, being assertive, solving problems, being confident, caring for nature, doing activities for relaxation, reacting to strangers, caring of the aged and developing leadership skills</p>	<p>Kho-kho ground</p> <p>Measuring tape, stopwatch, whistle, open space, lime- powder for Marking</p> <p>Resource material, media material</p>	<p>Conditioning and fundamental moments and basic skills</p> <p>Pushups/modified pushup Bent knee sit-ups shuttle run</p> <p>Discussion experience-sharing (peer group) guidance and counseling</p>
Dec.	<p>Introduction of cricket</p> <p>Flexibility Static contraction of muscles</p> <p>Role of active media advertising and health advertising and sports</p>	<p>Cricket equipment</p> <p>Charts, posters, graph, photographs</p> <p>Resource material information</p>	<p>Conditioning and fundamental moments and basic skills</p> <p>Performance of halasana, ardha-matsyendrasana, paschimotanasana,</p> <p>Project to gather advertisement related to health and sports</p>
Jan.	<p>Introduction of table tennis</p> <p>Gm foods – debate about the usefulness and the harm that these foods can cause</p>	<p>Table tennis rackets and balls</p> <p>Reading materials picture of gm (genetically modified) food</p>	<p>Conditioning and fundamental moments and basic skills</p> <p>Debate on the gm foods amongst the children</p>



YEARLY PLANNER 2023-24
Scholastic/ Co-scholastic 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	I-II	Clean hands are Safe hands - Hand wash Activity
21 April 2023	Friday	III-XII	Life is possible only on earth, protect it - Save Earth, Save Life Poster Making
22 April 2023	Saturday		Id-UI- 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



YEARLY PLANNER 2023-24

Scholastic/ Co-scholastic 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



YEARLY PLANNER 2023-24
Scholastic/ Co-scholastic 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		Id-UI-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
		I-II	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 - 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





YEARLY PLANNER 2023-24
Scholastic/ Co-scholastic Activities

DATE	DAY	CLASS	THEME OF ACTIVITY OR COMPETITION/ASSESSMENT PLANNED
20 July 2023	Thursday	Nur-II	Grow more trees day -Greenish day activity
22 July 2023	Saturday		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	Nur.-II	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 III - V	Come join the FUN - Word Power with flash card 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	Nur.-UKG IX-XII	Jai Hind - Flag making Activity on Independence day Math-O-Mania
12 Aug 2023	Saturday		Second Saturday
14 Aug 2023	Monday	Nur.-XII	Show your love for nation: VANDE MATARAM - Patriotic Role play in Special Assembly on Independence day
15 Aug 2023	Tuesday		Independence Day





YEARLY PLANNER 2023-24
Scholastic/ Co-scholastic 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	Nur.-XII	A Bond of love and protection - Rakhi Making
30 Aug. 2023	Wednesday		Raksha Bandhan
1 Sept. 2023	Friday	Nur.-II	Show & Tell activity
4 Sept. 2023	Monday	Nur.-II	Nand ke anand Bhaeo Handi divas - Janmashtami Celebration
		III-V	Hindi Poem Recitation
5 Sept. 2023	Tuesday	Nur.-XII	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	Nur.-UKG	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





YEARLY PLANNER 2023-24

Scholastic/ Co-scholastic Activities

DATE	DAY	CLASS	THEME OF ACTIVITY OR COMPETITION/ASSESSMENT PLANNED
14 Oct. 2023	Saturday		PTM Mid-Term Exam / Second Saturday
15 Oct. 2023	Sunday		Maharaj Agarsen Jyanti
17 Oct. 2023	Tuesday	III-V	Focus on gear - Inter Section (Race Competition)
18 Oct. 2023	Wednesday		Weekly Test
19 Oct. 2023	Thursday	VI-VIII	Interhouse Volleyball Match
21 Oct. 2023	Saturday	IX-XIII	Dream Big & Train Hard! - Interhouse Volleyball Match
23 Oct. 2023	Monday	Nur - II	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		Birthday of Maharishi Valmiki
30 Oct. 2023	Monday	IV	Duck Walk Race
1 Nov. 2023	Wednesday		Karva Chauth
2 Nov. 2023	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)





YEARLY PLANNER 2023-24
Scholastic/ Co-scholastic 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





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	III - VIII	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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