

—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.

DATE SHEET : 2018-2019

Orientation – 21.04.18 (Followed by Interaction with the Teachers

PERIODIC – I

Date	Day	Subject
13.07.18	Friday	Science
20.07.18	Friday	English
23.07.18	Monday	Computer
27.07.18	Friday	Hindi
03.08.18	Friday	S.St.
10.08.18	Friday	Maths

Periodic – I (13th July – 10th August)

PTM on 25th August 2018

HALF-YEARLY

Date	Day	Subject
28.09.18	Friday	Science
05.10.18	Friday	English
08.10.18	Monday	Computer
12.10.18	Friday	Hindi
17.10.18	Wednesday	S.St.
22.10.18	Monday	Maths

Half-Yearly (28th Sept. – 22nd Oct.)

PTM on 17th November 2018

SECOND TERM

Date	Day	Subject
24.11.18	Saturday	Science
07.12.18	Friday	English
14.12.18	Friday	Hindi
17.12.18	Monday	Computer
21.12.18	Friday	S.St.
28.12.18	Friday	Maths

Periodic – II (29th Nov. – 28th Dec.)

PTM on 19th January 2019

ANNUAL EXAMS

Date	Day	Subject
28.02.19	Thursday	Computer
05.03.19	Tuesday	Science
08.03.19	Friday	English
12.03.19	Tuesday	Hindi
15.03.19	Friday	S.St.
18.03.19	Monday	Maths

Yearly Exam (28th Feb. – 18th March)

PTM on 27th March 2019

SCHEDULE OF TEST SERIES : 2018-2019

FIRST TEST SERIES

Date	Day	Subject
01.05.18	Tuesday	Computer
04.05.18	Friday	English
08.05.18	Tuesday	Hindi
11.05.18	Friday	Maths
15.05.18	Tuesday	E.V.S.

SECOND TEST SERIES

Date	Day	Subject
14.09.18	Friday	Computer
18.09.18	Tuesday	English
21.09.18	Friday	Hindi
25.09.18	Tuesday	Maths
28.09.18	Friday	E.V.S.

THIRD TEST SERIES

Date	Day	Subject
14.12.18	Friday	Computer
18.12.18	Tuesday	English
21.12.18	Friday	Hindi
24.12.18	Monday	Maths
27.12.18	Friday	E.V.S.

ASSESSMENT OF VARIOUS SKILLS, GROUP DISCUSSION & PROJECTS

VARIOUS SKILLS

SUB. (ENGLISH)	DAY	EV-1	EV-2	EV-3
Listening Skills	Monday	09.07.18	15.10.18	11.02.19
Speaking Skills	Monday	16.07.18	22.10.18	18.02.19
Reading Skills	Monday	23.07.18	29.10.18	25.02.19
SUB. (HINDI)	DAY	EV-1	EV-2	EV-3
Listening Skills	Wednesday	11.07.18	24.10.18	13.02.19
Speaking Skills	Wednesday	18.07.18	31.10.18	20.02.19
Reading Skills	Wednesday	25.07.18	14.11.18	27.02.19

GROUP DISCUSSION

SUBJECT	DAY	EV-1	EV-2	EV-3
Social Studies	Tuesday	31.07.18	13.10.18	29.01.19
Science	Tuesday	07.08.18	20.10.18	05.02.19

PROJECT – 26th October — Individual Projects

Winter Break Integrated Project

ENGLISH

Book : The English Channel - (Coursebook-4)
The English Channel (Practice Book)
: Practice Manual

Ist Periodic

April

Lesson-1 : The Raindrops
Lesson-2 : The Elephant Feast
Poem : In My Head
Grammar : Simple Tenses (Present, Past, Future)
Subject-Predicate
Writing : Informal Letter
Reading Skills : Unseen Passage
Listening Skills : Comprehended the passage
Speaking Skills : Poem Recitation

May

Lesson-3 : The Silver Arrow
Poem : Five Little Brothers
Grammar : Nouns-types : Numbers, Gender
Adjectives : Types, Degrees
Writing Skills : Diary Entry
Speaking Skills : Extempory (Speaking on a given topic)

Half-Yearly

July

Lesson-4 : The Old Green Door
Grammar : Pronouns and its type
Writing Skills : Paragraph writing

August

Lesson-5 : Hector Humming Bird
Lesson-6 : Stars with Fuzzy Tail
Grammar : Continuous Tense (Present, Past, Future)
Reading Skills : Unseen passage
Listening Skills : Listening for specific information
Speaking Skills : Poem recitation, describing the given picture
(Pg. 61)

September

- Lesson-7 : Theme for a Dream
Poem : The Swing
Grammar : Articles
: Adjectives : Types, Degrees
: Nouns types : Gender, Numbers
Writing Skills : Informal Letter

IIInd Periodic

October

- Lesson-8 : Collection
Lesson-9 : The Encounter
Poem : The Pets in the Dream
Grammar : Perfect Tenses (Present, Past, Future)
: Conjunctions
Writing Skills : Story writing on the given outline
Reading Skills : Unseen Passage
Listening Skills : Listening and answering
Speaking Skills : Poem recitation, Role play

November

- Lesson-10 : Lights ! Camera ! Action !
Poem : Grasshopper Green
Grammar : Adverb and its types
: Preposition and its types
Writing Skills : Poster making with slogans

Annual Exam

December

- Lesson-11 : Exploring the Set
Grammar : Conjunctions
Writing Skills : Formal letter writing
Reading Skills : Unseen passage

Jan & Feb.

- Lesson-12 : Crime Never Pays
Grammar : Punctuation
: Perfect Tense : Present, Past, Future
: Preposition, Types of Sentences, Articles,
Punctuation

Writing Skills : Diary Entry, Informal letter writing

Listening Skills : Listening and answering

Speaking Skills : Poem recitation, Story chain

Reader of the Month Activities (2018-19)

Month	Date	Activities
April & May	15.05.18	Open Reading Evaluation
July	07.08.18	Book review of the book read
August & Sept.	02.10.18	Mimic : Role play of your favourite character
Oct. & Nov.	04.12.18	My Vocab Book from the stories read and their synonyms
Dec. & Jan.	29.01.19	Be An Innovator (Weave a Tale)
February	26.02.19	Assessment of year long readings through worksheet.

Intra Class Activities Schedule on every Friday of the Month

Date	Activity
	English Handwriting (Every month 1st and 3rd week on Monday)
27.04.18	English Spell Check, Vocabulary
06.07.18	English Creative Writing
31.08.18	English Creative Writing
14.09.18	School English Olympiad
16.11.18	English Spell Check, Vocabulary and Creative Writing
15.02.19	English Spell Check & Vocabulary

HINDI

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 %v H k i f d k (H&A)

Ist Periodic

vi

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 i B&2 %g s f v e k h (i f B x n- k a)

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I k g R %i B&3 %x y r h e j h F h
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Half-Yearly

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IInd Periodic

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Annual Exam

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j a e p %i B&7 j i o j y m h
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**Intra Class Activities Schedule on
every Friday of the Month**

Date	Activity
	Hindi Handwriting (Every month 2nd & 4th week on Monday)
04.05.18	Hindi Spell Check, Vocabulary and Creative Writing
08.02.19	Hindi Spell Check, Vocabulary and Creative Writing

MATHS

Book : Junior Maths (Bharati Bhawan)
: Practice Manual - Pages related to the chapter

Term - 1 Ist Periodic

April : Unit-3 Large Numbers
Unit-4 Addition
May : Unit-17 Lines and Shapes (Ex. 17A)
July : Unit-8 Factors and Multiples (Ex. 8B, 8C)
Activity 1 : To explore the writing of large numbers.
Activity 2 : Understanding factors using grid.

Half-Yearly

July : Unit-5 Subtraction
Unit-14 Time
August : Unit-2 Roman Numbers
Unit-8 Multiples & Factors (Ex. 8A, 8D)
September : Unit-9 Fractions
Unit-20 Data Handling
Unit-8 (Ex. 8B, 8C) will be repeated.
Activity 1 : To understand fractions of a collection. (Pg. 71)
Activity 2 : To add like fractions.

Term - 2 IInd Periodic

October : Unit-10 More on Fractions
Unit-15 Units of Measurement
November : Unit-6 Multiplication
Unit-17 Lines and Shapes (Ex. 17B)
Unit-18 Shapes & Design
Activity 1 : To review the concept of multiplication (Pg.36)
Activity 2 : To compare fractions (Pg. 82)

Annual Exam

December : Unit-7 Division
Unit-12 Unitary Method
January : Unit-11 Decimal Fractions
Unit-13 Patterns

February : Unit-16 Operations with Measurement
 Unit-19 Perimeter and Area
Unit-8, 9, 10 & 17 will be repeated.
Activity 1 : To get an idea of area (Pg. 154).
Activity 2 : To represent decimal numbers on square grid.
 Units 2, 3, 13, 14, 15, 16, 18, 20 to be taken up only in the Practice Manual.

Intra Class Activities Schedule on every Friday of the Month

Date	Activity
20.04.18	Number Handwriting & Number Dictation Mental Ability and Tables
24.08.18	Number Handwriting & Number Dictation Mental Ability and Tables
24.11.18	Maths Olympiad
25.01.19	Number Handwriting & Number Dictation Mental Ability and Tables

SCIENCE

Books : Millenium
 : Practice Manual will be taken up chapterwise.

Ist Periodic

Chapter-1 : Plants - Friends for Life
 Chapter-2 : Adaptation in Plants
 Chapter-3 : Reproduction in Animals
 Chapter-4 : Adaptation in Animals
 Class Test
 G.D. (Ch-4 Adaptation in Animals)
 Activity : 1. Starch test
 2. Process of photosynthesis through activity.

Half-Yearly

Chapter-5 : Food & Digestion

- Chapter-6 : Teeth
 Chapter-7 : Our Clothes
 Chapter-9 : Safety First
 Ch-1 Repeat
 Class Test
 G.D. (Ch-9 Safety First)
- Project : To collect information about Red Cross Society & how do they spread awareness about first aid in various areas. (Ch-9)
- Activity : 1. Model demonstration of digestive system. (Riddles)
 : 2. Fibre to Fabric

Ind Periodic

- Chapter-8 : Our Surrounding
 Chapter-10 : Water - A Wonderful Liquid
 Chapter-11 : How does Weather Change
 Chapter-14 : Earth & Solar System
 Class Test
 G.D. (Ch-8 Our Surroundings)
- Activity : 1. Methods of purification, Chlorination & filtration.
 : 2. To prove that land gets heated up faster than water through activity.

Annual Exam

- Chapter-12 : Materials & Their Properties
 Chapter-13 : Force, Work, Energy
 Chapter- : 1, 5, 10, 11 (Repeat)
 : G.D. (Ch-13 Force, Work, Energy)
- Project : To find the factors on which weather of a place depends and how it is forecasted so accurately these days. (Ch-11)
- Activity : 1. Physical properties of solids.
 : 2. Demonstration of various simple machines.

Intra Class Activities Schedule on every Friday of the Month

Date	Activity
09.11.18	School Science Olympiad

SOCIAL SCIENCE

Text Book	:	Loving Our Environment - APC
	:	Practice Manual
<u>Ist Periodic</u>		
April	:	Ch-14 Means of Travel and Transport (MCQ)
May	:	Ch-2 The Northern Mountains (Act.)
Group Dis.	:	Ch-1 Our Country
Project	:	Ch-10 Our Mineral Resources
Activity	:	Design a pamphlet with a slogan on Save Mountains by avoiding cutting of trees .
<u>Half-Yearly</u>		
July	:	Ch-7 Soil (MCQ)
	:	Ch-3 The Northern Plains
August	:	Ch-4 The Western Desert (Act.)
Group Dis.	:	Ch-8 Our Forest and Wildlife
Project	:	Ch-9 Water Resources
Activity	:	Design a poster to make urban people aware of importance of water.
<u>IInd Periodic</u>		
September	:	Ch-12 Our Agriculture (Act.)
October	:	Ch-5 The Southern Plateaus
Group Dis.	:	Ch-16 Our Constitution
Project	:	Ch-18 The Bond of Oneness
Activity	:	Mark 5 physical divisions of India on a physical map of India & paste samples of various crops grown in each and write about them.
<u>Annual Exam</u>		
November	:	Ch-13 Our Industries
December	:	Ch-6 The Coastal Plains and Islands (Act.)
January	:	Ch-11 Human Resources (MCQ) + Ch-14, 4, 12
Group Disc.	:	Ch-17 Our Government
Project	:	Ch-15 Means of Communication
Activity	:	Conduct a survey on why islands contribute to the maintainance of geographical conditions of the world.
Note : 07.08.18 Social Science Olympiad		

COMPUTER

Book	: Tools 16 – KIPS
	<u>Ist Periodic</u>
Lesson-1	: Input, Output and Storage Devices
Lesson-2	: Managing Files and Folders
	: Class Test L-1
Activity	: 1. Make a collage of different versions of WINDOWS.
	: 2. Create a table of different hardware and software devices of computer in MS Word.
	<u>Half-Yearly</u>
Lesson-3	: More about TUX PAINT
Lesson-6	: More about Scratch
Lesson-9	: Browsing Internet
	: Class Test L-6
	: Group Discussion
	Importance of Internet & Cyber Security
Activity	: 1. Create a story board in TUX PAINT.
	: 2. Create a thank you card in Scratch.
	<u>IInd Periodic</u>
Lesson-4	: More on Microsoft Word 2016
Lesson-5	: Working with Style and Objects
	: Class Test L-4
Activity	: 1. Create a banner on “Recycling-Eco Friendly” in MS Word.
	: 2. Kahoot quiz on features of MS Word.
	<u>Annual Exam</u>
Lesson-7	: MS Power Point 2016
Lesson-8	: Working with Slides
	: Repeated Lesson-1, 3, 4
	: Class Test (Annual) L-7
	: Group Discussion (Annual)
	: Uses of Presentation in Education
Activity	: 1. Create a presentation on “Eat healthy stay healthy” in MS PowerPoint
	: 2. Convert your favourite English story in Sway presentation.
Note : 18.01.19	School Cyber Olympiad

G.K.

Book : Wow ! World Within Worlds
: Current Affairs of the month & Logical Reasoning.

APRIL-MAY

Ch-1 : Animal World

Ch-2 : Travel diaries

Activity : Paste the picture of Taj Mahal on A-4 size sheet alongwith some information :

(1) Who built it and why ?

(2) Where is it situated ?

(3) Which river flows through it ?

(4) Write evil effects of pollution on it.

(5) Which steps have been taken by the government and you as a responsible citizen to preserve it ?

JULY

Ch-3 : Time to Celebrate

Ch-4 : In good taste

Activity : Design a pamphlet in A-4 size sheet on the theme 'WORLD WATER DAY', paste pictures and write a slogan to make people aware about water conservation.

AUGUST

Ch-5 : Films we love

Ch-6 : Characters and Creators

Activity : Choose any movie amongst the following :
Bajrangi Bhaijaan, Dangal, Three Idiots,
Toilet : Ek Prem Kahani-Neerja
Write the name of the movie alongwith its poster and social message behind it.

SEPTEMBER

Ch-7 : Our Green World

Ch-8 : As free as bird

Activity : Paste the cut out of a sparrow and write three ways to save it.

OCTOBER

- Ch-9 : Magic of Music
Ch-10 : Timeless Treasures
Activity : Name and paste the pictures of five Music Directors (Bollywood) and mention their famous song and movie.

NOVEMBER

- Ch-11 : Inspiring India
Ch-12 : All about Africa
Activity : Paste the pictures of five monuments of India with its one feature and name of its founder in A-4 size sheet.

DECEMBER

- Ch-13 : A Child's Play
Ch-14 : What's the Sport
Ch-15 : Brain Teasers
Activity : Make a New Year's Wish card for your favourite sports person mentioning the reason for liking him.

JANUARY

- Ch-16 : Puppetry
Activity : Make a beautiful puppet with costume and answer these questions :
Which state is famous for puppetry show in India ?
Which is the main material needed to make them move ?

FEBRUARY

Test Paper : 1, 2, 3, 4

**G.K. Assessment
(Text Book, Reasoning and Current Affairs)**

Month	Date
April-May	11.05.2018
September	07.09.2018
November	02.11.2018
December	07.12.2018
February	01.02.2019
	22.02.2019

MORAL SCIENCE

Book : Dew Drops & Value Activities

APRIL-MAY

Ch-1 : Eat to Live, Don't Live to Eat

Value Card Act. : Mind map on the benefits of eating healthy food.

G. Sensitivity Act. : Card making- complementing each other.

JULY-AUGUST

Ch-2 : Being Sportive The Game of Life

Value Card Act. : Honesty

G. Sensitivity Act. : My Choice

SEPTEMBER-OCTOBER

Ch-3 : Success - aspiring higher

Value Card Act. : Doing your best

G. Sensitivity Act. : I Dream Of

NOVEMBER-DECEMBER

Ch-4 : Forgiveness Synonym of Godliness

Value Card Act. : Being compassionate

G. Sensitivity Act. : My Family

JANUARY-FEBRUARY

Ch-5 : Celebrating Relations ... the bond of Happiness

Value Card Act. : Celebrating Diversity

G. Sensitivity Act. : Teamwork

ART & CRAFT

Book : I am an Artist

APRIL

Book Work : Birdy, Red Rose

File Work : Bird, flower composition

MAY

Book Work : Hen drawing, Save Environment

File Work : Animal composition, Palace

JULY

Book Work : Happy Mother's Day, Mud House

File Work : Parrot, Village scene

AUGUST

- Book Work : Dahi Handi, Village scene
File Work : Human figure with dandiys, fruit comp.

SEPTEMBER

- Book Work : Tulip, Krishna
File Work : Scenery, flower pot

OCTOBER

- Book Work : Dandiya Raas, Dusshera
File Work : Sunset scene, Woodpecker

NOVEMBER

- Book Work : Flower pot, sunset scene
File Work : Play time, elephant composition

DECEMBER

- Book Work : Woodpecker, Hide & Seek
File Work : Rocket in space, Penguin

JANUARY

- Book Work : (Save tree, save life), Merry Christmas
File Work : Tree composition, Lion composition

FEBRUARY

- Book Work : Elephant, Lions and the cub
File Work : Happy holi, Save Environment

MUSIC

VOCAL

- April : This is my prayer
May : School Song, Foundation Song
July : Patriotic Song
August : Bhajan
September : Gandhi Song
October : Gurbani
November : Jingle Bell (Rock)
December : New Year Song
January : Patriotic Song/Saraswati Vandna
February : Revision

INSTRUMENTAL

April	: Basic knowledge of Tabla : Basic knowledge of Drum, Congo & Bongo : Teen Taal on Tabla (Western beat on Congo)
May	: Basic pattern on Congo : Teen Taal on Table
July	: Kayada in Teen Taal on Tabla - Palte & Tihai
August	: First western pattern on Drum : First western beat on Congo
September	: [Revision of Syllabus] April to August
October	: Western beat on Drum with rolling : Western beat on Congo with rolling
November	: Teen Taal Kayada, Tihai : Second western beat on Congo
December	: Taal Dadra (6 beat) on Drum : Second western beat on Congo with rolling
January	: Second western beat on Drum : Taal Dadra (6 beat) on Tabla
February	: [Revision of syllabus] October to January

MUSIC CLUB SYLLABUS

April	: School song
May	: Parent's song
July	: Light a Candle for Peace
August	: Patriotic song
September	: River song
October	: I like school
November	: Education song
December	: New Year song
January	: Patriotic song
February	: Revision

DANCE

First Term

- April : Warm-up exercises and body movements with count
- May : Aerobics rhythmic body movement
- July : Patriotic dance (Swagatam India song)
- August : Classical Teen Taal (foot work+theory) and Krishna dance (Raas songs)

Second Term

- September : Free style dance steps (with music)
- October : Hip-Hop dance steps (with music)
- November : Marathi folk dance steps (Koli Marathi songs)

Third Term

- December : Basic movements aerobics (we wish you merry christmas song)
- January : Classical dance
(Vakratundra Mahakaya+Guru Brahma)
- February : Revision of Whole Syllabus

Grading

- March : Test of Evaluation

CLAY MODELLING

- April : Creative shapes, Abstract Design
- May : Slab method : Relief work, Standing comp.
- July : Human Face - Nose, Ears and Eyes
: Human Portrait
- August : Transport - Metro Rail & Future Car
- September : Jungle Scene (Elephant, Giraffe)
- October : Monsoon Scene, Aquatic composition
- November : Ganesha and Diwali composition
- December : Santa Claus and Deer Cart
: Christmas composition
- January : Human figure composition, Musician
- February : Monuments - India Gate & Lotus Temple

PHYSICAL EDUCATION

APRIL

- 1st Week Card No. 1 : Athletics
2nd Week Card No.2 : Mini Kho
3rd Week Card No. 3 : Net games
4th Week Card No. 4 : Quick Runs

MAY

- 1st Week Card No. 5 : Areh Ball Chase
2nd Week Card No. 6 : Intercepting the ball
3rd Week Card No. 7 : Playing 2 against 1
4th Week Card No. 48 : Dribble and pass

JUNE

- 1st Week Card No. 9 : Three court dodge ball
2nd Week Card No. 10 : Basic games skills (Relay race)
3rd Week Card No. 11 : Relay races
4th Week Card No. 12 : Chasing game

JULY

- 1st Week Card No. 13 : Athletics
2nd Week Card No. 14 : Warm up activities
3rd Week Card No. 15 : Understanding stretching
4th Week Card No. 16 : Skipping

AUGUST

- 1st Week Card No. 17 : Rythmic activities
2nd Week Card No. 18 : Jigsaw trail
3rd Week Card No. 19 : Road and lanes
4th Week Card No. 20 : Shuttle relay

SEPTEMBER

- 1st Week : Dog & the Bone
2nd Week : Gallery
3rd Week : Football
4th Week : Leg cricket

OCTOBER

1st Week	:	Blind fold
2nd Week	:	Wall to wall
3rd Week	:	Catch cricket
4th Week	:	Mini Athletics

NOVEMBER

1st Week	:	Counting jumps
2nd Week	:	Seven stones
3rd Week	:	Balancing
4th Week	:	

DECEMBER

1st Week	:	Bubbles
2nd Week	:	Let's get fit
3rd Week	:	Throw ball
4th Week	:	Breaking the chain

JANUARY

1st Week	:	Carry your partner
2nd Week	:	Badminton
3rd Week	:	Zone passing
4th Week	:	Roll into the Goal

FEBRUARY

1st Week	:	Rug by
2nd Week	:	Kho-Kho
3rd Week	:	Table Tennis
4th Week	:	Cricket

YOGA

April	:	What is Yoga-Definition of Yoga
	:	Benefits of doing Yoga
	:	Importance of Yoga for children
	:	Neck joint movements
May	:	Shoulder exercise for warmup
	:	Tadasana (stretching)
	:	Vrikshasana/treepose (balancing)
	:	Warm up exercises for upper body (including spine and waist)
July	:	Trikonasana/Triangle pose (with two variations)
	:	Chair pose (balancing pose-to increase the concentration and focus power of children)
	:	Warrior pose/Veerbhadrasana
	:	Veerasana
	:	Tiryak tadasana (left and right-side bend in tadasana)
	:	Parshvakonasana
August	:	Om chanting
	:	What is Om ?
	:	Benefits of Om chanting
	:	Padmasana, Ardhpadasana
	:	Vajrasana
September	:	Sukhasana
	:	Mantra chanting
	:	Ushtrasana (Camel pose)
	:	Gomukhasana
	:	Janushirshasana, pashchimottasana
	:	Chakkichalasana
	:	

October	:	Shanit mantra (sarve bhavantu sukhinah..)
	:	Garudasana
	:	Plough pose (halasana)
	:	Butterfly pose (bhadrasana)
	:	Cobra pose (Bhujangasana)
November	:	Pranayama-definition, benefits
	:	Shalabhasana
	:	Dhanurasana
	:	Crow pose (marjaryasana)
	:	Katichakrasana, ardha katichakrasana
December	:	Bhramari pranayama
	:	Boat pose (naukasana)
	:	Mudras of hands (Gyan mudra, Anjali mudra, Chin mudra etc.)
	:	Stretching of thighs (for hanumanasana)
	:	Shavasana
	:	Supta Vajrasana
	:	Ardha matsyendrasana
January	:	Anulom vilom pranayama
	:	Meditation
	:	Deep breathing (with concentration on the movement of chest and navel)
	:	Hastottanasana (backward bending)
	:	Padhastasana (forward bending)
February	:	Surya Namaskar-Introduction and Demonstration
	:	Benefits of Surya Namaskar
	:	Chandra bhedi and surya bhedi pranayama
	:	Kapalbharti

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