

PREFACE

"Education is not the filling of a pail, but the lighting of a fire"

The aim of imparting education is not only to increase the knowledge but also to create the possibilities for a student to invent and discover.

The purpose of this syllabus, thus, is to establish minimum basic concepts for each subject to meet the needs of all our students.

All the elements in this curriculum model amalgamate to bring out the best in every child and enable them to be on the path of continuous progress.

Contained within this booklet, is the pattern of examination and detailed datesheet for the whole session which will help a child to get prepared for assessment and evaluation with ease and also bring about uniformity in the teaching learning process.

Objectives of the Curriculum

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

EXAMINATION SCHEDULE FOR SESSION 2019-20

PERIODIC-I [1½ Hrs. + 40 Marks]

DATE	DAY	IX	X
01-07-19	Monday	IT	Hindi/Skt./Fr.
04-07-19	Thursday	English	Social Science
08-07-19	Monday	Maths	Science
11-07-19	Thursday	Hindi/Skt./Fr.	English
15-07-19	Monday	Science	Maths
18-07-19	Thursday	Social Science	IT

PTM – 3rd Aug. 2019

PERIODIC-II [3 Hrs. + 80 Marks]

DATE	DAY	IX	X
11-09-19	Wednesday	IT	Social Science
14-09-19	Saturday	Science	Hindi/Skt./Fr.
17-09-19	Tuesday	Maths	English
20-09-19	Friday	Hindi/Skt./Fr.	Maths
23-09-19	Monday	Social Science	Science
26-09-19	Thursday	English	IT

PTM – 19th Oct. 2019

PERIODIC-III [3 Hrs. + 80 Marks]

DATE	DAY	IX	X
04-12-19	Wednesday	IT	Hindi/Skt./Fr.
07-12-19	Saturday	Science	English
10-12-19	Tuesday	Maths	Maths
13-12-19	Friday	English	Social Science
16-12-19	Monday	Social Science	Science
18-12-19	Wednesday	Hindi/Skt./Fr.	IT

PTM – 30th Dec. 2019

PRE-BOARD EXAM (X) / MOCK (IX) [3 Hrs. + 80 Marks]

DATE	DAY	IX	X
08-01-20	Wednesday	English	Science
11-01-20	Saturday	Maths	Social Science
14-01-20	Tuesday	Social Science	English
17-01-20	Friday	Hindi/Skt./Fr.	Maths
20-01-20	Monday	Science	Hindi/Skt./Fr.
22-01-20	Wednesday	IT	IT

PTM – 1st Feb. 2020

ANNUAL EXAM [3 Hrs. + 80 Marks]

DATE	DAY	IX
10-02-20	Wednesday	English
13-02-20	Saturday	Science
17-02-20	Monday	Hindi/Skt./Fr.
20-02-20	Thursday	Maths
24-02-20	Monday	Social Science
26-02-20	Wednesday	IT

PTM – 7th March 2020

PRACTICAL EXAM SCHEDULE (IX-X)

PERIODIC-2

SCIECNE PRACTICAL - 02.09.19, 03.09.19, 04.09.19

PERIODIC-3

SCIECNE PRACTICAL - 20.12.19, 23.12.19, 24.12.19

ANNUAL

SCIECNE PRACTICAL - 24.01.20, 27.01.20, 28.01.20

ENGLISH

Books

1. Text Book : Beehive

2. Supplementary Reader : Moments

Periodic - I

- Literature : Unit 1 - 3
: The Fun They Had
: The Road Not Taken
: The Sound of Music
: Evelyn Gennie Deborah Cawley
: Bismillah Khan
: Wind
: The Little Girl
: Rain on the Roof
- Supp. Reader : The Lost Child
: The Adventures of Toto
: Iswaran the Story Teller
- Grammar : Subject Verb Concord, Tenses, Determiners
- Writing Skills : Biosketch, Diary Entry
- Reading Skills : Comprehension Passages and Poems
- Enrichment Act. : ASL, Notebook Assessment
: Panel discussion
: Poem Recitation

Periodic - II

- Literature : Unit 4 - 7
: A Truly Beautiful Mind
: The Lake Isle of Innisfree
: The Snake & the Mirror
: A legend of Northland
: My Childhood
: No Men are Foreign
: Packing
: The Duck & the Kangaroo
- Supp. Reader : In the Kingdom of Fools
: The Happy Prince
: Weathering the Storm in Ersama

Grammar : Preposition, Active Passive Voice, Modals
 Writing Skills : Article Writing, Story Writing
 Reading Skills : Comprehension Passages and Poems
 Enrichment Act. : ASL, Notebook Assessment
 : Just a Minute
 : Jeopardy (Grammar Game)

Periodic - III

Literature : Unit 8 - 11
 : Reach for the Top
 Santosh Yadav
 Maria Sharapova
 : On Killing a Tree
 : The Bond of Love
 : The Snake Trying
 : Kathmandu
 : A slumber did my spirit seal
 : If I were you

Supp. Reader : The Last Leaf
 : A House is not a home
 : The Accidental Tourist
 : The Beggar

Grammar : Reported Speech, Tenses
 Writing Skills : Report Writing, Story Writing, Article writing
 Reading Skills : Comprehension Passages and Poems
 Enrichment Act. : ASL, Notebook Assessment
 : Extempore
 : Book Review

Annual Exam

Whole Syllabus

Integrated Grammar

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2- l p; u (Hk&1)

3- O d j . k l j

Periodic - I

li' kZ(x|)

i B&2 n f k d k v f / d j

i B&4 v f r f k r e q d c t k v k s

li' kZ(i |)

i B&9 j s k

i B&11 v k e h u l e k

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Periodic - II

li' kZ(x|)

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li' kZ(i |)

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l p; u

i B&2 L e f r

i B&5 g k e n [k

O d j . k l j

i B&3 n i l x z i z ;

i B&4 l f a (L o j l f a)

i B&5 f o j l e f p g u

i B u d i s y &

v i f B x n - k k i n - k k

y s k u d i s y &

f o k k u y s k u] l a n y s k u

(i h j ; k m d & 1 d k l E w z i B - O e)

e w l d u x f r f o f / &

J o . k o o p u d i s y (A S L) v d & 5

d k l m e w l d u v d & 5

Periodic - III

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	iB&15	u, byldsea-
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l p;u	iB&5	fn, ty nB
Qdj.kl j	iB&4	l f
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MATHEMATICS

Book : NCERT

Reference Book : A Text Book of Mathematics by : Monica Capoor

Test Booklet : Chapter-wise

Practice Manual : Chapter-wise

Periodic - I

Ch-1	Number System
Ch-2	Polynomials
Ch-5	Euclid's Geometry
Ch-6	Lines and Angles
Ch-3	Coordinate Geometry

Lab Activities : (In Maths Activity File)

1. To obtain a square root spiral of natural numbers till 10.
2. To factorise the quadratic polynomial $ax^2 + bx + c$ by paper cutting.
3. If two parallel lines are intersected by a transversal :
 - (a) Each pair of corresponding angles are equal.
 - (b) Each pair of alternate interior angles are equal.
 - (c) Each pair of co-interior angles are supplementary.

* Note : Activity File and Notebook will be assessed.

Periodic - II

Ch-4	Linear Equation in Two Variables
Ch-7	Triangles
Ch-12	Heron's Formula
Ch-13	Surface Area and Volume
Ch-15	Probability

All Chapters of Periodic-I included.

Lab Activities : (In Maths Activity File)

4. To draw the graph of lines parallel to x-axis and y-axis.
5. To verify mid-point theorem by paper-cutting method.
6. To verify curved surface area and total surface area of a cylinder by paper cutting method.

* Note : Activity File and Notebook will be assessed.

* **Complete Syllabus of First Periodic will be added.**

Periodic - III

Ch-10	Circles
Ch-8	Quadrilaterals
Ch-14	Statistics
Ch-9	Area of parallelogram and triangles
Ch-11	Constructions

Complete Syllabus for Exam

Lab Activities : (In Maths Activity File)

7. To show that the angle subtended by an arc of a circle at its centre is double the angle subtended by it on the remaining part of the circle.
8. To show that the angle subtended by same segment in a circle are equal.
9. To show that opposite angles of a cyclic quadrilateral are supplementary.

* Note : Activity File and Notebook will be assessed.

Annual Exam : Complete Syllabus of Class IX.

SCIENCE

Book : NCERT
Reference Books : **Super Simplified Science**
(Physics & Chemistry)

Practice Manual (Student's Companion)

Test Booklet

Periodic - I

Chemistry	: Ch-1	Matter in Our Surroundings
Physics	: Ch-8	Motion
	: Ch-9	Force and Laws of Motion (till Unit 9.2)
Biology	: Ch-5	Fundamental Unit of Life
	: Ch-6	Tissue (till Unit 6.2)

Classroom Activities :

Chemistry	:	1. Demonstration of diffusion, interparticles forces and spaces using KMnO_4 in water.
		2. To demonstrate factors affecting evaporation.
Physics	:	1. To study about different types of motion.
		2. Quiz on Describing Motion, Distance, Displacement and Uniform motion.
		3. To study effect of force on different objects from our day to day life.
Biology	:	1. Observe parts of microscope.
		2. To study osmosis with the help of an egg and raisins.

Subject Enrichment Activities : (To be done in Practical File)

Chem :	To determine the melting point of ice and boiling point of water.
Bio :	1. To prepare stained temporary mount of (a) Onion peel (b) Human Cheek cell
	2. To determine the mass percentage of water imbibed by raisins.

Note : Notebook and Practical Files to be assessed.

Periodic - II

Chemistry	: Ch-2	Is Matter Around Us Pure
	: Ch-4	Structure of Atom (till 4.2)
Physics	: Ch-9	Force and Laws of Motion
	: Ch-10	Gravitation
	: Ch-11	Work & Energy (till 1.1)
Biology	: Ch-6	Tissue
	: Ch-15	Improvement in Food Resources
	: Ch-7	Diversity till Kingdom Fungi

Repeated Topics : Chemistry L-1

Classroom Activities :

- Chem :
1. To classify different types of solution on the basis of their characteristics.
 2. To Study formation of mixtures, colloids and suspension.
 3. Demonstration of different methods of separation of mixtures.
- Physics :
1. To study the difference between mass and weight with the help of spring balance.
 2. To demonstrate conservation of momentum.
 3. To prove third law of motion using spring balance.
 4. To demonstrate effect of area on pressure by using different objects.
- Bio :
1. Visit to school garden and collect information about biodiversity.

Subject Enrichment Activities : (To be done in Practical File)

- Chem :
1. To prepare true solution of (a) common salt, sugar and alum (b) suspension of soil, chalk powder and fine sand in water. (c) colloidal of starch in water and egg and distinguish between them.
 2. To prepare a mixture and compound using iron filings and sulphur powder and distinguish between them.
 3. To carry out the following reaction and classify them as physical and chemical changes :
(a) $\text{Fe} + \text{CuSO}_4$ (b) $\text{Zn} + \text{H}_2\text{SO}_4$
(c) $\text{Na}_2\text{SO}_4 + \text{BaCl}_2$
(d) Burning of Mg ribbon
(e) Heating of copper sulphate
 4. To separate components of mixture containing Ammonium Chloride, common salt and sand.
- Physics :
1. To determine the density of solid (denser than water) by using spring balance and a measuring cylinder.
 2. To establish the relation between the loss in weight of solid when fully immersed in (i) tap water (ii) strong salty water with the weight of water displaced by it by using atleast two different solids.

- Biology :**
1. To identify parenchyma and sclerenchyma tissues in plants, stripped muscle fibres and nerve cell in animals using permanent slides.
 2. To study the characteristics of spirogyra/moss, pinus and an angiospermic plant.
- Note :** * Notebook and Practical Files and Integrated Project to be assessed.

Syllabus of First Periodic will be added.

Periodic - III

Chemistry	: Ch-4	Structure of Atom
	: Ch-3	Atoms and Molecules
Physics	: Ch-11	Work and Energy
	: Ch-12	Sound
Biology	: Ch-7	Diversity (Plant + Animal)
	: Ch-13	Why do we fall ill ?
	: Ch-14	Natural Resources

Full Syllabus is for Periodic III Assessment.

Classroom Activities :

Chem :

1. To learn formation of compounds making students as different ions.

Physics :

1. To show vibration with the help of tuning fork and rubber band.

Biology :

1. To study immunization chart

Subject Enrichment Activities : (To be done in Practical File)

Physics :

1. To study the velocity of a pulse propagated through slinky.
2. To study reflection of sound.

Biology :

1. To observe and draw earthworm, cockroach, bonyfish, bird.
2. To study the external features of root, stem and flower of monocot and dicot plants.
3. To study Monocot/Dicot seed.

Chemistry :

1. To verify the law of conservation of mass in chemical reaction.

Note : Syllabus of First and Second Periodic will be added.

Annual Exam : Complete Syllabus

SOCIAL SCIENCE

Book : NCERT
: MAP

Periodic - I

History : L-1 French Revolution
: L-3 Nazism & the Rise of Hitler
Geography : L-1 India, Size and Location
: L-2 Physical Features of India
Classroom Act. : Presentation on any one physical feature of India.
Pol. Science : L-2 What Democracy, Why Democracy ?
Economics : L-1 Story of Village Palampur
Classroom Act. : Discussion - Life of villages in comparison to that of cities.

Subject Enrichment Activities :

1. Maps - related to Geography L-1, 2
Map - History L-1
2. Make a comparative study on the forms of Governments in the world. (Democracy and Non-Democracy) (Project File)
3. Make an album on the various events that took place during the French Revolution (At least 8 pictures) paste them in your Project File, give a caption to the same.
4. Project on Disaster Management.

Periodic - II

History : L-2 Russian Revolution
Classroom Act. : Discussion on how the lives of villagers were affected due to forest cut.
Geography : L-1 (Repeated)
: L-3 Drainage
: L-4 Climate
Pol. Science : L-1 (Repeated)
: L-3 Constitutional Design
: L-4 Electoral Politics
Classroom Act. : Presentation on the members of Constituent Assembly of India (Individual)
Economics : L-1 (Repeated)
: L-2 People as a Resource

Subject Enrichment Activities :

1. Maps - History L-4 Geog. L-3, 4
2. Prepare a PPT on Rise of Socialism in Russia. (Group Activity)
3. Analyse the rivers of India based on their comparative study and represent it through map work. (Project File)

Note : Complete Syllabus of First Periodic will be included.

Periodic - III

History	: L-4	Forest, Society & Colonialism
Geography	: L-2	(Repeated)
	: L-5	Natural Vegetation and Wildlife
	: L-6	Population (Data of Pg. 53, 54 updated one should be checked online)
Classroom Act.	: Quiz on Natural Vegetation and Wildlife.	
Pol. Science	: L-2	(Repeated)
	: L-5	Working of Institutions
	: L-6	Democratic Rights
Classroom Act.	: Discussion (Group) on the topic : 'Fundamental Rights and Duties go hand in hand'.	
Economics	: L-2	(Repeated)
	: L-3	Poverty a major challenge
	: L-4	Food Security in India
	(Current Status of PDS mentioned in NCERT IX Eco to be deleted) (Pg. No. 49-51)	

Subject Enrichment Activities :

1. Maps - History L-4, 5
2. Article writing - Brain Drain (Project File)
3. Prepare a report on policies initiated by the government to make India food secure.

Annual Exam : Whole Syllabus

*** Subject Enrichment Activities to be altered in accordance with latest submission.**

INFORMATION TECHNOLOGY

BOOK – Vocational IT, Level 1

Periodic - I

Ch-2, 4

Enrichment Activities :

1. Write a paragraph on topic “Latest Trends in ICT” and perform all the operations using editing tools of MS WORD
2. Create a document & mail merge it with excel sheet.

Practicals will be performed on regular basis.

Periodic - II

Ch-3, 5, 2, 4

Practicals will be performed on regular basis.

Enrichment Activities :

1. Create an academic analysis of the students on different parameters. Present in a visual graphical format.
2. Create a worksheet containing the result of a football match. Present it in graphical form.

Periodic - III

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

Project : Project topic will be given in the class.

FRENCH

Book : Entre Jeunes

Periodic - I

Leçon : 1 La Famille

Leçon : 2 Au Lycée

Leçon : 3 Une Journée de Pauline

Grammaire : Les verbes "er", Les nombres, Les articles Indéfinis, Définis, Les adjectif possessifs, Les adjectif démonstratifs, Les verbes "ir", Les Prépositions, Les Articles contracté/partitifs, Les verbes "re", Les verbes Pronominaux

Écriture : Présenter quelqu'un, Décrivez l'image, La Message / L'Invitation

Le Culture et Le Civilization : Leçon 1 à 3

Les Activités

d' Enrichissement: Evaluation de cahier

: Regardez l'image et composer une histoire

Periodic - II

Leçon : 4 : Les Saisons

Leçon : 5 : Les Voyages

Leçon : 6 : Les Loisirs et les Sports

Leçon : 7 : L'argent de poche

Leçon : 8 : Faire des achats

Leçon 1 à 3 (Ist Periodic)

Grammaire : Le Future Simple, Le Futur Proche, L'Impératif, Les Couleurs, Les temps, Le Passé Composé, Les Prépositions, Posez la question, Remettez les Phrases, L'Interrogation, L'Imparfait, Les négations, les Pronoms personnels, Les Adjectifs Interrogatifs

Écriture : La Message / L'Invitation, La Recette, la carte postale, La lettre

Le Culture et le Civilization : Leçon - 3 à 8

Les Activites d' Enrichissement : L' Interview (en groupe)

: Le Project

Periodic - III

Leçon : 9	: Un dîner en Famille
Leçon : 10	: La Mode
Leçon : 11	: Les Fêtes
Leçon : 12	: La Francophonie
Leçon : 2	: Au Lycée (Repeated)
Leçon : 6	: Les Loisirs et Les Sports (Repeated)
Leçon : 7	: L' argent de Poche (Repeated)
Leçon : 8	: Faire des achats (Repeated)
Grammaire	: Les Adjectifs démonstratifs, Posez les questions, Remettez les phrases, Imparfait, les négations, les Pronoms Personnels, Les Adjectifs Interrogatifs, Le Pronom Partitif <<en>>, Les expressions de quantité, Le conditionnel de politesse, Les pronoms <<en>> et <<y>>, Le pronom Interrogatif, Le Passé Récent, Le compartif, Le superlatif, Les Pronoms toniques, si + Imparfait + Le conditionnel présent, Le Pronom Relatif Simple
Écriture	: La message/L'Invitation, La lettre, la Recette, Décrivez l' Image
Le Culture et le Civilization : Leçon - 2, 6 à 12	
Les Activites	
d' Enrichissement: Jouez la Scène	
	: Juste une minute
	: Evaluation de Cahier
Annual Exam	: Whole Syllabus

I aŋr

i B- & t o d %' l e h

Periodic - I

i B- i t d %i e% i B% H k r h l u x h r %

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v u z d & O d j. l e~%l aŋr o. k y k (v) o r z h o. k z s u a o. k o n f k A

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Enrichment Activities :

1- l e p k i f d k f u e k A

2- x d e l o d k k d k z A

Periodic - II

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%i p e i B% l d e l d e~

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Enrichment Activities :

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2- 'kdlk fuelk A

Periodic - III

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Complete Syllabus of Periodic-I & II.

Complete Grammar

ART

Book : Creativity and Beyond

April : Still life help of pencil, One point perspective

May : Nature study, Animals study

July : Landscape, Cityscape

August : Study of human form, Action figure,
Contraction of head

September : Facial features, Portrait Drawing

October : Calligraphy, Logo Design

November : Design for Book Jacket, Poster design

December : Human composition, Birds composition

January : Winter season, Folk Art

February : Completing Syllabus and submission

MUSIC

Vocal

April	: Stuti (Sanskrit Shloka)
May	: Alankaars variation and theory
July	: Saraswati Vandana
August	: Patriotic Song
September	: School Song
October	: English/Hindi Prayer & Taal Theory
November	: Shiv Vandana & Gurubani
December	: Welcome Song (English & Hindi both)
January	: Holi Song
Feb. & March	: Annual Assessment

Instrumental

April	: Introduction of Teen Taal, Rupak Taal
May	: Western beat of Drum & Basic pattern : Western beat of Congo & Basic pattern
July	: Kayda in teen taal on Tabla
August	: Kayda & Bal in teen taal on Tabla and Tukda
September	: Revision of syllabus April to August
October	: Keherwa taal on Tabla and Western beat on Drum with rolling + Western beat on Congo with rolling
November	: Western Dadra taal on Drum
December	: Western Dadra taal on Congo
January	: Dadra taal on Tabla + Revision
February	: Revision of Syllabus + Annual Assessment

Sports Activity

Table Tennis

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

Cricket

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

Badminton

April	: Physical exercise, basic rules and regulations of badminton
May	: Physical exercise, gripping of racket and forehand shot, how to serve
July	: Physical exercise, back hand shot as well as forehand shot with toss
August	: Forehand toss, backhand shot with drop shot
September	: Foot work with all strokes i.e. forehand, backhand, lifting the shuttle
October	: Physical exercise, with one on one play with proper servicing strokes

- November : Knockout matches within the classes with all strokes.
- December : Proper smash, how to lift the smash.
- January : Matches between the students with a proper rules and regulation.

Basketball

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

YOGA

April

- ☞ Introduction of Yoga
- ☞ Yoga for children
- ☞ Sukshma vyayama (Minor joint movement practices)
 - * Griva Shakti vikasak kriya (I, II and III)
 - * Purna Bhuja Shakti Vikasak kriya (I, II and III)
 - * Kati Shakti Vikasak (I, II, III and IV)
- ☞ Asanas

* Introduction to Asanas	* Tadasana
* Tiriyaka tadasana	* Hasttotanasana
* Trikonasana	* Unikasana

May

- ☞ Chanting of Om
- Sukshma Vyayama
 - * Jangha Shakti Vikasak (chair pose)
 - * Pindali Shakti Vikasak
 - * Pada Mula Shakti Vikasak

- Asanas
 - * Padhastasan
 - * Veerbhadrasana I
 - * Vrikshasana
- Pranayama
 - * Benefits of Pranayam
 - * Sheetal
- * Katichakrasana
- * Veerbhadrasana II
- * Importance of Pranayam
- * Shitkari
- July**
- Recitation of Hymns from Upanishads and Yoga Texts
- Asanas
 - * Ardhakatichakrasana
 - * Natrajasana
- Pranayama
 - * Anulom Vilom
- Breath meditation
- August**
- Asanas
 - * Vajrasana
 - * Brahmacharyasana
 - * Trikonasana/Triangle pose
- Pranayama
 - * Chandra bhedi
- Meditation
- September**
- Asanas
 - * Janushirshasana
 - * Purvottanasana
 - * Ardhmatsendsyhasana
- Pranayama
 - * Bhramari
- Tarataka
- October**
- Introduction : Surya Namaskar
- Asanas
 - * Gomukhasana
 - * Karmasana
 - * Naukasana
- Pranayama
 - * Bhaskika
- Meditation
- * Dadmasana
- * Baddha Konasana
- * Parshaukasana
- * Surya bhedi
- * Pashchimotanasana
- * Vakrasana
- * Mandukasana
- * Shalbhaasan

November

- ☞ SURYA NAMASKAR/ASANAS
 - * Bhujangasana (Various steps)
 - * Ushtrasana
- * Dhanurasan
- * Sasankasana
- ☞ Pranayama
 - * Nadishodhan
- * Bhramari
- ☞ Meditation

December

- ☞ SURYA NAMASKAR
 - * Suptvajrasana
 - * Sarvangasana
- * Halasan
- * Setubandhasana
- ☞ Meditation
 - * Om Chanting
- * Breath Meditation

January

- ☞ Asanas
 - Surya Namaskar
 - * Marjaryasana
 - * Naukachalasana
- * Chakkichalasana
- * Makrasana
- ☞ Pranayama
 - * Kapalbharti
- ☞ Meditation
 - Om Chanting
 - Breath Meditation
 - Mudras of Hand

February

- ☞ Surya Namaskar
- ☞ Asanas
 - * Chakrasana
 - * Mahavirasana
- * Hastikshundasana
- * Pawanmukhasana
- ☞ Pranayam
 - Kapalbharti
 - Mudras

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