

BHARATIYA VIDYA BHAVAN'S MEHTA VIDYALAYA
SYLLABUS MONTHLY BREAK UP
CLASS –II (SESSION 2022-23)
TERM - 1

SUBJECT/MONTH	APRIL	MAY	JULY	AUGUST	SEPTEMBER
ENGLISH MARIGOLD-2	<ul style="list-style-type: none"> ● <u>Unit-1</u> ● Chapter 1 First day at School (Poem) ● Chapter 2 Haldi's Adventure ● Chapter 3 Padding-Pool ● Activity-Nouns (naming word), pasting the pictures of the young ones of animals with names. ● Grammar- Alphabets, Vowel and Consonants ● Naming Words (Nouns) ● Activity -group work. ● Game -name, place, animal and thing ● Vocabulary- animals and their young ones, sounds of animals. ● Writing skill- description of an animal, flower ● Communication skill - speaking few lines/enactment on animals ● Recitation- old mc 	<ul style="list-style-type: none"> ● <u>Unit 2</u> ● Chapter 4 I am Lucky ● Chapter 5 I Want ● Activity-Drawing and colouring of the picture and drawing a firefly (pg.22) ● Grammar- ● Alphabetical order – Capital letter ● Vocabulary-words that mean the same ● Writing skill-Make Sentences, ● Creative Writing – Tree 	<ul style="list-style-type: none"> ● <u>Unit -3</u> ● Chapter -6 A Smile ● Chapter-7 The Sun and The Wind ● Chapter 8 Rain ● Chapter 9 Storm in the Garden ● Writing-Picture based composition. ● Articles -A / An ● Vocabulary-Homes of animals , Opposites 	<ul style="list-style-type: none"> ● <u>Unit 4</u> ● Chapter-10 Zoo Manners (Poem) ● Chapter-11 Funny Bunny ● Chapter -12 Mr. Nobody (Poem) 	<ul style="list-style-type: none"> ● Activity – cut and paste things we use in rainy season ● Activity - Paper folding Vocabulary- Finding out rhyming words from the poem

	donald had a farm eiei o (learning sounds of animals with fun)				
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SUBJECT/MONTH	APRIL	MAY	JULY	AUGUST	SEPTEMBER
MATHS MATH MAGIC-2	<ul style="list-style-type: none"> ● Numbers upto 300. ● Chapter 4 - Counting in tens. ● Chaptr-5 patterns (skip counting) ● Number names ● Dodging tables ● Ordering of numbers ● Greater and less than ● Expanded form of numbers ● Place value ● Activity- Recitation, ● Story telling, place value, playing a game, Completing ● The pattern ● Completing the pattern ● Mental Maths 	<ul style="list-style-type: none"> ● Numbers upto 301 to 400. ● Chapter-2 counting in groups ● Tables of 6 ● Activity – Quiz choosing Even/Odd ● PEC activity ● Mental Maths 	<ul style="list-style-type: none"> ● Chapter-8 tens and ones ● Place value –Hundred , Tens , Ones ● Properties of addition ● Addition of 2 digit numbers with/without carryover ● Tables 7 ● Numbers 401-500 ● Number names ● Mental Maths 	<ul style="list-style-type: none"> ● Chapter-10 add our points ● Addition with 3 digit carryover ● Properties of subtraction ● Subtraction two digits with borrowing and three digits without borrowing. ● Counting 501-600 ● Tables 8 ● Guess the missing number in the wheel ● Activity —Indicating position of Planets ● PEC Activity ● Mental Maths 	<ul style="list-style-type: none"> ● Numbers upto 601-700 ● Properties of Multiplication ● Revision of previous work ● Mental Maths
GENERAL AWARENESS	<ul style="list-style-type: none"> ● All about myself ● My Body ● Sense organs ● Internal and external organs with functions. ● Good touch and bad touch ● Activity- Learning about body parts through action 	<ul style="list-style-type: none"> ● Keeping clean ● Good habits ● My daily routine ● Things that helps us to keep clean ● Activity- Show and tell 	<ul style="list-style-type: none"> ● My Family ● Family members ● Share and care ● Activity-Role play 	<ul style="list-style-type: none"> ● My home ● Parts of a house ● Different rooms and their use ● Activity- Collecting and pasting ● Project- Making a nest with the help of dry twigs,leaves ,grass etc 	<ul style="list-style-type: none"> ● My neighbourhood ● Types of houses ● Names of different types of houses. ● Identifying pictures of different types of Houses.

	song Recitation				
G.K G.K PLANET 2	<ul style="list-style-type: none"> ●Unit -1 our surroundings ●Dining at a restaurant ●Shopping fun ●Unit-2 The living world ●Leaves big and small ●Baby animals ●Visiting the zoo 	<ul style="list-style-type: none"> ●Unit-3 everyday science ●Corona- the deadly virus ●Inside our body ●Up in the sky 	<ul style="list-style-type: none"> ●Unit-4 exploring india ●Indian cuisines ●Splendid monuments ●Festivals of india ●Assignment-1 ●Unit-5 ●Exploring the world ●Famous landmarks ●Countries and capitals 	<ul style="list-style-type: none"> ●Unit-6 sports and games ●14 indoor games ●15. Cartoon characters ●Unit-7 language and literature ●17. Ricochet words ●18. Granny's stories 	<ul style="list-style-type: none"> ●Unit-8 mental ability ●19. Puzzling pattern ●20. Missing ones ●21. Shapes and colours ●Unit-9 skill booster ●22. Best out of waste ●23. First aid ●Assignment-ii ●Quiz contest-i

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हिंदी RIMJHIM-2	<p>पुनराभ्यास-वर्णमाला स्वर व्यंजन का मौखिक और लिखित पाठ-1 ऊँटचला पाठ2 भालू ने खेली फुटबाल पाठ- पठन, नए शब्द, शब्दार्थ, वाक्य बनाओ, कविता की पंक्तियाँ पूरी करो बहुविकल्पीय प्रश्न, प्रश्न उत्तर, व्याकरण .अभ्यास कविताएँ (मौखिक) प्रार्थना चिड़िया</p> <p>Art Integration गतिविधि</p>	<p>पाठ 3 म्याऊँ म्याऊँ कविता</p> <p>पाठ- पठन, नए शब्द, शब्दार्थ, वाक्य बनाओ, बहुविकल्पीय प्रश्न, प्रश्न उत्तर, व्याकरण .स्वर व्यंजन .एक- अनेक .लिंग बदलो</p> <p>श्रुतलेख रचनात्मक लेखन(तोता) कविताएँ (मौखिक) चिड़िया नन्हीकली बचपन</p>	<p>पाठ-4 अधिक बलवान कौन पाठ5 दोस्त की मदद पाठपठन, श्रवण व्याकरण- नाम वाले शब्द-संज्ञा कविताओं का पिटारा</p> <ul style="list-style-type: none"> ● दादी जी की गाजर ● एक चिड़िया के बच्चे चार ● नन्हा सैनिक ● अगर पेड़ भी चलते होते ● इब्र बतूता <p>PPT, Links. Videos. Audio's prepared by teachers.</p>	<p>पाठ – 6 बहुत हुआ कविता पाठ7 मेरी किताब पाठ- पठन, नए शब्द, शब्दार्थ, वाक्य बनाओ, बहु विकल्पीय प्रश्न, प्रश्न उत्तर, वर्ण विच्छेद, मात्राओं से शब्द बनाना , पाठ के अंत के अभ्यास, रचनात्मक लेखन-तिरंगा झंडा, व्याकरण – सर्वनाम</p> <p>Art Integration – तिरंगी फूल बनवाना</p> <p>परियोजनाकार्य - गतिविधि-दिमागी कसरत</p>	<p>पाठ – 8 तितली और कली कविता पाठ9-बुलबुल पाठ- पठन, नए शब्द, शब्दार्थ, वाक्य बनाओ, बहुविकल्पीय प्रश्न, प्रश्न उत्तर, वर्ण विच्छेद, एक अनेक, रचनात्मक लेखन - आम व्याकरण - क्रिया</p> <p>Art Integration अपने मनपसंद फलों के चित्र बनाकर रंग भरिये और एक टेबलमैट बनाइए परियोजना कार्य-अपने माता पिताजी की मदद से फलों का सलाद बनाइए।</p>

	<ul style="list-style-type: none"> • दिन के किसी एक भाग का चित्र बनाकर उसमें रंग भरिए। • वर्णमाला – स्वर व्यंजन कैटेरपिल्लर / वर्णमाला वृक्ष (ध्वनियाँ) 	Art Integration गतिविधि शब्दलड़ी बनाना एक शब्द से अनेक शब्द बनाना	<ul style="list-style-type: none"> • Worksheets were provided for self assessment Under parents' guidance. • Worksheets based on— 1 नए शब्द 2 शब्द अर्थ 3 वाक्य बनाओ 4 किसने किससे कहा? 5 शब्दों का सही क्रम रचनात्मक लेखन <ul style="list-style-type: none"> • घड़ा • हम पानी को कैसे बचा सकते हैं? • अनुच्छेद - रक्षाबंधन गतिविधि- <ul style="list-style-type: none"> • शब्द पहचान • सन्देश लिखना • चित्र पहचान • घड़े के चित्र को घर में प्रस्तुत अनुपयोगी वस्तुओं से सजाना। • रंग भरना 	चित्रों में अंतर ढूँढना	
DRAWING	<ul style="list-style-type: none"> • Aeroplane , bird • Catterpillar & mushroom 	• Metro train	• Elephant in the water	<ul style="list-style-type: none"> • Rainbow & joker • Half yearly exam 	
MUSIC	<ul style="list-style-type: none"> • Alankars , Devotional song 	<ul style="list-style-type: none"> • Revision of Devotional song and Christmas carol • Syllabus of UNIT TEST 3 • Inspirational song 	• Christmas Carol	<ul style="list-style-type: none"> • Alankars and Patriotic song • Syllabus of UNIT TEST 2 • Patriotic song 	
SATTHWA	<ul style="list-style-type: none"> • Greeting people • Orderliness 	<ul style="list-style-type: none"> • My day at school • Return borrowed things 	<ul style="list-style-type: none"> • Body Language • Appreciate each other 	<ul style="list-style-type: none"> • Be honest Be truthful 	• Recapitulation of previous topics

COMPUTER	<ul style="list-style-type: none"> ● Working in Notepad ● Writing a paragraph using different keys 	<ul style="list-style-type: none"> ● Practical exercise in Notepad. 	<ul style="list-style-type: none"> ● Starting MS - Paints ● Drawing & colouring of given object. ● Drawing using different shapes and colouring it --Using different tools. 	<ul style="list-style-type: none"> ● Various practical exercises on Ms-Paint to be done in the lab. 	<ul style="list-style-type: none"> ● Using the various options and tools of Ms-Paint
DANCE	<ul style="list-style-type: none"> ● Basic hand and body movements with beats. ● Dance on song(saare jahan se achha) 	<ul style="list-style-type: none"> ● Dance on patriotic song. 	<ul style="list-style-type: none"> ● Dance practice continues. - Presentation on Independence Day. 	<ul style="list-style-type: none"> ● Dance on song (sa se sagar ki lahren,and folk dance movements) 	
CRAFT	<ul style="list-style-type: none"> ● Fish Origami sheet ● Bird 	<ul style="list-style-type: none"> ● Dog ● Sunflower 	<ul style="list-style-type: none"> ● Owl with Paper bag ● King Craft 	<ul style="list-style-type: none"> ● CD Face ● Paper Rose 	<ul style="list-style-type: none"> ● Paper Helicopter ● Bookmark

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PHYSICAL EDUCATION	<ul style="list-style-type: none"> ● Formation standing in the line-Vertical & Horizontal, and height wise. ● One arm distance. ● Practice of April activities. ● Hand drills-Hands up, Hands down, Shake, roll, Clapping, ● PT Exercise, ● Ball handling, ● Race-with lemon and spoon 	<ul style="list-style-type: none"> ● Practice of previous activities, Standing march, ● Flat race, ● PT Exercise ● Activity- Circle (Ball) dodge ball 	<ul style="list-style-type: none"> ● Practice of previous activities, ● Formation- ● Circle, ● PT Exercise, ● Standing march, Back race, Swings ● Activity (Ball)- Dribble and shoot 	<ul style="list-style-type: none"> ● Practice of previous exercises, ● Formation-Semi circle, Hopping race, ● PT Exercise ● Activity (Ball)- Passing and shooting 	
YOGA	<ul style="list-style-type: none"> ● Prayer -vedic mantras. ● Shatkarma-kapalbhati. ● Yogic 	<ul style="list-style-type: none"> ● Prayer-vedic mantras. ● Shatkarma-kapalbhati. ● Yogic sukshmvayayama- 	<ul style="list-style-type: none"> ● Prayer -vedic mantras ● Shatkarma-kapalbhati ● Yogic 	<ul style="list-style-type: none"> ● Prayer :- vedic mantras. ● Shatkrama :- kapalbhati ● Yogocsukshmvayayam 	

	<p>sukshmavyayama-hridgatimedha-shaktivikasakakriya.</p> <ul style="list-style-type: none"> ● Asana-tadasana, kati-chakrasana, trikonasana, shavasana. ● Pranayama- yogic deep breathing. ● Meditation - breath meditation and shanti: patha: ● Yoga study:-yogic life style management. 	<p>smaranashakti-vikasaka and medhashaktivikasaka kriya.</p> <ul style="list-style-type: none"> ● Asana -tadasana ,vrikshana, ardha-chakrasana, ardha-padahastasana, shavasana. ● Pranayama - nadi-shodhan ● Meditation -body preksha and shanti: patha: ● Yoga study- yogic life style management. 	<p>sukshmavyayama :- netrasaktivikasaka and kapolashaktivikasaka akriya</p> <ul style="list-style-type: none"> ● Asana :- padmasana, sputa-padmasana, vajrasana. Ardha-ushttrasana,shashankasana, ● Pranayama:- nadi-shodhan ● Meditation :- yoga-nidra meditation and shant: patha: ● Yoga study :- yogic life style management. 	<p>a :- karnashaktivikasaka and grivashaktivikasakakriya.</p> <ul style="list-style-type: none"> ● Asana :- vajrasana , mandukasana,ushtrana , shashankasana, shavasana. ● Pranayama :- bharamripranayan. ● Meditation :- yoga nidra and shanti: patha: ● Yoga study :- yogic life style management. 	
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SYLLABUS MONTHLY BREAK UP
CLASS –II (SESSION 2022-23)
TERM –II

SUBJECT/MONTH	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY
<p style="text-align: center;">ENGLISH</p> <p style="text-align: center;">MARIGOLD-2</p>	<ul style="list-style-type: none"> ● Chapter 13 Curlylocks and the Three Bears. ● Chapter 14 On My Blackboard I can Draw (Poem) ● Activity- Picture Dictionary ● Grammar- Use of Has / Have, Genders ● Writing- Describing feelings 	<ul style="list-style-type: none"> ● Chapter 15 Make it Shorter ● Chapter 16 I am the Music Man ● Activity- Pasting/drawing and colouring the pictures of Sharp objects ● Grammar-Simple past tense ● Vocabulary-Tools we use Writing ● Using words first, Next, Then, After, That, At last and putting ● Sentences in sequence. ● Activity-Our helpers speaking few lines Role play ● Project-Making a chart ● Grammar- Adjectives(Describing Words) ● Vocabulary-Compound words Writing-Describing a Religious Festival Diwali ● Poem-How many 	<ul style="list-style-type: none"> ● Chapter 17 The Mumbai Musicians ● Chapter 18 Granny Granny Please Comb my Hair ● Chapter 19 The Magic Porridge Pot ● Activity-Colouring and decorating different Christmas items ● Grammar Article - The, ● Vocabulary-Nod, shake Writing a letter to a friend 	<ul style="list-style-type: none"> ● Chapter 20 Strange Talk ● Chapter 21 The Grasshopper and the Ant ● Activity-Animal Mask Making Grammar-Framing Questions ● Using words like- Who, What, Which, Where and When? ● Writing - Celebrating National ● Festival- Republic Day 	<ul style="list-style-type: none"> ● Revision

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MATHS MATH MAGIC-2	<ul style="list-style-type: none"> ● Chapter 6 Footprints(Shapes) ● Multiplication 2 digits with /without carryover and three digit number ● Time ● Activity – Recitation ● Drawing a robot using collage work ● Making of a time-table ● Making clock with movable hands ● Mental Maths 	<ul style="list-style-type: none"> ● Chapter- 9 My Fun Day ● Calendar ● Story Sums- addition (with 3 digit carry over) ● Subtraction with Borrowing (3 digits). ● Numbers 701-800 ● Activity-Making a Calendar ● Inferring Information from the Calendar PEC Activity ● Mental Maths 	<ul style="list-style-type: none"> ● Chapter-11 Lines and Lines ● Tables 11 and 12 ● Money ● Practice addition sums, Subtraction and Multiplication sums ● Measurement-Length ,breadth ● Mental Maths ● PEC Activity 	<ul style="list-style-type: none"> ● Chapter-7 Jugs and Mugs (Measurement) ● Revision and Repetition of previous work ● Dodging tables ● Data handling ● Mental Maths 	<ul style="list-style-type: none"> ● Revision
GENERAL AWARENESS	<ul style="list-style-type: none"> ● Learning about different occupations, Activity-Making a Thank you card for people who help us ● our food- following regular meal time,healthy food, sources of food ● Activity-making collage on healthy food and junk food, ● Poem recitation on food pasting 	<ul style="list-style-type: none"> ● Importance of wearing clothes ● Materials used for making clothes ● Activity- dress designing, celebrating Religious festivals 	<ul style="list-style-type: none"> ● Green friends- Types of plants, parts of plants, functions of parts of the plant ● Activity-Grow your plant ● Activity-Leaf printing ● Animal world- knowing difference between- Pet,domestic,wild animals ● Sounds,homes, babies of animals ● Eating habits of animals ● Activity-Collage 	<ul style="list-style-type: none"> ● National festival- Republic day ● Means of transport ● Activity-Role play National leaders ● Singing patriotic song 	<ul style="list-style-type: none"> ● Means of communication ● Natural features, Activity-Fancy dress,Natural features and on modern technology

	pictures of balanced diet.		making-Zoo, Aquarium using shoe box		
G.K G.K PLANET-2	<ul style="list-style-type: none"> ● Unit -1 Our Surroundings ● 24. Places around us ● Unit-2 The Living World ● 25. Water animals ● 26. Healthy veggies ● 27. Animal homes 	<ul style="list-style-type: none"> ● Unit-3 Everyday Science ● 28. Land and water ● 29. Computer accessories ● 30. Sensing powers ● Unit-4 Exploring India ● 31. Religious places ● 32. Famous indians ● 33. Our heroes ● Assignment-iii 	<ul style="list-style-type: none"> ● Unit-5 Exploring the World ● 34. Exploring dresses ● Countries and currencies ● Unit-6 sports and games ● 36. Famous singers ● 37. Traditional sports 	<ul style="list-style-type: none"> ● Unit-7 Language and Literature ● 38. Compound words ● 39. Sound words ● Unit-8 mental ability ● 40. Picture puzzle ● 41. Riddles 	<ul style="list-style-type: none"> ● Unit-9 Skill Booster ● 42. Intelligent gaming ● 43. Being safe on roads ● Assignment-IV ● Quiz contest-III
हिंदी RIMJHIM-2	<ul style="list-style-type: none"> ● पाठ – 10 मीठीसारंगी ● पाठ11 टेसूराजाबीच बाजार(कविता) ● पाठ- पठन, नएशब्द, शब्दार्थ, वाक्यबनाओ, बहुविकल्पीय प्रश्न, प्रश्नउत्तर, वर्ण विच्छेद, शब्दों को शुद्ध करना, संयुक्तव्यंजन 	<ul style="list-style-type: none"> ● पाठ – 12 बसकेनीचेबाघ ● बाघकाबच्चा(कविता) ● पाठ- पठन, नएशब्द, शब्दार्थ, वाक्यबनाओ, ● चित्रात्मकलेखनबहुविकल्पीयप्रश्न, प्रश्नउत्तर, वर्णविच्छेद, व्याकरण- ● रकीमात्रावालेशब्द, अपठितगद्यांशजोड़ेबनाना, संयुक्ताक्षर ● परियोजनाकार्य- हँसतेखेलतेगतिविधि मित्रका चित्र 	<ul style="list-style-type: none"> ● पाठ-13- सूरजजल्दी आनाजी(कविता) ● पाठ14नटखटचूहा ● पाठ- पठन, नएशब्द, शब्दार्थ, वाक्यबनाओ, बहुविकल्पीयप्रश्न, प्रश्नउत्तर, ● व्याकरणऔरभाषाअभ्यास - ● विलोमशब्द, वाक्योंकोसहीक्रममेंलगाना, संज्ञा- नामवालेशबोकाअभ्यास, रिक्तस्थानभरना, ● अपठितगद्यांश, 	<ul style="list-style-type: none"> ● पाठ 15- एककीदौककीपठनअभ्यास ● करवाएगएसभीकार्योंकाअभ्यास, शब्दरचना, वाक्यरचना, ● व्याकरणऔरसमस्तभाषायोग्यतावालेअभ्यास, अपठितगद्यांश ● Art Integration ● अपनेप्रियखिलोनेपरकुछबोलना ● अतिरिक्तगतिविधि, ● कहानीकथन, कवितापाठ, ● चित्रात्मकलेखन ● सुलेखलेखन 	<ul style="list-style-type: none"> ● पुनरावृत्ति

	<ul style="list-style-type: none"> ● व्याकरण-क्रिया अभ्यास ● चित्रात्मक लेखन ● परियोजना कार्य- शब्दपथकी मदद से उचित स्थान पर पहुंचना 		<ul style="list-style-type: none"> ● चित्रात्मक लेखन ● Art Integration ● किसानों द्वारा प्रयोग की जाने वाली औजारों के चित्र बनाना ● गतिविधि ● खेती करने के लिए की जाने वाली कार्यों को क्रम से समझ कर बताना 	<ul style="list-style-type: none"> ● रचनात्मक लेखन- गणतंत्र दिवस 	
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SUBJECT/MONTH	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY
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SATTHWA	<ul style="list-style-type: none"> ● Recapitulation of previous topics 	<ul style="list-style-type: none"> ● Be a good winner/loser 	<ul style="list-style-type: none"> ● A sense of belonging ● Protecting and Preserving school property 	<ul style="list-style-type: none"> ● Being the School Ambassador 	<ul style="list-style-type: none"> ● Recapitulation of previous topics
COMPUTER	<ul style="list-style-type: none"> ● Learning how to start MS – Word ● Understanding MS-Word screen 	<ul style="list-style-type: none"> ● Writing a paragraph on “My School” in MS-Word using various keys like Caps lock , shift, enter, arrow key, delete ● Learning how to save, open, close the file 	<ul style="list-style-type: none"> ● Writing in MS-Word using different colours, Changing size of the text ● Understanding the concept of B I U 	<ul style="list-style-type: none"> ● Various practical exercises to be done in MS-Word 	<ul style="list-style-type: none"> ● Revision and III Term Assessment.
DANCE	<ul style="list-style-type: none"> ● Dance practice and preparation for annual day 	<ul style="list-style-type: none"> ● Dance on children's day 	<ul style="list-style-type: none"> ● Dance on Christmas day 	<ul style="list-style-type: none"> ● Dance practice and presentation on Republic day 	<ul style="list-style-type: none"> ● Revision of dances
CRAFT	<ul style="list-style-type: none"> ● Jumping Puppets ● Suncap 	<ul style="list-style-type: none"> ● Paper Diya ● Tooran 	<ul style="list-style-type: none"> ● Christmas Tree ● Turkey 	<ul style="list-style-type: none"> ● Paper Doll ● Paper Ball 	<ul style="list-style-type: none"> ● Moving Fish ● Mouse

DRAWING	<ul style="list-style-type: none"> ● Butterfly & composition 	<ul style="list-style-type: none"> ● Tree, bird & giraffe 	<ul style="list-style-type: none"> ● Christmas tree 	<ul style="list-style-type: none"> ● Snowman in mountain 	<ul style="list-style-type: none"> ● Revision & exam
MUSIC	<ul style="list-style-type: none"> ● Alankars, Devotional song 	<ul style="list-style-type: none"> ● Revision of Devotional song and Christmas carol ● Syllabus of UNIT TEST 3 ● Inspirational song 	<ul style="list-style-type: none"> ● Christmas Carol 	<ul style="list-style-type: none"> ● Alankars and Patriotic song 	<ul style="list-style-type: none"> ● Revision and Final exam

SUBJECT/MONTH	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY
PHYSICAL EDUCATION	<ul style="list-style-type: none"> ● Formation of group, ● P.T Exercise, Zig-Zag Race, Dodge ball, ● March past ● Activity- Jumping over hurdles ● Moving- ZigZag pathways 	<ul style="list-style-type: none"> ● Formation of all, ● Belt Race, ● Catch and throw with ball ● Practice of Races for sport's meet ● Activity-Shooting and scoring goals 	<ul style="list-style-type: none"> ● Races for sports meet ● March past ● Activity- Moving with a ball 	<ul style="list-style-type: none"> ● Formation all, Straight dribble ● (with basket ball) ● March past ● Shuttle run ● Activity- Kicking a ball 	<ul style="list-style-type: none"> ● Revision for Final Evaluation
YOGA	<ul style="list-style-type: none"> ● Prayer-vedic mantras. ● Shatkarma-trataka. ● Yogic sukshnavyayama-grivashakti-vikasakriya 1,2,3 – a,b. ● Asana-pranam asana , hasta-uttanasana, pada-hastasana, shavasana. ● Pranayama-bharamaripranayam and deep 	<ul style="list-style-type: none"> ● Prayer-vedic mantras. ● Shatkarma- kapalbhathi ● Yogic sukshnavyayama-skand-tatha-bahumulashakti-vikasakriya. ● Asana-asva-sanchalanasana, parvatasana, ashtanganamaskar ,shavasana ● Pranayama- bharamri pranayama ● With kumbhaka ● Meditation- om meditation and shanti: patha ● Yoga study- yogic lifestyle management. 	<ul style="list-style-type: none"> ● Prayer-vedic mantras. ● Shatkarma- kapalbhathi ● Yogic sukshnavyayama-kohinishakti-vikasaka and bhuj-vallishakti-vikasakriya. ● Asana-pada-hastasana, hasta-uttanasana, pranamasana. ● Pranayama- bhastrika ● Meditation (a) kar chanting and meditation&shanti: patha ● Yoga study-yogic lifestyle management. 	<ul style="list-style-type: none"> ● Prayer-vedic mantras chanting. ● Shatkarma- ● Yogic sukshnavyayama-purna-bhujashakti-vikasakriya. ● Asana- practice of suryanamaskara. ● Pranayama- bhastrika pranayama. ● Meditation :- (u) and (m) kar meditation and chanting ● Yoga study- yogic lifestyle management. 	<ul style="list-style-type: none"> ● Prayer-vedic mantras chanting. ● Shatkarm- ● Yogic sukshnavyayama-purna-bhujashakti-vikasakriya ● Asana- practice of suryanamaskara. ● Pranayama- bhastrika pranayama. ● Meditation -(u) and (m) kar meditation and chanting. ● Yoga study- yogic lifestyle management.

	<p>breathing .</p> <ul style="list-style-type: none">● Meditation- antarmauna and shanti: patha● Yoga study- yogic lifestyle management.				
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