

DELHI PUBLIC SCHOOL,,JAMMU
SESSION-2023-2024
YEARLY SYLLABUS

CLASS: VII

Sr. No	Title	Subject	Publisher
1	New Mastering English Grammar (NEP) 7	English	Creative Kids Edu
2	Snowdrops A Book Of English Language	English	Cordova
3	Revised Tune In!	English	Collins
4	Longman Reading Comprehension	English	Pearson
5	वसंत भाग -2	हिंदी	राष्ट्रीय शैक्षिक अनुसंधान और प्रशिक्षण परिषद
6	बाल महाभारत कथा	हिंदी	न्यू सरस्वती हाउस (इंडिया) प्रा० लि०
7	मैं और मेरा व्याकरण	हिंदी व्याकरण	न्यू सरस्वती हाउस(इंडिया)प्रा० लि०
8a	Idee un methode de francais	French	Langer
8b	सुप्रभातम्-7	Sanskrit	Cordova
8c	Bharistan -e-Urdu بہارستانِ اردو حصہ- دوم Part-2	Urdu	The State Board of School Education
8d	So geht Das volume- 2	German	Saraswati
9	My Wonderful Book Of Social Science	Social	Cordova
10	Map Practice	Social	Viva
11	Everyday Science	Science	Cordova
12	Collins Perfect Science Assessments	Science	Collins Publication
13	NCERT Maths 7	Maths	NCERT
14	Collins Perfect Maths Assessment 7	Maths	Collins Publication
15	AI and YOU	Computer	Avartan
16	New General Knowledge	GK	Goyal
17	My Beautiful Life	Value Education	Pearson
18	Masterclass	Art & Craft	Harbour

* Any one book for Third Language as opted by the student.

Syllabus Break Up for the Class
Session-2023-24

SUBJECT: ENGLISH

Learning Outcomes

- 1 To enable the learner to read textual/non- textual material in English.
- 2 Participates in different events such as role-play/ poetry recitation/ skit/ drama/ debate/ speech/ elocution/ declamation quiz, etc.
- 3 To enable the students to construct meaningful sentences with a sense of grammatical accuracy.
- 4 To enable the students to apply the correct format while writing an Email.
- 5 To enable students to recite with proper intonation, Pronunciation and Pauses.
- 6 To develop the students' ability to think critically, compare and contrast characters, events, ideas, themes and relate them to life.
- 7 Learner should be able to seek information online, notice boards in public places, newspapers, etc and act accordingly.
- 8 To enable the students to apply the correct format while writing an informal letter.
- 9 Answers coherently in written or oral form to question in English based on day-to-day life experiences, unfamiliar story, poem heard or read.
- 10 Uses punctuation such as question mark, full stop and capital letters appropriately.

S.No	Month	Name of the Lesson /Topic
1	April	Main Course Book The Three Races (Prose), Meadow Surprises (Poem) Listening/Speaking Skills Casual Greetings , Role play Comprehension of Prose/Poetry Writing Skills E-mail Grammar Jumbled Sentences, Punctuation Foundation Worksheet, ICT Assessment Test/Diagnostic Test Assignment-I, Kahoot
2	May	Main Course Book The Squirrel (Poem), Desirable Shawl (Prose) Listening/Speaking Skills Introduction, Role play Comprehension of Prose/Poetry Writing Skills Report Writing Grammar Tenses ICT Assessment Test/Diagnostic Test Experiential Learning-I, Kahoot
3	July	Main Course Book The Sadaku Story (Prose) The Peace Poem (Poem) Listening/Speaking Skills Talking About School, Role play Comprehension of Prose/Poetry Writing Skills Formal Letter Grammar Question Tags Experiential Learning-II, Kahoot ICT Assessment Test/Diagnostic Test
4	August	Main Course Book Palanquin Bearers (Poem),

		A Song for Jin-Wai (Prose) Listening/Speaking Skills Our Community, Role play Comprehension of Prose/Poetry Writing Skills Story Writing Grammar Voices Assignment-II, Kahoot ICT Assessment Test/Diagnostic Test
5	September	Main Course Book Hope is the thing with features (Poem) The Story of an Invitation (Prose) Listening/Speaking Skills Shopping on the go, Role play Comprehension of Prose/Poetry Writing Skills Advertisement Grammar Prepositions Kahoot ICT Assessment Test/Diagnostic Test Sample Paper
6	October	Main Course Book Friends and Flatterers (Poem) The Blind Boxer (Prose) Listening/Speaking Skills At the Bank, Role play Comprehension of Prose/Poetry Writing Skills Notice Grammar Modals Experiential Learning-III, Kahoot ICT Assessment Test/Diagnostic Test
7	November	Main Course Book Human Family (Poem), What's is Your Water footprint? (Prose) Listening/Speaking Skills My Dreams, Role play Comprehension of Prose/Poetry Writing Skills Posters Grammar Narrations Assignment-III, Kahoot ICT Assessment Test/Diagnostic Test Sample Paper
8	December	Main Course Book Home Sickness Prithviraj Chauhan-I Listening/Speaking Skills Let's Party, Role play Comprehension of Prose/Poetry Writing Skills

Diary Entry
Grammar
Synonyms & Antonyms
Kahoot
ICT Assessment Test/Diagnostic Test

- 9 January**
- Main Course Book**
Life's Mirror(Poem)
Prithviraj Chauhan-II
Listening/Speaking Skills
What's in store for us?, Role play
Comprehension of Prose/Poetry
Writing Skills
Article Writing
Grammar
Determiners
Kahoot, , ICT Assessment Test/Diagnostic Test
- 10 February**
- Main Course Book**
Revision
Listening/Speaking Skills
Comprehension of Prose/Poetry
Writing Skills
Informal Letter
Grammar
Conjunctions
Kahoot, , ICT Assessment Test/Diagnostic Test
Sample Paper

SYLLABUS FOR FORMATIVE ASSESSMENT-I

MCB: The Three Races (Prose), Meadow Surprises (Poem)
The Squirrel (Poem)
Comprehension of Prose
WRITING SKILLS: E-mail, Report Writing
GRAMMAR: Punctuation, Jumbled Sentences

SYLLABUS FOR HALFYEARLY EXAMINATION

MCB: The Sadaku Story (Prose), A Song for Jin-Wai
(Prose),The Desirable Shawl (Prose), Palanquin
Bearers (Poem), Hope is the thing with feathers(Poem)
The Story of an Invitation (Prose)
Comprehension of Prose
WRITING SKILLS: Report Writing, Story Writing, Formal Letter,
Advertisement
GRAMMAR: Tenses, Voices, Prepositions, Question Tags

SYLLABUS FOR FORMATIVE ASSESSMENT-II

MCB: The Story of an Invitation (Prose), Friends and
Flatterers (Poem), Human Family (Poem)
Comprehension of Prose
WRITING SKILLS: Notice, Poster
GRAMMAR: Modals, Narrations

SYLLABUS FOR FINAL EXAMINATION

MCB: Prithviraj Chauhan-I & II (Prose), What is Your
Water Footprint (Prose), Home Sickness ,
The Blind Boxer (Prose), Human Family (Poem)
Friends and Flatterers (Poem)
Comprehension of Prose

WRITING SKILLS: Dairy Entry, Informal Letter, Article Writing, Posters

GRAMMAR: Determiners, Conjunctions, Narrations, Modals

SUBJECT: HINDI

Learning Outcomes

- 1 हिंदी भाषा के प्रति रुचि उत्पन्न करने का प्रयत्न करवाना।
- 2 जीवन में सरलता एवं सादगी के महत्व को समझना।
- 3 जीवन में आदर्शों का पालन करते हुए देश एवं समाज के प्रति प्रेम एवं निष्ठा रखना।
- 4 देखी सूनी रचनाओं एवं घटनाओं पर बातचीत को अपने ढंग से व्यक्त करना।
- 5 नए शब्दों के प्रति जिज्ञासा व्यक्त करते हुए अपनी अभिव्यक्ति एवं अनुभवों को जरूरत के अनुसार लिखना।
- 6 समूह में कार्य करने और एक दूसरे के कार्यों पर चर्चा करते हुए प्रश्न करने की स्वतंत्रता प्रदान करवाना।
- 7 पाठ्य पुस्तक से संबंधित जानकारी प्राप्त कर अनुशासन की बारीकियों पर चर्चा करते हुए उसके महत्व से अवगत करवाया जाएगा।
- 8 किसी चित्र या दृश्य को देखने के अनुभव को अपने ढंग से मौखिक भाषा में व्यक्त करवाना ।
- 9 विभिन्न पठन सामग्रियों में प्रयुक्त शब्दों, मुहावरों, लोकोक्तियों को समझते हुए उनकी सराहना करना।
- 10 अपनी कल्पनाशक्ति, सृजन शीलता एवं अनुभवों को अपनी भाषा -शैली में प्रकट करना।

S.No	Month	Name of the Lesson /Topic
1	April	Main Course Book पाठ 1. हम पंछी उन्मुक्त गगन के

पाठ 2: हिमालय की बेटियाँ
***बाल महाभारत कथा ***
आदि पर्व (1-6)
***व्याकरण ***
वर्ण विचार, पर्यायवाची शब्द(1-13), विलोम शब्द
(1-25), अनेकार्थक शब्द(1-10),
मुहावरे(1-11), अनेक शब्दों के लिए
एक शब्द(1-12), श्रुतिसमभिन्नार्थक शब्द (1-12)
विज्ञापन रचना,अच्छेद लेखन
बुनियादी पत्र
कहूत प्रश्नोत्तरी
अभ्यास कार्य पत्र

2	May	पाठ 3. कठपुतली बाल महाभारत कथा आदि पर्व (7-12) औपचारिक पत्र अभ्यास कार्य पत्र क्रियाकलाप कहूत प्रश्नोत्तरी अनुभवात्मक गतिविधि आदर्श पत्र
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3	July	वसंत पाठ4 . मिठाईवाला बाल महाभारत कथा सभा पर्व व्याकरण संधि (स्वर संधि), चित्र वर्णन क्रियाकलाप अनुभवात्मक गतिविधि कहूत प्रश्नोत्तरी
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4	August	वसंत पाठ 5 पापा खो गए पाठ6. शाम एक किसान पाठ 7. अपूर्व अनुभव
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		बाल महाभारत कथा वन पर्व विराट पर्व व्याकरण उपसर्ग, प्रत्यय, विराम-चिह्न, अनेक शब्दों के लिए एक शब्द(13-25), अनेकार्थक शब्द(11-20), म्हावरे (12-22), विलोम (26-50), पर्यायवाची(14-25), श्रुतिसमभिन्नार्थक शब्द(13-22) क्रियाकलाप कहूत प्रश्नोंतरी अभ्यास कार्य पत्र
5	September	बाल महाभारत कथा उद्योग पर्व व्याकरण कारक क्रियाकलाप आदर्श पत्र कहूत प्रश्नोंतरी
6	October	वसंत पाठ 8 रहीम के दोहे पाठ 9. एक तिनका बाल महाभारत कथा भीष्म पर्व व्याकरण शब्द -विचार, विशेषण ,श्रुतिसम- भिन्नार्थक शब्द(23-32), अनेकार्थक शब्द(21-30), म्हावरे(23-33), विलोम शब्द(51-75), पर्यायवाची शब्द(26-38), अनेक शब्दों के लिए एक शब्द(26-36) संवाद लेखन क्रियाकलाप अनुभवात्मक गतिविधि कहूत प्रश्नोंतरी
7	November	वसंत पाठ 10 खान पान की बदलती तस्वीरें पाठ 11. नीलकंठ पाठ 12 भोर और बरखा बाल महाभारत कथा द्रोण पर्व व्याकरण क्रिया, वाक्य ,श्रुतिसम- भिन्नार्थक शब्द(33-44), अनेकार्थक शब्द(31-40), म्हावरे(34-45), विलोम शब्द(76-100), पर्यायवाची शब्द(39-50), अनेक शब्दों के लिए एक शब्द(37-50) अनौपचारिक पत्र क्रियाकलाप आदर्श पत्र कहूत प्रश्नोंतरी अभ्यास कार्य पत्र

8	December	वसंत पाठ 13 वीर कूँवर सिंह बाल महाभारत कथा द्रोण पर्व व्याकरण समास क्रियाकलाप कहूत प्रश्नोत्तरी
9	January	वसंत पाठ 14 संघर्ष के कारण में तूनक मिज़ाज हो गया बाल महाभारत कथा कर्ण शल्य तथा सौप्तिक पर्व व्याकरण क्रिया- विशेषण, क्रियाकलाप कहूत प्रश्नोत्तरी
10	February	वसंत पाठ 15. आश्रम का अनुमानित व्यय बाल महाभारत कथा शेष पर्वों की कथा क्रियाकलाप पूरक पुस्तक पर आधारित चरित्र- चित्रण आदर्श पत्र कहूत प्रश्नोत्तरी

SYLLABUS FOR FORMATIVE ASSESSMENT-I

वसंत:- पाठ 1: हम पंछी उन्मुक्त गगन के
पाठ 2: हिमालय की बेटियाँ
व्याकरण:- वर्ण -विचार, अनुच्छेद लेखन, विज्ञापन रचना
विलोम शब्द (1-25), अनेकार्थक शब्द(1-10), मुहावरे(1-11),
श्रुतिसमभिन्नार्थक शब्द(1-12), अनेक शब्दों के लिए एक
शब्द (1-12), पर्यायवाची शब्द(1-13)
अपठित गद्यांश, पठित गद्यांश, पठित काव्यांश
बाल महाभारत आदि पर्व(1-6)

SYLLABUS FOR HALFYEARLY EXAMINATION

वसंत
पाठ 3: कठपुतली
पाठ 4: मिठाईवाला
पाठ 5: पापा खो गए
पाठ 6 :शाम एक किसान
पाठ 7: अपूर्व अनुभव
व्याकरण:- वर्ण- विचार, संधि(स्वर संधि), उपसर्ग, प्रत्यय, विराम चिह्न
, पर्यायवाची शब्द(14-25), विलोम शब्द(26-50)
अनेकार्थक शब्द(11-20), श्रुतिसमभिन्नार्थक शब्द (13-22)
अनेक शब्दों के लिए एक शब्द(13-25), मुहावरे(12-22)
अनुच्छेद लेखन, विज्ञापन रचना, औपचारिक पत्र, चित्र वर्णन
अपठित गद्यांश, पठित गद्यांश, पठित काव्यांश
बाल महाभारत
पाठ: आदि पर्व (7-12)
पाठ :-सभा पर्व
पाठ :-वन पर्व
पाठ :-विराट पर्व

SYLLABUS FOR FORMATIVE ASSESSMENT-II

वसंत:- पाठ 8: रहीम के दोहे

पाठ 9 एक तिनका

पाठ 10: खानपान की बदलती तस्वीर

व्याकरण:- कारक, शब्द- विचार, विशेषण, क्रिया

विलोम शब्द (51-75), अनेकार्थक शब्द (21-30), म्हावरे (23-33),

श्रुतिसमभिन्नार्थक शब्द (23-32), अनेक शब्दों के लिए एक शब्द (26-36)

, पर्यायवाची शब्द (26-38), अन्च्छेद- लेखन, संवाद लेखन, अपठित गद्यांश, पठित गद्यांश, पठित काव्यांश

बाल महाभारत :- उद्योग पर्व

SYLLABUS FOR FINAL EXAMINATION

वसंत:-

पाठ 11 नीलकंठ

पाठ 12 भोर और बरखा

पाठ 13 वीर कुंवर सिंह

पाठ 14 संघर्ष के कारण मैं तू नकमिजाज हो गया : धनराज पिल्लै

पाठ 15 आश्रम का अन्मानित व्यय

व्याकरण:- शब्द- विचार, विशेषण, वाक्य, क्रिया- विशेषण, समास

, पर्यायवाची शब्द (39-50), विलोम शब्द (76-100)

अनेकार्थक शब्द (31-40), श्रुतिसमभिन्नार्थक शब्द (33-44)

अनेक शब्दों के लिए एक शब्द (37-50), म्हावरे (34-45)

अन्च्छेद लेखन, विज्ञापन रचना, अनौपचारिक पत्र, चित्र वर्णन,

संवाद लेखन, अपठित गद्यांश, पठित गद्यांश, पठित काव्यांश

बाल महाभारत

पाठ :- भीष्म पर्व

पाठ :- द्रोण पर्व

पाठ :- कर्ण, शल्य तथा सौप्तिक पर्व

पाठ :- शेष पर्वों की कथा

SUBJECT: MATHS

Learning Outcomes

The learner should be able to:

- 1 Multiply /divide two integers.
- 2 Use algorithms to multiply and divide fractions/decimals.
- 3 Solve problems related to daily life situations involving rational numbers.
- 4 Use exponential form of numbers to simplify problems involving multiplication and division of large numbers.
- 5 Represent daily life situations in the form of a simple equation and solve it.
- 6 Add/subtract algebraic expressions.
- 7 Calculate profit/loss percent and rate percent in simple interest.
- 8 Explain congruency of triangles on the basis of the information given about them like (SSS, SAS, ASA, RHS)
- 9 Find various representative values for simple data from her/his daily life contexts like mean, median and mode.
- 10 Calculate areas of the regions enclosed in a rectangle and a square.
- 11 Recognise variability in real life situations such as variations in the height of students in her class and uncertainty in the happening of events like throwing a coin.
- 12 Visualising the symmetry through paper folding activities.

S.No	Month	Name of the Lesson /Topic
1	April	1. Foundation Sheet 2. Ncert Book CH-1: INTEGERS CH. 2 FRACTIONS AND DECIMALS 3. Collins Perfect Maths Assessment: CH-1: INTEGERS CH. 2 FRACTIONS AND DECIMALS 4. Kahoot - 1 5. Assignment - 1 6. ICT Project based assessment/Diagnostic Test

2	May	1. Ncert Book CH-3: DATA HANDLING 2. Collins Perfect Maths Assessment: CH-3: DATA HANDLING 3. Experiential Learning-1 4. Kahoot - 2 5. ICT Project based assessment/Diagnostic Test 6. Sample Paper-1 FORMATIVE ASSESSMENT -I
3	July	1. Ncert Book CH-4: SIMPLE EQUATIONS 2. Collins Perfect Maths Assessment: CH-4: SIMPLE EQUATIONS 3. Experiential Learning - 2 4. Kahoot - 3 5. ICT Project based assessment/Diagnostic Test
4	August	1. Ncert Book CH-5: LINES AND ANGLES CH-6: TRIANGLE AND ITS PROPERTIES 2. Collins Perfect Maths Assessment: CH-5: LINES AND ANGLES CH-6: TRIANGLE AND ITS PROPERTIES 3. Kahoot - 4 4. Assignment - 2 5. ICT Project based assessment/Diagnostic Test
5	September	1. Ncert Book CH-13: EXPONENTS AND POWERS 2. Collins Perfect Maths Assessment: CH-13: EXPONENTS AND POWERS 3. Kahoot - 5 5. ICT Project based assessment/Diagnostic Test 6. Sample Paper-2 HALF YEARLY EXAMINATION
6	October	1. Ncert Book CH-8: COMPARING QUANTITIES CH-9: RATIONAL NUMBERS 2. Collins Perfect Maths Assessment: CH-8: COMPARING QUANTITIES CH-9: RATIONAL NUMBERS 3. Experiential Learning - 3 4. Kahoot - 6 5. ICT Project based assessment/Diagnostic Test
7	November	1. Ncert Book CH-12: ALGEBRAIC EXPRESSIONS CH-11: PERIMETER AND AREA 2. Collins Perfect Maths Assessment: CH-12: ALGEBRAIC EXPRESSIONS 3. Assignment - 3 4. Kahoot - 7 5. ICT Project based assessment/Diagnostic Test 6. Sample Paper-3

8	December	1. Collins Perfect Maths Assessment: CH-11: PERIMETER AND AREA 2. Kahoot - 8 3. ICT Project based assessment/Diagnostic Test FORMATIVE ASSESSMENT -II
9	January	1. Ncert Book CH-15: VISUALISING SOLID SHAPES 2. Collins Perfect Maths Assessment: CH-15: VISUALISING SOLID SHAPES 3. Kahoot - 9 4. ICT Project based assessment/Diagnostic Test
10	February	1. Ncert Book CH-14 SYMMETRY 2. Collins Perfect Maths Assessment: CH-14 SYMMETRY 3. Kahoot - 10 4. ICT Project based assessment/Diagnostic Test 5. Sample Paper-4

SYLLABUS FOR FORMATIVE ASSESSMENT-I

1. Ch.1 Integers
2. Ch. 2 Fractions and Decimals

SYLLABUS FOR HALFYEARLY EXAMINATION

1. Ch.1 Integers
2. Ch. 3 Data Handling
3. Ch. 4 Simple Equations
4. Ch. 5 Lines and Angles
5. Ch. 6 Triangles And Its Properties

SYLLABUS FOR FORMATIVE ASSESSMENT-II

1. Ch. 9 Rational Numbers
2. Ch. 8 Comparing Quantities
3. Ch. 12 Algebraic Expressions
4. Ch. 13 Exponents and powers

SYLLABUS FOR FINAL EXAMINATION

1. Ch. 8 Comparing Quantities
2. Ch. 9 Rational Numbers
3. Ch. 11 Perimeter and Area
4. Ch. 12 Algebraic Expressions
5. Ch. 14 Symmetry
6. Ch. 15 Visualising Solid Shapes

SUBJECT: SCIENCE

Learning Outcomes

- 1 To aware the students about how plants prepare food, Autotrophs and Heterotrophs.
- 2 To make students learn about acids, bases and indicators.
- 3 To be able to define reversible, irreversible, physical and chemical changes.
- 4 To make students aware about different stages of nutrition in animals.
- 5 To make students aware about asexual and sexual reproduction.
- 6 To aware the students about circulatory system, heart and excretion.
- 7 To understand the benefits we get from the forests.
- 8 To explain electric battery, resistance, circuit and current.
- 9 To aware the students about the effects of heat, expansion in solid, liquid and gases, thermometer.
- 10 To get knowledge of spherical mirrors, lenses and their types.
- 11 To aware the students about the concept of respiration in plants.
- 12 To Appreciate the Idea of time and importance of measuring time.

- 13 To aware the students about the importance of water conservation.
- 14 To understand the formation of soil, properties and composition of soil.
- 15 To make students understand the process of Waste water treatment plant.

S.No	Month	Name of the Lesson /Topic
1	April	Chapter 1 Nutrition in Plants Chapter-5 Acid , Bases and Salts Chapter- 6 Physical and chemical changes Experiential Activity To test various materials using turmeric cloth. Take some turmeric and make a paste. Take small piece of cloth, Make a few spots of turmeric paste on the cloth piece. This cloth can be used for testing various materials. Foundation Worksheet Assignment 1 ICT Project based assessment test Diagnostic test Kahoot Quiz
2	May	Chapter- 6 Physical and chemical changes (continued) ICT Project based assessment test Diagnostic test Kahoot Quiz Sample paper
3	July	Chapter 2 Nutrition in Animals Chapter 7 Weather, Climate and Adaptations of Animals to climate (Project based) Experiential Activity Make a report on adaptations of different organisms of various ecosystems. ICT Project based assessment test Diagnostic test Kahoot Quiz
4	August	Chapter- 12 Reproduction in Plants Chapter-3 Fibre to fabric (Experiential activity based) Chapter 11 Transportation in Animals and Plants Chapter 17 Forests: Our Lifeline Experiential Activity Students will make rag rugs using old fabrics (pieces of old fabrics can be used) to make mats and other useful items. Assignment 2 ICT Project based assessment test Diagnostic test Kahoot Quiz
5	September	Chapter 14 Electric current and its effects ICT Project based assessment test Diagnostic test Kahoot Quiz Sample paper
6	October	Chapter 14 Electric current and its effects(continued) Chapter 4 Heat and its effects Experiential Activity To make a simple circuit on cardboard using various components used in making circuit. Chapter 15 Light ICT Project based assessment test Diagnostic test Kahoot Quiz

7	November	<p>Chapter 10 Respiration in Organisms Chapter 13 Time and Motion Chapter 16 Water : A precious natural Resource Experiential Activity To demonstrate the mechanism of breathing students will make model of lungs using plastic bottle, Y shaped tube, deflated balloons and rubber sheet. Assignment 3 ICT Project based assessment test Diagnostic test Kahoot Quiz Sample paper</p>
8	December	<p>Chapter 9 Soil ICT Project based assessment test Diagnostic test Kahoot Quiz</p>
9	January	<p>Chapter 18 Wastewater Story Experiential Activity Students will create best out of waste by recycling and reusing of old things. Pencil, pen holders can be prepared using used bottles and jars.</p> <p>Chapter 8 Wind, storm and cyclones (Project based) Experiential Activity Collect articles and photographs from newspaper and magazines about storms and cyclones and paste them on a scrapbook and make a report on the same. ICT Project based assessment test Diagnostic test Kahoot Quiz</p>
10	February	<p>Revision Sample Paper</p>

SYLLABUS FOR FORMATIVE ASSESSMENT-I

Chapter 1: Nutrition in Plants
Chapter 5: Acids, bases and Salts

SYLLABUS FOR HALFYEARLY EXAMINATION

Chapter 2: Nutrition in Animals
Chapter 5: Acids, bases and Salts
Chapter 6: Physical and Chemical changes
Chapter 11: Transportation in Animals and Plants
Chapter 12: Reproduction in Plants
Chapter 17: Forests: Our Lifeline

SYLLABUS FOR FORMATIVE ASSESSMENT-II

Chapter 4: Heat and its Effects
Chapter 14: Electric Current and its Effects
Chapter 15: Light

SYLLABUS FOR FINAL EXAMINATION

Chapter 9: Soil
Chapter 10: Respiration in Organisms
Chapter 13: Time and Motion
Chapter 15: Light
Chapter 16: Water
Chapter 18: Waste water story

SUBJECT: SST**Learning Outcomes**

- 1 Provide examples of sources used to study various periods in history.
- 2 Understanding major realms of the natural environment.
- 3 Relate historical developments during the medieval Period.
- 4 Knowledge about the work being done by the government on the various health care services in the rural as well as urban areas.
- 5 Draw the comparison between the type of media used earlier and in present times.
- 6 Explain the relationship between livelihood pattern and geographical conditions of the areas inhabited.
- 7 Know about the independent kingdom's on the remains of imperial Mughal Empire.
- 8 Identifies women achievers in different fields from various regions in India.
- 9 Understanding the concept of temperature, atmospheric pressure, wind system and their effects on day to day weather.
- 10 Highlighting Features of desert life related to flora and fauna.

S.No	Month	Name of the Lesson /Topic
1	April	Foundation Sheet L-1 Medieval India (HISTORY) L-1 Our Environment (GEOGRAPHY) Kahoot ICT - Project based assessment/ Diagnostic test Assignment - 1
2	May	L-2 Rise of New Kingdoms (HISTORY) L-1 Equality in Indian Democracy (CIVICS) Sample Paper Experiential learning Activity Kahoot ICT - Project based assessment/ Diagnostic test
3	July	L-4 Major landforms (Geography)Activity Based L-2 The structure of the earth (Geography) L-2 Health care services in India (Civics) Kahoot ICT - Project based assessment/ Diagnostic test Experiential learning Activity
4	August	L- 3 The Delhi Sultanate (1206-1526) History L- 3 Our Changing Earth(Geography) L-3 The State government (Civics) L- 5 Medieval Architecture (History)Activity Based L-4 Gender issues(Civics) Activity Based Kahoot ICT - Project based assessment/ Diagnostic test Assignment - 2
5	September	L- 4 The Mughal Empire(History) L-5 Air- Composition and Structure(Geography) L-9 Towards Equality (Civics) Activity Based kahoot ICT - Project based assessment/ Diagnostic test Sample Paper
6	October	L-5 Women Empowerment (Civics) L-7 Tribal Communities and their Development kahoot ICT - Project based assessment/ Diagnostic test Experiential learning Activity L-6 Towns,Traders and Craftsmen(History) Activity Based L-7 Water and it's circulation (Geography) Activity Based

7	November	L-6 Weather and Climate(Geography)
		L-8 Devotional paths and religious movements(History)
		L- 8 Natural Vegetation and Wildlife (Geography) Activity Based
		L-6 The role of Media in Democracy (Civics)
		kahoot
8	December	ICT - Project based assessment/ Diagnostic test
		Assignment - 3
		Sample Paper
		L-9 Development of regional cultures (History)Activity Based
		L-7 Advertising (Civics)
9	January	kahoot
		ICT - Project based assessment/ Diagnostic test
		L-9 The Human Environment- settlement ,communication and transport (Geography)
		L-10 Political formations during the Eighteenth Century(History)
		L-10 Life in tropical and subtropical regions (Geography) Activity Based
10	February	kahoot
		ICT - Project based assessment/ Diagnostic test
		L- 8 Market around us(Civics)
		L-12 Life in the Desert region (Geography)
		L- 11 Life in the Temperate regions (Geography) Activity Based
		kahoot
		ICT - Project based assessment/ Diagnostic test
		Sample Paper

SYLLABUS FOR FORMATIVE ASSESSMENT-I

L-1 Medieval India (HISTORY)
L-1 Our Environment (GEOGRAPHY)
L-1 Equality in Indian Democracy (CIVICS)

SYLLABUS FOR HALFYEARLY EXAMINATION

L-2 Rise of New Kingdoms (HISTORY)
L- 3 The Delhi Sultanate (1206-1526) History
L-2 Health care services in India (Civics)
L-3 The State government (Civics)
L-1 Our Environment (GEOGRAPHY)
L-2 The structure of the earth (Geography)
L- 3 Our Changing Earth(Geography)

SYLLABUS FOR FORMATIVE ASSESSMENT-II

L-5 Women Empowerment (Civics)
L-7 Tribal Communities and their Development
L-5 Air- Composition and Structure(Geography)

SYLLABUS FOR FINAL EXAMINATION

L- 4 The Mughal Empire(History)
L-8 Devotional paths and religious movements(History)
L-10 Political formations during the Eighteenth Century(History)
L-6 The role of Media in Democracy (Civics)
L- 8 Market around us(Civics)
L-6 Weather and Climate(Geography)
L-9 The Human Environment- settlement ,communication and transport (Geography)
L-12 Life in the Desert region (Geography)

SUBJECT: URDU

1. حروف جوڑ . طلباء آدھی شکل اور پوری شکل والے کر الفاظ لکھنا سیکھیں گے
2. دو چشمی حروف پڑھنے اور لکھنے کی مشق کریں گے
3. دو چشمی حرف دوسرے حروف کے ساتھ جوڑ کر الفاظ لکھنا سیکھیں گے
4. الفاظ کی مدد سے اعراب کی پہچان سیکھیں گے
5. طلباء مضمون، کہانی اور نظم پڑھنا، لکھنا اور سمجھنا سیکھیں گے
6. طلباء طرح طرح کے پھول پہچاننا اور ان کے نام لکھنا سیکھیں گے
7. طلباء طرح طرح کے پھل پہچاننا اور ان کے نام لکھنا سیکھیں گے
8. طلباء طرح طرح کے جانوروں اور پرندوں کو پہچاننا اور ان کے نام لکھنا سیکھیں گے
9. طلباء نظم کی مدد سے ہفتے کے دن اور خالی جگہوں کی وجہ سے سال کے مہینے لکھنا ، پڑھنا اور بولنا سیکھیں گے

S.No	Month	Name of the Lesson /Topic Main Course Book
1	April	<ol style="list-style-type: none"> 1. آدھی شکل اور پوری شکل والے حروف لکھنا 2. دو چشمی حروف اور ان کی مشق۔ * کہوت-1، بنیادی ورک شیٹ اور اسائنمنٹ-1
2	May	<ol style="list-style-type: none"> 1. دو چشمی الفاظ اور ان کی مشق۔ * کہوت-2، تجرباتی سرگرمی اور جماعتی سرگرمی ؛ آدھے پورے حرف جوڑنا
3	July	<ol style="list-style-type: none"> 1. زیر، زیر، پیش، مد، تشدید، نون غنہ اور ہمزہ کی پہچان * کہوت-3 اور تجرباتی سرگرمی
4	August	<ol style="list-style-type: none"> 1. اچھے بچے 2. بلبل کا بچہ۔۔۔ نظم 3. بولو بچو۔۔۔ نظم * کہوت-4 اور اسائنمنٹ-2
5	September	<ol style="list-style-type: none"> 1. جاگو جاگو گڑیا رانی۔۔۔ نظم * کہوت-5 اور جماعتی سرگرمی؛ پھول پہچاننا اور اس کا نام لکھنا
6	October	<ol style="list-style-type: none"> 1. تندرستی ہزار نعمت ہے 2. آؤ ہم سب پیڑ لگائیں۔۔۔۔۔ نظم * کہوت-6 اور تجرباتی سرگرمی
7	November	<ol style="list-style-type: none"> 1. مرغا بولا ۔۔۔۔۔ نظم * کہوت-7، اسائنمنٹ-3 اور جماعتی سرگرمی؛ پھل پہچاننا اور اس کا نام لکھنا
8	December	<ol style="list-style-type: none"> 1. میری امی۔۔۔۔۔ نظم 2. خرگوش اور گینڈا * کہوت-8
9	January	<ol style="list-style-type: none"> 1. ہفتے کے دن اور سال کے مہینے * کہوت-9
10	February	<ol style="list-style-type: none"> 1. دہرانا * کہوت-10 اور جماعتی سرگرمی؛ جانور پہچاننا اور اس کا نام لکھنا

SYLLABUS FOR FORMATIVE ASSESSMENT-I

1. آدھی شکل اور پوری شکل والے حروف لکھنا
2. دو چشمی حروف اور اُن کی مشق۔
3. دو چشمی الفاظ اور اُن کی مشق۔

SYLLABUS FOR HALFYEARLY EXAMINATION

1. زیر، زیر، پیش، مد، تشدید، نون غنہ اور ہمزه کی پہچان
2. اچھے بچے
3. بلبل کا بچہ۔ نظم
4. بولو بچو۔ نظم

SYLLABUS FOR FORMATIVE ASSESSMENT-II

1. جاگو جاگو گڑیا رانی۔ نظم
2. تندرستی بزار نعمت ہے
3. آؤ ہم سب پیڑ لگائیں۔ نظم

SYLLABUS FOR FINAL EXAMINATION

1. مرغا بولا۔ نظم
2. میری امی۔ نظم
3. خرگوش اور گینڈا
4. ہفتے کے دن اور سال کے مہینے

SUBJECT: SANSKRIT

Learning Outcomes

- 1 संस्कृत में समय को सिखाना, जिससे विद्यार्थी गण संस्कृत बोलने में सक्षम हो जाए।
- 2 *सामान्य रूप से कथा लेखन लङ्कार: में ही होता है
- 3 समझाते हुए अनावश्यक चिंतन न करने की सलाह देना ।
- 4 जीवन को सार्थक दिशा देने के लिए प्रेरित करना।
- 5 * चित्र वर्णन द्वारा भाषा में रुचि पैदा करते हुए संस्कृत
- 6 * उत्तम पुरुष के तीनों वचनों में लङ्कार: के रूपों का प्रयोग करवाना।

S.No	Month	Name of the Lesson /Topic
1	April	पाठ-1 अहम् वृक्षः पाठ-2 क्रोधी मंडूकः अभ्यास कार्य पत्र-1 काहुत-1 बुनियादी-पत्र
2	May	Activity पाठ 3 स्वच्छ भारतम् गीतम् उच्चारण अर्थ सहित संख्या 1 से 30 अनुभवात्मक गतिविधि-1 काहुत-2
3	July	पाठ 4 गृध्रमार्जारिकथा काहुत-3 अनुभवात्मक गतिविधि-2
4	August	पाठ 5 उत्तमा मैत्री पाठ 7 अनुशासनम् अभ्यास कार्य पत्र-2 काहुत-4
5	September	पाठ 8 व्यायामः Activity पाठ 10 विद्यायाः महत्त्वम् श्लोको का उच्चारण अर्थ सहित चित्राधारित वर्णनम् संख्या 1 से 30 काहुत-5

6	October	पाठ 9 आत्मावलम्बनम् काहुत-6 अनुभवात्मक गतिविधि-3
7	November	पाठ 11-क्रीडा-महोत्सव: Activity संस्कृत में श्लोकों का अनुवाद समयसारिणी (घड़ी देखकर समय को संस्कृत में बताना।) फलानि नामानि(फलों के नाम) काहुत-7 अभ्यास कार्य पत्र-3
8	December	पाठ 12 अहिंसा परमो धर्मः पाठ 13 सुवचनानि (श्लोक) काहुत-8
9	January	पाठ 14 दुःस्वप्नदर्शनम् काहुत-9
10	February	Activity पाठ 16 गीतामृतम् (संस्कृत में श्लोक उच्च * चित्र वर्णनम् ,गृहवस्तूनि संख्या 1-50 पुनरावृत्ति काहुत-10

SYLLABUS FOR FORMATIVE ASSESSMENT-I

पाठ-1 अहम् वृक्षः
पाठ-2 क्रोधी मंडूकः
पाठ 3 स्वच्छं भारतम्
गीतम् उच्चारण अर्थ सहित
संख्या 1से 30

SYLLABUS FOR HALFYEARLY EXAMINATION

पाठ 4 गृध्रमार्जारकथा
पाठ 5 उत्तमा मैत्री
पाठ 7 अनुशासनम्
पाठ 8 व्यायामः
पाठ 10 विद्यायाः महत्त्वम् श्लोको का उच्चारण अर्थ सहित।
चित्राधारितवर्णनम्
संख्या 1से 30

SYLLABUS FOR FORMATIVE ASSESSMENT-II

पाठ 9 आत्मावलम्बनम्
पाठ 11-क्रीडा-महोत्सवः
संस्कृत में श्लोकों का अनुवाद
समयसारिणी (घड़ी देखकर समय को संस्कृत में बताना।)
फलानि नामानि(फलों के नाम)

SYLLABUS FOR FINAL EXAMINATION

पाठ 12 अहिंसा परमो धर्मः
पाठ 13 सुवचनानि (श्लोक)
पाठ 14 दुःस्वप्नदर्शनम्
पाठ 16 गीतामृतम् (संस्कृत में श्लोक उच्चारण)
* चित्र वर्णनम् ,गृहवस्तूनि

SUBJECT: FRENCH

Learning Outcomes

- 1 Students are able to make basic sentences which are used to ask and tell name and well being in french.
- 2 Students can read the text once they know the basic sentences.
- 3 Students are able to understand the different accents with the help of appropriate examples.

- 4 Students are able to ask each others' name in french.
- 5 Students learn how to greet when meet amongst youngsters and adults.
- 6 Students learn basic information for introducing oneself and asking the same to others.

S.No	Month	Name of the Lesson /Topic
1	April	Main Course Book Lecon-1 comment ca va? Foundation worksheet Assignment 1 Kahoot 1
2	May	lecon-2 Je m'appelle..... Lecon-3 Dans la classe (Demi) Activity:- Ecris les mots/ prenomms francais que tu connais ton ami(e) epelle les mots/ les prenomms. Kahoot 2 Experiential Activity
3	July	Lecon-Dans la classe (Complete) Kahoot 3 Experiential Activity
4	August	Lecon-4 Je suis..... Lecon-5 Festival International Assignment 2 Kahoot 4
5	September	Lecon-6 Les animaux de compagnie Activity: colle une photo de ton animal de compagnie et redige sa description pour le forum << Les Animaux de compagnie>> Kahoot 5
6	October	Lecon-7 J'adore le francais Kahoot 6 Experiential Activity
7	November	Lecon-8 Le frigo de Kevin Activity: Prepare une affiche sur les produits qui sont bons et / ou mauvais pour la sante. Assignment 3 Kahoot 7
8	December	Lecon-9 La famille Davier Kahoot 8
9	January	Lecon-10 Joyeux Anniversaire Kahoot 9

10	February	Revision Activity :-Le rap de la famille Kahoot 10
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SYLLABUS FOR FORMATIVE ASSESSMENT-I

Lecon-1 Comment ca va?
Lecon-2 Je m'appelle.....

SYLLABUS FOR HALFYEARLY EXAMINATION

Lecon-3 Dans la classe
Lecon-4 Je suis.....
Lecon-5 Festival International

SYLLABUS FOR FORMATIVE ASSESSMENT-II

Lecon-6 Les animaux de compagnie
Lecon-7 J'adore le francais

SYLLABUS FOR FINAL EXAMINATION

Lecon-8 Le frigo de Kevin
Lecon-9 La famille Davier
Lecon-10 Joyeux Anniversaire

SUBJECT: GERMAN

Learning Outcomes

- 1 Students will learn the new vocabulary.
- 2 Akkusativ case - sentences having subject as well as an object
- 3 Spoken Skills
- 4 Concept of Time Management and how to see the Time in German
- 5 Importance of learning German

S.No	Month	Name of the Lesson /Topic
1	April	Main Course Book Lektion ein - Freunde Lektion drei- Die Klasse 7 a Fondation Worksheet Assignment 1 Kahoot 1
2	May	Akkusativ Aktivitaet- Diktat Kahoot 2 Experiential activity
3	July	Lektion vier- Erich und Erika kaifen ein Kahoot 3 Experiential activity
4	August	Personal Pronomen auf Nominativ und Akkusativ Konjugationen- Recapitulation auf schwache verben, auch starken verben Assignment 2 Kahoot 4
5	September	Lektion fuenf- In der Schule Aktivitaet-Lesen Sie den Absatz Kahoot 5

6	October	Imperativ Saetze Lektion Sieben- Sport,ja oder nein Kahoot 6 Experiential activity
7	November	Die Zeit Aktivitaet- Machen Sie ' Mein Tagesablauf' Assignment 3 Kahoot 7
8	December	Lektion acht- Bleiben Sie Gesund Koerperteile Kahoot 8
9	January	Lektion zehn- Kannst du Deutsch Kahoot 9
10	February	Aktivitaet- Quiz/ Speicherkarte Revision Kahoot 10

SYLLABUS FOR FORMATIVE ASSESSMENT-I

- 1.Lektion ein - Freunde
- 2.Lektion drei - Die Klasse 7 a

SYLLABUS FOR HALFYEARLY EXAMINATION

- 1.Personal Pronomen auf Nominativ und Akkusativ
- 2.Konjugationen- schwache und starken verben
- 3.Lektion vier - Erich und Erika kaufen ein
- 4.Akkusativ

SYLLABUS FOR FORMATIVE ASSESSMENT-II

- 1 Lektion fuenf - In der Schule
- 2.Imperativ Saetze
- 3.Lektion Sieben - Sport,ja oder nein

SYLLABUS FOR FINAL EXAMINATION

- 1.Die Zeit
- 2.Lektion acht - Bleiben Sie Gesund
- 3.Koerperteile
- 4.Lektion zehn- Kannst Du Deutsch

SUBJECT: COMPUTERS

Learning Outcomes

- 1 Understand what is Internet and learn about Cloud Computing.
- 2 To make students aware about computer networks and its different types.
- 3 To make students aware about Number System used by Computers and conversions of Number System.
- 4 To make students enable to learn the concept of programming.
- 5 Understand how variables, operators and data types are studied in programming.
- 6 To make students aware about Cyber Safety and computing ethics.
- 7 Develop the understanding about Cyber Crimes related to internet.
- 8 Learn what is HTML and Develop skill to create lists and tables in HTML.
- 9 Understand the concept about Artificial Intelligence.and know about the Robotics.
- 10 To make students aware about Augmented Reality and Virtual Reality

S.No	Month	Name of the Lesson /Topic
1	APRIL	Foundation Worksheet Ch. 9 Cloud Computing

		Kahoot 1 Project based cloud Computing
2	MAY	Kahoot 2 Sample Paper Experiential learning Activity-I Assignment - 1
3	JULY	CH-6: Netwotking Cocepts Kahoot 3 Experiential learning Activity-II
4	AUGUST	CH-1 Number System Kahoot 4 Project based on Python CH-8 More on Python
	SEPTEMBER	CH-8 More on Python(contd.) Kahoot 5 Assignment - II Sample Paper
5		
6	OCTOBER	CH-5 Cyber Crimes and CyberSecurity CH-3 Lists and Tables in HTML Kahoot 6 Experiential learning Activity-III Project based on Cyber Crimes
7	NOVEMBER	CH-3 Lists and Tables in HTML(Contd.) Project based on HTML Kahoot 7 Assignment - III Sample Paper
9	DECEMBER	CH-10 Robotics Kahoot 8
10	JANUARY	CH-6 Augumented Reality & Virtual Reality Kahoot 9 Project based Robotics
11	FEBRUARY	Kahoot 10 Assignment - IV Sample Paper

SYLLABUS FOR FORMATIVE ASSESSMENT-I

Ch. 9 Cloud Computing

SYLLABUS FOR HALFYEARLY EXAMINATION

Ch. 9 Cloud Computing

CH-2 Networking Concepts

CH-1 Number System

SYLLABUS FOR FORMATIVE ASSESSMENT-II

CH-8 More on Python

CH-5 Cyber Crimes and CyberSecurity

SYLLABUS FOR FINAL-EXAMINATION

CH-3 Lists and Tables in HTML

CH-6 Augumented Reality & Virtual Reality

CH-10 Robotics

SUBJECT: Value Education

S.No	Month	Name of the Lesson /Topic
1	April	(ch 1) Believe you can
2	May	(ch 2) The Poet's reward
3	July	(ch3) Kali wants to dance
4	August	(ch 4) Doer of Brave deeds
5	September	(ch 5) For our own good
6	October	(ch 6) Controlling global warming
7	November	(ch 7) Friendship
8	December	(ch 8) Choose your leader
9	January	(ch 9) The test
10	February	(ch 10) Being a responsible citizen

SUBJECT: G.K

S.No	Month	Name of the Lesson /Topic
1	April	1 to 6 Must Visit Places in India, Knowing Cities of the world, Seven Amazing World, Rarest Diseases; AI in Real Life and Country, Capital and Currency
2	May	06 to 12 Chara Creators; Discovery of Penicillin that changed the world of Medicine; Olympic Stars of India; Unitology; Amazing Streets in the world and Medico-Leaves
3	July	13 to 15 Green house Effect; Indian Handicrafts; Poisonous Animals in the world
4	August	16 to 21 Yoga; We are the best; Unique Hotels; Sciventions; Voyages; Jeff Bezos
5	September	22 TO 27 Earth Day; Lost Cities of the World; The wondrous Animals; Recent Medical Technologies; Timeless Treasures and Great Struggle
6	October	28 to 33 Phrases to avoid in Conversation; Preserved Body Parts of Famous Personalities; Biological Warfare; Sportsman Struggle stories; Museums of the World and Famous Painters
7	November	34 to 38 - Mahatma Gandhi-Swachh Bharat Abhiyan; Knowing Antarctica; Optical Illusion; Engineering Marvels of India; Aquariums of the World.
8	December	39 to 43 - Natural Wonders; Our Army Our Pride; Drink Pure Water; World Music; Being Human
9	January	44 and 45 Human-made Disasters and Co-Relation
10	February	46 Sudoku Revision.

SUBJECT: ART AND CRAFT

S.No	Month	Name of the Lesson /Topic
1	April	Composition on Basic Shapes with Primary and Secondary Colour on Drawing pad and Art book
2	May	Overlapping of vegetables or Fruits with Poster Colour Tones on Drawing Pad and Art book
3	July	Alphabets Design on Drawing pad and Art book
4	August	Any Festival Composition on Drawing pad and Art book
5	September	Composition on Save water or Save Electricity in any Medium and Art book
6	October	Under Water Composition with water colour on Drawing pad and Art book
7	November	Composition on village Life with any medium on Drawing pad and Art book
8	December	Birds or Animal Composition with any colour on Drawing pad and Art book
9	January	Landscape on any season with water colour or colour pencil on Drawing pad and Art book
10	February	Still Life Composition on Drawing Pad and Art Book

SUBJECT: MUSIC

S.No	Month	Name of the Lesson /Topic
1	April	Types of Alankaar
2	May	Hindi Prayer
3	July	sanskrit Prayer
4	August	patriotic song
5	September	saraswati vandana
6	October	song on gandhi ji
7	November	song on diwali
8	December	cristmas carol
9	January	patriotic song
10	February	practice of all songs and prayers

SUBJECT: CLASSICAL DANCE

S.No	Month	Name of the Lesson /Topic
1	April	Two Tukras in Teen Taal's Madhya laya. Practice of Tatkar in different speeds.
2	May	Different movements in Teen Taal. One Tihai in Madhya laya.
3	July	One Tukra in Teen Taal.
4	August	One "Saraswati Vandana". One patriotic dance.
5	September	Two Tukras in Madhya laya. One Tihai in Madhya laya.
6	October	Two "Todas" in Teen Taal's Madhya laya. Some movements in Tatkar.
7	November	One light composition in Semi classical music. Practice of "Tukras" and "Todas"
8	December	One Fusion dance on instrumental music.
9	January	One "Murli Gat" in Teen Taal.
10	February	One to Five Paltas in Dhrut laya. Practice of all Tukras and Tihai.

SUBJECT: Yoga

S.No	Month	Name of the Lesson /Topic
1	April	UNIT :1 Sarvang Pushti Vikasak Kriya, Anulom vilom
2	May	Unit:2
3	July	UNIT:3 Surya Namaskar(1-12), Chander Bhedi Pranayam
4	August	UNIT:4 Navasan, Chander Anulom Pranayam
5	September	UNIT:5 Konasan, Vajrasan,Surya Bhedi Pranayam, Bhramari
6	October	UNIT:6 Halasan,Sarvangasan,Bhastrika Surya Anulom Pranayam
7	November	UNIT:7 Karan Peedantak Asan,Bhastrika Version II,Brahmari
8	December	UNIT:8 Matsyasan, Bhastrika, Nadi Shodan
9	Jan & Feb	UNIT: 9 Revision of all