## CURRICULUM - (2023-2024) CLASS-X ENGLISH

## **General Objectives:**

To enable the learner-

- recognize the organization and identify the main points of a text
- to communicate effectively and appropriately in real life.
- to use English effectively for study purpose across the curriculum
- to develop and integrate the use of the four language skills i.e. reading, listening, speaking and writing.
- to develop interest in and appreciation of English Language .
- to revise and reinforce structure already learnt.

S.No	TOPIC	SUB - TOPIC	METHODOLOGY/ TEACHING AIDS	LEARNING OBJECTIVES
1	First Flight WORDS & EXPRESSIO NS	<ol> <li>A Letter to God</li> <li>A Letter to God</li> </ol>	Interactive Approach <ul> <li>Reading And</li> <li>Explanation</li> <li>Class</li> <li>Discussion/Group</li> <li>Discussion</li> <li>Power Point</li> <li>Presentation</li> <li>Art Integrated</li> <li>Activity –</li> <li>Performing Art</li> <li>Letter writing &amp;</li> <li>Dialogue Writing</li> </ul>	<ul> <li>to comprehend the text</li> <li>to enrich the vocabulary</li> <li>to imbibe the lesson contained in the story</li> </ul>
1A	(Poetry)	Dust of Snow	<ul> <li>Recitation, paraphrasing and explanation of theme</li> <li>text book</li> <li>Power Point Presentation</li> </ul>	<ul> <li>Listen, recite and understand the theme of the poem.</li> <li>Speak /recite with accuracy following the overall rhythm in a lyrical way.</li> <li>Understand 'form' in a literary text such as rhyme, rhythm and literary devices</li> <li>Attempt the exercise based on the poem.</li> <li>Express and argue a point clearly and effectively.</li> <li>Identify the literary devices like simile, alliteration, metaphor, repetition.</li> <li>Identify the rhyme scheme and the rhyme pairs.</li> </ul>
18	(Poetry)	Fire and Ice	<ul> <li>Recitation, paraphrasing and explanation of theme</li> <li>text book</li> <li>Power Point Presentation</li> </ul>	<ul> <li>to read for thematic understanding and pleasure</li> <li>to know about poetic devices</li> </ul>
1	Grammar Skills	Tenses,ReportedSpeech,Modals,Subject-VerbConcord,Determiners	<ul> <li>Power Point Presentation</li> <li>White Board</li> <li>Class Discussion</li> <li>Assignments</li> </ul>	<ul> <li>to use the language effectively.</li> <li>Knowledge of the underlying 'rules' of grammar is provided.</li> </ul>

### **APRIL – 18 Days**

• To enable the students to assimilate the correct patterns of the language.
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# MAY - 16 Days

1	FOOTPRINTS WITHOUT FEET FOOTPRINTS WITHOUT FEET	A Triumph of Surgery The Thief's Story	<ul> <li>Reading and explanation of the text</li> <li>Class Discussion/Group Discussion , White Board</li> <li>Power Point Presentation</li> <li>Reading and explanation of the text</li> <li>Class Discussion/Group Discussion , White Board</li> <li>Power Point Presentation</li> </ul>	<ul> <li>to read for thematic understanding</li> <li>to read for pleasure</li> <li>to enrich the vocabulary</li> <li>to read for thematic understanding</li> <li>to read for pleasure</li> <li>to enrich the vocabulary</li> </ul>
3	(Fiction) WORDS & EXPRESSIONS	Nelson Mandela: Long Walk to Freedom Nelson Mandela: Long Walk to Freedom	<ul> <li>Reading And Explanation</li> <li>Class Discussion/Group Discussion</li> <li>Power Point Presentation</li> <li>Art Integrated Activity – Performing Art – Role Play</li> </ul>	<ul> <li>to read for thematic understanding and pleasure</li> <li>to jot down ideas correctly</li> <li>to analyse, interpret and evaluate ideas in the text</li> </ul>
4	(POETRY)	A Tiger In the Zoo	<ul> <li>Recitation, paraphrasing and explanation of theme</li> <li>text book</li> <li>Power Point Presentation</li> </ul>	<ul> <li>to read for thematic understanding and pleasure</li> <li>to know about poetic devices</li> </ul>
5	Writing Skills	Analytical Paragraph	<ul> <li>Format Discussion</li> <li>White Board</li> <li>Power Point Presentation</li> </ul>	<ul> <li>to understand and apply the formats correctly</li> <li>To use new vocabulary</li> </ul>
6	Writing Skills	Letter-Writing	<ul> <li>Format Discussion</li> <li>White Board</li> <li>Power Point Presentation</li> </ul>	<ul> <li>to understand and apply the formats correctly</li> <li>To use new vocabulary</li> </ul>

# JULY – 22 days

2	FIRST FLIGHT	Two stories about Flying	Reading and explanation     of the text	• to read for thematic understanding
	WORDS & EXPRESSIONS		<ul> <li>Class Discussion/Group Discussion, White Board</li> <li>Power Point Presentation</li> <li>Art Integrated Activity- Story Writing</li> </ul>	<ul> <li>to read for pleasure</li> <li>to enrich the vocabulary</li> </ul>

3A	POETRY	How to tell Wild Animals	<ul> <li>Reading and explanation of the text</li> <li>Class Discussion/Group Discussion, White Board</li> <li>Power Point Presentation</li> <li>Art Integrated Activity- Story Writing</li> </ul>	<ul> <li>to read for thematic understanding and pleasure</li> <li>to know about poetic devices</li> </ul>
			•	•
3B	POETRY	The Ball Poem	<ul> <li>Reading and explanation of the text</li> <li>Class Discussion/Group Discussion, White Board</li> <li>Power Point Presentation</li> <li>Art Integrated Activity- Story Writing</li> </ul>	<ul> <li>to read for thematic understanding and pleasure</li> <li>to know about poetic devices</li> </ul>
5	FOOTPRINTS WITHOUT FEET	The Midnight Visitor	<ul> <li>Reading and explanation of the text</li> <li>Class Discussion/Group Discussion , White Board</li> <li>Power Point Presentation</li> </ul>	<ul> <li>To comprehend the text</li> <li>To read for information and pleasure</li> <li>To jot down ideas correctly</li> </ul>

### AUGUST – 23 DAYS

1	First Flight WORDS & EXPRESSIONS	From the Diary of Anne Frank	<ul> <li>Reading and explanation of the text</li> <li>Class Discussion/Group Discussion, White Board</li> <li>Power Point Presentation</li> <li>Art Integrated Activity- Story Writing</li> <li>Report Writing as a correspondent</li> </ul>	<ul> <li>To comprehend the text</li> <li>To read for information and pleasure</li> <li>To jot down ideas correctly</li> </ul>
18	(Poetry)	Amanda	<ul> <li>Reading and explanation of the text</li> <li>Class Discussion/Group Discussion , White Board</li> <li>Power Point Presentation</li> </ul>	<ul> <li>to read for thematic understanding and pleasure</li> <li>to know about poetic devices</li> </ul>
6	Footprints without Feet	A Question of Trust	<ul> <li>Reading and explanation of the text</li> <li>Class Discussion/Group Discussion , White Board</li> <li>Power Point Presentation</li> <li>School/Newspaper</li> </ul>	<ul> <li>To comprehend the text</li> <li>To read for information and pleasure</li> <li>To jot down ideas correctly</li> </ul>
7	FOOTPRINTS WITHOUT FEET	Footprints without feet	<ul> <li>Reading and explanation of the text</li> <li>Class Discussion/Group Discussion</li> <li>White Board</li> <li>Power Point Presentation</li> </ul>	<ul> <li>To comprehend the text</li> <li>To read for information and pleasure</li> <li>To jot down ideas</li> </ul>

				correctly
3	First Flight WORDS & EXPRESSIONS	The Proposal	<ul> <li>Reading and explanation of the text</li> <li>Class Discussion/Group Discussion</li> <li>White Board</li> <li>Power Point Presentation</li> </ul>	<ul> <li>to appreciate the simplicity of thoughts and ways of expression</li> <li>to imbibe the lesson conveyed.</li> <li>to comprehend the text</li> <li>to enrich the vocabulary</li> </ul>

# **SEPTEMBER – 23 DAYS**

8	First Flight WORDS & EXPRESSIONS	Glimpses of India a. A Baker from Goa b. Coorg c. Tea From Assam	<ul> <li>Reading and explanation of the text</li> <li>Class Discussion/Group Discussion</li> <li>White Board</li> <li>Power Point Presentation</li> </ul>	<ul> <li>to read for thematic understanding</li> <li>to read for pleasure</li> <li>to enrich the vocabulary</li> </ul>
8B	Poetry	The Trees	<ul> <li>Reading and explanation of the text</li> <li>Class Discussion/Group Discussion</li> <li>White Board</li> </ul>	<ul> <li>to read for thematic understanding and pleasure</li> <li>to know about poetic devices</li> </ul>
			HALF YEARLY EXAMINATION	

## **OCTOBER – 20 DAYS**

1	Footprints without Feet	The making of a scientist	<ul> <li>Reading and explanation of the text</li> <li>Class Discussion/Group Discussion</li> <li>White Board</li> <li>Power Point Presentation</li> </ul>	• to appreciate the simplicity of thoughts and ways of expression to imbibe the lesson conveyed
3	First Flight	1. Mijbil the otter	<ul> <li>Reading and explanation of the text</li> <li>Class Discussion/Group Discussion</li> <li>White Board</li> <li>Power Point Presentation</li> </ul>	<ul> <li>to appreciate the simplicity of thoughts and ways of expression</li> <li>to imbibe the lesson conveyed</li> </ul>
3B	Poetry	Fog	<ul> <li>Reading and explanation of the text</li> <li>Class Discussion/Group Discussion</li> <li>White Board</li> </ul>	<ul> <li>to read for thematic understanding and pleasure</li> <li>to know about poetic devices</li> </ul>

# NOVEMBER – 19 DAYS

1	First Flight	Madam Rides the	•	Reading and explanation of	• to appreciate the
		Bus		the text	simplicity of thoughts
	WORDS &		•	Class Discussion/Group	and ways of expression
	EXPRESSIONS			Discussion	• to imbibe the lesson
			•	White Board	conveyed
			•	<b>Power Point Presentation</b>	_

1B	Poetry	The Tale of Custard the Dragon	<ul> <li>Reading and explanation of the text</li> <li>Class Discussion/Group Discussion</li> <li>White Board</li> </ul>	<ul> <li>to read for thematic understanding and pleasure</li> <li>to know about</li> </ul>
			<ul><li>White Board</li><li>Power Point Presentation</li></ul>	to know about poetic devices

# **DECEMBER – 22 DAYS**

2	FOOTPRINTS WITHOUT FEET	The Necklace	<ul> <li>Reading and explanation of the text</li> <li>Class Discussion/Group Discussion</li> <li>White Board</li> <li>Power Point Presentation</li> </ul>	<ul> <li>to appreciate the simplicity of thoughts and ways of expression</li> <li>to imbibe the lesson conveyed</li> </ul>
5	FOOTPRINTS WITHOUT FEET	Bholi	<ul> <li>Reading and explanation of the text</li> <li>Class Discussion/Group Discussion</li> <li>White Board</li> <li>Power Point Presentation</li> </ul>	<ul> <li>to appreciate the simplicity of thoughts and ways of expression</li> <li>to imbibe the lesson conveyed</li> </ul>
6	FOOTPRINTS WITHOUT FEET	The Book that saved the earth	<ul> <li>Reading and explanation of the text</li> <li>Class Discussion/Group Discussion</li> <li>White Board</li> </ul>	<ul> <li>To comprehend the text</li> <li>To read for information and pleasure</li> <li>To jot down ideas correctly</li> </ul>
2	First Flight WORDS & EXPRESSIONS	The Sermon at Benares	<ul> <li>Reading and explanation of the text</li> <li>Class Discussion/Group Discussion,</li> <li>White Board</li> <li>Power Point Presentation</li> </ul>	<ul> <li>to appreciate the simplicity of thoughts and ways of expression</li> <li>to imbibe the lesson conveyed</li> </ul>
28	Poetry	For Anne Gregory	<ul> <li>Reading and explanation of the text</li> <li>Class Discussion/Group Discussion,</li> <li>White Board</li> </ul>	<ul> <li>to read for thematic understanding and pleasure</li> <li>to know about poetic devices</li> </ul>

# SECTION-WISE WEIGHTAGE

Section		Total Weight age
Α	Reading Skills	20
В	Writing Skills & Grammar Skills	20
С	Textbooks – First Flight & Supplementary Reader	40
	TOTAL	80

### **ACTIVITIES BASED ON ART INTEGRATION**

ACTIVITES BASED ON PERFORMING ART	ACTIVITES BASED ON FINE ART
Role play	Letter writing

# Declamation Newspaper reading Debate Dramatization Poem Recitation Power Point Presentation

Dialogue Writing Report Writing as a correspondent School/Newspaper Writing Invites (Invitations) Script-Writing News-Writing Poster Making Slogan Writing Mask Making

### PORTFOLIO: HOLIDAYS HOME WORK ART INTEGRATED ACTIVITIES & PROJECT WORK PAIRING OF STATES & UNION TERRITORIES – UTTAR PRADESH with ARUNACHAL PRADESH

INTERNAL ASSESSMENT [twice in the month of September and February]

- ASL
- Multiple Assessment
- Written work
- Subject enrichment
- Art Integration Activity, H.H.W, H.W & C.W

### JANUARY – 18 DAYS & FEBRUARY 15 DAYS

### PRE BOARD

#### **REVISION OF THE ENTIRE SYLLABUS**

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Term – II

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#### CURRICULUM (2023-24) Subject: Mathematics Class: X

#### **Objectives**:

The broad objectives of teaching of Mathematics at secondary stage are to help the learners to :

- \* consolidate the Mathematical knowledge and skills acquired at the upper primary stage
- \* acquire knowledge and understanding, particularly by way of motivation and visualization, of basic

concepts, terms, principles and symbols and underlying processes and skills;

- \* develop mastery of basic algebraic skills;
- \* develop drawing skills;
- \* feel and flow of reason while proving a result or solving a problem;
- \* apply the knowledge and skills acquired to solve problems and wherever possible, by more than one

method;

- \* to develop ability to think, analyze and articulate logically;
- \* to develop awareness of the need for national integration, protection of environment, observance of small family norms, removal of social barriers, elimination of gender biases;
- \* to develop necessary skills to work with modern technological devices and mathematical software's.
- \* to develop interest in mathematics as a problem-solving tool in various fields for its beautiful structures and patterns, etc.
- \* to develop reverence and respect towards great mathematicians for their contributions to the field of mathematics;
- \* to develop interest in the subject by participating in related competitions;
- \* to acquaint students with different aspects of mathematics used in daily life;
- \* to develop an interest in students to study mathematics as a discipline.

Month : April 2023

CHAPTER	METHODOLOGY	LEARNING OUTCOMES
Chap.1: Real numbers * The fundamental theorem of Arithmetic – statements after reviewing work done earlier and after illustrating and motivating through examples * Proofs of irrationality of √2, √3, √5	The class would start with a discussion on what the students have already learnt in the previous classes and hence what it they would learn now. Techniques to be used : Daily practice problem M C Qs. Peer Assessment Case studies Lab activities HOTS For slow learners : 1. Basic questions 2. peer help to be provided	<ul> <li>Students will know and understand</li> <li>1. Fundamental theorem of arithmetic</li> <li>2. Revisiting irrational numbers</li> <li>3. Proofs of irrational numbers</li> <li>√2, √3, √5</li> </ul>
Chap. 2: Polynomials	Participatory method	Students will know and

	Discussion	understand:
* Zeroes of a polynomial	Black-board and Chalk	1. define the polynomial and its
* Relationship between Zeroes and	SRC	terminology
Coefficients of a polynomial	Find the error worksheet	2. identify the zeroes of a
* Formation of quadratic	Cross word puzzle	polynomial by plotting it on
Polynomials		graph
		3. establish the relationship
		between the zeroes and the
		coefficients of linear polynomial,
		quadratic polynomial and cubic
		polynomial

# Month : May 2023

<u>Chap. 3: Pair of linear equations in</u> <u>two variables</u>	Chart of consistency/Inconsistency Chalk and black board	Students will know and understand 1. difference between linear equation in 1 variable and 2
* Pair of linear equations in two	SRC	variables.
variables	Cross word puzzle	2. the type of solution of a pair of
* Graphical method of solution of a	Find the error worksheet	linear equation in 2 variables by
pair of linear equations		analyzing the condition of
* Algebraic method of solving a	Method of evaluation:	consistency.
pair of linear equations -	1. Review questions	3. solving the pair of linear
Substitution method	2. Slip tests	equations in 2 variables by
Elimination method	3. Assignments	algebraic methods- substitution
* Simple situational problems.	4. Discussions	and elimination multiplication
		method.
		4. to frame the required equation
		for the given problem related to
		life and solve them.

		5. develop skill in drawing graphs and reading information from graph.
Chap.4 Quadratic Equations * Quadratic equations * solution of quadratic equation by Factorization * solution of quadratic equation by quadratic formula * Nature of roots * Situational problems based on quadratic equations based on quadratic equations related to day to day activities to be incorporated.	Demonstration and lecture method Assessment : Class test Oral discussion Oral test Worksheets and assignments of extra questions.	<ul> <li>After studying this lesson students will know and understand:</li> <li>1. all formulas and all important concepts related to the quadratic equations.</li> <li>2. the nature of solutions, factor method and quadratic formula for solving the Q.E.</li> <li>3. method of implementation of these two formulas in a complex problems.</li> </ul>

# Month : July 2023

Chap.5: Arithmetic Progressions	Inductive-Deductive, Demonstrative	After studying this lesson students
Sub topics:	and Activity	are able
Progressions	Models	1. to get knowledge about
	Black-board and Chalk	sequences
Arithmetic progression	SRC	2. acquire knowledge about
General form of A.P.	SAC	
First term(a), common difference(d)	Find the error worksheet	progression
Nth term in A.P.	Cross word puzzle	3. to know about arithmetic
Nui term m A.F.		progression
Sum of n terms of an A.P.		4. to find nth term and sum of n
		4. to find fith term and sum of h
		terms
		5. to apply the knowledge of A.P.

		in solving real problems
Chap.6: Triangles * Similar figures * Similarity of triangles * Criteria for similarity of Triangles * Areas of similar triangles * Pythagoras theorem	Inductive-Deductive, Demonstrative and Activity Models Black-board and Chalk	<ul> <li>After studying this lesson students are able</li> <li>1. to acquire the knowledge about similarity of triangles</li> <li>2. to understand the criteria for similarity of triangles</li> <li>3. to understand the Thales theorem and its application</li> <li>4. to understand the Area theorem</li> <li>5. to understand the Pythagoras theorem</li> </ul>

# Month : August 2023

Chap.7: Coordinate geometry Sub topics : Distance formula Section formula and	Method of teaching : Inductive method Deductive method Interactive method Group discussion method Method of evaluation : Oral quiz Slip test Assignment Unit test	<ul> <li>At the end of the lesson student are expected :</li> <li>1. to recognize distance formula, section formula</li> <li>2. to recall formula for area of triangle in terms of coordinates</li> <li>3. to prove distance formula and section formula</li> <li>4. to use the distance formula and section formula in solving problems</li> <li>5.to use the knowledge of coordinate geometry in daily life.</li> </ul>
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Chap. 8: Introduction to <u>Trigonometry</u> Sub concepts : trigonometric ratios Trigonometric ratios of specific angles Trigonometric Identities and	Inductive method Deductive method Interactive method Group discussion method Method of evaluation : Oral questions Slip test Assignment Periodic written test	<ul> <li>At the end of the lesson students are expected</li> <li>1. to recognize trigonometric ratios</li> <li>2. to trigonometric ratios of specific angles and complementary angles</li> <li>3. to recall trigonometric identities To convert the trigonometric identities into the required form</li> <li>4. to use trigonometric ratios in solving problems</li> <li>5. to use the knowledge heights and distances in daily life.</li> </ul>
Chap. 9: Some Application of <u>Trigonometry</u> * Heights and distances	Inductive method Deductive method Interactive method Group discussion method Evaluation : Class test Extra questions Oral questions Lab manual activity Cross word puzzle	<ul> <li>After studying this lesson students will be able to know about various concepts related to trigonometry:</li> <li>1. Students will know about the line of sight.</li> <li>2. Students will know about the angle of elevation and depression.</li> <li>3. Students will know about use of trigonometric ratios in daily life.</li> <li>4. Students will be able to draw diagram of given height and distance question.</li> <li>5. Students will be able to find the angle of elevation with the help of trigonometric ratios.</li> </ul>

<u>Chap. 10: circles</u> * tangents to a circle * number of tangents from a point on a circle	Inductive method Deductive method Interactive method Group discussion method Evaluation : Asking questions, assignments, unit test. SRC Cross word puzzle Find the error worksheet	The students develop skill in applying different geometrical concepts in day to day life. Develop interest in mathematics

#### Month : October 2023

Chap. 11: Areas Related to Circles	Think pair and share, inductive and deductive learning, brain storming, discussion of muddiest point.	Students would be able to visualize and analyse the given figure, thereby
* Perimeter and area of a circle * areas of sector and segment	Quiz	1. calculate the areas and
a cas of sector and segment	Daily practice problem MCQ	perimeter of circle. 2. calculate the area of a given
	Peer assessment	segment or sector of the circle.
	Case studies	3. calculate the length of major
	Lab activities	and minor arc. 4. calculate the area of combination of plane figures in collaboration with others.
<u>Chap. 12: Surface areas and</u> <u>Volumes</u>	Inductive method Deductive method	At the end of the lesson students are expected 1. to recognize shapes of cuboid,

Name of the sub concepts :	Interactive method	cube, cylinder, cone, sphere and
Name of the sub concepts : Surface areas and volumes of combinations of any two of the following : cubes, cuboids, spheres, hemispheres and right circular cylinders/cones.	Interactive method Group discussion method Evaluation : Oral quiz Assignment Class test	<ul> <li>cube, cylinder, cone, sphere and frustum of a cone.</li> <li>2. to recall the formula of surface area and volume of cuboid, cube, cylinder, cone, sphere, hemisphere and frustum of a cone.</li> <li>3. to differentiate between curved surface area and total surface area.</li> </ul>
		<ul> <li>4. to differentiate surface area and volume.</li> <li>5. to find the volume of given combination.</li> </ul>

# Month : November 2023

Chap. 13: Statistics Name of the sub concept : Mean of grouped data Mode of grouped data Median of grouped data	Inductive method Deductive method Interactive method Group discussion method Assignment sheet	<ul> <li>At the end of the lesson students are expected</li> <li>1. To recall the formulae of mean, median and mode of the grouped data.</li> <li>2. to differentiate mean, median, mode from one another</li> <li>3. to find mean , median and mode of the given grouped data.</li> <li>4. to find class size and class mark of the given data.</li> </ul>
<u>Chap. 14: Probability</u>	Activity based method	At the end of the lesson students are expected

Name of the sub concepts :	Deductive method	1. to recognize the outcomes of
Name of the sub concepts .	Deductive method	1. to recognize the outcomes of
Classical definition of probability,	Interactive method	the given random experiments.
Simple problems on finding the probability of an event.	Group discussion method	2. to differentiate between
		empirical probability and
	Method of evaluation :	theoretical probability.
	Oral questions	3. to find the probability of the
	Assignment	given event.
	Periodic written test	4. to use the knowledge of
	Chapter assignment sheet	probability in daily life.
		5. to use the learnt concepts in
		solving exercise problems.

### Month : December 2023

No. of working days : 22

Practice from sample papers	

#### Month : January 2024

No. of working days : 18

Practice from old CBSE board	Pre-board exam	
papers		

#### Month : February 2024

No. of working days : 15

Discussion of doubts	

#### CURRICULUM (2023-24) SUBJECT - SCIENCE Class: X

#### **LEARNING OBJECTIVES:-**

- **1.** Strengthen the concepts developed at the secondary stage to provide a firm foundation for further learning in the subject.
- **2.** Expose the learner to different processes in science-related industrial and technological applications.

- **3.** Develop process skills and experimental, observational, manipulative, decision making and investigatory skills in theearners.
- 4. Promote problem-solving abilities and creative thinking in learners.
- **5.** Develop conceptual competence in learners and make them realize and appreciate the interface of science with other disciplines.

Month – April

No. of working days - 18

CHAPTER	METHODOLOGY	LEARNING OBJECTIVE
Chemical Reactions and Equations	Lecture method/ Experimentalmethod	Students will be able to learn definitions of Chemical reaction and chemical equation.
Chemical reaction Chemical equation Types of Chemical reactions Combination reaction Decomposition reaction Displacement reaction Double displacement reaction		They will be able to differentiate between types ofreactions with activity.
Life Process Nutrition Respiration Transportation Excretion	Lecture Method/ Demonstration method	Students will be able to learn the working of Digestive System Respiratory System Transportation System Excretory System With diagrams of animals (human beings) and plants

### Month – May

CHAPTER	METHODOLOGY	LEARNING OBJECTIVE
Light	Lecture method/	Students will be able to learn the fundamentals of
	Experimental method	reflection and refraction of light.
Reflection of light		
Refraction of light		They will also be able to understand the propagation
Refractive Index		oflight.
Mirror and Lens formula		
Power of Lens		Image formation by mirror and lens.
		Refractive index.
		Numericals based on mirror or lens formula.
Human Eye	Lecture method/ Group	Students will be able to understand the

	Discussion	formation ofimages in the eye.
Human Eye		
Refraction through a glass prism		They will also be able to grasp the different eye
Atmospheric refraction		defects and their solutions

# Month – July

No. of working days - 22

CHAPTER	METHODOLOGY	LEARNING OBJECTIVE
Acid, Base and Salts	Lecture method/ Experimental method/ Group Discussion	Students will be able to
Acids		Define Acids and Bases
Properties of Acids		Learn the properties of acids and bases
Bases		Formation of different salts (bleaching powder,
Properties of Bases		baking soda, POP etc.)
Salts		Properties and uses of salts
Metals and Non-Metals	Lecture method/ Experimental method/ Group discussion	Students will be able to distinguish between the physical properties and chemical properties of
Physical properties of metal andnon-metals		metaland non-metal.
Chemical properties of		They will be able to understand the formation of
metal and non-metals		Ionicbonds
Ionic bond		
Occurrence of metals		
Corrosion		

# Month – August

METHODOLOGY	LEARNING OBJECTIVE
Lecture method/ Chart	Students will be learning about the nervous system, reflex action and human brain functions.
	They will be learning about coordination in plants and hormones effect in the body.
Lecture method/ Group discussion	Students will learn about the ecosystem, food chain and food webs.
	They will learn about 3R's and their roles.
	Lecture method/ Chart

Month – September

- Revision
- Half-yearly Exam

# Month – October

No. of working days - 20

CHAPTER	METHODOLOGY	LEARNING OBJECTIVE
Carbon and its Compounds Carbon Covalent bond Saturated hydrocarbons Unsaturated hydrocarbons Properties of Carbon Compounds Soap & Detergent	Demonstration method/ Lecture method	Students will be able to learn Formation of covalent bond Properties of carbon compounds Distinguish between soap & detergents Properties of Ethanol Properties of Ethanoic acid
Reproduction Asexual Reproduction Sexual Reproduction Types of Asexual Reproduction Sexual Reproduction in Plants &Animals(human beings)	Lecture method/ Chart	Students will be able to learn different types of asexualmethods Fission Fragmentation Regeneration They will be able to know the male & female reproductive systems of human beings Reproduction in flowers and plants

# Month – November

CHAPTER	METHODOLOGY	LEARNING OBJECTIVE
Magnetic Effects of	Lecture method/ Experimental	Students will be able to learn the definition of
Electricity	method	the magnetic field, magnetic field lines, right-
		hand thumb rule etc.
Magnetic field		
Right-hand thumb rule		They will be able to understand the meaning of
Solenoid		electromagnetic induction and induced current.
Electromagnetic		
Induction		
Induced current		
Electricity	Lecture method/	Students will be able to define the current,
	Experimental method/	potential difference and resistance.
Current	Group discussion	
Ohm's Law		They will be able to derive formulas for Ohm's
Resistance		law, Resistance in Series.
Resistance in series		
Resistance in parallel		Resistance in Parallel and will be able to solve
Heating effect of Electric		numerical based on them

current		
Power		
Heredity and Evolution	Lecture method/	Students will be able to learn and define
	Demonstration method	Heredity
Heredity		
Mendel's laws of		They will be able to understand the laws of
inheritances		inheritance.
Sex determination		

Month – December

• Pre-Board I Exam

Month – January

• Pre-Board II Exam

Month – February

• Revision of Final Exam

#### CURRICULUM (2023-24) Subject: Social Science Class: X

**Objectives :** 

The main objectives of this syllabus are to:

- develop an understanding of the processes of change and development over a period of time, through which human societies haveevolved.
- make learners infer that the process of change is continuous and any event or phenomenon or issue cannot be viewed in isolationbut in a wider context of time and space.
- develop an understanding of contemporary India with its historical perspective, of the basic framework of the goals and policies of national development in independent India, and of the process of change in connections to world development
- deepen knowledge about and understanding of India's freedom struggle and of the values and ideals that it represented, and appreciate the contributions made by people of all sections and regions of the country.
- help learners understand and cherish the values enshrined in the Indian Constitution and to prepare them for their roles and responsibilities as effective citizens of a democratic society.
- deepen the knowledge and understanding of India's environment in its totality on people's life.
- facilitate the learners to understand and appreciate the diversity in the land and people of the country with its underlying unity.
- develop an appreciation of the richness and variety of India's heritage-both natural and cultural and the need for its preservation.
- promote an understanding of the issues and challenges of contemporary India- environmental, economic and social, as part of thedevelopment process.
- develop competencies; Analytical skills/ critical thinking skills, creative skills help pupils acquire knowledge, skills and understanding to face the challenges of contemporary society as

individuals and groups and learn the art of living a confident and stress-free life as well as participating effectively in the community.

- enable students to correlate the social science subjects through an interdisciplinary approach.
- explore their creativity and innovation through experiential and art integrated learning.
- develop scientific temperament by promoting the spirit of enquiry and following a rational and objective approach in analysing and valuate data and information as well as views and interpretations.
- develop academic and social skills such as critical thinking, communicating effectively both in visual and verbal forms cooperating with others, taking initiatives and providing leadership in solving others' problem.
- develop qualities clustered around the personal, social, moral, national and spiritual values that make a person humane and socially effective.

### Month : April 2023

CHAPTER	METHODOLOGY	LEARNING OUTCOMES
<b><u>GEOGRAPHY</u></b> <u>Chap.1</u> Resources andDevelopment	• Brainstorming on how the resources are interdependentin nature and the need to develop them in India and present in the form of Venn diagram	• Enumerates how the resourcesare interdependent, justify how planning is essential judicious utilization of resources and the need to develop them in India
	• Use of maps, charts, and other tools to identify patternsand trends of land utilization	• Infers the rationale for development of resources
	Case study and debate on thetopic "Is the development acting as an adversary for conservation" and present a report in the form of PPT. M C Qs. Peer Assessment Case studies HOTS For slow learners : 1. Basic questions 2. peer help to be provided	<ul> <li>Analyse and evaluate data andinformation related to non- optimal land, utilization in India.</li> <li>Appraise and infer the need to conserve all resources availablein India suggest remedial measures for optimal utilization of underutilized resources</li> </ul>
<u>DP</u> <u>Chap. 1:</u> Power - sharing	<ul> <li>Read relevant Newspaper articles/ clippings on Power sharing and present the findings in the form of flow chart</li> <li>Discuss various forms ofpower-sharing</li> <li>Classroom discussion on challenges faced by</li> </ul>	<ul> <li>Enumerates the need for powersharing in democracy.</li> <li>Analyse and infer the challengesfaced by Belgium and Sri Lanka in ensuring Power sharing.</li> </ul>
	<ul> <li>Belgium&amp;Sri Lanka in ensuring effectivepower sharing</li> <li>Socratic discussion on</li> </ul>	<ul> <li>Compare and contrast the powersharing of India with Sri Lanka and Belgium</li> <li>Summarize the</li> </ul>

PowerSharing Techniques used by India, Sri Lanka and Belgium	purpose of power sharing in preserving theunity and stability of a
Black-board and Chalk	country.

# Month : May 2023

J.
No. of working days : 16

No. of working days : 16		
ECONOMICS <u>Chap. 1</u> Development <u>:</u> ·	•Hot seat strategy to enumerate different developmental Goals thathelps in nation building	• Enumerate different and examine the different processes involved in setting developmental Goals that helps in nation building
	•Case study to analyse and infer how the per capita income depicts the economiccondition of the nation.	• Analyse and infer how the per capita income depicts the economic condition of the nation.
	•Graphic organizer to compareand contrast the t relation between HDI and PCI	• Evaluate the development goalsthat have been set for the nationby the Planning commission of India -with specific reference to their efficacy, implemental
	•Declamation to Analyses the multiple perspectives on the need development Method of evaluation:	strategies, relevance to current requirements of the nation
	<ol> <li>Review questions</li> <li>Assignments</li> </ol>	• Compare and contrast how per capita income of some
HISTORY Chap.2 Nationalism in India	• Sequence chart /story Board/Story telling pedagogy to Illustrate various facets of Nationalistic movements thatushered in the sense of Collective Belonging	<ul> <li>Illustrate various facets of Nationalistic movements thatushered in the sense of Collective Belonging</li> <li>Summarize the aspects of theFirst World War that</li> </ul>
	• Students will examine textual content and other references and Present through PPT.	triggeredtwo defining movements (Khilafat & Non-cooperation Movement) in India
	• Viewing the relevant Snippetsfrom the movies /video clippings depicting various events involving Gandhiji andother leaders and present findings through a panel discussion or seminars.	• Evaluate the effectiveness of thestrategies applied by Gandhiji and other leaders in the Two movements.
<u>DP</u> <u>Chap.2</u> Federalism	• Group discussion on the distribution of powers betweenUnion and state Government and present the outcomes through presentations.	<ul> <li>Analyse and infer how federalism is being practised in India.</li> <li>Analyse and infer</li> </ul>
		• Analyse and infer

Debate on policies and politicsthat strengthens Federalism inpractice and present through mind map	how the policies and politics that hasstrengthens federalism in practice.
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# Month : July 2023

No. of working days : 22		
HISTORY Chap.5 Print culture and the Modern World.	<ul> <li>Flow chart to depict thedevelopment of Print</li> <li>Declamation on the profound transformation of people due to the print revolution.</li> <li>Use of Venn diagram to compare the advantages ofhand written books and theprinted books Interpret and infer from pictures, cartoons, extracts from propaganda literature onimportant events and issues with focus on print culture.</li> </ul>	<ul> <li>Enumerate the development of Print from its beginnings in EastAsia to its expansion in Europe and India.</li> <li>Comment on the statement that the print revolution was not just away of producing book but profound transformation of people.</li> <li>Compare and contrast the oldtradition of hand written manuscripts versus the print technology. Summarise the role of Print revolution and its impact on World &amp; India 's political, socialand economic condition.</li> </ul>
GEOGRAPHY Chap.2.Forest and Wildlife Resources	<ul> <li>Read newspaper articles/ watch videos on deforestationand need for conservation and through world café strategy present your findings.</li> <li>Debate how developmental works, grazing wood cutting have impacted on the survivalor otherwise of the forests.</li> <li>Use art integration strategy tosummarize and present the reasons for conservation of biodiversity in India under sustainable development</li> </ul>	<ul> <li>Enumerate how conservation offorests and wildlife are interdependent in nature and inmaintain the ecology of India.</li> <li>Analyse and infer how some ofthe developmental works, grazing wood cutting have impacted on the survival or otherwise of the forests.</li> <li>Summarizes the reasons for conservation of biodiversity inIndia under sustainable development.</li> </ul>
<b><u>GEOGRAPHY</u></b> Chap.3. Water Resources	<ul> <li>Brainstorming session to discuss the scarcity of waterand present through graphicorganizers</li> <li>Prepare a PPT to</li> </ul>	<ul> <li>Enumerate why the water resource of India to be conserved.</li> <li>Summarize the roles of Multipurpose projects and supporting the water</li> </ul>

	Summarizethe roles of Multipurpose projects in supporting the water requirement of India	requirementof India.
<u>DP</u> <u>Chap.3.</u> Gender, Religion andCaste	• Skit /street play to enumerate how the differences in gender,religion and caste impact the practicing healthy or otherwisein a Democracy.	• Enumerates how the differencesin gender, religion and caste impact the practicing healthy or otherwise in a Democracy
	• Graphic method to Analyseand infer how different expressions based on differences in Gender, Religion and Caste are healthy or unhealthy in a democracy.	• Analyses and infers how different expressions based on the differences in Gender, Religion and Caste are healthyor unhealthy in a democracy

# Month : August 2023

HISTORY	Watch Videos/ read Textual	• Infer how the French
Chap.1 The Rise of Nationalism in Europe	<ul> <li>watch videos/ read Textual materials/read related novelson the French revolution followed by a Class room discussion and</li> </ul>	• Infer now the French Revolutionhad an impact on the European countries in the making of nationstate.
	presentation.	• Enumerate and evaluate the validity of the nature of the
	World café/ Panel discussion/debate using	diverse social movements of thetime
	Collaborative learning, to explore the diverse social groups and present it as a group.	• Analyse and infer how the idea of nationalism emerged and led to the formation of nation states in Europe and
	• Use of graphic organizers to explain the idea of	elsewhere.
	unificationof states to form one nation. (Italy/Germany/Greece)	• Illustrate that, the quest for imperialism triggered the FirstWorld War.
	• Visual representation of the map of Pre-First World War Europe followed by the	
	Classdiscussion and reflection activity based on the map of Post First World	
	War Europe	

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GEOGRAPHY Chap-4. Agriculture	<ul> <li>Discusses the challenges faced by farmers, such as lowproductivity, lack of modern technology, inadequate irrigation facilities, and post- harvest losses and presentsthe findings through PPT</li> <li>Reads Newspapers and panel discusses the challenges faced by the farming community in India</li> <li>Use of graphic organizers to distinguish the traditional andmodern farming methods</li> </ul>	<ul> <li>Enumerate how agriculture playsa contributory role in Indian economy</li> <li>Analyses and infers the challenges faced by the farmingcommunity in India</li> <li>Identifies and summarizes various aspects of agriculture, including crop production, typesof farming, modern agricultural practices, and the impact of agriculture on the environment.</li> </ul>
<u>DP</u> <u>Chap.4</u> Political Parties	Role play the role, purpose and no. of Political Parties in Democracy	Enumerates the role, purpose,and no. of Political Parties in Democracy
	• Reads newspapers, watches video clippings to justify the contributions /non contributions made by national and regional politicalparties in successful functioning of Indian democracy.	• Justifies the contributions /non contributions made by national and regional political parties in successful functioning of Indian democracy.
ECONOMICS Chap.2.Sectors of the Indian Economy	<ul> <li>Data analyse various sectors and their contribution in GDPand NDP.</li> <li>Research based strategy to propose solutions to identifiedproblems in different sectors based on their understanding.</li> <li>Read Newspaper articles and group discuss to Summarize how the organised and unorganised sectors are providing employment and thechallenges faced by them</li> </ul>	<ul> <li>Analyses and infer how the economic activities in different sectors contribute to the overallgrowth and development of theIndian economy.</li> <li>Propose solutions to identifiedproblems in different sectors based on their understanding</li> <li>Summarize how the organised and unorganised sectors are providing employment and thechallenges faced by them</li> <li>Enumerates the role of unorganised sector in impactingPCI currently and proposes suggestive steps to reduce the unorganised sector for more productive contributions to GDP</li> <li>Enumerates and infer the essential role of the Public and Private sectors the present trends of PPP and efficacy of the initiative</li> </ul>

#### Month : September 2023 No. of working days : 23

No. of working days : 23 <u>Geography</u>	Analyses the Data on the contribution of Roadways	• transportation works as a life lineof economy.
Chap.7.Life Lines of National Economy	andrailways in the economy in a year and present a PPT/bulletin board.	• Analyse and infer the impact ofroadways and
To be evaluated in theboard examination	• Debate and discuss the advantages and limitations onroadways and railways.	railways on the national economy
Sub topics Roadways andRailways.	<ul> <li>Brainstorming/ Case studies on the challenges faced by the government in operating and maintenance of railways and roadways.</li> <li>Inter disciplinary project with chapter 3 of History: The makingof a Global world and chapter 4 of Economics: Globalization andthe Indian Economy</li> </ul>	<ul> <li>Analyses and infers the challenges faced by the roadways and railway sector in India.</li> </ul>

# Month : October 2023

HISTORY Chap.3 The Making of aGlobal• Initiate an Inquiry based learning using world café' strategy and present your findings through café conversation strategy of eacharea (transformed the world in terms of economy, political,cultural and technological aspects.)• Summarize the changes that transformed the world in terms of economy, political,cultural and technological aspects.)• Art integration and gallerywalk to depict the interconnectedness.• Depict the global interconnectedness.• Students examine the photographic display/ new paper cutting that depict the destructive impact of colonialism on the livelihoods of colonised people and present their understandings in the form of Newsletter/ cartoon strips/ Inter Disciplinary Project• Summarize the changes that transformed the world in terms of economy, and chapter 7 of Geography: Life lines of National Economy, and chapter 4 of Economics Globalization and the Indian Economy	No. of working days : 20	1	
	Chap.3 The Making of aGlobal	<ul> <li>learning using world café' strategy and present your findings through café conversation strategy of eacharea (transformed the world in terms of economy, political,cultural and technological aspects.)</li> <li>Art integration and gallerywalk to depict the interconnectedness.</li> <li>Students examine the photographic display/ new paper cutting that depict the destructive impact of colonialism on the livelihoodsof colonised people and present their understandings in the form of Newsletter/ cartoon strips/ Inter Disciplinary Project with chapter 7 of Geography: Life lines of National Economy, and chapter 4 of Economics Globalization and the Indian</li> </ul>	<ul> <li>transformed the world in terms ofeconomy, political, cultural and technological areas.</li> <li>Depict the global interconnectedness from the Premodern to the present day.</li> <li>Enumerate the destructive impact of colonialism on the livelihoods of colonised</li> </ul>

GEOGRAPHY Chap.5. Minerals and Energy Resources	<ul> <li>Usage of textual resource, mind maps, pie charts to Analyse and infer how different types of minerals areformed, where they are found,their uses, importance for human life and the economy</li> <li>Use graphic organizers to Infer the resource distributionto real-world situations and proposes strategies for sustainable use of natural resources</li> <li>Use of flow chart to Differentiate between the conventional and non-conventional sources of energy</li> </ul>	<ul> <li>Analyses and infers how different types of minerals are formed, where they are found, their uses, importance for humanlife and the economy</li> <li>Infers the resource distribution toreal-world situations and proposes strategies for sustainable use of natural resources</li> <li>Differentiates between the conventional and nonconventional sources of energy.</li> </ul>
<u>ECONOMICS</u> <u>Chap.3.</u> Money and Credit	<ul> <li>Group discussion to</li> <li>Enumerate how money</li> <li>playsas a medium exchange</li> <li>in alltransactions of goods</li> <li>and services since ancient</li> <li>times to the present times</li> </ul>	• Enumerate how money plays asa medium exchange in all transactions of goods and services since ancient times to the present times
	<ul> <li>Case based study to Analyse and infer various sources of Credit</li> </ul>	Analyse and infer varioussources of Credit

# Month : November 2023

HISTORY Chap.4 The Age of Industrialisation Note: The chapter is tobe assessed in the periodic assessment only	<ul> <li>Watch relevant Videos/ Visuals/ documentaries/ the movie clippings on features ofPre &amp; Post economic, political, social features of Preand Post Industrialization</li> <li>Debate on the impact of Industrialisation in the colonies with specific focus onIndia.</li> </ul>	<ul> <li>Enumerate the features of Pre&amp;Post economic, political, social features of Pre and Post Industrialization.</li> <li>Analyse and infer how the industrialization impacted colonies with specific focus on India.</li> </ul>
<u>GEOGRAPHY</u> Chap.6 ManufacturingIndustries	<ul> <li>Use of flow chart to Differentiate between various types of manufacturing industries based on their inputmaterials, processes, and endproducts.</li> <li>Utilizes the textual information (data given through various maps/graphs)to Enumerates the impact of manufacturing</li> </ul>	<ul> <li>Differentiates between various types of manufacturing industriesbased on their input materials, processes, and end products, and analyse their significance in the Indian economy.</li> <li>Enumerates the impact of manufacturing industries on theenvironment, and develop strategies for</li> </ul>

	<ul> <li>industries on the environment, and develop strategies for sustainable development of the manufacturing sector.</li> <li>Uses Case Studies to Infers the relation between availability of raw material and location of the Industry.</li> </ul>	<ul> <li>sustainable development of the manufacturing sector.</li> <li>Infers the relation between availability of raw material andlocation of the Industry</li> </ul>
		<ul> <li>Enumerates the impact of manufacturing industries on theenvironment, and develop strategies for sustainable development of the manufacturing sector.</li> <li>Infers the relation between availability of raw material andlocation of the Industry</li> </ul>
<u>DP</u> <u>Chap.7</u> Outcomes ofDemocracy	Graphic organizer to enumerates success of democracy depends on quality of government, economic wellbeing, in equality, social differences, conflicts freedom and dignity	<ul> <li>Enumerates how a success of democracy depends on quality of government, economic wellbeing, in equality, social differences, conflict, freedom and dignity.</li> <li>Analyses and infers why sometimes the gap occurs between expected outcome andactual outcome effects the success of Democracy</li> </ul>
ECONOMICS <u>Chap.4.</u> Globalization and the Indian Economy Note: To be evaluated inthe board examination Sub topics: What is Globalization? Factors that have enabled Globalisation	<ul> <li>Watch videos on globalisationfollowed by an interactive group discussion to enumerate the concept of globalization and its definition, evolution, and impact on the global economy</li> <li>Read Textual and other resources to analyse and infer the key drivers of globalization and their role inshaping the global economiclandscape.</li> </ul>	<ul> <li>Enumerate the concept of globalization and its definition, evolution, and impact on the global economy.</li> <li>Evaluate the key role of the key major drivers of globalization and their role in shaping the global economic landscape in variouscountries</li> <li>Enumerates the significance of role of G20 and its significance in the light of India's present role</li> </ul>

Month : December 2023
No. of working days : 22

Practice from sample papers

Month : January 2024		
No. of working days : 18		
Practice from old CBSE board	Pre-board exam	
papers		

#### CURRICULUM (2023-24) Subject: Art and Craft and Home science (Activity) Class: X

Learning objectives

Art and craft

To create love for the environment by making best out of waste with the help of recyclable things create awareness for the waste reduction and promote reuse of bottles, cans, paper etc.

Use of vegetable dyes instead of chemical dyes which were used earlier in India.

**Culinary Art** 

It is to have effective multi dimensional growth of students which will impact physically, intellectually and enhance knowledge techniques, ethics and nutritive values of food and the presentation skill also. These activities help the students to choose their career in future.

#### 1st Term

April	Fluid Art	Gold leaf Frame
May	Block Printing	-
July	Sugar Pot with Balloon	Wall clock with cycle rim
August	Thali Decoration/ style furniture	Frames with Old Cardboards
September	Mini Organizer Vandanvar	Other Decorative Things

#### **Culinary Arts**

### 2nd Term

October	Idli and Sandwich	-
November	Rose Samosa	Besan Barfi
December	Table Layout	Cake, Pasta
January	Corn Salad	-

#### CURRICULUM (2023-24) Art and Craft (Activity)

#### Class: X

### Learning Objective

The students are able to develop the aesthetic sense, appreciate the beauty in lines, forms and colors. The students will get to know the wide range of artistic impressions, the media and tools used. the students would be acquainted with brief glimpses of the development of Indian Visual Art.

### 1st Term

April	May	July	August	September
Theory	Theory	Theory	Theory	Theory
Practical	Practical	Practical	Practical	Practical
Introduction to art	Understanding and Appropriate use of Painting Materials	Areas of Drawing and Painting	Padma Pani, Mother Teresa, Lion Capital from Sarnath	Revision
Principles of art	Sketching of Nature	Landscapes	Flower Composition and Bird Composition	Completion of Portfolio
Still Life	Folk Art (Madhubani painting)	-		
Canons of arts	-	-		

### CURRICULUM (2023-24) SUBJECT - MUSIC VOCAL CLASS : X

#### **LEARNING OBJECTIVES:**

- 1) Learn Vocal Music
- 2) Short and long Definitions
- 3) Practical

CONTENT	METHODOLOGY	LEARNING OUTCOME
APRIL :	Lecture method, singing way and	Learned definitions and singing

Theory Ct. dr. of the	whitten work	skills
Theory : Study of the	written work	SKIIIS
following definitions : Alaap,		
Taan, Meend & detailed		
study of Raag Bhupali		
Practical : Raag Bhupali drut		
khayal		
Kilayai		
MAY:	Singing way, hand beats	Learned definitions and singing
		skills
Theory : Study of the		
following definitions :		
Dhrupad, Dhamaar, Tarana		
Due d'acte Derectione la comp		
Practical : Devotional song		
and Roopak Taal with hand		
beats		
JULY :	Lecture method, written work and	Knowledge of writing biography
	singing way	and singing way
Theory : Detailed study of	~ <u>B</u> ····B····B····B····B····B····B····	······································
Raag Brindavani Sarang &		
life sketch of Ustad Tansen		
Practical : Raag Brindavani		
Sarang drut khayal		
AUGUST :	Written work, singing way, hand beats	How to speak Taal with hand
	and lecture method	beats and knowledge of writing
Theory : Life sketch and		biography
contribution of Pandit		9
Sadarang & detailed study of		
Raag Khamaj		
Practical : Raag khamaj drut		
khayal and Chautaal with		
hand beats		
SEPTEMBER :	Singing way, lecture method and	How to justify the Raag from
SET TEAUDER .	written work	swar rendered and knowledge of
THEORY : Life sketch and		writing biography
contribution of Ustad Faiyaz		
Khan		
Practical : Ability to		
recognaize Raag from Swar		
rendered by Teacher		
OCTOBER :	Notation writing, hand beats and	How to writing notation of Taals
OCTOBER:	C.	How to writing notation of Taals
Theory : Ability to write	lecture method	
notation of composition in		
above Raag		
6		
Practical : One Vilambit		
khayal and recitation of		
Tilwada Taal with hand		

baets		
NOVEMBER :	Lecture method, hand beats, singing way and notation writing	Writing notation in laykari way and singing way
Theory : Ability to write	·····	······
notation of composition in		
above Taals with Dugun,		
Tigun, and Chaugun		
Practical : Vilambit khayal		
DECEMBER :	Written work, lecture method and	How tuning the instrumental
	singing way	music
Theory : Knowledge the		
Structure and Tuning of		
Tanpura, life sketch and		
contribution of Omkar Nath		
Thakur		
Practical : Revision of all		
Raag and Taal		

### CURRICULUM 2023-24 SUBJECT – COMPUTER SCIENCE CLASS-X

### **LEARNING OBJECTIVES:-**

- 1. To make the students aware about the types of languages used in computer (High Level Language,Low Level languageand Machine Language)
- 2. How does computer perform conversion based on Binary and Decimal conversion
- 3. Concept of Flow chart and Algorithm
- 4. To make the students aware about the concept of web designing in todays world
- 5. To be able to use HTML as a computer Language

### MONTH AND NO OF WORKING DAYS- April (18 days)

S.No	Chapter	Methodology	Learning Outcomes
1.	Binary and Decimal Conversions	Explanation of Conversions with the help of Sums using Blackboards	<ul> <li>To know the concept of bits</li> <li>How the computer can understand machine language</li> </ul>

#### MONTH AND NO OF WORKING DAYS- May (16)

S.No	Chapter	Methodology	Learning Outcomes
2.	Flow chart	Explanation of flow charts using symbols	• To develop the logical thinking ability for creation of programs

### MONTH AND NUMBER OF WORKING DAYS – July(22)

S.No	Chapter	Methodology	Learning Outcomes

3	Flow chart	Practicing various flow charts using symbols	٠	To develop logical thinking ability for creation of programs
4.	Algorithms	Explanation step by step instructions of Algo by framing Algorithms	•	The need for algorithms To develop base for programming

## MONTH AND NUMBER OF WORKING DAYS – August (23)

S.No	Chapter	Methodology	Learning Outcomes
5	Creating HTMI Documents	Interactive method using book and blackboard	• Students will be able to know about the types of tags and its usage.
		In practical students will be explained various tags	

# MONTH AND NUMBER OF WORKING DAYS-September(23)

## Practical Exam to be taken of HTML

## MONTH AND NUMBER OF WORKING DAYS- October(20)

S.No	Chapter	Methodology	Learning Outcomes
6.	Using Images and linking web pages	Interactive session explaining the various tags in HTML and in practical displaing how the web pages can be linked and images inserted	<ul> <li>To know the concept of bits</li> <li>How the computer can understand machine language</li> </ul>

# MONTH AND NUMBER OF WORKING DAYS -November (19)

S.No	Chapter	Methodology	Learning Outcomes
7.	Introduction to HTML tables	Explanation of tags used to create the tables and in practical display the table creation on the system	• Students will be able to insert tables in HTML

### MONTH AND NUMBER OF WORKING DAYS – December(22)

S.No	Chapter	Methodology	Learning Outcomes
8.	HTML Tables (to be continued)	Explanation of tags used to create the tables and in practical display the table creation on the system	• Students will be able to insert tables in HTML

### MONTH AND NUMBER OF WORKING DAYS – January(18)

S.No	Chapter	Methodology	Learning Outcomes
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	Class X
Yoga	

9.	HTML Tables – Image insertion in tables	Explanation of tags used to insert images inthe tables and in practical display the image creation in table creation on the system	•	Students will be able to insert images in tables in HTML
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# MONTH AND NUMBER OF WORKING DAYS – February (15)

**Practical Exam will be conducted** 

April 18 days          April 18 days       Om Chanting         Sukshma vayama       Asana:         • Tadaasana       · Virikshasana         • Hastottanasana       · Padahastasana         · Padahastasana       · Padahastasana         Pranayama       · Bhramari         May 16 days       Om Chanting         May 16 days       Om Chanting         May 16 days       Om Chanting         Sukshma vayama       Asana:         • Tadaasana       · Trikonasana         • Virikshasana       · Trikonasana         • Virikshasana       · Trikonasana         • Virikshasana       · Trikonasana         • Trikonasana       · Trikonasana         • Virikshasana       · Trikonasana         • Virikshasana       · Trikonasana         • Hastottanasana       · Trikonasana         • Virikshasana       · Trikadasana         • Hastottanasana       · Trikadasana         • Paschimotanasana       · Trikadasana         • Tadaasana       · Trikadasana         • Virikshasana       · Tridaasana         • Virikshasana       · Tadaasana         • Virikshasana       · Tadaasana         • Virikshasana       · Tadaasana         • Virikshasana		
April 18 days       Asana :         • Tadaasana         • Virikshasana         • Padahastasana         • Padahastasana         Pranayama         • Bhramari         Mediatation         May 16 days         Om Chanting         Sukshma vayama         Asana :         • Tadaasana         • Trikonasana         • Virikshasana         • Trikonasana         • Virikshasana         • Trikonasana         • Virikshasana         • Tritadaasana         • Tritadaasana         • Tritadaasana         • Tritadaasana         • Tritadaasana         • Tritadaasana         • Paschimotanasana         • Tritadaasana         • Paschimotanasana         • Tritadaasana         • Paschimotanasana         • Paschimotanasana         • Paschimotanasana         • Bhramari         Neytra Shakti Vikashak         Mediatation         July 22 days         Om Chanting         Surya Namaskar         - Tadaasana         • Virikshasana         • Tadaasana         • Viri		Om Chanting
June       - Tadaasana         • Virikshasana       - Hastottanasana         • Padahastasana       - Padahastasana         Pranayama       - Bhramari         Mediatation       Om Chanting         Sukshma vayama       Asana :         • Tadaasana       - Trikonasana         • Virikshasana       - Trikonasana         • Virikshasana       - Trikonasana         • Virikshasana       - Trikonasana         • Virikshasana       - Tritadaasana         • Hastottanasana       - Tritadaasana         • Tritadaasana       - Paschimotanasana         • Tritadaasana       - Paschimotanasana         • Tritadaasana       - Paschimotanasana         • Halasana       - Paschimotanasana         • Paschimotanasana       - Tritadaasana         • Paschimotanasana       - Tritadaasana         • Paranayama       - Bhramari         Nevtra Shakti Vikashak       Mediatation         June       Om Chanting         July 22 days       Om Chanting         Surya Namaskar       - Sana :         • Tadaasana       - Virikshasana         • Virikshasana       - Hastottanasana         • Virikshasana       - Padahastasana         •	April 18 days	-
<ul> <li>Virikshasana         <ul> <li>Hastottanasana</li> <li>Padahastasana</li> <li>Padahastasana</li> </ul> </li> <li>Panayama         <ul> <li>Bhranari</li> <li>Mediatation</li> </ul> </li> <li>May 16 days</li> <li>Om Chanting         <ul> <li>Sukshma vayama</li> <li>Asana :                 <ul> <li>Tadaasana</li> <li>Trikonasana</li> <li>Trikonasana</li> <li>Trikonasana</li> <li>Trikadaasana</li> <li>Tritadaasana</li> <li>Tritadaasana</li> <li>Tritadaasana</li> <li>Tritadaasana</li> <li>Tritadaasana</li> <li>Paaschimotanasana</li> <li>Paaschimotanasana</li> <li>Paaschimotanasana</li> <li>Bhramari</li> <li>Nevtra Shakti Vikashak</li> <li>Mediatation</li> <li>Surya Namaskar</li> <li>Asana :</li></ul></li></ul></li></ul>	April 10 days	<u>Asana :</u>
<ul> <li>Hastottanasana         <ul> <li>Padahastasana</li> <li>Padahastasana</li> </ul> </li> <li>Panayama         <ul> <li><u>Bhramari</u></li> <li><u>Bhramari</u></li> <li><u>Mediatation</u></li> </ul> </li> <li>May 16 days</li> <li>Om Chanting Sukshma vayama Asana :             <ul> <li>Tadaasana</li> <li>Trikonasana</li> <li>Virikshasana</li> <li>Hatottanasana</li> <li>Virikshasana</li> <li>Hatottanasana</li> <li>Tritadaasana</li> <li>Hatottanasana</li> <li>Paschimotanasana</li> <li>Paschimotanasana</li> <li><u>Panayama</u></li> <li><u>Bhramari</u></li> <li><u>Neytra Shakti Vikashak</u></li> <li>Mediatation</li> <li>Surya Namaskar</li> <li>Virikshasana</li> <li>Padahastasana</li> <li>Virikshasana</li> <li>Padahastasana</li> <li>Virikshasana</li> <li>Padahastasana</li> <li>Padhastasana</li> <li>Padhastasana</li> <li>Chakki chalanasana</li> <li>Vajrasana</li> <li>Vajrasana</li> <li>Nauka chalanasana</li> <li>Vajrasana</li> <li>Sitali pranayama</li> <li><u>Sitali pranayama</u></li> <li><u>Bhramari</u></li> <li><u>Bhramari</u></li></ul></li></ul>		• Tadaasana
PadahastasanaPranayama• Bhramari MediatationMay 16 daysOm Chanting Sukshma vayama Asana : • Tadaasana • Trikonasana • Trikonasana 		• Virikshasana
Pranayama • Bhramari MediatationMay 16 daysOm Chanting Sukshma vayama Asana : • Tadaasana • Trikonasana • Virikshasana • Hastottanasana • Tritadaasana • Halasana • Paschimotanasana • Paschimotanasana • Paschimotanasana • Bhramari Neytra Shakti Vikashak MediatationJuneOm Chanting Surya Namaskar Asana : • Tadaasana • Virikshasana • Bhramari Neytra Shakti Chalanasana • Padahastasana • Virikshasana • Virikshasana • Virikshasana • Bhramari • Bhramari • Bhramari • Bhramari • Pachatasana • Pathatasana • Virikshasana • Padahastasana • Vajrasana • Vajrasana • Vajrasana • Vajrasana • Nauka chalanasana • Nauka chalanasana 		Hastottanasana
• Bhramari Mediatation         May 16 days         Om Chanting Sukshma vayama Asana :         • Tadaasana         • Trikonasana         • Virikshasana         • Hastottanasana         • Tritadaasana         • Hastottanasana         • Paschimotanasana         • Bhramari Neytra Shakti Vikashak Mediatation         June         June         July 22 days         Om Chanting Surya Namaskar Asana :         • Tadaasana         • Paschimotanasana         • Bhramari Neytra Shakti Vikashak Mediatation         July 22 days         Om Chanting Surya Namaskar Asana :         • Tadaasana         • Virikshasana         • Hastottanasana         • Virikshasana         • Hastottanasana         • Virikshasana         • Hastottanasana         • Virikshasana         • Hastottanasana         • Padmasana         • Baddha konasana         • Vajrasana         • Vajrasana         • Nauka chalanasana         • Nauka chalanasana         • Sitali pranayama         Neytra Shakti Vikashak Mediatation		Padahastasana
• Bhramari Mediatation         May 16 days         Om Chanting Sukshma vayama Asana :         • Tadaasana         • Trikonasana         • Virikshasana         • Hastottanasana         • Tritadaasana         • Hastottanasana         • Paschimotanasana         • Bhramari Neytra Shakti Vikashak Mediatation         June         June         July 22 days         Om Chanting Surya Namaskar Asana :         • Tadaasana         • Paschimotanasana         • Bhramari Neytra Shakti Vikashak Mediatation         July 22 days         Om Chanting Surya Namaskar Asana :         • Tadaasana         • Virikshasana         • Hastottanasana         • Virikshasana         • Hastottanasana         • Virikshasana         • Hastottanasana         • Virikshasana         • Hastottanasana         • Padmasana         • Baddha konasana         • Vajrasana         • Vajrasana         • Nauka chalanasana         • Nauka chalanasana         • Sitali pranayama         Neytra Shakti Vikashak Mediatation		Pranavama
May 16 daysOm Chanting Sukshma vayama Asana : 		
May 16 days       Om Chanting         May 16 days       Om Chanting         Sukshma vayama       Asana :         • Tadaasana       •         • Trikonasana       •         • Virikshasana       •         • Hastottanasana       •         • Hastottanasana       •         • Halasana       •         • Paschimotanasana       •         Pranayama       •         • Bhramari       Nevtra Shakti Vikashak         Mediatation       Summer Vacation         June       Om Chanting         July 22 days       Om Chanting         Surya Namaskar       Asana :         • Tadaasana       •         • Virikshasana       •         • Virikshasana       •         • Virikshasana       •         • Virikshasana       •         • Padahastasana       •         • Padnasana       •         • Baddha konasana       •         • Vajrasana       •         • Vajrasana       •         • Sitali pranayama       •         • Sitali pranayama       •         • Sitali pranayama       •         • Sitali pranayama       •		
May 16 daysSukshma vayama Asana : 		
May 16 daysSukshma vayama Asana : 		Om Chanting
May 16 days       Asana :         • Tadaasana       • Trikonasana         • Virikshasana       • Virikshasana         • Virikshasana       • Hastottanasana         • Tritadaasana       • Tritadaasana         • Halasana       • Tritadaasana         • Paschimotanasana       • Paschimotanasana         Pranayama       • Bhramari         Nevtra Shakti Vikashak       Mediatation         June       Om Chanting         July 22 days       Om Chanting         Surya Namaskar       Asana :         • Tadaasana       • Virikshasana         • Virikshasana       • Virikshasana         • Virikshasana       • Virikshasana         • Virikshasana       • Virikshasana         • Padahastasana       • Padahastasana         • Padahastasana       • Nauka chalanasana         • Nauka chalanasana       • Vajrasana         • Vajrasana       • Vajrasana         • Sitali pranayama       • Sitali pranayama         Nevtra Shakti Vikashak       Mediatation		_
<ul> <li>Tadaasana         <ul> <li>Trikonasana</li> <li>Virikshasana</li> <li>Hastottanasana</li> <li>Tritadaasana</li> <li>Tritadaasana</li> <li>Tritadaasana</li> <li>Paschimotanasana</li> <li>Paschimotanasana</li> </ul> </li> <li><u>Pranavama</u> <ul> <li><u>Bhramari</u></li> <li><u>Nevtra Shakti Vikashak</u></li> <li>Mediatation</li> </ul> </li> <li>June         <ul> <li><u>Summer Vacation</u></li> </ul> </li> <li>July 22 days         <ul> <li><u>Om Chanting</u></li> <li>Surya Namaskar</li> <li><u>Asana :</u></li></ul></li></ul>	May 16 days	-
<ul> <li>Trikonasana         <ul> <li>Virikshasana</li> <li>Hastottanasana</li> <li>Tritadaasana</li> <li>Halasana</li> <li>Paschimotanasana</li> <li>Paschimotanasana</li> </ul> </li> <li>Panayama         <ul> <li>Bhramari</li> <li>Neytra Shakti Vikashak</li> <li>Mediatation</li> </ul> </li> <li>June         <ul> <li>Om Chanting</li> <li>Surya Namaskar</li> <li>Asana :                 <ul> <li>Tadaasana</li> <li>Virikshasana</li> <li>Virikshasana</li> <li>Virikshasana</li> <li>Virikshasana</li> <li>Virikshasana</li> <li>Padahastasana</li> <li>Padahastasana</li> <li>Chakki chalanasana</li> <li>Vajrasana</li> <li>Sudha konasana</li> <li>Vajrasana</li> <li>Sitali pranayama</li> <li>Sitali pranayama</li> <li>Nevtra Shakti Vikashak</li> <li>Mediatation</li> <li>Netanasana</li> <li>Sitali pranayama</li> <li>Nevtra Shakti Vikashak</li> <li>Mediatation</li> <li>Netanatasana</li> <li>Netanatasana</li> <li>Netanatasana</li> <li>Netanatasana</li> <li>Vajrasana</li> <li>Netanatasana</li> <li>Netanatasana</li> <li>Netanatasana</li> <li>Netanatasana</li> <li>Netanatasana</li> <li>Netanatasana</li> <li>Netanatasana</li> <li>Netanatasana</li></ul></li></ul></li></ul>		
<ul> <li>Virikshasana         <ul> <li>Hastottanasana</li> <li>Tritadaasana</li> <li>Halasana</li> <li>Paschimotanasana</li> </ul> </li> <li>Paschimotanasana</li> <li>Paschimotanasana</li> <li>Paschimotanasana</li> <li>Paschimotanasana</li> <li>Paschimotanasana</li> <li>Paschimotanasana</li> <li>Paschimotanasana</li> <li>Bhramari</li> <li>Neytra Shakti Vikashak</li> <li>Mediatation</li> <li>Summer Vacation</li> <li>June</li> <li>Om Chanting</li> <li>Surya Namaskar</li> <li>Asana :         <ul> <li>Tadaasana</li> <li>Virikshasana</li> <li>Hastottanasana</li> <li>Virikshasana</li> <li>Hastottanasana</li> <li>Padhastasana</li> <li>Padhastasana</li> <li>Chakki chalanasana</li> <li>Nauka chalanasana</li> <li>Vajrasana</li> <li>Bhramari</li> <li>Sitali pranayama</li> <li>Bhramari</li> <li>Sitali pranayama</li> <li>Nevtra Shakti Vikashak</li> <li>Mediatation</li> </ul> </li> </ul>		
<ul> <li>Hastottanasana         <ul> <li>Tritadaasana</li> <li>Halasana</li> <li>Paschimotanasana</li> </ul> </li> <li>Pranayama         <ul> <li>Bhramari</li> <li>Neytra Shakti Vikashak</li> <li>Mediatation</li> </ul> </li> <li>June         <ul> <li>Summer Vacation</li> </ul> </li> <li>Juny 22 days         <ul> <li>Om Chanting</li> <li>Surya Namaskar</li> <li>Asana :                 <ul> <li>Tadaasana</li> <li>Virikshasana</li> <li>Virikshasana</li> <li>Hastottanasana</li> <li>Padahastasana</li> <li>Virikshasana</li> <li>Hastottanasana</li> <li>Vadahastasana</li> <li>Padahastasana</li> <li>Padahastasana</li> <li>Padahastasana</li> <li>Sanatasana</li> <li>Sati pranayama</li> <li>Bhramari</li> <li>Sitali pranayama</li> <li>Biramari</li> <li>Sitali pranayama</li> <li>Nevtra Shakti Vikashak</li> <li>Mediatation</li> <li>Nevtra Shakti Vikashak</li> <li>Mediatation</li> <li>Netation</li> <li>Netation<th></th><th></th></li></ul></li></ul></li></ul>		
<ul> <li>Tritadaasana         <ul> <li>Halasana</li> <li>Paschimotanasana</li> </ul> </li> <li>Panayama         <ul> <li>Bhramari</li> <li>Neytra Shakti Vikashak</li> <li>Mediatation</li> </ul> </li> <li>June         <ul> <li>Summer Vacation</li> </ul> </li> <li>July 22 days         <ul> <li>Om Chanting</li> <li>Surya Namaskar</li> <li>Asana :</li> <li>Tadaasana</li> <li>Virikshasana</li> <li>Hastottanasana</li> <li>Padahastasana</li> <li>Padahastasana</li> <li>Chakki chalanasana</li> <li>Chakki chalanasana</li> <li>Vajrasana</li> <li>Vajrasana</li> <li>Vajrasana</li> <li>Sitali pranayama</li> <li>Sitali pranayama</li> <li>Nevtra Shakti Vikashak</li> <li>Mediatation</li> </ul> </li> </ul>		
<ul> <li>Halasana         <ul> <li>Paschimotanasana</li> <li>Panayama                 <ul></ul></li></ul></li></ul>		
<ul> <li>Paschimotanasana         <ul> <li><u>Pranayama</u> <ul> <li><u>Bhramari</u></li></ul></li></ul></li></ul>		• Tritadaasana
Pranayama•BhramariNevtra Shakti VikashakMediatationJuneJuly 22 daysOm Chanting Surya Namaskar Asana :•Tadaasana•Tadaasana•Virikshasana•Padahastasana•Padahastasana•Padahastasana•Padmasana•Padmasana•Padmasana•Padmasana•Padmasana•Sitti chalanasana•Nauka chalana		• Halasana
• Bhramari Neytra Shakti Vikashak MediatationJuneSummer VacationJuly 22 daysOm Chanting Surya Namaskar Asana : • Tadaasana • Virikshasana • Virikshasana • Padahastasana • Padahastasana • Padahastasana • Chakki chalanasana • Chakki chalanasana • Nauka chalanasana • Vajrasana • Nauka chalanasana • Vajrasana • Sitali pranayama Neytra Shakti Vikashak Mediatation		Paschimotanasana
• Bhramari Neytra Shakti Vikashak MediatationJuneSummer VacationJuly 22 daysOm Chanting Surya Namaskar Asana : • Tadaasana • Virikshasana • Virikshasana • Padahastasana • Padahastasana • Padahastasana • Chakki chalanasana • Chakki chalanasana • Nauka chalanasana • Vajrasana • Nauka chalanasana • Nauka c		<u>Pranayama</u>
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Mediatation         June       Summer Vacation         July 22 days       Om Chanting Surya Namaskar         July 22 days       Om Chanting Surya Namaskar         · Tadaasana       · Tadaasana         · Tadaasana       · Virikshasana         · Virikshasana       · Hastottanasana         · Padahastasana       · Padmasana         · Padmasana       · Chakki chalanasana         · Nauka chalanasana       · Vajrasana         · Vajrasana       · Vajrasana         · Sitali pranayama       · Sitali pranayama         · Nevtra Shakti Vikashak       Mediatation		
JuneOm Chanting Surya Namaskar Asana : • Tadaasana • Virikshasana • Virikshasana • Padahastasana 		
JuneOm Chanting Surya Namaskar Asana : • Tadaasana • Virikshasana • Virikshasana • Padahastasana • Padahastasana • Padahastasana • Padahastasana • Padahastasana • Padahastasana • Saddha konasana • Chakki chalanasana • Nauka chalanasana • Vajrasana• Bahdha konasana • Nauka chalanasana • Najrasana• Biramari • Sitali pranayama Neytra Shakti Vikashak Mediatation		
July 22 days       Om Chanting         Surya Namaskar <u>Asana :</u> • Tadaasana         • Virikshasana         • Hastottanasana         • Padahastasana         • Padmasana         • Padmasana         • Nauka chalanasana         • Vajrasana <u>Pranayama</u> • <u>Bhramari</u> • <u>Sitali pranayama</u> <u>Nevtra Shakti Vikashak</u> Mediatation		Summer Vacation
July 22 days       Om Chanting         Surya Namaskar <u>Asana :</u> • Tadaasana         • Virikshasana         • Hastottanasana         • Padahastasana         • Padmasana         • Padmasana         • Nauka chalanasana         • Vajrasana <u>Pranayama</u> • <u>Bhramari</u> • <u>Sitali pranayama</u> <u>Nevtra Shakti Vikashak</u> Mediatation		
July 22 days Surya Namaskar Asana :  Tadaasana  Tadaasana  Tadaasana  Virikshasana Hastottanasana Padahastasana Padmasana Padmasana Baddha konasana Chakki chalanasana Chakki chalanasana Nauka chalanasana Nauka chalanasana Sitali pranayama Nevtra Shakti Vikashak Mediatation	June	
July 22 days       Asana :         • Tadaasana       • Virikshasana         • Virikshasana       • Hastottanasana         • Padahastasana       • Padahastasana         • Padahastasana       • Baddha konasana         • Ohakki chalanasana       • Vajrasana         • Vajrasana       • Vajrasana <u>Pranayama</u> • <u>Bhramari</u> • Sitali pranayama       • Nevtra Shakti Vikashak         Mediatation       • Mediatation		Om Chanting
<ul> <li>Tadaasana</li> <li>Tadaasana</li> <li>Virikshasana</li> <li>Hastottanasana</li> <li>Padahastasana</li> <li>Padmasana</li> <li>Padmasana</li> <li>Baddha konasana</li> <li>Chakki chalanasana</li> <li>Chakki chalanasana</li> <li>Vajrasana</li> <li>Vajrasana</li> <li><u>Pranayama</u></li> <li><u>Bhramari</u></li> <li><u>Sitali pranayama</u></li> <li><u>Nevtra Shakti Vikashak</u></li> <li>Mediatation</li> </ul>	July 22 days	Surya Namaskar
<ul> <li>Virikshasana</li> <li>Hastottanasana</li> <li>Padahastasana</li> <li>Padmasana</li> <li>Padmasana</li> <li>Baddha konasana</li> <li>Chakki chalanasana</li> <li>Chakki chalanasana</li> <li>Nauka chalanasana</li> <li>Vajrasana</li> <li>Pranayama</li> <li><u>Bhramari</u></li> <li><u>Sitali pranayama</u></li> <li><u>Neytra Shakti Vikashak</u></li> <li>Mediatation</li> </ul>	July 22 days	<u>Asana :</u>
<ul> <li>Hastottanasana</li> <li>Padahastasana</li> <li>Padmasana</li> <li>Padmasana</li> <li>Baddha konasana</li> <li>Chakki chalanasana</li> <li>Nauka chalanasana</li> <li>Nauka chalanasana</li> <li>Vajrasana</li> <li><u>Pranayama</u></li> <li><u>Bhramari</u></li> <li><u>Sitali pranayama</u></li> <li><u>Neytra Shakti Vikashak</u></li> <li>Mediatation</li> </ul>		• Tadaasana
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<ul> <li>Baddha konasana</li> <li>Chakki chalanasana</li> <li>Nauka chalanasana</li> <li>Vajrasana</li> <li>Vajrasana</li> <li><u>Pranayama</u></li> <li><u>Bhramari</u></li> <li><u>Sitali pranayama</u></li> <li><u>Neytra Shakti Vikashak</u></li> <li>Mediatation</li> </ul>		
<ul> <li>Chakki chalanasana</li> <li>Nauka chalanasana</li> <li>Vajrasana</li> <li><u>Pranayama</u></li> <li><u>Bhramari</u></li> <li><u>Sitali pranayama</u></li> <li><u>Neytra Shakti Vikashak</u></li> <li>Mediatation</li> </ul>		
<ul> <li>Nauka chalanasana</li> <li>Vajrasana</li> <li><u>Pranayama</u></li> <li><u>Bhramari</u></li> <li><u>Sitali pranayama</u></li> <li><u>Neytra Shakti Vikashak</u></li> <li>Mediatation</li> </ul>		
<ul> <li>Vajrasana</li> <li><u>Pranayama</u></li> <li><u>Bhramari</u></li> <li><u>Sitali pranayama</u></li> <li><u>Neytra Shakti Vikashak</u></li> <li>Mediatation</li> </ul>		
<u>Pranayama</u> • <u>Bhramari</u> • <u>Sitali pranayama</u> <u>Neytra Shakti Vikashak</u> Mediatation		
<ul> <li><u>Bhramari</u></li> <li><u>Sitali pranayama</u></li> <li><u>Neytra Shakti Vikashak</u></li> <li>Mediatation</li> </ul>		5
• <u>Sitali pranayama</u> <u>Neytra Shakti Vikashak</u> Mediatation		
<u>Neytra Shakti Vikashak</u> Mediatation		
Mediatation		
Practical		
		Practical
August 23 days	August 23 dave	
Om Chanting	August 45 uays	Om Chanting
5		0
September 23 Surya Namaskar	September 23	bul ya Ivalliaskai
dave	-	A sono e
• <u>Gomukhasana</u>		• <u>Gomukhasana</u>

	<b>D</b> 1
	• <u>Dandasan</u>
	• <u>Arda matsyendrasana</u>
	• <u>Makarasana</u>
	• <u>Pavanmuktasana</u>
	• <u>Bhunamasana</u>
	<u>Bhairava Mudra</u>
	<u>Pranayama</u>
	• <u>Bhramari</u>
	• <u>Sitali pranayama</u>
	Anuloma viloma
	Mediatation
	Om Chanting
Ostalar 20 Dara	Surya Namaskar
October 20 Days	<u>Asana :</u>
	• <u>Sarvangasana</u>
	• <u>Rajakapotasan</u>
	• <u>Ustrasana</u>
	• <u>Viprit naukasan</u>
	• <u>Setu bandhasan</u>
	Mediatation
	<u>Pranayama</u>
	• <u>Bhramari</u>
	Surya Bhedana pranayama
	Anuloma Viloma
	Mediatation
	Om Chanting
	Surya Namaskar
November 19	<u>Asana :</u>
Days	• <u>Sarvangasana</u>
	• <u>Rajakapotasan</u>
	• <u>Ustrasana</u>
	• <u>Viprit naukasan</u>
	<u>Setu bandhasan</u>
	<u>Tratak Kiya</u>
	<u>Pranayama</u>
	• <u>Bhramari</u>
	Surya Bhedana pranayama
	Kapalbhati pranayam
	Mediatation
	Om Chanting
	Surya Namaskar
	Asana :
	Practice of all asanas
December 22	A LUCTUCE OF UIT UPUILUS
Days	<u>Tratak Kiya</u>
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January 18 Days	Pranayama         Bhramari         Surya Bhedana pranayama         Sitali pranayama         Sitali pranayama         Kapalbhati pranayam         Om Chanting         Surya Namaskar         Asana :         Practice of all asanas         Pranayama         Bhramari         Surya Bhedana pranayama         Sitali pranayama         Kapalbhati pranayama         Surya Bhedana pranayama         Kapalbhati pranayama         Kapalbhati pranayama         Practical
February	