

ANNUAL PLANNER AND SYLLABUS

List of Holidays

Holiday	Date	Day
Ram Navami	26th March 2026	Thursday
Mahavir Jayanti	31st March 2026	Tuesday
Baisakhi	14th April 2026	Tuesday
Ambedkar Jayanti	14th April 2026	Tuesday
Parshuram Jayanti	19th April 2026	Sunday
Shadheed Udham Singh Martyrdom Day	31st July 2026	Friday
Haryali Teej	15th August 2026	Saturday
Independence Day	15th August 2026	Saturday
Raksha Bandhan	28th August 2026	Friday
Janmashtami	4th September 2026	Friday
Haryana War Heros Martyrdom Day	23rd September 2026	Wednesday
Gandhi Jayanti	2nd October 2026	Friday
Maharaja Agrasen Jayanti	11th October 2026	Sunday
Dussehra	20th October 2026	Tuesday
Valmiki Jayanti	26th October 2026	Monday
Karva Chauth	29th October 2026	Thursday
Haryana Day	1st November 2026	Sunday
Diwali	8th November 2026	Sunday
Bhai Dooj	11th November 2026	Wednesday
Guru Nanak Jayanti	24th November 2026	Tuesday
Christmas	25th December 2026	Friday
Republic Day	26th January 2027	Tuesday
Basant Panchami	11th February 2027	Thursday
Maha Shiv Ratri	6th March 2027	Saturday
Eid Ul Fitr	9th March 2027	Tuesday
Holi	22nd March 2027	Monday

Working Saturdays

18th April 2026
16th May 2026
18th July 2026
19th September 2026
24th October 2026
21st November 2026
28th November 2026
23rd January 2027

PTM (Pre Nursery - II)

02nd May 2026
18th July 2026
22nd August 2026
19th September 2026
17th October 2026
19th December 2026
6th February 2027

PTM (III- XII)

02nd May 2026
22nd August 2026
17th October 2026
19th December 2026
6th February 2027

Vacation

Summer Break

Class Pre Nursery to V
Class VI to XII
Diwali Break
Winter Break

18th May 2026 to 4th July 2026
25th May 2026 to 4th July 2026
04th November 2026 to 11th November 2026
31st December 2026 to 15th January 2027

DATESHEET FOR WORKSHEET CLASS I & II

TERM I

Worksheet I		Worksheet II	
5th May'26 (T)	English	11th Aug'26 (T)	English
12th May'26 (T)	Maths	25th Aug'26 (T)	Maths
14th July'26 (T)	Hindi	1st Sept'26 (T)	Hindi
21st July'26 (T)	EVS	15th Sept'26 (T)	EVS
28th July'26 (T)	Hindi Spelling	29th Sept'26 (T)	English Spelling

TERM II

Worksheet III		Worksheet IV	
13th Oct'26 (T)	English	22nd Dec'26 (T)	English
27th Oct'26 (T)	Maths	2nd Feb'27 (T)	EVS
3rd Nov'26 (T)	Hindi	16th Feb'27(T)	Hindi
17th Nov'26 (T)	English Spelling	23th Feb'27(T)	Maths
8th Dec'26 (T)	EVS	2nd Mar'27(T)	Hindi Spelling

ACTIVITIES

APRIL 2026

Date	Activity	Classes
06.04.2026 (M)	Colouring Activity	Pre. Nur- KG
07.04.2026 (T)	Colouring Activity	Pre. Nur- KG
08.04.2026 (W)	Musical Chair	Pre. Nur- KG
09.04.2026 (Th)	Musical Chair	I & II
15.04.2026 (W)	Earth Day Activity	I & II
16.04.2026 (Th)	Earth Day Activity	Pre Nur - KG
17.04.2026 (F)	Talent Hunt	III
17.04.2026 (F)	Badminton Trials	VI -VIII
18.04.2026 (Sa)	Kho-Kho Trials	VI - VIII
20.04.2026 (M)	Football	VI - VIII
22.04.2026 (W)	Quin Turdles	IV & V
22.04.2026 (W)	Spell Bee (CA)	VI
23.04.2026 (Th)	Hidden Gems	II
23.04.2026 (Th)	Spell Bee (CA)	VII
23.04.2026 (Th)	Banking Activity	XI & XII
24.04.2026 (F)	Hidden Gems	I
24.04.2026 (F)	Spell Bee (CA)	VIII
24.04.2026 (F)	Banking Activity	XI & XII
24.04.2026 (F)	Taekwondo Trials	VI- VIII
27.04.2026 (M)	Visit to Old age Home	
28.04.2026 (T)	Self introduction Activity	Nur - KG
28.04.2026 (T)	Spell Bee Competition (IH)	VI - VIII
29.04.2026 (W)	Charcha (Hindi Debate)	IX
29.04.2026 (W)	CBSE Expression Series	
30.04.2026 (Th)	Basketball Trials	VI-VIII
30.04.2026 (Th)	Reading Challenge	III
30.04.2026 (Th)	Charcha (Hindi Debate)	X

MAY 2026

Date	Activity	Classes
01.05.2026 (F)	Reading Challenge	IV
01.05.2026 (F)	Football Trials	IX-XII
04.05.2026 (M)	Mother's day Activity	Pre Nur - KG
04.05.2026 (M)	Kho Kho Trials	IX-XII
05.05.2026 (W)	English Declamation (IH)	VI
06.05.2026 (W)	Mother's day Activity	I & II
06.05.2026 (W)	English Declamation (IH)	VII
07.05.2026 (Th)	Basketball Trials	IX-XII
07.05.2026 (Th)	English Declamation (IH)	VIII
07.05.2026 (Th)	Mother's Day Gift Making Competition	III -V
08.05.2026 (F)	Volley Ball Trials	IX-XII
08.05.2026 (F)	Yoga Trials	VI -VIII
08.05.2026 (F)	Reading Challenge	V
11.05.2026 (M)	Badminton Trials	IX-XII
12.05.2026 (T)	Flat Race Trials	Pre Nur - KG
13.05.2026 (W)	Flat Race Trials	I - II
14.05.2026 (Th)	Flat Race Finals	Pre Nur - II
14.05.2026 (Th)	Empty Bottle Craft Competition	VI - VIII

JUNE 2026

Date	Activity	Classes
18.06.2026 (Th)	Yoga Day Practice	I -XII
19.06.2026 (F)	Yoga Day Practice	I -XII
20.06.2026 (Sa)	Yoga Day Practice	I -XII
21.06.2026 (S)	Yoga Day Celebration at Stadium	

JULY 2026

Date	Activity	Classes
07.07.2026 (T)	Yoga Finals	VI -VIII
10.07.2026 (F)	Football Finals	VI - VIII
14.07.2026 (T)	Quin Turdles	VI
14.07.2026 (T)	Football Finals	IX - XII
15.07.2026 (W)	Showcase Time	KG
15.07.2026 (W)	Kite Making Activity	I & II
16.07.2026(Th)	Kite Making Activity	Pre Nur - KG
16.07.2026(Th)	Charcha	III
16.07.2026(Th)	Story Telling (CA) (English)	VI - VII
17.07.2026 (F)	Hindi Elocution	I & II
17.07.2026 (F)	English Declamation	IV
17.07.2026 (F)	Weave a Thread (English)	VIII
17.07.2026 (F)	Poster Making -Freedom Fighter	VI - XII
18.07.2026 (Sa)	Taekwondo Finals	VI -VIII
20.07.2026 (M)	Science Week	III - XII

Date	Activity	Classes
22.07.2026 (W)	Story Telling Competition (Hindi)	V
22.07.2026 (W)	Science Week	III - XII
23.07.2026 (Th)	Showcase Time	I
23.07.2026 (Th)	Science Week	III - XII
23.07.2026 (Th)	Basketball Finals	IX-XII
24.07.2026 (F)	Showcase Time	II
24.07.2026 (F)	Rakhi Making Competition	III - V
24.07.2026 (F)	Science Week	III - XII
24.07.2026 (F)	CBSE Expression Series	I - XII
28.07.2026 (T)	Plait Making Competition	VI - XII
29.07.2026 (W)	Rakhi Making Competition	I & II
30.07.2026 (Th)	Hindi Poem Dramatization (IH)	III - V
30.07.2026 (Th)	Volleyball Finals	IX-XII

AUGUST 2026

Date	Activity	Classes
04.08.2026 (T)	Kite Making Competition	III - V
04.08.2026 (T)	Bhajan Competition (IH)	VI - VIII
05.08.2026 (W)	Hindi Handwriting Competition	III - V
05.08.2026 (W)	Kho Kho Finals	IX- XII
06.08.2026 (Th)	Charcha	IV
06.08.2026 (Th)	Tattoo Designing	VI - VIII
07.08.2026 (F)	Aryabhatt Ganit Challenge	VIII onwards
07.08.2026 (F)	Basketball Finals	VI-VIII
11.08.2026 (T)	Kho Kho Finals	VI - VIII
12.08.2026 (W)	Dress to Impress (Freedom Fighter)	Pre Nur - KG
12.08.2026 (W)	Geeta Shalok Presentation	VI - VIII
13.08.2026 (Th)	English Handwriting Competition	I - II
14.08.2026 (F)	Badminton Finals	VI-VIII
18.08.2026 (T)	Story Telling Competition (Maths)	III
19.08.2026 (W)	Rakhi Making Activity	Pre Nur - KG
19.08.2026 (W)	English Handwriting Competition	III - V
20.08.2026 (Th)	Demo & Describe Activity (EVS)	I
21.08.2026 (F)	Badminton Finals	IX-XII
24.08.2026 (M)	Zig Zag Race Trials	Pre Nur - KG
25.08.2026 (T)	Zig Zag Race Trials	I - II
26.08.2026 (W)	Zig Zag Race Finals	Pre Nur - II
26.08.2026 (W)	Charcha	V

SEPTEMBER 2026

Date	Activity	Classes
08.09.2026 (T)	Clay dough Creations	Pre Nur - KG
08.09.2026 (T)	Just A minute	III
09.09.2026 (W)	Hurdle Race Trials	Pre Nur - II
10.09.2026 (Th)	Hurdle Race Trials	Pre Nur - II
10.09.2026 (Th)	English Declamation	V

Date	Activity	Classes
11.09.2026 (F)	Hurdle Race Finals	Pre Nur - II
11.09.2026 (F)	Football Trials	IV - v
14.09.2026 (M)	Hindi Diwas Role Play (G Act)	III - V
17.09.2026 (Th)	Kho Kho Trials	IV - V
19.09.2026 (Sa)	Yoga Trials	IV - V
22.09.2026 (T)	English Story Telling Competition	IV
24.09.2026 (Th)	Charcha (CA)	VI
25.09.2026 (F)	English Elocution Competition	I & II
25.09.2026 (F)	Badminton Trials	IV-V
28.09.2026 (M)	Charcha	VII
28.09.2026 (M)	English and Social Science Week	III - XII
28.09.2026 (M)	Hidden Jems	Nur - KG
29.09.2026 (T)	English and Social Science Week	III - XII
30.09.2026 (W)	Hindi Nukkad Natak	III - V
30.09.2026 (W)	Charcha	VIII
30.09.2026 (W)	English and Social Science Week	III - XII

OCTOBER 2026

Date	Activity	Classes
1.10.2026 (Th)	Spell Bee	IV
1.10.2026 (Th)	English and Social Science Week	III - XII
05.10.2026 (M)	Sack Race Trials	I & II
06.10.2026 (T)	Spell Bee	III
06.10.2026 (T)	Sack Race Trials	I & II
06.10.2026 (T)	Spell Bee	V
07.10.2026 (W)	Origami Model Making Competition	I - VIII
07.10.2026 (W)	Sack Race Finals	I & II
07.10.2026 (W)	Quin Turdles (IH)	VII & VIII
08.10.2026 (Th)	Race 100 mt Trials	III
08.10.2026 (Th)	English Story Telling	II
08.10.2026 (Th)	Foconomics	IX - XII
08.10.2026 (Th)	Quiz	XI & XII
09.10.2026 (F)	Camel Colour Contest	KG - XII
12.10.2026 (M)	English Story Telling	I
12.10.2026 (M)	Race 100mt	IV - V
12.10.2026 (M)	Race 400mt	IV - V
14.10.2026 (W)	Race 100 mt Trials	IX-XII
14.10.2026 (W)	Race 400 mt Trials	IX-XII
15.10.2026 (Th)	Hindi Handwriting competition	I - II
15.10.2026 (Th)	CBSE Expression Series	I-XII
16.10.2026 (F)	Painting Competition (MOP)	IV - X
19.10.2026(M)	Race 200mt Trials	VI - VIII
19.10.2026(M)	Race 200mt Trials	IX-XII
22.10.2026 (Th)	Race 800mt	VI - VIII
22.10.2026 (Th)	Race 1500mt	IX-XII

Date	Activity	Classes
22.10.2026 (Th)	Race 800mt	IX-XII
24.10.2026 (Sa)	Race 200mt Trials	III
27.10.2026(T)	Race 100mt	VI-VIII
27.10.2026(T)	Race 400mt	VI-VIII
28.10.2026 (W)	Class Decoration Activity	Pre Nur - II
28.10.2026 (W)	Mehandi Competition	VI - VIII
28.10.2026 (W)	Nail Art Competition	IX-XII
30.10.2026 (F)	Shotput	IX-XII
30.10.2026 (F)	Long Jump	IX-XII

NOVEMBER 2026

Date	Activity	Classes
02.11.2026 (M)	English Handwriting Competition	VI - VIII
03.11.2026 (T)	Hindi Handwriting Competition	VI - VIII
12.11.2026 (Th)	Shotput	VI-VIII
12.11.2026 (Th)	Long Jump	VI-VIII
13.11.2026 (F)	Race 200mt	IV - V

DECEMBER 2026

Date	Activity	Classes
11.12.2026 (F)	Veer Bal Diwas Painting Competition	VI - XI
16.12.2026 (W)	Hindi Story Telling	II
17.12.2026 (Th)	Hindi Story Telling	I
18.12.2026 (F)	English Elocution Competition	Pre Nur - KG
18.12.2026 (F)	Christmas & New Year Card Making Competition	III - V
22.12.2026 (T)	Class Decoration Activity (Christmas)	Pre Nur - II
22.12.2026 (T)	English Elocution Competition (IH)	VI - VIII
24.12.2026 (Th)	Farewell	XI - XII
29.12.2026 (T)	English Elocution Competition (IH)	III - V

JANUARY 2027

Date	Activity	Classes
19.01.2027 (T)	Yoga Trials	III
20.01.2027 (W)	Yoga Finals	III
22.01.2027 (F)	Rubber flip Flop/ Sleeper Decoration Competition	VI - VIII
23.01.2027 (Sa)	Taekwondo Trials	III
23.01.2027 (Sa)	Taekwondo Trials	IV - V
28.01.2027 (Th)	Best Out of Waste	I & II
28.01.2027 (Th)	Badminton Finals	IV -V
29.01.2027 (F)	Quiz Competition (IH)	VI - VIII
29.01.2027 (F)	Story Telling Competition	Pre Nur - KG

FEBRUARY 2027

Date	Activity	Classes
02.02.2027 (T)	Yoga Finals	IV- V
03.02.2027 (W)	Taekwondo Finals	III
03.02.2027 (W)	Taekwondo Finals	IV- V
04.02.2027 (Th)	Origami Model Making	Pre Nur - KG
04.02.2027 (Th)	Quiz Competition (IH)	III - V
05.02.2027 (F)	Skating Trials	III - V
05.02.2027 (F)	Kho Kho Trials	III
08.02.2027 (M)	Kho Kho Finals	III
08.02.2027 (M)	Skating Finals	III - V
09.02.2027 (T)	Kho Kho Finals	IV - V
10.02.2027 (W)	Self-Introduction Activity	Pre Nur
12.02.2027 (F)	English Handwriting Competition	Nur - KG
12.02.2027 (F)	Football Trials	III
15.02.2027 (M)	Hindi Handwriting Competition	Nur - KG
15.02.2027 (M)	Football Finals	III
16.02.2027 (T)	Football finals	IV - V
17.02.2027 (W)	Yoga Challenge	I & II
17.02.2027 (W)	Adspooof Competition	III - V
19.02.2027 (F)	Trivia Time	I & II
19.02.2027 (F)	Empty Bottle Craft Competition	III - V
24.02.2027 (W)	Draw & colour Competition	Pre Nur - II
25.02.2027 (Th)	Reading Challenge	I & II

CELEBRATIONS

Date	Celebration	Class
13.04.2026 (M)	Baisakhi Celebration	III- V , X & XII
08.05.2026(F)	Mother's Day	Pre Nur - II
15.05.2026 (F)	Inter School MUN	VI - XII
16.05.2026 (Sa)	Inter School MUN	VI - XII
14.08.2026 (F)	Teej Celebration	III - V
15.08.2026 (Sa)	Independence Day Celebration	III - V
02.09.2026 (W)	Janamashtami Celebration	III - V
16.09.2026 (W)	Ganesh Chaturthi	Pre Nur - II
16.10.2026 (F)	Navratri & Dusshera Celebration	VI - IX
03.11.2026 (T)	Diwali Celebration	VI - IX
24.12.2026 Th)	Farewell	XI - XII
26.01.2027 (T)	Republic Day Celebration	III - IX
10.02.2027 (W)	Basant Panchami	Pre Nur - II
05.03.2027 (F)	Maha Shivratri	III - V
19.03.2027 (F)	Holi Celebration	Pre Nur - II

ENGLISH

Books : Petals of English**: Excel in Grammar (Cordova)****:Amity Worksheet****APRIL'26**

Reader	L-1 The Boy Who Lost His Laugh
Make Sentences	happy, hopping, butterfly, water, tickling
Vocabulary Development	4 to 8 Letter words
Activity	Draw two different face expressions.
Creative Writing	Write three things that make you happy.
Grammar	L- 1 Alphabet Fun, L- 2 The Sentence, L-3 Statement and Questions
	L-4 Jumbled Sentences
Composition	Pg 87(Grammar) and Picture Composition
Genders	boy, uncle, son, king
Synonyms	happy, jump, cold
Antonyms	full, dry, big, old, take
Amity Worksheets	L- 2,3
Comprehension	Amity Pg 65
Moral Values	Discipline
Story	School Homework

MAY'26

Reader	L-2 A Magic Smile(Poem)
Vocabulary Development	Rhyming words
Activity	Paste different emoticons and write the names of different feelings.
Creative Writing	My Favourite Toy
Grammar	L-5 Naming Words, L- 6 Special Names, L- 7 One And
	More Than One, L-8 Naming Words-Male and Female
Genders	man, nephew, lion, deer
Synonyms	clean, movies, sad
Antonyms	sleep, clean, open, outside, deep
Amity Worksheets	L- 4,7
Comprehension	Grammar Pg 79,80
Paragraph Writing	Any Person
Moral Values	Habit of Cleanliness
Story	The True Friend

JULY'26

Reader	L-3 I Can Try, I Can Fly
Make Sentences	jump, sparrow, strong, afraid, fly
Vocabulary Development	4 to 8 Letter words
Activity	Paste a picture of any bird and write its name.
Creative Writing	Write a thank you note to someone who helped you.
	L-9 Describing Words, L-10 Making Comparisons, L- 17 Is, Are,
	Am
Genders	bull, fox, cock, peacock
Synonyms	scared, see, little
Antonyms	hungry, dark, politely, fresh, stand
Amity Worksheets	L- 17,18,19,20

Comprehension	Grammar Pg 80, 81
Composition	Grammar Pg 88(B), 89(C)
Paragraph Writing	My Enjoyable Journey (Train/ Car/ Airplane)
Moral Values	Good Manners
Story	The Grasshopper and The Ant

AUGUST'26

Reader	L-4 You Can Do It and L- 10 My Happy Friends (Poem)
Vocabulary Development	Rhyming words
Activity	Draw a smile card.(pg 31)
Creative Writing	My Best Friend
Grammar	L- 18 Was/ Were, L- 19 Has, Have, L- 20 Had
Genders	horse, lion, gander, drake
Synonyms	jungle, wrong, beautiful
Antonyms	wide, friend, come, down, different
Homophones	right, meet
Amity Worksheets	L- 11,12
Comprehension	Amity Pg 67
Picture Composition	Grammar Pg 89(D), 90(E, F), 91(G)
Moral Values	Protecting Public Property
Story	I'm Independent

SEPTEMBER'26

Reader	L-5 Timmy's Hug Adventure
Make Sentences	helpful, dinner, proud, wrap, family
Vocabulary Development	4 to 8 Letter words
Activity	Paste your family picture.
Creative Writing	Write three things that you and your family do to stay happy.
Grammar	L- 13 I, We, You, He, She, It, They L- 14 Me, Us, You, Him, Her, It, Them L- 15 My, Our, Your, His, Her, Its, Their
Genders	brother, tiger, father, husband
Synonyms	reply, noisy, lofty
Antonyms	long, lazy, day, happy, shut
Homophones	see, hour
Amity Worksheets	L- 5
Comprehension	Grammar Pg 82
Picture Composition	Birthday scene
Moral Values	Being Kind To All
Story	The Wind And The Sun

OCTOBER'26

Reader	L-6 I Love My Family (Poem)
Vocabulary Development	Rhyming words
Activity	Complete the family tree on pg 45
Creative Writing	My Family
Grammar	L- 16 Doing Words
Genders	grandfather, sir, prince, gentleman
Synonyms	hard, pick, yell
Antonyms	quick, off, cold, strong, first
Homophones	sail, deer
Idioms	crocodile tears, to rain cats and dogs
Amity Worksheets	L-9

Comprehension	Grammar Pg 83, 84
Composition	Grammar 91(H), 92
Paragraph Writing	Any Festival
Moral Values	Truth Always Triumph
Story	The Magic Pot

NOVEMBER'26

Reader	L-8 The Catterpillar(Poem)
Vocabulary Development	Rhyming words
Activity	Colour the butterfly and speak two sentences about it.(Pg63)
Creative Writing	An Insect
Grammar	L-11 A, An, The L-12 's
Genders	hero, poet, bachelor, host
Synonyms	alone, reward, clever
Antonyms	receive, lost, safe, high, obey
Homophones	fair, whole
Idioms	to eat like a horse, as busy as a bee
Amity Worksheets	L- 1
Paragraph Writing	My Classroom
Moral Values	Duty Towards Parents
Story	The Lesson of Seva

DECEMBER'26

Reader	L-7 From Caterpillar to Butterfly
Make Sentences	love, enjoy, sleepy, joyful, cosy
Vocabulary Development	4 to 8 Letter words
Activity	Draw/ Paste a picture of your favourite food.
Creative Writing	My Favourite Food
Grammar	L-21 Do, Does, Go, Goes , L-22 Is, Are, Am +-ing ,
	L-23 It Happened Yesterday
Genders	dog, ram, washerman, servant
Synonyms	laugh, start, normal
Antonyms	sit, pull, out, clever, white
Homophones	buy, knew
Idioms	rat race, like a fish out of water
Amity Worksheets	L-10,13,14
Comprehension	Amity Pg 69
Paragraph Writing	Winter Season
Moral Values	Respecting Elders
Story	The Magic Stone

JANUARY'27

Reader	L-11 A Good Deed Comes Back
Make Sentences	pretty, mischievous, street, rude, wags
Vocabulary Development	4 to 8 Letter words
Activity	Colour the dog and describe it. (pg 84)
Creative Writing	My Pet Animal
Grammar	L- 24 Short Forms L-25 In ,On, Behind, Under
Genders	monk, landlord, wizard, milkman
Synonyms	buy, help, search
Antonyms	poor, beautiful, strange, finish, kind
Homophones	sum, blue
Idioms	give and take, hot seat
Amity Worksheet	L- 15, 16
Comprehension	Grammar Pg 84, 85

Picture Composition
Moral Values
Story

Market Scene
Stealing Is Bad
Power Of Habits

FEBRUARY'27

Reader	L-9 Ellie's Big Heart
Make Sentences	jungle, together, kind, squeezes, trunk
Vocabulary Development	4 to 8 Letter words
Activity	Make a kindness jar.
Creative Writing	An Elephant
Grammar	L- 26 And, But, Or
	L- 27 Who, Where, When, Which, What
Genders	duck, god, emperor, hunter
Synonyms	patiently, honest, hard
Antonyms	rich, smallest, little, inside, more
Homophones	their, rode
Idioms	thorn in the flesh, heart of stone
Amity Worksheets	L-6, 21
Comprehension	Amity Pg 71
Paragraph Writing	Trip To Zoo
Moral Values	The Value Of Time
Story	Pinocchio

MARCH'27

Reader	L-12 Being Kind
Vocabulary Development	Rhyming Words
Activity	Draw a thing that makes you happy.(pg 92)
Creative Writing	Write three things that make you happy.
Genders	Revision L- 8 (Amity)
Synonyms	Revision L- 22 (Amity)
Homophones	Revision L-24 (Amity)
Amity Worksheets	L- 23,26
Comprehension	Amity Pg 73, Grammar Pg 86
Story	The Garden Of Kindness

SYLLABUS FOR ENGLISH WORKSHEETS

	April – September		October – March	
	1 --- 29.9.26		2 --- 17.11.26	
English Spelling Worksheet	L– 3,4,10 and Fill ups of L-5 & 13 (EVS)		L–5,6,8 and Fill ups of L- 4 and 17 (EVS)	
	1 --- 5.5.26	2 --- 11.8.26	3 --- 13.10.26	4 --- 22.12.26
English Reader	L – 1	L- 2, 3	L- 4,5,6	L- 7,8
Grammar	L – 1,2,3,4 Genders, Antonyms and Synonyms of April , Picture Composition, Unseen passage	L-5,6,8,9,10, 17 Genders, Antonyms and Synonyms from May and July Paragraph writing (Enjoyable journey), Unseen passage	L-13,14,15,18,19, 20 Genders, Antonyms, Synonyms and Homophones from August to September, Picture Composition (Any Festival) , Unseen Passage	L11,12,16,21,22, 23 Genders, Antonyms, Synonyms, Homophones, Idioms from October to December, Paragraph Writing(Any Season) , Unseen Passage

***Note : Internals from lessons will be included in the worksheets**

हिन्दी

हिन्दी पुस्तकें : भाषा मणि
: नमन व्याकरण

अप्रैल - '26

भाषा मणि	पाठ - 2 चीं - चीं पठन, श्रुतलेख, शब्द - अर्थ, प्रश्न - उत्तर
वाक्य-रचना	जंगल, पेड़, खुश, कोशिश, गाना
कविता	फूलों से नित हँसना सीखो (पृष्ठ - 1)
व्याकरण	पाठ-1 संकेत और भाषा, पाठ - 6 नाम वाले शब्द - संज्ञा, चित्र वर्णन (पृष्ठ - 6) विलोम शब्द - आगे, अन्दर, ऊपर, दाएँ, रोना लिंग बदलें - शेर, बन्दर, धोबी, चाचा, मामा वचन बदलें - तारा, पत्ता, केला, बच्चा, बेटा पर्यायवाची शब्द - चाँद, फूल
कहानी	घमंडी हाथी और चींटी
रचनात्मक कार्य	पाँच पक्षियों के चित्र चिपकाएँ।

मई '26

भाषा मणि	पाठ-4 हठी कछुआ पठन, श्रुतलेख, शब्द-अर्थ, प्रश्न-उत्तर
वाक्य-रचना	आनंद, मित्र, आकाश, तालाब, कठिन
कविता	तितली (पृष्ठ - 28)
व्याकरण	पाठ-2 वर्ण तथा वर्णमाला, पाठ-5 शब्द और वाक्य विलोम शब्द - उगना, नया, पास, गरमी, खुश लिंग बदलें - नाना, ताऊ, बूढ़ा, माली, भाई वचन बदलें - माता, बात, किताब, पुस्तक, बालिका पर्यायवाची शब्द - माँ, घर
अनुच्छेद	कोई व्यक्ति (मैं)
कहानी	शरारती गिलहरी
रचनात्मक कार्य	गतिविधि - 1 (पृष्ठ - 21)

जुलाई '26

भाषा मणि	पाठ - 7 बुद्धि का बल पठन, श्रुतलेख, शब्द-अर्थ, प्रश्न-उत्तर
वाक्य-रचना	किनारे, सलाह, उपाय, नदी, घर
कविता	बया हमारी चिड़िया रानी (पृष्ठ - 57)
व्याकरण	पाठ-3 स्वरों की मात्राएँ, पाठ - 15 गिनती (1 - 20) विलोम शब्द - गरम, दिन, छोटा, ऊँचा, उठाना लिंग बदलें - मुरगा, चूहा, बैल, हाथी, मौसा वचन बदलें - चिड़िया, बकरी, रोटी, तितली, गुड़िया पर्यायवाची शब्द - आँख, आग
अनुच्छेद	मेरा घर (कोई स्थान)
कहानी	बन्दर और मगरमच्छ
रचनात्मक कार्य	पाँच जंगली व पालतू पशुओं के नाम लिखें।

अगस्त-'26

भाषामणि	पाठ-8 अपनी रोटी में से पठन, श्रुतलेख, शब्द-अर्थ, प्रश्न-उत्तर
वाक्य-रचना	महान, शाम, कतार, समय, भोजन
कविता	त्योहारों की रौनक (पाठ्यक्रम)

व्याकरण	पाठ-4 संयुक्त व्यंजन, रंगों के नाम, चित्र देखकर कहानी लिखें पाठ्यपुस्तक पृष्ठ, 56)
अनुच्छेद	विलोम शब्द – जीत , अधिक , सुबह , सुख , काला
कहानी	लिंग बदलें – बालक , मोर , घोड़ा , ऊँट , अध्यापक
रचनात्मक लेखन	वचन बदलें – मुरगा , आँख , करेला , रानी , पंखा पर्यायवाची शब्द - पानी , मित्र हमारा राष्ट्रीय ध्वज ईमानदारी का इनाम किन्हीं दो स्वतंत्रता सेनानियों के चित्र चिपकाएँ।

सितम्बर '26

भाषामणि	पाठ-9 रिंकी बनेगी डॉक्टर पठन, श्रुतलेख. शब्द-अर्थ, प्रश्न-उत्तर
वाक्यरचना	आदत , पाठशाला , सलाद , बीमार , स्वच्छ
कविता	मौसम के रंग (पृष्ठ-96)
व्याकरण	पाठ-9 सर्वनाम, चित्रवर्णन (पृष्ठ- 56) विलोम शब्द – मित्र , जागना , ठंडा , सरदी , छोटा लिंग बदलें - राजा , गुड्डा , गाय , बालक वचन बदलें - घोड़ा , माला , कन्या , तितली , स्त्री पर्यायवाची शब्द – गाय , बादल
अनुच्छेद	सुबह की सैर
कहानी	साँप और चूहा
रचनात्मक कार्य	संतुलित आहार पर कोलाज बनाएँ।

अक्टूबर-'26

भाषामणि	पाठ- 11 ऐसे छूटी लापरवाही पठन, श्रुतलेख शब्द-अर्थ प्रश्न-उत्तर
वाक्य-रचना	परीक्षा , खिलौने , सबक , अलमारी , विषय
कविता	धरती माँ का प्यारा घर
व्याकरण	पाठ- 11 क्रिया , चित्र वर्णन (पृष्ठ – 58) बगीचा विलोम शब्द – गीला , ऊँच , जीत , मोटा , सत्य लिंग बदलें - लड़का , शिक्षक , माता , बालक , मम्मी वचन बदलें – मक्खी , तितली . वह , वधू , मैं पर्यायवाची शब्द - पहाड़ , पक्षी
अनुच्छेद	दशहरा (कोई त्योहार)
कहानी	शरारती गिलहरी
रचनात्मक लेखन	गतिविधि – 3

नवम्बर- '26

भाषामणि	पाठ – 13 प्रतीक की समझदारी पठन, श्रुतलेख, शब्द-अर्थ, प्रश्न-उत्तर
वाक्य-रचना	अनजान , योजना , हिदायत , सूरज , हादसा
कविता	स्वच्छता का रखो ध्यान(पाठ्यक्रम)
व्याकरण	पाठ - 10 , कैसा – कितना – विशेषण, अनेकार्थक शब्द , पद परिचय, चित्र वर्णन (पृष्ठ – 41 मेरा कमरा) विलोम शब्द – आग, चतुर, लाभ, अँधेरा, इधर लिंग बदलें – सिंह , चिड़िया , पाठक , पुत्र , बाघ

अनुच्छेद
कहानी
रचनात्मक कार्य

वचन बदलें – चूहा , घोड़ा , हवा, लता, महिला
पर्यायवाची शब्द – आकाश, अँधेरा
मेरा विद्यालय (कोई स्थान)
चतुर नाई
अपने मनपसंद पकवान परपाँच पंक्तियाँ लिखें।

दिसम्बर '26

भाषा मणि

पाठ- 3 प्यारे पेड़ हमारे , पाठ – 15 ईमानदारी
पठन, श्रुतलेख, शब्द-अर्थ. प्रश्न-उत्तर

वाक्य-रचना

हरियाली , खुशबू, क्रोध
इनाम , मालिक , धनवान

कविता

पानी है जीवन की धारा(पाठ्यक्रम)

व्याकरण

पाठ 14 अनेक शब्दों के लिए एक शब्द , दिन और महीनों के नाम , ऋतुओं के नाम
चित्र वर्णन (पृष्ठ – 25 मेला)

विलोम शब्द – काला , पास , गुरु , शुद्ध, यश
लिंग बदलें – चाचा , सूत , सेठ , हाथी , लेखक
वचन बदलें – कहानी , राखी , पत्ती, गाड़ी , घटा
पर्यायवाची शब्द – किताब , बच्चा

अनुच्छेद

कोई ऋतु

कहानी

चालाक बन्दर

रचनात्मक कार्य

एक पौधा लगाएँ व उसकी देखभाल कीजिए।

जनवरी '27

भाषा मणि

पाठ-12 भारत के राष्ट्र चिह्न

पठन, श्रुतलेख, शब्द-अर्थ. प्रश्न-उत्तर

वाक्य-रचना

चक्र , चिड़ियाघर , वर्षा , बादल , फुर्तीला

व्याकरण

यातायात के साधन, चित्र वर्णन (पृष्ठ – 6 भाषा मणि)

विलोम शब्द – कोमल, हँसना, सुबह , आज , उदय

लिंग बदलें – शेर, सखा, बैल, मुर्गा, मामा

वचन बदलें – दीवार , सड़क, डिब्बा, गाय, वस्तु

पर्यायवाची शब्द – कपड़ा, बाग

रचनात्मक कार्य

राष्ट्रीय ध्वज में रंग भरें (पृष्ठ -86)

फरवरी- '27

भाषा मणि

पाठ- 6 चन्द्रमा

पठन, श्रुतलेख, शब्द-अर्थ, प्रश्न-उत्तर

वाक्य-रचना

रात , प्रकाश , सुहावना , धन्यवाद, पहाड़

कविता

चाँद का कुरता

व्याकरण

शब्दों को कमबद्ध करके वाक्य बनाएँ , चित्रवर्णन (पृष्ठ- 53 सोने का कमरा)

विलोम शब्द – प्रेम , अर्थ , सुगंध, भूत , हिंसक,

लिंग बदलें – नाग , ऊँट , जादूगर , घोड़ा , चूहा

वचन बदलें – मछली , माता , रुपया, बस्ता , छाता

पर्यायवाची शब्द – जंगल , धरती

कहानी

पक्की दोस्ती

रचनात्मक लेखन

संज्ञा शब्दों के चित्र चिपकाकर उनके लिए विशेषण शब्द लिखें।

मार्च-'27

भाषा मणि	पाठ – 16 शेखू बना शेख चिल्ली
वाक्य-रचना	पठन, श्रुतलेख, शब्द-अर्थ, प्रश्न-उत्तर
व्याकरण	उपहार, जन्मदिन, नटखट, पाठ- 16 रचनात्मक कौशल विलोम शब्द - पाठ -13(पुनरावृत्ति) लिंग बदलें- पाठ -7(पुनरावृत्ति) वचन बदलें- पाठ -8 (पुनरावृत्ति) पर्यायवाची शब्द – पाठ -12 (पुनरावृत्ति)
कहानी	जादुई छतरी

सत्र	अप्रैल – सितम्बर		अक्टूबर – मार्च	
अभ्यासपत्र (श्रुतलेख) भाषामणि अभ्यासपत्र	1 (28.07.26) पाठ – 2,4,7		2 (02.03.27) पाठ – 3,6,12	
	1 (14.07.26)	2 (01.09.26)	3 (03.11.26)	4 (16.02.27)
भाषामणि	पाठ – 2,4	पाठ – 7,8	पाठ – 9,11	पाठ – 3,12
व्याकरण	पाठ- 1,2 ,5,6 अप्रैल व मई के विलोम शब्द , लिंग बदलें , वचन बदलें , पर्यायवाची शब्द , अनुच्छेद - कोई व्यक्ति , अपठित गद्यांश	पाठ – 3, 4, 15 जुलाई से अगस्त के विलोम शब्द , लिंग बदलें , वचन बदलें , पर्यायवाची शब्द , गिनती (1 -20), रंगों के नाम , अपठित गद्यांश अनुच्छेद – कोई स्थान , चित्रवर्णन	पाठ – 9,11 सितम्बर व अक्टूबर के विलोम शब्द, लिंग बदलें, वचन बदलें, पर्यायवाची शब्द, अपठितगद्यांश अनुच्छेद - कोई त्योहार, चित्रवर्णन	दिसंबर व जनवरी के विलोम शब्द, लिंग बदलें, वचन बदलें, पर्यायवाची शब्द, पद – परिचय, अनेक शब्दों के लिए एक शब्द, दिनों और महीनों के नाम, यातायात के साधन, अपठित गद्यांश अनुच्छेद – कोई ऋतु , चित्रवर्णन

Internals from lessons will be included in the worksheets

कविताएँ :

त्योहारों की रौनक

त्योहारों की रौनक ,त्योहार आते खुशियाँ लाते,
जीवन में रंग नए भर जाते।
थकी हुई दिनचर्या में फिर,
उत्साह के दीपक जल जाते।
दीपावली में दीप जले, अंधकार को दूर भगाएँ।
होली में रंग, प्रेम के संग,
आपस की दूरी मिट जाएँ।
ईद सिखाती भाईचारा,
क्रिसमस देता प्रेम का नाता।
गुरुपर्व, पोंगल, बैसाखी,

मेहनत का फल सबको भाता।
नवरात्रि में शक्ति की पूजा,
दुर्गा माँ का रूप महान।
दशहरे में सत्य की जीत,
असत्य का होता है अंत विधान।
त्योहार नहीं केवल रस्में,
ये संस्कृति की पहचान हैं।
एकता, प्रेम और सद्भाव, भारत की यही शान हैं।
आओ मनाएँ सब मिलकर, न जाति देखें, न दीवार।
त्योहार जोड़ें दिल से दिल, यही है सच्चा त्योहार।

पानी है जीवन की धारा

पानी है जीवन की धारा, इससे चलता जग सारा।
बिन पानी सब सूनासूना-, सूख जाए हर किनारा।
नदियाँ, झरने, तालतलैया-, सबका मान बढ़ाएँ।
एकएक बूंद की कीमत-, हम सबको समझाएँ।
टपटप गिरता नल न छोड़े-, फौरन उसे बंद करें।
ब्रश करते, हाथ धोते, पानी कम ही खर्च करें।
वर्षा जल को सहेजें मिलकर, छत से टंकी में लाएँ।
धरती माँ की प्यास बुझाएँ, हरियाली फिर लाएँ।
खेती, पशु और हम सबको, पानी देता जीवन।
इसकी रक्षा करना हमको, है सबसे पावन कर्म।
आओ मिलकर शपथ ये लें, जल को व्यर्थ न बहाएँ।
आज बचाएँ हर एक बूंद, कल को खुशहाल बनाएँ।
जल है तो कल है प्यारा, इसे बचाना कर्तव्य हमारा।
धरती माँ का प्यारा घर

धरती माँ का प्यारा घर हरा भरा-ये सारा घर।
नीला अम्बर, बादल झूमें, नदियाँ गाएँ मीठा सुर।
पेड़ खड़े हैं बाँह पसारें, देते छाया दिन और रात।
शुद्ध हवा का उपहार लिए, करते हमसे सच्ची बात।
फूल हँसे, तितली नाचे, भँवरे गुनगुन गान सुनाएँ।
पर्वत ऊँचे, शान दिखाएँ, झरने मीठा राग सुनाएँ।
पर हमने क्या हाल किया?
वन काटे, कूड़ा फैलाया।
धुआँधुआँ ये नभ सारा-, नदियों को भी मैला बनाया।
अब जागो रे, मिलकर जागो,

धरती माँ को फिर सजाओ।
एकपेड़ लगाओ एक तुम-,
हरियाली का दीप जलाओ।
पानीबिजली बचत करना-,
प्लास्टिक को दूर भगाना।
स्वच्छ हवा का वचन ये लो,
प्रकृति से नाता निभाना।
जबजब हम संग मिल जाएँ-,
धरती फिर से मुस्काए।
वन खुशियाँ बरसाए।
आओ मिलकर कसम ये खाएँ
हरा!भरा संसार बनाएँ-

स्वच्छता का रखो ध्यान

स्वच्छता का रखो ध्यान ,
स्वच्छता है जीवन की शान,
इससे बनता स्वस्थ इंसान।
घर हो, गली हो या मैदान, साफ़सुथरा हो हर स्थान।-
कचरा कभी इधर न फेंको, डस्टबिन में ही सदा डालो।
पानी, हवा सब रहें शुद्ध, तभी तो होगा भविष्य सुंदर।
स्वच्छ रहेंगे तन और मन, बीमारियाँ जाएँगी दूर क्षणक्षण।-
आओ मिलकर कसम ये खाएँ,
स्वच्छ भारत को आगे बढ़ाएँ।

MATHEMATICS

Book : Together with New Mathematics

APRIL' 26

Together with New Mathematics	Chapter 1-Numbers and Numeration
Number Names	1 to 100
Table	6
Dodge Tables	2 to 6
Activity	To learn expanded form using place value cards and number cards.

MAY' 26

Together with New Mathematics	Chapter 2-Addition
Number Names	101 to 200
Table	7
Dodge Tables	2 to 7
Activity	To show addition using bindis. To show addition using different stationary items

JULY' 26

Together with New Mathematics	Chapter 3-Subtraction
Number Names	201 to 300

Table	8
Dodge Tables	2 to 8
Activity	To show subtraction using grid paper. To show subtraction using available stationary material.
AUGUST' 26	
Together with New Mathematics	Chapter 7-Money
Number Names	301 to 400
Table	9
Dodge Table	2 to 9
Activity	To recognize Indian Currency and addition by using fake notes. To learn how to buy things through role play
SEPTEMBER' 26	
Together with New Mathematics	Chapter 4 - Multiplication
Number Names	401 to 500
Table	10 and 11
Dodge Tables	2 to 11
Activity	To multiply numbers by the method of Repeated Addition using colourful paper cutting
OCTOBER' 26	
Together with New Mathematics	Chapter 5-Division
Number Names	501 to 600
Table	12
Dodge Tables	2 to 12
Activity	To divide the objects into equal parts using coloured paper To learn division by dividing real life objects
NOVEMBER' 26	
Together with New Mathematics	Chapter 9-Time and Calendar
Number Names	601 to 700
Dodge Tables	2 to 12
Activity	To make a collage of the seasons of India and write the month for each.
DECEMBER' 26	
Together with New Mathematics	Chapter 8-Measurement
Number Names	701 to 800
Dodge Tables	2 to 12
Activity	To measure the actual length of the strip using a ruler To learn measurement by using handspan and footspan
JANUARY' 27	
Together with New Mathematics	Chapter 6-Fractions
Number Names	801 to 900
Dodge Tables	2 to 12
Activity	To show different Fractions by paper cuttings
FEBRUARY' 27	
Together with New Mathematics	Chapter 10- Shapes and Patterns
Number Names	901 to 1000
Dodge Tables	2 to 12
Activity	To match all solid shapes with correct objects. To learn shapes by real life examples

MARCH'27

Together with New Mathematics
Dodge Tables
Activity

Chapter 11- Data Handling
2 to 12

To show a data chart and answer simple questions related to data

SYLLABUS FOR MATHEMATICS WORKSHEETS

	1	2	3	4
Date	12.05.26	25.08.26	27.10.26	23.02.27
C. Maths	Chapter -1, 2 Number Names - 1 -200	Chapter – 3 ,7 Number Names – 201-400	Chapter- 4, 5 Number Names - 401 – 600	Chapter- 9,8,6, Number Names- 601- 900
Mental Maths	Questions of April and May	Questions of July and August	Questions of September and October	Questions of November, December and January

NOTE:

20 questions of Mental Maths will be done every month.

Revision of tables will be done regularly.

ENVIRONMENTAL STUDIES

Books : My Green World

APRIL'26

Chapter 1 My Body
Chapter 2 Inside My Body
Activity (a) Draw any five body parts that you can see.
(b) Paste the picture of any three internal organs.
(c) Showing Model of kidney, heart, eye & ear.
(d) Colouring sheet on Ram Navami, Ambedkar Jayanti and description of the same
Experiment Testing The Sense Organs for different things (smell, taste, hearing)

MAY'26

Chapter 14 Means of Communication
Activity (a) Visit to a post office
(b) Visit to Temple, Church and Gurudwara
(c) Paste a post card .
(d) Paste the pictures of traditional and modern means of Communication (any four)
Experiment Air Occupies Space

JULY'26

Chapter 3 Family And Friends
Chapter 6 Clothes We Wear
Activity (a) Make a family tree
(b) Paste the pieces of four different types of cloth.
(c) Colouring sheet on Teej and description of the same.
Experiment Sinking and Floating

AUGUST'26

Chapter 7 Days to Celebrate
Activity (a) Paste a picture of your favourite festival.

Experiment	(b) Colouring sheet on Raksha Bandhan, Independence day, Janamashtami and description of the same. Burning requires oxygen
SEPTEMBER'26	
Chapter 5	Food We Eat
Chapter 11	Weather and Seasons
	(a) Paste the picture of any three body building, energy giving and protecting food.
	(b) Paste the picture of one particular clothes that you wear in each season.
	(c) Colouring sheet on Teacher's Day and Ganesh Chaturthi and description of the same
Experiment	Difference between Living and Non living
OCTOBER'26	
Chapter 4	Houses We Live In
Chapter 15	Transport and Safety
Activity	(a) Draw a picture of kutchha house and pucca house.
	(b) Draw any three road signs.
	(c) Colouring sheet on Gandhi Jayanti, Dussehra, and Diwali description of the same
Experiment	Presence of Air in Water
NOVEMBER'26	
Chapter 8	Neighbourhood Helpers and Services
Activity	(a) Write the Emergency phone no.s
	(b) Colouring sheet on Children's Day and Gurupurab and description of the same
	(c) Paste the pictures of people who help us in any way (any two)
Experiment	Three Forms of Matter and concept of Melting, Boiling and Freezing
DECEMBER'26	
Chapter 10	Plants and Animals around Us
Chapter 16	Games We Play
Activity	(a) Paste the pictures of four animals and their shelters.
	(b) Draw a picture of a plant and label its parts.
	(c) Showing herbs, shrubs and tree in the school garden
	(d) Paste the pictures of indoor & outdoor games.(any two)
	(e) Colouring sheet on Christmas and description of the same
Experiment	Germination of Seed
JANUARY'27	
Chapter 13	Save The Earth
Activity	(a) Make a small Earth collage or a tree using waste material.
	(b) Colouring sheet on Republic Day and description of the same
Experiment	Force of Gravitation
FEBRUARY'27	
Chapter 12	Earth and its Neighbours
Activity	(a) Paste the pictures of three man made and three Natural things
	(b) Showing educational video based on Solar Syste
Experiment	Evaporation and Condensation

MARCH'27

Chapter 9

Map of India

Activity

(a) Colour any eight states of India in the political map

Experiment

Magnet and Compass

SYLLABUS FOR EVS WORKSHEET

	1	2	3	4
DATE	21-7-26	15-9-26	8-12-26	2-2-27
EVS	L-1,2,14	L- 3, 6, 5, 7	L- 4,8,11, 15	L- 10, 13, 16

***Internals will be included from the lessons in the worksheet.**

GENERAL KNOWLEDGE

April '26(OUR BODY)

Q.1. What is the main function of red blood cells?

Ans. The main function of red blood cells is to carry oxygen.

Q.2. Which organ is responsible for filtering blood?

Ans. Kidneys are responsible for filtering blood.

Q.3. Which is the largest internal organ in human body?

Ans. Liver is the largest internal organ in human body.

Q.4. Which part of human body has the smallest bones?

Ans. Ear has the smallest bone in human body.

Q.5. What is the control centre of the human body?

Ans. The control centre of the human body is brain.

May' 25 (SACRED PLACES OF INDIA)

Q.1. Which is the largest mosque in India?

Ans. Jama Masjid (Delhi) is the largest mosque in India.

Q.2. Which famous temple is located in Konark (Odisha)?

Ans. The Sun Temple is located in Konark (Odisha)

Q.3. Which holy city is famous for the river Ganga ?

Ans. Varanasi is a holy city famous for the river Ganga.

Q.4. Which holy city is famous for Kumbh Mela?

Ans. Haridwar is a holy city famous for Kumbh Mela.

Q.5. Which city is known as the 'city of weavers'?

Ans. Panipat is known as the 'city of weavers'

JULY '26 (Sobriquets of India)

Q.1. Which city is known as the city of joy?

Ans. Kolkata is known as the city of Joy.

Q.2. Which city is called the city of lakes?

Ans. Udaipur is called the city of lakes.

Q.3. Which city is known as the Silicon Valley of India?

Ans. Bengaluru city is known as the Silicon Valley of India.

Q.4. Which place is known as the land of Five rivers?

Ans. Punjab is known as the land of Five rivers.

Q.5. Which city is called the city of Nawabs ?

Ans. Luknow is called the city of Nawabs.

Q.6. Which city known as Manchester of India?

Ans. Ahmedabad is known as the Manchester of India.

Q.7. Which place is known as the Tea Garden of India ?

Ans. Assam is known as the Tea Garden of India.

Q.8. Which city is called the City of Pearls?

Ans. Hyderabad is called the City of Pearls .

AUGUST '26 (INDIA)

Q.1. Who was the first Education Minister of India?

Ans. Maulana Abul Kalam Azad was the first Education Minister of India.

Q.2. Who is the education minister of India?

Ans. Dharmendra Pradhan is the education minister of India.

Q.3. How many States & Union Territories are there in India?

Ans. There are 28 States & 8 Union Territories in India.

Q.4. Which is the most educated State in India?

Ans. Kerala is the most educated State in India.

Q.5. Who is the finance minister of India?

Ans. The finance minister of India is Nirmala Sitharaman.

SEPTEMBER '26 (FOOD)

Q.1. Which is the largest fruit in the world?

Ans. Jackfruit is the largest fruit in the world.

Q.2. Which vegetable helps in improving eyesight?

Ans. Carrot helps in improving eyesight.

Q.3. Which fruit has the most water content?

Ans. Watermelon (92%) has the most water content.

Q.4. Which fruit has the highest oil content?

Ans. Avocado has the highest oil content.

Q.5. Name the fruit which has seeds on its outside?

Ans. Strawberry is the only fruit which has seed on the outside.

OCTOBER '26 (HARYANA& MANIPUR)

Q 1. Who is the chief minister of Manipur ?

Ans. Mr. Nongthomban Biren Singh is the chief minister of Manipur.

Q 2 What is the chief minister of Haryana?

Ans. Mr. Nayab Singh Saini is the chief minister of Haryana.

Q3. Name any two Historical places of Manipur?

Ans. Kangla Fort & Mova Cave.

Q4. Name any two Historical places of Haryana.

Ans. Kurukshetra and Panipat.

Q5. What is the staple food of Manipur ?

Ans. The staple food of Manipur is rice.

Q6. What is the state game of Haryana?

Ans. Wrestling is the state game of Haryana.

Q7. Name the state game of Manipur?

Ans Polo is the state game of Manipur.

Q8. Name the state bird of Haryana.

Ans. Black Francolin or Black Partridge is the state bird of Haryana.

Q9. When was Manipur state formed?

Ans. Manipur state was formed on 21st Jan 1972.

Q10 When was Haryana formed? ?

Ans. Haryana was formed on 1st November 1966.

NOVEMBER'26 (HARYANA & MANIPUR)

Q1. Who is the Governor of Haryana.

Ans. The Governor of Haryana is Bandaru Dattatreya.

Q2. Who is the Governor of Manipur.

Ans. The Governor of Manipur is Ajay Kumar Bhalla.

Q3 Which city is known as the Rice Bowl of Haryana?

Ans: Karnal is known as the Rice Bowl of Haryana.

Q4. Which is the popular festival of Manipur?

Ans. Sangal is the most popular festival of Manipur.

Q5 In which city of Haryana was the great epic Mahabharat written by Ved Vyas?

Ans. Mahabharat was written in Kurukshetra by Ved Vyas.

Q6. Name the largest freshwater lake in Manipur.

Ans. Loktak lake is the largest freshwater lake in Manipur.

Q7. Name two important rivers of Haryana.

Ans. Two important rivers of Haryana are Yamuna and Markanda.

Q8. Which state is the leading producer of wheat?

Ans. Haryana is the leading producer of wheat

Q9. Which is the famous folk dance of Haryana?

Ans. Phag Dance is the famous folk dance of Haryana

Q10. Which is the famous folk dance of Manipur?

Ans. The famous folk dance of Manipur is Manipuri.

DECEMBER'26 (ANIMALS)

Q.1. Which animal has webbed feet to help it swim?

Ans. Duck has webbed feet to help it swim.

Q.2 Which bird is known for its beautiful singing voice?

Ans. Nightangle is known for its beautiful singing voice.

Q.3. Which bird is the fastest flyer in the world?

Ans. Falcon is the fastest flyer in the world.

Q.4. Which bird can fly backward?

Ans. Humming bird can fly backward.

Q.5. Which animal is known for its changing colours?

Ans. Chameleon is known for its changing colours.

JANUARY'27 (EARTH & ITS NEIGHBOURS)

Q1. What do we call the path a planet takes around the Sun?

Ans. We call it Orbit.

Q.2. What is the Earth's only natural Satellite?

Ans. Moon is the Earth's only natural Satellite.

Q.3. What is the name of the galaxy we live in?

Ans. Milky Way is the galaxy we live in.

Q.4. Which is the hottest & the brightest planet in the Solar System ?

Ans. Venus is the hottest & the brightest planet in the Solar System.

Q. 5. Which planet has rings around it ?

Ans. Saturn has rings around it.

FEBRUARY'27(DAYS WE CELEBRATE)

Q.1. When do we celebrate National Army Day ?

Ans. We celebrate National Army Day on 15th January.

Q.2. When do we celebrate International Yoga Day?

Ans. We celebrate International Yoga Day on 21st June.

Q.3. When do we celebrate World Environment Day?

Ans. We celebrate World Environment Day on 5th June.

Q.4. When do we celebrate International Labour Day?

Ans. We celebrate International Labour Day on 1st May.

Q5. When do we celebrate World Hindi Day ?

Ans. We celebrate World Hindi Day on 14th September.

MARCH'27 (THE BIGGEST & THE SMALLEST)

Q1. Which is the biggest temple in India?

Ans. Akshardham Temple (Delhi) is the biggest temple in India.

Q2. Which is the smallest river in India?

Ans. The Arvari river (Rajasthan) is the smallest river in India.

Q3. Which is the largest state in India?
 Ans. Rajasthan is the largest state in India.
 Q4. Which is the longest road in India?
 Ans. NH44 is the longest road in India.
 Q5. Which is the longest river in India?
 Ans. The Ganga is the longest river in India.

COMPUTER SCIENCE

APRIL' 26

Chapter – 1	More About Computer
	Understand the IPO cycle, Define hardware
Activity	1. GCompris-dictionary based activity. 2. Draw one input device in Tux-Paint.

MAY' 26

Chapter – 1	More About Computer
	Software and its types
Activity	1. Draw a 'Solar System' in Tux-Paint.

JULY' 26

Chapter – 2	Tux Paint – An Introduction
	Launch Tux Paint, Components of Tux Paint, Different tools used to draw and colour in Tux Paint
Activity	1. Draw a Scenery in Tux-Paint.

AUGUST' 26

Chapter – 3	MS Word – An Introduction
	Understand the word processing program, Identify various components of Word window, Change style, size and color of fonts in Word, Save document for future.
Activity	1. Make 'National Flag' in Tux-Paint. 2. Type a paragraph in MS Word.

SEPTEMBER' 26

Chapter – 3	MS Word – An Introduction
	Typing and Formatting
Activity	1. Type few lines about yourself in Word. 2. Activities based on Computational Thinking

OCTOBER' 26

Chapter – 4	More on Scratch Jr
	Understand ScratchJr program and its working, Identify various components of Scratch Jr screen, Use motion block to move sprite, Change sprite character and background of the stage, Create program on ScratchJr.
Activity	1. Make a program in ScratchJr to make the sprite move and talk. 2. Draw 'Dussehra' Scene in Tux-Paint.

NOVEMBER' 26

Activity	1. Make an underwater scene in ScratchJr. 2. Draw 'Diwali scene' with the help of different tools in Tux-Paint.
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DECEMBER' 26

Chapter – 5

Machines Can Understand

Understand how machines “listen” and follow instructions, Recognise how humans communicate clearly with machines, Explore virtual assistants like Alexa, Siri, Google Assistant with greater understanding, Learn about prompts as simple instructions and practice forming them. Quick, Draw!

AI Activity

JANUARY' 27

Activity

1. Learn to play Sudoku in Gcompris.
2. Tic-Tac-Toe activity in Gcompris.
3. Make a 'Night Sky Scene' in Tux-Paint.

FEBRUARY' 27

Activity

1. Draw a 'Winter scene' in Tux-Paint.
2. Make a scenery in Tux Paint.

MARCH' 27

STEM Based

Write traffic rules in MS-Word with proper formatting and Draw a traffic signal **Project** in Tux-Paint.

LIFE SKILLS AND ACTIVITIES

APRIL'26

English Conversation
Life Skill
Science Explorers
Geo Fun

About Me
Kindness Tree
Five Senses Fun Test
My Home Map Activity

MAY'26

English Conversation
Life Skill
Science Explorers
Geo Fun

Greetings and Magic Words
3 R's of Environment
Air Occupies Space
My City

JULY'26

English Conversation
Life Skill
Science Explorers
Geo Fun

Picture Talk on Emotions
Feelings and Communication
Sinking and Floating
My State

AUGUST'26

English Conversation
Life Skill
Science Explorers
Geo Fun

Daily Routine and Independence
Cleanliness, Table Manners, Health and Hygiene
Burning Requires Oxygen
Northern India

SEPTEMBER'26

English Conversation
Life Skill
Science Explorers
Geo Fun

Basic Awareness About Likes And Dislikes
Cyber Safety
Difference Between Living and Non-Living
Eastern India

OCTOBER'26

English Conversation
Life Skill
Science Explorers
Geo Fun

My Safe Circle
My Safety Promise Badge
Presence of Air in Water
Western India

NOVEMBER'26

English Conversation
Life Skill
Science Explorers
Geo Fun

Awareness of Surroundings
Red Light, Green Light, Safety Game
Three Forms Of Matter and concept of Melting, Boiling And Freezing
Southern India

DECEMBER'26

English Conversation
Life Skill
Science Explorers
Geo Fun

Smart Kids Safety Talk
Emergency Ready Drill Reflection
Germination of Seed
Rivers of India

JANUARY'27

English Conversation
Life Skill
Science Explorers
Geo Fun

Object Talk
Body Language and Say No To Bullying
Force of Gravitation
Continents

FEBRUARY'27

English Conversation
Life Skill
Science Explorers
Geo Fun

Vocabulary Words (Instead of Very)
Friendship Recipe
Rotation and Revolution
Oceans

MARCH'27

English Conversation
Life Skill
Science Explorers
Geo Fun

My Memories of Class 2
Self Reflection
Evaporation and Condensation
Review Session

ART AND CRAFT

APRIL'26

Drawing File

Introduction of Primary Colours and Secondary Colour

MAY'26

Drawing File
Draw and Colour
Activity
Activity

Bus Stand Scene
pg. 6,7 and 8
Flower Making for Mother's Day
Ek Bharat Shreshth Bharat Scene

July'26

Drawing file
Draw and Colour
Activity
Competition

Beach Scene
pg.9,10, and 11
Book Mark
Rakhi Making for Soldiers

AUGUST'26

Drawing File	My Favourite Park
Draw and Colour	pg.12,13 and 14
Activity	Paper Bag
Activity	Tearing and Pasting on Independence Day

SEPTEMBER'26

Drawing file	Fun Fair Scene
Draw and Colour	pg.15,16 and 17
Activity	Origami Scene
Competition	Origami Model Making

OCTOBER'26

Drawing File	Durga Puja Scene
Draw and Colour	pg.18,19 and 20
Activity	Diwali Decoration
Competition	Camel Art Contest

NOVEMBER'26

Drawing File	Under Water World Scene
Draw and Colour	pg. 21,22 and 23
Activity	Poster Making on Fit India

DECEMBER'26

Drawing file	Christmas Scene
Draw and colour	Pg. 24,25 and 26
Activity	Christmas Decoration

JANUARY'27

Drawing File	Basant Panchami Scene
Draw and Colour	pg.27 and 28

FEBRUARY'27

Drawing file	My City Scene
Draw and Colour	pg.29 and 30
Activity	Paper Craft

MARCH'27

Drawing File	Holi Scene
Draw and Colour	Pg. no 31 and 32
Activity	T- Shirt Painting With Tye & Dye

MUSIC

APRIL '26

इतनी शक्ति हमें देना दाता,
मन का विश्वास कमजोर होना
हम चलें नेक रस्ते पे, हम से भूल कर भी कोई भूल होना॥
दूर अज्ञान के हो अँधेरे
तू हमें ज्ञान की रौशनी दे
हर बुराई से बच के रहें हम
जीतनी भी दे भली ज़िन्दगी दे
बैर हो ना किसी का किसी से
भावना मन में बदले की होना॥
इतनी शक्ति हमें देना दाता,
मन का विश्वास कमजोर होना
हम चलें नेक रस्ते पे,
हमसे भूल कर भी कोई भूल होना॥
हम न सोचें हमें क्या मिला है
हम ये सोच किया क्या है अर्पण
फूल खुशियों के बांटें सभी को
सब का जीवन ये बन जाए मधुबन
अपनी करुणा का जल तू बहा दे
करदे पावन हर इक मन का कोना

APRIL '26

आई बैसाखी आई बैसाखी
मूक गयी कनका दी राखी
आई बैसाखी आई बैसाखी
सारे बब्बा इकठे हो के मिल के
पाहये भंगड़ा नचो अतए नचाओ
आई बैसाखी आई बैसाखी
मूक गयी कनका दी राखी
आई बैसाखी आई बैसाखी
सब नू भंगड़ा जी भंगड़ा

SARGAM =ALANKAR

AAROHA = SA SA, RE RE, GA GA, MA MA ,
PA PA, DHA DHA, NI NI, SA SA,
AVROHA = SA SA, NI NI ,DHA DHA ,PA PA,
MA MA, GA GA ,RE RE ,SA SA

MAY'26

We'll work hard today,
We'll do our best in every way,
We'll give all we've got,
Yes, we'll give it our best shot!
We'll listen and learn maybe do a good turn
And have a great, great, great attitude

And have a great, great, great attitude!
And have a great, great, great attitude

MAY'26

माँ, मेरी माँ प्यारी माँ, मम्मा
हाथों की लकीरे बदल जायेंगी
गम की ये जंजीरे पिघल जायेंगी
हो खुदा पे भी असर तू दुआओं का है घर
मेरी माँ, मम्मा
बिगड़ी किस्मत भी संवर जायेगी
ज़िन्दगी तराने खुशी के गायेगी
तेरे होते किसका डर तू दुआओं का है घर
मेरी माँ, प्यारी माँ, मम्मा...
यूँ तो मैं सबसे न्यारा हूँ (परतेरा माँ मैं दुलारा हूँ (
दुनियाँ में जीने से ज़्यादा यूँ तो मैं सबसे न्यारा हूँ
(परतेरा माँ (मैं दुलारा हूँ
दुनियाँ में जीने से ज़्यादा
उलझन है माँ मेरी माँ, मम्मा

JULY'26

Reach up
Reach for the stars you are brave
You are strong
Rise up Rise like the sun
You are loved I am loved
You are strong (2)
Reach for your dreams and truly
Believe, you are brave, you are strong
Take a deep breath and dance in the wind
You are brave i am brave

JULY '26

मेरे बाँके बिहारी लाल तू इतना ना करओ श्रृंगार
नजर लग जाएगी मेरे बाँके बिहारी लाल....
तोरी सुरतिया पे मनमो राअटका
प्यारा लागे तेरा पीला पटका..2
प्यारा लागे तेरा पीला
तेरी टेढ़ी मेढ़ी चाल तेरी टेढ़ी मेढ़ी चाल,
तू इतना ना करिओ श्रृंगार
नजर लगजा एगी
नजर लग जाएगी॥ मेरेबाँकेबिहारीलाल...
तोरी कमरिया पे मन मोरा अटका
प्यारा लागे तेरा काला पटका
तेरे गलमें वैजयंती माल, तू इतना करिओ श्रृंगार
नजर लग जाएगी
नजर लग जाएगी

JULY'26

Reach up
Reach for the stars you are brave
You are strong
Rise up Rise like the sun
You are loved I am loved
You are strong (2)
Reach for your dreams and truly
Believe, you are brave, you are strong
Take a deep breath and dance in the wind
You are brave i am brave ,You are strong

AUGUST'26

भारत प्यारा देश हमारा, तन-मन इस परवारेंगे॥
गंगा यमुना नदियाँ बहती
फल-फूलों से लदी है धरती
इस धरती पर जन्म लिया है,
माता इस पुकारेंगे
कोटि-कोट हैं इसके वासी
फिर क्यों छाई आज उदासी
कांप उठेंगे शत्रु सारे,
सब मिलकर जब ललकारेंगे
एक मान हैं दुत्व है जिसका
एक प्राण हैं दुत्व है जिसका
ऐसे भारत पर प्राणों की
सब मिल बलि चढ़ाएंगे
भारत प्यारा देश हमारा, तन-मन इस परवारेंगे॥
गंगा यमुना नदियाँ बहती
फल-फूलों से लदी है धरती
इस धरती पर जन्म लिया है, माता इस पुकारेंगे

AUGUST'26

Three colours, when we look up to the sky
Three colours make us hold our heads up high
The saffron of the rays arising from the morning sun
In the afternoon, the white sailing clouds that run
In the evening, the green of waving palms in the breeze
Our hearts fill with pride at these three colours, three!
The saffron gives us courage and inspires sacrifice
The white for us is peace and honesty
The green is festive life and it means prosperity
The central wheel is "DHARMA" for eternity .

SEPTEMBER'26

अच्युतम केशवं कृष्ण दामोदरं
राम नारायणं जानकी वल्लभं
अच्युतम केशवं कृष्ण दामोदरं
राम नारायणं जानकी वल्लभं
कौन कहते हैं भगवान आते नहीं
कौन कहते हैं भगवान आते नहीं
कौन कहते हैं भगवान आते नहीं
तुम मीरा के जैसे बुलाते नहीं
अच्युतम केशवं कृष्ण दामोदरं
राम नारायणं जानकी वल्लभं
कौन कहते हैं भगवान खाते नहीं
बेर शबरी के जैसे खिलाते नहीं
कौन कहते हैं भगवान खाते नहीं
बेर शबरी के जैसे खिलाते नहीं
कौन कहते हैं भगवान सोते नहीं
माँ यशोदा के जैसे सुलाते नहीं
कौन कहते हैं भगवान सोते नहीं
माँ यशोदा के जैसे सुलाते नहीं
अच्युतम केशवं कृष्ण दामोदरं
(अच्युतम केशवं कृष्ण दामोदरं)
राम नारायणं जानकी वल्लभं
(राम नारायणं जानकी वल्लभं)

SEPTEMBER'26

Its a world of laughter, a world of tears
Its a world of hope and a world of fears
Theres so much that we share
That its time we're aware
Its a small world after all
Its a small world after all (Whoo!)
Its a small world after all (Everybody now!)
Its a small world after all
Its a small, small, small, small world (Oh yeah)
There is just one moon, and one golden sun
And a smile means friendship to everyone
Though the mountains be wide
And the oceans are wide
Its a small world after all

OCTOBER'26

दीप जलाओ, दीप जलाओ,
 आज दिवाली रे
 खुशी-खुशी सब हंसते आओ,
 आज दिवाली रे
 मैं तो लूंगा खेल-खिलौने,
 तुम भी लेना भाई
 नाचो, गाओ, खुशी मनाओ,
 आज दिवाली आई
 आज पटाखे खूब चलाओ आज दिवाली रे
 दीप जलाओ, दीप जलाओ आज दिवाली रे
 नए-नए मैं कपड़े पहनूं,
 खाऊं खूब मिठाई
 हाथ जोड़कर पूजा कर लूं
 आज दिवाली आई
 खाओ मित्रों, खूब मिठाई,
 आज दिवाली रे
 दीप जलाओ, दीप जलाओ

OCTOBER'26

प प म ग म ग
 म म ग रे ग म
 ग ग रे सा रे गा
 सा रे गा मा पा धा नी सा
 फूलों का खिलना पंछि का गाना
 भवरो का देखौ गुनगुनाना
 तितली का गाना सा रे गा मा
 प प म ग म ग
 म म ग रे ग म
 ग ग रे सा रे गा
 सा रे गा मा पा धा नी सा
 बादलों का सुन गर्जना
 छम-छम पानी का बरसना
 मौर का पँख फैलाके थिरकना
 गुणिया धा धिन धिनदा

NOVEMBER'26

मेरी चौखट पे चल के आज,
 चारों धाम आए हैं
 बजाओ ढोल स्वागत में,
 मेरे घर राम आये हैं

कथा शबरीकी जैसे
 जुड़ गई मेरी कहानी से,
 ना रोको आज धोने दो चरण,
 आँखों के पानीसे
 बहुत खुश है मेरे आंसू,
 के प्रभु के काम आए हैं
 बजाओ ढोल स्वागत में,
 मेरे घर राम आए हैं ॥

NOVEMBER'26

Long time ago in Bethlehem
 So the Holy Bible say
 Mary's boy child, Jesus Christ
 Was born on Christmas day
 Hark, now hear the angels sing
 A new king born today
 And man will live forevermore
 Because of Christmas day
 Trumpets sound and angels sing
 Listen what they say
 That Man will live forevermore
 Because of Christmas day
 While shepherds watched their flocks by night
 Them to see a bright new shining star
 Them to hear a choir sing
 The music seemed to come from afar
 Now, Joseph and his wife, Mary
 Come to Bethlehem that night
 Them find no place to born she child
 Not a single room was in sight
 Hark, now hear the angels sing
 A new king born today
 And man will live forevermore
 Because of Christmas day

DECEMBER'26

हिंद देश के निवासी सभी जन एक है
 रंग रूप वेष भाषा चाहे अनेक है
 हिंद देश के निवासी सभी जन एक है
 रंग रूप वेष भाषा चाहे अनेक है
 बेला गुलाब जूही चम्पा चमेली
 बेला गुलाब जूही चम्पा चमेली
 प्यारे-प्यारे फूगूं थे माला में एक है
 प्यारे-प्यारे फूल गूँथे माला में एक है
 हिन्द देश के निवासी सभी जन एक है
 रंग रूप वेष भाषा चाहे अनेक है

JANUARY'27

ऐ वतन, वतन मेरे, आबाद रहे तू
ऐ वतन, वतन मेरे, आबाद रहे तू
ऐ वतन, वतन मेरे, आबाद रहे तू
मैं जहाँ रहूँ जहाँ मैं याद रहे तू
मैं जहाँ रहूँ जहाँ मैं याद रहे तू
ऐ वतन.. मेरे वतन , ऐ वतन.. मेरे वतन
तू ही मेरी मंजिल, पहचान तुझी से
पहुँचू मैं जहाँ भी , ऐ वतन..मेरे वतन..
तू ही मेरी मंजिल, पहचान तुझी से

JANUARY'27

The other side of the mountain
The bear went over the mountain,
The bear went over the mountain,
The bear went over the mountain,
To see what he could see,
To see what he could see
The other side of the mountain,
The other side of the mountain

FEBURARY'27

My fair lady
London Bridge is broken down
Broken down, broken down
London Bridge is broken down
Was all that he could see
London Bridge is falling down
Was all that he could see,
Falling down, falling down
Was all that he could see,
London Bridge is falling down
My fair lady

FEBURARY'27

होली खेल रहे नंदलाल,
वृंदावन की कुंज गली में,
होली खेल रहे नंदलाल,
वृंदावन की कुंज गली में,
अरे होली खेल रहे नंदलाल,
वृंदावन की कुंज गली में ।
संग सखा श्याम के आये,
रंग भर पिचकारी लाये,
संग सखा श्याम के आये,
रंग भर पिचकारी लाये,
ऐ संग सखा श्याम के आये,
रंग भर पिचकारी लाये,
संग सखा श्याम के आये,
रंग भर पिचकारी लाये ।
हो कर रहे बुरो हाल बेहाल,
वृंदावन कुंज गली

MARCH '27 **REVISION**

DANCE

APRIL'26

SONG White Brown Black(Bhangra)

MAY'26

SONG Bollywood

JULY'26

SONG Fateh Kar Fateh (Independence Day)

AUGUST'26

SONG Mere Banke Bihari Lal (Madhavas)

SEPTEMBER'26

SONG Mor Bani Thangat Kare(Dandiya)

OCTOBER'26

SONG The Happy Diwali Song (Diwali)

NOVEMBER'26

SONG Revision

DECEMBER'26

SONG We Need A Little Christmas

JANUARY'27

SONG Bho Shambho Shiva Shambho (Shivratri)

FEBRUARY'27

SONG Bho Shambho Shiva Shambho (Shivratri)

MARCH'27

SONG Revision

YOGA

APRIL- MAY'26

Q. What is Asana?

Ans. Asana means the state of being physically and mentally steady, calm quiet and comfortable.

Q. What is Pranayam?

Ans. The word Pranayam comprises two roots: Prana plus Ayama, Prana means vital energy. Aayam means life force. Pranayam is generally defined as breath control.

1. Suryanamaskar and Padmasana

Benefits : a) It sharpens our memory.

b) It straightens our back bone.

2. breathing exercise

Benefits : a) It removes cough and cold.

b) It removes all types of mental and physical stress

JULY'26

1. Parvatasana and Sarpasana

Benefits : a) It exercises our shoulders.

b) The legs become strong.

• Practice of Surya Namaskar and Pranayama

AUGUST'26

1. Bhoo-Namanasana and Halasana

Benefits : a) It cures 'Diabetes '

b) It removes the disorders of the liver.

2. Breathing exercise

Benefits : a) It has a cleansing effect on the lungs. b) It is very beneficial in migraine pain

• Practice of Surya Namaskar

SEPTEMBER'26

1. Paschimottanasana and Janushirshasana

Benefits : a) It reduces extra fat from the stomach.

b) It stretches the muscles of the legs.

- Practice of Surya Namaskar and Pranayama.

OCTOBER'26

1. Trikonasana and Tadasana

Benefits : a) It increases flexibility of the waist area.

b) It improves digestion & stimulates the appetite. • Practice of Surya Namaskar and Pranayama.

NOVEMBER'26

Revision : Parvatasana and Sarpasana

Bhoo-Namanasana and Halasana

Paschimottanasana and Janushirshasana

Trikonasana and Tadasana

- Practice of Surya Namaskar and Breathing

DECEMBER'26

1. Bhujagasana and chakrasan

Benefits : a) It increases our height.

b) It stretches all the body muscles.

Practice of Surya Namaskar and Pranayama.

JANUARY'27

1. Varikshasana and natrajasana

Benefits : a) It normalises blood circulation. b) It exercises our shoulders.

- Practice of Surya namaskar and Pranayama.

FEBRUARY'27

1. Ushtrasana and purn Bhujagasana

Benefits : a) It removes pain in the neck.

b) It improves eyesight.

- Practice of Surya namaskar and Pranayama.

MARCH'27

Revision :

Practice of all the previous asanas

Practice of Suryanamaskar Pranayama