

SYLLABUS 2025-26

CLASS V ENGLISH

English Reader. –
English Grammar -

Petals of English (Cordova Publications)
Essentials of English Grammar and Composition
Part-VI (Sultan Chand)

APRIL '25

Reader	L-2 Ubuntu P-1 Hug O' War
Make sentences	custom, tempted, candies, cooperation, crowded around
Grammar	L – 1 The Sentence L-2 Subject & Predicate L-3 Nouns L-4 Nouns : Number
Comprehension	L-33 Passage 1 (Pg 155)
Creative Writing	Paragraph Ambedkar Jayanti
Antonyms	1-6 Page 150 accept, active, appoint, arrive, attack, begin
Synonyms	1-6 Page 148 able, accuse, adequate, admit, adorn, advantage
Homophones	1-3 Page 144 accept/except, accident/incident, answer/reply
Idiomatic expressions	give and take, a hot potato, a cake walk, break off, break in
Composition	Picture Composition (Source: Smart Class-Cordova Worksheet)
Blending Words	Practice of Blending Words
Declamation	First Day In My New Class
Life Skill	Role play on Behaviour Issues

MAY '25

Reader	L-4 King and the Parrot P-3 The Brave Little Kite
Make Sentences	neighbouring, trainer, ordered, surprise, manage
Grammar	L-5 Nouns : Gender, L-6 Nouns: Case L-7 Adjectives, L-8 Adjectives: Degree of Comparison
Comprehension	Source : Cordova Worksheet
Creative Writing	Paragraph- Importance of Education
Antonyms	7-12 Page 150 believe, bless, bravery, bright, cheerful, coarse
Synonyms	7-12 Page 148 afraid, allow, annual, anger, assistance, astonish
Homophones	4- 6 Page 144 assure/insure, award/reward, board/bored
Idiomatic expressions	body and soul, by and by, come to light, come off, clam up
Composition	Picture Composition (Source: Smart Class-Cordova Worksheets)
Blending Words	Practice of Blending Words
Declamation	Value of time
Life Skill	Activity on the Topic 'Honesty'
Project	Different cultures of India (Make a collage using pictures of various festivals celebrated in different states accompanied with a short write about it in a scrapbook.)

JULY '25

Reader	L -6 The Little Bully P- 5 My Tree
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Make sentences	fright, hoarse, eagerly, tease, yelled
Grammar	L-9 Articles, L-10 Pronouns L-11 Personal Pronouns L-32 , Passage 2 (Pg -156)
Comprehension	Notice Writing
Creative Writing	13-18 Page 150 confess, danger, dead, deep, entrance, former
Antonyms	13-18 Page 148 awkward, bad, begin, behavior, big, certain
Synonyms	7-9 Page 144 cast/caste, childlike/childish, coarse/course
Homophones	dead ringer, fifth wheel, first and foremost, drop in, fall for
Idiomatic expressions	Paragraph- An Autobiography Of A Tree
Composition	Activity in 'Positive Outlook'
Life Skill	Declamation on Save Water, Water Conservation (Jal Sanchay EBSB)
CBSE Activity	

AUGUST '25

Reader	L-8 Robinson Crusoe Discovers A Footprint P-7 Downhill On A Bicycle
Make sentences	amazed, frightened, wandered, investigate, comforted
Grammar	L-12 Verbs L-13 The Tense L-14 Simple Present Tense L-15 Simple Past Tense L-16 Simple Future Tense L-32, Passage 3 (Pg 157)
Comprehension	Application Writing
Creative Writing	Paragraph- Raksha Bandhan
Antonyms	19-24 Page 150 friend, friendship, guilty, health, hit, hope
Synonyms	19-24 Page 148 charming, comprehend, conceal, concise, contempt, dangerous
Homophones	10-12 Page 144 complement/compliment, continual/continuous, council/counsel
Idiomatic expressions	give and take, go to the dogs, heart and soul, in a fog, held up
Composition	Picture Composition (Source: Smart Class-Cordova Worksheet)
Declamation	Role Of Computer In A Student's Life
Life Skill	Activity on 'Pride Brings Fall'
CBSE Activity	Declamation on Freedom Fighters

SEPTEMBER'25

Reader	L-10 The Red Buds Tree P- 9 The Wonderful world P- 11 Crying
Make sentences	disappointment, ordinary, absolutely, explore, eldest
Grammar	L – 17 Continuous Tense L – 18 Perfect Tense L – 19 Modals
Comprehension	L-32, Passage 4 (Pg-158)
Creative Writing	Paragraph- Teacher's Day
Antonyms	25-30 Page 150 increase, inner, interior, junior, knowledge, lead
Synonyms	25-30 Page 148 daring, dear, decrease, defect, disclose, disease
Homophones	13-15 Page 145 custom/habit, deny/refuse, desert/dessert
Idiomatic expressions	in the same boat, ins and outs, in the good books, look after, look into, as white as snow, as smooth as silk
Life skill	Activity showing 'Generosity'

OCTOBER'25

Reader	L-12 The Tears of Princess Prunella P- 13 Nobody's Friend
Make sentences	exceedingly, discontented, hastened, astonishment, ordinary
Grammar	L- 20 Active and Passive voice L-21 Subject Verb Agreement L-22 Adverbs
Comprehension	L-32, Passage 5 (Pg 159)
Creative Writing	Informal Letters Paragraph- Lal Bahadur Shastri
Antonyms	31-36 Page 150 lend, lenient, minium, modern, natural, often
Synonyms	31-36 Page 148 dull, eager, enemy, entire, esteem, famous
Homophones	16-18 Page 145 doubt/suspect, farmer/former, famous/notorious
Idiomatic expressions	kith and kin, latin and greek, in the long run, let down, make out
Composition	Biosketch- MS Dhoni/ Saina Nehwal
Class Activity	Role Play

NOVEMBER'25

Reader	L-14A French Lesson P-15 Abou Ben Adhem
Make sentences	glimpse, stealing, tremendously, abashed, dignified
Grammar	L-23 Comparison of Adverbs L – 24 Prepositions L – 25 Correct use of prepositions `
Comprehension	L-32, Passage 6 (Pg- 161)
Creative Writing	Paragraph- Value Of Time
Antonyms	37-42 Page 150 oral, pardon, permanent, pleasure, positive, praise
Synonyms	37-42 Page 148 fast, fight, haste, injure, invasion, lazy
Homophones	19-21 Page 145 graceful/gracious, hail/hale, honorary/honourable
Idiomatic expressions	maiden speech, lion's mouth, neck of the woods, make up for, make a fortune
Declamation	Diwali
Life Skill	The Value of Discipline

DECEMBER'25

Reader	L-16 The Throne of Justice P-17 Sing a Song of People
Make sentence	auspicious, mound, amazed, thoughtful, amused
Grammar	L-26 Conjunction L-27 Interjection
Comprehension	Source: Cordova Worksheet
Creative Writing	Email writing Paragraph- Christmas Day
Antonyms	43-48 Page 150 proud, public, poverty, quick, quiet, real
Synonyms	43-48 Page 148 mercy, mistake, old, pitiful, polite, praise
Homophones	22-24 Page 145 industrious/industrial, lessen/lesson, loan/lone
Idiomatic expressions	on and off, out of the blue, pat on the back, ran into, put off
Project	Means of Mass Communication
Composition	Picture Composition (Source: Smart Class-Cordova Worksheet)
Class Activity	Role Play
Life Skill	Activity based on proverb 'What is more important Brain or Brawn?'
Project	Different cultures of India (Making a catalogue of various food items consumed in different states of India, with pictures in a scrapbook.)

JANUARY'26

Reader	L-18 The Wizard of Oz I
Make Sentences	guardian, converse, promptly, dreadful, exclaimed
Grammar	L-28 Punctuation and Capital Letters
Comprehension	Source: Cordova Worksheet
Creative Writing	L-37 Diary Entry Paragraph- Republic Day
Antonyms	49-54 Page 150 reward, rough, rude, smile, special, straight
Synonyms	49-54 Page 149 pretty, proud, quiet, rash, rude, scold
Homophones	25-27 Page 146 lovable/lovely, memorable/memorial, oar/ore
Composition	Picture Composition
Declamation	Importance of self esteem
Life Skill	Story 'Wisdom Changes Destiny'

FEBRUARY'26

Reader	L-19 The Wizard of Oz II
Make sentence	ventriloquist, imitate, twisted, fortunately, courage, experience
Grammar	L – 29 Direct and Indirect Speech
Comprehension	Source: Cordova Worksheet
Creative Writing	Story Writing Paragraph Writing: Holi
Antonyms	55-60 Page 150 superior, tragic, victory, virtue, wild, wisdom
Synonyms	55-60 Page 149 small, strong, suitable, surrender, timid, trust
Homophones	28-30 Page 146 pore/pour, profit/prophet, propose/purpose
Idiomatic expressions	spic and span, spill the beans, bad blood, to cry wolf, face the music
Composition	Picture Composition (Source: Smart Class-Cordova Worksheet)
Declamation	Pollution

MARCH'26

Reader	P-20 Topsy Turvy Land
Grammar	Revision (Parts of speech, Tenses and Reported Speech)
Comprehension	Source: Cordova Worksheet
Creative Writing	Paragraph Writing, Story Writing and Diary Entries
Story Telling	Mr Todd Makes Tea

Note:- Editing, Omitting of a passage to be done regularly.

SYLLABUS FOR ENGLISH WORKSHEETS

Terms	I		II	
English Spelling Worksheet	L-2,4,6 ,8,10 Antonyms (1-30), Synonyms (1-30) and GK Words		L-12,14,16,18,19 Antonyms (31-60), Synonyms (31-60) and GK Words	
English Worksheet	I	II	III	IV
Reader	L- 2 P- 1	L-4, 6 P-3	L-8,10 ,P- 11	L-12, 14, P-15
Grammar	L-1, 2, 3, 4,	L-5, 6, 7, 8, 9, 10,11	L-12,13,14,15,16	L-20,21,22,23
	Homophones (1-6)	Homophones (7-12)	Homophones (13-18)	Homophones (19-24)
	Idiomatic expressions (April, May)	Idiomatic expressions (July, August)	Idiomatic expressions (September, October)	Idiomatic expressions (November, December)
	Picture Composition	Notice Writing	Application Writing	Informal Letters
	Comprehension	Comprehension	Comprehension	Comprehension

HINDI

पाठ्यपुस्तक
व्याकरण

अमोली (डॉ० निर्मल दलाल)
अमोली (डॉ० निर्मल दलाल)

अप्रैल-25

अमोली
वाक्य रचना

पाठ-7 वृक्ष हैं तो हम हैं(Integrated with Evs)
तापमान, उपस्थित, अनुरोध, प्राणवायु, बुद्धिमान, संतुलित, पर्यावरण,
स्वागत, रोचक, ऊर्जा

कविता
व्याकरण

पाठ -1 दो मुझे खुला आकाश
पाठ -1 भाषा.लिपि और व्याकरण ,पाठ -5 संज्ञा, लिंग (1-6) ,वचन (1-6), विलोम शब्द (1- 6),अशुद्ध –शुद्ध शब्द (1- 5), मुहावरे (1-3),
लोकोक्तियाँ (1,2), अनेक शब्दों के लिए एक शब्द (1-8),
पर्यायवाची शब्द (1-8)

अनुच्छेद
चर्चा
रचनात्मक कार्य

व्यायाम (Integrated with Yoga)
'यदि पेड़ न होते तो क्या होता'
(अ) चित्र – वर्णन (अमोली व्याकरण पृष्ठ -112)
(ब) 'पृथ्वी दिवस' पर लेख लिखिए ।

मई -25

अमोली

पाठ -4 वाह ! डॉक्टर बाबू, व्यक्तित्व परिचय – सायना नेहवाल
(केवल पठन हेतु)

वाक्य रचना

हैरानी, घड़ियाल , भयंकर , कष्ट, लालटेन , छलांग, मरहम , पालकी,
शौक, स्टेशन

व्याकरण

पाठ -2 धनियाँ, वर्ण एवं वर्तनी, पाठ -3 शब्द विचार, लिंग(7-12),
वचन (7-12), विलोम शब्द (7-12), अशुद्ध –शुद्ध शब्द (6-10),
मुहावरे (4-6), लोकोक्तियाँ (3,4), श्रुतिसम – भिन्नार्थक शब्द(1-4),
अनेकार्थी शब्द (1-5)

अपठित गद्यांश

पृष्ठ – 115 (व्याकरण)

अनुच्छेद

योग दिवस

चर्चा

डॉक्टर का कर्तव्य (डॉक्टर भगवान का दूसरा रूप)

रचनात्मक कार्य

(अ) चित्र – वर्णन (व्याकरण पृष्ठ -112)

(ब) आपके अनुसार डॉक्टर में कौन -कौन से गुण होने चाहिए ?
सोच- समझ कर लिखिए ।

प्रोजेक्ट कार्य

विश्व भ्रमण – संस्कृतियाँ और परंपराएँ

(Travel around The World- Cultures and traditions)

Art Integration

जापान की सभ्यता - संस्कृति का विस्तार पूर्ण वर्णन करें व इनसे
संबंधित चित्र बनाएँ या चिपकाएँ ।

(Sketching 1.5.1) Organization, Display and exhibition of
students periodical and sessional work

जुलाई -25

अमोली

पाठ-2 खेलो इंडिया

वाक्य रचना

कार्यक्रम , वार्षिक , संस्कृति , रूचि, योजना, प्रतिभाशाली , नागरिक,
प्रदर्शन, विकास,चयन

कविता
व्याकरण

प्रकृति संदेश (केवल पठन हेतु)
पाठ -6 कारक , लिंग(13-18), वचन(13-18), विलोम शब्द (13-18),
अशुद्ध-शुद्ध शब्द (11-15), मुहावरे (7-9), लोकोक्तियाँ (5,6),
पर्यायवाची शब्द (9-16)

अनुच्छेद
चर्चा
रचनात्मक कार्य

समाचार -पत्र
'यदि खेल नहीं होंगे तो जीवन कैसा होगा'
(अ) चित्र – वर्णन (व्याकरण पृष्ठ -113-(1))
(ब) सुसंगति पर लेख लिखिए ।

अगस्त -25

अमोली
वाक्य रचना

पाठ – 5 डायरी के पन्ने
महसूस, व्यवहार, छल-कपट, सुहावना, हरियाली, कोलाहल,
आलीशान , दुर्दशा, निश्चय, उन्नति

कविता
व्याकरण

पाठ -6 शूरवीर
पाठ -7 सर्वनाम, लिंग(19-24), वचन(19-24), विलोम शब्द (19-24),
अशुद्ध-शुद्ध शब्द (16-20), मुहावरे (10-12), लोकोक्तियाँ (7,8),
श्रुतिसम-भिन्नार्थक शब्द (5-8), अनेकार्थी शब्द(6-10), अनेक शब्दों
के लिए एक शब्द (9-16)

अपठित गद्यांश
अनुच्छेद
चर्चा
रचनात्मक कार्य
Art Integration

पृष्ठ – 116-(1)व्याकरण
स्वतंत्रता दिवस
परोपकार
'रक्षाबंधन' विषय पर लेख लिखिए ।
मणिपुर के किसी एक प्रसिद्ध संग्रहालय का विवरण चित्र सहित
लिखिए ।
(1.6.1 - short notes on important aspects of Indian art and
culture.)

सितम्बर -25

अमोली
वाक्य रचना

पाठ- 3 उपकार आगे बढ़ाओ
प्रतीक्षा, कारखाने, आग्रह, हिम्मत, उत्साह, लालच, उद्घाटन, चुनौती,
अतिथि, मार्गदर्शन

व्याकरण

पाठ- 8 विशेषण ,लिंग(25-30), वचन(25-30), विलोम शब्द (25-30),
अशुद्ध-शुद्ध शब्द (21-25), मुहावरे (13-15),लोकोक्तियाँ (9,10),
पर्यायवाची शब्द (17-24), श्रुतिसम- भिन्नार्थक शब्द (9-12)

अपठित गद्यांश
चर्चा
रचनात्मक कार्य

पृष्ठ – 116-(2) व्याकरण
शिक्षा उन्नति के रास्ते खोल देती है(शिक्षा का महत्त्व)।
(अ) "जीवन में कठिनाइयों का सामना करने के लिए किन गुणों की
आवश्यकता होती है ?"
(ब) 'शिक्षक दिवस ' विषय पर लेख लिखिए ।

अनुच्छेद

गणेश – चतुर्थी

अक्तूबर -25

अमोली
वाक्य रचना

पाठ-8 पिता का प्यार, पाठ-9 ओणम बहार
मेहनत, इकलौता, श्रेष्ठ, व्यापार, संपत्ति, इंतजार, भविष्य, उपदेश,
नुकीला, सदुपयोग, उत्सुक, त्योहार, गोलाकार, आकृतियाँ, वरदान,
स्वादिष्ट, नृत्य, अवतार, देखभाल, निर्मल

व्याकरण

पाठ- 9 क्रिया ,लिंग(31-36), वचन(31-36), विलोम शब्द(31-36),

अपठित गद्यांश
अनुच्छेद
चर्चा
रचनात्मक कार्य

Art Integration

अशुद्धि- शोधन वाक्य(1-5), मुहावरे(16-18), लोकोक्तियाँ(11,12),
अनेक शब्दों के लिए एक शब्द (17-24)

पृष्ठ – 116-(3) व्याकरण

गाँधी जयंती

‘माता पिता के प्रति संतान का कर्तव्य’

(अ) चित्र – वर्णन (व्याकरण पृष्ठ -113-(II))

(ब) ‘दशहरा’ विषय पर लेख लिखिए ।

फसल संबंधी किसी त्योहार का चित्र बनाकर या चिपकाकर वर्णन करें।

(1.1.3 – Sketching from nature and surrounding)

नवम्बर -25

कविता
व्याकरण

पाठ -10 मेमने ने देखे जब गैया के आँसू

पाठ-9 काल, अनेक शब्दों के लिए एक शब्द(25-32), श्रुतिसम-
भिन्नार्थक शब्द (13-16), अनेकार्थी शब्द (11-15), अशुद्धि- शोधन-
वाक्य(6-11) , पर्यायवाची शब्द (25-32)

अपठित गद्यांश
अनुच्छेद
चर्चा
रचनात्मक कार्य

पृष्ठ – 117-(4) व्याकरण

जीवन में खेल – कूद का महत्त्व

जीवन में त्योहारों का महत्त्व

चित्र – वर्णन (व्याकरण पृष्ठ -122)

दिसम्बर -25

अमोली
वाक्य रचना

पाठ-11 लगन जफ़र मिया की

मजदूर, इंजीनियर, श्रद्धा, ईमानदारी, ज्ञान, दिलचस्प, दक्षता, छँटाई,
स्मृति, स्थिति

व्याकरण

पाठ-10 अविकारी शब्द, लिंग(37-42), वचन(37-42), विलोम शब्द
(37-42), अशुद्धि - शोधन वाक्य-पृष्ठ 90 (1-6), मुहावरे (19-21),
लोकोक्तियाँ(13,14)

अपठित गद्यांश
अनुच्छेद
चर्चा
रचनात्मक कार्य
औपचारिक पत्र

पृष्ठ – 117-(5) व्याकरण

प्रदूषण

मेरे जीवन का उद्देश्य

चित्र – वर्णन (व्याकरण, पृष्ठ –78)

छुट्टी के लिए प्रार्थना – पत्र

जनवरी -26

अमोली
वाक्य रचना

पाठ-12 ब्लैक ब्यूटी

चरागाह, निहाल, दयालु, मुलायम, सौभाग्य, चाबुक, तूफ़ान, धन्यवाद,
बुद्धि, मालकिन

कविता
व्याकरण

पाठ -13 समाधि

पाठ-11 वाक्य, अनेक शब्दों के लिए एक शब्द(33-40), अशुद्धि –
शोधन वाक्य-पृष्ठ 90 (7-12), पर्यायवाची शब्द (33-40)

अनुच्छेद
चर्चा
रचनात्मक कार्य

पोंगल

आंतरिक गुणों का महत्त्व

कोई एक हास्य कविता लिखिए ।

फरवरी -26

**अमोली
वाक्य रचना**

पाठ-14 सबसे ताकतवर शब्द, लोककथा –दो गप्पी(केवल पठन हेतु)
व्यापारी, ताकतवर , आचरण, विद्वान , सुरक्षित, खतरनाक, अत्याचार,
शिकार, निष्कर्ष, समाधान

व्याकरण

पाठ -12 विराम चिह्न, लिंग(43-51), वचन(43-52), विलोम शब्द (43-50), अशुद्धि - शोधन वाक्य पृष्ठ 90 (13-17), मुहावरे (22-24),
लोकोक्तियाँ (15-17)

अनुच्छेद

बसंत पंचमी

चर्चा

“जीवन में सच्चाई का महत्त्व”

रचनात्मक कार्य

‘विद्यार्थी जीवन में जिन नियमों का पालन करना चाहिए’ विषय पर
लेख लिखिए ।

मार्च -26

अमोली

अभ्यास प्रश्न- पत्र – 1, 2

कविता

चेतक पृष्ठ-91 (केवल पठन हेतु)

व्याकरण

पाठ -18 संवाद लेखन , कहानी लेखन, अन्य मुहावरे पृष्ठ-93 (1-5),
स्वयं को .परखिए-I,II ,संपूर्ण पाठ्यक्रम से व्याकरण.की

अनौपचारिक पत्र

पुनरावृत्ति करवाई जाएगी

अपठित गद्यांश

मित्र को जन्मदिन पर आमंत्रित करने हेतु पत्र

चर्चा

पृष्ठ -117(6) व्याकरण

रचनात्मक कार्य

‘विद्यार्थी जीवन में अनुशासन’

अनुच्छेद

‘सुसंगति ’ विषय पर लेख लिखिए ।

रंगों का त्योहार – होली

सत्र	1		2	
श्रुतलेख	पाठ-2,4,7		पाठ- 3,5,8,9	
अभ्यास – कार्य	1	2	3	4
अमोली	पाठ-1(कविता),7, 4(अपठित गद्यांश),	पाठ-2,5(अपठित गद्यांश),6(कविता)	पाठ-8,9(अपठित गद्यांश),10 (कविता)	पाठ-11,12(अपठित गद्यांश),13(कविता)
व्याकरण	पाठ-2 (ध्वनियाँ,वर्ण एवं वर्तनी), पाठ - 5 (संज्ञा), पर्यायवाची शब्द(1-8), लिंग(1-12), वचन(1-12), मुहावरे(1-6), अशुद्ध -शुद्ध शब्द(1-15), लोकोक्तियाँ (1-4), चित्र – वर्णन	पाठ -6(कारक), पाठ -7 (सर्वनाम), विलोम शब्द (1-24), वचन (1-24), अनेकार्थी शब्द (1-10), अनेक शब्दों के लिए एक शब्द(1-16), श्रुतिसम –भिन्नार्थक शब्द (1-8), मुहावरे(1-12), लोकोक्तियाँ (1-8), चित्र – वर्णन	पाठ- 8 (विशेषण), पाठ- 9 (क्रिया), विलोम शब्द (1-36), पर्यायवाची शब्द(1-32), लिंग(1-36), अनेक शब्दों के लिए एक शब्द(1-32), अशुद्ध - शुद्ध शब्द(1-25), मुहावरे(1-18), लोकोक्तियाँ (1-12) चित्र – वर्णन	पाठ -9(काल) , पाठ -11 (वाक्य), लिंग (1-51), वचन (1-52), विलोम शब्द (1-50), श्रुतिसम –भिन्नार्थक शब्द (1-16), मुहावरे (1-24), लोकोक्तियाँ (1-17),अशुद्धि – शोधन वाक्य (1-11),अनेकार्थी शब्द (1-15),चित्र – वर्णन

NOTE: Internals from lessons will be included in the worksheets.

MATHEMATICS TOGETHER WITH NEW MATHEMATICS (Rachna Sagar Publications) APRIL '25	
Chapter 1	Numbers and Numeration
Chapter 2	Roman Numerals
Dodge Tables	2 to 18
Activity	(a) To represent areas of any 3 Asian countries in Indian as well as International Place value chart (b) To represent dates of important events in Roman numerals
MAY '25	
Chapter 3	Operation on Whole Numbers
Table	19
Dodge Tables	2 to 19
Art Integration Activity	To explore multiplication using broomsticks
Life skill Activity	To learn operation of large digits by using number cards
ART INTEGRATION PROJECT: Making dazzling Carcanet using geometrical shapes.	
JULY '25	
Chapter 4	Multiples and Factors
Chapter 5	Fractions (upto Ex 5b)
Table	20
Dodge Tables	2 to 20
Life skill Activity	To check the divisibility rules on pincodes of our neighbouring cities
AUGUST '25	
Chapter 5	Fractions (Ex 5c to 5d)
Dodge Tables	2 to 20
Art Integration Activity	To compare the fractions using cutting and pasting
Life skill Activity	Divide the given food items equally among 4 children
SEPTEMBER '25	
Chapter 6	Decimals
Dodge Tables	2 to 20
Activity	(a) To complete the magic square using Lattice method based on addition and multiplication of Decimals.
OCTOBER '25	
Chapter 8	Percentage
Chapter 9	Profit and Loss
Dodge Table	2 to 20
	To relate percentage with everyday life by finding discount on given products.
NOVEMBER '25	
Chapter 7	Money
Dodge Tables	2 to 20
Artificial Intelligence Activity: The teacher will enact as an AI shopkeeper and help students in making the bill	
DECEMBER '25	
Chapter 10	Measurement
Chapter 14	Perimeter, Area and Volume
Dodge Tables	2 to 20

To learn measurement by choosing the correct unit of Length, Weight and Capacity.

To note the temperature of last week in Celsius scale and convert to Fahrenheit scale.

ART INTEGRATION PROJECT: Calculating area based on Lepcha Shawl design of Sikkim.

JANUARY'26

Chapter 11
Dodge Tables

Speed, Distance and Time

2 to 20

To learn the concept of 12 hour and 24 hour clock and it's conversion through clock model.

FEBRUARY'26

Chapter 13
Chapter 12
Dodge Tables
Art Integration Activity

Triangles and Quadrilaterals

Basic Geometrical Concepts

2 to 20

To paste different type of triangles by using cutting and pasting

MARCH'26

Chapter 14
Chapter 15
Dodge Tables
Lifeskill Activity

Perimeter, Area and Volume (Ex 14 b)

Data Handling

2 to 20

To make graph of weather of our city for a week.

Syllabus for Worksheet :

Worksheet	I	II	III	IV
Chapter No.	1,2 and 3 (till ex 3c) and Mental Maths	3 (ex 3d to 3f) , 4 ,5 and Mental Maths	6 , 8, 9 and Mental Maths	11 , 12 13 and Mental Maths

Art Integration Project :

Term 1 : -MAKING DAZZLING CARCANET USING GEOMETRICAL SHAPES

Term 2 : CALCULATING AREA BASED ON LEPCHA SHAWL DESIGN OF SIKKIM

Note : Revision of Tables will be done regularly.

Mental Maths (30 Questions) will be done every month.

ENVIRONMENTAL STUDIES

EVS BOOK:

NCERT

APRIL' 25

Chapter- 1
Activity

Super Senses

Discuss with children the various threats to the tiger poaching, destruction of forests for roads, dams, forest fires etc.

Paragraph
Chapter- 2
Group Activity
Chapter- 3

Onam: Harvest Festival

A Snake Charmer's Story

To Make a Snake puppet with the help of a pair of socks.

From Tasting to Digesting

Activity	Encourage children to be creative and to explore their vocabulary to describe different kinds of flavours.
Activity	Make Poster on Earth Day (Art)
MAY' 25	
Chapter- 4 Activities	Mangoes Round the Year Look into your kitchen and write down the names of food that get spoilt in 2-3 days , a week or a month
Chapter- 5 Activity	Seeds And Seeds Collect various dry seeds from your kitchen (grains, beans, vegetables, flowers, nuts). Ask your child which seeds they think will grow.
Art Integration Activity	Students should research the following aspects of the country: a) Festivals b) Clothing c) Language d) Music and Dance
JULY' 25	
Chapter- 6 Activities	Every Drop Counts Make a poster on Water Conservation.
Chapter- 7 Activity	Experiments with Water Identify different substances as soluble and insoluble.
Chapter- 8 Activity	A Treat for Mosquitoes To show a table showing vaccination against Diseases
AUGUST' 25	
Chapter- 9	Up You Go!
Chapter- 10	Walls Tell Stories
Chapter- 11 Activities	Sunita in Space To Draw the phases of moon.
SEPTEMBER' 25	
Chapter- 12 Activity	What if it Finishes...? Make a poster on 'Save Petrol'
Chapter-13	A Shelter So High!
Chapter- 14 Activity	When the Earth Shook! In newspapers of the last month, look for the news related to earthquakes, floods, fires and cyclones etc, in different parts of the world. Collect these news reports and paste them in your notebook.
OCTOBER' 25	
Chapter- 15 Activity	Blow Hot, Blow Cold To make a paper Whistle
Paragraph	Durga Puja
Chapter- 16	Who will do this Work?
Chapter- 17 Activity	Across the Wall Make different groups of children in class to give them a chance to play different games. Try to encourage the children to play for the team, not for themselves.
NOVEMBER' 25	
Revision	
DECEMBER ' 25	
Chapter- 18 Activity	No Place for Us? Think of the kinds of difficulties people have to face where

dam is built.
Chapter- 19
Activity **A Seed tells a Farmer's Story**
 Visit a farm near your area. Observe and talk to the people there. Make a report on how they grow crops.
Paragraph Veer Bal Diwas

JANUARY' 26

Chapter- 20 **Whose Forests?**
Activities Collect reports about forests from newspapers and find how cutting down of forests affects the weather?

FEBRUARY' 26

Chapter- 21 **Like Father, Like Daughter**

MARCH' 26

Chapter- 22 **On the Move Again**
Activity Discuss various traditional and modern methods of irrigation.
Paragraph Holi

I	II	III	IV
1,2,3	5,7,8,9	12,14,15,16	17,18,19,20

GENERAL KNOWLEDGE

NOTE : Ten questions related to Current Affairs and Mental Ability to be done every month .

APRIL'25	Pg 9, 10, 11, 12 , 13,14, 15
MAY '25	Pg 16, 17, 18 , 19, 20 ,21,22
JULY '25	Pg 23, 24, 25, 26, 27 ,28, 29
AUG ' 25	Pg 30, 31, 32, 33, 34, 35
SEPT '25	Pg 36 , 37, 38, 39 ,40 ,41
OCT ' 25	Pg 42 ,43 , 44 , 45 ,46 ,47
NOV '25	Pg 48 ,49 , 50, 51, 52, 53
DEC '25	Pg 54 ,55 ,56 , 57, 58 ,59
JAN ' 26	Pg 60 , 61, 62 ,63, 64, 65
FEB' 26	Pg 66 , 67, 68 , 69 , 70 , 71
MAR ' 26	Pg 72 , 73 ,74, 75, 76, 77, 78

COMPUTER SCIENCE

APRIL' 25

Chapter – 1 Computer – History and Generations
 Early calculating devices, Electro – mechanical computer, electronic computer, Different Generation of computer.
Activity Make a table in word showing different 'Generation of Computer'.
 Type a paragraph on 'Baisakhi' in Word.

MAY'25

Chapter – 2 Windows – File Management
 How to manage files, folders and subfolder, Function and use of file explorer, View, select, create and delete files and folders.
Activity Create folder and sub-folder to manage different files.

Using table in Word type 'Similarities and differences between human body and machines'.

JULY'25

Chapter – 3

Word – Table and Mail Merge

Various feature of Word, Insert table and text,

Use mail merge to produce personalized document.

Activity

Make a 3D shape in Word.

Type a paragraph on 'Importance of Hygiene in our life' in Word.

AUGUST'25

Chapter – 4

PowerPoint – Creating Presentation

Use themes and templates, Changing views and slide layout,

Add slide transition and animation effects, Run, save and print a presentation.

Activity

Type a paragraph on 'Towards Independence' in Word.

Make a presentation on 'Rakhi'.

SEPTEMBER'25

Chapter – 5

Excel - Introduction

Spreadsheet program, Create and save workbook in Excel,

Add worksheet and switch between them, Generate a series Autofill.

Activity

Make a file in Excel showing 'Class Time Table'.

Make a presentation on 'Plant in Daily Life'.

OCTOBER'25

Chapter – 6

Internet – Electronic Mail (E-Mail)

E-mail and its program, Parts of an e-mail message, Common e-mail terms, Create e-mail account

Activity

Make a Power Point Presentation on 'Diwali'.

NOVEMBER'25

Chapter – 7

Programming Basics

Concept of programming language, Making algorithm and flowchart, Categories of computer languages, Language processor.

Activity

Make a PowerPoint presentation on 'Environmental Pollution'.

Make a Power Point Presentation on 'Festivals we celebrate'.

DECEMBER'25

Chapter – 9

Domains of Artificial Intelligence

Application of AI in various fields, Advantages and Disadvantages of AI, Three domains of AI Technology.

Activity

Make a presentation on 'Application of AI in Various Fields'.

Make a Power Point Presentation on 'Christmas'.

JANUARY'26

Chapter – 9

Scratch 3 Programming

Changing the appearance of sprite, drawing shapes, Taking decisions

Activity

Make a program in Scratch showing eligibility of a candidate to vote.

FEBRUARY'26

Scratch 3 Programming

Repeating a task, storing values, Using operators.

Activity

Make a program in scratch showing use of broadcasting a message between sprites.

MARCH'26

Activity

Revision

Type a paragraph on 'Holi' in Word.

ART AND CRAFT

APRIL'25

Drawing File

Introduction of Colour Wheel with Primary, Secondary Colours and Tertiary Colours

Drawing File

Save Water/ Save Energy

Aesthetics

pg.3,4,5 and 6

Activity

Project File

Craft

Stone Painting

MAY'25

Drawing File

Mother's Day Scene

Aesthetics

pg. 7,8,9 and 10

Painting Competition

Slogan writing or Poster Making on Ek Bharat Shreshth Bharat

Competition

Flower Making for Mother's Day

JULY'25

Drawing File

Nature Study

Drawing File

Airport Scene

Aesthetics

pg. 11,12,13 and 14

Competition

Rakhi Making for Soldiers`

Competition

Glass Painting on OHP Sheet

AUGUST'25

Drawing File

Independence day Scene

Drawing File

Visit to a Fairy Land

Aesthetics

pg.15,16 and 17

Activity

Poster on writing on Mental Health

Competition

Kite Making

SEPTEMBER'25

Drawing File

Durga puja

Drawing File

Ganesh Chaturthi

Aesthetics

pg.15,16 and 17

Competition

Origami Model Making

Craft

Coster Making with MDF Boards

OCTOBER'25

Drawing File

Space Scene

Drawing File

Beach Scene

Aesthetics

pg.18,19 and 20

Competition

Camel Art Contest

Craft

Kandil Making

NOVEMBER'25

Drawing File

Bus Stand Scene

Drawing File

Temple Scene

Aesthetics

pg. 21,22 and 23

Activity

Poster on Fit India

DECEMBER'25

Drawing File

Scene at a Railway Station

Drawing File
Aesthetics
Competition

Indian Monument
Pg. 24,25 and 26,27
Star or Snow Flakes Making

JANUARY'26

Drawing File
Aesthetics

Trip to Remember
pg. 28 ,29,30, and 31

FEBRUARY'26

Drawing file
Aesthetics
Craft

Space City Scene
pg.32,33,34,35 and 36
Pot Painting

MARCH'26

Drawing File
Drawing File
Aesthetics
Activity

Holi Scene
Garden Scene
Pg. no 37, 38,39,40 and 41
T- Shirt Painting with Tye and Dye

LIFE SKILL

APRIL' 25

Honesty

MAY' 25

Teamwork

JULY' 25

Celebrating Diversity

AUGUST' 25

Nurture the Nature

SEPTEMBER' 25

Doing Your Best

OCTOBER' 25

Sustainable Development

NOVEMBER' 25

Responsibility: Rights & Duties

DECEMBER' 25

Being Compassionate

JANUARY' 26

Personal Safety

FEBRUARY' 26

Caring. Choose Your Role Model

Note: Project CACA (Children Against Child Abuse) is being implemented under the school's safety policy.

My Third Safety Workbook (Life Skills & Moral Science)

DANCE

APRIL'25

Song

Case Dhol Mix (Bhangra)

MAY'25

Song

Bollywood

JULY'25

Song

Iraade Kar Buland

AUGUST'25

Song

Sampurna Jagla Tuzya Rupacha

SEPTEMBER'25

Song

Mahabharat Title Track

OCTOBER'25

Song

Mahabharat Title Track

NOVEMBER'25

Song

Revision

DECEMBER'25

Song

Firework

JANUARY'26

Song

Kaal Bhairav Ashkam

FEBRUARY'26

Song

Kaal Bhairav Ashkam

MARCH'26

Song

Revision

MUSIC

APRIL'25

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

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

This little light of mine, I'm gonna let it
shine.

This little light of mine, I'm gonna let it
shine.

This little light of mine, I'm gonna let it
shine.

Let it shine, let it shine, let it shine.

Everywhere I go, I'm gonna let it shine.

Everywhere I go, I'm gonna let it shine.

Everywhere I go, I'm gonna let it shine.

Let it shine, let it shine, let it shine.

This little light of mine, I'm gonna let it
shine.

This little light of mine, I'm gonna let it
shine.

This little light of mine, I'm gonna let it
shine.

Let it shine, let it shine, let it shine.

भंगड़ा पा ले ,खुशिया मना ले

मिल के नाच ले, गए ले

ओ जटा आई बैसाखी

ओ जटा आई बैसाखी भंगड़ा पा ले.....

खेता विच फसला

लहर लहर लहराइया

अम्बा ते पेड़ा

बोरा फूट फूट आइया

ओ जटा आई बैसाखी ओ जटा आई बैसाखी

ढोल वि वजदे

मेले वि लगदे

जश्र दी रौनक छैया

मुटियारा सजधज के सरिया

गिद्धा पवन आइया

जटा आई बैसाखी

भंगड़ा पा ले ,खुशिया मना ले

मिल के नाच ले, गए ले

ओ जटा आई बैसाखी

ओ जटा आई बैसाखी भंगड़ा पा ले.....

MAY'25

झूला तो पड़ गए , अम्बुआ की डार पे जी
झूला तो पड़ गए , अम्बुआ की डार पे जी
एजी कोई राधा को गोपाला बिन राधा को
झुलावे झूला, कौन झूला तो पड़ गए
अम्बुआ की~ डार पे जी

धीरज धर ले, मन समझाए ले री

एजी अगले सावन में राधाजी अगले सावन में
झूलेंगे कान्हाँ, संग

धीरज धर ले, मन समझाए ले री

या राधा का जीवन, श्याम बिना

रामायण जैसे राम बिना

संग की सहेलियाँ समझें ना बात को जी

एजी कोई उन बिन हम्बे हमें उन बिन

कछु ना, सुहा~ए झूला तो पड़ गए

अम्बुआ की~ डार पे जी,

इन बागन में इन, फूलन में

हम झूले प्रीत के झूलन में अब ये फुलवा,

चुभ रहे सूल से जी अब ये फुलवा

एजी इन बागन में अकेले इन बागन में

पड़े ना अब, पाँ~व

झूला तो पड़ गएँ

अम्बुआ की~ डार पे जी

MAY'25

There comes a time

When we heed a certain call

When the world must come together as
one

There are people dying

Oh, and it's time to lend a hand to life

The greatest gift of all

We can't go on

Pretending day by day

That someone, somewhere will soon make
a change

We are all a part of God's great big family

And the truth, you know, love is all we
need

We are the world

We are the children

We are the ones who make a brighter day,
so let's start giving

There's a choice we're making

We're saving our own lives

It's true we'll make a better day, just you
and me

JULY'25

ओ देश मेरे तेरी शान पे सदके
कोई धन है क्या तेरी धूल से बढ़ के
तेरी धूप से रौशन तेरी हवा पे जिंदा
तू बाग है मेरा मैं तेरा परिदा
है अरज़ ये दीवाने की
जहाँ भोर सुहानी देखी
एक रोज़ वही मेरी शाम हो
कभी याद करे जो जमाना
माटी पे मर मिट जाना
ज़िकर में शामिल मेरा नाम हो
ओह देश मेरे तेरी शान पे सदके
कोई धन है क्या तेरी धूल से बढ़ के
तेरी धूप से रौशन तेरी हवा पे जिंदा
तू बाग है मेरा मैं तेरा परिदा
आंचल तेरा रहे मां रंग बिरंगा
ओह ऊंचा आसमान से हो तेरा तिरंगा
जीने की इज्जत देदे या हुकुम शहादत देदे मंजूर
हममें जो भी तू चुने
रेशम का हो मधुशाला
या कफन सिपाही वाला
ओढ़ेंगे हम जो भी तू बूने
ओह देश मेरे तेरी शान पे सदके
कोई धन है क्या तेरी धूल से बढ़ के
तेरी धूप से रौशन तेरी हवा पे जिंदा
तू बाग है मेरा मैं तेरा परिदा

JULY'25

This is the day, this is the day
That the Lord has made, that the Lord has made
I will rejoice, I will rejoice
And be glad in it, and be glad in it
This is the day that the Lord has made
I will rejoice and be glad in it
This is the day, this is the day
That the Lord has made
This is the day, this is the day
That the Lord has made, that the Lord has made
I will rejoice, I will rejoice
And be glad in it, and be glad in it
This is the day that the Lord has made
I will rejoice and be glad in it
This is the day, this is the day
That the Lord has made

AUGUST'25

ज़री की पगड़ी बाँधे, सुंदर आँखों वाला,
कितना सुंदर लागे बिहारी कितना लागे प्यारा ।
ज़री की पगड़ी बाँधे...
कानों में कुण्डल साजे, सिर मोर मुकुट विराजे,
सखियाँ पगली होती, जब - जब होठों पे बंशी
बाजे ।
हैं चंदा यह सांवरा, तारे हैं ग्वाल बाला,
कितना सुंदर लागे बिहारी कितना लागे प्यारा ॥
लट घुँघरे बाल, तेरे कारे कारे बाल,
सुन्दर श्याम सलोना तेरी टेडी मेडी चाल ।
हवा में सर - सर करता तेरा पीताम्बर मतवाला,
कितना सुंदर लागे बिहारी कितना लागे प्यारा ॥
ज़री की पगड़ी बाँधे, सुंदर आँखों वाला,
कितना सुंदर लागे बिहारी कितना लागे प्यारा ।
ज़री की पगड़ी बाँधे...

The tricolour of india
Flutters atop with pride
Saffron white and green
It holds the chakra firm inside
The tricolour of india
Flutters atop with pride
Saffron white and green
It holds the chakra firm inside
Ye tiranga hamara ooncha rahega
Ye tiranga hamara ooncha rahega
Saffron stands for sacrifice
White a symbol of peace
Green for prosperity
And the india of our dreams
The chakra denotes growth
And progress for one and all
The leader of nations of the world
Our country stands tall
Ye tiranga hamara ooncha rahega

SEPTEMBER'25

जय गणेश जय गणेश जय गणेश पाहिमाम,
जय गणेश जय गणेश जय गणेश रक्षमाम।
मुदाकरात्तमोदकं सदा विमुक्तिसाधकं
कलाधरावतंसकं विलासिलोकरक्षकम् ।
अनायकैकनायकं विनाशितेभदैत्यकं
नताशुभाशुनाशकं नमामि तं विनायकम् ॥ १ ॥
नतेतरातिभीकरं नवोदितार्कभास्वरं
नमत्सुरारिनिर्जरं नताधिकापदुद्धरम् ।
सुरेश्वरं निधीश्वरं गजेश्वरं गणेश्वरं
महेश्वरं तमाश्रये परात्परं निरन्तरम् ॥ २ ॥

जय गणेश जय गणेश जय गणेश पाहिमाम,
जय गणेश जय गणेश जय गणेश रक्षमाम।

September'25

Team work it's a good idea
Together we can do
Team work it's a good idea
It can get results two or better than one
Have a common goal
Help each other figure out
Things we can do all are own become possible
Ya possible
Teamwork is a good idea
Together we can do
Teamwork will get result two or better than one

OCTOBER'25

प्रेम प्रभु का बरस रहा है
पीले अमृत प्यासे
सातों तीरथ तेरे अंदर
बाहर किसे तलाशे
कण कण में हरि क्षण क्षण में हरि
मुस्कानों में अंसुवन में हरि
मन की आंखें तूने खोली तो ही दर्शन पाएगा
पता नहीं किस रूप में आकर नारायण मिल जाएगा

नियति भेद नहीं करती
जो लेती है वह देती है
जो बोएगा वह काटेगा
ये जग कर्मों की खेती है
यदि कर्म तेरे पावन हैं सभी
डूबेगी नहीं तेरी नाव कभी
तेरी बाँह पकड़ने को वह भेष बदलकर आएगा
नेकी व्यर्थ नहीं जाती हरि लेखा जोखा रखते हैं
औरों को फूल दिए जिसने उसके भी हाथ महकते हैं
कोई दीप मिले तो बाती बन
तू भी तो किसी का साथी बन
मन को मानसरोवर करले तो ही मोती पाएगा
पता नहीं किस रूप में आकर नारायण मिल जाएगा
कान लगाके बातें सुनले
सूखे हुए दरख्तों की
लेता है भगवान परीक्षा
सबसे प्यारे भक्तों की
एक प्रश्न है गहरा जिसकी
हरि को थाह लगानी है
तेरी श्रद्धा सोना है
या बस सोने का पानी है
जो फूल धरे हर डाली पर
विश्वास तो रख उस माली पर
तेरे भाग में पत्थर है तो
पत्थर भी खिल जाएगा
पता नहीं किस रूप में आकर नारायण मिल जाएगा

OCTOBER'25

The snow glows white on the mountain tonight
Not a footprint to be seen
A kingdom of isolation
And it looks like I'm the queen
The wind is howling like this swirling storm inside
Couldn't keep it in, heaven knows I tried
Don't let them in, don't let them see
Be the good girl you always have to be
Conceal, don't feel, don't let them know
Well, now they know
Let it go, let it go
Can't hold it back anymore
Let it go, let it go
Turn away and slam the door
I don't care what they're going to say
Let the storm rage on
The cold never bothered me anyway

NOVEMBER'25

Fa la la la la, la la la la
Fa la la la la, la la la la
Oh no no
Deck the halls with boughs of holly
Fa la la la la, la la la la (fa la la la la, la la la la)
'Tis the season to be jolly
Fa la la la la, la la la la (fa la la la la, la la la la)
Don we now our gay apparel
Fa la la la la, la la la la (fa la la la la, la la la la)
Troll the ancient Yuletide carol
Fa la la la la, la la la la
See the blazing yule before us
Fa la la la la, la la la la (fa la la la la, la la la la)
Strike the harp and join the chorus
(Fa la la la la, la la la, fa la la la la, la la la)
Follow me in merry measure
Fa la la la la, la la la la, fa la la la la, la la la la
While I tell of Yuletide treasure
(Fa la la la la, la la la la)
Fast away, the old year passes
Fa la la la la, la la la la (fa la la la la, la la la la)
Hail the new, ye lads and lasses
(Fa la la, la la la, la la la, la la la, fa la la, la la la, la la la la)
Sing we joyous all together, oh
Heedless of the wind and weather
Fa la la la la, la la la la (hey)

NOVEMBER'25

मेरी झोपड़ी के भाग,
आज खुल जाएंगे, राम आएँगे,
राम आएँगे आएँगे,
राम आएँगे, मेरी झोपड़ी के भाग,
आज खुल जाएंगे, राम आएँगे ॥

राम आएँगे तो, आंगना सजाऊँगी,
दिप जलाके, दिवाली मनाऊँगी,
मेरे जन्मो के सारे, पाप मिट जाएंगे,
राम आएँगे, मेरी झोपड़ी के भाग,
आज खुल जाएंगे, राम आएँगे ॥

मैं तो रूचि रूचि, भोग लगाऊँगी,
माखन मिश्री मैं, राम को खिलाऊँगी,
प्यारी प्यारी राधे, प्यारे श्याम संग आएँगे,
श्याम आएँगे, मेरी झोपड़ी के भाग,
आज खुल जाएंगे, राम आएँगे ॥

मेरी झोपड़ी के भाग,
आज खुल जाएंगे, राम आएँगे,
राम आएँगे आएँगे,
राम आएँगे, मेरी झोपड़ी के भाग,
आज खुल जाएंगे, राम आएँगे ॥

DECEMBER'25

ना झुका है ना झुकने देंगे
आजाद तिरंगा हमारा
खाते है कसम इस माटी की ,
इस्पे जान लुटा देंगे
हम भारत के है हम भारत से है (२)
हम एक है एक रहेंगे ,
न बटे है न बाटने देंगे हम भारत के है
है हिमालय ताज जिसका
बहती है जहां यमुना गंगा (२)
हम है शांति के रखवाले ,
दुनिया की नजर हम पे है
जिसकी आन बाण है सेना ,
जिससे दुश्मन भी घबराता ,
पर दम है किस्मे जो हमको कभी ललकारे
हम कहाँ है पीछे हटने वाले
हम भारत के है हम भारत से है
हम एक है एक रहेंगे

DECEMBER'25

Dashing through the snow
In a one-horse open sleigh
O'er the fields we go
Laughing all the way
Bells on bobtails ring
Making spirits bright
What fun it is to ride and sing
A sleighing song tonight, oh!
Jingle bells, jingle bells Jingle all the way
Oh, what fun it is to ride
In a one-horse open sleigh,
hey! Jingle bells, jingle bells
Jingle all the way
Oh what fun it is to ride
In a one-horse open sleigh

JANUARY'26

Brown girl in the ring, tra-la-la-la-la-la
Brown girl in the ring, tra-la-la-la-la
She looks like a sugar and a plum, plum,
plum
Dance to the music, tra-la-la-la-la
Dance to the music, tra-la-la-la-la-la
And she looks like a sugar and a plum,
plum, plum
Skip to the music, tra-la-la-la-la
Skip to the music, tra-la-la-la-la-la
And she looks like a sugar and a plum,
plum, plum
Sing with the music, la-la-la-la-la
And she looks like a sugar and a plum,
plum, plum
Brown girl in the ring, tra-la-la-la-la
Brown girl in the ring, tra-la-la-la-la-la
Brown girl in the ring, tra-la-la-la-la
And she looks like a sugar and a plum,
plum, plum

इक ओंकार सतनाम करता पुरख ..
अकाल मूरत अजूनी स्वयंभम
गुरु परसाद जप आद सच जुगाद सच
है भी सच नानक होसे भी सच
सोचे सोच न हो वे जो सोची लाख बार
चुप्पे चुप न होवै जे लाइ हर लखतार
भुखिया भूख न उतरे जे बनना पूरिया पार
सहास्यांपा लाख वह है ता एक न चले नाल
के वे सच यारा होइ ऐ के वे कूड़े टूटते पाल
हुकुम रजाई चलना नानक लिखिए नाल

FEBRUARY'26

जहां जहां राधे वहां जाएंगे मुरारी
जहां जहां राधे वहां जाएंगे मुरारी
अबीर गुलाल बरसाएंगे मुरारी
रंग भरी पिचकारी मारेंगे मुरारी
राधे कि.....

राधे रानी रूप है तो रंग है मुरारी
राधा परिधान है तो अंग है मुरारी
फूल में सुगंध जैसे बसती है वैसे
हर घड़ी राधाजी के संग संग है मुरारी
जहां जहां

काहे करे कान्हा ऐसे मोसे छेड़खानी
काहे रंग डारी ये चुनर मोरी धानी
रोके तू डगर काहे मारे पिचकारी
केसे समझाऊ तोहे हारी मैं तो हारी
जहां जहां.....

जहां जहां राधे वहां जाएंगे मुरारी
जहां जहां राधे वहां जाएंगे मुरारी
अबीर गुलाल बरसाएंगे मुरारी
रंग भरी पिचकारी मारेंगे मुरारी राधे कि.....

MARCH'26

REVISION

FEBRUARY'26

FOR THE STARS IN THE SKY
BIRDS THAT FLUTTER AND FLY
I AM THANKFUL
FOR THE LEAVES ON THE TREE
HOW THEY DANCE IN THE BRIDGE
I AM THANKFUL , THANKFUL
WITH AN ATTITUDE OF GRATITUDE
FOR BLESSINGS BIG AND SMALL
I'LL SHOW GRATEFULNESS AND
THANKFULNESS
AS I PRAISE THE LORD OF ALL
I AM THANKFUL

YOGA

APRIL- MAY'25

Q1 What is Yoga?

Ans The word yoga means 'Unity or Oneness' and is derived from the Sanskrit word Yuj which means 'to join' (soul and body)

Q2 Importance of Yoga?

Ans Yoga is the science of right living. It works on all aspects of the person: the physical, vital, mental, emotional, psychic and spiritual.

Q3. What is Asana?

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

Q4. What is Pranayam?

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

1. Suryanamaskar

Benefits : a) It improves eye-sight.
b) It exercises all the body parts.

2. Vriksasana

Benefits : a) It develops concentration
b) It help to maintain the balance of our body.

3. Garudasana

Benefits : a) It cures pain in the knees.
b) It strengthens elbow, wrist and fingers.

4. Anulom- VilomPranayam

Benefits : a) It removes cough and cold.
b) It removes all types of mental and physical stress.

JULY'25

1. Gomukhasana

Benefits : a) It exercises our shoulders.
b) It is very good for chest muscles.

2. ArdhaMatsyendrasana

Benefits : a) It tones the nerves of the spine.
b) It massages the abdominal organs.

• Practice of Suryanamaskar and Pranayam.

AUGUST'25

1. Simhagarjansana

Benefits : a) This is an excellent asana for preventing ailments of throat, nose, ears and mouth.

2. Ushtrasana

Benefits : a) It removes pain in the neck
b) It is very good for the digestive and reproductive system.

• Practice of Suryanamaskar and Pranayam

SEPTEMBER'25

Revision : Gomukhasana

ArdhaMatsyendrasana Simhagarjansana Ushtrasana Grudasana

Vriksasana

• Practice of Suryanamaskar and Pranayam.

OCTOBER'25

1. Chakrasana

Benefits : a) It provides exercise to the shoulder joints. b) Chakrasana is beneficial for the nervous, digestive and glandular systems.

2. Kapalbhatai Pranayam

Benefits : a) It has cleansing effect on the lungs.
b) It is very beneficial in migraine pain
• Practice of Suryanamaskar and Pranayam.

NOVEMBER'25

1. Naukasana

Benefits : a) It increases our height.
b) It stretches all the muscles of our body.

2. Dhanurasana

Benefits : a) It has curative effect upon the disorder of the spinal cord
• Practice of Suryanamaskar and Pranayam.

DECEMBER'25

Revision : Chakrasana

Naukasana

Dhanurasana

Garudasana

2. Bhastrika Pranayam

Benefits : a) It exercises the sound box
b) It removes 'Tonsil problem.

JANUARY'26

1. Halasana

Benefits : a) It strengthens the abdominal muscles. b) It increases blood circulation to the whole body.

2. Paschimottanasana

Benefits : a) It reduces extra fat from the stomach. b) It exercises back bone.
• Practice of Suryanamaskar and Pranayam.

FEBRUARY'26

1. Sarvangasana

Benefits : a) It is very good for digestive, reproductive, nervous and endocrine system.

2. Bhramari Pranayam

Benefits : a) It exercises the sound box.
b) It removes disorders of throat.

MARCH '26

1. Revision : Halasana

Paschimottanasana Sarvangasana Chakrasana

• Practice of Suryanamaskar and Pranayam.