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DAV PUBLIC SCHOOL, SAMANA



(Senior Secondary)

CBSE Affiliated (1630571)

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STUDY PLAN(2022-23)

Class : 9th

Name _____

Section _____

Roll No. _____

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Principal Message

"Education is a shared commitment between dedicated teachers, motivated students and enthusiastic parents with high expectations"



Principal Dr. Mohan Lal Sharma
Academician, Educationist, Scholar
Writer, Social Worker, Awardee

Dear Students

Today, the role of a school is not only to pursue academic excellence but also to encourage and empower its students to be lifelong learners, critical thinkers, and productive members of an ever-changing global society. More than a decade back DAV SAMANA pledged to transform education. The school that is being run under the able stewardship of Honorable President **Dr. Punam Suri Ji** has earned its own position not only in Samana but also in its surrounding areas. At DAV, we provide an atmosphere to our students for multifaceted development, where children get such a platform which helps them to channelize their potential in the pursuit of excellence. This can only be possible in a holistic, student-centric environment.

The school is striving hard to make the best possible efforts to inculcate strong Vedic roots combining with academics and extra-curricular activities in the children. Transforming every individual into a self-reliant and independent citizen, the school provides an amalgam of scholastic and co-scholastic activities with International exposure. In our curriculum, the student is the primary focus and each child is involved in the learning process.

A new ray hope has been generated by the introduction of – NEP 2020, a pristine document on education wherein emphasis is laid on technology. From the academic year 2022-23, the government will implement the first phase of NEP 2020. The new norms we have adapted to, the resilience we have developed will play a crucial role in applying the New Education Policy in a better way.

The parents are the most strengthening power in moulding the future of children. Their consistent support empowers us to do more and more. I pay my gratitude to them for their faith in us.

I am confident enough that the DAVIANS will make themselves stronger day by day, adding a new leaf to the grandeur of the school.

Blessings!!!

Principal Dr. Mohan Lal Sharma

STUDY PLAN - AN IMPORTANT TOOL

Study plan is a technique that enables you to make the most efficient use of your time, resources and academic potentials. As we journey together, you may face many challenges and to enable you to overcome the obstacles, we offer you this wonderful tool-Study Plan to make you familiar with the values and Academic Syllabi of the school. This will increase your awareness of how you study and you will become more confident. Make this planner a part of your schedule for getting success this year.

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GREEN RULES

- ❖ Be kind, polite, helpful and aware of others' feelings.
- ❖ Try your best, work hard and learn from your own mistakes.
- ❖ Respect your educators.
- ❖ Make yourself presentable.
- ❖ Take responsibility of your education.
- ❖ Be organized.
- ❖ Don't be a distraction.
- ❖ Do the task with dedication.
- ❖ Stick to your goals.

GENERAL INSTRUCTIONS (FOR PARENTS)

- ❖ Parents are requested to co-operate with the school in its attempt to help towards their children's progress by paying attention to their regularity, punctuality and discipline.
- ❖ Constant vigilance on the part of the parents pays rich dividends. We earnestly recommend that parents should take interest in the daily activities of the children both inside and outside the school and check the diary daily for any notes from the teacher. Kindly attend all Parent-Teacher Meetings in the interest of your wards.
- ❖ If you have any suggestions regarding your ward's study, you are welcome to contact the Principal/Class Co-ordinator/Class Teacher/Subject Teacher during Parent-Teacher Meeting or with prior appointment with Principal/Class Co-ordinator between (9:00 a.m. to 10:00 a.m.).
- ❖ Parents are requested not to enter the class room either to see their wards or to seek interviews with the teachers during class hours. No half day/short leave will be given to the student.
- ❖ Unauthorized absence for 6 consecutive days renders the student liable to have his/her name struck off the rolls. Sick children should not be sent to the school for a test or an examination. Medical certificate must be sent along with an application on the same or next day positively. Student will be fined Rs.10 per day, if the child remains absent for the consecutive two days.
- ❖ Children when suffering from infectious disease should not be sent to school to attend classes. The student is required to produce a fitness certificate from a Medical Practitioner / Doctor on joining.
- ❖ Any change of Residential / Official Address / Telephone Number should be notified to the class teacher and school office immediately.

- ❖ Ensure that the child maintains personal hygiene. He/She has nutritious breakfast and diet and avoids eatables from roadside vendors.
- ❖ Students are not allowed to carry / use "Mobile Phones" within the school premises.
- ❖ As the medium of instruction in the school is English. So, children should be helped to follow their work easily and intelligently by a certain amount of regular conversation in English at home.
- ❖ As soon as the diary is issued, the parents should fill in all the required data and sign in the spaces provided.
- ❖ Parents should sign their ward's school diary daily to check the
 - a) completion of Assignment
 - b) Wearing proper uniform, or any other instruction and circulars given should be acknowledged by signing the diary at the respective spaces provided.
- ❖ Legitimate complaints should be brought to the knowledge of the Principal without delay.
- ❖ Please ensure that the child is sent neatly dressed. Nails should be trimmed regularly. Expensive jewellery and watches, nail polish and make up is not permitted.
- ❖ Encourage the children to participate in all curricular and co-curricular activities. This is very necessary for gaining self-confidence and self-satisfaction.

MODE OF EXAMINATION

1. The Annual examination will be held in the month of February / March.
2. Grading System is in the paper of Naitik Shiksha, Performing Art & Health & Physical Education.
3. A student must pass separately in both (Written+ Practical) exams.
4. Duration of each paper will be of three hours.

TEACHER SHOULD KEEP IN MIND

1. Use a variety of tools (Oral, Projects, Presentation).
2. Understand different learning styles and abilities.
3. Develop child's individual's skills, interests, attitudes and motivation.
4. Monitor the changes taking place in a child's learning, behavior and progress over time.
5. Share the Assessment Criteria with the students.
6. Allow peer and self-assessment.
7. Give an opportunity to the students to improve.
8. Use an "Indoor Voice" while speaking in the class.

Value Education Topic for Senior

APRIL

SELF DISCIPLINE & CO-OPERATION

- Being responsible
- Managing Emotions
- Being helpful to new students
- Cleanliness of body and mind
- Healthy and constructive thoughts

MAY

DIGNITY OF LABOUR & OPTIMISIM

- Respecting all jobs/positions equally
- Keeping your surroundings clean
- Looking at negative things in a positive manner

JUNE

SELF REALIZATION & MEDITATION

- Purity of mind and soul
- Spending valuable time with parents
- Awareness about duties
- Creative & Innovative approach

JULY

ENVIRONMENT SENSITIVITY

- Go Green
- Each one, Plant one
- Use of water, Electricity etc.
- Proper utilization of paper

AUGUST

SECULARISM & NATIONAL INTEGRATION

- Acknowledging the hard-earned independence
- Showing respect towards all religions
- Taking pride in being an Indian
- Abiding by the laws for maintaining National Integrity

SEPTEMBER

EFFICIENCY & EFFECTIVENESS

- Continuous Efforts with Patience & Endurance
- Believing in yourself
- Having "I CAN Win" attitude
- Do not pluck flowers

OCTOBER**COMPASSION & CHARITY**

- Love for humanity
- Well-mannered in words & actions
- Helping the needy

NOVEMBER**FAITH & DEVOTION**

- Trust
- Hope
- Calmness

DECEMBER**INSPIRATION & RESPONSIVENESS**

- Self-Trust
- Motivation for Simple living and high thinking

JANUARY**CLEANLINESS/ CLEAN DAV GREEN DAV**

- Personal hygiene
- Cleanliness of surrounding
- How to keep your classroom tidy

FEBRUARY**TIME MANAGEMENT & COMMITMENT**

- Practicing effective study techniques
- Being organized

MARCH**STRIVING FOR EXCELLENCE**

- Be diligent in your performance
- To do things in the best possible manner
- Being enthusiastic

CLASS – 9th**SUBJECT – ENGLISH****Books :**

1. Beehive
2. Moments
3. Words and Expressions-1 Workbook
4. Bravia

Publication:

1. NCERT
2. NCERT
3. NCERT

“AN ENGLISH LANGUAGE IS A VISION OF LIFE.”

“WRITE TO BE UNDERSTOOD, SPEAK TO BE HEARD, READ TO GROW.”

IMPORTANCE OF ENGLISH**ENGLISH “THE GLOBAL LANGUAGE”**

The study of English in this age of globalization is essential for all. It holds an important place in our life. From the pragmatic point of view, it should receive a great boost. English serves as a window to the world. The legacy of English Language has left an indelible imprint on the Indian Psyche. Hence, we cannot deal with English just as a foreign language. The entire spectrum of education and philosophy, science and technology has been benefitted through the introduction of English language. In a multilingual state of ours, English may wonderfully serve as an effective auxiliary language. This language enjoys the most prestigious reputation in the world. It has a special identity in the field of education.

AIMS & OBJECTIVES:

To enable the students -

1. To communicate effectively and appropriately in real life situations.
2. To read silently at varying speeds depending on the purpose of reading.
3. To express ideas in clear and grammatically correct English, using appropriate punctuation and cohesion devices.
4. To use an appropriate style and format to write letters (formal and informal), biographical sketches, dialogues, speeches, reports, articles, e-mails and diary entries.
5. To adopt different strategies according to the purpose of listening (e.g. for pleasure, general interest and specific information).
6. To speak intelligibly using appropriate word stress, sentence stress and intonation patterns.
7. To take active part in group discussions, showing ability to express agreement or disagreement, summarize ideas, elicit the views of others, and present own ideas.

8. To frame questions so as to elicit the desired response, and respond appropriately to questions.

INSTRUCTIONS FOR THE TEACHERS:

1. It is necessary that teacher's voice should be audible and clear.
2. Instructions should be given in English Language.
3. Teacher will make it sure that all the students must carry their study material like Textbooks, Notebooks etc.

INSTRUCTIONS FOR THE STUDENTS:

1. Students will converse in English Language.
2. Students will not speak in Hindi or Punjabi Language
3. Students will follow all the instructions of the teacher.
4. Students must maintain one test notebook.

(APRIL TO SEPTEMBER)

APRIL

Book Name	Chapter No./ Name of Chapter	No. of Periods	Subject Enrichment / Art Integration Activities + Tools & Techniques	Teaching Aids
Beehive	Chapter - 1 The Fun They Had	3	<u>Subject Enrichment Activity</u> – Debate on Old Schools Vs Future Schools	Textbook
Words and Expressions-1 Workbook	Unit 1	2	Self Reading	Textbook
Beehive	Poem – 1 The Road Not Taken	2		Textbook
Moments	Chapter - 1 The Lost Child	4	Art Integration Activity – Flowchart Description of Chapter	Textbook
Grammar	Modals	3	Worksheet on Modals	E-Smart Board

MAY

Book Name	Chapter No./ Name of Chapter	No. of Periods	Subject Enrichment / Art Integration Activities + Tools & Techniques	Teaching Aids
Beehive	Chapter -2 The Sound of Music (Part 1 and 2)	2+2	Comparative Study of Famous Musicians of Punjab & Andhra Pradesh	Textbook
Words and Expressions-1 Workbook	Unit 2	2	Self Reading	Textbook
Beehive	Poem 2 Wind	1	Recitation & Discussion Method	Textbook
Beehive	Chapter-3 The Little Girl	3	Class Discussion on the role of parents in life	Textbook
Words and Expressions-1 Workbook	Unit 3	2	Self Reading	Textbook
Beehive	Poem 3 Rain on the Roof	2	Recitation & Discussion Method	Textbook
Moments	Chapter - 2 The Adventures of Toto	3	Subject Enrichment Activity – Self Reading & Explanation Method	Textbook
Moments	Chapter - 3 Iswaran The Storyteller	3	Story Writing:- Write any Scary Story	Textbook
Grammar	Tenses	2	Worksheet on Tenses	E-smart Board

JUNE

SUMMER VACATION

JULY

Book Name	Chapter No./ Name of Chapter	No. of Periods	Subject Enrichment / Art Integration Activities + Tools & Techniques	Teaching Aids
Beehive	Chapter - 4 A Truly Beautiful Mind	3	Subject Enrichment Activity - Project on Achievements of Albert Einstein	Textbook
Words and Expressions-1 Workbook	Unit 4	2	Self Reading	Textbook
Beehive	Poem - 4 The Lake Isle of Innisfree	2	Silent reading+ Explanation	Textbook
Beehive	Chapter - 5 The Snake and the Mirror	3		Textbook
Words and Expressions-1 Workbook	Unit 5	2	Self Reading	Textbook
Moments	Chapter - 4 In the Kingdom of Fools	3	Role Play / Skit	Textbook
Beehive	Lesson 5 A Legend of the Northland	2	Silent reading + Explanation	Textbook

AUGUST

Book Name	Chapter No./ Name of Chapter	No. of Periods	Subject Enrichment / Art Integration Activities + Tools & Techniques	Teaching Aids
Beehive	Chapter 6 My Childhood	3		Textbook
Words and Expressions-1 Workbook	Unit 6	2	Self Reading	Textbook
Moments	Chapter - 5 The Happy Prince	3	Class discussion on monuments and statues	Textbook

STUDY PLAN		ॐ		Class-9 th (2022-23)
Beehive	Poem - 6 No men are Foreign	2	Art Integration Activity - Poster Making on Universal brotherhood	Textbook
Grammar	Gap Filling Editing Transformation	3	Classroom Discussion + Worksheet	Worksheet
Grammar	Determiners	2		E-smart Board
Writing Skills	Diary Entry, Descriptive Paragraph Writing	2		

SEPTEMBER

HALF YEARLY EXAMINATION

(OCTOBER TO MARCH)

OCTOBER

Book Name	Chapter No./ Name of Chapter	No. of Periods	Subject Enrichment / Art Integration Activities + Tools & Techniques	Teaching Aids
Beehive	Chapter 8 Reach for the Top (Part 1 and 2)	3+2	Art Integration Activity-Paste the Pictures of Mountaineers who scaled Mount Everest and write about them.	Textbook
Words and Expressions-1 Workbook	Unit 8	2	Self Reading	Textbook
Beehive	Poem - 8 On Killing A Tree	2	Silent Reading	Textbook
Moments	Chapter - 7 The Last Leaf	3	Art Integration Activity - Picture Description of Chapter	Textbook

STUDY PLANClass-9th (2022-23)

Grammar	Subject-Verb Concord	2	Worksheet	E-smart Board
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NOVEMBER

Book Name	Chapter No./ Name of Chapter	No. of Periods	Subject Enrichment / Art Integration Activities + Tools & Techniques	Teaching Aids
Beehive	Chapter 10 Kathmandu	3	Art Integration Activity - Brochure Making on Kathmandu	Textbook
Words and Expressions-1 Workbook	Unit 10	2	Self Reading	Textbook
Moments	Chapter 8 A House is not a Home	3	Creative Writing Skill:- Write a Diary entry sharing your travelling experience	Textbook
Grammar	<ul style="list-style-type: none"> • Reported Speech • Commands and Requests • Statements • Questions 	4	Basic rules of Narration	E-Smart Board

DECEMBER

Book Name	Chapter No./ Name of Chapter	No. of Periods	Subject Enrichment / Art Integration Activities + Tools & Techniques	Teaching Aids
Beehive	Chapter 11 If I were You	3	Art Integration Activity – Role Play/ Skit	Textbook
Words and Expressions-1 Workbook	Unit 11	2	Self Reading	Textbook
Moments	Chapter 10 The Beggar	3	Listening Skill	Textbook
Beehive	Poem 10 A Slumber did My Spirit Seal	2	Classroom Discussion Silent Reading	Textbook

Grammer	Gap Filling, Editing and Transformation			
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**DECEMBER TO FEBRUARY
MARCH**

**REVISION +
ANNUAL EXAMINATION**

Internal Assessment-20 Marks

Periodic Test	05 marks
Multiple Assessment	05 marks
Portfolio	05 marks
Subject Enrichment Activities	05 marks

हिंदी

पुस्तक : ज्ञान सागर तथा अभ्यास सागर (डी ए वी प्रकाशन)

“निज भाषा उन्नति अहै , सबे उन्नति को मूल ।

बिन निज भाषा ज्ञान के , मिटत न हिय को मूल ॥”

भारत एक बहुभाषी देश है जिसमें बहुत सी भाषाओं का समावेश है । भाषिक और सांस्कृतिक दृष्टि से भिन्न होने के बावजूद भारतीय परम्परा में बहुत कुछ ऐसा है जो एक दूसरे को जोड़ता है । यही कारण है कि मातृभाषा के रूप में यह भाषा सभी को एकता के सूत्र में पिरोती है । बचपन से हिंदी पढ़ता आ रहा बच्चा नवीं , दसवीं तक हिंदी भाषा में निपुण हो जाता है । वह एक ओर जहाँ हिंदी भाषा से सारे देश से जुड़ेगा वहीं दूसरी ओर अपने क्षेत्र और परिवेश को हिंदी भाषा के माध्यम से जानने की कोशिश भी करेगा क्योंकि किशोरावस्था के इन बच्चों के मानसिक धरातल का विकास विश्व-स्तर तक पहुँच चुका होता है । प्रयास यह होगा कि विद्यार्थी भाषा के लिखित प्रयोग के साथ सहज व स्वाभाविक मौखिक अभिव्यक्ति में भी सक्षम हो सके ।

हिंदी भाषा पढ़ने / पढ़ाने के मुख्य उद्देश्य:

1. भाषा के शुद्ध एवं प्रभावशाली प्रयोग की क्षमता विकसित करना ।
2. शब्द भंडार की वृद्धि तथा व्याकरण का समुचित ज्ञान।

3. दैनिक जीवन में हिंदी समझने बोलने के साथ- साथ लिखने की क्षमता का विकास करना।
4. हिंदी के माध्यम से अपने अनुभव को संसार को लिखकर सहज अभिव्यक्ति कर पाने की क्षमता का विकास करना ।
5. बच्चों में रट्टा प्रवृत्ति को कम कर के सोच समझ कर स्वयं कार्य करने की क्षमता का विकास करना ।
6. भाषा के चारों कौशलों (सुनना, बोलना, पढ़ना, लिखना व चिंतन) का उत्तरोत्तर विकास करना ।
7. स्वतंत्र और मौखिक रूप से अपने विचारों की अभिव्यक्ति का विकास करना ।
8. अपनी मातृभाषा और परिवेशगत भाषा को साथ रख कर हिंदी की संरचनाओं को समझना ।

अध्यापकों के लिए सामान्य निर्देश :

1. अध्यापक पहले से ही पाठ- योजना तैयार करें ।
2. कक्षा में कार्य शुरू करवाने से पहले अध्यापक रोजाना बच्चों से अभ्यास पुस्तिका पर 5 से 10 कठिन शब्द लिखवाएगा तथा इस अभ्यास पुस्तिका को आंतरिक मूल्यांकन का भाग माना जाएगा ।
3. कक्षा में भाषा का उच्चारण शुद्ध एवं प्रभावशाली होना चाहिए ।
4. जाँच कार्य समय अनुसार और सतर्कता पूर्वक होना चाहिए ।
5. सभी अध्यापक विद्यार्थियों के पठन कौशल में विशेष ध्यान दें ।

विद्यार्थियों के लिए सामान्य निर्देश :

- 1 बच्चे पाठ के पठन पर विशेष ध्यान देंगे ।
2. लिखित कार्य करते समय लिखाई सुंदर एवं स्पष्ट होनी चाहिए ।
3. शब्दों की बनावट और मात्राओं पर विशेष ध्यान दें ।
4. विद्यार्थी कक्षा में अनुशासित ढंग से पठन- पाठन प्रक्रिया में भाग लें

नोट :

- * नोटबुक प्रस्तुतिकरण में नियमितता ,कार्यपूर्ति , स्वच्छता और रख-रखाव को जाँचा जाएगा ।
- * विषय सवर्धन गतिविधि में भाषा के वाचन एवं श्रवण कौशल पर बल दिया जाएगा।
- * सत्र के अंत में दोनों सत्रों की कॉपियों को दोहराई और आंतरिक मूल्यांकन के लिए संभाल कर रखा जाए ।

* लिखित परीक्षण की कॉपी पूरे सत्र में एक ही होनी चाहिए ।
निम्न पाठों से प्रश्न नहीं पूछे जाएँगे

क्षितिज :

पाठ - 5 (पाठ - 5 नाना साहिब की पुत्री देवी मैना को भस्म किया गया ।)

पाठ - 8 (एक कुत्ता और एक मैना)

पाठ -5 (आखिरकार मैं हिंदी में कैसे आया ?) कृतिका

पाठ -14 चंद्र गहना से लौटती बेर

पाठ -4 (माटी वाली) कृतिका

पाठ -16 यमराज की दिशा कृतिका

(अप्रैल से सितंबर तक)

अप्रैल

पुस्तक का नाम	पाठ का नाम और विषय	कालांश	विषय संवर्धन/कला एकीकृत गतिविधि	सहायक सामग्री
क्षितिज	पाठ - 1 दो बैलों की कथा	5	पाठ में आए मुहावरे वाक्य सहित लिखना ।	दृश्यात्मक सामग्री
क्षितिज	पाठ - 2 ल्हासा की ओर	5	तिब्बत पर परियोजना कार्य	ई -स्मार्ट
व्याकरण	*समास तथा उपसर्ग /प्रत्यय	4	कार्य प्रपत्र	ई -स्मार्ट

मई

क्षितिज	पाठ - 9 साखियाँ	5	कबीरदास का परिचय (चर्चा)	पाठ्य पुस्तक
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क्षितिज	पाठ - 10 वाख	5	अपठित काव्यांश (विषय संवर्धन)	* कार्य प्रपत्र
कृतिका	पाठ -1 इस जल प्रलय में	6	बाढ़ की विभीषिका पर अनुच्छेद लेखन	दृश्यात्मक प्रस्तुतीकरण
*व्याकरण	*अलंकार तथा अनुच्छेद लेखन	4	कार्य प्रपत्र (विषय संवर्धन)	*ई -स्मार्ट

जून (ग्रीष्मावकाश) + जुलाई में होने वाली आवधिक परीक्षण की तैयारी

जुलाई

पुस्तक का नाम	पाठ का नाम और विषय	कालांश	विषय संवर्धन/कला एकीकृत गतिविधि	सहायक सामग्री
क्षितिज	पाठ -11 रसखान के सवैये	5	*श्री कृष्ण से संबंधित किसी एक विषय की चर्चा	दृश्यात्मक प्रस्तुतिकरण
क्षितिज	पाठ - 3 उपभोक्तावाद की संस्कृति	5	अपने मनपसंद उत्पाद पर विज्ञापन बनाना ।	पाठ्य पुस्तक
क्षितिज	पाठ -12 कैदी और कोकिला	5	स्वाधीनता आन्दोलन में भाग लेने वाले सेनानियों की सूची बनाना ।	ई -स्मार्ट
*व्याकरण	*वाक्य भेद तथा पत्र लेखन तथा संवाद लेखन	4	-----	ई -स्मार्ट

अगस्त

पुस्तक का नाम	पाठ का नाम और विषय	कालांश	विषय संवर्धन/कला एकीकृत गतिविधि	सहायक सामग्री
क्षितिज	पाठ - 4 सांवले सपनों की याद	6	प्रकृति संबंधी कवियों की चर्चा करना	दृश्यात्मक प्रस्तुतिकरण
क्षितिज	पाठ - 6 प्रेमचंद के फटे जूते	6	आदमी की सही पहचान पोशाक व्यक्तित्व / (रचनात्मक लेखन)	सम्बंधित पुस्तकें
कृतिका	पाठ -2 मेरे संग की औरतें	4	समाज के उत्थान में कुछ स्त्रियों की भूमिका का वर्णन करना (लेखन कोशल)	सम्बंधित पुस्तकें
व्याकरण	लघु कथा निर्माण +ईमेल	2	-----	ई स्मार्ट

सितम्बर**दोहराई + अर्ध वार्षिक परीक्षा****अक्टूबर**

पुस्तक का नाम	पाठ का नाम और विषय	कालांश	विषय संवर्धन/कला एकीकृत गतिविधि	सहायक सामग्री
क्षितिज	*पाठ -13 ग्राम श्री	5	भिन्न भिन्न फसलों की जानकारी देना	पाठ्य पुस्तक
क्षितिज	पाठ - 7 मेरे बचपन के दिन	5	*महादेवी वर्मा का परिचय	ई -स्मार्ट

कृतिका	पाठ - 3 रीढ़ की हड्डी	6	सामाजिक कुरीतियों का वर्णन करना तथा दहेज प्रथा पर संवाद (कला एकीकृत)(पुतली द्वारा)	दृश्यात्मक प्रस्तुतिकरण
*व्याकरण	सूचना लेखन	4	-----	ई -स्मार्ट

नवम्बर

पुस्तक का नाम	पाठ का नाम और विषय	कालांश	विषय संवर्धन/कला एकीकृत गतिविधि	सहायक सामग्री
क्षितिज	पाठ-15 मेघ आए	4		कार्य प्रपत्र
क्षितिज	पाठ-17 बच्चे काम पर जा रहे हैं ।	4	पोस्टर बनाना (कला एकीकृत)	ई-स्मार्ट
*व्याकरण	अलंकार तथा वाक्य भेद	4	-----	ई-स्मार्ट

दिसंबर व जनवरी/ फरवरी. किए गए पाठ्य क्रम की दोहराई

मार्च

वार्षिक परीक्षा

आंतरिक मूल्यांकन कुल अंक- 20

पोर्टफोलियो - 5

बहुविध मूल्यांकन - 5

श्रवण कौशल - 5

आवधिक परीक्षण - 5

MATHEMATICS

TEXT BOOK: Mathematics IX (NCERT)

LAB MANUAL: VK Publications Lab Manual (By Surbhi Mittal)

Mathematics is an important component of school education. Mathematics is something that the man has himself created to meet the various demands of time. Right from morning till night, each single moment of the day is being controlled by mathematics. Life would be impossible without it. Mathematics is the science of all sciences and art of all arts.

AIMS AND OBJECTIVES:

- To enable the students to discipline their minds properly.
- To help the child to know about the relationship of different topics in **MATHEMATICS**.
- To develop the technique of **PROBLEM SOLVING**
- To develop the interest of the students to know more about the nature of **MATHEMATICS**.
- To develop the power of **LOGICAL THINKING**.
- To develop the **SELF CONFIDENCE** of the child.

INSTRUCTIONS FOR TEACHERS:

- **LESSON PLAN** must be prepared well in time.
- **CLASS ENTRANCE** should be with full confidence and positivity.
- **CONTENT DELIVERY** must be effective and long lasting.
- **COMMANDS OF TEACHER** must be equipped with GOOD VOCABULARY.
- **FAIR NOTE BOOK** must reflect efficiency of the concerned teacher.
- Test will be there at the end of EVERY CHAPTER.

INSTRUCTIONS FOR STUDENTS:

- Students will do **MATHEMATICS PRACTICE** daily with a fixed schedule at home.
- **BOOK, NOTE BOOK** must be carried by students daily in school.
- Students must have a self responsibility to get their note books checked in time.
- Students must be **ATTENTIVE** in class.
- Tests must be **WELL PREPARED**.

NOTE: BOOK AND FAIR NOTE BOOK

- It must be well maintained and kept safely throughout the year for evaluation

- Tally work must be done at the end of every chapter
- Parents signatures must be there immediately after teacher's checking
- Correction work must be done immediately (if remarked by the teacher)

❖ **TEST NOTE BOOK**

- Will remain same throughout the term (otherwise test will not be evaluated)
- Must be well maintained
- Must be duly signed by the parents
- Correction work must be done immediately (if remarked by the teacher)
- Parents must communicate with teacher in case of poor performance

❖ **LAB MANUALS**

- Each and every activity must be explained well
- Lab manuals must be prepared neatly
- It must be checked in time
- It must be kept safely throughout the year for evaluation

(APRIL TO SEPTEMBER)

APRIL

Chapter No. With Name	No. of Periods	Subject Enrichment Activities/ Art Integration Activity	Teaching Aids
Chapter -1 Number System	8 - 10	Lab Activity -31B	E-smart contents

MAY

Chapter No. With Name	No. of Periods	Subject Enrichment Activities/ Art Integration Activity	Teaching Aids
Chapter-2 Polynomials	10-12	Lab Activity- 36 ,37	Revision of algebraic identities

STUDY PLANClass-9th (2022-23)

Chapter-3 Co-ordinate Geometry	4-5	Lab activity - 38 + Plotting a cat on graph	Graph paper showing both axis with co-ordinates
Chapter-4 Linear Equations in Two Variables	4-6	_____	E-smart contents
Chapter- 5 Introduction to Euclid's Geometry	3-4	_____	_____

JUNE SUMMER VACATIONS**JULY**

Chapter No. With name	No. Of periods	Subject Enrichment Activities/ Art Integration Activity	Teaching aids
Chapter-6 Lines and Angles	7-8		E-smart contents
Chapter 7 Triangles	12-14	Lab activity - 24	E-smart contents

AUGUST

Chapter No. With name	No. Of periods	Subject Enrichment Activities/ Art Integration Activity	Teaching aids
Chapter-12 Heron's Formula	4-5	Lab Activity- 10	Formulae Revision of areas of all triangles
Chapter-8 Quadrilaterals	10-12	Lab activity-14 + Prepare a Project on Different types of Quadrilateral + Mention Properties of it	E-smart contents
Chapter-10 Circles	10-12	Lab activity-22	E-smart contents

SEPTEMBER HALF YEARLY EXAMINATION

(OCTOBER TO MARCH)

OCTOBER

Chapter No. With Name	No. Of Periods	Subject Enrichment Activities/ Art Integration Activity	Teaching Aids
Chapter-13 Surface Areas and Volumes	10-12		3D Shapes

NOVEMBER

Chapter No. With Name	No. Of Periods	Subject Enrichment Activity/ Art Integration Activity	Teaching Aids
Chapter-14 Statistics	5-7		Revision of related terms

DECEMBER/JANUARY/FEBRUARY: REVISION

MARCH

ANNUAL EXAMINATION

Internal Assessment- (20 marks)

Pen Paper Test	10 marks
Portfolio	05 marks
Subject Enrichment / Lab Activities	05 marks

SCIENCE**Book:-** NCERT (National Council of Education Research and Training)**Reference Books :-**

Biology VK Global Publication
 Chemistry VK Global Publication
 Physics VK Global Publication
 Lab Manual VK Global Publication

“ The Science of Today is the Technology of Tomorrow”

AIM & OBJECTIVES:

1. To develop scientific attitude.
2. To develop and understand scientific concept, principles and laws.
3. To create awareness and concern for a healthy environment.
4. To develop an aesthetic sense regarding scientists.
5. To develop observational and experimental skills.

NOTE : Notebooks of both Terms, Test Notebooks, Practical Files must be kept carefully for Assessment and Revision for Annual Examination.

(APRIL TO SEPTEMBER)**APRIL**

Chapter No. and Name	No. of periods	Subject Enrichment Activity	Teaching Aids
Lesson 1: Matter in Our Surroundings	10	Experiment : To carry out few chemical reactions and classify them as physical or chemical changes. Experiment : To prepare a true solution, suspension and colloidal solution and to distinguish them.	E-smart Laboratory Equipment
Lesson 5: Cell	10	Experiment : To prepare a temporary mount of onion peel and human cheek cell	E-smart Temporary Slide Preparation

MAY

Lesson 8: Motion	15	Experiment : Determination of speed of pulse propagated through a stretched slinky	E-smart
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Lesson 2: Is Matter around us pure?	10	Experiment : To prepare mixture and compound using iron fillings and sulphur powder and distinguish them. Experiment : To separate the components of mixture of sand, salt and ammonium chloride	E-smart Laboratory Equipments
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JUNE - SUMMER VACATION

JULY

Chapter No. and Name	No. of periods	Subject Enrichment Activity	Teaching Aids
Lesson 6: Tissue Activity : Draw 3 Types of Tissues and Write their Features.	10	Experiment: To identify parenchyma, collenchyma and sclerenchyma tissues in plants, striped, smooth and cardiac muscle fibres and nerve cell in animals (prepared slides).	E-smart Permanent Slides
Lesson 15: Improvement in Food Resources	10		E-smart Laboratory Equipments
Lesson 3: Atoms and Molecules (Half)	10	Experiment: To verify law of conservation of mass.	E-smart

AUGUST

Chapter No. and Name	No. of periods	Subject Enrichment Activity	Teaching Aids
Lesson 9: Force and Laws of Motion	10	Experiment:	E-smart Laboratory Equipments

Activity : Gravity wall Activity (Formula's)		To determine the density of solid by using spring balance and measuring cylinder.	
Lesson - 3 : Atoms & Molecules(Half)			

SEPTEMBER - HALF YEARLY EXAMINATION

(OCTOBER TO MARCH)

OCTOBER

Chapter No. and Name	No. of periods	Subject Enrichment Activity	Teaching Aids
Lesson 4: Structure of the Atom	10		E-smart Laboratory Equipment
Lesson 10 : Gravitation	8		

NOVEMBER

Chapter No. and Name	No. of periods	Subject Enrichment Activity	Teaching Aids
Lesson 11: Work, Energy and Power	13	Experiment To establish the relation between the loss in weight of a solid when fully immersed in water.	E-smart Laboratory Equipment
Lesson 14: Natural Resources	12	For Internal Assessment Only	E-smart Permanent Slides

DECEMBER

Chapter No. and Name	No. of periods	Subject Enrichment Activity	Teaching Aids
Sounds	12	Study Reflections of Sound	

Internal Assessment- (20 marks)

Periodic Test	5+5 marks
Portfolio	05 marks
Subject Enrichment / Lab Activities	05 marks

JANUARY + FEBRUARY**REVISION****MARCH****ANNUAL EXAMINATION****SOCIAL SCIENCE****Name Of Books:****Publication: NCERT**

- India and the contemporary world -1
- Democratic Politics -1
- Geography Contemporary -1
- Understanding Economic Development -1
- Disaster Management

“A Subject which not only provides vast knowledge but also enables the human being to adapt himself in social, economic, political and cultural life.”

AIMS AND OBJECTIVES:

1. Understand India and make a comparison with other countries in the world.
2. Develop respect for the rights of all social divisions that exist in society.
3. Get acquainted with revolutionary ideas and new philosophies.
4. Accept the need to protect and conserve environment.
5. Develop good human values and the spirit of tolerance and appreciate the role of India in today's world.
6. Develop respect for the constitution and appreciation of constitutional values.

NOTE:

1. All the activities and map skills must be done carefully.
2. Notebooks must be kept carefully for assessment and revision for annual examination.

3. Test notebooks must be properly maintained for whole term.

INSTRUCTION FOR THE TEACHERS:

1. It is necessary that teacher's voice should be audible and clear.
2. It is mandatory to prepare the teaching content in advance.
3. All the instructions should be given in English Language.
4. Teacher will make it sure that all the students must carry their study material like Textbooks, Notebooks etc

INSTRUCTION FOR THE STUDENTS:

1. Students must converse in English Language.
2. Students will not speak in Hindi or Punjabi Language.
3. Students must follow all the instructions of the teacher.

(APRIL TO SEPTEMBER)

APRIL

Lesson No. / Topic	No. of Periods	Subject Enrichment Activities	Art Integration	Teaching Aids/ Technology
<u>GEOGRAPHY</u> Lesson-1: India-size and Location	4	Map Work		Text Book, E-Smart Board Content
<u>Economics</u> Lesson-1: The story of Village Palampur	6		Discussion in class about income disparities	Flow Chart/ E-Smart Board Content
<u>CIVICS</u> : Lesson-2: What is Democracy? Why Democracy?	6			E-Smart Board Content

MAY

Lesson No. / Topic	No. of Periods	Subject Enrichment Activities	Art Integration	Teaching Aids/ Technology
<u>History</u> Lesson-1: The French Revolution	8	Map Work, Group Discussion (Mind Map)	Graffiti Wall Activity [4.1.1.1.9]	Flow chart with the help of E-Smart

Geography Lesson-2: Physical features of India	6	Map Activity	Group Discussion	E-Smart Board Content
Economics Lesson-2: People as Resource	6	Discussion		Graph analysis and E-Smart

JUNE SUMMER VACATIONS + PPT's**JULY**

Lesson No. / Topic	No. of Periods	Subject Enrichment Activities	Art Integration	Teaching Aids/ Technology
History Lesson-3: Nazism and The Rise of Hitler	8	Group Discussion	Graffiti Wall Activity / Group Discussion	E-Smart Content
Geography Lesson-3: Drainage	6	Map Work	Role Play on Rivers Code 4.4.1 [4.4.1.1]	Maps, E-Smart Content
CIVICS Lesson-3: Constitutional Design	6			E-Smart

AUGUST

Lesson No. / Topic	No. of Periods	Subject Enrichment Activities	Art Integration	Teaching Aids/ Technology
Economics Lesson-3: Poverty as a Challenge	6	Discussion		Graph Analysis with E-Smart
Civics Lesson-4: Electoral Politics	6		Project: Political Cartoon Making on Election 4.1.1.1.8	Videos related with Elections.
Geography Lesson-4: Climate	6	Map Work		Newspaper, E-Smart

LIST OF MAP ITEMS FOR SOCIAL SCIENCE**A. Subject - History****Chapter-1: The French Revolution:**

Outline map of France (For locating and labelling /Identification): Bordeaux, Nantes, Paris, Marseilles.

B. Subject-Geography**Chapter-3: Nazism and Rise of Hitler**

Axis Powers :- Germany ,Italy, Japan

Allied Powers : UK, France, USSR, USA

Chapter-2: Physical Features of India

(a) Mountain Ranges: The Karakoram, The Shivalik, The Aravali, The Vindhya, Western & Eastern Ghats

(b) Mountain Peaks: K2, Kanchan Junga, Anai Mudi,

(c) Plateau: Deccan Plateau, Chotta Nagpur Plateau, Malwa plateau

(d) Coastal Plains: Konkan, Malabar, Coromandal & Northern Circar (Location and Labelling)

Chapter-3: Drainage: Rivers: (Identification only)

(a) The Himalayan River Systems: The Indus, The Ganges, and The Satluj

(b) The Peninsular rivers: The Narmada, The Tapi, The Kaveri, The Krishna, The Godavari, The Mahanadi

(c) Lakes: Wular, Pulicat, Sambhar, Chilika, Vembanad, Kolleru

Chapter-4: Climate

(a) Cities to locate: Tiruvananthpuram, Chennai, Jodhpur, Bangalore, Mumbai, Kolkata, Leh, Shillong, Delhi, Nagpur. (Location and Labelling)

(b) Areas receiving rainfall less than 20 cm and over 400 cm (Identification only)

SEPTEMBER- REVISION + HALF YEARLY EXAMINATION**(OCTOBER TO MARCH)****OCTOBER**

Lesson No./ Topic	No. of Periods	Subject Enrichment Activities	Art Integration	Teaching Aids/ Technology
<u>History</u> Lesson-4: Forest Society and Colonialism	8	Group Discussion		E-Smart Content
<u>Geography</u> Lesson-5: Natural Vegetation and Wild Life	6	Map Work		Map and E-Smart

<u>CIVICS</u> Lesson-5: Working of Institution	6	-		E-Smart Content
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NOVEMBER

Lesson No./ Topic	No. of Periods	Subject Enrichment Activities	Art Integration	Teaching Aids/ Technology
Lesson-5: Pastoralists in the Modern World	8			E-Smart Content
<u>Civics</u> Lesson-6: Democratic Rights	6		Debate on Rights	E-Smart Content
<u>Economics</u> Lesson-4: Food Security in India	6	-		E-Smart and Pictures

DECEMBER

Lesson No./ Topic	No. of Periods	Subject Enrichment Activities	Art Integration	Teaching Aids/ Technology
<u>Geography</u> Lesson-6: Population	6	Map Activity		E-Smart Content
<u>History</u> Lesson-2: Socialism and the Russian Revolution	7		Group Discussion	E-Smart Content

Internal Assessment- (20 marks)

Periodic Test	5+5 marks
Portfolio	05 marks
Subject Enrichment / Lab Activities	05 marks

Chapter-5: Natural Vegetation And Wild Life

(a) Vegetation Type: Tropical Evergreen Forest, Tropical Deciduous Forest, Thorn Forest, Montane Forests and Mangrove- For identification only

(b) National Parks: Corbett, Kaziranga, Ranthambor, Shivpuri, Kanha, Simlipal & Manas

(c) Bird Sanctuaries: Bharatpur and Ranganthitto

(d) Wild life Sanctuaries: Sariska, Mudumalai, Rajaji, Dachigam (Location and Labelling)

Chapter-6: Population (location and labeling)

(a) The state having highest and lowest density of population

(b) The state having highest and lowest sex ratio

(c) Largest and smallest state according to area

JANUARY/FEBRUARY REVISION

MARCH

ANNUAL EXAMINATION

ਪੰਜਾਬੀ

ਪੁਸਤਕ:- 1. ਸਾਹਿਤ ਮਾਲਾ : 9

ਪ੍ਰਕਾਸ਼ਕ :-ਪੰਜਾਬ ਸਕੂਲ ਸਿੱਖਿਆ ਬੋਰਡ

2. ਵੰਨਗੀ : 9

ਪ੍ਰਕਾਸ਼ਕ :-ਪੰਜਾਬ ਸਕੂਲ ਸਿੱਖਿਆ ਬੋਰਡ

ਵਿਆਕਰਨ:-ਪੰਜਾਬੀ ਵਿਆਕਰਨ ਤੇ ਲਿਖਤ ਰਚਨਾ (ਨਿਊ ਪ੍ਰਕਾਸ਼ਨ)

ਪੰਜਾਬੀ ਭਾਸ਼ਾ:- ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਪੰਜਾਬ ਦੇ ਅਲੱਗ-ਅਲੱਗ ਖਿੱਤਿਆਂ ਵਿੱਚ ਬੋਲੀ ਜਾਂਦੀ ਹੈ ਜਿਵੇਂ ਮਾਲਵੇ, ਮਾਝੇ, ਦੁਆਬੇ, ਪੁਆਧ ਅਤੇ ਪੋਠੋਹਾਰ ਆਦਿ ਦੇ ਇਲਾਕਿਆਂ ਵਿੱਚ। ਲੋਕ ਗੀਤ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੇ ਸੱਭਿਆਚਾਰ ਦਾ ਅਨਿੱਖੜਵਾਂ ਅੰਗ ਹਨ। ਇਹ ਆਮ ਲੋਕਾਂ ਦੀਆਂ ਖੁਸ਼ੀਆਂ, ਚਾਵਾਂ ਅਤੇ ਦਰਦ-ਵਿਛੋੜਿਆਂ ਦਾ ਸੱਚਾ-ਸੁੱਚਾ ਬਿਆਨ ਹੁੰਦੇ ਹਨ। ਕਿਸੇ ਸੱਭਿਆਚਾਰ ਦੀ ਜਿੰਨੀ ਬਹੁਰੰਗੀ ਝਾਕੀ ਲੋਕ-ਗੀਤਾਂ ਵਿੱਚੋਂ ਮਿਲਦੀ ਹੈ ਹੋਰ ਉਹ ਸਾਹਿਤ ਦੇ ਕਿਸੇ ਰੂਪ ਵਿੱਚ ਨਹੀਂ ਮਿਲਦੀ। ਲੋਕ-ਗੀਤਾਂ ਵਿੱਚੋਂ ਹੀ ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ ਦੀ ਤਸਵੀਰ ਮਿਲਦੀ ਹੈ।

- ਸਾਡਾ ਚਿੜੀਆਂ ਦਾ ਚੰਬਾ ਵੇ ਬਾਬਲ ਅਸਾਂ ਉੱਡ ਜਾਣਾ।
- ਮਾਵਾਂ ਲਾਡ-ਲਡਾ ਧੀਆਂ ਨੂੰ ਵਿਗਾੜਨ ਨੀ,
ਸੱਸਾਂ ਦੇ ਮੱਤਾਂ ਉਮਰ ਸਵਾਰਨ ਨੀ।
- ਅਧਿਆਪਕਾ ਲਈ ਦਿਸ਼ਾ ਨਿਰਦੇਸ਼:-
 - 1 ਔਖੇ ਸ਼ਬਦਾਂ ਦੇ ਅਰਥ ਜਰੂਰ ਸਮਝਾਏ ਜਾਣ।
 - 2 ਇਕਾਂਗੀ ਦਾ ਮੰਚਨ ਵਿਦਿਆਰਥੀਆਂ ਤੋਂ ਜਮਾਤ ਵਿੱਚ ਕਰਵਾਇਆ ਜਾਵੇ।
 - 3 ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਲਿਖਾਈ ਵੱਲ ਖਾਸ ਧਿਆਨ ਦਿੱਤਾ ਜਾਵੇ।
 - 4 ਸਮਾਰਟ ਬੋਰਡ ਦੀ ਵੱਧ ਤੋਂ ਵੱਧ ਵਰਤੋਂ ਕੀਤੀ ਜਾਵੇ।
 - 5 ਸਮੇਂ-ਸਮੇਂ ਤੇ ਖਾਸ ਮੌਕਿਆਂ 'ਤੇ ਅਖਬਾਰ ਵਿੱਚੋਂ ਲੇਖ ਪੜ੍ਹਾਏ ਜਾਣ।
 - 6 ਆਰਟਿਸਟਿਕ ਗ੍ਰੈਸ਼ਨ/ਪੋਰਟ ਫੋਲੀਓ ਜਰੂਰ ਕਰਵਾਇਆ ਜਾਵੇ।
 - 7 ਭਾਸ਼ਾ ਮੰਚ ਦੀਆਂ ਗਤੀਵਿਧੀਆਂ ਵੱਲ ਖਾਸ ਧਿਆਨ ਦਿੱਤਾ ਜਾਵੇ।
- ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਦਿਸ਼ਾ ਨਿਰਦੇਸ਼:-
 - 1 ਸਾਹਿਤ ਮਾਲਾ ਅਤੇ ਵੰਨਗੀ ਦੀ ਕਾਪੀ ਅਲੱਗ-ਅਲੱਗ ਹੋਣੀ ਚਾਹੀਦੀ ਹੈ।
 - 2 ਕਾਪੀਆਂ ਕਵਰ ਹੋਣ ਚਾਹੀਦੀਆਂ ਹਨ।

- 3 ਕੰਮ ਸੁੰਦਰ ਲਿਖਾਈ ਵਿਚ ਲਿਖਿਆ ਜਾਵੇ।
- 4 ਹਰ ਪਾਠ ਲਿਖਣ ਤੋਂ ਪਹਿਲਾ ਮਿਤੀ ਅਤੇ ਦਿਨ ਜਰੂਰ ਲਿਖਿਆ ਜਾਵੇ।
- 5 ਹਰ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉੱਤਰ ਤੋਂ ਬਾਅਦ ਲਾਈਨ ਜਰੂਰ ਲਗਾਈ ਜਾਵੇ।
- 6 ਟੈਸਟ ਕਾਪੀ 'ਤੇ ਮਾਤਾ-ਪਿਤਾ ਦੇ ਦਸਤਖਤ ਜਰੂਰ ਕਰਵਾਏ ਜਾਣ।
- 7 ਸਮਾਂ ਸਾਰਨੀ ਅਨੁਸਾਰ ਪੁਸਤਕ ਲੈ ਕੇ ਆਉਣੀ ਜਰੂਰੀ ਹੈ।

• ਉਦੇਸ਼:-

- 1 ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦਾ ਗਿਆਨ ਕਰਵਾਉਣਾ।
- 2 ਵਿਦਿਆਰਥੀਆਂ ਦੇ ਸ਼ਬਦ ਭੰਡਾਰ ਵਿਚ ਵਾਧਾ ਕਰਨਾ।
- 3 ਵਿਆਕਰਨ ਦੇ ਨਿਯਮਾਂ ਦਾ ਪੂਰਨ ਗਿਆਨ ਕਰਵਾਉਣਾ।
- 4 ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਲਿਖਣ ਅਤੇ ਬੋਲਣ ਦੇ ਯੋਗ ਬਣਾਉਣਾ।
- 5 ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਪ੍ਰਤੀ ਰੁਚੀ ਪੈਦਾ ਕਰਨੀ।

• ਅਪ੍ਰੈਲ / ਮਈ

ਪਾਠ ਨੰਬਰ/ਵਿਸ਼ਾ	ਦਿਨ	ਗਤੀਵਿਧੀ	ਸਹਾਇਕ ਸਮੱਗਰੀ
ਪਾਠ-ਪੁਸਤਕ ਸਾਹਿਤ-ਮਾਲਾ ਕਵਿਤਾ- ਸਮਾਂ (ਭਾਈ ਵੀਰ ਸਿੰਘ)	2	ਸਮੇਂ ਦੀ ਮਹੱਤਤਾ ਬਾਰੇ ਦੱਸਣਾ, ਸੁਲੇਖ	ਪਾਠ-ਪੁਸਤਕ
ਕਵਿਤਾ- ਵਿਸਾਖੀ ਦਾ ਮੇਲਾ (ਧਨੀ ਰਾਮ ਚਾੜ੍ਹਕ)	3	ਵਿਸ਼ੇ ਨਾਲ ਸੰਬੰਧਿਤ ਤਵੀਡੀਓ	ਪਾਠ-ਪੁਸਤਕ ਸਮਾਰਟ-ਬੋਰਡ
ਪਾਠ-ਪੁਸਤਕ ਵੰਨਗੀ ਪਾਠ- ਜਨਮਦਿਨ (ਕਹਾਣੀ)	4	ਜਨਮ ਦਿਨ ਦਾ ਕਾਰਡ ਬਣਵਾਉਣਾ	ਪਾਠ-ਪੁਸਤਕ
ਪਾਠ-ਪੁਸਤਕ ਸਾਹਿਤ-ਮਾਲਾ ਪਾਠ- ਵਹਿਮੀ ਤਾਇਆ (ਵਾਰਤਕ)	4	ਵਹਿਮ-ਭਰਮ ਨਾਲ ਸੰਬੰਧਿਤ ਵੀਡੀਓ ਦਿਖਾਉਣੀ	ਪਾਠ-ਪੁਸਤਕ, ਸਮਾਰਟ ਬੋਰਡ
ਵਿਆਕਰਨ:- ਆਮ ਵਿਸ਼ੇ ਨਾਲ ਸੰਬੰਧਿਤ ਲੇਖ	4	ਵਿਸ਼ੇ ਬਾਰੇ ਵਿਚਾਰ ਚਰਚਾ ਕਰਨੀ	ਵਿਆਕਰਨ ਪੁਸਤਕ
ਲਿੰਗ ਬਦਲੋ (ਬਹੁਵਿਕਲਪੀ)	1	ਨਰ ਤੇ ਮਾਦਾ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦੇਣਾ	ਵਿਆਕਰਨ ਪੁਸਤਕ
ਸ਼ਬਦ ਸ਼ੁੱਧੀ (ਬਹੁਵਿਕਲਪੀ)	1	ਸ਼ਬਦਾਂ ਨੂੰ ਸ਼ੁੱਧ ਕਰਕੇ ਲਿਖਣਾ	ਵਿਆਕਰਨ ਪੁਸਤਕ
ਅਣਡਿੱਠਾ ਪੈਰੂ	1	ਅਣਡਿੱਠਾ ਪੈਰੂ	ਕਿਤਾਬ ,ਕਾਪੀ

ਜੂਨ:-ਗਰਮੀ ਦੀਆਂ ਛੁੱਟੀਆਂ

ਨੋਟ:-ਕਿਸੇ ਇੱਕ ਵਿਸ਼ੇ 'ਤੇ ਪ੍ਰੋਜੈਕਟ ਤਿਆਰ ਕਰਨਾ

• ਜੁਲਾਈ

ਪਾਠ ਨੰਬਰ/ਵਿਸ਼ਾ	ਦਿਨ	ਗਤੀਵਿਧੀ	ਸਹਾਇਕ ਸਮੱਗਰੀ
ਪਾਠ-ਪੁਸਤਕ ਵੰਨਗੀ ਪਾਠ-ਸਾਂਝੀ ਕੰਧ (ਕਹਾਣੀ)	4	ਕਹਾਣੀ ਸੁਣਾਉਣਾ / ਵਿਸ਼ੇ ਦੀ ਵੀਡੀਓ ਦਿਖਾਉਣੀ	ਪਾਠ-ਪੁਸਤਕ
ਪਾਠ-ਮੌਨਧਾਰੀ (ਇਕਾਂਗੀ)	5	ਇਕਾਂਗੀ ਮੰਚਨ ਕਰਵਾਉਣਾ	ਪਾਠ-ਪੁਸਤਕ, ਜਮਾਤ ਦੇ ਸਜੀਵ ਪਾਤਰ
ਵਿਆਕਰਨ:- ਮੁਹਾਵਰੇ (ੳ ਅਤੇ ਅ)	2	ਪੰਜਾਬੀ ਬੋਲੀ ਵਿਚ ਮੁਹਾਵਰਿਆਂ ਦੀ ਮਹੱਤਤਾ ਦੱਸਣੀ	ਵਿਆਕਰਨ ਪੁਸਤਕ
ਸੁਣਨ ਕੌਸ਼ਲ ਅਣਡਿੱਠੀ ਕਾਵਿ-ਟੁਕੜੀ	1	ਸੁਣਨ ਕੌਸ਼ਲ ਗਤੀਵਿਧੀ ਕਰਵਾਉਣੀ	ਸਮਾਰਟ ਬੋਰਡ

ਵਿਰੋਧੀ ਸ਼ਬਦ (ਬਹੁਵਿਕਲਪੀ)	1	ਉਲਟ ਸ਼ਬਦਾਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦੇਣੀ	ਵਿਆਕਰਨ ਪੁਸਤਕ
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ਨੋਟ:-ਨਿਯਮਕਾਲਕ ਪਰੀਖਿਆ-1

- ਅਗਸਤ

ਪਾਠਨੰਬਰ/ਵਿਸ਼ਾ	ਦਿਨ	ਗਤੀਵਿਧੀ	ਸਹਾਇਕ ਸਮੱਗਰੀ
ਪਾਠ-ਪੁਸਤਕ ਸਾਹਿਤ-ਮਾਲਾ ਪਾਠ-ਖੁਸ਼ੀਆਂ ਆਪੇ ਨਹੀਂ ਆਉਂਦੀਆਂ (ਵਾਰਤਕ)	5		ਪਾਠ-ਪੁਸਤਕ
ਪਾਠ-ਪੁਸਤਕ ਵੰਨਗੀ :-ਬੱਸ ਕੰਡਕਟਰ (ਕਹਾਣੀ)	4		
ਵਿਆਕਰਨ :- ਕਿਰਿਆ (ਛੋਟੇ ਪ੍ਰਸ਼ਨ)	1	ਵਿਸ਼ੇ ਨਾਲ ਸੰਬੰਧੀ ਵੀਡੀਓ ਦਿਖਾਉਣੀ	ਪੁਸਤਕ ਸਮਾਰਟ-ਬੋਰਡ
ਪੱਤਰ:-ਨਿੱਜੀ ਪੱਤਰ	2	ਪੱਤਰ ਲਿਖਣ ਦੇ ਢੰਗ ਬਾਰੇ ਦੱਸਣਾ	ਪੁਸਤਕ, ਗ੍ਰੀਨ ਬੋਰਡ
ਤਸਵੀਰ ਵਰਣਨ	1	ਤਸਵੀਰ ਦੇਖ ਕੇ ਵਰਣਨ ਕਰਨਾ	ਤਸਵੀਰ, ਕਿਤਾਬ

- ਸਤੰਬਰ:-ਦੁਹਰਾਈ + ਨਿਯਮਕਾਲਕ ਪਰੀਖਿਆ-2 ਤੇ ਪਹਿਲੀ ਛਿਮਾਰੀ ਦੀ ਪਰੀਖਿਆ

- ਅਕਤੂਬਰ

ਪਾਠ ਨੰਬਰ/ਵਿਸ਼ਾ	ਦਿਨ	ਗਤੀਵਿਧੀ	ਸਹਾਇਕਸਮੱਗਰੀ
ਪਾਠ-ਪੁਸਤਕ ਸਾਹਿਤ-ਮਾਲਾ ਕਵਿਤਾ-ਮੈਂ ਪੰਜਾਬੀ (ਫਿਰੋਜ਼ਦੀਨ ਸ਼ਰਫ)	2	ਮਾਂ-ਬੋਲੀ ਸੰਬੰਧੀ ਸਲੋਗਨ ਲਿਖਵਾਉਣੇ	ਪਾਠ-ਪੁਸਤਕ ਸਮਾਰਟ ਬੋਰਡ
ਕਵਿਤਾ- ਨਵੀਂ ਪੁਰਾਣੀ ਤਹਿਜੀਬ (ਵਿਧਾਤਾ ਸਿੰਘ ਤੀਰ)	2		ਪਾਠ-ਪੁਸਤਕ
ਪਾਠ- ਮੁੜ ਵੇਖਿਆ ਪਿੰਡ (ਵਾਰਤਕ)	5	ਪਿੰਡ ਦੀ ਝਾਕੀ ਬਣਵਾਉਣੀ	ਪਾਠ-ਪੁਸਤਕ
ਵਿਆਕਰਨ:-ਵਿਸਮਕ	1	ਵਿਸਮਕ ਦੇ ਭੇਦਾਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦੇਣੀ	ਵਿਆਕਰਨ ਪੁਸਤਕ, ਪੀ ਪੀ ਟੀ
ਦਫ਼ਤਰੀ ਪੱਤਰ	2	ਪੱਤਰ ਲਿਖਣ ਦਾ ਢੰਗ ਦੱਸਣਾ	ਵਿਆਕਰਨ ਪੁਸਤਕ, ਗ੍ਰੀਨ ਬੋਰਡ
ਵਿਚਾਰ ਪ੍ਰਧਾਨ ਲੇਖ	4	ਵਿਸ਼ੇ 'ਤੇ ਵਿਚਾਰ ਚਰਚਾ ਕਰਨੀ	ਵਿਆਕਰਨ ਪੁਸਤਕ

- ਨਵੰਬਰ

ਪਾਠ ਨੰਬਰ/ਵਿਸ਼ਾ	ਦਿਨ	ਗਤੀਵਿਧੀ	ਸਹਾਇਕ ਸਮੱਗਰੀ
ਪਾਠ-ਪੁਸਤਕ ਸਾਹਿਤ-ਮਾਲਾ ਕਵਿਤਾ- ਮਾਤਾ ਗੁਜਰੀ ਜੀ (ਨੰਦ ਲਾਲ ਨੂਰਪੁਰੀ)	2	ਛੋਟੇ ਸਾਹਿਬਜ਼ਾਦਿਆਂ ਨਾਲ ਸੰਬੰਧਿਤ ਵੀਡੀਓ	ਪਾਠ-ਪੁਸਤਕ, ਸਮਾਰਟ ਬੋਰਡ
ਪਾਠ-ਪੁਸਤਕ ਵੰਨਗੀ ਪਾਠ-ਬੋਬੇ ਜੀ (ਵਾਰਤਕ)	5		ਪਾਠ-ਪੁਸਤਕ
ਪਾਠ-ਸਿਰਜਣਾ (ਇਕਾਂਗੀ)	6	ਇਕਾਂਗੀ ਮੰਚਨ ਕਰਵਾਉਣਾ	ਪਾਠ-ਪੁਸਤਕ, ਸੰਜੀਵ ਪਾਤਰ

ਵਿਆਕਰਨ:-ਮੁਹਾਵਰੇ (ੳ ਤੋਂ ਹ)	2	ਪੰਜਾਬੀ ਬੋਲੀ ਵਿਚ ਮੁਹਾਵਰਿਆਂ ਦੀ ਮਹੱਤਤਾ ਦੱਸਣੀ	ਵਿਆਕਰਨ ਪੁਸਤਕ
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- ਦਸੰਬਰ:-ਨਿਯਮਕਾਲਕ ਪਰੀਖਿਆ-3
- ਦਸੰਬਰ ਤੋਂ ਫਰਵਰੀ:-ਸਾਰੇ ਸਿਲੇਬਸ ਦੀ ਰਵੀਜਨ
- ਮਾਰਚ:-ਸਾਲਾਨਾ ਪਰੀਖਿਆ

ਆਂਤਰਿਕ ਮੁਲਾਂਕਣ	ਅੰਕ-20
ਨਿਯਮਕਾਲਕ ਪਰੀਖਿਆ	- 10
ਸੁਣਨ ਬੋਲਣ ਕੌਸ਼ਲ	-05
ਵਿਸ਼ੇ ਨਾਲ ਸੰਬੰਧਿਤ ਗਤੀਵਿਧੀਆਂ	- 05

INFORMATION TECHNOLOGY - 402

IMPORTANCE OF COMPUTER EDUCATION

Computer technology has a deep impact on the education sector. Thanks to computers, imparting education has become easier and much more interesting than before. Computers have changed the way we study/work, be it any course/profession. Computers play a vital role in every field especially it play an important role in education. That is why the education system has made computer education a part of school curriculum. Considering the use of computer technology in almost every sphere of life, it is important for everyone to have at least the basic knowledge of using computers.

AIMS & OBJECTIVES:

1. Foremost aim is to make students Technology Savvy.
2. To prepare students for the Job of Domestic Data Entry Operator.
3. To inculcate enough knowledge among the students about Industrial use of I.T.
4. To enable the students in creating documents using Word Processing Software.
5. Students should be able to do calculations using spreadsheet software.
6. Students should be able to create digital presentations.
7. To create awareness among students about e- mail messaging and database development.

INSTRUCTION FOR THE TEACHERS:

1. It is necessary to take students to the lab once in a week according to fix Time Table.
2. It is necessary to perform all the given activities.
3. Teacher will look after each & every child in lab.
4. Teacher will make it sure that all the students have performed the lab activity or not.
5. Students will be evaluated on the basis of skills in practicals, Practical File, Project, Viva and Written Exam.

INSTRUCTION FOR THE STUDENTS:

1. Bring book according to time table.
2. Sit according to Roll No. in lab.
3. Don't change the Control Panel Settings.
4. Follow all the Rules & Regulations of Lab + Instructions of Teacher.

TOOLS & TECHNIQUES:

Demonstration, Exploratory Thinking, Demonstration & Experiments, Experimentation & Explanation, Demonstration & Experiments, Effective integration of Technology, Demonstration, Active Learner Participation, Experimentation, Effective integration of Technology, Demonstration

(APRIL TO SEPTEMBER)**APRIL/MAY**

Chapter No./ Name of Chapter	No. of Periods	Activities	Teaching Aids
Introduction to IT-ITeS Industry	9	1. Use of IT-ITeS in various fields/spheres of Life. 2. Discussion of Book Exercise	E-Smart Board, Digital Book

JUNE**SUMMER VACATIONS****JULY**

Chapter No./ Name of Chapter	No. of Periods	Activities	Teaching Aids
Data Entry & Keyboarding Skills	12	1. Touch Typing Techniques 2. Types of Keys & Body Postures 3. Discussion of Book Exercise	E-Smart Board, Stylus, Rapid Typing Master

AUGUST

Chapter No./ Name of Chapter	No. of Periods	Activities	Teaching Aids
Digital Documentation	12	<ol style="list-style-type: none"> 1. Introduction to Word Processing 2. Components of Word Format Documents 3. Editing the Document 4. Formatting the Document 5. Creating and Managing Tables 6. Printing the Document 7. Mail Merge 	E-Smart Board, Stylus, Libre Office WRITER, Computers

**AUGUST & SEPTEMBER
REVISION AND HALF YEARLY EXAMINATION
(OCTOBER TO MARCH)**

OCTOBER

Chapter No./ Name of Chapter	No. of Periods	Lab Activities	Teaching Aids
Electronic Spreadsheet	10	<ol style="list-style-type: none"> 1. Introduction to Spreadsheet 2. Components of Spreadsheet 3. Use of Functions & Formulas 4. Formatting a worksheet 5. Referencing 6. Creating Charts 	E-Smart Board, Stylus, Libre Office CALC, Computers

NOVEMBER

Chapter No./ Name of Chapter	No. of Periods	Lab Activities	Teaching Aids
Employability Skills	10	<ol style="list-style-type: none"> 1. Self Management Skills 2. Entrepreneur Skills 3. Basic ICT Skills 4. Green Skills 	E-Smart Board, Stylus, E Book

DECEMBER & JANUARY : REVISION

FEBRUARY : ORAL/PRACTICAL EXAMINATION

MARCH : ANNUAL EXAMINATION

(50 Marks Paper will be there covering whole syllabus as per CBSE guidelines)

Evaluation Criteria For Practical

Practical 1 (10 Marks)	Practical 2 (10 Marks)	Practical 3 (10 Marks)	Viva/ Oral Questioning (20 Marks)	Total Marks = 50
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Examination Criteria

Practical - 50 Marks	Theory - 50 Marks	Total Marks = 100
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Students will be awarded grades as Computer / ICT is a Co - Scholastic Subject

नैतिक शिक्षा

शिष्टाचार अथवा विनम्रतापूर्वक एवं शालीनतापूर्ण आचरण ही वह
आभूषण है जो मनुष्य को आदर-सम्मान दिलाता है ।

नोट :

1. नोट बुक प्रस्तुतीकरण में नियमितता, कार्यपूर्ति स्वच्छता और रख-रखाव को जाँचा जाएगा ।
2. विशेष संवर्धन गतिविधि में भाषा के वाचन एवं श्रवण कौशल पर बल दिया जाएगा ।
3. सत्र के अंत में दोनों स्तरों की कॉपियों की दोहराई और आंतरिक मूल्यांकन के लिए संभाल कर रखा जाए ।
4. लिखित परीक्षा की कॉपी में एक ही होनी चाहिए ।

सामान्य उद्देश्य :

1. छात्रों में माता-पिता, अध्यापकों एवं बुजुर्गों के प्रति सम्मान और सेवा भावना उत्पन्न करना ।
2. छात्र-छात्राओं में ईश्वरभक्ति की भावना के साथ-साथ उनमें आस्तिकता की भावना उत्पन्न करना ।
3. धार्मिक रुचि का संवर्धन करना, अच्छी आदतें डालना ।
4. उन्हें देश एवं जाति की सेवा के प्रति कर्तव्यनिष्ठ बनाना ।
5. उत्तम ग्रंथों के माध्यम से स्वाध्याय प्रति रुचि जागृत करना ।

6. देश-धर्म की सेवा में जीवन लगाने वाले तथा उत्तम ग्रंथों की रचना द्वारा ज्ञान का संवर्धन करने वाले महापुरुषों के चरित्र से परिचय करवाना ।

अध्यापकों के लिए सामान्य निर्देश :

1. बच्चों को प्रतिदिन नैतिक मूल्यों की जानकारी देना ।
2. बच्चों को पुस्तक ज्ञान को अपने अंदर डालने के लिए प्रेरित करना ।
3. उत्तर पुस्तिका में उत्तर ध्यानपूर्वक लिखना वह बच्चों को लिखवाना ।
4. जाँच कार्य समय अनुसार और सतर्कतापूर्वक होना चाहिए ।
5. समय-समय पर जाँचना ।

विद्यार्थियों के लिए सामान्य निर्देश :

1. विद्यार्थी कक्षा में अनुशासित ढंग से पठन-पाठन प्रक्रिया में भाग ले ।
2. अध्यापकों द्वारा दी शिक्षा पर अमल करें ।
3. मंत्र-प्रार्थना का नित्य अभ्यास करें ।
4. लिखित कार्य करते समय लिखाई सुंदर व स्पष्ट होनी चाहिए ।
5. शब्दों की बनावट और मात्राओं पर विशेष ध्यान दें ।

(अप्रैल से सितंबर तक)

अप्रैल

पाठ का नाम / विषय	कालांश	गतिविधियाँ	सहायक सामग्री
पाठ 1-याचना यज्ञ , महिमा	1	याचना महिमा याद करेंगे , सस्वर	पुस्तकचार्ट ,
पाठ 2- सत्य और असत्य के परीक्षा ।	1	इन प्रमाणों को समझकर सत्य को धारण करेंगे ।	उदाहरण
पाठ 3-छह आवश्यक बातें	1	इन बातों को समझकर प्रस्तुत करेंगे ।	स्वाध्याय , सत्संग

मई

पाठ 4-यज्ञ और उसका महत्त्व	1	यज्ञ के कुछ लाभ याद करेंगे ।	उदाहरण हवन
पाठ 5-यज्ञ की महिमा	1	श्रेष्ठ कर्म पर वाक्य प्रस्तुत करेंगे ।	पुस्तक

पाठ 6-नमस्ते	1	नमस्ते का सही अर्थ समझेंगे	अलग-अलग उदाहरण
आर्य समाज के नियम 10-1	1	इन नियमों को याद करेंगे	चार्ट

जून ग्रीष्मावकाश

जुलाई

पाठ का नाम / विषय	कालांश	गतिविधियाँ	सहायक सामग्री
पाठ-8 महाराणा प्रताप	1	महाराणा प्रताप के जीवन से कुछ वाक्य प्रस्तुत करेंगे	देशभक्तों के उदाहरण
पाठ-9 छत्रपति शिवाजी	1	देशभक्ति की भावना को उत्पन्न करेंगे	पाठ्य पुस्तक
पाठ गुरु गोबिंद सिंह 10-जी	1	सिखधर्म के सिद्धांतों को समझेंगे	महापुरुष का उदाहरण

अगस्त करवाए गए पाठ्यक्रम की दोहराई

सितंबर अर्ध वार्षिक परीक्षा

अक्टूबर

पाठ का नाम / विषय	कालांश	गतिविधियाँ	सहायक सामग्री
पाठ - 11 बढ़े चलो	1	आगे बढ़ने के लिए अन्य गीत भी देखेंगे सस्वर गायन	पुस्तक
पाठ -12 गुरु का महत्व	1	गुरु के महत्व को समझाना प्रतिदिन सम्मान करने के लिए प्रेरित करना	उपदेशात्मक वाक्य चार्ट
पाठ- 13 पाँच शत्रु पाठ 14-केवल चर्चा के लिए	1	छात्र काम ,लोभ ,क्रोध , निद्रा और ब्रह्मचर्य ,भोजन	अन्य उदाहरण

नवंबर

पाठ का नाम / विषय	कालांश	गतिविधियाँ	सहायक सामग्री
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पाठ -15 राष्ट्रीय प्रार्थना	1	स्वाधीनता के विषय में जानकारी प्राप्त करवाना ।	पाठ्य पुस्तक
पाठ -1 नेता जी 6 सुभाषचंद्र बोस	1	सुभाष जी के बारे में बताना ।	पाठ्य पुस्तक
पाठ- 1 भारत माता के 7 महान सपूत वीर सावरकर (केवल चर्चा के लिए)	1	अन्य देशभक्तों का उदाहरण ।	पाठ्य पुस्तक

दिसंबर

पाठ का नाम / विषय	कालांश	गतिविधियाँ	सहायक सामग्री
पाठ -18 डा गोवर्धन . लालदत्त	1	समाज सेवा के उदाहरण देना ।	पाठ्य पुस्तक
पाठ-19 युगपुरुष महर्षि दयानंद	1	स्वामीजी के बारे में बताना ।	पाठ्य पुस्तक
पाठ 19 राष्ट्रीय गीत	2	लयबद्ध याद करवाना ।	पाठ्य पुस्तक

जनवरी / फरवरी : करवाए गए पाठ्यक्रम की दोहराई

मार्च : वार्षिक परीक्षा

मौखिक पेपर का प्रारूप

अर्धवार्षिक	
विषय - वस्तु	अंक
1. आर्य समाज के नियम	4
2. स्वामी दयानन्द जी / नेता जी सुभाष जी पर वाक्य	4
3. दयानन्द प्रशस्ति	4
4. प्रश्नोत्तर	8
5. अनुशासन / वर्दी / किताब (2+2+1)	5

कुलांक	25
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वार्षिक	
विषय - वस्तु	अंक
1. आर्य समाज के नियम	4
2. यज्ञ महिमा	4
3. याचना	4
4. प्रश्नोत्तर	8
5. अनुशासन / वर्दी / किताब(2+2+1)	5
कुलांक	25

PERFORMING ART

“It is the supreme art to awaken joy in creative expression and knowledge.”

IMPORTANCE OF MUSIC & DANCE

Music and dance give great self-satisfaction and self confidence. It brings name, fame and riches i.e success in life. It has social, emotional, and spiritual benefits and gives happiness to life.

INSTRUCTION FOR TEACHERS

- Give the introduction about your topic and demonstrate.
- Pay attention towards Non Performers.
- Teacher should be well prepared.
- The song should be selected according to class level.
- Assessment of students should be done on regular basis.

INSTRUCTION FOR STUDENTS

- Move in queue to Music and Dance room.
- Keep the shoes in shoes Rack.
- Do the practice at home.
- Don't touch anything without teacher's permission.

AIMS:

1. To develop a context for aesthetic and artistic experience and the opportunity to develop personally and physically through participated in dance in an enjoyable environment.
2. To provide for aesthetic experiences and to develop aesthetic awareness in the music, in drama, in dance and literature.

OBJECTIVES:

1. To enhance knowledge and understanding of dance as an aesthetic & artistic experience.
2. Cooperate with others in dance activities.
3. To enrich personal and social development while interacting with others in a variety of structural contexts.
4. To arise the learning interest and area in instrumental learning.
5. To develop the interest to know about Indian culture.
6. To make them able to become an artist.

(APRIL TO SEPTEMBER)**APRIL to MAY****Pledge & Morning Prayer**

Topic	No. of Days	Tools & Techniques	Teaching Aids
Punjabi Folk Melody	6	Demonstration with instruments	Maximum Instruments
Punjabi Folk Dance	6	Demonstration with steps	Props & Sound System
Musical Terms	6	Demonstration and Description	Written Material

JUNE SUMMER VACATION**JULY / AUGUST**

Topic	No. of Days	Tools & Techniques	Teaching Aids
Instruments	6	Demonstration with instruments	Harmonium, Dhol etc.
Punjabi Folk Dance	6	Demonstration with Action	Props and Sound System

AUGUST**REVISION****SEPTEMBER****HALF YEARLY EXAMINATION****(OCTOBER TO MARCH)****OCTOBER to NOVEMBER**

Topic	No. of Days	Tools & Techniques	Teaching Aids
Nukar Natak on Pollution	8	Demonstration with steps	Sound System
Bhajan- Payoji Mene Raam	8	Basic of Bhajan + Demonstration with Instruments	Lyrics and Instruments

DECEMBER / JANUARY / FEBRUARY**REVISION****MARCH****ANNUAL****EXAMINATION**

HEALTH & PHYSICAL EDUCATION

IMPORTANCE OF PHYSICAL EDUCATION: Physical Education is the part of General Education program which is considered with growth, Development and education of students through the medium of muscle activities. It is the education of whole child by means of physical activities. Physical activities are the tools. They are so selected and considered as to influence every child's Physically, Mentally, Emotionally and Morally.

AIMS & OBJECTIVES:

1. Interact with the natural world in a positive manner.
2. Develop qualities such as leadership, team spirit, sense of belongingness, Courage and self defence.
3. Participate in the activities for fun and joy.
4. Conduct the movement with more body control.
5. To ensure optimum growth of each child.
6. Understand that hygienic fitness, protection and health care are important for health.

OBJECTIVES AND LEARNING OUTCOME WILL BE CLEARED TO THE STUDENTS:

- All the Topics must be discussed thoroughly and all book exercises will be discussed orally. Class 5th to 10th, all the three activity of co-scholastic area must be cleared and basic knowledge must be given to students, guide the students, to opt any two and its practice will be done with the help of teachers, throughout the year.
- File of concerned chosen activities will be prepared. It will be accessed and evaluated.

COMMON INSTRUCTION FOR THE TEACHERS:

1. Try to reach in class in time.
2. Bring your classes in the ground in line and discipline.
3. Take care of students in ground specially girls.
4. Prepare your team properly selected students from different classes.
5. Maintain sports ground properly.

COMMON INSTRUCTIONS FOR THE STUDENTS:

1. Move always in line.
2. Maintain Self Discipline in Sports Ground.
3. Obey the instruction given by Teacher.
4. Play the games with team spirit.
5. Follow the rule and regulation during play the game.

Note: All the Activities will be followed according to the CBSE guidelines.

(APRIL TO SEPTEMBER)

APRIL			
Lesson No./ Topic	No. of Periods	Activities	Teaching Aids
Activity - Sit-ups	2	Sit- Ups / Standing Jump	Stopwatch, Whistle
Any Major Game / SEWA Project:- 'Swachha Vidyalaya Swachha Bharat'	4	To Play Game in Ground with Fundamental Skills	Play Game / Video
Gym Period	2	Exercise in Gym / Flexed Bend Arm / Pull-ups	Multi Gym / Horizontal Bar

NCC / Yoga	2	Physically in Ground / Yoga, Padmasana & Tarasana & Drill	Body Movements / Video
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MAY

Lesson No./ Topic	No. of Periods	Activities	Teaching Aids
Race	2	Shuttle Run & 50 Meters Dash Race	Stopwatch, Whistle
Any Major Game / SEWA Project: 'Dignity of Labour'	4	To Play Game in Ground With Fundamental Skills	Play Game / Video
Gym Period	2	Exercise in Gym	Multi Gym
NCC / Yoga	2	Physically in Ground / Yoga, Chakarasana & Halasana & Drill	Body Movements / Video

JUNE**SUMMER VACATION****INTERNATIONAL YOGA DAY CELEBRATION****JULY**

Lesson No./ Topic	No. of Periods	Activities	Teaching Aids
Any Major Game / SEWA Project:- 'Being Safe and Responsible'	4	To Play Game in Ground With Fundamental Skills	Play Game / Video
NCC / Yoga	2	Physically in Ground / Yoga, Vajarasana & Sarvangasana & Drill	Body Movements / Video
Gym Period	2	Exercise in Gym	Multi Gym
Race	2	600 Meters	Stopwatch, Whistle

Sports Day - 29th August**AUGUST****REVISION**

SEPTEMBER HALF YEARLY EXAMINATION
(OCTOBER TO MARCH)

OCTOBER

Lesson No./ Topic	No. of Periods	Activities	Teaching Aids
Race	2	Shuttle Run & 50 Meters Dash Race	Stopwatch, Whistle
Gym Period	2	Exercise in Gym	Multi Gym
Any Major Game / SEWA Project:- 'Reduce, Recycle, Reuse and now Respect'	4	To Play Game in Ground With Fundamental Skills	Play Game / Video
NCC / Yoga	2	Physically in Ground / Yoga, Chakarasana & Halasana & Drill	Body Movements / Video

NOVEMBER

Lesson No./ Topic	No. of Periods	Activities	Teaching Aids
Activity	2	Sit-Ups / Standing Jump	Stopwatch, Whistle
Any Major Game / SEWA Project:- 'First Aid: Awareness raising and demonstration'	4	To Play Game in Ground With Fundamental Skills	Play Game / Video
Gym Period	2	Exercise in Gym / Flexed / Bend Arm Hang / Pull-ups	Multi Gym / Horizontal Bar
NCC / Yoga	2	Physically in Ground / Yoga, Bhujangasana & Sarvangasana & Drill	Body Movements / Video

NCC WEEK CELEBRATION

DECEMBER

Lesson No./ Topic	No. of Periods	Activities	Teaching Aids
Race	2	600 Meters	Stopwatch, Whistle
Gym Period	2	Exercise in Gym	Multi Gym
Any Major Game / SEWA Project:- 'Plantation of Shade/ Fuel/ Ornamental/ Avenue trees'	4	To Play Game in Ground With Fundamental Skills	Play Game / Video
NCC / Yoga	2	Physically in Ground / Yoga, Vajarasana & Tarasana & Drill	Body Movements / Video

JANUARY & FEBRUARY REVISION

MARCH ANNUAL EXAMINATION

DISTRIBUTION OF MARKS FOR INTERNAL ASSESSMENT

SR NO	STRAND	MARKS
1.	GAMES a) Athletics/ Swimming b) Team Games c) Individual Games Activity d) Adventure Sports	50 MARKS
2.	HEALTH & FITNESS	25 MARKS
3.	SEWA	25 MARKS
4.	HEALTH & ACTIVITY CARD	NO MARKS
	TOTAL	100 MARKS

Calendar Activities(2022-23)

S.No	Month	Name of Activity
1.	May	'Art of Japan' Origame Competition
2.	July	'Hason aur Hasaao" Hasya Kavita Vaachan in Hindi
3.	August	'Teej Celebration'
4.	October	Diwali Card Making Green Diwali Awareness
5.	November	'Theme-Ek Bharat Shreshtha Bharat' Display Board Competition
6.	January	Fit DAVians (Yoga Competition)

Test Schedule

Monday	Hindi
Tuesday	English
Wednesday	Mathematics
Thursday	Science
Friday	Social Science
Saturday	Punjabi



ओ३म्
DAV PUBLIC SCHOOL SAMANA
(SENIOR SECONDARY)
CBSE AFFILIATED-1630571



MEDICAL PLANNER FOR CLASSES
4th to 12th(SENIOR)
SESSION: 2022-23



MONTH	TOPICS
APRIL	Heart Beat: A rhythm of Health.
MAY	"Health for All", Be Active, Be Healthy and Be Happy.
JULY	Decision making Fear... "How this 'Fear' word messes you up" & Let's talk on Adolescence (Girls & Boys)
AUGUST	Control Anger! It's only one letter away from Danger.
SEPTEMBER	Mental Health : Stop Exclusion. Dare to Care!
OCTOBER	Sensex is high, Gold is expensive, Invest in Relationships, feelings and emotions.
NOVEMBER	Are you Winter Ready? & Protect Health from Climate Change.
DECEMBER	Nutrition & You. Halt the rise, Beat Diabetes early.
JANUARY	Fitness matters, Wellness works.
FEBRUARY	Don't blame the Distractions, Improve your focus.

Dr Mohan Lal Sharma
Principal

आर्य पर्व(2022-23)

क्रम संख्या	तिथि	पर्व
1.	10 अप्रैल, 2022	रविवार आर्य समाज स्थापना दिवस
2.	19 अप्रैल, 2022	मंगलवार महात्मा हंसराजजन्म दिवस
3.	26 अप्रैल, 2022	मंगलवार पंडित गुरुदत्त विद्यार्थी जन्म दिवस
4.	1 जून, 2022	बुधवार डी.ए .वीस्थापना दिवस
5.	14 सितम्बर, 2022	बुधवार गुरु विरजानंद पुण्यतिथि
6.	5 अक्तूबर, 2022	बुधवार स्वामी विरजानंद जयंती
7.	15 अक्तूबर, 2022	शनिवार महात्मा आनंद स्वामी जन्म दिवस
8.	21 अक्तूबर, 2022	सोमवार रामचंद्र छत्रपति बलिदान दिवस
9.	24 अक्तूबर, 2022	शनिवार महात्मा आनंद स्वामी पुण्यतिथि
10.	24 अक्तूबर, 2022	सोमवार ऋषि निर्वाणोत्सव
11.	14 नवम्बर, 2022	सोमवार स्वामी दयानंद विरजानंद की कुटिया
12.	15 नवम्बर, 2022	रविवार महात्मा हंसराज पुण्यतिथि
13.	19 दिसम्बर, 2022	सोमवार पंडित राम प्रसाद बिस्मिल बलिदान दिवस
14.	23 दिसम्बर, 2022	शुक्रवार स्वामी श्रद्धानंद बलिदान दिवस
15.	15 जनवरी, 2023	वीरवार स्वामी विवेकानंद जयंती
16.	28 जनवरी, 2023	शनिवार लाला लाजपतराय जयंती
17.	12 फ़रवरी, 2023	बुधवार ऋषि दयानंद सरस्वती जन्म दिवस
18.	18 फ़रवरी, 2023	शनिवार ऋषि बोधोत्सव
19.	21 फ़रवरी, 2023	मंगलवार मुनि मुनिशवरनन्द
20.	19 मार्च, 2023	रविवार पंडित गुरुदत्त विद्यार्थी पुण्यतिथि

Important Days (Awareness) Session 2022-23

APRIL

<u>S.No</u>	<u>Date</u>	<u>Day</u>		<u>Celebration</u>
1.	7 th April,2022	Thursday	World Health Day	Awareness
2.	10 th April,2022	Sunday	Arya Samaj Sathapana Diwas,	HawanYajna , Speech By House
3.	12 th April,2022	Tuesday	New Session Beginning 1 st to 12 th	Hawan Yajna (Mangal Kamna Diwas)
4.	16 th April,2022	Saturday	New Session Beginning LKG & UKG	Hawan Yajna (Mangal KamnaDiwas)
5.	13 th April,2022	Wednesday	Jallianwala Bagh Massacre	Awareness
6.	14 th April,2022	Thursday	Baisakhi/Mahavir Jayanti	Awareness + Speech
7.	14 th April,2022	Thursday	Dr. B.R. Ambedkar Jayanti	Awareness
8.	18 th April,2022	Monday	World Heritage Day	Awareness By Social Science Faculty
9.	19 th April,2022	Tuesday	Mahatma Hans Raj Jayanti	Tribute By Running House
10.	21 st April,2022	Thursday	National Civil Service Day(India)	Awareness
11.	22 nd April,2022	Friday	World Earth Day	Awareness
12.	23 rd April,2022	Saturday	World Book Day	Awareness
13.	25 th April,2022	Monday	World Malaria Day	Awareness
14.	26 th April,2022	Tuesday	World Intellectual Property Day	Awareness

15.	29 th April,2022	Friday	International Dance Day	Awareness
<u>May</u>				
<u>Sr. No.</u>	<u>Date</u>		<u>Day</u>	<u>Celebration</u>
1.	1 st May,2022	Sunday	International Labour Day	Activity of Grade-D By House +Classes 11 th & 12 th
2.	1 st May,2022	Sunday	World Laughter Day	Awareness
3.	3 rd May,2022	Tuesday	World Press Freedom Day Parshuram Jayanti	Awareness
4.	4 th May,2022	Wednesday	International Firefighters Day	Awareness
5.	7 th May,2022	Saturday	Rabindranath Tagore Jayanti	Awareness
6.	8 th May,2022	Sunday	World Red Cross Day	Speech By House
7.	8 th May,2022	Sunday	Mothers Day	Celebration By Pre- Primary (LKG to 3 rd)
8.	11 th May,2022	Wednesday	National Technology Day	Awareness
9.	16 th May,2022	Monday	Buddha Purnima	Awareness
10.	17 th May,2022	Tuesday	<ul style="list-style-type: none"> • World Telecommunicati on and Information Society Day • World Hypertension Day 	Awareness

11.	21 st May,2022	Saturday	National Anti Terrorism Day	Awareness
12.	31 st May,2022	Tuesday	World No Tobacco Day/Anti Tobacco Day	Speech By House+ Poster Making by Class 10 th & 11 th

JUNE

<u>S.No</u>	<u>Date</u>	<u>Day</u>	<u>Day</u>	<u>Celebration</u>
1.	1 st June,2022	Wednesday	DAV Foundation Day- (Hawan Yajna) Global Day of Parents	Hawan
2.	3 rd June,2022	Friday	Guru Arjan Dev Ji Martydom Day	Speech
3.	5 th June,2022	Sunday	World Environment Day	Speech
4.	7 th June,2022	Tuesday	World Food Safety Day	Awareness
5.	12 th June,2022	Sunday	Anti Child Labour Day	Awareness
6.	14 th June,2022	Tuesday	World Blood Donor Day	Awareness
7.	14 th June,2022	Tuesday	Sant Kabir Jayanti	Awareness
8.	19 th June,2022	Sunday	Father's Day	Speech
9.	21 st June,2022	Tuesday	International Yoga Day	(Celebration by NCC Cadets)
10.	21 st June,2022	Tuesday	World Music Day	Celebration by Music Department
11.	26 th June,2022	Sunday	International Anti Drug Day	Speech

JULY

<u>S.No</u>	<u>Date</u>	<u>Day</u>		
1.	11 th July,2022	Monday	World Population Day	Awareness
2.	15 th July,2022	Friday	World Youth Skill Day	Awareness
3.	26 th July,2022	Tuesday	Kargil Vijay Diwas	Awareness
4.	28 th July,2022	Thursday	<ul style="list-style-type: none"> • World Hepatitis Day • World Nature Conservation Day 	Awareness
5.	31 st July,2022	Sunday	Martyrdom Day of Saheed Udham Singh Ji	Tribute by Running House

AUGUST

<u>S.No</u>	<u>Date</u>	<u>Day</u>		
1.	11 th Aug,2022	Thursday	Raksha Bandhan (Rakhi)	Celebration
2.	12 th Aug,2022	Friday	World Youth Day Sanskrit Diwas	Awareness
3.	15 th Aug,2022	Monday	Independence Day	Celebration
4.	19 th Aug,2022	Friday	<ul style="list-style-type: none"> • World Photography Day • Janamashtami (Krishnostav) 	Awareness+Speech Celebration by Primary Block
5.	20 th Aug,2022	Thursday	National Sadhbhavana Diwas	Awareness

6.	21 st Aug,2022	Sunday	World Senior Citizen Day	Awareness
7.	26 th Aug,2022	Friday	Women Equality Day	Awareness
8.	28 th Aug,2022	Sunday	Prakash Utsav Shri Guru Granth Sahib Ji	Speech
9.	29 th Aug,2022	Monday	National Sports Day	Awareness
10.	30 th Aug,2022	Tuesday	Teej (Hari Talika)	Celebration

SEPTEMBER

<u>S.No</u>	<u>Date</u>	<u>Day</u>		
1.	5 th Sep,2022	Monday	Teachers Day (Guru Utsav)	Celebration By Running House
2.	8 th Sep,2022	Thursday	International Literacy Day + Onam	Speech + Awareness
3.	14 th Sep,2022	Wednesday	Hindi Diwas	Speech and Celebration by Hindi Department
4.	15 th Sep,2022	Thursday	<ul style="list-style-type: none"> • International Democracy Day • Engineer's Day 	Awareness
5.	16 th Sep,2022	Friday	World Ozone Preservation Day	Awareness
6.	21 st Sep,2022	Wednesday	International Peace Day	Awareness
7.	26 th Sep,2022	Monday	Maharaja Aggarsain Jayanti	Speech

8.	27 th Sep,2022	Tuesday	World Tourism Day	Awareness
9.	29 th Sep,2022	Thursday	World Heart Day	Awareness

OCTOBER

<u>S.No</u>	<u>Date</u>	<u>Day</u>	<u>Celebration</u>	
1.	2 nd Oct,2022	Sunday	<ul style="list-style-type: none"> • Mahatama Gandhi Jayanti & Non Violence Day • Lal Bahadur Jayanti 	Tribute by Houses
2.	4 th Oct,2022	Tuesday	World Animal Welfare Day	Awareness
3.	5 th Oct,2022	Wednesday	Dussehra	Celebration By Running House
4.	8 th Oct,2022	Saturday	Indian Air Force Day	Awareness
5.	9 th Oct,2022	Sunday	Maharishi Valmiki Jayanti	Speech
6.	11 th Oct,2022	Tuesday	<ul style="list-style-type: none"> • International Girl Child Day Purab • Prakash Purab of Shri Guru Ram Dass Ji 	Awareness +Speech
7.	13 th Oct,2022	Thursday	Karva Chauth	Speech
8.	15 th Oct,2022	Saturday	World Students Day	Awareness
9.	16 th Oct,2022	Saturday	• World Food Day	Awareness

			• Janam Diwas of Baba Banda Singh Ji Bahadur	
10.	24 th Oct,2022	Monday	• Diwali • United Nations Day	Awareness + Speech
11.	25 th Oct,2022	Tuesday	Govardhan Pooja + Vishavkarma Day	Speech
12.	26 th Oct,2022	Wednesday	Bhai Dooj	Speech
13.	30 th Oct,2022	Sunday	Chath Pooja	Awareness
14.	31 st Oct,2022	Monday	National Unity Day	Awareness

NOVEMBER

<u>S.No</u>	<u>Date</u>	<u>Day</u>		
1.	1 st Nov,2022	Tuesday	Punjab Diwas	Awareness
2.	8 th Nov,2022	Tuesday	Shri Guru Nanak Dev Jayanti	Celebration by Punjabi Department
3.	14 th Nov,2022	Monday	Children Day	Celebration By Pre Primary Block
4.	28 th Nov,2022	Monday	Martydom Day of Shri Guru Tegh Bahadur Ji	Speech +Tribute

DECEMBER

<u>S.No</u>	<u>Date</u>	<u>Day</u>		
1.	1 st Dec,2022	Thursday	World AIDS Day	Awareness
2.	2 nd Dec,2022	Friday	• World Computer Literacy Day	Speech + Awareness

			• National Pollution Control Day	
3.	4 th Dec,2022	Sunday	Indian Navy Day	Awareness
4.	7 th Dec,2022	Wednesday	Indian Armed Forces Flag Day	Awareness
5.	9 th Dec,2022	Friday	International Anti-Corruption Day	Awareness
6.	10 th Dec,2022	Saturday	Human Rights Day	Awareness
7.	22 nd Dec,2022	Thursday	National Mathematics Day	Celebration by Maths Department
8.	23 rd Dec,2022	Friday	Swami Shradhanand Balidan Diwas	Tribute By Running House
9.	24 th Dec,2022	Saturday	National Consumer Day	Awareness
10.	25 th Dec,2022	Sunday	Christmas Day	Celebration by Pre-Primary
11.	26 th to 28 th Dec,2022	Monday, Tuesday, Wednesday	Shaheedi Jor Mela	Tribute by Running House
12.	29 th Dec,2022	Thursday	Parkash Purab Shri Guru Gobind Singh Ji	Speech

JANUARY

<u>S.No</u>	<u>Date</u>	<u>Day</u>		
1.	1 st Jan,2023	Sunday	New Year	(Hawan Yajna)
2.	6 th Jan,2023	Friday	National Technology Day	Awareness

3.	12 th Jan,2023	Thursday	National Youth Day	Awareness
4.	14 th Jan,2023	Saturday	Lohri	(Celebration by Senior Block + Running House)
5.	15 th Jan,2023	Sunday	Makar Sankranti / Pongal	Speech
6.	23 rd Jan,2023	Monday	Neetaji Subhash Chandra Bose Birth Anniversary	Awareness
7.	25 th Jan,2023	Wednesday	<ul style="list-style-type: none"> • Basant Panchmi • National Voters Day • Indian Tourism Day 	Awareness
8.	26 th Jan,2023	Thursday	Republic Day	Celebration by Running House
9.	30 th Jan,2023	Monday	Mahatama Gandhi Martyrdom Day	Tribute by Running House

FEBRUARY

<u>S.No</u>	<u>Date</u>	<u>Day</u>		
1.	4 th Feb,2023	Saturday	World Cancer Day	Awareness
2.	5 th Feb,2023	Sunday	Guru Ravidas Jayanti	Speech
3.	15 th Feb,2023	Wednesday	Maharishi Dayanand Saraswati	Celebration by running House
4.	18 th Feb,2023	Saturday	Maha Shivratri	Celebration/Speech
5.	20 th Feb,2023	Monday	World Day of Social Justice	Awareness

6.	21 st Feb,2023	Tuesday	Matri Bhasha Divas	Celebration By Punjabi Teachers
7.	23 rd Feb,2023	Wednesday	World Peace & Understanding Day	Awareness
8.	28 th Feb,2023	Tuesday	National Science Day	Celebration By Science Teachers

MARCH

<u>S.No</u>	<u>Date</u>	<u>Day</u>		
1.	1 st March,2023	Wednesday	Rishi Bodh Utsav	Awareness
2.	3 rd March,2023	Friday	National Defence Day	Awareness
3.	8 th March,2023	Wednesday	Holi + International World Women's Day	Celebration By Running House
4.	15 th March,2023	Wednesday	World Consumer Rights Day	Awareness
5.	22 th March,2023	Wednesday	World Water Day	Awareness



NEAR CHAK AMRITSARIA PATRAN ROAD, SAMANA - 147101, DIST. PATIALA (PB)

List of Activities under Ek Bharat Shreshtha Bharat

Sr.No	Description of Activity	Month/Day/ Location	Learning Outcome
1	Exposure of students to the alphabets, songs, proverbs and 100 sentences in the languages of the partnering State/UT.	Academic Year/ Every Week / school premises	It will develop the linguistic capacity of the students.
2	Essay Competition among students in the language of the partnering State/UT	Academic Year	It will develop multi-linguistic skills in students.
3	Drama/Role Play on culture, history, the tradition of partnering State/UT.	Academic Year/school premises	The students will be able to learn the culture of the partnering State/UT.
4	Identification/translation and dissemination of similar proverbs in the language of partnering State/UT.	Academic Year	The students will be able to learn the language and culture of the Partnering state/UT.
5	"Themed Display Board/Wall magazine" on the partnering state. (Historical Monuments, Dressing Style, painting, handicrafts, alphabet and basic sentences of the partnering State/UTs).	Round the Year/ school premises	The pictorial representation will help them in learning and Understanding about partnering States/UTs.
6	Pledge on Swachhta/ Single-use plastic/ water saving/ National Unity in the language of partnering states/UTs	At least two times every month/ Schools' premises during morning assembly.	The students will have exposure to partnering state language. Enhance social responsibility among students.
7	"Questions/ Answer session" (Quiz) on partnering States/UTs. (Know Your Partner States/UTs)	Once in a month/ Morning Assembly.	It will help students to remember the important facts about partnering States/UTs.
8	"State Day Celebration" of partner State/UT	On State Day/ School Premises	It will develop a sense of unity among the students of both the States/UTs.

Suggestive Activities for FIT India Movement — March 2022-Feb 2023

Sr. No.	Month	Theme based Activities
1.	March-April	<p style="text-align: center;">FIT INDIA FITNESS ASSESSMENT</p> <ul style="list-style-type: none"> • Fitness assessment by teachers and parents on Fit India Mobile App <ul style="list-style-type: none"> ○ Fitness Ka Dose Aadha Ghanta Roz- doing daily physical activities like Yoga/Free hand exercise/ dance/ playing sports etc. for half an hour atleast.
2.	May-June	<p style="text-align: center;">MENTAL FITNESS AND YOGA</p> <ul style="list-style-type: none"> • Learn Common Yoga Protocols, different poses of Yoga through Fit India Mobile App • Celebration of “Yoga Day” (Age-appropriate Yoga Activities) • Rhythmic Yoga on patriotic songs and share your stories on Fit India Mobile App • Pranayam, Meditation/ Mindfulness activities every day. • Daily Yoga, Stretching, Hand exercises may be included in assembly to make fitness part of students’/teachers’ daily lifestyle • Focus on Mind games like chess, Sudoku, Puzzle etc.
3.	July	<p style="text-align: center;">FITNESS ASSESSMENT OF STUDENTS THROUGH PE TEACHERS AND INDIGENOUS SPORTS</p> <ul style="list-style-type: none"> • Participate in Khelo India National Fitness programme for schools through Fit India Mobile App • Learn different Indigenous/ traditional sports on Fit India Mobile App • Organization of indigenous/traditional sports, martial arts, dance with theme — HamariSanskritiSe Fitness
4.	August - September	<p style="text-align: center;">FIT INDIA FREEDOM RUN</p> <ul style="list-style-type: none"> • Organizing Fit India Freedom Run at iconic and historic importance places by registering on Fit India Mobile App • Share your Run with friends/family and challenge them on 1-it India Mobile App • Fit India Freedom Run to start/culminate with patriotic songs/stories on freedom struggle of local heroes (Staff, Students & Community) • Places associated with Independence Movement in states/UTs to be selected for culmination/ starting of Freedom run
		<ul style="list-style-type: none"> • In morning assembly plays / role-plays may be conducted on various historically important events. • Stories/Talks/Essay competition on one Freedom Fighter/local hero of Freedom struggle at least once every week

5.	October	<p style="text-align: center;">FIT INDIA PLOG RUN</p> <ul style="list-style-type: none"> • Organise and register FIT India Plogrun on Fit India Mobile App • Virtual connect with Plogging communities on Fit India Mobile App with share your stories feature • Plays/ Rallies with themes such as Swachta, Ahinsa and other values of Mahatma Gandhi • Cultural programs depicting importance of Mahatma Gandhi in India's Independence • Swachhata Pledge/ Water Saving Pledge
6.	November-December	<p style="text-align: center;">FIT INDIA SCHOOL WEEK AND FITNESS ASSESSMENT</p> <ul style="list-style-type: none"> • Celebrating 5-6 days in a week for fitness related activities • Inter and Intra Sports Competitions • Motivate & aware parents, community regarding doing daily fitness activities. • Participate in Khelo India National Fitness programme for schools through Fit India Mobile App • Fitness assessment by teachers and parents on Fit India Mobile App
7.	January-February	<p style="text-align: center;">FIT INDIA NEW YEAR SPECIAL AND FITNESS ASSESSMENT</p> <ul style="list-style-type: none"> • Welcoming new year with fitness events • Participate in Khelo India National Fitness programme for schools through Fit India Mobile App • Fitness assessment by teachers and parents on Fit India Mobile App • Participation in Fit India Quiz as audience on Fit India Mobile App • Collage making and poster competition on Healthy Food Habits and Importance doing daily fitness activities







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DAV PUBLIC SCHOOL SAMANA
(SENIOR SECONDARY)
 CBSE AFFILIATED-1630571



House Information

2022-23

House	Color	Motto	Tagline	Logo
Virtue	Red	Modesty	Self-Respect is the corner stone of all Virtues.	
Harmony	Green	Courage to Care	Caring is the gift of making the ordinary to Extraordinary.	
Charity	Blue	Sympathy	Charity makes dreams come true.	
Gratitude	Yellow	Thankful & Grateful	Gratitude Unlocks the fullness of life	

DO's AND DON'Ts

Do's



1. Give due regards to your elders.
2. Prepare yourself well to perform well.
3. Converse in English in School Campus.
4. Come to school well groomed, in proper Uniform.
5. Bring the student's diary to school daily.
6. Be regular in attendance and never be late to school. Attend morning assembly without fail.
7. Keep your classroom and school premises clean and tidy.
8. Turn off the taps after use.
9. Switch off fans and lights when not in use.
10. Be fair and honest at work. Always be considerate of the rights of others.
11. Make use of the Library.

Don'ts



1. Do not bring precious articles in school.
2. Do not damage the school property.
3. Do not make noise in the classroom, corridors, auditorium or elsewhere in the school campus.
4. Do not bring gadgets such as mobile phones, I Pads, MP3's etc.
5. Do not be absent from school. 75% attendance is the minimum requirement.
6. Do not use abusive language.
7. Do not pluck flowers. Never touch electric plugs.
8. Do not wear expensive jewellery to school.
9. Don't involve in physical fights.
10. Do not come in personal vehicles to school.

CODE OF CONDUCT

- ❖ Converse in English in school campus.
- ❖ Come to school regularly. In case you want to avail leave, kindly get it sanctioned from class teacher.
- ❖ Ensure proper order and discipline while moving to the playground / assembly / library or any lab.
- ❖ Library books must be handled with extra care and must be returned in time.
- ❖ Shouting / Fighting or Indulging in unruly behavior in the school premises is forbidden.
- ❖ Kindly contribute to make your school clean DAV, Green DAV.
- ❖ Proper decorum should be maintained while singing National Anthem / DAV Anthem and School Prayers as a mark of patriotism.
- ❖ Students should not carry any sharp objects like blade, knife, paper cutter etc. as they can prove to be harmful.
- ❖ Possession of crackers / bursting crackers / playing with colours in the school is strictly prohibited.

Any student found with expensive jewellery, mobile phone, CD's, any other objectionable article will be subjected to fine and confiscation of the above mentioned articles.

TEN PRINCIPLES OF THE ARYA SAMAJ

1. God is the primary source of all true knowledge and of all that can be known through it.
2. God is Existent, Intelligent and Blissful. He is Formless, Almighty, Just Merciful, Unborn, Infinite, Unchallengeable, Beginning less, Incomparable the support and Lord of all, Omniscient, Imperishable, Immortal, Fearless, Eternal, Holy and the Maker of the Universe. To him alone worship is due.
3. The Vedas are scriptures of true knowledge. It is the duty of all Aryas to read them, hear them being read and recite them to others.
4. We should always be ready to accept the truth and give up untruth.
5. All actions should be performed in conformity with Dharma, that is, after due consideration of right and wrong.
6. The primary aim of the Arya Samaj is too good for all, that is, to promote their physical, spiritual and social well-being.
7. We should treat all people with love, fairness and due regards for their merit.
8. One should aim at dispelling ignorance and promoting knowledge.
9. One should not only be content with one's own welfare but should look for it in the welfare of other also.
10. One should regard oneself under restriction to follow altruistic rulings of the society, while all should be free in following the rules of individual welfare

आर्य समाज के नियम

1. सब सत्य विद्या और जो पदार्थ विद्या से जाने जाते हैं, उन सब का आदि मूल परमेश्वर है।
2. ईश्वर सच्चिदानंद स्वरूप, निराकार, सर्वशक्तिमान, न्यायकारी, दयालु, सर्वेश्वर, सर्वव्यापक, सर्वांतर्यामी, अजर, अमर, अभय, नित्य, पवित्र और सृष्टिकर्ता है उसी की उपासना करने योग्य है।
3. वेद सब सत्य विद्याओं की पुस्तक है। वेद का पढ़ना-पढ़ाना और सुनना-सुनाना सब आर्यों का परम धर्म है।
4. सत्य के ग्रहण करने और असत्य के छोड़ने में सर्वदा उद्यत रहना चाहिए।
5. सब काम धर्मानुसार अर्थात् सत्य और असत्य का विचार करके करना चाहिए।
6. संसार का उपकार करना इस समाज का मुख्य उद्देश्य है अर्थात् शारीरिक, आत्मिक और सामाजिक उन्नति करना।
7. सबसे प्रीतिपूर्वक धर्मानुसार यथायोग्य वर्तना चाहिए।
8. अविद्या का नाश और विद्या की वृद्धि करनी चाहिए।
9. प्रत्येक को अपनी ही उन्नति से संतुष्ट न रहना चाहिए, किंतु सबकी उन्नति में अपनी उन्नति समझनी चाहिए।
10. सब मनुष्यों को सामाजिक सर्वहितकारी नियम पालने में परतंत्र रहना चाहिए और प्रत्येक हितकारी नियम में सब स्वतंत्र रहें।