

DON BOSCO SCHOOL AND JUNIOR COLLEGE, NAIGAON

COMPLETED SYLLABUS PLAN FOR THE MONTH OF JUNE FOR CLASS – V (2021 – 2022)

Sr. No.	SUBJECT	CHAPTER NO.	TOPICS / CHAPTER HEADING
1	ENGLISH		Grammar – Noun
2	HINDI	1	वाचन : नंदनवन व्याकरण संज्ञा , सर्वनाम (पुनरावर्तन)
3	MARATHI		व्याकरण - नाम
4	MATHS	1	Roman numerals
5	EVS 1	7	Let us solve our own problems
6	EVS 2	1	What is History?
7	DRAWING	1	Colour theory Primary colour & secondary colour
8	COMPUTER		NA
9	P.T.		How to sit for Online classes Revision of Std IV Exercises
10	YOGA		<ul style="list-style-type: none">• Set of Eye exercise (a) Movement of Eye balls to right ,left (b) Movement of Eye balls to up, down (c) Gaze to left corner of the ceiling, right corner of the ceiling (d) Gaze to the right corner of the floor ,left corner of the floor (e) rotate the eye balls from right to left and left to right (f) close the eyes tightly n open it up quickly (g) eyes closed for a while, rub the palms give the warmth to eyes and feel relaxed.• Standing Asanas (a) Sulabh Chakrasana (b) Chakrasana (c) Sulabh katti vakrasana (d) Katti vakrasana (e) Katti Chakrasana (f) Hastha Padasana (g) Tadasana - I• Vajrasana• Shwanasana

			<ul style="list-style-type: none">• Swastikasana• Ardha - Padmasana• Parvatasana• Titliasana
11	KARATE		<ul style="list-style-type: none">• Welcome note• Three types of jumps• Upper body twist• Lower back stretch dynamic• Lower back stretch• Shoulder exercise

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COMPLETED SYLLABUS PLAN FOR THE MONTH OF JUNE FOR CLASS – VI (2021 – 2022)

Sr. No.	SUBJECT	CHAPTER NO.	TOPICS / CHAPTER HEADING
1	ENGLISH	1.1	Don't give up!
2	HINDI	1	व्याकरण संज्ञा, सर्वनाम (पुनरावर्तन) मेला (चित्र वर्णन) सैर
3	MARATHI		व्याकरण - नाम
4	MATHS	1	Basic Concepts in Geometry
5	SCIENCE	1	Revision of previous class Natural Resources
6	HISTORY	1	Civics - Our life in Society
7	GEOGRAPHY	1	The Earth and the Graticule
8	DRAWING	1	Colour wheel Warm colour & Cool colour
9	COMPUTER		NA
10	P.T.		How to sit for Online classes Revision of std V Exercises
11	YOGA		<ul style="list-style-type: none">• Set of Eye exercise (a) Movement of Eye balls to right, left (b) Movement of Eye balls to up, down (c) Gaze to left corner of the ceiling, right corner of the ceiling (d) Gaze to the right corner of the floor, left corner of the floor (e) rotate the eye balls from right to left and left to right (f) close the eyes tightly n open it up quickly (g) eyes closed for a while, rub the palms give the warmth to eyes and feel relaxed.• Standing Asanas (a) Sulabh Chakrasana (b) Chakrasana (c) Sulabh Katti vakrasana (d) Katti vakrasana (e) Katti

			<p>Chakrasana (f) Hastha Padasana (g)Tadasana - I (h) Tadasana-II</p> <ul style="list-style-type: none"> • Vajrasana • Shwanasana • Swastikasana • Ardha - Padmasana • Parvatasana • Titliasana • Basic breathing technique
12	KARATE		<ul style="list-style-type: none"> • Welcome note • Three types of jumps • Upper body twist • Lower back stretch dynamic • Lower back stretch • Shoulder exercise

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COMPLETED SYLLABUS PLAN FOR THE MONTH OF JUNE FOR CLASS – VII (2021 – 2022)

Sr. No.	SUBJECT	CHAPTER NO.	TOPICS / CHAPTER HEADING
1	ENGLISH	1.1	Past, Present, Future
2	HINDI		वाचन मेला व्याकरण – संज्ञा के प्रकार क्रिया – सकर्मक – अकर्मक निबंध – मेरा गाँव
3	MARATHI	१	कविता – प्रार्थना
4	MATHS	4	Introduction of Angles and Pairs of Angles
5	SCIENCE	3	Properties of Natural Resources
6	HISTORY	2	Civics - Preamble to the Constitution
7	GEOGRAPHY	1	How seasons occur part - 1
8	DRAWING	1	Colour Wheel contrast colour
9	COMPUTER		NA
10	P.T.		How to sit for Online classes Warm up Exercises / Revision of VI Exercises
11	YOGA		<ul style="list-style-type: none">• Set of Eye exercise (a) Movement of Eye balls to right, left (b) Movement of Eye balls to up, down (c) Gaze to left corner of the ceiling, right corner of the ceiling (d) Gaze to the right corner of the floor, left corner of the floor (e) rotate the eye balls from right to left and left to right (f) close the eyes tightly n open it up quickly (g) eyes closed for a while, rub the palms give the warmth to eyes and feel relaxed.• Standing Asanas (a) Sulabh Chakrasana (b) Chakrasana (c) Sulabh Katti vakrasana (d) Katti vakrasana (e) Katti

			<p>Chakrasana (f) Hastha Padasana (g)Tadasana - I (h) Tadasana-II</p> <ul style="list-style-type: none"> • Vajrasana • Shwanasana • Swastikasana • Ardha - Padmasana • Parvatasana • Titliasana • Basic breathing technique
12	KARATE		<ul style="list-style-type: none"> • Welcome note • Three types of jumps • Upper body twist • Lower back stretch dynamic • Lower back stretch • Shoulder exercise