

DON BOSCO SCHOOL AND JUNIOR COLLEGE, NAIGAON

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

Sr. No.	SUBJECT	CHAPTER NO.	TOPICS / CHAPTER HEADING
1	ENGLISH	1.2	Prose : Dick Whittington and his Cat Grammar : Parts of Speech
2	HINDI		कविता - हे मातृभूमि विरामचिन्ह - व्याकरण
3	MARATHI	१	कविता - आम्ही चालवू हा पुढे वारसा
4	MATHS	9	Introduction of Discount and Commission
5	SCIENCE	2	Health and Diseases
6	HISTORY	1	Sources of History
7	GEOGRAPHY	1	Local Time and Standard Time
8	DRAWING	1	Colour theory - chromatic colour & monochromatic colour
9	COMPUTER		HTML – Basic Tags
10	P.T.		How go sit for Online classes Warm up Exercises / Revision of last year
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)Gaze to the mid of your eyebrows (g)Gaze to the tip of your nostril (h) Close the eyes tightly and open it quickly (i) eyes closed for a while, rub the palms give the warmth to eyes and feel relaxed.

			<ul style="list-style-type: none"> • Standing asanas - (a) Chakrasana (b) Katti Vakrasana, (c)Katti Chakrasana (d) Hastha Parshwasana (e) Hastha Padasana (f)Tadasana - 1 • Vajrasana Series - (a) Vajrasana, (b) Shwanasana, (c) Yogamudra, (d)Supta Vajrasana • Padmasana series - (a) Ardha Padmasana, (b) Parvatasana, (c) Bramhamudra, • Shwasan marg shuddhi (Kriya) (5 strokes) • Sukshma Kapalhatti (Kriya) (15 strokes) • Pranayamic breathing • Surya Bedan
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 • Face level kick • First katha

DON BOSCO SCHOOL AND JUNIOR COLLEGE, NAIGAON

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

Sr. No.	SUBJECT	CHAPTER NO.	TOPICS / CHAPTER HEADING
1	ENGLISH	1.1	Poetry : Life Grammar : 1 : Parts Of Speech (Revision) 2 : Compound words.
2	HINDI		चाँदनी रात - कविता
3	MARATHI	1	कविता - सर्वात्मका शिवसुंदरा (प्रार्थना) व्याकरण - वाक्याचे प्रकार
4	MATHS 1	1	Sets: Practice set 1.1 completed.
5	MATHS 2	1	Introduction of Basic concepts in geometry
6	SCIENCE 1	1	Laws of Motion : Concept of Relative motion, Distance and Displacement Completed.
7	SCIENCE 2	6	Classification of Plants
8	HISTORY	1	Sources of History
9	GEOGRAPHY	1	Introduction of Distributional Maps
10	WATER SECURITY	1	Water cycle
11	ICT		Revised HTML code Introduced with Geogebra Software
12	P.T.		warm up Exercises and Standing Exercises Revision of Std VIII
13	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)Gaze to the mid of

your eyebrows (g)Gaze to the tip of your nostril (h) Close the eyes tightly and open it quickly (i) eyes closed for a while, rub the palms give the warmth to eyes and feel relaxed.

- **Standing asanas - (a) Chakrasana (b) Katti Vakrasana, (c)Katti Chakrasana (d) Hastha Parshwasana (e) Hastha Padasana (f)Tadasana - 1**
- **Vajrasana Series - (a) Vajrasana, (b) Shwanasana, (c) Yogamudra, (d)Supta Vajrasana**
- **Padmasana series - (a) Ardha Padmasana, (b) Parvatasana, (c) Bramhamudra,**
- **Shwasan marg shuddhi (Kriya) (5 strokes)**
- **Sukshma Kapalhatti (Kriya) (15 strokes)**
- **Pranayamic breathing**
- **Surya Bedan**

DON BOSCO SCHOOL AND JUNIOR COLLEGE, NAIGAON

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

Sr. No.	SUBJECT	CHAPTER NO.	TOPICS / CHAPTER HEADING
1	ENGLISH	1.2 1.1	Prose : “ The Thief’s Story”(Explanation, Glossary, Question and Answers) Poetry : “ Where The Mind is Without Fear” (Explanation, Glossary, Figures of Speech, Notes.) Grammar : 1: Parts Of Speech (Revision of all 8 Parts of Speech 2. Figures Of Speech : (Alliteration, Repetition, Simile, Metaphor, Personification, Apostrophe.) Writing Skill : Letter Writing - Formal Letter
2	HINDI		भारत महिमा - कविता शब्द भेद (संज्ञा , सर्वनाम , विशेषण) - व्याकरण
3	MARATHI	1	कविता - तू बुद्धी दे व्याकरण - वाक्याचे प्रकार
4	MATHS 1	1	Linear Equations: Introduction, Practice set 1.1 completed.
5	MATHS 2	1	Similarity : Practice set 1.1, 1.2 completed.
6	SCIENCE 1	1	Gravitation: Concept of gravitational force, Centripetal force completed.
7	SCIENCE 2	1	Heredity and Evolution : Translation, Transcription and Translocation completed.
8	HISTORY	1.	Historiography : Development in the West (not completed)
9	GEOGRAPHY	1.	Introduction to Field Visit.
10	WATER SECURITY	1	Water structure - Well, lake ect.

11	ICT		Revised : Tool of Geogebra Software Practiced Basic constructions of Geogebra (Angle Bisector / Perpendicular bisector)
12	P.T.		Warm up Exercise and Revision of Std IX
13	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)Gaze to the mid of your eyebrows (g)Gaze to the tip of your nostril (h) Close the eyes tightly and open it quickly (i) eyes closed for a while, rub the palms give the warmth to eyes and feel relaxed. • Standing asanas - (a) Chakrasana (b) Katti Vakrasana, (c)Katti Chakrasana (d) Hastha Parshwasana (e) Hastha Padasana (f)Tadasana - 1 • Vajrasana Series - (a) Vajrasana, (b) Shwanasana, (c) Yogamudra, (d)Supta Vajrasana • Padmasana series - (a) Ardha Padmasana, (b) Parvatasana, (c) Bramhamudra, • Shwasan marg shuddhi (Kriya) (5 strokes) • Sukshma Kapalhatti (Kriya) (15 strokes) • Pranayamic breathing • Surya Bedan
14	SCOUT / GUIDE	1	Introduction of scout - scout lows, motto