### **DON BOSCO SCHOOL AND JUNIOR COLLEGE, NAIGAON**

# SYLLABUS PLAN FOR THE MONTH OF SEPTEMBER FOR CLASS – VIII (2021 – 2022)

Sr. No.	SUBJECT	CHAPTER NO.	TOPICS / CHAPTER HEADING			
1	ENGLISH	2.5	Prose - The Happy Prince			
			Grammar - Punctuation			
			Degrees of Comparison (Identification &			
			Transformation)			
			Affixes (Prefix & Suffix)			
			Tenses			
		_	Composition: Report Writing, Dialogue Writing			
2	HINDI	7	पाठ - मेरे रजा साहब			
		8	पाठ - पूर्ण विश्राम			
		9	कविता - अनमोल वाणी			
			व्याकरण - विशेषण , उपसर्ग- प्रत्यय , उदेश्य - विधेय , समानार्थी			
			रचना - किसान की आत्मकथा ( निबंध )			
			सुवचनों पर आधारित कहानी ( जहाँ चाह , वहाँ राह )			
3	MARATHI	ч	पाठ - घाटात घाट वरंधाघाट			
		દ્દ	कविता - आभाळाची अम्ही लेकरे			
			व्याकरण - वाक्यांचे प्रकार			
			निबंधलेखन - कथालेखन, आत्मवृत्त			
			बातमीलेखन			
4	MATHS	3	Indices and Cube root			
		7	Variation			
		5	Expansion Formulae			
5	SCIENCE	1	Living World and Classification of Microbes			
		5	Inside the Atom			
		4	Current Electricity and Magnetism			

6	HISTORY	4	The Freedom Struggle of 1857			
		6	Beginning of Freedom Movement			
		7	Non - co-operation Movement			
		2	The Indian Parliament (Civics)			
7	GEOGRAPHY	4	Structure of Ocean Floor			
8	DRAWING	5	First unit test			
		6	ACTIVITY NO.1 - (Explain new type of design: Book Cover			
			Design drawing and colouring)			
		7	OBJECT DRAWING - (Draw <mark>brush</mark> and poster colour bottle			
			and colour with poster colour)			
9	COMPUTER	4	Introduction to MS-Access (continue)			
		5	Forms and Queries			
10	P.T.		<ul> <li>Explanation about Important of Exercises</li> <li>Warm up Exercises</li> </ul>			
			Marching (Left and Right Turn)			
			Kadam Tal / Savashan Vishram			
11	YOGA		<ul> <li>Set of eye exercise</li> <li>Standing Asanas - (a) Chakrasana (b) Katti Vakrasana, (c)Katti Chakrasana (d) Hastha Parshwasana (e) Hastha Padasana (f) Tadasana - 1 (g) Tadasana - 2</li> <li>Vajarasana Series - (a)Vajrasana, (b) Shwanasana, (c) Yogmudra, (d)Supta Vajrasana</li> <li>Padmasana series - (a) Ardha Padmasana, (b) Parvatasana, (c) Bramhamudra, (d) Yoga mudra</li> <li>Janu Bhu Shirasasana</li> <li>Paschimottanasana</li> <li>Shwasan marg shuddhi (Kriya)</li> <li>Sukshma Kapalbhatti (Kriya)</li> <li>Pranayamic breathing</li> <li>Surya Bedan</li> <li>Pre Ujjai</li> <li>Diaphragmic breathing</li> <li>Sukshma Ujjai Rechak.</li> </ul>			
12	KARATE		<ul> <li>Three types of jumps</li> <li>Upper body twist</li> <li>Lower back stretch dynamic</li> <li>Lower back stretch</li> <li>Second katha</li> <li>Shoulder exercise</li> <li>Stomach level kick</li> <li>Neck exercise</li> <li>Arms exercise</li> <li>Wrist rotation exercise</li> </ul>			

### **DON BOSCO SCHOOL AND JUNIOR COLLEGE, NAIGAON**

# SYLLABUS PLAN FOR THE MONTH OF SEPTEMBER FOR CLASS – IX (2021 – 2022)

Sr. No.	SUBJECT	CHAPTER NO.	TOPICS / CHAPTER HEADING				
1	ENGLISH	2.4	Prose - The Fall of Troy				
		2.3					
			Poetry - Somebody's Mother				
			Autumn				
			Grammar - Types of sentences - Identification and				
			Transformation (Assertive, Exclamatory,				
			Interrogative, Imperative)				
			Punctuation				
			Voice				
			Writing Skill - Summary / Precis Writing				
			Information Transfer				
			(Fact file / Table - leaflet)				
2	HINDI	11	पूरक पठन – रात का चौकीदार व्याकरण – शुद्ध – अशुद्ध वाक्य				
			वाक्य भेद (संज्ञा , सर्वनाम , विशेषण , क्रिया )				
			रचना - वृतांत लेखन				
			पत्र लेखन - अनौपचारिक				
3	MARATHI	6	पाठ - ऑलिंपिक वर्तुळांचा गोफ				
		5	कविता - व्यायामाचे महत्त्व				
		8	पाठ - संखू आजी				
			हास्यचित्रांतली मुलं (स्थूलवाचन)				
			व्याकरण - लेखननियमांनुसार, विरामचिन्हे, वाक्प्रचार				
			निबंधलेखन - वैचारिक लेखन, बातमी लेखन				
4	MATHS 1	3	Polynomials				
5	MATHS 2	3	Triangles				
		4	Construction of triangles.				
6	SCIENCE 1	2	Work and Energy				
		3	Current Electricity				

			1=				
7	SCIENCE 2	9	Environmental Management (contd.)				
		10	Information Communication Technology (ICT)				
8	HISTORY	4	Economic Development (contd.)				
		2	India's Foreign Policy (Pol. Sc) India's Defense System				
		3					
9	GEOGRAPHY	3	Exogenetic movements Part - 1				
		4	Exogenetic movements Part - 2				
10	WATER	4	Soil and rock type				
	SECURITY	5	Water structure - well, lake, etc.				
11	ICT		Geogebra : Practical - maths 2 text book constructions				
12	P.T.	1	Muscular Endurance - Sit-ups / Bend knee sit-ups				
		1	Wall- sits / Flexibility - Surya Namaskar				
			Sit and Reach				
13	YOGA		<ul> <li>Set of eye exercise</li> <li>Standing Asanas - (a) Chakrasana (b) Katti Vakrasana (c)Katti Chakrasana (d) Hastha Parshwasana (e) Hastha Padasana (f) Tadasana - 1 (g) Tadasana - 2</li> <li>Vajarasana Series- (a) Vajrasana, (b) Shwanasana (c) Yogmudra (d)Supta Vajrasana</li> <li>Padmasana series - (a) Ardha Padmasana (b) Parvatasana (c) Bramhamudra</li> <li>Janu Bhu Shirasasana</li> <li>Paschimottanasana</li> <li>Bhu namanasana</li> <li>Shwasan marg shuddhi (Kriya)</li> <li>Sukshma Kapalbhatti (Kriya)</li> <li>Pranayamic breathing</li> <li>Surya Bedan</li> <li>Pre Ujjai</li> <li>Diaphragmic breathing</li> <li>Ujjai Rechak.</li> </ul>				

### **DON BOSCO SCHOOL AND JUNIOR COLLEGE, NAIGAON**

# SYLLABUS PLAN FOR THE MONTH OF SEPTEMBER FOR CLASS – X (2021 – 2022)

No.	NGLISH	NO. 3.3 3.5 3.6	Prose - Stephen Hawking Unheatable Super Mom - Mary Kom			
1 EI	NGLISH	3.5	•			
			Unheatable Super Mom - Mary Kom			
		3.6	Unbeatable Super Mom - Mary Kom			
			The Concert			
		4.2	The Luncheon			
		4.4	Poem - The Height of the Ridiculous			
			Grammar :			
			Subject - Verb Agreement, Determiners, Acronym			
			Subordinate Clauses and their kinds,			
			Direct and Indirect Speech, Punctuation,			
			Word Connectors, Word Building,			
			Counting Syllables, Do as directed			
			Writing Skill : Formal letter (Invitation), Informal letter			
			(Invitation), Note making			
2 HI	INDI	1	कविता - बरषहिं जलद,			
		4	छापा			
		2	पूरक पठन - दो लघु कथाएं			
			व्याकरण - कारक, संधि - विच्छेद, अर्थ और रचना के आधार पर वाक्य भेद			
			रचना - कहानी लेखन ( शब्द के आधार पर )			
			निबंध ( जल है तो कल है )			
3 M	ARATHI	8	पाठ – ऊर्जाशक्तीचा  जागर			
		9	कविता - औक्षण			
		9	जाता अस्ताला (स्थूलवाचन)			
		11	पाठ - जंगल डायरी			
			व्याकरण - विरामचिन्हे, शुद्धलेखन, वाक्प्रचार			
			निबंधलेखन - बातमीलेखन, जाहिरातलेखन, वैचारिक लेखन			
4 M	ATHS 1	2	Quadratic Equations Practice set 2.5			
		3	Arithmetic Progression.			
5 M	ATHS 2	5	Co-ordinate geometry.			
		3	Circle (Theorems).			

4 Effects of electric current. Practicals.  7 SCIENCE 2 7 Introduction to Microbiology (Continued). Life Processes - Part II. 9 Social health. Practicals.  8 HISTORY 2 Historiography - Indian Tradition (continuation) The Election Process (PS) 9 Political Parties (PS) 9 Physiography and Drainage (Continued) Climate  10 WATER SECURITY 3 Catchment / Watershed treatment 4 Water Recharge  11 ICT Geogebra Practicals: 1. Draw histogram and frequency polygon 2. Conversion of a paragraph in English into Marathi/Hindi.  12 P.T.  • Muscular Endurance - Sit-ups / Bend knee sit-ups • Wall- sits / Flexibility - Surya Namaskar • Stretching / Sit and Reach  13 YOGA  • Set of eye exercise • Standing Asanas- (a) Chakrasana (b) Katti Vakrasana, (c) Katti Chakrasana (d) Hastha Padsanan (f) Tadasana - (g) Tadasana - 2 • Vajarasana Series- (a) Vajrasana (e) Hastha Padasana, (c) Yogamudra, (d) Padmasanas, (b) Parvatasana, (c) Bramhamudra,(d) Padmasana, (b) Parvatasana, (c) Bramhamudra,(d) Padmasanasha yoga mudra  Janu Bhu Shirasasana • Paschimottanasana • Paschimottanasana • Shwasan marg shuddhi (Kriya) • Kapalbhatti (Kriya) • Franayamic breathing • Surya Bedan • Pre Ujjai • Diaphragmic breathing • Ujjal Rechak. • Anulom Vilom  14 SCOUT / GUIDE  4 First Ald - First ald for shock, Drowning, Fainting, Choking, Heat Stroke or Sun/Stroke, Fractures, Unconsciousness, Transportation of Victim.	6	SCIENCE 1	3	Chemical Reactions and equations. (Continued)		
7 SCIENCE 2 7 Introduction to Microbiology (Continued). Life Processes - Part II. Social health. Practicals. 8 HISTORY 2 Historiography - Indian Tradition (continuation) The Election Process (PS) 3 Political Parties (PS)  9 GEOGRAPHY 3 Physiography and Drainage (Continued) Climate  10 WATER SECURITY 4 Water Recharge 11 ICT Geogebra Practicals: 1. Draw histogram and frequency polygon 2. Conversion of a paragraph in English into Marathi/Hindi.  12 P.T. • Muscular Endurance - Sit-ups / Bend knee sit-ups • Wall- sits / Flexibility - Surya Namaskar • Stretching / Sit and Reach  13 YOGA  • Set of eye exercise • Standing Asanas- (a) Chakrasana (b) Katti Vakrasana, (c) Katti Chakrasana (d) Hastha Parshwasana (e) Hastha Padasana (f) Tadasana -1 (g) Tadasana -2 (g) Tadasana -1 (g) Tadasana -2 (g) Ardha Padmasana, (b) Parvatasana, (b) Bramhamudra, (d) Supta Vajrasana, (b) Marjarasana A& B • Padmasana series- (a) Vajrasana, (b) Marjarasana A& B • Padmasana series- (a) Ardha Padmasana, (b) Parvatasana, (c) Bramhamudra, (d) Padmasananana, (b) Parvatasana, (c) Pasahing • Pasahimottanasana • Shwasan marg shuddhi (Kriya) • Kapalbhatti (Kriya) • Franayamic breathing • Surya Bedan • Pre Ujjai • Diaphragmic breathing • Ujjai Rechak. • Anulom Vilom  14 SCOUT /  GUIDE  15 SCOUT /  First Alid - First alid for shock, Drowning, Fainting, Choking, Heat Stroke or SunStroke, Fractures,		4		Effects of electric current.		
Life Processes - Part II.  9 Social health. Practicals.  8 HISTORY 2 Historiography - Indian Tradition (continuation) The Election Process (PS) 3 Political Parties (PS)  9 GEOGRAPHY 3 Physiography and Drainage (Continued) Climate  10 WATER SECURITY 4 Water Recharge  11 ICT Geogebra Practicals: 1. Draw histogram and frequency polygon 2. Conversion of a paragraph in English into Marathi/Hindi.  12 P.T.  • Muscular Endurance - Sit-ups / Bend knee sit-ups • Wall- sits / Flexibility - Surya Namaskar • Stretching / Sit and Reach  13 YOGA  • Set of eye exercise • Standing Asanas- (a) Chakrasana (b) Katti Vakrasana, (c)Katti Chakrasana (d) Hastha Parshwasana (e) Hastha Padasana (f) Tadasana -1 (g) Tadasana -2 • Vajarasana Series- (a) Vajrasana, (b) Shwanasana, (c) Yogamudra, (d)Supta Vajrasana (e) Marjarasana A& B • Padmasana series- (a) Ardha Padmasana, (c) Bramhamudra, (d) Padmasanasana, (b) Parvatasana, (c) Bramhamudra, (d) Padmasanasana • Paschimottanasana • Shwasan marg shuddhi (Kriya) • Kapalbhatti (Kriya) • Pranayamic breathing • Surya Bedan • Pre Ujjai • Diaphragmic breathing • Ujjai Rechak, • Anulom Vilom  14 SCOUT / GUIDE  Life Processes - Part II.  First Aid - First aid for shock, Drowning, Fainting, Choking, Heat Stroke or SunStroke, Fractures,				Practicals.		
9 Social health. Practicals.  8 HISTORY 2 Historiography - Indian Tradition (continuation) The Election Process (PS) 3 Political Parties (PS) 9 GEOGRAPHY 3 Physiography and Drainage (Continued) Climate 10 WATER SECURITY 4 Water Recharge 11 ICT Geogebra Practicals: 1. Draw histogram and frequency polygon 2. Conversion of a paragraph in English into Marathi/Hindi.  12 P.T. Muscular Endurance - Sit-ups / Bend knee sit-ups Wall- sits / Flexibility - Surya Mamaskar Stretching / Sit and Reach  13 YOGA 5 Set of eye exercise Standing Asanas- (a) Chakrasana (b) Katti Vakrasana, (c)Katti Chakrasana (d) Hastha Parshwasana (e) Hastha Padasana (f) Tadasana -1 (g) Tadasana -2 Vajarasana Series- (a) Vajrasana, (b) Shwanasana, (c) Yogamudra, (d)Supta Vajrasana (b) Marjarasana A& B Padmasana series- (a) Ardha Padmasana, (b) Parvatasana, (c) Bramhamudra, (d) Padmasanastha yoga mudra Janu Bhu Shirasasana Paschimottanasana Shwasan marg shuddhi (Kriya) Kapalbhatti (Kriya) Kapalbhatti (Kriya) Pranayamic breathing Surya Bedan Pre Ujjai Diaphragmic breathing Ujjai Rechak, Anulom Vilom  14 SCOUT / GUIDE  9 GEOGRAPHY Clexibirus (PS) Carchimotta Paties (PS) Catchiment / Watershed (PS) C	7	SCIENCE 2	7	Introduction to Microbiology (Continued).		
Practicals.    Practicals.   Practicals.		3		Life Processes - Part II.		
HISTORY   2			9	Social health.		
2 The Election Process (PS) 3 Political Parties (PS) 9 GEOGRAPHY 3 Physiography and Drainage (Continued) 4 Climate 10 WATER SECURITY 4 Water Recharge 11 ICT Geogebra Practicals: 1. Draw histogram and frequency polygon 2. Conversion of a paragraph in English into Marathi/Hindi. 12 P.T. • Muscular Endurance - Sit-ups / Bend knee sit-ups • Wall- sits / Flexibility - Surya Namaskar • Stretching / Sit and Reach 13 YOGA • Set of eye exercise • Standing Asanas- (a) Chakrasana (b) Katti Vakrasana, (c)Katti Chakrasana (d) Hastha Parshwasana (e) Hastha Padasana (f) Tadasana -1 (g) Tadasana -2 • Vajarasana Series- (a) Vajrasana, (b) Parvatasana, (c) Yogamudra, (d)Supta Vajrasana (e) Marjarasana A& B • Padmasana series- (a) Ardha Padmasana, (b) Parvatasana, (c) Bramhamudra, (d) Padmasanasana, (b) Parvatasana, (c) Bramhamudra, (d) Padmasanashia yoga mudra • Janu Bhu Shirasasana • Paschimottanasana • Paschimottanasana • Shwasan marg shuddhi (Kriya) • Kapalbhatti (Kriya) • Pranayamic breathing • Surya Bedan • Pre Ujjai • Diaphragmic breathing • Ujjai Rechak. • Anulom Vilom  14 SCOUT / GUIDE				Practicals.		
9 GEOGRAPHY 3 Physiography and Drainage (Continued) 4 Climate  10 WATER SECURITY 4 Water Recharge  11 ICT Geogebra Practicals: 1. Draw histogram and frequency polygon 2. Conversion of a paragraph in English into Marathi/Hindi.  12 P.T. • Muscular Endurance - Sit-ups / Bend knee sit-ups • Wall- sits / Flexibility - Surya Namaskar • Stretching / Sit and Reach  13 YOGA • Set of eye exercise • Standing Asanas- (a) Chakrasana (b) Katti Vakrasana, (c) Katti Chakrasana (d) Hastha Parshwasana (e) Hastha Padasana (f) Tadasana -1 (g) Tadasana -2 • Vajarasana Series- (a) Vajrasana, (b) Parvatasana, (c) Yogamudra, (d)Supta Vajrasana (e) Marjarasana A& B • Padmasana series- (a) Ardha Padmasana, (b) Parvatasana, (c) Bramhamudra, (d) Padmasanasha yoga mudra • Janu Bhu Shirasasana • Paschimottanasana • Paschimottanasana • Shwasan marg shuddhi (Kriya) • Kapalbhatti (Kriya) • Pranayamic breathing • Surya Bedan • Pre Ujjai • Diaphragmic breathing • Ujjai Rechak. • Anulom Vilom  14 SCOUT / GUIDE	8	HISTORY	2	Historiography - Indian Tradition (continuation)		
9 GEOGRAPHY 3 Physiography and Drainage (Continued) 4 Climate  10 WATER SECURITY 4 Water Recharge 11 ICT Geogebra Practicals: 1. Draw histogram and frequency polygon 2. Conversion of a paragraph in English into Marathi/Hindi.  12 P.T. • Muscular Endurance - Sit-ups / Bend knee sit-ups • Wall- sits / Flexibility - Surya Namaskar • Stretching / Sit and Reach  13 YOGA • Set of eye exercise • Standing Asanas- (a) Chakrasana (b) Katti Vakrasana, (c)Katti Chakrasana (d) Hastha Parshwasana (e) Hastha Padasana (f) Tadasana -1 (g) Tadasana -2 (yajarasana Series- (a) Vajrasana, (b) Shwanasana, (c) Yogamudra, (d)Supta Vajrasana (e) Marjarasana A& B • Padmasana series- (a) Ardha Padmasana, (b) Parvatasana, (c) Bramhamudra,(d) Padmasanasha yoga mudra • Janu Bhu Shirasasana • Paschimottanasana • Paschimottanasana • Shwasan marg shuddhi (Kriya) • Kapalbhatti (Kriya) • Pranayamic breathing • Surya Bedan • Pre Ujjai • Diaphragmic breathing • Ujjai Rechak. • Anulom Vilom  14 SCOUT / GUIDE			2	The Election Process (PS)		
4 Climate  10 WATER SECURITY 3 Catchment / Watershed treatment  4 Water Recharge  11 ICT Geogebra Practicals: 1. Draw histogram and frequency polygon 2. Conversion of a paragraph in English into Marathi/Hindi.  12 P.T.  • Muscular Endurance - Sit-ups / Bend knee sit-ups • Wall- sits / Flexibility - Surya Namaskar • Stretching / Sit and Reach  13 YOGA  • Set of eye exercise • Standing Asanas- (a) Chakrasana (b) Katti Vakrasana, (c)Katti Chakrasana (d) Hastha Parshwasana (e) Hastha Padasana (f) Tadasana -1 (g) Tadasana -2 (yajarasana Series- (a) Vajrasana, (b) Shwanasana, (c) Yogamudra, (d)Supta Vajrasana (e) Marjarasana A& B • Padmasana series- (a) Ardha Padmasana, (b) Parvatasana, (c) Bramhamudra,(d) Padmasanastha yoga mudra • Janu Bhu Shirasasana • Paschimottanasana • Shwasan marg shuddhi (Kriya) • Kapalbhatti (Kriya) • Pranayamic breathing • Surya Bedan • Pre Ujjai • Diaphragmic breathing • Ujjai Rechak. • Anulom Vilom  14 SCOUT / GUIDE			3	Political Parties (PS)		
10 WATER SECURITY 4 Water Recharge  11 ICT Geogebra Practicals: 1. Draw histogram and frequency polygon 2. Conversion of a paragraph in English into Marathi/Hindi.  12 P.T.  • Muscular Endurance - Sit-ups / Bend knee sit-ups • Wall- sits / Flexibility - Surya Namaskar • Stretching / Sit and Reach  13 YOGA  • Set of eye exercise • Standing Asanas- (a) Chakrasana (b) Katti Vakrasana, (c)Katti Chakrasana (d) Hastha Parshwasana (e) Hastha Padasana (f) Tadasana -1 (g) Tadasana -2 • Vajarasana Series- (a) Vajrasana, (b) Shwanasana, (c) Yogamudra, (d)Supta Vajrasana (b) Marjarasana A& B • Padmasana series- (a) Ardha Padmasana, (b) Parvatasana, (c) Bramhamudra, (d) Padmasanastha yoga mudra • Janu Bhu Shirasasana • Paschimottanasana • Shwasan marg shuddhi (Kriya) • Kapalbhatti (Kriya) • Pranayamic breathing • Surya Bedan • Pre Ujjai • Diaphragmic breathing • Ujjai Rechak. • Anulom Vilom  14 SCOUT / • GUIDE  4 First Aid - First aid for shock, Drowning, Fainting, Choking, Heat Stroke or SunStroke, Fractures,	9	GEOGRAPHY	3	Physiography and Drainage (Continued)		
SECURITY  4 Water Recharge  Geogebra Practicals: 1. Draw histogram and frequency polygon 2. Conversion of a paragraph in English into Marathi/Hindi.  P.T.  Muscular Endurance - Sit-ups / Bend knee sit-ups Wall- sits / Flexibility - Surya Namaskar Stretching / Sit and Reach  Set of eye exercise Standing Asanas- (a) Chakrasana (b) Katti Vakrasana, (c)Katti Chakrasana (d) Hastha Parshwasana (e) Hastha Padasana (f) Tadasana -1 (g) Tadasana -2 Vajarasana Series- (a) Vajrasana, (b) Shwanasana, (c) Yogamudra, (d)Supta Vajrasana (e) Marjarasana A& B Padmasana series- (a) Ardha Padmasana, (b) Parvatasana, (c) Bramhamudra, (d) Padmasanastha yoga mudra Janu Bhu Shirasasana Paschimottanasana Shwasan marg shuddhi (Kriya) Kapalbhatti (Kriya) Pranayamic breathing Surya Bedan Pre Ujjai Diaphragmic breathing Ujjai Rechak. Anulom Vilom  14 SCOUT / GUIDE  First Aid - First aid for shock, Drowning, Fainting, Choking, Heat Stroke or SunStroke, Fractures,			4	Climate		
4 Water Recharge  11 ICT  Geogebra Practicals:  1. Draw histogram and frequency polygon  2. Conversion of a paragraph in English into Marathi/Hindi.  • Muscular Endurance - Sit-ups / Bend knee sit-ups • Wall- sits / Flexibility - Surya Namaskar • Stretching / Sit and Reach  13 YOGA  • Set of eye exercise • Standing Asanas- (a) Chakrasana (b) Katti Vakrasana, (c)Katti Chakrasana (d) Hastha Parshwasana (e) Hastha Padasana (f) Tadasana -1 (g) Tadasana -2 • Vajarasana Series- (a) Vajrasana, (b) Shwanasana, (c) Yogamudra, (d)Supta Vajrasana (e) Marjarasana A& B • Padmasana series- (a) Ardha Padmasana, (b) Parvatasana, (c) Bramhamudra,(d) Padmasanastha yoga mudra • Janu Bhu Shirasasana • Paschimottanasana • Shwasan marg shuddhi (Kriya) • Kapalbhatti (Kriya) • Pranayamic breathing • Surya Bedan • Pre Ujjai • Diaphragmic breathing • Ujjai Rechak. • Anulom Vilom  14 SCOUT / GUIDE  4 First Aid - First aid for shock, Drowning, Fainting, Choking, Heat Stroke or SunStroke, Fractures,	10		3	Catchment / Watershed treatment		
1. Draw histogram and frequency polygon 2. Conversion of a paragraph in English into Marathi/Hindi.  12 P.T.  • Muscular Endurance - Sit-ups / Bend knee sit-ups • Wall- sits / Flexibility - Surya Namaskar • Stretching / Sit and Reach  13 YOGA  • Set of eye exercise • Standing Asanas- (a) Chakrasana (b) Katti Vakrasana, (c)Katti Chakrasana (d) Hastha Parshwasana (e) Hastha Padasana (f) Tadasana -1 (g) Tadasana -2 • Vajarasana Series- (a) Vajrasana, (b) Shwanasana, (c) Yogamudra, (d)Supta Vajrasana (e) Marjarasana A& B • Padmasana series- (a) Ardha Padmasana, (b) Parvatasana, (c) Bramhamudra, (d) Padmasanastha yoga mudra  Janu Bhu Shirasasana • Paschimottanasana • Paschimottanasana • Shwasan marg shuddhi (Kriya) • Kapalbhatti (Kriya) • Pranayamic breathing • Surya Bedan • Pre Ujjai • Diaphragmic breathing • Ujjai Rechak. • Anulom Vilom  14 SCOUT / 4 GUIDE		SECURITY	4	Water Recharge		
2. Conversion of a paragraph in English into Marathi/Hindi.  12 P.T.  Muscular Endurance - Sit-ups / Bend knee sit-ups  Wall- sits / Flexibility - Surya Namaskar  Stretching / Sit and Reach  Set of eye exercise  Standing Asanas- (a) Chakrasana (b) Katti Vakrasana, (c)Katti Chakrasana (d) Hastha Parshwasana (e) Hastha Padasana (f) Tadasana -1 (g) Tadasana -2  Vajarasana Series- (a) Vajrasana, (b) Shwanasana, (c) Yogamudra, (d)Supta Vajrasana (e) Marjarasana A& B  Padmasana series- (a) Ardha Padmasana, (b) Parvatasana, (c) Bramhamudra, (d) Padmasanastha yoga mudra  Janu Bhu Shirasasana  Paschimottanasana  Shwasan marg shuddhi (Kriya)  Kapalbhatti (Kriya)  Pranayamic breathing  Surya Bedan  Pre Ujjai  Diaphragmic breathing  Ujjai Rechak.  Anulom Vilom  14 SCOUT /  GUIDE	11	ICT		Geogebra Practicals :		
Muscular Endurance - Sit-ups / Bend knee sit-ups Wall- sits / Flexibility - Surya Namaskar Stretching / Sit and Reach  Set of eye exercise Standing Asanas- (a) Chakrasana (b) Katti Vakrasana, (c)Katti Chakrasana (d) Hastha Parshwasana (e) Hastha Padasana (f) Tadasana -1 (g) Tadasana -2 Vajarasana Series- (a) Vajrasana, (b) Shwanasana, (c) Yogamudra, (d)Supta Vajrasana (e) Marjarasana A& B Padmasana series- (a) Ardha Padmasana, (b) Parvatasana, (c) Bramhamudra, (d) Padmasanastha yoga mudra Janu Bhu Shirasasana Paschimottanasana Shwasan marg shuddhi (Kriya) Kapalbhatti (Kriya) Pranayamic breathing Surya Bedan Pre Ujjai Diaphragmic breathing Ujjai Rechak. Anulom Vilom  SCOUT / GUIDE  Muscular Endurance - Sit-ups / Bend knee sit-ups Wall-sits / Flexibility - Surya Namaskar Stretching / Sanasana (b) Katti Vakrasana, (c) Katti Chakrasana (c) Hastha Padasana, (c) Parvatasana A& B Padmasana series- (a) Vajrasana, (b) Parvatasana, (c) Bramhamudra, (d) Padmasanastha yoga mudra Janu Bhu Shirasasana Paschimottanasana Diaphragamic breathing Surya Bedan Pre Ujjai Diaphragmic breathing Ujjai Rechak. Anulom Vilom				1. Draw histogram and frequency polygon		
Wall- sits / Flexibility - Surya Namaskar Stretching / Sit and Reach  Set of eye exercise Standing Asanas- (a) Chakrasana (b) Katti Vakrasana, (c)Katti Chakrasana (d) Hastha Parshwasana (e) Hastha Padasana (f) Tadasana -1 (g) Tadasana -2 Vajarasana Series- (a) Vajrasana, (b) Shwanasana, (c) Yogamudra, (d)Supta Vajrasana (e) Marjarasana A& B Padmasana series- (a) Ardha Padmasana, (b) Parvatasana, (c) Bramhamudra, (d) Padmasanastha yoga mudra Janu Bhu Shirasasana Paschimottanasana Shwasan marg shuddhi (Kriya) Kapalbhatti (Kriya) Pranayamic breathing Surya Bedan Pre Ujjai Diaphragmic breathing Ujjai Rechak. Anulom Vilom  14 SCOUT / GUIDE  First Aid - First aid for shock, Drowning, Fainting, Choking, Heat Stroke or SunStroke, Fractures,				2. Conversion of a paragraph in English into Marathi/Hindi.		
Stet of eye exercise Standing Asanas- (a) Chakrasana (b) Katti Vakrasana, (c)Katti Chakrasana (d) Hastha Parshwasana (e) Hastha Padasana (f) Tadasana -1 (g) Tadasana -2 Vajarasana Series- (a) Vajrasana, (b) Shwanasana, (c) Yogamudra, (d)Supta Vajrasana (e) Marjarasana A& B Padmasana series- (a) Ardha Padmasana, (b) Parvatasana, (c) Bramhamudra, (d) Padmasanastha yoga mudra Janu Bhu Shirasasana Paschimottanasana Shwasan marg shuddhi (Kriya) Kapalbhatti (Kriya) Pranayamic breathing Surya Bedan Pre Ujjai Diaphragmic breathing Ujjai Rechak. Anulom Vilom  14 SCOUT / GUIDE  Set of eye exercise Standing Reach Natti Vakrasana, (c) Katti Vakrasana, (c) Katti Vakrasana, (c) Fradasana -2 Vajarasana -2 Vajarasana -2 Vajarasana (e) Marjarasana A& B Parwatasana, (c) Marjarasana A& B Parwatasana, (c) Marjarasana A& B Parwatasana (e) Marjarasana A& B Parwatasana, (c) Marjarasana A& B Parwatasana (e) Marjarasana A& B Parwatasana (e) Marjarasana, (c) Marjarasana A& B Parwatasana (e) Marjarasana, (c) Marjarasana (e) Marjaras	12	P.T.				
Standing Asanas- (a) Chakrasana (b) Katti Vakrasana, (c)Katti Chakrasana (d) Hastha Parshwasana (e) Hastha Padasana (f) Tadasana -1 (g) Tadasana -2 Vajarasana Series- (a) Vajrasana, (b) Shwanasana, (c) Yogamudra, (d)Supta Vajrasana (e) Marjarasana A& B Padmasana series- (a) Ardha Padmasana, (b) Parvatasana, (c) Bramhamudra,(d) Padmasanastha yoga mudra Janu Bhu Shirasasana Paschimottanasana Shwasan marg shuddhi (Kriya) Kapalbhatti (Kriya) Pranayamic breathing Surya Bedan Pre Ujjai Diaphragmic breathing Ujjai Rechak. Anulom Vilom  SCOUT / GUIDE  First Aid - First aid for shock, Drowning, Fainting, Choking, Heat Stroke or SunStroke, Fractures,				,		
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Vajarasana Series- (a) Vajrasana, (b) Shwanasana, (c) Yogamudra, (d)Supta Vajrasana (e) Marjarasana A& B     Padmasana series- (a) Ardha Padmasana, (b) Parvatasana, (c) Bramhamudra, (d) Padmasanastha yoga mudra     Janu Bhu Shirasasana     Paschimottanasana     Shwasan marg shuddhi (Kriya)     Kapalbhatti (Kriya)     Pranayamic breathing     Surya Bedan     Pre Ujjai     Diaphragmic breathing     Ujjai Rechak.     Anulom Vilom  14 SCOUT / GUIDE  First Aid - First aid for shock, Drowning, Fainting, Choking, Heat Stroke or SunStroke, Fractures,				, , , , , , , , , , , , , , , , , , , ,		
Padmasana series- (a) Ardha Padmasana, (b) Parvatasana, (c) Bramhamudra,(d) Padmasanastha yoga mudra     Janu Bhu Shirasasana     Paschimottanasana     Shwasan marg shuddhi (Kriya)     Kapalbhatti (Kriya)     Pranayamic breathing     Surya Bedan     Pre Ujjai     Diaphragmic breathing     Ujjai Rechak.     Anulom Vilom  14 SCOUT / GUIDE  4 First Aid - First aid for shock, Drowning, Fainting, Choking, Heat Stroke or SunStroke, Fractures,						
Bramhamudra,(d) Padmasanastha yoga mudra  Janu Bhu Shirasasana Paschimottanasana Shwasan marg shuddhi (Kriya) Kapalbhatti (Kriya) Pranayamic breathing Surya Bedan Pre Ujjai Diaphragmic breathing Ujjai Rechak. Anulom Vilom  14 SCOUT / GUIDE  Bramhamudra,(d) Padmasanastha yoga mudra  Shwasana Diaphrasana Shwasan marg shuddhi (Kriya) Franayamic breathing Surya Bedan Pre Ujjai First Aid - First aid for shock, Drowning, Fainting, Choking, Heat Stroke or SunStroke, Fractures,						
<ul> <li>Janu Bhu Shirasasana</li> <li>Paschimottanasana</li> <li>Shwasan marg shuddhi (Kriya)</li> <li>Kapalbhatti (Kriya)</li> <li>Pranayamic breathing</li> <li>Surya Bedan</li> <li>Pre Ujjai</li> <li>Diaphragmic breathing</li> <li>Ujjai Rechak.</li> <li>Anulom Vilom</li> </ul> 14 SCOUT / GUIDE First Aid - First aid for shock, Drowning, Fainting, Choking, Heat Stroke or SunStroke, Fractures,						
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<ul> <li>Kapalbhatti (Kriya)</li> <li>Pranayamic breathing</li> <li>Surya Bedan</li> <li>Pre Ujjai</li> <li>Diaphragmic breathing</li> <li>Ujjai Rechak.</li> <li>Anulom Vilom</li> </ul> 14 SCOUT / GUIDE <ul> <li>First Aid - First aid for shock, Drowning, Fainting, Choking, Heat Stroke or SunStroke, Fractures,</li> </ul>						
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<ul> <li>Surya Bedan</li> <li>Pre Ujjai</li> <li>Diaphragmic breathing</li> <li>Ujjai Rechak.</li> <li>Anulom Vilom</li> <li>SCOUT / GUIDE</li> <li>First Aid - First aid for shock, Drowning, Fainting, Choking, Heat Stroke or SunStroke, Fractures,</li> </ul>				. , ,		
<ul> <li>Pre Ujjai</li> <li>Diaphragmic breathing</li> <li>Ujjai Rechak.</li> <li>Anulom Vilom</li> <li>SCOUT / GUIDE</li> <li>First Aid - First aid for shock, Drowning, Fainting, Choking, Heat Stroke or SunStroke, Fractures,</li> </ul>						
<ul> <li>Ujjai Rechak.</li> <li>Anulom Vilom</li> <li>SCOUT / GUIDE</li> <li>First Aid - First aid for shock, Drowning, Fainting, Choking, Heat Stroke or SunStroke, Fractures,</li> </ul>						
Anulom Vilom  14 SCOUT / 4 First Aid - First aid for shock, Drowning, Fainting, Choking, Heat Stroke or SunStroke, Fractures,						
14 SCOUT / 4 First Aid - First aid for shock, Drowning, Fainting, Choking, GUIDE Heat Stroke or SunStroke, Fractures,						
GUIDE Heat Stroke or SunStroke, Fractures,				Anulom Vilom		
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