

DON BOSCO SCHOOL AND JUNIOR COLLEGE, NAIGAON

**SYLLABUS PLAN FOR THE MONTH OF JANUARY
CLASS – V (2021 – 2022)**

Sr.No	SUBJECT	CHAPTE NO	TOPICS / CHAPTER HEADINGS
1	ENGLISH	27 22 25	Prose - The Legend of Marathon. A Book Review Poetry - The Man in the moon Grammar - Conjunction Interjection Composition - Comprehension seen (Poetry).
2	HINDI	१३ १४	पाठ - राष्ट्रीय त्योहार अ) हम अलग - रूप एक ब) छुक - छुक गाड़ी व्याकरण - किया पहचानो रचना - कहानी लेखन
3	MARATHI	२० २१ २२	गमतीदार पत्र छोटेसे बहीण भाऊ वाचूया . लिहूया . व्याकरण - विशेषण निबंध - माझा आवडता प्राणी
4	MATHS	13 11	Three Dimensional objects and Nets Problems on Measurement
5	EVS 1	15 16	Communication and Mass Media Water
6	EVS 2	8	Beginning of Settled Life.
7	DRAWING	8 9	LETTERING - Draw a simple Word and related background drawing (xmas) DESIGN
8	COMPUTE R	7 8	Microsoft PowerPoint - An Introduction Formatting PowerPoint Presentation

9	P. T.		<ul style="list-style-type: none"> ● Standing Exercises ● Game ● Kadam Tal ● Revision of Standing Exercises
10	YOGA		<ul style="list-style-type: none"> ● Set of Eye exercise (a) Movement of eye balls to various direction ● Standing Asanas (a) Sulabh Chakrasana (b) Chakrasana (c) Sulabh katti vakrasana (d) Katti vakrasana (e) Katti Chakrasana (f) Hastha Padasana (g) Tadasana-I (h) Tadasana-II ● Vajrasana ● Shwanasana ● Yoga Mudra ● Swastikasana ● Ardha - Padmasana ● Parvatasana ● Titliasana ● Hasthparshwasana ● Basic breathing techniques ● Chadra Abhyas ● Pre Ujjai
11	KARATE		<ul style="list-style-type: none"> ● Three types of jumps ● Upper body twist ● Lower back stretch dynamic ● Lower back stretch ● Shoulder exercise ● Neck exercise ● Arms exercise ● Wrist rotation exercise

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Sr. No.	SUBJECT	CHAPTER NO.	TOPICS / CHAPTER HEADING
1	ENGLISH	4.7 4.8	Prose - A sword in the stone Poem - An autumn greeting Grammar - Transitive/Intransitive
2	HINDI	२	पाठ - सोना और लोहा व्याकरण - प्रेरणार्थक क्रिया , मुहावरे पाठ के आधार पर पत्र लेखन - स्वास्थ्य संपदा (केवल पत्र लेखन के लिए)
3	MARATHI	१४	आप्पाजीचे चातुर्य व्याकरण - शब्दसंपत्ती गटात न बसणारा शब्द , अचूक शब्द ओळखा निबंध - माझा आवडता पक्षी
4	MATHS	16 11	Quadrilaterals Ratio - Proportion
5	SCIENCE	9 10	Motion and types of Motion Force and types of Force
6	HISTORY	9	History - Ancient Kingdoms of the South.
7	GEOGRAPHY	6	Importance of Ocean.
8	DRAWING	9 10	CALLIGRAPHY : (Calligraphy Basic like lines curve lines) DESIGN
9	COMPUTER	7 8	Microsoft Excel - An Introduction The Internet
10	P.T.		<ul style="list-style-type: none">• Savadhan Vishram / kadam Tal• Left / Right Turn / Above Turn

			<ul style="list-style-type: none"> ● Revision Standing Exercises ● Warm up Exercises
11	YOGA		<ul style="list-style-type: none"> ● Set of Eye exercise ● Standing Asanas (a) Chakrasana (b) Katti vakrasana (c) Katti Chakrasana (d) Hastha Padasana (e) Tadasana-I (f) Tadasana-II ● Vajrasana ● Shwanasana ● Swastikasana ● Ardha - Padmasana ● Parvatasana ● Titliasana ● Basic breathing technique ● Hasthparshwasana ● Sulabh Ushtrasana ● Surya Abhyas ● Pre Ujjai ● Janu Bhushirasana ● Yoga mudra ● Anthar Kumbhakh ● Bahya Kumbhakh ● Paschimottanasana ● Brahma mudra ● Sulabh Stupa Vajrasana ● Abdominal breathing ● Chest breathing ● Bhu Namanasana ● Sulabh Ardha Matsyendrasana
12	KARATE		<ul style="list-style-type: none"> ● Three types of jumps ● Upper body twist ● Lower back stretch dynamic ● Lower back stretch ● Shoulder exercise ● Neck exercise ● Arms exercise ● Wrist rotation exercise

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Sr. No.	SUBJECT	CHAPTER NO.	TOPICS / CHAPTER HEADING
1	ENGLISH	3.3 3.6 4.4	Prose - A crow in the house Think before you speak Poem- Home sweet home Grammar - Consonance
2	HINDI	4 3	पाठ - रहस्य कविता - वसंत गीत व्याकरण - अव्यय तथा प्रकार रचना - कहानी लेखन (रूपरेखा के आधार पर) मानव सेवा - सच्ची सेवा (निबंध)
3	MARATHI	१२	पाठ - रोजनिशी कविता - संतवाणी निबंध- माझी आई बातमी लेखन
4	MATHS	14 9	Algebraic formulae - Explanation of Squares Direct Proportion and Inverse Proportion
5	SCIENCE	19 20	Properties of Magnetic field In the world of stars
6	HISTORY	8 7	History - An Ideal Ruler. Civics - Fundamental Rights Part I
7	GEOGRAPHY	7 8	Soil How Seasons Occur Part - 2
8	DRAWING	6	OBJECT DRAWING (Theory : Explain definition of object drawing and how to draw on a paper with 3 dimension)

9	COMPUTER	7 8	Powerpoint - Advanced Features More on Internet
10	P.T.		<ul style="list-style-type: none"> Standing Exercises ● Kadam Tal Game ● Revision of Sitting Exercises
11	YOGA		<ul style="list-style-type: none"> ● Set of Eye exercise ● Standing Asanas (a) Chakrasana (b) Katti vakrasana (c) Katti Chakrasana (d) Hastha Padasana (e) Tadasana-I (f) Tadasana-II ● Vajrasana ● Shwanasana ● Swastikasana ● Ardha - Padmasana ● Parvatasana ● Titliasana ● Basic breathing technique ● Hasthparshwasana ● Sulabh Ushtrasana ● Surya Abhyas ● Pre Ujjai ● Janu Bhushirasana ● Yoga mudra ● Anthar Kumbhakh ● Bahya Kumbhakh ● Paschimottanasana ● Brahma mudra ● Sulabh Stupa Vajrasana ● Abdominal breathing ● Chest breathing ● Bhu Namanasana ● Sulabh Ardha Matsyendrasana
12	KARATE		<ul style="list-style-type: none"> ● Three types of jumps ● Upper body twist ● Lower back stretch dynamic ● Lower back stretch ● Shoulder exercise ● Stomach level kick ● Neck exercise ● Arms exercise ● Wrist rotation exercise