

SYLLABUS 2025-26

Class- 3 ENGLISH

Reader: Snowdrops (Cordova publication)
Grammar: Essentials of Grammar and Composition (Sultan Chand)

APRIL '25

Reader: L-1 Joy In The Jungle
Make sentences hollow, delight, sturdy, absorbed, passage
L- 2 Riding A Rainbow
Grammar L- 4 Nouns, L -5 Nouns : Common & Proper
L -6 Nouns : Singular and Plural
Comprehension (Source: Smart Class- Worksheet)
Creative Writing Visit to Lab with key points (Integrated with EVS)
Earth Day (when, why, how) (Picture)
Antonyms war, rise, east, far ,lose
Synonyms secure, wind, happy, tiny ,thin
Homophones: quiet/quite , right /write , one/ won
Idiomatic expressions costs an arm and a leg, beat around the bush, on cloud nine, a piece of cake, try on
Declamation Self Introduction
Paragraph Writing Ambedkar Jayanti



Let us all pledge on this Earth Day

APRIL
22

I pledge to make **Earth Day**, every day by taking the next step to prevent pollution and help to **conserve environment**.

I pledge to do what I can to **recycle, conserve energy, save water, protect our natural resources** and to work together for a cleaner & greener tomorrow



MAY'25

Reader L -3 The Cactus
Make sentence gloom, arrogant, mumbled, regal, hesitated
Poem – 4 Trains
Grammar L-1 The Sentences, L-2 Asking Questions, L-3 The Comma
Pg 84
Comprehension
Antonyms none, wide, rough, fast, hard
Synonyms quick, beautiful, annual, help, pile
Homophones: bail/bale, their/there, feat/feet
Idiomatic expressions in a fix, kith and kin, put on, well off, hold your horses
Blending Words Practice of blending words
Declamation Mother's Day
Art Integration activity Drawing a wildlife scene & writing a short paragraph

JULY'25

Reader	L-5 Clever Tenali Poem-6 Bird
Make sentences	nabbed, immediately, bottom, dragged, spy L-8 's , L-9 Adjectives, L-10 Comparison
Grammar	L-11 A, An , the
Creative Writing	Visit To Kitchen Garden with key points (Integrate with EVS)
Antonyms	clean, proud, rude, wise, lucky
Synonyms	choose, hide, strange, fast, dull
Homophones:	see/sea, I/eye, lose/loose
Idiomatic expressions	apple of one's eye, great minds think alike, a friend in need is a friend indeed, under the weather, leave no stone unturned
Composition	Picture Composition
Declamation	Value of reading books

AUGUST '25

Reader:	L-7 Rip Van Winkle L – 9 My Silly Sister pebble, Poem -8 If I Knew
Make sentences	barrel, ignored, overnight, recognized, spot pebble, scold, childish, naughty, anger
Grammar	L-12 Pronoun, L-13 Verbs L-7 Noun Gender, L-14 is, am, are
Comprehension	Smart class
Antonyms	lend, proud, friend, safe, rough
Synonyms	brave, smell, voyage, pretty, danger
Homophones:	cheap/cheep, plain/plane, fine/fined
Idiomatic expressions	with open arms, The ball is in your court, a hot potato, cat nap , in a nutshell
Composition	Picture composition (Pg-44)
Paragraph Writing	Raksha Bandhan
Class Activity	Role Play
Declamation	Good manners

SEPTEMBER'25

Reader:	L – 11 The Selfish Giant Poem-10 The Balloon Man
Make sentences	feeble, generous, prosecuted, spring, bloomed
Grammar	L-15 was, were L- 16 have, has, had L- 17 Simple Present Tense
Comprehension	Pg 87
Creative Writing	Teacher's Day
Antonyms	forget, arrive, fresh, honest, dull
Synonyms	beat, complete, bright, calm, reply
Homophones:	male/mail, weigh/way, scene/seen
Idiomatic expressions	off and on, a red letter day, cut it out, ran into, hold your horses
Composition	A Zoo (Smart Class)
Letter Writing	Invitation Letter for Birthday (Pg-47)
Declamation	Good Manners

OCTOBER'25

Reader:	L-13 Pinocchio Becomes A Real Boy Poem-12 Don't Tell
Make sentences	awaited, cheerful, puppet, raised, praise
Grammar	L-18 Present Continuous Tense, L-19 Simple Past Tense L-20 Simple Future Tense
Comprehension	Pg 88
Antonyms	useful, seldom, entrance, low, fit
Synonyms	brief, depend, loyal, hurry, start
Homophones:	site/sight, new/knew, stare /stair
Idiomatic expressions	ups and downs, safe and sound, cold feet, a blessing in disguise, apple of my eye
Composition	Railway Composition (with the help of picture)
Declamation	Festival

NOVEMBER'25

Reader:	L-15 The Lost Camel Poem – 14 A Good Boy
Make sentences	honest, exactly, stolen, wise, untouched
Grammar	L-21 can, cannot, should, should not, L-22 Short forms, Compound words (Pg -79)
Comprehension	Smart class
Creative Writing	Diwali (Picture Composition)
Antonyms	weak, forward, fair, obey, cheap
Synonyms	weary, permit, faithful, sad, afraid
Homophones:	which/witch, right/write, meat/meet, hole /whole
Idiomatic expressions	at the eleventh hour, spick and span, better late than never, get out of hand, miss the boat
Composition	My Pet (Pictures and clue)
Declamation	Trees are our best friend

DECEMBER'25

Reader:	L – 17 The Amazing Zoo L- 16 Puppy and I
Make sentences	chipping, furious, fun, furious, grabbed
Grammar	L – 23 Adverbs, Similies, L-24 Prepositions
Comprehension	Smart class
Antonyms	light, please, kind, trembled, pale
Synonyms	amazing, grateful, silly, clever
Homophones:	ate/eight, here/hear, some/sum, road/rode
Idiomatic expressions	once bitten twice shy, miss the boat, spill the beans, call it a day, cup of tea
Paragraph Writing	Christmas
Class Activity	Declamation - An Ideal Student
Life Skills	Mindfulness
Art Integration activity	Creating a collage of an animal kingdom using waste material

JANUARY '26

Reader:	Poem-L-18 Midnight Fun
Grammar	L – 25 Conjunctions L- 26 Interjections
Comprehension	Smart class
Antonyms	dark, pure, sick, appear,
Synonyms	loud, huge, admit
Homophones:	principal/principle, dose/doze, knew/new,
Idiomatic expressions	in vain, to take place, let the cat out of the bag, on top of the world, time is money
Composition	Picture Composition
Declamation	Gratitude

FEBRUARY'26

Reader:	L – 19 Meena
Make sentence	carried, difficult, wonder, path, visited
Grammar	Parts of Speech, Parsing, Editing
Antonyms	Revision
Synonyms	Revision
Homophones:	Revision
Idiomatic expressions	Revision
Creative Writing	Visit to Historical Place with key points (Integrated with EVS)
Paragraph Writing	Holi
Declamation	Cleanliness

MARCH'26

Reader:	Poem – The Water Cycle Reading for Fun (Pg. no 135)
Grammar	Revision of Tenses
Creative Writing	Importance of water

English Spelling Worksheet	L -1, 3, 5, 7, 9 Synonyms & Antonyms (April to July) and GK Words		Reader L- 9, 11, 15 ,17 Synonyms & Antonyms (Oct to Jan) and GK Words	
English Worksheet	I	II	III	IV
Reader	L-1,3 and Poem-4	L- 5and 7, Poem- 6	L-9,11 and Poem-10	L- 15,17 and Poem-16
Grammar	L-1,2,3,4,5 and 6	L- 8 ,9 10,11,12 and 13	L-15,16,17, 18 ,19 and 20	L-21,22,23,24 and compound words
	Homophones (April & May) Idiomatic Expression (April &May)	Homophones (July & Aug) Idiomatic Expression (July & Aug)	Homophones (Sep-Oct) Idiomatic Expression (Sep & Oct)	Homophones (Nov -Jan) Idiomatic Expression (Dec - Jan)
	Picture Composition & Comprehension	Picture Composition & Comprehension	Paragraph Writing & Comprehension	Paragraph Writing & Comprehension

हिन्दी

पाठ्यपुस्तक
व्याकरण

वीणा (NCERT)
अमोली (डॉ निर्मल दलाल)

अप्रैल-25

वीणा	पाठ-3 कितने पैर
वाक्य रचना	पुस्तक, पशु, आनंद, बरसात, पक्षी, धरती
कविता	पाठ-1 सीखो
व्याकरण	पाठ-2 वर्ण, पाठ-4 संज्ञा, लिंग (1-4), पर्यायवाची (1-2), विलोम (1-3), वचन (1-3) अनेक शब्दों के लिए एक शब्द (1, 2, 3), अशुद्ध-शुद्ध (1-4), गिनती (1-10)
अपठित -गद्यांश रचनात्मक कार्य	पृष्ठ -24 - वीणा अ) चित्र वर्णन (पृष्ठ -84 व्याकरण) ब) 'कितने पैर' पाठ से कोई पाँच संज्ञा शब्द छाँट कर लिखें।
चर्चा	“हम अपने पैरों का ध्यान कैसे रख सकते हैं पर कक्षा में चर्चा करें।”

मई -25

वीणा	पाठ-5 आम का पेड़
वाक्य रचना	फल, पेड़, उदास, बगीचे, मीठे, वर्षा
कविता	पाठ-2 चींटी
केवल पठन	चींटी ओर हाथी पृष्ठ-13
व्याकरण	पाठ-1 भाषा और व्याकरण, लिंग (5-8), वचन (4-6), पर्यायवाची (3-4), विलोम (4-6), अनेक शब्दों के लिए एक शब्द (4-6), अशुद्ध शुद्ध (5-8), मुहावरे (1, 2)
अनुच्छेद	योग दिवस
रचनात्मक कार्य	पेड़ों के महत्व पर पाँच-छह पंक्तियाँ लिखें।
चर्चा	अच्छे इंसान में कौन से गुण होने चाहिएँ पर चर्चा करें।
प्रोजेक्ट कार्य	वन्य जीवन संरक्षण का मॉडल clay की सहायता से बनाएँ (Animal kingdom, Wildlife –Conservation)
Art Integration	Clay Modelling (1.2.1) Study of basic forms in clay (1.5.1) & Organization display and exhibition of students periodical and sessional work

जुलाई -25

वीणा	पाठ-6 बीरबल की खिचड़ी
वाक्य रचना	सरदी, पानी, दीपक, बीमार, आग, रात
कविता	पाठ- 4 बयां हमारी चिड़िया रानी
केवल पठन	दोस्त के जूते (पृष्ठ -24)
व्याकरण	पाठ-7 सर्वनाम, लिंग (9-12), वचन (7-9), पर्यायवाची (5-6), विलोम (7-9), अनेक शब्दों के लिए एक शब्द (7-8), अशुद्ध-शुद्ध (9-12), मुहावरे (3-4), चित्र वर्णन (पृष्ठ -84 व्याकरण)
अपठित -गद्यांश	पृष्ठ-76 व्याकरण

अनुच्छेद
रचनात्मक कार्य
चर्चा

प्रातःकाल की सैर
अकबर और बीरबल की कहानी सुनाएँ।
“परिवार में बुजुर्गों की सीख के महत्त्व पर चर्चा करें”।

अगस्त -25

वीणा
वाक्य रचना
केवल पठन
व्याकरण

पाठ-7 मित्र को पत्र
मित्र, गरमी, सुन्दर, नाव, मन, मंदिर
सुन भई गप्प, (पृष्ठ -80)
गिनती (11-20), लिंग (13-16), वचन (10-12), पर्यायवाची (7-8),
विलोम (10-12), अनेक शब्दों के लिए एक शब्द (9-10), अशुद्ध-शुद्ध (13-
16), मुहावरे (5-6)

अपठित -गद्यांश
रचनात्मक कार्य

पृष्ठ -46
(अ) पोस्टकार्ड पर पत्र लेखन का अभ्यास करवाया जाएगा।
(ब) “जन्माष्टमी विषय पर लेख लिखिए”।

चर्चा

“बादल ना बरसे तो पानी की कमी हो जाती है पानी बचाने के लिए आप क्या उपाय करते हैं”
विषय पर चर्चा करें।

सितम्बर -25

वीणा
वाक्य रचना
कविता
व्याकरण

पाठ-8 चतुर गीदड़
तालाब, उपाय, सहायता, डर, मित्र
पाठ-10 रस्साकशी
पाठ-8 विशेषण, गिनती (21-30), लिंग (17-20), वचन (13-15),
पर्यायवाची (9, 10), विलोम (13-15), अनेक शब्दों के लिए एक शब्द (11, 12),
अशुद्ध-शुद्ध (17-21), श्रुतिसम भिन्नार्थक शब्द, मुहावरे (7, 8)
गणेश चतुर्थी

अनुच्छेद
रचनात्मक कार्य

अ) जल व थल पर रहने वाले जीव को अलग-अलग तालिका में लिखें
ब) “मेरा विद्यालय” विषय पर लेख लिखिए।

चर्चा

अपनी मनपसंद वस्तु दिखा कर चर्चा करें।

अक्तूबर -25

वीणा
वाक्य रचना
कविता
व्याकरण

पाठ-9 प्रकृति पर्व-फूलदेई
प्रसन्न, फूल, त्योहार, व्यंजन, पैसे, पहाड़
पाठ-11 ट्रेफिक जाम
पाठ- 9 क्रिया, लिंग (21-24), वचन (16-18), पर्यायवाची (11, 12),
विलोम (16-18), अनेक शब्दों के लिए एक शब्द (13, 14), मुहावरे (9, 10),
गिनती (31-40)

अपठित -गद्यांश
अनुच्छेद

पृष्ठ - 77 व्याकरण
'गाँधी जयंती'

चर्चा

धार्मिक त्योहारों के बारे में चर्चा करें।
विभिन्न फलों व सब्जियों के चित्र बनाकर रंग भरें।

Art Integration

Sketching (1.1.9) Various types of colours to paint variety of papers

नवम्बर -25

वीणा	पाठ-12 अपना अपना काम
वाक्य रचना	पुस्तक, स्कूल, शरीर, परिश्रम, उड़ना, फूल
कविता	पाठ-11 एक जादुई पिटारा
व्याकरण	लिंग (25-28), वचन (19-21), पर्यायवाची (13-14) विलोम (19-21), अनेक शब्दों के लिए एक शब्द (15,16), अशुद्ध -शुद्ध वाक्य (1-2), मुहावरे (11,12), गिनती (41-50)
रचनात्मक कार्य	फर्स्ट ऐड बॉक्स का चित्र बनाएँ व उसमें आवश्यक वस्तुओं की सूची बनाएँ।
अनुच्छेद	“मेरा शहर”
चर्चा	“बाल दिवस” पर चर्चा करें।

दिसम्बर -25

वीणा	पाठ- 13 पेड़ों की अम्मा “थिमक्का”
वाक्य रचना	भारत, पौधे, वर्ष, लाभ, पेड़, सड़क
व्याकरण	पाठ-3 शब्द और वाक्य, लिंग (29-34), वचन (22-24), पर्यायवाची (15,16), विलोम (22-24), अनेक शब्दों के लिए एक शब्द (17,18), अशुद्ध शुद्ध वाक्य (3-4)
अपठित -गद्यांश	पृष्ठ -78 व्याकरण
रचनात्मक कार्य.	‘मेरा प्रिय चैनल’ विषय पर लेख लिखिए।
चर्चा	‘प्रदूषण एक समस्या’ विषय पर चर्चा करें।

जनवरी -26

वीणा	पाठ-14 किसान की होशियारी
वाक्य रचना	खेत, किसान, भूमि, भालू, पढ़ाने, चमकीले
व्याकरण	पाठ -10 विराम चिह्न लिंग (35-40), पर्यायवाची (17-18), विलोम (25-27), अनेक शब्दों के लिए एक शब्द (19,20), अशुद्ध शुद्ध वाक्य (5-6)
रचनात्मक कार्य	अपने मनपसंद जानवर का चित्र बनाएँ।
अनुच्छेद	“बसंत पंचमी”

फरवरी -26

वीणा	पाठ-16 चंद्रयान
वाक्य रचना	चाँद, बादल, धरती, गाँव, सैर, देश
कविता	हम अनेक किन्तु एक
व्याकरण	पाठ-12 अशुद्धि-शोधन, लिंग (41-44), अनेक शब्दों के लिए एक शब्द (21-22), अशुद्ध शुद्ध वाक्य (6-10)
पत्र-लेखन	बीमारी के लिए प्रार्थनापत्र
अपठित गद्यांश	पृष्ठ -138 (वीणा)
अनुच्छेद	मेरा प्रिय मित्र
रचनात्मक कार्य	अ) ‘मेरा प्रिय कार्टून’ विषय पर लेख लिखिए। ब) ‘चंद्रयान’ का चित्र बनाकर उसके बारे में लिखिए।
चर्चा	“मेरी कक्षा” विषय पर चर्चा करें।

मार्च -26

वीणा	पाठ-17 बोलने वाली माँद
वाक्य रचना	हवा, तितली, झरना, नदी, गुफा, दरवाजा
कविता	हिन्द देश के निवासी
व्याकरण	पाठ-14 अनेक शब्दों के लिए एक शब्द (23-24), पुनरावृत्ति-संज्ञा, सर्वनाम, विशेषण, क्रिया
प्रार्थनापत्र	पत्र लेखन (जरूरी काम के लिए)
रचनात्मक कार्य	अ) चित्र वर्णन ((पृष्ठ -85 व्याकरण) ब) भारत के विभिन्न राज्यों की भाषा व खाने के बारे में लिखिए।

सत्र (2025 -26)

I	II	III	IV	V	VI
पाठ्यपुस्तक पाठ- 3 <u>व्याकरण-</u> पाठ-2 वर्ण, पाठ-3 संज्ञा , लिंग (1-4), वचन (1-3), पर्यायवाची (1-2) , विलोम (1-3), अनेक शब्दों के लिए एक शब्द (1,2), अशुद्ध - शुद्ध (1-4), गिनती (1-10)	पाठ- 3,5	पाठ्यपुस्तक पाठ- 5, 6, (अपठित गद्यांश) <u>व्याकरण-</u> पाठ-7 सर्वनाम, लिंग (1-12), वचन (1-9), पर्यायवाची (1-6), विलोम (1-9), अनेक शब्दों के लिए एक शब्द (1-6), अशुद्ध-शुद्ध (1- 12), मुहावरे (1-4), चित्र वर्णन	पाठ्यपुस्तक पाठ- 7,8,9 (अपठित गद्यांश) <u>व्याकरण-</u> पाठ-8 विशेषण गिनती (1-30), लिंग (1-20), वचन (1- 15), पर्यायवाची (1-10) , विलोम (1-15) , अनेक शब्दों के लिए एक शब्द (1-10) , अशुद्ध -शुद्ध (1- 21), मुहावरे (1-8) , श्रुतिसम भिन्नार्थक शब्द, चित्र वर्णन	पाठ- 6,8,9	पाठ्यपुस्तक पाठ-12,13 (अपठित गद्यांश) <u>व्याकरण-</u> पाठ- 9 क्रिया गिनती (1-50), लिंग (1-34), वचन (1- 24), पर्यायवाची (1- 16), विलोम (1-24), अनेक शब्दों के लिए एक शब्द (1-16), अशुद्ध -शुद्ध वाक्य (1-4), मुहावरे (1-14)

MATHEMATICS

BOOK

TOGETHER WITH NEW MATHEMATICS (Rachna Sagar Publication)

APRIL '25

Chapter 1
Chapter 2
Table
Dodge Tables
Life Skill Activity

Numbers and Numeration
Addition Ex - 2 A, 2 B and 2 C
13
2 to 12
Ask your parents about the year they were born in. Write the Number and
Number name

Activity Place value explanation with the help of Model of Abacus using clay, pencil and crafts

MAY'25

Chapter 2 Addition (Complete)
Chapter 3 Subtraction Ex - 3 A ,3 B and 3C
Table 14
Dodge Table 2 to 13
Life Skill Activity Make a record of the height of each student of your class and add them.
Art Integration Activity Subtraction activity by creating a forest scene using pencils and colours.

JULY'25

Chapter 3 Subtraction (Complete)
Chapter 4 Multiplication Ex - 4 A ,4 B and 4 C
Table 15
Dodge Tables 2 to 14

AUGUST'25

Chapter 4 Multiplication (complete)
Chapter 9 Time
Dodge Tables 2 to 15
Art Integration Activity To make a model of clock using bangles explaining half past and quarter past.

SEPTEMBER'25

Chapter 5: Division
Dodge Tables 2 to 15
Activity To divide the given numbers using Flower division wheel

OCTOBER'25

Chapter 6: Fractions
Dodge Tables 2 to 15
Life Skill Activity To understand the concept of fractions using burger.

NOVEMBER'25

Chapter 8: Money
Dodge Tables 2 to 15
Life skills Activity To calculate the expenditure for the different items purchased from a grocery store.
Artificial Intelligence Activity: Shopping Assistant Game

DECEMBER'25

Chapter 7: Geometry
Chapter 10: Measures of Length
Dodge Tables 2 to 15
Art Integration Activity To create a forest scene using different types of 2 D and 3 D shapes .

JANUARY'26

Chapter 11 Measures of Mass Ex- 11 A ,11 B and11 C
Dodge Tables 2 to 15
Class Activity To understand the concept of weighing in Kg and g using sorting of different types of objects.

FEBRUARY'26

Chapter 11:	Measures of Mass (Complete)
Chapter 12:	Measure of Capacity
Dodge Tables	2 to 15
Class Activity	To understand the concept of weighing in L and ml using sorting of different types of objects.

MARCH'26

Chapter 13:	Data Handling
Dodge Tables	2 to 15
Art Integration Activity	To learn how to read a Pictograph

Note: **Revision of Tables (2 to 15) will be done regularly.**
Mental Maths (30 questions) will be done every month.

Syllabus for Worksheet:

Worksheet	I	II	III	IV
Chapter No.	Ch1,Ch2 (Ex 2a-2c)	Ch3,4,9	Ch5,6,8	Ch 7,10,11
	Mental Maths of Ch-1	Mental Maths of Ch- 3,4 and 9	Mental Maths of Ch- 5,6 and 8	Mental Maths of Ch- 7,10 and11

ENVIRONMENTAL STUDIES

EVS BOOK: **My Green World 3 (Millennium Publication)**
My Green World WORKBOOK 3 (Millennium Publication)

APRIL'25

Chapter 1	Parts Of The Body
Experiment	<u>Visit to Biology Lab</u> (a) To show the models of different organ systems
Diagram	Draw different sense organs
Life Skill	(a) Implementation of Yogasanas to make digestive system, respiratory system & circulatory system healthy and strong. (Yoga)
Paragraph	Baisakhi : Harvest Festival
Chapter 19	Materials around us
Experiential Learning Activity	(a)To make homemade lollipops (b) To show that liquids do not have definite shape but have definite volume

MAY'25

Chapter 3	The Food We Eat
Activity	(a) Draw/ Paste pictures of types of food (b) Poster making on Eat Healthy Stay Healthy (Art) (c) Make a rainbow using fruits and vegetables
Life Skill	To show nutritional value on the packets in Activity Notebook
Art Integrated Project	To study about different kinds of animals and their special features. (Animal Kingdom)

CBSE Activity

Visit to Activity Lab

Making of sprouts salad in classroom (Poshan Mah)

Chapter 5

Activity

Paragraph

Clothes We Wear

Paste pieces of different kinds of fibres

Yoga Day

JULY '25

Chapter 15

Diagram

Experiment

Life Skill

Plants- Our Friends

Draw and label different parts of plants

To show germination of a seed

Visit to Kitchen Garden (Field Trip)

(a) To show different types of plants, Herbs, Shrubs, Creepers & Climbers

(b) To show different kinds of Roots

(c) To make a kitchen garden scene (Art)

Chapter 2

Activity

CBSE Activity

Keeping Safe

Draw different road signals

Enactment on Road Safety Rules

AUGUST '25

Chapter 13

Activity

Life Skill

CBSE Activity

Chapter 16

Activity

Activity

Symbols of Unity

Make a National Flag

Collect pictures of flags of different countries and make a collage (any 10)

Role play on Freedom Fighters

Paragraph on Independence Day and pasting of pictures of National symbols

Animals and Birds

Draw a Food Chain

Paste pictures of Carnivorous , Herbivorous and Omnivorous animal

SEPTEMBER '25

Chapter 10

Map Activity

Chapter 6

Family Activity

Life Skill

Land and Rivers

Mark major landforms of India on political map of India.

Family

Make a collage of Family tree

Design a special “Thinking of you“ card for an elderly member or friend of your family.

OCTOBER '25

Chapter 8

Life Skill

Paragraph.

Chapter 17

Experiment

Art Integrated Activity

Our Festivals

Paste your own pictures of national, harvest and religious festivals

Draw Dussehra/ Diwali Scene (Art)

Paragraph on Our Festivals (Computer)

Durga Puja

Soil – A Natural Wonder

(a) To show that soil contains water

(b) To show that soil contains air

To make pet rocks

NOVEMBER '25

Chapter 7

Activity

People and Their Work Places

Paste pictures of neighbourhood services

Life Skill Visit to a post office in your locality. Find out the cost of the following items.
(a) Postcard (b) Envelopes (c) Aerogramme (d) Inland letter

DECEMBER'25

Chapter 18
Activity **Clean Water And Air**
Make collage of water cycle
Life Skill Pranayama Practice (Pavanamuktasana) in Yoga
Experiment To show Filtration, Sedimentation and Decantation.
Paragraph. Veer Bal Diwas
Chapter 14
Activity **Transport and Communication**
Paste pictures of means of transport and communication. (3 each)
Group Activity Discuss in the class the bad effects of overuse of modern cellular phone
Life Skill Write an e-mail to your relative with the help of your parents. Take a print of it and paste it in your notebook.
Art Integrated Project To study different body parts of animals and their movement.

JANUARY '26

Chapter 9
Activity **Reaching Places**
Create a map of your locality.
Paragraph. Basant Panchmi
Chapter 21
Diagram **The Earth and the Sky**
Different shapes of moon, ursa major constellation

FEBRUARY'26

Chapter 20
Activity **Weather and Seasons**
Paste pictures of different seasons of India
Make Spring Season Scene (Art)
CBSE Activity Make a collage of national dresses of different countries (any 5) and the paired state of Haryana
Chapter 11
Activity **Early Humans**
Make pictures of the tools used by early humans by using clay.
Group Activity Visit to a historical museum

MARCH'26

Chapter 4
Activity **Home Sweet Home**
Paste pictures of different types of houses
Paragraph. Holi
Chapter 12
Activity **Cities and Villages**
Paste pictures of vehicles using two, three and four wheels
Group Activity Discuss in the class about the problems that big cities will face in future if continue to move from villages to cities people will

Syllabus For EVS Worksheet

I	II	III	IV
Ch-1, 3, 5, 19	Ch-10, 13, 15, 16	Ch-8, 17, 18	Ch-9, 14, 20, 21

Note :- Explanation , back exercise, question- answers and worksheet from the book

(CCE worksheet) will be done as revision. Videos will also be shown on Smart class to give a clearer picture of different topics. Visit to Bio lab and Garden visit will also be done for explaining particular topics.

To study about different kinds of animals and their special features.

GENERAL KNOWLEDGE

NOTE:

Ten questions related to Current Affairs and Mental Ability to be done every month.

APRIL '25	Pg 9, 10, 11, 12, 13,14, 15
MAY '25	Pg 16, 17, 18, 19, 20 ,21,22
JULY '25	Pg 23, 24, 25, 26, 27 ,28, 29
AUG '25	Pg 30, 31, 32, 33, 34, 35
SEPT '25	Pg 36, 37, 38, 39 ,40 ,41
OCT '25	Pg 42 ,43, 44, 45 ,46 ,47
NOV '25	Pg 48 ,49, 50, 51, 52, 53
DEC '25	Pg 54 ,55 ,56, 57, 58 ,59
JAN' 26	Pg 60, 61, 62 ,63, 64, 65
FEB' 26	Pg 66 ,67,68 ,69 ,70 ,71
MAR '26	Pg 72, 73 ,74, 75, 76, 77, 78

ART AND CRAFT

APRIL'25

Drawing File	Introduction of Colour Wheel
Drawing File	Under Water Scene
Draw and Colour Activity	pg.1,2,3,4 and 5
	News Paper Craft

MAY'25

Drawing File	Summer Season Scene
Draw and Colour Competition Activity	pg. 6,7 and 8
	Flower making for Mother's Day
	Stone Painting

JULY'25

Drawing file	Beach Scene
Draw and Colour Activity	pg.9,10, and 11
	Decoration for JanamashtmiActivity
	Slogan Writing orPoster making on Mental Health
Competition	Rakhi Making for Soldiers

AUGUST'25

Drawing File	Village SceneDrawing FileMarket Scene
Draw and Colour	pg.12,13 and 14
CraftFor	Independence Day

SEPTEMBER'25

Drawing file	Any Festival
Draw and Colour Activity	pg.15,16 and 17
Activity	Best Out of Waste
Competition	Painting on Ministry of Jai Shakti
	Origami Model Making

OCTOBER'25

Drawing File
Draw and Colour
Competition
Competition

My Dream Art Room
pg.18,19 and 20
Kandil Making
Camel Art Contest

NOVEMBER'25

Drawing File
Draw and Colour
Activity

Jungle Safari
pg. 21,22 and 23
Poster Making on Fit India

DECEMBER'25

Drawing File
Drawing File
Draw and colour
Activity
Competition

Christmas Scene
Temple Scene
Pg. 24,25 and 26
Christmas Decoration
Star or Snow Flakes Making

JANUARY'26

Drawing File
Draw and colour
Activity

Winter Season Scene
pg.27 and 28
Kite Making

FEBRUARY'26

Drawing File
Drawing File
Draw and colour
Activity

City Scene
Poster on Social Issues
pg.29 and 30
Paper Craft

MARCH'26

Drawing File
Draw and Colour
Activity

Village Scene
pg. no 31 and 32
T-Shirt Painting with Tye and Dye

COMPUTER SCIENCE

APRIL' 25

Chapter – 1

Computer and its Components
How does a computer work? Working of a computer, Identify the components of software and hardware.

Activity

Draw different Input and output devices in Tux Paint.
Draw 'My Family' in Tux Paint.

MAY' 25

Chapter – 1

Computer and its Components
Features of computer, Types of computer, Characteristics of Computer.

Activity

Type 5 lines on 'First Day in my New Class' in Word.

JULY' 25

Chapter – 2

Windows Operating System
Functions of operating system, Windows and its different versions, Components of Window 10 screen, Restart and shut down the computer.

Activity

Work on the desktop by selecting, deselecting and arranging icons.
Draw 'Rainy Season' in Tux Paint.

AUGUST' 25

Chapter – 3

Paint 3D

Identify 2D and 3D shapes, Understand paint 3D window components, Draw 2D shapes and 3D objects, Add stickers, 3D text and effects in a project.

Activity

Make a scenery in Paint 3D using stickers.

Draw a designer 'Rakhi' in Tux-Paint.

SEPTEMBER' 25

Chapter – 4

Word Processor (MS Word)

Starting Microsoft Word, Parts of the Word, Saving a Document, Closing a Document, Printing a Document, Selecting and Editing text.

Activity

Type a paragraph on 'Food we Eat' in Word.

Draw 'Vegetables and Fruits' in Tux-Paint.

OCTOBER' 25

Chapter – 5

Internet

Understanding the meaning of Internet, Different uses of Internet, Important terms related to the Internet.

Activity

Type a paragraph on 'Advantages and Disadvantages of Internet' in Word.

Draw 'Diwali scene' in Tux Paint.

NOVEMBER' 25

Chapter – 6

Step-wise Thinking.

Step-wise thinking, Solve real-life situations through case study.

Learn about sequence and abstraction.

Activity

Type a paragraph on 'Our Festivals' in Word.

DECEMBER' 25

Chapter – 8

AI vs. Human Intelligence

Meaning and features of human intelligence, Differentiate between human intelligence and AI, Weakness and strong AI.

Activity

Using table in Word type the difference between Human intelligence and Artificial Intelligence.

Make a beautiful scene of 'Christmas' in 3D paint.

JANUARY' 26

Chapter – 7

Scratch 3

Meaning and advantages of Scratch, Components of Scratch.

Activity

Type a paragraph on 'Republic Day' in Word.

Make a program in Scratch 3 which shows motion in a sprite.

FEBRUARY' 26

Chapter – 7

Scratch 3

Identify and work with Scratch block, Saving scratch project.

Activity

Draw a Circle in Scratch3 using pen block.

Make a program in Scratch 3 which shows animation in a sprite.

MARCH' 26

Revision

Activity

Draw 'Holi scene' in Tux-Paint.

	LIFE SKILL
APRIL' 25	Honesty
MAY' 25	Teamwork
JULY' 25	Celebrating Diversity
AUGUST' 25	Nurture the Nature
SEPTEMBER' 25	Doing Your Best
OCTOBER' 25	Sustainable Development
NOVEMBER' 25	Responsibility: Rights & Duties
DECEMBER' 25	Being Compassionate
JANUARY' 26	Personal Safety
FEBRUARY' 26	Caring. Choose Your Role Model

Note: Project CACA (Children Against Child Abuse) is being implemented under the school's safety policy.

My Third Safety Workbook (Life Skills & Moral Science)

	DANCE
	APRIL'25
SONG	ASHKE BOLLIYAN GURSHABAD (BHANGRA)
	MAY'25
SONG	BOLLYWOOD
	JULY'25
SONG	MAI PARINDA KYU BANU (PATRIOTIC)
	AUGUST'25
SONG	KANHA SOJA ZARA (JANAMASHTAMI)
	SEPTEMBER'25
SONG	RADHA NACHEGI
	OCTOBER'25
SONG	RADHA NACHEGI
	NOVEMBER'25
SONG	REVISION
	DECEMBER'25
SONG	ANGELS WE HAVE HEARD
	JANUARY'26
SONG	JAI SHANKAR MAHARAJ (SHIVRATRI)
	FEBRURAY'26
SONG	JAI SHANKAR MAHARAJ (SHIVRATRI)
	MARCH'26
SONG	REVISION

MUSIC

APRIL'25

AAROHA = SA RE GA ,RE GA MA,GA MA
PA,MA PA DHA,PA DHA NI,DHA NI SA
AVROHA= SA NI DHA, NI DHA PA, DHA PA
MA, PA MA GA, MA GA RE, GA RE SA

भंगड़ा पा ले ,खुशिया मना ले
मिल के नाच ले, गए ले
ओ जटा आई बैसाखी
ओ जटा आई बैसाखी भंगड़ा पा ले.....
खेता विच फसला
लहर लहर लहराइया
अम्बा ते पेड़ा
बोरा फूट फूट आइया
ओ जटा आई बैसाखी ओ जटा आई बैसाखी
ढोल वि वजदे
मेले वि लगदे
जश्र दी रौनक छैया
मुटियारा सजधज के सरिया
गिद्धा पवन आइया
जटा आई बैसाखी
भंगड़ा पा ले ,
खुशिया मना ले
मिल के नाच ले, गए ले
ओ जटा आई बैसाखी ओ जटा आई बैसाखी
भंगड़ा पा ले.....

APRIL'25

This little light of mine, I'm gonna let it shine. This
little light of mine, I'm gonna let it shine. This little
light of mine, I'm gonna let it shine. Let it shine, let
it shine, let it shine.

Everywhere I go, I'm gonna let it shine. Everywhere
I go, I'm gonna let it shine. Everywhere I go, I'm
gonna let it shine.

Let it shine, let it shine, let it shine.

This little light of mine, I'm gonna let it shine. This
little light of mine, I'm gonna let it shine. This little
light of mine, I'm gonna let it shine. Let it shine, let
it shine, let it shine.

MAY'25

झूला तो पड़ गए , अम्बुआ की डार पे जी
झूला तो पड़ गए , अम्बुआ की डार पे जी
एजी कोई राधा को गोपाला बिन राधा को
झुलावे झूला, कौन झूला तो पड़ गए
अम्बुआ की~ डार पे जी
धीरज धर ले, मन समझाए ले री
एजी अगले सावन में राधाजी अगले सावन में
झूलेंगे कान्हाँ, संग धीरज धर ले, मन समझाए ले री
या राधा का जीवन, श्याम बिना
रामायण जैसे राम बिना
संग की सहेलियाँ समझें ना बात को जी
एजी कोई उन बिन हम्बे हमें उन बिन
कछु ना, सुहा~ए झूला तो पड़ गए
अम्बुआ की~ डार पे जी,
इन बागन में इन, फूलन में
हम झूले प्रीत के झूलन में अब ये फुलवा,
चुभ रहे सूल से जी अब ये फुलवा
एजी इन बागन में अकेले इन बागन में
पड़े ना अब, पाँ~व
झूला तो पड़ गएँ अम्बुआ की~ डार पे जी

MAY'25

There comes a time
When we heed a certain call
When the world must come together as one
There are people dying
Oh, and it's time to lend a hand to life
The greatest gift of all

We can't go on
Pretending day by day
That someone, somewhere will soon make a change
We are all a part of God's great big family
And the truth, you know, love is all we need

We are the world
We are the children
We are the ones who make a brighter day, so let's
start giving
There's a choice we're making
We're saving our own lives
It's true we'll make a better day, just you and me

JULY'25

ओ देश मेरे तेरी शान पे सदके
कोई धन है क्या तेरी धूल से बढ़ के
तेरी धूप से रौशन तेरी हवा पे जिंदा
तू बाग है मेरा मैं तेरा परिंदा
है अरज़ ये दीवाने की
जहाँ भोर सुहानी देखी
एक रोज़ वही मेरी शाम हो
कभी याद करे जो जमाना
माटी पे मर मिट जाना
ज़िकर में शामिल मेरा नाम हो
ओह देश मेरे तेरी शान पे सदके
कोई धन है क्या तेरी धूल से बढ़ के
तेरी धूप से रौशन तेरी हवा पे जिंदा
तू बाग है मेरा मैं तेरा परिंदा
आंचल तेरा रहे मां रंग बिरंगा
ओह ऊंचा आसमान से हो तेरा तिरंगा
जीने की इज्जत देदे या हुकुम शहादत देदे मंजूर
हममें जो भी तू चुने
रेशम का हो मधुशाला , या कफन सिपाही वाला
ओढ़ेंगे हम जो भी तू बूने ओह देश मेरे तेरी शान पे सदके
कोई धन है क्या तेरी धूल से बढ़ के
तेरी धूप से रौशन तेरी हवा पे जिंदा
तू बाग है मेरा मैं तेरा परिंदा

JULY'25

This is the day, this is the day
That the Lord has made, that the Lord has made
I will rejoice, I will rejoice
And be glad in it, and be glad in it

This is the day that the Lord has made
I will rejoice and be glad in it
This is the day, this is the day
That the Lord has made

This is the day, this is the day
That the Lord has made, that the Lord has made
I will rejoice, I will rejoice
And be glad in it, and be glad in it

This is the day that the Lord has made
I will rejoice and be glad in it
This is the day, this is the day
That the Lord has made

AUGUST'25

ज़री की पगड़ी बाँधे,
सुंदर आँखों वाला,
कितना सुंदर लागे बिहारी
कितना लागे प्यारा ।
ज़री की पगड़ी बाँधे...
कानों में कुण्डल साजे,
सिर मोर मुकुट विराजे,
सखियाँ पगली होती,
जब - जब होठों पे बंशी बाजे ।
हैं चंदा यह सांवरा,
तारे हैं ग्वाल बाला,
कितना सुंदर लागे बिहारी
कितना लागे प्यारा ॥
लट घुँघरे बाल, तेरे कारे कारे बाल,
सुन्दर श्याम सलोना तेरी टेडी मेडी चाल ।
हवा में सर - सर करता तेरा पीताम्बर मतवाला,
कितना सुंदर लागे बिहारी
कितना लागे प्यारा ॥
ज़री की पगड़ी बाँधे,
सुंदर आँखों वाला,
कितना सुंदर लागे बिहारी कितना लागे प्यारा ।
ज़री की पगड़ी बाँधे...

August'25

The tricolour of india
Flutters atop with pride
Saffron white and green
It holds the chakra firm inside
The tricolour of india
Flutters atop with pride
Saffron white and green
It holds the chakra firm inside
Ye tiranga hamara ooncha rahega
Ye tiranga hamara ooncha rahega
Saffron stands for sacrifice
White a symbol of peace
Green for prosperity
And the india of our dreams
The chakra denotes growth
And progress for one and all
The leader of nations of the world
Our country stands tall
Ye tiranga hamara ooncha rahega

SEPTEMBER'25

जय गणेश जय गणेश जय गणेश पाहिमाम,
जय गणेश जय गणेश जय गणेश रक्षमाम।

मुदाकरात्तमोदकं सदा विमुक्तिसाधकं
कलाधरावतंसकं विलासिलोकरक्षकम् ।
अनायकैकनायकं विनाशितेभदैत्यकं
नताशुभाशुनाशकं नमामि तं विनायकम् ॥१॥

नतेतरातिभीकरं नवोदितार्कभास्वरं
नमत्सुरारिनिर्जरं नताधिकापदुद्धरम् ।
सुरेश्वरं निधीश्वरं गजेश्वरं गणेश्वरं
महेश्वरं तमाश्रये परात्परं निरन्तरम् ॥२॥

जय गणेश जय गणेश जय गणेश पाहिमाम,
जय गणेश जय गणेश जय गणेश रक्षमाम।

September'25

Team work it's a good idea
Together we can do
Team work it's a good idea
It can get results two or better than one
Have a common goal
Help each other figure out
Things we can do all are own become possible
Ya possible
Teamwork is a good idea
Together we can do
Teamwork will get result two or better than one

OCTOBER'25

The snow glows white on the mountain tonight

Not a footprint to be seen
A kingdom of isolation
And it looks like I'm the queen

The wind is howling like this swirling storm inside

Couldn't keep it in, heaven knows I tried
Don't let them in, don't let them see
Be the good girl you always have to be
Conceal, don't feel, don't let them know
Well, now they know

Let it go, let it go

Can't hold it back anymore
Let it go, let it go
Turn away and slam the door
I don't care what they're going to say
Let the storm rage on
The cold never bothered me anyway

OCTOBER'25

प्रेम प्रभु का बरस रहा है
पीले अमृत प्यासे
सातों तीरथ तेरे अंदर
बाहर किसे तलाशे
कण कण में हरि
क्षण क्षण में हरि
मुस्कानों में अंसुवन में हरि
मन की आंखें तूने खोली
तो ही दर्शन पाएगा
पता नहीं किस रूप में आकर नारायण मिल जाएगा
नियति भेद नहीं करती
जो लेती है वह देती है
जो बोएगा वह काटेगा
ये जग कर्मों की खेती है
यदि कर्म तेरे पावन हैं सभी
डूबेगी नहीं तेरी नाव कभी
तेरी बाँह पकड़ने को
वह भेष बदलकर आएगा
नेकी व्यर्थ नहीं जाती
हरि लेखा जोखा रखते हैं
औरों को फूल दिए जिसने
उसके भी हाथ महकते हैं
कोई दीप मिले तो बाती बन
तू भी तो किसी का साथी बन
मन को मानसरोवर करले
तो ही मोती पाएगा
पता नहीं किस रूप में आकर नारायण मिल जाएगा
कान लगाके बातें सुनले
सूखे हुए दरख्तों की
लेता है भगवान परीक्षा
सबसे प्यारे भक्तों की
एक प्रश्न है गहरा जिसकी
हरि को थाह लगानी है
तेरी श्रद्धा सोना है या
बस सोने का पानी है
जो फूल धरे हर डाली पर
विश्वास तो रख उस माली पर
तेरे भाग में पत्थर है तो
पत्थर भी खिल जाएगा
पता नहीं किस रूप में आकर नारायण मिल जाएगा

NOVEMBER'25

Fa la la la la, la la la la
Fa la la la la, la la la la
Oh no no
Deck the halls with boughs of holly
Fa la la la la, la la la la (fa la la la la, la la la la)
'Tis the season to be jolly
Fa la la la la, la la la la (fa la la la la, la la la la)
Don we now our gay apparel
Fa la la la la, la la la la (fa la la la la, la la la la)
Troll the ancient Yuletide carol
Fa la la la la, la la la la
See the blazing yule before us
Fa la la la la, la la la la (fa la la la la, la la la la)
Strike the harp and join the chorus
(Fa la la la la, la la la, fa la la la la, la la la)
Follow me in merry measure
Fa la la la la, la la la la, fa la la la la, la la la la
While I tell of Yuletide treasure
(Fa la la la la, la la la la)
Fast away, the old year passes
Fa la la la la, la la la la (fa la la la la, la la la la)
Hail the new, ye lads and lasses
(Fa la la, la la la, la la la, la la la, fa la la, la la la, la la la)
Sing we joyous all together, oh
Heedless of the wind and weather
Fa la la la la, la la la la (hey)

NOVEMBER'25

मेरी झोपड़ी के भाग, आज खुल जाएंगे, राम आएँगे,
राम आएँगे आएँगे, राम आएँगे, मेरी झोपड़ी के भाग,
आज खुल जाएंगे, राम आएँगे ॥
राम आएँगे तो, आंगना सजाऊँगी,
दिप जलाके, दिवाली मनाऊँगी,
मेरे जन्मो के सारे, पाप मिट जाएंगे, राम आएँगे,
मेरी झोपड़ी के भाग, आज खुल जाएंगे, राम आएँगे ॥
मैं तो रूचि रूचि, भोग लगाऊँगी,
माखन मिश्री मैं, राम को खिलाऊँगी,
प्यारी प्यारी राधे, प्यारे श्याम संग आएँगे,
श्याम आएँगे, मेरी झोपड़ी के भाग, आज खुल जाएंगे,
राम आएँगे ॥
मेरी झोपड़ी के भाग, आज खुल जाएंगे, राम आएँगे,
राम आएँगे आएँगे, राम आएँगे, मेरी झोपड़ी के भाग,
आज खुल जाएंगे, राम आएँगे ॥

DECEMBER'25

ना झुका है ना झुकने देंगे आजाद तिरंगा हमारा
खाते है कसम इस माटी की,
इस्पे जान लुटा देंगे हम भारत के है हम भारत से है (२)
हम एक है एक रहेंगे,
न बटे है न बाटने देंगे हम भारत के है
है हिमालय ताज जिसका बहती है जहां यमुना गंगा (२)
हम है शांति के रखवाले,
दुनिया की नजर हम पे है जिसकी आन बाण है सेना,
पर दम है किस्मे जो हमको कभी ललकारे
हम कहाँ है पीछे हटने वाले
हम भारत के है हम भारत से है
हम एक है एक रहेंगे
जिससे दुश्मन भी घबराता ,

JANUARY'26

Brown girl in the ring, tra-la-la-la-la-la
Brown girl in the ring, tra-la-la-la-la
She looks like a sugar and a plum, plum, plum
Dance to the music, tra-la-la-la-la
Dance to the music, tra-la-la-la-la
And she looks like a sugar and a plum, plum, plum
Skip to the music, tra-la-la-la-la
Skip to the music, tra-la-la-la-la-la
And she looks like a sugar and a plum, plum, plum
Sing with the music, la-la-la-la-la
And she looks like a sugar and a plum, plum, plum

Brown girl in the ring, tra-la-la-la-la
Brown girl in the ring, tra-la-la-la-la-la
Brown girl in the ring, tra-la-la-la-la
And she looks like a sugar and a plum, plum, plum

JANUARY'26

इक ओंकार सतनाम करता पुरख ..
अकाल मूरत अजूनी स्वयभम
गुरु परसाद जप आद सच जुगाद सच
है भी सच नानक होसे भी सच
सोचे सोच न हो वे जो सोची लाख वार
चुप्पे चुप न होवै जे लाइ हर लख्तार
भुखिया भूख न उतरे जे बनना पूरिया पार
सहास्यांपा लाख वह है ता एक न चले नाल
के वे सच यारा होइ ऐ के वे कूड़े टूटते पाल
हुकुम रजाई चलना नानक लिखिए नाल

FEBRUARY'26

जहां जहां राधे वहां जाएंगे मुरारी जहां जहां राधे वहा जाएगे मुरारी
अबीर गुलाल बरसाएंगे मुरारी रंग भरी पिचकारी मारेंगे मुरारी
राधे कि.....

राधे रानी रूप है तो रंग है मुरारी राधा परिधान है तो अंग है मुरारी
फूल मे सुगंध जैसे बसती है वैसे हर घड़ी राधाजी के संग संग है मुरारी
जहां जहां

काहे करे कान्हा ऐसे मोसे छेड़खानी काहे रंग डारी ये चुनर मोरी धानी
रोके तू डगर काहे मारे पिचकारी केसे समझाऊ तोहे हारी मै तो हारी
जहां जहां.....

जहां जहां राधे वहां जाएंगे मुरारी जहां जहां राधे वहा जाएगे मुरारी
अबीर गुलाल बरसाएंगे मुरारी रंग भरी पिचकारी मारेंगे मुरारी
राधे कि.....

FEBRUARY'26

FOR THE STARS IN THE SKY
BIRDS THAT FLUTTER AND FLY
I AM THANKFUL
FOR THE LEAVES ON THE TREE
HOW THEY DANCE IN THE BRIDGE
I AM THANKFUL , THANKFUL
WITH AN ATTITUDE OF GRATITUDE
FOR BLESSINGS BIG AND SMALL
I'LL SHOW GRATEFULNESS AND THANKFULNESS
AS I PRAISE THE LORD OF ALL
I AM THANKFUL

YOGA

APRIL- MAY'25

Q1 What is Yoga?

Ans The word yoga means 'Unity or Oneness' and is derived from the Sanskrit word 'Yuj' which means 'to join' (soul and body)

Q2 Importance of Yoga?

Ans Yoga is the science of right living. It works on all aspects of the person: the physical, vital, mental, emotional, psychic and spiritual.

1. Suryanamaskar

Benefits : a) It improves eye sight.
b) It stretches our body muscles.

2. Sidhasana and Padmasana

Benefits : a) It improves our concentration.
b) It sharpens our memory.

3. Anulom-VilomPranayam

Benefits : a) It removes cough and cold.
b) It removes all types of mental and physical stress.

JULY '25

1. **Yogmudrasana**

- Benefits : a) It improves flexibility in the legs.
b) It strengthens the abdominal muscles.

2. **Matasyasana**

- Benefits : a) It purifies our lungs.
b) It strengthens the back bone.

- Practice of Suryaamaskar and Pranayam.

AUGUST '25

1. **TiryakTadasana**

- Benefits : a) It increases flexibility of the waist area
b) This asana develops physical and mental balance.

2. **Utthanasana**

- Benefits : a) It is very good for thighs, knees and ankles
b) It makes the back muscles strong.

- Practice of Suryanamaskar and Pranayam.

SEPTEMBER '25

Revision: **Sidhasana**

Yogmudrasana

Matasyasana

TiryakTadasana

Utthanasana

2. **KapalbhatiPranayam**

- Benefits : a) It has cleansing effect on the lungs
b) It is very beneficial in migraine pain.

- Practice of Suryanamaskar

OCTOBER '25

1. **Shashankasana**

- Benefits : a) It strengthens the intestine
b) It adjusts the minor displacement of the navel.

2. **Ushtrasana**

- Benefits : a) It removes pain in the neck.
b) It improves eye-sight.

- Practice of Suryanamaskar and Pranayam.

NOVEMBER '25

1. **Vyaghrasana**

- Benefits : a) It stretches the abdominal muscles.
b) It reduces weight from the hips and thighs.

2. **Pawanmuktasana**

- Benefits : a) It strengthens the lower back pain.
b) It removes the wind and constipation.

- Practice of Suryanamaskar and Pranayam.

DECEMBER '25

Revision :**Shashankasana**

Ushtrasana

Vyaghrasana

Pawanmuktasana

- Practice of Suryanamaskar and Pranayam.

JANUARY '26

1. Vajrasana

- Benefits : a) It improves our digestive system
b) It helps in the digestion of food.

2. SuptaVajrasana

- Benefits : a) It removes stomach ache.
b) It tones the spinal nerves makes the back flexible.
• Practice of Suryanamaskar and Pranayam.

FEBRUARY '26

1. Naukasana

- Benefits : a) It increases our height
b) It stretches all the muscles of our body.

2. Nabhiasana

- Benefits : a) It removes tiredness.
b) It strengthens our legs.
• Practice of Suryanamaskar and Pranayam.

MARCH '26

Revision :Vajrasana

Suptavajrasana

Naukasana

Nabhiasana

- Practice of Suryanamaskar and Pranayam.