



॥ ओ३म् ॥



# DAV PUBLIC SCHOOL, SAMANA



(Senior Secondary)

CBSE Affiliated (1630571)

**Under : DAV College Managing Committee, New Delhi**

Near Chak, Patran Road, Samana-147101

Phone : 01764-221815, 9878144815

E-mail: [davsamana@gmail.com](mailto:davsamana@gmail.com), [davsamana@yahoo.com](mailto:davsamana@yahoo.com)

Website : [www.davsamana.org](http://www.davsamana.org)



## STUDY PLAN(2022-23)

**Class : 10<sup>th</sup>**

Name \_\_\_\_\_

Section \_\_\_\_\_

Roll No. \_\_\_\_\_

# INDEX

<b>SUBJECT</b>	<b>Page No.</b>
<b>ENGLISH</b>	<b>08 - 14</b>
<b>HINDI</b>	<b>14 - 20</b>
<b>MATHEMATICS</b>	<b>21 - 24</b>
<b>SCIENCE</b>	<b>25 - 28</b>
<b>SOCIAL SCIENCE</b>	<b>28 - 33</b>
<b>PUNJABI</b>	<b>34 - 37</b>
<b>INFORMATION TECHNOLOGY</b>	<b>37 - 40</b>
<b>NAITIK SHIKSHA</b>	<b>41 - 44</b>
<b>PERFORMING ART</b>	<b>45 - 46</b>
<b>HEALTH &amp; PHYSICAL EDUCATION</b>	<b>47 - 51</b>
<b>CALENDAR ACTIVITIES</b>	<b>51</b>
<b>TEST SCHEDULE</b>	<b>51</b>
<b>MEDICAL PLANNER</b>	<b>52</b>
<b>ARYA PARV</b>	<b>53</b>
<b>NATIONAL &amp; INTERNATIONAL IMPORTANT DAYS</b>	<b>54 - 63</b>
<b>ACTIVITIES LIST OF EK BHARAT SHRESHTHA BHARAT</b>	<b>64</b>
<b>FIT INDIA MOVEMENT ACTIVITIES</b>	<b>65 - 66</b>
<b>SCHOOL HOUSES</b>	<b>67</b>
<b>DO'S AND DON'TS</b>	<b>68</b>
<b>CODE OF CONDUCT</b>	<b>68</b>
<b>TEN PRINCIPLES OF ARYA SAMAJ</b>	<b>69</b>

## Principal Message

**"Education is a shared commitment between dedicated teachers, motivated students and enthusiastic parents with high expectations"**



**Principal Dr. Mohan Lal Sharma**  
**Academician, Educationist, Scholar**  
**Writer, Social Worker, Awardee**

### **Dear Students**

Today, the role of a school is not only to pursue academic excellence but also to encourage and empower its students to be lifelong learners, critical thinkers, and productive members of an ever-changing global society. More than a decade back DAV SAMANA pledged to transform education. The school that is being run under the able stewardship of Honorable President **Dr. Punam Suri Ji** has earned its own position not only in Samana but also in its surrounding areas. At DAV, we provide an atmosphere to our students for multifaceted development, where children get such a platform which helps them to channelize their potential in the pursuit of excellence. This can only be possible in a holistic, student-centric environment.

The school is striving hard to make the best possible efforts to inculcate strong Vedic roots combining with academics and extra-curricular activities in the children. Transforming every individual into a self-reliant and independent citizen, the school provides an amalgam of scholastic and co-scholastic activities with International exposure. In our curriculum, the student is the primary focus and each child is involved in the learning process.

A new ray hope has been generated by the introduction of – NEP 2020, a pristine document on education wherein emphasis is laid on technology. From the academic year 2022-23, the government will implement the first phase of NEP 2020. The new norms we have adapted to, the resilience we have developed will play a crucial role in applying the New Education Policy in a better way.

The parents are the most strengthening power in moulding the future of children. Their consistent support empowers us to do more and more. I pay my gratitude to them for their faith in us.

I am confident enough that the DAVIANS will make themselves stronger day by day, adding a new leaf to the grandeur of the school.

**Blessings!!!**

**Principal Dr. Mohan Lal Sharma**

## STUDY PLAN - AN IMPORTANT TOOL

Study plan is a technique that enables you to make the most efficient use of your time, resources and academic potentials. As we journey together, you may face many challenges and to enable you to overcome the obstacles, we offer you this wonderful tool-Study Plan to make you familiar with the values and Academic Syllabi of the school. This will increase your awareness of how you study and you will become more confident. Make this planner a part of your schedule for getting success this year.

.....

### GREEN RULES

- ❖ Be kind, polite, helpful and aware of others' feelings.
- ❖ Try your best, work hard and learn from your own mistakes.
- ❖ Respect your educators.
- ❖ Make yourself presentable.
- ❖ Take responsibility of your education.
- ❖ Be organized.
- ❖ Don't be a distraction.
- ❖ Do the task with dedication.
- ❖ Stick to your goals.

## GENERAL INSTRUCTIONS (FOR PARENTS)

- ❖ Parents are requested to co-operate with the school in its attempt to help towards their children's progress by paying attention to their regularity, punctuality and discipline.
- ❖ Constant vigilance on the part of the parents pays rich dividends. We earnestly recommend that parents should take interest in the daily activities of the children both inside and outside the school and check the diary daily for any notes from the teacher. Kindly attend all Parent-Teacher Meetings in the interest of your wards.
- ❖ If you have any suggestions regarding your ward's study, you are welcome to contact the Principal/Class Co-ordinator/Class Teacher/Subject Teacher during Parent-Teacher Meeting or with prior appointment with Principal/Class Co-ordinator between (9:00 a.m. to 10:00 a.m.).
- ❖ Parents are requested not to enter the class room either to see their wards or to seek interviews with the teachers during class hours. No half day/short leave will be given to the student.
- ❖ Unauthorized absence for 6 consecutive days renders the student liable to have his/her name struck off the rolls. Sick children should not be sent to the school for a test or an examination. Medical certificate must be sent along with an application on the same or next day positively. Student will be fined Rs.10 per day, if the child remains absent for the consecutive two days.
- ❖ Children when suffering from infectious disease should not be sent to school to attend classes. The student is required to produce a fitness certificate from a Medical Practitioner / Doctor on joining.
- ❖ Any change of Residential / Official Address / Telephone Number should be notified to the class teacher and school office immediately.

- ❖ Ensure that the child maintains personal hygiene. He/She has nutritious breakfast and diet and avoids eatables from roadside vendors.
- ❖ Students are not allowed to carry / use "Mobile Phones" within the school premises.
- ❖ As the medium of instruction in the school is English. So, children should be helped to follow their work easily and intelligently by a certain amount of regular conversation in English at home.
- ❖ As soon as the diary is issued, the parents should fill in all the required data and sign in the spaces provided.
- ❖ Parents should sign their ward's school diary daily to check the
  - a) completion of Assignment
  - b) Wearing proper uniform, or any other instruction and circulars given should be acknowledged by signing the diary at the respective spaces provided.
- ❖ Legitimate complaints should be brought to the knowledge of the Principal without delay.
- ❖ Please ensure that the child is sent neatly dressed. Nails should be trimmed regularly. Expensive jewellery and watches, nail polish and make up is not permitted.
- ❖ Encourage the children to participate in all curricular and co-curricular activities. This is very necessary for gaining self-confidence and self-satisfaction.

## MODE OF EXAMINATION

1. The Annual examination will be held in the month of February / March.
  2. Grading System is in the paper of Naitik Shiksha, Performing Art & Health & Physical Education.
  3. A student must pass separately in both (Written+ Practical) exams.
  4. Duration of each paper will be of three hours.
- .....

## TEACHER SHOULD KEEP IN MIND

1. Use a variety of tools (Oral, Projects, Presentation).
2. Understand different learning styles and abilities.
3. Develop child's individual's skills, interests, attitudes and motivation.
4. Monitor the changes taking place in a child's learning, behavior and progress over time.
5. Share the Assessment Criteria with the students.
6. Allow peer and self-assessment.
7. Give an opportunity to the students to improve.
8. Use an "Indoor Voice" while speaking in the class.

## Value Education Topic for Senior

### **APRIL**

#### **SELF DISCIPLINE & CO-OPERATION**

- Being responsible
- Managing Emotions
- Being helpful to new students
- Cleanliness of body and mind
- Healthy and constructive thoughts

### **MAY**

#### **DIGNITY OF LABOUR & OPTIMISIM**

- Respecting all jobs/positions equally
- Keeping your surroundings clean
- Looking at negative things in a positive manner

### **JUNE**

#### **SELF REALIZATION & MEDITATION**

- Purity of mind and soul
- Spending valuable time with parents
- Awareness about duties
- Creative & Innovative approach

### **JULY**

#### **ENVIRONMENT SENSITIVITY**

- Go Green
- Each one, Plant one
- Use of water, Electricity etc.
- Proper utilization of paper

### **AUGUST**

#### **SECULARISM & NATIONAL INTEGRATION**

- Acknowledging the hard-earned independence
- Showing respect towards all religions
- Taking pride in being an Indian
- Abiding by the laws for maintaining National Integrity

### **SEPTEMBER**

#### **EFFICIENCY & EFFECTIVENESS**

- Continuous Efforts with Patience & Endurance
- Believing in yourself
- Having "I CAN Win" attitude
- Do not pluck flowers



**OCTOBER****COMPASSION & CHARITY**

- Love for humanity
- Well mannered in words & actions
- Helping the needy

**NOVEMBER****FAITH & DEVOTION**

- Trust
- Hope
- Calmness

**DECEMBER****INSPIRATION & RESPONSIVENESS**

- Self Trust
- Motivation for Simple living and high thinking

**JANUARY****CLEANLINESS/ CLEAN DAV GREEN DAV**

- Personal hygiene
- Cleanliness of surrounding
- How to keep your classroom tidy

**FEBRUARY****TIME MANAGEMENT & COMMITMENT**

- Practicing effective study techniques
- Being organized

**MARCH****STRIVING FOR EXCELLENCE**

- Be diligent in your performance
- To do things in the best possible manner
- Being enthusiastic

**ENGLISH**Class 10<sup>th</sup>**BOOKS**

1. First Flight
2. Footprints Without Feet
3. Words & Expressions Part-II
4. Bravia

**PUBLICATION**

1. NCERT
2. NCERT
3. NCERT
4. Devjyoti

**“AN ENGLISH LANGUAGE IS A VISION OF LIFE.”**

**“WRITE TO BE UNDERSTOOD, SPEAK TO BE HEARD, READ TO GROW.”**

**IMPORTANCE OF ENGLISH****ENGLISH “THE GLOBAL LANGUAGE”**

The study of English in this age of globalization is essential for all. It holds an important place in our life. From the pragmatic point of view, it should receive a great boost. English serves as a window to the world. The legacy of English Language has left an indelible imprint on the Indian Psyche. Hence, we cannot deal with English just as a foreign language. The entire spectrum of education and philosophy, science and technology has been benefitted through the introduction of English language. In a multilingual state of ours, English may wonderfully serve as an effective auxiliary language. This language enjoys the most prestigious reputation in the world. It has a special identity in the field of education.

**AIMS & OBJECTIVES:**

To enable the students -

1. To communicate effectively and appropriately in real life situations.
2. To read silently at varying speeds depending on the purpose of reading.
3. To express ideas in clear and grammatically correct English, using appropriate punctuation and cohesion devices.
4. To use an appropriate style and format to write letters (formal and informal), biographical sketches, dialogues, speeches, reports, articles, e-mails and diary entries.
5. To adopt different strategies according to the purpose of listening (e.g. for pleasure, for general interest, for specific information).
6. To speak intelligibly using appropriate word stress, sentence stress and intonation patterns.
7. To take active part in group discussions, showing ability to express agreement or disagreement, to summarize ideas, to elicit the views of others, and to present own ideas.

8. To frame questions so as to elicit the desired response, and respond appropriately to questions.

### **INSTRUCTIONS FOR THE TEACHERS:**

1. It is necessary that teacher's voice should be audible and clear.
2. It is mandatory to prepare the teaching content in advance.
3. All the instructions should be given in English Language.
4. Teacher will make it sure that all the students must carry their study material like Textbooks, Notebooks etc.
5. Test will be there at the end of every Chapter.

### **INSTRUCTIONS FOR THE STUDENTS:**

1. Students must converse in English Language.
2. Students will not speak in Hindi or Punjabi Language.
3. Students must follow all the instructions of the teacher.
4. Students must maintain one test notebook for whole year.

### **NOTE:-**

1. Notebooks of Whole Syllabus must be kept carefully for Assessment and Revision for Annual Examination.

## **(APRIL TO SEPTEMBER)**

<b>APRIL</b>				
<b>Book Name</b>	<b>Chapter No./ Name of Chapter</b>	<b>No. of Periods</b>	<b>Subject Enrichment / Art Integration Activities + Tools &amp; Techniques</b>	<b>Teaching Aids</b>
First Flight	Lesson -1 (A Letter to God)	3	<b>Art Integration Activity : Money Order Filling</b>	Textbook
First Flight	Poem -1 ( Dust of Snow)	2	Recitation & Discussion Method	Textbook
First Flight	Poem -2 (Fire and Ice)	1	Recitation & Discussion Method	Textbook
Footprints Without Feet	Lesson - 1 (A Triumph of Surgery)	3	Self - Reading, Explanation Method	Textbook

**MAY**

First Flight	Lesson – 2 (Nelson Mandela: Long Walk to Freedom)	4	<b>Project Making on Apartheid Theory</b>	Textbook
Footprints Without Feet	Lesson – 2 (The Thief’s Story)	3	Self - Reading, Explanation Method	Textbook
Writing	Formal Letter Writing- Based on any Situation	2	Explanation of Formats	E-Smart Board
Grammar Topics	Editing / Transformation Exercise + Gap Filling	1		E-Smart Board
First Flight	Poem -3 (A Tiger in the Zoo)	2	<b><u>Subject Enrichment Activity</u> - Poster on - ‘Save Animals’</b>	Textbook
First Flight	Lesson – 3 (Two Stories About Flying:- Part – 1 – His First Flight)	3	<b><u>Art Integration Activity</u> Picture Description of Chapter</b>	Textbook
First Flight	Lesson – 3 (Two Stories About Flying:- Part – 2 – Black Aeroplane)	3	Self - Reading, Explanation Method	Textbook
First Flight	Poem – 4 (How to tell Wild Animals)	2	Recitation & Discussion Method	Textbook
First Flight	Poem – 5 (The Ball Poem)	2	Recitation & Discussion Method	Textbook
Footprints Without Feet	Lesson – 3 (The Midnight Visitor)	3		Textbook
Footprints Without Feet	Lesson – 4 (A Question of Trust)	3	Self - Reading, Explanation Method	Textbook
Words & Expression	Unit-1	3		Text Book

**JUNE SUMMER VACATION + PREPARATION OF PERIODIC TESTS**

**JULY**

Book Name	Chapter No./ Name of Chapter	No. of Periods	Subject Enrichment / Art Integration Activities + Tools & Techniques	Teaching Aids
Writing	Analytical Paragraph (Map/Chart/Graph/ Cue/s)	1		E-Smart Board
Grammar Topics	Dialogue Writing / Reporting a Dialogue	2		E-Smart Board
First Flight	Lesson - 4 (From the Diary of Anne Frank)	4	<b>Listening Skills</b>	Textbook
First Flight	Poem - 6 (Amanda)	2	Recitation & Discussion Method	Textbook
Footprints Without Feet	Lesson - 5 (Footprints Without Feet)	3	<b><u>Art Integration Activity</u> - Newspaper Report Writing (Based on Theft)</b>	Textbook
Word + Expession	Units- 2 and 3	3+3		Textbook

**AUGUST**

Book Name	Chapter No./ Name of Chapter	No. of Periods	Subject Enrichment / Art Integration Activities + Tools & Techniques	Teaching Aids
First Flight	Lesson - 7 (Glimpses of India - I - A Baker from Goa)	3	<b><u>Ek Bharat Sresht Bharat Activity - Travel Brochure of Andhra Pradesh &amp; Punjab</u></b>	Textbook
First Flight	Lesson - 7 (Glimpses of India - II - Coorg)	3	Self - Reading, Explanation Method	Textbook
First Flight	Lesson - 7 (Glimpses of India - III - Tea from Assam)	2	Self - Reading, Explanation Method	Textbook

First Flight	Poem - 8 (The Trees)	2		Textbook
Word + Expression	Unit-4	3		Textbook
Footprints Without Feet	Lesson - 6 (The Making of a Scientist)	3	Self - Reading, Explanation Method	Textbook

**SEPTEMBER REVISION + LISTENING AND SPEAKING SKILLS  
HALF YEARLY EXAMINATION  
(OCTOBER TO MARCH)**

<b>OCTOBER</b>				
<b>Book Name</b>	<b>Chapter No./ Name of Chapter</b>	<b>No. of Periods</b>	<b>Subject Enrichment / Art Integration Activities + Tools &amp; Techniques</b>	<b>Teaching Aids</b>
First Flight	Lesson - 8 (Mijbil the Otter)	3	<b>Subject Enrichment Activity Worksheet of completion of Letter based on Chapter</b>	Textbook
First Flight	Poem - 9 (Fog)	1	Recitation & Discussion Method	Textbook
First Flight	Lesson - 9 (Madam Rides the Bus)	3	Self - Reading, Explanation Method	Textbook
First Flight	Poem -10 (The Tale of Custard the Dragon)	2	Recitation & Discussion Method	Textbook
First Flight	Lesson -10 (The Sermon at Benares)	3	<b>Art Integration Activity - Write the Teachings of Buddha on Assignment Sheets</b>	Textbook
Footprints Without Feet	Lesson - 7 (Necklace)	3	Self - Reading, Explanation Method	Textbook
Writing	Formal Letter Writing -based on Situation	2		E-Smart Board
Grammar Topic	Gap Filling +	1		E-Smart Board

	Editing / Transformation Exercises			
Words + Expression	Units : 7 and 8	3+3		Textbook

**NOVEMBER**

Book Name	Chapter No./ Name of Chapter	No. of Periods	Subject Enrichment / Art Integration Activities + Tools & Techniques	Teaching Aids
First Flight	Poem - 11 (For Anne Gregory)	2	Recitation & Discussion Method	Textbook
First Flight	Lesson -11 (The Proposal)	4	<b>Art Integration Activity - Advertisement</b>	Textbook
Footprints Without Feet	Lesson - 9 (Bholi)	3	Self - Reading, Explanation Method	Textbook
Footprints Without Feet	Lesson - 10 (The Book that Saved the Earth)	4		Textbook
Grammar Topics	Dialogue Writing / Reporting a Dialogue	1		E-Smart Board
Word +Expression	Units- 9,10 and 11	3+3+3		Textbook

**DECEMBER REVISION +  
LISTENING AND SPEAKING SKILLS**

**JANUARY AND FEBRUARY :- REVISION  
PRE- BOARD EXAMINATION  
MARCH ANNUAL EXAMINATION**

Internal Assessment Criteria	20 (Marks)
Periodic Test/Assessment	5 Marks
Multiple Assessment	5 Marks
Portfolio	5 Marks
Subject Enrichment Activity	5 Marks

## हिंदी

पुस्तकें :

1. क्षितिज-2 (एन.सी.ई.आर.टी)
2. कृतिका – 2 (एन.सी.ई.आर.टी)
3. व्याकरण प्रकाश

पुस्तक : ज्ञान सागर तथा अभ्यास सागर (डी ए वी प्रकाशन )

“निज भाषा उन्नति अहै , सबे उन्नति को मूल ।

बिन निज भाषा ज्ञान के , मिटत न हिय को सूल ॥”

भारत एक बहुभाषी देश है जिसमें बहुत सी भाषाओं का समावेश है । भाषिक और सांस्कृतिक दृष्टि से भिन्न होने के बावजूद भारतीय परम्परा में बहुत कुछ ऐसा है जो एक दूसरे को जोड़ता है । यही कारण है कि मातृभाषा के रूप में यह भाषा सभी को एकता के सूत्र में पिरोती है । बचपन से हिंदी पढ़ता आ रहा बच्चा नवीं , दसवीं तक हिंदी भाषा में निपुण हो जाता है । वह एक ओर जहाँ हिंदी भाषा से सारे देश से जुड़ेगा वहीं दूसरी ओर अपने क्षेत्र और परिवेश को हिंदी भाषा के माध्यम से जानने की कोशिश भी करेगा क्योंकि किशोरावस्था के इन बच्चों के मानसिक धरातल का विकास विश्व-स्तर तक पहुँच चुका होता है । प्रयास यह होगा कि विद्यार्थी भाषा के लिखित प्रयोग के साथ सहज व स्वाभाविक मौखिक अभिव्यक्ति में भी सक्षम हो सके ।

**हिंदी भाषा पढ़ने / पढ़ाने के मुख्य उद्देश्य:**

1. भाषा के शुद्ध एवं प्रभावशाली प्रयोग की क्षमता विकसित करना ।
2. शब्द भंडार की वृद्धि तथा व्याकरण का समुचित ज्ञान।
3. दैनिक जीवन में हिंदी समझने बोलने के साथ- साथ लिखने की क्षमता का विकास करना।



4. हिंदी के माध्यम से अपने अनुभव को संसार को लिखकर सहज अभिव्यक्ति कर पाने की क्षमता का विकास करना ।
5. बच्चों में रट्टा प्रवृत्ति को कम कर के सोच समझ कर स्वयं कार्य करने की क्षमता का विकास करना ।
6. भाषा के चारों कौशलों (सुनना, बोलना, पढ़ना, लिखना व चिंतन) का उत्तरोत्तर विकास करना ।
7. स्वतंत्र और मौखिक रूप से अपने विचारों की अभिव्यक्ति का विकास करना ।
8. अपनी मातृभाषा और परिवेशगत भाषा को साथ रख कर हिंदी की संरचनाओं को समझना ।

### अध्यापकों के लिए सामान्य निर्देश :

1. अध्यापक पहले से ही पाठ- योजना तैयार करें ।
2. कक्षा में कार्य शुरू करवाने से पहले अध्यापक रोजाना बच्चों से अभ्यास पुस्तिका पर 5 से 10 कठिन शब्द लिखवाएगा तथा इस अभ्यास पुस्तिका को आंतरिक मूल्यांकन का भाग माना जाएगा ।
3. कक्षा में भाषा का उच्चारण शुद्ध एवं प्रभावशाली होना चाहिए ।
4. जाँच कार्य समय अनुसार और सतर्कता पूर्वक होना चाहिए ।
5. सभी अध्यापक विद्यार्थियों के पठन कौशल में विशेष ध्यान दें ।

### विद्यार्थियों के लिए सामान्य निर्देश :

1. बच्चे पाठ के पठन पर विशेष ध्यान देंगे ।
2. लिखित कार्य करते समय लिखाई सुंदर एवं स्पष्ट होनी चाहिए ।
3. शब्दों की बनावट और मात्राओं पर विशेष ध्यान दें ।
4. विद्यार्थी कक्षा में अनुशासित ढंग से पठन- पाठन प्रक्रिया में भाग लें

### नोट :

- \* नोटबुक प्रस्तुतिकरण में नियमितता ,कार्यपूर्ति , स्वच्छता और रख-रखाव को जाँचा जाएगा ।
- \* विषय सवर्धन गतिविधि में भाषा के वाचन एवं श्रवण कौशल पर बल दिया जाएगा।
- \* सत्र के अंत में दोनों सत्रों की कॉपियों को दोहराई और आंतरिक मूल्यांकन के लिए संभाल कर रखा जाए ।
- \* लिखित परीक्षण की कॉपी पूरे सत्र में एक ही होनी चाहिए ।

निम्न पाठों से प्रश्न नहीं पूछे जाएँगे :

क्षितिज : कृतिका

पाठ - 3 (काव्य खंड)

पाठ -4 (एही ठैया झुलनी हे रानी हो रामा)

पाठ - 7 (छाया मत छूना)

पाठ -2 (जार्ज पंचम की नाक )

पाठ -8 (कन्यादान )

पाठ -15 (स्त्री शिक्षा के विरोधी कुतर्कों का खंडन)

पाठ -13 (मानवीय करुणा की दिव्य चमक )

(अप्रैल से सितंबर तक)

अप्रैल

पुस्तक का नाम	पाठ का नाम और विषय	कालांश	विषय-संवर्धन/कला एकीकृत गतिविधि	सहायक सामग्री
क्षितिज	पाठ-10 नेता जी का चश्मा	6	स्वतंत्रता सेनानियों की सूची बनाना (लेखन कौशल )	पाठ्य पुस्तक
क्षितिज	पाठ-11 बालगोबिन भगत	6	पुस्तक में दिए पाठों के आधार पर भिन्न भिन्न राज्यों की विवरणिका बनाना (एक भारत श्रेष्ठ भारत)	दृश्यात्मक प्रस्तुतिकरण

व्याकरण	पद – परिचय	3	कार्य प्रपत्र	ई-स्मार्ट
<b>मई</b>				
पुस्तक का नाम	पाठ का नाम और विषय	कालांश	विषय-संवर्धनकला एकीकृत गतिविधि	सहायक सामग्री
कृतिका	पाठ-1 माता का अंचल	6	*अपने माता के अच्छे स्वास्थ्य की कामना करते हुए शुभकामना संदेश लिखे ।	सम्बंधित पुस्तकें
क्षितिज	पाठ -12 लखनवी अंदाज	5	नवाबों की जीवन शैली पर चर्चा (अपठित गद्यांश)	दृश्यात्मक प्रस्तुतिकरण
क्षितिज	पाठ -1 सूरदास के पद	5	*सूरदास का परिचय रचनात्मक लेखन	ई -स्मार्ट
*व्याकरण	वाक्य भेद तथा पत्र लेखन	3	कार्य प्रपत्र	ई -स्मार्ट

**जून** ग्रीष्म अवकाश तथा जुलाई में होने वाले आवधिक परीक्षण की तैयारी  
**जुलाई**

पुस्तक का नाम	पाठ का नाम और विषय	कालांश	विषय-संवर्धनधकला एकीकृत गतिविधि	सहायक सामग्री
क्षितिज	पाठ-2 राम-लक्ष्मण- परशुराम संवाद	6	विवाह के लिए निमंत्रण पत्र तैयार करना (कला एकीकृत)	*ई -स्मार्ट
क्षितिज	पाठ -4 आत्मकथ	5	जयशंकर प्रसाद की रचनाओं को आरेख रूप में लिखें	पाठ्य पुस्तक
क्षितिज	पाठ -5 उत्साह , अट नहीं रही है ।	4	*ऋतुओं की चर्चा (अपठित काव्यांश )	पाठ्य पुस्तक
व्याकरण	संदेश लेखन + अनुच्छेद लेखन	2	-----	ई-स्मार्ट

**अगस्त**

पुस्तक का नाम	पाठ का नाम और विषय	कालांश	विषय-संवर्धनधकला एकीकृत गतिविधि	सहायक सामग्री
क्षितिज	पाठ-6 यह दन्तुरित मुस्कान, फसल	4	फसल पैदा करने के कारकों का वर्णन करना (चर्चा)	पाठ्य पुस्तक

कृतिका	पाठ-3 साना- साना हाथ जोड़ी ।	6	सिक्किम का जनजीवन (गतिविधि )	ई-स्मार्ट
*व्याकरण	अनुच्छेद लेखन तथा विज्ञापन लेखन	3	विज्ञापन लेखन	ई-स्मार्ट
व्याकरण	वाच्य परिवर्तन तथा अलंकार	4	-----	कार्य प्रपत्र

सितंबर

दोहराई तथा अर्धवार्षिक परीक्षा

अक्टूबर

पुस्तक का नाम	पाठ का नाम और विषय	कालांश	विषय-संवर्धन कला एकीकृत गतिविधि	सहायक सामग्री
क्षितिज	पाठ -14 एक कहानी यह भी ।	6	स्वतंत्रता आंदोलन में योगदान देने वाली महिलाओं की सूची बनाना ।	दृश्यात्मक प्रस्तुतिकरण
कृतिका	पाठ-5 में क्यों लिखता हूँ )	6	हिरोशीमा व नागासाकी की घटनाओं पर चर्चा	दृश्यात्मक प्रस्तुतिकरण

*व्याकरण	ई -मेल लेखन	2	-----	ई -स्मार्ट
----------	----------------	---	-------	------------

**नवम्बर**

पुस्तक का नाम	पाठ का नाम और विषय	कालांश	विषय-संवर्धन: कला एकीकृत गतिविधि	सहायक सामग्री
क्षितिज	पाठ -16 नौबत खाने में इबादत	6	(10 वादयंत्रकारों के चित्र लगाकर उनके बारे में विशेष जानकारी देना) कला एकीकृत	ई -स्मार्ट
क्षितिज	पाठ -17 संस्कृति	4	न्युटन जैसे वैज्ञानिक के जीवन पर चर्चा	पाठ्य पुस्तक
क्षितिज	पाठ -9 संगतकार	5	*पठित काव्यांश	कार्य प्रपत्र
*व्याकरण	स्ववृत्त लेखन	4	-----	ई -स्मार्ट

**दिसंबर / जनवरी / फरवरी किये गए पाठ्यक्रम की दोहराई तथा श्रवण कोशल**

**प्री- बोर्ड परीक्षा**

**मार्च**

**वार्षिक परीक्षा**

**आंतरिक मूल्यांकन -20**

सामयिक आकलन -5	पोर्टफोलियो -5
बहुविधि आकलन -5	श्रवण एव वाचन -5

## MATHEMATICS

### Books:

**TEXT BOOK : MATHEMATICS X (NCERT)**

**LAB MANUAL: V.K. Publication**

**(BY Surbhi Mittal)**

MATHEMATICS is an important component of school education. MATHEMATICS is something that the man has himself created to meet the various demands of time. Right from morning till night, each single moment of the day is being controlled by MATHEMATICS. LIFE would be impossible without it. MATHEMATICS IS THE SCIENCE OF ALL SCIENCES AND ART OF ALL ARTS.

### AIMS AND OBJECTIVES:

- To enable the students to discipline their minds properly.
- To help the child to know about the relationship of different topics in **MATHEMATICS**.
- To develop the technique of **PROBLEM SOLVING**.
- To develop the interest of the students to know more about the nature of **MATHEMATICS**.
- To develop the power of **LOGICAL THINKING**.
- To develop the **SELF CONFIDENCE** of the child.

### INSTRUCTIONS FOR TEACHERS:

- **LESSON PLAN** must be prepared well in time.
- **CLASS ENTRANCE** should be with full confidence and positivity.
- **CONTENT DELIVERY** must be effective and long lasting.
- **COMMANDS OF TEACHER** must be equipped with **GOOD VOCABULARY**.
- **FAIR NOTE BOOK** must reflect efficiency of the concerned teacher.
- **TEST** will be there at the end of every chapter.

### INSTRUCTIONS FOR STUDENTS:

- Students will do **MATHEMATICS PRACTICE** daily with a fixed schedule at home.
- **BOOK, NOTE BOOK** must be carried by students daily in school.
- Students must have a self responsibility to get their note books checked in time.

- Students must be **ATTENTIVE** in class.
- Tests must be **WELL PREPARED**

**BOOK AND FAIR NOTE BOOK**

- It must be well maintained and kept safely throughout the year for evaluation
- Tally work must be done at the end of every chapter
- Parents signatures must be there immediately after teacher's checking
- Correction work must be done immediately (if remarked by the teacher)

**❖ TEST NOTE BOOK**

- Will remain same throughout the term (otherwise test will not be evaluated)
- Must be well maintained
- Must be duly signed by the parents
- Correction work must be done immediately (if remarked by the teacher)
- Parents must communicate with teacher in case of poor performance

**❖ LAB MANUALS**

- Each and every activity must be explained well
- Lab manuals must be prepared neatly
- It must be checked in time
- It must be kept safely throughout the year for evaluation

**(APRIL TO SEPTEMBER)****APRIL**

Unit No. With Name	No. of Periods	Subject Enrichment Activities/Art Integration /Lab Activities	Teaching Aids
Chapter- 1 Real Numbers	7-8		E-smart contents
Chapter-2 Polynomials	10-12	-----	Revision of algebraic identities

**MAY**

Chapter-3 Pair of linear equations in two variables	10-12	Lab activity -2	E-smart contents
--	-------	-----------------	------------------



Chapter -4 Quadratic Equations	7-8	-----	E-smart contents
-----------------------------------	-----	-------	------------------

**JUNE SUMMER VACATION****JULY**

Unit No. With name	No. of periods	Subject Enrichment Activities/Art Integration /Lab Activities	Teaching aids
Chapter-5 Arithmetic Progression	7-8	Lab Activity - 3	E-smart contents
Chapter 6 Triangles	14-15	Lab activity -5A,5B	E-smart contents

**AUGUST**

Unit No. With name	No. Of periods	Subject Enrichment Activities/Art Integration /Lab Activities	Teaching aids
Chapter-7 Co-ordinate Geometry	6-8	-----	Revision of Properties of Quadrilaterals
Chapter-8 Introduction to Trigonometry	10-12	-----	E-smart contents
Chapter-9 Heights and Distances	4-5	Lab activity- 8 + Prepare a Project/Model on Heights & Distances	Revision of T- Ratios

**SEPTEMBER: REVISION + HALF YEARLY EXAMINATION**

**(OCTOBER TO MARCH)****OCTOBER**

Unit No. With Name	No. Of Periods	Subject Enrichment Activities/Art Integration /Lab Activities	Teaching Aids
Chapter-13 Surface areas and Volumes	6-7	Lab activity - 16, 17, 19, 21, 22, 24	Explanation with 3-D OBJECTS
Chapter-14 Statistics	7-8		-----
Chapter-10 Circles	3-4	Lab activity- 9,14	E-smart contents

**NOVEMBER**

Unit No. With Name	No. Of Periods	Subject Enrichment Activities/Art Integration /Lab Activities	Teaching Aids
Chapter-12 Areas related to circles	8-9		E-smart contents
Chapter-15 Probability	3-4	Lab Activity- 26	

**DECEMBER / JANUARY / FEBRUARY:**

**REVISION FOR ANNUAL EXAMINATION +  
PRE-BOARD EXAMINATION**

**MARCH: CBSE BOARD ANNUAL EXAMINATION**

Internal Assessment Criteria	20 (Marks)
Pen Paper Test	10 Marks
Portfolio	5 Marks
Lab Practical	5 Marks

**SCIENCE****Book:-** NCERT (National Council of Education Research and Training)**Reference Books :-**

Biology                      VK Global Publication

Chemistry                    VK Global Publication

Physics                        VK Global Publication

Practical Lab Manual:- VK Global Publication

**“ The Science of Today is the Technology of Tomorrow”****AIM & OBJECTIVES:**

1. To develop scientific attitude.
2. To develop and understand scientific concept, principles and laws.
3. To create awareness and concern for a healthy environment.
4. To develop an aesthetic sense regarding scientists
5. To develop observational and experimental skills

**NOTE:** Notebooks of Terms, Test Notebooks, Practical Files must be kept carefully for Assessment and Revision for Annual Examination.**FIRST TERM (APRIL TO SEPTEMBER)****APRIL**

Chapter No. and Name	No. of periods	Subject Enrichment Activity	Teaching Aids
Lesson:1 Chemical Reaction & Equation	10	<b>Experiment</b> To classify the reactions into combination reaction, decomposition reaction, displacement reaction and double displacement reaction.	E-smart Laboratory Equipments

**MAY**

Lesson: 6 Life Processes	10	<b>Experiment</b> To prepare a temporary mount of leaf peel to show stomata. <b>Activity : Draw Human Digestive System</b>	E-smart Temporary Slides
Lesson:10 Light: Refraction	18	<b>Experiment</b> To trace the path of rays of light using rectangular glass prism.	E-smart Laboratory Equipments
Lesson:2 Acids, Bases and Salts	8	<b>Experiment</b> To find the pH of samples using pH paper and universal indicator	E-smart Laboratory Equipments

**JUNE : SUMMER VACATION****JULY**

Chapter No.& Name	No. of periods	Subject Enrichment Activity	Teaching Aids
Lesson:7 Control and Co-ordination	10		E-smart Permanent Slides
Lesson: 16 Management of Natural Resources	5	<b>Part of Internal Assessment Only</b>	E-smart
Lesson: 15 Our Environment	8	<b>Experiment</b> Activity : Food Chain & Food Web	E-smart

**AUGUST**

Chapter No.& Name	No. of periods	Subject Enrichment Activity	Teaching Aids
Lesson: 3 Metals and Non-metals	10	<b>Experiment</b>	E-smart

		To observe the action of metals on salt solution and to observe the decreasing order of reactivity of metals.	Laboratory Equipment's
Lesson:11 Human eye and colourful world	10	<b>Experiment :</b> To find the image distance for varying object distances in case of convex lens.	E-smart Laboratory Equipments

**SEPTEMBER HALF YEARLY EXAMINATION  
(OCTOBER TO MARCH)**

**OCTOBER**

Chapter No.& Name	No. of periods	Subject Enrichment Activity	Teaching Aids
Lesson: 4 Carbon and its compounds	20	<b>Experiment</b> To study the comparative cleaning capacity of a sample of soap is hard and soft.	E-smart Laboratory Equipments
Lesson:8 How do organisms reproduce?	12	<b>Experiment</b> To study binary fission in Amoeba and budding in yeast.	E-smart Permanent Slides Laboratory Equipments
Lesson: 12 Electricity	10	<b>Experiment</b> To study the dependence of potential difference across a resistor on the current passing through it	E-smart Laboratory Equipments

**NOVEMBER**

Lesson No. & Name	No. of periods	Subject Enrichment Activity	Teaching Aids
Lesson:13	10	<b>Experiment</b>	E-smart

Magnetic Effects of Electric Current		To determine the equivalent resistance of resistors connected in series and parallel	Laboratory Equipments
Lesson:9	10		E-smart
Heredity and Evolution			

**DECEMBER REVISION FOR PRE BOARD**  
**JANUARY & FEBRUARY PRE-BOARD +**  
**REVISION FOR ANNUAL EXAMINATION**  
**MARCH ANNUAL EXAMINATIONS**

<b>Internal Assessment Criteria</b>	<b>20 (Marks)</b>
Periodic Assessment	5+5 Marks
Portfolio	5 Marks
Subject Enrichment Activity(Practical work)	5 Marks

## SOCIAL SCIENCE

### Name of Books:

**Publication: NCERT**

1. India and the contemporary world -II
2. Democratic Politics -II
3. Geography Contemporary -II
4. Understanding Economic Development -II
5. Disaster Management

**“A Subject which not only provides vast knowledge but also enables the human being to adapt himself in social, economic, political and cultural life.”**

### **AIMS AND OBJECTIVES:**

1. Understand India and make a comparison with other countries in the world.
2. Develop respect for the rights of all social divisions that exist in society.
3. Get acquainted with revolutionary ideas and new philosophies.
4. Accept the need to protect and conserve environment.
5. Develop good human values and the spirit of tolerance and appreciate the role of India in today's world.

6. Develop respect for the constitution and appreciation of constitutional values.

**NOTE:**

1. All the activities and map skills must be done carefully.
2. Notebooks must be kept carefully for assessment and revision for annual examination.
3. Test notebooks must be properly maintained for whole term.

**INSTRUCTION FOR THE TEACHERS:**

1. It is necessary that teacher's voice should be audible and clear.
2. It is mandatory to prepare the teaching content in advance.
3. All the instructions should be given in English Language.
4. Teacher will make it sure that all the students must carry their study material like Textbooks, Notebooks etc

**INSTRUCTION FOR THE STUDENTS:**

1. Students must converse in English Language.
2. Students will not speak in Hindi or Punjabi Language.
3. Students must follow all the instructions of the teacher.

**(APRIL TO SEPTEMBER)**

**APRIL**

Lesson No./ Topic	No. of Periods	Subject Enrichment Activities	Art Integration	Teaching Aids/ Technology
<b><u>GEOGRAPHY</u></b> Lesson-1: Resources and Development	5	Map Work	Flow Chart	Text Book, E-Smart Board Content
<b><u>Economics</u></b> Lesson-1: Development	5		<b>Graphs Analyses</b>	E-Smart Board Content
<b><u>CIVICS</u></b> Lesson-1: Power Sharing	5		Group Discussion	E-Smart Board Content
<b><u>Civics</u></b> <b><u>Lesson-2:</u></b> <b><u>Federalism</u></b>	4			E-Smart Board Content

**MAY**

Lesson No./ Topic	No. of Periods	Subject Enrichment Activities	Art Integration	Teaching Aids/ Technology
<b>History</b> Lesson-3: Nationalism in India	7	Map Work	Story Telling	E-Smart Content
<b>Geography</b> Lesson-2: Forest and Wildlife	4			E-Smart Content
<b>Economics</b> Lesson-2: Sectors of the Indian Economy	5		Graphs Analyses	E-Smart Content and Graph Analysis
<b>Geography</b> Lesson - 3:Water Resources	2	Map Work of Dams		E-Smart Content

**JUNE SUMMER VACATION+ SUSTAINABLE DEVELOPMENT CONSUMER AWARENESS AND SOCIAL ISSUES****JULY**

Lesson No./ Topic	No. of Periods	Subject Enrichment Activities	Art Integration	Teaching Aids/ Technology
<b>Geography</b> Lesson-4: Agriculture	5	Map Work	Table of Crops	PPT and Maps
<b>Economics</b> Lesson-3: Money and Credit	5			Graph Analysis with E-Smart
<b>History</b> Lesson-1: The Rise in of nationalism in Europe	7	Discussion with Reading (Mind Map)	Graffiti Wall Activity	E-Smart Content



**AUGUST**

Lesson No./ Topic	No. of Periods	Subject Enrichment Activities	Art Integration	Teaching Aids/ Technology
<b><u>CIVICS</u></b> Lesson-4: Gender, Religion and Caste	5	Discussion		E-Smart Content
<b><u>Geography</u></b> Lesson-5: Minerals and Energy Resources	6	Map Work		E-Smart Content
<b><u>Economics</u></b> Lesson-4: Globalization and the Indian Economy	5		<b>Collage on MNC Product Code-4.1.1 [4.1.1.1.9]</b>	E-Smart Content

**A. Subject - History: Outline Political Map of India****Chapter-3: Nationalism in India - (1918 - 1930).**

For locating and labelling / Identification.

**1. Indian National Congress Sessions-** Calcutta (Sep. 1920), Nagpur (Dec. 1920), Madras (1927)

**2. Important Centres of Indian National Movement**

(Non-cooperation and Civil Disobedience Movement)-(i) Champaran (Bihar) -

Movement of Indigo Planters,(ii) Kheda (Gujrat) - Peasant Satyagrah,

(iii) Ahmedabad (Gujarat) - Cotton Mill Workers Satyagraha,(iv) Amritsar (Punjab)

- Jallianwala Bagh Incident,(v) Chauri Chaura (U.P.) - calling off the Non

Cooperation Movement,(vi) Dandi (Gujarat) - Civil Disobedience Movement.

**B. Subject-Geography: Outline Political Map of India****Chapter 1: Resources and Development**

Identification only: Major soil Types.

Chapter :3 Water Resouces :- Dams: Salal,Bhakhra Nangal,Tehri Rana Partap Sagar, Sardas Sarover,Hirakvd,Nagaryura Tungabhadra

**Chapter 4: Agriculture**

Identification only:(a) Major areas of Rice and Wheat. b) Largest / Major producer states of Sugarcane; Tea; Coffee; Rubber; Cotton and Jute.

**Chapter: 5 Mineral and Energy Resources.**

**Minerals:** (Identification only)

(I) **Iron Ore Mines:** Mayurbhanj, Durg, Bailadila, Bellary, Kudremukh.

(II) **Coal mines :** Raniganj, Bokaro, Talcher, Neyvali

(III) **Oil Fields :** Digboi, Naharkatia, Mumbai High, Bassien, Kalol, Ankaleshwar

**Power Plants:** (Locating and Labelling only)

(a) **Thermal :** Namrup, Singrauli, Ramagundam,

(b) **Nuclear:** Narora, Kakrapara, Tarapur, Kalpakkam

## SEPTEMBER REVISION + HALF YEARLY EXAM

### (OCTOBER TO MARCH)

#### OCTOBER

Lesson No. / Topic	No. of Periods	Subject Enrichment	Art Integration	Teaching Aids/ Technology
<b>History</b> Lesson-4: Making of a Global World	7	Group Discussion (Mind Map)		E-Smart content
Lesson-5: The Age of Industrialization	7	Discussion		E-Smart content
<b>Geography</b> Lesson-6: Manufacturing Industries	6	<b>Map Activity</b>		Map and E-Smart
<b>Economics</b> Lesson-5: Consumer Rights (To be done as Project Work only)				

#### NOVEMBER

Lesson No. / Topic	No. of Periods	Subject Enrichment Activities	Art Integration	Teaching Aids/ Technology
<b>Geography</b>	5	Map Activity		E-Smart Content

Lesson-7: Lifeline of National Economy				
<b>Civics</b> Lesson-7: Outcomes of Democracy	4		Group Discussion	E-Smart Content
<b>History</b> Lesson-7: Print Culture and the Modern World	6	Group Discussion	Graffiti Wall Activity 4.1.1.1 [4.1.1.1.9]	E-Smart Content
<b>CIVICS</b> Lesson-6: Political Parties	5		<b>Table of Indian States with State Parties</b>	E-Smart Content

### LIST OF MAP ITEMS FOR SOCIAL SCIENCE

#### Chapter 6: Manufacturing Industries

Locating and Labelling Only

**Software Technology Parks:** Noida, Gandhinagar, Mumbai, Pune, Hyderabad, Bangaluru, Chennai, Thiruvananthapuram,

#### Chapter 7 Lifelines of National Economy.

(Location and Labelling)

**Major Ports:** Kandla, Mumbai, Mormagao, New

Mangalore, Kochi, Tuticorin, Chennai, Vishakhapatnam, Paradip, Haldia.

**International Airports:** Amritsar (Raja Sansi), Delhi (Indira Gandhi International), Mumbai (Chhatrapati Shivaji), Chennai (Meenam Bakkam) Kolkata (Netaji Subhash Chandra Bose), Hyderabad (Rajiv Gandhi)

**Note:** Items of Locating and Labelling may also be given for Identification.

### DECEMBER /JANUARY /FEBRUARY REVISION

#### MARCH

#### ANNUAL EXAMINATION

Internal Assessment Criteria	20 (Marks)
Pen Paper Test	10 Marks
Portfolio	5 Marks
Project	5 Marks

## ਪੰਜਾਬੀ

ਜਮਾਤ:-ਦਸਵੀਂ

ਵਿਸ਼ਾ:- ਪੰਜਾਬੀ

ਪੁਸਤਕ:- 1. ਸਾਹਿਤ ਮਾਲਾ (ਪੰਜਾਬ ਸਕੂਲ ਸਿੱਖਿਆ ਬੋਰਡ )

2. ਵੰਨਗੀ (ਪੰਜਾਬ ਸਕੂਲ ਸਿੱਖਿਆ ਬੋਰਡ )

3 ਵਿਆਕਰਨ:-ਪੰਜਾਬੀ ਵਿਆਕਰਨ ਤੇ ਲਿਖਤ ਰਚਨਾ

**ਪੰਜਾਬੀ ਭਾਸ਼ਾ:-** ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦਾ ਖੇਤਰ ਕਾਫੀ ਵਿਸ਼ਾਲ ਹੈ। ਭਾਰਤ ਅਤੇ ਪਾਕਿਸਤਾਨ ਤੋਂ ਇਲਾਵਾ ਕੈਨੇਡਾ ਵਿਚ ਵੀ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਨੂੰ ਮਾਨਤਾ ਮਿਲ ਚੁੱਕੀ। 1947 ਵਿੱਚ ਹਿੰਦੁਸਤਾਨ ਦੀ ਵੰਡ ਦੇ ਨਾਲ-ਨਾਲ ਪੰਜਾਬ ਦੇ ਵੀ ਦੋ ਹਿੱਸੇ ਹੋ ਗਏ। ਪਾਕਿਸਤਾਨ ਦਾ ਪੂਰਬੀ ਪੰਜਾਬ ਅਤੇ ਭਾਰਤ ਦਾ ਪੱਛਮੀ ਪੰਜਾਬ ਬਣ ਗਿਆ। ਭਾਰਤ ਦੇ ਪੱਛਮੀ ਪੰਜਾਬ ਦੀ ਭਾਸ਼ਾ ਦੀ ਲਿਪੀ ਅਤੇ ਪਾਕਿਸਤਾਨ ਦੇ ਪੂਰਬੀ ਪੰਜਾਬ ਦੀ ਭਾਸ਼ਾ ਦੀ ਲਿਪੀ ਸ਼ਾਹ ਮੁਖੀ ਹੈ। ਭਾਰਤ ਵਿਚ ਪੰਜਾਬੀ ਨੂੰ ਰਾਜ ਭਾਸ਼ਾ ਦਾ ਦਰਜਾ ਪ੍ਰਾਪਤ ਹੈ ਪਰ ਪਾਕਿਸਤਾਨ ਵਿਚ ਪੰਜਾਬੀ ਦੀ ਅਜਿਹੀ ਸਥਿਤੀ ਨਹੀਂ ਹੈ। ਉੱਥੋਂ ਦੀ ਲਿਪੀ ਉਰਦੂ ਹੈ। ਪਹਿਲੀ ਵਾਰ ਹਾਫ਼ਿਜ਼ ਬਰਖੁਰਦਾਰ ਨੇ 1672 ਈ: ਵਿਚ ਪੰਜਾਬ ਦੀ ਬੋਲੀ ਨੂੰ ਪੰਜਾਬੀ ਕਿਹਾ ਸੀ।

ਰੋਮ-ਰੋਮ 'ਚੋ ਕਰੀਏ ਇਉਂ ਸਨਮਾਨ ਪੰਜਾਬੀ ਦਾ,

ਜ਼ੋਰਾ-ਜ਼ੋਰਾ ਕਹਿ ਉਠੇ, ਸਾਨੂੰ ਮਾਣ ਪੰਜਾਬੀ ਦਾ।

ਰੱਬੀ ਉਸਤਤ ਵਾਂਗੂੰ ਹੈ ਗੁਣਗਾਨ ਪੰਜਾਬੀ ਦਾ,

ਜ਼ੋਰਾ-ਜ਼ੋਰਾ ਕਹਿ ਉਠੇ, ਸਾਨੂੰ ਮਾਣ ਪੰਜਾਬੀ ਦਾ।

### • ਅਧਿਆਪਕਾ ਲਈ ਦਿਸ਼ਾ ਨਿਰਦੇਸ਼:-

- 1 ਅੱਖੇ ਸ਼ਬਦਾਂ ਦੇ ਅਰਥ ਜਰੂਰ ਸਮਝਾਏ ਜਾਣ।
- 2 ਇਕਾਂਗੀ ਦਾ ਮੰਚਨ ਵਿਦਿਆਰਥੀਆਂ ਤੋਂ ਜਮਾਤ ਵਿਚ ਕਰਵਾਇਆ ਜਾਵੇ।
- 3 ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਲਿਖਾਈ ਵੱਲ ਖਾਸ ਧਿਆਨ ਦਿੱਤਾ ਜਾਵੇ।
- 4 ਸਮਾਰਟ ਬੋਰਡ ਦੀ ਵੱਧ ਤੋਂ ਵੱਧ ਵਰਤੋਂ ਕੀਤੀ ਜਾਵੇ।
- 5 ਸਮੇਂ-ਸਮੇਂ ਤੇ ਖਾਸ ਮੌਕਿਆਂ 'ਤੇ ਅਖਬਾਰ ਵਿੱਚੋਂ ਲੇਖ ਪੜ੍ਹਾਏ ਜਾਣ।
- 6 ਆਰਟਇੰਡੀਗ੍ਰੇਸ਼ਨ/ਪੋਰਟ ਫੋਲੀਓ ਜਰੂਰ ਕਰਵਾਇਆ ਜਾਵੇ।
- 7 ਭਾਸ਼ਾ ਮੰਚ ਦੀਆਂ ਗਤੀਵਿਧੀਆਂ ਵੱਲ ਖਾਸ ਧਿਆਨ ਦਿੱਤਾ ਜਾਵੇ।

### • ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਦਿਸ਼ਾ ਨਿਰਦੇਸ਼:-

- 1 ਸਾਹਿਤ ਮਾਲਾ ਅਤੇ ਵੰਨਗੀ ਦੀ ਕਾਪੀ ਅਲੱਗ-ਅਲੱਗ ਹੋਣੀ ਚਾਹੀਦੀ ਹੈ।
- 2 ਕਾਪੀਆਂ ਕਵਰ ਹੋਣ ਚਾਹੀਦੀਆਂ ਹਨ।
- 3 ਕੰਮ ਸੁੰਦਰ ਲਿਖਾਈ ਵਿਚ ਲਿਖਿਆ ਜਾਵੇ।
- 4 ਹਰ ਪਾਠ ਲਿਖਣ ਤੋਂ ਪਹਿਲਾ ਮਿਤੀ ਅਤੇ ਦਿਨ ਜਰੂਰ ਲਿਖਿਆ ਜਾਵੇ।
- 5 ਹਰ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉੱਤਰ ਤੋਂ ਬਾਅਦ ਲਾਈਨ ਜਰੂਰ ਲਗਾਈ ਜਾਵੇ।
- 6 ਟੈਸਟ ਕਾਪੀ 'ਤੇ ਮਾਤਾ-ਪਿਤਾ ਦੇ ਦਸਤਖਤ ਜਰੂਰ ਕਰਵਾਏ ਜਾਣ।
- 7 ਸਮਾਂ ਸਾਰਨੀ ਅਨੁਸਾਰ ਪੁਸਤਕ ਲੈ ਕੇ ਆਉਣੀ ਜਰੂਰੀ ਹੈ।

• ਉਦੇਸ਼:-

- 1 ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦਾ ਗਿਆਨ ਕਰਵਾਉਣਾ।
- 2 ਵਿਦਿਆਰਥੀਆਂ ਦੇ ਸ਼ਬਦ ਭੰਡਾਰ ਵਿਚ ਵਾਧਾ ਕਰਨਾ।
- 3 ਵਿਆਕਰਨ ਦੇ ਨਿਯਮਾਂ ਦਾ ਪੂਰਨ ਗਿਆਨ ਕਰਵਾਉਣਾ।
- 4 ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਲਿਖਣ ਅਤੇ ਬੋਲਣ ਦੇ ਯੋਗ ਬਣਾਉਣਾ।
- 5 ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਪ੍ਰਤੀ ਰੁਚੀ ਪੈਦਾ ਕਰਨੀ।

### ਸਾਲਾਨਾ ਪਰੀਖਿਆ

ਮਹੀਨਾ	ਪਾਠ ਨੰਬਰ / ਵਿਸ਼ਾ	ਦਿਨ	ਗਤੀਵਿਧੀ / ਆਰਟ ਇੰਟੀਗ੍ਰੇਸ਼ਨ	ਸਹਾਇਕ ਸਮੱਗਰੀ
ਅਪ੍ਰੈਲ	ਪਾਠ-ਪੁਸਤਕ ਵੰਨਗੀ ਪਾਠ-1 ਕੁਲਫੀ (ਕਹਾਣੀ)	5	ਆਰਥਿਕ ਤੰਗੀ ਨਾਲ ਨਜਿੱਠਣ ਬਾਰੇ ਦੱਸਣਾ	ਪਾਠ-ਪੁਸਤਕ
	ਪਾਠ-ਪੁਸਤਕ ਸਾਹਿਤ ਮਾਲਾ ਪਾਠ-1 ਸੋ ਕਿਉਂ ਮੰਦਾ ਆਖੀਐ(ਸ਼ਬਦ)	2	ਔਰਤ ਦੀ ਮਹਾਨਤਾ ਬਾਰੇ ਦੱਸਣਾ	ਪੁਸਤਕ, ਵੀਡੀਓ
	ਪਾਠ-1 ਘਰ ਦਾ ਪਿਆਰ (ਵਾਰਤਕ)	5	ਪਿੰਡ ਦਾ ਦ੍ਰਿਸ਼ ਬਣਾਓ	ਪਾਠ-ਪੁਸਤਕ
	ਅਣਡਿੱਠਾ ਪੈਰਾ ਤੇ ਕਾਵਿ-ਟੁਕੜੀ	1	ਅਣਡਿੱਠਾ ਪੈਰਾ ਤੇ ਕਾਵਿ-ਟੁਕੜੀ	ਪਾਠ-ਪੁਸਤਕ
ਮਹੀਨਾ	ਪਾਠ ਨੰਬਰ / ਵਿਸ਼ਾ	ਦਿਨ	ਗਤੀਵਿਧੀ / ਆਰਟ ਇੰਟੀਗ੍ਰੇਸ਼ਨ	ਸਹਾਇਕ ਸਮੱਗਰੀ
ਮਈ	ਪਾਠ ਪੁਸਤਕ ਸਾਹਿਤ ਮਾਲਾ ਪਾਠ-2 ਬੋਲੀ (ਵਾਰਤਕ)	5	ਗੀਤ ਸੁਣਾਉਣਾ , ਮਾਂ-ਬੋਲੀ 'ਤੇ ਸਲੋਗਨ	ਪਾਠ-ਪੁਸਤਕ ਸਮਾਰਟ ਬੋਰਡ
	ਪਾਠ-2 ਕਿਰਪਾ ਕਰਿ ਕੈ ਬਖਸ਼ਿ ਲੈਹੁ (ਸ਼ਬਦ)	2	ਸ਼ਬਦ ਬਾਰੇ ਵਿਚਾਰ-ਚਰਚਾ ਕਰਨੀ ਵਿਸ਼ੇ ਨਾਲ ਸੰਬੰਧਤ ਵੀਡੀਓ ਦਿਖਾਉਣੀ	ਪਾਠ-ਪੁਸਤਕ ਸਮਾਰਟ ਬੋਰਡ
	ਪਾਠ ਪੁਸਤਕ ਵੰਨਗੀ ਪਾਠ-4 ਜ਼ਫ਼ਰਨਾਮਾ (ਇਕਾਂਗੀ)	6	ਵਿਸ਼ੇ ਸੰਬੰਧੀ ਵੀਡੀਓ	ਪਾਠ-ਪੁਸਤਕ ਸਮਾਰਟ ਬੋਰਡ
	ਪਾਠ ਪੁਸਤਕ ਵਿਆਕਰਨ ਮੁਹਾਵਰੇ (ਕ ਤੋਂ ਘ)	2	ਭਾਸ਼ਾ ਵਿਚ ਮੁਹਾਵਰਿਆਂ ਦੀ ਵਰਤੋਂ ਕਰਨ ਬਾਰੇ ਦੱਸਣਾ	ਪਾਠ-ਪੁਸਤਕ
	ਲੇਖ:-ਵਿਚਾਰ ਪ੍ਰਧਾਨ	5	ਲੇਖ ਲਿਖਣ ਲਈ ਜਰੂਰੀ ਨੁਕਤੇ ਦੱਸਣੇ	ਵਿਆਕਰਨ ਪੁਸਤਕ
	ਬਹੁਅਰਥਕ ਸ਼ਬਦ (ਬਹੁਵਿਕਲਪੀ)	1	ਸ਼ਬਦ ਭੰਡਾਰ ਵਿਚ ਵਾਧਾ ਕਰਨਾ	ਵਿਆਕਰਨ ਪੁਸਤਕ

ਮਹੀਨਾ	ਪਾਠ ਨੰਬਰ / ਵਿਸ਼ਾ	ਦਿਨ	ਗਤੀਵਿਧੀ / ਆਰਟ ਇੰਟੀਗ੍ਰੇਸ਼ਨ	ਸਹਾਇਕ ਸਮੱਗਰੀ
ਜੁਲਾਈ	ਪਾਠ-ਪੁਸਤਕ ਵੰਨਗੀ ਪਾਠ-2 ਅੰਗ-ਸੰਗ (ਕਹਾਣੀ)	5	ਨਸ਼ਿਆ 'ਤੇ ਪੋਸਟਰ / ਨੁੱਕੜ ਨਾਟਕ	ਪਾਠ-ਪੁਸਤਕ, ਵੀਡੀਓ
	ਪਾਠ-ਪੁਸਤਕ ਸਾਹਿਤ ਮਾਲਾ ਪਾਠ-3 ਤੂੰ ਮੇਰਾ ਪਿਤਾ ਤੂੰ ਹੈ ਮੇਰਾ ਮਾਤਾ (ਸ਼ਬਦ)	4	ਰਾਗੀ ਜੱਥੇ ਦਾ ਸ਼ਬਦ ਸੁਣਾਉਣਾ	ਪਾਠ-ਪੁਸਤਕ ਸਮਾਰਟ ਬੋਰਡ
	ਪਾਠ-ਪੁਸਤਕ ਵਿਆਕਰਨ ਸਮਾਸੀ ਸ਼ਬਦ (ਬਹੁਵਿਕਲਪੀ)	1	ਸਾਰਥਕ ਅਤੇ ਨਿਰਾਰਥਕ ਸ਼ਬਦਾਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦੇਣਾ	ਵਿਆਕਰਨ ਪੁਸਤਕ
	ਪੱਤਰ:-ਨਿੱਜੀ ਪੱਤਰ	2	ਪੱਤਰ ਲਿਖਣ ਦੇ ਢੰਗ ਬਾਰੇ ਦੱਸਣਾ	ਪੁਸਤਕ, ਗ੍ਰੀਨ ਬੋਰਡ
	ਚਿੱਤਰ / ਤਸਵੀਰ ਵਰਨਣ	1	ਤਸਵੀਰ ਵਰਨਣ ਬਾਰੇ ਦੱਸਣਾ	ਤਸਵੀਰ ਸਮਾਰਟ ਬੋਰਡ
ਮਹੀਨਾ	ਪਾਠ ਨੰਬਰ / ਵਿਸ਼ਾ	ਦਿਨ	ਗਤੀਵਿਧੀ / ਆਰਟ ਇੰਟੀਗ੍ਰੇਸ਼ਨ	ਸਹਾਇਕ ਸਮੱਗਰੀ
ਅਕਤੂਬਰ	ਪਾਠ-ਪੁਸਤਕ ਸਾਹਿਤ ਮਾਲਾ ਪਾਠ-3 ਪ੍ਰਾਰਥਨਾ (ਵਾਰਤਕ)	5	ਅਰਦਾਸ ਦੀ ਮਹੱਤਤਾ ਦੱਸਣਾ	ਪਾਠ-ਪੁਸਤਕ
	ਪਾਠ-4 ਸਤਿਗੁਰੂ ਨਾਨਕ ਪ੍ਰਗਟਿਆ (ਸ਼ਬਦ)	3	ਵਿਸ਼ੇ ਨਾਲ ਸੰਬੰਧਿਤ ਵੀਡੀਓ	ਪਾਠ-ਪੁਸਤਕ ਸਮਾਰਟ ਬੋਰਡ
	ਪਾਠ-ਪੁਸਤਕ ਵੰਨਗੀ ਪਾਠ-2 ਦੂਜਾ ਵਿਆਹ (ਇਕਾਂਗੀ)	7	ਇਕਾਂਗੀ ਮੰਚਨ ਕਰਵਾਉਣਾ	ਸਜੀਵ ਪਾਤਰ, ਵੀਡੀਓ ਸਮਾਰਟ ਬੋਰਡ
	ਵਿਆਕਰਨ ਅਗੇਤਰ , ਪਿਛੇਤਰ	1	ਮੂਲ ਸ਼ਬਦਾਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦੇਣਾ	ਵਿਆਕਰਨ ਪੁਸਤਕ
	ਮੁਹਾਵਰੇ (ਛ ਤੋਂ ਝ)	3	ਭਾਸ਼ਾ ਵਿਚ ਮੁਹਾਵਰਿਆਂ ਦੀ ਵਰਤੋਂ ਬਾਰੇ ਦੱਸਣਾ	ਵਿਆਕਰਨ ਪੁਸਤਕ
	ਸੁਣਨ ਕੌਸ਼ਲ	1	ਸੁਣਨ ਕੌਸ਼ਲ	ਸਮਾਰਟ ਬੋਰਡ
ਮਹੀਨਾ	ਪਾਠ ਨੰਬਰ / ਵਿਸ਼ਾ	ਦਿਨ	ਗਤੀਵਿਧੀ / ਆਰਟ ਇੰਟੀਗ੍ਰੇਸ਼ਨ	ਸਹਾਇਕ ਸਮੱਗਰੀ
ਨਵੰਬਰ	ਪਾਠ-ਪੁਸਤਕ ਸਾਹਿਤ ਮਾਲਾ ਪਾਠ- ਜੰਗ ਦਾ ਹਾਲ (ਕਵਿਤਾ)	3	ਵਿਸ਼ੇ ਬਾਰੇ ਬੱਚਿਆਂ ਨੂੰ ਦੱਸਣਾ	ਪਾਠ-ਪੁਸਤਕ
	ਪਾਠ-4 ਮੇਰੇ ਵੱਡੇ-ਵੱਡੇ (ਵਾਰਤਕ)	5	ਵੱਡਿਆ ਦਾ ਸਤਿਕਾਰ ਕਰਨ ਬਾਰੇ ਦੱਸਣਾ	ਪਾਠ-ਪੁਸਤਕ
	ਪਾਠ-ਪੁਸਤਕ ਵਿਆਕਰਨ ਆਮ ਵਿਸ਼ੇ ਨਾਲ ਸੰਬੰਧਿਤ ਲੇਖ	6	ਭਾਸ਼ਣ ਪ੍ਰਤੀਯੋਗਤਾ ਕਰਵਾਉਣੀ	ਵਿਆਕਰਨ ਪੁਸਤਕ

	ਚਿੱਤਰ / ਤਸਵੀਰ ਵਰਨਣ	1	ਤਸਵੀਰ ਵਰਨਣ ਬਾਰੇ ਦੱਸਣਾ	ਤਸਵੀਰ ਸਮਾਰਟ ਬੋਰਡ
ਮਹੀਨਾ	ਪਾਠ ਨੰਬਰ / ਵਿਸ਼ਾ	ਦਿਨ	ਗਤੀਵਿਧੀ / ਆਰਟ ਇੰਟੀਗ੍ਰੇਸ਼ਨ	ਸਹਾਇਕ ਸਮੱਗਰੀ
ਦਸੰਬਰ	ਪਾਠ-ਪੁਸਤਕ ਸਾਹਿਤ ਮਾਲਾ ਪਾਠ-ਤੁਰਨ ਦਾ ਹੁਨਰ ( ਵਾਰਤਕ)	5	ਤੁਰਨ ਦੀ ਮਹੱਤਤਾ ਬਾਰੇ ਦੱਸਣਾ ਲੋਕ ਗੀਤ (ਗਰੁੱਪ ਗਤੀਵਿਧੀ)	ਪਾਠ-ਪੁਸਤਕ
	ਪਾਠ-ਪੁਸਤਕ ਵੰਨਗੀ ਪਾਠ- ਧਰਤੀ ਹੇਠਲਾ ਬਲਦ	5	ਵਿਸ਼ੇ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦੇਣਾ	ਪਾਠ-ਪੁਸਤਕ
	ਪਾਠ-ਪੁਸਤਕ ਵਿਆਕਰਨ ਦਫਤਰੀ ਪੱਤਰ	2	ਪੱਤਰ ਲਿਖਣ ਦਾ ਢੰਗ ਦੱਸਣਾ	ਵਿਆਕਰਨ ਪੁਸਤਕ, ਗ੍ਰੀਨ ਬੋਰਡ
	ਕਿਰਿਆ ਵਿਸ਼ੇਸ਼ਣ	1	ਕਿਰਿਆ ਵਿਸ਼ੇਸ਼ਣ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦੇਣਾ	ਪਾਠ-ਪੁਸਤਕ, ਵੀਡੀਓ
	ਜੀਵਨ ਬਿਓਰਾ ਤੇ ਜੀਵਨ ਦੇ ਝਰੋਕੇ 'ਚੋਂ'	1	ਸੁੰਦਰ ਲਿਖਤ ਗਤੀਵਿਧੀ ਕਰਵਾਉਣੀ	ਅਸਾਈਨਮੈਂਟ ਸ਼ੀਟ

**ਨੋਟ :- ਜੂਨ:- ਪ੍ਰੋਜੈਕਟ ਬਣਵਾਉਣਾ**

ਜਨਵਰੀ + ਫਰਵਰੀ : ਦੁਹਰਾਈ ਅਤੇ ਸਲਾਨਾ ਪਰਿਖਿਆ

ਆੰਤਰਿਕ ਮੁਲਾਂਕਣ	20 ਅੰਕ
ਲਿਖਤੀ ਟੈਸਟ	10 ਅੰਕ
ਗਤੀਵਿਧੀਆਂ	5 ਅੰਕ
ਸੁਣਨ ,ਬੋਲਣ ਤੇ ਆਧਾਰਿਤ	5 ਅੰਕ

## INFORMATION TECHNOLOGY- 402

### IMPORTANCE OF COMPUTER EDUCATION

Computer technology has a deep impact on the education sector. Thanks to computers, imparting education has become easier and much more interesting than before. Computers have changed the way we study/work, be it any course/profession. Computers play a vital role in every field especially it play an important role in education. That is why the education system has made computer education a part of school curriculum. Considering the use of computer technology in almost every sphere of life, it is important for everyone to have at least the basic knowledge of using computers.

### AIMS & OBJECTIVES:

1. Foremost aim is to make students Technology Savvy.

2. To prepare students for the Job of Domestic Data Entry Operator.
3. To inculcate enough knowledge among the students about Industrial use of I.T.
4. To enable the students in creating documents using Word Processing Software.
5. Students should be able to do calculations using spreadsheet software.
6. Students should be able to create digital presentations.
7. To create awareness among students about e- mail messaging and database development.

### INSTRUCTION FOR THE TEACHERS:

1. It is necessary to take students to the lab once in a week according to fix Time Table.
2. It is necessary to perform all the given activities.
3. Teacher will look after each & every child in lab.
4. Teacher will make it sure that all the students have performed the lab activity or not.
5. Students will be evaluated on the basis of skills in practicals, Practical File, Project, Viva and Written Exam.

### INSTRUCTIONS FOR THE STUDENTS:

1. Students will bring their books according to time table.
2. Students will sit according to Roll No. in lab.
3. Students will not change the Control Panel Settings.
4. Students will follow all the Rules & Regulations of Lab + Instructions of Teacher.

### TOOLS & TECHNIQUES:

Exploratory Thinking, Demonstration Method, Active Learner Participation, Logical Thinking, Experimentation Method, Effective integration of Technology, Oral Questioning.

(APRIL TO SEPTEMBER)

<b>APRIL &amp; MAY</b>			
<b>Chapter No./ Name of Chapter</b>	<b>No. of Periods</b>	<b>Lab Activities</b>	<b>Teaching Aids</b>
Word Processing (Intermediate)	9	1. Create and Apply Styles in the document 2. Insert and use images in document	E-Smart Board, Stylus, Digital Books, Computer Lab



		3. Create and use template 4. Create and customize table of contents 5. Implement Mail Merge	
--	--	--	--

**JUNE SUMMER VACATION****JULY**

Chapter No./ Name of Chapter	No. of Periods	Lab Activities	Teaching Aids
Web Applications	9	1. Working with various Accessibility Options 2. Networking and their types 3. Chatting using Google Talk 4. Creating Blogs 5. Internet Security	Computer Lab, E-Smart Board, Digital Books

**AUGUST**

Chapter No./ Name of Chapter	No. of Periods	Lab Activities	Teaching Aids
Spreadsheet (Intermediate)	8	1. Analyse data using scenarios and goal seek. 2. Link data and spreadsheets 3. Share and review a spreadsheet 4. Create and Use Macros in spreadsheet	E-Smart Board, Stylus, Computer Lab, Digital Books

**AUGUST & SEPTEMBER**

REVISIONS + HALF YEARLY EXAMINATION

**(OCTOBER TO MARCH)****OCTOBER & NOVEMBER**

Chapter No./ Name of Chapter	No. of Periods	Lab Activities	Teaching Aids
Database Development	20	1. Appreciate the concept of Database Management System	E-Smart Board, Stylus, Digital Books

		<ol style="list-style-type: none"> <li>2. Create and edit tables using wizard and SQL commands</li> <li>3. Perform operations on table</li> <li>4. Retrieve data using query</li> <li>5. Create Forms and Reports using wizard</li> </ol>	
--	--	---	--

**DECEMBER**

Chapter No./ Name of Chapter	No. of Periods	Lab Activities	Teaching Aids
Employability Skills	10	<ol style="list-style-type: none"> <li>1. Communication Skill</li> <li>2. Self Management Skills</li> <li>3. Entrepreneur Skills</li> <li>4. Basic ICT Skills</li> <li>5. Green Skills</li> </ol>	E-Smart Board, Stylus, E Book

**JANUARY**

REVISION OF WHOLE SYLLABUS

**FEBRUARY**

PRACTICAL + VIVA

**MARCH**

ANNUAL EXAMINATION

(50 Marks Paper will be there covering whole syllabus as per CBSE guidelines)

**Evaluation Criteria For Practical**

Practical Skills (15 Marks)	Written Test (10 Marks)	Practical File (10 Marks)	Viva/ Oral Questioning (15 Marks)	Total Marks = 50
<b>Examination Criteria</b>				
Practical - 50 Marks		Theory - 50 Marks		<b>Total Marks = 100</b>

## नैतिक शिक्षा

पुस्तक : धर्म शिक्षा

प्रकाशन : डी. ए. वी. प्रकाशन

शिष्टाचार अथवा विनम्रतापूर्वक एवं शालीनतापूर्ण आचरण ही वह आभूषण है, जो मनुष्य को आदर सम्मान दिलाता है।

नोट :

1. धर्म शिक्षा पुस्तक पढ़ना ही काफी नहीं है, बल्कि अपने जीवन को धार्मिक व सदाचारी बनाना जरूरी है।
2. कक्षा क्रम के अनुसार हवन से पहले बच्चों को दान देने के लिए प्रेरित किया जाए।

सामान्य उद्देश्य:

1. छात्रों में माता-पिता, अध्यापकों एवं बुजुर्गों के प्रति सम्मान और सेवाभावना उत्पन्न करना।
2. छात्र-छात्राओं में इश्वरभक्ति की भावना के साथ-साथ, उनमें आस्तिकता की भावना उत्पन्न करना।
3. धार्मिक रुचि का संवर्धन करना, अच्छी आदतें डालना।
4. उन्हें देश एवं जाति की सेवा के प्रतिकर्तव्य निष्ठ बनाना।
5. उत्तम ग्रंथों के माध्यम से स्वाध्याय के प्रति रुचि जाग्रत करना।
6. देश-धर्म की सेवा में जीवन लगाने वाले तथा उत्तम ग्रंथों की रचना द्वारा ज्ञान का संवर्धन करने वाले महापुरुषों के चरित्र से परिचय करवाना।

अध्यापकों के लिए सामान्य निर्देश :

1. बच्चों को प्रतिदिन नैतिक मूल्यों की जानकारी देना।
2. बच्चों को पुस्तक ज्ञान को अपने अंदर डालने के लिए प्रेरित करना।
3. उत्तर पुस्तिका में उत्तर ध्यानपूर्वक लिखना व बच्चों को लिखवाना।
4. समय-समय पर जाँचना।

विद्यार्थियों के लिए सामान्य निर्देश :

1. विद्यार्थी कक्षा में अनुशासित ढंग से पठन-पाठन प्रक्रिया में भाग लें।
2. अध्यापकों द्वारा दी गई शिक्षा पर अमल करें।
3. मंत्र, प्रार्थनाओं का नित्य अभ्यास करें।
4. सदाचारी, शिष्टाचारी बनें व अनुशासन में रहें।

## (अप्रैल से सितंबर तक)

<b>अप्रैल</b>			
पाठ का नाम और विषय	कालांश	गतिविधियाँ	सहायक सामग्री
पाठ-1 अनादि तेरी अनन्त महिमा आर्य समाज के नियम 1-10	1	छात्र समझकर प्रार्थना याद करेंगे सस्वर गायन करेंगे नियम याद करवाना	पुस्तक
पाठ-2 वेदों की उत्पत्ति	1	वेदों के विषयों के नाम याद करेंगे	दृश्यात्मक
पाठ-4 दयानन्द के उपकार	1	भजन याद करेंगे	पुस्तक
<b>मई</b>			
पाठ का नाम और विषय	कालांश	गतिविधियाँ	सहायक सामग्री
पाठ-5 श्राद्ध और तर्पण	1	श्राद्ध के गुण दोषों को समझेंगे ।	उदाहरण
पाठ-6 सुख के तीन मार्ग	1	जीवन को सुखी बनाने के लिए तीनों मार्गों को अपनाएंगे ।	पुस्तक
पाठ-7 कर्तव्य बोध	1	प्रार्थना याद करेंगे ।	पुस्तक
पाठ-9 महात्मा आनंद स्वामी	1	प्रभु भक्ति का उदाहरण	प्रभु भक्ति का उदाहरण
<b>जून</b>			
<b>ग्रीष्मावकाश</b>			
<b>जुलाई</b>			
पाठ का नाम और विषय	कालांश	गतिविधियाँ	सहायक सामग्री
पाठ-10 पुकार	1	प्रार्थना याद करेंगे	पुस्तक

पाठ-12 हमारा शरीर	1	ज्ञानेन्द्रियाँ कर्मेन्द्रियाँ और पांचवायु के नाम याद करेंगे	रथ का उदाहरण देकर
पाठ-13 भजन एवम् यज्ञ महिमा	1	गायन कौशल	याद करेंगे स

**अगस्त** करवाए गए पाठ्यक्रम की दोहराई  
**सितंबर** अर्ध वार्षिक परीक्षा

**अक्टूबर से मार्च तक**

**अक्टूबर**

पाठ का नाम और विषय	कालांश	गतिविधियाँ	सहायक सामग्री
पाठ-14 लौह पुरुष सरदार पटेल	1	इनके जीवन से साहसी बनने के लिए प्रेरित करना	उदाहरण
पाठ-15 लाला सूरज भान	1	डी. ए. वी. की शिक्षाओं पर चर्चा	डी.ए.वी. के अन्य उदाहरण
आर्य समाज के नियम (केवल पढने के लिए )	1	याद करेंगे	पुस्तक / चार्ट

**नवम्बर**

पाठ का नाम और विषय	कालांश	गतिविधियाँ	सहायक सामग्री
पाठ-16 शरण याचना	1	प्रार्थना याद करेंगे सस्वर लयबद्ध गायन	पुस्तक / चार्ट
पाठ-19 संकल्प गीत	1	कठिन शब्दों को सस्वर गायन करवाना	प्राचीन सभ्यता का उदाहरण
पाठ-20 वैदिक प्रार्थनाएँ और शिक्षाएँ	1	कल्याणकारी प्रार्थनाओं को याद करवाना व सुनना। सहायक सामग्री	पुस्तक

## दिसंबर

पाठ का नाम और विषय	कालांश	गतिविधियाँ	सहायक सामग्री
पाठ-21 आत्म समर्पण	1	भजन सस्वर याद करवाना	पुस्तक

जनवरी / फरवरी करवाए गए पाठ्यक्रम की दोहराई

मार्च वार्षिक परीक्षा

## मौखिक पेपर का प्रारूप

विषय - वस्तु	अंक
1. आर्य समाज के नियम	4
2. कर्तव्य बोध / पुस्तक	4
3. यज्ञ महिमा	4
4. प्रश्नोत्तर	8
5. अनुशासन / वर्दी / किताब(2+2+1)	5
<b>कुलांक</b>	<b>25</b>

विषय - वस्तु	अंक
1. आर्य समाज के नियम	4
2. शरण याचना / संकल्प गीत	4
3. लौह पुरुष पर वाक्य	4
4. प्रश्नोत्तर	8
5. अनुशासन / वर्दी / किताब (2+2+1)	5
<b>कुलांक</b>	<b>25</b>

## PERFORMING ART

"It is the supreme art to awaken joy in creative expression and knowledge."

### IMPORTANCE OF MUSIC & DANCE:

Music and dance give great self-satisfaction and self confidence. It brings name, fame and riches i.e. success in life. It has social, emotional and spiritual benefits and gives happiness to life.

### COMMON INSTRUCTION FOR THE TEACHERS:

1. Give the introduction about your topic and demonstrate.
2. Pay attention towards Non-Performers.
3. Teacher should be well prepared.
4. The song should be selected according to class level.
5. Assessment of students should be done on regular basis.

### COMMON INSTRUCTIONS FOR THE STUDENTS:

1. Move in queue to Music and Dance room.
2. Keep the shoes in shoes rack.
3. Do the practice at home.
4. Don't touch anything without teacher's permission

### AIMS:

1. To develop a context for aesthetic and artistic experience and the opportunity to develop personally and physically through participated in dance in an enjoyable environment.
2. To provide for aesthetic experiences and to develop aesthetic awareness in the music, in drama, in dance and literature.

### OBJECTIVES:

1. To enhance knowledge and understanding of dance as an aesthetic & artistic experience.
2. Cooperate with others in dance activities.
3. To enrich personal and social development while interacting with others in a variety of structural contexts.
4. To arise the learning interest and area in instrumental learning.
5. To develop the interest to know about Indian culture.
6. To make them able to become an artist.

**(APRIL TO SEPTEMBER)**

**APRIL to MAY**

**Pledge & Morning Prayer**

Topic	No. of Days	Tools & Techniques	Teaching Aids
Tala (Teen Tala) Alankar 1 -10	6	Demonstration with instrument	Lyrics & Instrument
Punjabi Folk Dance	6	Demonstration with steps	With Sound System
Punjabi Instrument	6	Demonstration with Instruments	Dufli, Harmonium, Chimta

**JUNE** **SUMMER VACATION**  
**JULY to AUGUST** **LUNCH PRAYER**

Topic	No. of Days	Tools & Techniques	Teaching Aids
Punjabi Folk Song	6	Demonstration with instrument	Lyric +Instrument
Punjabi Folk	6	Demonstration with steps	Instrument for beat
RaagBhopali	6	Demonstration with singing	Harmonium, Tabla

**AUGUST** **REVISION**  
**SEPTEMBER** **HALF YEARLY EXAMINATION**  
**(OCTOBER TO MARCH)**

**OCTOBER TO NOVEMBER**

Topic	No. of Days	Tools & Techniques	Teaching Aids
Instrument (Guitar)	6	Demonstration with instruments	Harmonium, Tabla etc.
Patriotic (Semi Classical)	6	Knowledge about Acting & Action	Stick & Sound System

**DECEMBER / JANUARY / FEBRUARY** **REVISION**

**MARCH** **ANNUAL**  
**EXAMINATION**



## HEALTH & PHYSICAL EDUCATION

### IMPORTANCE OF PHYSICAL EDUCATION:

Physical Education is the part of General Education program which is considered with growth, Development and education of students through the medium of muscle activities. It is the education of whole child by means of physical activities. Physical activities are the tools. They are so selected and considered as to influence every child's Physically, Mentally, Emotionally and Morally.

### AIMS & OBJECTIVES:

1. Interact with the natural world in a positive manner.
2. Develop qualities such as leadership, team spirit, sense of belongingness, Courage and self defense.
3. Participate in the activities for fun and joy.
4. Conduct the movement with more body control.
5. To ensure optimum growth of each child.
6. Understand that hygienic fitness, protection and health care are important for health.

### OBJECTIVES AND LEARNING OUTCOME WILL BE CLEARED TO THE STUDENTS:

- All the Topics must be discussed thoroughly and all book exercises will be discussed orally. Class 5<sup>th</sup> to 10<sup>th</sup>, all the three activity of co-scholastic area must be cleared and basic knowledge must be given to students, guide the students, to opt any two and its practice will be done with the help of teachers, throughout the year.
- File of concerned chosen activities will be prepared. It will be accessed and evaluated.

### COMMON INSTRUCTION FOR THE TEACHERS:

1. Try to reach in class in time.
2. Bring your classes in the ground in line and discipline.
3. Take care of students in ground specially girls.
4. Prepare your team properly selected students from different classes.
5. Maintain sports ground properly.

### COMMON INSTRUCTIONS FOR THE STUDENTS:

1. Move always in line.
2. Maintain Self Discipline in Sports Ground.
3. Obey the instruction given by Teacher.
4. Play the games with team spirit.
5. Follow the rule and regulation during play the game.

Note: All the Activities will be followed according to the CBSE guidelines.

**(APRIL TO SEPTEMBER)**

<b>APRIL</b>			
<b>Lesson No./Topic</b>	<b>No. of Periods</b>	<b>Activities</b>	<b>Teaching Aids</b>
Activity	2	Sit-ups / Standing Jump	Stopwatch, Whistle
Any Major Game / SEWA <b>Project:-</b> 'Swachcha Vidyalaya Swachcha Bharat'	4	To Play Game in Ground With Fundamental Skills	Play Game / Video  Play Ground
Gym Period	2	Exercise in Gym / Flexed / Blend Arm Hang / Pull-ups	Multi Gym / Horizontal Bar
Yoga / Mass PT	2	Physically in Ground / Yoga, Padamasana & Tarasana / Mass PT	Body Movements / Video
<b>MAY</b>			
<b>Lesson No./Topic</b>	<b>No. of Periods</b>	<b>Activities</b>	<b>Teaching Aids</b>
Race	6	Shuttle Run & 50 Meters Dash Race	Stopwatch, Whistle
Any Major Game/ SEWA <b>Project:'Dignity of Labour'</b>	4	To Play Game in Ground With Fundamental Skills	Play Game / Video
Gym Period	2	Exercise in Gym	Multi Gym
Yoga	2	Physically in Ground/Yoga, Chakarasana and Halasana	Body Movements/ Video
<b>JUNE</b>			
<b>SUMMER VACATION + INTERNATIONAL YOGA DAY CELEBRATION</b>			

**JULY**

Lesson No./Topic	No. of Periods	Activities	Teaching Aids
Any Major Game / SEWA <b>Project:-</b> 'Being Safe and Responsible'	4	To Play Game In Ground With Fundamental Skills	Play Game / Video
Mass PT / Yoga	2	Physically in Ground/Yoga, Vajarasana And Sarvangasana and Mass PT	Body Movements / Video
Gym Period	2	Exercise in Gym	Multi Gym
Race	2	600 Meters	Stop Watch, Whistle

Sports Day -29<sup>th</sup> August

**AUGUST** REVISION  
**SEPTEMBER** HALF YEARLY EXAMINATION  
**(OCTOBER TO MARCH)**

**OCTOBER**

Lesson No./Topic	No. of Periods	Activities	Teaching Aids
Race	2	Shuttle Run & 50 Meters Dash Race	Stopwatch, Whistle
Gym Period	2	Exercise in Gym	Multi Gym
Any Major Game / SEWA <b>Project:-</b> Reduce, Recycle, Reuse and now Respect	4	To Play Game in Ground With Fundamental Skills	Play Game / Video
Yoga /Mass PT	2	Physically in Ground / Yoga, Chakarasana & Halasana / Mass PT	Body Movements / Video

**NOVEMBER**

Lesson No./Topic	No. of Periods	Activities	Teaching Aids
Activity	2	Sit-Ups / Standing Jump	Stopwatch,

			Whistle
Any Major Game / SEWA <b>Project:-</b> 'First Aid: Awareness raising and demonstration'	4	To Play Game in Ground With Fundamental Skills	Play Game / Video
Gym Period	2	Exercise in Gym / Flexed / Bend Arm Hang / Pull-ups	Multi Gym / Horizontal Bar
Yoga	2	Physically in Ground / Yoga, Bhujangasana & Sarvangasana	Body Movements / Video

**DECEMBER**

Lesson No./Topic	No. of Periods	Activities	Teaching Aids
Race	2	600 Meters	Stopwatch, Whistle
Gym Period	2	Exercise in Gym	Multi Gym
Any Major Game / SEWA <b>Project:-</b> 'Plantation of Shade/ Fuel/ Ornamental/ Avenue trees'	4	To Play Game in Ground With Fundamental Skills  Planting Trees	Tarasana & Mass PT
Yoga / Mass PT	2	Physically in Ground / Yoga, Tarasana & Mass PT	Body Movements / Video

**JANUARY / FEBRUARY**

## REVISION

**MARCH****ANNUAL EXAMINATION**

**DISTRIBUTION OF MARKS FOR INTERNAL ASSESSMENT**

SR NO	STRAND	MARKS
1.	GAMES a) Athletics/ Swimming b) Team Games c) Individual Games Activity d) Adventure Sports	50 MARKS
2.	HEALTH & FITNESS	25 MARKS
3.	SEWA	25 MARKS
4.	HEALTH & ACTIVITY CARD	NO MARKS
	TOTAL	100 MARKS

**Calendar Activities(2022-23)**

S.No	Month	Name of Activity
1.	May	Poster Making on "World No Tobacco Day"
2.	July	Save the Nature(Rally on Nature Conservation)
3.	August	"Teej Celebration"
4.	October	Rangoli Making
5.	January	Lohri/ Makar Sakranti

**Test Schedule**

Monday	Mathematics
Tuesday	Punjabi
Wednesday	Social Science
Thursday	Hindi
Friday	Science
Saturday	English



**ओ३म्**  
**DAV PUBLIC SCHOOL SAMANA**  
**(SENIOR SECONDARY)**  
**CBSE AFFILIATED-1630571**



**MEDICAL PLANNER FOR CLASSES**  
**4<sup>th</sup> to 12<sup>th</sup>(SENIOR)**  
**SESSION: 2022-23**

MONTH	TOPICS
APRIL	Heart Beat: A rhythm of Health.
MAY	"Health for All", Be Active, Be Healthy and Be Happy.
JULY	Decision making Fear... "How this 'Fear' word messes you up" & Let's talk on Adolescence (Girls & Boys)
AUGUST	Control Anger! It's only one letter away from Danger.
SEPTEMBER	Mental Health : Stop Exclusion. Dare to Care!
OCTOBER	Sensex is high, Gold is expensive, Invest in Relationships, feelings and emotions.
NOVEMBER	Are you Winter Ready? & Protect Health from Climate Change.
DECEMBER	Nutrition & You. Halt the rise, Beat Diabetes early.
JANUARY	Fitness matters, Wellness works.
FEBRUARY	Don't blame the Distractions, Improve your focus.

**Dr Mohan Lal Sharma**

Principal

**आर्य पर्व(2022-23)**

क्रम संख्या	तिथि	पर्व	
1.	10 अप्रैल, 2022	रविवार	आर्य समाज स्थापना दिवस
2.	19 अप्रैल, 2022	मंगलवार	महात्मा हंसराजजन्म दिवस
3.	26 अप्रैल, 2022	मंगलवार	पंडित गुरुदत्त विद्यार्थी जन्म दिवस
4.	1 जून, 2022	बुधवार	डी.ए .वी.स्थापना दिवस
5.	14 सितम्बर, 2022	बुधवार	गुरु विरजानंद पुण्यतिथि
6.	5 अक्टूबर, 2022	बुधवार	स्वामी विरजानंद जयंती
7.	15 अक्टूबर, 2022	शनिवार	महात्मा आनंद स्वामी जन्म दिवस
8.	21 अक्टूबर, 2022	सोमवार	रामचंद्र छत्रपति बलिदान दिवस
9.	24 अक्टूबर, 2022	शनिवार	महात्मा आनंद स्वामी पुण्यतिथि
10.	24 अक्टूबर, 2022	सोमवार	ऋषि निर्वाणोत्सव
11.	14 नवम्बर, 2022	सोमवार	स्वामी दयानंद विरजानंद की कुटिया
12.	15 नवम्बर, 2022	रविवार	महात्मा हंसराज पुण्यतिथि
13.	19 दिसम्बर, 2022	सोमवार	पंडित राम प्रसाद बिस्मिल बलिदान दिवस
14.	23 दिसम्बर, 2022	शुक्रवार	स्वामी श्रद्धानंद बलिदान दिवस
15.	15 जनवरी, 2023	वीरवार	स्वामी विवेकानंद जयंती
16.	28 जनवरी, 2023	शनिवार	लाला लाजपतराय जयंती
17.	12 फ़रवरी, 2023	बुधवार	ऋषि दयानंद सरस्वती जन्म दिवस
18.	18 फ़रवरी, 2023	शनिवार	ऋषि बोधोत्सव
19.	21 फ़रवरी, 2023	मंगलवार	मुनि मुनिशवरनन्द
20.	19 मार्च, 2023	रविवार	पंडित गुरुदत्त विद्यार्थी पुण्यतिथि

**Important Days (Awareness)**  
**Session 2022-23**

<b><u>APRIL</u></b>				
<b><u>S.N</u></b>	<b><u>Date</u></b>	<b><u>Day</u></b>		<b><u>Celebration</u></b>
1.	7 <sup>th</sup> April,2022	Thursday	World Health Day	Awareness
2.	10 <sup>th</sup> April,2022	Sunday	Arya Samaj Sathapana Diwas,	Hawan Yajna , Speech By House
3.	12 <sup>th</sup> April,2022	Tuesday	New Session Beginning 1 <sup>st</sup> to 12 <sup>th</sup>	Hawan Yajna ( Mangal Kamna Diwas)
4.	16 <sup>th</sup> April,2022	Saturay	New Session Beginning LKG & UKG	Hawan Yajna ( Mangal Kamna Diwas)
5.	13 <sup>th</sup> April,2022	Wednesday	Jallianwala Bagh Massacre	Awareness
6.	14 <sup>th</sup> April,2022	Thursday	Baisakhi/ Mahavir Jayanti	Awareness + Speech
7.	14 <sup>th</sup> April,2022	Thursday	Dr. B.R. Ambedkar Jayanti	Awareness
8.	18 <sup>th</sup> April,2022	Monday	World Heritage Day	Awareness By Social Science Faculty
9.	19 <sup>th</sup> April,2022	Tuesday	Mahatma Hans Raj Jayanti	Tribute By Running House
10.	21 <sup>st</sup> April,2022	Thursday	National Civil Service Day(India)	Awareness
11.	22 <sup>nd</sup> April,2022	Friday	World Earth Day	Awareness



12.	23 <sup>rd</sup> April,2022	Saturday	World Book Day	Awareness
13.	25 <sup>th</sup> April,2022	Monday	World Malaria Day	Awareness
14.	26 <sup>th</sup> April,2022	Tuesday	World Intellectual Property Day	Awareness
15.	29 <sup>th</sup> April,2022	Friday	International Dance Day	Awareness
<b><u>May</u></b>				
<b><u>Sr. No.</u></b>	<b><u>Date</u></b>	<b><u>Day</u></b>	<b><u>Day</u></b>	<b><u>Celebration</u></b>
1.	1 <sup>st</sup> May,2022	Sunday	International Labour Day	Activity of Grade-D By House +Classes 11 <sup>th</sup> & 12 <sup>th</sup>
2.	1 <sup>st</sup> May,2022	Sunday	World Laughter Day	Awareness
3.	3 <sup>rd</sup> May,2022	Tuesday	World Press Freedom Day Parshuram Jayanti	Awareness
4.	4 <sup>th</sup> May,2022	Wednesday	International Firefighters Day	Awareness
5.	7 <sup>th</sup> May,2022	Saturday	Rabindranath Tagore Jayanti	Awareness
6.	8 <sup>th</sup> May,2022	Sunday	World Red Cross Day	Speech By House
7.	8 <sup>th</sup> May,2022	Sunday	Mothers Day	Celebration By Pre-Primary (LKG to 3 <sup>rd</sup> )
8.	11 <sup>th</sup> May,2022	Wednesday	National Technology Day	Awareness
9.	16 <sup>th</sup> May,2022	Monday	Buddha Purnima	Awareness
10.	17 <sup>th</sup> May,2022	Tuesday	• World Telecommunication and Information Society Day	Awareness

			• World Hypertension Day	
11.	21 <sup>st</sup> May,2022	Saturday	National Anti Terrorism Day	Awareness
12.	31 <sup>st</sup> May,2022	Tuesday	World No Tobacco Day/Anti-Tobacco Day	Speech By House+ Poster Making by Class 10 <sup>th</sup> & 11 <sup>th</sup>

**JUNE**

<u>S.No</u>	<u>Date</u>	<u>Day</u>	<u>Day</u>	<u>Celebration</u>
1.	1 <sup>st</sup> June,2022	Wednesday	DAV Foundation Day- (Hawan Yajna) Global Day of Parents	Hawan
2.	3 <sup>rd</sup> June,2022	Friday	Guru Arjan Dev Ji Martydom Day	Speech
3.	5 <sup>th</sup> June,2022	Sunday	World Environment Day	Speech
4.	7 <sup>th</sup> June,2022	Tuesday	World Food Safety Day	Awareness
5.	12 <sup>th</sup> June,2022	Sunday	Anti Child Labour Day	Awareness
6.	14 <sup>th</sup> June,2022	Tuesday	World Blood Donor Day	Awareness
7.	14 <sup>th</sup> June,2022	Tuesday	Sant Kabir Jayanti	Awareness
8.	19 <sup>th</sup> June,2022	Sunday	Father's Day	Speech
9.	21 <sup>st</sup> June,2022	Tuesday	International Yoga Day	(Celebration by NCC Cadets)
10.	21 <sup>st</sup> June,2022	Tuesday	World Music Day	Celebration by Music Department

11.	26 <sup>th</sup> June,2022	Sunday	International Anti Drug Day	Speech
-----	----------------------------	--------	-----------------------------	--------

**JULY**

<u>S.No</u>	<u>Date</u>	<u>Day</u>		
1.	11 <sup>th</sup> July,2022	Monday	World Population Day	Awareness
2.	15 <sup>th</sup> July,2022	Friday	World Youth Skill Day	Awareness
3.	26 <sup>th</sup> July,2022	Tuesday	Kargil Vijay Diwas	Awareness
4.	28 <sup>th</sup> July,2022	Thursday	<ul style="list-style-type: none"> <li>• World Hepatitis Day</li> <li>• World Nature Conservation Day</li> </ul>	Awareness
5.	31 <sup>st</sup> July,2022	Sunday	Martyrdom Day of SaheedUdam Singh Ji	Tribute by Running House

**AUGUST**

<u>S.No</u>	<u>Date</u>	<u>Day</u>		
1.	11 <sup>th</sup> Aug,2022	Thursday	Raksha Bandhan (Rakhi)	Celebration
2.	12 <sup>th</sup> Aug,2022	Friday	World Youth Day Sanskrit Diwas	Awareness
3.	15 <sup>th</sup> Aug,2022	Monday	Independence Day	Celebration
4.	19 <sup>th</sup> Aug,2022	Friday	<ul style="list-style-type: none"> <li>• World Photography Day</li> <li>• Janamashtami (Krishnostav)</li> </ul>	Awareness+Speech Celebration by Primary Block

5.	20 <sup>th</sup> Aug,2022	Thursday	National Sadh bhavana Diwas	Awareness
6.	21 <sup>st</sup> Aug,2022	Sunday	World Senior Citizen Day	Awareness
7.	26 <sup>th</sup> Aug,2022	Friday	Women Equality Day	Awareness
8.	28 <sup>th</sup> Aug,2022	Sunday	Prakash Utsav Shri Guru Granth Sahib Ji	Speech
9.	29 <sup>th</sup> Aug,2022	Monday	National Sports Day	Awareness
10.	30 <sup>th</sup> Aug,2022	Tuesday	Teej (Hari Talika)	Celebration

### SEPTEMBER

<u>S.No</u>	<u>Date</u>	<u>Day</u>		
1.	5 <sup>th</sup> Sep,2022	Monday	Teachers Day (Guru Utsav)	Celebration By Running House
2.	8 <sup>th</sup> Sep,2022	Thursday	International Literacy Day + Onam	Speech + Awareness
3.	14 <sup>th</sup> Sep,2022	Wednesday	Hindi Diwas	Speech and Celebration by Hindi Department
4.	15 <sup>th</sup> Sep,2022	Thursday	<ul style="list-style-type: none"> <li>• International Democracy Day</li> <li>• Engineer's Day</li> </ul>	Awareness
5.	16 <sup>th</sup> Sep,2022	Friday	World Ozone Preservation Day	Awareness
6.	21 <sup>st</sup> Sep,2022	Wednesday	International Peace Day	Awareness

7.	26 <sup>th</sup> Sep,2022	Monday	Maharaja Aggarsain Jayanti	Speech
8.	27 <sup>th</sup> Sep,2022	Tuesday	World Tourism Day	Awareness
9.	29 <sup>th</sup> Sep,2022	Thursday	World Heart Day	Awareness

### OCTOBER

<u>S.No</u>	<u>Date</u>	<u>Day</u>	<u>Day</u>	<u>Celebration</u>
1.	2 <sup>nd</sup> Oct,2022	Sunday	<ul style="list-style-type: none"> <li>• Mahatama Gandhi Jayanti &amp; Non Violence Day</li> <li>• Lal Bahadur Jayanti</li> </ul>	Tribute by Houses
2.	4 <sup>th</sup> Oct,2022	Tuesday	World Animal Welfare Day	Awareness
3.	5 <sup>th</sup> Oct,2022	Wednesday	Dussehra	Celebration By Running House
4.	8 <sup>th</sup> Oct,2022	Saturday	Indian Air Force Day	Awareness
5.	9 <sup>th</sup> Oct,2022	Sunday	Maharishi Valmiki Jayanti	Speech
6.	11 <sup>th</sup> Oct,2022	Tuesday	<ul style="list-style-type: none"> <li>• International Girl Child Day Purab</li> <li>• Prakash Purab of Shri Guru Ram Dass Ji</li> </ul>	Awareness + Speech
7.	13 <sup>th</sup> Oct,2022	Thursday	Karva Chauth	Speech

8.	15 <sup>th</sup> Oct,2022	Saturday	World Students Day	Awareness
9.	16 <sup>th</sup> Oct,2022	Saturday	<ul style="list-style-type: none"> <li>World Food Day</li> <li>JanamDiwas of Baba Banda Singh Ji Bahadur</li> </ul>	Awareness
10.	24 <sup>th</sup> Oct,2022	Monday	<ul style="list-style-type: none"> <li>Diwali</li> <li>United Nations Day</li> </ul>	Awareness + Speech
11.	25 <sup>th</sup> Oct,2022	Tuesday	Govardhan Pooja + Vishavkarma Day	Speech
12.	26 <sup>th</sup> Oct,2022	Wednesday	Bhai Dooj	Speech
13.	30 <sup>th</sup> Oct,2022	Sunday	Chath Pooja	Awareness
14.	31 <sup>st</sup> Oct,2022	Monday	National Unity Day	Awareness

## NOVEMBER

<u>S.No</u>	<u>Date</u>	<u>Day</u>		
1.	1 <sup>st</sup> Nov,2022	Tuesday	Punjab Diwas	Awareness
2.	8 <sup>th</sup> Nov,2022	Tuesday	Shri Guru Nanak Dev Jayanti	Celebration by Punjabi Department
3.	14 <sup>th</sup> Nov,2022	Monday	Children Day	Celebration By Pre Primary Block
4.	28 <sup>th</sup> Nov,2022	Monday	Martydom Day of Shri Guru Tegh Bahadur Ji	Speech +Tribute

**DECEMBER**

<u>S.No</u>	<u>Date</u>	<u>Day</u>		
1.	1 <sup>st</sup> Dec,2022	Thursday	World AIDS Day	Awareness
2.	2 <sup>nd</sup> Dec,2022	Friday	<ul style="list-style-type: none"> <li>• World Computer Literacy Day</li> <li>• National Pollution Control Day</li> </ul>	Speech + Awareness
3.	4 <sup>th</sup> Dec,2022	Sunday	Indian Navy Day	Awareness
4.	7 <sup>th</sup> Dec,2022	Wednesday	Indian Armed Forces Flag Day	Awareness
5.	9 <sup>th</sup> Dec,2022	Friday	International Anti-Corruption Day	Awareness
6.	10 <sup>th</sup> Dec,2022	Saturday	Human Rights Day	Awareness
7.	22 <sup>nd</sup> Dec,2022	Thursday	National Mathematics Day	Celebration by Maths Department
8.	23 <sup>rd</sup> Dec,2022	Friday	Swami Shradhanand Balidan Diwas	Tribute By Running House
9.	24 <sup>th</sup> Dec,2022	Saturday	National Consumer Day	Awareness
10.	25 <sup>th</sup> Dec,2022	Sunday	Christmas Day	Celebration by Pre-Primary
11.	26 <sup>th</sup> to 28 <sup>th</sup> Dec,2022	Monday, Tuesday, Wednesday	Shaheedi Jor Mela	Tribute by Running House

12.	29 <sup>th</sup> Dec,2022	Thursday	Parkash Purab Shri Guru Gobind Singh Ji	Speech
-----	---------------------------	----------	---	--------

## JANUARY

<u>S.No</u>	<u>Date</u>	<u>Day</u>		
1.	1 <sup>st</sup> Jan,2023	Sunday	New Year	(Hawan Yajna)
2.	6 <sup>th</sup> Jan,2023	Friday	National Technology Day	Awareness
3.	12 <sup>th</sup> Jan,2023	Thursday	National Youth Day	Awareness
4.	14 <sup>th</sup> Jan,2023	Saturday	Lohri	(Celebration by Senior Block + Running House)
5.	15 <sup>th</sup> Jan,2023	Sunday	Makar Sankranti / Pongal	Speech
6.	23 <sup>rd</sup> Jan,2023	Monday	Neetaji Subhash Chandra Bose Birth Anniversary	Awareness
7.	25 <sup>th</sup> Jan,2023	Wednesday	<ul style="list-style-type: none"> <li>• Basant Panchmi</li> <li>• National Voters Day</li> <li>• Indian Tourism Day</li> </ul>	Awareness
8.	26 <sup>th</sup> Jan,2023	Thursday	Republic Day	Celebration by Running House
9.	30 <sup>th</sup> Jan,2023	Monday	Mahatama Gandhi Martyrdom Day	Tribute by Running House

## FEBRUARY

<u>S.No</u>	<u>Date</u>	<u>Day</u>		
1.	4 <sup>th</sup> Feb,2023	Saturday	World Cancer Day	Awareness



2.	5 <sup>th</sup> Feb,2023	Sunday	Guru Ravidas Jayanti	Speech
3.	15 <sup>th</sup> Feb,2023	Wednesday	Maharishi Dayanand Saraswati	Celebration by running House
4.	18 <sup>th</sup> Feb,2023	Saturday	Maha Shivratri	Celebration/Speech
5.	20 <sup>th</sup> Feb,2023	Monday	World Day of Social Justice	Awareness
6.	21 <sup>st</sup> Feb,2023	Tuesday	Matri Bhasha Divas	Celebration By Punjabi Teachers
7.	23 <sup>rd</sup> Feb,2023	Wednesday	World Peace & Understanding Day	Awareness
8.	28 <sup>th</sup> Feb,2023	Tuesday	National Science Day	Celebration By Science Teachers

### MARCH

<u>S.No</u>	<u>Date</u>	<u>Day</u>		
1.	1 <sup>st</sup> March,2023	Wednesday	Rishi Bodh Utsav	Awareness
2.	3 <sup>rd</sup> March,2023	Friday	National Defence Day	Awareness
3.	8 <sup>th</sup> March,2023	Wednesday	Holi + International World Women's Day	Celebration By Running House
4.	15 <sup>th</sup> March,2023	Wednesday	World Consumer Rights Day	Awareness
5.	22 <sup>th</sup> March,2023	Wednesday	World Water Day	Awareness



**DAV PUBLIC SCHOOL SAMANA**  
(SENIOR SECONDARY)  
CBSE AFFILIATED-1630571



**NEAR CHAK AMRITSARIA PATRAN ROAD, SAMANA - 147101, DIST. PATIALA  
(PB)**

### List of Activities under Ek Bharat Shreshtha Bharat

Sr.No	Description of Activity	Month/Day/ Location	Learning Outcome
1	Exposure of students to the alphabets, songs, proverbs and 100 sentences in the languages of the partnering State/UT.	Academic Year/ Every Week / school premises	It will develop the linguistic capacity of the students.
2	Essay Competition among students in the language of the partnering State/UT	Academic Year	It will develop multi-linguistic skills in students.
3	Drama/Role Play on culture, history, the tradition of partnering State/UT.	Academic Year/school premises	The students will be able to learn the culture of the partnering State/UT.
4	Identification/translation and dissemination of similar proverbs in the language of partnering State/UT.	Academic Year	The students will be able to learn the language and culture of the Partnering state/UT.
5	"Themed Display Board/Wall magazine" on the partnering state. (Historical Monuments, Dressing Style, painting, handicrafts, alphabet and basic sentences of the partnering State/UTs).	Round the Year/ school premises	The pictorial representation will help them in learning and Understanding about partnering States/UTs.
6	Pledge on Swachhta/ Single-use plastic/water saving/ National Unity in the language of partnering states/UTs	At least two times every month/ Schools' premises during morning assembly.	The students will have exposure to partnering state language.Enhance social responsibility among students.
7	"Questions/ Answer session" (Quiz) on partnering States/UTs. (Know Your Partner States/UTs)	Once in a month/ Morning Assembly.	It will help students to remember the important facts about partnering States/UTs.
8	"State Day Celebration" of partner State/UT	On State Day/ School Premises	It will develop a sense of unity among the students of both the States/UTs.

**Suggestive Activities for FIT India Movement — March 2022-Feb 2023**

Sr. No.	Month	Theme based Activities
1.	March-April	<p style="text-align: center;"><b>FIT INDIA FITNESS ASSESSMENT</b></p> <ul style="list-style-type: none"> <li>• Fitness assessment by teachers and parents on Fit India Mobile App               <ul style="list-style-type: none"> <li>○ <b>Fitness Ka Dose Aadha Ghanta Roz-</b> doing daily physical activities like Yoga/Free hand exercise/ dance/ playing sports etc. for half an hour atleast.</li> </ul> </li> </ul>
2.	May-June	<p style="text-align: center;"><b>MENTAL FITNESS AND YOGA</b></p> <ul style="list-style-type: none"> <li>• Learn Common Yoga Protocols, different poses of Yoga through Fit India Mobile App</li> <li>• Celebration of “Yoga Day” (Age-appropriate Yoga Activities)</li> <li>• Rhythmic Yoga on patriotic songs and share your stories on Fit India Mobile App</li> <li>• Pranayam, Meditation/ Mindfulness activities every day.</li> <li>• Daily Yoga, Stretching, Hand exercises may be included in assembly to make fitness part of students’/teachers’ daily lifestyle</li> <li>• Focus on Mind games like chess, Sudoku, Puzzle etc.</li> </ul>
3.	July	<p style="text-align: center;"><b>FITNESS ASSESSMENT OF STUDENTS THROUGH PE TEACHERS AND INDIGENOUS SPORTS</b></p> <ul style="list-style-type: none"> <li>• Participate in Khelo India National Fitness programme for schools through Fit India Mobile App</li> <li>• Learn different Indigenous/ traditional sports on Fit India Mobile App</li> <li>• Organization of indigenous/traditional sports, martial arts, dance with theme — <b>HamariSanskritiSe Fitness</b></li> </ul>
4.	August - September	<p style="text-align: center;"><b>FIT INDIA FREEDOM RUN</b></p> <ul style="list-style-type: none"> <li>• Organizing Fit India Freedom Run at iconic and historic importance places by registering on Fit India Mobile App</li> <li>• Share your Run with friends/family and challenge them on 1-it India Mobile App</li> <li>• Fit India Freedom Run to start/culminate with patriotic songs/stories on freedom struggle of local heroes (Staff, Students &amp; Community)</li> <li>• Places associated with Independence Movement in states/UTs to</li> </ul>

		<p>be selected for culmination/ starting of Freedom run</p> <ul style="list-style-type: none"> <li>• In morning assembly plays / role-plays may be conducted on various historically important events.</li> <li>• Stories/Talks/Essay competition on one Freedom Fighter/local hero of Freedom struggle at least once every week</li> </ul>
5.	<b>October</b>	<p style="text-align: center;"><b>FIT INDIA PLOG RUN</b></p> <ul style="list-style-type: none"> <li>• Organise and register FIT India Plogrun on Fit India Mobile App</li> <li>• Virtual connect with Plogging communities on Fit India Mobile App with share your stories feature</li> <li>• Plays/ Rallies with themes such as Swachta, Ahinsa and other values of Mahatma Gandhi</li> <li>• Cultural programs depicting importance of Mahatma Gandhi in India's Independence</li> <li>• Swachhata Pledge/ Water Saving Pledge</li> </ul>
6.	<b>November-December</b>	<p style="text-align: center;"><b>FIT INDIA SCHOOL WEEK AND FITNESS ASSESSMENT</b></p> <ul style="list-style-type: none"> <li>• Celebrating 5-6 days in a week for fitness related activities</li> <li>• Inter and Intra Sports Competitions</li> <li>• Motivate &amp; aware parents, community regarding doing daily fitness activities.</li> <li>• Participate in Khelo India National Fitness programme for schools through Fit India Mobile App</li> <li>• Fitness assessment by teachers and parents on Fit India Mobile App</li> </ul>
7.	<b>January-February</b>	<p style="text-align: center;"><b>FIT INDIA NEW YEAR SPECIAL AND FITNESS ASSESSMENT</b></p> <ul style="list-style-type: none"> <li>• Welcoming new year with fitness events</li> <li>• Participate in Khelo India National Fitness programme for schools through Fit India Mobile App</li> <li>• Fitness assessment by teachers and parents on Fit India Mobile App</li> <li>• Participation in Fit India Quiz as audience on Fit India Mobile App</li> <li>• Collage making and poster competition on Healthy Food Habits and Importance doing daily fitness activities</li> </ul>



**ओ३म्**  
**DAV PUBLIC SCHOOL SAMANA**  
**(SENIOR SECONDARY)**  
 CBSE AFFILIATED-1630571



# House Information

## 2022-23

House	Color	Motto	Tagline	Logo
Virtue	Red	Modesty	Self-Respect is the corner stone of all Virtues.	
Harmony	Green	Courage to Care	Caring is the gift of making the ordinary to Extraordinary.	
Charity	Blue	(Sympathy)	Charity makes dreams come true.	
Gratitude	Yellow	Thankful & Grateful	Gratitude Unlocks the fullness of life	

## DO's AND DON'Ts

### Do's

1. Give due regards to your elders.
2. Prepare yourself well to perform well.
3. Converse in English in School Campus.
4. Come to school well groomed, in proper Uniform.
5. Bring the student's diary to school daily.
6. Be regular in attendance and never be late to school. Attend morning assembly without fail.
7. Keep your classroom and school premises clean and tidy.
8. Turn off the taps after use.
9. Switch off fans and lights when not in use.
10. Be fair and honest at work. Always be considerate of the rights of others.
11. Make use of the Library.

### Don'ts

1. Do not bring precious articles in school.
2. Do not damage the school property.
3. Do not make noise in the classroom, corridors, auditorium or elsewhere in the school campus.
4. Do not bring gadgets such as mobile phones, I Pads, MP3's etc.
5. Do not be absent from school. 75% attendance is the minimum requirement.
6. Do not use abusive language.
7. Do not pluck flowers. Never touch electric plugs.
8. Do not wear expensive jewellery to school.
9. Don't involve in physical fights.
10. Do not come in personal vehicles to school.

## CODE OF CONDUCT

- ❖ Converse in English in school campus.
- ❖ Come to school regularly. In case you want to avail leave, kindly get it sanctioned from class teacher.
- ❖ Ensure proper order and discipline while moving to the playground / assembly / library or any lab.
- ❖ Library books must be handled with extra care and must be returned in time.
- ❖ Shouting / Fighting or Indulging in unruly behavior in the school premises is forbidden.
- ❖ Kindly contribute to make your school clean DAV, Green DAV.
- ❖ Proper decorum should be maintained while singing National Anthem / DAV Anthem and School Prayers as a mark of patriotism.
- ❖ Students should not carry any sharp objects like blade, knife, paper cutter etc. as they can prove to be harmful.
- ❖ Possession of crackers / bursting crackers / playing with colours in the school is strictly prohibited.

Any student found with expensive jewellery, mobile phone, CD's, any other objectionable article will be subjected to fine and confiscation of the above mentioned articles.

**TEN PRINCIPLES OF THE ARYA SAMAJ**

1. God is the primary source of all true knowledge and of all that can be known through it.
2. God is Existent, Intelligent and Blissful. He is Formless, Almighty, Just Merciful, Unborn, Infinite, Unchallengeable, Beginning less, Incomparable the support and Lord of all, Omniscient, Imperishable, Immortal, Fearless, Eternal, Holy and the Maker of the Universe. To him alone worship is due.
3. The Vedas are scriptures of true knowledge. It is the duty of all Aryas to read them, hear them being read and recite them to others.
4. We should always be ready to accept the truth and give up untruth.
5. All actions should be performed in conformity with Dharma, that is, after due consideration of right and wrong.
6. The primary aim of the Arya Samaj is too good for all, that is, to promote their physical, spiritual and social well-being.
7. We should treat all people with love, fairness and due regards for their merit.
8. One should aim at dispelling ignorance and promoting knowledge.
9. One should not only be content with one's own welfare but should look for it in the welfare of other also.
10. One should regard oneself under restriction to follow altruistic rulings of the society, while all should be free in following the rules of individual welfare

**आर्य समाज के नियम**

1. सब सत्य विद्या और जो पदार्थ विद्या से जाने जाते हैं, उन सब का आदि मूल परमेश्वर है।
2. ईश्वर सच्चिदानंद स्वरूप, निराकार, सर्वशक्तिमान, न्यायकारी, दयालु, सर्वेश्वर, सर्वव्यापक, सर्वार्थामी, अजर, अमर, अभय, नित्य, पवित्र और सृष्टिकर्ता है उसी की उपासना करने योग्य है।
3. वेद सब सत्य विद्याओं की पुस्तक है। वेद का पढ़ना-पढ़ाना और सुनना-सुनाना सब आर्यों का परम धर्म है।
4. सत्य के ग्रहण करने और असत्य के छोड़ने में सर्वदा उद्यत रहना चाहिए।
5. सब काम धर्मानुसार अर्थात् सत्य और असत्य का विचार करके करना चाहिए।
6. संसार का उपकार करना इस समाज का मुख्य उद्देश्य है अर्थात् शारीरिक, आत्मिक और सामाजिक उन्नति करना।
7. सबसे प्रीतिपूर्वक धर्मानुसार यथायोग्य वर्तना चाहिए।
8. अविद्या का नाश और विद्या की वृद्धि करनी चाहिए।
9. प्रत्येक को अपनी ही उन्नति से संतुष्ट न रहना चाहिए, किंतु सबकी उन्नति में अपनी उन्नति समझनी चाहिए।
10. सब मनुष्यों को सामाजिक सर्वहितकारी नियम पालने में परतंत्र रहना चाहिए और प्रत्येक हितकारी नियम में सब स्वतंत्र रहें।