



**CHINMAYA VIDYALAYA, NEW DELHI**  
**MONTH-WISE SYLLABUS (2023-24)**  
**CLASS VI**

**ENGLISH**

<b>MONTH</b>	<b>SYLLABUS</b>
APRIL	<b>NEW PATHWAYS- UNIT 1- GROWING UP</b> SECTION 1- HOW DADDY PLAYED PING-PONG SECTION 2- HOW I TAUGHT MY GRANDMOTHER TO READ WRITING SKILLS- NOTICE WRITING (LOST) GRAMMAR- PARTS OF SPEECH KINDS OF NOUNS HOMOPHONES & HOMONYMS
MAY	<b>NEW PATHWAYS- UNIT 2-NATURE'S BOUNTY</b> SECTION 3- ON THE GRASSHOPPER AND THE CRICKET (POETRY) WRITING SKILLS- NOTICE WRITING (FOUND) GRAMMAR- SUBJECT AND PREDICATE
JULY	<b>NEW PATHWAYS- UNIT 2-NATURE'S BOUNTY</b> SECTION 2 - THE CHERRY TREE WRITING SKILLS- NOTICE WRITING (EVENT) GRAMMAR – SUBJECT-VERB AGREEMENT INTEGRATED GRAMMAR EXERCISES BASED ON BBC
AUGUST	<b>NEW PATHWAYS- UNIT 3-FURS AND FEATHERS</b> SECTION 2- ATTLA WRITING SKILLS- DIARY ENTRY GRAMMAR-ARTICLES (A, AN, THE) INTEGRATED GRAMMAR EXERCISES BASED ON BBC
SEPTEMBER	<b>NEW PATHWAYS- UNIT 3-FURS AND FEATHERS</b> SECTION 3- THE ANT EXPLORER (POETRY) WRITING SKILLS- LETTER WRITING (INFORMAL) GRAMMAR- TENSES INTEGRATED GRAMMAR EXERCISES BASED ON BBC
OCTOBER	<b>NEW PATHWAYS- UNIT 4- PLAYING FAIR</b> SECTION 1- MARY KOM: NEVER SAY DIE! WRITING SKILLS- LETTER WRITING (INFORMAL) CONTD. GRAMMAR-TENSES (CONT.) INTEGRATED GRAMMAR EXERCISES BASED ON BBC
NOVEMBER	<b>NEW PATHWAYS- UNIT 4- PLAYING FAIR</b> SECTION 3- OLYMPIC GRANNY (POETRY) GRAMMAR- ACTIVE AND PASSIVE VOICE INTEGRATED GRAMMAR EXERCISES BASED ON BBC

SUBJECT TO CHANGE AS PER CBSE GUIDELINES.

DECEMBER	<b>NEW PATHWAYS- UNIT 5- A BRUSH WITH ART</b> SECTION 1- THE WOMEN PAINTERS OF MITHILA SECTION 3- INDIAN WEAVERS (POETRY) WRITING SKILLS- FACTUAL DESCRIPTION (PEOPLE, PLACE) GRAMMAR- ACTIVE AND PASSIVE VOICE (CONT.) INTEGRATED GRAMMAR EXERCISES BASED ON BBC
JANUARY	<b>NEW PATHWAYS- UNIT 6- THE UNEXPLAINED</b> SECTION 2- THE CANTERVILLE GHOST (PLAY) WRITING SKILLS- DIALOGUE COMPLETION GRAMMAR- INTEGRATED GRAMMAR EXERCISES BASED ON BBC
FEBRUARY	REVISION BBC WORKSHEETS- INTEGRATED GRAMMAR EXERCISES

## HINDI

MONTH	SYLLABUS
अप्रैल	वसंत – पाठ–3 नादान दोस्त बाल रामायण – बाल कांड व्याकरण –पाठ–1 भाषा और व्याकरण अपठित गद्यांश
मई	वसंत – पाठ–1 वह चिड़िया जो, पाठ–2 बचपन बाल रामायण – बाल कांड व्याकरण– पाठ–2 वर्ण–विचार अनुच्छेद–लेखन
जुलाई	वसंत– पाठ– 4 चाँद से थोड़ी सी गप्पे (केवल पढ़ने के लिए),पाठ–7 साथी हाथ बढ़ाना बाल रामायण – अयोध्या कांड व्याकरण – पाठ – 7 संज्ञा तथा संज्ञा के विकार (लिंग) पत्र– औपचारिक
अगस्त	वसंत– पाठ–8 ऐसे–ऐसे, पाठ–9 टिकट–अलबम बाल रामायण –अयोध्या कांड व्याकरण– पाठ–6 शब्द–रचना (उपसर्ग– प्रत्यय), पत्र– अनौपचारिक
सितंबर	वसंत – पाठ–10 झाँसी की रानी बाल रामायण – अरण्य कांड व्याकरण – पाठ–3 संधि,(दीर्घ संधि),

अक्टूबर	वसंत- पाठ-11 जो देखकर भी नहीं देखते, पाठ-12 संसार पुस्तक है बाल रामायण – अरण्य कांड व्याकरण – पाठ – 7 संज्ञा तथा संज्ञा के विकार (वचन) पाठ-8 सर्वनाम
नवंबर	वसंत- पाठ-13 मैं सबसे छोटी होऊँ बाल रामायण – किष्किंधा कांड व्याकरण – पाठ-9 विशेषण, पाठ-10 क्रिया तथा काल
दिसंबर	वसंत –पाठ-14 लोकगीत बाल रामायण – सुदरं कांड व्याकरण – पाठ-11 अविकारी शब्द, पाठ-13 अशुद्धि-शोधन, अनुच्छेद लेखन
जनवरी	वसंत – पाठ-15 नौकर , पाठ-16 वन के मार्ग में (केवल पढ़ने के लिए) बाल रामायण – युद्ध कांड व्याकरण – पाठ-14 विराम चिह्न
फरवरी	पुनरावृत्ति

विषय	अप्रैल- मई	जुलाई- अगस्त	अक्टूबर- नवंबर	दिसंबर- जनवरी
पर्यायवाची शब्द	1-12	13-24	25-37	38-50
विलोम शब्द	1-12	13-24	25-37	38-50
अनेकार्थी शब्द	1-7	8-14	15-21	22-28
वाक्यांश के लिए एक शब्द	1-10	11-20	21-30	31-40
श्रुतिसमभिन्नार्थक शब्द	1-5	6-10	11-15	16-21
मुहावरे	1-8	9-16	17-24	25-30
लोकोक्तियाँ	1-5	6-10	11-15	16-20

**SANSKRIT**

<b>MONTH</b>	<b>SYLLABUS</b>
अप्रैल	<b>रुचिरा-</b> पाठ-१ शब्दपरिचय: पाठ-२ शब्द-परिचय: <b>व्याकरण-</b> संस्कृत-वर्णमाला पशु पक्षिओं के नाम, फलों के नाम, रंगों के नाम
मई	<b>रुचिरा</b> - पाठ-३ शब्द-परिचय: <b>व्याकरणम्</b> – संज्ञा-परिचय:(पुल्लिङ्ग, स्त्रीलिङ्ग, नपुंसकलिङ्ग) • धातुरूप – पठ्, धाव् (लट्, लृट् लकार) • शब्दरूप – राम
जुलाई	<b>रुचिरा</b> – पाठ ४ विद्यालय: <b>व्याकरणम्</b> – सर्वनाम-परिचय: • संख्या (१ - २०) • शब्दरूप – लता • धातुरूप – लिख्, खाद् (लट्, लृट् लकार)
अगस्त	<b>रुचिरा</b> – पाठ १२ - दशमः त्वम् असि <b>व्याकरणम्</b> – कारक और विभक्ति-परिचय (प्रथमा, द्वितीया, तृतीया) सर्वनाम शब्दरूप एतत् (तीनों लिंगों में प्रथमा विभक्ति) • धातुरूप – भू, कृ (लट्, लृट् लकार) • पठितगद्यांशः
सितंबर	<b>रुचिरा</b> – पाठ ८ - सूक्तिस्तबकः <b>व्याकरणम्</b> – • शब्दरूप – फल • धातुरूप – गम्, अस् (लट्, लृट् लकार) • पठितगद्यांशः
अक्टूबर	<b>व्याकरणम्</b> - कारक और विभक्ति-परिचय(चतुर्थी,पञ्चमी, षष्ठी, सप्तमी) • शब्दरूप – तत् (त्रीषु लिङ्गेषु) • धातुरूप – पठ्, धाव् (लट्, लृट् लकार) • चित्रवर्णनम्
नवम्बर	<b>रुचिरा</b> – पाठ- ६ समुद्रतटः <b>व्याकरणम्</b> – अव्ययपदानि (१-१०) • संख्या २० - ३० • शब्दरूपम् – किम् (पुल्लिङ्ग) • धातुरूप – लिख्, खाद् (लट्, लृट् लकार)
दिसंबर	<b>व्याकरणम्</b> - धातुरूप – गम्, अस् (लट्, लृट् लकार) • चित्रवर्णनम् • अव्ययपदानि (११-२५)

जनवरी	<b>व्याकरणम्</b> – क्रिया (धातु) • धातुरूप– भू, कृ (लट्, लृट्-लकारः), अपठितगद्यांशः
फरवरी	• पुनरावृत्तिः

## MATHEMATICS

MONTH	SYLLABUS
APRIL	CH-1 KNOWING OUR NUMBERS CH-2 WHOLE NUMBERS
MAY	CH-2 WHOLE NUMBERS (CONTD.) CH-3 PLAYING WITH NUMBERS
JULY	CH-3 PLAYING WITH NUMBERS (CONTD.) CH-4 BASIC GEOMETRICAL IDEAS
AUGUST	CH-5 UNDERSTANDING ELEMENTARY SHAPES CH-7 FRACTIONS
SEPTEMBER	CH-7 FRACTIONS (CONTD.) REVISION
OCTOBER	CH-8 DECIMALS CH-6 INTEGERS
NOVEMBER	CH-6 INTEGERS (CONTD.) CH-10 MENSURATION
DECEMBER	CH-11 ALGEBRA CH-12 RATIO AND PROPORTION
JANUARY	CH-12 RATIO AND PROPORTION (CONTD.) CH-14 PRACTICAL GEOMETRY
FEBRUARY	CH-14 PRACTICAL GEOMETRY (CONTD.) REVISION

## SCIENCE

MONTH	SYLLABUS
APRIL	CH-1: FOOD: WHERE DOES IT COME FROM?
MAY	CH-2: COMPONENTS OF FOOD.
JULY	CH-5: SEPARATION OF SUBSTANCES. CH-13: FUN WITH MAGNETS
AUGUST	CH-9: THE LIVING ORGANISMS-CHARACTERISTICS AND HABITATS.
SEPTEMBER	CH-15: AIR AROUND US. CH-7: GETTING TO KNOW PLANTS.
OCTOBER	CH-10: MOTION AND MEASUREMENT OF DISTANCES
NOVEMBER	CH-12: ELECTRICITY AND CIRCUITS.
DECEMBER	CH-14: WATER CH-8 BODY MOVEMENTS
JANUARY	CH-4 SORTING MATERIALS INTO GROUPS.
FEBRUARY	REVISION

## SOCIAL SCIENCE

MONTH	SYLLABUS
APRIL	<b>HISTORY</b> CH-1 WHAT, WHERE, HOW AND WHEN. <b>GEOGRAPHY</b> CH-1 THE EARTH IN THE SOLAR SYSTEM. <b>SOCIAL AND POLITICAL LIFE</b> CH-2 DIVERSITY AND DISCRIMINATION
MAY	<b>HISTORY</b> CH-2 FROM HUNTING, GATHERING TO GROWING FOOD <b>SOCIAL AND POLITICAL LIFE</b> CH-3 WHAT IS GOVERNMENT? <b>GEOGRAPHY</b> CH-2 GLOBE: LATITUDES AND LONGITUDES
JULY	<b>GEOGRAPHY</b> CH-2 GLOBE: LATITUDES AND LONGITUDES CONT. <b>HISTORY</b>

SUBJECT TO CHANGE AS PER CBSE GUIDELINES.

	CH-3 THE EARLIEST CITIES – HARAPPA AND MOHENJO-DARO <b>CIVICS</b> CH-5 PANCHAYATI RAJ
AUGUST	<b>HISTORY</b> CH-5 KINGDOMS, KINGS AND AN EARLY REPUBLIC <b>GEOGRAPHY</b> CH-3 MOTIONS OF THE EARTH <b>SOCIAL AND POLITICAL LIFE</b> PANCHAYATI RAJ CONT...
SEPTEMBER	<b>HISTORY</b> CH-6 NEW QUESTIONS AND IDEAS REVISION FOR HALF YEARLY <b>GEOGRAPHY</b> CH-5 MAJOR DOMAINS OF THE EARTH (MAP). REVISION FOR HALF YEARLY <b>SOCIAL AND POLITICAL LIFE</b> REVISION FOR HALF YEARLY
OCTOBER	<b>HISTORY</b> CH-7 ASHOKA, THE EMPEROR WHO GAVE UP WARS. <b>GEOGRAPHY</b> CH -4 MAPS
NOVEMBER	<b>HISTORY</b> CH-11 BUILDING PAINTINGS AND BOOKS <b>SOCIAL AND POLITICAL LIFE:</b> CH- 7 URBAN ADMINISTRATION. <b>GEOGRAPHY:</b> CH-7 OUR COUNTRY – INDIA
DECEMBER	<b>HISTORY</b> CH-11 BUILDING PAINTINGS AND BOOKS. CONT. <b>SOCIAL AND POLITICAL LIFE</b> CH-8 RURAL LIVELIHOODS.
JANUARY	<b>SOCIAL AND POLITICAL LIFE</b> CH-9 URBAN LIVELIHOOD. REVISION FOR ALL THE THREE SUBJECTS.
FEBRUARY	<b>REVISION</b>

## COMPUTER SCIENCE

MONTH	SYLLABUS
APRIL	CH. 1- POWERPOINT 2019
MAY	CH. 2- MORE ON EXCEL 2019 CH. 7 – ALGORITHMIC INTELLIGENCE
JULY	CH. 3 - FORMULAS AND FUNCTIONS IN EXCEL 2019

SUBJECT TO CHANGE AS PER CBSE GUIDELINES.

AUGUST	CH. 4 – ANIMATIONS IN KRITA
SEPTEMBER	REVISION
OCTOBER	CH. 5 - INTRODUCTION TO HTML5 AND CSS3
NOVEMBER	CH. 6 – INTERNET SERVICES CH. 8 - INTRODUCTION TO PROGRAMMING
DECEMBER	CH. 9 – PYTHON
JANUARY	CH. 10 - INTELLIGENCE AND AI APPROACHES
FEBRUARY	REVISION

### GENERAL KNOWLEDGE

MONTH	SYLLABUS
APRIL	1. UNMATCHED IN INDIA 2. SYMBOLS OF OUR RICH HERITAGE 3. PIONEERS 4. INDIAN HANDICRAFTS 5. INDIAN STATES, UNION TERRITORIES 6. NATIONAL PARKS AND SANCTUARIES 7. LANDMARKS IN HISTORY
MAY	8. RAPID FIRE-1 9. KANGAROO WORDS... 10. I. Q. TEST 1 11. ONE AND ONLY ONE 12. JHANDA UNCHA RAHE HAMARA 13. MARVELS OF THE WORLD 14. DELICACIES FROM AROUND THE WORLD
JULY	15. THE INDOMITABLE SPIRIT 16. MAJOR ASSASSINATIONS 17. COUNTRIES AND THEIR CAPITALS 18. CURRENCIES; CITIES WASHED BY RIVERS 19. RAPID FIRE-2 20. THE ABC OF HUMAN NATURE 21. I. Q. TEST 2
AUGUST	22. A SCIENCE MISCELLANY 23. SCIENTISTS AT WORK 24. THE BODY BEAUTIFUL 25. OF DISEASES AND THEIR TREATMENT 26. PROMOTING WELLNESS 27. AN ANIMAL QUIZ 28. RAPID FIRE-3
SEPTEMBER	53. ME TOO CROREPATI SET 1 SET 2

SUBJECT TO CHANGE AS PER CBSE GUIDELINES.



OCTOBER	30. I. Q. TEST 3 31. SPORTS AND SPORTSPERSON 32. SPORTS LEGEND 33. FOR CRICKET FANS 34. ADVENTURE SPORTS
NOVEMBER	35. A SPORTS MISCELLANY 36. BOOKS AND THEIR WRITERS 37. UNFORGETTABLE WORDS 38. NOBEL LAUREATES AND BHARAT RATNAS 39. RAPID FIRE-4 40. OF ANIMALS AND COLOURS 41. I. Q. TEST 4
DECEMBER	42. REAL NAMES- POPULAR NAMES 43. THE PRIDE OF INDIA 44. WOMEN POWER 45. LEADING THE WORLD 46. THE TINSEL WORLD 47. SPECIALISTS 48. MUSICAL INSTRUMENTS 49. ABBREVIATIONS AND INITIALS
JANUARY	50. RAPID FIRE-5 51. PLAYING WITH WORDS 52. I. Q. TEST 5 53. ME TOO CROREPATI SET 3 SET 4 SET 5
FEBRUARY	REVISION

## VALUE EDUCATION

MONTH	SYLLABUS
APRIL	L – 1: PHYSICAL FITNESS: WHEN BREATH BECOMES PRECIOUS L – 2: HANDLING EMOTIONS: THE MONK WHO BRAVED LIFE
MAY	L – 3: KINDLING THE INTELLECT L – 4: SPIRITUAL PHILOSOPHICAL CONCEPTS: GOD IS ONE, FORMS ARE MANY L – 5: FESTIVALS: A VOW BETWEEN BROTHER AND SISTER L – 6: PRIDE IN THE COUNTRY: ANCIENT INDIA
JULY	L – 7: ENVIRONMENTAL EDUCATION: GREENER FUELS, BRIGHTER FUTURE L – 8: FOOD AND NUTRITION: NISHA AND GRANDMA SHARE A MEAL
AUGUST	L – 9: EMOTIONAL EXPANSION: INSPIRING WITH THEIR LIVES L – 10: INDEPENDENT THINKING: EUREKA L – 11: SPIRITUAL TECHNIQUES: YASH LOOKS BACK L – 12: CUSTOMS AND TRADITIONS: KNOWING OUR TRADITION

SUBJECT TO CHANGE AS PER CBSE GUIDELINES.

SEPTEMBER	L – 13: STRENGTHS: SCIENCE OR SUPERSTITION L – 14: WORLD ISSUES: THREE R'S TURN TRASH TO TREASURE
OCTOBER	L – 15: HYGIENE: HOW TO BEAT THE FLU L – 16: MENTAL HEALTH: NO SHAWL NOW L – 17: MANAGEMENT AND AESTHETICS: LET'S ANALYZE
NOVEMBER	L – 18: SPIRITUAL SCRIPTURES: SRIMAD BHAGVATAM L – 19: CULTURAL HERITAGE AND AWARENESS: LEARNING, SERVING AND GROWING TOGETHER L – 20: CONTRIBUTIONS TO THE WORLD: INDIAN LITERATURE
DECEMBER	L – 21: VASUDHAIVA KUTUMBAKAM: THE WORLD IS MY FAMILY L – 22: SPIRITUAL LEADERS AND CONTRIBUTORS: THE WISDOM TWEETS
JANUARY	L – 23: PHYSICAL GROOMING: REENA'S DAY L – 24: SPIRITUAL VALUES: CONTENTMENT
FEBRUARY	L – 25: CULTURAL HERITAGE AND AWARENESS: THE LAND OF THE ANCIENT

## DRAWING AND PAINTING

MONTH	TOPIC	DESCRIPTION
APRIL	ELEMENTS OF ART	LINE, COLOUR, VALUE, TEXTURE, SHAPE AND SPACE
MAY	ELEMENTS OF ART	LINE, COLOUR, VALUE, TEXTURE, SHAPE AND SPACE
JULY	STILL LIFE SANJHI ART	SHAPES IN OBJECTS, MANY FORMS MULTIPLE SHADOWS, SIMPLE COMPOSITIONS IN DIFFERENT STYLES
AUGUST	NATURAL FORMS	LEAVES AND FLOWERS, GRASS STROKES, PLANTS AND TREES, MOUNTAINS AND WATER BODIES
SEPTEMBER	ANIMALS	ANIMALS, BIRDS, FISH, REPTILES, INSECTS
OCTOBER	BIRDS	ANIMALS, BIRDS, FISH, REPTILES, INSECTS
NOVEMBER	HUMAN FIGURE	FACE AND FEATURES, HUMAN FACE, HUMAN HANDS, STUDY OF FEET, HUMAN FIGURE, PORTRAIT MAKING

SUBJECT TO CHANGE AS PER CBSE GUIDELINES.

DECEMBER	HUTS AND HOUSES	MUDDY HOUSE, COTTAGE, BUILDINGS, STREET SCENE, LOTUS TEMPLE
JANUARY	EXPLORING ART FUN AND FICTION	KNIFE PAINTING, SPRAY PAINTING, TIE AND DIE, SKETCH PAINTING CARICATURE AND CHARACTERIZATION
FEBRUARY	CREATIVE CRAFT RANGOLI	COLLAGE, PAPER CRAFT, PHOTO FRAME, FINGER PUPPET, PAPER FLASK

## DANCE

MONTH	SYLLABUS
APRIL	MEDITATION WARM UP EXERCISES SAMYUKTA HAST MUDRAS BHANGRA DANCE ON BAISAKHI
MAY	MEDITATION ZUMBA DANCE SAMYUKTA HAST MUDRAS
JULY	INTRODUCTION OF LATIN SALSA WITH BASIC STEPS
AUGUST	THEORY OF NAVRAS WITH EXAMPLES AND ACTIVITY ON EXPRESSIONS.
SEPTEMBER	TECHNICAL ITEMS – A) KAVITVAS - IN KATHAK STYLE
OCTOBER	TECHNICAL ITEMS – A) TIHAIS B) TODA AND TUKDAS C)KAVITVAS IN KATHAK STYLE.
NOVEMBER	TECHNICAL ITEMS – C)KAVITVAS IN KATHAK STYLE.
DECEMBER	TARANA IN KATHAK STYLE.
JANUARY	CONTINUATION OF LATIN SALSA, TECHNIQALS OF KATHAK ITEMS AND TARANA
FEBRUARY	PATRIOTIC DANCE, FOLK DANCE.

SUBJECT TO CHANGE AS PER CBSE GUIDELINES.

**MUSIC (VOCAL)**

<b>MONTH</b>	<b>SYLLABUS</b>
APRIL	<ul style="list-style-type: none"><li>• ALANKAR EXERCISE</li><li>• FOLK SONG RAJASTHANI</li><li>• GURU BHAJAN</li></ul>
MAY	<ul style="list-style-type: none"><li>• “YAM BRAHMA VARUENDRA”</li><li>• MANOJVAM MARUTA”</li></ul>
JULY	<ul style="list-style-type: none"><li>• BENGALI KRISHNA BHAJAN</li><li>• “VANDE MATRAM/NATIONAL ANTHEM”</li></ul>
AUGUST	<ul style="list-style-type: none"><li>• “AAO BANAYE MILKAR APNA” PATRIOTIC SONG</li><li>• GURU STOTRAM</li></ul>
SEPTEMBER	<ul style="list-style-type: none"><li>• PRARTHNA GEETAM</li><li>• RAAG BHUPALI: TARANA (INTRODUCTION OF AROH-AVROH, PAKAD, STHAI AND ANTRA)</li></ul>
OCTOBER	<ul style="list-style-type: none"><li>• “OM JAI JAGDISH”</li><li>• “RAMAYA RAMA BHADRAYA”</li></ul>
NOVEMBER	<ul style="list-style-type: none"><li>• MATRU SATAVANAM</li><li>• PALTA EXERCISE (THREE SWARA)</li></ul>
DECEMBER	<ul style="list-style-type: none"><li>• YE WAQT NA THERA HAI (INSPIRATIONAL SONG)</li><li>• HANUMAAN CHALISA</li></ul>
JANUARY	<ul style="list-style-type: none"><li>• SARASWATI VANDANA</li><li>• BIOGRAPHY OF TANSEN.</li></ul>
FEBRUARY	<ul style="list-style-type: none"><li>• EVALUATION AND GRADING OF STUDENTS PERFORMANCE</li></ul>

## PHYSICAL EDUCATION & YOGA

MONTH	PHYSICAL EDUCATION	YOGA
APRIL	<p>WARMING UP STRETCHING EXERCISES LINE FORMATION INTRODUCTION OF CRICKET.FOOTBALL, VOLLEYBALL AND BASKETBALL CRICKET-GRIP OF THE BAT, PLACEMENT OF THE BAT, HOLDING THE BAT. FOOTBALL-PLACEMENT OF THE FOOT. BASKETBALL-GRIP OF THE BALL. VOLLEYBALL-SERVICE SKILLS CRICKET-FORWARD DEFENCE, GRIP OF THE BALL. BASKETBALL-TYPES OF DRIBBLING VOLLEYBALL-TYPES OF SERVICE FOOTBALL-PASSING AND RECEIVING</p>	<p>WARMING UP STRETCHING EXERCISES BALANCE DIET MANDUKASANA ANULOM-VILOM PRANAYAMA MEDITATION</p>
MAY	<p>WARMING UP STRETCHING EXERCISES LINE FORMATION TROPHIES NAMES SKILLS CRICKET- TYPES OF SHOTS FOOTBALL-TYPES OF SHOOTING VOLLEYBALL-TYPES OF PASSING BASKETBALL-TYPES OF PASSING</p>	<p>WARMING UP STRETCHING EXERCISES DHANURASANA BHUJANGASANA SETUBANDHASANA SHALABHASANA MILK -BENEFITS AND SIDE EFFECTS</p>
JULY	<p>WARMING UP STRETCHING EXERCISES LINE FORMATION POSITIONING OF THE PLAYERS SKILLS CRICKET-TYPES OF SHOTS FOOTBALL-TYPES OF SHOOTING VOLLEYBALL-TYPES OF PASSING AND BLOCKING BASKETBALL-DRIBBLING AND SHOOTING</p>	<p>WARMING UP STRETCHING EXERCISES SHASHANKASANA ANULOM-VILOM PRANAYAMA MEDITATION WATER-BENEFITS AND SIDE EFFECTS</p>

AUGUST	<p>WARMING UP  STRETCHING EXERCISES  LINE FORMATION  TERMINOLOGIES  SKILLS AND MATCH PRACTICE  CRICKET-TYPES OF SHOTS AND BOWLING  FOOTBALL-SHOOTING, TOUCH AND BALL CONTROL  VOLLEYBALL-TYPES OF PASSING, BLOCKING AND BALL TAPPING  BASKETBALL-DRIBBLING AND SHOOTING</p>	<p>WARMING UP  STRETCHING EXERCISES  MUDRAS BASED ON FIVE ELEMENTS</p>
SEPTEMBER	<p>WARMING UP  STRETCHING EXERCISES  LINE FORMATION  FAMOUS PERSONALITIES  SKILLS AND MATCH PRACTICE  CRICKET-TYPES OF SHOTS AND BOWLING  FOOTBALL-SHOOTING TOUCH AND BALL CONTROL  VOLLEYBALL-TYPES OF PASSING, BLOCKING AND BALL TAPPING  BASKETBALL-DRIBBLING AND SHOOTING</p>	<p>WARMING UP  STRETCHING EXERCISES  MARJARYASANA  MARKATASANA  MEDITATION</p>
OCTOBER	<p>WARMING UP  STRETCHING EXERCISES  LINE FORMATION  TOURNAMENTS  SKILLS  CRICKET-TYPES OF SHOTS, BOWLING AND FIELDING  FOOTBALL-HEADING, TOUCH AND BALL  VOLLEYBALL-TYPES OF SERVING, PASSING, HITTING  BASKETBALL-REBOUNDING</p>	<p>WARMING UP  STRETCHING EXERCISES  SURYA NAMASKAR  GOUMUKHASANA  BHRAMRI PRANAYAMA  MEDITATION</p>
NOVEMBER	<p>WARMING UP  STRETCHING EXERCISES  LINE FORMATION  SKILLS PRACTICE  CRICKET-TYPES OF SHOTS AND BOWLING  FOOTBALL-SHOOTING  VOLLEYBALL-TYPES OF HITS  BASKETBALL-REBOUNDING</p>	<p>WARMING UP  STRETCHING EXERCISES  TADASANA  VRIKSHASANA  ANULOM VILOM  PRANAYAMA FRUITS-BENEFITS AND SIDE EFFECTS</p>

DECEMBER	<p>WARMING UP  STRETCHING EXERCISES  LINE FORMATION  SKILLS  CRICKET-TYPES OF SHOTS AND  BOWLING  FOOTBALL-SHOOTING AND HEADING  VOLLEYBALL-TYPES OF SERVING,  PASSING,  BASKETBALL-MEN TO MEN DÉFENSE  AND OFFENCE</p>	<p>WARMING UP  STRETCHING EXERCISES  TRIKONASANA  VEERASANA  UTTANPADASANA  KAPALBHATI  MEDITATION</p>
JANUARY	<p>WARMING UP  STRETCHING EXERCISES  LINE FORMATION  SKILLS PRACTICE  CRICKET-TYPES OF SHOTS AND  BOWLING, FIELDING</p>	<p>WARMING UP  STRETCHING EXERCISES  NAUKASANA</p>
FEBRUARY	<p>FOOTBALL-PASSING, SHOOTING,  VOLLEYBALL-TYPES OF SERVING,  PASSING, HITTING  BASKETBALL-ZONE DEFENSE</p>	<p>SHALABHASANA  MEDITATION</p>