



CHINMAYA VIDYALAYA, NEW DELHI
CLASS VII
MONTH -WISE BREAK UP (2023-2024)

ENGLISH

MONTH	SYLLABUS
APRIL	NEW PATHWAYS- UNIT 1- SCHOOL YEARS SECTION 1- A HERO SECTION 3-THE FLOWER SCHOOL (POETRY) WRITING SKILLS- NOTICE WRITING (LOST & FOUND) GRAMMAR- PARTS OF SPEECH ORDER OF ADJECTIVES
MAY	NEW PATHWAYS- UNIT 2-WANDERLUST SECTION -3 TRAINS (POETRY) WRITING SKILLS- NOTICE WRITING (EVENT) GRAMMAR- CONJUNCTIONS
JULY	NEW PATHWAYS- UNIT 2- WANDERLUST SECTION 2- THE DIARY OF A SPACE TRAVELLER WRITING SKILLS- DIARY ENTRY GRAMMAR – SUBJECT-VERB AGREEMENT INTEGRATED GRAMMAR EXERCISES BASED ON BBC
AUGUST	NEW PATHWAYS- UNIT 3-REAL-LIFE HEROES SECTION 1- THE ONE WHO SURVIVED WRITING SKILLS- LETTER WRITING (INFORMAL) GRAMMAR-TENSES TRANSITIVE AND INTRANSITIVE VERBS INTEGRATED GRAMMAR EXERCISES BASED ON BBC
SEPTEMBER	NEW PATHWAYS- UNIT 3- REAL-LIFE HEROES SECTION 2- THE NARAYANPUR INCIDENT WRITING SKILLS- LETTER WRITING (INFORMAL) CONTD. GRAMMAR- TENSES (CONT.) ACTIVE & PASSIVE VOICE INTEGRATED GRAMMAR EXERCISES BASED ON BBC
OCTOBER	NEW PATHWAYS- UNIT 4- NATURE-CREATOR & DESTROYER SECTION 2- FLAMES IN THE FOREST WRITING SKILLS- LETTER WRITING (FORMAL- TO THE EDITOR) GRAMMAR- FINITE AND NON-FINITE VERBS ACTIVE & PASSIVE VOICE (CONT.) INTEGRATED GRAMMAR EXERCISES BASED ON BBC
NOVEMBER	NEW PATHWAYS- UNIT 4- NATURE-CREATOR & DESTROYER SECTION 3- THE RIVER (POETRY) NEW PATHWAYS- UNIT 6- THE UNKNOWN SECTION 3- THE LISTENERS (POETRY) WRITING SKILLS- FORMAL LETTER WRITING (CONT.) DIALOGUE COMPLETION GRAMMAR- TYPES OF SENTENCES

DECEMBER	NEW PATHWAYS- UNIT 5- LIFE'S SIMPLE COMEDIES SECTION 1- BIDESIA BABU SECTION 3- GOODBYE PARTY FOR MISS PUSHPA T.S (POETRY) WRITING SKILLS- FACTUAL DESCRIPTION (EVENT, PLACE) GRAMMAR- INTEGRATED GRAMMAR EXERCISES BASED ON BBC
JANUARY	NEW PATHWAYS- UNIT 6- THE UNKNOWN SECTION 2- GUILTY WRITING SKILLS- STORY WRITING GRAMMAR- INTEGRATED GRAMMAR EXERCISES BASED ON BBC
FEBRUARY	REVISION BBC WORKSHEETS- INTEGRATED GRAMMAR EXERCISES

SOCIAL SCIENCE

MONTHS	HISTORY	GEOGRAPHY	SOCIAL AND POLITICAL LIFE
APRIL	CH-1 TRACING CHANGES THROUGH A THOUSAND YEARS.	CH-1 ENVIRONMENT	CH-1 ON EQUALITY
MAY	CH-1 TRACING CHANGES THROUGH A THOUSAND YEARS. CONT	CH- 2 INSIDE OUR EARTH	CH-3 HOW THE STATE GOVT. WORKS
JULY	CH-3 THE DELHI SULTANS	CH- 3 OUR CHANGING EARTH	CH-3 HOW THE STATE GOVT. WORKS CONT. CH- 4 GROWING UP AS BOYS AND GIRLS
AUGUST	CH-4 THE MUGHAL EMPIRE	MAP WORK	CH-6 UNDERSTANDING MEDIA
SEPTEMBER	REVISION CH-5 RULERS AND BUILDINGS – (ACTIVITY)	CH-4 AIR (COMPOSITION AND LAYERS OF THE ATMOSPHERE) REVISION	REVISION
OCTOBER	CH-8 DEVOTIONAL PATHS TO THE DEVINE	CH 8 HUMAN ENVIRONMENT INTERACTIONS: THE TROPICAL AND THE SUBTROPICAL REGION	CH-7 MARKETS AROUND US
NOVEMBER	CH-8 DEVOTIONAL PATHS TO THE DEVINE CONT	CH 6 NATURAL VEGETATION AND WILDLIFE	CH-7 MARKETS AROUND US CONT..

SUBJECT TO CHANGE AS PER CBSE GUIDELINES

DECEMBER	CH-9 THE MAKING OF REGIONAL CULTURES (KATHAK, PAINTINGS STYLES, STRUCTURE OF TEMPLE OF BENGAL)	CH-9 LIFE IN THE DESERTS MAP WORK	CH-8 A SHIRT IN THE MARKET
JANUARY	CH-9 THE MAKING OF REGIONAL CULTURES (KATHAK, PAINTINGS STYLES, STRUCTURE OF TEMPLE OF BENGAL)	CH-9 LIFE IN THE DESERTS CONT.	REVISION FOR ALL CHAPTERS
FEBRUARY	REVISION FOR ALL CHAPTERS	REVISION FOR ALL CHAPTERS	REVISION FOR ALL CHAPTERS

SCIENCE

APRIL	CH-2: NUTRITION IN ANIMALS
MAY	CH-4: HEAT
JULY	CH-5: ACIDS, BASES AND SALTS CH-13: MOTION AND TIME
AUGUST	CH-10: RESPIRATION IN ORGANISMS
SEPTEMBER	CH-6: PHYSICAL AND CHEMICAL CHANGES
OCTOBER	CH- 14: ELECTRIC CURRENT AND ITS EFFECTS.
NOVEMBER	CH-12: REPRODUCTION IN PLANTS. CH-15: LIGHT
DECEMBER	CH-11: TRANSPORTATION IN ANIMALS AND PLANTS
JANUARY	CH- 11: TRANSPORTATION IN ANIMALS AND PLANTS (CONTD)
FEBRUARY	REVISION

पाठ्यपुस्तकम् – रुचिरा (भाग २) & संस्कृत व्याकरण

MONTH	SYLLABUS
अप्रैल	रुचिरा – पाठ १ - सुभाषितानि व्याकरणम् – चित्रवर्णनम्, संख्या (१-२०) • शब्दरूप- राम, फल, धातुरूप- अस्, गम् (लट्, लृट्, लङ् लकार)
मई	रुचिरा – पाठ ३ स्वावलम्बनम् व्याकरणम्- अपठितगद्यांशः • संख्या (२१-५०) • शब्द-रूप- सीता • धातुरूप- चल, रक्ष, भू, (लट्, लृट्, लङ् लकार) • तत् सर्वनाम शब्दरूप (तीनों लिंगों में)
जुलाई	रुचिरा – पाठ-5 पण्डिता रमाबाई व्याकरणम्- अव्ययशब्दाः (१-१५) संस्कृत अनुवादः • कारक और विभक्ति-परिचय • धातुरूप- कृ, दृश्, (लट्, लृट्, लङ् लकार)
अगस्त	व्याकरणम्- अपठित गद्यांशः (गद्यांशः) • लङ् लकाराभ्यासः • सन्धिः- दीर्घसन्धिः • प्रश्ननिर्माणम्
सितंबर	रुचिरा - पाठ १० विश्वबन्धुत्वम् व्याकरणम्- किम् सर्वनाम शब्दरूप (तीनों लिंगों में) • सन्धिः- गुणसन्धिः • धातुरूप- अस्, आ+गम्, पच् (लट्, लृट्, लङ् लकार) • अशुद्धि शोधनम्
अक्टूबर	रुचिरा – पाठ – ६ सदाचारः व्याकरणम्- अस्, पत्, नम् (लट्, लृट्, लङ् लकार) • कारक और विभक्ति-परिचय
नवम्बर	व्याकरणम्- अपठित गद्यांशः, चित्र-वर्णनम्, संस्कृत अनुवाद, • अव्यय शब्द (१६-३०) • संख्या - (१-५०)
दिसंबर	रुचिरा- पाठ १३ अमृतं संस्कृतम् व्याकरणम्- संस्कृत-अनुवादः • सन्धिः - दीर्घसन्धिः, गुणसन्धिः
जनवरी	प्रत्ययाः – क्त्वा, तुमुन् व्याकरणम्- अपठित गद्यांशः, चित्रवर्णनम्, अशुद्धि शोधनम् • प्रश्ननिर्माणम्,
फरवरी	पुनरावृत्तिः

HINDI

MONTH	SYLLABUS
अप्रैल	वसंत – पाठ-1 हम पंछी उन्मुक्त गगन के बाल महाभारत – प्रस्तावना, महाभारत की रचना, शांतनु, देवव्रत व्याकरण – पाठ-1 भाषा और व्याकरण अपठित गद्यांश
मई	वसंत – पाठ-3 हिमालय की बेटियाँ, पाठ-4 कठपुतली बाल महाभारत – धृतराष्ट्र और पांडु, कृष्ण-जन्म, कौरव और पांडव राजकुमार व्याकरण – पाठ-2 वर्ण-विचार अनुच्छेद-लेखन
जुलाई	वसंत – पाठ- पाठ-5. मिठाईवाला बाल महाभारत – कर्ण, द्रोण, लाक्षागृह व्याकरण – पाठ-4 शब्द-विचार, पत्र- औपचारिक, अपठित गद्यांश
अगस्त	वसंत- पाठ – 7 पापा खो गए, पाठ 10 अपूर्व अनुभव बाल महाभारत – भीम-हिडिंबी विवाह, बकासुर, द्रौपदी, इंद्रप्रस्थ व्याकरण – पाठ-6 शब्द-रचना (उपसर्ग- प्रत्यय), पत्र- अनौपचारिक,
सितंबर	वसंत – पाठ-11 रहीम के दोहे, पाठ- 8 शाम – एक किसान बाल महाभारत – जरासंध, राजसूय यज्ञ, द्यूतक्रीड़ा व्याकरण – पाठ-7 संज्ञा तथा संज्ञा के विकार (लिंग, वचन)
अक्टूबर	वसंत – पाठ-13 एक तिनका, पाठ-19 आश्रम का अनुमानित व्यय बाल महाभारत – बारह-वर्षीय वनवास, मायावी जलाशय, तेरहवाँ वर्ष, "मैं युद्ध नहीं शांति चाहता हूँ" व्याकरण – पाठ-3 संधि (दीर्घ, गुण संधि) पाठ-8 सर्वनाम
नवंबर	वसंत- पाठ-14 खानपान की बदलती तसवीर, पाठ-16 भोर और बरखा बाल महाभारत – युद्ध की तैयारी, अठारह-दिवसीय युद्ध, भीष्म पितामह व्याकरण – पाठ-9 विशेषण, पाठ-10 क्रिया तथा काल
दिसंबर	वसंत – पाठ-15 नीलकंठ, पाठ-18 संघर्ष के कारण मैं तुनुकमिजाज हो गया : धनराज बाल महाभारत – अभिमन्यु-वध, अर्जुन का प्रतिशोध और द्रोण की मृत्यु, कर्ण की मृत्यु व्याकरण- पाठ-12 अविकारी शब्द, अनुच्छेद लेखन, पत्र- औपचारिक,

जनवरी	वसंत – पाठ–17 वीर कुँवर सिंह बाल महाभारत – दुर्योधन की मृत्यु, हस्तिनापुर की ओर प्रस्थान, इंद्रलोक की ओर व्याकरण– पाठ–14 विराम चिह्न			
फरवरी	पुनरावृत्ति			
विषय	अप्रैल– मई	जुलाई– अगस्त	अक्टूबर– नवंबर	दिसंबर– जनवरी
पर्यायवाची शब्द	1–15	16–30	31–45	46–60
विलोम शब्द	1–19	20–38	39–57	58–76
अनेकार्थी शब्द	1–11	12–22	23–33	34–45
वाक्यांश के लिए एक शब्द	1–12	13–24	25–36	37–50
श्रुतिसमभिन्नार्थक शब्द	1–9	10–18	19–27	28–36
मुहावरे	1–6	7–12	13–18	19–25
लोकोक्तियाँ	1–6	7–12	13–18	19–25

MATHEMATICS

APRIL	CH 1: INTEGERS CH 2: FRACTIONS AND DECIMALS
MAY	CH 2: FRACTIONS AND DECIMALS (CONTD) CH 5: LINES AND ANGLES
JULY	CH 11: PERIMETER AND AREA CH 9: RATIONAL NUMBERS
AUGUST	CH 12: ALGEBRAIC EXPRESSIONS CH 4: SIMPLE EQUATIONS
SEPTEMBER	CH 4: SIMPLE EQUATIONS (CONTD)
OCTOBER	CH 6: THE TRIANGLE AND ITS PROPERTIES CH 8: COMPARING QUANTITIES
NOVEMBER	CH 8: COMPARING QUANTITIES (CONTD) CH 7: CONGRUENCE OF TRIANGLES
DECEMBER	CH 13: EXPONENTS AND POWERS CH 10: PRACTICAL GEOMETRY
JANUARY	CH 3: DATA HANDLING
FEBRUARY	REVISION

VALUE EDUCATION

MONTH	CHAPTERS
APRIL	L1-WHAT IS YOUR BODY TYPE?
MAY	L2-LEADING BY EXAMPLE L3-KINDLING THE INTELLECT: TYPES OF INTELLIGENCE L4-PEDRO MEETS GANAPATI BAPPA
JULY	L5-DHARMA AND LEADERSHIP L6-FRIENDS WITH FEATHERS, FURS AND SCALES L7-ENJOYING FRUITS
AUGUST	L8-WHAT WOULD YOU DO? L9-GUIDE BOOK FOR LIFE L10-EVOLVE, DON'T REVOLVE
SEPTEMBER	L11-UNITE AND ARISE L12-MIRROR, MIRROR ON THE WALL
OCTOBER	L13-LET'S CREATE AND INNOVATE L14-LORD MAHAVIRA L15-NOTES OF SPLENDOUR
NOVEMBER	L16-THOUGHT, SPEECH AND WORD L17-BECOME A FIRST RESPONDER
DECEMBER	L18-ENLIGHTENMENT IN THE CAVE L19-PUTTING UP A GOOD FIGHT
JANUARY	L20-FROM THE FARMER L21-A SHARED LIFE
FEBRUARY	L22-THE LAND OF THE ANCIENT

GENERAL KNOWLEDGE

MONTH	SYLLABUS
APRIL	INDIA OUR MOTHERLAND
MAY	GLOBE TROTTING
JULY	GENERAL SCIENCE, HUMAN BODY AND WELLNESS
AUGUST	SPORTS, LITERATURE HONOURS AND AWARDS
SEPTEMBER	GENERAL AWARENESS
OCTOBER	RAPID FIRE
NOVEMBER	WORD GAMES
DECEMBER	IQ TESTS
JANUARY	ME TOO CROREPATI
FEBRUARY	REVISION

VOCAL MUSIC

MONTH	SYLLABUS
APRIL	<ul style="list-style-type: none">• ALANKAR EXERCISE• PAHADI: FOLK SONG
MAY	<ul style="list-style-type: none">• TRAYAMBAKAM YAJAMAHE (CCMT)• GURU BHAJAN
JULY	<ul style="list-style-type: none">• “GUJRATI” KRISHNA BHAJAN• “YE WAQT KI AWAJ HAI” (MOTIVATIONAL SONG)
AUGUST	<ul style="list-style-type: none">• PATRIOTIC SONG: “HUM BHARAT KE SWABHIMAAN HAIN”• DEFINATION OF MUSIC: 12/7 SWAR• KOMAL SWAR, SHUDDH SWAR, TEEVRA SWAR
SEPTEMBER	<ul style="list-style-type: none">• “DASHAVATARA STROTAM” (CCMT)
OCTOBER	<ul style="list-style-type: none">• YAMAN “TARANA”• (INTRODUCTION OF AROH-AVROH,PAKAD,STHAI AND ANTRA)• PALTA EXERCISE (THREE SWARA)
NOVEMBER	<ul style="list-style-type: none">• “DEVA LAMBODAR” GANESH BHAJAN• BIOGRAPHY OF BHATKHANDE

SUBJECT TO CHANGE AS PER CBSE GUIDELINES

COMPUTER SCIENCE

MONTH	CHAPTERS
APRIL	L-1: NUMBER SYSTEM
MAY	L-2: ADVANCED FEATURES OF EXCEL
JULY	L-7: MORE ON HTML5
AUGUST	L-8: LISTS AND TABLES IN HTML5
SEPTEMBER	L-9: ALGORITHMIC INTELLIGENCE
OCTOBER	L-10: CONDITIONAL STATEMENTS IN PYTHON
NOVEMBER	L-5: GOOGLE APPS L-11: CONCEPT OF SMART LIVING
DECEMBER	L-6: APP DEVELOPMENT
JANUARY	L-3: LAYERS IN KRITA
FEBRUARY	L-4: ANIMATION IN KRITA REVISION

DANCE

MONTH	SYLLABUS
APRIL	MEDITATION WARM UP EXERCISES DOUBLE HAND MUDRAS (SAMYUKTA HAST MUDRAS)
MAY	WARM UP EXERCISES SAMYUKTA HAST MUDRAS PUNJABI FOLK DANCE
JULY	INTRODUCTION OF LATIN SALSA WITH BASIC STEPS BASIC INTRODUCTION OF NAVRAS
AUGUST	THEORY OF NAVRAS WITH EXAMPLES. AND ACTIVITY ON EXPRESSIONS. STEPS OF LATIN SALSA
SEPTEMBER	TECHNICAL ITEMS – KAVITVAS IN KATHAK STYLE
OCTOBER NOVEMBER	TECHNICAL ITEMS – A. TIHAIS B. TODA AND TUKDAS C. KAVITVAS IN KATHAK STYLE.
DECEMBER	TARANA IN KATHAK STYLE
JANUARY	CONTINUATION OF LATIN SALSA, TECHNIQALS OF KATHAK ITEMS AND TARANA
FEBRUARY	RECAPITULATION OF ALL THE ITEMS LEARNT THROUGHOUT THE YEAR.

DRAWING AND PAINTING

MONTH	TOPIC	DESCRIPTION
APRIL/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/OCTOBER	ANIMALS AND BIRDS	ANIMALS, BIRDS, FISH, REPTILES, INSECTS
NOVEMBER	HUMAN FIGURE	FACE AND FEATURES, HUMAN FACE, HUMAN HANDS, STUDY OF FEET, HUMAN FIGURE, PORTRAIT MAKING
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

PHYSICAL EDUCATION AND 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 DHANURASANA ANULOM-VILOM PRANAYAMA</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 SURYA NAMASKAR GOUMUKHASANA BHRAMRI PRANAYAMA MEDITATION SKILLS OF CRICKET</p>

JULY	<p>WARMING UP STRETCHING EXERCISES LINE FORMATION POSITIONING OF THE PLAYERS</p> <p>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 BHUJANGASANA ANULOM-VILOM PRANAYAMA WATER-BENEFITS AND SIDE EFFECTS SKILLS OF CRICKET</p>
AUGUST	<p>WARMING UP STRETCHING EXERCISES LINE FORMATION TERMINOLOGIES</p> <p>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</p> <p>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 NAUKASANA SHALABHASANA DHANURASANA MEDITATION</p>

OCTOBER	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- REBOUNTING	WARMING UP STRETCHING EXERCISES DHANURASANA BHUJANGASANA SETUBANDHASANA SHALABHASANA MILK -BENEFITS AND SIDE EFFECTS
NOVEMBER	WARMING UP STRETCHING EXERCISES LINE FORMATION SKILLS PRACTICE CRICKET-TYPES OF SHOTS AND BOWLING FOOTBALL- SHOOTING VOLLEYBALL- TYPES OF HITS BASKETBALL- REBOUNTING	WARMING UP STRETCHING EXERCISES MARJARYASANA UTTANPADASANA EYES- EXERCISES AND HOME REMEDIES
DECEMBER	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	WARMING UP STRETCHING EXERCISES TRIKONASANA VEERASANA KAPALBHATI PRANAYAMA

<p>JANUARY- FEBRUARY</p>	<p>WARMING UP STRETCHING EXERCISES LINE FORMATION SKILLS PRACTICE CRICKET-TYPES OF SHOTS AND BOWLING, FIELDING FOOTBALL-PASSING, SHOOTING, VOLLEYBALL- TYPES OF SERVING, PASSING, HITTING BASKETBALL-ZONE DEFENSE</p>	<p>WARMING UP STRETCHING EXERCISES TADASANA VRIKSHASANA ANULOM VILOM PRANAYAMA FRUITS- BENEFITS AND SIDE EFFECTS</p>
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NOTE-PHYSICAL FITNESS TEST WILL BE TAKEN TWICE IN A YEAR