



**CHINMAYA VIDYALAYA, NEW DELHI**  
**SYLLABUS (2023-24)**  
**CLASS-X**

**ENGLISH**

MONTH	CHAPTERS
APRIL	<p><b>LITERATURE READER (FIRST FLIGHT):</b>            PROSE: CH-1. A LETTER TO GOD            CH-3.TWO STORIES ABOUT FLYING            POETRY: 1. DUST OF SNOW            2. FIRE AND ICE</p> <p><b>SUPPLEMENTARY READER (FOOTPRINTS WITHOUT FEET):</b>            CH-1. A TRIUMPH OF SURGERY</p> <p>WRITING SKILLS – LETTER ON A SITUATION (EDITOR/TO OFFICIAL)</p>
MAY	<p><b>LITERATURE READER (FIRST FLIGHT):</b>            PROSE: CH-4. FROM THE DIARY OF ANNE FRANK            POETRY: 3. A TIGER IN THE ZOO            4. HOW TO TELL WILD ANIMALS            6. AMANDA</p> <p><b>SUPPLEMENTARY READER (FOOTPRINTS WITHOUT FEET):</b>            CH-2. THE THIEF’S STORY            CH-3. THE MIDNIGHT VISITOR</p> <p>GRAMMAR-REPORTED SPEECH</p>
JUNE/JULY	<p><b>LITERATURE READER (FIRST FLIGHT):</b>            PROSE: CH- 2. NELSON MANDELA: LONG WALK TO FREEDOM            POETRY: 5. THE BALL POEM</p> <p><b>SUPPLEMENTARY READER (FOOTPRINTS WITHOUT FEET)</b>            CH-4. A QUESTION OF TRUST            CH-5. FOOTPRINTS WITHOUT FEET</p> <p>WRITING SKILLS – LETTER OF ENQUIRY, PLACING AN ORDER</p>
AUGUST	<p><b>LITERATURE READER (FIRST FLIGHT):</b>            PROSE: CH-7. GLIMPSES OF INDIA            POETRY: 8. THE TREES            9. THE FOG</p> <p><b>SUPPLEMENTARY READER (FOOTPRINTS WITHOUT FEET):</b>            CH- 6. THE MAKING OF A SCIENTIST            CH-7. THE NECKLACE</p> <p>WRITING SKILLS- COMPLAINT LETTER (BUSINESS)</p>
SEPTEMBER	<p><b>LITERATURE READER (FIRST FLIGHT):</b>            PROSE: CH-8. MIJBIL THE OTTER</p> <p>REVISION AND EXAMINATION</p>

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OCTOBER	<b>LITERATURE READER (FIRST FLIGHT):</b> PROSE: CH-9. MADAM RIDES THE BUS CH-10. THE SERMON AT BENARES POETRY: 10. THE TALE OF CUSTARD THE DRAGON <b>SUPPLEMENTARY READER (FOOTPRINTS WITHOUT FEET):</b> CH-9. BHOLI WRITING SKILLS- ANALYTICAL PARAGRAPH (MAP/CHART/REPORT/ LINE GRAPH/CUE/S)
NOVEMBER	LITERATURE READER (FIRST FLIGHT) PROSE: CH-11. THE PROPOSAL POETRY: 11. FOR ANNE GREGORY <b>SUPPLEMENTARY READER (FOOTPRINTS WITHOUT FEET):</b> CH-10. THE BOOK THAT SAVED THE EARTH
DECEMBER	REVISION
JANUARY	REVISION

## HINDI

MONTH	SYLLABUS
अप्रैल	<b>स्पर्श</b> – 4. मीरा के पद <b>व्याकरण</b> – मुहावरे, अनुच्छेद पत्र (औपचारिक), लघुकथा
मई	<b>स्पर्श</b> – 1. बड़े भाई साहब 2. डायरी का एक पन्ना 3. कबीर की साखी <b>संचयन</b> – हरिहर काका <b>व्याकरण</b> – समास
जुलाई	<b>स्पर्श</b> – 5. ततारा वामीरो कथा 6. पर्वत प्रदेश में पावस <b>संचयन</b> – सपनों के से दिन <b>व्याकरण</b> – रचना के आधार पर वाक्य रूपांतरण अनुच्छेद लेखन
अगस्त	<b>स्पर्श</b> – 8. तोप <b>संचयन</b> – सपनों के से दिन
सितम्बर	<b>स्पर्श</b> – 11.मनुष्यता <b>संचयन</b> – टोपी शुक्ला <b>व्याकरण</b> – पदबंध विज्ञापन
अक्टूबर	<b>स्पर्श</b> – 12.अब कहाँ दूसरों के दुख से दुखी होने वाले 13.कारतूस 14.कर चले हम फिदा 15.आत्मत्राण <b>व्याकरण</b> – पुनरावृत्ति
नवंबर	<b>स्पर्श</b> – 16.पतझड़ में टूटी पत्तियाँ 4. तीसरी कसम के शिल्पकार शैलेंद्र सूचना, औपचारिक ई-मेल लेखन
दिसंबर	पुनरावृत्ति
जनवरी	पुनरावृत्ति

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**SANSKRIT**

<b>MONTH</b>	<b>SYLLABUS</b>
अप्रैल	शेमुषी (भाग- ) पाठ- शुचिपर्यावरणम् व्याकरण – सन्धिकार्यम् व्यञ्जन सन्धि- वर्गीयपथमवर्णस्य तृतीयवर्णे परिवर्तनम्, प्रथमवर्णस्य पञ्चमवर्णे परिवर्तनम् विसर्ग सन्धि- उत्त्व, रत्व, लोप एवं सत्व सन्धि
मई	पाठ-2 बुद्धिर्बलवती सदा वाच्यपरिवर्तन लट् लकार (कर्ता-कर्म-क्रिया) व्याकरण - विभक्ति तत्पुरुष समास पत्रलेखन, चित्रवर्णनम्
जुलाई	पाठ-5 जननी तुल्यवत्सला व्याकरण- अव्ययी भाव समास (अनु, उप, सह, निर्, प्रति, यथा) द्वन्द्व समास (इतरेतर द्वन्द्व समास) घटनानुक्रमः
अगस्त	पाठ-4 शिशुलालनम् व्याकरण-बहुव्रीहि समास
सितंबर	<b>व्याकरण-</b> अव्यय पद -उच्चैः, च, श्वः, ह्यः, अद्य, अत्र -तत्र यत्र - कुत्र, इदानीम् (अधुना, सम्प्रति, साम्प्रतम्) यदा, तदा, कदा, सहसा, वृथा, शनैः, अपि, कुतः, इतस्ततः, यदि – तर्हि, यावत् – तावत्। - तद्धित प्रत्यय-मतुप्, ठक्, त्व, तल् - स्त्री प्रत्यय - टाप, डीप् - समय (सामान्य-सपाद-सार्ध - पादोन) अशुद्धि-संशोधन (वचन लिङ्ग-पुरूष-लकार-विभक्ति की दृष्टि से (संशोधन)
अक्टूबर	पाठ- 6 सुभाषितानि व्याकरण- अपठित गद्यांश रचनात्मक कार्यम् – पत्रलेखन, चित्रवर्णनम्, संस्कृत अनुवाद।
नवम्बर	पाठ-7 सौहार्द प्रकृतेः शोभा पाठ-8 विचित्रः साक्षी अपठित-अवबोधनम् - अपठित गद्यांश रचनात्मक कार्यम् - पत्रलेखन, चित्रवर्णनम्, संस्कृत अनुवाद।
दिसंबर	पाठ 9 सूक्तयः पाठ-12 अन्योक्तयः अपठित-अवबोधनम् - अपठित गद्यांश रचनात्मक कार्यम् - पत्रलेखन, चित्रवर्णनम्, संस्कृत अनुवाद। घटनानुक्रमः

## MATHEMATICS

MONTH	SYLLABUS
APRIL	CH 1: REAL NUMBERS CH 2: POLYNOMIALS
MAY	CH 3: LINEAR EQUATIONS IN TWO VARIABLES CH 4: QUADRATIC EQUATIONS
JUNE/JULY	CH 5: ARITHMETIC PROGRESSION CH 6: TRIANGLES CH 7: COORDINATE GEOMETRY
AUGUST	CH 7: COORDINATE GEOMETRY(CONT) CH 8: INTRODUCTION TO TRIGONOMETRY CH 9: SOME APPLICATIONS OF TRIGONOMETRY
SEPTEMBER	CH 10: CIRCLES CH-11: CONSTRUCTIONS
OCTOBER	CH 12: AREAS RELATED TO CIRCLES CH 13: SURFACE AREAS AND VOLUME
NOVEMBER	CH 14: STATISTICS CH 15: PROBABILITY
DECEMBER	REVISION
JANUARY	REVISION

## SCIENCE

MONTH	SYLLABUS
APRIL	1.CHEMICAL REACTIONS AND EQUATIONS 8. HOW DO ORGANISMS REPRODUCE? 10.LIGHT- REFLECTION AND REFRACTION
MAY	1.CHEMICAL REACTIONS AND EQUATIONS(CONTD.) 6. LIFE PROCESSES 10.LIGHT- REFLECTION AND REFRACTION (CONTD.)
JUNE/JULY	2. ACIDS, BASES AND SALTS 6. LIFE PROCESSES(CONTD.) 11. THE HUMAN EYE AND THE COLOURFUL WORLD
AUGUST	2. ACIDS, BASES AND SALTS(CONTD.) 9. HEREDITY AND EVOLUTION 12. ELECTRICITY
SEPTEMBER	3. METALS AND NON- METALS 9. HEREDITY AND EVOLUTION (CONTD.) 7. CONTROL AND CO- ORDINATION IN PLANTS AND ANIMALS 12. ELECTRICITY (CONTD.) 13. MAGNETIC EFFECTS OF ELECTRIC CURRENT
OCTOBER	3. METALS AND NON- METALS (CONTD.) 4. CARBON AND ITS COMPOUNDS

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	13. MAGNETIC EFFECTS OF ELECTRIC CURRENT (CONTD.) 15. OUR ENVIRONMENT
NOVEMBER	4. CARBON AND ITS COMPOUNDS(CONTD.) 14. SOURCES OF ENERGY 15. OUR ENVIRONMENT (CONTD.)
DECEMBER	REVISION
JANUARY	REVISION

## SOCIAL SCIENCE

MONTH	HISTORY	GEOGRAPHY	POLITICAL SCIENCE	ECONOMICS
APRIL	CHAP 1-RISE OF NATIONALISM IN EUROPE	CH1. RESOURCES AND DEVELOPMENT  CH-2 FOREST AND WILDLIFE	CH: 1 POWER SHARING	CHAP1- DEVELOPMENT
MAY	CHAP 1- RISE OF NATIONALISM IN EUROPE (CONT)  CHAP 2 – NATIONALISM IN INDIA	CH-2 FOREST AND WILDLIFE (CONT.)  CH 3.WATER RESOURCES	CH: 1 POWER SHARING (CONTD)  CH: 2 FEDERALISM	CHAP1 (CONT)
JULY	CH-2 NATIONALISM IN INDIA (CONTD)  CHAP-3 THE MAKING OF THE GLOBAL WORLD	CH 3.WATER RESOURCES (CONTD)  CH 4. AGRICULTURE	CH-2 CH: 2 FEDERALISM (CONT.)  CH-4 GENDER, RELIGION AND CASTE	CHAP2-SECTORS OF INDIAN ECONOMY
AUGUST	CHAP 3 – THE MAKING OF THE GLOBAL WORLD (CONT )	CH 4. AGRICULTURE (CONTD)  CH 5- .MINERALS	CH-4 GENDER, RELIGION AND CASTE (CONTD)	CHAP 2 (CONT)  CHAP 3 _MONEY AND CREDIT

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	CHAP 4 –THE AGE OF INDUSTRIALISATION	AND ENERGY RESOURCES	CH: 6 POLITICAL PARTIES	
SEPTEMBER	REVISION	REVISION	REVISION	REVISION
OCTOBER	CHAP 4 – THE AGE OF INDUSTRIALISATION (CONT)  CHAP 5- PRINT CULTURE AND THE MODERN WORLD	CH 5- .MINERALS AND ENERGY RESOURCES (CONTD)  CH 6. MANUFACTURING INDUSTRIES	CH: 6 POLITICAL PARTIES (CONTD)  CH: 7 OUTCOMES OF DEMOCRACY	CHAP 3 _MONEY AND CREDIT (CONTD)  CHAP 4- GLOBALISATION AND INDIAN ECONOMY
NOVEMBER	CHAP-5 PRINT CULTURE AND THE MODERN WORLD (CONT)  REVISION	CH 6. MANUFACTURING INDUSTRIES (CONTD)  CH 7.LIFELINES OF NATIONAL ECONOMY REVISION	CH: 7 OUTCOMES OF DEMOCRACY (CONTD)  REVISION	CHAP 4-(CONT) REVISION
DECEMBER	REVISION	REVISION	REVISION	REVISION

## ARTIFICIAL INTELLIGENCE

MONTH	SYLLABUS
APRIL	PART A – UNIT 1 – COMMUNICATION SKILLS-II PART B – UNIT 1 – INTRODUCTION TO AI
MAY	PART A – UNIT 2 - SELF MANAGEMENT SKILLS – II PART B – UNIT 2 – AI PROJECT CYCLE
JUNE/JULY	PART A -UNIT 3 – ICT SKILLS - II PART B – UNIT 3 – ADVANCE PYTHON
AUGUST	PART A – UNIT 4 – ENTREPRENEURIAL SKILLS - II PART B - UNIT 3 – ADVANCE PYTHON
SEPTEMBER	PART A – UNIT 5 – GREEN SKILLS - II PART B – UNIT 4 – DATA SCIENCE
OCTOBER	PART B – UNIT 5 – COMPUTER VISION, UNIT 6 – NATURAL LANGUAGE PROCESSING
NOVEMBER	PART B – UNIT 7 - EVALUATION
DECEMBER	REVISION
JANUARY	REVISION

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## ART

MONTH	TOPIC	DESCRIPTION
APRIL	OBJECTS	FRUIT COMPOSITION, VEGETABLE COMPOSITION
MAY	OBJECTS	FLOWER COMPOSITION
JUNE/JULY	ENVIRONMENT SCENIC DEPICTION OF SHRIMAD BHAGWAT PURAN	TREES AND LANDSCAPES, ANIMALS AND BIRDS, FOX, BULL, ELEPHANT, DOG, LION, VULTURE, OSTRICH, OWL, COCK
AUGUST	HUMAN FIGURES	IDEAL SHAPES, TORSO, ARM, HANDS, LEGS, FEET, CONSTRUCTION OF HEAD, PORTRAIT
SEPTEMBER	FUN AND FICTION	CARTOON, FANTASY
OCTOBER	RECYCLED ART	VILLAGES OF BRIJ
NOVEMBER	CREATIVE CRAFT	SPRAY PAINTING, THUMB IMPRESSION, PAPER COLLAGE, PAPER CRAFT
DECEMBER	DESIGN AND DÉCOR	POSTER, STORY BOARD, DECORATIVE PATTERNS
JANUARY	REVISION	REVISION

## PAINTING

MONTH	UNIT	CONTENT/ DETAILS	PRACTICAL
APRIL	UNIT I FUNDAMENTALS OF VISUAL ARTS	ELEMENTS OF ART	FRUITS AND VEGETABLE COMPOSITIONS
MAY	UNIT I FUNDAMENTALS OF VISUAL ARTS	PRINCIPLES OF ARTS	FLOWER COMPOSITIONS
JUNE/JULY	UNIT II METHODS AND MATERIALS OF PAINTING	UNDERSTANDING AND APPROPRIATE USE OF: ( I ) TOOLS	TREES AND LANDSCAPES ANIMALS
AUGUST	UNIT II METHODS AND MATERIALS OF PAINTING	( II ) PAINTING MATERIALS	HUMAN FACE AND FIGURE
SEPTEMBER	UNIT III STORY OF INDIAN ART	APPRECIATION OF INDIAN ART COVERING SELECTED PAINTINGS, SCULPTURES AND ARCHITECTURAL GLIMPSES	STILL LIFE
OCTOBER NOVEMBER	UNIT III STORY OF INDIAN ART	APPRECIATION OF INDIAN ART COVERING SELECTED PAINTINGS, SCULPTURES AND ARCHITECTURAL GLIMPSES	POSTER AND STORY BOARD, STILL LIFE, RANGOLI AND TIE- DYE, STUDY OF MONUMENTS
DECEMBER	REVISION		
JANUARY	REVISION		

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## DANCE

MONTH	SYLLABUS
APRIL	*SHLOKAS ON HAST MUDRAS BASED ON NATYASHASTRA
MAY	*SHLOKAS ON HAST MUDRAS BASED ON NATYASHASTRA
JUNE/JULY	*FOLK DANCES- I) PUNJABI FOLK DANCE- GIDDA II) GARBA
AUGUST	*THEORY BASED ON COSTUMES, MAKEUP, INSTRUMENTS, LANGUAGE OF ALL THE CLASSICAL DANCES OF INDIA
SEPTEMBER	*THEORY BASED ON DANCES AROUND THE WORLD
OCTOBER	*DANCE BASED ON WESTERN STYLE –
NOVEMBER	HIP HOP, LOCKING POPPING, WESTERN CONTEMPORARY
DECEMBER	*INTERNATIONAL FOLK DANCES- I) FLAMENCO (SPAIN) II) IRISH TAP DANCE
JANUARY	*CONTINUATION OF INTERNATIONAL FOLK DANCES.

## MUSIC (VOCAL)

MONTH	SYLLABUS
APRIL	<ul style="list-style-type: none"><li>• ALANKAR PRACTICE</li><li>• POORNA KUMBHA STOTRAM</li></ul>
MAY	<ul style="list-style-type: none"><li>• AARTI: GEETA AARTI</li><li>• GURU ASHTAKAM</li></ul>
JUNE/JULY	<ul style="list-style-type: none"><li>• PATRIOTIC SONG: MERA WATAN</li><li>• KNOWLEDGE OF INDIAN MUSICAL INSTRUMENTS.</li></ul>
AUGUST	<ul style="list-style-type: none"><li>• DEFINITIONS OF MUSIC TERMINOLOGY.</li><li>• ADITYA HRIDAYAM (SHLOKA 1 TO 15)</li><li>• VOICE MODULATION (CONCEPT)</li></ul>
SEPTEMBER	<ul style="list-style-type: none"><li>• MOTIVATIONAL SONG: “JO KADAM BADE</li><li>• ADITYA HRIDAYAM (SHLOKA 16 TO 31)</li></ul>
OCTOBER	<ul style="list-style-type: none"><li>• OCTAVE: DEFINITION AND DESCRIPTION</li><li>• RAAG: BHIMPALASI-TARANA (WITH SIMPLE ELABORATION AND FEW TAAN’S IN THE RAAG)</li><li>• PALTA EXERCISES IN ALL SWARAS</li></ul>

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NOVEMBER	<ul style="list-style-type: none"> <li>• BIOGRAPHY OF PT. VISHNU BHATKHANDE</li> <li>• SARASWATI VANDANA</li> </ul>
DECEMBER	<ul style="list-style-type: none"> <li>• REVISION OF ALL SONGS</li> </ul>
JANUARY	<ul style="list-style-type: none"> <li>• REVISION OF ALL SONGS</li> </ul>

### MUSIC (INSTRUMENTAL)

#### INSTRUMENTAL MUSIC (SITAR, HARMONIUM, TABLA AND SYNTHESIZER)

MONTH	SYLLABUS
APRIL	<ol style="list-style-type: none"> <li>1) DEFINITION OF INDIAN CLASSICAL MUSIC.</li> <li>2) ADVANCE EXERCISES OF INDIAN CLASSICAL MUSIC (ALANKARS).</li> <li>3) DEFINITION AND TYPES OF OCTAVE (SAPTAK)</li> <li>4) BASIC TAAL OF INDIAN CLASSICAL MUSIC (TAAL, DADRA, KEHRAWA, TEEN TAAL AND RUPAK)</li> <li>5) INTRODUCTION OF RAAG RAGESHWARI</li> </ol>
MAY	<ol style="list-style-type: none"> <li>1) ADVANCE EXERCISES OF INDIAN CLASSICAL MUSIC (ALANKARS).</li> <li>2) DEFINITION AND TYPES OF THAATS.</li> <li>3) SARGAM GEET NOTATION OF (PRARTHANA GEETAM).</li> <li>4) BASIC TAAL OF INDIAN CLASSICAL MUSIC (TAAL, DADRA, KEHRAWA, TEEN TAAL AND RUPAK)</li> <li>5) AAROH, AVROH AND PAKAD OF RAAG RAGESHWARI</li> </ol>
JUNE /JULY	<ol style="list-style-type: none"> <li>1) ADVANCE EXERCISES OF INDIAN CLASSICAL MUSIC (ALANKARS).</li> <li>2) RAAG RAGESHWARI WITH COMPOSITION.</li> <li>3) BASIC TAAL OF INDIAN CLASSICAL MUSIC (TAAL, DADRA, KEHRAWA, TEEN TAAL AND RUPAK)</li> <li>4) PAHADI DHUN</li> </ol>
AUGUST	<ol style="list-style-type: none"> <li>1) ADVANCE EXERCISES OF INDIAN CLASSICAL MUSIC (ALANKARS).</li> <li>2) RAAG RAGESHWARI WITH COMPOSITION AND TAANS</li> <li>3) PATRIOTIC SONG (SARE JAHAN SE ACCHA)</li> <li>4) BASIC TAAL OF INDIAN CLASSICAL MUSIC (TAAL, DADRA, KEHRAWA, TEEN TAAL AND RUPAK)</li> <li>5) PAHADI DHUN</li> </ol>
SEPTEMBER	GRADES WILL BE GIVEN ON THE BASIS OF SYLLABUS
OCTOBER	<ol style="list-style-type: none"> <li>1) ADVANCE EXERCISES OF INDIAN CLASSICAL MUSIC (ALANKARS).</li> <li>2) NOTATION OF RAGHUPATI RAGHAVA</li> <li>3) BASIC TAAL OF INDIAN CLASSICAL MUSIC (TAAL, DADRA, KEHRAWA, TEEN TAAL AND RUPAK)</li> </ol>

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	<p>4) PAHADI DHUN</p> <p>5) TABLA KAYADA IN 16 BEATS NO.1</p>
NOVEMBER	<p>1) ADVANCE EXERCISES OF INDIAN CLASSICAL MUSIC (ALANKARS).</p> <p>2) BASIC TAAL OF INDIAN CLASSICAL MUSIC (TAAL, DADRA, KEHRAWA, TEEN TAAL AND RUPAK)</p> <p>3) PAHADI DHUN</p> <p>4) TABLA KAYADA IN 16 BEATS NO.1</p>
DECEMBER	<p>1) ADVANCE EXERCISES OF INDIAN CLASSICAL MUSIC (ALANKARS).</p> <p>2) BASIC TAAL OF INDIAN CLASSICAL MUSIC (TAAL, DADRA, KEHRAWA, TEEN TAAL AND RUPAK)</p> <p>3) PAHADI DHUN</p>
JANUARY	<p>1) ADVANCE EXERCISES OF INDIAN CLASSICAL MUSIC (ALANKARS).</p> <p>2) REVISION OF PREVIOUS SYLLABUS</p> <p>3) BASIC TAAL OF INDIAN CLASSICAL MUSIC (TAAL, DADRA, KEHRAWA, TEEN TAAL AND RUPAK)</p> <p>4) PAHADI DHUN</p> <p>5) TABLA KAYADA IN 16 BEATS NO.2</p>

## PHYSICAL EDUCATION

MONTH	SYLLABUS
APRIL	<ul style="list-style-type: none"> <li>• MEANING &amp; DEFINITION OF PHYSICAL EDUCATION</li> <li>• AIMS &amp; OBJECTIVES OF PHYSICAL EDUCATION</li> <li>• CAREER OPTIONS IN PHYSICAL EDUCATION.</li> </ul> <p>FOOTBALL GAME</p> <p>-HISTORY</p> <p>-RULES</p> <p>STADIUMS</p> <p>MATCH PRACTICE</p>
MAY	<ul style="list-style-type: none"> <li>• OLYMPICS</li> <li>• OLYMPIC SYMBOLS, IDEALS,</li> <li>• INTERNATIONAL OLYMPIC COMMITTEE</li> <li>• INDIAN OLYMPIC ASSOCIATION</li> </ul> <p>BASKETBALL</p> <p>HISTORY</p> <p>-RULES</p> <p>STADIUMS</p> <p>MATCH PRACTICE</p>
JUNE/JULY	<ul style="list-style-type: none"> <li>• MEANING &amp; IMPORTANCE OF PHYSICAL FITNESS, WELLNESS &amp; LIFESTYLE</li> <li>• COMPONENTS OF PHYSICAL FITNESS AND WELLNESS</li> <li>• COMPONENTS OF HEALTH-RELATED FITNESS</li> </ul> <p>VOLLEYBALL</p> <p>HISTORY, -RULES, STADIUMS</p> <p>MATCH PRACTICE</p>

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AUGUST	TEST MOTOR FITNESS TEST AAPER
SEPTEMBER	MEASUREMENTS AND RULES OF DIFFERENT GAMES
OCTOBER	<ul style="list-style-type: none"> <li>• AIMS &amp; OBJECTIVES OF ADAPTIVE PHYSICAL EDUCATION</li> <li>• ORGANIZATION PROMOTING ADAPTIVE SPORTS (SPECIAL OLYMPICS BHARAT; PARALYMPICS; DEAFLYMPICS)</li> </ul> CRICKET HISTORY -RULES STADIUMS MATCH PRACTICE
NOVEMBER	YOGA <ul style="list-style-type: none"> <li>• MEANING &amp; IMPORTANCE OF YOGA</li> <li>• ELEMENTS OF YOGA</li> <li>• INTRODUCTION - ASANAS, PRANAYAM, MEDITATION &amp; YOGIC KRIYAS</li> <li>• YOGA FOR CONCENTRATION &amp; RELATED ASANAS (SUKHASANA; TADASANA; PADMASANA &amp; SHASHANKASANA, NAUKASANA, VRIKSHASANA (TREE POSE), GARUDASANA (EAGLE POSE))</li> </ul>
DECEMBER	<ul style="list-style-type: none"> <li>• LEARNING, OBJECTIVES &amp; TYPES OF ADVENTURE SPORTS (ROCK CLIMBING, TRACKING, RIVER RAFTING, MOUNTAINEERING, SURFING AND PARAGLIDING)</li> </ul> SAFETY MEASURES TO PREVENT SPORTS INJURIES
JANUARY	TRAINING AND DOPING IN SPORTS <ul style="list-style-type: none"> <li>• MEANING &amp; CONCEPT OF SPORTS TRAINING</li> <li>• PRINCIPLES OF SPORTS TRAINING</li> <li>• CONCEPT &amp; CLASSIFICATION OF DOPING</li> <li>• PROHIBITED SUBSTANCES &amp; THEIR SIDE EFFECTS</li> </ul>

## VALUE EDUCATION

MONTH	SYLLABUS
APRIL	L - 1 DINCHARYA L - 2 CUT THE CORD L - 3 SEEING THE BRIGHT SIDE OF THINGS L - 4 ADVAIT'S YAGNA
MAY	L - 5 CULTURAL AMBASSADORS L - 6 INDIA'S CONTRIBUTION L - 7 A BEAUTIFUL WORLD L - 8 DRUGS AND ALCOHOL! - THE GLOBAL THREAT
JULY	L - 9 GIFTED TO GIVE! L - 10 UNDERSTANDING GENERATION GAP L - 11 SPIRITUAL WRITINGS IN REGIONAL LANGUAGE I L - 12 SPIRITUAL WRITINGS IN REGIONAL LANGUAGE II

\*SUBJECT TO CHANGE AS PER CBSE GUIDELINES

AUGUST	L - 13 PROOF OF RAMAYANA I L - 14 PROOF OF RAMAYANA II L - 15 INDIGENOUS CULTURES AROUND THE WORLD L - 16 WEIGHT MANAGEMENT - FADS AND FACTS
SEPTEMBER	L - 17 A SPOTLESS MIND L - 18 WEALTH FROM WASTE L - 19 NEETI VERSUS DHARMA
OCTOBER	L - 20 SHANKARA - THE SPIRITUAL GENERAL L - 21 WEARING RELIGIOUS MARKS

\*SUBJECT TO CHANGE AS PER CBSE GUIDELINES