

# SYLLABUS OF CLASS VII

## SESSION (2025-2026)

### ENGLISH

ASSESSMENT	SYLLABUS	ACTIVITY
<b>TERM-I</b>		
<b>UNIT TEST-1</b>	<p><b>Literature:</b> L-1 David at the House of Shaws Poem-3 Dog</p> <p><b>Grammar:</b> -Sentences -Nouns</p> <p><b>Writing:</b> -Notice -Descriptive Paragraph -Passage Comprehension</p>	<p><b>Poem 3: Dog</b></p> <p>1.1.1 Observe a dog around you and write a short poem or paragraph describing its actions using sensory details like sight, smell and movements.</p>
<b>UNIT TEST-2</b>	<p><b>Literature:</b> L-2 Rikki-Tikki-Tavi L-4 Ravi Arrives</p> <p><b>Grammar:</b></p> <ul style="list-style-type: none"> <li>• Pronouns</li> <li>• Adjectives</li> </ul> <p><b>Writing:</b></p> <ul style="list-style-type: none"> <li>• Diary Entry</li> <li>• Informal letter</li> <li>• Passage Comprehension</li> </ul>	<p><b>L-4: Ravi Arrives</b></p> <p>1.3.1 Assignment (Write a diary entry about a day when you explored a new place or had an unexpected adventure with your friends or family.)</p>
<b>HALF-YEARLY</b>	<p><b>Literature:</b> Lesson: L-2 Rikki-Tikki-Tavi L-5 Sindbad and the Apes L-7 Nonsense Literature L-8 The Boy and the Cat L-10 Ulysses and Polyphemus</p> <p>Poem:</p> <ul style="list-style-type: none"> <li>• Dog</li> <li>• The Daffodils</li> <li>• The Old Oak Tree</li> </ul> <p><b>Grammar:</b></p> <ul style="list-style-type: none"> <li>• Pronouns</li> <li>• Adjectives</li> <li>• Articles</li> <li>• Pronouns</li> <li>• Adjectives</li> <li>• Articles</li> </ul> <p><b>Writing:</b></p>	<p><b>Poem 6: The Daffodils</b></p> <p>1.1.3 Observe a natural scene from your surroundings (like a garden, balcony view or nearby park) and sketch it. Write a short note on how the scene makes you feel, connecting it to the poem, "The Daffodils".</p> <p>SEA ACTIVITY</p>

	<ul style="list-style-type: none"> <li>• Notice</li> <li>• Descriptive Essay</li> <li>• Diary Entry</li> <li>• Informal letter</li> <li>• Passage Comprehension</li> </ul>	
<b>TERM-II</b>		
<b>UNIT TEST-3</b>	<p><b>Literature:</b> L-11 Mining, Not Stealing L-12 Whitey</p> <p><b>Grammar:</b></p> <ul style="list-style-type: none"> <li>• Tense</li> <li>• Voice</li> </ul> <p><b>Writing:</b></p> <ul style="list-style-type: none"> <li>• Dialogue Writing</li> <li>• Article Writing</li> <li>• Passage Comprehension</li> </ul>	<p><b>L-11: Mining, Not Stealing</b></p> <p>1.3.1 Assignment (Analyse the character of one of the children in the lesson and explain their reason for taking the coal. Do you think their actions were justified? Support your answer with examples from the story and real-life situations.)</p>
<b>UNIT TEST-4</b>	<p><b>Literature:</b> L-13 Anne’s Misadventure Poem 14 Abou Ben Adhem</p> <p><b>Grammar:</b></p> <ul style="list-style-type: none"> <li>• Adverbs</li> <li>• Preposition</li> </ul> <p><b>Writing:</b></p> <ul style="list-style-type: none"> <li>• Formal Report</li> <li>• Letter of Complaint</li> <li>• Passage Comprehension</li> </ul>	
<b>FINALS</b>	<p><b>Literature:</b> Lesson: L-12 Whitey L-15 Sabor’s Cub L-16 Science and Serendipity L-18 The Seven Cream Jugs L-19 Macbeth Poem: -Abou Ben Adhem -Poem Pair</p> <p><b>Grammar:</b></p> <ul style="list-style-type: none"> <li>• Tense</li> <li>• Voice</li> <li>• Speech</li> <li>• Adverbs</li> <li>• Preposition</li> <li>• Conjunctions</li> </ul> <p><b>Writing:</b></p> <ul style="list-style-type: none"> <li>• Letter of Complaint</li> <li>• Dialogue Writing</li> <li>• Formal Report</li> <li>• Article Writing</li> <li>• Passage Comprehension</li> </ul>	<p><b>L-12: Whitey</b></p> <p>1.3.1 Assignment (Write a short character analysis of either Whitey or Penrod. Describe their personality, actions and whether you agree or disagree with their choices in the story.</p> <p><b>SEA ACTIVITY</b></p>

# हिंदी

मूल्यांकन	पाठ्यक्रम	विषय संवर्धन गतिविधि
<b>प्रथमसत्र</b>		
इकाई परीक्षण-1	<b>रुम झुम हिंदी पाठ माला भाग 7</b> <b>पाठ:1</b> उड़चल हारिल <b>पाठ:2</b> बूढ़ा कुत्ता <b>व्याकरण:</b> भाषा, बोली और व्याकरण, वर्ण विचार, मुहावरे(1-10), विलोम शब्द(1-15), अनुच्छेद, पत्र लेखन(औपचारिक), पर्यायवाची शब्द(1-10), अनेक शब्दों के लिए एक शब्द(1-10), अपठित गद्यांश, चित्र वर्णन, श्रुति समभिन्नार्थक शब्द(1-10) अनेकार्थी शब्द(1-7),	1.1.1 दृश्य संसाधनों (घर पर और आस-पास के वातावरण में) और सृजनात्मक अभिव्यक्ति के साधनों का अध्ययन।
इकाई परीक्षण-2	<b>रुम झुम हिंदी पाठ माला भाग 7</b> <b>पाठ:3</b> रविंद्रनाथ का पत्र <b>पाठ:4</b> चींटियों की अनोखी दुनिया <b>व्याकरण:</b> मुहावरे(11-20), पर्यायवाची शब्द(11-20), अनेक शब्दों के लिए एक शब्द (11-20) सर्वनाम, वाक्य, अनुच्छेद, पत्र लेखन(अनौपचारिक), विलोम शब्द(16-30), विराम चिन्ह, अनेकार्थी शब्द(8-14), श्रुति समभिन्नार्थक शब्द(11-20), अपठित गद्यांश, कहानी लेखन	1.1.3 प्रकृति और आसपास के वातावरण से चित्रांकन।
अर्धवार्षिक	<b>रुम झुम हिंदी पाठ माला भाग 7</b> <b>पाठ:5</b> कलम और तलवार <b>पाठ:6</b> जीतने वाली टीम <b>पाठ:7</b> रामानुजनश्री निवासन <b>पाठ:8</b> मेले का ऊंट <b>पाठ:9</b> मजदूर <b>व्याकरण:</b> मुहावरे(1-24), उपसर्ग, प्रत्यय, समास, अनुच्छेद, पत्र लेखन(औपचारिक और अनौपचारिक), विराम चिन्ह, संवाद लेखन, विलोम शब्द(1-40), सूचना लेखन, पर्यायवाची शब्द(11-20), अनेक शब्दों के लिए एक शब्द(1-26), अपठित गद्यांश, कहानी लेखन, चित्र वर्णन, वाच्य श्रुति समभिन्नार्थक शब्द(1-24), अनेकार्थी शब्द(1-20) <b>नोट : इकाई 1 + इकाई 2</b>	3.3.3. चार प्रमुख वाद्ययंत्रों पर संक्षिप्त नोट्स, उनके मुख्य घटक और उनके द्वारा उत्पन्न ध्वनि (संगीत) की विशेषताएँ  5.3.4 नृत्य पर रचनात्मक लेखन (गद्य/कविता/नाटक (SEA))
<b>द्वितीयसत्र</b>		

इकाई परीक्षण-3	<p><b>रुम झुम हिंदी पाठ माला भाग 7</b>  <b>पाठ:10</b>बहादुर बेटा  <b>पाठ:11</b>अंडमान और निकोबार द्वीप समूह  <b>व्याकरण:</b> मुहावरे(25-34), शब्द विचार, संधि, अनुच्छेद, पत्र लेखन (औपचारिक), क्रिया, विराम चिह्न, विशेषण, विलोम शब्द(41-55), पर्यायवाची शब्द(31-40), वाक्य रचना की अशुद्धियां, अनेक शब्दों के लिए एक शब्द(27-36), श्रुति समभिन्नार्थक शब्द(25-35), अनेकार्थी शब्द (21-27)</p>	
इकाई परीक्षण-4	<p><b>रुम झुम हिंदी पाठ माला भाग 7</b>  <b>पाठ:12</b>ओलंपिक खेल  <b>पाठ:13</b>लुभाने विज्ञापन  <b>व्याकरण:</b> मुहावरे(35-44), कारक, अनुच्छेद, पत्र लेखन(अनौपचारिक), विराम चिह्न, विलोम शब्द(56-70), अनेकार्थी शब्द(21-27), डायरी, अपठित गद्यांश, अनेक शब्दों के लिए एक शब्द(37-46), पर्यायवाची शब्द(41-50), श्रुति समभिन्नार्थक शब्द(36-45)</p>	1.5.1 छात्रों के नियमित और सत्रीय कार्यों के आयोजन, प्रदर्शन और प्रदर्शनी।
वार्षिक	<p><b>रुम झुम हिंदी पाठ माला भाग 7</b>  <b>पाठ:14</b>मीरा के पद  <b>पाठ:15</b>फटाहु आबूट  <b>पाठ:16</b>छठ पर्व  <b>पाठ:17</b>भारत कामिनी स्वीटजरलैंड  <b>व्याकरण:</b> मुहावरे(25-48), क्रिया, क्रिया विशेषण, काल, अनुच्छेद, पत्र (औपचारिक और अनौपचारिक), विराम चिह्न, उपसर्ग, प्रत्यय, विलोम शब्द(41-80), अनेक शब्दों के लिए एक शब्द(27-52), विज्ञापन, ईमेल लेखन, संवाद, अपठित गद्यांश, अनेकार्थी शब्द(21-40), पर्यायवाची शब्द(31-58), श्रुति समभिन्नार्थक शब्द(25-48))  <b>नोट :इकाई3+इकाई4</b></p>	2.3.2 . रेडियो या टीवी पर संगीत कार्यक्रम सुनना और प्रस्तुतियों का संक्षिप्त वर्णन लिखना (स्कैपबुक में लिखने के लिए)। (SEA)

## MATHEMATICS

ASSESSMENT	SYLLABUS	ACTIVITY
<b>TERM-I</b>		
UNIT TEST-1	<b>Unit- 1</b> Integers <b>Unit-3</b> Data handling	<b>Unit-3 Data Handling</b> <b>1.1.3</b> Creative activity based on collection of data.
UNIT TEST-2	<b>Unit-2</b> fractions and decimals <b>Unit-4</b> Simple equations	

<b>HALF-YEARLY</b>	<b>Unit- 1</b> Integers <b>Unit-2</b> fractions and decimals <b>Unit-3</b> Data handling <b>Unit-4</b> Simple equations <b>Unit-5</b> lines and angles <b>Unit-6</b> The triangle and its properties <b>Unit-12</b> Symmetry <b>Unit-13</b> Visualising solid shapes	<b>Unit 5- Lines and Angles</b> <b>1.1.1</b> (Look around your home and find an object where two lines meet to form an angle. What type of angle is it? Draw and label it. :  <b>Unit13- Visualising Solid Shapes</b> <b>1.3.1</b> Assignment (Make a 3D model of any one solid shape of your choice. Write your observations about its faces, edges and vertices. S.E.A. ACTIVITY( <b>Unit-3</b> Data handling )
<b>TERM-II</b>		
<b>UNIT TEST-3</b>	<b>Unit-7</b> Comparing quantities <b>Unit-8</b> Rational numbers	
<b>UNIT TEST-4</b>	<b>Unit-9</b> Perimeter and area <b>Unit-10</b> Algebraic expression	<b>Unit-9 Perimeter and Area</b> <b>1.3.1</b> Assignment - Design a floor plan of a house using different shapes (rectangles, squares, triangles, or circles). Label the dimensions of each section and calculate its perimeter and area.
<b>FINALS</b>	<b>Unit-6</b> The triangle and its properties <b>Unit-7</b> Comparing quantities <b>Unit- 8</b> Rational numbers <b>Unit-9</b> Perimeter and area <b>Unit-10</b> Algebraic expression <b>Unit-11</b> Exponents and powers <b>Unit-12</b> Symmetry	S.E.A. ACTIVITY( <b>Unit-11</b> Exponents and powers)

## SCIENCE

ASSESSMENT	SYLLABUS	ACTIVITY
<b>TERM-I</b>		
<b>UNIT TEST-1</b>	<b>Chapter 1</b> Nutrition in Plants <b>Chapter 3</b> Structure of Matter	1.2.2 Activity based on various materials such as clay, ,metals scraps, papers etc(Unit-1)

<b>UNIT TEST-2</b>	<b>Chapter 2</b> Nutrition in Animals <b>Chapter 4</b> Heat and its Effects	
<b>HALF-YEARLY</b>	<b>Chapter 1</b> Nutrition in Plants <b>Chapter 2</b> Nutrition in Animals <b>Chapter 3</b> Structure of Matter <b>Chapter 4</b> Heat and its Effects <b>Chapter 5</b> Flow of Heat <b>Chapter 6</b> Acids, Bases and Salts <b>Chapter 7</b> Physical and Chemical Changes <b>Chapter 8</b> Respiration	1.1.3 Activity based on sketching from nature and surrounding (Unit-5)
<b>TERM-II</b>		
<b>UNIT TEST-3</b>	<b>Chapter 9</b> Transportation of materials in plants and animals <b>Chapter 10</b> Reproduction in plants	1.3.1 Activity based on assignments in two and three dimensional subjective forms, including painting, murals, graphics etc (Unit-10)
<b>UNIT TEST-4</b>	<b>Chapter 11</b> Motion and Time <b>Chapter 12</b> Light	
<b>FINALS</b>	<b>Chapter 9</b> Transportation of materials in plants and animals <b>Chapter 10</b> Reproduction in plants <b>Chapter 11</b> Motion and Time <b>Chapter 12</b> Light <b>Chapter 13</b> Electric currents and its Effects <b>Chapter 14</b> Our forests <b>Chapter 15</b> Wastewater management	1.2.3 Activity based on study of natural and man-made forms, human figures, birds, animals, vegetation and other objects like building desired by students (Unit-14)

## SOCIAL SCIENCE

ASSESSMENT	SYLLABUS	ACTIVITY
<b>TERM-I</b>		
<b>UNIT TEST-1</b>	<b>HISTORY</b> Ch.1- Introduction to Medieval history <b>GEOGRAPHY</b> Ch.1- The environment <b>SOCIAL AND POLITICAL LIFE</b> Ch.1- Democracy and equality <b>MAP WORK</b> Introduction to Medieval history	1.1.10 Collage making

<b>UNIT TEST-2</b>	<b>HISTORY</b> Ch.2- Kings and kingdoms <b>GEOGRAPHY</b> Ch.2- Inside the earth <b>SOCIAL AND POLITICAL LIFE</b> Ch.2- Role of the state government in healthcare <b>MAP WORK</b> Kings and kingdoms Inside the earth	1.3.1,2.3.1 To collect photographs of kings of the time and write their works
<b>HALF-YEARLY</b>	<b>HISTORY</b> Ch.3- The Delhi sultanate <b>Ch.4</b> -The Mughals <b>GEOGRAPHY</b> Ch.3- Our changing earth <b>Ch.4</b> -Major landforms <b>SOCIAL AND POLITICAL LIFE</b> Ch.3- The state government <b>Ch.4</b> - Understanding genders <b>MAP WORK</b> The Mughals Our changing earth Major landforms	1.4.4 Timeline 1.3.1 Painting <b>SEA ACTIVITY</b>
<b>TERM-II</b>		
<b>UNIT TEST-3</b>	<b>HISTORY</b> Ch.5 Tribals, nomadic and settled communities <b>GEOGRAPHY</b> Ch.5- Our atmosphere <b>SOCIAL AND POLITICAL LIFE</b> Ch.5- Women change the world	2.3.1 collect photographs of communities with their introduction 1.1.4 creative use of colours .
<b>UNIT TEST-4</b>	<b>HISTORY</b> Ch.6- Religious beliefs and popular movements <b>GEOGRAPHY</b> Ch.6- Elements of weather and climate <b>Ch.7</b> - The world of water <b>SOCIAL AND POLITICAL LIFE</b> Ch.6- Media and democracy <b>MAP WORK</b> The world of water	
<b>FINALS</b>	<b>HISTORY</b> Ch.6- Religious beliefs and popular movements Ch.7- Emergence of regional cultures Ch.8- New political formation <b>GEOGRAPHY</b> Ch.7- The world of water Ch.8- Life in tropical and subtropical region Ch.9- Life in the deserts <b>SOCIAL AND POLITICAL LIFE</b> Ch.6- Media and democracy Ch.7- Markets around us Ch.8- A shirt in the markets <b>MAP WORK</b> - New political formation The world of water  Life in tropical and subtropical region	1.1.1 creative writing

# COMPUTER

ASSESSMENT	SYLLABUS	ACTIVITY
<b>TERM-I</b>		
<b>UNIT TEST-1</b>	Ch 1: Cyber Ethics	
<b>UNIT TEST-2</b>	Ch 2: Formulas and Functions in Excel Ch 3: Advanced Features of Excel	MS Excel
<b>HALF-YEARLY</b>	Ch 1: Cyber Ethics Ch 2: Formulas and Functions in Excel Ch 3: Advanced Features of Excel Ch 4: Introduction to Krita Ch 5: Layers and Animations in Krita	MS Excel, Krita
<b>TERM-II</b>		
<b>UNIT TEST-3</b>	Ch 6: Control Statements in Python	Python Programming: Basic Python Programs
<b>UNIT TEST-4</b>	Ch 7: More on HTML5	HTML Programming
<b>FINALS</b>	Ch 6: Control Statements in Python Ch 7: More on HTML5 Ch 8: Introduction to Data Science Ch 9: Natural Language Processing	Python Programming: Basic Python Programs, HTML Programming

# PUNJABI

ASSESSMENT	SYLLABUS	ACTIVITY
<b>TERM-I</b>		
<b>UNIT TEST-1</b>	ਪੰਜਾਬੀ ਵਰਣਮਾਲਾ ਲਗਾਮਾਤਰਾਂ ਸਵਰ ਤੇ ਵਿਅੰਜਨ	

<b>UNIT TEST-2</b>	ਪੰਜਾਬੀ ਵਰਣਮਾਲਾ ਅੱਖਰ ਜੋੜ (ਦੋ ਅੱਖਰਾਂ ਵਾਲੇ ਸ਼ਬਦ) ਫ਼ਲਾਂ ਦੇ ਨਾਂ	
<b>HALF-YEARLY</b>	ਪੰਜਾਬੀ ਵਰਣਮਾਲਾ ਅੱਖਰਜੋੜ (ਦੋ, ਤਿੰਨ ਅੱਖਰਾਂ ਵਾਲੇ ਸ਼ਬਦ) ਸਬਜ਼ੀ ਆਂ ਦੇਨਾਂ।	Activity based on the topics covered in U-1 & U-2
<b>TERM-II</b>		
<b>UNIT TEST-3</b>	ਪੰਜਾਬੀ ਵਰਣਮਾਲਾ ਅੱਖਰਜੋੜ (ਦੋ, ਤਿੰਨ, ਚਾਰ ਅੱਖਰਾਂ ਵਾਲੇ ਸ਼ਬਦ) ਰੰਗਾਂ ਦੇ ਨਾਂ ਜਾਵਨਰਾਂ ਦੇ ਨਾਂ ਗਿਣਤੀ।	
<b>UNIT TEST-4</b>	ਪੰਜਾਬੀ ਵਰਣਮਾਲਾ ਮਹੀਨਿਆਂ ਦੇ ਨਾਂ ਦਿਨਾਂ ਦੇ ਨਾਂ ਵਾਕ ਬਣਾਓ	
<b>FINALS</b>	ਪੰਜਾਬੀ ਵਰਣਮਾਲਾ ਅੱਖਰ ਜੋੜ (ਦੋ, ਤਿੰਨ, ਚਾਰ ਅੱਖਰਾਂ ਦੇ ਸ਼ਬਦ), ਕਹਾਣੀ ਪੜ੍ਹਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਜਵਾਬ ਲਿਖੋ ਦੇਸੀ ਮਹੀਨਿਆਂ ਦੇ ਨਾਂ ਪੰਜਾਬੀ ਗਿਣਤੀ।	Activity based on the topics covered in U-3 & U-4

## G.K.

ASSESSMENT	SYLLABUS	ACTIVITY
<b>TERM-I</b>		
<b>UNIT TEST-1</b>	<b>ENVIRONMENT</b> <ul style="list-style-type: none"> <li>● The Wagging Comparison</li> <li>● At Risk</li> <li>● Desert Life</li> <li>● Pollution</li> <li>● Life -Giving Herbs</li> <li>● Ecosystem</li> <li>● Global Warming</li> </ul>	

<p>UNIT TEST-2</p>	<p><b>INDIA</b></p> <ul style="list-style-type: none"> <li>● Ancient India</li> <li>● Stopping by Cities</li> <li>● States and Union Territories</li> <li>● Villages Of India</li> <li>● National Bodies</li> <li>● About Agriculture</li> <li>● Places</li> <li>● Awards</li> <li>● Know them?</li> <li>● Remembering Ratan Tata</li> </ul>	
<p>HALF-YEARLY</p>	<p><b>SCIENCE</b></p> <ul style="list-style-type: none"> <li>● Chemically Speaking</li> <li>● Discoveries and inventions</li> <li>● Branches of Science</li> <li>● Space Exploration</li> <li>● Pioneers of Science</li> <li>● Medical Advancement</li> <li>● Life Sciences</li> <li>● Computer Crossword</li> </ul> <p><b>LANGUAGES AND LITERATURE</b></p> <ul style="list-style-type: none"> <li>● Artificial Intelligence</li> <li>● Prestigious literary prizes</li> <li>● Noble Prize in Literature</li> <li>● Bookworms</li> <li>● Classic Characters</li> <li>● Lesser Known Words</li> </ul>	<p>Activity based on the topic SCIENCE</p>
<p><b>TERM-II</b></p>		
<p>UNIT TEST-3</p>	<p><b>ART AND ENTERTAINMENT</b></p> <ul style="list-style-type: none"> <li>● Entertainment Awards</li> <li>● Say Cheese!</li> <li>● Classical Composers</li> <li>● Comedians</li> <li>● Orchestra</li> <li>● Art Galleries</li> </ul>	
<p>UNIT TEST-4</p>	<p><b>SPORTS</b></p> <ul style="list-style-type: none"> <li>● Rulers of the Game</li> <li>● Archery</li> <li>● Chess</li> <li>● Looking at Lawn Tennis</li> <li>● Motorsports</li> <li>● Kabaddi</li> <li>● Sports wear</li> </ul> <p><b>WORLD</b></p> <ul style="list-style-type: none"> <li>● United Nations Organisation</li> <li>● Famous Women</li> <li>● Countries-Flags-Currencies</li> <li>● World Cuisines</li> <li>● Country by Country</li> <li>● Oceans and Waterways</li> </ul>	

<b>FINALS</b>	<p><b>REASONING</b></p> <ul style="list-style-type: none"> <li>• Analogies</li> <li>• Odd One Out</li> <li>• Data Interpretation</li> <li>• Don the Thinking Cap</li> </ul> <p><b>LIFE SKILLS</b></p> <ul style="list-style-type: none"> <li>• Presentation Skills</li> <li>• Body Language</li> <li>• What's the Word</li> </ul> <p><b>MIXED BAG</b></p> <ul style="list-style-type: none"> <li>• Unscramble Words</li> <li>• Alternative Therapies</li> <li>• Important Dates</li> </ul>	Activity based on the topic WORLD
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## YOGA

ASSESSMENT	SYLLABUS	ACTIVITY
<b><i>TERM-I</i></b>		
<b>UNIT TEST-1</b>	<p><b>Unit 1: Advanced Pranayama &amp; Yogic Energy Flow</b>  <b>Theory:</b></p> <ul style="list-style-type: none"> <li>• How Pranayama Enhances Brain Function &amp; Oxygen Circulation.</li> <li>• Concept of Pancha Pranas (Five Vital Energies in the Body).</li> </ul> <p><b>Asanas &amp; Pranayamas to be Practiced (Notes + Practical Demonstration by Teacher):</b></p> <ul style="list-style-type: none"> <li>• Ujjayi (Ocean Breath)</li> <li>• Veerabhadra asana (Warrior Pose)</li> </ul>	
<b>UNIT TEST-2</b>	<p><b>Unit 2: Strength-Based Yoga &amp; Postural Mastery</b>  <b>Theory:</b></p> <ul style="list-style-type: none"> <li>• Muscular Endurance in Yoga vs. Strength Training.</li> <li>• How Holding Asanas for Long Durations Builds Focus &amp; Patience.</li> <li>• Yoga for Joint &amp; Bone Health.</li> </ul> <p><b>Asanas &amp; Pranayamas to be Practiced(Notes + Practical Demonstration by Teacher):</b></p> <ul style="list-style-type: none"> <li>• Trikonasana (Triangle Pose)</li> <li>• Nadi Shodhana (Nerve Cleansing Breath)</li> </ul>	

<p><b>HALF-YEARLY</b></p>	<p>Unit 1: Advanced Pranayama &amp; Yogic Energy Flow  Unit 2: Strength-Based Yoga &amp; Postural Mastery  Unit-3: Understanding Chakras &amp; Their Influence on Emotional Health.  Unit-4: Importance of Sushumna Nadi &amp; Kundalini Awakening Basics.  <b>Asanas &amp; Pranayamas to be Practiced (Notes + Practical Demonstration by Teacher):</b></p> <ul style="list-style-type: none"> <li>• Ujjayi (Ocean Breath)</li> <li>• Veerabhadra asana (Warrior Pose)</li> <li>• Trikonasana (Triangle Pose)</li> <li>• Nadi Shodhana (Nerve Cleansing Breath)</li> <li>• Surya Bhedana (Right Nostril Breathing)</li> <li>• Chandra Bhedana</li> </ul>	<p>PRACTICAL + SEA</p> <p>1.3.1 Assignment (Draw a colourful Chakra wheel showing the seven chakras and their locations in the body. Label each chakra and write one emotional and physical benefit of balancing it.)</p>
<p><b>TERM-II</b></p>		
<p><b>UNIT TEST-3</b></p>	<p><b>Unit 5: Yogic Therapy &amp; Healing Techniques Theory:</b></p> <ul style="list-style-type: none"> <li>• Introduction to Yoga Therapy – How Yoga Helps in Healing Diseases.</li> <li>• Yogic Practices for Common Health Issues (Back Pain &amp; Digestion).</li> </ul> <p><b>Asanas &amp; Pranayamas to be Practiced (Notes + Practical Demonstration by Teacher):</b></p> <ul style="list-style-type: none"> <li>• Dhanurasana (Bow Pose)</li> <li>• Bhramari (Bee Breath)</li> </ul>	
<p><b>UNIT TEST-4</b></p>	<p><b>Unit 6: Meditation &amp; Mindfulness Practices Theory:</b></p> <ul style="list-style-type: none"> <li>• The Science Behind Meditation – How It Affects the Brain &amp; Nervous System.</li> <li>• How to Develop a Daily Meditation Routine.</li> </ul> <p><b>Asanas to be Practiced (Notes + Practical Demonstration by Teacher):</b></p> <ul style="list-style-type: none"> <li>• Trataka (Candle Gazing)</li> </ul>	<p>1.3.1 Assignment (Practice 5 minutes of meditation daily for 7 days and write a short reflection on how it affected your focus and mood.)</p>
<p><b>FINALS</b></p>	<p>Unit 5: Yogic Therapy &amp; Healing Techniques  Unit 6: Meditation &amp; Mindfulness Practices  Unit-7: The Connection Between Yoga &amp; Emotional Intelligence.  Unit-8: Role of Mantra Chanting &amp; Sound Vibrations in Yoga.  <b>Asanas to be Practiced (Notes + Practical Demonstration by Teacher):</b></p> <ul style="list-style-type: none"> <li>• Trataka (Candle Gazing)</li> <li>• Dhanurasana (Bow Pose)</li> <li>• Bhramari (Bee Breath)</li> <li>• Sukhasana</li> <li>• Surya Bhedana (Right Nostril Breathing)</li> </ul>	<p>PRACTICAL + SEA</p>

# URDU

ASSESSMENT	SYLLABUS	ACTIVITY
<b>TERM-I</b>		
<b>UNIT TEST-1</b>	<ul style="list-style-type: none"><li>● Haroofs</li><li>● Half shapes</li><li>● Opposite words</li></ul>	
<b>UNIT TEST-2</b>	<ul style="list-style-type: none"><li>● Formation of words.</li><li>● Formation of sentences</li></ul>	
<b>HALF-YEARLY</b>	<ul style="list-style-type: none"><li>● Splitting form</li><li>● Joining form</li><li>● One many words</li><li>● U1 and U2 syllabus will also be included</li></ul>	Activity based on the topics covered in U-1 & U-2
<b>TERM-II</b>		
<b>UNIT TEST-3</b>	<ul style="list-style-type: none"><li>● Masculine and Feminine words</li><li>● How to make meaningful words by adding haroofs.</li></ul>	
<b>UNIT TEST-4</b>	<ul style="list-style-type: none"><li>● Essay writing</li><li>● Do chesma hay words</li><li>● Noongunah</li></ul>	
<b>FINALS</b>	<ul style="list-style-type: none"><li>● What comes after before</li><li>● Tashdeed</li><li>● Letter writing</li><li>● U3 and U4 syllabus will also be included</li></ul>	Activity based on the topics covered in U-3 & U-4