

BCM SCHOOL, CHANDIGARH ROAD

A Senior Secondary School of BCM foundation, Affiliated To CBSE, New Delhi

CLASS – VII SYLLABUS – ENGLISH (2024-25)

Books: 1. Honeycomb (Text Book in English, N.C.E.R.T)

2. An Alien Hand (Supplementary Reader, N.C.E.R.T)

3. English Grammar and Composition(Wren and Martin)

Month	Periods	Theme/Topic	Concept/Skill	Inculcation	Learning Outcome	Flip Learning	Integrated activities	Subject Enrichment Activity	Internal Assessment
April		Supplementary Reader							
	4	Ch – 1 ‘The Tiny Teacher’	Social skill	story of ant and the cricket	Satisfaction after helping others	https://youtu.be/f6O6h18Hag		Quotation writing	
		Text Book							
	4	Ch – 1 ‘Three Questions’	Self – realization	Asking student's opinion about three questions asked in the story	will learn to use time judiciously	https://youtu.be/EKS7ZCZsboc		Underline the transitive verbs	
	2	Poem – ‘The Squirrel’	Aesthetic skill	Flash cards		https://youtu.be/7XM			Listening Skill
		Grammar							
	10	Irregular Verbs & Tenses Sentence Reordering	writing skill	Educom	correct usage of verbs	https://youtu.be/26us5NG4pAo		Classroom activity	Flip Book (Project Based Activity)
		Supplementary Reader							
	2	Notice writing	Organization of ideas and thoughts	showing any circular	able to write notice	https://youtu.be/cS3-bcW-dQU			Class Test
May		Supplementary Reader							
	4	Ch –2 ‘Bringing up Kari’	Critical Thinking	Real life examples	To be helpful to others	https://youtu.be/D8bXeqZwafc		Word ladder	
		Text Book							
	4	Ch – 2 ‘A Gift of Chappals’	Value inculcation		To be kind to animals	https://youtu.be/nfefXDMWX_0	Make a pair of chappals (W. Ex.)		OBT
	2	Poem – The Shed’	aesthetic skill		audio visual	https://youtu.be/QWtOWCNpNYU		Finding out rhyming words	
		Grammar							
	5	Gap Filling	correct usage of articles	Edu comp content	will be aware of consonant and vowel sounds		Chart Making (Art Club)		
	5	Modal verbs	Correct usage of Modals	Edu comp content	will be able to use modals correctly in daily conversation	https://youtu.be/OleiE1ekhnY	class room activity		Periodic Test
		Writing							
	3	Letter (informal)	Develop creative thinking	Inland letter	To be creative in thoughts	https://youtu.be/7PZMXnOXhU	letter to relative		
	1	<u>Reading section comprehension passage</u>	analytical skill		reading with understanding				

Month	Periods	Theme/Topic	Concept/Skill	Inculcation	Learning Outcome	Flip Learning	Integrated activities	Subject Enrichment Activity	Internal Assessment
June		SUMMER	VACATION						
July		Supplementary Reader							
	3	Ch –3'Golu Grows a Nose'	social Skill	narration of story	To be happy with whatever we have			Crack a joke	Holidays homework and Project
		Text Book							
	3	Ch – 3 'Gopal and the Hilsa Fish'	Problem solving	Picture Reading	To be creative and confident	https://youtu.be/EunA8tR5E2U			Comic Script(Experiential Learning)
	2	Poem – 'Chivvy'	critical thinking	Audio – visual	To be independent			children will set rules for grown ups	
	1	Ch:1 Living within Means (Financial Education Workbook)							
		Grammar							
	3	Subject verb agreement	analytical skill	Edu comp content	corrct usage of verbs	https://youtu.be/6L2XVxl1SmQ			
	2	Adjectives Editing Writing		chart on different kinds of		https://youtu.be/ly0n		Classroom activity	class test
	2	Essay writing	writing skill	discussion on any topic	will learn how to organize thoughts.	https://youtu.be/gUui94Xd85s		essay on current issue	
	1	Reading section comprehension passages	Reading Skill		reading with understanding				
August		Supplementary Reader							
	4	Ch-4 ' Chandni'	Decision Making	Real life examples	To face the adversities of life with confidence.	https://youtu.be/vVHMYfai9dM		Role Play(Experiential Learning)	
		Text Book							
	3	Poem - Tree	Aesthetic Skill	discussion on benefits of trees		https://youtu.be/-clLgAwzN-E		Discussion on benefits of Trees	Class Test
	4	Ch – 4 'The Ashes That Made Trees Bloom'	Social skill	Video clip	To be an animal lover	https://youtu.be/V2rYFjhcXe0	Song on Spring season (Music)		
		Grammar							
	8	Active passive and Practice of Integrated Grammar	analytical skill	PPT		https://youtu.be/nXQkFacZvS4		Process Description.	notebook checking
		Writing							
	2	Diary Entry	creative skill		to express themselves freely			writing diary	
	2	Reading section comprehension	Reading Skill		Reading with understanding				

Month	Periods	Theme/Topic	Concept/Skill	Inculcation	Learning Outcome	Flip Learning	Integrated activities	Subject Enrichment Activity	Internal Assessment
December		Supplementary Reader							
	5	Ch-7 'An Alien Hand'	Critical Thinking	Analytical Skill	To know about mystery of nature	https://youtu.be/9jm0fcd01J0		Write Five famous Indian astronauts.	
		Text Book							
	5	Ch-7 'The Invention of Vita/Wonk'	Logical Thinking	Real life examples	Accept the challenge of life	https://youtu.be/KyhnsFLCWxg	Best out of waste	Complete the recipe	Listening Skill
	3	Poem-Meadow Surprises	Analytical Skill		Sensitivity towards Environment	https://youtu.be/4UrVBzn12_8	Coffee painting		Project Based Learning
	8	Reported speech , Editing	communication skill	Educomp content	Enable them to learn to report conversation in indirect speech	https://youtu.be/yML5gg26MUA		Card Game	
		Writing							
	3	Essay writing	Innovation of new ideas		Enhance communication skill	https://youtu.be/fsJH6r3ILQo		essay on current issue	Periodic Test 2
January		Supplementary Reader							
		Text Book							
	4	Ch-8 A hamage to our Brave Soldiers	Social Skill	Photographs of Great Freedom Fighters	Enable to Understand the Sacrifices of Our Great Soldiers			Ppt on the history of Republic Day(Experiential Learning)	
		Grammar							
	6	Conjunction, Integrated Grammar Exercise	Analytical Skill	Interactive board	learn the Correct usage of Conjunctions	https://youtu.be/XZVDRAmMHTA		classroom activity	Holidays homework
	3	Diary Entry	Writing Skill	Enhance writing skills & learn how to organize thoughts.		https://youtu.be/YXUr6fVtiVc			Notebook Checking
Feb & March		Revision & Final Exam							

Syllabus For Final Exam

Syllabus from October to February

AND

Topics – 1. Diary Entry (Term – 1)

2. Tenses (Grammar)

3. Ch-4 Chandni

Class- VII Subject: Mathematics Syllabus (Session:2024-2025)

Month	Units	No of Periods	Skills	Inculcation	Activity(Integrated)	Learning outcomes	Flipped Learning	Subject Enrichment	Internal Assessment
April-	Unit 2 Fractions & decimal	12	To improve calculation skill using four fundamental operations on fractions & decimals	Students will be able to use concept of decimals and fractions when dividing the whole region into different parts in different real life situations	To show addition of two decimal numbers on a squared paper by shading.	Understanding concept of arithmetic operations on fractions and decimals	https://youtu.be/zQuUNE50JnM	Recognition of different types of fraction using images.	Periodic test-I
	Unit 1 Integers	10	To improve calculation Skill using four basic arithmetic operations on integers.	Students will be able to use positive integers, negative integers in solving real life problems related to 'directions', 'temperature' etc.	To express multiplication fact & division fact of integers using number line.	Concept of properties of operations on integers	https://youtu.be/u3HANGB47pA	Integer Fluency Circle	Periodic Test -I
May -	Unit 3 Data handling	14	To develop skill of observing data from bar graph, skill of drawing the same.	Students will be able to analyse and synthesize tabular, graphical data in newspapers, magazines etc.	To find probability of different outcomes by using real objects(coin and cards). (Experiential Learning) To draw a bar graph by recording the time taken by students in 100m, 200m races. (Physical Education) (Project Based Learning)	Concept of mean, median, mode, probability.	https://youtu.be/qC3Szss4ktI	Deck Tests (Calculation of mean, median and mode)	Periodic Test -I
	Unit 4 Simple equations	14	To develop skill of identifying linear equations and different methods to solve them.	Forming word problems from real life situations, forming equations then finding solutions of them.	To find solution of an equation using linear equation scale set.	Concept of linear equation and finding its solution.	https://youtu.be/LD9ON_NvKf8o	Riddles	
June				Summer Vacation					
July-	Unit 5 Lines and angles	15	To develop skill of identifying different types of angles.	Students will apply knowledge in recognizing angles in real life shapes, objects etc.	Different types of angles formed with Yoga Asans (Yoga) (Experiential Learning) To verify experimentally that if two parallel lines are cut by transversal then alternates angles are equal.	Understanding of different types of angles & its properties.	https://youtu.be/FICNvncdeKo	Visualizing angles in real life situations(PPT)	Class Test
	Unit 13 Visualizing Solid shapes	10	To develop their abstract thinking by using concept of 2D and 3D objects.	Students will be able to make the objects (2D, 3D) objects using nets of same.	To draw net of cuboid and triangular pyramid by paper cutting and pasting.(Project Based)	Understanding different types of 2D,3D shapes and their nets.	https://youtu.be/P7I59Z9_N9O8	Viewing 3D shapes from different angles/sides	Class Test
Aug.-	Unit 6 Triangle its properties Ch 1: Go for shopping (Financial Education Workbook)	14	To develop their critical thinking by making them able to use different properties of triangle.	Students will be able to verify facts about triangles in real life situations.	Prepare Mandala Art (Work experience) (Art Exhibition)	Students will focus on drawing symbols and images that are significant to them. To understand line of symmetry and symmetrical balance.	https://youtu.be/OGBRxN4hCzg https://youtu.be/yd4JZZIHN7U	Cross word Puzzle	Class Test
Sept.	MID TERM EXAMS								
	Unit- 1,2,3,4,5,6,,13								

Oct.-	Unit 7 Comparing quantities Ch: 2 Simple Interest rates (Financial Education Workbook)	15	Developing skill of making comparison	To make them able to apply concept in sale & purchase, to compare the performance in class etc.	Concept of Percentage using marks of the students obtained in different subjects. Role play using the concepts of profit, loss and interest. (Theatre Club) (Experiential Learning)	Understanding concept of %, its application, loss, profit, loss%, profit%, simple interest.	https://youtu.be/OlF9r	Role Play (Group Activity)	periodic test-II
	Unit 8 Rational numbers	14	To develop calculation skill using basic arithmetic operations on rational numbers.	Solving real life problems related to rational numbers.	To find rational numbers between two given rational numbers	Understanding concept of addition, subtraction, multiplication, division of rational numbers		Way to Home (Arithmetic Operation on Rational Number).	Periodic Test -II
	Unit – 9 Perimeter And Area	14	To develop critical thinking and calculation skill.	Making the students able to find perimeter, area of different shapes (rectangular, square, circular, triangular etc.).	To make wall hangings by using different mathematical shapes of different areas and perimeters. (Work Experience) (Experiential Learning) To derive area of circle using area of rectangle.	Understanding perimeter and area of triangle, parallelogram, rectangle, square, circle.	https://youtu.be/tM_fTToNbGM https://youtu.be/leJ7VR23jY	Conversion of units(e.g yard, inches, feet, hectare, furlong etc.)	Periodic Test -II
Dec-	Unit – 10 Algebraic Expressions	14	To develop observation skill, to improve skill of simplifying the expressions.	Using this concept, students will be able to form expressions for different number patterns.		Understanding addition and subtraction of algebraic expressions.	https://youtu.be/zQuUNE50JnM	Forming expression using pattern	
	Unit – 11 Exponents And Powers	14	To improve observation skill, calculation skill using laws of exponents	To express very small or very large number in standard form can be used.	Converting distance of each planet from sun in standard form. (Project Based Learning)	Various laws of exponents and their use.	https://youtu.be/dFzTDNismJ8	To verify law of exponent i.e. $a^n \times b^n = a^{n+m}$.	
Jan-	Unit – 12 Symmetry	10	To develop aesthetic sense in students, to improve observation skill.	Students will be able to recognize symmetrical figures in daily life.	To draw two mathematical shapes having both line and rotational symmetry of order more than 1.	Understanding rotational and line symmetry.	https://youtu.be/s4tS_ZmpJfw	Symmetrical Book Mark	
Feb, March			Revision & Exams	Ch.- 7,8,9,10,11,12,1,4,3					

कक्षा - सातवीं (पाठ्यक्रम)

विषय - हिंदी सत्र (2024-25)

पुस्तकें - वसंत भाग 2, व्याकरण-स्पर्श हिंदी व्याकरण 7

मास	विषय वस्तु	कालांश	कौशल	सहायक सामग्री	एकीकृत गतिविधियाँ	ज्ञानार्जन	फिलिपड अधिगम	विषय संवर्धन गतिविधियाँ	आंतरिक
अप्रैल	पाठ-1 'हम पंछी उन्मुक्त गगन के'	6	विश्लेषणात्मक सोच	ई - सामग्री		मूक प्राणियों के प्रति स्नेह भाव व स्वतंत्रता का महत्व समझना।	https://youtu.be/sjih1X-Z5s?feature=shared	पाठ-1 'हम पंछी उन्मुक्त गगन के'(प्रत्येक प्राणी के जीवन में आजादी का महत्व है। पिंजरे में बंद पक्षी और आजाद पक्षी का चित्र बनाते हुए इस गुलामी और आजादी के अंतर को दर्शाएं।)	पुस्तक वाचन
	पाठ-2 'हिमालय की बेटियाँ'	6	विषय विस्तार	पाठ से संबंधित चार्ट		नदियों के प्रति स्वस्थ दृष्टिकोण का विकास, कहानी में प्रयुक्त नदियों की यात्रा में आए नदियों के नामों का एवं प्राकृतिक वनस्पतियों का ज्ञान	https://youtu.be/T3wlNmarITw	पाठ-2 हिमालय की बेटियाँ (किसी पर्वतीय क्षेत्र की यात्रा का वृत्तांत सुनाना) अनुभवात्मक अधिगम	
	वर्ण विचार	2	व्याकरण बोध	ई - सामग्री		व्याकरण के ज्ञान से प्रभावपूर्ण भाषा प्रयोग में सक्षमता।	https://youtu.be/wOGMiH1AiM		
	भाववाचक संज्ञा	1	सृजनात्मक सूझ	ई - सामग्री		शब्द भंडार में वृद्धि			
	काल	2	व्याकरण बोध	पी पी टी, अतिरिक्त पुस्तकें		उचित वाक्य निर्माण का ज्ञान			
	अनेक से एक	2	शब्द भंडार में वृद्धि	ई - सामग्री		शब्द भंडार में वृद्धि			
	अनुच्छेद-मेरे विद्यालय का पुस्तकालय	1	विषय विस्तार	पी पी टी		विचारों की प्रभावशाली अभिव्यक्ति का ज्ञान			
मई	पाठ-3 'कठपुतली'	5	लयबद्ध- भाव युक्त वाचन	ई-सामग्री	अवशिष्ट पदार्थों से कठपुतली निर्माण।(परियोजना आधारित अधिगम)	स्वतंत्रता तथा कर्तव्य-परायणता का महत्व समझना	https://youtu.be/nOCokOTktaA?si=mdDgFuJiYFi0TCzw		आवधिक परीक्षा-1, ग्रीष्मावकाश गृह कार्य
	पाठ-4 'मिठाईवाला'	6	विश्लेषणात्मकता	ई-सामग्री	पाठ-4 मिठाईवाला(कार्य-अनुभव (अग्निरहित खाना बनाना)से एकीकृत)	शोधात्मक सोच का विकास	https://youtu.be/IF0YiURvpg	पाठ-4(ऑनलाइन रोजगार की तुलना पुरातन रोजगार के साधनों से करते हुए यह स्पष्ट करें कि कौन-सा साधन रोजगार हेतु ज्यादा लाभदायक है। भाषण-प्रस्तुतिकरण।)	
	विलोम शब्द	2	विश्लेषणात्मक सोच	ई-सामग्री		शब्दकोश में वृद्धि			
	पर्यायवाची	2	तार्किक सोच	ई-सामग्री		व्याकरण व शब्द ज्ञान में वृद्धि	https://youtu.be/5SMvUQrDoHk		
	लिंग तथा वचन बताना (वाक्यों में)	2	अवलोकनात्मकता	ई-सामग्री		शब्दों का व्याकरणिक ज्ञान			
	अनौपचारिक पत्र	2	सृजनात्मक सूझ	पी पी टी		पत्र लेखन की औपचारिकता का ज्ञान			
	अनुच्छेद-1)हमारे त्योहार 2)वन संरक्षण	2	विचार अभिव्यक्ति	पी पी टी		प्रभावशाली विचाराभिव्यक्ति का ज्ञान			

मास	विषय वस्तु	कालांश	कौशल	सहायक सामग्री	एकीकृत गतिविधियाँ	जानार्जन	फ्लिपड अधिगम	विषय संवर्धन गतिविधियाँ	आंतरिक
जून	ग्रीष्मावकाश								
जुलाई	पाठ-5 'पापा खो गए'	6	अवलोकनात्मक	त्वरित पढ़		निर्जीव वस्तुओं की पीड़ा का ज्ञान	https://youtu.be/3d_U7m1gDSw	पाठ-5 पापा खो गए (अपने आस पास की किसी भी निर्जीव वस्तु का अभिनय करते हुए उसकी मनोदशा का वर्णन करें।)	श्रवणकौशल
	पाठ-6 'शाम एक किसान'	5	कल्पना शक्ति	ई-सामग्री	पाठ-6 शाम एक किसान(कला(प्राकृतिक दृश्य का चित्र) के साथ एकीकृत)	प्राकृतिक सौंदर्य का बोध	https://youtu.be/LIFGRNLZWK4	पाठ-6 शाम एक किसान (प्रकृति के विभिन्न उपादान जैसे पेड़, नदी, पहाड़, समुद्र, आकाश, धरती आदि का मानवीय रूप धारण करते हुए संवाद प्रस्तुत करें।)	
	मुहावरे	2	रचनात्मकता	पी पी टी		मुहावरों के अर्थ व वाक्य में उनके प्रयोग का ज्ञान			
	कारक	2	तार्किकता	अतिरिक्त पुस्तकें		कारक-चिह्नों के उचित प्रयोग का ज्ञान			
	शुद्ध करें (वाक्यों में)	1	प्रभावपूर्ण भाषा प्रयोग	ई-सामग्री		भाषा के शुद्ध प्रयोग का ज्ञान			
	अनुच्छेद- हमारा राष्ट्रीय ध्वज	2	विचार अभिव्यक्ति	पी पी टी		प्रभावशाली विचाराभिव्यक्ति का ज्ञान			
अगस्त	पाठ-7 'अपूर्व अनुभव'	5	विश्लेषणात्मकता	ई-सामग्री		लक्ष्य निर्धारित कर उसकी प्राप्ति हेतु दृढ़ रहने का ज्ञान	https://youtube.com/watch?v=0XVAFHH4nkY&feature=share	पाठ-7(विकलांग व्यक्ति भी संसार का हिस्सा हैं, उन्हें भी आम जिंदगी जीने का हक है। इसी विचारधारा को प्रस्तुत करते हुए लघु नाटिका मंचन) अनुभवात्मक अधिगम	मौखिक परीक्षा, उत्तर पुस्तिका जांच
	पाठ-8 'रहीम के दोहे'	5	जीवन कौशल	ई-सामग्री	पाठ -8 रहीम के दोहे (संगीत के साथ एकीकृत)	रहीम जी के दोहों द्वारा जीवन संबंधी शिक्षाओं का ज्ञान	http://youtu.be/jcWpVCwNU	पाठ-8रहीम के दोहे(विद्यार्थियों द्वारा अपनी रुचि अनुसार कंठस्थ किए गए रहीम के दोहों का सस्वर वाचन)	
	स्वर संधि	4	तार्किकता	पी पी टी		स्वरों के मेल से उत्पन्न विकार तथा शब्द निर्माण का ज्ञान			
	प्रत्यय , अपठित गद्यांश	4	रचनात्मकता	पी पी टी ,अतिरिक्त पुस्तकें		शब्द भंडार में वृद्धि			
	अनुच्छेद- नैनो टेक्नोलॉजी का बड़ा सा संसार, आंखों देखा दृश्य	1	विचारों की अभिव्यक्ति	पी पी टी /ई-सामग्री		प्रभावशाली विचाराभिव्यक्ति का ज्ञान			
सितंबर	पुनरावृत्ति : सत्रिय परीक्षा -1 (पाठ्यक्रम - - अप्रैल से अगस्त तक का संपूर्ण पाठ्यक्रम)								

मास	विषय वस्तु	कालांश	कौशल	सहायक सामग्री	एकीकृत गतिविधियाँ	जानार्जन	फ्लिपड अधिगम	विषय संवर्धन गतिविधियाँ	आंतरिक
मास	विषय वस्तु	कालांश	कौशल	सहायक सामग्री	एकीकृत गतिविधि	जानार्जन	फ्लिपड अधिगम	विषय संवर्धन गतिविधियाँ	आंतरिक मूल्यांकन
अक्टूबर	पाठ-9 'एक तिनका'	5	आत्म- जागरूकता	ई-सामग्री		घमंड न करने की सीख	https://youtu.be/_CW8_b8v9hM	पाठ-9 एक तिनका (घमंडी और विनयी अगर किसी नाटक के दो पात्र हो, तो आपस में किस प्रकार बात करेंगे। पाठ समझते हुए इसे संवाद के रूप में सुनाएं।) अनुभवात्मक अधिगम	भजन गायन
	वाक्य (उद्देश्य -विधेय अलग करना)	1	व्याकरण बोध	अतिरिक्त पुस्तकें		वाक्य संरचना का ज्ञान			
	पाठ-10 'खानपान की बदलती तस्वीर'	5	जीवन कौशल	ई-सामग्री		भिन्न प्रदेशों की संस्कृति को जानने और समझने का मौका मिलना	https://youtu.be/mlvOZgAQk	पाठ-10 (आजकल लोग जल्दी पकने वाले व्यंजन (जंक फूड) खाना पसंद करते हैं जो कि स्वास्थ्य के लिए हानिकारक होते हैं। इसी से संबंधित एक नाटक का मंचन करें।	
	अव्यय (छांटना)	3	व्याकरण बोध	पी पी टी /ई-सामग्री		अव्यय शब्दों की पहचान	https://youtu.be/pBJpeXXTVbc		
	लोकोक्तियाँ	2	सृजनात्मकता	पी पी टी/ई-सामग्री	विभिन्न लोकोक्तियों से संबंधित स्क्रैप बुक। (परियोजना आधारित अधिगम)	लोकोक्तियों के अर्थ व वाक्य में उनके प्रयोग का ज्ञान			
	अनुच्छेद - मित्रता, नवरात्रि उत्सव	2	विचारों की अभिव्यक्ति	ई-सामग्री		प्रभावशाली विचाराभिव्यक्ति में सक्षमता			

मास	विषय वस्तु	कालांश	कौशल	सहायक सामग्री	एकीकृत गतिविधियाँ	ज्ञानार्जन	फ्लिपड अधिगम	विषय संवर्धन गतिविधियाँ	आंतरिक
नवंबर	पाठ-11 'नीलकंठ'	6	विश्लेषणात्मकता	ई-सामग्री		जीव-जंतुओं से प्रेम की सीख	https://youtu.be/xAPmYZHx56Q	पाठ-11नीलकंठ (पालतू पशु पक्षी एवं अन्य पशु पक्षियों के व्यवहार में आने वाले अंतर पर भाषण प्रस्तुतिकरण)	विज्ञापन प्रस्तुति
	पाठ-12 'भोर और बरखा'	5	काल्पनिक सोच	ई-सामग्री	पाठ -भोर और बरखा (संगीत के साथ एकीकृत)	मीराबाई की श्री कृष्ण के प्रति अनन्य भक्ति का परिचय	ps://youtu.be/WvaNq_dIP	पाठ-12भोर और बरखा(मीराबाई द्वारा रचित श्री कृष्ण जी से संबंधित रचनाओं को कक्षा में भजन के रूप में सुनाएं)अनुभवात्मक अधिगम	
	क्रिया	2	व्याकरण बोध	पी पी टी/ई-सामग्री		अकर्मक और सकर्मक क्रिया की पहचान	https://youtu.be/TQQwEZ_Wwdxl		
	सर्वनाम	2	व्याकरण बोध	अतिरिक्त पुस्तकें		सर्वनाम शब्दों की पहचान			
	समरूपी भिन्नार्थक शब्द	1	तार्किक सोच	पी पी टी		शब्द भंडार में वृद्धि			
	औपचारिक पत्र	2	सृजनात्मकता	अतिरिक्त पुस्तकें		औपचारिक पत्र लेखन का ज्ञान	https://youtu.be/HqbgFOJ_Mx-l		
	अनुच्छेद - वसंत ऋतु, परहित सरिस धर्म नहि भाई	2	विचारों की अभिव्यक्ति	पी पी टी		प्रभावशाली विचाराभिव्यक्ति में सक्षमता			

मास	विषय वस्तु	कालांश	कौशल	सहायक सामग्री	एकीकृत गतिविधियाँ	जानार्जन	फ्लिप्ट अधिगम	विषय संवर्धन गतिविधियाँ	आंतरिक
दिसंबर	पाठ-13 'वीर कुंवर सिंह'	5	विश्लेषणात्मकता	ई-सामग्री		देश के प्रति अपने कर्तव्य का ज्ञान	https://youtu.be/mFHbcOjFu4s	पाठ-13(हमारे देश को स्वतंत्रता दिलाने के लिए अनेक क्रांतिकारियों ने योगदान दिया। उनका बलिदान अविस्मरणीय है। उनके द्वारा दी गई कुर्बानी को याद रखने के लिए अलग-अलग धर्मों से संबंधित स्वतंत्रता सेनानियों के चित्रों का कोलाज बनाना ।	शीतकालीन अख
	एकार्थक शब्द	1	तार्किक सोच	पी पी टी		शब्दों का ज्ञान			
	विराम चिह्न	2	प्रभावपूर्ण भाषा प्रयोग में दक्षता	पी पी टी		विराम चिह्नों के उचित प्रयोग का ज्ञान			
	समास (तत्पुरुष, कर्मधारय, द्विगु)	2	सृजनात्मकता	अतिरिक्त पुस्तकें		समस्त पदों व समास के भेदों की पहचान			
	पाठ-14'संघर्ष के कारण मैं तुनुकमिजाज हो गया- धनराज'	5	भाव प्रबंधन	ई-सामग्री	पाठ -14 संघर्ष के कारण मैं तुनुकमिजाज हो गया (शारीरिक शिक्षा से एकीकृत)	जीवन में संघर्ष करते हुए सफलता के मार्ग पर आगे बढ़ने का ज्ञान	https://youtu.be/NTDAYMKC4S4	पाठ-14(किन्हीं तीन हॉकी के खिलाड़ियों के चित्र चिपकाकर हॉकी के नियमों के बारे में बताएं।	
	अनेकार्थी शब्द	1	शब्द भंडार में वृद्धि	पी पी टी		शब्द भंडार में वृद्धि			
	अनुच्छेद - भारत देश - विश्व गुरु	1	विचारों की अभिव्यक्ति	पी पी टी		विचाराभिव्यक्ति में सक्षमता			
	अपठित गद्यांश	1	विश्लेषणात्मकता	अतिरिक्त पुस्तकें		बौद्धिक क्षमता का विकास			
जनवरी	पाठ-15 आश्रम का अनुमानित व्यय	5	तर्कपूर्ण विचारधारा	ई-सामग्री		गांधी जी के आश्रम की कार्यप्रणाली को समझकर भविष्य हेतु बजट निर्माण में सक्षमता	https://youtu.be/Fch8IN19hRY	पाठ-15(जब एक व्यक्ति लापरवाह हो जाता है, तो उसके मित्र, परिवार, विद्यालय और समुदाय किस प्रकार प्रभावित होते हैं? इस विषय पर नाटिका तैयार कर मंचन करना।	उत्तर पुस्तिका जांच ,मौखिक परीक्षा
	अनुच्छेद : धार्मिक त्योहार	2	विचारों की अभिव्यक्ति	ई-सामग्री		विचाराभिव्यक्ति में सक्षमता			
फरवरी	अक्टूबर से जनवरी तक के संपूर्ण पाठ्यक्रम की पुनरावृत्ति एवं पाठ -7 अपूर्व अनुभव , काल, लिंग ,वचन, अनौपचारिक पत्र की पुनरावृत्ति								
मार्च	सत्रीय परीक्षा -2								

Class-7		Syllabus		Subject : Punjabi		Session - 2024-25				
ਪਾਠ ਮਾਲਾ -ਪੰਜਾਬੀ ਪੁਸਤਕ (ਦੂਜੀ ਭਾਸ਼ਾ)- 7										
ਪੰਜਾਬੀ ਵਿਆਕਰਨ ਅਤੇ ਲੇਖ ਰਚਨਾ										
ਮਹੀਨਾ	ਵਿਸ਼ਾ-ਵਸਤੂ	ਸਮਾਂ- ਅੰਤਰਾਲ	ਵਿਚਾਰ ਤੇ ਕੌਸ਼ਲ	ਸ਼ਹਾਇਕ ਸਮੱਗਰੀ	ਏਕੀਕ੍ਰਿਤ ਗਤੀਵਿਧੀ	ਗਿਆਨ ਪ੍ਰਾਪਤੀ	ਫਲਿੱਪ ਸਿੱਖਣ	ਵਿਸ਼ਾ ਸੰਸ਼ੋਧਨ ਗਤੀਵਿਧੀ	ਅੰਦਰੂਨੀ ਮੁਲਾਂਕਣ	
ਅਪ੍ਰੈਲ	ਪੰਜਾਬੀ ਪੁਸਤਕ - (ਦੂਜੀ ਭਾਸ਼ਾ) ਪਾਠ-1 ਇਹ ਮੇਰਾ ਪੰਜਾਬ ਪਾਠ-2 ਜੰਗਲਾਂ ਦੇ ਲਾਭ ਪਾਠ -3 ਰਾਣੀ ਸਾਹਿਬ ਕੌਰ ਪੰਜਾਬੀ ਵਿਆਕਰਨ ਅਤੇ ਲੇਖ ਰਚਨਾ ਵਰਨਮਾਲਾ, ਲਗਾਂ, ਲਗਾਖਰ, ਦੁੱਤ ਅੱਖਰ ਅਣਡਿੱਠਾ ਪੈਰਾ,ਕਾਵਿ- ਟੁਕੜੀ, ਨਾਂਵ ਲੇਖ-ਸ੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਕਹਾਣੀ- ਸਿਆਣਾ ਕਾਂ ਬਿਨੈ- ਪੱਤਰ: ਆਪਣੇ ਸ਼ਹਿਰ ਦੇ ਮੁੱਖ ਥਾਣਾ ਅਫਸਰ (ਐੱਸ ਐੱਚ ਓ) ਨੂੰ ਪੱਤਰ ਲਿਖੇ, ਜਿਸ ਵਿਚ ਆਪਣਾ ਸਾਈਕਲ ਚੋਰੀ ਹੋ ਜਾਣ ਦੀ ਸ਼ਿਕਾਇਤ ਕਰੇ ਅਤੇ ਲੱਭਣ ਲਈ ਮਦਦ ਮੰਗੋ।	2	ਜਾਗਰੂਕਤਾ	ਪੀ.ਪੀ..ਟੀ .		ਅੱਖਰਾਂ ਦੇ ਸਹੀ ਉਚਾਰਨ ਅਤੇ ਮਾਤਰਾਵਾਂ ਦਾ ਗਿਆਨ ਪ੍ਰਾਪਤ ਕਰਨਗੇ ।	https://youtu.be/PRF2mY_XMtE	ਸਵੈ-ਜਾਣ ਪਛਾਣ	ਚਿੱਤਰ ਵਰਣਨ	
		3		ਤਸਵੀਰਾਂ			https://youtu.be/Id7liDP2mco	ਪੰਜਾਬ ਦੇ ਸੱਭਿਆਚਾਰ ਨੂੰ ਦਰਸਾਉਂਦਾ ਇੱਕ ਚਾਰਟ ਬਣਾਓ		
		3	ਫੈਸਲਾ ਲੈਣ ਦਾ ਕੌਸ਼ਲ	ਅਸਲ ਚੀਜ਼ਾਂ ਦੀ ਵਰਤੋਂ ਚਾਰਟ			https://youtu.be/ez74eq2XMus	ਪੰਜਾਬ ਦੇ ਇਤਿਹਾਸ ਦੀ ਜਾਣਕਾਰੀ ਪ੍ਰਾਪਤ ਕਰਨਗੇ।	ਪੰਜਾਬ ਦੇ ਇੱਕ ਚਾਰਟ ਬਣਾਓ	ਖੁੱਲ੍ਹੀ ਕਿਤਾਬ ਪ੍ਰੀਖਿਆ
		3	ਅਗਵਾਈ ਕੌਸ਼ਲ				https://youtu.be/VV3dvWtqgLM	ਜਾਣਕਾਰੀ ਪ੍ਰਾਪਤ ਕਰਨਗੇ।	ਦਰਿਆਵਾਂ ਤੇ ਪੰਜ ਦੇਸ਼ ਭਗਤਾਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦਿਓ।	
		1	ਭਾਸ਼ਾ ਗਿਆਨ ਵਿੱਚ ਵਾਧਾ	ਫਲੈਸ਼ ਕਾਰਡ				ਵੱਖ-ਵੱਖ ਜੰਗਲਾਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਹਾਸਲ ਕਰਨਗੇ।	ਪੰਜ ਦੇਸ਼ ਭਗਤਾਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦਿਓ।	
			ਸਿਰਜਨਾਤਮਕ ਤੇ ਰਚਨਾਤਮਕ ਸੋਚ			ਸਿੱਖ ਇਤਿਹਾਸ ਨਾਲ ਜੁੜੀਆਂ ਬਹਾਦਰ ਔਰਤਾਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਪ੍ਰਾਪਤ ਕਰਨਗੇ ।	ਪਾਠ-2 ਜੰਗਲਾਂ ਦੇ ਲਾਭ - ਨਾਟਕ(ਅਨੁਭ ਵੀ ਸਿੱਖਿਆ)			
								ਕੋਈ ਦੇ ਜੰਗਲਾਂ ਬਾਰੇ ਵਿਸਥਾਰ ਸਹਿਤ ਜਾਣਕਾਰੀ ਦਿਓ ।		
								ਸਿੱਖ ਇਤਿਹਾਸ ਨਾਲ ਜੁੜੀਆਂ ਬਹਾਦਰ ਇਸਤਰੀਆਂ ਬਾਰੇ ਜਾਣਕਾਰੀ (ਮੌਖਿਕ) ਦਿਓ ।		

ਮਈ	<p>ਪੰਜਾਬੀ ਪੁਸਤਕ - (ਦੂਜੀ ਭਾਸ਼ਾ)</p> <p>ਪਾਠ- 4 ਲਾਇਬ੍ਰੇਰੀ, ਪਾਠ- 5 ਕਾਬਲੀਵਾਲਾ, ਪਾਠ- 6 ਯਾਤਰਾ ਹੇਮਕੁੰਟ ਸਾਹਿਬ ਪੰਜਾਬੀ ਵਿਆਕਰਨ ਅਤੇ ਲੇਖ ਰਚਨਾ- ਲਿੰਗ ਬਦਲੇ, ਸੁੱਧ ਕਰੋ, ਵਿਰੋਧੀ ਸ਼ਬਦ ਲੇਖ -;ਪੰਜਾਬ ਦਾ ਇਤਿਹਾਸਕ ਸ਼ਹਿਰ - ਅੰਮ੍ਰਿਤਸਰ, ਪੱਤਰ- ਪੁਸਤਕ ਪ੍ਰਕਾਸ਼ਕ ਨੂੰ ਪੁਸਤਕਾਂ ਮੰਗਾਉਣ ਲਈ ਪੱਤਰ ਲਿਖੋ। ਕਹਾਣੀ -ਚਾਂਦੀ ਦੀ ਚਾਬੀ</p>	2 3 4 4 3	<p>ਪਰਸਪਰ ਅੰਤਰ ਸਬੰਧ ਜਾਗਰੂਕਤਾ</p> <p>ਸਿਰਜਨਾਤਮਕ ਤੇ ਰਚਨਾਤਮਕ ਸੋਚ</p>	<p>ਪੀ.ਪੀ..ਟੀ .</p> <p>ਫਲੈਸ਼ ਕਾਰਡ</p> <p>ਨਕਸ਼ਾ</p>	<p>ਪਾਠ-4 ਲਾਇਬ੍ਰੇਰੀ (ਸੰਗੀਤ ਨਾਲ ਏਕੀਕ੍ਰਿਤ)</p> <p>ਪਾਠ- 5 ਕਾਬਲੀਵਾਲਾ (ਅਨੁਭਵੀ ਕਾਰਜ ਨਾਲ ਏਕੀਕ੍ਰਿਤ)</p>	<p>ਲਾਇਬ੍ਰੇਰੀ ਜਾਣ ਦੇ ਲਾਭਾਂ ਬਾਰੇ ਗਿਆਨ ਪ੍ਰਾਪਤ ਕਰਨਗੇ।</p> <p>ਧਾਰਮਿਕ ਸਥਾਨਾਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਪ੍ਰਾਪਤ ਕਰਨਗੇ।</p>	<p>https://youtu.be/q81_myfY-X4</p> <p>https://youtu.be/CI6_Ki2dcTo</p> <p>https://youtu.be/zcefot0neLw</p>	<p>ਪੰਜਾਬੀ ਦੀਆਂ ਕੋਈ ਪੰਜ ਕਿਤਾਬਾਂ ਤੇ ਉਹਨਾਂ ਦੇ ਲੇਖਕਾਂ ਦੀ ਸੂਚੀ ਬਣਾਓ</p> <p>ਪਾਠ- 4 ਲਾਇਬ੍ਰੇਰੀ (ਪ੍ਰੋਜੈਕਟ ਅਧਾਰ ਸਿਖਲਾਈ)</p> <p>ਸੁੱਕੇ ਮੇਵਿਆਂ ਦੇ ਨਾਂ ਤੇ ਉਹਨਾਂ ਨੂੰ ਖਾਣ ਦੇ ਫਾਇਦੇ ਲਿਖੋ। ਹੇਮਕੁੰਟ ਸਾਹਿਬ ਦੀ ਯਾਤਰਾ ਦੌਰਾਨ ਕਿੰਨੇ ਪੜਾਅ ਆਉਂਦੇ ਹਨ, ਬਾਰੇ ਜਾਣਕਾਰੀ ਦਿਓ।</p>	ਇਸ਼ਤਿਹਾਰ
ਜੂਨ	ਗਰਮੀਆਂ ਦੀਆਂ ਛੁੱਟੀਆਂ								
ਜੁਲਾਈ	<p>ਪੰਜਾਬੀ ਪੁਸਤਕ - (ਦੂਜੀ ਭਾਸ਼ਾ)</p> <p>ਪਾਠ- 7 ਅਣਖੀਲਾ ਯੋਧਾ- ਸ਼ਹੀਦ ਊਧਮ ਸਿੰਘ</p> <p>ਪਾਠ-8 ਹੋਲੀ ਦਾ ਗੀਤ ਪਾਠ -9 ਰੁੱਤ ਰੁੱਤ ਦੇ ਰੰਗ ਪੰਜਾਬੀ ਵਿਆਕਰਨ ਅਤੇ ਲੇਖ ਰਚਨਾ ਸੰਬੰਧਕ, ਮੁਹਾਵਰੇ ਕਹਾਣੀ- ਪਖੰਡੀ ਗਿੱਦੜ</p>	4 2 4 4	<p>ਫੈਸਲਾ ਲੈਣ ਦਾ ਕੌਸ਼ਲ ਆਲੋਚਨਾਤਮਕ ਸੋਚ</p> <p>ਸਿਰਜਨਾਤਮਕ ਤੇ ਰਚਨਾਤਮਕ ਸੋਚ</p>	<p>ਦੇਸ਼ ਭਗਤਾਂ ਨਾਲ ਸਬੰਧਤ ਪੀ.ਪੀ.ਟੀ</p> <p>ਰੁੱਤਾਂ ਨਾਲ ਸਬੰਧਤ ਚਾਰਟ</p> <p>ਫਲੈਸ਼ ਕਾਰਡ</p>	<p>ਪਾਠ-9 ਰੁੱਤ- ਰੁੱਤ ਦੇ ਰੰਗ (ਕਲਾ ਨਾਲ ਏਕੀਕ੍ਰਿਤ)</p>	<p>ਭਾਰਤ ਦੇ ਦੇਸ਼ ਭਗਤਾਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਹਾਸਲ ਕਰਨਗੇ। ਹੋਲੀ ਦੀ ਇਤਿਹਾਸਕ ਮਹੱਤਤਾ ਬਾਰੇ ਜਾਣਕਾਰੀ ਲੈਣਗੇ।</p> <p>ਭਾਰਤ ਦੀਆਂ ਵੱਖ-ਵੱਖ ਰੁੱਤਾਂ</p>	<p>https://youtu.be/6J6bWfAaWwE</p> <p>https://youtu.be/CowGimoz8B0</p> <p>https://youtu.be/pD43pu6mmE8</p> <p>https://youtu.be/Hck-BQmRzWw</p>	<p>ਭਾਰਤ ਤੇ ਦੇਸ਼ ਭਗਤਾਂ ਨਾਲ ਸਬੰਧਤ ਇਕ ਕੋਲਾਜ ਬਣਾਓ। ਤੁਸੀਂ ਹੋਲੀ ਕਿਵੇਂ ਮਨਾਉਂਦੇ ਹੋ?ਦਸ ਸਤਰਾਂ ਵਿੱਚ ਲਿਖੋ। ਪਾਠ -9 ਰੁੱਤ ਰੁੱਤ ਦੇ ਰੰਗ(ਅਨੁਭਵੀ ਸਿੱਖਿਆ) ਵੱਖ-ਵੱਖ ਰੁੱਤਾਂ ਦਾ</p>	<p>ਪ੍ਰੋਜੈਕਟ / ਛੁੱਟੀਆਂ ਦਾ ਕੰਮ</p> <p>ਆਵਰਤੀ ਜਾਂਚ ਪਰੀਖਿਆ</p>

						ਬਾਰੇ ਗਿਆਨ ਹਾਸਲ ਕਰਨਗੇ।		ਚਾਰਟ ਬਣਾਓ। ਰੁੱਤਾਂ ਉੱਪਰ ਵਾਦ-ਵਿਵਾਦ ਪ੍ਰਤੀਯੋਗਤਾ ਕਰਵਾਈ ਜਾਵੇਗੀ। ਆਪਣੀ ਮਨਪਸੰਦ ਖੇਡ ਬਾਰੇ ਦਸ ਸਤਰਾਂ ਲਿਖੋ।	
ਅਗਸਤ	ਪੰਜਾਬੀ ਪੁਸਤਕ - (ਦੂਜੀ ਭਾਗ) ਪਾਠ -10 ਕੀ ਤੁਸੀਂ ਪੜ੍ਹੇ ਲਿਖੇ ਹੋ? ਪਾਠ-11 ਭਾਰਤੀ ਫੁਟਬਾਲ ਦਾ ਸਿਤਾਰਾ- ਓਲੰਪੀਅਨ ਜਰਨੈਲ ਸਿੰਘ ਪਾਠ-12 ਸਮਾਂ ਨਾ ਗੁਆ ਬੇਲੀਆ, ਪੰਜਾਬੀ ਵਿਆਕਰਨ ਅਤੇ ਲੇਖ ਰਚਨਾ ਵਿਸਰਾਮ-ਚਿੰਨ੍ਹ, ਲੇਖ- ਸ਼ਹੀਦ ਭਗਤ ਸਿੰਘ ਪੱਤਰ- ਮਰੂਤੀ ਕਾਰ ਲੈਣ ਸਬੰਧੀ ਜਾਣਕਾਰੀ ਲੈਣ ਲਈ ਡੀਲਰ ਨੂੰ ਪੱਤਰ ਲਿਖੋ।	3 4 2 2 3	ਸਵੈ ਜਾਗਰੂਕਤਾ ਅਗਵਾਈ ਕੌਸ਼ਲ ਸਮਾਂ ਪ੍ਰਬੰਧਨ ਸਿਰਜਨਾਤਮਕ ਤੇ ਰਚਨਾਤਮਕ ਸੋਚ	ਪਾਠਾਂ ਨਾਲ ਸੰਬੰਧਿਤ ਪੀ.ਪੀ.ਟੀ ਵੀਡੀਓ ਚਾਰਟ ਤਸਵੀਰਾਂ	ਪਾਠ-11 ਭਾਰਤੀ ਫੁਟਬਾਲ ਦਾ ਸਿਤਾਰਾ- ਓਲੰਪੀਅਨ ਜਰਨੈਲ ਸਿੰਘ(ਸਰੀਰ ਕ ਸਿੱਖਿਆ ਨਾਲ ਏਕੀਕ੍ਰਿਤ)	ਬੱਚੇ ਨੈਤਿਕ ਸਿੱਖਿਆ ਪ੍ਰਾਪਤ ਕਰਨਗੇ। ਉੱਘੇ ਖਿਡਾਰੀਆਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਹਾਸਲ ਕਰਨਗੇ। ਭਾਗ ਗਿਆਨ ਵਿਚ ਵਾਧਾ ਸਮੇਂ ਦਾ ਸਦ- ਉਪਯੋਗ ਕਰਨਾ ਸਿੱਖਣਗੇ।	https://youtu.be/9EWRckgrlJs https://youtu.be/jzlebH-KqXk	ਇਮਤਿਹਾਨ ਦੀ ਤਿਆਰੀ ਲਈ ਸਮਾਂ-ਸਾਰਨੀ ਬਣਾਓ। ਆਪਣੇ ਮਨਪਸੰਦ ਖਿਡਾਰੀ ਉੱਪਰ ਇੱਕ ਚਾਰਟ ਬਣਾਓ। ਵਿਸਰਾਮ ਚਿੰਨ੍ਹ ਦਾ ਚਾਰਟ ਬਣਾਓ।	ਕਾਪੀਆਂ ਦੀ ਜਾਂਚ
ਸਤੰਬਰ	ਪਹਿਲੀ ਮਿਆਦ ਪ੍ਰੀਖਿਆ-(ਪਾਠ 1-12) ਵਿਆਕਰਨ- ਅਪ੍ਰੈਲ ਤੋਂ ਅਗਸਤ						ਪਹਿਲੀ ਮਿਆਦ ਪ੍ਰੀਖਿਆ		

<p>ਅਕਤੂਬਰ</p>	<p>ਪੰਜਾਬੀ ਪੁਸਤਕ - (ਦੂਜੀ ਭਾਸ਼ਾ)</p> <p>ਪਾਠ-13 ਦਲੇਰੀ ਦੀ ਮਿਸਾਲ ਮਾਈ ਭਾਰੋ , ਪਾਠ-14 ਮਹਾਨ ਧੀਆਂ, ਪਾਠ-15 ਫ਼ੈਸਲਾ</p> <p>ਪੰਜਾਬੀ ਵਿਆਕਰਨ ਅਤੇ ਲੇਖ ਰਚਨਾ- ਅਣਡਿੱਠਾ ਪੈਰਾ, ਕਾਵਿ-ਟੁਕੜੀ, ਵਿਸਮਿਕ, ਪੜਨਾਂਵ , ਲੇਖ- ਟ੍ਰੈਫਿਕ ਸਪਤਾਹ, ਕਹਾਣੀ- ਬੁਰੀ ਸੰਗਤ ਦਾ ਫਲ, ਬਿਨੈ-ਪੱਤਰ: ਆਪਣੇ ਸਕੂਲ ਦੇ ਮੁੱਖ ਅਧਿਆਪਕ ਜੀ ਨੂੰ ਧਾਰਮਿਕ ਸਥਾਨ 'ਤੇ ਜਾਣ ਦੀ ਆਗਿਆ ਲੈਣ ਲਈ ਬਿਨੈ ਪੱਤਰ ਲਿਖੋ।</p>	<p>3 2 3 4 3</p>	<p>ਸਮੱਸਿਆ- ਸਮਾਧਾਨ ਕੌਸ਼ਲ ਫ਼ੈਸਲਾ ਲੈਣ ਦਾ ਕੌਸ਼ਲ</p> <p>ਸਿਰਜਨਾਤਮਕ ਤੇ ਰਚਨਾਤਮਕ ਸੋਚ</p>	<p>ਪੀ.ਪੀ.ਟੀ. ਵਿਰੋਧੀ ਸ਼ਬਦਾਂ ਦੇ ਫਲੈਸ਼ ਕਾਰਡ</p> <p>ਤਸਵੀਰਾਂ ਚਾਰਟ</p>	<p>ਪਾਠ- 15 ਫ਼ੈਸਲਾ (ਅਨੁਭਵੀ ਕਾਰਜ ਨਾਲ ਏਕੀਕ੍ਰਿਤ)</p>	<p>ਮਾਈ ਭਾਰੋ ਤੇ ਜੀਵਨ ਬਾਰੇ ਜਾਣਕਾਰੀ ਪ੍ਰਾਪਤ ਕਰਨਗੇ।</p> <p>ਪੜ੍ਹਾਈ ਦੀ ਮਹੱਤਤਾ ਨੂੰ ਸਮਝਣਗੇ। ਦੀਵਾਲੀ ਤੇ ਬੰਬ-ਪਟਾਕੇ ਨਾ ਚਲਾਉਣ ਲਈ ਪ੍ਰੇਰਿਤ ਹੋਣਗੇ।</p>	<p>https://youtu.be/H8eIUJWeHEU</p> <p>https://youtu.be/F4ellW4x9so</p> <p>https://youtu.be/IDI7GruGjJY</p>	<p>ਧੀਆਂ ਨਾਲ ਸੰਬੰਧਤ ਨਾਅਰਾ ਲਿਖੋ। ਪਾਠ-15 ਫ਼ੈਸਲਾ (ਅਨੁਭਵੀ ਸਿੱਖਿਆ) ਦੀਵਾਲੀ ਦੇ ਤਿਉਹਾਰ ਉੱਤੇ ਹੋਣ ਵਾਲੇ ਪ੍ਰਦੂਸ਼ਣ ਨੂੰ ਕਿਵੇਂ ਰੋਕਿਆ ਜਾ ਸਕਦਾ ਹੈ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦਿਓ। ਵਿਸਮਿਕ ਦਾ ਚਾਰਟ ਬਣਾਓ</p>	<p>ਸੁਣਨ ਕੌਸ਼ਲ</p> <p>ਸੰਸਾਰਕ ਬੋਧ</p>
<p>ਨਵੰਬਰ</p>	<p>ਪੰਜਾਬੀ ਪੁਸਤਕ - (ਦੂਜੀ ਭਾਸ਼ਾ)</p> <p>ਪਾਠ-16 ਦੁਨੀਆਂ ਦੁੱਖਾਂ ਦੀ ਨਗਰੀ ਨਹੀਂ ਪਾਠ-17 ਰੁੱਖ ਪਾਠ-18 ਜਦੋਂ ਦੰਦ ਬੋਲ ਪਿਆ</p> <p>ਪੰਜਾਬੀ ਵਿਆਕਰਨ ਅਤੇ ਲੇਖ ਰਚਨਾ- ਬਹੁਤੇ ਸ਼ਬਦਾਂ ਦੀ ਥਾਂ ਇੱਕ ਸ਼ਬਦ, ਵਿਸ਼ੇਸ਼ਣ , ਸਮਾਨਾਰਥਕ ਸ਼ਬਦ, ਲੇਖ- ਵਿਦਿਆਰਥੀ ਤੇ ਅਨੁਸ਼ਾਸਨ ਕਹਾਣੀ - ਹੰਕਾਰੀ ਬਾਰਾਸਿੰਗਾ</p>	<p>4 2 3 2 3</p>	<p>ਹਮਦਰਦੀ ਦਾ ਕੌਸ਼ਲ ਪਰਸਪਰ ਅੰਤਰ ਸਬੰਧ ਸਵੈ ਜਾਗਰੂਕਤਾ ਸਿਰਜਨਾਤਮਕ ਤੇ ਰਚਨਾਤਮਕ ਸੋਚ</p>	<p>ਪਾਠਾਂ ਨਾਲ ਸੰਬੰਧਿਤ ਪੀ.ਪੀ.ਟੀ. ਤੇ ਵੀਡੀਓ</p> <p>ਅਸਲ ਚੀਜ਼ਾਂ ਦੀ ਵਰਤੋਂ ਫਲੈਸ਼ ਕਾਰਡ</p>	<p>ਪਾਠ - 18 ਜਦੋਂ ਤੰਦ ਬੋਲ ਪਿਆ (ਸਰੀਰਕ ਸਿੱਖਿਆ ਨਾਲ ਏਕੀਕ੍ਰਿਤ)</p>	<p>ਬੱਚਿਆਂ ਵਿੱਚ ਸਕਾਰਾਤਮਕ ਸੋਚ ਵਿਕਸਤ ਹੋਵੇਗੀ ।</p> <p>ਦੰਦਾਂ ਦੀ ਸਾਫ- ਸਫਾਈ ਅਤੇ ਦੇਖ-ਭਾਲ ਸੰਬੰਧੀ ਜਾਣਕਾਰੀ ਪ੍ਰਾਪਤ ਕਰਨਗੇ।</p>	<p>https://youtu.be/wTF7cAreXZo</p>	<p>ਕਿਸੇ ਇੱਕ ਪ੍ਰੇਰਨਾਦਾਇਕ ਕਹਾਣੀ ਉੱਤੇ ਪੀ ਪੀ ਟੀ ਬਣਾਓ। ਗਮਲੇ ਵਿੱਚ ਪੈਂਦੇ ਲਗਾਉਂਦੇ ਹੋਏ ਦੀ ਤਸਵੀਰ ਆਪਣੀ ਕਾਪੀ ਉੱਤੇ ਚਿਪਕਾਓ। ਪਾਠ-18 ਜਦੋਂ ਦੰਦ ਬੋਲ ਪਿਆ(ਪ੍ਰੋਜੈਕਟ ਅਧਾਰ ਸਿਖਲਾਈ)</p> <p>ਪਾਠ ਨਾਲ ਸੰਬੰਧਤ ਨਾਟਕ ।</p>	<p>ਇਮਲਾ</p>

ਦੂਜੀ ਮਿਆਦ ਪ੍ਰੀਖਿਆ ਮਾਰਚ - ਅਕਤੂਬਰ ਤੋਂ ਮਾਰਚ ਤੱਕ ਦਾ ਸਿਲੇਬਸ ਅਤੇ ਪਾਠ(2,4) ਵਿਆਕਰਨ - ਨਾਂਵ, ਵਿਸ਼ਰਾਮ ਚਿੰਨ੍ਹ

CLASS --VII (2024-25)									
SYLLABUS-SCIENCE									
BOOK --NCERT SCIENCE									
Month	Theme	Periods	Skill	Reference material	Integrated Activities	Learning outcome	Flipped Learning	Subject enrichment activities	Internal Assessment
APRIL	Compounds and their chemical names	2 Periods	<ul style="list-style-type: none"> ● Observation skill ● Analytical skill ● Understanding skill ● Thinking skill 	● Periodic table		Knowledge about different compounds.	https://youtu.be/Hn7GPYibZ3Y	Bingo	CT
	Ch-1 Nutrition in Plants	10 Periods	<ul style="list-style-type: none"> ● Environmental awareness ● Reasoning skill ● Questioning skill ● Observation skill 	● You-tube videos, synopsis, flow charts, worksheets, lab material, virtual labs, slides, specimens	To show the presence of starch in a green leaf. <ul style="list-style-type: none"> ● To study the specimen of pitcher plant. ● To show the stomata present on the surface of leaf. 	Knowledge about different plants and their nutrition.	https://youtu.be/ibleo8dHNQc?si=3srsNwu6AtvIAmpW	Sketching	PT-1
	Ch-2 Nutrition in Animals	10 Periods	<ul style="list-style-type: none"> ● Thinking skill ● Analytical skill ● Environmental awareness ● Observation skill 	● You-tube videos, synopsis, flow charts, worksheets, lab material, virtual labs, slides, specimens ● Model of human digestive system and structure of tooth.	<ul style="list-style-type: none"> ● To show the model of human digestive system and types of teeth. ● To show the effect of saliva on starch. 	Knowledge about human digestive system. The learners will be able to draw the human digestive system and nutrition in amoeba and the flow charts.	https://youtu.be/ZiuVy3X6JKI https://youtu.be/dtJGDtpK7lw	Clay Modelling	PT-1
MAY	Ch-3 Heat	12 Periods	<ul style="list-style-type: none"> ● Critical thinking ● Reasoning skill 	● You-tube videos, synopsis, flow charts, worksheets, lab material, virtual labs.	<ul style="list-style-type: none"> ● To show the process of conduction, convection and radiation. ● To show the clinical, laboratory and digital thermometer. 	Students will come to know about the different process of heat transfer.	https://youtube.com/watch?v=j-HFFfBjMA&feature=share_d	Open Book Test	Periodic Test-1 (30m) Syllabus; Ch-1, 2 & 3
	Ch-4 Acids, Bases and Salts	15 Periods	<ul style="list-style-type: none"> ● Thinking skill ● Social skill 	● You-tube videos, synopsis, flow charts, worksheets, lab material, virtual labs, different acids, bases and natural and artificial indicators.	<ul style="list-style-type: none"> ● To test the nature of given solution using different indicators. ● To demonstrate a neutralization reaction. ● To prepare the china rose indicator. To make acid-base paper bags. (With W.E) 	Awareness about different acids, bases, salts and indicators. The learners will be able to deal with acidity.	https://youtu.be/WkNVAgmPLfw?si=giMrzTh4psE3eVcf	Painting (Experiential Learning)	H.H.W & PROJECT
JUNE	SUMMER VACATION								

Month	Theme	Periods	Skill	Reference material	Integrated Activities	Learning outcome	Flipped Learning	Subject enrichment activities	Internal Assessment
JULY	Ch-5 Physical and Chemical Changes.	12 Periods	<ul style="list-style-type: none"> • Critical thinking • Reasoning skill • Questioning skill • Observation skill 	<ul style="list-style-type: none"> • You-tube videos, synopsis, flow charts, worksheets, lab material, virtual labs 	<ul style="list-style-type: none"> • To study the reaction between copper sulphate solution and iron. • To show the burning of magnesium ribbon. • To show the process of crystallization. 	Understanding the different types of physical and chemical changes.	https://youtu.be/lvdhVgvyZdk?si=-ttBSmx6Kx-bDakQ	Fun with Activity (Experiential Learning)	
AUGUST	Ch-6 Respiration in Organisms	15 Periods	<ul style="list-style-type: none"> • Reasoning skill • Questioning skill • Observation skill • Critical thinking 	<ul style="list-style-type: none"> • You-tube videos, synopsis, flow charts, worksheets, lab material, virtual labs, slides, model 	<ul style="list-style-type: none"> • To show that exhaled air contains carbon dioxide. • To prepare a model showing the mechanism of respiration. (with Phy. Edn) 	Understanding the mechanism of respiration in different organisms.	https://youtu.be/wAXKJf1Xg2A https://youtu.be/X5An-xCO-gk	Role Play	
	Ch-7 Transportation in Plants and Animals	10 Periods	Reasoning skill <ul style="list-style-type: none"> • Questioning skill • Observation skill • Self-awareness 	You-tube videos, synopsis, flow charts, worksheets, lab material, virtual labs, models.	To study the model of human circulatory system and human excretory system. (With phy. edn)	Knowledge about human circulatory system and human excretory system and awareness about the healthy habits.	https://youtu.be/fRqThS2hdqU https://youtu.be/dZREdWD_5bA	Diagram Test, Project Based Learning	
SEPTEMBER									
OCT	Compounds and their chemical names	3 Periods	Observation skill <ul style="list-style-type: none"> • Analytical skill • Understanding skill • Thinking skill 	<ul style="list-style-type: none"> • Periodic table 		Knowledge about different compounds.	https://youtu.be/Hn7GPyIbZ3Y	Bingo	CT
	Ch-8 Reproduction in Plants	10 Periods	<ul style="list-style-type: none"> • Thinking skill • Problem solving skill 	<ul style="list-style-type: none"> • You-tube videos, synopsis, worksheets, lab material, virtual labs, Bryophyllum leaf, China rose flower 	<ul style="list-style-type: none"> • To show the various parts of a flower. (With Art) • To show the bryophyllum leaf. 	Knowledge about different methods of asexual and sexual reproduction in plants.	https://youtu.be/6ill71OUeJQ https://youtu.be/oVzT00GZbH4 https://youtu.be/n_R6kMmqZMg	Painting, Project Based Learning	PT-2

Month	Theme	Periods	Skill	Reference material	Integrated Activities	Learning outcome	Flipped Learning	Subject enrichment activities	Internal Assessment	
NOVEMBER	Ch-9 Motion & Time	12 Periods	<ul style="list-style-type: none"> Observation skill Analytical skill 	<ul style="list-style-type: none"> Experimentation You-tube videos, synopsis, flow charts, worksheets, lab material, virtual lab, simple pendulum 	<ul style="list-style-type: none"> To calculate the time period of a simple pendulum. 	Understanding the concept of motion, its types, distance-time graphs etc. The students will be able to calculate the time period of a simple pendulum.	https://youtu.be/ymFnkoE8bV0 https://youtu.be/02w9ISii_Hs	Role Play, (Experiential Learning)	PT-2	
	Ch-10 Electric Current and its Effects	15 Periods	<ul style="list-style-type: none"> Reasoning skill Questioning skill Observation skill Critical thinking 	<ul style="list-style-type: none"> You-tube videos, synopsis, flow charts, worksheets, lab material, virtual lab, Closed and Open circuits. 	<ul style="list-style-type: none"> To make an open and a closed circuit. To make a simple electromagnet. 	Understanding the concepts related to current, its effects, electromagnets, fuse and MCB's.	https://youtu.be/znpX1li9Mo https://youtu.be/na_FpTXLFa8	Talks with MODEL (Experiential Learning)	Periodic Test-2 (30m); Syllabus: Ch-7, 8 & 9	
DECEMBER	Ch-11 Light	12 Periods	<ul style="list-style-type: none"> Thinking skill Problem solving skill Observation skill 	<ul style="list-style-type: none"> You-tube videos, synopsis, worksheets, lab material, virtual lab, Newton's disc, mirrors and lenses 	<ul style="list-style-type: none"> To demonstrate the images formed by the lenses and spherical mirrors. To make a Newton's disc. To show the dispersion of light by prism. 	Knowing the reflection of light and various concepts related to it.	https://youtu.be/VUCDShzsDg4 https://youtu.be/KCfR_iNsW6k	Video Making		
	Disaster Risk Reduction	3 Periods	<ul style="list-style-type: none"> Thinking skill Problem solving skill Observation skill 	You-tube videos, synopsis, flow charts, worksheets	To make PPT.	Awareness about global warming.	https://youtu.be/d7Ci_EooW-k?si=yafgM-SacnBXTfk1	Flow Chart		
	Ch-12 Forests: Our Life Line	12 Periods	<ul style="list-style-type: none"> Environmental awareness Observation skill Critical thinking 	<ul style="list-style-type: none"> You-tube videos, synopsis, flow charts, worksheets 	<ul style="list-style-type: none"> To show a PPT related to useful products obtained from forests. 	Awareness about the conservation of the forests.	https://youtu.be/aOn7ybncP14	Creating Art Reservoir using Waste Material	HHW & Project	
JANUARY	Ch-13 Waste Water Story	12 Periods	<ul style="list-style-type: none"> Environmental awareness Questioning skill Observation skill 	<ul style="list-style-type: none"> You-tube videos, synopsis, flow charts, worksheets, lab material, virtual lab, A water filter. 	<ul style="list-style-type: none"> To make a water filter. (With W.E) 	Awareness about the waste water and how to treat it.	https://youtu.be/dd2egVs3Zk0 https://youtu.be/60Big9Ut6Mc	OBT	Note book evaluation Lab Manual & Lab. Activity	
FEBRUARY	Revision and Final exams		<p style="text-align: center;">Syllabus:- from October to January and Ch- 3 and 4 from Term-1 Paper Pattern :-SUBJECTIVE PART-60M (1x6=6m, 2mX6=12m; 3mX6=18m; 4mX6=24m); Total=60m</p>							

CLASS -VII, SUBJECT : SOCIAL STUDIES, Session (2024 - 2025) BOOK:- NCERT

Month	Theme	No. of pds	Concept /Skill	Inculcation	Integrated Activity	Learning outcomes	Flipped Learning	Subject Enrichment	Internal Assessment
APRIL	Map skills	3P	Recall & integrate	Smart Class modules & Map of India		To know about map components	https://youtu.be/9MuzXSTFP7w	Oral Questioning	
	History L-1 Tracing Changes through a thousand years *Need and sources of borrowing(Financial education workbook)	6P	Observation skill,map skill & Questioning skill	Smart class modules, Information Literacy		New and old Terms, Historians and their sources.	https://youtu.be/iD6uVO6mXF8	On the world map marks the countries from where the following came to India- *Al Beruni,Ibn Battuta,Marco Polo,Duarte Barbosa	Periodic Test
	Geography L-1 Environment	5P	Creative and Imaginative skill & Observation skill	Diagrammatical presentation ,module related to chapter	Make a diagram depicting Biotic and Abiotic components of the Environment	Eco System &Human Environment, knowledge about Biosphere	https://youtu.be/_3xPPcVA	Flowchart on different components of Environment	Periodic Test
DRR	Deforestation &Sustainable Environment	3P	Problem Solving Skill.		Collect the info. about the various disasters that can happen if the environment is not conserved.	How to reduce the human activities which are harming the Environment?	https://youtu.be/EsqnD	What are the steps taken by Govt.for Sustainable Development.	Project based learning
MAY	Civics L-1 On Equality * Consumer protection and * Banking and *Types of accounts (Financial education workbook)	5P	Critical thinking, Analytic skill, Questioning skill,	Smart class modules, Stories based on Equality.		Equal rights to vote , recognizing dignity, Equality in Indian democracy and challenge of democracy	https://youtu.be/wRG6MM7wHKU	Make a collage on showing unity In diversity.	Periodic Test
	History L-2 New Kings and Kingdoms	6P	Observation skill,map skill & Questioning skill	Smart Class modules & Map of India		The emergency old new dynasties, Splended temples, bronze sculpture	https://vimeo.com/118589725	Map Skills-Shade the territories of Rashtrakutas,Palas&Gurjara Patiharas	
	Civics L-2 Role of State Government in health	5P	Creative and Imaginative skill & Observation skill	Smart class modules	Chart making on benefits of sports for health.	Health care & equality, public health care services.	https://youtu.be/ZLr3l6yT9o8	Survey on working of public hospital & private hospital & prepare a comprehensive report.	Project based learning
JUNE	Summer Vacations			HOLIDAYS HOME WORK AND PROJECT					
July	History L-3 Delhi : 12th to 15th Century	6P	Critical thinking and Questioning skill	Smart class modules, flow chart of Delhi Sultans.		About Delhi sultans, Garrison town to empire in the 15th & 16th century	https://youtu.be/dp8NiOJYTek	Make a flow chart on different dynasties that ruled over Delhi	
	Geography L-2 Inside Our Earth	5P	Creative &Observation Skill	Smart class Modules, Diagrammatical presentation	Model Making(ART)	Interior of the Earth, about Rocks & Minerals, uses of Minerals	https://youtu.be/uLpXiu5QskU	Draw the diagram of different layers of Atmosphere	CCT
	Geography L-3 Our Changing Earth	6P	Creative skill, Observation skill, Reasoning skill	Smartclass modules, Chart on major landforms		Lithospheric plates, major land -forms work of river, sea, ice & waves	https://youtu.be/ihAmTifUvf0	Do's and Don'ts must follow during an Earthquake (MOCK DRILL)	Experiential learning

Month	Theme	No. of pds	Concept /Skill	Inculcation	Integrated Activity	Learning outcomes	Flipped Learning	Subject Enrichment	Internal Assessment
August	History L-4 The Mughal Empire.	6P	Understanding and map skill	Flowchart of Mughal emperors ,Smartclass modules ,PPT on Akbar's policies	On the political map of India locate the following places: Delhi, Agra, Fatehpur Sikari, Berar and Ajmer	About Mughals, their military campaigns, Akbar's policies and Mughals relation with others Mansabdars	https://youtu.be/nbuM0aJjVgE	Make Flash Cards on Nine jewels of Akbar's court	
	L-4 AIR	5P	Interpersonal skill, Creative skill	Smartclass modules Chart on structure of Atmosphere		Composition of atmosphere Weather and Climate Air Pressure	https://youtu.be/Lisc4Xgh4ow	Draw a diagram on different layers of atmosphere.	
	Civics L-3 How the State govt works * Role and functions of RBI (Financial education workbook)	6P	Social skill, Analytical skill	Random questioning Smartclass modules		Elections on working of govt.	https://youtu.be/cmcTv17YtPg	Collect the information of Chief Minister of your state.	
	L-4. Growing up as boys and girls	4P	Interpersonal skill, Questioning skill, Critical skill, Analytic skill	Smartclass modules		Lives of domestic workers, Valuing house work, Women's work and equality	https://youtu.be/D9234gFpfZc	Write a slogan showing Equality in gender	CCT/ Open Book Test

SEPTEMBER - MID TERM EXAMINATION
SYLLABUS History : chapter 2,3,4 Geography : Chapter 2, 3,4 Civics: chapter:1, 2, 3

Month	Theme	No. of pds	Concept/ skill	Inculcation	Integrated activity	Learning Outcome	Flipped Learning	Subject Enrichment	Internal Assessment
October	civics L-5 Women changes the World * Introduction to Banking(Financial education workbook)	6P	Problem solving skill, Analytic skill, Critical skill	Story telling, Smart class modues, Examples related to daily life.	Prepare a poem on women empowerment (Music Club)	Empowerment of women & learning for change, Women movement Schooling and education of women today	https://youtu.be/JxUeYb8rCOc	Prepare a report on(SEWA)Self Employment Women Association	Periodic Test
	Geography L-5 Water *Banking with new technology(Financial education workbook)	6P	Map skill, Creative skill, Diagramatic skill, Questioning skill, Analytic skill	Smartclass modules related chapter		Ocean circulation and Ocean current, Distribution of Water bodies and Tsunami.	https://youtu.be/tfaCGITxtJ4	Prepare a report on Effects of pollution on the water cycle	Periodic Test (EXPERINTIAL LEARNING)
	History: L-5 Tribes, Nomads and settled communities	6P	Questioning Skill, Problem solving, Critical thinking	Smart class modules related to the chapter, Story telling	Jewellery making (Work Exp.Club)	Tribal societies, Nomads and mobile people, New castes and hierarchies	https://youtu.be/MMS-m2-v6M0	Locate the important tribal areas on the map of India	Periodic Test(EXPERINTIAL LEARNING)
November	Civics: L- 6 Understanding Media	5P	Social skills Questioning skill	Smart class modules, Flowchart on different types of media		Media and technology, Media and money, Media and democracy, Censorship	https://youtu.be/6wWqfoj1GL4	Make a list of different mass media .Discuss on different types of mass media	CCT
	History: L- 6 Devotional Path to the Divine	6P	Reasoning skill, Thinking skill	Modules related to the chapter Pictures of Bhakti saints	Shabad Gayan (Music)	Teachings of different saints About bhakti, New religious developments	https://youtu.be/UpYGsn-Fkrs	Collect the pictures of saints of medieval India and write their teachings	

Month	Theme	No. of pds	Concept /Skill	Inculcation	Integrated Activity	Learning outcomes	Flipped Learning	Subject Enrichment	Internal Assessment
November	History: L-7 The making of the Regional Culture	4P	Questioning skill, Critical thinking	Smart class modules		Knowledge about regional culture during medieval period	https://youtu.be/alMFFqsVD3Q	Explore and write how was Punjabi originated as a Language	CCT/Open Book Test
December DRR	History: L-8 Eighteenth Century Political Formations	6P	Questioning skill, Critical thinking, Map skill	Smart class modules, Map of India showing british territories in mid eighteenth century		Role of Rajputs, Sikhs & Marathas in the 18th century	https://youtu.be/lcR51ukY2IE	Label three provinces carved out of mughal empire	
	Geography: L-6 Human environment, interaction, the tropical and sub tropical regions	5P	Map skills Creative skill Interpersonal skill	Smart class modules, Map of India showing different river basins, Concept mapping, Random Questioning		Knowledge about the temperature, location, life style of people of sahara desert & Ladakh	https://youtu.be/kubxC2G9cyl	Locate river ganga, Brahmaputra, Brahmaputra basin and label important cities on this basin area	
	Destruction of Biodiversity	3P	Problem Solving Skill		Prepare a report on the ways How to conserve Biodiversity?	To make Learners aware about harmful effects of urbanization.		Graphical Presentation-Compare two famous cities of India(Ludhiana & Mumbai) in terms of Urbanization	
	Geography: L-7 Life in the Deserts	5P	Map skills, Interpersonal skill, knowledge	Smart class modules, Map of India showing deserts		Knowledge about the temperature, location, life style of people of sahara desert & Ladakh	https://youtu.be/sVZZXLKOL9Y	Give a comparative study about the life of the people living in (HOT DESERT & COLD DESERT)	Project Based Learning
December	Winter Break		HOLIDAYS HOME WORK AND PROJECT						
DRR January	Civics: L- 7 Markets Around Us	5P	Social skill, Analytic skill, Story telling	Smart class modules, Flow chart on different types of markets	Visit your neighbour market and prepare a list of products found in it	Importance of link between producers and consumers know about the chain of markets	https://youtu.be/DV4kSEAE7P4	Prepare a market chain showing how the things are reached to the final consumer	
	Pollution-Air,Water & Noise	3P	Problem Solving Skill		Explain the different types of pollution produced by various types of industries in manufacturing the goods.	https://youtu.be/ixtNdSSlols	Group Discussion:How different industries are responsible for the pollution & possible solutions.		
	Civics: L- 8 A shirt in the market	5P	Analytic skill, Informative skill, Social skill	Modules related to the chapter		Knowing about process of making shirt	https://youtu.be/-cMqUT1Tws	Flow chart showing journey of cotton shirt	
FEB.			REVISION						

MARCH: FINAL EXAMINATION
SYLLABUS FOR FINAL EXAMINATION
HISTORY :-Chapters- 5,6, 8
CIVICS:- Chapters - 6, 7, 8
GEOGRAPHY:- Chapters - 2,5,6, 7,

BCM SCHOOL, CHANDIGARH ROAD

A SENIOR SECONDARY SCHOOL OF BCM FOUNDATION, AFFILIATED TO CBSE, NEW DELHI

CLASS -VII (2024-25) SUBJECT : COMPUTER

BOOK NAME :- TRACKPAD VER 4.0

PUBLISHER NAME :- ORANGE EDUCATION PVT LTD.

MONTH	LESSON	SKILL	LEARNING OUTCOME	TEACHING METHODOLOGY	ACTIVITY/ PROJECT/ ASSIGNMENT	CLASSROOM/LAB ASSESSMENT	TEACHING AID
APRIL	CH: 2 Advanced features of Excel 2019	Numerical Skill	To aware students about Ms-Excel features of using Mathematical functions.	Explanatory Method	Calculate total marks, %age, class rank, making of budget list, Sorting of listetc.	Lab Assessment	Use of Educomp Systems, Blackboard and Projector
MAY	CH:1 Number System	Numerical Skill	To aware students about different types of number system including binary,decimal, octal and hexadecimal number system	Explanatory Method	Calculate how to convert from one number system to another number system by using their base.	Calculation Assessment	Use of Educomp Systems, Blackboard and Projector
	CH:5 Google Apps	Technical Skill	Understanding different Google apps	Discussion Method	Use of different google apps in Computer Lab	Lab Assessment	Use of Educomp Systems, Blackboard and Projector
JUNE	SUMMER VACATIONS						
JULY	Ch:3 Layers in Krita	Creative Skill	To aware students about Components & Layers in Krita	Activity Method	Students will learn new tools related to software Krita	Lab Assessment	Use of Educomp Systems, Blackboard and Projector
AUG	Ch: 4 Animations in Krita		To aware students about creating animations in Krita	Activity Method	Students will learn to create animation in Krita	Lab Assessment	Use of Educomp Systems, Blackboard and Projector
SEPT.	HALF-YEARLY EXAMS						
OCT	Ch:7 More on HTML5	Webpage design skill	Students will be aware of Designing of Local Web Pages using Background, font and margin properties.	Activity method Discussion Method	Create web pages using different HTML properties	Lab Assessment	Use of Educomp Systems, Blackboard and Projector
	CH:8 Lists and Tables in HTML5	Webpage design skill	Students will be aware of Creating of Web pages using the different table properties.	Activity method Discussion Method	Activity to create local web page using anchor tag, marquee tag& frame tag. Activity to create table using Ol & Ul, Boarder , TR & TD tags	Lab Assessment	Use of Educomp Systems, Blackboard and Projector
NOV	CH:9 Algorithmic Intelligence	Theoretical skill	Students will be aware of Algorithms and flowcharts to solve complex problems	Discussion Method	Studetns will create flowchart for diferent activities.	Classroom Assessment	Use of Educomp Systems, Blackboard and Projector
	CH: 10 Conditional statements in Python	Coding Skill	Students will learn to make programs by using Decision making statements, Nested if statements in Python	Activity Method	Create programms in python	Lab Assessment	Use of Educomp Systems, Blackboard and Projector
DEC.	Ch:11 Concept of Smart Living	Artificial Intelligence Skill	Students will learn use of AI in different fields in daily life.	Activity Method	Play games and quizzes related to AI	Classroom Assessment	Use of Educomp Systems, Blackboard and Projector
JAN	REVISION						

Counselling Curriculum of Middle Wing (Class 7)

Session 2024-25



Value Education

- Ice Breaking sessions
- Self awareness
- Gratitude
- Empathy
- Implementation of Life Skills
- Disaster management
- Debates on social issues
- Mission prakriti
- How to complain
- Recognising efforts of others
- Gender sensitivity
- Communication skills
- Leadership
- Group discussions
- POCSO Act
- Working in groups
- Inclusive education
- Road safety



Health and Wellness

- Personal hygiene
- Balanced diet - what to eat and how to eat
- Mindfulness
- Anger and stress management
- Self grooming
- Substance Abuse
- Preparing healthy meal
- Physical Education
- First Aid
- Body mass index



Career Counseling

- Daily habits - reading newspaper, magazines, articles and research papers.
- Types of career
- Importance of choosing career
- How to choose a career
- Exposure to different streams through their subject matter

For class VII – Sections (B, C, E, H, and J)

Month	Topic	Period	Activity to be conducted	Homework / Assignment	Learning Outcomes
April	▪ Self-awareness activities	01	<ul style="list-style-type: none"> • What is SWOT? • Write the strength and weakness 	<ul style="list-style-type: none"> • Analyse your strengths and weakness and write it in your notebook 	<ul style="list-style-type: none"> • Analysing the inner self. • Directing towards career. • Boosting the confidence • Preparing for the first question of every interview. • To know oneself
	▪ Career Counselling	01	<ul style="list-style-type: none"> • What you want to do in life? 	<ul style="list-style-type: none"> • Analyse the number of areas in which you are finding the interest and write a list of it. 	
	▪ Introduce yourself	02	<ul style="list-style-type: none"> • Introduction by students for 2 minutes in the class 	<ul style="list-style-type: none"> • Prepare and practice the self - introduction in front of the mirror, friends or family members. 	
May	▪ Food we eat! Food we should eat!	02	<ul style="list-style-type: none"> • Discussing the nutritional value of various packed foods and other food items in the class. • Video of Gravitax (The truth behind the processed and preserved food) • Alternatives of packed, processed and preserved food. 	<ul style="list-style-type: none"> • Write the nutritional value of packed food. • Work on elimination of packed and preserved food in your life. 	<ul style="list-style-type: none"> • Get to know about the right and wrong food in life. • Maintaining healthy lifestyle
	▪ Body Mass Index + Importance of Fitness	01	<ul style="list-style-type: none"> • Calculating the body mass index using length and weighing scale • Fitness test in classroom • Discussion on “what exercise we can do on a daily basis to be fit and healthy?” 	<ul style="list-style-type: none"> • Calculate your body mass index at home and analyse in which category you fall and accordingly manage your diet. 	
	▪ Career Counselling	01	<ul style="list-style-type: none"> • Brief of Subjects after 10th • What is graduation and post -graduation 	<ul style="list-style-type: none"> • To have an overview of the school website (counselling tab) for the subjects after 10th and 12th 	
July	▪ Chinese whispers	01	<ul style="list-style-type: none"> • Verbal communication by a 	<ul style="list-style-type: none"> • Write the name of the 	<ul style="list-style-type: none"> • Effective verbal and non - verbal

			<ul style="list-style-type: none"> group of students Incorporation of reflection Final trial with minimised errors 	<ul style="list-style-type: none"> newspapers companies Write the names of local, national and international agencies who gives the published data 	<ul style="list-style-type: none"> communication skills Team collaboration Memory enhancement
	<ul style="list-style-type: none"> Road safety signs and tips 	02	<ul style="list-style-type: none"> PPT on road safety sign Video on importance of wearing a seat belt, blind spot of a truck and what not to do while sitting in the car. 	<ul style="list-style-type: none"> Solve the quiz at trafficquiz.com 	<ul style="list-style-type: none"> Risk awareness Safety consciousness Pedestrian and driver responsibilities
	<ul style="list-style-type: none"> Career Counselling - Medical and Life insurance (Commerce) 	01	<ul style="list-style-type: none"> Lecture on “what is medical and life insurance and why it is important to have insurance above all expenditures?” 	<ul style="list-style-type: none"> Make a list of insurance companies and write in a notebook 	<ul style="list-style-type: none"> Understanding of the terms of commerce at early age. Financial planning Risk management
August	<ul style="list-style-type: none"> Disaster management - What to do in case of earthquake? - What to do in case of fire in the building? 	02	<ul style="list-style-type: none"> Drill on earthquake Video on what to do in case of fire in a building 	<ul style="list-style-type: none"> Group activity - Make a note on what to do in case of floods, heat waves, landslides and hailstorms. 	<ul style="list-style-type: none"> Emergency preparedness Coordination and collaboration Environmental sustainability Risk assessment and vulnerability analysis
	<ul style="list-style-type: none"> Stress and emotions management 	01	<ul style="list-style-type: none"> Grounding and Mindful eating - Chewing the food slowly and analysing the ingredients and bodily movements. Progressive muscular relaxation - Stretching the muscles of the body 3 types of breathing (belly, square and triangle breathing) 	<ul style="list-style-type: none"> Practice mindfulness at home for a week and write the effects. 	<ul style="list-style-type: none"> Stress response awareness Coping and stress prevention strategies Healthy lifestyle habits
	<ul style="list-style-type: none"> How to deal with exams? 	01	<ul style="list-style-type: none"> Exam tips and general queries of the students. 	<ul style="list-style-type: none"> Use “10 min break” strategy and write the effects. 	<ul style="list-style-type: none"> Effective management of time Productivity in studies Reduction of stress during exam

					days
September	▪ Appreciating others	01	<ul style="list-style-type: none"> Telling the positive aspect of the other child in the class on a random sampling basis 	<ul style="list-style-type: none"> Write the positive points for the person you hate. Write the positive aspects of the family members 	<ul style="list-style-type: none"> To understand the positive side of every individual Accepting the negative side of a person Learning forgiveness
	▪ Comforters	02	<ul style="list-style-type: none"> Students will write their problems in the chits, then the students will play the role of a counsellor by giving the solution to other's problem 	<ul style="list-style-type: none"> Identify the types of problems in your life and provide a solution to self in the same way 	<ul style="list-style-type: none"> Empathy towards individuals Providing solution to self
	<ul style="list-style-type: none"> Career counselling - IAS and other UPSC exams 	01	Lecture method:- <ul style="list-style-type: none"> What are UPSC exams? What type of preparation is required at this stage? 	<ul style="list-style-type: none"> Read newspaper daily and write at least 3 headlines in the notebook 	<ul style="list-style-type: none"> Preparation of the mind towards such exams at early age. Developing the habit of reading newspaper and magazines like Pratiyogita Darpan or Competitive Success
October	▪ Mission Prakriti	02	<ul style="list-style-type: none"> Video on "what humans have done?" Ways to improve the environment health - Making a cloth bag using old cloth - Segregation of dry and wet waste at home - Making compost at home - Recycling of paper - Facts regarding burning of crackers 	<ul style="list-style-type: none"> Use the cloth bag made in daily life activities Observing the surroundings and managing the waste and write the work that you have done in the notebook Make a A4 size recycled paper at home 	<ul style="list-style-type: none"> Sustainable development Waste management
	▪ First Aid	02	<ul style="list-style-type: none"> Video / PPT on giving First Aid in different situations What are the things need to be kept in the first aid kit 	<ul style="list-style-type: none"> Prepare a first aid kit for home and vehicles Checking the old kits and keeping the things up to date 	<ul style="list-style-type: none"> Acquiring lifesaving skills Developing competencies in case of various emergencies

November	▪ Grievance Redressal	01	<ul style="list-style-type: none"> • PPT on “How and whom to complaint in case of emergencies” 	<ul style="list-style-type: none"> • Try the applications and phone numbers in case of emergencies • Download the applications 	<ul style="list-style-type: none"> • Awareness regarding use of public services • Playing a role of active citizen
	▪ Inclusive education	02	<ul style="list-style-type: none"> • Video on “Life of a visually impaired person” • Teaching of braille language 	<ul style="list-style-type: none"> • Make your class inclusive by adding braille language on the possible areas like switch board, classroom presentation board 	<ul style="list-style-type: none"> • Sensitisation towards people with diverse needs
	▪ Career counselling - What is engineering?	01	<ul style="list-style-type: none"> • Video of “maps of engineering” by domains of science on YouTube 	<ul style="list-style-type: none"> • Write the list of items in the home and the types of engineering used in it. 	<ul style="list-style-type: none"> • Development of interest and knowledge about what engineering is all about
December	▪ Gender Sensitivity	01	<ul style="list-style-type: none"> • Debate / group discussion on the role of male and female as expected and needed as per the demand of the time. 	<ul style="list-style-type: none"> • Start doing the roles as needed by the demand of time in reality from this age 	<ul style="list-style-type: none"> • Fostering a deepened respect for diversity in gender identities and expressions
	▪ Relationship temperature chart	01	<ul style="list-style-type: none"> • Students need to write the names of the person with whom they are sharing the very important, important and negative relationships in life and the reason for sharing it 	<ul style="list-style-type: none"> • Do more analysis of the persons of different categories, find the reason and work on them 	<ul style="list-style-type: none"> • Developing insights into effective relationship management, understanding the need to nurture positive connections and address challenges in negative ones.
	▪ Career counselling - What is Arts all about?	02	<ul style="list-style-type: none"> • Discussion on subjects in Arts • Video on what after 12th arts 	<ul style="list-style-type: none"> • Write the famous personalities in Arts field and write what they have done after 12th arts 	<ul style="list-style-type: none"> • Laying emphasis on the fields which are considered to be the weakest by the society in general
January	▪ Brain drain	01	<ul style="list-style-type: none"> • Discussion on “why to work for India” 	<ul style="list-style-type: none"> • Think and write on “What our country has given us so far?” 	<ul style="list-style-type: none"> • Moving towards development of our own nation • Patriotism among students
	▪ Safety standards in India	01	<ul style="list-style-type: none"> • PPT on safety standard authorities of India 	<ul style="list-style-type: none"> • Find more safety standard logos and where they are used in India 	<ul style="list-style-type: none"> • Risk mitigation • Active and aware citizen
	▪ Career counselling	01	<ul style="list-style-type: none"> • Study options after medical 	<ul style="list-style-type: none"> • Visit the school website to explore the subjects after 12th in all the 	<ul style="list-style-type: none"> • To explore the unexplored options in medical

				streams	
February	<ul style="list-style-type: none"> ▪ Friendship recipe 	01	<ul style="list-style-type: none"> • Discussion on the qualities of a friend 	<ul style="list-style-type: none"> • Write the five qualities of a friend in accordance of the priority 	<ul style="list-style-type: none"> • Inculcating the same values in ourselves first which we are expecting from others
	<ul style="list-style-type: none"> ▪ Logical thinking 	01	<ul style="list-style-type: none"> • Situation based questions 	<ul style="list-style-type: none"> • Solve a case study given in the class 	<ul style="list-style-type: none"> • Development of skills to navigate the challenges in life • Going beyond memorisation
	<ul style="list-style-type: none"> ▪ Reasoning and aptitude 	01	<ul style="list-style-type: none"> • Solving questions 	<ul style="list-style-type: none"> • Solve the sums given as a homework 	<ul style="list-style-type: none"> • Application of knowledge into real life situations • Gaining confidence in problem solving • Preparation for competitive exams

For class VII – Sections (A, D, F, G and I)

Month	Topic	Period	Activity to be conducted	Homework / Assignment	Learning Outcomes
April	<ul style="list-style-type: none"> ▪ Understanding Adolescence 	02	<ul style="list-style-type: none"> • Video / discussion on understanding adolescence in the areas of: <ul style="list-style-type: none"> - Intellectual development - Moral development - Social development - Emotional / psychological development 	<ul style="list-style-type: none"> • Observe and write the changes that are going in your life 	<ul style="list-style-type: none"> • Foster resilience and adaptability in facing challenges • Reduce stigma around mental health issues and promote a supportive environment
	<ul style="list-style-type: none"> ▪ Introduce yourself 	02	<ul style="list-style-type: none"> • Introduction by students for 3 – 5 minutes in the class 	<ul style="list-style-type: none"> • Prepare and practice the self - introduction in front of the mirror, friends or family members. 	<ul style="list-style-type: none"> • Analysing the inner self. • Boosting the confidence • Preparing for the first question of every interview. • To know oneself
May	<ul style="list-style-type: none"> ▪ Managing emotions 	02	<ul style="list-style-type: none"> • Role play on appropriate ways of expressing anger • Design a poster to visualise emotions 	<ul style="list-style-type: none"> • Group activity on role play on appropriate ways of expressing anger • Keep a diary for a week noting the things that trigger their anger and how you expressed your anger at that time 	<ul style="list-style-type: none"> • Observation about how people around them express anger and learn positive techniques of managing the anger • Identifying the triggers for anger
	<ul style="list-style-type: none"> ▪ Body Mass Index + Importance of Fitness 	01	<ul style="list-style-type: none"> • Calculating the body mass index using length and weighing scale • Fitness test in classroom • Discussion on “what exercise we can do on a daily basis to be fit and healthy?” 	<ul style="list-style-type: none"> • Calculate your body mass index at home and analyse in which category you fall and accordingly manage your diet. 	<ul style="list-style-type: none"> • Maintaining healthy lifestyle
	<ul style="list-style-type: none"> ▪ Career Counselling 	01	<ul style="list-style-type: none"> • What you want to do in life? 	<ul style="list-style-type: none"> • Analyse the number of areas in which you are finding the interest and write a list of it. 	<ul style="list-style-type: none"> • Directing towards career. • To find the interest area at the earliest

July	<ul style="list-style-type: none"> ▪ Self-awareness - Seeing inside and outside of ourselves - Collage making of “ME” 	02	<ul style="list-style-type: none"> • To associate the child with a thing, animal or something in nature that symbolises who they are • Collage making entitled “ME” with the material representing who they are, the clothes they wear, the work they do, the places they visit, their friends, strengths and weakness, their dreams, aspirations and other qualities 	<ul style="list-style-type: none"> • Write a paragraph describing the qualities of a person who they admire • Collect the material of the collage to be made at school 	<ul style="list-style-type: none"> • To get an insight into how we see ourselves and how others perceive us • To learn the importance of knowing oneself • Develop an insight into the characteristics, qualities, interests, weaknesses and strengths of self
	<ul style="list-style-type: none"> ▪ Critical thinking 	01	<ul style="list-style-type: none"> • May be... still (Hand outs) - Providing a better alternatives to the problem hand outs given to the different groups 	<ul style="list-style-type: none"> • Think of similar “May be... still” situation which you might have faced at home. What were the opinions of each member of their family including them regarding that issue 	<ul style="list-style-type: none"> • Develop critical thinking skills • Examine issues critically
	<ul style="list-style-type: none"> ▪ Career Counselling 	01	<ul style="list-style-type: none"> • Brief of subjects in commerce • Study and career options after commerce 	<ul style="list-style-type: none"> • Visit the school website (counselling tab) and explore the study options after 12th commerce and find the meaning and the career options 	<ul style="list-style-type: none"> • Develop clear and realistic short term and long term career goals • Aligning personal and career goals • Understanding educational pathways and their implications for future career opportunities
August	<ul style="list-style-type: none"> ▪ Disaster management 	02	<ul style="list-style-type: none"> • Presentation by students on - Earthquake - what to do in case of fire in a building 	<ul style="list-style-type: none"> • Group activity - Make a note on what to do in case of floods, heat waves, landslides and hailstorms. 	<ul style="list-style-type: none"> • Emergency preparedness • Coordination and collaboration • Environmental sustainability • Risk assessment and vulnerability analysis
	<ul style="list-style-type: none"> ▪ Creative thinking 	01	<ul style="list-style-type: none"> • The creative solution finders - Thinking creatively to arrive at the solutions 	<ul style="list-style-type: none"> • Name the inventions associated with different animals • How has nature helped Newton in his discovery? 	<ul style="list-style-type: none"> • To use high order thinking skills and inference skills • Develop diversity of thought • To keep in mind hit and trail

					method while looking for solutions
	▪ Effective communication	01	<ul style="list-style-type: none"> • Listening to non – verbal communication - Sharing the message written on the chits using gestures 	<ul style="list-style-type: none"> • Solve the worksheet of good listening skills 	<ul style="list-style-type: none"> • Recognise non – verbal cues in understanding the nature of interaction and the emotional content of a situation
September	▪ Interpersonal relationships	01	<ul style="list-style-type: none"> • Listening to the two stories and writing the feelings, fear and needs of the characters in the story. • Thinking of own dispute situation and writing the feelings, fear and needs of the persons involved in the dispute 	<ul style="list-style-type: none"> • List the activities of the school staff and faculty (i.e. from Principal to peon) in the school. If someone goes on a leave for a week, will the working of the school as a whole suffer? If yes/no, how and why? • Draw the outline of your hand and for each finger write an actual example of when / how you were a good friend 	<ul style="list-style-type: none"> • Resolving the conflicts in a proper way • It helps one to relate in positive ways with the people one interacts
	▪ Career counselling - IAS and other UPSC exams	02	<ul style="list-style-type: none"> • Lecture method:- - What are UPSC exams? - What type of preparation is required at this stage? 	<ul style="list-style-type: none"> • Read newspaper daily and write at least 3 headlines in the notebook 	<ul style="list-style-type: none"> • Preparation of the mind towards such exams at early age. • Developing the habit of reading newspaper and magazines like Pratiyogita Darpan or Competitive Success
October	▪ Mission Prakriti	02	<ul style="list-style-type: none"> • Segregating dry and wet waste • How to make a compost at home • Understanding the nature (environment) • How to plant and what to plant 	<ul style="list-style-type: none"> • Separate dry waste and wet waste • Make compost from wet waste • Re use and recycle the dry waste • Planting of trees and watering it 	<ul style="list-style-type: none"> • Sustainable development • Waste management
	▪ First Aid	02	<ul style="list-style-type: none"> • Video / PPT on giving First Aid in different situations 	<ul style="list-style-type: none"> • Prepare a first aid kit for home and vehicles 	<ul style="list-style-type: none"> • Acquiring lifesaving skills • Developing competencies in

			<ul style="list-style-type: none"> • What are the things need to be kept in the first aid kit 	<ul style="list-style-type: none"> • Checking the old kits and keeping the things up to date 	case of various emergencies
November	<ul style="list-style-type: none"> ▪ Coping with stress 	01	<ul style="list-style-type: none"> • Ways to reduce stress • Therapeutic writing • Poem on expressing the feelings 	<ul style="list-style-type: none"> • Practice the techniques at home and write the effects • Write a poem on expressing the feelings 	<ul style="list-style-type: none"> • Understand how stress escalates • Learn to cope with stress
	<ul style="list-style-type: none"> ▪ Inclusive education 	01	<ul style="list-style-type: none"> • Role play by students using nonverbal communication 	<ul style="list-style-type: none"> • Prepare the role play 	<ul style="list-style-type: none"> • Sensitisation towards people with diverse needs
	<ul style="list-style-type: none"> ▪ Career counselling - What after non-medical? - What is engineering? 	02	<ul style="list-style-type: none"> • Video / lecture on career options in non-medical • Video of “maps of engineering” by domains of science on YouTube 	<ul style="list-style-type: none"> • Write the list of items in the home and the types of engineering used in it. 	<ul style="list-style-type: none"> • Development of interest and knowledge about what engineering is all about
December	<ul style="list-style-type: none"> ▪ Empathy 	01	<ul style="list-style-type: none"> • Video of “For the birds” by Pixar • Video on <ul style="list-style-type: none"> - What is bullying? - Types of bullying - How to deal with a bully • Puzzle worksheet 	<ul style="list-style-type: none"> • Cut a hand shape from the chart paper and write the quotes, poem, tips etc. for preventing bullying activities in the school 	<ul style="list-style-type: none"> • Identify the bullying behaviour • Choose the right methods of bullying prevention • Identifying the situation when to involve an adult in a bullying situation • Demonstrate self-confidence and mutual respect for one another
	<ul style="list-style-type: none"> ▪ Decision making 	01	<ul style="list-style-type: none"> • P.O.W.E.R Model for decision making skills - Case study hand-outs 	<ul style="list-style-type: none"> • Worksheet – I CAN DO IT!!! (I can solve my problem) 	<ul style="list-style-type: none"> • Using their decision making skills • Make mature decision after identifying a problem, finding options and evaluating all options
	<ul style="list-style-type: none"> ▪ Career counselling - What is Arts all about? 	02	<ul style="list-style-type: none"> • Discussion on subjects in Arts • Video on what after 12th arts 	<ul style="list-style-type: none"> • Write the famous personalities in Arts field and write what they have done after 12th arts 	<ul style="list-style-type: none"> • Laying emphasis on the fields which are considered to be the weakest by the society in general

January	▪ Problem solving	01	<ul style="list-style-type: none"> • Why I Eat What I Eat? - Make a diet chart for yourself, according to the body requirements 	<ul style="list-style-type: none"> • Identify and write the foods that you can consume in a day with their nutritional value 	<ul style="list-style-type: none"> • Exploring eating habits • Proper nutritious diet • Importance of right food in life
	▪ Safety standards in India	01	<ul style="list-style-type: none"> • PPT on safety standard authorities of India 	<ul style="list-style-type: none"> • Find more safety standard logos and where they are used in India 	<ul style="list-style-type: none"> • Risk mitigation • Active and aware citizen
	▪ Career counselling	01	<ul style="list-style-type: none"> • Study options after medical 	<ul style="list-style-type: none"> • Visit the school website to explore the subjects after 12th in all the streams 	<ul style="list-style-type: none"> • To explore the unexplored options in medical
February	▪ Self-assessment	01	<ul style="list-style-type: none"> • Self-assessment scale on managing emotions • Scoring and discussion of result 	<ul style="list-style-type: none"> • Finding different assessment scale on internet, solving them and working on yourself as per the results 	<ul style="list-style-type: none"> • Identifying a deeper understanding of one's personality • Developing a sense of motivation to work on the identified areas for improvement • Reflect on personal learning styles
	▪ Reasoning and aptitude	01	<ul style="list-style-type: none"> • Solving questions 	<ul style="list-style-type: none"> • Solve the sums given as a homework 	<ul style="list-style-type: none"> • Application of knowledge into real life situations • Gaining confidence in problem solving • Preparation for competitive exams

GK SYLLABUS CLASS VII 2024-2025

BRAINVITA UPGRADED (ROHAN'S BOOK COMPANY PVT.LTD)

MONTH	CHAPTER NO.	CHAPTER NAME	PAGE NO.	SUBJECT INTEGRATED	OBJECTIVE
APRIL	1	Animal Husbandry	7	SST	To know about domestic animals personal and commercial use
	4	Cities in River banks	11	SST	Knowledge about cities located around river banks
	8	Newspaper Bowl	16-17	W.Exp	Knowledge of Eco-friendly materials
	9	Global Organisations	18	SST	Awareness about situations of crisis related to environment issues
	12	Dish Antenna and Broadcasting	22	SST	Awareness about Media and its different uses
	19	Famous Awards and Prizes	32-33	LIB	General Awareness
	22	Be a Smart Consumer	36	SST	Cultivating Values as a smart Consumer
MAY	2	Indian Space Launches	8-9	SCI	Knowledge about space launch missions by India
	6	Laboratories around the world	13	SCI	Knowledge about laboratories
	10	Reduce your Carbon Foot Print	19	SCI	To know about ways of reducing carbon in atmosphere
	13	Rocks and Minerals	23	SCI	Knowledge about rocks and minerals
	17	Household Chemicals	29	SCI	Knowledge about household Chemicals
		Olympiad SC	83-85	SCI	Knowledge about different topic of Science
JULY	5	Indian Literature	12	ENG	Knowledge about Indian authors
	7	Planidromes	15	ENG	To Enhance Vocabulary
	11	Oxymoron	20	ENG	To increase knowledge of figures of speech
	15	Game Developers	26,27	Computer	Knowledge about multiple platforms of video games
	16	Cyber Terms	28	Computer	General awareness about Cyber security
		Computer Olympiad	80-82	Computer	Knowlegde about Computer applications
	21	Leading Lady	35	Counselling	General awareness
		Interactive games 1	14	Class Incharge	General awareness
		Interactive games 2	31	Class Incharge	General awareness
August	3	Hockey Equipment	10	Sports	Awareness about the equipments used in the field
	14	Brain Teaser	24-25	Maths	Enhancing reasonal capabilities
	18	Yoga for Health	30	Yoga	To maintain fitness and flexibility of our body
	20	Fibonacci Numbers	34	Maths	Using numbers to form spirals, different patterns
		Worksheet 1	21	Class Incharge	Recaptulation
		Worksheet 2	37	Class Incharge	Recaptulation

September		Revision & MID TERM			
October	24	Becoming a Good Speaker	39	Eng	Refining Persona
	32	Get Inspired	51	Counselling	General Awareness
	38	Behavioural Addictions in children	60-61	Counselling	To deal with the addictive behaviour keeping mental health fit
		Olympiad English	73-75	Eng	To improve analytical and reasoning skill
	40	Borrowed words	63	Eng	Knowledge about words used Globally
	41	Artificial Intelligence	64-65	Computer	General Awareness related to AI
	42	Positive Mindset	66	Counselling	To deal with situations efficiently and effectively
November	25	Surviving Tsunami	40	SST	Awareness related to crisis management
	27	Indian Armed forces	42-43	SST	Awareness related to the 4th strongest military in the world
	28	Abbreviations	46	SST	General awareness
	29	Geographical Renaming	47	SST	General awareness of new and old names of some places
	30	Winter Sports	48-49	Sports	General awareness of sports over snow
	33	Historical Notable Events	52-53	SST	Awareness about Our Past
	35	Marvels across the globe	56-57	SST	Awareness about incredible places
	37	World Parliament	59	SST	Awareness about Parliament
	44	Hanging Garden	68-69	W.Exp	Awareness related gardening
December	23	Newspaper Terms	38	LIB	Awareness of different terms used in newspaper
	26	Bones in Human Body	41	SCI	To know different bones present in Human Body
	31	Birds Corner	50	SCI	Awareness about Unique Features of birds
	34	Renowned Composers	55	Music	To know about different music composers
	36	Medical Specialists	58	SCI	Knowledge about special terms used for medical specialists
	39	Knowing Reptiles	62	SCI	To know about facts related to reptiles
		Olympiad maths	76-79	Maths	Level of understanding & ability to apply learning
	43	Currencies around the World	67	LIB	General Awareness
January		Crypto to Fun	44-45	Class Incharge	Entertainment
		Worksheet -3	54	Class Incharge	Recaptulation
		Worksheet -4	70	Class Incharge	Recaptulation
		Test Paper	71-72	Class Incharge	Recaptulation
February		Revision & Final Exam			

BCM SENIOR SECONDARY SCHOOL

SEC 32-A

MUSIC SYLLABUS (SESSION 2024-25)

CLASS- VII

MONTH	PERIOD	LESSON	SKILLS/LEARNING OUTCOME	TEACHING METHODOLOGY	ACTIVITY/PROJECT	CLASSROOM ASSESSMENT	TEACHING AID	INTERNAL ASSESSMENT
APRIL	4	Knowledge of Alankar with rhythmic calculations / baishakhi song.	Vocal exercise with rhythmic calculation Knowledge/ Culture and heritage	Discussion of vocals along with instruments	Charts / Audio, video lesson	Practical performance	Musical instruments	Notes made in notebook
MAY	4	Recitation Of poem (Library) integrated with Punjabi course book in rhythmic style	Helping students to learn and understand poem in joyful way	Playing song with instruments	Issue and read any music related book from library	Presentati on of song by students	Musical instrument	Review of book read by students

JULY	4	(Raheem ke Dohe) integrated with Hindi course book . Basic question related to Music	To learn hymns of saints in rhythmic way.	Reciting Dohas in rhythmic way	To study life sketch of Raheem /Audio, video Lessons	Question and answers on the life sketch of Raheem	Theory notes and instruments	Based on rhythms, lyrics and voice quality
AUGUST	4	Patriotic song on the theme of love for nation	Feeling of patriotism for our nation	Group singing	Charts on independence day	Recitation of song	Musical instruments	Based on rhythms, lyrics and voice quality
SEPTEMBER	-	Half yearly evaluation	-	-	-	-	-	Grading

OCTOBER	4	Recitation of poem ch- chivvy Integrated with English course book in rhythmic way	Enable students to pronounce words of poem and to connect them with life values	Group singing	Making posters of life values	Presentati on of song by students	Musical instruments	Based on rhythms, lyrics and voice quality
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NOVEMBER	4	Shabad and Bhajan from song book	Praying to almighty and knowing the values	Vocals along with instruments	Solo Recitation	Practical performance	Harmonium and Tabla	Lyrics of shabad and bhajan on notebook
DECEMBER	4	Carol	Learn Christmas song	Group singing	Audio/ Video Lesson	Solo singing	Keyboard	Based on rhythms, lyrics and voice quality
JANUARY	4	Kwali integrated with SSt Chapter 8	Spiritual Connectivity	Group singing	Refresh mind	Group singing	Harmonium	Based on rhythms, lyrics and voice quality
FEBRUARY	-	Final evaluation	-	-	-	-	-	Grading

GURMEET KAUR MUSIC TEACHER

CLASS : VII**SUBJECT: ART****SESSION : 2024-25**

MONTH	PERIOD	LESSON/ACTIVITY	SKILL	LEARNING OUTCOME	INTEGRATION WITH SUBJECT	TEACHING METHODOLOGY
April	4	Rangoli Art / Mandala art	Design Thinking Creativity	Rangoli designs often have line symmetry or mirror symmetry which means they can be folded along a line and the two halves will match exactly.	Maths	demonstration through videos , demo and using smart tv .
May	4	Warli Art / Gujrati Art	Traditional Cultures and Communities	Students will demonstrate understanding of the elements of art and principals of design through effective compositions.	Social Study	demonstration through videos , demo and using smart tv .
June				Summer Vacation		
July	4	Any Model / Any Diagram	Representations of a real world application.	Students will demonstrate technical ability and craftsmanship in their art works	Science	demonstration through videos , demo and using smart tv .
August	4	Sham ek kisaan	The most common important skills	Skills enable individuals to pursue their passions, unleash their potential ,and find fulfillment in their endeavors.	Hindi	demonstration through videos , demo and using smart tv .
September				Mid Term		
October	4	Poster	Develop critical thinking skill	Students analyze real world problems and understand the power of narrative to create sustainable solutions for local and global communities.	Punjabi	demonstration through videos , demo and using smart tv .
November	4	Painting	Develop thinking skill	Knowledge and skills in the use of basic tools, techniques, and processes sufficient to work from concept to finished product, including knowledge of paints and surfaces .	English	demonstration through videos , demo and using smart tv .
December	4	Calligraphy Art	Developing a strong artistic ability	developing a strong artistic ability is crucial for a successful career in calligraphy. Calligraphy is the art of forming beautiful symbols by hand and arranging them well.	Activity of art	demonstration through videos , demo and using smart tv .
January	4	Revision				
February				Term 2 (Final Exam)		

SUBJECT : PHYSICAL EDUCATION

Syllabus class 7th

Month	Period	Lesson	Skill	Teaching Methodology	Activity/ Project	Teaching Aid	Assessment	Learning Outcome
April		Warming Exercise	Jogging backpedaling Arm circle squats	Demonstration And Explanation	chart	Whistle Ground	Evaluation by the teacher on the basis of performance done by students	Overall Fitness
		Fitness Balance Diet	Agility Speed Flexibility Protein Fibre vitamin	Lecture on balanced diet	chart	Chart Black Board	Evaluation by the teacher on the basis of performance done by students	To Gain Healthy Body
May		Running and Joging	Endurance	Demonstration by teacher step by step	chart	Whistle and Track	Evaluation by the teacher on the basis of performance done by students	Develop Strength of Legs
		Rakth aur hamara sharir	Physiological effects of exercise on body	lecture	chart	PPT		Knowledge of human body
July		Fundamental Skill of Game Volley Ball Basketball	Service & smash Dribbling & passing the ball	Demonstration by teacher step by step	chart	Ball whistle Court	Evaluation by the teacher on the basis of performance done by students	Co- ordination
August		Fundamental of cricket	Stance holding bat & ball &throwing the ball	Demonstration by teacher step by step	PPT	Bat, ball &stump	Evaluation by the teacher on the basis of performance done by students	To develop strength and endurance
Sep		Exam	Exam	Exam	Exam	EXAM	EXAM	EXAM
OCT		Athletic (Track event) 200mtr 400mtr	Crouch start elongated start bunch start & baton	Demonstration by teacher step by step	chart	Whistle and Track	Evaluation by the teacher on the basis of	Strength & endurance

Syllabus class 7th

		Relay race	exchange				performance done by students	
Nov		Athletic (Field event) Shot put Long jump	Basic techniques of shotput & long jump	Demonstration by teacher step by step	chart	Whistle Shot put and Ground	Evaluation by the teacher on the basis of performance done by students	Develop Strength and Endurance
DEC		March past Formation of March past Our country (sst)	Learning march past Skills Games of different countries	Demonstration by teacher step by step	PPT	Whistle Track Maps & chart	Evaluation by the teacher on the basis of performance done by students	Co-ordination Knowledge of different games played over the globe
JAN		German Drill	Increase strength	Demonstration by teacher step by step	lecture	Cone marker	Evaluation by the teacher on the basis of performance done by students	Increase strength

WORK EXPERIENCE SYLLABUS FOR THE SESSION (2024-25)					
CLASS - VII					
MONTH	PERIOD	LESSON/ACTIVITY/ PROJECT	SKILL	LEARNING OUTCOME	TEACHING METHODOLOGY
April	8	Block Printing	block printing,transfer the design on fabric	Design composition,colour application,creating repeat patterns,fostering both artistic expression and technical proficiency	Demonstration through videos and demo
May	4	Photography	Skilled photographer	Profeciency in capturing high	Demonstration through videos and demo
July-Aug	8	Natural Tie and Dye	Nutrition Diet	Learning Cooking Without Fire	Demonstration through videos and demo
SEPT	Term -1(Evaluation & Grading)				
OCT	4	Mocktail & Salad	Culinary Skill,creativity,	Nutritional awareness,,culinary art	Demonstration Through Videos
Nov	4	Salad making	Culinary Skill,creativity,	Nutritional awareness,,culinary art,Understanding the importance of incorporating iron and vitamin-rich foods into diet	Demonstration through videos and demo
DEC & JAN	8	Tribal Face mask	Foster creativity,Cultural apperation and fine motor skill	Ability to create visually stunning masks & cultural heritage and importance of preaserving traditional craft	Demonstration through videos and demo
	Term 2 (Evaluation and Grading)				

SYLLABUS FOR CLASS VII (YOGA) 2023-24

Month	Lesson Plan	Skill	Learning outcomes	Teaching methodology	Activity Project	Classroom Assessment	Teaching Aids	Internal Assessment
April	Dhanur Asana Badh PadamAsana lesson 2 (science) Digestive system in human body	Backbone flexibility flexibility in arms	Improves the functioning of digestive system	Demonstration and explanatory methods	video making , chart making and benefits and method written in copy	Checking work (copy) demonstration by students	charts video books ,mats	Live practical and viva
May	Surya Namaskar Padmaasana, Vajrasana,	Flexibility Flexibility in lower body parts	Strengthen the body muscles	Demonstration and explanatory method	video making , chart making and benefits and method written in copy	Checking work (copy) demonstration by students	charts video books ,mats	Live practical and viva
June	SUMMER VACATION							
July	Tada Asana, Shav Asana, Uttanpad Asana CH-5 (MATHS) ANGELS	Flexibility stable body strong abdominal muscles	Increase height Gives relaxation to mind, body Beneficial for thyroid gland	Demonstration and explanatory method	video making , chart making and benefits and method written in copy	Checking work (copy) demonstration by students	charts video books ,mats	Live practical and viva
August	BhujangAsana Gomukh Asana	Backbone flexibility Flexibility in lower body parts	Beneficial in slipped disc Cures cramps in legs	Demonstration and explanatory method	video making , chart making and benefits and method written in copy	Checking work (copy) demonstration by students	charts video books ,mats	Live practical and viva
September	MID TERM EXAMS							
October	Analom -vilom Kapalbhatti Pranayam ch-10 (sci) Respiratory in organism	Strong breathing capacity	Improves the functioning of respiratory system	Demonstration and explanatory method	video making , chart making and benefits and method written in copy	Checking work (copy) demonstration by students	charts video books ,mats	Live practical and viva
November	Vrikshasna Ushtasana	Backbone flexibility stable body	Tones the leg muscles Beneficial for hunched back bone	Demonstration and explanatory method	video making , chart making and benefits and method written in copy	Checking work (copy) demonstration by students	charts video books ,mats	Live practical and viva
December	Akarn dhanur Bhunaman Asana	Flexible body	Beneficial in constipation It makes the joint supple	Demonstration and explanatory method	video making , chart making and benefits and method written in copy	Checking work (copy) demonstration by students	charts video books ,mats	Live practical and viva
January	Kapal bhati Pranayam	Strong breathing capacity	Improves the functioning of respiratory system	Demonstration and explanatory method	video making , chart making and benefits and method written in copy	Checking work (copy) demonstration by students	charts video books ,mats	Live practical and viva
February	FINAL TERM EXAMS							