



ASHA MODERN INTERNATIONAL

SYLLABUS

SESSION – 2024-25

CLASS IV

SUBJECT - ENGLISH

PRESCRIBED BOOKS-

1. Reflections (Acevision)
2. New Learner’s Grammar and Composition (Oxford)

TERM I

(A) PERIODIC TEST-I

Literature

CH-1 The Tortoise and the Geese

CH-4 Mr. Monkey and Sir Crocodile (Good Manners)

CH-6 Hanuman

POEM

CH-2 Night Breeze

GRAMMAR BOOK

L-1 Nouns

L-2 Articles

L-3 Personal and Possessive Pronouns

NOTEBOOK WORK GRAMMAR

- Antonyms (10)
- Synonyms (10)

Writing Technique : Application Writing

(B) SUBJECT ENRICHMENT ACTIVITY (SEA)

- Speaking Assessment
- Art Integrated /Subject Integrated Activity

(C) NOTEBOOK SUBMISSION

HALF-YEARLY EXAMS

SECTION-A (READING)

Two unseen passages of 5 marks each will be asked. (In MCQ form)

SECTION-B (WRITING)

1. Paragraph Writing
 2. Application Writing
 3. Message Writing
- Topics will be asked from the notebook.
 - No Choice will be given.

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SECTION-C (GRAMMAR)

15

- L-1 Nouns
- L-2 Articles
- L-3 Personal and Possessive Pronouns
- L-4 Position of Adjectives
- L-5 Helping Verbs
- L-6 Simple Present and Simple Past
- L-7 Present Continuous and Past Continuous

GRAMMAR NOTEBOOK WORK

- Homophones (10)
- Idioms (10)
- Antonyms (10)
- Synonyms (10)
- Three Forms Of Verb (20)

10

30

SECTION-D (LITERATURE)

- CH-1 The Tortoise and the Geese
- CH-4 Mr. Monkey and Sir Crocodile (Good Manners)
- CH-6 Hanuman
- CH-7 My Early Home
- CH-9 The Ugly Duckling

Poem-

- CH-2 Night Breeze
- CH-5 Stopping by Woods on a Snowy Evening

ENGLISH READING WRITING & DICTATION

25

Reading, Cursive Writing & Dictation will be asked from Chapters-1, 4, 6, 7 & 9.

Reading Exam **(10 marks)**

Dictation Exam **(10 marks)**

Cursive Writing Exam **(5 marks)**

Note: English Reading, Cursive Writing and Dictation Exam will be taken separately.

TERM II

(A) PERIODIC TEST-II

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Literature

- CH-10 Dick Whittington
- CH-12 Dreams
- CH-13 How Rubber Tyres Were Invented

POEM

- CH-11 Winter Time

GRAMMAR BOOK

- L-8 Future Time
- L-9 Adverbs
- L-10 Prepositions

NOTEBOOK WORK GRAMMAR

- Homophones (10)
- Idioms (10)

Writing Technique : Notice Writing

(B) SUBJECT ENRICHMENT ACTIVITY (SEA)

- Listening Assessment
- Art Integrated /Subject Integrated Activity

(C) NOTEBOOK SUBMISSION

ANNUAL- EXAMS

SECTION-A (READING)

Two unseen passages of 5 marks each will be asked. (In MCQ form)

SECTION-B (WRITING)

1. Paragraph Writing
2. Application Writing
3. Notice Writing

- Topics will be asked from the notebook.
- No Choice will be given.

SECTION-C (GRAMMAR)

- L-8 Future Time
- L-9 Adverbs
- L-10 Prepositions
- L- 11 Types of Sentences
- L-14 Subjects – Verb Agreement
- L-15 Conjunctions
- L-16 Homophones

GRAMMAR NOTEBOOK WORK

- Homophones (10)
- Idioms (10)
- Antonyms (10)
- Synonyms (10)
- Three Forms Of Verb (20)+ 20 verb forms done in Term 1

SECTION-D (LITERATURE)

- CH-10 Dick Whittington
- CH-12 Dreams
- CH-13 How Rubber Tyres Were Invented
- CH-15 The Magic Beads
- CH-16 Poet Raidas

Poem-

- CH-11 Winter Time
- CH-17 One Inch Tall

ENGLISH READING WRITING & DICTATION

Reading, Cursive Writing & Dictation will be asked from Chapters-10, 12, 13, 15 &16.

Reading Exam (10 marks)

Dictation Exam (10 marks)

Cursive Writing Exam (5 marks)

Note: English Reading , Cursive Writing and Dictation Exam will be taken separately.

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DELETED PORTION**(a) Reflections (Acevision)**

CH- 3 Wholstencroft, The Bear

CH- 8 The Snake (Poem)

CH- 14 You are Old, Father William (Poem)

CH-18 Rumpelstiltskin

(b) Grammar Book

L-12 Using Question Words

L-13 Subject and Predicate

L-14 Subject –Verb Agreement

Common Errors**NOTE:** Ch-17, 18, Test paper 1 and test paper 2 for practice.**PAPER PATTERN AND MARKING SCHEME FOR PERIODIC TEST I & II**

DETAILS	NO. OF QUES.	MARKS PER QUES	TOTAL
UNSEEN PASSAGE	3	1	3
WRITING TECHNIQUE	1	5	5
WORD MEANING MAKE SENTENCES (4 Out of 6)	4	2	8
QUES-ANS (4 Out of 6)	4	2	8
BACK EXERCISE (FROM REFLECTIONS)	-	-	4
GRAMMAR NOTEBOOK	-	-	05
GRAMMAR BOOK	-	-	07
TOTAL			40

MARKS DIVISION OF SECTION D FOR HALF-YEARLY & ANNUAL EXAMS

DETAILS	NO. OF QUES.	MARKS PER QUES	TOTAL
ONE EXTRACT FROM PROSE	3	1	3
ONE EXTRACT FROM POETRY	3	1	3
WORD MEANING & MAKE SENTENCES (3 Out of 6)	3	2	6
SHORT ANS TYPE QUES. (4 OUT OF 6)	4	2	8
LONG ANS TYPE QUES. (1 OUT OF 2)	1	4	4
BACK EXERCISE (FROM LITERATURE)	6	1	6
TOTAL			30

INSTRUCTIONS

- SEA activities will be conducted in class. The marks of every SEA will be added in Term Assessment.
- Prepare chapters thoroughly as any Objective Type Question may be asked.
- Marks of notebook submission will be given on the basis of work completion, in cursive writing neatness and covering of books & notebooks.
- There will be a separate exam of English Dictation, Reading , Cursive writing in both the Terms (1 reading passage will be from the Text book and 1 reading passage will be from some another book of same level.)

- Syllabus of PA I will be asked in Half-Yearly Exams.
- Syllabus of PA II will be asked in Annual Exams.
- Syllabus of Term I (PA I and Half-yearly) will not be asked in Term 2 (PA 2 and Annual) Exams.
- Each Periodic Test will be of 40 marks.
Half-yearly Exams will be of 80 marks.
Annual Exams will be of 80 marks.
- Self framed questions will carry a weightage of at least of 10 marks.

SUBJECT - HINDI

प्रस्तावित पुस्तकें :-

- 1) दिव्य भारती - ऐवरग्रीन (भाग - 4)
- 2) भाषा अधिगम एवं व्याकरण - प्राची पब्लिकेशन

TERM I

(A) PERIODIC TEST-I

हिन्दी साहित्य

पाठ -1 गंध किरण (कविता)

पाठ -2 शेर मुस्कराकर रह गया

पाठ -3 सब्जियों की नोक-झोंक

हिन्दी व्याकरण

- लिंग परिवर्तन
- मुहावरें
- वर्ण एवं शब्द
- अनुच्छेद (लेखन भाग)

(B) SUBJECT ENRICHMENT ACTIVITY (SEA) विषय संवर्धन गतिविधि

(C) NOTEBOOK SUBMISSION उत्तर पुस्तिका

HALF-YEARLY EXAMS

(A) हिन्दी साहित्य

1. पाठ-1 गंध किरण (कविता)
2. पाठ-2 शेर मुस्कराकर रह गया
3. पाठ-3 सब्जियों की नोक-झोंक
4. पाठ-4 कन्याकुमारी चले
5. पाठ-5 साइकिल से रॉकेट तक
6. पाठ-6 मित्र बना लें हम पेड़ों को (कविता)
7. पाठ-7 शरारती की बहादुरी

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(B) हिन्दी व्याकरण

1. लिंग परिवर्तन (1-15)
2. संज्ञा एवं भेद
3. हिन्दी की गिनती (61-70)
4. विलोम शब्द (1-20)
5. सर्वनाम एवं भेद
6. अंग्रेजी शब्दों का हिन्दी रूपान्तरण (1-20)
7. वर्ण एवं शब्द
8. मुहावरें (अर्थ) (1-10)
9. विराम चिन्ह
10. अनुच्छेद (लेखन भाग)
11. औपचारिक पत्र (लेखन भाग)
12. अपठित गद्यांश (बहुविकल्पीयरूप में) (लेखन भाग)

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(C) हिन्दी वाचन व हिन्दी श्रुतलेख

हिन्दी वाचन

हिन्दी श्रुतलेख

हिन्दी वाचन व श्रुतलेख परीक्षा अलग से ली जाएगी।

हिन्दी वाचन व श्रुतलेख परीक्षा पाठ 1,2,3,4,5,6,7 से ली जाएगी।

TERM II**(A) PERIODIC TEST-II**

हिन्दी साहित्य

पाठ 8 सूर्य को किसने निगला?

पाठ 9 पुष्प की अभिलाषा (कविता)

पाठ 10 पक्षियों का संसार

हिन्दी व्याकरण

- वचन परिवर्तन
- सर्वनाम
- अनेक शब्दों के लिए एक शब्द
- औपचारिक पत्र (लेखन भाग)

(B) SUBJECT ENRICHMENT ACTIVITY (SEA) विषय संवर्धन गतिविधि**(C) NOTEBOOK SUBMISSION उत्तर पुस्तिका**

ANNUAL- EXAMS

(A) हिन्दी साहित्य

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1. पाठ 8 सूर्य को किसने निगला?
2. पाठ 9 पुष्प की अभिलाषा (कविता)
3. पाठ 10 पक्षियों का संसार
4. पाठ 11 वन महोत्सव
5. पाठ 12 खजाना
6. पाठ 13 कदम्ब का पेड़(कविता)
7. पाठ 16 खेल-खेल में योग

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(B) हिन्दी व्याकरण

1. वचन परिवर्तन
2. क्रिया एवं भेद
3. हिन्दी की गिनती (71-80)
4. अनेक शब्दों के लिए एक शब्द (1-15)
5. काल एवं भेद
6. पर्यायवाची शब्द (1-15)
7. लोकोक्तियाँ (1-10)
8. अशुद्धि संशोधन
9. विशेषण
10. कहानी लेखन/अनुच्छेद लेखन (लेखन भाग)
11. औपचारिक पत्र (लेखन भाग)
12. अपठित गद्यांश

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(C) हिन्दी वाचन एवं श्रुतलेख परीक्षा

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हिन्दी वाचन

श्रुतलेख परीक्षा

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हिन्दी वाचन व श्रुतलेख परीक्षा अलग से ली जाएगी।

हिन्दी वाचन व श्रुतलेख परीक्षा पाठ 8,9,10,11,12,13,16 से ली जाएगी।

PAPER PATTERN AND MARKING SCHEME OF PERIODIC I & II

DETAILS	NO. OF QUES.	MARKS PER QUES	TOTAL
शब्दार्थ एवं वाक्य प्रयोग	3	2	6
लघु उत्तरीय प्रश्न	4	1	4
दीर्घ उत्तरीय प्रश्न	3	2	6
रिक्त स्थान	4	0.5	2
किसने किससे कहा	2	1	2

गद्यांश प्रश्न- उत्तर	4	1	4
व्याकरण			12
लेखन भाग			4
कुल अंक			40

PAPER PATTERN & MARKING SCHEME FOR HALF-YEARLY & ANNUAL EXAMS

DETAILS	NO. OF QUES.	MARKS PER QUES	TOTAL
गद्यांश पर आधारित प्रश्नोत्तर	4	1	4
पद्यांश पर आधारित प्रश्नोत्तर	4	1	4
शब्दार्थ एवं वाक्य प्रयोग (5 में से 4)	4	2	8
लघु उत्तरीय प्रश्न (5 में से 4)	4	1	4
दीर्घ उत्तरीय प्रश्न (5 में से 4)	4	2	8
रिक्त स्थान	4	1	4
बहुविकल्पीय प्रश्न उत्तर	3	1	3
पुस्तक अभ्यास कार्य	3	1	3
किसने किससे कहा	2	1	2
व्याकरण			40
कुल अंक			80

निर्देश:

- समस्त पाठ्यक्रम का भली-भांति अध्ययन करें क्योंकि प्रत्येक परीक्षा में 10 अंक में स्वनिर्मित प्रश्न पूछे जाएंगे 1
- व्याकरण भाग से वार्षिक परीक्षा में लेखन भाग अर्द्धवार्षिक पाठ्यक्रम से भी शामिल किया किया जाएगा।
- विषय संवर्धन गतिविधि (**SEA ACTIVITY**) कक्षा में ही कराई जाएगी तथा इसके अंक अर्द्धवार्षिक एवं वार्षिक परीक्षा में जोड़े जाएंगे 1
- वाचन व श्रुतलेख की परीक्षा अर्द्धवार्षिक एवं वार्षिक परीक्षा में अलग से ली जाएगी 1

SUBJECT – MATHS

PRESCRIBED BOOK:- MATHS GENIUS!

BY: R.K GUPTA

TERM I

(A) PERIODIC TEST-I

Ch-1 Large Numbers

Ch-2 Addition and Subtraction

Ch-3 Multiplication

(B) SUBJECT ENRICHMENT ACTIVITY (SEA)

(C) NOTEBOOK SUBMISSION

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HALF-YEARLY EXAMS

MATHS WRITTEN

- Ch-1 Large Numbers
- Ch-2 Addition and Subtraction
- Ch-3 Multiplication
- Ch-4 Division
- Ch-6 Fraction
- Ch-7 Introduction to Decimals
- Ch-8 Symmetry & Pattern

MATHS DICTATION & ORAL

MATHS DICTATION

Dictation upto 9,99,99,999

MATHS ORAL

- Tables 2 to 18
- What Comes After, Before & Between upto 9999
- Dodging Tables 2 to 18
- Mathematical Facts

TERM II

(A) PERIODIC TEST-II

- Ch- 5 Factors & Multiples
- Ch- 8 Geometry
- Ch- 11 Perimeter and Area

(B) SUBJECT ENRICHMENT ACTIVITY (SEA)

(C) NOTEBOOK SUBMISSION

ANNUAL- EXAMS

MATHS WRITTEN

- Ch- 5 Factors and Multiples
- Ch- 8 Geometry
- Ch- 10 Measurement
- Ch- 11 Perimeter and Area
- Ch- 12 Time
- Ch- 13 Money
- Ch- 14 Data Handling
- Ch- 1 Large Numbers (From Half-Yearly)

MATHS DICTATION & ORAL

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MATHS DICTATION

Dictation upto 9,99,99,999

MATHS ORAL

- Tables 2 to 20
- What Comes After, Before, Between upto 9999
- Dodging Tables 2 to 20
- Mathematical Facts

15

PAPER PATTERN AND MARKING SCHEME OF PERIODIC I & II

DETAILS	NO. OF QUES.	MARKS PER QUES	TOTAL
Very Short Questions	10	1	10
Short Questions Type - 1	5	2	10
Short Questions Type -2	4	3	12
Long Questions	2	4	8
TOTAL			40

PAPER PATTERN & MARKING SCHEME FOR HALF-YEARLY & ANNUAL EXAMS

DETAILS	NO. OF QUES.	MARKS PER QUES	TOTAL
Very Short Questions	20	1	20
Short Questions Type - 1	10	2	20
Short Questions Type -2	8	3	24
Long Questions	4	4	16
TOTAL			80

INSTRUCTIONS:-

- One mark Questions comprise of MCQ, True/False, Fill ups and One word.
- Paper setter may increase or decrease the weightage of the chapters by 1 or 2 marks.
- In each Term questions of 10 marks may be out of book but from the Syllabus.
- Oral and Dictation Assessment will be conducted in Half-Yearly & Annual Exams.

SUBJECT – EVS**PRESCRIBED BOOK :- e-ENVIRONMENTAL STUDIES****BY :- RACHNA SAGAR****TERM - I****(A) PERIODIC TEST-I**

- Ch-3 My Extended Family
- Ch-5 Work and Play
- Ch-6 Learning Skills
- Ch-8 Animals and their Friends

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(B) SUBJECT ENRICHMENT ACTIVITY (SEA)**(C) NOTEBOOK SUBMISSION**

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HALF-YEARLY EXAMS

80

Ch-3 My Extended Family
Ch-5 Work And Play
Ch-6 Learning Skills
Ch-8 Animals And Their Friends
Ch-9 Plants
Ch-10 Flowers
Ch-11 How We Get Our Food
Ch-12 Tongue And Teeth
Ch-13 Beaks And Claws

TERM - II

(A) PERIODIC TEST-II

Ch-14 Houses – Then and Now
Ch-15 Waste Disposal
Ch-16 The Story of Aman Jungle
Ch-18 Water as a Natural Resource

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(B) SUBJECT ENRICHMENT ACTIVITY (SEA)

(C) NOTEBOOK SUBMISSION

10

05

ANNUAL EXAMS

80

Ch-14 Houses – Then and Now
Ch-15 Waste Disposal
Ch-16 The Story of Aman Jungle
Ch-18 Water as a Natural Resource
Ch-19 Water Pollution
Ch-20 Water Changes Forms
Ch-21 Animals For Transport
Ch-23 Reaching Places
Ch-24 Brick by Brick

PAPER PATTERN AND MARKING SCHEME OF PERIODIC I & II

DETAILS	NO. OF QUES.	MARKS PER QUES	TOTAL
MCQs	5	1	5
Fill Ups	5	1	5
Short Questions Type Ques	4	2	8
Long Questions Type Ques.	4	3	12
Match	5	1	05
True False	5	1	05
TOTAL			40

PAPER PATTERN & MARKING SCHEME FOR HALF-YEARLY & ANNUAL EXAMS

DETAILS	NO. OF QUES.	MARKS PER QUES	TOTAL
MCQs	8	1	8
Fill Ups	8	1	8
True False	4	1	4
Match	4	1	4
Answer In One Word	4	1	4
Short Q/Ans (10 out of 11)	10	2	20
Long Q/Ans (6 out of 8)	6	3	18
LABEL/ Draw The Diagram	4	1	4
Achiever Section (Picture Based)	2	2	4
Case Study	2	3	6
TOTAL			80

NOTE:

1. Ch- 1 (A Visit to my Grand Parents's House) and Ch-2 (New Family Members) are for Class discussion only.
2. Ch-17 (Kishangarh) and Ch-22 (Playing for Travel) will be covered under SEA.
3. Deleted Chapters
Ch-4 (Special People)
Ch-7 (Fun & Fairs)

INSTRUCTIONS:

- 3 Questions will be given in each case study . Each question carries one mark. 2 questions will be in Q/Ans form & one question will be in MCQ form.

SUBJECT – COMPUTER

PRESCRIBED BOOK :- DIGICODE AI

BY :- ORANGE EDUCATION

HALF-YEARLY EXAMS

PART (A) THEORY EXAM

- Ch-1 More on windows 10
- Ch-2 Graphics in word
- Ch-3 Tables in word
- Ch-4 Introduction to PowerPoint 2016
- Ch-5 More on Internet

PART (B) PRACTICAL EXAM & INTERNAL ASSESSMENT

- Word
- PowerPoint
- Notebook
- Activity
- Class Tests

50

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ANNUAL- EXAMS

PART (A) THEORY EXAM

Ch- 6 Visual Processing
Ch- 7 Blocks in Scratch
Ch- 8 Introduction to Kodu Game Lab
Ch- 9 AI Time line
Ch-10 AI & Non-AI Robots

50

PART (B) PRACTICAL EXAM & INTERNAL ASSESSMENT

- Blocks in Scratch
- Introduction to Kodu Game
- Notebook
- Activity
- Class Tests

50

PAPER PATTERN & MARKING SCHEME FOR HALF-YEARLY & ANNUAL EXAMS

DETAILS	NO. OF QUES.	MARKS PER QUES	TOTAL
MCQ	10	1	10
True/False	5	1	5
Fill Ups	5	1	5
Match	5	1	5
One word (self-made)	5	1	5
Short Ques. Ans	4	2	8
Long Ques. Ans (4 Out of 5)	4	3	12
TOTAL			50

SUBJECT – G.K

PRESCRIBED BOOK :- KNOW FOR SURE (4)

BY :- INDIANNICA LEARNING

HALF-YEARLY EXAMS

PAGES- 1, 2, 3, 4, 5, 6, 9 (quick quiz), 10, 11, 13 (quick quiz), 15, 17 (quick quiz), 18, 21, 22, 23, 25 (quick quiz), 27, 28, 29, 30, 31, 33(quick quiz), 35, Model test paper- 1 (Pg-76).

PICTURE BASED PAGES: 2, 4, 5, 10, 11, 12, 13, 18, 20 & 26.

SELF MADE QUESTIONS FROM PAGES: 8, 9, 12, 13, 16, 17 + Current Affairs.

REASONING QUESTIONS (based on the concepts taught in the class) – Pattern, Series.

DELETED PAGES: 7, 14, 19, 24, 32 & 34.

SUBJECT ENRICHMENT ACTIVITY (SEA)

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ANNUAL EXAMS

PAGES – 40, 43, 44, 46, 47, 49 (quick quiz), 50, 51, 52, 54, 56, 57, 58, 59, 61, 63 (quick quiz), 65 (quick quiz), 66, 67, 69 (quick quiz), 71 (quick quiz), 73 (quick quiz), 74, 75, Model test paper- 2 (Pg-77).

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PICTURE BASED PAGES:- 39, 41, 45, 46, 47, 50, 51 & 66.

SELF MADE QUESTIONS FROM PAGES: - 48, 49, 60, 62, 63, 64, 65, 68, 69, 70, 71, 72, 73 + Current Affairs.

REASONING QUESTIONS (based on the concepts taught in the class) – Classification + Alphabet Test.

DELETED PAGES: 36, 37, 38, 42, 53 & 55.

SUBJECT ENRICHMENT ACTIVITY (SEA)

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PAPER PATTERN & MARKING SCHEME FOR HALF-YEARLY & ANNUAL EXAMS

DETAILS	NO. OF QUES.	MARKS PER QUES	TOTAL
FILL UPS	8	1	8
ONE WORD	8	1	8
CURRENT AFFAIRS	5	1	5
MCQs	12	0.5	6
REASONING	5	1	5
PICTURE BASED	4	1	4
TRUE FALSE	8	0.5	4
TOTAL			40

INSTRUCTIONS:

1. Picture based questions will be asked only from the pages mentioned in the syllabus. However some other questions may also asked from these pages.
2. Reasoning questions will be based on the concepts taught in the class but different from those questions which are discussed in the class.
3. Self-made questions and general questions will be asked from those given in the notebook.

SUBJECT – ART

PRESCRIBED BOOK :- Made Easy Art Workplace-4

By: Amazing Books

<u>TERM I</u>	<u>TERM II</u>
<u>HALF-YEARLY EXAMS</u>	<u>ANNUAL- EXAMS</u>
(A) Colour Book Page No. 3 to 25 (10)	(A) Colour Book Page No. 27 to 48 (10)
(B) Draw & Colour (40) Topics	(B) Draw & Colour (40) Topics
<ol style="list-style-type: none"> 1. Duck 2. Hot air Balloon 3. Scenery 4. Robot 5. Joker 6. Cake 7. Border Design with crayon colours 	<ol style="list-style-type: none"> 1. Helicopter/ Aeroplane 2. Fruit/ Basket 3. Teddy 4. Pencil Holder 5. Geometrical Design 6. Fish swim in water 7. Crayon colour Texture on paper

INSTRUCTIONS :-

1. Use only Crayons colour for Colouring and Sketch pen for outline.
2. There will be on the spot Exam in Half-yearly & Annual Exams.
3. Two Colouring topics will be asked in Half-yearly & Annual Exams.

SUBJECT – MUSIC

(PART-I)

TERM-I

HINDI PRAYER

- Namokar Mantra
- Tu Hi Ram Hai

ENGLISH PRAYER

- Like a Sunflower

NATIONAL ANTHEM

- Jana Gana Mana

TERM-II

HINDI PRAYER

- Gayatri Mantra

ENGLISH PRAYER

- I have come to thee

NATIONAL SONG

- Vande Mataram

SCHOOL ANTHEM

- To The North Eastern Side of Saharanpur

3. भ्रामरी
4. सुखासन

शारीरिक स्वास्थ्य एवं आसन

1. स्कन्द संचालन
2. कटि चक्रासन
3. ताडासन
4. कोणासन
5. उत्कटासन
6. तपासन- वृक्षासन
7. तितली आसन
8. चक्की चालन
9. पश्चिमोत्तानासन
10. आकर्ण धनुरासन
11. चक्रासन

TERM-II

स्थिरता एकाग्रता एवं मानसिक स्वास्थ्य

1. ॐ कार
2. माँ का ध्यान
3. भ्रामरी
4. सुखासन

शारीरिक स्वास्थ्य एवं आसन-

1. वज्रासन
2. पदमासन
3. भद्रासन
4. धनुरासन
5. पूर्ण भुजंगासन

विशिष्टासन

1. चक्रासन
2. मयूरासन
3. कुक्कुटासन
4. गर्भासन
5. हलासन

