

CURRICULUM PLANNER

CLASS-VII

SESSION- 2025-26

S.No.	Subject
1.	English
2.	Hindi
3.	Mathematics
4.	Science
5.	Social Science
6.	Sanskrit
7.	ICT
8.	Music
9.	Dance
10.	Art and Craft
11.	Sports
12.	Moral Education

CURRICULUM PLAN
English
VII
2025-2026

General Objectives-

To enable the learners to-

- Recognise and identify the main points of the text.
- Communicate effectively beyond the curriculum..
- Develop and integrate the use of language skills.
- Develop appreciation of english language.
- Revise and reinforce structure already learnt.

Month	Chapter/Topic	Teaching Methodology	Learning Outcomes
April 20	Lit. Monkey Trouble,	Interactive, Panel Discussion, crossword, *Weave a story *Campaign to protect and love animals	Comprehend the text, Vocabulary Enrichment, Appreciate the Content, Problem Solving.
	Birdie , Will You Pet	Interactive, Paraphrasing , PDF , Worksheets *Panel discussion *Poem Recitation	Identify the poetic devices Imbibe the values
	Reader People At Work	Interactive, Reading , Discussion	Comprehend the text Extensive Reading
	WS Notice Writing	Sample writing, Interactive	Improved written Communication
May 15	Lit A Hero	Interactive , Role Play *Idioms with meaning and sentences on Courage(SDG) *A Comic Strip on your favourite scene.	Comprehend the text, Vocabulary Enrichment, Appreciate the Content, Problem Solving.

	Practice Book Articles	Interactive, Discussion after explanation	Application in real life conversation
	Reader Relationships	Interactive	Better Understanding
	WS Message Writing	Interactive	Better Communication
	Bonus Reading Number the Stars By Lois Lowry	Self Reading	Vocabulary Enhancement, better communication
July 24	Lit Fight, Manju , Fight	Interactive, Reading in Turns, mind map, *Movie Review after viewing- Butterfly Circus *Attitude of classmates towards special children/differently abled -A Glimpse	Deduce the meaning of lexical items, understand difficult situations in life. Analyse and interpret the text
	I Dream a World,	Recitation/Loud reading with correct pronunciation and stress *Draw the world of your dream	Encourage imagination, Will be specific in reflection ,expression, and individual opinion.

		and label it *Deliver a short speech on how we as children can replace hatred with affection for each other	
	Practice Book	Interactive	Application while writing
	The Sentence		
	Reader Attitude	Interactive	Improved understanding
	WS Email Writing	Interactive	Improved Written Communication
Aug 21	Lit Stone Soup In Bohemia	Interactive, loud reading followed by silent reading *Role Play *My Story	Gain textual knowledge, infer character traits of the protagonist Vocabulary enhancement,

	The Spider and the Fly	Interactive ,recitation keeping in mind theIntonation and stress *Dialogues between the spider and fly as true friends *Join the dots-listening activity	Identify the poetic devices, imbibe the values, choosing true friends.
	Practice Book The Compound Sentence Phrases and Clauses	worksheets	Application while writing and speaking
	Reader Achievers	Interactive	Improve understanding
	WS Informal Letter Writing	Interactive	Better written communication
	Bonus Reading Number The Stars-Lois Lowry	Self Reading	Vocabulary Enhancement ,better communication
Sept 11	Lit A Stormy Adventure	Interactive, loud reading followed by silent reading *Collect info. on 5 devastating storms that occurred in sea *Crossword	Vocabulary enhancement ,be courageous, alert and aware
	Practice Book Transitive and Intransitive Verbs Modals	Interactive Interactive	Application Application
Oct 17	Lit Friends and Flatterers	Interactive, recitation with correct intonation and stress *Comic Strip of a banter between you and your friend. *Acrostic poem on your best	Vocabulary enhancement, Be specific in reflection
		Friend's name.	
	Practice Book	Interactive	Application while writing and speaking
	Passive Voice Linkers	Interactive	Application while writing and speaking
	Reader The Future World	Interactive	Better understanding
	WS Article Writing	Interactive	Better written communication
	Bonus Reading The Adventures Of Tom Sawyer By Mark Twain	Self Reading	Vocabulary Enhancement ,better communication

Nov 22	Lit The Human Robot	Interactive, loud reading followed by Silent reading. *What does my robot do? *PPT-Hi tech life and its comforts.	Understand the text, make wise use technology imbibing values
	Practice Book Reported Speech Perfect Progressive Tenses	Interactive Interactive	Improved Communication Improved Communication
Dec 22	Lit Chocolates in Your Dreams Too	Interactive, loud reading followed by Silent Reading *Pamphlet for awareness * Survey /data collection on / of few products that we consume daily	Awareness about healthy and unhealthy food Adopting healthy lifestyle
	Practice Book Future Time Reference Reader Unity In Diversity	Interactive Interactive Interactive	Improved Communication Better Understanding
	Speech Writing Bonus Reading The Adventures Of Tom Sawyer By Mark Twain	Interactive Self Reading	Better Written Communication Vocabulary Enhancement ,better communication
Jan 17	Revision	Interactive/worksheets	-----

Summer Break Home Work

Revise all chapters done so far.

Art Integrated Project

Compare and contrast Uttar Pradesh and Arunachal Pradesh w.r.t Food, Dresses and Festivals.

Read the Book Number The Stars By Lois Lowry

Winter Break Home Work

Revise whole syllabus done in class.

पाठ्यक्रम-योजना

सत्र 2025-26

कक्षा-सातवीं

भाषा शिक्षण उद्देश्य-

- दैनिक जीवन में हिन्दी को समझने, बोलने के साथ-साथ लिखने की क्षमता का विकास।
- हिन्दी के किशोर-साहित्य, अखबार व पत्रिकाओं को पढ़कर समझ पाना और उसका आनंद उठाने की क्षमता का विकास।
- औपचारिक विषयों और संदर्भों में बातचीत में भाग ले पाने की क्षमता का विकास।
- हिन्दी के जरिए अपने अनुभव संसार को लिख कर सहज अभिव्यक्त कर पाने में सक्षम बनाना।
- संचार के विभिन्न माध्यमों में प्रयुक्त हिन्दी के विभिन्न रूपों को समझने की योग्यता का विकास।
- कक्षा में बहुभाषिक, बहुसांस्कृतिक संदर्भों के प्रति संवेदनशील सकारात्मक सोच बनाना।
- अपनी मातृभाषा और परिवेशगत भाषा को साथ रखकर हिन्दी की संरचनाओं की समझ बनाना।
- सामाजिक मुद्दों पर समझ बनाना।
- कविता, कहानी तथा घटनाओं को रोचक ढंग से लिखना।
- जाति, धर्म, रीति-रिवाज तथा लिंग के विषय को समझने की क्षमता का विकास।
- भाषा एवं साहित्य को समझने एवं आत्मसात करने की दक्षता का विकास।
- भाषा के व्यावहारिक प्रयोग से शब्द भंडार में वृद्धि।
- मौलिक लेखन एवं सृजनात्मक प्रवृत्ति का विकास।
- समसामयिक विषयों को तार्किक ढंग से संगठित कर अभिव्यक्ति करना।
- जीवन मूल्यों, नैतिक मूल्यों जैसे गुणों का विकास करना।

पाठ्य पुस्तकें-ज्ञान सागर व अभ्यास सागर

अप्रैल 20 दिवस

<u>मास/कार्य दिवस</u>	<u>पाठ का नाम</u>	<u>शिक्षण युक्ति</u>	<u>अधिगम प्राप्ति</u>
अप्रैल 20 दिवस	बारहमासा	<ul style="list-style-type: none"> -कविता वाचन -प्रवाह चित्र -व्याख्यात्मक विधि -उदाहरण शैली -प्रश्नोत्तर विधि -पी.पी.टी. -अभ्यास पत्र -विभिन्न त्योहारों के चित्र एकत्र कीजिए और भित्ति पत्रिका में लगाइए। <p style="text-align: center;"><u>एस.डी.जी गोल्स-4</u> <u>गुणवतापूर्ण शिक्षा</u></p>	<ul style="list-style-type: none"> -प्रत्येक महीने की विशेषताओं को समझ पाएंगे । - प्रकृति के परिवर्तन को समझ सकेंगे। - संगीत से जुड़े वाद्य यंत्रों के बारे में बताते हुए शास्त्रीय संगीत का महत्व समझ सकेंगे। - प्रत्येक ऋतु व त्योहार का अनुभव करते हुए संस्कृति से जुड़ाव । -जलवायु के परिवर्तन से सामान्य जन-जीवन पर प्रभाव ।
	नाटक में नाटक	<ul style="list-style-type: none"> -प्रवाह चित्र -व्याख्यात्मक विधि -प्रश्नोत्तर विधि -स्पष्टीकरण -पी.पी.टी. -अभ्यास पत्र - कक्षा में छात्रों को एक नाटक तैयार करने के लिए दिया जाएगा । नाटक प्रस्तुति के पश्चात उनसे सामूहिक चर्चा की जाएगी कि नाटक प्रस्तुति के दौरान उनके अनुभव कैसे रहे । क्या नाटक का जो उद्देश्य था वो सफलता पूर्वक सब तक 	<ul style="list-style-type: none"> -नाट्य शैली से अवगत होंगे । - जीवन मूल्यों व नैतिक मूल्यों जैसे गुणों का विकास होगा । - संवाद अभिनय के द्वारा संवाद शैली का विकास हो पाएगा । -समसामयिक विषयों को तार्किक ढंग से संगठित कर अभिव्यक्ति करने का प्रयास ।

		संप्रेक्षित कर पाये ? एस.डी.जी. गोल्स-17 लक्ष्य हेतु भागीदारी	
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मई 15 दिवस

<u>मास/कार्य दिवस</u>	<u>पाठ का नाम</u>	<u>शिक्षण युक्ति</u>	<u>अधिगम प्राप्ति</u>
मई 15 दिवस	निर्मला,साँप और सयाल	-प्रवाह चित्र -स्पष्टीकरण -कथानक शैली -प्रश्नोत्तर विधि -विवेचनात्मक विधि -अभ्यास पत्र -साहस के गुण पर कोई कविता/ कहानी/ प्रसंग/ संस्मरण/ पीपीटी/ पोस्टर/ अनुच्छेद लेखन/ नारा लेखन/ नाटक तैयार कीजिए। एस.डी.जी गोल्स-4.गुणवत्तापूर्ण शिक्षा	- छात्र सच्ची मित्रता की कीमत पहचानेंगे । - मित्रों की मदद करने को तत्पर होंगे । - किसी को मुसीबत में फँसे देखकर उसकी मदद करने की भावना का विकास होगा। - जीवन में विपरीत स्थितियों में संयम, समझदारी से मुकाबला करने की आवश्यकता होती है यह समझ पाएंगे।
	अनुस्वार व अनुनासिक	-प्रवाह चित्र -निगमनात्मक विधि -प्रश्नोत्तर विधि -दृष्टांत विधि -अभ्यास पत्र -कक्षा कक्ष में खेल के माध्यम से शब्दों का उच्चारण अभ्यास।	-छात्र अनुस्वार व अनुनासिक शब्दों का उचित रूप में उच्चारण सीख पायेंगे।

जुलाई 24 दिवस

मास/कार्य दिवस	पाठ का नाम	शिक्षण युक्ति	अधिगम प्राप्ति
जुलाई 24 दिवस	बातूनी	<p>-प्रवाह चित्र -उदाहरण विधि -प्रश्नोत्तर विधि -स्पष्टीकरण विधि -दृश्य/श्रव्य माध्यम -अभ्यास पत्र</p> <p>- पाठ के आधार पर सज्जन व्यक्ति का चरित्र चित्रण मीन आरेख द्वारा कीजिये ।</p> <p><u>एस.डी.जी. गोल्स-17 लक्ष्य हेतु भागीदारी</u></p>	<p>- पाठ में निहित परोपकार के मूल्य को समझेंगे । - अपने कार्य को स्वयं करने के महत्व को समझेंगे । - सीमा से अधिक बोलने के नुकसान जान पाएंगे।</p>
	समय	<p>-प्रवाह चित्र - कविता का सस्वर वाचन - भावार्थ स्पष्टीकरण विधि -उदाहरण विधि -प्रश्नोत्तर विधि -अभ्यास पत्र</p> <p>छात्रों द्वारा समय के पर्यायवाची शब्दों को सूचीबद्ध करते हुए शब्द चक्र का निर्माण करेंगे ।</p> <p>अभिन्यात्मक प्रस्तुति, गीत गायन' लघु कथा निर्माण ।</p> <p><u>एस.डी.जी. गोल्स</u> <u>- 4 गुणवत्तापूर्ण शिक्षा</u> <u>-17 लक्ष्य हेतु भागीदारी</u></p>	<p>- जीवन में समय की कीमत को समझ पायेंगे। - विश्लेषण करने की दृष्टि प्राप्त होगी,जिससे किसी भी निष्कर्ष पर पहुंचना सीखेंगे व दूरदर्शी होंगे । - समय के महत्व को समझ कर समय का सदुपयोग करेंगे ।</p>

	उपसर्ग व प्रत्यय	-प्रवाह चित्र -उदाहरण विधि -प्रश्नोत्तर विधि -पी.पी.टी. -दृश्य/श्रव्य माध्यम -अभ्यास पत्र -उपसर्ग और प्रत्यय की सहायता से शब्दों का नवनिर्माण करें।	-छात्र शब्दों में प्रयोग होने वाले उपसर्ग व प्रत्यय से परिचित हो पाएंगे। -छात्र मूल शब्दों में उपसर्ग व प्रत्यय जोड़ कर नए शब्द का निर्माण करना सीख पाएंगे।
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अगस्त 21 दिवस

मास/कार्य दिवस	पाठ का नाम	शिक्षण युक्ति	अधिगम प्राप्ति
अगस्त 21 दिवस	स्कूल की छुट्टियाँ	-प्रवाह चित्र -उदाहरण विधि -कथानक वर्णन -अभ्यास पत्र आपने अपनी गर्मियों की छुट्टियों को किस तरह व्यतीत की कक्षा में सुनाए <u>एस.डी.जी. गोल्स-3 स्वस्थ जीवन और आरोग्य</u>	- छात्र स्कूल की छुट्टियों का सदुपयोग करना सीखेंगे - अन्य पुस्तकें पढ़ने की आदत से अवगत होंगे - अपने से बड़ों का आदर सम्मान करना सीख पाएंगे अपनी पढ़ाई के लिए समय-सारणी का निर्माण कर पाएंगे
	एवरेस्ट की चुनौती	-प्रवाह चित्र -उदाहरण विधि -यात्रा वृत्तांत -प्रश्नोत्तर विधि -स्पष्टीकरण -अभ्यास पत्र अनौपचारिक पत्र - किसी	-पर्वतारोहण के विभिन्न आयामों की जानकारी व पर्वतारोहियों की चुनौतियों से अवगत होंगे - विभिन्न परिस्थितियों में से कभी हार न मानने के भाव को समझेंगे साहस,हिम्मत,सहभागिता, सहयोग और निडरता जैसे गुणों को

		<p>पर्वतीय यात्रा का वर्णन करते हुए अपने मित्र को पत्र लिखिए ।</p> <p>एस.डी.जी. गोल्स- 5 लैंगिक समानता</p>	जान पाएंगे ।
	चित्र-वर्णन	<p>-प्रवाह चित्र -उदाहरण विधि -मस्तिष्क मंथन विधि -स्पष्टीकरण विधि -पी.पी.टी. -दृश्य/श्रव्य माध्यम -अभ्यास पत्र</p>	<p>-छात्र चित्रों को देखकर अपनी कल्पनाशक्ति का प्रयोग करना सीख पायेंगे। -चित्रों के सूक्ष्म विवरणों पर ध्यान दे पायेंगे।</p>

सितंबर 11 दिवस

मास/कार्य दिवस	पाठ का नाम	शिक्षण युक्ति	अधिगम प्राप्ति
सितंबर 11 दिवस	सवाल का जवाब	<p>-प्रवाह चित्र -कथानक वर्णन -व्याख्यात्मक विधि -उदाहरण विधि -प्रश्नोत्तर विधि -उदाहरण विधि -अभ्यास पत्र</p> <p>- कक्षा में 'कौन बनेगा करोड़पति' की तर्ज पर एक प्रतियोगिता का आयोजन करवाया जाएगा । जिसमें छात्रों से प्रश्न पूछकर उत्तर लिए जाएंगे ।</p> <p>एस.डी.जी. गोल्स- 1 गरीबी का अंत</p>	<p>-छात्र अपने जीवन में सही का साथ देकर जीवन को कुशल बना पाएंगे ।</p> <p>- किसी भी विषय पर सवाल-जवाब करने के प्रति रुचि उत्पन्न करना ।</p> <p>-छात्र गरीब बच्चों की मदद के लिए प्रोत्साहित हो पाएंगे ।</p>

	<p>2. उस रात की बात</p>	<p>-प्रवाह चित्र - कथानक वर्णन -स्पष्टीकरण विधि -प्रश्नोत्तर विधि -अभ्यास पत्र</p> <p><u>एस.डी.जी. गोल्स-</u> <u>4 गुणवत्ता पूर्ण शिक्षा</u> विद्यालय में कार्यरत कर्मचारियों को विद्यार्थियों द्वारा उनकी सेवाओं के प्रति धन्यवाद देने के लिए 'धन्यवाद कार्ड' बनवाये जायेंगे। <u>10 असमानता में कमी</u> छात्रों को उनके घर या घर के आस-पास काम करने वाले कर्मचारियों के बच्चों को उनकी शिक्षा में मदद करने के लिए प्रेरित किया जाएगा</p>	<p>-छात्र जीवन में मदद के भावों का जीवन में क्या लाभ है, सीख पायेंगे। -मनुष्यता के सच्चे भाव को जान पाएंगे। -समाज के उपेक्षित लोगों के प्रति संवेदनशील होने की प्रेरणा ले पाएंगे। -मानवता और दयालुता के अंतर को समझ पायेंगे।</p>
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अक्टूबर 17 दिवस

<u>मास/कार्य दिवस</u>	<u>पाठ का नाम</u>	<u>शिक्षण युक्ति</u>	<u>अधिगम प्राप्ति</u>
अक्टूबर 17 दिवस	पत्र	<p>-प्रवाह चित्र -व्याख्यात्मक विधि -उदाहरण विधि -पी.पी.टी. -दृश्य माध्यम -अभ्यास पत्र</p> <p>-किन्हीं दो विषय पर अनौपचारिक पत्र लिखें।</p>	<p>- छात्र पत्र के अनौपचारिक स्वरूप को समझ पायेंगे। - छात्र पत्र लेखन करते समय किन सावधानियों को याद रखना है उन्हें याद रख पायेंगे।</p>

	दोहे	<ul style="list-style-type: none"> -प्रवाह चित्र -सस्वर पठन -पाठन -भावार्थ -व्याख्यात्मक विधि -प्रश्नोत्तर विधि -अभ्यास पत्र -कवियों द्वारा लिखे गए दोहों का सस्वर वाचन करेंगे एस.डी.जी गोल्स-4 गुणवत्तापूर्ण शिक्षा एस.डी.जी. गोल्स-16 शांति, न्याय और सशक्त 	<ul style="list-style-type: none"> - छात्र रहीम, कबीर व वृंद जैसे महान कवियों द्वारा जन-साधारण को दी गयी सीख कम ज्ञान ले पाएंगे । - दोहों में निहित मूल्यों के माध्यम से समाज के प्रति अपने उत्तरदायित्व का बोध होगा। - चिंतन-मनन द्वारा जीवन कौशल के विकास हेतु प्रेरित होंगे तथा व्यावहारिक जीवन से जोड़ सकेंगे ।
	विराम-चिह्न	<ul style="list-style-type: none"> -प्रवाह चित्र -स्पष्टीकरण विधि -पी.पी.टी. -दृश्य/श्रव्य माध्यम -अभ्यास पत्र 	-हिन्दी की गद्य/पद्य विधा में विराम चिह्नों की महत्ता को समझ पायेंगे।

नवम्बर 22 दिवस

मास/कार्य दिवस	पाठ का नाम	शिक्षण युक्ति	अधिगम प्राप्ति
नवम्बर 22 दिवस	साहस को सलाम	<ul style="list-style-type: none"> -प्रवाह चित्र -कहानी कथन विधि - आत्मकथा वर्णन -मस्तिष्क मंथन विधि -प्रश्नोत्तर विधि -पी.पी.टी. -दृश्य/श्रव्य माध्यम -अभ्यास पत्र 	<ul style="list-style-type: none"> - छात्र खुद पर विश्वास, दृढ़-इच्छाशक्ति और लक्ष्य के प्रति समर्पण की भावना जैसे जीवन मूल्यों से प्रेरित हो सकेंगे । - कुछ दिव्यांग व्यक्तियों की विशेष उपलब्धियों के बारे में जानकारी प्राप्त कर सकेंगे ।

		<p>-असमानता को कम करने के लिए हम क्या कर सकते हैं ? पुष्प जाल पर दर्शाए ।</p> <p>एस.डी.जी. गोल्स-5 लैंगिक समानता</p> <p>10 असमानता में कमी</p> <p>किसी एक दिव्यांग व्यक्ति के बारे में जानकारी एकत्रित कीजिए कि वह किस समस्या से गुज़रा और अपने जीवन में सफलता कैसे प्राप्त की ?</p>	<p>-छात्रों को कठिन समय में आने वाली चुनौतियों को कैसे सुलझाना है, जान पाएंगे ।</p>
	<p>अन्नदाता कृषक</p>	<p>-प्रवाह चित्र</p> <p>-व्याख्यात्मक विधि</p> <p>-दृश्य/श्रव्य माध्यम</p> <p>-अभ्यास पत्र</p> <p>खेती करते हुए या हल जोतते हुए किसान का एक सुंदर-सा पोस्टर बनाइए ।</p> <p>- अन्न की बरबादी को रोकने के कोई तीन उपाय लिखिए ।</p> <p>-फसलों पर आधारित कोई दो त्योहारों के चित्र बनाइये ।</p> <p>एस.डी.जी गोल्स-</p> <p>2- भुखमरी से मुक्ति</p> <p>13- जलवायु परिवर्तन</p>	<p>- कविता पर विश्लेषण करने के बाद यह समझ सकेंगे कि किसान का जीवन संघर्षों से भरा होने के बावजूद भी समाज में लोगों की भूख मिटाने के लिए किसान अथक परिश्रम करता है ।</p> <p>- विश्लेषण करने की दृष्टि प्राप्त होगी,जिससे किसी भी निष्कर्ष पर पहुंचना सीखेंगे व दूरदर्शी होंगे</p> <p>-छात्र कविता की भाषा की मार्मिकता को समझ पायेंगे।</p>

दिसंबर 22 दिवस

<u>मास/कार्य दिवस</u>	<u>पाठ का नाम</u>	<u>शिक्षण युक्ति</u>	<u>अधिगम प्राप्ति</u>
दिसंबर 22 दिवस	देशभक्त पुरु	-प्रवाह चित्र -व्याख्यात्मक विधि	- छात्र उचित हाव-भाव सहित एकांकी का अभिनय कर सकेंगे ।

		<p>-कहानी विधि -उदाहरण विधि -विवेचनात्मक विधि -प्रश्नोत्तर विधि -दृश्य/श्रव्य माध्यम -अभ्यास पत्र</p> <p>- चरित्र विश्लेषण - मीन आरेख के माध्यम से पुरु और सिकंदर के चरित्र में अंतर कीजिये ।</p> <p>-देशभक्ति कविता/दोहा गायन। -किन्हीं 3 छात्रों (स्वतंत्रता सैनानियों) का काल्पनिक साक्षात्कार ।</p> <p>एस.डी.जी गोल्स-16 शांति,न्याय और सुदृढ़ संस्थान 17- लक्ष्य हेतु भागीदारी</p>	<p>- शांति व न्यायप्रिय तथा लक्ष्य प्राप्ति में सामूहिक साझेदारी के दृष्टिकोण का विकास कर सकेंगे।</p>
	काकी	<p>-प्रवाह चित्र -व्याख्यात्मक विधि -विवेचनात्मक विधि -प्रश्नोत्तर विधि -दृश्य/श्रव्य माध्यम -अभ्यास पत्र</p> <p>- रंगीन पेपर की सहायता से एक सुंदर-सी पतंग का निर्माण करेंगे व उस पर अपनी माँ का नाम लिखकर, उसे अपने पोर्टफोलियों में लगायेंगे। -माँ के लिए ग्रीटिंग कार्ड बनाना व माँ के प्रति मन के</p>	<p>-छात्र बाल-मनोविज्ञान व बाल-मनोविकार की भावना को जान पाएंगे । - छात्रों में माँ के प्रति लगाव व मातृ-प्रेम की भावना जागृत होगी ।</p> <p>-माता-पिता के प्रति सकारात्मक दृष्टिकोण का विकास कर सकेंगे । -चोरी करना, असत्य बोलना जैसे दुर्गुणों से दूर रह सकेंगे ।</p>

		<p>भावों को व्यक्त करते हुए एक गीत की रचना करना</p> <p>-सुरक्षित बचपन के प्रति जागरूकता फैलाने हेतु कमल आरेख का निर्माण</p> <p>एस.डी.जी गोल्स-17 लक्ष्य के लिए भागीदारी</p>	
	<p>बाल-लीला व कुंडलियाँ</p>	<p>-प्रवाह चित्र</p> <p>-व्याख्यात्मक विधि</p> <p>- स्पष्टीकरण</p> <p>-दृश्य/श्रव्य माध्यम</p> <p>-अभ्यास पत्र</p> <p>- किसी के रंग के आधार पर भेदभाव करना उचित या अनुचित कक्षा में चर्चा </p> <p>एस.डी.जी. गोल्स-10 असमानता में कमी</p>	<p>-ईश्वर के प्रति आस्था का भाव रखते हुए जीवन में सकारात्मक रहेंगे </p> <p>-श्रीकृष्ण जी के जीवन की घटनाओं से प्रेरणा लेकर प्राप्त उलर्यों को अपने जीवन में आत्मसात करेंगे</p> <p>-श्री कृष्ण के जीवन को आरेख के द्वारा दर्शाना </p>
	<p>संवाद-लेखन</p>	<p>-प्रवाह चित्र</p> <p>-स्पष्टीकरण</p> <p>-प्रश्नोत्तर विधि</p> <p>-उदाहरण विधि</p> <p>-दृश्य/श्रव्य माध्यम</p> <p>-अभ्यास पत्र</p> <p>-किन्ही दो विषयों पर संवाद लेखन लिखिए।</p>	<p>-छात्र संवाद लेखन के प्रारूप से परिचित हो पायेंगे।</p>

जनवरी 17 दिवस

<u>मास/कार्य दिवस</u>	<u>पाठ का नाम</u>	<u>शिक्षण युक्ति</u>	<u>अधिगम प्राप्ति</u>
जनवरी 17 दिवस	गणेशोत्सव	<p>-प्रवाह चित्र -स्पष्टीकरण -प्रश्नोत्तर विधि -उदाहरण विधि -दृश्य/श्रव्य माध्यम -अभ्यास पत्र</p> <p>-छात्र गणेश जी का चित्र बनाकर पोर्टफोलियो में लगाएंगे ।</p> <p>-प्रदूषण मुक्त दीपावली मनाने के लिए लोगों को जागरूक करने के लिए आकर्षक विज्ञापन का निर्माण करेंगे ।</p> <p>एस.डी.जी गोल्स- 13 जलवायु परिवर्तन 14 पानी में जीवन</p>	<p>- छात्र गणेशोत्सव के पीछे की पौराणिक कथा जान पाएंगे ।</p> <p>- छात्र भारतीय पंचांग के अनुसार हिन्दी महीनों के नाम जान पाएंगे ।</p> <p>- जल को दूषित करने वाले कारणों का उल्लेख कर सकेंगे ।</p>
	कर्मवीर	<p>-प्रवाह चित्र -सस्वर वाचन -स्पष्टीकरण -प्रश्नोत्तर विधि -उदाहरण विधि -दृश्य/श्रव्य माध्यम -अभ्यास पत्र</p> <p>- कविता में आए शब्दों का व्याकरणिक परिचय पुष्प जाल के</p>	<p>- छात्र आत्मविश्लेषण और जिज्ञासा का समाधान कर सकेंगे ।</p> <p>- विद्यार्थियों में कर्म पथ पर आगे बढ़ते हुए जीवन लक्ष्य को प्राप्त करने के भाव जागृत होंगे ।</p> <p>- जीवन में किसी भी परिस्थिति का निडरता एवम् साहस के साथ सामना करने के लिए प्रेरित होंगे</p>

		<p>रूप में दीजिये ।</p> <p>- 'परिश्रम व अथक प्रयास हे सफलता की कुंजी है' विषय पर दो छात्रों के बीच हुई बातचीत को संवाद के रूप में लिखिए ।</p> <p>एस.डी.जी गोल्स-17 लक्ष्य के लिए भागीदारी</p>	
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फरवरी 22 दिवस

<u>मास/कार्य दिवस</u>	<u>पाठ का नाम</u>	<u>शिक्षण युक्ति</u>	<u>अधिगम प्राप्ति</u>
फरवरी 22 दिवस	गद्य व पद्य की पुनरावृत्ति	<p>-पी.पी.टी.</p> <p>-दृश्य/श्रव्य सामाग्री</p> <p>-प्रश्नोत्तर विधि</p> <p>-मस्तिष्क मंथन विधि</p>	-छात्र रचनात्मक लेखन का कौशल विकसित कर पायेंगे।

मार्च (वार्षिक परीक्षा)

ग्रीष्मावकाश (परियोजना-कार्य)

- मैं कौन हूँ?(स्लैम बुक)
- भगवान शिव से जुड़ी कोई कहानी लिखिए ।
- बारह महीनों में आए हुए एक-एक विशेष दिन का रंगीन चित्र ए-4 साइज़ शीट पर बनाइए व उन विशेष दिनों के नाम भी लिखिए ।
- कबीर के व्यक्तित्व को अपने शब्दों में लिखिए।
- हिन्दी समाचार पत्र से 5 सूचना काट कर ए-4 साइज़ शीट पर चिपकाइए ।

विषय निर्देश :-

- लेखन कार्य स्वच्छ व आकर्षक हो।
- मूल्यांकन हेतु छात्र उपरोक्त विषयों पर कार्य पत्रिका में कार्य करेंगे।

शरदावकाश (परियोजना कार्य)

- काल व उसके भेद को ध्यान में रखते हुए काल की अलमारी का निर्माण कीजिए ।
- मेहनत व जोश से परिपूर्ण किसी एक कविता की रचना स्वयं करें।
- राजा पुरु व प्रजा के मध्य संवाद लिखें ।
- प्रतिदिन एक सुलेख लिखें ।
- ज्ञान सागर व अभ्यास सागर के प्रश्न कीजिए ।

विषय निर्देश :-

- लेखन कार्य स्वच्छ व आकर्षक हो।
- मूल्यांकन हेतु छात्र उपरोक्त विषयों पर कार्य पत्रिका में कार्य करेंगे।

MATHEMATICS
CLASS-VII
2025-2026

Specific Objectives:

The objective of teaching mathematics at this level are-

1. Developing a positive attitude towards learning mathematics.
2. Performing mathematical operations and manipulations with confidence, speed and accuracy.
3. Thinking and reasoning precisely, logically and critically in any given situation.
4. Developing investigating skills in Math.
5. Comprehend, analyze, synthesize, evaluate and make generalizations to solve mathematical problems.
6. Collecting, organizing, representing, analyzing, interpreting data and making conclusions and prediction from its results
7. Developing willingness to work collaboratively.
8. Communicating Mathematical ideas.
9. Applying Mathematical knowledge & skills to familiar and unfamiliar situation

Month/No of Days	Chapter Name	Methodology	Learning Outcomes
APRIL (20 DAYS)	<p>Rational Numbers</p> <ul style="list-style-type: none"> • Properties of rational numbers • Standard form of rational numbers • Absolute value of rational numbers • Representation of rational numbers on number line • Comparing of rational numbers 	<ul style="list-style-type: none"> • Working model of number line • Blackboard • Smart board assignments • Introduction to rational numbers and its need as an extension of fraction • Rational numbers can be expressed in standard form by making HCF of numerator & denominator equal to 1 • Comparison of rational numbers can be done with the help of <ol style="list-style-type: none"> 1. Number line 2. Without number line (by making their denominator same) <p>ACTIVITY: Frayer's model on definition of rational number.</p>	<p>The students will be able to</p> <ul style="list-style-type: none"> • Develop mental ability, reasoning & logical thinking in the field of rational numbers • Represent rational numbers on number line • Compare given rational numbers • Write the absolute value of rational numbers. <p>Skills- Basic and Creative Values-Progressive Recognition Planning</p>

	<p>2. Operation on Rational Number</p> <ul style="list-style-type: none"> • Addition of rational numbers • Subtraction of rational numbers • Multiplication of rational numbers • Reciprocal of rational numbers • Division of rational numbers <p>Rational numbers between two rational numbers</p> <p>3. Rational numbers as decimals</p> <ul style="list-style-type: none"> • Rational numbers as decimals • Terminating and non-terminating decimals 	<ul style="list-style-type: none"> • Number line model • Smart board assignment • Verification of properties of rational numbers with the help of examples (Inductive- method) <p>ACTIVITY: Foldable on operation on rational numbers</p> <ul style="list-style-type: none"> • Black Board/Smart Board • Operation with reference to the operations on fractions <p>ACTIVITY</p> <p>Frayer's model on terminating and non-terminating decimal expansion.</p>	<p>Students will be able to: -</p> <ul style="list-style-type: none"> • Add, subtract, multiply and divide rational numbers with reference to the operations on fractions. • Write infinite rational numbers. • Find reciprocal of given rational number • Verify properties of addition, subtraction, multiplication & division of rational numbers <ul style="list-style-type: none"> • The students will be able to: • Represent rational numbers as a decimal as an extension of representation of fractions as decimal. • Add, subtract, multiply and divide decimals.
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<p>MAY (15 DAYS)</p>	<p>4. Symmetry</p> <ul style="list-style-type: none"> • Lines of symmetry • Symmetry & reflection in a mirror 	<ul style="list-style-type: none"> • Discussion on lines of symmetry in nature • English alphabets & geometrical shapes 	<ul style="list-style-type: none"> • Apply BODMAS rule in solving problems involving fractions and decimals <p>Skills- Basic skills Critical thinking</p> <ul style="list-style-type: none"> • Critical thinking, logical reasoning allows learners to engage with concepts & deepens understanding to apply what is learned in a variety of environments.
<p>JUNE</p>	<p><u>SUMMER BREAK HOLIDAY HOMEWORK</u></p> <ol style="list-style-type: none"> 1. ART INTEGRATION: Any cartoon character and its line(s) of symmetry (File) 2. Worksheets based on chapters covered 3. Foldable on operation on rational numbers 		<p>Skills - creative thinking</p>

<p>JULY (24 DAYS)</p>	<p>5. Exponents</p> <ul style="list-style-type: none"> ● Exponent of rational numbers ● Reciprocal with positive integral exponent ● Laws of exponents ● Use of exponents in expressing large and small numbers <p>6. Algebraic Expressions</p> <ul style="list-style-type: none"> ● Multiplication of monomials ● Application of product of monomials ● Multiplication of binomials ● Multiplication of a binomial and a trinomial ● H.C.F. ● Factorization 	<ul style="list-style-type: none"> ● Black board ● Assignment from smart board ● Arriving to generalization of laws of exponents through patterns <p>ACTIVITY</p> <ol style="list-style-type: none"> 1. Foldable on laws of exponents 2. Mind map <ul style="list-style-type: none"> ● Assignment from smart board ● Multiplication using distributive property of multiplication ● H.C.F. by taking highest common factor outside ● Class discussion 	<p>Students will be able to:-</p> <ul style="list-style-type: none"> ● Apply the laws of exponents for solving practical problems ● Handle very small and large numbers ● Write large numbers in standard form using laws of exponents and vice-versa. <p>Skills: Basic, Creative</p> <p>Values : Progressive Recognition</p> <p>Students will be able to:-</p> <ul style="list-style-type: none"> ● Find the product of monomials, binomials and trinomials with each other and apply the knowledge in solving practical problems based on perimeter and area
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<p>AUGUST (21 DAYS)</p>	<p>Algebraic expressions continued.</p> <p>7. Linear equation in one variable</p> <ul style="list-style-type: none"> • Solution and verification of linear equation in one variable • Application of linear equation (word problems) 	<ul style="list-style-type: none"> • White board • Solution of linear equation using laws of transposition • To form questions based on their daily lives a) Relation between child and his/her family member(using linear equations) b) Total money in piggy bank in terms of denominations <p>ACTIVITY: ASSIGNMENT</p>	<p>Skills: classification, simplification and data handling</p> <p>Values : precision, making hypothesis</p> <p>Students will be able to:-</p> <ul style="list-style-type: none"> • Identify a linear equation and be able to solve and check such an equation. • To apply the knowledge in solving real life problems <p>Skills: practical, creative, critical, logical and problem solving</p>
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<p>SEPTEMBER (11 DAYS)</p>	<p>Revision for mid-term examination</p>		
<p>OCTOBER (17 DAYS)</p>	<p>9. PERIMETER AND AREA</p> <ul style="list-style-type: none"> • Rectangular paths • Paths crossing each other • Area of a parallelogram • Area of a triangle • Area of a circle • Area of a rhombus • Circumference and area of circle 	<p>Whiteboard</p> <ul style="list-style-type: none"> • Using concept of perimeter and area • Inductive method <p>ACTIVITY</p> <p>Costume design using different geometrical shapes.</p>	<p>Students will be able to:-</p> <ul style="list-style-type: none"> • Calculate area of parallelogram, triangle, Circle, rhombus and circumference of circle • To apply the knowledge in solving real life problems.

<p>NOVEMBER (22 DAYS)</p>	<p>10. Application of percentage</p> <ul style="list-style-type: none"> • Simple application of Profit and loss • Simple Interest <p>11. Triangle and its properties</p> <ul style="list-style-type: none"> • Angle sum property of a triangle • Relationship between exterior angle and interior opposite angles • Triangle inequality • Pythagoras theorem • Median, centroid, altitude, orthocenter, perpendicular, bisector, circumcenter, angle bisector and incentre of a triangle 	<p>ACTIVITY: Mind map</p> <p>ACTIVITIES :</p> <ul style="list-style-type: none"> • Pythagoras theorem • Comparison chart of median, altitude, perpendicular bisector and angle bisector. 	<p>Students will be able to:-</p> <ul style="list-style-type: none"> • Solve daily life problems related to percentage. • Find unknown quantity using formulas of (1) profit% or loss% (2) simple interest <p>life skill enhanced (1)practical (2)analytical (3) social awareness</p> <p>Students will be able to:-</p> <ul style="list-style-type: none"> • apply triangle inequality to check whether triangle construction is possible or not. • Apply Pythagoras theorem in real life situations • Define median, perpendicular bisector, angle bisector and incentre of a triangle • Construct median, centroid, orthocenter, circumcenter, incentre <p>Skills: critical , problem solving, creative thinking, Value: accuracy</p>
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<p>DECEMBER (22 DAYS)</p>	<p>12. Data Handling</p> <ul style="list-style-type: none"> • Organizing data • Range of data • Arithmetic Mean • Median • Mode • Drawing and interpretation of bar graph and double bar graphs 	<ul style="list-style-type: none"> • Need of Mean, median and mode as the main characteristics of the data • Pictorial representation of data using bars of uniform width and equal spacing between them on graph paper. <p>ACTIVITY: SDG GOALS- BAR GRAPH</p>	<p>Students will be able to:-</p> <ul style="list-style-type: none"> • Establish relationship among the data and represent it with the help of a bar graph, double bar graph and interpret it. • To understand the practical applicability and importance of statistics. • To understand the practical applicability and importance of statistics • Calculate Mean, Median and Mode of the given data and utilize the knowledge in day-to-day life
	<p>13. CONGRUENT TRIANGLES</p> <ul style="list-style-type: none"> • Congruence of triangles by SSS, SAS, ASA, RHS rule 	<ul style="list-style-type: none"> • Clarification of concept from day-to-day life examples having exactly the same shape and size. Example: coins of the same denomination will be used. 	<p>Students will be able to: -</p> <ul style="list-style-type: none"> • Identify congruent object • Check whether given triangles are congruent or not using congruence criterion

WINTER HOLIDAY HOMEWORK • Worksheet related to chapters done in the month of November and December.

CURRICULUM PLANNER 2025-26

CLASS 7

SCIENCE

As consistent with the stage of cognitive development, Science is being taken as a core subject in the curriculum. At this stage, it is a gradual transition from environmental studies to the elements of science. The child should be engaged in learning the principle of science through familiar experience, working with hands to design simple technological units and models and continuing to learn more about the environment and health.

Scientific concepts are to be arrived at mainly from activities, experiences, surveys, group activities, discussions with peers and teachers and organisation of data.

Science curriculum at the upper primary stage intends to develop

- *Scientific temper and scientific thinking.*
- *Understanding about nature of scientific knowledge. Process skills of Science.*
- *Appreciation of evolution of science.*
- *Sensitivity towards environmental concerns.*
- *Respect for human dignity and rights.*

The curriculum of class VII has been organised around, the following themes/topics

Unit. No.	Name of the Chapter
1	<i>Nutrition in Living Organisms -Plants</i>
2	<i>Nutrition in Living Organisms- Animals</i>
3	<i>Chemical Substances and Processes</i>
4	<i>Acids, Bases and Salts</i>
5.	<i>Heat</i>
6	<i>Motion and Time</i>
7	<i>Respiration in Organisms</i>
8.	<i>Transportation in Plants and Animals</i>
9	<i>Reproduction in Plants</i>
12	<i>Light</i>
16	<i>Water</i>
17	<i>Electric Current and its Effect</i>



CHAPTER	CONTENT AND METHODOLOGY	LEARNING OUTCOMES
<p>MONTH- April Working days: 20 <i>Chapter-1 Nutrition in Living Organisms- Plants</i></p> <p><i>Chapter -2 Nutrition in living organisms- Animals</i></p>	<p>Content :</p> <ul style="list-style-type: none"> ● Nutrition and its definition ● Types of nutrition and their examples ● Mode of nutrition ● Symbiotic relationship <p>Methodology:</p> <ul style="list-style-type: none"> ➤ Web-chart on different modes of nutrition. ➤ Observe slides of Rhizopus and bread mould(virtual lab). ➤ Discussion on Insectivorous plants ➤ Collect and paste pictures of different symbiotic relationship in scrap book. <p>Content :</p> <ul style="list-style-type: none"> ● Mode of intake of food ● Mode of nutrition ● Nutrition in humans ● Nutrition in herbivorous animals <p>Methodology:</p> <ul style="list-style-type: none"> ➤ Explain human digestive system with the help of diagram. ➤ To draw labelled diagram of buccal cavity, tongue, small intestine, showing villi of small intestine, digestive system of ruminants ➤ Video to show digestion in amoeba 	<p>The students will be able to:</p> <ol style="list-style-type: none"> 1. Explain different modes of nutrition. 2. Identify different raw materials required for photosynthesis. 3. List the features of different insectivorous plants. 4. Summarise the methods of nutrient replenishment in the soil. <p>The students will be able to:</p> <ol style="list-style-type: none"> 1. Compare digestive system of human being and ruminants 2. Understand the role of villi in the absorption of food. 3. Explain the functions of different glands associated with digestive system. 4. Diagrammatically explain the various steps involved during nutrition in Amoeba.
<p>MONTH- May Working days: 15 Chapter-3 Chemical substances and processes</p>	<p>Content:</p> <ul style="list-style-type: none"> ● Chemical symbols ● Chemical formula ● Chemical changes ● Chemical equations ● Types of chemical reactions <p>Methodology:</p> <ul style="list-style-type: none"> ➤ Flash card activity for matching symbols of ions and their charges 	<p>The students will be able to:</p> <ol style="list-style-type: none"> 1. Identify cations and anions 2. Formulate chemical formulae 3. Differentiate between pure substances and mixtures. 4. Identify different types of chemical reactions



<p>Chapter -16 Water</p>	<p>➤ Summarise the procedure followed for writing the chemical formula.</p> <p>➤ Demonstrate different types of chemical reactions(virtual lab)</p> <p>Content :</p> <ul style="list-style-type: none"> • Water on Earth • Local sources of water • Ground water and water table • Scarcity of water • Water management • Rain water harvesting • Waste water management <p>Methodology:</p> <p>➤ Make poster/collage related to water</p> <p>➤ Paste latest article on Green house</p> <p>➤ Effect/global warming in activity file.</p> <p>➤ Draw pie-chart on percentage of water on earth.</p> <p>➤ Make a power point presentation on Water.</p>	<p><i>The students will be able to:</i></p> <ol style="list-style-type: none"> 1. Represent percentage of water on earth using pie chart. 2. Explain scarcity of water and its reasons. 3. Value the importance of water management for survival.
<p>MONTH- July Working days: 24 Chapter-4 Acids, Bases and salts</p>	<p>Content:</p> <ul style="list-style-type: none"> • Types of acids- mineral and organic acids • Bases and alkaline • Indicators • Neutralisation and formation of salts • Classification of salts <p>Methodology:</p> <p>➤ Identify acids and bases using</p>	<p><i>The students will be able to:</i></p> <ol style="list-style-type: none"> 1. Differentiate acids and bases using natural indicators. 2. Understand the properties of acids and bases. 3. Interpret the chemical



<p>Chapter- 5 Heat</p>	<p><i>natural indicators using mobile kit.</i></p> <ul style="list-style-type: none"> ➤ <i>Show the reaction of acids and bases on</i> ➤ <i>Synthesize indicators.</i> ➤ <i>Tabulate organic acids, mineral</i> ➤ <i>Acids, strong acids, weak acids, strong bases, weak bases</i> ➤ <i>Formulate salts on the basis of their properties</i> <p>Content:</p> <ul style="list-style-type: none"> • Heat as Energy • Heat and temperature • Effects of heat • Measurement of temperature • The Thermometer • Transfer of heat: conduction, convection and radiation <p>Methodology:</p> <ul style="list-style-type: none"> ➤ <i>Demonstrate clinical and laboratory thermometer</i> ➤ <i>Compare clinical and lab.</i> ➤ <i>Thermometer by finding their least count.</i> ➤ <i>Draw a web chart of conduction convection and radiation.</i> ➤ <i>Draw diagram to show land breeze and sea breeze</i> 	<p><i>formulae.</i></p> <ol style="list-style-type: none"> 4. <i>Write balanced chemical reaction.</i> 5. <i>Classify acidic, basic and</i> 6. <i>Neutral salts on the basis of their properties.</i> <p>The students will be able to-</p> <ol style="list-style-type: none"> 1. <i>Analyze the comparison of clinical and lab thermometer.</i> 2. <i>Calculate the least count of thermometer.</i> 3. <i>Differentiate between conduction, convection and radiation and justify them with daily life examples.</i> 4. <i>Value natural phenomenon like sea breeze, land breeze</i>
<p>Chapter- Forests (Internal assessment)</p>	<p>Design Project on different types of forests in India</p>	<p>The students will be able to:</p> <ol style="list-style-type: none"> 1. <i>Calculate speed of vehicle.</i> 2. <i>Appreciate value of units in</i>
<p>MONTH- August Working days: 21 Chapter-6 Motion and Time</p>	<p>Content:</p> <ul style="list-style-type: none"> • Motion • All motion is relative • Motion along a straight line • Speed 	<p>The students will be able to:</p> <ol style="list-style-type: none"> 1. <i>Calculate speed of vehicle.</i> 2. <i>Appreciate value of units in</i>



<p>Chapter: 7 Respiration in organisms</p>	<ul style="list-style-type: none"> • Uniform and non-uniform motion • Time • Measurement of time • The simple pendulum <p>Methodology:</p> <ul style="list-style-type: none"> ➤ <i>Activity to show relative motion</i> ➤ <i>Observe the odometer of any vehicle and calculate the distance (Home assignment)</i> ➤ <i>Mobile kit activity on conversion of units in their daily life.</i> ➤ <i>Distinguish between Uniform/non uniform motion</i> ➤ <i>Mobile kit activity on simple pendulum</i> <p>Content:</p> <ul style="list-style-type: none"> • Respiration • Types of respiration • Respiration in plants • Respiration in animals • Respiration in human • Mechanism of breathing <p>Methodology:</p> <ul style="list-style-type: none"> ➤ <i>Anaerobic respiration in yeast. (mobile kit activity)</i> ➤ <i>Web chart on modes of respiration.</i> ➤ <i>Determine pulse rate</i> ➤ <i>Mobile kit activity to show the action of diaphragm during respiration</i> 	<p><i>daily life</i></p> <p>3. <i>Distinguish between Uniform and non-uniform motion.</i></p> <p>The students will be able to:</p> <ol style="list-style-type: none"> 1. <i>Compare; and contrast aerobic and anaerobic respiration.</i> 2. <i>Distinguish between Breathing and respiration.</i>
<p>Month – September</p>	<p>Mid- term Examination</p>	
<p>MONTH- October Working days: 17</p>		



<p>Chapter-8 Transportation in Plants and Animals</p>	<p>Content:</p> <ul style="list-style-type: none"> • Transportation in plants • Transport of water and minerals • Transpiration in plants • Transportation in animals • Excretion in Animals <p>Methodology:</p> <ul style="list-style-type: none"> ➤ <i>Kitchen lab activity on transportation of water bysystem.</i> ➤ <i>Web chart on components of circulatory system.</i> ➤ <i>Demonstration of pulserate.</i> ➤ <i>Diagrammatic explanation of excretory system of human.</i> 	<p><i>The students will be able to:</i></p> <ol style="list-style-type: none"> 1. <i>Understand transportation of substances in plants.</i> 2. <i>Develop the concept of functioning of heart.</i> 3. <i>Summarize the process of excretion.</i>
<p>Chapter-9 Reproduction in Plants</p>	<p>Content:</p> <ul style="list-style-type: none"> • Types of reproduction in plants • Asexual and vegetative reproduction • Sexual reproduction • Unisexual and bisexual flower • Pollination • Fertilization • Seed dispersal <p>Methodology:</p> <ul style="list-style-type: none"> ➤ <i>Slides observation (virtual lab)</i> ➤ <i>Kitchen lab activity to show vegetative propagation.</i> ➤ <i>Vertical section of hibiscus flower.</i> ➤ <i>web-chart on different modes of reproduction and dispersal</i> 	<p><i>The students will be able to-</i></p> <ol style="list-style-type: none"> 1. <i>Appraise and compare the different modes of asexual reproduction</i> 2. <i>Discriminate between different methods of vegetative propagation.</i> 3. <i>Relate the process of pollination with fertilization</i> 4. <i>Categorise plants on the basis of mode of seed dispersal</i>
<p>Month- November Working days-22</p> <p>Chapter -12 Light</p>	<p>Content:</p> <ul style="list-style-type: none"> • Reflection of light • Laws of reflection • Image formation by a plane mirror • Multiple images • Spherical mirrors • Image formation of concave and convex mirror 	<p><i>The students will be able to-</i></p> <ol style="list-style-type: none"> 1. <i>Understand the importance of plane mirror in our daily life</i> 2. <i>Differentiate between regular</i>



<p>Chapter-13</p> <p>Weather and Climate (internal Assessment)</p>	<p>Methodology:</p> <ul style="list-style-type: none"> ➤ Mobile kit activity to demonstrate the characteristics of image formed by plane mirror ➤ Study the relationship between angle of ➤ Incidence and angle of reflection through activity <ul style="list-style-type: none"> • Make a model of Kaleidoscope and • Periscope using mirror. • Draw ray diagrams showing image formation by spherical mirror. <ul style="list-style-type: none"> ➤ Collect information on practical uses of different kind of mirrors. <p><i>Art integration project</i></p>	<p><i>and diffused reflection</i></p> <ol style="list-style-type: none"> 3. State laws of reflection. 4. Draw ray diagram using spherical and plane mirror. 5. Appreciate the use of different mirrors in their daily life.
<p>Month – December Working days- 22</p> <p>Chapter-17 Electric current and its Effects</p>	<p>Content:</p> <ul style="list-style-type: none"> ➤ Symbols of electric circuit ➤ Heating effects of electric current ➤ Advantages and disadvantages of heating effects of electric current ➤ Electric fuse ➤ Magnetic effect of current ➤ Electromagnets ➤ Applications of electromagnets <p>Methodology:</p> <ul style="list-style-type: none"> ➤ Make connections of an electric circuit. ➤ Draw circuit diagram with the help of symbols. ➤ Collect samples of electric fuses. ➤ Make an electromagnet. 	<p><i>The students will be able to-</i></p> <ol style="list-style-type: none"> 1. Apply their knowledge in day to day activities based on heating effects of electric current 2. Draw a well labelled diagram of electric bell and understand its working.



<p>Month –January</p> <p>Working days-17</p> <p>Chapter: Chapter-14 Fabric from fibre</p>	<p>Content:</p> <ul style="list-style-type: none"> • Animal fibres • Making wool from fleece • Silk • Obtaining silk from silk moth <p>Methodology:</p> <ul style="list-style-type: none"> ➤ Web chart of life cycle of silk worm ➤ Art integration activity ➤ Find out the name of different varieties of silk made in India ➤ Mark these places along with the name of silk saree, on a political map of India <p>Find the names of different breed of sheep found in India and the places where they are found</p>	<p><i>The students will be able to-</i></p> <ol style="list-style-type: none"> 1. <i>Distinguish between natural and synthetic fibres</i> 2. <i>Identify natural and synthetic fibres</i> 3. <i>Learn about advantages and disadvantages of different kinds of fibres</i> <p><i>Learn about hazards of working in wool and silk industry</i></p>
<p>Month- February March</p>	<p>REVISION FO ANNUAL EXAMINATIONS</p> <p>ANNUAL EXAMINATIONS</p>	

SUMMER HOLIDAY HOMEWORK:

1)Creativity Corner:

- *Create an innovative collage/e-collage depicting the various modes of ingestion in different animals (rollno.1-9)*
- *Design a picture book with images/diagrams of animals and their modes of Nutrition(rollno.10-18)*
- *Using different coloured threads and cardboard make a model of an Insectivorous plant(pitcher plant/Venus flytrap) (rollno.19-27)*
- *Make an animation to depict nutrition in amoeba(rollno.28-36)*
- *Make a digestive system apron/tshirt :On an old T-shirt/apron . Draw the various part of the digestive system(rollno.37-47)*

2)Chemical actions and reactions:



- prepare a science toon to depict the various types of chemical reactions/formation of chemical formulae (any 1) (A4 sheets/activity files)
- Make flash cards of positive and negative ions
- solve

A) something to do of chapter 1 - page number 13, Q4 in activity file

B) something to do of chapter 2 - page number 30 Q2 in activity file

4) Design a word search puzzle for various parts of alimentary canal/ruminant digestive system (activity file)

5) Revise Ch 1, ch 2, ch 3

6) ATTEMPT WORKSHEETS OF FCH 1, 2, 3 ON LOOSE SHEETS/REGISTERS

WINTER HOLIDAY HOMEWORK

Science Holidays Homework
(In practical file)

****Objective:****

To compare and contrast the soil types, forest ecosystems, and weather conditions in Uttar Pradesh and Arunachal Pradesh, India.

****Methodology:****

1. ****Soil Analysis:****

- Analyze the soil composition, pH levels, texture, and nutrient content.
- Compare the fertility and suitability of soils for agriculture and other purposes.

2. ****Forest Study:****

- Identify and document the flora and fauna present in each forest ecosystem.
- Analyze the biodiversity, tree species composition, and ecological significance of forests.

3. ****Weather Climate Conditions:****

- Gather meteorological data including temperature, rainfall, humidity, and seasonal variations.
- Compare the climatic patterns, monsoon behaviour, and impact on vegetation and agriculture.

****Results and Analysis:****

Present the findings of the comparative study, highlighting the differences and similarities between Uttar Pradesh and Arunachal Pradesh in terms of soil types, forest ecosystems, and weather climate conditions. Use tables, charts, and graphs for better visualization.

****References:****

Cite sources of information, research papers, books, and online resources used in the study.

CURRICULUM PLAN 2025-2026

SUBJECT – SOCIAL SCIENCE

CLASS – VII

LEARNING OBJECTIVES:

The main objectives of teaching Social Science at this level are:

- To promote the understanding and gain knowledge of interdependence of humans and environment and understand about the geological changes on the surface of the earth.
- To explain history of medieval period and reasons for the foreign invasions in India and the impact of these ruler, emergence of independent states and about the advent of various religions.
- To emphasize on the ideals of democracy, functioning of State Government, role of media and advertising in democracy, gender concern etc.

<u>Month/No Of days</u>	<u>CHAPTER</u>	<u>METHODOLOGY</u>	<u>LEARNING OUTCOMES</u>
APRIL (20 DAYS)	COMPONENTS OF ENVIRONMENT (CHAPTER- 1)	*Flow Chart of physical and biological environment *Explanation of spheres of the environment with help of diagram Smart Board Content Activity: Diagram of the four spheres of Environment (Page 1 of text book)	Students will be able to: *Understand the difference between physical and biological environment. *Gain knowledge about the four spheres of the environment and

			<p>their importance</p> <p>Life Skills: Creative Thinking, Empathy</p>
	<p>MEDIEVAL PERIOD (CHAPTER- 9)</p>	<p>Flow chart showing the various sources of information</p> <p>Smart Board Content</p> <p>Activity: Comparative study of the two different sources of information with the help of flow chart.</p>	<p>Students will be able to:</p> <p>*Differentiate between the different sources of information (archaeological and literary).</p> <p>Life Skills: Creative Thinking</p>
	<p>DEMOCRACY AND EQUALITY (CHAPTER- 18)</p>	<p>Discussion of the Election process citing the appointment of the class monitor as an example</p> <p>Comparative study of the different levels of government</p> <p>Activity: A) Draw any five party symbols of India with the name of the party and their leaders.</p> <p>B) Mock Election (class representative)</p>	<p>Students will be able to:</p> <p>*Learn new words related to the Indian Government like Democracy, Equality, Discrimination, Universal Adult Franchise etc.</p> <p>*Understand and co-relate the terms in their daily lives</p>

<p>MAY 15 DAYS</p>	<p>OUR STATE GOVERNMENTS (CHAPTER- 19)</p>	<p>*Chapter will be explained with the help of Political Map of India showing the States, Capitals & Union Territories of India. *Discussion on the three different lists Co-relate State with Union Government</p> <p>Activity: Quiz based on the chapter</p>	<p>*Students will be able to: Differentiate between the three lists and the empowerment of the Union and State Governments *Identify the different states of India on the political map recognize the role of the two houses of State Legislature</p> <p>Life Skills: Effective Communication, Critical Thinking</p>
	<p>THE RISE OF SMALL KINGDOMS IN NORTH INDIA (CHAPTER- 10)</p>	<p>Map showing the kingdoms of North India Discussion on the reasons for the rise of small kingdoms in North India.</p> <p>Activity: On an outline political map of India, show the important kingdoms of North India.</p>	<p>Students will be able to: *Analyze the reasons for the rise of the small kingdoms understand and respect the strength of the three major kingdoms of North India namely Palas, Rashtrakutas, Pratiharas</p> <p>Life Skills: Critical Thinking, effective communication</p>

	<p>LAND AND THE PEOPLE (CHAPTER-8)</p>	<p>*Map of the world showing the different deserts, grasslands and the basins related to the chapter *Comparative study of the life of the people of the above mention areas. *Political map of the world showing the two deserts (Sahara and Ladakh) two grasslands (Prairies and Velds) and two river basins (Amazon and Ganga)</p> <p><i>(This chapter will be discussed and given as Project for Summer Break)</i></p>	<p>Students will be able to:</p> <p>Understand and compare the lifestyles of people of different regions of the world</p> <p>Analyze the reasons for the cutting of forests in the Amazon basin</p> <p>Critically analyze the result of destruction of forests</p> <p>Learn about the uses of river basins to mankind</p> <p>Life Skills: Critical Thinking, Self Awareness</p>
	<p>MAJOR RELIGIONS (CHAPTER-17)</p>	<p>Showing pictures related to different religions of the world</p> <p>Discussion on the different religions emphasizing on Islam and Sikhism.</p> <p><i>(This chapter will be discussed and given as Project for Summer Break)</i></p>	<p>Students will be able to:</p> <p>*Understand the various religions in India and bring out the similarities between them</p> <p>respect all religions by understanding that they all teach the same thing.</p> <p>*Analyze that money is not the main way to realize God.</p> <p>Learn to serve people as a way to achieve happiness.</p> <p>Life skill: Critical thinking, Self awareness</p>

<p>JULY 24 DAYS</p>	<p>AIR AROUND US (CHAPTER-4)</p>	<p>*Explanation of different layers with the help of illustrations like layers of Atmosphere and description of importance of different layers;</p> <p>*Composition of Air and explanation of important features of different gases present in the Atmosphere.</p> <p>*Familiarize the students with the concept of air pollution and its causes</p> <p>Discussion about weather reports and monitoring weather reports.</p> <p>Activity: Diagrams of Layers of Atmosphere & Composition of Air (Pg 24 & 25)</p>	<p>Students will be able to:</p> <p>*Identify the different layers of the atmosphere.</p> <p>*Understand the importance of each layer of Atmosphere.</p> <p>Analyze the changing conditions in weather</p> <p>Differentiate between weather and climate</p> <p>Life Skills: Creative Thinking, Critical Thinking, Effective Communication and Problem Solving.</p>
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	<p>THE RISE OF SMALL KINGDOMS IN SOUTH INDIA (CHAPTER- 11)</p>	<p>*Map showing the kingdoms of South India.</p> <p>*Discussion on the rise of the different kingdoms in South India Comparative study of features of North and South India</p> <p>*Activity: On Political Map of India showing the important South Indian kingdoms</p>	<p>Students will be able to:</p> <p>*Understand the difference between the kingdoms of North and South India.</p> <p>*Compare the architecture of North and South with special reference to the temples.</p> <p>Life Skills: Critical Thinking, Effective Communication</p>
	<p>THE SURFACE AND INTERIOR OF THE EARTH (CHAPTER- 3)</p>	<p>Students will participate in different activities such as Making a 3D model of the interior structure of the Earth by using play dough.</p> <p>Preparing a quiz/questionnaire on different topics given in the chapter.</p> <p>Pasting pictures of different types of minerals in the Geography Notebook.</p> <p>Smart Board Content</p>	<p>Students will be able to:</p> <p>*Visualize the structure of the interior of the earth. Identify the causes of natural disasters like earthquakes floods and volcanoes.</p> <p>*Analyze the preventions we can take to save ourselves from such disasters.</p> <p>Life Skills: Interpersonal Relationships, Critical Thinking, Empathy</p>

AUGUST 21 DAYS	<p>TURKISH INVASIONS IN INDIA (CHAPTER- 12)</p> <p>MEDIA-THE MAINSTAY OF DEMOCRACY (CHAPTER- 20)</p>	<p>Map of India and its neighboring country Afghanistan to show the route of entry into India Pictures of Ghazni and Ghori Activity: Map Skill (Both a and b part on Page 95 of text book)</p> <p>*Discussion on the different types of mass media (print and electronic) Newspaper analysis to understand the use of technology.</p> <p>Activity: Diagrams of Print and Electronic Media Map Skill (Page 174 of text book) and Some To Do {Part 2}</p> <p>Activity: Collage making Topic: Traditional cuisine of Assam & Tripura</p>	<p>Students will be able to: *understand the reasons for the invasions by the Turks and the route by which they entered India compare the methods of invasion by Ghazni and Ghori Life Skills: Critical thinking</p> <p>Students will be able to: *Understand the different sources of information critically analyze the role of media in a democracy educate society about the Right to Information Act of 2005</p> <p>Life Skills: Critical Thinking, Self Awareness, Effective Communication</p>
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SEPTEMBER (11 DAYS)

- Revision of Syllabus of Term I Exams to be held in September.

<p>OCTOBER 17 DAYS</p>	<p>REGIONAL POWERS (CHAPTER- 14)</p>	<p>Map of India showing the different regional powers.</p> <p>Activity: Political Map of India showing the different regional powers in the different parts of India.</p>	<p>Students will be able to:</p> <p>*Understand the administrative system of regional kingdoms and co- relate it to the present administrative system Identify the two powerful kingdoms of South India on the political map of India. *Analyze the reasons for the wars between the two powerful kingdoms Vijaynagar and Bahamani</p> <p>Life Skills: Creative Thinking, Critical Thinking</p>
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	<p>DELHI SULTANATE (CHAPTER-13)</p>	<p>*Students will participate in different activities such as Role Play, prepare Timeline/Flow Chart of different dynasties, Map showing the extent of territories under different Delhi Sultans.</p> <p><i>(This chapter will be assessed as an winter break assignment)</i></p>	<p>* Students will be able to Analyse closely the transformation and expansion of Delhi as the capital of India Compare the rule of Delhi under the different Sultans. *Understand the differences in society that emerged after the coming of the Turks.</p> <p>Life Skills: Critical Thinking, Effective Communication, Creative Thinking, Self Awareness</p>
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	<p>WATER SURROUNDING THE EARTH (CHAPTER- 5)</p>	<p>*Diagram of Water Cycle highlighting the three processes Map of Ocean Currents Pictures of devastation by floods, earthquakes, etc. *Discussion on Tsunami that hit Japan in 2010</p> <p>Activity: Case based study (Any one natural disaster)</p>	<p>*Students will be able to: Understand the various processes involved in water cycle. *Identify hot and cold currents on the map of world. *Analyse the causes of natural disasters like floods and earthquakes. Enlist measures to take preventions during natural disasters.</p> <p>Life Skills: Critical Thinking, Effective Communication</p>
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	<p>ADVERTISING AND DEMOCRACY (CHAPTER- 21)</p>	<p>*Students will participate in different activities such as Discussion on the different advertisements shown in the class (various advertisements of different types – social and public service advertisements like ORS and Polio drops, consumer awareness, etc.) ; Collage making, Something To Do (Page 182 of text book)</p>	<p>*Students will be able to: understand the different types of advertisements critically analyse the role of advertisements in society learn their roles as consumers and understand their rights</p> <p>Life Skills: Critical Thinking, Creative Thinking, Effective Communication</p>
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<p>NOVEMBER 22 DAYS</p>	<p>THE MUGHAL EMPIRE</p>	<p>Flow Chart/Time Line chart of the different rulers of the Mughal Empire. Activity: Political map of India showing the important places of Mughals (Delhi, Mathura, Lahore, Panipat, Agra, Devgiri) and the extent of empire under Ala- ud-din Khalji.</p>	<p>Students will be able to: Differentiate between the ruling strategies of the different rulers of the dynasties under the Mughal Empire Analyse the monuments built by the Mughals and compare them with the monuments built by the Indians. Assess the features of Indo-Islamic architecture. Life Skills: Creative Thinking, Critical Thinking, Self Awareness.</p>
	<p>LIFE ON THE EARTH (CHAPTER-6)</p>	<p>Pictures showing different vegetation belts of the world (forests, grasslands, deserts). Activity: Map showing the Tropical and Temperate Grasslands (Page 42 and 43 of text book)</p>	<p>Students will be able to: *Identify the different vegetation belts on the map of the world. *Understand the relationship between the animal and plant kingdom with the environment Analyse the impact of human activity on the environment and suggest methods of preservation of plant and animal species. Life Skills: Creative Thinking, Empathy, Critical Thinking</p>
	<p>UNPACKING GENDER (CHAPTER-22)</p>	<p>*Pictures of women in different occupations /Professions. Discussion on gender inequality in India and at international level – reasons and solutions. Activity: Poster Making Topic: ‘Women Empowerment’</p>	<p>Students will be able to: *Appreciate the role of women in different professions. Critically analyse gender inequality in Indian society. *Understand the role of education as a tool of change in the society. Life Skills: Critical Thinking, Empathy, Self-Awareness, Critical Thinking</p>

<p>DECEMBER 22 DAYS</p>	<p>HUMAN ENVIRONMENT (CHAPTER-7)</p>	<p>*Pictures of settlements from stone age to modern age Discussion on the factors responsible for permanent settlement.</p> <p>* Chapter will be explained highlighting the different modes of transport and their importance.</p> <p>Activity: Collage making on Transport & Communication</p>	<p>Students will be able to:</p> <p>*understand the importance of discovery of fire and wheel analyse the different factors which help in settlements.</p> <p>*Learn about the important sea ports and airports of the world.</p> <p>Life Skills: Critical Thinking, Creative Thinking</p>
	<p>EMERGENCE OF INDEPENDENT STATES (CHAPTER-16)</p>	<p>Map showing the independent kingdoms Stories about the bravery of Shivaji and Tipu Sultan.</p> <p>Activity: Narrating memorable incidents related to Shivaji, Tipu Sultan, Guru Nanak, Maharaja Ranjit Singh etc.</p>	<p>*Students will be able to: Analyse the reasons for the decline of Mughal Empire and setting up of independent states in India.</p> <p>*Develop a feeling of patriotism towards our country. *Respect our brave heroes who fought for the freedom of our country.</p> <p>Life Skills: Critical Thinking, Creative Thinking, Sense of belongingness</p>

	<p>MARKETS AROUND US (CHAPTER-23)</p>	<p>*Pictures of various types of markets that exist around us will be shown and discussion on the same with special reference to the big giants of today.</p> <p>Activity: Group discussion or debate in the class on bargaining/ negotiation v/s fixed prices.</p>	<p>*Students will be able to: differentiate between the three types of markets and highlight their features identify the role and importance of each category of market analyse the concept of demand and supply in determining the price of a product.</p> <p>Life Skills: Effective Communication, Critical Thinking, Interpersonal Relationship</p>
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JANUARY (17 DAYS)

*Revision of Syllabus of Annual Exams to be held in February 2026

SUMMER HOLIDAY HOMEWORK:

*Prepare a Project on:

- I. Land and the People as explained in the class.
- II .Major Religions as explained in the class.

*Complete all written work related to the chapters done in class along with the activities and worksheets mentioned in the same chapters.

- Prepare for the Unit Test to be held in July 2025.

WINTER HOLIDAY HOMEWORK:

Prepare the Project on Advertising and Democracy as explained in the class.

- Complete all written work related to the chapters done in class along with the activities and worksheets mentioned in the same chapters.
- Prepare for the Annual Exam to be held in February 2026.

LISTS OF MAPS TO BE DONE IN TERM-I

GEOGRAPHY: (Both Identifying & Locating and Labelling)

- Major Soil Types and states of each soil type. (Pg 11)
- HISTORY:(Both Identifying & Locating and Labelling)
 - Small kingdoms in North India (Pg 73)

- Small kingdoms in South India (Pg 82)

LISTS OF MAPS TO BE DONE IN

TERM-II

- GEOGRAPHY: (Both Identifying & Locating and Labelling)
 - Fishing Grounds and Major Ocean Currents (Pg 35)
 - Tropical Grasslands (Pg 42) and Temperate Grasslands (Pg 43)
- HISTORY: (Both Identifying & Locating and Labelling)
 - Regional Powers: Kashmir, Lodi Kingdom, Marwar, Mewar, Bahmani Kingdom and Vijaynagar Empire (Pg 110)
 - Mughal Empire under Akbar (Pg 122)

पाठ्यक्रम - 2025-26

कक्षा – सप्तमी

विषय – संस्कृतम्

अधिगम – उपगमा

1. संस्कृतभाषया कथितान् निर्देशान् अवगच्छेयुः ।
2. संस्कृतेन लिखिताः लघुकथाः पद्यानि च श्रुत्वा पठित्वा वा अवगच्छेयुः ।
3. संस्कृतभाषया लघुवाक्यानि वदेयुः ।
4. श्लोकानाम् सस्वरवाचने समर्था भवेयुः ।
5. सरलसंस्कृतवाक्यानि रचयेयुः ।

कार्यदिवसाः	उपविषयाः	शिक्षणविधिः	लक्षिताधिगमाः
अप्रैल (20 दिवसाः)	1. बुद्धिः एव अस्माकं बलम् उपसर्गाः अव्ययपदानि	कथा वाचनं संयोजन – वियोजनम् वाक्येषु प्रयोगः	कथावबोधम् नवीनपदानां रचना वाक्य - रचना

कार्यदिवसाः	उपविषयाः	शिक्षणविधिः	लक्षिताधिगमाः
मई (15 दिवसाः)	2. अभ्यासः एव परमो गुरुः प्रत्यय – क्त्वा , ल्यप् संख्या – 1-40	कथावाचनम् संयोजन – वियोजनम् वाक्येषु प्रयोगः	कथावबोधनम् नवीनपदानां रचना

कार्यदिवसाः	उपविषयाः	शिक्षणविधिः	लक्षिताधिगमाः
जुलाई (24 दिवसाः)	3. उपकारकाः वृक्षाः 4. आगच्छ भोजनम् कुर्याम् उपपद विभक्तयः धातुरूपाणि	संवादवाचनम् वाक्येषु प्रयोगः गद्य वाचनं	विषयावबोधनम् संभाषणं

कार्यदिवसाः	उपविषयाः	शिक्षणविधिः	लक्षिताधिगमाः
अगस्त (21 दिवसाः)	5. सुवचनानि सन्धिः - दीर्घ, गुण शब्दरूपाणि	श्लोकवाचनम् शब्दयोजनम् वाक्येषु प्रयोगः	भावावबोधनं नवीनपदानाम् रचना

कार्यदिवसाः	उपविषयाः	शिक्षणविधिः	लक्षिताधिगमाः
सितम्बर (11 दिवसाः)	संवाद - पूर्तिः चित्र वर्णनम् पत्र - पूर्ति अर्धवार्षिकी परीक्षा कृते पुनः अभ्यास	रिक्तस्थानपूर्तिः वाक्य - संरचना :	भावाभिव्यक्तिः कल्पनाशक्तेः विकासः शब्दकोशे वृद्धिः

कार्यदिवसाः	उपविषयाः	शिक्षणविधिः	लक्षिताधिगमाः
अक्टूबर (17 दिवसाः)	6. यस्य बुद्धिः तस्य बलम् वृद्धि सन्धि गुण सन्धिः संख्या 1 - 50	कथावाचनम् शब्दयोजनं वाक्येषु प्रयोगः	कथाबोधनं नवीनपदानाम् रचना

कार्यदिवसाः	उपविषयाः	शिक्षणविधिः	लक्षिताधिगमाः

नवम्बर (22 दिवसाः)	7. बुद्धिः एव उत्तमा 8. अविवेक परमापदाम् पदं प्रत्यय – तुमुन् उपपद विभक्तय	कथावाचनम् शब्दयोजनं वाक्येषु प्रयोगः	कथावबोधनम् नवीनपदानाम् रचना कथा बोधनं
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कार्यदिवसाः	उपविषयाः	शिक्षणविधिः	लक्षिताधिगमाः
दिसम्बर (22 दिवसाः)	9. बुद्धिमान गोपालकः उपसर्गाः अव्ययपदानि प्रत्यय – ल्यप्	संयोजन – वियोजनम् वाक्येषु प्रयोगः कथा वाचनम्	संभाषणम् भावावबोधनम् पुनरभ्यासः

कार्यदिवसाः	उपविषयाः	शिक्षणविधिः	लक्षिताधिगमाः
जनवरी (17 दिवसाः)	10. मधुरवचनानि पत्र पूर्तिः संवाद-पूर्तिः चित्रवर्णनम् शब्दरूप	रिक्तस्थानपूर्तिः श्लोकवाचनम् वाक्य - संरचना	पुनः अभ्यासः भावावबोधनम् वाक्य – रचना

कार्यदिवसाः	उपविषयाः	शिक्षणविधिः	लक्षिताधिगमाः
फरवरी	पुनः अभ्यासः	पुनः अभ्यासः	पुनः अभ्यासः

ग्रीष्मावकाश – गृहकार्यम्

- 1 . प्रतिदिनं एकं सुलेखनाभ्यास कुर्वन्तु
- 2 . पञ्च प्राकृतिक चित्रम् दृष्ट्वा पञ्च वाक्यानि लिखन्तु

- 3 . साप्ताहिक दिनानि नामानि लिखन्तु
- 4 . एकदिनस्य अवकाशम् कृते औपचारिक पत्रं लिखन्तु
- 5 . उपसर्गाः आधारिकृत्य पञ्च पञ्च शब्दाः लिखन्तु

शीतावकाश-गृहकार्यम्

1. श्लोकानाम् सस्वरवाचनस्य अभ्यासम् कुर्वन्तु
2. वार्षिक परीक्षायाः कृते सम्पूर्ण पाठ्यक्रमस्य पुनराभ्यासम् कुर्वन्तु
3. शब्दरूप धातुरूप लिखित्वा अभ्यासम् कुर्वन्तु

ICT
Class VII
2025-26

Specific Objectives:

The objectives of teaching Information & Communication at this level are:

1. Empower the students with the methods to create a variety of digital products using appropriate tools and applications.
2. Equip them with the techniques to save, store and manage digital resources.
3. Encourage them to develop entrepreneurial skills.
4. Develop the skills of Critical thinking, Collaborative working, Problem Solving, Creativity and Innovation in addition to enhancing their aesthetic thinking skills.
5. Assist the students to use these skills in their daily life
6. Increase their efficiency with proper use of time and energy.

Month/ No of Days	Chapter Name	Methodology	Learning Outcomes
April (20 Days)	Scratch-1 1. Introduction to Creative Computing :Scratch 2. Scratch Interface and its Components 3. Working with sprite, Editing sprite 4. Resizing and creating a costume in sprite 5. Saving, sharing and resizing a project.	1. Plot X-Y graph and demonstrate the concept of 2D plane and coordinates for the scratch stage. 2. Use of Smartboard to illustrate the various parts of the Scratch window. 3. Demonstration of the various steps to be followed to create, save, open, share a project. 4. Hands on activities	<ul style="list-style-type: none"> • Appreciate scratch as a powerful tool to create stories, games and animations. • Appreciate the use of different blocks in Scratch software. • Understand and use Scratch Interface. • Use Scratch Editing Tools
<ul style="list-style-type: none"> • Hands on Activities: pg 15,19,25 • Create the animated diagram of “Water Cycle” / “Life Cycle of a Butterfly” using Scratch • Construct an animated story to promote Sustainable Development Goals using Scratch. This would enhance the concept of Global Awareness. 			
May (15 days)	Scratch-II Scratch programming Blocks Writing Script using Motion Blocks Animating the background	1. Illustrate the importance and the functioning of various Blocks of the Scratch window. 2. Exhibit the various steps to be followed to create innovative and interactive projects with sound, recording etc on smart board 3. Use the day to day examples to introduce the concept of Variables, Constants and Functions and then integrate them in programming.	<ul style="list-style-type: none"> • Appreciate and understand the elementary basics of programming • Learn to use the different blocks

		4. Hands on activities	
<ul style="list-style-type: none"> • Class Activities: Pg-27 • Hands on Activities: Pg-28,29,30, 334,35,37, 38,39,42 • Create an interactive game based on “Healthy Eating Habits” using scratch. This will help to develop the Health & wellness literacy. • Generate beautiful patterns for the design for a fabric using scratch. 			
Summer Break Holiday Homework			
Prepare an animation in scratch based on any of the Sustainable development Goals			
July (24 days)	Evolution of Computer 1. History Of Computers 2. Generation of Computers 3. Tech Trends: Last Fifteen Years	1. Introduction to the “History Of computers “ & “Generation of Computers” through videos/group discussion 2. Questionnaires based on the new concepts	The students would be able to <ul style="list-style-type: none"> • Appreciate the Evolution of Computers • Differentiate between different Generations • Understand and appreciate Tech Trends
<p>Class Activities: Pg-2,4,10 Role play activity-“Who am I?”. This will also help to develop their Public Speaking Skills .</p>			
August (21 days)	Introduction to GIMP Image editing Tools- Introduction GIMP-An Image editing Tool: An Introduction Understanding GIMP Window Creating a New file Opening an Exiting File Saving File(.xcf and other formats) Starting with Image windows Image editing Tools	1. Introduce the concept of Pixels, Resolutions and Bitmap by drawing a grid and filling the relevant boxes. 2. Group discussion regarding the relevance of GIMP. 3. Group discussions to find the similarities/ differences among features available in the various software. 4. Use of Smartboard for the illustration of the various tools of the GIMP software.	<ul style="list-style-type: none"> • Appreciate GIMP as Image Editing tool • Learn to Create, open and sav file • Understand GIMP window • Use tools Provided to tool window • Learn to Crop the images • Understand layers and its Concept
<ul style="list-style-type: none"> • Class Activities: Pg-45,46.54 • Hands on Activities: Pg-50, 52, 55, 56,57,58,59,62,68,71,72,74, 76 • Create or insert a drawing edit it by resizing and cropping it. • This would help in enhancing the aesthetic thinking skills 			
September (11 Days)	Recapitulation of all the previous concepts Mid Term Examination		
Oct (17 Days)	GIMP Tools Painting in GIMP- Pencil and Paint brush Tool	Group discussion regarding the various features available in any Image editing software.	<ul style="list-style-type: none"> • Appreciate Various tools available in GIMP • Use advanced tools of GIMP

	Sheer tool: Flip tool, rotate, Perspective , Blur/Sharpen, Smudge, Dodge /Burn Tool and Blend tool	Illustration of the various tools of the GIMP software and their features/options on the Smartboard	for Editing images.
	<ul style="list-style-type: none"> • Class Activities: Pg—85,87,90,95 • Hands on Activities: Pg-78,80,82, 84,86,92 • Prepare the Almanac Cover for your school using GIMP. • This would help to boost a sense of responsibility, 		
November (22 Days)	Advanced GIMP 1. Operations on layers 2. Masking- Introduction and example 3. Filters	Illustration of the various tools of the GIMP software and their features/options on the Smartboard	<ul style="list-style-type: none"> • Understand the concept of layers • Use layer operations • Appreciate masking Concept • Learn to apply Filters
	<ul style="list-style-type: none"> • Class Activities: Pg-106,110 • Hands on Activities: Pg-98,100,101,104,111 • Design the Annual day Invitation card using the advance features of GIMP • Create an innovative logo for Interschool Event using layers and filters. • This will help to enhance the creativity and innovation skills. 		
December (17 Days)	Basics of Internet 1. World wide web 2. Web servers 3. Web browsers 4. Websites and web pages 5. URL 6. Bogs types and features 7. Social Networking	Introduction to new concepts of WWW, Web servers, dynamic & static websites etc followed by the respective questionnaires. Group discussion on the uses and importance of the various new concepts.	<ul style="list-style-type: none"> • Understand the concept of World Wide web • Appreciate the concept of web Servers and its uses. • Understand the concept of web browsers • Learn the use of blogs
	<ul style="list-style-type: none"> • Class Activities: Pg-114,115,116, 118,120,122,125 • Hands on Activities: Pg-123,124 • This would help in enhancing the Digital Literacy Skills and develop a Sense Of Social Responsibility 		
Winter Break Holiday Homework			
<ul style="list-style-type: none"> • Prepare a movie to showcase the various concepts learned using Adobe Spark/Scratch. • Prepare the cover pages (both front and rear) for your School Magazine using edited images of the various school events of past year 			
January (17 days)	Internet And web Services 1. Chat, E-mail 2. Video Conferencing 3. Social Networking	Class Discussion about the various chatting apps, emoticons, social networking sites, etc Debate on the Traditional and Modern techniques of sending	<ul style="list-style-type: none"> • Understand the various websites and web services • Appreciate the concept of E-learning, E -commerce, E -Shopping, E-Reservation, E-Banking etc. • Use Social networking site

	4. E-groups 5. E-Learning 6. E-Commerce 7. E-Shopping 8. E-Reservation	messages.	and collaborative learning and knowledge acquisition and e groups.
	<ul style="list-style-type: none"> • Class Activities: Pg-128,132,139,140 • Activity based on Research on the various E-shopping sites, E-reservation sites,etc • This would help in enhancing the Digital Literacy Skills. • Recapitulation of all the previous concepts 		
February	Revision		

MUSIC VOCAL

CLASS-7th

(2025-2026)

➤ Every class will begin with the chanting of (OM), ‘Gayatri Mantra’

Month/Number of Days	Activity Name	Methodology	Learning Outcomes
<u>April 20 Days</u>	<ul style="list-style-type: none">● Vandematram and new prayer.	<ul style="list-style-type: none">● Sing the seven notes individually	<ul style="list-style-type: none">● Develop “SWAR” sense
<u>May 15 Days</u>	<ul style="list-style-type: none">● Alankar(basic 1-4)● Draw the picture of Tanpura.	<ul style="list-style-type: none">● Discuss about the origin of Tanpura .● Group singing	<ul style="list-style-type: none">● To develop awareness towards the music and instruments.
<u>July 24 Days</u> <u>August 21 Days</u>	<ul style="list-style-type: none">● Patriotic song● Community singing.● Alankar.	<ul style="list-style-type: none">● Children will learn the song and sing individual.● They will sing the community songs.● They will sing different (SA RE GA MA).	<ul style="list-style-type: none">● To develop singing skills● To be able to appreciate when others are singing.● They will sing different (SA RE GA MA).
<u>SEPT 11 Days</u> <u>OCT 17 Days</u>	<ul style="list-style-type: none">● Discussions about different sounds of nature.● Knowledge of different taals.	<ul style="list-style-type: none">● Children will listen to the sounds of each living organism and the teacher will tell them how it is actually a note by itself.● The song will be taught.	<ul style="list-style-type: none">● To develop rhythm sense .● To develop raag sense.

<p><u>NOV 22 Days</u> <u>DEC 22 Days</u></p>	<ul style="list-style-type: none"> ● Preparations of various competitions and functions. ● Discussion about thaat system. 	<ul style="list-style-type: none"> ● Children will learn specific song to be performed will learn difference in thaats. 	<ul style="list-style-type: none"> ● Develop swar Raag sense. ● To develop interest to participate in school function. ● To develop innovation.
<p><u>JAN 17 Days</u> <u>FEB- revision for annual examination</u></p>	<ul style="list-style-type: none"> ● Discussions on famous musicians. 	<ul style="list-style-type: none"> ● Children will bring picture of musicians and discuss about their contribution towards music. ● Finally they will paste the pictures on the chart papers. 	<ul style="list-style-type: none"> ● To develop creativity. ● Inter-personal relations. ● Able to work in groups.

CLASS : - VII (2025 – 2026)

SUBJECT : - DANCE

Learning Objectives :-

1. Knowledge of the rich cultural heritage of India .
2. Knowledge of different dance forms and gharana .
3. Develop the dancing skill , creativity , imagination / innovation .

Month/Number of Days	Activity Name	Methodology	Learning Outcomes
<u>April 20 Days</u>	1. Bhumi Pranam 2. Discussion of Indian Classical Dance	1. Each step will be taught individually with the help of graceful steps and movements 2. Students will learn and try to perform	1. Importance of dancing skills
<u>May 15 Days</u>	1. Classical Dance :- Hand Movements of classical dance	1. Children will be taught step by step individually . 2. Students will be taught about the different Mudras . Activity - Students will PERFORM individually the same .	1. Will improve awareness towards Dance
<u>July 24 Days</u>	1. Patriotic Dance	1. The meaning of the song will be explained by the teacher to improve the feel and enhance the quality of dance . 2. Students will then try and perform the same .	1. Feeling of Patriotism



<u>August 21 Days</u>	1. Patriotic Dance	1. Children will also be taught in group to develop coordination among themselves . 2. Discussion of freedom fighters	1. Feeling of Patriotism
<u>SEPT 11 Days</u>	1. Knowledge about Folk Dance 2. 5 Basic steps of folk Dance	1. Students will be told about different styles Folk Dances of India and related costumes 5 basic steps will also be taught to the teacher 2. Discussion of Folk Dance Activity – Students will be asked to speak / write about different states , costumes etc .	1. Knowledge of the rich culture heritage of India .
<u>OCT 17 Days</u>	1. Basic Folk Dance Steps 2. Rhythm aspect of different folk dances of India .	1. Every student will be taught different Folk Dance Steps . 2. Discussion on different Folk dance Movements of different states . Students will practice individually as well as in group .	1. Enhance the dancing skills develop the stage Presentation Skills .
<u>NOV 22 Days</u>	1. Shloka Dance 2. Knowledge of Shloka Meaning	1. Students will learn Shloka and the Meaning and also by heart the same . They will also be taught appropriate based on the meaning of Shloka 's. 2. Teaching Usage of Different Shloka's Meaning	1. Students will learn to recite , explain the meaning and also dance with the Shloka .
<u>DEC 22 Days</u>	1. Classical Dance 'Basic Tukra' 2. Knowledge about Mudra	1. Teaching will be done using different Mudras 2. Students will practice individually as well as in Group .	1. Enhance and develop dancing skills .



JAN 17 Days	<ol style="list-style-type: none"> 1. Patriotic Dance 2. Knowledge of famous freedom fighters name and work . 	<ol style="list-style-type: none"> 1. One by one steps will be taught with the meaningful movements according to the song . 2. Discussion of freedom fighters 	<ol style="list-style-type: none"> 1. To develop the acting skills and expressions
FEB- revision for annual examination	<ol style="list-style-type: none"> 1. Knowledge of Taal TeenTaal 	<ol style="list-style-type: none"> 1. TeenTaal will be taught in proper Rhythm with Taali , Khaali and Matra etc . 	<ol style="list-style-type: none"> 1. To build the Rhythm Sense



Fine art [painting]

<u>Month /No of working days</u>	<u>Topic to be covered Theory</u>	<u>Methodology</u>	<u>Learning Outcomes</u>
APRIL [24 days]	Introduction to art Basic drawing and colouring {shape object,nature}	students involves developing their creativity, fine motor skills, and understanding of various art techniques. The methodology for an art class at this level should aim to engage students in both the process and the product of creating art. Here's a structured approach:	Technical Skills: 1 creative thinking 3. Understanding Color Theory.
MAY [24 days]	Clay modelling Making objects [mini pot,flower etc]	Practical Skills Development: students develop fine motor skills, creativity, and spatial awareness. It encourages hands-on learning and provides students with a tactile way to explore the world of art. Here is a structured methodology to introduce clay modeling to Class 6 students.	Technical Skills: Fine motor skill, creativity
JULY- AUGU	Still life drawing	The methodology should focus on	Technical skill: Shading technique
ST [48 days]	Drawing household objects[cup,bottel, books etc]	developing students observation skills,understanding of form ,and use of basic art materials.	

<p>SEP- OCT</p> <p>[48 days]</p>	<p>Festival art</p> <p>Rangoli diya, painting</p>	<p>Practical Skills Development:</p> <p>The methodology should focus on celebrating various culture traditions, incorporating festive themes into art, and allowing students to express their understanding of these events visually.</p>	<p>Technical skill:</p> <p>Traditional based creativity</p>
<p>NOV- DEC</p>	<p>Portrait study</p> <p>Painting and Drawing Portrait study /human anatomy /animal study /bird study/ Insect study</p>	<p>Media and Techniques:</p> <p>Experimentation with different media and techniques is encouraged, allowing students to discover their strengths and preferences.</p> <p>Composition: Understanding the principles of composition, including elements like line, shape, colour, and form, is crucial.</p>	<p>Technical skill:</p> <p>Proportion, expression</p>
<p>Jan- feb</p>	<p>Abstract art and expression /step by step</p> <p>Free style painting</p>	<p>Practical Skills Development:</p> <p>Abstract art ,unlike realistic art ,focuses on</p>	<p>Technical Skills:</p> <p>Imagination,</p>
	<p>using emotions in art</p>	<p>shapes, colours, lines, and forms rather than representing the real world.</p>	

ACADEMIC PLAN(2025-2026)

SUBJECT:-SPORTS

CLASS:- 7th

Learning objective:-

- To provide sports opportunity to every student.
- To Build Competitive abilities.
- To provide Recreation and fun
- To practice mental hygiene
- To attain higher level of consciousness
- To improve the physical, social, mental and wellbeing of students

MONTH/ No. of Days	ACTIVITIES	METHODOLOGY	LEARNING OUTCOME
April (21 Days)	Fitness Exercises And SPORTS	Demonstration and explanation	Students will learn how to improve physical health through exercises.

MONTH/ No. of Days	ACTIVITIES	METHODOLOGY	LEARNING OUTCOME
May (16 Days)	Yoga And SPORTS	Demonstration and explanation	Students will learn how to increase their dynamic flexibility.

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MONTH/ No. of Days	ACTIVITIES	METHODOLOGY	LEARNING OUTCOME
July (25 Days)	How to Prevent from Lifestyle diseases Through Yoga.	Discussion	Students will learn how they can develop their body posture and Lifestyle to develop fitness level.

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MONTH/ No. of Days	ACTIVITIES	METHODOLOGY	LEARNING OUTCOME
August (22 Days)	Breathing exercises And SPORTS	Demonstration and explanation	Students will learn to perform proper breathing techniques.

MONTH/ No. of Days	CHAPTER NAME	METHODOLOGY	LEARNING OUTCOME
September (22 Days)	Balanced Diet And SPORTS	Discussion and explanation	Students will learn about the components of diet and value of balanced and nutritional diet.

MONTH/ No. of Days	ACTIVITIES	METHODOLOGY	LEARNING OUTCOME
October (17 Days)	Meditation And SPORTS	Demonstration and explanation	Students will learn to improve their concentration power.

MONTH/ No. of Days	ACTIVITIES	METHODOLOGY	LEARNING OUTCOME
November (23 Days)	Aerobic exercises And SPORTS	Demonstration and explanation	Students will understand how cardiovascular health can be improved using aerobic exercises.

MONTH/ No. of Days	ACTIVITIES	METHODOLOGY	LEARNING OUTCOME
December (23 Days)	Yoga And SPORTS	Demonstration and explanation	Students will perform difficult poses to the greater extent of their ability.

MONTH/ No. of Days	ACTIVITIES	METHODOLOGY	LEARNING OUTCOME
January (17 Days)	Physical exercises And SPORTS	Demonstration and explanation	Students will learn how physical health can be improved.

MONTH/ No. of Days	ACTIVITIES	METHODOLOGY	LEARNING OUTCOME
February (22 Days)	Sitting, Standing Posture And SPORTS	Discussion	Students will understand why it is important to sit in a proper posture to improve muscle health.

नैतिक शिक्षा-2025-2026
कक्षा-सातवी
पाठ्यक्रम

उद्देश्य -

1. छात्रों में मानवीय मूल्यों का विकास
2. चरित्र का निर्माण करना।
3. सकारात्मक भाव उत्पन्न करना।
4. संस्कृति के प्रति आदर का भाव।

प्रथम सत्र-2025

मास एवं दिवस	पाठ का नाम	शिक्षण विधि	अधिगम संप्राप्ति
अप्रैल-2025 20 दिवस	1. प्रार्थना	<ol style="list-style-type: none"> 1. सस्वर वाचन कराना। 2. आरोह अवरोह का ज्ञान। 3. भावार्थ समझाना। 4. जीवन में प्रार्थना का महत्व। 	<ol style="list-style-type: none"> 1. नित्य प्रार्थना करना। 2. प्रार्थना का महत्व समझना 3. उच्चारण शुद्ध करना। 4. भाव को धारण करना।
	2. आर्य कौन है ?	<ol style="list-style-type: none"> 1. प्रत्येक छात्र से पाठ को पढ़वाना 2. आर्य शब्द अर्थ एवं महत्व बताना। 3. आर्य के कर्तव्य समझाना। 	<ol style="list-style-type: none"> 1. स्वाध्याय में रुचि पैदा करना। 2. आर्यत्व को धारण करना। 3. कर्तव्य का पालन करना।
मई-2025 15 दिवस	3. ईमान का महत्व	<ol style="list-style-type: none"> 1. पाठ को पढ़वाकर। 2. ईमान क्या है यह समझकर। 3. ईमानदारी का महत्व बताकर। 4. न्याय प्रियता बताकर। 	<ol style="list-style-type: none"> 1. नित्य स्वयं पढ़ना। 2. ईमान पर चलना। 3. ईमानदार बनकर रहना। 4. सबके साथ न्याय करना।
जुलाई-2025 24 दिवस	4. ये कैसा परिश्रम ?	<ol style="list-style-type: none"> 1. पाठ का वाचन कराकर। 2. परिश्रम का अर्थ बताकर। 3. परिश्रम किस तरह करना है सह समझाकर। 4. परिश्रम का महत्व समझाकर। 	<ol style="list-style-type: none"> 1. स्वयं अध्ययन करना। 2. परिश्रमी बनना। 3. परिश्रम कब, कहाँ कितना यह जानकर करना। 4. परिश्रम को जीवन में बनाये रखना।
	4. कौन है ? सुदामा	<ol style="list-style-type: none"> 1. पाठ पढ़ाकर। 2. सुदामा का जीवन परिचय समझाकर। 3. चरित्र को बताकर। 4. अभ्यास प्रश्न कराकर। 	<ol style="list-style-type: none"> 1. स्वयं अध्ययन में रुचि। 2. जीवन परिचय से प्रेरणा लेना। 3. चरित्रवान बनना। 4. अभ्यास प्रश्न करना।

नैतिक शिक्षा-2025-2026
कक्षा-सातवी

मास एवं दिवस	पाठ का नाम	शिक्षण विधि	अधिगम संप्राप्ति
अगस्त-2025 21 दिवस	6. क्या तुम्हे पता है ?	<ol style="list-style-type: none"> छात्रों में वाचन करवाना । क्या तुम्हें पता है छात्रों से पूछना पाठ को ठीक से समझाना 	<ol style="list-style-type: none"> नित्य स्वयं अध्ययन करना । छात्र स्वयं पढ़कर स्वयं चर्चा करेंगे । अभ्यास प्रश्न स्वयं करना ।
	7. गुरुदत्त का समर्पण	<ol style="list-style-type: none"> पाठ पढ़वाकर समझाना । गुरुदत्त का जीवन परिचय बताना । गुरुदत्त कैसे आस्तिक बना यह समझाना । गुरुदत्त द्वारा लिखित पुस्तकों के बताना । 	<ol style="list-style-type: none"> स्वयं अध्ययन करना । जीवन से प्रेरणा लेना । आस्तिक बनना । गुरुदत्त की पुस्तकें पढ़ना ।
सितम्बर-2025 11 दिवस	8. निन्दक नियरे रखिए ।	<ol style="list-style-type: none"> छात्रों से पाठ पढ़वाकर । निन्दा करने का दोष समझाकर । निन्दक की पहचान बताकर । निन्दा से कैसे बचे यह बताकर । 	<ol style="list-style-type: none"> नित्य अध्ययन करना । निन्दा दोष का त्याग करना । निन्दा से बचकर रहना । निन्दा कभी न करना ।
	परीक्षा कार्य	छात्रों को अभ्यास कराना	याद करके परीक्षा देंगे ।
		द्वितीय सत्र-2025	
अक्टूबर-2025 17 दिवस	9. जीवन एक चुनौती	<ol style="list-style-type: none"> इस पाठ को पढ़वाकर । पाठ का भावार्थ समझाना । कहानी द्वारा समझाना । चुनौती को कैसे हरायें । 	<ol style="list-style-type: none"> छात्र स्वयं पाठ पढ़ेंगे । भावार्थ को जानेंगे । कहानी को याद करेंगे । चुनौती का सामना करेंगे ।
नवम्बर-2025 22 दिवस	10. जरा धीमे बोलो	<ol style="list-style-type: none"> पाठ पढ़वाकर । धीमे बोलने का महत्व बताकर । उदाहरण द्वारा समझाकर अभ्यास प्रश्न कराकर । 	<ol style="list-style-type: none"> स्वयं पाठ को पढ़ना । धैर्य रखना धीरे से बोलना । उदाहरण से सीख लेना । स्वयं प्रश्नोत्तर करना ।

नैतिक शिक्षा-2025-2026
कक्षा-सातवी

मास एवं दिवस	पाठ का नाम	शिक्षण विधि	अधिगम संप्राप्ति
दिसम्बर-2025 22 दिवस	11. बार्टर सिस्टम	<ol style="list-style-type: none"> 1. पाठ को छात्रों से पढ़वाकर 2. बार्टर सिस्टम को समझाकर 3. भावार्थ बताकर। 4. प्रश्नोत्तर करवाकर। 	<ol style="list-style-type: none"> 1. स्वयं पाठ का अध्ययन करना। 2. जल संरक्षण करना। 3. भाव से समझना। 4. स्वयं प्रश्नोत्तर करना।
	12. एक हिंसा ऐसी भी	<ol style="list-style-type: none"> 1. पाठ को ठीक प्रकार पढ़ाकर 2. हिंसा से हानि समझाकर। 3. हिंसा से कैसे बचे यह समझाकर। 4. प्रश्नोत्तर करवाकर। 	<ol style="list-style-type: none"> 1. स्वयं पाठ को पढ़ना। 2. हिंसा को समझना। 3. अहिंसा को धारण करना। 4. स्वयं अपने प्रश्नोत्तर करना।
जनवरी-2026 17 दिवस	13. कहीं यह फोमो तो नहीं है ?	<ol style="list-style-type: none"> 1. पाठ का ठीक प्रकार से वाचन कराकर 2. फोमो शब्द का अर्थ समझाकर। 3. कठिन शब्दों को बोलकर शुद्ध कराकर 4. प्रश्नोत्तर पूर्ण कराकर। 	<ol style="list-style-type: none"> 1. छात्र स्वयं अध्ययन करेंगे। 2. फोमो का अर्थ जानकर उसका प्रयोग करेंगे। 3. कठिन शब्दों को बोल-बोलकर स्वयं उच्चारण करेंगे। 4. अपने प्रश्नोत्तर स्वयं करेंगे।
फरवरी-2026	परीक्षा की तैयारी	पुनरावृत्ति पाठों को याद करवाना।	मूल्यांकन करना, स्वयं अध्ययन पूर्वक याद करना।