

ॐ ओ३म् ॐ



# DAV PUBLIC SCHOOL, SAMANA

(SENIOR SECONDARY)

CBSE Affiliated (1630571)

**Under : DAV College Managing Committee, New Delhi**

Near Chak, Patran Road, Samana-147101 |

Phone : 01764-221815, 9878144815

E-mail: [davsamana@gmail.com](mailto:davsamana@gmail.com) , [davsamana@yahoo.com](mailto:davsamana@yahoo.com)

Website : [www.davsamana.org](http://www.davsamana.org)

## STUDY PLAN

**Class 10+1 (Science)**

Name \_\_\_\_\_

Section \_\_\_\_\_

Roll No. \_\_\_\_\_

Adm. No. \_\_\_\_\_

## INDEX

SUBJECT	Page No.
PRINCIPAL MESSAGE	1
STUDY PLAN - AN IMPORTANT TOOL	2
GREEN RULES	2
GENERAL INSTRUCTIONS (FOR PARENTS)	3 - 4
MODE OF EXAMINATION	5
TEACHER SHOULD KEEP IN MIND	5
EXAMINATION INSTRUCTIONS	6 - 7
VALUE EDUCATION TOPICS	8 - 9
PHYSICS	10 - 12
CHEMISTRY	12 - 14
BIOLOGY	14 - 16
MATHEMATICS	16 - 18
ENGLISH CORE	19 - 21
PHYSICAL EDUCATION	21 - 25
COMPUTER SCIENCE	25 - 28
MEDICAL PLANNER	29
TEST SCHEDULE & CALENDAR ACTIVITIES	30
ARYA PARV	31
NATIONAL & INTERNATIONAL IMPORTANT DAYS	32 - 40
ACTIVITIES LIST OF EK BHARAT SHRESHTHA BHARAT	41
FIT INDIA MOVEMENT ACTIVITIES	42 - 43
SCHOOL HOUSES	44
DO'S AND DON'TS	45
CODE OF CONDUCT	45
TEN PRINCIPLES OF ARYA SAMAJ	46

## Principal Message

**"Education is a shared commitment between dedicated teachers, motivated students and enthusiastic parents with high expectations"**



**Principal Dr. Mohan Lal Sharma**  
Academician, Educationist, Scholar  
Writer, Social Worker, Awardee

### Dear Students

Today, the role of a school is not only to pursue academic excellence but also to encourage and empower its students to be lifelong learners, critical thinkers, and productive members of an ever-changing global society. More than a decade back DAV SAMANA pledged to transform education. The school that is being run under the able stewardship of Honorable President **Dr. Punam Suri Ji** has earned its own position not only in Samana but also in its surrounding areas. At DAV, we provide an atmosphere to our students for multifaceted development, where children get such a platform which helps them to channelize their potential in the pursuit of excellence. This can only be possible in a holistic, student-centric environment.

The school is striving hard to make the best possible efforts to inculcate strong Vedic roots combining with academics and extra-curricular activities in the children. Transforming every individual into a self-reliant and independent citizen, the school provides an amalgam of scholastic and co-scholastic activities with International exposure. In our curriculum, the student is the primary focus and each child is involved in the learning process.

A new ray hope has been generated by the introduction of – NEP 2020, a pristine document on education wherein emphasis is laid on technology. From the academic year 2022-23, the government will implement the first phase of NEP 2020. The new norms we have adapted to, the resilience we have developed will play a crucial role in applying the New Education Policy in a better way.

The parents are the most strengthening power in moulding the future of children. Their consistent support empowers us to do more and more. I pay my gratitude to them for their faith in us.

I am confident enough that the DAVIANS will make themselves stronger day by day, adding a new leaf to the grandeur of the school.

**Blessings!!!**

**Principal Dr. Mohan Lal Sharma**

## STUDY PLAN - AN IMPORTANT TOOL

Study plan is a technique that enables you to make the most efficient use of your time, resources and academic potentials. As we journey together, you may face many challenges and to enable you to overcome the obstacles we offer you this wonderful tool-Study Plan to make you familiar with the values and Academic Syllabi of the school. This will increase your awareness of how you study and you will become more confident. Make this planner a part of your schedule for getting success this year.

.....

### GREEN RULES

- ❖ Be kind, polite, helpful and aware of others' feelings.
- ❖ Try your best, work hard and learn from your own mistakes.
- ❖ Respect your educators.
- ❖ Make yourself presentable.
- ❖ Take responsibility for your education.
- ❖ Be organized.
- ❖ Don't be a distraction.
- ❖ Do the task with dedication.
- ❖ Stick to your goals.

## GENERAL INSTRUCTIONS (FOR PARENTS)

- ❖ Parents are requested to co-operate with the school in its attempt to help towards their children's progress by paying attention to their regularity, punctuality and discipline.
- ❖ Constant vigilance on the part of the parents pays rich dividends. We earnestly recommend that parents should take interest in the daily activities of the children both inside and outside the school and check the diary daily for any notes from the teacher. Kindly attend all Parent-Teacher Meetings in the interest of your wards.
- ❖ If you have any suggestions regarding your ward's study, you are welcome to contact the Principal/ Supervisor/ Co-ordinator/Class Teacher/Subject Teacher during Parent-Teacher Meeting or with prior appointment with Principal/ Supervisor/ Co-ordinator between (9:00 a.m. to 10:00 a.m.).
- ❖ Parents are requested not to enter the class room either to see their wards or to seek interviews with the teachers during class hours. No half day/short leave will be given to the student.
- ❖ Unauthorized absence for 6 consecutive days renders the student liable to have his/her name struck off the rolls. Sick children should not be sent to the school for a test or an examination. Medical certificate may be sent along with an application on the same or next day positively. Student will be fined Rs.10 per day, if the child remains absent for the consecutive two days.
- ❖ Children when suffering from infectious disease should not be sent to school to attend classes. The student is required to produce a fitness certificate from a Medical Practitioner / Doctor on joining.
- ❖ Any change of Residential / Official Address / Telephone Number should be notified to the class teacher and school office immediately.

- ❖ Ensure that the child maintains personal hygiene, has nutritious breakfast and diet and avoids eatables from roadside vendors.
- ❖ Students are not allowed to carry / use "Mobile Phones" within the school premises.
- ❖ As the medium of instruction in the school is English. So, children should be helped to follow their work easily and intelligently by a certain amount of regular conversation in English at home.
- ❖ As soon as the diary is issued, the parents should fill in all the required data and sign in the spaces provided.
- ❖ Parents should sign the school diary daily. Daily assignment, irregularity in
  - a) Completion of assignment
  - b) Bringing of Books.
  - c) Wearing proper uniform, or any other instruction and circulars given should be acknowledged by signing the diary at the respective spaces provided.
- ❖ Legitimate complaints should be brought to the knowledge of the Principal without delay.
- ❖ Please ensure that the child is sent neatly dressed. Nails should be trimmed regularly. Expensive jewellery and watches, nail polish and make up is not permitted.
- ❖ Encourage the children to participate in all curricular and co-curricular activities. This is very necessary for gaining self-confidence and self-satisfaction.

## MODE OF EXAMINATION

1. The Annual examination will be held in the month of February / March.
2. A student must pass separately in both (Written+ Practical) exams.
3. Duration of each paper will be of three hours.

\*\*\*\*

## TEACHER SHOULD KEEP IN MIND

1. Use a variety of tools (Oral, Projects, Presentation).
2. Understand different learning styles and abilities.
3. Develop child's individual's skills, interests, attitudes and motivation.
4. Monitor the changes taking place in a child's learning, behavior and progress over time.
5. Share the assessment criteria with the students.
6. Allow peer and self-assessment.
7. Give an opportunity to the students to improve.
8. Use an "Indoor Voice" when speaking in the class.

## EXAMINATION INSTRUCTIONS

1. Students **MUST** reach the exam centre in time.
2. No student will be allowed to enter in the examination centre after time will be over.
3. Students are required to bring their own pen, pencil and ink. Only blue black or royal blue ink / ball point pen is to be used.
4. No student, without permission of the Invigilators/Duty teacher, shall leave his / her seat or the Examination Hall until the end of the examination. No student shall speak without permission. If it is necessary for the candidate to communicate, he/she shall stand up in his / her place.
5. Answer shall be written on both sides of the answer book supplied to the candidate and on the both side of the answer book. No candidate shall tear out any leaf from the answer book.
6. If a student write his / her roll no. or put any special mark in any part of the answer book or drawing sheet, map etc. other than the space provided for the purpose he will render himself liable to have his/her paper cancel.
7. Students can be physical search by the center duty teacher before or during the examination at any time.
8. The student shall not ask for supplementary answer sheet till the main answer book / the earlier supplementary answer book is filled.
9. Apart from what is stated to be unfair means in the rules, regulations and Bye-Laws of the Board, if a candidate during the course of examination, is found indulging in any of the following, he/she shall specifically be deemed to have used



**unfair means at the examinations and as such his/her result shall not be declared but shall be marked as UNFAIRMEANS (U.F.M.):**

- a) **Having in possession any item or article which has been prohibited in examination centre or may be used for unfair practices including any stationery item, communication device, accessories, eatable items, ornaments or any other material or information relevant or not relevant to the examination in the paper concerned.**

## VALUE EDUCATION TOPICS

### APRIL

#### SELF DISCIPLINE & CO-OPERATION

- Being responsible
- Managing Emotions
- Being helpful to new students
- Cleanliness of body and mind
- Healthy and constructive thoughts

### MAY

#### DIGNITY OF LABOUR & OPTIMISIM

- Respecting all jobs/positions equally
- Keeping your surroundings clean
- Looking at negative things in a positive manner

### JUNE

#### SELF REALIZATION & MEDITATION

- Purity of mind and soul
- Spending valuable time with parents
- Awareness about duties
- Creative & Innovative approach

### JULY

#### ENVIRONMENT SENSITIVITY

- Go Green
- Each one, Plant one
- Use of water, Electricity etc.
- Proper utilization of paper

### AUGUST

#### SECULARISM & NATIONAL INTEGRATION

- Acknowledging the hard-earned independence
- Showing respect towards all religions
- Taking pride in being an Indian
- Abiding by the laws for maintaining National Integrity

**SEPTEMBER****EFFICIENCY & EFFECTIVENESS**

- Continuous Efforts with Patience & Endurance
- Believing in yourself
- Having "I CAN Win" attitude
- Do not pluck flowers

**OCTOBER****COMPASSION & CHARITY**

- Love for humanity
- Well mannered in words & actions
- Helping the needy

**NOVEMBER****FAITH & DEVOTION**

- Trust
- Hope
- Calmness

**DECEMBER****INSPIRATION & RESPONSIVENESS**

- Self Trust
- Motivation for Simple living and high thinking

**JANUARY****CLEANLINESS/ CLEAN DAV GREEN DAV**

- Personal hygiene
- Cleanliness of surrounding
- How to keep your classroom tidy

**FEBRUARY****TIME MANAGEMENT & COMMITMENT**

- Practicing effective study techniques
- Being organized

**MARCH****STRIVING FOR EXCELLENCE**

- Be diligent in your performance
- To do things in the best possible manner
- Being enthusiastic

**PHYSICS - Subject Code: 42**

**Book** : NCERT (National Council of Educational Research & Training)  
**Reference Book** : 1. Pardeep Publications      2. Viva Publication  
 3. Modern Publication

**AIMS & OBJECTIVES:**

To enable the students –

1. To communicate effectively and appropriately in real life situations.
2. To read silently at varying speeds depending on the purpose of reading.
3. To express idea in clear and grammatically correct English, using appropriate punctuation and cohesion devices.
4. To use an appropriate style and format to write letters (formal and Informal), Biographical sketches, dialogues, speeches, reports, articles, e-mails and diary entries.
5. To adopt different strategies according to the purpose of listening (e.g. for Pleasure, for general interest, for specific information).
6. To speak intelligibly using appropriate word stress, sentence stress and intonation patterns.
7. To take active part in group discussions, showing ability to express agreement or disagreement, to summarise ideas, to elicit the views of others, and to present own ideas.
8. To frame questions so as to elicit the desired response, and respond appropriately to questions.

**(JUNE to SEPTEMBER)**

<b>JUNE</b>			
<b>Chapter No.</b>	<b>Unit / Chapter Name</b>	<b>No. of periods</b>	
1.	Physical World and Measurements	10	
<b>JULY</b>			
<b>Chapter No.</b>	<b>Unit / Chapter Name</b>	<b>Art Integration/ Sub. Enrichment</b>	<b>No. of periods</b>
2	Kinematics		24
3	Laws of Motion	Art with Formula	14
<b>AUGUST</b>			
<b>Chapter No.</b>	<b>Unit / Chapter Name</b>	<b>Art Integration/ Sub. Enrichment</b>	<b>No. of periods</b>
4.	Work , Energy & Power		12
5.	Motion of System of Particles & Rigid Body		18
6.	Gravitation	Project	12

**Experiments – A**

1. To measure diameter of a small spherical/cylindrical body and to measure internal diameter and depth of a given beaker/calorimeter using Vernier callipers and hence find its volume.
2. To measure diameter of a given wire and thickness of a given sheet using screw gauge.
3. To determine volume of an irregular lamina using screw gauge.
4. To study variation of time period of a simple pendulum of a given length by taking bobs of same size but different masses and interpret the result.

**SEPTEMBER - Revision + Half Yearly Examination**

**(OCTOBER to MARCH)**

**OCTOBER**

Unit No.	Unit / Chapter Name	Art Integration/ Sub. Enrichment	No. of periods
7.	Properties of Bulk Matter (Solid)		12
7.	Properties of Bulk matter (Fluids)		12

**NOVEMBER**

Unit No.	Unit / Chapter Name	Art Integration/ Sub. Enrichment	No. of periods
8.	Thermodynamics		12
9.	Behaviour of Perfect Gases & Kinetic Theory of Gases	Project	8

**DECEMBER**

Unit No.	Unit / Chapter Name	Art Integration/ Sub. Enrichment	No. of periods
10.	Oscillation & Waves		26

**Experiments - B**

1. To determine Young's modulus of elasticity of the material of a given wire.
2. To find the force constant of a helical spring by plotting a graph between load and extension.
3. To study the variation in volume with pressure for a sample of air at constant temperature by plotting graphs between P and V, and between P and 1/V.

<b>Evaluation Criteria For Practical</b>	<b>Marks</b>
Two experiments one from each section	7+7 Marks
Practical record (experiment and activities)	5 Marks
One activity from any section	3 Marks
Investigatory Project	3 Marks
Viva on experiments, activities and project	5 Marks
<b>Total</b>	<b>30 Marks</b>

**DECEMBER + JANUARY - Revision for Annual Examination**

**FEBRUARY +MARCH - Annual Examination**

### **CHEMISTRY - Subject Code: 43**

**Book** : NCERT (National Council of Educational Research & Training)

**Reference Book** : 1. Pardeep Publications  
2. Modern Publication

#### **AIMS & OBJECTIVES :**

1. To promote understanding of basic facts and concepts in chemistry.
2. To expose the students to various emerging new area of chemistry and apprise them with their relevance in future studies and their application in various spheres of chemicals sciences and technology.
3. To equip the students to face various challenges related to health, nutrition, environment, population, weather, industries and agriculture.
4. To develop problem solving skills in students.
5. To expose the students to different processes used in industries and their technological application.
6. To acquaint students with different aspects of chemistry used in daily life.
7. To develop an interest in students to study chemistry as a discipline.
8. To integrate life skills and values in the context of chemistry.

### **(JUNE to SEPTEMBER)**

<b>JUNE</b>		
<b>Chapter No.</b>	<b>Unit / Chapter Name</b>	<b>No. of periods</b>
<b>1.</b>	<b>Some Basic Concepts of Chemistry</b>	<b>18</b>

**JULY**

Chapter No.	Unit / Chapter Name	No. of periods
2.	Structure of atom	20
3.	Classification of atom and periodicity	12

**AUGUST**

Chapter No.	Unit / Chapter Name	No. of periods
4.	Chemical bonding and molecular structure	20

**SEPTEMBER- REVISION + HALF YEARLY EXAMINATION****(OCTOBER –MARCH)****OCTOBER**

Chapter No.	Unit / Chapter Name	No. of periods
8	Redox reaction	9
12	Organic chemistry : some basic principles and techniques	20

**NOVEMBER**

Chapter No.	Unit / Chapter Name	No. of periods
13	Hydrocarbons	18
5	Thermodynamics	20

**DECEMBER**

Chapter No.	Unit / Chapter Name	No. of periods
6	Equilibrium	20

**Experiments- B**

1. Detection of N, C, S in organic compound.
2. Qualitative analysis of one cation and one anion in the given salt.
3. Study the shift in equilibrium between ferric ions and thiocyanate ion by Increasing / decreasing concentration.

<b>Evaluation Criteria For Practical</b>	<b>Marks</b>
Volumetric Analysis	08
Salt Analysis	08
Content Based Experiment	06
Project Work	04
Class record and viva	04
<b>Total</b>	<b>30</b>

**DECEMBER + JANUARY - Revision For Annual Examination**

**FEBRUARY+MARCH - Annual Examination**

### **BIOLOGY - Subject Code: 44**

**Book** : NCERT (National Council of Educational Research & Training)

**Reference Book** : 1. Pardeep Publications                      2. True Men Publication

### **AIMS & OBJECTIVES :**

1. To promote understanding of basic principle of biology.
2. To encourage learning of emerging knowledge and its relevance to individual and Society.
3. To promote Rational / scientific attitude towards issues related to population and their appropriate solutions.
4. To create awareness about environmental issues, problems and their appropriate Solutions.
5. To create awareness learners about diversity in the living organisms and developing respect for other living beings.
6. To appreciate that the most complex biological phenomenon are built on essentially simple processes.

### **(JUNE to SEPTEMBER)**

<b>JUNE</b>		
<b>Chapter No.</b>	<b>Name</b>	<b>No. of Periods</b>
<b>Chapter – 1</b>	<b>The Living World</b>	<b>30</b>
<b>Chapter – 17</b>	<b>Breathing and Exchange of Gases</b>	
<b>Chapter – 18</b>	<b>Body Fluids and Circulation</b>	



**JULY**

Chapter No.	Name	No. of Periods
Chapter – 5	Morphology of Flowering Plant	30
Chapter – 6	Anatomy of Flowering Plants	
Chapter – 19	Excretory Products and Their Elimination	
Chapter – 20	Locomotion and Movement	

**AUGUST**

Chapter No.	Name	No. of Periods
Chapter – 7	Structural organisation in Animals	30
Chapter – 21	Neural Control and Coordination	
Chapter – 22	Chemical Coordination and Integration	

**Experiments- A**

4A. Study of Plasmolysis in epidermipeel.

4B. Study of tissues and diversity in shapes and sizes of plant and animal cells through temporary or permanent slides.

3A. Study of osmosis by Potato osmometer.

5B. Study of mitosis in onion root tip cells and animal cells (grasshopper) from permanent slides.

7A. Test the presence of sugar, starch, proteins and Fats. Detection in suitable plant and animal Material

6B. Study of different modifications in roots, stems and leaves.

7B. Study and identification of different types inflorescence (cymose and racemose)

**Activity- To prepare Research project on any topic of your choice.**

**SEPTEMBER - Revision + Half Yearly Examination****(OCTOBER to MARCH)****OCTOBER**

Chapter No.	Name	No. Of Periods
Chapter – 2	Biological Classification	30
Chapter – 3	Plant Kingdom	
Chapter – 4	Animal Kingdom	

**NOVEMBER**

Chapter No.	Name	No. Of Periods
Chapter- 13	Photosynthesis in Higher Plants	30
Chapter – 14	Respiration in Plants	
Chapter – 15	Plant Growth and Development	

**DECEMBER**

Chapter No.	Name	No. Of Periods
Chapter – 8	Cell- The Basic Unit of Life	30
Chapter – 9	Biomolecules	
Chapter – 10	Cell Cycle and Cell Division	

**Experiments- B**

- 1B. Study of parts of a compound microscope
- 2B. Study of specimens / slides/ chart-bacteria, oscillatoria , spirogyra, rhizopus, mushroom, yeast, liverwort, moss, fern, pine, one momocotyledon plant, one dicotyledonous plant and one lichen.
- 3B. Study of specimens / slides – amoeba, hydra, liverfluke, Ascaris, leech, earthworm, prawn, silkworm, honeybee, snail, starfish, shark, rohu, frog, lizard, pigeon and rabbit.
- 5A. Study of distribution of stomata in upper and lower surface of leaves
- 6B. Human skeleton & different types of joints with the help of virtual images/models only.

<b>Evaluation Criteria For Practical</b>	<b>Marks</b>
One Major Experiment Part A	5 Marks
One Minor Experiment Part A	4 Marks
Slide Preparation Part A	5 Marks
Spotting Part B	7 Marks
Practical Record+ Viva Voce Project Record + Viva Voce	4 Marks
(Credit to the students' work over the academic session may be given)	5 Marks
<b>Total</b>	<b>30 Marks</b>

**DECEMBER + JANUARY -****Revision For Annual Examination****FEBRUARY+MARCH****- Annual Examination**

**MATHEMATICS - Subject Code: 041****Book** : NCERT (National Council of Educational Research & Training)**Reference Books:** 1.R.D. Sharma 2.Modern Publication**Lab Manual:** NCERT Lab Manual**AIMS & OBJECTIVES:**

The broad objectives of teaching Mathematics at senior school stage intend to help the students

1. To acquire knowledge and critical understanding, particularly by way of motivation and visualization of basic concepts, terms, principles, symbols and mastery of underlying processes and skills.
2. To feel the flow of reasons while proving a result or solving a problem.
3. To apply the knowledge and skills acquired to solve problems and whenever possible by more than one method.
4. To develop positive attitude to think analyze and articulate logically.
5. To develop interest in the subject by participating in related competitions.
6. To acquaint students with different aspects of Mathematics used in daily life.
7. To develop an interest in students to study Mathematics as a discipline.
8. To develop awareness of the need for national integration, protection of environment, observe of small family norms, removal of social barriers, elimination of gender biases.
9. To develop reverence and respect towards great Mathematicians for their contributions to the field of Mathematics.

**(JUNE to SEPTEMBER)****JUNE**

Chapter No.	Chapter Name	No. of periods
5	Complex Numbers and Quadratic Equations	09
6	Linear Inequalities	08
7	Permutations and Combinations	04

**JULY**

Chapter No.	Chapter Name	No. of periods
7	Permutations and Combinations	06

8	Binomial Theorem	06
9	Sequence and Series	10
1	Sets	10

**AUGUST**

Chapter No.	Chapter Name	No. of periods
10	Straight Line	8
3	Trigonometric Functions	12
2	Relations and Functions	10

**SEPTEMBER**

Revision + Half Yearly Examination

Chapter No.	Chapter Name	No. of periods
11	Conic Sections	8

**(OCTOBER to MARCH)****OCTOBER**

Chapter No.	Chapter Name	No. of periods
12	Introduction to three dimensional Geometry	7
15	Statistics	12

**NOVEMBER**

Chapter No.	Chapter Name	No. of periods
13	Limits and Derivatives	15
16	Probability	12

**Internal Project Work - Guidelines**

Unit	Heading	Marks
Periodic	Written Tests	10
Lab manual	File	05
	Experiment Writing + Viva-voce	03+02
<b>Total</b>		<b>20</b>

**DECEMBER TO MARCH - Revision + Annual Examination**

**ENGLISH CORE - Code No. 301**

- Name of Books:**
1. Snapshots (NCERT)
  2. Hornbill (NCERT)
  3. BBC

**OBJECTIVES –**

1. To provide extensive exposure to a variety of writings in English
2. To further expand the learner's vocabulary resources through the use of thesaurus, dictionary and encyclopedia.
3. To develop the taste for reading with discernment and delight.
4. To critically examine a text and comment on different aspects.
5. To develop proficiency in English both in receptive and productive skills.

**(JUNE to SEPTEMBER)****JUNE**

Book Name	Chapter Name / Topic	Art Integration/ Sub. Enrichment	No. of Periods
Hornbill	1. The Portrait Of Lady		3
	2. A photograph (Poem)		1
Snapshots	1. The Summer of the Beautiful White Horse		3

**JULY**

Book Name	Chapter Name / Topic	Art Integration/ Sub. Enrichment	No. of Periods
Hornbill	1. We're Not Afraid to Die....	Timeline Chart	3
	2. The Laburnum Top (Poem)		1
Snapshots	1. The Address		3
Short Composition	Classified Advertisement, Poster		4
Grammar	Tenses		3

**AUGUST**

Book Name	Chapter Name / Topic	Art Integration/ Sub. Enrichment	No. of Periods
<b>Hornbill</b>	<b>1.The Voice Of Rain (Poem)</b>	<b>Project on King Tut</b>	<b>2</b>
	<b>2. Discovering Tut: The Saga Continues</b>		<b>3</b>
<b>Long Composition</b>	<b>Speech Writing</b>		<b>1</b>
<b>Grammar</b>	<b>Clauses + Re-ordering + Transformation</b>		<b>4</b>

**AUGUST/ SEPTEMBER - Revision + Half Yearly Examination****(OCTOBER to MARCH)****OCTOBER**

Book Name	Chapter Name / Topic	Art Integration/ Sub. Enrichment	No. of Periods
<b>Hornbill</b>	<b>2. Childhood [Poem]</b>	<b>Write any Scientific Adventurous Story</b>	<b>1</b>
	<b>3. The Adventure</b>		<b>3</b>
<b>Snapshots</b>	<b>1.Mother's Day</b>		<b>3</b>
<b>Long Composition</b>	<b>Debate Writing + Note Making</b>		<b>2</b>
<b>Grammar</b>	<b>Sentences Transformation</b>		<b>1</b>

**NOVEMBER**

Book Name	Chapter Name / Topic	Art Integration/ Sub. Enrichment	No. of Periods
<b>Hornbill</b>	<b>1. Silk Road</b>	<b>Brochure Making</b>	<b>4</b>
	<b>2. Father to Son [Poem]</b>		<b>1</b>
<b>Snapshots</b>	<b>1.Birth</b>		<b>3</b>
	<b>2. The Table of Melon City</b>		<b>2</b>
<b>Long Composition</b>	<b>Advertisement + Note Making+ Debate Writing</b>		<b>4</b>
<b>Grammar</b>	<b>Sentences – Re-ordering.</b>		<b>1</b>

<b>Evaluation Criteria For ALS</b>		<b>Marks</b>
Assessment of Listening and Speaking Skills		10 Marks
Project Work		10 Marks

**DECEMBER + JANUARY - Revision for Annual Examination**

**FEBRUARY + MARCH - Annual Examination**

## **HEALTH & PHYSICAL EDUCATION (Code 048)**

### **IMPORTANCE OF PHYSICAL EDUCATION:**

Physical Education is the part of the General Education program which is considered with growth, Development and education of students through the medium of muscle activities. It is the education of whole child by means of physical activities. It is the education of whole child by means of physical activities. Physical activities are the tools. They are so selected and considered as to influence every child's Physically, Mentally, Emotionally and Morally.

### **AIMS & OBJECTIVES :**

1. Interact with the natural world in a positive manner.
2. Develop qualities such as leadership, team spirit, sense of belongingness, courage and self dependence.
3. Participate in the activities for fun and joy.
4. Conduct the movement with more body control.
5. To ensure optimum growth of each child.
6. Understand that hygienic fitness, protection and health care are important for health.

### **INSTRUCTION FOR THE TEACHERS:**

1. Try to reach in class in time.
2. Bring your classes in the ground in line and discipline.
3. Take care of students in ground specially girls.
4. Prepare your team properly selected students from different classes.
5. Maintain sports ground properly.

**INSTRUCTION FOR THE STUDENTS:**

1. Move always in line.
2. Maintain Self Discipline in Sports Ground.
3. Obey the instructions given by Teacher.
4. Play the games with team spirit.
5. Follow the rules and regulation during play the games.

**NOTE: All the activities will be followed according to CBSE guidelines.**

**(JUNE TO SEPTEMBER)****JUNE**

Lesson No. /Topic	No. of Periods	Tools & Techniques	Teaching Aids
Lesson-1	06	Changing Trends and Careers in Physical Education	Book
Any Individual Game	02	Play Games in Ground with Fundamental Skills	Play Game/Video

Activity	02	Sit-Ups/ Standing jump	Stopwatch ,Whistle
Gym Periods	02	Exercise in Gym/ Flexed/ Bend Arm Hang/ Pull-ups	Multi Gym /Horizontal Bar
Yoga/Mass PT	02	Physically in Ground/Yoga, Padamasana & Tarasana/ Mass PT	Body Movements/ Video

**JULY**

Lesson No. /Topic	No. of Periods	Tools & Techniques	Teaching Aids
Lesson-2	06	Olympism	Book
Any Individual Game	02	Play Games in Ground with Fundamental Skills	Play Game/Video



Lesson-3	06	Yoga	Book
Race	02	Shuttle Run & 50 Meters Dash Race	Stopwatch, Whistle
Yoga	02	Physically in Ground/Yoga, Chakrasana & Halasana	Body Movements/ Video

**AUGUST**

Lesson No./ Topic	No. of Periods	Tools & Techniques	Teaching Aids
Lesson-4	06	Physical Education and Sports for CWSN	Book
Any Individual Game	02	Play Games in Ground with Fundamental Skills	Play Game/Video
Lesson-5	06	Physical Fitness, Wellness and Lifestyle	Book
Mass PT/YOGA	02	Physically in Ground / Yoga, Vajarasana & Sarvangasana & Mass PT	Body Movements / Video

Gym Periods	02	Exercise in Gym	Body Movements / Video
Race	02	600 Meters	Stopwatch, Whistle

**AUGUST + SEPTEMBER - Revision +  
Half Yearly Examination**

**(OCTOBER TO MARCH)****OCTOBER**

Lesson No. / Topic	No. of Periods	Tools & Techniques	Teaching Aids
Lesson-6	06	Test, Measurement & Evaluation	Book
Any Individual Game	02	Play Games in Ground With Fundamental Skills	Play Game/ Video

Lesson-7	06	Fundamentals of Anatomy Physiology in Sports	Book
Race	02	Shuttle Run & 50 meters Dash Race	Stopwatch, Whistle
Yoga / Mass PT	02	Physically in Ground/Yoga, Chakarasana & Halasana / Mass PT	Body Movements / Video

**NOVEMBER**

Lesson No. / Topic	No. of Periods	Tools & Techniques	Teaching Aids
Lesson-8	06	Fundamentals of Kinesiology & Biomechanics in Sports	Book
Any Individual Game	02	Play Games in Ground with Fundamental Skills	Play Game/ Video
Lesson-9	06	Psychology and Sports	Book
Gym Periods	02	Exercise in Gym/ Flexed / Bend Arm Hang / Pull-ups	Multi Gym/ Horizontal Bar
Yoga	02	Physically in Ground / Yoga, Bhujangasana & Sarvangasana	Body Movements / Video
Activity	02	Sit-ups / Standing Jump	Stopwatch, Whistle

**DECEMBER**

Lesson No. / Topic	No. of Periods	Tools & Techniques	Teaching Aids
Lesson-10	06	Training and Doping in Sports	Book
Any Individual Game	02	Play Games in Ground with Fundamental Skills	Play Game/ Video
Race	02	600 Meters	Stopwatch, Whistle
YOGA / Mass PT	02	Physically in Ground / Yoga	Body Movements

<b>Evaluation Criteria For Practical</b>	<b>Marks</b>
Physical Fitness Test	6 Marks
Proficiency in Games and Sports (Skill of any one Game of choice from the given list*)	7 Marks
Yogic Practices	7 Marks
Record File **	5 Marks
Viva Voce (Health/ Games & Sports/ Yoga)	5 Marks
<b>Total</b>	<b>30 Marks</b>

## **DECEMBER TO MARCH - Revision + Annual Examination**

### **COMPUTER SCIENCE NEW (PYTHON)**

(Code - 083)

#### **IMPORTANCE OF COMPUTER EDUCATION-**

Computer technology has a deep impact on the education sector. Thanks to computers, imparting education has become easier and much more interesting than before. Computers have changed the way we study/work, be it any course/profession. Computers play a vital role in every field especially it play an important role in education. That is why the education system has made computer education a part of school curriculum. Considering the use of computer technology in almost every sphere of life, it is important for everyone to have at least the basic knowledge of using computers.

#### **AIMS & OBJECTIVES:**

1. Foremost aim is to make students Technology Savvy.
2. To inculcate enough knowledge among the students about Programming Languages.
3. To develop basic Computational Skills.
4. To understand the notion of Data Types.
5. To develop Problem Solving skills and their Implementation in Python.
6. To understand an implement the concept of Object Oriented Methodology.
7. To understand the concept of Computing Logic.

**INSTRUCTION FOR THE TEACHERS:**

1. It is necessary to take students to the lab according to fix Time Table.
2. It is necessary to perform all the given activities.
3. Teacher will look after each & every child in lab.
4. Teacher will make it sure that all the students have performed the lab activity or not.
5. Students will be evaluated on the basis of skills in practicals, Practical File, Project, Viva and Written Exam.

**INSTRUCTION FOR THE STUDENTS:**

1. Students will bring their books according to time table.
2. Students will sit according to Roll No. in lab.
3. Students will not change the Control Panel Settings.
4. Students will follow all the Rules & Regulations of Lab + Instructions of Teacher.

**TOOLS & TECHNIQUES:**

Exploratory Thinking, Demonstration Method, Active Learner Participation, Logical Thinking, Experimentation Method, Effective integration of Technology, Oral Questioning.

**(JUNE TO SEPTEMBER)**

<b>JUNE</b>			
<b>Name of Unit</b>	<b>No. of Periods</b>	<b>Topic</b>	<b>Teaching Aids</b>
<b>Unit-1</b> (Computer Systems and Organization )	20	1. Computer System Organisation 2. Types of Softwares 3. Memory Units 4. Number Systems	E-Smart Board, Stylus, Computer Lab, Book
<b>Unit-1</b> (Computer Systems and Organization )	4	1. Boolean Logic 2. Encoding Schemes 3. Compiler & Interpreter 4. Cloud Computing & Services	Computer Lab, E-Smart Board, Books.

**JULY**

Name of Unit	No. of Periods	Topic	Teaching Aids
<b>Unit-2</b> (Programming and computational thinking - 1)	8	1. Introduction to Problem Solving. 2. Familiarization with Basics of Python	Computer Lab, E-Smart Board, Books.
<b>Unit-2</b> (Programming and computational thinking - 1)	20	1. Getting Started with Python	E-Smart Board, Stylus, Books, Computer Lab

**AUGUST**

Name of Unit	No. of Periods	Topic	Teaching Aids
<b>Unit-2</b> (Programming and computational thinking - 1)	16	1. Flow of Control: Conditional and Iterative Statements	E-Smart Board, Stylus, Books, Computer Lab

**AUGUST & SEPTEMBER Revisions + Half Yearly Examination****OCTOBER**

Name of Unit	No. of Periods	Topic	Teaching Aids
<b>Unit-2</b> (Programming and computational thinking - 1)	15	1. String Manipulation Operations 2. Lists & its operations	E-Smart Board, Stylus, Computer Lab, Books

**NOVEMBER**

Name of Unit	No. of Periods	Topic	Teaching Aids
<b>Unit-2</b> (Programming and computational thinking - 1)	24	1. Tuples its operations 2. Dictionary & its operations 3. Understanding Sorting 4. Python Modules	E-Smart Board, Stylus, Computer Lab, Books

**DECEMBER**

Name of Unit	No. of Periods	Topic	Teaching Aids
<b>Unit- 3</b> (Society, Law and Ethics)	20	1. Cyber safety, Social Network 2. Safety Measures 3. Intellectual Property Rights 4. Privacy Laws 5. Technology and Society	E-Smart Board, Stylus, Computer Lab, Books

**JANUARY : Revision of whole syllabus****FEBRUARY : Practical****MARCH : Annual Examination**

(70 Marks Paper will be there covering whole syllabus as per CBSE guidelines)

**EVALUATION CRITERIA FOR PRACTICAL**

Programming in Python (12 Marks)	Report File Viva/Oral Questioning (10 Marks)	Project Work (08 Marks)	<b>Total Marks = 30</b>
-------------------------------------	---	----------------------------	-------------------------

**EXAMINATION CRITERIA**

Practical – 30 Marks	Theory – 70 Marks	<b>Total Marks = 100</b>
----------------------	-------------------	--------------------------



**ओ३म्**  
**DAV PUBLIC SCHOOL SAMANA**  
**(SENIOR SECONDARY)**  
**CBSE AFFILIATED-1630571**



**MEDICAL PLANNER FOR CLASSES**  
**4<sup>th</sup> to 12<sup>th</sup> (SENIOR)**  
**SESSION: 2022-23**

MONTH	TOPICS
APRIL	Heart Beat: A rhythm of Health.
MAY	"Health for All", Be Active, Be Healthy and Be Happy.
JULY	Decision making Fear... "How this 'Fear' word messes you up" & Let's talk on Adolescence (Girls & Boys)
AUGUST	Control Anger! It's only one letter away from Danger.
SEPTEMBER	Mental Health : Stop Exclusion. Dare to Care!
OCTOBER	Sensex is high, Gold is expensive, Invest in Relationships, feelings and emotions.
NOVEMBER	Are you Winter Ready? & Protect Health from Climate Change.
DECEMBER	Nutrition & You. Halt the rise, Beat Diabetes early.
JANUARY	Fitness matters, Wellness works.
FEBRUARY	Don't blame the Distractions, Improve your focus.

**Principal Dr. Mohan Lal Sharma**

**TEST SCHEDULE**

Day	Class 10+1	Class 10+2
Monday	Physics / Business Study	Chemistry / Economics
Tuesday	--	English
Wednesday	Chemistry / Accountancy	Maths / Biology / Business Study
Thursday	English	--
Friday	Maths / Biology / Economics	Physics / Accountancy
Saturday	Optional	Optional

**CLASS-11<sup>TH</sup>& 12<sup>TH</sup>****ACTIVITY OF THE MONTH (SESSION-2022-23)**

S.No	Month	Name of Activity
1.	May	Labour's Day
2.	August	"Teej Celebration"
3.	October	Thali/Hut Decoration
4.	January	Lohri/ Makar Sakranti



## आर्य पर्व(2022-23)

क्रम संख्या	तिथि	पर्व
1.	10 अप्रैल, 2022	रविवार आर्य समाज स्थापना दिवस
2.	19 अप्रैल, 2022	मंगलवार महात्मा हंसराजजन्म दिवस
3.	26 अप्रैल, 2022	मंगलवार पंडित गुरुदत्त विद्यार्थी जन्म दिवस
4.	1 जून, 2022	बुधवार डी.ए .वी.स्थापना दिवस
5.	14 सितम्बर, 2022	बुधवार गुरु विरजानंद पुण्यतिथि
6.	5 अक्तूबर, 2022	बुधवार स्वामी विरजानंद जयंती
7.	15 अक्तूबर, 2022	शनिवार महात्मा आनंद स्वामी जन्म दिवस
8.	21 अक्तूबर, 2022	सोमवार रामचंद्र छत्रपति बलिदान दिवस
9.	24 अक्तूबर, 2022	शनिवार महात्मा आनंद स्वामी पुण्यतिथि
10.	24 अक्तूबर, 2022	सोमवार ऋषि निर्वाणोत्सव
11.	14 नवम्बर, 2022	सोमवार स्वामी दयानंद विरजानंद की कुटिया
12.	15 नवम्बर, 2022	रविवार महात्मा हंसराज पुण्यतिथि
13.	19 दिसम्बर, 2022	सोमवार पंडित राम प्रसाद बिस्मिल बलिदान दिवस
14.	23 दिसम्बर, 2022	शुक्रवार स्वामी श्रद्धानंद बलिदान दिवस
15.	15 जनवरी, 2023	वीरवार स्वामी विवेकानंद जयंती
16.	28 जनवरी, 2023	शनिवार लाला लाजपतराय जयंती
17.	12 फ़रवरी, 2023	बुधवार ऋषि दयानंद सरस्वती जन्म दिवस
18.	18 फ़रवरी, 2023	शनिवार ऋषि बोधोत्सव
19.	21 फ़रवरी, 2023	मंगलवार मुनि मुनिशवरनन्द
20.	19 मार्च, 2023	रविवार पंडित गुरुदत्त विद्यार्थी पुण्यतिथि

**IMPORTANT DAYS (AWARENESS)****Session 2022-23****APRIL**

<b><u>S.No</u></b>	<b><u>Date</u></b>	<b><u>Day</u></b>		<b><u>Celebration</u></b>
1.	7 <sup>th</sup> April, 2022	Thursday	World Health Day	Awareness
2.	10 <sup>th</sup> April, 2022	Sunday	Arya Samaj Sathapana Diwas	HawanYajna , Speech By House
3.	12 <sup>th</sup> April, 2022	Tuesday	New Session Beginning 1 <sup>st</sup> to 12 <sup>th</sup>	Hawan Yajna ( MangalKamna Diwas)
4.	16 <sup>th</sup> April, 2022	Saturday	New Session Beginning LKG & UKG	Hawan Yajna ( MangalKamna Diwas)
5.	13 <sup>th</sup> April, 2022	Wednesday	Jallianwala Bagh Massacre	Awareness
6.	14 <sup>th</sup> April, 2022	Thursday	Baisakhi / Mahavir Jayanti	Awareness + Speech
7.	14 <sup>th</sup> April, 2022	Thursday	Dr. B.R. Ambedkar Jayanti	Awareness
8.	18 <sup>th</sup> April, 2022	Monday	World Heritage Day	Awareness By Social Science Faculty
9.	19 <sup>th</sup> April, 2022	Tuesday	Mahatma Hans Raj Jayanti	Tribute By Running House
10.	21 <sup>st</sup> April, 2022	Thursday	National Civil Service Day (India)	Awareness
11.	22 <sup>nd</sup> April, 2022	Friday	World Earth Day	Awareness
12.	23 <sup>rd</sup> April, 2022	Saturday	World Book Day	Awareness
13.	25 <sup>th</sup> April, 2022	Monday	World Malaria Day	Awareness

14.	26 <sup>th</sup> April, 2022	Tuesday	World Intellectual Property Day	Awareness
15.	29 <sup>th</sup> April, 2022	Friday	International Dance Day	Awareness

**May**

<u>Sr. No.</u>	<u>Date</u>	<u>Day</u>		<u>Celebration</u>
1.	1 <sup>st</sup> May, 2022	Sunday	International Labour Day	Activity of Grade-D By House + Classes 11 <sup>th</sup> & 12 <sup>th</sup>
2.	1 <sup>st</sup> May, 2022	Sunday	World Laughter Day	Awareness
3.	3 <sup>rd</sup> May, 2022	Tuesday	World Press Freedom Day/Parshuram Jayanti	Awareness
4.	4 <sup>th</sup> May, 2022	Wednesday	International Firefighters Day	Awareness
5.	7 <sup>th</sup> May, 2022	Saturday	Rabindranath Tagore Jayanti	Awareness
6.	8 <sup>th</sup> May, 2022	Sunday	World Red Cross Day	Speech By House
7.	8 <sup>th</sup> May, 2022	Sunday	Mothers Day	Celebration By Pre-Primary (LKG to 3 <sup>rd</sup> )
8.	11 <sup>th</sup> May, 2022	Wednesday	National Technology Day	Awareness
9.	16 <sup>th</sup> May, 2022	Monday	Buddha Purnima	Awareness
10.	17 <sup>th</sup> May, 2022	Tuesday	<ul style="list-style-type: none"> <li>• World Telecommunication and Information Society Day</li> <li>• World Hypertension Day</li> </ul>	Awareness
11.	21 <sup>st</sup> May, 2022	Saturday	National Anti Terrorism Day	Awareness

12.	31 <sup>st</sup> May, 2022	Tuesday	World No Tobacco Day/Anti Tobacco Day	Speech By House+ Poster Making by Class 10 <sup>th</sup> & 11 <sup>th</sup>
-----	----------------------------	---------	---------------------------------------	---

**JUNE**

<u>S.No</u>	<u>Date</u>	<u>Day</u>	<u>Day</u>	<u>Celebration</u>
1.	1 <sup>st</sup> June, 2022	Wednesday	DAV Foundation Day- (Hawan Yajna) Global Day of Parents	Hawan
2.	3 <sup>rd</sup> June, 2022	Friday	Guru Arjan Dev Ji Martydom Day	Speech
3.	5 <sup>th</sup> June, 2022	Sunday	World Environment Day	Speech
4.	7 <sup>th</sup> June, 2022	Tuesday	World Food Safety Day	Awareness
5.	12 <sup>th</sup> June, 2022	Sunday	Anti Child Labour Day	Awareness
6.	14 <sup>th</sup> June, 2022	Tuesday	World Blood Donor Day	Awareness
7.	14 <sup>th</sup> June, 2022	Tuesday	Sant Kabir Jayanti	Awareness
8.	19 <sup>th</sup> June, 2022	Sunday	Father's Day	Speech
9.	21 <sup>st</sup> June, 2022	Tuesday	International Yoga Day	(Celebration by NCC Cadets)
10.	21 <sup>st</sup> June, 2022	Tuesday	World Music Day	Celebration by Music Department
11.	26 <sup>th</sup> June, 2022	Sunday	International Anti Drug Day	Speech

**JULY**

<u>S.No</u>	<u>Date</u>	<u>Day</u>		
1.	11 <sup>th</sup> July, 2022	Monday	World Population Day	Awareness
2.	15 <sup>th</sup> July, 2022	Friday	World Youth Skill Day	Awareness
3.	26 <sup>th</sup> July, 2022	Tuesday	Kargil Vijay Diwas	Awareness
4.	28 <sup>th</sup> July, 2022	Thursday	<ul style="list-style-type: none"> <li>• World Hepatitis Day</li> <li>• World Nature Conservation Day</li> </ul>	Awareness
5.	31 <sup>st</sup> July, 2022	Sunday	Martyrdom Day of Saheed Udam Singh Ji	Tribute by Running House

**AUGUST**

<u>S.No</u>	<u>Date</u>	<u>Day</u>		
1.	11 <sup>th</sup> Aug, 2022	Thursday	Raksha Bandhan (Rakhi)	Celebration
2.	12 <sup>th</sup> Aug, 2022	Friday	World Youth Day Sanskrit Diwas	Awareness
3.	15 <sup>th</sup> Aug, 2022	Monday	Independence Day	Celebration
4.	19 <sup>th</sup> Aug, 2022	Friday	<ul style="list-style-type: none"> <li>• World Photography Day</li> <li>• Janamashtami (Krishnostav)</li> </ul>	Awareness + Speech Celebration by Primary Block
5.	20 <sup>th</sup> Aug, 2022	Thursday	National Sadhbhavana Diwas	Awareness
6.	21 <sup>st</sup> Aug, 2022	Sunday	World Senior Citizen Day	Awareness
7.	26 <sup>th</sup> Aug, 2022	Friday	Women Equality Day	Awareness
8.	28 <sup>th</sup> Aug, 2022	Sunday	Prakash Utsav Shri Guru Granth Sahib Ji	Speech

9.	29 <sup>th</sup> Aug, 2022	Monday	National Sports Day	Awareness
10.	30 <sup>th</sup> Aug, 2022	Tuesday	Teej (Hari Talika)	Celebration

## SEPTEMBER

<u>S.No</u>	<u>Date</u>	<u>Day</u>		
1.	5 <sup>th</sup> Sep, 2022	Monday	Teachers Day (Guru Utsav)	Celebration By Running House
2.	8 <sup>th</sup> Sep, 2022	Thursday	International Literacy Day + Onam	Speech + Awareness
3.	14 <sup>th</sup> Sep, 2022	Wednesday	Hindi Diwas	Speech and Celebration by Hindi Department
4.	15 <sup>th</sup> Sep, 2022	Thursday	<ul style="list-style-type: none"> <li>• International Democracy Day</li> <li>• Engineer's Day</li> </ul>	Awareness
5.	16 <sup>th</sup> Sep, 2022	Friday	World Ozone Preservation Day	Awareness
6.	21 <sup>st</sup> Sep, 2022	Wednesday	International Peace Day	Awareness
7.	26 <sup>th</sup> Sep, 2022	Monday	Maharaja Aggarsain Jayanti	Speech
8.	27 <sup>th</sup> Sep, 2022	Tuesday	World Tourism Day	Awareness
9.	29 <sup>th</sup> Sep, 2022	Thursday	World Heart Day	Awareness

## OCTOBER

<u>S.No</u>	<u>Date</u>	<u>Day</u>		<u>Celebration</u>
1.	2 <sup>nd</sup> Oct, 2022	Sunday	<ul style="list-style-type: none"> <li>• Mahatama Gandhi Jayanti &amp; Non Violence Day</li> <li>• Lal Bahadur Jayanti</li> </ul>	Tribute by Houses

2.	4 <sup>th</sup> Oct, 2022	Tuesday	World Animal Welfare Day	Awareness
3.	5 <sup>th</sup> Oct, 2022	Wednesday	Dussehra	Celebration By Running House
4.	8 <sup>th</sup> Oct, 2022	Saturday	Indian Air Force Day	Awareness
5.	9 <sup>th</sup> Oct, 2022	Sunday	Maharishi Valmiki Jayanti	Speech
6.	11 <sup>th</sup> Oct, 2022	Tuesday	<ul style="list-style-type: none"> <li>• International Girl Child Day Purab</li> <li>• Prakash Purab of Shri Guru Ram Dass Ji</li> </ul>	Awareness +Speech
7.	13 <sup>th</sup> Oct, 2022	Thursday	Karva Chauth	Speech
8.	15 <sup>th</sup> Oct, 2022	Saturday	World Students Day	Awareness
9.	16 <sup>th</sup> Oct, 2022	Saturday	<ul style="list-style-type: none"> <li>• World Food Day</li> <li>• Janam Diwas of Baba Banda Singh Ji Bahadur</li> </ul>	Awareness
10.	24 <sup>th</sup> Oct, 2022	Monday	<ul style="list-style-type: none"> <li>• Diwali</li> <li>• United Nations Day</li> </ul>	Awareness + Speech
11.	25 <sup>th</sup> Oct, 2022	Tuesday	Govardhan Pooja + Vishavkarma Day	Speech
12.	26 <sup>th</sup> Oct, 2022	Wednesday	Bhai Dooj	Speech
13.	30 <sup>th</sup> Oct, 2022	Sunday	Chath Pooja	Awareness
14.	31 <sup>st</sup> Oct, 2022	Monday	National Unity Day	Awareness

## NOVEMBER

<u>S.No</u>	<u>Date</u>	<u>Day</u>		
1.	1 <sup>st</sup> Nov, 2022	Tuesday	Punjab Diwas	Awareness
2.	8 <sup>th</sup> Nov, 2022	Tuesday	Shri Guru Nanak Dev Jayanti	Celebration by Punjabi Department

3.	14 <sup>th</sup> Nov, 2022	Monday	Children Day	Celebration By Pre Primary Block
4.	28 <sup>th</sup> Nov, 2022	Monday	Martydom Day of Shri Guru Tegh Bahadur Ji	Speech +Tribute

### DECEMBER

<u>S.No</u>	<u>Date</u>	<u>Day</u>		
1.	1 <sup>st</sup> Dec, 2022	Thursday	World AIDS Day	Awareness
2.	2 <sup>nd</sup> Dec, 2022	Friday	<ul style="list-style-type: none"> <li>• World Computer Literacy Day</li> <li>• National Pollution Control Day</li> </ul>	Speech + Awareness
3.	4 <sup>th</sup> Dec, 2022	Sunday	Indian Navy Day	Awareness
4.	7 <sup>th</sup> Dec, 2022	Wednesday	Indian Armed Forces Flag Day	Awareness
5.	9 <sup>th</sup> Dec, 2022	Friday	International Anti- Corruption Day	Awareness
6.	10 <sup>th</sup> Dec, 2022	Saturday	Human Rights Day	Awareness
7.	22 <sup>nd</sup> Dec, 2022	Thursday	National Mathematics Day	Celebration by Maths Department
8.	23 <sup>rd</sup> Dec, 2022	Friday	Swami ShradhanandBalidan Diwas	Tribute By Running House
9.	24 <sup>th</sup> Dec, 2022	Saturday	National Consumer Day	Awareness
10.	25 <sup>th</sup> Dec, 2022	Sunday	Christmas Day	Celebration by Pre-Primary
11.	26 <sup>th</sup> to 28 <sup>th</sup> Dec, 2022	Monday, Tuesday,	ShaheediJor Mela	Tribute by Running House



		Wednesday		
12.	29 <sup>th</sup> Dec, 2022	Thursday	Parkash Purab Shri Guru Gobind Singh Ji	Speech

**JANUARY**

<u>S.No</u>	<u>Date</u>	<u>Day</u>		
1.	1 <sup>st</sup> Jan, 2023	Sunday	New Year	(Hawan Yajna)
2.	6 <sup>th</sup> Jan, 2023	Friday	National Technology Day	Awareness
3.	12 <sup>th</sup> Jan, 2023	Thursday	National Youth Day	Awareness
4.	14 <sup>th</sup> Jan, 2023	Saturday	Lohri	(Celebration by Senior Block + Running House)
5.	15 <sup>th</sup> Jan, 2023	Sunday	Makar Sankranti / Pongal	Speech
6.	23 <sup>rd</sup> Jan, 2023	Monday	Neetaji Subhash Chandra Bose Birth Anniversary	Awareness
7.	25 <sup>th</sup> Jan, 2023	Wednesday	<ul style="list-style-type: none"> <li>• Basant Panchmi</li> <li>• National Voters Day</li> <li>• Indian Tourism Day</li> </ul>	Awareness
8.	26 <sup>th</sup> Jan, 2023	Thursday	Republic Day	Celebration by Running House
9.	30 <sup>th</sup> Jan, 2023	Monday	Mahatama Gandhi Martyrdom Day	Tribute by Running House

**FEBRUARY**

<u>S.No</u>	<u>Date</u>	<u>Day</u>		
1.	4 <sup>th</sup> Feb, 2023	Saturday	World Cancer Day	Awareness
2.	5 <sup>th</sup> Feb, 2023	Sunday	Guru Ravidas Jayanti	Speech
3.	15 <sup>th</sup> Feb, 2023	Wednesday	Maharishi Dayanand Saraswati	Celebration by running House

4.	18 <sup>th</sup> Feb,2023	Saturday	MahaShivratri	Celebration/Speech
5.	20 <sup>th</sup> Feb, 2023	Monday	World Day of Social Justice	Awareness
6.	21 <sup>st</sup> Feb, 2023	Tuesday	Matri Bhasha Divas	Celebration By Punjabi Teachers
7.	23 <sup>rd</sup> Feb, 2023	Wednesday	World Peace & Understanding Day	Awareness
8.	28 <sup>th</sup> Feb, 2023	Tuesday	National Science Day	Celebration By Science Teachers

### MARCH

<u>S.No</u>	<u>Date</u>	<u>Day</u>		
1.	1 <sup>st</sup> March, 2023	Wednesday	Rishi Bodh Utsav	Awareness
2.	3 <sup>rd</sup> March,2023	Friday	National Defence Day	Awareness
3.	8 <sup>th</sup> March, 2023	Wednesday	Holi + International World Women's Day	Celebration By Running House
4.	15 <sup>th</sup> March, 2023	Wednesday	World Consumer Rights Day	Awareness
5.	22 <sup>th</sup> March, 2023	Wednesday	World Water Day	Awareness



**ओ३म्**  
**DAV PUBLIC SCHOOL SAMANA**  
**(SENIOR SECONDARY)**  
**CBSE AFFILIATED-1630571**



**NEAR CHAK AMRITSARIA PATRAN ROAD, SAMANA - 147101, DIST. PATIALA (PB)**

**List of Activities under Ek Bharat Shreshta Bharat**

Sr. No	Description of Activity	Month/Day/ Location	Learning Outcome
1	Exposure of students to the alphabets, songs, proverbs and 100 sentences in the languages of the partnering State/UT.	Academic Year/ Every Week / school premises	It will develop the linguistic capacity of the students.
2	Essay Competition among students in the language of the partnering State/UT	Academic Year	It will develop multi-linguistic skills in students.
3	Drama/Role Play on culture, history, the tradition of partnering State/UT.	Academic Year/school premises	The students will be able to learn the culture of the partnering State/UT.
4	Identification/translation and dissemination of similar proverbs in the language of partnering State/UT.	Academic Year	The students will be able to learn the language and culture of the Partnering state/UT.
5	“Themed Display Board/Wall magazine” on the partnering state. (Historical Monuments, Dressing Style, painting, handicrafts, alphabet and basic sentences of the partnering State/UTs).	Round the Year/ school premises	The pictorial representation will help them in learning and Understanding about partnering States/UTs.
6	Pledge on Swachhta/ Single-use plastic/water saving/ National Unity in the language of partnering states/UTs	At least two times every month/ Schools’ premises during morning assembly.	The students will have exposure to partnering state language. Enhance social responsibility among students.
7	“Questions/ Answer session” (Quiz) on partnering States/UTs. (Know Your Partner States/UTs)	Once in a month/ Morning Assembly.	It will help students to remember the important facts about partnering States/UTs.
8	“State Day Celebration” of partner State/UT	On State Day/ School Premises	It will develop a sense of unity among the students of both the States/UTs.

**Suggestive Activities for FIT India Movement — March 2022-Feb 2023**

Sr. No.	Month	Theme based Activities
1.	March-April	<p style="text-align: center;"><b>FIT INDIA FITNESS ASSESSMENT</b></p> <ul style="list-style-type: none"> <li>• Fitness assessment by teachers and parents on Fit India Mobile App</li> <li>• <b>Fitness Ka Dose Aadha Ghanta Roz-</b> doing daily physical activities like Yoga/Free hand exercise/ dance/ playing sports etc. for half an hour at least.</li> </ul>
2.	May-June	<p style="text-align: center;"><b>MENTAL FITNESS AND YOGA</b></p> <ul style="list-style-type: none"> <li>• Learn Common Yoga Protocols, different poses of Yoga through Fit India Mobile App</li> <li>• Celebration of “Yoga Day” (Age-appropriate Yoga Activities)</li> <li>• Rhythmic Yoga on patriotic songs and share your stories on Fit India Mobile App</li> <li>• Pranayam, Meditation/ Mindfulness activities every day.</li> <li>• Daily Yoga, Stretching, Hand exercises may be included in assembly to make fitness part of students’/teachers’ daily lifestyle</li> <li>• Focus on Mind games like chess, Sudoku, Puzzle etc.</li> </ul>
3.	July	<p style="text-align: center;"><b>FITNESS ASSESSMENT OF STUDENTS THROUGH PE TEACHERS AND INDIGENOUS SPORTS</b></p> <ul style="list-style-type: none"> <li>• Participate in Khelo India National Fitness programme for schools through Fit India Mobile App</li> <li>• Learn different Indigenous/ traditional sports on Fit India Mobile App</li> <li>• Organization of indigenous/traditional sports, martial arts, dance with theme – <b>Hamari Sanskriti Se Fitness</b></li> </ul>
4.	August - September	<p style="text-align: center;"><b>FIT INDIA FREEDOM RUN</b></p> <ul style="list-style-type: none"> <li>• Organizing Fit India Freedom Run at iconic and historic importance places by registering on Fit India Mobile App</li> <li>• Share your Run with friends/family and challenge them on 1-it India Mobile App</li> <li>• Fit India Freedom Run to start/culminate with patriotic songs/stories on freedom struggle of local heroes (Staff, Students &amp; Community)</li> <li>• Places associated with Independence Movement in states/UTs to be selected for culmination/ starting of Freedom run</li> <li>• In morning assembly plays / role-plays may be conducted on various historically important events.</li> <li>• Stories/Talks/Essay competition on one Freedom Fighter /local hero of Freedom struggle at least once every week</li> </ul>

5.	October	<p style="text-align: center;"><b>FIT INDIA PLOG RUN</b></p> <ul style="list-style-type: none"> <li>• Organise and register FIT India Plogrun on Fit India Mobile App</li> <li>• Virtual connect with Plogging communities on Fit India Mobile App with share your stories feature</li> <li>• Plays/ Rallies with themes such as Swachta, Ahinsa and other values of Mahatma Gandhi</li> <li>• Cultural programs depicting importance of Mahatma Gandhi in India's Independence</li> <li>• Swachhata Pledge/ Water Saving Pledge</li> </ul>
6.	November-December	<p style="text-align: center;"><b>FIT INDIA SCHOOL WEEK AND FITNESS ASSESSMENT</b></p> <ul style="list-style-type: none"> <li>• Celebrating 5-6 days in a week for fitness related activities</li> <li>• Inter and Intra Sports Competitions</li> <li>• Motivate &amp; aware parents, community regarding doing daily fitness activities.</li> <li>• Participate in Khelo India National Fitness programme for schools through Fit India Mobile App</li> <li>• Fitness assessment by teachers and parents on Fit India Mobile App</li> </ul>
7.	January-February	<p style="text-align: center;"><b>FIT INDIA NEW YEAR SPECIAL AND FITNESS ASSESSMENT</b></p> <ul style="list-style-type: none"> <li>• Welcoming new year with fitness events</li> <li>• Participate in Khelo India National Fitness programme for schools through Fit India Mobile App</li> <li>• Fitness assessment by teachers and parents on Fit India Mobile App</li> <li>• Participation in Fit India Quiz as audience on Fit India Mobile App</li> <li>• Collage making and poster competition on Healthy Food Habits and Importance doing daily fitness activities</li> </ul>







**ओ३म्**  
**DAV PUBLIC SCHOOL SAMANA**  
**(SENIOR SECONDARY)**  
 CBSE AFFILIATED-1630571



## HOUSE INFORMATION

### SESSION- 2022-23

House	Color	Motto	Tagline	Logo
Virtue	Red	Modesty	Self-Respect is the corner stone of all Virtues.	
Harmony	Green	Courage to Care	Caring is the gift of making the ordinary to Extraordinary.	
Charity	Blue	Sympathy	Charity makes dreams come true.	
Gratitude	Yellow	Thankful & Grateful	Gratitude Unlocks the fullness of life	

## DO's & DON'Ts

### Do's

1. Give due regards to your elders.
2. Prepare yourself well to perform well.
3. Converse in English in School Campus.
4. Come to school well groomed, in proper Uniform.
5. Bring the student's diary to school daily.
6. Be regular in attendance and never be late to school. Attend morning assembly without fail.
7. Keep your classroom and school premises clean and tidy.
8. Turn off the taps after use.
9. Switch off fans and lights when not in use.
10. Be fair and honest at work. Always be considerate of the rights of others.
11. Make use of the Library.

### Don'ts

1. Do not bring precious articles in school.
2. Do not damage the school property.
3. Do not make noise in the classroom, corridors, auditorium or elsewhere in the school campus.
4. Do not bring gadgets such as mobile phones, I Pads, MP3's etc.
5. Do not be absent from school. 75% attendance is the minimum requirement.
6. Do not use abusive language.
7. Do not pluck flowers. Never touch electric plugs.
8. Do not wear expensive jewellery to school.
9. Don't involve in physical fights.
10. Do not come in personal vehicles to school.

## CODE OF CONDUCT

- ❖ Converse in English in school campus.
- ❖ Come to school regularly. In case you want to avail leave, kindly get it sanctioned from class teacher.
- ❖ Ensure proper order and discipline while moving to the playground / assembly / library or any lab.
- ❖ Library books must be handled with extra care and must be returned in time.
- ❖ Shouting / Fighting or Indulging in unruly behavior in the school premises is forbidden.
- ❖ Kindly contribute to make your school clean DAV, Green DAV.
- ❖ Proper decorum should be maintained while singing National Anthem / DAV Anthem and School Prayers as a mark of patriotism.
- ❖ Students should not carry any sharp objects like blade, knife, paper cutter etc. as they can prove to be harmful.
- ❖ Possession of crackers / bursting crackers / playing with colours in the school is strictly prohibited.
- ❖ Any student found with expensive jewellery, mobile phone, CD's, any other objectionable article will be subjected to fine and confiscation of the above mentioned articles.

**TEN PRINCIPLES OF THE ARYA SAMAJ**

1. God is the primary source of all true knowledge and of all that can be known through it.
2. God is Existent, Intelligent and Blissful. He is Formless, Almighty, Just Merciful, Unborn, Infinite, Unchallengeable, Beginningless, Incomparable the support and Lord of all, Omniscient, Imperishable, Immortal, Fearless, Eternal, Holy and the Maker of the Universe. To him alone worship is due.
3. The Vedas are scriptures of true knowledge. It is the duty of all Aryas to read them, hear them being read and recite them to others.
4. We should always be ready to accept the truth and give up untruth.
5. All actions should be performed in conformity with Dharma, that is, after due consideration of right and wrong.
6. The primary aim of the Arya Samaj is too good for all, that is, to promote their physical, spiritual and social well-being.
7. We should treat all people with love, fairness and due regards for their merit.
8. One should aim at dispelling ignorance and promoting knowledge.
9. One should not only be content with one's own welfare but should look for it in the welfare of other also.
10. One should regard oneself under restriction to follow altruistic rulings of the society, while all should be free in following the rules of individual welfare

**आर्य समाज के नियम**

1. सब सत्य विद्या और जो पदार्थ विद्या से जाने जाते हैं, उन सब का आदि मूल परमेश्वर है।
2. ईश्वर सच्चिदानंद स्वरूप, निराकार, सर्वशक्तिमान, न्यायकारी, दयालु, सर्वेश्वर, सर्वव्यापक, सर्वातर्यामी, अजर, अमर, अभय, नित्य, पवित्र और सृष्टिकर्ता है उसी की उपासना करने योग्य है।
3. वेद सब सत्य विद्याओं की पुस्तक है। वेद का पढ़ना-पढ़ाना और सुनना-सुनाना सब आर्यों का परम धर्म है।
4. सत्य के ग्रहण करने और असत्य के छोड़ने में सर्वदा उद्यत रहना चाहिए।
5. सब काम धर्मानुसार अर्थात् सत्य और असत्य का विचार करके करना चाहिए।
6. संसार का उपकार करना इस समाज का मुख्य उद्देश्य है अर्थात् शारीरिक, आत्मिक और सामाजिक उन्नति करना।
7. सबसे प्रीतिपूर्वक धर्मानुसार यथायोग्य वर्तना चाहिए।
8. अविद्या का नाश और विद्या की वृद्धि करनी चाहिए।
9. प्रत्येक को अपनी ही उन्नति से संतुष्ट न रहना चाहिए, किंतु सबकी उन्नति में अपनी उन्नति समझनी चाहिए।
10. सब मनुष्यों को सामाजिक सर्वहितकारी नियम पालने में परतंत्र रहना चाहिए और प्रत्येक हितकारी नियम में सब स्वतंत्र रहें।



