

**Guru Nanak International Public (Senior Secondary) School**  
**Model Town, Ludhiana**  
**Syllabus for Class-U.K.G.**  
**Session (2018-2019)**

Education is the most powerful weapon which we can use to change the world. Learning is an important tool which enhances the personality of every child. Developing a child's personality is an essential element in today's competitive world. A well developed personality is definitely a key to success. This reflector plays a crucial role of being a guide between parent's and teachers throughout the journey of academic session.

**Assessment Technique :**

Every child has a different learning style and pace. Every child is unique not only in learning style but also capable to succeed in life. Our progressive assessment technique has adopted a scheme of grading to encourage each and every child.

1. The child will be assessed on the basis of written as well as oral subject.
2. If the child is absent in any test (written as well as oral) he/ she will be given average marks on the basis of verified medical certificate.
3. Written tests will be shown to parents only on Parent's Teacher Meet.
4. The annual assessments will be based on 4 tests:  
Test - I    May                      Test - III    December  
Test - II    September              Test - IV    March

The grades of general assessment will be based on the following point :

- i) Neatness and cleanliness of school uniform, books, notebooks and handwriting.
- ii) General behaviour of the child in the class which includes discipline, attentiveness in the class, respect for their teachers and elders, care for school property.
- iii) Response in class activities.
- iv) Regularity and Punctuality

iv) Participation in various class activities.

v) Be diligent and meticulous in your work.

Important Instructions:

1. The copy of the Academic Reflector should be kept carefully.
2. Send your wards school diary daily and also sign the given notes.
3. Send books and notebooks according to the schedule.
4. Check your ward's bag and diary daily.
5. Send application if your ward is taking leave from the school.
6. Assignments sheets should be send regularly back as they have to be kept numberwise in a folder in the school.
7. Please send the tiffin according to the menu on the last page of the annual reflector to inculcate good eating habits in your child.

### **ACTIVITY**

Note: Every Friday will be an activity day in order to help the children develop their self-confidence.

It will be compulsory for every student to speak on the mike. Parents are required to help the child to prepare the given topics for the mike activity.

Activities and celebrations for the session 2018-19 are mentioned along with syllabus.

**LIST OF BOOKS PRESCRIBED**  
**Class UKG Session (2018-19)**

**ENGLISH (Reading Book)**

Enjoy with words (Phonic Reader) by Namrata Singh

**ENGLISH (Cursive Writing)**

S.P. Fun with cursive writing

Capital letters & small letters (Mohit Prakashan)

**MATHS (Work Book)**

Maths vision (A)

Addition and Subtraction

(Passion Series)

**PUNJABI (Reading Book)**

ਅੱਖਰ ਉਸਾਰੀ ਪੜ੍ਹੋ ਅਤੇ ਲਿਖੋ

(Passion Series)

**G. K**

Picture Dictionary 2

(Jiwan book International Pvt. Ltd.)

**EVS**

My planet o by Nidhi L. Gupta (Paramvir Publications)

**CONVERSATIONS**

A book of listening and speaking skills (Part 1), Dream Publications

**DRAWING**

Unique (Art with Fun B) Unique Book International

Please Note:-

The child should carry the following books, note-books and things in his/ her bag everyday.

- 1) English Reading Book
- 2) Punjabi Reading Book
- 3) G. K. Book
- 4) English/ Maths/ Punjabi Note-Book
- 5) School Diary
- 6) Eraser (1)
- 7) 3 Sharpened pencils (no sharpener)
- 8) Tiffin box
- 9) Napkin
- 10) Bloomer

Parents are requested not to send any extra book or note-book in their ward's bag. Books and note-books to be carried as mentioned above.

◆ English and Punjabi Recitation, stories and Paragraph are given at the back pages.

U.K.G. (4)

APRIL, 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 World Health Day
8	9	10	11	12	13	Ambedkar Jayanti 14 Baisakhi
15	16	17	18	19	20	21
22 World Earth Day	23 English Lan- guage Day	24	25	26	27	28
29	30					

## ACTIVITY CALENDAR-APRIL, 2018

<p style="text-align: center;"><b>LKG</b></p>	<p style="text-align: center;"><b>UKG</b></p> <ul style="list-style-type: none"><li>→ Pasting Activity</li><li>→ Colouring Activity</li><li>→ Welcome Cards (Hand Impression)</li><li>→ Outdoor Activity - Mass P. T</li></ul> <p>Activity 1 Pictures of sense organs will be pasted in scrap book.</p> <p><i>Mike Activity</i></p> <ul style="list-style-type: none"><li>→ Few lines on My Self</li><li>→ English Recitation (From the syllabus)</li></ul>
<p style="text-align: center;"><b>Ist</b></p>	<p style="text-align: center;"><b>IInd</b></p>

## Syllabus of Class UKG Session (2018-19)

### APRIL

<b><u>ENGLISH</u></b>		<b><u>G.K.</u></b>	
Written : 1. Recapitulation Aa - Zz 2. Sound of vowel 'a' words ending with at, ap, ad, ag, an, am 3. Dictation (sound of a) 4. Fill in the blanks (sound of a)	Oral : Paragraph (My school) : Book Reading (Pg. 15)	Recitation : My Family	Lesson 1 : In the classroom Lesson 2 : My Home Lesson 3 : Good Habits Lesson 4 : Bad Habits Lesson 5 : Public Places Lesson 6 : In the Market Lesson 7 : Activity - I
<b><u>MATHS</u></b>		<b><u>DIVINITY</u></b>	
Written : 1. Counting 1 to 100 2. Complete the lines (1 -100) 3. Circle the biggest (1 - 100) 4. Sums (+) horizontaly	Oral : Counting 1 to 100	Oral : Revision of Mool Mantar and 1 <sup>st</sup> Pauri of Japji Sahib : 2 <sup>nd</sup> Pauri of Japji Sahib	
Maths Vision Book: Pg. 5 to 15			
<b><u>PUNJABI</u></b>			
Written : Introduction of Punjabi letters - ਓ, ਅ, ਏ, ਸ, ਹ	Oral : Book Reading Pg. 4 to 12		
ਕਵਿਤਾ : ਚੰਗੇ ਬੱਚੇ			

<b><u>COMPUTER</u></b>	<b><u>EVS</u></b>
: 1. Introduction of computer and its parts	L-1 : Myself L-2 : My Body Q1. Who are you? Ans. I am a boy/ girl Q2. Where do you live? Ans. I live in Ludhiana. Q3. When is your birthday? Ans. My birthday is on .....
<b><u>DRAWING</u></b>	Q4. What are your hobbies?
Drawing : Shape - Circle, Sun, Ball Colouring Book: Pg. 1 to 3	Ans. My hobbies are colouring, writing, dancing and playing. Q5. Which is your favourite cartoon character? Ans. My favourite cartoon character is ..... Q6. What is the name of your best friend? Ans. The name of my best friend is ..... Q7. Name five sense organs. Ans. Five sense organs are Eyes, Ears, Nose, Tongue and Skin Q8. Name different parts of the body. Ans. Parts of the body are - head, tongue, lips, hand, feet, neck, shoulder, arms.
<b><u>CONVERSATION</u></b>	Q9. What do we use our nose for?
Page - 1 : Myself Page - 2,3 : My Family Picture Reading Page - 6&7: My Home (from Picture Dictionary book)	Ans. We use our nose to breathe and smell. Q10. What is the use of our tongue? Ans. Our tongue is used for tasting food and speaking. Q11. What does our heart do? Ans. Our heart pumps blood in our body.

MAY, 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Labour's Day 1	2	3	4	5
6	7	8	9	10	11	12
Mother's Day 13	14	15	16 International Day of Living together in Peace	17	18	19
20	21	22 Parkash Purab Shri Guru Granth Sahib Ji	23	24	25	26
27	28	29	30	World No Tabacco Day 31		

## ACTIVITY CALENDAR-MAY, 2018

<b>LKG</b>	<b>UKG</b> <ul style="list-style-type: none"><li>→ Modelling of Summer Wear (Nsy - II)</li><li>→ Sandwich Making</li><li>→ Card Making (Mother's Day)</li><li>→ Outdoor Activity - Races</li></ul> <i>Mike Activity</i> <ul style="list-style-type: none"><li>→ Few lines on 'Summer Season'</li><li>→ Story Telling</li></ul>
<b>Ist</b>	<b>IInd</b>

<b>Syllabus of Class UKG Session (2018-19)</b>	
<b>MAY</b>	
<b><u>ENGLISH</u></b>	<b><u>G.K.</u></b>
<p>Written : 1. One many 2. Rhyming Words 3. Picture Writing 4. Pet's Name</p> <p>Reading : Story (The Golden Egg) Book Reading (Pg. 15)</p> <p>Recitation : The Grocer's Shop</p>	<p>Lesson 8 : In the Park Lesson 9 : At the Swimming Pool Lesson 10 : Snow Time Lesson 11 : Farm House Lesson 12 : Birthday Party Lesson 13 : Happy Events</p>
<b><u>MATHS</u></b>	<b><u>DIVINITY</u></b>
<p>Written : 1. Dodging 1 to 100 2. What comes after (0-100) 3. Reverse Counting (20 -1) 4. Shape - Square</p> <p>Oral : What comes after (0-100)</p> <p>Maths Vision Book: Pg. 16 to 25</p>	<p>Q./Ans. Q.1 : Who is the first Guru of the sikhs ? Ans : Guru Nanak Dev Ji Q.2 : Who is the tenth Guru of the sikhs ? Ans. : Guru Gobind Singh Ji Q.3 : Who is the Present Guru of the sikhs ? Ans. : Shri Guru Granth Sahib Ji Q.4 : Name five kakkars. Ans. : Kesh, Kangha, Kara, Kirpan, Kachhera.</p>
<b><u>PUNJABI</u></b>	
<p>Written : 1. ਓ ਤੋਂ ਹ                      2. Dictation 3. Fill in the blanks      4. Picture Writing 5. Writing</p> <p>Reading : Book Reading Pg. 4 to 12</p> <p>ਕਵਿਤਾ : ਮੋਟਾ ਹੋ ਕੇ ਆਵਾਂਗਾ</p>	



<b>JUNE, 2018</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
					1	2
3	4	5 World Environment	6	7	8	9
10	11	12 World Day Against Child Labour	13	14 World Blood Donor Day	15	16
17	18	19	20	21	22	23
24	25	26 International Day Against Drug Abuse	27	28	29	30

**ACTIVITY CALENDAR-JUNE, 2018**

<p><b>LKG</b></p>	<p><b>UKG</b></p>
<p><b>Ist</b></p>	<p><b>IInd</b></p>

<b>JULY, 2018</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
1	2	3	4	5	6	7
8	9	10	11 World Popula- tion Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 World Day against trafficking in persons	31				

## ACTIVITY CALENDAR-JULY, 2018

<p style="text-align: center;"><b>LKG</b></p>	<p style="text-align: center;"><b>UKG</b></p> <ul style="list-style-type: none"><li>→ Yellow Day (yellow food and fruit will be brought in the tiffin box)</li><li>→ Tearing and Pasting</li><li>→ Colouring Activity (objects of rainy season)</li><li>→ Story enactment with props</li><li>→ Outdoor Activity - (Obstacle Race)</li></ul> <p><i>Mike Activity</i></p> <ul style="list-style-type: none"><li>→ Few lines on 'My School'</li><li>→ Punjabi Recitation</li></ul>
<p style="text-align: center;"><b>Ist</b></p>	<p style="text-align: center;"><b>IInd</b></p>

<b>Syllabus of Class UKG Session (2018-19)</b>	
<b>JULY</b>	
<b><u>ENGLISH</u></b>	<b><u>G.K.</u></b>
<p>Written : 1. Introduction of small cursive (a-z) 2. Sound of vowel 'e' words ending with et, en, ed, eg 3. Dictation (sound of 'e') 4. Fill in the blanks</p> <p>Oral : Paragraph (My Pet) : Book Reading (Pg. 21)</p> <p>Recitation : The Traffic Light</p>	<p>Lesson 14 : Religious Places Lesson 15 : Computer Room Lesson 16 : Activity - 2 Lesson 17 : At the Bus Terminal Lesson 18 : At the Railway station Lesson 19 : Traffic Rules Lesson 20 : On the Road</p>
<b><u>MATHS</u></b>	<b><u>DIVINITY</u></b>
<p>Written : 1. Counting 101-150 2. What comes before (0-100) 3. Circle the smallest (0-100) 4. Count by 10's 5. Table of 10 6. Sums of + (vertically)</p> <p>Oral : Counting 101-150 Count by 10's Table of 10</p> <p>Maths Vision Book : Pg. 26</p>	<p>: Revision of Mool Mantar : 1<sup>st</sup> and 2<sup>nd</sup> pauri of Japji Sahib : 3<sup>rd</sup> Pauri of Japji Sahib</p>
<b><u>PUNJABI</u></b>	
<p>Written : 1. Introduction of ਕ, ਖ, ਗ, ਘ, ਙ 2. ਓ - ਙ 3. Dictation 4. Fill in the blanks 5. Picture Writing 6. Writing</p> <p>Reading : Book Reading Pg. 14 to 23</p> <p>ਕਵਿਤਾ : ਟਮਾਟਰ</p>	



AUGUST, 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12 International Youth Day	13	14	15 Independence Day	16	17	18
19 World Humanitarian Day	20	21	22 Bakri-Eid	23	24	25
26 Raksha Bandhan	27	28	29 International Day against nuclear test	30	31	

## ACTIVITY CALENDAR-AUGUST, 2018

<p style="text-align: center;"><b>LKG</b></p>	<p style="text-align: center;"><b>UKG</b></p> <ul style="list-style-type: none"><li>→ Independence Day Celebration</li><li>→ Pasting of National Symbols</li><li>→ Draw and colour Rakhi</li></ul> <p>Activity 2</p> <ul style="list-style-type: none"><li>• Paste pictures of Domestic and Wild animals in scrap book.</li></ul> <p><i>Mike Activity</i></p> <ul style="list-style-type: none"><li>→ Patriotic Song (Different song for each section)</li><li>→ Few lines on 'My Classroom'</li></ul>
<p style="text-align: center;"><b>Ist</b></p>	<p style="text-align: center;"><b>IInd</b></p>

## Syllabus of Class UKG Session (2018-19)

### AUGUST

<u>ENGLISH</u>	<u>G.K.</u>
<p>Written : 1. Rhyming Words 2. Picture Writing (This) 3. Use of 'ee' &amp; 'll' 4. Body Parts</p> <p>Oral : Story (Unity is Strength) Book Reading</p> <p>Recitation : Our National Flag</p>	<p>Lesson 21 : At the Airport Lesson 22 : At the Sea Lesson 23 : Patterns Lesson 24 : Activity - 3 Lesson 25 : Amusement Park Lesson 26 : In the Mall</p>
<u>MATHS</u>	<u>DIVINITY</u>
<p>Written : 1. Counting 151-200 2. Dodging 101 to 200 3. Reverse Counting (30-1) 4. Number Names (1-10) 5. Shape - Square</p> <p>Oral : 1. Counting 151-200 2. Count by 10's 3. Table of 10</p> <p>Maths Vision Book : Pg. 27</p>	<p>Q1. : What is Fateh ? Ans. : Waheguru Ji Ka Khalsa Waheguru Ji Ki Fateh</p> <p>Q2. : What is Jaikara ? Ans. : Bole so nihal - Sat Sri Akal</p> <p>Q3. : Who is the founder of Khalsa Panth ? Ans. : Guru Gobind Singh Ji</p> <p>Q4. : Names of four Sahibzadas Ans. : Sahibzada Ajit Singh Ji Sahibzada Jujhar Singh Ji Sahibzada Jorawar Singh Ji Sahibzada Fateh Singh Ji</p>
<u>PUNJABI</u>	
<p>Written : 1. Introduction of ਚ, ਛ, ਜ, ਝ, ਵ, ਟ, ਠ, ਡ, ਢ, ਣ 2. ਉ ਤੋਂ ਠ 3. Dictation 4. Picture Writing 5. Fill in the blanks 6. Writing</p> <p>Reading : Book Reading Pg. 24 to 43</p> <p>ਕਵਿਤਾ : ਪੜ੍ਹੋ</p>	



SEPTEMBER, 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30						1
2	3 Janamashtmi	4	5 Teacher's Day	6	7	8 International Literacy Day
9	10 Prakash Purab of Shri Guru Granth Sahib ji	11	12	13	14	15
16 International Day for the Preservation of the Ozone Layer	17	18	19	20	21	22
23	24	25	26	27	28	29

## ACTIVITY CALENDAR-SEPTEMBER, 2018

<p style="text-align: center;"><b>LKG</b></p>	<p style="text-align: center;"><b>UKG</b></p> <ul style="list-style-type: none"><li>→ Vegetable Painting</li><li>→ Word Building</li><li>→ Cooking without fire (Healthy Nutritive)</li><li>→ Go Green Concept [Pasting of different type of leaves]</li><li>→ Outdoor Activity - Watering of Plants</li></ul> <p><i>Mike Activity</i></p> <ul style="list-style-type: none"><li>→ Show and Tell (with any object)</li><li>→ Few lines on 'My Teacher'</li></ul>
<p style="text-align: center;"><b>Ist</b></p>	<p style="text-align: center;"><b>IInd</b></p>

<b>Syllabus of Class UKG Session (2018-19)</b>	
<b>SEPTEMBER</b>	
<b><u>ENGLISH</u></b>	<b><u>G.K.</u></b>
Revision of Syllabus done in July & August <b>Test-II (September)</b>	Revision of Syllabus done in July & August <b>Test-II (September)</b>
<b><u>MATHS</u></b>	<b><u>DIVINITY</u></b>
Revision of Syllabus done in July & August <b>Test-II (September)</b>	Revision of Syllabus done in July & August <b>Test-II (September)</b>
<b><u>PUNJABI</u></b>	
Revision of Syllabus done in July & August <b>Test-II (September)</b>	

<b><u>COMPUTER</u></b>	<b><u>EVS</u></b>
<p>Revision of Syllabus done in July &amp; August <b>Test-II (September)</b></p>	<p>Revision of Syllabus done in July &amp; August <b>Test-II (September)</b></p>
<b><u>DRAWING</u></b>	
<p>Revision of Syllabus done in July &amp; August <b>Test-II (September)</b></p>	
<b><u>CONVERSATION</u></b>	
<p>Revision of Syllabus done in July &amp; August <b>Test-II (September)</b></p>	

OCTOBER, 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 International Day for Elderly Persons	2 Gandhi Jayanti	3 World Animal Welfare Day	4	5	6
7	8	9	10	11 International Day of the Girl Child	12	13
14	15	16 World Food Day	17	18	19 Dussehra	20
21	22	23	24 Balmiki Jayanti	25	26	27
28	29	30	31			

## ACTIVITY CALENDAR-OCTOBER, 2018

<p><b>LKG</b></p>	<p><b>UKG</b></p> <ul style="list-style-type: none"><li>→ Best out of waste (Nsy - II)</li><li>→ Mask Decoration</li><li>→ Greeting Card making (Diwali)</li><li>→ Outdoor Activity - Game (Dog in the Bone)</li></ul> <p>Activity - 3</p> <ul style="list-style-type: none"><li>• Paste the cotton and woollen fabrics in scrap book</li></ul> <p><i>Mike Activity</i></p> <ul style="list-style-type: none"><li>→ Few lines on 'Diwali' festival</li><li>→ Few lines on My Favourite Fruits with its benefits</li></ul>
<p><b>Ist</b></p>	<p><b>IInd</b></p>

## Syllabus of Class UKG Session (2018-19)

### OCTOBER

<u>ENGLISH</u>	<u>G.K.</u>
<p>Written : 1. Capital cursive A-Z 2. Sound of vowel 'i' words ending with ip, it, in, id, ib, ig 3. Dictation (sound of 'i') 4. Rhyming Words 5. Picture Writing (That)</p> <p>Oral : Paragraph (Diwali) Book Reading (Pg. 27)</p> <p>Recitation : Number Rhyme</p>	<p>Lesson 27 : Movie Time Lesson 28 : In the Hospital Lesson 29 : Chemist Shop Lesson 30 : About Plants Lesson 31 : Fairy Tale Characters Lesson 32 : Activity - 4</p>
<u>MATHS</u>	<u>DIVINITY</u>
<p>Written : 1. Counting 201-250 2. What comes between 3. Count by 2's 4. Table of 2 5. Sum of '-' horizontally</p> <p>Oral : Counting 201-250 Count by 2's Table of 2</p> <p>Maths Vision Book : Pg. 32 to 37</p>	<p>Revision of Mool Mantar to 3<sup>rd</sup> Pauri of Japji Sahib 4<sup>th</sup> Pauri of Japji Sahib</p>
<u>PUNJABI</u>	
<p>Written : 1. Introduction of ਤ, ਥ, ਦ, ਧ, ਨ, ਪ, ਫ, ਬ, ਭ, ਮ 2. ਉ ਤੋਂ ਮ 3. Dictation 4. Fill in the blanks 5. Picture Writing 6. Writing</p> <p>Reading : Book Reading Pg. 44 to 63</p> <p>ਕਵਿਤਾ : ਦਿਵਾਲੀ</p>	

<b><u>COMPUTER</u></b>	<b><u>EVS</u></b>
Introduction to Drawing for Children	L-13 : Food L-14 : Seasons  Q1. Name three meals of the day. Ans. Breakfast, Lunch and Dinner are three meals of the day. Q2. Which thing makes our teeth strong? Ans. Milk makes our teeth strong. Q3. What do we get from milk? Ans. We get curd, cheese and butter from milk.
<b><u>DRAWING</u></b>	Q4. What are the benefits of healthy food? Ans. Healthy food makes us strong and healthy. Q5. Name the seasons. Ans. The seasons are - Summer season, Winter Season, Autumn Season and Spring Season Q6. What do we like to eat and drink in summer season? Ans. We like to eat ice-cream and cold drink in summer season. Q7. Which two things protect us from rain? Ans. Umbrella and rain coat protect us from the rain. Q8. Which season is called the king of season? Ans. Spring season is called the king of season.
Draing : Fruits - Grapes, Apple Colouring Book: Pg. 13 to 15	Q9. When do we wear cotton clothes? Ans. We wear cotton clothes in summer season. Q10. What do we wear in winter season? Ans. We wear pullover, coat, socks and gloves
<b><u>CONVERSATION</u></b>	
Pg. 15 : Genders (animals) Pg. 16, 17 : Places of Worship Picture Reading: Pg. 42 and 43 (In the Zoo) (from picture dictionary book)	

<b>NOVEMBER, 2018</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
				1	2	3
4	5	6	7 Diwali	8 Vishwakarma Day	9	10
11	12	13	14 Children's Day	15	16 Wold Day of Rememberance for Road Traffic Victims	17
18	19	20	21	22	23 Gur Nanak Dev Ji's Birthday	24
25	26	27	28	29	30	

## ACTIVITY CALENDAR-NOVEMBER, 2018

<p><b>LKG</b></p>	<p><b>UKG</b></p> <ul style="list-style-type: none"><li>→ Children's Day (Collage Making)</li><li>→ One Minute Game Show</li><li>→ Intersection Quiz Competition</li><li>→ Outdoor Activity - Kho-Kho</li></ul> <p><i>Mike Activity</i></p> <ul style="list-style-type: none"><li>→ Few lines on 'Children's Day'</li><li>→ Few lines on 'Guru Nanak Dev Ji'</li></ul>
<p><b>Ist</b></p>	<p><b>IInd</b></p>

## Syllabus of Class UKG Session (2018-19)

### NOVEMBER

<u>ENGLISH</u>	<u>G.K.</u>
<p>Written : 1. Use of This and That 2. Use of 'ch' and 'sh' sound 3. Use of 'in' and 'on' 4. Use of and 5. Means of transport</p> <p>Oral : Story (Bee and the Dove) Book Reading (Pg. 27)</p> <p>Recitation : Slice Slice</p>	<p>Lesson 33 : Pet Shop Lesson 34 : In The Zoo Lesson 35 : In The Circus Lesson 36 : Animal Sounds Lesson 37 : Animal Homes Lesson 38 : Wonders of Nature Lesson 39 : Activity - 5</p>
<u>MATHS</u>	<u>DIVINITY</u>
<p>Written : 1. Counting 251-300 2. Dodging (201-300) 3. Reverse Counting (50-1) 4. Number Names (11-20) 5. Shape - Rectangle</p> <p>Oral : Counting 251-300 Count by 2's Table of 2</p> <p>Maths Vision : Pg. 38 to 41</p>	<p>Q. : Names of 1 to 5 Gurus Ans. : Guru Nanak Dev Ji Guru Angad Dev Ji Guru Amardas Ji Guru Ram Das Ji Guru Arjan Dev Ji</p> <p>Q. : Name of five beloveds Ans. : Bhai Daya Singh Ji Bhai Dharam Singh Ji Bhai Himmat Singh Ji Bhai Mohkam Singh Ji Bhai Sahib Singh Ji</p>
<u>PUNJABI</u>	
<p>Written : 1. Introduction of ਯ, ਰ, ਲ, ਵ, ਤ, ਸ, ਖ, ਗ, ਜ, ਫ 2. ਉ ਤੋਂ ਫ 3. Dictation 4. Fill in the blanks 5. Picture Writing 6. Writing</p> <p>Oral : Book Reading Pg. 64 to 78</p> <p>ਕਵਿਤਾ : ਮਾਣੇ ਬਿੱਲੀ</p>	

<b><u>COMPUTER</u></b>	<b><u>EVS</u></b>
Practice of Drawing for Children	L-15 : Clothes We Wear L-16 : People Who HelpUs L-17 : Be Safe Q1. What do boys wear? Ans. Boys wear shirt, jeans, T-Shirt, and Coat. Q2. What do girls wear? Ans. Girls wear frock, shirt, lehnga and suit. Q3. Who brings letters for us? Ans. The Postman brings letters for us.
<b><u>DRAWING</u></b>	Q4. Who teaches us?
Drawing : Hut, Tree Colouring Book: Pg. 15 to 18	Ans. The Teaher teaches us. Q5. What does the farmer do? Ans. The Farmer grow crops. Q6. Who stiches our clothes? Ans. The Tailor stiches our clothes. Q7. What does a washerman do? Ans. A Washerman washes our clothes. Q8. Who cures sick people? Ans. The Doctor cures sick people.
<b><u>CONVERSATION</u></b>	Q9. Who mends our shoes?
Pg. 18, 19 : Our Universe Pg. 20, 21 : Days and Months of the Year Picture Reading : Pg. 44 and 45 (In the Circus) (from picture dictionary book)	Ans. The Cobbler mends our shoes. Q10. Where should we walk? Ans. We should walk on the footpath. Q11. Where should we cross the road? Ans. We should cross the road at the zebra crossing. Q12. Name some safety rules. Ans. The safety rules are - 1. Do not play on the road. 2. Do not play with sharp object. 3. Do not touch electric wires. 4. Always walk on the footpath

<b>DECEMBER, 2018</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
30	31					1 World Aids Day
2	3 International Day of Persons with Disabilities	4	5	6	7	8
9 International Anti-corruption Day	10 Human Rights Day	11	12 Martydom day of Guru Teg Bahadur Ji	13	14	15
16	17	18	19	20	21	22
23 National consumer's Day	24	25 Christmas	26	27	28	29

## ACTIVITY CALENDAR-DECEMBER, 2018

<p><b>LKG</b></p>	<p><b>UKG</b></p> <ul style="list-style-type: none"><li>→ Kavi Darbar (On Shaheedi of Sahibzadas)</li><li>→ 3D Photo Frame</li><li>→ Intersection Calligraphy Competition</li><li>→ Christmas Celebration</li><li>→ Outdoor Activity - Obstacle Race</li></ul> <p><i>Mike Activity</i></p> <ul style="list-style-type: none"><li>→ Paragraph (from syllabus)</li><li>→ Few lines on 'Good Habits'</li></ul>
<p><b>Ist</b></p>	<p><b>IInd</b></p>

<b>Syllabus of Class UKG Session (2018-19)</b>	
<b>DECEMBER</b>	
<b><u>ENGLISH</u></b>	<b><u>G.K.</u></b>
Revision of Syllabus done in October & November <b>Test-III (December)</b>	Revision of Syllabus done in October & November <b>Test-III (December)</b>
<b><u>MATHS</u></b>	<b><u>DIVINITY</u></b>
Revision of Syllabus done in October & November <b>Test-III (December)</b>	Revision of Syllabus done in October & November <b>Test-III (December)</b>
<b><u>PUNJABI</u></b>	
Revision of Syllabus done in October & November <b>Test-III (December)</b>	

<u>COMPUTER</u>	<u>EVS</u>
Revision of Syllabus done in October & November <b>Test-III (December)</b>	Revision of Syllabus done in October & November <b>Test-III (December)</b>
<u>DRAWING</u>	
Revision of Syllabus done in October & November <b>Test-III (December)</b>	
<u>CONVERSATION</u>	
Revision of Syllabus done in October & November <b>Test-III (December)</b>	

<b>JANUARY, 2019</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
		1	2	3	4	5
6	7	8	9	10	11	12
13 Guru Gobind Singh Ji's B'Day	14	15 Maghi	16	17	18	19
20	21	22	23	24	25	26 Republic Day
27	28	29	30	31		

## ACTIVITY CALENDAR-JANUARY, 2019

<b>LKG</b>	<b>UKG</b> <ul style="list-style-type: none"><li>→ Lohri celebration</li><li>→ Intersection Drawing Competition</li><li>→ Origami (Paper folding) Finger Puppets</li><li>→ Outdoor Activity - Yoga and its benefits</li></ul> <i>Mike Activity</i> <ul style="list-style-type: none"><li>→ Few lines on 'Republic Day'</li><li>→ Few lines on your favourite cartoon character.</li></ul>
<b>Ist</b>	<b>IInd</b>

## Syllabus of Class UKG Session (2018-19)

### JANUARY

<u>ENGLISH</u>	<u>G.K.</u>
<p>Written : 1. Capital and small sursive Aa-Zz 2. Sound of vowel 'o' words ending with og, ox, op, ot, ob, od 3. Dictation (sound of 'o') 4. Rhyming Words 5. Use of 'a' and 'an' 6. Use of 'what' 7. Fruits Name</p> <p>Oral : Paragraph (Guru Gobind Singh Ji) Book Reading Pg. 34</p> <p>Recitation : The Moon</p>	<p>Lesson 40 : Types of Houses Lesson 41 : My Sweet Home Lesson 42 : At the Bakery Lesson 43 : Dresses of the World Lesson 44 : At the Super Market Lesson 45 : Activity - 6</p>
<u>MATHS</u>	<u>DIVINITY</u>
<p>Written : 1. Counting 1to 300 2. Put &gt;, &lt; or = (1-100) 3. Count by 5's 4. Table of 5 5. Sums of ' - ' vertically</p> <p>Oral : Counting 1-300 Count by 5's Table of 5</p> <p>Maths Vision Book : Pg. 43</p>	<p>Revision of Mool Mantar to 4<sup>th</sup> pauri of Japji Sahib 5<sup>th</sup> Pauri of Japji Sahib</p>
<u>PUNJABI</u>	
<p>Written : 1. ਓ ਤੋਂ ਫ਼ 2. Dictation words (two letters) ਘਰ, ਫਲ etc 3. Picture Writing 4. Fill in the blanks 5. Writing</p> <p>Oral : Reading of two letters words ਘਰ, ਫਲ ਕਵਿਤਾ : ਚੰਦਾ ਮਾਮਾ</p>	

<b><u>COMPUTER</u></b>	<b><u>EVS</u></b>
Introduction to M.S Paint	L-18 : Transport L-19 : Traffic Lights L-20 : Time for doing things Q1. Which is the oldest means of transport? Ans. The oldest means of transport is Bullock Cart. Q2. Which is the fastest means of transport? Ans. Air planes are the fastest means of transport. Q3. Name two means of water transport. Ans. Boat and ship are two means of water transport.
<b><u>DRAWING</u></b>	Q4. Where do you see traffic lights?
Drawing : Different types of flowers and Boat Colouring Book : Pg. 19 to 21	Ans. We see traffic lights on the road. Q5. Name the three traffic lights. Ans. The three traffic lights are Red Light, Yellow Light and Green Light. Q6. What does Red Light mean? Ans. Red Light means 'To Stop'. Q7. What does Yellow Light mean? Ans. Yellow Light means 'To Wait'. Q8. What does Green Light mean? Ans. Green Light Means 'To Go'.
<b><u>CONVERSATION</u></b>	Q9. Why should we obey traffic rules?
Pg. 22, 23 : Games we play Pg. 24, 25 : Homes of animals Picture Reading : Pg. 52 (At the bakery) (from picture dictionary book)	Ans. We should obey traffic rules for our safety. Q10. When do you go to school? Ans. We go to school in the morning. Q11. When do you brush your teeth? Ans. We brush our teeth in the morning and at night. Q12. How should we start our day? Ans. We should start our day with prayers.

FEBRUARY, 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 World Cancer Day	5	6	7	8	9
10 Basant Panchami	11	12	13	14	15	16
17	18	19 Ravidas Jayanti	20	21 International Mother Lan- guage Day	22	23
24	25	26	27	28 National Science Day		

## ACTIVITY CALENDAR-FEBRUARY, 2019

<b>LKG</b>	<b>UKG</b> <ul style="list-style-type: none"><li>→ Thumb Painting (Book Marks)</li><li>→ Kite Making (Basant Panchmi)</li><li>→ Outdoor Activity - Hide &amp; Seek Game</li></ul> <i>Mike Activity</i> <ul style="list-style-type: none"><li>→ Few lines on Grandparents</li><li>→ Few lines on 'Spring Season'</li></ul>
<b>Ist</b>	<b>IInd</b>

## Syllabus of Class UKG Session (2018-19)

### FEBRUARY

<b><u>ENGLISH</u></b>		<b><u>G.K.</u></b>	
<p>Written : 1. Sound of vowel 'u' words ending with - ug, ut, ub, us, ud, un, up, um</p> <p>2. Dictation (sound of 'u')</p> <p>3. Opposites</p> <p>4. Myself (fill in the blanks)</p> <p>5. Vegetables Name</p> <p>Oral : Story (Two Silly Goats)</p> <p>Book Reading</p>	<p>Lesson 46 : Great Personalities</p> <p>Lesson 47 : Our National Celebrations</p> <p>Lesson 48 : National Symbols</p> <p>Lesson 49 : Time, Days and Months</p> <p>Lesson 50 : Indian Currency</p> <p>Lesson 51 : Activity - 7</p>		
<b><u>MATHS</u></b>		<b><u>DIVINITY</u></b>	
<p>Written : 1. Dodging (1-300)</p> <p>2. Reverse Counting (100-51)</p> <p>3. Number Name (0-100) [Multiples of 10]</p> <p>4. Write the numerals (1-20)</p> <p>5. Shape - Triangle</p> <p>Oral : Counting 1-300</p> <p>Count by 5's</p> <p>Table of 5</p> <p>Maths Vision Book: Pg. 44</p>	<p>Q. : Name of 6 to 10 Gurus</p> <p>Ans. : Guru Hargobind Sahib Ji</p> <p style="padding-left: 20px;">Guru Har Rai Ji</p> <p style="padding-left: 20px;">Guru Harkrishan Ji</p> <p style="padding-left: 20px;">Guru Teg Bahadur Ji</p> <p style="padding-left: 20px;">Guru Gobind Singh Ji</p>		
<b><u>PUNJABI</u></b>			
<p>Written : Dictation words (three letter)</p> <p style="padding-left: 20px;">ਮਦਰ, ਸੜਕ</p> <p>2. Picture Writing</p> <p>3. Fill in the blanks</p> <p>4. Writing</p> <p>Oral : Reading of three letter words</p> <p style="padding-left: 20px;">ਮਦਰ, ਸੜਕ etc</p> <p>Recitation : ਅਰਦਾਸ</p>			

<b><u>COMPUTER</u></b>	<b><u>EVS</u></b>
<p>Practice of shapes in MS-Paint (Line, square, rectangle, circle)</p>	<p>L-21 : Festivals L-22 : Money L-23 : My Computer</p> <p>Q1. On which festival do we celebrate the birth of Jesus Christ? Ans. We celebrate the birth of Jesus Christ on Christmas. Q2. Which festival marks the birth of Lord Krishna? Ans. Janamashtmi marks the birth of Lord Krishna. Q3. The bond of affection is celebrated on which festival? Ans. The bond of affection is celebrated on Raksha Bandhan. Q4. Which festival enmarks the birth anniversary of Guru's? Ans. Gurpurab enmarks the birth anniversary of Guru's. Q5. Which dish is specially prepared on Id festival? Ans. Sewian is specially prepared on Id festival. Q6. Which is the currency of India? Ans. Rupee (₹) is the currency of India Q7. Where do we deposit our money? Ans. We deposit our money in the bank. Q8. What is the use of money Ans. We use money to buy things.</p>
<b><u>DRAWING</u></b>	<p>Q9. What is the full form of CPU? Ans. The full form of CPU is Central Processing Unit. Q10. Name a device that is used to type letters and numbers? Ans. Keyboard is used to type letters and numbers. Q11. What type of device is a computer mouse? Ans. Computer mouse is an input device. Q12. Name an output device which prints your work. Ans. Printer prints a copy of your work.</p>
<p>Drawing : Flower Scene/ Boat Scene Colouring Book: Pg. no. 22 to 24</p>	
<b><u>CONVERSATION</u></b>	
<p>Pg. 26 : Opposites Picture Reading: Pg. 54 (At the Supermarket) (from picture dictionary book)</p>	

MARCH, 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31					1	2
3	4 Shivratri	5	6	7	8 International Women's Day	9
10	11	12	13	14	15 World Disabled Day	16
17	18	19	20	21 International Day of Forests	22 World Water Day	23
24 National Consumers' Day	25 Christmas	26	27	28	29	30

<b>Syllabus of Class UKG Session (2018-19)</b>	
<b>MARCH</b>	
<b><u>ENGLISH</u></b>	<b><u>RECITATION</u></b>
Revision of Syllabus done in January & February <b>Test-IV (March)</b>	Revision of Syllabus done in January & February <b>Test-IV (March)</b>
<b><u>MATHS</u></b>	<b><u>DIVINITY</u></b>
Revision of Syllabus done in January & February <b>Test-IV (March)</b>	Revision of Syllabus done in January & February <b>Test-IV (March)</b>
<b><u>PUNJABI</u></b>	<b><u>G.K.</u></b>
Revision of Syllabus done in January & February <b>Test-IV (March)</b>	Revision of Syllabus done in January & February <b>Test-IV (March)</b>

<b><u>COMPUTER</u></b>	<b><u>EVS</u></b>
<p>Revision of Syllabus done in January &amp; February <b>Test-IV (March)</b></p>	<p>Revision of Syllabus done in January &amp; February <b>Test-IV (March)</b></p>
<p><b><u>DRAWING</u></b></p>	
<p>Revision of Syllabus done in January &amp; February <b>Test-IV (March)</b></p>	
<p><b><u>CONVERSATION</u></b></p>	
<p>Revision of Syllabus done in January &amp; February <b>Test-IV (March)</b></p>	

<b><u>RECITATION</u></b>		
<b><u>MY FAMILY</u></b>	<b><u>GROCER'S SHOP</u></b>	<b><u>TRAFFIC LIGHT</u></b>
<p>This is my father, good and kind  This is my mother, gentle and mild  This is my brother, grown so tall  This is my sister, playing with a doll  This is the baby, still to grow  That's the whole family  Standing in a row!</p>	<p>I am going with my mummy,  To the grocer's shop  To buy some sweets,  And a pink lollipop!  Mummy wants sugar, rice dal and tea  I hope, she buys some biscuits for me!</p>	<p>Red Light, Red Light  What do you say?  I say stop, stop!  Right away.                      Yellow light, Yellow light                      What do you mean?                      I mean wait,                      Till the light is green.  Green light, Green light  What do you say?  I say go, go  Right away.</p>
<b><u>OUR NATIONAL FLAG</u></b>	<b><u>NUMBER RHYME</u></b>	
<p>Three colours in the Indian flag,  Saffron, white and green  Saffron is for courage,  For people strong and brave.  White is for purity,  For peace which we crave.  Green is for prosperity,  For my country to grow</p>	<p>Rabbits, Rabbits, one, two, three  Will you come and play with me?  Camels camels four, five, six,  Why have you hump like this?  Monkeys, monkeys seven, eight, nine,  Will you teach me how to climb,  When I have counted up to ten,  An elephant says, "Now start again".</p>	
<b><u>THE MOON</u></b>	<b><u>LITTLE DUCK</u></b>	<b><u>SLICE SLICE</u></b>
<p>Moon, moon, moon  Come daily soon.  You come at night,  You give me light  You are high and bright  Give us wisdom and might</p>	<p>Have you seen the little Duck?  Swimming in the water.  Father, Mother, Baby Ducks,  Grand Mama and Daughter  Have you seen them?  Shake their heads  Drinking up the water  Father, Mother, Baby Ducks  Grand Mama and Daughter.</p>	<p>Slice, Slice, Slice  The bread looks nice.  Spread, Spread, Spread  Butter on the bread  On the top,  Put jam so sweet  Now its nice for us to eat</p>

<b>RECITATION</b>		
<b>ਚੰਗੇ ਬੱਚੇ</b>	<b>ਮੋਟਾ ਹੋ ਕੇ ਆਵਾਂਗਾ</b>	<b>ਟਮਾਟਰ</b>
<p>ਸਵੇਰੇ-ਸਵੇਰੇ ਜੋ ਉੱਠ ਜਾਂਦੇ, ਦਾਤਣ ਕਰਦੇ ਖੂਬ ਨਹਾਉਂਦੇ। ਮਾਤਾ-ਪਿਤਾ ਨੂੰ ਸੀਸ ਨਿਵਾਉਂਦੇ, ਚੰਗੇ ਬੱਚੇ ਉਹ ਬਣ ਜਾਂਦੇ।</p>	<p>ਨਾਨਕੇ ਘਰ ਜਾਵਾਂਗਾ, ਦੁੱਧ ਮਲਾਈ ਖਾਵਾਂਗਾ। ਹੱਸ ਹੱਸ ਮੌਜ ਮਨਾਵਾਂਗਾ, ਮੋਟਾ ਹੋ ਕੇ ਆਵਾਂਗਾ।</p>	<p>ਲਾਲ-ਲਾਲ ਤੇ ਗੋਲ ਟਮਾਟਰ, ਵੇਖੋ ਕਿੰਨਾ ਚੰਗਾ ਖਾ ਕੇ। ਇੱਕ ਟਮਾਟਰ ਰੋਜ਼ ਜੋ ਖਾਵੇ, ਵਾਂਗ ਟਮਾਟਰ ਲਾਲ ਹੋ ਜਾਵੇ।</p>
<b>ਪਤੰਗ</b>	<b>ਦਿਵਾਲੀ</b>	<b>ਮਾਣੇ ਬਿੱਲੀ</b>
<p>ਬਿੱਟੂ ਲਿਆਇਆ ਇੱਕ ਪਤੰਗ, ਉਡਦਾ ਹੈ ਜੋ ਡੋਰ ਦੇ ਸੰਗ। ਅਸਮਾਨਾਂ ਤੱਕ ਜਾਂਦਾ ਹੈ, ਸਭ ਦੇ ਦਿਲ ਨੂੰ ਭਾਂਦਾ ਹੈ।</p>	<p>ਰਲ ਮਿਲ ਪਿਆਰ ਦੇ ਦੀਪ ਜਲਾਈਏ, ਆਪਸ ਦੇ ਵਿੱਚ ਪਿਆਰ ਵਧਾਈਏ। ਹਰ ਦਿਲ ਦੇ ਵਿੱਚ ਹੋਵੇ ਉਜਾਲਾ ਦਿਵਾਲੀ ਅਸੀਂ ਇੰਝ ਮਨਾਈਏ।</p>	<p>ਇੱਕ ਪਾਸੇ ਸੀ ਦੁੱਧ ਮਲਾਈ, ਦੂਜੇ ਪਾਸੇ ਖੀਰ ਕੜਾਹੀ। ਮਾਣੇ ਬਿੱਲੀ ਖਾ ਗਈ, ਮੂੰਨੇ ਦੇ ਸਿਰ ਲਾ ਗਈ।</p>
<b>ਚੰਦਾ ਮਾਮਾ</b>	<b>ਅਰਦਾਸ</b>	
<p>ਚੰਦਾ ਮਾਮਾ ਕਿੱਥੇ ਰਹਿੰਦੇ, ਰਾਤ ਪਈ ਘਰ ਆਉਂਦੇ ਹੋ ਜੇ ਪੁਛੀਏ ਤਾਂ ਕੁਝ ਨਾ ਕਹਿੰਦੇ, ਮੰਦ-ਮੰਦ ਮੁਸਕਰਾਉਂਦੇ ਰਹਿੰਦੇ।</p>	<p>ਹੱਥ ਜੋੜ ਕੇ ਸੀਸ ਝੁਕਾਈਏ, ਤੇਰੇ ਤੋਂ ਸਾਰੇ ਸੁੱਖ ਪਾਈਏ। ਦਿਓ ਸਾਨੂੰ ਵਿੱਦਿਆ ਦਾ ਦਾਨ, ਵਧਾਈਏ ਅਸੀਂ ਦੇਸ਼ ਦੀ ਸ਼ਾਨ। ਸਾਨੂੰ ਬਖ਼ਸ਼ ਦਿਓ ਆਪਣਾ ਨੂਰ, ਬੁਰੇ ਕੰਮ ਤੋਂ ਰਹੀਏ ਦੂਰ।</p>	

<b><u>PARAGRAPH</u></b>	
<b><u>MY SCHOOL</u></b>	<b><u>MY PET</u></b>
<p>School is a temple of learning. I study in Guru Nanak International Public School. It is in Model Town, Ludhiana. The name of our Principal is Mrs. Gurmant Kaur Gill. It has a big building. It has a big playground and beautiful lawns. I love my school very much.</p>	<p>Pet is a domestic animal. I have a pet dog. Its name is Buddy. It has four legs and one tail. It is brown in colour. It loves to eat Pedigree. It guards our home. I love my pet very much.</p>
<b><u>DIWALI</u></b>	<b><u>GURU GOBIND SINGH JI</u></b>
<p>Diwali is called the festival of lights. It is celebrated in the month of October or November. On this day Lord Rama came back to Ayodhya after fourteen years of exile. People light up diyas, burst crackers, exchange gifts and sweets with each other. They pray to Goddess Laxmi at night. I like this festival very much.</p>	<p>Guru Gobind Singh Ji is the tenth guru of the sikhs. He was born in Patna Sahib in 1666. His father's name was Guru Teg Bahadur Ji. His mother's name was Mata Gujri Ji. He had four sons - Sahibzada Ajit Singh Ji, Sahibzada Jujhar Singh Ji, Sahibzada Zorawar Singh Ji, Sahibzada Fateh Singh Ji. He was the founder of Khalsa Panth.</p>

<b><u>STORIES</u></b>	
<b><u>THE GOLDEN EGG</u></b>	<b><u>THE HUNTER AND THE BIRDS</u></b>
<p>Once upon a time a farmer had a hen that laid a golden egg every day. But the farmer was very greedy. He wanted all the eggs at once. So he killed the hen but got nothing. He was very sad.</p> <p>Moral - "Do not be greedy"</p>	<p>Once a hunter set up a trap to catch the birds. The birds were caught in a net. Now the birds thought of a plan, they flew together and carried the net to a little mouse. The mouse cut off the net with its sharp teeth and let the birds free.</p> <p>Moral - "Unity is strength"</p>
<b><u>BEE AND THE DOVE</u></b>	<b><u>TWO SILLY GOATS</u></b>
<p>One day a bee fell into a pond and could not come out. A dove saw him and threw a leaf in the pond. The bee climbed on the leaf and came out. Later a hunter was trying to shoot the dove. The bee saw him and stung his hand. The hunter cried loudly. The dove was saved.</p> <p>Moral - "Do good have good"</p>	<p>Once upon a time there were two silly goats. They wanted to cross a bridge. They were coming from opposite directions. The bridge was narrow. First silly goat said, "I will cross the bridge first, you go back." The second silly goat said, "I will cross the bridge first, you go back. " Both started fighting. Fighting, fighting, fighting. And they fell into the river.</p> <p>Moral - "We should not fight"</p>

## Healthy Mind Resides In Healthy body, Achieved Through Healthy Food

Dear Parents

Children are very precious to us. So kindly let us all be very careful about their health and eating habits.

Please follow the MENU that has been decided keeping the health of the children in mind:

**Monday** Plain or stuffed Parantha with Pulses/cereals and one seasonal fruit.

**Tuesday** Chapati with Seasonal Green vegetable with less oil.

**Wednesday** Parantha with Potato Vegetable

**Thursday** Stuffed Parantha (Methi/Paneer/Aloo/Onion etc.)

**Friday** Idli, Poha, Besan ka Puda/Dosa or Puri Bhaji (Aloo, Chane)

**Saturday** Any Bread Item (Sandwich/Bread Jam/French Toast/ Bread Butter and biscuits/cookies.

**Note :** Strictly follow the given menu and if possible encourage your child to eat sprouted (whole) pulse in any form of salad, Subzi etc

AVOID JUNK FOOD