

**CLASS : IX**

**SUBJECT - ENGLISH**

**PRESCRIBED BOOKS :**

1. Interact in English, Main Course Book, CBSE, New Delhi
2. Interact in English, Literature Reader, CBSE, New Delhi
3. Interact in English, Work Book, CBSE, New Delhi
4. Extended Reading Book : Three Men in a Boat (Unabridged by Jerome K. Jerome)

Months	Working Days	Book/ Area	Unit / Chapter
<b>APRIL / MAY</b>	20+11	Literature Reader  Work Book  Writing  Extended Reading  M.C.B.	<ol style="list-style-type: none"> <li>1. How I Taught My Grandmother to Read</li> <li>2. A Dog Named Duke</li> <li>3. The Brook</li> </ol> <ol style="list-style-type: none"> <li>1. Verb Form</li> <li>2. Reported Speech</li> <li>3. Connectors</li> </ol> <ol style="list-style-type: none"> <li>1. Poster Making (CCE) or "Love and Care for Elders"</li> <li>2. Informal Letter Writing (Topics to be taken from MCB Unit )</li> </ol> (Film to be shown on 3 Men in a Boat using smart board) Chap 1 and Chap 2 Listening Exercises (CCE) and writing to be done from Unit 1 'People'
<b>JUNE / JULY</b>	16+21	Literature Reader  Work Book  Writing  Extended Reading  MCB	<p style="text-align: center;"><b>Pre Mid Term Examination</b></p> <ol style="list-style-type: none"> <li>1. Villa for Sale</li> <li>2. The Road Not Taken</li> <li>3. Solitary Reaper</li> </ol> <ol style="list-style-type: none"> <li>1. Reported Speech (contd.)</li> <li>2. Determiners</li> <li>3. Punctuation (from M.C.B. unit 2 and 3)</li> </ol> <ol style="list-style-type: none"> <li>1. Diary Entry</li> <li>2. Formal Letter Writing (Topics to be taken from M.C.B. unit 2 and 3)</li> </ol> Chap 3, 4, 5 and 6  Project on 'Save Tiger' (CCE)

Months	Working Days	Book/ Area	Unit / Chapter
<b>AUG</b>	22	Literature Reader Work Book Writing  Extended Reading MCB	1. Lord Ullin's Daughter  1. Active and Passive Voice 2. Future Time Reference 1. Story Writing 2. Article Writing 3. Speech Writing (Topics to be selected from M.C.B. unit 3 and 4) Chap 7, 8, 9 and 10  Programme Presentation (Group) C.C.E. Unit 4 (Group will invent their own channel. Duration of the programme should be about 10 - 15 minutes)
<b>SEP</b>	18		<b>REVISION FOR MID TERM EXAMINATION</b>
<b>OCT/ NOV</b>	17+22	Literature Reader  Work Book  Writing  Extended Reading MCB	1. The Man Who Knew Too Much 2. The Bishop's Candlesticks 3. Song of the Rain 1. Modals 2. Prepositions 3. Grammar Quiz (CCE) Revision of Story Writing (Topics from M.C.B. unit 5 'Mystery') Chap. 11, 12, 13 and 14  Film / Book Review - Unit Mystery (CCE)
<b>DEC / JAN</b>	24+16	Literature Reader  Work Book	<b>Post Mid Term Examination</b> 1. Keeping it from Harold 2. Oh! I wish I'd Look after Me Teeth 3. Seven Ages 1. Integrated Grammar Practice (IV, V, VI and VII)

Months	Working Days	Book/ Area	Unit / Chapter
		Writing M.C.B.  Extended Reading	Revision & Article Writing from the Unit 'Children (CCE) Unit 'Children' Debate (CCE) (Topics of debate from this unit) Chap. 15, 16 and 17
<b>FEB</b>	20	Literature Writing	Revision (Sample Papers) (All formats to be revised using smart Board) <b>Annual Examination</b>

कक्षा – नवम

विषय – हिन्दी

निर्धारित पुस्तकें

(1) स्पर्श (भाग – 2) (2) संचयन (भाग – 2) (3) व्याकरण दर्शिका (सरस्वती प्रकाशन)

माह	कार्य दिवस	पाठ्यक्रम
अप्रैल / मई	31	स्पर्श – धूल, रैदास के पद, दुःख का अधिकार, संचयन – गिल्लू व्याकरण – वर्ण, वर्ण-विच्छेद, वर्ण-संयोग, वर्तनी एवं शब्द-शुद्धिकरण, सरल वाक्य – उद्देश्य एवं विधेय, अपठित गद्यांश व पद्यांश, अनुच्छेद एवं पत्र-लेखन, संवाद-लेखन, विज्ञापन-लेखन, चित्र-वर्णन, विराम चिह्नों का प्रयोग
जून / जुलाई	37	<b>Pre Mid Term Examination</b> स्पर्श – एवरेस्ट : मेरी शिखर यात्रा, दोहे, तुम कब जाओगे अतिथि संचयन – स्मृति व्याकरण – उपसर्ग एवं प्रत्यय, अनुस्वार व अनुनासिक, अर्द्धचंद्राकार, नुक्ता, संधि-स्वर संधि, चित्र-वर्णन
अगस्त	22	स्पर्श – आदमीनामा, वैज्ञानिक चेतना के वाहक : चन्द्र शेखर वेंकट रामन संचयन – कल्लू कुम्हार की उनाकोटी व्याकरण – पुनरावृत्ति (समस्त पाठों की) समस्त पाठों की पुनरावृत्ति
सितम्बर		<b>Mid Term Examination</b>
अक्टूबर	17	स्पर्श – एक फूल की चाह, कीचड़ का काव्य संचयन – मेरा छोटा सा निजी पुस्तकालय व्याकरण – पुनरावृत्ति
नवम्बर	22	स्पर्श – नए इलाके में, खुशबू रचते हैं हाथ, धर्म की आड़ संचयन – दीये जल उठे व्याकरण – पुनरावृत्ति
दिसंबर	24	<b>Post Mid Term Examination</b> स्पर्श – अग्नि पथ, शुक्रतारे के समान संचयन – हामिद खाँ व्याकरण – पुनरावृत्ति
जनवरी	22	स्पर्श – गीत-अगीत संचयन – पुनरावृत्ति व्याकरण – पुनरावृत्ति
फरवरी		<b>Annual Examination</b>

कक्षा – नवम्

विषय – संस्कृतम्

पाठ्यपुस्तकम्

1. संस्कृत मणिका भागः – I (एन.सी.आर.टी.)
2. संस्कृत मणिका अभ्यास पुस्तकम् भागः – I (एन.सी.आर.टी.)
3. सरस्वती संस्कृत व्याकरणम्

माह	कार्य दिवस	विषयवस्तु
अप्रैल / मई	20+11 = 31	मणिका भागः—I – तत् त्वम् असि, अविवेकः परमापदांपदम् मणिका अभ्यास पु0 भागः—I –वर्णविचारः, सन्धि (स्वर), शब्दरूप प्रकरणम् धातुरूप – भू , पठ् , सेव् , नी, हृ, पच् (लट्, लृट्, लङ्. लकारेषु प्रयोगः) उपपद विभक्ति – अभितः, परितः, उभयतः, चतुर्थी पर्यन्तम्, चित्राधारित वाक्य रचना, पत्रलेखनम् , अपठित गद्यांशः
जून / जुलाई	16+21 = 37	<b>Pre Mid Term Examination</b> मणिका भागः—I – पाठ्यम्, स्वस्थयवृतम् अभ्यास पु0 – व्यंजन सन्धिः शब्दरूप – ऋकारान्त, आकारान्त धातुरूप – अस् , हन् , कृ , क्रुध् , मुद् , नम्, उपपदविभक्ति – पंचमी प्रत्ययः – तुमुन् , क्त्वा , ल्यप्
अगस्त	22	मणिका भागः—I – भ्रातृस्नेहस्तु दुर्लभः, विद्यया भान्ति सदगुणाः अभ्यास पु0 – विसर्ग सन्धिः शब्दरूप – विद्वस् , भवत् , मधु , यत् , इदम् , तत् धातुरूप – आप् , प्रच्छ् , शक् , ज्ञा , लभ् , भक्ष्
सितम्बर	18	मणिका भागः—I – पुनरावृत्तिः अभ्यास पुस्तकम् भागः—I – पुनरावृत्तिः <b>अर्द्धवार्षिक परीक्षा Mid Term Examination</b>
अक्टूबर	17	मणिका भागः—I – तरवे नमोऽस्तु , कर्मणायाति , संसिद्धिम् अभ्यास पुस्तकम् – उपपद विभक्ति – द्वितीया, तृतीया प्रत्यय – क्त, क्तवतु संख्या – (1 – 5)

माह	कार्य दिवस	विषयवस्तु
		शब्दरूप – राजन् , आत्मन् , भवत् धातुरूप – लोट् विधिलिङ्ग लकारयोः प्रयोगः (आत्मनेपदी + परस्मैपदी), पत्रलेखनम् , अनुच्छेदम्/ चित्राधारित वाक्य रचना
नवम्बर	22	मणिका भागः-I – विजयताम् स्वदेशः, कोऽहं वदतु साम्प्रतम् अभ्यास पुस्तकम् – संख्या धातुरूप – गम् , अस् , हन् , क्रुध् , हृ पत्रलेखनम्, चित्राधारित वाक्य रचना
दिसम्बर	24	<b>Post Mid Term Examination</b> मणिका भागः-I – न धर्मवृद्धेषु वयः समीक्षते कवयामि वयामि यामि अभ्यास पुस्तकम् – उपपद वि. – आरम्भ, प्रमद, परः, अनन्तरं, निर्धारणे, अनादरे, वामतः, दक्षिणतः प्रत्ययः – शतृ, शानच् धातुरूप – नृत् , नश् , याच् , आप् (लोट्, विधिलिङ्ग लकारयोः प्रयोगः)
		मणिका भागः-I – भारतीय विज्ञानम्, भारतेनास्ति मे जीवनम् – जीवनम् अभ्यास पुस्तकम् – उपपद विभक्ति – स्निह्, विश्वस्, अनुरंज् भावे सप्तमी धातुरूप – इष् , भज् , ज्ञा , चिन्त् , पत्रलेखनम् , अनुच्छेद लेखनम् चित्राधारित वाक्य रचना, <b>पुनरावृत्तिः</b>
जनवरी	16	मणिका भागः-I – पुनरावृत्तिः अभ्यास पुस्तकम् – पुनरावृत्तिः
फरवरी		<b>Annual Examination</b>

**CLASS : IX**

**SUBJECT - MATHEMATICS**

Month	No. of Days	Topics
<b>APRIL</b>	20	<b>Number System</b> 1. Real Numbers <b>Algebra :</b> 2. Polynomials
<b>MAY</b>	11	<b>Geometry</b> 3) Introduction to Euclid's Geometry
<b>JUNE</b>	16	<b>Pre Mid Term Examination</b> ● Lines & Angles
<b>JULY</b>	21	● <b>Triangles</b> 4. Co-Ordinate Geometry :
<b>AUG</b>	22	5. Mensuration ● Surface area and volume
		<b>Revision</b>
<b>SEP</b>	18	<b>Mid Term Examination</b> 1. Algebra ● Linear equation in two variables
<b>OCT</b>	17	2. Geometry ● Quadrilaterals ● Area of Parallelograms & triangles
<b>NOV</b>	22	● Circles ● Construction
<b>DEC</b>	24	<b>Post Mid Term Examination</b> 3. Mensuration ● Area (Heron's Formula) 4. Statistics and Probability ● Statistics ● Probability
<b>JAN</b>		<b>Revision</b>
<b>FEB</b>		<b>Annual Examination</b>

**CLASS : IX**

**SUBJECT - PHYSICS**

Months	No. of Working Days	Topics
<b>APRIL/ MAY</b>	20+11 <b>31</b>	<b><u>Motion -</u></b> Distance and displacement, speed, velocity, uniform motion and non-uniform motion along a straight line, uniformly accelerated motion, equations of motion by graphical method, elementary idea of uniform circular motion. Concept of Centripetal force.
<b>JUNE/ JULY</b>	16+21 <b>37</b>	<b>Pre Mid Term Examination</b> <b><u>FORCE AND NEWTON'S LAWS OF MOTION :</u></b> Force and motion, Newton's laws of motion, idea of inertia of a body, Inertia and mass, momentum, force and acceleration, elementary idea about conservation of linear momentum, action and reaction forces. <b><u>GRAVITATION :</u></b> Introduction of force due to gravity and gravitational force, Universal law of gravitation, acceleration due to gravity, mass and weight, free fall.
<b>AUG</b>	22	<b><u>GRAVITATION (FLOATATION) :</u></b> Thrust and pressure, Archimedes' Principle, Buoyancy, Elementary idea of relative density.
<b>SEPT</b>	18	<b>Revision &amp; Mid Term Examination</b>
<b>OCT</b>	17	<b><u>WORK, ENERGY AND POWER :</u></b> Definition of work. Work done by force, energy, power, kinetic and potential energy, law of conservation of energy, Work-Energy theorem.
<b>NOV</b>	22	<b><u>SOUND :</u></b> Nature of sound and its propagation in various media, speed of sound, range of hearing in human beings, ultrasound, reflection of sound. Echo and SONAR, Structure of the human ear (auditory aspect only)
<b>DEC/ JAN</b>	24+16 <b>40</b>	<b>REVISION &amp; POST MID TERM EXAMINATION</b> <b>REVISION</b>
<b>FEB</b>		<b>Annual Examination</b>



**CLASS : IX**

**SUBJECT - CHEMISTRY**

Book Prescribed : Science & Technology (NCERT)

Months	Working Days	Topics
<b>APRIL/ MAY</b>	22+11	<b>Ch : 1 : Matter in our surroundings :</b> 1.1 Characteristics of matter 1.2 Particulate nature of matter 1.3 Characteristics of particles of matter. 1.4 Diffusion 1.5 States of Matter - Solid, Liquid and gases and their properties. 1.6 Interconversion of states of matter, Melting, Freezing, Vapourisation, Condensation, Sublimation 1.7 Latent Heat 1.8 Evaporation and Boiling 1.9 Plasma state and Bose - Einstein Condensate
<b>JUNE/ JULY</b>	16+21	<b>Pre Mid Term Examination</b> <b>Ch 2 : Is Matter around us pure?</b> 2.1 Elements, compounds and mixtures and their characteristics 2.2 Heterogeneous and homogeneous mixtures 2.3 Solutions : Concentration of a solution, solubility 2.4 Suspensions 2.5 Colloids - Types and Properties 2.6 Separation of Mixtures - Evaporation, Filtration, Crystallisation, Centrifugation, Separating funnel, distillation, chromatography 2.7 Separation of Constituents of air 2.8 Water purification system 2.9 Physical and chemical changes
<b>AUG</b>	22	<b>Ch. 3 : Atoms and Molecules</b> 3.1 Laws of chemical combination - Law of Conservation of mass, Law of constant proportion. 3.2 Atoms and Dalton's atomic theory 3.3 Atomic Mass 3.4 Molecules and chemical formulae 3.5 Ions and Ionic compounds 3.6 Molecular mass and formula unit mass 3.7 Mole Concept

Months	Working Days	Topics
<b>Sept</b>	18	<b>Revision and Mid Term Examination</b>
<b>OCT/ NOV.</b>	22	<b>Ch. 4 : Structure of the atom</b> 4.1 Electrical nature of matter 4.2 Discovery of electron and proton 4.3 Characteristics of electron, proton and neutron 4.4 Thomson's model of atom 4.5 Rutherford's nuclear model of atom 4.6 Bohr's model of atom 4.7 Bohr - Bury scheme, electronic distribution in various shells of an atom 4.8 Valency 4.9 Atomic number and mass number 4.10 Isotopes and Isobars
<b>DEC/ JAN</b>	24+16	<b>Post Mid Term Examination</b> <b>Ch. 14 : Natural Resources</b> 14.1 Biosphere and Resources 14.2 Role of atmosphere in climate control 14.3 Air pollution - causes, effects and prevention 14.4 Importance of water for life. 14.5 Water pollution - causes, effects and prevention 14.6 Soil composition, formation, soil erosion and soil conservation 14.7 Biogeochemical cycles 14.8 Water cycle 14.9 Nitrogen cycle 14.10 Carbon cycle 14.11 Oxygen cycle
<b>FEB</b>	20	<b>Revision &amp; Annual Examination</b>

**CLASS : IX**

**SUBJECT - BIOLOGY**

Book Prescribed : Science & Technology (NCERT)

Months	Working Days	Topics
<b>APRIL</b>	20	<b>Ch - 15 Improvement in food resources</b> 1.1 Improvement in food yield 1.2 Crop variety improvement 1.3 Crop production management 1.4 Crop protection 2.1 Animal Husbandry 2.2 Cattle farming 2.3 Poultry Farming
<b>MAY</b>	11	2.4 Fish Production 2.5 Bee Keeping
<b>JUNE</b>	16	<b>Pre Mid Term Examination</b> <b>Ch - 5 The Fundamental unit of life</b> 1.1 What are living organisms made of ? 1.2 Cell structure 1.3 Cell organelles
<b>JULY</b>	21	<b>Ch - 6 Tissues</b> 1.1 Plant & Animal Tissues 1.2 Types of Plant Tissues 1.3 Animal Tissues
<b>AUG</b>	22	1.4 Animal Tissues
<b>SEP</b>	18	<b>Revision &amp; Mid Term Examination</b>
<b>OCT</b>	17	<b>Ch. - 7 Diversity in Living World</b> 1.1 Basis of Classification 1.2 Classification and Evolution 1.3 The hierarchy of Classification 1.4 Five Kingdom system of Classification

<b>Months</b>	<b>Working Days</b>	<b>Topics</b>	<b>Assessment</b>
<b>NOV</b>	22	1.5 Plant kingdom 1.6 Cryptogame 1.7 Phanerogame 1.8 Animal kingdom 1.9 Non Chordata 2.0 Proto Chordates 2.1 Chordates - Pisces - Amphibians - Reptilia - Aves - Mammalia 2.2 Nomenclature (Binomial)	Monthly Assignment
<b>DEC</b>	24	<b>Post Mid Term Examination</b> <b>Ch - 13 Why do we fall ill</b> 1.1 Health & its failure 1.2 Distinction between healthy & disease free 1.3 Diseases & its causes 1.4 Acute & Chronic disease 1.5 Infectious & Non Infectious causes 1.6 Infectious disease and agents 1.7 Means of spread	1. Monday Test 2. Monthly Assignment
<b>JAN</b>	16	<b>Ch - 13 Why do we fall ill</b> 1.8 Organ specific and Tissue specific manifestations 1.9 Principles of Treatment 2.0 Principles of Prevention	Monthly Assignment
<b>FEB</b>	22	<b>Revision for Annual Examination</b>	

Months	Working Days	Topics / Sub Topics
<b>APRIL</b>	20	<b>French Revolution</b> i) French Society ii) Out break of the Revolution iii) Constitutional Monarchy iv) Republic - Reign of Terror v) Role of Women vi) Abolition of Slavery vii) Everyday life
<b>JULY</b>	21	<b>Nazism and the Rise of Hitler</b> i) Political Condition ii) Birth of Weimar Republic iii) Years of Depression iv) Hitler's Rise to power v) The Nazi world view vi) Youth in Nazi germany
<b>AUG</b>	22	<b>Forest Society and Colonisation</b> i) Reasons of deforestation ii) Rise of commercial forestry iii) Forest Rules and New Occupations iv) Rebellion in the Occupations v) People of Bastar vi) Forest transformation in Java vii) Dutch Scientific Forestry
<b>SEPT</b>	18	<b>Revision &amp; Mid Term Examination</b>
<b>NOV</b>	22	<b>History and Sports : The Story of Cricket</b> i) Historical Development of cricket as a game in England ii) Cricket and Victorian England iii) The Spread of Cricket

Months	Working Days	Topics / Sub Topics
		iv) Cricket Race and Religion iv) The modern transformation of the game
<b>JAN</b>	16	<b>Revision</b>
<b>FEB</b>		<b>Annual Examination</b>

**CLASS : IX**

**SUBJECT - CIVICS**

Months	Working Days	Topics / Sub Topics
<b>APRIL</b>	20	<b>Democracy in the contemporary World</b> i) Military Coup of Chile ii) Restoration of Democracy iii) Democracy in Poland iv) Features of Democracy v) Phases in the expansion of democracy vi) Democracy at the Global Level vii) Democracy Promotion
<b>MAY</b>	11	<b>What is Democracy, Why Democracy</b> i) Meaning and definition ii) Features of democracy iii) Arguement for and against democracy iv) Broder Meaning
<b>JUNE</b>	16	<b>Pre Mid Term Examination</b> <b>Constitutional Design</b> i) Struggle against Apartheid ii) Democratic Constitution in South Africa iii) Making of the Indian Constitution iv) Guiding Values of Indian Constitution v) Institutional Design

<b>Months</b>	<b>Working Days</b>	<b>Topics / Sub Topics</b>
<b>AUG</b>	22	<b>Electoral Politics</b> i) Need for Elections ii) Our System of Elections iii) Electoral Constituencies iv) Free and Fair Elections v) Independent Election Commission
<b>SEPT</b>	18	<b>Revision &amp; Mid Term Examination</b>
<b>OCT</b>	17	<b>Working of Institutions</b> i) Policy making Procedure ii) Decision Makers iii) Parliament iv) Political Executives v) Prime Minister vi) The President vii) The Judiciary
<b>DEC</b>	24	<b>Post Mid Term Examination</b> <b>Democratic Rights</b> i) Life without Rights i) Rights in a Democracy iii) Rights in the Indian Constitution iv) Expanding Scope of Rights v) International Covenant on Economics Social and Cultural rights
<b>JAN</b>	16	<b>Revision</b>
<b>FEB</b>		<b>Annual Examination</b>

**CLASS : IX**

**SUBJECT - ECONOMICS**

Months	Working Days	Topics / Sub Topics
<b>JUNE</b>	16	<b>Pre Mid Term Examination</b> <b>The Story of Village Palampur</b> i) Organisation of Production ii) Farming in Palampur iii) Land Distribution iv) Need of Capital v) Non Farming Activity
<b>JULY</b>	21	<b>People as Resource</b> i) Human Capital ii) Role of Education iii) Role of Health iv) Classification of Economy v) Division of Labour vi) Unemployment Structure
<b>SEPT</b>	18	<b>Revision &amp; Mid Term Examination</b>
<b>OCT</b>	17	<b>Poverty as a Challenge</b> i) Two Typical cases of poverty ii) Poverty as seen by Social Scientists iii) Unequal Distribution of Resources iv) Inter-State Disparities v) Causes of Poverty vi) Anti Poverty Measures
<b>DEC</b>	24	<b>Post Mid Term Examination</b> <b>Food Security in India</b> i) Dimensions of food Security ii) Need for food Security iii) Food Insecure Sections



**DELHI PUBLIC SCHOOL, RANCHI**

Months	Working Days	Topics / Sub Topics
		iv) Food Self Sufficiency in India v) Food Security in India vi) Public distribution system vii) Role of Co-operatives
<b>JAN</b>	16	<b>REVISION</b>
<b>FEB</b>		<b>Annual Examination</b>

**CLASS : IX**

**SUBJECT - GEOGRAPHY**

Months	Working Days	Ch.	Topics	Sub Topics
<b>APRIL/ MAY</b>	<b>20+11</b>	1	<b>India Size &amp; Location</b>	<ul style="list-style-type: none"> <li>● Latitudinal and Longitudinal extent</li> <li>● Indian Standard Time</li> <li>● India and the World</li> <li>● India's Neighbour</li> </ul>
<b>JUNE/ JULY</b>	<b>16+21</b>	2	<b>Pre Mid Term Examination 2. India Physical Features</b>	<ul style="list-style-type: none"> <li>● Plate Tectonics</li> <li>● Geological History</li> <li>● Major Physiographic Divisions</li> </ul>
<b>AUG</b>	<b>22</b>	3	<b>Drainage</b>	<ul style="list-style-type: none"> <li>● Drainage System in India</li> <li>● Drainage Pattern</li> <li>● Himalayan Rivers</li> <li>● Peninsular Rivers</li> <li>● Lakes</li> <li>● Role of Rivers and Lakes in the Economy</li> <li>● River Pollution</li> </ul>
<b>SEPT</b>	<b>18</b>		<b>REVISION &amp; Mid Term Examination</b>	

Months	Working Days	Ch.	Topics	Sub Topics
OCT/ NOV	17+22	4	India - Climate	<ul style="list-style-type: none"> <li>● Climatic controls</li> <li>● Factors affecting India's climate</li> <li>● Indian Monsoon</li> <li>● Seasons</li> <li>● Distribution of Rainfall</li> <li>● Monsoon as Unifying Bond</li> </ul>
DEC	24	5	Post Mid Term Examination Natural Vegetation & Wild Life	<ul style="list-style-type: none"> <li>● Factors influencing flora and fauna</li> <li>● Ecosystem</li> <li>● Types of Vegetation</li> <li>● Wild Lifes</li> </ul>
JAN	16	6	Population	<ul style="list-style-type: none"> <li>● Population Size and Distribution</li> <li>● Population Census.</li> <li>● Population Growth and Process of Population Change</li> <li>● Age Composition</li> <li>● Sex Ratio &amp; Literacy Rate</li> <li>● Occupational Structure</li> <li>● Adolescent Population</li> <li>● National Population Policy</li> </ul>
FEB	20		Revision & Annual Examination	

**CLASS : IX**

**SUBJECT - COMPUTER**

Months	Days	Theory	Lab
APRIL APRIL+ MAY JUNE	20 20+11 16	<ul style="list-style-type: none"> <li>● Convergence - Computer</li> <li>● Computing Devices</li> <li>● Software</li> </ul>	
JUNE+ JULY JULY JULY+ AUG AUG	16+21 21 21+22 22	<ul style="list-style-type: none"> <li>● Operating System</li> <li>● More on Operating System</li> <li>● Word Processor</li> <li>● Features of Word Processor</li> <li>● E-Wallet</li> </ul>	<ul style="list-style-type: none"> <li>● Operating System</li> <li>● Writer</li> </ul>
SEP	18	● <b>Revision of Term I Syllabus</b>	
OCT OCT+ NOV NOV NOV+ DEC	17 17+22 22 22+24	<ul style="list-style-type: none"> <li>● More on Word Processor</li> <li>● Convergence - Communication</li> <li>● Presentation</li> <li>● Effects in Presentation</li> <li>● Spreadsheet</li> </ul>	<ul style="list-style-type: none"> <li>● Writer</li> <li>● Impress</li> <li>● CALC</li> </ul>
DEC DEC+ JAN	24 24+16 16	<ul style="list-style-type: none"> <li>● Data Analysis</li> <li>● I.T. Application</li> <li>● I.T. in Society</li> <li>● Innovations@Digital Technology</li> </ul>	<ul style="list-style-type: none"> <li>● CALC</li> <li>● Writer</li> </ul>
FEB	20	● <b>Revision of Term- II Syllabus</b>	

<p>1. <b>Meditation</b> : It helps to slow down the activities of the mind &amp; thus develops concentration.</p> <p>2. <b>Chanting of OM-KAR</b> : It helps to feel the vibration in the body &amp; better concentration.</p> <p>3. <b>Breathing exercises in sitting &amp; standing posture</b> : These practices help in better concentration. It brings a better synchronization between body &amp; mind.</p> <p>4. <b>Pranayama</b> : Kapalabhati Bhastrika Anuloma - Viloma Sitali Sitkari Bhramari</p> <p>5. <b>Bandha</b> : Uddian Jalandar</p> <p>6. <b>Surya Namaskar</b> : This practice removes all lethargy from the body &amp; energises the whole body. It maintains the flexibility of the body.</p> <p>7. <b>Loosening Exercises</b> : Jogging Forward &amp; Backward Bending Side Bending Twisting Joint free exercises</p> <p>8. <b>Standing Postures : (Balancing &amp; Concentration)</b> Vrikshasana Natarajasana Virabhadrasana Tadasana Tiryak Tadasana Katichakrasana Padahasthasana Prasarita Padahasthasana Ardha Chakrasana</p>	<p>Ardhakati Chakrasana Garudasana Trikonasana Parivritta Trikonasana Parsva Konasana Utkatsana Ardha Chandrasana</p> <p>9. <b>Sitting Postures</b> : Paschimottanasana Vajrasana Ardha Ustrasana / Ustrasana Sasankasana Vakrasana Ardha padmasana Padmasana Utthita Padmasana Akarna Dhanurasana Butterfly Stretch</p> <p>10. <b>Prone Postures : (Lying on Abdomen)</b> Bhujangasana Salabhasana Dhanurasana Makarasana</p> <p>11. <b>Supine Postures : (Lying on Back)</b> Uttasana Padasana Pavan Muktasana Sarvangasana Matsyasana Halasana Chakrasana Supta udra Karsanasana</p> <p><b>Savasana</b> : It is given at the end of all the practices. This technique involves mental suggestion to relax the whole body part by part. In the process, it gives deep rest to the physical body as well as to the mind.</p> <p><b>OM ASATO MA SADGAMAYA, TAMASO MY JYOTIRGAMAYA, MRITYURMA AMRITAMGAMAYA, OM SHANTIH SHANTIH SHANTIH</b></p>
---	--



