

URSULINE CONVENT SR. SEC. SCHOOL, GREATER NOIDA

ANNUAL SYLLABUS (2024-2025)

CLASS VIII

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT
MATHS	APRIL	CH-1: RATIONAL NUMBERS -EX. 1A,1B, 1C,1D,1E,1F, 1G - (Q 1 to 5 ONLY)	PREPARE A PROJECT OF HERBAL MEDICINE INGREDIENTS AND WRITE THE DIFFERENT QUANTITIES OF AMLA, LEMON, ALOE VERA, TULSI ETC. USED TO PREPARE THE MEDICINE. EXPRESS EACH IN RATIONAL NUMBERS. WRITE TWO PROPERTIES RATIONAL NUMBERS IN DETAILS.
		CH-2: EXPONENTS	WHEEL SPINNER ON EXPONENTS
		CH-14: POLYGONS	TO VERIFY THAT THE SUM OF THE EXTERIOR ANGLES OF ANY POLYGON IS 360°
	MAY	CH-15: QUADRILATERALS	TO VERIFY THE ANGLE SUM PROPERTY OF A QUADRILATERAL.
		CH-9: PERCENTAGE - EX 9A (Q.1 TO 15 ONLY)	USES OF PERCENTAGES IN REAL LIFE
		CH-5: PLAYING WITH NUMBERS (Activities)	OBSERVE THE NUMBER PATTERS AND GENERATE THE NEXT STEPS.
	JULY	CH-6: OPERATIONS ON ALGEBRAIC EXPRESSIONS	TO VERIFY THE ALGEBRAIC IDENTITY $[(A+B)]^2=A^2+2AB+B^2$
		CH-8: LINEAR EQUATIONS - EX.8A,8B- (Q-1 TO 15 ONLY)	WORKSHEET
	AUGUST	CH-22: INTRODUCTION TO COORDINATE GEOMETRY	LOCATING POINTS IN A COORDINATE PLANE
		CH-13: TIME AND WORK - EX 13A-(Q 1 TO 12 ONLY)	WORKSHEETS
		CH-10: PROFIT & LOSS - EX-10A &10B ONLY	WORKSHEETS
	SEPTEMBER	CH-16: PARALLELOGRAMS	DESCRIBING ATTRIBUTES OF QUADRILATERALS
		CH-21: DATA HANDLING	GRAPHICAL REPRESENTATION ACTIVITY

	OCTOBER	CH-11: COMPOUND INTEREST- Ex:11A, Ex:11B-(Q1 to Q20 ONLY), Ex-11C	TO FIND THE COMPOUND INTEREST WHEN IT IS COMPOUNDED ANNUALLY, HALF YEARLY, AND QUARTERLY FOR DIFFERENT SUMS OF MONEY TAKEN AS PRINCIPAL.
		CH-3: SQUARES & SQUARE ROOTS	SQUARES 1 TO 30 IN A CREATIVE MANNER(CHART)
		CH-4: CUBES & CUBE ROOTS	CUBES 1 TO 10 IN A CREATIVE MANNER(CHART)
	NOVEMBER	CH-7: FACTORISATION - EX 7D - 9Q 1 TO 10 ONLY)	VERIFY ALGEBRAIC IDENTITY CREATIVELY
		CH-12: DIRECT & INVERSE PROPORTIONS	TO VERIFY INVERSE PROPORTION
		CH-24: PIE CHARTS	MAKE A PIE CHART OF THE HOBBIES OF YOUR FRIENDS.
	DECEMBER	CH-18: AREA OF A TRAPEZIUM AND POLYGON	TO CALCULATE THE VOLUME AND SURFACE AREA OF A CUBOID OBTAINED BY COMBINING 12 SMALL CUBES OF DIMENSIONS 2CM X 2CM X 2 CM
		CH-25: PROBABILITY	ROLLING OF DICE (PROBABILITY OF EACH NUMBER)
		CH-19: THREE-DIMENSIONAL FIGURES (ACTIVITY)	MAKE TWO-DIMENSIONAL AND THREE-DIMENSIONAL SHAPES USING
			COLOURFUL PAPERS
	JANUARY	CH-20: VOLUME & SURFACE AREAS OF SOLIDS – EX: 20-A - (Q 1 TO 23 ONLY), EX:20B-(Q. 1 TO 12 ONLY)	MAKING 3D OBJECT WITH DESCRIPTION
		CH-17: CONSTRUCTION OF QUADRILATERALS	TO CONSTRUCT DIFFERENT TYPES OF QUADRILATERALS USING THE PAPER FOLDING METHOD.
	FEBRUARY	CH-23: LINE GRAPHS & LINEAR GRAPHS	TO COLLECT DATA OVER A PERIOD OF TIME AND PLOT THE CORRESPONDING LINE GRAPH

SUBJECT	MONTH	CHAPTERS
Drawing & Craft	APRIL	Name Plate, Knowledge of Colours, Still Life Wall Hanging
	MAY	Nature Drawing, Paper Mache Work
	JULY	Landscape With Gel Pen, Embroidary on Pastel Sheet
	AUGUST	Village Life, String Work
	SEPTEMBER	Animal Drawing, Pen Stand with Pebbles
	OCTOBER	Drawing of hands and legs, Jewellery
	NOVEMBER	Bird Drawing, Card
	DECEMBER	Portrait, Christmas Decoration
	JANUARY	Lippan Art, Revision

SUBJECT	MONTH	CHAPTERS
General Knowledge	April	Unit-1 The Nature
		1. Oceans of the world
		2. Know About the Trees
		3. Fastest Flying Birds
		4. Birds with Unique Features
		5. Natural Disasters Tsunami
		6. Famous Environmentalists
		7. First in Space
	May	8. Interesting Facts
		Unit-2 Amazing India
		9. Great Mughal Rulers
		10. Kings of the Battlefield
		11. Historical Capitals
		12. World Heritage Sites
		13. Famous Forts
		14. Construction of Dams
		15. Indian Banks
		16. Famous Indian Women
	17. Indian Defense System	
	July	18. Islands of India
		Unit-3 Lovely Language
		19. Greeting Words
20. Suffixes 'archy' and 'oracy'		
21. Our Environment		
22. Literary Gems of India		

	23. Dictionary
	24. Black and White
	25. American- English Words
	26. Crossword Puzzle -1
	Crossword Puzzle -2
August	Unit-4 Entertainment
	27. All are Musical
	28. Indian Film Industry
	29. Best Movies
	30. Greatest Bollywood Stars
	31. Amusement Park
September	Half-Yearly Examination
October	Unit-5 Sports Time
	32. Ancient Game: Chess
	33. Sports of the World
	34. Pandemic (Covid-19)
	35. FIFA World Cup-2018
	36. Air Sports
	37. Sportspersons
	38. Basketball
	39. Cricket Umpires
	40. Autobiographies by Sportsmen
November	Unit-6 The World
	41. Famous Leaders in Industry
	42. Ancient Civilizations
	43. Tribes of the World
	44. Powerful Countries of the World
	45. Parliaments of the World
	46. Great Women
	47. The United Nations
	48. Famous People
	49. Wonderful Places
	50. Festivals Around the World
December	Unit-7 Miscellaneous
	51. Famous Explorers

		52. Electronic Communications
		53. Dog Breads
		54. Air Transport
		55. Amazing Facts
		56. Precious Stones
	January	Unit-8 Science Mystery
		57. Human Body Systems
		58. Fields of Study
		59. Scientific Terms
		60. Nobel Prize Winners
		61. Different Cultures
		62. Famous Biologists
		63. Research Centers
		64. Computer Literacy
65. Traditional Treatments		
February	Revision	

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT
DANCE	April	Basic dance stretching exercises and body postures, With some basics of Classical Dance and its choreography.	To make students to learn bharatnatyam postures, mudras and use of body. Stretching exercises and Classical Dance choreography.
	May	Starting with some basic western steps and Stunts.	Showing them some basic western dance steps and stunts. And teaching them step by step.
	July	Contemporary dance choreographies	Teaching the Contemporary dance in some soft music.
	August	Patriotic Dance Choreographies.	Selection of the students and making the group for Patriotic Dance
	September	Revision and revaluation	Solo dance performance of each student and observing the improvement in them.
	October	Folk Dance of Tamil Nadu and use of various props.	Teaching Tamil folk like Silambam, Tappattam and use of various props.
	November	Continuing with Tamil folk dance and it's props	Teaching the students some interesting stunts with the props.
	December	Christmas Dance choreographies.	Selection of the students and making a group for Christmas Dance.
	January	Revision and Revaluation	Solo Dance performance by every student and observing the improvement in all.

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SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT
	APRIL	मुग्धा:-1-वंदन है 2-कर्तव्य परायणता व्याकरण:-१भाषा लिपि और व्याकरण २ वर्ण विचार 3 पत्र 4 अनुच्छेद:- प्रदूषण	मातृभूमि के प्रशंसा में कोई एक नारा A4 सीट पर लिखो और सुसज्जित करो
	MAY	1 श्रीनिवास रामानुजन 2 दोहा दशक 3 संज्ञा लिंग वचन कारक	1 कर्तव्य परायणता पर एक अनुच्छेद A4 सीट पर लिखो। 2 कबीर के कोई पांच दोहे याद करके A4 सीट पर लिखो
	JULY	1 संसद भवन में एक दिन 2 मेरी अंतिम अभिलाषा 3 सर्वनाम 4 विशेषण, पत्र अनुच्छेद, विज्ञापन, संवाद पर्यायवाची (1 से 20) विलोम शब्द (1 से 15) अनेकार्थी (1 से 17)	1 नेहरू जी का स्वतंत्र भारत में क्या योगदान रहा अनुच्छेद के रूप में लिखो
	AUGUST	1 युगावतार गांधी 2 देवताओं का आंचल कुल्लू 3 महायज्ञ का पुरस्कार वाक्यांश के लिए एक शब्द 1 से 20 संस्कृत भिन्नार्थक शब्द 1 से 11 शब्द - रचना उपसर्ग, प्रत्यय, समास अलंकार (शब्दालंकार) मुहावरे 1 से 10 अपठित गद्यांश पद्यांश	कला एकीकृत परियोजना अरुणाचल प्रदेश राज्य के लोक नृत्य एवं कला के बारे में संक्षिप्त जानकारी चित्र सहित एकत्रित करें और ए4 सीट पर लिखें किसी उपभोग की वस्तु की बिक्री हेतु विज्ञापन दो मित्रों के बीच परीक्षा परिणाम पर संवाद
	SEPTEMBER	पुनरावृत्ति	
	OCTOBER	1 चाँदबीबी 2 मैं सुमन हूँ 3 सुकरात । व्याकरण:- क्रिया कल बच्चे अविकारी शब्द सभी पर्यायवाची शब्द 20 से 40 विलोम शब्द 20 से 60 एक अर्थी 11 से 20 मुहावरे 11 से 20	पत्र, अनुच्छेद भारतीय इतिहास की किन्हीं दो वीरांगनाओं पर चित्र सहित टिप्पणी लिखिए। प्रकृति पर स्वरचित कविता लिखो।
	NOVEMBER	1 सच्चा धर्म 2 बुढ़ी काकी अलंकार (अर्थ अलंकार) अनेकार्थी शब्द 18 से 40 वाक्यांश 21 से 40 पर्यायवाची 11 से 49	मुंशी प्रेमचंद की जीवनी उनकी रचनाओं और चित्र सहित लिखो
	DECEMBER	1 वीर शिवाजी 2 आखिर कितनी जमीन वाक्य विचार समश्रुत भिन्नार्थक 12 से 24 मुहावरे 25 से 30 लोकोक्तियां 1 से 15 अपठित गद्यांश पद्यांश	देश भक्ति पर किसी अन्य कवि की कविता लिखो

	JANUARY	1 अंतरिक्ष में भारतीय सितारे 2 हिंदुस्तान लोकोक्तियां एक से 16 अपठित गद्यांश पद्यांश अनुच्छेद, पत्र, विज्ञापन संवाद पुनरावृत्ति	किसी एक भारतीय खगोल वैज्ञानिक के ऊपर एक संक्षिप्त टिप्पणी चित्र सहित लिखो।
	FEBRUARY		

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT	
Computer	April	Chapter 10- Domains of AI	#AI technology	
	May	Chapter 11- Future of AI	Make a list of different devices or services around you that use AI technology. Study the working of these devices and how they are implemented. What improvements you would like to see in the future for AI technology. Create a presentation on it using relevant images and show it to your teacher.	
		Chapter 3- Trending Technologies		
	July	Chapter 4- Images, Links & Frames in HTML5		
		Chapter 5- Forms in HTML5		
	August	Chapter 6- Algorithmic Intelligence		
		Chapter 7- Loops in Python		
	September	MID TERM		
	October	Chapter 8- Functions and String in Python		Google Lens is an AI powered app that lets you point your camera at something, and then displays similar objects, suggestions based on the object, etc.
				Open Google and tap on Google lens and search for the following things one by one:
	November	Chapter 9- List in Python		a. Pencil
				b. Sandwich
December	Chapter 1- Computer Networking	c. Mobile phone		
		d. Dog		
January	Chapter 2- Krita-Image editing	Collect images and information and make a project file		

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT
English	April / May	Grammar	
		Unit 1 Determiners	Folk tales of Arunachal Pradesh will be shared with students along with various facts related to the place.
		Unit 10 Adjectives	Students will be asked to collect the picture of different places to visit Arunachal Pradesh in A4 Sheet.
		Unit 23 Synonyms and Antonyms	Students will draw out Adjectives which describe the beauty of place and flower.
		Unit 19 Punctuation and Capital Letters	Write a paragraph on different Cuisines of the place. (Word limit 120 to 150).
		Literature	
		Ch-1 The Guest House	Students will be asked question related to passage like antonyms, synonyms and words that determine the place.
		Ch-2 A Christmas Carol	
Writing			
		Paragraph writing (Based on hints)	
	July	Grammar	Note down an incident of
		Unit 2 The Present Tense	Meeting an old friend.
		Unit11 Adverbs	Stick a picture of an old friend and describe an incident describing your bond.
		Unit13 Conjunction	
		Literature	
		Ch-3 Dusk	
		Ch-4 Milk for The Cat	
		Writing	
	Diary Entry		
	August	Grammar	You are the secretary of music club of your school.
		Unit 3 The Past Tense	Write a notice inviting names of students who want to participate in an Interstate singing competition held in Arunachal Pradesh.
		Unit 5 Verbs: Modals	
		Unit 6 Conditionals	Write about your favorites song and why it is favorites.
		Unit 8 Active and Passive Voice	
		Literature	Stick the picture of a singer of that place and one famous song.
		Ch-5 The New School Fellow	
		Ch-6 A Bond of Life	
	Writing		
	Notice		
	September	REVISION	REVISION
	October	Grammar	You are Secretary, Students Council of Ursuline School, Greater Noida. You are organizing an excursion to Arunachal Pradesh .
		Unit 4 The Future Tense	
Unit 14 Phrases and Clauses		Write a letter to the Director, Tourism Department, AP asking to supply the information on the terms	
Unit 15 Relative Clauses			
Literature			

		Ch- 7 The Louse & The Mosquito	and conditions of conducting excursion.	
		Ch- 8 Three Questions		
		Writing		
		Letter of Enquiry		
	November	Grammar	Arunachal Pradesh is famous for its extensive geographical diversity.	
		Unit 9 Comparatives	'Letter to Principal for Leave-Going Out of Station.	
		Unit 16 Sentences: Simple, Compound and Complex		
		Unit 17 Transformation of Sentences	Stick the pictures of the place and write about your experience in short.	
		Literature		
		Ch-9 The Casket Test		
		Ch-10 The Cane Bottom'd Chair		
		Writing		
		Leave Application		
	December	Grammar		One day you get up in the morning with some supernatural power. Write a story on what that supernatural power will be and how exciting it went? Students will be allowed to speak for a minute and share a folk tale which is prominent in Arunachal Pradesh.
		Unit 12 Prepositions		
		Unit 22 Words Followed by Preposition Unit 24 Idiomatic Expressions		
		Literature		
		Ch- 11 The Pool		
		Ch-12 The Trojan War		
		Writing		
		Story Writing		
	January	Grammar	On A4 sheet Write an advertisement for free health care check-up camp in your society and draw related pictures. Drafts the advertisement in not more than 50 words. Arunachal Pradesh has richest biodiversity and heritage spots of India. Students can paste pictures of health camps organized in Arunachal Pradesh.	
		Unit 7 Non-Finites		
		Unit 18 Direct and Indirect Speech		
		Unit 20 Comprehensive grammar practice		
		Unit 21 Words Often Confused		
Literature				
Ch-12 The Trojan War(cont.)				
Writing				
Classified Ads.				
February	Revision	Activity book Unit 6 Heal the Earth Activity book Unit 7 In the name of peace		

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT
Science	April-May	Crop production (1)	Comparison of methods, agricultural tools and types of crops grown in Uttar Pradesh, Meghalaya and Arunachal Pradesh in a handmade file.
			Representing types of diseases caused due to microorganisms in Uttar Pradesh and Meghalaya using pictures and table in A4 size sheet.
			Types of metals and non-metals found in Uttar Pradesh and Arunachal Pradesh in a tabular form along with their uses and diagram in A4 size sheets.
		Micro-organism (2)	
		Metals and Non-Metals (4)	
	July	Friction (12)	Collect picture of that sports where friction is either supporting or opposing.
			Collect information of different type of fire extinguishers available
		Combustion and flame (6)	On the outline map of India mark the places in the states of Uttar Pradesh, Arunachal and Meghalaya where coal, petroleum and natural gases are found
		Coal and petroleum (5)	
	August	Cell- Structure and Function (8)	To study the difference between plant and animal cell with the help of micro scope
			Make a report on any 5 diseases that transmitted from parents to off springs and write their treatment also.
			Compare the type of fabrics and clothes used in the states of Meghalaya and Arunachal Pradesh in A4 size sheets
		Reproduction (9)	Prepare poster on the topic save water.
		Synthetic Fibres and Plastics (3)	
		Pollution of Air and Water (19)	
	September	Revision and Half Yearly Exam	
	October	Force and Pressure (11)	To show that liquid exert same pressure at the same depth
			Collect new paper cuttings and information in magazines about HIV aids
		Reaching the age of adolescence (10)	
	November	Reflection of Light (16)	Making a kaleidoscope
		Refraction of Light (17)	On an A4 size sheet tabulate the Alphabets A-Z in Braille
		Prepare a report on the natural disasters occur at different places/cities in Meghalaya, Arunachal and Uttar Pradesh.	

		Some natural phenomena (14)	
	December	Chemical Effect of Electric Current (15)	Test the condition of electricity through various sample of water. Prepare a list of famous Indian musicians and the instrument used in Meghalaya and Arunachal Pradesh
		Sound (13)	
	January	Conservation of Plants and Animals (7)	Compare the biodiversity of a national park in Uttar Pradesh and Arunachal Pradesh and prepare a report with photographs and sketches of flora and fauna. Draw different constellations.
		The Universe (18)	
	February	Revision and Annual Exams	

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT
Music	APRIL	Introduction of music, musical notes	Start with 7 shudh swars,
			Prayer song -sansar ke maali ne
	MAY	Mother's Day song	Motivational song and Mother's Day song
	JULY	Introduction of Raagas	Importance of classical music and raagas.
			Racha hai shristi ko
	AUGUST	Patriotic song	Song related to our soldiers, freedom fighters.
	SEPTEMBER	English paper prayer	Oral music exam.
		Evaluation	
	OCTOBER	Prayer song	Sargam geet
	NOVEMBER	Environmental song	The earth is my home.
DECEMBER	Christmas songs	In Hindi and English	
JANUARY	Patriotic song	Vatan ye hamara hai pyaara Hindustan	
	Instrumental practice		

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT
SOCIAL SCIENCE	APRIL AND MAY	Resources (Geography)	List any two resources of Arunachal Pradesh and Meghalaya
		How, When and Where (History) (Activity)	Comparison Chart of BC and AD
		The Indian Constitution (Civics)	Learn the preamble of Constitution
		From Trade to Territory (History)	On an outline map of India mark the trading centres established by the Portuguese, Dutch, British and French. Use different colours to show different countries
		Understanding Secularism (Civics)	Write a short note on Unity in Diversity.
	JULY	Land, Soil, Water, Natural Vegetation and Wildlife resources (Geography)	Map work What are the causes of soil erosion?
		Ruling the Countryside (History)	Find out the information of Champaran Movement.
		Why do we need a Parliament? (Civics)	Make a flow chart of parliament
		Understanding Laws (Civics) (Activity)	Make a poster on 'Equal Relationships are Violence Free'
	AUGUST	Tribals, Dikus and the Vision of a Golden Age (History)	Learn to weave place mats by paper
		Judiciary (Civics)	Describe domestic violence and the law that was passed to stop this violence.
		Understanding Marginalisation (Civics) (Activity)	Discuss in the class who do you think are the marginalised groups and find out the lives they live.
	SEPTEMBER	Revision & Half Yearly Examination	
	OCTOBER	Agriculture (Geography)	In an outline map of India mark the places which grow Rice, sugarcane cotton, coffee
		When People Rebel 1857 and after (History)	On an outline map of India mark, the Main centres of Revolt of 1857
		Women, Caste and Reforms (History) (Activity)	Find out in details the various organisation who initiated the reforms in British period.
	NOVEMBER	Civilizing the Native, Educating the Nation (History)	Write a report on the topic "The medium of instruction in educational institutions should be the mother tongue of the students
		Industries (Geography)	Use of own talents to exhibit any craft items that you have made.
		Human Resources (Geography)	Make population pyramid of India, Kenya and Japan.
	DECEMBER	The Making of the National Movement 1870s-1947 (History)	Sequence writing about the struggle of freedom. (Class presentation)
		Confronting Marginalisation	Presentation on Protecting the Rights of Dalits

		(Civics) Activity	and Adivasis
JANUARY		Public Facilities (Civics)	Write about Bharat Nirman Plan and what are its objectives
		Law and Social Justice (Civics)	Sign petitions or write letters regarding a specific social justice issue.
FEBRUARY		Revision	

CLASS	SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
VIII	संस्कृत	अप्रैल	1. वंदना 2. जननी जन्मभूमिश्च स्वर्गादपि गरीयसि 3. कर्म एव सिद्धिमंत्र 4. शब्द रूप – देव धातु रूप दृश (पाँचों लकार)	
		मई	1. महानविज्ञानिक डा० अ.पी.जे. अब्दुल कलाम	डा० ए०पी०जे० अब्दुल कलाम की जीवनी चित्रसहित वर्णित करना (संस्कृत में)
		जुलाई	1. सुभाषितानि 2. चन्द्रगुप्तस्य न्याय 3. शब्द रूप – मुनि:	श्लोक वाचन
		अगस्त	1. विजयदशमी 2. विज्ञानस्य आविष्काराः 3. धातु रूप – स्था (पाँचों लकार)	1. 'दशहरा पर्व' पर कोलाज 2. किन्ही दो आविष्कारो सचित्र वर्णन (संस्कृत में)
		सितम्बर	1. राज्ञः राघोः उदारता (अर्धवार्षिक परीक्षा)	
		अक्टूबर	1. सुवचनानि 2. अस्माकम् पर्यावरणम् 3. शब्द रूप – लता	1. श्लोक वाचन 2. पर्यावरण पर पोस्टर बनावाना संदेश के साथ
		नवम्बर	1. अनभ्यासे कुतो विद्या 2. धातु रूप – गम् (पाँचों लकार)	
		दिसम्बर	1. विद्यायाः बृद्धिरुत्तमा 2. संघे शक्ति	'संगठन में ताकत है' विषय पर लघु कथा लेखन।
		जनवरी	1. शटे 2. शाट्य	
		फरवरी	1. अङ्गुलिमालः 2. धातु रूप – कृ (पाँचों लकार)	
		मार्च	वार्षिक परीक्षा	

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT
MORAL SCIENCE	APRIL & MAY	CH-1: IF I CAN STOP ONE HEART FROM BREAKING	LET'S GET ALONG: FINGER FRIENDSHIP (PAGE NO: 70)
		CH-2: ORGAN DONATION	
	JULY	CH-3: THE EXAMINATION	FIVE SENSES MINDFULNESS EXERCISE WORKSHEET (PAGE NO: 71)
		CH-4: A POISON TREE	
		CH-5: BETTER LATE THAN NEVER?	
	AUGUST	CH-6: I WANDERED LONELY AS A CLOUD	BEFORE YOU SPEAK -THINK (PAGE NO 72)
		CH-7: NEERJA BHANOT- THE WORLD'S	
		CH-8: THE GUEST HOUSE BY RUMI	
	SEPTEMBER	HALF YEARLY EXAMINATION	
	OCTOBER	CH-9: DR KAMAL RANADIVE- THE UN Sung	HOW TO TAKE A MINDFUL S.N.A.C.K. MOMENT (PAGE NO 73 TO 74).
		CH-10: ARMAAN AND PUPPY	
	NOVEMBER	CH-11: LEENA'S CONUNDUM	
		CH-12: IT TAKES A COURAGE	
	DECEMBER	CH-13: SUSHANT'S JOURNEY HOME	JOURNAL YOUR THOUGHTS (PAGE NO 75 TO 80)
		CH-14: EVERY HEART'S HURRICANE	
JANUARY	CH-15: THE GOLDEN HEART		
FEBRUARY	FINAL EXAMINATION		