

Dear Parents

This academic plan prepared by the teachers outlining the time schedule for dealing with different topics of various subjects is in your hands. It is activity based and the teaching is aided with Smart Class and English Language Lab. It provides a well laid structure to be followed throughout the academic session..

Remember it is the "Can do, Will do" theory that works. The need, at present, is to apply innovative methods and to have wholesome development of the child's personality. It is imperative for teachers, students and parents to work in unison as our sole aim is to develop diverse skills among the students.

Please note :-

"Mind is like stomach
It is not how much you put into it that counts
But how much it digests."

Inculcate the spirit of regular self study with concentration among the students so that they shine like a star and remain stress free.

Examination Schedule

TERM-I

May : Pre-Mid Term Test (PT-1) - 30 marks

September : Mid Term (Half Yearly Exams.) - $[60 (W) + 10 (O)] = 70$ marks

TERM-II

December : Post-Mid Term (PT-2) - 30 marks

March : Final Term (Annual Exam.) - $[60 (W) + 10 (O)] = 70$ marks

Class - II

ENGLISH

Month	Literature	Grammar	Writing Skill	Cursive Writing	Activity based on LSRW
April	L-1 Goldilocks and the Three Bears L-2 The Wind and the Sun	Ch-1 The Sentence Ch-2 Nouns, Numbers and gender (Pg. No. 13-16)	Composition - Myself	Pg. No. 1-6	Talking about family. Describing flowers based on pictures
May	Poem : Copy Cat	Ch-2 Nouns, Numbers and gender (Pg. No. 17, 20, 21, 23, 24)	Composition - My Best Friend	Pg. No. 7-12	Activity Do as I say
June	Summer Vacation				
July	L-3 The Test Poem : Zoo Manners	Ch-3 Use of 's	Invitation Letter	Pg. No. 13-20	Sequencing pictures and completing steps
August	L-4 The Tale of Mrs Tiggly - Winkle L-5 The Spider's Lesson	Ch-4 Use of a/an the Ch-5 Pronouns One word for many in notebook.	Thank you letter	Pg. No. 21-24	Acting out instructions
P.T (1)	L1, 2 (Word Meaning, Make Sentences, Que/Ans.) Composition My Best friend, Myself, Unseen Passage		Grammar : Change the number gender, opposite words Ch-1 The Sentence		
Term-1	Oral Reading L-3, 4 Poem - Copy Cat and Zoo Manners Written : L-3, 4, 5 (new words, word meaning make sentences, Ques/Ans) Unseen Comprehension: Invitation & Thankyou Letter Composition : My Best friend, Myself		Grammar : Change the gender, number, opposite words, One word for many. Ch-2, 4, 5		
October	L-6 Down the Rabbit Hole L-7 How the Camel got his Hump	Ch-6 Adjectives Ch-7 Verbs	Composition : My School Application : Sick Leave	Pg. 25-30	Talking about wishes and dreams
November	L-8 The Hidden Gift Poem : What is Pink?	Ch-8 Prepositions Ch-9 Conjunctions	Composition - Diwali Application : Urgent piece of work	Pg. 31-36	Matching Sentences
December	L-9 Raju Learns about Waste! Poem : Cradle Song	Ch-10 Asking Questions	Guided Composition: The Fox and the Grapes	Pg. No. 37-41	--
January	L-10 The Beach Poem : Laughing Song	Ch-11 Use of Capital Letter, Full stop and Question Mark	Guided Composition: The Foolish Proud Fish	Pg. 42-48	Drawing two things that make you laugh
February	Revision & Final Examination Note : Art Integrated Activities will be done in the beginning of each chapter.				
P.T - 2	L-6, 7 (Word Meaning, Make Sentences, Ques/Ans) Composition : Diwali/My School, Unseen Passage			Grammar : Change the number, gender, opposite words Ch-6, 7	
Term-II	Oral : Reading L-8, 9, 10 Poem : What is Pink? Cradle Song Written : L-8, 9, 10 (New words, word meaning, make sentences, Ques/Ans.) Unseen Passage, Application : Sick Leave / Urgent piece of work			Grammar : Ch- 7, 8, 9, 10 Change the number, gender, opposite words, one word for many	

माह	साहित्य	पठन	व्याकरण—पारिभाषिक एवं व्यावहारिक	रचना	सुलेख	रचनात्मक गतिविधि
अप्रैल	पाठ—1 सूरज दादा (कविता) पाठ—2 सुरीली मौटूशि	अपठित गद्यांश	भाषा की परिभाषा, कार्यपत्रक (1—15)	अनुच्छेद — मेरा स्कूल	पृष्ठ 6—13	एक फोटो फ्रेम बनाइए, जिसमें अपने परिवार के सदस्यों की फोटो लगाइए
मई	पाठ—3 चुलबुल की पूँछ	कविता — वाचन	लिंग बदलिए, वचन बदलिए, विलोम शब्द, संज्ञा की परिभाषा, भेद कितने हैं, कार्यपत्रक 16, 17, 18, 19, 21, 22	प्रार्थना पत्र — बीमारी के कारण अवकाश के लिए	पृष्ठ 14—21	घड़ी का मॉडल A4 शीट पर बनाएं (प्रथम इकाई परीक्षा) प्रोजेक्ट कार्य
जून	ग्रीष्मावकाश					
जुलाई	पाठ—4 ऐमन का बस्ता पाठ—5 समय (कविता)	पठित गद्यांश	दिनों के नाम, कार्यपत्रक (22, 26)	अनुच्छेद — हमारा राष्ट्रीय पक्षी (मोर)	पृष्ठ 22—29	कहानी वाचन
अगस्त	पाठ—6 बादलों की आईसक्रीम पाठ—7 रंगीला मोर	अपठित गद्यांश	कार्यपत्रक (34)	प्रार्थना पत्र — आवश्यक कार्य के लिए	पृष्ठ 30—35	कविता वाचन
सितंबर	पाठ्यक्रम पुनरावृत्ति		अर्धवार्षिक परीक्षा			
मई इकाई परीक्षा	पाठ—1, 2, भाषा, संज्ञा, लिंग बदलिए, वचन बदलिए	विलोम शब्द, अपठित गद्यांश				
अर्द्ध वार्षिक परीक्षा	पाठ—3, 4, 5, 6, 7 (शब्दार्थ, वाक्य, प्र/उ., अभ्यास कार्य, पारिभाषिक व्याकरण, भाषा, संज्ञा, व्यावहारिक व्याकरण)	लिंग बदलिए, वचन बदलिए, विलोम शब्द, दिनों के नाम, अनुच्छेद—मेरा स्कूल, हमारी राष्ट्रीय पक्षी (मोर) समान अर्थ वाले शब्द	पत्र 1, 2 अपठित गद्यांश, पठित गद्यांश, मौखिक पाठ्यक्रम, पठन—पाठ 1, 3, उत्तरपुस्तिका			नोट—उपर्युक्त कार्य स्कैप बुक में कीजिए।

माह	साहित्य	पठन	व्याकरण—पारिभाषिक एवं व्यावहारिक	रचना	सुलेख	रचनात्मक गतिविधि
अक्तूबर	पाठ—8 सब्जी की टोकरी पाठ—9 प्रकृति से सीख (कविता)	अपठित गद्यांश	सर्वनाम, भेद कितने हैं केवल ये बताने, समान अर्थ वाले शब्द, कार्यपत्रक (23, 27)	अनुच्छेद — मेरे पिता जी	पृष्ठ 36—42	दिवाली से संबंधित A4 शीट पर चार्ट बनाइए।
नवंबर	पाठ—10 मछली का अभियान पाठ—11 आज़ाद पक्षी		अनेक शब्दों के लिए एक शब्द, महीनों के नाम, कार्यपत्रक (28—33)	अनुच्छेद — दिवाली	पृष्ठ 43—50	
दिसंबर	पाठ—12 जंगल में होली (कविता)		कार्यपत्रक (24) विशेषण + भेदों की संख्या	निमंत्रण पत्र	पृष्ठ 51—57	द्वितीय इकाई परीक्षा
जनवरी	पाठ—13 चतुर चूहा		कार्यपत्रक (25), क्रिया चित्रकथा पठन	धन्यवाद पत्र	पृष्ठ 57—64	अपनी मन पसंद सज्जियों के चित्र A4 शीट पर लगाइए
फरवरी	पाठ—14 दादी माँ का चश्मा	पठित गद्यांश	बातचीत कार्यपत्रक (35)			
मार्च	पाठ्यक्रम पुनरावृत्ति		वार्षिक परीक्षा			
दिसंबर इकाई परीक्षा	पाठ—8, 9, लिंग बदलिए, वचन बदलिए, विलोम शब्द, महीनों के नाम, सर्वनाम, अपठित गद्यांश					
वार्षिक परीक्षा	पाठ—10, 11, 12, 13, 14 (शब्दार्थ, वाक्य, प्र/उ., अभ्यास कार्य, पारिभाषिक व्याकरण)	लिंग बदलिए, वचन बदलिए, विलोम शब्द, समान अर्थ वाले शब्द, अनेक शब्दों के लिए एक शब्द अनुच्छेद— मेरे पिता जी, दिवाली	पत्र— निमंत्रण पत्र, धन्यवाद पत्र, अपठित गद्यांश, पठित गद्यांश, मौखिक पाठ्यक्रम पाठ—11, 13 (पठन) कविता वाचन — पाठ 10, 14, उत्तर पुस्तिका			नोट— उपर्युक्त कार्य स्क्रेप बुक में कीजिए।

ਮਹੀਨਾ	ਨਿਵੇਕਲੀ ਕਿਰਨ ਪੰਜਾਬੀ ਪਾਠਮਾਲਾ (ਪ੍ਰਵੇਸ਼ਿਕਾ)	ਪਰਾਗ ਪੰਜਾਬੀ ਸੁਲੇਖ	ਕੰਚਨ ਬਾਲਗੀਤ	ਆਰਟ ਲਰਨਿੰਗ ਐਕਟੀਵਿਟੀ (ਕਲਾ ਸਿੱਖਣ ਗਤੀਵਿਧੀ)
ਅਪਰੈਲ	ਵਰਨਮਾਲਾ ਓ-ਲ, ਮਾਤਰਾਵਾਂ-ਮੁਕਤਾ, ਕੰਨਾ, ਸਿਹਾਰੀ-ਅੱਖਰ ਜੋੜ, ਸ਼ਬਦ, ਖਾਲੀ ਥਾਵਾਂ ਭਰੋ।	ਪੰਨਾ 2, 3, 4, 5	ਬੀਬੇ ਰਾਣੇ, ਤੋਤਾ ਬੋਲੇ	ਮੌਖਿਕ ਗਤੀਵਿਧੀ ਦਸ ਗੁਰੂਆਂ ਦੇ ਨਾਂ
ਮਈ	ਬਿਹਾਰੀ (ਅੱਖਰ ਜੋੜ) ਸ਼ਬਦ, ਖਾਲੀ ਥਾਵਾਂ ਭਰੋ	ਪੰਨਾ 6, 7, 8, 9	ਸੂਰਜ, ਵਾਹ ਓ ਸ਼ੇਰਾ ਤਾਰੇ	ਗਿਣਤੀ 1-20
ਜੂਨ	ਗਰਮੀਆਂ ਦੀਆਂ ਛੁੱਟੀਆਂ			
ਜੁਲਾਈ	ਔਂਕੜ, ਦੁਲੈਂਕੜ, ਅੱਖਰ-ਜੋੜ ਸ਼ਬਦ, ਖਾਲੀ ਥਾਵਾਂ ਭਰੋ	ਪੰਨਾ 21, 22, 23, 24	ਮਿਲ ਕੇ ਰਹਿਣਾ, ਬੱਦਲ, ਤਿਤਲੀ	ਸ਼ੇਰ ਅਤੇ ਚੂਹੀ ਕਹਾਣੀ ਗਤੀਵਿਧੀ
ਅਗਸਤ	ਲਾਂ, ਦੁਲਾਵਾਂ (ਅੱਖਰ-ਜੋੜ) ਸ਼ਬਦ, ਖਾਲੀ ਥਾਵਾਂ ਭਰੋ	ਪੰਨਾ 25, 26, 27, 28	ਸਾਡਾ ਘਰ, ਛੋਟੇ ਬੱਚੇ	ਸੁੰਦਰ ਲਿਖਾਈ ਮੁਕਾਬਲਾ
ਸਤੰਬਰ	ਛਿਮਾਹੀ ਪਰੀਖਿਆ			
PT-1	ਵਰਨਮਾਲਾ : ਓ - ਲ ਮੁਕਤਾ ਕੰਨਾ, ਸਿਹਾਰੀ, ਬਿਹਾਰੀ			
Term-2	ਵਰਨਮਾਲਾ ਓ-ਲ ਮੁਕਤਾ, ਕੰਨਾ, ਸਿਹਾਰੀ, ਬਿਹਾਰੀ, ਔਂਕੜ, ਦੁਲੈਂਕੜ, ਲਾਂ, ਦੁਲਾਵਾਂ, ਅੱਖਰ ਜੋੜ, ਸ਼ਬਦ, ਖਾਲੀ ਥਾਵਾਂ ਭਰੋ, ਸਹੀ ਵਿਕਲਪ ਚੁਣੋ।			
ਅਕਤੂਬਰ	ਹੋੜਾ, ਕਨੌੜਾ ਮਾਤਰਾਵਾਂ, ਅੱਖਰ ਜੋੜ, ਸ਼ਬਦ ਖਾਲੀ ਥਾਵਾਂ ਭਰੋ	ਪੰਨਾ 29, 30, 31, 32	ਚਲੀ ਚਲੋ, ਦੇਸ਼ ਮਹਾਨ	ਅੰਗਰੇਜ਼ੀ ਮਹੀਨਿਆਂ ਦੇ ਨਾਂ ਗਿਣਤੀ 21 ਤੋਂ 50
ਨਵੰਬਰ	ਲਗਾਘਰ ਬਿੰਦੀ, ਟਿੱਪੀ, ਅੱਧਕ (ਸ਼ਬਦ, ਖਾਲੀ ਥਾਵਾਂ ਭਰੋ) ਸਬਜ਼ੀਆਂ ਦੇ ਨਾਂ, ਰੰਗਾਂ ਦੇ ਨਾਂ	ਪੰਨਾ 33, 34, 35, 36	ਕੁੱਕੜ, ਕੂ, ਮੇਰਾ ਹਫ਼ਤਾ	ਰੁੱਤਾਂ ਦੇ ਨਾਂ ਸਾਡੇ ਰਾਸ਼ਟਰੀ ਚਿੰਨ੍ਹ
ਦਸੰਬਰ	ਫਲਾਂ ਦੇ ਨਾਂ		ਮੇਰ, ਬਰਫਾਂ ਦੇ ਨਜ਼ਾਰੇ	ਮੈਂ ਅਤੇ ਮੇਰਾ ਮਿੱਤਰ (ਮੌਖਿਕ)
ਜਨਵਰੀ	ਦਿਨਾਂ ਦੇ ਨਾਂ			ਦੇਸੀ ਮਹੀਨਿਆਂ ਦੇ ਨਾਂ ਮੇਰਾ ਸਕੂਲ ਮੌਖਿਕ
ਫਰਵਰੀ	ਦੁਹਰਾਈ			
ਮਾਰਚ	ਸਲਾਨਾ ਪਰੀਖਿਆ			
PT-2	ਹੋੜਾ, ਕਨੌੜਾ, ਅੱਖਰ-ਜੋੜ, ਸ਼ਬਦ, ਖਾਲੀ ਥਾਵਾਂ ਭਰੋ, ਰੰਗਾਂ ਦੇ ਨਾਂ, ਸਬਜ਼ੀਆਂ ਦੇ ਨਾਂ			
Term-2	ਹੋੜਾ, ਕਨੌੜਾ, ਅੱਖਰ-ਜੋੜ, ਸ਼ਬਦ, ਖਾਲੀ ਥਾਵਾਂ ਭਰੋ, ਲਗਾਘਰ ਬਿੰਦੀ, ਟਿੱਪੀ, ਅੱਧਕ ਸ਼ਬਦ, ਖਾਲੀ ਥਾਵਾਂ ਭਰੋ, ਰੰਗਾਂ ਦੇ ਨਾਂ, ਅੰਗਾਂ ਦੇ ਨਾਂ, ਦਿਨਾਂ ਦੇ ਨਾਂ, ਸਬਜ਼ੀਆਂ ਦੇ ਨਾਂ, ਫਲਾਂ ਦੇ ਨਾਂ, ਸਹੀ ਵਿਕਲਪ ਚੁਣੋ			

Class - II**EVS**

Month	Chapters	Activity	Activity Book
April	L-1 More About Myself L-2 My Body L-3 Types of Families	Introduction & Activity of Family Tree	Pg. No. 3-12
May	L-4 Food for Health	Paste pictures of healthy food	Pg. No. 13-17
June	Summer Vacation		
July	L-5 Houses and Houses L-6 Time to Dress up L-7 Air and Water	Experiment on Air & Water	Pg. No. 18-26
August	L-8 Health is Wealth L-9 Safety Rules L-10 Neighbourhood Services	Fitness Physical Activities	Pg. No. 27-34
September	Revision & Examination		
PT-1	L-1, 2, 3		
Term-1 Exams.	L-4, 5, 6, 7, 8		
October	L-11 Occupations L-12 Days to Celebrate L-13 It's Travel Time	Paste pictures of different occupations and name them	Pg. No. 35-45
November	L-14 Let's Communicate L-15 Directions L-16 Time	Globe will be shown, Running model of clock	Pg. No. 46-54
December	L-17 Seasons L-18 Our Green Friends	Visit to Garden	Pg. No. 55-58
January	L-19 Animals Around Us L-20 World Around Us		Pg. No. 59-64
February	Revision		
March	Examination		
PT-2	L-11, 12, 13		
Term-2 Exams	L-14, 15, 16, 17, 18		

Class - II**MATHS**

Month	Chapters	Activity
April	Ch-1 Numbers upto 200 Ch-5 Numbers upto 1000 Tables 2-5	Build your own number with dice. Lab Activity (Pg. no. 36)
May	Ch-2 Addition Ch-6 Addition and subtraction of Bigger Numbers (Pg. No. 86-89) Table of 6 and 7	Flower Petal Addition Activity Lab Activity (Pg. No. 85)
June	Summer Vacation	
July	Ch-3 Subtraction Ch-6 Addition and subtraction of Bigger Numbers (Pg. No. 91-93) Table of 8, 9 and 10	Subtraction Spider
August	Ch-6 Addition and Subtraction of Bigger Numbers (Pg. No. 94-98) Ch-8 Patterns Tables 2-10	Patterns using match stick Lab Activity (Pg. No. 125)
September	Mid Term Examination	
PT-1	Ch-1 and 5 Tables 2 to 7	
Term-1 Exams.	Written : Ch-1, 2, 3, 5, 6, 8 Tables 2 to 10	
October	Ch-4 Multiplication Ch-7 More About Multiplication Tables 2 to 12	Lab Activity (Pg. No. 69)
November	Ch-9 Measurement Ch-10 Geometry Table of 13 and 14	Project : Measurement Chart Lab Activity (Pg. No. 136)
December	Ch-11 Time Table of 15	Lab Activity (Pg. No. 159)
January	Ch-12 Money Ch-13 Data Handling Tables 2-15	Lab Activity (Pg. No. 167, 176)
February	Revision	
March	Final Examination	
PT-2	Ch-4 and 7 Addition/Subtraction sums Tables 2 to 14	
Term-2 Exams	Written : Ch-9, 10, 11, 12 Tables 2 to 15 Fill ups, M.C.Q's, Dodging Tables, Number names, Short and Expanded form, Ascending/Descending order, Addition, Subtraction, Multiplication sums, Story Problems	

Class - II**GENERAL KNOWLEDGE**

Month	Course Book	Know your Aptitude
April	Ch-1 Useful Plants in Nature Ch-2 Wild Animals Ch-3 Let us Fly with them Ch-4 Crawling Creatures Ch-5 Bird Calls Ch-6 Colourful Flowers	Assignment 1 to 5
May	Ch-7 Being Eco Friendly Ch-8 Show Kindness Ch-9 Honesty is the Best Policy Ch-10 Positive Me! Ch-11 Yoga for Kids	Assignment 6 to 10
June	Summer Vacations	
July	Ch-12 Healthy Habits Ch-13 Healthy Foods Ch-14 Cross Word Puzzle Ch-15 Words in Pictures Ch-16 A Wonderful World of Stories Ch-17 Body Parts in Language Ch-18 Heavy Vehicles to Know About	Assignment 11 to 15
August	Ch-19 In an Office Ch-20 The Uniforms Ch-21 Tools Ch-22 Road Signs Ch-23 We Must Follow	Assignment 16 to 20
September	Mid Term Examination	
Term - 1	Syllabus from April to August	
October	Ch-24 Amazing Inventions Ch-25 Our Universe Ch-26 Computer Lab Rules Ch-27 Gizmos Ch-28 Delhi	Assignment 21 to 25
November	Ch-29 Andaman and Nicobar Islands Ch-30 Touring India Ch-31 Harvest Festivals of India Ch-32 I Speak... Ch-33 People who change the world Ch-34 Wonders of the World	Assignment 26 to 30
December	Ch-35 Know the Dresses Ch-36 Capital Cities and Landmarks Ch-37 Our Neighbouring Countries Ch-38 Hello!	Assignment 31 to 33
January	Ch-39 Popular People Ch-40 Musical Journey Ch-41 Interesting Sports Ch-42 Sports Films in India	Assignment 34 to 35
February	Revision	
March	Final Examination	
Term-2	Syllabus from October to January	

Class - II**COMPUTER**

Month	Chapter with Art Integrated Activity	Practical
April	Ch-1 Computer at various places	Awareness about Tux Paint Framework
May	Ch-2 Computer devices	Practice of Tux Paint features to create beautiful images
June	Summer Vacation	
July	Ch-3 Fun with Tux Paint	More practice in Tux Paint
August	Ch-4 Word	Basic Awareness about the application softwares like Notepad, Word Pad, MS-Word
September	Revision & Term-1 Syllabus (Chapter 1, 2, 3, 4)	
October	Ch-5 More on Paint	Drawing and coloring of own choice pictures or images in MS-Paint
November	Ch-6 Arrangement of Patterns	Making of beautiful patterns in MS-Paint
December	Ch-7 Fun with Scratch Jr	Starting of Scratch Jr Framework awareness, opening, using and closing
January	Ch-8 Understanding AI	More Practice in Scratch Jr Framework
February	Revision	
March	Term-II Syllabus (Chapter - 5, 6, 7, 8)	

Class - II**ART AND CRAFT**

Month	Topic	Sketch and Colour
April	Fun with Lines (Strokes) Fun with Lines (Scratch Art) Fun with Lines (Tree)	Ice Cream
May	Fun with Dots and Patterns Shapes Forms, Mosaic Art	Tulips
June	Summer Vacation	
July	Learn to Draw - Castle Learn to Draw - Bird Learn to Draw - Giraffe	Birthday Cake
August	Learn to Draw - Garbage truck Learn to Draw - Beauty in Waste Learn to Draw - Fruit Basket	Butterflies
September	Fun with craft Fun with Paper fan Fun with Spider Web, Mid Term Exams.	Fruit Basket
October	Fun with colours - Festivals, Blow painting, Thumb art	
November	Fun with Colours Hand print art, Story time	Flower pot
December	Value time	Christmas Scene
January	Value time - Helping others	Landscape
February	Draw - Stick figures	
March	Draw hut and trees, Final Exams.	

Class - II**MUSIC**

Month	Music Vocal	Music Instrumental
April	Alankar 1st to 5th	Alankar with Harmonium 1st to 5th
May	English Prayer	Congo Playing
June	Summer Vacation	
July	Hindi Prayers	Duff Playing
August	Shabad Gayan + Patriotic Song	Practice with song
September	Folk Song	Khanjari Playing
Term 1 Evaluation		
October	National Song	Practice Congo Playing
November	National Anthem	Practice Playing duff
December	Songs, Poems, Shabad (According to Occasion)	Practice of Instruments Playing
January	Bhajan and Patriotic Song	Playing Tanpura
February	Prayer (English, Hindi and Shabad)	Swar Mandal
March	Practice all Syllabus	Practice All Syllabus
Final Term Evaluation		

Class - II**DANCE**

- Basic steps of various Dance forms.
- One Punjabi Dance
- One Patriotic Dance
- Different Dance forms like Folk, Hip-Hop, Western, Contemporary Dance etc.
- Annual Function Preparation.

Class - II**SPORTS AND GAMES**

Warm up Exercise (5-10 min)	Activity	Objective	Material Required for Setup
Light jogging or running	30 m Race	To Promote physical activity and improve speed and encourage friendly competition among students.	Measuring tape to mark 30 m distance, cones or markers to define, stop watch.
Stretching jumping jacks	Lemon and Spoon race	To Race to a finish line while balancing a lemon on a spoon without dropping it.	Spoon (one for each participant) Lemon, cones or markers to define the starting and finishing line.
P.T. Exercise (1, 2)	Dumbbell	To improve stamina and strength	Wooden Dumbbell and Chunna for Marking.
Warm up exercise 5-10 min Blood circulation steps	Meditation, Child pose	Improves concentration and digestion system	Yoga Mat, Audio