

PARENT SYLLABUS CO-SCHOLASTIC SKILL CLASS VII 2023 -2024

Month	Coding	Design Thinking & Innovation	Handicrafts	Eco Club	Cookery Club	Mask Making	Travel and Tourism	Aerobics	Western Band	Wellness	Mass Media	Digital Citizenship
April and May	Microsoft Makecode	Introduction to the concepts/ terms of : a)Design Thinking process b) Innovation	Introduction to fashion jewellery ar crochet work -How to use recyclable materials for making craft productsHow to make craft products based on environment friendly -Common tools and equipment required for making different crafts productsShowing video on fashion jewellery ar Crochet work - ? periods Field trip to Dilli Haat - 2 periods Fashion Jewellery Friendship band witt crochet n beads- 8 periods	Field visit: School Garden, Nearby Nursery etc. CLASSIFICATION OF PLANTS Classification of plants based on their growing habits Introduction through story- Aloe Vera Uses and importance of Aloe Vera. May CLASSIFICATION OF PLANTS	Apri Topic: : Street food of India Subtopic: Bhel Puri -Dhokla -Vada Paav -Aloo Tikki Chaat -Cookies MAY Topic: Around the world Subtopic: Sweet Corn Chaat -Sprout Chaat/ Fruit Chaat -Cup Cake -Healthy Sandwich	April Introduction Preparation of material Creating a basic mask Discussion on various states of India, their cultures and use of mask in their dances and festivals May Introduction - state of Andhra Pradesh Preparation of material Creating a the Butta Bommalu mask Discussion on various steps of creating mask and its use by the dancers	Introduction to Travel, Tourism and Heritage Meaning of 'Heritage' and 'Tourism' Pictorial presentation of Concept of Tourism Aspects of Tourism Classification of Tourists based on duration of stay Attractions -types of attractions -Accessibility -modes of transportation -Accommodation -types of accommodations Protection and conservation of Heritage sites	Introduction to Basic concepts of Hip Hop, foundations, grooves, musicality etc	Learning "Believer song by Imagine Dragons and Count on me by Bruno Mars" Ability to analyze and understand the dynamics of musical themes Performing skills — expressively through appropriate dynamics & feet. Application of skills on showmanship and coordination with orchestra Appropriate interpretation. Independently express showmanship and composing different themes and songs with improvisations. Applying the theoretical knowledge and ability to perform solo and with group.	Topic- Bullying Subtopics: 1. Mindset of a bully 2. Reason of bullying 3. Dealing with bullies 4. Anti-bullying MAY Topic- Time Management Subtopics: Drafting an attainable To Do list: Daily Weekly Monthly Topic- Personality Development Subtopics: Confidence Building	a) Media Literacy/ Mass Media & Society 1. Types of Photography in Mass Media. 2. Basics of Photography 3. Composition in Photography 4. Basics Modes of a Camera • Types Media Channels • Effects of media on Society • Benefits of Mass Media b) Introduction to Photography in Media	APRIL Topic:: Welcome to digital citizenship Subtopics: • Right to equality • Right to freedom • Right against exploitation • Right to freedom of religion • Cultural and educational rights • Right to constitutional remedies MAY Topic: Accessing Safe and Secure Website Subtopics: Digital footprint' and cookies • Website safety • Decoding domain extensions • Digital footprint Spot fake URLS

				- Herbal Exhibition - students can showcase their projects, herb gardens, crafts, and herbal remedies.								
JULY	Web page designing with HTML-CSS Basics of CSS text formatting background formatting	Introduction to Elements for Design and Story-creation Reflection Questions to ponder: - Could the Game created can be used to reduce violence and inculcate using positivity? - Can the Characters be used for creating multiple stories?	Fashion jewellery- Different style and types of earings	Van Mahotsav - Extempore Debate competition Poster making competition Awareness drive on Wildlife conservation 1st week of July - Van Mahotsav 28th July- World nature conservation day. Herbal Heritage Techniques to harvest and store Aloe Vera Introduction of Tulsi through a Poem To study about Tulsi, its name, origin and importance of Tulsi and the aromatic chemicals that have antimicrobial property.Propagation and steps to propagate Tulsi Learn how to grow Tulsi (Let us grow Tulsi).	Subtopic: - Cucumber Boat / Roll ups -Watermaleon Shake -Hung Curd Sandwich -Brownie -Aam Pana -JalJeera	Introduction - state of Andhra Pradesh • Preparation of material • Creating the Butta Bommalu mask • Discussion on various steps of creating mask and its use by the dancers	Countries in Asia with heritage tourist places Exploring Thailand Attractions in Thailand Culture (fairs, festivals, dances)	Introduction to locking and popping. Basics and Fundamentals	Learning "Pirates of the Caribbean Theme Music and Conquest of Paradise" -Ability to analyze and understand the dynamics of musical themes *Performing skills — expressively through appropriate dynamics & feet. -Application of skills on showmanship and coordination with orchestra *Appropriate interpretation. *Independently express showmanship and composing different themes and songs with improvisations. -Applying the theoretical knowledge and ability to perform solo and with group.	Topic- Nutrition Topic- Hand care Topic- Postures	*Holy trinity in photography-exposure triangle *Acitvity -practical in photography(in class/ on field)	Topic:_Introduction to Cyberbullying and Ethical Behaviour Subtopics:

AUGUS T	Formatting tags under HTML Fonts Table Marquee tag	Exploring Transitions in shapes and forms- Creating forms using paper/clay Discovering inbetween shapes and forms	Best out of waste Pen holders, Wall hangings, Toran(door hangings),De corational pieces, Earphone holders	Zero garbage concept in school - School waste composting. Clean campus. Minimum waste generation Training program on how to manage waste or segregate waste 10 August - International biodiesel day 20 August - Akshay Urja Diwas Herbal Heritage - Learn how to grow Tulsi (Let us grow Tulsi). Herbal Exhibition - students can showcase their projects, herb gardens, crafts, and herbal remedies.	delights 1-chivda chaat 2- carrot cake 3-Oreo Chocolate desert 4-) Fruit cream Skills-	Introduction - state of Himachal Pradesh • Preparation of material • Creating a Fagli mask • Discussion on various steps of creating mask and its use by the dancers	 Food specialities of Thailand Heritage sites and its protection and conservatio n Airlines operating in Thailand Types of accommod ation Resorts Homestay Apartments Guesthouses 	Introduction to locking and popping. Basics and Fundamentals	Learning "Faded by Alan Walker" -Ability to analyze and understand the dynamics of musical themes Performing skills — expressively through appropriate dynamics & feet. -Application of skills on showmanship and coordination with orchestra -Appropriate interpretation. -Independently express showmanship and composing different themes and songs with improvisations. -Applying the theoretical knowledge and ability to perform solo and with group.	Personal Grooming and dressing 5 Basic male & female body shapes. How to take body measurements to design a dress? Different tools used for stitching a dress	Colour theroy in Photography *Camera angles *Photo walk - Qutub Minar *Photo walk images Review	Fear of Missing Out (FOMO) and Your Mental Health Behaviour Subtopics: • The culture of social media posting and photo sharing • Their personal habits regarding screen time and social media usage
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SEF MBI		Our Hungry Planet	*Term 2*	Clean and green environment - Plantation drives within and outside the campus. Beautified selected roadside area with plants and flowers. Lectures and popular talks on environmental issues like depletion of ozone layer which effects our climate. Maintain herbal garden in campus. 16 September-Ozone Day 28 September-Ozone Day 28 September-Green consumer day. Herbal Heritage - The importance and uses of Tulsi (A Herb for many reasons). Learn how to grow Tulsi (Let us grow Tulsi).	1-oats energy balls 2-carrot cake 3- fruit corner 1) masala papad chaat 2) chia pudding 3) sprouts chaat SkillsLeadership -Creative -Bodily Kinaesthetic - co-operative	Masks for exhibition	Introduction to Nepal: Geography, climate, and biodiversity of Nepal Cultural diversity and ethnic groups in Nepal Cultural Heritage of Nepal: UNESCO World Heritage Sites in Nepal Religious traditions and festivals Traditional arts, crafts, and architecture Natural Attractions: Himalayan mountain ranges and peaks in Nepal National parks, conservation areas, and wildlife sanctuaries Lakes, rivers, and waterfalls	Introduction to Break style dance. Basics of Top rocks, down rocks and stunts	*Learning "Shape of You by Ed Sheeran" -Ability to analyze and understand the dynamics of musical themes Performing skills — expressively through appropriate dynamics & feet. -Application of skills on showmanship and coordination with orchestra -Appropriate interpretation. -Independently express showmanship and composing different themes and songs with improvisationsApplying the theoretical knowledge and ability to perform solo and with group.	Personal Grooming and dressing 5 Basic male & female body shapes. How to take body measurements to design a dress? Different tools used for stitching a dress	Creation of ETM BOOKLET BASE	New Technology - Facial Recognition Subtopics:
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OCTOB ER	Introduction to MIT App Inventor • Log In to MIT App Inventor • Creating the first project • Exploring the interface of App Inventor • Learning Live Testing • Downloading AlCompanion App to mobile device • Seeing the app on the device • Adding Text to Speech component in the App • The Blocks Editor • Making a Button Click Event • Programming TextToSpeech Action • Testing The App Activities Creating the first project: "Conversing with Story Speaker" "TalkToMe	Design a useful and meaningful gift for a family member. Students will use the technique of empathy by seeing the world from another person's point of view.	Introduction to Paper Mache Crafts Making of Paper Mache Crafts with the help of paper pulp Prepare Paper Mache Crafts with innovative ways -How to use recyclable materials for making craft products. How to make craft products based on environment friendly Common tools and equipment required for making different crafts products.	Anti-Cracker Campaign - Poster-making Banner designing Slogan writing - on Anti- Firecrackers. Skit to spread awareness about the harmful effects of bursting crackers. Celebrating Green Diwali (Anti cracker Diwali) Herbal Heritage - Learn techniques to harvest and store Tulsi. Herbal Exhibition - students can showcase their projects, herb gardens, crafts, and herbal remedies.	Subtopic: Festivity 1-Idli platter 2-Mojito 3-muffins 4-bombay sandwich 5-coconut sweet dish 6-cookies 7-pasta chaat 8-mango with cream SkillsLeadership -Creative -Bodily Kinaesthetic - co-operative	Introduction - state of Jammu and Kashmir Preparation of material Creating a Hirran mask Discussion on various steps of creating mask and its use by the dancers	Adventure Tourism: Trekking routes and famous trails (e.g., Everest Base Camp, Annapurna Circuit) Mountaineering and peak climbing in Nepal Religious and Spiritual Tourism: Hindu and Buddhist pilgrimage sites in Nepal Cultural Tourism: Traditional music, dance, and performing arts in Nepal Homestays and cultural immersion experiences Local cuisine and culinary traditions	Introduction to Break style dance. Basics of Top rocks, down rocks and stunts	*Learning "Demons by Imagine Dragons" -Ability to analyze and understand the dynamics of musical themes *Performing skills — expressively through appropriate dynamics & feetApplication of skills on showmanship and coordination with orchestra *Appropriate interpretation. *Independently express showmanship and composing different themes and songs with improvisationsApplying the theoretical knowledge and ability to perform solo and with group.	Topic- Physical Fitness Importance of Physical Fitness Health benefits of Yoga	Basics of writing in media 7 c's of comunication Guidelines to understand media messages Parts of a story Structure in media storieswritting a script	Subtopics: • That machine learning algorithms identify stories, videos, and search results that they might like • That fake news sources exist on the internet
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NOVEM BER	• Creating a game app • Adding a canvas • Setting the screen so that it doesn't scroll/ freezing screen • Changing Height and Width of the canvas Activities Creating a game app: Emoji Scavenger Hunt – 8 A & 8 C Creating a game app: Sunrise & Sunset – 8 B & 8 D	Design a Pen/Pencil to have additional Uses/Functions	Preparation of Paper Pulp Making of Sakhta Make New Design Trends	Campaign or Nukkad Natak Red Light ON Gaadi OFF Same Place, One Car Carpooling	Subtopic: Fusion dishes 1) cottage cheese platter 2) brownie 3) tortilla veggie wraps 4) peanut chaat 5) potato chaat SkillsLeadership -Creative -Bodily Kinaesthetic - co-operative	Introduction - state of Rajasthan	Tourism Infrastructure and Services: Transportation networks and accessibility Accommodation options (hotels, guesthouses, tea houses) Tour operators and travel agencies Tourism Policies and Regulations: Government policies and regulations for tourism development Visa and entry requirements for international travelers	A set piece of Choreography will be taught combining all the above dance styles	*Learning "Mexican Shuffle by Herb Alpert and Wheels by Billy Vaughn" -Ability to analyze and understand the dynamics of musical themes *Performing skills — expressively through appropriate dynamics & feet. -Application of skills on showmanship and coordination with orchestra *Appropriate interpretation. *Independently express showmanship and composing different themes and songs with improvisations. -Applying the theoretical knowledge and ability to perform solo and with group.	First Aid and Personal protection 1. First aid box 2. First Aid to be given in different situations like Sprain Fainting Choking Benefits of CPR	Parts of a story • Structure in media storieswritting a script • 3 Act structure Camera angles Practical- on camera angles	Building Your Digital Profile Subtopics: The importance of digital etiquette That once they post something, they cannot take it back, even if they delete the post How digital footprints shape how others perceive them The fact that many colleges, universities, or future employers are likely to check their social media accounts before making a final offer How to categorize positive and negative digital footprints
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DECEM BER		Applying Design Thinking Process in an Environmental Design Project	Study and adapt to design trends relevant to product class Specifying design processes study and adapt to design trends relevant to product class Specifying design processes Implementati on of design processes Implementati on of design processes	Awareness on Noise Pollution - Class discussion on risk from Noise Awareness Drive (leaflets, pamphlets made by students) Nukkad Natak nearby campus Conduct workshop /seminar Herbal Heritage: Herb Research Projects - Students study Indian herbs, their medicinal properties, cultural significance, historical uses, and conservation efforts.	Christmas and break time 1) Cup Cake 2) oatmeal berries smoothie 3) bread cake 4) chocolate biscuit pops 5) bhel puri 6) pizza platter SkillsLeadership -Creative -Bodily Kinaesthetic - co-operative	Introduction - Union Territory Ladakh • Preparation of material • Creating a Chham mask • Discussion on various steps of creating mask and its use by the dancers	Sustainable Tourism in Nepal: Conservation efforts and eco-tourism practices Responsible tourism and minimizing negative impacts	A set piece of Choreography will be taught combining all the above dance styles	*Learning "Harry Potter Theme and Godfather Theme" -Ability to analyze and understand the dynamics of musical themes *Performing skills — expressively through appropriate dynamics & feetApplication of skills on showmanship and coordination with orchestra *Appropriate interpretation. *Independently express showmanship and composing different themes and songs with improvisationsApplying the theoretical knowledge and ability to perform solo and with group.	Personal grooming and dressing • Identify and differentiate various types of hair • Prepare homemade masks for hair care.	*Basics of Video Processing *Practical - Shoot *Practical- on shooting	Exploring the Future of Our Digital World Subtopics: • The terms 'big data analytics', 'machine learning', and 'algorithms' • How data is being collected and used to understand customer preferences and develop new products
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JANUA RY	* Introduction to Numbers and its types in Python • Arithmetic Operators +,-,*,/,/, %, ** • Built in methods • Round, abs, pow • Difference between / and // Introduction to String and its types in Python • Use of single quote and double quotes in String • Concatena tion in String • Use of Print command	Ideation and Creative Options and short-listing of concepts	Understand the basic activities involved in finishing the object Preparation of Lacquer • Apply the painting and polishing techniques on the final product	E-Waste Management Workshop / seminar on how to reduce E-waste. Adopt 3R's principle in school as well as in house. Create webpage where students can write ways in which individual action can reduce E-waste. Survey by students how much e-waste generated in school and in individuals house as well. Herbal Heritage - Herbal Exhibition - students can showcase their projects, herb gardens, crafts, and herbal remedies.	3) hot chocolate 4) dhokla SkillsLeadership -Creative -Bodily Kinaesthetic - co-operative	Introduction - state of West Bengal • Preparation of material • Creating a Gomira mask • Discussion on various steps of creating mask and its use by the dancers	Tourism and the Environment Environmental impacts of tourism (e.g., pollution, habitat destruction) Climate change and its implications for the industry	Introduction to Basic level of Stunts and Tricks	Learning "Bohemian Rhapsody by Queen" -Ability to analyze and understand the dynamics of musical themes *Performing skills — expressively through appropriate dynamics & feetApplication of skills on showmanship and coordination with orchestra *Appropriate interpretation. *Independently express showmanship and composing different themes and songs with improvisationsApplying the theoretical knowledge and ability to perform solo and with group.	Posture and Memory Recognize benefits of exercises for posture improvement Significance and demonstratio n of asana How a good stance and posture reflects a proper state of mind?	*Photo walk *Photo walk images Review *Creation of ETM BOOKLET BASE	Digital Careers Subtopics: The basics of big data and machine learning The definition of a 'white hat hacker' and what it means to be an ethical hacker Emerging technology trends as discussed in the previous lesson
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FEBRU ARY		Final Design Solution Presentation	Understand the basic activities involved in finishing the object Preparation of Lacquer • Apply the painting and polishing techniques on the final product	Wetland Restoration → Neighbourhood Tree-Watch campaign for Observing Nature (seasons, plants, flowers, birds, insects, clouds, weather etc.) Poster making competition Visit wetland sites including polluted and degraded sites. Water Conservation- Campaign on "Holi Khelo Naturally". Orientation Program on Water conservation (Visit the rain Water Harvesting system in School)	by students to each other	Introduction - state of Maharashtra	Tourism and the Environment Environmental impacts of tourism (e.g., pollution, habitat destruction) Climate change and its implications for the industry	All the above mentioned styles will be revised through fun interaction and freestyle learning sessions	Learning "Bella Ciao by La Casa De Papel" -Ability to analyze and understand the dynamics of musical themes *Performing skills — expressively through appropriate dynamics & feetApplication of skills on showmanship and coordination with orchestra *Appropriate interpretation. *Independently express showmanship and composing different themes and songs with improvisationsApplying the theoretical knowledge and ability to perform solo and with group.	Personal Grooming & Dressing Scalp Massage, Shampooing and Conditioning	*Creation of ETM BOOKLET BASE *Culmination	Digital Careers Subtopics: • The basics of big data and machine learning • The definition of a 'white hat hacker' and what it means to be an ethical hacker • Emerging technology trends as discussed in the previous lesson
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