

Parent Syllabus  
Co-Scholastic Skill Club Class VI 2026-2027

Month	Coding Club	Travel and Tourism	Design Thinking & Innovation	Handicrafts	Food & Baking	Mask Making	Aerobics	Western Band	MEDICAL SCIENCE AND FIRST AID	Mass Media	Digital Citizenship	Quiz Activity	Astronomy Club	Herbal Heritage
<b>April &amp; May</b>		<p><b>Introduction-</b> Travel &amp; Tourism Club, <b>Theme : and one Brother Introduction:</b> Nagaland <b>Subtopics:</b> • Introduction, Forests, Rivers, Mountains (Naga Hills, Saramati), National Parks, Biodiversity</p> <p><b>Learning Outcome:</b> Students will locate Nagaland and explain its forests, rivers, mountains and wildlife diversity.</p> <p><b>Activities:</b> Map work, Brochure, Poster, visuals, discussion, video clips</p> <p><b>Tripura:</b> Introduction, Forests, Rivers, Hills (Jampui), Wildlife Sanctuaries, Biodiversity</p>	<ul style="list-style-type: none"> <li>• Introduction to the theme</li> <li>• Preparation of design materials</li> <li>• Creating a basic solution</li> <li>• Discussion on the Eight Northeastern states and their cultures</li> <li>• Understanding the role of solutions in dances, festivals and rituals</li> <li>• Introduction – Arunachal Pradesh</li> <li>• Preparation of design materials</li> <li>• Creating an inspired</li> </ul>	<p><b>Introduction to</b> Handycraft club – Explaining about activities and time duration, rules financial literacy, value addition to product, neatness fineness in the product, fashion jewellery, DIY kit – 2 periods</p> <p>Showing video on fashion jewellery and on Asam (tea, silk, bamboo craft and Asam's jewellery. – 2 periods</p> <p><b>Fashion Jewellery</b> Friendship band with beads - 6 periods <b>Fashion jewellery-</b> Different style and types of earrings of northern states. 4 periods</p>	<p>Topic: <u>Table set-up, napkin folding, dishes of Arunachal Pradesh</u></p> <p>Subtopic: - Soyabean salad - Lemon chili drink - Momos platter - Corn chat cup - Marua (millet based drink) - fruit chat</p> <p>Topic: 7 sisters 1 brother - Subtopic: Assam- - Lemon water with mustard mint - Curd jaggery drink</p>	<p>-Introduction to Mask Making</p> <p>-Introduction to North-East India (Seven Sisters + Sikkim)</p> <p>-Cultural significance of masks</p> <p>-Preparation of materials</p> <p>-Creating a basic mask</p> <p>Introduction to Assam</p> <p>•Mukha mask (Majuli tradition)</p> <p>•Mask making</p> <p><b>Learning outcomes:</b></p>	<p>&gt; Introduction to Basic concepts of Hip Hop.</p> <p>&gt; There are multiple skills that can be improved by doing hip hop, like rhythm, musicality, coordination, flexibility, strength, and confidence in performance</p> <p>&gt; "Students will be able to understand the basics and musicality to perform Hip Hop".</p>	<ul style="list-style-type: none"> <li>• Learning "Believer song by Imagine Dragons and Count on me by Bruno Mars"</li> <li>• Performing skills – expressively through appropriate dynamics &amp; feet.</li> <li>• Appropriate interpretation.</li> <li>• Independently express showmanship and composing different themes and songs with improvisations.</li> </ul>	<p><b>Theme : Seven sisters and one Brother</b></p> <p><b>Seven Lifesavers and One protector</b> <u>Seven sisters-</u> First aid techniques: Basic human physiology What is first aid? -Logo and Preparation of First aid box <u>One Brother-Medical Devices:</u> Oximeter, thermometer, stethoscope and blood sugar level</p> <p><b>Each student will be able to:</b> Understand the basic human physiology Identify factors affecting good health</p> <p>Understand the Basic First Aid Practices Describe the role and function of a First Aider Usage and demonstration of medical devices</p>	<ul style="list-style-type: none"> <li>• Introduction to Mass Media (applied understanding) <ul style="list-style-type: none"> <li>• Seeing vs Looking (visual perception)</li> <li>• Basics of Composition (framing, subject, background)</li> <li>• Visual storytelling through a single frame (visual story about 7 sisters and one brother)</li> </ul> </li> </ul> <p>Students will be able to:</p> <p>Identify how media shapes perception</p> <p>Differentiate between a snapshot and a meaningful photograph</p> <p>Apply basic</p>	<p><b>Introduction and Discussion on the Eight Northeastern States and Their Cultures</b></p> <ul style="list-style-type: none"> <li>•Introduction through safe digital platforms and resources</li> <li>•Understanding the cultures, traditions, and diversity through reliable websites and videos</li> <li>•Discussion on responsible digital behaviour while exploring cultural content</li> </ul> <p><b>Introduction – Arunachal Pradesh</b></p> <ul style="list-style-type: none"> <li>•Safe digital research on Arunachal Pradesh</li> <li>•Identifying trusted websites for cultural information</li> </ul>	<p>Newspaper Reading Mock Quiz Heritage Topics Mock Quiz</p>	-	<p>Identify, name the plants and categorize them.</p> <p>Identify and name at least five plants according to the Category it belongs to.</p> <p>understand the term Growth Habit and its classification</p> <p>Know the name, origin and importance of lemongrass.</p> <p>Understand about the uses of lemongrass in cuisines.</p>

		<p><b>Learning Outcome:</b> Students will understand Tripura's natural resources and wildlife tourism.</p> <p><b>Activities:</b> Charts, images, group discussion, think-pair-share Activity sheet, short answers, poster</p> <p><b>Life skills</b> -Communication , teamwork, and creativity</p> <p><b>Health and wellness</b> -Active participation, confidence building</p> <p><b>Gender Equality</b> -Equal participation and respect for all in group tasks</p>	<p>Yak/ritual solution</p> <ul style="list-style-type: none"> <li>• Discussion on tribal culture, festivals and ceremonial solution traditions</li> </ul>	<ul style="list-style-type: none"> <li>- Chira-doi bowl (poha, curd, jaggery)</li> <li>- Til mix snack</li> <li>- Murmura mustard oil mix (Jhal Muri)</li> <li>- paneer chat</li> <li>- cucumber snack boats</li> <li>- Marie biscuit chat</li> </ul> <p><u>Learning Outcomes:</u></p> <ol style="list-style-type: none"> <li>1) Analyse the different types of Assamese foods in Arunachal Pradesh.</li> <li>2) Make a variety of traditional foods of Arunachal Pradesh.</li> <li>3) Learn about the components and ingredients used in making of the dishes.</li> </ol>	<ul style="list-style-type: none"> <li>-identify all 7 sister states and Sikkim</li> <li>-explain the use of masks in festivals</li> <li>- use of mask in dances and festivities</li> <li>-organise drawing materials and their safe storage</li> <li>-step by step draw a basic mask design</li> <li>- colour a basic mask design.</li> <li>-describe Assamese culture</li> <li>-explain Bhaona masks</li> </ul>			<p><b>LIFE SKILLS:</b></p> <ul style="list-style-type: none"> <li>●Emergency response</li> <li>●Health Awareness</li> <li>●Practical medical skills</li> <li>●Emotional Understanding</li> <li>●Team Work &amp; Responsibility</li> </ul>	<p>composition techniques</p> <p>Create a story using a single image</p>	<p><b>Activity:</b></p> <p>Explore and present information about Arunachal Pradesh using safe digital sources</p> <ul style="list-style-type: none"> <li>•Discussion on tribal culture, festivals, and traditions through digital content</li> </ul> <p><b>Learning Outcomes:</b></p> <ul style="list-style-type: none"> <li>•State the names and basic features of the Seven Sisters and One Brother</li> <li>•Identify and explain the basic features of Arunachal Pradesh</li> <li>•Use safe and reliable digital sources for research</li> <li>•Demonstrate responsible digital behaviour while accessing information</li> </ul> <p><b>Theme:</b> Digital Rights, Responsibilities &amp; Safe Digital Exploration</p> <p><b>Value:</b> Respect, Equality &amp;</p>		
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4) Learn about the personal hygiene practices, proper cleaning and sanitation of utensils and other equipment.

5) Understand the importance of maintaining a clean and organised kitchen and ensure food safety.

6) list the different flameless cooking dishes

7) hunt and gather the ingredients required for those dishes.

8) prepare some interesting Assamese dishes.

Responsibility

**Health & Wellness:** Safe digital habits and protection from online risks (scams, unsafe websites)

**Gender Sensitivity:** Equal voice, respectful interaction, and unbiased access to information for all

July	<p><b>Sikkim -</b> Introduction, Mountains (Himalayas, Kanchenjunga), Rivers (Teesta), National Parks, Biodiversity</p> <p><b>Mizoram -</b> Introduction, Forests, Rivers (Tlawng), Hills (Mizo Hills), Wildlife, Biodiversity</p> <p><b>Learning Outcome:</b>  <b>Sikkim -</b> Students will describe Sikkim's mountain ecosystem and biodiversity.  <b>Mizoram -</b> Students will explain Mizoram's forest ecosystem and tourism importance.</p> <p><b>Activities:</b>  <b>Sikkim -</b> Map work, videos, virtual tours  <b>Mizoram -</b> Visuals, storytelling, discussion, poster, quiz</p>	<p>Introduction – Assam</p> <ul style="list-style-type: none"> <li>Preparation of design materials</li> <li>Creating a Majuli / Bhaona-style মুখা (solution)</li> <li>Discussion on Sattriya tradition, Bhaona performances and solution-making of Majuli</li> </ul>	<p><b>Small Assam silk style border made with coloured paper strips.</b></p> <p>Explaining how to make useful and decorative craft products based on recyclable materials, environment friendly common tools and equipment required for making different craft products. 2 periods</p> <p><b>Best out of waste</b></p> <p>Pen holders, Pen holders, Wall hangings, Toran(door hangings), Decorational pieces, Earphone holder 6 periods</p>	<p>Topic: <u>7 sisters</u></p> <p><u>1 brother:</u></p> <p>Subtopic: <u>Nagaland</u></p> <ul style="list-style-type: none"> <li>Sticky rice balls</li> <li>peanut chili mix</li> <li>Poha</li> <li>Spicy bread bites</li> <li>chocolate fruit sticks</li> <li>Orange salt drink</li> <li>ginger lemon drink</li> </ul> <p><u>Learning Outcomes:</u></p> <ol style="list-style-type: none"> <li>prepare some interesting dishes to beat the heat.</li> <li>gather some insightful information on different dishes.</li> </ol>	<p>- Tribal life of Arunachal Pradesh</p> <p>-Symbolism in masks</p> <p>-design planning</p> <p>-mask construction</p> <p>-colouring and reflection</p> <p><b>Learning Outcomes</b></p> <p>-explain tribal traditions</p> <p>-interpret symbols</p> <p>-create symbolic designs</p> <p>-build mask structure</p> <p>-express meaning through design</p>	<p>&gt; "Introducti on to Basic concepts of Break Dance &amp; Advance concepts too.</p> <p>&gt;Breakda ncing improves strength, balance, and creativity by focusing on controlled movemen ts and practice.</p> <p>&gt;"Student s will be able to understan d the flow and smoothne ss to perform on music."</p>	<ul style="list-style-type: none"> <li>Learning "Pirates of the Caribbean Theme Music and Conquest of Paradise"</li> <li>Performing skills – expressively through appropriate dynamics &amp; feet.</li> <li>Appropriate interpretation.</li> <li>Independently express showmanship and composing different themes and songs with improvisations.</li> </ul>	<p><b>Seven Emergencies, One Team:</b></p> <p><b>First Aid Emergency management</b></p> <p><b>Seven Sisters:</b></p> <ol style="list-style-type: none"> <li>Toothache</li> <li>Fainting</li> <li>Fracture</li> <li>Choking</li> <li>Burns</li> <li>Bloody cut</li> <li>Wounds</li> </ol> <p><b>One Brother- Calling Emergencies + Managing Situation:</b></p> <p>What first aid should be taken for sudden.?</p> <p>When should you call in an emergency ?</p> <p><b>Each student will be able to:</b></p> <p>Understand the Basic First Aid Practices</p> <p>Enlist the hygiene routine to be followed to ensure good health.</p> <p>Encourage students to think and respond.</p> <p>Teach them the importance of staying calm in an emergency.</p> <p><b>LIFE SKILLS:</b></p>	<p><b>Introduction – Assam</b></p> <ul style="list-style-type: none"> <li>Safe browsing of websites related to Assam</li> <li>Identifying authentic sources (videos/articles) on Sattriya and Bhaona traditions</li> </ul> <p>Activity: Analyse and present information about Assamese culture using digital tools</p> <ul style="list-style-type: none"> <li>Discussion on verifying cultural information online</li> </ul> <p><b>Learning Outcomes:</b></p> <ul style="list-style-type: none"> <li>Describe cultural traditions of Assam using digital information</li> <li>Evaluate authenticity of online content</li> <li>Demonstrate digital etiquette while sharing information</li> <li>Identify reliable and unreliable sources</li> </ul> <p><b>Value:</b> Empathy &amp; Kindness</p> <p><b>Health &amp; Wellness:</b> Emotional safety</p>	<p>- Orientati on to SPACE Astrono my Club: Module 1</p> <p>- Comets and Asteroid s: The Space Rocks</p> <p>- Sun: Our daytime star</p> <p>- Solar Observa tion: Safe Viewing Techniq ues</p> <p>- Astrono mer's Tools (Club Kit)</p>	<p>Name, origin and importance of lemongrass.</p> <p>Include lemongrass in different recipes.</p> <p>Grow lemongrass.</p>
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									<ul style="list-style-type: none"><li>●Empathy and Caring</li><li>●Emergency response</li><li>●Practical medical skills</li><li>●Emotional Understanding</li><li>●Team Work &amp; Responsibility</li></ul>		and mental well-being online			
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**Gender Sensitivity:** No stereotyping or bullying based on gender/appearance

<p><b>August</b></p>		<p><b>Heritage Walk: Qutub Minar</b> Introduction (location, builder), Architectural Features (structure, carvings), Historical Significance, Preservation &amp; Conservation.</p> <p><b>Learning Outcome:</b> Students will be able to identify Qutub Minar, describe its architecture and historical importance, and understand the need for conservation.</p> <p><b>Activities:</b> Experiential learning (heritage walk), brochure making, guided observation, discussion, questioning, Observation checklist, worksheet, oral questions, field notes</p>	<p>Introduction – Manipur</p> <ul style="list-style-type: none"> <li>• Preparation of design materials</li> <li>• Creating a Lai Haraoba / folk performance inspired solution</li> <li>• Discussion on dance, ritual symbolism and costume traditions</li> </ul>	<p>Introduction stitch and embroidery, Instructions regarding material needed , Understanding of What the students already know about stitching, Why stitching and embroidery is a required skill in life? -2periods</p> <p>Showing some model pieces of coasters, handkerchief etc. -2pd Running stitch, Bakhiya, Heming -4pd Chain stitch- 2p</p>	<p><u>7 sisters 1 brother:</u> <u>Subtopic- Mizoram</u></p> <ul style="list-style-type: none"> <li>- <u>Vegetable mix (Boi)</u></li> <li>- <u>Rice platter</u></li> <li>- <u>Veg sandwich bites</u></li> <li>- <u>Peanut cucumber crunch</u></li> <li>- <u>Banana milk drink</u></li> </ul> <p><u>Learning Outcomes:</u></p> <ol style="list-style-type: none"> <li>1) prepare some interesting dishes to enjoy the monsoon season.</li> <li>2) list some interesting options to eat both sweet and salty dishes.</li> </ol>		<p>&gt; Preparation of Aerobics Choreography using different Props such as (Steppers, Hula Hoops, Pom Pom, Lazim etc).</p> <p>&gt; The students will enhance their skills by using props, in aerobics, boosting variety, strength, balance, and coordination.</p> <p>&gt; "Students will be able to understand how the Choreography was made by combining all the Aerobics steps using props." Self Demonstrations of each step,</p>	<ul style="list-style-type: none"> <li>• Learning “Faded by Alan Walker”</li> <li>• Learning “Shape of You by Ed Sheeran”</li> <li>• Performing skills – expressively through appropriate dynamics &amp; feet.</li> <li>• Appropriate interpretation.</li> <li>• Independently express showmanship and composing different themes and songs with improvisations.</li> </ul>	<p><b>Healing Hands- Wounds and Bleeding Cleaning and Application:</b></p> <p>How to control bleeding?</p> <p>Home remedies</p> <p>Different types of bandages</p> <p>Usage of bandages</p> <p><b>Each student will be able to:</b></p> <p>Understand the Basic First Aid Practices</p> <p>Enlist the hygiene routine to be followed to ensure good health.</p> <p>Identify different types of bandages and its uses</p> <p>Use first aid for nose bleeding</p> <p><b>LIFE SKILLS:</b></p> <ul style="list-style-type: none"> <li>●Wound Care Skills</li> <li>●Bleeding Control</li> <li>●Awareness &amp; Safety Skills</li> <li>●Practical medical skills</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>	<p><b>Introduction – Manipur</b></p> <ul style="list-style-type: none"> <li>•Digital exploration of Manipur’s festivals and traditions</li> <li>•Understanding representation of culture in digital media</li> </ul> <p><b>Activity:</b> Compare different online sources and present accurate information</p> <p><b>Learning Outcomes:</b></p> <ul style="list-style-type: none"> <li>•Identify and explain the basic features of Manipur</li> <li>•Analyse how culture is represented online</li> <li>•Demonstrate critical thinking while using digital content</li> <li>•Practise respectful digital communication</li> </ul> <p><b>Value:</b> Self-control</p> <p><b>Health &amp; Wellness:</b> Managing FOMO, reducing screen dependency</p> <p><b>Gender</b></p>	<ul style="list-style-type: none"> <li>- Creating a Sky Map</li> <li>- Directions in Daytime</li> <li>: Finding Cardinal directions</li> <li>- Project Paridhi: Measuring Earth’s Circumference</li> </ul>	<p>Harvest and store lemongrass by freezing and drying.</p> <p>understand the herb and cuisines in where they are used</p> <p>identify and tell about its origin and importance</p>
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							Music,sys tems, Pendrive, Laptop etc.		<ul style="list-style-type: none"><li>●Emotional Understanding</li><li>●Team Work &amp; Responsibility</li></ul>		<b>Sensitivity:</b> Avoid comparison and unrealistic standards across genders			
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September			<ul style="list-style-type: none"> <li>• Completing solutions</li> <li>• Refining finishing details</li> <li>• Labelling each state</li> <li>• Curating solutions for exhibition / display</li> </ul>	<p>Introduction stitch and embroidery, Instructions regarding material needed , Understanding of What the students already know about stitching, Why stitching and embroidery is a required skill in life? -2periods</p> <p>Showing some model pieces of coasters, handkerchief etc. -2pd Running stitch, Bakhiya, Heming -4pd Chain stitch- 2p</p>	<p><u>Subtopic: 7 sisters 1 brother: Assam/ Nagaland/ Arunachal pradesh/ Mizoram</u></p> <p><u>- Peanut chili mix</u></p> <p><u>- cream biscuit- fruit stack</u></p> <p><u>- mixed fruit crush drink</u></p> <p><u>- Pitha platter</u></p> <p><u>- bread curd sweet cups</u></p> <p><u>Learning Outcomes:</u></p> <p>1) prepare some interesting healthy dishes.</p> <p>2) make some exotic sweet dishes.</p>		<p>&gt; Preparation of Aerobics Choreography using different Props such as (Steppers, Hula Hoops, Pom Pom, Lazim etc).</p> <p>&gt; The students will enhance their skills by using props, in aerobics, boosting variety, strength, balance, and coordination.</p> <p>&gt; "Students will be able to understand how the Choreography was made by combining all the Aerobics steps using props." Self Demonstrations of each step,</p>	<ul style="list-style-type: none"> <li>• Learning "Faded by Alan Walker"</li> <li>• Learning "Shape of You by Ed Sheeran"</li> <li>• Performing skills – expressively through appropriate dynamics &amp; feet.</li> <li>• Appropriate interpretation.</li> <li>• Independently express showmanship and composing different themes and songs with improvisations.</li> </ul>		<ul style="list-style-type: none"> <li>•</li> </ul>	<p><b>Introduction – Meghalaya</b></p> <ul style="list-style-type: none"> <li>•Research using safe digital platforms</li> <li>•Exploring festivals and traditions through videos and articles</li> </ul> <p><b>Activity:</b> Evaluate different sources and present findings</p> <p><b>Learning Outcomes:</b></p> <ul style="list-style-type: none"> <li>•Identify and explain the basic features of Meghalaya</li> <li>•Analyse authenticity of digital content</li> <li>•Demonstrate responsible online behaviour</li> </ul> <p><b>Theme:</b> Privacy &amp; Responsible Technology Use</p> <p><b>Value:</b> Integrity</p> <p><b>Health &amp; Wellness:</b> Awareness of digital safety and stress-free tech usage</p> <p><b>Gender Sensitivity:</b> Fair and unbiased use of technology for all</p>		<p>-Astrophotography Level 1: An Introduction to DSLR Camera</p> <p>- Astrophotography Level 1: Working on a DSLR Camera</p> <p>-Rocket Science Level 1: Basics of Rocketry</p> <p>- Construction of Hydro Rockets</p>	<p>include mint in different recipes</p> <p>Learn how to grow mint..</p>
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							Music,sys tems, Pendrive, Laptop etc.							
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October	<p><b>Assam-</b> Introduction, Forests, Rivers (Brahmaputra), Hills, National Parks (Kaziranga, Manas), Biodiversity.</p> <p><b>Learning Outcome:</b> Students will understand Assam's rich biodiversity and wildlife tourism.</p> <p><b>Activities:</b> Videos, case study, Quiz, poster making</p>	<p>Introduction – Meghalaya</p> <ul style="list-style-type: none"> <li>Preparation of design materials</li> <li>Creating a Wangala / folk-inspired ceremonial solution</li> <li>Discussion on community dances, harvest celebrations and visual traditions</li> </ul>	<p><b>Introduction-B</b>utton/button hole- 2 pd Handkerchief border with heming stitch-4pd, Handkerchief border with Cross stitch-4p</p>	<p><u>Topic: 7 sisters 1 brother:</u></p> <p><u>Subtopic: Meghalaya</u></p> <ul style="list-style-type: none"> <li>- mini sandwich squares</li> <li>- fruit chat</li> <li>- pineapple drink</li> <li>- mint salt drink</li> <li>- chocolate banana bites</li> </ul> <p><u>Learning Outcomes:</u></p> <p>1) prepare some dishes to enjoy the festive season.</p> <p>2) list some interesting options for baking as well as flameless cooking.</p>	<p>&gt; Preparati on for SENIOR ATHLETI C MEET (Combin ing Hip Hop, break dance, Ae robics and a touch of folk dance).</p> <p>&gt; Students can improve their skills by preparing for the SAM, fully integratin g all aspects of the choreogra phy and rehearsin g consistently.</p> <p>&gt; Students will be able to understand how different styles were fused with Aerobics.</p>	<ul style="list-style-type: none"> <li>Learning “Demons by Imagine Dragons”</li> <li>Learning “Mexican Shuffle by Herb Alpert and Wheels by Billy Vaughn”</li> <li>Performing skills – expressively through appropriate dynamics &amp; feet.</li> <li>Appropriate interpretation.</li> <li>Independently express showmanship and composing different themes and songs with improvisation s.</li> </ul>	<p><b>From Immunity To Vaccination-A journey Of Protection:</b></p> <p>Understand immunity</p> <p>Types of immunity</p> <p>History of vaccination</p> <p>How does vaccination work?</p> <p><b>Each student will be able to:</b></p> <p>Define immunity and explain its importance</p> <p>Define vaccination and explain its purpose</p> <p>Understand the Basic First Aid Practices</p> <p>Enlist the hygiene routine to be followed to ensure good health.</p> <p><b>LIFE SKILLS:</b></p> <ul style="list-style-type: none"> <li>Scientific Knowledge and Understanding</li> <li>Health Awareness</li> <li>Analytic &amp; Thinking</li> <li>Research Skills</li> <li>Practical medical skills</li> </ul>	<p><b>Introduction – Mizoram</b></p> <ul style="list-style-type: none"> <li>Digital research on Mizo culture and traditions</li> <li>Identifying trustworthy vs misleading information</li> </ul> <p><b>Activity:</b> Create a short digital presentation based on verified sources</p> <p><b>Learning Outcomes:</b></p> <ul style="list-style-type: none"> <li>Identify and explain the basic features of Mizoram</li> <li>Evaluate online information for accuracy</li> <li>Practise safe and responsible browsing</li> </ul> <p><b>Theme:</b> Critical Thinking &amp; Media Awareness</p> <p><b>Value:</b> Open-mindedness</p> <p><b>Health &amp; Wellness:</b> Avoiding misinformation-rela ted anxiety</p> <p><b>Gender Sensitivity:</b> Challenging stereotypes and</p>	<ul style="list-style-type: none"> <li>Launchi ng of Hydro rockets</li> <li>Stellariu m: A Sky Simulati on Softwar e</li> </ul>	<p>harvest and store mint</p> <p>state the steps to propagate mint</p>
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									<ul style="list-style-type: none"><li>● Emotional Understanding</li><li>● Team Work &amp; Responsibility</li></ul>		biased narratives			
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November	<p><b>Manipur:</b> Introduction, Forests, Rivers, Hills, Loktak Lake, National Parks (Keibul Lamjao), Biodiversity.</p>	<p>Introduction – Mizoram</p> <ul style="list-style-type: none"> <li>Preparation of design materials</li> <li>Creating a Cheraw / tribal motif inspired solution</li> <li>Discussion on bamboo dance culture, costume patterns and community identity</li> </ul>	<p><b>Introduction-of</b> Making a paper hand fan using folded paper stipes, materials required -2 periods</p> <p>Making and Decoration with theme based Tribble-style black and white stripes using crayons and colours. -6 periods</p>	<p><u>Topic: 7 sisters</u> <u>1 brother:</u> <u>Subtopic:</u> <u>Sikkim</u></p> <p>- Mini nachos cups - oreo dessert cups - bread pizza - strawberry milkshake - shikanji - cupcakes</p> <p><u>Learning Outcomes:</u></p> <p>1) prepare some interesting sikkim snacks.</p> <p>2) support the snacks with some sweet dish to make it a complete meal.</p>	<p>&gt; Preparation for SENIOR ATHLETIC MEET (Combining Hip Hop, break dance, Aerobics and a touch of folk dance).</p> <p>&gt; Students can improve their skills by preparing for the SAM, fully integrating all aspects of the choreography and rehearsing consistently.</p> <p>&gt; Students will be able to understand how different styles were fused with Aerobics.</p>	<ul style="list-style-type: none"> <li>Learning “Demons by Imagine Dragons”</li> <li>Learning “Mexican Shuffle by Herb Alpert and Wheels by Billy Vaughn”</li> <li>Performing skills – expressively through appropriate dynamics &amp; feet.</li> <li>Appropriate interpretation.</li> <li>Independently express showmanship and composing different themes and songs with improvisations.</li> </ul>	<p><b>Eat Right, Grow Right- Team Approach to Healthy Living:</b></p> <p>Role of nutrition in the growth and development of the human body</p> <p>Effect of balanced diet on human health</p> <p><b>Each student will be able to:</b></p> <p>Understand effect of balanced diet on health</p> <p>Realize the importance of a balanced diet and how it contributes to a stronger immune system</p> <p>Answer how a balanced diet affects mental health and mood swings</p> <p><b>LIFE SKILLS:</b></p> <ul style="list-style-type: none"> <li>●Nutrition Knowledge</li> <li>●Health &amp; Lifestyle</li> <li>●Awareness &amp; Prevention Skills</li> <li>●Responsibility Towards Health</li> </ul>	<p><b>Introduction – Nagaland</b></p> <ul style="list-style-type: none"> <li>Exploring Naga traditions through digital media</li> <li>Understanding cultural sensitivity in online platforms</li> </ul> <p><b>Activity:</b> Discuss how culture should be respectfully represented online</p> <p><b>Learning Outcomes:</b></p> <ul style="list-style-type: none"> <li>Identify and explain the basic features of Nagaland</li> <li>Demonstrate respect for cultural diversity in digital spaces</li> <li>Apply digital etiquette while interacting online</li> </ul> <p><b>Theme:</b> Building Positive Digital Identity</p> <p><b>Value:</b> Responsibility &amp; Respect</p> <p><b>Health &amp; Wellness:</b> Mindful posting and emotional awareness</p> <p><b>Gender Sensitivity:</b> Respectful communication across genders</p>	<ul style="list-style-type: none"> <li>Understanding the Telescope</li> <li>Hands on Telescope</li> <li>Orientati on of night sky</li> <li>Night Sky through maps</li> <li>Real time Night Sky Observa tion</li> <li>Astroph otograp hy during Module 01</li> <li>Overnig ht</li> <li>Telesco pe watch</li> <li>Astrono my Day Prepara tion</li> </ul>	<p>Identify common herbal remedies and their medicinal properties.</p> <p>Explain the historical and cultural significance of herbal medicine.</p> <p>Compare and contrast herbal remedies with modern medicine.</p> <p>Assess the benefits and potential risks of herbal treatments.</p> <p>Present research findings on a specific herbal remedy in a structured format.</p>
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									<ul style="list-style-type: none"><li>● Emotional Understanding</li><li>● Team Work</li></ul>					
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December	<p><b>Meghalaya</b> - Introduction, Forests, Rivers, Hills (Khasi, Garo), National Parks, Biodiversity</p> <p><b>Arunachal Pradesh</b> - Introduction, Forests, Rivers (Siang), Mountains (Himalayas), National Parks (Namdapha), Biodiversity</p> <p><b>Learning Outcome:</b>  <b>Meghalaya-</b> Students will identify Meghalaya's natural features and tourism appeal.  <b>Arunachal Pradesh-</b> Students will understand Arunachal's diverse ecosystems and wildlife.</p> <p><b>Activities:</b>  Meghalaya - Videos, map work, group activity  AP - Visuals, virtual tour, discussion</p>	<p>Introduction – Nagaland</p> <ul style="list-style-type: none"> <li>• Preparation of design materials</li> <li>• Creating a Naga warrior / festival inspired solution</li> <li>• Discussion on hornbill motifs, headgear symbolism and tribal identity</li> </ul>	<p><b>Introduction to Paper Mache Crafts</b></p> <p>-Preparing Paper Mache, How to use recyclable environment friendly materials for making craft products</p> <p>.Preparation of Paper Pulp</p> <ul style="list-style-type: none"> <li>• Making of Sakhta</li> <li>• Make New Design Trends</li> </ul> <p>-2 periods</p> <p>Making of Paper Mache Crafts with the help of paper pulp. -6 period</p> <p>Colouring the object prepare with paper pulp . 2 periods</p>	<p><u>Christmas and break time:</u></p> <p><u>Sub topic:</u>  <u>Tripura</u></p> <p><u>- Cracker pizza</u>  <u>- banana pops</u>  <u>- chips chst</u>  <u>- stuffed bread pockets</u>  <u>- cheese burst nachos</u>  <u>- Aa m pora style drink</u></p> <p><u>- oreo shake</u></p> <p><u>- bhej puri</u></p> <p><u>Learning Outcomes:</u></p> <p>1) prepare some interesting sikkim snacks.</p> <p>2) support the snacks with some sweet dish to make it a complete meal.</p>	<p>&gt; Technical Rehearsals (fine tuning overall performance using Props) for SENIOR ATHLETIC MEET.</p> <p>&gt; The student can improve their skills by using technical rehearsals to sharpen timing, smooth transitions, and build confidence in their performance.</p> <p>&gt; The student will be able to confidently present themselves in front of the audience, using everything they have learned throughout the</p>	<ul style="list-style-type: none"> <li>• Learning “Harry Potter Theme and Godfather Theme”</li> <li>• Performing skills – expressively through appropriate dynamics &amp; feet.</li> <li>• Appropriate interpretation.</li> <li>• Independently express showmanship and composing different themes and songs with improvisations.</li> </ul>	<p><b>Weather and Our Body: Effects of heat and cold on sensory organs of our body</b></p> <p>What are the common symptoms of heat exhaustion?</p> <p>How can we prevent heat related illness during hot weather?</p> <p>How can you protect yourself from cold temperatures.</p> <p><b>Each student will be able to:</b></p> <p>Common diseases in summer and winter.</p> <p>Prevention of diseases caused by summer or winter season.</p> <p>Sunburn and hypothermia</p> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Prevention</li> <li>• First aid</li> </ul> <p><b>LIFE SKILLS:</b></p> <ul style="list-style-type: none"> <li>•Self Care</li> <li>•Alertness &amp; Presence</li> <li>•Application</li> <li>•Time management</li> </ul>	<p><b>Introduction – Tripura</b></p> <ul style="list-style-type: none"> <li>•Safe digital research on Tripura's traditions</li> <li>•Understanding how misinformation can spread</li> </ul> <p><b>Activity:</b>  Identify correct vs incorrect information from given sources</p> <p><b>Learning Outcomes:</b></p> <ul style="list-style-type: none"> <li>•Identify and explain the basic features of Tripura</li> <li>•Recognise misinformation in digital content</li> <li>•Apply critical thinking in evaluating sources</li> </ul> <p><b>Theme:</b> Future Technology &amp; Responsibility</p> <p><b>Value:</b> Innovation with Ethics</p> <p><b>Health &amp; Wellness:</b>  Balanced use of advanced technology</p> <p><b>Gender Sensitivity:</b> Equal opportunities in tech participation</p>	<p>Astronomy Day</p>	<p>Identify and describe key Indian herbs and their medicinal properties.</p> <p>Explain the historical and cultural significance of Indian herbs in traditional medicine systems (e.g., Ayurveda, Siddha, Unani).</p> <p>Analyze the role of herbs in modern medicine and compare them with synthetic drugs.</p>
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							year.		<ul style="list-style-type: none"><li>● Practical medical skills</li><li>● Emotional Understanding</li><li>● Team Work &amp; Responsibility</li></ul>					
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<p><b>January</b></p>	<p><b>Heritage Walk: Old Fort:</b> Introduction (location, builders), Architectural Features (gates, walls, structures), Historical Significance, Cultural Importance, Preservation &amp; Conservation.</p> <p><b>Learning Outcome:</b> Students will be able to identify Old Fort, explain its historical and cultural importance, and develop awareness about heritage conservation.</p> <p><b>Activities:</b> Experiential learning (heritage walk), guided exploration, discussion, questioning, note-taking Observation checklist, worksheet, oral questions, student reflection</p>	<p>Introduction – Tripura</p> <ul style="list-style-type: none"> <li>Preparation of design materials</li> <li>Creating a Hojagiri / folk-inspired solution</li> <li>Discussion on tribal dance traditions, ornaments and costume features</li> </ul>	<p>Understand the basic activities involved in finishing the object Preparation of Lacquer</p> <ul style="list-style-type: none"> <li>Apply the painting and polishing techniques on the final prod</li> </ul>	<p><u>Subtopic:</u> <u>Winter delights:</u> <u>Manipur</u></p> <ul style="list-style-type: none"> <li>- Tortilla (roti wrap rolls)</li> <li>- Pasta salad</li> <li>- mini burger bites</li> <li>- Lettuce wrap cups</li> <li>- yogurt fruit</li> <li>- cucumber and herb salad</li> </ul> <p><u>Learning Outcomes:</u></p> <ol style="list-style-type: none"> <li>1) prepare some interesting dishes to beat the cold.</li> <li>2) list some interesting options for flameless yet tasty food.</li> </ol>		<p>&gt; Preparati on for S.A.Prese ntation using New Choreogr aphy (Contemp orary, Break Dance &amp; Stunts).</p> <p>&gt; Students can refine their skills by combinin g two different styles such as hip-hop and contempo rary, which boosts their versatility, expressiv eness, and musicality .</p> <p>&gt; Students will be able to perform New Choreogr aphy in a much refined way.</p>	<ul style="list-style-type: none"> <li>• Learning “Bohemian Rhapsody by Queen”</li> <li>• Learning “Bella Ciao by La Casa De Papel”</li> <li>• Performing skills – expressively through appropriate dynamics &amp; feet.</li> <li>• Appropriate interpretation.</li> <li>• Independently express showmanship and composing different themes and songs with improvisation s.</li> </ul>	<p><b>Bite to Protection: First Aid And Vaccination Awareness</b></p> <p>What should we do after these bites?</p> <p>What kind of vaccination do we require?</p> <p><b>Each student will be able to:</b></p> <p>Common diseases in summer and winter.</p> <p>Prevention of diseases caused by summer or winter season.</p> <p>Sunburn and hypothermia</p> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Prevention</li> <li>• First aid</li> </ul> <p><b>LIFE SKILLS:</b></p> <ul style="list-style-type: none"> <li>•Health &amp; Vaccination Awareness</li> <li>•First Aid Skill</li> <li>•Safety &amp; Prevention Skills</li> <li>•Practical medical skills</li> <li>•Emotional Understanding</li> </ul>		<p><b>Introduction – Sikkim (The Only Brother)</b></p> <ul style="list-style-type: none"> <li>•Digital exploration of Sikkim’s culture and traditions</li> <li>•Understanding ethical use of online information</li> </ul> <p><b>Activity:</b> Present findings using responsible and respectful digital practices</p> <p><b>Learning Outcomes:</b></p> <ul style="list-style-type: none"> <li>•Identify and explain the basic features of Sikkim</li> <li>•Use safe and reliable digital resources</li> <li>•Demonstrate ethical and responsible digital behaviour</li> <li>•Respect cultural diversity in online spaces</li> </ul> <p><b>Theme:</b> Digital Careers &amp; Future Readiness</p> <p><b>Value:</b> Self-awareness</p> <p><b>Health &amp; Wellness:</b> Reducing stress about future choices</p> <p><b>Gender Sensitivity:</b> Equal</p>			<p>Demonstrate knowledge of various herbs, their medicinal properties, and cultural significance..</p> <p>Present well-researched information on herbal remedies and conservation efforts..</p>
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									●Team Work & Responsibility		career opportunities for all genders			
<b>February</b>			<p>Introduction – Sikkim (Only Brother)</p> <ul style="list-style-type: none"> <li>• Preparation of design materials</li> <li>• Creating a Cham solution</li> <li>• Discussion on Buddhist monastic dance traditions and ceremonial symbolism</li> </ul>	<p>Understand the basic activities involved in finishing the object</p> <p>Preparation of Lacquer</p> <ul style="list-style-type: none"> <li>• Apply the painting and polishing techniques on the final prod</li> </ul>	<p><u>Competition month on given themes by students to each other</u></p>		<p>&gt; Preparation for S.A.Presentation using New Choreography (Contemporary, Break Dance &amp; Stunts).</p> <p>&gt; Students can refine their skills by combining two different styles such as hip-hop and contemporary, which boosts their versatility, expressiveness, and musicality</p> <p>&gt; Students will be able to perform</p>	<ul style="list-style-type: none"> <li>• Learning “Bohemian Rhapsody by Queen”</li> <li>• Learning “Bella Ciao by La Casa De Papel”</li> <li>• Performing skills – expressively through appropriate dynamics &amp; feet.</li> <li>• Appropriate interpretation.</li> <li>• Independently express showmanship and composing different themes and songs with improvisations.</li> </ul>	•	<p><b>Digital exploration of Sikkim’s culture and traditions</b></p> <p>.Understanding ethical use of online information</p> <p><b>Activity:</b></p> <ul style="list-style-type: none"> <li>•Present findings using responsible and respectful digital practices</li> </ul> <p><b>Learning Outcomes</b></p> <ul style="list-style-type: none"> <li>-Identify and explain the basic features of Sikkim</li> <li>-Use safe and reliable digital resources</li> <li>-Demonstrate ethical and responsible digital behaviour</li> <li>-Respect cultural diversity in online spaces</li> </ul> <p><b>Theme:</b> Cultural Awareness &amp; Digital Responsibility</p>		<p>Enhance communication and presentation skills by engaging with visitors and explaining their projects</p> <p>Reflect on the role of traditional herbal knowledge in modern healthcare and sustainability</p>		

