



1. **Cookery: Practical's:-** Lemon Mint drink, Raw Mango Sharbat, Banana and cucumber raita, Paneer Toast and Tomato Soup, Mamra chatpati, Soya bean and Bengal gram Salad, Muskaban , Roasted corn, Rice kheer, Mamara chikki, Amla preserve, Savoury mamara(Th), Apple carrot and raisin Salad.

Theory : Rules regulations, Commonly used utensils (English to Gujarati), Commonly used Ingredients (Meaning) (English to Gujarati), Fill in the blanks (given in the class), Do's and Don'ts during summer (given in class), Short Notes: Soup, Soya bean (given in the class), Difference between sauce and soup, Terms (given in class), Questions and Answers

Identification exam will be taken from Ingredients and utensils

Objective questions will be asked from theory and practicals course

2. **Drawing:** Village scene, The Sun, Rain bow with Japanese Fishes, Windmills and Tulip Garden, Clock Tower, design in a square, Portrait, Mother and baby elephant, Rising Sun behind the Sea, Free hand, Musician

Drawing and Activity book all pages.

3. **Yogasans: Do's and Don'ts of Yogasana**

Meaning of the words in three languages (Sanskrit, English, Hindi)

Three Types of asanas:- 1)Meditative asanas 2) Relaxation asanas 3) Cultural asanas

Benefits of Gyan mudra , Question Answers , Complete the sentences

Short Notes:1) Omkar Pranayam, 2) Padmasana, 3) meditative asanas, 4) Relaxation

5) Vajrasana, Tadasana

Complete the given Prayers : ॐ सहनाववंतु... , विद्रिषावहे.. ॐ शान्ति (3) ॐ पूर्णमंद..

Exercise : Eye Exercise., Neck Exercise and Hand Exercise., Boating Exercise and ધંટી Exercise, તિતલી Exercise and Butterfly Exercise,

Pranayamas: Omkar Pranayam, Brahmari Pranayam, Slow and fast breathing ,Deep breathing , Anulom-Vilom Pranayam, Kapalbhati Pranayam

Benefits of Anulom-Vilom Pranayam

The above course includes, fill in the blanks, True or false, Patters done in the class

4. **Ayurved:** આરોગ્ય સૂત્રો -27, વિરુદ્ધ આહાર, Four white poisons, ઉષ: પાન, વામકુક્ષી, વર્ષાઋતુ, ત્રિદોષહર દ્રવ્યો, ત્રિદોષકર દ્રવ્યો, Care of Eyes, Hair and Teeth

દ્રવ્ય પરિચય : કુંવાર પાઉં, મગ, અજમો, હળદર

શ્રેષ્ઠ ઔષધ, જઠરાગ્નિ, શરદઋતુ ચર્ચા, શિયાળો, વસંતચર્ચા

Practicals : ગુલાબ વરિયાળીની ઠંડાઈ, Tonic Milk, કફનાશક શરબત, સૂંઠની ગોળી, ફાકી, આમળા



हण्डरनुं शरबत, मेधावटी, Herbal Tea, मुभवास

Question will be asked from both theory and Practical's

5. **Music:** गीत- वालम आवो ने, प्रकृति गीत - जूंमभुं, शौर्य गीत - सैनिक सैनिक रमीये, प्रार्थना - प्रभु नमीये पूरी प्रित, शौर्य गीत - मने जवाटो, छिकरी गीत - मारी लाडकी, प्रार्थना - तेरी है जमी, देश भक्ति - ए वतन हमको तेरी कसम, गीत -बच्चे मन के सच्चे, रामधुन- रघुपति राघव राजा राम, ताल - कहेरवा, झंडा गीत - विजयी विश्व, जन गण मन , वंदे मातरम

Different type of Questions will be asked from above songs.
