



**1. Cookery: Practical:** 1) Jal – jeera drink 2) Raw mango chunda(raw) 3) Banana and Pomogranate raita + Masala Paratha 4) Sweet and sour bun 5) Cabbage cutlet + Tomato chutney 6) Lemoned rice + Milk Maid laddoo 7) Soyabean chat 8) Potato cutlet + Curryleaves chutney 9) Vermicelli Kheer + Spinach paratha 10) Nutritious Bhel + Sweet Aulla 11) Potato cutlet + Curry leaves chutney.(Th)

**Theory :** Rules and Regulations , commonly used utensils (Eng to Guj ), commonly used Ingredients( Meanings) ( Eng to Guj ), Terms( given in class) , Fill in the blanks( given in class) Short note lime sprouting and parching, Ques-answers( given in class), Comprehension passage( unseen), Identification exam will be taken from Ingredients and utensils, Objective questions will be asked from theory and practical's course.

**2. Drawing:-** 1) Design in a square 2) Freehand 3) Letter- writing 4) Navratri 5) Village scene 6) Composition drawing 7) Rising sun 8) Republic day  
New blossom drawing and activity book. All pages.

**3. Yogasans:** Tratak: Different types of Tratak with pictures, Benefits of Tratak

Ashtang Yoga:- 1) Eight Steps a) Bahirang Yoga b) Antrang Yoga

First Five steps of 'Yam':- 1) Ahinsa 2) satya 3)Asteya, Brahmcharya, Aparigrah.

First Five steps of 'Niyam :- 1) Shauch 2) Santosh 3) Tap 4) Swadhyay 5) Ishwar Pranidhan.

**Mudras:-** Three types of mudras, Benefits of Gyan mudra, Three kinds of asanas.

Three kind of asanas, Meaning of words in three languages.

**Short notes:-**1) Astang yoga 2) Omkar Pranayam , 3) Padmasana 4) Vajrasana

5) Relaxation asanas. **Pranayams:** 1) Brahmari Pranayam 2) Anulom vilom Pranayam 3) Kapalbhathi Pranayam 4) deep breathing 5) Omkar Pranayam

The above course includes, fill in the blanks, true or false, question answer, matching short notes , Patterns done in the class.

**4. Music:-** देशभक्ति गीत – ओ हिंद देवभूमि, ऋतु गीत – हवामां आज वहे छे. , प्रार्थना - ईश्वर अल्लाह तेरे नाम, रामधुन - रघुपति राघव राजा राम, वर्षागीत - चक दूम दूम चक दूम दूम, गीत - पापा कहते है बडा नाम करेगा, देशभक्ति गीत - संदेशे आते है , प्रार्थना -तेरी आराधना करूं , बर्थ डे गीत - हम भी अगर बच्चे होते, , ताल - तेवर, जन गण मन, वंदे मातरम् , झंडागीत - विजयी विश्व, शहेरगीत - हुं अमदावाड नो रिक्षावणी.  
Different type of Questions will be asked from above songs.



5. **Ayurved :- Theory** આરોગ્ય સૂત્રો - 28 ... ને બદલે .... નો ઉપયોગ, શ્રેષ્ઠ ઔષધો, લીલુંછમ દવાખાનું - 15, શરદઋતુ ચર્યા, શિયાળો, મોંમાચાંદી પડી હોયા તો મટાડવા માટે ના ઉપાયો, વસંતઋતુ, ઉનાળો, જઠારાગ્નિ -પ્રકાર, ઋતુ પ્રમાણે આહાર, વિરુદ્ધ આહાર - દૂધ, દહીં મધ સાથે નુકસાન , ઉષ: પાન - ફાયદા, દિવા સ્વપ્ન - નુકશાન  
Practicals -પંચાજીરી, એશાયાળાની ખીર, Herbal Tea, Herbal coffee, Tooth Powder, Special Monsoon Powder- ફાકી, સૂંઠ - ગંઠોડાની રાબ, સ્વર સુંદર પાવડર, દ્રાક્ષાદિ વટી  
Question will be asked from both theory and Practicals.

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