



1. **Drawing:-** 1) Design in a square 2) Free – Hand 3) Letter – writing 4) Object- drawing
5) Object- drawing (creative) 6) Composition drawing. 7) Design in a pot 8) Village scene
9) Musical Instruments 10) Rising sun

New Blossom drawing and Activity book all pages.

2. **Cookery: Practical:-** 1) Raw mango preserve 2) Ripe mango Sharbat 3) Rose lassi + Parcel rice cutlet 4) Ragda pattice + green and sweet and sour chutney. 5) Broken wheat kheer + fenugreek leaves paratha 6) shahi Panipuri + Mava, sweet chutney and green chutney 7) Bhaji Pav 8) Ground nut ladoo + Parched corn chevda. 9) Groundnut chikki + Amla pickle.(Th)

Theory: 1) Rules and Regulations 2) Commonly used utensile (Eng to Guj)

3) Terms (given in class) 4) Types of grains – pulses- cereals. [Eng- Hindi – Guj]

5) Fill in the blanks (given in class) 6) Questions – Answer (Given in class)

7) short note:- i) Sugar a sweet poison. (given in class) ii) Food for school going children. iii) Importance of salad in our diet. 8) Objective questions will be asked from and practical's course. 9) Identification exam will be taken from Ingredients and Utensils.

3. **Yogasan:** Surya Namaskar Namawali, (In order 12 steps)

Six types of purifying actions : 1) Dhauti 2) Basti 3) Neti 4) Tratak 5) Nauli 6) Kapalbhathi

Ashtang yoga :- 1) Bahirang yoga 2) Antrang yoga

Five steps of " Yam:- Five steps of ' Niyam':- **Pranayams:-** 1) Purak :- Inhalation

2) Kumbhak:- Breath hold Retention 3) Rechak :- Exhalations

Jal Neti:- 1) Neti – lota 2) Benefits of Jal Neti

Three types of asanas and mudras. The above course includes, fill in the blanks, M.C.Q, short notes, question answer, matching, True of false.

4. **Music:** शहेर गीत – अमे अमदावाही अमे अमदावाही, स्वागत गीत – आजनी घडी ते रणीयामणी,
शिवभजन – है चंद्रमौली है चंद्रशेखर , देश भक्ति गीत - फिर भी दिल है हिन्दुस्तानी, गीत - मधुबन
खुशबु देता है, प्रार्थना - एक तु ही भरोसा, ताल – रुपक , ताल – जपताल, जन गण मन, वंदे मातरम् ,
झंडागीत - विजयी विश्व, गीत - गर्दिश में हो तारे, वर्षागीत- बरसो रे मेघा मेघा, रामधून - रघुपति
राघव

Different type of Questions will be asked from above songs.



5. **Ayurved:- Theory-** 1) આરોગ્ય સૂત્રો - 30, શ્રેષ્ઠ ઔષધો - 30, વર્ષાઋતુ ચર્યા, દિવાસ્વાપ્ન, શરદ ઋતુ ચર્યા- અનુપાન, શિયાળો, આયુર્વેદનાં પ્રચલિત દ્રવ્યો અને તેના ફાયદા - 16 દ્રવ્યો, અમૃત જ્યોતિમાં આયુર્વેદ શિક્ષણ શા માટે?, દ્રવ્ય પરિચય - જાંબુ, આમળા, અમૃત જ્યોતિ માં કરાવેલા પ્રક્ટીકલ્સ અને તેના ફાયદા - 23, નેત્ર રક્ષા, કેશ સુરક્ષા

Practicals : Herbal Shampoo, કાળા તલનું કચ્ચરિયું, આમળા ડ્રાયફ્રુટ હલવો, એલાદી કફનાશક ચૂર્ણ, કોપરાની પેદ, દ્રાક્ષાદિ વટી, Aloevera Face pack, Dates Delight laddoo ધાન્યક પંચક, શરબત

Objective questions will be asked from theory and practicals course.
