

HOLISTIC DEVELOPMENT PLANNER

GENERAL HEALTH CHECK UP- SCHEDULE

CLASSES	MONTH
OBEDIENT ORCHIDS- I & II	APRIL
CLEVER CARNATIONS- X & XII	APRIL
PETALS A,B & C	MAY
BLOSSOM A,B & C	JULY
SMART SAFFRONS - VII & VIII	AUGUST
CLEVER CARNATION -IX&XI	SEPTEMBER
OBEDIENT ORCHIDS- III & IV	OCTOBER
SMART SAFFRONS - VI	NOVEMBER
BLOSSOM A,B & C (R-2)	NOVEMBER
OBEDIENT ORCHIDS- I & II (R-2)	NOVEMBER
PETALS A,B & C (R-2)	DECEMBER
OBEDIENT ORCHID-V	DECEMBER

YOGA, SPORTS & GAMES CALENDAR 2025-26

MONTH/WING	PRIMARY(I-II)	PRIMARY(III-V)	MIDDLE VI-VIII	SENIOR IX - XII
APRIL	WARMING UP EXERCISES & SELECTION OF SPORTS TEAMS			
MAY	HOOPLA GAME	INDOOR GAME:CARROM	TABLE TENNIS	CHESS /TABLE TENNIS
JUNE	"BREATHE,BELIEVE,ACHIEVE: YOGA FOR SUCCESS CELEBATION OF INTERNTIONAL YOGA DAY ON LINE ON 21 JUNE			
JULY	INDOOR GAME: LUDO	INDOOR GAME:LUDO	CARROM	BADMINTON
AUGUST	INDOOR GAME:CARROM	MUSICAL CHAIR GAME	YOGA COMPETITION	
SEPTEMBER	MINI RELAY&HEAD,SHOULDERS KNEES&CUP GAME	MID TERM EXAMS		
OCTOBER	LEMON & SPOON RACE	LEMON & SPOON RACE	KHO- KHO	KABADDI
NOVEMBER	MINI HURDLES&	50 M SPRINT	KABADDI	KHO KHO
DECEMBER	CATTERPILLAR RACE	HURDLES RACE-GRADE-3 SACK RACE-IV & V	BADMINTON/TUG OF WA	VOLLEY BALL
TAEKWONDO CHAMPIONSHIP				
JANUARY	MUSICAL CHAIR	RELAY RACE	CHESS	TUG OF WAR
FEBRUARY	DUCK DUCK GOOSE GAME	TUG OF WAR	WARMING UP EXERCISES & YOGA SESSIONS	

20 MINUTES DAILY YOGA & MEDITATIONSESSION IS MANAITORY IN THE MORNING FOR ALL STUDENTS AND STAFF

YOGA:THE FOUNDATION FOR A HAPPY,HEALTHY LIFE!!

HEALTH AND PHYSICAL EDUCATION(SEWA)

SEWA: SOCIAL EMPOWERMENT THROUGH WORK EDUCATION AND ACTION

CLASSES	PROJECT	PROJECT INITIATION DATE	PROJECT COMPLETION DATE
IX	REDUCE, RECYCLE, REUSE (MOST IMPORTANT 3R'S AND NOW RESPECT)	APRIL	JULY
X	SWACHCHA VIDYALAYA SWACHCHA BHARAT	APRIL	JULY
XI COM	FIRST AID: AWARENESS AND DEMONSTRATION	JULY	AUGUST
XI ARTS	AN VOLUNTEER FO CHARITIES OUTSIDE OF SCHOOL SUCH AS ORPHANAGES,OLDAGE HOMES	JULY	AUGUST
XI PCB	AQUAINTANCE WITH COMMON FERTILIZERS AND PESTICIDES AND THEIR APPLICATION WITH APPROPRIATE EQUIPMENT	JULY	AUGUST
XI PCM	PROJECT ON RECYCLING O F WATER-EXAMPLE FROM RO PLANTS ETC	JULY	AUGUST
XII COM	PREPARATION OF FAMILY BUDGET AND MAINTENANCE OF DAILY HOUSEHOLD ACCOUNTS	AUGUST	SEPTEMBER
XII ARTS	AN VOLUNTEER FOR CHARITIES OUTSIDE OF SCHOOL SUCH AS ORPHANAGES,OLDAGE HOMES	AUGUST	SEPTEMBER
XII PCB	PROJECT ON RECYCLING OF WATER-EXAMPLE FROM RO PLANTS ETC	SEPTEMBER	OCTOBER
XI PCM	PROJECT ON RECYCLING OF WATER-EXAMPLE FROM RO PLANTS ETC	SEPTEMBER	OCTOBER

PERSONAL DEVELOPMENT & AWARENESS ACTIVITIES

MARVEL MIRACLES & CLASSES 1-5

S.NO	MONTH	TOPIC	TALK AND RELATED VIDEOS TO SHOWN
1	APRIL & MAY	DISCIPLINE	*SCHOOL NORMS *DISCIPLINE *BEHAVIOR IN SCHOOL
2	JULY	SELF CARE	*UNIFORM *GROOMING *IMPORTANCE OF SELF -CARE
3	AUGUST	PERSONAL SAFETY	*GOOD TOUCH &BAD TOUCH
4	SEPTEMBER	HEALTH AND HYGIENE	*KEEPING YOUR SELF AND THE SOUROUNDING NEAT AND CLEAN *IMPORTANCE OF GOOD FOOD
5	OCTOBER	PERSONAL SAFETY	*PHYSICAL & VERBAL ABUSE
6	NOVEMBER	ASSERTIVE COMMUNICATIO	*USE OF MAGIC WORDS *TALKING POLITELY WITH OTHERS
7	DECEMBER	VALUE EDUCATION	*VALUE OF CARING ,SHARING
8	JANUARY	VALUE EDUCATION	*VALUE OF GRATITUDE AND KINDNESS
9	FEBRUARY	FEELINGS	*HAPPINESS *SADNESS