

SYLLABUS : CLASS – VII

SESSION : 2025-26

ENGLISH

Name of Book and Publisher

Rdr	-	New Stepping Stone (Headword)
Gr	-	New Mastering Grammar by Cordova

ASSESSMENT -I (MAY – 2025)

Rdr-	Ch – 1	Homesickness (Activity- Short Speech on Home Sickness)
	Ch – 2	The Twins
Gr-	Ch – 1	Sentences
	Ch – 2	Nouns
		Unseen Passage for Comprehension

MID TERM (SEPT – 2025)

Rdr-	Ch – 3	The Showshine Boy (Activity) – Child Labour (Speech of 1 minute)
	Ch – 4	Four Boys on a glacier
	Ch – 5	Silver ships (Activity- Poetical Recitation)
	Ch - 6	Sunrise on the moon (Activity) – Write a up on science fiction film that you have watch recently
	Ch – 7	Gaura Devi (Comprehension)
		Activity – ASL will be conducted throughout the term.
Gr-	Ch – 3	Adjectives and Degrees of Comparison
	Ch – 4	Pronouns
	Ch – 5	Articles and Determiners
	Ch – 6	Verbs
	Ch – 7	Non-finite Verbs
	Ch – 11	Modals
	Ch – 12	Present Tense
	Ch – 13	Past Tense
	Ch – 14	Future Tense
	Ch – 24	Understanding words better (Activity)

Comp – Notice Writing
 Picture Composition
 Letter Writing (informal)
 Poster Making

ASSESSMENT - II (NOV-DEC- 2025)

Rdr- Ch – 8 Florence Nightingale
 Ch – 9 Victorious Rani Abbakka – Activity – Role Play

Gr- Ch – 15 Active and Passive voice
 Ch – 17 Prepositions
 Ch – 18 Verbs and Prepositions
 Comp – Notice Writing

FINAL TERM – (FEB-MARCH-2025)

Rdr – Ch- 10 Fierce Face
 Ch-11 On killing a tree- Activity- Poetical Recitation
 Ch-12 The Elephant’ s Bath - Activity-Speech of 1 minute on ‘Deforestation’
 Ch-13 A Christmas Carol (Comprehension)
 Ch-14 Somebody’s Mother- Picture Composition (Activity only)
 Ch-15 Kabuliwallah

Gr- Ch -1 Sentences
 Ch -16 Adverbs
 Ch -19 Conjunctions
 Ch - 20 Direct and Indirect Speech
 Ch - 21 Question Tags
 Ch - 25 Synonyms and Antonyms

Comp – Notice Writing
 Letter Writing
 Biographical Sketch
 Poster Making
 Picture Composition

HINDI

Reader Book	-	MEDHA (Part-7)
Grammar Book	-	Hamari Bhasha (Part-7)

ASSESSMENT-1 (MAY-2025)

Reader Book-

पाठ-1	प्रकृति की शोभा (कविता) (Activity- प्रकृति संरक्षण संबंधी स्लोगन लेखन)
पाठ-2	राब की मटकी।

Grammar Book-

- विलोम शब्द- Pg.no.118
- भाववाचक संज्ञा- Pg.no. 47, 48 (भाग-1,2)
- शुद्ध करो - Pg.no.24
- अपठित गद्यांश |

MID TERM-I (SEPT-2025)

Reader Book-

पाठ-3	अग्नि की उड़ान (SEA- विभिन्न वैज्ञानिकों के चित्र उत्तर पुस्तिका में चिपकाइए)
पाठ-4	स्नेह पगी पाती
पाठ-5	यह कदंब का पेड़ (कविता) (Activity- Speaking Skill)
पाठ-6	सरफरोशी की तमन्ना
पाठ-7	टापू की खोज (पठन हेतु) (Activity-Listening Skill)
पाठ 8	अन्याय के विरुद्ध
पाठ 9	मीरा के पद।

Grammar Book-

- उपसर्ग Pg.no. 29, 30 (भाग-1, 2)
- प्रत्यय Pg.no. 32

- पर्यायवाची शब्द Pg.no.120,121(1st Line)
- समरूपी भिन्नार्थक शब्द Pg.no. 123 (1 से 17)
- एक शब्द Pg.no.125, 126 (1st Line)
- मुहावरे Pg.no.128,129 (1 to 20)
- औपचारिक पत्र संख्या (3, 4, 5)
- अनुच्छेद-लेखन (विषयानुसार)
- चित्र वर्णन
- अपठित गद्यांश।

ASSESSMENT -II (NOV-DEC-2025)

Reader Book

पाठ 10 मिठाई वाला

पाठ 11 निर्मल ग्राम

(Activity- ग्रामीण जीवन से संबंधित स्वरचित कविता लेखन)

Grammar Book-

- विलोम शब्द- Pg.no. 119
- भाववाचक संज्ञा- Pg.no.48 (भाग 3, 4)
- शुद्ध करो - Pg.no. 25
अपठित गद्यांश।

FINAL TERM (FEB-MARCH-2026)

Reader Book-

पाठ 12 स्काउट डायरी

पाठ 13 नमक का दरोगा

पाठ 14 कोई नहीं पराया (कविता) (Activity-Speaking Skill)

पाठ 15 नेल्सन मंडेला (पठन हेतु)

(Activity-Listening Skill)

पाठ 16 सुनेली का कुआँ

(SEA- किसी लोक कथा का वर्णन करना)

पाठ 17 दुख का अधिकार

पाठ 18 हिमालय और हम (कविता)

Grammar Book

- उपसर्ग- Pg.no.30, 31 (भाग 3, 4)
- प्रत्यय- Pg.no. 33
- पर्यायवाची शब्द- Pg.no.120,121(2nd line)
- समरूपी भिन्नार्थक शब्द- Pg.no.123,124 (18 to 34)
- एक शब्द- Pg.no. 125, 126 (2nd Line)
- मुहावरे- Pg.no.129, 130 (21 to 40)
- अनौपचारिक पत्र संख्या - (1, 2, 3)
- अनुच्छेद- लेखन (विषयानुसार)
- संवाद-लेखन
- अपठित गद्यांश |

PUNJABI

Text books

- Punjabi Rd. ਗੁਣਤਾਸ ਚੇਤਨਾ ਪੰਜਾਬੀ ਪਾਠ-ਪੁਸਤਕ 7 (ਗੁਣਤਾਸ ਪ੍ਰਕਾਸ਼ਨ)
Punjabi Gr. ਪੰਜਾਬੀ ਵਿਆਕਰਨ ਅਤੇ ਲਿਖਣ ਕਲਾ (ਪਰਮਵੀਰ ਪਬਲੀਕੇਸ਼ਨਜ਼)

ASSESSMENT I (MAY 2025)

Punjabi Rd.

- ਪਾਠ- 2 ਨਸ਼ਿਆਂ ਦੀ ਦਲਦਲ
ਪਾਠ- 3 ਅੱਧੇ ਦਿਮਾਗ ਵਾਲੇ ਮਨੁੱਖ

Punjabi Gr.

- * ਨਿੱਜੀ ਪੱਤਰ
- * ਬਹੁ-ਅਰਥਕ ਸ਼ਬਦ (Pg. No. 85)
- * ਲਿੰਗ ਰੂਪ ਬਦਲੇ (Pg. No. 37)
- * ਅਣਡਿੱਠੀ ਕਾਵਿ-ਟੁਕੜੀ

MID TERM (SEPT - 2025)

Punjabi Rd.

- ਪਾਠ - 1 ਤੂੰ ਮੇਰਾ ਪਿਤਾ ਤੂੰ ਹੈ ਮੇਰਾ ਪਿਤਾ (Activity - ਸੁਲੇਖ ਰਚਨਾ)
ਪਾਠ - 4 ਆਨਲਾਈਨ ਐਜੂਕੇਸ਼ਨ ਅਤੇ ਲਾਕਡਾਊਨ
ਪਾਠ - 5 ਜਨਮ ਸਮੇਂ ਦੇ ਰੀਤੀ ਰਿਵਾਜ
ਪਾਠ - 6 ਸਹੀ ਰਾਹ (Activity - ਕਵਿਤਾ ਉਚਾਰਨ)
ਪਾਠ - 7 ਔਰਤਾਂ ਦੇ ਵਿਰਾਸਤੀ ਗਹਿਣੇ (Subject Enrichment Activity – ਵਿਰਾਸਤੀ ਗਹਿਣਿਆਂ ਦੀ ਤਸਵੀਰਾਂ ਲੱਭ ਕੇ ਕੋਲਾਜ ਬਣਾਉਣਾ)
ਪਾਠ - 8 ਗੁਰੂ ਸਾਹਿਬਾਨ ਅਤੇ ਮਹਾਨ ਪੁਰਸ਼ (Activity - ਸੁਣਨ ਕਲਾ ਦਾ ਮੁਲਾਂਕਣ)
ਪਾਠ - 9 ਸਾਈਬਰ ਕ੍ਰਾਈਮ (Activity - ਪੱਤਰ ਰਚਨਾ)
ਪਾਠ - 10 ਸਾਉਣ ਮਹੀਨਾ (Activity - ਤਿਉਹਾਰ ਬਾਰੇ ਜਾਣਕਾਰੀ)

* ASL will be conducted throughout the term.

Punjabi Gr.

- * ਕਿਰਿਆ
- * ਬਹੁ-ਅਰਥਕ ਸ਼ਬਦ (Pg. No. 86)
- * ਸਮਾਨਾਰਥਕ ਸ਼ਬਦ (Pg. No.83)
- * ਅਗੇਤਰ
- * ਮੁਹਾਵਰੇ (ੳ, ਅ, ਏ)
- * ਨਿੱਜੀ ਪੱਤਰ
- * ਦ੍ਰਿਸ਼ ਚਿਤਰਨ
- * ਅਣਡਿੱਠਾ ਪੈਰਾ
- * ਅਣਡਿੱਠੀ ਕਾਵਿ -ਟੁਕੜੀ
- * ਲੇਖ – ਪਾਣੀ ਦੀ ਮਹਾਨਤਾ ਤੇ ਸੰਭਾਲ, ਜੰਗਲਾਂ ਦੇ ਲਾਭ, ਜੋ ਮੈਂ ਡਾਕਟਰ ਹੋਵਾਂ

ASSESSMENT -II (NOV. - DEC.2025)

Punjabi Rd

- ਪਾਠ - 11 ਅਣਖੀ ਯੋਧਾ – ਸ਼ਹੀਦ ਮਦਨ ਲਾਲ ਢੀਂਗਰਾ
ਪਾਠ - 12 ਅੱਲ੍ਹੜਪੁਣਾ

Punjabi Gr

- * ਦਫ਼ਤਰੀ ਪੱਤਰ
- * ਵਚਨ ਬਦਲੇ (Pg.No.45)
- * ਪਿਛੇਤਰ (1-10) (Pg.No.78)
- * ਅਣਡਿੱਠੀ ਕਾਵਿ -ਟੁਕੜੀ

FINAL TERM (FEB. - MARCH 2026)

- ਪਾਠ - 13 ਵਿਰਾਸਤੀ ਖੇਤੀ (Subject Enrichment Activity - ਪੁਰਾਣੇ ਅਤੇ ਨਵੇਂ ਖੇਤੀ ਸੰਦਾਂ ਦੀ ਤੁਲਨਾ ਚਿੱਤਰ ਸਹਿਤ ਕਰਨਾ)
ਪਾਠ - 14 ਮਹਾਨ ਲੇਖਕ (Activity - ਸੁਣਨ ਕਲਾ ਦਾ ਮੁਲਾਂਕਣ)
ਪਾਠ - 15 ਸਫ਼ਲਤਾ ਦਾ ਰਾਜ (Activity - ਜੀਵਨ ਦਾ ਉਦੇਸ਼ ਉੱਤੇ ਪੈਰਾ ਬੋਲਣਾ)
ਪਾਠ - 16 ਪੀੜ੍ਹੀ ਦਾ ਪਾੜਾ
ਪਾਠ - 17 ਪੰਜਾਬ ਦਾ ਰੇਬਿਨਹੁੱਡ - ਦੁੱਲਾਭੱਟੀ (Activity – ਲੋਹੜੀ ਦੇ ਤਿਉਹਾਰ ਨਾਲ ਸੰਬੰਧਿਤ ਇੱਕ ਲੋਕ-ਗੀਤ ਲਿਖਣਾ)
ਪਾਠ -18 ਮਨੁੱਖ ਇੱਕ ਸਮਾਜਿਕ ਪ੍ਰਾਣੀ (Activity- ਦ੍ਰਿਸ਼ ਚਿਤਰਨ)
ਪਾਠ -19 ਲਹੂ ਤੇ ਸੋਨੇ ਨਾਲ ਪੰਜਾਬੀਆਂ ਨੇ ਸਿਰਜਿਆ ਇਤਿਹਾਸ (Activity – Open Book Assessment)
ਪਾਠ - 20 ਰੰਘਰੇਟੇ ਗੁਰੂ ਕੇ ਬੋਟੇ

* ASL will be conducted throughout the term.

Punjabi Gr

- * ਕਿਰਿਆ ਵਿਸ਼ੇਸ਼ਣ
- * ਬਹੁ-ਅਰਥਕ ਸ਼ਬਦ (Pg.No.87)
- * ਸਮਾਨਾਰਥਕ ਸ਼ਬਦ (Pg. No. 84)
- * ਪਿਛੇਤਰ
- * ਮੁਹਾਵਰੇ (ਸ, ਹ, ਕ)
- * ਦਫ਼ਤਰੀ ਪੱਤਰ
- * ਦ੍ਰਿਸ਼ ਚਿਤਰਨ
- * ਅਣਡਿੱਠਾ ਪੈਰਾ
- * ਅਣਡਿੱਠੀ ਕਾਵਿ-ਟੁਕੜੀ
- * ਲੇਖ - ਡਾ.ਸਰਵਪੱਲੀ ਰਾਧਾ ਕ੍ਰਿਸ਼ਨਨ, ਪ੍ਰਦੂਸ਼ਣ ਦੀ ਸਮੱਸਿਆ, ਵਿਦਿਆਰਥੀ ਅਤੇ ਖੇਡਾਂ

MATHEMATICS

NAME OF THE BOOK : MATHS WORLD
PUBLISHER : EDULINE

ASSESSMENT – I (MAY 2025)

Chapter 1: Integers
Chapter 2 : Fractions
Activity: To find the product of two fractions using a squared paper by shading the squares.

MID TERM (SEPT. 2025)

Chapter 3 : Rational Numbers
Chapter 4 : Decimals
Chapter 5: Exponents and Powers
Activity : To apply the knowledge of exponents.
Chapter 6 : Algebraic Expressions
Activity: To write algebraic expression for a given pattern.
Chapter 7 : Simple Linear Equations
Activity: To solve linear equation in one variable experimentally using strips.

ASSESSMENT - II (NOV-DEC. 2025)

Chapter 8 : Commercial Mathematics
Chapter 11 : Symmetry
Activity: To understand reflection and rotational symmetry of various shapes.

FINAL TERM (FEB-MARCH 2026)

Chapter 7: Simple linear Equations
Chapter 9: Understanding Shapes
Chapter 10: Properties of Triangles
Activity: Angle sum property of a triangle.
Chapter 12: Representing 3D in 2D
Activity: To make 3D shapes by using its nets.
Chapter 13 : Perimeter and Area
Activity: To find the area of a circle.
Chapter 14 : Data Handling

SCIENCE

Name of the Book- Science Textbook for Class7 (NCERT)

ASSESSMENT-1 (MAY- 2025)

Ls-1 Nutrition in Plants

Activity: Lab activity

Ls-9 Motion and Time

Activity: Comparison of speed of various animals in km/h and m/s

MID TERM (SEPT-2025)

Ls- 2 Nutrition in Animals

Activity: Lab activity

Ls- 3 Heat

Activity: Reading a clinical thermometer

Ls- 4 Acids, Bases and Salts

Ls- 6 Respiration in Organisms

Activity: Model to show mechanism of breathing.

Enrichment Activity I Ls 4 Acids, Bases and Salts (Identify an acid and a base using different indicators)

ASSESSMENT-II (NOV-DEC-2025)

Ls-5 Physical and Chemical Changes

Activity: Lab activity

Ls-7 Transportation in Animals and Plants

Activity: Measure heartbeat and pulse rate while resting and after jogging.

FINAL TERM (FEB –MARCH 2026)

Ls-8 Reproduction in Plants

Activity: Dissection of a flower.

Ls-10 Electric Current and its Effects

Activity: Construct an open and a close circuit.

Ls-11 Light

Activity: Lab activity

Ls-12 Forests: Our Lifeline

Activity: Poster making

Ls-2 Nutrition in Animals

Ls-5 Physical and Chemical Changes

Enrichment Activity II Ls-13 Wastewater Story (Poster making)

SOCIAL SCIENCE

Name of Books

- 1) HISTORY - OUR PASTS - II (NCERT)
- 2) POLITICAL SCIENCE -SOCIAL AND POLITICAL LIFE -II(NCERT)
- 3) GEOGRAPHY – OUR ENVIRONMENT (NCERT)

ASSESSMENT- I (MAY 2025)

History -	Ch 1	Tracing changes through 1000 years.
Political Science	Ch 1	Equality in Indian Democracy -on equality.
Geography	Ch 1	Environment

MID TERM (SEPTEMBER 2025)

HISTORY	Ch 2	Kings and Kingdoms.
	Ch 3	The Delhi - 12th to 15th Century
	Ch 4	The Mughals - 16th to 17th Century

POLITICAL SCIENCE	Ch 2	Role of Government in Health
	Ch 3	How the State Government works?
	Ch 4	Growing up as Boys and Girls

GEOGRAPHY	Ch 2	Inside Our Earth
	Ch 3	Our Changing Earth
	Ch 4	Air

Activities First Term

1. Diagram of domains of environment and components of environment
2. Map work of related chapters
3. Paste pictures of monuments and write few lines on it
4. Diagram of interior of earth and Rock cycle
5. Diagram of water cycle.

ASSESSMENT II (NOV- DEC 2025)

HISTORY	Ch 5	Tribes, Nomads and Settled Communities
POLITICAL		
SCIENCE	Ch 5	Women Change the World
GEOGRAPHY	Ch 5	Water

FINAL TERM (FEB -MARCH 2026)

HISTORY	Ch 5	Tribes, Nomads and Settled Communities
	Ch 6	Devotional Paths to the Divine
	Ch 7	The Making of Regional Cultures
	Ch 8	Eighteenth Century Political Formations
POLITICAL		
SCIENCE	Ch 6	Understanding Media
	Ch 7	Markets Around Us
	Ch 8	A Shirt in the Market
GEOGRAPHY	Ch 2	Inside our Earth
	Ch 6	Human Environment- Interactions (Tropical and Subtropical regions)
	Ch 7	Life in the Deserts

Activities of Final Term

1. Map work of related chapters
2. Write Teaching of Guru Nanak Dev Ji and Kabir ji.
3. Comparative study of Deserts.
4. Time line of History chapters
5. Case study on Tribal communities

COMPUTER

Books Name - **CLIQ**
Publisher - **Kips Learning Pvt. Ltd**

ASSESSMENT - I (May -2025)

Ch- 3: Editing in Calc (only practical)

Mid Term Examination (Sept 2025)

Ch-2: Cyber Ethics
Ch-4: Formulas and Functions
Ch-5: More Features of Calc

ASSESSMENT - II (Nov-Dec-2025)

Ch-9: Introduction to HTML 5 (only practical)

Final Term Examination (2026)

Ch-6: Data Science
Ch-7: Introduction to Pencil 2D
Ch-10: Control statements in python

DIVINITY

Book - ਜੀਵੀਏ ਗੁਰਬਾਣੀ ਨਾਲ ਚਿੱਤਰਮਾਲਾ (ਭਾਗ ਦੂਜਾ)
Publisher - ਆਤਮ ਪਰਗਾਸ

MID TERM (SEPT -2025)

Lesson no. 1 to 15

Oral assessment

ਜਪੁਜੀ ਸਾਹਿਬ ਪਉੜੀ (1 – 15)

ਸਲੋਕ (ਪਵਣੁ ਗੁਰੂ ਪਾਈ ਪਿਤਾ)

ਸਕੂਲ ਅਰਦਾਸ

FINAL TERM (FEB -MARCH -2026)

Lesson no. 16 to 30

Oral assessment

ਜਪੁਜੀ ਸਾਹਿਬ ਪਉੜੀ (16 – 30)

ਸਲੋਕ (ਪਵਣੁ ਗੁਰੂ ਪਾਈ ਪਿਤਾ)

ਸਕੂਲ ਅਰਦਾਸ

G.K.

Name of Book : Wonders of G.K
Name of Publisher : TUK PUBLICATIONS

ASSESSMENT - I (MAY -2025)

Unit - Life Skills

MID TERM (SEP 2025)

Unit -Flora and Fauna

Unit - Sports

Unit - My Country My India

ASSESSMENT - II (NOV-DEC -2025)

Unit - Entertainment

FINAL TERM (FEB -MARCH 2026)

Unit - Science and technology

Unit - Our World

Unit - Logical Reasoning

PHYSICAL EDUCATION

ASSESSMENT – I (MAY -2025)

1. Mass PT
2. March past
3. Football
4. 600 Meter Run Walk
5. Kho-Kho

MID TERM (SEPT -2025)

1. 50 Meter Dash
2. 100 Meter Race
3. Basketball
4. Sit and reach test
5. Push ups(Boys)And Modified Push ups (Girls)

ASSESSMENT – II (NOV- DEC -2025)

1. Badminton
2. Long jump
3. 400 Meter Race
4. Partial Curl-ups
5. Volleyball

FINAL TERM (FEB- MARCH -2026)

1. Kho-Kho
2. 200 Meter Race
3. Broad Jump
4. Football
5. 4x100 Meter Relay

ART & CRAFT

Book Name : Art Express – 7 (P.P. Publication)

Mid Term : Pages – 4 to 38 of the Book

Final Term : Pages- 39 to 71 of the Book

PARTICIPATE, LEARN AND GROW

Sr. No.	Month	Slot	Theme/Week	Activity/Competition	Teacher Incharge
1	April	1st to 12th	New Chapter		
			World Autism Awareness Day	Speech	Ms. Sonal
			Ram Navmi	Oration	Ms. Babita
			World Health Day	Talk by Teacher/Yoga	Ms. Sonal/Mr. Pandav
			Foundation Day/Baisakhi	Celebrations & Calligraphy Comp.	Subject Incharges
		14th to 26th	Dr. B. R. Ambedkar Jayanti	Presentation of Documentary	Ms. Meeta Handa
			World Heritage Day	Exploring Heritage Building	Ms. Indu
			World Earth Day	Best out of Waste Comp.	Ms. Manvir/ Ms. Rakesh
			World Malaria Day	Factual Film	Ms. Monita/Ms. Atika
			International Dance Day	Dance	Ms. Gurpreet
2	May	28th April to 10th	International Labour Day	Hindi Poetical Recitation Comp.	Ms. Babita/Ms. Sushma
			World Asthma Day	Lecture by Medical Representative	Mr. Karan
			International Red Cross Day	Declamation Comp.	Ms. Amandeep Kaur (PGT)
			Mother's Day/ National Technology Day	Letter Writing/Debate Comp.	Ms. Rohini
			International Museum Day	Excursion	Ms. Aulakh/Ms Sheena
		12th to 30th	Martyrdom Day of Guru Arjun Dev Ji	Forwarding The Video of Biography	Ms. Manjit (Punjabi)
			Investiture Ceremony	Selection of Prefectorial Board	School Authorities
			Recognition And Appreciation	Scholar Badge	Coordinators & Activity Team

Sr. No.	Month	Slot	Theme/Week	Activity/Competition	Teacher Incharge
Assessment I Exams					
3	June		Summer Vacation		
			World Environment Day	Go Green	Respective Class Incharge
			World Food Safety Day	Salad Making	Ms. Ravinder
			World Father's Day	Card Making	Mr. Naveen
			World Music Day/Yoga Day	Instrumental Music/Yoga	Ms. Parvinder/Mr. Sanjay Bhat
4	July	14th to 26th	Van Mahotsava	Tree Plantation	Ms. Tarunjeet
			World Youth Skill Day	Pottery	Ms. Archana/Mr. Naveen
			Kargil Vijay Diwas	Punjabi Poetical Recitation Comp.	Ms. Rajeshri/ Ms. Manjit Veerpal
			National Parents Day	Rangoli Comp.	Ms Archana
			World Nature Conservation Day	Exhibition by Social Science Dept.	Social Science Dept.
5	August	28th to 9th	Martyrdom Day of Udhham Singh Ji	English Declamation Comp.	Ms. Ratna/Ms. Rohini
			Quit India Movement Day	Speech Comp.	Ms. Nimmi/ Ms Priyanka
			Raksha Bandhan	Rakhi Making	Class Incharge
			Independence Day	Celebrations	
			Janamashtami	Special Assembly	Ms. Pallavi

Sr. No.	Month	Slot	Theme/Week	Activity/Competition	Teacher Incharge
6	September	25th August to 6th	Women's Equality Day	Poster Making Comp.	Mr. Naveen
			E Pustakalaya	Digital Book Reading	Mr. Amarjit
			National Sports Day	Sports & Games	Mr. Sanjay Bhat
			Swachhta Hi Sewa Campaign	Community Service	Mr. Negi
			Teachers' Day	Celebration	Activity Team & Staff Secretaries
		8th to 20th	Hindi Diwas	Story Writing	Ms. Seema Chadha
Mid Term Exams					
7	October	22nd to 4th	World Heart Day	Lecture by Medical Officer	Mr. Sukhwinder (Mathematics)
			Dussehra/Gandhi Jayanti	Painting Comp.	Ms. Archana/Mr. Naveen
		6th to 18th	International Day for Disaster Risk Reduction	Demonstration by Experts	Mr. Karan
			International E-Waste Day	Impromptu	Ms. Raman / Mr. Rahul
			Global Handwashing Day	Demonstration	Ms. Rita
			World Food Day	Healthy Platter	Ms. Ravinder
		20th to 31st	Diwali	Candle Decoration	Ms. Archana/Mr. Naveen
			Vigilance Awareness Week	Pledge	Ms. Atika
			National Unity Day	Slogan Writing Comp.	Ms. Neelam
ANNUAL DAY					

Sr. No.	Month	Slot	Theme/Week	Activity/Competition	Teacher Incharge
8		1st to 15th	Gurpurab Sri Guru Nanak Dev Ji	Celebration	Music Dept.
			Children's Day	Exhibition by Science Dept.	Ms. Sonal/Ms. Rita
			Martyrdom Day of Kartar Singh Sarabha Ji	Movie	Respective Class Incharge
	November	17th to 29th	Martyrdom Day of Guru Teg Bahadur Ji	Lecture by Sikh Missionary Society	Mr. Sukhwinder (Mathematics)
			Constitution Day	Significance of Preamble	Ms. Neeru
			World Aids Day	Lecture	Ms. Monita
			National Pollution Control Day	Rally	Mr. Patial/Mr. Gurpreet
			International Anti Corruption Day	Special Assembly	Ms Manjit (Mathematics)/ Ms. Navdeep
		1st to 13th	Human Rights Day	Quiz	Ms. Indu/Ms. Tania
			Bhartiya Bhasha Diwas	Teacher Talk	Language Teachers
Assessment II Exams					
9	December	15th to 24th	National Mathematics Day	Exhibition By Mathematics Dept.	Mr. Rishu Dhir/Mr. Vijay Verma
			National Consumer Rights Day	Documentary	Ms. Jagmeet/Ms. Shaveta
			Veer Bal Diwas	Movie Watching	Respective Class Incharge
	10	January	5th to 17th	Lohri	Celebration
Gurpurab Sri Guru Gobind Singh Ji				Special Assembly	Music Dept.
Basant				Kite Flying	Mr. Gurpreet
				Republic Day	Celebration
11	February				
12	March				
Final Exams					

Note -

- Activities are subject to change in case of unseen exigency.
- Additional Activities will be conducted as per the guidelines of C.B.S.E./State/District Administration.

Month Wise Curriculum 2025-26 (Class - VII)

Sr. No	Name of the Month	English	Hindi	Punjabi	Maths	Science	Social Science
1	April	Rdr- Ch 1 Homesickness Ch-2 The Twins Gr- Ch 1 Sentences, Ch-2 Nouns Comp- Notice Writing	ਪਾਠ 1- ਪ੍ਰਕ੍ਰਿਤਿ ਕੀ ਸ਼ੋਭਾ (ਕਵਿਤਾ) ਪਾਠ 2- ਗਭ ਕੀ ਮਟਕੀ ਵਿਆਕਰਣ- ਭਾਵਗਾਚਕ ਸੰਗ੍ਰਹ, ਵਿਲੋਮ, ਸ਼ੁਭਿਕਰਣ, ਪਰਿਤ ਕਾਵਾਂਸ਼, ਅਪਰਿਤਿ ਗਧਾਂਸ਼ਾ	ਪਾਠ - 1 ਤੂੰ ਮੇਰਾ ਪਿਤਾ ਤੂੰ ਹੈ ਮੇਰਾ ਮਾਤਾ, ਪਾਠ - 2 ਨਸ਼ਿਆਂ ਦੀ ਦਲਦਲ, ਪਾਠ-3, ਅੱਧੇ ਦਿਮਾਗ ਵਾਲੇ ਮਨੁੱਖ, ਨਿੱਜੀ ਪੱਤਰ, ਲਿੰਗ ਰੂਪ ਬਦਲੇ, ਬਹੁ-ਅਰਥਕ ਸ਼ਬਦ, ਅਣਡਿੱਠੀ ਕਾਵਿ-ਟੁਕੜੀ	Chapter 1 : Integers Chapter 2 : Fractions	Ls-1 Nutrition in Plants Ls- 9 Motion and Time	HISTORY Ls1:Tracing Changes through a thousand years POL. SCI: Ls1:Equality in Indian Democracy. GEOGRAPHY : Ls1:Environment
2	May	Rdr - Ch3 The Shoeshine Boy Gr-3 Adjectives and degrees of comparison	ਪਾਠ 3- ਅਨਿ ਕੀ ਉਡਾਨ ਪਾਠ 4- ਸੋਹੇ ਪਾਤੀ ਵਿਆਕਰਣ- ਉਪਸਰਗ-ਪ੍ਰਤਿਯ, ਪ੍ਰਯਾਗਵਾਚੀ ਸ਼ਬਦ,ਅਨੁਚੇਦ ਲੇਖਨਾ	ਪਾਠ - 4 ਆਨਲਾਈਨ ਐਜੂਕੇਸ਼ਨ ਅਤੇ ਲਾਕਡਾਊਨ, ਪਾਠ -7 ਔਰਤਾਂ ਦੇ ਵਿਰਾਸਤੀ ਗਹਿਣੇ, ਲੇਖ, ਮੁਹਾਵਰੇ, ਦ੍ਰਿਸ਼ ਚਿਤਰਨ	Chapter 3: Rational Numbers	Ls-2 Nutrition in Animals	HISTORY Ls 2:New Kings and Kingdoms POL. SCI: Ls 2 Role of the Government in Health. GEOGRAPHY Ls 2 Inside our Earth
3	June	SUMMER VACATION	SUMMER VACATION	SUMMER VACATION	SUMMER VACATION	SUMMER VACATION	SUMMER VACATION
4	July	Rdr- Ch 3 The Shoeshine Boy, Ch,-4 Four Boys on a Glacier Gr- Ch 4 - Pronouns, Ch-5 Articles and Determiners, Ch-6 Verbs Comp- Picture Composition	ਪਾਠ 5- ਯਹ ਕਦੰਬ ਕਾ ਪੇਡ (ਕਵਿਤਾ) ਪਾਠ 6- ਸਪਰੋਸ਼ੀ ਕੀ ਤਮਨਾ ਵਿਆਕਰਣ- ਮਿਨਾਰਥਿਕ ਸ਼ਬਦ, ਮੁਹਾਵਰੇ, ਏਕ ਸ਼ਬਦ, ਪੜ ਲੇਖਨਾ	ਪਾਠ - 5 ਜਨਮ ਸਮੇਂ ਦੇ ਰੀਤੀ- ਰਿਵਾਜ, ਪਾਠ-6 ਸਹੀ ਰਾਹ, ਪਾਠ-8 ਗੁਰੂ ਸਾਹਿਬਾਨ ਅਤੇ ਮਹਾਨ ਪੁਰਸ਼, ਸਮਾਨਾਰਥਕ ਸ਼ਬਦ, ਲੇਖ	Chapter 4 : Decimals Chapter 5 : Exponents and Powers	Ls- 3 Heat Ls- 4 Acids, Bases and Salts	HISTORY : Ls 3 The Delhi 12 th to 15 th century Ls 4:The Mughal Empire. 16 th to 17 th century POL. SCI: Ls 3 How the state Government Work GEOGRAPHY: Ls 3 Our Changing Earth

Sr. No	Name of the Month	English	Hindi	Punjabi	Maths	Science	Social Science
5	August	Rdr- Ch 5- Silver Ships Ch-6 Sunrise on the moon Gr- Ch 7 Non Finite Verb Ch11- Modals, Ch-12 Present Tense, Ch13 Past Tense, Ch14 Future Tense, Ch-24 Understanding Words Better Comp- Letter Writing	पाठ-7 टापू की खोज (ASL) पाठ-8 अन्याय के विरुद्ध पाठ-9 मीरा के पद (काव्य भाग) व्याकरण- चित्र- वर्णन, अनुच्छेद लेखना	ਪਾਠ - 9 ਸਾਈਬਰ ਕ੍ਰਾਈਮ , ਪਾਠ10- ਸਾਉਣ ਮਹੀਨਾ , ਅਗੇਤਰ, ਲੇਖ, ਵਿਰਿਆ	Chapter 6 : Algebraic Expressions Chapter 7 : Simple Linear Equations	Ls- 6 Respiration in Organisms	POL. SCI: Ls 4 Growing up as Boys and Girls GEOGRAPHY: Ls 4:Air
6	September	MID TERM EXAM	MID TERM EXAM	REVISION AND EXAM	REVISION AND MID TERM EXAMS	MID TERM EXAM	REVISION
7	October	Rdr- Ch 8 Florence Nightingale, Ch-9 Victorious Rani Abbakka Gr- Ch 15 Active and Passive voice, Ch-17 Preposition and their correct Use, Ch-18 Verb and Preposition- hand in hand Comp- Notice	पाठ 10- सिर्गई वाला पाठ 11- निर्मल ग्राम व्याकरण- भाववाचक संज्ञा, विलोम शब्द, शुद्धिकरण, पठित काव्यांश, अपठित गद्यांश ।	ਪਾਠ -11 ਅਣਖੀ ਯੋਧਾ - ਸ਼ਹੀਦ ਮਦਨ ਲਾਲ ਢੀਂਗਰਾ, ਪਾਠ- 12 ਔਲੂਖਪੁਣਾ, ਪਾਠ-14 ਮਹਾਨ ਲੇਖਕ, ਦਫਤਰੀ ਪੱਤਰ, ਵਚਨ ਬਦਲੇ, ਪਿਛੇਤਰ, ਅਣਡਿੱਠੀ ਕਾਵਿ-ਟੁਕੜੀ, ਲੇਖ	Chapter 8 : Commercial Mathematics Chapter 11 : Symmetry	Ls- 5 Physical and Chemical Changes Ls- 7 Transportation in Animals and Plants	HISTORY Ls 5: Tribes, Nomads and settled community POL. SCI : Ls 5 Women change the world GEOGRAPHY: Ls 5:Water
8	November	Rdr- Ch 10- Fietce Face Ch11- On killing a tree Ch12- The Elephant 's Bath Gr- Ch 16,19 Comp- Biographical Sketch	पाठ 12- स्काउट डायरी पाठ 13- नमक का दारोगा पाठ 14- कोई नहीं पाया (कविता) व्याकरण- उपसर्ग-प्रत्यय , अनुच्छेद लेखना	ਪਾਠ - 13 ਵਿਰਾਸਤੀ ਖੇਤੀ, ਪਾਠ-15 ਸਫਲਤਾ ਦਾ ਰਾਜ਼ , ਪਾਠ 16 ਪੀੜ੍ਹੀ ਦਾ ਪਾੜਾ, ਲੇਖ, ਵਿਰਿਆ ਵਿਸ਼ੇਸ਼ਣ, ਮੁਹਾਵਰੇ	Chapter 9 : Understanding shapes Chapter 14 : Data Handling	Ls- 8 Reproduction in Plants Ls-10 Electric Current and its Effects	HISTORY Ls 6: Devotional Path to the Divine POL. SCI: Ls6 Understanding Media GEOGRAPHY Ls 6:Human Environment interaction Tropical Sub tropical regions

SR. NO	NAME OF THE MONTH	ENGLISH	HINDI	PUNJABI	MATHS	SCIENCE	SOCIAL SCIENCE
9	December	Rdr- Ch 13 A Christmas Carol, Ch-14 Somebody's Mother Gr- Ch 25 Synonyms and Antonyms, Ch-21 Question Tags Comp- Descriptive Paragraph	पाठ 15- नेल्सन मंडेला (ASL) पाठ 16- सुनेली का कुआँ व्याकरण- एक शब्द, पर्यायवाची शब्द, पत्र लेखना	ਪਾਠ - 17 ਪੰਜਾਬ ਦਾ ਰੈਬਿਨਹੁੱਡ - ਟੁੱਲਾ ਡੱਟੀ, ਪਾਠ-18 ਮਨੁੱਖ ਇੱਕ ਸਮਾਜਿਕ ਪ੍ਰਾਣੀ, ਬਹੁ-ਅਰਥਕ ਸ਼ਬਦ, ਸਮਾਨਾਰਥਕ ਸ਼ਬਦ	Chapter 10 : Properties of triangles	Ls- 12 Forests: Our Lifeline	HISTORY Ls 7 The making of Regional culture POL. SCI: Ls 7 Market Around us GEOGRAPHY: Ls 7 Life in Desert
10	January	Rdr- Ch 15 Kabuliwallah Gr- Ch 20 Direct and Indirect Speech Comp- Picture Comp	पाठ 17- दुख का अधिकार पाठ 18- हिमालय और हम कविता व्याकरण- मुहावरे, भिन्नार्थक शब्द, संवाद लेखन, अनुच्छेद लेखना	ਪਾਠ - 19 ਲਹੂ ਤੇ ਸੋਨੇ ਲਾਲ ਪੰਜਾਬੀਆਂ ਨੇ ਸਿਰਜਿਆ ਇਤਿਹਾਸ, ਪਾਠ-20 ਰੰਪਰੇਟੇ ਗੁਰੂ ਕੇ ਬੇਟੇ, ਲੇਖ, ਪਿਛੇਤਰ, ਦ੍ਰਿਸ਼ ਚਿਤਰਨ	Chapter 12 : Representing 3D in 2D Chapter 13 : Perimeter and Area	Ls- 11 Light Ls- 13 Wastewater Story (Enrichment Activity)	HISTORY Ls 8- Eighteenth century Political formation POL. SCI: Ls 8 A shirt in the market
11	February	Revision	ਪੁਨਰਾਵ੍ਰਤੀ	Revision	Revision	Revision	Revision
12	March	FINAL EXAM	ਪੁਨਰਾਵ੍ਰਤੀ	FINAL EXAM	FINAL EXAM	FINAL EXAM	FINAL EXAM