

TIMETABLE

	1	2	3	4	5	6	7	8
MON	Language Skills (Eng)	Foundation Class(Maths/Bio)	Foundation Class(Maths/Bio)		Career Guuidance & Counselling		Hobby & Skill devlpmnt(Sports)	
TUE	Foundation Class(Maths/Bio)	Foundation Class(Maths/Bio)	Language Skills (Hindi)		Career Guuidance & Counselling		Hobby & Skill devlpmnt(Art)	
WED	Foundation Class(Maths/Bio)	Foundation Class(Maths/Bio)	Career Guuidance & Counselling		Language Skills (Eng)		Hobby & Skill devlpmnt(Music)	
THURS	Foundation Class(Maths/Bio)	Foundation Class(Maths/Bio)	Language Skills (Hindi)		Career Guuidance & Counselling		Hobby & Skill devlpmnt(Lib)	
FRI	Career Guuidance & Counselling	Foundation Class(Maths/Bio)	Foundation Class(Maths/Bio)		Language Skills (Eng)		Hobby & Skill devlpmnt(Sport)	
SAT	Foundation Class(Maths/Bio)	Foundation Class(Maths/Bio)	Language Skills (Hindi)		Career Guuidance & Counselling		Hobby & Skill devlpmnt(Art)	

Topics for the Day-wise Activities of different Subjects:

Maths:	Basics of Calculus Basics of Trigonometry Basics of Geometry Basics of Probability Basics of Co-ordinate Geometry Basics of Algebra	Hindi:	हिंदी भाषा और व्याकरण का सामान्य ज्ञान हिंदी साहित्य का परिचय एवं इसकी प्रमुख विधाएँ हिंदी के प्रमुख साहित्यकारों की परिचय हिंदी भाषा का वर्तमान स्वरूप पत्र लेखन, सृजनात्मक लेखन
English:	Communication Skills and its importance English Literature - Prose & Poetry - an overview Literary Devices / Figures of Speech - an understanding Subject Enrichment Activities under LSRW proposed Reading Habits - through Newspapers and other print media	Biology:	Classification of Plants and Animals Genetics Plant & Animal Physiology Biology - different branches Biology - Career guidance
Chemistry:	Mole Concept Problems on Mole Writing Chemical Formulae Atomic Models Structure of Atom Classification of Elements Concentration terms Problems on Concentration	Physics:	Introduction to Physics, Units and Dimensions Work, Energy, Power Rotatory Motion Vectors Thermodynamics Properties of Matter - Elasticity, Surface Tension, Viscosity
Career Guidance & Counselling	Subjects and courses offered after class 10th Academic and other Technical Courses available Gender Sensitivity Adolescence and ways to combat the emotional stress	Hobby & Skill development	Changing trends and career in Physical Education Physical Education for Leadership Training Psychology and Sports