



3			<p><b>Essence of Scriptures Ramayan, Uttaradhyayan Dhammapada, Sri Guru Granth Sahib ji.</b></p>	<p><b>By the end of the Sub strand the learner should be able to:</b></p> <ol style="list-style-type: none"> <li>explain the essence of the Scriptures for inspiration.</li> <li>apply the essence of the Scriptures for righteous living.</li> <li>appreciate the Scriptures for spiritual growth.</li> </ol>	<ol style="list-style-type: none"> <li>Why do we read Scriptures?</li> <li>What is the role of Scripture in your daily life?</li> <li>What did you like about the Scriptures you read/heard?</li> <li>What is the central message learnt in the (Ramayan/Uttaradhyayan/Dhammapada/Sri Guru Granth Sahib ji.) Scriptures?</li> </ol>	<ul style="list-style-type: none"> <li>visit a temple/community centre/library to learn more about the essence of Scriptures</li> <li>watch a documentary video on the compilation of <b>Ramayan, Uttaradhyayan, Dhammapada, Sri Guru Granth Sahib ji.</b></li> <li>Use search engines for more information on the essence of Scriptures.</li> </ul>	<p>Scriptures, Magazines, Digital devices, Newspapers, animated movies, Realia</p>	<p>Observation, QA, Essay writing, Role modelling, projects</p>	
3	1		<p><b>Essence of Scriptures Ramayan, Uttaradhyayan Dhammapada, Sri Guru Granth Sahib ji.</b></p>	<p><b>By the end of the Sub strand the learner should be able to:</b></p> <ol style="list-style-type: none"> <li>explain the essence of the Scriptures for inspiration.</li> <li>apply the essence of the Scriptures for righteous living.</li> <li>appreciate the Scriptures for spiritual growth.</li> </ol>	<ol style="list-style-type: none"> <li>Why do we read Scriptures?</li> <li>What is the role of Scripture in your daily life?</li> <li>What did you like about the Scriptures you read/heard?</li> <li>What is the central message learnt in the (Ramayan/Uttaradhyayan/Dhammapada/Sri Guru Granth Sahib ji.) Scriptures?</li> </ol>	<ul style="list-style-type: none"> <li>visit a temple/community centre/library to learn more about the essence of Scriptures</li> <li>watch a documentary video on the compilation of <b>Ramayan, Uttaradhyayan, Dhammapada, Sri Guru Granth Sahib ji.</b></li> <li>Use search engines for more information on the essence of Scriptures.</li> </ul>	<p>Scriptures, Magazines, Digital devices, Newspapers, animated movies, Realia</p>	<p>Observation, QA, Essay writing, Role modelling, projects</p>	
	2	<p><b>Principles Of Dharma</b></p>	<p><b>Virtues of righteousness Buddhism : Sikhism</b></p>	<p><b>By the end of the Sub strand the learner should be able to:</b></p> <ol style="list-style-type: none"> <li>identify Principles of Dharma according to Sikhism and Buddhism for familiarization</li> <li>apply the Principles of Dharma in daily life to strengthen his/her religious beliefs for harmonious living</li> <li>appreciate the Principles of Dharma in building up one's character</li> </ol>	<ol style="list-style-type: none"> <li>What are the Principles of Dharma according to Sikhism?</li> <li>What are the Principles of Dharma according to <b>Buddhism</b>?</li> <li>How do the Principles of Dharma help in your daily life?</li> </ol>	<p><b>Learners could be guided to:</b></p> <ul style="list-style-type: none"> <li>narrate stories based on Principles of Dharma according to <b>Buddhism</b> and <b>Sikhism</b> from Scriptures.</li> <li>perform skits depicting Principles of Dharma according to Sikhism and Buddhism.</li> <li>download Principles of Dharma using digital devices</li> <li>visit Gurudwara and Buddhist temple to learn about principles of Dharma</li> <li>observe and practise the Principles of Dharma depicted in stories from Scriptures</li> </ul>	<p>Scriptures, Magazines, Digital devices, Newspapers, animated movies, Realia</p>	<p>Observation, QA, Essay writing, Role modelling, projects</p>	

3			<p style="text-align: center;"><b>Virtues of righteousness Buddhism : Sikhism</b></p>	<p><b>By the end of the Sub strand the learner should be able to:</b></p> <ol style="list-style-type: none"> <li>a. identify Principles of Dharma according to Sikhism and Buddhism for familiarization</li> <li>b. apply the Principles of Dharma in daily life to strengthen his/her religious beliefs for harmonious living</li> <li>c. appreciate the Principles of Dharma in building up one's character</li> </ol>	<ol style="list-style-type: none"> <li>1. What are the Principles of Dharma according to Sikhism?</li> <li>2. What are the Principles of Dharma according to <b>Buddhism</b>?</li> <li>3. How do the Principles of Dharma help in your daily life?</li> </ol>	<p><b>Learners could be guided to:</b></p> <ul style="list-style-type: none"> <li>• narrate stories based on Principles of Dharma according to <b>Buddhism</b> and <b>Sikhism</b> from Scriptures.</li> <li>• perform skits depicting Principles of Dharma according to Sikhism and Buddhism.</li> <li>• download Principles of Dharma using digital devices</li> <li>• visit Gurudwara and Buddhist temple to learn about principles of Dharma</li> <li>• observe and practise the Principles of Dharma depicted in stories from Scriptures</li> </ul>	<p style="text-align: center;">Scriptures, Magazines, Digital devices, Newspapers, animated movies, Realia</p>	<p style="text-align: center;">Observati on, QA, Essay writing, Role modelling, projects</p>	
4	1		<p style="text-align: center;"><b>Virtues of righteousness Buddhism : Sikhism</b></p>	<p><b>By the end of the Sub strand the learner should be able to:</b></p> <ol style="list-style-type: none"> <li>a. identify Principles of Dharma according to Sikhism and Buddhism for familiarization</li> <li>b. apply the Principles of Dharma in daily life to strengthen his/her religious beliefs for harmonious living</li> <li>c. appreciate the Principles of Dharma in building up one's character</li> </ol>	<ol style="list-style-type: none"> <li>1. What are the Principles of Dharma according to Sikhism?</li> <li>2. What are the Principles of Dharma according to <b>Buddhism</b>?</li> <li>3. How do the Principles of Dharma help in your daily life?</li> </ol>	<p><b>Learners could be guided to:</b></p> <ul style="list-style-type: none"> <li>• narrate stories based on Principles of Dharma according to <b>Buddhism</b> and <b>Sikhism</b> from Scriptures.</li> <li>• perform skits depicting Principles of Dharma according to Sikhism and Buddhism.</li> <li>• download Principles of Dharma using digital devices</li> <li>• visit Gurudwara and Buddhist temple to learn about principles of Dharma</li> <li>• observe and practise the Principles of Dharma depicted in stories from Scriptures</li> </ul>	<p style="text-align: center;">Scriptures, Magazines, Digital devices, Newspapers, animated movies, Realia</p>	<p style="text-align: center;">Observati on, QA, Essay writing, Role modelling, projects</p>	

2			<p style="text-align: center;"><b>Virtues of righteousness</b> <b>Buddhism</b> : <b>Sikhism</b></p>	<p><b>By the end of the Sub strand the learner should be able to:</b></p> <ol style="list-style-type: none"> <li>a. identify Principles of Dharma according to Sikhism and Buddhism for familiarization</li> <li>b. apply the Principles of Dharma in daily life to strengthen his/her religious beliefs for harmonious living</li> <li>c. appreciate the Principles of Dharma in building up one's character</li> </ol>	<ol style="list-style-type: none"> <li>1. What are the Principles of Dharma according to Sikhism?</li> <li>2. What are the Principles of Dharma according to <b>Buddhism</b>?</li> <li>3. How do the Principles of Dharma help in your daily life?</li> </ol>	<p><b>Learners could be guided to:</b></p> <ul style="list-style-type: none"> <li>• narrate stories based on Principles of Dharma according to <b>Buddhism</b> and <b>Sikhism</b> from Scriptures.</li> <li>• perform skits depicting Principles of Dharma according to Sikhism and Buddhism.</li> <li>• download Principles of Dharma using digital devices</li> <li>• visit Gurudwara and Buddhist temple to learn about principles of Dharma</li> <li>• observe and practise the Principles of Dharma depicted in stories from Scriptures</li> </ul>	<p style="text-align: center;">Scriptures, Magazines, Digital devices, Newspapers, animated movies, Realia</p>	<p style="text-align: center;">Observation, QA, Essay writing, Role modelling, projects</p>	
3			<p style="text-align: center;"><b>Virtues of righteousness</b> <b>Buddhism</b> : <b>Sikhism</b></p>	<p><b>By the end of the Sub strand the learner should be able to:</b></p> <ol style="list-style-type: none"> <li>a. identify Principles of Dharma according to Sikhism and Buddhism for familiarization</li> <li>b. apply the Principles of Dharma in daily life to strengthen his/her religious beliefs for harmonious living</li> <li>c. appreciate the Principles of Dharma in building up one's character</li> </ol>	<ol style="list-style-type: none"> <li>1. What are the Principles of Dharma according to Sikhism?</li> <li>2. What are the Principles of Dharma according to <b>Buddhism</b>?</li> <li>3. How do the Principles of Dharma help in your daily life?</li> </ol>	<p><b>Learners could be guided to:</b></p> <ul style="list-style-type: none"> <li>• narrate stories based on Principles of Dharma according to <b>Buddhism</b> and <b>Sikhism</b> from Scriptures.</li> <li>• perform skits depicting Principles of Dharma according to Sikhism and Buddhism.</li> <li>• download Principles of Dharma using digital devices</li> <li>• visit Gurudwara and Buddhist temple to learn about principles of Dharma</li> <li>• observe and practise the Principles of Dharma depicted in stories from Scriptures</li> </ul>	<p style="text-align: center;">Scriptures, Magazines, Digital devices, Newspapers, animated movies, Realia</p>	<p style="text-align: center;">Observation, QA, Essay writing, Role modelling, projects</p>	



5	1		<p><b>Virtues of righteousness</b> <b>Buddhism</b> : <b>Sikhism</b></p>	<p><b>By the end of the Sub strand the learner should be able to:</b></p> <ol style="list-style-type: none"> <li>identify Principles of Dharma according to Sikhism and Buddhism for familiarization</li> <li>apply the Principles of Dharma in daily life to strengthen his/her religious beliefs for harmonious living</li> <li>appreciate the Principles of Dharma in building up one's character</li> </ol>	<ol style="list-style-type: none"> <li>What are the Principles of Dharma according to Sikhism?</li> <li>What are the Principles of Dharma according to <b>Buddhism</b>?</li> <li>How do the Principles of Dharma help in your daily life?</li> </ol>	<p><b>Learners could be guided to:</b></p> <ul style="list-style-type: none"> <li>narrate stories based on Principles of Dharma according to <b>Buddhism</b> and <b>Sikhism</b> from Scriptures.</li> <li>perform skits depicting Principles of Dharma according to Sikhism and Buddhism.</li> <li>download Principles of Dharma using digital devices</li> <li>visit Gurudwara and Buddhist temple to learn about principles of Dharma</li> <li>observe and practise the Principles of Dharma depicted in stories from Scriptures</li> </ul>	<p>Scriptures, Magazines, Digital devices, Newspapers, animated movies, Realia</p>	<p>Observation, QA, Essay writing, Role modelling, projects</p>	
	2	<b>Ishwar Upaasnaa (Worship)</b>	<p><b>Dainik Prarthana</b> <b>Daily prayers</b></p>	<p><b>By the end of the Sub strand the learner should be able to:</b></p> <ol style="list-style-type: none"> <li>identify prayers performed for different occasions for familiarisation</li> <li>recite prayers for peace of mind</li> <li>explain the importance of prayers in his/her daily life for spiritual development</li> </ol>	<ol style="list-style-type: none"> <li>Why do we pray?</li> <li>Which prayers are recited at different occasions?</li> <li>What is the significance of each prayer?</li> </ol>	<p><b>Learners could be guided to:</b></p> <ul style="list-style-type: none"> <li>learn from a resource person prayer for different occasions.</li> <li>recite <b>Gayatri Mantra</b> using digital devices.</li> <li>recite and sing <b>Twamev Mata cha Pita Twamev</b> in groups</li> <li>write/type <b>Saraswati Vandana</b></li> <li>perform prayer during school assembly</li> <li>Listen to the audio of prayers for correct pronunciation</li> </ul>	<p>Scriptures, Magazines, Digital devices, Newspapers, animated movies, Realia</p>	<p>Observation, QA, Essay writing, Role modelling, projects</p>	
	3		<p><b>Dainik Prarthana</b> <b>Daily prayers</b></p>	<p><b>By the end of the Sub strand the learner should be able to:</b></p> <ol style="list-style-type: none"> <li>identify prayers performed for different occasions for familiarisation</li> <li>recite prayers for peace of mind</li> <li>explain the importance of prayers in his/her daily life for spiritual development</li> </ol>	<ol style="list-style-type: none"> <li>Why do we pray?</li> <li>Which prayers are recited at different occasions?</li> <li>What is the significance of each prayer?</li> </ol>	<p><b>Learners could be guided to:</b></p> <ul style="list-style-type: none"> <li>learn from a resource person prayer for different occasions.</li> <li>recite <b>Gayatri Mantra</b> using digital devices.</li> <li>recite and sing <b>Twamev Mata cha Pita Twamev</b> in groups</li> <li>write/type <b>Saraswati Vandana</b></li> <li>perform prayer during school assembly</li> <li>Listen to the audio of prayers for correct pronunciation</li> </ul>	<p>Scriptures, Magazines, Digital devices, Newspapers, animated movies, Realia</p>	<p>Observation, QA, Essay writing, Role modelling, projects</p>	

6	1		<b>Dainik Prarthana Daily prayers</b>	<p><b>By the end of the Sub strand the learner should be able to:</b></p> <ol style="list-style-type: none"> <li>identify prayers performed for different occasions for familiarisation</li> <li>recite prayers for peace of mind</li> <li>explain the importance of prayers in his/her daily life for spiritual development</li> </ol>	<ol style="list-style-type: none"> <li>Why do we pray?</li> <li>Which prayers are recited at different occasions?</li> <li>What is the significance of each prayer?</li> </ol>	<p><b>Learners could be guided to:</b></p> <ul style="list-style-type: none"> <li>learn from a resource person prayer for different occasions.</li> <li>recite <b>Gayatri Mantra</b> using digital devices.</li> <li>recite and sing <b>Twamev Mata cha Pita Twamev</b> in groups</li> <li>write/type <b>Saraswati Vandana</b></li> <li>perform prayer during school assembly</li> <li>Listen to the audio of prayers for correct pronunciation</li> </ul>	<p>Scriptures, Magazines, Digital devices, Newspapers, animated movies, Realia</p>	<p>Observation, QA, Essay writing, Role modelling, projects</p>	
	2		<b>Sanatan Mandirs(Temple) in Kenya</b>	<ol style="list-style-type: none"> <li>identify the Hindu places of worship in his/her locality for familiarisation</li> <li>map the Hindu Mandir (temples) in Kenya for familiarisation</li> </ol>	<ul style="list-style-type: none"> <li>make a collage of pictures of temples in his/her locality</li> <li>use digital devices to map the Hindu Mandir (temple) in Kenya</li> <li>draw and colour the Hindu Mandir (temple).</li> </ul>	<ol style="list-style-type: none"> <li>Which Hindu Mandir is in your locality?</li> <li>What rites and rituals are observed in a Hindu Mandir?</li> </ol>	<p>Scriptures, Magazines, Digital devices, Newspapers, animated movies, Realia</p>	<p>Observation, QA, Essay writing, Role modelling, projects</p>	
	3		<b>Sanatan Mandirs(Temple) in Kenya</b>	<ol style="list-style-type: none"> <li>identify the Hindu places of worship in his/her locality for familiarisation</li> <li>map the Hindu Mandir (temples) in Kenya for familiarisation</li> </ol>	<ul style="list-style-type: none"> <li>make a collage of pictures of temples in his/her locality</li> <li>use digital devices to map the Hindu Mandir (temple) in Kenya</li> <li>draw and colour the Hindu Mandir (temple).</li> </ul>	<ol style="list-style-type: none"> <li>Which Hindu Mandir is in your locality?</li> <li>What rites and rituals are observed in a Hindu Mandir?</li> </ol>	<p>Scriptures, Magazines, Digital devices, Newspapers, animated movies, Realia</p>	<p>Observation, QA, Essay writing, Role modelling, projects</p>	
7	1		<b>Sanatan Mandirs(Temple) in Kenya</b>	<ol style="list-style-type: none"> <li>observe rites and rituals when visiting Hindu Mandir (temple).</li> <li>appreciate the architecture of the place of worship for development of aesthetic sense.</li> </ol>	<ul style="list-style-type: none"> <li>visit to Hindu Mandir (temple) to witness the rites and rituals, architecture and important features of the Hindu Mandir (temple).</li> <li>Use search engines for enhancing information about Hindu Mandir</li> </ul>	<ol style="list-style-type: none"> <li>Which Hindu Mandir is in your locality?</li> <li>What rites and rituals are observed in a Hindu Mandir?</li> </ol>	<p>Scriptures, Magazines, Digital devices, Newspapers, animated movies, Realia</p>	<p>Observation, QA, Essay writing, Role modelling, projects</p>	

2	Utsav (Festivals)	<p><b>Social and national festivals</b></p> <p>Mahashivratri</p> <p>Paryushan Parv</p> <p>Madaraka day</p>	<p><b>By the end of the sub-strand the learner should be able to:</b></p> <ol style="list-style-type: none"> <li>define the significance of celebrating the festivals for social cohesion</li> <li>identify the rites and rituals during the celebration of different festivals</li> <li>appreciate the significance of celebrating social and national festivals for cohesion</li> </ol>	<ol style="list-style-type: none"> <li>Why do we celebrate festivals?</li> <li>Which rites and rituals are performed while celebrating Mahashivratri?</li> <li>What messages are conveyed by celebrating the different festivals?</li> </ol>	<p><b>Learner could be guided to:</b></p> <ul style="list-style-type: none"> <li>listen to stories/narrate stories about the significance of celebrating festivals</li> <li>watch videos on how <b>Mahashivratri/Paryushan Parv/Madaraka day</b> is celebrated</li> </ul>	<p>Scriptures, Magazines, Digital devices, Newspapers, animated movies, Realia</p>	<p>Observation, QA, Essay writing, Role modelling, projects</p>	
3		<p><b>Social and national festivals</b></p> <p>Mahashivratri</p> <p>Paryushan Parv</p> <p>Madaraka day</p>	<p><b>By the end of the sub-strand the learner should be able to:</b></p> <ol style="list-style-type: none"> <li>define the significance of celebrating the festivals for social cohesion</li> <li>identify the rites and rituals during the celebration of different festivals</li> <li>appreciate the significance of celebrating social and national festivals for cohesion</li> </ol>	<ol style="list-style-type: none"> <li>Why do we celebrate festivals?</li> <li>Which rites and rituals are performed while celebrating Mahashivratri?</li> <li>What messages are conveyed by celebrating the different festivals?</li> </ol>	<p><b>Learner could be guided to:</b></p> <ul style="list-style-type: none"> <li>listen to stories/narrate stories about the significance of celebrating festivals</li> <li>watch videos on how <b>Mahashivratri/Paryushan Parv/Madaraka day</b> is celebrated</li> </ul>	<p>Scriptures, Magazines, Digital devices, Newspapers, animated movies, Realia</p>	<p>Observation, QA, Essay writing, Role modelling, projects</p>	
8	1	<p><b>Social and national festivals</b></p> <p>Mahashivratri</p> <p>Paryushan Parv</p> <p>Madaraka day</p>	<p><b>By the end of the sub-strand the learner should be able to:</b></p> <ol style="list-style-type: none"> <li>define the significance of celebrating the festivals for social cohesion</li> <li>identify the rites and rituals during the celebration of different festivals</li> <li>appreciate the significance of celebrating social and national festivals for cohesion</li> </ol>	<ol style="list-style-type: none"> <li>Why do we celebrate festivals?</li> <li>Which rites and rituals are performed while celebrating Mahashivratri?</li> <li>What messages are conveyed by celebrating the different festivals?</li> </ol>	<p><b>Learner could be guided to:</b></p> <ul style="list-style-type: none"> <li>listen to stories/narrate stories about the significance of celebrating festivals</li> <li>watch videos on how <b>Mahashivratri/Paryushan Parv/Madaraka day</b> is celebrated</li> </ul>	<p>Scriptures, Magazines, Digital devices, Newspapers, animated movies, Realia</p>	<p>Observation, QA, Essay writing, Role modelling, projects</p>	

2			<p><b>Social and national festivals</b></p> <p><b>Mahashivratri</b></p> <p><b>Paryushan Parv</b></p> <p><b>Madaraka day</b></p>	<p><b>By the end of the sub-strand the learner should be able to:</b></p> <ol style="list-style-type: none"> <li>define the significance of celebrating the festivals for social cohesion</li> <li>identify the rites and rituals during the celebration of different festivals</li> <li>appreciate the significance of celebrating social and national festivals for cohesion</li> </ol>	<ol style="list-style-type: none"> <li>Why do we celebrate festivals?</li> <li>Which rites and rituals are performed while celebrating Mahashivratri?</li> <li>What messages are conveyed by celebrating the different festivals?</li> </ol>	<p><b>Learner could be guided to:</b></p> <ul style="list-style-type: none"> <li>listen to stories/narrate stories about the significance of celebrating festivals</li> <li>watch videos on how <b>Mahashivratri/Paryushan Parv/Madaraka day</b> is celebrated</li> </ul>	<p>Scriptures, Magazines, Digital devices, Newspapers, animated movies, Realia</p>	<p>Observation, QA, Essay writing, Role modelling, projects</p>	
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9	1		<p><b>Social and national festivals</b></p> <p><b>Mahashivratri</b></p> <p><b>Paryushan Parv</b></p> <p><b>Madaraka day</b></p>	<p><b>By the end of the sub-strand the learner should be able to:</b></p> <ol style="list-style-type: none"> <li>define the significance of celebrating the festivals for social cohesion</li> <li>identify the rites and rituals during the celebration of different festivals</li> <li>appreciate the significance of celebrating social and national festivals for cohesion</li> </ol>	<ol style="list-style-type: none"> <li>Why do we celebrate festivals?</li> <li>Which rites and rituals are performed while celebrating Mahashivratri?</li> <li>What messages are conveyed by celebrating the different festivals?</li> </ol>	<ul style="list-style-type: none"> <li>actively participate in the celebration of festivals</li> <li>write/type compositions on the festivals</li> <li>visit temples/community hall/ National stadium/National museum/archives and take photos</li> <li>sing the National Anthem and respect the National flag.</li> <li>do charity works for inclusive celebrations</li> <li>sing and dance during celebration of festivals</li> </ul>	<p>Scriptures, Magazines, Digital devices, Newspapers, animated movies, Realia</p>	<p>Observation, QA, Essay writing, Role modelling, projects</p>	



	2		<p><b>Social and national festivals</b></p> <p><b>Mahashivratri</b></p> <p><b>Paryushan Parv</b></p> <p><b>Madaraka day</b></p>	<p><b>By the end of the sub-strand the learner should be able to:</b></p> <ol style="list-style-type: none"> <li>define the significance of celebrating the festivals for social cohesion</li> <li>identify the rites and rituals during the celebration of different festivals</li> <li>appreciate the significance of celebrating social and national festivals for cohesion</li> </ol>	<ol style="list-style-type: none"> <li>Why do we celebrate festivals?</li> <li>Which rites and rituals are performed while celebrating Mahashivratri?</li> <li>What messages are conveyed by celebrating the different festivals?</li> </ol>	<ul style="list-style-type: none"> <li>sing and dance during celebration of festivals</li> <li>download the Hindu calendar and form a weekly plan.</li> <li>create and decorate the calendar using digital devices wherever possible.</li> <li>match the days with the corresponding planets using digital devices.</li> </ul>	<p>Scriptures, Magazines, Digital devices, Newspapers, animated movies, Realia</p>	<p>Observation, QA, Essay writing, Role modelling, projects</p>	
	3		<p><b>Hindu calendar:</b></p> <p>Days of the week in relation to planets</p>	<ol style="list-style-type: none"> <li>name the days of the week according to Hindu calendar</li> <li>relate the days of the week with the corresponding planets for preservation of tradition</li> </ol>	<ol style="list-style-type: none"> <li>What are the names of days of a week according to Hindu Calendar?</li> <li>Which days of the week correspond with specific planets?</li> </ol>	<ul style="list-style-type: none"> <li>download the Hindu calendar and form a weekly plan.</li> <li>create and decorate the calendar using digital devices wherever possible.</li> <li>match the days with the corresponding planets using digital devices.</li> </ul>	<p>Scriptures, Magazines, Digital devices, Newspapers, animated movies, Realia</p>	<p>Observation, QA, Essay writing, Role modelling, projects</p>	
10	1		<p><b>Hindu calendar:</b></p> <p>Days of the week in relation to planets</p>	<ol style="list-style-type: none"> <li>name the days of the week according to Hindu calendar</li> <li>relate the days of the week with the corresponding planets for preservation of tradition</li> </ol>	<ol style="list-style-type: none"> <li>What are the names of days of a week according to Hindu Calendar?</li> <li>Which days of the week correspond with specific planets?</li> </ol>	<ul style="list-style-type: none"> <li>download the Hindu calendar and form a weekly plan.</li> <li>create and decorate the calendar using digital devices wherever possible.</li> <li>match the days with the corresponding planets using digital devices.</li> </ul>	<p>Scriptures, Magazines, Digital devices, Newspapers, animated movies, Realia</p>	<p>Observation, QA, Essay writing, Role modelling, projects</p>	
	2		<p><b>Hindu calendar:</b></p> <p>Days of the week in relation to planets</p>	<ol style="list-style-type: none"> <li>name the days of the week according to Hindu calendar</li> <li>relate the days of the week with the corresponding planets for preservation of tradition</li> </ol>	<ol style="list-style-type: none"> <li>What are the names of days of a week according to Hindu Calendar?</li> <li>Which days of the week correspond with specific planets?</li> </ol>	<ul style="list-style-type: none"> <li>download the Hindu calendar and form a weekly plan.</li> <li>create and decorate the calendar using digital devices wherever possible.</li> <li>match the days with the corresponding planets using digital devices.</li> </ul>	<p>Scriptures, Magazines, Digital devices, Newspapers, animated movies, Realia</p>	<p>Observation, QA, Essay writing, Role modelling, projects</p>	

3	Yoga (Holistic Wellness)	<b>Pranayaam (Breathing exercises)</b> <b>Bhastrika</b>  <b>Kapaal Bhaati</b>	<b>By the end of the Sub strand the learner should be able to:</b> <ol style="list-style-type: none"> <li>a. name the types of Pranaayam for familiarisation</li> <li>b. practice Pranaayam for physical well being</li> </ol>	<ol style="list-style-type: none"> <li>1. What is Pranaayam?</li> <li>2. Which types of Pranaayam do you know?</li> </ol>	<b>Learners could be guided to:</b> <ul style="list-style-type: none"> <li>• identify Pranaayam using digital device</li> <li>• perform <b>Bhastrika</b> and <b>Kapaal Bhaati</b> correctly under the supervision of an able resource person.</li> <li>• participate in the celebration of International, Yoga day and take photos/videos.</li> </ul>	Scriptures, Magazines, Digital devices, Newspapers, animated movies, Realia	Observation, QA, Essay writing, Role modelling, projects	
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11-14	<b>End Term/Assesment</b>							
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