



BHARATIYA VIDYA
Bhavan's

PARANJAPE VIDYA MANDIR

KOTHRUD, PUNE - 411038

Std. : I

Syllabus

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SYLLABUS FOR THE ACADEMIC YEAR (2019 - 2020)

Std. : I Subject : ENGLISH

Portion for TERM - I

Type of Evaluation	Marks	Topics
FORMATIVE		
1] Oral Task	20	[5 Marks] - Reading simple sentences [5 Marks] - Recitation - B. B. Pg. No. 2, 13 and 14 [5 Marks] - Picture Talk [5 Marks] - Rhyming Words (3 Letter)
2] Project	10	Word House B. B. Pg. No. 38
3] Activity	10	Naming Words (Nouns)
4] Class Test - I	20	Prose : Soham's Ball, Toto - The Hen, Surprise Birthday Party Grammar : Nouns, Articles (A, An), Three letter words (B.B. Pg. 7 and 9), Alphabetical order, Punctuation (Capital letter and full stop) Composition : Myself, An Apple
5] C.W. / H.W.	10	Overall Neatness, Handwriting, Completion of Class Work and Home Work and Copy writing.
	70	
SUMMATIVE (I Terminal Exam)		
1] Oral	10	[5 Marks] - Recitation - B.B. Pg. 1, 31, 51, 69; [5 Marks] - Written Dictation Test
2] Written	20	Prose : Soham's Ball, Toto - The Hen, Surprise Birthday Party, Bicycle, Sunny and Mini Grammar : Alphabetical Order, Nouns, One and Many, Three letter words, Verbs (Action words), Opposites, Pronouns, Articles (A, An), This and That, These and Those Comprehension : Unseen Passage Composition : My School, Our National Bird and an unknown topic, Picture Composition
	30	

SYLLABUS FOR THE ACADEMIC YEAR (2019 - 2020)

Std. : I Subject : ENGLISH

Portion for TERM - II

Type of Evaluation	Marks	Topics
FORMATIVE		
1] Oral Task	20	[5 Marks] - Reading [5 Marks] - Recitation - B. B. Pg. No. 36, 42 and 63 [5 Marks] - Spell the word [5 Marks] - Object talk
2] Project	10	Shapes with alphabetical order
3] Activity	10	Dough shapes (Refer B.B. Pg. No. 44 and 45)
4] Class Test - II	20	Prose : A Surprise for Grandma, Buying Things, The Egg. Grammar : Verbs (Action words), Was and Were, Has and Have Composition : Our National Flag, My Favourite Toy
5] C.W. / H.W.	10	Overall Neatness, Handwriting, Completion of Class Work and Home Work and Copy writing.
	70	
SUMMATIVE (II Terminal Exam)		
1] Oral	10	[3 Marks] - Recitation - B.B. Pg. 17, 19 and 23 [3 Marks] - Question about Community helpers will be asked
2] Written	20	[4 Marks] - Dictation Test Prose : A Surprise for Grandma, Buying Things, The Egg, The Monkey and the Log, Tommy is lost, Shyam's Horse Cart. Grammar : Verbs (Action words), Was and Were, Has and Have, Adjectives, (Describing Words), Prepositions. Comprehension : Unseen Passage, Picture Composition, Full II Term Grammar Portion. Composition : My Best Friend, My Favourite Flower and an unknown topic.
	30	

SYLLABUS FOR THE ACADEMIC YEAR (2019 - 2020)

Std. : I Subject : MATHS

Portion for TERM - I

Type of Evaluation	Marks	Topics
FORMATIVE		
1] Oral	20	[10 Marks] - Words of Comparison (Refer Maths Textbook Pg. 1 to 5) [5 Marks] - Table of 1 and 2 [5 Marks] - Odd and Even Numbers (1 digit)
2] Activity	10	Odd and Even Numbers
3] Project	10	Coins and Currency Notes
4] Class Test - I	20	Numbers (1-100), Number Names (1-30), Before and After Numbers, Smaller and Bigger Numbers, Table of 1 and 2, Ascending and Descending Order (1 digit)
5] C.W. / H.W.	10	Overall Neatness, Handwriting, Completion of Class Work and Home Work
	70	
SUMMATIVE (I Terminal Exam)		
1] Oral Task	05	Mental Maths (All topics covered in M.C.W.)
2] Practical	05	Comparison of Numbers, Before and After Numbers
3] Written	20	Numbers (1-200), Number Names (1-50), Tables (1-5), Smallest and Biggest Numbers, Odd and Even Numbers (1 and 2 digit), Addition and Subtraction of One digit Number with One digit Number, Word Problems as Addition and Subtraction, Comparison of Numbers (2 digit), Before and After Numbers, Place Value, Ascending and Descending Order, Coins and Currency
	30	

SYLLABUS FOR THE ACADEMIC YEAR (2019 - 2020)

Std. : I Subject : MATHS


Portion for TERM - II

Type of Evaluation	Marks	Topics
FORMATIVE		
1] Oral Task	20	[5 Marks] - Ordinal Numbers (1 to 10) [5 Marks] - Table of 4 and 5 [10 Marks] - Comparison (Refer Maths Textbook Pg. 65 to 72)
2] Activity	10	To make a drawing with the help of basic shapes
3] Project	10	Ordinal Numbers (1 - 10)
4] Class Test - II	20	Numbers (1-300), Number Names (1-100), Tables (6,7,8), Word Problems on Addition and Subtraction, Ordinal Numbers (1-10), Basic Shapes
5] C.W. / H.W.	10	Overall Neatness, Handwriting, Completion of Class Work and Home Work.
	70	
SUMMATIVE (II Terminal Exam)		
1] Oral Task	05	Mental Maths (All topics covered in M.C.W.)
2] Practical	05	Clock and Calendar
3] Written	20	Numbers (1-500), Number Names (1-100), Tables (1-10), Addition of 2 digit Numbers with 2 digit Numbers without carrying over, Subtraction of 2 digit Numbers from 2 digit Numbers without borrowing, Word Problems on Addition and Subtraction, Ordinal Numbers (1-10), Ascending and Descending Order (2 digit), Clock and Calendar, Pattern, Full portion of Term I and II
	30	

SYLLABUS FOR THE ACADEMIC YEAR (2019 - 2020)

Std. : I Subject : MARATHI

Portion for TERM - I

Type of Evaluation	Marks	Topics
FORMATIVE		
1] Oral	20	वारांची नावे, कविता
2] Activity	10	Newspaper Activity
3] Experiment	10	दिलेले चित्र ओळखून नाव सांगणे
4] Project	10	दिलेल्या अक्षरांपासून सुरु होणारे प्रत्येकी एक चित्र काढा किंवा चिकटवा. (उदा. = व = )
5] C.W. / H.W.	20	नीटनेटकेपणा, काम वेळेवर पूर्ण करणे
	70	
SUMMATIVE		
1] Oral Task	10	फळांची नावे, फुलांची नावे
2] Written	20	अंक लेखन - १ ते ५, व, ब, क, त, न, प, ष, फ, भ, म, ग, ट, ठ, ड, ढ, द, र, स, श, ख, च, ज
	30	

Portion for TERM - II

Type of Evaluation	Marks	Topics
FORMATIVE		
1] Oral	20	मराठी महिने, कविता, रंग.
2] Activity	10	१ ते १० अंक व अक्षरे ओळखणे.
3] Experiment	10	दिलेल्या अक्षरांपासून सुरु होणारे शब्द सांगा.
4] Project	10	दिलेल्या अक्षरांपासून सुरु होणाऱ्या कोणत्याही ५ फुलांची व ५ फळांची चित्रे काढा किंवा चिकटवा व त्यासमोर त्याचे पहिले अक्षर लिहा.
5] C.W. / H.W.	20	नीटनेटकेपणा, काम वेळेवर पूर्ण करणे
	70	
SUMMATIVE		
1] Oral Task	10	अंक १ ते ३०
2] Written	20	प्रथम सत्रातील सर्व अक्षरे आणि घ, ध, छ, ल, य, थ, ण, झ, ह, ळ, त्र, श्र, ज्ञ, क्ष, ऋ, १ ते १० अंक लेखन
	30	

**SYLLABUS FOR THE ACADEMIC YEAR
(2019 - 2020)**

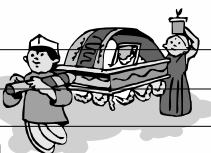
**SYLLABUS FOR THE ACADEMIC YEAR
(2019 - 2020)**

**SYLLABUS FOR THE ACADEMIC YEAR
(2019 - 2020)**

Calendar of Events 2019-20



Date & Day	Event
JUNE 2019	
17th June, Sat.	Std. I to Std. X - School Reopens / Katha Kathan / Musical Assembly
19th June, Mon. to 25th June, Thu.	Std. I to Std. X - Medical check-up (Arogyam Dhansampada Athavada)
21st June, Fri.	Std. IV to Std. VII - International Yoga Din Utsav (Message of peace through Yoga)
22nd June, Sat.	Std. I to Std. X - Kalidas Din (Special Assembly)
25th June, Tue.	Std. III & Std. IV - Hastakshar Jatra (Marathi)
24th June, Mon. & 25th June, Tue.	Std. VIII to Std. X - Election Canvassing
26th June, Wed.	Std. VIII to Std. X - School Elections
24th June, Mon. to 26th June, Wed.	Std. X - Special Assembly (Vasudhaiva Kutumbakam)
27th June, Thu.	Std. VIII - Palakhi Visit Std. I to Std. VII - Newspaper Activity (English)
28th June, Fri.	Std. I to Std. IV - Kathakathan (Marathi)
22nd & 29th June, Sat. - Std. I to Std. X - Working Saturday	
JULY 2019	
1st July, Mon. to 4th July, Thu.	Std. I to Std. IV - Circle Times
3rd July, Wed.	Std. VIII to Std. X - Investiture Ceremony
6th July, Sat.	Std. I to Std. VII - Rangavarsha
9th July, Tue.	Std. V to Std. VII - Marathi Vachan Spardha
10th July, Wed.	Std. I to Std. X - Tagore Day
11th July, Thu.	Std. I to Std. VII - Palakhi Utsav (Musical Assembly)
15th July, Mon. to 17th July, Wed.	Std. IX - Special Assembly (Relevance of Mahatma Gandhi)
16th July, Tue.	Std. I to Std. X - Gurupournima Utsav / Kathakathan (Vitrues of Mahatma Gandhi) Std. IV to Std. VI & Std. VIII - Slogan Writing Competition - Message of Cleanliness - Std. VII - Writing Letters to Soldiers / Mothers / Traffic Police (Message of Gratitude)
17th July, Wed.	Std. VIII - Flannel Board Display Competition (Marathi) Std. I to Std. IV - Newspaper Activity (Marathi)
24th July, Wed.	Std. VIII - Ramanujan Marathon

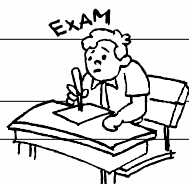


Date & Day	Event
--- July,	Std. IX - Visit to Fire Brigade
--- July,	Std. X - Visit to NDA
--- July,	Visit to Orphanage
29th July, Mon. to 2nd Aug., Fri.	Std. IX & Std. X - Unit Test - I
30th July, Tue. to 2nd Aug., Fri.	Std. I to Std. VIII - Class Test - I
31st July, Wed.	Std. I to Std. X - Deep Pooja Utsav
6th and 27th July, Sat. Std. I to Std. X - Working Saturdays	
AUGUST 2019	
1st Aug., Thu.	Std. I to Std. X - Tilak Punyatithi
9th Aug., Fri.	Std. I - Fancy Dress Competition Std. V to Std. VII - Newspaper Activity (Marathi)
13th Aug., Tue.	Std. V to Std. VII - Selection for English Elocution, Story Telling Competition
14th Aug., Wed.	Std. I to Std. VII - Raksha Bandhan Utsav Std. I to Std. IV - Kathakathan
15th Aug., Thu.	Std. I to Std. X - Independence Day / NIWD
19th Aug., Mon. & 21st Aug., Wed.	Std. VIII to Std. X - Sanskrit / German Day
20th Aug., Tue.	Std. V - English Story Telling Competition (Final Round) Std. VI & Std. VII - English Elocution Competition (Final Round)
21st Aug., Wed.	Std. VIII - Aryabhatta Mathlay
22nd Aug., Thu.	Std. II - English Story Telling Competition (Final Round)
23rd Aug., Fri.	Std. I to Std. IV - Dahi Handi Celebration / Newspaper Activity (English)
26th Aug., Mon. to 28th Aug., Wed.	Std. VIII - Special Assembly (Virtues of Mahatma Gandhi)
29th Aug., Thu.	Std. VII & Std. VIII - Rashtriya Krida Din Utsav
31st Aug., Sat.	Std. I to Std. X - Open Day
3rd, 17th & 31st Aug. Sat - Std. I to Std. X - Working Saturday	
SEPTEMBER 2019	
4th Sept., Wed.	Std. I to Std. IV - Kathakathan
21st Sept., Sat.	Std. V to Std. X - Hindi Rashtra Bhasha Utsav Std. V & Std. VI - Hindi Translation Competition Std. VII & Std. VIII - Hindi Story Telling Competition Std. I to Std. IV - Newspaper Activity (English)
16th Sept. Mon. & 18th Sept., Wed.	Std. VII - Special Assembly (Virtues of Mahatma Gandhi)

Date & Day	Event
18th Sept., Wed.	Std. V to Std. X - On the spot Marathi Writing Competition (Marathi Bhasha - Apali Bhasha)
20th Sept., Fri.	Std. III & Std. IV - Poem Recitation Competition
24th Sept., Tue.	Std. I to Std. VII - Multiplication Table Recitation Competition
25th Sept., Wed.	Std. VIII - Manthan
27th Sept., Fri.	Std. II to Std. IV - English Handwriting Competition
21st & 28th Sept., Sat. -	Std. I to Std. X - Working Saturdays
OCTOBER 2019	
1st Oct., Tue.	Std. I to Std. VIII - Kathakathan (Virtues of Mahatma Gandhi)
2nd Oct., Wed.	Celebration of Pune Kendra Foundation Day
5th Oct., Sat.	Std. VI & Std. VII - Lantern making Competition Std. VIII - Diya Painting Competition
9th Oct., Wed. to 18th Oct., Fri.	Std. I to Std. X - Terminal - I Exam
18th Oct., Fri. Last Working Day	Std. VIII - Killa Making Competition Std. I to Std. IV - Share a Meal Std. V to Std. VII - Unity Meal
5th Oct., Sat.	Std. I to Std. X - Working Saturday
21st Oct., Mon. to 2nd Nov., Sat. - Diwali Vacation	
NOVEMBER 2019	
4th Nov., Mon.	Std. I to Std. X - School Reopens for Term - II Std. I to Std. VII- Katha Kathan
7th Nov., Thu.	Std. I to Std. IX - Bhavan's Foundation Day Celebration
11th Nov., Mon.	Std. I to Std. X - National Education Day
14th Nov., Thu.	Std. I to Std. VII - Bal Din Utsav (Kids Carnival)
23rd, Nov., Sat.	Std. I to Std. VII - Newspaper Activity (Maths)
15th Nov., Fri.	Std. IX & Std. X - Declamation Competition
19th Nov. Wed.	Std. VIII & Std. IX - Geeta Recitation Competition
20th Nov., Thu. to 29th Nov., Fri.	Sports Mela
30th Nov., Sat.	Std. I to Std. X - Open Day
23rd & 30th Nov., Sat. -	Std. I to Std. X - Working Saturday
DECEMBER 2019	
1st Dec., Sun.	Std. III - Dress Rehearsal at Bhavan Auditorium, Shivajinagar
7th Dec., Sat.	Std. III - Annual Concert Std. I to Std. IV - Newspaper Activity (English)
10th Dec., Tue. to 13th Dec., Fri.	Library Week



Date & Day	Event
5th Dec., Thu. to 10th Dec., Tue. & 16th Dec., Mon.	Std. X- Unit Test - II / Prelim - I
13th Dec., Fri.	Std. I to Std. IV - Christmas Greeting Card Competition
18th Dec., Wed.	Std. IX - Marathi Pathanatya Spardha (Street Play Competition)
20th Dec., Fri.	Std. V to Std. X - National Mathematics Day (Special Assembly) Std. VII - Inter House Science & Maths Quiz
7th Dec., Sat. - Std. I to Std. X - Working Saturday	
JANUARY 2020	
2nd Jan., Thu.	Std. I to Std. X - School Reopens after Winter break Std. I to Std. IV – Kathakathan
6th Jan., Mon. to 11th Jan., Sat.	Std. I to Std. IX - Class Test - II
12th Jan., Sun.	National Youth Day
3rd Jan., Fri. to 16th Jan., Thu.	Std. X - Joint Preliminary Exam
16th Jan., Thu.	Std. VIII and Std. IX - National Youth Day / Swami Vivekananda Kendra Speeches.
17th Jan., Fri.	Std. VII and Std. VIII - Ganit Games
26th Jan., Sun.	Std. I to Std. X - Republic Day Celebration / NIWD / Attendance Compulsory
22nd Jan., Wed.	Std. V to Std. VII - Newspaper Activity (Hindi)
31st Jan., Fri.	Std. I to Std. IV - Newspaper Activity (English) Std. X- Last Assembly
--- Jan.	BOBB (Final Round)
As per calendar	Std. I to Std. VII - Rathasaptami (Surya Namaskar)
--- Jan.,	Picnic
4th & 25th Jan., Sat - Std. I to Std. X - Working Saturdays	
FEBRUARY 2020	
1st Feb., Sat.	Std. X - Farewell
3rd Feb., Mon. to 7th Feb., Fri.	Std. I to Std. IX - Science and Maths Week
6th Feb., Thu. & 7th Feb., Fri.	Std. VI to Std. IX - Science Exhibition
7th Feb., Fri.	Std. I to Std. IV - Newspaper Activity (Maths)
13th Feb., Thu. & 14th Feb., Fri.	Std. I to Std. X - Open Day
17th Feb., Mon. & 18th Feb., Tue.	Std. IV - Special Assembly (The Great Warrior King of Maharashtra)



Date & Day	Event
24th Feb., Mon. to 29th Feb., Fri.	Std. V to Std. VII - Marathi Bhasha Athavada Std. V- Kavita Pathantar Spardha Std. VI - Vakrutva Spardha (Marathi) Std. VII - Utsphurt Natya Spardha
25th Feb., Tue. to 27th Feb., Thu.	Std. V - Special Assembly
27th Feb., Thu.	Std. I to Std. IX - Marathi Bhasha Din
28th Feb., Fri.	Special Assembly (Science Day)
--- Feb.,	Art Exhibition
1st, 22nd, 29th Feb., Sat. - Std. I to Std. X - Working Saturdays	
MARCH 2020	
9th Mar., Mon.	Std. I to Std. IV - Playing with Colours
5th Mar., Thu. to 18th Mar., Wed.	Std. IX - Final Exam
7th, 28th Mar., Sat. - Std. I to Std. IX - Working Saturdays	
APRIL 2020	
1st April, Wed. to 9th April, Thu.	Std. I to Std. VIII – Terminal - II Exam
9th April, Thu.	Std. I to Std. VIII - Last Working Day (Ice-cream Party) / Dr. Babasaheb Ambedkar Jayanthi
27th April, Mon.	Std. VII - Open Day
28th April, Tue.	Std. I to Std. VI, Std. VIII and Std. IX- Open Day
School Reopens on Monday, 15th June, 2020 for the A.Y. 2020-2021	



P.T.A. Meetings for the Academic Year 2019-20

I Term

22nd June - Saturday

Std. IX - 8.30 a.m. to 10.00 a.m.

Std. X - 10.30 a.m. to 11.30 a.m.

Std. I & VII [Morn. & After. Shift] Open House

27th July - Friday

Std. V - Morn. & After. Shift - 8.00 a.m. to 9. a.m.

Std. VI - Morn. & After. Shift - 10.00 a.m. to 11.30 a.m.

Std. VII - Morn. & After. Shift - 12.00 noon to 1.30 p.m.

Std. VIII - Morn. & After. Shift - 12.00 noon to 1.30 p.m.

II Term - Dates will be declared later

Holidays - 2019-20

Date	Day	No. of Day
JULY 2019		
12/07/2019	Fri. Ashadhi Ekadashi	1
AUGUST 2019		
12/08/2019	Mon. Bakri ID	1
15/08/2019	Thu. Raksha Bandhan/Independence Day (NIWD)	1
24/08/2019	Sat. Dahihandi	1
SEPTEMBER 2019		
02/09/2019	Mon. Ganesh Chaturthi	1
05/09/2019 to	Thu. Ganesh Festival	3
07/09/2019	Sat.	
10/09/2019	Tue. Moharam	1
12/09/2019	Thu. Anant Chaturdashi 1st and 2nd day	2
OCTOBER 2019		
02/10/2019	Wed. Pune Kendra Foundation Day & Gandhi Jyanti Celebration	1
08/10/2019	Tue. Dussehra	1
18/10/2019 to	Fri. Diwali Vacation (Last working day)	14
02/11/2019	Sat.	
04/11/2019	Mon. School Re-Opens for II Term	
NOVEMBER 2019		
12/11/2019	Tue. Gurunanak Jayanti	1
DECEMBER 2019		
23/12/2019 to	Mon. Christmas Vacation	9
01/01/2020	Wed.	
JANUARY 2020		
02/01/2020	Fri. School Re-Opens after Winter Break	
15/01/2020	Wed. Makar Sankranti	1
26/01/2020	Sun. Republic Day Celebration (NIWD)	
FEBRUARY 2020		
19/02/2020	Wed. Shiv Jayanti	1
21/02/2020	Fri. Mahashivratri	1
MARCH 2020		
10/03/2020	Tue. Dhulivandan	1
25/03/2020	Wed. Gudipadwa	1
APRIL 2020		
02/04/2020	Thu. Ram Navmi	1
06/04/2020	Mon. Mahavir Jayanti	1
09/04/2020	Thu. Last working Day	1
School will re-open for the next A.Y. 2020-2021 on Monday 15/06/2020		

Details of Various Competitive Examinations

Sr. No.	Name of the Exam	Applicable to Std.	Forms filling in the month of	Exams are held in the month of	Teacher- in-Charge
1	Govt. Scholarship	Std. V & VIII	August	Feb.	Respective Class Teachers
2	NTS	Std. IX & X	July	Nov.	Mrs. Mukul Bapat
3	MTS	Std. VIII	Sept.	April	Ms. Anjali Wagh
4	Nurture Excellence in Mathematics (Level I)	Std. V & VIII	Aug.	Nov.	Mrs. Namrata Kanade
5	Elementary Drawing Grade Examination	Std. VII onwards	1st Week of July	Sept.	Mrs. Asmita Karpe
6	Intermediate Drawing Grade Examination	Std. VIII onwards	1st Week of July	Sept.	Mrs. Asmita Karpe
7	Rashtrabhasha	Std. V to VIII	July	Sept.	Mrs. Rutuja Bibawe
8	Sanskrit Balbodh	Std. VII	Nov. to Dec.	2nd Week of Feb.	Mrs. Sucheta Bhure
9	Sanskrit Prarambha	Std. VIII	Nov. to Dec.	2nd Week of Feb.	Mrs. Sucheta Bhure
10	Cyber Olympiad	Std. II to IX	Till June 2018	31 Jan.	Mrs. Ashwini Hire Mrs. Linita More Mrs. Deepali Deshpande
11	Science Olympiad	Std. I to IX	Till June 2018	27 Nov.	
12	Maths Olympiad	Std. I to IX	Till June 2018	04 Dec.	
13	English Olympiad	Std. I to IX	Till June 2018	11 Oct.	Mrs. Sayali Gokhale
14	Homi Bhabha	Std. VI & IX	July 2018	Sept.	
15	Jain Maths	Std. II to IX	Nov. to Dec.	2nd Week of April	Mrs. Preeti Godambe
16	Maxmuller Bhavan Exam	Std. VIII to X			German Teacher
17	Marathi Bhasha Olympiad	Std. IV & VII			Mrs. Pooja Khandekar

Suggested Menus for Std. I to IV

Timings	Day 1	Serve	Day 2	Serve	Day 3	Serve	Day 4	Serve	Day 5	Serve	Day 6	Serve	Day 7	Serve
Early Morning	Milk	1 Big Glass	Milk	1 Big Glass	Milk	1 Big Glass	Milk	1 Glass	Milk	1 Glass	Milk	1 Glass	Milk	1 Glass
	Pone	1 Vati	Upma	1 Vati	Idli / Uttappa	2 Nos.	Egg omelette/ Besan chila	1 No.	Sabudana Khichadi	1 Vati	Spinach Corn Roll	1 Big	Masala Dosa	1 Big
Breakfast	Apple	1 No.	Banana	1 No.	Sambhar	1k	Bread	2 Slice	Cucumber Raita	1k	Sapota	1 no	Coconut Chutney	1tsp
	Chapati	1 No.	Vegetable Khichadi	1 Vati	Thepla (Methi / Palak / Raddish)	1 No.	Paneer Pulav	1 Vati	Chappati	1	Pav	2	Tomato Rice	1 Bowl
Lunch	Any Green Leafy Bhaji	1k	Grated Koshmbir	1k	Groundnut Chutney	2 tsp	Dahi	1k	Methi Aloo Bhaji	1k	Bhaji	1k	Carrot Lentil Soup	1k
	Thalipith	1 No.	Ground Nut Ladoo	2 Small	Fruit Chaat	1 k	Sprouts Bhel	1k	Ghavan	1 Small	Buttermilk	1 Glass	Khakra	1
Evening Snacks	Dahi	1k	Sandwich Grilled	1 No.	Sweet Curd	1k	Lime Juice	1 Glass	Green Chutney	2 tsp	Cornflakes Chivwada	1 k	Sweet groundnut chutney	1 tsp
	Pulav	1 Vati	Chapati	1 No.	Lemon Rice / Masalebhat	1 Vati	Chapati	1 No.	Chapati	1 No.	Vegetable Biryani	1 Vati	Paneer Bhurji	1k
Dinner	Chapati	1 No.	Soyabean Gravy Bhaji	1k	Tomato Saar	1k	Cabbage Bhaji	1k	French Beans Bhaji	1k	Salad	1k	Chapati	1 No.
	Rajmah Usal	1k	Rice	1k	Kothimbir Vadi	2 - 3	Dal	1k	Khichadi	1k			Salad	1k
Bedtime	Cucumber Salad	1 No.	Dal	1k			Rice	1k	Kadhi	1k				
	Milk	1 Big Glass	Milk	1 Big Glass	Milk	1 Big Glass	Milk	1 Big Glass	Milk	1 Big Glass	Milk	1 Big Glass	Milk	1 Big Glass

Instructions : 1] This menu planning is for healthy kids. In case of any health condition kindly consult your doctor and dietician. 2] Kindly give age appropriate portion size. 3] Use at least 8-10 glass of water / day. 4] Daily 1/2 portion of lemon is recommended. 5] Homemade and freshly prepared food is preferred over readymade / outside food. 6] At least 1-2 hr/day outdoor exercise is recommended. 7] At least 30 minutes of sunlight exposure is recommended. 8] Do not use TV / Computer more than 1/2 hr / day. 9] Please Note - Approximate Measurements - K = Medium Katori (Armi vati), Vati = Big salad bowl, 1sp = Teaspoon, Medium glass = 200ml, Big glass = 250ml, 10] Preferably milk should be low fat. 11] Outside / fried foods should be avoided. Prepared by : Dr. Anuradha Khadilkar, MD, Mrs. Neha Kajale, MSc RD, Ms. Anjali Jaiswal, BSc, M&D, Hirabai Cowasji Jehangir Medical Research Institute, Jehangir Hospital, Pune, 411001.