



BHARATIYA VIDYA
Bhavan's

PARANJAPE VIDYA MANDIR

KOTHRUD, PUNE - 411038

Std. : IV

Syllabus

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SYLLABUS FOR THE ACADEMIC YEAR (2019 - 2020)

Std. : IV Subject : ENGLISH

Portion for TERM - I

Type of Evaluation	Marks	Topics
FORMATIVE		
1] Oral Task	10	Reading, Dictation Recitation : B.B. Poem - 1, 3
2] Class Test - I	20	Prose B.B. Ls. 2, 6, Poem : 3, 5 Quote for memory, Comprehension (Textual) Grammar : Sentences, Nouns, Punctuation Writing Skill : Composition
3] Self Assessment Test	10	B.B. Ls. 8 Grammar : All topics covered and verbs
4] Project / Activity	10	Ls. 15 - Collage, Ls. 7 - Dialogue Formation
5] C.W. / H.W.	10	Overall Neatness, Copywriting, Completion of Class Work and Home Work
	60	
SUMMATIVE (I Terminal Exam)		
1] Oral	10	Reading, Recitation : Poem - 9, 14
2] Written	30	Prose : B.B. Ls. 2, 6, 8, 13 Poem - 12 Comprehension : Textual and Non Textual Grammar : All the topics covered, Articles and Pronouns Writing Skill : Composition, Letter Writing (Informal), Develop a Story
	40	

SYLLABUS FOR THE ACADEMIC YEAR (2019 - 2020)

Std. : IV Subject : ENGLISH

Portion for TERM - II

Type of Evaluation	Marks	Topics
FORMATIVE		
1] Oral Task	10	Reading : Dictation Recitation : B.B. Poem - 18, 21
2] Class Test - II	20	Prose : B.B. Ls. 19, 20, 27 Poem - 18, Quote for Memory, Comprehension (Textual) Grammar : All the topics covered in Term I, Adjectives and Prepositions. Writing Skill : Composition, Letter Writing
3] Self Assessment Test	10	Prose : B.B. Ls. 23 Grammar : All the topics covered
4] Activity / Project	10	Language Game and Translation
5] C.W. / H.W.	10	Overall Neatness, Copywriting, Completion of Class Work and Home Work
	60	
SUMMATIVE (II Terminal Exam)		
1] Oral	10	Reading ; Dictation, Object Talk
2] Written	30	Prose : B.B. Ls. 19, 20, 24, 27, 29, 32, 34, 35, 37 Poetry : Poem - 18, 25, 33 Grammar : All the topics covered in Term I and Term II, Adverbs, Tenses and Conjunctions Writing Skill : Composition, Letter Writing, Develop a story Comprehension : Textual and Non Textual
	40	

SYLLABUS FOR THE ACADEMIC YEAR (2019 - 2020)

Std. : IV Subject : MATHS

Portion for TERM - I

Type of Evaluation	Marks	Topics
FORMATIVE		
1] Oral	10	Table 2 to 20. Ls. 2 Number Work
2] Class Test - I	20	Ls. 2, 3, 7, 15 and 16, Tables 2 to 20
3] Project	10	Ls. 2
4] Activity	10	Ls. 16
5] C.W. / H.W.	10	Completion of Class Work and Home Work
	60	
SUMMATIVE (I Terminal Exam)		
1] Oral	05	Mental Maths Test
2] Practical	05	Ls. 7 and 8
3] Written	30	Ls. 1 to 8, 15 and 16
	40	

SYLLABUS FOR THE ACADEMIC YEAR (2019 - 2020)

Std. : IV Subject : MATHS

Portion for TERM - II

Type of Evaluation	Marks	Topics
FORMATIVE		
1] Oral	10	Tables 2 to 25, Ls. 11 (Conversion)
2] Class Test - II	20	Ls. 9, 10 and 11
3] Project	10	Ls. 11
4] Activity	10	Ls. 10
5] C.W. / H.W.	10	Completion of Class Work and Home Work
	60	
SUMMATIVE (II Terminal Exam)		
1] Oral	05	Mental Maths Test
2] Practical	05	Ls. 11
3] Written	30	Table 1 to 30 and Ls. 1 to 16
	40	

SYLLABUS FOR THE ACADEMIC YEAR (2019 - 2020)

Std. : IV Subject : E.V.S. - I

Portion for TERM - I

Type of Evaluation	Marks	Topics
FORMATIVE 1] Oral Task 2] Class Test - I 3] Activity 4] Project 5] C.W. / H.W.	04 12 10 05 05	Ls. 3, 17 Ls. 4, 5, 13, 14 Ls. 6, 18 Ls. 7, 14 Overall Neatness, Handwriting, Completion of C.W. and H.W.
	36	
SUMMATIVE (I Terminal Exam) 1] Orals Task 2] Practical 3] Written	03 03 18	Ls. 21, 22 Ls. 8, 14 Ls. 3 to 8, 12, 13, 14, 17, 18, 19, 22
	24	

Portion for TERM - II

Type of Evaluation	Marks	Topics
FORMATIVE 1] Oral Task 2] Class Test - II 3] Activity 4] Project 5] C.W. / H.W.	04 12 10 05 05	Ls. 1, 10 Ls. 11, 16, 20 Ls. 12, 15 Ls. 24 Overall Neatness, Completion of C.W. and H.W.
	36	
SUMMATIVE (II Terminal Exam) 1] Orals Task 2] Practical 3] Written	03 03 18	Ls. 2, 19 Ls. 9, 23 Ls. 1, 2, 9, 10, 11, 15, 16, 17, 19, 20, 21, 23, 24
	24	

SYLLABUS FOR THE ACADEMIC YEAR (2019 - 2020)

Std. : IV Subject : E.V.S. - II

Portion for TERM - I

Type of Evaluation	Marks	Topics
FORMATIVE		
1] Oral Task	04	Ls. 1 and 3
2] Class Test - I	08	Ls. 1, 2 and 3
3] Activity	04	Ls. 2 and 6
4] Project	04	Ls. 3 and 7
5] C.W. / H.W.	04	Overall Neatness, Completion of C.W. and H.W.
	24	
SUMMATIVE (I Terminal Exam)		
1] Orals Task	04	Ls. 6 and 8
2] Written	12	Ls. 1 to 9
	16	

Portion for TERM - II

Type of Evaluation	Marks	Topics
FORMATIVE		
1] Oral Task	04	Ls. 11 and 13
2] Class Test - II	08	Ls. 10, 11 and 12
3] Activity	04	Ls. 12 and 14
4] Project	04	Ls. 15 and 17
5] C.W. / H.W.	04	Overall Neatness, Completion of C.W. and H.W.
	24	
SUMMATIVE (II Terminal Exam)		
1] Orals Task	04	Ls. 14 and 16
2] Written	12	Ls. 10 to 18
	16	

SYLLABUS FOR THE ACADEMIC YEAR (2019 - 2020)

Std. : IV Subject : MARATHI

Portion for TERM - I

Type of Evaluation	Marks	Topics
FORMATIVE		
1] Oral Tasks	10	कविता - १ (झाड) व ५ (गान्या गान्या भिंगोन्या) - पाठांतर
2] Activity	10	पाठ क्र. ८ गंमतकोडे या पाठातील कोणतीही ५ चित्रे ओळखा व त्यापासून प्रत्येकी १ वाक्य तयार करून लिहा.
3] Project	10	स्वच्छतेसाठी वापरात येणाऱ्या पाच साधनांची चित्रे काढा किंवा चिकटवा व नावे लिहा.
4] Class Test - I	20	कविता - १, ५, पाठ क्र. - २, १०, ११, १२ अंक अक्षरी १ ते ३०, वाक्य बनविणे, चित्रवर्णन
5] C.W./H.W.	10	नीटनेटकेपणा, काम वेळेत पूर्ण करणे इ.
	60	
SUMMATIVE (I Terminal Exam)		
1] Oral Task	10	कविता - १४, १९, वाचन - पाठ क्र. १८
2] Written	30	कविता - १४, १९, पाठ क्र. - १५, १६, १७ वरील प्रश्नोत्तरे, एकवचन, अनेकवचन, निबंध, अंक अक्षरी १ ते ३०, चित्रवर्णन
	40	

SYLLABUS FOR THE ACADEMIC YEAR (2019 - 2020)

Std. : IV Subject : MARATHI

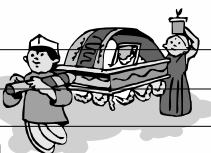
Portion for TERM - II

Type of Evaluation	Marks	Topics
FORMATIVE		
1] Oral Task	10	कविता - २५ (संगणक), २८ (प्रश्न) - पाठांतर
2] Activity	10	कोणत्याही ५ सणांची चित्रे काढा किंवा चिकटवा व मराठीत नावे लिहा.
3] Project	10	गुढीची प्रतिकृती तयार करुन आणणे.
4] Class Test - II	20	कविता - २५, पाठ क्र. २३, २४ वरील प्रश्नोत्तरे, एकवचन, अनेकवचन, वाक्य तयार करणे, अंक अक्षरी १ ते ४०
5] C.W. / H.W.	10	नीटनेटकेपणा, काम वेळेत पूर्ण करणे इ.
	60	
SUMMATIVE (II Terminal Exam)		
1] Oral Tasks	10	कविता - ३०, वाचन
2] Written	30	कविता - २८, ३०, पाठ क्र. - २६, २७, २९, ३१ वरील प्रश्नोत्तरे, एकवचन, अनेकवचन, लिंग बदला, समानार्थी व विरुद्धार्थी शब्द, निबंध, अंक अक्षरी-१ ते ५०, उताऱ्यावरील प्रश्नोत्तरे
	40	

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

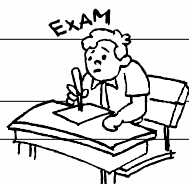


Date & Day	Event
--- July,	Std. IX - Visit to Fire Brigade
--- July,	Std. X - Visit to NDA
--- July,	Visit to Orphanage
29th July, Mon. to 2nd Aug., Fri.	Std. IX & Std. X - Unit Test - I
30th July, Tue. to 2nd Aug., Fri.	Std. I to Std. VIII - Class Test - I
31st July, Wed.	Std. I to Std. X - Deep Pooja 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 (Arni 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. & D, Hirabai Cowasji Jehangir Medical Research Institute, Jehangir Hospital, Pune, 411001.