



BHARATIYA VIDYA
Bhavan's

PARANJAPE VIDYA MANDIR

KOTHRUD, PUNE - 411038

Std. : X

Syllabus

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SYLLABUS FOR THE ACADEMIC YEAR (2019 - 2020)

Std. : X Subject : ENGLISH

Portion for TERM - I and II

Type of Evaluation	Marks	Topics
Unit Test - I	50	Unit - I - 1.1, 1.2, 1.3, 1.4, 1.5, 1.6 Unit - II - 2.1 Grammar topics covered so far Writing Skills covered so far
I - Term Exam	100	Unit - I and Unit - II Unit - III - 3.1 Grammar topics covered so far Writing skills covered so far
Unit Test - II	50	Unit - 3 - 3.2, 3.3, 3.4, 3.5, 3.6 Unit - 4 - 4.1, 4.2 Grammar topics covered so far Writing skills covered so far
Preliminary Exam	100	Unit - 1, 2, 3 and 4 Grammar topics covered so far Writing skills covered so far

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

Std. : X Subject : MARATHI

Portion for TERM - I and II

Type of Evaluation	Marks	Topics
Unit Test - I	50	भाग १ - पद्य २ - अ, आ, गद्य ३, ४ स्थूलवाचन - मोठे होत असलेल्या मुलांनो... व्याकरण - संबंधित पाठाखालील सर्व व्याकरणिक घटक व इयत्ता १ली ते ९वीतील सर्व व्याकरणिक भाग उपयोजित लेखन - निबंध, कथा
I - Term Exam	100	प्रथम घटक चाचणीचा सर्व अभ्यासक्रम समाविष्ट भाग-२, पद्य-५, गद्य-६, ७, ८, स्थूलवाचन - मोठे होत असलेल्या मुलांनो..., जाता अस्ताला, व्याकरण - संबंधित पाठाखालील सर्व, इयत्ता १ली ते ९वीतील सर्व, उपयोजित लेखन - पत्रलेखन (औपचारिक, अनौपचारिक), सारांश लेखन, जाहिरात लेखन, बातमीलेखन, कथालेखन, निबंधलेखन
Unit Test - II	50	भाग ३ - गद्य - १०, ११, १२ स्थूलवाचन - जगणं कॅक्टसचं, व्याकरण - पाठाखालील सर्व, इयत्ता १ली ते ९वीतील सर्व, भाग - ४, पद्य - १३, गद्य १४, १५, १६ स्थूलवाचन - व्युत्पत्ती कोश, व्याकरण - भाग ३ प्रमाणे सर्व, उपयोजित लेखन - भाग ३ प्रमाणे सर्व
Preliminary Exam	100	चारही भागातील गद्य व पद्य, स्थूलवाचन भाग - १, २, ३, ४ संपूर्ण व्याकरण, संपूर्ण उपयोजित लेखन

SYLLABUS FOR THE ACADEMIC YEAR (2019 - 2020)

Std. : X Subject : HINDI (Composite)

Portion for TERM - I

Type of Evaluation	Marks	Topics
Unit Test - I	25	पहली इकाई पाठ - १, २, ३, ४, व्याकरण - शब्दसंपदा कृति के सारे घटक, मानक वर्तनी, अव्यय, मुहावरे, वाक्य के भेद, रचना विभाग - पत्रलेखन (औपचारिक, अनौपचारिक)
I - Term Exam	50	पहली इकाई पाठ १ से ८, दूसरी इकाई पाठ १,२,३, व्याकरण - प्रथम घटक परीक्षा का पूरा अभ्यास क्रम, काल, संधि, रचना विभाग - पत्रलेखन, कहानीलेखन, गद्य आकलन, विज्ञापन, निबंधलेखन
Unit Test - II	25	दूसरी इकाई पाठ ४,५,६, व्याकरण विभाग - शब्दसंपदा कृति के सारे घटक, संधि, काल, मुहावरे, रचना विभाग - कहानी लेखन
Preliminary Exam	50	संपूर्ण पाठ्यपुस्तक, व्याकरण विभाग - प्रथम सत्रांत परीक्षा का पूरा अभ्यासक्रम, रचना विभाग - प्रथम सत्रांत परीक्षा का पूरा अभ्यासक्रम

SYLLABUS FOR THE ACADEMIC YEAR (2019 - 2020)

Std. : X Subject : HINDI (Entire)

Portion for TERM - II

Type of Evaluation	Marks	Topics
Unit Test - I	50	पहली इकाई पाठ - १ से ६, व्याकरण - शब्दसंपदा कृति के सारे घटक, अव्यय, काल, कारक, मुहावरे, विरामचिह्न रचना विभाग - पत्रलेखन, गद्य आकलन, वृत्तांतलेखन
I - Term Exam	100	पहली इकाई पाठ १ से ११, दूसरी इकाई पाठ १ से ४, व्याकरण - प्रथम घटक परीक्षा का पूरा अभ्यास क्रम, संधि, प्रेरणार्थक क्रिया, सहायक क्रिया, रचना विभाग - पत्रलेखन, कहानीलेखन, गद्य आकलन, वृत्तांत लेखन, कहानी लेखन, विज्ञापन, निबंध
Unit Test - II	50	दूसरी इकाई पाठ ५ से ९ व्याकरण विभाग - संधि, काल, मुहावरे, कारक, रचना विभाग - पत्रलेखन, विज्ञापन, वृत्तांत लेखन
Preliminary Exam	100	संपूर्ण पाठ्यपुस्तक, व्याकरण विभाग - संपूर्ण अभ्यासक्रम, रचना विभाग - संपूर्ण अभ्यासक्रम

Std. : X Subject : GERMAN

Portion for TERM - I & II

Type of Evaluation	Marks	Topics
Unit Test - I	10	Ls. 1 - LD1
I - Term Exam	50	Ls. 1 and 2 - 2A6
Unit Test - II	10	Ls. 2 and 3 (from 2A6 to 3A6)
Preliminary Exam	50	Full Portion

SYLLABUS FOR THE ACADEMIC YEAR (2019 - 2020)

Std. : X Subject : संस्कृत

Portion for TERM - I & II

Type of Evaluation	Marks	Topics
COMPOSITE Unit Test - I	25	Ls. 1, 2, 3, Ls. 6 पुष्पम्-1 for translation, Grammar will be told in th class
I - Term Exam	50	Ls. 1 to 8, Ls. 6 पुष्पम्-1 and 2 for translation, Grammar will be told in th class
Unit Test - II	25	Ls. 8, 9, 10, Ls. 6 पुष्पम्-1 and 2 for translation, Ls. 11 मानवताधर्म for translation
Preliminary Exam	50	Full Portion
ENTIRE Unit Test - I	50	Ls. 1, 2, 3, Ls. 7 पुष्पम्-1 and 2 for translation, Grammar will be told in th class
I - Term Exam	100	Ls. 1 to 11, Ls. 7 पुष्पम्-1, 2 and 3 Ls. 15 मानवताधर्म for translation Grammar and writing skill will be told in the class
Unit Test - II	50	Ls. 12, 13, 14, Ls. 7 and 15 for translation Grammar will be told in the class
Preliminary Exam	100	Full Portion

* चित्रपदकोषः, सङ्ख्या, समयः वासरतालिका and वर्णमाला will be asked in each exam.

SYLLABUS FOR THE ACADEMIC YEAR (2019 - 2020)

Std. : X Subject : GEOGRAPHY

Portion for TERM - I & II

Type of Evaluation	Marks	Topics
Unit Test - I	20	Ls. 1, 2, 3
I - Term Exam	40	Ls. 1, 2, 3, 4, 5
Unit Test - II	20	Ls. 5, 6, 7
Preliminary Exam	40	Ls. 1 to 9

**Std. : X Subject : HISTORY AND
POLITICAL SCIENCE**

Portion for TERM - I & II

Type of Evaluation	Marks	Topics
Unit Test - I	20	History - Ls. 1, 2 Political Science - Ls. 1
I - Term Exam	60	History - Ls. 1, 2, 3, 4, 5 Political Science - Ls. 1, 2
Unit Test - II	20	History - Ls. 6, 7 Political Science - Ls. 3
Preliminary Exam	60	History - Ls. 1 to 9 Political Science - Ls. 1 to 5

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

**Std. : X Subject : SCIENCE &
TECHNOLOGY - I**

Portion for TERM - I & II

Type of Evaluation	Marks	Topics
Unit Test - I	20	Ls. 1, 2, 3, 10
I - Term Exam	40	Ls. 1, 2, 3, 5, 6, 7, 9, 10
Unit Test - II	20	Ls. 4, 6, 8, 9
Preliminary Exam	40	Ls. 1 to 10

**Std. : X Subject : SCIENCE AND
TECHNOLOGY - II**

Portion for TERM - I & II

Type of Evaluation	Marks	Topics
Unit Test - I	20	Ls. 1, 2, 4
I - Term Exam	40	Ls. 1, 2, 3, 4, 5
Unit Test - II	20	Ls. 6, 7, 8, 9
Preliminary Exam	40	Ls. 1 to 10

SYLLABUS FOR THE ACADEMIC YEAR (2019 - 2020)

Std. : X Subject : ALGEBRA

Portion for TERM - I & II

Type of Evaluation	Marks	Topics
Unit Test - I	20	Ls. 1, 2
I - Term Exam	40	Ls. 1, 2, 3, 4, 5
Unit Test - II	20	Ls. 5 and 6
Preliminary Exam	40	Ls. 1, 2, 3, 4, 5, 6

Std. : X Subject : GEOMETRY

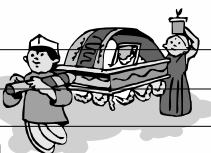
Portion for TERM - I & II

Type of Evaluation	Marks	Topics
Unit Test - I	20	Ls. 1, 2, 6
I - Term Exam	40	Ls. 1, 2, 3, 4, 5, 6
Unit Test - II	20	Ls. 5, 7
Preliminary Exam	40	Ls. 1, 2, 3, 4, 5, 6, 7

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

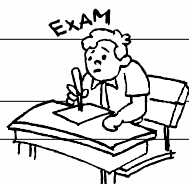


Date & Day	Event
--- July,	Std. IX - Visit to Fire Brigade
--- July,	Std. X - Visit to NDA
--- July,	Visit to Orphanage
29th July, Mon. to 2nd Aug., Fri.	Std. IX & Std. X - Unit Test - I
30th July, Tue. to 2nd Aug., Fri.	Std. I to Std. VIII - Class Test - I
31st July, Wed.	Std. I to Std. X - Deep Pooja 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 Pathanaty 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. V to X

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 Big Glass	Milk	1 Big Glass	Milk	1 Big Glass
	Methi Paratha	2 Nos.	Pone (Veg.)	1 Vati	Sprouted Dal Dosa	2 Nos.	Sevai Upma	1 Vati	Veg. / Egg Sandwich	2 Nos.	Rava Dhokla	2 Medium	Soyabean Wrap	2 Nos.
Breakfast	Curd	1k	Mint Chutney	2 tsp	Coconut Chutney	3 tsp	Curd	1k	Apple	1 No.	Groundnut Chutney	2 tsp	Tomato Sauce	2 tsp
	Phulka	2 Nos.	Chapati	2 Nos.	Spinach Corn Pulav	1 Vati	Chapati	2 Nos.	Fried Rice (Chinese / Phodni)	1 Vati	Chapati	2 Nos.	Mix Flour Ghavan	2 Nos.
Lunch	Baingan Bharta	1 1/2k	Green Leafy (Bhaji)	1k	Buttermilk	1 Big Glass	Califlower Bhaji	1k	Cabbage & Cucumber Salad	1k	Mix Bhaji	1k	Curd	1k
	Guava	1 Big	Aleev Kheer / Ladoo	1 Vati / 1 No.	Sheera	1 Vati	Aloo Bonda	3	Chiwada Riceflakes	1k	Fruit Custard	1k	Beetroot Cutlet	2 Nos.
Evening Snacks	Dry Fruit Ladoo	2 Nos.	Palak / Puri	2 Nos.	Peer	1 No.	Tamarind Chutney	2 tsp	Aleev Ladoo	2 tsp	Khakra	2 Medium	Green Chutney	2 tsp
	Bhakri + Till Seeds	1 1/2	Vegetable / Chicken Soup	1 Vati	Chapati	2 Nos.	Chole Bhaji	1k	Veg. Biryani	1 Vati	Rice	1 Vati	Khichadi	1 Vati
Dinner	Methi Pithale	1k	Jeera Rice	1k	Palak Panner	1k	Bhatura	3 Nos.	Boondi Raita	1k	Kadigole	1k	Grated Carrot Salad	1k
	Rice	1 Vati	Paneer Bhaji	1k	Cabbage & Carrot Salad	1 Vati	Chopped Koshmbir	1k					Chapati	2 Nos.
Bedtime	Dal	1k	Salad	1k	Dal	1k			Soup	1k	Salad	1k	Matki Usal (Dry)	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 ½ 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 ½ hr / day. 9] Please Note - Approximate Measurements - K = Medium katori (Aunt wati), Tsp = Teaspoon, Medium Glass = 200 ml, Big Glass = 250 ml, 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.**