

Mount Litera Zee School

Violin Syllabus 2024-2025

Teacher name:-Debasis Giri

Class	Syllabus
1,2,3,4&5	<ol style="list-style-type: none">1.Open String Exercise Fingering exercise The Birds Are here. (Rhymes)2.Final Scale of D major Twinkle twinkle little star(rhymes) The bells of Vendome(rhymes)3.Aay tabe sohochori(song) Au clair de la lune(rhymes) May day(rhymes)4.We shall overcome (song) Pran chay chokkhuna chay (song) Now the day is over (rhymes)5.Jana Gana Mana (song) Slur bow exercise Down bow and up bow exercise.6.First Melody (Western) Aguner Poroshmoni (song) Long long ago (rhymes)7.Purano sei diner kotha (song) Vande mataram (patriotic song)

8. Separate bow exercise.
Ananda loka mongola loka (song)

9. Jingle Bells

10. Scale Of a major.

6,7,8,9,10,11

& 12

1. First Scale of D+g major.

2. Khara bayu boy bege (song)

3. Nanna MUnna rahi hoon (patriotic)

4. Mono Mor meghero sangee (song)

5. Itni Shakti hume dena data (spiritual)

6. Esho shyamolo Sundoro (song)

7. Jamaica farewell (song)

8. 500 miles (song)

9. Aao Bachho tumhe sikhahun (patriotic)

10. Ten Little niggers (western)

11. Eki sutre bandhi aachi.

12. Be karar karke hame.

13. Hay Apna dil to awara (song)

14. Scale of C major.

15. Prthibi bodle geche

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Contai

Session-2024 - 25

MUSIC SYLLABUS

**CLASS –
I-IV**

THEORY

- | | |
|---|--|
| 1 | Introduction of Harmonium |
| 2 | Introduction of Indian Classical Music |
| 3 | Elements of Raga |
| 4 | About That |
| 5 | About Taal
i) Dadra ii) kaharba iii) Teen Taal iv) Ektaal v) chautaal vi) jhaptaal v) rupak |
| 6 | i) About Swaras
ii) Name of Swaras |
| 7 | Elements of Octave/Saptak |
| 8 | Various Types of Alankaras |

Practical

- | | |
|---|--|
| 1 | Alankaras / palta |
| 2 | Raag - i) Bhairav ii) Yaman iii) kafi iv) Bhupali v) khamaj vi) behag vii) bilawal |
| 3 | Rabindra sangeet, Nazrul geeti, National Anthem, zee Learn Anthem |
| 4 | Folk songs, Bengali Adhunik song, Hindi song, patriotic song, western song |
| 5 | Theme songs |

6

Zee Learn Anthem

CLASS –

V-XII

Theory

1

Introduction of Indian Classical Music

2

Elements of Raga

3

Elements of That

4

Concept of Taal

i) Dadra ii) kaharba iii) Ektaal iv) Teen Taal v) jhaptaal v) Chautaal vi) Rupak
vii) chautaal viii) deepchandi

5

Concept of Saptak/Octave

6

About Swaras

Name of Swaras

7

Ornamentation

Practical

1

Jotil Alangkar, Merukhand Alangkara

2

Raag- i) Alahiya Bilawal ii) Bageshri iii) Bhairavi iv) Durga v) Malkosh vi) Darbari
kanara vii) Ahir Bhairav viii) Jog ix) Bilaskhani Tori x) Gazal

3

Rabindra sangeet, Nazrul geeti, National Song

4

Folk songs, Bengali Adhunik song, Hindi song, patriotic song, western song

5

Theme Songs

Mount Litera Zee School

Contai

Guitar syllabus 2024-2025

STD 1 to 4	<p style="text-align: center;">THEORY</p> <ol style="list-style-type: none">1. Introduction to western notation system.2. Chromatic scale and notes of the guitar fretboard.3. Guitar parts explanation. Finger number explanation.4. Introduction to string names.5. C major scale <p style="text-align: center;">PRACTICAL</p> <ol style="list-style-type: none">1. Holding the instrument correctly, creating a good posture.2. Basic major and minor chords.3. Two basic strumming patterns.4. Synchronisation with others.5. Keeping the rhythm.6. Solos of different songs.7. Playing chords while singing. Songs included are.<ul style="list-style-type: none">● 500 miles● Jamaica farewell● Rabindrasangeet● We shall overcome
STD 5 to 12	<p style="text-align: center;">THEORY</p> <ol style="list-style-type: none">1. Major scale explanation.2. Building chords.3. Playing major scales in different positions. <p style="text-align: center;">PRACTICAL</p> <ol style="list-style-type: none">1. Playing 7th chords. Major and minor chords.2. Synchronisation with others.3. Practising with band.4. Playing solos with ornamentation. Hammers, pull-off, bend, slide etc.5. Different strumming patterns.6. Chords will be provided as per students' needs.

MOUNT LITERA ZEE SCHOOL CONTAI

DANCE SYLLABUS

CLASS	THEORY	PRACTICAL
1,2,3,4	<ol style="list-style-type: none">1. Information about kathak in five sentence.2. Information of taal (Dadar , kaharba , Tritaal)3. Definition of following terms (masha kaya , drut laya , matra , sam , taali , khali).	<ol style="list-style-type: none">1. Mudras in hand .2. Rabindra dance , folk dance , theme dance , pradeshik dance , national & international dance , all school activity dance performance
5,6,7,8	<ol style="list-style-type: none">1. Information of Temple and court tradition in kathak .2. Writing of teentaal theke in following laya (1gun , 2gun , 3gun , 4gun).3. What is abhinaya ?	<ol style="list-style-type: none">1. ntaal & Jhaptaal (1gun , 2gun , 4gun).2. Recitation dance .3. Rabindra , modern dance , theme dance , folk dance , pradeshik dance , nation & international dance , also all school activity dance .
9 & 10	<ol style="list-style-type: none">1. Information about kathak dance .2. Information about all taal (teentaal , jhaptaal , kaharba , rupak dhamar).3. Physical & Mental development occurs in body with the help of kathak explain .	<ol style="list-style-type: none">1. Vandana , theke & abhinaya .2. Presenting bhajan , thungri3. Rabindra , modern dance , theme dance , folk dance , pradeshik dance , nation & international dance , also all school activity dance .

MOUNT LITERA ZEE SCHOOL, CONTAI

Teacher's name – BUDDHADEV RANA

Art and craft teacher

SYLLABUS FOR ART AND CRAFT , 2023-2024

CLASS- 1A, 1B, 2A, 2B, 3A, 3B, 4A, 4B,

- 1. Elements of Art.**
- 2. Subjective Drawing.**
- 3. Line Drawing.**
- 4. Shapes Drawing.**
- 5. Deferent from Drawing.**
- 6. Colour Chart.**
- 7. Paper Craft.**

CLASS- 5A, 5B, 8A, 8B.

- 1. Objective Elements.**
- 2. Foliage study.**
- 3. Still life study.**
- 4. Composition.**
- 5. Glass painting.**
- 6. Paper origami craft.**
- 7. Water colour.**
- 8. Clay work.**

SYLLABUS FOR ART AND CRAFT-2024-25

CBSE, NCERT

Teachers' Name- AnimeshNaskar (PGT, Art and Craft)

CLASS -12(Commercial Art')

1. The Rajasthani School of Painting
2. The Mughal School of Miniature Painting
3. The Deccani School of Painting
4. The Pahari School of Painting
5. The Bengal School and Cultural Nationalism
6. The Modern Indian Art

CLASS-11 (Commercial Art')

1. Six Limbs of Indian Art
2. Elements of Art
3. Principles of Art
4. Prehistoric Rock Painting
5. Arts of Indus Valley
6. Indian Bronze Sculpture
7. Some Aspects of Indo-Islamic Architecture
8. Buddhist, Jain and Hindu Art

Class-9,10 (Work Education)

1. Core Area
2. Elective Area

Class-6,7 (Art and Craft)

1. Objective Elements
2. Foliage
3. Still Life
4. Composition
5. Glass Painting
6. Paper Craft (Origami)

Thank you

AnimeshNaskar PGT Art and craft

MuzContai

Animesh Naskar
17/01/24



MOUNT LITERA ZEE SCHOOL

CONTAI

SESSION (2024 - 2025)

Subject -GAMES & SPORTS (SYLLABUS BIFURCATION)

CLASS - (I-II)

- A. 1. General Exercise 2. Drill with Hoola hoops 3. Aerobics
4. B.M.I checking 5. Recreational Game

CLASS - (III-V)

- B. 1. General Exercise 2. Aerobics 3. Football Receiving/passing 4. B.M.I
5. Recreational game 6. Football kicking/shooting
7. Cricket Catching/fielding/throwing

C. CLASS - (VI-VIII)

- | | |
|---------------------------------------|--|
| 1. General exercise | 2. Football Receiving/Passing/Shooting/Goalkeeping |
| 3. Cricket catching/fielding/throwing | 4. Batting Strokes/style |
| 5. Fielding/throwing | 6. Kabaddi attacking/defending |
| 7. khokho points collecting, Running | |

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Zee School

Contai

2024 - 2025

CLASS – VI-VIII	Subject : JUDO (SYLLABUS BIFURCATION)
NO.	UNIT - 1
1	Ritsu Rei (Stading Rei Position)
2	Za Rei (Seating Rei Position)
3	Ukemi – (I) Ushiro Ukemi (II) Yoko Ukemi (Migi & Hidary) (III) Mae Ukemi (IV) Mae Maweri Ukemi
4	Shizentai (Migi & Hidary Hon) (Normal Posture)
5	Jingotai (Migi & Hidary) (Defensive Posture)
	HALF YEARLY
6	Basle Kumi Kata (Migi& Hidary)
7	Kuzushi (Opponent Balance Braking) (I) Mae Kuzushi (II) Ushiro Kuzushi (III) Migi Yoko Kuzushi (IV) Hidary Yoko Kuzushi (V) Migi Mae Sumi Kuzushi (VI) Hidary Mae Sumi Kuzushi (VII) Migi Ushiro Sumi Kuzushi (VIII) Hidary Ushiro Sumi Kuzushi

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Contai

2024 - 2025

CLASS – VI-VIII	Subject : JUDO (SYLLABUS BIFURCATION)
NO.	UNIT - 2
8	JUDO Technique (I) De Ashi Barai (Forward foot sweep) (II) Harai Goshi (Hip Sweep) (III) O goshi (Large hip throw) (IV) Tai O toshi (Body Drop Throw) (V) Oppon seoi nage (one Arm shoulder throw)
9	Holding Technique (I) Kesa Gatame (Scarf Hold) (II) Yoko Shiho Gatame (Side Four – corner Hold) (III) Kami Shiho Gatame (Top Four - corner Holding) (IV) Tate Shiho Gatame (Straight Four - corner Hold) (V) Ushiro Kesa Gatame (Rear Scarf Hold)
10	Choking Technique (I) Nami juji Jime (Normal Cross Choke) (II) Kata Juji jime (Half Cross Choke) (III) Gyaku Juji jime (Reverse Cross Choke)



Mount Litera Zee School Contai
Syllabus for Session 2024-25

Subject: Swimming

Class : I - II

Breathing Techniques(In/ Out/ Control, Floating with Rod / Board

Class : III - V

Breathing Techniques, Floating, Freestyle kick with rod, Freestyle Breathing Techniques, freestyle kick with board.

Class : VI- IX

Breathing Techniques for Freestyle, Freestyle kick without any support, Backstroke kick, Back float & Diving

Class : X- XII

Breaststroke, Diving, Freestyle, Backstroke

Mount Litera Zee School

Contai

SESSION: 2024-2025

SUBJECT: YOGA (SYLLABUS BIFURCATION)

Class: I-IV

UNIT - 1

TARASANA

BRIKHASANA

TRIKONASANA

UTKOTASANA

HALF YEARLY (UNIT-1 and)

BAZRASANA

ARDHAKURMASANA

VEKASANA

PADMASANA

UNIT - 2

USTRASANA

BHUJANGASANA

EK-PADASALVASANA

DHANURASANA

ANNUAL (UNIT1+2+HALF YEARLY)

AKARNA DHANURASANA

CHAKRASANA (LYING)

UTHAN PADMASANA

BAKRASANA

Mount Litera Zee School

Contai

SESSION: 2024-2025

SUBJECT: YOGA (SYLLABUS BIFURCATION)

Class: V-XII

UNIT - 1

BIRBHADRASANA

PARSHAKONASANA

ARDHA CHANDRASANA

PADAHASTASANA

HALF YEARLY (UNIT-1 and)

SHASHAKASANA

USTRASANA (PURNA)

BHUJANGASANA (PURNA)

SALABHASANA

UNIT - 2

DHANURASANA (PURNA)

SARBANGASANA

MATSHASANA

CHAKRASANA

ANNUAL (UNIT1+2+HALF YEARLY)

BADDHA PADMASANA

PASCHIMOTTASANA

EK-PADA-SIRASANA

ARDHAMATSENDRASANA

BHUMASANA (STRECHING)

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2024 - 2025

CLASS -I-V	Subject: KARATE(SYLLABUS BIFURCATION)
KARATE No.	UNIT-1
1	Lethal weapons 1. Sicken - (Fore fist) 2. Uraken - (Back fist) 3. Tettsvi - (Bottom fist) 4. Ipponken - (One knuckle fist) 5. Hivaken - (Fore fist)
2	Dachi (Stances) 1. Heisokudachi 2. Musubi dachi 3. Hachijidachi 4. Heiko dachi 5. Zenkutsudachi 6. Kibadachi
HALF YEARLY	
KARATE 1 to 2 and	
3	Zuki(Punching) 1. Gyakuzuki (Revenge punch) 2. Chokuzuki (Straight punch) 3. Oi zuki (Stepping punch) 4. Age zuki(Upper rising punch) 5. Urazuki (Close punch)

UNIT - 2**4**

Uke (Blocking) 1. GedanBarai (Downward Block)
2. Jodan age uke (Upper Block)
3. Sadan uke (Middle Block)

5

Geri (Kicking) 1. Mae geri (Front kick)
2. Yoko Geri (Side kick)

ANNUAL**KARATE 1 to 5 and -6 TO 7****6**

Go hon kumite (5 attack sparring)

7

Kata (Formal exercise) 1. Taikyokushodan (First Half of the kata only)