



MOUNT CARMEL SCHOOL, CHANDIGARH
Syllabus for Senior Clubs
First Term - April to September
(Session 2026 - 27)

ENGLISH LITERARY CLUB:

April

1. Poetry Writing.
2. Quotation Writing Competition (William Shakespeare)

May

1. Letter Writing (To your Favourite Person)
2. Story Telling Competition.

July

1. One Word, Multiple Styles Calligraphy.
2. Riddles, Tongue Twisters

August

1. Classic Play or Drama Book Discussion.
2. Article Writing Competition.

MATH CLUB:

April

1. Tangrams Activity
2. Measuring Weight and Volume

May

1. Games and Puzzles (Number System)
2. Aptitude Test

July

1. Mathematical Tricks and Riddles
2. Geometrical Book Mark Making
3. Calculating Body Mass Index

August

1. Sharing Information about Mathematicians
2. Vedic Maths
3. Pythagoras Theorem

HINDI DRAMATIC CLUB:

April

- *Theatre Exercises and Improvisation

May

- *Improvisation, Story Writing and Face Expressions.

July

- *Theatre Exercises, Story Writing and Body Language

August

- *Body Language, Mannerisms and Speech Work.

September

*Voice Exercises and Speech Work.

HINDI LITERARY CLUB:

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|----------------------|---|
| April and May | Purpose and Aim of the Club Importance of Listening Skills Activities to improve Listening Skills |
| July | Importance of Speaking Skills Various Activities to enhance Speaking Skills |
| August | Various Activities to enhance Writing Skills |

GENERAL KNOWLEDGE CLUB:

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|---------------|--|
| April | Famous Personalities of India. Latest Technologies and their impact on Man. |
| May | Our Environment & Earth City Beautiful Chandigarh. |
| July | Health and Hygiene Animals and Wildlife |
| August | Incredible India Sports and Sports Stars |

BHANGRA CLUB:

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|---------------|--|
| April | Khulla Bhangra, Ik latt Dhamaal |
| May | Punjab, Cross Punjab |
| July | Patt Thapi, Jhoomar |
| August | Luddi, Bhangra practice for Independence Day |

PHOTOGRAPHY CLUB/ SOCIAL MEDIA CLUB:

| | |
|--------------|---|
| April | Introduction of Photography Perspective |
| May | School Campus from My point of view / School Campus from My eyes/ My Lens My Holiday Destination |

July What is Speed and Aperture
 Silhouette Photography

August Joy of Freedom
 Nature

ART & CRAFT CLUB:

April and May 2D /3D Flower Making
 Paper cut out Border Design
 Decoration of Reception and Ground Floor Area
 Paper File Cover Making
 Standies for upcoming function

July Thank You Card Making
 Drawing / Craft of Selfie Point

August Display Board Decoration for Independence Day
 Reception Area Decoration

WESTERN DANCE CLUB:

April Warm Up (Stretching.)
 Basic Movements and Dance Steps
 I'll be there for you (Friend's) Song

May Warm Up (Stretching)
 Foot Work and Shuffle
 Beggin song

July Warm Up (Stretching)
 Neck Movement and Dance Steps
 Waka Waka Song

August Warm Up (Stretching)
 Prop Dance Steps (How to use the props)
 Patriotic Dance Song

GYMNASTIC CLUB:

April and May
 Introduction of Gymnastics

- (1) Balancing Poses.
- (2) Bridge Position.
- (3) Cartwheel
- (4) Types of Gymnastics

July
1. What is Artistic Gymnastics?
2. Apparatus in Artistic Gymnastics.

August

1. What is Rhythmic Gymnastics?
2. Apparatus in Rhythmic Gymnastics.

ELECTORAL LITERACY

April

Poster Making Topic: 'Election Manifestoes'.

Debate-Topic: "Online Voting- The Way Forward or Opening Potential Pandora's Box"

July

School Play / Street Play

Topic: 'The Government of the People, by the People, for the People'.

August

Mock Poll Drill

September

Awareness Rally on Election.

DISASTER MANAGEMENT CLUB

April & May:

1. Introduction of Disaster Management
2. What is Disaster Management and its Importance.

Activity:

Fire – Mock Drill, Poster Making.

1. Fire – Group Discussion, Audio.
2. Visual Aids, Land Use Planning, Crop Insurance

July:

1. What is Disaster?
2. How can we save ourselves from disasters?

Activity:

Earthquake –Displaying of Posters, Mass Meetings, Power Point Presentation and Newspaper Clipping.

August:

1. What is the purpose of Disaster Management?
2. What are the types of Disaster?

Activity:

Flood – Audio/Visual Aids and Social Mapping

NATURE, ECO AND ENVIRONMENT CLUB-QUDRAT

April

- Introduction about Objectives of Eco Club.
- Discussion on Theme of Earth Day 2026.
- Speech on World Earth Day.
- Poster Making Competition to mark World Earth Day.

Project: Vermi-Composting.

May

- Discussion on the Topic 'Biodiversity – Its Importance and Conservation'.
- Collage Making to mark World Biodiversity Day (May 21, 2026).

Project: Categorization of School Gardens/ Herbal/ Kitchen Garden.

July

- Discussion on 'History of Forest Conservation/ Restoration Movements in India'.
- Eco Friendly Planters and Bird Feeders.
- Tree Plantation to Celebrate Vanmahotsav.

Project: Vanmahotsav related activities.

August

- How to Recycle Paper – DIY (Do It Yourself).
- Making Paper Bags from old Newspapers/ Cloth Bags from old worn out clothes.

Project: Rain Water Harvesting at our School.

September

- Discussion about Ozone Depletion.
- Digital Slogan/ Poster Designing Competition on the Theme 'Ozone – A Protective Umbrella' to mark International Day for Preservation of Ozone Layer (September 16, 2026).

Project: Plastic Audit at Our School.

GERMAN CLUB

April German Salutations and Everyday Greetings (Grüßformen).

May Introduction to German Cinema and Short Films.

July Means Of Transport In German (Verkehrsmittel).

August German Culture, Traditions, and Festivals.

September German Songs and Rhymes

MUSIC : VOCAL & ORCHESTRA

April Your Love is a Flood

May Glory to the Lord

July Ancient of Days

August Bharat Humko Jaan Se Bhi Pyara Hai

September Thanks and Praise

FIRST-AID AND HEALTH & WELLNESS CLUB

April Health is Wealth
You are what you eat

May Social Phobias
Magic Immunity Pill – Lifestyle

July Risk Behaviour's in Children
Nutrition and your Bone Density

August Care for Elderly
Mental Health for all

September Stress Management in Digital Age
Comfort Crisis

CULINARY CLUB

April Game- Touch, Recognize & Demonstration of various Foods
World Health Day - Quiz

May Bake the Cake
Lemonades and refreshing drinks
Napkin Folding

July Table Setting & Centre Table Decorations
Millet Introduction and Recipes
Beat the Heat with Healthy Shakes

August Nutrition Quiz- Nutrition and Malnutrition
Salad Making
Poshan Maah and Nutrition Month

ADVENTURE CLUB

April- May

1. Objectives of Adventure Club
2. Bag Pack Activity
3. Mountain Crawling

July

1. Rope Climbing
2. Ball Stick Race
3. Treasure Hunt

August

1. Construction of Tent
2. Virtual Trip to Disney Land
3. Obstacle Course Races

INCLUSIVE EDUCATION CLUB

April-- Building Self Esteem

May-- Slogan Writing on Inclusive Education

July-- Learning Techniques

August-- Worksheet: Self Awareness

NSS CLUB

April

Salad Making for World Health Day
Fabric Painting for World Earth Day

May

Poster Making for Anti-Tobacco Day

July

Tree Plantation for World Environment Day
Slogan Writing on Drug Abuse Day

August

March Past on Independence Day

September

NSS Special Camp after the Terminal Exams

PEACE/COMMUNAL HARMONY AND INTEGRITY CLUB

April and May - Poster Making and Thank You Card Making on International Labour Day.

July - • Book Mark Making on 'Peace'

•Speech on Youth Engagement in Global Understanding and Human Rights.

August - • Article Writing on the Freedom Fighter you admire

• Character Portrayal on Any Peace Winner

EK BHARAT SHRESHTHA BHARAT CLUB AND HERITAGE CLUB

April and May

1. Introduction to the Clubs: Aims and Objectives.
2. Virtual Tour to Dadra and Nagar Haveli and Daman and Diu.
3. Jallianwala Bagh Massacre Day
4. The World Heritage Day (Speech).

July

1. Talk by students and teachers on paired State/UT related to its latest News, History, Culture, National Icons, Social Reformers, Famous Personalities – (current as well as historical).
2. History of the Warli Art of the Region
3. Collect information about the Heritage buildings of Chandigarh and prepare a photo album of the same.
4. Prepare a Power Point Presentation on your native place or the place visited by you during the Summer Vacations.

August

1. Amalgamation (Mishran): Students' Talk on different Cultures being practiced between the paired Union Territories (Activity no.11).
2. National Handloom Day
3. Hiroshima Day
4. History of the Indian Flag, National Emblem and one Patriotic Song (Discussion and Poster Making)

KARATE CLUB

April Regular Warm - up
Jogging
Running
Jumping

Endurance
Kicks
Kicks Punch Combination
Fight Techniques

May Warm Up
Katas
Front Kick
Side Kick

Moving In Stances

Forward And Backwards
Kicks Punches And Blocks

June Regular Warm -up
Practise Of Stances
Kicks
Punches
Breaking Marbles
Self Defence

July Combinations
Kicks, Punches and Blocks
Fighting Skills
Chest Punch
Blocks

August Regular Warm-Up
Conditioning
Front Kick
Side Kick
5 maswhegri Kick
Chest Level Face Level
Double Step Combinations
Fighting Skills Along With
Kicks And Punches
Hand Blocks

BUREAU OF INDIAN STANDARDS CLUB

April Collage Making Activity on 'Certification of Gold Hallmarking.'
Poster Making Activity on 'Certification of Silver Hallmarking'.

May Product Quality Analysis.
Article Writing on 'Registration Scheme for Self-declaration of Conformity.'

July Slogan Making Activity: To create awareness about Quality Standards and Consumer Safety.
Book Mark Making Activity on Consumer Awareness

August Talk Show on Public Relations
Collage Making Activity on Advertisement of a BIS Certified Product

THE CYBER CLUB

- April** E-commerce and E-education
Emerging Trends (backbone of E-shopping platforms).
- May** Prevention from Cyber Threats & Cyber Hacks.
E-cards on Technology Day
- July** Magic of Keys.
Macros & Thesaurus in Ms-Word.
- August** Exploring Python (Programming Language)

LEGAL LITERACY CLUB

- April** The Juvenile Justice (Care and Protection of Children) Act 2015
- May** The Cyber Crime Prevention Act 2012
Prohibition of Child Marriage Act,2006
- July** POCSO Act 2012 (The Protection of Children from Sexual Offence)
POSH Act, 2013(Prevention of Women from Sexual Harassment)
- August** Anti –Drug Abuse Act 1986

CLAY MODELING AND POTTERY

- April** 1. Information about Clay Modeling, - Clay Modeling tools
2. Basic shapes and arrangements, in clay forms based on studies of birds and plants in relief.
- May** 1. Pottery Making on the Wheel.
2. Practicing Clay Pot Making on the Wheel.
- July** 1. Pottery Making on the Wheel.
2. Making compositions by arranging pots.
- August** 1. Handling of Clay, Composition in round natural or manmade objects in clay.
2. Pottery Making on the Wheel.

SCHOOL INNOVATION COUNCIL/ CRITICAL THINKING CLUB/SCIENCE CLUB

- April** 1. Inter House Declamation Contest.
2. Scientific Literature Reading.
- May** 1. Making of a Herbarium of different types of herbs available within the School Premises.
2. Inter House Scientific Rangoli Making Competition.
- July** 1. Scientific Model Making Activity.
2. Trip to Science City- Kapurthala.

- August** 1. Participation in Scientific hobbies- Preparation of Herbal Soap.
2. Inter House Collage Making Competition on 'Say No to Plastic'

CHESS CLUB

- April** Introduction of Chess
Tools and Equipment
Importance of each piece
- May** How to develop pieces quickly?
How to use pawns effectively?
- July** How to keep the King safe?
How to plan and evaluate positions?
How to end the game with the King and Pawns?
- August** Basic opening tips
Basic ending techniques
Basic tournament rules

ROLLER SKATING CLUB

April 25

- Introduction of Skating
- Balance on skates
- Supportive walking and Fast tap

- Eight skate and see saw
- Revision

May

- Fast tap and walking
- Slalom and Crab
- Run 6 to 10 steps to build some momentum and then let skates roll
- Inform about basic skating posture and related exercise.

July

- Fast tap and walking
- Skate control
- Front Williee and Rear Williee
- Run 6 to 10 steps to build some momentum and then let skates roll
- Inform about basic skating posture and related exercise.

Aug

- Skating postures
- Williee Transfer
- Sumo Roll
- Revision and practice sessions

Sept

- Practice of Races
- Skating positions and cross legs
- Physical session and Slalom

INDIAN DANCE CLUB

April -Folk - Garba Dance

Classical - Namaskar 2 Variations, Body Postures

May -Folk - Garba Dance + Props Usage

Classical - 5 Steps Spins, Sada Toda

July -Folk - Lavani Dance

Classical - 3 Steps Spins, Baithaki Bhav

August -Folk- Patriotic Dance

Classical - Padhant, Hand Movements Theory

YUVA TOURISM CLUB

April -Theme- Explore India/ Celebrate Culture

Orientation of the Club and introduction with the Club Members.(Interaction)

Displaying personal Travel Diary in club period. (Activity)

Understanding the importance and objectives of Tourism. (Lecture and video)

May Theme- Courage + Fitness= Confidence.

Creating Personal Travel Passport for the session. (Activity)

Introduction to Adventure Tourism and inculcating Travel skills in students.
(Class discussion and lecture).

Heritage Walk and Local Exploration. (Visit to some Heritage Spots as Museum, Art Gallery etc.)

Presenting the report of the **Heritage walk** in Yuva Tourism Diary during Club period. (Activity)

July Theme - Explore India Through Creative Art.

‘**My Dream Destination** ‘- Draw the place you want to visit one day. (Post -card Making Activity)

Making of a **Travel Brochure** to visit your Dream Destination. (Class Activity.)

‘**MAKE A LOGO FOR YOUR CLUB**’ - A creative Activity in club Period.

POSTER – MAKING- ‘Festival of your State’ (An Inter- House Activity by Yuva Tourism Club)

August Theme- Explore India- Know Your Heritage.

Excursion to any Monuments, Heritage sites or Historical Places.

Presenting the report of the **Excursion** in Yuva Tourism Diary during Club period.
(Activity.)

An Inter-house Quiz based on Indian Tourism, Literature, Culture, Heritage, Cuisine, UNESCO World- Heritage Sites as forts, temples, historical monuments etc.

‘**From Mountain to Oceans**’ – a class quiz on geography based on covering landscapes, States, Capitals, Rivers, Deserts and Islands of INDIA.