

# SYLLABUS

n	Topics	Sessions
Level 1	<b>Topics to cover in Nirmal LEVEL 1</b>	28
	Introduction of Teachers and Students, Orientation	
	Introduction to Dhuni, Boli, and Lippi	
	Introduction to Varanmala through Stories and Poems (Audio - Visual)	
	Introduction to Mukh Varag	
	Introduction to Kuk-kaa Varag	
	Introduction to Ch'ch-cha Varag	
	Introduction to Tai'n-kaa Varag	
	Introduction to Pup-paa varag	
	Introduction to Tuh't-taa varag	
	Introduction to Antim Varag and Naveen Varag	
	Numbers (Ginti) 0-50	
	General Topics - Colours, Fruits, Vegetables, Body Parts, Animals, Birds, and Relationship	
	Appreciation and Certification	
Level 2	<b>Topics to cover in Nirmal LEVEL 2</b>	28
	Revision of Unit 1, Orientation	
	Introduction to Syllable	
	Muharni	
	Introduction to Mukta, Kan'naa, Sihari, Bihari	
	Introduction to Aunkadh, Dulainkadh, Laan, Dulaan'waan	
	Introduction to Ho'dha, Kanau'dha	
	Introduction to Lag 'Akhar- Tippi, Bindi, Addhak	
	Introduction to Dutt Akhar	
	Numbers (Ginti) 51 -100	
	General Topics- Time, Weekdays, Months, and Seasons	
	Poems - Sabar, Nirbhau, Vand Shakna	
	Basic Grammar	
	Comprehension	
Appreciation and Certification		
Level 3	<b>Topics to cover in Nirmal LEVEL 3</b>	28
	Rules for Gurbani Reading (Santhya)	
	Santhya of Guru Granth Sahib ji from 1 to 13	
	Sukhmani Sahib	
	Anand Sahib	
	Concept of Gurbani Decoding through following topics	
	<ol style="list-style-type: none"> <li>1. Thoughts, Emotions and Behaviour</li> <li>2. Identifying and Naming Emotions</li> <li>3. Coping Skills and Regulation</li> <li>4. Empathy and Perspective Taking</li> <li>5. Communication Skills</li> </ol>	

- |  |  |
|--|--|
| <ol style="list-style-type: none"><li>6. Problem Solving and Decision Making</li><li>7. Self Esteem and Positive Self Talk</li><li>8. Friendship and Social Skills</li><li>9. Handling Conflict and Bullying</li><li>10. Values Responsibility and Respect</li></ol> |  |
| <hr/> <hr/>  |  |
| Appreciation and Certification   |  |

