

Activities

*"Happiness involves engagement in activities that
Promote one's highest potentials."*

-Aristotle

Importance of Activities

- Academic Enhancement – Co-curricular activities like quizzes and projects sharpen critical thinking, problem solving and time management, directly boosting performance in subjects such as math and science.
- Skill Development – These activities teach teamwork, leadership, communication, and commitment through group efforts in debates, sports, or arts. They also promote creativity, goal setting and resilience preparing students for real world challenges.
- Physical and Mental Health – Sports and performing arts improve fitness, reduce stress, and lower anxiety or depression rates while building self-esteem and optimism. Regular involvement leads to better emotional well-being and discipline.
- Social Emotional Growth – Participation enhances peer relationships, cooperation, and empathy, helping students navigate social dynamics and build lasting connections. It counters peer pressure and cultivates a sense of belonging.
- Long- Term Benefits – In CBSE schools, activities like STEM clubs or cultural programs aid career readiness by discovering passions and developing confidence. They create well-rounded individuals with lifelong skills for success.

CBSE EK BHARAT SHRESHTHA BHARAT

SCHOOL STATE: JAMMU AND KASHMIR

PAIRED STATE: GUJARAT

EBSB & JSA In charge: Vikram Singh Slathia



Celebration of Ek Bharat Shrestha Bharat & Jal Shakti Abhiyan

Month	Name of the Activities	Block
April	Exposure of students to the alphabets, songs, proverbs, unique words through 100 sentences in the languages of the paired States/UTs.	Primary block
April	Essay Competition among students related to the paired States/UT.	Middle block
April	Drama/folk theatre/role play on culture, history, tradition of paired States/UT.	Senior block
April	Identification/translation and dissemination of similar proverbs in the language of paired States/UT.	Primary block
May	Themed-based Display Board/Wall Magazine' on the paired State/UT (Historical Monuments, Dressing Style, Painting, Dance, Music, folk art. Handicrafts, Alphabet and Basic Sentences, flora and fauna, climate. ecosystem, etc. of the paired States/UT)	Middle block
May	Pledge on Swachhata/single use plastic/water saving/ National Unity in the language of paired State/UT.	Kindergarten
May	Talks 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) or any other theme significant to the paired State/UT.	Senior block

Month	Name of the Activities	Block
May	Questions/Answer Session' on paired States/UT	Primary Block
June	Plantation drive in schools by tagging the name of the plant/tree planted in the language of own state and paired State, studying the importance of planted tree in paired States.	Senior block
August	Cultural Fusion Competition (Folk Songs/ Dance, Arts & Painting, Music, Cuisine any other cultural activity of the two paired States/UTs may be demonstrated through Fusion)	Primary
August	Literary Fest (Quiz competition, Poetry recitation, Extempore, Speech, Debate, Translation of popular regional script of paired State/UT)	Senior
August	Ek Bharat Shreshtha Bharat Utsav	Middle block
August	Scrap book on paired State/UT by students	Primary block
August	Showing popular and age-appropriate film's from the paired State/UT and in the language of the paired State/UT that reflects the culture of that State/UT	Primary block
August	Using toys to teach diversity of culture in India block	Kindergarten
October	Learning the indigenous sport of paired State/UT	Middle block
October	Learning the folk painting/art/craft of paired State/UT	Senior block
November	Studying about the rainfall/weather patterns/Rainwater Harvesting in paired States and undertaking rain water harvesting in schools	Middle block
November	Virtual faculty exchange where ideas and techniques regarding teaching of water conservation could be discussed.	Senior block
November	Natural water purifying techniques used by paired states	Primary block
January	Virtual tours of the traditional water conservation methods of the paired state	Senior block

Note: Activities to be conducted during activity period only.

Co- Curricular Activities (Kindergarten)

Month	Name of the Activity	Class
April All About Me	Internal and External Organs	
	Sense organs	
	Myself	
	Show and Share	
	Flat race	
	Colour your world (competition)	
	Fancy dress competition	
May Food	English recitation competition	
	Hop race	
	Types of Food	
	Show and Share	
July Plants	Plant a sapling	
	Parts of Plant	
	Plantation Drive	
	English recitation comp.	
	Catch and Throw	
August Festivals	Rhymester-English Rhyme	
	Walk on line	
	National and Religious	
	National Symbols	
	Fancy Dress	
	Show and Share	
September Water	Spoon race	
	Talent Hunt (competition)	
	Uses of water	
	How to Save water	
	Clean water is safe water	
	Show and Share	

Month	Name of Activity	Class
October Animals Around Us	Samuhik Kavita path	
	Commando race	
	Land Animals	
	Water Animals	
	Show and Share	
	Animal Kingdom	
November Means of Transport	Penguin walk	
	Hindi calligraphy comp.	
	Types	
	Road Signs	
	Traffic Signals	
December Seasons	Show and Share	
	Keep the ball in track	
	English calligraphy comp.	
	Summer/Winter Season	
	Rainy Season	
	Spring/Autumn Season	
	Show and Share	
January Community Helpers	Skating comp.	
	Story telling comp.	
	Worksheet activity	
	Role Play	

Co- Curricular Activities I-V (Primary Wing)

Month	Name of the Activity	Class
April	Health is Wealth	
	Health Check Up	I-V
	Healthy Tiffin Activity	I-V
	Me & Myself	II-V
	Know thy School	
	Trip Around The School	I
	Nurture-Nurture, Save Future	
	Let birds fly free-Head gear competition	I-V
	Weave the Story	I-V
	My Earth My Duty ENVIRONSDRIVE	I-V
May	Sweet & Grit Week-Dignity of Labour	
	Special Assembly on Labour Day	I-V
	Gratitude: A Small Gesture-Card Making Activity	I-V
	My Mother: Epitome of Love	
	Weave the Story	I-V
July	Green DIPSITES	
	Go- Green Walkathon-Nature Lovers	I-V
	Weave the Story	I-V
August	Patriotism/Harmony Week	
	Elegant pens- English Calligraphy Competition	I-III
	Limerick-Jungle Composition Competition	IV-V
	Eco Friendly Rakhi Making Competition	I-V
	Mera Desh Mahan	
	Touch the Height-Slogan Writing Competition	I-V
	Special Assembly on Independence Day	I-V
	Weave the Story	I-V
	Hindi Pakhwada	
September	MereAkshar Meri Pehchan-Hindi Recitation Competition	I-V
	MereAkshar Meri PehchanHindi Calligraphy Competition	I-V

Month	Name of the Activity	Class
	Your Vision-Our Mission-Class cleaning, Activity	I-V
September	Hamari Sanskriti Hamara Gaurav	
	Your Vision-Our Mission-Class cleaning Activity	I-V
	Hamari Sanskriti Hamara Gaurav	
	Weave the Story (Hindi)	I-V
October	Cheer Fest	
	Weave the Story	
	Colourful Hangings Making Activity	
November	Kindness and Team Work	
	Gratitude Jar	I-V
	Pandora's Box-Building Scientist (competition)	I-V
December	Books Are Our Best Friend	
	Math Sure Hunt	I-V
	Weave the Story	I-V
	Math's games inspired by children's books	I-V
January	Brotherhood & Unity	
	Weave the Story	I-V
	Movie Time	I-V
	Traffic Light Making Activity	I-II
	Be-Alert-Traffic Sign making activity	III-V
	Patriotic Fervour Week	
	Know your Constitution-Preamble	IV-V
February	Special Assembly on Republic Day	I-V
	Friendship & Hard work	
	CLUB PRESENTATION	I-V
	Weave the Story	III-V

Co- Curricular Activities VI-XII (Middle - Senior Wing)

Month	Name of the Activity	Class
	Healthy Me, Better Me	
April	Healthy Body-Healthy Mind	VI-X
	Weave the Story	VI-XI
	Nurture Nurture, Save Future	
	Nature craft	VI-XII
	Folk Dance Competition (Solo) 14	VI-XI
May	Sweet & Grit Week- Dignity of Labour	
	Habitat for Humanity	IX-XII
	Weave the Story	VI-XII
	Investiture Ceremony	VI-XII
July	Green DIPSITES	
	Talk Show	VI-X
	One Act Play	VI-X
	Weave the Story	VI-XI
August	Patriotism/Harmony Week	
	Salad Bowl	VI-VIII
	Spin Yarn	IX-X
	Weave the Story	X-XII
	Mera Desh Mahan	
	Special Assembly on Independence Day	VI-XI
	Touch the Height-Slogan Writing Competition	VI-IX
September	Hindi Pakhwada	
	Mere Akshar Meri Pehchan-Hindi Poem Recitation Competition	VI-X
	Weave the Story (Hindi)	VI-X
	EkankiShrinkhala	VI-X

Month	Name of Activity	Class
October	What We Give We Get/Swachh Abhiyan	
	Cleanliness Audit	VI-X
	Best Out of Waste	VI-VIII
	Hamari Sanskriti Hamara Gaurav	VI-XI
	Weave the Story	VI-IX
November	Kindness and Team Work	
	Pick One's Brain	VI-IX, XI
	Gratitude Jar	VI-IX, XI
	Weave the Story	VI-IX, XI
	Diwali Celebration	VI-XII
December	Books Are Our Best Friend	
	Math Quiz	VI-IX, XI
	Weave the Story	VI-IX, XI
	Science Quiz	VI-IX, XI
January	Brotherhood & Unity	
	Nukkad Natak	VI-IX, XI
	Patriotic Fervour Week	
	Know your Constitution-Preamble	VI-IX
	Special Assembly on Republic Day	VI-IX
February	Friendship & Hard work	
	CLUB PRESENTATION	VI-IX, XI

Instructions:

- Welcome song (Hindi/English) is there on arrival to assembly area.
- Regular assembly will be conducted class wise whereas special assemblies by respective houses.