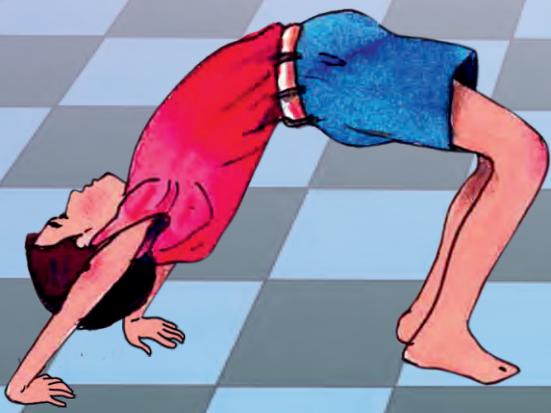
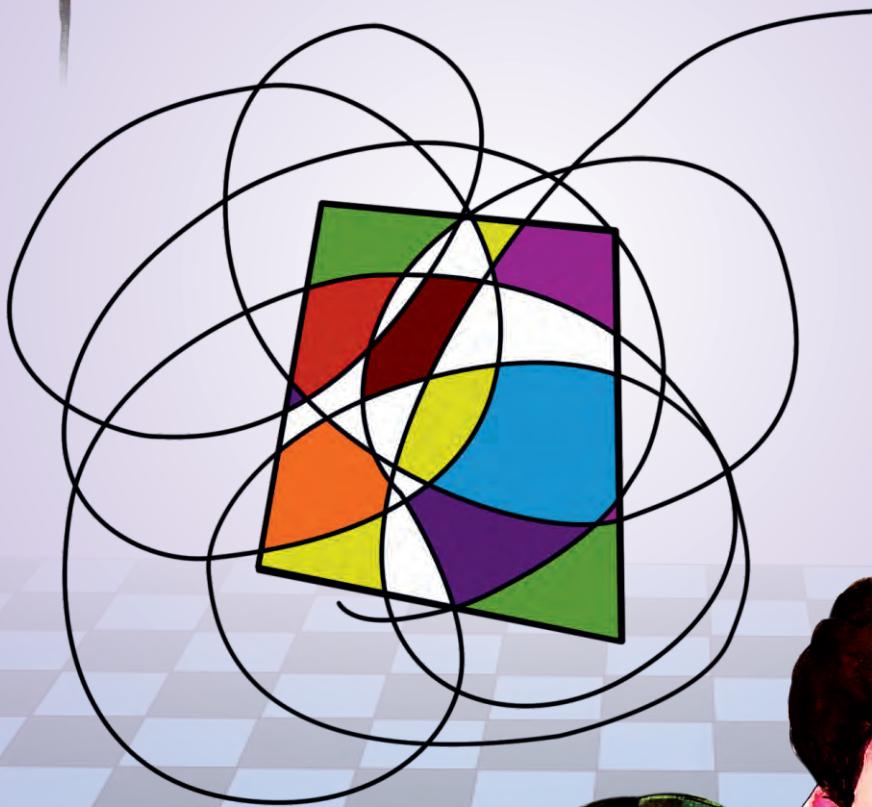
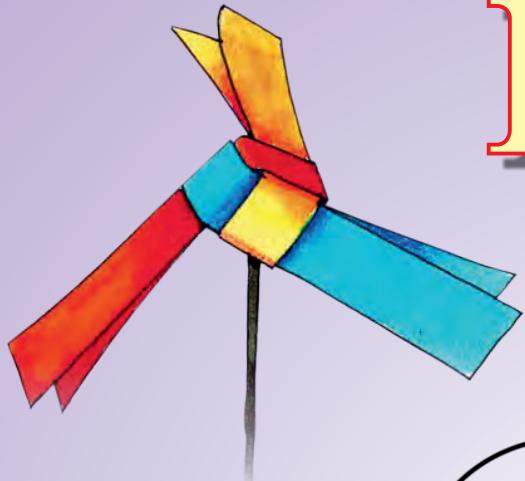


# Play Do Learn



Standard Two



# The Constitution of India

## Chapter IV A

### Fundamental Duties

#### ARTICLE 51A

**Fundamental Duties- It shall be the duty of every citizen of India-**

- (a) to abide by the Constitution and respect its ideals and institutions, the National Flag and the National Anthem;
- (b) to cherish and follow the noble ideals which inspired our national struggle for freedom;
- (c) to uphold and protect the sovereignty, unity and integrity of India;
- (d) to defend the country and render national service when called upon to do so;
- (e) to promote harmony and the spirit of common brotherhood amongst all the people of India transcending religious, linguistic and regional or sectional diversities, to renounce practices derogatory to the dignity of women;
- (f) to value and preserve the rich heritage of our composite culture;
- (g) to protect and improve the natural environment including forests, lakes, rivers and wild life and to have compassion for living creatures;
- (h) to develop the scientific temper, humanism and the spirit of inquiry and reform;
- (i) to safeguard public property and to abjure violence;
- (j) to strive towards excellence in all spheres of individual and collective activity so that the nation constantly rises to higher levels of endeavour and achievement;
- (k) who is a parent or guardian to provide opportunities for education to his child or, as the case may be, ward between the age of six and fourteen years.

The Co-ordination Committee formed by GR No. Abhyas - 2116/(Pra.Kra.43/16) SD - 4  
Dated 25.4.2016 has given approval to prescribe this textbook in its meeting held on 19.03.2019  
from the Academic Year 2019-20

# Play, Do, Learn

( Health and Physical Education, Work Experience, Art Education)

## Standard Two



Maharashtra State Bureau of Textbook Production and Curriculum Research, Pune - 04



The digital textbook can be obtained through DIKSHA App on a smartphone by using the Q.R. Code given on title page of the textbook and useful audio-visual teaching-learning material of the relevant lesson will be available through the Q.R. Code given at the end of each lesson of this textbook.

**First Edition - 2019**

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**Reprint :2021**

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#### **Publisher :**

**Vivek Uttam Gosavi**

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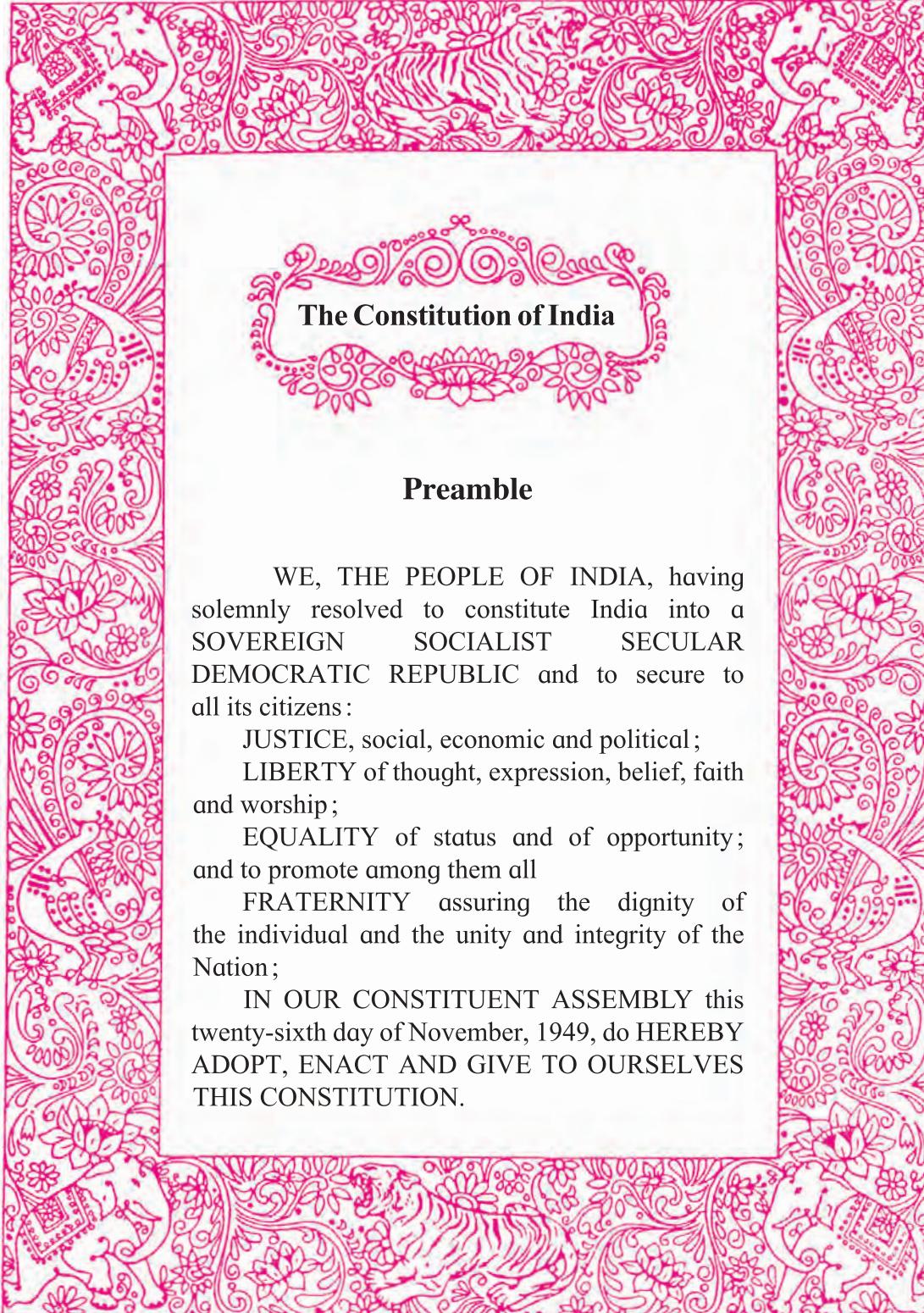
Shashank Kanikdale,

Asst. Production Officer

**Paper :** 70 GSM Creamwove

**Print Order :**

**Printter :**



## The Constitution of India

### Preamble

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC and to secure to all its citizens:

JUSTICE, social, economic and political;

LIBERTY of thought, expression, belief, faith and worship;

EQUALITY of status and of opportunity; and to promote among them all

FRATERNITY assuring the dignity of the individual and the unity and integrity of the Nation;

IN OUR CONSTITUENT ASSEMBLY this twenty-sixth day of November, 1949, do HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION.

## NATIONAL ANTHEM

Jana-gana-mana-adhināyaka jaya hē  
Bhārata-bhāgya-vidhātā,

Panjāba-Sindhu-Gujarāta-Marāthā  
Drāvida-Utkala-Banga

Vindhya-Himāchala-Yamunā-Gangā  
uchchala-jaladhi-taranga

Tava subha nāmē jāgē, tava subha āsisa māgē,  
gāhē tava jaya-gāthā,

Jana-gana-mangala-dāyaka jaya hē  
Bhārata-bhāgya-vidhātā,

Jaya hē, Jaya hē, Jaya hē,  
Jaya jaya jaya, jaya hē.

## PLEDGE

India is my country. All Indians  
are my brothers and sisters.

I love my country, and I am proud  
of its rich and varied heritage. I shall  
always strive to be worthy of it.

I shall give my parents, teachers  
and all elders respect, and treat  
everyone with courtesy.

To my country and my people,  
I pledge my devotion. In their  
well-being and prosperity alone lies  
my happiness.

## FOREWORD

**Dear little friends,**

A very warm welcome to standard second. You have become familiar with 'Play, Do, Learn' since last year. Once again we are happy to present the book 'Play, Do, Learn', in a new way.

You all love to create beautiful objects, sing lovely songs, listen to stories, and play new games. At the same time you enjoy playing musical instruments, enact plays, draw, colour, paste, invent new games. Right?

All these dreams of yours will be fulfilled through this book, 'Play, Do, Learn' by learning some exciting body movements, new games, inventing new competitions, rakhi making, paper twirl making, making beautiful articles out of dried seeds, leaves and flower petals, stories, conversations, poems, riddles, colouring activities, and many more activities that will be performed by you. You can also have a wonderful exhibition to show case all your creations. You can also gift these items to others, for which you will be appreciated. In other words, you will befriend the Life Skill Education.

Using the principle of 'Equality through Commonality', as a platform, we all will study together with the help of modern technology. This book will prove to be an excellent medium of expression for talented and actively efficient students like you. So lets enjoy the learning process through all these funfilled activities!

There is a Q.R. Code given at the bottom of certain pages. You will enjoy the information that is given through these Q.R. Codes. We are looking forward to your valuable feedback and suggestions that will help us make value addition to our initiative.

Our Best Wishes to all of you to complete all the activities given in 'Play, Do, Learn' in a successful and enthusiastic manner!



**(Dr. Sunil Magar)**  
**Director**

Maharashtra State Bureau  
of Textbook Production and  
Curriculum Research, Pune-4.

Pune

Date : 6 April 2019

Indian Solar 16 Chaitra, 1941

## For Teachers

The book 'Play, Do, Learn' has been arranged to correspond to the three subjects viz. Health and Physical Education, Work Experience, Art Education. Teachers are expected to play the role of facilitators and get the activities done by the children. through combining their innovative ideas with those given in the book. You will be able to create an excellent combination of all the three subjects with the Language, Mathematics and Environmental Studies. You can relate these subjects to our day to day lives and make the learning process an enjoyable experience. These experiences will accompany the children throughout their lives. This book is filled with excellent and value based activities which can be executed with the help of parents, teachers, sports persons, technical experts, artists along with the assistance of technology.

The book 'Play, Do, Learn' does not consist only activities related to Health and Physical Education, Work Experience, Art Education but also takes the children through a practical experience cause of its colorful pictures that are many in number along with clear instructions to teachers. Considering the fact that the reading and writing skill of the children are not completely developed, the book subtly takes the children towards these skills.

'Play, Do, Learn' aims to include topics that would complement each other. It includes activities of drawing lines, shapes, pictures, scribbling, alphabetical curves, collage, clay work, creating best out of available items, water awareness, disaster management, introduction to nature and its processes, occupational production based projects, road safety, introduction to Information Technology, different kinds of physical movements and exercises, cleanliness and personal hygiene, games, competitions and many other activities that will remain associated with the children throughout their lives. As this book is made for the young children, it has not been possible to include syllabus, learning objectives, areas, and all projects. The teachers should refer to the teachers manual for ready reference.

All the activities given in the book have been perseverently framed by taking into consideration, the requirements of students with special needs so that these children are drawn into the main stream. The special highlights of this book are the attractive titles, picturesque presentation, guidelines for parents and teachers, the spaces given to students for their personal expressions through 'My Activity'. Every child will get sufficient opportunity to master the given skills through enough practice. Teachers require to accept all the activities of the children by taking into consideration the ability of the child.

Although three subjects are included in a single common textbook, the actual teaching and learning is expected to be divided according to the allotted periods. It is also expected that the three subjects establish a co-relation with the academic subjects like Language, Mathematics and Environmental Studies. There should be a flexibility maintained with some changes in the classroom arrangement, field visits, innovative use of Information Technology etc while conducting these classes. In order to make the teaching learning process effective, with the help of qualitative evaluation the Continuous Comprehensive Evaluation method should be used for evaluation. Perfection is not expected from the child while performing the activities. The child is expected to enjoy every activity and draw happiness out of his personal creativity.

In order to incorporate educational values, if teachers have developed some creative activities or teaching aids, the same can be shared with the bureau through photographs and videos. This innovation is always welcomed by us. We wish you all the best to conduct all the activities mentioned in the text in a successful manner.

**Play, Do, Learn**  
**Subject Committee and Study Group**  
Textbook Bureau Pune

**Play**

**Do**

**Learn**

Learning by Playing

Learning by Doing

Learning by Art

## Play, Do, Learn Standard Two-Learning Outcomes

Subject	Unit	Learning Outcomes
1. Play	1. Health	<ul style="list-style-type: none"> <li>● Children understand the importance of some good habits and follow them.</li> <li>● Understand the field related details.</li> </ul>
	2. Different kinds of movements and perfect postures	<ul style="list-style-type: none"> <li>● Are able to maintain perfect postures and practise different kinds of movements.</li> </ul>
	3. Games and Races	<ul style="list-style-type: none"> <li>● Take interest in different types of games. Participate in Races.</li> </ul>
	4. Skill based Projects	<ul style="list-style-type: none"> <li>● Practice all the skill based projects.</li> </ul>
	5. Physical Exercises	<ul style="list-style-type: none"> <li>● Activate the joints and muscles by practising all the physical exercises.</li> </ul>
2. Do	1. Need Based Projects <ul style="list-style-type: none"> <li>● Water Awareness</li> <li>● Disaster Management</li> </ul>	<ul style="list-style-type: none"> <li>● Decorate the class. Speak about the important days. Speak about the dipterans occupations.</li> <li>● Are able to speak about the uses of water, sing different songs on water, tell stories related to water. Tell about the different methods of water storage and colour pictures.</li> <li>● Identify pictures of natural calamities like earthquakes, floods, tsunami, forest fires, strike of lightening etc.</li> </ul>
	2. Interest Based Projects	<ul style="list-style-type: none"> <li>● Make use of material available in the surrounding to create an article. Creation is also done by using some modern ideas.</li> </ul>
	3. Skill Based Projects	<ul style="list-style-type: none"> <li>● Create some things that are the requirement of the society by using personal skills.</li> </ul>
	4. Voluntary Projects Production based Projects Food, Clothing & Shelter	<ul style="list-style-type: none"> <li>● Are able to master their basic talent and take part in projects that help in earning money.</li> <li>● Participate in activities based on food, shelter and clothing.</li> </ul>
	5. Field of technology, Road safety	<ul style="list-style-type: none"> <li>● Identifis different parts of the computer and handle the computer with confidence.</li> <li>● Understand the rules of road safety.</li> </ul>
	6. Other Fields	<ul style="list-style-type: none"> <li>● Identifis different domestic birds and animals and explains their uses.</li> </ul>
3. Learn	1. Pictures	<ul style="list-style-type: none"> <li>● Identifis the different body parts of an animal through pictures.</li> <li>● Scribbles help to plot the shapes like squares, triangles and circles and colour them. Join dots in the correct numerical order.</li> <li>● Make simple designs/patterns with the help of some simple lines styles.</li> <li>● Does the stamping and collage making. Get familiarized to colours and colours pictures. Practises different lines for copywriting.</li> </ul>
	2. Sculpture	<ul style="list-style-type: none"> <li>● Make different articles out of clay and by pasting.</li> </ul>
	3. Singing	<ul style="list-style-type: none"> <li>● Sings the rhymes and chorus songs.</li> </ul>
	4. Play Instruments	<ul style="list-style-type: none"> <li>● Create music by striking on different objects.</li> <li>● Are introduced to different musical instruments and learns the art of rhythmic clapping.</li> </ul>
	5. Dance	<ul style="list-style-type: none"> <li>● Move the hands and legs rhythmically.</li> <li>● Perform actions according to the rhymes and chorus songs.</li> </ul>
	6. Drama	<ul style="list-style-type: none"> <li>● Enact the daily activities which is an introduction to the world of acting.</li> <li>● Perform certain physical actions and voice modulations in form of a presentation.</li> </ul>

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# 1. Health

## 1.1 My Daily Routine



**Wake up before sunrise**



**Morning Processes**



**Brush my teeth**



**Take a bath**



**Comb my hair**



**Have my food**



**Wear clean clothes**



**Go to School**



**Study**



**Play Games on the playground**



**Help with household work**



**Sleep**

## 1.2 Cleanliness of hands



### My Activity

Use the following objects appropriately



Soap



Handkerchief



Wash Basin



Hand Wash  
Liquid Soap

- Ask the children to observe the pictures carefully and conduct a discussion. Through the discussion, tell the children about the healthy habits and their importance. Tell them about the importance of keeping your hands clean. Also (discuss about) the importance of washing hands before and after food as well as after visiting the toilet.

## 1.3 My Diet

Fruits



Vegetables



Dal and Rice



Wheat/Jowar Chapati



Sprout Curry



Milk



Salad



Water

Avoid Drinking Regularly



Tea



Coffee



Cold Drinks

Avoid Eating Regularly



Vada Pav



Burger



Pizza

- ◆ Tell the children about the importance of developing the habit of finishing everything that is served in the plate. Tell them about the importance of vegetables in their regular diet. Advise them to eat a variety of fruits and drink plenty of water. Also tell them to wash their hands and gargle their mouth thoroughly before and after meals.

## 1.4 Stop the Bad Habit

Let us avoid overuse of -



Mobile



Television



Video Games

## 1.5 First Aid



First Aid Box



Sticking Tape



Cotton



Iodine



Gauze Roll



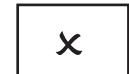
Bandaid



Ointment

## My Activity

Read and use the appropriate sign



I finish everything served in my plate regularly.



I always play Mobile games at home.



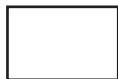
I don't eat all types of Vegetables.



I always watch television at home.



I exercise regularly.



I drink plenty of water regularly.



- Instruct the children to avoid the overuse of gadgets like television, computer, mobile, video games etc. as they have bad effect on their eyes. Explain to them about how it is a waste of time. Do not watch TV from short distance.
- Give children the information about a First Aid Box. After completing 'My Activity' give them the required advice with proper suggestions.

## 1.6 Cleanliness



**My school surrounding**



**My house surrounding**



**Cleanliness of Toilets**



**Cleanliness of hands**



**Garbage bin**



- ◆ Inspire the children about the cleanliness of the home and school surrounding. Collect waste separately.
- ◆ Children should be instructed about visiting the toilet frequently and using water while flushing toilet. Tell them to clean their private parts and hands thoroughly. Explain the importance of personal hygiene.
- ◆ Instruct them to cut your nails and hair regularly. And also about keeping their skin, nose and eyes clean.

## 1.7 Body Parts

Can you guess the body parts that are used while performing the following activities



Throw



Pick the things from the table



Walking



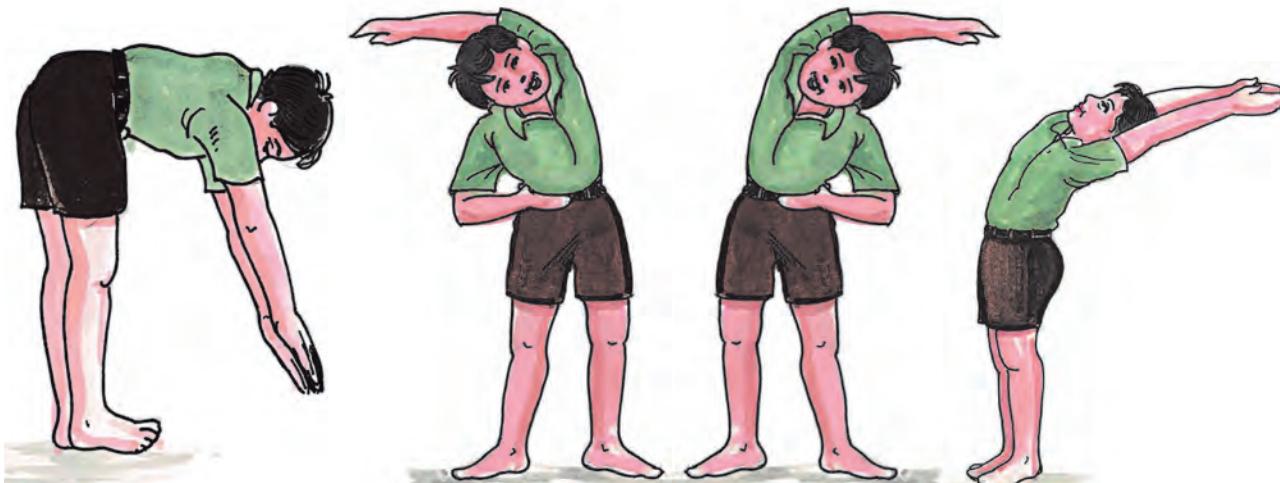
Pickup things from the ground

- ◆ Discuss about the movement of different body parts while performing different actions. While doing the activity or movements, get the children to experience the movement in the joints & muscles.
- ◆ Name different body parts and ask children to tell the different actions performed by those body parts.



## 2. Different kinds of movements And Appropriate body postures

### 2.1 Types of movements



Forward Bending

Sideways Bending

Backward Bending

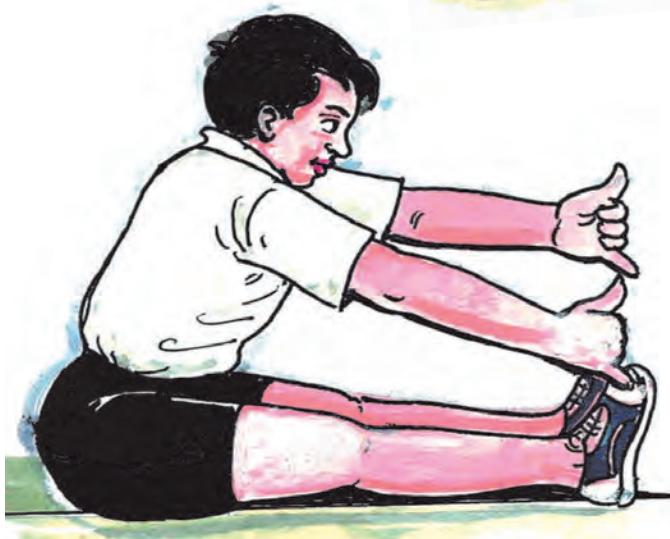


Twirl on the heels

Zigzag walk

Twirl on the toes

## My Activity



- ◆ Make the children perform the above movements. Ask them to use these movements. Take care of the children when they jump and twirl.
- ◆ Encourage the children to have a game or a competition while performing these actions/movements.

## 2.2 Imitative Movements (Animal walks)



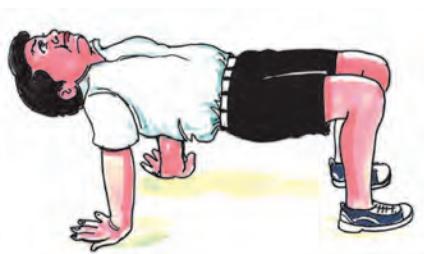
**Rabbit Jump**



**Kangaroo Jump**



**Duck Walk**



**Crab Walk**



**Monkey Jump**

### My Activity

Try different types of walks and jumps



- ◆ Demonstrate the different types of jumps and walks. Encourage children to perform them individually or can be conducted as races.
- ◆ Explain about the appropriate body postures.

## 2.3 Movements using equipment and partners

### Bouncing the ball



**Passing the ball with a bounce**

**Bounce on the ground**



**Bounce on the wall**



**Kick the ball and move forward**



**Kicking**

- ◆ Make the students perform the actions. Motivate the children to develop the habit of co-operating with each other. Encourage them to practise the movement. Conduct races, games and competitions using these movements.
- ◆ Appreciate the winners by clapping.

## 2.4 Appropriate Body Posture

Observe the following body postures. Put a ✓ sign for the correct posture and ✗ sign for the wrong body posture

**Standing Posture**



**Sitting Posture with legs crossed**



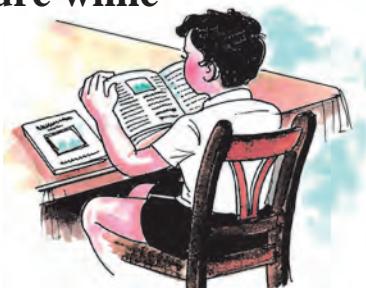
### My Activity

Maintain the correct body posture while

**Writing**



**Reading**



**Sleeping**



**Sitting on a bench**



- ◆ Explain to the children about the correct body postures while Writing, Reading, Sleeping and Sitting on the bench.

## 2.5 March Past

### Attention



Posture from  
front



Posture from  
behind

### Stand at ease



Posture from  
front



Posture from  
behind



### At Ease/Relax

- ◆ Explain the postures in detail. Tell them to leave their body loose in the 'Relax' posture.
- ◆ Pay attention to see that children move only the left leg for 'Stand at ease' posture and 'Attention' posture. Encourage the children having leadership qualities by training them to give orders to the class.



### 3. Games and Competitions

#### 3.1 Entertaining Games



**Sack Race**



**Blowing the balloon away**



**Skipping**



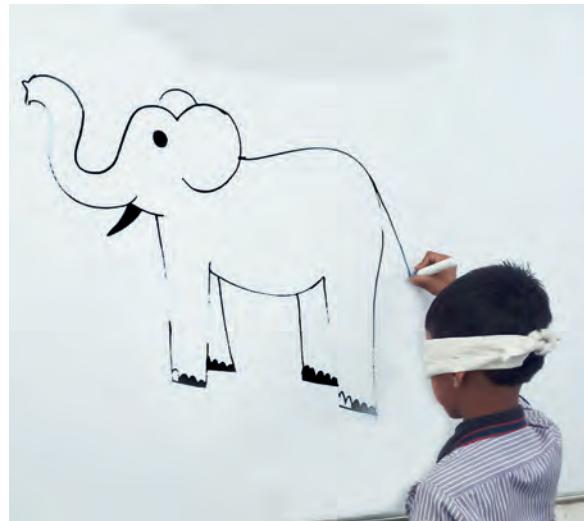
**Catching while hopping**



**Dodge Ball**

- ◆ Conduct the above games and make sure there is 100% participation by children.
- ◆ Please take special care while selecting the place, material and other aspects. Also special care should be taken of the sick as well as physically challenged children by asking them to perform activities according to their capacities.

## 3.2 Sitting Games



**Tailing the animal**

**Putting the ball in the basket**



**Castles out of paper cups Entertainment Game      Identify by touching**

### My Activity

**Try playing the following games**



**Ludo**



**Chess**



**Snakes and ladders**

- ◆ Organise indoor games when outdoor games cannot be played.
- ◆ Give utmost importance to active participation while conducting indoor games.

### 3.2 Regional and Traditional Games



*Jhimma*



*Tipri*

*Lezim*

- ◆ Conduct some regional and traditional games that you may have seen in your surroundings.
- ◆ Create games with the help of some simple objects that are easily available in the surroundings.

## 3.4 Variety of Games

### Muscle Building Games



**Hanging on the Bar**



**Swinging with the help of a rope**



**Hanging on the roots of a banyan tree**

### Muscle Strengthening Games



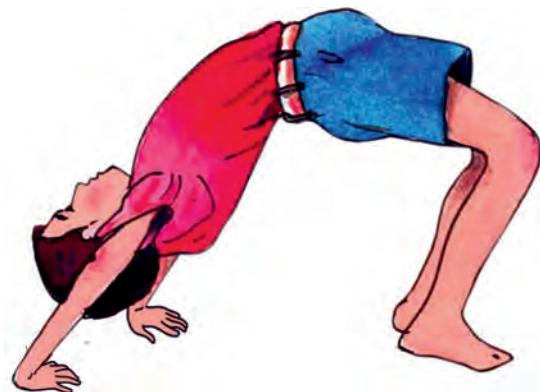
**Throwing the ball**



**Hopping**

- ◆ The above games help in strengthening and enhancing the potential of the body muscles. Please take care of the children's safety while conducting the games.
- ◆ Conduct some more games that will strengthen the body muscles under supervision.
- ◆ Teachers should motivate children to use exercise through game in daily routine.

## Flexibility Enhancing Games



**Making an arch of the body**



**Stretching the legs**

## Games of co-ordination



**Twist and pass the ball**



**Catching the ball**

- ◆ Create games (with or without equipment) that will increase the flexibility of the body. Plan these games so that they can be conducted for the entire year.

## Speed Games

### Running Race



### Balancing Games



**'T' Balance**



**Walking while balancing  
the book on head**

- ◆ While conducting the above races, please take care that the ground is clear, safe and hurdlefree.
- ◆ Children should be informed about the safety measures that need to be taken while playing the games of balancing.

### 3.5 Races



**Fast walking Race**



**Duck walk Race**

### 3.6 Minor Games



**Kicking the ball**

- ◆ Organise different kinds of individual and team races. Decide upon the start and finish line.
- ◆ Ensure that rules are followed while playing these games. Appreciate winners for winning & losers for participation.
- ◆ Physically challenged students should also be motivated to play different games according to their capability.

### My Favourite Games

- Ask the children to draw pictures of their favourite equipment e.g. If their favourite game is cricket, the required equipment will be bat, ball, stumps etc.



## 4. Skill Based Activities

### 4.1 Gymnastics



**Front Roll**



**Back Roll**

### My Activity

**Spread your legs and roll forward**



- ◆ Help the children in taking the required postures. Help them to keep their hands and feet appropriately and also to maintain their body balance while doing the above activities. Appreciate them.
- ◆ Regular practice is required for each and every child to be able to do the above activities.

## 4.2 Atheltic Games



**Jumping and moving forward**



**Spot Jumping**



**Hopping forward on one leg**



**Jumping with stretched hands**

### My Activity

**Put a ✓ in the box after practice**

**Hopping forward**

**Walking with long steps**

**Jump with stretched hands**

**Spot jumping**

◆ Make the children do different types of leg movements.

◆ Regular practice should be taken so that all the children will be able to master the activities. Organise different speed based games for the children.

## 4.3 Sports Skills



**Catching the ball bounced on the wall**



**Catching the thrown ball**



**Catching the ring**



**Throwing and catching the ball**

- ◆ Take care that children take correct body postures while throwing, catching, defending, kicking and hitting the ball.
- ◆ Regular practice will help the children to master all the field tactics.

## 4.4 Human Pyramids



- ◆ The teachers are expected to use their own creativity and make some human pyramid arrangements. Take care that the children who form the foundation of the pyramid, are able to bear the weight. Take regular practice. Such human pyramids can be presented along with a musical background.



## 5. Exercises

### 5.1 Warm up exercises



**Bending the neck forward, backward, left and right side**



**Bending forward, backward, left and right side along the waist**



**Twisting along the waist**

**Bending and touching the toes**

**Rotating shoulders and wrists**

- ◆ It is necessary to see that children wear appropriate clothes for the energising exercises. Do not force the children to give extra stress while performing the above exercises. Keep informing them that continuous stressing of muscles will make them flexible. Please keep a watch on their body postures as they perform.

## 5.2 Surya Namaskar

9



1



2



8



10



3



7



4



6



5



**Basic Position**

- ◆ Please make the children perform all the postures of 'Surya Namaskar' correctly.

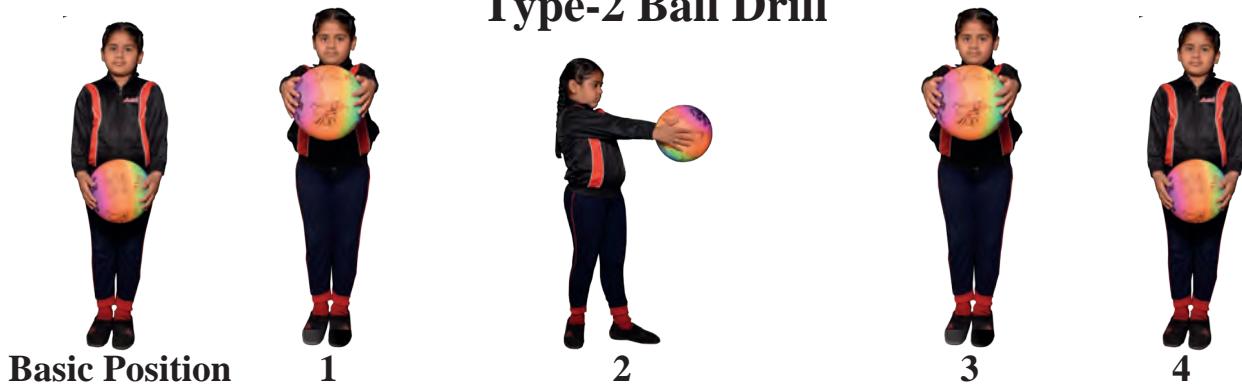
## 5.3 Rhythmic Exercises

### Type-1 Balloon Drill



Basic Position      1                          2                          3                          4

### Type-2 Ball Drill



Basic Position      1                          2                          3                          4

### Type-3 Stick Drill



Basic Position      1                          2                          3                          4

### Type-4 Handkerchief Drill



Basic Position      1                          2                          3                          4

- ◆ The above pictures display a sample of rhythmic exercises and drills. Make the children perform a variety of such exercises.
- ◆ Teach the children some more exercises using your imagination. The same can also be used for presentation.

## 5.4 Different Body Postures



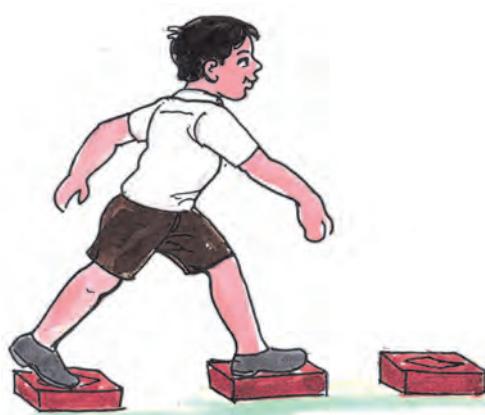
- ◆ Children should be informed about all the rules of Yoga.
- ◆ Children should be taken through different body postures as warming up before Yoga. Instruct them to stretch their bodies according to their body capacity.

## 5.5 Hurdle Race

**Start**



**Finish**



**Balancing while walking on bricks**



**Skipping**



**Hang and swing**



**Passing through the ring**



**Crawling**

- ◆ Form an array of a variety of hurdles using different types of skills with the help of your imagination.



# 1. Need Based Activities

## (1) Introduction to culture and world of work.

### 1.1 Classroom Decoration



#### My Activity

##### Rangoli

##### Decoration with leaves

- ◆ Make groups and divide the work within the group. Maintain cleanliness. Take care that each and everyone gets an opportunity for class decoration.
- ◆ Children can be asked to fill the empty spaces with Rangoli. They can also make designs with the help of leaves.

## 1.2 Special Days



One two three four, plant trees more and more  
five six seven eight, let us have a green belt.

### My Activity

11 April  
Mahatma  
Phule  
Jayanti

2 October  
Mahatma  
Gandhi  
Jayanti

5 September  
Teacher's  
Day

14  
November  
Children's  
Day

- ◆ Special days can be celebrated publicly or at the classroom level.
- ◆ Ask the children to fill the blank boxes with the special events celebrated in school.

## 1.3 World of work

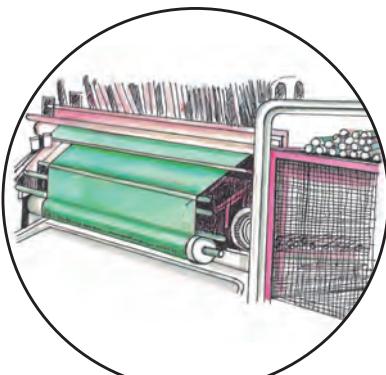


### My Activity

Draw the pictures of tools that are required for the above work

- ◆ Introduce the children to the different small scale occupations that are seen in the surroundings.

## 1.4 Introduction to different occupations around you



- ◆ Give information about the pictures showing occupations. eg. hand weaving machine, mechanical weaving machine, newspaper seller, fruit vendor, papad and pickle making, florist, poultry, tailoring, keymaker etc.

## (2) Water Literacy

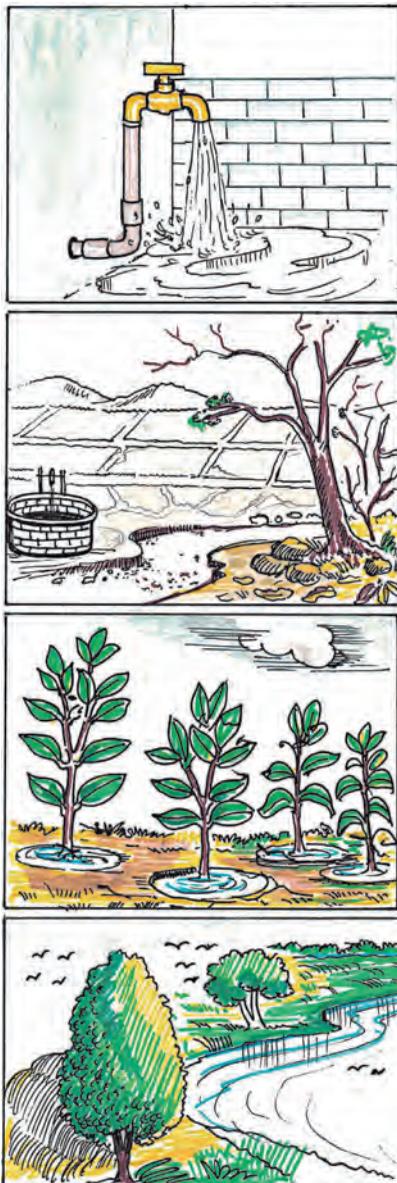


### The Rain

Swish swish swish goes the wind again  
Pitter patter pitter patter falls the rain  
Soaking wet are the mountain tops  
Watch the beautiful dancing peacocks  
Patter patter patter come the heavy rains  
Floods are caused on rivers and drains  
Pools of water flow in the courtyard  
Paper boats flow with the children on guard  
Merrily the children clap their hands  
As pitter patter raindrops fall on their lands

- ◆ Children should be asked to observe the rain while it falls and note the various things that happen.
- ◆ Teachers can make the required addition to the song according to the observations made by the children.

## 2.1 Picture Story Reading



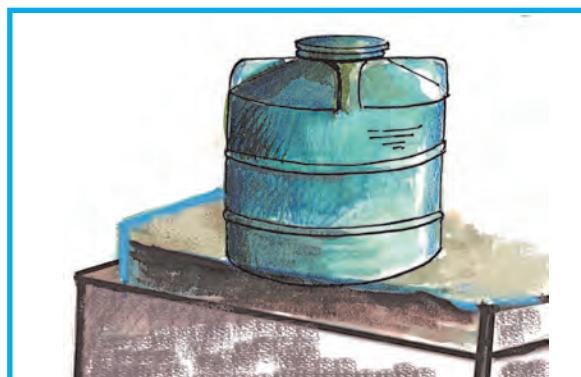
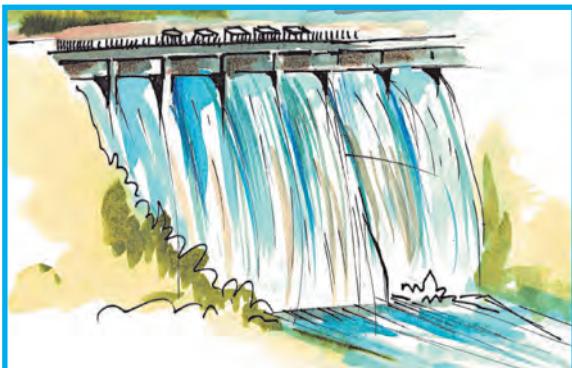
### My Activity

**Fill Colours in the Alphabets**

**WATER IS LIFE**

- ◆ Read the picture story given above. Inform the children about water and its benefits. Children can also be told about the story of water.

## 2.2 Storage of Water



### My Activity

Method of taking out water from the pot



Put a ✓ for the correct method and ✗ for the wrong method

- ◆ Inform the children about water harvesting and the correct ways of using water.

### (3) Disaster Management

#### Natural Calamities



#### My Activity

Draw a picture selecting the elements of nature like land, water, mountains, trees-creepers, humans, sun, moon, stars, sky, desert and colour it.

- ◆ Inform the children about the natural elements and the different natural processes.



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## 2. Craft Based Activities

### 1. Simple Rakhi

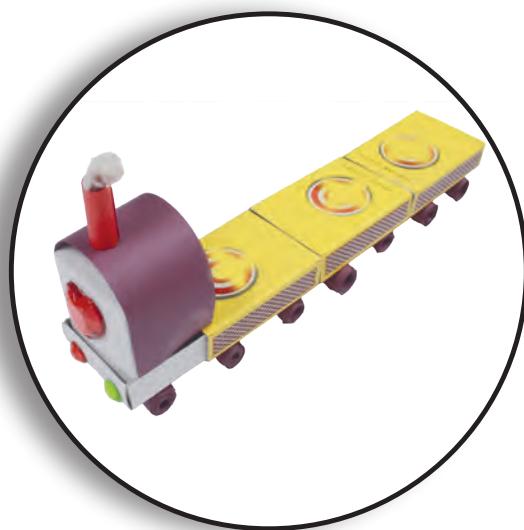
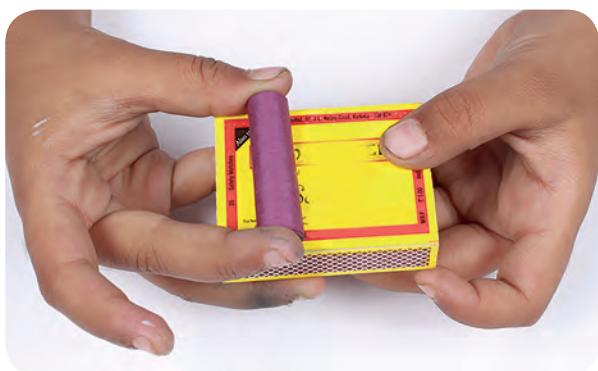
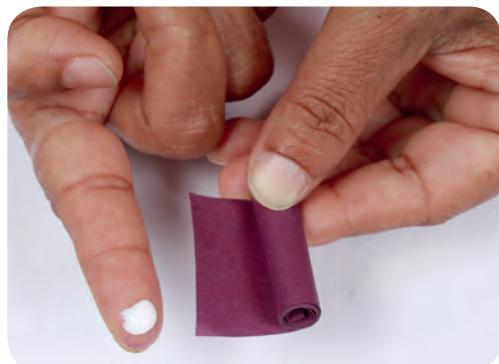
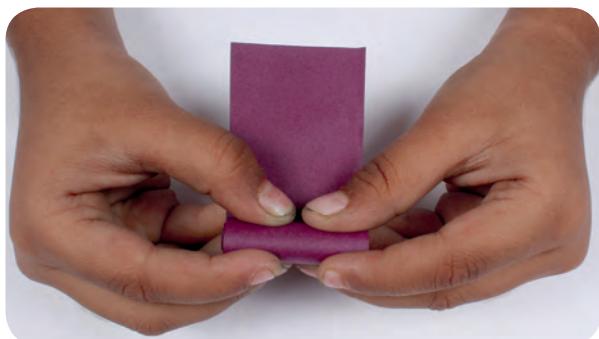


### My Activity



- ◆ Ask the children to make a rakhi with the help of material that is easily available. Material : Cardsheet paper, ribbon and some decorative material.

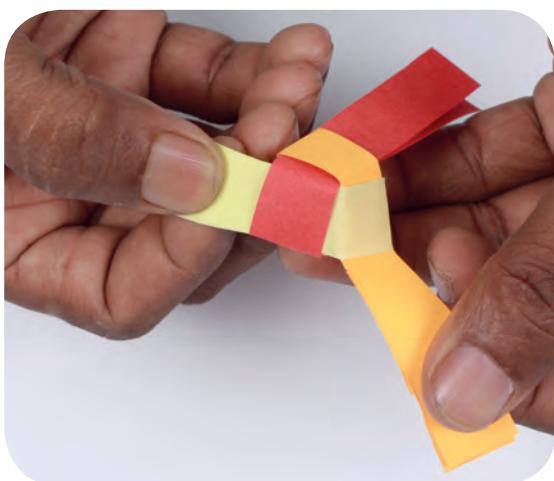
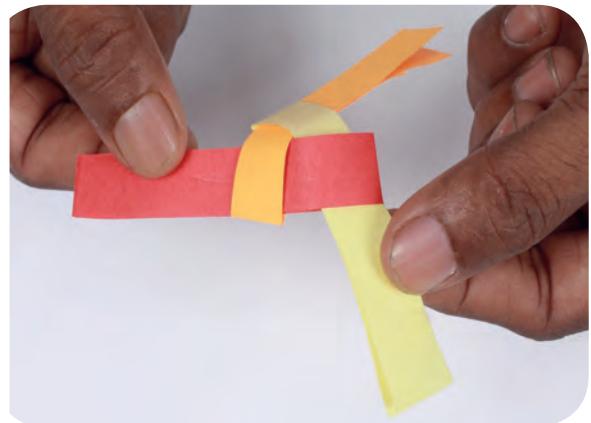
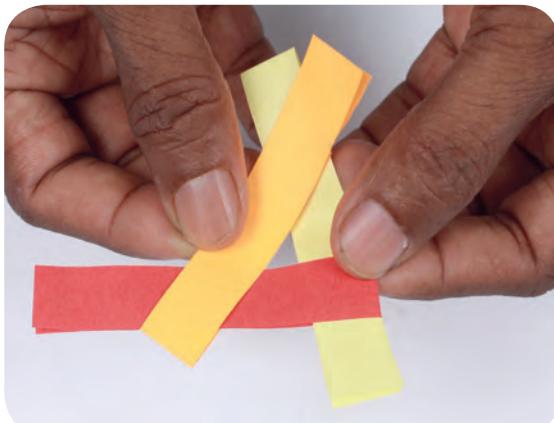
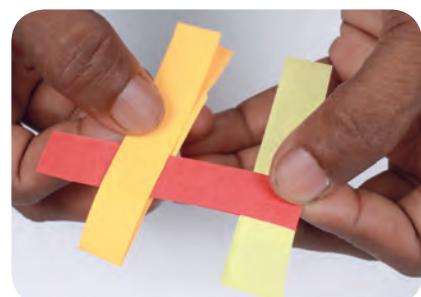
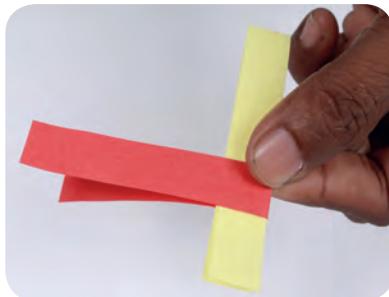
## 2. Model out of an empty match boxes



- ◆ Make the children prepare a creative article out of boxes. Material : Empty boxes, paper strips, glue etc.

### 3. Skill Based Activities

#### (A) Twister out of Paper



- ◆ Ask the children to make a paper fan (twister). Material-paper strips of different colours, stick glue etc.

## (B) Beautiful Patterns using groundnut shells, seeds, dried leaves and flowers.



- ◆ A beautiful creation can be made by sticking different material that is easily available around you. Material : paper, dried leaves and flowers, seeds, groundnut shells, glue etc.



XVSXM1

## 4. Optional Activities

### (A) Productive Areas

#### (1) Area : Food

##### 1.1 Kitchen Gardening

- Visit different places in the neighbourhood and observe the different trees and saplings.



##### My Activity

- Plantation of saplings



- ◆ Give the children information about the trees that you come across in your surroundings. Make the children plant some saplings in the surrounding areas.

## 1.2 Pot Cultivation

### Introduction to different types of pots



Clay Pot



Wooden Pot



Plastic Pot



Cement Pot



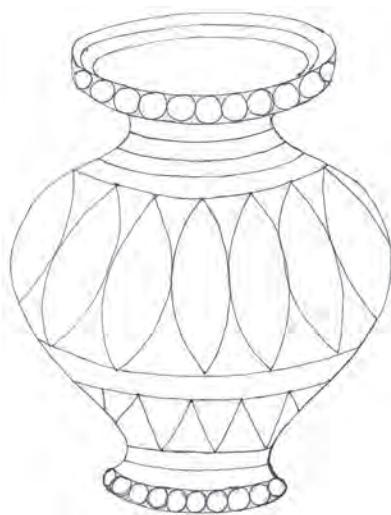
China Clay Pot



Metal Pot

### My Activity

Colour the Picture



- ◆ Introduce the children to different types of pots. Pots made up of different material.

# Visit to a Nursery



## My Activity

Explain in sequence the process of planting a sapling in a pot.



- ◆ Visit a nursery in your neighbourhood. Inform the children about the different material and tools that are used for tree plantation.

## Planting a sapling in a pot



### My Activity

Draw the pictures of leaves and flowers  
that you liked in the Nursery

- ◆ Inform children how they can make pots out of ice cream cups or old containers and plant saplings in them.

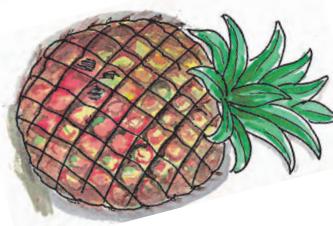
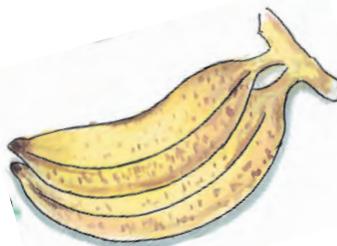
## 1.3 Fruit Processing

### (A) Fruit Varieties



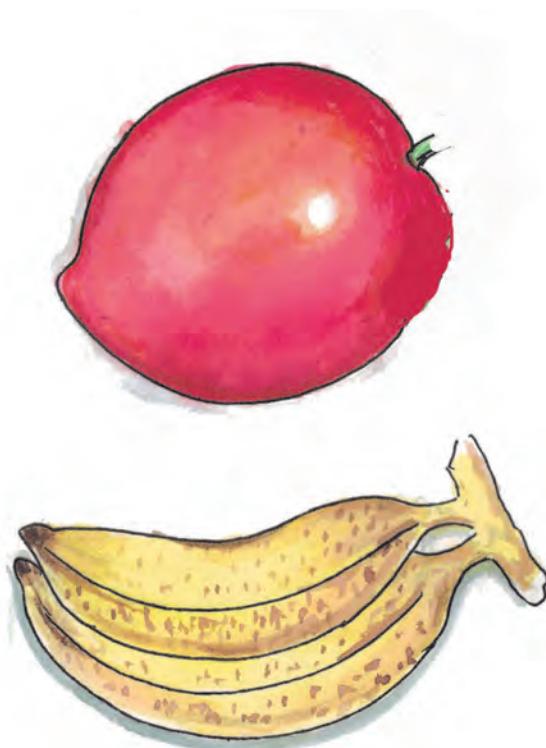
#### My Activity

How do these fruits taste?



- ◆ Ask the children to name the fruits in the above pictures. Also ask them about their taste and benefits.

## (B) Ripening of Fruits



- ◆ Ask children about the taste and colour of the raw fruits and ripe fruits.

## 1.4 Fisheries

### Sea water fish



### Fresh water fish



### Brackish water fish



### My Activity



- ◆ Take the children on a visit to a fish market. Ask them to observe everything carefully.
- ◆ Inform them about Marine fish eg. seer fish, pomfret.
- ◆ Fresh water fish - silver belly, Rohu etc.
- ◆ Brackish water fish : Chanos, mullet etc.

## (2) Area : Clothing

### 2.1 Production of cloth

#### (A) Dialogue

(Grandmother (Ajji) is cleaning the cotton pods. She hears the footsteps of Arya, Shweta Shubham and Sanket)

Shweta : What are you doing Ajji? Please tell us a story.

Ajji : I will definitely tell you a story. But you should help me clean this cotton.

Children : Sure! Please tell us what to do.

Ajji : Its simple. Take these cotton pods. You have to separate the seeds, small sticks and dried leaves from the cotton. (Children start cleaning the cotton)

Ajji : Good Job my dear children! Come I shall tell you a nice story now.

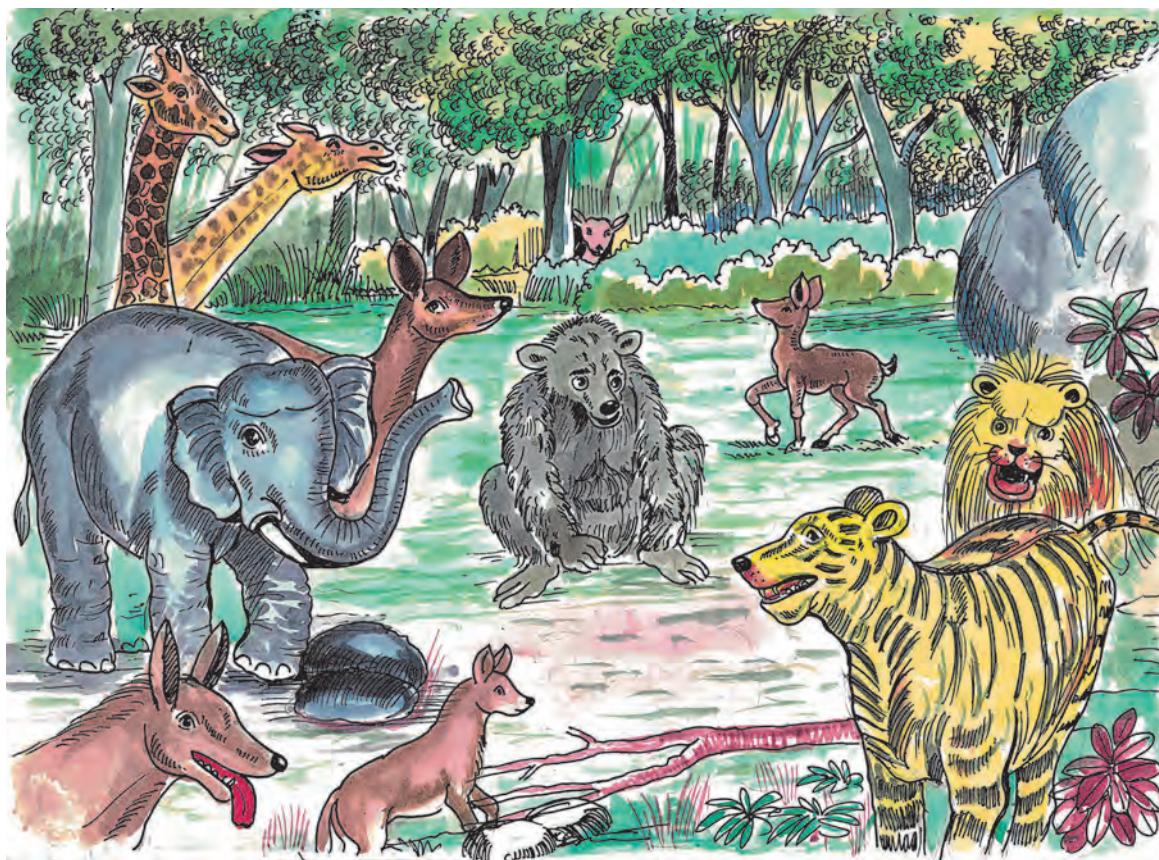


## (B) Story Narration

Once upon a time there was a beautiful jungle which had all types of wild animals staying in it. They lived together peacefully. The humans had started cutting trees on a large scale. The animals were frightened. All of them decided upon a meeting place and came together to think of a proper solution. Just then a fawn came running to the meeting place. He was frightened.

The mother deer asked, "What is the matter my dear?" The fawn replied, "Mother, I saw a strange animal. I have never seen him before. He was roaming around. After sometime, he pulled out something from his body, hung it on the branch of the tree and slept under the same tree."

After listening to the description, the monkey said, "Oh! The animal that you just saw is called as a 'Human Being'. Humans are clever animals. They sow cotton seeds, take care of the cotton plants and grow cotton. They make thread from the cotton and weave cloth out of the thread. They stitch clothes from the cloth and protect their body by wearing these clothes. Clothes protect humans from cold, winds, rain and harsh weather."



- ◆ Convert the story into a conversation and make the students act it out.

## (C) Song



Aai's red saree has long long pleates.  
She uses the paloo to wipe my cheeks.

My baby frock is wet at the top  
She uses a soft towel to wipe it up.



Grandma's saree is cottony soft  
Makes a lovely blanket to tuck me up  
Tai wears a long skirt with a lovely bow  
She gets into a uniform she has school to go



Grandpa wears a dhoti that is very long  
Papa wears a shirt to match the pant along  
Dada wears a shirt that is new new new  
I want the same shirt too too too.



### My Activity

Draw the pictures

Shirt

Pant

Frock

- ◆ Make the students sing the above song in the correct notes and rhythm.

## 2.2 Basic Stitching

### 1. Visit to a cloth centre/store



### 2. Introduction to different types of cloth

Read the following table and paste the sample cloth accordingly

Type of cloth	Uses	Texture and Quality	Specimen
Cotton cloth	Dhoti, Saree, Towel, uniform, baby clothes, blankets, caps etc.	Soft, warm and absorbant	
Silk, Satin Velvet etc.	Saree, Dress (Girls) Shirt, Drama drapery	Soft, Shiny	
Woolen cloth	Sweater, Shawl muffler, socks etc.	Rough, soft, warm	

## 2.3 Doll Making

(A) Collection of different kinds of dolls.



(B) Doll made of a handkerchief



- ◆ Make a doll out of the useful material from the playing things/toys.
- ◆ Things you need : handkerchief, ball, thread, colouring material, decoration items etc.
- ◆ Arrange a small exhibition to display the items made by children.

## 2.4 Coir Work

### Coconut Tree

The coconut trees are very tall. These trees do not have branches. The top portion of the tree has a bunch of long leaves. These leaves are also called as 'Fronds.'

Coconuts hang along the base cavity of the long leaves. Coconut trees are also known as palm trees. The trunk of this palm tree is round in shape and whitish brown in colour.

One coconut tree can bear upto 60 to 80 coconuts in one year. The coconuts take twelve to thirteen months to develop into a completely ready coconut.



### My Activity

#### Observe

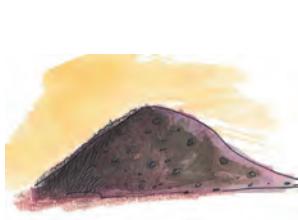


- ◆ If possible, children should be taken to a coconut garden. The different parts of the tree should be shown and explained.

### (3) Area : Shelter

#### 3.1 Clay work

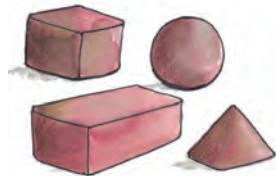
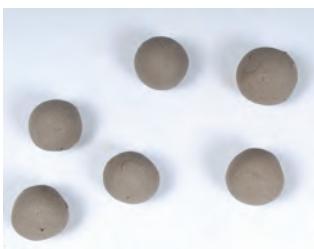
(A) Sieving the clay



(B) Mixing clay with water



(C) Creating different shapes out of the wet clay



#### My Activity



- ◆ Guide the children to sieve the dry soil, mix it with water and knead the clay. If possible an expert clay artist could be invited. Children could be taken through the experience of making clay items under expert guidance.

## 3.2 Bamboo work and Cane work

- Visit to a bamboo work Exhibition



### My Activity

Draw the different objects made out of bamboo



- ◆ Explain the uses of a bamboo with the help of pictures.

### 3.3 Plantation of Flowering Plants and Ornamental Plants

#### 1. Flowers with fragrance and flowers without fragrance



#### My Activity

- Making a garland or a bouquet of flowers



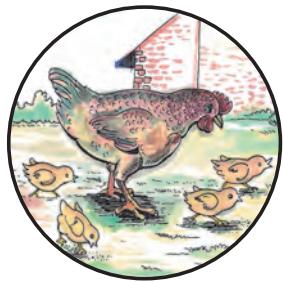
- ◆ Children should be asked to press and dry different leaves, flower petals etc. The dried flower petals and leaves should be pasted to form attractive patterns.
- ◆ Children could be asked to name different flowers with their colour eg. Rose, Aboli, Hibiscus, Tuberose, Marigold, Jasmine, Chrysanthemum.

## (C) Other Areas

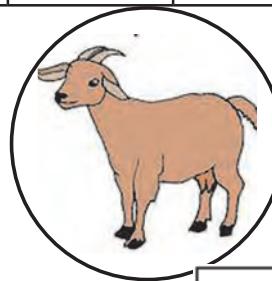
### Agrobased Occupations

Solve the picture word puzzle.

For Example : BUFFALO



A	B	G	C	D	E	O	
F	G	H	O	Z	L	X	
H	E	N	I	A	J	K	
L	M	N	F	O	T	P	
Q	R	F	B	E	A	R	
S	U	D	E	E	R	T	
B	R	A	B	B	I	T	



- The concept of 'picture word puzzle' should be explained to the children. Give information about animals and tell them about the benefits of domestic animals.
- Ask the children the names of animals shown in the pictures and complete the picture word puzzle accordingly.



## 5. Area of Technology

### (A) Information and Communication Technology

#### Introduction to computers

##### Parts of a Computer :



Monitor



C.P.U.



Speaker



Key Board



Printer



Mouse

### Road Safety

#### Zebra Crossing



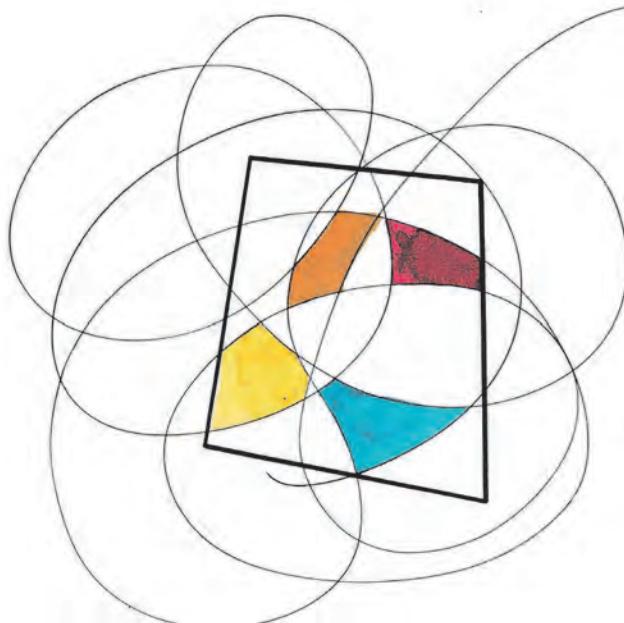
##### Use Zebra Crossing while crossing the road

- ◆ Introduce the children to the important parts of a computer and ask them to collect pictures of different parts of a computer.
- ◆ Demonstrate the use of a zebra crossing.



# 1. Drawing

## 1.1 Scribbling

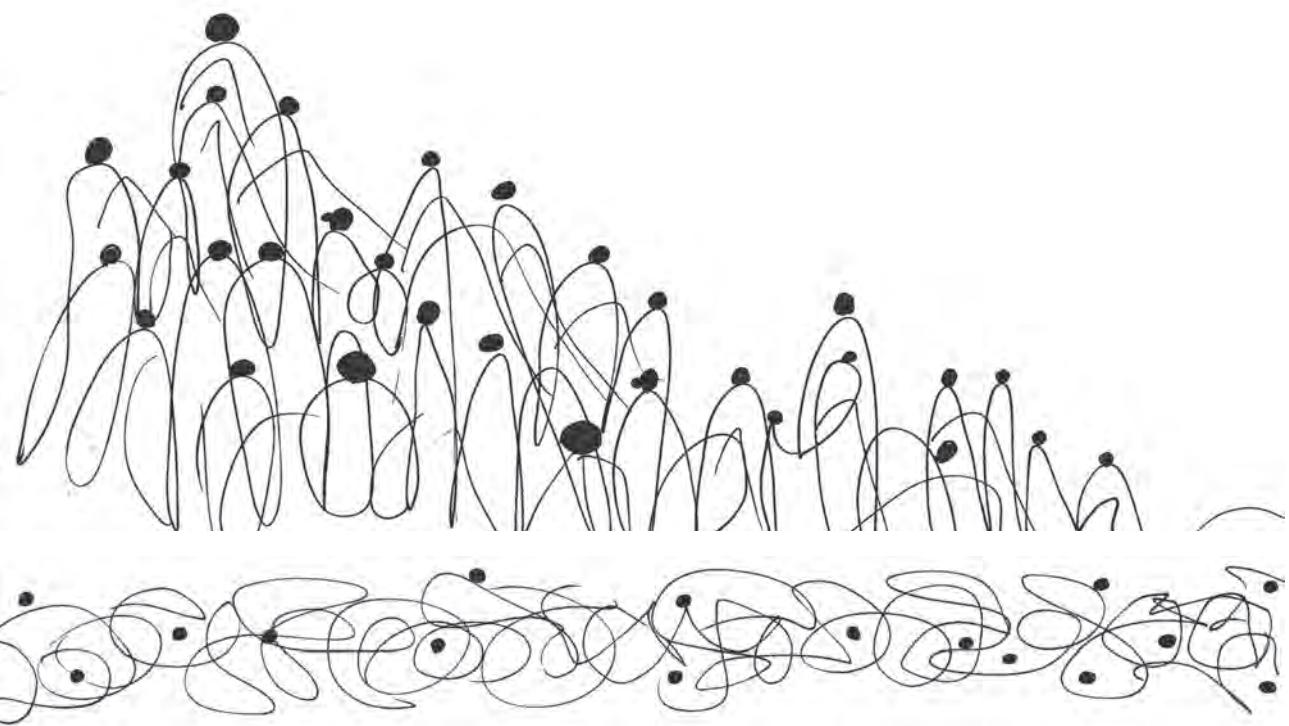


We learn to draw as we  
Scribble scribble scribble  
Don't get annoyed as we are learning  
To draw lovely shapes and do the  
painting  
Together we Play, we Do and Learn  
A good compliment we do earn  
We learn to draw as we  
Scribble scribble scribble

## My Activity

- ◆ Ask the children to scribble as they like. Make them draw the outlines of circles, triangles and squares as they scribble. Some shapes should be coloured as shown above.

- **Creating shapes after scribbling**



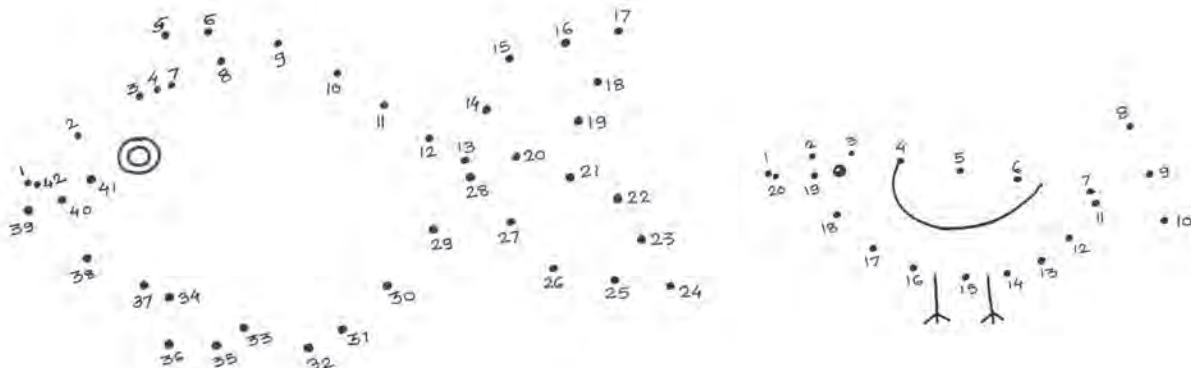
- **Coloured pencils, coloured crayons, coloured pens, sketch pens**



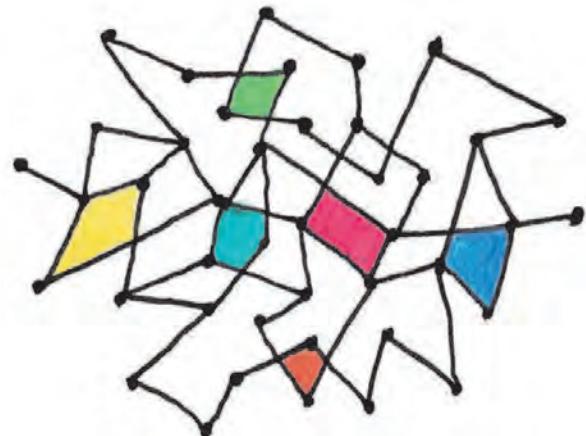
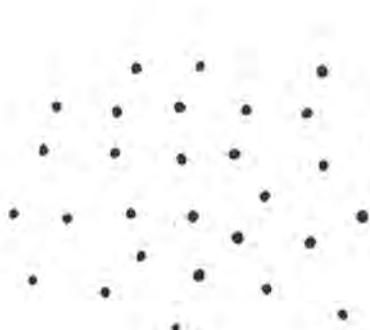
- ◆ Ask the children to scribble as they please. After that ask them to place dots at appropriate places and ask them to create new shapes as shown above.
- ◆ Children could be asked to scribble with the help of coloured pencils, crayons, coloured pens, sketch pens etc.

## 1.2 Fun with dots

Join the dots with the sequence of numbers



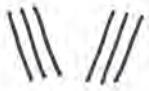
Join as many dots as you want to form different shapes and colour them



### My Activity

- Instruct the children to join the dots according to the number sequence and observe the new picture that is formed. The children should be asked to guess the name of the shape.
- Instruct the children to place random dots and join them as they place. Some new shapes will be formed. Ask the children to colour some of the shapes.

## 1.3 Fun with Lines



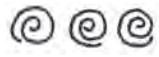
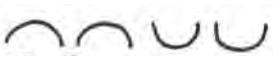
Horizontal Line

Vertical Line

Slanting Line

Broken Line

Wavy Line



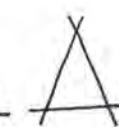
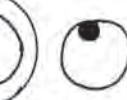
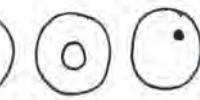
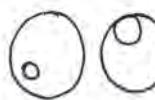
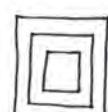
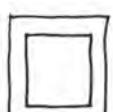
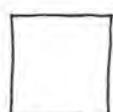
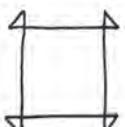
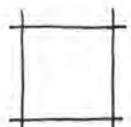
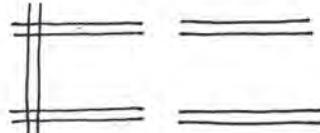
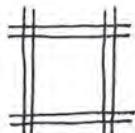
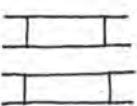
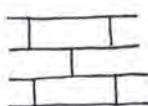
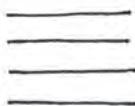
Intersecting Line

Semicircular Line

Circular Line

Zigzag Line

### Different shapes with Lines

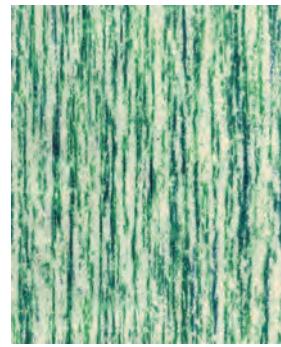
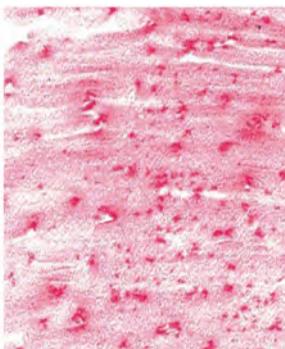


## 1.4 Imprinting and Pasting

- **Imprints of Leaves**



- **Imprints of rough surfaces**



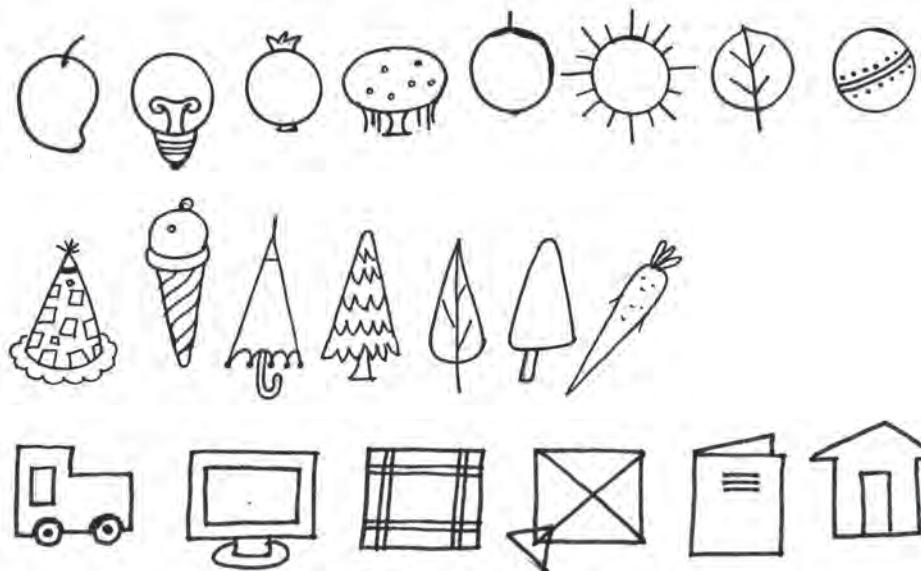
- **Pasting (Collage)**



- ◆ Instruct the children to take leaves of different shapes and sizes and apply water colour to the lower rough surface of the leaf. Press that portion on a paper to form imprints.
- ◆ Place any rough textured object under a thin sheet of paper (eg.-coin, jute cloth, wall, tree trunk) Textured impressions can be created by rubbing a coloured Pencil or an oil pastel on it.
- ◆ Draw a simple outline of any fruit or vegetable. Tear a coloured paper into small pieces and paste them in the figure, as shown above to form a collage.

## 1.5 Simple shapes

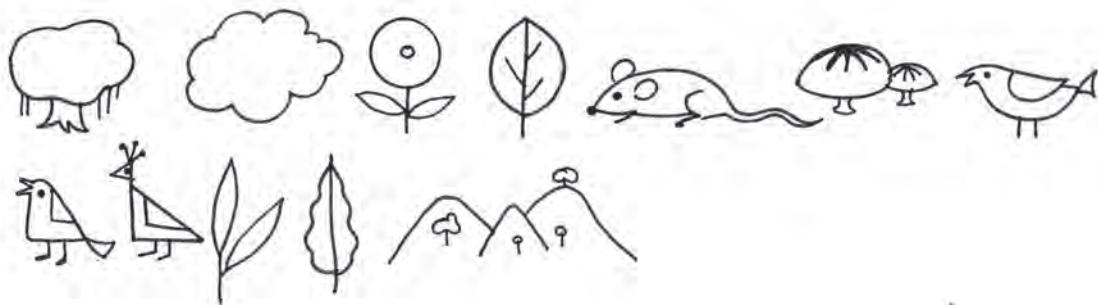
- Circle, triangle, square shaped objects



- Shapes of familiar objects



- Shapes found in Nature-leaves, flowers etc.



- ◆ Children should be instructed to draw the shapes of different objects using circle, triangle and square as the base. Ask them to observe the simple shapes shown above and create their own shapes using their own imagination.
- ◆ Instruct them to practise drawing some simple shapes of familiar objects as shown above.
- ◆ Ask children to observe and draw different shapes and things found in nature.

## My Activity

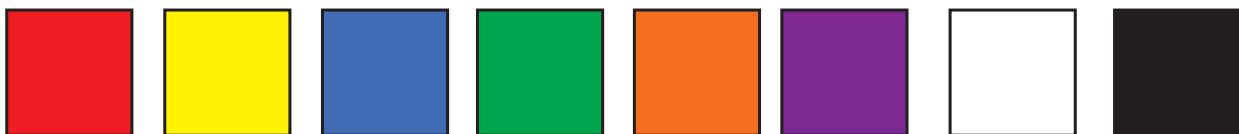
Some simple shapes drawn by me

- ◆ Let the children practise the shapes. Ask them to draw some simple shapes.

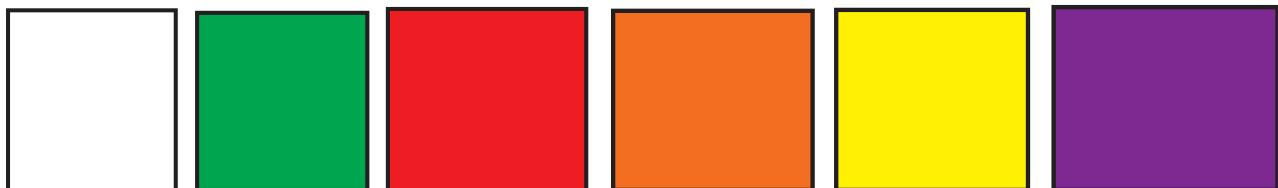
## 1.6 Colouring

- Introduction to some colours

Red    Yellow    Blue    Green    Orange    Purple    White    Black

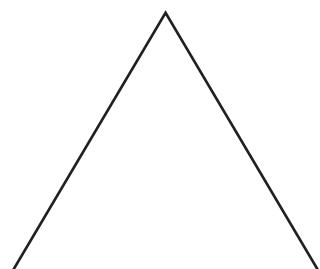
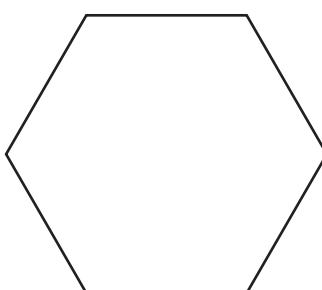
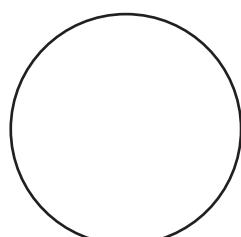
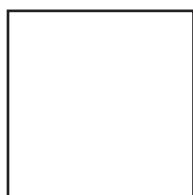


- Match colours with flowers and fruits



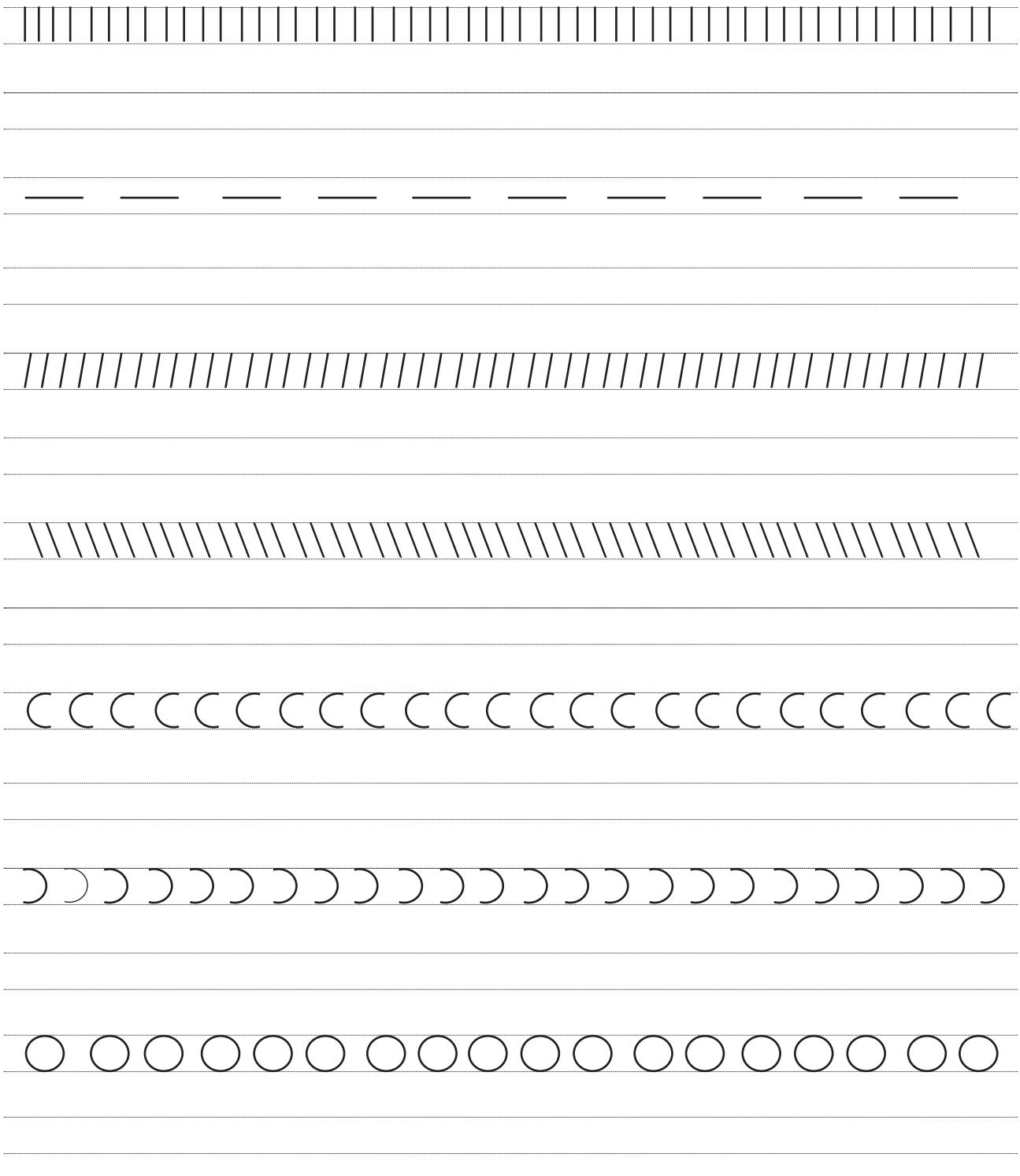
### My Activity

Colour the shapes



- ◆ Ask children to name the colours.
- ◆ Nature is blessed with a variety of colours. Children are expected to get introduced to some of these colours. So they can simply observe colours and relate them to the things of similar colours in nature.
- ◆ Ask children to fill colours of their choice in the shapes given above.

## 1.7 Copywriting



- ◆ Cultivating the habit of a good handwriting has to be done at a young age. Children should practice the different types of lines that have been demonstrated. It will help them to develop a good handwriting.

## 1.8 My Pictures



- ◆ Children can draw pictures of their own choice in the space provided above.

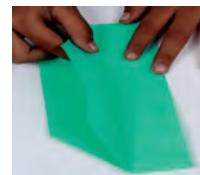
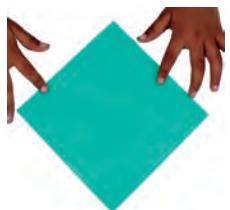


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## 2. Sculpture

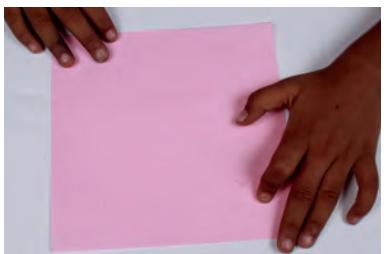
### 2.1 Paper work

- Making a boat



- ◆ Introduce children to different types of paper. eg. Kite paper, glazed paper, craft paper, tinted paper, brown paper etc.
- ◆ Children should fold the paper and paste it according to the instructions given above.

- **Making a penstand**



1



2



3



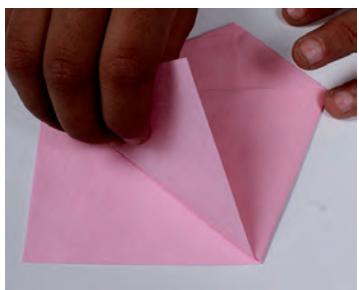
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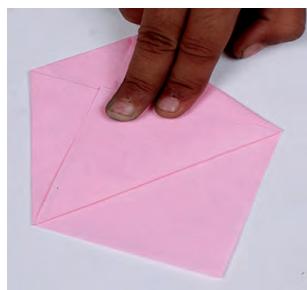
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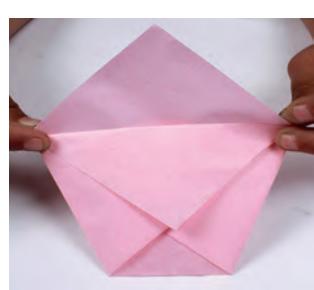
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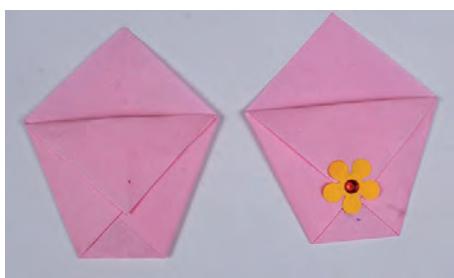
7



8



9



10



11

- ◆ Help the children make a penstand out of old coloured paper.
- ◆ Instruct the children to use the articles made by them.

## 2.2 Clay Work

### 1. Make a flower with clay balls



### 2. Roll the clay and make different shapes like circle, square and triangle



### 3. Creating patterns on cubes



### 4. Shapes of fruits



- ◆ Collect the soil that is easily available in the surrounding. Mix it with water, knead it to form clay. Ask the children to make different shapes.
- ◆ The surface of the clay objects can be given a texture with the help of a pen cap, pen refill etc.



### 3. Singing

#### 3.1 Rhymes

Cats and Rats were buddys together,  
They wished this friendship lasted forever.



The cat and the rat, went for a walk  
With loads of fresh fruit, they came back,  
Sparrow and the squirrel came one behind the other  
All others joined them and it was a get-together

Berries, oranges, apples and sweet lemon  
All chose to eat the big water melon



Fruits were enjoyed and all were so merry,  
The party was over so they rushed home in a hurry.



- ◆ The children can be asked to sing the rhyme in a simple tune.

## 3.2 Chorus Song

Each one plant one  
each one plant one  
**To make our planet green (2)**  
Let's build every nation  
Fully stop soil erosion  
Happy shall we be  
to see the green city

Manage all the garbage  
Manage all the garbage  
**To make our planet clean (2)**  
One bin for the wet waste  
Another for the dry waste  
Happy shall we be  
To see a clean city



- ◆ Make the children sing the above song to the tune of 'Bits of Paper'

### 3.3 Introduction to Musical Notes

1

Sa re ga ma pa dha ni sa  
sa ni dha pa ma ga re sa

2

sasa rere gaga mama papa dhadha nini sasa  
sasa nini dhadha papa mama gaga rere sasa



- ◆ Make the children sing all the notes together.



## 4. Instruments

### 4.1 Different sounds



Dried pods of the Gulmohar, babul and groundnuts



Dough making vessel, Dinner Plate, bowl etc.



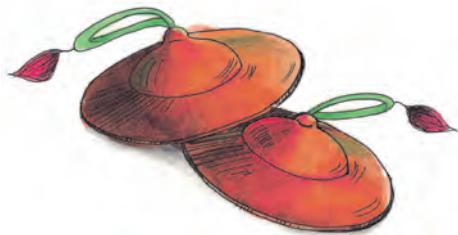
Empty tiffin box

- ◆ Knowledge about the method of playing a musical instrument is not a mandate. Music can be created by simply hitting on any available object. Such beats create a good harmony with the singer. Children should be encouraged to listen to such sounds.

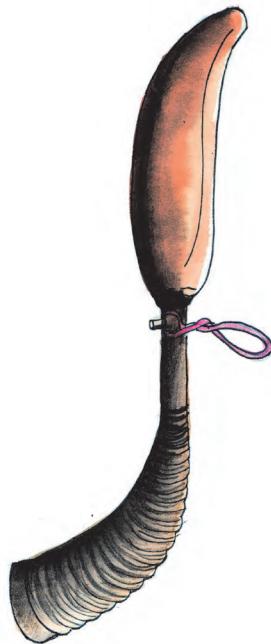
## 4.2 Different Musical Instruments



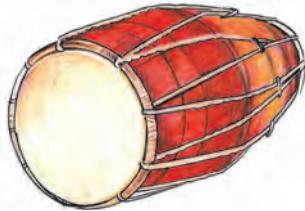
**Single string instrument**



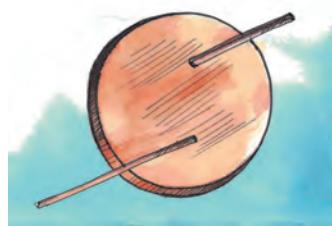
**Cymbaly**



**Tarapa**



**Dholak**



**Halagi**



**Dholki**

### My Activity

#### Rhythmic Clapping

**Type 1 : 1-2, 1-2, 1-2, 1-2**

**Type 2 : 1-2, 123, 1-2, 123**

**Type 3 : 123, 1-2, 123, 1-2**

**Type 4 : 123, 123, 1-2-3**



- ◆ Children should be asked to observe the pictures shown above. They should be introduced to the musical instruments that are easily available.
- ◆ Children should be introduced to rhythmic claps and made to practise them. These claps should be practised regularly.

## 4.3 Other Sounds



**Bullock Cart**



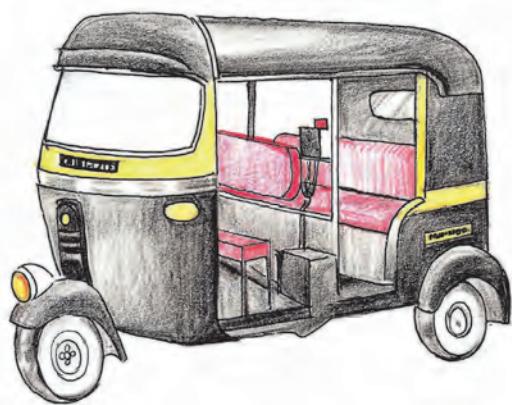
**Horse Cart**



**Truck**



**Jeep**



**Auto Rickshaw**



**Motor Cycle**

- ◆ Children should be introduced to the different sounds of vehicles. They can also be asked to imitate the sounds.

## 4.4 Stick pictures of different Musical Instruments

- ◆ Children should be asked to collect pictures of different musical instruments, name them and paste them in the space provided.



## 5. Dance

### 5.1 Different types of Movements (Rhythmic Movements of hands and feet)



Churning of Buttermilk



Pendulum of a wall clock



Movement of the Elehpant's Trunk



Forward and Backward movement of a Swing

- ◆ Children should be asked to observe the different movements like churning of buttermilk, pendulum of a wall clock, elephant's trunk, a swing etc.
- ◆ Ask the children to move their hands and feet in a rhythmic motion.

## 5.2 Walk



Horse trot



Slow leisurely walk



Soldiers March



Smart Walk



Hurried Walk

## 5.3 Greeting Gestures



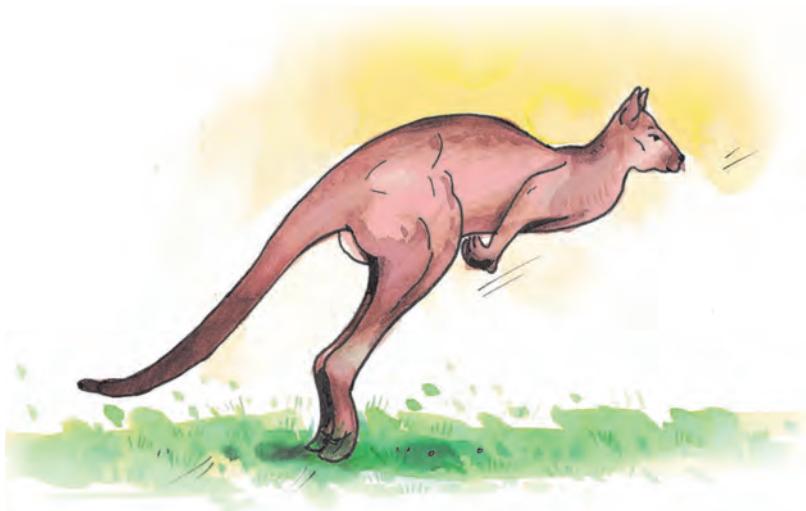
Joining your hands



Salute

- ◆ Ask the children to observe the different styles of walking and the different greeting gestures. Make the children practise them.

## 5.4 Jump



**Kangaroo Jump**



**Kangaroo Jump**



**Bird's Jump**



**Jumping on one leg**

- ◆ Children should be made to observe different movements like kangaroo jump, birds' jump etc. Make them perform the same movements in a rhythmic pattern.

## 5.5 Dance Drama

- Dramatic Performance of the song

All the birds in a certain bower



Chose to go for a complete make over  
So they just decided to exchange  
Clothes with each other for a change  
The snow white cloak of the crane  
Was put on the crow's body frame



He looked really smarter  
And walked around like a doctor  
The cock felt he was very strong  
And grabbed the peacock's feathers long  
But the poor fellow found it tough  
To walk around with the heavy stuff



The poor little sparrow  
Was filled with sorrow  
Exchanging with partner was hard to  
decide  
She wore her brown feathers all with  
pride



- Make the children perform the song with the help of dramatic performances.



359TVB

# 6. Drama

## 6.1 Introduction to Acting

### Demonstration of the Actions



**Sleeping**



**Eating**

Lets be merry  
Lets have fun  
As we  
**Play, Do, Learn**  
More  
Knowledge we earn



**Laughing**



**Crying**



**Sulking**

- ◆ Children should be asked to enact various actions performed in daily life by introducing them to these actions.

## 6.2 Voice Modulation



**Shouting**



**Speaking in a soft voice**



**Speaking on the Mobile**



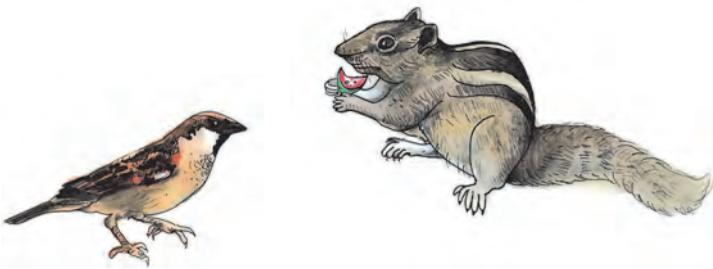
**Speaking lovingly with the Doll**



**Acting like a Vegetable Vendor**

- ◆ There are some voice modulations given above. Children should be asked to perform.

## 6.3 Group Presentation



### Conversation between birds or animals

- ◆ Children should be asked to think about what kind of conversations birds and animals might have. Using their own imagination, children should prepare a dialogue.
- ◆ Encourage children to perform a story with necessary actions.

## 6.4 Auditorium in my classroom



Curtain



Stage and Audience

## 6.5 Direction



House



Tree

- ◆ Make the students arrange their classroom as shown in the above pictures. Set the curtains, stage and seating arrangement for audience.
- ◆ Ask the children to observe the environment and take different poses accordingly.



# किशोर



**कथा, कविता, कादंबटीका, एकांकिका,  
दीर्घकथा, गंमतगाणी, ललित, छंद, चटित्र,  
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