



# Sunbeam Academy

Samnaghat, Varanasi

**SYLLABI**

(SESSION: 2025-26)

CLASS - XII

## SUBJECT: ENGLISH CORE (301)

### PRESCRIBED BOOKS:

1. Flamingo 2. Vistas 3. Together With (Rachna Sagar)

MONTH	NO. OF WORKING DAYS	TOPICS
vAPRIL	22	<b>Flamingo:</b> The Last Lesson Lost Spring My Mother at Sixty-Six (Poem) <b>Writing:</b> Notices <b>Reading:</b> Unseen Passage
MAY	21	<b>Flamingo:</b> Deep Water Keeping Quiet (Poem) <b>Vistas:</b> The Third Level <b>Writing:</b> Application For Job
JUNE + JULY	6+18	<b>Flamingo:</b> The Rattrap Indigo <b>Vistas:</b> The Tiger King <b>Writing:</b> Article
AUG	23	<b>Flamingo:</b> A Thing of Beauty (Poem) <b>Vistas:</b> Journey to the end of the Earth <b>Writing:</b> Letter to Editor, Formal/informal invitation and reply
SEP	12	<b>Flamingo:</b> Poets and Pancakes <b>Vistas:</b> The Enemy <b>Reading:</b> Unseen Passage <b>Writing:</b> Report <b>PROJECT WORK:</b> ASL and File Works
OCT	20	<b>Flamingo:</b> The Interview Going Places A Road Side Stand(Poem) <b>Vistas:</b> On the Face of It Memories of Childhood Aunt Jennifer's Tigers (poem) <b>PROJECT WORK:</b> ASL and File Work

### EXAMINATION (TENTATIVE DATE - 2025-26)

NAME OF THE EXAMINATION	MONTH	MAX MARKS	CHAPTER/TOPICS
UNIT TEST - I	JULY	30	<b>Flamingo:</b> The Last Lesson Lost Spring My Mother At Sixty-Six (Poem) <b>Vistas:</b> The Third Level <b>Writing:</b> Notice & Application For Job/ Article <b>Reading:</b> Unseen Passage
HALF YEARLY	SEP	80	<b>Reading:</b> Unseen Passage

			<p><b>Writing:</b> Notice, Formal/informal invitation and replies, Application for job, Letter to Editor, Article, Report</p> <p><b>Literature: (Flamingo)</b> The Last Lesson, Lost Spring, Deep Water, The Rattrap, Indigo, My Mother at Sixty six (Poem), Keeping Quiet (Poem), A thing of Beauty (Poem),</p> <p><b>(Vistas)</b> The Third Level, The Tiger King, Journey to the End of the Earth, The Enemy.</p>
PRE BOARD - I	NOV	80	FULL SYLLABUS
PRE BOARD - II	DEC	80	FULL SYLLABUS
PRE BOARD - III (OPTIONAL)	JAN	80	FULL SYLLABUS

**SUBJECT: PHYSICS (042)**

**PRESCRIBED BOOKS:**

1. Physics, Class XII, Part -I and II, Published by NCERT.
2. Laboratory Manual of Physics for class XII Published by GRB/Arya Publication
3. Reference book of physics of class XII by SL ARORA.

MONTH	NO. OF WORKING DAYS	TOPICS
APRIL	22	<p><b>Unit-I Electrostatics</b></p> <p>Chapter-1: Electric Charges and Fields Electric charges, Conservation of charge, Coulomb's law-force between two-point charges, forces between multiple charges; superposition principle and continuous charge distribution. Electric field, electric field due to a point charge, electric field lines, electric dipole, electric field due to a dipole, torque on a dipole in uniform electric field. Electric flux, statement of Gauss's theorem and its applications to find field due to infinitely long straight wire, uniformly charged infinite plane sheet and uniformly charged thin spherical shell (field inside and outside).</p> <p>Chapter-2: Electrostatic Potential and Capacitance Electric potential, potential difference, electric potential due to a point charge, a dipole and system of charges; equipotential surfaces, electrical potential energy of a system of two-point charges and of electric dipole in an electrostatic field. Conductors and insulators, free charges and bound charges inside a conductor.</p> <p align="center"><b>PRACTICAL</b></p> <ol style="list-style-type: none"> <li>1. To determine resistivity of a wires by plotting a graph for potential difference versus current.</li> <li>2. To find resistance of a given wire / standard resistor using metre bridge.</li> </ol>
MAY	21	<p>Dielectrics and electric polarization, capacitors and capacitance, combination of capacitors in series and in parallel, capacitance of a parallel plate capacitor with and without dielectric medium between the plates, energy stored in a capacitor (no derivation, formulae only).</p> <p><b>Unit-II Current Electricity</b></p> <p>Chapter-3: Current Electricity</p>

		<p>Electric current, flow of electric charges in a metallic conductor, drift velocity, mobility and their relation with electric current; Ohm's law, V-I characteristics (linear and non-linear), electrical energy and power, electrical resistivity and conductivity, temperature dependence of resistance. Internal resistance of a cell, potential difference and emf of a cell, combination of cells in series and in parallel, Kirchhoff's rules, Wheatstone bridge.</p> <p><b>PRACTICAL</b></p> <p>3. To verify the laws of combination (series) of resistances using a metre bridge.</p> <p style="text-align: center;"><b>OR</b></p> <p>To verify the laws of combination (parallel) of resistances using a metre bridge.</p>
JUNE + JULY	6 + 18	<p><b>Unit-III Magnetic Effects of Current and Magnetism</b></p> <p><b>Chapter-4: Moving Charges and Magnetism</b>          Concept of magnetic field, Oersted's experiment. Biot - Savart law and its application to current carrying circular loop. Ampere's law and its applications to infinitely long straight wire. Straight solenoid (only qualitative treatment), force on a moving charge in uniform magnetic and electric fields. Force on a current-carrying conductor in a uniform magnetic field, force between two parallel current-carrying conductors-definition of ampere, torque experienced by a current loop in uniform magnetic field; Current loop as a magnetic dipole and its magnetic dipole moment, moving coil galvanometer- its current sensitivity and conversion to ammeter and voltmeter.</p> <p><b>Chapter-5: Magnetism and Matter</b>          Bar magnet, bar magnet as an equivalent solenoid (qualitative treatment only), magnetic field intensity due to a magnetic dipole (bar magnet) along its axis and perpendicular to its axis (qualitative treatment only), torque on a magnetic dipole (bar magnet) in a uniform magnetic field (qualitative treatment only), magnetic field lines.          Magnetic properties of materials- Para-, dia- and ferro -magnetic substances with examples, Magnetization of materials, effect of temperature on magnetic properties.</p> <p><b>Unit-IV Electromagnetic Induction and Alternating Currents</b></p> <p><b>Chapter-6: Electromagnetic Induction</b>          Electromagnetic induction; Faraday's laws, induced EMF and current; Lenz's Law, Self and mutual induction.</p> <p><b>PRACTICAL</b></p> <p>4. To determine resistance of a galvanometer by half-deflection method and to find its figure of merit.</p> <p>5. To convert the given galvanometer (of known resistance and figure of merit) into a voltmeter of desired range and to verify the same.</p> <p style="text-align: center;"><b>Suggested Investigatory Projects</b></p> <p>1. To study various factors on which the internal resistance/EMF of a cell depends.</p>

		<p>2. To find the refractive indices of (a) water (b) oil (transparent) using a plane mirror, an equiconvex lens (made from a glass of known refractive index) and an adjustable object needle.</p> <p>3. To investigate the relation between the ratio of (i) output and input voltage and (ii) number of turns in the secondary coil and primary coil of a self-designed transformer.</p> <p>4. To investigate the dependence of the angle of deviation on the angle of incidence using a hollow prism filled one by one, with different transparent fluids.</p> <p>5. To estimate the charge induced on each one of the two identical Styrofoam (or pith) balls suspended in a vertical plane by making use of Coulomb's law.</p>
AUG	23	<p><b>Chapter-7: Alternating Current</b>  Alternating currents, peak and RMS value of alternating current/voltage; reactance and impedance; LCR series circuit (phasors only), resonance, power in AC circuits, power factor, wattless current. AC generator, Transformer.</p> <p><b>Chapter-8: Electromagnetic Waves</b>  Basic idea of displacement current, Electromagnetic waves, their characteristics, their transverse nature (qualitative idea only).  Electromagnetic spectrum (radio waves, microwaves, infrared, visible, ultraviolet, X-rays, gamma rays) including elementary facts about their uses.</p> <p><b>Unit-VI Optics</b>  <b>Chapter-9: Ray Optics and Optical Instruments</b>  Ray Optics: Reflection of light, spherical mirrors, mirror formula, refraction of light, total internal reflection and optical fibers, refraction at spherical surfaces, lenses, thin lens formula, lens maker's formula, magnification, power of a lens, combination of thin lenses in contact, refraction of light through a prism. Optical instruments: Microscopes and astronomical telescopes (reflecting and refracting) and their magnifying powers.</p> <p><b>PRACTICAL</b></p> <p>6. To find the focal length of a convex lens by plotting graphs between <math>u</math> and <math>v</math> or between <math>1/u</math> and <math>1/v</math>.</p> <p>7. To find the focal length of a concave lens, using a convex lens.</p> <p>8. To find the value of <math>v</math> for different values of <math>u</math> in case of a concave mirror and to find the focal length.</p>
SEP	12	<p><b>Chapter-10: Wave Optics</b>  Wave optics: Wave front and Huygen's principle, reflection and refraction of plane wave at a plane surface using wave fronts. Proof of laws of reflection and refraction using Huygen's principle. Interference, Young's double slit experiment and expression for fringe width (No derivation final expression only), coherent sources and sustained interference of light, diffraction due to a single slit, width of central maxima (qualitative treatment only).</p> <p>Unit-VII Dual Nature of Radiation and Matter  Chapter-11: Dual Nature of Radiation and Matter  Dual nature of radiation, Photoelectric effect, Hertz and Lenard's observations; Einstein's photoelectric equation-particle nature of light. Experimental study of photoelectric effect Matter waves-wave nature of particles, de-Broglie relation.</p>

		<b>PRACTICAL</b> 9. To find the focal length of a convex mirror, using a convex lens.	
OCT	20	<p><b>Unit-VIII Atoms and Nuclei</b> <b>Chapter-12: Atoms</b> Alpha-particle scattering experiment; Rutherford's model of atom; Bohr model of hydrogen atom, Expression for radius of nth possible orbit, velocity and energy of electron in nth orbit, hydrogen line spectra (qualitative treatment only). <b>Chapter-13: Nuclei</b> Composition and size of nucleus, nuclear force Mass-energy relation, mass defect; binding energy per nucleon and its variation with mass number; nuclear fission, nuclear fusion.</p> <p><b>Unit-IX Electronic Devices</b> <b>Chapter-14: Semiconductor Electronics: Materials, Devices and Simple Circuits</b> Energy bands in conductors, semiconductors and insulators (qualitative ideas only) Intrinsic and extrinsic semiconductors- p and n type, p-n junction Semiconductor diode - I-V characteristics in forward and reverse bias, application of junction diode -diode as a rectifier.</p> <p><b>PRACTICAL</b> 10. To determine angle of minimum deviation for a given prism by plotting a graph between angle of incidence and angle of deviation. 11. To draw the I-V characteristic curve for a p-n junction diode in forward and reverse bias.</p> <p><b>ACTIVITY</b> 1. To identify a diode, an LED, a resistor and a capacitor from a mixed collection of such items. 2. To assemble a household circuit comprising three bulbs, three (on/off) switches, a fuse and a power source. 3. To assemble the components of a given electrical circuit. 4. To study effect of intensity of light (by varying distance of the source) on an LDR. 5. To draw the diagram of a given open circuit comprising at least a battery, resistor/rheostat, key, ammeter and voltmeter. Mark the components that are not connected in proper order and correct the circuit and also the circuit diagram.</p>	
<b>EXAMINATION (TENTATIVE DATER- 2025-26)</b>			
NAME OF THE EXAMINATION	MONTH	MAX MARKS	CHAPTER/TOPICS
UNIT TEST - I	JULY	30	Unit-I Electrostatics Chapter-1: Electric Charges and Fields Chapter-2: Electrostatic Potential and Capacitance Unit-II Current Electricity Chapter-3: Current Electricity
HALF YEARLY	SEP	70	Electric Charges and Fields, Electrostatic Potential and Capacitance, Current Electricity, moving charges and Magnetism, Magnetism and matter, Electromagnetic

			Induction, Alternating current , Electromagnetic waves .
PRE BAORD - I	NOV	70	UPTO ATOMS CHAPTER
PRE-BOARD - II	DEC	70	FULL SYLLABUS
PRE BOARD – III	JAN	70	FULL SYLLABUS

**SUBJECT: CHEMISTRY(043)**

**PRESCRIBED BOOKS:**

1. Chemistry Part – I, Class-XII, Published by NCERT.
2. Chemistry Part – II, Class-XII, Published by NCERT.
3. Laboratory Manual of Chemistry, Class XII Published by GRB/Arya Publication

MONTH	NO. OF WORKING DAYS	TOPICS
APRIL	22	<p><b>Unit I: Solutions</b> Types of solutions, expression of concentration of solutions of solids in liquids, solubility of gases in liquids, solid solutions, Raoult's law, colligative properties - relative lowering of vapour pressure, elevation of boiling point, depression of freezing point, osmotic pressure, determination of molecular masses using colligative properties, abnormal molecular mass, Van't Hoff factor.</p>
MAY	21	<p><b>Unit II: Electrochemistry</b> Redox reactions, EMF of a cell, standard electrode potential, Nernst equation and its application to chemical cells, Relation between Gibbs energy change and EMF of a cell, conductance in electrolytic solutions, specific and molar conductivity, variations of conductivity with concentration, Kohlrausch's Law, electrolysis and law of electrolysis (elementary idea), dry cell-electrolytic cells and Galvanic cells, lead accumulator, fuel cells, corrosion.</p> <p><b>Unit III: Chemical Kinetics</b> Rate of a reaction (Average and instantaneous), factors affecting rate of reaction: concentration, temperature, catalyst; order and molecularity of a reaction, rate law and specific rate constant, integrated rate equations and half-life (only for zero and first order reactions), concept of collision theory (elementary idea, no mathematical treatment), activation energy, Arrhenius equation.</p>
JUNE + JULY	6+18	<p><b>Unit IV: Haloalkanes and Haloarenes.</b> Haloalkanes: Nomenclature, nature of C-X bond, physical and chemical properties, optical rotation mechanism of substitution reactions. Haloarenes: Nature of C-X bond, substitution reactions (Directive influence of halogen in monosubstituted compounds only). Uses and environmental effects of - dichloromethane, trichloromethane, tetrachloromethane, iodoform, freons, DDT.</p> <p><b>Amines</b> Amines: Nomenclature, classification, structure, methods of preparation, physical and chemical properties, uses, identification of primary, secondary and tertiary amines.</p>

		Diazonium salts: Preparation, chemical reactions and importance in synthetic organic Chemistry	
AUG	23	<p><b>Unit V: d and f Block Elements</b>            General introduction, electronic configuration, occurrence and characteristics of transition metals, general trends in properties of the first-row transition metals – metallic character, ionization enthalpy, oxidation states, ionic radii, colour, catalytic property, magnetic properties, interstitial compounds, alloy formation, preparation and properties of <math>K_2Cr_2O_7</math> and <math>KMnO_4</math>.</p> <p>Lanthanoids – Electronic configuration, oxidation states, chemical reactivity and lanthanoid contraction and its consequences.</p> <p>Actinoids - Electronic configuration, oxidation states and comparison with lanthanoids.</p> <p><b>Unit X: Biomolecules</b>            Carbohydrates - Classification (aldoses and ketoses), monosaccharides (glucose and fructose), D-L configuration oligosaccharides (sucrose, lactose, maltose), polysaccharides (starch, cellulose, glycogen); Importance of carbohydrates.</p> <p>Proteins -Elementary idea of - amino acids, peptide bond, polypeptides, proteins, structure of proteins - primary, secondary, tertiary structure and quaternary structures (qualitative idea only), denaturation of proteins; enzymes. Hormones - Elementary idea excluding structure.</p>	
SEP	12	<p><b>Unit VI: Coordination Compounds</b>            Coordination compounds - Introduction, ligands, coordination number, colour, magnetic properties and shapes, IUPAC nomenclature of mononuclear coordination compounds. Bonding, Werner's theory, VBT, and CFT; structure and stereoisomerism, the importance of coordination compounds (in qualitative analysis, extraction of metals and biological system).</p>	
OCT	20	<p><b>Unit VII: Alcohols, Phenols and Ethers 14 Periods</b>            Alcohols: Nomenclature, methods of preparation, physical and chemical properties (of primary alcohols only), identification of primary, secondary and tertiary alcohols, mechanism of dehydration, uses with special reference to methanol and ethanol.</p> <p>Phenols: Nomenclature, methods of preparation, physical and chemical properties, acidic nature of phenol, electrophilic substitution reactions, uses of phenols.</p> <p>Ethers: Nomenclature, methods of preparation, physical and chemical properties, uses.</p> <p><b>Unit VIII: Aldehydes, Ketones and Carboxylic Acids 15 Periods</b>            Aldehydes and Ketones: Nomenclature, nature of carbonyl group, methods of preparation, physical and chemical properties, mechanism of nucleophilic addition, reactivity of alpha hydrogen in aldehydes, uses.</p> <p>Carboxylic Acids: Nomenclature, acidic nature, methods of preparation, physical and chemical properties; uses.</p>	
<b>EXAMINATION (TENTATIVE DATE - 2025-26)</b>			
NAME OF THE EXAMINATION		MONTH	MAX MARKS
UNIT TEST - I		JULY	30
			Solutions, Electrochemistry Haloalkanes and Haloarenes.

HALF YEARLY	SEP	70	1. Solution 2. Electrochemistry 3. Chemical kinetics 4. Haloalkanes and Haloarenes. 5. Amines
PRE BAORD - I	NOV	70	FULL SYLLABUS
PRE BOARD - II	DEC	70	FULL SYLLABUS
PRE BOARD - III	JAN	70	FULL SYLLABUS

### SUBJECT: MATHS (041)

#### PRESCRIBED BOOKS:

- 1) Mathematics Part I - Textbook for Class XII, NCERT Publication
- 2) Mathematics Part II - Textbook for Class XII, NCERT Publication
- 3) Mathematics Exemplar Problem for Class XII, Published by NCERT
- 4) Mathematics Lab Manual class XII, published by NCERT / Spiral Maths Activity File

MONTH	NO. OF WORKING DAYS	TOPICS
APRIL	22	<p><b>Unit-I: Relations and Functions</b></p> <p><b>1. Relations and Functions</b> Types of relations: reflexive, symmetric, transitive and equivalence relations. One to one and onto functions. Concept of gof, fog (Composition of function)</p> <p><b>2. Inverse Trigonometric Functions</b> Definition, range, domain, principal value branch. Graphs of inverse trigonometric functions.</p> <p><b>Unit-II: Algebra</b></p> <p><b>3. Matrices</b> Concept, notation, order, equality, types of matrices, zero and identity matrix, transpose of a matrix, symmetric and skew symmetric matrices. Operation on matrices: Addition and multiplication and multiplication with a scalar. Simple properties of addition, multiplication and scalar multiplication. Non commutativity of multiplication of matrices and existence of non-zero matrices whose product is the zero matrix (restrict to square matrices of order 2). Invertible matrices and proof of the uniqueness of inverse, if it exists; (Here all matrices will have real entries).</p>
MAY	21	<p><b>4. Determinants</b> Determinant of a square matrix (up to <math>3 \times 3</math> matrices), minors, co-factors and applications of determinants in finding the area of a triangle. Adjoint and inverse of a square matrix. Consistency, inconsistency and number of solutions of system of linear equations by examples, solving system of linear equations in two or three variables (having unique solution) using inverse of a matrix.</p>
		<p><b>Unit-III: Calculus</b></p> <p>1. Continuity and Differentiability Continuity and differentiability, chain rule, derivative of inverse trigonometric functions, <i>like</i> <math>\sin^{-1} x</math>, <math>\cos^{-1} x</math> and <math>\tan^{-1} x</math>, derivative of implicit functions. Concept of exponential and logarithmic functions. Derivatives of logarithmic and exponential functions. Logarithmic</p>

		differentiation, derivative of functions expressed in parametric forms. Second order derivatives.
JUNE + JULY	6 + 18	<p><b>2. Applications of Derivatives:</b> rate of change of quantities, increasing / decreasing functions, maxima and minima (first derivative test motivated geometrically and second derivative test given as a provable tool). Simple problems (that illustrate basic principles and understanding of the subject as well as real-life situations).</p> <p><b>3. Integrals</b> Integration as inverse process of differentiation. Integration of a variety of functions by substitution, by partial fractions and by parts, Evaluation of simple integrals of the following types and problems based on them.</p> $\int \frac{dx}{x^2 \pm a^2}, \int \frac{dx}{\sqrt{x^2 \pm a^2}}, \int \frac{dx}{\sqrt{a^2 - x^2}}, \int \frac{dx}{ax^2 + bx + c}, \int \frac{dx}{\sqrt{ax^2 + bx + c}}$ $\int \frac{px + q}{ax^2 + bx + c} dx, \int \frac{px + q}{\sqrt{ax^2 + bx + c}} dx, \int \sqrt{a^2 \pm x^2} dx, \int \sqrt{x^2 - a^2} dx$ $\int \sqrt{ax^2 + bx + c} dx,$ <p>Fundamental Theorem of Calculus (without proof). Basic properties of definite integrals and evaluation of definite integrals.</p>
AUG	23	<p><b>4. Applications of the Integrals</b> Applications in finding the area under simple curves, especially lines, circles/ parabolas/ellipses (in standard form only)</p> <p><b>5. Differential Equations</b> Definition, order and degree, general and particular solutions of a differential equation. Solution of differential equations by method of separation of variables, solutions of homogeneous differential equations of first order and first degree. Solutions of linear differential equation of the type:</p> $\frac{dy}{dx} + py = q, \text{ where } p \text{ and } q \text{ are functions of } x \text{ or constants.}$ $\frac{dx}{dy} + px = q, \text{ where } p \text{ and } q \text{ are functions of } y \text{ or constants.}$ <p><b>Unit-IV: Vectors and Three Dimensional Geometry</b></p> <p><b>1. Vectors</b> Vectors and scalars, magnitude and direction of a vector. Direction cosines and direction ratios of a vector. Types of vectors (equal, unit, zero, parallel and collinear vectors), position vector of a point, negative of a vector, components of a vector, addition of vectors, multiplication of a vector by a scalar, position vector of a point dividing a line segment in a given ratio. Definition, Geometrical Interpretation, properties and application of scalar (dot) product of vectors, vector (cross) product of vectors.</p>
SEP	12	<p><b>2. Three - dimensional Geometry</b> Direction cosines and direction ratios of a line joining two points. Cartesian equation and vector equation of a line, skew lines, shortest distance between two lines. Angle between two lines.</p> <p><b>Unit-V: Linear Programming &amp; Probability</b></p> <p><b>1. Linear Programming</b> Introduction, related terminology such as constraints, objective function, optimization, graphical method of solution for problems in two variables, feasible and infeasible regions (bounded or unbounded), feasible and</p>

		infeasible solutions, optimal feasible solutions (up to three non-trivial constraints).
OCT	20	<b>2. Probability</b> Conditional probability, multiplication theorem on probability, independent events, total probability, Bayes' theorem, Random variable and its probability distribution, mean of random variable.

**EXAMINATION (TENTATIVE DATER- 2025-26)**

NAME OF THE EXAMINATION	MONTH	MAX MARKS	CHAPTER/TOPICS
UNIT TEST - I	JULY	30	1. Relations and Functions 2. Inverse Trigonometric Functions 3. Matrices 4. Determinants
HALF YEARLY	SEP	80	PART 1 + INDEFINITE INTEGRAL
PRE BAORD - I	NOV	80	FULL SYLLABUS
PRE BOARD - II	DEC	80	FULL SYLLABUS
PRE BOARD - III	JAN	80	FULL SYLLABUS

**SUBJECT: BIOLOGY (044)**

**Prescribed Books:**

1. Biology, Class-XII, Published by NCERT
2. Other related books and manuals published by Arya/GRB Publication (consider class notes also).
3. Reference book - Companion Biology - XII Published by Dinesh publication

MONTH	NO. OF WORKING DAYS	TOPICS
APRIL	22	<b>Chapter-1: Sexual Reproduction in Flowering Plants</b> Flower structure; development of male and female gametophytes; pollination - types, agencies and examples; out breeding devices; pollen-pistil interaction; double fertilization; post fertilization events - development of endosperm and embryo, development of seed and formation of fruit; special modes- apomixis, parthenocarpy, polyembryony; Significance of seed dispersal and fruit formation. <b>Chapter-2: Human Reproduction</b> Male and female reproductive systems; microscopic anatomy of testis and ovary; gametogenesis -spermatogenesis and ogenesis; menstrual cycle; fertilisation, embryo development up to blastocyst formation, implantation; pregnancy and placenta formation (elementary idea); parturition (elementary idea); lactation (elementary idea).
MAY	21	<b>Chapter-3: Reproductive Health</b> Need for reproductive health and prevention of Sexually Transmitted Diseases (STDs); birth control - need and methods, contraception and medical termination of pregnancy (MTP); amniocentesis; infertility and assisted reproductive technologies - IVF, ZIFT, GIFT (elementary idea for general awareness). <b>Chapter-4: Principles of Inheritance and Variation</b>

		<p>Heredity and variation: Mendelian inheritance; deviations from Mendelism – incomplete dominance, co-dominance, multiple alleles and inheritance of blood groups, pleiotropy; elementary idea of polygenic inheritance; chromosome theory of inheritance; chromosomes and genes; Sex determination - in humans, birds and honey bee; linkage and crossing over; sex linked inheritance - haemophilia, colour blindness; Mendelian disorders in humans - thalassemia; chromosomal disorders in humans; Down's syndrome, Turner's and Klinefelter's syndromes.</p>
JUNE + JULY	6 + 18	<p><b>Chapter-5: Molecular Basis of Inheritance</b>  Search for genetic material and DNA as genetic material; Structure of DNA and RNA; DNA packaging; DNA replication; Central Dogma; transcription, genetic code, translation; gene expression and regulation - lac operon model; Human Genome projects; DNA fingerprinting.</p> <p><b>Chapter-6: Evolution</b>  Origin of life; biological evolution and evidences for biological evolution (paleontology, comparative anatomy, embryology and molecular evidences); Darwin's contribution, modern synthetic theory of evolution; mechanism of evolution - variation (mutation and recombination) and natural selection with examples, types of natural selection; Gene flow and genetic drift; Hardy - Weinberg's principle; adaptive radiation; human evolution.</p>
AUG	23	<p><b>Chapter-7: Human Health and Diseases</b>  Pathogens; parasites causing human diseases (malaria, dengue, chikungunya, filariasis, ascariasis, typhoid, pneumonia, common cold, amoebiasis, ring worm) and their control; Basic concepts of immunology - vaccines; cancer, HIV and AIDS; Adolescence - drug and alcohol abuse.</p> <p><b>Chapter-8: Microbes in Human Welfare</b>  Microbes in food processing, industrial production, sewage treatment, energy generation and microbes as bio-control agents and bio-fertilizers. Antibiotics; production and judicious use</p>
SEP	12	<p><b>Chapter-9: Biotechnology - Principles and Processes</b>  Genetic Engineering (Recombinant DNA Technology).</p> <p><b>Chapter-10: Biotechnology and its Applications</b>  Application of biotechnology in health and agriculture: Human insulin and vaccine production, stem cell technology, gene therapy; genetically modified organisms - Bt crops; transgenic animals; biosafety issues, bio-piracy and patents.</p>
OCT	20	<p><b>Unit-X Ecology and Environment</b></p> <p><b>Chapter-11: Organisms and Populations</b>  Population interactions - mutualism, competition, predation, parasitism; population attributes - growth, birth rate and death rate, age distribution. (Topics excluded: Organism and its Environment, Major Abiotic Factors, Responses to Abiotic Factors, Adaptations)</p> <p><b>Chapter-12: Ecosystem</b></p>
		<p>Ecosystems: Patterns, components; productivity and decomposition; energy flow; pyramids of number, biomass, energy (Topics excluded: Ecological Succession and Nutrient Cycles)</p> <p><b>Chapter-13: Biodiversity and its Conservation</b>  Biodiversity-Concept, patterns, importance; loss of biodiversity; biodiversity conservation; hotspots, endangered organisms, extinction, Red Data Book,</p>

		Sacred Groves, biosphere reserves, national parks, wildlife, sanctuaries and Ramsar sites.	
<b>EXAMINATION (TENTATIVE DATE- 2025-26)</b>			
NAME OF THE EXAMINATION	MONTH	MAX MARKS	CHAPTER/TOPICS
UNIT TEST - I	JULY	30	Chapter-1: Sexual Reproduction in Flowering Plants Chapter-2: Human Reproduction Chapter-3: Reproductive Health Chapter-4: Principles of Inheritance and Variation
HALF YEARLY	SEP	70	Chapter 1 to chapter 6
PRE BOARD - I	NOV	70	FULL SYLLABUS
PRE BOARD - II	DEC	70	FULL SYLLABUS
PRE BOARD - III	JAN	70	FULL SYLLABUS

**SUBJECT: ACCOUNTANCY (055)**

**PRESCRIBED BOOKS:**

Accountancy -I & II Class XII NCERT Publication  
Reference Book - Accountancy by D. K. Goel

MONTH	NO. OF WORKING DAYS	TOPICS
APRIL	22	<b>Unit 1: Accounting for Partnership Firms</b> <b>Units/Topics</b> <ul style="list-style-type: none"> <li>• Partnership: features, Partnership Deed.</li> <li>• Provisions of the Indian Partnership Act 1932 in the absence of partnership deed.</li> <li>• Fixed v/s fluctuating capital accounts. Preparation of Profit and Loss Appropriation account- division of profit among partners, guarantee of profits.</li> <li>• Past adjustments (relating to interest on capital, interest on drawing, salary and profit sharing ratio).</li> <li>• Goodwill: meaning, nature, factors affecting and methods of valuation - average profit, super profit and capitalization.</li> </ul>
MAY	21	Accounting for Partnership firms – Reconstitution and Dissolution. *Change in the Profit Sharing Ratio among the existing partners - sacrificing ratio, gaining ratio, accounting for revaluation of assets and reassessment of liabilities and treatment of reserves, accumulated profits and losses. Preparation of revaluation account and balance sheet. *Admission of a partner - effect of admission of a partner on change in the profit sharing ratio, treatment of goodwill (as per AS 26), treatment for revaluation of assets and reassessment of liabilities, treatment of reserves, accumulated profits and losses,

		adjustment of capital accounts and preparation of capital, current account and balance sheet
JUNE + JULY	6+18	<p>*Retirement and death of a partner: effect of retirement / death of a partner on change in profit sharing ratio, treatment of goodwill (as per AS 26), treatment for revaluation of assets and reassessment of liabilities, adjustment of accumulated profits, losses and reserves, adjustment of capital accounts and preparation of capital, current account and balance sheet. Preparation of loan account of the retiring partner.</p> <p>*Calculation of deceased partner's share of profit till the date of death. Preparation of deceased partner's capital account and his executor's account.</p> <p>*Dissolution of a partnership firm: meaning of dissolution of partnership and partnership firm, types of dissolution of a firm. Settlement of accounts - preparation of realization account, and other related accounts: capital accounts of partners and cash/bank a/c (excluding piecemeal distribution, sale to a company and insolvency of partner(s))</p>
AUG	23	<p>Continue...</p> <p>Dissolution of a partnership firm</p> <p><b>Unit-3 Accounting for Companies : Accounting for Share Capital</b></p> <ul style="list-style-type: none"> <li>* Features and types of companies</li> <li>* Share and share capital: nature and types.</li> <li>* Accounting for share capital: issue and allotment of equity and preferences shares.</li> </ul> <p>Public subscription of shares – over subscription and under subscription of shares; issue at par and at premium, calls in advance and arrears (excluding interest), issue of shares for consideration other than cash.</p>
SEP	12	<p>Concept of Private Placement and Employee Stock Option Plan (ESOP), Sweat Equity.</p> <ul style="list-style-type: none"> <li>• Accounting treatment of forfeiture and reissue of shares.</li> <li>• Disclosure of share capital in the Balance Sheet of a company.</li> </ul> <p>Accounting for Debentures</p> <p>*Debentures: Meaning, types, Issue of debentures at par, at a premium and at a discount. Issue of debentures for consideration other than cash; Issue of debentures with terms of redemption; debentures as collateral security-concept, interest on debentures. Writing off discount / loss on issue of debentures. Financial statements of a Company: Meaning, Nature, Uses and importance of financial Statement of Profit and Loss and Balance Sheet in prescribed form with major headings and sub headings (as per Schedule III to the Companies Act, 2013)</p>
OCT	20	<p>*Financial Statement Analysis: Meaning, Significance Objectives, importance and Limitations.</p> <ul style="list-style-type: none"> <li>• Tools for Financial Statement Analysis: Comparative statement, Common size statement, Cash flow analysis, Ratio analysis.</li> <li>• Accounting Ratios: Meaning, Objectives, Advantages, classification and computation.</li> <li>• Liquidity Ratios: Current ratio and Quick ratio.</li> </ul>

		<ul style="list-style-type: none"> <li>• Solvency Ratios: Debt to Equity Ratio, Total Asset to Debt Ratio, Proprietary Ratio and Interest Coverage Ratio. Debt to Capital Employed Ratio.</li> <li>• Activity Ratios: Inventory Turnover Ratio, Trade Receivables Turnover Ratio, Trade Payables Turnover Ratio, Fixed Asset Turnover Ratio, Net Asset Turnover Ratio and Working Capital Turnover Ratio.</li> <li>• Profitability Ratios: Gross Profit Ratio, Operating Ratio, Operating Profit Ratio, Net Profit Ratio and Return on Investment.</li> </ul> <p><b>Unit 5: Cash Flow Statement</b> *Meaning, objectives Benefits, Cash and Cash Equivalents, Classification of Activities and preparation (as per AS 3 (Revised) (Indirect Method only)</p>
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**EXAMINATION - 2025-26**

NAME OF THE EXAMINATION	MONTH	MAX MARKS	CHAPTER/TOPICS
UNIT TEST - I	JULY	30	Accounting for Partnership Firms , Goodwill, Change in profit sharing ratio
HALF YEARLY	SEP	80	1. Accounting of partnership firm(fundamental) 2. Change in profit sharing ratio 3. Admission 4. Retirement and death 5. Dissolution 6. shares
PRE BAORD - I	NOV	80	FULL SYLLABUS
PRE BOARD - II	DEC	80	FULL SYLLABUS
PRE BOARD - III	JAN	80	FULL SYLLABUS

**SUBJECT: BUSINESS STUDIES (054)**

**PRESCRIBED BOOKS:**

1. Business Studies, Class XII, Published by NCERT
2. Refrence book - Business Studies by Sandeep Garg, Class XII, Published by Dhanpat Rai Publication

MONTH	NO. OF WORKING DAYS	TOPICS
APRIL	22	Part A: Principles and Functions of Management <b>Unit 1: Nature and Significance of Management Concept</b> Management - concept, objectives, and importance Management as Science, Art and Profession Levels of Management Management functions-planning, organizing, staffing, directing and controlling Coordination- concept and importance <b>Unit 2: Principles of Management</b> Principles of Management- concept and significance Fayol's principles of management Taylor's Scientific management- principles and techniques
MAY	21	Unit 3: Business Environment

		<p>Business Environment- concept and importance  Dimensions of Business Environment  Economic, Social, Technological, Political and Legal  Demonetization - concept and features  <b>Unit 4: Planning</b>  Concept, importance and limitation  Planning process</p>
		<p>Single use and standing plans. Objectives, Strategy, Policy, Procedure, method Rule, budget and Programme</p>
JUNE + JULY	6+18	<p><b>Unit 5: Organising</b>  Concept and importance  Organising Process  Structure of organisation- functional and divisional concept. Formal and informal organisation- concept  Delegation: concept, elements and importance  Decentralization: concept and importance  <b>Unit 6: Staffing</b>  Concept and importance of staffing  Staffing as a part of Human Resource Management concept  Staffing process  Recruitment process  Selection – process  Training and Development - Concept and Importance, Methods of training - on the job and off the job - vestibule training, apprenticeship training and internship training</p>
AUG	23	<p><b>Unit 7: Directing</b>  Concept and importance  Elements of Directing  Motivation - concept, Maslow’s hierarchy of needs, Financial and non-financial incentives  Leadership - concept, styles - authoritative, democratic and laissez faire  Communication - concept, formal and informal communication; barriers to effective communication, how to overcome the barriers  <b>Unit 8: Controlling</b>  Controlling - Concept and importance  Relationship between planning and controlling  Steps in process of control</p>
SEP	12	<p>Part B: Business Finance and Marketing  <b>Unit 9: Financial Management</b>  Concept, role and objectives of Financial Management  Financial decisions: investment, financing and dividend- Meaning and factors affecting  Financial Planning - concept and importance  Capital Structure – concept and factors affecting capital structure  Fixed and Working Capital - Concept and factors affecting their requirements  <b>Unit 10: Financial Markets</b>  <b>Financial Markets: Concept</b>  Money Market: Concept  Capital market and its types (primary and secondary)</p>

		Stock Exchange - Functions and trading procedure Securities and Exchange Board of India (SEBI) - objectives and functions
OCT	20	<b>Unit 11: Marketing</b> Marketing – Concept, functions and philosophies Marketing Mix – Concept and elements Product - branding, labelling and packaging – Concept Price - Concept, Factors determining price Physical Distribution – concept, components and channels of distribution Promotion – Concept and elements; Advertising, Personal Selling, Sales Promotion and Public Relations <b>Unit 12: Consumer Protection</b> Concept and importance of consumer protection Meaning of consumer Rights and responsibilities of consumers Who can file a complaint? Redressal machinery Remedies available

**EXAMINATION (Tentative Date - 2025-26)**

NAME OF THE EXAMINATION	MONTH	MAX MARKS	CHAPTER/TOPICS
UNIT TEST – I	JULY	30	Unit 1: Nature and Significance of Management Concept Unit 2: Principles of Management Unit 3: Business Environment Unit 4: Planning Unit 5: Organising
HALF YEARLY	SEP	80	Unit 1 to unit 9
PRE BOARD – I	NOV	80	FULL SYLLABUS
PRE BOARD – II	DEC	80	FULL SYLLABUS
PRE BOARD – III	JAN	80	FULL SYLLABUS

**SUBJECT: ECONOMICS (030)**

**PRESCRIBED BOOKS:**

1. Indian Economic Development, NCERT
2. Introductory Macroeconomics, NCERT
3. Reference Book – (i) Indian Economic Development (Sandeep Garg)  
(ii) Introductory Macroeconomics ((Sandeep Garg)

MONTH	NO. OF WORKING DAYS	TOPICS
APRIL	22	<b>Part A: Introductory Macroeconomics</b> <b>Unit 2: Money and Banking</b> Money – meaning and functions, supply of money - Currency held by the public and net demand deposits held by commercial banks. Money creation by the commercial banking system. Central bank and its functions (example of the Reserve Bank of India): Bank of issue, Govt. Bank, Banker's Bank, Control of Credit through Bank Rate, CRR, SLR, Repo Rate and Reverse Repo Rate, Open Market

		<p>Operations, Margin requirement.</p> <p><b>Part B: Indian Economic Development</b></p> <p><b>Unit 6: Development Experience (1947-90) and Economic Reforms since 1991:</b> A brief introduction of the state of Indian economy on the eve of independence. Indian economic system and common goals of Five Year Plans. Main features, problems and policies of agriculture (institutional aspects and new agricultural strategy) <b>continue.....</b></p>
MAY	16	<p><b>Unit 6: Development Experience (1947-90) and Economic Reforms since 1991:</b></p> <p>Industry (IPR 1956; SSI – role &amp; importance) and foreign trade.</p> <p><b>Economic Reforms since 1991:</b></p> <p>Features and appraisals of liberalisation, globalisation and privatisation (LPG policy)</p> <p><b>Part A: Introductory Macroeconomics</b></p> <p><b>Unit 1: National Income and Related Aggregates</b></p> <p>What is Macroeconomics?</p> <p>Basic concepts in macroeconomics: consumption goods, capital goods, final goods, intermediate goods; stocks and flows; gross investment and depreciation.</p> <p>Circular flow of income (two sector model)</p>
JUNE + JULY	6+18	<p><b>Part A: Introductory Macroeconomics</b></p> <p><b>Unit 1: National Income and Related Aggregates</b></p> <p>Methods of calculating National Income -Value Added or Product method, Expenditure method, Income method. Aggregates related to National Income: Gross National Product (GNP), Net National Product (NNP), Gross Domestic Product (GDP) and Net Domestic Product (NDP) - at market price, at factor cost; Real and Nominal GDP. GDP and Welfare.</p> <p><b>Unit 3: Determination of Income and Employment</b></p> <p>Aggregate demand and its components. Propensity to consume and propensity to save (average and marginal). Short-run equilibrium output; investment multiplier and its mechanism. Meaning of full employment and involuntary unemployment.</p> <p><b>Part B: Indian Economic Development</b></p> <p><b>Unit 7: Current challenges facing Indian Economy</b></p> <p><b>Human Capital Formation:</b> How people become resource; Role of human capital in economic development; Growth of Education Sector in India</p> <p><b>Rural development:</b> Key issues - credit and marketing - role of cooperatives; agricultural diversification; alternative farming - organic farming</p> <p><b>(UNIT TEST - I)</b></p>
AUG	23	<p><b>Continue...</b></p> <p><b>Part A: Introductory Macroeconomics</b></p> <p><b>Unit 3: Determination of Income and Employment</b></p> <p>Problems of excess demand and deficient demand; measures to correct them - changes in government spending, taxes and money supply.</p> <p><b>Part B: Indian Economic Development</b></p> <p><b>Unit 7: Current challenges facing Indian Economy</b></p> <p><b>Employment:</b> Growth and changes in work force participation rate in formal and informal sectors; problems and policies</p> <p><b>Continue.....</b></p>

SEP	12	<p><b>Sustainable Economic Development:</b> Meaning, Effects of Economic Development on Resources and Environment, including global warming</p> <p><b>Part A: Introductory Macroeconomics</b></p> <p><b>Unit 4: Government Budget and the Economy</b> Government budget - meaning, objectives and components. Classification of receipts - revenue receipts and capital receipts;</p> <p>Classification of expenditure - revenue expenditure and capital expenditure. Balanced, Surplus and Deficit Budget - measures of government deficit.</p> <p><b>(HALF YEARLY)</b></p>
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OCT	20	<p><b>Unit 5: Balance of Payments</b> Balance of payments account - meaning and components; Balance of payments - Surplus and Deficit Foreign exchange rate - meaning of fixed and flexible rates and managed floating. Determination of exchange rate in a free market, Merits and demerits of flexible and fixed exchange rate. Managed Floating exchange rate system</p> <p><b>Part B: Indian Economic Development Unit 8: Development Experience of India:</b> A comparison with neighbours, India and Pakistan, India and China Issues: economic growth, population, sectoral development and other Human Development Indicators</p>
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**EXAMINATION (Tentative Date - 2025-26)**

NAME OF THE EXAMINATION	MONTH	MAX MARKS	CHAPTER/TOPICS
UNIT TEST - I	JULY	30	Money and Banking, Development Experience (1947-90) and Economic Reforms since 1991
HALF YEARLY	SEP	80	<ol style="list-style-type: none"> <li>1. Money and banking</li> <li>2. Indian economy 1950-90</li> <li>3. New economic policy 1991</li> <li>4. National income and related aggregates</li> <li>5. Determination of income and employment(up to )</li> <li>6. Human capital formation</li> <li>7. Rural development</li> <li>8. Government budget</li> </ol>
PRE BAORD - I	NOV	80	FULL SYLLABUS
PRE BOARD - II	DEC	80	FULL SYLLABUS
PRE BOARD - III (OPTIONAL)	JAN	80	FULL SYLLABUS

**SUBJECT: HISTORY (027)**

**PRESCRIBED BOOKS:**

1. Themes in Indian History - 1, Class XII, Published by NCERT
2. Themes in Indian History - 2, Class XII, Published by NCERT
3. Themes in Indian History - 3, Class XII, Published by NCERT

MONTH	NO. OF WORKING DAYS	TOPICS
APRIL	22	<p><b>Part-I</b></p> <p><b>*BRICKS, BEADS AND BONES:</b> The Harappan Civilization: Excerpt: Archaeological report on a major site. Drainage system Town planning and architecture Central authority and decline The basics of archaeology <i>Map Work:</i> <i>Harappa, Banawali, Kalibangan, Balakot, Rakhigarhi, Dholavira, Nageshwar, Lothal, Mohenjodaro, Chanhudaro, KotDiji.</i></p> <p><b>*KINGS, FARMERS AND TOWNS:</b> Early States and Economies (c. 600 BCE-600 CE) Broad overview: Political and economic History from the Mauryan to the Gupta period. Shifts in the Understanding of political and economic history. Mahajanpada and administration. <i>Map Work:</i> <i>Mahajanapada and cities: Vajji, Magadha, Kosala, Kuru, Panchala, Gandhara, Avanti, Rajgir, Ujjain, Taxila, Varanasi.</i></p>
MAY	21	<p><b>*KINSHIP, CASTE AND CLASS:</b> Mahabharata Issues in social history, including caste, class, kinship and gender. <i>Map Work:</i> <i>Distribution of Ashokan inscriptions: • Pillar inscriptions – Sanchi, Topra, Meerut Pillar and Kaushambi. • Kingdom of Cholas, Cheras and Pandyas.</i></p> <p><b>*THINKERS, BELIEFS AND BUILDINGS:</b>Cultural Developments (c. 600 BCE - 600 CE) A brief review of religious histories of Vedic religion, Jainism, Vaishnavism, Shaivism (Puranic Hinduism) <i>Map Work:</i> <i>Important kingdoms and towns: • Kushanas, Shakas, Satavahanas, Vakatakas, Guptas • Cities/towns: Mathura, Kanauj, Puhar, Braghukachchha, Shravasti, Rajgir, Vaishali, Varanasi, Vidisha</i> <i>Major Buddhist Sites: Nagarjunakonda, Sanchi, Amaravati, Lumbini, Bharhut, Bodh Gaya, Ajanta, Sarnath</i></p>
JUNE + JULY	6+18	<p><b>Part-II</b></p> <p><b>*THROUGH THE EYES OF TRAVELLERS</b> Perceptions of Society (c. tenth to seventeenth century) Outlines of social and cultural life as they appear in traveller's account. Account of Al Biruni, Ibn Battuta, Francois Bernier.</p> <p><b>* BHAKTI -SUFİ</b></p> <p><b>TRADITIONS:</b> Changes in Religious Beliefs and Devotional Texts (c. eighth to eighteenth centuries) Outline of religious developments during this period. Ideas and practices of the Bhakti-Sufi saints. <i>Map Work:</i></p>

		<i>Major Buddhist Sites: Nagarjunakonda, Sanchi, Amaravati, Lumbini, Nasik, Bharhut, Bodh Gaya, Ajanta.</i>
AUG	23	<p><b>*AN IMPERIAL CAPITAL: VIJAYANAGARA</b> (c. fourteenth to sixteenth centuries) Outline of new buildings during Vijayanagar period-temples, forts, irrigation facilities. Architecture and the political system.</p> <p><i>Map Work:</i> <i>Bidar, Golconda, Bijapur, Vijayanagar, Chandragiri, Kanchipuram, Mysore, Thanjavur, Kolar, Tirunelveli</i></p> <p><b>*PEASANTS, ZAMINDARS AND THE STATE:</b> Agrarian Society and the Mughal Empire (c. sixteenth-seventeenth centuries) Structure of agrarian relations in the 16th and 17th centuries. Account of the compilation and translation of Ain I Akbari</p> <p><i>Map Work:</i> <i>Important kingdoms and towns:</i> <i>Kushanas, Shakas, Satavahanas, Vakatakas, Guptas</i> <i>Cities/towns: Mathura, Kanauj, Puhar, Braghukachchha, Shravasti, Rajgir, Vaishali, Varanasi, Vidisha</i></p> <p><b>PART III</b></p> <p><b>*COLONIALISM AND THE COUNTRYSIDE:</b> Exploring Official Archives. Life of zamindars, peasants and artisans in the late 18th century. Permanent Settlement, Santhals and Paharias</p> <p><i>Map Work:</i> <i>Territories under Babur, Akbar and Aurangzeb: Delhi, Agra, Panipat, Amber, Ajmer, Lahore, Goa.</i></p>
SEP	12	<p><b>*REBELS AND THE RAJ:</b> 1857 Revolt and its Representations Broad overview: The Aini-Akbari a. Structure of agrarian relations in the 16th and 17th centuries. Patterns of change over the period. The events of 1857-58. The leaders of revolt.</p> <p><i>Map Work:</i> <i>Main centres of the Revolt of 1857: Delhi, Meerut, Jhansi, Lucknow, Kanpur, Azamgarh, Calcutta, Benaras, Gwalior, Jabalpur, Agra, Awadh.</i></p>
OCT	20	<p><b>*MAHATAMA GANDHI AND THE NATIONALIST MOVEMENT:</b></p> <p>Civil Disobedience and Beyond The Nationalist Movement 1918 -48. The nature of Gandhian politics and leadership.</p> <p><i>Map Work:</i> <i>Important centres of the National Movement: Champaran, Kheda, Ahmedabad, Benaras, Amritsar, Chauri Chaura, Lahore, Bardoli, Dandi, Bombay (Quit India Resolution), Karachi.</i></p> <p><b>FRAMING THE CONSTITUTION:</b> The Beginning of a New Era Independence and the new nation state. The debates and issues.</p>

<b>EXAMINATION (TENTATIVE DATE 2025-26)</b>			
NAME OF THE EXAMINATION	MONTH	MAX MARKS	CHAPTER/TOPICS
UNIT TEST - I	JULY	30	<ul style="list-style-type: none"> <li>• BRICKS, BEADS AND BONES</li> <li>• KINGS, FARMERS AND TOWNS:</li> <li>• KINSHIP, CASTE AND CLASS:</li> <li>• THINKERS, BELIEFS AND BUILDINGS:</li> </ul>
HALF YEARLY	SEP	80	<ul style="list-style-type: none"> <li>• BRICKS, BEADS AND BONES</li> <li>• KINGS, FARMERS AND TOWNS</li> <li>• KINSHIP, CASTE AND CLASS</li> <li>• THINKERS, BELIEFS AND BUILDINGS</li> <li>• THROUGH THE EYES OF TRAVELLERS</li> <li>• BHAKTI –SUFİ TRADITIONS</li> <li>• AN IMPERIAL CAPITAL: VIJAYANAGARA</li> <li>• PEASANTS, ZAMINDARS AND THE STATE</li> </ul>
PRE BAORD - I	NOV	80	FULL SYLLABUS
PRE BOARD- II	DEC	80	FULL SYLLABUS
PRE BOARD – III	JAN	80	FULL SYLLABUS

**SUBJECT: POLITICAL SCIENCE (028)**

**PRESCRIBED BOOKS:**

1. Contemporary World Politics, Class XII, Published by NCERT
2. Politics in India since Independence, Class XII, Published by NCERT
3. Reference Material available with this document

MONTH	NO. OF WORKING DAYS	TOPICS
APRIL	22	<p><b>The End of Bipolarity</b> Disintegration of Soviet Union, Unipolar World, Middle East Crisis – Afghanistan, Gulf War, Democratic Politics and Democratization – CIS and the 21st Century (Arab Spring)</p> <p><b>Contemporary Centre's of Power</b> Organizations: European Union, ASEAN, SAARC, BRICS. Nations: Russia, China, Israel, India, Japan and South Korea.</p>
MAY	21	<p><b>Contemporary South Asia</b> Conflicts and efforts for Peace Democratization in South Asia: Pakistan, Nepal, Bangladesh, Sri Lanka, Maldives.</p> <p><b>Challenges of Nation-Building</b> Nation and Nation Building. Sardar Vallabh Bhai Patel and Integration of States. Nehru's approach to nation-building; Legacy of partition: challenge of 'refugee' Resettlement, the Kashmir problem. Political conflicts over language. Linguistic Organization of States</p>
JUNE + JULY	6+18	<p><b>Era of one-party dominance</b> One Party Dominance, Bi-Party System, Multi-Party Coalition System</p> <p><b>Politics of Planned Development</b> Changing nature of India's Economic Development Planning Commission and Five-Year Plans, National Development Council, NITI Aayog.</p>

		<p><b>India's External Relations</b> Principles of Foreign Policy; India's Changing Relations with Other Nations: US, Russia, China, Israel; India's Relations with its Neighbours: Pakistan, Bangladesh, Bhutan, Nepal, Sri Lanka and Myanmar; India's Nuclear Programme.</p>
AUG	23	<p><b>Challenges to and restoration of the congress system</b> Challenges of the political succession Forth general election 1967 Split in the congress The 1971 election and restoration of congress</p> <p><b>International Organizations</b> United Nation and Principal Organs, Key Agencies: UNESCO, UNICEF, WHO, ILO, Security Council and the Need for its Expansion.</p> <p><b>Security in Contemporary World</b> Security: Meaning and Type; Terrorism. Tradional and non-traditional concepts of security India's Security strategy</p>
SEP	12	<p><b>Environment and Natural Resources</b> Environmental Movements, Global Warming and Climate Change, Conservation of Natural Resources. Common but differentiated Responsibilities</p> <p><b>Globalization</b> Globalization: Meaning, Manifestation and Debates.</p>
OCT	20	<p><b>The crisis of democratic order</b> Jaya Prakash Narayan and Total Revolution, Ram Manohar Lohia and Socialism, Pandit Deendayal Upadhyaya and Integral Humanism, National Emergency, Democratic Upsurges – Participation of the Adults, Backwards and Youth.</p> <p><b>Regional Aspirations</b> Rise of regional parties. Punjab Crisis. The Kashmir Issue, Movements for Autonomy.</p> <p><b>Recent Developments in Indian Politics</b> Era of Coalitions, National Front, United Front, United Progressive Alliance (UPA) – I &amp; II, National Democratic Alliance (NDA) I, II, III &amp; IV, Issues of Development and Governance. Communalism, Secularism and Democracy, Ayodhya Dispute, Demolition and after.</p>

**EXAMINATION (TENTATIVE DATE 2025-26)**

NAME OF THE EXAMINATION	MONTH	MAX MARKS	CHAPTER/TOPICS
UNIT TEST - I	JULY	30	<ul style="list-style-type: none"> <li>• The End of Bipolarity</li> <li>• Contemporary Centre's of Power</li> <li>• Contemporary South Asia</li> <li>• Challenges of Nation-Building</li> </ul>
HALF YEARLY	SEP	80	<ul style="list-style-type: none"> <li>• The End of Bipolarity</li> <li>• Contemporary Centre's of Power</li> <li>• Contemporary South Asia</li> <li>• Challenges of Nation-Building</li> </ul>

			<ul style="list-style-type: none"> <li>• Era of one-party dominance</li> <li>• Politics Of Planned Development</li> <li>• India's External Relations</li> <li>• International Organization</li> </ul>
<b>PRE-BOARD - I</b>	<b>NOV</b>	<b>80</b>	<b>FULL SYLLABUS</b>
<b>PRE-BOARD - II</b>	<b>DEC</b>	<b>80</b>	<b>FULL SYLLABUS</b>
<b>PRE-BOARD - III</b>	<b>JAN</b>	<b>80</b>	<b>FULL SYLLABUS</b>

**SUBJECT: SOCIOLOGY (039)**

**Prescribed Books:**

1. Indian Society, Class XII, Published by NCERT
2. Social Change and Development in India, Class XII, published by NCERT

<b>MONTH</b>	<b>NO. OF WORKING DAYS</b>	<b>TOPICS</b>
APRIL	22	<b>BOOK: 1 SOCIAL CHANGE AND DEVELOPMENT IN INDIA</b> <b>Structural Change</b> <ul style="list-style-type: none"> <li>• Understanding Colonialism, Industrialization, Urbanization</li> </ul> <b>Cultural Change</b> <ul style="list-style-type: none"> <li>• Social Reform Movements</li> <li>• Different Kinds of Social Change: Sanskritisation, Westernization, Modernization, Secularization</li> </ul>
MAY	21	<b>Change and Development in Rural Society</b> <ul style="list-style-type: none"> <li>• Agrarian Structure : Caste &amp; class in Rural India</li> <li>• Land Reforms, Green Revolution and Emerging Agrarian society</li> <li>• Green revolution and its social consequences</li> <li>• Transformation in Rural Society</li> <li>• Circulation of labour</li> <li>• Globalization, Liberalization and Rural Society</li> </ul> <b>Change and Development in Industrial Society</b> <ul style="list-style-type: none"> <li>• From Planned Industrialization to Liberalization</li> <li>• How people find Jobs</li> </ul>
JUNE + JULY	6+18	<b>Change and Development in Industrial Society.....</b> <ul style="list-style-type: none"> <li>• Work Processes: How work is carried out, working conditions, home based work, Strikes and Unions</li> </ul> <b>Social Movements</b> <ul style="list-style-type: none"> <li>• Concept of Social Movements</li> <li>• Theories and Classification of Social Movements</li> <li>• Environmental Movements</li> <li>• Class and Caste -Based Movements.</li> </ul>
AUG	23	<b>BOOK - 2: Introducing Indian Society</b> <ul style="list-style-type: none"> <li>• Colonialism, Nationalism, Class and Community (Non evaluative)</li> </ul> <b>The Demographic Structure of the Indian Society</b> <ul style="list-style-type: none"> <li>• Theories and concepts in demography</li> <li>• Rural-Urban Linkages and Divisions</li> </ul>

		<ul style="list-style-type: none"> <li>Population Policy in India</li> </ul> <b>Social Institutions: Continuity and Change</b> <ul style="list-style-type: none"> <li>Caste and the Caste System</li> <li>Tribal Communities</li> <li>Family and Kinship</li> </ul>
SEP	12	<b>Patterns of Social Inequality and Exclusion</b> <ul style="list-style-type: none"> <li>Social Inequality and Social Exclusion</li> <li>Systems justifying and perpetuating Inequality - Caste, Tribe, the Other Backward Classes</li> <li>Adivasi Struggles</li> <li>The Struggle for Women's Equality and Rights</li> <li>The struggles of the Differently Aabled</li> </ul>
OCT	20	<b>The challenges of cultural diversity</b> <ul style="list-style-type: none"> <li>Cultural communities and Nation State</li> <li>Regionalism in the Indian context</li> <li>Communalism, Secularism and Nation</li> </ul>

**EXAMINATION (TENTATIVE DATE - 2025-26)**

NAME OF THE EXAMINATION	MONTH	MAX MARKS	CHAPTER/TOPICS
UNIT TEST - I	JULY	30	<ul style="list-style-type: none"> <li>Structural change</li> <li>Cultural change</li> <li>Change and development in rural society</li> </ul>
HALF YEARLY	SEP	80	<ul style="list-style-type: none"> <li>Structural change</li> <li>Cultural change</li> <li>Change and development in rural society</li> <li>Change and development in industrial society</li> <li>Social movements</li> <li>The demographic structure of the Indian society</li> <li>Social Institutions: Continuity and Change</li> </ul>
PRE-BOARD - I	NOV	80	FULL SYLLABUS
PRE-BOARD - II	DEC	80	FULL SYLLABUS
PRE-BOARD - III	JAN	80	FULL SYLLABUS

**SUBJECT: HINDI (302)**

निर्धारित पुस्तक:-

1. आरोह भाग - 2
2. वितान भाग - 2
3. अभिव्यक्ति और माध्यम

Month	Days	Content
APR	22	गद्य - भक्तिन (महादेवी वर्मा) बाजार दर्शन (जैनेन्द्र कुमार) पद्य - आत्म परिचय, दिन जल्दी जल्दी ढलता है (हरिवंश राय बच्चन) वितान -सिल्वर वैडिंग (□□□□□ □□□□□ □□□□□)

		अपठित गद्यांश अपठित काव्यांश
MAY + JUNE	21 + 6	अभिव्यक्ति और माध्यम : पाठ संख्या – 3, 4, 5 <b>पद्य</b> – कविता के बहाने, बात सीधी थी पर (कुंवर नारायण) कैमरे में बंद अपाहिज (रघुवीर सहाय) पतंग (आलोक धन्वा)
JULY + AUGUST	18 + 23	<b>गद्य</b> – काले मेघा पानी दे (धर्मवीर भारती) पहलवान की ढोलक (फणीश्वर नाथ रेणु) <b>पद्य</b> – बादल राग (निराला) उषा (शमशेर बहादुर सिंह) <b>वितान</b> – जूझ (आनन्द यादव) अभिव्यक्ति और माध्यम – पाठ संख्या 11, 12 □□□□□□□□ □□□
SEP	12	<b>गद्य</b> – श्रम विभाजन एवं जाति प्रथा मेरी कल्पना का आदर्श समाज (भीमराव अम्बेडकर) □□□□□□□□□□/अर्द्धवार्षिक परीक्षा
OCT	20	<b>पद्य</b> – कवितावली लक्ष्मण मूर्छा एवं राम का विलाप (तुलसीदास) छोटा मेरा खेत बगुलों के पंख (उमाशंकर जोशी) रूबाइयाँ (फिराक गोरखपुरी) <b>वितान</b> – अतीत में दबे पाँव (ओम थवानी) अभिव्यक्ति माध्यम – पाठ संख्या – 13 <b>गद्य</b> – शिरीष के फूल (हजारी प्रसाद द्विवेदी)
		पुनरावृत्ति प्री – बोर्ड – प्रथम
Test		<b>Examination Wise Syllabus</b>
Unit Test - I (July + Aug)		<b>गद्य</b> – भक्तिजन बाजार दर्शन सिल्वर वैडिंग – <b>वितान</b> <b>पद्य</b> – दिन जल्दी जल्दी ढलता है पतंग कविता के बहाने अपठित गद्य तथा अपठित पद्य अभिव्यक्ति और माध्यम – 3
Half - Yearly (September)		<b>गद्य</b> – काले मेघा पानी दे पहलवान की ढोलक जूझ – <b>वितान</b> अपठित गद्य, अपठित पद्य <b>पद्य</b> – उषा आत्म-परिचय (हरिवंशराय बच्चन) अभिव्यक्ति और माध्यम – 3, 4, 5, 11, 12 + Unit Test-I Syllabus
<b>EXAMINATION (2025-26)</b>		

NAME OF THE EXAMINATION	Month	Max Marks	Chapter / Topic
UNIT TEST - 1	July + Aug	30	गद्य – भक्तिजन बाजार दर्शन सिल्वर वैडिंग – वितान पद्य – दिन जल्दी जल्दी ढलता है पतंग कविता के बहाने अपठित गद्य तथा अपठित पद्य अभिव्यक्ति और माध्यम – 3
Half Yearly	Sep	80	गद्य – काले मेघा पानी दे पहलवान की ढोलक जूझ अपठित गद्य, अपठित पद्य पद्य – उषा आत्म-परिचय (हरिवंशराय बच्चन) अभिव्यक्ति और माध्यम – 3, 4, 5, 11, 12 + Unit Test-I Syllabus
Pre-Board - I	Nov	80	Full syllabus
Pre-Board-II	Dec	80	Full syllabus
Pre-Board-III	Jan	80	Full syllabus

### परियोजना कार्य:

- श्रवण तथा वाचन
- परियोजना कार्य – परियोजना कार्य हिन्दी भाषा और साहित्य से सम्बद्ध।  
(व्यक्तिगत रूप से दिया जाएगा)

### SUBJECT: GEOGRAPHY (029)

#### Prescribed Books:

- Fundamentals of Human Geography (NCERT)**
- India: People & Economy**
- Practical work in Geography Part - II**

MONTH	NO. OF WORKING DAYS	TOPICS
APRIL	22	<b>Part A: Fundamentals of Human Geography</b> <b>BOOK: 1</b> <b>Unit 1: Human Geography: Nature and Scope</b> <b>Unit 2: People</b> <ul style="list-style-type: none"> <li>The World Population- distribution, density and growth</li> <li>Population change - Components of population change, Demographic Transition</li> <li>Human development - concept; selected indicators, international comparisons</li> </ul>

MAY	21	<p><b>BOOK: 1</b></p> <p><b>Unit 3: Human Activities</b></p> <ul style="list-style-type: none"> <li>• Primary activities - concept and changing trends; gathering, pastoral, mining, subsistence agriculture, modern agriculture; people engaged in agricultural and allied activities – some examples from selected countries</li> <li>• Secondary activities- concept; manufacturing: types - household, small scale, large scale; agro based and mineral based industries;</li> </ul>
JUNE + JULY	6+18	<p><b>Unit 3: Human Activities (Continue.....)</b></p> <ul style="list-style-type: none"> <li>• Tertiary activities - concept; trade, transport and tourism; services; people engaged in tertiary activities</li> <li>• Quaternary activities- concept; people engaged in quaternary activities - case study from selected countries</li> </ul> <p><b>BOOK: 2</b></p> <p><b>Part B: India: People and Economy</b></p> <p><b>Unit 6: People</b></p> <ul style="list-style-type: none"> <li>• Population: distribution, density and growth; composition of population - linguistic, religious; sex, rural-urban and occupational- regional variations in growth of population</li> </ul> <p><b>Unit 7: Human Settlements</b></p> <ul style="list-style-type: none"> <li>• Rural settlements - types and distribution</li> <li>• Urban settlements - types, distribution and functional classification</li> <li>• Practical's: (Chapter: 1 &amp; 2)</li> </ul> <p><b>Unit 4: Transport, Communication and Trade</b></p> <ul style="list-style-type: none"> <li>• Land transport - roads, railways; transcontinental railways Water transport- inland waterways; major ocean routes</li> <li>• Air transport- Intercontinental air routes Oil and gas pipelines</li> <li>• Satellite communication and cyber space importance and usage for geographical information; use of GPS</li> </ul>
AUG	23	<p><b>Book: 1</b></p> <p><b>Unit 4: Transport, Communication and Trade (Continue.....)</b></p> <ul style="list-style-type: none"> <li>• International trade- bases and changing patterns; ports as gateways of international trade; role of WTO in international trade</li> <li>• <b>Map Work on identification of features based on 1-5 units on the outline Physical/Political map of World. (Along with chapters and practice in August)</b></li> </ul> <p><b>BOOK: 2</b></p> <p><b>Unit 8: Resources and Development</b></p> <ul style="list-style-type: none"> <li>• Land resources- general land use; agricultural land use; geographical conditions and distribution of major crops (Wheat, Rice, Tea, Coffee, Cotton, Jute, Sugarcane and Rubber); agricultural development and problems</li> <li>• Water resources-availability and utilization irrigation, domestic, industrial and other uses; scarcity of water and conservation methods-rain water harvesting and watershed management</li> <li>• Mineral and energy resources- distribution of metallic (Iron ore, Copper, Bauxite, Manganese); non-metallic (Mica, Salt) minerals; conventional (Coal, Petroleum, Natural gas and Hydroelectricity) and non-conventional energy sources (solar, wind, biogas) and conservation</li> </ul>

		<ul style="list-style-type: none"> <li>Practical's: (Chapter: 3)</li> </ul>
SEP	12	<b>BOOK:2</b> <b>Unit 8: Resources and Development (Continue.....)</b> <ul style="list-style-type: none"> <li>Planning in India- target group area planning (case study); idea of sustainable development (case study)</li> <li>Revision</li> </ul>
OCT	20	<b>BOOK: 2</b> <b>Unit 9: Transport, Communication and International Trade</b> <ul style="list-style-type: none"> <li>Transport and communication-roads, railways, waterways and airways: oil and gas pipelines; Geographical information and communication net works</li> <li>International trade- changing pattern of India's foreign trade; sea ports and their hinterland and airports</li> <li>Practical's: (Chapter: 4)</li> </ul> <b>Unit 10: Geographical Perspective on selected issues and problems</b> <ul style="list-style-type: none"> <li>Environmental pollution; urban-waste disposal</li> <li>Urbanization, rural-urban migration; problems of slums</li> <li>Land degradation</li> </ul>

**EXAMINATION - 2025-26**

NAME OF THE EXAMINATION	MONTH	MAX MARKS	CHAPTER/TOPICS
UNIT TEST - I	JULY	30	Book: 1 Ch 1: human geography: nature and scope Ch 2: the world population: distribution, density and growth Ch3: human development Ch4: primary activities Ch5: secondary activities
HALF YEARLY	SEP	70	<b>Book 1</b> Ch 1: human geography : nature and scope Ch 2: the world population: distribution, density and growth Ch3: human development Ch4: primary activities Ch5: secondary activities Ch6: tertiary and quaternary activities Ch7: transport and communication Ch8: international trade <b>Book 2</b> Ch1: population: distribution, density , growth and composition Ch2 : human settlements Ch3: land resources and agriculture Ch4: water resources Ch5: mineral and energy resources
PRE BOARD - I	NOV	70	FULL SYLLABUS
PRE BOARD - II	DEC	70	FULL SYLLABUS
PRE BOARD - III	JAN	70	FULL SYLLABUS

- Changes may occur as per CBSE guidelines

**SUBJECT: PHYSICAL EDUCATION (048)**

<b>PRESCRIBED BOOKS:</b> CBSE Physical Education Class XII published by Evergreen		
<b>MONTH</b>	<b>NO. OF WORKING DAYS</b>	<b>TOPICS</b>
APRIL	22	<p><b>Unit - 1 : Management of Sporting Events</b></p> <ol style="list-style-type: none"> <li>1. Functions of Sports Events Management (Planning, Organising, Staffing, Directing &amp; Controlling)</li> <li>2. Various Committees &amp; their Responsibilities (pre; during &amp; post)</li> <li>3. Fixtures and their Procedures - Knock-Out (Bye &amp; Seeding) &amp; League (Staircase, Cyclic, Tabular method) and Combination tournaments.</li> <li>4. Intramural &amp; Extramural tournaments - Meaning, Objectives &amp; Its Significance</li> <li>5. Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause &amp; Run for Unity)</li> </ol>
MAY	21	<p><b>Unit - 2 : Children &amp; Women in Sports</b></p> <ol style="list-style-type: none"> <li>1. Exercise guidelines of WHO for different age groups.</li> <li>2. Common postural deformities-knock knees, flat foot, round shoulders, Lordosis, Kyphosis, Scoliosis, and bow legs and their respective corrective measures.</li> <li>3. Women's participation in Sports - Physical, Psychological, and social benefits.</li> <li>4. Special consideration (menarche and menstrual dysfunction)</li> <li>5. Female athlete triad (osteoporosis, amenorrhea, eating disorders).</li> </ol> <p><b>Unit - 3 : Yoga as Preventive measure for Lifestyle Disease</b></p> <p><b>1. Obesity:</b> Procedure, Benefits &amp; Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha - Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama.</p> <p><b>1. Diabetes:</b> Procedure, Benefits &amp; Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta-vajarasana, Paschimottanasana-a, Ardha-Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati</p> <p><b>Continue.....</b></p>
JUNE + JULY	6 + 18	<p>3. <b>Asthma:</b> Procedure, Benefits &amp; Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasan-a, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana Matsyaasana, Anuloma Viloma.</p> <p>4. <b>Hypertension:</b> Procedure, Benefits &amp; Contraindications for Tadasana, Katichakransan, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasan-a, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi- shodhanapranayam, Sitlipranayam.</p>

		<p>5. <b>Back Pain and Arthritis:</b> Procedure, Benefits &amp; Contraindications of Tadasana, Urdhawahastootansana, Ardh-Chakrasana, Ushtrasana, Vakrasana, Sarala Maysyendrsana, Bhujandgasana, Gomukhasana, Bhadrasana, Makarasana, Nadi-Shodhana pranayama.</p> <p><b>Unit – 4 : Physical Education and Sports for CWSN (Children with Special Needs - Divyang)</b></p> <ol style="list-style-type: none"> <li>1. Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics)</li> <li>2. Concept of Classification and Divisioning in Sports.</li> <li>3. Concept of Inclusion in sports, its need, and Implementation;</li> <li>4. Advantages of Physical Activities for children with special needs.</li> <li>5. Strategies to make Physical Activities assessable for children with special needs.</li> </ol>
AUG	23	<p><b>Unit – 5 : Sports &amp; Nutrition</b></p> <ol style="list-style-type: none"> <li>1. Concept of balanced diet and nutrition</li> <li>2. Macro and Micro Nutrients: Food sources &amp; functions</li> <li>3. Nutritive &amp; Non-Nutritive Components of Diet</li> <li>4. Eating for Weight control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, and Food Myths</li> <li>5. Importance of Diet in Sports-Pre, During and Post competition Requirements</li> </ol> <p><b>Unit – 6 : Test &amp; Measurement in Sports</b></p> <ol style="list-style-type: none"> <li>1. Fitness Test – SAI Khelo India Fitness Test in school: Age group 5-8 years/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit &amp; Reach flexibility test, Strength Test (Partial Abdominal Curl Up, Push-Ups for boys, Modified Push-Ups for girls).</li> <li>2. Measurement of Cardio-Vascular Fitness – Harvard Step Test – Duration of the Exercise in Seconds x100/5.5 X Pulse count of 1-1.5 Min after Exercise.</li> <li>3. Computing Basal Metabolic Rate (BMR)</li> <li>4. Rikli &amp; Jones - Senior Citizen Fitness Test • Chair Stand Test for lower body strength <ul style="list-style-type: none"> <li>• Arm Curl Test for upper body strength</li> <li>• Chair Sit &amp; Reach Test for lower body flexibility</li> <li>• Back Scratch Test for upper body flexibility</li> <li>• Eight Foot Up &amp; Go Test for agility</li> <li>• Six-Minute Walk Test for Aerobic Endurance</li> </ul> </li> <li>5. Johnsen – Methney Test of Motor Educability (Front Roll, Roll, Jumping Half-Turn, Jumping full-turn)</li> </ol>
SEP	12	<p><b>Unit 7 : Physiology &amp; Injuries in Sport</b></p> <ol style="list-style-type: none"> <li>1. Physiological factors determining components of physical fitness</li> <li>2. Effect of exercise on the Muscular System</li> <li>3. Effect of exercise on the Cardio-Respiratory System</li> <li>4. Physiological changes due to aging</li> <li>5. Sports injuries: Classification (Soft Tissue Injuries -Abrasion, Contusion, Laceration, Incision, Sprain &amp; Strain; Bone &amp; Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique &amp; Impacted)</li> </ol>
OCT	20	<p><b>Unit – 8 : Biomechanics and Sports</b></p> <ol style="list-style-type: none"> <li>1. Newton’s Law of Motion &amp; its application in sports</li> <li>2. Types of Levers and their application in Sports.</li> </ol>

		3. Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports 4. Friction & Sports 5. Projectile in Sports <b>Unit – 9 : Psychology and Sports</b> 1. Personality; its definition & types (Jung Classification & Big Five Theory) 2. Motivation, its type & techniques. 3. Exercise Adherence: Reasons, Benefits & Strategies for Enhancing it 4. Meaning, Concept & Types of Aggressions in Sports 5. Psychological Attributes in Sports – Self-Esteem, Mental Imagery, Self-Talk, Goal Setting <b>Unit – 10 : Training in Sports</b> 1. Concept of Talent Identification and Talent Development in Sports 2. Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle. 3. Types & Methods to Develop – Strength, Endurance, and Speed. 4. Types & Methods to Develop – Flexibility and Coordinative Ability. 5. Circuit Training - Introduction & its importance
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**EXAMINATION (TENTATIVE DATE 2025-26)**

NAME OF THE EXAMINATION	MONTH	MAX MARKS	CHAPTER/TOPICS
UNIT TEST - I	JULY	30	Unit – 1 : Management of Sporting Events Unit – 2 : Children & Women in Sports
HALF YEARLY	SEP	70	Unit 1 to unit 7
PRE BAORD - I	NOV	70	FULL SYLLABUS
PRE BOARD - II	DEC	70	FULL SYLLABUS
PRE BOARD – III	JAN	70	FULL SYLLABUS

**SUBJECT: COMPUTER SCIENCE (083)**

**Prescribed Book:**

**Dhanpat Rai Co. written by Sumita Arora**

Month	No of days	Content
April	22	Ch. 1: Python Revision Tour Ch. 2: Python Revision Tour – II
May	21	Ch. 3: Working with Functions Ch. 6: Recursion
June + July	6+18	Ch. 4: Using Python Libraries Ch. 5: File Handling *Exception Handling Ch. 7, 8 & 9: Data Structure : List, Stack
Aug	23	Ch. 12, 13, 14 & 15: Structured Query Language
Sep	12	Ch. 16: Interface Python with SQL
Oct	20	Ch. 10: Computer Networks – I Ch. 11: Computer Networks – II

S.No.	Unit Name	Marks (Total 30)

1	<b>Lab Test:</b> 2. Python program (60% logic + 20% documentation + 20% code quality)	8
	2. A stub program with Python SQL connectivity must be provided with blanks (4 blanks) to be filled by the student with the desired SQL query.	4
2	<b>Report file:</b> • Minimum 15 Python programs. • SQL Queries – Minimum 5 sets using one table / two tables. • Minimum 4 programs based on Python - SQL connectivity	7
3	Project (using concepts learnt in Classes 11 and 12)	8
4	Viva voce	3

### Examination 2025-26

Name of the Examination	Month	Max Marks	Chapter/Topic
Unit Test	July	30	Revision Tour 1,2 & Function
Half Yearly	Sep	70	Chapter 1 to 9 & SQL-DDL
Pre Board I	Nov	70	Complete Syllabus
Pre Board II	Dec	70	Complete Syllabus
Pre Board III	Jan	70	Complete Syllabus

### **SUBJECT: COMMERCIAL ART (052)**

#### **RESCRIBED BOOKS:**

HISTORY OF INDIAN ART

MONTH	NO. OF WORKING DAYS	TOPICS
APRIL	22	<b>Unit 1: The Rajasthani and Pahari Schools of Miniature Painting</b> (16 <sup>th</sup> Century A.D. to 19 <sup>th</sup> Century A.D.) Introduction to Indian Miniature School: Western-Indian, Pala, Rajasthani, Mughal, Central India, Deccan and Pahari. <b>(A) The Rajasthani Schools</b> (1) Origin and Development (2) Schools-Mewar, Bundi, Jodhpur, Bikaner, Kishangarh and Jaipur (3) Main feature of the Rajasthani schools (4) Study of the following Rajasthani Paintings: Title Painter School Maru- Ragini Sahibdin Mewar Raja Aniruddha Singh Heera Utkal Ram Bundi Chaugan Players Dana Jodhpur Krishna playing flute and dancing Gopalas uruddin Bikaner Radha (Bani-Thani) Nihal Chand Kishangarh Bharat Meets Rama at Chitrakoot Guman Jaipur.
MAY	21	<b>(B) The Pahai Schools:</b> (1) Origin and Development (2) Schools Basohli and Kangra (3) Main features of the Pahari Schools (4) Study of the following Pahari Paintings: Title Painter school Krishna with Gopies - Basohli Raga Megha-Kangra
JUNE	6	<b>Unit 2 : The Mughal and Deccan Schools of Miniature Painting (16<sup>th</sup> Century A.D. to 19<sup>th</sup> Century A.D.)</b> <b>(A) The Mughal School</b>

		(1) Origin and development (2) Main features of the Mughal School (3) Study of the following Mughal Paintings: Title Painter School Krishna lifting Mount Govardhan Miskin Akbar Babar crossing the river Sone Jagannath Akbar Jahangir holding the picture of Madona Abut Hassan Jahngir Falcon on a bird rest Usta Mansoor Jahangir Kabir and Raidas Ustad Faquirullah Khan Shahjahan Marriage procession of Dara Shikoh Haji Madni Provincial Mughal (Oudh)
JULY	18	<b>(B) The Deccan Schools:</b> (1) Origin and Development (2) Main features of the Deccan School (3) Study of the following Deccan Paintings : The Painter School Raga Hindola – Ahmednagar Chand Bibi Playing Polo (Chaugan) – Golconda
AUGUST	23	<b>Unit 3: The Bengal School and the Modern trends in Indian Art 24 Pds.</b> (A) (1) A. New era in Indian Art - an introduction B. Study of the following paintings (i) Rama Vanquishing the pride of the ocean - Raja Ravi Verma. (2) Evolution of the Indian National Flag (First-1906, Middle-1921 and Final-1947 stages): Study of the form and the colour scheme. (B) (1) Introduction of the Bengal School of Painting (i) Origin and development of the Bengal School (ii) Main features of the Bengal School (2) Contribution of Indian artists in the struggle for National Freedom Movement (3) Study of the following Paintings of the Bengal School : (i) Journey's End- Abanidranath Tagore (ii) Parthasarathi-Nandlal Bose (iii) Radhika-M.A.R
SEPTEMBER	12	<b>(C) The modern Trends in Indian Art Introduction</b> <b>(1) Study of the following paintings:</b> (i) Magician – Gagendranath Tagore (ii) Mother and Child – Jamini Roy (iii) Woman Face – Rabinadranath Tagore (iv) Three Girls – Amrita Sher Gill <b>2) Study of the following pieces of Sculpture:</b> (i) Triumph of Labour – D.P. Roychowadhury (ii) Santhal Family – Ramkinkar Vaij <b>(3) Study of the following works of contemporary Indian Art A. paintings:</b> (i) Mother Teresa – M.F.Hussain (ii) Birth of Poetry –K.K. Hebbar <b>Continue.....</b>
OCTOBER	20	(iii) Gossib –N.S. Bendre (iv) Untitled –G. R. Santosh (v) Diagonal – Tyeb Mehta <b>(4) Graphic prints:</b> (i) Whirlpool – Krishna Reddy (ii) Children – Somnath Hore (iii) Devi – Jyoti Bhatt (iv) Of Walls – Anupam Sud (v) Man, Woman and Tree – Laxma Goud <b>(5) Sculptures:</b> (i) Standing Woman – Dhanraj Bhagat

		(ii) Cries Unheard – Amarnath Sehgal (iii) Ganesha – P.V. Jankiram (iv) Figure – Sankho Chaudhuri (v) Chatturmukhi –Aekka Yada Giri Rao Note: The names of artists and their art work as listed above are only suggestive and in no way exhaustive. Teachers and students should expand this according to their own resources. However, the questions will be set from the above mentioned art works only. + Pre – Board.
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**EXAMINATION (TENTATIVE DATE 2025-26)**

TEST	Month	Max Marks	EXAMINATION WISE SYLLABUS
UNIT TEST - I (July)	July	30	Unit - I The Rajasthani and Pahari schools of Miniature Painting
HALF YEARLY	Sep	30	The Mughal and Deccan school of Miniature Painting
PRE BOARD -I	Nov	30	The Bengal school of painting and Modern trends in Indian Art
PRE BOARD -II	Dec	30	<b>100% Syllabus</b>
PRE BOARD -III (OPTIONAL)	jan	30	<b>100% Syllabus</b>

**SUBJECT: HINDUSTANI VOCAL MUSIC (034)**

**PRESCRIBED BOOKS:**

- (1) Sangeet Sidhhant
- (2) Sangeet Manjari
- (3) Swar Nidhi
- (4) Sangitika

MONTH	NO. OF WORKING DAYS	TOPICS
APRIL	22	<b>Unit 1</b> Theory : Definition of Alnkar, Kan and its kind with examples Life sketch of – Faiyaz khan his contribution in music One Raga Bhairav- Introduction, Swar lipi of Vilambit and Drut Khayal with Alap and Taans One Taal Rupak – Introduction and Notation in Thah , Dugun and Chaugun Practical – practice of Raga, Taal and Songs
MAY	21	<b>Unit 2</b> Theory – Definition of Meend , Khataka with Examples Historical development of Time Theory of Raga. Sangeet Ratnaker written by sharing dev and his contribution in music One Raga Malkauns- Introduction Swarlipi of Vilambit, Drut and Tarana with alap and Taan One taal- Jhap Taal – Introduction , Taal lipi in Dugun and Chaugun Practical – Practice of Vilambit , Drut and Tarana with Alap and Taans Practice of taals with hand beats
JUNE + JULY	6+18	<b>Unit 3</b> <b>Theory</b> – Definition of Murki and Gamak with Examples Life sketch of bade Ghulam Ali khan and contribution in music Taanpura – Digrame and Details <b>Practical</b> – practice of Raga Taal songs with Sargam

AUG	23	<b>Unit 4</b> <b>Theory</b> – Definition of Alap and Taan , its Kinds and Uses One Taal Dhamar – Introduction, Notation of Than Dugun and Chaugun <b>Practical</b> – practice of Raga, Taal and Songs
SEP	12	<b>Unit 5</b> <b>Theory</b> – revision <b>Practical</b> – revision
OCT	20	Unit 1 <b>Theory</b> – One New Raga Bageshree – Introduction Swarlipi of Vilambit with Alap and Taan Definition of Gram and Murchhana with kinds and its examples, one Swarlipi of Dhamar in Raga Bhairava <b>Practical</b> – Practice of Raga Dhamar , Taals , Songs with Sargam <b>Unit 2</b> <b>Theory</b> – Drut Khayal and Tarana in Raga Bageshree Life sketch of pt krishna rao shankar and his contribution to music One dhamar swarlipi in raga malkauns Tuning of taan pura with diagraeme Notes on sangeet pariyaat and writer pt ahobals contribution in music <b>Practical</b> – practice of vilambit drut tarana dhamar wit alap and taan Practice of taal with hand beats in dugun , chaugun

**EXAMINATION (TENTATIVE DATE 2025-26)**

NAME OF THE EXAMINATION	MONTH	MAX MARKS	CHAPTER/TOPICS
UNIT TEST - I	JULY	30	Alankar, kan khataka, murki , alap tan, raga bhairava, taal-rupak , Faiyaz khan
HALF YEARLY	SEP	30	Meend , gamak, sangeet Ratnakar, time theory of ragas, bade Ghulam ali khan, raga -malkauns, taal- jhaptal
PRE BAORD - I	NOV	30	FULL SYLLABUS
PRE BOARD - II	DEC	30	FULL SYLLABUS
PRE BOARD - III (OPTIONAL)	JAN	30	FULL SYLLABUS