CLASS-12 SYLLABUS (2024-25) SUBJECT: ENGLISH CORE (301)

MONTH	WORKING DAYS	TOPICS	ACTIVITY
		Flamingo:	PROJECT
		1. The Last Lesson (Prose)	Collect 10 to 15 French
		2. My Mother at Sixty-Six	words commonly used in
		(Poem)	English language and write
		3. The Lost Spring (Prose)	their meanings. Use
			dictionary.
	20	Vistas:	OR
AFKIL	20	1. The Third Level (Prose)	Take an interview of a child
			labourer in your area. Make
		Creative Writing Skills:	a list of 10 questions that
		1. Article	you would like to ask him.
		2. Notice	Type your interview with
			all his replies. Paste your
			activity in your note book.
	18	Flamingo:	SPEAKING ACTIVITY
		1. Deep Water (Prose)	Watch the short film "Face
		2. Keeping Quiet (Poem)	your Fears"; link-
			https://youtube/Dq7ddqmw
ΜΑΥ			<u>MWE</u> .
1017 1 1		Vistas:	Talk about your fear in 50-
		1. The Tiger King (Prose)	100 words.
		Creative Writing Skill:	
		1. Letter to the Editor	
JUNE		Vistas :	GROUP ACTIVITY
		1. Journey to the End of the	Initiate a discussion on how
	09	Earth (Prose)	to protect our environment.
		Creative Writing Skill :	
		1. Report	

		Revision & First Terminal	
JULY	24	Examination (45% Syllabus)	
		Elemingo	
		1 The Pattran (Prose)	
		2. A Thing of Popular (Popular)	
		2. A Thing of Beauty (Foelin)	
		Flamingo:	GROUP ACTIVITY
		1. Poets and Pancakes (Prose)	Initiate a discussion on why
AUC	20	2. The Interview (1& 2) (Prose)	women should be
AUG	20	(Decure)	empowered.
		(Poem)	
		Creative writing Skill:	
		1. Invitation & Replies	
		Vistas:	Write a short poem of 14
		1. The Enemy (Prose)	lines based on the theme of
	19	Flamingo:	patriotism.
SEP		1. Indigo (Prose)	
		2. Going Places (Prose)	
		Creative Writing Skill:	
		1. Job Application	
		Revision & Second Terminal	
		Examination	
	20	(45% + 40% Syllabus)	
OCT		Flamingo:	
		1. A Roadside Stand (Poem)	
		Vistas:	
		1. On the Face of It (Prose)	
NOV		Vistas :	
		1. Memories of Childhood	
	15	(Prose)	
		Writing & Reading	
		Comprehension Practice	

DEC	19	Revision & Pre-Board Examination- I (45% + 40% + 15% Syllabus) Sample Paper Practice	
JAN	20	Revision & Pre-Board Examination- II (45% + 40% + 15% Syllabus)	
FEB	21	Board Examination	

SUBJECT: HINDI CORE (302)

माह	कार्य विक्रम	विषय	क्रिया कलाप
	।दवस		
		आत्मपारचय, एकगात, भाक्तन,	आधुानक काल क ाकन्हा
		बाजारदशन	पाच कवि/कवर्यित्री अथवा
अप्रैल	20	विभिन्न माध्यमों के लिए लेखन, विशेष	लेखक / लेखिका के जीवन
	-	लेखन	एव साहित्यिक परिचय देते
		नए विषयों पर रचनात्मक लेख	हुए परियोजना कार्य बनायें
		पतन, कावता क बहान, बात साया या	
		पर, कमर म बद अपाहिज	
मइ	18	काल मधा पाना द	
		समाचार लेखन, कविता, कहानी एव	
		नाटक लेखन	
	09	सिल्वर वैडिंग	
जून		फीचर लेखन, आलेख लेखन तथा समीक्षा	
		अपठित गद्यांश, अपठित पद्यांश	
जुलाई		पुनरावृत्ति एवं प्रथम सावधिक परीक्षा	
	24	(45% पाठ्यक्रम)	
		पहलवान की ढोलक, उषा, बादल राग,	'भारतीय ग्रामीण का
	20	शिरीष के फूल, लक्षमण मूर्छा और राम	जीवन' के ऊपर एक
		का विलाप, कवितावली	परियोजना कार्य तैयार करें
अगस्त		विभिन्न माध्यमों के लिए लेखन, विशेष	
		लेखन	
		नए विषयों पर रचनात्मक लेख	
सितम्बर		रुबाईयाँ, छोटा मेरा खेत, जूझ	
	19	समाचार लेखन, कविता, कहानी एवं	
		नाटक लेखन	
) 14777	20	पुनरावृत्ति एवं द्वितीय सावधिक परीक्षा	
अक्टूबर	20	(45% + 40% पाठ्यक्रम)	

नवम्बर	15	बगुलों के पंख, श्रम विभाजन और जाति	
		प्रथा, मेरी कल्पना का आदर्श समाज,	
		अतीत में दबे पाँव	
		अपठित गद्यांश, अपठित पद्यांश	
दिसम्बर	19	पुनरावृत्ति एवं प्री-बोर्ड परीक्षा - ।	
		(45% + 40% + 15% पाठ्यक्रम)	
जनवरी	20	पुनरावृत्ति एवं प्री-बोर्ड परीक्षा- II	
		(45% + 40% + 15%पाठ्यक्रम)	
फरवरी	21	बोर्ड परीक्षा	

SUBJECT: APPPLIED MATHEMATICS (241)

MONTH	WORKING DAYS	TOPICS
MONTH	WORKING DAYS	 TOPICS Numbers, Quantification And It's Applications Define modulus of an integer Apply arithmetic operations using modular arithmetic rules Define congruence modulo Apply the definition in various problems Understand the rule of alligation to produce a mixture at a given price Determine the mean price of a mixture Apply rule of allegation Distinguish between upstream and downstream Express the problem in the form of an equation Determine the time taken by two or more pipes to fill or empty the tank Compare the performance of two players w.r.t. time, Distance Describe the basic concepts of numerical inequalities Understand and write numerical inequalities Algebra (Matrices And Determinants) Define matrix Identify different kinds of matrices Find the size / order of matrices Write transpose of given matrix Define symmetric and skew symmetric matrix Perform operations like addition & subtraction on
		 Find the size / order of matrices Find the size / order of matrices Determine equality of two matrices Write transpose of given matrix Define symmetric and skew symmetric matrix Perform operations like addition & subtraction on matrices of same order Perform multiplication of two matrices of appropriate order Perform multiplication of a scalar with matrix Find determinant of a square matrix Use elementary properties of determinants

		• Define the inverse of a square matrix
		• Apply properties of inverse of matrices
		• Solve the system of simultaneous equations using
		i) Cramer's Rule ii) Inverse of coefficient matrix
		• Formulate real life problems into a system of
		simultaneous linear equations and solve it using these
		methods
		Calculus (Differentials And It's Applications)
		• Determine second and higher order derivatives
		• Understand differentiation of parametric functions and
		implicit functions
		• Determine rate of change of various quantities
		• Understand the gradient of tangent and normal to a curve
		at a given point
		• Write the equation of tangents and normals to a curve at
		a given point
ΜΔΥ	18	• Define marginal cost and marginal revenue
	10	• Find marginal cost and marginal revenue
		• Determine whether a function is increasing or decreasing
		• Determine the conditions for a function to be increasing
		or decreasing
		• Determine critical points of the function
		• Find the point(s) of local maxima and local minima and
		corresponding local maximum and local minimum values
		• Find the absolute maximum and absolute minimum value
		of a function
		• Solve applied problems
		PROBABILITY DISTRIBUTIONS
JUNE		• Understand the concept of Random Variables and its
		Probability Distributions
	09	• Find probability distribution of discrete random variable
	07	• Apply arithmetic mean of frequency distribution to find
		the expected value of a random variable
		• Calculate the Variance and S.D. of a random variable
		• Identify the Bernoulli Trials and apply Binomial

		Distribution
		• Evaluate Mean, Variance and S.D of a binomial
		distribution
		• Understand the Conditions of Poisson Distribution
		• Evaluate the Mean and Variance of Poisson distribution
		• Understand normal distribution is a Continuous
		distribution
		• Evaluate value of Standard normal variate
		• Area relationship between Mean and Standard deviations
JULY	24	Revision & First Terminal Examination (45% Syllabus)
		Calculus (Integration And Its Application)
		• Understand and determine indefinite integrals of simple
		functions as anti-derivative. Evaluate indefinite integrals
		of simple algebraic functions by method of: (i)
		substitution (ii) partial fraction (iii) by parts
		• Define definite integral as area under the curve
		• Understand fundamental theorem of Integral calculus and
		apply it to evaluate the definite integral
		• Apply properties of definite integrals to solve the
		problems
AUG	20	• Identify the region representing C.S. and P.S. graphically
		• Apply the definite integral to find consumer surplus-
		producer surplus
		Recognise a Differential equation
		• Find the order and degree of a Differential equation
		Formulate Differential equations
		• Verify the solution of Differential equations
		• Solve simple Differential equations
		Define Growth and Decay Model
		• Apply the Differential equations to solve Growth and
		Decay models
		Inferential Statistics
SEP	19	Define Population and Sample
		• Differentiate between population and sample

	1	
		• Define a representative sample from a population
		• Differentiate between a representative and non-
		representative sample
		• Draw a representative sample using simple random
		sampling
		• Draw a representative sample using and systematic
		random sampling
		• Define Parameter with reference to Population
		• Define Statistics with reference to Sample
		• Explain the relation between Parameter and Statistic
		• Explain the limitation of Statistic to generalize the
		estimation for population
		• Interpret the concept of Statistical Significance and
		Statistical inferences
		State Central Limit Theorem
		• Explain the relation between Population-Sampling
		Distribution-Sample
		• Define a hypothesis
		• Differentiate between Null and Alternate hypothesis
		• Define and calculate degree of freedom
		• Test Null hypothesis and make inferences using t-test
		statistic for one group / two independent groups
		Time Based Data
		• Identify time series as chronological data
		• Distinguish between different components of time
		series
		• Solve practical problems based on statistical data and
		Interpret the result
		• Understand the long term tendency
		• Demonstrate the techniques of finding trend by
		different methods
OCT	20	Revision & Second Terminal Examination
UCT	20	(45% + 40% Syllabus)
NOV	15	Financial Mathematics
NOV	15	• Explain the concept of

		perpetuity and sinking fund
		Calculate perpetuity
		• Differentiate between sinking fund and saving account
		• Explain the concept of EMI
		Calculate EMI using various methods
		• Explain the concept of rate of return and nominal rate of
		return
		• Calculate rate of return and nominal rate of return
		• Understand the concept of Compound Annual Growth
		Rate
		• Differentiate between Compound Annual Growth Rate
		and Annual Growth Rate
		Calculate Compound Annual Growth Rate
		• Define the concept of linear method of Depreciation
		• Interpret cost, residual value and useful life of an asset
		from the given information
		Calculate depreciation
		Linear Programming
		• Familiarise with terms related to Linear Programming
		Problem
		• Formulate Linear Programming Problems
		• Identify and formulate different types of LPP
		• Draw the Graph for a system of linear inequalities
		involving two variables and to find its solution
		graphically
		• Identify feasible, infeasible, bounded and unbounded
		regions
		• Understand feasible and infeasible solutions
		• Find optimal feasible solution
DEC	10	Revision & Pre-Board Examination- I
DEC	19	(45% + 40% + 15% Syllabus)
LAN	20	Revision & Pre-Board Examination- II
JAIN	20	(45% + 40% + 15% Syllabus)
FEB	21	Board Examination

SUBJECT: MATHEMATICS (041)

MONTH	WORKING DAYS	TOPICS
		Matrices
APRIL	20	Concept, notation, order, equality, types of matrices, zero and identity matrix, transpose of a matrix, symmetric and skew symmetric matrices. Operations on matrices: Addition and multiplication and multiplication with a scalar. Simple properties of addition, multiplication and scalar multiplication. Noncommutativity 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). Determinants Determinant of a square matrix (up to 3 x 3 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
		Relations and Functions
		Types of relations: reflexive, symmetric, transitive and
		equivalence relations. One to one and onto functions.
		Inverse Trigonometric Functions
	10	Definition, range, domain, principal value branch. Graphs of
MAY	18	inverse trigonometric functions.
		Continuity and Differentiability
		Continuity and differentiability, chain rule, derivative of $\frac{1}{2}$
		inverse trigonometric functions, <i>like</i> sin 'x, \cos 'x and tan 'x,
		derivative of implicit functions. Concept of exponential and
		logarithmic functions.

		Derivatives of logarithmic and exponential functions.
		Logarithmic differentiation, derivative of functions expressed
		in parametric forms. Second order derivatives.
		Applications of Derivatives
HINE	00	Applications of derivatives: rate of change of quantities,
JUNE	09	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).
	24	Revision & First Terminal Examination
JULY	24	(45% Syllabus)
		Integrals
		Integration as inverse process of differentiation. Integration of
		a variety of functions by substitution, by partial fractions and
	20	by parts, Evaluation of simple integrals of the following types
		and problems based on them.
		$\int \frac{dx}{x^2 \pm a^2} , \int \frac{dx}{\sqrt{x^2 \pm a^2}} , \int \frac{dx}{\sqrt{a^2 - x^2}} , \int \frac{dx}{ax^2 + bx + c} , \int \frac{dx}{\sqrt{ax^2 + bx + c}} ,$
AUG		$\int \frac{px+q}{ax^2+bx+c} dx , \int \frac{px+q}{\sqrt{ax^2+bx+c}} dx , \int \sqrt{a^2 \pm x^2} dx ,$
		$\int \sqrt{x^2 - a^2 dx} , \int \sqrt{ax^2 + bx + c} dx$
		Fundamental Theorem of Calculus (without proof). Basic
		properties of definite integrals and evaluation of definite
		integrals.
		Applications of the Integrals
		Applications in finding the area under simple curves,
		especially lines, circles/ parabolas/ellipses (in standard form
		only)
		5. Differential Equations
		Definition, order and degree, general and particular solutions of a
		differential equation. Solution of differential equations by method
SEP	19	of separation of variables, solutions of homogeneous differential
		equations of first order and first degree. Solutions of linear
		differential equation of the type:
		dy/dx + py = q, where p and q are functions of x or constants.

		dx/dy + px = q, where p and q are functions of y or constants.
		Unit- IV: Vectors and Three-dimensional Geometry
		Vectors
		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.
		Three- dimensional Geometry
		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.
ОСТ	20	Revision & Second Terminal Examination
001	20	(45% + 40% Syllabus)
		Unit- V: Linear Programming
		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 infeasible solutions, optimal feasible
NOV	15	solutions (up to three non-trivial constraints).
		Probability
		Conditional probability, multiplication theorem on probability,
		independent events, total probability,
		Bayes' theorem, Random variable and its probability distribution,
		mean of random variable.
DEC	10	Revision & Pre-Board Examination-I
DEC	19	(45% + 40% + 15% Syllabus)
LAN	20	Revision & Pre-Board Examination-II
JAN	20	(45% + 40% + 15% Syllabus)
FEB	21	Board Examination

SUBJECT: ACCOUNTANCY (055)

Part A: Accounting for Partnership Firms and Companies Part B: Financial Statement Analysis

молти	WORKING	VORKING	
MONTI	DAYS	101103	ASSESSMENT
	20	Unit- 1: Accounting for Partnership FirmsPartnership: features, Partnership Deed.Provisions of the Indian Partnership Act	
APRIL		 1932 in the absence of partnership deed. Fixed v/s fluctuating capital accounts. Preparation of Profit and Loss Appropriation account- division of profit among partners, guarantee of profits. 	SOLVE QUESTION
MAY	18	 Past adjustments (relating to interest on capital, interest on drawing, salary and profit sharing ratio. Goodwill: meaning, factors affecting, need for valuation, methods for calculation (average profits, super profits and capitalization), adjusted through partners capital/ current account. 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. 	SOLVE QUESTION
JUNE	09	Admission of a partner- Effect of admission of a partner on change in the profit sharing ratio, treatment of goodwill (as per AS 26),	SOLVE QUESTION

		Treatment for revaluation of assets and re-		
		assessment of liabilities, Treatment of		
		Reserves, Accumulated profits and losses		
		Adjustment of capital accounts and	SOLVE	
		preparation of capital, current account and	QUESTION	
JULY	24	balance sheet.		
		Revision & First Terminal Examination		
		(45% Syllabus)		
		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,		
	20	losses and reserves, adjustment of capital	SOLVE QUESTION	
AUG	20	accounts and preparation of capital, current		
		account and balance sheet. Preparation of loan		
		account of the retiring partner.		
		• 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.		
		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	SOLVE	
		accounts: capital accounts of partners and	QUESTION	
SEP	19	cash/bank a/c (excluding piecemeal	&	
		distribution, sale to a company and insolvency	SAMPLE	
		of partner(s).	PAPER	
		Unit- 3: Accounting for Companies		
		Accounting for Share Capital		
		• Features and types of companies.		
		• Share and share capital: nature and types		

		Accounting for share capital: issue and	
		allotment of equity and preferences shares.	
		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.	
		• Concept of Private Placement and	
		Employee Stock Option Plan (ESOP),	
		Sweat Equity.	
		• Accounting treatment of forfeiture and re-	
		issue of shares.	
	Disclosure of share capital in the Balance		
		Sheet of a company.	
		Accounting for Debentures	SOLVE
		• Debentures: Meaning, types, Issue of	QUESTION
		debentures at par, at a premium and at a	&
		discount. Issue of debentures for	SAMPLE
		consideration other than cash; Issue of	PAPER
		debentures with terms of redemption;	
		debentures as collateral security-concept,	
		interest on debentures (concept of TDS is	
		excluded). Writing off discount / loss on	
ОСТ	20	issue of debentures.	
001	20	Unit- 4: Analysis of Financial Statements	
		Financial statements of a Company:	
		Meaning, Nature, Uses and importance of	PROJECT
		financial Statement. Statement of Profit and	WORK
		Loss and Balance Sheet inprescribed form	
		with major headings and sub headings (as per	
		Schedule III to the Companies Act, 2013)	
		Revision & Second Terminal Examination	
		(45% + 40% Syllabus)	

		Financial Statement Analysis:	
NOV	15	 Meaning, Significance Objectives, importance and limitations. Tools for Financial Statement Analysis: Comparative statements, common size statements, Ratio analysis, Cash flow analysis. Accounting Ratios: Meaning, Objectives, Advantages, classification and computation. Liquidity Ratios: Current ratio and Quick ratio. Solvency Ratios: Debt to Equity Ratio, Total Asset to Debt Ratio, Proprietary Ratio and Interest Coverage Ratio. Debt to Capital Employed Ratio. Activity Ratios: Inventory Turnover Ratio, Trade Receivables Turnover Ratio, Trade Payables Turnover Ratio, Fixed Asset Turnover Ratio, Net Asset Turnover Ratio. Profitability Ratios: Gross Profit Ratio, Operating Ratio, Operating Profit Ratio, Net Profit Ratio and Return on Investment. Unit- 5: Cash Flow Statement Meaning, objectives Benefits, Cash and Cash Equivalents, Classification of Activities and preparation (as per AS 3) (Revised) (Indirect Method only). 	SOLVE QUESTION & SAMPLE PAPER
DEC	19	Revision & Pre-Board Examination-I (45% +40% + 15% Syllabus)	
JAN	20	Revision & Pre-Board Examination-II (45% +40% + 15% Syllabus)	SAMPLE PAPER
FEB	21	Board Examination	

SUBJECT: PHYSICS (042)

MONTH	WORKING DAYS	TOPICS	PRACTICAL
		Unit- I: Electrostatics	
		Chapter- 1: Electric Charges	SECTION- A
		and Fields	1. To determine
		Electric Charges: Conservation of	resistivity of two /
		charge, Coulomb's law-force	three wires by
		between two-point	plotting a graph for
		charges, forces between multiple	potential difference
		charges; superposition principle	versus current.
		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	
APRIL	20	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)	
		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. 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).	
		Unit- II: Current Electricity	2. To find resistance of
		Chapter- 3: Current Electricity	a given wire /
		Electric current, flow of electric	standard resistor
		charges in a metallic conductor,	using metrebridge.
		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	
MAY	18	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.	
		Unit- III: Magnetic Effects of	
		Current and Magnetism	
		Chapter- 4: Moving Charges	
		and Magnetism	
		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.	
		Chapter- 4: Moving Charges	
		and Magnetism	3. To verify the laws of
		Force on a current-carrying	combination (series) of
		conductor in a uniform magnetic	resistances using a
		field, force between two parallel	metrebridge.
		current-carrying conductors-	OR
		definition of ampere, torque	To verify the laws of
		experienced by a current loop in	combination (parallel)
		uniform magnetic field; Current	of resistances using a
		loop as a magnetic dipole and its	metre bridge.
		magnetic dipole moment, moving	
		coil galvanometer-its current	
		sensitivity and conversion to	4. To determine
JUNE	09	ammeter and voltmeter.	resistance of a
		Chapter- 5: Magnetism and	galvanometer by half-
		Matter	deflection method and
		Bar magnet, bar magnet as an	to find its figure of
		equivalent solenoid (qualitative	merit.
		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.	
		Unit- IV: Electromagnetic	
		Induction and Alternating	
		Currents	
		Chapter- 6: Electromagnetic	
		Induction	
		Electromagnetic induction;	
		Faraday's laws, induced EMF and	
		current; Lenz's Law, Self and	
		mutual induction.	
JULY	24	Revision & First Terminal	
		Examination (45% Syllabus)	
		Chapter- 7: Alternating Current	SECTION-B
		Alternating currents, peak and	1. To find the focal
		RMS value of alternating current /	length of a convex
		voltage; reactance and	lens by plotting
		Impedance, LCR series circuit	graphs between <i>u</i>
		(phasors only), resonance, power	and <i>v</i> or between
		(phasors only), resonance, power in AC circuits, power factor,	and v or between $1/u$ and $1/v$.
		(phasors only), resonance, power in AC circuits, power factor, wattles current. AC generator,	and v or between $1/u$ and $1/v$.
		(phasors only), resonance, power in AC circuits, power factor, wattles current. AC generator, Transformer.	and v or between $1/u$ and $1/v$.
AUG	20	 (phasors only), resonance, power in AC circuits, power factor, wattles current. AC generator, Transformer. Unit- V: Electromagnetic waves 	and v or between $1/u$ and $1/v$.
AUG	20	 (phasors only), resonance, power in AC circuits, power factor, wattles current. AC generator, Transformer. Unit- V: Electromagnetic waves Chapter- 8: Electromagnetic 	and <i>v</i> or between <i>1/u</i> and <i>1/v</i> . 2. To determine angle
AUG	20	 (phasors only), resonance, power in AC circuits, power factor, wattles current. AC generator, Transformer. Unit- V: Electromagnetic waves Chapter- 8: Electromagnetic Waves 	 and <i>v</i> or between <i>1/u</i> and <i>1/v</i>. 2. To determine angle of minimum
AUG	20	 (phasors only), resonance, power in AC circuits, power factor, wattles current. AC generator, Transformer. Unit- V: Electromagnetic waves Chapter- 8: Electromagnetic Waves Basic idea of displacement current, 	 and <i>v</i> or between <i>1/u</i> and <i>1/v</i>. 2. To determine angle of minimum deviation for a given
AUG	20	 (phasors only), resonance, power in AC circuits, power factor, wattles current. AC generator, Transformer. Unit- V: Electromagnetic waves Chapter- 8: Electromagnetic Waves Basic idea of displacement current, Electromagnetic waves, their 	 and <i>v</i> or between <i>1/u</i> and <i>1/v</i>. 2. To determine angle of minimum deviation for a given prism by plotting a
AUG	20	 (phasors only), resonance, power in AC circuits, power factor, wattles current. AC generator, Transformer. Unit- V: Electromagnetic waves Chapter- 8: Electromagnetic Waves Basic idea of displacement current, Electromagnetic waves, their characteristics, their transverse 	 and <i>v</i> or between <i>1/u</i> and <i>1/v</i>. 2. To determine angle of minimum deviation for a given prism by plotting a graph between angle
AUG	20	 (phasors only), resonance, power in AC circuits, power factor, wattles current. AC generator, Transformer. Unit- V: Electromagnetic waves Chapter- 8: Electromagnetic Waves Basic idea of displacement current, Electromagnetic waves, their characteristics, their transverse nature (qualitative idea only). 	 and <i>v</i> or between <i>1/u</i> and <i>1/v</i>. 2. To determine angle of minimum deviation for a given prism by plotting a graph between angle of incidence and
AUG	20	 (phasors only), resonance, power in AC circuits, power factor, wattles current. AC generator, Transformer. Unit- V: Electromagnetic waves Chapter- 8: Electromagnetic Waves Basic idea of displacement current, Electromagnetic waves, their characteristics, their transverse nature (qualitative idea only). Electromagnetic spectrum (radio 	 and <i>v</i> or between <i>1/u</i> and <i>1/v</i>. 2. To determine angle of minimum deviation for a given prism by plotting a graph between angle of incidence and angle of deviation.
AUG	20	 (phasors only), resonance, power in AC circuits, power factor, wattles current. AC generator, Transformer. Unit- V: Electromagnetic waves Chapter- 8: Electromagnetic Waves Basic idea of displacement current, Electromagnetic waves, their characteristics, their transverse nature (qualitative idea only). Electromagnetic spectrum (radio waves, microwaves, infrared, 	 and <i>v</i> or between <i>1/u</i> and <i>1/v</i>. 2. To determine angle of minimum deviation for a given prism by plotting a graph between angle of incidence and angle of deviation.

		rays) including elementary facts		
		about their uses.		
		Unit- VI: Optics		
		Chapter- 9: Ray Optics and		
		Optical Instruments		
		Ray Optics:		
		Reflection of light, spherical		
		mirrors, mirror formula, refraction		
		of light, total internal reflection		
		and optical fibres, 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.		
		Chapter- 10: Wave Optics	3.	To determine
		Wave optics: Wave front and		refractive index of
		Huygen's principle, reflection and		a glass slab using a
		refraction of plane wave at a plane		travelling
		surface using wave fronts. Proof of		microscope.
		laws of reflection and refraction		
		using Huygen's principle.		
SEP	19	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).		

Radiation and MatterChapter- 11: Dual Nature ofRadiation and MatterDual nature of radiation,Photoelectric effect, Hertz andLenard's observations; Einstein'sPhotoelectric aquation conticle			Unit- VII: Dual Nature of	
Chapter- 11: Dual Nature of Radiation and Matter Dual nature of radiation, Photoelectric effect, Hertz and Lenard's observations; Einstein's Photoelectric equation			Radiation and Matter	
Radiation and Matter Dual nature of radiation, Photoelectric effect, Hertz and Lenard's observations; Einstein's			Chapter- 11: Dual Nature of	
Dual nature of radiation, Photoelectric effect, Hertz and Lenard's observations; Einstein's			Radiation and Matter	
Photoelectric effect, Hertz and Lenard's observations; Einstein's			Dual nature of radiation,	
Lenard's observations; Einstein's			Photoelectric effect, Hertz and	
photoelectric equation particle			Lenard's observations; Einstein's	
photoelectric equation-particle			photoelectric equation-particle	
nature of light. Experimental study			nature of light. Experimental study	
of photoelectric effect.			of photoelectric effect.	
Matter wave-wave nature of			Matter wave-wave nature of	
particles, de-Broglie relation.			particles, de-Broglie relation.	
Unit- VIII: Atoms and Nuclei			Unit- VIII: Atoms and Nuclei	
Chapter- 12: Atoms			Chapter- 12: Atoms	
Alpha-particle scattering			Alpha-particle scattering	
experiment; Rutherford's model of			experiment; Rutherford's model of	
atom; Bohr model of hydrogen			atom; Bohr model of hydrogen	
atom, Expression for radius of nth			atom, Expression for radius of nth	
possible orbit, velocity and energy			possible orbit, velocity and energy	
of electron in nth orbit, hydrogen			of electron in nth orbit, hydrogen	
line spectra (qualitative treatment			line spectra (qualitative treatment	
only).			only).	
Revision & Second Terminal			Revision & Second Terminal	
OCT 20 Examination	OCT	20	Examination	
(45% + 40% Syllabus)			(45% + 40% Syllabus)	
Chapter- 13: Nuclei4. To draw the I-V			Chapter- 13: Nuclei	4. To draw the I-V
Composition and size of nucleus, characteristics curve			Composition and size of nucleus,	characteristics curve
nuclear force. for a p-n diode in			nuclear force.	for a p-n diode in
Mass-energy relation, mass defect, forward and reverse			Mass-energy relation, mass defect,	forward and reverse
binding energy per nucleon and its bias.	NOV	15	binding energy per nucleon and its	bias.
NOV 15 Variation with mass number;	INUV	15	variation with mass number;	
Init IV: Electronic Devices			Lupit IV: Electronic Devices	
(10 Periods)			(10 Periods)	
Chapter- 14: Semiconductor			Chanter- 14: Semiconductor	
Electronics: Materials, Devices			Electronics: Materials. Devices	

		and Simple Circuits	
		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 as a rectifier.	
		Revision & Pre-Board	
DEC	19	Examination-I	
		(45% +40% + 15% Syllabus)	
		Revision & Pre-Board	
JAN	20	Examination-II	
		(45% +40% + 15% Syllabus)	
FEB	21	Board Examination	

Record of at least 6 Activities (with 3 each section), to be performed by the students.

ACTIVITIES SECTION-A

- 1. To measure the resistance and impedance of an inductor with or without iron core.
- 2. To measure resistance, voltage (AC/DC), current (AC) and check continuity of a given circuit using multimeter.
- 3. To assemble a household circuit comprising three bulbs, three (on/off) switches, a fuse and a power source.
- 4. To assemble the components of a given electrical circuit.
- 5. To study the variation in potential drop with length of a wire for a steady current.
- 6. To draw the diagram of a given open circuit comprising at least a battery, resistor / rheost at, key, ammeter and voltmeter. Mark the components that are not connected in proper order and correct the circuit and also the circuit diagram.

SECTION-B

- 1. To identify a diode, an LED, a resistor and a capacitor from a mixed collection of such items.
- 2. Use of multimeter to see the unidirectional flow of current in case of a diode and an LED and check whether a given electronic component (e.g., diode) is in working order.

- 3. To study effect of intensity of light (by varying distance of the source) on an LDR.
- 4. To observe refraction and lateral deviation of a beam of light incident obliquely on a glass slab.
- 5. To observe diffraction of light due to a thin slit.
- 6. To study the nature and size of the image formed by a (i) convex lens or (ii) concave mirror, on a screen by using a candle and a screen (for different distances of the candle from the lens / mirror).
- 7. To obtain a lens combination with the specified focal length by using two lenses from the given set of lenses.

Suggested Investigatory Projects

- 1. To study various factors on which the internal resistance/EMF of a cell depends.
- 2. To study the variations in current flowing in a circuit containing an LDR because of a variation in
 - (a) The power of the in candescent lamp, used to 'illuminate' the LDR (keeping all the lamps

at a fixed distance).

- (b) The distance of an incandescent lamp (of fixed power) used to 'illuminate' the LDR.
- 3. 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.
- 4. 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.
- 5. 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.
- 6. To estimate the charge induced on each one of the two identical Styrofoam (orpith) balls suspended in a vertical plane by making use of Coulomb's law.
- 7. To study the factor on which the self-inductance of a coil depends by observing the effect of this coil, when put in series with a resistor/(bulb) in a circuit fed up by an A.C. source of adjustable frequency.
- 8. To study the earth's magnetic field using a compass needle-bar magnet by plotting magnetic field lines and tangent galvanometer.

SUBJECT: CHEMISTRY (043)

MONTH	WORKING DAYS	TOPICS	PRACTICALS
APRIL	20	UNIT- 2: Solutions Types of solutions, expression of concentration of solids in liquids, solubility of gases in liquids, solid solutions, Raoult's law, colligative properties- RLVP, elevation of boiling point, depression of freezing point, osmotic pressure, determination of molecular masses using colligative properties, abnormal molecular mass, Van't Hoff factor. UNIT- 10: Haloalkanes and Haloarenes	Experiment-1 Experiment-2 Experiment-3
		Haloalkanes: nomenclature, nature of C-X bond, physical and chemical properties, optical rotation, mechanism of substitution reactions.	
MAY	18	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. UNIT- 11: Alcohols, Phenol and Ethers 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. Phenol: nomenclature, methods of preparation, physical and chemical properties, electrophilic substitution reaction, uses of phenol.	Experiment-4 Experiment-5 Experiment-6

		Ethers: nomenclature, methods of	
		preparation, physical and chemical	
		properties, uses.	
		UNIT- 8: d and f Block Elements	
		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	
ILINE	00	property, magnetic properties, interstitial	Experiment 7
JUNE	07	compounds, alloy formation, preparation and	Experiment-7
		properties of K ₂ Cr ₂ O ₇ and KMnO ₄ .	
		Lanthanoids - Electronic configuration,	
		oxidation states, chemical reactivity and	
		lanthanoid contraction and its consequences.	
		Actinoids- Electronic configuration,	
		oxidation states and comparison with	
		lanthanoids.	
шцу	24	Revision & First Terminal Examination	
JULI	24	(45% Syllabus)	
		UNIT- 9: Coordination Compounds	
		Coordination compounds - Introduction,	
		ligands, coordination number, colour,	
		magnetic properties and shapes, IUPAC	
		nomenclature of mononuclear coordination	
		compounds. Bonding, Werner's theory, VBT,	Evenniment 9
AUC	20	and CFT; structure and stereoisomerism,	Experiment-8
AUG	20	importance of coordination compounds (in	Experiment-9
		qualitative analysis, extraction of metals and	Experiment-10
		biological system).	
		UNIT- 3: Electrochemistry	
		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.	
		UNIT- 4: Chemical Kinetics	
		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	
	19	rate equations and half-life (only for zero and	
		first order reactions), concept of collision	
		theory (elementary idea, no mathematical	
		treatment), activation energy, Arrhenius	Experiment_11
SED		equation.	Experiment-17
5L1		UNIT- 12: Aldehydes, Ketones and	Experiment-13
		Carboxylic Acids	Experiment 15
		Aldehydes and Ketones: Nomenclature,	
		nature of carbonyl group, methods of	
		preparation, physical and chemical	
		properties, mechanism of nucleophilic	
		addition, reactivity of alpha hydrogen in	
		addition, reactivity of alpha hydrogen in aldehydes, uses.	
		addition, reactivity of alpha hydrogen in aldehydes, uses. Carboxylic Acids : Nomenclature, acidic	
		addition, reactivity of alpha hydrogen in aldehydes, uses. Carboxylic Acids : Nomenclature, acidic nature, methods of preparation, physical and	
		addition, reactivity of alpha hydrogen in aldehydes, uses. Carboxylic Acids : Nomenclature, acidic nature, methods of preparation, physical and chemical properties, uses.	
		addition, reactivity of alpha hydrogen in aldehydes, uses. Carboxylic Acids : Nomenclature, acidic nature, methods of preparation, physical and chemical properties, uses.	
		addition, reactivity of alpha hydrogen in aldehydes, uses. Carboxylic Acids : Nomenclature, acidic nature, methods of preparation, physical and chemical properties, uses. Revision & Second Terminal Examination	
OCT	20	addition, reactivity of alpha hydrogen in aldehydes, uses. Carboxylic Acids : Nomenclature, acidic nature, methods of preparation, physical and chemical properties, uses. Revision & Second Terminal Examination (45% + 40% Syllabus)	
OCT	20	addition, reactivity of alpha hydrogen in aldehydes, uses. Carboxylic Acids : Nomenclature, acidic nature, methods of preparation, physical and chemical properties, uses. Revision & Second Terminal Examination (45% + 40% Syllabus)	

		UNIT- 13: Amines	
		Amines: Nomenclature, classification,	
		structure, methods of preparation, physical	
		and chemical properties, uses, identification	
		of primary, secondary and tertiary amines.	
		Diazonium salts: Preparation, chemical	
		reactions and importance in synthetic organic	
		chemistry.	
		UNIT- 14: Biomolecules	
		Carbohydrates - Classification (aldoses and	
		ketoses), monosaccahrides (glucose and	
NOU	1.5	fructose), D-L configuration	D 14
NOV	15	oligosaccharides (sucrose, lactose, maltose),	Experiment-14
		polysaccharides (starch, cellulose, glycogen);	
		Importance of carbohydrates.	
		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.	
		Vitamins - Classification and functions.	
		Nucleic Acids: DNA and RNA.	
		Revision & Pre-Board Examination-I	
DEC	19	(45% + 40% + 15% Syllabus)	
		(+570 + +070 + 1570 Synabus)	
		Revision & Pre-Board	
JAN	20	Examination-II	
		(45% + 40% + 15% Syllabus)	
FEB	21	Board Examination	

SUBJECT: BIOLOGY (044)

MONTH	WORKING DAYS	TOPICS	ACTIVITY
		Unit-VI: Reproduction	1. Prepare a temporary mount
		Flower structure;	to observe pollen
		development of male and	germination.
		female gametophytes;	
		pollination - types, agencies	2. Study the plant
		and examples; outbreeding	population density by
		devices; pollen-pistil	quadrat method.
		interaction; double	
		fertilization; post fertilization	
		events - development of	
		endosperm and embryo,	
		development of seed and	
		formation of fruit; special	
		modes- apomixis,	
		parthenocarpy,	
APRIL	20	polyembryony; Significance	
		of seed dispersal and fruit	
		formation.	
		Male and female	
		reproductive systems;	
		microscopic anatomy of testis	
		and ovary; gametogenesis -	
		spermatogenesis and	
		oogenesis; menstrual cycle;	
		fertilization, embryo	
		development upto blastocyst	
		formation, implantation;	
		pregnancy and placenta	
		formation (elementary idea);	
		parturition (elementary idea);	
		lactation (elementary idea).	

		Need for reproductive health	3. Study the plant
		and prevention of Sexually	population frequency by
		Transmitted Diseases (STDs);	quadrat method.
		birth control - need and	
		methods; medical termination	4. Prepare a temporary
MAY	18	of pregnancy (MTP);	mount of onion root tip to
		amniocentesis; infertility and	study mitosis.
		assisted reproductive	
		technologies - IVF, ZIFT,	
		GIFT, AI	
		(brief overview).	
		Unit- VII: Genetics and	5. Isolate DNA from
		Evolution	available plant material
		Heredity and variation,	such as spinach, green
		Mendelian inheritance;	pea seeds, papaya, and
		deviations from Mendelism –	starch.
		incomplete dominance, co-	
		dominance, multiple alleles	
		and inheritance of blood	
		groups, pleiotropy;	
		elementary idea of polygenic	
		inheritance; chromosome	
HINE	00	theory of inheritance;	
JUNE	09	chromosomes and genes;	
		linkage and crossing over;	
		Sex determination - in human	
		being, birds, grasshopper and	
		honey bee; Mutation,	
		Pedigree analysis, sex linked	
		inheritance - haemophilia,	
		colour blindness; Mendelian	
		disorders in humans –sickle	
		cell anaemia,	
		Phenylketonuria, thalassemia;	
		chromosomal disorders in	

		humans; Down's syndrome,	
		Turner's and Klinefelter's	
		syndromes.	
		Structure of DNA and RNA;	
		DNA packaging; Search for	
		genetic material and DNA as	
		genetic material; DNA	
		replication; Central Dogma;	
		transcription, genetic code,	
		translation; gene expression	
		and regulation - lac operon;	
		Human genome project; DNA	
		fingerprinting.	
		Evolution:	
		Origin of life on earth ;	
		biological evolution and	
		evidences for biological	
		evolution (paleontology,	
	24	comparative anatomy,	
		embryology and molecular	
		evidences); Darwin's	
		contribution, modern synthetic	
		theory of evolution;	
ШΗХ		mechanism of evolution -	
JULI	24	variation (mutation and	
		combination) and natural	
		selection with examples, types	
		of natural selection; Gene flow	
		and genetic drift; Hardy-	
		Weinberg's principle; adaptive	
		radiation; human evolution.	
1		First Terminal Examination	

		Unit- VIII: Biology and	6. Identification of stages of
		Human Welfare	gamete development, i.e.,
		Pathogens; parasites causing	T.S. of testis and T.S. of
		human diseases (malaria,	ovary through permanent
		dengue, chikungunya,	slides (fromgrasshopper /
		filariasis, ascariasis, typhoid,	mice).
		pneumonia, common cold,	7. Meiosis in onion bud cell
		amoebiasis, ring worm) and	or grasshopper testis
		their control; Basic concepts	through permanent slides.
		of immunology - vaccines;	8. T.S. of blastula through
		cancer, HIV and AIDS;	permanent slides
AUG	20	Adolescence - drug and	(Mammalian).
		alcohol abuse. Microbes in	9. Common disease causing
		Human Welfare Microbes in	organisms like Ascaris,
		food processing, industrial	Entamoeba, Plasmodium,
		production, sewage treatment,	any fungus causing
		energy generation and	ringworm through
		microbes as bio-control agents	permanent slides, models
		and bio-fertilizers.	or virtual images or
		Antibiotics; production and	specimens.
		judicious use.	Comment on symptoms
			of diseases that they
			cause.
		Unit- IX: Biotechnology and	
		Its Applications	
		Biotechnology - Principles and	
		Processes Genetic Engineering	
		(Recombinant DNA	
SEP	19	Application of histochnology	
		Application of biotechnology	
		an health and agriculture.	
		organisms Bt crops: PNA	
		interference Human insulin	
		agene therapy: molecular	
		gene merapy, molecular	

		diagnosis; transgenic animals;	
		bio-safety issues, bio-piracy	
		andpatents.	
ОСТ	20	Revision & Second Terminal	
001	20	Examination	
		Unit- X: Ecology and	
		Environment	
		Organisms and	
		Populations:	
		Population interactions -	
		mutualism, competition,	
		predation, parasitism;	
		population attributes - growth,	
		birth rate and death rate, age	
		distribution. (Topics excluded:	
		Organism and its	
		Environment, Major Aboitic	
		Factors, Responses to Abioitic	
		Factors, Adaptations)	
NOV	15	Fcosystoms.	
		Ecosystems.	
		productivity and	
		decomposition: operate flow:	
		nyramids of number biomass	
		operate (Topics evaluade:	
		Ecological Succession and	
		Nutrient Cycles)	
		Nutrient Cycles).	
		Biodiversity and its	
		Conservation:	
		Biodiversity-Concept,	
		patterns, importance; loss of	
		biodiversity; biodiversity	
		conservation; hotspots,	

		endangered organisms,	
		extinction, Red Data Book,	
		Sacred Groves, biosphere	
		reserves, national parks,	
		wildlife, sanctuaries and	
		Ramsar sites.	
DEC	10	Revision & Pre-Board	
DEC	19	Examination-I	
TAN	20	Revision & Pre-Board	
JAN	20	Examination-II	
FEB	21	Board Practical Exam	

SUBJECT: COMPUTER SCIENCE (083)

MONTH	WORKING DAYS	TOPICS	ACTITY
APRIL	20	 PYTHON REVISION TOUR- I Tokens in python, Variables and assignments, Datatypes, Expressions, Statement Flow Control, If Conditionals, Looping Statements, Jump Statements, Loop Else Statements, Nested Loop PYTHON REVISION TOUR- II Strings, Lists, Tuples, Dictionaries in python WORKING WITH FUNCTIONS Introduction to Function 	LAB ASSIGNMENTS
MAY	18	 WORKING WITH FUNCTIONS Functions: types of function (built-in functions, functions defined in module, user defined functions), creating user defined function, arguments and parameters, default parameters, positional parameters, function returning value(s), flow of execution. Scope of a variable (global scope, local scope) EXCEPTION HANDLING Introduction, handling exceptions using try-except-finally blocks FILE HANDLING Introduction to files, types of files (Text file, Binary file, CSV file), relative and absolute paths. 	LAB ASSIGNMENTS

		FILE HANDLING	
JUNE	09	 Text file: opening a text file, text file open modes (r, r+, w, w+, a, a+), closing a text file, opening a file using with clause, writing/appending data to a text file using write() and writelines(), reading from a text file using read(), readline() and readlines(). seek and tell methods, manipulation of data in a text file. 	LAB ASSIGNMENTS
		Revision & First Terminal Examination	
JULY	24	 (45% Syllabus) FILE HANDLING Binary file: basic operations on a binary file: open using file open modes (rb, rb+, wb, wb+, ab, ab+), close a binary file, import pickle module, dump() and load() method, read, write/create, search, append and update operations in a binary file. 	LAB ASSIGNMENTS
AUG	20	 FILE HANDLING CSV file: import csv module, open / close csv file, write into a csv file using csv.writerow() and read from a csv file using csv.reader() DATA STRUCTURE Data Structure: Stack, operations on stack (push & pop), implementation of stack using list. 	LAB ASSIGNMENTS
SEP	19	 COMPUTER NETWORKS Evolution of networking: introduction to computer networks, evolution of networking 	LAB ASSIGNMENTS

(ARPANET, NSFNET, INTERNET)
• Data communication terminologies:
concept of communication,
components of data communication
(sender, receiver, message,
communication media, protocols),
measuring capacity of communication
media (bandwidth, data transfer rate),
IP address, switching techniques
(Circuit switching, Packet switching)
Transmission media: Wired
communication media (Twisted pair
cable, Co-axial cable, Fiber-optic
cable), Wireless media (Radio waves,
Micro waves, Infrared waves);
Network devices (Modem, Ethernet
card, RJ45, Repeater, Hub, Switch,
Router, Gateway, WIFI card).
 Network topologies and Network
types: types of networks (PAN, LAN,
MAN, WAN), networking topologies
(Bus, Star, Tree).
• Network protocol: HTTP, FTP, PPP,
SMTP, TCP/IP, POP3, HTTPS,
TELNET, VoIP, wireless/mobile
communication protocol such as
GSM, GPRS and WLL, Mobile
telecommunication technologies: 1G,
2G, 3G, 4G and 5G.
• Introduction to web services: WWW,
Hyper Text Markup Language
(HTML), Extensible Markup
Language (XML), domain names,
URL, website, web browser, web
servers, web hosting.

		DATABASE MANAGEMENT	
		• Database concepts: introduction to	
		database concepts and its need.	
		• Relational data model: relation,	
		attribute, tuple, domain, degree,	
		cardinality, keys (candidate key,	
		primary key, alternate key, foreign	
		key).	
		Revision & Second Terminal	
		Examination	
		(45% + 40% Syllabus)	
		DATABASE MANAGEMENT	
		• Structured Query Language:	
		introduction, Data Definition	
		Language and Data Manipulation	
		Language.	
		• Data type (char(n), varchar(n), int,	
		float, date), constraints (not null,	
		unique, primary key).	
		• Create database, use database, show	LAR
OCT	20	databases, drop database, show tables,	LAD
		create table, describe table, alter table	Abbioi Wiel 15
		(add and remove an attribute, add and	
		remove primary key), drop table,	
		insert, delete, select, operators	
		(mathematical, relational and logical),	
		aliasing, distinct clause, where clause,	
		in, between, order by, meaning of null,	
		is null, is not null, like, update	
		command, delete command, aggregate	
		functions (max, min, avg, sum, count),	
		group by, having clause	
		• Joins: cartesian product on two tables,	
		equi-join and natural join.	

NOV	15	 CONNECTING SQL WITH PYTHON Interface of python with an SQL database: connecting SQL with Python, performing insert, update, delete queries using cursor, display data by using fetchone(), fetchall(), rowcount Creating database connectivity applications 	LAB ASSIGNMENTS
DEC	19	Revision & Pre-Board Examination-I (45% + 40% + 15% Syllabus)	
JAN	20	Revision & Pre-Board Examination-II (45% + 40% + 15% Syllabus)	
FEB	21	Board Examination	

SUBJECT: HISTORY (027)

MONTH	WORKING DAYS	TOPICS	ACTIVITY
		PART- I:	
		Theme One	
		BRICKS, BEADS AND BONES	Map Skill
ΔPRII	20	The Harappan Civilisation	
AINL	20	Theme Two	
		KINGS, FARMERS AND TOWNS	Map Skill
		Early States and Economies	
		(c. 600 BCE – 600 CE)	
		Theme Three	
		KINSHIP, CASTE AND CLASS	Map Skill
		Early Societies	
MAV	18	(c. 600 BCE – 600 CE)	
101711	10	Theme Four	
		THINKERS, BELIEFS AND BUILDINGS	Map Skill
		Cultural Developments	
		(c. 600 BCE – 600 CE)	
		PART-II	
		Theme Five	
ILINE	09	THROUGH THE EYES OF	
JUNE	07	TRAVELLERS	
		Perceptions of Society	
		(c. tenth to seventeenth centuries)	
ших	24	REVISION & FIRST TERMINAL	
JULI	24	EXAMINATION (45% SYLLABUS)	
		Theme Six	
		BHAKTI-SUFI TRADITIONS	Map Skill
		Changes in Religious Beliefs and Devotional	
AUG	20	Texts	
		(c. eighth to eighteenth centuries)	Map Skill
		Theme Seven	
		AN IMPERIAL CAPITAL:	

		VIJAYANAGARA	
		(c. fourteenth to sixteenth centuries)	
		Theme Eight	
		PEASANTS, ZAMINDARS AND THE	
		STATE	
		Agrarian Society and the Mughal Empire	
		(c. sixteenth – seventeenth centuries)	
		Theme Eight	
		PEASANTS, ZAMINDARS AND THE	
		STATE (Contd.)	
		PART- III	
		Theme Ten	
SEP	19	COLONIALISM AND THE	Map Skill
		COUNTRYSIDE	
		Exploring Official Archives	
		Theme Eleven	
		REBELS AND THE RAJ	
		1857 Revolt and Its Representations	
ОСТ	20	Revision & Second Terminal Examination	
001	20	(45% + 40% Syllabus)	
		Theme Thirteen	
		MAHATMA GANDHI AND THE	
		NATIONALIST MOVEMENT	Man Skill
NOV	15	Civil Disobedience and Beyond	and Project
		Theme Fifteen	and roject
		FRAMING THE CONSTITUTION	
		The Beginning of a New Era	
		Revision & Pre-Board Examination- I	
DEC	19	(45% + 40% + 15% Syllabus)	
		Povision & Pro Roard	
IAN	20	Evamination II	
JAIN	20	$(45\% \pm 40\% \pm 15\%$ Syllobus)	
EED	21	(45 /0 + 40 /0 + 15 /0 Syllabus)	
ГЕВ	21	DUATU EXAMINATION	

SUBJECT: POLITICAL SCIENCE (028)

MONTH	WORKING DAYS	TOPICS	ACTIVITY
APRIL	20	 PART- A The End of Bipolarity The Soviet System Gorbachev and the disintegration Causes and Consequences Shock Therapy and its Consequences India's relations with Russia and post-communist countries PART- B Challenges of Nation Building Challenges for the New Nation Partition: Displacement and Rehabilitation Integration of Princely States Reorganisation of States Era of One-Party Dominance Congress Dominance in the first three general elections Emergence of Opposition Parties 	Member countries of NATO and WARSAW PACT.
MAY	18	 PART-A 2. Contemporary Centres of Power European Union ASEAN Rise of China as an economic power Japan and South Korea as emerging powers PART-B 3. Politics of Planned Development Political Contestation 	Main features of NITI Aayog.

		Early Initiatives	
JUNE	09	 PART-A 3. Contemporary South Asia Military and Democracy in Pakistan and Bangladesh Monarchy and Democracy in Nepal Ethnic Conflict and Democracy in Sri Lanka India-Pakistan Conflict India and its neighbours SAARC PART-B India's External Relations The Policy of Non-Alignment India's Nuclear Policy The Chinese Invasion 1962 Bangladesh War 1971 	Major features of 'No First Use Policy'.
JULY	24	Revision & First Terminal Examination (45% Syllabus)	
AUG	20	 PART- A 4. International Organisations Evolution of the UN Principal Organs and Reforms of the UN India and the UN 4. Security in the Contemporary World Traditional and Non-traditional Notion of Security New Sources of Threats India's Security Strategy 	Role of UNESCO, UNICEF and ILO.

		PART- B	
		5. Challenges to and Restoration of the	
		Congress System	
		Challenge of Political Succession	
		• Fourth General Election	
		• Split in the Congress	
		• 1971 Election: Restoration of the	
		Congress	
		PART- A	
		6. Environment and Natural Resources	
		Common but Differentiated	
		Responsibilities	
		• India's Stand on Environmental	
		Issues	
		Resource Geopolitics	
		PART-B	
SEP	19	6. The Crisis of Democratic Order	
		Background of Emergency	
		Declaration of Emergency	
		• Lessons of the Emergency	
		Politics after Emergency	
		7. Regional Aspirations	
		• Region and the Nation	
		• Punjab	
		• The North-East	
		Revision & Second Terminal	
OCT	20	Examination	
		(45% + 40% Syllabus)	
		PART-A	
		/. Giobalisation	
NOV	15	Concept of Globalisation	PROJECT WORK
		Causes and Consequences	
		India and Resistance to	
		Globalisation	

		PART-B
		8. Recent Developments in Indian
		Politics
		• Context of 1990s
		Era of Coalition
		Political Rise of the Backward
		Classes
		Communalism, Secularism and
		Democracy
		Lok Sabha Elections 2004
		Emergence of New Consensus
DEC	19	Revision & Pre-Board Examination-I (45% + 40% + 15% Syllabus)
		Revision & Pre-Board
JAN	20	Examination-II
		(45% + 40% + 15% Syllabus)
FEB	21	Board Examination

SUBJECT: ECONOMICS (030)

MONTH	WORKING DAYS	TOPICS	ACTIVITY
		Part- B: Indian Economic	Report on Micro
		Development	and Small Scale
		Unit- 6: Development Experience	Industries
APRIL	20	 (1947-90) and Economic Reforms since 1991. 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), industry (IPR 1956; SSI – role & 	
		 importance) and foreign trade. Economic Reforms since 1991: Features and appraisals of Liberalisation, Globalisation and Privatisation (LPG policy); Concepts of demonetisation and GST. Part- A: Introductory Macroeconomics Unit- 1: National Income and Related Aggregates What is Macroeconomics? Basic concepts in macroeconomics: consumption 	Formula Tree on National Income and Related Aggregates.

		goods, capital goods, final goods,	
		intermediate goods; stocks and	
		flows; gross investment and	
		depreciation.	
		• Circular flow of income (two	
		sector model)	
		• 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.	
		 Bool and Nominal CDD 	
		• Real and Nominal ODP.	
		GDP and Welfare	
		 GDP and Welfare Unit- 2: Money and Banking 	Project Report
		 GDP and Welfare Unit- 2: Money and Banking Money - meaning and its 	Project Report on Money and its
		 GDP and Welfare Unit- 2: Money and Banking Money - meaning and its functions, Supply of money - 	Project Report on Money and its Functions
		 GDP and Welfare Unit- 2: Money and Banking Money - meaning and its functions, Supply of money - Currency held by the public and 	Project Report on Money and its Functions
		 GDP and Welfare GDP and Welfare Unit- 2: Money and Banking Money - meaning and its functions, Supply of money - Currency held by the public and net demand deposits held by 	Project Report on Money and its Functions
		 GDP and Welfare GDP and Welfare Unit- 2: Money and Banking Money - meaning and its functions, Supply of money - Currency held by the public and net demand deposits held by commercial banks. 	Project Report on Money and its Functions
		 GDP and Welfare GDP and Welfare Unit- 2: Money and Banking Money - meaning and its functions, Supply of money - Currency held by the public and net demand deposits held by commercial banks. Money creation by the 	Project Report on Money and its Functions
MAY	18	 GDP and Welfare GDP and Welfare Unit- 2: Money and Banking Money - meaning and its functions, Supply of money - Currency held by the public and net demand deposits held by commercial banks. Money creation by the commercial banking system. 	Project Report on Money and its Functions
MAY	18	 GDP and Welfare GDP and Welfare Unit- 2: Money and Banking Money - meaning and its 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 	Project Report on Money and its Functions
MAY	18	 GDP and Welfare GDP and Welfare Unit- 2: Money and Banking Money - meaning and its 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 	Project Report on Money and its Functions
MAY	18	 GDP and Welfare GDP and Welfare Unit- 2: Money and Banking Money - meaning and its 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, 	Project Report on Money and its Functions
MAY	18	 GDP and Welfare GDP and Welfare Unit- 2: Money and Banking Money - meaning and its 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 	Project Report on Money and its Functions
MAY	18	 GDP and Welfare GDP and Welfare Unit- 2: Money and Banking Money - meaning and its 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, 	Project Report on Money and its Functions
MAY	18	 GDP and Welfare GDP and Welfare Unit- 2: Money and Banking Money - meaning and its 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 and Reverse Repo Rate, Commercial bank and the second secon	Project Report on Money and its Functions
MAY	18	 GDP and Welfare GDP and Welfare Unit- 2: Money and Banking Money - meaning and its 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 and Reverse Repo Rate, Open Market Operations, Margin 	Project Report on Money and its Functions Sarva Shiksha

		Part- B: Indian Economic	Ratio Benefit
		Development	
		Unit- 7: Current challenges facing	
		Indian Economy	
		Human Capital Formation:	
		How people become resource;	
		Role of human capital in	
		economic development; Growth	
		of Education Sector in India	
		• Rural development: Key issues -	
		credit and marketing - role of	
		cooperatives; agricultural	
		diversification; Alternative	
		farming- Organic farming	
		Unit- 7: Current challenges facing	Rain Water
		Indian Economy (Contd)	Harvesting- a
		• Employment : Growth and	solution to water
		changes in work force	crisis
		participation rate in formal and	
ILINE	09	informal sectors; problems and	
JUNE	07	policies	
		Sustainable Economic	
		Development: Meaning, Effects	
		of Economic Development on	
		Resources and Environment,	
		including global warming	
ШЛХ	24	Revision & First Terminal	
	21	Examination (45% Syllabus)	
		Part- A: Introductory	Investment
		Macroeconomics	Multiplier and
		Unit- 3: Determination of Income and	it's Mechanism
AUG	20	Employment	
		Aggregate demand and its	
		components. Propensity to	
		consume and propensity to save	

		(average and marginal)	
		Short run equilibrium output:	
		• Short-run equinorium output,	
		mochanism	
		• Meaning of full employment and	
		involuntary unemployment.	
		Problems of excess demand and	
		deficient demand; measures to correct	
		them -changes in government	Trends in
		spending, taxes and money supply.	Budgetary
			conditions of
		Unit- 4: Government Budget and the	India
		Economy	
		• Government budget – meaning,	
		objectives and components.	
		• Classification of receipts –	
		revenue receipts and capital	
		receipts; classification of	
		expenditure – revenue	
		expenditure and capital	
		expenditure.	
		• Measures of government deficit –	
		revenue deficit, fiscal deficit,	
		primary deficit their meaning.	
		Unit- 5: Balance of Payments	Currency War-
		• Balance of payments account –	Reasons and
		meaning and components.	Repercussions
		• Balance of payments -Surplus and	
		Deficit	
SEP	19	• Foreign exchange rate – meaning	
		of fixed and flexible rates and	
		managed floating.	
		• Determination of exchange rate in	
		a free market	
		• Merits and Demerits of fixed and	

		flexible exchange rates and managed floating exchange rate system.	
OCT	20	Revision & Second Terminal Examination (45% + 40% Syllabus)	
		Part- B: Indian Economic	Make in India-
		Development	The way ahead
		Unit- 8: Development Experience of	
	15	India:	
NOV		• A comparison with neighbours	
NOV		India and Pakistan	
		India and China	
		Issues: economic growth, population,	
		sectoral development and other	
		Human Development Indicators	
DEC	10	Revision & Pre-Board Examination-I	
DEC	19	(45% + 40% + 15% Syllabus)	
IAN	20	Revision & Pre-Board Examination-II	
JAIN	20	(45% + 40% + 15% Syllabus)	
FEB	21	Board Examination	

SUBJECT: BUSINESS STUDIES (054)

MONTH	WORKING DAYS	TOPICS	ACTIVITY
		PART- 1:	Case studies
		Principles And Functions Of Management	
		Nature and Significance of Management	
		• Management - concept, objectives, and	
		importance	
	20	• Management as Science, Art and	
APKIL	20	Profession	
		Levels of Management	
		• Management functions-planning,	
		organizing, staffing, directing and	
		controlling	
		Coordination- concept and importance	
		Principles of Management	Case
		• Principles of Management- concept and	studies/Flow
		significance	chart
		• Fayol's principles of management	
		Taylor's Scientific management-	
		principles and techniques	
MAY	18	Business Environment	
		Business Environment- concept and	
		importance	
		• Dimensions of Business Environment-	
		Economic, Social, Technological, Political	
		and Legal	Case studies
		• Demonetization - concept and features	
		Planning	Case studies
		• Planning: Concept, importance and	
II INTE	00	limitation	
JUNE	09	Planning process	
		• Single use and Standing Plans. Objectives,	
		Strategy, Policy, Procedure, Method,	Case

		Rule, Budget and Programme	studies/Flow
		Organising	chart
		• Organising: Concept and importance	
		Organising Process	
		• Structure of organisation- functional and	
		divisional concept	
		• Formal and informal organization –	
		concept	
		• Delegation: concept, elements and	
		importance	
		• Decentralization: concept and importance	
		Staffing	
		• Staffing: Concept and importance of	
		staffing	
		• Staffing as a part of Human Resource	
		Management concept	
		Staffing	
		Staffing process	Casa
шпх	24	Recruitment process	case studies/Elow
JULI	24	• Selection – process	chart
		• Training and Development - Concept and	Chart
		importance, Methods of training - on the	
		job and off the job - vestibule training,	
		apprenticeship training and internship	
		training	
		Revision & First Terminal Examination	
		(45% Syllabus)	
		Directing	
		• Directing: Concept and importance	
		• Elements of Directing	
AUG	20	• 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?	
		Controlling	
		 Controlling - Concept and importance 	
		• Relationship between planning and	
		controlling	
		• Steps in process of control	
		Part- B: Business Finance and Marketing	
		Financial Management	
		• Financial Management: Concept, role and	
		objectives	
		• 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	
		Financial Markets	
		• Financial Markets: Concept	
		Money Market: Concept	
		• Capital market and its types (primary and	
SEP	19	secondary)	
		• Stock Exchange - Functions and trading	
		procedure	
		• Securities and Exchange Board of India	
		(SEBI) - objectives and function	

OCT	20	 Marketing 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 	PROJECT WORK
		Promotion and Public Relations Revision & Second Terminal Examination (45% + 40% Syllabus)	
NOV	15	 Consumer Protection Consumer Protection: Concept and importance The Consumer Protection Act, 2019 Meaning of consumer Rights and responsibilities of consumers Who can file a complaint? Redressal machinery Remedies available Consumer awareness - Role of consumer organizations and Non-Governmental Organizations (NGOs) 	
DEC	19	Revision & Pre-Board Examination-I (45% + 40% + 15% Syllabus)	
JAN	20	Revision & Pre-Board Examination-II (45% + 40% + 15% Syllabus)	
FEB	21	Board Examination	

SUBJECT: PHYSICAL EDUCATION (048)

MONTH	WORKING DAYS	TOPICS	ACTIVITY
MONTH	WORKING DAYS	 TOPICS UNIT- I: Management of Sporting Events 1. Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling) 2. Various Committees & their Responsibilities (Pre, During & Post) 3. Fixtures and their Procedures – Knock-Out (Bye & Seeding) & League (Staircase, Cyclic, Tabular method) and Combination tournaments. 4. Intramural & Extramural Competition – Meaning, Objectives & Its Significance 5. Community sports programmes (Sports Day, 	ACTIVITY
APRIL	20	 Health Run, Run for Fun, Run for Specific Cause & Run for Unity) UNIT- II: Children & Women in Sports Exercise guidelines of WHO for different age groups. Common postural deformities-Knock Knees, Flat Foot, Round Shoulders, Lordosis, Kyphosis, Scoliosis, and Bow Legs and their respective corrective measures. Women's participation in Sports – Physical, Psychological, and social benefits. Special consideration (Menarche and Menstrual Dysfunction) Female Athlete Triad (Osteoporosis, Amenorrhea, Eating Disorders). 	SAI Khelo India Test

		UNIT- III: Yoga as Preventive measure for	
		Lifestyle Disease	
		1. Obesity:	
		Procedure, Benefits & Contraindications for	
		Tadasana, Katichakrasana, Pavanmuktasana,	
		Matsayasana, Halasana, Pachimottansana,	
		Ardha– Matsyendrasana, Dhanurasana,	
		Ushtrasana, Suryabedhan pranayama.	
		2. Diabetes:	
		Procedure, Benefits & Contraindications for	
		Katichakrasana, Pavanmuktasana,	
		Bhujangasana, Shalabhasana, Dhanurasana,	
		Supta-vajarasana, Paschimottanasana, Ardha-	
		Mastendrasana, Mandukasana, Gomukasana,	
		Yogmudra, Ushtrasana, Kapalabhati.	
		3. Asthma:	
		Procedure, Benefits & Contraindications for	Brockport
MAY	18	Tadasana, Urdhwahastottansana,	Physical
		UttanMandukasana, Bhujangasana, Dhanurasana,	Fitness Test
		Ushtrasana, Vakrasana, Kapalbhati,	
		GomukhasanaMatsyaasana, Anuloma- Viloma.	
		4. Hypertension:	
		Procedure, Benefits & Contraindications for	
		Tadasana, Katichakransan, Uttanpadasana,	
		ArdhaHalasana, SaralaMatyasana, Gomukhasana,	
		UttanMandukasan-a, Vakrasana, Bhujangasana,	
		Makarasana, Shavasana, Nadi-	
		shodhanapranayam, Sitlipranayam.	
		5. Back Pain and Arthritis:	
		Procedure, Benefits & Contraindications of	
		Tadasan, Urdhawahastootansana, Ardh-	
		Chakrasana, Ushtrasana, Vakrasana,	
		SaralaMaysyendrsana, Bhujandgasana,	
		Gomukhasana, Bhadrasana, Makarasana, Nadi-	
		Shodhana pranayama.	

		UNIT- IV: Physical Education and Sports for	
		CWSN (Children with Special Needs -	
		Divyang)	
		1. Organizations promoting Disability Sports	
		(Special Olympics; Paralympics; Deaflympics)	
		2. Concept of Classification and Divisioning in	
		Sports.	
		3. Concept of Inclusion in sports, its need, and	
		Implementation;	
		4. Advantages of Physical Activities for children	
		with special needs.	
		5. Strategies to make Physical Activities	
JUNE	9	assessable for children with special needs.	
		UNIT-V: Sports & Nutrition	
		1. Concept of balanced diet and nutrition	
		2. Macro and Micro Nutrients: Food sources &	
		functions	
		3. Nutritive & Non-Nutritive Components of	
		Diet	
		4. Eating for Weight control – A Healthy	
		Weight, The Pitfalls of Dieting, Food	
		Intolerance, and Food Myths	
		5. Importance of Diet in Sports-Pre, During and	
		Post competition Requirements	
них	24	Revision And First Terminal Examination	
JULY	24	(45% Syllabus)	
		UNIT- VI: Test & Measurement in Sports	
		1. Fitness Test – SAI Khelo India Fitness Test in	
AUG		school:	
	20	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 & Reach flexibility	
		test, Strength Test (Abdominal Partial Curl Up,	

		 Push- Ups for boys, Modified Push-Ups for girls). 2. Measurement of Cardio- Vascular Fitness – Harvard Step Test – Duration of the Exercise in Seconds × 100/5.5 × Pulse count of 1-1.5 Min after Exercise. 3. Computing Basal Metabolic Pate (BMP) 	
		 4. Rikli & Jones - Senior Citizen Fitness Test Chair Stand Test for lower body strength Arm Curl Test for upper body strength Chair Sit & Reach Test for lower body flexibility 	Games and
		 Back Scratch Test for upper body flexibility Eight Foot Up & Go Test for agility Six-Minute Walk Test for Aerobic Endurance Johnson – Methney Test of Motor Educability (Front Roll, Back Roll, Jumping. Half-Turn, 	Sport (Skill of Anyone IOA Recognised Sport/Game
		 UNIT- VII: Physiology & Injuries in Sport 1. Physiological factors determining components of physical fitness 2. Effect of exercise on the Muscular System 3. Effect of exercise on the Cardio-Respiratory System 4. Physiological changes due to ageing 5. Sports injuries: Classification (Soft Tissue Injuries - Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique & Impacted) 	or choice)
SEP	19	 UNIT- VIII: Biomechanics and Sports 1. Newton's Law of Motion & its application in sports 2. Types of Levers and their application in sports. 3. Equilibrium – Dynamic & Static and Centre of 	Yogic Practice

		Gravity and its application in sports	
		4. Friction & Sports	
		5. Projectile in Sports	
		UNIT- IX: Psychology and Sports	
		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	
OCT	20	Revision And Second Terminal Examination	
001	20	(45% + 40% Syllabus)	
		UNIT- X: Training in Sports	
		1. Concept of Talent Identification and Talent	
		Development in Sports	
		2. Introduction to Sports Training Cycle – Micro,	
		Meso, Macro Cycle.	
NOV	15	3. Types & Methods to Develop – Strength,	
		Endurance, and Speed.	
		4. Types & Methods to Develop – Flexibility and	
		Coordinative Ability.	
		5. Circuit Training - Introduction & its	
		importance	
DEC	19	Revision & Pre-Board-I	
	17	(45% + 40% + 15% Syllabus)	
JAN	20	Revision & Pre-Board- II	
		(45% + 40% + 15% Syllabus)	
FEB	21	Board Examination	

PRACTICAL (Max. Marks 30)

Physical Fitness Test: SAI Khelo India Test, Brockport Physical Fitness Test (**BPFT**)* 6 Marks

Proficiency in Games and Sports (Skill of any one IOA recognized Sport/Game of Choice)** 7 Marks

Yogic Practices 7 Marks

Record File *** 5 Marks

Viva Voce (Health/ Games & Sports/ Yoga) 5 Marks

 \emptyset *Test for CWSN (any 4 items out of 27 items. One item from each component: Aerobic Function, Body Composition, Muscular strength & Endurance, Range of Motion or Flexibility)

Ø **CWSN (Children With Special Needs – Divyang): Bocce/Boccia, Sitting Volleyball, Wheel Chair Basketball, Unified Badminton, Unified Basketball, Unified Football, Blind Cricket, Goalball, Floorball, Wheel Chair Races and Throws, or any other Sport/Game of choice.

 \emptyset **Children with Special Needs can also opt any one Sport/Game from the list as alternative to Yogic Practices. However, the Sport/Game must be different from Test - 'Proficiency in Games and Sports'

***Record File shall include:

Ø Practical-1: Fitness tests administration. (SAI Khelo India Test)

Ø Practical-2: Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.

Ø Practical-3: Anyone one IOA recognized Sport/Game of choice. Labelled diagram of Field & Equipment. Also, mention its Rules, Terminologies & Skills.

SUBJECT: PAINTING (049)

MONTH	WORKING DAYS	TOPICS	ACTIVITY PRACTICAL
APRIL	20	 UNIT- I A brief introduction to Indian Miniature paintings. School of Western India, Pala School, Central Indian Paintings. a) The Rajasthani school of Miniature paintings. 1. Origin and development. 2. Sub-school Mewar, Bundi, Jodhpur, Bikaner, Kishangarh and Jaipur. 3. Factors responsible for the development of Rajasthani School. 4. Main features of Rajasthani school of Miniature Painting. (Subject matter and composition with keywords and minute details). 1. MARU-RAGINI 2. CHAUGAN-PLAYERS 3. KRISHNA ON SWING 4. RADHA(BANI-THANI) 5. BHARAT MEETS RAMA AT CHITRAKUTA REVISION 	STILL- LIFEPENCIL
MAY	18	 The Pahari school of Miniature paintings 1.Origin and development 2. Sub school Basohli, Guler, Kangra, Chamba and garhwal 3. Main features of Pahari-school 4. Painting description (Subject matter and composition with key words and minute details). 1. KRISHNA WITH GOPIS 	STILL-LIFE WATER COLOUR

		2. NAND, YASHODA AND KRISHNA	
		WITH KINSMEN GOING TO	
		VRINDAVAN	
		REVISION	
		UNIT- II	
JUNE	9	The Mughal school of miniature	
		paintings(16th -19th century)	
		a) The Mughal school Origin and	
		Development	
		b) Main Features	
		c) Painting description(Subject matter and	
		composition	Composition
		with keywords and minute details).	
		1. KRISHNA LIFTING MOUNT	
		GOVERDHANA	
		2. FALCON ON THE BIRD'S REST	
		3. KABIR AND RAIDAS	
		4. MARRIAGE PROCESSION OF DARA	
		SHIKOH	
	24	The Deccan school of Miniature Painting	
		1. Origin and development	
		2. Main features of Deccan-school	
JULY		3. Painting description (Subject matter and	
		composition with	Nature-study
		key words and minute details).	monochromatic
		1. Chand Bibi Playing Polo	
		2. Hazarat Nizamuddin Auliya and Amir	
		Khusro	
		Revision & First Terminal Examination	
	20	UNIT-III	
		The Bengal school of Painting and modern	
AUG		trends in Indian Arts	Natura atudu
		a) About the beginning to mid of the 20^{th}	
		century.	colour
		1. Evolution of Indian national flag, colour	
		significance ratio	

		2. Introduction Of Bengal School Of Painting	
		3. Main features	
		4. Contribution of Indian artist towards	
		National Freedom Movement	
		5. Painting description (Subject matter and	
		composition with key words and minute	
		details).	
		i) Journey's End	
		ii) Shiv And Sati	
		iii) Radhika	
		iv) Meghdoot	
		REVISION	
	19	The Modern Trends in Indian Art	
		Modern Indian Contemporary Paintings	
		i) Rama Vanquishing the pride of Ocean	D (1
SEPT		ii) Mother and Child	Poster on social
		iii) Haldi Grinders	A warness
		iv) Mother Teresa	
		REVISION	
	20	Graphic- prints	
		Techinique and medium used	
		i) Children	
OCT		ii) Devi	Eolle Ant
001		iii) Of Walls	FOIK AIT
		iv) Man Woman and Tree	
		Revision & Second Terminal Examination	
		Revision	
	15	SCULPTURES	
		Techniques and medium used	Composition of
NOV		i) Triumph of Labour	Nature with
		ii) Santhal Family	human and
		iii) Cries un-heard	animal figure
		iv) Ganesha	
DEC	19	Revision and Pre-Board -I	
JAN	20	Revision and Pre-Board- II	
FEB	21	Board Examination	