






# TECHNO INDIA GROUP PUBLIC SCHOOL, ARIADHAHA




## TERM-I SYLLABUS BIFURCATION EXAMWISE (2024-25)

**CLASS: XII**

### SUBJECT: Health & PHYSICAL EDUCATION (048)

SL.N O.	MONTH	FA1	PA - I	Half yearly
1.	APRIL	<p><b><u>Unit- I Management of Sporting Events</u></b></p> <p><b><u>F. A-10</u></b></p> <p>1. Functions of Sports Events Management (Planning, Organizing, Staffing, Directing &amp; Controlling)</p> <p>2. Various Committees &amp; their Responsibilities (pre; during &amp; post)</p> <p><b><u>F. A-10</u></b></p> <p>3. Fixtures and their Procedures – Knock-Out (Bye &amp; Seeding) &amp; League (Staircase, Cyclic, Tabular method) and Combination tournaments.</p> <p>4. Intramural &amp; Extramural tournaments – Meaning, Objectives &amp; Its Significance</p> <p>5. Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause &amp; Run for Unity)</p>		
2.	MAY	<p><b><u>Unit-II Children &amp; Women in Sports</u></b></p> <p><b><u>F. A-10</u></b></p> <p>1. Exercise guidelines of WHO for different age groups.</p> <p>2. Common postural deformities-knock knees, flat foot, round shoulders, Lordosis,</p>		

		<p>Kyphosis, Scoliosis, and bow legs and their respective corrective measures.</p> <p> <b><u>F. A-10</u></b></p> <p>3. Women’s participation in Sports – Physical, Psychological, and social benefits.</p> <p>4. Special consideration (menarche and menstrual dysfunction)</p> <p>5. Female athlete triad (osteoporosis, amenorrhea, eating disorders)</p>		
3.	JUNE	<p><b><u>Unit-III Yoga as Preventive measure for Lifestyle Diseases</u></b></p> <p> <b><u>F. A-10</u></b></p> <p>1. Obesity: Procedure, Benefits &amp; Contraindications of various related asanas</p> <p>2. Diabetes: Procedure, Benefits &amp; Contraindications of various related asanas</p> <p>3. Asthma: Procedure, Benefits &amp; Contraindications of various related asanas</p> <p>4. Hypertension: Procedure, Benefits &amp; Contraindications of various related asanas</p> <p>5. Back Pain and Arthritis: Procedure, Benefits &amp; Contraindications of various related asanas</p>		
4.	JUNE	<p><b><u>Unit-IV Physical Education and Sports for CWSN</u></b></p> <p> <b><u>F. A-10</u></b></p> <p>1. Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics)</p> <p>2. Concept of Classification and Divisioning in Sports.</p> <p>3. Concept of Inclusion in sports, its need, and Implementation;</p>		

		<p>4. Advantages of Physical Activities for children with special needs.</p> <p>5. Strategies to make Physical Activities assessable for children with special needs.</p>		
5.	JULY	<p style="text-align: center;"><b><u>Unit- V Sports &amp; Nutrition</u></b></p> <p style="text-align: center;"> <b><u>F.A-10</u></b></p> <p>1. Concept of balanced diet and nutrition</p> <p>2. Macro and Micro Nutrients: Food sources &amp; functions</p> <p>3. Nutritive &amp; Non-Nutritive Components of Diet</p> <p style="text-align: center;"> <b><u>F.A-10</u></b></p> <p>4. Eating for Weight control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, and Food Myths</p> <p>5. Importance of Diet in Sports-Pre, During and Post competition Requirement</p>	<p><b><u>P.A-I (40) Marks</u></b></p> <ul style="list-style-type: none"> <li>▪ <b>Theory=28</b> <b>Unit- (I to IV)</b></li> <li>▪ <b>Practical=12</b> <ul style="list-style-type: none"> <li>○ Physical Fitness Test:</li> <li>○ Proficiency in Games and Sports:</li> <li>○ Yogic Practices:</li> <li>○ Record File:</li> <li>○ Viva Voce:</li> </ul> </li> </ul>	
6.	AUGUST	<p style="text-align: center;"><b><u>Unit-VI Test &amp; Measurement in Sports</u></b></p> <p style="text-align: center;"> <b><u>F.A-10</u></b></p> <p>1. Fitness Test – SAI Khelo India Fitness Test in school</p> <p>2. Measurement of Cardiovascular Fitness – Harvard Step</p> <p>3. Computing Basal metabolic Rate (BMR)</p> <p>4. Rikli &amp; Jones – Senior Citizen Fitness Test</p>		

		<p>5. Johnsen – Methney Test of Motor Educability</p> <p style="text-align: center;"><b><u>Unit-VII Physiology &amp; Injuries in Sport</u></b></p> <p><b>+ F. A-10</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> </ol> <p><b>+ F.A-10</b></p> <ol style="list-style-type: none"> <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>		
7.	SEP			<p style="text-align: center;"><b><u>Half-Yearly Examination (100) marks</u></b></p> <ul style="list-style-type: none"> <li>▪ Theory=70 Unit- (I to VII)</li> <li>▪ Practical=30</li> <li>▪ Physical Fitness Test:</li> <li>▪ Proficiency in Games and Sports:</li> <li>▪ Yogic Practices:</li> </ul>

			<ul style="list-style-type: none"> <li>▪ Record File:</li> <li>▪ Viva Voce:</li> </ul>
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## SUBJECT : Commercial Art

SL. NO.	MONTH	FA1	PA - I	Half yearly
1	April	Family & friends in daily life (Marks-10)	Practical- Religious events & festivals, Theory- Rajasthani school & Pahari	Illustration- Family & friends in daily, professions, Game & sports, nature,  National event, Religious events  Poster making- Excursion/ Tourism, Cultural activity, nature development  Theory- Rajasthani & Pahari school of miniature painting, Mughal & Decan school of miniature painting, Bengal school of painting  Practical-70 + Theory-30
2	June	Social work- Clean on road, helping animals (Marks-10)	school of painting Practical-28 + Theory-12	
3	July	Game & sports- Football, Badminton (Marks-10)		
4	August			
5	September			

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### SUBJECT : Pure Mathematics

SL. NO.	MONTH	FA1	PA - I	Half yearly
1.	April	Relations & functions Matrix	Relations and functions	All chapters done in class.
2.	May	Determinants	Determinants	
3.	June	Inverse trigonometric functions Continuity	Continuity & differentiability	
4.	July	Differentiability		
5.	August	Application of derivative  Indefinite integrals		
6.	September	Definite integrals Application of integration		

### SUBJECT : BIOLOGY

SL. NO.	MONTH	FA1	PA - I	Half yearly
1	APRIL	➤ Sexual	➤ Sexual	➤ Sexual

		reproduction in Flowering Plants ➤ Human reproduction	reproduction in Flowering Plants ➤ Human reproduction	reproduction in Flowering Plants ➤ Human reproduction
2	MAY	Reproductive Health	➤ Reproductive Health	➤ Reproductive Health
3	JUNE	Principal of inheritance and Variation	➤ Principal of inheritance and Variation	➤ Principal of inheritance and Variation
4	JULY	Molecular Basis of Inheritance	➤ Molecular Basis of Inheritance	➤ Molecular Basis of Inheritance
5	AUGUST	➤ Principles and processes in biotechnology ➤ Biotechnology and its application		➤ Evolution ➤ Human Health and Diseases ➤ Microbes in Human Welfare
6	SEPTEMBER	Human Health and Diseases		➤ Principles and processes in biotechnology ➤ Biotechnology and its application

**SUBJECT: Computer Science(083)**

SL. NO.	MONTH	FA1	PA -I	Half yearly
1	May	Review python I+II		
2	June	Functions		
3	July	File handling	<ul style="list-style-type: none"> <li>• Review python I+II</li> <li>• Functions</li> <li>• File handling</li> <li>• Computer network</li> </ul>	
4	August	Computer network, stack		
5	September			<ul style="list-style-type: none"> <li>• Review python I+II</li> <li>• Functions</li> <li>• File handling</li> <li>• Stack</li> <li>• Computer network</li> <li>• Database Management</li> </ul>

**SUBJECT:APPLIED MATHEMATICS**

SL. NO.	MONTH	FA1	PA -I	Half yearly
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1	April	Matrix , Determinants, Inverse of a matrix	Matrix , Determinants, Inverse of a matrix  Inequalities , Numerical application  Modulo arithmetic ,  Differentiation , Integration  Differentiation equations , Inferential Statistics  LPP	Matrix , Determinants, Inverse of a matrix  Inequalities , Numerical application  Modulo arithmetic ,  Differentiation , Integration  Differentiation equations , Inferential Statistics  LPP
2	May	Inequalities , Numerical application		
3	June	Modulo arithmetic ,		
4	July	Differentiation , Integration		
5	August	Differentiation equations , Inferential Statistics		
6	September	LPP		

### SUBJECT : HINDI

SL. NO.	MONTH	FA1	PA - I	Half yearly
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3.	□□□	□□□□□□ □□□□□□		
4.	□□□□□		<ul style="list-style-type: none"> <li>• □□□□□ - □□□□□□□ □□ □□□□□□</li> <li>• □□□□□ - □□□□□ , □□□□□□□□□ , □□□□□□□□□</li> <li>• □□□□□ - □□□□□□□□□ □ , □□ □□□□ , □□□□□</li> <li>• □□□□□ - □□□□□□□ , □□ □□□□ □□□□□□ □□□□□□□□ □□□□□□□□ ,</li> <li>• □□□□□□□□□□ □□ □□ □□□□□□□ - □□□□□□□□□ □□□□□□□□ □□ □□□□□) □□□□ <b>3, 4 □□ 5 (</b> □□□□□□□□ □□□□□□</li> </ul>	
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## SUBJECT : BUSINESS STUDIES (054)

SL. NO.	MONTH	FA1	PA - I	Half yearly
1	April	QUIZ on Management is both science and arts	1. Nature and Significance of Management 2. Principles of Management 3. Business Environment 4. Planning 5. Organising	1. Nature and Significance of Management
2		Class Test F.M. - 10 on Management Functions		2. Principles of Management
3	May	Case study on Coordination		3. Business Environment
4	June	Quiz/GD on Principles of Management		4. Planning
5	July	Case study on Structure of Organisation		5. Organising
6	August	Class Test F.M. - 10 on Dimention of Business Environment		6. Financial Management
				7. Financial Markets
				8. Staffing

7	September	QUIZ on Planning		
8		Class Test F.M. - 10 on Staffing Process		

## SUBJECT : ECONOMICS

SL. NO.	MONTH	FA1	PA - I	HALF YEARLY
1	April	1 FA (Introduction:Macroeconomics)	➤ Introduction:Macroeconomics	➤ Introduction:Macroeconomics
2	May	1 FA (National income accounting)	➤ National income accounting	➤ National income accounting
3	June	1 FA (Indian economy on the eve of Independence+ Indian economy 1950-1990)	➤ Indian economy on the eve of Independence ➤ Indian economy 1950-1990 ➤ Money and banking	➤ Indian economy on the eve of Independence ➤ Indian economy 1950-1990 ➤ Money and banking
4	July	2 FA (Money and banking, Liberalisation, Privatisation and Globalisation: An appraisal)		➤ Liberalisation, Privatisation and Globalisation: An appraisal ➤ Determination of income and employment
5	August	2 FA (Determination of income and employment, Human		➤ Human capital

		capital formation in India + Rural development)		formation in India ➤ Rural development ➤ Government budget and the economy
6	September	1 FA (Government budget and the economy) + 1 Project work(CBSE)		

### SUBJECT : Bengali – 2<sup>nd</sup> language

SL. NO.	MONTH	FA1	PA - I	Half yearly
১.	এপ্রিল	কবিতা - রূপনারাণের কূলে গল্প - কে বাঁচায় কে বাঁচে, ব্যাকরণ - অপিনিহিতি অভিশ্রুতি, বাগধারা	কবিতা - রূপনারাণের কূলে, আমি দেখি, ক্রন্দনরতা জননীর পাশে গল্প - ভাত, কে বাঁচায়	কবিতা - রূপনারাণের কূলে, আমি দেখি, ক্রন্দনরতা জননীর পাশে, পড়তে জানে এমন এক মজুরের প্রশ্ন
২.	মে	আমার বাংলা- গারো পাহাড়ের নীচে নাটক - নানা রঙের দিন	নাটক - নানা রঙের দিন	নাটক - নানারঙের দিন
৩.	জুন	কবিতা - আমি দেখি আমার বাংলা- ছাতির বদলে হাতি	আমার বাংলা- গারো পাহাড়ের নীচে, ছাতির বদলে হাতি	নাটক - নানারঙের দিন
৪.	জুলাই	কবিতা-ক্রন্দনরতা জননীর পাশে গল্প - ভাত আমার বাংলা-মেঘের গায়ে জেলখানা ধ্বনিতত্ত্ব - স্বরভক্তি - স্বরসঙ্গতি বাগধারা	ব্যাকরণ - স্বরভক্তি, স্বরসঙ্গতি, অভিশ্রুতি, অপিনিহিতি, শব্দার্থের উতকর্ষ ও অপকর্ষ নির্মিতি - বিজ্ঞাপন ও প্রতিবেদন	গল্প - ভাত, কে বাঁচায় কে বাঁচে, ভারতবর্ষ আমার বাংলা- গারো পাহাড়ের নীচে, ছাতির বদলে হাতি, মেঘের গায়ে জেল,

৫.	অগাস্ট	গল্প – ভারতবর্ষ কবিতা- পড়তে জানে এমন এক মজুরের প্রশ্ন		পাতালপুরীর রাজ্যে,  নির্মিতি – প্রতিবেদন বিজ্ঞাপন  ব্যাকরণ – ধ্বনিতত্ত্ব, শব্দতত্ত্ব, বাগধারা ও প্রবাদপ্রবচন
৬.	সেপ্টেম্বর	আমার বাংলা- পাতালপুরীর রাজ্যে		

### SUBJECT : Chemistry

SL. NO.	MONTH	FA1	PA - I	Half yearly
1	April	Solutions	<ul style="list-style-type: none"> <li>Halo alkanes and Halo arenes</li> <li>Alcohols Phenol and ethers</li> </ul>	<ul style="list-style-type: none"> <li>Halo alkanes and Halo arenes</li> <li>Alcohols Phenol and ethers</li> <li>Aldehydes ketones and carboxylic acids</li> <li>Biomolecules</li> <li>Electrochemistry</li> </ul>
	June	Halo alkanes and Halo arenes		
2	July	Alcohols Phenol and ethers		
3	August	Aldehydes ketones and carboxylic acids		
4	September	Biomolecules and Electrochemistry		

### SUBJECT : FND

SL. NO.	MONTH	FA1	PA - I	Half yearly
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1	April	Therapeutic nutrition	Therapeutic nutrition Therapeutic diet Nutrition and infection Fever Eating disorder	<p><b><u>THEORY</u></b></p> <ul style="list-style-type: none"> <li>• Therapeutic nutrition</li> <li>• Therapeutic diet</li> <li>• Nutrition and infection</li> <li>• Methods of cooking <ul style="list-style-type: none"> <li>• Fever</li> </ul> </li> <li>• Eating disorder <ul style="list-style-type: none"> <li>• Diarrhea</li> <li>• Hypertension</li> <li>• Jaundice</li> <li>• Diabetes</li> <li>• Obesity</li> </ul> </li> </ul> <p><b><u>PRACTICAL</u></b></p> <ul style="list-style-type: none"> <li>• Therapeutic modification of normal diet</li> <li>• Topics done in lab file (viva)</li> <li>• PPT presentation</li> </ul>
		Therapeutic diet		
		Nutrition and infection		
2	June	Fever		
		Eating disorder		
3	July			
4	August	Diarrhea		
		Hypertension		
		Diabetes		
5	September			



**SUBJECT : English**

<b>SL. NO.</b>	<b>MONTH</b>	<b>FA1</b>	<b>PA - I</b>	<b>Half yearly</b>
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1	April	The Last Lesson		
2	April	The Third Level		
3	April	Notice Writing		
4	April	My mother at sixty six		
5	April	Comprehension		
6	May	The Lost spring		
7	May	Application for a job with bio data		
8	May	Comprehension		
9	June	The Tiger King		
10	June	Deep Water		
11	June	Comprehension		
12	July	The ratttrap	ALL CHAPTERS DONE TILL JUNE	
13	July	Keeping quiet		
14	July	Indigo		
15	July	Journey to the end of the earth		
16	July	Invitation-Formal and Informal		
17	July	Comprehension		
18	August	A thing of beauty		
19	August	Poets and Pancakes		
20	August	The enemy		
21	August	On the face of it		
22	August	The interview		
23	August	Report Writing		
24	September	A roadside strand		ALL CHAPTERS DONE BETWEEN APRIL-SEPTEMBER

**SUBJECT : Accountancy**

<b>SL. NO.</b>	<b>MONTH</b>	<b>FA1</b>	<b>PA - I</b>	<b>Half yearly</b>
<b>1</b>	April	QUIZ on Accounting for partnership		
<b>2</b>	April	Class Test F.M. - 10 PL Appropriation		<b>1. Partnership: features, Partnership Deed.</b>
<b>3</b>	May	Case study on provision for Partnership Deed	<b>1. Partnership: features, Partnership Deed.</b>	<b>2. Provisions of the Indian Partnership Act 1932 in the absence of partnership deed.</b>
<b>4</b>	June	QUIZ on Partnership Firm	<b>2. Provisions of the Indian Partnership Act 1932 in the absence of partnership deed.</b>	<b>3. Fixed v/s fluctuating capital A/C</b>
<b>5</b>	July	Class Test F.M. - 10 on Goodwill	<b>3. Fixed v/s fluctuating capital A/C</b>	<b>4. Preparation of Profit and Loss Appropriation A/c</b>
<b>6</b>	August	Quiz on Change in Profit Sharing Ratios	<b>4. Preparation of Profit and Loss Appropriation A/c</b>	<b>5. Goodwill</b>
<b>7</b>	Sept.	Case study on Dissolution of Partnership Firm	<b>5. Goodwill</b>	<b>6. Change in the Profit Sharing Ratio</b>
<b>8</b>	Sept.	Class Test F.M. - 10 on Admission of a Partner	<b>6. Change in the Profit Sharing Ratio</b>	<b>7. Admission of a partner</b>
			<b>7. Admission of a partner</b>	<b>8. Retirement and death of a partner</b>
				<b>9. Calculation of deceased partner's share of profit</b>
				<b>10. Dissolution of a partnership firm</b>

## SUBJECT : Physics

SL. NO.	MONTH	FA1	PT1	HALF YEARLY
1	April	Electric field and charges & Atom	1.Electric field and charges	1.Electric field and charges
2	June	Electrostatic potential and capacitance	2.Atom 3.Electrostatic potential and capacitance	2.Atom 3.Electrostatic potential and capacitance
	July	Current Electricity , Magnetic effect of current	4.Magnetic properties of matter 5.Current Electricity 6.Magnetic effect of current	4.Magnetic properties of matter 5.Current Electricity 6.Magnetic effect of current
3	August	Electromagnetic induction & alternating current		7.Electromagnetic induction 8. AC current
4	September	Dual Nature		9.Dual Nature





# TECHNO INDIA GROUP PUBLIC SCHOOL, ARIADHAHA

## TERM-I SYLLABUS BIFURCATION MONTHLY (2024-25)

**CLASS: XII**

### SUBJECT: PHYSICAL EDUCATION (048)

SL. NO.	TOPIC	SUB TOPIC	MONTH
1.	Unit- I Management of Sporting Events	<ul style="list-style-type: none"><li>❖ <b>Theory:</b> 1. Functions of Sports Events Management (Planning, Organizing, 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><li>❖ <b>Practical:</b> Yoga &amp; IOA recognized sports</li></ul>	APRIL 1 <sup>st</sup> & 2 <sup>nd</sup> week
2.	Unit-II Children & Women in Sports	<ul style="list-style-type: none"><li>❖ <b>Theory:</b> 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 –</li></ul>	APRIL 3 <sup>rd</sup> & 4 <sup>th</sup> week



		<p>Physical, Psychological, and social benefits.</p> <p>4. Special consideration (menarche and menstrual dysfunction)</p> <p>5. Female athlete triad (osteoporosis, amenorrhea, eating disorders)</p> <p>❖ <b><u>Practical:</u></b> Yoga &amp; IOA recognized sports</p>	
3.	<p><b>Unit-III Yoga as Preventive measure for Lifestyle Diseases</b></p>	<p>❖ <b><u>Theory:</u></b> 1. Obesity: Procedure, Benefits &amp; Contraindications of various related asanas</p> <p>2. Diabetes: Procedure, Benefits &amp; Contraindications of various related asanas</p> <p>3. Asthma: Procedure, Benefits &amp; Contraindications of various related asanas</p> <p>4. Hypertension: Procedure, Benefits &amp; Contraindications of various related asanas</p> <p>5. Back Pain and Arthritis: Procedure, Benefits &amp; Contraindications of various related asanas</p> <p>❖ <b><u>Practical:</u></b> Yoga &amp; IOA recognized sports</p>	<p><b>MAY</b> <b>1<sup>st</sup> week</b></p>
4.	<p><b>Unit-IV Physical Education and Sports for CWSN (Children with Special Needs - Divyang)</b></p>	<p>❖ <b><u>Theory:</u></b> 1. Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics)</p> <p>2. Concept of Classification and Divisioning in Sports.</p> <p>3. Concept of Inclusion in sports, its need, and Implementation;</p>	<p><b>MAY</b> <b>2<sup>nd</sup> &amp;</b> <b>JUNE</b> <b>3<sup>rd</sup> week</b></p>

		<p>4. Advantages of Physical Activities for children with special needs.</p> <p>5. Strategies to make Physical Activities assessable for children with special needs.</p> <p>❖ <b>Practical:</b> Yoga &amp; IOA recognized sports</p>	
5.	<b>Unit- V Sports &amp; Nutrition</b>	<p>❖ <b>Theory:</b> 1. Concept of balanced diet and nutrition</p> <p>2. Macro and Micro Nutrients: Food sources &amp; functions</p> <p>3. Nutritive &amp; Non-Nutritive Components of Diet</p> <p>4. Eating for Weight control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, and Food Myths</p> <p>5. Importance of Diet in Sports-Pre, During and Post competition Requirements</p> <p>❖ <b>Practical:</b> Yoga &amp; IOA recognized sports</p>	<b>JUNE 4<sup>th</sup> &amp; JULY 1<sup>st</sup> week</b>
6.	<b>Unit-VI Test &amp; Measurement in Sports</b>	<p>❖ <b>Theory:</b> 1. Fitness Test – SAI Khelo India Fitness Test in school:</p> <ul style="list-style-type: none"> <li>• Age group 5-8 years/class 1-3</li> <li>• Age group 9-18yrs/ class4-12</li> </ul> <p>2. Measurement of Cardiovascular Fitness –Harvard Step</p> <p>3. Computing Basal metabolic Rate (BMR)</p>	<b>JULY 2<sup>nd</sup> week</b>

		<p>4. Rikli &amp; Jones – Senior Citizen Fitness Test</p> <p>5. Johnsen – Methney Test of Motor Educability</p> <p>❖ <b><u>Practical:</u></b> Yoga &amp; IOA recognized sports</p>	
7.	<p><b>Unit-VII Physiology &amp; Injuries in Sport</b></p>	<p>❖ <b><u>Theory:</u></b> 1. Physiological factors determining components of physical fitness</p> <p>2. Effect of exercise on the Muscular System</p> <p>3. Effect of exercise on the Cardio-Respiratory System</p> <p>4. Physiological changes due to aging</p> <p>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)</p> <p>❖ <b><u>Practical:</u></b> Yoga &amp; IOA recognized sports</p>	<p><b>AUG</b></p>

**SUBJECT: Commercial Art**

SL. NO.	TOPIC	SUB TOPIC	MONTH
Unit-1	Composition making	❖ <u>PRACTICAL</u> : Watching TV, indoor game, tea & food chat,	April- 1 <sup>st</sup> week
	daily life	❖ <u>PRACTICAL</u> : cooking, study room	April- 2 <sup>nd</sup> week
	Composition for illustration	❖ <u>PRACTICAL</u> : Profession- Doctor, Teacher, Engineer	April- 3 <sup>rd</sup> week
	History of art	❖ <u>THEORY</u> : Rajasthani school of painting (Origin and development, sub-school, Main features- Maruragini, Chaugan players, Krishna on swing, Radha, Bharat meets Rama at chitra kuta.)	April- 4 <sup>th</sup> week
Unit-2	Poster making	❖ <u>PRACTICAL</u> : Community development- Farmers	May-1 <sup>st</sup> week
		❖ <u>PRACTICAL</u> : Nature development- Save Earth, replantation,	May-2 <sup>nd</sup> week
		❖ <u>PRACTICAL</u> : Social work- Clean on road, helping animals	June-3 <sup>rd</sup> week
	History of art	❖ <u>THEORY</u> : Pahari school of	June-4 <sup>th</sup> week

		painting Origin and development, sub-school, Main features- Krishna with Nand, Nand, Yashoda and Krishna kinsmen going to vrindavana)	
<b>Unit-3</b>	Illustration	❖ <u>PRACTICAL</u> : Game & sports- Football, Badminton	July-1 <sup>st</sup> week
		❖ <u>PRACTICAL</u> : Nature- Forest, hill station,	July-2 <sup>nd</sup> week
	Folk art	❖ <u>PRACTICAL</u> : Madhubani & Kalighat patachitra,	July-3 <sup>rd</sup> week
	History of art	❖ <u>THEORY</u> : Mughal miniature painting, (Origin and development, sub-school, Main features- Krishna lifting mount gobordhana, Falcon on a bird rest, Kabir and Raidas, Marriage procession of Dara shukoh)	July-4 <sup>th</sup> week
<b>Unit-4</b>	Illustration	❖ <u>PRACTICAL</u> : National event- Republic day	August-1 <sup>st</sup> week
		❖ <u>PRACTICAL</u> : Druga utsab, Eid, Diwali, Christmas	August-2 <sup>nd</sup> week

		day	
	Revision	❖ <u>PRACTICAL</u> : Finishing touch of all work.	August-3 <sup>rd</sup> week
	History of art	❖ <u>THEORY</u> : Decan school of painting(Origin and development, sub-school, Main features (Hazrat Nizamuddin Auliya & Amir Khusro, Chand Bibi playing Polo– & Bengal school of painting I (Origin and development, sub-school, Main features – National flag of India and the symbolic significance of its forms and the colors. journy’s end ,Shiv and Sati, Radhika,Meghoot	August-4 <sup>th</sup> week

**SUBJECT : Pure Mathematics(041)**

SL. NO.	TOPIC	SUB TOPIC	MONTH
1.	Relation & functions  Matrix  Determinants		April
2.	Inverse trigonometric		May

	functions		
3.	Continuity Differentiability		June
4.	Application of derivative Indefinite integrals	Integration by substitution Trigonometric identities By parts	July
5.	Indefinite integrals Definite integrals	Integration using special integrals Partial fraction	August
6.	Application of integration		September

**SUBJECT :HINDI**

SL. NO.	TOPIC	SUB TOPIC	MONTH
1.	हरिवंश राय बच्चन(कविता) – आत्मपरिचय	<ul style="list-style-type: none"> <li>पाठ परिचय , कवि परिचय , साखी की, व्याख्या , प्रश्नोत्तर</li> </ul>	अप्रैल

	- एक गीत(आरोह भाग-2)		
2.	-अनुच्छेद, रचनात्मक लेखन	• लेखन और उसके नियम	
3.	-विभिन्न मध्यमों के लिए लेखन (पाठ 3, 4 और 5)	• विभिन्न मध्यमों के लिए लेखन पर चर्चा	
4.	कविता/कहानी/नाटक की रचना प्रक्रिया नाटयरूपांतरण (11,12,13)	• पाठ परिचय , पाठ का सार प्रश्नोत्तर	मई
5.	<b>महादेवी वर्मा</b> भक्तिन(गद्य) आरोह भाग-2	• पाठ परिचय , लेखक परिचय , पाठ का सार प्रश्नोत्तर	
6.	<b>आलोक धन्वा</b> आरोह भाग-2 -पतंग(कविता)	• पाठ परिचय , कवि परिचय , साखी की, व्याख्या , प्रश्नोत्तर	जून
7.	<b>जैनेन्द्र वुफमार</b> आरोह भाग-2 - बाज़ार दर्शन(गद्य)	• पाठ परिचय , लेखक परिचय , पाठ का सार प्रश्नोत्तर	
8.	<b>सिल्वर वैडिंग</b> (गद्य) -मनोहर श्याम जोशी(वितान)	• पाठ परिचय , लेखक परिचय , पाठ का सार प्रश्नोत्तर	
9.	<b>धर्मवीर भारती</b> - (गद्य)	• पाठ परिचय , लेखक परिचय , पाठ का	जून



	काले मेघा पानी दे (आरोह भाग-2)	सार प्रश्नोत्तर	
10.	समाचार लेखन (उल्टा पिरामिड शैली)/फीचर लेखन/आलेख लेखन	• पाठ परिचय , पाठ का सार प्रश्नोत्तर	
11.	पत्र (औपचारिक )		
12.	कुंवरनारायण(कवि ता) – कविता के बहाने – बात सीधी थी पर (आरोह भाग-2)	• पाठ परिचय , कवि परिचय , साखी की, व्याख्या , प्रश्नोत्तर	जुलाई
13.	फणीश्वर नाथ रेणु(गद्य) – पहलवान की ढोलक(आरोह भाग- 2)	• पाठ परिचय , लेखक परिचय , पाठ का सार प्रश्नोत्तर	
14.	रघुवीर सहाय(कविता) – कैमरे में बंद अपाहिज(आरोह भाग-2)	• पाठ परिचय , कवि परिचय , साखी की, व्याख्या , प्रश्नोत्तर	
15.	- जूझ आनंद यादव(वितान-2)	• पाठ परिचय , लेखक परिचय , पाठ का सार प्रश्नोत्तर	
16.	शमशेर बहादुर	• पाठ परिचय , कवि	अगस्त

	सिंह(कविता) – उषा(आरोह भाग-2)	परिचय , साखी की, व्याख्या , प्रश्नोत्तर	
17.	सूर्यकांत त्रिपाठी 'निराला' (कविता)– बादल राग-आरोह	• पाठ परिचय , कवि परिचय , साखी की, व्याख्या , प्रश्नोत्तर	
18.	-परियोजना कार्य		सितंबर
19.	-श्रवण तथा वाचन		
20.	-अपठित गद्यांश , काव्यांश		
21.	-Sample Paper -अभ्यास कार्य		

**SUBJECT : ECONOMICS**

<b>SL. NO.</b>	<b>TOPIC</b>	<b>SUB TOPIC</b>	<b>MONTH</b>
1	Introduction: Macroeconomics	✓ Basic concepts of Macroeconomics (explanation)	April
2	National income accounting	✓ Circular flow of income ✓ Various methods of calculating national income ✓ Nominal and Real GDP ✓ GDP and welfare (Explanation & solving numericals)	April
3	Indian economy on the eve of Independence	✓ Low level of economic development under colonial rule ✓ Condition of Agricultural sector, industrial sector, Foreign trade, Demographic condition, Occupational structure , Infrastructure under colonial rule (explanation)	May
4	Indian economy 1950-1990	✓ The goals of Five year plans ✓ Condition of Agriculture, Industry and trade ✓ Trade policy: Import substitution (explanation)	May
5	Money and banking	✓ Functions of money ✓ Demand for money and	June

		<p>Supply of money</p> <ul style="list-style-type: none"> <li>✓ Money creation by banking system</li> <li>✓ Limits to credit creation and money multiplier</li> <li>✓ Policy tools to control money supply</li> </ul> <p>(explanation with numerical illustrations)</p>	
6	Liberalisation, Privatisation and Globalisation: An appraisal	<ul style="list-style-type: none"> <li>✓ Reforms under policy of Liberalisation</li> <li>✓ Reforms under policy of Privatisation</li> <li>✓ Reforms under policy of Globalisation</li> <li>✓ Indian economy during reforms: An assessment (explanation)</li> </ul>	July
7	Determination of income and employment	<ul style="list-style-type: none"> <li>✓ Aggregate demand and its components</li> <li>✓ Determination of equilibrium income in the short-run</li> <li>✓ The multiplier mechanism (both numerical and graphical illustration)</li> <li>✓ Solving numericals</li> </ul>	July
8	Human capital formation in India	<ul style="list-style-type: none"> <li>✓ Meaning of Human Capital</li> <li>✓ Sources of Human Capital</li> <li>✓ Human Capital and Human Development</li> </ul>	August

		<ul style="list-style-type: none"> <li>✓ State of Human Capital formation in India</li> <li>✓ Future prospects of Human Capital formation (explanation)</li> </ul>	
9	Rural development	<ul style="list-style-type: none"> <li>✓ Meaning of Rural development</li> <li>✓ Credit and Marketing in rural areas</li> <li>✓ Agricultural market system</li> <li>✓ Diversification into productive activities</li> <li>✓ Sustainable development and organic farming (explanation)</li> </ul>	August
10	Government budget and the economy	<ul style="list-style-type: none"> <li>✓ Meaning and components of Government budget</li> <li>✓ Objectives of Government budget</li> <li>✓ Classification of receipts and expenditures</li> <li>✓ Balanced, Surplus and Deficit budget</li> <li>✓ Measures of Government deficit (explanation)</li> </ul>	August
11	Employment: Growth, Informalisation and other issues	<ul style="list-style-type: none"> <li>✓ Workers and employment</li> <li>✓ Participation of people in employment</li> <li>✓ Self-employed and hired workers</li> <li>✓ Employment in firms, factories and offices</li> </ul>	September

- |  |  |  |  |
|--|--|--|--|
|  |  | <ul style="list-style-type: none"><li>✓ Growth and changing structure of employment (Case study)</li><li>✓ Informalisation of Indian workforce</li><li>✓ Unemployment</li><li>✓ Government and employment generation (explanation)</li></ul> |  |
|  |  |  |  |

**SUBJECT : ACCOUNTANCY (055)**

<b>SL. NO.</b>	<b>TOPIC</b>	<b>SUB TOPIC</b>	<b>MONTH</b>
1	Accounting for Partnership Firms	Partnership: features, Partnership Deed. (Concept discussion of Partnership Firm and legal requirement etc)	APRIL
		Provisions of the Indian Partnership Act 1932 in the absence of partnership deed. (Rules to be discussed)	
		Fixed v/s fluctuating capital accounts. (Effects in Accounting)	
		Preparation of Profit and Loss Appropriation A/C ( Accounting treatment and Format, Numericals problems solved in class from Ncert Book )	
		Goodwill( Accounting treatment and Formulae, Different Numericals problems in class )	MAY
2	Reconstitution and Dissolution	Change in the Profit Sharing Ratio (Theoretical discussion , rules and Numericals, Assignment )	JUN
		Admission of a partner (Theoretical discussion , rules and Numericals solved and HW )	JUL
		Retirement and death of a partner (Rules for Accounting treatment and Numericals )	AUG
		Calculation of deceased partner's share of profit (Theoretical discussion , rules and Numericals)	
		Dissolution of a partnership firm (Theoretical discussion , rules and	SEP

		Numericals)	
		COMPANY SURVEY TO KNOW ACCOUNTING PROCEDURE AND RECORD KEEPING	

<b>SUBJECT : BUSINESS STUDIES(054)</b>			
<b>SL. NO.</b>	<b>TOPIC</b>	<b>SUB TOPIC</b>	<b>MONTH</b>
1	Nature and Significance of Management	Management – concept, objectives, and importance (concept discussion , Board work, Notes and Assignment / Case studies )	APR
		Management as Science, Art and Profession (concept discussion , Board work, Notes and Assignment / Case studies )	
		Levels of Management (concept discussion , Board work, Notes and Assignment / Case studies )	
		Management functions (concept discussion , Board work, Notes and Assignment / Case studies )	
		Coordination (concept discussion , Board work, Notes and Assignment / Case studies )	
2	Principles of Management	Principles of Management- concept	MAY
		Fayol’s principles of management (concept discussion , Board work,	



		Notes and Assignment / Case studies )	
		Taylor's Scientific management (concept discussion , Board work, Notes and Assignment / Case studies )	JUN
3	Business Environment	Business Environment- concept	JUN
		Dimensions of Business Environment (discussion)	
		Demonetization ( Discussion , case studies )	
4	Planning	Concept, importance	JUN
		Planning process	
		Single use and standing plans	JUL
5	Organising	Concept and importance	
		Organising Process (Board work, Chart , discussion)	
		Structure of organisation	
		Delegation (concept discussion , Board work, Notes and Assignment / Case studies )	
6	Financial Management	Concept, role and objectives	AUG
		Financial decisions, Planning	
		Capital Structure (concept discussion , Board work, Notes and Assignment / Case studies )	

		Fixed and Working Capital (concept discussion , Board work, Notes and Assignment / Case studies )	
7	Financial Markets	Financial Markets: Concept	
		Money Market: Concept	
		Capital market and its types	
		Securities and Exchange Board of India (SEBI)	
8	Staffing	Concept and importance	SEP
		Staffing process (concept discussion , Board work, Notes and Assignment / Case studies )	
		Recruitment process (concept discussion , Board work, Notes and Assignment / Case studies )	SEP
		Selection – process	
		Training and Development (concept discussion , Board work, Notes and Assignment / Case studies )	
		Visit to a Departmental Stores for survey of retail marketing	

### SUBJECT : APPLIED MATHEMATICS

SL. NO.	TOPIC	SUB TOPIC	MONTH
1	Matrices	<ul style="list-style-type: none"> <li>• Introduction of matrices</li> <li>• types of matrices</li> <li>• size and order of</li> </ul>	

		<p>matrices</p> <ul style="list-style-type: none"> <li>• transpose of matrix</li> <li>• symmetric and skewsymmetric matrices</li> <li>• algebra of matrices</li> </ul>	April
2	Determinants	<ul style="list-style-type: none"> <li>• finding value of determinants</li> </ul>	
3	Inverse of matrix	<ul style="list-style-type: none"> <li>• application of inverse of matrix</li> <li>• solving simultaneous equations ( matrix method , Cramer's rule)</li> </ul>	
4	Inequalities	<ul style="list-style-type: none"> <li>• Solving inequations and its applications</li> </ul>	May
5	Numerical Application	<ul style="list-style-type: none"> <li>• Application of real lifeworld problems</li> <li>• application of upstream, downstream, pipes and cisterns</li> <li>• races and games</li> </ul>	
6	Modulo arithmetic	<ul style="list-style-type: none"> <li>• Application on modulo arithmetic</li> </ul>	June
7	Differentiation	<ul style="list-style-type: none"> <li>• implicit, algebraic, parametric</li> <li>• applications (rate measure, increasing decreasing functions, maxima minima, tangents and normals)</li> <li>• Cost and revenue functions</li> </ul>	

8	Integration	<ul style="list-style-type: none"> <li>• Types of integration</li> <li>• applications</li> </ul>	July
9	Differenti al equation s	<ul style="list-style-type: none"> <li>• Order and degree</li> <li>• Solving</li> <li>• Application</li> </ul>	August
10	Inferenti al statistics	<ul style="list-style-type: none"> <li>• Population sample</li> <li>• Parameter statistics</li> <li>• t - test</li> </ul>	
11	Linear Programmi ng problems (LPP)	<ul style="list-style-type: none"> <li>• Solving LPP</li> </ul>	September

### SUBJECT : BIOLOGY

SL. NO.	TOPIC	SUB TOPIC	MONTH
1.	REPRODUCTION	Sexual reproduction in Flowering Plants	April
		Human reproduction	
		Reproductive Health	
2.	GENETICS & EVOLUTION	Principal of inheritance and Variation	May
		Molecular Basis of Inheritance	June
		Evolution	July
3.	BIOLOGY & HUMAN WELFARE	Human Health and Diseases	

		Microbes in Human Welfare	
4.	BIOTECHNOLOGY & APPLICATIONS	Principles and processes in biotechnology	August
		Biotechnology and its application	
		REVISION & SAMPLE PAPER (Assignment on Half Yearly Syllabus)	September

### SUBJECT: Computer Science(083)

SL. NO.	TOPIC	SUBTOPIC	MONTH
1	Computational thinking and programming -Python	Recap session on previous year topics up to dictionary	April
		Functions (Lab work)	May
		Introduction to files (Project work)	
		Text file (Lab work)	June
		Binary file (Lab work)	
		CSV file (Lab work)	
		Data structure (Lab work)	
2	Computer Networks	Evolution of networking	July
		Data communication technologies	
		Transmission media	

		Networking devices	August
		Networking topologies and networking types	
		Network protocol	
		Introduction to web services	
3	Database Management	Database concepts (Lab work)	September
		Relational data model (Lab work)	
		Structured query language (Lab work)	
		All chapters revision	
* Project file topics will be given on Python SQL connector.			

### SUBJECT : Bengali

SL. N.	TOPIC	SUB TOPIC	MONTH
১.	কবিতা - রূপনারাণের কূলে – রবীন্দ্রনাথ ঠাকুর	কবি পরিচিতি - কবিতা পাঠ কবিতার সারাংশ - প্রশ্নের উত্তর।	এপ্রিল
২.	গল্প - কে বাঁচায় কে বাঁচে, - মানিক বন্দ্যোপাধ্যায়।	লেখক পরিচিতি - গল্প পাঠ- প্রশ্নের উত্তর।	
৩.	গারো পাহাড়ের নীচে - সুভাষ মুখোপাধ্যায়	গল্প পাঠ ও আলোচনা - প্রশ্ন-উত্তর	
৪.	নির্মিতি	প্রতিবেদন পাঠ - শিরোনাম ও তিনটি বাক্যের উপর ভিত্তি করে মূল বিষয় লেখা।	
৫.	ব্যাকরণ	ধ্বনিতত্ত্ব - অপিনিহিতি – অভিশ্রুতি	

		বাগধারা	
৬.	নাটক - নানারঙের দিন	গল্প পাঠ ও আলোচনা - প্রশ্ন-উত্তর	মে
৭.	ব্যাকরণ	শব্দার্থতত্ত্ব - শব্দের উৎকর্ষ- অপকর্ষ বাগধারা	
৮.	নির্মিতি	বিজ্ঞাপন তৈরী - গ্রীষ্মের ছটির কাজ প্রদান - ব্যক্তিজীবনের ঘটনার ভিত্তিতে গল্প লেখা।	
৯.	কবিতা - আমি দেখি - শক্তি চট্টোপাধ্যায়	কবি পরিচিতি - কবিতা পাঠ - কবিতার সারাংশ - প্রশ্নের উত্তর।	জুন
১০.	আমার বাংলা- ছাতির বদলে হাতি - সুভাষ মুখোপাধ্যায়	গল্প পাঠ ও আলোচনা - প্রশ্ন-উত্তর	
১১.	নির্মিতি	বিজ্ঞাপন তৈরী	
১২.	ব্যাকরণ	ধ্বনিতত্ত্ব - স্বরভক্তি - স্বরসঙ্গতি বাগধারা	
১৩.	গল্প - ভাত - মহাশ্বেতা দেবী	গল্প পাঠ ও আলোচনা - প্রশ্ন-উত্তর	জুলাই
১৪.	মেঘের গায়ে জেলখানা - সুভাষ মুখোপাধ্যায়	গল্প পাঠ ও আলোচনা - প্রশ্ন-উত্তর	
১৫.	ক্রন্দনরতা জননীর পাশে - মৃদুল দাশগুপ্ত	কবি পরিচিতি - কবিতা পাঠ - কবিতার সারাংশ - প্রশ্নের উত্তর।	
১৬.	ব্যাকরণ	শব্দার্থতত্ত্ব - অর্থের সংকোচন ও প্রসারণ বাগধারা	
১৭.	নির্মিতি	প্রতিবেদন পাঠ - শিরোনাম ও তিনটি	

		বাক্যের উপর ভিত্তি করে মূল বিষয় লেখা।	
১৮.	গল্প - ভারতবর্ষ - সৈয়দ মুসতফা সিরাজ	গল্প পাঠ ও আলোচনা - প্রশ্ন-উত্তর	অগাষ্ট
১৯.	কবিতা- পড়তে জানে এমন এক মজুরের প্রশ্ন	কবি পরিচিতি - কবিতা পাঠ - কবিতার সারাংশ - প্রশ্নের উত্তর।	
২০.	ব্যাকরণ	প্রতিবেদন পাঠ - শিরোনাম ও তিনটি বাক্যের উপর ভিত্তি করে মূল বিষয় লেখা।	
২১.	নির্মিতি	ধনিতত্ত্ব ও শব্দার্থতত্ত্ব - পুনরালোচনা বাগধারা	
২২.	পাতালপুরীর রাজ্যে - সুভাষ মুখোপাধ্যায়	গল্প পাঠ- আলোচনা - প্রশ্নের উত্তর।	সেপ্টেম্বর
২৩.	ব্যাকরণ	ধনিতত্ত্ব ও শব্দার্থতত্ত্ব - পুনরালোচনার বাগধারা	

**SUBJECT : Chemistry (043)**

SL. NO.	TOPIC	SUB TOPIC	MONTH
1	Solutions	Concentration terms Raoult's law Colligative properties Abnormal molecular masses	APRIL
2	Haloalkanes and Haloarenes	Nomenclature Preparations Physical and Chemical	MAY



		properties	
3	Haloalkanes and Haloarenes + Alcohol Phenols and ethers	Nomenclature Preparations Physical and Chemical properties + Nomenclature Preparations Physical and Chemical properties	JUNE
4	Alcohol Phenols and ethers + Aldehydes ,Ketones and Carboxylic Acids	Nomenclature Preparations Physical and Chemical properties + Nomenclature Preparations Physical and Chemical properties	July
5	Biomolecules + Electrochemistry	Carbohydrates, proteins and fats (physical and chemical properties) + Electrochemical cell, galvanic cell, Nernst equation,	August

		conductance ,molar conductance	
6	Electrochemistry	Limiting molar conductivity, Faradays law + Revision	September

**SUBJECT : English**

<b>SL. NO.</b>	<b>TOPIC</b>	<b>SUB TOPIC</b>	<b>MONTH</b>
1	The Last Lesson	*Explanation *Questions and answers	April
2	The Third Level	*Explanation *Questions and answers	April
3	Notice Writing	Practice Worksheets	April
4	My mother at sixty six	*Explanation *Questions and answers	April
5	Comprehension	Practice Worksheets	April
6	The Lost spring	*Explanation *Questions and answers	May
7	Application for a job with bio data	Practice Worksheets	May
8	Comprehension	Practice Worksheets	May
9	The Tiger King	*Explanation *Questions and answers	June
10	Deep Water	*Explanation *Questions and answers	June
11	Comprehension	Practice Worksheets	June
12	The rattrap	*Explanation *Questions and answers	July
13	Keeping quiet	*Explanation *Questions and answers	July
14	Indigo	*Explanation *Questions and answers	July
15	Journey to the end of the earth	*Explanation *Questions and answers	July
16	Invitation-Formal and Informal	Practice Worksheets	July
17	Comprehension	Practice Worksheets	July
18	A thing of beauty	*Explanation *Questions and answers	August
19	Poets and Pancakes	*Explanation *Questions and answers	August
20	The enemy	*Explanation *Questions and answers	August
21	On the face of it	*Explanation *Questions and answers	August
22	The interview	*Explanation *Questions and answers	August
23	Report Writing	Practice Worksheets	August
24	A roadside strand	*Explanation *Questions and answers	September



**SUBJECT : Food, Nutrition and Dietetics**

<b>SL. NO.</b>	<b>TOPIC</b>	<b>SUB TOPIC</b>	<b>MONTH</b>
<b>1</b>	Therapeutic Nutrition	Role of dietitian in health care and nutritional care	April
<b>2</b>	Therapeutic Diets	Causes Types of modification	April
<b>3</b>	Nutrition and infection	Cycle of malnutrition and infection Interactions of infection and nutritional status	April
<b>4</b>	Methods of cooking	Moist heat methods Dry heat methods	May
<b>5</b>	Fever	Definition Causes and symptoms Classification Metabolic changes Dietary management of different classes of fevers Menu planning	June
<b>6</b>	Eating disorders	Anorexia nervosa	June

		<p>Bulimia nervosa</p> <p>Binge eating disorder</p> <p>(causes , symptoms and management)</p>	
<b>7</b>	Diarrhoea	<p>Definition</p> <p>Causes</p> <p>Symptoms</p> <p>Treatment and management</p>	July
<b>8</b>	Hypertension	<p>Types</p> <p>Causes</p> <p>Symptoms</p> <p>Dietary management (focused on DASH diet)</p>	July
<b>9</b>	Jaundice	<p>Causes</p> <p>Symptoms</p> <p>Dietary management</p>	July+August
<b>10</b>	Diabetes	<p>Concept</p> <p>Causes</p> <p>Types</p> <p>Symptoms</p> <p>Management</p>	August
<b>11</b>	Obesity	<p>Causes</p> <p>Complications</p>	August

		Consequences management	

**CLASS: XII( PHYSICS)**

SL. NO.	TOPIC	SUB TOPIC	MONTH
1	Electric field and charges & Atom	Electric charges and Fields Atom Gauss Law and its application	APRIL
2	Electrostatic potential and capacitance	Electrostatic potential Capacitor and capacitance	MAY
3	Magnetic properties of matter	Coulomb's law of magnetism Gauss law of magnetism Magnetic material	JUNE
4	Current Electricity , Magnetic effect of current	Ohm.s law, Kirchoff's rule ,electrical power Biot savart's rule, ampere circuital rule, magnetic torque, Galvanometer	July
5	Electromagnetic induction and AC current	Faraday's rule, Lenz rule, Generation of variable induced voltage, Self and mutual induction AC current, RLC circuit, resonance , Power factor , Transformer	August
6	Dual Nature	Einstein's photoelectric effect , matter waves , De- Broglie's wavelength	September

