

SYLLABUS FOR 2024-25

Class:- X

CLASS	X	BOOKS	IST FLIGHT FOOT PRINTS WITHOUT FEET
SUBJECT	ENGLISH	PUBLISHERS	NCERT

TERM-1

MONTH	CHAP TER	LESSON	TOPIC	GRAMMAR PORTION	No. OF PERIODS	WEHITAGE
April	1	A Letter to God	Prose	Relative Clauses	7	Reading skill:20 Writing and Grammar skill:20 Literature:4
	5	Foot Prints without Feet	Short Story	Determiners	7	
	1	A Triumph of Surgery	Short Story	Modals	5	
	6	Making of Scientist	Short Story	Notice Writing	5	
May	2	Nelson Mandela:: Long Walk to freedom	Prose	Articles	7	
	1	Dust of Snow	Poem	Formal Letter Writing	4	
	1	Fire and Ice	Poem	Formal Letter Writing	4	
	3	Two Stories about flying	Prose	Idioms and Phrases	5	
June/July	4	From the Diary of Anne Farnk	Prose	Tenses – Present tense	5	
	2	A Tiger in the Zoo	Poem	Tenses – Past Tense	5	
	3	How to tell wild animals	Poem	Tenses – Future Tense	3	
August	4	A Question of Trust	Short Story	_____	4	
	5	The Thief's Story	Short Story	_____	4	
	3	Mid Night Visitor	Short Story	Discursive Passage	4	
September	3	The Wall Poem	Poem	Editing	4	
	4	Amanda	Poem		4	

SYLLABUS FOR 2024-25

Class:- X

TERM-2

MONTH	CHAPTER	LESSON	TOPIC	GRAMMAR PORTION	No. OF PERIODS	WEHITAGE
Oct / Nov	7	Glimpses of India (Baker from Goa)	Prose	Reported Speech Command Request	5	
	7	II. Coorg	Prose	Reported Speech Assertive / Interrogative sentences	6	Reading skills:20 Writing and Grammar skills:20 marks Literature:40 marks
	7	III. Tea from Assam		Reported Speech Exclamatory sentences	4	
	7	The Necklace	Short Story	Writing Skill::Analytical Paragraph	4	
November	7	The Tree	Poem	Subject Verb Concord	4	
	8	Mijbil the Otter	Prose	Determiners	4	
	8	Fog	Poem	Modals	4	
December	9	Bholi	Short Story	Editing	5	
	10	The Book that saved the Earth	Short Story		3	
	9	Madam Rides the Bus	Prose		3	
January	9	The Tale of custard the dragon	Prose		3	
	10	The sermon at benares	Prose		3	
	10	For Anne Gregory	Poem		3	
	11	The Proposal	Play		5	
February		Revision				

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SYLLABUS FOR 2024-25

Class:- X

CLASS	X	BOOKS	SPARSH SANCHYAN
SUBJECT	HINDI	PUBLISHERS	NCERT

TERM-1

MONTH	CHAPTER NAME	TOPIC / SUB TOPIC	ACTIVITY	GRAMMAR	NO. OF PERIODS	WEIGHT AGE
अप्रैल	बड़े भाई साहब (प्रेमचंद) साखी (कबीर दास) पद (मीरा)	विधा - गद्य (लेख / निबंध) सारांश - दो भाइयों के परस्पर संबंध अधिकार और तत्कालीन शिक्षा व्यवस्था का सूक्ष्म	पढ़ाई और खेल - कूद साथ - साथ चल सकते हैं - इस विषय पर वाद - विवाद प्रतियोगिता आयोजित किया जाएगा ।	मुहावरे	15 Periods	15 Marks
मई	तताँरा - वामीरो कथा (लीलाधर मंडलोई) अब कहाँ दूसरे के दुख से दुखी होने वाले (दाफ़ाज़ली) कारतूस (एकांकी) (हबीब तनवीर)	विधा - गद्य लोककथा सारांश - प्रेम जोड़ता है , घृणा दूरी बढ़ाती है । व्यर्थ की रूढ़ियों को अपने हृदय पर राज न करने दें क्योंकि ऐसे कार्य किसी भयानक परिणाम में परिवर्तित हो सकते हैं।	अंदमान निकोबार द्वीप समूह की भौगोलिक स्थिति के विषय में जानकारी प्राप्त कर परियोजना कार्य पुस्तिका में लिखेंगे ।	समास विज्ञापन लेखन	7 Periods	10 Marks
जून	डायरी का एक पन्ना (सीताराम सेकसरिया) टोपी शुक्ला (राही मासूम रजा)	3. विधा - गद्य (डायरी लेखन)	स्वतंत्रता आंदोलन में महिलाओं ने जो योगदान दिया , उनके बारे में जानकारी प्राप्त कर परियोजना कार्य में लिखेंगे ।	ई - मेल लेखन/ लघु कथा	6 Periods	8 Marks
अगस्त	हरिहर काका (मिथिलेश्वर) पर्वत प्रदेश में पावस (सुमित्रानंदन पंत)	4. सारांश - आपसी संबंधों पर धन का प्रभाव।	प्रकृति विषयक शब्द (झरने , बादल , पानी , पक्षी , सूरज) आदि का प्रयोग करते हुए एक कविता लिखिए ।	पदबंध	15 Periods	10 Marks
सितंबर	कर चले हम फिदा		परमवीर चक्र के बारे	सूचना लेखन	15	5 Marks

SYLLABUS FOR 2024-25

Class:- X

	(कैफ़ी आज़मी)		में जानकारी प्राप्त कर कार्य पुस्तिका में लिखेंगे ।		Periods	
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TERM-2

MONTH	CHAPTER NAME	TOPIC / SUB TOPIC		GRAMMAR	NO. OF PERIODS	WEIGHT AGE
अक्टूबर	पतझड़ में टूटी पत्तियां (रविंद्र केलेकर) • गिन्नी का सोना मनुष्यता (मैथिलीशरण गुप्त) तोप (वीरेन डंगवाल)	6. विधा - गद्य (निबंध) सारांश - एक जागरूक और सक्रिय नागरिक बनने की प्रेरणा ।	माज के कुछ आदर्शवादी लोगों के आदर्शों पर परिचर्चा करेंगे अथवा महात्मा गांधी के विषय पर एक अनुच्छेद लिखेंगे ।	पत्र लेखन	20 Periods	13 Marks
नवंबर	सपनों के - से दिन (गुरदयाल सिंह) आत्मत्राण रविंद्र नाथ ठाकुर) तीसरी कसम के शिल्पकार शैलेंद्र (प्रहलाद अग्रवाल)	7.विधा - गद्य (संस्मरण) सारांश - बाल्यावस्था के दिन को भुला नहीं सकते। व शिक्षा का महत्व जानना।	छात्र जीवन में खेल व शिक्षा के बीच समन्वय स्थापित करने में समर्थ कराना ।	वाक्य रचना के आधार पर	10 Periods	7 Marks
दिसंबर	REVISION				15 Periods	7 Marks
जनवरी					25 Days	5 Marks

SYLLABUS FOR 2024-25

Class:- X

CLASS	X	BOOK	MATHEMATICS
SUBJECT	MATHEMATICS	PUBLISHER	NCERT

TERM-1

MONTH	CHAPTER / LESSON	TOPIC / SUB TOPIC	NO. OF PERIODS	WEIGHT AGE	Activities
April	Ch-1. Real Numbers	Rational numbers and their decimal Expansion	8	6	To find the H.C.F of two numbers experimentally.
April / May	Ch-3. Linear Equations in two variables	Pairs of linear Equation / Substitution And Elimination Method	8	3	To verify the condition of consistency/ in consistency for a pair of linear equation in two variable.
May	Ch-7. Coordinate Geometry	Distance formula / Section Formula	10	6	To verify the distance formula by graphical method.
	Ch-2 Polynomials	Zeroes of polynomials / Relationship of Zeros and coefficients	8	4	To draw a graph of quadratic polynomial.
June/July	Ch-6 Triangles Ch-12 Areas related to circles	Similarity of Triangles / Areas of similar triangles Area of sector, segment .	15	9	To verify the formula for the area of a triangle by graphical method.
August/sep	Ch-15 Probability	Experiment/ A theoretical approach	12	4	To determine the experimental probability of a head by tossing a coin 1000 times and compare it with its theoretical probability.
	Ch-8 Introduction to Trigonometry	Trigonometric ratios/ Specific and complementary angles	10	4	Verification of Pythagoras theorem
September	Revision		10	4	
				40	

SYLLABUS FOR 2024-25

Class:- X

TERM-2

	LESSON	TOPIC/SUB TOPIC	NO. OF PERIODS	WEIGHT AGE	Activities
Oct/ Nov	Ch-12 Surface Area & volumes	Surface area of combination of solids/ Conversion of solid from one shape to another	10	6	Volume of cylinder / Cuboids Mean of the Data.
	Ch- 13 Statistics	Mode, Mean Median	6	6	
November	Ch-4 Quadratic Equations	Solution of Quadratic Equation / factorization & Quadratic Formula / Nature of Roots	8	6	To find the number of tangents from a point to a circle.
	Ch-11 Circles	Tangents of Circle/ number of tangents from a point on a circle	6	6	
December	Ch-9 Application of Trigonometry	Height And Distances	10	6	To identify Arithmetic progressions in some given lists of numbers (patterns)
	Ch- 5 Arithmetic Progression	Nth Term / Sum of n terms	10	10	
January	Revision			40	

SYLLABUS FOR 2024-25

Class:- X

CLASS	X	Publisher	NCERT
SUBJECT	Physics		

TERM-1

MONTH	Unit	LESSON	SUB TOPIC	NO. OF PERIODS	WEIGHT AGE
April	Ch: 10	Light-1	Reflection of light by curved surfaces; Images formed by spherical mirrors, centre of curvature, principal axis, principal focus, focal length, mirror formula (Derivation not required), magnification	23	12
May	Ch: 10	Light-2	Refraction; Laws of refraction, refractive index. Refraction of light by spherical lens; Image formed by spherical lenses; Lens formula (Derivation not required); Magnification. Power of a lens		
July/ August	Ch: 11	Human eye	Functioning of a lens in human eye, defects of vision and their corrections, applications of spherical mirrors and lenses. Refraction of light through a prism, dispersion of light, scattering of light, applications in daily life (excluding colour of the sun at sunrise and sunset)		

TERM-2

MONTH	UNIT	LESSON	SUB TOPIC	NO. OF PERIODS	WEIGHT AGE
October	6	Electricity-1	Electric current, potential difference and electric current. Ohm's law; Resistance, Resistivity, Factors on which the resistance of a conductor depends. Series combination of resistors, parallel combination of resistors and its applications in daily life.	32	13
November	7	Electricity-2	Heating effect of electric current and its applications in daily life. Electric power, Interrelation between P, V, I and R.		
December	8	Magnetic effects of current	Magnetic field, field lines, field due to a current carrying conductor, field due to current carrying coil or solenoid; Force on current carrying conductor, Fleming's Left Hand Rule, Direct current. Alternating current: frequency of AC. Advantage of AC over DC. Domestic electric circuits.		

SYLLABUS FOR 2024-25

Class:- X

CLASS	X	BOOK	Textbook of Biology
SUBJECT	Biology	PUBLISHER	NCERT

TERM-1

MONTH	LESSON/ CHAPTER	TOPIC / SUB TOPIC	NUMBER OF PERIODS	WEIGHT AGE
April- May	1.Life Processes	1. Nutrition 2. Respiration 3. Transportation 4. Excretion	10	10
July- August	2. Control and Coordination	1. Coordination in plants 2. Coordination in animals 3. Nervous system 4. Endocrine system	10	05
September	3. Reproduction in Organisms	1. Reproduction in animals 2. Reproduction in plants 3. Asexual reproduction 4. Sexual reproduction 5. Vegetative propagation 6. Reproductive health	10	05
October	4. Heredity and Evolution	1. Concept of heredity 2. Concept of genetics 3. Laws of inheritance 4. Sex determination	10	05
November /December	5. Our Environment	1. Concept of environment 2. Ecosystem 3. Ozone depletion 4. Waste management Biodegradable and Non- Biodegradable substances	10	05
Jan- Feb	Revisions			

SYLLABUS FOR 2024-25

Class:- X

CLASS	X	BOOK	SCIENCE
SUBJECT	SCIENCE	PUBLISHER	NCERT

TERM-1

MONTH	LESSON	TOPIC / SUB TOPIC	NO OF PERIODS	WEIGHT AGE
April and May	CH-1 Chemical Reaction	Chemical reactions: Chemical equation, Balanced chemical equation, implications of a balanced chemical equation, types of chemical reactions: combination, decomposition, displacement, double displacement, precipitation, endothermic exothermic reactions, oxidation, and reduction.	20	5
July and August	CH-2 Acid, Bases and Salts	Acids, bases, and salts: Their definitions in terms of furnishing of H ⁺ and OH ⁻ ions, General properties, examples, and uses, neutralization, the concept of pH scale (Definition relating to logarithm not required), the importance of pH in everyday life; preparation and uses of Sodium Hydroxide, Bleaching powder, Baking soda, Washing soda and Plaster of Paris.	18	7

TERM-2

MONTH	CHAPTER / LESSON	TOPIC/SUB TOPIC	NO OF PERIODS	WEIGHT AGE
September & October	CH-3 Metals and Non metals	Metals and nonmetals: Properties of metals and non-metals; Reactivity series; Formation and properties of ionic compounds; Basic metallurgical processes; Corrosion and its prevention.	13	5
November & December	CH-4 Carbon and its compounds	Carbon compounds: Covalent bonding in carbon compounds. Versatile nature of carbon. Homologous series. Nomenclature of carbon compounds containing functional groups (halogens, alcohol, ketones, aldehydes, alkanes, and alkynes), the difference between saturated hydrocarbons and unsaturated hydrocarbons. Chemical properties of carbon compounds (combustion, oxidation, addition, and substitution reaction). Ethanol and Ethanoic acid (only properties and uses), soaps, and detergents.	22	8
December	-	Revision		

SYLLABUS FOR 2024-25

Class:- X

CLASS	X	BOOK	India and Contemporary World-II
SUBJECT	HISTORY	PUBLISHER	NCERT

TERM 1

MONTH	CHAPTER / LESSON	TOPIC/SUB TOPIC	NO.OF PERIODS	WEIGHT AGE
April	Ch-1 The Rise of Nationalism in Europe	<ul style="list-style-type: none"> • The French Revolution and the Idea of the Nation • The Making of Nationalism in Europe • The Age of Revolutions: 1830-1848 • The Making of Germany and Italy • Visualizing the Nation • Nationalism and Imperialism 	17	10
May	Ch2. Nationalism in India (History)	<ul style="list-style-type: none"> • The First World War, Khilafat and Non – Cooperation • Differing Strands within the Movement • Towards Civil Disobedience • The Sense of Collective Belonging 	17	8
June/July		_____		
August	Ch 3 The Making of Global World	<ul style="list-style-type: none"> • The Pre-modern world • The Nineteenth Century (1815-1914) • The Interwar Economy • Rebuilding a World Economy: The Post-War Era 	10	5
September	Revision			

TERM 2

MONTH	CHAPTER / LESSON	TOPIC/SUB TOPIC	NO. OF PERIODS	WEIGHT AGE
October	Ch4. The Age of Industrialization	<ul style="list-style-type: none"> • Before the Industrial Revolution • Hand Labour and Steam Power • Industrialization in the Colonies • Factories Come Up • The Peculiarities of Industrial Growth • Market for Goods 	10	7
November/ December	Ch.5 Print Culture & The Modern World	<ul style="list-style-type: none"> • The First Printed Books • Print Comes to Europe • The Print Revolution and its Impact • The Reading Mania • The Nineteenth Century • India and the World of Print • Religious Reform and Public Debates • New Forms of Publication 	16	16

SYLLABUS FOR 2024-25

Class:- X

January/ February	Revision			
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CLASS	X	BOOK	Democratic Politics-II
SUBJECT	Civics	PUBLISHER	NCERT

TERM 1

MONTH	CHAPTER /LESSON	TOPIC/SUB TOPIC	NO.OF PERIODS	WEIGHT AGE
April	Ch 1. Power Sharing	<ul style="list-style-type: none"> Belgium and Sri Lanka Majoritarianism in Sri Lanka Accommodation in Belgium Why power sharing is desirable? Forms of Power Sharing 	5	6
May	----- -----	-----	-----	-----
June/July	Ch 4. Gender, Religion and Caste	<ul style="list-style-type: none"> Gender and Politics – Public/Private division, Women's political representation Religion, Communalism and Politics – Communalism, Secular State (excluding image on page 46, 48, 49 of NCERT Textbook – Democratic Politics – II – reprinted edition 2021) Caste and Politics – Caste inequalities, Caste in politics, Politics in caste 	3	4
August	Ch 2. Federalism	<ul style="list-style-type: none"> What is Federalism? What makes India a Federal Country? 	5	5
		<ul style="list-style-type: none"> How is Federalism practiced? Decentralization in India 		
September	Revision			

SYLLABUS FOR 2024-25

Class:- X

TERM 2

MONTH	CHAPTER / LESSON	TOPIC/SUB TOPIC	NO.OF PERIODS	WEIGHT AGE
October	Ch6.Political Parties	<ul style="list-style-type: none"> • WhydoweneedPoliticalParties? – Meaning,Functions, Necessity • Howmanypartiesshouldwehave? • NationalParties • StateParties • ChallengestoPoliticalParties • HowcanPartiesbereformed 	4	9
November/ December	Ch 7 OutcomesofDemocracy	<ul style="list-style-type: none"> • Howdoweassessdemocracy's outcomes? • Accountable,responsiveandlegitimategovernment • Economicgrowthanddevelopment • Reductionofinequalityandpoverty • Accommodationofsocialdiversity • Dignityandfreedomofthecitizens 	3	6
January	Revision			

SYLLABUS FOR 2024-25

Class:- X

CLASS	X	BOOK	Contemporary India-II (Geography) Understanding Economic Development(Economics)
SUBJECT	GEOGRAPHY	PUBLISHER	NCERT

TERM 1

MONTH	CHAPTER /LESSON	TOPIC/SUB TOPIC	NO.OF PERIODS	WEIGHT AGE
April	Ch4.Agriculture(Geography)	<ul style="list-style-type: none"> Types of Farming – Primitive Subsistence, Intensive Subsistence, Commercial Cropping Pattern – Major Crops, Food Crops other than Grains, Non Food Crops, Technological and Institutional Reforms Food Security(excluding impact of globalization on agriculture) 	13	6
May	Ch2Sectors OfIndianEconomy(Economics)	<ul style="list-style-type: none"> Sectors of Economic Activities Comparing the three sectors Primary, Secondary and Tertiary Sectors in India Division of sectors as organized and unorganized Sectors interms of ownership: Public and Private Sectors 	6	5
	Ch 3Moneyand Credit(Economics)	<ul style="list-style-type: none"> Money as a medium of exchange Modern forms of Money Loan activities of Banks Two different Credit situations Terms of Credit Formal Sector Credit in India Self Help Groups for the Poor 	6	5
June/July	Ch-3. Water Resources(Geography)	<ul style="list-style-type: none"> Water Scarcity and the Need for Water Conservation and Management Multi-Purpose River Projects and Integrated Water Resources Management Rain water Harvesting 	10	6
	Ch2.Forestand Wildlife(Geography)	<ul style="list-style-type: none"> Conservation of forest and wildlifein India Types and distribution offorests and wildlife resources Community and Conservation 	10	4

SYLLABUS FOR 2024-25

Class:- X

August	Ch1 Resources & Development (Geography)	<ul style="list-style-type: none"> • Concept • Development of Resources • Resource Planning – Resource Planning in India, Conservation of Resources • Land Resources • Land Utilization • Land Use Pattern in India • Land Degradation and Conservation Measures • Soil as a Resource – Classification of Soils, Soil Erosion and Soil Conservation (excluding Box Information on State of India's Environment) 	10	6
September	Ch 1. Development (Economics)	<ul style="list-style-type: none"> • What Development Promises – Different People, Different Goals • Income and Other Goals • National Development • How to compare different countries or states? • Income and other criteria • Public Facilities • Sustainability of Development 	5	5

SYLLABUS FOR 2024-25

Class:- X

TERM 2

MONTH	CHAPTER / LESSON	TOPIC/SUB TOPIC	NO. OF PERIODS	WEIGHTAGE
October	Ch4 Globalisation & the Indian Economy (Economics)	<ul style="list-style-type: none"> Production across countries Interlinking production across countries Foreign Trade and integration of markets What is Globalization? Factors that have enabled Globalization World Trade Organization Impact of Globalization in India The Struggle for a fair Globalization 	3	8
November/ December	Ch5 Minerals and Power Resources (Geography)	<ul style="list-style-type: none"> How do we assess democracy's outcomes? Accountable, responsive and legitimate government Economic growth and development Reduction of inequality and poverty Accommodation of social diversity Dignity and freedom of the citizens 	10	10
	Ch 6 Manufacturing Industries (Geography)	Importance of Manufacturing – Industrial Location (excluding Industry Market Linkage), Agrobased Industry (excluding Cotton Textiles, Jute Textiles, Sugar Industry), Mineral based Industries (excluding Iron Steel Industry, Cement Industry), Industrial Pollution and Environmental Degradation, Control of Environmental Degradation	9	10
January	Ch7 Lifelines of Indian Economy (Geography)	Roadways <ul style="list-style-type: none"> Railways Pipelines 	8	9
		<ul style="list-style-type: none"> Waterways Major Seaports 		
		<ul style="list-style-type: none"> Airways Communication International Trade Tourism as a Trade 		
	Revision			

SYLLABUS FOR 2024-25

Class:- X

CLASS	X	BOOK	
SUBJECT	VALUE EDUCATION	PUBLISHER	

EXAM	S.No.	CHAPTER NAME	ACTIVITIES
U1	1	Emotional Maturity	GROUP ACTIVITY -Experiential learning,Sharing situations, failures
	2	Take Charge	Field trip
	3	At The Crossroads	Talks by Seniors ,on BENIFITS OF OPTING FOR Different Streams after Xth std.
U2	4	The Sacred Space Within Me	Visit to a sacred place Gurudwara/temple/church
	5	Increase Your Response Opinions	Slogan Writing on any one TOPIC RAISING YOUR VOICE AGAINST - Child Labour, Gender bias, Status of Women in Society, Drugs & alcoholism.
	6	Finishing Touches	Workshop on PERSONALITY DEVELOPMENT
T1	7	The Web Of Relationships	Shoulder any ONE major responsibility at your HOME.
	8	Creative Leadership	Camping
	9	Oh! India! My India!	RS PURA BORDER VISIT
	10	Enemies Within Your Home	Project work- Contribute in eradicating atleast ONE drawbacks in our society -USE OF POLYTHENE, Proper Management of kitchen waste , Overuse of Electricity, judicious use of water,
U3	11	Career Guidance	Visit Career Expo.
	12	Cinema- A Mixed Package	Watch a MOVIE together Report Writing
	13	Let Us Celebrate Our Togetherness	Sharing is Caring Activity

SYLLABUS FOR 2024-25

Class:- X

CLASS	X	BOOK	Information Technology 10
SUBJECT	Information Technology	PUBLISHER	KIPS

TERM-1

MONTH	UNIT NAME	CHAPTER	LESSON	SUB TOPIC	NO. OF PERIODS	WEIGHTAGE
		Part A				
April	Communication Skills-II*	Ch 1:	Methods of Communication	1) Listing the methods of communication 2) Verbal communication 3) Oral communication 4) Written communication 5) Types of verbal Communication 6) Functions of verbal Communication 7) Understand non-verbal communication 8) Functions of non-verbal communication 9) Non-verbal practices to follow during interviews 10) Understand visual communication 11) Points to consider during a presentation	1	-----
		Ch 2:	Communication Cycle	1) Understanding the communication cycle 2) Principles of effective communication 3) Elements of a communication cycle 4) Define feedback 5) Importance of feedback 6) Descriptive feedback 7) Specific and non-specific feedback	1	
		Ch3:	Communication Barrier	1) Understanding communication barriers 2) Types of communication barriers 3) Understand the need to overcome communication barriers 4) Measures to overcome communication barriers 5) Measures to overcome communication barrier	2	

SYLLABUS FOR 2024-25

Class:- X

		Ch4:	Effective Communication	1) The power of effective communication 2) Goals of effective communication 3) Factors of effective communication 4) The 7Cs of effective communication 5) Benefits of effective communication.	2		
		Ch5:	Basic Writing Skills	1) Writing Skills 2) Phrases and their types 3) Sentences and Kinds of sentences 5) Parts of a sentence and Parts of speech 7) Articles 8) Paragraph Writing	2		
May	Self-Management Skills-II	Ch6:	Stress Management and its Techniques	1) Meaning of stress. 2) Agents and factors that cause stress 3) Meaning of stress management 4) Importance of Stress Management 5) Techniques for stress management	2	3	
		Ch 7:	Ability to work Independently	1) Importance of being independent 2) Meaning of an independent person 3) Skills required to work independently 4) Advantages of working Independently 6) How to become self-reliant 7) Self-awareness 8) Self-motivation 9) Self-regulation	3		
		Part B					
		Ch 1:	Applying Styles in a Document	1) Styles 2) Applying styles 3) Creating a new style 4) Modifying a style 5) Updating a style 6) Importing a style from another document 7) Change styles	3	8	
July		Ch 2:	Adding graphics in a	1) Inserting images in a document 2) Modifying images 3) Drawing objects in a document	1		

SYLLABUS FOR 2024-25

Class:- X

			document	4) Changing the properties of drawing objects 5) Positioning images in a text		
	Digital Documentation (Advanced)	Ch3:	Working with Templates	1) Meaning of a template and the advantages of using a template 2) Using built-in templates 3) Creating a template 4) Using a template 5) Attaching a template to a document	1	
	Digital Documentation (Advanced)	Ch4:	Using a Table of Contents	1) Meaning of Table of Contents (TOC) 2) Identify the characteristics of a good TOC 3) Creating Table of Contents 4) Customizing the Table of Contents 5) Realize how to maintain a Table of Contents	1	
August	Electronic Spreadsheet (Advanced)	Ch6:	Analyzing Data in a Spreadsheet	1) Consolidating data 2) Creating sub-totals 3) What-if analysis tools 4) Scenario manager 5) Goal-seek 6) Data Table 7) Solver	2	10
		Ch7:	Linking Data and Spreadsheets	1) Advantages of linking spreadsheet data 2) Setting up multiple sheets 3) Creating references to other worksheets 4) Creating references to other workbooks 5) Hyperlinks 6) Inserting a hyperlink 7) Linking to external data 8) Importing data from external data sources	2	
		Ch 8:	Sharing and Reviewing a Spreadsheet	1) Setting up a spreadsheet for sharing 2) Opening and saving a shared spreadsheet 3) Recording changes and Reviewing changes 5) Comparing and merging workbooks 6) Adding and viewing comments	2	
		Ch9:	Using macros in	1) Create a simple macro 2) Macro coding	3	

SYLLABUS FOR 2024-25

Class:- X

			a Spreadsheet	3) Using macro as a function 4) Passing arguments to a macro 5) Macros as built-in functions 6) Accessing cells directly using VBA 7) Sorting the columns in a macro		
September	Data base Management System	Ch10:	Concepts of Database Management Systems	1) Database and Database management system 3) Relational database management system (RDBMS) 4) Concept of keys	1	12
		Ch11:	Creating and Using Tables	1) Introduction to the RDBMS MS Access and its features 2) Database objects 3) Starting MS Access 4) MS Access interface 5) Creating a database 6) Creating tables 7) Data types 8) Setting a primary key	1	
		Ch12:	Performing Operation on Tables	1) Inserting data in a table 2) Editing records in a table 3) Deleting and sorting data in a table 4) Referential integrity 5) Relationship 6) Field properties	1	
		Ch13:	Retrieving Data Using Queries	1) Query 2) Creating, Saving and Editing a query 3) Specify criteria in a query 4) Performing calculations 5) Structured Query Language (SQL) 6) Commonly used SQL commands	2	
		Ch 14:	Working with Forms and Reports	1) Forms 2) Creating form using Form Wizard 3) Reports	2	

SYLLABUS FOR 2024-25

Class:- X

TERM-2

MONTH	UNIT NAME	CHAPTER	LESSON	SUB TOPIC	No. of Periods	Weightage
		Part A				
October	ICT Skills-II	Ch 8:	Operating System	1) Functions of an operating system 2) Types of operating systems 3) Windows 10	2	3
		Ch 9:	Managing Files and Folders	1) File system 2) Creating a new folder 3) Creating a new file 4) Renaming a file/folder 5) Deleting a file/folder 6) Permanently deleting a file/folder. 7) Moving or copying a file/folder from one drive to another.	1	
		Ch 10:	Care and Maintenance of a Computer	1) Computer Maintenance 2) Hardware Maintenance 3) Software Maintenance 4) Preparing a maintenance schedule 5) Disk defragmentation, optimization 6) Removing temporary files 7) Removing spam from an e-mail account	2	
November	Entrepreneurial Skills-II	Ch 11:	Entrepreneur and Entrepreneurship	1) Entrepreneurship and society. 2) Role and importance of entrepreneurship. 3) The qualities of a successful entrepreneur. 4) The main functions of an entrepreneur 5) Myths about entrepreneurship 6) Entrepreneurship as a career option 7) Entrepreneurship and society.	2	4
	Green Skills-II*	Ch12:	Sustainable Development	1) Evolution of sustainable development 2) Concept of sustainable development 3) Principles of sustainable development 4) Objectives of sustainable Development	2	-----

SYLLABUS FOR 2024-25

Class:- X

				<ul style="list-style-type: none"> 5) Importance of sustainable development 6) International efforts to promote and implement sustainable development 7) Future of sustainable development 8) Challenges of sustainable development 		
	Part B					
December		Ch 23:	Maintain Workplace Safety	<ul style="list-style-type: none"> 1) Fire safety 2) Safety from slips and falls 3) Electrical safety 4) First-aid 5) Case studies 	1	10
	Managing Health and Safety	Ch 24:	Preventing Accidents and Emergencies	<ul style="list-style-type: none"> 1) Accidents and emergencies 2) Natural hazards and other types of emergencies 3) Prevention of accidents 4) Handling accidents 	1	
		Ch 25:	Protecting Health and Safety at Work	<ul style="list-style-type: none"> 1) Hazards and sources of hazards 2) Identifying workplace hazards 3) General evacuation procedure 4) Healthy living 	2	

SYLLABUS FOR 2024-25

Class:- X

CLASS	10th	Book Name	Publisher
SUBJECT	GAMES	Mainstreaming Health and Physical Education	S P Books, Jalandhar

TERM - 1

Month	Topic	Sub Topic	NO of Period	Weight age
April	Mass pt exercise and warn up exercise Athletics Physical education	Free hand exercise , standing exercise and setting exercise	5	10
		History of athletics classification of athletics Track and field events explain with rules. Define and important	10	05
			5	
May	Mass pt exercise and warn up exercise Athletics Physical education	Free hand exercise , standing exercise and setting exercise	5	05
		Field event : jumping events . long jump , high jump and triple jump Throwing event . shot put , discus throw and javelin throw . explain rule , marking and technique . Marking of track . Objectives and scope of physical education	10	05
			5	
July and August	Mass pt exercise and warn up exercise. Team game. Football and handball. Yoga	Free hand exercise , standing exercise and setting exercise	5	5
		History , rules, specification of playfield , basic equipments and fundamental skill of football and handball. Define , aim , rules and important of yoga asana and history . Different part of yoga	10	5
			5	
September	Mass pt exercise and warn up exercise Team game. Table tannis and badminton.Physical fitness Component of	Free hand exercise , standing exercise and setting exercise	5	5
		History , rules, specification of playflied , basic equipments and fundamental skill of table tennis and badminton	5	
		Explain physical fitness and its component i.e strength , speed , endurance , flexibility and co-ordination .	10	5

SYLLABUS FOR 2024-25

Class:- X

	physical fitness			
TERM - 2				
Month	Topic	Sub Topic	No of period	Weight age
October	Mass pt exercise and warn up exercise. Team game . basketball and kabaddi.	Free hand exercise , standing exercise and setting exercise	5	8
		History , rules, specification of playfield , basic equipments and fundamental skill of Basketball.	10	
	Health and activity record	History , rules, specification of playfield , basic equipments and fundamental skill of Kabaddi Test : BMI , plate tapping test and flamingo balance test ,partial curl up (30 sec), push Ups , Sit and reach and 600mt run/walk	5	5
November	Mass pt exercise and warn up exercise. Team game. Cricket and volleyball	Free hand exercise , standing exercise and setting exercise	5	8
		History , rules, specification of playfield , basic equipments and fundamental skill of cricket and volleyball.	10	
	Physical fitness Component of physical fitness	Explain physical fitness and its component i.e strength , speed , endurance , flexibility and co- ordination .	5	5
December- January	Mass pt exercise and warn up exercise Invasion game Judo and taekwondo .	Free hand exercise , standing exercise and setting exercise	5	5
		History , rules, specification of playfield , basic equipments and fundamental skill of judo and taekwondo .	10	5
	Team game Kho kho Injuries	History , rules, specification of playfield , basic equipments and fundamental skill of kho kho . Define and type of injuries	5	4
February	Mass pt exercise and warn up	Free hand exercise , standing exercise and setting exercise Meaning of adventure sports and	5 10	5

SYLLABUS FOR 2024-25

Class:- X

	<p>exercise Game . Adventure sports and aerobics Nutrition and health Game . Adventure sports and aerobics Nutrition and health</p>	<p>classification and types of trekking History of aerobics and types of exercise and benefits . Define and meaning and importance of nutrition and balance diet. Meaning of adventure sports and classification and types of trekking History of aerobics and types of exercise and benefits . Define and meaning and importance of nutrition and balance diet.</p>	<p>05</p>	<p>5</p>
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