

SYLLABUS FOR 2024-25

Class:- XII

CLASS	XII	BOOK	FLAMINGO VISTAS
SUBJECT	ENGLISH		
MONTH	PROSE	POEM	GRAMMAR
APRIL	The Last Lesson (Alphonse Daudet) The Third Level (Jack Finney)	My Mother At Sixty Six (Kamla Das)	Formal & Informal Invitations
May-June	The Lost Spring (Anees Jung) The Tiger King (Kalki)	Keeping Quiet (Pablo Neruda)	Advertisement Letter Writing (Business letters)
July-Aug	Deep Water (William Douglas) Journey To The End Of The Earth (Tishani Doshir)	Aunt Jennifer's Tiger (Adrienne Rich)	Resume with Job Application
SEPTEMBER	Going Places (A.R. Barton) REVISION TERM 1 EXAMS	REVISION TERM 1 EXAMS	REVISION TERM 1 EXAM
OCTOBER	Poets And Pancakes (Louis Fischer & Stephen Spender) Memories of My Childhood (Zitkala Sa and Bama)	A Thing Of Beauty (John Keats)	Article Writing
NOVEMBER	The Enemy (Pearl S. Buck) Indigo (Louis Fischer) The Interview (Christopher Silvester)	A Roadside Stand (Robert Frost)	Debate Speech
DECEMBER	PRE -BOARD 1		
JANUARY	PRE-BOARD 2		

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CLASS	XII	BOOK	NCERT TEXTBOOK
SUBJECT	ACCOUNTANCY	PUBLISHER	NCERT

MONTH	LESSON	TOPIC/SUB TOPIC	NO. OF PERIODS	WEIGHT AGE
APRIL	1.FUNDAMENTALS OF PARTNERSHIP. 2.VALUATION OF GOODWILL.	FUNDAMENTALS OF PARTNERSHIP Partnership: Features, Partnership deed, provisions of Indian partnership act 1932 in the absence of partnership deed, Fixed v/s fluctuating capital account, preparation of profit and loss appropriation account- division of profit among partners, guarantee of profits, past adjustments (relating to interest on capital, interest on drawing, salary and profit sharing ratio). VALUATION OF GOODWILL Goodwill: Meaning, nature, Factors affecting and methods of valuation- average profit, super profit and capitalization.	25	12
MAY	3.CHANGE IN THE PROFIT SHARING RATIO. 4. ADMISSION OF A PARTNER. 5. RETIREMENT OF A PARTNER	CHANGE IN THE PROFIT SHARING RATIO Sacrificing ratio, gaining ratio, accounting for revaluation of assets and reassessment of liabilities and treatment of reserves, accumulated profits and losses, Preparation of revaluation account and balance sheet. ADMISSION OF A PARTNER Effect of admission of a partner on change in the profit sharing ratio, treatment of goodwill, treatment for revaluation of assets and reassessment of liabilities, treatment of reserves, accumulated profits and losses, adjustment of capital, current account and balance sheet. RETIREMENT OF A PARTNER Change in profit sharing g ratio, Valuation and Accounting Of Goodwill, Revaluation of Assets and reassessments, Adjustment of Reserves, Accumulated profits and losses, Methods of payments of amount due to retiring partner, Adjustment of capital.	26	14
	6. DEATH OF A PARTNER.	DEATH OF A PARTNER Accounting on death of a partner-		

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JULY AND AUGUST	7. DISSOLUTION OF A PARTNERSHIP FIRM 8. ACCOUNTING FOR SHARE CAPITAL.	determining changed profit sharing ratio, accounting of goodwill, revaluation of assets and liabilities, share of profit and loss in the year of death, computation of amount due to deceased partner, adjustment of capitals by opening of current account. DISSOLUTION OF A PARTNERSHIP FIRM Modes of dissolution of a firm, settlement of accounts, accounting on dissolution of partnership firm- realisation account, loan by partner account, loan by firm to partner account, partners capital account and bank or cash account. ACCOUNTING FOR SHARE CAPITAL Features and types of companies, nature and types of share capital, accounting for share capital- issue and allotment of equity and preference shares, public subscription of shares- over and under subscription of shares, issue at par and premium, calls in advance and arrears. Concept of private placement and esop, accounting treatment of forfeiture and reissue of shares, disclosure of share capital in the balance sheet of a company.	35	26
SEPTEMBER	9. ACCOUNTING FOR DEBENTURES. Term 1	ACCOUNTING FOR DEBENTURES Debentures: Meaning, types, issue of debentures at par, at premium, at discount. Issue of debentures for consideration other than cash; issue of debentures with terms of redemption; debentures as collateral securities- concept, interest on debentures. writing off discount/loss on issue of debentures.	20	08
OCTOBER	10. FINANCIAL STATEMENTS OF A COMPANY. 11. FINANCIAL STATEMENT ANALYSIS. 12. ACCOUNTING RATIOS.	FINANCIAL STATEMENTS OF A COMPANY Meaning, nature, uses, and importance of financial statements. Statement of profit and loss and balance sheet in prescribed form with major headings and sub headings (as per schedule III to the companies act, 2013) FINANCIAL STATEMENT ANALYSIS Objectives, importance and limitations of financial statement analysis.	25	12

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		<p>Tools for financial statement analysis : comparative statements, common size statements, ratio analysis, cash flow analysis. Difference between comparative and common size statement.</p> <p>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 ratio: inventory turnover ratio, trade receivables turnover ratio, trade payables turnover ratio, fixed asset turnover ratio, net asset turnover ratio and working capital turnover ratio. Profitability ratios: gross profit ratio, operating ratio, operating profit ratio, net profit ratio and return on investment.</p>		
NOVEMBER	13. CASH FLOW STATEMENT.	<p>CASH FLOW STATEMENT meaning, objectives, benefits, cash and cash equivalents, classification of activities and preparation of cash flow statement (indirect method only).</p>	20	08
DECEMBER	PROJECT WORK	<p>PROJECT (ANY TWO) 1. Comparative and common size financial statements. 2. Accounting ratios 3. Segment reports. 4. Cash flow statements</p>	05	20
	REVISION	REVISION		

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CLASS	XII	BOOK	
SUBJECT	BUSINESS STUDIES	PUBLISHER	

MONTH	UNIT	TOPICS	PERIODS	WEIGHT AGE
	Part A	PRINCIPLES AND FUNCTIONS OF MANAGEMENT		
APRIL	1	1. Nature and significance of Management	12	16
	2	2. Principles of Management	14	14
	3	3. Management and Business Environment	12	
MAY	4	4. Planning	14	
	5	5. Organising	15	
JULY- AUGUST	6	6. Staffing	16	20
SEPTEMBER	7	7. Directing	15	40
	8	8. Controlling	12	
OCTOBER		REVISION & TI EXAM		
		TOTAL PART A		40
	Part B	BUSINESS FINANCE AND MARKETING		
	9	Financial Management	20	15
NOVEMBER	10	9. Business Management	18	15
	11	11. Marketing Management	30	
DECEMBER	12	12. Consumer Protection	12	
		TOTAL PART B		40
		PROJECT		20
		PREBOARD 1		
JANUARY		PREBOARD 2		
February		Board Practical Exam		
		Board Exams		

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CLASS	XII	BOOK	
SUBJECT	ECONOMICS	PUBLISHER	

MONTH	UNITS	TOPICS	PERIODS	WEIGHT AGE
APRIL	Part A	Introductory Macroeconomics	30	10
			15	6
	1	National Income and Related Aggregates		
	2	Money and Banking		
MAY			30	12
	3	Determination of Income and Employment		
JULY- AUGUST	4	Government Budget and the Economy	17	6
SEPTEMBER	5	Balance of Payments	18	6
OCTOBER		REVISION & TERM 1 EXAM Total		
		TOTAL PART A		40
	Part B	Indian Economic Development	28	12
NOVEMBER	1	Development Experience (1947-90) and Economic Reforms since 1991		
	2	Current Challenges Facing the Indian Economy	50	20
December	3	Development Experience of India – A Comparison with Neighbour	8	8
		TOTAL PART B		40
		PROJECT		20
		PreBoard 1 Exam		
January		PreBoard 2 Exam		
Feburary		Board Practical Exam		
		Board Exam		

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Class:- XII

CLASS	XII	BOOK	POLITICAL SCIENCE
SUBJECT	POLITICAL SCIENCE	PUBLISHER	NCERT

TERM-1 BOOK1

MONTH	CHAPTER /LESSON	TOPIC / SUB TOPIC	NO OF PERIODS	WEIGH TAGE
APRIL	L No 1 END OF BIPOLARITY	-DISINTEGRATION OF SOVIET UNION -UNIPOLAR WORLD -MIDDLE EAST CRISIS-AFGANISTAN, GULF WAR -DEMOCRATIC POLITICS & DEMOCRATISATION - CIS & THE 21ST CENTUARY (ARAB SPRING)	15 PERIODS	06
APRIL	L. NO 2 ALTERNATIVE CENTRES OF POWER	ORGANISATIONS-EUROPEAN UNION, ASEAN, SAARC, BRICS -NATIONS- RUSSIA, CHINA, ISRAERL, INDIA, JAPAN & SOUTH KOREA ,	18 PERIODS	06
MAY	L. NO 3 .CONTEMPORARY SOUTH ASIA	CONFLICTS AND EFFORTS FOR PEACE -DEMOCRATISATION IN SOUTH ASIA, PAKISTAN, NEPAL, BANGLADESH, SRI LANKA & MALDIVES.	18 PERIODS	06
JULY	L.NO 5 SECURITY IN CONTEMPORARY WORLD	-WHAT IS SECURITY? -TRADITIONAL SECURITY -NON TRADITIONAL SECURITY -NEW SOURCES OF THREATS -COOPERATIVE SECURITY -SECURITY STRATEGY AND INDIA.	15 PERIODS	0 6
	L. NO. 7 GLOBALISATION	-MEANING OF GLOBALISATION -CIRCUMSTANCES LEADING TO GLOBALISATION. -CAUSES OF GLOBALISATION -CONSEQUENCES OF GLOBALISATION -RESISTANCE LEADING TO GLOBALISATION --INDIA S EFFORTS TOWARDS GLOBALISATION	15 PERIODS	04
	L. NO 4 INTERNATIONAL ORGANISATION	PRINCIPAL ORGANS. KEY AGENCIES : UNESCO, UNICEF, WHO, ILO . -SECURITY COUNCIL & ITS NEED FOR EXPANSION.	15 PERIODS	05

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	L. No 6 .ENVIRONMENT AND NATURAL RESOURCES	-ENVIRONMENTAL CONCERNS IN GLOBAL POLITICS. -GLOBAL COMMONS. -COMMON BUT DIFFERENTIATED RESPONSIBILITIES. -COMMON PROPERTY RESOURCES. -ENVIRONMENT MOVEMENTS. -RESOURCE GEOPOLITCES. -INDEGENOUS PEOPLE AND THEIR RIGHTS. -ENVIRONMENTAL ISSUES : INDIAN STAND	12 PERIODS	05
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TERM-2 BOOK 2

MONTH	CHAPTER/LESSON	TOPIC/SUB TOPIC	NO. OF PERIODS	WEIGHT AGE
SEPTEMBER	L. NO 1 NATION BUILDING & ITS PROBLEMS	-CHALLENGES ON THE EVE OF INDEPENDENCE -LEGACY OF PARTITION. -CHALLENGES OF REFUGEE RESETTLEMENT -INTEGRATION OF PRINCLY STATES. -ORGANISATION & REORGANISATION OF STATES. -POLITICAL CONFLICTS OVER LANGUAGE.	15 PERIODS	06
SEPTEMBER	LNO 2 ERA OF ONE PARTY DOMINANCE	-EVOLUTION OF PARTY SYSTEM -FIRST THREE GEBERAL ELECTION -CONGRESS AT NATIONAL LEVEL -CONGRESS DOMINANCE -COALITION NATURE OF CONGRESS. -MAJOR OPPOSITION PARTIES. -ROLE OF OPPOSITION PARTIES IN CONGRESS ERA. -MAJOR OPPOSITION PARTIES OF INDIA. -CHANGING VOTING METHODS.	22 PERIODS	0 4
SEPTEMBER	L. NO 3 POLITICS OF PLANNED DEVELOPMENT	-CHALLENGES IN THE EVE OF INDEPENDENCE -MODELS OF DEVELOPMENT -DEVELOPMENT STRATEGY. -FIVE YEAR PLAN. -FEATURES OF INDIA S DEVELOPMENT. FAILURE OF INDIAN STATE & PLANNED DEVELOPMENT. -FAMINE AND SUSPENSION OF FIVE YEAR PLANS. -KEY CONTROVERSIES RELATED TO DEVELOPMENT. -GREEN REVOLUTION. ,-WHITE REVOLUTION.	15 PERIODS	0 2

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OCTOBER	L. NO 4 INDIA S EXTERNAL RELATIONS	-NEHRU S FOREIGN POLICY -SINO-INDIAN RELATION, -TIBET PROBLEM -BORDER DISPUTE -THE MCMOHAN LINE, -WAR OF 1962 -INDO-PAKISTAN WAR 1965 -WAR 1971, -SHIMLA ACCORD -DISARMAMENT AND INDIA S NUCLEAR POLICY -INDIA S STAND ON NPT & CTBT	18 PERIODS	06
NOVEMBER	L. NO 5 CHANLLENES TO AND RESTORATION OF CONGRESS SYSTEM	POLITICAL SUCCESSION AFTER NEHRU -INDIRA GANDHI -FOURTH GENERAL ELECTIONS. -NON CONGRESSISM -COALITIONS, -DEFECTIONS -SPLIT OF CONGRESS -PRESIDENCIAL ELECTION OF 1969. -1971 ELECTIONS CONGRESS RESTORATION -POLITICS OF GARIBI HATAO	20 PERIODS	04
NOVEMBER	L. NO 6 CRISIS OF DEMOCRATIC ORDER	-COMMITTED BUREAUCRACY -COMMITTED JUDICIARY., -EMERGENCY -NAVNIIRMAN MOVEMENT IN BIHAR & GUJRAT -THE NAXALITE MOVEMENT -CONFLICT WITH JUDICIARY -CONSTITUTIONAL AND EXTRA CONSTITUTIONAL DIVERSIONS. -FORMATION OF JANATA PARTY. -CLO , -PUCLDR, -CLOs	18 PERIODS	04
NOVEMBER	L. NO 7 REGIONAL ASPIRATIONS	REGIONAL ASPIRATIONS -REGIONAL PARTIES, -AREAS OF TENSION -EXTERNAL & INTERNAL DISPUTES -INSURGENCY AND AFTERMATH -SEPERATISM, -SECESSIONIST MOVEMENTS. -MOVEMENT AGAINST OUTSIDERS -SIKKIM S MERGER -ACCOMODATION & NATIONAL INTEGRATION,	18 PERIODS	06
DECEMBER	L. NO 8 RECENT DEVELOPMENT S IN INDIAN POLITICS	-ERA OF 1990s , -CHALLENGES -COALITION POLITICS, -FALL OF CONGRESS -RISE OF OTHER PARTIES -ROLE OF REGIONAL PARTIES. -EXPERIMENTS WITH COALITION -NDA GOVERNMENT -ALLIANCE POLITICS IN INDIA. -UPA GOVERNMENT -GROWING CONSENSUS.	18 PERIODS	08

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Class:- XII

CLASS	XII	BOOK	
SUBJECT	SOCIOLOGY (039)	PUBLISHER	

Months	Chapter number & Name of book	Chapter name	No. of periods	Marks
April - May	2 (Introducing Indian society)	The demographic structure of Indian society	18	10
	3 (Introducing Indian society)	Social institution continuity and change	16	10
	8 (Social Change and development in India)	Structural change	8	5
July - August	9 (Social Change and development in India)	Cultural change	12	5
	5 (Introducing Indian society)	Pattern of social inequality and exclusion	20	10
September-October	11 (Social Change and development in India)	Change and development in rural society	10	10
	12 (Social Change and development in India)	Change and development in urban society	10	10
	6 (Introducing Indian society)	The challenges of cultural diversity	18	10
November	15 (Social Change and development in India)	Social movement & project work	15	10 &20
December-January	(Revision & Pre board)			

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CLASS	XII	BOOK	
SUBJECT	PSYCHOLOGY (037)	PUBLISHER	NCERT

Month	Units	Topic	No of Periods	Marks
TERM I				
April	Unit I Variations in Psychological Attributes	1. Introduction 2. Individual Differences in Human Functioning 3. Assessment of Psychological Attributes 4. Intelligence 5. Psychometric Theories of Intelligence, Information Processing Theory: Planning, Attention-arousal and Simultaneous successive Model of Intelligence, Triarchic Theory of Intelligence; Theory of Multiple Intelligences. 6. Individual Differences in Intelligence 7. Culture and Intelligence 8. Emotional Intelligence 9. Special Abilities: Aptitude: Nature and Measurement 10. Creativity	30 Periods	13
May	Unit II Self and Personality	1. Introduction 2. Self and Personality 3. Concept of Self 4. Cognitive and Behavioural aspects of Self	32 Periods	13
		5. Culture and Self 6. Concept of Personality 7. Major Approaches to the Study of Personality <ul style="list-style-type: none"> • Type Approaches • Trait Approaches 		

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		<ul style="list-style-type: none"> • Psychodynamic Approach and Post Freudian Approaches • Behavioural Approach • Cultural Approach • Humanistic Approach 8. Assessment of Personality • Self-report Measures • Projective Techniques • Behavioural Analysis 		
July	Unit III Meeting Life Challenges	<ol style="list-style-type: none"> 1. Introduction 2. Nature, Types and Sources of Stress 3. Effects of Stress on Psychological Functioning and Health • Stress and Health • General Adaptation Syndrome • Stress and Immune System • Lifestyle 4. Coping with Stress • Stress Management Techniques 5. Promoting Positive Health and Well-being • Life Skills • Positive Health 	23 periods	9
August	Unit IV Psychological Disorders	<ol style="list-style-type: none"> 1. Introduction 2. Concepts of Abnormality and Psychological Disorders • Historical Background 3. Classification of Psychological Disorders 4. Factors Underlying Abnormal Behaviour 5. Major Psychological Disorders 	30 Periods	12
		<ul style="list-style-type: none"> • Anxiety Disorders • Obsessive-Compulsive and Related Disorders • Trauma- and Stressor-Related Disorders • Somatic Symptom and Related Disorders 		

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		<ul style="list-style-type: none"> • Dissociative Disorders • Depressive Disorder • Bipolar and Related Disorders 		
		<ul style="list-style-type: none"> • Schizophrenia Spectrum and Other Psychotic Disorders • Neurodevelopmental Disorders • Disruptive, Impulse-Control and Conduct Disorders • Feeding and Eating Disorders • Substance Related and Addictive Disorders 		
TERM-2				
September	Unit V Therapeutic Approaches	<ol style="list-style-type: none"> 1. Nature and Process of psychotherapy <ul style="list-style-type: none"> • Therapeutic relationship 2. Types of Therapies <ul style="list-style-type: none"> • Behaviour Therapy • Cognitive Therapy • Humanistic-Existential Therapy • Alternative Therapies • Factors contributing to healing in Psychotherapy • Ethics in Psychotherapy 3. Rehabilitation of the Mentally Ill 	25 Periods	9
October	Unit VI Attitude and Social Cognition	<ol style="list-style-type: none"> 1. Introduction 2. Explaining Social Behaviour 3. Nature and Components of Attitudes 4. Attitude Formation and Change <ul style="list-style-type: none"> • Attitude Formation • Attitude Change • Attitude-Behaviour Relationship 5. Prejudice and Discrimination 6. Strategies for Handling Prejudice 	16 Periods	8

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November	UnitVII SocialInfl uencean dGroupP rocesses	<ol style="list-style-type: none"> 1. Introduction 2. NatureandFormationof Groups 3. TypeofGroups 4. Influenceof GrouponIndividualBehaviour <ul style="list-style-type: none"> • SocialLoafing • GroupPolarisation 	14 Period s	6
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SUBJECT : LIFE SKILL AND CAREER COUNSELLING

MONTH	SESSION	ACTIVITY
April	Role of a counsellor *New Class New Challenges	"New life New dreams" Class discussion
May	*Adolescence *Behaviour choices *Emotional awareness and coping skills	Reforming myself "My weakness are now my strengths" Making up a write up
July	*Friendship skills *Personal space *Conflict resolution	My life my priorities" Make your own personal space circle.
August	*listening skills *Communication Skills	Freedom of Expression Free writing or drawing Skills
September	*Academic skills and achievements *Test taking strategies *Examination Stress Management	"Best out of time" Make a Mind map of your study routine
November	*Bulling prevention and awareness *Body image	I love myself group discussion
December	*Personal safety *Tech Safety	Be safe act SMARTLY Making up a wheel of Safety
January	*Goal setting *Problem solving *Decision Making	Appreciating the difference *Mindfulness

CAREER COUNSELING

Month	Session
April	Introduction to career counseling
May	*Importance of Stream choices *Criteria for stream selection
July	*Careers in PCB *Careers in PCM *Careers in PCMB
August	*Careers in Humanities *Careers in Commerce

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September	Best practices for... NEET JEE CLAT CUET
November	Career in sports Careers in Architecture Careers in PCB other than medicine
December	Careers in Hospitality and Tourism Careers in Defence Careers in Aviation Careers in Mass Media and Communication
January	New age Careers

Special Session will also be conducted for the students depending upon their career choices

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CLASS	XII	BOOK	Essentials of Physical Education
SUBJECT	PHYSICAL EDUCATION	PUBLISHER	Sultan Chand

TERM-1

MONTH	CHAPTER /LESSON	TOPIC/SUB TOPIC	NO.OF PERIODS	WEIGHT AGE
April	1	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 tournaments – Meaning, Objectives & Its Significance 5. Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause & Run for Unity)	15	5
April	2	Children & Women in Sports 1. Exercise guidelines of WHO for different age groups. 2. Common postural deformities- knock knees, flat foot, round shoulders, Lordosis, Kyphosis, Scoliosis, and bow legs and their respective corrective measures. 3. Women's participation in Sports – Physical, Psychological, and social benefits. 4. Special consideration (menarche and menstrual dysfunction) 5. Female athlete triad (osteoporosis, amenorrhea, eating disorder)	12	07
May	3	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 &	12	07

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		<p>Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta-vajarasana, Paschimottanasana, Ardha- Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati.</p> <p>3. Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottanasana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana, Matsyaasana, Anuloma-Viloma.</p> <p>4. Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi- shodhanapranayam, Sitlipranayam.</p> <p>5. Back Pain and Arthritis: Procedure, Benefits & Contraindications of Tadasana, Urdhwahastootanasana, Ardha- Chakrasana, Ushtrasana, Vakrasana, Sarala Maysyendrasana, Bhujandgasana, Gomukhasana, Bhadrasana, Makarasana, Nadi- Shodhana pranayama.</p>		
May	4	<p>Physical Education and Sports for CWSN (Children with Special Needs - Divyang)</p> <ol style="list-style-type: none"> 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 assessable for children with special needs. 	13	5

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July	5	<p>Sports & Nutrition</p> <ol style="list-style-type: none"> 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 	12	7
August	6	<p>Test & Measurement in Sports</p> <ol style="list-style-type: none"> 1. Fitness Test – SAI Khelo India Fitness Test in school: Age group 5-8 years/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Partial Abdominal 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 $\times 100 / 5.5 \times$ Pulse count of 1-1.5 Min after Exercise. 3. Computing Basal Metabolic Rate (BMR) 4. Rikli & Jones - Senior Citizen Fitness Test <ul style="list-style-type: none"> • Chair Stand Test for lower body strength • Arm Curl Test for upper body strength • Chair Sit & Reach Test for lower body flexibility • Back Scratch Test for upper body flexibility • Eight Foot Up & Go Test for agility • Six-Minute Walk Test for Aerobic Endurance 5. Johnsen – Methney Test of Motor Educability (Front Roll, Roll, Jumping Half-Turn, Jumping full-turn) 	13	4
September	7	<p>Physiology & Injuries in Sport</p> <ol style="list-style-type: none"> 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 aging 	13	5

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		<p>5. Sports injuries: Classification (Soft Tissue Injuries - Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique & Impacted)</p>		
TERM -2				
October	8	<p>Biomechanics and Sports</p> <ol style="list-style-type: none"> 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 Gravity and its application in sports 4. Friction & Sports 5. Projectile in Sports 	18	10
November	9	<p>Psychology and Sports</p> <ol style="list-style-type: none"> 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 	12	7
December	10	<p>Training in Sports</p> <ol style="list-style-type: none"> 1. Concept of Talent Identification and Talent Development in Sports 2. Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle. 3. Types & Methods to Develop – Strength, Endurance, and Speed. 4. Types & Methods to Develop – Flexibility and Coordinative Ability. 5. Circuit Training - Introduction & its importance 	15	9

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Class:- XII

CLASS	XII	BOOK	Informatics Practices for Class XII
SUBJECT	Informatics Practices	PUBLISHER	Dhanpat Rai & Co.

TERM-1

MONTH	Unit	LESSON	SUB TOPIC	No. of Periods	Weight age
April	2 Database Query using SQL	5. MySQL SQL Revision Tour 6. MySQL Functions	1) Database Concepts and SQL Commands 2) SQL Commands: 3) Revision of database concepts and SQL commands covered in Class XI 4) Math Functions:POWER(), ROUND(), MOD() 5) Text Functions:UCASE()/UPPER(), LCASE()/LOWER(), MID()/SUBSTRING()/SUBSTR(), LENGTH(), LEFT(), RIGHT(), INSTR(), LTRIM(), RTRIM(), TRIM() 6) Date Functions: NOW(), DATE(), MONTH(), MONTHNAME(),YEAR(),DAY(),DAYNAME() 7) Aggregate Functions: MAX(), MIN(), AVG(), SUM(), COUNT() 8) Using COUNT(*)	37	25
May	2 Database Query using SQL	7. Querying Using SQL 8.JOINS and SET Operations	9) Querying and Manipulating Data: 10) Group by, Having, Order by 11) Working with Multiple Tables: 12) Using equi-join		
July	1 Data Handling using Pandas and Data Visualization	1.Python Pandas -I	1) Introduction to Python Libraries: Pandas and Matplotlib 2) Data Structures in Pandas: Series and DataFramesIndexing and Slicing. 3) Series: 4) Creation from ndarray, dictionary, scalar value 5) Mathematical operations 6) Head and Tail functions 7) Selection, Indexing, and Slicing	25	25
August		2. Python	1) DataFrames:		

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	1 Data Handling using Pandas and Data Visualization	Pandas -II	2) Creation from a dictionary of Series, list of dictionaries, Text/CSV files 3) Display and iteration 4) Operations on rows and columns: add, select, delete, rename 5) Head and Tail functions 6) Indexing using Labels, Boolean Indexing		
September	1 Data Handling using Pandas and Data Visualization	3. Plotting with PyPlot 4. Importing/Exporting Data between CSV files and Data Frames.	7) Importing/Exporting Data: 8) Between CSV files and DataFrames 9) Data Visualization: 10) Purpose of Plotting 11) Drawing and saving various types of plots using Matplotlib: line plot, bar graph, histogram 12) Customizing Plots: 13) Adding label, title, and legend in plots 14) Importing/Exporting Data between CSV files and Data Frames.	25	

TERM-2

MONTH	UNIT	LESSON	SUB TOPIC	No. of Periods	Weight age
October	3 Introduction to Computer Networks	9. Introduction to Computer Networks 10. Introduction to Internet and web	1) Introduction to Networks: 2) Types of networks: PAN, LAN, MAN, WAN 3) Network Devices: Modem, Hub, Switch, Repeater, Router, Gateway 4) Network Topologies: Star, Bus, Tree, Mesh 5) Introduction to the Internet: 6) URL, WWW, and its applications: Web, Email, Chat, VoIP 7) Website Basics: ● Introduction ● Difference between a website and a webpage ● Static vs Dynamic web page ● Web server and hosting of a website 8) Web Browsers: ● Introduction ● Commonly used browsers ● Browser settings ● Add-ons and plug-ins ● Cookies)	10	10

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Class:- XII

November	4 Societal Impacts	11. Societal Impacts 12. Data Protection	1) Digital Etiquettes and Awareness: 2) Digital footprint 3) Net and communication etiquettes 4) Data protection 5) Intellectual property rights (IPR) 6) Plagiarism 7) Licensing and copyright 8) Free and open-source software (FOSS) 9) Cybersecurity: 10) Cybercrime and cyber laws 11) Hacking 12) Phishing 13) Cyberbullying 14) Overview of the Indian IT Act 15) E-Waste Management: 16) Hazards and management 17) Technology Usage and Health: 18) Awareness about health concerns related to the usage of technology	10	10
December		Revision & Examination			
January		Revision & Examination			

SYLLABUS FOR 2024-25

Class:- XII

CLASS	XII	PAINTING	BOOK	PANORAMIC INDIAN PAINTING	
SUBJECT	FINE ARTS	CODE NO. 049	PUBLISHER	VISHAL PUBLISHING CO.	
TERM 1					
MONTH		CHAPTER /LESSON	TOPIC/SUB-TOPIC	NO. OF PERIODS	WEIGHT AGE
APRIL	THEORY	Fundamentals of Art	Six limbs of painting	14	4
	PRACTICAL	SKETCHING	Natural forms (live plants and sand trees, vegetables and fruits, leaves and flowers etc.); Geometrical forms (tables, chairs, tv, kitchen, utensils etc.), Portrait (poster colours and pencil shading)		10
MAY	THEORY	The Rajasthani and Pahari Schools of Miniature Painting	Introduction to indian miniature schools: western-indian, pala, rajasthani, mughal, central india, deccan, and pahari.	24	4
	PRACTICAL	STILL LIFE	Natural objects (vegetables, fruits and plants) Geometrical objects (thick book, jug, bowl, cubes, cylinders, sphere etc)		10
AUGUST	THEORY	The Rajasthani and Pahari Schools of Miniature Painting	Introduction to mughal, central india, deccan, and pahari.	24	4.5
	PRACTICAL	COLOUR AND DESIGN	Zentangle (colourful, black and white)		10
SEPTEMBER	THEORY	The Mughal and Deccani Schools of miniature painting (16th Century	The mughal school (origin and development of the mughal school in brief and main features of the mughal school), study of the following mughal paintings,	24	4.5

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Class:- XII

		A.D. to 19th Century A.D.)		
	PRACTICAL	PAINTING	Newspaper painting (with black colour or multi colour) Copy work(copy work of any famous artist in your own style)	10

TERM 2					
MONTH		CHAPTER /LESSON	TOPIC/SUB-TOPIC	NO. OF PERIODS	WEIGHT AGE
NOVEMBER	THEORY	The Mughal and Deccani Schools of miniature painting (16th Century A.D. to 19th Century A.D.)	The deccani school origin and development of the deccani school and main features of the deccan school. Study of the deccani paintings	24	4.5
	PRACTICAL	SPACE DIVISION	Negative and positive space (black and white)		10
DECEMBER	THEORY	Unit 3: The Bengal School and Cultural Nationalism	New era in indian art-an introduction, study of the paintings of new era Study of famous indian artist's paintings	24	4.5
	PRACTICAL	PAINTING COMPOSITION	Monochrome painting (draw anything of your choice and use any poster colours) Landscape, cityscape, seascape, sunset scene(use any medium)		10
JANUARY	THEORY	Unit 4: The Modern trends In Indian Art	Study of famous indian artist's paintings	20	4
	PRACTICAL	INDIAN FOLK ART	Madhubani and warli art		10
		Submit portfolios			

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Class:- XII

HINDUSTANI MUSIC VOCAL (Code-034)

Sr.No.	Units	No.of Periods	Marks
Unit1		08	
1.1	Brief study of the following:-Alankar, Kan, Meend,	05	0 6
1.2	Brief study of the following Gram, Murchhana, Alap, Tana.	07	
Unit2		05	
2.1	Historical development of Time Theory of	05	0 6
Unit3		08	
3.1	Detail study of the following Sangeet Ratnakar Sangeet Parijat	04	0 6
3.2	Lifesket chand Cotribution of Faiyaz Ghulam AliKhan, KrishnaRao, ShankarPandit	04	
Unit4		09	
4.1	Description of Prescribed Talas along with Tala Notation with Thah, Dugun, Tigun and Chaugun	06	06
4.2	Tuning of Tanpura	03	
Unit 5		10	
5.1	Critical study of Prescribed Ragas along with recognizing Ragas from phrases of Swarasand Elaborating them excluding Raga Shuddha	04	06
5.2	Writingin Notation the Compositions of Prescribed Ragas. <ul style="list-style-type: none"> • Bhairav • Bageshri • Malkauns 	06	

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Class:- XII

Practical

Sr.No.	Topics	No. of periods
1.	One Vilambit Khayal with simple elaborations and few Tanas in any two of the prescribed Ragas.	18
2.	One Drut Khayal with simple elaborations and few tanas in the following Ragas-Bhairav, Bageshri, and Malkauns.	42
3.	One Tarana and one Dhamar with dugun and chaugun in anyone of the prescribed Ragas.	10
4.	Ability to recognize the Ragas from the Phrases of Swara rendered by the examiner.	10
5.	Recitation of the The kas of Jhaptala, Rupak, and Dhamar with Dugun and Chaugun, keeping tala with and beats.	15
6.	Tuning of Tanpura.	05

Mahamati A.C
Principal
Carmel Convent School
Kunjwani, Jammu