



**RUBY PARK  
PUBLIC SCHOOL**

# Class **XII** Syllabus





## English

MONTH	UNIT	READING	WRITING	LITERATURE
<b>APRIL</b>	1 2 3	Comprehension exercises from Literary Passages Case based passages	Formal Invitation Informal Invitation Replies to invitation	My Mother at Sixty-Six (Poem) The Last Lesson The Third Level Lost Spring
<b>MAY</b>	4 5	Comprehension from Discursive Passages	Invitation and Replies	The Tiger King Journey to the End of the Earth
<b>JUNE</b>	<b>UNIT TEST 1</b>			
<b>JUNE</b>	6	ASL	Notice Writing  Letter to the Editor	Keeping Quiet (Poem) Deep Water The Rattrap
<b>JULY</b>	7	Comprehension from Discursive Passages	Article Writing Report Writing Job Application	Indigo A Thing of Beauty (poem) Going Places
<b>AUGUST</b>	8 9	Inference from Context ASL	Article Writing Report Writing Job Application Letter to the Editor	Memories of Childhood The Interview Aunt Jennifer's Tigers
<b>AUGUST</b>	<b>Revision of BLOCK TEST I</b>			
<b>AUGUST, SEPTEMBER</b>	<b>BLOCK TEST I</b>			
<b>SEPTEMBER</b>	10	Comprehension from Analytical Passages	Letter to the Editor Job Application	A Roadside Stand  The Enemy



<b>OCTOBER</b>	11	Comprehension from Analytical Passages	Invitations and Replies Notices	Poets and Pancakes On the Face of It (Play)
<b>NOVEMBER</b>	12	ASL	Article Writing Report Writing	On the Face of It (Play) - contd. Revision
<b>NOVEMBER</b>	<b>REVISION</b>			
<b>NOVEMBER, DECEMBER</b>	<b>PRE-BOARD EXAMINATION</b>			



**Physics**

MONTH	CHAPTER	TOPICS	SUBTOPICS
APRIL	I & II	Electrostatics	Electric charges and their conservation. Coulomb's law - force between two point charges, forces between multiple charges; superposition principle and continuous charge distribution.
			Electric field, electric field due to a point charge, electric field lines; electric dipole, electric field due to a dipole; torque on a dipole in a uniform electric field.
			Electric flux, statement of Gauss's theorem and its applications to find field due to infinitely long straight wire, uniformly charged infinite plane sheet and uniformly charged thin spherical shell (field inside and outside).
			Electric potential, potential difference, electric potential due to a point charge, a dipole and system of charges; equipotential surfaces, electrical potential energy of a system of two point charges and of electric dipoles in an electrostatic field.



			Conductors and insulators, free charges and bound charges inside a conductor. Dielectrics and electric polarisation, capacitors and capacitance, combination of capacitors in series and in parallel, capacitance of a parallel plate capacitor with and without dielectric medium between the plates, energy stored in a capacitor(no derivation, formulae only)
<b>MAY- JUNE</b>	<b>REVISION AND UNIT TEST 1</b>		
	IX	Ray optics	Reflection of light, spherical mirrors, mirror formula. Refraction of light, total internal reflection and optical fibres, refraction at spherical surfaces, lenses, thin lens formula, lens-maker's formula. Magnification, power of a lens, combination of thin lenses in contact.  Refraction of light through a prism.
	IX	Ray optics	Optical instruments: Microscopes and astronomical telescopes (reflecting and refracting) and their magnifying powers.
<b>JUNE</b>	III	Current Electricity	Electric current, flow of electric charges in a metallic conductor, drift velocity and mobility, and their relation with electric current; Ohm's law, V-I characteristics (linear and non- linear), electrical energy and power, electrical





			resistivity and conductivity. Temperature dependence of resistance.
			Internal resistance of a cell, potential difference and emf of a cell, combination of cells in series and in parallel.
			Kirchhoff 's laws . Wheatstone bridge
<b>JUNE AND JULY</b>	<b>IV &amp; V</b>	<b>Magnetic Effects of Current and Magnetism</b>	<p>Concept of magnetic field, Oersted's experiment.Biot - Savart law and its application to current carrying circular loop.</p> <p>Ampere's law and its applications to infinitely long straight wire, straight solenoid(only qualitative treatment). Force on a moving charge in uniform magnetic and electric fields.</p> <p>Force on a current-carrying conductor in a uniform magnetic field. Force between two parallel current-carrying conductors-definition of ampere. Torque experienced by a current loop in a uniform magnetic field; current loop as a magnetic dipole and its magnetic dipole moment. Moving coil galvanometer-its current and voltage sensitivity and conversion to ammeter and voltmeter. Bar magnet, bar magnet as an equivalent solenoid (qualitative treatment only). Magnetic field</p>



		<p>intensity due to a magnetic dipole (bar magnet) along its axis and perpendicular to its axis (qualitative treatment only). Torque on a magnetic dipole (bar magnet) in a uniform magnetic field (qualitative treatment only); magnetic field lines.</p> <p>Magnetic properties of materials- Para-, dia- and ferro -</p> <p>magnetic substances, with examples. Magnetisation of materials; Effect of temperature on Magnetic Properties.</p>
		<p>Bar magnet, bar magnet as an equivalent solenoid (qualitative treatment only). Magnetic field intensity due to a magnetic dipole (bar magnet) along its axis and perpendicular to its axis (qualitative treatment only). Torque on a magnetic dipole (bar magnet) in a uniform magnetic field (qualitative treatment only); magnetic field lines.</p> <p>Magnetic properties of materials- Para-, dia- and ferro -</p> <p>magnetic substances, with examples. Magnetisation of materials; Effect of temperature on Magnetic Properties.</p>



<b>AUGUST</b>	VI & VII	Electromagnetic Induction and Alternating Currents	Electromagnetic induction; Faraday's law, induced emf and current; Lenz's Law,. Self and mutual inductance.
			Alternating currents, peak and rms value of alternating current /voltage; reactance and impedance; LCR series circuit(Phasors only), resonance; power in AC circuits,power factor, wattless current.AC generator and transformer.
<b>AUGUST</b>	VIII	Electromagnetic Waves	Basic idea of displacement current, Electromagnetic waves and their characteristics, their transverse nature (qualitative ideas only). Electromagnetic spectrum (radio waves, microwaves, infrared, visible, ultraviolet, x-rays, gamma rays) including elementary facts about their uses.
<b>AUGUST</b>	<b>BLOCK TEST 1</b>		
<b>SEPTEMBER</b>	X	WAVE OPTICS	Wavefront and Huygens' principle, reflection and refraction of plane wave at a plane surface using wavefronts. Proof of laws of reflection and refraction using Huygens' principle.  Interference, Young's double slit experiment and expression for fringe width (No derivation final expression only), coherent sources and sustained interference of light. Diffraction due to a single slit, width of central maximum (qualitative treatment only).





<b>SEPTEMBER</b>	<b>XI</b>	Photoelectric Effect (Dual nature of radiation and matter)	Dual nature of radiation, Photoelectric effect, Hertz and Lenard's observations; Einstein's photoelectric equation - particle nature of light .Experimental Study of Photoelectric Effect.Matter waves - wave nature of particles, de Broglie relation.
<b>OCTOBER</b>	<b>XII &amp; XIII</b>	<b>ATOMS AND NUCLEI</b>	Alpha - particle scattering experiment; Rutherford's model of atom; Bohr model of Hydrogen atom ,expression of radius of nth possible orbit,velocity and energy of electron in this orbit of Hydrogen line spectra(qualitative treatment only). Composition and size of nucleus,nuclear force, Mass-energy relation, mass defect; binding energy per nucleon and its variation with mass number; nuclear fission and fusion.
<b>NOVEMBER</b>	<b>XIV</b>	<b>ELECTRONIC DEVICES</b>	Energy Bands in conductors, Semiconductors and insulators (qualitative treatment only), intrinsic and extrinsic semi conductors, p type and n type ,pn junction; semiconductor diode - I-V characteristics in forward and reverse bias, diode as a rectifier;
<b>NOVEMBER- DECEMBER</b>	<b>REVISION AND PREBOARD EXAMINATION 1</b>		
<b>DECEMBER - JANUARY</b>	<b>PREBOARD EXAMINATION 2</b>		

**Chemistry**

MONTH	UNIT	TOPIC	SUB TOPIC
APRIL	I	Solutions	Types of solutions, Expression of concentration of solutions of solids in liquids, Solubility of gases in liquid, solid in liquid, Colligative properties: relative lowering of vapour pressure, Raoult's law, elevation of boiling point, depression of freezing point, osmotic pressure, Determination of molecular masses using colligative properties, Abnormal molecular mass, Van't Hoff factor
	II	Electrochemistry	EMF of a cell, standard electrode potential Nernst equation and its application to chemical cells, Relation between Gibbs energy change and EMF of a cell, Conductance in electrolytic solutions, specific and molar conductivity, variations of conductivity with concentration. Kohlrausch's Law, Electrolysis and laws of electrolysis (elementary idea). Electrolytic cells and Galvanic cells, Lead accumulator, Dry cell, Fuel cells; corrosion.
MAY	III	Chemical Kinetics	Rate of a reaction (average and instantaneous) Factors affecting rates of reaction. Order and molecularity of a reaction, Rate law and specific rate constant, integrated rate equations and half-life (only for zero and first order reactions) Activation energy, Arrhenius equation Concept of collision theory (elementary idea, no mathematical treatment)
JUNE	UNIT TEST-I		
	VI	Haloalkanes & Haloarenes	Haloalkanes: Nomenclature, nature of C-X bond, physical and chemical properties, mechanism of substitution reactions. Optical isomerism.



<b>JULY</b>	VI	Haloalkanes & Haloarenes	Haloarenes: Nature of C-X bond, substitution reactions (directive influence of halogen for monosubstituted compounds only). Uses and environmental effects of dichloromethane, trichloromethane, tetrachloromethane, iodoform, freons, DDT.
	VII	Alcohols, Phenols & Ethers	Alcohols: Nomenclature, methods of preparation, physical and chemical properties (of primary alcohols only); identification of primary, secondary and tertiary alcohols; mechanism of dehydration, uses, with special reference to methanol and ethanol. Phenols: Nomenclature, methods of preparation, physical and chemical properties, acidic nature of phenol, electrophilic substitution reactions, uses of phenols. Ethers: Nomenclature, methods of preparation, physical and chemical properties, uses.
<b>AUGUST</b>	VIII	Aldehydes, Ketones & Carboxylic Acids	Aldehydes and Ketones: Nomenclature, nature of carbonyl group, methods of preparation, physical and chemical properties, and mechanism of nucleophilic addition, reactivity of alpha hydrogen in aldehydes; uses. Carboxylic Acids: Nomenclature, acidic nature, methods of preparation, physical and chemical properties; uses
	<b>BLOCK TEST-I</b>		
<b>SEPTEMBER</b>	IX	Amines	Preparation, physical and chemical properties, uses, identification of primary secondary and tertiary amines, Diazonium salts: Preparation, chemical reactions and importance in synthetic organic chemistry.
	IV	d - & f - Block Elements	General introduction, electronic configuration, occurrence and characteristics of transition metals, general trends in properties of the first row transition metals - metallic character, ionization enthalpy, oxidation states, ionic radii, colour, catalytic property, magnetic properties, interstitial compounds, alloy formation.



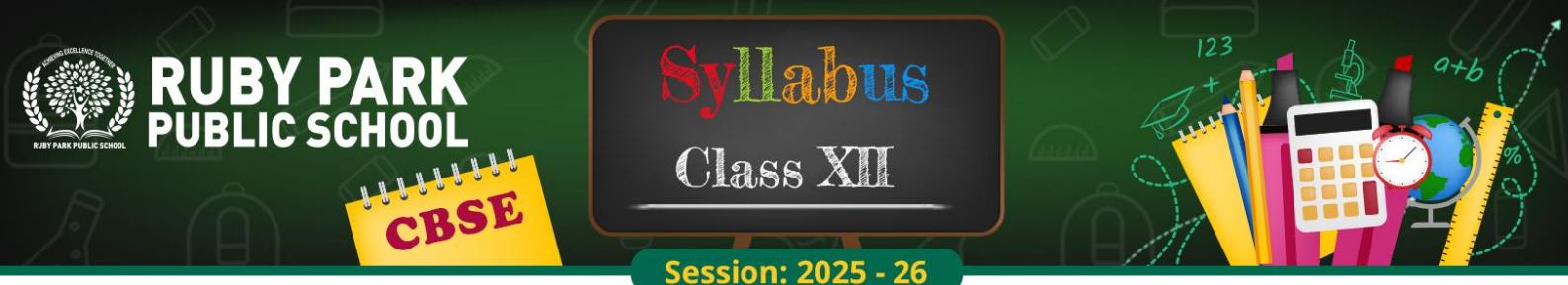
<b>OCTOBER</b>	V	Coordination Compounds	Coordination compounds: Introduction, Werner's theory, ligands, coordination number, colour, magnetic properties and shapes, IUPAC nomenclature of mononuclear coordination compounds, Isomerism (structural and stereo) Bonding, VBT, CFT, Importance of coordination compounds (in qualitative analysis, extraction of metals and biological systems).
	X	Biomolecules	Carbohydrates - Classification (aldoses and ketoses), monosaccharide (glucose and fructose), D-L configuration, oligosaccharides (sucrose, lactose, maltose), polysaccharides (starch, cellulose, glycogen): importance of carbohydrates.
<b>NOVEMBER</b>	X	Biomolecules	Proteins - Elementary idea of $\alpha$ - amino acids, peptide bond, polypeptides, proteins, primary structure, secondary structure, tertiary structure and quaternary structure (qualitative idea only), denaturation of proteins; enzymes. Vitamins - Classification and functions. Nucleic Acids: DNA and RNA
	<b>REVISION</b>		
<b>DECEMBER</b>	<b>PRE-BOARD EXAMINATION</b>		
<b>JANUARY</b>	<b>PRACTICE TEST</b>		



**Biology**

MONTH	UNIT	TOPICS
APRIL	Reproduction	Sexual reproduction in flowering plants
		Human reproduction
MAY	Reproduction	Reproductive health- introduction
	Reproduction	Reproductive health - continued
	Genetics and evolution	Principles of inheritance and variation
UNIT TEST I		
JUNE	Genetics and evolution	Principles of inheritance and variation
JULY	Genetics and evolution	Molecular basis of inheritance
		Theory of evidences of evolution
	Biology in human welfare	Microbes in human welfare
	Biology in human welfare	Human health and diseases
AUGUST		
BLOCK TEST I		
SEPTEMBER	Biotechnology	Biotechnology: principles and process
OCTOBER	Biotechnology	Biotechnology and its application
	Ecology	Organisms and population
		Ecosystems
NOVEMBER	Ecology	Biodiversity and conservation
NOVEMBER	Board syllabus completion and Revision	
NOVEMBER	PRE BOARD EXAMINATION	
DECEMBER	PRACTICE TEST	





## Mathematics

MONTH	TOPICS	SUBTOPICS
APRIL	Relations and Functions	Types of relations: reflexive, symmetric, transitive and Equivalence Relation, Equivalence Class, One to one and onto function
	Inverse Trigonometric Functions	Definition, range, domain, principal value branch. Graphs of inverse trigonometric functions.
	Continuity & Differentiability	Continuity & differentiability at a point and continuity at some interval.
MAY	Continuity & Differentiability	Derivative (Chain Rule), Derivative of inverse trigonometric functions, derivative of implicit functions. Concept of exponential and logarithmic functions. Derivatives of logarithmic and exponential functions, derivative of functions expressed in parametric forms. Second order derivatives.
JUNE	UNIT TEST- 1	
JUNE	Application of Derivatives	Rate of change of quantities, Increasing & Decreasing Functions
		Maxima and minima (first derivative test motivated geometrically and second derivative test given as a provable tool). Simple problems (that illustrate basic principles and understanding of the subject as well as real-life situations).
JULY	Matrices	Concept, notation, order, equality, types of matrices, zero and identity matrix, transpose of a matrix, symmetric and skew symmetric matrices. Operations on matrices: Addition and multiplication and multiplication with a scalar. Simple properties of addition, multiplication and scalar multiplication. Noncommutativity of multiplication of matrices and existence of non-zero matrices whose product is the zero matrix (restrict to square matrices of order 2). Invertible matrices and proof of the uniqueness of inverse, if it exists; (Here all matrices will have real entries).
	Determinants	Determinant of a square matrix (up to matrices), minors, co-factors and applications of determinants in finding the area of a triangle. Adjoint and inverse of a square matrix. Consistency, inconsistency and number of solutions of system of linear equations by examples, solving system of linear equations in two or three variables (having unique solution) using inverse of a matrix
	Linear Programming	Introduction, related terminology such as constraints, objective function, optimization, Graphical method of solution for problems in two variables, feasible and infeasible regions (bounded or unbounded), feasible and infeasible solutions, optimal feasible solutions (up to three non-trivial constraints).



	Indefinite Integrals	Integration as inverse process of differentiation, Integration of a variety of functions by substitution,
<b>AUGUST</b>	Indefinite Integrals	Integration by partial fractions and by parts. Some special integrals
<b>AUGUST</b>	<b>BLOCK TEST- 1</b>	
<b>SEPTEMBER</b>	Definite Integrals	Fundamental theorem of Calculus (without proof), Basic properties of definite integrals and evaluation of definite integrals.
	Application of the Integrals	Applications in finding the area under simple curves, especially lines, circles/parabolas/ellipses (in standard form only)
	Differential Equations	Definition, order and degree, general and particular solutions of a differential equation. Solution of differential equations by method of separation of variables, solutions of homogeneous differential equations of first order and first degree. Solutions of linear differential equation.
	Probability	Conditional probability, multiplication theorem on probability, independent events, total probability, Bayes' theorem.
<b>OCTOBER</b>	Probability	Random variable and its probability distribution, mean of random variable.
	Vector	Vectors and scalars, magnitude and direction of a vector. Direction cosines and direction ratios of a vector. Types of vectors (equal, unit, zero, parallel and collinear vectors), position vector of a point, negative of a vector, components of a vector, addition of vectors, multiplication of a vector by a scalar, position vector of a point dividing a line segment in a given ratio. Definition, Geometrical Interpretation, properties and application of scalar (dot) product of vectors, vector (cross) product of vectors.
<b>NOVEMBER</b>	Three dimensional Geometry	Direction cosines and direction ratios of a line joining two points. Cartesian equation and vector equation of a line, skew lines, shortest distance between two lines. Angle between two lines.
<b>NOVEMBER</b>	<b>Preboard</b>	
<b>PRE-BOARD SYLLABUS AS PRESCRIBED BY CBSE</b>		



### Economics

MONTH	TOPIC	SUB-TOPIC
MARCH	Circular Flow Of Income and Basic Concepts Of Macroeconomics	Stock and flow, Real flow and money flow, Circular flow of income in a two sector economy, Consumption goods, capital goods, final goods, intermediate goods; stocks and flows; gross investment and depreciation.
APRIL	GDP And Welfare	Nominal GDP and Real GDP. Limitations of treating GDP as an indicator of welfare
	Methods of calculating National Income - Value Added or Product method	Steps involved in calculating, Precautions, Numericals, Problems of double counting.
	Methods of calculating National Income - Income method	Steps involved in calculating National Income, Precautions of calculating National income through income method, Numerical, Concepts of Compensation of Employees, Operating Surplus, Mixed Income.
MAY	Methods of calculating National Income - Expenditure Method	Steps involved in calculating National Income, Precautions of calculating National income through expenditure method, Numerical, Concepts of Private final Consumption Expenditure, Government Final consumption expenditure, Gross domestic capital formation, Net Exports.
	Indian economy on the eve of independence	Performance of agriculture, industry during British rule.



		Foreign Trade and demographic profile during British Rule. Occupational structure during British Rule. State of infrastructure during British rule.
	Indian economic system and common goals of five year plans	Indian economic system and common goals of Five Year Plans. Main features, problems and policies of agriculture (institutional aspects and new agricultural strategy), industry (IPR 1956; SSI – role & importance) and foreign trade.
<b>JUNE</b>	Features and appraisals of liberalisation,	Reasons for introducing NEP, Financial Sector Reforms, Tax Reforms, Foreign Exchange Reforms, Trade and Investment Policy Reforms.
	Globalisation and Privatisation (LPG policy), concepts of demonetization and GST	Meaning of globalisation, outsourcing, World Trade Organisation, Reforms in agriculture, Reforms in Industry, Disinvestment.
	Money and Banking	M1 measure of money supply, suppliers of money in an economy, Process of credit creation with concept of Legal Reserve Ratio. RBI'S method of regulating money supply in an economy with its quantitative (Repo rate, Reverse repo rate, bank rate, CRR, SLR. OMO) and qualitative (Margin Requirement) tools.
<b>UNIT TEST-1</b>		



<b>JULY</b>	Current challenges facing Indian Economy- Human Capital Formation, Rural Development	How people become resource, role of human capital in economic development and growth of education sector in India. Credit and marketing in rural India, key issues, role of cooperatives, agricultural diversification, alternate farming-organic farming.
<b>AUGUST</b>	Government Budget and the Economy.	Meaning and objectives of Government Budget, components, classification of receipts- revenue receipts and capital receipts, classification of expenditure- revenue and capital expenditure. Balanced, surplus and deficit budget-measures of government deficits.
	Determination of Income and Employment	Aggregate demand and its components, Propensity to consume and save, short-run equilibrium output, investment multiplier and its mechanism.
<b>AUGUST- SEPTEMBER</b>	<b>REVISION AND BLOCK TEST-I</b>	
<b>SEPTEMBER</b>	Determination of Income and Employment	Meaning of full employment and underemployment, problems of deficient and excess aggregate demand measures to correct them- changes in government spending , taxes and money supply.





	Sustainable Development	Meaning, effects of economic development on resources and environment and global warming.
<b>OCTOBER</b>	Balance of Payments and Foreign Exchange Rate	Balance of payments-meaning and components. Surplus and deficit balance of payments. Foreign exchange rate- meaning of fixed and flexible and managed floating. Determination of exchange rate in a free market, merits and demerits of fixed and flexible exchange rate. Managed Floating exchange rate.
	Employment growth and informalisation of workforce	Growth and changes in workforce participation rate in formal and informal sectors: problems and policies.
<b>NOVEMBER</b>	Development experience of India-A comparison with neighbours	Comparison of India with China and Pakistan on issues of economic growth, population, sectoral development and other human development indicators.
	<b>PRE-BOARD-I</b>	
<b>DECEMBER</b>	<b>PRACTICE TEST-I</b>	



### Accountancy

MONTH	TOPIC	SUBTOPIC
<b>APRIL</b>	Company Accounts	Issue of Shares at Par and Premium and consideration other than cash Calls in Arrear, Calls in Advance and Over Subscription Forfeiture of shares issued at par and premium and there subsequent reissue.Oversubscription with Forfeiture Balance Sheet Representation as per Schedule III of Companies Act 2013 of Shareholders Fund (including pro rata)
	Company Accounts	Pro Rata allotment and balance sheet representation continued Issue of Debentures - Issued at Par, Premium and Discount, Issue of Debentures as Collateral Securities and Issue of Debentures for consideration other than cash. Writting off of interest on Debentures
	Analysis of Financial Statements	Financial Statements of Company (Representation of Balance Sheet and Statement of Profit and Loss according to Schedule III)
<b>MAY</b>	Analysis of Financial Statements	Comparative Statement and Common size statement. Ratio Analysis -Liquidity, Solvency ratios
<b>JUNE</b>	<b>UNIT TEST I</b>	
	Analysis of Financial Statements	Ratio Analysis-Activity and Profitability Ratios .
<b>JULY</b>	Partnership	Fundamentals of Partnership - Theory, P/L Appropriation Account, Interest on Capital, Interest on Drawings, Fluctuating and Fixed Capital Accounts, Rectification of Closed Accounts and Guarantee of Minimum Share of Profit. Change in Profit Sharing Ratio among existing Partners - Calculation of Sacrificing and Gaining Ratio, Valuation of Goodwill, Treatment of Goodwill, Treatment of Reserves



		and Accumulated Profits and Revaluation of Assets and Liabilities. Including preparation of a new balance sheet.
<b>AUGUST</b>	Partnership	Admission of a Partner - Premium for Goodwill and preparation of Revaluation Account, Partners Capital Account and Balance Sheet of reconstituted firm.
<b>AUGUST- SEPTEMBER</b>	<b>BLOCK TEST-I</b>	
<b>SEPTEMBER</b>	Partnership	Admission of Partner- Hidden Goodwill Adjustment of Capital in admission of a partner
	Partnership	Retirement of a Partner along with Partner's Loan Account and Death of a Partner along with Executor's Loan Account
<b>OCTOBER</b>	Financial statement Analysis	Cash Flow Statement from Operating, Investing and Financing activities
<b>NOVEMBER</b>	Partnership	Dissolution of a firm along with Memorandum Balance Sheet and Journal Entries.
	<b>PRE BOARD I</b>	
<b>DECEMBER</b>	<b>PRACTICE TEST I</b>	



## Business Studies

MONTH	TOPIC	SUBTOPIC
APRIL	Nature and Significance of Management	Characteristics and Objectives Of management, Nature and levels of Management Functions of Management and Coordination
	Principles of Management	Nature of Principles of Management, Importance of Principles of Management and Fayol's Principle
	Principles of Management	Fayol's Principal Contd and Taylor's Principles and Technique and Comparison between Taylor and Fayol
	Business Environment	Introduction of Business Environment, Features and Importance, Dimensions of business environment. Dimensions of business environment, Demonetisation- concept and importance, Demonetisation
	Marketing Management	Marketing Management - Meaning, Functions and Marketing Philosophies and Marketing Mix Introduction
MAY	Marketing Management	Marketing Mix -Product, Price, Place and Promotion along with Public Relations
JUNE	UNIT TEST I	
	Financial Management	Definition of Financial Management, Three important decisions- Meaning and Factors effecting the same. Financial Planning- Objectives and Importance, Capital structure concept and factors affecting Capital structure
JULY	Financial Management	Trading on Equity - its mathematical proof.



		Fixed and Working Capital and factors affecting Fixed and Working capital
	Financial Markets	Concept, Types, Money market and its instruments, Distinction between Money Market and Capital Market, Stock Exchange and its Function and Trading Procedure and Securities and Exchange Board of India - Objectives and functions
	Consumer Protection	Concept and Importance, Consumer Protection Act 2019 , Role of NGO's and Non-Governmental organisations
<b>AUGUST</b>	Planning	Concept and Importance, Limitations, Planning Process and Types of Plans
<b>AUGUST- SEPTEMBER</b>	<b>BLOCK TEST I</b>	
<b>SEPTEMBER</b>	Organising	Concept and Importance, Organising Process, Structure of Organisation - Divisional and Functional Structure, Types of Organising, Formal and Informal, Delegation and Decentralisation-Concept, Elements, Importance. Delegation and Decentralisation- Concept , Importance and Elements
<b>OCTOBER</b>	Staffing	Concept and Importance, Staffing as a part of HRM, Staffing Process and Sources of Recruitment - Internal and External - Merits and Demerits Selection Process, Training and Development - Concept, Importance and Methods
	Directing	Concepts , Importance and Elements. Motivation- Concept , Maslow's Theory and Financial and Non-Financial Incentives , Leadership - Concepts, Styles of Leadership, Communication - Concept, Formal and Informal Communication,





# Syllabus

## Class XII

Session: 2025 - 26



		Barriers to Communication and how to overcome Barriers to Communication
NOVEMBER	Controlling	Concept, Importance, Process of Controlling, Relationship between Planning and Controlling.
	<b>PRE-BOARD I</b> Pre Board Syllabus as prescribed by CBSE	



## **Entrepreneurship**

MONTH	TOPIC	SUBTOPIC
<b>APRIL</b>	Entrepreneurial Opportunity	<ol style="list-style-type: none"><li>1. Elements of Business opportunity</li><li>2. Factors involved in sensing opportunity</li><li>3. Concept of environmental scanning</li><li>4. Factors affecting business environment</li><li>5. Meaning of idea fields</li><li>6. Various sources of idea fields</li><li>7. Technique of transformation of ideas into opportunities</li><li>8. Understanding trend spotting</li><li>9. Creative and innovative processes</li></ol>
	Enterprise Planning	<ol style="list-style-type: none"><li>1. Type of economic activities</li><li>2. Forms of business organizations</li></ol>
<b>MAY</b>	Enterprise Planning	<ol style="list-style-type: none"><li>3. Business Plan</li><li>4. Format of Business Plan</li><li>5. Formalities required for starting a business</li></ol>
<b>JUNE</b>	<b>UNIT TEST 1</b>	
	Enterprise Marketing	<ol style="list-style-type: none"><li>1. What are Goal setting and Smart Goals</li><li>2. Various marketing strategies used in a firm</li><li>3. Understanding in detail 4P's in marketing</li><li>4. Understanding the concepts of Brand, Logo and Tagline</li><li>5. Meaning and methods of negotiation</li><li>6. Understanding the importance of employees, customer and vendor</li><li>7. Understanding the importance of quality in customer satisfaction</li><li>8. Various reasons for business failures</li></ol>
<b>JULY</b>	Enterprise Growth Strategies	<ol style="list-style-type: none"><li>1. Detail about franchising and its types</li><li>2. How growth of firm possible through merger and acquisition</li><li>3. Types and meaning of mergers and acquisitions</li><li>4. Understand the reasons for mergers and acquisitions</li></ol>



		5. Understand the reasons for failure of mergers and acquisitions 6. Concept of value addition 7. Meaning of value chain and requirement of value chain management
<b>AUGUST</b>	Business Arithmetic	1. Concept of Unit price, 2. Break even point and its calculations 3. Meaning of Inventory control and E.O.Q
<b>AUGUST- SEPTEMBER</b>	<b>BLOCK TEST I</b>	
<b>SEPTEMBER</b>	Business Arithmetic	4. Meaning of cash flow projection and concept of working capital 5. Terminologies of Financial management and budgets 6. Concept and calculation of Return on Investment and Return on Equity
<b>OCTOBER</b>	Resource Mobilisation	1. Understand the need of finance in Business 2. Discuss the various sources of funds required for a firm 3. Understand the ways of raising funds in primary market 4. Angel Investors and Venture capitalists- Features and funding
<b>NOVEMBER</b>		<b>PRE BOARD I</b>
<b>DECEMBER</b>	<b>PRACTICE TEST I</b>	



## Computer Science

MONTH	TOPIC	SUB TOPIC
MARCH	Python Revision Tour -I	Tokens in Python, Variables and Assignments, Simple Input and Output, Data Types, Mutable Type and Immutable Type Expressions, Statement Flow Control, Looping Statement
APRIL	Python Revision Tour-II	Strings in Python, List in Python Tuples in Python, Dictionary in Python, Sorting Techniques
	Working with Functions	Types of function (built-in functions, functions defined in module, user defined functions), creating user defined function, Arguments and parameters, default parameters, positional parameters, keyword arguments of user defined functions Function returning value(s), flow of execution, scope of a variable (global scope, local scope) Programs using user defined functions
MAY	Using Python Libraries	Creating python libraries
JUNE	UNIT TEST I	
JUNE	Exception Handling	Introduction, handling exception using try-catch-finally blocks
JULY	File Handling	Introduction to files, types of files (Text file, Binary file, CSV file), relative and absolute paths.



		<p>Text file: opening a text file, text file open modes (r, r+, w, w+, a, a+), closing a text file, opening a file using with clause, writing/appending data to a text file using write() and writelines(), reading from a text file using read(), readline() and readlines(), seek and tell methods, manipulation of data in a text file</p>
		<p>Binary file: basic operations on a binary file: open using file open modes (rb, rb+, wb, wb+, ab, ab+), close a binary file, import pickle module, dump() and load() method, read, write/create, search, append and update operations in a binary file</p>
		<p>CSV file: import csv module, open / close csv file, write into a csv file using csv.writerow() and read from a csv file using csv.reader( )</p>
<b>AUGUST</b>	Data Structures: Linear Lists	<p>Stack, operations on stack (push &amp; pop), implementation of stack using list.</p> <p>Introduction to queue, operations on queue (enqueue, dequeue, is empty, peek, is full), implementation of queue using list.</p>
	Database Management	<p>Database concepts: introduction to database concepts and its need. Relational data model: relation, attribute, tuple, domain, degree, cardinality, keys (candidate key, primary key, alternate key, foreign key)</p>





		<p>Structured Query Language: Introduction, Data Definition Language and Data Manipulation Language, data type (char(n), varchar(n), int, float, date), constraints (not null, unique, primary key), create database, use database, show databases, drop database, show tables, create table, describe table, alter table (add and remove an attribute, add and remove primary key), drop table, insert, delete, select, operators (mathematical, relational and logical), aliasing, distinct clause, where clause, in, between, order by, meaning of null, is null, is not null, like, update command, delete command, aggregate functions (max, min, avg, sum, count), group by, having clause, joins: cartesian product on two tables, equi-join and natural join</p>
<b>AUGUST- SEPTEMBER</b>	<b>BLOCK TEST I</b>	
<b>OCTOBER</b>	Interface Python with MySQL	Connecting SQL with Python, performing insert, update, delete queries using cursor, display data by using fetchone(), fetchall(), rowcount, Creating database connectivity applications
<b>NOVEMBER</b>	Computer Networks	Evolution of networking: introduction to computer networks, evolution of networking (ARPANET, NSFNET, INTERNET)
		Data communication terminologies: concept of communication, components of data communication (sender, receiver, message, communication media, protocols), measuring capacity of communication media (bandwidth, data transfer rate), IP address, switching techniques (Circuit switching, Packet switching)
		Transmission media: Wired communication media (Twisted pair cable, Co-axial cable, Fiber-optic cable), Wireless media (Radio waves, Micro waves, Infrared waves).



		Network devices (Modem, Ethernet card, RJ45, Repeater, Hub, Switch, Router, Gateway, WIFI card)
		Network topologies and Network types: types of networks (PAN, LAN, MAN, WAN), networking topologies (Bus, Star, Tree).
		Network protocol: HTTP, FTP, PPP, SMTP, TCP/IP, POP3, HTTPS, TELNET, VoIP, wireless/mobile communication protocol such as GSM, GPRS and WLL
<b>NOVEMBER</b>	Computer Networks	Mobile Technologies: 1G, 2G, 3G, 4G and 5G.
		Introduction to web services: WWW, Hyper Text Markup Language (HTML), Extensible Markup Language (XML), domain names, URL, website, web browser, web servers, web hosting
	<b>REVISION</b>	
<b>DECEMBER</b>	<b>PRE-BOARD EXAMINATION</b>	
<b>JANUARY</b>	<b>PRACTICE TEST</b>	



## History

MONTH	UNIT	TOPICS	SUB-TOPICS
<b>APRIL- MAY</b>	1	Bricks, Beads and Bones	Beginning Subsistence strategies Mohenjo Daro- A planned urban centre Tracking social differences Finding out about craft production Strategies for procuring materials Seals, script, weights Ancient authority The end of the civilization Discovering the Harappan civilization Problems of piecing together the past
	2	Kings, Farmers and Towns	Princep and Piyadassi The earliest states An early empire New notions of kingship A changing countryside Towns and trade Back to basics- how are inscriptions deciphered? The limitations of inscriptional evidence
	3	Kingship, Caste and Class	The critical edition of the Mahabharata Kinship and marriage Social differences: within and beyond the framework of caste Beyond birth - resources and status Explaining social differences Handling text: Historians and the Mahabharata A dynamic text
	4	Thinkers, Beliefs and Buildings	A glimpse of Sanchi The background: sacrifices and debates Beyond worldly pleasures: the message of Mahavira The Buddha and the quest for enlightenment Teachings of the Buddha



			<p>Followers of the Buddha</p> <p>Stupas</p> <p>Discovering stupas: the fate of Amaravati and Sanchi</p> <p>Sculpture</p> <p>New religious traditions</p> <p>Can we see 'everything'?</p>
<b>UNIT TEST I</b>			
<b>JUNE</b>	5	Through the Eyes of Travelers	<p>Al-Biruni and the Kitab-ul-Hind</p> <p>Ibn Battuta's Rihla</p> <p>Francois Bernier: A doctor with a difference</p> <p>Making sense of an alien world: Al-Biruni and the</p> <p>Sanskritic tradition</p> <p>Ibn Battuta and the excitement of the unfamiliar</p> <p>Bernier and the 'degenerate' East</p> <p>Women, slaves, sati and labourers</p>
<b>JULY</b>	6	Bhakti-Sufi Traditions	<p>A mosaic of religious beliefs and practices</p> <p>Poems of prayer: Early traditions of Bhakti</p> <p>The Virashaiva tradition in Karnataka</p> <p>Religious ferment in North India</p> <p>New strands in the fabric: Islamic traditions</p> <p>The growth of Sufism</p> <p>The Chishtis in the subcontinent</p> <p>New devotional path: Dialogue and dissent in North India</p> <p>Reconstructing histories of religious traditions</p>
	7	An Imperial Capital: Vijayanagar	<p>The discovery of Hampi</p> <p>Rayas, Nayakas and Sultans</p> <p>Vijayanagara: the capital and its environs</p> <p>The royal centre</p> <p>The sacred centre</p> <p>Plotting palaces, temples and bazaars</p> <p>Questions in search of answers</p>
<b>AUGUST</b>	8	Peasants, Zamindar and State	<p>Peasants and agricultural production</p> <p>A village community</p> <p>Women in agrarian society</p> <p>Forests and tribes</p> <p>The zamindars</p>



			Land revenue system The flow of silver The Ain-i-Akbari of Abul Fazal Allami
	9	Colonialism and the country side	Bengal and the zamindars The hoe and the plough A revolt in the countryside: the Bombay Deccan The Deccan Riots Commission
<b>BLOCK TEST I</b>			
<b>SEPTEMBER- OCTOBER</b>	10	Rebels and the Raj	Pattern of the uprising Awadh in revolt What the rebels wanted Repression Images of the revolt
	11	Mahatma Gandhi and the Nationalist Movement	A leader announces himself The making and unmaking of Non-cooperation The Salt Satyagraha: a case study Quit India The last heroic days Knowing Gandhi
<b>NOVEMBER</b>	12	Framing the Constitution	A tumultuous time The vision of the constitution Defining rights The powers of the state The language of the nation
<b>PRE-BOARD EXAMINATION</b>			
<b>PRE BOARD SYLLABUS AS PRESCRIBED BY CBSE</b>			





## Geography

FUNDAMENTALS OF HUMAN GEOGRAPHY [PART-A]			
MONTH	UNIT	TOPIC	SUB TOPIC
APRIL	I	Human Geography	Nature and scope
MAY	II A	People	Population-distribution, density and growth. Population change- Components of population change, Demographic transition.
UNIT TEST 1			
JUNE	II B	People	Human development - concept; selected indicators, international comparisons
JULY	III A	Human Activities	Primary activities - concept and changing trends; gathering, pastoral, mining, subsistence agriculture, modern agriculture; people engaged in agricultural and allied activities - some examples from selected countries
	III B	Human Activities	Secondary activities- concept; manufacturing: types - household, small scale, large scale; agro based and mineral based industries; people engaged in secondary activities - some examples from selected countries
	III C	Human Activities	Tertiary Activities- Concept; Trade, Transport And Tourism; Services; People



			Engaged In Tertiary Activities - Some Examples From Selected Countries
<b>AUGUST</b>	III D	Human Activities	Quaternary Activities- Concept; People Engaged In Quaternary Activities - Case Study From Selected Countries
	IV A	Transport, Communication and Trade	Land Transport - Roads, Railways; Trans-Continental Railways. Water Transport- Inland Waterways; Major Ocean Routes.
<b>BLOCK TEST 1</b>			
<b>SEPTEMBER</b>	IV A	Transport, Communication and Trade	Air Transport- Intercontinental Air Routes. Oil And Gas Pipelines. Satellite Communication And Cyber Space- Importance And Usage For Geographical Information; Use Of GPS.
<b>OCTOBER AND NOVEMBER</b>	V	International Trade	International Trade- Bases And Changing Patterns; Ports As Gateways Of International Trade; Role Of WTO in International Trade
<b>DECEMBER</b>	<b>PRE BOARD</b>		



## INDIA PEOPLE AND ECONOMY [PART B]

MONTH	UNIT	TOPIC	SUB TOPIC
APRIL	VI A	People	Population: distribution, density and growth; composition of population - linguistic, religious; sex, rural-urban and occupational- regional variations in growth of population.
MAY	VII	Human Settlements	Rural settlements - types and distribution.
UNIT TEST 1			
JUNE	VII	Human Settlements (contd.)	Urban settlements - types, distribution and functional classification.
JULY	VIII A	Resources And Development	Land resources- general land use; agricultural land use; geographical conditions and distribution of major crops (Wheat, Rice, Tea, Coffee, Cotton, Jute, Sugarcane and Rubber); agricultural development and problems
	VIII B	Resources And Development	Water Resources-Availability And Utilization-Irrigation, Domestic, Industrial And Other Uses; Scarcity Of Water And Conservation Methods- Rain Water Harvesting And Watershed Management
AUGUST -	VIII C	Resources And Development	Mineral and energy resources- distribution of metallic (Iron ore, Copper, Bauxite, Manganese); non-metallic (Mica, Salt) minerals; conventional (Coal, Petroleum,



			Natural gas and Hydroelectricity) and non-conventional energy sources (solar, wind, biogas) and conservation
<b>BLOCK TEST 1</b>			
<b>SEPTEMBER</b>	VIII D	Resources and Development	Planning in India- target group area planning (case study); idea of sustainable development (case study)
<b>OCTOBER</b>	IX	Transport Communication	Transport and communication- roads, railways, waterways and airways: oil and gas pipelines; Geographical information and communication net works.
	X	International Trade	India's international trade in terms of volume, composition and direction.
<b>NOVEMBER</b>	X	Geographical Perspective On Selected Issues and Problems	Environmental pollution; urban-waste disposal. Urbanization, rural- urban migration; problems of slums. Land degradation.
<b>DECEMBER</b>	<b>PRE BOARD</b>		



## Political Science

MONTH	UNIT	TOPICS/THEMES	SUB-TOPICS
<b>APRIL - MAY</b>	1	THE END OF BIPOLARITY	The Soviet System, Gorbachev and disintegration, Disintegration of Soviet Union-Causes and Consequences, Shock Therapy; New entities in world politics, India's relations with Russia and other post-communist countries.
	2	CONTEMPORARY CENTRES OF POWER	European Union, ASEAN, Rise of China as an economic power, Japan and South Korea as emerging powers.
	3	CONTEMPORARY SOUTH ASIA	Military and Democracy in Pakistan and Bangladesh; Monarchy and Democracy in Nepal; Ethnic Conflict and Democracy in Sri Lanka, IndiaPakistan Conflicts; India and its Neighbours; Peace and Cooperation
<b>UNIT TEST I</b>			
<b>JUNE</b>	4	INTERNATIONAL ORGANIZATIONS	Meaning and importance of International Organisations. Evolution of the UN, Structure and Functions of International Organisations, Principal Organs of UN, Reform of the UN, Reform of Structures, Processes and Jurisdiction of the UN, India and UN Reforms, Key Agencies: IMF, World Bank, WTO, ILO, IAEA; NGO: Amnesty International, Human Rights Watch, Implications and Future of International Organisations
	5	SECURITY IN THE CONTEMPORARY WORLD	Security: Meaning and Type of Security; Traditional and non-traditional concepts of Security, New Sources of Threats, Cooperative





			Security, India's Security Strategy
<b>JULY</b>	6	ENVIRONMENT AND NATURAL RESOURCES	Environmental Concerns, Global Commons, Common but differentiated Responsibilities, India's Stand on Environmental Issues, Environmental Movements, Resource Geopolitics, Rights of Indigenous People
	7	GLOBALISATION	Concept of Globalisation, Causes and Consequences of Globalisation, India and Globalisation, Resistance to Globalisation, India and Resistance to Globalisation
<b>JULY - AUGUST</b>	1	CHALLENGES OF NATION BUILDING	Challenges for the new Nation: Three Challenges; Partition: Displacement and Rehabilitation: Consequences of Partition; Integration of Princely States; Reorganisation of States
	2	ERA OF ONE-PARTY DOMINANCE	Challenges of Building Democracy; Congress dominance in the first three general elections. Nature of Congress dominance, Congress as social and ideological coalition. Tolerance and management of Factions; Emergence of opposition parties
	3	POLITICS OF PLANNED DEVELOPMENT	Political contestation: Ideas of Development, Planning, Planning Commission The Early Initiatives: The First Five Year Plan, Rapid Industrialisation.
	4	INDIA'S EXTERNAL RELATIONS	International Context The Policy of NonAlignment: Nehru's role, Distance from two camps, Afro Asian Unity Peace and conflict with China-The Chinese Invasion 1962, War and Peace



			with Pakistan, Bangladesh War 1971 India's Nuclear Policy
<b>BLOCK TEST I</b>			
<b>SEPTEMBER</b>	5	CHALLENGES TO AND RESTORATION OF THE CONGRESS SYSTEM	Challenges of Political Succession- From Nehru to Shastri, From Shastri to Indira Gandhi Fourth General Election 1967: Context of the Election, Non Congressism, Electoral Verdict, Coalitions, Defections Split in the Congress- Indira vs the Syndicate, Presidential Election 1969 The 1971 Election and Restoration of Congress- The outcome and after, Restoration
	6	THE CRISIS OF DEMOCRATIC ORDER	Background to Emergency: Economic Context - Gujarat and Bihar Movements- Conflict with Judiciary Declaration of Emergency-Crisis and response, Consequences, Lessons of the Emergency; Politics after Emergency- Lok Sabha Elections 1977, Janata Government Legacy
<b>OCTOBER - NOVEMBER</b>	7	REGIONAL ASPIRATIONS	Region and the Nation-Indian Approach, Areas of Tension, Jammu and Kashmir, Roots of the Problem, External and Internal disputes, Politics since 1948, Insurgency and After, 2022 and Beyond Punjab- Political Context, Cycle of Violence, Road to Peace The Northeast- Demand for autonomy, Secessionist Movements, Movements against outsiders, Assam and National integration
	8	RECENT DEVELOPMENTS IN INDIAN POLITICS	Context of 1990s Era of Coalition- Alliance Politics Political rise of the Backward Classes- Mandal Implemented, Political Fallouts



# Syllabus

## Class XII

Session: 2025 - 26



			Communalism, Secularism and Democracy -Ayodhya Dispute, Demolition and after Emergence of New Consensus Lok Sabha Elections 2004 Growing Consensus
NOVEMBER		PRE-BOARD EXAMINATION	
PRE BOARD SYLLABUS AS PRESCRIBED BY CBSE			



## Psychology

MONTH	UNIT	TOPICS	SUB-TOPICS
MARCH AND APRIL	IV and V	Psychological Disorders and Therapeutic Approaches	<p>Concept Of Abnormality: Factors and Models; Classification Of Disorders (DSM V, ICD 10), Characteristics Of Disorders, Major Psychological Disorders: Anxiety, Somatoform, Mood, Dissociative, Childhood Disruptive, Neuro-Developmental, Schizophrenia, Substance abuse. Therapeutic Approaches: Concept, Therapist-Client relationship; Types of Therapies: Psychodynamic, Cognitive Behaviour Therapy, Rational Emotive Therapy, Beck's Cognitive Therapy, Humanistic-Existential Therapy, Client-Centred Therapy, Rehabilitation of mentally ill.</p>
MARCH-APRIL	IV and V	Project on Case Study	Introduction To Case Study, Format Of Data Taking Data Collection And Report Writing Guidelines
		Practical 1	Assessment of intelligence (IQ) of the subject through Raven's Progressive Matrices (RPM)
MAY-JUNE			



	I	Variation In Psychological Attributes	Individual differences in human functioning, Assessment of psychological attributes, Intelligence- theories, Measurement, variations, tests, culture and intelligence. emotional intelligence, special abilities, creativity
	<b>UNIT TEST-I</b>		
<b>JULY</b>	Practical 2	Assessment of the adjustment level of the subject using the Global Adjustment Scale	
<b>JULY</b>	II	Self and Personality	<p>Personality Nature And Definition, Western and Indian perspective. Major Approaches –Types And Traits. Theories of personality- Psychoanalytic theory by Sigmund Freud, Neo-Freudian theories(Karen Horney, Carl G. Jung, Alfred Adler, Erik Erikson, Erik Fromm), Trait and Type theory(Cattell, Allport, Eyesenck). Friedman and Rosenman's theory of types. Hippocrates and Ayurveda Classification. Approaches to Personality- Behavioural, Cultural and Humanistic. Assessment Of Personality-Self Report(EPQ-R, MMPI,16PF), Behavioural Rating, Projective Techniques - TAT,Rorschach, DAP, sentence completion, Rosenzweig's picture frustration study.</p>
	Practical 3	Assessment of the personality traits of an individual using the Eysenck's Personality Questionnaire revised.	





<b>AUGUST</b>	III	Meeting Life Challenges	Stress- Nature And Definition, Types of Stress:Physiological, Psychological,Environmental;Signs and Symptoms of stress, Effects Of Stress, General Adaptation Syndrome (GAS), Stress & Immune system, Coping with stress, Stress Management Techniques Promoting Positive Health And Wellbeing, Life Skills
<b>AUGUST</b>		Practical 4	Assessment of the self concept of the subject using the Self Concept Questionnaire(SCQ) by RK Saraswat.
			<b>BLOCK TEST-1</b>
<b>SEPTEMBER</b>	VI	Attitude and Social Cognition	Explaining social behaviour,Nature & Components of attitude, Attitude formation and change,Attitude-Behaviour Relationship, Prejudice and Discrimination, Strategies for handling Prejudice
<b>OCTOBER</b>	VII	Social Influence and Group Processes	Nature of groups, Formation of groups, types of groups, Why people join groups, Formation of groups, Stages of group formation,Influence of groups on individuals: Social Loafing, Group Polarization, Bandwagon effect
		Practical 5	Assessment of Attitude of the subject using Sodhi's Attitude Scale
<b>NOVEMBER</b>			<b>PRE-BOARD EXAMINATION</b>
			<b>Pre Board Syllabus as prescribed by CBSE</b>



## Physical Education

MONTH	UNIT	TOPIC	SUB TOPIC
APRIL	1	Managem nt of Sporting Event	Function of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling)
			Various Committees & their Responsibilities (Pre, During and Post)
			Fixture and its Procedures- Knock-Out (Bye & Seeding) & League (Staircase, Cyclic & tabular method) and Combination tournament
			Intramural & Extramural tournaments - Meaning, Objectives & Its Significance
			Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause & Run for Unity)
APRIL	2	Children & Women in Sports	Exercise guidelines of WHO for different age groups.
			Common Postural Deformities - Knock Knee, Bow Legs, Flat Foot, Round Shoulders, Lordosis, Kyphosis and Scoliosis and their respective corrective measures.
			Women's participation in Sports - Physical, Psychological, and social benefits.
			Special consideration (Menarche & Menstrual Dysfunction)
			Female Athletes Triad (Osteoporosis, Amenorrhoea, Eating Disorders)
MAY	3	Yoga as Preventive measures for Lifestyle Disease	<b>Obesity:</b> Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Paschimottanasana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Surya bhedana Pranayama.
			<b>Diabetes:</b> Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta-Vajrasana, Paschimottanasana, Ardha-Matsyendrasana, Mandukasana, Gomukhasana, Yogmudra, Ushtrasana, Kapalabhati.
			<b>Asthma:</b> Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana, Uttana Mandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalbhati, Gomukhasana, Matsyasana, Anuloma- Viloma



			<b>Hypertension:</b> Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, Uttan Mandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi- Shodhan Pranayam, Sitlipranayam.
			<b>Back Pain and Arthritis:</b> Procedure, Benefits & Contraindications of Tadasana, Urdhawahastootanasana, Ardh-Chakrasana, Ushtrasana, Vakrasana, Sarala Maysyendrsana, Bhujangasana, Gomukhasana, Bhadrasana, Makarasana, Nadi-shodhana Pranayama
MAY/ JUNE	4	Physical Education & Sports For CWSN (Children With Special Needs - Divyang)	Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics)
			Concept of Classification and Divisioning in Sports.
			Concept of Inclusion in sports, its need, and Implementation
			Advantages of Physical Activities for children with special needs
			Strategies to make Physical Activities assessable for children with special needs.
UNIT TEST 1			
JULY	5	Sports & Nutrition	Concept of balance diet and nutrition.
			Macro and Micro Nutrients; Food sources & functions.
			Nutritive & Non-Nutritive Components of Diet.
			Eating for Weight control - A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, and Food Myths
			Importance of Diet in Sports-Pre, During and Post competition Requirements
JULY/ AUGUST	6	Test & Measurement In Sports	Fitness Test- SAI Khelo India Fitness Test in school: Age group 5-8 yrs/class 1-3: BMI, Flamingo Balance Test , <div>Plate Tapping Test</div> Age group 9-18 yrs/ class 4-12: BMI, 50mt Speed test, 600 mts. Run/ Walk, Sit & Reach flexibility test, Strength Test (Abdominal Partial Curl Up, Push-Ups for boys, and Modified Push-Ups for girls).
			Measurement of Cardio- Vascular Fitness - Harvard Step Test - Duration of the Exercise in Seconds x100/5.5 X Pulse count of 1-1.5 Min after Exercise.



			Computing Basal Metabolic Rate (BMR)
			Rikli & Jones - Senior Citizen Fitness Test
			1. Chair Stand Test for lower body strength
			2. Arm Curl Test for upper body strength
			3. Chair Sit & Reach Test for lower body flexibility
			4. Back Scratch Test for upper body flexibility
			5. Eight Foot Up & Go Test for agility
			6. Six Minute Walk test for aerobic endurance
			Johnson- Methney test of motor educability (Front roll, Jumping half- turn, Jumping full turn.)
<b>BLOCK TEST-1</b>			
<b>AUGUST</b>	7	Physiology & Injuries in Sports	Physiological factor determining component of Physical Fitness
			Effect of exercise on Muscular System
			Effect of exercise on Cardio - Respiratory System
			Physiological changes due to aging
			Sports injuries: Classification (Soft Tissue Injuries: (Abrasion, Contusion, Laceration, Incision, Sprain & Strain) Bone & Joint Injuries: (Dislocation, Fractures: Green Stick, Comminuted, Transverse Oblique & Impacted).
<b>SEPTEMBER</b>	8	Biomechanics & Sports	Newton's Law of Motion & its application in sports
			Types of Levers and their application in Sports.
			Equilibrium - Dynamic & Static and Centre of Gravity and its application in sports
			Friction & Sports
<b>OCTOBER</b>	9	Psychology & Sports	Projectile in Sports.
			Personality; its definition & types (Jung Classification & Big Five Theory)
			Motivation, its type & techniques
			Exercise Adherence: Reasons, Benefits & Strategies for Enhancing it
<b>OCTOBER/ NOVEMBER</b>	10	Training In Sports	Meaning, Concept & Types of Aggressions in Sports
			Psychological Attributes in Sports - Self Esteem, Mental Imagery, Self Talk, Goal setting
<b>OCTOBER/ NOVEMBER</b>	10	Training In Sports	Concept of Talent Identification and Talent Development in Sports.
			Introduction to Sports Training cycle - Micro, Meso, Macro Cycle.



# Syllabus

## Class XII

Session: 2025 - 26



			Types and Method to Develop - Strength, Endurance, and Speed
			Type and Method to Develop - Flexibility and Coordinative Ability.
			Circuit Training - Introduction & its importance
<b>NOVEMBER</b>	<b>PRE-BOARD EXAMINATION</b>		





MONTH	UNITS	TOPICS	SUB TOPICS(THEORY)
APRIL- MAY	1	Rajput School	Rajasthani School Of Painting: Intro, Main features
			Maru Ragini- Mewar School
			Chaugan Players-Jodhpur School
			Krishna On Swing-Bikaner School
			Radha (BaniThani)- Kishangarh
			Bharat Meet Rama At Chitrakoot -Jaipur
	1	Pahari School & Mughal School	Pahari School-Intro ,Main Features
			Krishna With Gopies- Basohli School
			Krishna with Kinsmen Going to Vrindavana
			Mughal School-Intro, Main Features
Krishna Lifting Mount Govardhana- Miskin			
UNIT TEST-I			
MAY	2	Mughal School	Falcon On A Bird Rest-Ustad Mansoor
			Kabir & Raidas- Faquirullah Khan
			Marriage Procession Of Dara Shukoh-HajiMadni
JUNE	2	Deccan School	The Deccan School-Intro
			Hazrat Nizamuddin Auliya & Amir Khuhusro
			Chand Bibi Playing Polo
			National Flag Of India & Symbolic Significance
JULY	2	Bengal School	Bengal chool-Intro,Features
			Journey's End- AbanindranathaThakur
			Shiva & Sati-Nandalal Bose
JULY	3	Bengal School	Radhika- Chugtai
AUGUST	3	Modern trends (Painting)	Meghdoot- RamGopalVijaivargiya
			Contribution Of Indian Artist, Freedom movement
			Rama Vanquishing The Pride Of Ocean- Ravi Verma
			Mother & Child-JaminiRoy
			Haldi Grinders-Amrita Sher Gill
			Mother Teresa-Hussain
BLOCK TEST - I			



SEPTEMBER	3	Modern trends (Painting & Graphics)	Children - Somnath Hore
			Devi -Jyoti Bhatt
			Of Walls - Anupam Sud
			Man, Woman & Tree - Laxma Goud
OCTOBER	3	Modern trends (Graphics & Sculpture)	Triumph Of Labour- D.P Roy Chowdhury
			Santhal Family-Ramkinkar Vaij
NOVEMBER	3	Modern trends (Graphics & Sculpture)	Cries Un- Heard-Amar Nath Sehgal Ganesh- P.V.Janaki Ram
PRE-BOARD Examination			
Pre-Board syllabus as prescribed by CBSE			



## Sociology

MONTH	UNIT	TOPIC	SUB TOPIC
APRIL/MAY	Indian Society	Introducing Indian Society	Colonialism, Nationalism, Class and Community (Non-evaluative)
		The Demographic Structure of the Indian Society	Theories and concepts in demography, Rural-Urban Linkages and Division, Population Policy in India
	Social Change and Development in India	Structural Change	Understanding Colonialism, Industrialization, Urbanization
	Indian Society	Social Institutions: Continuity and Change	Caste and the Caste System, Tribal Communities, Family and Kinship
UNIT TEST-I			
JUNE	Social Change and Development in India	Cultural Change	Social Reform Movements, Different Kinds of Social Change: Sanskritisation, Westernisation, Modernization, Secularization
JULY	Indian Society	Patterns of Social Inequality and Exclusion	Social Inequality and Social Exclusion, Systems justifying and perpetuating Inequality - Caste, Tribe, the Other Backward Classes, Adivasi Struggles, The Struggle for Women's Equality and Rights, The struggles of the Differently Abled
	Social Change and Development in India	Change and Development in Rural Society	Agrarian Structure: Caste & class in Rural India, Land Reforms, Green Revolution and Emerging Agrarian society, Green revolution and its social consequences, Transformation in Rural Society, Circulation of



			labour, Globalization, Liberalization and Rural Society
<b>AUGUST</b>	Social Change and Development in India	Change and Development in Industrial Society	From Planned Industrialization to Liberalization, How people find Jobs, Work Processes: How work is carried out, working conditions, home based work, Strikes and Unions
<b>BLOCK TEST-I</b>			
<b>SEPTEMBER/ OCTOBER</b>	Indian Society	The Challenges of Cultural Diversity	Cultural communities and the nation state, Regionalism in the Indian context, The Nation state and religion related issues and identities, Communalism, secularism and the nation state, State and Civil Society
<b>NOVEMBER</b>	Social Change and Development in India	Social Movements	Concept of Social Movements, Theories and Classification of Social Movements, Environmental Movements, Class-Based Movements: Workers, Peasants, Caste-Based Movements: Dalit Movement, Backward Class/Castes, Trends in Upper Caste Responses, Tribal Movements, Women's Movements in Independent India
<b>PRE-BOARD EXAMINATION</b>			
<b>PRE-BOARD SYLLABUS AS PRESCRIBED BY CBSE</b>			