SYLLABUS OF ECONOMICS FOR CLASS XII / 2018-19

	·
TERM I	
2 nd April – 30 th April	Macro Economics
	Govt. Budget
	National Income Accounting
1 st May – 12 th May	Micro Economics
	Production Possibility Curve
	Opportunity cost
	 Marginal Utility Theory
2 nd July – 19 th July	Micro Economics
	Indifference Curves
	Macro Economics
	 Theory of income & Employment
20 th July – 7 th August	Macro Economics
	 Theory of Income & Employment
	Micro Economics
	Theory of demand
8 th August – 30 th August	Micro Economics
	 Theory of demand & elasticity
et th	Theory of supply & elasticity
31 st August – 7 th September	Revision
TERM II	
th th	
26" September – 12" October	Micro Economics
	Market Equilibrium
	Production
nd th	Cost
22 ¹¹⁴ October – 17 ¹¹ November	Micro Economics
	Market forms & Revenue
	Producer's Equilibrium
	Macro Economics
10 th Neversher 12 th Deserve	Miney
19 November – 13 December	NICRO ECONOMICS
	Production
24 th December 10 th Jenuery	
24 December – 19 January	Panking
	Dalikilig Balance of Dayment
	Dalalice OF Paylifell Eoroign Exchange
20 th November 12 th December	
50 NOVENDEL - 13 DECENDER	

BUSINESS STUDIES SYALLABUS / XII

TERM I	
2 April – 30 April	Chapter 1 - Nature & Significance of Management
	Chapter 2 - Principles of Management
1 May-12 May	Business Environment
2 July – 19 July	Financial Management
20 July – 07 August	Financial Markets
8 August – 30 August	i) Marketing Management
	ii) Project Discussion
31 August – 7 September	Revision
TERM II	
26 September – 12 October	i) Consumer Protection
	ii) Planning
22 October – 17 November	i) Organising
	ii) Staffing
19 November – 8 December	i) Directing

ii) Controlling

TERM I / 2018-2019 / HOME SCIENCE SYLLABUS FOR CLASSES 12th

CLASS 12 (Theory + Practical)

2 April to 12 May

Unit II: Nutrition for Self, Family and Community

2 July to 7 August

Unit II: Contd. Unit V: Community Development and Extension(Part II) b) Salient features of income generating schemes DWCRA (Development of Women and Children in Rural Area) MGNREGA (Mahatma Gandhi National Rural Employment Guarantee Act, 2005)

8 August to 7 September

Unit VI: Career Options after Home Science Education

Revision

ENGLISH SYLLABUS / XII

Term I

<u>2nd April – 30th April</u> Keeping Quiet Going Places Elementary School Classroom A thing of Beauty Advertisements Formal / Informal invite & replay

 $\frac{1^{\text{st}} \text{May} - 11^{\text{th}} \text{May}}{2 \text{ Database}}$

Speech & Debate

<u>2nd July – 19th July</u>

Notice Poster Reading Comprehension Deep Water Mother at 66

<u>20th July – 7th August</u>

Should Wizard Hit mommy The Tiger King Report Writing – Factual & Newspaper

8th August – 30th August

Lost Spring Letter of Enquiry & Complaint The invisible man Ch. 1 – 12 Letter of Order & Editor

<u>31st August – 7th September</u>

Notemaking Reading Comprehension Literature Revision The invisible Man - Revision

Term II

<u>26th September – 12th October</u>

The Rat Trap Indigo The Invisible Man (Ch 13 – 16) Job Application - Letter

22nd October – 17th November

Evans Irvin an O level Aunt Jennifer's Tigers The Invisible Man (Ch 17 – 20) Article Writing

<u>18th November – 30th November</u>

Memories of Childhood On the face of fit The Invisible Man (Ch 21 – 25) Notemaking Revision

01st December – 8th December

The Invisible Man (Ch 26 – 28) The Last Lesson Revision of Writing Skills

SYLLABUS PLANNING CLASS XII SOCIOLOGY 2018-19

TIME PERIOD	CHAPTERS TO BE COVERED	NAME OF THE CHAPTERS/TOPICS
2 nd April – 30 th April	Book 1 Ch. 1 - Introducing Indian Society	Intro
	Book 1 Ch.2 - Demographic Structure &	First half
	Indian Society	Individual Research files discussions
1 st May – 12 th May	Book 1 Ch.3 - Social Institutions- Continuity	Individual Research files discussions
	& Change	
2^{nd} July -19^{th} July	Book 1 Ch. 3 - Social Institutions -	Complete
	Continuity & Change	Complete
	Book 1 Ch. 4- Market as a Social Insritution	Individual Research files discussions
20 th July – 7 th August	Book 1 Ch.5 - Patterns of Social Inequality &	Complete
	Exclusion	Individual Research files discussions
8 th August – 30 th Aug	Book 1 Ch.6- Patterns of Cultural Diversity	Complete
	Book 2 Ch.2 - Cultural Change	Individual Research files discussions
31 st August – 7 th Sept	Revision	Individual Research files discussions
1 OCT - 31 OCT	Chapter 3 (book2)	Story of Indian Democracy
	Chapter 5 (book 2)	Change and Development in Rural Society
	Individual File Discussions	
1 NOV - 15 NOV	Chapter 5 (book 2)	Change and Development in Industrial Society
	Chapter 6 (book 2)	Globalization and Social Change
	Individual File Discussions	
16 NOV - 30 NOV	Chapter 7 (book 2)	Mass Media and Communications
	Chapter 8 (book 2)	Social Movements
	Individual File Discussions	
1 DEC - 11 DEC	Revision	
	Individual File Discussions	
11 Dec - 31 Dec	Revision	
7 Jan - 20 Jan	Revision	

SYLLABUS OF CLASS 12 TH ACCOUNTANCY (2018-19)				
DURATION	COURSE CONTENT PLANNED			
MARCH 2 DAYS BLOCK CLASSES	1.PRESENTATION OF FINANCIAL STATEMENTS AS PER			
	SCHEDULE 3.			
	2.ANALYSIS OF FINANCIAL STATEMENTS			
	3.COMPARITIVE AND COMMON SIZE STATEMENTS.			
9 TH APR-30 TH APR	1.RATIOS ANALYSIS.			
	2.CASH FLOW STATEMENT			
1 ST MAY-12 TH MAY & BLOCK	1. CASH FLOW STATEMENT (CONTD)			
CLASSES	2.FUNDAMENTALS OF PARTNERSHIP ACCOUNTING(FIRST			
	HALF OF THE CHAPTER)			
	3.NPO FORMULA BASED QUESTIONS.			
2 ND JULY-19 TH	1. FUNDAMENTALS OF PARTNERSHIP			
	ACCOUNTING(SECOND HALF OF THE CHAPTER)			
	2.GOODWILL VALUATION			
	3.ADMISSION OF PARTNER			
20 TH JULY-7 TH AUG	1. ADMISSION OF PARTNER(CONTD)			
	2.RETIREMENT OF PARTNER			
8 [™] AUG-30 [™] AUG	1.DEATH OF A PARTNER			
	2.CHANGE IN PROFIT SHARING RATIO.			
	2.DISSOLUTION OF PARTNERSHIP FIRM			
31 ST AUG-7 TH SEPT	REVISION OF NPO AND OTHER TOPICS			
26 TH SEPT-12 TH OCT	ISSUE OF SHARES			
22 ND OCT-17 TH NOV	1.ISSUE OF DEBENTURES			
	2. REDEMPTION OF DEBENTURES			
19 TH NOV-30 TH NOV	NPO			
1 ST DEC-13 TH DEC	REVISION			

CLASS XII-PHYSICS 2018-2019

<u>2 April – 30th April 2018</u>

Unit I: Electrostatics

Electric Charges; Conservation of charge, 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 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 dipole in an electrostatic field.

<u>1 MAY – 12 May 2018</u>

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.

Unit II: Current Electricity

Electric current, flow of electric charges in a metallic conductor, drift velocity, mobility and their relation with electric current; Ohm's law, electrical resistance, V-I characteristics (linear and non-linear), electrical energy and power, electrical resistivity and conductivity. Carbon resistors, colour code for carbon resistors; series and parallel combinations of resistors; 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 and simple applications. Wheatstone bridge, metre bridge.

Potentiometer - principle and its applications to measure potential difference and for comparing emf of two cells; measurement of internal resistance of a cell.

Ray Optics : Reflection of light, spherical mirrors, mirror formula, refraction of light, total internal reflection and its applications, optical fibres, refraction at spherical surfaces, lenses, thin lens formula.

<u>2 July – 19 July 2018</u>

Chapter-3: Magnetic Effects of Current and Magnetism

Concept of magnetic field, Oersted's experiment.

Biot - Savart law and its application to current carrying circular loop.

Ampere's law and its applications to infinitely long straight wire. Straight and toroidal solenoids, Force on a moving charge in uniform magnetic and electric fields. Cyclotron.

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 uniform magnetic field; moving coil galvanometer-its current sensitivity and conversion to ammeter and voltmeter.

Current loop as a magnetic dipole and its magnetic dipole moment. Magnetic dipole moment of a revolving electron. Magnetic field intensity due to a magnetic dipole (bar magnet) along its axis and perpendicular to its axis. Torque on a magnetic dipole (bar magnet) in a uniform magnetic field; bar magnet as an equivalent solenoid, magnetic field lines; Earth's magnetic field and magnetic elements.

<u>20 JULY – 7 August 2018</u>

Para-, dia- and ferro - magnetic substances, with examples. Electromagnets and factors affecting their strengths. Permanent magnets.

Unit IV: Electromagnetic Induction and Alternating Currents

Electromagnetic induction; Faraday's laws, induced emf and current; Lenz's Law, Eddy currents. Self and mutual induction.

<u>8 August – 30 August 2018</u>

Alternating currents, peak and rms value of alternating current/voltage; reactance and impedance; LC oscillations (qualitative treatment only), LCR series circuit, resonance; power in AC circuits, wattless current.

AC generator and transformer.

Unit V: Electromagnetic waves

Needs for displacement current, Electromagnetic waves, 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.

31 August – 7 September 2018

REVISION FOR SEMESTER I

<u>26th September – 12th October 2018</u>

Lensmaker's formula, magnification, power of a lens, combination of thin lenses in contact, combination of a lens and a mirror, refraction and dispersion of light through a prism.

Scattering of light - blue colour of sky and reddish apprearance of the sun at sunrise and sunset.

Optical instruments : Microscopes and astronomical telescopes (reflecting and refracting) and their magnifying powers.

<u>13th October – 5th November 2018</u>

Wave optics : Wave front and Huygen's principle, reflection and refraction of plane wave at a plane surface using wave fronts. Proof of laws of reflection and refraction using Huygen's principle. Interference, Young's double slit experiment and expression for fringe width, coherent sources and sustained interference of light, diffraction due to a single slit, width of central maximum, resolving power of microscope and astronomical telescope, polarisation, plane polarised light, Brewster's law, uses of plane polarised light and Polaroids.

6th November – 30th November 2018

Unit VII : Dual Nature of Matter and Radiation

Dual nature of radiation, Photoelectric effect, Hertz and Lenard's observations; Einstein's photoelectric equation-particle nature of light.

Matter waves-wave nature of particles, de-Broglie relation, Davisson-Germer experiment (experimental details should be omitted; only conclusion should be explained).

Unit VIII : Atoms and Nuclei

Alpha-particle scattering experiment; Rutherford's model of atom; Bohr model, energy levels, hydrogen spectrum.

Composition and size of nucleus, Radioactivity, alpha, beta and gamma particles/rays and their properties; radioactive decay law.

Mass-energy relation, mass defect; binding energy per nucleon and its variation with mass number; nuclear fission, nuclear fusion.

1st December – 12th December 2018

Unit IX : Electronic Devices

Energy bands in conductors, semiconductors and insulators (qualitative ideas only)

Semiconductor diode - I-V characteristics in forwards and reverse bias, diode as a rectifier;

Special purpose p-n junction diodes: LED, photodiode, solar cell and Zener diode and their characteristics, zener diode as a voltage regulator.

Junction transistor, transistor action, characteristics of a transistor, transistor as an amplifier (common emitter configuration) basic idea of analog and digital singals Logic gates (OR, AND, NOT, NAND and Nor)

Unit X : Communication System

Elements of a communication system (block diagram only); bandwidth of signals (speech, TV and digital data); bandwidth of transmission medium. Propagation of electromagnetic waves in the atmosphere, sky and space wave propagation, satellite communication. Need for modulation, amplitude modulation and frequency modulation, advantages of frequency modulation ovar amplitude modulation. Basic ideas about internet, mobile telephony and global positioning system (GPS)

Political Science Syllabus / Class XII

Book I – Contemporary World Politics

TERM I		
2 nd April – 30 th April	Book I	Chapter 1 – The cold War Era
		Chapter 2 – The End of Bipolarity
		Chapter 3 – U.S. Hegemony in World Politics
1 st May – 12 th May	Book I	Chapter 3 – U.S. Hegemony in World Politics (contd)
		Chapter 4 – Alternative Centres of Power
2 nd July – 19 th July	Book II	Chapter 1 – Challenges to Nation Building
		Chapter 2 – Era of One Party Dominance
		Chapter 3 – Politics of Planned Development
20 th July – 7 th August	Book II	Chapter 3 – Politics of Planned Development (contd)
		Chapter 4 – India's External Relations
	Book I	Chapter 5 – Contemporary South Asia
		Chapter 6 – International Organisation
8 th August – 30 th August	Book II	Chapter 5 – Challenges to and Restoration of Congress
		Chapter 6 – The Crisis of Democratic Order
TERM II		
26 th September – 12 th October	Book II	Chapter 7 – Rise of popular movements
		Chapter 8 – Regional Aspirations
		Chapter 9 – Recent Development in Indian Politics
23 rd October – 17 th November	Book II	Chapter 9 – Recent Development in Indian Politics (contd)
	Book I	Chapter 7 – Security in the Contemporary World
		Chapter 8 – Environment & Natural Resources
19 th November to Class XII	Book I	Chapter 8 – Environment & Natural Resources (contd)
Comes		Chapter 9 - Globalisation

FIRST TERMINAL SYLLABUS OF MATHS FOR CLASS 12				
2 nd – 15 th April	Chapter 1			
- 1	Inverse trigonometry			
	Chanter 5 started			
	Continuity			
	Differentiability			
	Introduction to Exponential, Loagrithmic and inverse trigonometric			
	function (graph, domain, range and their derivatives)			
16 th April – 30 th April	Chapter 5 continued			
	Differentiation Rules			
	Stress on chain rule for composition of functions which explicit			
	Differentiation of implicit functions.			
	Differentiation using inverse trig substitution			
	Differentiation using logarithms			
	Differentiation of parametric functions			
	Higher order derivatives			
1 st May 11 th May	Chapter 6			
1 Way - 11 Way	Chapter 6			
	Maan Value theorem			
	Rate of change using derivatives.			
	Increasing and Decreasing functions.			
	Maxima and minima			
	Approximations using derivatives			
	Tangent and normals using Derivatives.			
2 nd July- 19 th July	Chapter 7 started			
	Integration as anti derivative			
	Substitution Method			
	Special Integrals			
20 th July – 4 th Aug	Chapter 7 continued			
	Integration by partial fractions			
	Integration By parts			
	Area under a curve and definite integral			
6^{th} Aug – 20^{th} Aug	Chapter 7 continued			
	Definite integrals and their Properties			
	5 1			
	Chapter 8			
	Application of integral for finding area under curve			
21 th Aug – 4 th Sent	Chapter 9			
	Degree and order of DF			
	Forming a DE			
	Varifying colution of a DE			
	2 tupos of DE and finding their colutions			
	S types of DE and finding their solutions.			
29 ^{ch} Sept – 12 ^{ch} Oct	Chapter 3 - Matrices			
	Definitions and types of Matrices			
	Matrix addition, multiplication, elementary operations.			
	Charten 1. Determinente			
	Chapter 4 - Determinants			
	Determinants and properties			
	Adjoint and inverse of a Matrix			
	Statement problems			

22 nd Oct – 17 th Nov	Chapter 12
	Linear programming
	Chapter 13
	Probability of independent events
	Bayes theorem
	Random variable
rether rether	
19" Nov – 13" Dec	Chapter 10
	Vectors meaning and types
	Scalar product
	Vector Product
	Triple product
	Chapter 11
	2D geometry
	SD geometry
	Dianes equations
	Chapter 2
	Relations
	Functions
	Binary operations

FIRST TERMINAL SYLLABUS OF HISTORY FOR CLASS 12				
TERM I				
2 nd April – 30 th April	Bricks, bead and bones			
	Kings, Farmers, towns			
	Kinship caste, class			
	Thinkers, beliefs and Buildings			
1 st May – 12 th May	 Through the Eyes of Travellers 			
2 nd July – 19 th July	Bhakti and Sufi Traditions			
	 An imperial capital Vijaynagara 			
20 th July - 7 th August	Peasant Zamindars and State			
	Kings and chronicles			
8 th August – 30 th August	 Colonialism and the countryside 			
	Rebels and the Raj			
31 st August – 7 th September	Revision			
Syllabus for the Ist Semester Exam	Unit 1 to 10			
Project work submission	20 th August			
TERM II				
26 th September – 12 th October	Colonial cities			
	Mahatma Gndhi			
22 nd October – 17 th November	Understanding Partition			
	Framing of the Constitution			
19 th November – 13 th December	Presentation of Project and Revision			

Class – XII / Chemistry Syllabus / 2018-19

	CYCLE		UNIT		TITLE
2 nd Ap	oril – 30 th April		10		Haloalkanes and Haloarenes
			11		• Alcohols, phenols and ethers
			12		Aldehydes, Ketones and Carboxylic acids
1 st Ma	ay – 12 th May	lay 12			Aldehydes, Ketones and Carboxylic acids (ctd)
			13		Organic Compounds containing nitrogen
			15		Polymers
2 nd Iu	lv – 19 th July		15		Polymers (ctd)
	.,,		16		Chemistry in everyday life
			1		 Solid state
20 th II	uly – 7 th August		2		
20 30	aly 7 August		14		Biomolecules
8 th Au	aust - 30 th Aug		2		Electrochomistry
o Au	gust = 50 Aug	usi	7		Chamical Kinatics
21 st A	ugust 7 th Cont	amhar	4		Chemical Kinetics
JI A	ugusi – / Sept	ennuer			
26''' Se	eptember – 12"	" Oct.	5		Surface Chemistry
			6		 General Principles and Processes of Isolation of
	. 1.				Elements
22 ^{na} C	October – 17 th N	ov.	7		 Some p-block elements
			8		 d and f-block elements
			9		 coordination compound
19 th N	lovember – 30 th	' Nov.	9		 coordination compounds (ctd.)
1 st De	cember – 13 th D	Dec.			Revision
		SYLLAE	SUS O	F CLASS	12 TH PHYSICAL EDUCATION (2018-19)
UNIT	UNIT NAME	DAT	E		TOPICS
N0.					
1	PLANNING IN	2 APRII		Meanii	ng and objectives of planning
	SPORTS	30 APR	2 APRIL – Wealt		
			IL	Variou	s committees and their responsibilities (pre, during and post)
			IL	Variou: Tourna	s committees and their responsibilities (pre, during and post) ment -knock-out, league or round robin and combination
			IL	Variou Tourna Proced	s committees and their responsibilities (pre, during and post) ment -knock-out, league or round robin and combination ure to draw fixtures - knock-out (bye and seeding) and league
			IL	Variou Tourna Proced (stair c	s committees and their responsibilities (pre, during and post) ment -knock-out, league or round robin and combination ure to draw fixtures - knock-out (bye and seeding) and league ase and cyclic)
			IL	Variou Tourna Proced (stair c Intram	s committees and their responsibilities (pre, during and post) ment -knock-out, league or round robin and combination ure to draw fixtures - knock-out (bye and seeding) and league ase and cyclic) ural and extramural - meaning , objective and its significance
			IL	Variou Tourna Proced (stair c Intram Specific	s committees and their responsibilities (pre, during and post) ment -knock-out, league or round robin and combination ure to draw fixtures - knock-out (bye and seeding) and league ase and cyclic) ural and extramural - meaning, objective and its significance c sports programme (sports day, health run, run for fun, run for fin course and run for units)
2		1 MAY	IL 	Variou: Tourna Proced (stair c Intram Specific a speci	s committees and their responsibilities (pre, during and post) ment -knock-out, league or round robin and combination ure to draw fixtures - knock-out (bye and seeding) and league ase and cyclic) ural and extramural - meaning , objective and its significance c sports programme (sports day, health run, run for fun, run for fic cause and run for unity)
2		1 MAY	- v	Variou: Tourna Proced (stair c Intram Specific a speci Balanc	s committees and their responsibilities (pre, during and post) ment -knock-out, league or round robin and combination ure to draw fixtures - knock-out (bye and seeding) and league ase and cyclic) ural and extramural - meaning , objective and its significance c sports programme (sports day, health run, run for fun, run for fic cause and run for unity) ed diet and nutrition : macro and micro nutrients we and non-nutritive components of diet
2	SPORTS AND NUTRITION	1 MAY 12 MA	п. — Ү	Variou: Tourna Proced (stair c Intram Specific a speci Balanc Nutritin Eating	s committees and their responsibilities (pre, during and post) ment -knock-out, league or round robin and combination ure to draw fixtures - knock-out (bye and seeding) and league ase and cyclic) ural and extramural - meaning , objective and its significance c sports programme (sports day, health run, run for fun, run for fic cause and run for unity) ed diet and nutrition : macro and micro nutrients we and non-nutritive components of diet for weight control - a health, weight , the nitfall of dieting
2	SPORTS AND NUTRITION	1 MAY 12 MA	- Υ	Variou: Tourna Proced (stair c Intram Specific a speci Balanc Nutritiv Eating food in	s committees and their responsibilities (pre, during and post) ment -knock-out, league or round robin and combination ure to draw fixtures - knock-out (bye and seeding) and league ase and cyclic) ural and extramural - meaning , objective and its significance c sports programme (sports day, health run, run for fun, run for fic cause and run for unity) ed diet and nutrition : macro and micro nutrients we and non-nutritive components of diet for weight control - a health, weight , the pitfall of dieting , tolerance and myths
2	SPORTS AND NUTRITION	1 MAY 12 MA	ι∟ _ Υ	Variou: Tourna Proced (stair c Intram Specifi a speci Balanc Nutritiv Eating food in Sports	s committees and their responsibilities (pre, during and post) ment -knock-out, league or round robin and combination ure to draw fixtures - knock-out (bye and seeding) and league ase and cyclic) ural and extramural - meaning , objective and its significance c sports programme (sports day, health run, run for fun, run for fic cause and run for unity) ed diet and nutrition : macro and micro nutrients ve and non-nutritive components of diet for weight control - a health, weight , the pitfall of dieting , tolerance and myths nutrition and its effect on performance (fluid and meal intake ,
2	SPORTS AND NUTRITION	1 MAY 12 MA	– Y	Variou: Tourna Proced (stair c Intram Specific a speci Balanc Nutritiv Eating food in Sports pre, du	s committees and their responsibilities (pre, during and post) ment -knock-out, league or round robin and combination ure to draw fixtures - knock-out (bye and seeding) and league ase and cyclic) ural and extramural - meaning , objective and its significance c sports programme (sports day, health run, run for fun, run for fic cause and run for unity) ed diet and nutrition : macro and micro nutrients ve and non-nutritive components of diet for weight control - a health, weight , the pitfall of dieting , tolerance and myths nutrition and its effect on performance (fluid and meal intake , uring and post competition)
2	SPORTS AND NUTRITION	1 MAY 12 MA	ι∟ — Υ	Variou: Tourna Proced (stair c Intram Specifi a speci Balanc Nutriti Eating food in Sports pre, du Food s	s committees and their responsibilities (pre, during and post) ment -knock-out, league or round robin and combination ure to draw fixtures - knock-out (bye and seeding) and league ase and cyclic) ural and extramural - meaning , objective and its significance c sports programme (sports day, health run, run for fun, run for fic cause and run for unity) ed diet and nutrition : macro and micro nutrients ve and non-nutritive components of diet for weight control - a health, weight , the pitfall of dieting , tolerance and myths nutrition and its effect on performance (fluid and meal intake , uring and post competition) upplement for children
2	SPORTS AND NUTRITION YOGA AND	1 MAY 12 MA	- Y	Variou: Tourna Proced (stair c Intram Specific a speci Balanc Nutritiv Eating food in Sports pre, du Food s Asanas	s committees and their responsibilities (pre, during and post) ment -knock-out, league or round robin and combination ure to draw fixtures - knock-out (bye and seeding) and league ase and cyclic) ural and extramural - meaning , objective and its significance c sports programme (sports day, health run, run for fun, run for fic cause and run for unity) ed diet and nutrition : macro and micro nutrients we and non-nutritive components of diet for weight control - a health, weight , the pitfall of dieting , tolerance and myths nutrition and its effect on performance (fluid and meal intake , uring and post competition) upplement for children
2	SPORTS AND NUTRITION YOGA AND LIFESTYLE	1 MAY 12 MA 2 JULY 15 JULY	- Y -	Variou: Tourna Proced (stair c Intram Specific a speci Balance Nutritiv Eating food in Sports pre, du Food s Asanas Obesit	s committees and their responsibilities (pre, during and post) ment -knock-out, league or round robin and combination ure to draw fixtures - knock-out (bye and seeding) and league ase and cyclic) ural and extramural - meaning , objective and its significance c sports programme (sports day, health run, run for fun, run for fic cause and run for unity) ed diet and nutrition : macro and micro nutrients we and non-nutritive components of diet for weight control - a health, weight , the pitfall of dieting , tolerance and myths nutrition and its effect on performance (fluid and meal intake , uring and post competition) upplement for children : as preventive measures y: procedure benefits and contraindications for vajrasana, pada
2	SPORTS AND NUTRITION YOGA AND LIFESTYLE	1 MAY 12 MA 2 JULY 15 JULY	- Y - Y	Variou: Tourna Proced (stair c Intram Specifi a speci Balanc Nutritiv Eating food in Sports pre, du Food s Asanas Obesity	s committees and their responsibilities (pre, during and post) ment -knock-out, league or round robin and combination ure to draw fixtures - knock-out (bye and seeding) and league ase and cyclic) ural and extramural - meaning , objective and its significance c sports programme (sports day, health run, run for fun, run for fic cause and run for unity) ed diet and nutrition : macro and micro nutrients ve and non-nutritive components of diet for weight control - a health, weight , the pitfall of dieting , tolerance and myths nutrition and its effect on performance (fluid and meal intake , uring and post competition) upplement for children : as preventive measures y: procedure benefits and contraindications for vajrasana, pada ana trikonasana, ardhmatseyendrasana
2	SPORTS AND NUTRITION YOGA AND LIFESTYLE	1 MAY 12 MA 2 JULY 15 JULY	Γ_ - Υ	Variou: Tourna Proced (stair c Intram Specific a speci Balanc Nutritiv Eating food in Sports pre, du Food s Asanas Obesity hastasa Diabet	s committees and their responsibilities (pre, during and post) ment -knock-out, league or round robin and combination ure to draw fixtures - knock-out (bye and seeding) and league ase and cyclic) ural and extramural - meaning , objective and its significance c sports programme (sports day, health run, run for fun, run for fic cause and run for unity) ed diet and nutrition : macro and micro nutrients ve and non-nutritive components of diet for weight control - a health, weight , the pitfall of dieting , tolerance and myths nutrition and its effect on performance (fluid and meal intake , uring and post competition) upplement for children : as preventive measures y: procedure benefits and contraindications for vajrasana, pada ana trikonasana, ardhmatseyendrasana es : procedure, benefits and contraindications for
2	SPORTS AND NUTRITION YOGA AND LIFESTYLE	1 MAY 12 MA 2 JULY 15 JULY	Γ_ Υ - Υ	Variou: Tourna Proced (stair c Intram Specific a speci Balance Nutritiv Eating food in Sports pre, du Food s Asanas Obesity hastasa Diabet	s committees and their responsibilities (pre, during and post) ment -knock-out, league or round robin and combination ure to draw fixtures - knock-out (bye and seeding) and league ase and cyclic) ural and extramural - meaning , objective and its significance c sports programme (sports day, health run, run for fun, run for fic cause and run for unity) ed diet and nutrition : macro and micro nutrients ve and non-nutritive components of diet for weight control - a health, weight , the pitfall of dieting , tolerance and myths nutrition and its effect on performance (fluid and meal intake , uring and post competition) upplement for children : as preventive measures y: procedure benefits and contraindications for vajrasana, pada ana trikonasana, ardhmatseyendrasana es : procedure, benefits and contraindications for gasana, paschimottanasana, pawanmuktasana,
2	SPORTS AND NUTRITION YOGA AND LIFESTYLE	1 MAY 12 MA 2 JULY 15 JULY	- Y - Y	Variou: Tourna Proced (stair c Intram Specific a speci Balanc Nutritiv Eating food in Sports pre, du Food s Asanas Obesity hastasa Diabet bhujan ardhm	s committees and their responsibilities (pre, during and post) ment -knock-out, league or round robin and combination ure to draw fixtures - knock-out (bye and seeding) and league ase and cyclic) ural and extramural - meaning , objective and its significance c sports programme (sports day, health run, run for fun, run for fic cause and run for unity) ed diet and nutrition : macro and micro nutrients ve and non-nutritive components of diet for weight control - a health, weight , the pitfall of dieting , tolerance and myths nutrition and its effect on performance (fluid and meal intake , uring and post competition) upplement for children : as preventive measures y: procedure benefits and contraindications for vajrasana, pada ana trikonasana, ardhmatseyendrasana es : procedure, benefits and contraindications for gasana, paschimottanasana, pawanmuktasana, atseyendrasana

			sukhasana, chakrasana, gomukhasana, parvatasana, bhujangasana,
			paschimottanasana, matsyasana
			Hypertension : procedure, benefits and contraindications tadasana,
			vajrasana, pawanmuktasana, ardha, chakrasana, bhujangasana,
			shavasana
			Back pain :procedure, benefits, contraindications, tadasana,
			ardhmatseyendrasana, vakrasana, shalabhasana, bhujangasana
4	PHYSICAL	16 JULY -	Concept of disability, their cause and nature (cognitive disabilty,
	EDUCATION	31 JULY	intellectual disability, physical disability)
	AND SPORTS		Types of disorder, their causes and nature (ADHD,SPD,ASD,ODD,OCD)
	FOR		Disability etiquettes
	DIFFERENTLY		Advantage of physical activites for children with special needs
	ABLED		Strategies to make physical activities accesible for children with
			special needs
5	CHILDREN	1 AUG. –	Motor development and factors affecting it
	AND SPORTS	14 AUG.	Exercise guidelines at different stages of growth and development
			Advantage and disadvantage of wieght training
			Concept and advantage of correct posture
			Cause of bad posture
			Common postural deformities (knock-knees, flatfoot, round
			shoulders, lordosis, kyphosis, scoliosis, bowlegs)
			Corrective measures for postural deformities
6	WOMEN AND	16 AUG	Sports participation of women in india
	SPORTS	30 AUG.	Special consideration (menarche, menstrual dysfunction)
			Female athlete traid (osteoporosis, amenorrhea and eating disorders
			Psychological aspects of women athletes
			Sociological aspects of particulars in sports
7		31 AUG. –	REVISION
		7 SEPT	

SEM II / PHYSICAL EDUCATION

26th September – 12th October 2018

Unit VII: TEST AND MEASUREMENT IN SPORTS

- Measurement of muscular strength Kraus Weber test.
- Motor fitness test- AAPHER
- Measurement of Cardio Vascular fitness Harvard step test / Rockport test
- Measurement of flexibility Sit & Reach test
- Rikli & Jones Senior citizen fitness test.

UNIT VIII : PHYSIOLOGY AND SPORTS

- Gender difference in physical & physiological parameter.
- Physiological factors determining component of physical fitness.
- Effects of exercise on cardio vascular system
- Effects of exercise on respiratory system
- Effects of exercise on Muscular system
- Physiological changes due to Ageing
- Role of physical activity in maintaining functional fitness in Aged population.

22nd September – 17th November 2018

UNIT IX : SPORTS MEDICINE

- Concept and definition, aims and scope of sports medicine
- Sports injuries : classification, causes & prevention
- First Aid : Aim and objectives

- Management of Injuries : Soft tissue injuries : (Abrasion, contusion, laceration, incision, sprain & strain)
- Bone & joint injuries : (dislocation, fractures : stress fractures, green stick, comminuted, transverse oblique and impacted)

UNIT X: BIOMECHANICS AND SPORTS

- Projectile and factors affecting projectile trajectory.
- Newton's Laws of motion and their Application in Sports
- Friction and Sports
- Introduction to Axes and Planes
- Types f movements (Herion, Extension, Abduction and Adduction)
- Major muscles of involved in running, jumping, throwing

18th November – 30th November 2018

UNIT XI : PSYCHOLOGY AND SPORTS

- Understanding stress and coping strategies (Problem focused & emotional focussed)
- Personality, its definition and types Trait and types (sheldon and jung classification) and big five theory
- Motivation, its types and technique
- Exercise Adherence; reason to exercise, benefits of exercise
- Strategies for enhancing adherence to exercise
- Psychological Benefits of Exercise
- Meaning, concept and types of Aggression in sports.

UNIT XII : TRAINING IN SPORTS

- Strength-definition, types and methods of improving strength-isometric, isotonic & isokinetic.
- Endurance-definition, types & methods to develop endurance continuous training, interval training & fartlek training.
- Speed-definition, types & methods to develop speed-acceleration run & pace run
- Flexibility-definition, types and methods to improve flexibility
- Coordinative abilities definition and types
- Circuit training, introduction and its importance

1st December – 8th December 2018

Revision

SYLLABUS OF PSYCHOLOGY FOR CLASS XII / 2018-19				
TERM I				
2 nd April – 30 th April	Chapter 1 : Variations in Psychological Attributes			
	Practical work : Experimental file & introduction to be profile			
	(to be completed during summer break)			
1 st May – 12 th May	Chapter 2 : Self & Personality			
	Practice of board questions			
2 nd July – 19 th July	Chapter 4 : Psychological disorders			
	Completion of Practical work			
	Field visit to clinical psychologist			
20 th July – 7 th August	Chapter 5 – Therapeutic Approaches			
8 th August – 30 th August	Chapter 3 – Meeting life challenges			
31 st August – 7 th September	Revision			

TERM II	
26 th September – 12 th October	Chapter 6 : Attitude of social cognition
	Chapter 7 : Social influence & group processes
22 nd October – 17 th November	Chapter 8 : Psychology & life
	Chapter 9 : Decloping Psychology of skills
19 th November – 30 th November	Chapter wise doubt classification; tests
1 st December – 13 th December	Revision / Mock papers

SYLLABUS OF BIOLOGY FOR CLASS XII / 2018-19	
TERM I	
2 nd April – 30 th April	Chapter 1 : Reproduction in Organisms
	Chapter 2 : Sexual Reproduction in Flowering Plants
1 st May – 12 th May	Chapter 3 : Human Reproduction
	Chapter 4 : Reproduction Health
14 th May – 18 th May	Chapter 5 : Principles of Inheritance and variation
2 nd July – 19 th July	Chapter 6 : Molecular Basis of Inheritance
20 th July – 7 th August	Chapter 7 : Evolution and completion of Project work.
8 th August – 30 th August	Chapter 8 : Human Health and Diseases
31 st August – 7 th September	Revision
TERM II	
26 th September – 12 th October	Chapter 9 : Strategies for enhancement in Food Production
	Chapter 10 : Microbes in Human welfare
22 nd October – 17 th November	Chapter 11 : Biotechnology – principles and Processes
	Chapter 12 : Biotechnology and its Applications
	Chapter 13 : Organisms and Population
19 th November – 30 th November	Chapter 14 : Ecosystem
	Chapter 15 : Biodiversity and Conservation
	Chapter 15 : Biodiversity and Conservation Chapter 16 : Environmental Issues