

**ST. RAPHAEL CO- ED SCHOOL
JATKHEDI, BHOPAL**



**SYLLABUS
2026 - 27
CLASS - XI A**

Name: _____
Class: _____ Sec: _____

SUBJECT-ENGLISH

MONTH	TOPICS	ACTIVITY	EXAM SYLLABUS
APRIL	HORNBILL: 1. THE PORTRAIT. 2. A PHOTOGRAPH SNAPSHOTS: i. THE SUMMER... GRAMMAR: TENSES WRITING SKILL: NOTICE & POSTER		
JUNE	HORNBILL: 3. WE'RE NOT... SNAPSHOTS: ii. THE ADDRESS WRITING SKILL: CLASSIFIED ADS		PT-I 1. PORTRAIT OF A LADY 2. A PHOTOGRAPH 3. WE'RE NOT AFRAID.. 4. THE SUMMER... W.S. NOTICE AND POSTER GRAMMAR: TENSES
JULY	HORNBILL: 4. DISCOVERING TUT 5. LABURNUM TOP SNAPSHOTS: iii. MOTHER'S DAY GRAMMAR: CLAUSES WRITING SKILL: CLASSIFIED ADS LETTER OF INQUIRY	RESEARCH WORK ON THE MAJOR ASTRONOMICAL DESCRIPTIONS AND LEGENDS ASSOCIATED WITH THEM.	
AUGUST	HORNBILL: 6. THE VOICE... GRAMMAR: TRANSFORMATION OF SENTENCES WRITING SKILL: LETTER OF ORDER NOTE- MAKING		PT-II 1. LABURNUM TOP 2. DISCOVERING TUT 3. THE ADDRESS W.S. CLASSIFIED AD GRAMMAR: CLAUSES
SEPTEMBER	HORNBILL: 7. THE AILING P.. GRAMMAR: TRANSFORMATION OF SENTENCES WRITING SKILL: LETTER OF COMPLAINT	ASL	MID-TERM PT-I + PT-II+ 1. THE VOICE OF THE RAIN 2. MOTHER'S DAY GRAMMAR: TENSES, CLAUSES, TRANSFORMATION OF SENTENCES W.S.: NOTICE, POSTER, CLASSIFIED ADS, LETTERS:

			INQUIRY, ORDER, COMPLAINT, NOTE- MAKING
OCTOBER	HORNBILL: 8. THE ADVENTURE 9. CHILDHOOD SNAPSHOTS: iv. BIRTH WRITING SKILL: LETTER TO THE EDITOR		
NOVEMBER	HORNBILL: 10. SILK ROAD SNAPSHOTS: v. THE TALE OF... GRAMMAR: PREPOSITIONS & DETERMINERS WRITING SKILL: ARTICLE & SPEECH	DRAFTING AN ITINERARY	PT-III 1. THE ADVENTURE 2. CHILDHOOD 3. BIRTH WS: SPEECH & ARTICLE GRAMMAR: INTEGRATED
DECEMBER	HORNBILL: 11. FATHER TO SON GRAMMAR: INTEGRATED GRAMMAR WRITING SKILL: DEBATE		
JANUARY	HORNBILL: REVISION SNAPSHOTS: REVISION GRAMMAR: REVISION WRITING SKILL: REVISION	ASL	
FEBRUARY			FINAL EXAM- COMPLETE SYLLABUS

HORNBILL:

PROSE CHAPTERS: THE PORTRAIT OF A LADY, WE'RE NOT AFRAID...,
DISCOVERING TUT, THE AILING PLANET, THE ADVENTURE & SILK ROAD
POEMS: A PHOTOGRAPH, LABURNUM TOP, THE VOICE OF THE RAIN,
CHILDHOOD, FATHER TO SON

SNAPSHOTS:

THE SUMMER OF A BEAUTIFUL WHITE HORSE, THE ADDRESS, MOTHER'S
DAY, BIRTH & THE TALE OF THE MELON CITY

WRITING SKILLS NOTICE, POSTER, CLASSIFIED ADS, LETTER OF
ORDER, LETTER OF COMPLAINT, LETTER TO THE EDITOR, NOTE-
MAKING, ARTICLE, SPEECH & DEBATE

GRAMMAR: TENSES, PREPOSITIONS, DETERMINERS &
TRANSFORMATION OF SENTENCES

SUBJECT–PHYSICS

MONTH	TOPICS	PRACTICALS/ACTIVITY	EXAM /SYLLABUS
APRIL	CHAPTER–1: UNITS AND MEASUREMENTS CHAPTER–2: MOTION IN A STRAIGHT LINE	1. TO MEASURE DIAMETER OF A SMALL SPHERICAL/CYLINDRICAL BODY AND TO MEASURE INTERNAL DIAMETER AND DEPTH OF A GIVEN BEAKER/CALORIMETER USING VERNIER CALIPERS AND HENCE FIND ITS VOLUME.	
JUNE	CHAPTER–3: MOTION IN A PLANE CHAPTER–4: LAWS OF MOTION	2. TO MEASURE DIAMETER OF A GIVEN WIRE AND THICKNESS OF A GIVEN SHEET USING SCREW GAUGE	PT-01 CHAPTER -01 UNIT AND MEASUREMENT CHAPTER-02 MOTION IN STRAIGHT LINE
JULY	CHAPTER–5: WORK, ENERGY AND POWER CHAPTER–6: SYSTEM OF PARTICLES AND ROTATIONAL MOTION	3. TO DETERMINE RADIUS OF CURVATURE OF A GIVEN SPHERICAL SURFACE BY A SPHEROMETER. 4. TO FIND THE WEIGHT OF A GIVEN BODY USING PARALLELOGRAM LAW OF VECTORS.	
AUGUST	CHAPTER–6: SYSTEM OF PARTICLES AND ROTATIONAL MOTION CHAPTER–7: GRAVITATION	5. USING A SIMPLE PENDULUM, PLOT ITS L-T ² GRAPH AND USE IT TO FIND THE EFFECTIVE LENGTH OF SECOND'S PENDULUM.	PT-02 CHAPTER -03 MOTION IN PLANE CHAPTER-04 LAWS OF MOTION (HALF CHAPTER)
SEPTEMBER	REVISION & CHAPTER–8: MECHANICAL PROPERTIES OF SOLIDS		MID TERM PART -I CHAPTER (01 TO 07)
OCTOBER	CHAPTER–09: MECHANICAL PROPERTIES OF FLUIDS	6. TO STUDY VARIATION OF TIME PERIOD OF A SIMPLE PENDULUM OF A GIVEN LENGTH BY TAKING BOBS OF SAME SIZE BUT DIFFERENT MASSES AND INTERPRET THE RESULT.	

NOVEMBER	CHAPTER-10: THERMAL PROPERTIES OF MATTER CHAPTER-11: THERMODYNAMICS	7. TO STUDY THE RELATIONSHIP BETWEEN FORCE OF LIMITING FRICTION AND NORMAL REACTION AND TO FIND THE CO-EFFICIENT OF FRICTION BETWEEN A BLOCK AND A HORIZONTAL SURFACE.	PT-03 CH-8,9
DECEMBER	CHAPTER-12: KINETIC THEORY OF GASES	8. TO FIND THE DOWNWARD FORCE, ALONG AN INCLINED PLANE, ACTING ON A ROLLER DUE TO GRAVITATIONAL PULL OF THE EARTH AND STUDY ITS RELATIONSHIP WITH THE ANGLE OF INCLINATION θ BY PLOTTING GRAPH BETWEEN FORCE AND $\sin\theta$.	
JANUARY	CHAPTER-13: OSCILLATIONS CHAPTER-14: WAVES		
FEBRUARY	REVISION		FINAL EXAM COMPELETE SYLLABUS PART-I (30%) PART-II(70%)

SUBJECT - CHEMISTRY

MONTH	TOPICS	ACTIVITY/PRACTICAL	EXAM SYLLABUS
APRIL	CH 1: SOME BASIC CONCEPTS OF CHEMISTRY	TO TABULATE THE PERIODIC ELEMENTS FROM ATOMIC NUMBER 1-50 UNDER HEADS ATOMIC NUMBER, ATOMIC MASS, SYMBOL AND ELECTRONIC CONFIGURATION.	
JUNE	CH 2: STRUCTURE OF ATOM	CRYSTALLIZATION OF IMPURE SAMPLE OF ANY ONE OF THE FOLLOWING: ALUM, COPPER SULPHATE, BENZOIC ACID.	PT 1: CH 1 AND CH 2 (PARTIAL)
JULY	CH 2: STRUCTURE OF ATOM (CONT.) CH 3: CLASSIFICATION OF ELEMENTS AND PERIODICITY IN PROPERTIES	INTRODUCTION OF QUALITATIVE AND QUANTITATIVE ANALYSIS	

AUGUST	CH 4: CHEMICAL BONDING AND MOLECULAR STRUCTURE	QUANTITATIVE ESTIMATION: 1. PREPARATION OF STANDARD SOLUTION OF OXALIC ACID. 2. DETERMINATION OF STRENGTH OF A GIVEN SOLUTION OF SODIUM HYDROXIDE BY TITRATING IT AGAINST STANDARD SOLUTION OF OXALIC ACID.	PT 2: CH 2 AND 3
SEPTEMBER	CH 8: ORGANIC CHEMISTRY: SOME BASIC PRINCIPLES AND TECHNIQUES *REVISION FOR MID TERM	QUANTITATIVE ESTIMATION: 3. PREPARATION OF STANDARD SOLUTION OF SODIUM CARBONATE. 4. DETERMINATION OF STRENGTH OF A GIVEN SOLUTION OF HYDROCHLORIC ACID BY TITRATING IT AGAINST STANDARD SODIUM CARBONATE SOLUTION.	MID TERM: CH 1,2,3,4 AND 8 (TILL NOMENCLATURE)
OCTOBER	CH 8: ORGANIC CHEMISTRY: SOME BASIC PRINCIPLES AND TECHNIQUES (CONT.) CH 9: HYDROCARBONS	QUALITATIVE ANALYSIS: DETERMINATION OF ONE ANION AND ONE CATION IN A GIVEN SALT.	
NOVEMBER	CH 9: HYDROCARBONS (CONT.) CH 7: REDOX REACTIONS	QUALITATIVE ANALYSIS: DETERMINATION OF ONE ANION AND ONE CATION IN A GIVEN SALT	PT 3: CH 8 AND 9
DECEMBER	CH 5: CHEMICAL THERMODYNAMICS CH 6: EQUILIBRIUM	QUALITATIVE ANALYSIS: DETERMINATION OF ONE ANION AND ONE CATION IN A GIVEN SALT	
JANUARY	CH 6: EQUILIBRIUM (CONT.) REVISION		
FEBRUARY			FINAL EXAM FULL SYLLABUS

SUBJECT- CORE MATHEMATICS(041)

MONTHS	CHAPTER	PRACTICAL/ ACTIVITY	EXAM SYLLABUS
APRIL	1.SETS 2. RELATIONS AND FUNCTIONS	*TO FIND THE NUMBER OF SUBSETS OF A GIVEN SET AND VERIFY THAT IF A SET HAS N NUMBER OF ELEMENTS, THEN THE TOTAL NUMBER OF SUBSETS IS 2^N	

		<p>*TO VERIFY THAT FOR TWO SETS A AND B, $N(A \times B) = PQ$ AND THE TOTAL NUMBER OF RELATIONS FROM A TO B IS 2^{PQ}, WHERE $N(A) = P$ AND $N(B) = Q$.</p> <p>*TO REPRESENT SET THEORETIC OPERATIONS USING VENN DIAGRAMS.</p>	
JUNE	<p>4. COMPLEX NUMBERS</p> <p>5. LINEAR INEQUALITIES</p>	<p>*TO IDENTIFY A RELATION AND A FUNCTION.</p> <p>*TO DISTINGUISH BETWEEN A RELATION AND A FUNCTION.</p>	PT-I CH-1,2,4
JULY	3. TRIGONOMETRIC FUNCTIONS	*TO FIND THE VALUES OF SINE AND COSINE FUNCTIONS IN SECOND, THIRD AND FOURTH QUADRANTS USING THEIR GIVEN VALUES IN FIRST QUADRANT.	
AUGUST	<p>6. PERMUTATIONS AND COMBINATIONS</p> <p>7. BINOMIAL THEOREM</p>		PT-II CH-5,3
SEPTEMBER	8. SEQUENCE AND SERIES		MIDTERM CH-1,2,3,4,5,6,7
OCTOBER	12. LIMITS AND DERIVATIVES		
NOVEMBER	<p>9. STRAIGHT LINES</p> <p>10. CONIC SECTION</p> <p>11. INTRODUCTION TO THREE-DIMENSIONAL GEOMETRY</p>	*TO CONSTRUCT DIFFERENT TYPES OF CONIC SECTIONS.	PT-III CH-12,9,10
DECEMBER	<p>13. STATISTICS</p> <p>14. PROBABILITY</p>	*TO WRITE THE SAMPLE SPACE, WHEN A DIE IS ROLLED ONCE, TWICE -----	
JANUARY	REVISION		
FEBRUARY	FINAL EXAM		FULL SYLLABUS

SUBJECT–BIOLOGY

MONTH	TOPICS	ACTIVITY/PRACTICAL	EXAM SYLLABUS
APRIL	1. THE LIVING WORLD 2. BIOLOGICAL CLASSIFICATION	SPECIMENS/SLIDES/MODELS AND IDENTIFICATION FEATURES OF- BACTERIA, OSCILLATORIA, LIVERWORT, RHIZOPUS, MUSHROOM, YEAST, MOSS, FERN, PINE, ONE MONOCOTYLEDONOUS PLANT, ONE DICTOTYLEDONOUS PLANT AND ONE LICHEN	
JUNE	3. PLANT KINGDOM 6. ANATOMY OF FLOWERING PLANTS	PREPARATION AND STUDY OF T.S OF DICOT AND MONOCOT ROOT AND STEMS. STUDY OF PLASMOLYSIS IN EPIDERMAL PEELS.	PT-1 (CH-1,2)
JULY	4. ANIMAL KINGDOM	VIRTUAL SPECIMENS/SLIDES/MODELS AND IDENTIFYING FEATURES OF AMOEBA, HYDRA, LIVER FLUKE, ASCARIS, LEECH, EARTHWORM, SILK WORM, HONEY BEE, SNAIL, STARFISH, SHARK, ROHU, FROG, LIZARD, PIGEON AND RABBIT.	
AUGUST	5. MORPHOLOGY OF FLOWERING PLANTS 7. STRUCTURAL ORGANISATION IN ANIMALS 8. CELL: THE UNIT OF LIFE	STUDY AND DESCRIBE LOCALLY AVAILABLE COMMON FLOWERING PLANTS FROM FAMILY SOLANACEA INCLUDING DISSECTION AND DISPLAY OF FLORAL WHORLS ANTHOR AND OVARY TO SHOW NUMBER OF CHAMBERS. STUDY OF OSMOSIS BY POTATO OSMOMETER. STUDY AND DISTRIBUTION OF STOMATA ON LOWER AND ON THE UPPER SURFACES OF LEAF. MITOSIS IN ONION ROOT TIP CELLS AND ANIMAL CELLS (GRASSHOPPER) FROM PERMANENT SLIDES	PT-II (CH-3,6)
SEPTEMBER	10. CELL CYCLES AND CELL DIVISION 9. BIOMOLECULES	TEST THE PRESENCE OF SUGAR, STARCH, PROTEINS AND FATS IN SUITABLE PLANT AND ANIMAL MATERIAL	MIDTERM CH- (1,2,3,4,5,6, 7,8,9,10)

OCTOBER	13.PHOTOSYNTHESIS IN HIGHER PLANTS 14.RESPIRATION IN PLANTS 15.PLANT GROWTH AND DEVELOPMENT	CHROMATOGRAPHY SEPARATION OF PLANT PIGMENTS STUDY RATE OF RESPIRATION IN GERMINATING SEEDS	
NOVEMBER	19.EXCRETORY PRODUCTS AND THEIR ELIMINATION	URINE TEST- TEST THE PRESENCE OF SUGAR, ALBUMIN AND BILE SALTS IN URINE.	PT-III (CH- 13,15)
DECEMBER	17. BREATHING AND EXCHANGE OF GASES 18.BODY FLUIDS AND CIRCULATION		
JANUARY	LOCOMOTION AND MOVEMENT	STUDY DIFFERENT TYPES OF JOINTS WITH THE HELP OF VIRTUAL IMAGES/ MODELS	
FEBRUARY	FINAL EXAM		FULL SYLLABUS

SUBJECT – PSYCHOLOGY

MONTH	TOPICS	ACTIVITY/PRACTICAL	EXAM SYLLABUS
APRIL	CHAPTER 1- WHAT IS PSYCHOLOGY?	REFLECTION ACTIVITY: STUDENTS WILL WRITE A SHORT NOTE ON "HOW PSYCHOLOGY CAN HELP ME IN MY DAILY LIFE." PREPARE A COLLAGE ON WHAT IS PSYCHOLOGY, ITS SCOPE AND VARIOUS BRANCHES.	
JUNE	CHAPTER 2- METHODS OF ENQUIRY IN PSYCHOLOGY	SURVEY ACTIVITY: STUDENTS WILL PREPARE A SHORT QUESTIONNAIRE ON A TOPIC SUCH AS STUDY HABITS OR STRESS AND COLLECT RESPONSES FROM CLASSMATES. OBSERVATION ACTIVITY: STUDENTS WILL OBSERVE BEHAVIOR IN A CLASSROOM OR PLAYGROUND SETTING AND RECORD THEIR OBSERVATIONS. INTERVIEW ACTIVITY: STUDENTS WILL CONDUCT A SHORT INTERVIEW WITH A PEER OR FAMILY MEMBER ON A PSYCHOLOGICAL TOPIC AND NOTE THE RESPONSES.	PT 1 CH-1

		CASE STUDY ACTIVITY: STUDENTS WILL READ A SIMPLE CASE DESCRIPTION AND IDENTIFY THE PSYCHOLOGICAL METHOD USED TO STUDY THE BEHAVIOR.	
JULY	CHAPTER 3- HUMAN DEVELOPMENT	LIFE SPAN CHART: PREPARE A DIAGRAM SHOWING DIFFERENT STAGES OF HUMAN DEVELOPMENT (INFANCY, CHILDHOOD, ADOLESCENCE, ADULTHOOD, AND OLD AGE) WITH THEIR KEY CHARACTERISTICS.	
AUGUST	CHAPTER 4 - SENSORY, ATTENTIONAL AND PERCEPTUAL PROCESSES PRACTICAL 1	ATTENTION TEST ACTIVITY: STUDENTS WILL PERFORM A SIMPLE TASK (E.G., COUNTING SPECIFIC LETTERS IN A PARAGRAPH) TO UNDERSTAND THE CONCEPT OF SELECTIVE ATTENTION. OBSERVATION ACTIVITY: STUDENTS WILL OBSERVE DIFFERENT OBJECTS OR PICTURES AND DESCRIBE HOW PERCEPTION VARIES AMONG INDIVIDUALS. DRAW/PAINT AN IMAGE BASED ON FIGURE AND GROUND CONCEPT.	PT 2 CH-2
SEPTEMBER		SELF-AWARENESS AND REGULATION ACTIVITY (JOURNALING/ MEDITATION). CASE STUDY ANALYSIS	MID TERM CH- 1,2,3,4
OCTOBER	CHAPTER 5- LEARNING PRACTICAL - 2	CLASSICAL CONDITIONING ACTIVITY: STUDENTS WILL OBSERVE AND EXPLAIN AN EXAMPLE OF CLASSICAL CONDITIONING LEARNING FROM DAILY LIFE (E.G., LEARNING HABITS THROUGH ASSOCIATION). TRIAL AND ERROR LEARNING ACTIVITY: STUDENTS WILL PERFORM A SIMPLE TRIAL AND ERROR TASK (SUCH AS SOLVING A PUZZLE) AND NOTE HOW PERFORMANCE IMPROVES WITH REPEATED ATTEMPTS.	

<p>NOVEMBER</p>	<p>CHAPTER 6- HUMAN MEMORY</p>	<p>MEMORY TEST ACTIVITY: STUDENTS WILL BE GIVEN A LIST OF WORDS TO MEMORIZE FOR A SHORT TIME AND THEN ASKED TO RECALL THEM TO UNDERSTAND MEMORY RECALL. MEMORY TECHNIQUES ACTIVITY: STUDENTS WILL PRACTICE MEMORY IMPROVEMENT TECHNIQUES SUCH AS MNEMONICS, REHEARSAL, AND VISUALIZATION.</p>	<p>PT 3 CH- 5,6</p>
<p>DECEMBER</p>	<p>CHAPTER 7- THINKING</p>	<p>PROBLEM-SOLVING ACTIVITY: STUDENTS WILL BE GIVEN SIMPLE PUZZLES OR SITUATIONS AND ASKED TO EXPLAIN THE STEPS THEY USE TO REACH THE SOLUTION. CREATIVE THINKING ACTIVITY: STUDENTS WILL LIST AS MANY POSSIBLE USES OF A COMMON OBJECT (E.G., A PAPER CLIP OR BRICK) TO UNDERSTAND DIVERGENT THINKING. DECISION-MAKING ACTIVITY: STUDENTS WILL ANALYZE A REAL-LIFE SITUATION AND LIST POSSIBLE CHOICES, ADVANTAGES, AND DISADVANTAGES BEFORE MAKING A DECISION.</p>	
<p>JANUARY</p>	<p>CHAPTER 8- MOTIVATION AND EMOTION</p>	<p>SELF-REFLECTION ACTIVITY: STUDENTS WILL WRITE ABOUT THEIR PERSONAL GOALS AND IDENTIFY THE FACTORS THAT MOTIVATE THEM TO ACHIEVE THOSE GOALS. EMOTION OBSERVATION ACTIVITY: STUDENTS WILL OBSERVE DIFFERENT EMOTIONS IN DAILY LIFE SITUATIONS AND RECORD THE CAUSES AND EXPRESSIONS OF THOSE EMOTIONS. ROLE PLAY ACTIVITY: STUDENTS WILL PERFORM SHORT ROLE PLAYS TO DEMONSTRATE DIFFERENT</p>	

		<ul style="list-style-type: none"> • PRANAYAMA AND ITS TYPES • ACTIVE LIFESTYLE AND STRESS MANAGEMENT THROUGH YOGA 	CONCENTRATION AND RELAXATION	
JULY	<p>CH 4: PHYSICAL EDUCATION AND SPORTS FOR CHILDREN WITH SPECIAL NEEDS (CWSN)</p> <p>CH 5: PHYSICAL FITNESS, HEALTH AND WELLNESS.</p>	<ul style="list-style-type: none"> • CONCEPT OF DISABILITY & DISORDER • TYPES OF DISABILITY, ITS CAUSES & NATURE (INTELLECTUAL DISABILITY PHYSICAL DISABILITY) • DISABILITY ETIQUETTES • AIM & OBJECTIVE OF ADAPTIVE PHYSICAL EDUCATION • ROLE OF VARIOUS PROFESSIONALS FOR CHILDREN WITH SPECIAL NEEDS (COUNSELLOR, OCCUPATIONAL THERAPIST, PHYSIOTHERAPIST, PHYSICAL EDUCATION TEACHER, SPEECH THERAPIST & SPECIAL EDUCATOR) • MEANING & IMPORTANCE OF WELLNESS, HEALTH AND PHYSICAL FITNESS. • COMPONENTS/DIMENSIONS OF WELLNESS, HEALTH AND PHYSICAL FITNESS • TRADITIONAL SPORTS AND REGIONAL GAMES FOR PROMOTING WELLNESS. • LEADERSHIP THROUGH PHYSICAL ACTIVITY AND SPORTS • INTRODUCTION OF FIRST AID - PRICE 	<p>PLAYING CWSN SPORTS TO UNDERSTAND THE CHALLENGES FACED BY STUDENTS WITH SPECIAL NEEDS</p> <p>CONDUCTING FITNESS TEST: <ul style="list-style-type: none"> • 50 MT SPRINT • SIT UPS • 600 MT • RUN ETC </p>	
AUG	CH 6: TEST, MEASUREMENT & EVALUATION	<ul style="list-style-type: none"> • DEFINE TEST, MEASUREMENT & EVALUATION • IMPORTANCE OF TEST, MEASUREMENT & EVALUATION IN SPORTS 	CONDUCTING BMI AND WHR TEST	PT 2- CH 3 & 4

		<ul style="list-style-type: none"> • CLASSIFICATION OF TEST IN PHYSICAL EDUCATION AND SPORTS • TEST ADMINISTRATION GUIDELINES IN PHYSICAL EDUCATION AND SPORTS • BMI, WAIST-HIP RATIO, SKINFOLD MEASURES (3-SITE) 		
SEPT	<p>CH 7: FUNDAMENTALS OF ANATOMY, PHYSIOLOGY IN SPORTS</p> <p>CH 8: FUNDAMENTALS OF KINESIOLOGY AND BIOMECHANICS IN SPORTS</p>	<ul style="list-style-type: none"> • DEFINITION AND IMPORTANCE OF ANATOMY AND PHYSIOLOGY IN EXERCISE AND SPORTS. • FUNCTIONS OF SKELETAL SYSTEM, CLASSIFICATION OF BONES AND TYPES OF JOINTS. • PROPERTIES AND FUNCTIONS OF MUSCLES. • STRUCTURE AND FUNCTIONS OF CIRCULATORY SYSTEM AND HEART. • STRUCTURE AND FUNCTIONS OF RESPIRATORY SYSTEM. • DEFINITION AND IMPORTANCE OF KINESIOLOGY AND BIOMECHANICS INSPORTS • PRINCIPLES OF BIOMECHANICS • KINETICS AND KINEMATICS IN SPORTS • TYPES OF BODY MOVEMENTS - FLEXION, EXTENSION, ABDUCTION, ADDUCTION, ROTATION, CIRCUMDUCTION, SUPINATION & PRONATION • AXIS AND PLANES – CONCEPT AND ITS APPLICATION IN BODY MOVEMENTS 	<p>EXPLANATION OF SKELETAL SYSTEM WITH THE HELP OF SKELETON</p> <p>EXPLANATION OF RELEVANT TOPICS THROUGH A PARTICULAR SPORT</p>	<p>MID TERM: CH 1,2,3,4,5 & 6</p>

OCT	CH 9: PSYCHOLOGY AND SPORTS	<ul style="list-style-type: none"> • DEFINITION & IMPORTANCE OF PSYCHOLOGY IN PHYSICAL EDUCATION & SPORTS; • DEVELOPMENTAL CHARACTERISTICS AT DIFFERENT STAGES OF DEVELOPMENT; • ADOLESCENT PROBLEMS & THEIR MANAGEMENT; • TEAM COHESION AND SPORTS; • INTRODUCTION TO PSYCHOLOGICAL ATTRIBUTES: ATTENTION, RESILIENCE, MENTAL TOUGHNESS 	EXPLANATIO N OF RELEVANT TOPICS THROUGH A PARTICULAR SPORT	
NOV	CH10 TRAINING & DOPING IN SPORTS	<ul style="list-style-type: none"> • CONCEPT AND PRINCIPLES OF SPORTS TRAINING • TRAINING LOAD: OVER LOAD, ADAPTATION, AND RECOVERY • WARMING-UP & LIMBERING DOWN – TYPES, METHOD & IMPORTANCE • CONCEPT OF SKILL, TECHNIQUE, TACTICS & STRATEGIES • CONCEPT OF DOPING AND ITS DISADVANTAGES 	EXPLAINING WARMING- UP AND LIMBERING- DOWN	PT 3 CH-7 & 8
DEC	REVISION	FINAL PRACTICAL EXAM		
JAN	REVISION			
FEB	FINAL EXAM			FULL SYLLABUS

SUBJECT – COMPUTER SCIENCE (083)

<u>MONTH</u>	<u>TOPIC</u>	<u>PRACTICALS</u>	<u>SYLLABUS</u>
APRIL	CH-1 BASIC ORGANIZATION OF COMPUTER SYSTEM CH-2 OPERATING SYSTEM, NUMBER SYSTEM AND ENCODING, BOOLEAN LOGIC AND GATES	PPT ON THE TOPIC OF OPERATING SYSTEM AND PYTHON PROGRAMMING	

	CH-5 GETTING STARTED WITH PYTHON		
JUNE	CH-5 GETTING STARTED WITH PYTHON(CONT.) CH-6 CONCEPT OF DATA TYPES	PRACTICALS ON THE BASIS OF DATA STRUCTURES, PYTHON PROGRAMMING	PT-1 CH 1 ,2 &5
JULY	CH-7 OPERATORS AND EXPRESSIONS CH-8 PROGRAMMING FUNDAMENTALS IN PYTHON	PRACTICALS ON THE BASIS OF OPERATORS USED IN PROGRAMMING	
AUGUST	CH-9 CONDITIONAL STATEMENTS CH-15 DIGITAL SOCIETY AND COMPUTER SECURITY	PRACTICALS ON THE BASIS OF ALL THE CONDITION USED IN PYTHON	PT-2 CH – 6, 7 & 8
SEPTEMBER	CH-10 ITERATIVE COMPUTATIONS INTERACTIVE CONSTRUCTS THROUGH LOOPS NESTED LOOPS	PRACTICAL OF LOOP	MID TERM CH-1,2,5 TO 9 & 15
OCTOBER	CH-11 STRING HANDLING CH-12 LISTS	PRACTICAL OF LIST & STRING	
NOVEMBER	CH-16 INTELLECTUAL PROPERTY RIGHT, OPEN SOURCE SOFTWARE	DRAW THE FLOW CHART ON THE TOPIC OF PROPERTY RIGHT & E-WASTE MANAGEMENT	PT-3 CH 11 & 12
DECEMBER	CH – 13 TUPLES CH- 14 DICTIONARIES	PRACTICAL OF TUPLES & DICTIONARIES	
JANUARY	REVISION FOR FINAL EXAMINATION	REVISION FOR FINAL EXAMINATION	
FEBRUARY	FINAL EXAM		FINAL TERM FULL SYLLABUS