

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



**SYLLABUS
2026 - 27
CLASS - XII C**

Name: _____
Class: _____ Sec: _____

SUBJECT- ENGLISH- XII

MONTH	TOPICS	ACTIVITY	EXAM SYLLABUS
APRIL	FLAMINGO: L1- THE LAST LESSON P1- MY MOTHER AT SIXTY-SIX VISTAS: i. THE THIRD LEVEL WRITING SKILL: NOTICE WRITING & POSTER		
JUNE	FLAMINGO: L2- LOST SPRING P2- KEEPING QUIET VISTAS: ii. THE TIGER KING WRITING SKILL: FORMAL/ INFORMAL INVITATION	PREPARE A FORMAL AND AN INFORMAL INVITATION	PT-I 1. THE LAST LESSON 2. LOST SPRING 3. MY MOTHER AT 4. THE THIRD LEVE W.S.- POSTER AND NOTICE
JULY	FLAMINGO: L3- DEEP WATER L4- THE RATRAP VISTAS: iii. JOURNEY TO THE END. iv. THE ENEMY WRITING SKILL: LETTER TO THE EDITOR	PROJECT ON LIFE AND TIMES OF ANY TWO POETS AND THEIR WORKS	
AUGUST	FLAMINGO: P3- THE THING OF BEAUTY L5- INDIGO VISTAS: v. ON THE FACE OF IT WRITING SKILL: JOB APPLICATION		PT-II 1. DEEP WATER 2. KEEPING QUIET 3. THE THING OF BEAUTY 4. THE TIGER KING W.S.- INVITATION AND LETTER TO THE EDITOR
SEPTEMBER	FLAMINGO: P4- A ROADSIDE STAND L6- POETS AND PANCAKES	ASL	MID-TERM PT-I + PTII+ 1. THE RATRAP 2. JOURNEY TO THE. 3. THE ENEMY W.S.- NOTICE, POSTER, INVITATIONS, LETTER TO THE EDITOR AND REPLIES
OCTOBER	FLAMINGO: L7- THE INTERVIEW P5- AUNT JENNIFER'S TIGER	ART INTEGRATED PROJECT + INTERVIEW	

	VISTAS: vi. MEMORIES OF CHILDHOOD: PART 1 vii. MEMORIES OF CHILDHOOD: PART 2 WRITING SKILL: ARTICLE WRITING	BASED RESEARCH	
NOVEMBER (TO BE DONE BY 1 ST WEEK)	FLAMINGO: L8- GOING PLACES	ASL	
NOVEMBER			PB-I FULL SYLLABUS
DECEMBER	REVISION		PB-II FULL SYLLABUS
JANUARY	REVISION		PB-III FULL SYLLABUS
FEBRUARY			BOARD EXAMS

SUBJECT- POLITICAL SCIENCE

MONTH	TOPICS	ACTIVITY / PRACTICAL	EXAM SYLLABUS
APRIL	PART -A LESSON 1 THE END OF BIPOLARITY LESSON -2 CONTEMPORARY CENTRES OF POWER PART - B LESSON 1 CHALLENGES OF NATION BUILDING LESSON 2 ERA OF ONE - PARTY DONLINANCE DISCUSSION ON PROJECT TOPICS (AS PER CBSE GUIDANCE)	DOCUMENTARIES PAST AND PRESENT SITUATIONS IN USSR / POST SOVIET REPUBLICS MAP ACTIVITY DISCUSSION CAUSES AND CONSEQUENCES OF PARTITION CARTOON INTERPRETATION MAP ACTIVITY	
JUNE	PART A LESSON - 3 CONTEMPORARY SOUTH ASIA PART B LESSON 3 POLITIES OF PLANNED DEVELOPMENT	MAP ACTIVITY USE OF HISTORICAL DATA DISCUSSION: CURRENT ECONOMIC CRISIS IN SRI LANKA AND PAKISTAN. DEBATE AND DISCUSSION: FIRST THREE 5 YEAR PLANS	PT 1 PART A LESSON -1 PART B LESSON 1
JULY	PART - A LESSON- 4 INTERNATIONAL ORGANIZATION PART-B	INTERPRETATION OF CARTOONS / NEWSPAPER CLIPPINGS QUIZ. DEBATE: INDIA'S	

	LESSON 4 INDIA'S EXTERNAL RELATIONS	STAND ON SHIFTING ALLIANCE	
AUGUST	PART A LESSON 5 SECURITY IN THE CONTEMPORARY WORLD. LESSON 6 ENVIRONMENT AND NATURAL RESOURCES. PART B LESSON 5 CHALLENGES TO AND RESTORATION OF THE CONGRESS SYSTEM	COLLABORATIVE CONCEPT MAPPING: INDIA'S INITIATIVES AND POLICIES TOWARDS SECURITY. USE OF TIME LINE COMPARITIVE ANALYSIS POLITICAL SUCCESSION	PT-2 PART-A LESSION -2 PART-B LESSION-2
SEPTEMBER	PART - B LESSON 6 THE CRISIS OF SEPTEMBER DEMOCRATIC ORDER	GROUP DISCUSSION BASED ON NEWSPAPER ARTICLES AND OTHER MEDIA INFORMATION WITH RESPECT OF EMERGENCY, QUIZ, MAP ACTIVITY	MID TERM PART-A L-1 TO 4 PART-B L1 TO 4 PRACTICAL EXAM
OCTOBER	PART A LESSON - 7 GLOBALISATION PART - B LESSON 7 REGIONAL ASPIRATIONS	GROUP DISCUSSION. POSITIVE AND NEGATIVE IMPACT OF GLOBALISATION COMPARATIVE ANALYSIS QUIZ.	
NOVEMBER	PART-B LESSON 8 RECENT DEVELOPMENTS NOVEMBER IN INDIAN POLITICS	QUIZ, TIMELINE COMPARITIVE ANALYSIS DIFFERENT DEVELOPMENTS TAKING PLACE IN PRESENT SCENARIO WITH THAT TWENTIETH CENTURY	
DECEMBER	REVISION'S PRE BOARD - II		PRE BOARD- I FULL SYLLABUS
JANUARY	REVISION'S PRE BOARD- III		FULL SYLLABUS
FEBRUARY			BOARD EXAMS

SUBJECT – HISTORY

MONTH	TOPICS	ACTIVITY / PRACTICAL	EXAM SYLLABUS
APRIL	THEME 1 BRICKS, BEADS AND BONES THE HARAPPAN CIVILIZATION: THEME 2 KINGS, FARMERS AND TOWNS	MAKING OF SMALL REPLICA OF GREAT BATH, STONE TOOLS, CHART PAPER, MAP WORK MAP WORK	

JUNE-JULY	THEME 3 KINSHIP, CASTE AND CLASS THEME 4 THINKERS, BELIEFS AND BUILDINGS PART-II THEME 5 THROUGH THE EYES OF TRAVELLERS (PERCEPTIONS OF SOCIETY)	GROUP DISCUSSION , MAKING OF FLOW CHART MAP WORK MAKING OF CHART	PT-1 CH. 1 AND CH. 2
AUGUST	THEME 6 BHAKTI –SUFİ TRADITIONS: CHANGES IN RELIGIOUS THEME 7 AN IMPERIAL CAPITAL: VIJAY NAGAR	GROUP DISCUSSION MAP WORK/PROJECT WORK	PT-2 CH. 3 AND CH. 4
SEPTEMBER	PART -III THEME 8 PEASANTS ZAMINDAR AND THE STATE	MAP WORK/PROJECT WORK	MID-TERM CH.1, CH.2, CH.3 CH-4, CH-5 AND CH-6
OCTOBER	THEME 9 COLONIALISM AND THE COUNTRYSIDE THEME 10 REBELS AND THE RAJ: - 1857 REVOLT AND ITS REPRESENTATIONS	MAP WORK/ PROJECT WORK	
NOVEMBER	THEME 11 MAHATMA GANDHI AND THE NATIONALIST THEME 12 FRAMING THE CONSTITUTION THE BEGINNING OF A NEW ERA	MAP WORK/PROJECT WORK	PRE-BOARD I
DECEMBER-	PRE-BOARD II		
JANUARY	PRE-BOARD III		
FEBRUARY			BOARD EXAMS

SUBJECT- ECONOMICS

MONTH	TOPICS	ACTIVITY/PRACTICAL	EXAM SYLLABUS
APRIL	PART-1[MACRO] 1.NATIONAL INCOME AND RELATED AGGREGATES PART-2 [IED] 1.INDIAN ECONOMY ON THE EVE OF INDEPENDENCE 2.INDIAN ECONOMY [1950-1990]	ASSIGNMENT /WORKSHEET ON NUMERICAL BASED QUESTIONS PRESENTATION OF PROJECT REPORT ON INDIAN ECONOMIC DEVELOPMENT COLLECT THE DATA ON CURRENT NATIONAL INCOME & GDP AND PRESENT IN THE FORM OF PROJECT REPORT. GROUP DISCUSSION ON ROLE OF PUBLIC SECTOR IN ECONOMIC DEVELOPMENT	
JUNE	PART-1[MACRO] 2.MONEY AND BANKING PART-2 [IED] 3. ECONOMIC REFORMS	GROUP ACTIVITY - PRESENTATION OF PROJECT REPORT ON FUNCTION OF COMMERCIAL AND CENTRAL BANK OF INDIA.	PT 1 PART-1[UNIT-1] NATIONAL INCOME ACCOUNTING PART 2 – [UNIT-1] INDIAN ECONOMY ON THE EVE OF INDEPENDENCE
JULY	PART-1[MACRO] DETERMINATION OF INCOME AND EMPLOYMENT PART-2 [IED] 3.ECONOMIC - REFORMS[CONTINUE]	ASSIGNMENT /WORKSHEET ON NUMERICAL & DIAGRAM BASED QUESTIONS. DEBATE ON THE TOPIC “ IS LPG BEST FOR INDIA?” PROJECT REPORT ON HCF	
AUGUST	PART-2 IED 4.HUMAN CAPITAL FORMATION 5.RURAL DEVELOPMENT	ASSIGNMENT /WORKSHEET ON NUMERICAL & DIAGRAM BASED QUESTIONS. PREPARE DOCUMENTARY ON YOUR OWN VILLAGE AND CHECK THE ECONOMIC DEVELOPMENT, EMPLOYMENT STATUS AND SHARE IN CLASS.	PT 2 PART-1 [UNIT-2] MONEY & BANKING PART -2 [UNIT-2] INDIAN ECONOMY [1950-1990]
SEPTEMBER	REVISION FOR MID TERM	CASE STUDIES, SAMPLE PAPERS, WORKSHEETS	MID TERM EXAM PART- A [UNIT-1,2,3]

			PART -B [UNIT-1,2,3]
OCTOBER	PART-1 MACRO 4. GOVERNMENT BUDGET AND THE ECONOMY PART-2 IED 6.EMPLOYMENT 7.ENVIRONMENT	COLLECT THE DATA FROM GOVERNMENT BUDGET2022-23 AND PRESENT A PROJECT REPORT .	
NOVEMBER	PART-1 [MACRO] 5: BALANCE OF PAYMENTS PART-2[IED] 9. COMPARATIVE STUDY OF DEVELOPMENT OF INDO-CHINA	PREPARE FLOW CHARTS & MIND MAP WITH THE HELP OF STATISTICAL TOOLS & PRESENT REPORT IN CLASS.	PRE BOARD -1 [FULL SYLLABUS]
DECEMBER	REVISION & PREBOARD	SAMPLE PAPER/WORKSHEETS. ASSIGNMENTS.	PRE BOARD -2 [FULL SYLLABUS]
JANUARY	REVISION & PRE BOARD EXAMINATIONS BOARD PRACTICAL EXAMINATION	SAMPLE PAPER/WORKSHEETS. ASSIGNMENTS	PRE BOARD -3 [FULL SYLLABUS]
FEBRUARY	REVISION FOR BOARD EXAMINATION	SAMPLE PAPER/WORKSHEETS ASSIGNMENTS PROJECT REPORT FINAL PRESENTATION	FINAL EXAM FULL SYLLABUS

SUBJECT- APPLIED MATHS

MONTHS	UNIT	PRACTICAL/ ACTIVITY	EXAM SYLLABUS
APRIL	II. ALGEBRA:- MATRICES AND DETERMINANTS III. CALCULUS:- *DIFFERENTIATION AND ITS APPLICATION, *INTEGRATION AND ITS APPLICATION, *DIFFERENTIAL EQUATIONS AND MODELLING	*TO UNDERSTAND THE CONCEPTS OF DECREASING AND INCREASING FUNCTIONS.	

JUNE	I. NUMBERS, QUANTIFICATION AND NUMERICAL APPLICATIONS:- • MODULO ARITHMETIC • CONGRUENCE MODULO • ALLEGATION OR MIXTURE • NUMERICAL PROBLEMS	*TO UNDERSTAND THE CONCEPTS OF LOCAL MAXIMA, LOCAL MINIMA AND POINT OF INFLECTION.	PT-1 UNIT:- 2
JULY	I. NUMBERS, QUANTIFICATION AND NUMERICAL APPLICATIONS (CON TINUED):- *BOATS AND STREAMS; (UPSTREAM AND DOWNSTREAM) *PIPES AND CISTERNS *RACES AND GAMES *NUMERICAL INEQUALITIES	*TO UNDERSTAND THE CONCEPTS OF ABSOLUTE MAXIMUM AND MINIMUM VALUES OF A FUNCTION IN A GIVEN CLOSED INTERVAL THROUGH ITS GRAPH.	
AUGUST	IV. PROBABILITY DISTRIBUTIONS V. INFERENCE STATISTICS	*TO VERIFY THAT AMONGST ALL THE RECTANGLES OF THE SAME PERIMETER, THE SQUARE HAS THE MAXIMUM AREA.	PT-2 UNIT :- 1
SEPTEMBER	VI. INDEX NUMBERS AND TIME-BASED DATA		MIDTERM UNIT:- 1,2,3,4,5
OCTOBER	VII. FINANCIAL MATHEMATICS	PROJECT(ANY ONE):- 1.EACH DAY NEWSPAPER TELLS US ABOUT THE MAXIMUM TEMPERATURE, MINIMUM TEMPERATURE, AND HUMIDITY. COLLECT THE DATA FOR A PERIOD OF 30 DAYS AND REPRESENT IT GRAPHICALLY. COMPARE IT WITH THE DATA AVAILABLE FOR THE SAME TIME PERIOD FOR THE PREVIOUS YEAR 2.USE OF VENN DIAGRAM IN SOLVING PRACTICAL PROBLEMS	

		<p>3. PREPARE A QUESTIONNAIRE TO COLLECT INFORMATION ABOUT MONEY SPENT BY YOUR FRIENDS IN A MONTH ON ACTIVITIES LIKE TRAVELLING, MOVIES, RECHARGING OF THE MOBILES, ETC. AND DRAW INTERESTING CONCLUSIONS</p> <p>4. COVID-19 DATA ANALYSIS, PRE-PROCESS AND MERGE DATASETS TO CALCULATE NEEDED MEASURES AND PREPARE THEM FOR AN ANALYSIS. IN THIS, YOU CAN WORK WITH THE COVID19 DATASET, PUBLISHED BY JOHN HOPKINS UNIVERSITY, WHICH CONSISTS OF THE DATA RELATED TO THE CUMULATIVE NUMBER OF CONFIRMED CASES, PER DAY, IN EACH COUNTRY.</p> <p>5. DEMAND AND SUPPLY FUNCTIONS ON EXCEL.</p>	
NOVEMBER	VIII. LINEAR PROGRAMMING		PRE-BOARD-1 FULL SYLLABUS
DECEMBER			PRE-BOARD-2 FULL SYLLABUS
JANUARY			PRE-BOARD-3 FULL SYLLABUS
FEBRUARY			FINAL BOARD EXAM

SUBJECT – PSYCHOLOGY

MONTH	TOPICS	ACTIVITY / PRACTICAL	EXAM SYLLABUS
APRIL	CHAPTER 1- VARIATIONS IN PSYCHOLOGICAL ATTRIBUTES	INTELLIGENCE AWARENESS ACTIVITY: STUDENTS WILL LIST DIFFERENT ABILITIES (ACADEMIC, SOCIAL, CREATIVE, PRACTICAL) AND DISCUSS HOW INDIVIDUALS DIFFER IN THEIR INTELLIGENCE.	

		MAKE A COLLAGE ON MULTIPLE INTELLIGENCE.	
JUNE	CHAPTER 2- SELF AND PERSONALITY PRACTICAL 1 (RPM)	SELF-CONCEPT ACTIVITY: STUDENTS WILL WRITE A SHORT DESCRIPTION OF THEMSELVES HIGHLIGHTING THEIR STRENGTHS, WEAKNESSES, AND PERSONAL QUALITIES. PERSONALITY TRAITS ACTIVITY: STUDENTS WILL LIST THEIR PERSONALITY TRAITS AND CLASSIFY THEM AS POSITIVE OR AREAS FOR IMPROVEMENT. UNDERSTANDING THE SELF-ACTIVITY: IN THIS STUDENT WILL COMPLETE 10 SENTENCES STARTING WITH "I AM" WITH THIS ACTIVITY CONNECTING THE CONCEPT OF SELF, PERSONAL AND SOCIAL IDENTITY, COGNITIVE AND BEHAVIORAL ASPECT OF SELF.	PT 1 CH-1
JULY	CHAPTER 3- MEETING LIFE CHALLENGES PRACTICAL 2 (MPI)	STRESS IDENTIFICATION ACTIVITY: STUDENTS WILL LIST COMMON SOURCES OF STRESS IN STUDENTS' LIFE AND DISCUSS THEIR EFFECTS. SELF-REFLECTION ACTIVITY: STUDENTS WILL WRITE A SHORT REFLECTION ON HOW THEY PERSONALLY COPE WITH STRESS DURING CHALLENGING SITUATIONS.	
AUGUST	CHAPTER 4 - PSYCHOLOGICAL DISORDERS PRACTICAL 3 (SCAT)	CASE STUDY ANALYSIS: STUDENTS WILL READ A SHORT CASE AND IDENTIFY THE TYPE OF PSYCHOLOGICAL DISORDER AND ITS SYMPTOMS. MIND MAP ACTIVITY: STUDENTS WILL CREATE A MIND MAP SHOWING DIFFERENT TYPES OF PSYCHOLOGICAL DISORDERS AND THEIR KEY SYMPTOMS.	PT 2 CH-2
SEPTEMBER	CHAPTER 5- THERAPEUTIC APPROACHES PRACTICAL 4 (SCQ)	CASE STUDY DISCUSSION: STUDENTS WILL READ A BRIEF CASE AND SUGGEST SUITABLE THERAPEUTIC APPROACHES FOR THE GIVEN PROBLEM. ROLE PLAY ACTIVITY: STUDENTS WILL PERFORM A SHORT ROLE PLAY	MID TERM CH- 1,2,3,4

		DEMONSTRATING A COUNSELLING SESSION BETWEEN A COUNSELLOR AND A CLIENT.	
OCTOBER	CHAPTER 6- ATTITUDE AND SOCIAL COGNITION PRACTICAL 5 (ADJUSTMENT)	ATTITUDE SURVEY ACTIVITY: STUDENTS WILL CONDUCT A SHORT SURVEY AMONG CLASSMATES TO UNDERSTAND ATTITUDES TOWARDS TOPICS LIKE ENVIRONMENT, EDUCATION. EXAMPLE-MAKE A LIST OF THE VARIOUS ASPECTS THAT YOU THINK, FEEL AND ACT TOWARDS YOUR BEST FRIEND. IDENTIFY THE COGNITIVE, AFFECTIVE AND BEHAVIORAL COMPONENTS OF ATTITUDES. OBSERVATION ACTIVITY: STUDENTS WILL OBSERVE EXAMPLES OF STEREOTYPES OR SOCIAL PERCEPTION IN DAILY LIFE AND WRITE A SHORT REPORT.	
NOVEMBER	CHAPTER 7- SOCIAL INFLUENCE AND GROUP PROCESSES	GROUP DISCUSSION ACTIVITY: STUDENTS WILL DISCUSS EXAMPLES OF SOCIAL INFLUENCE IN DAILY LIFE AND HOW PEOPLE’S BEHAVIOR CHANGES IN GROUPS. CASE STUDY ANALYSIS: STUDENTS WILL READ A SHORT CASE RELATED TO GROUP CONFLICT OR COOPERATION AND IDENTIFY THE PSYCHOLOGICAL CONCEPTS INVOLVED. DISCUSS REAL LIFE EXAMPLES OF SOCIAL INFLUENCE.	PRE-BOARD I FULL SYLLABUS
DECEMBER	REVISION & PRE- BOARD	SAMPLE PAPER, CASE STUDIES, PREVIOUS YEAR PAPER PRACTICE	PRE-BOARD II FULL SYLLABUS
JANUARY	REVISION & PRE- BOARD	BOARD PRACTICAL PROJECT EXAMINATION	PRE-BOARD III FULL SYLLABUS
FEBRUARY			FINAL BOARD EXAM

SUBJECT – COMPUTER SCIENCE

MONTH	TOPIC	PRACTICALS	SYLLABUS
APRIL	CH-1 REVIWE OF PYTHONS BASICS-I CH -7 SIMPLE QUERIES IN SQL(RELATIONAL DATABASE)	PRACTICALS ON THE BASIS OF BASICS & STRUCTURE OF PYTHON PROGRAMMING	
JUNE	CH-1 REVISION OF PYTHON PROGRAMMING-II (LIST) CH-3 EXCEPTION HANDLING (TUPLES)	PRACTICALS ON THE BASIS OF ALL THE CONDITION USED IN PYTHON	PT-1 CH 1 & 7
JULY	CH-2 FUNCTION CH-7 RELATIONAL DATABASE AND SQL QUERY PROCESSING	PRACTICALS ON THE BASIS OF FUNCTION USED IN PROGRAMMING	
AUGUST	CH-4 FILE HANDLING (TEXT FILES, BINARY FILES, CSV FILES) CH-5 DATA STRUCTURES: STACKS AND QUEUES CH-6 NETWORK PROTOCOL	PRACTICALS ON THE BASIS OF DATA STRUCTURES & FILE HANDLING	PT-2 CH 2,3 & 7
SEPTEMBER	CH-8 PYTHON LIBRARIES AND DBMS & WORKING WITH MYSQL	PYTHON PRACTICALS ON THE BASIS OF PYTHON LIBRARIES	MID TERM CH 1 TO 4 & 7
OCTOBER	CH-8 PYTHON WITH MYSQL(CONNECTIVITY)	PRACTICAL OF MY SQL	
NOVEMBER	REVISION FOR PRE-BOARD I EXAMINATION	CONNECTIVITY BETWEEN PYTHON & MYSQL	FULL SYLLABUS
DECEMBER	REVISION FOR PRE-BOARD II EXAMINATION	REVISION FOR FINAL EXAMINATION	FULL SYLLABUS
JANUARY	REVISION FOR PRE-BOARD III EXAMINATION	REVISION FOR FINAL EXAMINATION	FULL SYLLABUS
FEBRUARY			FINAL BOARD EXAMS

SUBJECT- PHYSICAL EDUCATION

MONTH	NAME OF THE CHAPTER	TOPICS	ACTIVITY/ PRACTICAL	EXAM SYLLA BUS
APRIL	CH-1 MANAGEMENT OF SPORTING EVENTS	<ul style="list-style-type: none"> ● MEANING & OBJECTIVE OF MANAGEMENT ● VARIOUS COMMITTEES & ITS RESPONSIBILITIES ● TOURNAMENTS – KNOCK OUT, LEAGUE OR ROUND ROBIN PROCEDURE TO DRAW THE FIXTURES – KNOCK OUT(STAIRCASE & CYCLIC) 	ORGANIZING INTER- HOUSE COMPETITION.	
JUNE	CH 2. CHILDREN & WOMEN FOR SPORTS	<ul style="list-style-type: none"> ● CONCEPT & ADVANTAGES OF CORRECT POSTURE ● CAUSES OF BAD POSTURE COMMON POSTURAL DEFORMITIES- KNOCK KNEE, FLAT FOOT, ROUND SHOULDER, LORDOSIS, KYPHOSIS, BOW LEG AND SCOLIOSIS. ● SPECIAL CONSIDERATION (MENARCHE, AMENORRHEA, EATING DISORDERS) ● PSYCHOLOGICAL AND SOCIOLOGICAL ASPECT OF WOMEN ATHLETE 	DEMONSTRATION OF CORRECT POSTURE OF MOVEMENTS	PT 1: CH 1
JULY	CH 3- YOGA AS PREVENTIVE MEASURE FOR LIFESTYLE DISEASE	ASANAS AS PREVENTIVE MEASURES <ul style="list-style-type: none"> ● OBESITY: PROCEDURE, BENEFITS CONTRAINDICATION FOR VAAJRASANA, HASTASANA, TRIKONASANA, ARDH MATSYENDRASANA ● ASTHMA: PROCEDURE, BENEFITS & CONTRAINDICATION FOR SUKHASANA, CHAKRASANA, 	PERFORMING DIFFERENT ASANAS FOR CONCENTRATION OF MIND	

		<p>GAUMUKHASANA, <ul style="list-style-type: none"> ● BACK PAIN PARVATAS BHUJANASANA, PASMITONASANA, MATSYASANA <ul style="list-style-type: none"> ● HYPERTENSION: TARASANA, VAJRASANA, PAWANMUKTASANA, ARDHCHAKRASANA, BHUJANGASANA, SHARSASANA ● DIABETES- KATICHAKRASANA, PAWANMUKTASANA, MANDUKASANA, YOGMUDRA, KAPALBHATI </p>		
AUGUST	<p>CH 4 - PHYSICAL EDUCATION & SPORTS FOR CWSN</p> <p>CH 5 - SPORTS AND NUTRITION</p>	<p>4. PHYSICAL EDUCATION & SPORTS FOR CWSN CONCEPT OF DISABILITY & DISORDER TYPES OF DISABILITY, ITS CAUSES & NATURE (COGNITIVE DISABILITY, INTELLECTUAL DISABILITY, PHYSICAL DISABILITY)</p> <ul style="list-style-type: none"> ● BALANCED DIET & NUTRITION: MACRO & MICRO NUTRIENTS ● NUTRITIVE & NONNUTRITIVE COMPONENTS OF DIET ● EATING FOR WEIGHT CONTROL- HEALTHY WEIGHT, PITFALLS OF DIETING, FOOD INTOLERANCE AND FOOD MYTHS ● IMPORTANCE OF DIET IN SPORTS 	<p>KNOWLEDGE ABOUT EQUIPMENT REQUIRED FOR CWSN</p> <p>PREPARATION OF BALANCED DIET</p>	<p>PT 2: CH 2 & 3</p>
SEPTEMBER	<p>CH 6: TEST & MEASUREMENTS IN SPORTS</p>	<ul style="list-style-type: none"> ● FITNESS TEST- SAI KHELO INDIA FITNESS TEST ● MEASUREMENT OF CARDIO VASCULAR FITNESS- HARVARD STEP TEST ● COMPUTING BASEL METABOLIC RATE (BMR) ● RIKLI AND JONES FITNESS TEST ● JOHNSEN METHNEY TEST 	<p>CONDUCTING SAI KHELO INDIA FITNESS TEST</p>	<p>MID TERM: CH 1, 2, 3,4, 5</p>

	CH 7: PHYSIOLOGY & SPORTS	<ul style="list-style-type: none"> • PHYSIOLOGY FACTORS DETERMINING COMPONENTS OF PHYSICAL FITNESS • EFFECT OF EXERCISE ON MUSCULAR SYSTEM <ul style="list-style-type: none"> • EFFECT OF EXERCISE ON CARDIO- RESPIRATORY SYSTEM • PHYSIOLOGICAL CHANGES DUE TO AGEING • SPORTS INJURIES: CLASSIFICATION (SOFT TISSUE INJURIES - ABRASION, CONTUSION, LACERATION, INCISION, SPRAIN & STRAIN; BONE & JOINT INJURIES - DISLOCATION, • FRACTURES - GREEN STICK, COMMINUTED, TRANSVERSE, OBLIQUE & IMPACTED) 	EXPLAINING ABOUT THE FIRST AID GIVEN TO SPORTS INJURIES	
OCTOBER	CH-8 BIOMECHANICS AND SPORTS CH 9 PSYCHOLOGY AND SPORTS	<ul style="list-style-type: none"> • NEWTON'S LAW OF MOTION & ITS APPLICATION IN SPORTS. • TYPES OF LEVERS AND THEIR APPLICATION IN SPORTS. • EQUILIBRIUM - DYNAMIC AND STATIC AND CENTRE OF GRAVITY AND ITS APPLICATION IN SPORTS • FRICTION AND 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; • MEANING, CONCEPT & TYPES OF AGGRESSIONS IN SPORTS; • PSYCHOLOGICAL ATTRIBUTES IN SPORTS - SELF ESTEEM, MENTAL IMAGERY, SELF • TALK, GOAL SETTING 	EXPLAINING THE TOPICS THROUGH DIFFERENT PHYSICAL ACTIVITIES DEFINING DIFFERENT BODY TYPES FOR PERSONALITY DEVELOPMENT DEFINING DIFFERENT BODY TYPES FOR PERSONALITY DEVELOPMENT	

NOVEMBER	CH 10 TRAINING IN SPORTS	<ul style="list-style-type: none"> • CONCEPT OF TALENT IDENTIFICATION AND TALENT DEVELOPMENT IN SPORTS • INTRODUCTION TO SPORTS TRAINING CYCLE – MICRO, MESO, MACRO CYCLE. • TYPES & METHODS TO DEVELOP – STRENGTH, ENDURANCE, AND SPEED • TYPES & METHODS TO DEVELOP – FLEXIBILITY AND COORDINATIVE ABILITY 	EXPLANATION OF DIFFERENT TYPES OF TRAINING METHOD	FULL SYLLABUS
	PRE BOARD-I			
DECEMBER	PRE BOARD-II			FULL SYLLABUS
JANUARY	PRE BOARD-III			FULL SYLLABUS
FEBRUARY				BOARD EXAMS