

This syllabus belongs to

Of

Class- XII

SYLLABUS (2019-20)

CLASS –XII SUBJECT – ENGLISH CORE (301)

MON TH	WORK ING Days	CONTENTS	PERI ODS	EXAM	PORTION
APRIL 2019	25	THE LAST LESSON (FLEMINGO) MY MOTHER AT SIXTY SIX (FLEMINGO) THE TIGER KING (VISTAS) THE THIRD LEVEL READING : READING COMPREHENSION WRITING : NOTICE, ADVERTISEMENT	25		
JUNE- JULY 2019	32	LOST SPRING(F) AN ELEMMENTARY SCHOOL CLASSROOM IN SLUM (F) THE ENEMY (V) DEEP WATER(F) KEEPING QUIET (F) WHY SHOULD WIZARD HIT MOMMY? (VISTAS) JOURNEY TO THE END OF THE EARTH WRITING : LETTER TO EDITOR ,JOB APPLICATIONS, ARTICLE WRITING	32		
AUG- SEPT 2019	44	A THING OF BEAUTY (F) THE RATTRAP (F) ON THE FACE OF IT(V) A ROAD SIDE SAND READING : NOTE MAKING WRITING: SPEECH , DEBATE , BUSINESS LETTERS ASL (BEFORE HY EXAM)	44	UNIT TEST- I [19 TH TO 31 ST AUGUST]	<u>UNIT TEST- I</u> CHAPTER 1,2,3 (FLAMINGO) POEM 1.2.3) (FLAMINGO) CHAPTER 1.2.3 (VISTAS) CHAPTER 1-10 (THE INVISIBLE MAN)

				HALF YEARLY EXAMINATION [16 TH TO 30 TH SEP]	<u>HALF YEARLY EXAMINATION</u> CHAPTER 1,2,3,4, (FLAMINGO) POEM 1,2,3,4, (FLAMINGO) CHAPTER 1,2,3,4, (VISTAS) CHAPTER 1 TO 17 (THE INVISIBLE MAN)
OCT-NOV 2019	44	INDIGO (F) AUNT JENNIFER'S TIGERS (F) EVANS TRIES AN O'LEVEL(V) GOING PLACES (F) MEMORIES OF CHILDHOOD (V) POETS AND PANCAKES THE INTERVIEW WRITING; INVITATION, REPLY, OFFICIAL LETTERS	44	UNIT TEST- II (22 nd -30 th NOVEMBER)	CHAPTER 5,6 (FLAMINGO) POEM 5 (FLAMINGO) CHAPTER 5,6 , (VISTAS) CHAPTER 18-24 (THE INVISIBLE MAN)
DEC 2019	20	1 ST PRE BOARD EXAM [FULL SYLLABUS] 5 TH – 13 TH DEC, 2019			
JAN 2020	25	2 ND PRE BOARD EXAM [FULL SYLLABUS] 7 TH -14 TH JAN, 2020			

**CLASS –XII SUBJECT - PHYSICS
(THEORY& PRACTICAL)**

MON TH	W. Day	UNIT &CHAPTER	NO. OF PERIODS	MA RKS	PRACTICAL	EXA M (UNI T)
APRIL 2019	25	1.ELECTRO STATICS	22	15	1. To determine resistance per cm of a given wire by plotting a graph for potential difference versus current.	
		2.CURRENT ELECTRICITY				

			20		2.To find resistance of a given wire using metre bridge and hence determine the resistivity (specific resistance) of its material	
			22			
JUNE 2019	12	CONT... 2. CURRENT ELECTRICITY	20	16	3. To verify the laws of combination (series) of resistances using a metre bridge. 4. To verify the laws of combination (parallel) of resistances using a metre bridge	
			4			
			27			
JULY 2019	25	3.MAGNETIC EFFECT OF CURRENT & MAGNETISM	8	16	5. To compare the EMF of two given primary cells using potentiometer. 6. To determine the internal resistance of given primary cell using potentiometer. 7. To determine resistance of a galvanometer by half-deflection method and to find its figure of merit.	
			15			
			12			
AUG 2019	25	4.ELECTRO MAGNETIC INDUCTION 4. ALTERNATING CURRENT		17	8. To find the value of v for different values of u in case of a concave mirror and to find the focal length. 9. To find the focal length of a convex mirror, using a convex lens. 10. To find the focal	UNIT TEST-I [19TH TO 31ST AUG UST] UNIT 1 TO 3
		5.EMWAVE				

					length of a convex lens by plotting graphs between u and v or between $1/u$ and $1/v$. 11. To find the focal length of a concave lens, using a convex lens.	
SEPT 2019	24	6.OPTICS [RAY OPTICS & WAVE OPTICS]		10	12. To determine angle of minimum deviation for a given prism by plotting a graph between angle of incidence and angle of deviation. 13. To find refractive index of a liquid by using convex lens and plane mirror.	HALF YEARLY EXAMINATION [16 TH TO 30 TH SEP] UNIT 1 TO 5
OCT 2019	19	7.DUAL NATURE OF MATTER & RADIATION 8.ATOM & NUCLEI		12	14. To draw the I-V characteristic curve for a p-n junction in forward bias and reverse bias. 15. To draw the characteristic curve of a zener diode and to determine its reverse breaks down voltage.	
NOV 2019	25	9 ELECTRONIC DEVICES REVISION.....				
DEC 2019	20	1 ST PRE BOARD EXAM [FULL SYLLABUS] 5 TH – 13 TH DEC, 2019				
JAN 2020	24	2 ND PRE BOARD EXAM [FULL SYLLABUS] 7 TH -14 TH JAN, 2020				
MARCH 2020		BOARD EXAMINATION (AISSCE 2020)				

SPLIT - UP SYLLABUS (2019-2020)
CLASS –XII SUBJECT - CHEMISTRY (THEORY & PRACTICAL)

MONTH	WORKING Days	UNIT & CHAPTERS	NO. OF PERIODS	MAR KS	PRACTICAL	EXAM (PORTION)
APRIL 2019	25	1. SOLUTION.	10	23		
JUNE 2019	12	2. ELECTROCHEMISTRY. 3. CHEMICAL KINETICS.	12 10			
JULY 2019	27	4. SURFACE CHEMISTRY. 5. p-BLOCK (contd....)	08 14		SALT ANALYSIS (ZERO 1 st , 2 nd , 3 rd GROUP)	
AUG 2019	25	5. p-BLOCK. 6. d-BLOCK. 7. CO-ORDINATION CHEMISTRY. 8. PRINCIPLE OF ISOLATION GENERAL OF ELEMENTS (contd....)	12		SALT ANALYSIS (4 th 5 th , 6 th GROUP)	UNIT TEST-I [19 TH TO 31 ST AUGUST] UNIT-1-3
			12			
			08			
SEPT 2019	24	8. PRINCIPLE OF ISOLATION GENERAL OF ELEMENTS.		19	VOLUMETRIC ANALYSIS (MOHR VS POTASSIUM PERMANGANATE). VOLUMETRIC ANALYSIS (OXALIC ACID VS POTASSIUM PERMANGANATE).	HALF YEARLY EXAMINATION [16 TH TO 30 TH SEP] UNIT-1-8
OCT 2019	19	9. HALOALKANES AND HALOARENES. 10. ALCOHOL PHENOL AND ETHER. 11. ALDEHYDE, KETONE AND ACID.	12 12 14	28	ORGANIC (IDENTIFICATION OF FUNCTIONAL GROUP) CONTENT BASED EXPERIMENT.	

NOV 2019	25	12. NITROGEN AND ITS COMPOUND. 13. POLYMER. 14. BIOMOLECULES. 15. CHEMISTRY IN DAILY LIFE.	12 06 12 06			
DEC 2019	20	1ST PRE BOARD EXAM [FULL SYLLABUS] 5TH – 13TH DEC, 2019				
JAN 2020	24	2ND PRE BOARD EXAM [FULL SYLLABUS] 7TH -14TH JAN, 2020				
FEB 2020	24	CBSE PRACTICAL				
MARCH 2020		AISSCE 2020				

**CLASS –XII SUBJECT - BIOLOGY
(THEORY & PRACTICAL)**

MONTH	WORKING DAYS	UNIT & CHAPTER	MARKS	PERIODS	PRACTICAL	EXAM (SCHEDULE/ PORTION)
APRIL 2019	25	Unit-I Reproduction Chapter-1: Reproduction in Organisms Chapter-2: Sexual Reproduction in Flowering Plants Chapter-3: Human Reproduction Chapter-4: Reproductive Health	14	22	1. Flowers adapted to pollination by different agencies (wind, insects, birds, water) (B) 2. Controlled pollination - emasculation, tagging and bagging. (B) 3. Study pollen germination on a slide.(A) 4. Pollen germination on stigma through a permanent slide 5. T.S. of blastula through permanent slides (Mammalian).(B) 6. Identification of stages of gamete development, i.e., T.S. of testis and T.S. of ovary through permanent slides (from grasshopper/mice). (B)	

JUN E 2019	12	Unit-II Genetics and Evolution Chapter-5: Principles of Inheritance and Variation	18	10	7. Meiosis in onion bud cell or grasshopper testis through permanent slides.(B) 8. Prepare a temporary mount of onion root tip to study mitosis.(A)	
JUL Y 2019	27	Chapter-6: Molecular Basis of Inheritance Chapter-7: Evolution Unit-III Biology and Human Welfare Chapter-8: Human Health and Diseases	14	25	9. Mendelian inheritance using seeds of different colour/sizes of any plant. (B) 10. Prepared pedigree charts of any one of the genetic traits such as rolling of tongue, blood groups, ear lobes, widow's peak and colour blindness.(B)	
AUG 2019	25	Chapter-9: Strategies for Enhancement in Food Production Chapter-10: Microbes in Human Welfare		10	11. Study the effect of different temperatures and three different pH on the activity of salivary amylase on starch.(A) 12. Common disease causing organisms like Ascaris, Entamoeba, Plasmodium, any fungus causing ringworm through permanent slides or specimens. Comment on symptoms of diseases that they cause.(B)	UNIT TEST- I [19TH TO 31ST AUGUST UNIT- I
SEPT 2019	24	Unit-IV Biotechnology and Its Applications Chapter-11: Biotechnology - Principles and processes	10	08	13. Isolate DNA from available plant material such as spinach, green pea seeds, papaya, etc (A) 14. Study the plant population density by quadrat method. (A) 15. Study the plant population frequency by quadrat method.(A)	HALF YEARLY EXAMIN ATION [16TH TO 30TH SEP] UNIT- I, II&III

OCT 2019	19	Chapter-12: Biotechnology and its Application Unit-V Ecology and Environment Chapter-13: Organisms and Populations Chapter-14: Ecosystem	14	17	16. Collect and study soil from at least two different sites and study them for texture, moisture content, pH and water holding capacity. Correlate with the kinds of plants found in them. (A) 17. Collect water from two different water bodies around you and study them for pH, clarity and presence of any living organism. (A) 18. Study the presence of suspended particulate matter in air at two widely different sites.(A)	
NOV 2019	25	Chapter-15: Biodiversity and its Conservation Chapter-16: Environmental Issues		15	19. Two plants and two animals (models/virtual images) found in xeric conditions. Comment upon their morphological adaptations. (B) 20. Two plants and two animals (models/virtual images) found in aquatic conditions. Comment upon their morphological adaptations.(B)	UNIT TEST- II [22TH TO 30TH NOVEM BER] UNIT- IV
DEC 2019	20		1ST PRE BOARD EXAM [FULL SYLLABUS] 5TH – 13TH DEC, 2019			
JAN 2020	24		2ND PRE BOARD EXAM [FULL SYLLABUS] 7TH -14TH JAN, 2020			
FEB 2020	24		REVISION			
MAR CH 2020			BOARD EXAMINATION (AISSCE 2020)			

CLASS –XII SUBJECT – MATHEMATICS

MON TH	WORKI NG DAYS	CHA PTER NOS.	UNIT & CHAPTER	PERIO DS	ACTIVI TY	EXAM (UNIT)
APRIL 2019	25	3. 4.	MATRICES DETERMINANTS	20		
JUNE & JULY 2019	12+27	01. 02. 05. 06.	RELATIONS & FUNCTIONS INVERSE TRIGONOMETRIC FUNCTIONS CONTINUITY & DIFFERENTIABILITY APPLICATIONS OF DERIVATIVES	50		
AUG UST 2019	25	06. 07.	APPLICATION OF DERIVATIVES (CONTT..) INTEGRALS	25		PRE MID- TERM PT-I [19TH TO 31ST AUG] 1, 2, 3, 4
SEPT 2019	25	08. 09. 10.	APPLICATION OF INTEGRALS DIFFERENTIAL EQUATIONS VECTOR ALGEBRA	40		
OCT 2019	19	10. 11.	VECTOR ALGEBRA (CONTT..) 3-D GEOMETRY	15		
NOV 2019	25	12. 13.	LINEAR PROGRAMMING PROBLEMS PROBABILITY	30		MID-TERM PT-II EXAMINATIO N [16TH TO 30TH SEP] 1,2,3,4,5,6, 7,8

DEC 2019	20	1ST PRE BOARD EXAM [FULL SYLLABUS] 5TH – 13TH DEC, 2019
JAN 2020	25	2ND PRE BOARD EXAM [FULL SYLLABUS] 7TH -14TH JAN, 2020
FEB 2020	24	REVISION
MAR CH 2020		BOARD EXAMINATION (AISSCE 2020)

CLASS – XII: SUBJECT – ACCOUNTANCY

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Month	Working days	Unit and Chapter	Period allotted	Marks
PART A : Accounting for Partnership Firms and Companies				
April	25	UNIT-I : Accounting for partnership firms Meaning, features, method of capital ,P&L Appropriation, Past Adjustments, guarantee of profit.	90	35
		Valuation of goodwill		
June	12	Reconstitution of Partnership:-Change in profit sharing ratio		
July	27	Admission & Retirement of partner		
August	25	Death of the partner & Dissolution of Partnership Firm		

		UNIT-II : Accounting for Companies Accounting for Companies: Accounting for share capital (before Pro rata allotment)		
UNIT TEST - 1				
September	24	Accounting for Companies: Accounting for share capital (prorate allotment /forfeiture/reissue/ ESOP) Accounting for issue & Redemption of Debenture	60	25
PART B : Financial Statement Analysis				
October	19	UNIT-III : Analysis of financial statement Financial Statement of a Company Financial Statement analysis and tool for financial statement Analysis. Accounting ratios.	30	12
November	25	UNIT-IV : Cash flow statement And Revision	20	08
December	20	1ST PRE BOARD (WHOLE SYLLABUS) FROM 2 nd WEEK OF DEC	----	80
January	24	2 ND PRE BOARD (WHOLE SYLLABUS) FROM 2 nd WEEK OF JAN		
		Project as per CBSE guidelines	40	20
		Total	240	100

**SYLLABUS FOR Unit Test , Half yearly and Pre Board
Examination CLASS-XII
Subject- Accountancy**

Sl. No.	Name of Exam	Topic to be covered	Weightage of marks	Date of exam
1	Unit Test-1	1. Accounting for Partnership firm – Fundamental (P&L Appropriation, Past Adjustments, etc)	13 marks	19/08/2019 To 31/08/2019
		2. Goodwill Valuation	06 marks	
		3. Change in Profit sharing Ratio	06 marks	
		4. Reconstitution of Partnership: Admission & Retirement of partner	15 marks	
2		1. Reconstitution of Partnership:-Death of partner	8 marks	
		2. Dissolution of firm	12 marks	
		3. Company Accounts:- Issue of Share (Before prorata allotment)	20 marks	
3	Half Yearly Examination (80 Marks)	Up to Analysis of financial Statement (Financial Statement of Companies and Financial Statement analysis and tool for financial statement Analysis)	80 marks	16/09/2019 to 30/09/2019

4	1st PRE BOARD (80 marks)	Full syllabus as per CBSE guidelines	As per CBSE Pattern	5/12/2019 to 13/12/2019
5	2nd PRE BOARD (80 marks)	Full Syllabus as per CBSE guidelines	As per CBSE Pattern	7/01/2020 to 14/01/2020

SUBJECT - BUSINESS STUDIES (054)
(THEORY & PRACTICAL)

MONTH	WORKING Days	UNIT & CHAPTER	NO. OF PERIODS	PRACTICAL/ PROJECTS	EXAM (SCHEDULE / PORTION)
APRIL 2019	25	<p>Part A: Principles and Functions of Management Concept includes meaning and features.</p> <p>Unit 1: Nature and Significance of Management.</p> <p>Unit 2: Principles of Management</p>	14 14	<p>Project Two: Principles of Management The students are required to visit any one of the following: 1. A departmental store. 2. An Industrial unit. 3. A fast food outlet. 4. Any other organisation approved by the teacher. They are required to observe the application of the general Principles of management advocated by Fayol./ FW Taylor.</p>	
JUNE 2019	12	<p>Unit 3: Business Environment</p> <p>Unit 4: Planning</p>	12 05		
JULY 2019	27	Unit 4: Planning (CONT..)	09 18		

		Unit 5: Organising			
AUG 2019	25	Unit 6: Staffing Unit 7: Directing	16 10	Identify one product/service from the prod. List as per CBSE guideline which the students may like to manufacture/provide [pre-assumption]. Now the students are required to make a project on the identified product/service keeping in mind the following: 1. Why have they selected this product/service? At this stage the students will realise the importance of the concept of marketing mix and the necessary decision regarding the four P's of marketing. Product Place Price Promotion	UNIT TEST- I [19TH TO 31ST AUGUST] Unit 1: Nature and Significance of Management Unit 2: Principles of Management Unit 3: Business Environment
SEPT 2019	24	Unit 7: Directing (CONT.) Unit 8: Controlling	07 14		HALF YEARLY EXAMINATIO N [16TH TO 30TH SEP] UNIT- 1 to 7
OCT 2019	19	Part B: Business Finance and Marketing Unit 9: Financial	20 20	On the basis of the work done by the students the project report should include the following:	

		Management Unit 10: Financial Markets		1. Type of product /service identified and the (consumer/industries) process involve there in. 2. Brand name and the product. 3. Range of the product. 4. Identification mark or logo. 5. Tagline. 6. Labeling and packaging. 7. Price of the product and basis of price fixation. 8. Selected channels of distribution and reasons thereof. 9. Decisions related to transportation and warehousing. State reasons. 10. Promotional techniques used and starting reasons for deciding the particular technique. 11. Grading and standardization.	
NOV 2019	25	Unit 11: Marketing Management Unit 12: Consumer Protection	25 10		UNIT TEST- II Portion - Unit 8: Controlling Unit 9: Financial Management Unit 10: Financial Markets

DEC 2019	20	REVISION / 1 ST PRE BOARD EXAM AND PROJECT REPORT	1 ST PRE BOARD EXAM [FULL SYLLABUS] 5 TH – 13 TH DEC, 2019 (FULL SYLLABUS AS PER CBSE GUIDELINES)
JAN 2020	24	REVISION / 2 ND PRE BOARD EXAM AND PROJECT REPORT	2 ND PRE BOARD EXAM [FULL SYLLABUS] 7 TH -14 TH JAN, 2020 (FULL SYLLABUS AS PER CBSE GUIDELINES)
FEB 2020	24	CBSE PRACTICAL	REVISION
MAR CH 2020			BOARD EXAMINATION (AISSCE 2020)

CLASS –XII SUBJECT – ECONOMICS (030)

MO NTH	WORK ING Days	CONTENTS	NO. OF PERIOD S REQUIR ED	EXAM	PORTION
APRIL 2019	25	UNIT-I:-National income and Related Aggregates Ch-1-Some Basic Concepts of Macroeconomics Ch-2- National Income and Related Aggregates Ch-3-Methods of Calculating National Income	28		

<p>JUNE 2019</p>	<p>12</p>	<p>UNIT-II:- Money and Banking Ch-4-Money and Supply of Money Ch-5-Banking: Commercial Banks and The Central Bank</p>	<p>15</p>		
<p>JULY 2019</p>	<p>27</p>	<p>UNIT-VI:- Development Experience (1947-90) and Economic Reforms Since 1991 Ch-1-Indian Economy on the Eve of Independence Ch-2-Five year plans in India: Goals and Achievements Ch-3-Features, problems and policies of Agriculture Ch-4-Strategy of Industrial Growth (1947-1990) Ch-5- India's Foreign Trade Ch-6- Economic Reforms Since 1991 or New Economic Policy Ch-7-Concepts of Demonetization and GST</p>	<p>28</p>		

<p>AUG 2019</p>	<p>25</p>	<p>UNIT-III- :Determination of Income and Employment Ch-6-Aggregate demand and Aggregate supply Ch-7-Short-run equilibrium output Ch-8-Problem of Excess demand and Deficient demand</p>	<p>26</p>	<p>UNIT TEST- I [19TH TO 31ST AUGUST]</p>	<p><u>UNIT TEST- I</u> UNIT -1 MACRO CHAPTER 1,2,3 UNIT- 6 INDIAN ECONOM Y CHAPTER- 1, 2</p>
<p>SEPT 2019</p>	<p>24</p>	<p>UNIT-VII- Current Challenges facing Indian Economy Ch-7- Poverty Ch-8-Rural Development Ch-9- Human Capital Formation in India Ch-10-Employment, Unemployment</p>	<p>28</p>	<p>HALF YEARLY EXAMINA TION [16TH TO 30TH SEP]</p>	<p><u>HALF YEARLY EXAMINA TION</u> UNIT -1 MACRO CHAPTER 1,2,3 UNIT -2 MACRO CHAPTER 4,5</p>
<p>OCT 2019</p>	<p>19</p>	<p>UNIT-IV -:Government Budget and The Economy Ch-9-Government budget UNIT-V-:Balance of Payments Ch-10-Balance of Payments account Ch-11-Foreign exchange rate</p>	<p>23</p>		

NOV 2019	25	UNIT-VII:- - Current Challenges facing Indian Economy Ch-11- Infrastructure Ch-12- Environment and Sustainable Development UNIT-VIII:- Development Experience of India- A Comparison with Neighbours Ch-13-Development Experience of India, Pakistan and China- A comparative study	27	UNIT TEST- II (22nd -30th NOVEMBER)	UNIT TEST- II UNIT -6 INDIAN ECONOMY CHAPTER- 3, 4, 5, 6 UNIT- 3 MACRO CHAPTER- 6, 7, 8
DEC 2019	20		1ST PRE BOARD EXAM [FULL SYLLABUS] 5TH – 13TH DEC, 2019		
JAN 2020	25		2ND PRE BOARD EXAM [FULL SYLLABUS] 7TH -14TH JAN, 2020		
FEB 2020			DOUBT CLEARING CLASSES & PRACTICAL EXAMS		
MAR CH 2020			AISSCE 2020		

पाठ्यक्रम विभाजन 2019-20

कक्षा बारहवीं -

हिन्दी - विषय

माह	कार्य दिवस	पाठ्यपुस्तक एवं पाठ्यक्रम	पाठ का नाम	कालांतर
अप्रैल	20	आरोह भाग-2 पाठ-1)पद्य(पाठ-11)पद्य(आत्म परिचय एक गीत दिन जल्दी-जल्दी ढलता है	20

			भक्तिन	
जून	15	आरोह भाग-2 पाठ-2)पद्य(पाठ-3)पद्य(पतंग कविता के बहाने बात सीधी थी पर	15
जुलाई	28	आरोह भाग-2 पाठ-12)गद्य (पाठ-13)गद्य (वितान भाग-2 पाठ-1 अभिव्यक्ति और माध्यम इकाई-1	बाजार दर्शन काले मेघा पानी दे सिल्वर वैडिंग समाचार लेखन, (उल्टा पिरामिड ौली) फीचर लेखन, आलेख लेखन विभिन्न माध्यमों के लिए पत्रकारिय लेखन और उसके विविध आयाम	28
अगस्त	26	आरोह भाग-2 पाठ-4)पद्य(पाठ-5)पद्य(पाठ-14)गद्य (पाठ-15)गद्य (वितान भाग-2 पाठ-2 अभिव्यक्ति और माध्यम इकाई-2	कैमरे में बंद अपाहिज सह र्ा स्वीकारा है पहलवान की ढोलक चार्ली चैप्लिन यानी हम सब जूझ नये और अप्रत्याशित वि ायों पर लेखन	26
प्रथम आवर्ती परीक्षा 19-31 अगस्त				

सितंबर	23	<p>आरोह भाग-2</p> <p>पाठ-6)पद्य(पाठ-7)पद्य(पाठ-8)पद्य(वितान भाग-2 पाठ-3 अभिव्यक्ति और माध्यम इकाई-2</p>	<p>उ ा बादल राग (केवल पढ़ने के लिए) कवितावली (उत्तर कांड से) लक्ष्मण-मूर्छा और राम का विलाप अतीत में दबे पाँव सृजनात्मक लेखन- कविता, कहानी, नाटक की रचना प्रक्रिया</p>	23
		अर्धवार्षिक परीक्षा 16-30 सितंबर		
अक्टूबर	18	<p>आरोह भाग-2</p> <p>पाठ-16)गद्य(पाठ-17)गद्य(अभिव्यक्ति और माध्यम इकाई-3</p>	<p>नमक शिरी ा के फूल कार्यालयी पत्र</p>	18
नवंबर	20	<p>आरोह भाग-2</p> <p>पाठ-9)पद्य(पाठ-10)पद्य(पाठ-18)गद्य(वितान भाग-2 पाठ-4</p>	<p>रूबाइयाँ , गजल छोटा मेरा खेत बगुलों के पंख श्रम विभाजन और जाति प्रथा मेरी कल्पना का आदर्श समाज डायरी के पन्ने</p>	20
दिसंबर	20	पुनरावृत्ति	प्रश्न पत्र प्रारूप	
		प्रथम पूर्व बोर्ड परीक्षा 5-13 दिसंबर		

जनवरी	24	पुनरावृत्ति	प्रश्न पत्र प्रारूप	
		द्वितीय पूर्व बोर्ड परीक्षा 7-14 जनवरी		
फरवरी		पुनरावृत्ति	प्रश्न पत्र प्रारूप	
मार्च		बोर्ड परीक्षा		

CLASS –XII SUBJECT – PHYSICAL EDUCATION

MO NTH	WOR KING DAYS	CHAPTE R / UNIT NOS.	UNIT / CHAPTER & CONTENT	PERI ODS	ACTI VITY/ PRAC TICAL	EX A M (U NI T)
APRI L 2019	25	<u>Unit-I</u>	<p>Planning in Sports</p> <p>1. Meaning and objectives of Planning</p> <p>2. Various Committees and its responsibilities (Pre, During & Post)</p> <p>3. Tournament – Knock out, League or Round Robin and Combination</p> <p>4. Procedure to draw Fixtures – Knock out (Bye and Seeding) and League (Staircase and Cycle)</p> <p>5. Intramural and Extramural – Meaning, Objectives and its Significance</p> <p>6. Specific Sports Programme (Sports Day, Health Run, Run for Fun, Run for specific causes and Run for Unity)</p>	20	BASKE T BALL /VOLL EY BALL	

<p>JUN E & JULY 2019</p>	<p>12+2 7</p>	<p><u>Unit- II</u></p> <p><u>Unit- III</u></p>	<p>Sports and Nutrition 1.Balanced Diet and Nutrition. Macro and Micro Nutrients 2.Nutritive and Non-Nutritive Components of Diet 3.Eating for Weight control – A Healthy Weight. The Pitfalls of Dieting. Food Intolerance and Food Myths</p> <p>Yoga & Lifestyle 1.Asanas for preventive measures 2.Obesity: procedure, benefits and contradiction for Vajrasana, Padahastasana, Trikonasana, ArdhMatsyendrasana 3.Diabetes: procedure, benefits and contradiction for Bhujangasana, Paschimottanasana, Pawanmuktasana and ArdhMatsyendrasana 4.Asthma: procedure, benefits and contradiction for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottanasana, Matsyasana 5.Hypertension: Tadasana, Vajrasana, Pawanmuktasana, Ardachakrasana, Bhujangasana, Shavasana 6.Back pain: Tadasana, ArdhMatsyendrasana, Vakrasana, Salavasana, Bhujangasana</p>	<p>50</p>	<p>HAND BALL /VOLL EY BALL</p> <p>BASKE T BALL /KAB ADDI</p>	<p>U NI T TE ST -1 (1 9^T H T O 31</p>
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AUG UST 2019		<p><u>Unit-IV</u></p> <p>Physical Education and Sports for CWSN (Children with special needs –Divyang)</p> <ol style="list-style-type: none"> 1. Concept of Disability and Disorder 2. Types of Disability, its causes and Nature (Cognitive Disability, Intellectual Disability, Physical Disability) 3. Types of Disability, its causes and Nature (ADHD, SPD, ASD, ODD, OCD) 4. Disability Etiquette 5. Advantage of Physical activities for Children with special needs. 6. Strategies to make Physical activities accessible for Children with special need <p><u>Unit-V</u></p> <p>Children & Women IN Sports</p> <ol style="list-style-type: none"> 1. Motor Development and factors affecting it 2. Exercise Guidelines at different stages of Growth and Development 3. Common Postural Deformities- Knock Knee, Flat foot, Round shoulders, Lordosis, Kyphosis, Bowlegs, Scoliosis Ana their corrective measures 				ST A U G U S T
	25	<ol style="list-style-type: none"> 4. Sports participation of Women in India 5. Special Consideration (Menarche and Menstrual 		25	BARR OW TEST / AAHP	

<p>AUG UST 2019</p>		<p>dysfunction) 6.Female Athletes Triad (Osteoporosis, Amenorrhea, Eating Disorders) Test & Measurement in Sports 1.Motor Fitness Test – 50 m Standing Start, 600 m Run/Walk, Sit & Reach, Parrrial Curl Up, Push Ups (Boy),Modified Push (Girls) ,Standing Broad Jump , Agility-4x10 M Shuttle Run 2.General Motor Fitness – Barrow 3 item general motor ability (Standing Broad Jump, Zig-Zag Run, Medicine ball Put- for Boys: 03kgs, Girls: 1kg) 3.Measurement of Cardio Vascular Fitness – Harvard Step Test/ Rockport Test .Computation of Fitness Index: <u>Duration of the Exercise in seconds X 100</u> 5.5 x Pulse count of 1-1.5 Min after exercise 4.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 and Reach Test for lower body flexibility 4. Back Scratch Test for upper</p>		<p>ER TEST</p> <p>YOGA / HAND BALL</p>	
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			<p>flexibility</p> <p>5. Eight Foot up and Go Test for agility</p> <p>6. Six Minute Walk Test for Aerobic Endurance</p>			
SEPT 2019	25	<p>Unit-VII Physiology and Sports</p>	<p>1.Physiological Factor Determining Component of Physical Fitness</p> <p>2.Effect of Exercise on Cardio Respiratory System</p> <p>3.Effect of Exercise on Muscular System</p> <p>4.Physiological Changes due to Ageing</p> <p>5.Sports Injuries :Classification (Soft Tissue Injuries ⊕Abrasion , Contusion , Laceration , Incision, Sprain & Strain) Bone & Joint Injuries ;(Dislocation, Fractures ;Stress Fracture, Green Stick , Communated , Transverse Oblique & Impacted) Causes , Prevention & treatment</p> <p>6.First Aid –Aim & Objectives</p>	10		<p>H</p> <p>A</p> <p>L</p> <p>F</p> <p>Y</p> <p>E</p> <p>A</p> <p>R</p> <p>L</p> <p>Y</p> <p>(1</p> <p>6</p> <p>T</p> <p>H</p> <p>T</p> <p>O</p> <p>30</p> <p>S</p> <p>E</p> <p>P)</p>
OCT 2019	19	<p>Unit-VIII Bio mechanics & Sports</p> <p>IX Psychology & Sports</p>	<p>1.Meaning and Importance of Biomechanics</p> <p>2.Types of movement (Flexion, Extension, Abduction & Adduction)</p> <p>3.Newton’s Law of Motion & its application in sports</p> <p>4.Friction & Sports</p> <p>5.Personality: its Definition and Types – Trait and Type (Sheldon & Jung’s Classification and Big Five theory</p> <p>6.Motivation: its Types and Techniques</p> <p>7.Exercise Adherence ;Reasons</p>	15		

			to Exercise ,Benefits of Exercise 8.Strategies for Enhancing Adherence to Exercise 9.Meaning ,Concept & Types of Aggression in Sports			
NOV 2019	25	X Trainin g in sports	1.Strength- Definition, Types and Methods of improving Strength- Isometric, Isotonic and Isokinetic 2.Endurance- Definition, Types and Methods to develop Endurance- Continuous Training, Interval Training and Fartlek Training 3.Speed- Definition, Types and Methods to develop Speed- Acceleration Run and Pace Run 4.Flexibility: Definition, Types and Methods to improve Flexibility 5.Co-ordinative Abilities- Definition and Types,Co-ordinative Abilities - Definition and Types 6.Circuit Training- Introduction and its Importance	30		
DEC 2019	20	1ST PRE BOARD EXAM [FULL SYLLABUS] 5TH – 13TH DEC, 2019				
JAN 2020	25	2ND PRE BOARD EXAM [FULL SYLLABUS] 7TH -14TH JAN, 2020				
FEB 2020	24	REVISION				
MAR CH 2020		BOARD EXAMINATION (AISSCE 2020)				

Class- XII**Subject- Computer Science (083)**

Month	Chapter/ Unit Name	Periods	Marks	Date of Examination
April	Unit-2 Computational Network	25	15	
June	Unit-2 Computational Network (Contd..)	12		
July	Unit-3 Data Management Unit-4 Society, Law and Ethics	15	15 25	
August	Unit-1 Revision of the basics of Python, Function UNIT TEST- I (Portion – Unit- 2 & 3)	12	15	19th to 31st August 2019
September	Half Yearly Examination (Portion –Unit- 2,3 & 4)			16th Sept to 30 Sept 2019
October	Unit-1 File Handling, Recursion, Pyplot , Idea if efficiency, Using python libraries	19	10	
November	Unit-1 Data Structure UT-2 (Portion – Chapters 1 & 4)	15	5	
December	Revision & Sample Paper Practices 1st PRE-BOARD (Portion full syllabus)			5th Dec to 13th Dec 2019
January	Revision & Sample Paper Practice			
February	2nd Pre-Board (Portion full syllabus)			7th Jan to 14th Jan 2020

NOTES

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