Jagat Taran Golden Jubilee School, Prayagraj
Syllabus Break-up 2026-27
CLASS XII (Month Wise)

PHYSICS (042)

S.NO.	MONTH	CHAPTER	PRACTICALS/ ACTIVITIES
1.	**APRIL**	UNIT – 1: ELECTROSTATICS • CHAPTER – 1 : ELECTRIC CHARGES AND FIELDS. • CHAPTER – 2 ELECTROSTATIC POTENTIAL AND CAPACITANCE.	1. TO DETERMINE RESISTIVITY OF TWO/THREE WIRES BY PLOTTING A GRAPH FOR POTENTIAL DIFFERENCE VERSUS CURRENT.
2.	**MAY**	UNIT – 1: ELECTROSTATICS • CHAPTER – 2 ELECTROSTATIC POTENTIAL AND CAPACITANCE.	2. TO DETERMINE ANGLE OF MINIMUM DEVIATION FOR A GIVEN PRISMBY PLOTTING A GRAP BETWEEN INCIDENT ANGLE & ANGLE OF DEVIATION. 3. TO FIND RESISTANCE OF A GIVEN WIRE USING METER BRIDGE.
3.	**JULY**	UNIT – 2 : CURRENT ELECTRICITY • CHAPTER – 3 CURRENT ELECTRICITY. UNIT – 3 : MAGNETIC EFFECTS OF CURRENT AND MAGNETISM • CHAPTER – 4 MOVING CHARGES AND MAGNETISM.	4. TO FIND FOCAL LENGTH OF A CONVEX LENS BY PLOTTING GRAPHS BETWEEN u and v OR BETWEEN 1/u and 1/v. ACTIVITY 1 : TO ASSEMBLE THE COMPONENTS OF A GIVEN ELECTRICAL CIRCUIT. 5. TO VERIFY LAWS OF COMBINATION (SERIES/PARALLEL) OF RESISTANCES USING METER BRIDGE. . ACTIVITY 2: TO ASSEMBLE A GIVEN HOUSEHOLD CIRCUIT.
4.	**AUGUST**	UNIT – 3 • CHAPTER – 5 MAGNETISM AND MATTER.	**6**. TO FIND THE VALUE OF v FOR DIFFERENT VALUES OF u IN CASE OF A

		UNIT – 4 : ELECTROMAGNTIC INDUCTION AND ALTERNATING CURRENTS ● CHAPTER – 6 ELECTROMAGNETIC INDUCTION. UNIT – 4 ● CHAPTER- 7 ALTERNATING CURRENT. UNIT – 5: ELECTROMAGNETIC WAVES ● CHAPTER – 8 ELECTROMAGNETIC WAVES.	CONCAVE MIRROR AND TO FIND FOCAL LENGTH. **7**. TO DETERMINE RESISTANCE OF A GALVANOMETER BY HALF – DEFLECTION METHOD AND TO FIND ITS FIGURE OF MERIT.
5.	**SEPTEMBER**	UNIT – 6: OPTICS ● CHAPTER – 9 RAY OPTICS AND OPTICAL INSTRUMENTS. (*till refraction through prism*). UNIT – 6 ● CHAPTER – 9 RAY OPTICS AND OPTICAL INSTRUMENTS. CHAPTER – 10 WAVE OPTICS.	ACTIVITY 3 : TO MEASURE RESISTANCE, VOLTAGE, CURRENT & CHECK THE CONTINUITY OF A CIRCUIT USING MULTIMETER. **8**.TO FIND THE FOCAL LENGTH OF A CONVEX MIRROR, USING A CONVEX LENS. **ACTIVITY 4:** DIFFRACTION THROUGH THIN SLIT **ACTIVITY 5:** TO OBSERVE REFRACTION & LATERAL DEVIATIONOF A BEAM OF LIGHT INCIDENT OBLIQUELY ON A GLASS SLAB.
6.	**OCTOBER**	UNIT – 7 : DUAL NATURE OF RADIATION AND MATTER ● CHAPTER – 11 DUAL NATURE OF RADIATION AND MATTER. UNIT_8 CHAPTER 12 ATOMS CHAPTER 13 NUCLIE UNIT – 9 : ELECTRONIC DEVICES ● CHAPTER – 14 SEMICODUCTOR ELECTRONICS.	**ACTIVITY 6:** TO IDENTIFY DIODE, AN LED, A TRANSISTOR, AN ‘IC’, RESISTOR & CAPACITOR FROM A MIXED COLLECTION OF SUCH ITEMS. **09.** TO DRAW THE I-V CHARACTERISTIC CURVE FOR A P-N JUNCTION DIODE IN FORWARD AND REVERSE BIAS. **10**.TO CONVERT GIVEN GALVANOMETER (OF KNOWN RESISTANCE & FIGURE OF MERIT) IN TO VOTMETER OF DESIRED RANGE AND TO VERIFY THE SAME. OR TO CONVERT GIVEN GALVANOMETER (OF KNOWN RESISTANCE
7.	**NOVEMBER**		

			& FIGURE OF MERIT) IN TO AMMETER OF DESIRED RANGE AND TO VERIFY THE SAME

CHEMISTRY (043)

Sr.No.	Month	Chapter's Name
1.	April	**Solutions:** Types of solutions, expression of concentration of solutions of solids in liquids, solubility of gases in liquids, solid solutions, Raoult's law, colligative properties relative lowering of vapour pressure, elevation of boiling point, depression of freezing point, osmotic pressure, determination of molecular masses using colligative properties, abnormal molecular mass, Van't Hoff factor
2.	May	**Electrochemistry:** Redox reactions, EMF of a cell, standard electrode potential, Nernst equation and its application to chemical cells, Relation between Gibbs energy change and EMF of a cell, conductance in electrolytic solutions, specific and molar conductivity, variations of conductivity with concentration, Kohlrausch's Law, electrolysis and law of electrolysis (elementary idea), dry cell-electrolytic cells and Galvanic cells, lead accumulator, fuel cells, corrosion.
3.	July	**Chemical Kinetics:** Rate of a reaction(Average and instantaneous),factors affecting rate of reaction: concentration, temperature, catalyst; order and molecularity of a reaction, rate law and specific rate constant, integrated rate equations and half-life(only for zero and first orderreactions),concept of collision theory(elementary idea, no mathematical treatment),activation energy, Arrhenius equation. **Dandf Block Elements :** General introduction, electronic configuration ,occurrence and characteristics of transition metals, general trends in properties of the first row transition metals - metallic character, ionization enthalpy, oxidation states, ionic radii, colour, catalytic property, magnetic properties, interstitial compounds, alloy formation, preparation and properties of K2Cr2O7 and KMnO4.Lanthanoids Electronic configuration, oxidation states, chemical reactivity and lanthanoid contraction and its consequences. Actinoids Electronic configuration, oxidation states and comparison with lanthanoids.
4.	August	**Coordination Compounds:** Coordination compounds Introduction, ligands, coordination number, colour, magnetic properties and shapes, IUPAC nomenclature of mononuclear coordination compounds. Bonding, Werner's theory, VBT, and CFT; structure and stereoisomerism, importance of coordination compounds(inqualitative analysis, extraction of metals and biological system). Haloalkanes and Haloarenes. Haloalkanes: Nomenclature, nature of C-X bond, physical and chemical properties, optical rotation mechanism of substitution
		reactions. Haloarenes: Nature of C-Xbond, substitution reactions(Directive influence of halogen in monosubstituted compounds only). Uses and environmental effects of dichloromethane, trichloromethane, tetrachloromethane, iodoform, freons, DDT.

5.	**September**	**Alcohols Phenols and Ethers Alcohols:** Nomenclature, methods of preparation, physical and chemica properties (of primary alcohols only), identification of primary, secondary and tertiary alcohols, mechanism c dehydration, uses with special reference to methanol and ethanol. Phenols: Nomenclature, methods c preparation, physical and chemical properties, acidic nature of phenol, electrophillic substitution reactions uses of phenols. Ethers: Nomenclature, methods of preparation, physical and chemical properties, uses. Aldehydes, Ketones and Carboxylic Acids Aldehydes and Ketones: Nomenclature, nature of carbonyl group, methods of preparation, physical and chemical properties, mechanism of nucleophilic addition, reactivity of alpha hydrogen in aldehydes, uses. Carboxylic Acids: Nomenclature, acidic nature, methods of preparation, physical and chemical properties; uses.
6.	**October**	**Amines:** Amines: Nomenclature, classification, structure, methods of preparation, physical and chemical properties, uses, identification of primary, secondary and tertiary amines
7.	**November**	**Amines contd Diazonium salts:** Preparation, chemical reactions and importance in synthetic organic chemistry. **Biomolecules:** Carbohydrates Classification (aldoses and ketoses), monosaccahrides (glucose and fructose), D-configuration oligosaccharides (sucrose, lactose, maltose), polysaccharides (starch, cellulose, glycogen Importance of carbohydrates. Proteins -Elementary idea of amino acids, peptide bond, polypeptides, proteins, structure of protein primary, secondary, tertiary structure and quaternary structures (qualitative idea only), denaturation c proteins; enzymes. Hormones - Elementary idea excluding structure. Vitamins-Classification and functions. Nucleic Acids: DNA and RNA.

MATHEMATICS (041)

S. NO.	MONTHS	CONTENT	MATHS LAB ACTIVITIES
•	APRIL	• Relations and Functions	**1.** To verify that the relation **R** in the set L of all lines in a plane, defined by R = {(l, m): **l** is perpendicular to **m**} is symmetric but neither Reflexive nor Transitive. **2.** To verify that the relation **R** in the set L of all lines in a plane, defined by R = {(l, m): **l** ‖ **m**} is an Equivalence Relation.
•	MAY	• Inverse Trigonometric Functions • Matrices	**3.** Two demonstrate a Function which is not one-one but is onto. **4.** Two demonstrate a Function which is one- one but not onto. **5.** Two draw the graph of $sin^{-1}x$, using the graph of sin x and demonstrate the concept mirror reflection (about the line y = x). **6.** Two explore the principal value of the function $sin^{-1}x$, using a unit circle.
•	JULY	• Determinants. • Continuity.	**7.** To find analytically the limit of a function f(x) at x = c and also to check the continuity of the function at that point.
•	AUGUST	➢ Differentiability. ➢ Application of derivatives.	**8.** Two understand the concepts of decreasing and increasing functions.
•	SEPTEMBER	➢ Integrals. ➢ Applications of integrals.	**9.** Two construct an open box of Maximum and Minimum volume from a given rectangular sheet by cutting equal squares from each corner.
•	OCTOBER	➢ Differential Equations. ➢ Vectors Algebra.	**10.** Two understand the concept of local maxima, local minima and point of inflexion.
•	NOVEMBER	➢ Three - Dimensional Geometry. ➢ Probability	**11.** Two measure the shortest distance between two skew lines and verify it analytically.
•	DECEMBER	➢ REVISION	

APPLIED MATHEMATICS (241)

S. NO.	MONTHS	CONTENT	PRACTICALS & PROJECTS
•	APRIL	• Numbers, Quantification and Numerical Applications.	
•	MAY	• Numerical Inequalities. • Linear Programming.	➢ To collect the data from News Papers on traffic, sports activities, market trends and to study their future trends using Microsoft Excel.
•	JULY	• Matrices • Determinants	➢ To Multiply two matrices and find out the inverse of a Matrix using Microsoft Excel.
•	AUGUST	• Differentiation • Applications of Derivatives	➢ To verify a property of Transpose of Matrices $(A+B)^T = A^T + B^T$, where $A^T \wedge B^T$ denote the transpose of Matrices.
•	SEPTEMBER	• Integrals • Deferential Equations	➢ To plot the graph of a given function on Microsoft Excel and find its Maxima/ Minima.
•	OCTOBER	• Perpetuity, sinking Fund and EMI • Returns, Growth and Depreciation	➢ To prepare a stock market data sheet on Microsoft Excel.
•	NOVEMBER	• Probability • Inferential Statistics • Time- Based Data	➢ To under Stand probability by dice roll simulation using Microsoft Excel.
•	DECEMBER	• **REVISION**	

BIOLOGY (044)

Sr. No.	Month	Chapter's Name	Activity	Class test
1.	**April**	• Microbes in human welfare • Human Health and Diseases	Identify and comment upon the disease causing microorganisms	Microbes in human welfare
2	**May**	• Organism and Population • Ecosystem • Biodiversity and its conservation	Study the adaptation in organisms	Organisms and population
3.	**July**	• Sexual reproduction in flowering plant • Human reproduction • Reproductive Health	Study about the gametogenesis	Human reproduction
4.	**August**	• Principles of Heredity and Variations • Molecular basis of Inheritance	Problems related to mendalian genetics	Molecular basis of inheritance
5.	**September**	Molecular Basis of Inheritance 11.Biotechnology – Principles and Processes	Isolation of DNA	Biotechnology
6.	**October**	12.Applications of Biotechnology	Study about the transgenic organisms	Application of biotechnology
7.	**November**	• Evolution	Study about Homo and Analogous organs	Evolution

ECONOMICS (030)

S.No.	Month (Working Days)	Chapter's Name	Activity	Monthly Test (Topics)
1	April	• Circular flow of income • Basic Concepts of Macroeconomics • National Income and Related Aggregates • Indian Economy on Eve of Independence	Concept sorting, Role-play, Diagram labelling, Intro numericals, Source discussion	Macro vs micro, stock vs flow, final goods, 2-sector flow, NI basics, pre-1947 features
2	May	• Methods of Calculating National Income	Numerical drills, Peer checking, Error detection	GDP, GNP, NDP, methods, real vs nominal GDP, GDP deflator
3	July	• Money • Banking • Indian Economy (1950–1990) • Liberalisation, Privatisation and Globalisation: An Appraisal	Barter simulation, Credit creation demo, Flowcharts, Timeline, Case study	Money functions, money supply, credit creation, CRR, SLR, repo, reforms, LPG impacts
4	August	• Aggregate Demand and Related Concepts • Income Determination & Multiplier • Excess Demand & Deficient Demand	Data interpretation, Case numericals, Graph completion, Situation analysis	AD, consumption, saving, equilibrium, multiplier, MPC, APC, excess/deficient demand
5	September	• Rural Development • Human Capital Formation • Government Budget and the Economy • Employment : Growth, Informalisation, and other issues	Budget classification, Mind maps, Data questions, Job classification	Budget, receipts, rural credit, human capital, employment basics
6	October	• Employment (Continuation)	Quick quiz, Case discussion	Employment types, unemployment, informal sector
7	November	• Foreign Exchange Rate • Balance of Payment • Environment and Sustainable Development • Comparative Development Experience of India's and it's	Exchange table, BoP statement, Case study, Comparison table	Exchange rate, BoP accounts, surplus/deficit, environment, comparative development

		Neighbours		
8	December	• Full Revision	Sample papers, Case worksheets, Revision charts, Doubt solving	Entire syllabus

HISTORY (027)

Sr.no	Month	Chapter	Activity
1.	**April**	**Themes in Indian History I** Chapter-1 Bricks, Beads and Bones. The Harappan Civilisation	Map-Work Mature and Harappan sites.
2.	**May**	**Themes in Indian History II** Chapter-5 Through the Eyes of Travellers. Perceptions of society. **Themes in Indian History III** Chapter-9 Colonialism and the Countryside.	
3.	**July**	**Themes in Indian History I** Chapter-2 Kings, Farmers and Towns. Early states and economies. **Themes in Indian History II** Chapter-6 Bhakti Sufi Traditions.	Map-Work sixteen Mahajanpadas.
4.	**August**	**Themes in Indian History I** Chapter-3 Kinship, Caste and Class. **Themes in Indian History III** Chapter-10 Rebels and The Raj. 1857 Revolt and its Representations.	A PPT in implication of SHRIMAD BHAGWAT GITA in morden life.
5.	**September**	**Themes in Indian History II** Chapter-7 An Imperial Capital Vijaynagara. **Themes in Indian History III** Chapter-11 Mahatma Gandhi and The Nationalist Movement.	
6.	**October**	**Themes in Indian History I** Chapter-4 Thinkers, Beliefs and Buildings. **Themes in Indian History II** Chapter-8 Peasants,Zamindars and The State.	
7.	**November**	**Themes in Indian History III** Chapter-12 Framing The Constitution.	Debate.
8.	**December**	Pre-board Examinations.	

GEOGRAPHY (029)

MONTHS	LESSON NAME	ACTIVITY
APRIL	Geography: Book-I Fundamental of Human Geography Book-II India People and Economy Book-I L-1 Human Geography-Nature and Scope L-2 The World Population, Distribution, Density and growth Book-II	Prepare a concept Map of the Ch-Human Geography explaining the following: Definition of Human Geog; Nature, Scope, Schools of thought; branches of Human Geog.
	L-1 Population : Distribution, Density Growth and Composition	
MAY	Book-II L-1 Population: Distribution, Density, Growth and Composition (contunued) L-2 Human Settlements	
JULY	Book-II L-2 Human Settlements (Continued) L-3 Land Resources and Agriculture Book-I L-3 Human Development L-4 Primary Activities	Mark & Label the following on outline World Map: a. Major subsistence areas b. Major Nomadic Herding areas c. Major Commercial livestock rearing areas d. Major areas of extensive commercial grain farming.
AUGUST	Book-II L-4 Water Resources L- 5 Mineral and Energy Resources Book-I L-5 Secondary Activities L- 6 Tertiary and Quaternary Activities	
SEPTEMBER	Book-I L-6 Tertiary and Quarternary Activities (continued) Book-II L-6 Planning and Sustainable Development in Indian Context Book -I L- 7 Transport and Communication	Make a list of ten Global brands their logos and products on Activity sheets

OCTOBER	Book-I L-7 Transport and Communication(continued) L- 8 International Trade Book-II L-7 Transport and Communication	Make a sketch/Poster about the environmental conditions surrounding an industry
NOVEMBER DECEMBER (Till PREBOARD)	Book-II L- 7 Transport and Communication (continued) L-8 International Trade L-9 Geographical Perspective on Selected Issues and Problems L- 9 Geographical Perspective on Selected Issues and Problems (continued)	

PRACTICAL SYLLABUS BREAK-UP

TERM-I		
JULY	L-1 DATA : Its Source and Compilation	Practical File Made
AUGUST	L-2 Data Processing	
SEPTEMBER OCTOBER	L-3 Graphical Representation of Data	
NOVEMBER	L- 4 Spatial Information Technology	

ACCOUNTANCY (055)

Month	Syllabus	Class Tests
April	Accounting for Partnership Firms – Fundamentals (Excluding Past Adjustments)	• Partnership fundamentals + Goodwill.
May	Accounting for Partnership Firms – Fundamentals (Past Adjustments) Goodwill: Meaning, Nature, Factor affecting and need for valuation. Methods for Calculation of Goodwill (Average profit, super profit, and capitalization),	
June	**SUMMER VACATION**	
July	Admission of a Partner- effect of admission of a partner on change in the profit sharing ratio, treatment of goodwill. Treatment of revaluation of assets and reassessment of liabilities, treatment of reserves, accumulated profits and losses, preparation of capital, current account, and balance sheet, Adjustment of Capital, Change in profit sharing ratio among existing partners, Retirement of a Partner	2. Admission + Retirement + Change in PSR.
August	Death of a Partner, Dissolution of a Partnership Firm – Meaning, Types, Preparation of Realization account, Other related accounts, capital accounts of partners and cash/bank a/c, Accounting for Share Capital.	3. Death and Dissolution of Partner.
September	Accounting for Share Capital, Preparation of Balance Sheet, Comparative and Common Size Statements	4. Issue of Shares + Comparative and Common Size.
October	Accounting for Debentures, Financial Statement Analysis: Meaning, Significance, Importance and Limitations	5. Debentures + Financial Statement + Accounting Ratio + CFS
November	Accounting Ratios, Cash Flow Statements – Meaning, Objectives, Benefits, Cash and Cash Equivalents, Classification of Activities and preparation as per AS 3 (Revised) (Indirect Method)).	
December	Cash Flow Statement (REVISION)	

BUSINESS STUDIES (054)

Sr.no	Month	Chapter	Class Tests
1.	**April**	Nature and Significance of Management	1. Nature and Significance of Management + Principles of Management + Business Environment
2.	**May**	Principles of Management	
3.	**July**	Business Environment Planning	
4.	**August**	Planning (Contd.) Organizing Staffing	2. Planning + Organizing + Staffing + Directing + Controlling
5.	**September**	Directing Controlling Financial Management	
6.	**October**	Revision for PT-3 (Half Yearly)	
7.	**November**	Financial Market Marketing Management Consumer Protection	3. Financial Management + Financial Market + Marketing Management + Consumer Protection

ENGLISH (301)

Month	Flamingo	Vistas	Reading and Writing skills
APRIL	➢ The Last Lesson ➢ My Mother at Sixty Six (poem)	➢ The Third Level	➢ Reading Comprehension ➢ Notice writing
MAY	➢ Lost Spring	➢ The Tiger King	➢ Letters to the Editor
JUNE	SUMMER VACATIONS WITH HOME WORK		
JULY	➢ Deep Water (Flamingo) ➢ Keeping Quiet (Poem)	➢ Journey to the End of the Earth	➢ Job Application
AUGUST	➢ The Rattrap (Flamingo) ➢ A Thing of Beauty (Poem)	➢ The Enemy	➢ Article Writing
SEPTEMBER	➢ Indigo ➢ Poets and Pancakes	➢ On The Face of it	➢ Report-Writing
OCTOBER	➢ The Interview ➢ A Roadside Stand (Poem)	➢ Memories of Childhood	➢ Invitation Writing & Replies
NOVEMBER	➢ Going Places ➢ Aunt Jennifer's Tigers (Poem)	Revision and Project	
DECEMBER	REVISION & 1st Pre-Board	REVISION & 1st Pre-Board	REVISION & 1st Pre-Board

ARTIFICIAL INTELLIGENCE (843)

Month	Chapter/ Topics
April	Part-B Unit:1 Python Programming-II
May	Part-B Unit:2 Data Science Methodology: An Analytic Approach to Capstone Project
July	Part-B Unit-3: Making Machines See
August	Part-B Unit-5: Introduction to Big Data and Data Analytics Part-B Unit-6: Understanding Neural Networks
September	Part-B Unit-7 Generative AI Part-B Unit-8: Data Storytelling
October	Part-B Unit-4: AI with Orange Data Mining Tool Part-A Unit-1: Communication Skills-IV Part-A Unit-2: Self-Management Skills-IV
November	Part-B Unit-4: AI with Orange Data Mining Tool Part-A Unit-3: ICT Skills-IV Part-A Unit-4: Entrepreneurial Skills-IV Part-A Unit-5: Green Skills-IV
December	**REVISION**

COMPUTER SCIENCE (083)

Month	Chapter/Topic	Practical
April	Ch-1 Review of Python Basics	Python Programs based on conditional control structures, loops, strings, lists, tuples and Dictionary (minimum 15 programs)
May	Ch-2 Functions Ch-6 Computer Networks	Python Programs based on functions. (minimum 10 programs)
July	Ch-3 Exception Handling Ch-4 Data File Handling	Python Programs based on functions. (minimum 10 programs)
August	Ch-4 Data File Handling	Python Programs based on File Handling (Text, CSV, Binary). (minimum 30 programs, 10 programs from each file type)
September	Ch-5 Data Structures in Python Ch-7 Relational Database and SQL	Python Programs based on Data Structure (Stack). (minimum 10 programs)
October	Ch-7 Relational Database and SQL	MySql Queries (minimum 20 queries)
November	Ch-8 Interface Python with SQL	Programs based on Python+MySql Connectivity (minimum 10 Programs)
December	**Revision**	

INFORMATICS PRACTICES (065)

MONTH	TOPICS/CHAPTERS	LAB WORK
April	Chapter 1 Data Handling using Pandas (Series)	• Creating Series using series() method • Naming a Series • Accessing data from a Pandas series • Mathematical operations on series. • Vector operations • Retrieving and deleting elements from a series. • Comparing the series.
May	Chapter 1 Data Handling using Pandas cont.	8. Data frame Creation. 9. Iterations in data frame 10. Binary operations 11. Combining data frame 13.Boolean indexing 14. CSV file
July	Chapter 2 Data Visualization using Matplotlib	• Practical implementation of Matplotlib
August	Chapter 3 Review of database Concepts and SQL Chapter 4 Database Query using SQL	1. Practical of SQL commands. 2. Practical of single Row functions and Multiple Row Functions
September	Chapter 5 Computer Networks	1. Case study based on networking
October	Societal Impacts	
November	Revision of entire syllabus	

PHYSICAL EDUCATION (048)

APRIL	**Chapter-1 Management of Sporting Events** • Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling) • Various Committees & their Responsibilities (pre; during & post) • Fixtures and their Procedures – Knock Out (Bye & Seeding) & League (Staircase, Cyclic, Tabular method) and Combination tournaments • Intramural & Extramural tournaments – Meaning, Objectives & Its Significance • Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause & Run for Unity)
MAY	**Chapter-2 Children & Women in Sports** • Exercise guidelines of WHO for different age groups • Common postural deformities-knock knees, flat foot, round shoulders, Lordosis, Kyphosis, Scoliosis, and bow legs and their respective corrective measures • Women's participation in Sports – Physical, Psychological, and social benefits • Special consideration (menarche and menstrual dysfunction) • Female athlete triad (osteoporosis, amenorrhea, eating disorders)
JULY	**Chapter-3 Yoga as Preventive measures for Lifestyle Disease** • **Obesity:** Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama • **Diabetes:** Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana,Bh ujangasana, Shalabhasana, Dhanurasana, Supta - vajarasana, Paschimottanasan -a, Ardha - Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati • **Asthma**: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansan a, UttanMandukasan - a, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalbhati, Gomukhasana Matsyaasana, Anuloma -Viloma • **Hypertension:** Procedure, Benefits & Contraindications for Tadasana, Katichakransan, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasan -a, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi - shodhanapranayam, Sitlipranayam • **Back Pain and Arthritis**: Procedure, Benefits & Contraindications of Tadasan, Urdhawahastootansa na, ArdhChakrasana, Ushtrasana, Vakrasana, Sarala Maysyendrsana, Bhujandgasana, Gomukhasana, Bhadrasana, Makarasana, NadiShodhana pranayama

JULY	**Chapter-4 Physical Education & Sports for CWSN (Children with Special Need - Divyang** • Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics) • Concept of Classification and Divisioning in Sports • Concept of Inclusion in sports, its need, and Implementation • Advantages of Physical Activities for children with special needs • Strategies to make Physical Activities assessable for children with special needs
AUGUST	**Chapter-5 Sports & Nutrition** • Concept of balanced diet and nutrition • Macro and Micro Nutrients: Food sources & functions • Nutritive & NonNutritive Components of Diet • Eating for Weight control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, and Food Myths • Importance of Diet in Sports-Pre, During and Post competition Requirements
SEPTEMBER	**Chapter-6 Test & Measurement in Sports** • Fitness Test – SAI Khelo India Fitness Test in school: Age group 5-8 years/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Partial Abdominal Curl Up, Push-Ups for boys, Modified Push-Ups for girls) • Measurement of Cardio -Vascular Fitness – Harvard Step Test – Duration of the Exercise in Seconds x100/5.5 X Pulse count of 1 -1.5 Min after Exercise • Computing Basal Metabolic Rate (BMR) • Rikli & Jones - Senior Citizen Fitness Test • Chair Stand Test for lower body strength • Arm Curl Test for upper body strength • Chair Sit & Reach Test for lower body flexibility • Back Scratch Test for upper body flexibility • Eight Foot Up & Go Test for agility • Six -Minute Walk Test for Aerobic Endurance • Johnsen – Methney Test of Motor Educability (Front Roll, Roll, Jumping Half-Turn, Jumping full-turn
SEPTEMBER	**Chapter-7Physiology&InjuriesinSports** • Physiological factors determining components of physical fitness • Effect of exercise on the Muscular System • Effect of exercise on the CardioRespiratory System • Physiological changes due to aging • Sports injuries: Classification (Soft Tissue Injuries - Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique & Impacted)

OCTOBER	**Chapter-8 Biomechanics & Sports** • Newton's Law of Motion & its application in sports • Types of Levers and their application in Sports • Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports • Friction & Sports • Projectile in Sports
OCTOBER	**Chapter-9 Psychology & 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
NOVEMBER	**Chapter-10 Training in Sports** • 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 • Circuit Training - Introduction & its importance

HINDI (302)

माह	आरोह-2	वितान-2	अभिव्यक्ति और माध्यम
अप्रैल	पद्य आत्म परिचय, एक गीत गद्य- भक्तिन		अपठित गद्यांश एवं पद्यांश पाठ -3
मई	पद्य पतंग गद्य बाजार दर्शन	सिल्वर वैडिंग	अप्रत्याशित लेखन ,पत्र पाठ -4,
जुलाई	पद्य कविता के बहाने, बात सीधी थी पर गद्य काले मेघा पानी दे	जूझ	पाठ-5,11
अगस्त	पद्य कैमरे में बंद अपाहिज, उषा गद्य पहलवान की ढोलक		पाठ-12,13
सितंबर	पद्य बादल राग गद्य शिरीष के फूल	अतीत में दबे पाँव	पुनरावृति
अक्टूबर	पद्य कवितावली, लक्ष्मण मूर्छा और राम का विलाप		पुनरावृति
नवम्बर	पद्य रुबाइयाँ,छोटा मेरा खेत, बगुले के पंख गद्य श्रम विभाजन और जातिप्रथा एवं मेरी कल्पना का आदर्श समाज		पुनरावृति
दिसम्बर	पुनरावृति		

GENERAL STUDIES (503)

April: Chapter-1 Science, Technology and Society

May: Chapter-2 Contemporary Problems of Indian Society

July: Chapter-3 Cultural Heritage of India

August: Chapter-4 National Struggle for India's Freedom

September: Chapter-5 Constitutional Obligations: Basic Principles of Indian Constitution

October: Revision for Half Yearly

November: Chapter-6 Human Rights

Art Integrated Project: 1 Create a slogan in English or Hindi using around 10 words and write it digitally using any suitable App like Canva.

Choose anyone topic:

- **Education**
- **Gender Discrimination**
- **Unity in Diversity**
- **Child Labour**

Use any beautiful scenery of Arunachal Pradesh as background.
Submit its colour hardcopy in school by 31-07-2026
Projects: 2

- **India of My Dream**
- **Where do I see myself after five years and how am I going to achieve it ?**

SUPW (500)

April	Calligraphy Name design
May	Historical Monument Poster
July	Three point perspective Jewelry making
August	Amazing art Planter
September	Landscape Best out of waste Revision of previous work
October	Lippan art Silhoutte Art
November	Best out of waste Board decoration
December	Decorative bottle with clay Revision of previous work

POLITICAL SCIENCE (028)

S.N.	Month	Name of the chapter	Activity	Test
1.	April	● End of Bipolarity	Group Discussion: Causes,consequences of disintegration of USSR Documentaries-Past & present situations in USSR/Post Soviet Republics Analysis of relevant newspaper articles	Test 1
2.	May	●Challenges of Nation Building	Role Play	Test 2
3.	July	●Era of One Party Dominance ●Politics of Planned Development ● Contemporary Centers of Power	Debate and Discussion: First three 5-year Plans. Comparative analysis: The Left and Right ideology.	Test 3
4.	August	● Contemporary South Asia ● Challenges to and Restoration of the congress system. ● India's External Relations	Quiz and Cartoon Comparative analysis: Political Succession	Test 4
5.	September	●The Crisis of Democratic Order ●International Organisations ●Security in the Contemporary World	Group discussion: India's Relations with China and Pakistan (past, present And future) Question Strategies Discussion	Test 5
6.	October	●Regional Aspirations ●Environment and Natural Resources	Comparative analysis: Government's response to regional aspirations	Test 6
7.	November	●Recent developments in Indian politics ●Globalization	Comparative analysis: Different developments taking place in present scenario with that of twentieth century.	Test 7
8.	December	REVISION OF PB	Question Strategies Discussion	Test 8