



Delhi Public School Srinagar

Syllabus 2020

Class XII
HUMANITIES

SUBJECT: ENGLISH (301)

MARCH

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
			21
2 ND WEEK	<i>Notices, An elementary school classroom in a slum.</i>		
3 RD WEEK	<i>Lost Spring</i>		
4 TH WEEK	<i>Invitations and replies</i>		
5 TH WEEK	<i>Comprehension passages.</i>		

APRIL

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
			26
1 ST WEEK	<i>Roadside Stand</i>		
2 ND WEEK	<i>Memories of Childhood Anecdote 1</i>		
3 RD WEEK	<i>Memories of Childhood Anecdote 2</i>		
4 TH WEEK	<i>Indigo</i>		
5 TH WEEK	<i>Aunt Jennifer's Tigers</i>		

MAY

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
			27
1 ST WEEK	<i>The last lesson, Curriculum Vitae</i>		
2 ND WEEK	<i>A thing of Beauty, A letter to Editor.</i>		
3 RD WEEK	<i>Third Level, Note making.</i>		
4 TH WEEK	<i>Report Writing (Newspaper Report) (Magazine Report)</i>		
5 TH WEEK	<i>Report Writing (Contd.)</i>		

JUNE

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
			26
1 ST WEEK	<i>Going Places Article Writing</i>		
2 ND WEEK	<i>Business Letters</i>		
3 RD WEEK	<i>Business Letters (contd.)</i>		

	<i>ASL</i>
4TH WEEK	<i>Mid-Term Examination</i>
5TH WEEK	<i>Mid-Term Examination</i>

JULY

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
			5
1ST WEEK	<i>Mid-Term Examination</i>		
2ND WEEK	<i>Mid-Term Examination</i>		
3RD WEEK	<i>Summer Break</i>		
4TH WEEK	<i>Summer Break/ Cross Checking</i>		
5TH WEEK	<i>My Mother at Sixty Six</i>		

AUGUST

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
			26
1ST WEEK	<i>The Rat Trap, Speech Writing</i>		
2ND WEEK	<i>On the Face of It</i>		
3RD WEEK	<i>Should Wizard Hit Mommy? Comprehension Passage.</i>		
4TH WEEK	<i>Enemy</i>		
5TH WEEK	<i>Debate Writing</i>		

SEPTEMBER

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
			26
1ST WEEK	<i>Keeping Quiet The Tiger King</i>		
2ND WEEK	<i>Journey to the end of the earth, Deep water</i>		
3RD WEEK	<i>Evans Tries an O-Level</i>		
4TH WEEK	<i>Evans Tries an O-Level (contd.) The interview.</i>		
5TH WEEK	<i>Poster Making Note Making Passage</i>		

OCTOBER

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
			9
1ST WEEK	<i>Poets and Pan-cakes, Advertisements</i>		
2ND WEEK	<i>Advertisements (Contd.)</i>		

3RD WEEK	<i>Post-Mid Examination</i>
4TH WEEK	<i>Post-Mid Examination</i>
5TH WEEK	<i>Post-Mid Examination</i>

NOVEMBER

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
1ST WEEK	<i>ASL & Project Work</i>	
2ND WEEK	<i>Revision</i>	
3RD WEEK	<i>Preboard Examination</i>	
4TH WEEK	<i>Preboard Examination</i>	
5TH WEEK	<i>Preboard Examination</i>	

DECEMBER

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
1ST WEEK	<i>External Practical Examination</i>	
2ND WEEK	<i>External Practical Examination</i>	
3RD WEEK	<i>External Practical Examination</i>	
4TH WEEK	<i>External Practical Examination</i>	

SUBJECT: POLITICAL SCIENCE (028)

MARCH

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
1. <i>The cold war era</i> 2. <i>The end of Bipolarity</i>	14 13	12
2ND WEEK	➤ <i>Emergence of the two power blocks after the second world war</i> ➤ <i>Cuban missile crisis</i>	
3RD WEEK	➤ <i>Arenas of cold war Challenges to bipolarity: Non-Aligned Movement</i> ➤ <i>Quest for new international economic order</i>	
4TH WEEK	➤ <i>India and the Cold war</i> ➤ <i>New entities in world politics: Russia, Balkan states and Central Asian states</i>	
5TH WEEK	➤ <i>Introduction of democratic politics and capitalism in post-communist regimes</i> ➤ <i>India's relations with Russia and other post-communist countries</i> ➤ <i>LTBT, CTBT, SALT-I, SALTII, START I, START II.</i>	

APRIL

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
3. <i>US Hegemony in world politics</i> 4. <i>Alternative centres of power</i>	13 11	10
1ST WEEK	➤ <i>Growth of unilateralism: Afghanistan, First Gulf War</i>	
2ND WEEK	➤ <i>Response to 9/11 attacks and attack on Iraq Dominance and challenges to the US in Economy and ideology USA</i>	
3RD WEEK	➤ <i>India's negotiation of its relationship with USA</i> ➤ <i>Rise of China as an economic power in post-Mao era</i>	
4TH WEEK	➤ <i>New economic policy under Deng Xiaopong & Zhou Enlai</i> ➤ <i>Creation and expansion European Union</i>	
5TH WEEK	➤ <i>ASEAN</i> ➤ <i>India's changing relations with China</i>	

MAY

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
5. <i>Contemporary South Asia in the Post-Cold War Era</i> 6. <i>International Organizations</i>	13 13	08
1ST WEEK	➤ <i>Democratization in Pakistan and Nepal</i> ➤ <i>Ethnic conflict in Sri Lanka</i>	
2ND WEEK	➤ <i>Impact of economic globalization on the South Asian region</i> ➤ <i>Conflicts and efforts for peace in South Asia</i> ➤ <i>India's relationship with its neighbors</i>	

3RD WEEK	<ul style="list-style-type: none"> ➤ <i>Restructuring and the future of the UN.</i> ➤ <i>India's position in the restructured UN.</i>
4TH WEEK	<ul style="list-style-type: none"> ➤ <i>Rise of new international actors:</i> ➤ <i>New international economic organizations, NGOs.</i>
5TH WEEK	<ul style="list-style-type: none"> ➤ <i>How democratic and accountable are the new institutions of global governance?</i>

JUNE

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
7. <i>Security in Contemporary World</i>	11	10
8. <i>Environment and Natural Resources</i>	11	
9. <i>Globalization</i>	11	
1ST WEEK	<ul style="list-style-type: none"> ➤ <i>Traditional concerns of security and politics of disarmament.</i> ➤ <i>Non-traditional or human security: global poverty, health and education.</i> 	
2ND WEEK	<ul style="list-style-type: none"> ➤ <i>Issues of human rights and migration.</i> ➤ <i>Environment movement and evolution of global environmental Norms.</i> ➤ <i>Conflicts over traditional and common property resources.</i> 	
3RD WEEK	<ul style="list-style-type: none"> ➤ <i>Rights of indigenous people. India's stand in global environmental debates</i> ➤ <i>Economic, cultural and political manifestations.</i> ➤ <i>Debates on the nature of consequences of globalization. Anti-globalization movements.</i> 	
4TH WEEK	<i>Mid-Term Examination</i>	
5TH WEEK	<i>Mid-Term Examination</i>	

JULY

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
1ST WEEK	<i>Mid-Term Examination</i>	
2ND WEEK	<i>Mid-Term Examination</i>	
3RD WEEK	<i>Summer Break</i>	
4TH WEEK	<i>Summer Break/ Cross Checking</i>	
5TH WEEK	<i>India as an arena of globalization and struggle against it.</i>	

AUGUST

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
10. <i>Challenges of Nation-Building</i>	13	12
11. <i>Era of One-Party Dominance</i>	12	
12. <i>Politics of Planned Development</i>	11	
1ST WEEK	<ul style="list-style-type: none"> ➤ <i>Nehru's approach to nation-building; Legacy of partition:</i> ➤ <i>challenge of 'refugee' resettlement, the Kashmir problem.</i> 	

2ND WEEK	<ul style="list-style-type: none"> ➤ <i>Organization and reorganization of states; Political conflicts over language.</i> ➤ <i>First three general elections, nature of Congress dominance at the national level</i>
3RD WEEK	<ul style="list-style-type: none"> ➤ <i>Uneven dominance at the state level</i> ➤ <i>Coalitional nature of Congress.</i> ➤ <i>Major opposition parties.</i>
4TH WEEK	<ul style="list-style-type: none"> ➤ <i>Five-year plans</i> ➤ <i>Expansion of state sector and the rise of new economic interests.</i> ➤ <i>Famine and suspension of five-year plans.</i>
5TH WEEK	<ul style="list-style-type: none"> ➤ <i>Green Revolution and its political fallouts</i>

SEPTEMBER

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<i>13. India's External Relations</i>	13	16
<i>14. Challenges to the Congress System</i>	13	
<i>15. Crisis of the Democratic Order</i>	13	
1ST WEEK	<ul style="list-style-type: none"> ➤ <i>Nehru's foreign policy. Sino-Indian war of 1962</i> ➤ <i>Indo-Pak war of 1965 and 1971.</i> 	
2ND WEEK	<ul style="list-style-type: none"> ➤ <i>India's nuclear programme.</i> ➤ <i>Shifting alliance in world politics.</i> ➤ <i>Political succession after Nehru. Non-Congress session and electoral upset of 1967,</i> 	
3RD WEEK	<ul style="list-style-type: none"> ➤ <i>Congress split and reconstitution,</i> ➤ <i>Congress' victory in 1971 elections, politics of 'Garibi Hatao'</i> ➤ <i>Search for 'committed' bureaucracy and judiciary.</i> 	
4TH WEEK	<ul style="list-style-type: none"> ➤ <i>Navnirman movement in Gujarat and the Bihar movement.</i> ➤ <i>Emergency: context, constitutional and extra-constitutional dimensions,</i> ➤ <i>Resistance to emergency</i> 	
5TH WEEK	<ul style="list-style-type: none"> ➤ <i>1977 elections and the formation of Janata Party.</i> ➤ <i>Rise of civil liberties organizations.</i> 	

OCTOBER

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<i>16. Popular Movements in India</i>	11	12
<i>17. Regional Aspirations</i>	11	
<i>18. Recent Developments in Indian Politics</i>	13	
1ST WEEK	<ul style="list-style-type: none"> ➤ <i>Farmers' movements</i> ➤ <i>Women's movement</i> ➤ <i>Environment and Development-affected people's movements.</i> ➤ <i>Implementation of Mandal Commission report and its aftermath.</i> ➤ <i>Rise of regional parties.</i> ➤ <i>Punjab crisis and the anti-Sikh riots of 1984.</i> 	

2ND WEEK	<ul style="list-style-type: none"> ➤ <i>The Kashmir situation.</i> ➤ <i>Challenges and responses in the North East.</i> ➤ <i>Participatory upsurge in 1990s</i> ➤ <i>Rise of the JD and the BJP Increasing role of regional parties and coalition politics.</i> ➤ <i>Coalition governments:</i> ➤ <i>NDA (1998-2004)</i> ➤ <i>UPA (2004-2014)</i> ➤ <i>NDS (2014 onwards)</i>
3RD WEEK	<i>Post-Mid Examination</i>
4TH WEEK	<i>Post-Mid Examination</i>
5TH WEEK	<i>Post-Mid Examination</i>

NOVEMBER

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
1ST WEEK	<i>Revision, Map work/picture</i>	
2ND WEEK	<i>Revision, Map work/picture</i>	
3RD WEEK	<i>Preboard Examination</i>	
4TH WEEK	<i>Preboard Examination</i>	
5TH WEEK	<i>Preboard Examination</i>	

DECEMBER

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
1ST WEEK	<i>External Practical Examination</i>	
2ND WEEK	<i>External Practical Examination</i>	
3RD WEEK	<i>External Practical Examination</i>	
4TH WEEK	<i>External Practical Examination</i>	

SUBJECT: HISTORY (027)

MARCH

Topics/ Chapters	Periods	Marks
<i>1.The Story of the first cities: Harappan Archaeology</i>	13	12
<i>2.Political and Economic history:How inscriptions tell a story.</i>	14	
1st week	<i>Introduction of Harappan culture, Planned urban centre(Mohenjodaro),tracking social differences</i>	
2nd week	<i>Finding out about craft production,strategies of procuring materials, seals,script,weights,</i>	
3rd week	<i>the end of the civilization Prinsep and piyadassi,the earliest states,</i>	
4th week	<i>an early empire, new notions of kingship</i>	
5th week	<i>A changing countryside, towns and trade,</i>	

APRIL

Topics/ Chapters	Periods	Marks
<i>3, Social histories: using the Mahabharata</i>	14	12
<i>4. A history of Buddhism: Sanchi Stupa</i>	14	
1st week	<i>The critical edition of Mahabharata,kinship and marriage,social differences.</i>	
2nd week	<i>Beyond birth-resources and status,explaining social differences,handlingtexts,a dynamic text.</i>	
3rd week	<i>A glimpse of sanchi,the background sacrifices and debates,beyond worldly pleasures-the message of Mahavira, the Buddha and the quest for enlightenment,</i>	
4th week	<i>Followers of the Buddha, stupa, discovering stupa-. the teaching of the Buddha</i>	
5th week	<i>the fate of Amaravati and Sanchi, sculpture, new religious traditions , Can we see everything</i>	

MAY

Topics/ Chapters	Periods	Marks
<i>5.Medieval society through Travellers' account</i>	13	10
<i>6.religious histories : the Bhakti-sufi tradition</i>	13	

1st week	<i>Al-Biruni and the Kitab-ul-Hind, Ibn -Battuta's Rihla, Francois Bernier-A doctor with a difference</i>
2nd week	<i>Making sense of an alien world Al-Biruni and the Sanskritic tradition, Bernier and the degenerate east, women- slaves ,sati and labours</i>
3rd week	<i>A Mosaic of religious beliefs and practices, poems of prayer-early traditions of Bhakti, The Virashaiva tradition in Karnataka, Religious ferment in north India, new strands in the fabric Islamic tradition.</i>
4th week	<i>The growth of Sufism, the chishtis in the subcontinent,</i>
5th week	<i>new devotional path, reconstructing histories of religious traditions</i>

JUNE

Topics/ Chapters	Periods	Marks
<i>7. New architecture Hampi</i>	<i>13</i>	<i>10</i>
<i>8. Agrarian Relation: The Ain-i-Akbari</i>	<i>13</i>	
1st week	<i>The discovery of Hampi, Rayas, Nayakas and sultans, Vijayanagara-the capital and its environs</i>	
2nd week	<i>The royal centre, the sacred centre, polluting palaces and temples</i>	
3rd week	<i>Peasants and Agricultural production, the village community, women in agrarian society, forests and tribes</i>	
4th week	<i>MID TERM EXAMINATION</i>	
5th week	<i>MID TERM EXAMINATION</i>	

JULY

Topics/ Chapters	Periods	Marks
1st week	<i>MID TERM EXAMINATIONS</i>	
2nd week	<i>MID TERM EXAMINATIONS</i>	
3rd week	<i>SUMMER</i>	
4th week	<i>CROSS CHECKING</i>	
5th week	<i>The zamindars, land revenue system, the flow of silver, the Ain-i-Akbari of Abul Fazl</i>	

AUGUST

Topics/ Chapters	Periods	Marks
<i>9. The Mughal Court: Reconstructing</i>	<i>13</i>	<i>5</i>

<i>histories through chronicles</i>	13	4
<i>10. Colonialism and rural society: evidence from official report</i>	13	4
<i>11. Representation of 1857</i>		
1st week	<i>The Mughals and their empire. The production of chronicles. the painted image, the Akbarnama and Badshahnama,</i>	
2nd week	<i>The ideal kingdom, capitals and courts, the imperial household, the imperial officials, beyond the frontier,</i>	
3rd week	<i>Bengal and the zamindars, the hoe and the plough</i>	
4th week	<i>Revolt in the countryside-The Bombay Deccan, The Deccan riots commission</i>	
5th week	<i>Pattern of the rebellion, Awadh in revolt, What the rebels want,</i>	

SEPTEMBER

Topics/ Chapters	Periods	Marks
<i>12. Colonialism and Indian towns: Town plans and Municipal</i>	13	5
<i>13. Mahatma Gandhi through contemporary eyes</i>	13	4
<i>14. Partition through oral sources</i>	14	4
1st week	<i>Repression-the catastrophic atmosphere surrounded rebels, Images of the revolt.</i>	
2nd week	<i>Towns and cities in pre-colonial times, Finding out about colonial cities, what were the new like</i>	
3rd week	<i>Segregation-town planning and architecture-the three presidencies-Madras, Calcutta and Bombay</i>	
4th week	<i>A leader announces himself, the making and unmaking of non-cooperation , the salt satyagrah The Quit India, the heroic days Knowing Gandhi</i>	
5th week	<i>Some partition experiences</i>	

OCTOBER

Topics/ Chapters	Periods	Marks
<i>15. The making of the constitution.</i>	14	4
<i>16. Map work and project work (internal Assessment)</i>	10+10	6+20
1st week	<i>A momentous maker, why and how did partition happen,</i>	

	<i>the withdrawal of law and order, Gendering partition, regional variations, help humanity harmony, Oral testimony and history,</i>
2nd week	<i>A tumultuous time, The vision of the constitution, Defining rights, The powers of state, the language of the nation, Map work and project work (internal Assessment)</i>
3rd week	<i>Post-Mid Examination</i>
4th week	<i>Post-Mid Examination</i>
5th week	<i>Post-Mid Examination</i>

NOVEMBER

Topics/ Chapters	Periods	Marks
1st week	<i>Revision Map work</i>	
2nd week	<i>Revision</i>	
3rd week	<i>Pre-board Examination</i>	
4th week	<i>Pre-board Examination</i>	
5th week	<i>Pre-board Examination</i>	

DECEMBER

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
1ST WEEK	<i>External Practical Examination</i>	
2ND WEEK	<i>External Practical Examination</i>	
3RD WEEK	<i>External Practical Examination</i>	
4TH WEEK	<i>External Practical Examination</i>	

SUBJECT: SOCIOLOGY (039)

MARCH

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<ul style="list-style-type: none"> ➤ <i>Patterns of Social Inequality and Exclusion</i> ➤ <i>The Challenges of Cultural Diversity</i> 	6+4	18+11
2ND WEEK	<ul style="list-style-type: none"> ➤ <i>Social Inequality and Social Exclusion</i> ➤ <i>Caste prejudice, Scheduled Castes & Other Backward Classes</i> 	
3RD WEEK	<ul style="list-style-type: none"> ➤ <i>Adivasi Struggles</i> ➤ <i>The Struggle for Women's Equality and Rights</i> 	
4TH WEEK	<ul style="list-style-type: none"> ➤ <i>The struggles of the Differently Abled</i> 	
5TH WEEK	<ul style="list-style-type: none"> ➤ <i>Cultural communities and the nation state</i> ➤ <i>Problems of Regionalism</i> 	

APRIL

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<ul style="list-style-type: none"> ➤ <i>The Challenges of Cultural Diversity</i> ➤ <i>Suggestions for Project Work</i> 	4+ Non-Evaluative	15+10
1ST WEEK	<i>The Nation state, religion related issues and identities</i>	
2ND WEEK	<i>Communalism And secularism</i>	
3RD WEEK	<i>State and Civil Society</i>	
4TH WEEK	<i>The nation state: Meaning & relevance in contemporary era.</i>	
5TH WEEK	<i>Suggestions for Project Work</i>	

MAY

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<ul style="list-style-type: none"> <i>Structural Change</i> <i>Cultural Change</i> 	6+6	8+12
1ST WEEK	<ul style="list-style-type: none"> ➤ <i>Colonialism</i> ➤ <i>Industrialization</i> 	
2ND WEEK	<ul style="list-style-type: none"> ➤ <i>Urbanization</i> 	
3RD WEEK	<ul style="list-style-type: none"> ➤ <i>Social Reform Movements and Laws</i> 	
4TH WEEK	<ul style="list-style-type: none"> ➤ <i>Different Kinds of Social Change:</i> ➤ <i>Sanskritisation,</i> ➤ <i>Westernization</i> 	
5TH WEEK	<ul style="list-style-type: none"> ➤ <i>Modernization</i> ➤ <i>Secularization</i> 	

JUNE

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<i>The Story of Indian Democracy</i>	6	16
1ST WEEK	<i>The Constitution as an instrument of Social Change</i>	
2ND WEEK	<i>Panchayati Raj and the Challenges of Social Transformation</i>	
3RD WEEK	<i>Political Parties, Pressure Groups and Democratic Politics</i>	
4TH WEEK	Mid-Term Examination	
5TH WEEK	Mid-Term Examination	

JULY

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<i>Project Work</i>	20	6
1ST WEEK	Mid-Term Examination	
2ND WEEK	Mid-Term Examination	
3RD WEEK	Summer Break	
4TH WEEK	Summer Break/ Cross Checking	
5TH WEEK	<i>Project Work</i> <ul style="list-style-type: none">✓ Overall format✓ Research design✓ Statement of Purpose✓ Research Question/Hypothesis✓ Methodology / Technique✓ Choice of technique✓ Detailed procedure for implementation of technique & Limitations of the techniques.✓ Conclusion	

AUGUST

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<i>Change and Development in Rural Society</i>	6	12
1ST WEEK	➤ <i>Land Reforms, Green Revolution and Emerging Agrarian society</i>	
2ND WEEK	➤ <i>Agrarian Structure: Caste & class in Rural India</i> ➤ <i>Land Reforms</i>	
3RD WEEK	➤ <i>Green revolution and its social consequences</i>	
4TH WEEK	➤ <i>Transformation in Rural Society</i>	
5TH WEEK	➤ <i>Globalization, Liberalization and Rural Society</i>	

SEPTEMBER

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<ul style="list-style-type: none"> ➤ <i>Change and Development in Industrial Society</i> ➤ <i>Globalization and Social Change</i> ➤ <i>Mass Media & Communication</i> 		6+6+10	12+10+6
1ST WEEK	<i>From Planned Industrialization to Liberalization</i>		
	<i>Getting a Job</i>		
	<i>Work Processes</i>		
2ND WEEK	<i>Globalization: Meaning and social analysis.</i>		
3RD WEEK	<i>Changing Nature of Mass Media</i>		
4TH WEEK	<i>Types of Mass Media: Radio, Television and Print Media</i>		
5TH WEEK	<i>Dimensions of Globalization</i>		

OCTOBER

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>Social Movements</i>		6	18
1ST WEEK	<i>Theories and Classification of Social Movements</i>		
2ND WEEK	<i>Environmental Movements</i>		
3RD WEEK	<i>Class-Based Movements: Workers, Peasants</i>		
4TH WEEK	<i>Caste-Based Movements: Dalit Movement, Backward Castes, Trends in Upper Caste Responses</i>		
5TH WEEK	<i>Tribal Movements</i>		
	<i>Women's Movements in Independent India</i>		

NOVEMBER

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>Social Movements</i>			
1ST WEEK	<i>Revision</i>		
2ND WEEK	<i>Revision</i>		
3RD WEEK	<i>Preboard Examination</i>		
4TH WEEK	<i>Preboard Examination</i>		
5TH WEEK	<i>Preboard Examination</i>		

DECEMBER

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
1ST WEEK	<i>External Practical Examination</i>		
2ND WEEK	<i>External Practical Examination</i>		
3RD WEEK	<i>External Practical Examination</i>		
4TH WEEK	<i>External Practical Examination</i>		

SUBJECT: ECONOMICS (030)

MARCH

UNITS / TOPICS	TEACHING PERIODS	MARKS
<i>PART A "Introductory Macroeconomics"</i> <i>UNIT 01: National Income and Related Aggregates.</i>	14	10
1ST WEEK	<i>What is Macroeconomics?</i> <i>Basic concepts in macroeconomics: consumption goods, capital goods, final goods, intermediate goods; stocks and flows; gross investment and depreciation.</i> <i>Circular flow of income (two sector model);</i>	
2ND WEEK	<i>Aggregates related to National Income:</i> <i>Gross National Product (GNP), Net National Product (NNP),</i>	
3RD WEEK	<i>Gross and Net Domestic Product (GDP and NDP) - at market price, at factor cost; Real and Nominal GDP.</i>	
4TH WEEK	<i>Methods of calculating National Income - Value Added or Product method, Expenditure method,</i>	
5TH WEEK	<i>Income method. GDP and Welfare</i>	

APRIL

UNITS / TOPICS	TEACHING PERIODS	MARKS
<i>UNIT 02: Money and Banking.</i>	14	06
1ST WEEK	<i>Money - meaning and supply of money - Currency held by the public and net demand deposits held by commercial banks.</i>	
2ND WEEK	<i>Money creation by the commercial banking system.</i>	
3RD WEEK	<i>Central bank and its functions (example of the Reserve Bank of India): Bank of issue, Govt. Bank, Banker's Bank, Control of Credit through Bank Rate,</i>	
4TH WEEK	<i>CRR, SLR, Repo Rate and Reverse Repo Rate, Open Market Operations, Margin requirement.</i>	
5TH WEEK	<i>Margin requirement (Contd.)</i>	

MAY

UNITS / TOPICS	TEACHING PERIODS	MARKS
<i>UNIT 03: Determination of Income and Employment</i>	14	12
1ST WEEK	<i>Aggregate demand and its components.</i> <i>Propensity to consume and propensity to save (average and marginal).</i>	
2ND WEEK	<i>Short-run equilibrium output; investment multiplier and its mechanism.</i>	

3RD WEEK	<i>Meaning of full employment and involuntary unemployment.</i>
4TH WEEK	<i>Problems of excess demand and deficient demand;</i>
5TH WEEK	<i>Measures to correct them - changes in government spending, taxes and money supply.</i>

JUNE

UNITS / TOPICS	TEACHING PERIODS	MARKS
<i>UNIT 04: Government Budget and the Economy</i>	<i>14</i>	<i>10</i>
1ST WEEK	<i>Government budget - meaning, objectives and components.</i>	
2ND WEEK	<i>Classification of receipts - revenue receipts and capital receipts; classification of expenditure – revenue expenditure and capital expenditure.</i>	
3RD WEEK	<i>Measures of government deficit - revenue deficit, fiscal deficit, primary deficit their meaning.</i>	
4TH WEEK	<i>Project preparation and checking (FOR 20 MARKS)</i>	
5TH WEEK	<i>Mid-Term Examination</i>	

JULY

UNITS / TOPICS	TEACHING PERIODS	MARKS
1ST WEEK	<i>Mid-Term Examination</i>	
2ND WEEK	<i>Mid-Term Examination</i>	
3RD WEEK	<i>Summer Break</i>	
4TH WEEK	<i>Summer Break/ Cross Checking</i>	
5TH WEEK	<i>Balance of payments account (Introduction)</i>	

AUGUST

UNITS / TOPICS	TEACHING PERIODS	MARKS
<i>UNIT 05: Balance of Payments</i>	<i>14</i>	<i>10</i>
1ST WEEK	<i>Balance of payments account - meaning and components; balance of payments deficit meaning.</i>	
2ND WEEK	<i>Foreign exchange rate - meaning of fixed and flexible rates and managed floating. Determination of exchange rate in a free market.</i>	
3RD WEEK	<i>PART "B" INDIAN ECONOMIC DEVELOPMENT:</i> <i>Brief introduction of the state of Indian economy on the eve of independence.</i>	
4TH WEEK	<i>Common goals of Five-Year Plans.</i>	
5TH WEEK	<i>Main features, problems and policies of agriculture (institutional aspects and new agricultural strategy, etc.)</i>	

SEPTEMBER

UNITS / TOPICS	TEACHING PERIODS	MARKS
<i>Economic Reforms since 1991:</i>		22
1 ST WEEK	<i>Industry (industrial licensing, etc.) and foreign trade.</i>	
2 ND WEEK	<i>Economic Reforms since 1991: Features and appraisals of Liberalisation, Globalisation And Privatisation (LPG policy); Concepts of demonetization and GST.</i>	
3 RD WEEK	<i>Poverty- absolute and relative; Main programmes for poverty alleviation: A critical assessment; Rural development: Key issues - credit and marketing - role of cooperatives; agricultural diversification; alternative farming - organic farming</i>	
4 TH WEEK	<i>Human Capital Formation: How people become resource; Role of human capital in economic development; Growth of Education Sector in India Employment: Formal and informal growth; problems and policies.</i>	
5 TH WEEK	<i>Infrastructure: Meaning and Types: Case Studies: Energy and Health: Problems and Policies- A critical assessment; Sustainable Economic Development: Meaning, Effects of Economic Development on Resources and Environment, including global warming.</i>	

OCTOBER

UNITS / TOPICS	TEACHING PERIODS	MARKS
<i>Development Experience of India:</i>		10
1 ST WEEK	<i>Development Experience of India: A comparison with neighbours India and Pakistan India and China. Issues: growth, population, sectoral development and other Human Development Indicators.</i>	
2 ND WEEK	<i>Project Work. For 20 Marks:</i>	
3 RD WEEK	<i>Post Mid Term Examination.</i>	
4 TH WEEK	<i>Post Mid Term Examination.</i>	
5 TH WEEK	<i>Post Mid Term Examination</i>	

NOVEMBER

UNITS / TOPICS	TEACHING PERIODS	MARKS
		NA
1 ST WEEK	<i>Revision</i>	
2 ND WEEK	<i>Revision</i>	
3 RD WEEK	<i>Preboard Examination</i>	
4 TH WEEK	<i>Preboard Examination</i>	
5 TH WEEK	<i>Preboard Examination</i>	

DECEMBER

UNITS / TOPICS		TEACHING PERIODS	MARKS
		NA	NA
1ST WEEK	<i>External Practical Examination</i>		
2ND WEEK	<i>External Practical Examination</i>		
3RD WEEK	<i>External Practical Examination</i>		
4TH WEEK	<i>Winter Break</i>		

SUBJECT: COMPUTER SCIENCE (083)

MARCH

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>Computer Networks</i>		<i>10</i>	<i>25</i>
2ND WEEK	<i>Network, Need of network. Types of networks Internet and WWW Client/Server introduction Wired and Wireless Networks</i>		
3RD WEEK	<i>Cloud introduction Private vs Public Cloud IoT introduction Networking Devices</i>		
4TH WEEK	<i>Network stack: Amplitude and frequency modulation. Collision in wireless networks Error checking</i>		
5TH WEEK	<i>IP Addressing (IPv4 and IPv6) MAC Address Concept of routing Routing table</i>		

APRIL

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>Computer Networks Contdd. Programming And Computational Thinking-2</i>		<i>30</i>	<i>70</i>
1STWEEK	<i>Network Protocols TCP (Basic idea of retransmission) IP protocol 2G, 3G, 4G, Wi-Fi</i>		
2ND WEEK	<i>DNS URL HTTP FTP SCP SSH POP/IMAP/SMTP VoIP/NFC</i>		
3RD WEEK	<i>Secure Communication Encryption HTTPS Basic Network tools</i>		

4TH WEEK	<i>Programming and Computational Thinking-2 Revision of Python Basics</i>
5TH WEEK	<i>Function Parameterized and non-parameterized functions Variable Scope (local and Global Variable)</i>

MAY

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<i>Programming And Computational Thinking-2 Contd.....</i>		
1ST WEEK	<i>Functions with default arguments Passing lists to a function Functions returning values Library functions (mathematical/string/random)</i>	
2ND WEEK	<i>Python libraries Create and import python libraries. Recursion Simple programs using recursion</i>	
3RD WEEK	<i>Factorial using recursion Fibonacci series, Binary search using recursion</i>	
4TH WEEK	<i>Files Text file vs Binary file Open and Closing a file Read, write and Append to a file.</i>	
5TH WEEK	<i>Standard input, output and error streams. Relative and Absolute paths.</i>	

JUNE

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<i>Programming And Computational Thinking-2 Contd.....</i>		
1ST WEEK	<i>Time Complexity Calculating the time complexity of various programs.</i>	
2ND WEEK	<i>Data Visualization Concept of Matplotlib library PyPlot module Concept of charts (Bar chart/Pie chart/Line chart) Data visualization using line chart/bar chart/pie chart</i>	
3RD WEEK	<i>Lists and List operations</i>	
4TH WEEK	<i>Mid – Term Examination</i>	
5TH WEEK	<i>Mid – Term Examination</i>	

JULY

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
Programming And Computational Thinking-2 Contd.....			
1 ST WEEK	<i>Mid – Term Examination</i>		
2 ND WEEK	<i>Mid – Term Examination</i>		
3 RD WEEK	<i>Summer Break</i>		
4 TH WEEK	<i>Summer Break/ Cross Checking</i>		
5 TH WEEK	<i>Stack and Queue</i>		

AUGUST

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>Data Management - 2</i>		<i>15</i>	<i>30</i>
1 st WEEK	<i>Revision of SQL queries</i>		
2 ND WEEK	<i>Where, having, group by and order by clause Interfacing python with MySQL</i>		
3 RD WEEK	<i>Django introduction Web framework</i>		
4 TH WEEK	<i>Django Architecture How to install Django and its virtual environment Django GET and POST methods Simple web applications using django</i>		
5 TH WEEK	<i>Writing on to flat file. Writing on to CSV file.</i>		

SEPTEMBER

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>Society, Law And Ethics-2 Project Work</i>		<i>10</i>	<i>5</i>
1 ST WEEK	<i>Intellectual property rights (plagiarism, digital rights management, Licensing. Privacy laws, frauds Cyber crimes Cyber Forensics Technology and Society E-Waste Management Identity theft, unique id's and Biometrics Gender and Disability issues</i>		
2 ND WEEK	<i>Project based of python and Data Management</i>		

3RD WEEK	<i>Project based of python and Data Management</i>
4TH WEEK	<i>Project based of python and Data Management</i>
5TH WEEK	<i>Project based of python and Data Management</i>

OCTOBER

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<i>PROJECT WORK</i>		
1ST WEEK	<i>Project based of python and Data Management</i>	
2ND WEEK	<i>Project based of python and Data Management</i>	
3RD WEEK	<i>Post-Mid Examination</i>	
4TH WEEK	<i>Post-Mid Examination</i>	
5TH WEEK	<i>Post-Mid Examination</i>	

NOVEMBER

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
1ST WEEK	<i>Project based of python and Data Management</i>	
2ND WEEK	<i>Project based of python and Data Management</i>	
3RD WEEK	<i>Preboard Examination</i>	
4TH WEEK	<i>Preboard Examination</i>	
5TH WEEK	<i>Preboard Examination</i>	

DECEMBER

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
1ST WEEK	<i>External Practical Examination</i>	
2ND WEEK	<i>External Practical Examination</i>	
3RD WEEK	<i>External Practical Examination</i>	
4TH WEEK	<i>External Practical Examination</i>	

SUBJECT: PSYCHOLOGY (037)

MARCH

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<i>Chapter 1: Variations in Psychological Attributes</i>	9	21
2ND WEEK	<i>Introduction to Variations in Psychological Attributes. Individual Differences in Human functioning. Assessment of Psychological Attributes. Intelligence.</i>	
3RD WEEK	<i>Psychometric Theories of Intelligence. Information Processing Theory. Theory of Multiple Intelligences.</i>	
4TH WEEK	<i>Triarchic Theory of Intelligence. PASS Model of Intelligence. Individual differences in Intelligence.</i>	
5TH WEEK	<i>Culture and Intelligence.</i>	

APRIL

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<i>Chapter 2: Self & Personality</i>	10	26
1ST WEEK	<i>Emotional Intelligence. Special Abilities. Creativity. Introduction to Self and Personality. Concept of Self. Cognitive and Behavioural aspects of Self.</i>	
2ND WEEK	<i>Culture and Self. Concept of Personality. Type Approach to the study of personality. Trait Approach. Psychodynamic Approach.</i>	
3RD WEEK	<i>Behavioural Approach. Cultural Approach. Humanistic Approach. Assessment of Personality. Self-Report Measures.</i>	
4TH WEEK	<i>Projective Techniques. Behavioural Techniques. Introduction to Meeting Life Challenges.</i>	
5TH WEEK	<i>Nature of Stress.</i>	

MAY

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>Chapter 3: Meeting Life Challenges</i>		7	26
1 ST WEEK	<i>Types and Sources of Stress. Effects of Stress on Psychological Health. Stress and Health. General Adaptation Syndrome.</i>		
2 ND WEEK	<i>Stress and Immune System. Lifestyle. Coping with Stress. Stress Management Techniques.</i>		
3 RD WEEK	<i>Promoting positive health and well-being. Introduction to Psychological Disorders. Concepts of Abnormality and Psychological Disorders. Historical Background.</i>		
4 TH WEEK	<i>Classification of Psychological Disorders. Factors underlying abnormal behaviour. Major Psychological Disorders.</i>		
5 TH WEEK	<i>Anxiety Disorder.</i>		

JUNE

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>Chapter 4: Psychological Disorders</i>		10	18
1 ST WEEK	<i>Obsessive-Compulsive and related Disorders. Trauma and Stressor-related Disorders. Somatic Symptom and related Disorders. Dissociative Disorders.</i>		
2 ND WEEK	<i>Depressive Disorder. Bipolar and related Disorders. Schizophrenia spectrum and other Psychotic Disorders. Neurodevelopmental Disorders.</i>		
3 RD WEEK	<i>Disruptive, Impulse-control and Conduct Disorders. Feeding and Eating Disorders.</i>		
4 TH WEEK	<i>Mid – Term Examination</i>		
5 TH WEEK	<i>Mid – Term Examination</i>		

JULY

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>Contd...</i>		0	0
1 ST WEEK	<i>Mid – Term Examination</i>		

2ND WEEK	<i>Mid – Term Examination</i>
3RD WEEK	<i>Summer Break</i>
4TH WEEK	<i>Cross Checking</i>
5TH WEEK	<i>Substance related and Addictive Disorders. Practicals</i>

AUGUST

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>Chapter 5: Therapeutic Approaches.</i>		7	24
1ST WEEK	<i>Nature and process of Psychotherapy. Therapeutic relationship. Types of Therapy. Psychodynamic therapy.</i>		
2ND WEEK	<i>Behaviour Therapy. Cognitive Therapy. Humanistic-existential Therapy. Bio-medical Therapy. Alternative Therapies.</i>		
3RD WEEK	<i>Rehabilitation of the Mentally ill. Introduction to Attitude and Social Cognition. Explaining Social Behaviour. Nature and Components of Attitudes.</i>		
4TH WEEK	<i>Attitude Formation and Change. Prejudice and Discrimination. Strategies for handling Prejudice.</i>		
5TH WEEK	<i>Social Cognition.</i>		

SEPTEMBER

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>Chapter 6: Attitude and Social Cognition Chapter 7: Social Influences & Group Processes</i>		8+7	26
1ST WEEK	<i>Schemas and Stereotypes. Impression formation and Attribution. Attribution of Causality. Behaviour in presence of others. Pro-Social Behaviour.</i>		
2ND WEEK	<i>Factors affecting Pro-social Behaviour. Introduction to Social Influences and Group Processes. Nature and formation of Groups. Types of Groups.</i>		

	<i>Project Work</i>
3RD WEEK	<i>Influence of Group on Individual Behaviour. Social Loafing. Group Polarisation. Conformity, Compliance and Obedience. Cooperation and Competition.</i>
4TH WEEK	<i>Social Identity. Intergroup Conflict: Nature and Causes. Conflict Resolution Strategies. Psychology and Life: Introduction.</i>
5TH WEEK	<i>Human-Environment Relationship.</i>

OCTOBER

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>Chapter 8: Psychology & Life Chapter 9: Developing Psychological Skills</i>		6+6	12
1ST WEEK	<i>Environmental Effects on Human Behaviour. Promoting Pro-environmental Behaviour. Psychology and Social Concerns. Practicals</i>		
2ND WEEK	<i>Developing Psychological Skills. General Skills. Observational Skills. Specific Skills. Interviewing Skills. Counselling Skills.</i>		
3RD WEEK	<i>Post-Mid Examination</i>		
4TH WEEK	<i>Post-Mid Examination</i>		
5TH WEEK	<i>Post-Mid Examination</i>		

NOVEMBER

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>Revision</i>		30	12
1ST WEEK	<i>Revision</i>		
2ND WEEK	<i>Revision</i>		
3RD WEEK	<i>Preboard Examination</i>		
4TH WEEK	<i>Preboard Examination</i>		
5TH WEEK	<i>Preboard Examination</i>		

DECEMBER

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
		0	
1 ST WEEK	<i>External Practical Examination</i>		
2 ND WEEK	<i>External Practical Examination</i>		
3 RD WEEK	<i>External Practical Examination</i>		
4 TH WEEK	<i>External Practical Examination</i>		

SUBJECT: PAINTING (049)

MARCH

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
		70/30	08
2 ND WEEK	<i>Practicals :Nature and Object Study</i> <i>Theory: Fundamentals of Art</i>		
3 RD WEEK	<i>Practicals :Nature and Object Study</i> <i>Theory: Fundamentals of Art</i>		
4 TH WEEK	<i>Practicals :Nature and Object Study</i> <i>Theory: Fundamentals of Art</i>		
5 TH WEEK	<i>Practicals :Nature and Object Study</i> <i>Theory: Introduction of Indian Miniature Paintings.</i>		

APRIL

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
		70/30	08
1 ST WEEK	<i>Practicals :Nature and Object Study</i> <i>Theory: Introduction of Indian Miniature Paintings.</i>		
2 ND WEEK	<i>Practicals :Quick Life Sketching</i> <i>Theory: The Rajasthani School of Miniature Paintings</i>		
3 RD WEEK	<i>Practicals :Quick Life Sketching</i> <i>Theory: The Rajasthani School of Miniature Paintings</i>		
4 TH WEEK	<i>Practicals :Quick Life Sketching</i> <i>Theory: The Rajasthani School of Miniature Paintings</i>		
5 TH WEEK	<i>Practicals :Quick Life Sketching</i> <i>Theory: The Rajasthani School of Miniature Paintings</i>		

MAY

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
		70/30	08
1 ST WEEK	<i>Practicals :Colour Composition</i> <i>Theory: The Pahari School of art</i>		
2 ND WEEK	<i>Practicals :Colour Composition</i> <i>Theory: The Pahari School of art</i>		
3 RD WEEK	<i>Practicals :Colour Composition</i> <i>Theory: The Pahari School of art</i>		
4 TH WEEK	<i>Practicals :Colour Composition</i> <i>Theory: The Pahari School of art</i>		
5 TH WEEK	<i>Practicals :Still life</i> <i>Theory: Mughal School of Miniature art</i>		

JUNE

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
		70/30	08
1 ST WEEK	<i>Practicals :Still life</i> <i>Theory: Mughal School of Miniature art</i>		
2 ND WEEK	<i>Practicals :Still life</i> <i>Theory: Mughal School of Miniature art</i>		
3 RD WEEK	<i>Practicals :Still life</i> <i>Theory: Mughal School of Miniature art</i>		
4 TH WEEK	<i>Mid – Term Examination</i>		
5 TH WEEK	<i>Mid – Term Examination</i>		

JULY

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
		70/30	08
1 ST WEEK	<i>Mid – Term Examination</i>		
2 ND WEEK	<i>Mid – Term Examination</i>		
3 RD WEEK	<i>Summer Break</i>		
4 TH WEEK	<i>Summer Break/ Cross Checking</i>		
5 TH WEEK	<i>Practicals :Outdoor Sketching</i> <i>Theory: The Deccan School of Painting</i>		

AUGUST

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
		70/30	08
1 st WEEK	<i>Practicals :Outdoor Sketching</i> <i>Theory: The Deccan School of Painting</i>		
2 ND WEEK	<i>Practicals :Outdoor Sketching</i> <i>Theory: The Deccan School of Painting</i>		
3 RD WEEK	<i>Practicals :Outdoor Sketching</i> <i>Theory: Evolution of Indian National Flag.</i>		
4 TH WEEK	<i>Practicals :Outdoor Sketching</i> <i>Theory: Evolution of Indian National Flag.</i>		
5 TH WEEK	<i>Practicals :Outdoor Sketching</i> <i>Theory: The Bengal School of Painting</i>		

SEPTEMBER

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
		70/30	08
1 ST WEEK	<i>Practicals :Outdoor Sketching Theory: The Bengal School of Painting</i>		
2 ND WEEK	<i>Practicals :Outdoor Sketching Theory: SLIDE STUDY OF SOME Bengali School of art.</i>		
3 RD WEEK	<i>Practicals :Colour Figurative Composition Theory: SLIDE STUDY OF SOME Bengali School of art.</i>		
4 TH WEEK	<i>Practicals :Colour Figurative Composition Theory: Contribution of Indian Artists in the struggle for National Freedom Movement</i>		
5 TH WEEK	<i>Practicals :Colour Figurative Composition Theory: Contribution of Indian Artists in the struggle for National Freedom Movement</i>		

OCTOBER

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
		70/30	08
1 ST WEEK	<i>Practicals :Canvas Painting Theory: Modern trends in Indian art</i>		
2 ND WEEK	<i>Practicals :Canvas Painting Theory: Paintings and Sculptures of the Contemporary Modern Indian Artists</i>		
3 RD WEEK	<i>Post-Mid Examination</i>		
4 TH WEEK	<i>Post-Mid Examination</i>		
5 TH WEEK	<i>Post-Mid Examination</i>		

NOVEMBER

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
		70/30	08
1 ST WEEK	<i>Practicals : Final preparations of FINE ARTS PORTFOLIO Theory: Paintings and Sculptures of the Contemporary Modern Indian Artists</i>		
2 ND WEEK	<i>Revision.</i>		
3 RD WEEK	<i>Preboard Examination</i>		
4 TH WEEK	<i>Preboard Examination</i>		
5 TH WEEK	<i>Preboard Examination</i>		

DECEMBER

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
		70/30	08
1 ST WEEK	<i>Final External examination</i>		
2 ND WEEK	<i>Final External examination</i>		
3 RD WEEK	<i>Final External examination</i>		
4 TH WEEK	<i>Final External examination</i>		

SUBJECT: PHYSICAL EDUCATION (048)

MARCH

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>PLANNING IN SPORTS</i>		8	10
2 ND WEEK	<i>Meaning and objectives of planning. Various committee and its responsibilities.</i>		
3 RD WEEK	<i>Tournament knockout, league and combination. Procedure to draw fixtures (bye and seeding)</i>		
4 TH WEEK	<i>Intramural and extramural meaning objective and its significance.</i>		
5 TH WEEK	<i>Specific sports programme, sports day health run, run for fun, run for unity.</i>		

APRIL

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>SPORTS AND NUTRITION. YOGA AND LIFESTYLE.</i>		6	4
		5	4
1 ST WEEK	<i>Balanced diet and nutrition: micro and macro nutrients. Nutritive and non nutritive components of diet.</i>		
2 ND WEEK	<i>Eating for diet control, a healthy weight the pitfalls of dieting Food intolerance and food myths.</i>		
3 RD WEEK	<i>Sports nutrition and its effect on performance. Food supplements for children.</i>		
4 TH WEEK	<i>Asanas as preventive measures. Obesity procedure, benefits and contraindications for Vajrasana, Hastasana, Trikonasana, Ardhmatsyendrasan.</i>		
5 TH WEEK	<i>Diabetes procedure benefits and contraindications for bhujangasana, paschimottasana,</i>		

MAY

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>YOGA AND LIFESTYLE (Contd.) PHYSICAL EDUCATION AND SPORTS FOR DIFFERENTLY ABLED.</i>		6	5
1ST WEEK	<i>Asthma procedure benefits and contraindications for suhasana, chakrasana, gomukhasana, paratasana, bhujangasana, paschimottasana, matsyasana.</i>		
2ND WEEK	<i>Hypertension :Tadasana, Vajrasana, pavanmuktasana, Back pain: Tadasanaardhmatsyendrasana, vakrasana, shalabhasana, bhujangasana.</i>		
3RD WEEK	<i>PE Practicals (Athletics)</i>		
4TH WEEK	<i>Concept of disability and disorder. Types of disability, its causes and nature (cognitive disability, intellectual disability, physical disability.)</i>		
5TH WEEK	<i>Types of disorder: its causes and nature (ADHD, SPD,ASD, ODD,OCD)</i>		

JUNE

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>PHYSICAL EDUCATION AND SPORTS FOR DIFFERENTLY ABLED contd.</i>			
1ST WEEK	<i>Disability etiquettes. Advantages of physical activities for children with special needs.</i>		
2ND WEEK	<i>Strategies to make physical activities accessible for children with special need.</i>		
3RD WEEK	<i>PE Practicals (Athletics)</i>		
4TH WEEK	<i>PE Practicals (Athletics)</i>		
5TH WEEK	<i>Mid – Term Examination</i>		

JULY

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>MIDTERM EXAMINATION</i>			<i>1</i>
1STWEEK	<i>Mid – Term Examination</i>		
2ND WEEK	<i>Mid – Term Examination</i>		
3RD WEEK	<i>Summer Break</i>		
4TH WEEK	<i>Summer Break/ Cross Checking</i>		
5TH WEEK	<i>PE Practicals (Athletics)</i>		

AUGUST

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>CHILDREN AND SPORTS.</i>		6	7
<i>WOMEN AND SPORTS.</i>		5	5
1ST WEEK	<i>Motor development and factors affecting it. Exercise guidelines at different stages of growth and development. Advantages and disadvantages of weight training.</i>		
2ND WEEK	<i>Concept and advantages of correct posture. Causes of bad posture.</i>		
3RD WEEK	<i>Common postural deformity, knock knee, flat foot, round shoulder, lordosis, kyphosis, bow legs, and scoliosis. Correct measures for postural deformities.</i>		
4TH WEEK	<i>Sports performance of women in India. Special consideration(menarche, menstrual, dysfunction, pregnancy, menopause)</i>		
5TH WEEK	<i>Female athletic triad (Anemia, osteoporosis, amenorrhea.) Psychological aspect of women athlete. Sociological aspects of sports participation.</i>		

SEPTEMBER

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>TEST AND MEASUREMENT.</i>		6	7
<i>PHYSIOLOGY AND SPORTS.</i>		5	5
1ST WEEK	<i>Computation of fat percentage. Slaughter- lohman children skin fold measurement. Measurement of muscular strength –kraus weber test. Motor fitness test. AAPHER. General motor fitness</i>		
2ND WEEK	<i>Measurement of cardiovascular fitness. Computation of fitness index. Rikli and jones senior citizen fitness test. Chair stand test for lower body strength. Arm curl test</i>		
3RD WEEK	<i>Chair sit and reach test for upper body strength. Eight foot up and go test for agility. Six minute walk test for aerobic endurance.</i>		
4TH WEEK	<i>Gender difference in physical and physiological parameters. Physiological factors determining component of physical fitness. Effect of exercise on cardiovascular system.</i>		
5TH WEEK	<i>Effect of exercise on respiratory system. Effect of exercise on muscular system. Physiological changes due to ageing. Role of physical activity in maintaining functional fitness in aged population.</i>		

OCTOBER

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<i>SPORTS MEDICINE.</i>	5	4
<i>KINESIOLOGY BIOMECHANICS AND SPORTS.</i>	7	7
1ST WEEK	<i>Concept aim and scope of sports medicine. Sports injuries classification causes and prevention. First Aid aim and objective. Management of injuries. Projectile and factors affecting projectile trajectory. Newton's laws of motion and their application in sports.</i>	
2ND WEEK	<i>Aerodynamics principles Friction and sports. Introduction to Axes and plane. Types of movements (flexion ,extension, abduction and adduction) Major muscle involved in running jumping and throwing.</i>	
3RD WEEK	<i>Post-Mid Examination</i>	
4TH WEEK	<i>Post-Mid Examination</i>	
5TH WEEK	<i>Post-Mid Examination</i>	

NOVEMBER

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<i>PSYCHOLOGY AND SPORTS.</i>	5	4
<i>TRAINING IN SPORTS</i>	6	6
1ST WEEK	<i>Understanding stress and coping strategies Personality its definition and types. Motivation its type and techniques. Self esteem and body image. Psychological benefits of exercise. Meaning concept and types of aggressions in sports.</i>	
2ND WEEK	<i>Strength definition types and methods Endurance definition types and methods. Speed definition types and methods Flexibility definition types and methods Coordinative abilities definition and types. Circuit training and high altitude training introduction and its impact.</i>	
3RD WEEK	<i>Preboard Examination</i>	
4TH WEEK	<i>Preboard Examination</i>	
5TH WEEK	<i>Preboard Examination</i>	

DECEMBER

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
1ST WEEK	<i>External Practical Examination</i>		
2ND WEEK	<i>External Practical Examination</i>		
3RD WEEK	<i>External Practical Examination</i>		
4TH WEEK	<i>External Practical Examination</i>		