



DELHI PUBLIC SCHOOL GAYA

(Under the aegis of the Delhi Public School Society, New Delhi)
Affiliated to C.B.S.E., New Delhi Affiliation No.330530, School Code – 65572

SPLIT-UP SYLLABUS FOR CLASS-XII FOR THE ACADEMIC SESSION: 2023-24

Subject : English Core (301)

Prescribed Book :- 1. Flamingo
2. Vistas

Month	No. of Working Days	Examination (As per the School Policy)	Chapters/Topics	Tentative No. of Periods Required	Activities Proposed
April	20		<ul style="list-style-type: none"> The Last Lesson (Flamingo) Lost Spring (Flamingo) The Third Level (Vistas) End of the Topic Test 	3 4 3 3	<ul style="list-style-type: none"> Brainstorming Extempore
May	11		<ul style="list-style-type: none"> My Mother at Sixty-Six (Flamingo) Keeping Quiet (Flamingo) Notice Formal Letter End of the Topic Test 	2 3 2 2 2	<ul style="list-style-type: none"> Group Discussion
June	14	Periodic Test-I	<ul style="list-style-type: none"> The Tiger King (Vistas) Deep Water (Flamingo) Journey to the End of the Earth (Vistas) End of the Topic Test 	3 3 3 2	<ul style="list-style-type: none"> Debate
July	24		<ul style="list-style-type: none"> The Rattrap (Flamingo) The Enemy (Vistas) A Thing of Beauty (Flamingo) Invitation Article Writing End of the Topic Test 	5 5 3 3 3 3	<ul style="list-style-type: none"> Role Play
August	23		<ul style="list-style-type: none"> Indigo (Flamingo) On the Face of It (Vistas) A Roadside Stand (Flamingo) Aunt Jennifer's Tigers (Flamingo) End of the Topic Test 	3 5 2 2 3	<ul style="list-style-type: none"> Extempore ASL

September	24	Mid-Term/ Periodic Test-II	<ul style="list-style-type: none"> Poets and Pancakes (Flamingo) The Interview (Flamingo) Going Places (Flamingo) Report Writing End of the Topic Test 	4 4 4 3 3	<ul style="list-style-type: none"> ASL Mock Interview
October	19		<ul style="list-style-type: none"> Memories of Childhood (Vistas) End of the Topic Test Revision 	4 1	
November	15		Revision		
December	21	Pre-Board-I	Revision		
January	21	Pre-Board-II	Revision		
February	22		Revision		

विषय : हिंदी (302)

निर्धारित पुस्तकें –

- आरोह भाग –2 (NCERT)
- वितान भाग –2 (NCERT)
- अभिव्यक्ति और माध्यम (NCERT)

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Unit (Entire Book to be covered)	Tentative No. of Periods Required	Activities Proposed
अप्रैल	20		<u>आरोह गद्य खंड:-</u> 1. भक्तिन 2. बाज़ार दर्शन <u>आरोह काव्य खंड :-</u> (क) आत्मपरिचय (ख) एक गीत कक्षा-जाँच	04 04 02 02 03	<ul style="list-style-type: none"> हाथ से बनी किसी वस्तु की बिक्री के लिए विज्ञापन बनाना।
मई	11		वितान: सिल्वर वैडिंग कक्षा-जाँच	06 01	<ul style="list-style-type: none">
जून	14	Periodic Test-I	<u>आरोह काव्य खंड :-</u> पतंग अभिव्यक्ति और माध्यम विभिन्न माध्यमों के लिए लेखन पत्रकारीय लेखन के विभिन्न रूप और लेखन प्रक्रिया	02 03 03	<ul style="list-style-type: none"> 'विद्यालय के वार्षिकोत्सव' पर प्रतिवेदन तैयार करना।

			कक्षा-जाँच	03	
जुलाई	24		<u>आरोह काव्य खंड:-</u> (क) कविता के बहाने (ख) बात सीधी थी पर <u>आरोह गद्य खंड</u> काले मेघा पानी दे वितान : जूझ अभिव्यक्ति और माध्यम: कहानी का नाट्य रूपांतरण कक्षा-जाँच	02 02 03 05 02 04	<ul style="list-style-type: none"> ‘भक्तिन’ कहानी का नाट्य रूपांतरण करना।
अगस्त	23		<u>आरोह गद्य खंड:</u> पहलवान की ढोलक शिरीष के फूल <u>आरोह काव्य खंड:-</u> कैमरे में बंद अपाहिज वितान: अतीत में दबे पाँव कक्षा-जाँच	03 03 02 05 03	<ul style="list-style-type: none"> ‘भारतीय लोक कला’ पर एक परियोजना तैयार करना।
सितम्बर	24	Mid-Term/ Periodic Test-II	<u>आरोह काव्य खंड :</u> उषा कवितावली (उत्तर कांड से) लक्ष्मण मूर्छा और राम का विलाप अभिव्यक्ति और माध्यम: नये और अप्रत्यक्षित विषयों पर लेखन कक्षा-जाँच	02 03 03 03 03	<ul style="list-style-type: none"> किसी एक अपाहिज व्यक्ति का काल्पनिक साक्षात्कार कक्षा में प्रस्तुत करना।
अक्टूबर	19		<u>आरोह गद्य खंड:-</u> श्रम-विभाजन और जाति प्रथा मेरी कल्पना का आदर्श समाज <u>आरोह काव्य खंड:</u> रुबाइयाँ छोटा मेरा खेत	02 02 02 02	<ul style="list-style-type: none"> ‘शिरीष के फूल के उपयोग’ पर आधारित एक परियोजना तैयार करना।

			बगुलों के पंख अभिव्यक्ति और माध्यम: विशेष लेखन: स्वरूप और प्रकार कक्षा-जाँच	02 02 04	
नवम्बर	15		पुनरावृत्ति		<ul style="list-style-type: none"> 'जाति-प्रथा' के आधार पर श्रम विभाजन' विषय पर वाद-विवाद कराना ।
दिसम्बर	21	Pre-Board-I	पुनरावृत्ति		
जनवरी	21	Pre-Board-II	पुनरावृत्ति		
फरवरी	22		पुनरावृत्ति		

Subject : Mathematics (041)

Prescribed Book :- 1. Mathematics Textbook For Class XII- Part 1 (NCERT)
2. Mathematics Textbook For Class XII-Part 2 (NCERT)

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters /Unit (Entire Book to be Covered)	Tentative No. of Periods Required	Activities Proposed
April	20		<ul style="list-style-type: none"> Matrices Determinants Relation and Function Inverse Trigonometric Function End of the Topic Test 	06 06 03 03 02	
May	11		<ul style="list-style-type: none"> Continuity and Differentiability Differentiation End of the Topic Test 	03 07 01	
June	14	Periodic Test-I	<ul style="list-style-type: none"> Differentiation (cont...) Application of Derivatives End of the Topic Test 	03 10 02	
July	24		<ul style="list-style-type: none"> Integrals Application of integrals End of the Topic Test 	16 06 02	
August	23		<ul style="list-style-type: none"> Application of integrals (cont...) Differential Equations Vector Algebra End of the Topic Test 	03 11 07 02	

September	24	Mid-Term/ Periodic Test-II	<ul style="list-style-type: none"> • Vector Algebra cont... • Three Dimensional Geometry • End of the Topic Test 	08 14 02	
October	19		<ul style="list-style-type: none"> • Linear Programming • Probability • End of the Topic Test 	05 13 02	
November	15		<ul style="list-style-type: none"> • Probability cont... • End of the Topic Test 	04 01	
December	21	Pre-Board-I	• Revision		
January	21	Pre-Board-II	• Revision		
February	22		• Revision		

Subject : Physics (042)

Prescribed Book :- (1) NCERT,
(2) S.L. ARORA
(3) H.C. VERMA

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Unit (Entire Book to be covered)	Tentative No. of Periods Required	Activities Proposed
April	20		Electrostatic Charge / field Electrostatic Potential Capacitor End of the Topic Test	07 06 07 02	
May	11		Capacitor End of the Topic Test	04 01	<u>Sec. A [Experiment]</u>
June	14	Periodic Test-I	Current Electricity End of the Topic Test	12 01	Exp-1 [Resistance]
July	24		Current Electricity Moving charge and magnetism Magnetism & matter End of the Topic Test	05 15 05 02	Exp-2 [Resistivity]
August	23		Magnetism & matter Earth Magnetism Electromagnetic induction End of the Topic Test	05 03 14 02	Exp-3 [Meter bridge] Exp-4 [Potentiometer] Exp-5 [Potentiometer]

September	24	Mid-Term/ Periodic Test-II	Dual Nature of matter & Radiation Semiconductor Electronics End of the Topic Test	04 17 02	Sec. B [Experiment] Exp-1 [Focal length of convex lens] Exp-2 [Focal length of concave lens] Exp-3 [Refractive index of prism] Exp-4 [P N junction Diode]
October	19		Atoms Nuclei End of the Topic Test	05 07 02	
November	15		Ray Optics and Wave Optics End of the Topic Test	22 02	
December	21	Periodic Test-II	Revision		
January + February	21 + 22	Pre-Board-I & II			

Subject : Chemistry (043)

Text Books: 1. Text Book of Chemistry Part I and II (NCERT)
2. Laboratory Manual of Chemistry (NCERT)

Reference Books: 1. All in One Chemistry (Arihant Publication)
2. ABC of Chemistry (Modern Publication)
3. Basic Chemistry (Bharati Bhawan Publication)

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Unit Contents	Tentative No. of Periods	Activities & Projects
April	20		Unit 2: 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. Topic Test at the end of Chapter (1-period)	02 02 02 02 02 02 02 02 01	<ul style="list-style-type: none"> Make the list of all formulae on a chart paper. Prepare the sugar & water solution.

May	11		Unit 3: Electrochemistry Redox reactions, 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, 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, fuel cells, corrosion. Topic Test at the end of Chapter (1-period)	02 02 02 02 02	<ul style="list-style-type: none"> Preparation of charts on E_0 of various metals. Write the name of redox reactions from your day to day life.
June	14		Unit 4: 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 order reactions), concept of collision theory (elementary idea, no mathematical treatment), Activation energy, Arrhenius equation. Periodic Test at the end of Chapter (1-period)	02 02 02 02 02 02	<ul style="list-style-type: none"> Study of the effect of concentration and temperature on the rate of reaction between Sodium Thiosulphate and Hydrochloric acid.
July	24	Periodic Test-I	Unit 8: d & f Block Elements General introduction, electronic configuration, occurrence and characteristics of transition metals, general trends of 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 $K_2Cr_2O_7$ and $KMnO_4$. Lanthanoids – Electronic configuration, oxidation states, chemical reactivity and lanthanoid contraction and its consequences. Actinoids – Electronic configuration, oxidation states and comparison with lanthanoids. Unit 9: Coordination Compounds Coordination compounds - Introduction, ligands, coordination number, colour, magnetic properties and shapes, IUPAC nomenclature of mononuclear coordination compounds. Topic Test at the end of Chapter (1-Period)	02 02 02 02 02 02 02 02 02 02 02 01	<ul style="list-style-type: none">
August	23		Bonding, Werner's theory, VBT, and CFT; structure and stereo isomerism, importance of coordination compounds (in qualitative	02 02	<ul style="list-style-type: none">

			<p>inclusion, extraction of metals and biological system).</p> <p>Unit 10: Haloalkanes & Haloarenes</p> <p>Haloalkanes:</p> <p>Nomenclature, nature of C-X bond, physical and chemical properties, optical rotation mechanism of substitution reactions.</p> <p>Topic Test at the end of Chapter (1-Period)</p>	<p>02</p> <p>02</p> <p>02</p> <p>02</p> <p>02</p> <p>02</p> <p>02</p> <p>02</p> <p>01</p>	
September	24	Mid-Term/ Periodic Test-II	<p>Haloarenes:</p> <p>Nature of C -X bond, substitution reactions (Directive influence of halogen in monosubstituted compounds only). Uses and environmental effects of - dichloromethane, trichloromethane, tetra chloromethane, iodoform, freons & DDT.</p> <p>Unit 11: Alcohols, Phenols &Ethers</p> <p>Alcohols:</p> <p>Nomenclature, methods of preparation, physical and chemical properties(of primary alcohols only), identification of primary, secondary and tertiary alcohols, mechanism of dehydration, uses with special reference to methanol and ethanol.</p> <p>Phenols:</p> <p>Nomenclature, methods of preparation, physical and chemical properties, acidic nature of phenol, electrophillic substitution reactions, uses of phenols. Ethers:</p> <p>Nomenclature, methods of preparation, physical and chemical properties, uses.</p> <p>Unit 12: Aldehydes, Ketones &Carboxylic Acids</p> <p>Aldehydes and Ketones:</p> <p>Nomenclature, nature of carbonyl group, methods of preparation, physical and chemical properties, mechanism of nucleophillic addition, reactivity of alpha hydrogen in aldehydes, uses.</p>	<p>02</p> <p>02</p> <p>02</p> <p>02</p> <p>02</p> <p>02</p> <p>02</p> <p>02</p> <p>02</p> <p>02</p> <p>01</p>	<ul style="list-style-type: none"> Value based questions on the use of CH_2Cl_2, CHCl_3, CCl_4, DDT, Freons, and other haloalkanes.

			Carboxylic Acids: Nomenclature, acidic nature, methods of preparation, physical and chemical properties, uses. Topic Test at the end of Chapter (1-Period)		
October	19		Unit 13: Organic Compounds containing Nitrogen Amines: Nomenclature, classification, structure, methods of preparation, physical and chemical properties, uses, identification of primary, secondary and tertiary amines. Diazonium salts: Preparation, chemical reactions and importance in synthetic organic chemistry. Unit 14: Biomolecules Carbohydrates - Classification (aldoses and ketoses), monosaccharides (glucose and fructose), D-L configuration oligosaccharides (sucrose, lactose, maltose), polysaccharides (starch, cellulose, glycogen) importance. Proteins - Elementary idea of α - amino acids, peptide bond, polypeptides, proteins, structure of proteins - primary, secondary, tertiary structure and quaternary structures (qualitative idea only), denaturation of proteins; enzymes. Hormones - Elementary idea excluding structure. Revision of Syllabus. Topic Test at the end of Chapter (1-Period)	02 02 02 02 02 02 02 02 01	<ul style="list-style-type: none"> Detection of functional group present in different organic compounds. -COOH, -CHO, =CO, -NH₂, -OH, Phenolic -OH, -O-, Alcoholic -OH
November	15		Revision	15	<ul style="list-style-type: none"> 1. Practice of road map of conversions and assignment on conversions. 2. Practice of word problems. 3. Practice of IUPAC nomenclature.
December	21	Pre-Board-I	Pre Board-I	21	•
January	21	Pre-Board-II			•
February	22				•

Subject : Biology (044)

Prescribed Book :- 1. NCERT

2. Laboratory Manual in Biology Comprehensive

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters /Unit (Entire Book to be Covered)	Tentative No. of Periods Required	Activities Proposed
April	20		<ul style="list-style-type: none"> Sexual Reproduction in Flowering Plants. Human Reproduction. Reproductive health (Cont.) End topic test - I 	9 8 2 1	
May	11		<ul style="list-style-type: none"> Reproductive health. Principles of inheritance and variations (Cont.) 	4 4	<ul style="list-style-type: none"> To study pollen germination on a slide. To study the texture and moisture content of different soils. To study the pH of different types of soil. To Study the water holding capacity of garden soil and roadside soil. .
June	14	Periodic Test-I	<ul style="list-style-type: none"> Principles of inheritance and variations. Molecular basis of Inheritance (Cont.) End topic test - II 	6 8 1	
July	24		<ul style="list-style-type: none"> Molecular basis of Inheritance. Evolution. Human health and diseases. End topic test - III 	6 9 8 1	
August	23		<ul style="list-style-type: none"> Microbes in human welfare. Biotechnology - Principles & Processes. Biotechnology & Its Application (Cont.) End topic test - IV 	6 10 6 1	<ul style="list-style-type: none"> To study the pH of water samples.
September	24	Mid-Term/ Periodic Test-II	<ul style="list-style-type: none"> Biotechnology & Its Application. Organisms and populations. End topic test - V 	11 12 1	<ul style="list-style-type: none"> To study the clarity and presence of particulate matter in different samples of water. To study different water samples for the presence of living organisms. To study : T.S. of testis and L.S. of ovary through permanent slide, T.S. of blastula

					through permanent slide. .
October	19	Mid-Term/ Periodic Test-II	<ul style="list-style-type: none"> Ecosystem. Biodiversity and its conservation (Cont.) End topic test - VI 	12 7 1	<ul style="list-style-type: none"> To study population density and percentage frequency of different plant species of a given area. Study of two plants and two animals found in xerophytic conditions and comment upon their adaptations. Study of two plants and two animals found in aquatic conditions and comment upon their adaptations.
November	15		<ul style="list-style-type: none"> Biodiversity and its conservation. End topic test - VII 	14 1	<ul style="list-style-type: none"> To isolate DNA from available plant material such as spinach, banana etc.
December	21	Pre-Board-I	<ul style="list-style-type: none"> Revision 		<ul style="list-style-type: none"> To prepare a temporary acetocarmine stained mount of onion root tip to study various stages of mitosis. To study meiosis in onion bud cells / grasshopper testis. To study the action of temperature and pH on the activity of salivary amylase on starch.
January	21	Pre-Board-II	<ul style="list-style-type: none"> Revision 		<ul style="list-style-type: none">
February	22		<ul style="list-style-type: none"> Revision 		

Subject: History (027)

Prescribed Books; 1.

Themes in Indian History I - Published by NCERT

2. Themes in Indian History II- Published by NCERT

3. Themes in Indian History III- Published by NCERT

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Unit (Entire Book to be covered)	Tentative No. of Periods Required	Activities Proposed
April	20		<ul style="list-style-type: none"> Bricks, beads and bones. Kings, farmers and Towns. End of topic test 	30 02	<ul style="list-style-type: none"> The students will prepare replica of Harappan Beads and Motifs. Why Harappan Script is not deciphered yet. Controversy surrounding The Indus Valley Civilization. History of Patliputra as narrated by Xuan Zang.
May	11		<ul style="list-style-type: none"> Kinship, Caste and Class End of topic test 	09 01	<ul style="list-style-type: none"> Students will collect evidences related to paddy transplantation in the Ganga Valley region. Students will find out retellings of the Mahabharata in other languages.
June	14		<ul style="list-style-type: none"> Thinkers, beliefs and buildings. End of topic test 	17 02	<ul style="list-style-type: none"> Students will collect ant five pictures of sculptures belonging to different periods. They will then remove the captions and show each one to twopersons and ask them to compare what they see. The students will then prepare a report on their findings.
July	24	Periodic Test-I	<ul style="list-style-type: none"> Through the eyes of travelers. Bhakti-Sufi traditions. An imperial capital – Vijaynagar End of topic test 	30 02 02	<ul style="list-style-type: none"> The students will pick any one of the travelers mentioned in the chapter and prepare a write up on the basis of their findings related to their life noting in particular how they described contemporary society. Students will find out the practices of pilgrimage associated with the shrines mentioned in this chapter. Their finds will include- Are these pilgrimages still undertaken?

					<ul style="list-style-type: none"> When are these shrines visited? Who visits these shrines? What are the activities associated with these pilgrimages?
August	23		<ul style="list-style-type: none"> An imperial capital – Vijaynagara Peasants, Zamindars and the State. Kings and Chronicles End of topic test 	30 02 02	<ul style="list-style-type: none"> The students will be taken to a historical place (If school allows) such as Mahabodhi temple. They will describe the structures that they observe. They will then compare these features with those of the Virupaksha temple and prepare a report on it. Students will do the internet surfing on the site- http://persian.packhum.org and after reading it carefully prepare a report on how it can be used by a historian
September	24	Mid-Term/ Periodic Test-II	<ul style="list-style-type: none"> Colonialism and the Countryside End of topic test 	29 01	<ul style="list-style-type: none"> On an outline map of the subcontinent, the students will mark out the areas described in this chapter. They will then find out whether there were other areas where the Permanent Settlement and the ryotwari settlement were prevalent and then they will be required to mark those places.
October	19		<ul style="list-style-type: none"> Rebels and the Raj End of topic test 	25 01	<ul style="list-style-type: none"> The students will be asked to see a movie made on 1857 revolt and then they will be required to find out the answer to the following questions- How does it depict the British. What does it say about peasants, city dwellers, tribals, zamindars and taluqdars? What kind of response does the film seek to evoke.
November	15		<ul style="list-style-type: none"> Mahatma Gandhi and the Nationalist Movement. Framing the Constitution End of topic test 	18 02 01	<ul style="list-style-type: none"> The students will be able to conceptualize the emergence of Mahatma Gandhi from being a lawyer to this acceptance as the father of the nation. In the context of Dandi march, the students will plot the line of the march on the map of Gujarat. The students will be able to explain the

					challenges that the new nation was facing and how it was addressed by the founding fathers of the Constitution.
December	21	Pre-Board-I	• REVISION		• .
January	21		• Revision		•
February	22	Pre-Board-II	• Revision		•
March	21		•		•

Subject: Geography (029)

Prescribed Books;

1. Fundamentals of Human Geography, Class XII, Published by NCERT
2. India - People and Economy, Class XII, Published by NCERT
3. Practical Work in Geography Part-II, Class XII, Published by NCERT

Months	No. of Working Days	Name of the Examination (Tentative)	Chapters/Unit (Entire Book to be covered)	Tentative No. of Periods Required	Activities Proposed
April	20		PART A – FUNDAMENTALS OF HUMAN GEOGRAPHY CH1- Human geography nature and scope CH2- The World Population Distribution, Density and Growth CH3- Human development CH4- Primary activities CH5- Secondary activities End of Topic Test	02 04 03 03 03 03	<ul style="list-style-type: none"> • Prepare a poster on the nature of geography. • Discussion on Human development.
May	11		CH6- Tertiary and Quaternary activities CH7- Transport and Communication End of Topic Test	02 03 02	<ul style="list-style-type: none"> • Discussion on the importance of Primary activities for India.
June	14	Periodic Test-I	CH 8- International Trade INDIA PEOPLE AND ECONOMY CH1- Population : Distribution, Density, Growth and Composition CH2- Human settlement End of Topic Test	03 02 04 02	<ul style="list-style-type: none"> • Debate on- 'Future of developing countries depends on Service sector.'
July	24		PRACTICAL CH1- Data its source and compilation CH2- data processing	05 05	<ul style="list-style-type: none"> • Practical

August	23		INDIA PEOPLE AND ECONOMY CH3- Land resources and agriculture CH4- Water resources CH5- Minerals and energy resources End of Topic Test	04 04 04 02	<ul style="list-style-type: none"> Report on the settlement, migrants and crisis in India. Debate on 'Concentration of Minerals in few hands'.
September	24		Revision	-	
October	19	Mid-Term/ Periodic Test-II	CH6- Planning and sustainable development in Indian context CH7- Transport and communication CH8- International trade CH9- Geographical perspective on selected issues and problems PRACTICAL CH3-Graphical representation of Data CH4- Spatial Information Technology End of Topic Test	02 02 02 02 05 05 02	<ul style="list-style-type: none"> Design a report on Spatial information technology. Prepare a note on the importance of sustainable planning in India
November	15		Revision	---	<ul style="list-style-type: none"> Revision
December	21	Pre-Board-I			<ul style="list-style-type: none">
January	21	Pre-Board-II	Revision		<ul style="list-style-type: none"> Revision
February	22		Revision	----	<ul style="list-style-type: none"> Revision
March	21		Revision	----	<ul style="list-style-type: none"> Revision

Subject: Economics-(030)

Prescribed Book: - 1. PART-A: Introductory Macroeconomics - NCERT
2. PART-B: Indian Economic Development- NCERT

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Unit (Entire Book to be covered)	Tentative No. of Periods Required	Activities Proposed
April	20		Part A: Macroeconomics Unit 1: National Income and Related Aggregates End of Topic Test	18 02	<ul style="list-style-type: none"> Model preparation in class of circular flow of income in different sectors. Collection and identification of various types of goods in class in terms of consumer and capital goods.

May	11		Part A: Macroeconomics Unit 2: Money and Banking End of Topic Test	10 01	<ul style="list-style-type: none"> Visit commercial banks in the local region. Collection of data from the bank and advisory reports of RBI. An analytical assessment of problems and prospects of the Indian Banking System. Collection of the photocopy of dummy FD papers, interest rates chart.
June	14		Part A: Macroeconomics Unit 3: Determination of Income and Employment End of Topic Test	14	<ul style="list-style-type: none"> Project work on 'Working of Multiplier' in class with the help of imaginary data of autonomous investment done by the economy in the current fiscal year.
July	24	Periodic Test-I	Part A: Macroeconomics Unit 3: Determination of Income and Employment End of Topic Test Part B: Indian Economic Development Unit 6: Development Experience (1947-90) and Economic Reforms since 1991: End of Topic Test	10 04 08 02	<ul style="list-style-type: none"> Diagram analysis on the derivation of 'C' from 'S' function in case of BEP. Outline map of World (For locating East Pakistan presently Bangladesh and west Punjab presently Pakistan) to identify the major changes in the resources after partition. Case study on IPR act 1956 with their implementation and drawback. Discussion on Challenges in achieving food security in India.
August	23		Part A: Macroeconomics Unit 4: Government Budget and the Economy, End of Topic Test Unit 5: Balance of Payments End of Topic Test	10 02 10 01	<ul style="list-style-type: none"> Students will collect the various bills from mall, restaurant, online shopping etc. to identify the GST (indirect tax) in total amount. Prepare the list of schemes provided by the post office for public saving such as NSC, MIS and TD etc. Case study on current year budget and research work on FRBM policy. Prepare the dummy currency (Japanese Yen, US dollar) by the students in class and exchange in the class with other students.
September	24	Mid-Term/ Periodic Test-II	Part B: Indian Economic Development Unit 7: Current challenges facing Indian		<ul style="list-style-type: none"> Making a list of various regulated markets and cooperative markets in Gaya.

			Economy Human Capital Formation End of Topic Test Rural Development End of Topic Test	07 02 10 02	<ul style="list-style-type: none"> Prepare a report on Kyoto and Montreal protocol to save the environment. Chart paper work on world economic forum 2023.
October	19	Mid-Term/ Periodic Test-II	Part B: Indian Economic Development Environment Sustainable Development End of Topic Test Unit 8: Development Experience of India: End of Topic Test	05 02 10 02	<ul style="list-style-type: none"> Case study to Identify and be able to comprehend the reforms in India, Pakistan and China. Report writing on various dimensions of India's investment plans and foreign Policy and compare with its neighbors (Pakistan and China) to understand the needs of further reforms. Divide the class into two parts: primary sector and manufacturing sector. For performing Class role play on dual pricing and SEZ policy.
November	15		Revision for entire syllabus	15	<ul style="list-style-type: none"> CBSE sample paper practice Discussion and practice on old question papers of CBSE.
December	21	Pre-Board-I	Revision		<ul style="list-style-type: none"> Revision
January	21	Pre-Board-II	Revision		<ul style="list-style-type: none"> Revision
February	22		Revision		<ul style="list-style-type: none">

Subject: Political Science (028)

- Prescribed Books;**
- Contemporary World Politics, Class XII, Published by NCERT
 - Politics in India Since Independence, Class XII, Published by NCERT

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Unit (Entire Book to be covered)	Tentative No. of Periods Required	Activities Proposed
April	20		Book 1- Contemporary World Politics Ch1-The End of Bipolarity End of Topic/Chapter Test 1 Ch2- US Hegemony in World Politics End of Topic/Chapter Test 2 Ch3- New Centres of Power	32	<ul style="list-style-type: none"> Prepare a timeline of Key Events during Bipolar Cold War Era Prepare a Mind Map of Arms Control Treaties Map Pointing Activity regarding Non Aligned Movement

			End of Topic/Chapter Test 3		<ul style="list-style-type: none"> • Timeline of End of Soviet Disintegration and Unipolar US Hegemony Era with List of Key Soviet Leaders and their Policies • Mind Map on following Concepts-Rise of Chinese Economy-Major Reasons, European Union, ASEAN etc
May	11		Ch 4-Contemporary South Asia End of Topic/Chapter Test 4 Ch 5- International Organisations End of Topic/Chapter Test 5	16	<ul style="list-style-type: none"> • Mind Map on the following concepts- • a-Politics of South Asian nations-Pakistan, Bangladesh, Sri Lanka, Nepal, Maldives, Bhutan etc • b-Mind Map on Organs of UNO, India and UNO, UNO in unipolar world
June	14	Periodic Test-I	Ch6-Security in the Contemporary World End of Topic/Chapter Test 6 Ch7-Environment and Natural Resources End of Topic/Chapter Test 7	24	<ul style="list-style-type: none"> • Mind Map on the following-Types of Security, Threats to Security, India's Security Strategy etc • Mind Map on the following-Global Commons, Environmental Movements, Politics of Natural Resources etc
July	24		Ch8-Globalisation End of Topic/Chapter Test 8	24	<ul style="list-style-type: none"> • Mind Map on the following-Types of Globalisation, India and Globalisation etc
August	23		Book 2- Politics in India since Independence Ch.9-Challenges of Nation Building End of Topic/Chapter Test 9 Ch.10-Era of One Party Dominance End of Topic/Chapter Test 10 Ch.11- Politics of Planned Development End of Topic/Chapter Test 11	32	<ul style="list-style-type: none"> • Mind Map on the following-Integration of Princely States into Democratic Nation state system, Role of Sardar Patel, Politics of State's Reorganisation • Mind Map on the following-Congress System, Role of Opposition during Congress System etc • Mind Map on the following-First-Second Five Year Plans, Functions of Planning Commission, NDC and NITI Aayog
September	24	Mid-Term/ Periodic Test-II	Ch.12-India's Foreign Policy End of Topic/Chapter Test 12 Ch.13-Challenges to and Restoration of Congress System End of Topic/Chapter Test 13 Ch.14-The Crisis of Democratic Order End of Topic/Chapter Test 14	32	<ul style="list-style-type: none"> • Mind map on the following-Principles of India's Foreign Policy, Kargil War, Nuclear Policy of India • Mind Map on Years of National Emergency, Rise of Janata Party government and its decline • Mind Map on Academic and Political

			Ch.15-Regional Aspirations End of Topic/Chapter Test 15 Ch.16-Recent Developments in Indian Politics End of Topic/Chapter Test 16		contribution of Pandit Deen Dayal Upadhyay, JP Narayan, Ram Manohar Lohia <ul style="list-style-type: none"> Mind Map on Phases of Democratic surges in India and its characteristics Mind Map on Recent Developments in Indian Politics since 1989-Coalition Govt, Rise of BJP and Right Wing Politics in the Union Government of India, OBC as a Voting bloc, New Economic Policy of Indian Govt. since 1991 etc
October	19	Mid-Term/ Periodic Test-II	Revision		•
November	15		Revision		•
December	21	Pre-Board-I	Revision		•
January	21	Pre-Board-II	Revision	----	•
February	22		Revision	----	• Analytical Revision

Subject: Accountancy (055)

Prescribed Books :

1. NCERT- Accountancy (Vol. 1)
2. NCERT- Accountancy (Vol. 2)
3. NCERT- Accountancy (Vol. 3)
4. T.S. Grewal's Double Entry Book Keeping (Vol. 1)
5. T.S. Grewal's Double Entry Book Keeping (Vol. 2)
6. T.S. Grewal's Double Entry Book Keeping (Vol. 3)

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Unit (Entire Book to be covered)	Tentative No. of Periods Required	Activities Proposed
April	20		Ch. 2: Fundamental of Accounting for Partnership Firm	28	<ul style="list-style-type: none"> How a Partnership Firm gets registered online

May	11		Ch. 2: Fundamental of Accounting for Partnership Firm	10	<ul style="list-style-type: none"> How a Partnership Firm gets registered online
June	14	Periodic Test-I	Ch. 2: Fundamental of Accounting for Partnership Firm Ch. 3: Goodwill Nature and Valuation End of topic test	19 01	<ul style="list-style-type: none"> LLP VS General Partnership
July	24		Ch. 4: Changes in Profit and Loss Sharing Ratio Ch.5: Accounting for admission of Partnership Ch.6: Accounting for retirement/death of Partnership. End of topic test	28 02	<ul style="list-style-type: none"> Partnership Deed
August	23		Ch. 7: Accounting for dissolution of Partnership Ch. 8: Accounting for issue of share End of topic test	28 02	<ul style="list-style-type: none"> Deed of Dissolution of Partnership To be executed on Rs. 10/- Non Judicial Stamp Paper
September	24	Mid-Term/ Periodic Test-II	Ch. 8: Accounting for issue of share Ch. 9: Accounting for issue of Debenture Ch. 11: Financial Statement of Companies End of topic test	29 01	<ul style="list-style-type: none"> Procedure for Issue & Delivery of share certificates after allotment
October	19		Ch. 14: Ratio Analysis of Financial Statements End of topic test	23 01	<ul style="list-style-type: none"> Reliance industries limited Financial Statements
November	15		Ch. 13: Statement of Cash Flow End of topic test	19 01	<ul style="list-style-type: none"> Statement of cash flows as required under IFRS Standards; exceptions exist under US GAAP
December	21	Pre-Board-I	Written Practical, Project file Preparation Pre Board I	16	<ul style="list-style-type: none"> Class Discussion
January	21	Pre-Board-II	Full Course Revision	16	<ul style="list-style-type: none"> Class Discussion
February	22		Pre Board II	21	<ul style="list-style-type: none">

Subject : Business Studies (054)

Prescribed Book :- 1. NCERT
2. Poonam Gandhi

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Unit (Entire Book to be covered)	Tentative No. of Periods Required	Activities Proposed
April	20		Ch. 1: Nature and Significance Of Management Ch. 2: Principles of Management End of topic test	9 9 2	<ul style="list-style-type: none"> Group Discussions Field Survey of various Companies to know applicability of principle of management. Preparation of Board Practical file
May	11		Ch. 3: Business Environment Ch. 4: Planning End of topic test	5 4 2	<ul style="list-style-type: none"> Group Discussions News Paper reading
June	14	Periodic Test-I	Ch. 4: Planning Ch. 5: Organising End of topic test	5 7 2	<ul style="list-style-type: none"> Field visit to know organisational structure
July	24		Ch. 5: Organising Ch. 11: Marketing Management Ch. 6: Staffing End of topic test	1 12 8 3	<ul style="list-style-type: none"> Role play as HR Preparation of Board Practical file
August	23		Ch. 6: Staffing Ch. 7: Directing Ch. 8: Controlling Ch. 9: Financial Management End of topic test	3 8 3 5 4	<ul style="list-style-type: none"> Quiz and Assignment Chart Presentation on Maslow Need Hierarchy theory
September	24	Mid-Term/ Periodic Test-II	REVISION Ch. 9: Financial Management	10	<ul style="list-style-type: none">
October	19		Ch. 9: Financial Management Ch. 10: Financial Market Ch. 12: Consumer Protection End of topic test	3 9 4 3	<ul style="list-style-type: none"> Live demonstration on online trading Field visit to Stock Exchange

November	15		REVISION		
December	21	Pre-Board-I	REVISION		
January	21	Pre-Board-II	REVISION		
February	22		REVISION		

Subject : Fine Arts (049)

Prescribed Book :-

1. Panoramic Indian Painting
2. Introduction to Indian Art.

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters /Unit (Entire Book to be Covered)	Tentative No. of Periods Required	Activities Proposed
April	20		<ul style="list-style-type: none"> • Miniature Painting 	4	
May	11		<ul style="list-style-type: none"> • Miniature Painting (Conti.....) 	2	
June	14	Periodic Test-I	<ul style="list-style-type: none"> • Rajasthani School of Painting 	6	Portfolio assignment on (Nature and Objects) study
July	24		<ul style="list-style-type: none"> • The Pahari Schools • The Mughal School of Art 	6 9	
August	23		<ul style="list-style-type: none"> • The Deccani School of Art 	9	
September	24	Mid-Term/ Periodic Test-II	<ul style="list-style-type: none"> • Revision 		
October	19		<ul style="list-style-type: none"> • The Bengal School of Painting 	18	
November	15		<ul style="list-style-type: none"> • The Modern Trends in Indian Art 	18	
December	21	Pre-Board-I	<ul style="list-style-type: none"> • Practical 	18	
January	21	Pre-Board-II	<ul style="list-style-type: none"> • Practical + Revision 	18	
February	22		<ul style="list-style-type: none"> • Revision 		

Subject : Psychology (037)**Prescribed Book :-** 1. Psychology Text book for Class XII (NCERT)

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters /Unit (Entire Book to be Covered)	Tentative No. of Periods Required	Activities Proposed
April	20		CH-1 : Variations in Psychological Attributes CH-2 : Self & Personality End of the topic test	19 01	<ul style="list-style-type: none"> Group Discussion on the different theories of intelligence Debate on the importance of nature and nurture in intelligence quiz chart paper making regarding the different theories of intelligence
May	11		CH-2 : Self & Personality End of the topic test	07 01	<ul style="list-style-type: none"> Role Play on different types of personality & quiz
June	14	Periodic Test-I	CH-3 : Meeting Life Challenges Practicals CH-4 : Psychological Disorders (cot...) End of the topic test	13 01	<ul style="list-style-type: none"> Group Discussion & Brainstorming on sources and effects of stress Role play + Demo coping with stress
July	24		CH-4 : Psychological Disorders Practicals End of the topic test	23 01	<ul style="list-style-type: none"> Brainstorming (identification of disorders) & (Case Discussion)
August	23		CH-5 : Therapeutic Approaches Practicals End of the topic test	22 01	<ul style="list-style-type: none"> Group discussion on the different therapeutic approaches & will make a list of different therapies along with their application and importance
September	24	Mid-Term/ Periodic Test-II	CH-6 : Attitudes & Social Cognition Practicals End of the topic test	21 01	<ul style="list-style-type: none"> Group Discussion & solving question and answers quiz
October	19		CH-7 : Social Influence & Group Process Practicals End of topic test	18 01	<ul style="list-style-type: none"> Group Discussion debate on cooperation and competition aspect
November	15		Practicals	15	<ul style="list-style-type: none"> Revision
December	21	Pre-Board-I	Revision of Chapter 1 to 4, Practicals		<ul style="list-style-type: none"> Revision

January	21	Pre-Board-II	Revision of Chapter 5 to 7 Practicals		
February	22				

Subject : Computer Science (083)

Prescribed Book :- 1. Computer Science with Python KIPS

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Unit (Entire Book to be covered)	Tentative No. of Periods Required	Practical / Activities Proposed
April	20		Ch-1 Review Python-I Ch-2 Review Python-II Ch-3 Working with Functions End of Topic Test	07 07 05 01	<ul style="list-style-type: none"> Write a program to print one of the words negative, zero, or positive, according to whether variable x is less than zero, zero, greater than zero, respectively. Write a program that reads an Integer N from the keyboard computes and displays the sum of the numbers from N to (2*N) if N is nonnegative. If N is a negative number, then it is the sum of the numbers from (2*N) to N. Write a program that creates a list of all the integers less than 100 that are multiples of 3 or 5. Write a Python Program that creates a tuple storing first 9 terms of Fibonacci Series.
May	11		Ch-3 Working with Functions End of Topic Test	10 01	<ul style="list-style-type: none"> Write a function that receives two string arguments and checks whether they are same length strings.
June	14	Periodic Test-I	Ch-4 File Handling in Python End of Topic Test	13 01	<ul style="list-style-type: none"> Write a program that reads a text file and creates another file that is identical except that every sequence of consecutive blank spaces is replaced by a single space
July	24		Ch-5 Data Structures: Stack Ch-8 Database Concepts End of Topic Test	12 10 02	<ul style="list-style-type: none"> Create a table student and insert values.
August	23		Ch-8 Database Concepts Ch-9 Interface of Python With SQL Database End of Topic Test	10 7 04	<ul style="list-style-type: none"> Use of update, alter and Join In SQL Use of order by, group by, having clause, aggregate functions etc.

September	24	Mid-Term/ Periodic Test-II	Ch-9 Interface of Python With SQL Database Ch:-6 Computer Networks I End of Topic Test	11 10 03	<ul style="list-style-type: none"> Divine hotel needs to store, retrieve, and delete the records of its clients. Develop an interface that provides front end interaction through Python and stores and updates record using MYSQL.
October	19		Ch:-6 Computer Networks I End of Topic Test	10 05	
November	15		Revision	20	<ul style="list-style-type: none"> Project
December	21	Pre-Board-I	Revision		
January	21	Pre-Board-II	Revision		
February	22		Revision		

Subject : Informatics Practices (065)

Prescribed Book : Informatics Practices, By Preeti Arora

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Unit (Entire Book to be covered)	Tentative No. of Periods Required	Activities Proposed
April	20		CH-1Data handling Using Pandas 1 End of topic test	20	<ul style="list-style-type: none"> Create series and dataframes
May	11		CH-1Data handling Using Pandas 1 (cont...) End of topic test	05	<ul style="list-style-type: none"> Import data from open osurce CSV files and perform basic row and column operation
June	14	Periodic Test-I	CH-3Data Visualisation Using Pyplot End of topic test	15	<ul style="list-style-type: none"> 'Analyse the student performance based on different parameters from school result data On any secondary data(data.gov.in), summarize it and plot it using different plotting functions of matplotlib library
July	24		CH-6societal Impact End of topic test Ch-4 Database query Using SQL End of Topic test	05 19	<ul style="list-style-type: none"> Create table Student and marks with appropriate data Use scalar and aggregate functions on student and marks table 'Generate student performance report from student and marks table
August	23		Ch-4Database Query Using SQL	10	<ul style="list-style-type: none"> 'Project Synopsis: Project should be

			Project Synopsis		based on data analysis(descriptive and visual). Analysing govt data on various social welfare schemes, Health, census
September	24	Mid-Term/ Periodic Test-II	Revision		
October	19		CH-5Computer Network End of Topic test	20	
November	15		Revision	15	
December	21	Pre-Board-I		14 04	
January	21	Pre-Board-II		04 15	
February	22		Revision		

Subject : Physical Education (048)

- Physical Education Textbook For Class -XII – Published (Saraswati)

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters /Unit (Entire Book to be Covered)	Tentative No. of Periods Required	Practical Exam
April	20		Management of Sporting Events. Children & Women in Sports. End of Topic test	08 08 01	<ul style="list-style-type: none"> Basketball skills
May	11		Yoga as Preventive measure for Lifestyle Disease End of Topic test	10 01	<ul style="list-style-type: none"> Basketball skills
June	14	Periodic Test – I	Yoga as Preventive measure for Lifestyle Disease End of Topic test	12 01	<ul style="list-style-type: none"> Basketball skills
July	24		Physical Education & Sports for CWSN (Children with Special Needs) Sports & Nutrition End of Topic test	15 01	<ul style="list-style-type: none"> Yoga related activities
August	23		Sports & Nutrition Test & Measurement in Sports	20	<ul style="list-style-type: none"> Yoga related activities

			End of Topic test	01	
September	24	Mid-Term/ Periodic Test-II	Physiology & injuries in sports Biomechanics & Sports End of Topic test	22 01	• Yoga related activities
October	19		Psychology & Sports Training in sports End of Topic test	09 10 01	• Yoga related activities
November	15		Term-1 Examination	14	
December	21	Pre-Board-I	Revision	16 01	
January	21	Pre-Board-II	Revision	15	
February	22		Revision	19	

Subject : Hindustani Vocal Music (034)

Text Book : Sangeet Anand (Visual Publication)

Months	Number of Working Days	Name of the Examination	Chapters	Tentative No. of Period Required	Activities Proposed
April	20		Brief study of the following Kan, Meend, Khatka, Murki, Gamak, PRACTICAL Drut khyal and vilambit khyal in Raag Malkaus End of topic test	14 01	Practice raag Malkaus with Tanpura and Tabla in Teental and use the ornaments while singing.
May	11		Alankar, Gram, Murchhana, Alap, Taan, PRACTICAL Raag Malkaus vistaar, taan, etc. End of topic test	06 01	Practice vilambit or Bada khayal in Ektaal using hand beats.
June	14	Periodic Test – I	Historical development of time theory of Ragas. Detailed study of Sangeet Ratnakar and Sangeet Parijaat. End of topic test	10 01	Group discussion about sangeet Ratnakar and sangeet Parijat.

July	24		PRACTICAL and Theoretical study of Raag Suddha Sarang and Raag Bagesri. All the prescribed Talas in the Syllabus. End of topic test	16 01	Find similar raga of raag sudh Sarang and Bagesri.
August	23		Life sketch and contribution of famous musicians prescribed in syllabus. Description of prescribed talas along with taal notation with thah digun and Chaugun laya. AND One Dhamar. End of topic test	16 01	Make a note on contributions of musicians in Hindustani music. Group singing
September	24	Periodic Test – II	One Dhamar with digun and chaugan. Recitation of the talas of jhaptal, rupak dhamar with dugun chaugan keeping tala with hand beats. Raag Bhairav End of topic test	14 01	Discover the difference between two Tala. Group practice
October	19		Tuning of tanpura. And Tarana and Bhajan. End of topic test	12 01	Tune the Tanpura using Harmonium. Practice with Tabla
November	15		Revision	*	
December	21	Pre-Board-I	Revision	*	
January	21	Pre-Board-II	Revision	*	
February	22		Revision	*	

Subject: Yoga (841)

Prescribed Book: - Yoga Class XII (Central Board of Secondary Education)

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Unit (Entire Book to be covered)	Tentative No. of Periods Required	Activities Proposed
April	20		<ul style="list-style-type: none"> Unit-I Introduction to yoga and yogic practices II 	15	<ul style="list-style-type: none"> Inter house yoga competition

			<ul style="list-style-type: none"> • Shatkarma Meaning, Purpose and their Significance in Yoga Sadhna • Meaning of Shatkarma, Purpose and significance • Introduction of six cleansing process with their benefits and precaution. • Introduction to yogasana: Meaning, Principles and their health benefits. 		
May	11		<ul style="list-style-type: none"> • Introduction of Pranayama and Dhyana and their health benefits. • End of topic test. • Unit-II • Introduction to yoga text II: • Concept of Ahara according to yogic text. Three classification of Ahara According to Shrimadbhagavadgita. • Plan of Yogic Diet (Mitahara) 	8	<ul style="list-style-type: none"> • Project File • Practical demonstration of Asana practiced in class XIth. • Practice of Tadasana. • Practice of Ardha Chakrasana. • Practice of Katichakrasana. • Practice of Dandasana.
June	14	Periodic Test-I	<ul style="list-style-type: none"> • Unit- II • Introduction to yoga text II • Significance of yoga practices in health promotion. • Concept of mental health well-being according to Patanjali yoga • Steps of promoting mental modification of health (Kriya Yoga) 	11 01	<ul style="list-style-type: none"> • International Yoga Day. • Project file submission. • Practice of Bhadrasana. • Practice of Padmasana. • Practice of Vajrasana.
July	24	Periodic Test-I	<ul style="list-style-type: none"> • Unit- II • Introduction to yoga text II • Yoga practices of patanjali yoga. • Concept of healthy living in Bhagwadgita • Yoga means Equanimity • Importance of Subjective experience in daily yoga practices. 	16	<ul style="list-style-type: none"> • Practice of Utanmandukasana. • Practice of kakasana. • Practice of Parvatasana. • Practice of Makrasana. • Practice of Uttanpadasana. • Practice of Setubandhasana
August	23		<ul style="list-style-type: none"> • Physical Health, mental Health. • Social health and Spiritual health • End of topic test. • Unit-III 	14 01	<ul style="list-style-type: none"> • . • Practice of Vipritkarniasana. • Practice of Saralmatsyasana. • Practice of Shavasana.

