



Sree Ayyappa Public School

Sector V, Bokaro Steel City, Jharkhand - 827006

ACADEMIC SESSION 2022 – 2023

STD. XII

SYLLABUS BREAK – UP

SUB: ENGLISH (301)

Month	WD	Chapter/ Unit Topic	Sub – Topic	Activity	Projects (21 st Century Skills)
April 2022	23	Writing Skills 01. Notice 02. Invitations & Replies 03. Formal letters Flamingo 01. The last lesson Vistas 01. The Third level Reading Skills 01. Comprehension		JAM	
May 2022	05	Flamingo 01. Lost Spring			
June 2022	13	Writing Skills 01. Report Flamingo 01. Deep Water Vistas 01. The Tiger King		Speech	Importance of Mother Tongue
July 2022	25	Writing Skills 01. Article Flamingo 01. The Rattrap 02. Indigo 03. Poets and pancakes Vistas 01. Journey to the end of the earth .		Debate	Communication Skill
August 2022	21	Flamingo 01. The Interview 02. Going places 03. My Mother at Sixty – six 04. Keeping Quiet		Extempore	
Sept. 2022	11	01. Revision 02. Assessment of Speaking & Listening			
Oct. 2022	12	Flamingo 01. A Thing of Beauty 02. A Roadside Stand 03. Aunt Jennifer’s Tigers Vistas 01. The Enemy.		Essay Writing	Universal Brotherhood.
Nov. 2022	24	Vistas 01. On the Face of it 02. Memories of Childhood		Role Play	Problem Solving Skills
Dec. 2022	19	01. Revision 02. Assessment of Speaking & Listening			



Sree Ayyappa Public School

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ACADEMIC SESSION 2022 – 2023

STD. XII

SYLLABUS BREAK – UP

SUB: MATHEMATICS (041)

Month	WD	Chapter/ Unit Topic	Sub – Topic	Activity	Projects (21 st Century Skills)
April 2022	23	Relation and function matrices and determinants	Definition of relation, types of relations, problems Functions – Types of functions, one – one, many one, onto one – one – one onto, problems, Inverse of Trigometric function, Domain, range, Principal value, general solution, Algebra of matrices, types of matrices, elementary trans formation,	Actualities, related to relation and function	
May 2022	05	Determinants	Minor and co – factor singular and non singular matrix. Properties of determinant and application of determinant, adjoint and inverse of matrix, consistency, in consistency & solution of linear equations (in two & three variable) system of linear equation (Using matrix method).	Activity related to ITF	
June 2022	13	Continuity and Differentiability	Chain rule diff. derivative of inverse trigonometric functions, implicate diff, logethimic diff, parametric forms. Second order derivatives		
July 2022	25	Application of derivative Indefinite integration	Rate of change of bodies, Tangents and normals increasing and decreasing func, maxima and minmima, (first derivative test motivated geometrically and second derivative test given as a provable tool). Simple problems (that illustrate basic principles and understanding of the subject as well as realife situations). approximations <u>Indefinite integrals</u> Integrate as inverse process of diff, integ by substitution, imtegration by parts.	Activity related to increasing and decreasing Activity related to Maxima and minima	
August 2022	01	Inde. Integration continued Definite Integration Definite integration, prop of definite integration	Integ. Of Rational function by partial fractions, special integration Evaluation as a limit of a sum, fundamental theorem of calculus, properties of definite integration and evaluation of definite integrals of Applications in finding the area under simple curves, especially lines, circles/ parabolas/ellipses (in standard form only).	Activity related to areas bounded region	
Sep. 2022	22	Revision for half Yearly Exam	Half Yearly Exam : 2022 – 23		
Oct. 2022	12	Differential Equation Linear Programming	Differential, order and degree, difference between general and particular solution, formation of D.E., Types of D.E., variable separate type of D.E., Homogenous D.E., Introduction, related terminology such as constraints, objective function, optimization, graphical method of solution for problems in two variables, feasible and infeasible regions (bounded or unbounded), feasible and infeasible solutions, optimal feasible solutions (up to three non-trivial constraints).	Activity related to Linear Programming	

Month	WD	Chapter/ Unit Topic	Sub – Topic	Activity	Projects (21 st Century Skills)
Nov. 2022	24	Vector, Three dimensional geometry, probability	<p>Vector : Algebra of vectors, (equal, unit, zero, parallel and collinear vectors), position vector of a point, negative of a vector, components of a vector, addition of vectors, Properties and Problem from dot product and cross product,</p> <p>THREE DIMENSIONAL GEOMETRY, direction ratios and direction cosine, Straight line in space vector and Cartesian form, Angle between two lines and their conditions, intersection of lines, skew lines, shortest distance.</p> <p>Plane – equation of plane in vector form and Cartesian form, angle between two planes and their conditions, distance of a point from the plane, image of a point through the plane, problem of line and plane.</p> <p><u>Probability</u> : Conditional probability, Bay's theorem, random variables and prop. Distribution, Binomial distribution mean and variance of a distribution</p>	<p>Activity related to vector and three dimension.</p> <p>Activity related to probability</p>	
Dec. 2022	19	PST :2022 – 23, Chapter wise revision for PST	Discussion of question bank and sample paper revision for Pre Board 2022		
Jan. 2023	22	P.B. Exam 2022	PB : 2022 Discuss of Board Papers of previous years		



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ACADEMIC SESSION 2022 – 2023

STD. XII

SYLLABUS BREAK – UP

SUB: APPLIED MATHEMATICS (241)

Month	WD	Chapter/ Unit Topic	Sub – Topic	Activity	Projects (21 st Century Skills)
April 2022	23	Matrices	Define Matrix, Order, Equality, Transpose, Symmetric & Skew Symmetric, Algebra of matrices	Matrix multiplication and inverse of a matrix in spread sheets	Vehicle registration data correlation with pollution and the number of accidents.
May 2022	05	Determinants	Elementary properties, Inverse of a matrix, Solution of Simultaneous equation, Leontief input – output model, Simple application		
June 2022	13	Differentiation Application of derivatives	Higher order derivations, Application of derivatives. Tangents and Normals, MC and MR, Increasing and Decreasing functions, Maxima and Minima. Parametric functions, Implicit functions upto second order.	Plot the graphs of maxima and minima in excel sheets	Whether predictions
July 2022	25	Numbers quantification and numerical applications	Modulo arithmetic, Congruence modulo, Allegation and Mixture, Numerical Problems, Boats and Streams, Pipes and Cisterns, Races and Games, Partnership. Numerical inequalities.		Analysis of career graph of a cricketer
August 2022	21	Probability distributions	Random variables, Mathematical Expectations, Variance, Binomial distribution, Poison distribution, Normal Distribution	Probability and dice roll simulative	Predicting mortality of infants
Sep. 2022	11	Index Numbers and time based data	Index numbers construction of index numbers test of adequacy of index numbers		
Oct. 2022	12	Financial mathematics	01. Perpectivity and sinking funds 02. Valuation of Bonds 03. Calculation of EMI 04. Calculation of returns, Nominal rate of return 05. Compound annual growth 06. Linear method of depreciation	Study market sheets of excel	Predicting stock market crash.
Nov. 2022	24	Inferential statistics Index number and time based date	01. Population and sample 02. Parameters and statistics and statistical inferences 03. One sample t – test 04. Two independent group t–test 01. Time series 02. Components of time series 03. Analysis for date 04. Secular trend 05. Measuring trend		Analysis of population migration date.

Month	WD	Chapter/ Unit Topic	Sub – Topic	Activity	Projects (21 st Century Skills)
Dec. 2022	19	Integration and applications Differential equation and modeling	01. Integration 02. Indefinite integrals as family of curve 03. Area under the curve 04. Consumer surplus and produces surplus 01. Recognize a differential equation 02. Order and degree 03. Growth and decay model 04. Equation to solve growth and decay model		Collect data regarding temperature and humidity in the month of December 2022.
Jan 2023	22	Linear Programming	01. Introduction and related terminology 02. Formulation of L.P.P. 03. Manufacturing, Diet and transportation problems 04. Graphical method		Risk assessment by insurance firm in India



Sree Ayyappa Public School

Sector V, Bokaro Steel City, Jharkhand - 827006

ACADEMIC SESSION 2022 – 2023

STD. XII

SYLLABUS BREAK – UP

SUB: PHYSICS (042)

Month	WD	Chapter/ Unit Topic	Sub – Topic	Activity	Projects (21 st Century Skills)
April 2022	23	Unit : Electrostatics	01. Electric charges and fields 02. Electrostatics potential and capacitance	50 MCQs from each topics 01. Coulomb's law 02. Electric field 03. Electric Potential 04. Capacitance	01. Functioning of capacitor 02. Application of electric field
May 2022	05	Current electricity	01. Electric current. Drift velocity, mobility and their relation, up to grouping of resistors	50 MCQs from following topics 01. Electric current 02. Drift velocity and mobility 03. Combination of resistors	01. Circuit diagram of household circuit
June 2022	13	Current Electricity	Grouping of cells, Kirchoff's laws, Wheat stone bridge, water bridge	04. Kirchoff's laws 05. Meter Bridge	
July 2022	25	Magnetic effect of current and magnetism	01. Magnetic effect on moving charge 02. Magnetic effect on current 03. Magnetism	50 MCQs on following topics 01. Magnetic effect on moving charge 02. Amperis & Briot–Savart's law 03. Magnetism	Construction and working of MCQ
August 2022	21	Electromagnetic induction and alternating current	01. Electromagnetic induction 02. Alternating current	50 MCQ from EMI and AC	Construction and working of AC generator
Sep. 2022	11+ 11	Electromagnetic wave	Alternating current continue Electromagnetic wave and Revision for Half Yearly Exam	20 MCA from EMW	Chart of electromagnetic spectrum
Oct. 2022	10	Optics	01. Ray optics 02. Optical instrument	01. 50 MCQ 02. NCERT Miscellaneous questions of wave optics and dual nature of matter	Magnifying power of 01. Compound microscope 02. Astronomical telescope
Nov. 2022	24	01. Optics 02. Dual nature of matter 03. Atoms	01. Wave optics 02. Dual nature of matter 03. Atoms	Taking a zinc plate as a leaf of electroscope to demonstrate PEE.	
Dec. 2022	19	01. Nuclei 02. Electro devices	01. Nuclei 02. Semiconductor (Electro are devices)	01. Solution of AD question from Atoms and Nuclei text book 02. 50 MCQs	01. Chart of hydrogen spectrum 02. Application of p-n junction diode
Jan 2023	22	Revision			
Feb 2023	22	Pre Board			



Sree Ayyappa Public School

Sector V, Bokaro Steel City, Jharkhand - 827006

ACADEMIC SESSION 2021 – 2022

STD. XII

SYLLABUS BREAK – UP

SUB: CHEMISTRY (043)

Month	WD	Chapter/ Unit Topic	Sub – Topic	Activity	Projects (21 st Century Skills)
April 2022	23	Solution	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.	Finding the strength of solutions	-Model of osmosis
May 2022	05	Solution	Revision		
June 2022	13	Electrochemistry	Redox reactions, EMF of a cell, standard electrode potential, Nernst equation and its application to chemical cells, Relation between Gibbs energy change and EMF of a cell, conductance in electrolytic solutions, specific and molar conductivity, variations of conductivity with concentration, Kohlrausch's Law, electrolysis and law of electrolysis (elementary idea), dry cell-electrolytic cells and Galvanic cells, lead accumulator, fuel cells, corrosion.	Variation of cell potential.	Chart preparation of electro chemical cell
July 2022	25	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.	Effect of concentration and temperature on the rate of reaction	
August 2021	21	d and f Block Elements	General introduction, electronic configuration, occurrence and characteristics of transition metals, general trends in properties of the first-row transition metals – metallic character, ionization enthalpy, oxidation states, ionic radii, colour, catalytic property, magnetic properties, interstitial compounds, alloy formation, preparation and properties of $K_2Cr_2O_7$ 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.	Salt Analysis	

Month	WD	Chapter/ Unit Topic	Sub – Topic	Activity	Projects (21 st Century Skills)
August 2022	21	Coordination Compounds	Coordination compounds - Introduction, ligands, coordination number, colour, magnetic properties and shapes, IUPAC nomenclature of mononuclear coordination compounds. Bonding, Werner's theory, VBT, and CFT; structure and stereoisomerism, the importance of coordination compounds (in qualitative analysis, extraction of metals and biological system).	To prepare of double salt. Mohr's salt from ferrons sulphate and Ammonium sulphite.	Chart demonstration application of EDTA
Sep. 2022		Revision and Half Yearly Examination: 2022			
Oct. 2022	17	Haloalkanes and Haloarenes.	Haloalkanes: Nomenclature, nature of C–X bond, physical and chemical properties, optical rotation mechanism of substitution reactions. Haloarenes: Nature of C–X bond, substitution reactions (Directive influence of halogen in monosubstituted compounds only). Uses and environmental effects of - dichloromethane, trichloromethane, tetrachloromethane, iodoform, freons, DDT.	Synthesis of haloalkanes and haloarenes	Chart of Name reaction
Nov. 2022	24	Alcohols, Phenols and Ethers Aldehydes, Ketones and Carboxylic Acids	Alcohols: 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. Phenols: Nomenclature, methods of preparation, physical and chemical properties, acidic nature of phenol, electrophilic substitution reactions, uses of phenols. Ethers: Nomenclature, methods of preparation, physical and chemical properties, uses. Aldehydes and Ketones: Nomenclature, nature of carbonyl group, methods of preparation, physical and chemical properties, mechanism of nucleophilic addition, reactivity of alpha hydrogen in aldehydes, uses.	Experiment based on alcohols and Phenol	Chart preparation of name reaction.
Dec. 2022	19	Aldehydes, Ketones and Carboxylic Acids contd. Amines	Carboxylic Acids: Nomenclature, acidic nature, methods of preparation, physical and chemical properties; uses. Nomenclature of amine, bonding nature. Classification of Amine. Preparation and properties of aliphatic and armomatic amine. Identification 1 ^o , 2 ^o and 3 ^o amine.	Test from primary aromatic amino group	To prepare chart of name reaction.

Month	WD	Chapter/ Unit Topic	Sub – Topic	Activity	Projects (21 st Century Skills)
Jan. 2023	22	Biomolecules	<p>Carbohydrates - Classification (aldoses and ketoses), monosaccharides (glucose and fructose), D-L configuration oligosaccharides (sucrose, lactose, maltose), polysaccharides (starch, cellulose, glycogen); Importance of carbohydrates.</p> <p>Proteins -Elementary idea of - 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.</p> <p>Vitamins - Classification and functions.</p> <p>Nucleic Acids: DNA and RNA.</p> <p>Revision & Pre - Board Examination : 2023</p>	Model of DNA	Protein content in Food Product



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Sector V, Bokaro Steel City, Jharkhand - 827006

ACADEMIC SESSION 2022 – 2023

STD. XII

SYLLABUS BREAK – UP

SUB: BIOLOGY (044)

Month	WD	Chapter/ Unit Topic	Sub – Topic	Activity	Projects (21 st Century Skills)
April 2022	23	Unit VI : Reproduction	Ch. 2 : Sexual Reproduction in Plants Ch. 3: Human Reproduction	Bio – Practicals Sec – A Ex. 1 Pollen Germination on a temporary slide	Seed germination in paper cups
May 2022	05	Chapter 3	Ch. 3 : Contd.	Sec B. Practicals Identification spottings	Learning emasculation, bagging & Tagging
June 2022	13	Chapter 4 Unit VII : Genetics and evolution Chapter 5	Ch 4 : Reproductive Health Principles of Inheritance & variation	Ex 1: Pollination by agencies Ex 8 : Controlled pollination Sec A : controlled pollination Sec A : Practicals Ex 5 : DNA Isolation	Visiting botanical garden observation of chasmogamous & cleisto gamous flowers
July 2022	25	Chapter – 6 Chapter 7	Molecular basis of inheritance Evolution	From Plant materials Sec B : Practical Expts : 3 & 5	DNA, RNA (Clay model preparation)
August 2022	21	Unit VIII Biology & Human welfare Chapter 8 Chapter 10	Human Health & Diseases Microbes in human welfare	Observation of permanent slides testes, ovary and Blastula Sec B Practicals	Flash cards Mendelian laws
Sep. 2022	22	Revisions for Half Yearly Exams		Expt. 6 & 7 Mendelian inheritance in seeds Pedigree chart preparation	Bio technology tools (models preparation)
Oct. 2022	17	Unit IX Biotechnology its application Ch 11 Ch 12	Biotechnology principles– processes Biotechnology & its application	Sec – B practicals expt. 9 Organisms causing disease	Biotechnology processes (chart works)
Nov. 2022	24	Unit X Ecology & Environment Ch 13 Ch 14 Ch 15	Organisms and population Ecosystem Biodiversity & its conservation	Sec–A practical Exp 2 & 3 Plant population frequency Expt 4 Observation & mitosis in onion root tip. Temporary slide preparation	Flash cards on the basis ecosystem (Food chain & Food web)
Dec. 2022	19	Revision Pre board exams (Theory)	Practical Exam – Pre Board	Sec B practicals Expt 10 Model/Specimen root nodules, cascuta lichens (Symbiotic relation) Expt 11 Flash cards homologous & analogous organs	File works (Bio diversity & conservation)
Jan 23	22	Revision for Annual Exams	Board Practical		



Sree Ayyappa Public School

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ACADEMIC SESSION 2022 – 2023

STD. XII

SYLLABUS BREAK – UP

SUB: ACCOUNTANCY (055)

Month	WD	Chapter/ Unit Topic	Sub – Topic	Activity	Projects (21 st Century Skills)
April 2022	23	Unit – I Ch – 1 Fundamental of Partnership	<ul style="list-style-type: none">Partnership: Features; Partnership deedProvisions of the Indian Partnership Act, 1932 in the absence of partnership deedFixed vs fluctuating capital AccountPreparation of profit and loss appropriation Account – division of profit among partnersPast adjustments – relating to interest on capital, interest on drawings, salary and profit sharing ratio.Guarantees of profits		
May 2022	05	Ch. 2 Goodwill	<ul style="list-style-type: none">Meaning, nature and factors affectingMethod of valuation - Average profit, Super Profit and capitalization Summer Assignment		
June 2022	12	Ch. 3 Change in the profit sharing ratio Ch 4: Admission of a partner	<ul style="list-style-type: none">Sacrificing ratio and gaining ratioAccounting for revaluation of assets and reassessment of liabilitiesTreatment of reserves and accumulated profits and lossesPreparation of revaluation Account and Balance sheetEffect of admission of a partner on change in the profit sharing ratioTreatment of goodwillTreatment of revaluation of assets reassessment of liabilities	Impact of change in profit sharing ratio, admission and retirement on books of accounts of the firm.	
July 2022	25	Ch 4 : contd.... Ch 5 : Retirement of partner	<ul style="list-style-type: none">Adjustment of capitalPreparation of partner's capital Account, Current Account and balance sheet.Effect of retirement / death of a partner on change in profit sharing ratioTreatment of goodwillTreatment for revaluation of assets and reassessment of liabilitiesAdjustment of capital Account and preparation of capital, current account and balance sheet.Preparation of loan Account of the retiring partner		Project on Partnership (Including various accounts, adjustment entries, etc.)

Month	WD	Chapter/ Unit Topic	Sub – Topic	Activity	Projects (21 st Century Skills)
August 2022	21	Ch6 : death of a partner Ch 7 : Dissolution of partnership firm	<ul style="list-style-type: none"> • Calculation of deceased partner's share of profit till the date of death • Preparation of deceased partner capital Account and his executor's Account • Meaning of dissolution of partnership and partnership firm • Types of dissolution of firm • Settlement of accounts <ul style="list-style-type: none"> - Preparation of Re-lia-sation Account - Partner's capital Account - Cash / Bank Account • Project for HY Exam 		
Sep. 2022	22	Unit II : Ch 8: Accounting for sharing capital	<ul style="list-style-type: none"> • Features and types of companies • Share and share capital <ul style="list-style-type: none"> - Nature and types • Issue and allotment of Equity and preferences shares • Public subscription of share over subscription and under subscription of shares • Issue at par and or premium • Calls in advance and arrears <p>Revision of HY Exam and Project.</p>		
Oct. 2022	12	Ch 8 : Contd. Ch 9 : Accounting for debentures	<ul style="list-style-type: none"> • Issue of shares for consideration other than cash • Concept of ESOP, Sweat Equity • Accounting treatment of forfeiture and re-issue of shares • Disclosure of share capital in the balance sheet of a company • Debentures : Meaning and types • Issue of debentures at par, at a premium and at a discount • Issue of debentures for consideration other than cash • Issue of debentures with terms of redemption • Debentures as collateral security • Interest in debentures • Writing – off discount / loss on issue of debentures 	Procedure of issue of equity shares.	
Nov. 2022	24	Unit III: Ch 10: Financial statements of a company Ch 11 : Financial statement analysis Ch 12: Tools for financial statement analysis Ch 13: Accounting ratios	<ul style="list-style-type: none"> • Meaning and Nature • Uses and importance of financial statement • Statement of profit & loss and balance sheet as per schedule III of the companies Act, 2013 with major headings and sub-headings • Objectives importance and limitations • Ratio Analysis • Cash flow analysis • Meaning, objectives classification and computation • Liquidity ratios <ul style="list-style-type: none"> - current ratios and quick ratio • Solvency ratios : <ul style="list-style-type: none"> - debts to equity ratio - total asset to debts ratio - Proprietary ratio - interest coverage ratio - Debt to capital employed ratio 		Comprehensive project on company and financial analysis through various tools.

Month	WD	Chapter/ Unit Topic	Sub – Topic	Activity	Projects (21 st Century Skills)
Dec. 2022	19	Ch 13 : Contd.	<ul style="list-style-type: none"> • Activity ratios <ul style="list-style-type: none"> - Inventory turnover ratio - Trade receivable turnover ratio - Trade payable turnover ratio - Working capital turnover ratio - Fixed Asset turnover ratio - Net over turnover ratio • Profitability ratios <ul style="list-style-type: none"> - Gross profit ratio - Operating ratio - Operating profit ratio - Net profit ratio - Return on investment 		
		Unit IV : Ch – 14 : Cash flow statement	<ul style="list-style-type: none"> • Meaning, objectives and benefits • Cash and cash equivalents • Classification of activities • Preparation of Cash Flow statement as per AS – 3 (Indirect Method) <p>PROJECT FOR BOARD EXAM REVISION FOR PRE – BOARD EXAM</p>	Worksheet on each concepts and numericals.	
Jan. 2023	22	Revision	<ul style="list-style-type: none"> • Practice of past year question papers • Practice of sample papers 		
Feb 2023	22	Revision	Revision for Board exam		



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ACADEMIC SESSION 2022 – 2023

STD. XII

SYLLABUS BREAK – UP

SUB: BUSINESS STUDIES (054)

Month	WD	Chapter/ Unit Topic	Sub – Topic	Activity	Projects (21 st Century Skills)
April 2022	23	01. Nature and significance of management 02. Principles of management	Management concept, Objective & Importance, Management as science, art and professions, co – ordination – concept and importance Concept and significance Fayol’s Principle, Taylor’s scientific management, Principles and techniques techniques.	Visit a business house, find about their production / service system and method of wage / salary payment. Prepare a report and discuss.	
May 2022	05	03. Business environment	Concept and importance, features, dimensions, Demonetisation.	Select a major Indian company for which there is considerable information available in school library. Analyse the impact of demonetization on the working of this company.	
June 2022	13	04. Planning 05. Organizing	Concept, importance, limitations, process, Types of plan. Concept, importance, process, structure – functional and divisional, formal and informal concept, delegation, decentralization	Interview a local small business manager about how their objectives are set and the time taken to achieve them. How do their answers compare with what you have learnt in the chapter.	
July 2022	25	06. Staffing 07. Directing 08. Controlling	Concept, importance, HRM, process – staffing, Recruitment, selection, training & development. Concept, importance, elements – motivation, leadership, communication. Concept, importance, relationship between planning & controlling steps in process	Visit a business house and outline the process of staffing company follow, sources of selection, method of training and development company initiate prepare report on the selection recruitment training, development and discuss in class	
August 2022	21	10. Financial Markets 12. Consumer protection	Concepts, functions, types, money market and its instruments, capital market – types, stock exchange, SEBI. Concept, importance, right, responsibilities CPA, complaint, redressal machinery, remedies	Study the website of BSE/NSE and compile information which you find useful. Discuss in class and find out how it can help you should you decide to invest in the stock market. Prepare a report on your findings.	Projects: Observe the application of the general principles of management advocatd by fayal/taylor in a business house with the help of work sheets, questionnaire, interviews and organizational chart etc.

Month	WD	Chapter/ Unit Topic	Sub – Topic	Activity	Projects (21 st Century Skills)
Sept. 2022	11+ 11	Case study project work Revision	Discussion of board papers and project, Revision for half yearly exam 22 – 23	Half yearly examination 2022 – 23	
Oct. 2022	12	09. Financial Management	Concept, Role, objective financial decisions, capital structure fixed and working capital.	Pick up the Annual reports of 2 or more companies Engaged in the same line of business with the help of website and other sources, compare their capital structures, Analyze the reasons for the difference and discuss in class.	
Nov. 2022	24	11. Marketing management	Concept functions, philosophies, marketing mix concepts & elements, product – branding, labeling & packaging, price – concept, factors, distribution – concept, components, channels, promotion – concept, elements, advertising, personal selling, sales, promotion, public relation.	Collect ten advertisement, appearing in newspaper, magazines, etc. About recent sales promotional schemes, about some consumers durable or non – durable products of your choice, collect some promotional material about these products written on the package and write important features of the scheme in your note book. Make a presentation in class.	
Dec. 2022	19	Project case study Revision	Discussion of project work, Board Questions, revision for Pre–Board		Project : Do a simple market research with the objective of finding out a product / service whose marketing may be profitable with the help of different aspect of marketing management.
Jan 2023	22 (14+ 8)	Pre–Board, Board Papers, Sample Papers	Previous year question discussion, Re – test, remedial class		



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ACADEMIC SESSION 2022 – 2023

STD. XII

SYALLABUS BREAK – UP

SUB: ECONOMICS (030)

Month	WD	Chapter/ Unit Topic	Sub – Topic	Activity	Projects (21 st Century Skills)
April 2022	22	Unit 1 : National Income & its related aggregates (PART – A)	<ul style="list-style-type: none"> • Introduction & Circular flow of income • Basic concept of Macroeconomics • National Income & its related aggregate • Measurement of National Income 		Commercial Bank & Its function
May 2022	05	Unit – 1 : Development experience (1947 – 90) (PART – B)	<ul style="list-style-type: none"> • Features of Indian economy on the eve of independence • Demographic profile • Occupational Structure 	Speech on eve of Independence	Central Bank & its instruments
June 2022	13	Unit – 1 : Economic reforms since 1991 (PART – B)	<ul style="list-style-type: none"> • Five year plans in India • Agriculture Industry & Trade (1950 – 90) • New Economic Policy 		Contemporary unemployment situation of India.
July 2022	25	Unit – 2 : Money & banking (PART – A) Unit – 2 : Poverty (PART – B)	<ul style="list-style-type: none"> • Money • Banking – commercial banks and central banks • Measurement of Poverty, Policies & programmes 	Stages of Money	
August 2021	21	Unit – 2 : Determination of Income and employment (PART – A)	<ul style="list-style-type: none"> • Aggregate demand and related concepts • Income determination and multipliers • Excess demand and deficient demand 		Human Capital formation in India
Sep. 2022	22	Unit – 2 : Current Challenges facing by Indian economy (PART – B)	<ul style="list-style-type: none"> • Human capital formation • Rural Development • Employment Half Yearly Examination		Rural Development • GST
Oct. 2022	12	Unit – 4: Govt. Budget and the economy	<ul style="list-style-type: none"> • Meaning • Components • Objective • Measures 		Govt. Budget and its components
Nov. 2022	24	Unit – 2: Current challenges facing Indian economy (PART – B)	<ul style="list-style-type: none"> • Infrastructure • Sustainable development 		Infrastructure
Dec. 2021	19	Unit – 5 : Balance of Payment (PART – A) Unit – 3 : Development experience of India A comparison with neighbour	<ul style="list-style-type: none"> • Meaning • Components of balances of payments • Autonomous & accommodating items • Disequilibrium in BOP • Path of development of India • Experience & achievement • Development strategies 		Digital India A step Ahead Make in India

(Pre Board / Retest / Remedial class / Revision / Chapter wise doubt classes)



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ACADEMIC SESSION 2022 – 2023

STD. XII

SYLLABUS BREAK – UP

SUB: HINDI (302)

निर्धारित पुस्तकें –

01. आरोह भाग – 2 राष्ट्रीय शैक्षिक अनुसंधान और प्रशिक्षण परिषद
02. नितान भाग – 2 राष्ट्रीय शैक्षिक अनुसंधान और प्रशिक्षण परिषद
03. जनसंचार अभिव्यक्ति और माध्यम – राष्ट्रीय शैक्षिक अनुसंधान और प्रशिक्षण परिषद

Month	WD	Chapter/ Unit Topic	Sub – Topic	Activity	Projects (21 st Century Skills)
अप्रैल 2022	23	गद्यखंड – भक्तिन पूरक पुस्तक – सिल्वर बौडिंग व्याकरण – अपठित बोध काव्यांश प्रश्नोत्तर पत्र लेखन-औपचारिक	महादेवी वर्मा जीवनी, पाठ सारांश अपठित काव्यांश – अर्थ महत्व	श्रवण – वाचन कौशल की विशिष्टता का महत्व	
मई 2022	05	गद्यखंड – बाजार दर्शन रचनात्मक लेखन	उपभोगता और बाजार बाद, अर्थ		
जून 2022	13	काव्यखंड – कविता के बहाने, कैमरे में बंद अपाहिज, बाजार दर्शन, समाचार, संपादकीय	कविता का अर्थ कवि की चिंता, व्यंग्य अध्यात्म और बाजारबाद की मानसिकता, समाचार का महत्व व पृष्ठभूमि	बाजार बाद और उपभोगता में बाजार में भूमिका।	
जुलाई 2022	25	काव्यखंड – उषा, कालेमेघा पानी दे व्याकरण – कविता/ कहानी/नाटक की रचना गद्यांश – अपठित बोध पूरकपुस्तक – सिल्वर वैडिंग	व्याकरण, प्रश्नोत्तर जनसंचार जगत ने मीडिया का महत्व, कविता, कहानी, नाटक का साहित्य व महत्व, प्रश्नोत्तर	वाद विवाद, परियोजना कार्य प्रकृति कर महत्व – लेखन	शैक्षणिक कौशल का महत्व
अगस्त 2022	21	काव्यखंड – कवितावली उत्तरकांड, लक्ष्मण मूर्च्छा और राम का विलाप, रामचरित मानस गद्य खंड – पहलवान की ढोलक, पूरकपुस्तक अतीत में दबेपाँव	रामचरित मानस का जीवन में महत्व, तुलसी दास की जीवनी व सामाजिक परिवेश वाद्ययंत्र का जीवन में महत्व	तुलसीदास की जीवनी पाठ से संबंधित – साग रूपक अलंकार का वर्गीकरण	
सितंबर 2022	22 11+ 11	व्याकरण– फीचर रिपोर्ट, आलेख – प्रश्नोत्तर, परियोजना पुनरावृत्ति व विचार विमर्श प्रश्न पत्र संबंधित, पत्र लेखन अर्द्ध वार्षिक परीक्षा	फीचर की उपयोगिता मीडिया में बिन्दु विशिष्ट रिपोर्ट लेखन की विशिष्टता	जनसंचार जगत में फीचर रिपोर्ट, आलेख की उपयोगिता	
अक्टूबर 2022	12	सहर्षस्वीकारा हैं रूवाईयाँ पूरक पुस्तक–द्वितीय अध्याय अतीत में दबे पाँव, नमक	कविपरिचय, भावनाओं और मानसिकता का संतुलन, मुअन– जोदाड़ों का उत्कृष्ट इतिहास भारत–पाक विभाजन की त्रासदी	भारतीय सभ्यता संस्कृति की उत्कृष्टता वे हड़प्पा और मुअन– जोदाड़ों की अवशेष आधार स्तंभ	

Month	WD	Chapter/ Unit Topic	Sub – Topic	Activity	Projects (21 st Century Skills)
नवम्बर 2022	24	गजल व पूर्ण कविताओं की व्याख्या मेरी कल्पना कर आदर्श समाज अतीत में दबे पाँव, डायरी के पन्ने संपादकीय, फीचर, व्याकरण प्रश्नोंत्तर	गजल – इतिहास, बेरोजगारी का भारत में रहने का कारण हिटलर का साम्राज्य ऐन फ्रैंक का डायरी – लिखने की आवश्यकता यहूदियों की पृष्ठभूमि व अत्याचार	हिटलर द्वारा यहूदियों पर किये गये अत्याचार और ऐन फ्रैंक की जीवनी	'21 वी' सदी के कौशल विषय पर परियोजना तैयार करना
दिसम्बर 2022	19	प्रश्न-पत्र के प्रारूप पर विचार विमर्श, व पुनरावृत्ति कार्य परियोजना, प्री-बोर्ड के प्रश्न-पत्र पर विचार विमर्श, सम्पूर्ण अध्यायों की पुनरावृत्ति व मुख्य बिन्दुओं पर विचार विमर्श		कार्य परियोजना – बोर्ड से संबंधित रचनात्मक लेखन	
जनवरी 2023		प्री-बोर्ड / री-टेस्ट / री-मिडियल क्लास पुनरावृत्ति, विभिन्न शंकाओं का समाधान पाठ से संबंधित			



Sree Ayyappa Public School

Sector V, Bokaro Steel City, Jharkhand - 827006

ACADEMIC SESSION 2022 – 2023

STD. XII

SYALLABUS BREAK – UP

SUB: INFORMATICS PRACTICES (065)

Text Book: 1. Informatics practices of Sumita Arora

02. NCERT Book Class XII

Month	WD	Chapter/ Unit Topic	Sub – Topic	Activity	Projects (21 st Century Skills)
April 2022	23	Revision of Basic of Python	01. List 02. Dictionary 03. Array List operation, creation initialization, traversing	01. Crating list, find largest & smallest in list, sum of square of no. 02. Print-list and multiple of no. 03. Creating dictionary	01. Banking Management system
May 2022	05	Data handling using Pandas – I	Introduction to Python pandas libraries	01. Creating pandas series from dictionary of value and array 02. Given series print all clear data above 75 percentile	
June 2022	13	Data Handling using Pandas – I	Data structure in pandas – series, data frame	03. Creating data frame from dictionary of series, list of dictionary, displayed	02. School Management system
July 2022	25	Data handling using Pandas – I	Mathematical operation, indexing, slicing, head, tail function		
August 2021	21	Data handling using Pandas – I	Boolean indexing, operation on row, column, add, select delete, iteration, CSV/text.	05. Creating DF to display row labels, column labels & dirc.	
Sep. 2022	22	Data Visualization Societal impact	Matplotlib: Line plat, Ran graph, histogram, title & legand, saving plot. Digital footprint, IPR, Foss, cyber crime, cyber law, phishing, IT Act, E-waste, hacking, cyber bullying.	06. Plot line graph, bar graph, histogram. 07. Crating CSV, form DF & DF to CSR etc. 08. Import & Export data between pandas & CSB files.	03. Employee Management System
Revision & Half Yearly Examination : 2022 – 23					
Oct. 2022	12	Database query using SQL	Maths function, powers, round (), MQD()	09. Creating student tables 10. insert the record of new student	04. Hospital Management
Nov. 2022	24	Database query using SQL	Test function, UCASE, LCASE MID, substring(), length () Left(s), Right(s), LTRIM() RTRIM, TRIM etc.	11. Delete records, select 12. Creating foreign key 13. Find min(), max (), averages (), count(), count(*)	
Dec. 2022	14	Database query using SQL	Now, month (), monthname(). Aggregate function, max() , min(), AVG(), SUM(), COUNT(), using count(*) group by having, orer by	14. Write SQL query to order the table in descending order of marks, creating table & use group of clause	05. Library Management System
		Introduction to computer network	LAN, MAN, WAN, modem, hub, switch, repeater router, gateway URLs, www, email, VOIP, char, website, web page, dynamic webpage, web browsers, cookies, add – ons & plug ins REVISION CLASSES	15. Creating now table by using two table 16. Find the total no of customers from each country in the table	06. Railway reservation system
Jan 23	(Pre Board / Retest / Remedial class / Revision / Chapter wise doubt classes)				



Sree Ayyappa Public School

Sector V, Bokaro Steel City, Jharkhand - 827006

ACADEMIC SESSION 2021 – 2022

STD. XII

SYALLABUS BREAK – UP

SUB: INFORMATION TECHNOLOGY (802)

Month	WD	Chapter/ Unit Topic	Sub – Topic	Activity	Projects (21 st Century Skills)
April 2022	23	Employability skills <u>Unit 1</u> Communication Skills Subject skills <u>Unit – 1</u> Database concepts	01. Importance of active listening at workplace. 02. What is communication? 03. Describe the steps to active listening skills. Basic concepts & definition. Data & information need for a database. Database Management System (DBMS) Types of users of DBMS, Advantages of DBMS. Limitations of DMBS	Practice of writing sentences and paragraphs on Topic related to the subject.	
May 2022	05	Employability skills <u>Unit 1</u> Communication Skill Subject Skill <u>Unit – 1</u> Database concepts	Writing skills to the followings: Sentence, phrase, kinds of sentences, parts of speech, articles, construction of a paragraph. SQL – Creating and opening database.		
June 2022	13	Employability skills <u>Unit 2 :</u> Self Management Skills Subject Skill <u>Unit 1:</u> Database concepts	Finding & listening motives. Describe the various factors influencing self motivation Creating & populating tables. Modifying the content & structure of table Ordering & Grouping. Operating with multiple tables.	Group discussion on identifying needs & desire.	
July 2022	25	Employability skills <u>Unit 2 :</u> Self Management Skills Subject Skills <u>Unit 2:</u> Operating web based and application	Finding sources of motivation, inspiration, expansive thoughts, living fully in the present moment & dreaming big. Describe the basic personality traits, types & disorders. Online reservation systems E – Governance	Discussion on sources of motivation & inspiration. Demonstrate the knowledge of different personality types.	
August 2022	21	Employability Skills <u>Unit – 3</u> ICT Skills Subject Skills <u>Unit 2</u> Operating web based and application	Perform tabulation using spread sheet application 01. Introduction to spreadsheet 02. Creating new worksheet, opening workbook & entering text. 03. Resizing fonts, styles, filters, sorting, formulas & function Password, protection printing & saving spreadsheet. Using Presentation application Prepare presentation Online shopping & Bill payments. Online tutorials & tests Project Management Web based application development	Demonstration practice of spreadsheet application. Workbook & worksheets. <u>Case study</u> Online game Online quiz Online bill calculator	Project based on online ticket booking
Sep. 2022	11+ 11	Subject skills Revision Unit 1 & 2 Employability skills Revision Unit 1, 2 & 3	Revision DBMS & web based application Revision Unit 1, 2 & 3 (Employability skills)	Demonstrate & practice presentation application	

Month	WD	Chapter/ Unit Topic	Sub – Topic	Activity	Projects (21 st Century Skills)
Oct. 2022	10	Subject Skills Unit 3 Fundamental of Java programming	Introduction to Java object Oriented programming Java language elements operators		
Nov. 2022	24	Employability skills Unit 4 Entrepreneurship Skills Development Subject Skills Unit 3 Fundamentals of Java Programming	Identifying the general & entrepreneurial behavior competencies. Barriers to becoming entrepreneur. Behavioral & entrepreneurship competences. Control flow If, if else, nested if, switch case. arrays.	Preparation of competencies profile of students	
Dec. 2022	19	Subject skills) Unit 3 Fundamentals of Java Programming Employability skills Unit – 4 Entrepreneurship Skills Development	Class design, exception handling assertions, threads. Demonstrate the knowledge of self assessment of behavioural competences	Exercises on changing entrepreneurial behaviour & development of competences for enhancing self confidence.	
Jan 2023	22	Subject Skills) Unit – 3 Fundamentals of Java Programming Employability skills Unit 5 Green Skills Subject Skills Unit – 4 Work integrated learning II	Wrapper class, string manipulation, database connectivity Identifying the role & importance of green jobs in different sectors Identification of work areas	Prepare posters on green jobs.	Any project related to Java with the help of Net beans IDE.
Feb 2023	14+ 8 = 22	Revision Subject Skills Unit 3 & 4 Revision Employability skills Unit 4 & 5	Java programming & Work integrated IT Entrepreneurial skills & Green skills		Project 01. Hospital management. 02. Railway Management 03. Airline Management 04. Library Management



Sree Ayyappa Public School

Sector V, Bokaro Steel City, Jharkhand - 827006

ACADEMIC SESSION 2022 – 2023

STD. XII

SYLLABUS BREAK – UP

SUB: PHYSICAL EDUCATION (048)

Month	WD	Chapter/ Unit Topic	Sub – Topic	Activity	Projects (21 st Century Skills)
April 2022	23	Unit 1 : Management of Sporting Events	<ul style="list-style-type: none">• Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling)• Various Committees & their Responsibilities (pre; during & post)• Fixtures and its (Staircase & Cyclic)	Procedure to draw a fixtures Knockout tournaments League tournament	Project – Model making of Basket Ball, Football, Kho – Kho, Volleyball court. Showing playing children (Models may be using thermocol, clay and other crafting materials).
May 2022	05	Unit II : Children & Women in Sports	<ul style="list-style-type: none">• Special consideration (Menarche & Menstrual Dysfunction)• Female Athletes Triad (Osteoporosis, Amenorrhea, Eating Disorders)	Flow chart of Common Postural Deformities - Knock Knee; Bow Legs; Flat Foot; Round Shoulders; Lordosis, Kyphosis, and Scoliosis and their corrective measures	
June 2022	13	Unit III Yoga as Preventive measure for Lifestyle Disease	<ul style="list-style-type: none">• Obesity: for Vajrasana, Hastotansana, Trikonasana, Ardha - Matsyendrasana• Diabetes: Procedure, Benefits & Contraindications for Bhujangasana, Paschimottanasana, Pavan muktasana, Ardha - Matsyendrasana, Kapalabhati• Asthma: Procedure, Benefits & Contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottanasana, Matsyaasana, Anulom-Vilom• Hypertension: Procedure, Benefits & Contraindications for Tadasana, Vajrasana, Pavan Muktasana, Ardha Chakrasana, Bhujangasana, Shavasana	Yoga / Asanas Procedure, Benefits & Contraindications	Project – Model making of Yoga/ Asanas. (Models may be using thermocol, clay and other crafting materials).
July 2022	25	Unit IV Physical Education & Sports for CWSN (Children with Special Needs - Divyang) Unit V Sports & Nutrition	<ul style="list-style-type: none">• Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics)• Advantages of Physical Activities for children with special needs.• Strategies to make Physical Activities assessable for children with special needs. • Concept of• Nutritive & Non-Nutritive Components of Diet	Flow chart of balance diet and nutrition <ul style="list-style-type: none">• Macro and Micro Nutrients: Food sources & functions	

Month	WD	Chapter/ Unit Topic	Sub – Topic	Activity	Projects (21 st Century Skills)
August 2022	21	Unit VI Test & Measurement in Sports	<ul style="list-style-type: none"> • Fitness Test – SAI Khelo India Fitness Test in school: • Age group 5-8 yrs/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test • Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Abdominal Partial Curl Up, Push-Ups for boys, Modified Push-Ups for girls). • Computing Basal Metabolic Rate (BMR) • Rikli & Jones - Senior Citizen Fitness Test <ol style="list-style-type: none"> Chair Stand Test for lower body strength Arm Curl Test for upper body strength Chair Sit & Reach Test for lower body flexibility Back Scratch Test for upper body flexibility Eight Foot Up & Go Test for agility Six Minute Walk Test for Aerobic Endurance 	Physical fitness Test : SAI Khelo India test, Brockport Physical Fitness Test (BPFT)	
Sep. 2022	11	Revision for half yearly Examination : 2022 – 23 Half Yearly Examination : 2022 – 23			
Oct. 2022	12	Unit VII Physiology & Injuries in Sports	<ul style="list-style-type: none"> • Physiological factors determining components of physical fitness • Effect of exercise on Muscular System • Effect of exercise on Cardio-Respiratory System • Sports injuries: Classification (Soft Tissue Injuries -Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique & Impacted) 	Diagram of Sports Injuries.	Project – Model making of Handball, Hockey, Cricket, court. Showing playing children (Models may be using thermocol, clay and other crafting materials).
Nov. 2022	24	Unit VIII Biomechanics & Sports	<ul style="list-style-type: none"> • Newton’s Law of Motion & its application in sports • Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports 	Diagram of <ul style="list-style-type: none"> • Friction & Sports • Projectile in Sports 	

Month	WD	Chapter/ Unit Topic	Sub – Topic	Activity	Projects (21 st Century Skills)
Dec. 2022	19	Unit IX Psychology & Sports Unit X Training in Sports	<ul style="list-style-type: none"> • Personality; its definition & types (Jung Classification & Big Five Theory) • Meaning, Concept & Types of Aggressions in Sports • Psychological Attributes in Sports – Self Esteem, Mental Imagery, Self Talk, Goal Setting • Concept of Talent Identification and Talent Development in Sports • Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle. 	Flow Chart of <ul style="list-style-type: none"> • Types & Method to Develop – Strength, Endurance and Speed • Types & Method to Develop – Flexibility and Coordinative Ability 	
Jan. 2023	22	P.B. Exam 2022	Discussion of question paper bank and sample paper revision for Pre Board : 2022.		



Sree Ayyappa Public School

Sector V, Bokaro Steel City, Jharkhand - 827006

ACADEMIC SESSION 2021 – 2022

STD. XII

SYALLABUS BREAK – UP

SUB: YOGA (841)

Month	WD	Chapter/ Unit Topic	Sub – Topic	Activity	Projects (21 st Century Skills)
April 2022	23	Employability skills Communication Skills Subject Specific Skill Yoga and Yogic practice	01. Definition of communication skill 02. Rules of communication 03. Presentation of communication skill Yoga and Yogic practice 01. Shatkarma (Meaning and effect) 02. Purpose of sharkarma 03. Significance of sharkarma in yoga sadhana	Demonstration of the key aspects of becoming active listener Demonstration and practice of writing sentences and paragraphs on topics related to the subject	
May 2022	05	Subject Specific Skill Yoga and Yogic Practice	Yoga and Yogic Practice 01. Yoga and its importance 02. Yogic Kriyas 03. Yogic techniques		
June 2022	13	Employability Skill (Self management Skills) Subject Specific Skill Yoga and Yogic practice	01. Definition of self management skill IV 02. Way of development of self management skill 03. Objective of self management skill Yoga and yogic practices (II) 01. Yogasana, meaning of Yogasan 02. Principles of Yogasana 03. Health benefits of Yogasana	Demonstration of the knowledge of different personality types Demonstration of different Asanas on Diabetes.	
July 2022	25	Employability Skill I.C.T. Subject Special skill Pranayam	01. Information and its role (I.C.T.) 02. Communication and its kind 03. Technology and its application Yoga and Yogic practice 01. Introduction of Pranayama 02. Dhyana and their health benefits	Demonstration and practice on 01. Spreadsheet 02. Protecting the data with password	
August 2022	21	Subject Specific Skill Yoga and Yogic practice	Yoga and yogic practices 01. Yogasanas its different kinds and postures	Demonstration of different asanas on asthma	
Sep. 2022	11	Subject Specific Skill Yogasana Subject Specific Skill	Yoga and yogic practice Identify career opportunity in yoga Yogasana and its kinds	Demonstration of different asanas on hypertension	
Oct. 2022	10	Employability Skill Entrepreneurial Skills Subject Specific Skill (Health Diet)	01. Definition of Entrepreneurial skill 02. Form of Entrepreneurial skill IV 03. Objective of Entrepreneurial skill V 01. Concept of Aahara (Diet) according to Yogic text 02. Significance of health yoga practices in Health promotion	Demonstration of speaking and listening skill and various problem creating work.	

Month	WD	Chapter/ Unit Topic	Sub – Topic	Activity	Projects (21 st Century Skills)
Nov. 2022	24	<u>Employability Skill</u> Entrepreneurial Skills <u>Subject Specific Skill</u> (Yoga text)	Implementation of Entrepreneurial skill Introduction to yoga texts II 01. Concepts of mental health well being 02. Bahiranga yoga and Antarang yoga 03. Concepts of healthy living style in Bhagwad Gita 04. Importance of daily yoga practice	Demonstration of C.C (Curriculum Vitae) Demonstration of Bhagvad Gita Slok Demonstration of healthy diet	
Dec. 2022	19	<u>Employability Skill</u> (Green Skills) <u>Subject Specific Skill</u> (Health Promotion)	01. Definition of green skill 02. Objective of green skill 03. Kind of green skill Yoga for health promotion 01. Introduction to first aid and CPR	Demonstration of preservation of flora and fauna	
Jan 2023	22	<u>Subject Specific Skill</u> (Health Promotion)	Yogic management of stress and its consequences.	Demonstration of different asanas on stress	
Feb 2023		Revision <u>Subject Specific Skill</u> (Yoga for Health Promotion)	Yogic prevention of common diseases Yoga and personality development Revision	Demonstration of different Asanas on stress	
