

**ST. JOHN'S SCHOOL
GREATER NOIDA WEST
SESSION: 2026-27
CLASS: XII D
SECTION: HUMANITIES**

SUBJECT: ENGLISH CORE

SUBJECT CODE: 301

**NAME OF TEXTBOOKS: 1. Flamingo
2. Vistas**

MONTH	NO. OF DAYS	CHAPTER NAME	ACTIVITY
APRIL	18	<p><u>FLAMINGO:</u> 1. The Last lesson 2. Lost Spring Poem 1. My mother at sixty-six</p> <p><u>VISTAS:</u> 1. Third Level</p> <p><u>Writing Skills</u> Notice Writing</p>	<p>Language on Trial” Courtroom Drama (students act as judge, villagers, Franz)</p> <p>Debate Panel Photo Story Narration (Child Labour)</p> <p>Reality vs Fantasy Memory Scrapbook Creation</p> <p>School Notice Board Simulation</p> <p>Debate, Role-plays, storytelling, poetic analysis, speech on mother tongue</p> <p>Competency-based Q&A, extract-based quiz, short test</p>

MAY	19	<p><u>FLAMINGO:</u></p> <p>3.Deep Water</p> <p>Poem 2. Keeping Quiet</p> <p><u>VISTAS:</u></p> <p>2.The Tiger King</p> <p>3.Journey to the End of the Earth.</p> <p><u>Writing Skills:</u></p> <p>Formal Invitation and Reply</p>	<p>Fear-to-Fearless Timeline Chart</p> <p>Silent Reflection Activity (5 mins</p> <p>Satire Meme Making journaling)</p> <p>Climate Change Podcast Recording</p> <p>Map work, storytelling, poetic analysis</p> <p>Class discussions, mock test</p>
JUNE	00	SUMMER BREAK	CBSE PROJECT WORK
JULY	23	<p><u>FLAMINGO:</u></p> <p>4.Ratrap</p> <p>5.Indigo</p> <p>Poem 3: A Thing of Beauty</p> <p><u>VISTAS:</u></p> <p>4.The Enemy</p> <p><u>Writing Skills:</u></p> <p>Informal Invitation and Reply</p>	<p>Moral Compass Game (decision-making scenarios)</p> <p>Press Conference with Gandhiji</p> <p>Behind-the-Scenes Script Writing</p> <p>Nature Photography + Caption Writing</p> <p>Ethical Dilemma Discussion Circle</p> <p>Role-plays, debates, recitation</p>
AUGUST	19	<p><u>FLAMINGO:</u></p> <p>6. Poet and Pancakes</p> <p>7.Interview</p> <p>Poem 4: A Roadside Stand</p> <p><u>VISTAS:</u></p> <p>5.On the face of it</p>	<p>Mock Celebrity Interview Recording</p> <p>Rural vs Urban Poster Campaign</p> <p>“My Strength Story” Presentation</p> <p>Real Newspaper Submission Task</p> <p>Mock interviews, letter writing practice</p>

		<u>Writing Skills:</u> Job Application	
SEPTEMBER	20	<u>Writing Skills:</u> Job Application	“Hire Me Fair” (Live Interview Simulation) Resume writing, role-play interviews
OCTOBER	18	<u>FLAMINGO:</u> 8.Going places Poem 5: Aunt Jennifer’s Tiger <u>VISTAS:</u> 6.Memories of Childhood <u>Writing skills:</u> Article Writing Report Writing	Dream vs Reality Vision Board Symbolism Mapping Chart Case Study Discussion (Discrimination) School Magazine Article Submission Event Reporting Understand identity, feminism, and social issues Writing practice, discussions
NOVEMBER	17	Revision for Preboard I Examination along with the practice of Reading Section.	Escape Room Reading Challenge (solve clues from passages) Think-Pair-Share Sessions Skimming, scanning, inference tasks, mind maps
DECEMBER	21	Revision for Preboard II Examination	
JANUARY	15	Revision for Final Examination	
FEBRUARY	20	Final Examination	

SUBJECT: POLITICAL SCIENCE (028)

NAME OF THE TEXTBOOKS:

1. Contemporary World Politics

2. Politics in India Since Independence

MONTH	DAYS	CHAPTERS	ACTIVITIES
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MARCH	11	<p><u>Politics in India Since Independence</u> L- 1Challenges of Nation Building L-2 Era of One-Party Dominance L-3 Politics of Planned Development</p>	BLOCK TEACHING
APRIL	18	<p><u>Contemporary World Politics</u> L-1 The End of Bipolarity L-2 Contemporary Centres of Power</p>	<p>"Power Profile" Each group will be assigned a contemporary center of power. Ask them to create a short profile (1-2 pages) highlighting its: 1. Economic influence 2. Military strength 3. Cultural impact Present and discuss in the class.</p>
MAY	19	<p><u>PERIODIC ASSESSMENT I</u></p> <p><u>Contemporary World Politics</u> L- 3 Contemporary South Asia L-4 International Organizations</p> <p><u>Politics in India Since Independence</u> L- 4 India's External Relations</p>	<p>IO Brochure" Students will be given an international organization (e.g., UN, WHO, IMF). They will create a brochure highlighting: 1. Purpose 2. Structure 3. Functions</p> <p>"India's Foreign Policy" Students will create a mind map or diagram illustrating India's external relations with: 1. Neighbouring countries 2. Regional organizations (e.g., SAARC) 3. Global powers (e.g., USA, China)</p>
JULY	23	<p><u>PERIODIC ASSESSMENT II</u></p> <p><u>Contemporary World Politics</u> L-5 Security in Contemporary World L-6 Environment and Natural Resources</p> <p><u>Politics in India Since Independence</u> L-5 The Crises of Democratic Order</p>	<p>"Resource Map" Students will create a map of India, highlighting: 1. Areas of high biodiversity 2. Major water resources (rivers, lakes) 3. Mineral-rich regions Discuss how human activities impact these resources.</p> <p>"Democratic Challenges" Students in groups and each group will be given a challenge facing democratic order (e.g., terrorism, corruption, polarization). They will 1. Discuss the challenge 2. Suggest possible solutions 3. Present their findings to the class</p>

AUGUST	19	<u>Contemporary World Politics</u> L-7 Globalisation <u>Politics in India Since Independence</u> L-6 Challenges to and Restoration of the Congress System L- 7 Regional Aspiration	"Globalization Impact" Students in groups will create a chart or diagram showing: 1. Positive effects of globalisation (e.g., economic growth, cultural exchange) 2. Negative effects of globalisation (e.g., job loss, environmental degradation) Discuss and analyze the findings as a class.
SEPTEMBER	20	Revision Half Yearly Exam	NO ACTIVITY
OCTOBER	18	<u>Politics in India Since Independence</u> L-8 Recent Development in Indian Politics	"Indian Politics Timeline" Students in groups will create a timeline of major events in Indian politics from 1989 onwards, including: - Era of Coalitions: The rise of coalition governments and their impact on Indian politics. - Mandal Commission and Its Implementation: The recommendations of the Mandal Commission and their effects on Indian society and politics. - Rise of the BJP: The emergence of the Bharatiya Janata Party (BJP) as a major force in Indian politics. - Communalism, Secularism, and Democracy: The debates and tensions surrounding communalism, secularism, and democracy in India. - Recent Elections and Governments: The outcomes of recent Lok Sabha elections and the formation of governments at the Centre. Ask each group to present their timeline and discuss the significance of each event.
NOVEMBER	17	PRE- BOARD I & PRE- BOARD 11	
DECEMBER	21		
JANUARY	15		
FEBRUARY	20		

SUBJECT: HISTORY (027)**NAME OF THE TEXTBOOKS: Themes in Indian History – Part I, II and III.**

MONTH	DAYS	CHAPTERS	ACTIVITIES
MARCH	11	Introduction to syllabus and paper pattern. Ch-1 Bricks, Beads and Bones	BLOCK TEACHING
APRIL	18	Ch-2 Kings, Farmers and Towns Ch-3 - Kinship, Caste and Class	Ashokan Edict Decoding Give translated excerpts of Ashokan inscriptions Students underline: ➤ Moral messages ➤ Administrative ideas Question: What kind of ruler was Ashoka? Role play: “Ashoka addressing his people.” Activity: Debate Topic: Was caste system flexible or rigid? Picture chart to discuss the stories in the sculptures.
MAY	19	Ch-4 Thinkers, Beliefs and Buildings	Religious Philosophy Comparison Aspect Buddhism Jainism.
JULY	23	Ch-5 Through the Eyes of Travelers Ch-6 Bhakti and Sufi Traditions	Comparitive Analysis of all the travellers tour during 6 th century. Venn diagram to make comparison of different religious movements.
AUGUST	19	Ch-7 An Imperial Capital – Vijayanagar Ch-8 Peasants, Zamindars & The State.	Architecture Interpretation Analyze Hampi structures. Agrarian System Comparison Mughal and British. Give detail Revenue Impact Analysis of the Mughal estate. Who benefited? Who suffered?
SEPTEMBER	20	Ch-9 Colonialism & the Countryside Ch-10 Rebels & The Raj	Permanent Settlement Case Study Evaluate: Impact on peasants Role of zamindars Historiography Debate “Was 1857 a mutiny or war of independence?”

OCTOBER	18	Ch-11 Mahatma Gandhi and The Nationalist Movement Ch-12 Framing the Constitution	Movement Analysis Role of Mahatma Gandhi and his involvement in reformational movement towards independence. Constitutional Values Interpretation: Important leaders and their contribution in constitution making.
NOVEMBER	17	Pre Board-I revision full syllabus	• CBSE sample papers, Maps, source based and picture-based
DECEMBER	21	Doubts and Revision	Doubt Wall Instructions: Students write doubts on sticky notes Paste on board under chapters Teacher addresses cluster-wise Answer Writing Drill Instructions: Give 3 questions: 3 marker 5 marker Case-based Time-bound writing
JANUARY	15	Pre Board-II Revision full syllabus	REVISION
FEBRUARY	20	ANNUAL EXAMINATION	ANNUAL EXAMINATION

SUBJECT: ECONOMICS

SUBJECT CODE:030

NAME OF TEXTBOOKS: 1. MACRO ECONOMICS

2. INDIAN ECONOMIC DEVELOPMENT

MONTH	No. OF DAYS	UNIT/ CHAPTER NO.	CHAPTER NAME	ACTIVITY
MARCH	12	1(MACRO ECONOMICS)	CIRCULAR FLOW OF INCOME	1.WORKSHEET Diagram of Circular flow of Income in Two sector model / closed economy, Diagram of Real flow and Money flow
APRIL	19	1(MACRO ECONOMICS) 1(INDIAN ECONOMIC DEVELOPMENT)	CIRCULAR FLOW OF INCOME (Continuation), INDIAN ECONOMY ON THE EVE OF INDEPENDENCE)	2. WORKSHEET Group discussion on: <ul style="list-style-type: none"> • A dominance of agriculture • A stagnant industrial sector • A skewed foreign trade pattern • An exploitative land ownership system • A high degree of under development

				During British rule CLASS TEST
MAY	18	2,3,4(MACRO ECONOMICS)	BASIC CONCEPTS OF MACRO ECONOMICS, NATIONAL INCOME AND RELATED AGGREGATES, MEASUREMENTS OF NATIONAL INCOME	3. WORKSHEET Identification of goods as: <ul style="list-style-type: none"> • Domestic good or National good • Final good or Intermediate good • Capital good or Consumer good • Factor Income or Transfer Income 4. WORKSHEET: Numerical : Value added, Income, Expenditure method to calculate Domestic Income and National Income. CLASS TEST
JUNE	00		PROJECT	TOPICS WILL BE GIVEN FROM CBSE GUIDELINES <u>Objectives of the Project</u> <ul style="list-style-type: none"> • Probe deeper into theoretical concepts learnt in classes XI and XII • Analyse and evaluate real world economic scenarios using theoretical constructs and arguments • Demonstrate the learning of economic theory • Follow up aspects of economics in which learner have interest • Develop the communication skills to argue logically <u>Expectation of the project</u> <ul style="list-style-type: none"> • Project should be of 3500 – 4000 words (excluding diagram and graphs), preferably hand written.

				<ul style="list-style-type: none"> It will be an independent , self -directed piece of study <p><u>Learners may work upon the following lines as a suggested flow chart:</u></p> <p>Choose a title / topic ↓</p> <p>Collection of the research material ↓</p> <p>Organization of material/data ↓</p> <p>Present material/data ↓</p> <p>Analysing the material/data for conclusion ↓</p> <p>Draw the relevant conclusion ↓</p> <p>Presentation of the project work</p>
JULY	25	4(MACRO ECONOMICS) 2,3(INDIAN ECONOMIC DEVELOPMENT)	MEASUREMENT OF NATIONAL INCOME, INDIAN ECONOMY (1950-1990), LIBERALISATION, PRIVATISATION AND GLOBALISATION)	<p>5. WORKSHEET</p> <ul style="list-style-type: none"> Reasons for adaptation of New Economic Policy (1991) Significance of adoption Factors responsible for Globalisation Impact of Globalisation on World economy <p>CLASS TEST</p>
AUGUST	22	5,6(MACRO ECONOMICS) 4,5(INDIAN ECONOMIC DEVELOPMENT)	MONEY, BANKING, HUMAN CAPITAL FORMATION, RURAL DEVELOPMENT	<p>6. WORKSHEET</p> <p><u>Preparation of mind map:</u></p> <p>Function of money Components of money supply Function of commercial bank and Central bank</p> <p>ACTIVITY:</p> <ol style="list-style-type: none"> Group discussion on “ Agricultural subsidy – against/ favour Group discussion on “ Distribution of GDP on - primary education/ vocational education/ higher education <p>CLASS TEST</p>

SEPTEMBER	11	10,11(MACRO ECONOMICS) 6,7,8 (INDIAN ECONOMIC DEVELOPMENT)	GOVERNMENT BUDGET, BALANCE OF PAYMENT, EMPLOYMENT, ENVIRONMENT AND SUSTAINABLE DEVELOPMENT, COMPARATIVE DEVELOPMENT EXPERIENCES OF INDIA AND ITS NEIGHBOURS Revision of Half Yearly Examination	7. WORKSHEET Structure of Government Budget Formation of Capital account and Current account Structure of Balance of Payment ACTIVITY: Group discussion on impact of G-20 on Sustainable development of our country Half yearly Examination
OCTOBER	18	7,8,9(MACRO ECONOMICS)	AGGREGATE DEMAND AND RELATED CONCEPTS, INCOME DETERMINATION AND MULTIPLIER, EXCESS DEMAND AND DEFICIENT DEMAND	8. WORKSHEET Numerical: Propensity to consume, Propensity to save, Investment multiplier Diagram: Derivation of savings curve from Consumption curves and vice-versa CLASS TEST
NOVEMBER	10		Revision for Preboard I Examination along with the practice of Numerical from National Income Accounting and Investment Multiplier	Solving of sample paper, CBSE Board examination (10 years) CLASS TEST- Multiple topic from Marco economics and Indian economic development
DECEMBER	17	Revision for Preboard II Examination		Educational Trip As per related topic
JANUARY	07	Revision for Final Examination	<u>Solving the Pre board paper of:</u> Kendriya vidhyalaya of different zone of India, Sarvodaya vidhyalaya of different zone of India and other school also	
FEBRUARY	06	Final Examination started		
MARCH				

SUBJECT: LEGAL STUDIES

SUBJECT CODE: (074)

NAME OF THE TEXTBOOK : LEGAL STUDIES -XII (NCERT)

MONTH	NO OF DAYS	UNIT/CHAPTER NO.	CHAPTER NAME	ACTIVITY
MARCH	4	Unit 3 :Business Laws Chapter 3B, Chapter 3D	Law of Torts , Intellectual Property Law	Find real-life cases
APRIL	12	Unit 3 : Business Laws Chapter 3A, Chapter 3C	Law of Contract ,Law of Property	1.Draft a simple Contract- Students will create a basic agreement (rent,sale,service). 2. Property Rights Debate: Topic : “Should property rights be absolute?”
MAY	10	Unit 5 :Concept of Human Rights Chapter 5A, Chapter 5b	Human Rights in India, Human Rights Violations- Complaint Mechanism (Quasi-Judicial bodies)	Poster Making (Awareness) Students create posters on rights like equality, freedom, dignity.
JULY	12	Unit 4 :General Laws Chapter 4A, Chapter 4B, Chapter 4C	Law and Sustainable Development, Forms of Legal Entities, Criminal Laws in India.	Debate / Group Discussion Topic: “Development vs Environment – Should law favor one more?”
AUGUST	12	Unit 1: Judiciary Unit 2 : Alternative Dispute Resolution in India (ADR	1.Judiciary 2.Alternative Dispute Resolution in India (ADR)	Comparison Activity Students create a table: Court vs ADR (time, cost, effectiveness).
SEPTEMBER	12	Unit 6 : International Laws	a)Introduction b) Historical Evolution of International Law c) What is International Law?	Current Affairs Discussion Students bring news on international conflicts or treaties → relate to

				international law principles.
OCTOBER	10	Unit-7 : Legal Profession in India Unit 8: Legal Services	a) The Advocate Act,1961 b) Lawyers and Professional Ethics c) Advertising by Lawyers d) Liberalization and Globalization of legal profession e) Women and Legal Profession f) Legal Education in India, USA and UK g) Opportunities for Law Graduates a) Brief history of Legal services b) Free Legal Aid under Criminal law c) Legal aid by the State d) Legal Aid under the Indian Constitution e) National Legal Services Authority(NALSA) f) Legal Services Authority Act,1987 g) Legal Aid in context of social justice and Human Rights	Professional Code of Conduct Activity Students list ethical duties of lawyers → create a poster or flowchart.
NOVEMBER	17	Pre- Board I revision full syllabus	Revision Full Syllabus	CBSE sample papers, Previous Year Question Papers
DECEMBER	20	Doubt and Revision	Revision	Worksheets
JANUARY	14	Pre-Board II	Revision	
FEBRUARY	20	Annual Examination	Annual Examination	

SUBJECT: INFORMATICS PRACTICES (065)

SUBJECT TEACHER: Ms. PRIYANKA CHAUHAN

BOOK NAME: INFORMATICS PRACTICES WITH PYTHON (SULTAN CHAND PUBLICATION)

MONTH	NO. OF DAYS	CHAPTERS COVERED	LAB ACTIVITY
MARCH	11	Chapter 3 Review of Database Concepts and SQL	-Use of DDL and DML commands. -Use of SELECT statement and SQL operators in SQL. -Order By, Distinct clause
APRIL	18	Chapter 4 Database Query using SQL Chapter 6 Societal Impacts	-Applying mathematical, string, date and time functions in SQL -Aggregate function in SQL. -Use of Order By and Group By clause in SQL. -SQL Joins
MAY	19	Chapter 5 Computer Networks	Practice of SQL Commands and Joins
JUNE	00		PRACTICAL & PROJECT FILE WORK

JULY	23	Chapter 1 Data Handling using Pandas	<ul style="list-style-type: none"> -Create a series using range(). -Create a series from a numerical scalar. -Create a series from a dictionary. -Generate a series using mathematical function and one-dimensional array. -Working of head() and tail() functions on a series. -Working of mathematical operators on series. -Create a dataframe from a dictionary of series. -Illustrate head() and tail() methods in a dataframe. -Reading from a CSV file to dataframe -Writing and updating contents in a CSV file
AUGUST	19	Chapter 2 Data Visualization using Matplotlib	<ul style="list-style-type: none"> -Plot a simple line chart using two lists. -To add legends, titles and labels to a line plot with multiple lines. -To plot lines with different styles using plot() functions. -To plot a simple bar chart that is orange in color. -To plot a bar chart horizontally. -To plot a histogram using plot() method with 'hist' argument. -To plot a histogram with different formatting and suitable title and labels.
SEPTEMBER	20	HALF YEARLY EXAM	Practical Exam
OCTOBER	18	Revision	Revision
NOVEMBER	17	Revision for Pre board 1	Mock Practical Exam
DECEMBER	21	Revision for Pre board 2	

JANUARY	15	Remedial classes & Revision for Final Exam	Annual Practical Exam
FEBRUARY	20	Annual Exam	

SUBJECT – HINDI ELECTIVE

SUBJECT CODE: 002

NAME OF BOOK: 1. ANTRA BHAG - 2

2. ANTRAL BHAG -2

3. ABHIVYAKTI AUR MADHYAM

MONTH	NO. OF DAYS	CHAPTER NO. & NAME	ACTIVITY
MARCH (मार्च)	00	<p>अंतरा भाग- 2 (पद्य खंड) पाठ-1 जयशंकर प्रसाद (क) देवसेना का गीत (ख) कार्नेलिया का गीत</p> <p>अंतरा भाग- 2 (गद्य खंड) पाठ-1 प्रेमघन की छाया - स्मृति अभिव्यक्ति और माध्यम पाठ-3 जनसंचार माध्यम और लेखन : विभिन्न माध्यमों के लिए लेखन</p>	<p>भोर के दृश्य को देखकर अपने अनुभव काव्यात्मक शैली में लिखिए।</p> <p>चौधरी जी के व्यक्तित्व को बताने के लिए पाठ में कुछ मज़ेदार वाक्य आए हैं, उन्हें छाँटकर उनका संदर्भ लिखिए।</p> <p>अवधारणा मानचित्र</p>
APRIL (अप्रैल)	18	<p>अंतरा भाग- 2 (काव्य खंड) पाठ-2 सूर्यकांत त्रिपाठी 'निराला' (ख) सरोज स्मृति पाठ-3. सच्चिदानंद हीरानंद वात्स्यायन 'अज्ञेय' (क) यह दीप अकेला (ख) मैंने देखा एक बूँद</p> <p>अंतरा भाग- 2 (गद्य खंड) पाठ-2 सुमिरिनी के मनके पाठ-4 संवदिया</p> <p>अंतराल भाग- 2 पाठ-1 सूरदास की झोंपड़ी श्रवण कौशल</p>	<p>'सरोज स्मृति' पूरी पढ़कर आम आदमी के जीवन संघर्षों पर कक्षा चर्चा।</p> <p>भारतीय दर्शन में 'सागर' और 'बूँद' का संदर्भ लेखना।</p> <p>मुख्य दो पात्रों की चारित्रिक विशेषताओं का तुलनात्मक अध्ययन। संवदिया की भूमिका आपको मिले तो आप क्या करेंगे (कक्षा परिचर्चा)</p>
MAY (मई)	19	<p>अंतरा भाग- 2 (काव्य खंड) पाठ-4. केदारनाथ सिंह (क) बनारस (ख) दिशा</p> <p>अंतरा भाग- 2 (गद्य खंड) पाठ-5 गांधी, नेहरू और यास्सेर अराफ़ात</p> <p>अंतराल भाग- 2</p>	<p>बनारस के चित्र एकत्रित कीजिए और इसकी विशेषताएँ लिखिए।</p> <p>यास्सेर अराफ़ात जी के आतिथ्य से क्या प्रेरणा मिलती है और अपने अतिथि का सत्कार आप</p>

		<p>पाठ-3 बिस्कोहर की माटी अभिव्यक्ति और माध्यम पाठ-4 पत्रकारीय लेखन के विभिन्न रूप और लेखन प्रक्रिया पाठ-5 जनसंचार माध्यम और लेखन : विशेष लेखन - स्वरूप और प्रकार अपठित गद्यांश/पद्यांश</p>	<p>किस प्रकार करना चाहेंगे। अपने विचार व्यक्त कीजिए।</p> <p>पाठ से गाँव के बारे में आपको क्या-क्या जानकारियाँ मिली कक्षा में चर्चा कीजिए।</p> <p>जनसंचार माध्यम (उल्टा पिरामिड शैली, फीचर लेखन, आलेख लेखन पर अपने विचार व्यक्त कीजिए।</p>
JUNE (जून)	00	परियोजना कार्य	
JULY (जुलाई)	23	<p>अंतरा भाग- 2 (काव्य खंड) पाठ-6 रघुवीर सहाय (क) वसंत आया (ख) तोड़ो पाठ-7 तुलसीदास (क) भरत-राम का प्रेम (ख) पद अंतरा भाग- 2 (गद्य खंड) पाठ-6 शेर, पहचान, चार हाथ, साझा पाठ-7 जहाँ कोई वापसी नहीं अभिव्यक्ति और माध्यम पाठ-13 सृजनात्मक लेखन : नए और अप्रत्याशित विषयों पर लेखन</p>	<p>वसंत ऋतु पर किन्हीं दो कवियों की कविताएँ खोजिए और इस कविता से उनका मिलान कीजिए।</p> <p>परियोजना कार्य चारों पद्यांश की सप्रसंग व्याख्या कीजिए।</p> <p>कहानी और लघुकथा में अंतर।</p> <p>अवधारणा मानचित्र अप्रत्याशित विषयों पर लेखन गतिविधि कुछ समसामयिक विषय दिए जाएँगे। उन पर अपने विचार व्यक्त करने होंगे।</p>
AUGUST (अगस्त)	19	<p>अंतरा भाग- 2 (काव्य खंड) पाठ-8 मलिक मुहम्मद जायसी : बारहमासा पाठ-9 विद्यापति : पद अंतरा भाग- 2 (गद्य खंड) पाठ-9 दूसरा देवदास अभिव्यक्ति और माध्यम पाठ-6 सृजनात्मक लेखन : कैसे बनती है कविता पाठ-7 सृजनात्मक लेखन : नाटक लिखने का व्याकरण पाठ-8 सृजनात्मक लेखन : कैसे लिखें कहानी</p>	<p>पदों की सप्रसंग व्याख्या (कक्षा में चर्चा)</p> <p>पाठ का केंद्रीय भाव लिखिए तथा अवधारणा मानचित्र बनाइए।</p> <p>ममता कालिया जी की 'दूसरा देवदास' कहानी पढ़िए और उस पर बनी फ़िल्म देखिए। कविता लेखन</p> <p>नाटक और कहानी लेखन में ध्यान रखने योग्य बातें लिखिए।</p>
SEPTEMBER (सितंबर)	20	दोहराव, exam	

OCTOBER (अक्टूबर)	18	अंतरा भाग- 2 (काव्य खंड) पाठ-11 घनानंद - कवित्त अंतरा भाग- 2 (गद्य खंड) पाठ-10 कुटज अंतराल भाग- 2 पाठ-4 अपना मालवा-खाऊ-उजाड़ सभ्यता में अभिव्यक्ति और माध्यम पाठ-11 कैसे करें कहानी का नाट्य रूपांतरण पाठ-12 सृजनात्मक लेखन : कैसे बनता है रेडियो नाटक	कवित्त याद करके कक्षा में सुनाइए कुटज के बारे में उसकी विशेषताएँ बताने वाले दस वाक्य पाठ से छाँटिए और उनकी विवेचना कीजिए पर्यावरण को विनाश से बचाने के लिए आप क्या कर सकते हैं? उसे कैसे बचाया जा सकता है? अपने विचार व्यक्त कीजिए कहानी लेखन रेडियो नाटक पर क्विज़ (प्रश्नोत्तरी)
NOVEMBER (नवंबर)	17	PRE BOARD-1 REVISION	
DECEMBER (दिसंबर)	21	PRE BOARD-2 REVISION	
JANUARY	15	REVISION	
FEBRUARY	20	ANNUAL EXAMS	

SUBJECT: PHYSICAL EDUCATION

SUBJECT TEACHER: MR. ANIL CHAUHAN

Month	Days	Topics Covered	Activities
March	11	Unit 1: Management of Sporting Events	Lecture, Case Studies, MCQs
April	18	Unit 2: Children & Women in Sports Unit 3: Yoga as a Preventive Measure for Lifestyle Diseases	Group Discussion, Practical Sessions, Worksheet
May	19	Unit 4: Physical Education & Sports for CWSN Unit 5: Sports & Nutrition	Research Projects, Short Quizzes
July	23	Unit 6: Test & Measurement in Sports Unit 7: Physiology & Injuries in Sport	Practical Demonstrations, Case-Based Questions
August	19	Unit 8: Biomechanics & Sports Unit 9: Psychology & Sports	Concept Mapping
September	20	Term 1 Revision	Mock Tests
October	18	Unit 10: Training in Sports	Scenario-Based Learning, Viva
November	17	Full Syllabus Revision & Class Test	Board Pattern Test Papers
December	21	Revision & Pre-Board	Sample Papers, Oral Testing
January	15	Pre-Board	
February	20	Pre-Board	

SUBJECT: PSYCHOLOGY

SUBJECT CODE: 037

NAME OF TEXTBOOKS: NCERT PSYCHOLOGY TEXTBOOK

MONTH	NO. OF DAYS	CHAPTER NAME	ACTIVITY
MARCH	11	Chapter 1: Variations in Psychological Attributes	<ul style="list-style-type: none"> • To understand the meaning of the concept of individual differences in psychology and how it can be seen in human functioning. • To learn about various methods used to assess psychological attributes. • To know about various theories of intelligence broadly explained through both the approaches i.e., Psychometric and Information-processing. • To discuss the role of heredity and environment in the development of individual differences. • To know various methods used to measure intelligence and aptitude, including standardized and projective techniques. • To explain what constitute to intelligence behaviour and learn how psychologist assess intelligence to identify Intellectual deficient or gifted individual.
APRIL	18	<p>Chapter 1: Variations in Psychological Attributes</p> <p>Practical 1: Raven's Standard Progressive Matrices</p> <p>Chapter 2 : Self and Personality</p>	<ul style="list-style-type: none"> • Analyze the cultural and social factors that influence individual differences in intelligence and aptitude. • Understand the concept of creativity and its relationship with intelligence. • Conduction of Intelligence test – RSPM and result interpretation. • Revision of chapter, MCQs practice, interactive Q&A, and a mock test to seal the concepts! • To introduce the concept of self and its significance in psychology. • To understand the cognitive and behavioral aspects of self,

			<p>including the self-concept, self-esteem, and self-efficacy.</p> <ul style="list-style-type: none"> • Explain the role of socialization and culture in shaping the development of self and personality. • Explain the concept of self-actualization and its relationship with personal growth and fulfillment. • Discuss the different factors that contribute to the formation of positive and negative self-concepts, including feedback from others, past experiences, and cultural norms. • Analyze the impact of social media and technology on the development of self and personality.
MAY	19	<p>Chapter 2 : Self and Personality</p> <p>Practical 2 : Maudely Personality Inventory</p>	<ul style="list-style-type: none"> • To understand the concept of Personality and its characteristics. • Analyze the factors that contribute to the formation of personality traits, including genetics, environment, and culture. • Discuss the major approaches which proposed different theories of personality development, including the psychodynamic, behavioral, and humanistic approaches. • Describe the different mechanisms of defense used by individuals to cope with stress and anxiety, including repression, denial, and rationalization. • Describe techniques of personality assessment such as Psychometric tests, Self-report measures, Projective techniques and Behavioral Analysis. • Conduction of personality test i.e., MPI and its result interpretation.

		Chapter 3: Meeting Life Challenges	<ul style="list-style-type: none"> • Understand the nature, types and sources of stress and its significance in psychology. • Identify the different types of stressors, including environmental, interpersonal, and internal stressors. • Analyze the impact of stress on physical and mental health, including the development of stress-related disorders such as anxiety and depression. • Describe the different psychological and physiological responses to stress, including the fight-or-flight response and the general adaptation syndrome. • Final Week – Revision, Doubt Session, Interactive discussions on the Mind map of the chapter, and a mock test!
JUNE		SUMMER BREAK	Preparation of Case Profile - Psychology Project and Practical Files as per CBSE guidelines
JULY	23	Chapter 3: Meeting Life Challenges	<ul style="list-style-type: none"> • Recapitulation of the chapters done before vacation through Peer teaching. • Discussion of Project and Practical files work. • Analyze the different coping strategies used to manage stress, including problem focused coping and emotion focused coping. • Understand the concept of resilience and its role in coping with adversity and stress and the different factors that contribute to the development of resilience, including social support, positive thinking, and adaptive coping skills. • Understand the concept of positive psychology and its focus on promoting well-being and positive emotions. • Identify the different factors that contribute to happiness and well-being, including positive

		<p>Practical 3: Adjustment Inventory for School Students</p> <p>Chapter 4: Psychological Disorders</p>	<p>relationships, a sense of purpose and a growth mindset.</p> <ul style="list-style-type: none"> • Discuss the role of mindfulness and meditation in reducing stress and promoting well-being. • Conduction of Practical AISS and its result interpretation, • Revision, Practice of PYQ related to chapter and mock test. • Understand the concept of abnormal behavior, psychological disorders and its historical background. • Describe the different approaches to the classification of psychological disorders, including the DSM and the ICD. • Identify the different categories of psychological disorders, including anxiety disorders, mood disorders, and personality disorders. • Analyze the different causes of psychological disorders, including biological, psychological, and social factors.
AUGUST	19	<p>Chapter 4: Psychological Disorder</p> <p>Practical 4 : Sinha's Comprehensive Anxiety Text</p> <p>Chapter 5: Therapeutic Approaches</p>	<ul style="list-style-type: none"> • Understand the concept of comorbidity and its significance in the diagnosis and treatment of psychological disorders. • To develop awareness of mental health, stigmas and symptoms of psychological disorders. • Identify the different methods used to diagnose psychological disorders, including clinical interviews and psychological tests. • Conduction of practical SCAT and its result interpretation. • Understand the concept of psychotherapy and its significance in the treatment of psychological disorders. • Identify the different approaches to psychotherapy, including psychodynamic,

			<p>behavioral, cognitive, and humanistic therapies.</p> <ul style="list-style-type: none"> • Describe the techniques used in psychodynamic therapy, including free association and dream interpretation. • Analyze the techniques used in behavioral therapy, including exposure therapy and systematic desensitization. • Understand the techniques used in cognitive therapy, including cognitive restructuring and cognitive-behavioral therapy. • Describe the techniques used in humanistic therapy, including client-centered therapy and gestalt therapy. • Understanding the contributing factors to healing in Psychotherapy and the ethical standards that are practiced by professional psycho-therapists. • Discuss the role of alternative therapies, including art therapy and mindfulness-based therapy, in the treatment of psychological disorders. • Understand the components of psychological disorders treatment and the ways to rehabilitate the clients through therapy and skills. • Final Week – Quick recap, practice of PYQs & a power-packed mock test!
<p>SEPTEMBER</p>	<p>20</p>	<p>Chapter 6: Attitude and Social Cognition</p>	<p>Revision for Half Yearly Examination</p> <ul style="list-style-type: none"> • Understand the concept of attitude and its significance in social by introducing the lesson with real-life examples or case studies that illustrate attitudes. • Identify the different components of attitude, including affective, behavioral, and cognitive components. • Divide the class into small groups and instruct each group

			<p>to design an attitude survey on. Connect the concepts of attitude and social cognition to other disciplines such as sociology.</p> <ul style="list-style-type: none"> • Analyze the factors that influence the formation and change of attitudes, including cognitive dissonance and social influence. • Understand the attitude behavior relationship • Define Prejudice and Discrimination and discuss the possible sources of prejudice. • Understand the strategies for handling prejudice effectively. • Revision and Exit Activity for the chapter.
OCTOBER	18	<p>Practical 5: Self Concept Questionnaire</p> <p>Chapter 7: Social Influence and Group Processes</p>	<ul style="list-style-type: none"> • Conduction of Practical SCQ and its result interpretation. • Understand the concept of group and how it is formed. • Discuss the factors that facilitate group formation and stages of group formation. • Identify the different types of groups, including formal and informal groups, in-groups and out-groups, and reference groups. • Understand the concept of group think and its negative consequences for decision-making in groups. • Understand the concept of social facilitation and its significance in group processes. • Analyze the factors that influence social facilitation, including task difficulty and individual ability. • Understand the concept of group polarization and its significance in group decision-making. • Analyze the factors that contribute to group polarization, including group

			<p>discussion and informational influence.</p> <ul style="list-style-type: none"> • Final Week – Doubts session, Practice of Sample papers and a confidence-boosting mock test!
NOVEMBER	17	Revision for Preboard I Examination along with the practice of sample papers.	<ul style="list-style-type: none"> • Practice of the Sample papers. • Completion and Submission of the Psychology Practical and Project file.
DECEMBER	21	Revision for Preboard II Examination	
JANUARY	15	Revision for Board Examination	
FEBRUARY	20	Final Examination	