

**Jagat Taran Golden Jubilee School, Prayagraj**  
**Syllabus Break-up 2025-26**  
**CLASS XI (Month Wise)**



**ENGLISH**

Month	Hornbill (Main Reader)	Snapshots (Supp. Reader)	Reading and writing skills	Grammar
APRIL	➤ The Portrait of a Lady		➤ Notice Writing	
MAY	A Photograph (Poem)	➤ The Summer of the Beautiful White Horse	➤ Poster Making	➤ Integrated Grammar
JULY	➤ We Are not Afraid to Die.....		➤ Note -Making	➤ Determiners
AUGUST	➤ Discovering Tut..... ➤ The Laburnum Top	➤ The Address	➤ Advertisements ➤	➤ Tenses /Modals
SEPTEMBER	➤ The Voice of the Rain (Poem) ➤ Childhood (Poem)	( ASL )	➤ Article Writing ➤ Job Application	➤ Voice
OCTOBER	➤ The Adventure	➤ Mother's Day	➤ Letter to the editor	➤ Re arranging Jumbled words and phrases
NOVEMBER	➤ Silk Road	➤ Birth	➤ Debate Writing	➤ Narration
DECEMBER	➤ Father to Son (Poem)	➤ The Tale of the Melon City	, ➤ Speech writing	➤ Integrated Grammar
JANUARY	Revision and ASL	Revision and ASL	Revision and ASL	Revision and ASL
FEBRUARY	Revision and ASL	Revision and ASL	Revision and ASL	Revision and ASL

## PHYSICS

S.NO.	CHAPTER	PRACTICALS/ ACTIVITIES	MONTH
1.	UNIT – 1: PHYSICAL WORLD AND MEASUREMENT.  <ul style="list-style-type: none"> <li>CHAPTER – 1 UNITS AND MEASUREMENTS.</li> </ul> UNIT – 2 : KINEMATICS <ul style="list-style-type: none"> <li>CHAPTER – 2 MOTION IN A STRAIGHT LINE.</li> </ul>	1. TO MEASURE DIAMETER OF A SMALL SPHERICAL /CYLINDRICAL BODY AND TO MEASURE INTERNAL DIAMETER AND DEPTH OF A GIVEN BEAKER USING VERNIER CALLIPERS AND HENCE, FIND its VOLUME.  2. TO MEASURE DIAMETER OF A GIVEN WIRE AND THICKNESS OF A GIVEN SHEET USING SCREW GAUGE.	APRIL  MAY
2.	UNIT – 2 : KINEMATICS <ul style="list-style-type: none"> <li>CHAPTER – 3 MOTION IN A PLANE. <b>PT1(Chapter 1,2,3) in AUGUST</b></li> </ul> UNIT – 3 : LAWS OF MOTION <ul style="list-style-type: none"> <li>CHAPTER – 4 LAWS OF MOTION.</li> </ul>	3. TO MEASURE RADIUS OF CURVATURE OF A GIVEN SPHERICAL BODY BY A SPHEROMETER. 4. TO FIND THE WEIGHT OF A GIVEN BODY USING PARALLELOGRAM LAW OF VECTORS.  <b>ACTIVITY – 1 :</b> TO MAKE A PAPER SCALE OF GIVEN LEAST COUNT. EG – 2 CM, 5 CM.	JULY  AUGUST
3.	UNIT – 4 : WORK, ENERGY & POWER. <ul style="list-style-type: none"> <li>CHAPTER – 5 WORK,ENERGY &amp; POWER.</li> </ul> UNIT – 5 : MOTION OF SYSTEM OF PARTICLES AND RIGID BODY. <ul style="list-style-type: none"> <li>CHAPTER – 6 SYSTEM OF PARTICLES AND ROTATIONAL MOTION.</li> </ul>	<b>ACTIVITY – 2:</b> TO MEASURE MASS OF A GIVEN BODY USING A METER SCALE BY PRINCIPLE OF MOMENTS. 5. TO STUDY THE RELATION BETWEEN FORCE OF LIMITING FRICTION AND NORMAL REACTION AND TO FINF THE CO-EFFICIENT OF FRICTION BETWEEN A BLOCK AND A HORIZONTAL SURFACE.	SEPTEMBER
4.	UNIT – 6 : GRAVITATION <ul style="list-style-type: none"> <li>CHAPTER – 7 GRAVITATION. <b>PT2(Chapter 1,2,3,4,5,6,7)</b></li> </ul> UNIT – 7 : PROPERTIES OF BULK MATTER	6. USING A SIMPLE PENDULUM, PLOT ITS $L-T^2$ GRAPH AND USE IT TO FIND THE EFFECTIVE LENGTH OF SECOND'S PENDULUM.  <b>ACTIVITY – 3:</b> TO PLOT A GRAPH FOR A GIVEN SET OF DATA WITH	OCTOBER

		PROPER CHOICE OF SCALES AND ERROR BARS.	
5.	<ul style="list-style-type: none"> <li>CHAPTER – 8: MECHANICAL PROPERTIES OF SOLIDS.</li> </ul> UNIT – 7: PROPERTIES OF BULK MATTER <ul style="list-style-type: none"> <li>CHAPTER -9 MECHANICAL PROPERTIES OF FLUIDS.</li> <li>CHAPTER – 10 THERMAL PROPERTIES OF MATTER</li> </ul> <b>PT3 chap (8,9,10)</b> UNIT – 8: THERMODYNAMICS CHAPTER – 11 THERMODYNAMICS	7. TO FIND THE FORCE CONSTANT OF A HELICAL SPRING BY PLOTTING A GRAPH BETWEEN LOAD & EXTENSION.  <b>ACTIVITY – 4:</b> TO OBSERVE CHANGE OF STATE AND PLOT A COOLING CURVE FOR MOLTEN WAX.  <b>ACTIVITY – 5 :</b> TO OBSERVE AND EXPLAIN THE EFFECT OF HEATING ON A BI-METALLIC STRIP.	NOVEMBER

6.	UNIT – 9 BEHAVIOUR OF PERFECT GASES AND KINETIC THEORY OF GASES <ul style="list-style-type: none"> <li>CHAPTER – 12 KINETIC THEORY</li> </ul> UNIT – 10 : OSCILLATIONS AND WAVES <ul style="list-style-type: none"> <li>CHAPTER – 13 OSCILLATIONS</li> </ul> UNIT – 10 : OSCILLATIONS AND WAVES <ul style="list-style-type: none"> <li>CHAPTER – 14 WAVES</li> </ul> <b>ANNUAL EXAM _WHOLE SYLLABUS</b>	8. TO STUDY THE RELATION BETWEEN THE TEMPERATURE OF A HOT BODY AND TIME BY PLOTTING A COOLING CURVE.  9. TO STUDY THE RELATION BETWEEN THE FREQUENCY AND LENGTH OF A WIRE UNDER CONSTANT TENSION USING SONOMETER.  10. TO FIND THE SPEED OF SOUND IN AIR AT ROOM TEMPERATURE USING A RESONANCE TUBE BY TWO RESONANCE POSITIONS.  <b>ACTIVITY – 6:</b> TO STUDY THE FACTORS AFFECTING THE RATE OF LOSS OF HEAT OF A LIQUID.	DECEMBER
7.	Revision for Final Exams		January and February

## CHEMISTRY

S. No	Month	Chapter's Name
1.	April	Some Basic Concepts of Chemistry: General introduction: Importance and scope of Chemistry. Nature of matter, laws of chemical combination, Dalton's atomic theory: concept of elements, atoms and molecules. Atomic and molecular masses.
2.	May	Some Basic Concepts of Chemistry - Contd: Mole concept and molar mass, percentage composition, empirical and molecular formula, chemical reactions, stoichiometry and calculations based on stoichiometry.
3.	July	Structure of Atom: Discovery of Electron, Proton and Neutron, atomic number, isotopes and isobars. Thomson's model and its limitations. Rutherford's model and its limitations, Bohr's model and its limitations, concept of shells and subshells, dual nature of matter and light, de Broglie's relationship, Heisenberg's uncertainty principle, concept of orbitals, quantum numbers, shapes of s, p and d orbitals, rules for filling electrons in orbitals – Aufbau principle, Pauli's exclusion principle and Hund's rule, electronic configuration of atoms, stability of half-filled and completely filled orbitals.  Classification of Elements and Periodicity in Properties: Significance of classification, brief history of the development of periodic table, modern periodic law and the present form of periodic table, periodic trends in properties of elements – atomic radii, ionic radii, inert gas radii, ionization enthalpy, electron gain enthalpy, electronegativity, valency. Nomenclature of elements with atomic number greater than 100.
4.	August	Chemical Bonding and Molecular Structure: Valence electrons, ionic bond, covalent bond, bond parameters, Lewis structure, polar character of covalent bond, covalent character of ionic bond, valence bond theory, resonance, geometry of covalent molecules, VSEPR theory, concept of hybridization involving s, p and d orbitals and shapes of some simple molecules, molecular orbital theory of homonuclear diatomic molecules (qualitative idea only), hydrogen bond.
5.	September	Thermodynamics: Concepts of system, types of systems, surroundings, work, heat, energy, extensive and intensive properties, state functions. First law of thermodynamics – internal energy and enthalpy, heat capacity and specific heat, measurement of U and H, Hess's law of constant heat summation, enthalpy of bond dissociation, combustion, formation, atomization, sublimation, phase transition, ionization, solution and dilution. Second law of Thermodynamics (brief introduction). Introduction of entropy as a state function, Gibb's energy change for spontaneous and nonspontaneous processes, criteria for equilibrium. Third law of thermodynamics (brief introduction).
6.	October	Equilibrium: Equilibrium in physical and chemical processes, dynamic nature of equilibrium, law of mass action, equilibrium constant, factors affecting equilibrium, Le Chatelier's principle.  Equilibrium - Contd: Ionic equilibrium: Ionization of acids and bases, strong and weak electrolytes, degree of ionization, ionization of poly basic acids, acid strength, concept of pH, hydrolysis of salts (elementary idea), buffer solution, Henderson Equation, solubility product, common ion effect (with illustrative examples).  Redox Reactions: Concept of oxidation and reduction, redox reactions, oxidation number, balancing

		redox reactions, in terms of loss and gain of electrons and change in oxidation number, applications of redox reactions.
7.	November	Organic Chemistry I: Some Basic Principles and Techniques: 14 Periods General introduction, methods of purification, qualitative and quantitative analysis, classification and IUPAC nomenclature of organic compounds. Electronic displacement in a covalent bond: inductive effect, electromeric effect, resonance and hyper conjugation. Homolytic and heterolytic fission of a covalent bond: free radicals, carbocations and carbanions; electrophiles and nucleophiles, types of organic reactions.
	December, January, February	Hydrocarbons: Classification of Hydrocarbons, Aliphatic Hydrocarbons: Alkane – Nomenclature, isomerism, conformation (ethane only), physical properties, chemical reactions including free radical mechanism of halogenation, combustion and pyrolysis. Alkenes – Nomenclature, structure of double bond (ethene), geometrical isomerism, physical properties, methods of preparation; chemical reactions: addition of hydrogen, halogen, water, hydrogen halides (Markovnikov's addition and peroxide effect), ozonolysis, oxidation, mechanism of electrophilic addition. Alkynes – Nomenclature, structure of triple bond (ethyne), physical properties, methods of preparation, chemical reactions: acidic character of alkynes, addition reaction of – hydrogen, halogens, hydrogen halides and water.  Aromatic Hydrocarbons: Introduction, IUPAC nomenclature; benzene: resonance, aromaticity; mechanism of electrophilic substitution: nitration, sulphonation, halogenation, Friedel Craft's alkylation and acylation; directive influence of functional group in monosubstituted benzene. Carcinogenicity and toxicity.

## MATHEMATICS

S. NO.	MONTH	CONTENT
1.	APRIL	<ul style="list-style-type: none"> <li>Sets.</li> <li>Relations and Functions.</li> </ul>
2.	MAY	<ul style="list-style-type: none"> <li>Relations and Functions.</li> <li>Trigonometric functions.</li> </ul>
3.	JULY	<ul style="list-style-type: none"> <li>Trigonometric functions.</li> <li>Complex Numbers and Quadratic Equations.</li> <li>Linear inequalities.</li> </ul>
4.	AUGUST	<ul style="list-style-type: none"> <li>Permutations and combinations.</li> <li>Binomial Theorem.</li> </ul>
5.	SEPTEMBER	<ul style="list-style-type: none"> <li>Sequence and series.</li> <li>Straight lines.</li> </ul>
6.	OCTOBER	<ul style="list-style-type: none"> <li>Conic Sections.</li> <li>Introduction to three- dimensional geometry.</li> </ul>
7.	NOVEMBER	<ul style="list-style-type: none"> <li>Limits and derivatives.</li> <li>Statistics.</li> </ul>
8.	DECEMBER	<ul style="list-style-type: none"> <li>Statistics</li> <li>Probability.</li> </ul>

## BIOLOGY

Sr. No.	Month	Chapter's Name
1.	April	1. The living World 2. Biological Classification
2.	May	3. Plant Kingdom 4. Animal Kingdom
3.	July	5. Morphology of flowering plants 6. Anatomy of plants 7. Animal Tissue
4.	August	8. Cell –Unit of life 9. Cell Cycle and division
5.	September	10. Biomolecules 11. Photosynthesis in higher plants 12. Respiration in plants and animals
6.	October	Revision for PT2
7.	November	13. Plant growth 14. Exchange of gases 15. Transportation system
8.	December	16. Excretion 17. Neural control 18. Locomotion and movement
9.	January	19. Chemical Coordination and Integration
10.	February	Revision for Final exams

## ACCOUNTANCY

Month	Syllabus
<b>April</b>	Introduction to Accounting, Basic Accounting Terms
<b>May</b>	Theory Base of Accounting, Recording of Business Transactions : Voucher and Transactions: Source documents and Vouchers, Preparation of Vouchers, Accounting Equation Approach: Meaning and Analysis, Rules of Debit and Credit
<b>July</b>	Recording of Transactions : Books of Original Entry - Journal, Cash Book, Subsidiary Books
<b>August</b>	Ledger, Trial Balance, Goods and Service Tax
<b>September</b>	Bank Reconciliation Statement, Depreciation
<b>October</b>	Revision of PT-2
<b>November</b>	Provision and Reserve, Rectification of Errors
<b>December</b>	Financial Statements of Sole Proprietorship, Financial Statements With Adjustments, Incomplete Records- Single Entry System

## ECONOMICS

Sr. No	Month	Syllabus
1	April	<ul style="list-style-type: none"> <li>• Introduction (Micro)</li> <li>• Economics : An Introduction (Stats)</li> </ul>
2	May	<ul style="list-style-type: none"> <li>• Consumer Equilibrium (Cardinal approach, single commodity)</li> <li>• Meaning Scope &amp; Importance of Statistics</li> </ul>
3	July	<ul style="list-style-type: none"> <li>• Consumer Equilibrium (Ordinal approach, Two commodity)</li> <li>• Demand</li> <li>• Elasticity of Demand</li> <li>• Collection of Data</li> </ul>
4	August	<ul style="list-style-type: none"> <li>• Production Function</li> <li>• Cost</li> <li>• Organisation of Data</li> </ul>
5	September	<ul style="list-style-type: none"> <li>• Revenue</li> <li>• Tabular presentation</li> <li>• Diagrammatic Presentation</li> </ul>
6	October	<ul style="list-style-type: none"> <li>• Producer's Equilibrium</li> <li>• Graphical Presentation</li> </ul>
7	November	<ul style="list-style-type: none"> <li>• Supply</li> <li>• Main Market forms</li> <li>• Price determination and Simple Applications</li> <li>• Measures of Central Tendency- Arithmetic Mean</li> </ul>
8	December	<ul style="list-style-type: none"> <li>• Measures of Central Tendency- Median &amp; Mode</li> <li>• Measures of Correlation</li> <li>• Index Numbers</li> </ul>

## BUSINESS STUDIES

Month	Syllabus
<b>April</b>	Nature and Purpose Of Business
<b>May</b>	Nature and Purpose of Business(Contd.)
<b>July</b>	Forms Of Business Organisation
<b>August</b>	Public, Private and Global Enterprises, Business Services
<b>September</b>	Emerging Modes Of Business, Social Responsibility of Business and Business Ethics
<b>October</b>	Revision of PT-2
<b>November</b>	Sources Of Business Finance, Small Business
<b>December</b>	Internal Trade, International Business

## HISTORY

Sr.no	Month	Chapter	Activity
1.	April	Themes in world History I Chapter-1 Writing and the City Life	Making of clay tablets using devnagri wanchho and pictographic script
2.	May	Chapter-1 Writing and the city Life Chapter 2 Empires and the Three Continents	
3.	July	Chapter 2 Empires and the Three Continents	Power Point presentation on Roman Architecture
4.	August	Chapter 3 Nomadic Empire	Map-Work Extent of Mongol Empire
5.	September	Chapter 4 The Three Orders	A comparative study between Indian and European society
6.	October	Chapter 5 Changing Cultural Traditions	Making list of scientific inventions and discovery
7.	November	Chapter 6 Displacing Indigenous People	Map work
8.	December	Chapter 7 Paths to the Modernisation History of Japan.	Power point presentation on the impact of second world war
9.	January	Paths to the Modernisation History of China	
10	February	Paths to the Modernisation History of Korea	



## GEOGRAPHY

<b>MONTHS</b>	<b>LESSON NAME</b>	<b>ACTIVITY</b>
APRIL ( 13 Days )	Geography Book--I Fundamentals of Physical Geography Book--II India: Physical Environment Book -I Geography as a Discipline Book -II L- 1 India --- Location	Map Work: Identifying and Locating all the States of India and other features on the Political Map of India
MAY  (14 Days )	Book-II L- 1 India --- Location ( continued) Book -I L-2 The Origin and Evolution of the Earth L-3 Interior of the Earth	Project Work:  Topic: Comparative study of The Himalayan Drainage and Peninsular Drainage Systems
JULY  (27 Days)	Book-I L- 3 Interior of the Earth ( continued) L-4 Distribution of Oceans and Continents  Book-II L-2 Structure and Physiography	
AUGUST (22 Days)	Book-I L-5 Geomorphic Processes L- 7 Composition and Structure of Atmosphere Book -II L- 3 Drainage System	Practical File work done
SEPTEMBER (22 Days)	Book-I L-8 Solar Radiation, Heat Balance and Temperature L- 9 Atmospheric Circulation and Weather Systems Book -II L- 4 Climate	Project work on the Topic: Conservation Methods adopted to protect the Natural Vegetation and Wildlife in India
OCTOBER  (11 Days)	Book-II L- 5 Natural Vegetation Book -I L- 10 Water in the Atmosphere	
NOVEMBER ( 20 Days )	Book-I L-10 Water in the Atmosphere (continued)  L- 12 Water ( Oceans )	Project Work on Natural Disasters: Topic: What are the Causes And Consequences of Earthquake and Floods; their Effects and Mitigation steps

DECEMBER ( 25 Days)  JANUARY (2026)	L- 12 Water ( Oceans) (Continued) Book-I L-13 Movements of Ocean Water  L-14 Biodiversity and Conservation (to be Assessed as Project and presentation) Book -II L- 6 Natural Hazards and Disaster ( tested through Internal assessment in the form of Project and presentation)	
FEBRUARY	Revision and Solving Sample papers	Annual Practical File Work
TILL OCTOBER (HALF -YEARLY)	<b>GEOGRAPHY PRACTICAL PART-I</b> Chapter-1 Introduction of Maps Chapter-2 Map Scale Chapter-3Latitude,LongitudeandTime Chapter - 5 Topographical Maps	
ANNUAL EXAM	Chapter -1 Introduction to Maps Chapter -2 Map Scale Chapter - 3 Latitude, Longitude and Time Chapter - 4 Map Projection Chapter -5 Topographical Maps Chapter - 6 Introduction to Remote Sensing	

## POLITICAL SCIENCE

Month	Name of the chapter
April/May	● Constitution : Why and How
July	● Political Theory : An Introduction ●Freedom ●Rights in Indian Constitution
August	● Election and Representation ● Equality ● Executive ● Legislature
September	● Social Justice ● Judiciary ● Rights
October	●Federalism ●Citizenship
November	●Local Governments ●Nationalism ● Constitution as a Living Document
December	●Secularism ●The philosophy of the Constitution
January	<b>Revision</b>

## COMPUTER SCIENCE

Month	Syllabus
April	Ch-1 Computer System Organization
May	Ch-2 Data Representation and Boolean Logic
July	Ch-3 Getting Started with Python Ch-4 Python Programming Fundamentals
August	Ch-5 Conditional and Looping Constructs
September	Ch-6 Strings in Python Ch-7 Lists in Python
October	Ch-7 Lists in Python
November	Ch-8 Tuples and Dictionaries
December	Ch-9 Introduction to Python Modules Ch-10 Society Law and Ethics
January	Ch-11 Cyber Safety
February	REVISION

## ARTIFICIAL INTELLIGENCE

Month	Syllabus
April	Part-B Unit:1 Introduction to Artificial Intelligence
May	Part-B Unit-2: Unlocking Your Future in AI
July	Part-B Unit-3: Python Programming
August	Part-B Unit-4: Introduction to Capstone Project
September	Part-B Unit-5: Data Literacy-Data Collection to Data Analysis Part-B Unit-6: Machine Learning Algorithms
October	Part-B Unit-7: Leveraging Linguistics and Computer Science
November	Part-B Unit-8: AI Ethics and Values
December	Part-A Unit-1: Communication Skills-III Part-A Unit-2: Self-Management Skills-III
January	Part-A Unit-3: ICT Skills-III Part-A Unit-4: Entrepreneurial Skills-III Part-A Unit-5: Green Skills-III
February	REVISION

## INFORMATICS PRACTICES

Month	Chapter	Activity
April	Ch- 7 Database Concept	SQL queries- Lab Session
May	Ch- 7 Database Concept Ch-8 Structured Query Language	SQL queries- Lab Session
July	Ch-8 Structured Query Language Ch -2 Getting started with python	Python Programming With Python basics
August	Ch -2 Getting started with python Ch -3 Python Programming Fundamentals	Python Programming with Fundamentals and Conditional Looping Construct
September	Ch- 4 Conditional Looping Construct Ch- 5 Lists in Python	Python Programming with Conditional Looping Construct and Lists in Python
October	Ch- 5 Lists in Python Ch-6 Dictionary	Python Programming With List and Dictionary
November	Ch-6 Dictionary Ch- 9 Emerging Trends	Python Programming With Dictionary
December	Ch- 9 Emerging Trend	

## APPLIED MATHEMATICS

S. NO.	MONTH	CONTENT
1.	APRIL	<ul style="list-style-type: none"> <li>Sets</li> </ul>
2.	MAY	<ul style="list-style-type: none"> <li>Relations and Functions.</li> </ul>
3.	JULY	<ul style="list-style-type: none"> <li>Sequence and Series</li> <li>Logical Reasoning.</li> </ul>
4.	AUGUST	<ul style="list-style-type: none"> <li>Numbers Quantifications and Numerical Applications.</li> </ul>
5.	SEPTEMBER	<ul style="list-style-type: none"> <li>Permutations and Combinations.</li> <li>Straight Line.</li> <li>Circle.</li> <li>Parabola.</li> </ul>
6.	OCTOBER	<ul style="list-style-type: none"> <li>Financial Mathematics.</li> </ul>
7.	NOVEMBER	<ul style="list-style-type: none"> <li>Calculus.</li> <li>Descriptive Statistics.</li> </ul>
8.	DECEMBER	<ul style="list-style-type: none"> <li>Descriptive Statistics.</li> <li>Probability</li> </ul>

## HINDI

माह	आरोह-1	वितान-1	अभिव्यक्ति और माध्यम
अप्रैल	पद्य हम तौ एक एक करि जानां। गद्य-नमक का दारोगा।		अपठित गद्यांश अपठित काव्यांश पाठ -1,2
मई	पद्य मेरे तो गिरधर गोपाल गद्य मियाँ नसीरुद्दीन	भारतीय गायिकाओं में बेजोड़: लता मंगेशकर	रचनात्मक लेख ,पत्र पाठ -9
जुलाई	पद्य घर की याद,चंपा काले-काले अच्छर नहीं चीन्हती गद्य अप्पू के साथ ढाई साल	राजस्थान की रजत बूँदें	पत्र लेखन पाठ-10,14
अगस्त	पद्य गज़ल गद्य विदाई संभाषण		पाठ – 15,16
सितंबर	पद्य हे भूख मत मचल मेरे जूही के फूल जैसे ईश्वर गद्य गलता लोहा, रजनी		पुनरावृत्ति
अक्टूबर	जामुन का पेड़	आलो आँधारि	पुनरावृत्ति

नवम्बर	पद्य सबसे खतरनाक गद्य भारतमाता	आलो आँधारि	पुनरावृत्ति
दिसंबर	पद्य आओ मिलकर बचाएँ पुनरावृत्ति	आलो आँधारि	पुनरावृत्ति

## SUPW

Month	TOPICS
April	BOHO PAINTING CUBISM
May	ABSTRACT ART COVER DESIGN
July	MINIATURE PAINTING GOND ART
August	KULO ART MONOCHROME PAINTING
September	DIWALI CARD REVISION WORK
October	POSTER LEAF IMPRESSION PAINTING
November	WALL HANGING MODERN ART Silhouette Painting
December	PAPER FLOWER
	REVISION WORK

## GENERAL STUDIES

Sr. No.	Month	Chapter's Name
1.	April	Ch 1. Science, technology and Society
2.	May	Ch 1. Science, technology and Society
3.	July	Ch 2. Social Structure
4.	August	Ch 3. Protection of Environment
5.	September	Ch 4. The State and the nation
6.	October	Ch 4. The State and the nation
5.	November	Ch 5. International Peace and understanding

## PHYSICAL EDUCATION

April	<b>Chapter-1 Changing Trend &amp; Career in Physical Education</b> <ul style="list-style-type: none"> <li>• Concept, Aims &amp; Objectives of Physical Education</li> <li>• Development of Physical Education in India – Post Independence</li> <li>• Changing Trends in Sports- playing surface, wearable gear and sports equipment, technological advancements</li> <li>• Career options in Physical Education</li> <li>• Khelo-India Program and Fit – India Program</li> </ul>
May	<b>Chapter-2 Olympism</b> <ul style="list-style-type: none"> <li>• Olympism – Concept and Olympics Values (Excellence, Friendship &amp; Respect)</li> <li>• Olympic Value Education – Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will &amp; Mind</li> <li>• Ancient and Modern Olympics</li> <li>• Olympics - Symbols, Motto, Flag, Oath, and Anthem</li> <li>• Olympic Movement Structure - IOC, NOC, IFS, Other members</li> </ul>
July	<b>Chapter-3 Yoga</b> <ul style="list-style-type: none"> <li>• Meaning and importance of Yoga</li> <li>• Introduction to Astanga Yoga</li> <li>• Yogic Kriyas (Shat Karma)</li> <li>• Pranayama and its type</li> <li>• Active Lifestyle and stress management through Yoga</li> </ul>
August	<b>Chapter-4 Physical Education &amp; Sports for CWSN (Children with Special Needs - Divyang)</b> <ul style="list-style-type: none"> <li>• Concept of Disability and Disorder</li> <li>• Types of Disability, its causes &amp; nature (Intellectual disability, Physical disability).</li> <li>• Disability Etiquette</li> <li>• Aim and objectives of Adaptive Physical Education</li> <li>• Role of various professionals for children with special needs (Counselor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist, and Special Educator)</li> </ul> <b>Chapter-5 Physical Fitness, Health and Wellness</b> <ul style="list-style-type: none"> <li>• Meaning &amp; importance of Wellness, Health, and Physical Fitness</li> <li>• Components/Dimensions of Wellness, Health, and Physical Fitness</li> <li>• Traditional Sports &amp; Regional Games for promoting wellness</li> <li>• Leadership through Physical Activity and Sports</li> <li>• Introduction to First Aid – PRICE</li> </ul>
September	<b>Chapter-6 Test, Measurement &amp; Evaluation</b> <ul style="list-style-type: none"> <li>• Define Test, Measurements and Evaluation</li> <li>• Importance of Test, Measurements and Evaluation in Sports</li> <li>• Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site)</li> <li>• Somato Types (Endomorphy, Mesomorphy &amp; Ectomorphy)</li> <li>• Measurements of health-related fitness</li> </ul> <b>Chapter-7 Fundamentals of Anatomy, Physiology In Sports</b> <ul style="list-style-type: none"> <li>• Definition and importance of Anatomy and Physiology in Exercise and Sports</li> <li>• Functions of Skeletal System, Classification of Bones, and Types of Joints</li> <li>• Properties and Functions of Muscles</li> <li>• Structure and Functions of Circulatory System and Heart</li> <li>• Structure and Functions of Respiratory System</li> </ul>

October	<b>Chapter-8Fundamentals of Kinesiology And Biomechanics In Sports</b> <ul style="list-style-type: none"> <li>• Definition and Importance of Kinesiology and Biomechanics in Sports</li> <li>• Principles of Biomechanics</li> <li>• Kinetics and Kinematics in Sports</li> <li>• Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination &amp; Pronation</li> <li>• Axis and Planes – Concept and its application in body movements</li> </ul>
November	<b>Chapter-9Psychology &amp; Sports</b> <ul style="list-style-type: none"> <li>• Definition &amp; Importance of Psychology in Physical Education &amp; Sports</li> <li>• Developmental Characteristics at Different Stages of Development;</li> <li>• Adolescent Problems &amp; their Management</li> <li>• Team Cohesion and Sports</li> <li>• Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness</li> </ul>
December	<b>Chapter-10 Training and Doping in Sports</b> <ul style="list-style-type: none"> <li>• Concept and Principles of Sports Training</li> <li>• Training Load: Over Load, Adaptation, and Recovery</li> <li>• Warming-up &amp; Limbering Down – Types, Method &amp; Importance</li> <li>• Concept of Skill, Technique, Tactics &amp; Strategies</li> <li>• Concept of Doping and its disadvantages</li> </ul>