



DAV PUBLIC SCHOOL,KOYLANAGAR,DHANBAD

SESSION 2025-26

MONTHWISE BIFURCATED SYLLABUS

CLASS-XII

STREAM-SCIENCE,COMMERCE & ARTS

SUBJECTS

- 1.ENGLISH
- 2.PHYSICS
- 3.CHEMISTRY
- 4.MATHEMATICS
- 5.APPLIED MATHEMATICS
- 6.BIOLOGY
- 7.ACCOUNTANCY
- 8.BUSINESS STUDIES
- 9. HISTORY
- 10. POLITICAL SCIENCE
- 11.INFORMATICS PRACTICES
- 12. FINE/COMM. ART
- 13. ECONOMICS
- 14.HINDI
- 15.PHYSICAL EDUCATION

SUBJECT – ENGLISH CLASS – XII

| MONTHS | CHAPTER'S NAME | WRITING SKILLS | PROJECT |
|------------------------|---|--|----------------------------------|
| APRIL (23 days) | *The Last Lesson *Lost Spring *My Mother At Sixty Six | Notice Writing | Listening and Speaking |
| MAYe (11 days) | *The Third Level *The Tiger King | Comprehension Passage | |
| JUNE (08 days) | *Deep Water *Keeping Quiet *The Rattrap | Article Writing Letter to the Editor | |
| JULY (27 days) | *Indigo *Poets and Pancakes *A Thing of Beauty *Journey to the End of the Earth | INVITATION (Formal & Informal) REPLIES (Acceptance & Refusal) | PORTFOLIO |
| AUGUST (24days) | *A Roadside Stand *The Enemy *On the Face of It | Application for a Job REPORT WRITING | |
| SEPTEMBER (23 days) | REVISION WORK | MID TERM EXAM | |
| OCTOBER (22 days) | *The Interview *Going Places *Memories of Childhood : :- The cutting of My Long Hair | REVISION (Reading Passage for Comprehensions) | Final submission of PROJECT WORK |
| NOVEMBER (24days) | *Memories of Childhood : :- We Too are Human Beings *Aunt Jennifer's Tigers | REVISION (Writing Skills) | |
| DECEMBER (26days) | REVISION PRE-BOARD EXAM | REVISION PRE-BOARD EXAM | |

SUBJECT: PHYSICS (042) CLASS: XII

Note: Download the Syllabus from CBSE Academic Web-site for the Session 2025-26 and follow the Chapter-wise details.

| 1. MONTH | 2. CHAPTERS TO BE TAUGHT | 3. EXPERIMENTS/PROJECT WORKS/ ACTIVITIES |
|--|--|---|
| April (18 Days) | Chapter-1: Electric Charges and Fields Chapter-2: Electrostatic Potential and Capacitance | 1. To determine resistivity of two / three wires by plotting a graph for potential difference versus current. 2. To find resistance of a given wire / standard resistor using metre bridge. First activity from section A |
| May (11 Days) | Chapter-3: Current Electricity | 3. To verify the laws of combination (series) of resistances using a metre bridge. OR To verify the laws of combination (parallel) of resistances using a metre bridge. Second activity from section A. |
| June (08 Days) | Chapter-3: Current Electricity Chapter-4: Moving Charges & Magnetism | 4. To determine resistance of a galvanometer by half-deflection method and to find its figure of merit. Third activity from section A |
| July (27 Days) | Chapter-4: Moving Charges and Magnetism (To be completed) Chapter-5: Magnetism and Matter Chapter-6: Electromagnetic Induction | 1. To find the value of v for different values of u in case of a concave mirror and to find the focal length. 2. To find the focal length of a convex mirror, using a convex lens. First activity from section B |
| PRE-MID TERM EXAMINATION (TENTATIVELY 4th WEEK OF JULY) | | |
| August (24 Days) | Chapter- 7: Alternating currents Chapter-8: Electromagnetic Waves Chapter-9: Ray Optics and Optical Instruments. | 3. To find the focal length of a convex lens by plotting graphs between u and v or between $1/u$ and $1/v$. 4. To find the focal length of a concave lens, using a convex lens. Second activity from section B |
| September (23 Days) | Chapter-9: Ray Optics and Optical Instruments (To be completed the remaining part if any.) Revision Work. | Third activity from section B |
| MID TERM EXAMINATION (TENTATIVELY 2ND WEEK OF SEPTEMBER) | | |
| October (22 Days) | Chapter-10: Wave Optics Chapter-11: Dual Nature of Radiation and Matter | 5. To determine angle of minimum deviation for a given prism by plotting a graph between angle of incidence and angle of deviation. |
| November (24 Days) | Chapter-12: Atoms Chapter-13: Nuclei Chapter-14: Semiconductor -Electronics: Materials, Devices and Simple Circuits. | 9. To draw the I-V characteristic curve for a p-n junction diode in forward and reverse bias. One Suggested Investigatory Projects |
| December (26 Days) | 1 st & 2 nd Week: Chapter wise Assessment Test. 3 rd & 4 th Week: Pre-Board Examination | Revision of Practical |
| January (24 Days) | 2 nd Pre-Board & Board Practical Examination. | Final Practical Examination |

SUBJECT-CHEMISTRY. CLASS -XII.

NOTE: The monthwise chapters are mentioned here. For details of the chapter download the syllabus issued by CBSE Academic for the session 2025-26 (www.cbseacademic.nic.in)

| Month | Unit | Chapters | Practical/Project work |
|----------------|---------------------------------------|--|--|
| April 2025 | Unit-1 | Solutions. (Detailed study as per CBSE syllabus) | Project work. |
| May 2025 | Unit-II | Electrochemistry | Titration |
| June 2025 | Unit -III | Chemical Kinetics | Titration |
| July-2025 | Unit -IV Unit -V | a) d and f block elements b) Coordination Compounds. Revision work.... 1st unit test in the last week of July | Titration/Project work |
| August -2025 | Unit -VI Unit -VII | a) Haloalkane and Haloarenes b) Alcohol, Phenol and Ethers | Salt analysis/project work |
| September-2025 | | Revision work..... MID TERM EXAMINATION -2025 | PRACTICAL EXAM |
| October -2025 | Unit-VIII | Aldehyde, Ketone and Carboxylic acid. | Content based experiment. Detection of functional groups. |
| November -2025 | Unit- IX and Unit X. | a) Amines b) Biomolecules | Revision work.... |
| December -2025 | | Revision work..... Practice of sample question paper..... Assessment tests 1,2..... Pre-Board Examination.,... | |
| January -2026 | | Revision work Board Practical examination. | Revision of practicals. |

N.B: Practicals/project work as per CBSE guidelines.

SUBJECT-MATHEMATICS CLASS -XII

| Month | Chapter | Activity |
|-----------|---|---|
| April | Unit I- 1 Relations and functions 2. Inverse trigonometric functions Unit II- Algebra 1. Matrices and determinants | To verify that the relation R in the set P of all lines in a plane: defined by $R = \{(p, m) : p \text{ perpendicular } m\}$ is symmetric but neither reflexive nor transitive. |
| May | Unit III – Calculus 1 Continuity and differentiability 2 Differentiation: chain rule 3 Application of differentiation: Rate measurer | To demonstrate a function which is not one- one but is onto. |
| June | 3 Application of differentiation: Monotonic functions, Maxima and Minima | To demonstrate a function which is one one but not onto |
| July | 4 Indefinite Integration Definite Integration 5 Application of Integration. Area of bounded region | To draw the graph of $\sin^{-1} x$ using the graph of $\sin x$ and demonstrate the concept of mirror reflection (about the line $y=x$) |
| August | 6 Differential equation Unit IV :1 Vector Algebra | To find analytically the limit of a function $f(x)$ at $x=c$ and also to check the continuity of the function at that point |
| September | Revision Mid term exam | To understand the concepts of decreasing and increasing function |
| October | 2 Three dimensional Geometry | To understand the concepts of local Maxima local minima and point of inflexion |
| November | Unit V : Linear Programming Unit VI: Probability | To understand the concepts of absolute maximum and absolute minimum values of a function in a given closed interval through its graph. |
| December | Revision Pre board Exam | To measure the shortest distance between two skew lines and verify it analytically . To explain the computation of conditional probability of a given event E , when event D has already occurred through an example of throwing two dice. |

Note- For details, go through the Syllabus issued by CBSE (2025-26).

SUBJECT-APPLIED MATHEMATICS (241)

CLASS -XII

Note : The month wise chapters to be learnt are mentioned here. For the topics details you have to download and follow the syllabus issued by CBSE Academic for the session 2025-26.

| | |
|--|---|
| April 2025 | Unit 1 : Numbers, Quantification and Numerical Applications (Detailed study as per CBSE Syllabus) |
| May 2025 | Unit - II : Algebra (Detailed study as per CBSE Syllabus) |
| June 2025 | Unit-III : Calculus (Detailed study as per CBSE syllabus) 1. Continuity and Differentiability 2. applications of Derivatives |
| July 2025 | Unit-III : Calculus (Detailed study as per CBSE syllabus) 3. Integrals 4. Applications of the Integrals |
| August 2025 | *** 1st Unit Test Unit IV : Probability Distributions |
| September 2025 | Revision Work & Mid Term Examination |
| October 2025 | Unit V : Inferential Statistics (Detailed study as per CBSE syllabus) Unit Vi : Time-based data |
| November 2025 | Unit VII : Financial Mathematics Unit VIII : Linear Programming |
| December 2025 | Revision and Pre-Board Examination |
| January & February 2026 | Revision work & Board Practical Examination |

Note Parcticals/Project Work as per CBSE guidelines

SUBJECT -BIOLOGY CLASS -XII

Note: Month wise Chapters to be learnt are mentioned here.

| Month | Chapter Name | Experiment /project name |
|--|---|--|
| April 2025 | Unit VI Reproduction Chapter1: Sexual reproduction in flowering plants Chapter 2: Human Reproduction | Prepare a temporary mount to observe pollen germination. |
| May 2025 | Chapter 3: Reproductive Health | Study plant population frequency method |
| June 2025 | Unit VII Genetics and evolution Chapter 4: Principles of inheritance and variation | |
| July 2025 | Chapter 5: Molecular basis of inheritance Chapter 6: Evolution | Study the Plant population density method |
| PRE-MID TERM EXAMINATION (TENTATIVELY 4TH WEEK OF JULY) | | |
| August 2025 | Unit VIII Biology and Human Welfare Chapter: 7 Human health and disease Chapters: 8 Microbes in Human welfare | Prepare a temporary mount of onion root tip to study mitosis. |
| September 2025 | Chapter 9: Biotechnology-Principles and processes Chapter 10: Biotechnology and its application | Study and observation of permanent slides |
| MID TERM EXAMINATION (TENTATIVELY 2ND WEEK OF SEPTEMBER) | | |
| October 2025 | Chapter 11: Organism and population Chapter 12: Ecosystem | Isolate DNA from available Plant material such as spinach, green pea seed, papaya etc. |
| November 2025 ----- ----- December 2025 ----- ----- January 2026 | Chapter 13: Biodiversity and its conservation. ----- Revision 1st & 2nd week: Chapter wise assessment Test ----- 3rd & 4th week 1st pre board Examinations 2nd pre board and Board Examination. | Revision of all practical of std 12 |

Note: Download the syllabus from CBSE Academic website for the session 2025-2026 and follow the Chapter-wise details.

ACCOUNTANCY CLASS –XII

| MONTH (No. of Working Days) | CHAPTERS TO BE TAUGHT |
|--|--|
| APRIL (16 Days) | Part – A Accounting for Partnership Firms Topic - Fundamentals of Partnership Firm (Details refer from CBSE Curriculum 2025-26) |
| MAY (11 Days) | Accounting from Partnership Firm – Reconstitution of Partnership Firm Topic – Change in Profit Sharing Ratio (Details refer from CBSE Curriculum 2025-26) |
| JUNE (08 Days) | Topic- Admission of a Partner. (Introduction of Revaluation, Partner Capital, Balance Sheet) (Details refer from CBSE Curriculum 2025-26) |
| JULY (27 Days) | Topic – Admission of Partner (Adjustment of Partner Capital) Retirement and Death of a Partner Dissolution of Partnership firm (Introduction of Realization A/c) (Details refer from CBSE Curriculum 2025-26) |
| PRE-MID TERM EXAMINATION (UPTO ADMISSION OF PARTNERS)(4TH WEEK OF JULY) | |
| AUGUST (24 Days) | Dissolution of Partnership Firm Part –B Financial Statement of a Company Tools of Financial Statements Analysis Accounting Ratios Cash Flow Statement. (Details refer from CBSE Curriculum 2025-26) |
| SEPTEMBER (23 Days) | Cash Flow Statement Revision Work... |
| MID TERM EXAMINATION (TENTATIVELY 2ND WEEK OF SEPTEMBER) | |
| OCTOBER(13 DAYS) | Company Accounts---Accounting for Share Capital (Details refer from CBSE Curriculum 2025-26) |
| NOVEMBER (20 DAYS) | Company Accounts---Accounting for Shares & Debentures (Details refer from CBSE Curriculum 2025-26) Project Work. |
| DECEMBER (21 DAYS) | Sample Paper Practice & Test. |

BUSINESS STUDIES CLASS –XII

Details of the chapters refer from CBSE Curriculum 2025-26

| MONTH | CHAPTER TO BE TAUGHT |
|--|---|
| April (16 days) | NATURE & SIGNIFICANCE OF MANAGEMENT |
| May (11 days) | PRINCIPLES OF MANAGEMENT contd... |
| June (08 days) | PRINCIPLES OF MANAGEMENT |
| July (27 days) | BUSINESS ENVIORNMENT PLANNING ORGANISING contd... |
| PRE-MID TERM EXAMINATION (UPTO PLANNING)(4TH WEEK OF JULY) | |
| August (24 days) | ORGANISING STAFFING DIRECTING |
| September(23 days) | CONTROLLING. |
| MID TERM EXAMINATION (TENTATIVELY 2ND WEEK OF SEPTEMBER). | |
| October (13 days) | FINANCIAL MANAGEMENT FINANCIAL MARKET contd... |
| November (20 days) | FINANCIAL MARKET MARKETING MANAGEMENT CONSUMER PROTECTION |
| December (21 days) | PROJECT WORK SAMPLE PAPER DISCUSION & TEST. |

POLITICAL SCIENCE

CLASS: XII

Part-A: Contemporary World Politics Part-B: Politics in India Since Independence

| Month | . Chapter to be Taught | Activity / Project |
|--|--|---|
| April (23 days) | 1A . The End of Bipolarity 1B.Challenges of Nation Building 2A.Contemporary centres of power | NAM - 1961 to Present |
| May (17 days) | 2B.Era of One Party Dominance. 3A.Contemporary South Asia. | Arab Spring ASEAN |
| June (8 days) | 3B. Politics of Planned Development 4A. International Organisation | European Union and Brexit |
| July (27 days) | 4B. India's External Relations 5A. Security in the Contemporary World | BRICS, SAARC |
| PRE-MID TERM EXAMINATION (TENTATIVELY 4TH WEEK OF JULY) | | |
| August (24 days) | 5B. Challenges to and Restoration of Congress System 6A. Environment and Natural Resources | India's Nuclear Policy |
| September (23 days) | Revision Mid-Term Exam (<i>Tentatively from 2nd Week of September</i>) | |
| October (22 days) | 6B. The Crisis of Democratic Order 7A. Globalisation | United Nations with focus on Indian candidature in Security Council |
| November (24 days) | 7B. Regional Aspirations 8B.Recent Development in Indian Politics | Partition of India – Theory behind it and its legacy |
| December (26 days) | Revision Pre-Board | |
| January | Revision Board Practical | |
| February | Revision Board Examination | |
| March | Board Examination | |

Note: Download the syllabus from CBSE Academic Website for the session 2025–2026 and follow the chapter-wise detail.

HISTORY STD: XII

| MONTH | No. Of working days & no. Of periods | CHAPTER | ACTIVITY & PROJECT |
|-----------|--------------------------------------|--|--|
| April | 12 pds | Part-I: Theme-1 Bricks, Beads, & Bones (The Harappan Civilisation) | <u>Map based Activity:</u> Important Mature Harappan Sites. Time Line Selection of Project & Introduction to a Project Map based Activity. |
| | 12 pds | Part-II: Theme-5 Through the eyes of Travellers Perceptions of Society (C. tenth to Seventeenth Century) | |
| May | 12 pds | Part-III: Theme-10 Colonialism and The Country side (Exploring Official Archives) | <u>Project:</u> Solution of the final Topic Map practice & Time line. |
| May | 3 pds | Part-I: Theme-02 Kings, Farmers, & Towns (early states & Economies) (c.600 BCE-600 CE) contd... | |
| June | 10 pds | Part-1: Theme-02 Kings, Farmers, & Towns Early states & Economies) (600 BCE-600 CE) | |
| July | 12 pds | Part-II: Theme-6 Bhakti-Stuti Traditions (change in the Religious Beliefs & Devotional Texts) (8 th to 18 th century) | <u>Project:</u> Preparation of the synopsis & assessment. Map practice & Time line. |
| July | 12 pds | Part-III: Theme-11 Rebels & The Raj (The Revolt of 1857 & its Representations) | |
| July | 6 pds | Part-I: Theme-3 Kinship, Caste, & Class (Early societies) (600 BCE – 600 CE) | |
| August | 6 pds | Part-I: Theme-3 Kinship, Caste, & Class (600 BCE to 600 CE) Completed | <u>Project:</u> Planning, Organization, forming an Action Plan. Map Practice. Time line. |
| August | 13 pds | Part-II: There-7 An Imperial Capital-Vijayanagara (14 th to 16 th century) | |
| August | 10 pds | Part-III: Theme-13 Mahatma Gandhi & the Nationalist Movement (Civil Disobedience & Beyond) contd... | |
| September | 3 pds | Part-III: Theme-13 Mahatma Gandhi & the Nationalist Movement (completed) | <u>Project:</u> Data Collection. Map Practice |
| | 4 pds | Revision for Mid Term | |
| September | 6 pds | Part-I: Theme-4 Thinkers, Beliefs, & Buildings (cultural developments) (600 BCE – 600 CE) Contd... | Time line |

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|----------|--------|---|--|
| October | 7 pds | Part-I: Theme-4 Thinkers, Beliefs, & Buildings (cultural developments) (600 BCE – 600 CE) completed | |
| October | 14 pds | Part-II: Theme-8 Peasants, Zamindars & the State (Agrarian society & the Mughal Empire 16 th -17 th centuries) | <u>Project:</u> Data interpretation. Review of Related literature. |
| November | 14 pds | Part-III: Theme-15 Framing the Constitution (The Beginning of a New Era) | <u>Project:</u> Content Analysis & interpretation, Conclusion, Limitations, Bibliography. Presentation of the Project. |
| | 10 pds | Revision for practice test & pre-board examination | |

NB: For map activities, Timeline refer the NCERT Textbook & CBSE Curriculum
For Project Activities, refer the CBSE Curriculum – 2025.

SUBJECT-INFORMATICS PRACTICES(065), CLASS -XII

| Month | Chapters to be taught | Practical/Project work |
|---|--|---|
| April 2025 (18 Days) | Chapter-1 Python Pandas-1 | Practical on Revision of Python Topics covered in Class XI. Programs on pandas Series and DataFrame. |
| May 2025 (11 Days) | Chapter -2 Python Pandas-II | Project work on any topic based on Python as frontend and MySQL as backend. Topics can be- Hotel Management system Library Management System Hospital Management System etc. |
| June 2025 (08 Days) | Chapter-3 Plotting with Pyplot | Given the school result data, analyses the performance of the students on different parameters, e.g subject wise or class wise. Plot appropriate charts with title and legend. |
| July-2025 (27 Days) | Chapter-4 Importing/Exporting Data between csv files /MySQL and Pandas Chapter-5 My SQL revision Tour | Importing and exporting data between pandas and CSV file |
| PRE-MID TERM EXAMINATION (TENTATIVELY 4TH WEEK OF JULY) | | |
| August -2025 (24 Days) | Chapter-5 (to be continued) Chapter-6 MySQL Functions Chapter-7 Querying using SQL | Create a student table with the student id, name, and marks as attributes where the student id is the primary key. Insert the details of a new student in the above table. Use single row and multi row functions on the table. |
| September-2025 (23 Days) | Chapter-8 MySQL Joins and SET Operation | Create two tables -empl and dept. Using join extract records from both the tables. |
| MID TERM EXAMINATION (TENTATIVELY 2ND WEEK OF SEPTEMBER) | | |
| October -2025 (22 Days) | Chapter-9 Introduction to computer networks Chapter-10 Introduction to Internet and web | Complete the project work for Board practical examination. |
| November -2025 (24 Days) | Chapter-11 Social Impacts | |
| December -2025 (26 Days) | 1st & 2nd Week: Chapter wise Assessment Test. 3rd & 4th Week: Pre-Board Examination. | Revision of Practical |
| January (24 Days) | 2nd Pre-Board & Board Practical Examination. | Final Practical Examination |

SUBJECT-APP/COMMERTIAL ARTS/PAINTING, CLASS -XII

| Month | Chapters to be taught | Practical/Project work |
|-----------------|--|---|
| April | Unit-1: The Rajasthani School of miniature Painting | 1. Origin and development. 2. Sub-Schools-Mewar, Bundi, Jodhpur, Bikaner, Kishangarh, Jaipur 3. Main features of the Rajasthani Schools 4. Study and appreciation of the following Rajasthani paintings (a) Maru Ragini (b) Chaugan Players (c) Krishna on swing (d) Radha (Bani - Thani) (e) Bharat Meets Rama at Chitrakut |
| May/June | Unit-1 The Pahari School of miniature painting | 1. Origin and development. 2. Sub-Schools-Basohli, Kangara - Garhwal, Guler, Chamba 3. Main features of the Pahari Schools 4. Study and appreciation of the following pahari paintings (a) Krishna with Gopis (b) Nand, Yashoda and Krishna with Kinsmen going to Vrindavana |
| July | Unit-1 The Mughal School of miniature painting | 1. Origin and development 2. Sub-Schools. 3. Main features of Mughal Schools 4. Study and appreciation of the following Mughal painting (a) Krishna Lifting Mount Govardhan (b) Marriage procession of Dara Shikoh (c) Falcon on a Bird-Rest (d) Kabir and Raidas |
| August | Unit-1 The Deccan School of miniature painting | 1. Origin and development 2. Main features of the Deccan Schools 3. Study and appreciation of the following Deccan painting a) Hazrat Nizamuddin Auliya and Amir Khusro. (b) Chand Bibi playing polo (Chauhan) |

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| Sept. | Revision Term-1 | |
| October | Unit-1: The Bengal School of painting & Indian National Flag. | <p>(a) National flag of India and the symbolic significance of forms and the colours.</p> <p>(1) Introduction to the Bengal School of Painting (i) Origin and development of the Bengals School.</p> <p>(ii) Main features of the Bengal School of painting</p> <p>(a) Painting</p> <p>(3) Study and appreciation of the following painting of the Bengal School (i) Journey's End</p> <p>(ii) Radhika</p> <p>(iii) Meghdoot</p> <p>(iv) Shiv and Sati</p> <p>(2) Contribution of Indian artists in the struggle for National Freedom Movement</p> |
| October | The Modern Trends in Indian Art | <p>1. Study and appreciation of the following work of contemporary Indian Art.</p> <p>(a) Paintings</p> <p>(i) Rama Vanquishing the Pride of the Ocean</p> <p>(ii) Mother and Child</p> <p>(iii) Haldi Grinders</p> <p>(iv) Mother Teresa</p> <p>(b) Graphic-Prints</p> <p>(i) Children (ii) Devi</p> <p>(iii) Of Walls (iv) Man, woman and tree</p> <p>(c) Sculpture</p> <p>(i) Triumph of labour (ii) Santhal Family</p> <p>(iii) Cries Un-Heard (iv) Ganesha</p> |
| Dec. | Revision & Pre Board Exam | |

DAV public School Koyla Nagar Dhanbad
Syllabus- class 12
Subject -Economics
Session -2025 -26

| Months | Chapters covered |
|------------------|---|
| April | Unit 1-National income and related aggregates |
| May | Unit 6 -Development experience (1947 to 1990)and economic reforms since 1991 Ch.1-Indian economy on the eve of independence Ch.2-Indian economy (1950 to 1990 |
| June | Ch.3-liberalisation privatisation and globalisation :An appraisal |
| July | Unit 2-Money and banking Unit 3-Determination of income and employment |
| August | Unit 7 current challenges facing Indian economy Ch.4-Human capital formation Ch.5-Rural development |
| September | Revision and mid term exam. |
| October | Unit 4-Government budget and the economy Unit 5-Balance of payments |
| November | Ch.6-Employment growth informalisation and other issues Ch.7-Environment and sustainable development Unit 8 development experience of India a comparison with neighbours Ch.8-comparative development experience of India and its neighbours |
| December | Project work |

डीएवी पब्लिक स्कूल कोयलानगर, धनबाद
पाठ्यक्रम सीबीएसई पर आधारित

कक्षा- 12वीं
विषय-हिंदी (आधार)
सत्र 2025- 26

| माह | पाठ्य पुस्तक | पाठ व विषय वस्तु |
|---------|--|---|
| अप्रैल | आरोह भाग- 2 वितान भाग-2 अभिव्यक्ति और माध्यम | काव्य खंड पाठ -1 आत्म परिचय, एक गीत गद्य खंड पाठ -1 भक्तिन पाठ -1 सिल्वर वेडिंगज विभिन्न माध्यमों के लिए लेखन |
| मई | आरोह भाग- 2 आरोह भाग- 2 अभिव्यक्ति और माध्यम | काव्य खंड पाठ -2 पतंग गद्य खंड पाठ -2 बाजार दर्शन पत्रकारीय लेखन के विभिन्न रूप और लेखन प्रक्रिया ,विशेष लेखन स्वरूप और प्रकार परियोजना कार्य (पाठ्याधारित) |
| जून | आरोह भाग- 2 आरोह भाग- 2 अभिव्यक्ति और माध्यम | काव्य खंड पाठ -3 कविता के बहाने,बात सीधी थी पर गद्य खंड पाठ -3 काले मेघा पानी दे कैसे बनती है कविता, नाटक लिखने का व्याकरण |
| जुलाई | आरोह भाग- 2 वितान भाग-2 अभिव्यक्ति और माध्यम | काव्य खंड पाठ-4 कैमरे में बंद अपाहिज, पाठ -5 उषा पाठ -2 जुझ कैसे लिखें कहानी, कैसे करें कहानी का नाट्य रूपांतरण, कैसे बनता है रेडियो नाटक |
| अगस्त | आरोह भाग- 2 | काव्य खंड पाठ- 6 बादल राग पाठ-7 कवितावली, लक्ष्मण मूर्छा और राम का विलाप गद्य खंड पाठ-4 पहलवान की ढोलक |
| सितंबर | आरोह भाग- 2 अभिव्यक्ति और माध्यम | काव्य खंड-7 कवितावली, लक्ष्मण मूर्छा और राम का विलाप नए और अप्रत्याशित विषयों पर लेखन,प्रिंट माध्यम, रेडियो,टेलीविजन, इंटरनेट,सिनेमा |
| अक्टूबर | आरोह भाग -2 आरोह भाग- 2 अभिव्यक्ति और माध्यम | काव्य खंड पाठ-8 रुबाइयां गद्य खंड पाठ -5 शिरीष के फूल फीचर व आलेख लेखन |

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| | | परियोजना कार्य (पाठ्याधारित) |
| नवंबर | आरोह भाग- 2 आरोह भाग- 2 वितान भाग- 2 | काव्य खंड पाठ-9 छोटा मेरा खेत, बगुलों के पंख गद्य खंड पाठ-6 श्रम विभाजन और जाति प्रथा, मेरी कल्पना का आदर्श समाज पाठ- 3 अतीत में दबे पांव |
| दिसंबर | | पुनरावृत्ति |

DAV PUBLIC SCHOOL , KOYLA NAGAR ,DHANBAD

MONTH-WISE BIFURCATED SYLLABUS SESSION : SESSION 2025-26

CLASS : XII

SUBJECT – PHYSICAL EDUCATION

| MONTH | CHAPTER TO BE TAUGHT | EXPERIMENT / PROJECT / WORKS / ACTIVITIES |
|---------------------|---|--|
| APRIL (14 DAYS) | <u>UNIT - 1 – MANAGEMENT OF SPORTING EVENTS</u> | <ul style="list-style-type: none"> • FUNCTIONS OF SPORTS • VARIOUS COMMITTEES • FIXTURES AND THEIR PROCEDURES • INTRAMURAL AND EXTRAMURAL TOURNAMENTS • COMMUNITY SPORTS PROGRAMME |
| MAY (10 DAYS) | <u>UNIT – 2 – CHILDREN AND WOMEN IN SPORTS</u> | <ul style="list-style-type: none"> • EXERCISE GUIDELINE OF WHO FOR DIFFERENT AGE GROUPS • COMMON POSTURAL DEFORMITIES • WOMEN PARTICIPATION IN SPORTS • SPECIAL CONSIDERATION (WOMEN) • FEMALE ATHLETE TRIAD |
| JUNE (10 DAYS) | <u>UNIT - 3 -YOGA AS A PREVENTIVE MEASURE FOR LIFE STYLE & DISEASES</u> | <ul style="list-style-type: none"> • OBESITY :- PROCEDURE , BENEFITS AND CONTRADICTION . • DIABETES :- PROCEDURE , BENEFITS AND CONTRADICTION . • ASTHMA :- PROCEDURE , BENEFITS AND CONTRADICTION . • BACK PAIN AND ARTHRITIS :- PROCEDURE BENEFITS AND CONTRADICTION • URDHVA HASTOTANASANA, ARDH- • CHAKRASANA ,USHTRASANA , VAKRASANA , ETC . |
| JULY (27 DAYS) | <u>UNIT – 4 – PHYSICAL EDUCATION AND SPORTS FOR CWSN</u> <u>UNIT – 5 – SPORTS AND NUTRITIONS</u> | <ul style="list-style-type: none"> • ORGANIZATION PROMOTING DISABILITY SPORTS. • CONCEPT OF CLASSIFICATION AND DIVISIONING IN SPORTS . • ADVANTAGE OF PHYSICAL ACTIVITIES FOR CWSN • STRATEGIES TO MAKE ACTIVITIES FOR CWSN . • CONCEPT OF BALANCE DIET . • MACRO AND MICRO NUTRIENTS . • NUTRITIVE AND NON NUTRITIVE COMPONENTS OF DIETS . • EATING FOR WEIGHT CONTROL . • IMPORTANCE OF DIET IN SPORTS . PRE , DURING , AND POST COMPETITIONS . |

PRE – MID TERM EXAMINATION

TENTATIVELY 4th WEEK OF JULY

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| AUGUST (24 DAYS) | UNIT – 6 – TEST AND MEASUREMENT IN SPORTS | <ul style="list-style-type: none"> • FITNESS TEST – SAI KHELO INDIA FITNESS TEST IN SCHOOL • AGE GROUP 5-8 YEARS 9-18 YEARS • MEASUREMENT OF CARDIOVASCULAR FITNESS HARVARD STEP TEST • COMPUTING BASAL METABOLIC RATE (B.M.R) |
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| | | <ul style="list-style-type: none"> • RIKLI AND JONES ,CHAIR SIT AND REACH TEST , BACK SCRATCH TEST EIGHT FOOT UP AND GO TEST FOR AGILITY • SIX METER WALK TEST FOR AEROBIC ENDURANCE . • JOHNES – METHNEY TEST FOR MOTOR EDUCABILITY . |
| SEPTEMBER (23 DAYS) | UNIT -7- PHYSIOLOGY AND INJURIES IN SPORTS . UNIT – 8 – BIOMECHANICS AND SPORTS | <ul style="list-style-type: none"> • PHYSIOLOGICAL FACTORS • EFFETS OF EXERCISES – MUSCULAR SYSTEM • EFFETS OF EXERCISES – CARDIO RESPIRATORY SYSTEM • PHYSIOLOGICAL CHANGES DUE TO AGING • SPORTS INJURIES . <p>.....</p> <ul style="list-style-type: none"> • NEWTONS LAW OF MOTION AND ITS APPLICATION IN SPORTS . • TYPES OF LEVERS . • EQUILIBRIUM . • FRICTION AND SPORTS . • PROJECTILE IN SPORTS . |

MID TERM EXAMINATION

TENTATIVELY IN 2nd WEEK OF SEPTEMBER

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| OCTOBER (22 DAYS) | UNIT – 9 – PSYCHOLOGY AND SPORTS | <ul style="list-style-type: none"> • PERSONALITY ITS DEFINITION AND TYPE • MOTIVATION ITS TYPE AND TECHNIQUES • EXERCISE ADHERENCE • MEANING , CONCEPT AND TYPE OF AGGRESSION • PSYCHOLOGICAL ATTRIBUTES IN SPORTS |
| NOVEMBER (24 DAYS) | UNIT – 10 – TRAINING IN SPORTS | <ul style="list-style-type: none"> • CONCEPT OF TALENT IDENTIFICATION AND TALENT DEVELOPMENT IN SPORTS . • INTRODUCTION TO SPORTS TRAINING CYCLE • TYPES AND METHOD TO DEVELOP – STRENGTH , ENDURANCE AND SPEED . • TYPE AND METHODS TO DEVELOP FLEXIBILITY AND CO-ORDINATIVE ABILITY • CIRCUIT TRAINING |
| DECEMBER (26 DAYS) | 1 st & 2 nd WEEK : CHAPTER WISE ASSESSMENT TEST 3 rd & 4 th WEEK : PRE-BOARDS EXAMINATION | <ul style="list-style-type: none"> • REVISION OF PRACTICAL |
| JANUARY (24 DAYS) | 2 nd PRE-BOARD & BOARD PRACTICAL EXAMINATION | <ul style="list-style-type: none"> • FINAL PRACTICAL EXAMINATION . |