### JAIN VIDYA MANDIR SR. SEC. SCHOOL

# Annual planner -2024-25

# English

### Class -XI

Month	Particulars	Activity	Teaching Aids	Methodology
			Hornbill reader,	
			Snapshots, English	
	Literature:	Activity1: Jolt	practice, test	
	R1:Portrait of a Lady	down your	materials, chalk-	Group Discussion,
April	R2: We're Not Afraid to	relationship	duster smartclass,	Class Interaction,
	Die	with your	greenboard,	Explanation,
	P1: A Photograph	elders.	mindmap (self	Demonstration,
	Grammar: Tenses and		made), classrooms,	Collaboration,
	Verbs		etc.	Lecturing, Reading
			Hornbill reader,	Debriefing, Debate,
	Literature:		Snapshots, English	Classroom discussion,
	R3:Discovering Tut		practice, test	enquiry based
	S1 : The Summer of a	Activity2:	materials, chalk-	Lecture, Values
May	Beautiful White Horse	share your	duster smartclass,	Classification,
	S2: The Address	experience about village	greenboard,	Brainstorming,
	P2: The Laburnum	about village	mindmap (self	Demonstration,
	TopWriting Skills:		made),	Problem solving,
	Advertisement		classrooms,etc.	Reading
June	Summer Break	_		
				Debriefing, Debate,
			Hornbill reader,	Classroom discussion,
			Snapshots, English	enquiry based
		Activity3:	practice, test	Lecture, Values
July		Role Play	materials, chalk-	Classification,
July	Literature:	Activity	duster smartclass,	Brainstorming,
	P3: The Voice of the Rain	Activity	greenboard,	Demonstration,
	Grammar: Reordering,		mindmap (self	Problem solving,
	Error-, omission		made),	Group Discussion,
	Writing Skills:poster		classrooms,etc.	Reading
			Hornbill reader,	
			Snapshots, English	
			practice, test	Enquiry based
		Activity4:	materials, chalk-	Lectures, Classroom
August		Role Play	duster smartclass,	discussion,
	Literature:	Activity	greenboard,	Demonstration,
	S5: Mother's Day		mindmap (self	Explanation, Reading,
	Grammar:clauses Writing		made),	Debate, Problem
	Skills:Speech Writing		classrooms, etc.	solving, Reading
September		Revision and H	alf-yearly Exams	

October	Literature: R7: The Adventure S6: Birth P4: Childhood Grammar: Transformation of sentences Writing Skills: Debate writing	Activity7: Define the role of a doctor in today's generation	Hornbill reader, Snapshots, English practice, test materials, chalk- duster smartclass, greenboard, mindmap (self made), classrooms, etc.	Enquiry based Lectures, Classroom discussion, Demonstration, Explanation, Reading, Debate, Problem solving, Reading
November	Literature: R8: Silk Road S7: The Tale of Melon City P5: Father to Son Grammar: Clauses Writing Skills: Speech writing	Activity6: Frame few lines of poetry	Hornbill reader, Snapshots, English practice, test materials, chalk- duster smartclass, greenboard, mindmap (self made), classrooms,etc.	Enquiry based Lectures, Classroom discussion, Demonstration, Explanation, Reading, Debate, Problem solving, Reading
December January	Literature:Revision	Rev	Snapshots, English practice, test materials, chalk- duster smartclass, greenboard, mindmap (self made), classrooms,etc. <i>ision</i>	Demonstration, Explanation, Reading, Debate, Problem solving, Reading
February			Examination	
March			inations	

# **Subject- Accountancy**

Month	Торіс	Subtopics	Methodol	Activity	Instructiona
			ogy		1 Aids
APRIL	Part A:Financial	Introduction to	Problem	Do some	Green
	Accounting	Accounting	solving	imaginary	board
	Unit 1: Theoretical		discussion	transactions	Educo
	Framework	Theory Base of			mp
		Accounting			NCE
	Week 1 to week 4				RT
					Textb
					ook
MAY	Unit 2: Accounting	process and Bases	Problem	Make your	Green
	Process	of Accounting	solving	own account	board
	Week 1 to week 2	Accounting	discussion	yerminology	Educo
		Standards (IFRS)		yerminology	mp

	Week 3 to week 4	Recording of Business Transactions ( accounting Equation) Recording of Business transaction • Journal Entry			NCERT Textbook
JUNE	Summer Break				
JULY Unit test	Unit 2: Accounting Process week 1	• Ledger posting	Problem solving discussion	Ask to any vendor about his accounting	Green board Educo mp
1	Week 2	Revision of unit test		record method	NCERT Textbook
	Week 3 & 4	<ul> <li>Cash Book</li> <li>Subsidiary books</li> <li>GST (Journal)</li> </ul>			
AUG.	Part B: Financial accounting II Week 1 & 2	<ul> <li>Bank Reconciliati on statement</li> </ul>	Problem solving discussion	Make your project with 3 months transactions	Green board Educo mp NCERT Textbook
	Week 3 & 4	<ul> <li>Depreciati on</li> <li>Provisions and Reserves</li> <li>Trial Balance and Rectificati</li> </ul>			

		on of			
		errors			
SEPT.	Week 1 & 2	REVISION			
	Week 3 & 4	HALF YEARLY EXAMS			
OCT.	UNIT -3 Final Account Week 1 to week 4	• Final Accounts : Trading and Profit & Loss Account and Balance Sheet	Problem solving discussion	Visit to bank and try to gain some knowledge about cheque and passbook etc.	Green board Educo mp NCERT Textbook
NOV.	UNIT -4 Week 1 to week 4	• Revision Unit test - 2	Problem solving discussion	Comparison of double entry system and single entry system	Green board Educo mp NCERT Textbook
DEC.		<ul> <li>Submissio n of Project</li> </ul>	Problem solving discussion		Green board Educo mp NCERT Textbook
JAN.	Winter break& revision	Revision			
FEB.		Final Exams			

		ubject- Dusiness st	1	<b>.</b> .• •.	T 1
Month	Topic	Subtopics	Methodol	Activity	Instructional
			ogy		Aids
APRIL	Unit-1 Week 1 to 4	Evolution and Fundamental of Business	Interactive And explanation	Mind map	Green board Educomp NCERT Textbook
MAY	Unit-2 Week 1 to 4	Forms of Business Organisatio n	Interactive And explanation	Mind map	Green board Educomp NCERT Textbook
JUNE	Summer Break				
JULY	Unit-3 Week 1 to 4 Unit – 4 Unit - 5	<ul> <li>Public, Private and Global Enterprises</li> <li>Business Services</li> <li>Emerging modes of business</li> </ul>	Interactive and explanation	Mind map	Green board Educomp NCERT Textbook
AUG.	Unit -6 Week 1 & 2 Unit -7 Week 3 & 4	<ul> <li>Social responsibilit y of a business</li> <li>Sources of finance</li> </ul>	Interactive And explanation	Mind map	Green board Educomp NCERT Textbook
SEPT.	REVISION AND HALF YEARLY EXAMS				

# **Subject- Business studies**

OCT.	Unit-8 Week 1 & 2	• Small Business and Enterprises	Interactive And explanation	Mind map	Green board Educomp NCERT Textbook
	UNIT -9 Week 3 & 4	• Internal Trade			
NOV.	UNIT -10 Week 1 to 4	International Business	Interactive And explanation	Mind map	Green board Educomp NCERT Textbook
DEC.		Import and export WTO IMF	Interactive And explanation		Green board Educomp NCERT Textbook
JAN.	Winter break	Revision			
FEB.	Revision and	Final Exams	Interactive		

### **SUBJECT- Economics**

Month	Торіс	Subtopics	Methodology	Art integrated Activity	Instruction al Aids
APRI L					
Week 1	Statistics for Economics Ch.1 Concept of Economics and Significance,scope,a nd functionsof Statistics in Economics Ch.2 Collection of	*What is economics ? *What is Statistics? * Importance of Statistics in Economics	Problem solving discussion	Write two such pairs of statistical variables that show cause and effect relationship with each other	Green board Educomp NCERT Textbook

	Data	* Primary and			
Week 2	Part B:	Secondary Sources of Data			Green board Educomp
	Introductory Microeconomics	*Modes of Data Collection			NCERT Textbook
Week	Ch.1- Economics and Economy	*What	Lecture method		
3		Economics is about ? *Micro and Macro economics *Positive and normative		Group discussion on different central problems of any economy	
Week 4	Ch.2- Central Problems of an Economy	economics *Nature and types of economy *Central problems of an	Problem Solving method	Group discussion on which method Census or sample	Green board Educomp NCERT Textbook
MAY Week	Ch. 3 Census and Sample methods of Collection of Data	an economy *Production Possibility curve *The concept of opportunity	Problem solving discussion	would you prefer if you are to studyeconomic conditions of the people in your area?	
1		cost *Census method *Sample method *Important sources of secondary data			
Week 2	Ch.4. Organisation of Data	*Concept of variable; frequency distribution	Problem solving discussion		Green board Educomp
Week 3	Ch 3 Consumer's Equilibrium Utility Analysis	*Concept and Measurement	Lecture method	Draw the diagram and the table of	NCERT Textbook

Week 4	Ch - 4 Consumer's Equilibrium Indifference Curve Analysis	of Utility *Law of of diminishing marginal utility *Consumer Equilibrium with the help of Utility Analysis *Consumer's Equilibrium *Indifference set and indifference curve *Properties of indifference curve *Budget Set, Budget Line	And Demonstratio n Method Demonstratio n Method	diminishing marginal utility on A4 size sheet Draw the diagrams of rotation and shifting of budget line on a chart	Green board Educomp NCERT Textbook
JUN E	SUMMER	BREAK			
JUL Y Wee k 1 Wee k 2	Ch.5 Presentation of Data Textual and Tabular Presentation Ch.6 Diagrammatic Presentation of data- Bar Diagrams and Pie Diagrams	Textual presentation Tabular presentation Bar diagrams and its types Pie or circular diagrams	Problem solving discussion	*A project on - Collect the data, how much teachers cast their votes in your school and show this data with the help of bar diagramsand graphs	Green board Educomp NCERT Textbook
Wee k 3	Ch. 5 Theory of Demand	*Concept of demand and Determinants *Movement and Shifting of demand curve *Demand schedule	Problem solving and Demonstratio n method		Green board Educomp NCERT

Wee k 4	Ch. 6 Price Elasticity of Demand	*Demand curve and its slope *Concept of Elasticity of Demand *Measurement of price elasticity of demand *Percentage change and total expenditure method	Brain Storming Method	Work Sheets on numericals of calculating price elasticity of demand	Textbook
AUG					
Week 1	Ch.7 Frequency Diagrams : Histogram, Polygon and Ogive	*Histogram *Polygon *Frequency curve Ogive	Problem solving discussion	Draw different types of Bar Diagrams and Histogram on a chart	Green board Educomp NCERT Textbook
Week 2	Ch.8 Arithmetic line : Graphs or Time Series Graph	*Construction of a Time series graph, Merits and Limitations	Demonstratio n Method		
Week 3	Ch. 7 Production Function and Returns to factor	*Concept of production function * Concept of TP, MP and AP *Returns to A	Interactive and lecture method	Draw diagrams	Green
Week 4	Ch. 8 Concepts of Cost	*Concept of Cost Short run Cost of production *Relations between	Lecture and Demonstratio n Method	showing relation between *TC,TVC, TFC *AC,AVCandAF C EXAMS	board Educomp NCERT Textbook

	REVISION	Average ,Marginal and Total Cost	YEARLY		
SEPT.		AND HALF			
OCT. Wee k 1	Ch.9 Measures of Central tendency Arithmetic Mean	*Concept of Central tendency *Purpose and functions of averages	Problem solving		Green board Educomp NCERT Textbook
Wee k 2	Ch. 10 measures of Central tendency Median	*Arithmetic mean by all methods *Calculation of median for different types of statistical series		Worksheets on the numericals of mean, median and mode	
Wee	Ch. 10 Mode (Cont.)	*Graphical determination of median	Problem Solving Method		Green board Educomp
k 3	Ch.9 Concept of Revenue	*Mode and its Calculation by arithmetic mean and median	Interactive and lecture	Draw the diagram of relationship between TR,AR	NCERT Textbook
Wee k 4		What is is revenue? T R, M R and AR Firms Revenue	method	and MR on a chart	
	Ch.10 producer's equilibrium (Deleted)	curve in different markets			

		Concept of producer equilibrium Conditions of producer's equilibrium			
NOV Unit test - 2	Ch.11 measures of dispersion (Deleted) Ch. 12 Correlation	What is dispersion? Methods of measuring dispersion Standard deviation	Problem solving discussion	Worksheets	Green board Educomp NCERT Textbook Green
Wee k 2		*Meaning and properties *Scatter Diagram *Karl Pearson methods Two variables;	Problem Solving Method	work sheets	board Educomp NCERT Textbook
Wee k 3	Ch. 12 Forms of Market	ungrouped data *Spears-man Rank Correlation Concept of supply Supply schedule	Lecture method	Group discussion on different types of Market with examples	
Wee k 4		Supply curve and its slope Law of supply Perfect Competition and its features	Lecture method		
DEC. Wee k 1	Ch.13 Index numbers	*Meaning,type s-*wholesale price index *consumer	Problem solving discussion	Numericals based work sheets	

Wee k 2	Ch.13 Market Equilibrium under Perfect Competition and Effects of Shifts in Demand and Supply	price index *index of industrial production * uses of index number, inflation and index number *Concept of market equilibrium *Determination of market equilibrium	Interactive and lecture method	Draw the diagrams of price ceiling and price flooring on a chart	Green board Educomp NCERT Textbook
JAN.	WINTER	BREAK	••••		
FEB.	Revision and	Final Exams			

#### SUBJECT - INFORMATICS PRACTICES

MONT	WEE	TOPIC	SUB TOPIC	ACTIVITIES	METHO	DOLOGY	INSTRUCTI
Н	К						ONAL/
							TEACHING AIDS
April	Week	Computer	Introduction,Basic	Group	1.	Lecture	White
	—I	System	computer , Input	discussion on		cum	board,
			unit, output unit	related topics		Discussi	marker,dus
			Organization		2.	on Method Illustrati on Method	ter, pointer, flash cards course
			Types of software,				book
			Transition from				
	Week		calculator to				
	-11		computer and smart				
			devices, evolution of				
			computers,				

	Week -III Week -IV	Database Concepts	troubleshooting computer operations Introduction, Purpose of DBMS , Relational Database Model Terminology, Brief History of MYSQL , MYSQL database system , starting MYSQL, MYSQL and SQL	Students will learn DBMS concepts. Practical demo will be given to them in lab using MYSQL to learning functioning of software	1. Lecture Method 2. Brain Storming	White board, marker, duster, pointer, Computer, MYSQL software,c ourse book
May	Week —I	Structured Query Language (SQL)	Introduction , MYSQL Elements, SQL command Syntax, making simple queries (Insert, Update, Delete, Select) Selectin specific rows	Demonstrat ion of different commands and function will be delivered. And Students will learn	<ol> <li>Lecture cum</li> <li>Demonstration</li> <li>Method</li> <li>Illustration</li> <li>method</li> </ol>	Black board , chalk , duster, pointer,co mputer system, database software( MYSQL)

		1	1		1	1
				with		
	Week			practical		
				practice in		
	-11		Logical operators	lab by		
				creating		
			Order by	their		
				databases,t		
				ables and		
	Week		More on DDL	different		Black
	-111			DDL and		board ,
				DML		
				statements.		chalk,
				statements		duster,
						pointer,
	Week					computer
	-IV			Time Bound		system,
				Team Based		Python
				Exercise		software
				related to		
				different		
				topics and		
				other		
				practical		
				SUMMER BREA	AK	
June						
July	Week	Getting	Introduction, Python-		1. lecture cum	White
	-1	started with	Pluses and Minuses,		Discussion	board,
		Python	Working in Python ,		Method	marker,dus
				Dractical		ter,
				Practical	2.	pointer,co
				demo will	Demonstration	mputer
			Understanding First	be given to	Method	system,
			Program Script	them to		Python
	Week			work with		Anaconda
	-11			Python and		distribution
			Introduction, Python	students		software
			character set,	will		SULWALE
		Python	Tokens, Barebones of	do their		
		Fundamentals	a Python Program ,			
	Week	runuamentais		practice in		
	-111			software to	1. lecture cum	
				be familiar	Discussion	

	Week -IV		Variables and Assignments, Simple Input and Output	with language basic concepts will be practiced with the help of practical and students will try to use in short modules	Method 2. Demonstration Method 3. Illustration Method	White board, marker,dus ter, pointer,co mputer system, Python Anaconda distribution software
August	Week -I Week -II	Data Handling Flow of Control	Introduction, Data types, Mutable and Immutable types , Operators, Expressions Introduction, Types of Statements in	Students will create modules bases on math calculation like :additio n, subtraction etc. using different operators and libraries	<ol> <li>lecture cum Discussion Method</li> <li>Demonstration Method</li> <li>Illustration Method</li> </ol>	White board, marker,dus ter, pointer,co mputer system, Python Enaconda distribution software
	Week -III Week		Python , Statement Flow Control,if Statements of Python , Repetition of Tasks -, range ( ), looping statements,	Module that calculate total selling price and discount ,m	<ol> <li>lecture cum Demonstration Method</li> <li>Brain storming</li> </ol>	White board, marker,dus ter, pointer,co mputer system, Python Enaconda

	-IV				odule					distr	ibuti	on
					related	to					ware	•
					print th							
					integer							
					ascend							
					order,	-						
					print ta							
					ofa							
					numbe	er like						
					5, print	t sum						
					of nati							
					numbe	ers						
					betwee							
					to10 et	tc.						
									-			
Septe		F	Revision + Half Yea	r Examination	n							
mber												
Octob	Wee	List	Introduction,	Program to		1. lec	turo	\//bit	e boar	Ч		
er	k-I	Manipula	Creating and	calculate m		cum	luie		er,dus	-		
		tion	accessing lists,	of a given li		Discus	sion		er,con			
		lion	lists operations,	numbers,	5001	Metho		-	/stem,	-		
			Making true	program to		Wieth	Ju	Pytho				
			copy of a list,	search for a		2.		Enaco				
			list	element for		Demo	nstr		butior			
				element in		ation		softw		-		
				given list of		Metho	bd					
	Wee		functions and	numbers ,								
	k-II		methods,	program to								
	K II		nested lists, list	count frequ								
			manipulation	of a given								
			manipulation	elements of	fa							
				given eleme	ent in							
				a list of								
			Introduction,	_								
	Wee	Dictionar	Key : Value	numbers. e	tc.			Whit	e boar	d,		
	k-III	ies	Pairs, working					mark	er,dus	ter,		
			with					point	er,con	npu		
			dictionaries,	Manipulatio	on of			ter sy	/stem,			
			dictionary	dictionary v	with			Pytho	on			
				functions :				Enaco	onda			
								distri	butior	ı –		

	Wee k-IV		funct	ions and ods	Program t count the frequency list elemen using a dictionary	of a nt	<ol> <li>lec cum</li> <li>Discu</li> <li>Meth</li> <li>2.</li> <li>Demo</li> <li>ation</li> <li>Meth</li> </ol>	ssion od onstr	software		
Novem ber	Week -I Week -II Week -III Week -IV	Working wi NumPy	ith	Introduction Arrays, NumPyData ingNumpy a working wir NumPyarray Airthmetic operations o arrays	atyps,creat arrays th ys, on numpy vith	Practic related arrary NumPy ys , Arr slices e (creati and 2D arrays, operat perfort on arra	y Arra ray etc. ng 1D o ions med	Discu Meth 2.	onstration	ter, poir mpu syst Pytł Ena dist	rd, ker,dus nter,co uter em,
Decem ber	Week -I Week	Emerging Trends (Syllabus completion	1)	Artificial int robotics, big data, internet of	-	Time B Team I activity related differe topics.	Based / l to nt		cture cum ission iod	ter,	rd, ·ker,dus nter,co

	-11		cloud computing,		system,
	Week -III Week -IV		grid computing , blockchain technology		internet explore software, course book
Januar		Revision			
У					
Februa		Revision			
ry					

#### SUBJECT - TYPOGRAPHY & COMPUTER APPLICATION

MONT H	WE EK	TOPIC	SUB TOPIC	ACTIVITIES	METHODOLO GIES	INSTRUCTIONAL /TEACHING AIDS
April	We ek-I	INTRODU CTION TO TYPOGRA PHY	INTRODUCTION , Learning Objectives The Typewriter , Origin. of Typewriter, Importance of Typewriter/Computer ,Cat egories of Typewriters , Standard Typewriter ,Noiseless Typewriter ,Portable Typewriter , Electric Typewriter ,Electronic Typewriter , Computers , Laptops	History of typewriter will be given Group discussion will be given on different types of typewriter	<ol> <li>Lectu re cum Discu ssion Meth od</li> <li>Illustr ation Meth od</li> </ol>	White board, marker,duster, pointer, computer system, flash cards course book

typing   master   After   learning all   rows of   keyboard   paragraph		We ek- II	Keyboard Operation S	Introduction ,Objectives ,K eyboard ,QWERTY Keyboard , Key Types , Character Keys ,Modifier key, Sitting Posture ,Chair & Table Height Guideline ,Placement of Machine ,Methods of Keyboard Operation ,Sight Method Merits of Sight Method Demerits of Sight Method Demerits of Touch Method Demerits of Touch Method	master After learning all rows of keyboard	1. Lecture Method cum demonstratio n method	White board, marker, duster, pointer, Computer, typing software ,cours e book
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May	We ek- 4 We ek- 1	Computer Hardware	Input devices, Output devices,	given for practice Hardware parts will be shown to students	<ol> <li>Lecture cum &amp; Demonstrati on Method</li> </ol>	Black board , chalk , duster, pointer,comput er system
			Serial ports, Parallel Ports	in lab	2. Brain Storming	
	We ek- 2 3	Windows Operating System	Introduction, Objectives , Logging On ,Switching between Accounts ,Features of the Windows System , Desktop , Icon , Window ,Dialogue Box , Start Menu ,Task Bar , Tab Menu ,Opening & Closing Application , Manipulating Windows, Maximize , Minimize , Resize , Using Computer Folder , Using window Explorer ,Navigation Pane ,Details Pane , Preview Pane Control Panel , Locating Files and Folders , Search for file or Folder, creating a folder , Deleting a file or folder ,	Serial ports and parallel port of computer will be shown to students Practical knowledge will be given to students based on this chapter Students will save their files in different memory locations by using their own created	1. Lecture Method cum demonstratio n method	Black board , chalk , duster, pointer, computer system, MS Office

	We			folders		
	ek-					
	4					
June			Summer - Brea	k k		
			r		r	
July	UT + We ek- 1	Introducti on to Office	,Introduction to Word, Introduction to Excel, Introduction to Power Point, Introduction to Outlook ,Working with the Office Assistant ,	Creating documents ,editing documents with different	<ol> <li>lecture</li> <li>cum</li> <li>Discussion</li> <li>Method</li> <li>2.</li> <li>Demonstrati</li> <li>on Method</li> </ol>	White board, marker,duster, pointer,comput er system, MS office
			Office Short Cut Bar, Customizing the Office Shortcut Bar ,Exit the office shortcut bar	features of words ,exc el and power point		
	We ek- 2		Beginning with word a) Edit document b) Format document c) Tables & Graphics Documents prepared using MS word, Application window of MS Word,			
	We ek- 3	MS Word(part -1)		Creating documents ,editing cuments with different features of words will be taught to students	Demonstrati on Method	White board, marker,duster, pointer,comput er system, MS office

July	We ek- 4	MS Word(part -1)	Creating a new blank document , Entering text in a document file , Inserting a text , Deleting a text, Selecting a text, Copy & paste text , Drag and drop text ,Finding a text ,	Creating documents ,editing documents with different features of words will be taught to students	<ol> <li>lecture cum Discussion Method</li> <li>2. Demonstrati on Method</li> </ol>	White board, marker,duster, pointer,comput er system, MS office software
Augus			Replacing text Using find and replace text , Auto correction , Correction of mistakes , Save As Command , Using Save As command , Using spell check features , Using Grammar check feature	Students will practice practical concepts in MS word		
t	We ek- 1		FORMATTING WITH WORD Formatting the text , Changing the text case , Applying bullets & Numbers ,Inserting a new list , Selecting an alternate bullet or number or style , Using a symbol as a bullet ,Changing the bullet colour, Changing the text alignment, Using indents and tabs , Modifying the default settings , Setting a tab stop ,Hanging indent , Setting left, center, right and decimal tab stops			

			Communication Session 2:	of		marker, duster,
Octob			Session 1: Introduction to	Different type	es	White board,
mber						
Septe			Revision + Half year	Examination		
				shapes , images, lists etc.		
	4			tables,		
	We ek-			merge, work with		
				Mail		
				learn and practice :	on Method	
				students will be	2. Demonstrati	
				WORD		
				different features of	Discussion Method	
	3			using	cum	
	ek-			Apart from	1. lecture	MS Office
	We	WORD- PART-2				-
		MS				computer system,
			border , Mail Merge			pointer,
			& Endnotes, adding			chalk , duster,
			header , Adding Footnotes			Black board ,
			entries , Working with Tables, Adding footer and			
			Creating & Using auto text			
			Advanced Word Features ,			
			Using Thesaurus ,			
			customizing word , Document Properties ,			
			Documents and			
	2		scheme, Managing			
	ek-		Changing of colour			
	We		Moving the shapes ,			
			Working with text boxes , Using styles and themes ,			

er		Communi	Verbal Communication	communicatio	1.	pointer,comput
		cation	Session 3: Non-verbal	n will be learn	lecture	er system
	We	Skills	Communication	with the help	cum	
	ek-			of different	Discussio	
	1			activities	n Method	
			Session 4: Pronunciation		2 Durain	
			Basics Session 5:		2. Brain	
			Communication Styles —		storming	
			Assertiveness Session 6:		method	
			Saying No — Refusal Skills			
	We		Session 7: Writing Skills —			
	ek-		Parts of Speech			
	2					
			Session 8: Writing Skills —			
			Sentences Session 9:			
			Greetings and			
			Introduction Session 10:			
			Talking about Self			
			Cassian 11. Asking			
			Session 11: Asking Questions			
			Questions			
			Session 12: Talking about			
			Family			
			Session 13: Describing			
			Habits and Routines			
			Session 14: Asking for			
			Directions			
	We					
	ek- ₁					
	1		Session 1: Strength and			
			Weakness Analysis			
			Session 2: Grooming			
			Session 3: Personal			
			Hygiene			

			Session 4: Team Work			
	We ek- 2	Self- managem ent Skills	Session 4: reall work Session 5: Networking Skills Session 6: Self- motivation Session 7: Goal Setting Session 8: Time Management	Time bound activities will be given to students to learn Group discussion will be given to understand the topics	1. lecture cum Discussio n Method 2. Brain storming method	White board, marker,duster, pointer
Dece mber	We ek- 1	Informati on and Communi cation Technolog y Skills	Session 1: Introduction to ICT Session 2: Basic Interface of LibreOffice Writer 1 Session 3: Saving, Closing, Opening and Printing Document Session 4: Formatting Text in a Word Document Session 5: Checking Spelling and Grammar Session 6: Inserting Lists, Tables, Pictures, and	Creating documents ,edi ting documents with different features of words will be taught to students Students will practice practical concepts in libre Office	1. lecture cum Discussio n Method 2. Demonst ration Method	White board, marker,duster, pointer,comput er system, Libre Office

			Shapes			
	We ek- 2		Session 7: Header, Footer and Page Number Session 8: Tracking Changes in LibreOfficeWriterUnit 4:	Apart from using different features of Libre Office students will be learn and practice : Mail merge, work with tables, shapes , images, lists etc.		
Dece mber	We ek- 3 We ek- 4	Entrepren eurship Skills	Session 1: Introduction to Entrepreneurship Session 2: Values of an Entrepreneur Session 3: Attitude of an EntrepreneurSession 4: Thinking Like an Entrepreneur Session 5: Coming Up with a Business IdeaSession 6: Understanding the MarketSession 7: Business PlanningSession 1: Sectors of Green Economy Session 2: Policies for a Green	Time Bound Team Based activity related to different topics.	<ol> <li>Iecture cum Discussio n Method</li> <li>I. lecture cum Discussio n Method</li> <li>2. Brain storming</li> </ol>	White board, marker,duster, pointer,comput er , internet explore software, Internet, course book

			Economy Session 3:		method	
					method	
			Stakeholders in Green			
			Economy Session 4:			
			Government and Private Agencies	1. Prepare posters on green Economy		
Januar	We	Green		8.00.000		White board,
у	ek-	Skills		2. Motivate		marker,duster,
	1			students to		pointer,comput
				plant a tree.		er system,
		(Syllabus completio n)		3. Motivate students to buy energy efficient products		Google,Internet ,course book
	We			4. Motivate		
	ek-	+		students to do		
	2			environment		
		Revesion		friendly jobs in		
				their routine		
				life. etc.		
Feb		Revision				

### **SUBJECT- MATHS**

MONTH	CHAPTER	TOPICS	Art Integrated activity	METHODOLOGY	TEACHI NG AIDS/I NSTRU CT- IONAL AIDS
APRIL					
WEEK 1 WEEK 2	Sets	Sets and their representations. Empty set. Finite and infinite sets. Equal sets. Subsets. Subsets of a set of real numbers especially intervals (with notations). Power set. Universal set. Venn diagrams. Union and intersection of sets. Difference of sets. Complement of a set. Properties of Complement.	Make attractive Venn diagram to show: 1. AUB 2. A-B 3. Only A 4. Draw a sketch of John venn	Explanation by Venn diagram, Learning by doing.	Chalk board, Duster, Smart Class
APRIL WEEK 3	Relations and	Ordered pairs. Cartesian product of sets. Number of elements in the	1.To distinguish betwee a relation	Demonstration, Graphic organizers,	Chalk board,
WEEK4	Functions	Cartesian product of two finite sets. Cartesian product of the set of real of itself (up to R x R x R). Definition of relation, pictorial diagrams, domain, co-domain and range of a relation. Function as a special type of relation. Pictorial representation of a function, domain, co-domain and range of a function. Real valued functions, domain and range of these functions, constant, identity, polynomial, rational, modulus, signum, exponential, logarithmic and greatest integer functions, with their graphs. Sum, difference, product and quotients of functions.	and function using thread and bangle. 2.Draw an attractive graph of constant function, 3.modulus function 4.signum function using graph and thread	problem solving.	duster, arrow diagra m on chart, smart class.
MAY WEEK 1 WEEK 2	Trigonometri c Functions	Positive and Negative angles. Measuring angles in radians and degrees and conversion from one measure to another. Definition of trigonometric functions with the help of unit circle. Truth of the identity sin2x+cos2x =1, for all x.	Draw curve of: 1. sine 2. cosine 3. Tangent with the help of sketch or thread		

		Signs of trigonometric functions. Domain and range of trigonometric functions and their graphs. Expressing sin(x ±y) and cos(x±y) etc. in the terms of sinx, siny, cosx and cosy and their simple applications. Deducting all the identities like: Tan(x± y),cot(x± y),sinα± sinβ, sin2x etc.	make a A4 Size sheet and write all formula of trigo		
MAY WEEK 1 WEEK 2	Complex Numbers and Quadratic Equations	Need for complex numbers, especially $\sqrt{-1}$ , to be motivated by inability to solve some of the quadratic equations. Algebraic properties of complex numbers. Argand plane	<ol> <li>make a curve of parabola using sketch</li> </ol>		Chalk board, Duster, Smart Class
WEEK 3 WEEK 4	Linear Inequalities	Linear inequalities. Algebraic solutions of linear inequalities in one variable and their representation on the number line.	To verify that the graph of a given inequality, say 5x + 4y – 40 < 0, of the form ax+by+c<0, a,b>0, c<0 represents only one of the two half planes.		Chalk board, Duster, Smart Class
		UNIT TEST	•		1
JULY WEEK 1 WEEK 2.	Permutat- ions and Combinat- ions	Fundamental principle of counting. Factorial n. (n!) Permutations and combinations, derivation of Formulae permutation and combination, simple applications.	<ol> <li>1.To find the number of ways in which three cards can be selected from given five cards.</li> <li>2.Make a diagram</li> </ol>	Explanation, Brain storming	Chalk board, Duster, Smart Class
WEEK 3 WEEK 4	Binomial Theorm	History, statement and proof of the binomial theorem for positive integral indices. Pascal's triangle, simple applications.	to show all the ways of approaching school 3. make a game		

<b></b>					
			on Permutations		
			To construct a		
			Pascal Triangle		
			and to write		
			binomial		
			expansion		
SEPTEMBER		Revision and H	alf Yearly Exams		
AUGUST	Sequence	Sequence and series. Arithmetic	1.To obtain	Discovery Method,	Chalk
WEEK 1	and Series	Mean (A.M.) Geometric	formulae for the	Problem Solving,	board,
WEEK 2		Progression (G.P.), general terms of	sum of squares of	Project	Duster,
		G.P., sum of n terms of a G.P.,	first n natural		Smart
		infinite G.P. and its sum, geometric	numbers.		Class,
		mean (G.M.), relation between	2. Make pattern		Models
		A.M. and G.M. Formulae for the sums.	on AP 3.Make PATTERN		
		Sums.	ON G.P		
			3. Fibonacci spiral		
			art		
SEPTEM—			1.To make model		
BER		Revision and Half Yearly Exams	of octants		
	Introduction		2. make any 3d		
OCTOBER	to Three-	Coordinate axes and coordinate	sketch		
WEEK 1 WEEK 2	dimensional	planes in three dimensions.	/pattern		
VVEEK 2	Geometry	Coordinates of a point. Distance between two points	/graphics 3.show derivation		
		between two points	of distance		
			formula		
			1.To show the		
			sample space		
			through coin		
	Probability		when it is tossed		
			once, two times,		
		Random experiments, outcomes,	three times, four		
WEEK 3 WEEK 4		sample spaces (set representation). Events, occurrence of events, 'not',	times. 2.Make a card		
VVLLN4		and 'or' events, exhaustive events,	game using		
		mutually exclusive events,	probability		
		axiomatic (set theoretic)	,,		
		probability, connections with other			
		theories of earlier classes.			
		Probability of an event, probability			
		of 'not', 'and' and 'or' events.			
NOVEM-BER	Straight lines	Brief recall of two dimensional	1. Make a	Heuristic Method,	Chalk

WEEK 1		geometry from earlier classes.	stained	Project, Discussion,	board,
WEEK 2		Slope of a line and angle between	glass	Problem Solving,	Duster,
		two lines. Various forms of	window		Smart
		equations of a line: parallel to axis,	2. Prepare		Class
		point-slope form, simple-intercept	any art		0.000
		form, two-point form, intercept	work		
		form ,Distance of a point from a	using		
		line.	straight		
			line and		
			curve		
			3. Make any		
			optical		
	Conic	Sections of a cone: ellipse,	illusion		
	Sections	parabola, hyperbola, a point, a	through		
WEEK 3		straight line and a pair of	line		
WEEK 4		intersecting lines as a degenerated	To construct		
		case of a conic section. Standard	different types of		
		equations and simple properties of	conic		
		parabola, ellipse and hyperbola.	1. Circle		
		Standard equation of a circle.	2. Ellipse		
			3. Parabola		
			4. Make fun		
			images		
			using		
			conics		
DECEM-BER	Limits and	Derivative introduced as rate of	Verification of	Problem Solving,	Chalk
WEEK 1 AND	Deratives	change both as that of distance	geometrical	Explanation	board,
2		function and geometrically.	significance of		Duster,
		Intuitive idea of limit. Limits of	derivatives.		Smart
		polynomials and rational functions			Class
		trigonometric exponential and			
		logarithmic functions. Definition of			
		derivative relate it to scope of			
		tangent of the curve, derivative of			
		sum, difference, product and			
		quotient of functions. Derivates of polynomial and trigonometric			
		functions.			
WEEK 3	Statistics				
WEEK 3 WEEK 4	Statistics				
VVLEN 4		Measures of Dispersion: Range,			
		Mean Deviation, variance and			
		standard deviation of			
		ungrouped/grouped data.			
JANUARY			TEST-2		
FEBRU-ARY			ANNUAL EXAMS		
MARCH			AL EXAMS		
MANCH		ANNOF			

Month	Chapter	Sub Topics	Activities	Methodolog	Teaching
April	<ol> <li>changing trends &amp; physical education</li> </ol>	<ul> <li>Meaning &amp; definition of physical education</li> <li>Aims and</li> </ul>	Make a chart tabulation on the aims and objectives of physical education.	y Lecture method	<ul> <li>Aids</li> <li>Green board</li> <li>Educomp smart board.</li> </ul>
May	2. Olympic value education	<ul> <li>objectives of physical education</li> <li>Career option in physical education</li> <li>Competition in various sports at national and international level</li> <li>Khelo - India program</li> </ul>	Make a project on carrier options of physical education. Make a flash card on competitions in various sports at national and international level.	Explanation method	<ul> <li>Green board</li> <li>Educomp smart board.</li> </ul>
June	<ul> <li>3. Yoga</li> <li>4. Physical education &amp; sports for CWSN children with specific need divers</li> </ul>	<ul> <li>Olympics, Paralympics and special Olympics</li> <li>Olympic, symbols, ideals, objectives&amp; value of Olympics</li> <li>International Olympic committee.</li> <li>Indian Olympic association.</li> </ul>	Make a chart on Olympic symbols. Make a project on Olympic, Para Olympic and special Olympics. Make an explanation on international Olympic committee and Indian Olympic Association.	Interactive method	• Green board
	divang.				• Green

#### SUBJECT - PHYSICAL EDUCATION

July	5.Physical fitness, wellness & lifestyle		Meaning & importance of yoga Elements of yoga. Introduction – Asanas, pranayam, meditation & yogic kriyas. Summer break	Make a flashcard on the importance of Yoga. Make a chart on the asanas, pranayamas, meditation and yogic kriyas.Make a project on elements of yoga.	Explanation method	board
	6. test, measuremen t & evaluation	•	Meaning & importance of physical fitness, wellness & lifestyle Components of physical fitness and wellness Components of health related fitness.	Make a chart on the components of physical fitness and wellness. Make a project on the importance of physical fitness, wellness and lifestyle. Make a flash card on health related fitness.	Interactive method Explanation method	• Green board

adaptive physical education.     various professionals for children with special needs.       • Organization promoting adaptive sports (special Olympics Bharat, Paralympics, Deaflympics     Make a chart on aims and objectives adaptive physical education.       • Organization promoting adaptive sports (special Olympics     Make a chart on aims and objectives adaptive sports.       • Organization promoting adaptive sports (special Olympics     Make a project on organization promoting adaptive sports.       • Concept of inclusion, its need and implementatio n.     Make a project on organization promoting adaptive sports.       • Role of various professionals for children with special need.     Demonstrati on method       • Counsellar, occupational, therapist sports.     Demonstrati on method       • T.fundamenta Is of anatomy physiology & kinesiology in sports.     • Demonstrati on method       • Septemb er     • S.
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October	Fundamental s of kinesiology and biomechanica I in sports	<ul> <li>Leadership qualities &amp; role of a leader</li> </ul>	Make a flashcard on leadership qualities. Make a chart on the types	Explanation method	• Green board
Novemb er	<ul> <li>9. psyohology &amp; sports .</li> <li>10. Training and doping in sports.</li> </ul>	<ul> <li>Creating leaders through physical education</li> <li>Meaning, objectives &amp; types of adventure sports ( rock climbing, tracking, river, rafting, mountaineerin g, surfing and paragliding.</li> <li>Safety measures to prevent sports injuries.</li> </ul>	of adventure sports( rock climbing, trekking, river rafting, mountaineerin g, surfing and paragliding). Make a project on safety measures to prevent sports injuries.	Explanation method	• Green board
		Revision	Make a chart measurement of health related fitness.		
		<ul> <li>Defining and importance of anatomy, physiology &amp; kinesiology.</li> <li>Function of</li> </ul>	Make a chart showing importance measurement and evaluation in sports. Make a		<ul> <li>Green board</li> <li>Educom p smart</li> </ul>

	speleton	flashcard on	board
	system and	the	u
	-	classification	
Decembe	circulatory	of bones and	
r	system.	types of	
1	<ul> <li>Properties and</li> </ul>	bones.	
	function of		
Ionuonu	muscles.	Make a	
January	<ul> <li>Equilibrium –</li> </ul>	project on the	
	dynamic &	functions and	
	, static and	structures of	
	centre of	respiratory	
	gravity and its	and	
February		circulatory	
	application in	systems.	
	sports	Make a chart	
		on	
		equilibrium-	
		dynamic and	
		static and	
	<ul> <li>Definition &amp;</li> </ul>	centre of	
	importance of	gravity	
	psychology in		
	physical		
	education &	Make a	
		project on the	
	sports.	development characteristics	
		at different	
	Adoleseent	stages of	
	problems &	development.	
	their	actorphicht.	
	management.	Make a	
		flashcard on	
		adolescent	
	<ul> <li>Meaning and</li> </ul>	problems and	
	concept of	their	
	sports	management.	
	training.		
	-	Make a chart	
	Principle of	on difference	
	sports	between Growth and	
	training.	development.	
	<ul> <li>Warming up &amp;</li> </ul>	development.	
	limbering	Make a	
	down.	flashcard of	
	• Skill,	the principles	
	technique &	of sports	
		training.	

style <ul> <li>Concept &amp;</li> <li>classification</li> <li>of doping</li> </ul> Annual	Make a chart on the Warming up and Limbering down.	
Examination		

# Subject: -Psychology

Month	Week	Торіс	Sub -Topic	Teaching Aids
April	Week -1	What is Psychology?	<ol> <li>Introduction</li> <li>What is psychology         <ul> <li>Psychology as discipline</li> <li>Psychology as an natural science</li> <li>Psychology as a social science</li> </ul> </li> </ol>	Blackboard, Chalk , Duster, Course Book
	Week - 2 Week -3		<ul> <li>3. Understanding mind and behaviour</li> <li>4. Popular Nations about the Discipline of psychology</li> <li>5. Evolution of psychology</li> <li>6. Development of psychology in India</li> <li>7. Branches of psychology</li> </ul>	
	Week -4		<ul> <li>8. Psychology and other disciplines</li> <li>9. Psychology in everyday life</li> </ul>	
May	Week - 1	Methods of Enquiry in Psychology	<ol> <li>Introduction</li> <li>Goals of psychological enquiry         <ul> <li>Steps in conducting scientific research</li> <li>Alternatives</li> </ul> </li> </ol>	Blackboard, Chalk , Duster, Course Book

			Paradigms of     Research	
	Week -2		<ul> <li>3. Nature of psychological data</li> <li>4. Some important methodsin Psychology <ul> <li>Observation method</li> <li>Experimental method</li> <li>Correlation Research</li> </ul> </li> </ul>	
	Week -3		<ul> <li>Survey Research</li> <li>Psychological Testing</li> <li>Case Study</li> <li>5. Analysis of Data</li> <li>Quantitative Method</li> <li>Qualitative Method</li> </ul>	
	Week -4		<ul><li>6.Limitations of</li><li>Psychological Enquiry</li><li>7. Ethical Issues</li></ul>	
June			Summer Break	
July	Week-1	Human Development	1. Introduction 2. Meaning of Development Life-Span Perspective on Development Factors Influencing Development	Blackboard, Chalk , Duster, Course Book
	Week-2		<ul> <li>3. Context of Development</li> <li>4.Overview of</li> <li>Developmental Stages <ul> <li>Prenatal Stage</li> </ul> </li> </ul>	

	Week -3		<ul><li>Infancy</li><li>Childhood</li></ul>	
	Week -4		<ul> <li>Challenges of Adolescence</li> <li>Adulthood and Old Age</li> </ul>	
August	Week-1	Sensory, Attentional and Perceptual Processes	<ol> <li>Introduction</li> <li>Knowing the world</li> <li>Nature and varieties of Stimulus</li> </ol>	Blackboard, Chalk , Duster, Course Book
	Week-2		<ul> <li>4. Sense Modalities</li> <li>Functional limitation of sense organs</li> <li>5. Attentional Processes</li> <li>Selective Attention</li> <li>Sustained Attention</li> </ul>	
	Week-3		<ul> <li>6. Perceptual Processes <ul> <li>Processing</li> <li>Approaches in</li> <li>Perception</li> </ul> </li> <li>7. The Perceiver</li> <li>8. Principles of Perceptual</li> <li>Organisation</li> </ul>	
	Week-4		<ul> <li>9. Perception of Space, Depth and Distance Monocular Cues and Binocular Cues</li> <li>10. Perceptual Constancies</li> <li>11. Illusions</li> <li>12.Socio-Cultural Influences on Perception</li> </ul>	
September	Revision		Half Yearly	

October	Week- 1	Learning	<ol> <li>Introduction</li> <li>Nature of Learning</li> <li>Paradigms of Learning</li> </ol>	Blackboard, Chalk , Duster, Course Book
	Week-2		<ul> <li>4. Classical Conditioning <ul> <li>Determinants of Classical Conditioning</li> </ul> </li> <li>5. Operant/Instrumental <ul> <li>Conditioning</li> <li>Determinants of Operand Conditioning</li> <li>Key Learning Processes</li> </ul> </li> </ul>	
	Week -3		<ul><li>6. Observational Learning</li><li>7. Cognitive Learning</li><li>8. Verbal Learning</li></ul>	
	Week-4		<ul> <li>9. Skill Learning</li> <li>10 Factors Facilitating</li> <li>Learning</li> <li>11. Learning Disabilities</li> </ul>	
November	Week -1	Human Memory	<ol> <li>Introduction</li> <li>Nature of memory</li> </ol>	Blackboard, Chalk , Duster, Course Book
	Week-2		<ul> <li><b>3.</b> Information Processing Approach : The Stage Model</li> <li><b>4.</b> Memory Systems : Sensory, Short-term and Long-term Memories</li> </ul>	
	Week-3		<ul> <li>5. Levels of Processing</li> <li>6. Types of Long-term</li> <li>Memory <ul> <li>Declarative and</li> <li>Procedural;</li> <li>Episodic</li> </ul> </li> </ul>	

			and Semantic	
	Week-4		<ul> <li>7. Nature and Causes of Forgetting         <ul> <li>Forgetting due to Trace Decay, Interference and Retrieval Failure</li> </ul> </li> <li>8. Enhancing Memory Mnemonics using Images and Organisation</li> </ul>	
December	Week-1	Thinking	<ol> <li>Introduction</li> <li>Nature of Thinking         <ul> <li>Building Blocks of Thought</li> </ul> </li> </ol>	Blackboard, Chalk , Duster, Course Book
	Week-2		<ul><li><b>3.</b> The Processes of Thinking</li><li><b>4.</b> Problem Solving</li><li><b>5.</b> Reasoning</li></ul>	
	Week-3		<ul> <li>6. Decision-making</li> <li>7. Nature and Process of Creative Thinking <ul> <li>Nature of Creative Thinking</li> <li>Process of Creative Thinking</li> </ul> </li> </ul>	
	Week-4		<ul><li>8. Thought and Language</li><li>9. Development of</li><li>Language and Language Use</li></ul>	
January	Week-1	Motivation and Emotion	<ol> <li>Introduction</li> <li>Nature of Motivation</li> </ol>	Blackboard, Chalk , Duster, Course Book

	Week-2		<ul> <li><b>3.</b> Types of Motives <ul> <li>Biological Motives</li> <li>Psychosocial Motives</li> </ul> </li> <li><b>4.</b> Maslow's Hierarchy of Needs</li> </ul>
	Week-3		<ul> <li>5. Nature of Emotions</li> <li>6. Expression of Emotions <ul> <li>Culture and Emotional</li> <li>Expression</li> <li>Culture and Emotional</li> <li>Labelling</li> </ul> </li> </ul>
	Week-4		<ul><li>7. Managing Negative</li><li>Emotions</li><li>8. Enhancing Positive</li><li>Emotions</li></ul>
February +March	Revision	Practical (Projects, experiments, small studies)	Annual examination

### Annual Planner -24-25

Yoga

			XI		
Month	Week	Торіс	Sub- topics	Art-Integrated	Methodology
APRIL	week-1,2	Unit-1	Communication Skills	Practice of Halasana,	Explanation
	week-3,4	Unit-2	Self Management Skills	Pawanmuktasana	
Мау	Week-1,2	Unit-3	ICT-Skills	Practice of Asanas	Yoga Activities Explanation
	Week-3,4	Unit-4	Entrepreneurial Skills		
June				SUMMER B	REAK

July	Week-1,2 Week-3,4	Unit-5 Revision	Green Skills Green Skills	Practice of Dhyana Mudra	Revise and Explana	
August	Week-2 Week-3 Week-4	(Part-B) Unit-1	Introduction to Yoga and Yogic Practices-1	1) Yoga Etymology, definition, Aim, objective and misconception text. 2)Yoga Origin, History and Development. 3)Rules and Regulation to be followed by yoga practitioners. 4)Introduction to major schools of yoga (Janan, Yoga Bhakti,Yoga Karma, Patanjali, Hatha. 5)Introduction to yogic practices (SukshamaVyayama, Surya Namaskar and Asanas).		
September		REVISION				

October       Week-1       Unit-2       Introduction to Yoga       1)Introduction and study of patanjali Yoga sura including memorization of selected Sutra.         Week-2       Week-3       Week-3       2)Introduction and study of Gharanda Samhita.         Week-4       Week-4       Image: Selected Sutra Selected Sutra Selected Sutra Selected Sutra Selected Siokas.	
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November	Week-2 Week-3	Unit-3	Introduction to Yoga and Yogic Practices-2	<ol> <li>Brief introduction to human Body. 2)</li> <li>Role of Yoga for health promotion.</li> <li>Yogic attitudes and practices. 4)</li> <li>Holistic approach of Yoga towards the health and diseases.</li> <li>Introduction Yoga diet and its relevance and importance in Yoga Sadhana. 6)</li> <li>Dincharya and</li> </ol>
	Week-4			Ritucharya with respect of Yogic lifestyle.
December		Unit-5	Yoga for Health Promotion-2	
January		Practicals and lab Activities	Demonstration of skill competency in lab activites and Surya Namaskar	
February		Revision	Revision	
March			Annual Exam	