

JAIN VIDYA MANDIR SR. SEC. SCHOOL

Annual planner -2025

English

Class -XI

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

SUBJECT- Biology (044)

Months	Week	Lesson No & Name	Activity
July	Week -1	1.The Living World	Study of compound microscope
	Week-2,3	2.Biological Classification	Study and description of the flowers.
	Week-4	3.Plant Kingdom	Study of specimens & identification with reasons.
August	Week-1	4.Animal Kingdom	Study of characters of animal specimens and identification with reasons
	Week-2	5.Morphology of Flowering Plants.	
	Week-3,4	6. Anatomy of flowering plants	Study of distribution of stomata
September	Week-1,2	7.Structural Organization in Animals	Preparation and study of T.S. dicot and monocot root and stem

	Week-3	8.Cell theory and cell as the basic unit of life	Study of osmosis
	Week-4	9.Biomolecules	Study of plasmolysis in epidermal peels of leaves
October	Week-1,2	10.Cell division and Cell Theory	Study of mitosis (onion and grasshopper) through permanent slides
	Week-3,4	13.Photosynthesis	Test of presence of sugar, starch, proteins and fats in plant and animal material
November	Week-1	14.Respiration in Plants	Comparative study of rate of transpiration
	Week-2,3	15.Plant growth and development	Study of Photosynthesis-Separation of plant pigments through paper chromatography
	Week4	17.Breathing and Respiration	Rate of respiration
December	Week-1,2	17.Breathing and Respiration	Different types of inflorescence
	Week-3	18.Body fluids and circulation	Human skeleton and different types of joints
	Week-4	19. Excretory products and their elimination	Investigatory Project
January	Week-1	20.Locomotion and movement	Test for presence of urea and sugar in urine
	Week-2	21.Neural control and coordination	Test for presence of albumin in urine
		22.Chemical control &coordination	Test for presence of bile salts in urine
February		Revision	Investigatory Project
March		Annual Exam	

SUBJECT – CHEMISTRY

MONTH	Week	TOPIC	SUBTOPIC	ACTIVITIES	METHODOLOGIES	TEACHING AIDS
April	1 st week	SOME BASIC CONCEPTS OF CHEMISTRY	<p>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,</p> <p>mole concept and molar mass, percentage composition, empirical and molecular formula, chemical reactions, stoichiometry and calculations based on stoichiometry</p>	<p>Make a poster showing the importance of chemistry in everyday life.</p>	<ul style="list-style-type: none"> • Discussion • Explanation • observation 	<p>Chalk, duster, green board, model, smart board</p>
	2 nd week			<p>Make a chart showing the classification of matter .</p>		
				<p>On A4 size sheet write laws of chemical combination</p>		
				<p>Make a poster showing different branches of Chemistry.</p>		
	3 rd week	STRUCTURE OF ATOM	<p>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,</p> <p>dual nature of matter and light, de Broglie's relationship, Heisenberg 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</p>	<p>Draw spectral lines of atomic hydrogen on A4 size sheet</p>	<ul style="list-style-type: none"> • Discussion • Explanation • observation 	<p>Chalk, duster, green board, model, smart board</p>
	4 th week			<p>Explain photoelectric effect with diagram on a chart.</p>		

			and Hund's rule, electronic configuration of atoms, stability of half-filled and completely filled orbitals.	c radiations on a chart paper.		
May	1 st week	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.	Draw modern periodic table on a piece of chart On a piece of chart draw a figure show the periodic trends of elements in the periodic table	<ul style="list-style-type: none"> • Discussion • Explanation • observation 	Chalk, duster, green board, model, smart board
	2 nd week		Nomenclature of elements with atomic number greater than 100 Write an assignment on the anomalous properties of second period elements	A4 size sheet show the nomenclature of elements with atomic number above 100		
August	2 nd week	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,	Write Lewis representation of some molecules on a piece of chart Explain bond parameters on a chart paper.	<ul style="list-style-type: none"> • Discussion • Explanation • observation 	Chalk, duster, green board, model, smart board
	3 rd week		resonance, geometry of covalent molecules, VSEPR theory, concept of hybridization, involving s, p and d orbitals and shapes of some simple molecules,	Write a table showing dipole moments of some molecules on an A4 size sheet.		
	4 th week		molecular orbital theory of homonuclear diatomic molecules(qualitative idea only), Hydrogen bond	Draw shapes of molecules		

				containing bond pair and lone pair on a chart		
July	1 st week	Thermodynamics	Concepts of System and 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 ΔU and ΔH ,	With the help of diagram show types of system on a chart.	<ul style="list-style-type: none"> • Discussion • Explanation • observation 	Chalk, duster, green board, model, smart board
	2 nd week		Hess's law of constant heat summation, enthalpy of bond dissociation, combustion, formation, atomization, sublimation, phase transition, ionization, solution and dilution.	Draw the diagram of bomb calorimeter on an A4 size sheet		
	3 rd week		Second law of Thermodynamics (brief introduction) Introduction of entropy as a state function, Gibb's energy change for	Write enthalpies of different types of reactions on a chart		
	4 th week		spontaneous and non-spontaneous processes, criteria for equilibrium. Third law of thermodynamics (brief introduction).	draw enthalpy diagram for lattice enthalpy of sodium chloride (born Haber cycle) on chart		
August	1 st week	Equilibrium	Equilibrium in physical and chemical processes, dynamic nature of equilibrium, law of mass action, equilibrium constant,	With the help of diagram show how to predict the direction of the reaction.	<ul style="list-style-type: none"> • Discussion • Explanation • observation 	Chalk, duster, green board, model, smart board
	2 nd week		factors affecting equilibrium - Le Chatelier's principle, ionic equilibrium-ionization of acids and bases, strong and weak electrolytes,	Write applications of equilibrium constant		

	3 rd week		degree of ionization, ionization of poly basic acids, acid strength, concept of pH, hydrolysis of salts (elementary idea),	Write an assignment on the significance of PH paper or universal indicator		
	4 th week		buffer solution, Henderson Equation, solubility product, common ion effect (with illustrative examples).	Diagrammatically show on factors affecting equilibrium		
October	1 st week	Redox Reactions	Concept of oxidation and reduction, redox reactions, oxidation number,	On a piece of chart write the differences between reduction and oxidation reactions.	<ul style="list-style-type: none"> • Discussion • Explanation • observation 	Chalk, duster, green board, model, smart board
	2 nd week		balancing redox reactions, in terms of loss and gain of electrons and change in oxidation number,	On A4 size sheet show the different steps involved in balancing of reaction.		
	3 rd week		applications of redox reactions	<p>Make a list of oxidation and reduction reactions on an A4 size sheet.</p> <p>Write different types of reactions on a piece of chart.</p>		
October	3 rd week	Organic Chemistry - Some Basic Principles and Techniques	General introduction, methods of purification, qualitative and quantitative analysis, classification	show Classification of organic compounds on a chart	<ul style="list-style-type: none"> • Discussion • Explanation • observation 	Chalk, duster, green board, model, smart board
	4 th week		IUPAC nomenclature of organic compounds. Electronic displacements in a covalent bond: inductive effect, electromeric effect,	Make a model to show 3D representation		

	4 th week		hydrogen, halogens, hydrogen halides and water. Aromatic Hydrocarbons: Introduction, IUPAC nomenclature, benzene: resonance, aromaticity, chemical properties: mechanism of electrophilic substitution. Nitration, sulphonation, halogenation, Friedel Craft's alkylation and acylation, directive influence of functional group in monosubstituted benzene. Carcinogenicity and toxicity			
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SUBJECT - INFORMATICS PRACTICES

MONTH	WEEK	TOPIC	SUB TOPIC	ACTIVITIES	METHODOLOGY	INSTRUCTIONAL/ TEACHING AIDS
April	Week –I	Computer System	Introduction, Basic computer , Input unit, output unit Organization	Group discussion on related topics	1. Lecture cum Discussion Method 2. Illustration Method	White board, marker, duster, pointer, flash cards course book
	Week-II		Types of software, Transition from calculator to computer and smart devices, evolution of computers, troubleshooting computer operations			
	Week-III		Introduction, Purpose of DBMS , Relational Database Model Terminology, Brief History of MYSQL ,			

	Week-IV	Database Concepts	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,course book	
May	Week –I	Structured Query Language (SQL)	Introduction , MYSQL Elements, SQL command Syntax, making simple queries (Insert, Update, Delete, Select)	Demonstration of different commands and function will be delivered. And Students will learn with practical practice in lab by creating their databases,tables and different DDL and DML statements.	1. Lecture cum & Demonstration Method 2. Illustration method	Black board , chalk , duster, pointer,computer system, database software(MYSQL)	
	Week-II		Selectin specific rows				
	Week-III		Logical operators Order by				Time Bound Team Based Exercise related to different topics and other practical
	Week-IV		More on DDL				Black board , chalk , duster, pointer, computer system, Python software
June		SUMMER BREAK					
July	Week-I	Getting started with Python	Introduction, Python- Pluses and Minuses, Working in Python ,	Practical demo will be given to them to work with Python and students will do their practice in software to be familiar with language	1. lecture cum Discussion Method 2. Demonstration Method	White board, marker,duster, pointer,computer system, Python Anaconda distribution software	
	Week-II		Understanding First Program Script				
	Week-III		Introduction, Python character set, Tokens,				

	Week-IV	Python Fundamentals	Barebones of a Python Program , Variables and Assignments, Simple Input and Output	basic concepts will be practiced with the help of practical and students will try to use in short modules	1. lecture cum Discussion Method 2. Demonstration Method 3. Illustration Method	White board, marker,duster, pointer,computer system, Python Anaconda distribution software
August	Week-I	Data Handling	Introduction, Data types, Mutable and Immutable types ,	Students will create modules bases on math calculation like :addition, subtraction etc. using different operators and libraries	1. lecture cum Discussion Method 2. Demonstration Method 3. Illustration Method	White board, marker,duster, pointer,computer system, Python Enaconda distribution software
	Week-II		Operators, Expressions			
	Week-III	Flow of Control	Introduction, Types of Statements in Python , Statement Flow Control,if Statements of Python , Repetition of Tasks -, range (), looping statements,	Module that calculate total selling price and discount ,module related to print three integers in ascending order, to print table of a number like 5, print sum of natural numbers between 1 to10 etc.	1. lecture cum Demonstration Method 2. Brain storming	White board, marker,duster, pointer,computer system, Python Enaconda distribution software
	Week-IV					
September	Revision + Half Year Examination					
October	Week -I	List Manipulation	Introduction, Creating and accessing lists, lists operations, Making true copy of a list, list	Program to calculate mean of a given list of numbers, program to search for an element for an element in a given list of a numbers , program to count	1. lecture cum Discussion Method 2. Demonstrati on Method	White board, marker,duster, pointer,computer system, Python Enaconda distribution software
	Week -II					

	Week -III Week -IV	Dictionaries	functions and methods, nested lists, list manipulation Introduction, Key : Value Pairs, working with dictionaries, dictionary functions and methods	frequency of a given elements of a given element in a list of numbers. etc. Manipulation of dictionary with functions : Program to count the frequency of a list element using a dictionary.		1. lecture cum Discussion Method 2. Demonstration Method	White board, marker,duster, pointer,computer system, Python Enaconda distribution software
November	Week -I Week-II Week-III Week-IV	Working with NumPy	Introduction, NumPy Arrays, NumPyDatatypes,creating Numpy arrays working with NumPyarrays, Airthmetic operations on numpy arrays Functions with numpy arrays	Practical related to array NumPyArrays , Array slices etc. (creating 1D and 2D arrays, operations performed on arrays)		1. lecture cum Discussion Method 2. Demonstration Method	White board, marker,duster, pointer,computer system, Python Enaconda distribution software
December	Week-I Week-II	Emerging Trends Syllabus completion	Artificial intelligence, robotics, big data,	Time Bound Team Based activity related to different topics.		1. lecture cum Discussion Method	White board, marker,duster, pointer,computer system,

	Week-III Week-IV		internet of things , cloud computing, grid computing , blockchain technology			internet explore software, course book
Jan, Feb		Revision				

SUBJECT -TYPOGRAPHY & COMPUTER APPLICATION

MONTH	WEEK	TOPIC	SUB TOPIC	ACTIVITIES	METHODOLOGIES	INSTRUCTIONAL/TEACHING AIDS
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April	Week-I	INTRODUCTION TO TYPOGRAPHY	INTRODUCTION , Learning Objectives The Typewriter , Origin. of Typewriter, Importance of Typewriter/Computer ,Categories of Typewriters ,	History of typewriter will be given Group discussion will be given on different types of typewriter	1. Lecture cum Discussion Method 2. Illustration Method	White board, marker,duster, pointer, computer system, flash cards course book
	Week-II		Standard Typewriter ,Noiseless Typewriter ,Portable Typewriter , Electric Typewriter ,Electronic Typewriter , Computers , Laptops	Training will be given to students for touch method of typing		
	Week-III		Introduction ,Objectives ,Keyboard ,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 ,Touch Method of Typing Merits of Touch Method Demerits of Touch Method	Students will do practice of different rows using touch method in typing master After learning all rows of keyboard paragraph will be given for practice	1. Lecture Method cum demonstration method	White board, marker, duster, pointer, Computer, typing software ,course book
	Week-4	Keyboard Operations				
May	Week-1	Computer Hardware	Input devices, Output devices,	Hardware parts will be shown to students in lab	1. Lecture cum & Demonstration Method	Black board , chalk , duster, pointer,computer system
	Week-2	Windows Operating System	Serial ports, Parallel Ports	Serial ports and parallel port of computer will	2. Brain Storming	

	Week-3		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	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 folders		1. Lecture Method cum demonstration method	Black board , chalk , duster, pointer, computer system, MS Office
	Week-4		Control Panel , Locating Files and Folders , Search for file or Folder, creating a folder , Deleting a file or folder , Renaming a file or folder				
June		Summer - Break					
July	UT + Week-1	Introduction to Office	,Introduction to Word, Introduction to Excel, Introduction to Power Point, Introduction to Outlook ,Working with the Office Assistant , Office Short Cut Bar, Customizing the Office Shortcut Bar ,Exit the office shortcut bar	Creating documents ,editing documents with different features of words ,excel and power point	1. lecture cum Discussion Method 2. Demonstration Method	White board, marker,duster, pointer,computer system, MS office	
	Week-2		Beginning with word a) Edit document b) Format document c) Tables & Graphics Documents prepared using MS word, Application window of MS Word,				
	Week-3	MS Word(part -1)		Creating documents ,editing documents with different features of words will be	Demonstration Method	White board, marker,duster, pointer,computer system, MS office	

				taught to students		
July	Week-4	MS Word(part -1)	<p>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 ,</p>	<p>Creating documents ,editing documents with different features of words will be taught to students</p>	<p>1. lecture cum Discussion Method</p> <p>2. Demonstration Method</p>	<p>White board, marker,duster, pointer,computer system, MS office software</p>
August	Week-1		<p>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</p>	<p>Students will practice practical concepts in MS word</p>		
	Week -2		<p>FORMATTING WITH WORD</p> <p>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</p>			
	Week-3		<p>Working with text boxes , Using styles and themes , Moving the shapes , Changing of colour scheme , Managing Documents and customizing word , Document Properties , Using Thesaurus , Advanced Word Features , Creating & Using auto text entries , Working with Tables, Adding footer and</p>			

	Week-4	MS WORD-PART-2	header , Adding Footnotes & Endnotes, adding border , Mail Merge	Apart from using different features of WORD students will be learn and practice : Mail merge, work with tables, shapes , images, lists etc.	1. lecture cum Discussion Method 2. Demonstration Method	Black board , chalk , duster, pointer, computer system, MS Office
September		Revision + Half year Examination				
October	Week-1 Week-2 Week-3	Communication Skills	<p>Session 1: Introduction to Communication Session 2: Verbal Communication Session 3: Non-verbal Communication</p> <p>Session 4: Pronunciation Basics Session 5: Communication Styles — Assertiveness Session 6: Saying No — Refusal Skills</p> <p>Session 7: Writing Skills — Parts of Speech</p> <p>Session 8: Writing Skills — Sentences Session 9: Greetings and Introduction Session 10: Talking about Self</p> <p>Session 11: Asking Questions</p> <p>Session 12: Talking about Family</p> <p>Session 13: Describing Habits and Routines Session 14: Asking for Directions</p>	Different types of communication will be learn with the help of different activities	1. lecture cum Discussion Method 2. Brain storming method	White board, marker,duster, pointer,computer system

	Week-4	Self-management Skills	<p>Session 1: Strength and Weakness Analysis</p> <p>Session 2: Grooming</p> <p>Session 3: Personal Hygiene</p> <p>Session 4: Team Work</p> <p>Session 5: Networking Skills</p> <p>Session 6: Self-motivation</p> <p>Session 7: Goal Setting</p> <p>Session 8: Time Management</p>	<p>Time bound activities will be given to students to learn</p> <p>Group discussion will be given to understand the topics</p>	<p>1. lecture cum Discussion Method</p> <p>2. Brain storming method</p>	White board, marker,duster, pointer
December	Week-1	Information and Communication Technology Skills	<p>Session 1: Introduction to ICT</p> <p>Session 2: Basic Interface of LibreOffice Writer 1</p> <p>Session 3: Saving, Closing, Opening and Printing Document</p> <p>Session 4: Formatting Text in a Word Document</p> <p>Session 5: Checking Spelling and Grammar</p>	<p>Creating documents ,editing documents with different features of words will be taught to students</p> <p>Students will practice practical concepts in libre Office</p>	<p>1. lecture cum Discussion Method</p> <p>2. Demonstration Method</p>	White board, marker,duster, pointer,computer system, Libre Office
	Week-2		<p>Session 6: Inserting Lists, Tables, Pictures, and Shapes</p> <p>Session 7: Header, Footer and Page Number</p> <p>Session 8: Tracking Changes in LibreOfficeWriterUnit 4:</p>	<p>Apart from using different features of Libre Office students will be learn and practice :</p> <p>Mail merge, work with tables,</p>		

				shapes , images, lists etc.		
Decemb er	Week- 3	Entrepren eurship Skills	Session 1: Introduction to Entrepreneurship Session 2: Values of an Entrepreneur Session 3: Attitude of an Entrepreneur	Time Bound Team Based activity related to different topics.	1. lecture cum Discussion Method	White board, marker,duster, pointer,computer , internet explore software, Internet, course book
January	Week- 4		Session 4: Thinking Like an Entrepreneur Session 5: Coming Up with a Business Idea Session 6: Understanding the Market Session 7: Business Planning			
	Week- 1	Green Skills	Session 1: Sectors of Green Economy Session 2: Policies for a Green Economy Session 3: Stakeholders in Green Economy Session 4: Government and Private Agencies	1. Prepare posters on green Economy 2. Motivate students to plant a tree. 3. Motivate students to buy energy efficient products 4. Motivate students to do environment friendly jobs in their routine life. etc.	1. lecture cum Discussion Method 2. Brain storming method	White board, marker,duster, pointer,computer system, Google,Internet ,cou rse book
	Week- 2	(Syllabus completi on) + Revesion				
Feb		Revision				

MONTH	CHAPTER	TOPICS	Art Integrated activity	METHODOLOGY	TEACHING AIDS/INSTRUCTIONAL 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. $A \cup B$ 2. $A - B$ 3. Only A 4. Draw a sketch of Venn	Explanation by Venn diagram, Learning by doing.	Chalk board, Duster, Smart Class
APRIL WEEK 3 WEEK 4	Relations and Functions	Ordered pairs. Cartesian product of sets. Number of elements in the Cartesian product of two finite sets. Cartesian product of the set of real of itself (up to $\mathbb{R} \times \mathbb{R} \times \mathbb{R}$). Definition of relation,	1. <i>To distinguish between a relation and function using thread and bangle.</i> 2. <i>Draw an attractive graph of constant function,</i>	Demonstration, Graphic organizers, problem solving.	Chalk board, duster, arrow diagram on chart, smart class.

<p>MAY WEEK 1 WEEK 2</p>	<p>Trigonometric Functions</p>	<p>pictorial diagrams, domain, co-domain and range of a relation. Function as a special type of relation.</p> <p>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.</p> <p>Positive and Negative angles. Measuring angles</p>	<p><i>3.modulus function</i> <i>4.signum function using graph and thread</i></p> <p>Draw curve of:</p> <ol style="list-style-type: none"> 1. sine 2. cosine 3. Tangent with the help of sketch or thread <p>make a A4 Size sheet and write all formula of trigo</p>		
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		<p>in radians and degrees and conversion from one measure to another.</p> <p>Definition of trigonometric functions with the help of unit circle. Truth of the identity $\sin^2x + \cos^2x = 1$, for all x. Signs of trigonometric functions.</p> <p>Domain and range of trigonometric functions and their graphs.</p> <p>Expressing $\sin(x \pm y)$ and $\cos(x \pm y)$ etc. in the terms of $\sin x$, $\sin y$, $\cos x$ and $\cos y$ and their simple applications.</p> <p>Deducting all the identities like:</p> <p>$\tan(x \pm y)$, $\cot(x \pm y)$, $\sin \alpha \pm \sin \beta$, $\sin 2x$ etc.</p>			
<p>MAY WEEK 1 WEEK 2</p>	<p>Complex Numbers and</p>	<p>Need for complex numbers, especially $\sqrt{-1}$, to be motivated by</p>	<p>1. make a curve of parabola</p>		<p>Chalk board, Duster,</p>

	Quadratic Equations	inability to solve some of the quadratic equations. Algebraic properties of complex numbers. Argand plane	using sketch		Smart Class
<i>WEEK 3</i> <i>WEEK 4</i>	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

<i>JULY</i> <i>WEEK 1</i> <i>WEEK 2.</i>	Permutations and Combinations	Fundamental principle of counting. Factorial n. (n!) Permutations and combinations, derivation of	1.To find the number of ways in which three cards can be selected from given five cards.	Explanation, Brain storming	Chalk board, Duster, Smart Class
<i>WEEK 3</i> <i>WEEK 4</i>	Binomial Theorem	Formulae permutation and combination,	2.Make a diagram to show all		

		<p>simple applications.</p> <p>History, statement and proof of the binomial theorem for positive integral indices. Pascal's triangle, simple applications.</p>	<p>the ways of approaching school</p> <p>3. make a game on Permutations</p> <p>To construct a Pascal Triangle and to write binomial expansion</p>		
SEPTEMBER	Revision and Half Yearly Exams				
<p><i>AUGUST</i> <i>WEEK 1</i> <i>WEEK 2</i></p>	Sequence and Series	<p>Sequence and series. Arithmetic Mean (A.M.) Geometric Progression (G.P.), general terms of G.P., sum of n terms of a G.P., infinite G.P. and its sum, geometric mean (G.M.), relation between A.M. and G.M. Formulae for the sums.</p>	<p>1.To obtain formulae for the sum of squares of first n natural numbers.</p> <p>2. Make pattern on AP</p> <p>3.Make PATTERN ON G.P</p> <p>3. Fibonacci spiral art</p>	Discovery Method, Problem Solving, Project	Chalk board, Duster, Smart Class, Models
<p><i>SEPTEMBER—</i> <i>BER</i></p> <p><i>OCTOBER</i> <i>WEEK 1</i> <i>WEEK 2</i></p>	Introduction to Three-dimensional Geometry		<p>1.To make model of octants</p> <p>2. make any 3d sketch</p>		

<p>WEEK 3 WEEK 4</p>	<p>Probability</p>	<p>Revision and Half Yearly Exams</p> <p>Coordinate axes and coordinate planes in three dimensions.</p> <p>Coordinates of a point. Distance between two points</p> <p>Random experiments, outcomes, sample spaces (set representation).</p> <p>Events, occurrence of events, 'not', and 'or' events, exhaustive events, mutually exclusive events, axiomatic (set theoretic) probability, connections with other theories of earlier classes.</p> <p>Probability of an event, probability of 'not', 'and' and 'or' events.</p>	<p>/pattern /graphics</p> <p>3.show derivation of distance formula</p> <p>1.To show the sample space through coin when it is tossed once, two times, three times, four times.</p> <p>2.Make a card game using probability</p>		
<p>NOVEMBER WEEK 1 WEEK 2</p>	<p>Straight lines</p>	<p>Brief recall of two dimensional geometry from earlier classes.</p>	<p>1. Make a stained glass</p>	<p>Heuristic Method, Project, Discussion,</p>	<p>Chalk board, Duster,</p>

<p>WEEK 3 WEEK 4</p>	<p>Conic Sections</p>	<p>Slope of a line and angle between two lines. Various forms of equations of a line: parallel to axis, point-slope form, simple-intercept form, two-point form, intercept form, Distance of a point from a line.</p> <p>Sections of a cone: ellipse, parabola, hyperbola, a point, a straight line and a pair of intersecting lines as a degenerated case of a conic section. Standard equations and simple properties of parabola, ellipse and hyperbola. Standard equation of a circle.</p>	<p>windows</p> <ol style="list-style-type: none"> 2. Prepare any art work using straight line and curve 3. Make any optical illusion through line <p>To construct different types of conic</p> <ol style="list-style-type: none"> 1. Circle 2. Ellipse 3. Parabola 4. Make fun images using conics 	<p>Problem Solving,</p>	<p>Smart Class</p>
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<p><i>DECEMBER</i> <i>WEEK 1</i> <i>AND 2</i></p>	<p>Limits and Deratives</p>	<p>Derivative introduced as rate of change both as that of distance function and geometrically. Intuitive idea of limit. Limits of polynomials and rational functions trigonometric exponential and logarithmic functions.</p>	<p>Verification of geometrical significance of derivatives.</p>	<p>Problem Solving, Explanation</p>	<p>Chalk board, Duster, Smart Class</p>
<p><i>WEEK 3</i> <i>WEEK 4</i></p>	<p>Statistics</p>	<p>Definition of derivative relate it to slope of tangent of the curve, derivative of sum, difference, product and quotient of functions. Derivates of polynomial and trigonometric functions. Measures of Dispersion: Range, Mean Deviation, variance and standard deviation of ungrouped/group ed data.</p>			

JANUARY	UNIT TEST-2
FEB	REVISION AND ANNUAL EXAMS

SUBJECT - PHYSICAL EDUCATION

Month	Chapter	Sub Topics	Activities	Methodology	Teaching Aids
April	1. changing trends & physical education	i) Meaning & definition of physical education	Make a chart tabulation on the aims and objectives of physical education.	Lecture method	<ul style="list-style-type: none"> Green board Educomp smart board.
May	2. Olympic value education	<ul style="list-style-type: none"> Aims and objectives of physical education Career option in physical education Competition in various sports at national and international level Khelo - India program 	Make a project on carrier options of physical education.	Explanation method	<ul style="list-style-type: none"> Green board Educomp smart board.
	3. Yoga	<ul style="list-style-type: none"> Olympics, Paralympics and special Olympics Olympic, symbols, ideals, objectives & value of Olympics International Olympic committee. Indian Olympic association. 	Make a flash card on competitions in various sports at national and international level.		
	4. Physical education & sports for CWSN children with specific need divang.	<ul style="list-style-type: none"> Olympics, Paralympics and special Olympics Olympic, symbols, ideals, objectives & value of Olympics International Olympic committee. Indian Olympic association. 	Make a chart on Olympic symbols.	Explanation method	<ul style="list-style-type: none"> Green board
June		Meaning & importance of yoga	Make a project on Olympic, Para Olympic and special Olympics.		
July		Elements of yoga.	Make a chart on the aims and objectives of physical education.	Explanation method	<ul style="list-style-type: none"> Green board
		Introduction – Asanas, pranayam,	Make a project on Olympic, Para Olympic and special Olympics.		
			Make an explanation on international Olympic committee and Indian Olympic Association.	Explanation method	<ul style="list-style-type: none"> Green board
			Make a flashcard on the importance of Yoga.		
			Make a chart on the asanas, pranayamas,	Explanation method	<ul style="list-style-type: none"> Green board

August	<p>5. Physical fitness, wellness & lifestyle</p> <p>6. test, measurement & evaluation</p>	<p>meditation & yogic kriyas. Summer break</p> <ul style="list-style-type: none"> • Meaning & importance of physical fitness, wellness & lifestyle • Components of physical fitness and wellness • Components of health related fitness. <ul style="list-style-type: none"> • Aims and object of adaptive physical education. • Organization promoting adaptive sports (special Olympics Bharat, Paralympics, Deaflympics) • Concept of inclusion, its need and implementation. • Role of various professionals 	<p>meditation and yogic kriyas. Make a project on elements of yoga.</p> <p>Make a chart on the components of physical fitness and wellness.</p> <p>Make a project on the importance of physical fitness, wellness and lifestyle.</p> <p>Make a flash card on health related fitness.</p> <p>Make a flashcard on the role of various professionals for children with special needs.</p> <p>Make a chart on aims and objectives adaptive physical education.</p> <p>Make a project on organization promoting adaptive sports.</p>	<p>Interactive method</p> <p>Explanation method</p> <p>Explanation and brain storming method</p>	<ul style="list-style-type: none"> • Green board
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		<p>for children with special need.</p> <ul style="list-style-type: none"> • Counsellar, occupational, therapist physiotherapist, physical education teacher, speech, therapist & special education. 		Explanation method	
	7.fundamentals of anatomy physiology & kinesiology in sports.				<ul style="list-style-type: none"> • Green board
September	8. Fundamentals of kinesiology and biomechanical in sports	<ul style="list-style-type: none"> • Leadership qualities & role of a leader • Creating leaders through physical education • Meaning, objectives & types of adventure sports (rock climbing, tracking, river, rafting, mountaineering, surfing and paragliding. • Safety measures to prevent sports injuries. 	<p>Make a flashcard on leadership qualities.</p> <p>Make a chart on the types of adventure sports(rock climbing, trekking, river rafting, mountaineering, surfing and paragliding).</p>	Demonstration method	
October	9. psyohology & sports .			Explanation method	<ul style="list-style-type: none"> • Green board
	10. Training and doping in sports.	Revision			
		<ul style="list-style-type: none"> • Defining and importance of anatomy, physiology & kinesiology. • Function of speleton system and circulatory system. 	Make a chart measurement of		<ul style="list-style-type: none"> • Green board

November		<ul style="list-style-type: none"> • Properties and function of muscles. • Equilibrium – dynamic & static and centre of gravity and its application in sports 	<p>health related fitness.</p> <p>Make a chart showing importance measurement and evaluation in sports.</p>	Explanation method	
December		<ul style="list-style-type: none"> • Definition & importance of psychology in physical education & sports. • Adolescent problems & their management. 	<p>Make a flashcard on the classification of bones and types of bones.</p> <p>Make a project on the functions and structures of respiratory and circulatory systems.</p> <p>Make a chart on equilibrium-dynamic and static and centre of gravity</p>		<ul style="list-style-type: none"> • Green board • Educomp smart board
January		<ul style="list-style-type: none"> • Meaning and concept of sports training. • Principle of sports training. • Warming up & limbering down. • Skill, technique & style • Concept & classification of doping 	<p>Make a project on the development characteristics at different stages of development.</p> <p>Make a flashcard on adolescent problems and their management.</p> <p>Make a chart on difference between Growth and development.</p> <p>Make a flashcard of the principles of sports training.</p>		
February			<p>Make a chart on the Warming up</p>		

			and Limbering down.		
		Annual Examination			

SUBJECT - PHYSICS

Month	WEEK	Topic	Sub-Topic	Activities	Methodology	Teaching-Aids
APRIL	WEEK 1	PHYSICAL WORLD AND ENVIRONMENT	Basic mathematics including graphs and basic calculus	To measure diameter of a small spherical/cylindrical body and to measure internal diameter and depth of a given beaker/calorimeter using Vernier Callipers and hence find its volume.	EXPLANATION DISCUSSION OBSERVATION	CHALK,DUSTER, GREEN BOARD,MODEL, SMART BOARD
	WEEK 2		Need for measurement: Units of measurement; systems of units;SI units, fundamental and derived units. Significant figures.			
	WEEK 3		Dimensions of physical quantities, dimensional analysis and its applications.			
	WEEK 4		MOTION IN A STRAIGHT LINE			
MAY	WEEK1	MOTION IN A STRAIGHT LINE	Frame of reference, Motion in a straight line, Elementary concepts of differentiation and integration for describing motion,	To measure diameter of a given wire and thickness of a given sheet using screw gauge.	EXPLANATION DISCUSSION OBSERVATION	CHALK,DUSTER, GREEN BOARD,MODEL, SMART BOARD
	WEEK 2		Uniform and non-uniform motion, and instantaneous velocity, uniformly accelerated motion,			
			velocity - time and position-time graphs. Relations for uniformly accelerated motion (graphical treatment).			

JUNE	WEEK 3	MOTION IN A PLANE	Scalar and vector quantities; position and displacement vectors, general vectors and their notations; equality of vectors, multiplication of vectors by a real number;	To determine volume of an irregular lamina using screw gauge.	EXPLANATION DISCUSSION OBSERVATION	CHALK,DUSTER, GREEN BOARD,MODEL, SMART BOARD
	WEEK 4		PRE VACATION EXAMS SUMMER VACATION			
JULY	WEEK 1	LAWS OF MOTION	Addition and subtraction of vectors, Unit vector; resolution of a vector in a plane, rectangular components,	To determine radius of curvature of a given spherical surface by a spherometer.	EXPLANATION DISCUSSION OBSERVATION	CHALK,DUSTER, GREEN BOARD,MODEL, SMART BOARD
	WEEK 2		Scalar and Vector product of vectors. Motion in a plane, cases of uniform velocity and uniform acceleration- projectile motion, uniform circular motion.			
AUGUST	WEEK 3	LAWS OF MOTION	Intuitive concept of force, Inertia, Newton's first law of motion; momentum and Newton's second law of motion; impulse;			
	WEEK 4		Newton's third law of motion.Law of conservation of linear momentum and its applications. Equilibrium of concurrent forces,			
	WEEK 1		Static and kinetic friction, laws of friction, rolling friction, lubrication.Dynamics of uniform circular motion: Centripetal force, Examples of circular motion (vehicle on a			

SEPTEMBER	WEEK 2	WORK,ENERGY AND POWER	level circular road, vehicle on a banked road).		EXPLANATION DISCUSSION OBSERVATION	CHALK,DUSTER, GREEN BOARD,MODEL, SMART BOARD
	WEEK 3		Work done by a constant force and a variable force; kinetic energy, work- energy theorem, power.			
	WEEK 4		Notion of potential energy, potential energy of a spring, conservative forces: non- conservative forces, motion in a vertical circle; elastic and inelastic collisions in one and two dimensions.			
			EXAMINATIONS			
OCTOBER	WEEK 1	System of particles and Rotational motion	Centre of mass of a two-particle system, momentum conservation and Centre of mass motion. Centre of mass of a rigid body; centre of mass of a uniform rod. Moment of a force, torque, angular momentum, law of conservation of angular momentum and its applications.		EXPLANATION DISCUSSION OBSERVATION	CHALK,DUSTER, GREEN BOARD,MODEL, SMART BOARD
	WEEK 2		Equilibrium of rigid bodies, rigid body rotation and equations of rotational motion, comparison of linear and rotational motions Moment of inertia, radius of gyration, values of moments of inertia for simple geometrical objects (no derivation).			
	WEEK 3					
	WEEK 4		Kepler's laws of planetary motion, universal law of			

NOVEMBER	WEEK 1	Gravitation	gravitation. Acceleration due to gravity and its variation with altitude and depth.		EXPLANATION DISCUSSION OBSERVATION	CHALK,DUSTER, GREEN BOARD,MODEL, SMART BOARD	
			Gravitational potential energy and gravitational potential, escape velocity, orbital velocity and weightlessness				
	WEEK 2	Gravitation	Elasticity, Stress-strain relationship, Hooke's law, Young's modulus, bulk modulus, shear modulus of rigidity (qualitative idea only), Poisson's ratio; elastic energy.		EXPLANATION DISCUSSION OBSERVATION	CHALK,DUSTER, GREEN BOARD,MODEL, SMART BOARD	
	WEEK 3	Mechanical properties of solids	Pressure due to a fluid column; Pascal's law and its applications (hydraulic lift and hydraulic brakes), effect of gravity on fluid pressure.		To determine Young's modulus of elasticity of the material of a given wire.	EXPLANATION DISCUSSION OBSERVATION	CHALK,DUSTER, GREEN BOARD,MODEL, SMART BOARD
		Mechanical properties of fluids	Viscosity, Stokes' law, terminal velocity, streamline and turbulent flow, critical velocity, Bernoulli's theorem and its simple applications. Surface energy and surface tension, angle of contact, excess of pressure across a curved surface, application of surface tension ideas to drops, bubbles and capillary rise.				
	WEEK 4	Gravitation	Heat, temperature, thermal expansion; thermal expansion of solids, liquids and gases, anomalous expansion of water; specific heat capacity; Cp, Cv - calorimetry; change of state - latent heat capacity.		To find the force constant of a helical spring by plotting a graph between load and extension.	EXPLANATION DISCUSSION OBSERVATION	CHALK,DUSTER, GREEN BOARD,MODEL, SMART BOARD

DECEMBER	WEEK 1	THERMAL PROPERTIES OF MATTER	Heat transfer- conduction, convection and radiation, thermal conductivity, qualitative ideas of Blackbody radiation, Wein's displacement Law, Stefan's law .		EXPLANATION DISCUSSION OBSERVATION	CHALK,DUSTER, GREEN BOARD,MODEL, SMART BOARD
	WEEK 2	THERMODYNAMICS	Thermal equilibrium and definition of temperature zeroth law of thermodynamic heat, work and internal energy. I law of thermodynamic Second law of thermodynamics: gaseous state of matter, change of condition of gaseous state -isothermal, adiabatic, reversible, irreversible, and cyclic processes. Eqn of state of a perfect gas, work done in compressing a gas.		EXPLANATION DISCUSSION OBSERVATION	CHALK,DUSTER, GREEN BOARD,MODEL, SMART BOARD
	WEEK 3			EXPLANATION DISCUSSION OBSERVATION	CHALK,DUSTER, GREEN BOARD,MODEL, SMART BOARD	
	WEEK 4	KINETIC THEORY OF GASES	Kinetic theory of gases - assumptions, concept of pressure. Kinetic interpretation of temperature; rms speed of gas molecules; degrees of freedom, law of equi-partition of energy (statement only) and application to specific heat capacities of gases; concept of mean free path, Avogadro's number.		EXPLANATION DISCUSSION OBSERVATION	CHALK,DUSTER, GREEN BOARD,MODEL, SMART BOARD
JANUARY	WEEK 1		periodic motion displacement as a function of time, periodic functions and their application.		EXPLANATION DISCUSSION OBSERVATION	CHALK,DUSTER, GREEN BOARD,MODEL, SMART BOARD
	WEEK 2		Simple harmonic motion phase; oscillations of a loaded spring- restoring force and force constant; energy in S.H.M. Kinetic and potential energies; simple pendulum	To study the relation between frequency and length of a given wire under constant tension using sonometer.	EXPLANATION DISCUSSION OBSERVATION	CHALK,DUSTER, GREEN BOARD,MODEL, SMART BOARD
	WEEK 3					

	WEEK 4	OSCILLATIONS	<p>derivation of expression for its time period.</p> <p>Wave motion: Transverse and longitudinal waves, speed of travelling wave, displacement relation for a progressive wave, principle of superposition of waves, reflection of waves, standing waves in strings and organ pipes, fundamental mode and harmonics, Beats.</p> <p>REVISION</p>			
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Subject: -Psychology

Month	Week	Topic	Sub -Topic	Teaching Aids
April	Week -1	What is Psychology?	<ol style="list-style-type: none"> 1. Introduction 2. What is psychology <ul style="list-style-type: none"> • Psychology as discipline • Psychology as an natural science • Psychology as a social science 	Blackboard, Chalk , Duster, Course Book
	Week - 2		<ol style="list-style-type: none"> 3. Understanding mind and behaviour 4. Popular Nations about the Discipline of psychology 5. Evolution of psychology 	
	Week -3		<ol style="list-style-type: none"> 6. Development of psychology in India 7. Branches of psychology 	
	Week -4		<ol style="list-style-type: none"> 8. Psychology and other disciplines 9. Psychology in everyday life 	
May	Week - 1	Methods of Enquiry in Psychology	<ol style="list-style-type: none"> 1. Introduction 2. Goals of psychological enquiry <ul style="list-style-type: none"> • Steps in conducting scientific research • Alternatives 	Blackboard, Chalk , Duster, Course Book

			<ul style="list-style-type: none"> Paradigms of Research 	
	Week -2		3. Nature of psychological data 4. Some important methods in Psychology <ul style="list-style-type: none"> Observation method Experimental method Correlation Research 	
	Week -3		<ul style="list-style-type: none"> Survey Research Psychological Testing Case Study 5. Analysis of Data <ul style="list-style-type: none"> Quantitative Method Qualitative Method 	
	Week -4		6. Limitations of Psychological Enquiry 7. Ethical Issues	
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		3. Context of Development 4. Overview of Developmental Stages <ul style="list-style-type: none"> Prenatal Stage 	
	Week -3		<ul style="list-style-type: none"> Infancy Childhood 	
	Week -4		<ul style="list-style-type: none"> Challenges of Adolescence Adulthood and Old Age 	

August	Week-1	Sensory, Attentional and Perceptual Processes	<ol style="list-style-type: none"> 1. Introduction 2. Knowing the world 3. Nature and varieties of Stimulus 	Blackboard, Chalk, Duster, Course Book
	Week-2		<ol style="list-style-type: none"> 4. Sense Modalities <ul style="list-style-type: none"> • Functional limitation of sense organs 5. Attentional Processes <ul style="list-style-type: none"> • Selective Attention • Sustained Attention 	
	Week-3		<ol style="list-style-type: none"> 6. Perceptual Processes <ul style="list-style-type: none"> • Processing Approaches in Perception 7. The Perceiver 8. Principles of Perceptual Organisation 	
	Week-4		<ol style="list-style-type: none"> 9. Perception of Space, Depth and Distance Monocular Cues and Binocular Cues 10. Perceptual Constancies 11. Illusions 12. Socio-Cultural Influences on Perception 	
September	Revision		Half Yearly	
October	Week- 1	Learning	<ol style="list-style-type: none"> 1. Introduction 2. Nature of Learning 3. Paradigms of Learning 	Blackboard, Chalk, Duster, Course Book
	Week-2		<ol style="list-style-type: none"> 4. Classical Conditioning <ul style="list-style-type: none"> • Determinants of Classical Conditioning 5. Operant/Instrumental <ul style="list-style-type: none"> • Conditioning • Determinants of Operant Conditioning • Key Learning Processes 	
	Week -3		<ol style="list-style-type: none"> 6. Observational Learning 7. Cognitive Learning 8. Verbal Learning 	

	Week-4		9. Skill Learning 10 Factors Facilitating Learning 11. Learning Disabilities	
November	Week -1	Human Memory	1. Introduction 2. Nature of memory	Blackboard, Chalk , Duster, Course Book
	Week-2		3. Information Processing Approach : The Stage Model 4. Memory Systems : Sensory, Short-term and Long-term Memories	
	Week-3		5. Levels of Processing 6. Types of Long-term Memory <ul style="list-style-type: none"> • Declarative and Procedural; • Episodic and Semantic 	
	Week-4		7. Nature and Causes of Forgetting <ul style="list-style-type: none"> • Forgetting due to Trace Decay, Interference and Retrieval Failure 8. Enhancing Memory Mnemonics using Images and Organisation	
December	Week-1	Thinking	1. Introduction 2. Nature of Thinking <ul style="list-style-type: none"> • Building Blocks of Thought 	Blackboard, Chalk , Duster, Course Book
	Week-2		3. The Processes of Thinking 4. Problem Solving 5. Reasoning	
	Week-3		6. Decision-making 7. Nature and Process of Creative Thinking <ul style="list-style-type: none"> • Nature of Creative Thinking • Process of Creative 	

			Thinking	
	Week-4		8. Thought and Language 9. Development of Language and Language Use	
January	Week-1	Motivation and Emotion	1. Introduction 2. Nature of Motivation	Blackboard, Chalk , Duster, Course Book
	Week-2		3. Types of Motives <ul style="list-style-type: none"> Biological Motives Psychosocial Motives 4. Maslow's Hierarchy of Needs	
	Week-3		5. Nature of Emotions 6. Expression of Emotions <ul style="list-style-type: none"> Culture and Emotional Expression Culture and Emotional Labelling 	
	Week-4		7. Managing Negative Emotions 8. Enhancing Positive Emotions	
February +March	Revision	Practical (Projects, experiments, small studies)	Annual examination	

SUBJECT - Yoga

Month	Week	Topic	Sub- topics	Art-Integrated	Methodology	Teaching - Aids
APRIL	week-1,2	Unit-1	Communication Skills	Practice of Halasana, Pawanmuktasana	Explanation	Chalk Board , duster and Smart - class
	week-3,4	Unit-2	Self Management Skills			
May	Week-1,2	Unit-3	ICT-Skills	Practice of Asanas	Yoga Activities Explanation	Chalk Board , duster and Smart - class
	Week-3,4	Unit-4	Entrepreneurial Skills			
June		SUMMER BREAK				
July	Week-1,2	Unit-5	Green Skills	Practice of Dhyana Mudra	Revise and Explanation	Chalk board , duster and Smart - class
	Week-3,4	Revision	Green Skills			

August	Week-1	(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).		Chalk board , duster and Smart - class
	Week-2					
	Week-3					
	Week-4					
September		REVISION				
October	Week-1	Unit-2	Introduction to Yoga Texts-1	1)Introduction and study of patanjali Yoga sutra including memorization of selected Sutra. 2)Introduction and study of Gheranda Samhita. 3)Introduction of HataPradpika. 4) Introduction and study of Bhagavad Gita including memorization of selected Slokas.		Chalk board , duster and Smart – class
	Week-2					
	Week-3					
	Week-4					
November	Week-1	Unit-3	Introduction to Yoga and Yogic Practices-2	1) Brief introduction to human Body. 2) Role of Yoga for health promotion. 3)Yogic attitudes and practices. 4) Holistic approach of Yoga towards the health and diseases. 5) Introduction Yoga diet and its relevance		Chalk board ,duster and Smart – class
	Week-2					
	Week-3					

	Week-4			and importance in Yoga Sadhana. 6) Dincharya and 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 activities and Surya Namaskar			
February		Revision				
March			Revision Annual Exam			