

ST.MARY'S SENIOR SECONDARY SCHOOL, RUDRAPUR
ANNUAL SYLLABUS (2024-25)
CLASS-12TH (HUMANITIES)

SUBJECT -ENGLISH CORE (301)

MONTH	UNIT NAME
April	The Last Lesson Third Level The Tiger King Notice Writing Job Application
May	My Mother at Sixty Six Article Writing Lost Spring Letter to Editor
QUATERLY EXAM	
July	Deep Water Ratrap Indigo Journey to the end of the earth Report Writing
August	Interview The Enemy Invitation and Reply to Invitation A Thing of Beauty
September	A Roadside stand Poets and Pancakes
HALF YEARLY EXAMINATION	
October	On the Face of it Going Places Memories of childhood Aunt Jennifer's Tigers
November	Revision I PRE-BOARD

Change can be acceptable as per CBSE Update.

SUBJECT- HISTORY (027)

MONTH	BOOK NAME	CHAPTER NAME
April	Theme in Indian History (Part-I)	Ch-1- Bricks, Beads and Bones Ch-2-Kings, Farmers and Towns Ch-3- Kinship, Caste and Class
May	Theme in Indian History (Part-I & II)	Ch-4- Thinkers, Beliefs and Building Ch-5- Through the Eyes of Travellers QUARTERLY EXAMINATION
July	Theme in Indian History (Part-II)	Ch-6- Bhakti, Sufi Traditions Ch-7- An Imperial Capital Vijayanagar
August	Theme in Indian History (Part-II and III)	Ch-8- Peasants, Zamindars And The State Ch-9-Colonialism And The Countryside
September	Theme in Indian History (Part-III)	Ch-10- Rebels And The Raj Ch-11- Mahatma Gandhi and the Nationalist Movement HALF YEARLY EXAMINATION
October	Theme in Indian History (Part-III)	Ch-12-Framing the Constitution PRE-BOARD-I
November		Revision For Exam
December		PRE-BOARD-II
January		BOARD PRACTICAL
February		BOARD EXAMINATION

SUBJECT-POLITICAL SCIENCE (028)

MONTH	BOOK NAME	CHAPTER NAME
April	Contemporary World Politics (Part-A)	Ch-1- The End of Bipolarity Ch-2- Contemporary Centres of Power
May	Contemporary World Politics (Part-A)	Ch-3- Contemporary South Asia Ch-4- International Organizations QUARTERLY EXAMINATION
July	Contemporary World Politics (Part-A) Politics in India Since Independence (Part-B)	Ch-5- Security in the Contemporary World Ch-6-Environment and Natural Resources Ch-7- Globalization Ch-1- Challenges of Nation-Building
August	Politics in India Since Independence (Part-B)	Ch-2- Era of One –Party Dominance Ch-3-Politicals of Planned Development Ch-4- India’s External Relations
September	Politics in India Since Independence (Part-B)	Ch-5-Challenges to and Restoration of the Congress System Ch-6-The Crisis of Democratic Order HALF YEARLY EXAMINATION
October	Politics in India Since Independence (Part-B)	Ch-7-Regional Aspirations Ch-8- Recent Development in Indian Politics PRE-BOARD-I
November		Revision For Exam
December		Revision For Exam

January		PRE-BOARD-II BOARD PRACTICAL BOARD EXAMINATION
February		

SUBJECT-ECONOMICS (030)

MONTH	UNIT	DETAILED SYLLABUS
APRIL	Money and Banking	<ul style="list-style-type: none"> • Money – meaning and supply of money – Currency held by the public and net demand deposits held by commercial banks. • Money creation by the commercial banking system. • The central bank and its functions (example of the Reserve Bank of India): Bank of issue, Govt. Bank, Banker’s Bank, Control of Credit
MAY Quarterly Exam	Development Experience (1947-90) and Economic Reforms since 1991: <u>Quarterly Exam</u>	<ul style="list-style-type: none"> • A brief introduction of the state of the Indian economy on the eve of independence. Indian economic system and common goals of Five Year Plans. • Main features, problems, and policies of agriculture (institutional aspects and new agricultural strategy), industry (IPR 1956; SSI – role & importance), and foreign trade. • Economic Reforms since 1991: <ul style="list-style-type: none"> • Features and appraisals of liberalization, globalization, and privatization (LPG policy); Concepts of demonetization and GST
JULY	Determination of Income and Employment	<ul style="list-style-type: none"> • Aggregate demand and its components. • The propensity to consume and propensity to save (average and marginal). Short-run equilibrium output; investment multiplier and its mechanism. Meaning of full employment and involuntary unemployment. • Problems of excess demand and deficient demand; measures to correct them – changes in government spending, taxes, and money supply through Bank Rate, CRR, SLR, Repo Rate and Reverse Repo Rate, Open Market Operations, Margin requirement.
AUGUST	National Income and Related	<ul style="list-style-type: none"> • What is Macroeconomics? • Basic concepts in macroeconomics:

	Aggregates	<p>consumption goods, capital goods, final goods, intermediate goods; stocks and flows; gross investment, and depreciation.</p> <ul style="list-style-type: none"> • Circular flow of income (two-sector model); Methods of calculating National Income – Value Added or Product method, Expenditure method, Income method. • Aggregates related to National Income: • Gross National Product (GNP), Net National Product (NNP), Gross Domestic Product (GDP), and Net Domestic Product (NDP) – at market price, at factor cost; Real and Nominal GDP. • GDP and Welfare
	Current challenges facing the Indian Economy	<ul style="list-style-type: none"> • Human Capital Formation: How people become resource; Role of human capital in economic development; • Rural development: Key issues – credit and marketing – the role of cooperatives; agricultural diversification;
SEPTEMBER	Government Budget and the Economy <u>HALF-YEARLY EXAM</u>	<ul style="list-style-type: none"> • Government budget – meaning, objectives, and components. • Classification of receipts – revenue receipts and capital receipts; classification of expenditure – revenue expenditure and capital expenditure. • Measures of government deficit – revenue deficit, fiscal deficit, primary deficit their meaning.
OCTOBER	Current challenges facing the Indian Economy	<ul style="list-style-type: none"> • Employment: Growth and changes in the workforce participation rate in formal and informal sectors; problems and policies • Sustainable Economic Development: Meaning, Effects of Economic Development on Resources and Environment, including global warming
	Balance of Payments Development Experience of India:	<ul style="list-style-type: none"> • Balance of payments account – meaning and components; • Foreign exchange rate – meaning of fixed and flexible rates and managed to float. • A comparison with neighbors India and Pakistan • India and China • Issues: economic growth, population, sectoral development, and other Human Development

		Indicators
NOVEMBER	PREBOARD - I	
		Revision + project file + Board practical
	PREBOARD – II	

SUBJECT-COMPUTER SCIENCE (PYTHON -083)

Month	Unit Name	Periods	
		Theory	Practical
March April	<ul style="list-style-type: none"> ➤ Database Management System ➤ Functions in Python ➤ MySQL and Interface with Python 	50	30
May	Quarterly Exam		
May	<ul style="list-style-type: none"> ➤ Revision Tour XI- Part1 ➤ Revision Tour XI- Part2 	40	30
July	Computational Thinking and Programming – 2 <ul style="list-style-type: none"> ➤ Exception Handling ➤ Object Oriented Programming in PYTHON ➤ File Handling in PYTHON 	50	45
August	<ul style="list-style-type: none"> ➤ Text File in PYTHON ➤ Binary File in PYTHON ➤ Comma Separated Values in PYTHON ➤ Data Structure 	50	30
September	Half Yearly Exams		
October	Pre Board 1st		
November	<ul style="list-style-type: none"> ➤ Computer Networks ➤ Cyber Safety, Law and Ethics-2 	35	20
December	<ul style="list-style-type: none"> ➤ Revision: For Board Exams ➤ File and Project Work 		
January	Pre Board 2nd		

February	Revision + File work + Project work + Lab Visit + Board Practical
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Change can be acceptable as per CBSE update.

SUBJECT- Information Technology (802)

Month	Unit Name	Periods	
		Theory	Practical
April	Part-A Unit 1: Communication Skills-IV Unit 2: Self-Management Skills-IV Part-B Unit-3: Fundamentals of Java Programming	10	05
May	Part-B Unit-3: Fundamentals of Java Programming Part-A Unit 3: ICT Skills-IV	3	6
	Quarterly Exams		
July	Part-A Unit 4: Entrepreneurial Skills-IV Part-B Unit-3: Fundamentals of Java Programming Unit -2: Operating Web Based Applications.	10	5
August	Part-B Unit-1: Database Concepts – RDBMS Tool Unit-4: Work Integrated Learning IT- DMA.	11	4
September	Half Yearly Examination		
October	Part-B Unit-4: Work Integrated Learning IT-DMA. Part-A Unit 5: Green Skills-IV	06	02
	PRE-BOARD 1ST EXAMS		
November	Revision Work (Sample papers) + Lab Visit	7	8
December	Revision Work + Lab Visit +Project files	7	8
January	Pre-Board 2nd Exams Revision Work + Lab Visit		

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SUBJECT-PHYSICAL EDUCATION

MARCH	<p>Unit I Management of sporting events. Meaning & function Of Sports events management (planning, organizing, staffing, directing and controlling)</p> <ul style="list-style-type: none"> • Various Committees & its Responsibilities (pre; during & post) • Tournament – Knock-Out, League Or Round Robin & Combination • Procedure To Draw Fixtures – Knock-Out (Bye & Seeding) & League (Staircase & Cyclic) • Intramural & Extramural – Meaning, Objectives & Its Significance • Community sports- purpose and benefits.
APRIL	<p>Unit II Children & Women in Sports</p> <ul style="list-style-type: none"> • Common Postural Deformities - Knock Knee; Bow Legs; Flat Foot; Round Shoulders; Lordosis, Kyphosis, and Scoliosis and their corrective measures • Special consideration (Menarche & Menstrual Dysfunction) • Female Athletes Triad (Osteoporosis, Amenorrhea, Eating Disorders) <p>Unit III Yoga as Preventive measure for Lifestyle Disease</p> <ul style="list-style-type: none"> • Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama. • Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta-vajarasana, Paschimottanasana, Ardha-Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati. • Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana Matsyaasana, AnulomaViloma.

	<ul style="list-style-type: none"> • Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakransan, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi-shodhanapranayam, Sitlipranayam.
MAY	<p>QUARTERLY EXAM</p>
MAY	<p>Unit IV Physical Education & Sports for CWSN (Children with Special Needs - <i>Divyang</i>)</p> <ul style="list-style-type: none"> • Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics) • Advantages of Physical Activities for children with special needs. • Strategies to make Physical Activities assessable for children with special needs.
JULY	<p>Unit V Sports & Nutrition</p> <ul style="list-style-type: none"> • Concept of balance diet and nutrition • Macro and Micro Nutrients: Food sources & functions • Nutritive & Non-Nutritive Components of Diet <p>Unit VI Test & Measurement in Sports</p> <ul style="list-style-type: none"> • Fitness Test – SAI Khelo India Fitness Test in school: <ul style="list-style-type: none"> ○ Age group 5-8 yrs/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test ○ Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Abdominal Partial Curl Up, Push-Ups for boys, Modified Push-Ups for girls). • Computing Basal Metabolic Rate (BMR) • Rikli & Jones - Senior Citizen Fitness Test <ol style="list-style-type: none"> I. Chair Stand Test for lower body strength II. Arm Curl Test for upper body strength III. Chair Sit & Reach Test for lower body flexibility IV. Back Scratch Test for upper body flexibility V. Eight Foot Up & Go Test for agility VI. Six Minute Walk Test for Aerobic Endurance

<p>AUGUST</p>	<p>Unit VI Test & Measurement in Sports</p> <ul style="list-style-type: none"> ● Measurement of Cardio Vascular Fitness – Harvard Step Test/Rockport Test - Computation of Fitness Index: $\frac{\text{Duration of the Exercise in Seconds} \times 100 \times 5.5 \times \text{Pulse count of 1-1.5 Min after Exercise}}{100 \times 5.5 \times \text{Pulse count of 1-1.5 Min after Exercise}}$ ● Johnson- Metheny test of motor educability (Front roll, back roll, jumping half turn, jumping full turn)
<p>SEPTEMBER</p>	<p>Half yearly examination</p> <p>Unit VII Physiology & Injuries in Sports</p> <ul style="list-style-type: none"> ● Physiological factor determining component of Physical Fitness PREBOARD I
<p>OCTOBER</p>	<ul style="list-style-type: none"> ● Effect of exercise on Cardio Respiratory System ● Effect of exercise on Muscular System
<p>OCTOBER</p>	<ul style="list-style-type: none"> ● Physiological changes due to ageing ● Sports injuries: Classification (Soft Tissue Injuries:(Abrasion, Contusion, Laceration, Incision, Sprain & Strain) Bone & Joint Injuries: (Dislocation, Fractures: Stress Fracture, Green Stick, Communated, Transverse Oblique & Impacted) Causes, Prevention& treatment ● First Aid – Aims & Objectives <p>Unit VIII Biomechanics & Sports</p> <ul style="list-style-type: none"> ● Newton’s Law of Motion & its application in sports <ul style="list-style-type: none"> • Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports ● Friction & Sports ● Projectile in Sports

<p>NOVEMBER</p>	<p>Unit IX Psychology & Sports</p> <ul style="list-style-type: none"> ● Personality; its definition & types – Trait & Types (Sheldon & Jung Classification) & Big Five Theory ● Motivation, its type & techniques ● Exercise Adherence; Reasons to Exercise, Benefits of Exercise ● Strategies for Enhancing Adherence to Exercise ● Meaning, Concept & Types of Aggressions in Sports ● Psychological attributes in sports- self-esteem, mental imagery, self-talk, goal setting. <p>Unit X Training in Sports</p> <ul style="list-style-type: none"> ● Strength – Definition, types & methods of improving Strength – Isometric, Isotonic & Isokinetic ● Endurance - Definition, types & methods to develop Endurance – Continuous Training, Interval Training & Fartlek Training ● Speed – Definition, types & methods to develop Speed – Acceleration Run & Pace Run ● Flexibility – Definition, types & methods to improve flexibility ● Coordinative Abilities – Definition & types ● Circuit Training - Introduction & its importance
<p>DECEMBER</p>	<p>REVISION</p>
<p>JANUARY</p>	<p>PREBOARD II</p>

