



**TAGORE INTERNATIONAL SCHOOL**  
**EAST OF KAILASH, NEW DELHI**

**Class XI**  
**2023 -2024**  
**HUMANITIES**

MONTH	English	Geography	Political science	History	Psychology	Ped.	Home Sc	Economics	Math	Painting
JULY	<b>Literature:</b> 1)The Summer of the Beautiful White Horse 2) "We're Not Afraid to Die... if We Can be Together" 3) The Laburnum Top 4) Note Making and Summarisation <b>Life Skills:</b> coping with emotions, Winning over temptations, interdependence, overcoming	<b>L- 4. Distribution of Oceans and Continents</b> Continental drift theory Plate tectonics Types of plate boundaries. <b>L- 6. Geomorphic Processes</b> Factors affecting landforms Types of geomorphic processes	1) Election and representation 2) Executive 3) Legislature 4) Judiciary 5) Federalism	<b>Topic- Nomadic Empires</b> -The nature of nomadism (Introduction, Social Political background) -Formation of empires, The career of Ghenghis Khan... Social, Political military organization -Conquests and relations with other states.	<b>UNIT 2</b> <b>METHODS OF ENQUIRY IN PSYCHOLOGY</b> Correlational Research Survey Research Psychological Testing Case Study Analysis of	<b>Unit IV Physical Education &amp; Sports for CWSN (Children with Special Needs - Divyang)</b> Concept of Disability and Disorder Types of Disability, its causes & nature (Intellectual disability, Physical disability) Aim & Objective of Adaptive Physical	<b>1) FABRIC AROUND US</b> Fibers and its classification Characteristics and suitability to use of- cotton, silk, wool, rayon, nylon, polyester, blended fabrics <b>2) NUTRITION, HEALTH &amp; HYGIENE</b> Health and its dimensions Health	Elasticity of Demand Introduction statistics, definition of statistics, sources of data- primary and secondary data, questionnaire, tabular presentation <b>life skills-</b> interpersonal relationship skill	<b>Topic: Relations and Functions</b> *Cartesian product of sets. *domain and range of a relation. *function *domain and range of a function. *draw the graphs of various functions. <b>Lab activities (SE)</b> 1) To distinguish between a Relation and a Function. 2) To verify that for two sets A and B,	<b>Theory:</b> Art of Mauryan period Sub topics: Pillars, Sculptures and Rock-cut Architecture <b>Practical:</b> <b>Still Life 1</b> Basic Objects and forms with and tints/ tones with pencil/pen/Charcoal Gender sensitivity: equality among genders Value : Respect for art heritage

<p>fear</p> <p><b>Values:</b> compassion, empathy, respect, familial love</p> <p><b>General Awareness:</b> Importance of integrity, safety</p> <p><b>Health and wellness:</b> Mental and emotional health</p> <p><b>Sewa:</b> care for parents, animals, and trees</p> <p><b>Gender sensitivity:</b> equality among genders</p>	<p>Weathering: physical, chemical and biological</p> <p>Mass wasting</p> <p>Factors affecting soil formation</p> <p><b>7. Landforms and their Evolution</b></p> <p>Agents of change</p> <p>Working with running water, glaciers and wind</p> <p>Erosional and depositional landforms</p> <p>Coastal topography, desert landforms</p> <p><b>8: Composition and Structure of</b></p>		<p>Historians' views on nomadic societies and state formation</p> <p><b>Topic- The Three Orders</b> An Introduction to Feudalism -France and England -The Three Orders -England</p> <p><b>Gender Sensitivity :</b> Role of women in nomadic society <b>Value:</b> Respect towards a style of living different from urban and rural structure <b>Gen Awareness</b></p>	<p>Data</p> <p>Limitations of Psychological Enquiry</p> <p>Ethical Issues</p> <p><b>UNIT 9</b></p> <p><b>Motivation and Emotion</b></p> <p>Nature of motivation</p> <p>Types of motives</p> <p>Theories of emotion.</p> <p>Managing negative emotions</p>	<p>Education</p> <p>Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist &amp; Special Educator)</p> <p><b>Unit V Physical Fitness, Health and Wellness</b></p> <p>Meaning and Importance of Wellness, Health and Physical Fitness</p> <p>Components/Dimensions of Wellness, Health and Physical Fitness</p>	<p>indicators - Nutrients, nutrition and health</p> <p>Factors affecting nutritional well being</p> <p><b>3) NUTRITION, HEALTH AND WELLBEING</b></p> <p>During infancy Nutritional needs</p> <p>Breastfeeding Weaning foods Immunization</p> <p>Problems in infants during pre-school stage Nutritional needs</p> <p>Healthy eating Feeding CWSN</p>	<p><math>n(A \times B) = p \times q</math> and the total number of relations from A to B is <math>2pq</math>, where <math>n(A) = p</math> and <math>n(B) = q</math></p> <p><b>Topic: Trigonometric Functions</b> *Identify positive and negative angles. *Measure angles in radian and in degree and conversion from one measure to another. *define trigonometric functions with the help of unit circle. *Signs of trigonometric functions. *find the trigonometric ratio over the domain R *find the trigonometric ratio over the domain R</p>	
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	<p><b>Atmosphere</b></p> <p>Major gases and their roles</p> <p>Layers of atmosphere</p> <p>Elements of weather and climate</p> <p><b>Book -2</b></p> <p><b>L-6 Natural Hazards and Disasters</b></p> <p>(To be tested through internal assessment in the form of Projects and presentation)</p> <p><b>Analytical Skills</b></p> <p><b>Critical Thinking skills</b></p> <p><b>Problem-solving</b></p> <p><b>Value: Living with nature in</b></p>		<p><b>s:</b> Nomadic life</p>	<p>Enhancing positive emotions</p> <p>Health and Wellness: stress management</p> <p>Value: Diligence</p> <p>LS: Positive social learning</p> <p>Gender sensitivity: Varied attention span of men and women.</p>	<p>Traditional Sports &amp; Regional Games for promoting wellness</p> <p>Leadership through Physical Activity and Sports</p> <p>Introduction to First Aid – PRICE</p>	<p>Immunization - For school-going children</p> <p>Nutritional needs Diet planning</p> <p>Factors affecting diet</p>	<p>*list the various formulas:  <math>\cos(A \pm B)</math>  <math>\sin(A \pm B)</math>  <math>\tan(A \pm B)</math>            *State the S/D and product formulas            *State the half angle formulas            *recall the graphs of various trigonometric functions            * apply all formulas and identities in solving questions.  <b>Experiential Activity.</b>            Trigo Tambola: Students will create colourful tickets using trigonometric identities and formulas. The one who finish line, column or diagonal first will be the winner.</p>	
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	<p>harmony</p> <p>Life Skill – Self Awareness</p> <p>Value – Good Behaviour in human interaction</p> <p>GS – Gender and Society</p> <p>H&amp;W: Importance to balance studies with other activities</p>								<table><tr><th>T</th><th>R</th><th>I</th><th>C</th></tr><tr><td><math>\frac{1}{2}</math></td><td><math>\frac{\sqrt{3}}{2}</math></td><td><math>und.</math></td><td></td></tr><tr><td></td><td><math>-\frac{1}{2}</math></td><td></td><td></td></tr><tr><td><math>\sqrt{3}</math></td><td></td><td><math>\frac{\sqrt{3}}{3}</math></td><td></td></tr><tr><td></td><td><math>-\frac{\sqrt{3}}{2}</math></td><td></td><td></td></tr><tr><td></td><td><math>-1</math></td><td></td><td></td></tr></table> <p><b>Lab activities (SE)</b> To plot the graphs of <math>\sin x</math>, <math>\sin 2x</math>, <math>2\sin x</math> and <math>\sin x/2</math> , using same coordinate axes.</p> <p><b>Life Skill:</b>Critical Thinking,Problem Solving</p> <p><b>Values-</b>Responsibility</p> <p><b>Gender Sensitivity-</b></p> <p>Awareness</p> <p><b>Health and Wellness-</b>Time</p>	T	R	I	C	$\frac{1}{2}$	$\frac{\sqrt{3}}{2}$	$und.$			$-\frac{1}{2}$			$\sqrt{3}$		$\frac{\sqrt{3}}{3}$			$-\frac{\sqrt{3}}{2}$				$-1$		
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									<b>General Awareness-</b> Equity and Equality	
<b>AUGUST</b>	<b>Literature:</b> 1) Discovering Tut: the Saga Continues 2) The Voice of the Rain (Poem) 3) The Address (Prose) <b>Writing Skills:</b> 1) Debate Writing <b>Life Skills:</b> including science in daily life activities, coping with stress, managing emotions <b>Values:</b> respecting heritage, perseverance,	<b>Book-2</b> L-1 <b>India – Location</b> <b>(5 classes)</b> Indian subcontinent Standard meridian Size and location India and its neighbours <b>BOOK-2</b> L-2 <b>Structure and Physiography</b> Geological divisions of India Himalayas-	6. Local Government 7. Political Theory 8. Freedom 9. Equality	<b>Topic- Changing Cultural Traditions</b> -The Revival of Italian cities -Universities and Humanism -Science and Philosophy : The Arab Contribution -Artists and Realism -Architecture -The First Printed	<b>UNIT 4</b> <b>Human Behaviour</b> Meaning of development Life-span perspective on development Bronfenbrenner's contextual view of development. Prenatal development	<b>Unit VI Test, Measurement &amp; Evaluation</b> Concept of Test, Measurement & Evaluation in Physical Education & sports Importance of Test, Measurements and Evaluation in Sports Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site) Somato Types (Endomorphy, Mesomorphy & Ectomorphy)	<b>1) HEALTH &amp; WELLNESS</b> - Health parameter like BMI Wellness and its dimensions Stress and coping with it <b>2) RESOURCE S AVAILABILITY AND MANAGEMENT</b> Time Management Formulating a time plan Steps of energy conservation	Diagrammatic presentation, Graphical presentation, Mean <b>values-</b> compassion	<b>Limits and Derivatives</b> *define limit of a function *perceive the geometrical interpretation of limits *evaluate the limit of various functions *define derivative of a function at a point *perceive the geometrical interpretation of derivatives *evaluate derivatives using the method of first principle. *learn the formulas of	<b>Theory-</b> Art in post-Mauryan period Sub topic- <b>Cave</b> tradition in India-Ajanta & Ellora Buddhist Architecture-Sanchi <b>Practical -</b> Still life 2-Flora study Water colours, graphite Pencil, Pen & Charcoal. <b>MIXED MEDIA:</b> using characteristics of different mediums and creating

determination	evolution, classification		Books	Childhood developmental stages	Measurements of health-related fitness	Space management : principles	derivatives of some standard functions *perceive the concept of chain rule, quotient rule and product rule <b>Experiential Activity:</b> Verification of the geometrical significance of derivatives.  <b>Topic: Sequence and Series</b> *define A.M between two numbers a & b *define a G.P *find the nth term of a G.P *state the formula for sum of n terms of G.P  <b>Life Skills Construct</b>	balance composition  Value:  Sensitivity towards environment  Life skill : interpersonal relationship  Gender sensitivity: equality in male and female
<b>General Awareness:</b> the pharaohs of Egypt, Impact of wars on people, water cycle  <b>Gender sensitivity:</b> equality among genders	Plains-formation and characteristics  Plateaus-evolution and subtypes  Desert-characteristics  Coastal- ghats  Islands  <b>BOOK-2</b>  <b>L-3 Drainage</b>  The drainage system in India  Himalayan rivers and Peninsular rivers.  Patterns of drainage system  River regime  Utilization of		-A New Concept of Human Beings  -The Aspiration of Women  -Debates Within Christianity -The Copernican Revolution  -Was There a European Renaissance in the Fourteenth Century? <b>Topic-</b>  <b>Displacing Indigenous peoples</b> - Introduction  - European colonists in North America and	Development during adolescence  Health and Wellness: Cognitive agility  Value: Morality  LS: Problem solving  Gender sensitivity: Ethics  and gender role	<u><b>Unit VII Fundamentals of Anatomy. Physiology in Sports</b></u>  Definition and Importance of Anatomy and Physiology in exercise and sports  Functions of Skeletal system, classification of bone and types of joints  Properties and Functions of Muscles  Function and Structure of Circulatory system and heart			

	<p>river water</p> <p>Analytical Skills</p> <p>Critical Thinking skills</p> <p>Problem-solving</p> <p>Value: Living with nature in harmony</p> <p><b>Life Skill – Self Awareness</b></p> <p><b>Value – Good Behaviour in human interaction</b></p> <p><b>GS – Gender and Society</b></p> <p><b>H&amp;W: Importance to balance studies with other activities</b></p>		<p>Australia</p> <p>-Formation of white settler societies.</p> <p>- Displacement and repression of local people</p> <p>-Historians' viewpoints on the impact of European settlement on indigenous population</p> <p><b>Gender sensitivity :</b></p> <p>Aspirations of women during the renaissance period</p> <p><b>Gen. Awareness:</b></p> <p>Understanding Renaissance</p>	Function and Structure of Respiratory system			<p>logical arguments</p> <p><b>Values</b></p> <p>Responsibility</p> <p><b>Gender Sensitivity</b></p> <p>Awareness</p> <p><b>Health and Wellness</b></p> <p>Time Management</p> <p><b>General Awareness</b></p> <p>Equity and Equality</p>	
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				ce  <b>Life Skills:</b> Critical thinking					
SEPTEMBER	<b>Writing Skills:</b> Classified Advertisement  <b>Integrated Grammar</b>  <b>Assessment of Listening and Speaking Skills</b>  <b>Revision</b>	<b>9. Solar Radiation, Heat Balance and Temperature</b>  Heating and cooling of the atmosphere.  Factors controlling temperature  Horizontal and vertical distribution of temperature.  Inversion of temperature  <b>Revision of term -1 topics</b>  <b>Practical and Theory</b>  Analytical	Revision	Revision  <b>UNIT-5</b>  <b>Sensory, Attentional and Perceptual Processes</b>  Knowing the world;  Nature of stimuli;  Nature and functioning of sense modalities  ;Sensory  Adaptation  Attention :  Nature and	Revision	<b><u>FAMILY INCOME AND INCOME MANAGEMENT</u></b>  Financial management  Types of family income  Family budget and formulations - Record of expenses  <b><u>SAVINGS AND INVESTMENTS</u></b>  Meaning of saving and investment  Principles of investment	Measures of central tendency- Median, Mode  values-equality  life skills-compassion	<b>Topic: Sequence and Series</b> *find the sum to infinity of a G.P *define G.M between two numbers a & b *recognize the relationship between A.M and G.M <b>Life Skills</b> Problem Solving Construct logical arguments <b>Values</b> Responsibility  <b>REVISION</b>	<b>Theory – Temple architecture in India:</b>  Nagara style: Konark temple  Khajuraho temple  Mother and Child (Vimal-Shah Temple, Solanki Dynasty, Dilwara, Mount Abu; Rajasthan)  <b>Practical -</b>  Composition- Market scene with minimum 3 human figures  Value:  Nurture the nature



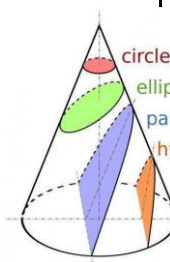
	<p>Skills</p> <p>Critical Thinking skills</p> <p>Problem-solving</p> <p>Value: Living with nature in harmony</p> <p><b>Life Skill – Self Awareness</b></p> <p><b>Value – Good Behaviour in human interaction</b></p> <p><b>GS – Gender and Society</b></p> <p><b>H&amp;W: Importance to balance studies with other activities</b></p>			<p>determinants;</p> <p>Selective and sustained attention;</p> <p>Perceptual Processes,</p> <p>The Perceiver,</p> <p>Principles of Perceptual Organisation.</p> <p>Perception space, depth and distance.</p> <p>Perceptual constancies, Illusions,</p> <p>Socio-cultural influences on perception.</p> <p>Life skill: Mindfulness</p> <p>Value :</p>	<p>Enumerate the features and advantages of various bank investment schemes, insurance and PF schemes</p>		<p>Life skill: optimism</p> <p>Gender sensitivity</p>
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					Respecting elders					
					Gender Sensitivity: Gender and cultural differences					
					General Awareness: Importance of culture					
					Health and Wellness:					
					Seasonal diet					
<b>OCTOBER</b>	<b>Literature:</b> Mother's Day (Play)  <b>Life Skills:</b> Parenting, coping with	<b>10. Atmospheric Circulation and Weather system</b>  Atmospheric	10.Rights	<b>Topic- Paths to Modernisation</b> - Introduction	<b>UNIT-6 Learning</b>  Nature of learning and learning curve:	<b>Unit VIII Fundamentals of Kinesiology and Biomechanics in Sports</b>	<b>MEDIA AND COMMUNICATION TECHNOLOGY</b>  : What is	Unit 3- production, cost, revenue, Production Cost Revenue Production function and Returns to a	<b>Topic: Straight Lines</b> *find the slope of a line  *convert	<b>Theory:</b> Dravida style Minakshi temple Mahabalipuram Kailash nath temple

<p>emotions, adopting practicality and rational thinking</p> <p><b>Values:</b> love, compassion, empathy, respect</p> <p><b>General Awareness:</b></p> <p>Familial bonds</p> <p><b>Health and wellness:</b> Mental and emotional health</p> <p><b>Sewa:</b> care for parents</p> <p><b>Gender sensitivity:</b> equality among genders</p>	<p>pressure and its importance</p> <p>Distribution of atmospheric pressure</p> <p>Types of winds</p> <p>Origin of monsoons</p> <p>Air mass and fronts</p> <p>Cyclones and their types</p> <p><b>11. Water in the Atmosphere</b></p> <p>Significance of water vapour</p> <p>Source and distribution</p> <p>Cloud and its types</p> <p>Precipitation and its forms</p> <p><b>L-12 World climate and climate</b></p>		<p>- Militarization and economic growth in Japan</p> <p>-China and the Communist alternative</p> <p>-Debate among Historians on the meaning of Modernization.</p> <p>-The Story of Taiwan</p> <p>-Korea</p> <p><b>Gen. Awareness</b></p> <p>Process of nation building in Japan and China</p> <p><b>Gender Sensitivity</b></p> <p>- Analyzing role of women during the</p>	<p>Paradigms of learning : Classical and Operant Conditioning, Observational Learning, Cognitive learning</p> <p>Factors</p> <p>facilitating learning</p> <p>: Learning disabilities;</p> <p>Life skill: Positive social learning</p> <p>Value: Diligence</p> <p>Gender Sensitivity: Varied attention span of men and women.</p>	<p>Definition and Importance of Kinesiology and Biomechanics in sports</p> <p>Principles of Biomechanics</p> <p>Kinetics and Kinematics in Sports</p> <p>Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination &amp; Pronation</p> <p>Axis and Planes – Concept and its application in body movements</p>	<p>Communication and Classification of communication</p> <p>· How does communication takes place</p> <p>· Media classification and functions</p> <p>What is communication technology</p> <p>Classification of communication technologies</p> <p>Modern communication technologies</p>	<p>Factor Cost and Revenue and their Relationship supply and elasticity Supply</p> <p>Supply-Concept, Supply schedule, function</p> <p>Law of Supply</p> <p>Price</p> <p>Elasticity</p> <p><b>life skills-</b> character building</p>	<p>various forms of equation of a line:</p> <p>1.one-point form,</p> <p>2. two-point form,</p> <p>3. slope-intercept form,</p> <p>4. intercept form</p> <p>*Calculate the distance of a point from a line</p> <p><b>Topic:</b> Conic Sections</p> <p>*state and explain various sections of a cone</p> <p>*write the equation of a circle with given radius and centre</p> <p>*find the centre and radius of a</p>	<p><b>Practical - Composition no. 2:</b></p> <p>Monochrome painting</p> <p>Value: Importance of Basics</p>
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	<p><b>change</b></p> <p>causes and effects of climate change</p> <p><b>L-13 Water (Oceans)</b></p> <p>Hydrological cycle</p> <p>Factors affecting ocean water temperature</p> <p>Salinity: factors affecting salinity.</p> <p>Analytical Skills</p> <p>Critical Thinking skills</p> <p>Problem-solving</p> <p>Value: Living with nature in harmony</p> <p><b>Life Skill – Self Awareness</b></p>		<p>two World Wars</p> <p><b>Life skills-</b> Problem solving skills</p>	<p>General Awareness: Functioning of various human senses that enrich our perceptions</p> <p>Health and Wellness:</p> <p>Stress management</p>			<p>circle</p> <p>*define a parabola and recognize/find the standard equation of parabola</p> <p>*define/find the coordinates of focus, axis, equation of directrix and length of latus rectum of a parabola</p> <p>*define an ellipse and recognize /find the standard equations of an ellipse</p> <p>*state the relationship between semi-major axis, semi-minor axis and the distance of focus from the centre of the ellipse</p> <p>*define</p>	
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		<p>Value – Good Behaviour in human interaction</p> <p>GS – Gender and Society</p> <p>H&amp;W: Importance to balance studies with other activities</p>						<p>eccentricity</p> <p>*define/find the coordinates of foci, vertices, lengths of major axis, and minor axis, eccentricity and length of latus rectum of the given ellipse</p> <p>*define a hyperbola and recognize/find the standard equations of a hyperbola</p> <p>*define/find the coordinates of foci, vertices, eccentricity and length of latus rectum of the given hyperbola</p> <p><b>Experiential Learning:</b></p>	
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								<b>Lab Activity:</b> Construct a Parabola	
NOVEMBER	<b>Literature:</b>  1) The Adventure  2) Birth  3) Childhood (Poem)  <b>Life Skills:</b> Interdependence, communication, self-awareness  <b>Values:</b> compassion, empathy, respect, familial love  <b>General</b>	<b>L-14 Movements of Ocean Water</b>  Types of movements in ocean water.  Causes of waves  Tides: types and formation  Ocean Currents: meaning, types, significance  <b>L-16 Biodiversity and</b>	11. Social Justice  12. Secularism  13. Citizenship	<b>BOOK I – Themes In Indian History Part I (Class XII)</b>  <b>Bricks, Beads and Bones: The Harappan Civilization</b> - Excavation of Harappa  - Study of artefacts  - Town planning	<b>UNIT-7 Human Memory</b>  Nature of memory;  Information Processing Approach:  The Stage Model,	<b>Unit IX Psychology &amp; Sports</b>  Definition & Importance of Psychology in Physical Education & Sports  Developmental Characteristics at Different Stages of Development  Adolescent Problems & Their Management	<b>1) SURVIVAL, GROWTH AND DEVELOPMENT</b>  Growth and development  Domains of development  Stages of development  <b>2) OUR APPAREL</b>  Functions of apparel	Correlation, index numbers  Teaching point – How indices are used in budgeting  <b>values-</b> Acceptance  <b>life skills-</b> Citizenship	<b>Topic: Permutation and Combination</b> *state the fundamental principle of Addition / Multiplication * factorial notation *define permutation. *find the number of permutations of n different objects with or without repetition. *define  <b>Theory:</b> Temple Sculptures and Chola Bronzes  <b>Practical;</b> Composition 3- Abstract art based on geometric and rhythmic shapes in primary and secondary colours  Life skill; Enhance creative skills  Value: respect for culture

<p><b>Awareness:</b> Theories regarding alternate reality,</p> <p>Balance between personal and professional life</p> <p>Importance of practice</p> <p><b>Health and wellness:</b> Mental and emotional health</p> <p><b>Sewa:</b> Care for parents</p> <p><b>Gender sensitivity:</b> equality among genders</p>	<p><b>Conservation</b></p> <p>Introduction</p> <p>Levels of biodiversity</p> <p>Importance of biodiversity</p> <p>Loss of biodiversity</p> <p>IUCN classification of threatened species</p> <p>Conservation of biodiversity</p> <p>Analytical Skills</p> <p>Critical Thinking skills</p> <p>Problem-solving</p> <p>Value: Living with nature in harmony</p> <p><b>Life Skill – Self Awareness</b></p> <p><b>Value – Good</b></p>		<p>-Society</p> <p>-Economic activities</p> <p><b>Value-</b> Living together</p> <p><b>Life Skills-</b> Interpersonal relationship</p> <p><b>Gender Sensitivity</b></p> <p>- Importance of mother goddess</p> <p><b>Health &amp; Wellness-Gen. Awareness-</b> Archaeology and excavation</p>	<p>Memory Systems: Sensory, Short-term and Long-term memories.</p> <p>Levels of processing; Types of Long-term memory, representation and organization in memory;</p> <p>Memory as a constructive process;</p> <p>Nature and causes of forgetting; Enhancing memory</p>	<p>Team Cohesion and Sports</p> <p>Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness</p> <p><b>Unit X Training and Doping in Sports</b></p> <p>Concept and Principles of Sports Training</p> <p>Training Load: Over Load, Adaptation, and Recovery</p> <p>Warming-up &amp; Limbering Down – Types, Method &amp; Importance</p> <p>Concept of Skill, Technique, Tactics &amp;</p>	<p>Factors affecting clothes selection</p> <p>Clothing requirement at different childhood stages and during adolescence</p>	<p>combination. *differentiate btw Permutation and Combination *apply the various formulas of <math>{}^nP_r</math> and <math>{}^nC_r</math> in solving statement questions.</p> <p><b>Topic: Probability</b> *recall the concept of probability *recall the definition of random experiment, sample space *write the sample space of a Random experiment *list the various kinds of events : mutually exclusive,</p>	
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		Behaviour in human interaction  GS – Gender and Society  H&W: Importance to balance studies with other activities				Strategies  Concept of Doping and its disadvantages			exhaustive events *prove events to be mutually Exclusive or exhaustive *state and apply the formulae for probability of an event *state the Addition formulae of Probability <b>Life Skills</b> Communication Team Work  <b>Values</b> Conflict Resolution  <b>Health and Wellness</b>  care for each other	
DECEMBER	Literature:  1) Silk Road (Prose)	Book-2  L-5 Natural Vegetation		Topic-Kings, Farmers and Towns:	UNIT-8  Thinking	Revision	<u>1)</u> <b>FINANCIAL MANAGEMENT AND</b>	Market forms and price equilibrium, dispersion  Teaching point-	<b>Topic: Probability</b> <b>Lab Activity:</b> 1. To find the number of	Theory: Artistic aspects of Indo- Islamic architecture

<p>2) Father to Son</p> <p><b>Life Skills:</b></p> <p>Interdependence, communication, self-awareness</p> <p><b>Values:</b></p> <p>compassion, empathy, respect, familial love</p> <p><b>General Awareness:</b></p> <p>Environment, geographical features of Northern most part of India, importance of communication</p> <p><b>Health and wellness:</b></p> <p>Mental and emotional health</p> <p><b>Sewa:</b></p> <p>care for parents, animals, and</p>	<p>Major types of natural vegetation</p> <p>National forest policy</p> <p>Forest cover in India</p> <p>Wildlife: Management</p> <p>Biosphere reserves</p> <p><b>L-4 Climate</b></p> <p>Spatial and temporal distribution of temperature, pressure winds and rainfall, Indian monsoon: mechanism, onset and withdrawal, variability of rainfalls: spatial and temporal; use of weather</p>	<p><b>Early States and Economies (600 BCE-600 CE)</b></p> <p>-Princep and Piyadassi</p> <p>-The Earliest States</p> <p>-An Early Empire</p> <p>-New Notions of Kingship</p> <p>-A Changing Countryside</p> <p>-Towns and Trade</p> <p>-How Are Inscriptions Deciphered ?</p> <p><b>Gender Sensitivity</b></p> <p>: Position of women in</p>	<p>Nature of thinking;</p> <p>The processes of thinking</p> <p>;</p> <p>Problem Solving, Reasoning</p> <p>Decision making,</p> <p>Nature and Process of creative thinking;</p> <p>Developing creative thinking;</p> <p>Thought and Language; Development of language and language use</p>	<p><b>PLANNING</b></p> <p>Financial management</p> <p>Types of family income</p> <p>Family budget and formulations</p> <p>Meaning of saving and investment</p> <p>Principles of investment</p> <p><b>2) CARE &amp; MAINTENANCE OF FABRICS</b></p> <p>Laundry and stain removal</p> <p>Different methods of cleaning</p> <p>Fabric finishes</p>	<p>Market behaviour</p> <p><b>life skills-</b></p> <p>Computational skills</p>	<p>ways in which three cards can be selected from given 5 cards</p> <p>2. To write a sample space, when a coin is tossed once, twice, thrice and four times</p> <p><b>Topic:</b></p> <p>Binomial Theorem</p> <p>*Expansion of <math>(a+b)^n</math></p> <p>*Pascal's Triangle</p> <p><b>Topic:</b></p> <p><b>Matrices &amp; Determinants</b></p> <p>*identify a <math>ij</math> element of a matrix</p> <p>*apply the basic operations of +, -</p> <p>*define various types of matrices</p> <p>*solve the</p>	<p>The Imperial Style (Delhi Sultanate)</p> <p>The Provincial Style (Mandu, Gujarat, Bengal, and Jaunpur)</p> <p>The Mughal Style (Delhi, Agra, and Lahore)</p> <p>The Deccani Style (Bijapur, Golconda).</p> <p><b>Practical;</b></p> <p>Composition 3- Abstract art composition based on geometric and Organic shapes . Value-nurture the nature Life skills-connect and create</p>
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<p>trees</p> <p><b>Gender sensitivity:</b> equality among genders</p>	<p>charts</p> <p>Analytical Skills</p> <p>Critical Thinking skills</p> <p>Problem-solving</p> <p>Value: Living with nature in harmony</p> <p><b>Life Skill – Self Awareness</b></p> <p><b>Value – Good Behaviour in human interaction</b></p> <p><b>GS – Gender and Society</b></p> <p><b>H&amp;W: Importance to balance studies with other activities</b></p>		<p>the countryside</p> <p><b>Life Skills:</b> Decision making</p> <p><b>Gen Awareness:</b> Early Empires</p>	<p>Life skill: Time Management</p> <p>Value: Human productivity</p> <p>Gender Sensitivity: Understanding gender roles.</p> <p>General Awareness: Reward and punishment relationship</p> <p>Health and Wellness:</p> <p>Yoga in daily life</p>	<p>Properties of fabrics and the methods of care</p> <p>Care labels</p>		<p>problem of equality of matrices. *define transpose of a matrix *define symmetric and skew symmetric matrices. *find the transpose of a matrix *differentiate between symmetric and skew symmetric matrices.</p>	
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JANUARY	<b>Literature:</b>  1) The Tale of Melon City  Revision  <b>Life Skills:</b>  Interdependence, communication, self-awareness  <b>Values:</b>  Respect, empathy  <b>General Awareness:</b>  Importance of sense and sensibility  <b>Health and wellness:</b> Mental and emotional health  <b>Sewa:</b> care for parents, animals, and	<b>L- Water Resources</b>  <b>Class XII</b>  Different types of water resources of India: surface, groundwater, lagoons and backwaters. Demand and utilization of water. Deterioration of water quality. Water conservation and management: watershed management and rainwater harvesting. National water policy, 2002  <b>12. Geographical Perspective on Selected issues and Problems</b>  <b>Class XII</b>  Environment		Completion of project work and revision  <b>UNIT 1(Class XII Syllabus)</b>  <b>VARIATIONS IN PSYCHOLOGICAL ATTRIBUTES</b>  Individual Differences in Human Functioning  Assessment of Psychological Attributes  Intelligence, Individual Differences in Intelligence  Culture & Intelligence  Emotional Intelligence  Special abilities  Life skill:	Revision	Completion of practical files and revision for final exam  Indian economy on the eve of independence,  Economic planning  <b>values-</b> Patriotism  <b>life skills-</b> Nationality	<b>Topic: Matrices &amp; Determinants</b> * concept of Determinants, minors, cofactors, adjoint and inverse. * find the area of triangle *solve the system of equations using matrices  <b>Life Skill:</b> Critical Thinking, Problem Solving  <b>Values-</b> Responsibility  <b>Gender Sensitivity-</b> Awareness  <b>Health and Wellness-</b> Time management  <b>General Awareness-</b> Equity and	<b>Theory: Revision</b>  <b>Practical:</b>  Still life 3-  Two objects and two draperies  Life skill: Improve observation skills

	trees  <b>Gender sensitivity:</b> equality among genders	degradation. Pollution: types and effects. Urbanisation, problems of slums. Prevention and controlling measures of various pollution.			Resilience  Value: Perseverance  Gender Sensitivity: Management of emotions amongst males and females  General Awareness: Strategies to enhance creative thinking  Health and Wellness:  Managing emotions			Equality  <b>REVISION</b>		
<b>FEBRUARY</b>	Assessment of Listening and Speaking Skills  Revision	Revision for End Term Theory and Practical		Revision and End Term Practical Examination	Revision and End Term Practical Examination	<b>Revision</b>	Final examination	Revision	<b>Revision and doubt clarification</b>	Revision and file completion for end term practical exam