

Class – XII(Humanities)(2022-23)
English

I Term

(April-September)

March

Familiarization with the course and marking scheme

Literature

1. My Mother at Sixty-Six
2. Keeping Quiet
3. A Thing of Beauty
4. Aunt Jennifer's Tigers
5. A Roadside Stand

April

Literature

1. The last lesson
2. The Lost Spring
3. The Third Level

Language

Writing Skills : Formal Letters , Articles
Reading Skills: Invitations

May

Literature

1. Deep Water
2. The Rattrap
3. Indigo

Language

Writing Skills: Notice writing

July

Literature

1. Poets and Pancakes
2. On the face of it

Language

Writing Skills :Invitations & their replies

August

Literature

1. The Enemy
2. Journey to the End of the Earth

Language

Writing Skills : Report Writing

September

Language

Writing Skills : Letter – Job Application
ASSESSMENT OF LISTENING AND
SPEAKING (ASL)

Revision

October

Literature

- 1 The Tiger King
2. The Interview

November

Literature

1. Going Places
2. Memories of childhood

Revision

Political Science(2022-23)

Ist Term**(April - September)**

Part – A : Contemporary World Politics**March/April****1 THE END OF BIPOLARITY**

Disintegration of Soviet Union, Unipolar World, Middle East Crisis – Afghanistan, Gulf War, Democratic Politics and Democratization – CIS and the 21st Century (Arab Spring).

2 NEW CENTRES OF POWER

Organizations: European Union, ASEAN, SAARC, BRICS. Nations: Russia, China, Israel, India, Japan and South Korea.

May**3 CONTEMPORARY SOUTH ASIA**

Conflicts and efforts for Peace Democratization in South Asia: Pakistan, Nepal, Bangladesh, Sri Lanka, Maldives.

4 UNITED NATIONS AND ITS ORGANISATIONS

Principal Organs, Key Agencies: UNESCO, UNICEF, WHO, ILO, Security Council and the Need for its Expansion.

July**5 SECURITY IN THE CONTEMPORARY WORLD**

Security: Meaning and Type; Terrorism.

6 ENVIRONMENT AND NATURAL RESOURCES

Environmental Movements, Global Warming and Climate Change, Conservation of Natural Resources.

7 GLOBALISATION

Globalization: Meaning, Manifestation and Debates.

**August/
September**

Part B: Politics in India since Independence

1 CHALLENGES OF NATION BUILDING

Nation and Nation Building. Sardar Vallabh Bhai Patel and Integration of States. Nehru's approach to nation-building; Legacy of partition: challenge of 'refugee' Resettlement, the Kashmir problem. Political conflicts over language. Linguistic Organisation of States.

2 PLANNED DEVELOPMENT

Changing nature of India's Economic Development Planning Commission and Five Year Plans, National Development Council, NITI Aayog.

3 INDIA'S FOREIGN POLICY

Principles of Foreign Policy; India's Changing Relations with Other Nations: US, Russia, China, Israel; India's Relations with its Neighbours: Pakistan, Bangladesh, Bhutan, Nepal, Sri Lanka and Myanmar; India's Nuclear Programme.

2nd Term

(October – December)

October

4 PARTIES AND THE PARTY SYSTEM IN INDIA

One Party Dominance, Bi-Party System, Multi-Party Coalition System.

5 DEMOCRATIC RESURGENCE

Jaya Prakash Narayan and Total Revolution, Ram Manohar Lohia and Socialism, Pandit Deendayal Upadhyaya and Integral Humanism, National Emergency, Democratic Upsurges – Participation of the Adults, Backwards and Youth.

6 REGIONAL ASPIRATIONS

Rise of regional parties. Punjab Crisis. The Kashmir Issue, Movements for Autonomy.

November

7 INDIAN POLITICS : TRENDS AND DEVELOPMENTS

Era of Coalitions, National Front, United Front, United Progressive Alliance (UPA) – I & II, National Democratic Alliance (NDA) I, II, III & IV, Issues of Development and Governance.

December

Revision

Prescribed Books:

1. Contemporary World Politics, Class XII, Published by NCERT
2. Politics in India since Independence, Class XII, Published by NCERT
3. Reference Material available with this document.

PSYCHOLOGY (2022-23)

TERM - I

March

Unit-I: Variations in Psychological Attributes

The topics in this unit are:

1. Introduction
2. Individual Differences in Human Functioning
3. Assessment of Psychological Attributes

4. Intelligence
5. Theories of Intelligence: Psychometric Theories of Intelligence, Information Processing Theories, Theory of Multiple Intelligences, Triarchic Theory of Intelligence, Planning, Attention-Arousal and Simultaneous Successive Model of Intelligence
6. Individual Differences in Intelligence
7. Culture and Intelligence
8. Emotional Intelligence
9. Special Abilities: Aptitude: Nature and Measurement
10. Creativity

April / May Unit-II: Self and Personality

The topics in this unit are:

1. Introduction
2. Self and Personality
3. Concept of Self
4. Cognitive and Behavioural Aspects of Self
5. Culture and Self
6. Concept of Personality
7. Major Approaches to the Study of Personality
 - Type Approach
 - Trait Approach
 - Psychodynamic Approach
 - Behavioural Approach
 - Cultural Approach
 - Humanistic Approach
8. Assessment of Personality
 - Self-report Measures
 - Projective Techniques
 - Behavioural Analysis

July Unit-III: Meeting Life Challenges

The topics in this unit are:

1. Introduction
2. Nature, Types and Sources of Stress
3. Effects of Stress on Psychological Functioning and Health
 - Stress and Health
 - General Adaptation Syndrome
 - Stress and Immune System
 - Lifestyle
4. Coping with Stress
 - Stress Management Techniques
5. Promoting Positive Health and Well-being
 - Stress Resistant Personality
 - Life Skills
 - Positive Health

August

Unit – IV : Psychological Disorders

The topics in this unit are:

1. Introduction
2. Concepts of Abnormality and Psychological Disorders
 - Historical Background
3. Classification of Psychological Disorders
4. Factors Underlying Abnormal Behaviour
5. Major Psychological Disorders
 - Anxiety Disorders
 - Obsessive-Compulsive and Related Disorders
 - Trauma-and Stressor-Related Disorders
 - Somatic Symptom and Related Disorders
 - Dissociative Disorders
 - Depressive Disorder
 - Bipolar and Related Disorders
 - Schizophrenia Spectrum and Other Psychotic Disorders
 - Neurodevelopmental Disorders
 - Disruptive, Impulse-Control and Conduct Disorders
 - Feeding and Eating Disorders
 - Substance Related and Addictive Disorders

TERM - II

September /October

Unit – V : Therapeutic Approaches

The topics in this unit are:

1. Nature and Process of Psychotherapy
 - Therapeutic relationship
2. Types of Therapies
 - Psychodynamic Therapy
 - Behaviour Therapy
 - Cognitive Therapy
 - Humanistic-Existential Therapy
 - Biomedical Therapy
 - Alternative Therapies
 - Rehabilitation of the Mentally Ill

November

Unit – VII : Social Influence and Group Processes

The topics in this unit are:

1. Introduction
2. Nature and Formation of Groups

3. Type of Groups
4. Influence of Group on Individual Behaviour
 - Social Loafing
 - Group Polarisation

Practical Marks 30

- 5 Psychological Test
- 1 Case Profile

Prescribed Books:

1. Psychology, Class XII, Published by NCERT

Mathematics(2022-23)

Ist Term	(April - September)
March	1. Matrices
April	1. Determinants 2. Inverse Trigonometry
May	1. Continuity and Differentiability
July	1. Applications of derivatives 2. Linear Programming
August	1. Relations and function 2. Integration
September	1. Integration(Continue.....) 2. Application of Integration
2nd Term	(October – December)
October	1. Differential equation 2. Vector
November	1. Three-dimensional Geometry 2. Probability
December	Revision

Economics(2022-23)

Ist Term

(April - September)

March/April

Part A: Introductory Macroeconomics

Unit 1: National Income and Related Aggregates

What is Macroeconomics?

Basic concepts in macroeconomics: consumption goods, capital goods, final goods, intermediate goods; stocks and flows; gross investment and depreciation.

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

May

Unit 2: Money and Banking

Money – meaning and functions, supply of money - Currency held by the public and net demand deposits held by commercial banks.

Money creation by the commercial banking system.

Central bank and its functions (example of the Reserve Bank of India): Bank of issue, Govt. Bank, Banker's Bank, Control of Credit through Bank Rate, CRR, SLR, Repo Rate and Reverse Repo Rate, Open Market Operations, Margin requirement.

July

Unit 3: Determination of Income and Employment

Aggregate demand and its components.

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.

August

Unit 4: Government Budget and the Economy

Government budget - meaning, objectives and components.

Classification of receipts - revenue receipts and capital receipts;

Classification of expenditure – revenue expenditure and capital expenditure.

Balanced, Surplus and Deficit Budget – measures of government deficit.

Unit 5: Balance of Payments

Balance of payments account - meaning and components;

Balance of payments – Surplus and Deficit

Foreign exchange rate - meaning of fixed and flexible rates and managed floating.

Determination of exchange rate in a free market, Merits and demerits of flexible and fixed exchange rate.

Managed Floating exchange rate system

Part B: Indian Economic Development

September

Unit 6: Development Experience (1947-90) and Economic Reforms since 1991

A brief introduction of the state of 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.

2nd Term

(October – December)

October

Economic Reforms since 1991

Features and appraisals of liberalisation, globalisation and privatisation (LPG policy); Concepts of demonetization and GST

Unit 7: Current challenges facing Indian Economy

Human Capital Formation: How people become resource; Role of human capital in economic development; Growth of Education Sector in India

Rural development: Key issues - credit and marketing - role of cooperatives; agricultural diversification; alternative farming - organic farming

Employment: Growth and changes in work force 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

November

Unit 8: Development Experience of India

A comparison with neighbours : India and Pakistan , India and China

Issues: economic growth, population, sectoral development and other Human Development Indicators

December

Part C : Project in Economics Annual Examination

January

Revision Pre-Board Examination

Commercial Arts(2022-23)

Ist Term

(April - September)

March

1. Introduction to Illustration and poster.
2. Folk painting of India.

April

1. Illustrations based on indoor themes.
2. History of art-Introduction to Indian Miniature schools of painting.

May

1. History of Indian art- Miniature painting of India, Jain miniature to Rajput and Pahari school
2. Illustrations based on outdoor topics.

July

1. Poster design- Basic concept, simple exercises with emphasis on subject, layout, lettering and colour scheme
2. Commercial posters.

August

1. Mughal and Deccan school of miniature painting
2. Illustrations based on memory drawing

September

1. Posters based on social issues.

2nd Term

(October – February)

October

1. Symbolic presentation in poster design for stronger visual impact.

November

1. Illustrations with outdoor themes to show perspective
2. Bengal school and Modern trends in Indian art.

December

1. Poster design and illustration on given subjects for pre board exam.

January / February

Preboard

History(2022-23)

Ist Term

(April - September)

April	The Story of the first cities Kings , farmers and towns Kingship , Caste and Class
May	Thinkers , Beliefs , Buildings and Cultural developments Through the eyes of Travellers Project Work
July	Bhakti – Sufi Traditions An Imperial Capital-VIJAYANAGARA Peasants , Zamindars and the State Project Work
August	Colonialism and the Country Side. Project Work
September	Rebels and the Raj

2nd Term

(October – February)

October	Gandhi and the Nationalist movement
November	Framing of the Constitution. Revision
December - February	Preboard Exams

Sociology(2022-23)

Ist Term

(March - September)

	Book-1 INDIAN SOCIOLOGY
March	Unit 1 Introducing Indian Society <ul style="list-style-type: none">• Colonialism, Nationalism, Class and Community (Non-evaluative)
	Unit 2 The Demographic Structure of Indian Society <ul style="list-style-type: none">• Theories and concepts in demography• Rural-Urban Linkages and Divisions• Population Policy in India
April/May	Unit 3. Social Institutions-Continuity and Change <ul style="list-style-type: none">• Caste and the Caste System• Tribal Communities• Family and Kinship

- July**
- Unit 5. Patterns of Social Inequality and Exclusion**
- Social Inequality and Social Exclusion
 - Systems justifying and perpetuating Inequality - Caste, Tribe, the Other Backward Classes
 - Adivasi Struggles
 - The Struggle for Women's Equality and Rights
 - The struggles of the Differently Abled

- Unit 6. Challenges of Cultural Diversity**
- Cultural communities and the nation state
 - Regionalism in the Indian context
 - The Nation state and religion related issues and identities
 - Communalism, secularism and the nation state
 - State and Civil Society

Unit 7 Suggestions for Project Work

**August /
September**

Book-2 SOCIAL CHANGE AND DEVELOPMENT IN INDIAN SOCIETY

Unit 8. Structural Change

Understanding Colonialism, Industrialization, Urbanization

Unit 9. Cultural Change

- Social Reform Movements
- Different Kinds of Social Change: Sanskritisation, Westernization, Modernization, Secularization

2nd Term

(October – February)

- October**
- Unit 11. Change and Development in Rural Society**
- Agrarian Structure : Caste & class in Rural India
 - Land Reforms, Green Revolution and Emerging Agrarian society
 - Green revolution and its social consequences
 - Transformation in Rural Society
 - Circulation of labour
 - Globalization, Liberalization and Rural Society

- November**
- Unit 12. Change and Development in Industrial Society**
- From Planned Industrialization to Liberalization
 - How people find Jobs
 - Work Processes: How work is carried out, working conditions, home based work, Strikes and Unions

- December**
- Unit 15. Social Movements**
- Concept of Social Movements
 - Theories and Classification of Social Movements
 - Environmental Movements
 - Class-Based Movements: Workers, Peasants

- Women's Movements in Independent India
- Caste-Based Movements: Dalit Movement, Backward Class/Castes, Trends in Upper Caste Responses
- Tribal Movements

Project Work

Prescribed Books:

1. Introducing Sociology, Class XI, Published by NCERT
2. Understanding Society, Class XI, Published by NCERT
3. Indian Society, Class XII, Published by NCERT
4. Social Change and Development in India, Class XII, published by NCERT

PHYSICAL EDUCATION (048) (2022-23)

Ist Term	(March - September)
March	<p>UNIT 1 - Management of Sporting Events</p> <ul style="list-style-type: none"> • Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling) • Various Committees & their Responsibilities (pre; during & post) • Fixture and it's Procedures - Knock - Out (Bye & Seeding) & League (Staircase & Cyclic)
April	<p>UNIT 2 - 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 Traid (Osteoporosis, Amenorrhea, Eating Disorders)
May	<p>UNIT 3 - Yoga as Preventive measure for Lifestyle Disease</p> <ul style="list-style-type: none"> • Obesity: Procedure, Benefits and Contraindications for Vajrasana, Hastasana, Trikonasana, Ardh- Matseyendrasana • Diabetes: Procedure, Benefits & Contraindications for Bhujangasana, Pashimottasana, Pavan Muktasana, Ardh Matsyendrasana Kapalbhathi • Asthma: Procedure, Benefits & Contr. for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Pashimottasana, Matsyasana, Anulom- Vilom • Hypertension: Procedure, Benefits , Contraindications Tadasana, Vajrasana, Pavan Muktasana, Ardha Chakrasana, Bhujangasana, Shavasana
July	<p>UNIT 4 - Physical Education and Sports for CWSN (Children with Special Need- Divyang)</p> <ul style="list-style-type: none"> • Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics) • Advantage of Physical Activities for children with special needs. • Strategies to make physical Activities accessible for children with special need. <p>UNIT 5 - Sports & Nutrition</p> <ul style="list-style-type: none"> • Concept of balance diet and nutrition • Macro and Micro Nutrients: Food sources & functions • Nutritive and Non - Nutritive Components of Diet

August	UNIT 6 - Test & Measurement in Sports <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- 18 yrs/ class 4- 12: BMI, 50mt Speed test ,600mt Run/walk, Sit & Reach flexibility test, ○ Strength Test (Abdominal Partial Curl up, Push ups for boys. Push ups (Girls)) • Computing Basal Metabolic Rate (BMR) • Rikli & Jones- senior citizen fitness test.... <ul style="list-style-type: none"> ○ Chair stand test for lower body strength ○ Arm curl test for upper body strength ○ Chair sit & reach test for lower body flexibility ○ Back scratch test for upper body flexibility ○ Eight foot up & go test agility ○ Six minute walk test for aerobic endurance
September	Revision

2nd Term

(October – February)

October	UNIT 7 - Physiology & Injuries in sports <ul style="list-style-type: none"> • Physiological factor determining component of Physical Fitness • Effect of exercise on muscular system • Effect of exercise on Cardio- Respiratory System • Sports injuries: Classification (SoftTissues Injuries -Abrasion , Contusion , Laceration, Incision, Sprain & Strain; Bones& Joints Injuries - Dislocation , comminuted, Transverse Oblique & Impacted) UNIT 8- Biomechanics & Sports <ul style="list-style-type: none"> • Newton’s Law of Motion & its application in sports • Equilibrium - Dynamic & Static and Centre of Gravity and its application in sports • Friction & Sports • Projectile in Sports
November	UNIT 9 - Psychology & Sports <ul style="list-style-type: none"> • Personality; its definition & types (jung Classification & BIG five Theory) • Meaning ,Concept & Types of Aggression in Sports • Psychological Attributes in Sports -Self Esteem , Mental Imagery , Self Talk , Goal Setting UNIT 10 - Training in Sports <ul style="list-style-type: none"> • Concept of Talent Identification and Talent Development in Sports • Introduction to Sports Training Cycle - Micro , Meso , Macro Cycle . • Type & Method to Develop- Strength, Endurance , and Speed • Type & Method to Develop- Flexibility and Coordinative Ability
December	Annual Examination
January	Preboard Examination