

# SYLLABUS

2019 - 2020

CLASS : XII  
(Humanities)



**RUKMINI DEVI**  
**PUBLIC SCHOOL**

*The school with a difference...*

Under the aegis of Seth Pokhar Mal Educational Society

- \* Recognized by Directorate of Education, Govt. of NCT, Delhi
- \* Permanently Affiliated & Accredited to CBSE, MHRD, Govt. of India
- \* Affiliation No. 2730165



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**Our Vision :** Excellence in Education

**Our Mission :** To strive for the strong foundation of young learners in the age group of 3+ to 17 years which will facilitate them to become active participants in life long learning and earning by integrating both national and international dimensions in the curriculum supported by the state-of-the-art infrastructure.

**Our Philosophy :**

*"You are a Child of immortality,  
Your roots go deep to eternity,  
Your reach is unto infinity."*

*"A child is not a vessel to be filled but a lamp to be lighted."*

#### **Mission Statement (2017 - 2022)**

"The school will develop a well-knit system to contribute towards Digital India Programme by digitalizing 40% of its processes by 2018 and 60% by 2022 consequently reducing the paper usage and promoting environmental sustainability. The school will contribute toward the clean India mission by organizing frequent cleanliness drives, spreading awareness about hygiene through street plays and other mass awareness programmes."

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**RUKMINI DEVI PUBLIC SCHOOL**  
**Class XII (Humanities)**

Class : XII

**Introduction:** This booklet contains the syllabus along with a tentative programme of activities, functions and the school almanac.

**Evaluation System:**

1. There will be a system of assessments for each subject as per the prescribed syllabus and examination schedule.

**Tentative Schedule of Exam:**

PT 1*	PT 2*	PT 3*	Pre Board 1	Pre Board 2
20.06.2019 to 28.06.2019	07.09.2019 to 16.09.2019	11.11.2019 to 20.11.2019	06.12.2019 to 19.12.2019	03.01.2020 to 16.01.2020

**Date sheet will be provided a month in advance.****\* M.M. : As per curriculum****Duration : 3 hrs.**

- The Question Papers will follow the blue print provided by CBSE.
- Each student should have 75% of attendance in each term to be eligible to appear in CTs and Final Exams.
- Subject wise qualifying criteria is as per CBSE norms.
- It is compulsory for each student to appear in all the tests.
- If a student fail to appear for a test / exam (whatever grounds), he / she would have to pay Rs. 1000/- per test and compulsorily appear in the test/exam in which he/she had remained absent. The amount would be deposited to the respective class teacher before the retest.
- The answer sheets having been checked by the teacher will be sent to the parents for their information and signature / acknowledgment.

- Any re- totaling / rechecking of answer sheets will not be entertained, once the student receives the answer sheet and leaves the classroom.

2. The following compulsory internal assessment subjects will be awarded grades as per the CBSE guidelines:

a. General Studies

b. Health and Physical Education

Health and Physical Education (HPE) : It is a distinct curricular area integral to health and physical education. In HPE students develop the knowledge, understanding and skills to strengthen resilience personality. Students are provided with an opportunity to get professionally trained in the area of interest focusing on Physical Fitness, Sportsmanship, Self Sacrifice and Health Care.

The content of HPE will comprise 4 strands :

1. Games : The importance of sports /games in school encompasses more than just the benefit of physical activity, which increases self-esteem and mental alertness.
2. Health and Fitness : A programme for sensitization of the students towards their responsibility to reduce symptoms of anxiety and depression and improve physical fitness.
3. SEWA : A programme to prepare the students for social and community service that includes environmental, civic responsibilities, democracy etc.
4. Health and Activity Card : An information about physical development of a child.

Health and Physical activity is given regular class five times a week. It will be assessed on 9 point grade scale under the guidance of facilitating teacher on the basis of Table 1.1.

**Distribution of Periods/ Grades For Internal Assessment In Health and Physical Education  
( with Work Experience subsumed in it)**

TABLE 1.1

DISTRIBUTION OF MARKS FOR INTERNAL ASSESSMENT

Strand	Periods (Approx.)	Grades*
1. GAMES A) Athletics/ Swimming B) Team Games C) Individual Games/ Activity D) Adventure Sports	90 periods	While filling online data, following grades may be filled against HPE:  Class XI-XII: Grade (A-E) on 9-point scale  (A1,A2,B1,B2,C1,C2,D1,D2,E)
2. Health and Fitness	50 periods	
3. SEWA	50 periods	While filling online data, following grades may be filled against Work Education / Work Experience. Class XI-XII: Grade (A-E) on 9-point scale (A1,A2,B1,B2,C1,C2,D1,D2,E)
4. Health and Activity Card	10 periods	-
<b>Total</b>	<b>200 Periods</b> (Approx)	-

Note : The levels and grade obtained under the first three Strands will be reflected in the report cards.

<b>Subject Code : 301 - English Core</b>		<b>Syllabus: 2019-2020</b>		<b>Class : XII</b>	
<b>Prescribed Books:</b>					
1. Flamingo-Text book, Class XII (Core Course) NCERT					
2. Vistas- Supplementary Reader in English, Class XII (Core Course) NCERT					
<b>TEST/EXAM</b>	<b>DURATION</b>	<b>PARTICULARS</b>		<b>Use of ICT</b>	<b>Use of Labs</b>
<b>PT-1 (June Test )</b>  <b>80</b>	14.03.19 to 24.05.19	Book 1 : L1 - The Last Lesson (ISA Activity - PPT on Linguistic chauvinism and its effects) L2 - Lost Spring – Stories of Stolen Childhood L3 - Deep Water Poem1 - My Mother at Sixty Six Poem2 - An Elementary School Classroom in a Slum	Book 2 : L1 - The Third Level L2 - The Tiger King L5 - Should Wizard Hit Mommy ?	• PPT on Linguistic chauvinism and its effects. • Formats and samples for writing skills. • Revision Tests	—
<b>Test Dates</b>	20.06.19 to 28.06.19	<b>Syllabus Covered from 14.03.19 to 24.05.19</b>			
<b>PT-2</b>  <b>80</b>	01.07.19 to 06.09.19	Book 1 : L4- The Rattrap L5- Indigo L6 - Poets and Pancakes Poem3- Keeping Quiet Poem4- A Thing of Beauty	Book 2 : L3- Journey to the end of the Earth L4- The Enemy	• Formats and samples for writing skills. • Revision Tests	—
		Writing Skills : Advertisements, Job Application	Reading Skills : Reading Comprehension, Note Making & Summary		

<b>Exam Dates</b>	07.09.19 to 16.09.19	<b>Syllabus Covered from 14.03.19 to 06.09.19</b>		
<b>PT-3</b> <b>(80)</b>	17.09.19 to 10.11.19	Book 1 : L7- The Interview : L8- Going Places : Poem 5- A Roadside Stand : Poem 6- Aunt Jennifer's Tigers  Book 2 : L6- On the Face of It : L7- Evans Tries an O – Level : L8- Memories of Childhood  Writing Skills : Poster, Invitations : Business and Official letters  Reading Skills : Reading Comprehension, : Note Making & Summary  Note : Complete Syllabus would be covered in CT – 3	<ul style="list-style-type: none"> <li>• Formats and samples for writing skills.</li> <li>• Revision Tests</li> </ul>	
<b>Exam Dates</b>	11.11.19 to 20.11.19	<b>Syllabus Covered from 14.03.19 to 10.11.19</b>		
<b>Pre Board 1</b>	21.11.19 to 05.12.19	Writing Skills : Debate, Report Writing <b>Revision and Discussion of Sample Papers</b>	<ul style="list-style-type: none"> <li>• Revision Tests</li> </ul>	
<b>Pre-Board 1 Exams</b> <b>(80)</b>	06.12.19 to 19.12.19	<b>Syllabus Covered from 14.03.19 to 05.12.19</b>		
<b>Pre Board 2</b>	20.12.19 to 31.12.19	<b>Revision and Discussion of Sample Papers</b>		
<b>Pre-Board 2 Exams</b> Theory <b>(80) + (20)</b> ASL	03.01.20 to 16.01.20	<b>Syllabus Covered from 14.03.19 to 05.12.19</b>		
<b>Reference books:</b> Together with English Core (Class 12)				






Subject Code : 041 - Mathematics		Syllabus: 2019-2020		Class : XII	
<b>Prescribed Books:</b> 1. Mathematics : Textbook for Class XII (NCERT) (Part I & II) 2. Exemplar Textbook for Class XII (NCERT) 3. NCERT Lab Manual for Class XII					
TEST/EXAM	DURATION	PARTICULARS		Use of ICT	Use of Labs
<b>PT-1</b> <b>(June Test )</b> (80)	14.03.19 to 24.05.19	Ch 1 : Relations and Functions Ch 2 : Inverse Trigonometric Functions Ch 3 : Matrices Ch 4 : Determinants Ch 5 : Continuity and Differentiability		<ul style="list-style-type: none"> <li>• Presentation by extramarks.com</li> <li>• Revision Tests</li> <li>• PPT</li> </ul>	Activity 1 : To verify that the relation R in the set L of all lines in a plane, defined by $R = \{(l, m) : l \perp m\}$ is symmetric but neither reflexive nor transitive. Activity 2 : To verify that the relation R in the set L of all lines in a plane, defined by $R = \{(l, m) : l \parallel m\}$ is an equivalence relation. Activity 3: To demonstrate a function which is not one-one but is onto. Activity 4 : To demonstrate a function which is one-one but not onto.
<b>Test Dates</b>	20.06.19 to 28.06.19	<b>Syllabus Covered from 14.03.19 to 24.05.19</b>			
<b>PT-2</b> (80)	01.07.19 to 06.09.19	Ch 6 : Application of Derivatives Ch 7 : Integrals Ch 8 : Application of Integrals Ch 9 : Differential Equations		<ul style="list-style-type: none"> <li>• Presentation by extramarks.com</li> <li>• Revision Tests</li> <li>• PPT</li> </ul>	Activity 9 : To find analytically the limit of a function $f(x)$ at $x = c$ and also to check the continuity of the function at that point. Activity 11 : To verify Rolle's Theorem. (Geometrically) Activity 17: To find the time when the area of a rectangle of given dimensions become maximum, if the length is decreasing and the breadth is increasing at given rates. Activity 19 : To evaluate the definite integral as the limit of a sum and verify it by actual integration.

<b>Exam Dates</b>	07.09.19 to 16.09.19	<b>Syllabus Covered from 14.03.19 to 06.09.19</b>		
<b>PT-3</b> <b>80</b>	17.09.19 to 10.11.19	Ch 10 : Vectors Ch 11 : Three Dimensional Geometry Ch 13 : Probability + Revision	<ul style="list-style-type: none"> <li>• Presentation by extramarks.com</li> <li>• Revision Tests</li> <li>• PPT</li> </ul>	Activity 21 : To verify that angle in a semi-circle is a right angle, using vector method.  Activity 23 : To demonstrate the equation of a plane in normal form.
<b>Exam Dates</b>	11.11.19 to 20.11.19	<b>Syllabus Covered from 14.03.19 to 10.11.19</b>		
<b>Pre Board 1</b>	21.11.19 to 05.12.19	Ch 12 : Linear Programming + Revision Revision and Discussion of Sample Papers	<ul style="list-style-type: none"> <li>• Presentation by extramarks.com</li> <li>• Revision Tests</li> <li>• PPT</li> </ul>	—
<b>Pre-Board 1 Exams</b> <b>80</b>	06.12.19 to 19.12.19	<b>Syllabus Covered from 14.03.19 to 05.12.19</b>		
<b>Pre Board 2</b>	20.12.19 to 31.12.19	<b>Revision and Discussion of Sample Papers</b>		
<b>Pre-Board 2 Exams</b> Theory Internal Assessment <b>80</b> + <b>20</b>	03.01.20 to 16.01.20	<b>Syllabus Covered from 14.03.19 to 05.12.19</b>		
<b>Reference books:</b>	1. Mathematics for Class XII: ML Aggarwal 2. Mathematics for Class XII: Lalit Sharma and Jyoti Bhola 3. Mathematics Lab Activity Book for Class XII by Lalit Sharma			

<b>Subject Code : 030 - Economics</b>		<b>Syllabus: 2019-2020</b>		<b>Class : XII</b>	
<b>Prescribed Books:</b> 1. Introductory Micro Economics – N.C.E.R.T. (Book I ) 2. Introductory Macro Economics – N.C.E.R.T. (Book II)					
<b>TEST/EXAM</b>	<b>DURATION</b>	<b>PARTICULARS</b>		<b>Use of ICT</b>	<b>Use of Labs</b>
<b>PT-1 (June Test )</b>  <b>80</b>	14.03.19 to 24.05.19	<b>Book 1</b> Unit 1: National Income and Related Aggregates Unit 2: Money and Banking Unit 3: Determination of Income and employment Unit 4: Government Budget and the economy		<ul style="list-style-type: none"> <li>• Use of extramark software</li> <li>• PPT on banking Sector</li> <li>• PPT on National Income</li> </ul>	Use of clicker lab
<b>Test Dates</b>	20.06.19 to 28.06.19	<b>Syllabus Covered from 14.03.19 to 24.05.19</b>			
<b>PT-2</b>  <b>80</b>	01.07.19 to 06.09.19	<b>BOOK : I</b> Unit 4: Government budget and the economy (cont..) Unit 5: Balance of Payments <b>BOOK : II</b> Ch 1- Indian economy on the eve of Independence Ch 2- Indian economy(1950-1990) Ch 3- Liberalization, Privatization and globalization; concepts of demonetization and GST. Ch 4- Poverty Ch 5- Human Capital Formation <b>Allocation of the Project.</b>		<ul style="list-style-type: none"> <li>• Use of extramark software</li> <li>• PPT on " Interim budget 2019-2020"</li> </ul>	Use of clicker lab

<b>Exam Dates</b>	07.09.19 to 16.09.19	<b>Syllabus Covered from 14.03.19 to 06.09.19</b>		
<b>PT-3</b> <b>80</b>	17.09.19 to 10.11.19	<b>BOOK : II</b> Ch 5- Human Capital formation contd... Ch 6- Rural development Ch 7- Employment: growth, informalisation and other issues Ch 8- Inflation Ch 9- Infrastructure	•Use of extramark software  •PPT on current inflation and impact on GDP 2019-2020"	Use of clicker lab
<b>Exam Dates</b>	11.11.19 to 20.11.19	<b>Syllabus Covered from 14.03.19 to 10.11.19</b>		
<b>Pre Board 1</b>	21.11.19 to 05.12.19	<b>BOOK : II</b> Ch 10- Environment and sustainable development Ch 11- Comparative development experiences of India and its Neighbours	•Use of extramark software •PPT on trade relations between India and China	Use of clicker lab
<b>Pre-Board 1 Exams</b> <b>80</b>	06.12.19 to 19.12.19	<b>Syllabus Covered from 14.03.19 to 05.12.19</b>		
<b>Pre Board 2</b>	20.12.19 to 31.12.19	<b>Revision and Discussion of Sample Papers</b>		
<b>Pre-Board 2 Exams</b> Theory Practical <b>80 + 20</b>	03.01.20 to 16.01.20	<b>Syllabus Covered from 14.03.19 to 05.12.19</b>		
<b>Reference books:</b> 1. Introductory Macro Economics: Sandeep Garg      2. Indian Economic Development: Sandeep Garg				

<b>Subject Code : 028 - Political Science</b>		<b>Syllabus: 2019-2020</b>		<b>Class : XII</b>	
<b>Prescribed Books :</b> 1. Contemporary World Politics, Class XII, NCERT 2. Politics in India since Independence, Class XII, NCERT					
<b>TEST/EXAM</b>	<b>DURATION</b>	<b>PARTICULARS</b>		<b>Use of ICT</b>	<b>Use of Labs</b>
<b>PT-1 (June Test )</b>  (80)	14.03.19 to 24.05.19	<b>Part A : Contemporary World Politics</b> Unit 1 : Cold War Era Unit 2 : The End of Bi-polarity Unit 3 : US Hegemony in World Politics <b>Part B : Politics in India since Independence</b> Unit 10 : Challenges of Nation Building Unit 11 : Era of one party Dominance Unit 12 : Politics of Planned Development <b>Allocation of Project</b>		• Use of Extramark for teaching and revision	Use of Learning Lab
<b>Test Dates</b>	20.06.19 to 28.06.19	<b>Syllabus Covered from 14.03.19 to 24.05.19</b>			
<b>PT-2</b>  (80)	01.07.19 to 06.09.19	<b>Part A : Contemporary World Politics</b> Unit 4 : Alternative Centres of Power Unit 5 : Contemporary South Asia Unit 6 : International Organisations <b>Part B : Politics in India since Independence</b> Unit 13 : India's External Relations Unit 14 : Challenges to the Congress System Unit 15 : Crisis of Democratic Order		• Use of Extramark for teaching and revision	Use of Learning Lab
<b>Exam Dates</b>	07.09.19 to 16.09.19	<b>Syllabus Covered from 14.03.19 to 06.09.19</b>			

	17.09.19 to 10.11.19	<b>Part A : Contemporary World Politics</b> Unit 7 : Security in Contemporary World Unit 8 : Environment and Natural Resources Unit 9 : Globalisation <b>Part B : Politics in India since Independence</b> Unit 16 : Rise of Popular Movements Unit 17 : Regional Aspirations Unit 18 : Recent Development in Indian Politics <b>Submission of Project</b>	• Use of Extramark for teaching and revision	Use of Learning Lab
<b>Exam Dates</b>	11.11.19 to 20.11.19	<b>Syllabus Covered from 14.03.19 to 10.11.19</b>		
<b>Pre Board 1</b>	21.11.19 to 05.12.19	<b>Revision and Discussion of Sample Papers</b>	• Use of Extramark for Revision	Use of Learning Lab
<b>Pre-Board 1 Exams</b> 	06.12.19 to 19.12.19	<b>Syllabus Covered from 14.03.19 to 05.12.19</b>		
<b>Pre Board 2</b>	20.12.19 to 31.12.19	<b>Revision and Discussion of Sample Papers</b>	• Use of Extramark for Revision	Use of Learning Lab
<b>Pre-Board 2 Exams</b> 	03.01.20 to 16.01.20	<b>Syllabus Covered from 14.03.19 to 05.12.19</b>		
<b>Project Work :</b>	<ol style="list-style-type: none"> <li>The project will carry a weightage of 20 marks.</li> <li>Out of 20 marks 10 marks are allotted to Viva Voice and 10 marks for Project Work</li> <li>The project can be made in individual/pair/group of 4-5 students each.</li> <li>The project can be made on any of the topic given in the syllabus of a particular class.</li> </ol>			
<b>Reference books:</b>	<ol style="list-style-type: none"> <li>Indian Government and Politics - J.C. Johari</li> <li>Indian Government and Politics - A.S. Narang</li> <li>Conflict : India and Pakistan : David Downing</li> <li>History of the world : J.A.S. Grenville</li> <li>International Politics : Prof. Mahendra Kumar</li> </ol>			

Subject Code : 037 - Psychology		Syllabus: 2019-2020		Class : XII	
<b>Prescribed Books : N.C.E.R.T Psychology XII</b>					
TEST/EXAM	DURATION	PARTICULARS		Use of ICT	Use of Labs
<b>PT-1 (June Test )</b> <b>70</b>	14.03.19 to 24.05.19	Chapter 3 : Meeting Life Challenges Chapter 4 : Psychological Disorders Chapter 8 : Psychology and Life <b>Practical</b> - SCQ- Self Concept Questionnaire ; AISS - Adjustment Inventory for school students.		<ul style="list-style-type: none"> <li>• Use of wedmb for extra information.</li> <li>• Conducting tests via Case Studies</li> </ul>	<ul style="list-style-type: none"> <li>• Use of clicker lab for Case Profiles.</li> </ul>
<b>Test Dates</b>	20.06.19 to 28.06.19	<b>Syllabus Covered from 14.03.19 to 24.05.19</b>			
<b>PT-2</b> <b>70</b>	01.07.19 to 06.09.19	Chapter 1 : Variations in Psychological Attributes Chapter 2 : Self and Personality Chapter 9 : Developing Psychological Skills <b>Practical</b> - MPI - Maudsley Personality Inventory SCAT - Sinha's Comprehensive Anxiety Test Introduction of Case Profile (based on CBSE guidelines)		<ul style="list-style-type: none"> <li>• Use of wedmb for extra information.</li> <li>• Revision tests</li> </ul>	<ul style="list-style-type: none"> <li>• Use of clicker lab for intelligence test and personality inventory.</li> </ul>

<b>Exam Dates</b>	07.09.19 to 16.09.19	<b>Syllabus Covered from 14.03.19 to 06.09.19</b>		
<b>PT-3</b> <b>70</b>	17.09.19 to 10.11.19	Chapter 6 : Attitude and Social Cognition Chapter 7 : Social Influence and group processes  <b>Practical</b> - SAS - Sodhi's attitude Scale. Case Profile: Topics : (Autism, OCD, ADHD, Creativity, Giftedness, Stress) etc.	• Use of wedmb for extra information.  • Revision test	• Use of learning lab
<b>Exam Dates</b>	11.11.19 to 20.11.19	<b>Syllabus Covered from 14.03.19 to 10.11.19</b>		
<b>Pre Board 1</b>	21.11.19 to 05.12.19	Chapter 5 : Therapeutic Approaches	• Use of wedmb for extra information.	• Use of learning lab
<b>Pre-Board 1 Exams</b> <b>70</b>	06.12.19 to 19.12.19	<b>Syllabus Covered from 14.03.19 to 05.12.19</b>		
<b>Pre Board 2</b>	20.12.19 to 31.12.19	<b>Revision and Discussion of Sample Papers</b>	• Showing the scanned copy of well presented answer sheet.	• Use of learning lab
<b>Pre-Board 2 Exams</b> Theory Practical <b>70 + 30</b>	03.01.20 to 16.01.20	<b>Syllabus Covered from 14.03.19 to 05.12.19</b>		
<b>Reference books:</b> 1. A.K Bhatnagar (Psychology with Practicals) 2. A.K Bhatnagar (Psychology Made Easy) 3. Carson and Butcher (Abnormal Psychology) 4. Robert A. Baron (Social Psychology)				



<b>Subject Code : 048 - Physical Education</b>		<b>Syllabus: 2019-2020</b>		<b>Class : XII</b>	
<b>Prescribed Books:</b> Saraswati Health & Physical Education					
<b>TEST/EXAM</b>	<b>DURATION</b>	<b>PARTICULARS</b>		<b>Use of ICT</b>	<b>Use of Labs</b>
<b>PT-1</b> <b>(June Test )</b> <b>70</b>	14.03.19 to 24.05.19	Unit 1 : Planning in Sports Unit 2 : Sports & Nutrition Unit 3 : Yoga and Lifestyle Unit 4 : Physical Education & Sports for Differently Abled.		—	<ul style="list-style-type: none"> <li>Physical Fitness <b>AAPHER</b></li> <li>Skill of any individual game of choice from –Athletics, Football, Basket Ball, Handball, Kho-Kho, Volleyball and Unified Basketball.</li> </ul>
<b>Test Dates</b>	20.06.19 to 28.06.19	<b>Syllabus Covered from 14.03.19 to 24.05.19</b>			
<b>PT-2</b> Theory Practical <b>70 + 30</b>	01.07.19 to 06.09.19	Unit 5 : Children & Women in Sports Unit 6 : Test & Measurement in Sports Unit 7 : Physiology & Injuries in Sports Unit 8 : Biomechanics & Sports		—	<ul style="list-style-type: none"> <li>Practical - 1: Modified AAPHER administration for all items.</li> <li>Practical - 2: Conduct Barrow 3 Item Test on 10 students.</li> </ul>
<b>Exam Dates</b>	07.09.19 to 16.09.19	<b>Syllabus Covered from 14.03.19 to 06.09.19</b>			

<b>PT-3</b> <b>70</b>	17.09.19 to 10.11.19	Unit 9 : Psychology & Sports Unit 10 : Training in Sports	—	<ul style="list-style-type: none"> <li>• Practical - 3: Procedure for Asanas, Benefits &amp; Contraindication for any two Asanas for each lifestyle disease.</li> <li>• Practical - 4: Procedure for administering Senior Citizen Fitness Test for 5 elderly family members.</li> <li>• Practical - 5: Any one game of your choice out of the list above. Labelled diagram of field &amp; equipment (Rules, Terminologies &amp; Skills).</li> <li>• Viva and Record File</li> </ul>
<b>Exam Dates</b>	11.11.19 to 20.11.19	<b>Syllabus Covered from 14.03.19 to 10.11.19</b>		
<b>Pre Board 1</b>	21.11.19 to 05.12.19	<b>Revision and Discussion of Sample Paper</b>	—	
<b>Pre-Board 1 Exams</b> <b>70</b>	06.12.19 to 19.12.19	<b>Syllabus Covered from 14.03.19 to 05.12.19</b>		
<b>Pre Board 2</b>	20.12.19 to 31.12.19	<b>Revision and Discussion of Sample Paper</b>		
<b>Pre-Board 2 Exams</b> Theory Practical <b>70 + 30</b>	03.01.20 to 16.01.20	<b>Syllabus Covered from 14.03.19 to 05.12.19</b>		
<b>Reference books:</b> Physical Education by Ratnasagar Publication.				

<b>Subject Code : General Studies</b>		<b>Syllabus : 2019-2020</b>	<b>Class : XII</b>
<b>MONTH</b>	<b>PARTICULARS</b>		
<b>March' 19 to August' 19</b>	<ul style="list-style-type: none"> <li>• Value Education workshops - as per the schedule .</li> <li>• Monthly Presentations : on Following given topic :               <ol style="list-style-type: none"> <li>a. Science and Society (July)</li> <li>b. Contemporary Problems of Indian Society. (July)</li> </ol> </li> </ul>		
<b>September' 19</b>	<b>Mid Assessment</b>		
<b>October'19 to December' 19</b>	<ul style="list-style-type: none"> <li>• Monthly Presentations : on following given topic :               <ol style="list-style-type: none"> <li>a. Cultural Heritage of India (October)</li> <li>b. India's Freedom Struggle (October)</li> <li>c. Constitutional Values (November)</li> <li>d. Human Rights (November)</li> </ol> </li> </ul>		
<b>January' 20</b>	<b>Final Assessment</b>		
<p><b>Note:</b> Grading will be done as per CBSE guidelines and all above topics will be covered through workshops.</p>			

<b>Subject : Health and Physical Education (HPE)</b>		<b>Syllabus: 2019-2020</b>	<b>Class : XII</b>
<b>MONTH</b>	<b>PARTICULARS</b>		
<b>March' 19 to August' 19</b>	<ul style="list-style-type: none"> <li>• Games: Basket Ball, Badminton, Hand Ball, Volley Ball, Kho-kho, Table- Tennis, Athletics</li> <li>• History of the Game / Sports</li> <li>• Latest general rules of the Game / Sports</li> <li>• Specification of play fields and sports equipments</li> </ul>		
<b>September' 19</b>	<b>Mid Assessment.</b>		
<b>October'19 to December' 19</b>	<ul style="list-style-type: none"> <li>• Sports Terminologies,</li> <li>• Sports Tactics,</li> <li>• Developing Motor Components for Particular Game.</li> <li>• Important Tournaments and Venues</li> <li>• Famous Sports Personalities</li> <li>• Sports Awardees</li> <li>• Common Sports Injuries and their preventions and treatments</li> </ul>		
<b>January' 20</b>	<b>Final Assessment</b>		
<p><b>Self Defence Training for Girl Students :</b>  <b>Commands</b> - Ray Group, Right Rest - Hands down, Sico Dachii Punch Position - stance- ready up right side right leg with bothhands at waist with punch(close fingers &amp; lock by thumb).  <b>Techniques</b> - Middle Punch, Upper Punch, Lower Punch, Middle Finger's tips attack, Upper finger's tips attack, Lower finger's tips attack, Middle palm thrust, Upper palm thrust, Lower palm thrust, Temple attack, Temple short punch, Front elbow attack, Back elbow attack, Front block, Side block, Lower block, Chin shoggi, Front shoggi (Stomach), Ribs attack, Bus attack-self equipments-as mentioned earlier, Front kick, Side kick, Back kick, Single hand grip, Double hand grip and Attack on sensitive parts by hand &amp; legs</p> <p><b>Name of Tests to be conducted :</b>          BMI, Partial Curl Up, Flexed / Bent Arm Hang, Sit and Reach, 600 Metre Run, Flamingo Balance Test, Shuttle Run, Sprint / Dash, Standing Vertical Jump, PLate Tapping and Alternative Hand Wall Test</p> <p><b>Note:</b> Grading will be done as per CBSE guidelines.</p>			

Year Planner : 2019-2020		Class : XII
MONTH	DATE & DAY	DETAILS
March' 19	14.03.2019 (Thursday)	Commencement of the Session
	04.04.2019 (Thursday)	Value Education Workshop : Team Work by XII A
April' 19	11.04.2019 (Thursday)	Value Education Workshop : Honesty and Integrity by XII B
	18.04.2019 (Thursday)	Value Education Workshop : Fostering balance between Rights and Duties by XII C
	20.04.2019 (Saturday)	Parent's Workshop : Future Frontiers (Career Counseling)
	25.04.2019 (Thursday)	Value Education Workshop : Sensitivity towards Environment by XII D
	26.04.2019 (Friday)	Student's Workshop : Treading the Career Path
May' 19	03.05.2019 (Friday)	Principal's Session
	25.05.2019 (Saturday) to 31.05.2019 (Friday)	Summer Break
June' 19	01.06.2019 (Saturday) to 19.06.2019 (Wednesday)	Summer Break
	20.06.2019 (Thursday) to 28.06.2019 (Friday)	CT – 1 Examination (June Test)
July' 19	11.07.2019 (Thursday)	Students' Workshop : Social Networking Ethics
	20.07.2019 (Saturday)	Educational Visit to Yakult (Commerce & Humanities)
	27.07.2019 (Saturday)	Parent Teacher Meeting and Book Fair
August' 19	17.08.2019 (Saturday)	Parent's Workshop : 3 P's of Positive Parenting
	28.08.19 (Wednesday)	Visit to Rashtrapati Bhavan Museum (for Humanities students of XI - XII)
	30.08.19 (Friday)	Visit to Parliament Session (for Humanities students of XI - XII)
September' 19	07.09.2019 (Saturday) to 16.09.2019 (Monday)	CT – 2 Examination
	19.09.2019 (Thursday)	Students' Workshop : Mapping for Success
October' 19	05.10.2019 (Saturday)	Parent Teacher Meeting and Book Fair
	09.11.2019 (Saturday)	'Chrysalis', Senior Annual Day & Prize Distribution Ceremony
November' 19	20.11.2019 (Wednesday)	Senior Sports Day
	11.11.2019 (Monday) to 20.11.2019 (Wednesday)	CT – 3 Examination
December'19	06.12.2019 (Friday) to 19.12.2019 (Thursday)	Pre Board 1 Examination
	03.01.2020 (Friday) to 16.01.2020 (Thursday)	Pre Board 2 Examination
January' 20	18.01.2020 (Saturday)	Blessing Ceremony
	25.01.2020 (Saturday)	Parent Teacher Meeting and Book Fair
February – March' 20	Board Exams (As per CBSE Schedule)	

**Note:** 1. Dates Proposed are tentative and subject to change. 2. Dates and details of workshops & Educational Visit will be intimated as per the availability of Venue & Resource Person.

**List of Holidays: 2019-2020****Class : XII**

<b>MONTH</b>	<b>DATE &amp; DAY</b>	<b>DETAILS</b>
<b>April'19</b>	17th Wednesday 19th Friday	Mahavir Jayanti Good Friday
<b>May'19</b>	18th Saturday	Buddha Purnima
<b>August '19</b>	12th Monday 15th Thursday 24th Saturday	Id – Ul – Zuha (Bakrid) Independence Day & Raksha Bandhan Janmashtami
<b>September'19</b>	10th Tuesday	Muharram
<b>October'19</b>	2nd Wednesday 7th Monday & 8th Tuesday 17th Thursday 26th Saturday to 29th Tuesday	Mahatma Gandhi Birthday Dussehra Karva Chauth Diwali Break
<b>November'19</b>	12th Tuesday	Guru Nanak's Birthday
<b>December'19</b>	25th Wednesday	Christmas Day
<b>January'20</b>	26th Sunday	Republic Day