ARMY PUBLIC SCHOOL DAMANA
SPLIT UP SYLLABUS(2023-24)

CLASS: XII **SUBJECT: ENGLISH**

BOOKS PRESCRIBED: 1.FLAMINGO
2. VISTAS

CO-ORDINATED SYLLABUS

MONTH	EXAMINATION	TOPICS
APRIL (21)		1. SYLLABUS AND EXAMINATION SPECIFICATIONS 2. NOTICE WRITING 3. THE LAST LESSON 4. THE LOST SPRING 5. MY MOTHER AT SIXTY SIX
MAY (25)	MAY UT-I (15 May-22 May)	1. THE THIRD LEVEL 2. THE TIGER KING 3. KEEPING QUIET
JUNE (10) EXTRA CLASS MAY- JUNE	23 May-13 June 2023	1. JOURNEY TO THE END OF THE EARTH 2. THE ENEMY 3. LETTER WRITING
JULY (18)	JULY UT-II (17 July-24 July)	1. DEEP WATER 2. THE RATTRAP 3. ARTICLE WRITING
AUGUST (24)		1. INDIGO 2. A THING OF BEAUTY 3. REPORT WRITING
SEPTEMBER (23)	SEPTEMBER HALF- YEARLY EXAMINATION (18 Sep-29 Sep)	1. A ROADSIDE STAND 2. ON THE FACE OF IT 3. AUNT JENNIFER'S TIGERS 4. INVITATION WRITING
OCTOBER (23)		1. POETS AND PANCAKES 2. THE INTERVIEW 3. GOING PLACES 4. MEMORIES OF CHILDHOOD
NOVEMBER (20)	NOVEMBER PB-I (16 Nov-28 Nov)	1. REVISION WORK 2. DOUBT CLEARING SESSIONS 3. PRE-BOARD-I
		4. PRACTICE PAPERS
DECEMBER (19)	DECEMBER PB-II (18 Dec-30 Dec)	1. REVISION 2. PRE-BOARD-II

JANUARY(20)	**JANUARY PB-III (15 Jan-29 Jan)**	**1. REVISIONTHROUGH SAMPLE PAPERS** **2. DOUBT CLEARING SESSIONS** **3. PRE- BOARD-III**
FEBRUARY(24)		**EXTERNAL PRACTICAL- ASL**

ARMY PUBLIC SCHOOL DAMANA
SPLIT UP SYLLABUS(2023-24)

CLASS: XII **SUBJECT: PHYSICS**

BOOKS PRESCRIBED: 1.SCIENCE TEXTBOOK BY NCERT, EXEMPLAR

CO-ORDINATED SYLLABUS

MONTH	EXAMINATION	TOPICS
APRIL (21)		**UnitI- Electrostatics:**Chapter–1: Electric Charges and Fields Electric charges, Conservation of charge, Coulomb's law-force between two- point charges, forces between multiple charges; superposition principle and continuous charge distribution. Electric field, electric field due to a point charge, electric field lines, electric dipole, electric field due to a dipole, torque on a dipole in uniform electric field. Electric flux, statement of Gauss's theorem and its applications to find field due to infinitely long straight wire, uniformly charged infinite plane sheet and uniformly charged thin spherical shell (field inside and outside).
MAY (25)	**MAY** **UT-I (15 May-22 May)**	Chapter–2: Electrostatic Potential and Capacitance - Electric potential, potential difference, electric potential due to a point charge, a dipole and system of charges; equipotential surfaces, electrical potential energy of a system of two-point charges and of electric dipole in an electrostatic field. Conductors and insulators, free charges and bound charges inside a conductor. Dielectrics and electric polarization, capacitors and capacitance, combination of capacitors in series and in parallel, capacitance of a parallel plate capacitor with and without dielectric medium between the plates, energy stored in a capacitor (no derivation, formulae only). **Unit II: Current Electricity.** Chapter–3: Current Electricity Electric current, flow of electric charges in a metallic conductor, drift velocity, mobility and their relation with electric current; Ohm's law, V-I characteristics (linear and non-linear), electrical energy and power, electrical resistivity and conductivity, temperature dependence of resistance, Internal resistance of a cell, potential difference and emf of a cell, combination of cells in series and in parallel, Kirchhoff's rules, Wheatstone bridge.
JUNE (10) **EXTRA CLASS** **MAY- JUNE**	**23 May-13 June 2023**	**Unit III : Magnetic Effects of Current and Magnetism** Chapter–4: Moving Charges and Magnetism Concept of magnetic field, Oersted's experiment. Biot - Savart law and its application to current carrying circular loop. Ampere's law and its applications to infinitely long straight wire. Straight solenoid (only qualitative

		treatment), force on a moving charge in uniform magnetic and electric fields. Force on a current-carrying conductor in a uniform magnetic field, force between two parallel current-carrying conductors-definition of ampere, torque experienced by a current loop in uniform magnetic field; Current loop as a magnetic dipole and its magnetic dipole moment, moving coil galvanometer- its current sensitivity and conversion to ammeter and voltmeter.
JULY (18)	**JULY** **UT-II (17 July-24 July)**	Chapter–5: Magnetism and Matter Bar magnet, bar magnet as an equivalent solenoid (qualitative treatment only), magnetic field intensity due to a magnetic dipole (bar magnet) along its axis and perpendicular to its axis (qualitative treatment only), torque on a magnetic dipole (bar magnet) in a uniform magnetic field (qualitative treatment only), magnetic field lines. Magnetic properties of materials- Para-, dia- and ferro - magnetic substances with examples, Magnetization of materials, effect of temperature on magnetic properties.
AUGUST (24)		**Unit IV: Electromagnetic Induction and Alternating Currents** Chapter–6: Electromagnetic Induction Electromagnetic induction; Faraday's laws, induced EMF and current; Lenz's Law, Self and mutual induction. Chapter–7: Alternating Current Alternating currents, peak and RMS value of alternating current/voltage; reactance and impedance; LCR series circuit (phasors only), resonance, power in AC circuits, power factor, wattless current. AC generator, Transformer. **Unit V: Electromagnetic waves** Chapter–8: Electromagnetic Waves Basic idea of displacement current, Electromagnetic waves, their characteristics, their transverse nature (qualitative idea only). Electromagnetic spectrum (radio waves, microwaves, infrared, visible, ultraviolet, X-rays, gamma rays) including elementary facts about their uses. **Unit VI: Optics** Chapter–9: Ray Optics and Optical Instruments Ray Optics: Reflection of light, spherical mirrors, mirror formula, refraction of light, total internal reflection and optical fibers, refraction at spherical surfaces, lenses, thin lens formula, lens maker's formula, magnification, power of a lens, combination of thin lenses in contact, refraction of light through a prism. Optical instruments: Microscopes and astronomical telescopes (reflecting and refracting) and their magnifying powers.

SEPTEMBER (23)	**SEPTEMBER HALF- YEARLY EXAMINATION (18 Sep-29 Sep)**	Chapter–10: Wave Optics Wave optics: Wave front and Huygen's principle, reflection and refraction of plane wave at a plane surface using wave fronts. Proof of laws of reflection and refraction using Huygen's principle. Interference, Young's double slit experiment and expression for fringe width (No derivation final expression only), coherent sources and sustained interference of light, diffraction due to a single slit, width of central maxima (qualitative treatment only). **Unit VII: Dual Nature of Radiation and Matter** Chapter–11: Dual Nature of Radiation and Matter Dual nature of radiation, Photoelectric effect, Hertz and Lenard's observations; Einstein's photoelectric equation-particle nature of light. Experimental study of photoelectric effect Matter waves-wave nature of particles, de-Broglie relation.
OCTOBER (23)		**Unit VIII: Atoms and Nuclei** Chapter–12: Atoms Alpha-particle scattering experiment; Rutherford's model of atom; Bohr model of hydrogen atom, Expression for radius of nth possible orbit, velocity and energy of electron in nth orbit, hydrogen line spectra (qualitative treatment only). Chapter–13: Nuclei Composition and size of nucleus, nuclear force Mass-energy relation, mass defect; binding energy per nucleon and its variation with mass number; nuclear fission, nuclear fusion. **Unit IX: Electronic Devices** Chapter–14: Semiconductor Electronics: Materials, Devices and Simple Circuits Energy bands in conductors, semiconductors and insulators (qualitative ideas only) Intrinsic and extrinsic semiconductors- p and n type, p-n junction Semiconductor diode - I-V characteristics in forward and reverse bias, application of junction diode - diode as a rectifier
NOVEMBER (20)	**NOVEMBER PB-I (16 Nov-28 Nov)**	**REVISION**
DECEMBER (19)	**DECEMBER PB-II (18 Dec-30 Dec)**	**REVISION**
JANUARY(20)	**JANUARY PB-III (15 Jan-29 Jan)**	**1. REVISIONTHROUGH SAMPLE PAPERS** **2. DOUBT CLEARING SESSIONS** **3. PRE- BOARD-III**
FEBRUARY(24)		**EXTERNAL PRACTICAL**

ARMY PUBLIC SCHOOL DAMANA
SPLIT UP SYLLABUS (2023-24)

CLASS-XII **SUBJECT-CHEMISTRY**

BOOKS PRESCRIBED: - 1. NCERT CHEMISTRY 2. NCERT EXEMPLAR 3. Pardeep publications. 4. CHEMISTRY BY S.P JAUHAR

MONTH	EXAMINATION	TOPICS
APRIL 21 Days		**Solutions** Periods Types of solutions, expression of concentration of solutions of solids in liquids, solubility of gases in liquids, solid solutions, Raoult's law, colligative properties - relative lowering of vapour pressure, elevation of boiling point, depression of freezing point, osmotic pressure, determination of molecular masses using colligative properties, abnormal molecular mass, Van't Hoff factor.
MAY 25 Days	**15Th May – 22nd 2023** **PTM – 31st MAY**	**Electrochemistry** Redox reactions, EMF of a cell, standard electrode potential, Nernst equation and its application to chemical cells, Relation between Gibbs energy change and EMF of a cell, conductance in electrolytic solutions, specific and molar conductivity, variations of conductivity with concentration, Kohlrausch's Law, electrolysis and law of electrolysis (elementary idea), dry cell-electrolytic cells and Galvanic cells, lead accumulator, fuel cells, corrosion.
JUNE 10 Days		**Chemical Kinetics** Rate of a reaction (Average and instantaneous), factors affecting rate of reaction: concentration, temperature, catalyst; order and molecularity of a reaction, rate law and specific rate constant, integrated rate equations and half-life (only for zero and first order reactions), concept of collision theory (elementary idea, no mathematical treatment), activation energy, Arrhenius equation.
JULY 18 Days	**17th JULY – 24th JULY 2023** **PTM 2nd AUGUST 2023**	**d and f Block Elements** General introduction, electronic configuration, occurrence and characteristics of transition metals, general trends in properties of the first row transition metals – metallic character, ionization enthalpy, oxidation states, ionic radii, colour, catalytic property, magnetic properties, interstitial compounds, alloy formation, preparation and properties of K2Cr2O7 and KMnO4. Lanthanoids - Electronic configuration, oxidation states, chemical reactivity and lanthanoid contraction and its consequences. Actinoids - Electronic configuration, oxidation states and comparison with lanthanoids. **Biomolecules** Carbohydrates - Classification (aldoses and ketoses), monosaccahrides (glucose and fructose), D-L configuration oligosaccharides (sucrose, lactose, maltose), polysaccharides (starch, cellulose, glycogen); Importance of carbohydrates. Proteins -Elementary idea of - amino acids, peptide bond, polypeptides, proteins, structure of proteins - primary, secondary, tertiary structure and quaternary structures (qualitative idea only), denaturation of proteins; enzymes. Hormones - Elementary idea excluding structure. Vitamins - Classification and functions. Nucleic Acids: DNA and RNA

AUGUST 24 Days		**Coordination Compounds** Coordination compounds - Introduction, ligands, coordination number, colour, magnetic properties and shapes, IUPAC nomenclature of mononuclear coordination compounds. Bonding, Werner's theory, VBT, and CFT; structure and stereoisomerism, importance of coordination compounds (in qualitative analysis, extraction of metals and biological system). **Haloalkanes and Haloarenes.** Haloalkanes: Nomenclature, nature of C–X bond, physical and chemical properties, optical rotation mechanism of substitution reactions. Haloarenes: Nature of C–X bond, substitution reactions (Directive influence of halogen in monosubstituted compounds only). Uses and environmental effects of - dichloromethane, trichloromethane, tetrachloromethane, iodoform, freons, DDT.
SEPTEMBER 23 Days	**Half Yearly 18th September to 29th September** **PTM 13 October 2023**	**Alcohols, Phenols and Ethers** Alcohols: Nomenclature, methods of preparation, physical and chemical properties (of primary alcohols only), identification of primary, secondary and tertiary alcohols, mechanism of dehydration, uses with special reference to methanol and ethanol. Phenols: Nomenclature, methods of preparation, physical and chemical properties, acidic nature of phenol, electrophillic substitution reactions, uses of phenols. Ethers: Nomenclature, methods of preparation, physical and chemical properties, uses.
OCTOBER 23 Days		Aldehydes, Ketones and Carboxylic Acids Aldehydes and Ketones: Nomenclature, nature of carbonyl group, methods of preparation, physical and chemical properties, mechanism of nucleophilic addition, reactivity of alpha hydrogen in aldehydes, uses. Carboxylic Acids: Nomenclature, acidic nature, methods of preparation, physical and chemical properties; uses **Amines** Amines: Nomenclature, classification, structure, methods of preparation, physical and chemical properties, uses, identification of primary, secondary and tertiary amines. Diazonium salts: Preparation, chemical reactions and importance in synthetic organic chemistry
NOVEMBER 20	**PRE BOARD I 16 NOV – 28TH NOV 2023** **PTM 30 DECEMBER 2023**	REVISION
DECEMBER 19 Days	**PRE BOARD II 18 DEC – 30 DEC 2023** **PTM 12 JAN 2024**	REVISION
JANUARY 20 Days	**PRE BOARD III 15 JAN – 29 JAN** **PTM 08 FEB 2024**	REVISION
FEBRUARY		Revision

24 DAYS		
MARCH		Annual Exam

ARMY PUBLIC SCHOOL DAMANA

SPLIT UP SYLLABUS (2023-24)

CLASS: XII **SUBJECT: MATHEMATICS**

MONTH/DAYS	EXAMINATION	CONTENT
April 21 Days		• Matrices • Determinants
May 25 Days	Unit Test I 15-22 May 2023 PTM 31 May 2023	• Relations and Functions • Inverse Trigonometric Functions
June 10 Days	Summer Break 14 June-07 July	• Continuity and Differentiability
July 18 Days	Unit Test II 17-24 July 2023 PTM 02 August 2023	• Application of Derivatives • Linear Programming
August 24 Days		• Integrals • Application of Integrals
September 23 Days	Half Yearly 18-29 September 2023 PTM 13 October 2023	• Differential Equations • Vector
October 23 Days		• 3D Geometry • Probability
November 20 Days	Pre Board I 16-28 November	Revision for Pre boards
December 19 Days	Pre Board II 18-30 December PTM 12 January	Revision and practice of CBSE sample papers
January 20 Days	Pre Board III 15-29 January PTM 8 February	Revision and Practice of CBSE Sample papers
February 24 Days		Revision and practice of CBSE Sample Papers

ARMY PUBLIC SCHOOL DAMANA
SPLIT UP SYLLABUS (2023-24)

CLASS: XII **SUBJECT: Computer Science (083)**

BOOKS PRESCRIBED:

1. **Sumita Arora**
2. **Preeti Arora**

MONTHS/ DAYS	EXAMINATION	CONTENT
APRIL 21 DAYS		Unit I: Computational Thinking and Programming – User Defined Functions , Creating functions, parameter
MAY 25 DAYS	UT-I 15TH MAY -22ND MAY 2023 PTM -31ST MAY 2023	Exception Handling: Introduction, handling exceptions using try-except-finally blocks ● Introduction to files, types of files (Text file, Binary file, CSV file), relative and absolute paths
JUNE 10 DAYS	SUMMER BREAK FROM (14TH JUNE -24TH JULY 2023)	CSV file: import csv module, open / close csv file, write into a csv file using writer(), writerow(), writerows() and read from a csv file using reader() ● Data Structure: Stack, operations on stack (push & pop), implementation of stack using list.
JULY 18 DAYS	UT-II 17TH JULY-24TH JULY 2023 PTM -02ND AUG 2023	Unit III: Database Management ● Database concepts: introduction to database concepts and its need ● Relational data model: relation, attribute, tuple, domain, degree, cardinality, keys (candidate key, primary key, alternate key, foreign key)
AUGUST 24 DAYS		Interface of python with an SQL database: connecting SQL with Python, performing insert, update, delete queries using cursor,
SEPTEMBER 23 DAYS	HALF YEARLY 18TH SEPT. TO 29TH SEPT.2023 PTM 13TH OCT 2023	Unit II: Computer Networks ● Evolution of networking: ● Data communication terminologies: ● Transmission media: ● Network devices ● Network topologies and Network types: ● Network protocol: ● Introduction to web services:
OCTOBER 23 DAYS		REVISION
NOVEMBER 20 DAYS	PRE BOARD- I 16TH NOV. -28TH NOV 2023 PTM-30TH DEC 2023	REVISION
DECEMBER 19 DAYS	PRE BOARD –II	REVISION AND SAMPLE PAPER

	18th DEC- 30TH DEC 23 PTM-12TH JAN 24	
JAN 20 DAYS	PRE BOARD –III 15TH JAN- 29TH JAN 24 PTM-08TH FEB 2024	REVISION AND SAMPLE PAPER
FEB 24 DAYS		REVISION CBSE SAMPLE PAPER
MARCH	ANNUAL EXAMINATION SESSION 2023-24	

ARMY PUBLIC SCHOOL DAMANA
SYLLABUS (2023-24)

CLASS-XII (NCERT) **SUBJECT-BIOLOGY (044)**

Month(Days)	Contents
APRIL(21)	**UNIT- VI** **CHAPTER-1 SEXUAL REPRODUCTION IN FLOWERING PLANTS** Structure of flower, Pre-fertilisation : Stamen, Microsporogenesis and Pollen Grain, megasporogenesis, Structures and Events, Double Fertilisation, Post-fertilisation: Structures and Events, Apomixis and Polyembryony, , Pollination, and pistil components and the interactions recognition, Artificial hybridisation , double fertilisation, embryo development, seed formation, true and false fruits. **CHAPTER-2 SEXUAL REPRODUCTION IN HUMAN BEINGS** The Male Reproductive System and Female Reproductive System
May (25) (15 May- 22 May UT-I)	**CHAPTER-2 HUMAN REPRODUCTION** Gametogenesis, Menstrual Cycle and Fertilisation, Implantation Pregnancy and Embryonic Development, Parturition and Lactation. **CHAPTER-3 REPRODUCTIVE HEALTH** Problems and Strategies, Population Explosion and Birth Control-contraceptive methods, Medical Termination of Pregnancy, Sexually Transmitted Diseases Infertility, amniocentesis, assisted reproductive technologies (ART)
(June-10) EXTRACLASSES	**UNIT - VII** **CHAPTER-4 PRINCIPLES OF INHERITANCE AND VARIATION** Heredity and variation: Mendelian inheritance; deviations from Mendelism – incomplete dominance, co-dominance multiple alleles and inheritance of blood groups, pleiotropy
JULY (18)	Elementary idea of polygenic inheritance; chromosome theory of inheritance; chromosomes and genes; Sex determination- in humans, birds and honey bee; linkage and crossing over; sex linked inheritance - haemophilia, colour blindness; Mendelian disorders in humans - thalassemia; chromosomal disorders in humans; Down's syndrome, Turner's and Klinefelter's syndromes. INHERITANCE OF TWO GENES, A Comparison between the Behaviour of hormones and Genes, chromosomal theory of inheritance Linkage and Recombination, sex determination and genetic disorder, Pedigree Analysis, Mendelian Disorders, Chromosomal, Disorders **CHAPTER-5: MOLECULAR BASIS OF INHERITANCE** Search for genetic material and DNA as genetic material; Structure of DNA and RNA; DNA packaging; DNA replication; Central dogma, Transcription, genetic code, translation; gene expression and regulation - lac operon; genome and human and rice genome projects; DNA fingerprinting.
AUG(24)	**CHAPTER -6 EVOLUTION** Origin of life; biological evolution and evidences for biological evolution (palaeontology) comparative anatomy, embryology and molecular evidences); Darwin's contribution, modern synthetic theory of evolution; mechanism of evolution - variation (mutation and recombination) and natural selection with examples, types of natural selection; Gene flow and genetic drift; Hardy - Weinberg's principle; adaptive radiation; human evolution. **UNIT- VIII BIOLOGY IN HUMAN WELFARE** **CHAPTER-7: HUMAN HEALTH AND DISEASES** Pathogens; parasites causing human diseases (malaria, dengue, chickengunia, filariasis, ascariasis, typhoid, pneumonia, common cold, amoebiasis, ring worm) and their control;

SEP (23) (HALF YEARLY 18-29 SEP) OCT (23)	Basic concepts of Immunology - vaccines; cancer, HIV and AIDS; Adolescence - drug and alcohol abuse. . **CHAPTER-8: MICROBES IN HUMAN WELFARE** In household food processing, industrial production, sewage treatment, energy generation and microbes as biocontrol agents and biofertilizers, Antibiotics; production and judicious use. **UNIT-IX BIOTECHNOLOGY AND ITS APPLICATION** **CHAPTER-9: BIOTECHNOLOGY - PRINCIPLES AND PROCESSES** Genetic Engineering (Recombinant DNA Technology). **CHAPTER-10: BIOTECHNOLOGY AND ITS APPLICATION** Application of biotechnology in health and agriculture: Human insulin and vaccine production, stem cell technology, gene therapy; genetically modified organisms - Bt crops; transgenic animals; biosafety issues, bio piracy and patents. **Unit-X ECOLOGY AND ENVIRONMENT** **CHAPTER-11: ORGANISMS AND POPULATIONS** Organisms and environment: Habitat and niche, population and ecological adaptations; population, interactions - mutualism, competition, predation, parasitism; population attributes - growth, birth rate, and death rate, age distribution. **CHAPTER-12: 14-ECOSYSTEM** Ecosystems: Patterns, components; productivity and decomposition; energy flow; pyramids of number, biomass, energy; nutrient cycles (carbon and phosphorous); ecological succession; ecological services - carbon fixation, pollination, seed dispersal, oxygen release (in brief). **CHAPTER-13: BIODIVERSITY AND ITS CONSERVATION** Biodiversity-Concept, patterns, importance; loss of biodiversity; biodiversity conservation; hotspots, endangered organisms, extinction, Red Data Book, biosphere reserves, national parks, sanctuaries and Ramsar sites.
NOV (20)	**REVISION PREBOARD- I (16-28 NOV.)**
DEC (19)	**PREBOARD- II (18-30 Dec23)**
JAN (20)	**PREBOARD- III (15-29 Jan 24)/ REVISION III**
FEB (24)	**EXTERNAL PRACTICAL**

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ARMY PUBLIC SCHOOL DAMANA
SPLIT UP SYLLABUS (2023-24)
CLASS: XII **SUBJECT: PSYCHOLOGY**
BOOKS PRESCRIBED: TEXT BOOK OF PSYCHOLOGY (NCERT)

MONTH	EXAMINATION	TOPICS
APRIL **21 Days**		**Unit-I: Variations in Psychological Attributes** Introduction, Individual Differences in Human Functioning, Assessment of Psychological, Attributes, Intelligence, Theories of Intelligence, Theory of Multiple Intelligences, Triarchic Theory of Intelligence, PASS Model of Intelligence, Individual Differences in Intelligence, Variations of Intelligence, Culture and Intelligence.
MAY **25 Days**	**15Th May – 22nd 2023** **PTM – 31st MAY**	**Unit-I: Variations in Psychological Attributes** Individual Differences in Intelligence, Variations of Intelligence, Culture and Intelligence. Emotional Intelligence, Special Abilities Aptitude: Nature and Measurement, Creativity. **Unit-II: Self and Personality** Introduction, Self and Personality, Concept of Self, Cognitive and Behavioural Aspects of Self, Self-esteem, Self-efficacy and Self-regulation, Culture and Self, Concept of Personality, Major Approaches to the Study of Personality, Type Approaches, Trait Approaches
JUNE **10 Days**		**Unit-II: Self and Personality** Psychodynamic Approach, Behavioural Approach, Cultural Approach, Humanistic Approach ,Assessment of Personality, Self-report Measures, Projective Techniques, Behavioural Analysis.
JULY **18 Days**	**17th JULY – 24th JULY 2023** **PTM 2nd AUGUST 2023**	**Unit-III: Meeting Life Challenges** Introduction, Nature, Types and Sources of Stress. Effects of Stress on Psychological Functioning and Health, Stress and Health, General Adaptation Syndrome. Stress and Immune System, Lifestyle, Coping with Stress, Stress Management Techniques, Promoting Positive Health and Well-being, Life Skills.

AUGUST **24 Days**		**Unit-IV: Psychological Disorders** Introduction, Concepts of abnormality and psychological Disorders. Classification of Psychological Disorders, Factors Underlying Abnormal Behaviour, Major Psychological Disorders, Anxiety Disorders, Somatoform Disorders, Dissociative Disorders, Mood Disorders, Schizophrenic Disorders, Behavioural and Developmental Disorders, Substance-use Disorders.
SEPTEMBER **23 Days**	**Half Yearly 18th September to 29th September** **PTM 13 October 2023**	**Unit-V: Therapeutic Approaches** Nature and process of psychotherapy, Therapeutic relationship, Types of therapies, Behaviour Therapy, Cognitive Therapy, Humanistic - existential Therapy, Alternative Therapies, Rehabilitation of the Mentally III.
OCTOBER **23 Days**		**Unit-VI: Attitude and Social Cognition** Explaining Social Behaviour, Nature and Components of Attitudes Attitude Formation and Change, Prejudice and Discrimination, Strategies for Handling Prejudice. **Unit-VII**: Social Influence and Group Processes Nature and Formation of Groups, Type of Groups, Influence of Group on Individual Behaviour
NOVEMBER **20 Days**	**PRE BOARD I** **16 NOV – 28TH NOV 2023** **PTM 30 DECEMBER 2023**	REVISION
DECEMBER **19 Days**	**PRE BOARD II** **18 DEC – 30 DEC 2023** **PTM 12 JAN 2024**	REVISION
JANUARY **20 Days**	**PRE BOARD III** **15 JAN – 29 JAN** **PTM 08 FEB 2024**	REVISION
FEBRUARY **24 DAYS**		REVISION
MARCH	**ANNUAL EXAMS**	

MONTH	EXAMINATION	TOPICS
APRIL **21 Days**		**Unit-I: Variations in Psychological Attributes** Introduction, Individual Differences in Human Functioning, Assessment of Psychological, Attributes, Intelligence, Theories of Intelligence, Theory of Multiple Intelligences, Triarchic Theory of Intelligence, PASS Model of Intelligence, Individual Differences in Intelligence, Variations of Intelligence, Culture and Intelligence.
MAY **25 Days**	**15Th May – 22nd 2023** **PTM – 31st MAY**	**Unit-I: Variations in Psychological Attributes** Individual Differences in Intelligence, Variations of Intelligence, Culture and Intelligence. Emotional Intelligence, Special Abilities Aptitude: Nature and Measurement, Creativity. **Unit-II: Self and Personality** Introduction, Self and Personality, Concept of Self, Cognitive and Behavioural Aspects of Self, Self-esteem, Self-efficacy and Self-regulation, Culture and Self, Concept of Personality, Major Approaches to the Study of Personality, Type Approaches, Trait Approaches
JUNE **10 Days**		**Unit-II: Self and Personality** Psychodynamic Approach, Behavioural Approach, Cultural Approach, Humanistic Approach ,Assessment of Personality, Self-report Measures, Projective Techniques, Behavioural Analysis.
JULY **18 Days**	**17th JULY – 24th JULY 2023** **PTM 2nd AUGUST 2023**	**Unit-III: Meeting Life Challenges** Introduction, Nature, Types and Sources of Stress. Effects of Stress on Psychological Functioning and Health, Stress and Health, General Adaptation Syndrome. Stress and Immune System, Lifestyle, Coping with Stress, Stress Management Techniques, Promoting Positive Health and Well-being, Life Skills.

AUGUST **24 Days**		**Unit-IV: Psychological Disorders** Introduction, Concepts of abnormality and psychological Disorders. Classification of Psychological Disorders, Factors Underlying Abnormal Behaviour, Major Psychological Disorders, Anxiety Disorders, Somatoform Disorders, Dissociative Disorders, Mood Disorders, Schizophrenic Disorders, Behavioural and Developmental Disorders, Substance-use Disorders.
SEPTEMBER **23 Days**	**Half Yearly 18th September to 29th September** **PTM 13 October 2023**	**Unit-V: Therapeutic Approaches** Nature and process of psychotherapy, Therapeutic relationship, Types of therapies, Behaviour Therapy, Cognitive Therapy, Humanistic - existential Therapy, Alternative Therapies, Rehabilitation of the Mentally III.
OCTOBER **23 Days**		**Unit-VI: Attitude and Social Cognition** Explaining Social Behaviour, Nature and Components of Attitudes Attitude Formation and Change, Prejudice and Discrimination, Strategies for Handling Prejudice. **Unit-VII**: Social Influence and Group Processes Nature and Formation of Groups, Type of Groups, Influence of Group on Individual Behaviour
NOVEMBER **20 Days**	**PRE BOARD I** **16 NOV – 28TH NOV 2023** **PTM 30 DECEMBER 2023**	REVISION
DECEMBER **19 Days**	**PRE BOARD II** **18 DEC – 30 DEC 2023** **PTM 12 JAN 2024**	REVISION
JANUARY **20 Days**	**PRE BOARD III** **15 JAN – 29 JAN** **PTM 08 FEB 2024**	REVISION
FEBRUARY **24 DAYS**		REVISION
MARCH	**ANNUAL EXAMS**	

ARMY PUBLIC SCHOOL DAMANA
SPLIT UP SYLLABUS (2023-24)

CLASS: XII **SUBJECT: Information Practices (065)**

BOOKS PRESCRIBED:

1. **Sumita Arora**
2. **Preeti Arora**

MONTHS/ DAYS	EXAMINATION	CONTENT
APRIL **21 DAYS**		Introduction to Python libraries- Pandas, Matplotlib. Data structures in Pandas - Series and Data Frames. Series: Creation of Series
MAY **25 DAYS**	**UT-I** **15TH MAY -22ND MAY 2023** **PTM -31ST MAY 2023**	Data Frames: creation - from dictionary of, CSV Files Data Visualization
JUNE **10 DAYS**	**SUMMER BREAK FROM** **(14TH JUNE -24TH JULY 2023)**	Purpose of plotting; drawing and saving following types of plots using Matplotlib – line plot, bar graph, histogram Customizing plots: adding label, title, and legend in plots
JULY **18 DAYS**	**UT-II** **17TH JULY-24TH JULY 2023** **PTM -02ND AUG 2023**	Unit 2: Database Query using SQL Revision of database concepts and SQL commands covered in class XI
AUGUST **24 DAYS**		Text functions: Date Functions: Aggregate Functions: Querying and manipulating data using Group by, Having, Order by. Working with two tables using equi-join.
SEPTEMBER **23 DAYS**	**HALF YEARLY** **18TH SEPT. TO 29TH SEPT.2023** **PTM** **13TH OCT 2023**	Unit 3: Introduction to Computer Networks Introduction to networks, Types of network: PAN, LAN, MAN, WAN. Network Devices: Network Topologies: . Introduction to Internet.
OCTOBER **23 DAYS**		Unit 4: Societal Impacts Digital footprint, net and communication etiquettes, data protection, intellectual property, plagiarism, licensing and copyright, free and FOSS,cybercrime, hacking, phishing, cyber bullying

NOVEMBER **20 DAYS**	**PRE BOARD- I** **16TH NOV. -28TH NOV 2023** **PTM-30TH DEC 2023**	**REVISION**
DECEMBER **19 DAYS**	**PRE BOARD –II** **18th DEC- 30TH DEC 23** **PTM-12TH JAN 24**	**REVISION AND SAMPLE PAPER**
JAN **20 DAYS**	**PRE BOARD –III** **15TH JAN- 29TH JAN 24** **PTM-08TH FEB 2024**	**REVISION AND SAMPLE PAPER**
FEB **24 DAYS**		**REVISION CBSE SAMPLE PAPER**
MARCH	**ANNUAL EXAMINATION SESSION 2023-24**	
TOTAL DAYS	**227**	

ARMY PUBLIC SCHOOL DAMANA
SYLLABUS (23-24)

CLASS: XII **SUBJECT: ACCOUNTANCY**

BOOKS PRESCRIBED : ACCOUNTANCY BY T.S. GREWAL (Volume1, 2 & 3)
(Sultan Chand Publications)

MONTH (days)	EXAMINATION	TOPICS/ CONTENTS
APRIL(21)		Partnership Fundamentals
MAY(25)	15MAY-22MAY2023 PTM-31MAY2023	Valuation of Goodwill Change in ratio amongst existing partners Admission of a new partner.
JUNE(10)		Retirement of a partner
SUMMER BREAK(14 JUNE - 7 JULY2023)		
JULY(18)	UT2-17JULY-24JULY	Death of partner Dissolution of partnership firms
AUGUST(24)	PTM UT2 - 2 AUG 2023	Accounting for Share Capital
SEPTEMBER(23)	HALF YEARLY 18SEP-29 SEP	Issue of debentures Cash Flow Statement
OCTOBER(23)	PTM HY– 13 OCT 2023	Ratio Analysis Company's Balance Sheet
(AUTMN BRK 11NOV-15NOV)		
NOVEMBER(20)	PB1-16NOV-28 NOV	REVISION FOR PB1
DECEMBER(19)	PTM –PB1-30 DEC 2023 PB2 18 DEC – 30 DEC 2023	REVISION FOR PB 2
(WINTER BRK 24 DEC- 7 JAN)		
JANUARY(20)	(PTM –PB2-12JAN2024) PB3-15JAN-29JAN2024	REVISION FOR PB 3
FEBRUARY(24) (TILL FEB)	PTM PB3-8 FEB 2024	EXTERNAL PRACTICALS & SAMPLE PAPER SOLVING
MARCH 2023 (TOTAL DAYS 227)	ANNUAL EXAM	

CLASS: XII **SUBJECT: BUSINESS STUDIES**

BOOKS PRESCRIBED : Business Studies by Poonam Gandhi
NCERT Textbook

MONTH (days)	EXAMINATION	TOPICS/ CONTENTS
APRIL(21)		Unit 1: Nature and Significance of Management Unit 2: Management Principles (half)
MAY(25)	15MAY-22MAY2023 PTM-31MAY2023	Unit 2: Management Principles (half) Unit 3: Business Environment
JUNE(10)		Unit 4: Planning Unit 5: Organising (half)
SUMMER BREAK(14 JUNE - 7 JULY2023)		
JULY(18)	UT2-17JULY-24JULY	Unit 5: Organising (half) Unit 6: Staffing
AUGUST(24)	PTM UT2 - 2 AUG 2023	Unit 7: Directing Unit 8: Controlling
SEPTEMBER(23)	HALF YEARLY 18SEP-29 SEP	Unit 9 : Business Finance Unit 10: Financial Markets
OCTOBER(23)	PTM HY– 13 OCT 2023	Unit 11: Marketing Unit 12 : Consumer Protection
(AUTMN BRK 11NOV-15NOV)		
NOVEMBER(20)	PB1-16NOV-28 NOV	REVISION FOR PB1
DECEMBER(19)	PTM –PB1-30 DEC 2023 PB2 18 DEC – 30 DEC 2023	REVISION FOR PB2
(WINTER BRK 24 DEC- 7 JAN)		
JANUARY(20)	(PTM –PB2-12JAN2024) PB3-15JAN-29JAN2024	REVISION FOR PB3
FEBRUARY(24) (TILL FEB)	PTM PB3-8 FEB 2024	EXTERNAL PRACTICALS & SAMPLE PAPER SOLVING
MARCH 2023 (TOTAL DAYS 227)	ANNUAL EXAM	

ARMY PUBLIC SCHOOL DAMANA
SPLIT UP SYLLABUS (2023-24)

CLASS: XII **SUBJECT: ECONOMICS (030)**

BOOKS PRESCRIBED:

1. Macroeconomics, NCERT, Radha Bhaguna,Sandeep Garg R.Pinfield
2. Indian Economics Development –Saraswati Publication Dutt and Sundram, Mishra and Puri

MONTHS/ DAYS	EXAMINATION	CONTENT
APRIL **21 DAYS**		**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);
MAY **25 DAYS**	**UT-I** **15TH MAY -22ND MAY 2023** **PTM -31ST MAY 2023**	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 **Unit 2: Money and Banking** 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.
JUNE **10 DAYS**	**SUMMER BREAK FROM** **(14TH JUNE -24TH JULY 2023)**	**Part B: Indian Economic Development** **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.

JULY **18 DAYS**	**UT-II** **17TH JULY-24TH JULY 2023** **PTM -02ND AUG 2023**	**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
AUGUST **24 DAYS**		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
SEPTEMBER **23 DAYS**	**HALF YEARLY** **18TH SEPT. TO 29TH SEPT.2023** **PTM** **13TH OCT 2023**	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 **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.
OCTOBER **23 DAYS**		**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 **Unit 8: Development Experience of India:** A comparison with neighbours India and Pakistan Issues: economic growth population, sectoral development and other Human Development Indicators
NOVEMBER 20 DAYS	**PRE BOARD- I 16TH NOV. -28TH NOV 2023 PTM-30TH DEC 2023**	**REVISION**
DECEMBER 19 DAYS	**PRE BOARD –II 18th DEC- 30TH DEC 23 PTM-12TH JAN 24**	**REVISION AND SAMPLE PAPER**
JAN 20 DAYS	**PRE BOARD –III 15TH JAN- 29TH JAN 24 PTM-08TH FEB 2024**	**REVISION AND SAMPLE PAPER**
FEB 24 DAYS		**REVISION CBSE SAMPLE PAPER**
MARCH	**ANNUAL EXAMINATION SESSION 2023-24**	
TOTAL DAYS	**227**	

ARMY PUBLIC SCHOOL DAMANA

SPLIT UP SYLLABUS (2023-24)

CLASS: XII **SUBJECT: POLITICAL SCIENCE (028)**

BOOKS PRESCRIBED:

1. **CONTEMPERORY WORLD POLITICS -NCERT**
2. **POLITICS OF INDIAN SINCE INDEPENDENCE -NCERT**

MONTHS/ DAYS	EXAMINATION	CONTENT
APRIL **21 DAYS**		1. **<u>The End of Bipolarity</u>**. Disintegration of Soviet Union, Unipolar World, Middle East Crisis – Afghanistan, Gulf War, Democratic Politics and Democratization – CIS and the 21st Century (Arab Spring 2. **<u>New centers of Power</u>**: Regional Organizations:European Union, ASEAN, SAARC, BRICS. **Nations:** Russia, China, Israel, India. US, South Korea and Japan
MAY **25 DAYS**	**UT-I** **15TH MAY -22ND MAY 2023** **PTM -31ST MAY 2023**	3. **<u>South Asia and the Contemporary world</u>** Conflicts and efforts for Peace and Democratization in South Asia: Pakistan, Nepal, Bangladesh, Sri Lanka, Maldives. 4.**<u>UnitedNationsand its organizations</u>** Principle Organs, Key Agencies: UNESCO, UNICEF, WHO, ILO, Security Council and the Need for its Expansion
JUNE **10 DAYS**	**SUMMER BREAK FROM** **(14TH JUNE -24TH JULY 2023)**	5. Security in the contemporary world
JULY **18 DAYS**	**UT-II** **17TH JULY-24TH JULY 2023** **PTM -02ND AUG 2023**	6.**EnvironmentandNatural Resources** **7. <u>Globalizations</u>** Globalization: Meaning, Manifestations and Debates.
AUGUST **24 DAYS**		**8. <u>Challenges of Nation Building</u>** Nation and Nation Building • Sardar Vallabh Bhai Patel and Integration of States Legacy of Partition: Challenge of Refugee, Resettlement, Kashmir Issue, Nehru's Approach to Nation – Building • Political Conflicts over Language and Linguistic Organization of States. **9 <u>Planned development</u>**

		• National Development Council, NITI Aayog. **10.<u>India's ForeignPolicy</u>.** Principles of Foreign Policy, India's Changing Relations with Other Nations: US, Russia, China, Israel
SEPTEMBER **23 DAYS**	**HALF YEARLY** **18TH SEPT. TO 29TH SEPT.2023** **PTM** **13TH OCT 2023**	**11. <u>Parties and Party system in India</u>** • Congress System • Bi-party System • Multi-party Coalition System **12 . <u>Democratic Resurgence</u>** Jai Prakash Narayan and Total Revolution • Ram Manohar Lohiya and Socialism • Pandit Deendayal Upadhyaya and Integral Humanism • National Emergency • Democratic Upsurges– Participation of the Adults, Backwards and Youth.
OCTOBER **23 DAYS**		**13. Regional Aspirations**: Punjab, Kashmir, Goa and North East States of India **14. <u>Indian Politics : Trends and Developments.</u>** 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
NOVEMBER **20 DAYS**	**PRE BOARD- I** **16TH NOV. -28TH NOV 2023** **PTM-30TH DEC 2023**	**. REVISION**
DECEMBER **19 DAYS**	**PRE BOARD –II** **18th DEC- 30TH DEC 23** **PTM-12TH JAN 24**	**REVISION AND SAMPLE PAPER**
JAN **20 DAYS**	**PRE BOARD –III** **15TH JAN- 29TH JAN 24** **PTM-08TH FEB 2024**	**REVISION AND SAMPLE PAPER**
FEB **24 DAYS**		**REVSIOSN CBSE SAMPLE PAPER**
MARCH	**ANNUAL EXAMINATION SESSION 2023-24**	
TOTAL DAYS	**227**	

ARMY PUBLIC SCHOOL DAMANA
SPLIT UP SYLLABUS (2023-24)

CLASS: XII **SUBJECT: GEOGRAPHY (029)**

BOOKS PRESCRIBED:

1. **FUNDAMENTALS OF HUMAN GEOGRAPHY**
2. **INDIA: PEOPLE AND ECONOMY**

MONTHS/ DAYS	EXAMINATION	CONTENT
APRIL **21 DAYS**		**Part A: Fundamentals of Human Geography** **Unit 1: Human Geography: Nature and Scope** **Unit 2:People** Population-distribution, density and growth Population change-spatial patterns and structure, determinants of population change Human development-concept, selected indicators, international comparisons
MAY **25 DAYS**	**UT-I** **15TH MAY -22ND MAY 2023** **PTM -31ST MAY 2023**	**Unit 3: Human Activities** Primary activities-concept and changing trends; gathering,pastoral,mining,subsistence agriculture, modern agriculture, people engaged in agricultural and allied activities- some examples from selected countries Secondary activities- concept, manufacturing types- household, small scale, large scale, agro based and mineral based industries; people engaged in secondary activities-some examples from selected countries
JUNE **10 DAYS**	**SUMMER BREAK FROM** **(14TH JUNE -24TH JULY 2023)**	Tertiary activities-concept; trade, transport and tourism; services people engaged in tertiary activities- some examples from selected countries Quaternary services-concept; people engaged in quaternary services-case study from selected countries

JULY **18 DAYS**	**UT-II** **17TH JULY-24TH JULY 2023** **PTM -02ND AUG 2023**	**Unit:4 Transport , Communication and Trade** Land transport-roads, railways, trans-continental Water transport- inland waterways; major oceanic routes Air transport- intercontinental air routes Oil and gas pipelines Satellite communication and cyber space-importance and usage geographical information, use of GPS. **Part B: India: People and Economy** **Unit: 6 people** Population distribution, density and growth, composition of population-linguistic, religious, sex, rural-urban and occupational-regional variation in growth of population
AUGUST **24 DAYS**		**Unit:7 Human settlements** Rural settlement- types and distribution Urban settlements- types, distribution and functional classification **Unit:8 Resources and Development** Land resources-general land use, agricultural land use, geographical conditions and distribution of major crops (wheat, rice, tea, coffee, cotton, jute, sugarcane and rubber), agricultural development and problems.
SEPTEMBER **23 DAYS**	**HALF YEARLY** **18TH SEPT. TO 29TH SEPT.2023** **PTM** **13TH OCT 2023**	Water resources- availability and utilization – irrigation, domestic, industrial and other uses, scarcity of water and conservation methods-rainwater harvesting and water shed management Mineral and energy resources distribution of metallic minerals, conventional and non-conventional energy resources and conservation
OCTOBER **23 DAYS**		Planning in India- target group area planning , idea of sustainable development **Unit 9: Transport Communication and International trade** Transport and communication-roads, railways, waterways and airways, oil and gas pipelines, geographical information and communication networks International trade- changing pattern of India

		foreign trade, sea ports and their hinterland and Airports **Unit:10 Geographical Perspective on selected issues and problems** Environmental pollution: urban-waste disposal Urbanization, rural-urban migration, problem of slums Land degradation
NOVEMBER 20 DAYS	**PRE BOARD- I 16TH NOV. -28TH NOV 2023 PTM-30TH DEC 2023**	**REVISION**
DECEMBER 19 DAYS	**PRE BOARD –II 18th DEC- 30TH DEC 23 PTM-12TH JAN 24**	**REVISION AND SAMPLE PAPER**
JAN 20 DAYS	**PRE BOARD –III 15TH JAN- 29TH JAN 24 PTM-08TH FEB 2024**	**REVISION AND SAMPLE PAPER**
FEB 24 DAYS		**REVISION CBSE SAMPLE PAPER**
MARCH	**ANNUAL EXAMINATION SESSION 2023-24**	
TOTAL DAYS	**227**	

ARMY PUBLIC SCHOOL DAMANA

SYLLABUS BIFURCATION -2023-24

CLASS –XII (HISTORY)

PRESCRIBED BOOKS- NCERT-Themes in Indian History Part-1
Themes in Indian History Part-2
Themes in Indian History Part-3

MONTH/DAYS	EXAMINATION	CONTENT
APRIL (21)		Unit 1 Chap-1Bricks, Beads and Bones. Chap-2Kings, Farmers and Towns. Chap-3Kinship, Caste and Class.
MAY (25)	UT-I (15 -22 MAY)	Chap-4 Thinkers, Beliefs and Building
JUNE (10)		Unit 2 Chap-5 India Through the Eyes of the Travellers, Chap-6 Bhakti and Sufi Traditions
JULY(18)	UT-II (17-24 JULY)	Chap-6 Bhakti and Sufi Traditions (contd) Revision & UT-II
AUGUST(24)		Unit 3 CHAP-7 Vijayanagara the Imperial City, CHAP-8 Peasants , Zamindars and the State.
SEPTEMBER(23)	H.YRLY (18-29SEPT)	Unit 4 CHAP-9 Colonialism and the Countriside, CHAP-10 Rebels and the Raj
OCTOBER(23)		Unit 4 CHAP-11 Mahatma Gandhi and the Indian National Movement, CHAP-12 Framing the Constitution of India
November (20) PB-I (16-28)		REVISION PB –I
DECEMBER (19) PB-II (18-30)		REVISION SAMPLE PAPERS PB-II
JANUARY (20) PB-III(15-29)		REVISION PB-III
FEBRARY (24)		REVISION

	EXAM SCHEDULE		

S.NO	EXAM	MONTH	SYLLABUS
1	UT-I	May-23	Unit-1 Chapter- 1,2 & 3
2	UT-II	Jul-23	Unit 1 & 3
3	H-YRLY	Sep-23	Unit 1-4
4	PB-I	Nov-23	Unit 1-4
5	PB-II	18-Dec	Unit 1- 4

आर्मी पब्लिक स्कूल दमाना

पाठ्यक्रम विभाजन 2023-24

कक्षा -XII विषय-हिन्दी (302)

पाठ्यपुस्तक :1 आरोह भाग -2

2 वितान भाग -2

3 अभिव्यक्ति और माध्यम

मास /दिन	परीक्षा	विषय
अप्रैल-21		1 आत्मपरिचय 2 दिन जल्दी-जल्दी ढलता है 3 पतंग 4 भक्तिन 5 सिल्वर वेडिंग
मई -25+जून -10	इकाई परीक्षा -1 (15 मई-22 मई)	1 जनसंचार माध्यम और पत्रकारिता के विविध आयाम 2 कविता के बहाने 3 बात सीधी थी पर 4 कैमरे में बंद अपाहिज 5 काले मेघा पानी दे 6 कहानी/नाटक
जुलाई - 18	इकाई परीक्षा -2 (17 जुलाई-24 जुलाई)	1 पहलवान का ढोलक 2 उषा 3 बदल राग 4 आलेख / फीचर
अगस्त - 24		1 जूझ 2 कवितावली व लक्ष्मण मूर्छा और राम विलाप 3 शिरीष के फूल 4 अतीत के दबे पाँव
सितंबर-23	अर्द्धवार्षिक परीक्षा (18 सितम्बर-29 सितम्बर)	1 रुबाइयाँ 2 श्रम विभाजन और जातिप्रथा 3 छोटा मेरा खेत व बगुलों के पंख
अक्टूबर- 23		1 रचनात्मक लेखन 2 जनसंचार,संचार माध्यम(प्रिन्ट माध्यम)
नवंबर- 20	पूर्व परीक्षा-1 (16 नवंबर-28 नवंबर)	पुनरावृति
दिसम्बर-19	पूर्व परीक्षा-2 (18 दिसंबर-30 दिसंबर)	पुनरावृति
जनवरी -20	पूर्व परीक्षा-3 (15 जनवरी-29 जनवरी)	पुनरावृति
फरवरी-24		पुनरावृति
कुल दिन	227	

आर्मी पब्लिक स्कूल दमाना
पाठ्यक्रम विभाजन 2023-24

ARMY PUBLIC SCHOOL DAMANA
SPLIT UP SYLLABUS (2023-24)

CLASS: XII **SUBJECT: PHYSICAL EDUCATION**

BOOKS PRESCRIBED:

1. PHYISCAL EDUCATION BY SWAN PUBLICATION
2. PHYSICAL EDUCATION BY PRIME PUBLICATION

MONTHS/ DAYS	EXAMINATION	CONTENT
APRIL 21 DAYS		**UNIT-I Management of Sporting Events** 1. Functions of Sports Events Management (Planning, Organising, Staffing,Directing & Controlling) 2. Various Committees & their Responsibilities (pre;during & post) 3. Fixtures and their Procedures – Knock-Out (Bye & Seeding)& League (Staircase,Cyclic, Tabular method) and Combination tournaments. 4. Intramural & Extramural tournaments – Meaning, Objectives& Its Significance 5. Community sports program (Sports Day,Health Run, Run for Fun, Run for SpecificCause & Run for Unity) **UNIT- II Children & Women inSports** 1. Exercise guidelines of WHO for different age groups. 2. Common posturaldeformities-knock knees, flat foot, roundshoulders, Lordosis,Kyphosis, Scoliosis,and bow legs and their respectivecorrective measures. 3. Women's participation in Sports-Physical,Psychological, and social benefits.Special consideration(menarche and menstrual dysfunction) Female athlete triad(osteoporosis, amenorrhea,eating disorders.

		UNIT –III Yoga as Preventive measure for LifestyleDisease 1. **Obesity:** Procedure,Benefits & Contraindications forTadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama
MAY **25 DAYS**	**UT-I** **15TH MAY -22ND MAY 2023** **PTM -31ST MAY 2023**	2. **Diabetes:** Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana,Bh ujangasana, Shalabhasana, Dhanurasana, Supta-vajarasana, Paschimottanasan-a,Ardha-Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati. 3. **Asthma:** Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansan a, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalbhati, Gomukhasana Matsyaasana, Anuloma-Viloma. 4. **Hypertension:** Procedure, Benefits & Contraindications for Tadasana, Katichakransan, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasan-a,Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi- shodhanapranayam,Sitlipranayam. **5. Back Pain and Arthritis:** Procedure,Benefits & Contraindications of Tadasan, Urdhawahastootansana, Ardh- Chakrasana, Ushtrasana, Vakrasana, Sarala Maysyendrsana, Bhujandgasana, Gomukhasana, Bhadrasana, Makarasana, Nadi- Shodhana pranayama.
JUNE **10 DAYS**	**SUMMER BREAK FROM**	**UNIT –IV Physical Education and Sports for CWSN (Children with SpecialNeeds -**

	(14TH JUNE -24TH JULY 2023)	**Divyang)** 1. Organizations promoting DisabilitySports (Special Olympics; Paralympics; Deaflympics) 2. Concept of Classification and Divisioning in Sports. 3. Concept of Inclusion in sports, its need, and Implementation; 4. Advantages of Physical Activities forchildren with special needs. 5. Strategies to make Physical Activities assessable for children with special needs.
JULY **18 DAYS**	**UT-II** **17TH JULY-24TH JULY 2023** **PTM -02ND AUG 2023**	**UNIT –V Sports & Nutrition** 1. Concept of balanceddiet and nutrition 2. Macro and Micro Nutrients: Food sources & functions 3. Nutritive & Non- Nutritive Components of Diet 4. Eating for Weight control – A HealthyWeight, The Pitfallsof Dieting, Food Intolerance, and Food Myths 5. Importance of Diet inSports-Pre, During and Post competitionRequirements **UNIT –VI Test & Measurementin Sports** 1. Fitness Test – SAIKhelo India FitnessTest in school: Age group 5-8 years/class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test 2. Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit& Reach flexibility test, Strength Test (Partial Abdominal Curl Up, Push-Ups for boys, Modified Push-Ups for girls). Measurement of Cardio-Vascular Fitness – Harvard Step Test – Durationof the Exercise in Seconds x100/5.5 XPulse count of 1-1.5 Min after Exercise. Computing BasalMetabolic Rate (BMR) 3. Rikli & Jones - SeniorCitizen Fitness Test • Chair Stand Test forlower body strength • Arm Curl Test for upper body strength • Chair Sit & Reach Test for lower body

		flexibility • Back Scratch Test forupper body flexibility • Eight Foot Up & GoTest for agility 4. Six-Minute Walk Testfor Aerobic Endurance 5. Johnsen – MethneyTest of Motor Educability (Front Roll, Roll, Jumping Half-Turn, Jumping full-turn
AUGUST **24 DAYS**		**UNIT –VIII Physiology & Injuriesin Sport** 1. Physiological changes due to aging 2. Sports injuries: Classification (Soft Tissue Injuries - Abrasion, Contusion,Laceration, Incision, Sprain & Strain; Bone & Joint Injuries-Dislocation, Fractures - Green Stick, Comminuted,Transverse Oblique& Impacted) **UNIT –VIII Biomechanics andSports** 1. Newton's Law of Motion & its application in sports 2. Types of Levers andtheir application in Sports. 3. Equilibrium – Dynamic & Static andCentre of Gravity andits application in sports 4. Friction & Sports Projectile in Sports **UNIT –IX Psychology andSports** 1. Personality; its definition & types (Jung Classification& Big Five Theory) 2. Motivation, its type &techniques. 3. Exercise Adherence:Reasons, Benefits & Strategies for Enhancing it 4. Meaning, Concept &Types of Aggressions in Sports 5. Psychological Attributes in Sports –Self-Esteem, Mental Imagery, Self-Talk, Goal Setting
SEPTEMBER **23 DAYS**	**HALF YEARLY** **18TH SEPT. TO 29TH SEPT.2023** **PTM** **13TH OCT 2023**	.**UNIT-X Training in Sports** 1. Concept of Talent Identification and Talent Development in Sports 2. Introduction to SportsTraining Cycle – Micro,

		Meso, Macro Cycle. 3. Types & Methods toDevelop – Strength, Endurance, and Speed. 4. Types & Methods toDevelop – Flexibilityand Coordinative Ability. 5. Circuit Training -Introduction & its importance
OCTOBER 23 DAYS		**REVISION**
NOVEMBER 20 DAYS	**PRE BOARD- I 16TH NOV. -28TH NOV 2023 PTM-30TH DEC 2023**	**REVISION**
DECEMBER 19 DAYS	**PRE BOARD –II 18th DEC- 30TH DEC 23 PTM-12TH JAN 24**	**REVISION**
JAN 20 DAYS	**PRE BOARD –III 15TH JAN- 29TH JAN 24 PTM-08TH FEB 2024**	**REVISION**
FEB 24 DAYS		**REVISION AND SAMPLE PAPER**
MARCH	**ANNUAL EXAMINATION SESSION 2023-24**	**REVISION AND SAMPLE PAPER**
TOTAL DAYS	**227**	**REVISION CBSE SAMPLE PAPER**

ARMY PUBLIC SCHOOL DAMANA

SPLIT UP SYLLABUS(2023-24)

CLASS: XII **Subject: ART(Painting)**

BOOKS PRESCRIBED: **History of Indian Arts**

CO-ORDINATED SYLLABUS

MONTH	EXAMINATION	TOPICS
APRIL (21)		• **Introduction** • **Nature and object study**
MAY (25)	MAY UT-I (15 May-22 May)	• **The Rajasthani and Pahari school of Miniature painting** • **Painting Composition**
JUNE (10) EXTRA CLASS MAY- JUNE	23 May-13 June 2023	• **The Mughal school of Miniature Painting**
JULY (18)	JULY UT-II (17 July-24 July)	• **Deccan school of Miniature Painting** • **Composition**
AUGUST (24)		• **Bengal school of Painting** • **Object Drawing**
SEPTEMBER (23)	SEPTEMBER HALF- YEARLY EXAMINATION (18 Sep-29 Sep)	• **Modern trends in Indian Art** • **Imaginative Painting**
OCTOBER (23)		• **Portfolio Assessment** • **Study of Graphic Prints** • **Study of sculptures**
NOVEMBER (20)	NOVEMBER PB-I (16 Nov-28 Nov)	• **Revision** • **Doubt clearing sessions** • **PRE-BOARD-1**
DECEMBER (19)	DECEMBER PB-II (18 Dec-30 Dec)	• **Revision** • **PRE-BOARD-2**
JANUARY(20)	JANUARY PB-III (15 Jan-29 Jan)	• **Revision** • **PRE-BOARD-3**
FEBRUARY(24)		• **External Practical ASL**