

**ARMY PUBLIC SCHOOL DAMANA
SPLIT UP SYLLABUS (2025-26)**

CLASS: XII

SUBJECT: ENGLISH

BOOKS PRESCRIBED: 1.FLAMINGO

2. VISTAS

CO-ORDINATED SYLLABUS

MONTH	EXAMINATION	TOPICS
MARCH (10)		<ol style="list-style-type: none"> 1. SYLLABUS AND EXAMINATION SPECIFICATIONS 2. NOTICE WRITING 3. THE LAST LESSON 4. MY MOTHER AT SIXTY - SIX
APRIL (23)		<ol style="list-style-type: none"> 1. THE LOST SPRING 2. THE THIRD LEVEL 3. THE TIGER KING 4. FORMAL INVITATION & REPLIES
MAY (25)	<p>*UT-I 13 MAY-20 MAY **REMEDIAL CLASSES 26 MAY- 19 JUNE 2025</p>	<ol style="list-style-type: none"> 1. KEEPING QUIET 2. JOURNEY TO THE END OF THE EARTH 3. THE ENEMY 4. JOB APPLICATION
JUNE (14)		<ol style="list-style-type: none"> 1. DEEP WATER 2. THE RATTRAP 3. INFORMAL INVITATION & REPLIES 4. LETTER TO EDITOR
JULY (23)		<ol style="list-style-type: none"> 1. A THING OF BEAUTY 2. INDIGO 3. ON THE FACE OF IT 4. ARTICLE WRITING
AUGUST (22)	<p>UT-II 7 AUG -14 AUG</p>	<ol style="list-style-type: none"> 1. REPORT WRITING 2. A ROADSIDE STAND 3. AUNT JENNIFER'S TIGERS 4. POETS AND PANCAKES
SEPTEMBER (24)	<p>HALF- YEARLY EXAMINATION 15 SEP- 25 SEP</p>	<ol style="list-style-type: none"> 1. THE INTERVIEW 2. GOING PLACES
OCTOBER (20)		<ol style="list-style-type: none"> 1. MEMORIES OF CHILDHOOD
NOVEMBER (23)	<p>PRE-BOARD-I 04 NOV-17 NOV</p>	<ol style="list-style-type: none"> 1. REVISION WORK 2. DOUBT CLEARING SESSIONS 3. PRACTICE PAPERS
DECEMBER (24)	<p>PB-II 10 DEC-27 DEC</p>	<ol style="list-style-type: none"> 1. REVISION 2. DOUBT CLEARING SESSIONS 3. PRACTICE PAPERS
JANUARY(14)	<p>PB-III</p>	<ol style="list-style-type: none"> 1. REVISION THROUGH SAMPLE PAPERS

	19 JAN-30 JAN 2026	2. DOUBT CLEARING SESSIONS EXTERNAL PRACTICAL- ALS
FEBRUARY(11)		DOUBT CLEARING SESSIONS

ARMY PUBLIC SCHOOL DAMANA

SPLIT UP SYLLABUS (2025-26)

CLASS: XII

SUBJECT: POLITICAL SCIENCE (028)

BOOKS PRESCRIBED:

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

MONTHS/ DAYS	EXAMINATION	CONTENT
MARCH (10)		<p>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</p> <p>2. <u>New centers of Power:</u> Regional Organizations: European Union, ASEAN. Nations: China, South Korea and Japan</p>
APRIL (23)		<p>3. <u>South Asia and the Contemporary world</u> Conflicts and efforts for Peace and Democratization in South Asia: Pakistan, Nepal, Bangladesh, Sri Lanka, and Maldives.</p> <p>4. <u>United Nations Organizations</u> Principle Organs, Key Agencies: UNESCO, UNICEF, WHO, ILO, Security Council and the Need for its Expansion</p>
MAY (25)	<p>Unit Test-I 13 May-20 May 2025 PTM- 27 May 2025</p>	<p>5. Security in the contemporary world Topics to be focused: a) Meaning and Type of Security. b) Traditional concept of security c) Non-tradition notions of Security. d) New Sources of Threats e) Cooperative Security f) India's Security strategy</p>
JUNE (14)		<p>6. Environment and Natural Resources 7. <u>Globalizations</u> Globalization: Meaning, Manifestations and Debates.</p>
JULY (23)	<p>Unit Test-II 28 July - 02 Aug 2025 PTM- 08 Aug 2025</p>	<p>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,</p>

		<p>Nehru's Approach to Nation – Building</p> <ul style="list-style-type: none"> • Political Conflicts over Language and Linguistic Organization of States. <p>9 Planned development</p> <ul style="list-style-type: none"> • National Development Council, NITI Aayog. <p>10. <u>India's Foreign Policy.</u></p> <p>Principles of Foreign Policy, India's Changing Relations with Other Nations: US, Russia, China, Israel</p>
AUGUST (22)		<p>11. <u>Parties and Party system in India</u></p> <ul style="list-style-type: none"> • Congress System • Bi-party System • Multi-party Coalition System <p>12 . <u>Democratic Resurgence</u> Jai Prakash Narayan and Total Revolution</p> <ul style="list-style-type: none"> • Ram Manohar Lohiya and Socialism • Pandit Deendayal Upadhyaya and Integral Humanism • National Emergency • Democratic Upsurges– Participation of the Adults, Backwards and Youth.
SEPTEMBER (24)	<p>Half Yearly 15 Sep -25 Sep 2025 PTM- 04 Oct 2025</p>	<p>13. <u>Regional Aspirations:</u> Punjab, Kashmir, Goa and North East States of India</p> <p>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</p>
OCTOBER (20)		Revision and Practice of CBSE Sample Papers
NOVEMBER (23)	<p>Pre board I 04 Nov–17 Nov 2025 PTM- 29 Nov 2025</p>	Revision and Practice of CBSE Sample Papers
DECEMBER (24)	<p>Preboard II 10 Dec- 22 Dec 2025 PTM- 30 Dec 2025</p>	Revision and Practice of CBSE Sample Papers
JANUARY (14)	<p>Preboard III 19 Jan- 30 Jan 2026 PTM- 06 Feb 2026</p>	Revision and Practice of CBSE Sample Papers
FEBRUARY (11)		Revision and Practice of CBSE Sample Papers/ ANNUAL EXAMS

ARMY PUBLIC SCHOOL DAMANA
SPLIT UP SYLLABUS (2025-26)

CLASS: XII

SUBJECT:GEOGRAPHY(029)

BOOKS PRESCRIBED:

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

MONTHS/DAYS	EXAMINATION	CONTENT
MARCH 10 DAYS		Part A: Fundamentals of Human Geography Unit1:Human Geography: Nature and Scope Unit 2:People : Population-distribution, density and growth Population change-spatial patterns and determinants of population change
APRIL 23 DAYS		Human development-concept, selected indicators, international comparisons 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
MAY 25 DAYS	UT-I 13TH MAY-20THMAY 2025 PTM-27TH MAY 2025	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 Tertiary activities-concept; trade, transport and tourism; services people engaged in tertiary activities-some examples from selected countries
JUNE 14 DAYS	SUMMER BREAK FROM (20THJUNE-3RD JULY 2025)	Quaternary services-concept; people engaged in quaternary services-case study from selected countries Unit:4 Transport , Communication and Trade Land transport-roads, railways, trans-continental Water transport-inland waterways; major oceanic routes

<p>JULY 23 DAYS</p>	<p>UT-II 28TH JUL -2NDAUG 2025 PTM-8TH AUG 2025</p>	<p>Air transport-intercontinental air routes Oil and gas pipelines Satellite communication and cyber space- importance and usage, geographical information, use of GPS.</p> <p>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</p>
<p>AUGUST 22 DAYS</p>		<p>Unit:7 Human settlements Rural settlement- types and distribution Urban settlements-types, distribution and functional classification</p> <p>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. Water resources- availability and utilization – irrigation, domestic, industrial and other uses, scarcity of water and conservation methods- rain water harvesting and water shed management</p>
<p>SEPTEMBER 24 DAYS</p>	<p>HALF YEARLY 15THSEPT.-SEPT.25TH SEPT.2025 PTM- 4THOCT 2025</p>	<p>Mineral and energy resources distribution of metallic minerals, conventional and non-conventional energy resources and conservation</p> <p>Planning in India-target group area planning, idea of sustainable development</p>
<p>OCTOBER 20 DAYS</p>		<p>Unit 9:Transport Communication and International trade</p> <p>Transport and communication-roads, railways, waterways and airways, oil and gas pipelines, geographical information and communication networks</p> <p>International trade-changing pattern of India</p>

		<p>Foreign trade, sea ports and their hinter land and Airports</p> <p>Unit:10 Geographical Perspective on selected issues and problems</p> <p>Environmental pollution: urban-waste disposal</p> <p>Urbanization, rural-urban migration, problem of slums</p> <p>Land degradation</p>
NOVEMBER 23 DAYS	PRE BOARD- I 4TH NOV. -17THNOV 2025 PTM-29TH DEC 2025	REVISION
DECEMBER 24 DAYS	PRE BOARD –II 10TH DEC.-22^{IST} DEC 2025 PTM-30TH DEC 2025	REVISION AND SAMPLE PAPER
JAN 14 DAYS	WINTER BREAK FROM (31 DEC – 14 JAN 2026) PREBOARD–III 19TH JAN –30TH JAN 2026 PTM—6 FEB 2026	REVISION AND SAMPLE PAPER
FEB 11 DAYS		REVISION CBSE SAMPLE PAPER
MARCH	ANNUAL EXAMINATION SESSION2025-26	
TOTALDAYS	229	

आर्मी पब्लिक स्कूल दमाना
पाठ्यक्रम विभाजन 2025-26

कक्षा -XII

विषय-हिन्दी (302)

पाठ्यपुस्तक :1 आरोह भाग -2

2 वितान भाग -2

3 अभिव्यक्ति और माध्यम

4 व्याकरण

मास /दिन	परीक्षा	विषय
मार्च -10		1 भक्तिन 2 आत्मपरिचय व दिन जल्दी-जल्दी ढलता है
अप्रैल-23		1 पतंग 2 सिल्वर वेडिंग 3 रचनात्मक लेखन
मई -25	इकाई परीक्षा -1 (13 मई-20 मई)	1 जनसंचार माध्यम और पत्रकारिता के विविध आयाम 2 कविता के बहाने और बात सीधी थी पर 3 कैमरे में बंद अपाहिज
जून 14		1 काले मेघा पानी दे 2 कहानी/नाटक
जुलाई - 23	इकाई परीक्षा -2 (28 जुलाई -02 अगस्त)	1 पहलवान का ढोलक 2 उषा 3 बदल राग 4 आलेख / फीचर
अगस्त -22		1 जूझ 2 कवितावली व लक्ष्मण मूर्छा और राम विलाप 3 शिरीष के फूल 4 अतीत के दबे पाँव
सितंबर-24	अर्द्धवार्षिक परीक्षा (15 सितम्बर-25 सितम्बर)	1 रुबाइयाँ 2 श्रम विभाजन और जातिप्रथा 3 छोटा मेरा खेत व बगुलों के पंख
अक्टूबर-20		1 कहानी का तत्व 2 कहानी का नाट्यरूपांतरण
नवंबर-23	पूर्व परीक्षा-1 (04 नवंबर -17 नवंबर)	पुनरावृत्ति
दिसम्बर-24	पूर्व परीक्षा-2 (10 दिसंबर-22 दिसंबर)	पुनरावृत्ति
जनवरी -14	पूर्व परीक्षा-3 (19 जनवरी-30 जनवरी)	पुनरावृत्ति
फरवरी-11		पुनरावृत्ति

मनु कुमारी
पी जी टी हिन्दी

ARMY PUBLIC SCHOOL DAMANA
SPLIT UP SYLLABUS (2025-26)

CLASS: XII

SUBJECT: ECONOMICS

BOOKS PRESCRIBED:

1. **MACRO ECONOMICS (NCERT)**
2. **INDIAN ECONOMIC DEVELOPMENT (NCERT)**

MONTH	EXAMINATION	TOPICS
MARCH (10)		<p>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);</p>
APRIL (23)		<p>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 Deflator, GDP and Welfare.</p> <p>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.</p>
MAY (25)	<p>Unit Test-I 13 May-20 May 2025 PTM- 27 May 2025</p>	<p>Economic Reforms since 1991: Features and appraisals of liberalisation, globalisation and privatisation (LPG policy); Concepts of demonetization and GST</p> <p>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, Cash Reserve Ratio (CRR), Statutory Liquidity Ratio (SLR), Repo Rate and Reverse Repo Rate, Open Market Operations, Margin requirement</p>
JUNE (14)		<p>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</p>

<p>JULY (23)</p>	<p>Unit Test-II 28 July - 02 Aug 2025 PTM- 08 Aug 2025</p>	<p>Problems of excess demand and deficient demand; measures to correct them - changes in government spending, taxes and money supply.</p> <p>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</p>
<p>AUGUST (22)</p>		<p>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.</p> <p>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</p>
<p>SEPTEMBER (24)</p>	<p>Half Yearly 15 Sep -25 Sep 2025 PTM- 04 Oct 2025</p>	<p>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</p>
<p>OCTOBER (20)</p>		<p>Revision and Practice of CBSE Sample Papers</p>
<p>NOVEMBER (23)</p>	<p>PRE BOARD I 04 Nov–17 Nov 2025 PTM- 29 Nov 2025</p>	<p>Revision and Practice of CBSE Sample Papers</p>
<p>DECEMBER (24)</p>	<p>PRE BOARD II 10 Dec- 22 Dec 2025 PTM- 30 Dec 2025</p>	<p>Revision and Practice of CBSE Sample Papers</p>
<p>JANUARY (14)</p>	<p>PRE BOARD III 19 Jan- 30 Jan 2026 PTM- 06 Feb 2026</p>	<p>Revision and Practice of CBSE Sample Papers</p>
<p>FEBRUARY (11)</p>		<p>Revision and Practice of CBSE Sample Papers/ ANNUAL EXAMS</p>

ARMY PUBLIC SCHOOL DAMANA

SPLIT UP SYLLABUS (2025-26)

CLASS: XII

SUBJECT: MATHEMATICS

MONTH/DAYS	EXAMINATION	CONTENT
March + April 33 Days		<ul style="list-style-type: none">• Matrices• Relation and Functions
May 25 Days	Unit Test I (13-20 May 2025) PTM 27 May 2025	<ul style="list-style-type: none">• Inverse Trigonometric Functions• Determinant
June 14 Days	Summer Break 20 June – 03 July	<ul style="list-style-type: none">• Continuity and Differentiability
July 23 Days	Unit Test II (28 July-02 Aug 2025) PTM 02 August 2025	<ul style="list-style-type: none">• Application of Derivatives• Linear Programming
August 22 Days		<ul style="list-style-type: none">• Integrals• Application of Integrals
September 24 Days	Half Yearly (15- 25 Sept. 2025) PTM 04 October 2025	<ul style="list-style-type: none">• Differential Equation• Vector
October 20 Days		<ul style="list-style-type: none">• 3D Geometry• Probability
November 23 Days	Pre Board I (04-17 November) PTM 29 November	Revision for Pre Boards
December 24 Days	Pre Board II (10-22 December) PTM 30 December Winter Break (31 Dec. – 14 Jan.)	Revision and Practice of CBSE Sample Papers
January 14 Days	Pre Board III (19-30 January) PTM 6 February	Revision and Practice of CBSE Sample Papers
February 11 Days		Revision and Practice of CBSE Sample Papers

**ARMY PUBLIC SCHOOL DAMANA
SPLIT UP SYLLABUS (2025-26)**

CLASS: XII

SUBJECT: Computer Science (083)

BOOKS PRESCRIBED:

1. Sumita Arora, Preeti Arora

MONTHS/ DAYS	EXAMINATION	CONTENT
MARCH (10)		Revision of Class XI
APRIL (23)		Unit I: Computational Thinking and Programming – User Defined Functions , Creating functions, parameter
MAY (25)	*UT-I 13 MAY-20 MAY **REMEDIAL CLASSES 26 MAY- 19 JUNE 2025	Exception Handling: Introduction, handling exceptions using try-except-finally blocks ● Introduction to files, types of files (Text file, Binary file, CSV file)
JUNE (14)		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
JULY (23)		Unit III: Database Management ● Database concepts: introduction to database concepts and its need ● Relational data model: relation, attribute, tuple, domain, degree, cardinality, keys)
AUGUST (22)	UT-II 7 AUG -14 AUG	Interface of python with an SQL database: connecting SQL with Python, performing insert, update, delete queries using cursor,
SEPTEMBER (24)	HALF- YEARLY EXAMINATION 15 SEP-25 SEP	Unit II: Computer Networks ● Evolution of networking: ● Data communication terminologies: ● Transmission media: ● Network devices, Topologies, Internet
OCTOBER (20)		REVISION
NOVEMBER (23)	PRE-BOARD-I 04 NOV-17 NOV	REVISION
DECEMBER (24)	PB-II 10 DEC-27 DEC	REVISION AND SAMPLE PAPER
JANUARY (14)	PB-III 19 JAN-30 JAN 2026	REVISION AND SAMPLE PAPER
FEBRUARY (11)		REVISION CBSE SAMPLE PAPER

ARMY PUBLIC SCHOOL DAMANA

SPLIT UP SYLLABUS (2025-26)

CLASS: XII

SUBJECT: PSYCHOLOGY

BOOKS PRESCRIBED:

1. TEXT BOOK OF PSYCHOLOGY (NCERT)

MONTH	EXAMINATION	TOPICS
MARCH (10)		<p>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 and PASS Model of Intelligence.</p>
APRIL (23)		<p>Unit-I: Variations in Psychological Attributes Individual Differences in Intelligence, Variations of Intelligence, Culture and Intelligence. Individual Differences in Intelligence, Variations of Intelligence, Culture and Intelligence. Emotional Intelligence, Special Abilities Aptitude: Nature and Measurement, Creativity.</p> <p>Unit VII: Social Influence and Group Processes Nature and Formation of Groups, Type of Groups, Influence of Group on Individual Behaviour, Social Loafing and Group Polarisation.</p>
MAY (25)	<p>Unit Test-I 13 May-20 May 2025 PTM- 27 May 2025</p>	<p>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.</p> <p>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</p>
JUNE (14)		<p>Unit-II: Self and Personality Psychodynamic Approach, Behavioural Approach, Cultural Approach, Humanistic Approach ,Assessment of Personality, Self-report Measures, Projective Techniques, Behavioural Analysis.</p>

JULY (23)	Unit Test-II 28 July - 02 Aug 2025 PTM- 08 Aug 2025	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 (22)		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 (24)	Half Yearly 15 Sep -25 Sep 2025 PTM- 04 Oct 2025	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 (20)		Revision and Practice of CBSE Sample Papers
NOVEMBER (23)	Preboard I 04 Nov-17 Nov 2025 PTM- 29 Nov 2025	Revision and Practice of CBSE Sample Papers
DECEMBER (24)	Preboard II 10 Dec- 22 Dec 2025 PTM- 30 Dec 2025	Revision and Practice of CBSE Sample Papers
JANUARY (14)	Preboard III 19 Jan- 30 Jan 2026 PTM- 06 Feb 2026	Revision and Practice of CBSE Sample Papers
FEBRUARY (11)		Revision and Practice of CBSE Sample Papers/ ANNUAL EXAMS

**ARMY PUBLIC SCHOOL DAMANA
SPLIT UP SYLLABUS (2025-26)**

CLASS: XII

SUBJECT: Information Practices (065)

BOOKS PRESCRIBED:

1. Sumita Arora, Preeti Arora

MONTHS/ DAYS	EXAMINATION	CONTENT
MARCH (10)		Revision of Class XI
APRIL (23)		Introduction to Python libraries- Pandas, Matplotlib. Data structures in Pandas - Series and Data Frames.
MAY (25)	*UT-I 13 MAY-20 MAY **REMEDIAL CLASSES 26 MAY- 19 JUNE 2025	Data Frames: creation - from dictionary of, CSV Files Data Visualization
JUNE (14)		Purpose of plotting; drawing and saving following types of plots using Matplotlib – line plot, bar graph, histogram
JULY (23)		Unit 2: Database Query using SQL Revision of database concepts and SQL commands covered in class XI
AUGUST (22)	UT-II 7 AUG -14 AUG	Text functions: Date Functions: Aggregate Functions: Querying and manipulating data using Group by, Having, Order by. Working with two tables using equi-join.
SEPTEMBER (24)	HALF- YEARLY EXAMINATION 15 SEP-25 SEP	Unit 3: Introduction to Computer Networks Introduction to networks, Types of network: PAN, LAN, MAN, WAN. Network Devices, Topologies, Internet
OCTOBER (20)		Unit 4: Societal Impacts Digital footprint, communication etiquettes, data protection, intellectual property, plagiarism, licensing, copyright, FOSS, cybercrime, hacking, phishing, cyber bullying
NOVEMBER (23)	PRE-BOARD-I 04 NOV-17 NOV	REVISION
DECEMBER (24)	PB-II 10 DEC-27 DEC	REVISION AND SAMPLE PAPER
JANUARY (14)	PB-III 19 JAN-30 JAN 2026	REVISION AND SAMPLE PAPER
FEBRUARY (11)		REVISION CBSE SAMPLE PAPER

ARMY PUBLIC SCHOOL DAMANA

SPLIT UP SYLLABUS (2025-26)

CLASS: XII

SUBJECT: PHYSICAL EDUCATION

BOOKS PRESCRIBED:

1. PHYSICAL EDUCATION (SP PUBLICATION)

MONTH	EXAMINATION	TOPICS
MARCH (10)		<p>Unit 1 Management of Sporting Events</p> <p>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 Specific Cause & Run for Unity)</p>
APRIL (23)		<p>Unit 2 Children & Women in Sports</p> <p>1. Exercise guidelines of WHO for different age groups. 2. Common postural deformities knock knees, flat foot, round shoulders, Lordosis, Kyphosis, Scoliosis, and bow legs and their respective corrective measures. 3. Women’s participation in Sports Physical, Psychological, and social benefits. 4. Special consideration (menarche and menstrual dysfunction) 5. Female athlete triad (osteoporosis, amenorrhea, eating disorders)</p> <p>Unit 3 Yoga as Preventive measure for Lifestyle Disease</p> <p>1. Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama</p> <p>2. Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana Suptavajarasana, Paschimottan asana, ArdhaMastendrasana, Mandukasana</p>
MAY (25)	<p>Unit Test-I 13 May-20 May 2025 PTM- 27 May 2025</p>	<p>Gomukasana, Yogmudra, Ushtrasana, Kapalabhati</p> <p>3. Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana Matsyaasana, AnulomaViloma</p> <p>4. Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadishodhanapranayama, Sitlipranayama</p> <p>5. Back Pain and Arthritis: Procedure, Benefits & Contraindications of Tadasana, Urdhwahastottansana, ArdhaChakrasana, Ushtrasana, Vakrasana, Sarala Matsyendrasana, Bhujangasana, Gomukhasana, Bhadrasana, Makarasana, NadiShodhana pranayama.</p>

<p>JUNE (14)</p>		<p>Unit 4 Physical Education and Sports for CWSN (Children with Special Needs - Divyang)</p> <ol style="list-style-type: none"> 1. Organizations promoting Disability Sports (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 for children with special needs. 5. Strategies to make Physical Activities assessable for children with special needs.
<p>JULY (23)</p>	<p>Unit Test-II 28 July - 02 Aug 2025 PTM- 08 Aug 2025</p>	<p>Unit 5 Sports & Nutrition</p> <ol style="list-style-type: none"> 1. Concept of balanced diet and nutrition 2. Macro and Micro Nutrients: Food sources & functions 3. Nutritive & NonNutritive Components of Diet 4. Eating for Weight control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, and Food Myths 5. Importance of Diet in Sports Pre, During and Post competition Requirements <p>Unit 6 Test & Measurement in Sports</p> <ol style="list-style-type: none"> 1. Fitness Test – SAI Khelo India Fitness Test in school: Age group 5-8 years/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test Age group 9- 18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Partial Abdominal Curl Up, Push-Ups for boys, Modified Push-Ups for girls). 2. Measurement of CardioVascular Fitness – Harvard Step Test – Duration of the Exercise in Seconds x100/5.5 X Pulse count of 1-1.5 Min after Exercise 3. Computing Basal Metabolic Rate (BMR) 4. Rikli & Jones - Senior Citizen Fitness Test 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 for agility Six-Minute Walk Test for Aerobic Endurance 5. Johnsen – Methney Test of Motor Educability (Front Roll, Roll, Jumping Half-Turn, Jumping fullturn)

AUGUST (22)		<p>Unit 7 Physiology & Injuries in Sport</p> <ol style="list-style-type: none"> 1. Physiological factors determining components of physical fitness 2. Effect of exercise on the Muscular System 3. Effect of exercise on the CardioRespiratory System 4. Physiological changes due to aging 5. Sports injuries: Classification (Soft Tissue Injuries - Abrasion, Contusion, Laceration, Incision, Sprain & Strain Bone & Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique & Impacted) <p>Unit 8 Biomechanics and Sports</p> <ol style="list-style-type: none"> 1. Newton’s Law of Motion & its application in sports 2. Types of Levers and their application in Sports. 3. Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports 4. Friction & Sports 5. Projectile in Sports
SEPTEMBER (24)	<p>Half Yearly 15 Sep -25 Sep 2025 PTM- 04 Oct 2025</p>	<p>Unit 9 Psychology and Sports</p> <ol style="list-style-type: none"> 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 Aggression s in Sports 5. Psychological Attributes in Sports – SelfEsteem, Mental Imagery, SelfTalk, Goal Setting <p>Unit 10 Training in Sports</p> <ol style="list-style-type: none"> 1. Concept of Talent Identification and Talent Development in Sports 2. Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle. 3. Types & Methods to Develop – Strength, Endurance, and Speed. 4. Types & Methods to Develop – Flexibility and Coordinative Ability. 5. Circuit Training - Introduction & its importance
OCTOBER (20)		<p>Revision and Practice of CBSE Sample Papers</p>
NOVEMBER (23)	<p>PRE BOARD I 04 Nov–17 Nov 2025 PTM- 29 Nov 2025</p>	<p>Revision and Practice of CBSE Sample Papers</p>
DECEMBER (24)	<p>PRE BOARD II 10 Dec- 22 Dec 2025 PTM- 30 Dec 2025</p>	<p>Revision and Practice of CBSE Sample Papers</p>
JANUARY (14)	<p>PRE BOARD III 19 Jan- 30 Jan 2026 PTM- 06 Feb 2026</p>	<p>Revision and Practice of CBSE Sample Papers</p>
FEBRUARY (11)		<p>Revision and Practice of CBSE Sample Papers/ ANNUAL EXAMS</p>

ARMY PUBLIC SCHOOL DAMANA

SPLIT UP SYLLABUS (2025-26)

CLASS: XII

SUBJECT: PAINTING(049)

BOOKS PRESCRIBED:

1. AN INTRODUCTION TO INDIAN ART
2. HISTORY OF INDIAN ART (SP PUBLICATION)

MONTH	EXAMINATION	TOPICS
MARCH (10)		UNIT -I Miniature Paintings (16th Century A.D. to 19th Century A.D.) A brief introduction to Indian Miniature Schools: Western- Indian, Pala, Rajasthani and Pahari, Mughal and Deccan, Central India. Appreciation of art works from your syllabus from the following schools a. The Rajasthani School b. The Pahari School
APRIL (23)		c. The Mughal School d. The Deccan School based on their: 1. Origin and Development 2. Sub-Schools 3. Main features
MAY (25)	Unit Test-I 13 May-20 May 2025 PTM- 27 May 2025	4. Characteristics 5. Aesthetic parameters 6. Competency based identification of style & technique 7. Understanding of emotions and moral values 8. Respect for life.
JUNE (14)		Unit 2: The Bengal School of Painting and the Modern trends in Indian Art (About the beginning to mid of the 20th Century), contribution of Indian artists towards freedom movement, Revival of Indian Art,
JULY (23)	Unit Test-II 28 July - 02 Aug 2025 PTM- 08 Aug 2025	Indian National Flag Appreciation of art works from your syllabus based on their: 1. Origin and Development 2. Main features

AUGUST (22)		Indian National Flag Appreciation of art works from your syllabus based on their 3. Characteristics 4. Aesthetic parameters
SEPTEMBER (24)	Half Yearly 15 Sep -25 Sep 2025 PTM- 04 Oct 2025	Indian National Flag Appreciation of art works from your syllabus based on their 5. Symbolic representation in artworks. 6. Competency based identification of style & technique 7. Understanding of emotions and moral values 8. Respect for life
OCTOBER (20)		Revision and Practice of CBSE Sample Papers
NOVEMBER (23)	PRE BOARD I 04 Nov–17 Nov 2025 PTM- 29 Nov 2025	Revision and Practice of CBSE Sample Papers
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