

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

**CLASS: XII**

**SUBJECT: ENGLISH**

**BOOKS PRESCRIBED: 1.FLAMINGO**

**2. VISTAS**

**CO-ORDINATED SYLLABUS**

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

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

**ARMY PUBLIC SCHOOL DAMANA****SPLIT UP SYLLABUS (2025-26)****CLASS: XII****SUBJECT: ECONOMICS****BOOKS PRESCRIBED:**

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

<b>MONTH</b>	<b>EXAMINATION</b>	<b>TOPICS</b>
<b>MARCH (10)</b>		<p><b>Unit 1: National Income and Related Aggregates</b>            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>
<b>APRIL (23)</b>		<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><b>Unit 6: Development Experience (1947-90) and Economic Reforms since 1991</b>            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 &amp; importance) and foreign trade.</p>
<b>MAY (25)</b>	<p><b>Unit Test-I</b>  <b>13 May-20 May 2025</b>  <b>PTM- 27 May 2025</b></p>	<p><b>Economic Reforms since 1991:</b>            Features and appraisals of liberalisation, globalisation and privatisation (LPG policy); Concepts of demonetization and GST</p> <p><b>Unit 2: Money and Banking Money –</b>            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>
<b>JUNE (14)</b>		<p><b>Unit 3: Determination of Income and Employment Aggregate demand and its components.</b> 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><b>JULY (23)</b></p>	<p><b>Unit Test-II</b>  <b>28 July - 02 Aug</b>  <b>2025</b>  <b>PTM- 08 Aug 2025</b></p>	<p>Problems of excess demand and deficient demand; measures to correct them - changes in government spending, taxes and money supply.</p> <p><b>Unit 7: Current challenges facing Indian Economy</b>  <b>Human Capital Formation:</b> How people become resource; Role of human capital in economic development; Growth of Education Sector in India  <b>Rural development:</b> Key issues - credit and marketing - role of cooperatives; agricultural diversification; alternative farming - organic farming  <b>Employment:</b> Growth and changes in work force participation rate in formal and informal sectors; problems and policies  <b>Sustainable Economic Development:</b> Meaning, Effects of Economic Development on Resources and Environment, including global warming</p>
<p><b>AUGUST (22)</b></p>		<p><b>Unit 4: Government Budget and the Economy</b> 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><b>Unit 5: Balance of Payments Balance of payments account</b> - 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><b>SEPTEMBER (24)</b></p>	<p><b>Half Yearly</b>  <b>15 Sep -25 Sep 2025</b>  <b>PTM- 04 Oct 2025</b></p>	<p><b>Unit 8: Development Experience of India:</b> A comparison with neighbours India and Pakistan India and China Issues: economic growth, population, sectoral development and other Human Development Indicators</p>
<p><b>OCTOBER (20)</b></p>		<p>Revision and Practice of <b>CBSE Sample Papers</b></p>
<p><b>NOVEMBER (23)</b></p>	<p><b>PRE BOARD I</b>  <b>04 Nov–17 Nov 2025</b>  <b>PTM- 29 Nov 2025</b></p>	<p>Revision and Practice of <b>CBSE Sample Papers</b></p>
<p><b>DECEMBER (24)</b></p>	<p><b>PRE BOARD II</b>  <b>10 Dec- 22 Dec 2025</b>  <b>PTM- 30 Dec 2025</b></p>	<p>Revision and Practice of <b>CBSE Sample Papers</b></p>
<p><b>JANUARY (14)</b></p>	<p><b>PRE BOARD III</b>  <b>19 Jan- 30 Jan 2026</b>  <b>PTM- 06 Feb 2026</b></p>	<p>Revision and Practice of <b>CBSE Sample Papers</b></p>
<p><b>FEBRUARY (11)</b></p>		<p>Revision and Practice of CBSE Sample Papers/  <b>ANNUAL EXAMS</b></p>

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

**CLASS: XII**

**SUBJECT: ACCOUNTANCY**

BOOKS PRESCRIBED : ACCOUNTANCY BY T.S. GREWAL (Volume 1, 2 & 3)

(Sultan Chand Publications)

MONTH (days)	EXAMINATION	TOPICS / CONTENTS
MARCH (10)		Partnership Fundamentals
APRIL (23)		Partnership Fundamentals Valuation of Goodwill
MAY (25)	UT1: 13 May - 20 May 25  <b>PTM - 27 MAY 2025</b>	Change in ratio amongst existing partners Admission of a new partner.
JUNE (14)	EXTRA CLASS : 26 MAY -19 JUNE 2025	Retirement of a partner Death of partner
<b>SUMMER BREAK (20 JUNE -3 JULY 2025)</b>		
JULY (23)	UT2- 28 JULY - 02 AUG	Dissolution of partnership firms Accounting for Share Capital
AUGUST (22)	<b>PTM 08 AUG 2025</b>	Accounting for Share Capital Issue of debentures
SEPTEMBER (24)	HALF YEARLY 15 SEP - 25 SEP 2025	Cash Flow Statement
OCTOBER (20)	<b>PTM HY- 4 OCT 2025</b>	Ratio Analysis Comparative Statements Company's Balance Sheet
NOVEMBER (23)	PB1-04 NOV-17 NOV <b>PTM -PB1-29 NOV 2025</b>	REVISION FOR PB
DECEMBER (24)	PB2 10 DEC – 22 DEC 2025 <b>PTM-PB2-30 DEC 2025</b>	REVISION FOR PB 2
JANUARY (14) <b>(WINTER BRK 31 DEC - 14 JAN 26)</b>	PB3 – 19 JAN – 30 JAN 2026 ( FOR SPL STUDENTS)	REVISION FOR PB 3 EXTERNAL PRACTICALS & SAMPLE PAPER SOLVING
FEBRUARY (11) (TILL FEB)	<b>PTM – 06 FEB 2026</b>	EXTERNAL PRACTICALS & SAMPLE PAPER SOLVING
MARCH 2026 (TOTAL DAYS 229)	ANNUAL EXAM	

**CLASS: XII****SUBJECT: BUSINESS STUDIES**

BOOKS PRESCRIBED : Business Studies by Poonam Gandhi  
NCERT Textbook

MONTH (days)	EXAMINATION	TOPICS/ CONTENTS
MARCH (10)		Unit 1: Nature and Significance of Management
APRIL (23)		Unit 2: Management Principles
MAY (25)	UT1: 13 May - 20 May 25 <b>PTM - 27 MAY 2025</b>	Unit 3: Business Environment Unit 4: Planning Unit 5: Organising
JUNE (14)	EXTRA CLASS : 26 MAY -19 JUNE 2025	Unit 5: Organising Unit 6: Staffing(half)
<b>SUMMER BREAK (20 JUNE -3 JULY 2025)</b>		
JULY (23)	UT2- 28 JULY - 02 AUG	Unit 6: Staffing(half) Unit 7: Directing
AUGUST (22)	<b>PTM 08 AUG 2025</b>	Unit 8: Controlling Unit 9 : Business Finance
SEPTEMBER (24)	HALF YEARLY 15 SEP - 25 SEP 2025	Unit 10: Financial Markets
OCTOBER (20)	<b>PTM HY- 4 OCT 2025</b>	Unit 11: Marketing Unit 12 : Consumer Protection
NOVEMBER (23)	PB1-04 NOV-17 NOV <b>PTM -PB1-29 NOV 2025</b>	REVISION FOR PB1
DECEMBER (24)	PB2 10 DEC – 22 DEC 2025 <b>PTM-PB2-30 DEC 2025</b>	REVISION FOR PB2
JANUARY (14) <b>(WINTER BRK 31 DEC - 14 JAN 26)</b>	PB3 – 19 JAN – 30 JAN 2026 ( FOR SPL STUDENTS)	REVISION FOR PB3 EXTERNAL PRACTICALS & SAMPLE PAPER SOLVING
FEBRUARY (11) (TILL FEB)	<b>PTM – 06 FEB 2026</b>	EXTERNAL PRACTICALS & SAMPLE PAPER SOLVING
MARCH 2026 (TOTAL DAYS 229)	ANNUAL EXAM	

# 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"><li>• Matrices</li><li>• Relation and Functions</li></ul>
May 25 Days	Unit Test I (13-20 May 2025) PTM 27 May 2025	<ul style="list-style-type: none"><li>• Inverse Trigonometric Functions</li><li>• Determinant</li></ul>
June 14 Days	Summer Break 20 June – 03 July	<ul style="list-style-type: none"><li>• Continuity and Differentiability</li></ul>
July 23 Days	Unit Test II (28 July-02 Aug 2025) PTM 02 August 2025	<ul style="list-style-type: none"><li>• Application of Derivatives</li><li>• Linear Programming</li></ul>
August 22 Days		<ul style="list-style-type: none"><li>• Integrals</li><li>• Application of Integrals</li></ul>
September 24 Days	Half Yearly (15- 25 Sept. 2025) PTM 04 October 2025	<ul style="list-style-type: none"><li>• Differential Equation</li><li>• Vector</li></ul>
October 20 Days		<ul style="list-style-type: none"><li>• 3D Geometry</li><li>• Probability</li></ul>
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: Information Practices (065)**

**BOOKS PRESCRIBED:**

**1. Sumita Arora, Preeti Arora**

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

# ARMY PUBLIC SCHOOL DAMANA

## SPLIT UP SYLLABUS (2025-26)

**CLASS: XII**

**SUBJECT: PSYCHOLOGY**

**BOOKS PRESCRIBED:**

**1. TEXT BOOK OF PSYCHOLOGY (NCERT)**

MONTH	EXAMINATION	TOPICS
<b>MARCH (10)</b>		<p><b>Unit-I: Variations in Psychological Attributes</b> 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>
<b>APRIL (23)</b>		<p><b>Unit-I: Variations in Psychological Attributes</b> 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><b>Unit VII: Social Influence and Group Processes</b> Nature and Formation of Groups, Type of Groups, Influence of Group on Individual Behaviour, Social Loafing and Group Polarisation.</p>
<b>MAY (25)</b>	<p><b>Unit Test-I</b> <b>13 May-20 May 2025</b> <b>PTM- 27 May 2025</b></p>	<p><b>Unit-VI: Attitude and Social Cognition</b> Explaining Social Behaviour, Nature and Components of Attitudes Attitude Formation and Change, Prejudice and Discrimination, Strategies for Handling Prejudice.</p> <p><b>Unit-II: Self and Personality</b> 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>
<b>JUNE (14)</b>		<p><b>Unit-II: Self and Personality</b> Psychodynamic Approach, Behavioural Approach, Cultural Approach, Humanistic Approach ,Assessment of Personality, Self-report Measures, Projective Techniques, Behavioural Analysis.</p>

<b>JULY (23)</b>	<b>Unit Test-II 28 July - 02 Aug 2025 PTM- 08 Aug 2025</b>	<b>Unit-III: Meeting Life Challenges</b> 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.
<b>AUGUST (22)</b>		<b>Unit-IV: Psychological Disorders</b> 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.
<b>SEPTEMBER (24)</b>	<b>Half Yearly 15 Sep -25 Sep 2025 PTM- 04 Oct 2025</b>	<b>Unit-V: Therapeutic Approaches</b> Nature and process of psychotherapy, Therapeutic relationship, Types of therapies, Behaviour Therapy, Cognitive Therapy, Humanistic - existential Therapy, Alternative Therapies, Rehabilitation of the Mentally III.
<b>OCTOBER (20)</b>		Revision and Practice of CBSE Sample Papers
<b>NOVEMBER (23)</b>	<b>Preboard I 04 Nov-17 Nov 2025 PTM- 29 Nov 2025</b>	Revision and Practice of CBSE Sample Papers
<b>DECEMBER (24)</b>	<b>Preboard II 10 Dec- 22 Dec 2025 PTM- 30 Dec 2025</b>	Revision and Practice of CBSE Sample Papers
<b>JANUARY (14)</b>	<b>Preboard III 19 Jan- 30 Jan 2026 PTM- 06 Feb 2026</b>	Revision and Practice of CBSE Sample Papers
<b>FEBRUARY (11)</b>		Revision and Practice of CBSE Sample Papers/ ANNUAL EXAMS

# ARMY PUBLIC SCHOOL DAMANA

## SPLIT UP SYLLABUS (2025-26)

**CLASS: XII**

**SUBJECT: PHYSICAL EDUCATION**

**BOOKS PRESCRIBED:**

**1. PHYSICAL EDUCATION ( SP PUBLICATION)**

MONTH	EXAMINATION	TOPICS
<b>MARCH (10)</b>		<p><b>Unit 1 Management of Sporting Events</b></p> <p>1. Functions of Sports Events Management (Planning, Organising, Staffing, Directing &amp; Controlling) 2. Various Committees &amp; their Responsibilities (pre; during &amp; post) 3. Fixtures and their Procedures – Knock- Out (Bye &amp; Seeding) &amp; League (Staircase, Cyclic, Tabular method) and Combination tournaments 4. Intramural &amp; Extramural tournaments – Meaning, Objectives &amp; Its Significance 5. Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause &amp; Run for Unity)</p>
<b>APRIL (23)</b>		<p><b>Unit 2 Children &amp; Women in Sports</b></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><b>Unit 3 Yoga as Preventive measure for Lifestyle Disease</b></p> <p><b>1. Obesity:</b> Procedure, Benefits &amp; Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama</p> <p><b>2. Diabetes:</b> Procedure, Benefits &amp; Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana Suptavajarasana, Paschimottan asana, Ardha Mastendrasana, Mandukasana</p>
<b>MAY (25)</b>	<p><b>Unit Test-I</b>  <b>13 May-20 May</b>  <b>2025</b>  <b>PTM- 27 May</b>  <b>2025</b></p>	<p>Gomukasana, Yogmudra, Ushtrasana, Kapalabhati</p> <p><b>3. Asthma:</b> Procedure, Benefits &amp; Contraindications for Tadasana, Urdhwahastottansana, Uttan Mandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana Matsyaasana, Anuloma Viloma</p> <p><b>4. Hypertension:</b> Procedure, Benefits &amp; Contraindications for Tadasana, Katichakrasana, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, Uttan Mandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadishodhanapranayama, Sitlipranayama</p> <p><b>5. Back Pain and Arthritis:</b> Procedure, Benefits &amp; Contraindications of Tadasana, Urdhwahastottansana, Ardha Chakrasana, Ushtrasana, Vakrasana, Sarala Matsyendrasana, Bhujangasana, Gomukhasana, Bhadrasana, Makarasana, Nadi Shodhana pranayama.</p>

<p><b>JUNE (14)</b></p>		<p><b>Unit 4 Physical Education and Sports for CWSN (Children with Special Needs - Divyang)</b></p> <ol style="list-style-type: none"> <li>1. Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics)</li> <li>2. Concept of Classification and Divisioning in Sports.</li> <li>3. Concept of Inclusion in sports, its need, and Implementation;</li> <li>4. Advantages of Physical Activities for children with special needs.</li> <li>5. Strategies to make Physical Activities assessable for children with special needs.</li> </ol>
<p><b>JULY (23)</b></p>	<p><b>Unit Test-II</b>  <b>28 July - 02 Aug</b>  <b>2025</b>  <b>PTM- 08 Aug</b>  <b>2025</b></p>	<p><b>Unit 5 Sports &amp; Nutrition</b></p> <ol style="list-style-type: none"> <li>1. Concept of balanced diet and nutrition</li> <li>2. Macro and Micro Nutrients: Food sources &amp; functions</li> <li>3. Nutritive &amp; NonNutritive Components of Diet</li> <li>4. Eating for Weight control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, and Food Myths</li> <li>5. Importance of Diet in Sports Pre, During and Post competition Requirements</li> </ol> <p><b>Unit 6 Test &amp; Measurement in Sports</b></p> <ol style="list-style-type: none"> <li>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 &amp; Reach flexibility test, Strength Test (Partial Abdominal Curl Up, Push-Ups for boys, Modified Push-Ups for girls).</li> <li>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</li> <li>3. Computing Basal Metabolic Rate (BMR)</li> <li>4. Rikli &amp; Jones - Senior Citizen Fitness Test  Chair Stand Test for lower body strength  Arm Curl Test for upper body strength  Chair Sit &amp; Reach Test for lower body flexibility  Back Scratch Test for upper body flexibility  Eight Foot Up &amp; Go Test for agility  Six-Minute Walk Test for Aerobic Endurance</li> <li>5. Johnsen – Methney Test of Motor Educability (Front Roll, Roll, Jumping Half-Turn, Jumping fullturn)</li> </ol>

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

# 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)		<b>UNIT -I Miniature Paintings (16th Century A.D. to 19th Century A.D.)</b> A brief introduction to Indian Miniature Schools: Western- Indian, Pala, Rajasthani and Pahari, Mughal and Deccan, Central India. <b>Appreciation of art works from your syllabus from the following schools</b> a. The Rajasthani School b. The Pahari School
APRIL (23)		c. The Mughal School d. The Deccan School <b>based on their:</b> 1. Origin and Development 2. Sub-Schools 3. Main features
MAY (25)	<b>Unit Test-I</b> <b>13 May-20 May</b> <b>2025</b> <b>PTM- 27 May</b> <b>2025</b>	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)		<b>Unit 2: The Bengal School of Painting and the Modern trends in Indian Art</b> (About the beginning to mid of the 20th Century), contribution of Indian artists towards freedom movement, Revival of Indian Art,
JULY (23)	<b>Unit Test-II</b> <b>28 July - 02 Aug</b> <b>2025</b> <b>PTM- 08 Aug</b> <b>2025</b>	<b>Indian National Flag Appreciation of art works from your syllabus based on their:</b> 1. Origin and Development 2. Main features

<b>AUGUST (22)</b>		<b>Indian National Flag Appreciation of art works from your syllabus based on their</b> 3. Characteristics 4. Aesthetic parameters
<b>SEPTEMBER (24)</b>	<b>Half Yearly 15 Sep -25 Sep 2025 PTM- 04 Oct 2025</b>	<b>Indian National Flag Appreciation of art works from your syllabus based on their</b> 5. Symbolic representation in artworks. 6. Competency based identification of style & technique 7. Understanding of emotions and moral values 8. Respect for life
<b>OCTOBER (20)</b>		Revision and Practice of <b>CBSE Sample Papers</b>
<b>NOVEMBER (23)</b>	<b>PRE BOARD I 04 Nov–17 Nov 2025 PTM- 29 Nov 2025</b>	Revision and Practice of <b>CBSE Sample Papers</b>
<b>DECEMBER (24)</b>	<b>PRE BOARD II 10 Dec- 22 Dec 2025 PTM- 30 Dec 2025</b>	Revision and Practice of <b>CBSE Sample Papers</b>
<b>JANUARY (14)</b>	<b>PRE BOARD III 19 Jan- 30 Jan 2026 PTM- 06 Feb 2026</b>	Revision and Practice of <b>CBSE Sample Papers</b>
<b>FEBRUARY (11)</b>		Revision and Practice of CBSE Sample Papers/ ANNUAL EXAMS