

2	June	23	<p>PART A- CONTEMPORARY WORLD POLITICS Ch.2: Contemporary Centres of Power</p> <p>PART B-POLITICS IN INDIA SINCE INDEPENDENCE Ch.2. Era of One- Party Dominance</p>	<p>a) European Union b) Association of Southeast Asian Nations c) Rise of China as an economic power d) Japan and South Korea as emerging powers</p> <p>a) Challenge of building democracy. b) Congress dominance in the first three general elect ions. • Nature of Congress dominance • Congress as social and ideological coalition. • Tolerance and management of Factions c) Emergence of opposition parties.</p>	<p>Discussion: Importance on regional organisations</p> <p>Comparative study: Economic growth of China, Japan and South Korea.</p> <p>Use of timeline Inquiry based learning</p> <p>Map activity Interpretation of cartoons/ Pictures/ Newspaper Clippings</p> <p>Group Discussion: Recent changes in the electoral process</p> <p>Comparative analysis: Ideology of different political parties</p> <p>Maps/Cartoons</p> <p>Question strategy</p> <p>Quiz</p>
3	July	26	<p><u>PART A- CONTEMPORARY WORLD POLITICS</u> Ch.3: Contemporary South Asia</p> <p>PART B-POLITICS IN</p>	<p>a) Military and Democracy in Pakistan and Bangladesh b) Monarchy and Democracy in Nepal c) Ethnic Conflict and Democracy in Sri Lanka d) India-Pakistan Conflicts e) India and its Neighbours f) Peace and Cooperation</p> <p>a) Political contestation.</p>	<p>Map activity</p> <p>Comparative Analysis: Political systems of South Asian countries</p> <p>Use of Historical data</p> <p>Interpretation of cartoons/Pictures /Newspaper clippings</p> <p>Discussion: Current economic</p>

			<p>INDIA SINCE INDEPENDENCE</p> <p>Ch.3: Politics of Planned Development</p> <p>PART A- CONTEMPORARY WORLD POLITICS Ch.4; International Organizations</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Ideas of Development. <input type="checkbox"/> Planning <input type="checkbox"/> Planning Commission <p>b) The Early Initiatives</p> <ul style="list-style-type: none"> <input type="checkbox"/> The First Five Year Plan. <input type="checkbox"/> Rapid Industrialisation. <p>a) Meaning and importance of International Organisations</p> <p>b) Evolution of the UN</p> <p>c) Structure and function of International Organisations</p> <p>d) Principal Organs of UN</p> <p>e) Reform of the UN after Cold War</p> <p>f) Reform of Structures, Processes and Jurisdiction of the UN</p> <p>g) India and the UN Reforms</p> <p>h) Key Agencies: IMF, World Bank, WTO, ILO, IAEA.</p> <p>i) NGO: Amnesty International, Human Rights Watch.</p> <p>j) Implications and Future of International Organizations</p>	<p>crisis in Sri Lanka and Pakistan</p> <p>Debate and Discussion: First three 5-year plans.</p> <p>Comparative analysis: The Left and Right ideology</p> <p>Discussion and debate: Necessary reforms of the UN</p> <p>Interpretation of cartoons /Newspaper clippings</p> <p>Quiz</p> <p>Model United Nations</p>
4	August	22	<p><u>PART B-POLITICS IN INDIA SINCE INDEPENDENCE</u></p> <p>Ch.4: India's External Relations</p> <p>PART A- CONTEMPORARY WORLD POLITICS Ch.5: Security in the</p>	<p>a) International Context</p> <p>b) The Policy of Non Alignment.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Nehru's role <input type="checkbox"/> Distance from two camps. <input type="checkbox"/> Afro Asian Unity <p>c) Peace and conflict with China</p> <ul style="list-style-type: none"> <input type="checkbox"/> The Chinese Invasion 1962 <input type="checkbox"/> War and Peace with Pakistan <input type="checkbox"/> Bangladesh War 1971 <p>d) India's Nuclear Policy.</p> <p>a) Meaning and Type of Security.</p> <p>b) Traditional concept of security</p> <p>c) Non-tradition notions of Security.</p> <p>d) New Sources of Threats</p> <p>e) Cooperative Security</p>	<p>Presentation: NAM founders, objectives, principles and its relevance in contemporary world politics</p> <p>Group discussion: India's relations with China and Pakistan (past, present and future)</p> <p>Debate: India's stand on shifting alliances</p> <p>Research and Report Writing</p> <p>Discussions and debates: New sources of threat</p> <p>Comparative analysis: Security concerns of different</p>

			Contemporary World	f) India's Security strategy	countries Interpretation of cartoons/Pictures Collaborative concept mapping: India's initiatives and policies towards security.
5	September	23	<p>REVISION FOR MID TERM</p> <p>PART B-POLITICS IN INDIA SINCE INDEPENDENCE Ch.5: Challenges to and Restoration of the Congress System</p> <p>PART A- CONTEMPORARY WORLD POLITICS Ch.6: Environment and Natural Resources</p>	<p>a) Challenge of Political Succession □ From Nehru to Shastri From Shastri to Indira Gandhi</p> <p>b) Fourth General Election 1967 □ Context of the Election. □ Non Congressism □ Electoral Verdict □ Coalitions □ Defections</p> <p>c) Split in the Congress □ Indira vs the Syndicate □ Presidential Election 1969</p> <p>d) The 1971 Election and Restoration of Congress The outcome and after Restoration?</p> <p>a) Environmental Concerns b) Global Commons c) Common but differentiated Responsibilities d) India's Stand on Environment Issues e) Environmental Movements f) Resource Geopolitics g) Rights of Indigenous peoples</p>	<p>Comparative analysis: Political Succession</p> <p>Group discussion: Changing electoral performance of the congress</p> <p>Interpretation of cartoons</p> <p>Map Activity</p> <p>Presentation: Environmental issues Recapitulation</p> <p>Debate and discussion: Indigenous communities of the world and their concerns</p> <p>Newspaper activity to inculcate concern, awareness and environmental morality.</p>
6	October	21	<p>PART B-POLITICS IN INDIA SINCE INDEPENDENCE Ch.6: The Crisis of Democratic Order</p>	<ul style="list-style-type: none"> • Background to Emergency. • Economic Context • Gujarat and Bihar• Movements • Conflict with Judiciary <p>b) Declaration of Emergency</p>	<p>Group discussion: Based on Newspaper articles and other media information with respect to emergency</p> <p>Quiz</p> <p>Cartoon</p>

				Crisis and response Consequences	Interpretation Map Activity
			PART A- CONTEMPORARY WORLD POLITICS Ch.7: Globalisation	c) Lessons of the Emergency. d) Politics after Emergency. <ul style="list-style-type: none"> •Lok Sabha Elections 1977 • Janata Government • Legacy a) Concept of globalisation b) Causes and Consequences of globalisation c) India and globalization d) Resistance to globalization e) India and resistance to globalisation	Group discussion: Positive and negative impact of globalization. Interpretation of Cartoons Question strategy
7	November	17	PART B-POLITICS IN INDIA SINCE INDEPENDENCE Ch7. Regional Aspirations	a) Region and the Nation Indian Approach b) <ul style="list-style-type: none"> • Areas of Tension • Jammu and Kashmir • Roots of the Problem • External and Internal • disputes Politics since 1948 • Insurgency and After • 2022 and Beyond b) Punjab Political Context <ul style="list-style-type: none"> • Cycle of Violence • Road to Peace c) The Northeast Demand for autonomy <ul style="list-style-type: none"> • Secessionist Movements • Movements against outsiders • Assam and National Integration. 	Group discussion: Demands of Autonomy in different parts of the country. Comparative analysis: Government's response to regional aspirations Quiz.
9	December	24	Revision	All the chapters will be revised to understand the topics, Clearing the doubts related to Topics. Class test and Quiz will be taken. Solving sample and previous Q. Papers	Real Time Reaction, Brainstorming, Empathy mapping, Mystery Quotation.
10	January	19	Revision	All the chapters will be revised to understand the topics, Clearing the doubts related to Topics. Class test and Quiz will be taken.	

				Solving sample and previous Q. Papers	
11	February	22	Revision	<p>All the chapters will be revised to understand the topics, Clearing the doubts related to Topics.</p> <p>Class test and Quiz will be taken.</p> <p>Solving sample and previous Q. Papers</p>	

Name of the Teacher: Deepika Singh



TAPOVAN INTERNATIONAL SCHOOL
YEARLY SYLLABUS
2024-25

SUBJECT: Applied Arts

Class: 12 Humanities

Sr. No	Month	No. of Working Days	No. & Name of the Chapter / Lesson	Content / Sub Topics	Portfolio Assignment Topic
1	April	24	Unit-1 Six limbs of Indian Painting & Fundamentals of Visual Art (Elements & Principles) Rajasthani School of Miniature Painting	1.Learning of Origin andDevelopment 2.Sub-Schools-Mewar, Bundi, Jodhpur, Bikaner, Kishangar, and Jaipur 3.Main Features of Rajasthani School 4.Appreciation of The Following Rajasthani Painting	1. Indian Folk Art (Mandala Art) 2. Picture Composition 3. Poster Design
2.	May	4	Unit-1 The Rajasthani And Pahari School of Miniature Painting	Painting: 1.Maru-Ragini	1.Picture Composition on theme given in class.
3.	June	23	Unit-1 The Rajasthani And Pahari School of Miniature Painting The Mughal and Deccan school of miniature painting	Painting: 1.ChouganPlayer 2.Krishna on Swing 3.RadhaBani-Thani 4.Bharat meets Rama at Chitrakut	1. Indian folk art 2. Picture composition on various topics discussed in class. 3. Poster design
4.	July	26	Unit-1 The Pahari school of Miniature painting	1. Learning of Origin and Development 2.Sub-school-basohli, Guler, Kangara, Chamba and Garhwal Painting: 1.NandYashoda and kinsmen going to Vrindavan 2. Krishna with Gopis	1. Indian folk art 2. Picture composition 3. Poster design of relevant topic
5.	August	22	Unit-2 The Mughal and the Deccan School of	(a) The Mughal School 1.Learning of Origin and Development 2.Understanding of Main Features of Mughal	1. Picture composition of topic given in class. 2. Magazine design

			Miniature painting.	school Painting: 1.Krishna lifting Mount Govardhan 2.Falcon on a bird-rest	3.Illustration– drawing of figures on topic given.
6.	September	23	Unit-2 The Mughal and the Deccan School of Miniature painting.	3.Kabir and Raidas 4.Marriage Procession of Dara Shikoh 5.Chand Bibi Playing Polo 6.Hazrat Nizamuddin Auliya and Amir Khusro (b) The Deccan School 1.Origin and Development 2.Main Features of Deccan School	1. Picture composition 2. Poster design on relevant topic 3. Poster design of topic given in class
7.	October	21	Unit-3 Bengal School of Painting and Indian National Flag and the Modern Trends in Indian Art	1. National Flag of India and the symbolic significance of its famous and the colors (about the beginning to mid of the 20 th century) 2. Introduction to the Bengal school of painting 3. Learning of Origin and development of the Bengal School of Painting 4. Main features of the Bengal school of Painting Painting: - 1. Journey's End 2. Shiv and Sati 3. Radhika 4. Meghdoot	1. Poster design 2. Magazine design/ Illustration related to topic given 3. Picture composition
8.	November	17	Unit 4 About the Artists Points to Remember Paintings Graphics	Painting: 1.Rama vanquishing the pride of the ocean 2. Mother and Child 3. Mother Teresa Graphics: 1. Children 2. Devi 3. Of Wall 4. Man Woman and Tree	1. Picture composition 2. Poster design on topics related to theme.
9.	December	24	Sculptures Revision for Pre-board exams	Sculpture: - 1. Triumph of Labour 2. Santhal family 3. Cries Un-heard 4. Ganesha Revision for all topics for Pre-board exams	1. Picture Composition/Illustration 2. Illustration 3. Poster design
10	January	19	Revision for CBSE Board Exam	Revision of all topics and solving sample papers.	Practice work of paintings related to topics learnt.
11	February/ March	22 09	Revision for CBSE Board Exam	Revision of all topics and solving sample papers.	Practice work on various topics.

Name of the Teacher: Krishna Jani



TAPOVAN INTERNATIONAL SCHOOL

YEARLY SYLLABUS 2024-25

SUBJECT: Computer Science (083)

Class- XII

Sr. No	Month	Days	No. & Name of the Chapter / Lesson	Content / Sub Topics	Experiments / Activities
1	April + May	24 + 4	Python Revision Tour I & II	<ul style="list-style-type: none"> • Python Fundamentals • Data Handling Concepts • Strings • Functions and text file 	Programs based on looping statements, Lists, text file and functions.
2	June	23	Introduction to Functions Using Python Libraries	<ul style="list-style-type: none"> • Introduction to Functions • Defining Functions • Types of Functions • Function Call • Arguments and Passing parameters • Returning values, Scope of Variables • Mutable /Immutable properties of data objects • Passing strings • Introduction to Library • Importing modules • Library functions 	Programs based on Functions.
3	July	26	File Handling	<ul style="list-style-type: none"> • Introduction to File Handling • Data Files (Text, Binary, CSV) • Opening and closing files • Reading & writing files 	Programs based on Text File
4	August	22	File Handling	<ul style="list-style-type: none"> • Basic operations • Pickle Module – methods load and dump <ul style="list-style-type: none"> • Import csv module • Open, Close a csv file • Read from a csv file • Write into a csv file using csv. reader () and csv. write row () 	Programs based on Binary File, CSV File

5	September	23	Revision for Term Exam I		
6	October	21	Stacks	<ul style="list-style-type: none"> • Introduction to Stacks • Operations (POP, PUSH) using list 	Programs based on implementation of Stack using list
7	November	17	Structured Query Language	<ul style="list-style-type: none"> • Relational models & its Terms • Introduction to SQL • Using DDL & DML commands • Simple queries • SQL Functions 	Problems based on SQL Tables
8	December	24	Interface of Python with an SQL database Communication and network concepts	<ul style="list-style-type: none"> • Connecting SQL with Python • Creating Database connectivity Applications • Performing Insert, Update, Delete queries • Display data by using fetch one(), fetch all() • Fetch many(), row count • Introduction to Networking • Switching Techniques • Transmission media • Network Devices • Network Topologies, Types of Networks • Network Protocols • Mobile Technology, Email Protocols • Wireless Technology • Network Security • Web services 	Problems based on Python interface With SQL.
9	January	19	Revision using Sample paper + Practical's		
10	February + March	22 + 9	Practical's		

Name of the Teacher: Mr. SHEEMON S



Class: XII

Sr.No.	Month	No.of Working Days	No. & Name of the Chapters / Lessons	Content / Sub Topics	Experiments / Activities
1	APRIL	24	<p><u>FLAMINGO</u></p> <p>1.The Last Lesson</p> <p>2.Lost Spring</p> <p>1. My mother at Sixty Six (Poem)</p> <p>.</p> <p><u>Writing Skills</u></p> <p>Notice Writing</p>	<ul style="list-style-type: none"> ● Infringement on the rights of people to speak a language of their choice. ● Know the meanings of new phrases ● Understand the wastefulness of war ● Understand linguistic chauvinism. ● Prussia conquering two districts of France. ● Importance of childhood ● Discussion of lives of children in slum areas. ● Research on the rights and laws related to child labor and child education in India. ● Kamala Das' fear of her mother getting old , frustration ● Read the poem with proper expressions, pauses and voice modulation. ● Understand and find out the figures of speech in the poem. ● Understand the pain and agony of separation from loved ones. ● Drafting of notice: Essentials of notice ● Types of Notice and its importance 	<p>Assignment on linguistic human rights.</p> <p>Research on Laws related to Right to Education of children in India</p> <p>Prepare a list of figures of speech</p> <p>Topics for Notice Writing will be given</p>

			<p>4. The Rattrap</p> <p><u>VISTAS</u></p> <p>3. Journey to the Centre of Earth</p>	<ul style="list-style-type: none"> • How he overcame his fears His Achievements • A tramp's Philosophy of life. • How he becomes a good human when love and compassion are shown by the daughter of Iron Master. • Judgmental nature of society will be discussed. • Expedition to Antarctica by a chosen group of students. • Description of the scenery of Antarctica witnessed by the author • Human impact on Antarctica 	<p>Write a different ending of the story according to your imagination and creativity.</p> <p>Videos on the expeditions in Antarctica</p>
5	AUGUST	22	<p><u>Writing Skills</u> Formal and Informal Invitation</p> <p><u>VISTAS</u> 4. The Enemy</p> <p><u>FLAMINGO</u></p> <p>5. Indigo</p> <p>3. A Thing of Beauty</p>	<ul style="list-style-type: none"> • Format of formal and informal invitation. • How the content differs in various types. • A story based on a Japanese doctor and his saving of an American soldier during second world- war. • Mindsets of enemy countries, their soldiers and citizens. • First civil disobedience Movement in Champaran • Gandhiji's role in Satyagraha movement. • Role of Indigo in the freedom struggle. • Definition of beauty • What is beauty? • Beauty in nature and beauty in patriotism 	<p>Exercise on invitations</p> <p>A discussion on parental dominance on children.</p> <p>Video on Champaran episode</p> <p>Write your definition of "Beauty"</p>

			<u>Assessment of listening (ASL)</u>	<ul style="list-style-type: none"> Listening task to assess the listening skill of students 	
6	SEPTEMBER	23	<u>FLAMINGO</u> 6. Poets and Pancakes 7. The Interview 8. Going Places	<ul style="list-style-type: none"> Discussion of old cinema and studios Relevance of pancakes Cinema during pre-independence and post independence. Humorous and ideological depiction of Gemini Studios in Madras. What is an interview? Interview of Umberto Eco Interviews of famous personalities and their opinions on 'Interviews' Fantasy of youth- hero worship. Teenage fantasies will be discussed. Description of characters of the chapter. 	<p>Video of the Gemini studio and pancake as a brand will be shown</p> <p>Interviews of famous personalities will be shown.</p> <p>Write a paragraph on any fantasy that you have.</p>
7	OCTOBER	21	<u>FLAMINGO</u> 4. A Roadside Stand (Poem) 5. Aunt Jennifer's Tigers (Poem) <u>Writing Skills</u> Letter Writing	<ul style="list-style-type: none"> What is a roadside stand? Importance of a roadside stand in the lives of villagers Expectations of the owner Life of Aunt Jennifer Significance of the tigers Marital conditions of Aunt Jennifer Job application Letter to the Editor 	<p>Write down the figures of speech used in the poem.</p> <p>Letters of all types will be given to practice.</p>

			<u>VISTAS</u> 5. On the Face of it 6. Childhood Memories	<ul style="list-style-type: none"> • Two deformed people meet. • The elder one influences the young one to change his mentality. • Optimism and pessimism in life of both the characters and their impact on them. <ul style="list-style-type: none"> • Memories of childhood by two women belonging to marginalized groups. • Untouchability and its ill effects during post-independence. 	Character Sketch of Derry and Mr.Lamb Write an article on 'Social inequalities in Modern India'.
8	NOVEMBER	17	Revision	Revision of Article writing and Notice writing	Topics will be given for practice
9	DECEMBER	24	Revision:	Revision of chapters and poems from Flamingo.	Revision sheet
10	JANUARY	19	Revision	Revision of chapter from Vistas	Revision sheet
11	FEBRUARY	22	PROJECT	Conduction of -VIVA	

NAME OF THE TEACHER: Ms. Kalpana Trivedi



TAPOVAN INTERNATIONAL SCHOOL

YEARLY SYLLABUS 2024 – 25

SUBJECT: ENTREPRENEURSHIP (066)

Class: XII Com. / Hum. / Sc.

Sr. No.	Month	No.of Working Days	No. & Name of the Chapter / Lesson	Content / Sub Topics	Activities
1	April	24	L -2: Entrepreneurial Planning.	Forms of different business entities, creating of business plan, organizational plan, production plan, marketing plan and operational plan, financial and marketing plan.	Value based questions Case studies Class test will be taken on this lesson. Project based presentation of their own plan, puzzle word method.
2	May	4	Project work 1	Human resource planning, Appendix and Miscellaneous. Project preparations.	Project work on Business plan.
3	June	23	L -1: Entrepreneurial Opportunity.	Business opportunity and its elements Sensing Entrepreneurial Opportunities. Environment scanning. Problem Identification. Spotting trends. Creativity and Innovation. Selecting the right opportunity.	Conduct a survey on any particular problem and find a solution to that problem. Case study and sample situation based. Value based questions Case studies Class test will be taken on this lesson.
4	July	26	L -3 : Enterprise Marketing.	Marketing and sales strategy & its functions. Branding & its types, features, logo, tagline. Promotional strategy & its types. Promotional tools (Advertising, Sales promotions, Personal selling, Public relations, Publicity) Sales promotional activities.	Prepare a new product its logo, tagline and brand name. Group discussion, case studies, and project based. UT – I Exams. (29 th July to 3 rd August) Value based questions Case studies Class test will be taken on this lesson.
5	August	22	L – 4 : Enterprise Growth Strategy	Define franchising. Types of Franchising and its advantages and disadvantages. Ingredients of franchisee agreements. Mergers and acquisitions & its types. Reason	Value based questions Case studies Class test will be taken on this lesson. Make a list of companies which have

				for M & A	merged or acquisition in India and abroad.
6	September	23	L -5 : Business Arithmetic Project Work 2	Unit of sale, Unit cost for multiple products. Break even analysis for multiple products. Computation of working capital. Inventory control and EOQ Return on investment and Return on equity.	Half yearly Exams. (21 st Sep. to 30 th Sep.) Value based questions Case studies Class test will be taken on this lesson. Collaborative learning through solving different problems.
7	October	21	L -6 : Resource Mobilization	Need of finance in business. Capital Market, Ways of raising funds on primary market.	Project Work on Market Survey Value based questions Case studies Class test will be taken on this lesson.
8	November	17	L -6: Resource Mobilization	Angel and its features. Venture Capitalist concepts and its features When to seek venture capital in the various stages of business developments.	Find out 5 entrepreneurial ventures which have received financial assistance from Angel Investors. Class test will be taken on this lesson. List of source of funding, presentation into the classroom and lecture method.
9	December	24	Revision and class test Pre-Board - I Exams.	Revision	Class test Chapter Wise UT – II Exam. (2 nd Dec. to 7 th Dec.) Pre – Board – I Exams. (21 st Dec. to 30 th Dec.)
10	January	19	Revision, class test and Pre- Board II Exams.	Revision	Class test Chapter Wise Pre – Board – II Exams. (30 th Jan to 7 th Feb.)
11	February	22	Practical Exam and Revision	Practical Exam and Revision	Practical Exam and Revision

Name of the Teacher: PRABIR DAS

2	May	4	V : Sports and Nutrition	<ul style="list-style-type: none"> • Concept of balance diet and nutrition • Macro and Micro Nutrients: Food sources & functions • Nutritive & Non-Nutritive Components of Diet • Eating for Weight control– A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, and Food Myths • Importance of Diet in Sports-Pre, During and Post competition Requirements 	Sports Nutrition Quiz n showing video.
3	June	23	<p>VII: Physiology & injuries in Sports</p> <p>II: Children & Women in Sports</p>	<ul style="list-style-type: none"> • Physiological factors determining components of physical fitness • Effect of exercise on the Muscular System • Effect of exercise on the Cardio-Respiratory System • Physiological changes due to aging • Sports injuries: Classification (Soft Tissue Injuries -Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique & Impacted • Exercise guidelines of WHO for different age groups. • Common postural deformities-knock knees, flat foot, round shoulders, Lordosis, Kyphosis, Scoliosis, and bow legs and their respective corrective measures. • Women's participation in Sports – Physical, Psychological, and social benefits. • Special consideration (menarche and menstrual dysfunction) • Female athlete triad (osteoporosis, amenorrhea, eating disorders) 	<p>Charts on different system of body and use of Bio lab for better understanding of body system and showing different system video.</p> <p>Making Charts on different postures. Showing Common Postural Deformities video</p>

4	July	26	VI: Test and Measurement in Sports	<ul style="list-style-type: none"> • Fitness test SAI Khelo India Test • BMR Test • Measurement of Cardio-Vascular Fitness – Harvard Step Test – Duration of the Exercise in Seconds $\times 100/5.5 \times$ Pulse count of 1-1.5 Min after Exercise • Rikli and Jones - Senior Citizen Fitness Test <ul style="list-style-type: none"> ○ Chair Stand test for lower body strength ○ Arm Curl test for upper body strength ○ Chair Sit and Reach test for lower body flexibility ○ Back Scratch test for upper body flexibility ○ Eight Foot Up and Go test for agility ○ Six minute walk test for Aerobic Endurance ○ Johnsen – Methney Test of Motor Educability (Front Roll, Roll, Jumping Half-Turn, Jumping full-turn) 	Practical of SAI Fitness Test
5	August	22	IV : Physical education & Sports for CWSN(Children with special need)	<ul style="list-style-type: none"> • Organizations promoting Disability Sports (special Olympics; Paralympics; Deaflympics) • Concept of Classification and Divisioning in Sports. • Concept of Inclusion in sports, its need, and Implementation; • Advantage of physical activity for children with special needs • Strategies to make physical Activity assessable for children with special need. 	
6	September	23	VIII. Biomechanics and Sports	<ul style="list-style-type: none"> • Newton law of motion & its application in sports • Types of Levers and their application in Sports • Equilibrium – Dynamic & Static and Center of Gravity and its application in sports • Friction & Sports • Projectile in Sports 	Practical on different games And video
7	October	21	X. Training in sports	<ul style="list-style-type: none"> • Concept of Talent Identification and talent Development in Sports • Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle. • Types & Method to Develop – Strength, Endurance, Speed, Flexibility and Coordinative 	Practical on different games and exercise

				Ability <ul style="list-style-type: none"> • Circuit Training - Introduction & its importance 	
8	November	17	IX. Psychology & Sports	<ul style="list-style-type: none"> • Personality; its definition & types (Jung Classification & big five theory • Motivation, its type & techniques. • Exercise Adherence: Reasons, Benefits & Strategies for Enhancing it • Meaning, Concept & Types of Aggressions in Sports • Psychological Attributes in Sports – Self-Esteem, Mental Imagery, Self-Talk, Goal Setting 	
9	December	24	Revision		
10	January	19	Revision		
10	February	22	Board practical exam		
11	March		Board Exam		

Name of the Teacher: Dr. Rajesh Patel



TAPOVAN INTERNATIONAL SCHOOL
YEARLY SYLLABUS 2024-25

SUBJECT: Psychology (037)

Class: XI

Sr. No.	Month	No. of Working Days	No. & Name of the Chapter / Lesson	Content / Sub Topics	Experiments / Activities
1.	April	24	1.Variations in Psychological Attributes	<div>1. Introduction</div> <div>2. Individual Differences in Human Functioning</div> <div>3. Assessment of Psychological Attributes</div> <div>4. Intelligence</div> <div>5. Psychometric Theories of Intelligence, Information Processing Theory: Planning, Attention-Arousal and Simultaneous Successive Model of Intelligence,<ul style="list-style-type: none">• Triarchic Theory of Intelligence• Theory of Multiple Intelligences.</div> <div>6. Individual Differences in Intelligence</div> <div>7. Culture and Intelligence</div> <div>8. Emotional Intelligence</div>	<div>Project on measuring IQ</div> <div>Organize debates on controversial psychological topics such as nature vs. nurture, Intelligent Quotient vs. Emotional Quotient.</div>
2.	May	04	1.Variations in Psychological Attributes (to be continue)	<div>9. Special Abilities: Aptitude: Nature and Measurement</div> <div>10.Creativity</div>	<div>Introduction to Psychological Testing</div>

3.	June	23	2. Self and Personality	<ol style="list-style-type: none"> 1. Introduction 2. Self and Personality 3. Concept of Self 4. Cognitive and Behavioral aspects of Self 5. Culture and Self 6. Concept of Personality 7. Major Approaches to the Study of Personality <ul style="list-style-type: none"> • Type Approaches • Trait Approaches • Psychodynamic Approach and Post Freudian Approaches • Behavioural Approach • Cultural Approach • Humanistic Approach 8. Assessment of Personality <ul style="list-style-type: none"> • Self – report Measures • Projective Techniques • Behavioural Analysis 	<p>Practical 1 Self - Concept Questionnaire (SCQ)</p> <p>To create projects on structure of personality and stages of personality given by Sigmund Freud</p>
4.	July	26	3. Meeting Life Challenges	<ol style="list-style-type: none"> 1. Introduction 2. Nature, Types and Sources of Stress 3. Effects of Stress on Psychological Functioning and Health <ul style="list-style-type: none"> • Stress and Health • General Adaptation Syndrome • Stress and Immune System • Lifestyle 4. Coping with Stress <ul style="list-style-type: none"> • Stress Management Techniques 5. Promoting Positive Health and Well-being <ul style="list-style-type: none"> • Life Skills • Positive Health 	<p>Practical 2 Adjustment Inventory for School Students</p> <p>Poster Making and displaying activity in order to spread mental health awareness.</p> <p>Practical 3 Stress Scale(SS)</p>

5.	August	22	4. Psychological Disorders	<ol style="list-style-type: none"> 1. Introduction 2. Concepts of Abnormality and Psychological Disorders <ul style="list-style-type: none"> • Historical Background 3. Classification of Psychological Disorders 4. Factors Underlying Abnormal Behavior 5. Major Psychological Disorders <ul style="list-style-type: none"> • Anxiety Disorders • Obsessive-Compulsive and Related Disorders • Trauma-and Stressor-Related Disorders • Somatic Symptom and Related Disorders • Dissociative Disorders • Depressive Disorder • Bipolar and Related Disorders • Schizophrenia Spectrum and Other Psychotic Disorders • Neurodevelopmental Disorders • Disruptive, Impulse-Control and Conduct Disorders • Feeding and Eating Disorders • Substance Related and Addictive Disorders 	<p>Practical 4 Academic Anxiety scale for Children (AASC)</p> <p>The students prepare PowerPoint Presentation on various Psychological disorders.</p> <p>To show psychological movies to the students.</p>
6.	September	23	5. Therapeutic Approaches	<ol style="list-style-type: none"> 1. Introduction 2. Nature and Process of psychotherapy <ul style="list-style-type: none"> • The therapeutic relationship 3. Types of Therapies <ul style="list-style-type: none"> • Behaviour Therapy • Cognitive Therapy • Humanistic-Existential Therapy • Alternative Therapies • Factors contributing to healing in Psychotherapy • Ethics in Psychotherapy 4. Rehabilitation of the Mentally ill 	<p>Introduce various therapeutic approaches (e.g., cognitive-behavioral therapy, humanistic therapy) and have students role-play therapeutic sessions using techniques associated with each approach.</p>

7.	October	21	6. Attitude and Social Cognition	1. Introduction 2. Explaining Social Behaviour 3. Nature and Components of Attitudes 4. Attitude Formation and Change <ul style="list-style-type: none"> • Attitude Formation • Attitude Change • Attitude-Behaviour Relationship 5. Prejudice and Discrimination 6. Strategies for Handling Prejudice	Group debate on controversial attitude topics. To conduct Case study / Profile on the chosen subjects.
8.	November	17	7. Social influence and Group Processes	1. Introduction 2. Nature and Formation of Groups 3. Type of Groups 4. Influence of Group on Individual Behaviour <ul style="list-style-type: none"> • Social Loafing • Group Polarisation 	Practical 5 Introversion Extroversion Inventory (IEI) Career Exploration Group discussion
9.	December	24	Revision	Revision of the complete course	To revise all the practical
10.	January	19	Revision	➤ Mock Practical ➤ Class tests ➤ Doubt solving	To solve sample papers
11.	February & March	22 & 9	➤ Preparation for Final Exam and solving sample papers.		

Name of the Teacher: Ms. Avani Makani