English

| Month | Syllabus | Activity |
|-----------|--|----------|
| April | The Portrait of a Lady by Khushwant Singh | |
| | Poem Father to Son | |
| | Ranga marriage | |
| | Poem laburnum top | |
| | The silk road | |
| | (Writing part) | |
| | Notice, Job letter, Letter of placing an order | |
| May | Literature part | |
| | The ailing planet | |
| | Poem photograph | |
| | Writing part - | |
| | Article, Speech | |
| | Grammar part - Gap filling | |
| July | Landscape of the soul | |
| | Discovering Tut | |
| | We are not afraid to die | |
| | The voice of the rain | |
| | Writing part - Letter to editor, Speech | |
| August | The adventure | |
| | Childhood poem | |
| | The summer of the beautiful white horse | |
| | Play Mother's Day | |
| | Birth poem | |
| | Grammar part: Sentence reordering | |
| | Transformation of sentences | |
| September | Literature Part | |
| | The Ghat of the only world | |
| | Writing Part | |
| | Letter to make request and letter of enquiry | |
| October | Literature Part | |
| | The tale of the melon City | |

Accountancy

| Month | Topic | Activity |
|-------|---|--------------|
| April | Introduction To Accounting, Journal | |
| May | Basic Accounting Terms, Accounting | |
| | Equation, Ledger | |
| June | | Project File |
| July | Special purpose Book-Cash Book, Special | |
| | Purpose book-Other books | |

10+1 (Commerce)

| August | Trail Balance, Depreciation , Theory Base | |
|-----------|---|--|
| | of Accounting, Accounting Procedures | |
| September | Financial Statements of Sole | |
| | Proprietorship | |
| October | Sole Proprietorship, Bills of Exchange, | |
| | Bases of accounting | |
| November | Origin Of Transactions, Bank | |
| | reconciliation Statement, Adjustments in | |
| | Financial statements | |
| December | Provision and reserve, Rectification of | |
| | errors | |

Business Studies

| Month | Topic | Activity |
|-----------|--|--------------|
| April | Unit-1 Evolution and Fundamentals of Business | |
| May | Unit-2 Forms of business organizations | |
| June | | Project file |
| July | Unit-7 Sources Of Business Finance | |
| August | Unit-8 Small Business and enterprise, Unit-6 Internal Trade | |
| September | Unit-5 Emerging Modes Of business | |
| October | Unit-4 business services | |
| November | Unit-10 International business, Unit-9 | |
| December | Unit-3 public, private and Global Enterprises | |

Economics

| Month | Topic | Activity/ Video |
|--------|---|--------------------|
| April | Introduction to Micro Economics, Consumer Equilibrium | Video |
| May | Demand & related components, Introduction of Statistics and data. | Video |
| July | Producer Behavior, Organization& Presentation of data. | Video |
| August | Supply & Related Components, Statistical Tools, Mean. | Video |

10+1 (Commerce)

| September | Forms of Market and Price Determination, | Video |
|-----------|--|-------|
| | Measures of Dispersion, Median & Mode. | |
| October | Correlation & Index Numbers. | Video |

Physical Education

| Month | Syllabus |
|-------|--|
| April | Unit I |
| _ | Changing Trends & Career in Physical Education |
| | Meaning & definition of Physical Education |
| | Aims & Objectives of Physical Education |
| | Career Options in Physical Education |
| | Competitions in various sports at national and international level |
| | Khelo-India Program |
| | Unit II |
| | Olympic Value Education |
| | Olympics, Paralympics and Special Olympics |
| | Olympic Symbols, Ideals, Objectives & Values of Olympism |
| | International Olympic Committee |
| | Indian Olympic Association |
| May | Unit III Physical Fitness, Wellness & Lifestyle |
| | Meaning & Importance of Physical Fitness, Wellness & Lifestyle |
| | Components of physical fitness and Wellness |
| | Components of Health related fitness |
| | Unit IV Physical Education & Sports for CWSN (Children With |
| | Special Needs- Divyang) |
| | Aims & objectives of Adaptive Physical Education |
| | Organization promoting Adaptive Sports (Special Olympics Bharat; Paralympics; Deaflympics) |
| | Concept of Inclusion, its need and Implementation |
| | Role of various professionals for children with special needs |
| | (Counsellor, Occupational Therapist, Physiotherapist, Physical |
| | Education |
| | Teacher, Speech Therapist & special Educator) |
| July | Unit V Yoga |
| | Meaning & Importance of Yoga |
| | Elements of Yoga |
| | Introduction - Asanas, Pranayam, Meditation & Yogic Kriyas |
| | Yoga for concentration & related Asanas (Sukhasana; Tadasana; |
| | Padmasana & Shashank asana, Nauk asana, Vriksh asana (Tree pose), |
| | Garudasana (Eagle pose) |
| | Relaxation Techniques for improving concentration – Yog-nidra |

Unit VI Physical Activity & Leadership Training

Leadership Qualities & Role of a Leader

Creating leaders through Physical Education

Meaning, objectives & types of Adventure Sports (Rock Climbing, Tracking, River

Rafting, Mountaineering, Surfing and Para Gliding)

Safety measures to prevent sports injuries

Unit VII Test, Measurement & Evaluation

Define Test, Measurement & Evaluation

Importance of Test, Measurement & Evaluation In Sports

Calculation of BMI & Waist - Hip Ratio

Somato Types (Endomorphy, Mesomorphy & Ectomorphy)

Measurement of health related fitness

August

Unit VIII Fundamentals of Anatomy, Physiology & Kinesiology in Sports

Definition and Importance of Anatomy, Physiology & Kinesiology Function of Skeleton System, Classification of Bones & Types of Joints Properties and Functions of Muscles

Function & Structure of Respiratory System and Circulatory System Equilibrium – Dynamic & Static And Centre of Gravity and its application in sports

Unit IX Psychology & Sports

Definition & Importance of Psychology in Phy. Edu. & Sports Define & Differentiate Between Growth & Development Developmental Characteristics At Different Stages of Development Adolescent Problems & Their Management

September

Unit X Training and Doping in Sports

Meaning & Concept of Sports Training

Principles of Sports Training

Warming up & limbering down

Skill, Technique & Style

Concept & classification of doping

Prohibited Substances & their side effects

Dealing with alcohol and substance abuse