

English

Month	Syllabus	Activity
April	<ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • The Ailing Planet • Poem : Photograph • Writing part – Article, Speech • Grammar part - Gap filling 	
July	<ul style="list-style-type: none"> • Landscape of the soul • Discovering tut • We are not afraid to die • The voice of the rain • Writing part - Letter to editor, Speech 	
August	<ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • The Ghat of the only world • Writing part • Letter to make request and letter of enquiry 	
October	Literature part <ul style="list-style-type: none"> • The tale of the melon City 	

Punjabi

ਮਹੀਨਾ	ਵਿਸ਼ਾ	ਕਿਰਿਆਤਮਕ ਕਾਰਜ
ਅਪ੍ਰੈਲ	ਕਵਿਤਾ-ਗੁਰੂ ਰਾਮਦਾਸ ਜੀ, ਕਿਰਤ ਤੇ ਮਿੱਠਾ ਬੋਲਣਾ (ਨਾਵਲ)-ਰਿਸ਼ਤੇ : ਤਿੰਨ ਕਾਂਡ ਵਿਆਕਰਨ - ਸ਼ਬਦ ਸੁੱਧੀ	
ਮਈ	ਕਵਿਤਾ-ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ, ਹੱਸਣਾ ਤੇ ਕੂਕਣਾ,	ਬੋਲਣ-ਕੌਸਲ (ਕਿਸੇ ਵੀ

	(ਨਾਵਲ) ਰਿਸ਼ਤੇ : ਤਿੰਨ ਕਾਂਡ ਵਿਆਕਰਨ- ਅਖਾਣ (ਓ ਤੋਂ ਹ) ਤੱਕ	ਵਿਸ਼ੇ 'ਤੇ ਆਪਣੇ ਵਿਚਾਰ ਵਿਅਕਤ ਕਰਨ ਸੰਬੰਧੀ ਕਿਰਿਆਤਮਿਕ ਕਾਰਜ)
ਜੁਲਾਈ	ਕਵਿਤਾ-ਬੁੱਲੇ ਸ਼ਾਹ, ਘੜਮ ਚੌਧਰੀ (ਨਾਵਲ) ਰਿਸ਼ਤੇ : ਤਿੰਨਕਾਂਡ, ਵਿਆਕਰਨ- ਅਲੰਕਾਰ, ਕਵਿਤਾ ਦੇ ਰੂਪ ਅਤੇ ਤੱਤਾਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦਿਉ	ਵਾਦ-ਵਿਵਾਦ (ਪੇਂਡੂ ਅਤੇਸ਼ਹਿਰੀਜੀਵਨਸੰਬੰਧੀਵਾ ਦ- ਵਿਵਾਦਕਰਵਾਇਆਜਾਵੇਗਾ
ਅਗਸਤ	ਕਵਿਤਾ -ਵਾਰਿਸ ਸ਼ਾਹ, ਨੈਸ਼ਨਲ ਸਟੇਡੀਅਮ ਦੀਆਂ ਯਾਦਾਂ (ਨਾਵਲ) ਰਿਸ਼ਤੇ : ਦੋ ਕਾਂਡ ਵਿਆਕਰਨ: ਨਾਟਕ ਦੇ ਵਿਕਾਸ ਤੇ ਨਿਕਾਸ ਸੰਬੰਧੀ ਆਪਣੇ ਵਿਚਾਰ ਪੇਸ਼ ਕਰੋ	ਸੱਭਿਆਚਾਰਕ ਗਤੀਵਿਧੀਆਂ ਦੇ ਵਿਸ਼ੇ 'ਤੇ ਪ੍ਰੋਜੈਕਟ ਤਿਆਰ ਕਰਨਾ
ਸਤੰਬਰ	ਦੁਹਰਾਈ ਅਤੇ ਲਿਖਤੀ ਛਿਮਾਹੀ ਪ੍ਰੀਖਿਆ	
ਅਕਤੂਬਰ	ਕਵਿਤਾ-ਚਰਨ ਸਿੰਘ ਸ਼ਹੀਦ, ਮੁਆਫ ਕਰਨਾ, (ਨਾਵਲ) ਰਿਸ਼ਤੇ : ਵਿਆਕਰਨ-ਰਸ, ਲੇਖ	ਲਿਖਣ-ਕੌਸ਼ਲ: ਕਿਸੇ ਵੀ ਵਿਸ਼ੇ 'ਤੇ ਲਿਖਣ ਸੰਬੰਧੀ ਕਿਰਿਆਤਮਿਕ ਕਾਰਜ
ਨਵੰਬਰ	ਕਵਿਤਾ-ਬਚਨ ਬੇਦਿਲ, ਝੰਡੇ ਕਦੇਨਾਝੁਰਹਿਮੂੜੇ ਵਿਆਕਰਨ-ਅਣਡਿੱਠਾਪੈਰਾ, ਬਿਨੈਪੱਤਰ	ਪੰਜਾਬੀ ਹਾਰ -ਸ਼ਿੰਗਾਰ ਦੇ ਵਿਸ਼ੇ 'ਤੇ ਪ੍ਰੋਜੈਕਟ ਤਿਆਰ ਕਰਨਾ

Political Science

MONTH	TOPICS
APRIL	Part A <ol style="list-style-type: none"> 1. Constitution: Why and How, Philosophy of the Constitution, Constitution as a living document. 2. Rights and Duties in the Indian Constitution. Part B <ol style="list-style-type: none"> 9. Political Theory: An Introduction
MAY	Part A <ol style="list-style-type: none"> 3. Election and Representation 4. The Executive Part B <ol style="list-style-type: none"> 10. Freedom 11. Equality
JULY	Part A <ol style="list-style-type: none"> 5. The legislature Part B <ol style="list-style-type: none"> 12. Justice with special reference to Social Justice 13. Rights

AUGUST	Part A 6. The judiciary 7. Federalism Part B 14. Citizenship 15. Nationalism 16. Secularism
OCTOBER	Part A 8. Local Governments Part B 17. Peace 18. Development

Physical education-+1

Month	Syllabus
April	Unit I <ul style="list-style-type: none"> • Changing Trends & Career in Physical Education <ul style="list-style-type: none"> - 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 <ul style="list-style-type: none"> • Olympic Value Education <ul style="list-style-type: none"> - Olympics, Paralympics and Special Olympics - Olympic Symbols, Ideals, Objectives & Values of Olympism - International Olympic Committee - Indian Olympic Association
May	Unit III <ul style="list-style-type: none"> • Physical Fitness, Wellness & Lifestyle <ul style="list-style-type: none"> - Meaning & Importance of Physical Fitness, Wellness & Lifestyle - Components of physical fitness and Wellness - Components of Health related fitness Unit IV <ul style="list-style-type: none"> • Physical Education & Sports for CWSN (Children With Special Needs- Divyang) <ul style="list-style-type: none"> - Aims & objectives of Adaptive Physical Education - Organization promoting Adaptive Sports (Special

	<p>Olympics Bharat; Paralympics; Deaflympics)</p> <ul style="list-style-type: none"> - 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	<p>Unit V</p> <ul style="list-style-type: none"> • Yoga <ul style="list-style-type: none"> - Meaning & Importance of Yoga - Elements of Yoga - Introduction - Asanas, Pranayam, Meditation & Yogic Kriyas - Yoga for concentration & related Asanas (Sukhasana; Tadasana; Padmasana & Shashankasana, Naukasana, Vrikshasana (Tree pose), Garudasana (Eagle pose) - Relaxation Techniques for improving concentration – Yog-nidra <p>Unit VI</p> <ul style="list-style-type: none"> • Physical Activity & Leadership Training <ul style="list-style-type: none"> - 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 <p>Unit VII</p> <ul style="list-style-type: none"> • Test, Measurement & Evaluation <ul style="list-style-type: none"> - 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	<p>Unit VIII</p> <ul style="list-style-type: none"> • Fundamentals of Anatomy, Physiology & Kinesiology in Sports <ul style="list-style-type: none"> - 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

	<p>Circulatory System</p> <ul style="list-style-type: none"> - Equilibrium – Dynamic & Static And Centre of Gravity and its application in sports <p>Unit IX</p> <ul style="list-style-type: none"> • Psychology & Sports <ul style="list-style-type: none"> - Definition & Importance of Psychology in Phy. Edu. & Sports - Define & Differentiate Between Growth & Development - Developmental Characteristics At Different Stages of Development - Adolescent Problems & Their Management
Sept	<p>Unit X</p> <ul style="list-style-type: none"> • Training and Doping in Sports <ul style="list-style-type: none"> - 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