

Marwari Arogya Bhawan No- 3, Bariatu, Ranchi

Class	XI	Subject	ENGLISH
Prescribed Books	HORNBILL & SNAPSHOT		

Month	Days	Торіс	
June	20	 The Portrait of a Lady A Photograph Poster Making The Summer of the Beautiful White Horse 	
July	26	 Note Making We Are Not Afraid to Die If We Can All Be Together The Address Discovering Tut: The Saga Continues The Laburnum Top Speech Writing Reordering of sentences 	
August	23	 The Voice of the Rain Tenses Debate Writing Classified Advertisement 	
September	08	Revision of Term I	
October	23	 Mother's Day Childhood The Adventure Reordering of sentences 	

November	19	 Silk Road Birth Transformation of sentences 	
December	24	The Tale of Melon CityClausesRevision of	
January	21	Father to SonRevision for Term II	
		Portion for Examination	
Unit Test – I		 The Portrait of a Lady A Photograph Reordering of Sentences 	
Half Yearly Examination		 The Portrait of a Lady Classified Advertisement A Photograph The Summer of a Beautiful White Horse Poster Making Reading Comprehension Speech Writing Note Making Discovering Tut: The Saga Continues The Laburnum Top The Voice of the Rain The Address Reordering of Sentences Gap filling 	

Unit Test – II	Mother's Day
	Childhood
	The Adventure
	Classified Advertisement
	Tenses (Gap Filling)
Annual Examination	 The whole syllabus of Term -I & Term -II



Marwari Arogya Bhawan No- 3, Bariatu, Ranchi

Class	XI	Subject	PHYSICS
Prescribed Books	NCERT		

Month	Days	Торіс
June	20	Chapter–2: Units and Measurements Chapter–3: Motion in a Straight Line Chapter–4: Motion in a Plane
July	26	Chapter–5: Laws of Motion Chapter–6: Work, Energy and Power Chapter–7: System of Particles and Rotational Motion
August	23	Chapter–7: System of Particles and Rotational Motion(Contd.) Chapter–8: Gravitation
September	08	Revision & Half yearly Examination
October	23	Chapter–9: Mechanical Properties of Solids Chapter–10: Mechanical Properties of Fluids Chapter–11: Thermal Properties of Matter
November	19	Chapter–11: Thermal Properties of Matter (Contd.) Chapter–12: Thermodynamics
December	24	Chapter–13: Kinetic Theory Chapter–14: Oscillations
January	21	Chapter–15: Waves

Portion for Examination		
Unit Test – I	CHAPTER 2 & 3	
Half Yearly	CHAPTER 2,3,4,5,6,7	
Examination		
Unit Test – II	CHAPTER 8,9	
Annual Examination	Whole syllabus	



Marwari Arogya Bhawan No- 3, Bariatu, Ranchi

Class	XI	Subject	Chemistry
Prescribed Books	NCERT		

Month	Days	Торіс
June	20	Ch 1. Some basic concept of chemistry,
June	20	Ch 2. Structure of atoms
luby	July 26	Ch 3. Classification of elements and periodicity in
July		properties
August	23	Ch 4. Chemical bonding and molecular structure
September	08	Ch 5. Thermodynamics, Revision and half yearly exam
October	23	Ch 6. Equilibrium
November	19	Ch 7. Redox reaction
Docombor	December 24	Ch 8. Organic chemistry some basic principles and
December		technique
January	21	Ch 9. Hydrocarbon

dicity in
ucture and



Marwari Arogya Bhawan No- 3, Bariatu, Ranchi

Class	XI	Subject	Mathematics
Prescribed Books	NCERT		

Month	Days	Торіс
June	20	Ch -01 \rightarrow Sets and their representation, Ch -02 \rightarrow Relations and Functions
July	26	 Ch – 03 → Measurement of angles, Trigonometric or circular functions Ch – 05 → Complex number and Quadratic equations
August	23	Ch − 06 → Linear inequations in one variable Ch − 07 → Permutations and combinations
September	08	Revision and Half Yearly Examination
October	23	Ch – 08 → Binomial theorem Ch – 09 → Arithmetic progression and geometric progression
November	19	Ch – 10 → Straight line Ch – 11 → Circle Parabola, hyperbola and ellipse
December	24	Ch – 12 → Three-dimensional geometry Ch – 13 → Limits and derivative
January	21	Ch – 15 → Statistics Ch – 16 → Probability

Portion for Examination		
Unit Test – I	Chapter 1,2	
Half Yearly Examination	Chapter 1,2,3,5,6,7	
Unit Test – II	Chapter 8,9	
Annual Examination	Chapter 1,2,3,5,6,7,8,9,10,11,12,13,15,16	



Marwari Arogya Bhawan No- 3, Bariatu, Ranchi

Class	XI	Subject	BIOLOGY
Prescribed Books	NCERT		

Month	Days	Торіс
June	20	Chapter1: 'TheLivingWorld' Chapter 2: ' Biological Classification
July	26	Chapter3: 'Plant Kingdom' Chapter4: 'Animal Kingdom' Chapter5: 'Morphology of Flowering Plants'
August	23	Chapter:6'Anatomyof Flowering Plants Chapter 7: 'Structural organization in Animals Chapter8:cell – The Unit of life Chapter 10: ' Cell cycle and Cell division
September	08	Half yearly Examination
October	23	Chapter : 9 Biomolecules Chapter 13: 'Photosynthesis in Higher Plants Chapter 17' Breathing and Exchange of Gases' Chapter18: Body Fluid and Circulation
November	19	Chapter14: 'Respiration in Plants' Chapter 19: Excretory Products and Their Elimination
December	24	Chapter 15:Plant Growth and Development Chapter 20: Locomotion and Movement Chapter:21:Neural Control and Coordination
January	21	Chapter22:Chemical Coordination and Integration

Portion for Examination		
Unit Test – I	CHAPTER 2:BIOLOGICAL CLASSIFICATION	
Half Yearly	CHAPTER 1,2,3,4,5,6,7,8,10	
Examination		
Unit Test – II	CHAPTER 17- Breathing and Exchange of Gases	
Annual	Whole syllabus	
Examination		



Marwari ArogyaBhawan No- 3, Bariatu, Ranchi

Class	XI	Subject	ACCOUNTANCY
Prescribed Books	NCERT		

Month	Days	Торіс
June	20	 1.Theoreticalframework a) Introduction of accounting, Objectives, advantages, limitationand User b) BasicAccountingterms 2)TheoryBaseofAccounting, Assumption, Principle, Standard, BasesofAccountir
July	26	 AccountingEquation,Rulesofdebit andcredit BooksofOriginalEntry—Journalandledger CashBook(singleanddoublecolumn column)
August	23	 OthersubsidiaryBooks,PurchasesBooks,salesbooks,debitnote,creditnote. BankReconciliationstatements Trial balance Depreciation (S.L.M AND W.D.V Methods) Provision and Reserve
September	08	Depreciation (W.D.V Methods) Provision and Reserve (Contd.)
October	23	 10. Financial Statement (meanings, importance, types of expenses, a) Trading account b) Profit and Loss a/c c) Balance sheet
November	19	12. Financial statement with Adjustment (various adjustments)
December	24	 13. Rectification of Errors a) Error of Omission b) Error of commission c) Error of Principle d) Compensating Error
January	21	14. AccountingforIncompleteRecords

	Portion for Examination
Unit Test – I	 Theoreticalframework Introduction of accounting, Objectives, advantages, limitationand User BasicAccountingterms TheoryBaseofAccounting AccountingEquation, Rulesofdebit and credit
Half Yearly Examination	 1.Theoreticalframework e) Introduction of accounting, Objectives, advantages, limitationand User f) BasicAccountingterms 2)TheoryBaseofAccounting, Assumption, Principle, Standard, BasesofAccounting
	 6. AccountingEquation,Rulesofdebit andcredit 7. BooksofOriginalEntry—Journalandledger 8. CashBook(singleanddoublecolumn column)
	 OthersubsidiaryBooks,PurchasesBooks,salesbooks,debitnote,creditnote. BankReconciliationstatements Trial balance Depreciation (S.L.M AND W.D.V Methods) Provision and Reserve
	 Depreciation (W.D.V Methods) Provision and Reserve (Contd.)
Unit Test – II	 11. Financial Statement (meanings, importance, types of expenses, a) Trading account b) Profit and Loss a/c c) Balance sheet
	12. Financial statement with Adjustment (various adjustments)
Annual	All Chapters
Examination	



Marwari ArogyaBhawan No- 3, Bariatu, Ranchi

Class	XI	Subject	B.ST.
Prescribed Books	NCERT		
DOOKS			

Month	Days	Торіс
June	20	Ch 1 : Nature and purpose of business
July	26	Ch 2: Forms of business Organisation Ch 3: Private, Public and Global enterprises Ch 4: Business services
August	23	Ch 5: Business services (cont.) Ch 6: Emerging mode of business Ch 7: Social Responsibilities of business and business ethics
September	08	Ch 7: Social Responsibilities of business and business ethics
October	23	Ch 8: Sources of Business finance Ch9.SmallBusiness
November	19	Ch 10: Internal trade
December	24	Ch 10: Internal trade (contd.) Ch 11: International Business
January	21	Ch 11: International Business (contd.)

Portion for Examination		
Unit Test – I	Ch 1 : Nature and purpose of business	
	Ch 2: Forms of business Organisation	
Half Yearly	Ch 1 : Nature and purpose of business	
Examination		
	Ch 2: Forms of business Organisation Ch 3: Private, Public and Global enterprises Ch 4: Business services	
	Ch 5: Business services (cont.) Ch 6: Emerging mode of business Ch 7: Social Responsibilities of business and business ethics	
Unit Test – II	Ch 7: Social Responsibilities of business and business ethics	
Examination	Ch 8: Sources of Business finance Ch9.SmallBusiness	
Annual	All Chapters	



Marwari Arogya Bhawan No- 3, Bariatu, Ranchi

Class	XI	Subject	Economics
Prescribed Books	NCERT		

Month	Days	Торіс
June	20	Unit:1–Introduction to Statistics What is Economics? Its meaning, scope, functions & Importance. Unit:4–Introduction to Microeconomics Meaning, Central Problems of an Economy, Concepts of PPF.
July	26	 Unit:5–Consumer's Equilibrium and Demand Consumer EqMeaning, MU, Law of Diminishing Mu, IC Curve analysis, Consumer's Budget, Unit:2 – Collection and Organisation of Data Preferences of the Consumer, Sources of data - primary & secondary, methods of collecting data, census of India, organization of data, meaning, Frequency distribution.
August	23	Unit:2–Collection, Organisation and Presentation of Data. Presentation of Data, Textual & Tabular presentation. Unit:5–Consumer's Equilibrium & Demand Demand, Market Demand, Determinants of Demand.
September	08	Half-Yearly Examination
October	23	Unit:2–Presentation of Data Diagrammatic Presentation of Data:- Geometric form Frequency Diagram

			Arithmetic line graphs Unit:5–Consumer's Equilibrium and Demand schedule, Demand Curve, Price Elasticity of Demand
	November	19	Unit:3–Statistical tools and Interpretation Measures of Central Tendency, Mean, Median Unit:6 – Producer Behaviour and Supply Production Function, Total Product, Average Product and Marginal product.
	December	24	Unit:3–Statistical tools and Interpretation Measures of Central Tendency, Mode, Measures of Dispersion -Absolute dispersion Relative dispersion Lorenz curve Unit:6 – Producer Behaviour & Supply Returns to a Factor, Cost, Revenue, Producer's Equilibrium, Supply, Elasticity of Supply
	January	21	Unit:3–Statistical tools and Interpretation Correlation, Measures of correlation, spearman's rank correlation, Index Numbers Unit:7 – Forms of Market & Price Determination Perfect Competition other market forms, Simple application of demand and supply.

	Portion for Examination		
Unit Test – I	Statistics Unit -1		
	Microeconomics Unit - 4		
Half Yearly	Statistics Unit-1 and Unit-2 (Upto Organization of data)		
Examination	Microeconomics Unit-4 and Unit-5 (Upto Determinants		
	of Demand)		
Unit Test – II	Elasticity of Demand, Mean, Median.		
Annual	Whole Syllabus		
Examination			



Marwari Arogya Bhawan No- 3, Bariatu, Ranchi

Class	XI	Subject	History
Prescribed Books	Themes in World History		

Month	Days	Торіс	
June 20		Theme:1 - Writing and City Life• Mesopotamia and its Geography• The Significance of Urbanism• The System of Writing and Literacy• Life in the City	
July 26 The Early Empire • The 3 rd Century Crises • Gender, Literacy & Culture • Economic Expansion		Theme:2 - An Empire Across Three Continents• The Early Empire• The 3 rd Century Crises• Gender, Literacy & Culture	
August	Theme:3 - Nomadic Empires Social and Political Background		
September	08	Half Yearly Examination	
October 23		 The Three Orders Factors affecting Social and Economic Relations 	
November	19	Theme:5 - Changing Cultural Traditions• Revival of the Italian Towns• Artists and Realism• Debates within Christianity	
December 24 European Imperialism • Encounter with Europeans • The Gold Rush		 European Imperialism Encounter with Europeans The Gold Rush 	
 Japan–The Politica The Meiji Restorat Aggressive Nationa After defeat in Wo Power. China– The Republica 		 China– The Republic Rule Rise of the Communist Party of China 	

	Portion for Examination
Unit Test – I	Theme:1 - Writing and City Life
Half Yearly	Theme:1 - Writing and City Life
-	Theme:2 - An Empire Across Three Continents
Examination	Theme:3 - Nomadic Empires
	Theme:4 - The Three Orders (Half Portion)
Unit Test – II	Theme:4 - The Three Orders (Remaining Part)
	Theme:5 - Changing Cultural Traditions
Annual Examination	Theme: 1-7 (Whole Syllabus)



Marwari Arogya Bhawan No- 3, Bariatu, Ranchi

Class	XI	Subject	GEOGRAPHY
Prescribed Books	NCERT		

Month	Days	Торіс
June20Geography as a Discipline The origin and Evolution of the Earth Paper -2 India LocationJuly26Paper -1 Interior of the Earth Distribution of Oceans and ContinentsJuly26Paper -2 Structure and Physiography Practical:- Fundamentals of mapAugust23Paper -1 Geomorphic Process Paper -2 Drainage SystemSeptember08Revision & Half yearly examinationOctober23Paper -2 Climate Practical		The origin and Evolution of the Earth Paper -2
		Interior of the Earth Distribution of Oceans and Continents Paper -2 Structure and Physiography Practical:-
		Geomorphic Process Paper -2
		Revision & Half yearly examination
		Landforms & their Evolution Paper -2 Climate
November	19	Paper -1 Composition & Structure of Atmosphere Solar Radiation, Heat Balance & Temperature

Dec	ember	24	Paper -1 Atmospheric Circulation & Weather System Water in the Atmosphere Project work
Jar	nuary	21	Paper -1 Water (ocean) Movment of Ocean water Paper -2 Natural Vegetation Practical:- Topographic and Weather map & Remote Sensing

	Portion for Examination
Unit Test – I	Paper -1 Geography as a Discipline The origin & Evolution of the Earth Paper -2 India Location
Half Yearly Examination	Paper-1 Geography as a Discipline, The origin & Evolution of the Earth, Interior of the Earth, Distribution of Oceans and Continents Paper -2 Structure and Physiography, Drainage System Practical:- Fundamentals of map
Unit Test – II Annual Examination	Paper -1 Geomorphic Process, Landforms & their Evolution Paper-2 Climate Whole syllabus



Marwari ArogyaBhawan No- 3, Bariatu, Ranchi

	SCIENCE
on at Work	
ART-A Indian Constitutio ART-B Political Theory	ART-A Indian Constitution at Work ART-B Political Theory

Month	Days	Торіс
June 20		Constitution:Why and How? Rights in the Indian Constitution Political Theory:An Introduction
July 26 Freedom Election and Representation Executive		Election and Representation Equality
August 23		Legislature Social Justice Rights
September 08 REVISION FOR HALF YEARLY		REVISION FOR HALF YEARLY
October 23 Judiciary Federalism Local Governments		Federalism
November	19	Citizenship Nationalism
December	24	Constitution as a Living Document The Philosophy of the Constitution Secularism
January	21 REVISION FOR ANNUAL EXAMINATION	

	Portion for Examination
Unit Test – I	Constitution: Why and How Political Theory: An Introduction Rights in the Indian Constitution
Half Yearly Examination	Constitution: Why and How? Rights in The Indian Constitution Election and Representation Executive Legislature Political Theory: An Introduction Freedom Equality Social Justice
Unit Test – II	Judiciary Federalism Rights
Annual Examination	Local Governments Constitution: Why and How Judiciary Federalism Citizenship Nationalism Secularism Political Theory: An Introduction Freedom Legislature



Marwari Arogya Bhawan No- 3, Bariatu, Ranchi

Class	XI	Subject	Computer Science
Prescribed	Computer Science With Python		
Books	(Sultan Chand)		

Month	Days	Торіс
June	20	Computer System Organization
		 Data Representation and Boolean Logic
July	26	 Getting Started with Python
July		 Python Programming Fundamentals
August	23	Conditional and Looping Constructs
September	8	Strings In Python
October	23	List in Python
November	19	Tuples & Dictionary
December	24	Introduction to Python Modules
December		Society, Law & Ethics
January	21	Cyber Safety

Portion for Examination		
Unit Test – I	 CHAPTERS/TOPICS: Computer System Organization Data Representation and Boolean Logic Getting Started with Python 	
Half Yearly Examination	 Computer System Organization Data Representation and Boolean Logic Getting Started with Python Python Programming Fundamentals Conditional and Looping Constructs Strings In Python 	
Unit Test – II	List in PythonTuples & Dictionary	
Annual Examination	WHOLE SYLLABUS	



Marwari Arogya Bhawan No- 3, Bariatu, Ranchi

Class	XI	Subject	हिंदी
Prescribed	आरोह भाग 1 ,वितान भाग 1 ,अभिव्यक्ति	और माध्यम (NCEF	RT)
Books			

Month	Days	Торіс
June	20	गद्य -नमक का दारोगा,मियां नसीरुद्दीन ,पद्य -कबीर ,मीराबाई ,कार्यालयी पत्र लेखन
July	26	गद्य -अप्पू के साथ ढाई साल , विदाई संभाषण , पद्य -घर की याद ,चंपा काले काले अच्छर नहीं चीन्हती वितान -लतामंगेशकर,जनसंचार माध्यम ,अप्रत्याशित लेखन
August	23	पद्य गजल , गद्य -गलत लोहा ,वितान -राजस्थान की रजत बुँदे ,,पत्रकारिता के विविध आयाम ,डायरी लिखने की कला
September	08	अर्द्धवार्षिक परीक्षा
October	23	गद्य -रजनी ,जामुन के पेड़ ,पद्य -हे भूख मत मचल ,कथा -पटकथा ,कार्यालयी लेखन
November	19	पद्यसबसे खतरनाक ,भारत माता ,स्ववृत्त और रोजगार लेखन
December	24	वितान -आलो आंधारि ,पद्य -आओ मिलकर बचाए ,शब्दकोश ,अन्दर्भ ग्रन्थ
January	21	पुनरावृति

Portion for Examination		
Unit Test – I	नमक दारोगा ,कबीर ,मीराबाई ,अप्रत्याशित लेखन ,पत्र लेखन	
Half Yearly Examination	मियाँ नसीरुद्दीन ,अप्पू के साथ ढाई साल ,विदाई संभाषण ,गलता लोहा ,चंपा काले काले अच्छर नहीं चीन्हती ,गजल .वितान -लता मंगेशकर ,राजस्थान की रजत बूंदें ,अभिव्यक्ति और माध्यम -पाठ =1,2,9, एवं प्रथम इकाई परीक्षण	
Unit Test – II	रजनी ,जामुन का पेड़ ,हे भूख मत मचल ,पत्र लेखन	
Annual Examination	सम्पूर्ण पाठ्यक्रम	



Marwari Arogya Bhawan No- 3, Bariatu, Ranchi

Class	XI	Subject	SANSKRIT
Prescribed Books	NCERT		

Month	Days	Торіс
June	20	सन्धि - स्वर - दीर्घ,गुण, वृद्धि,यण् , अयादि व्यंजन - श्चुत्व,ष्टुत्व, जश्त्वम् , अनुश्वारः ,परसवर्णः विसर्ग- सत्वम्, सत्वम्, रूत्वम् लोपः , कुशलप्रशासनम्, संस्कृत भाषायाः उद्भवः , विकासः च
July	26	- सुक्तिसुधा, प्रत्यय - क्त्वा, ल्यप्,तुमुन्, तव्यत्, अनीयर्, क्त, क्तवतु , उपपद विभक्ति वाच्य - (लट् ,लृट्) अशुद्धि संशोधन(लिंग , वचन पुरूष, विभक्ति,काल)
August	23	- वीर : सर्वदमन:, शब्द रूप - रमा, कवि , पति, मति, नदी, शिशु, धेनु, मधु, वधू, पितृ, मातृ ,राजन्, गच्छन्, भवत् आत्मन् ,विद्वस् , वाच्, सर्व, यत्, तत् किम्, इदम्(तीनों लिंगों में)- धातुरूपभू,कृ, पा, स्था , दृश्, अस्, कथ , भक्ष् , घ्रा,क्रुध, हन् ,श्रु , क्री , ग्रह् लभ् , सेव्, मुद् , याच् अस्मद्, युष्मद् ,1-5 (तीनों लिंगों में)
September	08	पत्र, लघु कथा वार्तालाप, अनुवाद पुनरावृत्ति (अर्धवार्षिक परीक्षा)
October	23	वैदिक साहित्य(वेदा:, ब्राह्मण - आरण्यानि, उपनिषद्,वेदांगानि) पुनश्च शब्द रूप धातुरूप प्रयोग:
November	19	शुकशावकोदन्त: , वाच्य परिवर्तन, उपपद विभक्ति अभ्यास
December	24	- संगीतानुरागी सुब्बण्ण: , रामायण, महाभारत,पुराणानि च, व्याकरण अभ्यास
January	21	वस्त्र विक्रयः, यत् भूतहितं तत्सत्यम्, व्याकरण अभ्यास

	Portion for Examination
Unit Test – I	सन्धि - स्वर - दीर्घ,गुण, वृद्धि,यण् , अयादि व्यंजन - श्चुत्व,ष्टुत्व, जश्त्वम् , अनुश्वारः ,परसवर्णः विसर्ग- सत्वम्, सत्वम्, रूत्वम् लोपः , कुशलप्रशासनम्, संस्कृत भाषायाः उद्भवः , विकासः च
Half Yearly Examination	Ch 1 to 4
PRE-BOARD	Whole Syllabus



Marwari Arogya Bhawan No- 3, Bariatu, Ranchi

Class	XI	Subject	MUSIC
Prescribed Books	Sangeet I	Manjusa (Sarsv	wati)

Month	Days	Торіс	
June	20	 1.DEFINITION OF THE FOLLOWING: Sangeet Dhawani, Nada Swara,Shruti,Saptak That,Jati Raag ,Lakshan geet Nibaddha gaan Anibaddh gaan Lay,Taal,Margi-Desi. 	
July	26	 Description of the Ragas prescribed for class-based XI Bihag Bhimplasi Jaunpuri Bhairavi 	
August	23	Contribution and short life sketch of Niyati Tandem, Pt. V. N. Bhatkhande and Pt. December Paluskar	
September	08	Revision	
October	23	 Brief study of Sheila's, Khayal and Tarana Brief knowledge of Gharanas. 	
November	19	Brief study of Musical elements in Marysville Shasta and Brihaddeshi	
December	24	Writing in notation the compositions of Ragas, prescribed for class XI	
January	21	Writing in Tala notation, Thank, Dugun and Changing of prescribed Talas	

	Portion for Examination
Unit Test – I	-
Half Yearly	Portion of June to August
Examination	
Unit Test – II	-
Annual	Portion of October to January
Examination	



Marwari Arogya Bhawan No- 3, Bariatu, Ranchi

Class	XI	Subject	Painting
Prescribed Books	Indian Art (Part –I)		

Month	Days	Торіс
April	24	Prehistoric Cave painting (Bhimbetka)
May	13	Indus Valley Civilization
June	20	Ajanta Cave painting and Sculpture
July	26	Mauryan Art
August	23	Sunga Art
September	08	Gandhar Art
October	23	Gupta Art
November	19	Chola Art
December	24	Revision
January	21	Revision

Portion for Examination		
Unit Test – I	-	
Half Yearly	Ch1,2&3	
Examination		
Unit Test – II	-	
Annual	Whole Syllabus	
Examination		



Marwari ArogyaBhawan No- 3, Bariatu, Ranchi

Class	XI	Subject	Physical Education
Prescribed Books	Ratna Sagar		

Month	Days	Торіс
June	12	Chapter:1–ChangingTrendsandCareersinPhysicalEducation
		 Meaning and Definitions of PhysicalEducation
		 Aims and Objectives of Physical Education
		ChangingTrendsinPhysicalEducation
		 Development of physical education in India post independence
		 Changing trends in sports playing surface.wearable gears and sports
		equipment technological advancements
		 Career options in physical education
		 Khelo India program and fit India program
		Chapter: 2- Olympic value Education
		 Olympism -concept and Olympics values (Excellence.Balance
		Amanog Body will and mind.
		 Ancient and Modern Olympics.
		Olympics -symbols ,motto , Flag oath and anthem.
		Olympic movement structure - loc Noc IFS other members
July	24	Chapter:3– YOGA
		Meaning and Importance of Yoga
		Introduction to Ashtanga Yoga
		Yogic Kriyas (Shat Kamal
		Pranayama and its types
		Active Litestyle and Stress Management through Yoga
		Chapter:4- Physical Education and Sports for Children With
		Special Needs
		Concept of Disability and Disorder
		Types of Disability, its causes and nature (Intellectual disability,
		Physical disability)
		Disability Etiquettes
		Aim and Objectives of Adaptive Physical Education
		Role of Various Professionals for Children With Special Needs

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3-			(Counsellor, Occupational Therapist, Physiotherapist. Physical Education Teacher, Speech Therapist and Special Educator)
	August	21	Chapter:5–Physical Fitness Wellness and Lifestyle
			Meaning and Importance of Wellness, Health and Physical Fitness Components Dimensions of Wellnesa, Health and Physical Fitness Traditional Sports and Regional Games for Promoting Wellness Leadership through Physical Activity and Sports Introduction to First Aid - PRICE
	September	08	HALFYEARLY EXAM
	October	21	Chapter:6– Test, Measurement and Evaluation
			Define Test, Measurement and Evaluation
			Importance of Test, Measurement and Evaluation in Sports
			Calculation of BMI, Waist-Hip Ratio, Skinfold measurement (3- site)
			Somatotypes (Endomorphy, Mesomorphy and Ectomorphy)
			Measurements of health-related fitness
			Chapter:7 Fundamentals of Anatomy and Physiology in Sports
			Definition and Importance of Anatomy and Physiology in Exercise arid Sports Functions of Skeletal System, Classification of Bones and Types of Joints
			Properties and Functions of Murcies
			Structure and Functions at Circulatory System and Heart
			Structure and Functions of Respiratory System
	November	16	Chapter:8– Fundamentals of Kinesiology and Biomechanics in Sports
			>Definition and Importance of Kinesiology and Biomechanics in Sports Principles of Biomechanics Kinetics and Kinematics in Sports Types of Body Movements-Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Suoination and Pienation Axis and Planes-Concept and its Application in Body Movements
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			Axis and hanes concept and its Application in body wovements

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Dec	ember	22	Chapter:9–Psychology and Sports Definition and importance of Psychology in Physical Education and Sports Developmental Characteristics at Different Stages of Development Adolescent Problems and their Management Team Cohesion and Sports Introduction to Psychologica. Attributes: Attention. Resilience, Mental Toughness Chapter:10–Training and Doping in Sports
Dec	enibei	22	Concept and Principles of Sports Training Training Load-Over Load Adaptation and Recovery Warming-up and Limbering Down-Types, Method and Importance Concept of Sk, Technique, Tactics and Strategies Concept of Doping and its Disadvantages
Jai	nuary	20	Revision
Feb	oruary	21	Revision and Annual Exam

Portion for Examination		
Unit Test – I	Chapter; 1 and 2	
Half Yearly	Chapter 1 to 5	
Examination		
Unit Test – II	5 and 6	
Annual	1 to 10	
Examination		