#### ::16::

**INFORMATICS PRACTICES(065)** 

7) Informatics Practices : Sumita Arora Dhanpat Rai & Co. (P) Ltd.

A Text Book for Class XII 4576/15, Agarwal Road, Darya Ganj,

New Delhi-110002, Ph-23247736,37,38

PHYSICAL EDUCATION

8) Health, Physical Education : SP Text Books, N.D 413, Sharda Nand Street,

& Sports (C.B.S.E) Adda Hoshiarpur, Jalandhar. Ph-0181-2227899

9) Physical Education : SP Text Books, N.D 413, Sharda Nand Street,

Practical Notebook, For XII Classes Adda Hoshiarpur, Jalandhar. Ph-0181-2227899

**DIVINITY** 

10) Japji Sahib : Hemkunt Press Publisher, New delhi401, Ansals

Tower, C-Block Community Centre Naraina Vihar,

Delhi-110028 Tele-011-41412083

11) The Illustrated Ardaas : Hemkunt Press Publisher, New delhi401, Ansals

Tower, C-Block Community Centre Naraina Vihar,

Delhi-110028 Tele-011-41412083

**ENVIRONMENTAL EDUCATION** 

12)A Textbook of Environmental: Goyal Brothers Prakashan New Delhi. D-231,

Education for Class-XII Sec-63, Noida-201301(U.P) Ph-0126-3830000

POLITICAL SCIENCE

13) The contemporary world politics: NCERT

Politics in India since independence

**HISTORY** 

14)Themes in Indian History Part-1 :NCERT

Themes in Indian History Part-2
Themes in Indian History Part-3
NCERT
NCERT

ECONOMICS :NCERT

15) Introductory Macro economics T.R. Jain, V.K. Global Publications Pvt. Ltd.

4323/3, Ansari Road, Darya Ganj, New Delhi Ph-91-11-23250105, Fax- 91-11-23250141

15) Indian Economic Development T.R. Jain, V.K. Global Publications Pvt. Ltd.

4323/3, Ansari Road, Darya Ganj, New Delhi Ph-91-11-23250105, Fax- 91-11-23250141 ::1::

# SAHIBZADA AJIT SINGH ACADEMY, ROOPNAGAR

(School Affiliation number-1630148)
Syllabus for XII Class 2019-20 (Arts)

## **IMPORTANT INSTRUCTIONS**

- 1) No student from a school affiliated to the Board shall be eligible to take the examination unless he has completed 75% of attendances counted from the opening of class XII upto the 1<sup>st</sup> of the month proceeding the month, in which the examination commences in the subjects of internal assessment.
- 2) The Examination would be conducted in theory as well as in practicals, depending upon the nature of the subject(s) and the marks/grades allotted shall be as prescribed in the curriculum.
- 3) Marks/grades shall be awarded for individual subjects and the aggregate marks shall not be given.
- 4) Assessment of theory/practical papers in external subjects shall be in numerical scores. In addition to numerical scores, the Board shall indicate grades in the marks sheets issued to the candidates in case of subjects of external examination
- 5) The Board will award Merit Certificates in each subject to the top 0.1% of candidates passing that subject, provided that they have passed the examination as per the pass criteria of the Board.
- 6) A candidate may offer an additional subject which can be either a language at elective level or another elective subject as prescribed in the Scheme of Studies, subject to the conditions laid down in the Pass Criteria.
- 7) A candidate will be eligible to get the pass certificate of the Board, if he/she gets a grade higher than E in all subjects of internal assessment unless he/she is exempted. Failing this, result of the external examination will be withheld but not for a period of more than one year.
- 8) The Board shall conduct Class XII examination in all subjects except General Studies, Work Experience, Physical & Health Education which will be assessed internally by the school.
- 9) In all subjects examined by the Board, a student will be given one paper each carrying 100 marks for 3 hours. However, in subjects requiring practical examination, there will be a theory paper and practical examinations as required in the syllabi and courses.
- **10**) In Work Experience, General Studies, and Physical and Health Education, the schools will maintain cumulative records of student's periodical achievements and progress during the year. These records are subject to the scrutiny of the Board as and when deemed fit.

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- A candidate failing in one of the five subjects of external examination shall be placed in compartment in that subject provided he/she qualifies in all the subjects of internal assessment.
- There will be weekly tests on **Monday** Political science, **Tuesday:** Economics, **Thursday**–History, **Friday**–English/(Physical Education/ Computer/Punjabi)
- Subject Code Numbers English 301, Political Science 028, Physical Education 048, Economics-030, IP 065, Punjabi 104, History-027.
- For Class XII, there will be Annual System of Examinations consisting of two unit tests (i.e. monthly tests in july and November), Cumulative exams. (i.e. half yearly in Sept.), and final exam in March.

## SUBJECTS OF STUDIES & SCHEME OF EXAMINATIONS

The learning areas will include the following subjects of studies:

Details of question papers, marks and duration are given below:

Sr. No.	Subject	Code No.	No. of Question Papers (Theory)	Max. Marks	Dura- tion	Max. Marks (The -ory)	Dura- tion	Max. Marks (Prac -tical)	Dura- tion	Sugge- stive Pds. Per Week
1.	Language I (English Core)	301	1	80	3 hrs.	-	-	-	-	6
2.	Language II Pbi./ Hindi Core	104/ 302	1	100	3 hrs.	-	-	-	-	6
3.	Political Sci.	028	1	100	3 hrs.	-	-	-	-	12
4.	Informatics Practices	065	1	100		70	3 hrs.	30	3 hrs.	12
5.	Physical Education	048	1	100		70	3 hrs	30	3 hrs	12
6.	Environmental Education		1	100		70	3hrs	30	3 hrs	12
7.	History	027	1	100	3 hrs.	90	3hrs	10	1hrs	6
8.	Economics	030	1	100	3 hrs.	90	3hrs			6

Assessment in the following subjects will be undertaken by the school in terms of grades on a five-point scale.

Suggestive Pds.	Per Week
General Studies (G.K.)	3
Work Experience (Vocational Education)	2+2
Physical & Health Education	2

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- To learn to work on diverse cultures, races, religions and lifestyles.
- To learn through constructivism-a theory based on observation and scientific study.
- To inculcate a spirit of inquiry and research.
- To communicate data in the most appropriate form using a variety of techniques.
- To provide greater opportunity issues in context to our look.
- To understand contemporary issues in context to our past.
- To develop a global perspective and an international outlook.
- To grow into caring sensitive individuals capable of making informed, intelligent and independent choices.
- To develop lasting interest in history discipline.

#### Month wise syllabus:

Subject	April	May	June- July	Aug	Sept.	Oct.	Nov.	Dec.
The Themes in Indian History	L-1,2	L-3,4,5	L-6,7	L-8	Revision Exams	L-9,10	L-11,12,13	L-14,15

#### ENVIRONMENTAL EDUCATION

One Paper (Theory) Three Hours 70 Marks

Unit:

1. Man and Environment

2. Environment and Development Unit: 3 & 4 are not in syllabus.

# **RECOMMENDED BOOKS**

# **ENGLISH CORE:** (CODE NO. 301)

Flamingo: English Reader : Pub lished by N.C.E.R.T. New Delhi.
 Vistas: Supplementary Reader : Published by N.C.E.R.T. New Delhi.
 BBC : Compecta Super Text Assignments and worksheets

PUNJABI (Code No. 104)

4) Poetry- Kav Yatra : By CBSE, New Delhi, Vichar Publication, Bikrampura Jalandhar

5) Katha Jagat : By CBSE, New Delhi, New Book, company Mai Heera gate, Jalandhar

Ph- 0181-2280045, 77)

6) Gavachiya Munda : Vichar Publication,

(Jagdish Kaushal) Adda Hushiarpur Chownk, Jalandhar

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## XII HISTORY (027)

Paper one 100 Marks

Units	Periods	Marks
• Themes in Indian History Part-I Units 1-4	55	24
• Themes in Indian History Part-II Units 5-9	65	25
• Themes in Indian History Part-III Units 10-15	80	25
• Unit 16: Map Work	10	06
Project work	10	20
	220	100

**Class XII: Themes in Indian History** 

# **One Paper Time**

3hours

**Total Marks 100** 

A. Theory Max Marks 80

**Themes** 

PART-I Periods 55

- 1. The Story of the First Cities: Harappan Archaelogy.
- 2. Political and Economic History: How Inscriptions tell a story.
- 3. Social Histories: Using the Mahabharata.
- 4. A History of Buddhism: Sanchi Stupa Board overview:

PART-II Periods 65

- 5. Medieval Society through Travelers' Accounts
- 6. Religious Histories: The Bhakti-Sufi Tradition
- 7. New Architectures: Hampi:
- 8. Agrarian Relations: The Ain-i-Akbari Broad overview:
- 9. The Mughal Court" Reconstructing Histories through Chronicles.

PART-III Periods 80

- 10. Colonialism and Rural Society: Evidence from Official Reports.
- 11. Representations of 1857
- 12. Colonialism and Indian Towns:
- 13. Mahatma Gandhi through Contemporary Eyes
- 14. Partition through Oral Sources
- 15. The Making of the Constitution
- 16. Map Work on Units 1-15

Project work will help students:

## 17. Project Work

- B. To develop skill to gather data from a variety of sources, investigate diverse viewpoints and arrive at logical deductions.
- C. To develop skill to comprehend, analyze, interpret, evaluate historical evidence and understand the limitation of historical evidence.
- D. To develop 21st century managerial skills of co-ordination, self-direction and time management.

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## ENGLISH CORE (Code No-301)

One Paper 3 Hours Marks: 100

I	Reading Comprehension	20
II	Creating Writing Skill	30
III	<b>Literary Texts Books</b>	30
IV	Assessment of speaking and listening skills	20

#### SECTION-A

#### READING COMPREHENSION

20 Marks

The section A will have two passages.

A. One unseen passage with a variety of Objective Type Questions, (including Multiple Choice Question and Short Answer Questions to test comprehension, interpretation and inference. Vocabulary such as word formation and inference of meaning will also be tested.

The total length of the passages will be between 800 - 900 words. **Five Multiple Choice type question** and **Seven Objective Type Questions** (Total 12 Marks) shall be asked from this passage. The passage will include one of the following:

- a) Factual passages, e.g., instructions, descriptions, reports.
- b) **Descriptive passages involving opinion,** e.g., argumentative, persuasive or interpretative text.
- c) **Literary passages**, e.g., extract from fiction, drama, poetry, essay or biography.
- **B.** The second passage will be of 400-500 words. Note-making and abstraction will be assessd.
  - Note making (4 Marks)
  - Summary (4 marks)

#### **SECTION-B**

#### WRITING SKILLS

30 Marks

- Advertisement and notices, designing or drafting posters, writing formal and informal invitation and replies. One question out of the two short Answer Questions- **4 Marks**
- Letters based on verbal/ visual input One question out of the two Long Answer Questions to be answered in 120-150 words: 6 Marks.

## Letter types include

- Business or official letters (for making enquiries, registering complaints, asking for and giving information, placing orders and sending replies)
- Letters to the editor (giving suggestions or opinion on issues of public interest)
- Application for a job.
- C. Two compositions based on visual and/or verbal input may be descriptive or argumentative in nature such as an article/a debate/ a speech or a report- Two Very Long Answer Questions containing internal choice, to be answered in 150-200 words:

(10x2=20 Marks)

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# **SECTION C**

## LITERATURE TEXTBOOKS AND LONG READING TEXT

40 Marks

## Flamingo and Vistas

- **Eight Objective type Questions** 4 from one poetry and 4 from one prose extract to test comprehension and appreciation. (8 Marks)
- **Five out of Seven Short Answer Questions** based on prose/ drama/ poetry from both texts.(10 Marks)
- One out of two Long Answer Questions to be answered in 120-150 words to test global comprehension and extrapolation beyond the texts. (6 Marks) (Flamingo)
- One out of two Long Answer Questions to be answered in 120-150 words- to test global comprehension along with analysis and extrapolation (6 Marks). (Vistas)

## **Prescribed Books**

- 1. Flamingo: English Reader published by National Council of Education Research and Training, New Delhi
- 2. <u>Vistas:</u> Supplementary Reader published by National Council of Education Research and Training,
  New Delhi

## **Textbooks**

F	amingo	Vistas
Prose	Poetry	The Third Level
The Last Lesson	My Mother At Sixty Six	The Tiger King
Lost Spring	An Elementary School Classroom In A Slum	Journey To The End Of The Earth
Deep Water	Keeping Quiet	The Enemy
The Rattrap	A Thing Of Beauty	Should Wizard Hit Mommy
Indigo	A Roadside Stand	On The Face Of It
Poets And Pancakes	Aunt Jennifer's Tigers	Evans Tries An O-Level
The Interviews		Memories Of Childhood
Going Places		The Cutting Of My Long Hair
		We Too Are Human Being

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## **POLITICAL SCIENCE - 028**

**3hours** 

A. Theory	Max	Marks 80
Units	Periods	Marks
Part A: Contemporary World Politics		
1. Cold war Era	14	12
2. The End of bipolarity	13	
3. US Hegemony in World Politics	13	
4. Alternative centres of power	11	12
5. Contemporary South Asia	13	
6. International Organisations	13	08
7. Security in Contemporary World	11	
8. Environment and Natural Resources	11	08
9. Globalisation	11	
Total	110	40
Part B: Politics in India since Independence	13	
10. Challenges of Nation-Building	12	12
11. Era of One-party Dominance	11	
12. Politics of Planned Development		
13. India's External relations	13	6
14. Challenges to the Congress system	13	10
15. Crisis of the Democratic Order	13	
16. Rise of Popular Movements	11	12
17. Regional aspirations	11	
18. Recent Development in India Politics	13	
	110	40

## **B. Project Work**

**One Paper Time** 

20 Marks

**Total Marks 100** 

Grand	Total -	- 100	Marks
Granu	TOLAI -	- IUU	war.

Subject	April	May	June-	Aug	Sept.	Oct.	Nov.	Dec.
			July					
The	L-1	L-2,3	L-4	L-5	Revision	L-6	L-7,8	L-9
Contemporary								
World politics								
The India since	L-1	L-2,3	L-4	L-5	Revision	L-6	L-7,8	L-9
Independence								

#### ::12::

#### UNIT-VII

#### Physiology and Injuries in Sports

- Gender differences in physical & physiological parameters.
- Physiological factor determining component of Physical Fitness
- Effect of exercise on Cardio Vascular System
- · Effect of exercise on Muscular system
- Physiological change due to ageing

Sports Injuries: Classification: (Soft Tissue Injuries: (Abrasion, Contusion, Laceration, Incision, Sprain & Strain)
Bone & Joint Injuries: (Dislocation, Fractures: Stress Fracture, Green Stick, Communated, Transverse Oblique & Impacted)

First Aid- Aims & Objectives

#### UNIT-VIII

#### **Biomechanics and Sports**

- Meaning and Importance of Biomechanics in Sports
- Types of movements (Flexion, Extension, Abduction & Adduction)
- Newton's Law of Motion & its application in sports
- Friction & Sports

#### UNIT-IX

#### **Psychology and Sports**

- Personality, its definition and types-Traits & Type (Sheldon & Jung Classification) & Big Five Theory
- Motivation, its type and techniques
- Exercise adherence reasons to exercise, benefits of exercise.
- Strategies for enhancing adherence to exercise.
- Meaning, Concept & Types of Aggressions in Sports

#### UNIT-X

#### Training in Sports

- · Strength-Definition, types and methods of improving strength-Isometric- Isotonic and Isokinetic
- Endurance-Definition, types and methods to develop Endurance- continuous training, interval training, fartlek training
- Speed- Definition, types and methods to develop speed acceleration run and pace run.
- Flexibility-Definition, types and methods to improve flexibility
- Coordinative abilities-Definition and types
- Circuit Training-Introduction & its importance.

PRCATICAL
01. Physical Fitness-Test
06 Marks 30

02. Proficiency in Games & Sports (Skill of any one Team Game of choice from the given list) 07 Marks

O3. Yoga Practices 07 Marks

04. Record File\*\* 05 Marks
05. Viva Voce (health/ Games & Sports/ Yoga) 05 Marks

\* Basketball, Football, Kabaddi, Handball, Hockey, Kho Kho, Rifle Shooting, Unified Basketball & Volleyball (CWSN) Children with special needs-Divyang

\*\*Record file shall include.

Practical -1: Fitness tests administration for al items.

Practical-2: Procedure for Asans, Benefits & Contraindication for any two Asans each lifestyle disease.

Practical-3: Procedure for administering Senior Citizen Fitness Test for 5 elderly Family members.

Practical-4: Any one game of your choice out of the list above. Labelled diagram of field & equipment Rules, Terminology & Skills).

## Month wise syllabus:

Subject	April	May	June-July	Aug.	Sept	Oct	Nov.	Dec.
Phy Edu	U-1,2	U-3,4	U-5	U-6	Exam	U-7,8	U-9	U-10

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#### Month wise syllabus:

Subject	April	May	June	July-Aug.	Septem ber
(English) Flamingoes	L-1	L-2	L-3	L-4	Revision &Exam
Poetry	P-1	P-2	P-3		
Vistas (Supplementary Reader)	L-1	L-2	L-3	L-4,5	
Writing Skills	Notice, Article	Advt/Letter to Editor	Poster, Job Application	Invitation, Business Letters	

#### ASL PRACTICE FROM BBC

Subject	October	November	December	Jan-Feb.			
(English) Flamingoes	L-5,6	L-7	L-8	-			
Poetry	P-4	P-5	P-6	ı			
Vistas (Supplementary Reader)	L-6,7	L-8,9	L-10	-			
Writing Skills	Debate/ Speech		Report writing	Revision			

## ASL PRACTICE FROM BBC

Note: Sample Papers revised side by side.

#### INFORMATICS PRACTICES

(Code No. 065)

Unit	Topic	Period		Total
		Theory	Practic	Period
1	Networking and Open standards	20	4	
2	Programming	46	44	
3	Relational Database Management	50	40	
	System			
4	It Applications	10	26	
	Total	126	114	240

# Unit 1: Networking and Open Standards (20 Theory+4 Practical) Periods Computer Networking:

$\hfill\square$ Networking: a brief overview; $\hfill\square$ Communication Media: Wired Technologies –
$\hfill \square$ Network Devices: Hub, Switch, Repeater, Gateway – and their functions; $\hfill \square$ Types of
network: □ Network Topologies: □ Network Protocols: HTTP, TCP/IP,
PPP;□ Identifying computers and users over a network: Control), and IP Address,
domain name resolution; $\hfill\square$ Network security: denial of service, intrusion problems,
snooping;□ Internet Applications: SMS, Voice Mail, Electronic Mail, Chat, Video
Conferencing;□ Wireless/Mobile Communication: GSM, CDMA, WLL, 3G, 4G;
□ Network Security Concepts: Cyber Law, Firewall, Cookies, Hackers and Crackers.

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<b>Open Source Concepts:</b> Open Source Software (OSS)
Unit 2: Programming (46 Theory+44 Practical) Periods
Review of Class XI; Programming Fundamentals
(Refer to Appendix A for Swing Control Methods & Properties, and Appendix B for
sample guidelines of GUI Programming) . Basic concept of Access specifier for class
members (data members and methods). ☐ Basic concept of Inheritance. Commonly used
libraries:
- String class and methods: to String(), concat (), length(), to Lower Case(), to Upper
Case(), trim(), substring()- Math class methods: pow(), round()   Accessing MySQL
database using ODBC/IDBC to connect with database. Web application development:
URL, Web Server, Communicating with the web server, concept of Client and Server
Side. ☐ HTML based web pages covering basic tags – HTML, TITLE, BODY, H1H6,
Paragraph (P), Line Break (BR), Section Separator (HR), FONT, TABLE, LIST (UL, OL),
FORM.□ Creating and accessing static pages using HTML and introduction to XML.
Unit 3: Relational Database Management System (50 Theory+40 Practical) Periods Review of RDBMS from Class XI
REVIEW OF RDDMS IT OHI Class AT
<b>Database Fundamentals</b> Concept of Database Transaction, Committing and revoking a Transaction using COMMIT and ROLLBACK. Grouping Records: GROUP BY, Group functions − MAX(), MIN(), AVG(), SUM(), COUNT(); using COUNT(*), DISTINCT clause with COUNT; Group Functions and Null Values.
□ Displaying Data From Multiple Tables: Cartesian product, Union, concept of Foreign Key, Equi- Join
□ Creating a Table with PRIMARY KEY and NOT NULL constraints, Viewing Constraints, Viewing the Columns Associated with Constraints using DESC command.□ ALTER TABLE for - deleting column(s), modifying data type(s) of column(s),- adding a constraint, enabling constraints, dropping constraints.□ DROP Table for deleting a table
Unit 4: IT Applications (10 Theory+26 Practical) Periods
☐ Front-end Interface: Introduction; content and features; identifying and using appropriate
component
(Text Box, Radio Button, CheckBox, List, etc., as learnt in Unit 2 (Programming)) for data entry, validation and display. ☐ Back-end Database: Introduction and its purpose, exploring the
requirement of tables and its essential attributes. Front-End and Database Connectivity:
Introduction, requirement and benefits.
Introduction, requirement and benefits.  □ Demonstration and development of appropriate Front-end interface and Back-end Database for e-
Introduction, requirement and benefits.  ☐ Demonstration and development of appropriate Front-end interface and Back-end Database for

# ::11:: PHYSICAL EDUCATION(CODE NO-048)

#### THEORY UNIT-I

#### Planning in Sports

- · Meaning and Objectives of Planning
- Various Committees and its responsibilities (pre, during, post)
- Tournament-Knock-Out, League or Round Robin and Combination.
- Procedure to draw Fixtures-Knock-Out (Bye and Seeding) and League (Staircase and Cyclic)
- Intramural and Extramural-Meaning, Objectives and its Significance
- Specific sports Programme (Sports Day, Health Run, Run for fun, Run for Specific Cause and Run for Unity)

#### UNIT-II Sports and Nutrition

- Balanced Diet and Nutrition: Macro and Micro Nutrients
- Nutritive and Non-Nutritive Components of Diet.
- Eating for Weight Control-A Healthy weight, The pitfalls of Dieting, food intolerance and food myths.

#### UNIT-III

#### Yoga & Lifestyle

- Asanas as preventive measures
- Obesity: Procedure, Benefits & contraindications for Vajrasana, Hastasana, Trikonasana, Ardh Matsyendreasana
- Diabetes: Procedure, Benefits & contraindications for Bhujangasana, Paschimottasana, Pavan Muktasana, Ardh Matsyndrasana
- Asthema: Procedure, Benefits & contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana.
- Hypertension: Tadasana, Vajrasana, Pavan Muktasana, Ardha Chakrasana, Bhujangasana, Sharasana
- Back Pain: Tadasana, Ardh Matsyendrasana, Vakrasana, Shalabhasana, Bhujangasana.

#### UNIT- IV

## Physical Education & Sports for CWSN(Children with special needs- Divyang)

- Concept of Disability & Disorder
- Type of Disability, its causes & nature (cognitive disability, intellectual disability, physical disability)
- Types of Disorder, its causes & nature (ADHD, SPD, ASD, ODD, OCD)
- Disability Etiquettes
- Advantage of Physical Activities for children with special needs
- Strategies to make Physical Activities assessable for children with special need.

#### UNIT-V

#### Children and Women in Sports

- Motor development & factors affecting it
- Exercise Guidelines at different stages of growth & Development
- Advantages & disadvantages of weight training.
- Common Postural Deformities- Knock Knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scolioses and their corrective measures
- Sports participation of women in India
- Special consideration (Menach & Menstural Disfunction)
- Female Athletes Triad (Oestopersis, Amenoria, Eating Disorders)

#### UNIT-VI

#### Test and Measurement in Sports

- Motor Fitness Test- 50M standing Start, 600 M Run/ Walk, Sit & Reach, Partial Curl up, Push ups(Boys), Modified Push ups (Girls), Standing Broad Jump, Agility- 4 X 10 M Shuttle Run.
- General Motor Fitness Barrow three item general motor ability (Standing Broad Jump, Zig Zag Run, Medicine Ball Put- For Boys: 03 Kg & For Girls:01 Kg)
- Measurement of Cardio Vascular Fitness-Harward Step Test/Rockfort test
- Computation of Fitness Index: <u>Duration of the Exercise in Seconds X 100</u>
  - 5.5 X Pulse count of 1-1.5 Min after Exercise
- Rikli & Jones- Senior Citizen Fitness Test 1. Chair stand Test for lower body strength
  - 2. Arm curl Test for upper body strength
  - 3. Chair Sit & Reach Test for lower body flexibility.
  - 4. Back Scratch Test for upper body flexibility.
  - 5. Eight Foot Up & Go Test for agility
  - 6. Six Minute Walk Test for Aerobic Endurance

In each of the above domains, identify at least two real-life problems, list the expected outputs and the

input(s) required for the output, and describe the problem solving approach and develop relevant front-end interface and back-end database.

**COURSE DESIGN** 

CLASS-XII: (PRACTICAL) (2019-20)

S. N. Description Marks

#### ::10::

ਭਾਸ਼ਾ			40
॥. ਅਡਵ	ਸ ਪੜ੍ਹਨ ਕੌਸ਼ਲ		05
ਜਾਣਕਾਰੀ	<mark>ਂ ਭਰਪੂਰ ਇੱਕ</mark> ਅਣਡਿੱਠਾ ਪੈਰਾ ਅਤੇ <b>ਉਸ ਨਾਲ</b>	<b>ਸੰਬੰਧਤ</b> 5 ਛੋਟੇ ਪ੍ਰਸ਼ਨ	
III. ਪ੍ਰਭਾ	ਵਸ਼ਾਲੀ ਲਿਖਣ ਕੌਸ਼ਲ		
1.	ਸਮਾਜਿਕ ਅਤੇ ਸੱਭਿਆਚਾਰਕ ਵਿਸ਼ੇ ਸੰਬੰਧੀ 2	00-250 ਸ਼ਬਦਾਂ ਵਿੱਚ ਲੇਖ	10
2.	ਅਖ਼ਬਾਰ ਦੇ ਸੰਪਾਦਕ ਜਾਂ ਦਫ਼ਤਰ ਪੱਤਰ (ਦੋ	! ਵਿੱਚੋਂ ਕੋਈ ਇੱਕ)	05
IV. ਵਿਹਾ	ਰਕ ਵਿਆਕਰਨ		
1.	<b>ਸ਼ਬਦ ਜੋੜਾਂ ਦੇ ਨੇਮ</b> (ਗ ਤੇ ਘ, ਜ ਤੇ ਝ, ਡ ਤੋਂ	ਤੇ ਢ, ਵ ਤੇ ਬ,ਸਹਾਰੀ ਤੇ ਲਾਂ ਅਤੇ ਹੋੜਾ ਤੇ	ਕਨੌੜਾ ਦੀ ਵਰਤੋਂ
	(ਓ) ਛੋਟੇ ਪ੍ਸ਼ਨ (3)	(ਅ) ਬਹੁਵਿਕਲਪੀ (2)	05
2.	ਵਾਕਾਂ ਨੂੰ ਸ਼ੁੱਧ ਕਰਕੇ ਲਿਖਣਾ		
	(ਓ) ਛੋਟੇ ਪ੍ਸ਼ਨ (3)	(ਅ) ਬਹੁਵਿਕਲਪੀ (2)	05
3.	ਵਿਸਰਾਮ ਚਿੰਨ੍ਹਾਂ ਦੀ ਵਰਤੋਂ		
	(ਓ) ਛੋਟੇ ਪ੍ਸ਼ਨ (3)	(ਅ) ਬਹੁਵਿਕਲਪੀ (2)	05
4.	<b>ਮੁਹਾਵਰੇ</b> (ਅਰਥ ਸਪਸ਼ਟ ਕਰਦੇ ਹੋਏ ਵਾਕ ਬਣ	ਭਾਉਣਾ) (ਂਟ ਤੋਂ ੜ ਤੱਕ)	
	(ਓ) ਛੋਟੇ ਪ੍ਸ਼ਨ (3)	(ਅ) ਬਹੁਵਿਕਲਪੀ (2)	05

Subject	April	May	June	July- Aug	Sept.	October	November
ਪੰਜਾਬੀ ਕਾਵਿ ਯਾਤਰਾ	ਪਾਠ-1	ਪਾਠ-2	ਪਾਠ-3	ਪਾਠ-4	Re isio n & Exam	ਪਾਠ-5,6	ਪਾਠ-7,8
ਗੁਆਚਿਆ ਮੁੰਡਾ	-	-	Whole	-	-	ı	-
ਕਥਾਂ ਜਗਤ	ਪਾਠ-1	ਪਾਠ-2	ਪਾਠ-3	ਪਾਠ-4	Revision & Exam	ਪਾਠ-5,6	ਪਾਠ-7,8
ਪੰਜਾਬੀ ਸਾਹਿਤ ਦਾ ਇਤਿਹਾਸ			ਪ੍ਰਸਨ-1	-	-	ਪ੍ਰਸਨ-2	-
ਵਿਆਕਰਣ	ਅਣਡਿੱਠਾ ਪੈਰ੍ਹਾ, ਲੇਖ, ਪੱਤਰ	ਇਸਤਿਹਾ ਰ, ਨੋਟਿਸ		ਮੁਹਾਵਰੇ, ਵਿਸਰਾਮ ਚਿੰਨ	Revision & Exam	ਵਾਕਾਂ ਨੂੰ ਸ਼ੁੱਧ ਕਰਕੇ ਲਿਖਣਾ	-

## ::7::

1 Problem solving using Java . SQL queries. Practical Records:  $\square$  Simple problems using IDE Java  $\square$  SQL Queries  $\square$  IT Applications . Project Work. Viva Voce

#### TOTAL 30

Month wise syllabus:

	,	,						
Subject	April	May	June-July	Aug.	September	October	Nov.	Dec.
IP	U-1	U-2	U-2	U-2	Revision &	U-3	U-4	Revision
	Ch:	Ch:	Ch: (3,4)	Ch:	Exam	Ch: (1,2,3)	Ch: (1)	
	(1,2)	(cont. 2)		(5,6)				

## ECONOMICS CLASS- XII(2019-2020)

Units		Marks	Periods
Part A	Introductory Microeconomics		
	National Income and Related Aggregates	10	28
	Money and Banking	6	15
	Determination of Income and Employment	12	27
	Government Budget and the Economy	6	15
	Balance of Payments	6	15
		40	100
Part B	Indian Economic Development		
	Development Experience (1947-90) & Economic Reforms since 1991	12	28
	Current Challenges facing Indian Economy	22	60
	Development Experience of India	06	12
	Theory Paper $(40 + 40 = 80 \text{ Marks})$	40	100
Part C	Project Work	20	20

#### **Part A: Introductory Macroeconomics**

## **Unit 1: National Income and Related Aggregates**

#### 28 Periods

Basic concepts in Macroeconomics: consumption goods, capital goods, final goods, intermediate goods; stocks and flows; gross investment and depreciation. Circular flow of income; 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 and Net Domestic Product (GDP and NDP) - at market price, at factor cost; Real and Nominal GDP. GDP and Welfare

#### **Unit 2: Money and Banking**

15 Periods

Money – meaning and 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 fuction(example of the Reserve Bank of India): Bank of issue, Govt. Bank, Banker's Bank, Control of Credit through Bank Rate, CRR, SLR, Repo rate and Reverse Repo rate, Open Market Operations, Margin requirement

## **Unit 3: Determination of Income and Employment**

27 Periods

Aggregate demand and its components.

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.

#### ::8::

Problems of excess demand and deficient demand; measures to correct them - changes in government spending, taxes and money supply.

#### Unit 4: Government Budget and the Economy

15 Periods

Government budget - meaning, objectives and components. Classification of receipts - revenue receipts and capital receipts; classification of expenditure – revenue expenditure and capital expenditure.

Measures of government deficit - revenue deficit, fiscal deficit, primary deficit their meaning.

#### **Unit 5: Balance of Payments**

15 Periods

Balance of payments account - meaning and components; balance of payments deficit-meaning. Foreign exchange rate - meaning of fixed and flexible rates and managed floating. Determination of exchange rate in a free market.

## Part B: Indian Economics Development

Unit 6: Development experience (1947-90) and Economic Reforms since 1991 15 Periods

A brief introduction of the state of Indian economy on the eve of independence. Common goals of five year plans. Main features problems and policies of agriculture (institutional aspects and new agricultural strategy, etc.) Industry (Industrial Licensing, etc.) and foreign trade.

#### Unit 7:Current challenges facing Indian Economy

60 Periods

- **1. Poverty-** absolute and relative; Main programmes for poverty alleviation: A critical assessment;
- 2. **Rural development-** Key issues- Credit and marketing role of cooperatives; agriculture diversification; alternative farming- organic farming.
- **3. Human capital formation** How people become resource; Role of Human capital in economic development; Growth of Education Sector in India.
- **4. Employment** Formal and Informal growth; problems and policies.
- 5. **Infrastructure** Meaning and types: Case studies: Energy and Health: Problems and Policies A critical assessment.
- **6. Sustainable Economic Development –** Meaning, effects of Economic Development on Resources and Environment, including global warming.

#### **Unit 8: Development Experience of India**

12 Periods

A comparison with neighbours

India and Pakistan

India and China

Issues: Growth, Population, Sectoral development and other Human Development Indicators.

## Part C: Developing Project in Economics

# ::9:: Monthly Syllabus

within Synabus								
Subject	April	May	June - July	Aug.	Sept.	Oct.	Nov.	Dec.
Economics	Unit-1	Unit-2, 3	Unit-3,4	U-4,5	Exams Revision	Unit-6	Unit- 6,7	Unit- 7,8

## **PUNJABI (CORE)**

Code No. 104 ਜਮਾਤ ਬਾਰ੍ਹਵੀਂ

ਇੱਕ ਪੇਪਰ

3 ਘੰ<del>ਟੇ</del>

ਅੰਕ 100

08

ਇਕਾਈ/ਸਿੱਖਣ ਦਾ ਖੇਤਰ	ਅੰਕ	ਪੀਰੀਅਡ
ਸ਼ਾਹਿਤ	40	85
ਭਾਸ਼ਾ		
(ੳ) ਅਡਵਾਂਸ ਪੜ੍ਹਨ ਕੌਸ਼ਲ	05	10
(ਅ) ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਪੜ੍ਹਨ ਕੌਸ਼ਲ	15	25
(ੲ) ਵਿਹਾਰਕ ਵਿਅਕਾਰਨ	20	40
Internal Assessment	20	
Project (10), ASL (05), Writing Skills (05)	20	

ਸਾਹਿਤ ਅੰਕ 40

#### ।. ਕਵਿਤਾ

1. ਦਿੱਤੀਆਂ ਗਈਆਂ ਦੋ ਕਾਵਿ ਟੁਕੜੀਆਂ ਵਿੱਚੋਂ ਕਿਸੇ ਇੱਕ ਦੀ ਪ੍ਸੰਗ ਸਹਿਤ ਵਿਆਖਿਆ **08** ॥. ਨਾਟਕ

1) ਵਿਸ਼ਾ ਵਸਤੂ, ਚਰਿੱਤਰ ਚਿਤਰਨ, ਕਥਾਨਕ ਬਾਰੇ (125-150 ਸ਼ਬਦ) ਚੋਣ ਅਧਾਰਿਤ 08

## ਨਿੱਕੀਆਂ ਕਹਾਣੀਆਂ

2) ਵਿਸ਼ਾ ਵਸਤੂ, ਚਰਿੱਤਰ ਚਿਤਰਨ, ਆਲੋਚਨਾਤਮਕ ਸਾਰ ਸੰਬੰਧੀ (125-150 ਸ਼ਬਦ) ਚੋਣ ਅਧਾਰਿਤ

ਬਹੁਵਿਕਲਪੀ 4 ਪ੍ਰਸ਼ਨ (1 x 4 = 4)

II. ਅਤਿ ਛੋਟੇ 4 ਪਸ਼ਨ (1 x 4 = 4)

#### ਪੰਜਾਬੀ ਸਾਹਿਤ ਦਾ ਇਤਿਹਾਸ

ਪੰਜਾਬੀ ਸਹਿਤ ਵਿੱਚ ਗੁਰਮਤਿ ਕਾਵਿ ਤੇ ਸੂਫ਼ੀ ਕਾਵਿ ਦੀ ਉਤਪਤੀ, ਵਿਕਾਸ, ਵਿਚਾਰਧਾਰਾ ਅਤੇ ਵਿਸ਼ੇਸ਼ਤਾਈਆਂ ਬਾਬਤ ਪ੍ਰਸ਼ਨ 08