



# PURV INTERNATIONAL SCHOOL, DURGAPUR

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Since 2015

## SYLLABUS FOR CLASS –[XII] (Session 2026-27)

| ENGLISH CORE  |                       |                       |
|---|-----------------------|-----------------------|
| MONTH: APRIL  | No. of periods        | Dates                 |
| <ul style="list-style-type: none"> <li>• Discussion of syllabus blueprint and assignment.</li> <li>• Notice writing</li> <li>• The last lesson</li> <li>• My mother at sixty six</li> </ul> | 3<br>2<br>3<br>2      | 06.04.2026-30.04.2026 |
| MONTH: MAY  | No. of periods        | Dates                 |
| <ul style="list-style-type: none"> <li>• The tiger king</li> <li>• Article writing</li> <li>• The third level</li> <li>• Journey to the end of the earth</li> </ul>                         | 3<br>2<br>3<br>3      | 04.05.2026-29.05.2026 |
| MONTH: JUNE   | No. of periods        | Dates                 |
| <ul style="list-style-type: none"> <li>• Lost spring</li> <li>• Keeping quiet</li> <li>• Deep water</li> <li>• Report writing</li> </ul>  | 3<br>2<br>3<br>2      | 01.06.2026-30.06.2026 |
| MONTH: JULY   | No. of periods        | Dates                 |
| <ul style="list-style-type: none"> <li>• The enemy</li> <li>• The rattrap</li> <li>• A thing of beauty</li> <li>• Formal/informal invitation card, letter and reply</li> </ul>              | 4<br>3<br>2<br>3      | 01.07.2026-31.07.2026 |
| Month: AUGUST   | No. of periods        | Dates                 |
| <ul style="list-style-type: none"> <li>• Indigo</li> <li>• Poets and pancakes</li> <li>• A roadside stand</li> <li>• On the face of it</li> <li>• Letter to the editor</li> </ul>           | 3<br>3<br>2<br>3<br>2 | 03.08.2026-31.08.2026 |
| Month: SEPTEMBER  | No. of periods        | Dates                 |
| <ul style="list-style-type: none"> <li>• The interview</li> <li>• Aunt jennifer's tigers</li> <li>• Going places</li> <li>• Application for a job with biodata</li> </ul>                   | 3<br>2<br>3<br>2      | 01.09.2026-30.09.2026 |
| Month: OCTOBER  | No. of periods        | Dates                 |
| <ul style="list-style-type: none"> <li>• Memories of childhood, Revision, Sample paper solving</li> </ul>   | 3                     | 01.10.2026-30.10.2026 |

# Bengali

| MONTH: APRIL  | No. of periods | Dates            |
|---|----------------|------------------|
| *কেবাঁচায়কেবাঁচে<br>*ধ্বনিতত্ত্ব<br>*ভাত   | 17             | 6/4/26-30/4/26   |
| MONTH: MAY  | No. of periods | Dates            |
| *রূপনারানেরকূলে<br>*ভারতবর্ষ<br>*প্রবাদপ্রবচন   | 09             | 4/5/26-15/5/26   |
| MONTH: JUNE   | No. of periods | Dates            |
| *পড়তে জানে এমন এক মজুরেরপ্রশ্ন<br>*নানা রঙের দিন<br>*প্রবাদপ্রবচন<br>**ছাতির বদলে হাতি       | 11             | 15/6/26-30/6/26  |
| MONTH: JULY   | No. of periods | Dates            |
| *গারো পাহাড়ের নিচে<br>*প্রতিবেদন পাঠ<br>*বিজ্ঞাপন রচনা<br>*বোধ পরীক্ষণ<br>*পাতাল পুরীর রাজ্য | 23             | 1/7/16-31/7/26   |
| Month: AUGUST   | No. of periods | Dates            |
| *আমি দেখি<br>*ক্রন্দনরতাজননীর পাশে<br>Revision for half yearly examination.                   | 12             | 3/8/26-30/8/26   |
| Month: SEPTEMBER  | No. of periods | Dates            |
| *মেঘের গায়ে জেলখানা, *প্রতিবেদনপাঠ, *বিজ্ঞাপনরচনা  | 21             | 1/9/26-30/9/26   |
| Month: OCTOBER  | No. of periods | Dates            |
| গদ্যাংশের বিকল্প ভিত্তিক প্রশ্ন সম্পর্কিত আলোচনা।   | 15             | 1/10/26-31/10/26 |
| Month: NOVEMBER   | No. of periods | Dates            |
| *Revision for preboard1   | 17             | 2/11/26-30/11/26 |

# MATHEMATICS

| MONTH: APRIL   | No. of periods | Dates  |
|--|----------------|--|
| # Relation and functions<br># inverse trigonometric functions      | 14             | 06/04/2026 - 30/04/2026                          |
| MONTH: MAY   | No. of periods | Dates  |
| # Matrices   | 14             | 02/05/2026 - 16/05/2026                          |
| MONTH: JUNE  | No. of periods | Dates  |
| # Determinants   | 14             | 15/06/2026 - 30/06/2026                          |
| MONTH: JULY  | No. of periods | Dates  |
| # Continuity and differentiability<br># application of derivatives | 24             | 01/07/2026 - 31/07/2026                          |
| Month: AUGUST  | No. of periods | Dates  |
| # Integrals, # application of integrals                            | 14             | 01/08/2026 - 30/08/2026                          |
| Month: SEPTEMBER   | No. of periods | Dates  |
| # Differential equations , # linear programming problem            | 20             | 01/09/2026 - 30/09/2026                          |
| Month: OCTOBER   | No. of periods | Dates  |
| # Vectors  | 14             | 01/10/2026 - 15/10/2026<br>27/10/2026-31/10/2026 |
| Month: NOVEMBER  | No. of periods | Dates  |
| # Three-dimensional geometry<br># probability                      | 15             | 01/11/2026 - 30/11/2026                          |
| Month: DECEMBER  | No. of periods | Dates  |
| # Revision of chapters for board exam<br># sample paper solve      | 08             | 01/12/2026 - 19/12/2026                          |

# APPLIED MATHEMATICS

|  |                |   |
|--|----------------|---|
| MONTH: <b>APRIL</b>  | No. of periods | Dates                                     |
| # Unit 1- numbers, quantification and numerical applications | 12             | 6/4/26 - 30/4/26                          |
| MONTH: <b>MAY</b>  | No. of periods | Dates                                     |
| # Unit 1 - numbers and quantification                        | 12             | 2/5/26 - 16/5/26                          |
| MONTH: <b>JUNE</b>   | No. of periods | Dates                                     |
| # Unit 2- algebra  | 12             | 15/6/26 - 30/6/26                         |
| MONTH: <b>JULY</b>   | No. of periods | Dates                                     |
| #Unit 3 - calculus   | 20             | 1/7/26 - 31/7/26                          |
| Month: <b>AUGUST</b>   | No. of periods | Dates                                     |
| # Unit 4 - probability distributions                         | 10             | 1/8/26 - 30/8/26                          |
| Month: <b>SEPTEMBER</b>                                      | No. of periods | Dates                                     |
| # Unit 5 - inferential statistics                            | 18             | 1/9/26 - 30/9/26                          |
| Month: <b>OCTOBER</b>  | No. of periods | Dates                                     |
| # Unit 6 - time based data                                   | 10             | 1/10/26 - 15/10/26<br>27/10/26 - 31/10/26 |
| Month: <b>NOVEMBER</b>                                       | No. of periods | Dates                                     |
| # Unit 7 - financial mathematics                             | 10             | 1/11/26 - 30/11/26                        |
| Month: <b>DECEMBER</b>                                       | No. of periods | Dates                                     |
| # Unit 8 - linear programming                                | 8              | 1/12/26 - 19/12/26                        |

# PHYSICS

| MONTH: APRIL  | No. of periods | Dates                 |
|---|----------------|-----------------------|
| <ol style="list-style-type: none"> <li>1. Ray optics and optical instrument</li> <li>2. Wave Optics</li> </ol>                              | 9<br>9         | 06/04/2026-30/04/2026 |
| MONTH: MAY  | No. of periods | Dates                 |
| <ol style="list-style-type: none"> <li>1. Electric charges and field</li> <li>2. Electric potential and capacitance</li> </ol>              | 8<br>9         | 04/05/2026-23/05/2026 |
| MONTH: JUNE   | No. of periods | Dates                 |
| <ol style="list-style-type: none"> <li>1. Electric Potential and Capacitance</li> <li>2. Current electricity</li> </ol>                     | 4<br>8         | 15/06/2026-30/06/2026 |
| MONTH: JULY   | No. of periods | Dates                 |
| <ol style="list-style-type: none"> <li>1. Current electricity</li> <li>2. Moving Charges and Magnetism</li> </ol>                           | 4<br>7         | 01/07/2026-31/07/2026 |
| Month: AUGUST   | No. of periods | Dates                 |
| <ol style="list-style-type: none"> <li>1. Moving Charges and Magnetism</li> <li>2. Revision</li> </ol>                                      | 3<br>5         | 03/08/2026-31/08/2026 |
| Month: SEPTEMBER  | No. of periods | Dates                 |
| <ol style="list-style-type: none"> <li>1. Magnetism and matter</li> <li>2. Electromagnetic waves</li> <li>3. Alternating current</li> </ol> | 4<br>3<br>7    | 01/09/2026-30/09/2026 |
| Month: OCTOBER  | No. of periods | Dates                 |
| <ol style="list-style-type: none"> <li>1. Dual nature of radiation</li> <li>2. Electromagnetic Induction</li> </ol>                         | 5<br>6         | 01/10/2026-30/10/2026 |
| Month: NOVEMBER   | No. of periods | Dates                 |
| <ol style="list-style-type: none"> <li>1. Atoms and Nucleus</li> <li>2. Semiconductor Physics</li> </ol>                                    | 3<br>6         | 02/11/2026-30/11/2026 |

# CHEMISTRY

| MONTH: APRIL   | No. of periods | Dates                 |
|--|----------------|-----------------------|
| 1.Solution<br>2.Haloalkanes and Haloarenes                         | 14<br>6        | 06/04/2026-30/4/2026  |
| MONTH: MAY   | No. of periods | Dates                 |
| 1.Haloalkanes and Haloarenes (continuation)<br>2.Chemical Kinetics | 5<br>13        | 04/05/2026-23/05/2026 |
| MONTH: JUNE  | No. of periods | Dates                 |
| 1.Alcohol, Phenol and Ether  | 13             | 15/06/2026-30/06/2026 |
| MONTH: JULY  | No. of periods | Dates                 |
| 1.Coordination Chemistry<br>2.d & f- block elements                | 20<br>7        | 01/07/2026-31/07/2026 |
| Month: AUGUST  | No. of periods | Dates                 |
| 1.Electrochemistry<br>2.Revision                                   | 15             | 03/08/2026-31/08/2026 |
| Month: SEPTEMBER   | No. of periods | Dates                 |
| 1.Aldehyde, ketone and Carboxylic acid                             | 21             | 01/09/2026-30/09/2026 |
| Month: OCTOBER   | No. of periods | Dates                 |
| 1.Amine<br>2.Biomolecules  | 12<br>4        | 01/10/2026-30/10/2026 |
| Month: NOVEMBER  | No. of periods | Dates                 |
| 1.Biomolecules (Congratulation)<br>2.Practice of sample paper      | 7<br>4         | 2/11/2026-30/11/2026  |

# BIOLOGY

| MONTH: APRIL   | No. of periods | Dates                     |
|--|----------------|---------------------------|
| 1. Sexual reproduction in flowering Plants.<br>Activity: 1. Prepare a temporary mount to observe pollen Germination.   | 22             | 10.04.2026-<br>30.50.2026 |
| MONTH: MAY   | No. of periods | Dates                     |
| 2. Human reproduction, 3. Reproductive health<br>Activity: study the plant population density by quadrat Method.   | 22             | 17.05.2026 – 16.05.26     |
| MONTH: JUNE  | No. of periods | Dates                     |
| 4. Principles of inheritance and variation<br>5. Molecular basis of inheritance<br>Activity: Study the plant population frequency by quadrat method.   | 22             | 17.06.26 – 30.06.26       |
| MONTH: JULY  | No. of periods | Dates                     |
| 6. Evolution, 7. Human health and disease<br>Activity: Prepare a temporary mount of onion root tip to study mitosis.   | 44             | 01.07.26 – 31.07.26       |
| Month: AUGUST  | No. of periods | Dates                     |
| 8. Microbes in human welfare<br>9. Biotechnology: Principle and processes<br>Activity: Isolate DNA from available plant material such as spinach, green pea seeds, papaya etc.   | 22             | 01.08.26 – 15.08.26       |
| Month: SEPTEMBER   | No. of periods | Dates                     |
| 10. Biotechnology and its applications<br>11. Organisms and populations<br>Activity: Spotting:<br>1. Flowers adapted to pollination by different agencies (wind, insects, birds).<br>2. Pollen germination on stigma through a permanent slide or scanning electron micrograph.<br>3. Identification of stages of gamete development, i.e, T.S. of testis and T.S. of ovary through permanent slides (from grasshopper/mice).<br>4. Meiosis in onion bud cell or grasshopper testis through permanent slides.<br>5. T.S. of blastula through permanent slides (Mammalian).<br>6. Mendelian inheritance using seeds of different colour/sizes of any plant.                             | 44             | 01.09.26 – 30.09.26       |
| Month: OCTOBER   | No. of periods | Dates                     |
| 12. Ecosystem<br>Activity: Spotting:<br>7. Prepared pedigree charts of any one of the genetic traits such as rolling of tongue, blood groups, ear lobes, widow peak and color blindness.<br>8. Controlled pollination -emasculation, tagging and bagging.<br>9. Common disease-causing organisms like Ascaris, Entamoeba, Plasmodium, any fungus causing ringworm through permanent slides, models or virtual images or specimens. Comment on symptoms of diseases that they cause.<br>10. Models specimen showing symbolic association in root modules of leguminous plants, Cuscuta on host, lichens.<br>11. Flash cards models showing examples of homologous and analogous organs. | 33             | 01.10.26 – 31.10.26       |
| Month: NOVEMBER  | No. of periods | Dates                     |
| 13. Biodiversity and conservation  | 33             | 01.11.26 - 01.11.26       |

# COMPUTER SCIENCE

| MONTH: APRIL   | No. of periods | Dates               |
|--|----------------|---------------------|
| <ul style="list-style-type: none"> <li>Python revision tour</li> <li>Python revision tour-ii</li> <li>Working with functions , exception handling(try- except-finally blocks)</li> </ul>   | 17             | 06-04-26 - 30-04-26 |
| MONTH: MAY   | No. of periods | Dates               |
| <ul style="list-style-type: none"> <li>Working with functions , exception handling(try- except-finally blocks)</li> <li>File handling (different operations on text file, binary file, csv file )</li> </ul>   | 10             | 01-05-26 -15-05-26  |
| MONTH: JUNE  | No. of periods | Dates               |
| <ul style="list-style-type: none"> <li>Working with functions , exception handling(try- except-finally blocks)</li> <li>File handling (different operations on text file, binary file, csv file )</li> </ul>   | 11             | 15-06-26 - 30-06-26 |
| MONTH: JULY  | No. of periods | Dates               |
| <ul style="list-style-type: none"> <li>Working with functions , exception handling(try- except-finally blocks)</li> <li>File handling (different operations on text file, binary file, csv file )</li> <li>Data structure (stack, operations on stack- push/pop, implementation of stack)</li> </ul>   | 23             | 01-07-26 - 31-07-26 |
| Month: AUGUST  | No. of periods | Dates               |
| <ul style="list-style-type: none"> <li>File handling (different operations on text file, binary file, csv file )</li> <li>Data structure (stack, operations on stack- push/pop, implementation of stack)</li> <li>Computer networks ( network topologies, network protocol, introduction to web services)</li> <li>Revision</li> </ul>   | 11             | 03-08-26 - 31-08-26 |
| Month: SEPTEMBER   | No. of periods | Dates               |
| <ul style="list-style-type: none"> <li>Computer networks ( network topologies, network protocol, introduction to web services)</li> </ul>  | 17             | 01-09-26 - 30-09-26 |
| Month: OCTOBER   | No. of periods | Dates               |
| <ul style="list-style-type: none"> <li>Computer networks (data communication terminologies, transmission media, network devices)</li> <li>Database concepts, structured query language (creation of table, different operations on table, joining of tables), relational data model.</li> </ul>  | 15             | 01-10-26 - 30-10-26 |
| MONTH: NOVEMBER  | No. of periods | Dates               |
| <ul style="list-style-type: none"> <li>Computer networks (data communication terminologies, transmission media, network devices)</li> <li>Database concepts, structured query language (creation of table, different operations on table, joining of tables), relational data model.</li> <li>Interface of python with an sql database (connecting sql with python)</li> <li>Revision</li> </ul> | 16             | 02-11-26 - 30-11-26 |

## ACCOUNTANCY

| MONTH: <b>APRIL</b>  | No. of periods | Dates               |
|--|----------------|---------------------|
| 1. Accounting for companies  | 24             | 06.04.26 - 30.04.26 |
| MONTH: <b>MAY</b>  | No. of periods | Dates               |
| 1. Accounting for companies  | 14             | 02.05.26 -16.05.26  |
| MONTH: <b>JUNE</b>   | No. of periods | Dates               |
| 2. Accounting for partnership firms-fundamentals                         | 15             | 15.06.26 - 30.06.26 |
| MONTH: <b>JULY</b>   | No. of periods | Dates               |
| 3.change in the profit profit sharing ratio<br>4. Admission of a partner | 33             | 01.07.26 - 31.07.26 |
| Month: <b>AUGUST</b>   | No. of periods | Dates               |
| 4.admission of a partner<br>( revision for half yearly )                 | 14             | 01.08.26 - 14.08.26 |
| Month: <b>SEPTEMBER</b>  | No. of periods | Dates               |
| 5.retirement and death of a partner<br>6.dissolution of a partner        | 23             | 07.09.26 - 30.09.26 |
| Month: <b>OCTOBER</b>  | No. of periods | Dates               |
| 7.cash flow statement<br>8. Analysis of financial statement              | 21             | 01.10.26 - 31.10.26 |
| Month: <b>NOVEMBER</b>   | No. of periods | Dates               |
| 8. Analysis of financial statement<br>( revision for preboard )          | 22             | 02.11.26 - 30.11.26 |

# ECONOMICS

| MONTH: APRIL  | No. of periods | Dates               |
|---|----------------|---------------------|
| <b>Part A. macroeconomics: -</b><br>1. National income and related aggregates<br>2. Money and banking   | 20             | 06.04.26 - 30.04.26 |
| MONTH: MAY  | No. of periods | Dates               |
| <b>Part A. Macroeconomics: -</b><br>3. balance of payment   | 12             | 02.05.26 - 16.05.26 |
| MONTH: JUNE   | No. of periods | Dates               |
| <b>Part B. Indian economic development: -</b><br>1. Development experience (1947-90) and economic reforms since 1991.                               | 12             | 15.06.26 - 30.06.26 |
| MONTH: JULY   | No. of periods | Dates               |
| <b>Part B. Indian economic development: -</b><br>1. Development experience (1947-90) and economic reforms since 1991.<br>2. Human capital formation | 28             | 01.07.26 - 31.07.26 |
| Month: AUGUST   | No. of periods | Dates               |
| <b>Part B. Indian economic development: -</b><br>3. Rural development (revision for half yearly)  | 12             | 01.08.26 - 14.08.26 |
| Month: SEPTEMBER  | No. of periods | Dates               |
| <b>Part B. Indian economic development: -</b><br>4. Rural development<br>5. Employment<br>6. Sustainable economic development                       | 20             | 04.09.26 - 30.09.26 |
| Month: OCTOBER  | No. of periods | Dates               |
| <b>Part A. Macroeconomics: -</b><br>4. determination of income and employment<br>5. Government budget and the economy                               | 16             | 01.10.26 - 31.10.26 |
| Month: NOVEMBER   | No. of periods | Dates               |
| <b>Part B Indian economic development: -</b><br>7. Development experience of India (revision for preboard)  | 20             | 02.11.26 - 30.11.26 |

## BUSINESS STUDIES

| MONTH: APRIL  | No. of periods | Dates                              |
|---|----------------|------------------------------------|
| 1.nature and significance of management<br>2.principles of management | 26             | 6th-30th                           |
| MONTH: MAY  | No. of periods | Dates                              |
| 3.business environment, 4. planning                                   | 14             | 4th-15th                           |
| MONTH: JUNE   | No. of periods | Dates                              |
| 5.organising, 6. staffing   | 20             | 15th-30th                          |
| MONTH: JULY   | No. of periods | Dates                              |
| 7.directing, 8. controlling   | 33             | 1st-31st                           |
| Month: AUGUST   | No. of periods | Dates                              |
| 8.controlling, Revision & half yearly exam                            | 14             | 3rd-14th                           |
| Month: SEPTEMBER  | No. of periods | Dates                              |
| 9.financial management  | 33             | 1st-30th                           |
| Month: OCTOBER  | No. of periods | Dates                              |
| 10.financial markets<br>11.marketing management                       | 21             | 1st-16th<br>28th-30th              |
| Month: NOVEMBER   | No. of periods | Dates                              |
| 12.consumer protection  | 28             | 2nd -7th<br>12th-15th<br>17th-30th |

# ENTREPRENEURSHIP

| MONTH: APRIL  | No. of periods | Dates                              |
|---|----------------|------------------------------------|
| 1.entrepreneurial opportunity<br>2. Entrepreneurial planning  | 26             | 6th-30th                           |
| MONTH: MAY  | No. of periods | Dates                              |
| 2. Entrepreneurial planning                                   | 14             | 4th-15th                           |
| MONTH: JUNE   | No. of periods | Dates                              |
| 3.enterprise marketing  | 20             | 15th-30th                          |
| MONTH: JULY   | No. of periods | Dates                              |
| 4.enterprise growth strategies                                | 33             | 1st-31st                           |
| Month: AUGUST   | No. of periods | Dates                              |
| 4.enterprise growth strategies<br>Revision & half yearly exam | 14             | 3rd-14th                           |
| Month: SEPTEMBER  | No. of periods | Dates                              |
| 5.business arithmetic   | 33             | 1st-30th                           |
| Month: OCTOBER  | No. of periods | Dates                              |
| 6.resource mobilization                                       | 21             | 1st-16th<br>28th-30th              |
| Month: NOVEMBER   | No. of periods | Dates                              |
| 6.resource mobilization<br>Revision                           | 28             | 2nd -7th<br>12th-15th<br>17th-30th |

## PHYSICAL EDUCATION

| MONTH: APRIL  | No. of periods | Dates             |
|---|----------------|-------------------|
| <p><b>Management of Sporting Events</b></p> <ol style="list-style-type: none"> <li>Functions of Sports Events Management (Planning, Organising, Staffing, Directing &amp; Controlling)</li> <li>Various Committees &amp; their Responsibilities (pre; during &amp; post)</li> <li>Fixtures and their Procedures – Knock- Out (Bye &amp; Seeding) &amp; League (Staircase, Cyclic, Tabular method) and Combination tournaments</li> <li>Intramural &amp; Extramural tournaments – Meaning, Objectives &amp; Its Significance</li> <li>Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause &amp; Run for Unity)</li> </ol>  | 20             | 06/04/26-30/04/26 |
| MONTH: MAY  | No. of periods | Dates             |
| <p><b>Children &amp; Women in Sports</b></p> <ol style="list-style-type: none"> <li>Exercise guidelines of WHO for different age groups.</li> <li>Common postural deformities-knock knees, flat foot, round shoulders, Lordosis, Kyphosis, Scoliosis, and bow legs and their respective corrective measures.</li> <li>Women’s participation in Sports-Physical, Psychological, and social benefits.</li> <li>Special consideration (menarche and menstrual dysfunction)</li> <li>Female athlete triad (osteoporosis, amenorrhea, eating disorders)</li> </ol> <p><b>Yoga as Preventive measure for Lifestyle Disease</b><br/>Obesity:</p> <ol style="list-style-type: none"> <li>Procedure, Benefits &amp; Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama</li> </ol>  | 15             | 01/05/26-23/05/26 |
| MONTH: JUNE   | No. of periods | Dates             |
| <p><b>Yoga as Preventive measure for Lifestyle Disease</b></p> <ol style="list-style-type: none"> <li><b>Diabetes:</b> Procedure, Benefits &amp; Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana Supta- vajarasana, Paschimottanasana-a, Ardha- Mastendrasana, mandukasanayogmudra, Ushtrasana, Kapalabhati</li> <li>Back Pain and</li> </ol> <p><b>Asthma:</b> Procedure, Benefits &amp; Contraindications for Tadasana, Urdhwahastottansana, uttanmandukasan-</p> <ol style="list-style-type: none"> <li>A, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana Matsyaasana, Anuloma-Viloma</li> </ol> <ol style="list-style-type: none"> <li><b>Hypertension:</b> Procedure, Benefits &amp; Contraindications for Tadasana, Katichakransana, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, uttanmandukasan-a, Vakrasana, Bhujangasana, Makarasana, Shavasana,</li> </ol> <p><b>Physical Education and Sports for CWSN (Children with Special Needs - Divyang)</b></p> <ol style="list-style-type: none"> <li>Organizations promoting Disability Sports (Special Olympics; Paralympic; Deaflympics)</li> <li>Concept of Classification and Divisioning in Sports.</li> </ol> | 13             | 15/06/26-30/06/26 |

| MONTH: JULY   | No. of periods | Dates             |
|---|----------------|-------------------|
| <p><b>Physical Education and Sports for CWSN (Children with Special Needs - Divyang)</b></p> <ol style="list-style-type: none"> <li>1. Concept of Inclusion in sports, its need, and Implementation;</li> <li>2. Advantages of Physical Activities for children with special needs.</li> <li>3. Strategies to make Physical Activities assessable for children with special needs.</li> </ol> <p><b>Sports &amp; Nutrition</b></p> <ol style="list-style-type: none"> <li>1. Concept of balanced diet and nutrition</li> <li>2. Macro and Micro Nutrients: Food sources &amp; functions</li> <li>3. Nutritive &amp; Non- Nutritive Components of Diet</li> <li>4. Eating for Weight control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, and Food Myths</li> <li>5. Importance of Diet in Sports-Pre, During and Post competition Requirements</li> </ol>   | 26             | 01/07/26-31/07/26 |
| Month: AUGUST   | No. of periods | Dates             |
| <p><b>Test &amp; Measurement in Sports</b></p> <ol style="list-style-type: none"> <li>1. Fitness Test – SAI Khelo India Fitness Test in school:<br/>Age group 5-8 years/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test<br/>Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit &amp; Reach flexibility test, Strength Test (Partial Abdominal Curl Up, Push-Ups for boys, Modified Push-Ups for girls).</li> </ol>   | 14             | 01/08/26-31/08/26 |
| Month: SEPTEMBER  | No. of periods | Dates             |
| <p><b>Test &amp; Measurement in Sports</b></p> <ol style="list-style-type: none"> <li>1. Measurement of Cardio-Vascular Fitness – Harvard Step Test – Duration of the Exercise in Seconds x100/5.5 X Pulse count of 1-1.5 Min after Exercise</li> <li>2. Computing Basal Metabolic Rate (BMR)</li> <li>3. Rikli &amp; Jones - Senior Citizen Fitness Test Chair Stand Test for lower body strength<br/>Arm Curl Test for upper body strength<br/>Chair Sit &amp; Reach Test for lower body flexibility<br/>Back Scratch Test for upper body flexibility<br/>Eight Foot Up &amp; Go Test for agility<br/>Six-Minute Walk Test for Aerobic Endurance</li> <li>4. Johnsen – Methney Test of Motor Educability (Front Roll, Roll, Jumping Half-Turn, Jumping full-turn)</li> </ol> <p><b>Physiology &amp; Injuries in Sport</b></p> <ol style="list-style-type: none"> <li>1. Physiological factors determining components of physical fitness</li> <li>2. Effect of exercise on the Muscular System</li> <li>3. Effect of exercise on the Cardio- Respiratory System</li> <li>4. Physiological changes due to aging</li> <li>5. Sports injuries: Classification (Soft Tissue Injuries - Abrasion, Contusion, Laceration, Incision, Sprain &amp; Strain Bone &amp; Joint Injuries <ol style="list-style-type: none"> <li>a. Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique &amp; Impacted)</li> </ol> </li> </ol> | 20             | 01/09/26-30/09/26 |

| Month: <b>OCTOBER</b>  | No. of periods | Dates             |
|--|----------------|-------------------|
| <b>Biomechanics and Sports</b> <ol style="list-style-type: none"> <li>1. Newton's Law of Motion &amp; its application in sports</li> <li>2. Types of Levers and their application in Sports.</li> <li>3. Equilibrium – Dynamic &amp; Static and Centre of Gravity and its application in sports</li> <li>4. Friction &amp; Sports</li> <li>5. Projectile in Sports</li> </ol>  | 15             | 01/10/26-31/10/26 |
| Month: <b>NOVEMBER</b>   | No. of periods | Dates             |
| <b>Psychology and Sports</b> <ol style="list-style-type: none"> <li>1. Personality; its definition &amp; types (Jung Classification &amp; Big Five Theory)</li> <li>2. Motivation, its type &amp; techniques.</li> <li>3. Exercise Adherence: Reasons, Benefits &amp; Strategies for Enhancing it</li> <li>4. Meaning, Concept &amp; Types of Aggressions in Sports</li> <li>5. Psychological Attributes in Sports – Self-Esteem, Mental Imagery, Self-Talk, Goal Setting</li> </ol> <b>Practical</b> <ol style="list-style-type: none"> <li>1. Physical Fitness Test: SAI Khelo India Test, Brockport Physical Fitness Test (BPFT)*</li> <li>2. Yogic Practices</li> <li>4. games/sports</li> </ol> | 18             | 01/11/26-30/11/26 |
| Month: <b>DECEMBER</b>   | No. of periods | Dates             |
| <b>Training in Sports</b> <ol style="list-style-type: none"> <li>1. Concept of Talent Identification and Talent Development in Sports</li> <li>2. Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle.</li> <li>3. Types &amp; Methods to Develop – Strength, Endurance, and Speed.</li> <li>4. Types &amp; Methods to Develop – Flexibility and Coordinative Ability.</li> <li>5. Circuit Training - Introduction &amp; its importance</li> </ol> <b>Practical</b> <ol style="list-style-type: none"> <li>1. Physical Fitness Test: SAI Khelo India Test, Brockport Physical Fitness Test (BPFT)*</li> <li>2. Yogic Practices</li> </ol>   | 18             | 01/12/26-21/12/26 |