



# DELHI PUBLIC SCHOOL ONGC, NAZIRA

(Under the aegis of the DPS Society, New Delhi)

[School No. 35121]

C.B.S.E. Affiliation No.: 230033

Class: XI

## SYLLABI FOR THE SESSION: 2026-2027

Subject: English Core (301)

Subject Trs: Meenakshi D & Sobina S H

Text Books : 1. Hornbill

2. Snapshots

April 2026	<ol style="list-style-type: none"><li>1. Grammar (As prescribed by the CBSE)</li><li>2. Reading Skill- Reading Comprehension Passages</li><li>3. The Portrait of a Lady</li><li>4. A Photograph</li></ol>
May 2026	<ol style="list-style-type: none"><li>1. Reading Skill-Note-making and Summarising</li><li>2. Writing Skill- Classified Advertisements</li><li>3. The Summer of the Beautiful White Horse</li><li>4. We're Not Afraid to Die.....If We all are Together</li></ol>
June 2026	<ol style="list-style-type: none"><li>1. Writing Skill- Designing Posters</li><li>2. The Address</li><li>3. The Laburnum Top</li></ol>
July 2026	Backlog, if any, shall be completed + Summer Vacation
August 2026	<ol style="list-style-type: none"><li>1. Writing Skills- Drafting Speeches</li><li>2. Grammar (As prescribed by the CBSE)</li><li>3. The Voice of the Rain</li><li>4. Mother's Day</li></ol>
September 2026	<ol style="list-style-type: none"><li>1. Revision + Half Yearly Examination</li></ol>
October 2026	<ol style="list-style-type: none"><li>1. Writing Skill- Debate</li><li>2. Reading Skills (Reinforcement of the ones taught earlier)</li><li>3. Grammar (Reinforcement of the ones taught earlier)</li><li>4. Childhood</li><li>5. Discovering Tut: The Saga Continues</li></ol>
November 2026	<ol style="list-style-type: none"><li>1. Writing Skills (Reinforcement of the ones taught earlier)</li><li>2. Reading Skills (Reinforcement of the ones taught earlier)</li><li>3. Grammar (Reinforcement of the ones taught earlier)</li><li>4. Birth</li><li>5. Father to Son</li></ol>
December 2026	<ol style="list-style-type: none"><li>1. Writing Skills (Reinforcement of the ones taught earlier)</li><li>2. Reading Skills (Reinforcement of the ones taught earlier)</li><li>3. Grammar (Reinforcement of the ones taught earlier)</li><li>4. The Adventure</li></ol>
January 2027	<ol style="list-style-type: none"><li>1. Writing Skills (Reinforcement of the ones taught earlier)</li><li>2. Reading Skills (Reinforcement of the ones taught earlier)</li><li>3. Grammar (Reinforcement of the ones taught earlier)</li><li>4. The Tale of Melon City</li></ol>
February 2027	<ol style="list-style-type: none"><li>1. Silk Road</li></ol> <p>Final Brush with Revision</p>
March 2027	Annual Examination 2027

**NOTE: Besides Offline/Physical Classes in the school, Online Classes shall also be conducted as and when required, during regular ongoing school days and also during vacation and holidays for enhanced academic progress of students.**

**Subject: Applied Mathematics (241)**

**Subject Tr : Samata C**

**Text Book : Applied Mathematics by M L Aggarwal**

Month	Topics
April	<b>Unit 1 Numbers, Quantification and Numerical Applications</b> Binary numbers Indices and Logarithm Numerical Applications
May	<b>Unit 2 Algebra</b> Sets Relations Permutations and Combinations <b>UNIT -3 Mathematical reasoning</b>
June + July	<b>Unit IV Calculus</b> Functions Limits and Continuity Differentiation
August	<b>Unit V Probability</b>
September	<b>Half Yearly Examination</b>
October	<b>Unit VI Descriptive Statistics</b> Mean Deviation Standard Deviation Quartile Deviation Percentile Rank
November- December	<b>Unit VII Basics of Financial Mathematics</b> Annuity, Perpetuity EMI Income Tax
January	<b>Unit VIII Coordinate Geometry</b> Straight Line Circles Parabola
February	Revision
March	<b>ANNUAL EXAM</b>

**Subject: Mathematics (041)**

**Subject Tr: Promod S**

**Text Book : Mathematics-XI (Text Book Part - I)**

Month	Topics
April	Sets,
May	Relation and Function
Jun	Trigonometry, complex number
August	Linear inequalities, permutations and combination, binomial.
Sept	Half Yearly.
October	sequence and series, straight lines
November	conic section, three dimension
December	Limits and derivative, statistics
January	probability
February	Revision
March	Annual Exam

Subject : Chemistry (043)  
Das

Subject Tr: Nilkamal Goswami/Abha

Books : Chemistry-XI ( Part - I & II )

Month	Topics
April	Unit-1: Basic Concepts of Chemistry Unit-2: Structure of Atom.
May	Unit-1: Basic Concepts of Chemistry Unit-2: Structure of Atom
June	Unit-3: Classification of Elements and Periodicity in Properties Unit-4: Chemical Bonding and Molecular Structure.
July	SUMMER BREAK
August	Unit-4: Chemical Bonding and Molecular Structure. Unit-5: Thermodynamics
September	Revision + Half Yearly Exam/ Term-I Assessment: 2026 – 27
October	Unit-5: Thermodynamics Unit-6: Equilibrium
November	Unit-6: Equilibrium Unit-7: Redox Reaction Unit-8: Organic Chemistry: Some Basic Principles and Techniques.
December	Unit-8: Organic Chemistry: Some Basic Principles and Techniques. Unit-9: Hydrocarbon
January	Unit-9: Hydrocarbon
February	Revision and Practical Examination + Annual/Term-II Assessment: 2026 – 27
March	ANNUAL/TERM-II ASSESSMENT: 2026 – 27

Subject : Physics (042)

Subject Tr: Dikshita Saikia/Satpal Singh

Books : Physics - XI (Part - I & II)

Month	Topics
April	<b>UNIT 1:</b> Units and Measurement <b>UNIT 2:</b> Kinematics
May	<b>UNIT 2:</b> Kinematics <b>UNIT- 3:</b> Laws of Motion
June	<b>UNIT- 4:</b> Work, Energy and Power <b>UNIT- 5:</b> Motion of system of Particles
July	<b>Summer Break</b>
August	<b>UNIT- 5:</b> Motion of system of Particles <b>UNIT- 6:</b> Gravitation
September	<b>REVISION</b> <b>HALF YEARLY EXAM</b>
October	<b>UNIT- 7:</b> Propeties of Bulk Matter
November	<b>UNIT-8:</b> Thermodynamics
December	<b>UNIT-9 :</b> Behaviour of Perfect Gases and Kinetic Theory of Gases <b>UNIT-10:</b> Waves and Oscillation
January	<b>UNIT-10:</b> Waves and Oscillation.
February	Revision and Practical Examination + Annual/Term-II Assessment: 2026 – 27
March	ANNUAL/TERM-II ASSESSMENT: 2026 – 27

Subject : Biology (044)

Books : Biology-XI

Subject Tr: Trishna Dutta

Month	Topics
April	<b>Unit I: Diversity of Living Organisms</b> Chapter 1 : The Living World Chapter 2 : Biological Classification
May	<b>Unit I: Diversity of Living Organisms</b> Chapter 3 : Plant Kingdom Chapter 4 : Animal Kingdom
June	<b>Unit II: Structural Organization in Animals and Plants</b> Chapter 5 : Morphology of Flowering Plants Chapter 6 : Anatomy of Flowering Plants Chapter 7 : Structural Organisation in Animals
July	<b>Summer Break</b>
August	<b>Unit III : Cell - Structure and Function</b> Chapter 8 : Cell – The Unit of Life Chapter 9 : Biomolecules Chapter 10 : Cell Cycle and Cell Division
September	<b>REVISION</b> <b>HALF YEARLY EXAM</b>
October	<b>Unit IV: Plant Physiology</b> Chapter 13 : Photosynthesis in Higher Plants Chapter 14 : Respiration in Plants
November	<b>Unit V : Animal Physiology</b> Chapter 17 : Breathing and Exchange of Gases Chapter 18 : Body Fluids and Circulation Chapter 19 : Excretory Products and their Elimination
December	<b>Unit V : Animal Physiology</b> Chapter 20 : Locomotion and Movement Chapter 21 : Neural Control and Coordination
January	<b>Unit IV: Plant Physiology</b> Chapter 15 : Plant – Growth and Development. <b>Unit V : Animal Physiology</b> Chapter 22 : Chemical Coordination and Integration
February	Revision and Practical Examination + Annual/Term-II Assessment: 2026 – 27
March	ANNUAL/TERM-II ASSESSMENT: 2026 – 27

Subject : Computer Science New (083)

Books : Textbook for Computer Science - XI with Python (Sumita Arora)

Subject Tr: Monjit Sonar

Month	Topics
April	Introduction to Python
May	Computer System & Organisation
June	Computer System & Organisation
July	Summer Vacation
August	Boolean Logic, Number Systems, Encoding Schemes, Emerging trend and Technology
September	Computational Thinking & Programming -1
October	Computational Thinking & Programming -1
November	Society, Law and Ethics
December	Society, Law and Ethics/Programming
January	Revision

February	Revision
March	Annual Exam

**Subject: Accountancy (055)**

**Subject Tr: Debapriya Roysharma**

**Book: 1. Financial Accounting-I - NCERT/ABD**

**2. Accountancy-II - NCERT/ABD**

Month	Topics
April	Introduction to Accounting, Theory Base of Accounting
May	Recording of Business Transactions – Journal, Cash Book, Subsidiary Books
June	Recording of Business Transactions – Journal with GST, BRS
July	Summer Vacation
August	Recording of Business Transactions – Depreciation and Provisions,
September	Recording of Business Transactions – Trial Balance and Rectification of Errors
October	Financial Statement of Sole Proprietorship
November	Financial Statement of Sole Proprietorship
December	Financial Statement of Sole Proprietorship
January	Revision
February	Revision
March	Annual Exam

**Subject: Business Studies (054)**

**Subject Tr: Debapriya Roysharma**

**Book: Text Book for Business Studies XI - P.Gandhi - NCERT/VK**

Month	Topics
April	Nature and Purpose of Business
May	Forms of Business Organisations
June	Public, Private and Global Enterprises
July	Summer Vacation
August	Business Services
September	Emerging Modes of Business
October	Social Responsibility of Business and Business Ethics
November	Sources of Business Finance
December	Small Business
January	Internal Trade, International Business
February	Revision
March	Annual Exam

**Subject: Economics (030)**

**Subject Tr : Suma Das**

**Text Book : 1. Statistics for Economics- NCERT and Dhanpat Rai**

**2. Introductory Micro Economics - NCERT and Dhanpat Rai**

Month	Topics
April	Introduction to Economics, Collection and Organization of Data
May	Presentation of Data Statistical tools and Interpretation (Measures of Central Tendency)
June	Statistical tools and Interpretation (Measures of Central Tendency) Introduction to Micro Economics- Consumers Equilibrium
July	Summer Vacation
August	Statistical tools and Interpretation (Correlation) Consumers Equilibrium
September	Statistical tools and Interpretation ( Index No.), Demand
October	Statistical tools and Interpretation ( Index No.), Producers' behavior
November	Producers' behavior and Supply
December	Supply, Forms of Market
January	Price Determination and simple applications under Perfectly competition

February	Price Determination and simple applications under Perfectly competition, Revision
March	Revision and Annual Exam 2026-27

**Subject: Political Science (028)**

**Subject Teacher : Binita P G**

**NCERT Text Book : 1. Indian Constitution at work**

**2. Political Theory**

Month	Topics	
	<b>Book 1. Indian Constitution at work</b>	<b>Book 2. Political Theory</b>
April	1. Constitution: Why and how?	1. Political Theory :An introduction
May	2.Rights in the Indian Constitution 3.Election and Representation	2.Freedom
June	4. Executive	3. Equality
July	<b>Summer Vacation</b>	
August	5. Legislature	4. Social Justice
September	<b>Half Yearly Examination</b>	
October	6. Judiciary	5. Rights
November	7. Federalism	6. Citizenship
December	8. Local Governments	7. Nationalism
January	9. Constitution as a Living Document	8. Secularism
February	10.Philosophy of the Constitution	
March	<b>Revision and Annual Examination</b>	

**Subject: History (027)**

**Subject Tr: Indrani Borthakur**

**Book: Themes in World History Textbook XI**

Month	Topics
April	TERM 1 -Reading of World History-Introduction of World History,Introduction Timeline I (6 MYA TO 1 BCE)
May	I.Early societies-Theme 1-Writing And City Life
June	Introduction Timeline II (C. 100 BCE TO 1300 CE)SECTION II. Empires Theme 2-An Empire Across Three Continents
July	Summer Vacation
August	II.Empires Theme 3.Nomadic Empires
September	Revision and Term 1/,Half Yearly Examination 2023-24
October	TERM 2 III.Changing Traditions-Introduction Timeline III (C. 1300 TO 1700) -Theme 4.The Three Orders
November	III.Changing Traditions-Theme 5.Changing Cultural Traditions IV.Paths To Modernisation -Introduction Timeline IV (C. 1700 TO 2000)
December	IV-Paths To Modernisation-Theme 6.Displacing Indigenous People
January	IV-Paths To Modernisation-Theme 7.Paths Towards Modernisation (Japan, China and Korea)
February	Project,Map work of the related themes Revision and Annual Examination
March	Annual Examination/Term 2, 2026-27

**Subject : HINDI Core (302)**

**Subject Tr : Anil K S**

**Text Book :**

Month	Topics
April	1. अपठित गद्यांश व पद्यांश 2. निबंध
May	1. नमक का दरोगा 2. डायरी लेखन 3. शब्दकोश
June	1. मिया नसीरुद्दीन 2. घर की याद 3. विदाई सम्भाषण
July	Summer Vacation
August	1. गलता लोहा 2. चंपा काले-काले अचर नहीं चिनती

September	पुनरीक्षण, अर्धवार्षिक परीक्षा
October.	1. भारतीय गायिका ओ मे बेजोड़े-लता मंगेशकर 2. रजनी 3. गज़ल
November	1. जामुन का पेड़ 2. अक्क महादेवी 3. भारत माता
Dec.	1. राजस्थान की रजत बूढ़े 2. सबसे खतरनाक
January	1. आओ मिलकर बचाए 2. आलो-आँधारि 3. कार्यालयी पत्र 4. प्रिंट माध्याम (समाचार और संपादकीय)
Feb.	1. फीचर लेखन 2. आलेख 3. जनसंचार माध्यम
March	पुनराक्षण , सत्र वार्षिक मूल्यांकन

**Subject: Psychology (037)**

**Subject Tr: Ananya Bezboruah**

**Books: Psychology XI, NCERT**

Month	Topics
April	<b>Unit 1: What is Psychology?</b> Introduction to Psychology Psychology as a Discipline and Science Applications of Psychology
May	<b>Unit 2: Method of Enquiry in Psychology</b> Goals of Psychological Enquiry Steps in Psychological Research Experimental and Non-Experimental Methods Ethical Considerations
June	<b>Unit 3: Human Development</b> Meaning and Stages of Development Factors Influencing Development Developmental Tasks across Lifespan
July	<b>Summer Break</b>
August	<b>Unit 4: Sensory, Attentional and Perceptual processes</b> Sensation and Perception Structure and Function of Sense Organs Attentional Processes Perceptual Processes and Illusions
September/Oct	<b>Unit 5: Learning</b> Concept and Types of Learning Classical and Operant Conditioning Cognitive Learning Factors Affecting Learning <b>Unit 6: Human Memory</b> Nature and Types of Memory Forgetting and Mnemonics
November	<b>Unit 7: Thinking</b> Nature of Thinking Problem-Solving, Reasoning, and Decision Making Creative Thinking
December	<b>Unit 8: Motivation &amp; Emotion</b> Nature of Motivation Types of Motives Nature and Theories of Emotion Cultural Influences on Emotions
January	<b>Full syllabus revision and previous year paper discussion</b>

February	<b>Practical &amp; project</b>
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**Subject: Geography (029)**

Book: 1. Fundamentals of Physical Geography)

**Subject Tr: Debaraj Bhattacharjee**

2. India, Physical Environment (Class XI)

Month	Topics
April	<b>Chapter 1 India — Location</b> , Size, Latitudinal and Longitudinal extent, Indian Standard time, India and its neighbours <b>Geography as a Discipline</b> <b>Chapter 1• Introduction to Geography</b> as a discipline • Geography as an integrating discipline: Spatial and Temporal synthesis • Approaches to study Geography: Systematic and Regional • Branches of Geography: Physical Geography, Human Geography and Bio Geography • Physical Geography and its importance.
May	<b>Chapter 2 Structure</b> and Physiography • Physiographic Divisions: (1) The Northern and North-eastern Mountains (2) The Northern Plain (3) The Peninsular Plateau (4) The Indian Desert (5) The Coastal Plains (6) The Islands. <b>Chapter 2 The Origin and Evolution of The Earth</b> • Origin and evolution of the earth • Early theories: Origin of the Earth • Modern Theories: Origin of the universe • Formation of Stars and Planets • Evolution of the Earth: Lithosphere, Atmosphere and Hydrosphere • Origin of Life
June	<b>Chapter 3 Drainage System</b> • Drainage patterns • Concepts of River basin, Catchment Area, Watershed • Drainage and River systems of India: the Himalayan and the Peninsular • Extent of Usability of River Water- linking of rivers, problems in using river water and water pollution <b>Chapter 3 Interior of the Earth</b> • Sources of Information about the Interior of the Earth (Direct and Indirect) • Earthquakes: Earthquake Waves, Shadow zones, Types, Scales to measure earthquake intensity, effects, frequency of earthquake occurrences • Structure of the Earth • Volcanoes and Volcanic landforms <b>Holiday assignment</b> □ <b>World Climate and Global Concerns(To be tested through internal assessments in the form of project and presentation)</b>
July	Summer vacation
August	<b>Chapter 4 Distribution of Oceans and Continents</b> • Continental Drift Theory, and Evidence in support of Continental Drift and Force for Drift • Post Drift Studies • Ocean Floor Configuration • Distribution of Earthquakes and Volcanoes • Concept of Seafloor Spreading • Plate Tectonics: Types of Plate boundaries, Rate and forces for the Plate Movement • Movement of the Indian Plate
September	Revision and Half yearly examination
October	<b>Chapter 6 Landforms and their Evolution</b> • Running water: Erosional and Depositional Landforms • Wind: Erosional and Depositional Landforms
November	<b>Chapter 4 Climate</b> • Weather and climate • Unity and diversity in the Monsoon Climate • Factors determining the climate of India • The Nature and characteristics on Indian Monsoon Monsoon and the Economic Life in India • Global Warming• The Rhythm of Seasons • Distribution of Rainfall <b>Chapter 9 Atmospheric</b> Circulation and Weather Systems • Atmospheric Pressure: Horizontal and Vertical Variation of Pressure • Forces affecting velocity and direction of Wind • General Circulation of the atmosphere: Pressure belts; Winds: Planetary, Seasonal and Local; Cont...
December	Air masses and Fronts; Tropical and Extratropical cyclones; Thunderstorms and Tornadoes <b>Chapter 10 Water in the Atmosphere</b> • Humidity-Absolute and Relative humidity • Evaporation and condensation- • Different Forms of Condensation: dew, frost, fog, mist and cloud; Precipitation • Types of Rainfall and world distribution of rainfall
January	<b>Chapter 5 Natural Vegetation</b> • Natural vegetation - Introduction • Forest types and distribution • Conservation of forests • Wildlife; conservation; biosphere reserves <b>Chapter 12 Water (Oceans)</b> • Hydrological Cycle • Major and Minor Relief Features of the Ocean Floor • Temperature and Salinity of Ocean Waters: Factors, Horizontal and Vertical

	distribution of temperature and Salinity Chapter 13 Movements of Ocean Water • Movements of ocean water- Waves, Tides and Currents.
February	Revision and practical examination
March	Final Examination

**Subject: Sociology (039)**

**Subject Teacher: Debaraj Bhattacharjee, Surinder K**

**Book 1- INTRODUCING SOCIOLOGY**

**Book 2- UNDERSTANDING SOCIETY**

<i>Month</i>	<i>Topics</i>
<i>April</i>	<b>Book 1; Unit 1: Sociology, Society and its Relationship with other Social Sciences</b> <ul style="list-style-type: none"> <li>Introducing Society, Individuals and collectivities</li> <li>Pluralities and Inequalities among Societies</li> <li>Introducing Sociology: Emergence, Nature and Scope</li> <li>Relationship with other Social Sciences</li> </ul>
<i>May</i>	<b>Book 1; Unit 2-Terms, Concepts and their use in Sociology</b> <ul style="list-style-type: none"> <li>Social Groups and Society</li> <li>Status and Role</li> <li>Social Stratification</li> <li>Society and Social Control</li> </ul>
<i>June</i>	<b>Book 2; Unit 7-Social Change and Social Order in Rural and Urban Society</b> <ul style="list-style-type: none"> <li>Social Change: Types, Causes and Consequences</li> <li>Social Order: Domination, Authority and Law; Contestation, Crime and Violence</li> <li>Concepts: Village, Town and City</li> <li>Social Order and Social Change in Rural and Urban Areas</li> </ul>
<i>July</i>	<b>Summer Vacation</b>
<i>August</i>	<b>Book 1; Unit 3 Understanding Social Institutions</b> <ul style="list-style-type: none"> <li>Family, Marriage and Kinship</li> <li>Political Institutions</li> <li>Education as a Social Institution</li> <li>Work and Economic Life</li> <li>Religion as a Social Institution</li> </ul>
<i>September</i>	<b>Half Yearly/Term-I Assessment</b>
<i>October</i>	<b>Book 1; Unit 4- Culture and Socialization</b> <ul style="list-style-type: none"> <li>Defining Culture</li> <li>Socialization</li> <li>Dimensions of Culture</li> <li>Agencies of Socialization</li> </ul>
<i>November</i>	<b>Book 2; Unit 9- Introducing Western Sociologists</b> <ul style="list-style-type: none"> <li>The Context of Sociology</li> <li>Emile Durkheim: Division of Labour in Society</li> <li>Max Weber: Interpretive Sociology, Ideal Type and Bureaucracy</li> <li>Karl Marx on Class Conflict</li> </ul>
<i>December</i>	<b>Book 2; Unit 10- Indian Sociologists</b> <ul style="list-style-type: none"> <li>G.S. Ghurye on Caste and Race</li> <li>A.R. Desai on the State</li> <li>D.P. Mukherjee on Tradition and Change</li> <li>M.N. Srinivas on the Village</li> </ul>
<i>January</i>	<b>Compilation of the project work and revision</b> <b>Field Study</b> 1. Introduction 2. Statement of purpose- 2 marks 3. Research Questions- 2 marks 4. Methodology- 3 marks 5. Data Analysis- 4 marks 6. Conclusion- 2 marks
<i>February</i>	Revision
<i>March</i>	<b>Annual/Term-II Assessment.</b>

**Subject: Performing Art : Music Vocal .Text Book:Concepts of Vocal Music**

**Subject Tr. Mridulla Dutta**

Month	Topics
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April	Vilambit khyal /About Teentala Taal
May	Drut Khyal of Raag Bhimpalasi / About Ektala
June	Drut Khyal of Raag Bhimpalasi / About Chautala
July	SUMMER VACATION
August	Raag Bhairavi
September	HALF YEARLY EXAM
October	Raag Bhairavi
November	One Dhrupad with Dugun
December	One Dhrupad with Dugun
January	Discuss About Theory
February	Revision
March	ANNUAL EXAM

**Subject: Physical Education (048)**

**Subject Tr: Sanjeev Kumar**

**Book: E-Book of Physical Education - CBSE**

Month	Topics
April	Unit-1 Changing trends and career in Physical Education. Badminton, Yoga, Outdoor games,
May	Unit-2 Olympism Value Education, Cricket, Football
June	Unit-3 Yoga Badminton, Football, Art Integration Activity on International Yoga Day
July	Summer Vacation
August	Unit- 4 – Physical Education and Sports for CWSN (Children with Special needs) Unit-5 Physical Fitness, Health and Wellness, Table Tennis, Badminton
September	Unit-6 Test, Measurement and Evaluation. Basketball, Volleyball Revision & SA-1, Fit India Freedom Run associated with Independence Day
October	Unit-7 Fundamentals of Anatomy and Physiology in Sports. Volleyball, Football Unit-8 Fundamentals of Kinesiology and Biomechanics in Sports. Tennis, Cricket EBSB activity
November	Unit-9 Psychology and Sports. Cricket, Football Inter and Intra class Sports Competition
December	Unit-10 Training and Doping in sports. Revision, Art Integration: Poster making and Collage making on healthy food habits. EBSB activities, Fitness activities, Football, Volleyball, Cricket.
January	Revision
February	Revision and Practical
March	Final Examination

**SKILL SUBJECT : YOGA**

**Books : E TEXT BOOK ON YOGA BY NCERT**

**Sub Tr: MADHURI DEVI**

Month	Topics
April	Introduction to Yoga &yogic practices - I
May	Communication Skills-III
June	Introduction to Yogic Texts - I
July	<b>Summer Vacation</b>
August	Self-Management Skills-III
September	Half Yearly
October	Yoga for Health Promotion - I

<i>November</i>	Information and Communication Technology Skills-III
<i>December</i>	Entrepreneurial Skills-III
<i>January</i>	Green Skills-III
<i>February</i>	<b>Revision and Practical</b>
<i>March</i>	<b>Final Examination</b>

**Subject: Yoga**

**Subject Tr: Madhuri Devi**

Month	Topics
April	Sukshma Vyayama for neck ,Theories[Definition,history,meaning]
May	Sukshma Vyayama of all the body parts Sun salutation and pranayama[Anulom vilom]
June	Sun salutation meditative asanas, Mudras, Sitting asanas
July	Summer Vacation
August	Niyama, Mantra chanting, Cultural asanas, Body posture Deformities and its correction
September	Pranayama, tratak,Shuddhi kriya
October	Pranayam[Kapalbhati ]and Bhastrika
November	Pranayama[sheetali] and meditation, cultural asanas
December	Pranayama[sitkari] and Shuddhi kriya
January	Cultural asanas, Shithilikaran
February	Yama, Niyama, Mantra chanting, Cultural asanas
March	ANNUAL EXAM

Signature of  
Subject Teachers

Signature of  
Academic Coordinator

Signature of  
Principal