

# **Class : XII , Term : 1 Syllabus , 2025-2026**

## **Stream : Arts**

---

### **Subject : English core**

#### **FLAMINGO**

#### **PROSE**

1. THE LAST LESSON
2. LOST SPRING
3. DEEP WATER
4. THE RATTRAP
5. THE INTERVIEW

#### **POETRY**

1. MY MOTHER AT SIXTY-SIX
2. KEEPING QUIET
3. A THING OF BEAUTY

#### **VISTAS**

1. THE THIRD LEVEL
2. THE TIGER KING
3. THE ENEMY
4. ON THE FACE OF IT
5. MEMORIES OF CHILDHOOD

#### **WRITING SKILLS**

1. NOTICE
2. INVITATION AND REPLY
3. JOB APPLICATION
4. EDITORIAL LETTER

#### **COMPREHENSION**

.....

## **Subject : History**

<b>PART- I</b>	
<b>Chapter No.</b>	<b>Theme Title</b>
1	Bricks, Beads and Bones The Harappa Civilisation
2	Kings, Farmers and Towns Early States and Economies (c.600 BCE600 CE)
3	Kingship, Caste and class Early Societies (c. 600 BCE600 CE)
4	Thinkers, Beliefs and Buildings Cultural Developments (c. 600 BCE600 CE)
<b>PART- II</b>	
5	Through the eyes of Travellers Perceptions of Society (c. tenth to seventeenth centuries)
6	Bhakti-Sufi Tradition Changes in Religious Beliefs and Devotional Texts (c. eighth to eighteenth centuries)
7	An Imperial Capital – Vijayanagar (c. fourteenth to sixteenth centuries)
<b>PART- III</b>	
8	Colonialism and The Countryside Exploring Official Archives
9	Rebels and Raj 1857 Revolt and its Representations
10.	Map work, Passage Based, Picture based, Assertion and Reason.

.....

## **Subject : Political Science**

<b>PART A-CONTEMPORARY WORLD POLITICS</b>	
Chapter No.	Chapter Name
1	The End of Bipolarity
2	Contemporary Centres of Power
3	Contemporary South Asia
4	International Organizations
5	Security in the Contemporary World
6	Environment and Natural Resources
<b>PART B-POLITICS IN INDIA SINCE INDEPENDENCE</b>	
7	Challenges of Nation-Building
8	Era of One-Party Dominance
9	Politics of Planned Development
10	India's External Relations
11	Challenges to and Restoration of the Congress System
12	The Crisis of Democratic Order
13	Map work, Passage Based, Cartoon based, Assertion and Reason.

.....

# **Subject : Maths**

## **Unit-I: Relations and Functions**

### **1. Relations and Functions**

Types of relations: reflexive, symmetric, transitive and equivalence relations. One to one and onto functions.

### **2. Inverse Trigonometric Functions**

Definition, range, domain, principal value branch. Graphs of inverse trigonometric functions.

## **Unit-II: Algebra**

### **1. Matrices**

Concept, notation, order, equality, types of matrices, zero and identity matrix, transpose of a matrix, symmetric and skew symmetric matrices. Operations on matrices: Addition and multiplication and multiplication with a scalar. Simple properties of addition, multiplication and scalar multiplication. Non-commutativity of multiplication of matrices and existence of non-zero matrices whose product is the zero matrix (restrict to square matrices of order 2). Invertible matrices and proof of the uniqueness of inverse, if it exists; (Here all matrices will have real entries).

### **2. Determinants**

Determinant of a square matrix (up to  $3 \times 3$  matrices), minors, co-factors and applications of determinants in finding the area of a triangle. Adjoint and inverse of a square matrix. Consistency, inconsistency and number of solutions of system of linear equations by examples, solving system of linear equations in two or three variables (having unique solution) using inverse of a matrix.

Active  
Go to Se

## **Unit-III: Calculus**

### **1. Continuity and Differentiability**

Continuity and differentiability, chain rule, derivative of composite functions, derivatives of inverse trigonometric functions like  $\sin^{-1} x$ ,  $\cos^{-1} x$  and  $\tan^{-1} x$ , derivative of implicit functions. Concept of exponential and logarithmic functions. Derivatives of logarithmic and exponential functions. Logarithmic differentiation, derivative of functions expressed in parametric forms. Second order derivatives.

### **2. Applications of Derivatives**

Applications of derivatives: rate of change of quantities, increasing/decreasing functions, maxima and minima (first derivative test motivated geometrically and second derivative test given as a provable tool). Simple problems (that illustrate basic principles and understanding of the subject as well as real-life situations).

### **3. Integrals**

Integration as inverse process of differentiation. Integration of a variety of functions by substitution, by partial fractions and by parts, Evaluation of simple integrals of the following types and problems based on them.

$$\int \frac{dx}{x^2 \pm a^2}, \int \frac{dx}{\sqrt{x^2 \pm a^2}}, \int \frac{dx}{\sqrt{a^2 - x^2}}, \int \frac{dx}{ax^2 + bx + c}, \int \frac{dx}{\sqrt{ax^2 + bx + c}},$$

#### **Unit-IV: Vectors and Three-dimensional Geometry**

##### **1. Vectors**

Vectors and scalars, magnitude and direction of a vector. Direction cosines and direction ratios of a vector. Types of vectors (equal, unit, zero, parallel and collinear vectors), position vector of a point, negative of a vector, components of a vector, addition of vectors, multiplication of a vector by a scalar, position vector of a point dividing a line segment in a given ratio. Definition, Geometrical Interpretation, properties and application of scalar (dot) product of vectors, vector (cross) product of vectors.

#### **Unit-V: Linear Programming Problem**

##### **1. Linear Programming**

Introduction, related terminology such as constraints, objective function, optimization, graphical method of solution for problems in two variables, feasible and infeasible regions (bounded or unbounded), feasible and infeasible solutions, optimal feasible solutions (up to three non-trivial constraints).

.....

## **Subject : Economics**

### **MACROECONOMICS**

- What Macroeconomics is About?
- Some Basic Concepts of Macroeconomics.
- National Income & its Related Aggregates.
- Methods of calculating National Income.
- Money.
- Banking.

### **INDIAN ECONOMICS**

- Indian Economy on the Eve of Independence.
  - Goals of India's Development Plans.
  - Agriculture, Industry & Foreign Trade.
  - Liberalisation, Privatisation & Globalisation.
  - Human Capital Formation.
- .....

## **Subject : Physical Education**

### **Unit I Management of Sporting Events**

1. Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling)
2. Various Committees & their Responsibilities (pre; during & post)
3. Fixtures and their Procedures – Knock-Out (Bye & Seeding) & League (Staircase, Cyclic, Tabular method) and Combination tournaments.
4. Intramural & Extramural tournaments – Meaning, Objectives & Its Significance
5. Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause & Run for Unity)

### **Unit II Children & Women in Sports**

1. Exercise guidelines of WHO for different age groups.
2. Common postural deformities-knock knees, flat foot, round shoulders, Lordosis, Kyphosis, Scoliosis, and bow legs and their respective corrective measures.
3. Women's participation in Sports – Physical, Psychological, and social benefits.
4. Special consideration (menarche and menstrual dysfunction)
5. Female athlete triad (osteoporosis, amenorrhea, eating disorders).

### **Unit III Yoga as Preventive measure for Lifestyle Disease**

1. **Obesity:** Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama.
2. **Diabetes:** Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana, Bhujang asana, Shalabhasana, Dhanurasana, Suptavajarasana, Paschimottanasana -a, Ardha -Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati.
3. **Asthma:** Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana Matsyaasana, Anuloma-Viloma.
4. **Hypertension:** Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasana-a, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi-Shodhana pranayama.

### **Unit IV Physical Education and Sports for CWSN (Children with Special Needs - Divyang)**

1. Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics)
2. Concept of Classification and Divisioning in Sports.
3. Concept of Inclusion in sports, its need, and Implementation;
4. Advantages of Physical Activities for children with special needs.
5. Strategies to make Physical Activities assessable for children with special needs.



## **Unit V Sports & Nutrition**

1. Concept of balanced diet and nutrition
2. Macro and Micro Nutrients: Food sources & functions
3. Nutritive & Non-Nutritive Components of Diet
4. Eating for Weight control– A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, and Food Myths
5. Importance of Diet in Sports-Pre, During and Post competition Requirements

## **Unit VI Test & Measurement in Sports**

1. Fitness Test – SAI Khelo India Fitness Test in school:
  - i. Age group 5-8 years/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test
  - ii. Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Partial Abdominal Curl Up, Push-Ups for boys, Modified Push-Ups for girls).
2. Measurement of Cardio-Vascular Fitness: – Harvard Step Test – Duration of the Exercise in Seconds  $\times 100/5.5 \times$  Pulse count of 1-1.5 Min after Exercise.
3. Computing Basal Metabolic Rate (BMR)
4. Rikli & Jones - Senior Citizen Fitness Test
  - i. Chair Stand Test for lower body strength
  - ii. Arm Curl Test for upper body strength
  - iii. Chair Sit & Reach Test for lower body flexibility
  - iv. Back Scratch Test for upper body flexibility
  - v. Eight Foot Up & Go Test for agility
  - vi. Six-Minute Walk Test for Aerobic Endurance
5. Johnson – Methney Test of Motor Educability (Front Roll, Roll, Jumping Half-Turn, Jumping full-turn)

.....



## **Subject : Geography**

### **FUNDAMENTAL OF HUMAN GEOGRAPHY BOOK**

CH-1: Human Geography Nature and scope

CH-2: The world population-distribution, density and growth

CH-4 : Human development

CH-5: Primary activities

CH-6: Secondary activities

CH-7: Tertiary and quaternary activities

### **INDIAN HUMAN GEOGRAPHY BOOK**

CH-1: Population - distribution, density, growth and  
composition

CH-4: Human settlement

CH-5: Land resources and Agriculture

CH-6 : Water resources

CH-7: Mineral and energy resources

CH-9: Planning and sustainable development in Indian context

CH-10: Transport and communication

### **PRACTICAL GEOGRAPHY**

CH- Data- its source and compilation

CH- Data processing

CH- Geographical representation of data

CH- Use of computer in data processing and mapping

.....

## **Subject : Hindi**

### **गद्य ( आरोह पाठ्य पुस्तक)**

- \*भक्तिन
- \*बाज़ार दर्शन
- \*काले मेघा पानी दे
- \*पहलवान की ढोलक
- \*शिरीष के फूल

### **काव्य खंड ( आरोह पाठ्य पुस्तक)**

- \*आत्मपरिचय,दिन जल्दी जल्दी ढलता है
- \*पतंग
- \*कविता के बहाने,बात सीधी थी पर
- \*कैमरे में बंद अपाहिज
- \*उषा
- \*बादल राग

### **(वितान पाठ्य पुस्तक)**

- \*सिल्वर वैडिंग
- \*जूझ

### **(अभिव्यक्ति और माध्यमों पाठ्य पुस्तक)**

- \*पाठ 3,4,5,11,12 और 13
- \*रचनात्मक लेखन

- \*अपठठत गद्यांश ऐम् काव्यांश

.....

## **Subject : Psychology**

SL NO	Chapter Name
1.	Meeting Life Challenges ( From Sources of stress )
2.	Psychological Disorders
3.	Therapeutic Approaches
4.	Attitudes and Social Cognition

### **PRACTICALS**

1. On intelligence- Raven's Progressive Matrices (RPM)
2. On personality- 16 Personality Factors (16PF)
3. On personality- Kundu's Neurotic Personality Inventory (KNPI)
4. On anxiety- Sinha's Comprehensive Anxiety Test (SCAT)
5. On Adjustment- Adjustment Inventory for School students ( AISS)

.....

## **Subject : Bengali**

PROSE: KE BACHAY KE BACHE, BHARAT BARSHO

POEM: RUPNARANER KULE, AAMI DEKHI, KRANDANRATA JANANIR PASHE

SUPPLYMENTARY : GARO PAHARER NICHE, CHATIR BADOLE HATI

GRAMMAR : APINIHITI, AVISHRUTI, SWARASONGOTI, UTKARSHO

WRITTING : REPORT WRITING, ADVERTISMENT WRITING

.....

## **Subject : Sociology**

### **A. INDIAN SOCIETY (40 Marks)**

#### **Unit 2. The Demographic Structure of the Indian Society**

- Theories and concepts in demography
- Rural-Urban Linkages and Divisions
- Population Policy in India

#### **Unit 3. Social Institutions: Continuity and Change**

- Caste and the Caste System
- Tribal Communities
- Family and Kinship

#### **Unit 5. Patterns of Social Inequality and Exclusion**

- ❖ Social Inequality and Social Exclusion
- ❖ Systems justifying and perpetuating Inequality - Caste, Tribe, the Other Backward Classes
- ❖ Adivasi Struggles
- ❖ The Struggle for Women's Equality and Rights
- ❖ The struggles of the Differently Abled

#### **Unit 6. The Challenges of Cultural Diversity**

- ★ Cultural communities and the nation state
- ★ Regionalism in the Indian context
- ★ The Nation state and religion related issues and identities
- ★ Communalism, secularism and the nation state
- ★ State and Civil Society

### **B. CHANGE AND DEVELOPMENT IN INDIA (40 Marks)**

#### **Unit 8. Structural Change**

- Understanding Colonialism, Industrialization, Urbanization

#### **Unit 9. Cultural Change**

- Social Reform Movements
- Different Kinds of Social Change: Sanskritisation, Westernization, Modernization, Secularization

#### **Unit 11. Change and Development in Rural Society**

- ❖ Agrarian Structure: Caste & class in Rural India
- ❖ Land Reforms, Green Revolution and Emerging Agrarian society
- ❖ Green revolution and its social consequences
- ❖ Transformation in Rural Society
- ❖ Circulation of labour
- ❖ Globalization, Liberalization and Rural Society

#### Unit 12. Change and Development in Industrial Society

- From Planned Industrialization to Liberalization
- How people find Jobs
- Work Processes: How work is carried out, working conditions, home based work, Strikes and Unions

#### Unit 15 Social Movements

- ★ Concept of Social Movements
- ★ Theories and Classification of Social Movements
- ★ Environmental Movements
- ★ Class-Based Movements: Workers, Peasants
- ★ Caste-Based Movements: Dalit Movement, Backward Class/Castes, Trends in Upper Caste Responses
- ★ Tribal Movements
- ★ Women's Movements in Independent India

.....