

DAV PUBLIC SCHOOL, GANDHI NAGAR RANCHI
SYLLABUS 2024-25
ENGLISH (STD XII)

MONTH	FLAMINGO	VISTAS	WRITING
APRIL	The Last Lesson, My Mother at Sixty Six, Keeping Quiet	The Third Level	Notice, Formal and Informal invitation
MAY	Lost Spring		
JUNE	A Thing of Beauty	The Tiger King	
JULY	Deep water, A Roadside Stand, The rattrap	Journey to the End of the earth	Letter writing
AUGUST	Indigo	The Enemy	Article, Report writing
Half Yearly Exam	Half Yearly Exam	Half Yearly Exam	Half Yearly Exam
SEPTEMBER	Aunt Jennifers Tigers Poets and Pancakes		
OCTOBER	Going places The Interview	On the Face of It	
NOVEMBER	Memories of Childhood		Activity

DAV PUBLIC SCHOOL, GANDHI NAGAR RANCHI
SYLLABUS FOR CLASS 12 SCIENCE
MATHEMATICS (041)
Session: 2024-25

MONTH	CHAPTERS/UNITS	ACTIVITY
APRIL	1.RELATIONS AND FUNCTIONS 2.INVERSE TRIGONOMETRIC FUNCTION 3. MATRICES	ACTIVITY 1 To verify that the relation R in the set L of all lines in a plane, defined by $R = \{(l, m) : l \perp m\}$ is symmetric but neither reflexive nor transitive. ACTIVITY 2 To verify that the relation R in the set L of all lines in a plane, defined by $R = \{(l, m) : l \parallel m\}$ is an equivalence relation.
MAY	4. DETERMINANTS	ACTIVITY 3 To demonstrate a function which is not one-one but is onto ACTIVITY 4 To demonstrate a function which is one-one but not onto.
JUNE	5. CONTINUITY AND DIFFERENTIABILITY	ACTIVITY 5 To explore the principal value of the function $\sin^{-1}x$ using a unit circle.
JULY	6. APPLICATION OF DERIVATIVES 7. INDEFINITE INTEGRALS	ACTIVITY 6 To draw the graph of $1 - \sin x$, using the graph of $\sin x$ and demonstrate the concept of mirror reflection (about the line $y = x$).
AUGUST	7. DEFINITE INTEGRALS 8.APPLICATION OF INTEGRALS	ACTIVITY 7 To sketch the graphs of a^x and $\log_a x$, $a > 0$, $a \neq 1$ and to examine that they are mirror images of each other
SEPTEMBER	REVISION FOR FIRST TERM EXAMINATION	First Term Exam
OCTOBER	9. DIFFERENTIAL EQUATIONS 10. VECTOR ALGEBRA 11. THREE DIMENSIONAL GEOMETRY	ACTIVITY 8 To establish a relationship between common logarithm (to the base 10) and natural logarithm (to the base e) of the number x ACTIVITY 9 To find analytically the limit of a function $f(x)$ at $x = c$ and also to check the continuity of the function at that point.
NOVEMBER	12.LINEAR PROGRAMMING PROBLEMS 13. PROBABILITY	ACTIVITY 10 To verify that for a function f to be continuous at given point x_0 , $\Delta y = f(x_0 + \Delta x) - f(x_0)$ is arbitrarily small provided Δx is sufficiently small
DECEMBER	PRACTICE TEST AND MOCK TEST	
JANUARY	PRE-BOARD EXAMINATION	
FEBRUARY	REVISION FOR BOARD EXAM MCQ AND CASE BASED PROBLEMS	

DAV PUBLIC SCHOOL, GANDHI NAGAR RANCHI

SYLLABUS FOR CLASS 12 COMMERCE

APPLIED MATHEMATICS (0241)

Session: 2024-25

MONTH	CHAPTER/UNIT	ACTIVITY
APRIL	MATRICES, DETERMINANTS NUMERICAL INEQUALITIES	ACTIVITY 1 MIND MAP FOR MATRICES AND TYPES OF MATRICES
MAY	NUMBERS, QUANTIFICATION AND NUMERICAL APPLICATIONS	
JUNE	DIFFERENTIATION	ACTIVITY 2 GRAPHICAL REPRESENTATION OF LINEAR INEQUALITY ACTIVITY 3 MIND MAP FOR NUMBER THEORY
JULY	APPLICATION OF DERIVATIVES, INTEGRALS	ACTIVITY 4 GEOMETRICAL MEANNING OF DERIVATIVE ACTIVITY 5 MAXIMA AND MINIMA RELATED PROBLEM (CASE BASED)
AUGUST	DIFFERENTIAL EQUATIONS,PROBABILITY	ACTIVITY 6 GEOMETRICAL CONCEPT OF INTEGRALS (DEFINITE) ACTIVITY 7 GROWTH AND DECAY MODEL PROBLEM (APPLICATION OF DIFFERENTIAL EQUATION)
SEPTEMBER	REVISION AND FIRST TERM EXAMINATION (SYLLABUS COMPLETED TILL AUGUST)	
OCTOBER	LINEAR PROGRAMMING PROBLEMS, INFERNENTIAL STATISTICS	ACTIVITY 8 LAW OF TOTAL PROBABILTY AND BAYES' THEOREM ACTIVITY 9 LPP APPLICATION (CASE BASED)
NOVEMBER	TIME-BASED DATA, PERPETUITY, SINKING FUNDS AND EMI, RETURNS, GROWTH AND DEPRECIATION	ACTIVITY 10 FINANCIAL MATHEMATICS IN REAL LIFE (USE, CALCULATION, BENEFITS)
DECEMBER	PRACTICE TEST , MOCK TEST	
JANUARY	PRE-BOARD EXAMINATION	
FEBRUARY	CASE BASED PROBLEMS , MCQ AND REVISION	

DAV PUBLIC SCHOOL, GANDHI NAGAR RANCHI

CLASS - XII [SESSION 2024-2025]

SCHEDULE OF SYLLABUS

SUBJECT - PHYSICS

MONTHS	CHAPTER/UNIT		SPECIFIC EXAM/TEST
	UNIT	CHAPTER	
Apr-24	ELECTOSTSTICS	ELECTRIC CHARGES AND FIELDS	
May-24		ELECTOSTSTIC POTENTIAL AND CAPACITANCE	
Jun-24	RAY OPTICS	RAY OPTICS	
Jul-24		OPTICAL INSTRUMENTS	UNIT TEST
Jul-24	CURRENT ELECTRICITY	CURRENT ELECTRICITY	MCQ TEST
Aug-24	MAGNETIC EFFECT OF CURRENT AND MAGNENTISM	MOVING CHARGES AND MAGNETISM	MCQ TEST
		MAGNETISM AND MATTERS	
Aug-24	WAVE OPTICS	WAVE OPTICS	
SEPTEMBER -24 TERM - 1			
Sep-24	ELECTROMAGENTIC INDUCTION AND ALTERNATING CURRENT	ELECTROMAGNETIC INDUCTION	MON TEST
Oct-24		ALTERNATING CURRENT	MCQ TEST
Sep-24	DUAL NATURE OF MATTER	DUAL NATURE OF RADIATION AND MATTERS	
Oct-24	ATOMS AND NUCLEI	ATOMS & NUCLEI	MCQ TEST
Oct-24	ELECTOMAGNETIC WAVES	ELECTOMAGNETIS WAVES	
Nov-24	ELECTONIC DEVICES	SEMI CONDUCTOR ELECTRONICS	MCQ TEST

MOCK TEST-I

DECEMBER-2024

MOCK TEST-II

DECEMBER-2024

PRE-PRACITICAL EXAM

DECEMBER-2025

PRE-BOARD EXAM

JANUARY-2025

DAV PUBLIC SCHOOL, GANDHI NAGAR RANCHI

SYLLABUS - 2024-25

SUBJECT - CHEMISTRY

STD- XII

S.No.	CHAPTER NAME	MONTH
1	SOLUTION	APRIL
2	ELECTROCHEMISTRY	APRIL
3	CHEMICAL KINETICS	MAY
4	The d-and f-block elements	JUNE, JULY
5.	CO-ORDINATION COMPOUND	JULY
6.	HALO ALKANES AND HALOARENES	AUGUST
7	ALCOHOL, PHENOLS AND ETHER	AUGUST
8	ALDEHYDE, KETONE AND CARBOXYLIC ACID	SEPTEMBER
9	AMINES	OCTOBER
10	BIOMOLECULES	NOVEMBER

DAV PUBLIC SCHOOL, GANDHI NAGAR RANCHI

CLASS –XII [SESSION – 2024-25]

SCHEDULE OF SYLLABUS

SUBJECT: BIOLOGY (044)

MONTHS	CHAPTER / UNIT			SPECIFIC EXAMS/TEST
	Unit- VI- Reproduction			
APRIL, 2024	Chapter-2. Sexual reproduction in flowering plants	Chapter-3. Human reproduction	Chapter-4. Reproductive health	
MAY,2024	Unit- VII- Genetics and Evolution			
	Chapter-5. Principles of inheritance and variation	Chapter-6. Molecular basis of inheritance	Chapter-7.Evolution	
JUNE,2024		Unit- VIII – Biology and human welfare		
		Unit- VIII – Biology and human welfare		
JULY,2024	Chapter-8. Human health and disease	Chapter-10. Microbes in human welfare		
AUGUST,2024	Unit- IX- Biotechnology and applications			
	Chapter-11. Biotechnology- Principles and processes ; Chapter-12. Biotechnology and its applications			
SEPTEMBER,2024	TERM I EXAM			
OCTOBER,2024	Unit- X. Ecology and environment			
	Chapter-13. Organisms and population	Chapter-14. Ecosystem		
NOVEMBER,2024	Unit- X. Ecology and environment			
	Chapter-15. Biodiversity and its conservation			
MOCK TEST – I		DECEMBER,2024		
MOCK TEST –II		DECEMBER,2024		
PRACTICAL REVISION		DECEMBER,2024		
PRE-BOARD EXAMINATION		JANUARY,2025		

DAV PUBLIC SCHOOL, GANDHI NAGAR RANCHI

MONTH WISE SYLLABUS DISTRIBUTION 2024-25

CLASS – XII SUB: COMPUTER SCIENCE WITH PYTHON (083)

MONTH	PORTION
APRIL	Revision of Python <ul style="list-style-type: none">Revision of Python topics covered in Class XI. User Defined functions in Python <ul style="list-style-type: none">Functions: types of function (built-in functions, functions defined in module, user defined functions), creating user defined function
MAY	User Defined functions in Python Contd. <ul style="list-style-type: none">Arguments and parameters, default parameters, positional parameters, function returning value(s), flow of execution, scope of a variable (global scope, local scope)
JUNE	File handling in Python <ul style="list-style-type: none">Introduction to files, types of files (Text, Binary, CSV), relative and absolute pathsText file: opening, text file modes (r, r+, w, w+, a, a+), closing a text file, opening file using with clause, writing/appending data using write() and writelines(), reading from a text file using read(), readline() and readlines(), seek and tell methods, manipulation of data in a text file
JULY	File handling in Python Contd. <ul style="list-style-type: none">Binary file: basic operations on a binary file: open using file open modes (rb, rb+, wb, wb+, ab, ab+), close a binary file, import pickle module, dump() and load() method, read, write/create, search, append and update operations in a binary fileCSV file: import csv module, open / close csv file, write into a csv file using csv.writer() and read from a csv file using csv.reader()
AUGUST	Data Structure in Python <ul style="list-style-type: none">Data Structure: Stack, operations on stack (push & pop), implementation of stack using list. Database Management <ul style="list-style-type: none">Database concepts: introduction to database concepts and its needRelational data model: relation, attribute, tuple, domain, degree, cardinality, keys (candidate, primary, alternate, foreign, composite)SQL: Introduction, DDL and DML, data type (char(n), varchar(n), int, float, date), constraints(not null, unique, primary key), create database, use database, show database, drop database, show tables, create table, describe table, alter table (add & remove an attribute, add & remove primary key), drop table, insert, delete, select, operators (mathematical, relational and logical), aliasing, distinct, where clause, in, between, order by, meaning of null, is null, is not null, like.

SEPTEMBER	Database Management Contd. <ul style="list-style-type: none"> • update command, delete command, aggregate functions (max, min, avg, sum, count), group by, having clause, joins: Cartesian product on two tables, equi-
	join and natural join
OCTOBER	Computer Networks <ul style="list-style-type: none"> • Evolution of networking: computer networks, evolution of networking (ARPANET, NSFNET, INTERNET) • Data communication terminologies: concept of communication, components of data communication (sender, receiver, message, communication media, protocols), measuring capacity of communication media (bandwidth, data transfer rate), IP address, switching techniques (Circuit switching, Packet switching) • Transmission media: Wired media (Twisted pair, Co-axial, Fiber-optic), Wireless media (Radio waves, Micro waves, Infrared waves) • Network devices (Modem, Ethernet card, RJ45, Repeater, Hub, Switch, Router, Gateway, WIFI card) • Network topologies and Network types: types of networks (PAN, LAN, MAN, WAN), networking topologies (Bus, Star, Tree) • Network protocol: HTTP, FTP, PPP, SMTP, TCP/IP, POP3, HTTPS, TELNET, VoIP <p>Introduction to web services: WWW, Hyper Text Markup Language (HTML), Extensible Markup Language (XML), domain names, URL, website, web browser, web servers, web hosting</p>
NOVEMBER	Python MySQL Connectivity <ul style="list-style-type: none"> • Interface of python with an SQL database: connecting SQL with Python, performing insert, update, delete queries using cursor, display data by using fetchone(), fetchall(), rowcount, creating database connectivity applications

DAV PUBLIC SCHOOL, GANDHI NAGAR RANCHI

Syllabus- class XII (commerce) Accountancy 2024-25

Month wise divided syllabus

Month	CHAPTERS
April	Accounting for partnership firm (fundamentals) Valuation of goodwill Change in profit sharing ratio among existing partners
May	Admission of a partner
June	Retirement of a partner Death of a partner (contd.....)
July	Death of a partner Dissolution of partnership firm Accounting for share capital (contd....)
August	Accounting for share capital
Sep	Accounting for debenture Financial statements of a company

September 2nd week, term 1

Month	Chapters
Oct	Financial statement analysis Comparative and common size Ratio analysis (contd....)
Nov	Ratio analysis Cash flow statement Project work
Dec	Revision and Practice Test
Jan	Pre - Board

MARKING SCHEME

PART A: ACCOUTING FOR PARTNERSHIP AND COMPANIES	TERM 1	Pre board
Accounting for partnership	55	36
Accounting for companies (in term 1 upto accounting for share capital)	25	24

PART B ANALYSIS OF FINANCIAL STATEMENTS	-	
Analysis of financial statements	-	12
Cash flow statement	-	08
TOTAL	80	80

12th BUSINESS STUDIES MONTHWISE SYLLABUS (2024-25)

MONTHS	CHAPTER	TOPICS	MARKS
APRIL	NATURE AND SIGNIFICANCE OF MANAGEMENT	Meaning and concept of management Effectiveness v/s Efficiency Function of management Nature of management Level of management Coordination etc....	16M
MAY	PRINCIPLES OF MANAGEMENT	Henery fayol principles F.W.taylor principles of mgmt. and Techniques of scientific management etc.	
	BUSINESS ENVIRONMENT	Features and advantages of business environment Dimension of business environment Etc.....	
JUNE	PLANNING	Meaning nature and concepts of planning Merits and limitation of planning process of planning types of plan etc....	14M
	ORGANISING	Organizing process Functional and divisional structure etc...	
JULY	STAFFING	Staffing process Selection process types of recruitment training and development etc.....	20M
AUGUST	DIRECTING	Meaning of supervision Abrahm maslow theory financial and non financial incentives Types of leadership etc... Meaning and process of communication etc.	
	CONTROLLING	Contolling process Limitation of controlling etc.	
SEPTEMBER	REVISION AND S.A-I	REVISION AND S.A-I	15M
OCTOBER	FINANCIAL MANAGEMENT	Financial Decision Objectives of financial management etc... Capital structure Meaning,concept and factors affecting the choice of capital structure And also the same thing of Fixed and working Trading equity(v.v.i) based on calculation of EPS	
	FINANCIAL MARKET	Instruments of financial market (i.e; money market and capital market) Function of SEBI etc. Methods of flotation	
NOVEMBER	MARKETING MANAGEMENT	Meaning nature and concepts of marketing Functions of marketing Elements of marketing mix:- PRODUCT MIX: types of product PRICE MIX: factors affecting the price fixation PROMOTION :Techniques Personal relation Marketing philosophy/concept	15M
	CONSUMER PROTECTION ACT	Rights and duties of consumers ways and means of consumer protection Redressal agencies(Cosumer forum) etc..... District forum State commission and national commission	
DECEMBER	REVESION AND PRACTICE TEST		

DAV PUBLIC SCHOOL, GANDHI NAGAR RANCHI

SESSION : 2024-25

CLASS - 12

SYLLABUS

SUBJECT: ECONOMICS(030)

Month	Chapter/Sub-Topics	Key Terms and Concept
April 2024	<p>Unit 1: National Income and Related Aggregates National Income and Related Aggregates : What is Macroeconomics? Basic concepts in macroeconomics: consumption goods, capital goods, final goods, intermediate goods; stocks and flows; gross investment and depreciation, Circular flow of income (two sector model); and Welfare</p> <p>PART-B Indian economy on the eve of independence</p>	Gross Domestic Product (GDP) –Gross National Product (GNP) –Net National Product (NNP) National Income (NI), Personal Income (PI) –Disposable Income (DI) Consumption Expenditure – Investment Expenditure Government Expenditure Net Exports (X-M)
May 2024	<p>PART-A Unit -1: 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 Domestic Product (GDP) and Net Domestic Product (NDP) at market price, at factor cost Real and Nominal GDP, GDP</p> <p>PART-B Indian economy 1950-1990- Introduction and the goals of 5 year plans.</p>	Nehruvian socialism Five-Year Plans:, License Raj:, Green Revolution:, Import substitution industrialization
June 2024	<p>PART B Indian economic system and common goals of Five Year Plans, Main features, problems and policies of agriculture (institutional aspects and new agricultural strategy), Industry (IPR 1956; SSI –role &importance) and foreign trade.</p>	Money Supply Currency:, Central Bank Reserve Requirements Fractional Reserve Banking Monetary Policy: Interest Rates, Inflation: Deflation Commercial Banks Credit Creation
July 2024	<p>PART-A Unit 2: Money and Banking Central bank and its functions (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</p> <p>PART-B Economic Reforms since 1991: Features and appraisals of liberalisation, globalisation and privatisation (LPG policy); Concepts of demonetization and GST</p> <p>PART-A UNIT: 3 Determination of Income and Employment Aggregate demand and its components, Propensity to consume and propensity to save (average and marginal), Short-run equilibrium output.</p>	<p>Liberalization:, Privatization, Globalization:, Foreign Direct Investment (FDI)</p> <p>Disposable Income -, Consumption, Investment -, Government Spending</p>

August 2024	<p>PART-A Investment multiplier and its mechanism , Meaning of full employment and involuntary unemployment, Problems of excess demand and deficient demand; measures to correct them - changes in government spending, taxes and money supply</p> <p>PART-B Human Capital Formation: How people become resource; Role of human capital in economic development; Growth of Education</p>	<p>Aggregate Demand Aggregate Supply, Inflation, Unemployment -, Multiplier Effect Fiscal Policy Monetary Policy - Business Cycle</p>
September 2024	<p>PART-B Rural development: Key issues - credit and marketing - role of cooperatives; agricultural diversification; alternative farming - organic farming</p> <p>Half Yearly Examination</p>	<p>Income inequality: Slow economic growth:, Agricultural distress</p>
October 2024	<p>PART-A Unit 4: Government Budget and the Economy Government budget - meaning, objectives and components, Classification of receipts - revenue receipts and capital receipts; Classification of expenditure –revenue expenditure and capital expenditure, Balanced, Surplus and Deficit Budget –measures of government deficit</p> <p>PART-B Employment: Growth and changes in work force participation rate in formal and informal sectors</p> <p>Project Work based as per CBSE Guidelines</p>	<p>Government Budget Fiscal Policy: Monetary Policy:, Deficit: Debt:, Inflation: Gross Domestic Product (GDP), Taxation, Public Goods: Crowding Out: Multiplier Effect:, Automatic Stabilizers</p>
November 2024	<p>PART-B Sustainable Economic Development: Meaning, Effects of Economic Development on Resources and Environment, including global warming</p> <p>Unit 8: Development Experience of India: A comparison with neighbours India and Pakistan India and China Issues: economic growth, population, sectoral development and other Human Development Indicators</p> <p>PART-A UNIT 5 Balance of Payments Balance of payments account - meaning and components; Balance of payments –Surplus and Deficit Foreign exchange rate - meaning of fixed and flexible rates and managed floating, Determination of exchange rate in a free market, Merits and demerits of flexible and fixed exchange rate, Managed Floating exchange rate system</p>	<p>Environmental degradation: Geopolitical tensions</p> <p>Demographic profile liberalization, and globalization Human Development Indicators GLF proletarian Cultural campaign</p> <p>Current Account: Capital Account: Financial Account: direct investment, portfolio investment, and other investments, Trade Balance: Current Account Balance: Capital Account Balance: Financial Account Balance: Balance of Payments Surplus/Deficit:</p>
December 2024	REVISION	

Signature:

DAV PUBLIC SCHOOL, GANDHI NAGAR RANCHI
CLASS:-XII SUBJECT:- ECONOMICS (030) Session - 2024 - 25
Syllabus and Blueprint

HALF YEARLY EXAMINATION – 2024-25

SR. NO.	UNIT / CHAPTER	VSA (01)	SA (03)	SA (04)	LA (06)	TOTAL
Introductory Macroeconomics (Section – A)						
1	National Income and Related Aggregates.	02	01	01	01	15 (05)
2	Money and Banking	02	01	01	-	09 (04)
3	Determination of Income and Employment	06	-	01	01	16 (08)
Indian Economic development (Section – B)						
4	Development Experience (1947 - 90)- (a) Indian Economy on the eve of independence (b) Plans, Agriculture, Industry and Trade	04	01	02	01	21(08)
5	Economic Reforms since 1991	04	01	-	01	13 (06)
6	Human Capital Formation	02	-	01	-	06 (03)
	(Section A+ Section B)	VSA (01) 20	SA (03) 04	SA (04) 06	LA (06) 04	40+40=80(34)

DAV PUBLIC SCHOOL, GANDHI NAGAR RANCHI
CLASS-XII
FMM (805)
SYLLABUS

MONTH	CHAPTER/CONTENTS	HALF YEARLY EXAM (WEIGHTAGE)	ANNUAL EXAM (WEIGHTAGE)
APRIL,2024	AN OVERVIEW OF THE INDIAN SECURITIES MARKET	08	04
MAY,2024	TRADING MEMBERSHIP	10	06
	ES – COMMUNICATION SKILLS	04	02
JUNE,2024	TRADING	18	10
	ES – SELF MANAGEMENT	02	02
JULY,2024	CLEARING AND SETTLEMENT	08	06
AUGUST,2024	LEGAL FRAMEWORK	06	04
	ES – ENTERPREWNUERIAL SKILLS	04	02
SEPTEMBER,2024	HALF YEARLY EXAMINATION		
OCTOBER,2024	FINANCIAL ANALYSIS	---	06
	ES – GREEN SKILLS	----	02
NOVEMBER,2024	INTRODUCTORYTO DERIVATIVES	-----	06
	FUTURE AND OPTIONS	-----	08
	ES – ICT SKILLS	-----	02
DECEMBER,2024	REVISION		
JANUARY,2025	ANNUAL EXAMINATION		

DAV PUBLIC SCHOOL, GANDHI NAGAR RANCHI
CLASS -XII
SCHEDULE OF SYLLABUS [SESSION - 2024-25]
SUBJECT: PHYSICAL EDUCATION (048)

MONTHS	CHAPTER/UNIT	TOPICS	
APRIL,2024	1. Management of sports events	Types of committees & their responsibilities Types of tournament & Fixtures	
MAY,2024	2. Children and women in sports	Common postural deformities Less participation of women in sports Female athletes triad	
JUNE,2024	3. Yoga as preventive measures for lifestyle diseases	Asthma, Diabetes, Hypertension, Arthritis, Obesity Helpful asanas & their procedures with contraindications	
JUNE,2024	4. Physical education and sports for C. W. S. N.	Paralympic, Special Olympics, Deaflympics Types of disability and disorder	
JULY, 2024	5. Sports and nutrition	Balanced diet Diet chart for Men, women, Athlete, children Types of nutrients & minerals.	
JULY,2024	6. Test and measurement in sports	S. A. I. Khelo India fitness test Types of physical fitness test	
AUGUST,2024	7. Physiology and injuries in sports	Importance of Physiology in sports Types of injuries and First aid	
REVISION & PRACTICALS			
SEPTEMBER,2024	8. Biomechanics in sports	Use of Newton laws of motion in sports Types of movements	DECEMBER,2024
OCTOBER,2024	9. Psychology and sports	Importance of psychology in sports	DECEMBER,2024
NOVEMBER, 2024	10. Training in sports	Training methods, Warm up and conditioning Training cycles	DECEMBER,2024
MOCK TEST -II			DECEMBER,2024
PRE-PRACTICAL/PROJECT EXAM			DECEMBER,2024
PRE-BOARDEXAMINATION			JANUARY,2025