

<u>INDIAN SCHOOL SALALAH</u> <u>ACADEMIC YEAR 2024 – 25</u> MONTHLY SYLLABUS OF CLASS XII - HUMANITIES

SALALAH						
MONTH	ENGLISH	ECONOMICS	PSYCHOLOGY	SOCIOLOGY	IP	
MARCH	The Last lesson My Mother at 66	Introductory Macroeconomics 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); 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	Variations in Psychological Attributes	Demographic structure of Indian society Social institutions :continuity and change	What is Computer Network and Types of Networks. Network devices and Network Topologies.Internet, URL, WWW and its applications, web, email. Website Static as well as Dynamic, Webpage and Website, Website Hosting, cookies, Problem Soving Question as per the CBSE pattern. Overview of NUMPY in PYTHON	Unit VI Test & Measurement in Sport Fitness Test – SAI Khelo India Fitness Test Tapping Test Age group 9-18yrs/ class 4-1 Strength Test (Abdominal Partial Curl Up, Cardiovascular Fitness- Harvard Step test after Exercise. Computing Basal Metaboli Rikli & Jones - Senior Citizen Fitness Test 1 body strength. III. Chair Sit & Reach Test f Eight Foot up & Go Test for agility. Six Min Motor Educability (Front Roll, Back Roll, J
APRIL	The Third Level The Tiger King Lost Spring Keeping Quiet	GDP Deflator, GDP and Welfare. Development Experience (1947-90) and Economic Reforms since 1991: A brief introduction of the state of Indian economy on the eve of independence. 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	Self and Personality	Social institutions :continuity and change Patterns of social inequality and exclusion	Introduction to Python libraries- Pandas, Matplotlib, Data structures in Pandas - Series and data frames. Creation of series from dictionary, scalar value mathematical operations- ADDITION, SUBTRACTION, MULTIPLICATION AND DIVISION OF TWO SERIES series attributes- head and tail functions Accessing series, indexing, slicing, operations on series Data Frames: creation of data frames from dictionary of series-list of dictionaries	Unit III Yoga as Preventive measure for Lifestyle Disease Obesity: Procedure, Benefits & Contraindications for Tadas Dhanurasana, Uhartasana, Suyabedhan pranayama Diabet Shalabhasana, Dhanurasana, Supta-vajarasana, Paschimott Asthma: Procedure, Benefits & Contraindications for Tad Kapalbhati, Comukhasana Matyasana, Anuloma-Viloma. Hypertension: Procedure, Benefits & Contraindications for UttanMandukasana, Vakrasana, Bhujangasana Makarasana Contraindications of Tadasana, Urdhawahastotansana, Arth Makarasana, Nadi-Shodhana pranayama Unit VIII Biomechanics & Sports Newton's Law of Motic sports Friction & Sports Projectile in Sports - Concept of Talent Identification and Talent Development I - Types & Method to Develop – Strength, Endurance and S - Types & Method to Develop – Strength, Endurance and S
МАҰ	Deep Water Journey to the end of the earth Rattrap	Money and Banking Money – meaning and functions, 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 functions (example of the Reserve Bank of India) Bank of issue, Govt. Bank, Banker's Bank, Control of Credit through Bank Rate, Cash Reserve Ratio (CRR), Statutory Liquidity Ratio (SLR), Repo Rate and Reverse Repo Rate, Open Market Operations, Margin requirements Economic Reforms since 1991: Features and appraisals of liberalisation, globalisation and privatisation (LPG policy); Concepts of demonetization and GST Determination of Income and Employment Aggregate demand and its components	Meeting Life Challenges	Patterns of social inequality and exclusion Challenges of cultural diversity	Data Visualization : Purpose of plotting, drawing and saving of plots using Matplotlib (line plot, bar graph, histogram). Customizing plots	Unit II Children & Women in Sports • Exercise Guidelines of WHO for different Age • Common Postural Deformities - Knock Knee; respective corrective measures • Women's Participation in sports -Physical, P. • Special consideration (Menarche and Menst: Unit IX Psychology & Sports • Personality; its definition & types (Jung Class • Meaning, Concept & Types of Aggressions in • Psychological Attributes in Sports – Self Ester • Briefing on Holiday Homework • Discussion on Practical work
JULY	A thing of Beauty Enemy	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 Problems of excess demand and deficient demand; measures to correct them - changes in government spending, taxes and money supply	Psychological Disorders	Structural change	Data Visualization : Purpose of plotting, drawing and saving of plots using Matplotlib (line plot, bar graph, histogram). Customizing plots	Unit V Sports & Nutrition • Concept of balance diet and nutrition • Macro and Micro Nutrients: Food sourc • Nutritive & Non-Nutritive Components • Eating for wt. control • Importance of diet- Sports –Pre, during
AUGUST	Indigo Aunt Jennifer's Tigers Poets and Pancakes	Current challenges facing Indian Economy Human Capital Formation: How people become resource; Role of human capital in economic development; Growth of Education Sector in India Government Budget and the Economy. Government budget - meaning, objectives and components. Classification of receipts - revenue receipts and capital receipts Classification of receipts - revenue expenditure and capital expenditure. Balanced, Surplus and Deficit Budget – measures of government deficit. Rural development: Key issues - credit and marketing - role of cooperatives; agricultural diversification; alternative farming - organic farming	Therapeutic Approaches	Cultural change. Changes and development in rural society	adding label, title, and legend in plots. Disscusion and alloted the topics for the Projects Digital footprint, net and communication etiquettes, Data protection, intellectual property rights (IPR), plagiarism, licensing and copyright, Free and open source software (FOSS), Cybercrime and cyber laws, hacking, phishing, cyber bullying, overview of Indian IT Act E-waste: hazards and management. Awareness about health concerns related to the usage of technology.	Unit VII Physiology & Injuries in Sports • Physiological factors determining componen • Effect of exercise on Muscular System • Effect of exercise on Cardio-Respiratory Syst • Physiological change due to Aging• • Sports injuries: Classification (Soft Tissue Inju Dislocation, Fractures - Green Stick, Comminut Unit IV Physical Education & Sports for CWSN ((Special Olympics; Paralympics; Deaflympics) • Advantages of Physical Activities for children Advantages of Physical Activities for children v special needs.
SEPTEMBER	The Interview	Employment: Growth and changes in work force participation rate in formal and informal sectors; problems and policies Revision	Attitude and Social Cognition	Revision	Revision of database concepts and SQL commands covered in class XI Types of Function in MySQL-Math functions: POWER (), ROUND (), MOD (). Revision for the Term-1 Examination	Revision for Term -1 Exam Term -1 Practical's Revision for Term -1 Exam Term -1 Practical's
OCT.	On the face of it A Roadside Stand Going Places Memories of Childhood	Employment: Growth and changes in work force participation rate in formal and informal sectors; problems and policies Sustainable Economic Development: Meaning, Effects of Economic Development on Resources and Environment, including global warming Balance of Payments 18 Periods 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 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	Social Influence and Group Processes	Changes and development in industrial society Social movements	Text functions: UCASE ()/UPPER (), LCASE ()/LOWER (), MID ()/SUBSTRING ()/SUBSTR (), LENGTH (), LEFT (), RIGHT (), INSTR (), LTRIM (), RTRIM (), TRIM (). Date Functions: NOW (), DATE (), MONTH (), MONTHNAME (), YEAR (), DAY (), DAYNAME (). Aggregate Functions: MAX (), MIN (), AVG (), SUM (), COUNT (); using COUNT (*). Querying and manipulating data using Group by, Having, Order by. Querying and manipulating data using EQUI JOIN	Unit I Management of Sporting Events • Functions of Sports Events Managemer • Various Committees & their Responsibi • Fixtures and its Procedures – Knock-O Intramural & Extramural Tournaments – (Sports Day, Health Run, Run for Fun, Rur Revision and discussion on sample questi
NOV.	Revision	Revision	Revision	Revision	Revision	Revision
DEC.	PRE -BOARD EXAMS	PRE -BOARD EXAMS	PRE -BOARD EXAMS	PRE -BOARD EXAMS	PRE -BOARD EXAMS	PRE -BOARD EXAMS
JANUARY	СРВ	СРВ	СРВ	СРВ	СРВ	СРВ
FEBRUARY	BOARD EXAMS	BOARD EXAMS	BOARD EXAMS	BOARD EXAMS	BOARD EXAMS	BOARD EXAMS
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ports Test in school:Age group 5-8 yrs/ class 1-3: BMI, Flamingo Balance Test, Plate 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Up, Push-Ups for boys, Modified Push-Ups for girls). Measurement of est Duration of the exercise in seconds x 100/5.5 x Pulse count of 1-1.5 Min poolic Rate (BMR) est I. Chair Stand Test for lower body strength II. II. Arm Curl Test for upper est for lower body flexibility. IV. Back Scratch Test for upper body flexibility V. Minute Walk Test for Aerobic Endurance Johnson – Metheny Test of II, Jumping Half- Turn, Jumping Full- Turn.

ease adasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, abetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana,Bhujangasana, nottanasana, Ardha-Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati.. Tadasana, Urdhwahastottansana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, ma.

ma. for Tadasana, Katichakransan, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, sana, Shavasana, Nadi-shodhanapranayam, Sitijuranayam Back Pain and Arthritis: Procedure, benefits & Arth-Chakrasana, Usthtrasana, Vakrasana, Sarla Maysyendra, Bhujandgasana, Gomukasana, Bhadrasana,

Notion & its application in sports Equilibrium – Dynamic & Static and Centre of Gravity and its application in

ent in Sports Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle. and Speed ative Ability

Age Groups.

ee; Bow Legs, Flat Foot; Round Shoulders; Lordosis, Kyphosis, and Scoliosis and their

l, Psychological and Social benefits. nstrual Dysfunction) Female Athlete Triad (Osteoporosis, Amenorrhea, Eating habits)

lassification & Big Five Theory). • Motivation, its Types & Technique

s in Sports steem, Mental Imagery, Self-Talk, Goal setting

n ources & functions

nts of Diet

ing and Post Competition requirements

nents of physical fitness.

ystem

Injuries -Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries inuted, Transverse Oblique & Impacted)

SN (Children with Special Needs - Divyang) Organizations promoting Disability Sports

ren with special needs. n with special needs. Strategies to make Physical Activities assessable for children with

nent (Planning, Organizing, Staffing, Directing & Controlling) sibilities (pre; during & post) <-Out (Bye & Seeding) & League (Staircase & Cyclic) s – Meaning, Objectives & its Significance.• Community Sports Program Run for specific Cause & Run for Unity. estion papers.(chapter wise)