



Purnima International School

Shree Swaminarayan Gurukul, Zundal

Yearly/Term 1/Term 2 Syllabus for the Session 2024-25

Grade: XII_HUMANITIES

Subject: English

Month	Chapters	Learning Outcomes
April	<p>Prose 1 -The Last Lesson Poem 1 -My Mother at 66</p> <p>Prose 2 - Lost Spring</p> <p>Ch 1 - The Third Level</p> <p>Poem 3 - Keeping Quiet Notice</p>	<p>1. The Last Lesson: To understand the details of the Franco-Prussian war, to know and understand the feeling of those losing their identity and to explore the possibilities of regaining it.</p> <p>2. My Mother at 66: To understand the poem and theme.to find out the figures of speech used in the poem.</p> <p>3. Lost Spring: To understand the plight of young children forced into labour and denied the opportunity of schooling to understand the use of figures of speech in the lesson.</p> <p>4. The Third Level: To understand the theme of the prose to understand stress and anxiety of the modern world.</p> <p>5. Keeping Quiet: To infer the meaning of unfamiliar words by reading them in context and to identify the poetic devices.</p> <p>6. Notice</p> <p>(i) To express the ideas and write effectively. (ii) Awareness of the format, content and process of writing. (iii) Organize ideas on a particular subject.</p>
June	<p>Ch 2 -The Tiger King</p> <p>Ch 3 - Journey to the End of the World</p>	<p>1. The Tiger King: To acquire the knowledge of Plot and Theme of the lesson and to familiarize with specific Royal Indian background information of the author/history of cruel insensitive kings who found pleasure in hunting and killing innocent animals.</p> <p>2. Journey to the End of the World: To develop an interest in travelling to</p>

	<p>Prose 3 - Deep Water Official letters</p>	<p>places of natural beauty and thereby the interest in working for a sustainable earth and to understand the direct impact of carbon emissions which affect the ozone layer which in turn melts the polar ice layers.</p> <p>3. Deep Water: To introspect on their fears and think of strategies of overcoming it in a controlled environment and to understand the importance of fighting fear for success in life</p> <p>4. Official letters</p> <p>(i) To express the ideas and write effectively. (ii) Awareness of the format, content and process of writing. (iii) Organize ideas on a particular subject.</p>
<p>July</p>	<p>Ch 4 - The Enemy Poem 4 - A Thing of Beauty Prose 4 - The Rattrap Letter of Application for a job Formal & Informal Invitation cards Replies to invitation cards</p>	<p>1. The Enemy: To identify and make connections between similar situations in own life experiences where our prejudices often hinder our human compassion and empathy for a political enemy and to understand the significance of professional ethics and social obligation in sensitive times.</p> <p>2. A Thing of Beauty: To identify and get familiar with the message of the poem and to enjoy the figure of speech used in the last two lines.</p> <p>3. The Rattrap: To learn about the human tendency to redeem oneself from dishonest ways and to understand that the whole world is nothing but a big rattrap.</p> <p>4. Letter of Application for a job 5. Formal & Informal Invitation cards Replies to invitation cards</p> <p>(i) To express the ideas and write effectively. (ii) Awareness of the format, content and process of writing. (iii) Organize ideas on a particular subject.</p>
<p>August</p>	<p>Prose 6 - Poets and Pancakes Poem 5 - A Roadside Stand Prose 5 - Indigo</p>	<p>Poets and Pancakes: To develop interest in the different areas of filmmaking like- direction, script writing, music, cinematography, choreography, editing, lyrics writing, dialogue writing, acting, screenplay, mixing etc., to understand</p>

	Report writing	<p>and appreciate humour and satire in literature and to compare and contrast film making technology with that of the early days of Indian cinema.</p> <p>2. A Roadside Stand: To develop sympathy towards poor deprived people and to enable them to understand and use literary devices.</p> <p>3. Indigo: To be able to familiarize themselves (students') with specific background information of the Indian independence movement and to develop an optimistic attitude towards life amidst many struggles.</p> <p>4. Report writing</p> <p>(i) To express the ideas and write effectively.</p> <p>(ii) Awareness of the format, content and process of writing.</p> <p>(iii) Organize ideas on a particular subject.</p>
September	Prose 7 - The Interview Prose 8 - Going Places	<p>1. The Interview: To understand interview as a communication genre and to understand that the interview holds a position of unprecedented power and influence.</p> <p>2. Going Places: To get familiarise with specific background information of adolescents and adolescents fantasizing and to identify and make connections between similar situations in our own life experiences where each of us suffers dreams that are not rooted to the ground of common sense and tend to be exotic, glamorous and sophisticated</p>
October	Poem 6 - Aunt Jennifer's Tigers Ch 6 - On the Face of It Ch 8 - Memories of Childhood Article Writing	<p>1. Aunt Jennifer's Tigers: To comprehend and appreciate the feminist aspects portrayed in the poem and to identify the different poetic devices used.</p> <p>2. On the Face of It: To promote self-acceptance, to explore multiple perspectives and to analyse strengths and weaknesses.</p> <p>3. Memories of my Childhood: To get familiarize with the universal concept of discrimination on the basis of caste/nationality/religion/gender and to understand the common factors, the hardships and the indignations suffered by the writers as they grew up in societies where ideals of justice, equality and liberty were words found only in textbook.</p> <p>4. Article writing</p>

		(i) To express the ideas and write effectively. (ii) Awareness of the format, content and process of writing. (iii) Organize ideas on a particular subject.
November	REVISION	
December	REVISION	
January	REVISION	
February	REVISION	

Subject: POLITICAL SCIENCE

Month	Chapters	Learning Outcomes
April	<p>1. Challenges of Nation Building</p> <p>1. The Cold War Era & Non-Aligned Movement</p> <p>2. The End of Bipolarity</p>	<p>1. Challenges of Nation Building: To understand the concept of freedom that came with partition, resulting in large scale violence, displacement and challenged the very idea of secularism and also to understand why the integration of the princely states needed urgent resolution.</p> <p>2. The Cold War Era & Non-Aligned Movement: To understand the dominance of two superpowers, the USA & USSR and to distinguish the role of NAM as a challenge to the Superpowers. (Not included in the syllabus but needed to make students understand the basic concept for further understanding of the syllabus)</p> <p>3. The End of Bipolarity: Identify the basic features of the Soviet System, Discuss the background and outcome of disintegration of the Soviet Union, Examine the consequences of unipolar world, Assess the features of Shock Therapy, Probe into the recent happenings in the Post- Communist Countries & Trace the developments between India & Russia</p>
June	<p>2. Era of One-Party Dominance</p> <p>3. Planning & Development</p>	<p>1. Era of One-Party Dominance: Appreciate the sustenance of democratic politics in the country, evaluate the electoral politics post-Independence, Assess the dominance of the Indian National Congress from 1952 to 1967 & evaluate the role of Opposition parties</p> <p>2. Planning & Development: To identify the varied options considered by the</p>

	4. India's External Relations	<p>government to balance growth and socio-economic justice, Know the difference between Left and Right Ideology, Understand the need for the formation of the Planning Commission & Appreciate the need for strategic long-term development programme and policies</p> <p>3. India's External Relations: Recognise the significance of NAM, Interpret, compare and contrast multi-lateral aspects of Indo-China relationship, demonstrate knowledge on Indo-Pak wars, Appreciate the steps taken by Indian government to develop military capacity & reflect and introspect on the choices that the country must consider for the cause of development and peace building</p>
July	<p>4. India's External Relations (Cont....)</p> <p>5. Challenges to and Restoration of the Congress System</p> <p>4. Alternative Centres of Power</p> <p>5. Contemporary South Asia</p>	<p>1. Challenges to and Restoration of the Congress System: Understand the challenges of political succession after Nehru, Evaluate the opposition unity and the Congress split as a challenge to Congress dominance, Compare and contrast the new Congress and the old Congress, Summarize the initiatives taken by Indira Gandhi to overcome the challenges faced by her & analyse the process of restoration of the Congress system</p> <p>2. Alternative Centres of Power: Compare and contrast the importance of the European Union and ASEAN, Evaluate the extent of rise of the Chinese economy and its impact on world politics & Summarize India's relations with China.</p> <p>3. Contemporary South Asia: Identify & locate the seven countries of the South Asian region, Appreciate the mixed record of democracy in the South Asian region, Examine the role of Political leaders, reflect upon the causes of various conflicts and movements in this region, Justify the creation of SAARC & Understand the involvement of US and China in South Asia</p>
August	<p>6. International Organisations</p> <p>7. Security in the World Politics</p>	<p>1. International Organisations: Define International Organization, Appreciate the role of United Nations and its agencies, reflect on the events taking place in the post-cold war era & understand the need for reforms in the United Nations</p>

	<p>6. The Crisis of Democratic Order</p> <p>8. Environment and Natural Resources</p>	<p>2. Security in the World Politics: Recognize the causes of security threat, enhance analytical skills to provide solutions to security concerns & develop critical thinking about the role of various stakeholders in ensuring security today.</p> <p>3. The Crisis of Democratic Order: Understand the causes and consequences of Emergency, Examine the lessons of Emergency, Evaluate the rule of Janata Government</p> <p>4. Environment and Natural Resources- Enlist and explain the facts related to global environmental issues, recognize and understand the need to conserve critical resources</p> <p>Demonstrate knowledge and appreciation towards India's responsibility in protecting environment & realize the need to conserve resources and exhibit responsibility towards prudent use to facilitate sustainable development</p>
September	<p>HALY YEARLY EXAM</p> <p>8. Regional Aspiration</p>	<p>1. Regional Aspiration: Discuss the implications of regional demands, Analyse the importance of integrity in India. Appreciate the initiatives taken by the government in dealing with regional aspirations</p>
October	<p>9. Recent Development in Indian Politics</p> <p>9. Globalisation</p>	<p>1. Recent Development in Indian Politics: Understand momentous changes taking place in the nation since 1989, Trace the rise and growth of BJP & Identify the areas of growing consensus</p> <p>2. Globalisation: Appreciate the significance of Globalization, Elucidate the political, economic, and cultural dimensions of Globalisation, critically evaluate the impact of globalisation on India & Draw attention to resistance movements to Globalisation and envisage its future trends.</p>
November	REVISION	
December	REVISION	
January	REVISION	
February	REVISION	

Subject: PSYCHOLOGY

Month	Chapters	Learning Outcomes
April	Chapter 1: Variations in Psychological Attributes Practical 1: Raven's Standard Progressive Matrices (RSPM) Chapter 2: Self and Personality	<ul style="list-style-type: none">➤ Identify different psychological attributes and learn about the various methods to assess the psychological attributes.➤ Understand the characteristics of intelligence and identify the characteristics of Intellectual disability.➤ To understand the difference between Intelligence Quotient (IQ) and Emotional Quotient (EQ).➤ Understand how intelligent behaviour is viewed differently in different cultures.➤ To understand through RSPM practical how to measure Intelligence using Standard Progressive Matrices.➤ To understand the concept of self and the difference between self-esteem, self-efficacy, and self-regulation.➤ To understand the meaning and definition of personality.➤ To learn about different approaches that explain personality.➤ To understand various assessment methods to measure personality characteristics.
June	Chapter 2: Self and Personality Practical 2: Maudsley's Personality Inventory (M.P.I.)/ Case Profile Discussion	<ul style="list-style-type: none">➤ To understand the concept of self and the difference between self-esteem, self-efficacy, and self-regulation.➤ To understand the meaning and definition of personality.➤ To learn about different approaches that explain personality.➤ To understand various assessment methods to measure personality characteristics.➤ To learn about how to assess different personality characteristics using Maudsley's Personality Inventory.➤ To discuss how to write a case study.
July	Chapter 3: Meeting Life Challenges	<ul style="list-style-type: none">➤ To understand the meaning and characteristics of Stress and its impact on the physical, mental, and emotional well-being of a person.

	Chapter 4: Psychological Disorder	<ul style="list-style-type: none"> ➤ Understand how to identify the source of stress and its coping mechanisms. ➤ To learn about various life skills and stress management techniques. ➤ To understand about positive health and well-being. ➤ To understand the concept of abnormality and its definition. ➤ To discuss the historical background of how abnormality and psychological disorders were understood in each period. ➤ To learn about major psychological disorders and their symptoms and types.
August	Chapter 4: Psychological Disorder Chapter 5: Therapeutic Approaches	<ul style="list-style-type: none"> ➤ To understand the concept of abnormality and its definition. ➤ To discuss the historical background of how abnormality and psychological disorders were understood in each period. ➤ To learn about major psychological disorders and their symptoms and types. ➤ To learn about the nature and process of Psychotherapy. ➤ To know about the different therapies, their uses, and their applicability to various psychological disorders. ➤ To understand about importance of rehabilitation of mentally ill patients and methods of rehabilitation.
September	Chapter 5: Therapeutic Approaches Chapter 6: Attitude and Social Cognition	<ul style="list-style-type: none"> ➤ To learn about the nature and process of Psychotherapy. ➤ To know about the different therapies, their uses, and their applicability to various psychological disorders. ➤ To understand about importance of rehabilitation of mentally ill patients and methods of rehabilitation. ➤ To learn about what are attitudes, their formation, and the process of attitude change. ➤ To identify the factors responsible for influencing and changing attitudes and behaviours. ➤ To know how behaviours are understood and explained.

October	<p>Chapter 6: Attitude and Social Cognition</p> <p>Chapter 7: Social Influence and Group Process</p>	<ul style="list-style-type: none"> ➤ To learn about what are attitudes, their formation, and the process of attitude change. ➤ To identify the factors responsible for influencing and changing attitudes and behaviours. ➤ To know how behaviours are understood and explained. ➤ To understand different types of groups, what are they called and examine their influence on a person's behaviour or group. ➤ To understand about differences between different types of groups and how they impact behaviour.
November	<p>Practical 3: Self-Concept Scale (SCS)</p> <p>Practical 4: Adjustment Inventory for School Students (AISS)</p> <p>Practical 5: Sinha's Comprehensive Anxiety Test (SCAT)</p>	<ul style="list-style-type: none"> ➤ To understand how to measure the self-concept of a person using the Self-concept Scale by Dr. Saraswat. ➤ To measure the level of Adjustment using the Adjustment Inventory. ➤ To assess the level of Anxiety using Sinha's Comprehensive Anxiety Test.
December	REVISION	
January	REVISION	
February	REVISION	

Subject: PE

Month	Chapters	Learning Outcomes
April	<p>1: Management of Sporting Events</p> <p>2: Children and Women in Sports</p> <p>3: Yoga as Preventive Measure for Lifestyle Disease</p>	<p>Chapter 1: Management of Sporting Events</p> <ul style="list-style-type: none"> ➤ To learn about meaning, definition, objectives of planning. ➤ To understand about function of sports events management ➤ To know about various committees and pre, during, post responsibility. ➤ To explain the concept, meaning, importance and types of tournaments. ➤ To analyses procedure to draw a fixture in knock-out.

- To reflect upon fix the bye and seeding in knock-out.
- To draw a fixture of staircase and cyclic method in league.
- To learn about intramural and extramural tournaments.
- To know about the community sports program.

Chapter 2: Children and Women in Sports

- To know about concept, meaning and types of motor development.
- To reflects upon motor development of children in three stages.
- To explain factors affecting motor development
- To compare between exercises guidelines at different stages of growth and development.
- To analyses about types of common postural deformities
- To explain meaning, causes, precaution and remedies of Spinal curvature, Flat foot, Knock-knees, Bow-legs and Round shoulder.
- To examine corrective measures of postural deformities. (Spinal curvature, Flat foot, Knock-knees, Bow-legs and Round shoulder)
- To identify concept of sports participation of women in India.
- To compare between special consideration. (Menarche and Menstrual Dysfunction)
- To examine female athlete triad. (Osteoporosis, Amenorrhoea and Eating disorder)

Chapter 3: Yoga as Preventive Measure for Lifestyle Disease

- To learn about meaning and preventive measures of asanas.
- To understand about meaning and types of methods to measure obesity.
- To reflects upon preventing asanas from obesity.
- To understand meaning and types of diabetes.
- To know about preventing asanas from diabetes.
- To explain meaning, causes and symptoms of asthma.

		<ul style="list-style-type: none"> ➤ To reflects upon preventing asanas from asthma.
June	<p>3: Yoga as Preventive Measure for Lifestyle Disease (Continue..)</p> <p>4: Physical Education and Sports for CWSN (I-Quarterly Exam)</p>	<p>Chapter 3: Yoga as Preventive Measure for Lifestyle Disease (Continue..)</p> <ul style="list-style-type: none"> ➤ To learn about meaning of hypertension and types of blood pressure. ➤ To understand about meaning, causes and symptoms of back pain. ➤ To know about preventing asanas from back pain. ➤ To examine meaning, cause and symptom of arthritis. <p>Chapter 4: Physical Education and Sports for CWSN</p> <ul style="list-style-type: none"> ➤ To explain organization promoting disability sports. ➤ To analyses about disability etiquettes. ➤ To analysis about concept of inclusion in sports, its need and implementation. ➤ To compare between advantages of physical activities for CWSN. ➤ To understand about strategies to make physical activities accessible for CWSN.
July	<p>5: Sports & Nutrition</p> <p>6: Test & Measurement in Sports</p> <p>7: Physiology & Injuries in Sports</p>	<p>Chapter 5: Sports & Nutrition</p> <ul style="list-style-type: none"> ➤ To explain about concept, meaning of balance diet and nutrition. ➤ To identify about macro and micro nutrients. ➤ To learn about nutritive components and non-nutritive components. ➤ To know about food intolerance, food myths. ➤ To explain about meaning and methods to control weight. ➤ To learn about importance of diet in sports-pre, during and post competition requirements. ➤ To understand about the pitfall of diet. <p>Chapter 6: Test & Measurement in Sports</p> <ul style="list-style-type: none"> ➤ To understand concept and meaning of test and measurement. ➤ To know about Fitness Test. (Sai Khelo India Fitness Test in School) ➤ To analyses about computing basal metabolic rate.

		<ul style="list-style-type: none"> ➤ To reflects upon Rikli and Jones: Senior Citizen Test. ➤ To compare between Harvard Step Test and Rockport One Mile Test. ➤ To reflects upon Johnson –Metheny Test. <p>Chapter 7: Physiology & Injuries in Sports</p> <ul style="list-style-type: none"> ➤ To examine concept of physiology. ➤ To identify about physiological factors determining the components of physical fitness <ul style="list-style-type: none"> A. Strength B. Speed C. Endurance ➤ To learn about effects of exercises on cardiorespiratory system. ➤ To understand about effects of exercises on muscular system. ➤ To analyses about physiological changes due to ageing. ➤ To identify sports injuries: classification. <ul style="list-style-type: none"> A. Soft tissues injuries B. Bone injuries C. Joint injuries
<p>August</p>	<p>7: Physiology & Injuries in Sports (Continue...) 8: Biomechanics & Sports 9: Psychology & Sports</p>	<p>Chapter 7: Physiology & Injuries in Sports (Continue...)</p> <ul style="list-style-type: none"> ➤ To explain causes and prevention from sports injuries. ➤ To learn about treatment of sports injuries. <ul style="list-style-type: none"> A. Soft tissues injuries B. Bone injuries ➤ Joint injuries <p>Chapter 8: Biomechanics & Sports</p> <ul style="list-style-type: none"> ➤ To understand about Newton’s laws and motion and their sports application in sports. ➤ To learn about levers and their sports application. ➤ To analyses equilibrium- dynamic and static and centre of gravity and

		<p>its sports activities.</p> <ul style="list-style-type: none"> ➤ To know about meaning and types of friction and their sports application. ➤ To explain projectile & trajectory in sports. <p>Chapter 9: Psychology & Sports</p> <ul style="list-style-type: none"> ➤ To learn about concept, meaning, dimension and types of personality. ➤ To identify traits and types.
September	<p>9: Psychology & Sports (Continue...) (Term-I Half Yearly Exam)</p>	<p>Chapter 9: Psychology & Sports (Continue...)</p> <p>A. William Herbert Sheldon B. Jung's Classification C. Big Five Personality Theory.</p> <ul style="list-style-type: none"> ➤ To know about psychological attributes in sports. ➤ To understand about meaning of motivation and methods to improve motivation. ➤ To examine the adherence of exercise. ➤ To examine meaning and types of aggression.
October	<p>10: Training in Sports</p>	<p>Chapter 10: Training in Sports</p> <ul style="list-style-type: none"> ➤ To identify the talent and talent development in sports. ➤ To analyses about introduction of sports training cycle. ➤ To understand about meaning, definition, types and methods to improve strength. <p>A. Isometric B. Isotonic C. Isokinetic</p> <ul style="list-style-type: none"> ➤ To learn about meaning, definition, types and methods to develop endurance. <p>A. Continuous Training B. Interval Training C. Fartlek Training</p>

		<ul style="list-style-type: none"> ➤ To understand about meaning, definition, types and methods to develop Speed. <ul style="list-style-type: none"> A. Acceleration Run B. Pace Run or Races ➤ To explain meaning, Definition, types and methods to improve flexibility. <ul style="list-style-type: none"> A. Ballistic Method B. Static Stretching Method C. Dynamic Stretching Method D. Proprioceptive Neuro-Muscular Facilitation Technique ➤ To reflects upon meaning, definition and types of coordinative ability. ➤ To analyses meaning, types and importance of circuit training.
November	REVISION	
December	REVISION	
January	REVISION	
February	REVISION	

Subject: PAINTING

Month	Chapters	Learning Outcomes
April	Ch.-2 The Rajasthani schools of Painting	The students will be able to learn origin of painting in India. Colours, theme and technique used by the painters. Patron who supported painters, painting done during their reign. Sub- school of Rajasthani School.
June	Ch.-5 The Pahari School of painting	The students will be able to learn origin of painting in India. Colours, theme and their technique of these painters. Patrons who supported them, painting painted by painters. Sub- School of Pahari school of miniature paintings.
July	Ch.-3 The Mughal School of Miniature Painting	The students will be able to learn origin of painting in India. Colours, theme and technique of the painters. Patron who supported painters, painting done during their reign. Books written by the patron and where we find those miniature painting. Sub- School of Pahari school of miniature paintings.

August	Ch.-4 The Deccani Schools of painting	The students will be able to learn origin of painting in India. Colours used by painters and technique of these painters. Sub- School of Deccani school of miniature paintings.
September	REVISION	
October	Ch.-6 Bengal school and cultural nationalism Ch-7 The modern Indian art	The students will be able to understand what make modern Indian painters to encourage other painters to glorify the Indian art, idea of creativeness and the self respect of the Indian art. The students will be able to learn which new technique is learn by Indian painters to be creative. Learn graphic print and Sculpture how it became part of an art. What encourage these artist to made such things?
November	REVISION	
December	REVISION	
January	REVISION	
February	REVISION	

Subject: ENTREPRENEURSHIP

Month	Chapters	Learning Outcomes
April	1. Entrepreneurial Opportunities 2. Enterprise Planning	Comprehend the concept and elements of business opportunity, understand the process of sensing opportunity, understand the various forces affecting business environment and identify the different idea field
June	2. Enterprise Planning (Cont.) Ch-3 Enterprise Marketing	Recall the meaning of various forms of business organisation, Appreciate the meaning of business plan , be able to devise a business plan
July	Ch-3 Enterprise Marketing (Cont.) Ch-4 Enterprise Growth Strategies	Understand the various marketing strategies used in a business , Understand Marketing Mix and the Concept of 4 Ps and its application in real life
August	Ch-4 Enterprise Growth	Understand the concept of Growth and Development of an enterprise ,

	Strategies (Cont.) Ch-5 Business Arithmetic (BEP & EOQ, UP,UC, GP Numerical)	Understand the concept types advantages and limitations of franchising ,Mergers and Acquisitions.
September	Ch-5 Business Arithmetic (ROI & ROE Numerical)(Cont.)	Understand the Unit Price and Unit Cost Understand the calculation of Breakeven point and Return on Investment and Return on Equity
October	Ch-6 Resource Mobilization	Understand the need of business finance ,Understand the various sources of raising funds , Appreciate the Angel Investors and Venture Capitalists as source of finance
November	REVISION	
December	REVISION	
January	REVISION	
February	REVISION	