

GOVT. OF NCT OF DELHI: DIRECTORATE OF EDUCATION
EXAMINATION CELL, ROOM NO. 222-A
OLD SECRETARIAT, DELHI – 110054

No.DE.5/Exam/CAU/2020/178-182

Date: 06-05-2022

CIRCULAR

Subject: Teaching Learning Activities for Classes X and XII in the Beginning of Academic Session 2022- 23 for Govt. and Govt. Aided Schools under Directorate of Education.

The schools under the aegis of Directorate of Education, GNCT of Delhi have been opened physically for all the classes with 100 % capacity & the academic activities are in full swing emphasizing on academic development of the students.

Teaching Learning Activities in physical classrooms for Classes X & XII (session 2022-23) will commence from May 09, 2022. The prolonged closure of schools due to COVID – 19 pandemic might have led to some academic gaps in the subject specific competencies of the students. The students might not have developed adequate understanding of different subjects in previous classes. Hence, a distinct plan of action has been worked out for the students of classes X and XII through a combination of strategies to re-build their basic subject competencies and catching up with subject- specific curricular needs.

Cohort wise Strategies to be effective from May 09, 2022 to June 15, 2022

COHORT	STRATEGIES
Cohort – I (Students who are at grade appropriate level)	These students shall utilize library facilities for self-study and may contact the concerned teacher for doubt clearance etc.
Cohort – II (Students below grade appropriate level)	The subject specific learning gaps of the students will be bridged with the help of mapped/identified topics of lower classes. Details of mapped /identified topics for class X is annexed at Annexure 1 and 2 and for class XII at Annexure 3.
Cohort – III (Students appearing for Supplementary/Compartment Exams)	PHASE – 1 (May 09, 2022 – May 31, 2022) Child centric, need based support to address the needs of the students for forthcoming Supplementary/ Compartment Exams. PHASE – 2 (June 01, 2022 – June 15, 2022) After Supplementary/Compartment Exams same strategies as for Cohort – II will be followed.

* Further, all Heads of Schools may assign cohort to the students as per their learning needs.

The Heads of Schools may prepare the time table as per the availability of resources keeping in consideration the following requirements:

- Daily periods for EMC and Deshbhakti (30 minutes)
- At least 2 subject periods daily (45 minutes each), each subject should have at least 2 periods in a week.
- Two periods per week for library study

The duty roster shall be made by HoS and a copy of the same is to be submitted to the concerned DDE (Zone) in advance.

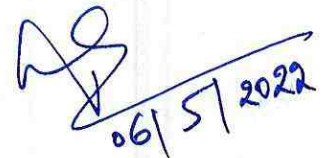
The Heads of Schools to ensure that the teachers who are engaged in Teaching Learning Activities for classes X and XII from 9th May, 2022 to 15th June, 2022 will be eligible for Earned Leave as per CCS Leave rules. The guest teachers may also be engaged as per requirement and paid as per rules.

The HoS must ascertain that the information regarding Teaching Learning Activities should be disseminated to the parents and students at the time of declaration of result and ensure that the students attend the classes regularly.

All the Heads of Schools are directed to comply with the above directions and guidelines in letter and spirit & monitor the classroom strategies, class work and assignments given to the students on regular basis.

All the DDEs (District and Zone) are directed to ensure the monitoring of school wise Teaching Learning Activities. Worthy Director Education shall review the progress among students through district level weekly meetings.

This issues with the approval of the Competent Authority.



Dr. Rita Sharma
Addl. DE (School/Exam)

Encl:

- Annexure-1
- Annexure-2
- Annexure-3

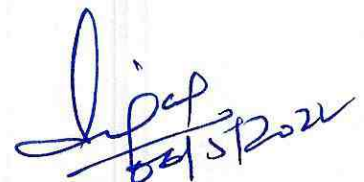
All Heads of Government and Government Aided Schools through DEL.E

No.DE.5/Exam/CAU/2020/178-182

Date: 06-05-2022

Copy to:

1. PA to Director (Education).
2. All RDEs/DDEs (District/Zonal) to ensure compliance.
3. DDE (E-V)
4. OS (IT) to get it placed on DEL E.
5. Guard File.



Sanjay Subhas Kumar
DDE (Exam)

ANNEXURE 1

Mapping of Topics from lower Classes for improvement of basic competencies of Class X English Session 2022-23

Sr. no.	<u>CLASS 6</u>	<u>CLASS 7</u>	<u>CLASS 8</u>	<u>CLASS 9</u>	<u>CLASS 10</u>
1.	<u>Reading Comprehension</u> Short seen passages for comprehension, as per requirement of the class and questions based on it.	<u>Reading Comprehension</u> Seen and unseen passage for comprehension, as per requirement of the class and questions based on it.	<u>Reading Comprehension</u> Short unseen passage for comprehension followed by short answer questions.	<u>Reading Comprehension</u> Unseen passage : 1. Case based Factual passage (with visual input/statistical data/chart etc.) 2. Discursive Passage with questions to assess interpretation, inference, evaluation, vocabulary and analysis.	<u>Reading Comprehension</u> Unseen passage : 1. Case based Factual passage (with visual input/statistical data/chart etc.) 2. Discursive Passage with questions to assess interpretation, inference, evaluation, vocabulary and analysis.
2.	<u>Long/Short Writing Task</u> 1. Short Paragraph writing.	<u>Long/Short Writing Task</u> 1.Paragraph writing : Short and Long paragraph writing 2. Informal Letter Writing 3. Story writing on given input.	<u>Long/Short Writing Task</u> 1. Paragraph writing. 2. Formal and Informal Letter Writing 3. Notice Writing 4. Diary Writing 5. Story Writing	<u>Long/Short Writing Task</u> 1.Diary Entry 2. Story Writing 3. Descriptive paragraph (on a person/event/situation based on visual or verbal cues)	<u>Long/Short Writing Task</u> 1. Formal Letter based on a given situation. 2. Analytical Paragraph on a given Map / Chart / Graph /Cue/s .
3.	<u>GRAMMAR:</u> 1. Auxiliary Verb 2. Preposition 3. Three forms of Verbs 4. Tenses 5. Modals 6. Nouns 7. Poetic Devices - Introduction	<u>GRAMMAR:</u> 1. Punctuation marks 2. Adjectives and degrees of comparison 3. Articles 4. Verb 5. Determiners 6. Use of prefix and suffix. 7. Tense	<u>GRAMMAR:</u> 1. Tenses 2. Forms of verbs 3. Auxiliary verbs 4. Modals 5. Conjunctions 6. Error correction practice 7. Omission 8. Preposition 9. Articles 10. Determiners	<u>GRAMMAR:</u> 1. Articles 2. Determiners 3. Preposition 4. Modals 5. Correct forms of Verbs 6. Tenses 7. Subject Verb concord 8. Reported Speech. 9. Editing/Error correction	<u>GRAMMAR:</u> 1.Articles 2.Determiners 3.Preposition 4. Modals 5. Correct forms of Verbs 6. Tenses 7. Subject Verb concord 8. Reported Speech 9. Editing/Error correction

Mapping of Topics from lower Classes for improvement of basic competencies of Class X Hindi

Session 2022-23

क्रमांक	कक्षा 6	कक्षा 7	कक्षा 8	कक्षा 9	कक्षा 10 (संबंधित विषयवस्तु)
1.	-	-	सूर के पद (सूरदास)	-	सूरदास (पद)
2.	वन के मार्ग में (तुलसीदास)	-	-	-	राम-लक्ष्मण-परशुराम संवाद (तुलसीदास)
3.	-	-	-	-	आत्मकथ (जयशंकर प्रसाद)
4.	-	हम पंछी उन्मुक्त गगन के, विप्लव गायन	ध्वनि	कैदी और कोकिला	उत्साह, अट नहीं रही है (सूर्यकांत त्रिपाठी निराला)
5.	-	-	-	-	यह दन्तुरित मुस्कान, फसल (नागार्जुन)
6.	साथी हाथ बढ़ाना	-	-	-	संगतकार (मंगलेश डबराल)
7.	-	-	-	-	नेताजी का चश्मा (स्वयं प्रकाश)
8.	-	दादी माँ	-	साँवले सपनों की याद (जाबिर हुसैन)	बालगोबिन भगत (रामबृक्ष बेनीपुरी)
9.	-	-	-	-	लखनवी अंदाज़ (यशपाल)
10.	बचपन	-	-	-	एक कहानी यह भी (मनू भंडारी)
11.	-	संघर्ष के कारण मैं तुनुकमिजाज़ हो गया	-	-	नौबतखाने में इबादत (यतीन्द्र मिश्र)
12.	लोकगीत. साँस साँस में बाँस मैं सबसे छोटी होऊँ	खानपान की बदलती तस्वीर	लाख की चूड़ियाँ	-	संस्कृति (भदंत आनंद कौसल्यायन)
13.	-	-	-	-	माता का अंचल (शिवपूजन सहाय)
14.	-	-	-	ल्हासा की ओर (राहुल सांकृत्यायन)	साना-साना हाथ जोड़ि (मधु कांकरिया)
15.	-	-	-	-	मैं क्यों लिखता हूँ? (अज्ञेय)
16.	-	-	-	अर्थ के आधार पर वाक्य भेद	रचना के आधार पर वाक्य भेद
17.	-	-	-	-	वाच्य
18.	संज्ञा, सर्वनाम, विशेषण, लिंग वचन	संज्ञा, सर्वनाम, विशेषण, लिंग वचन	संज्ञा, सर्वनाम, विशेषण, लिंग वचन, काल और कारक चिह्न	-	पद परिचय
19.	-	-	-	अलंकार (शब्दालंकार और अर्थालंकार)	अलंकार (शब्दालंकार और अर्थालंकार)
20.	अनुच्छेद लेखन	अनुच्छेद लेखन	अनुच्छेद लेखन	संकेत बिन्दुओं के आधार पर अनुच्छेद लेखन	संकेत बिन्दुओं के आधार पर अनुच्छेद लेखन
21.	औपचारिक/अनौपचारिक पत्र लेखन	औपचारिक/अनौपचारिक पत्र लेखन	औपचारिक/अनौपचारिक पत्र लेखन	औपचारिक/अनौपचारिक पत्र लेखन	औपचारिक/अनौपचारिक पत्र लेखन
22.	-	-	-	-	स्व-वृत्त लेखन
23.	-	-	-	-	ई-मेल लेखन
24.	-	-	-	-	विज्ञापन लेखन
25.	-	-	-	-	संदेश लेखन
26.	पठित/अपठित गद्यांश और पद्यांश	पठित/अपठित गद्यांश और पद्यांश	पठित/अपठित गद्यांश और पद्यांश	पठित/अपठित गद्यांश और पद्यांश	पठित/अपठित गद्यांश और पद्यांश

Mapping of Topics from lower Classes for improvement of basic competencies of Class X Social Science

2022-2023

Class VI	Class VII	Class VIII	Class IX	Class X
—	—	—	• French Revolution	• The Rise of Nationalism in Europe
—	—	• The Making of the National Movement: 1870s - 1947	—	• Nationalism in India
—	—	• Resources • Land; Soil; Water; Natural Vegetation and Wild life	—	• Resource and Development
—	—	• Land; Soil; Water; Natural Vegetation and Wild life	—	• Water Resources
—	—	• Agriculture	—	• Agriculture
—	—	• Minerals and Power Resources	—	• Minerals and Energy Resources
—	—	• Minerals and Power Resources	—	• Manufacturing Industries
• What is Government?	—	• The Indian Constitution	—	• Power Sharing
—	• How the State Government Works?	• The Indian Constitution	—	• Federalism
—	—	—	• People as resources	• Sectors of Indian Economy

Mapping of Topics from Lower Classes for Improvement of Class X Basic Competencies (Mathematics)

Session : 2022 – 2023

S.N.	Topics				
	VI	VII	VIII	IX	X (Marks Appox.) (%)
1.	Integers	Integers	To Strengthen Calculations		
2.	Fractions	Fraction and Decimals			
3.	Decimals				
4.	Basic Geometrical Ideas	1. Lines and Angles 2. The Triangle and its Properties 3. Congruence of Triangle	Understanding Quadrilateral	1. Lines and Angles 2. Triangles 3. Quadrilaterals 4. Circles	1. Triangles 2. Circles (15) (18.75%)
5.	Data Handling	Data Handling	Data Handling	Statistics	1. Statistics 2. probability (11) (13.75%)
6.	Mensuration	Perimeter and Area	Mensuration	1. Surface Area and Volumes 2. Heron's Formula	1. Surface Area and Volumes 2. Area Related to Circles (10) (12.5%)
7.	Algebra	Simple Equation	Linear Equation in one Variable	Linear Equation in Two Variables	Pair of Linear Equations in Two Variables (07) (8.75%)
		Algebraic Expressions	1. Algebraic Expressions and Identities 2. Factorization	Polynomials	1. Polynomials 2. Quadratic Equations 3. Arithmetic Progressions (13) (16.25%)
8.	-----		Introduction to Graphs	Coordinate Geometry	Coordinate Geometry (06)
9.	1. Knowing Our Numbers 2. Whole Numbers 3. Playing with Numbers	1. Rational Numbers 2. Exponents and Powers	1. Rational Numbers 2. Squares and Square Roots 3. Cube and Cube Roots 4. Exponents and Powers	Number System	Real Numbers (06) (7.5%)
Total Marks/Maximum Marks					68 /80 (85%)



Mapping of Topics from Lower Classes for Improvement of Class X Basic Competencies (SCIENCE)

Session : 2022 – 2023

Ch.No.	Name of the Chapters Of Class X	VI	VII	VIII	IX	Concept/topics relevant in class X
1	Ch-1 CHEMICAL REACTIONS AND EQUATIONS	--	Ch 5 (Acid and Bases) Ch 6 (Physical and chemical changes),	Ch 4(Metal And Non Metal) ch14(electric current and its effects)	Ch3(atom and molecule) Ch4(structure of Atom)	Chemical reactions, Writing chemical formula and equation. Valency
2	Ch-2 ACIDS, BASES AND SALTS	---	Ch 5(acids , bases and salt)	Ch4(Metals and non metals)	-----	Definition and types of acids , bases and salt with their examples. Tests of acids and Bases with the help of natural and synthetic Indicators. Neutralization Reactions , Uses of Common Acids, Bases and Salts in daily Life
3	Ch-3 METALS AND NON METALS	----	-----	Ch 4(metal and non metal), Ch-14(chemical effects of electric current)	-----	Physical and Chemical Properties of Metals and Non-metals
4	CH-4 CARBON AND ITS COMPOUNDS	--	--	Ch 4(metal and non metal),		Physical and Chemical Properties of Carbon and its compounds,
6	Ch-6 LIFE PROCESSES	<u>Chapter 7: Getting to Know Plants</u>	Ch1(Nutrition In Plants), Ch2(Nutrition In Animal), Ch10(Respiration In Organism. Ch11(Transportation In Animals And Plants),	---	-----	All the basic life processes like Nutrition , Respiration ,Transportation and Excretion in plants and Animals both.
7	Ch-7 CONTROL AND COORDINATION	----	-----	-----	Ch-6 Tissue Neurons (Nerve Cells)	-----



8	Ch-8 HOW DO ORGANISM REPRODUCE?	Ch-7 (Getting To Know Plants) <ul style="list-style-type: none"> • Stamens, pistil • Ovary and ovule in a flower 	Ch- 12(Reproduction In Plants) <ul style="list-style-type: none"> • Asexual Reproduction and its types- Binary, budding, fragmentation, spore formation and Vegetative propagation • Sexual Reproduction • Unisexual and Bisexual flowers • Pollination and agents of pollination. • Types of Pollination Fertilization 	Ch-8 Cell Structure and Functions- <ul style="list-style-type: none"> • What is a cell? • Organisms with different cell number (Unicellular and Multicellular) • Cell membrane, Cytoplasm, Nucleus and their functions Ch -9(Reproduction in Animals) <ul style="list-style-type: none"> • Asexual reproduction in animals (Binary fission and Budding) • Sexual reproduction (organs and process) • Fertilisation (Internal and External) Ch- 13.Why do we fall ill? STD's	Ch-5:The Fundamental Unit Of Life <ul style="list-style-type: none"> • Cell membrane, Cytoplasm , Nucleus and their functions • {Specifically Nucleus , Chromosomes And Cell Division} 	<ul style="list-style-type: none"> • Asexual Reproduction And Sexual Reproduction in Plants and Animals both . • Unisexual and Bisexual flowers • Pollination and agents of pollination. • Types of Pollination • Fertilization in plants and animals both . • Reproductive Health
9	Ch-9 HEREDITY AND EVOLUTION	--	----	Ch-8 Cell Structure and Functions- <ul style="list-style-type: none"> • Nucleus and their functions • Chromosomes 	Ch-5:The Fundamental Unit Of Life <ul style="list-style-type: none"> • , Nucleus and their functions • Chromosomes And Cell Division} 	Chromosomes and its role in the transmission of characteristics and in Sex Determination.
10	Ch-10 LIGHT- REFLECTION AND REFRACTIONS	Ch.11(Light shadow and reflection)	Ch15 (light)	Ch 16(Light)	----	Concept of reflection and refraction
11	Ch-11 HUMAN EYE AND COLOURFUL WORLDS	---	----	Ch 16 (light)	----	Dispersion of light, eye
12	Ch-12 ELECTRICITY	Ch-12(Electricity and Circuit)	Ch- 14(Electric Current And its effects)	Ch-11 Force and Pressure	Ch11(Work and Energy)	<ul style="list-style-type: none"> • Current , Conductor, insulators

		<ul style="list-style-type: none"> Conductor, insulators Components of a circuit 	<ul style="list-style-type: none"> Circuit diagram Heating effect of electric current 	<ul style="list-style-type: none"> Types of Forces (with daily life examples)– Magnitude of force Magnetic force <p>Ch- 14 Chemical Effects of Electric Current :</p> <ul style="list-style-type: none"> Electric current Good and poor conductors of electricity. <p>Magnetic effects of current.</p>	<ul style="list-style-type: none"> Power Commercial unit of electricity. 	<ul style="list-style-type: none"> Components of a circuit. Circuit diagram Heating effect of electric current
13	Ch-13 MAGNETIC EFFECTS OF CURRENT	<p>Ch-13 (Fun with Magnets)</p> <ul style="list-style-type: none"> Type and Properties of magnet. Deflection in Compass needle showing the presence of magnetic field. 	<p>Ch14(Electric current and its effects)</p> <ul style="list-style-type: none"> Introduction of electromagnet. Magnetic effects of current. 	<p>Ch-11 Force and Pressure</p> <ul style="list-style-type: none"> Types of Forces (with daily life examples)– Magnitude of Magnetic force <p>Ch- 14 Chemical Effects of Electric Current :</p> <ul style="list-style-type: none"> Electric current Good and poor conductors of electricity. Magnetic effects of current. 		<ul style="list-style-type: none"> Magnets and its properties. Magnitude of force Electromagnets Magnetic effects of current.
15.	Ch-15 OUR ENVIRONMENT	<p>Ch-9 (Living Organism And Their Surroundings)</p> <ul style="list-style-type: none"> Biotic and abiotic components. 	<p>Ch- 15Forests -Our Lifeline</p> <ul style="list-style-type: none"> Terrestrial ecosystem Food web (both in brief) 		<p>Ch.14 Natural Resources</p> <p>Concept of Ozone layer and Green House Effect.</p>	<ul style="list-style-type: none"> Biotic and abiotic component. Ecosystem Food Chain and Food Web

ANNEXURE 2

Suggestive Topics for Strengthening the Subject Specific Foundational Competencies for Catching Up Curriculum Needs

ENGLISH

Class X (2022 – 2023)

Week	Period	Suggestive Topics
Week 1	I	Orientation of students to the syllabus and topics of Class X. Creating a favourable environment for students to learn some new topics like: Introduction to Formal letters: to Editor /of complaint. Analytical paragraph writing.
	II	GRAMMAR: Articles, Determiners: Exercises based on these grammar topics for practice. (Revision of the grammar topics studied by students in previous classes)
Week 2	I	Reading Comprehension: Unseen passage : Case Based Factual Passage: with visual input/statistical data/chart etc. (Questions based on factual unseen passages to give practice to students for inference, evaluation, vocabulary, analysis and interpretation)
	II	GRAMMAR: Correct forms of Verbs: Exercises based on verbs for practice. (Revision of the grammar topic studied by students in previous classes)
Week 3	I	Letter Writing(Formal Letters) : Introduction and practice of Letter to the Editor/Placing an Order/ Letter of Enquiry.
	II	GRAMMAR: Preposition, Modals: Exercises based on these grammar topics for practice. (Revision of the grammar topics studied by students in previous classes)
Week 4	I	Reading Comprehension: Unseen passage : Discursive Passage : Questions based on Discursive unseen passages to give practice to students for inference, evaluation, vocabulary, analysis and interpretation.
	II	Writing Skills :- Intro. to Analytical Paragraph writing (based on outline/chart/cue/map/report etc.) and how to analyse given data.
Week 5	I	Letter Writing(Formal Letters) : Introduction and practice of Letter of Complaint – Official and Business (products , transactions etc)
	II	GRAMMAR: Tenses, Subject-Verb Concord: Exercises based on tenses for practice. (Revision of the grammar topic studied by students in previous classes)
Week 6	I	Letter Writing(Formal Letters) : Introduction and practice of Letter of Complaint - Official (grievances , services etc)
	II	GRAMMAR: Reported Speech (i) Commands and Requests (ii) Statements (iii) Questions: Exercises based on reported speech for practice. (Revision of the grammar topics studied by students in class IX)

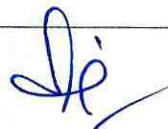
Suggestive Topics for Strengthening the Subject Specific Foundational Competencies for Catching Up Curriculum Needs

Hindi

Class X (2022 – 2023)

- कक्षा 9 से कक्षा 10 में आने पर विद्यार्थी से न्यूनतम अपेक्षा होती है कि -
- विद्यार्थी वाचन/पठन कर सकता हो, दी गए अनुदेशों/ निर्देशों को पढ़ कर समझ सके और तदनुसार कार्य कर सके। यदि विद्यार्थी उपरोक्त न्यूनतम अपेक्षित योग्यता को पूरी करता है तो ऐसे छात्रों के लिए निम्नवत विषय-वस्तु के माध्यम से कक्षा 10 के लिए पूर्णतः योग्य बनाया जा सकता है।
- ❖ प्रथम सप्ताह के पहले दिन शिक्षक या शिक्षिका विद्यार्थियों से सबसे पहले कक्षा 10 के हिंदी विषय और उसके पाठ्य-बिंदुओं पर सामान्य चर्चा करे तथा विद्यार्थियों को विषय विशेष से जोड़ने का कार्य करे। कक्षा के विद्यार्थियों को हिंदी विषय के प्रति सहज बनाएँ। उन्हें बताएँ कि आने वाले सप्ताहों में हम क्या पढ़ने वाले हैं ? कक्षा 10 के वे कौन से पाठ्य बिंदु हैं जिन्हें हमने पूर्ववर्ती कक्षाओं में पढ़ा है।

सप्ताह	कालांश	विषयवस्तु
पहला सप्ताह	I	विद्यार्थियों को कक्षा 7 की 'दादी माँ', कक्षा 9 के 'साँवले सपनों की याद' पाठों पर आधारित सरल भाषा में गद्यांश देकर उन गद्यांशों पर आधारित प्रश्नों का अभ्यास कार्य करवाएँ। प्रश्नों की प्रकृति सरल और वस्तुनिष्ठ रखें ताकि विद्यार्थियों में विषय विशेष के प्रति रुचि बनी रहे।
	II	
दूसरा सप्ताह	I	कक्षा 8 में पढ़े गए पाठ सूर के पद पर चर्चा करें और उसे कक्षा 10 में शामिल पाठ सूरदास के पद से जोड़ें। उन पाठों पर आधारित पठित पद्यांश का अभ्यास करवाएँ।
	II	कक्षा 6 में पढ़े गए पाठ वन के मार्ग पर चर्चा करें और तुलसीदास की विशेषताओं को बताते हुए उसे कक्षा 10 में शामिल पाठ राम-लक्ष्मण-परशुराम संवाद से जोड़ें। उन पाठों पर आधारित पठित पद्यांश का अभ्यास करवाएँ। प्रश्नों की प्रकृति सरल और वस्तुनिष्ठ रखें ताकि विद्यार्थियों में विषय विशेष के प्रति रुचि बनी रहे।
तीसरा सप्ताह	I	कक्षा 6 , 7 और 8 के स्तर के व्याकरणिक बिंदुओं यथा संज्ञा, सर्वनाम, विशेषण, क्रिया विशेषण, लिंग, वचन, काल और कारक चिह्न आदि की पुनरावृत्ति करवाएँ तथा इसे पद परिचय के बिंदुओं से जोड़ें और अभ्यास कार्य करवाएँ 1 प्रश्नों की प्रकृति सरल और वस्तुनिष्ठ रखें ताकि विद्यार्थियों में विषय विशेष के प्रति रुचि बनी रहे।
	II	
चौथा सप्ताह	I	कक्षा 9 के व्याकरणिक बिंदु 'अर्थ के आधार पर वाक्य भेद' की पुनरावृत्ति करवाएँ तथा वाक्य की अन्य विशेषताओं को बताते हुए इसे 'रचना के आधार पर वाक्य भेद' की विशेषताओं से जोड़ें और अभ्यास कार्य करवाएँ 1 प्रश्नों की प्रकृति सरल और वस्तुनिष्ठ रखें ताकि विद्यार्थियों में विषय विशेष के प्रति रुचि बनी रहे।
	II	
पाँचवाँ सप्ताह	I	सरल भाषा में उपलब्ध अपठित गद्यांश और अपठित पद्यांशों का अभ्यास करवाएँ। प्रश्नों की प्रकृति सरल और वस्तुनिष्ठ रखें ताकि विद्यार्थियों में विषय विशेष के प्रति रुचि बनी रहे।
	II	
छठा सप्ताह	I	स्व-वृत्त, ईमेल, संदेश, विज्ञापन लेखन की बुनियादी विशेषताओं से विद्यार्थियों का परिचय करवाएँ तथा उनपर चर्चा करें। प्रश्नों की प्रकृति सरल और वस्तुनिष्ठ रखें ताकि विद्यार्थियों में विषय विशेष के प्रति रुचि बनी रहे।
	II	

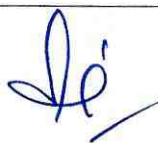


**Suggestive Topics for strengthening the Subject Specific Foundational Competencies for
Catching up Curriculum Needs**

Social Science

Class X (2022-23)

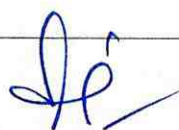
WEEK	Period	Topics
WEEK 1	1	The Making of the National Movement: 1870s - 1947
	2	The Making of the National Movement: 1870s - 1947
WEEK 2	1	Resources
	2	Land; Soil; Water; Natural Vegetation and Wild life
WEEK 3	1	Agriculture <ul style="list-style-type: none">• Types of Farming• Major Crops
	2	Minerals and Power Resources <ul style="list-style-type: none">• Classification of Industries• Locations of Industries
WEEK 4	1	What is Government?
	2	How the State Government Works?
WEEK 5	1	The Indian Constitution
	2	People as resources <ul style="list-style-type: none">• Economic Activities of Male and Female• Unemployment
WEEK 6	1	French Revolution <ul style="list-style-type: none">• The outbreak of Revolution• France Becomes a Constitutional Monarchy
	2	French Revolution <ul style="list-style-type: none">• France abolishes monarchy and becomes Republic• Rule of Directory• Rise of Napoleon



**Suggestive Topics for Strengthening the Subject Specific
Foundational Competencies for Catching Up Curriculum Needs**

**Mathematics
Class X (2022 – 2023)**

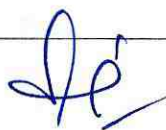
Week	Period	Suggestive Topics
Week 1	I	Natural Numbers (Class VI) Whole Numbers (Class VI) Integers (Classes VI & VII)
	II	Fractions and Decimals (Classes VI & VII)
Week 2	I	Rational and Irrational Numbers (Classes VII to IX)
	II	Exponent and Powers (Classes VII to IX)
Week 3	I	Perimeter and Area (Square, Rectangle, Triangle, Quadrilateral, Circle etc.) (Classes VI to IX)
	II	Lines & Angles, Triangles (Classes VII & IX)
Week 4	I	Simple Equations (Class VII) Linear Equations in one variable (Class VIII) Linear Equation in two variables (Class IX)
	II	Algebraic Expression (Classes VII & VIII)
Week 5	I	Factorisation (Class VIII)
	II	Polynomials (Class IX)
Week 6	I	Line Graph (Class VIII) Coordinate Geometry (Class IX)
	II	Probability (Classes VIII)




Suggestive Topics for Strengthening the Subject Specific Foundational Competencies for Catching Up Curriculum Needs

SCIENCE
CLASS-X (2022-23)

Week	Period	Suggestive Topics								
Week 1	I	<p>Ch-1 CHEMICAL REACTIONS AND EQUATIONS</p> <ul style="list-style-type: none">To make children acquainted with symbols and find the valences of elements. (Refer Ch-3 and 4 of class IX) <table><tr><td>Symbols of elements</td><td>Atomic No.</td><td>Electronic Configuration</td><td>Valency</td></tr><tr><td></td><td></td><td></td><td></td></tr></table> <ul style="list-style-type: none">Symbols and valences of radicals. <p>Physical and chemical changes (Refer Ch-6 of Class VII)</p>	Symbols of elements	Atomic No.	Electronic Configuration	Valency				
	Symbols of elements	Atomic No.	Electronic Configuration	Valency						
	II	<ul style="list-style-type: none">Revision of topic in period I.Formation of Compounds (Formulae).								
Week 2	I	<p>Ch-2 ACIDS, BASES AND SALTS</p> <ul style="list-style-type: none">Acids, Bases and Salts (Names, Formulae and their properties)Chemical Equations (Both Word and Symbolic Chemical Equations)								
	II	<p>Ch-3 METALS AND NON –METALS</p> <ul style="list-style-type: none">Word EquationsPhysical properties of Metals and Non-metals. (Refer Ch.5 of Class VII and Ch.4 of Class VIII)Chemical properties of Metals and Non-metals. (Refer Ch.4 of Class VIII)								
Week 3	I	<p>Ch-6 LIFE PROCESSES</p> <ul style="list-style-type: none">Photosynthesis -Definition and Process.Types of Nutrition <p>(Refer Ch.1 of Class VII)</p>								
	II	<ul style="list-style-type: none">Labeled diagram of Digestive System and the functions of organs. (Refer Ch.2 of Class VII)								
Week 4	I	<p>Ch-6 LIFE PROCESSES</p> <ul style="list-style-type: none">Transportation in Plants and Animals <p>(Refer Ch.11 of Class VII)</p>								
	II	<ul style="list-style-type: none">Respiration in organisms <p>(Refer Ch.10 of Class VII)</p>								



 Week 5	I	<ul style="list-style-type: none"> • Concept of reflection (Refer Ch.11 of Class VI) • Types of Mirrors
	II	<ul style="list-style-type: none"> • Concept of refraction • Types of Lenses (Refer Ch.15 of Class VII)
Week 6	I	<ul style="list-style-type: none"> • Dispersion of Light. (Refer Ch.16 of Class VIII)
	II	Revision of concepts related to light.



ANNEXURE-3

SUBJECT SPECIFIC FOUNDATIONAL COMPETENCIES FOR CATCHING UP CURRICULUM NEEDS FOR THE STUDENTS OF CLASS XII

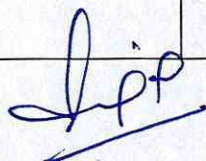
The objective of these classes is to lay foundation for class 12 and strengthen the students' learning by establishing connect with previous knowledge. The subject teachers must ensure that the students understand the basic terminologies to be used in the subject and are aware of the importance, scope and curriculum needs of the subject. Hence, the teachers will initiate dialogue with the students to make them comfortable with their respective subjects and gradually move towards strengthening the subject specific competencies by taking up these suggestive topics.

MATHEMATICS	Unit	Class XII	Class XI	Class X	Class IX
	Unit -1 Chapter 1& 2 Relations and function	Chapter -1 Relations and function	Chapter 2 Relations and function	-	-
		Chapter 2 Inverse Trigonometric Function	Chapter 3 Trigonometric Function	-	-
	Unit 3 Chapter -6	Chapter -6 Application Of Derivative	-	Chapter 13 Surface Area and Volumes	Chapter 13 Surface Area and Volumes
	Unit 5 Chapter -12	Chapter 12 Linear Programming Problem	Chapter -6 Linear Inequalities	Chapter -3 Pair of Linear Equations in two variable	Chapter 4 Linear Equation in two variables



PHYSICS

Unit (Class XII)	Class XII	Class X	Class IX
Unit-I Electrostatics	Chapter-1: Electric Charges and Fields	Chapter – 12 Electricity	
Unit-II Current Electricity	Chapter-2: Electrostatic Potential and Capacitance Chapter-3: Current Electricity		
Unit-III Magnetic Effects of Current and Magnetism	Chapter-4: Moving Charges and Magnetism Chapter 5-Magnetism and Matter	Chapter – 13 Magnetic effects of current	
Unit-IV Electromagnetic Induction and Alternating Currents	Chapter-6: Electromagnetic Induction Chapter -7: Alternating currents		
Unit-V Electromagnetic Waves	Chapter -8: Electromagnetic Waves		
Unit-VI Optics	Chapter -9: Ray Optics and Optical Instruments Chapter -10: Wave optics	Chapter -10: Light Chapter -11: Human eye and the colourful world	



	Unit-VII Dual nature of Radiation and Matter	Chapter -11: Dual nature of Radiation and Matter		
	Unit-VIII Atoms and Nuclei	Chapter -12: Atoms Chapter -13: Nuclei		Chapter -3: Atoms and Molecules Chapter -4: Structure of the Atoms
	Unit-IX Electronic Devices	Chapter -14: Semiconductor Electronics: Materials, Devices and Simple Circuits		



CHEMISTRY

	Chapter no. (class XII)	Class XI
	Ch2-Solutions	Ch1: Concentration Terms
	Ch8-d & f block elements	Ch2: Electronic Configuration
	Ch3-Electrochemistry	Ch7: Formula and basic concept of pH Dissociation constant and degree of dissociation of weak electrolyte
	Ch9- Coordination compounds	Ch8: Oxidation number
	Ch10- Halo alkanes and haloarenes	<div><div>Ch12: IUPAC naming of organic compounds Inductive and resonance effect Acidity and basicity of organic compounds</div><div>Ch13: Decarboxylation reaction Halogenation of alkanes Addition of HX to alkenes</div></div>



BIOLOGY

BIOLOGY

Unit	Class XII	Class IX	Class X	Class XI
VI (REPRODUCTION)	Chapter 2 : Sexual Reproduction in Flowering Plants	Chapter-5 (cell division)	Chapter- 8 (Reproduction in plant)	Ch5 (structure of flower) Chapter-10: meiosis and their significance
	Chapter 3 : Human Reproduction	Chapter-5 (cell division)	Chapter- 8 (Reproduction in Animal)	Chapter-10: meiosis and their significance Ch-22 gonads and their hormone.
	Chapter 4 : Reproductive Health	Chapter 13 (communicable diseases and STD's)	Chapter- 8 (reproductive health)	Ch-22 gonads and their hormone
VII (GENETICS AND EVOLUTION)	Chapter 5 : Principles of Inheritance and Variation	Chapter-5 (nucleus and chromosome)	Chapter 9 (heredity and evolution): heredity only	Chapter-8: Cell- The Unit of Life: nucleus
	Chapter 6 : Molecular Basis of Inheritance	-----	Chapter 9 (heredity and evolution: heredity only	Chapter-9: Biomolecules: nucleic acids



RECAPITULATION:

- Explanation of terminology of BCE and CE and their relation with BC and AD and Plotting of the specific event within time-lines.
- Archaeology, Archaeological Evidences, Historical Sources and their Importance.
- Map Skills: Directions and Maps; Develop spatial thinking about Historical Maps.
- Class XI: Writing and city Life (Topic 2) - The meaning of Civilization may be explained in relation with Harappa Civilization.
- To enable students understand the process through which historians write history, by choosing and assembling different types of evidences they studied in previous classes and create awareness about career scope in this field.

Some Suggestive topics from Middle School :

Class XII	SUGGESTIVE TOPICS FROM MIDDLE SCHOOL
1.BRICKS,BEADS AND BONES	In the Earliest Cities
2.KINGS, FARMERS AND TOWNS (C.600 BCE- 600 CE)	Ashoka, The Emperor Who Gave up War
3. KINSHIP,CASTE AND CLASS (C.600 BCE- 600 CE)	Kingdoms, Kings and An Early Republic
4. THINKERS,BELIEFS AND BUILDINGS (C.600 BCE- 600 CE)	New Questions and Ideas
5. BHAKTI-SUFI TRADITIONS (C. EIGHTH TO EIGHTEENTH CENTURIES)	Devotional Paths to The Divine
6. AN IMPERIAL CAPITAL : VIJAYNAGARA (C. FOURTEENTH TO SIXTEENTH CENTURIES)	Towns, Traders And Crafts persons

POLITICAL SCIENCE

BOOK NAME AND CLASS	CHAPTER	TOPIC
Indian Constitution at Work Class-XI	• Rights in the Indian Constitution	Fundamental Rights
	• Legislature	Emergency Powers of Lok Sabha
	• Judiciary	Judiciary and Parliament
	• Federalism	Demands for Autonomy Demands for New States Interstate Conflicts Jammu and Kashmir
	• Freedom	• Freedom of Expression
	• Equality	• Socialism
	• Nationalism	• Nation and Nationalism
	• Development	• Development Models • Environmentalism
	• Constitutional Design	• Preamble of the Constitution
	• Electoral Politics	• Independent Election Commission
Political Theory Class-XI		
Democratic Politics-I Class-IX		

ENGLISH

CLASS XII	CLASS XI	CLASS X	CLASS IX
<u>Reading comprehension</u> 1.Unseen passage Factual/Descriptive/ Literary/Persuasive/ Discursive Passage	<u>Reading comprehension</u> Unseen passage Factual/Descriptive/ Literary/Persuasive/ Discursive Passage		
2.Unseen case based factual passage with verbal/visual inputs like; statistical data, charts, newspaper report	Unseen case based factual passage with verbal/visual inputs like; statistical data, charts, newspaper report		
<u>Short Composition</u> 3. Notice writing			
4. Invitation and Replies			
<u>Long Writing Task</u> 5. Letter Writing (Letter to an Editor)		Letter Writing	Letter Writing
6. Article Writing and Report Writing		Analytical Paragraph Writing	Descriptive Paragraph Writing
Total topics= 6			

JP

पाठ्यक्रम की आवश्यकता के अनुरूप विषय विशेष में बुनियादी समझ के लिए सुझाए गए विषय-वस्तु के बिंदु : विषय- हिंदी (ऐच्छिक), कक्षा 12

कक्षा 11वीं में उत्तीर्ण कर कक्षा 12वीं में आने पर विद्यार्थी से न्यूनतम अपेक्षा होती है कि -
विद्यार्थी वाचन/पठन कर सकता हो, दिए गए अनुदेशों/ निर्देशों को पढ़ कर समझ सके और तदनुसार कार्य कर सके।
विद्यार्थी सामान्य लेखन के साथ रचनात्मक लेखन कर सकता हो। कक्षा 11 तक के पाठ्यक्रम से जुड़े बिंदुओं यथा निबंध लेखन, दृश्य लेखन, स्व-वृत्त लेखन, रोजगार संबंधी आवेदन पत्र लेखन, औपचारिक पत्र लेखन आदि कर सकता हो।
अभिव्यक्ति और माध्यम पुस्तक में शामिल जनसंचार माध्यम और लेखन, पत्रकारिता के विविध आयाम, डायरी लेखन की कला आदि के संदर्भ में सामान्य समझ रखता हो।
यदि विद्यार्थी उपरोक्त न्यूनतम अपेक्षित योग्यता को पूरी करता है तो ऐसे छात्रों के लिए निम्नवत विषय-वस्तु के माध्यम से कक्षा 12 के लिए पूर्णतः योग्य बनाया जा सकता है।

प्रथम सप्ताह के पहले दिन शिक्षक या शिक्षिका विद्यार्थियों से सबसे पहले कक्षा 11 के हिंदी विषय और उसके पाठ्य-बिंदुओं पर सामान्य चर्चा करे तथा विद्यार्थियों को विषय विशेष से जोड़ने का कार्य करे। कक्षा के विद्यार्थियों को हिंदी विषय के प्रति सहज बनाएँ। उन्हें बताएँ कि आने वाले सप्ताहों में हम क्या पढ़ने वाले हैं ? कक्षा 12 के वे कौन से पाठ्य बिंदु हैं, जिन्हें हमने पूर्ववर्ती कक्षाओं में पढ़ा है।

अपठित/ पठित गद्यांश अभ्यास

विद्यार्थियों को अपठित/ पठित गद्यांश पर आधारित सामान्य प्रश्नों का उत्तर लिखित अथवा मौखिक रूप में अभ्यास करवाया जाए।

अपठित/ पठित पद्यांश अभ्यास

विद्यार्थियों को अपठित/ पठित पद्यांश पर आधारित सामान्य प्रश्नों का उत्तर लिखित अथवा मौखिक रूप में अभ्यास करवाया जाए।

अभिव्यक्ति और माध्यम

विद्यार्थियों को अभिव्यक्ति और माध्यम पुस्तक में शामिल जनसंचार माध्यम और लेखन, पत्रकारिता के विविध आयाम, डायरी लेखन की कला आदि के बिंदुओं का अभ्यास करवाया जाए।

हिंदी साहित्य के इतिहास की सामान्य जानकारी

विद्यार्थियों को हिंदी साहित्य के इतिहास की सामान्य जानकारी यथा काल विभाजन, नामकरण, युगीन प्रवृत्तियों, प्रतिनिधि कवि/लेखक/साहित्यकार आदि के बारे में सामान्य जानकारी दी जाए।

औपचारिक पत्र लेखन / दृश्य लेखन

विद्यार्थियों को औपचारिक पत्र लेखन / दृश्य लेखन आदि का अभ्यास करवाया जाए और उसे कक्षा 12 के औपचारिक पत्र लेखन तथा नए और अप्रत्याशित विषयों पर लेखन से जोड़ा जाए।

काव्यांगों की सामान्य जानकारी

विद्यार्थियों को हिंदी साहित्य के काव्यांगों की सामान्य जानकारी यथा शब्द शक्ति, अलंकार, रस, छंद, भाषा की विशेषताओं कविता/ कहानी/ नाटक/ उपन्यास आदि के बारे में सामान्य जानकारी दी जाए।

ACCOUNTANCY	Unit	Class XII	Class XI	Class X	Class IX
	(ACCOUNTING FOR PARTNERSHIP FIRMS)	Chapter : Fundamental of Partnership, Change in profit sharing ratio and Admission of Partner Topic: Journal Entries and Ledger Accounts	Unit-2: Accounting Process Recording of Business Transactions : Rules of Debit and Credit, Journal. Ledger: Posting from journal and Balancing of accounts.	-----	-----
	(COMPANY ACCOUNT)	Chapter 5 : Accounting for Shares Topic: Journal Entries	Unit-2: Accounting Process Recording of Business Transactions: Journal	-----	-----
BUSINESS STUDIES	Teachers should emphasize on the following topics:		<ul style="list-style-type: none"> • Importance of business in our everyday life. • Business as a dynamic process that keeps on changing as per the requirements and demands of the society. • It is more exposed to risk and uncertainties than what it was in past. • The use of modern technology, government's policies and the consumption pattern of the people has made the business more sensitive and globally competitive. • Therefore, a systematic effort is required to understand, analyse and respond to the changes that affect the functioning of business in the present-day 		

PHYSICAL EDUCATION

	Class XII	Class XI
	Unit 1 : Planning in Sports	Unit 1 : Changing Trends & Career in Physical Education (Term I) Topic: Career Options in Physical Education Terminology: Event Manager, Event Organizer, Tournament etc.
	Unit 2 : Sports and Nutrition	
	Unit 5 : Children and Women in Sports	Unit 2 : Olympic Value Education (Term I) Topics : Olympics International Olympic Committee Indian Olympic Association Unit 6 : Physical Activity & Leadership Training (Term II) Topic: Meaning, objectives & types of Adventure Sports (Rock Climbing, Tracking, River Rafting, Mountaineering, Surfing and Paragliding) Unit 9 : Psychology & Sports (Term II) Topic: Define & Differentiate Between Growth & Development Terminology: IOC, IOA, Exercise, Motor Development, Growth, Development etc.
	Unit 6 : Test and Measurement in Sports	Unit 7 : Test, Measurement & Evaluation (Term I) Terminology: BMI, Waist-Hip Ratio, Health Related Fitness etc.
	Unit 8 : Biomechanics and Sports	Unit 8 : Fundamentals of Anatomy, Physiology & Kinesiology in Sports (Term I) Topics : Definition and Importance of Kinesiology Function of Skeleton System, Classification of Bones & Types of Joints Equilibrium – Dynamic & Static and Centre of Gravity & its application in sports Terminology: Kinesiology, Equilibrium, Centre of Gravity etc.

GEOGRAPHY

1	भूगोल एक विषय के रूप में (GEOGRAPHY AS DISCIPLINE)	Physical geography UNIT-I CLASS XI
2	पृथ्वी की आंतरिक संरचना (INTERIOR OF THE EARTH)	Physical geography UNIT-II CLASS XI
3	महाद्वीप और महासागरों का वितरण (DISTRIBUTION OF OCEANS AND CONTINENTS)	Physical geography UNIT-II CLASS XI
4	खनिज एवं शैल (MINERALS AND ROCKS) UNIT-III CLASS XI	Physical geography UNIT-III CLASS XI
5	वायुमंडल का संघटन तथा संरचना (COMPOSITION AND STRUCTURE OF ATMOSPHERE)	Physical geography UNIT-IV CLASS XI
6	भारत की स्थिति और विस्तार (INDIA-SIZE AND LOCATION)	India physical environment UNIT-I CLASS XI
7	भारत के प्रमुख भौतिक भाग (PHYSIOGRAPHIC DIVISION OF INDIA)	India physical environment UNIT-II CLASS XI
8	भारत की जलवायु (INDIAN CLIMATE)	India physical environment UNIT-III CLASS XI
9	प्राकृतिक वनस्पति और वन्य संसाधन (NATURAL VEGETATION AND WILD LIFE RESOURCE)	India physical environment UNIT-III CLASS XI
10	मृदा (SOIL)	India physical environment UNIT-III CLASS XI
11	WATER RESOURCE जल संसाधन	Contemporary India part II CHAPTER 3 CLASS X
12	कृषि (AGRICULTURE)	Contemporary India part II CHAPTER 4 CLASS X
13	खनिज और ऊर्जा संसाधन (MINERALS AND ENERGY RESOURCE)	Contemporary India part II CHAPTER 5 CLASS X
14	विनिर्माण उद्योग (MANUFACTURING INDUSTRIES)	Contemporary India part II CHAPTER -6 CLASS X
15	परिवहन व्यापार और संचार (TRANSPORT TRADE AND COMMUNICATION)	Contemporary India part II CHAPTER -7 CLASS X
16	जनसंख्या (POPULATION)	Contemporary India part -I CHAPTER -6 CLASS 9
17	मानचित्र भारत MAP INDIA	Contemporary India part -I CLASS 10
18	और विश्व (MAP WORLD)	Contemporary India part -I CLASS 11

SOCIOLOGY	BOOK	Class XII	Class XI	Class X	Class IX
	INDIAN SOCIETY	Chapter-3 social institutions Continuity and Change , Chapter 5 – Patterns of Social Inequality and Exclusion	Chapter-2 Social Stratification & Status and Role	-----	-----
		Chapter 3-Social Institution Continuity and Change Chapter-6 The Challenges of Cultural Diversity	Chapter-3 Family, Marriage and Kinship, Religion	-----	-----
		Chapter-7 Suggestion for Project Work	Chapter -5 Research Methods	-----	-----
	SOCIAL CHANGE AND DEVELOPMENT IN INDIA	Chapter-4 Change and Development in Rural Society (Book-2)	Chapter- 2 Social change and social order in Rural and urban Society (Book-2)	-----	-----
		Chapter -3 Social Institution Continuity and Change (Book-1) Chapter- 2 Cultural Change (Book-2)	Chapter-10 (G.S. GHURYE on Caste and Race, M.N. SRINIWAS on the Village)	-----	-----
		Chapter-1 Structural Change (Book-2) Chapter-2 Cultural Change (Book-2) Chapter -5 Change and Development in industrial Society) (Book-2)	Chapter-4 Introducing Western Sociologists(Industrial Revolution, Capitalism, Alienation, Colonialism) (Book-2)	-----	-----

ECONOMICS	Class XII	Class XI	Class X	Class IX
	National Income, Money And Banking , Determinant Income & Employment , Budget , Open Economy. Economic Policies 1947-90, Economic Reforms 1991, Problem to the Indian Economy, Human Capital, Rural Development , Employment & Growth, Infrastructure -Comparison	Micro Economics , Consumer Behaviour , Production- Cost, Firm-Market - Forms	Development - Income - Comparison Sectors of Economy, Money & Credit , Globalization and Indian Economy, Consumer Rights	Factors of Production, Human Resource Development , Poverty ,Food Security, MSP ,Ration



इकाई II: पोषण, खाद्य विज्ञान और प्रौद्योगिकी

अध्याय: नैदानिक पोषण और आहारिकी

- प्रस्तावना
 - पोषण: महत्व, मूलभूत संकल्पनाएँ
- अध्याय: जनपोषण तथा स्वास्थ्य

- प्रस्तावना
 - महत्व
 - मूलभूत संकल्पनाएँ
- भारत में पोषण संबंधी समस्याएँ
- प्रोटीन ऊर्जा कुपोषण
 - सूक्ष्म पोषकों की कमी
 - लौह तत्व (आयरन) की कमी से अरक्तता
 - विटामिन ए की कमी
 - भारत में संचालित पोषण-कार्यक्रम
 - स्वास्थ्य देखभाल

अध्याय: खाद्य गुणवत्ता और खाद्य सुरक्षा

- प्रस्तावना
- महत्व
- मूलभूत संकल्पनाएँ
 - खाद्य सुरक्षा- खाद्य संक्रमण खाद्य विषाक्तता

इकाई II स्वयं को समझना: किशोरावस्था

अध्याय: भोजन, पोषण, स्वास्थ्य और स्वस्थता

- परिचय
- परिभाषा
- भोजन, पोषण, पोषक तत्व
- संतुलित आहार
- स्वास्थ्य और स्वस्थता
- संतुलित आहार की योजना बनाने में आधारभूत खाद्य वर्गों का उपयोग

इकाई 3: परिवार, समुदाय और समाज के प्रति समझ

अध्याय: विविध संदर्भों में सरोकार और आवश्यकताएँ

1. पोषण, स्वास्थ्य और स्वास्थ्य-विज्ञान

- स्वास्थ्य देखभाल, स्वास्थ्य के सूचक
- पोषण और स्वास्थ्य
- पोषक तत्वों का महत्व
- पोषणात्मक स्वस्थता को प्रभावित करने वाले कारक
 - आहार और पोषक तत्वों की सुरक्षा
 - संवेदनशील लोगों की देखभाल
 - सुरक्षित पर्यावरण
- पोषण संबंधी समस्याएँ और उनके परिणाम
 - कुपोषण, अल्पपोषण, अतिपोषण

इकाई 3: परिवार, समुदाय और समाज के प्रति समझ

अध्याय: विविध संदर्भों में सरोकार और आवश्यकताएँ

1. पोषण, स्वास्थ्य और स्वास्थ्य-विज्ञान

- स्वास्थ्य विज्ञान और स्वच्छता
- व्यक्तिगत सफाई, पर्यावरण संबंधी स्वास्थ्य विज्ञान, आहार संबंधी स्वास्थ्य विज्ञान

SANSKRIT

Unit	Chapter no. (class XII)	Class XI	Class X	Class IX
वर्ण-परिचयः	वर्ण-परिचयः	पाठः-12 भास्वती	पाठः-12 अभ्यासवान् भव	पाठः-1 व्याकरणवीथिः
सन्धिः	सन्धिः	पाठः-2 व्याकरण-सौरभम्	पाठः-7 अभ्यासवान् भव	पाठः-3 व्याकरणवीथिः
कर्ता-क्रिया-अन्वितिः	कर्ता-क्रिया-अन्वितिः	पाठः-7 व्याकरण-सौरभम्	पाठः-5 अभ्यासवान् भव	पाठः-10 व्याकरणवीथिः
शब्दरूपाणि-धातुरूपाणि	शब्दरूपाणि-धातुरूपाणि	पाठः-3 व्याकरण-सौरभम्	पाठः-10,11 अभ्यासवान् भव	पाठः-4,5,13 &14 व्याकरणवीथिः
निबन्ध-लेखन-कौशलम्	निबन्ध-लेखन-कौशलम्	पाठः-7 व्याकरण-सौरभम्	पाठः-5 अभ्यासवान् भव	पाठः-12 व्याकरणवीथिः
व्यावसायिक-शब्दकोषः	व्यावसायिक-शब्दकोषः	परिशिष्ट-3	परिशिष्ट-1 परिशिष्ट-2	—
अनुच्छेद-लेखनम्	अनुच्छेद-लेखनम्	-पाठः-5 अभ्यासवान् भव	पाठः-4 अभ्यासवान् भव	पाठः-12 व्याकरणवीथिः