NAVY CHILDREN SCHOOL				
SPLIT- UP SYLLABUS 2024-25				
SUBJECT- ENGLISH CORE (301)				
CLASS XII				
Month	Flamingo	Vistas	Writing Skills	Subject Enrichment Activities
April	1. The Last Lesson	1. The Third Level	1. Formal Invitations and Replies	Video – movie – The Last Lesson https://www.youtube.com/watch?v=gxtjzh4M7i4
	2. Lost Spring		2. Comprehension Passage	Role-play on Child Labour
	3. My Mother at Sixty-Six		3. ALS- Speaking Skills (Practice)	Hot Seating - with Charley(The Third Level) on the hot seat (5 minutes)
May	4. Deep Water		4. ALS- Listening Skills (Practice)	J.A.M – All we have to fear is fear itself.
	5. Keeping Quiet		5. Notice Writing	Students perform a mime on- The Nurturing Arms of Nature
			6. Project for Term 2 to be announced	
June	5. The Rattrap	2. The Tiger King	7. ALS- Speaking Skills (Practice)	Timeline on - King's Tiger killing mission.

	6. Indigo		8. Report writing and Article Writing	Class discussion on Indigo sharecropping
July	7. A Thing of Beauty	3. Journey to the End of the Earth	9. ALS- Listening Skills (Practice)	Word game- Synonyms of the word- Beauty
		4. The Enemy		Video - https://www.youtube.com/watch?v=3wxWNAM8Cso (Hiroshima and Nagasaki bombing) https://www.youtube.com/watch?v=Yz0CDmMxZZo (Pearl Harbour)
August	8. Poets and Pancakes	5. On the Face of it	10. ALS- Speaking Skills (Practice)	Class discussion on– Fortifying empathy thereby promoting emotional intelligence and inculcating the ability to connect.
	9. The Interview		10. Letter to the Editor and Job Application	Students create job applications, engage in mock interviews to demonstrate effective communication of skills, experiences, and strengths.
September	10. A Roadside Stand	**Assessment of speaking and listening skills**		
	11. Going Places	6. Memories of Childhood	11.Project for Term 2	J.A.M – Teenage – the period is all about desires and achieving the impossible.

October	12. Aunt Jennifer's Tigers			Use a word from the poem to describe the photos: (photos showing fingers fluttering, chivalry etc.)
	PROJECT AND VIVA ACCORDING TO DATES GIVEN BY C.B.S.E.			

Question Paper Design
Code No. 301
2023-24

English CORE XII

Section	Competencies	Total marks
Reading Skills	Conceptual understanding, decoding, Analyzing, inferring, interpreting, appreciating, literary, conventions and vocabulary, summarizing and using appropriate format/s.	22
Creative Writing Sills	Conceptual Understanding, application of rules, Analysis, Reasoning, appropriacy of style and tone, using appropriate format and fluency, inference, analysis, evaluation and creativity.	18
Literature Text Book and Supplementary Reading Text	Recalling, reasoning, critical thinking, appreciating literary convention, inference, analysis, creativity with fluency.	40
	TOTAL	**80**
Internal Assessment	Assessment of Listening and Speaking Skills • Listening • Speaking	**10** 5+5
	• Project Work	**10**
	GRAND TOTAL	**100**

NAVY EDUCATION SOCIETY

CONDUCT OF COMMON ANNUAL EXAMINATION FO AY 2024 – 25

FOR NAVY CHILDREN SCHOOLS

<table>
<tr><th>MONTH</th><th>CHAPTER NO</th><th>CHAPTER NAME</th><th>NO.OF TEACHING PERIODS</th><th>UNIT (MARK)</th><th>LAB ACTIVITIES</th></tr>
<tr><td rowspan="3">March - May</td><td>1</td><td>Relations and Functions</td><td>15</td><td rowspan="2">UNIT I (8)</td><td rowspan="3">1. To verify that the relation R in the set L of all lines in a plane, defined by R = {(l, m) : l ⊥m} is symmetric but neither reflexive nor transitive.
2. To demonstrate a function which is not one -one but is onto.</td></tr>
<tr><td>2</td><td>Inverse Trigonometric Functions</td><td>15</td></tr>
<tr><td>3</td><td>Matrices</td><td>25</td><td rowspan="2">UNIT II (10)</td></tr>
<tr><td rowspan="2">June</td><td>4</td><td>Determinants</td><td>25</td><td rowspan="4">3. To explore the principal value of the function $sin^{-1}x$ using a unit circle.
4. 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.</td></tr>
<tr><td>5</td><td>Continuity & Differentiability</td><td>20</td><td rowspan="4">UNIT III (35)</td></tr>
<tr><td rowspan="2">July</td><td>6</td><td>Application of Derivatives</td><td>10</td></tr>
<tr><td>7</td><td>Integrals</td><td>20</td><td rowspan="2">5. To verify that amongst all the rectangles of the same perimeter, the square has the maximum area.</td></tr>
<tr><td rowspan="3">August</td><td>8</td><td>Application of Integrals</td><td>15</td><td rowspan="3">6. To verify geometrically that $\vec{c} \times (\vec{a} + \vec{b}) = \vec{c} \times \vec{a} + \vec{c} \times \vec{b}$
7. To locate the points to given coordinates in space, measure the distance between two points in space and then to verify the distance using distance formula.</td></tr>
<tr><td>9</td><td>Differential Equations</td><td>15</td></tr>
<tr><td>10</td><td>Vector Algebra</td><td>15</td><td rowspan="2">UNIT IV (14)</td></tr>
<tr><td>September</td><td>11</td><td>3 D Geometry</td><td>15</td><td>8. To understand the concepts of local maxima, local minima and point of inflection.
9. To measure the shortest distance between two skew lines and verify it analytically.</td></tr>
</table>

October	12	Linear Programming	20	UNIT V (05)	
November	13	Probability	30	UNIT VI (08)	10. To explain the computation of conditional probability of a given event A, when event B has already occurred, through an example of throwing a pair of dice.
December		Revision			
January		Revision			
February		Revision			

NAVY CHILDREN SCHOOL
SPLITUP SYLLABUS
SESSION 2024-25
CLASS XII
SUBJECT-PHYSICS (042)

Chapter	TOPIC	No of periods required	MONTH	LIST OF EXPERIMENTS	WEIGHTAGE
1 2 3	**ELECTRIC CHARGES AND FIELD** **POTENTIAL AND CAPACITANCE** **CURRENT ELECTRICITY**	8 12 15	**April** **April ,** **May/JUN**	SECTION A 1 Ohm's Law: - To find resistance per cm of a given wire 2 Resistivity of wire using meter bridge & screw gauge.	**16**
4 5 6 7	**MAGNETIC EFFECTS OF CURRENT** **MAGNETISM** **ELECTRO MAGNETIC INDUCTION** **ALTERNATING CURRENT**	16 6 8 10	**JUN/JULY** **JULY** **JULY (6) AUG (2)** **AUG**	3 Galvanometer - To find the resistance of galvanometer using half – deflection method 4 Galvanometer- Conversion of Galvanometer into Voltmeter & Ammeter. 3 ACTIVITIES FROM SEC A	**17**
8 9 10	**ELECTROMAGNETIC WAVES** **RAY OPTICS** **WAVE OPTICS**	3 15 10	**AUG** **AUG** **AUG (3) SEPT (7)**	1 Convex Lens: - Finding focal length of convex lens using u-v method with an optical bench. 2 Concave mirror -To find 'f' of concave mirror using u-v method. 3 Convex mirror - To find 'f' of convex mirror using a convex lens 4 To find 'f' of concave lens using a convex lens. 5 Prism – To find angle of minimum deviation of a prism & hence to find refractive index of glass prism. (3 ACTIVITIES FROM SEC B)	**18**
11 12 13	**DUAL NATURE OF RADIATION & MATTER** **ATOMS** **NUCLEI**	6 6 5	**OCT**		**12**

14	**ELECTRONIC DEVICES (SEMI CONDUCTOR)**	**6**	**OCT/ NOV**	P-N junction diode (a) Forward bias characteristics (b) Reverse Bias characteristics	**7**
		TOTAL : 123		30	70

SPLIT UP SYLLABUS CHEMISTRY 2024-25				
CHEMISTRY (043)- CLASS XII				
MONTH	**UNIT NO**	**UNIT NAME**	**NO.OF PERIODS**	**PRACTICALS**
APR	**10**	**HALOALKANES & HALOARENES**	**15**	**CONTENT BASED EXPERIMENTS**
MAY	**11**	**ALCOHOLS PHENOLS &ETHERS**	**14**	**CONTENT BASED EXPERIMENTS & INVESTIGATORY PROJECT**
JUNE	**12** **13**	**ALDEHYDES KETONES & CARBOXYLIC ACIDS AMINES**	**15 14**	**CONTENT BASED EXPERIMENTS & INVESTIGATORY PROJECT**
JULY	**2** **3**	**SOLUTIONS ELECTROCHEMISTRY**	**15 18**	**IDENTIFICATION OF FUNCTIONAL GROUPS**
AUG	**3** **4**	**ELECTROCHEMISTRY (contd) CHEMICAL KINETICS**	** 15**	**REDOX TITRATIONS**
SEP	**4**	**CHEMICAL KINETICS (contd)**		**REDOX TITRATIONS & QUALITATIVE ANALYSIS**
OCT	**8** **9**	**d & f BLOCK ELEMENTS CO-ORDINATION COMPOUNDS**	**18 18**	**QUALITATIVE ANALYSIS**
NOV	**9** **10**	**CO-ORDINATION COMPOUNDS(contd) BIOMOLECULES**	** 18**	**QUALITATIVE ANALYSIS**
DEC		**REVISION / PREBOARD EXAMINATION**		**PRACTICAL PREBOARD EXAMINATION**

NAVY CHILDREN SCHOOLS

SPLIT-UP OF SYLLABUS (2024-25)

SUBJECT: BIOLOGY THEORY **CLASS:XII**

SNO	MONTH	UNIT	CHAPTERS
1	April/June	Reproduction	2. Sexual reproduction in flowering plants 3. Human reproduction
2	July/August	Genetics & Evolution	5. Principles of inheritance & Variation 6. Molecular basis of Inheritance
3	August/September	Reproduction Evolution	4. Reproductive health 7. Evolution
4	September	**Revision and Half-yearly exam**	
5	October /November	Biology and human welfare Ecology & Environment Biotechnology	8. Human health and disease 10. Microbes in human welfare 11. Biotechnology: Principles and processes 12. Biotechnology & its applications
6	October/ November	Ecology & Environment	13. Organisms & populations 14. Ecosystem 15. Biodiversity & conservation
7	December	**Revision and Pre-boards**	

NAVY CHILDREN SCHOOL

SPLIT-UP OF SYLLABUS (2024-25)

SUBJECT: BIOLOGY PRACTICAL **CLASS:XII**

SNO	MONTH	EXPERIMENTS/SPOTTERS
1	April/June	1 .Flowers adapted to pollination by different agencies. 2. Observe pollen grains on stigma through permanent slide. 3. To Prepare a temporary mount to observe pollen germination. 4. Identify different stages of gamete development-T.S of ovary & testis. 5. To observe the T.S of Blastula though a permanent slide.
2	June/July	6. Study Mendelian inheritance using seeds of different colours/size. 7. To study prepared pedigree charts of any one- Widow's peak/ rolling of tongue/ blood groups/colour blindness/earlobes. 8. To prepare a temporary mount of Onion root tips to study mitosis.
3	August	9. Flash card model showing homologous and analogous organs **10.** To study controlled pollination-emasculation,tagging,bagging 11. Common disease causing organisms: Ascaris, Entamoeba,Plasmodium & any fungus causing ringworm.
4	September	**Revision and Half-yearly exam**
5	October	12.Study plant population density by Quadrat method. 13.Study plant population frequency by Quadrat method 14. To isolate DNA from available plant material.
6	November	15. Model specimen showing symbiotic association

NAVY CHILDREN SCHOOLS
SPLIT UP SYLLABUS
COMPUTER SCIENCE – CLASS XII
YEAR -2024-25

1. Distribution of Marks:

Unit No.	Unit Name	Marks	Periods	
			Theory	Practical
I	Computational Thinking and Programming - 2	40	70	50
II	Computer Networks	10	15	---
III	Database Management	20	25	20
	Total	70	110	70

2. Monthly Split up syllabus:

Month	Chapter	Topics	Practical / Projects
April/May	1. Python Revision Tour 2. Python Revision Tour-II 3. Working withFunctions	• Revision of Python topics covered in Class XI. Functions: types of function (built-in functions, functions defined in module, user defined functions), Creating user defined function, arguments and parameters, default parameters, positional parameters, function returning value(s), flow of execution, scope of a variable (global scope, local scope)	Programs based on Revision Tour Programs based on User defined functions
	4. File Handling Intro.	• Introduction to files, types of files (Text file, Binary file, CSV file), relative and absolute paths • Text file: opening a text file, text file open	

	5. Text Files	modes (r, r+, w, w+, a, a+), closing a text file, opening a file using with clause, writing/appending data to a text file 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.	Programs based on text files
June/ July	6. Binary Files Exception Handling: 7. CSV files 8. Data Structure	• 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 file. Exception Handling using try-except-finally blocks • Introduction, handling exceptions using try-except-finally blocks • CSV 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( ) • Data Structure: Stack, operations on stack (push & pop), implementation of stack using list	Programs based on binary files Programs based on csv files Programs based on stack
August/ Sept	9. Database Management 10. SQL	• Database concepts: introduction to database concepts and its need • Relational data model: relation, attribute, tuple, domain, degree, cardinality, keys (candidate, primary,alternate,foreign key) • Structured Query Language: introduction, DDL & DML, data type (char(n), varchar(n), int, float, date), constraints (not null, unique, primary key), create database, use database, show databases, drop database, show tables, create table, describe table, alter table (add and remove an attribute, add and remove primary key), drop table, insert,	Project work Introduction MySQL queries

		delete, select, operators (mathematical, relational and logical), aliasing, distinct clause, where clause, in, between, order by, meaning of null, is null, is not null, like, 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.	Project synopsis& Documentation begins
Oct	11. Python SQL Interface 12. Computer Networks	• 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, use of %s format specifier or format() to perform queries. • Evolution of networking: Introduction to 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 communication media (Twisted pair cable, Co-axial cable, Fiber-optic cable), Wireless media (Radio waves, Micro waves, Infrared waves)	MySQL queries Project coding starts
Nov(till 15th Nov)	12. Computer Networks (contd..)	• Network devices (Modem, Ethernet card, RJ45, Repeater, Hub, Switch, Router, Gateway, WIFI card) • Network topologies & Network types: types of networks (PAN, LAN, MAN, WAN), networking topologies (Bus, Star,	Project coding work

		Tree) • Network protocol: HTTP, FTP, PPP, SMTP, TCP/IP, POP3, HTTPS, TELNET, VoIP • Introduction to web services: WWW, Hyper Text Markup Language (HTML), Extensible Markup Language (XML), domain names, URL, website, web Introduction to web services: WWW, Hyper Text Markup Language (HTML), Extensible Markup Language (XML), domain names, URL, website, web browser, web servers, web hosting	
Nov/Dec	Revision	• All topics of Class-XII syllabus	
Dec	Common Pre Board Exam		

NAVY CHILDREN SCHOOL, MUMBAI
SPLIT OF SYLLABUS PSYCHOLOGY 2024-25

CLASS XII

MONTH	DAYS	CHAPTER	TOPIC/SUBTOPIC	PRACTICALS/ PROJECTS
March		1.Variations in Psychological Attributes	Individual differences in intelligence.	Using Intelligence Tests
April		1.Variations in Psychological Attributes(cont'd) 2. Self and personality	Theories of Intelligence. Emotional intelligence. Aptitude types. Nature and assessment of Psychological attributes	Aptitude Tests
May		2.Self and personality (cont'd)	Aspects of self, Self-concept, self –esteem and self-regulation. Personality: Concepts, personality types and Trait approach. Concepts of health and well being, life style	Case study using interview and observation methods. Tests of personality, aptitude, self – concept
June		3. Meeting life Challenges	Life challenge and adjustment. Concept of Adaptation.	Play therapy and relaxation therapy activity.
July		3. Meeting life Challenges(cont'd)	Stress Types and effects on psychological functioning, coping with stress	Testing Adjustment level in school setting and discussing stress related issues faced by adolescents. Various coping techniques and positive well-being.

August		4. Psychological Disorders	Concepts of abnormality and psychological disorder. Causal factors. Major psychological disorders. Anxiety. Somatoform dissociative, Bipolar , Neurodevelopmental Disorder Developmental and Behavioural substance related.	Class/ group discussion on various psychological disorders Field visit or meeting a professional from the field of Psychiatry.

September		**Ch 1 to Ch4**	**HALF YEARLY EXAMS**	
September		5. Therapeutic Approaches	Nature and process of therapy. Nature of therapeutic relationships. Types of therapies. Yoga and meditation	Discuss case studies
October		6. Attitude and Social Cognition	Attribution, Social cognition, Schemas and stereotypes. Nature and components of attitudes, Attitude formation and change, Prosocial behaviour, prejudice and discrimination.	Using attitude scales.
November		7. Social influence and Group Processes	Nature of conformity, compliance, cooperation and competition, Conflicts resolution strategies.	Experiment on group behaviour
December/ January	**PRE- BOARD EXAMS REVISION AND SOLVING SAMPLE PAPERS AND BOARD PAPERS**			
February				

NAVY CHILDREN SCHOOL VISAKHAPATNAM
PHYSICAL EDUCATION (048)
CLASSS XII (2024-25)
SPLIT 0F SYLLABUS

Theory **Max. Marks 70**

Month of April **Unit I Management of Sporting Events**	*Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling) *Various Committees & their Responsibilities (pre; during & post) Fixtures and their Procedures – Knock-Out (Bye & Seeding) & League (Staircase, Cyclic, Tabular method) and Combination tournaments. Intramural & Extramural tournaments – Meaning, Objectives & Its Significance
Month of April/May **II Children & Women in Sports**	*Exercise guidelines of who for different age groups *Common Postural Deformities - Knock Knee; Bow Legs; Flat Foot; Round Shoulders;Lordosis, Kyphosis, and Scoliosis and their corrective measures * Women's participation in Sports -Physical, Psychological, and social benefits. *Special consideration (Menarche & Menstrual Dysfunction) * Female athlete triad (osteoporosis, amenorrhea, eating disorders.
Month of June **Unit III Yoga as Preventive measure for Lifestyle Disease**	*Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama. *Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana,Bhujangasana, Shalabhasana, Dhanurasana, Supta-vajarasana, Paschimottanasana, Ardha-Mastendrasana, Mandukasana, Gomukasana, Yogmudra,Ushtrasana, Kapalabhati. *Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalbhati, Gomukhasana Matsyaasana, Anuloma-Viloma. *Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakransan,Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi-shodhanapranayam, Sitlipranayam.

	* Back Pain and Arthritis**:** Procedure, Benefits & Contraindications of Tadasan, Urdhawahastootansana, Ardh-Chakrasana, Ushtrasana, Vakrasana, Sarala Maysyendrsana, Bhujandgasana, Gomukhasana, Bhadrasana, Makarasana, Nadi- Shodhana pranayama.
Month of July **Unit IV Physical Education & Sports for CWSN (Children with Special Needs - *Divyang*)**	*Organizations promoting Disability Sports (Special Olympics; Paralympics;Deaflympics) *Concept of Classification and Divisioning in Sports *Concept of Inclusion in sports, its need, and Implementation *Advantages of Physical Activities for children with special needs. *Strategies to make Physical Activities assessable for children with special needs.
Month of August **Unit V Sports & Nutrition**	*Concept of balance diet and nutrition *Macro and Micro Nutrients: Food sources & functions *Nutritive & Non-Nutritive Components of Diet *Eating for Weight control– A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, and Food Myths *Importance of Diet in Sports-Pre, During and Post competition Requirements
Month of September **Unit VI Test & Measurement in Sports**	*Fitness Test – SAI Khelo India Fitness Test in school: *Age group 5-8 yrs/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test *Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit &Reach flexibility test, Strength Test (Abdominal Partial Curl Up, Push-Ups for boys, Modified Push-Ups for girls) * Measurement of Cardio- Vascular Fitness – Harvard Step Test – Duration of the Exercise in Seconds x100/5.5 X Pulse count of 1-1.5 Min after Exercise. *Computing Basal Metabolic Rate (BMR) *Rikli & Jones - Senior Citizen Fitness Test *Chair Stand Test for lower body strength *Arm Curl Test for upper body strength

	*Chair Sit & Reach Test for lower body flexibility *Back Scratch Test for upper body flexibility *Eight Foot Up & Go Test for agility *Six Minute Walk Test for Aerobic Endurance *Johnsen – Methney Test of Motor Educability (Front Roll, Roll, Jumping
Month of October **Unit VII Physiology & Injuries in Sports**	*Physiological factors determining components of physical fitness *Effect of exercise on Muscular System *Effect of exercise on Cardio-Respiratory System *Sports injuries: Classification (Soft Tissue Injuries -Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries - Dislocation, Fractures - Green Stick,Comminuted, Transverse Oblique & Impacted)
Month of November **Unit VIII Biomechanics & Sports**	*Newton's Law of Motion & its application in sports *Types of Levers and their application in Sports. *Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports *Friction & Sports *Projectile in Sports
Month of December **Unit IX Psychology & Sports**	*Personality; its definition & types (Jung Classification & Big Five Theory) *. Motivation, its types & techniques. *Exercise Adherence:Reasons,Benefits and strategies for enhancing it. *Meaning, Concept & Types of Aggressions in Sports *Psychological Attributes in Sports – Self Esteem, Mental Imagery, Self-Talk, Goal Setting
Month of January **Unit X Training in Sports**	*Concept of Talent Identification and Talent Development in Sports *Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle. *Types & Method to Develop – Strength, Endurance and Speed *Types & Method to Develop – Flexibility and Coordinative Ability * Circuit Training - Introduction & its importance

Practical **Max. Marks 30**

01. Physical Fitness Test: SAI Khelo India Test, Brockport Physical Fitness Test (BPFT)* 6 Marks

02. Proficiency in Games and Sports
(Skill of any one IOA recognised Sport/Game of Choice)** 7 Marks

03. Yogic Practices 7 Marks

04. Record File *** 5 Marks

05. Viva Voce (Health/ Games & Sports/ Yoga) 5 Marks

* Test for CWSN (any 4 items out of 27 items. One item from each component: Aerobic Function, Body Composition, Muscular strength & Endurance, Range of Motion or Flexibility)
**CWSN (Children With Special Needs – Divyang): Bocce/Boccia , Sitting Volleyball, Wheel Chair Basketball, Unified Badminton, Unified Basketball, Unified Football, Blind Cricket, Goalball, Floorball, Wheel Chair Races and Throws, or any other Sport/Game of choice.

**Children With Special Needs can also opt any one Sport/Game from the list as alternative to Yogic Practices. However, the Sport/Game must be different from Test - 'Proficiency in Games and Sports'

***Record File shall include:**

- Practical-1: Fitness tests administration.
- Practical-2: Procedure for Asanas, Benefits & Contraindication for any two Asanas for eachlifestyle disease.
- Practical-3: Anyone one IOA recognised Sport/Game of choice. Labelled diagram of Field & Equipment. Also, mention its Rules, Terminologies & Skills

NAVY CHILDREN SCHOOL
VISAKHAPATNAM

YOGA (841) - MONTH WISE SPLIT UP SYLLABUS(2024-2025)
CLASS-XII

MONTH	UNIT No.	TOPIC NAME	Practical / Project	Subject enrichment activity
April	1 & ES-1	**Introduction to Yoga and Yogic Practices – II** • Shat karma meaning, purpose and their significance in yoga sadhana • Yoga asana meaning, principles and their health benefit. **Communication Skills-IV**	**Sukshma Vyayama** **Asanas**	Introducing Sat Karmas (douthi, basti, neti, tratakam, nouli, khapalbhati) Finding the difference between asanas and physical exercise
May & June	1 & ES-1	**Introduction to Yoga and Yogic Practices – II** • Introduction to Pranayama and Dhyana • Identify career opportunities in yoga **Communication Skills-IV**	**International Yoga Day** **Meditation**	Discuss about length of prana, ratio of pooraka, kumbhaka, rechaka. Creating awareness on different courses in Yoga
July	2	**Introduction to Yoga Text-II** • Concept of ahara (Diet) • Significance of Hatha yoga Practices • Concept of mental health well-being according to Patanjali yoga	**Asanas** **Suryanamaskaras**	Practicing Important verses (slokas) from Hata yoga (Atyahara viharasya.....)
August	2 & ES- 2	**Introduction to Yoga Text-II** • Yogic practices of Patanjali yoga **Self – Mangement Skills-IV**	**Kriyas(Jalaneti/ Sutraneti)**	Creating awareness on yogic Practices of patanjali

September	2 & ES-3	**Introduction to Yoga Text-II** • Concept of healthy living style in Bhagavad Gita • Importance of subjective experience in daily yoga practice **ICT Skills-IV**	**Pranayamas**	Discuss about important slokas in Bhagavad Gita Making a daily yoga practice list
October	ES-4	**Entrepreneurial Skills-IV**	**Kriyas (Jalaneti/Sutraneti)**	Finding Benefits of neti kriyas
November	3	**Yoga for Health Promotion-II** • Introduction to first aid and CPR • Yogic management of stress and its consequences	**Asanas** **Pranayama**	Creating awareness on CPR by demonstration Pranayama and Meditation techniques for stress management.
December	3	**Yoga for Health Promotion-II** • Yogic prevention of common diseases • Yoga and personality development	**Asanas** **Pranayama** **Meditation**	Chart making on yogic management of common diseases
January	5	**Green Skills-IV**		
February	All	**Revision**		