

SYLLABUS (2024-25) CLASS - XI (COMMERCE)

	SUBJECT ENGLISH CORE(301)						
BOOKS: Main Tex	BOOKS: Main Textbook: HORNBILL (NCERT); Supplementary Reader: SNAPSHOTS (NCERT)						
Month (Days)	Syllabus	Learning Outcomes					
April	Hornbill U1. The Portrait of a Lady A Photograph Snapshots CH1. The Summer of a Beautiful White Horse Note making, Integrated Grammar Practice A.W.S Notice writing, Poster	 Identifying the main ideas in the text and making inferences based on information. Reading and comprehending extended texts Describing distinct literary characteristics of poetic forms. 					
June	Hornbill U2. We're Not Afraid To Dieif We Can All Be Together A.W.SAdvertisement(Introduction)	Engaging in independent reflection and enquiry.Analyzing and extrapolating the ideas.					
July	Hornbill U3. Discovering Tut: the Saga Continues The Laburnum Top Snapshots Ch.2. The Address W.SPoster, Advertisement (Classified), Letter to the Editor, Letter of Complaint, Letter of Enquiry, Letter for Placing order. Integrated Grammar Practice	 Ability to obtain, analyze and communicate information. Expressing ideas in an organized manner using appropriate language and format. Paraphrasing and summarizing the main ideas. Ability to obtain, analyze and communicate information. 					
August	Hornbill U4. Landscape of the Soul The Voice of the Rain Snapshots Ch.3.Ranga's Marriage W.SSpeech, Debate, Article, Report Integrated Grammar Practice	 Ability to write coherently and respond imaginatively. Participating in critical conversations and preparing, organizing and delivering ideas. 					
	READING: Unseen passage WRITING: Letter Writing/ Poster Drafting	 promote advanced language skills with an aim to develop the skills of reasoning, drawing inferences, etc. through meaningful activities 					
September	HORNBILL -Silk Road , Revision Examination Assessment of Speaking and Listening	 promote advanced language skills with an aim to develop the skills of reasoning, drawing inferences, etc. through meaningful activities 					
	Letter to the School/College Authorities, Advertisement(Display) Integrated Grammar Practice	 promote advanced language skills with an aim to develop the skills of reasoning, drawing inferences, etc. through meaningful activities 					
October	Hornbill U5. The Ailing Planet: the Green Movement's Role U6. The Browning Version Childhood Snapshots Ch.4. Albert Einstein at School W.SLetter to the School/College Authorities, Advertisement(Display) Integrated Grammar Practice	 The students will acquire necessary listening skills in order to follow and comprehend discourse such as lectures, conversations, interviews, and discussions. The students will develop adequate speaking skills to communicate effectively to follow academic 					

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November	Hornbill U7 .The Adventure Snapshots Ch.5.Mother's Day			 relating ideas to life. Preparing CV and n Analyzing plays fo correct terminology Identify the central/ 	 Identify the central/main point and supporting details, etc., to build communicative competence in various lexicons of English Promote advanced language skills with an aim to develop the skills of reasoning, drawing inferences, etc. through meaningful activities 	
	W.S Advertiser Practice	W.S Advertisement (Display), Job Application. Integrated Grammar Practice				
December	Hornbill U8. Silk Road Father to Son Snapshots Ch.6.The Ghat of the Only World		relating ideas to lifeDeveloping greater of language skills.	confidence and proficiency in the use		
	Integrated Gram	nmar Practice		Reading, comparing, contrasting, thinking critically and relating ideas to life.		
January	Snapshots Ch.7. Birth Ch.8. The Tale of Melon City Integrated Grammar Practice			 Ability to evaluate, integrate and apply appropriate information. Understanding, appreciating and analyzing the various elements of poetry. 		
February	REVISION					
March	ANNUAL EXAM	IINATION				
Syllabus (UT-I)		Syllabus (HY)	Syllabus (L		Syllabus (AE)	
U1. The Portrait of a Lady, A Photograph U2. We're Not Afraid To Dieif We Can All Be Together Snapshots CH1. The Summer of a Beautiful White Horse, Note making, Integrated Grammar Practice. Notice writing, Poster .Advertisement(Introduction)		PA- I(portion) & HORNBILL: Discovering Tut, Landscape of the soul, The Voice of the Rain:, Childhood SNAPSHOTS: Albert Einstein at School ,Ranga's Marriage, The Ailing Planet, The Browning Version READING: Unseen passage WRITING: Letter Writing/ Poster Drafting	Unseen Passage, Report, Adventure, Birth, Father to Son, Mother's Day, Silk Road, The ghat of the only world. READING: Unseen passage (Note Making) WRITING: Invitations Whole syllabus as per C.B.S.E		Whole syllabus as per C.B.S.E	
order to follow and con		examination Assessment of Speak order to follow and comprehend disco students will develop adequate speak	urse such as	lectures, conversations, i	nterviews, and discussions. The	

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SUBJECT- ACCOUNTANCY (055)

BOOKS: Accountancy Financial Accounting Part I & II (NCERT) **REFERENCE:** T. S. Grewal's DOUBLE ENTRY BOOK KEEPING FINANCIAL ACCOUNTING

Month (Days)	Syllabus	Learning Outcomes
April	Unit 1: Introduction to Accounting #Accounting- concept, meaning, as a source of information, objectives, advantages and limitations #Types of accounting information; users of accounting information and their needs. #Qualitative Characteristics of Accounting Information. #Role of Accounting in Business. #Basic Accounting Terms- Entity, Business Transaction, Capital, Drawings. Liabilities (Non Current and Current). Assets (Non Current, Current); Expenditure (Capital and Revenue), Expense, Revenue, Income, Profit, Gain, Loss, Purchase, Sales, Goods, Stock, Debtor, Creditor, Voucher, Discount (Trade discount and Cash Discount) Theory Base of Accounting #Fundamental accounting assumptions: GAAP: Concept #Basic accounting concept: Business Entity, Money Measurement, Going Concern, Accounting Period, Cost Concept, Dual Aspect, Revenue Recognition, Matching, Full Disclosure, Consistency, Conservatism, Materiality and Objectivity	 explain the various terms used in accounting and differentiate between different related terms like current and noncurrent, capital and revenue. give examples of terms like business transaction, liabilities, assets, expenditure and purchases. explain that sales/purchases include both cash and credit sales/purchases relating to the accounting year. differentiate among income, profits and gains. state the meaning of fundamental accounting assumptions and
June	Unit 1: Introduction to Accounting #System of Accounting. Basis of Accounting: cash basis and accrual basis #Accounting Standards: Applicability in IndAS #Goods and Services Tax (GST): Characteristics and Advantages.	 explain the meaning, applicability, objectives, advantages and limitations of accounting standards. appreciate that various accounting standards developed nationally and globally are in practice for bringing parity in the accounting treatment of different items. acknowledge the fact that recording of accounting transactions follows a double entry system. explain the basics of recording accounting transactions and to appreciate that accrual basis is a better basis for depicting the correct financial position of an enterprise. explain the meaning, advantages and characteristics of GST.

June	Unit 2: Accounting Process #Recording of Business Transactions #Voucher and Transactions: Source documents and Vouchers, Preparation of Vouchers, #Accounting Equation Approach: Meaning and Analysis #Rules of Debit and Credit. # Incomplete Records	 Students will be able to: explain the concept of accounting equation and appreciate that every transaction affects either both the sides of the equation or a positive effect on one item and a negative effect on another item on the same side of the accounting equation.explain the effect of a transaction (increase or decrease) on the assets, liabilities, capital, revenue and expenses. appreciate that on the basis of source documents, accounting vouchers are prepared for recording transactions in the books of accounts.
July	Unit 2: Accounting Process #Recording of Transactions: Books of Original Entry- Journal #Special Purpose books: Purchases book, Sales book, Purchases return book, Sales return book, Journal proper Note: Including trade discount, freight and cartage expenses for simple GST calculation. (NO SET OFF) #Cash Book: Simple, cash book with bank column and petty cash book	 Students will be able to: develop the understanding of recording of transactions in a journal and the skill of calculating GST. explain the purpose of maintaining a Cash Book and develop the skill of preparing the format of different types of cash books and the method of recording cash transactions in Cash books. describe the method of recording transactions other than cash transactions as per their nature in different subsidiary books.
August	Unit 2: Accounting Process # Ledger: Format, Posting from journal and subsidiary books, Balancing of accounts	Students will be able to: • appreciate that for ascertaining the position of individual accounts, transactions are posted from subsidiary books and journals proper into the concerned accounts in the ledger and develop the skill of ledger posting.
September	Unit 2: Accounting Process # Depreciation, Provisions and Reserves #Depreciation: Meaning, Features, Need, Causes, factors #Other similar terms: Depletion and Amortisation #Methods of Depreciation: i. Straight Line Method (SLM) ii. Written Down Value Method (WDV) (Note: Excluding change of method) #Difference between SLM and WDV; Advantages of SLM and WDV #Method of recording depreciation i. Charging to asset accountii. Creating provision for depreciation/accumulated depreciation accountiii. Treatment of disposal of asset #Provisions, Reserves, Difference Between Provisions and Reserves. Types of Reserves: i. Revenue reserve; ii. Capital reserve; iii. General reserve; iv. Specific reserve; v. Secret Reserve.# Difference between capital and revenue reserve	 Students will be able to: explain the necessity of providing depreciation and develop the skill of using different methods for computing depreciation. understand the accounting treatment of providing depreciation directly to the concerned asset account or by creating provision for depreciation accounts. appreciate the method of asset disposal through the concerned asset account or by preparing an asset disposal account. appreciate the need for creating reserves and also making provisions for events which may belong to the current year but may happen in next year. appreciate the difference between reserve and reserve fund.

	Unit 2: Accounting Process	Students will be able to :
October	# Bank Reconciliation Statement: Need and preparation of Bank Reconciliation Statement	 appreciate that at times bank balance as indicated by cash book is different from the bank balance as shown by the pass book / bank statement and to reconcile both the balances, bank reconciliation statements are prepared.develop understanding of preparing bank reconciliation statements.
November	Unit 2: Accounting Process #Trial balance and Rectification of Errors #Trial balance: objectives, meaning and preparation (Scope: Trial balance with balance method only) #Errors: classification-errors of omission, commission, principles, and compensating; their effect on Trial Balance. #Detection and rectification of errors; (i) Errors which do not affect trial balance (ii) Errors which affect trial balance. #preparation of suspense account.	 Students will be able to: state the need and objectives of preparing trial balance and develop the skill of preparing trial balance. appreciate that errors may be committed during the process of accounting. understand the meaning of different types of errors and their effect on trial balance. develop the skill of identification and location of errors and their rectification and preparation of suspense account.
December	Unit 3: Financial Statements of Sole Proprietorship #Meaning, objectives and importance; Revenue and Capital Receipts; Revenue and Capital Expenditure; Deferred Revenue expenditure. #Opening journal entry. Trading and Profit and Loss Account: Gross Profit, Operating profit and Net profit.	 Students will be able to: state the meaning of financial statements the purpose of preparing financial statements. state the meaning of gross profit, operating profit and net profit and develop the skill of preparing trading and profit and loss accounts. explain the need for preparing a balance sheet.
January	Unit 3: Financial Statements of Sole Proprietorship # Preparation. Balance Sheet: need, grouping and marshaling of assets and liabilities. # Preparation, Adjustments in preparation of financial statements with respect to - closing stock, outstanding expenses, prepaid expenses, accrued income, income received in advance, depreciation, bad debts, provision for doubtful debts, provision for discount on debtors, Abnormal loss, Goods taken for personal use/staff welfare, interest on capital and managers commission. #Preparation of Trading and Profit and Loss account and Balance Sheet of a sole proprietorship with adjustments.	 Students will be able to: understand the technique of grouping and marshalling of assets and liabilities appreciate that there may be certain items other than those shown in trial balance which may need adjustments while preparing financial statements. develop the understanding and skill to do adjustments for items and their presentation in financial statements like depreciation, closing stock, provisions, abnormal loss etc. develop the skill of preparation of trading and profit and loss account and balance sheet.
February	REVISION, PROJECT WORK, PRACTICAL EXAMINATION	
March	ANNUAL EXAMINATION	

Syllabus (UT-I)	Syllabus (HY)	Syllabus (UT-II)	Syllabus (AE)
Unit 1 - All topics Unit 2 - Recording of Business Transactions; Vouchers & Transactions; Accounting Equation; Rules of Debit & Credit	Unit 2 - Journal Entry ; Special Purpose Book ; Cash Book ; Ledger	Unit 2 - Depreciation, Provisions and Reserves; Bank Reconciliation Statement; Trial Balance & Rectification of Errors	Unit 1, 2, & 3
PROJECT WORK	The expectations of the project work a ☐ Learners will complete only ONE pr ☐ Project should be of 3,500-4,000 wo ☐ It will be an independent, self-direct	oject in the academic session ords (excluding diagrams & graphs), pref	erably hand-written

	SUBJECT- BUSINESS STUDIES (054)				
	BOOKS: Business Studies Textbook For Class XI (NCERT) REFERENCE: SANDEEP GARG'S Business Studies for Class XI				
Month (Days)	Month (Days) Syllabus Learning Outcomes				
April	Unit 1: Evolution and Fundamentals of Business #Business – meaning and characteristics. #Business, profession and employment-Concept # Objectives of business #Classification of business activities - Industry and Commerce #Industry-types: primary, secondary, tertiary Meaning and subgroups #Commerce-trade: (types-internal, external; wholesale and retail) and auxiliaries to trade; (banking, insurance, transportation, warehousing, communication, and advertising) – meaning #Business risk-Concept	 Differentiate between business, profession and employment. Appreciate the economic and social objectives of business. Examine the role of profit in business. Understand the broad categories of business activities- industry and commerce Describe the various types of industries. Discuss the meaning of commerce, trade and auxiliaries to trade. Discuss the meaning of different types of trade and auxiliaries to trade. 			
	Unit 5: Emerging Modes of Business #E - business: concept, scope and benefits #Distinguish e-business from traditional business.	 Discuss the meaning, the scope of e-business. Appreciate the benefits of e- business Distinguish e-business from traditional business. 			
June	Unit 2: Forms of Business organizations #Sole Proprietorship-Concept, merits and limitations. #Hindu Undivided Family Business: Concept #Choice of Forms of Business	 Students will be able to: List the different forms of business organizations and understand their meaning. Identify and explain the concept, merits and limitations of Sole Proprietorship. Understand the concept of Hindu Undivided Family Business. 			

July	Unit 2: Forms of Business organizations #Partnership-Concept, types, merits and limitation of partnership, registration of a partnership firm, partnership deed. Types of partners #Cooperative Societies-Concept, types, merits, and limitations #Company - Concept, merits and limitations; Types: Private, Public and One Person Company - Concept #Formation of company - stages, important documents to be used in the formation of a company.	 Students will be able to: Identify and explain the concept, merits and limitations of a Partnership firm. Understand the types of partnership on the basis of duration and on the basis of liability. State the need for registration of a partnership firm. Discuss types of partners –active, sleeping, secret, nominal and partner by estoppel. Identify and explain the concept, merits and limitations of Cooperative Societies. Understand the concept of consumers, producers, marketing, farmers, credit and housing co- operatives. Identify and explain the concept, merits and limitations of private and public companies. Understand the meaning of one person company. Distinguish between a private company and a public company. Highlight the stages in the formation of a company. Discuss the important documents used in the various stages in the formation of a company. Distinguish between the various forms of business organizations. Explain the factors that influence the choice of a suitable form of business organization.
	Unit 3: Public, Private and Global Enterprises #Public sector and private sector enterprises – Concept #Forms of public sector enterprises: Departmental Undertakings, Statutory Corporations and Government Company.	 Students will be able to: Develop an understanding of Public sector and private sector enterprises Identify and explain the features, merits and limitations of different forms of public sector enterprises Develop an understanding of global enterprises, public private partnership by studying their meaning and features.
August	Unit 4: Business Services # Business services – meaning and types. Banking: Types of bank accounts - savings, current, recurring, fixed deposit and multiple option deposit account # Banking services with particular reference to Bank Draft, Bank Overdraft, and Cash credit. E- Banking meaning, Types of digital payments # Insurance – Principles. Types – life, health, fire and marine insurance– concept	 Students will be able to: Understand the meaning and types of business services. Discuss the meaning and types of Business service Banking Develop an understanding of different types of bank accounts. Develop an understanding of the different services provided by banks Recall the concept of insurance Understand Utmost Good Faith, Insurable Interest, Indemnity, Contribution, Doctrine of Subrogation and Causa Proxima as principles of insurance Discuss the meaning of different types of insurance-life, health, fire, marine insurance.

September	Unit 6: Social Responsibility of Business and Business Ethics # Concept of social responsibility. # Case for social responsibility # Responsibility towards owners, investors, consumers, employees, government and community. # Role of business in environment protection Unit 7: Sources of Business Finance #Business finance: Concept and Importance #Owners' funds- equity shares, preferences share, retained earnings— concept #Borrowed funds: debentures and bonds, loans from financial institutions and commercial banks, public deposits, trade credit, Inter Corporate Deposits (ICD).	Students will be able to: State the concept of social responsibility. Examine the case for social responsibility. Identify the social responsibility towards different interest groups. Appreciate the role of business in environment protection. State the concept of business ethics. Describe the elements of business ethics. State the meaning, nature and importance of business finance. Classify the various sources of funds into owners' funds. State the meaning of owners' funds. State the meaning of borrowed funds. Discuss the concept of debentures, bonds, loans from financial institutions and commercial banks, Trade credit and inter corporate deposits. Distinguish between owners' funds and borrowed funds.
October	Unit 8: Small Business and Entrepreneurship Development #Entrepreneurship Development (ED): Concept and Need. Process of Entrepreneurship Development: Start-up India Scheme, ways to fund startup. Intellectual Property Rights and Entrepreneurship #Small scale enterprise – Definition #Role of small business in India with special reference to rural areas #Government schemes and agencies for small scale #Appreciate various schemes of NSIC and industries: National Small Industries Corporation (NSIC) and District Industrial Centre (DIC) with special reference to rural, backward areas.	Students will be able to: Understand the concept of Entrepreneurship Development (ED), Intellectual Property Rights Understand the meaning of small business Discuss the role of small business in India Appreciate the various Government schemes and agencies for development of small scale industries. NSIC and DIC with special reference to rural, backward areas.
November	Unit 9: Internal Trade #Internal trade - meaning and types of services rendered by a wholesaler and a retailer	Students will be able to: State the meaning and types of internal trade. Appreciate the services of wholesalers and retailers. Explain the different types of retail trade.
December	Unit 9: Internal Trade #Large scale retailers-Departmental stores, chain stores – concept, merits and limitations of each.	 Students will be able to: Highlight the distinctive features of departmental stores, chain stores and mail order business. Understand the concept of GST

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January(20)	#Export Trade- I #Import Trade- I #Documents inv indent, letter of o bills, mate's rece	ade: concept and benefit Meaning and Procedure Meaning and Procedure olved in International Trade credit, shipping order, shipp	e; ping	 Identify the specimen of the various documents used in international trade. Highlight the importance of the documents needed in connection with international trade transactions State the meaning and the objectives of the World Trade Organization in promoting international trade. 		
February	REVISION, PROJ	ECT WORK, PRACTICAL	EXAMIN	MINATION		
March	ANNUAL EXAMIN	IATION				
Syllabus (UT-I)		Syllabus (HY)		Syllabus (UT-II) Syllabus (AE)		
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Syllabus (UT-I)	Syllabus (HY)	Syllabus (UT-II)	Syllabus (AE)	
UNITS - 1, 5	UNITS - 2, 3, 4	UNITS - 6, 7, 8	UNITS - 1 to 10	
PROJECT WORK	The expectations of the project work are that:			
	☐ Learners will complete only ONE project in the academic session			
	☐ Project should be of 3,500-4,000 words (excluding diagrams & graphs), preferably hand-written			
	☐ It will be an independent, self-direc	ted piece of study.		

SUBJECT – ECONOMICS (030)						
BOOKS: Statistics for						
	mics (NCERT)					
REFERENCE: DHAN	PAT RAI PUBLICATION (AUTHOR – Sandeep Garg)					
Month (Days)	Syllabus	Learning Outcomes				
	Unit 1: Introduction	To equip the students with basic tools of				
	What is Economics? Meaning, scope, functions and importance of statistics in	statistics and economics to analyse economic				
April	Economics	issues. Help build scientific temperament.				
Арін	Unit 2: Collection, Organisation and Presentation of data - Collection of data -	To equip learners with understanding of basic				
	sources of data - primary and secondary; how basic data is collected with	statistical tools so that they can easily				
	concepts of Sampling; methods of collecting data; some important sources of	analyse, understand and present economic				
	secondary data: Census of India and National Sample Survey	information.				

		To equip learners with understanding of basic	
June	Unit 2: Collection, Organisation and Presentation of data - Organisation of	statistical tools so that they can easily	
	Data: Meaning and types of variables; Frequency Distribution.	analyse, understand and present economic	
		information.	
	Unit 2: Collection, Organisation and Presentation of data - Presentation of	Equipment with basic tools of economics and	
I I	Data: Tabular Presentation and Diagrammatic Presentation of Data: (i) Geometric	statistics to analyze economic issues. This is	
July	forms (bar diagrams and pie diagrams), (ii) Frequency diagrams (histogram,	pertinent for even those who may not pursue	
	polygon and Ogive) and (iii) Arithmetic line graphs (time series graph).	this course beyond senior secondary stage	
	Unit 4: Introduction -Meaning of microeconomics and macroeconomics; positive	Learners are able to define, understand and	
	and normative economics What is an economy? Central problems of an economy:	distinguish between basic micro economic	
	what, how and for whom to produce; concepts of PPF and opportunity cost.	concepts	
August	Unit 5: Consumer's Equilibrium and Demand		
	Consumer's equilibrium - meaning of utility, marginal utility, law of diminishing	Students understand theories and principles	
	marginal utility, conditions of consumer's equilibrium using marginal utility	associated with consumer behaviour and	
	analysis. Indifference curve analysis of consumer's equilibrium-the consumer's budget (budget set and budget line), preferences of the consumer (indifference	demand. Are able to graphically illustrate consumer equilibrium using budget line,	
	curve, indifference map) and conditions of consumer's equilibrium.	indifference curves etc	
	Unit 5: Consumer's Equilibrium and Demand		
September	Demand, market demand, determinants of demand, demand schedule, demand	Students can distinguish between market and	
	curve and its slope, movement along and shifts in the demand curve; price	individual demand, explain and graphically	
	elasticity of demand - factors affecting price elasticity of demand; measurement of	depict movement and shift in demand. Students are able to calculate elasticity of	
	price elasticity of demand - percentage-change method and total expenditure	demand and interpret results	
	method.	demand and interpret results	
	Unit 3: Statistical Tools and Interpretation	To familiarize the students with various	
	Measures of Central Tendency- Arithmetic mean, median and mode	measures of central tendency, in different	
October	Correlation – meaning and properties, scatter diagram; Measures of correlation -	series. Understanding, working and	
	Karl Pearson's method, Spearman's rank correlation.	application of index and correlation.	
	Unit 3: Statistical Tools and Interpretation		
	Introduction to Index Numbers - meaning, types - wholesale price index, consumer		
November	price index and index of industrial production, uses of index numbers; Inflation and	Understanding of some basic economic	
	index numbers.	concepts and development of economic	
	Unit 6: Producer Behaviour and Supply	reasoning which the learners can apply in their	
	Meaning of Production Function – Short-Run and Long-Run Total Product,	day-to-day life as citizens, workers and	
	Average Product and Marginal Product. Returns to a Factor	consumers.	
	Cost: Short run costs - total cost, total fixed cost, total variable cost; Average cost;		
	Average fixed cost, average variable cost and marginal cost-meaning and their		
	relationships.		

December	Revenue - Producer's marginal co Supply, ma its slope, m	equilibrium-meaning and its cost. rket supply, determinants of su	venue - meaning and their relationship. onditions in terms of marginal revenue pply, supply schedule, supply curve and supply curve, price elasticity of supply;	Learners can analyse the relationship between inputs used in production, understand laws of production, cost and revenue, depict and explain producer's equilibrium. students can differentiate between firm and industry	
January February	Unit 7: For with simple Perfect com shifts in der Simple App Revision, F	ms of Market and Price Determinate applications. Inpetition - Features; Determination and supply. Ilications of Demand and Supply Project work & Annual Exam	tion of market equilibrium and effects of	Students understand the price mechanism as governed by the forces of demand and supply in a perfectly competitive market. They can comprehend and predict the impact of price ceiling and price floor	
March	ANNUAL EXAMINATION Syllabus (HY) Syllabus (UT-II) Syllabus (AE)				
	Syllabus (UT-I)		Syllabus (UT-II)	Syllabus (AE)	
Unit – 1 & 2 (Collection of Data)		Unit – 1,2,4,5	Unit – 3 (Measures of Centra Tendency), unit – 6 (Product Function)		
PROJECT WORK		The expectations of the project work are that: ☐ Learners will complete only ONE project in the academic session ☐ Project should be of 3,500-4,000 words (excluding diagrams & graphs), preferably hand-written ☐ It will be an independent, self-directed piece of study.			

SUBJECT-PHYSICAL EDUCATION (048)				
Month	Syllabus	Learning Outcome		
April	Unit I & II Changing Trends and Careers in Physical Education 1. Concept, Aims & Objectives of Physical Education 2. Development of Physical Education in India – Post Independence 3. Changing Trends in Sports- playing surface, wearable gear and sports equipment, technological advancements 4. Career options in Physical Education 5. Khelo-India Program and Fit – India Program Olympism Value Education 1. Olympism – Concept and Olympics Values (Excellence, Friendship & Respect),Olympic Value Education – Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will & Mind,Ancient and Modern Olympics	Paralympics and Special Olympic games		

June 1. Meaning and importance of Yoga 2. Introduction to Astanga Yoga 3. Yogic Kriyas (Shat Karma) 4. Pranayama and its types. 5. Active Lifestyle and stress management through Yoga • Recognize the concept of yoga and be awa it • Identify the elements of yoga • Identify the Asanas, Pranayama's, meditatio • Classify various yogic activities for the enhancement of the second of the concept of yoga and be awa it • Identify the Asanas, Pranayama's, meditatio • Classify various yogic activities for the enhancement of yoga.		
3. Yogic Kriyas (Shat Karma) 4. Pranayama and its types. • Identify the elements of yoga • Identify the Asanas, Pranayama's, meditatio		
 3. Yogic Kriyas (Shat Karma) 4. Pranayama and its types. Identify the elements of yoga Identify the Asanas, Pranayama's, meditation 		
5. Active Lifestyle and stress management through Yoga • Classify various yogic activities for the enha	 Identify the Asanas, Pranayama's, meditation, and yogic kriyas 	
concentration, Know about relaxation techniq	ues for improving	
Unit IV- Physical Education & Sports for CWSN (Children With The students will be able to:		
Special Needs- Divyang) • define the concept of disability and disorder		
1.Concept of Disability and Disorder, Types of Disability, its causes & • describe the Intellectual & Physical disability	 describe the Intellectual & Physical disability, its causes & nature. 	
July nature (Intellectual disability, Physical disability), Disability Etiquette explain the aim of Adaptive Physical Education	tion and the role of	
3.Aim & Objective of Adaptive Physical Education.Role of various various professionals for CWSN.	various professionals for CWSN.	
professionals for children with special needs (Counsellor, • Identify possibilities and scope in adaptive p	ohysical education	
Occupational Therapist, Physiotherapist, Physical Education • Relate various types of professional support	t for children with	
Teacher, Speech Therapist & special Educator) special needs along with their roles and response	onsibilities	
Unit V The students will be able to:		
Physical Fitness, Wellness, and Lifestyle • Explain wellness and its importance and determined by the second seco	fine the components of	
1. Meaning & importance of Wellness, Health, and Physical Fitness. wellness.		
2. Components/Dimensio ns of Wellness, Health, and Physical • Classify physical fitness and recognize its im	nnortance in life	
August Fitness • Distinguish between skillrelated and health-i	-	
3. Traditional Sports & Regional Games for promoting wellness physical fitness.	rciated components of	
The state of the s	nos to promoto	
E La La Caracteria Policia de la Cognetica gant	•	
weilitess. Nelate leadership through physical a	•	
• Illustrate the different steps used in first aid	- PRICE.	
Unit VI Test, Measurement & Evaluation The students will be able to:	1 0	
1. Define Test, Measurements and Evaluation. • Define the terms test, measurement, and evaluation.	·	
2. Importance of Test, Measurements and Evaluation in Sports. • Differentiate norm and criterion referenced s	standards,	
3. Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-	uation,	
• Discuss the importance of measurement and	d evaluation	
4. Somato Types (Endomorphy, Mesomorphy & Ectomorphy) processes,		
5. Measurements of health-related fitness • Understand BMI: A popular clinical standard	d and its computation	
Differentiate between Endomorphy, Mesomo	orphy & Ectomorphy h	
describe the procedure of Anthropometric	1 , 1 ,	
Unit VII The students will be able to:		
October Fundamentals of Anatomy, Physiology in Sports • Identify the importance of anatomy and phy	siology and recognize	
Definition and importance of Anatomy and Physiology in Exercise the functions of the skeleton.		
and Sports. • Understand the functions of bones and iden	tify various types of	

	Functions of Skeletal System, Classification of Bones, and Types of Joints.		joints and figure out the properties and functions of muscles and understand how they work.		
	3. Properties and Functions of Muscles.		 Understand flow they work. Understand the anatomy of the respiratory system and describe it's 		
	Structure and Functions of Circulatory System and Heart.		working. Identify and analyses the layout and functions of Circulatory		
	Structure and Functions of Respiratory System.		System		
	Unit VIII	у сустани		The students will be able to):
November	Fundamentals of Kinesiology and Biomechanics in Sports 1.Definition and Importance of Kinesiology and Biomechanics in Sports. Principles of Biomechanics		 Understand Kinesiology and Biomechanics with their application in sports. Explain biomechanical principles and their utilization in sports and physical education. 		
	3. Kinetics and Kine			 Illustrate fundamental bod 	dy movements and their basic patterns.
	 4. Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation 5. Axis and Planes – Concept and its application in body movements 		Planes and their application with body		
	Unit IX Psychology & Sports		The students will be able to:		
December	 Definition & Importance of Psychology in Physical Education & Sports; Developmental Characteristics at Different Stages of Development; Adolescent Problems & their Management; Team Cohesion and Sports; Introduction to Psychological Attributes: Attention, 		ges of esion and	 Identify the role of Psychology in Physical Education and Sports Differentiate characteristics of growth and development at different stages. Explain the issues related to adolescent behavior and Team Cohesion in Sports Correlate the psychological concepts with the 	
	Resilience, Mental Toughness		sports and athlete specific situations		
January	Unit X Training and Doping in Sports 1.Concept and Principles of Sports Training 2. Training Load: Over Load, Adaptation, and Recovery 3. Warming-up & Limbering Down – Types, Method & Importance 4. Concept of Skill, Technique, Tactics & Strategies Concept of Doping and its disadvantages 5.Concept of Doping and its disadvantages		 The students will be able to: Understand the concept and principles of sports training. Summaries training load and its concept. Understand the concept of warming up & limbering down in sports training and their types, method & importance. Acquire the ability to differentiate between the skill, technique, tactics & strategies in sports training. Interpret concept of doping. 		
February (23)	Practical's practice	and practical exams		<u> </u>	
March (22)	ANNUAL EXAMINATION				
Syllabus (UT-I)		Syllabus (HY)	Syllabus	s (UT-II)	Syllabus (AE)
Unit I TO Unit III		Unit IV TO Unit VI		ΓΟ Unit IX III	Unit I TO Unit X
Practical's - yogic practices		Practical's - Physical Fitness Test: SAI Khelo India Test	Practical's - Proficiency in Games P		Practical's - Viva Voce (Health/ Games & Sports/ Yoga
PROJECT WORK Record File					