# Syllabus, 2015 H.S. (Vocational)

XI-XII

# **Home Science**



The West Bengal State Council of Technical and Vocational Education and Skill Development Plot No. B/7, Action Area III, New Town, Rajarhat, Kolkata - 700160

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#### Nomenclature of different vocational groups under Home Science Discipline

SL No	Group Name	Gr. Code	Vocational subject combinations available in Class XII	Remarks
1	Community Healthcare	HSCH	<ol> <li>Community Nutrition (CONU)</li> <li>Hospital Management (HPMG)</li> <li>Public Health &amp; First Aid (PHFA)</li> </ol>	Any paper of this combination can be chosen as VP1 or VP2 as per discretion of the Vocational Training Centre(VTC).
2	Food and Nutrition	HSFN	<ol> <li>Food Processing &amp; Preservation (FPAP)</li> <li>Mushroom Culture (MRCL)</li> <li>Community Nutrition (CONU)</li> </ol>	Papers mentioned in Sl. No. 1 of this combination must be chosen as VP1. VP2 can be selected from Sl. No. 2 & Sl. No 3 of this combination as per discretion of the Vocational training Centre (VTC).
3	Community Healthcare	HSCH	<ol> <li>Community Nutrition (CONU)</li> <li>Hospital Management (HPMG)</li> <li>Public Health &amp; First Aid (PHFA)</li> </ol>	Paper mentioned in Sl. No. 1 & Sl. No. 2 of this combination must be chosen as VP1, VP2.
4	Home management	HSHM	<ol> <li>Interior Decoration (INDC)</li> <li>Garment Design (GMDG)</li> <li>Public Health &amp; First Aid (PHFA)</li> </ol>	Paper mentioned in Sl. No. 1 & Sl. No. 2 of this combination must be chosen as VP1, VP2.

VP1 and VP2 are two compulsory papers, Optional paper may be VP3

For all students of a VTC, choice of VP1 and VP2 must be same. Choice of 7<sup>th</sup> subject of all students for a VTC must be either VP3 or AE3.

[VP = Vocational paper, AE = Academic Elective]

# CURRICULUM STRUCTURE FOR H.S. (VOCATIONAL) COURSES w.e.f. 2015-16 session Discipline: Home Science [HS]

#### I. Scheme of Studies

No. of periods per week*	Theory +Practical	40/42/43	No. of effective weeks per year	40
			No. of weeks for class	36
			No. of weeks for exam	4
Duration of period	Theory	40 min		
**	Practical	40 min		

<sup>\* 8</sup> periods per day (Monday to Friday) x 5 = 40 periods + 4 periods in each Saturday.

#### II. Courses, Distribution of Marks and Classes

**CLASS-XI** 

					Distribution		Distribution			Total	
					of I	Mark		of (	Classes/W	eek	yearly
Group	Paper no.	Code	Subject	Theory	Practical	Project	Total	Theory	Practical Project/ Tutorial	Total	classes
Language	1	BEN1/ HIN1/ NEP1/ URD1	First Language: Bengali/Hindi/Nepali/ Urdu	80		20	100	2	1	3	108
Ľ	2	ENG1	Second Language: English	80		20	100	2	1	3	108
c onal	3.	BANU	Basic Nutrition	50	50		100	3	4	7	252
Basic Vocational	4.	ECCE	Early Childhood Care & Education	50	50		100	3	4	7	252
0	5	DTC1	Dietetics I	70	30		100	4	2	6	216
Academic elective	6	BSBC	Basic Science (Biology+ Chemistry)	70 [35 + 35]	30 [15 + 15]		100 [50 + 50]	4 [2 + 2]	2@ [1 + 1]	6 [3 + 3]	216 [108 + 108]
Common	7	EDCA	Entrepreneurship Development & Computer Application	50 [25 + 25]	25	25	100 [50 + 50]	4 [2 + 2]	4 [1 + 3]	8 [3 + 5] 40	288 108 + 180]
								22	10	40	

<sup>@</sup> Biology and Chemistry practical may be taken alternate week keeping continuous 2 periods for each lab.

<sup>\*\*</sup> Effective class duration: Monday to Friday – 5 hours 20min. per day, and Saturday - 2 hours 40 min.

#### Note:

A Candidate shall have to appear all subjects in the Annual Examination of Class XI and have to pass at least 5 subjects to pass class XI as per below distribution:

- Both subjects of Language group (Paper 1 & Paper 2)
- Both Subjects of Vocational group (Paper3 & Paper4)
- Any one subject either from Academic Elective group or from Common group (i.e. any one paper from Paper 5, Paper 6 & Paper 7). In case candidate pass in more than one subjects out of paper 5, paper 6 and paper 7, then subject with highest marks will be considered for calculation of Grade.

#### **CLASS-XII**

					Distribution of Mark				of (	Distribution Classes/Wo		Total yearly
Group	Paper no.	Code	Subject	Theory	Practical	Project	Total	Theory	Practical Project/ Tutorial	Total	classes	
	1	BEN2/	First Language:	80	-	20	100	2	1	3	108	
Language		HIN2/ NEP2/ URD2	Bengali/Hindi/Nepali /Urdu									
Lan	2	ENG2	Second Language: English	80	-	20	100	2	3(1+2*)	5	180	
Vocational	tional		Two vocational subjects as prescribed under vocational course [to be selected from table under Sl no. IV]									
Voc	3.		i) Vocational Paper I	50	40	10	100	3	4	7	252	
	4.		<ul><li>[VP1]</li><li>ii) Vocational Paper II</li><li>[VP2]</li></ul>	50	40	10	100	3	4	7	252	
lsory mic	5	BIOH	Biology [AE1]	70	30	-	100	4	2	6	216	
Compulsory Academic	6	DTC2	Dietetics II [AE2]	70	30	-	100	4	2	6	216	

									Distribution of Classes/Weel		Total yearly
Group	Paper no.	Code	Subject	Theory	Practical	Project	Total	Theory	Practical Project/ Tutorial	Total	classes
Optional Elective	7	or VP3	Human Development [AE3] OR One vocational subject as prescribed under vocational course [to be selected from table underSl no. IV][VP3]	<ul><li>70</li><li>50</li></ul>	30 40	10	100	3	4	7	216
Common	8.	ENST	Environmental Studies (**)	80	-	20	100	2	-	2	72
								24 /23	18 /20	42 /43	

<sup>(\*) 2</sup> Period are kept to develop the communication skill in English.

#### Note:

- Paper 7 is optional elective. A Candidate may or may not opt for it. Only if a Candidate opts for paper 7, marks scored will be displayed in final mark sheet.
- A Candidate shall have to appear at all subjects of Class XII and have to pass at least 5 subjects to pass class XII as per below distribution:

For student opting Paper 7	For student <b>NOT</b> opting Paper 7
- Both subjects of Language group Paper 1 & Paper2)	- Both subjects of Language group (Paper 1 & Paper 2)
- Both Subjects of Vocational group (Paper3 & Paper4)	- Both Subjects of Vocational group (Paper3 & Paper4)
- Any one paper from Paper5, Paper6 and Paper 7	- Any one paper from Paper5, Paper6.

- In case candidate pass in more than one subjects among Paper 5, 6, and 7 (if opted), paper with highest marks will be considered for calculation of Final grades. Final Grades will be calculated based on the marks attained only in Class XII.

<sup>(\*\*)</sup> The theory subject "Environmental Studies" [ENST] is compulsory for all the candidates only to generate awareness among the students. Evaluation will be taken place at the end of the year, but the obtained marks will not be considered for calculation of final marks.

#### III. AcademicElective Subject Package:

#### For Class XII

Sl No.	Subject Name	Subject code	Subject type
1.	Biology	BIOH	Compulsory Academic Elective
2.	Dietetics II	DTC 2	CompulsoryAcademic Elective
3.	Human Development	HUDV	Optional Elective

# IV. Different Vocational subject combinations available under Home Science [HS] discipline for Class XI and Class XII

SINo	Group code	Vocational subject for Class XI Vocational Subjects combinations available for Class XII		Remarks		
1	HSCH	<ol> <li>Basic Nutrition         [BANU]</li> <li>Early Childhood         Care &amp; Education         [ECCE]</li> </ol>	<ol> <li>Community Nutrition (CONU)</li> <li>Hospital Management (HPMG)</li> <li>Public Health &amp; First Aid (PHFA)</li> </ol>	Any paper of this combination can be chosen as VP1 or VP2 as per discretion of the Vocational Training Centre (VTC). For all students of a VTC choice of VP1 & VP2 must be same. Choice of 7th subject of all students for a VTC must be either VP3 or AE3.		
2	HSFN	<ol> <li>Basic Nutrition         [BANU]</li> <li>Early Childhood         Care &amp; Education         [ECCE]</li> </ol>	<ol> <li>Food processing &amp; Preservation (FPAP)</li> <li>Mushroom Culture (MRCL)</li> <li>Community Nutrition (CONU)</li> </ol>	Papers mentioned in Sl. No. 1 of this combination must be chosen as VP1. VP2 can be selected from Sl. 2 & Sl. No 3 of this combination as per discretion of the Vocational Training Centre (VTC). For all students of a VTC, choice of VP2 must be same. Choice of 7 <sup>th</sup> subject of all students for a VTC must be ei ther VP3 or AE3.		
3	HSCH	<ol> <li>Basic Nutrition         [BANU]</li> <li>Early Childhood         Care &amp; Education         [ECCE]</li> </ol>	<ol> <li>Community Nutrition         (CONU)</li> <li>Hospital Management         (HPMG)</li> <li>Public Health &amp; First         Aid (PHFA)</li> </ol>	Papers mentioned in Sl. No. 1 & Sl. No. 2 of this combination must be chosen as VP1, VP2. Choice of 7th subject of all students for a VTC must be either VP3 or AE3.		
4	NHSH	<ol> <li>Basic Nutrition         [BANU]</li> <li>Early Childhood         Care &amp; Education         [ECCE]</li> </ol>	<ol> <li>Interior Decoration         (INDC)</li> <li>Garment Design         (GMDG)</li> <li>Public Health &amp; First         Aid (PHFA)</li> </ol>	Papers mentioned in Sl. No. 1 & Sl.No. 2 of this combination must be chosen as VP1, VP2. Choice of 7th subject of all students for a VTC must be either VP3 or AE3.		

# Common Subject Class XI & Class XII



#### Bengali (BEN 1 & BEN 2)

#### একাদশ ও দ্বাদশ শ্রেণি

Total no. of weeks for classes/ Year: 36

Classes per week: 3 Th = 2

Total classes per year: 108 Th = 72 Project = 36

#### পূৰ্ণমান-১০০

মোট	-	\$00
প্রকল্প + প্রুফ	_	<b>₹</b> ○( <b>\$</b> @+@)
নির্মিতি	-	<b>\$</b> @
ভাষা	-	২৫
নাটক	-	<b>&gt;</b> 0
কবিতা	-	<b>\$</b> @
গদ্য	-	<b>\$</b> &

## একাদশ শ্রেণি (BEN 1)

গদ্য -

- ১. শরৎচন্দ্র চট্টোপাধ্যায় ইন্দ্রনাথ ও শ্রীকান্ত (অংশবিশেষ)
- ২. রাণী চন্দ পূর্ণকুম্ভ (অংশবিশেষ)
- ৩. তারাশংকর বন্দ্যোপাধ্যায় কালাপাহাড়
- 8. নারায়ণ গঙ্গোপাধ্যায় হাড়
- ৫. সৈয়দ মুজতবা আলী নোনামিঠা

**কবিতা** -

- ১. মধুসূদন দত্ত আত্মবিলাপ
- ২. রবীন্দ্রনাথ ঠাকুর আগমন

Project = 1

- ৩. কাজী নজরুল ইসলাম আমার কৈফিয়ৎ
- 8. শক্তি চট্টোপাধ্যায় যেতে পারি, কিন্তু কেন যাব?
- ৫. অন্নদাশংকর রায় কাজ

ভাষা/ব্যাকরণ —

নাটক — মেবার পতন — দ্বিজেন্দ্রলাল রায় (নির্বাচিত অংশ)

২০ (পিরিয়ড)

৮ (পিরিয়ড)

- ভারতে প্রচলিত ভাষা পরিবার। বাংলাভাষার উৎপত্তি ও ক্রমবিকাশ। বাংলা লিপির উৎস ও ক্রমবিকাশ।
- ভাষাবৈচিত্র্য সম্বন্ধে ধারণা। বাংলাভাষার আঞ্চলিক রূপ,
   সমাজভাষা ও ব্যক্তিভাষার সাধারণ পরিচয়
- সাধুভাষা ও চলিত ভাষা
   বানানবিধি

**নির্মিতি** -

প্রবন্ধ রচনা

প্রতিবেদন/পত্ররচনা

প্রকল্প -

প্রথ্য

মোট পিরিয়ড ১০৮

### দ্বাদশ শ্রেণি (BEN 2)

৩০ পিরিয়ড भा ३ ১) বঙ্কিমচন্দ্র চট্টোপাধ্যায় - সুবর্ণগোলক ২) রবীন্দ্রনাথ ঠাকুর - কঙ্কাল ৩) বিভূতিভূষণ বন্দ্যোপাধ্যায় - অভিনন্দন-সভা ৪) আশাপূর্ণা দেবী - ঈর্যা ৫) মতি নন্দী - অবিনাশের সাডে আটচল্লিশ কবিতা ঃ ৩০ পিরিয়ড ১) রবীন্দ্রনাথ ঠাকুর — প্রার্থনা ২) কাজী নজরুল ইসলাম - আমি গাই তারি গান ৩) জীবনানন্দ দাশ - সেই দিন এই মাঠ ৪) সুভাষ মুখোপাধ্যায় - ভুলে যাব না ৫) নীরেন্দ্রনাথ চক্রবর্তী - কলকাতার যীশু ৮ পিরিয়ড নাটকঃ রথের রশি - রবীন্দ্রনাথ ঠাকুর ২০ পিরিয়ড ভাষা/ব্যাকরণঃ ১) ধ্বনি - বাগযন্ত্র। বাংলাভাষার ধ্বনি ও বৈচিত্র্য। ধ্বনি পরিবর্তন। ২) বাংলাভাষার শব্দ তৈরির কৌশল। শব্দ ও অর্থ। ৩) বাক্যের আসন্তি, যোগ্যতা, আকাঙ্খা। বাংলা বাক্যের গঠন ও গঠনগত ভাগ। অর্থগত ভাগ। ৪) প্রবাদ প্রবচন। ৫) বিরামিচিহ্ন। নির্মিতি ১০ পিরিয়ড প্রবন্ধ রচনা (১০ নম্বর) ভাবসম্প্রসারণ/ভাবার্থ/তথ্যপঞ্জি অনুযায়ী (অনুচ্ছেদ রচনা/প্রবন্ধ রচনা) / মতের পক্ষে বা বিপক্ষে (প্রবন্ধ রচনা) অনুচ্ছেদ রচনা — (০৫ নম্বর)

প্রকল্প - ১০ পিরিয়ড

প্রফ

#### প্রকল্পের বিষয়

১ অনুবাদ (ইংরাজী বা হিন্দি ভাষা থেকে বাংলা)

- ২. সমীক্ষা (Survey Report)
- ৩. স্বরচিত গল্প রচনা
- 8. চরিত্র নির্মাণ (গল্প বা উপন্যাস থেকে যেমন ফেলুদা, ঘনাদা, ব্যোমকেশ)
- ৫. সাক্ষাৎকার গ্রহণ
- ৬. সাহিত্যিকদের জীবন, কর্ম ও অবদান

একাদশ এবং দ্বাদশের জন্য যে কোনো একটি করে মোট দুটি প্রকল্প নির্বাচন করবে।

মোট পিরিয়ড - ১০৮

	MCQ	VSA	ET	TOTAL
গদ্য	$3 \times 1 = 3$	$2\times 1=2$	$2 \times 5 = 10$	15
কবিতা	$3 \times 1 = 3$	$2\times 1=2$	$2 \times 5 = 10$	15
নাটক	$3 \times 1 = 3$	$2\times 1=2$	$1 \times 5 = 5$	10
ভাষা	$10 \times 1 = 10$	$10 \times 1 = 10$	$1 \times 5 = 5$	25
নির্মিতি			10 + 5	15
প্রকল্প + প্রুফ			15 + 5	20
	19	16		100

MCQ: Multiple Choice Questions

VSA: Very Short Answer Type Questions

ET: Essay Type Questions

## HINDI (HIN 1 and HIN 2)

# एकादश तथा द्वादश श्रेणी

Total no. of weeks for classes/ Year: 3	66	
Classes per week: 3	Th = 2	Project = 1
Total classes per year: 108	Th = 72	Project = 36
Total marks: 100	Th = 80	Project = 20

पूर्णमान-१००	
गद्य	15
काव्य	15
नाटक	10
भाषा	25
रचना	15
परियोजना	20 (15+5)
कुल	100

# एकादश श्रेणी (HIN1)

काव्य —	(30 पीरियड)
सूरदास के पद	
भारतेन्दु हरिश्चन्द्र	
मैथिलीशरण गुप्त – चारू चन्द्र की चंचल किरणें	
बच्चन – अग्नि पथ! अग्नि पथ!	
नागार्जुन – अकाल और उसके बाद	
गद्य	(30 पीरियड)
महावीर प्रसाद द्विवेदी – साहित्य	
चन्द्रधर शर्मा गुलेरी – उसने कहा था	

अज्ञेय - बहता पानी निर्मला

हरिशंकर परसाई - विकलांग श्रद्धा का दौर

नासिरा शर्मा - सबीना के चालीस चोर

**एकांकी** — (8 पीरियड)

उपेन्द्रनाथ अश्क - अधिकार का रक्षक

**भाषा / व्याकरण** — (20 पीरियड)

हिन्दी भाषा की उत्पत्ति और विकास

देवनागरी लिपि

हिन्दी की उपभाषाएँ

संज्ञा और उसके भेद

सर्वनाम और उसके भेद

विशेषण और उसके भेद

क्रिया और उसके मुख्य भेद

वाच्य परिवर्तन

वाक्य परिवर्तन

प्रत्यय और उपसर्ग

विराम चिन्ह्र

परिभाषा- प्रशासनिक, कारीगरी (कृषि, वाणिज्य)

**रचना विधि** — (10 पीरियड)

निबन्ध

प्रतिवेदन / पत्र

परिभाषिक शब्दावली

परियोजना (Project) (10 पीरियड)

## द्वादश श्रेणी (HIN2)

(30 पीरियड) काव्य — तुलसीदास के पद जयशंकर प्रसाद - अरी बरुणा की शांत कछार दिनकर – समर शेष है अज्ञेय - मैंने देखा, एक बूंद सर्वेश्वर दयाल सक्सेना – प्रार्थना (30 पीरियड) गद्य ----हजारीप्रसाद द्विवेदी - शिरीष के फूल प्रेमचन्द - मंत्र कृष्णा सोवती - सिक्का बदल गया राहुल सांकृत्यायन - किन्नर देश की ओर रवीन्द्रनाथ टैगोर - छुट्टी (8 पीरियड) नाटक — भुवनेश्वर - ताँबे के कीड़े व्याकरण — (20 पीरियड) सन्धि, समास, प्रत्यय, उपसर्ग, वाक्य परिवर्तन, वाक्य विश्लेषण निबन्ध रचना — (10 पीरियड) रिपोर्ट भाव विस्तार भाषण - पक्ष / विपक्ष प्रफ (10 पीरियड) परियोजना (Project)

अनुवाद - (अंग्रेजी या बांग्ला से हिन्दी में)

समीक्षा (Survey Report)

स्व रचित कहानी

कहानी का नाटक में परिवर्तन

साक्षात्कार

प्रमुख साहित्यकारों की जीवनी

	MCQ	VSA	ET	TOTAL
गद्य	3×1=3	2×1=2	2×5=10	15
पद्य	3×1=3	2×1=2	2×5=10	15
नाटक	3×1=3	2×1=2	1×5=5	10
भाषा	10×1=10	10×1=10	1×5=5	25
रचना			10 + 5	15
परियोजना + प्रूफ			15 + 5	20
	19	16		100

MCQ: Multiple Choice Questions

VSA: Very Short Answer Type Questions

ET: Essay Type Questions

# नेपाली (NEP 1 and NEP 2) (एघारौँ र बाह्रौँ श्रेणी)

Total no. of weeks for classes/ Year: 36

Classes per week: 3 Th = 2 Project = 1 Total classes per year: 108 Th = 72 Project = 36 Total marks: 100 Th = 80 Project = 20

पूर्णमान-१००			
गद्य	_	१५	
पद्य	_	१५	
नाटक	_	१०	
भाषा	_	२५	
रचना	_	१५	
परियोजना	_	२०	
पूर्णाङ्क	_	१००	

# एघारौँ श्रेणी (NEP1)

(३० पिरियड) पद्य जिन्दगीको मौसम १. लक्ष्मीप्रसाद देवकोटा - स्वर्ग आफै बन्छ २. बालकृष्ण सम ३. धरणीधर कोइराला - साहित्य सुधा प्रार्थना (जहाँ मन निर्भय छ) ४. रवीन्द्रनाथ ठाकुर अनु. बालकृष्ण सम (३० पिरियड) गद्य १. गुरुप्रसाद मैनाली कर्तव्य २. रूपनारायण सिंह बितेका कुरा

#### WBSCT&VE&SD

३. हरिप्रसाद 'गोर्खा' राई - गोर्खाको मोडेल

४. राजनारायण प्रधान - गान्धी

नाटक (८ पिरियड)

मनबहादुर मुखिया - 'चिडियाखाना' एकाङ्की मात्र (ॲंध्यारामा बॉंच्नेहरू)

- बाट

भाषा/व्याकरण (२० पिरियड)

१. भाषा - परिभाषा, भाषा र व्याकरणको सम्बन्ध, नेपाली भाषाको परिचय।

- २. लिङ्ग परिभाषा, प्रकार, पुलिङ्गबाट स्त्रीलिङ्ग बनाउने विधि।
- ३. वचन परिभाषा, प्रकार, एकवचनबाट बहुवचन बनाउने विधि।
- ४. विराम चिन्ह पूर्णविराम, अर्धविराम, प्रश्नसूचक चिन्ह, विस्मयादिबोधक चिन्ह।

रचना (१० पिरियड)

- प्रबन्ध रचना
- प्रतिवेदन / पत्ररचना

#### परियोजना (प्रोजेक्ट) (१० पिरियड)

(तलका मध्ये कुनै एउटा विषयमा मात्र)

- १. एच. आई. भी. एड्स रोग सङ्क्रमण र यसको रोकथामका उपायहरू (एक हजारदेखि पन्ध्र सय शब्दभित्र)
- २. दार्जिलिङ पहाडी क्षेत्रमा खानेपानीको समस्या र यसको समाधानका प्रयास, कारबाही र नयाँ उपायहरू (एक हजारदेखि पन्ध्र सय शब्दिभित्र)।
- ३. आफूले गरेको कुनै एउटा रोमाञ्चक यात्राको विवरण (पन्ध्र सय शब्दिभित्र)।
- ४. आफू सहभागी रहेको कुनै एउटा जिल्ला स्तरीय सामाजिक, सांस्कृतिक वा साहित्यिक कार्यक्रमको विवरण (पन्ध्र सय शब्दिभित्र)।
- ५. दार्जिलिङ पहाडी क्षेत्रको पर्यटन व्यवस्था र व्यवसायको स्थिति तथा यसको सुधारको सम्भावना पन्ध्र सय शब्दभित्र)।

## बाह्रौँ श्रेणी (NEP2)

पद्य (३० पिरियड)

१. लक्ष्मीप्रसाद देवकोटा - यात्री

२. गोपाल प्रसाद रिमाल - एक दिन एक चोटी आउँछ

३. भूपि शेरचन - शहीदहरूको सम्झनामा

४. नरबहादूर दाहाल - पतझङ्

गद्य (३० पिरियड)

१. रामकृष्ण शर्मा - प्यारो सपना

२. लैनसिंह बाङ्देल - मूर्तिकारको धोको

३. शिवकुमार राई - माछाको मोल

४. इन्द्रबहादुर राई - रातभरि हुरी चल्यो

नाटक (८ पिरयिड)

मनबहादुर मुखिया - 'ॲंध्यारामा बॉंच्नेहरू' एकाङ्की मात्र (ॲंध्यारामा बॉंच्नेहरूबाट)

भाषा – व्याकरण (२० पिरयिड)

तत्सम, तद्भव र आगन्तुक शब्द।

• नेपाली उखान, तुक्का र वाग्धारा।

पर्यायवाची, विपरीतार्थक र सार शब्द।

नेपाली वर्तनी प्रयोग विधि (हिज्जे)।

रचना (१० पिरियड)

- भावविस्तार वा सारांश लेखन
- विज्ञापन लेखन
- प्रबन्ध रचना
- अङ्ग्रेजीबाट नेपाली अथवा नेपालीबाट अङ्ग्रेजीमा अनुवाद

## परियोजना (प्रोजेक्ट) (१० पिरियड) (तलकामध्ये कुनै एउटा विषयमा मात्र)

- नशालु पदार्थ सेवनले युवावर्गमा पारेको नकारात्मक प्रभाव (एक हजारदेखि पन्ध्र सय शब्दभित्र)।
- कुनै दुईजना प्रसिद्ध नेपाली साहित्यकारहरूको साहित्यिक परिचय र तिनले पुप्याएको योगदानको मूल्याङ्कन (एक हजारदेखि पन्ध्र सय शब्दिभित्र)।
- विश्वधरोहर घोषित दार्जिलिङ हिमालयन रेलको इतिहास र वर्तमान समयमा यसको अवस्था (एक हजारदेखि पन्ध्र सय शब्दिभित्र)।
- दार्जिलिङ पहाड़ी क्षेत्रमा भल-पैहो, बाटाघाटा र पुल साँघुहरूको दूरावस्थाले जनजीवनमा ल्याएको सङ्कट निवारण गर्ने उपायहरू (एक हजारदेखि पन्ध्र सय शब्दिभित्र)।
- चामे ('परालको आगो'), गौथली ('परालको आगो'), रने ('माछाको मोल'), मोटा राई ('भ्रमर') कालेकी आमा ('रातभिर हुरी चल्यो') को चिरत्र चित्रण (एक हजारदेखि पन्ध्र सय शब्दिभित्र)।

	MCQ	VSA	ET	TOTAL
गद्य	3×1=3	2×1=2	2×5=10	15
पद्य	3×1=3	2×1=2	2×5=10	15
नाटक	3×1=3	2×1=2	1×5=5	10
भाषा	10×1=10	10×1=10	1×5=5	25
रचना			10 + 5	15
परियोजना			15 + 5	20
	19	16		100

#### WBSCT&VE&SD

MCQ: Multiple Choice Questions

VSA: Very Short Answer Type Questions

ET: Essay Type Questions

#### सन्दर्भ

- १. प. ब. उच्च माध्यमिक शिक्षा परिषद् नेपाली 'ए' (एघारौ र बाह्रौ श्रेणीका निम्ति)
- २. प. ब. उच्च माध्यमिक शिक्षा परिषद् नेपाली 'बी' (एघारौ र बाह्रौ श्रेणीका निम्ति)
- ३. प. ब. माध्यमिक शिक्षा परिषद् नेपाली 'बी' (नवौ र दसौ श्रेणीका निम्ति)
- ४. घनश्याम नेपाल र पुष्कर पराजुली माध्यमिक नेपाली व्याकरण र रचना
- ५. घनश्याम नेपाल र कविता लामा उच्च माध्यमिक नेपाली व्याकरण र रचना
- ६. मनबहादुर मुखिया अँध्यारामा बाँच्नेहरू (एकाङ्की सङ्ग्रह)
- ७. जेम्स कार्थक नेपाली साहित्यका केही प्रतिभाहरू

#### Urdu (URD 1 & URD 2)

#### Class XI & XII

Total of weeks for classes/year: 36		
Classes per week: 3	Th=2	Project=1
Total classes per year:108	Th=72	Project = 36
Total marks: 100	Th=80	Project = 20

#### Full Marks - 100

Total:	100
Project+Proof:	20 Marks (15+5)
Composition:	15 Marks
Language:	25 Marks
Drama:	10 Marks
Poetry:	15 Marks
Prose:	15 Marks

1 5 1 1 - ... 1 - ...

#### Class – XI (URD 1)

Poetry (30 Periods)

- 1. Faqiron ki sada (Nazm) Nazir Akbarabadi
- 2. Mad-o-Jazar-e-Islam (Nazm) Knwja Altaf Hussain Hali
- 3. Patta Patta, Boota Boota (Ghazal) Mir Taqi Mir
- 4. Phir Mujhe Deeda-e-tar.. (Ghazal) Mirza Ghalib
- 5. jab Daagh-e-Bekasi... (Mirthia)- Mir Anis

Prose (30 Periods)

- 1. Quissa Khwaja Sag-parast ka- (From "Bagh-o-Bhahar")-Mir Amman
- 2. Mir Mehdi Majrooh ke naam (Letter) Mirza Ghalib
- 3. Ummeed ki Khushi- (Essay) Sir Syed
- 4. Hasan Nizami ki hasti...(From Aap Beeti) Khwaja Hasan Nizami
- 5. "Kal raat paani barsa..." (Letter) Faiz Ahmad Faiz

#### H.S. (Vocational) Class XI & XII

**Drama:** Said-e-Hawas by Agha Hashr (First Act-two scenes) (8 Periods)

#### Language/Grammar

(20 Periods)

- Families of Indian Language
- Origin & Development of Urdu Language in India.
- Dialects of Western Hindi
- Daccani and Gujri urdu. Language of Sufi Saints.
- Characteridtics of Urdu Language in Northern & Southern India.
- Development of Urdu Language in Bengal
- Contributions of Fort William College, Calcutta. Beginning of Simple Urdu, Style of prose writing in Bahar-o-Bahar by Mir Amman & Letters of Mirza Ghalib.

#### Composition

**Easy Writing** 

Report/Letter Writing (10 Period)

#### **Project**

Proof (10 Period)

#### Class – XII (URD2)

Poetry (30 Periods)

- 1. Dar Madh Bahadur Shah Zafar (Qasida) Sk. Ibrahim Zauq
- 2. Masti mein Farogh-e-Rukh-e-janan (Ghazal) Asghar Gondvi
- 3. Isaan aur Bazm-e-Qudrat (Poem) Sir Md. Iqbal
- 4. Fakhta ki Awaz-(Poem)-Josh Malihabadi
- 5. Dard Ayega Dabey Paaon (Poem) Faiz Ahmad Faiz

Prose (30 Periods)

- 1. Bahadur Shah aur Phool walon ki sair- Farhatullah Baig
- 2. "Guzashta saal jab hum... (From Ghubar-e-Khatir) Maulana Azad
- 3. Insan kisi haal mein (From" Nairang-e-Khayal") Md. Hussain Azad

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- 4. Md. Ali jauhar (From Ganj-hai Giran-maya)- Rashid A. Siddiqui
- 5. Addu-(Short Story)- Jeelani Bano

#### Drama

**Drama** "Kheti" By: Prof. Md. Mujeeb (First Two Acts)

(8 Periods)

#### Language/Grammar

(20 Periods)

- Different parts of Urdu Grammar-Ilm-e-Hijja, Ilm-e-Huroof, Ilm-e-Nahy, Ilm-e-Bayan, Ilm-e-Urooz.
- Types of Huroof-Mufrid & Murakkab.
- Synonym & Antonym
- *I'raab* (sings)

zabar,zer,paish,jazam,mudd,tashdeed, tanveen,hamza,mauqoof.

- Different types of Gender, number, Tense in Urdu.
- Phrases & Proverbs.
- Construction of Sentences in urdu

Composition (10 Periods)

- Eassy Writting (10 Marks)
- Expression of Thoughts/Summary/Substance/Expand the idea
- Paragraph Writing (5 Marks)

#### **Project**

Proof (10 Periods)

#### **Topic of Project**

- 1. Translation (From English to Urdu)
- 2. Survey Report
- 3. Self-composed Story
- 4. Characterization (From Story or Novel like Asghari Akbari from "Miratul-Uroos", Mirza Zahirdar Baig from "Taubatun Nasooh")

For Class XI & XII one each topic will be selected. In total two topics will be selected.

- 5. Taking Interview
- 6. Writer's life, work & achievement.

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#### H.S. (Vocational) Class XI & XII

	MCQ	VSA	ET	TOTAL
Prose	3×1=3	2×1=2	2×5=10	15
Verse	3×1=3	2×1=2	2×5=10	15
Drama	3×1=3	2×1=2	1×5=5	10
Language	10×1=10	10×1=10	1×5=5	25
Composition			10+5	15
Project+Proof			15+5	20
	19	16		100

MCQ: Multiple Choice Questions

VSA: Very Short Answer Type Questions

ET: Essay Type Questions

#### **References:**

1. Urdu Selection of Prose & Verse, 2013. Published by W.B. Council of Higher Secondary Education

2. Maquddama-e-Tarikh-e-Zaban-e-Urdu. By: Msood Hussain Khan

3. Drama "Said-e-Hawas". By Agha Hashr

4. Drama Kheti. By: Prof. Md. Mujeeb

5. Bengal mein Urdu. By: Wafa Rashidi

6. Mashraqi Bengal mein Urdu. By: Iqbal Azim

#### English (ENG1)

#### Class XI

1.	Total Classes Per Week: 3	Theoretical: 2	Project/Tutorial:1
2.	Total Classes Per Year:108	Theoretical: 72	Project/Tutorial:36
3.	Total Marks: 100	Theoretical: 80	Project:20

# I. Topics Theoretical And Project Work

(80 Marks + 20 Marks)

Prose: 20 Marks
 Poetry: 20 Marks

3. Drama (One-act Play): 10 Marks

4. Rapid Reader (Comprehension): 10 Marks

5. Textual Grammar: 10 Marks

6. ESP (Personal Letter Writing/Official Letter Writing/Paragraph Writing): 10 Marks

7. Project Work: 20 Marks

**Total: 100 Marks** 

#### II. Detailed Content And Period Allocation

#### A. Theoretical:

I. Pro	se	15 Periods
i.	"Lalajee" By Jim Corbett	
ii.	"Cinderella" - Traditional	
iii.	"The School That I Would Like" By William	
2. Poe	try	
i.	"The Solitary Reaper" by William Wordsworth	9 Periods
ii.	"In Time of 'The Breaking of Nations" by Thomas Hardy	
iii.	"The Owl" by Edward Thomas	
3. Dra	ma (One-Act Play)	10 Periods
"]	The Death-trap" By H. H. Munro (Saki)	
4. Raj	oid Reader	12 Periods
"I	My Boyhood Days" By Rabindranath Tagore	
5. Tex	tual Grammar	16 Periods
i.	Narration Change	
ii.	Voice Change	
iii.	Transformation of Sentences	
iv.	Joining/Splitting	
V.	Filling in the blanks with correct forms of given verbs	
6. Eng	lish For Special Purpose (ESP)	10 Periods
i.	Personal Letter Writing (Within 120 Words)	
ii.	Official Letter Writing (Within 120 Words)	
iii.	Paragraph Writing (Within 120 Words)	
B. Pro	ject/Turorial:	
1. Pro	ject Work	
i.	Interview of a teacher / a member of the staff of the school / a member of the family / imaginary interview of a famous person, whether past or present	
ii.	Picture description	10 Periods

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iii. Autobiography of a non-living object, e.g. a pen / a coin / a book etc.

Note: For Project Work In Class XI, one out of the three above.

2. Tutorial 26 Periods

On theoretical work, specially Textual Grammar and ESP

#### III. Question Pattern And Marks Allotment

A. Theoretical: 80 Marks

1. Prose: 20 Marks

MCQ (4Alternatives)		
SAQ (6 Out of 10)	In a single sentence	$1 \times 6 = 6$ Marks
DAQ	In about 75 words (2 out of 3)	$5 \times 2 = 10 \text{ Marks}$

#### 2. Poetry: 20 Marks

MCQ (4Alternatives)	Word limit not applicable (4 out of 4)	$1 \times 4 = 4$ Marks
SAQ	In a single sentence (6 out of 10)	$1 \times 6 = 6$ Marks
DAQ	In about 75 words (2 out of 3)	$5 \times 2 = 10 \text{ Marks}$

#### 3. Drama: 10 Marks

MCQ (4 Alternatives)	Word limit not applicable (3 out of 3)	$1 \times 3 = 3$ Marks
SAQ	In a single sentence (2 out of 4)	$1 \times 2 = 2$ Marks
DAQ	In about 75 words (1 out of 3)	$5 \times 1 = 5$ Marks

MCQ: Multiple Choice Questions

VSA: Very Short Answer Type Questions

ET: Essay Type Questions

#### 4. Rapid Reader: 10 Marks (Only Comprehension Passage)

Rearrange	5 Marks
True/False	$1 \times 3 = 3$ Marks
Table completion	$1 \times 2 = 2$ Marks

#### 5. Textual Grammar: 10 Marks

Narration change	1 Mark
Voice change	1 Mark
Transformation of sentences	$1 \times 3 = 3$ Marks
Joining/Splitting	$1 \times 2 = 2$ Marks
Filling in the blanks with correct forms of given verbs	$1 \times 3 = 3$ Marks

#### **6. ESP: 10 Marks**

Personal letter writing (within 120 words)	10 Marks
Official letter writing (within 120 words)	10 Marks
Paragraph writing (within 120 words)	10 Marks

#### All three to be set as questions. Any one to be attempted

#### B. Project Work: 20 Marks

- i. Interview of a teacher / a member of the staff of the school / a member of the family / imaginary interview of a famous person, whether past or present
- ii. Picture description
- iii. Autobiography of a non-living object, e.g. a pen / a coin / a book etc.

Note: For Project Work in Class XI, one out of the three above.

Word Limit For Project Work: 800 - 1000 Words.

# English (ENG2) Class XII

1. Total Classes Per Week: 5	Theoretical: 2	Project/Tutorial: 3(1+2*) *2 periods for developing communicative
		skills in English
2. Total Classes Per Year:180	Theoretical: 72	Project/Tutorial: 36
		Developing communicative
		skills in English: 72
3. Total Marks: 100	Theoretical: 80	Project:20

# I. Topics Theoretical and Project work

(80 marks + 20 marks)

1. Prose: 20 Marks

2. Poetry: 20 Marks

3. Textual Grammar: 10 Marks

4. ESP (Personal Letter Writing/Official Letter Writing, CV (Curriculum Vitae) Writting/Report Writting, but no newspaper report): 10 Marks

5. Unseen Comprehension: 15 Marks

6. Project Work (Internal): 20 Marks

#### **TOTAL: 100 MARKS**

#### B. Developing Communicative Skills in English

#### (No marks allotted)

Beside being an independent area for developing communicative skills, this is also an area for preparation for Project Work and for developing skills in writing ESP items.

- 1. To develop listening and speaking skills.
- (i) **Listening Skill** Teachers will read out a passage to the students three times first time for listening, second time for writing down and third time for verifying, after which teacher will assess the listening skill of the students by examining the scripts of the students. The passages are to be selected by the teacher from school textbooks of a comparable level, or newspapers, magazines, journals etc., so as to be

- accessible by the students within their vocabulary capacity. The scripts of the students should be carefully preserved by the institutions.
- (ii) **Speaking Skill** Teachers will ask the students to read out a passage, and the teachers will assess the speaking skill of the students. The passages are to be selected by the teacher from school textbooks of a comparablr level, or newspaper, magazines, journals etc., so as to be accessible by the students within their vocabulary capacity. Passages given to the students for reading out should be carefully preserved by the institutions.
  - Note: Students shall be tested on listening and speaking skills the two components of the Project Work of 20 marks. (Refer to B. Project Work under III. Question Pattern and Marks Allotment)
- 2. To Practise the items in English for Special Purpose (ESP).
  - (i) Personal Letter Writing (ii) Official Letter Writing (iii) CV Writting (iv) Report Writing (No Newspaper Report).

Note: ESP to be tested in the theoretical part of 80 marks. (Refer to III.A.4)

15 periods

#### II. Detailed Content and Period Allocation

#### A. Theoretical:

15 periods 1. Prose i. "Three Questions" by Leo Tolstoy ii. "The Parrot's Training" by Rabindranath Tagore iii. "The Face of Judas Iscariot" by Bonnie Chamberlin 2. Poetry 10 periods i. "I Remember, I Remember" by Thomas Hood ïi. "Break, Break," by Lord Tennyson "The Send-off" by Wilfred Owen iii. 20 periods 3. Textual Grammar i. Narration change ii. Voice change iii. Transformation of sentences Filling in the blanks with articles and prepositions iv. Correction of errors V. 4. English for Special Purpose (ESP) 12 periods i. Personal Letter Writing (within 120 words) ii. Official Letter Writing (within 120 words) CV Writing (within 120 words) iii. Report Writing (NO NEWSPAPER REPORT) iv. (within 120 words)

5. Unseen Comprehension

# B. Project/Tutorial:

1. Project Work

- i. Listening Skill
- ii. Speaking Skill

2. Tutorial 26 Periods

On theoretical work, specially on textual questions and textual grammar

# 3. Develoing Communicative Skills in English:

1.	Developing Listening Skill	24 Periods
ii.	Developing Speaking Skill	24 Periods
::: 111	Practice of ESP items	24 Periods

# III. Question Pattern And Marks Allotment

Total Marks: 100 (Theoretical: 80, Project Works: 20)

#### A. Theoretical:

#### 1. Prose: 20 Marks

MCQ (4 Alternatives)	Word limit not applicable (4 out of 4)	$1 \times 4 = 4$ Marks
SAQ	In a single sentence (6 out of 8)	$1 \times 6 = 6$ Marks
DAQ	In about 75 words (2 out of 3)	$5 \times 2 = 10 \text{ Marks}$

# 2. Poetry: 20 Marks

MCQ	Word limit not applicable	$1 \times 4 = 4$ Marks
(4 Alternatives)	(4 out of 4)	
SAQ (6 out of 8)	in a single sentence	$1 \times 6 = 6$ Marks
DAQ (2 out of 3)	in about 75 words	$5 \times 2 = 10 \text{ Marks}$

#### 3. Textual Grammar: 15 Marks

Narration Change	$1 \times 2 = 2$ Marks	
Voice Change	1 Marks	
Transformation of Sentences	$1 \times 6 = 6$ Marks	
Filling in the Blanks With Articles and Preposition	$1 \times 3 = 3$ Marks	
Correction of Errors	$1 \times 3 = 3$ Marks	

#### 4. ESP: 10 Marks

10 Marks
10 Marks
10 Marks
10 Marks

# Any three out of the four above to be set as questions, any one to be attempted

# 5. Unseen Comprehension: 15 Marks

Rearrange	5 Marks
True/False	$1 \times 4 = 4$ Marks
Table Completion	$2 \times 3 = 6$ Marks

# B. Project Work: 20 marks

i. Test of Listening Skill	10 Marks	
ii. Test of Speaking Skill	10 Marks	

# **Entrepreneurship Development & Computer Application (EDCA)**

# Class XI

Total no. of weeks for classes / Year: 36

Classes per week: 8 Th=4 Practical/Project=4

Total classes per year: 288 Th=144 Practical/Project = 144

Total marks: 100 Th=50 Practical = 25 Project = 25

#### **Course Contents:**

**Theory:** 

#### **Group A (Entrepreneurship Development)**

Theory (25 marks, 72 Periods)

#### Module I: Overview and definition of Entrepreneurship

[Period - 6]

Content: 1.

- 1. Definition of Entrepreneurship
- 2. Definition of Entrepreneur
- 3. Qualities of an Entrepreneur
- 4. Creativity and Risk-taking

#### Module II: Basic forms of Small Business

[Period -14]

**Content:** 

- 1. Sole Proprietorship Advantages & disadvantages
- 2. Partnership Advantages & disadvantages
- 3. Corporations-Advantages & disadvantages
- 4. Special forms of business -
  - (i) Franchises (Home based and Web based), (ii) Self-help Group
- 5. Reasons for success / failure of small business

#### Module III: Legal Requirements for starting a small business

[Period -16]

**Content:** 

- 1. Government Policies
- 2. Government incentives to small businesses
- 3. Licensing
- 4. Clearance from Pollution Control Board
- 5. Others

#### Modulc IV: Managerial Requirements for starting a small business

[**Period - 22**]

**Content:** 

- 1. Planning
- 2. Financing
- 3. Marketing
- 4. Human Resource Development
- 5. Accounting

# Module V : Contents of a Project Report for starting a Business

[Period -14]

- 1. Narrc of the Applicant
- 2. Address of Communication
- 3. Name of the Proposed Enterprise (If Decided)
- 4. Proposed Location of Enterprise
- 5. Category of Enterprise
  - (i) Micro (ii) Small (iii) Medium
- 6. Nature of Activity
  - (i) Manufacture (ii) Service
- 7. Nature of Operation
  - (i) Perennial (ii) Seasonal (iii) Casual
- 8. Type of Organisation
  - (i) Proprietary (ii) Partnership (iii) Self-help Groups (iv) Others
- 9. (a) Main Manufacturing/Service Activity
  - (b) Products to Be Manufactured/Service to Be Provided
- 10. (a) Proposed Investment In Fixed Assets [Rupees In Lakh]
- 11. Installed Capacity (Proposed) per Annum
  - (i) Quantity (ii) Unit
- 12. Power Load (Anticipated)
- 13. Other Sources of Energy/Power
- 14. Expected Employment

- 15. Expected Schedule of Commencement of Production/Activity
- 16. Entrepreneurs' Profile:
  - (i) Name (ii) Gender (iii) Community (iv) Knowledge Level

#### **Reference Book:**

- 1. Entrepreneurship Development (in English) S. Anil Kumar- Jain Book Agency
- 2. Entrepreneurship Development & Management (in English) Dr. A. K. Singh
- 3. Entrepreneurship and Small Business Development (in English) Kiran Sankar Chakraborty
- 4. Entrepreneurship Development & Computer Applications (in English & Bengali, bilingual version)-Bhagabati Publications

#### **Group B (Computer Applications)**

#### Theory (25 Marks, 72 Periods)

#### **Unit 1: Introduction to Computer Systems**

(Periods 22)

- Delinition of Computers
  - Features of Computers
  - Functions of Computers
- Evolution of Computers
  - Abacus, Napiers Bone, Pascaline, The Babbage Machine
- Generations of Computers
  - First, Second, Third, Fourth and Fifth Generations of Computers
- Classifications of Computers (Concept only)
  - Analogue, Digital, Hybrid Computers
  - Mainframe and Super Computers
  - Mini, Micro, Laptop Computers
  - Computer Systems
  - Hardware, Software, Data & Information, People
- Computer Organization
  - Block Diagram of a Computer
  - Central Processing Unit: CU, ALU
  - The Bus: Data and Address Bus

- Input Devices
  - Keyboard, Mouse, Scanner, OMR, OCR, Barcode Reader, Joystick, Light Pen
- Output Devices
  - Monitor, Printer, Plotter
- Computer Memory
  - Cache, Primary, Secondary Memory

#### **Unit 2: Number Systems and Computer Codes**

(Periods 24)

- Concept Non-positional Number System
  - Roman Number System
- Concept Positional Number System
  - Binary, Octal, Decimal and Hexadecimal Number System
- Inter-conversion between the Number Systems
- Arithmetic
  - Addition, Subtraction, Multiplication and Division of Binary Numbers
- Complements: 1's and 2's Complements, Binary Addition and Subtraction using 1's and 2's Complement methods
- Representation of Numbers: Integer and Floating Point Representation
- Integer and Floating Point Arithmetic
- Computer Codes
  - BCD, ASCII, Gray, Excess-3 Code

# **Unit 3: Computer Software and Programming Languages**

(Periods 26)

- Definition of Software
- Classification of Softwares
  - System Software
    - Translator: Compiler, Interpreter. Assembler
    - Operating Systems
      - Definition and functions of OS
      - Classification: Single User. Multi User, Multiprogramming, Timesharing Operating System (Definitions only)
      - Booting: Cold and Worm Booting (Definitions only)
      - Concept of GUI and CUI
      - MS DOS: Popular Internal and External Commands only
      - Concept of Windows OS (Windows 2007 and Compatible)

#### WBSCT&VE&SD

- Application Software
- Concept of Problem Solving
  - Algorithm, Flowchart (Definitions and Examples)
- Concept of High and Low Level Languages

#### **Reference Book:**

- 1. Fundamentals of Computers McGraw Hill Education, Balagurusamy
- 2. Fundamentals of Computers Oxford University Press, by Thareja
- 3. Fundamentals of Computers PHI Pvt. Ltd., by Rajaraman

# Project - (25 Marks, 36 Periods)

#### **Entrepreneurship Development**

 Every student should exercise the "Entrepreneurship Readiness Questionnaire" to assess the Entrepreneurial Potential in him.

The assessment is to be made by the student himself or herself, and is required to be ratified by the subject teacher.

Entrepreneurship Readiness Questionnaire

[Period -18, Marks allotted-10]

#### Purpose:

This exercise is intended to assess the subtle qualities of a student. Not everyone is cut out to be an entrepreneur. The fact is, there are certain traits, however, that seem to separate those who will be successful as entrepreneurs from those who may not be. This questionnaire will help to determine in which category a student fits better.

Each student is required to put a tick (✓) mark for each question which best describes his/her traits.

# Markings:

• For Question numbers 01,02,06,08,10,11,16,17,21,22,23

Onc mark for each tick mark is to be awarded to a student if his/her responses to these questions fall under "Agree Completely" and "Mostly Agree". No marks will be awarded for this group of questions if the responses fall under "Partially Agree", "Mostly Disagree" or "Disagree Completely".

• For Question numbers 03,04,05,07,09,12,13,14,15,18,19,20,24,25

One mark for each tick mark is to be awarded to a student if his/her responses to these questions fall under "Mostly Disagree" and "Disagree Completely". No marks will be awarded for this group of questions if the responses fall under "Agree Completely", "Mostly Agree" or "Partially Agree".

Ques. No.	The Question	Agree Compl- etely	Mostly Agree	Parti- ally Agree	Mostly Disa- gree	Disa- gree Compl- etely
01.	I am generally optimistic					
02.	I enjoy competition and always try to do things better than my competitor					
03.	In solving a problem, I always try to get the best solution first and do not worry about other solutions of the problem					
04.	I enjoy association of my friends after school hours and attending local club every evening					
05.	If I am asked to bet for an event, I try to bet in favour of that outcome which may earn maximum profit for me					
06.	I like setting my own goals and working hard to achieve them					
07.	I am generally casual and do not take anything seriously					
08.	In taking action for any event, I first like to know what is going on in that event: that is I donot take any action without having strong idea on the event					
09.	I work best under the guidance of someone else					
10.	I can convince others, if I am in right position					
11.	I find that other people/friends frequently waste my time					
12.	I enjoy watching football, cricket and other sports events					
13.	I tend to communicate about myself openly with other people					
14.	I donot mind following orders from any person, elder or younger, who has authority to order me (e.g. to follow the order of the captain of your school team, to which you are also a member, and the captain may be older than or younger to you)					

Ques. No.	The Question	Agree Compl- etely	Mostly Agree	Parti- ally Agree	Mostly Disa- gree	Disa- gree Compl- etely
15.	I enjoy more in planning things and less in executing plans					
16.	I donot like to bet on any event that has more chance to occur					
17.	If my attempt to any action fails, I quickly shift to something else and do not stick to the failed action					
18.	To become successful in business, I think enough time should be kept reserved for my family members/friends					
19.	When I earn some money, I donot use it for unnecessary causes, rather I keep it secured for use in future emergencies					
20.	I think that making a lot of money is a turning point in life					
21.	If a problem has a number of alternatives, solving that problem becomes more effective					
22.	I enjoy impressing others with the things that I can do very well					
23.	I enjoy playing carrom, chess, badminton, cards ete. with a person/friend who plays better than me					
24.	In business dealings, I think moral ethics of a person must be bent a little to get things done					
25.	I think that good friends always make another good					

#### **Result:**

Your Score	Your Entrepreneurial Potential
21- 25	You have great entrepreneurial potential
16 - 20	You could be quite successful entrepreneur if your other talents and resources are right
11 - 15	You are in transitional range. With some serious work you can probably develop the outlook you need for running your own business
06 - 10	Your entrepreneurial potential is doubtful. It would take considerable re-arrangement of your life philosophy and behavior to make it
00 - 05	Entrepreneurship is not really for you.

- 2. Visit the owner of a small business in your locality. Collect data/informarion from the business person with regard to the following points -
  - 1. Type of business
  - 2. Type of customers (e.g. for business dealing with educational stationery, customers are mainly school and college students erc.)
  - 3. Sources of raw materials
  - 4. Monthly/annual sales (approximate figures)
  - 5. Monthly/annual profit (approximate figures)
  - 6. Threats to the business (like funding, nearest competitor, obsolescence of the product etc.)
  - 7. Opportunities to the business
  - 8. Future plans

#### OR

- 3. Collect the story of a successful entrepreneur from magazines, journals or through Internet. Read his/her success stories and write an essay on the fact highlighting following points -
  - 1. What motivated the person to start his/her own business?
  - 2. How the entrepreneur selected the type of business?
  - 3. What were the obstacles the entrepreneur faced at the beginning?
  - 4. How the entrepreneur overcame the obstacles?
  - 5. What did you learn from the story?

You can take the examples of Great Indian Entrepreneurs from internet by searching

- 1. Successful Indian Entrepreneurs
- 2. Success stories of small entrepreneurs
- 3. Successful Woman Entrepreneurs and so on

[Period -18, Marks - 15]

#### Practical: (25 Marks, 108 Periods)

#### **Computer Applications**

- Windows OS (MS Windows 2007 or Compatible)
  - Starting and Shuting down Windows
  - Working with Taskbar, Control Panel and Desktop Icons
  - Changing Desktop Background
  - Locking or Unlocking, Hiding or Unhiding Taskbar
  - Working with Windows Search and Help
  - Working with Windows Libraries and Wndows Explorer
  - Managing Files and Folders
  - Working with Windows Accessories
- DOS: Working with MS DOS Commands as in theory part
- Word Processing (MS Word 2007 or Compatible)
  - Creating, Opening, Editing, Formatting and Saving Word Document
  - Working with Page Setup, Headers and Footers
  - Inserting Clip-Art, Word-Art, Auto Shapes, Picture, Symbols, Equation
  - Working with Table Insertion, Spelling and Grammar Check
  - Working with Mail Merge and Macros
  - Working with Printer Setup and Document Printing
- Spread Sheet (MS Excel 2007 or Compatible)
  - Creating, Opening, Editing and Saving Word
  - Changing Rows and Column Width
  - Formatting Cells and Entering values
  - Use of In-built Commands
    - SUM, PRODUCT, AVERAGE, MAX, MIN, COUNT, IF, OR, NOT, DATE, TIME, UPPER, LOWER
  - Working with Auto Fill, Conditional Formatting
  - Sorting and Filtering Data
  - Working with Charts
- The Internet
  - Browsing the Internet
  - Using Search Engines
  - Creating and accessing E-mails
  - Sending/Receiving mails with attachments

# **Environmental Studies (ENST) Class XII**

Total of weeks for classes/year: 36

Classes per week: 2

Total classes per year:72 Th=58 Project = 14

Total marks: 100 Th= 80 Project = 20

# **Unit Wise Distribution of Marks and Periods**

	Unit	Marks	No. of Periods
	I	05	04
	П	06	05
	III	08	06
	IV	06	04
	V	08	05
	VI	10	08
	VII	10	08
	VIII	06	04
	IX	07	05
	X	06	03
	XI	06	04
	XII	02	02
Total	12	80	58

#### **Course content:**

#### Theory:

#### **Unit I** Introduction

- i What is environment
- i Physical, Biological and Social Environment
- iii Perception of environment in ancient India
- iv Indian society and environment: Indian heritage, custom and culture

#### Unit II Man and Environment-A

- i Origin of Earth evolution of its land, ocean and atmosphere
- i Development of Life its impact on atmospheric composition emergence of terrestrial life emergence of homosapien sapiens
- Earth a dynamic system present day environment is a result of continuing geological and life processes and interaction between them.
- iv Anthropogenic activities and their impact on environment
- v Impact of human activities on environment since industrial revolution.

#### Unit III Man and Environment-B

- i Urban and rural environment
- i Impact of urbanisation on environment
- iii Impact of development on environment
- iv Impact of population on environment
- v Impact of poverty on environment
- vi Impact of bad habits (e.g. spitting, responding to nature's call in the open) and superstition on environment
- vii Wanton destruction of environment for personal greed
- viii Degradation of natural wealth by human activities
- ix Importance and need of environmental studies.

#### Unit IV Disaster and Environment

i Impact of Natural Disasters - earthquakes, volcanic eruptions, forest fires, cyclones, typhoons, hurricanes, tornados, floods, landslides.

Impact of Man Made Disasters -

Destruction of Hirosima and Nagasaki by atom bomb,

i Bhopal Gas Tragedy, Chernobyl accident and Minamata disease.

#### Unit V Environmental Pollution - A

- i Pollution and pollutant
- i Air Pollution pollutants (solids, liquids and gases) and their sources, adverse effects of air pollution, control of air pollution

**AIR QUALITY** 

Smog - classical smog and photochemical smog, condition for photochemical smog event, selected photochemical smog species, adverse effects of photochemical smog, control

- iii Land Pollution pollutants and their sources, adverse effects and control
- iv Water Pollution pollutants and their sources, adverse effects and control.
   Quality of drinking water

#### Unit VI Environmental Pollution - B

- i Acid Rain causes of acid rain, adverse effects and control
- i Greenhouse Gases their sources, greenhouse effect and global warming, effects of global warming, measures to control global warming.
- iii Ozone Layer its range and importance, how it prevents harmful uv radiation from falling on earth.

  Depletion of ozone layer causes and effects.

Antartic and Arctic so called "ozone hole" - its adverse effects.

- iv Adverse effects of tobacco smoking including indoor tobacco smoking
- v Adverse effects of e-wastes and plastics on environment
- vi Radiation pollution
- vii Noise pollution
- viii Odour pollution, pollen pollution
- ix Thermal pollution
- x Metal pollution Cr, Cu, Zn, Cd, Hg, Pb their sources and adverse effects

#### **Unit VII** Environment Conservation

- i Importance of environmental conservation
- i Conservation of biodiversity
- iii Conservation of forests
- iv Conservation of wild life
- v Conservation of soil
- vi Conservation of wet-lands
- vii Role of society in the environmental conservation.

#### **Unit VIII Energy and Environment**

- i Energy and civilisation
- i Use of conventional sources of energy coal, petrol, diesel, wood adverse effects on the environment.
- iii Use of atomic energy advantages and disadvantages
- iv Use of non-conventional and renewable sources of energy advantages.

#### **Unit IX** Sustainable Development

- i The concept of sustainable development
- ii Sustainable industry
- iii Sustainable agriculture

#### **Unit X** Environment - Related Movements in India

- i Introduction
- ii Chipko movement
- iii Save Normada Movement
- iv "Silent Valley" Movement

#### Unit XI International Conferences of Human Environment

- i Stockholm Conference, 1972
- i Earth Summit Conference, 1992
- iii Montreal Protocol, 1987
- iv Kyoto Protocol, 1997
- v Conference of the Parties (Cop21), Paris, 2015

#### WBSCT&VE&SD

#### **Unit XII** The Green Bench

- i What is Green Bench
- i Jurisdiction of Green Bench

### **Project:**

Full Marks: 20 No. of Periods: 14

The students will have to undertake a PROJECT. They may choose the topic of PROJECT in consultation with their teachers. As examples, a few topics are given below:-

- 01 Domestic solid and liquid disposals in a specified locality
- 02 Month wise average temperature for the last five years
- 03 Month wise average rain-fall for the last five years
- 04 Drainage system in a specified locality
- 05 Impact of road widening on plant population
- 06 Rain-water harvesting
- 07 TV viewing and exposure to extra radiation
- 08 Hazards of drinking water containing arsenic above safe limit
- 09 Importance of wet land
- 10 Occupational health hazards
- 11 e-waste and plastic disposal
- 12 Impact of urbanisation on biodiversity

# Vocational Subjects & Academic Elective Subjects Class XI

# Basic Nutrition (BANU) Class XI

Total no. of weeks for classes / Year: 36

Classes per week: 7 Th=3 Practical/Project=4

Total classes per year: 252 Th=108 Practical/Project=144

# **Course Contents:**

# Theory:

	Торіс	Periods	Marks
1.	Basic concepts on Food, Nutrition and Health. Classification of Food in the maintenance of good health.	2	1
2.	Carbohydrates- definition, classification, sources, daily requirements and functions. Basic concepts (glucose, fructose, galactose), Diglycerides (lactose, maltose, sucrose), Polysaccharides (starch, dextrin and cellulose). Deficiency and excess intake of carbohydrates.	8	4
3.	Proteins - definition, classification, sources, daily requirements and function. Amino acids-definition, classification and functions. Concepts of Nutritive value of proteins. Difference between animal protein and vegetable protein. Assessment of protein quality. Deficiency and excess intake of proteins.	8	4
4.	Lipids - definition, classification, sources, daily requirements and functions. Fatty acids- definition, classification and functions. Cholesterol definition, characteristics and regulation of cholesterol.	6	3
5.	Vitamins - definition, classification, sources, daily requirements, functions, deficiency and excess of fat soluble vitamins (A,D,E,K) and water soluble vitamins (B-Complex, C).	18	9
6.	Minerals - sources, daily requirements, deficiency, excess and physiological role of Ca, Fe, P, Iodine, Zn,Na,K, Fluorine.	16	8
7.	Water - daily requirements, functions and water balance.	8	3

	Торіс	Periods	Marks
8.	Fibers-Classification, sources and functions.	4	2
9.	Digestion and absorption of carbohydrates, proteins and fats.	16	6
10.	Cookery and kitchen sanitation: Methods of cooking and their effects of nutritive value of foods. Measures for the prevention and loss of nutrients. Ideal Kitchen.	8	3
11.	General ideas of food groups & their nutritional significance. Food Pyramid. Nutritive values of cereals, pulses ,roots & tubers, leafy vegetables ,other vegetables, fruits, meat, fish, poultry, fats & oils and sugar & jiggery.	14	7

#### Marks Allotment:

Objective type:  $(1 \times 10)=10$  (To be answered total Ten questions out of Twelve questions)

Descriptive type:  $(8 \times 5) = 40$ ; (To be answered total five questions out of Eight questions)

# **Practical:**

#### **Basic Nutrition Lab.**

	Торіс	Periods	Marks
1.	Estimation of different foods stuffs-Eye estimation, Household measurement & Actualweighing method.	14	5
2.	Preparation of food items by different cooking methods and from different food groups.	80	30
3.	Identification of carbohydrates, proteins and fats.	50	15

#### **Reference Books:**

- 1) Khadda o-pusti : SunitiGhoshChatterjee(Pub:Calcutta Book House)
- 2) PustiBigyan:Sahu&Sahu (ChhayaPrakashani)
- 3) PustiBigyan: KumkumPurkait (NababharatiPrakashini)
- 4) PustiBigyan : Santra(Santra Publication)

# Early Childhood Care and Education (ECCE)

# Class XI

Total no. of weeks for classes / Year: 36

Classes per week: 7 Th=3 Practical/Project=4

Total classes per year: 252 Th=108 Practical/Project = 144

Total marks: 100 Th= 50 Practical = 50

**Course Contents:** 

**Theory:** 

Торіс	No. of Periods	Marks
Chapter 1		6
Childcare and pre-school years		
Feeding	2	
Weaning	3	
Supplementary Feeding	5	
Toilet Training	2	
Chapter 2		4
Child rearing		
Definition	2	
Classification	6	
Implication	4	
Chapter 3		3
Objectives of Childhood Care and Education		
Definition of Education	1	
Meaning of Childhood Care and Education	2	
Specifying the objectives of Childhood care and Education	1	
Chapter 4		8
Types of ECCE Programmes		
Balwadi	2	
Anganwadi	2	
ICDS	5	
Nursery school	5	

Торіс	No. of Periods	Marks
Chapter 5		4
Approaches to ECE		
Montessori	4	
Kindergarten	4	
Play way Method	8	
Chapter 6		15
Content of Teaching-Academic Readiness	3	
Reading Writing	3	
Numerical Ability	3	
Promotion of various skills and approaches to begin reading	8	
Importance of number and mathematics.	2	
Analysis of pre-requisite skills for number	6	
Basic principles of measurement time, distance, weight, capacity	5	
and money		
Chapter 7		10
Evaluation-		
Need for evaluation	4	
Methods of Evaluation : Formative Evaluation, Summative	8	
Evaluation		
Evaluation of daily work	2	
Tools for evaluation	4	
Reporting to parents	2	

# Marks Allotment:

Objective type:  $(1 \times 10)=10$  (To be answered total Ten questions out of Twelve questions)

Descriptive type:  $(8\times5)=40$ ; (To be answered total five questions out of Eight questions)

# **Practical:**

# Early Childhood Care and Education Lab.

	Торіс	No. of Periods	Marks
1.	Preparing charts on growth and physical development in infancy.	14	5
2.	Preparing charts on growth and physical development in childhood.	14	5

	Торіс	No. of Periods	Marks
3.	Preparing a lay out of the arrangement of a nursery (room designing and decoration).	14	5
4.	Preparing picture books for infants.	14	5
5.	Preparing Story books for children.	12	5
6.	Making play materials suitable for infants and children.	12	5
7.	Visit to an ICDS Centre.	8	2
8.	Visit to a Nursery School.	8	2
9.	Preparation of Materials for Prewriting Activities.	24	8
10.	Preparation of teaching aids for promoting mathematical concepts.	24	8

#### **Reference Books**

- 1. Arya S.C. (1972). Infant & Childcare for mother, New Delhi: Vikas
- 2. Gill, S. (1993). Child care programmes in India: Changing trends. In Saraswathi, S.S. &Kaur, B., New Delhi: Sage. Unit II.
- 3. Early Childhood education programme New Delhi: NCERT Unit I & II.
- 4. Adler, S. and Farrar, (1983): A curriculum for developing communication skills in the preschool child. Illinois: Thomas Publication.
- 5. Pankajam G (1999): Pre-School Education- The philosophy & practices (4<sup>th</sup>ed). Indian Publications.

# Basic Science (Biology + Chemistry) (BSBC) Class XI

Total no. of weeks for classes / Year: 36		
Classes per week: 6	Th=4	Practical/Project=2
Total classes per year: 216	Th=144	Practical/Project = 72
Total marks: 100	Th=70	Practical = 30
	(35+35)	(15+15)

**Course Context:** 

Theory:

# Group A Biology (72 Pds)

	Торіс	No. of Periods	Marks
Un	it I : Diversity Of Living Organism		
Ch	apter – 1 : Science Of Life		
1.	Definition and characteristics of life.	1	
2.	Biological Sciences – its application and relationship with other sciences.	1	
Ch	apter – 2 : Classification of Living Organisms		Unit-I
1.	Five kingdom classification; Salient features of Monera, Protista and Fungi.	2	4 Marks
2.	Salient features and classification of plants into major groups- Algae, Bryophyta, Pteridophyta, Gymnospermae and Angio- spermae (three to five salient and distinguishing features and at least two examples of each category);	4	
3.	Salient features and classification of animals - non chordates up to phyla level and chordates up to class level (three to five salient features and at least two examples of each category).	4	
Un	it II : Cell Structure and Function Of Animal Cell		Unit-II
Ch	apter – 3 : Cell		6
1.	Ultrastructure and function of different parts of animal cell with label diagram.	4	Marks

	Торіс	No. of Periods	Marks
Ch	apter – 4: Mineral nutrition		
1.	Essential minerals, macro- and micronutrients and their role; deficiency symptoms;	6	
Ch	apter – 5: Respiration		
1.	Cellular respiration - glycolysis, fermentation, TCA cycle and electron transport system (in brief).	6	
UN	IT III : Human Physiology		
Ch	apter – 6 :Elementary System:		
1.	Structure and Functions of different parts of elementary system	2	
2.	Digestion and absorption of proteins, carbohydrates and fats;	6	
Ch	apter – 7: Breathing and Respiration		
1.	Respiratory system in humans;	2	11:4 111
2.	mechanism of breathing and its regulation in humans - exchange of gases,	2	Unit-III 25 Marks
3.	Respiratory volumes – TV, IRV, ERV, VC, RV, Dead space air;	2	
Ch	apter – 8: Body fluids and circulation		
1.	Composition of blood, blood groups, coagulation of blood	2	
2.	Composition of lymph and its function;	2	
3.	Human circulatory system - Structure of human heart and blood vessels;	2	
4.	cardiac cycle, cardiac output;	1	
5.	Blood pressure;	1	
6.	Blood transfusion	1	
7.	ECG	1	
Ch	apter – 9: Excretory System :		
1	Structure and functions of Kidney	4	
2.	Urine-normal and abnormal composition;	1	
3.	Dialysis and artificial kidney.	1	

	Торіс	No. of Periods	Marks
Ch	apter – 10: Neural control and coordination		
1.	Nervous system in humans - central nervous system; peripheral nervous system and visceral nervous system (names and functions of parts only, flow chart, with special emphasis on autonomic nervous system);	6	
2.	Elementary structure and functions of eye and ear.	2	
Ch	apter – 11: Chemical coordination and regulation		
1.	Human endocrine system - pituitary, thyroid, parathyroid, adrenal, pancreas, gonads (in tabular form) with emphasis on major disease caused by disorders of endocrine system.	6	

# Group B Chemistry (72Pds)

	Topic	No. of Periods	Marks
Unit I:		10	5
A)	Brief introduction to Chemistry, Organic chemistry and Inorganic chemistry.		
B)	Chemical equation – its significance		
	Mole and molar mass		
	Equivalent weight		
	Weight-weight, weight-volume		
	Volume-volume calculations		
C)	Empirical formula, molecular formula		
UNIT II	[Structure Of Atom]	14	7
Ext	ra Nuclear Structure		
Wa	ve – mechanical picture of atom: Quantum numbers [n,l,m,s]		
Orb	oitals, sub shell, Shell [qualitative idea], Shapes of s and p orbitals		
[pic	etorial representation]		
Elec	etronic configuration of atoms		
Nuc	elear structure of atom		
Mo	dern periodic law and present form of periodic table.		
Sbl	lock, p-block, d-block and f-block elements.		

	Topic	No. of Periods	Marks
UNIT II	I [Chemical Bonding And Molecular Structure]	10	5
Ioni	ic bond, covalent bond, bond parameters [bond length, bond		
stre	ngth and directional character of covalent bond], polar character		
ofc	ovalent bond.		
Нус	drogen bond: intermolecular and intramolecular. Effect of hydrogen		
bon	ding on melting points and boiling points of simple compounds.		
Unit IV	[State Of Matter]	8	4
Gaseous	s State Of Matter		
Boy	vle's law, Charles' law, Gay Lussac's law, Avogadro's law. Ideal		
gas	equation, universal gas constant.		
Dev	viation from ideal behaviour, van der Waals equation [only		
qua	litative idea]		
Liquid S	State Of Matter		
Vap	our pressure, viscosity, surface tension [qualitative idea only]		
Unit V [	Unit V [Theormodynamics]		4
Wo	rk, heat, energy		
Exte	ensive and intensive property		
Firs	t law of Thermodynamics		
Unit VI	[Equilibrium and Acidimitry Alkali Metry]	12	8
A)	Equilibrium in physical and chemical processes. Reversible		
	reaction.		
	Dynamic nature of equilibrium		
	Law of mass action, equilibrium constant		
	Factors affecting equilibrium		
	Le ChetalierPriniciple – simple of application		
B)	Ionic product of water		
	P <sup>H</sup> and P <sup>H</sup> scale		
	Buffer solution [definition with examples of acid and basic buffer		
	solutions].Universal PH paper and universal indicator.		
	Simple calculation of P <sup>H</sup>		
	Solubility product, common in effect [no numerical problem]		

Topic	No. of Periods	Marks
C) Acidimetry and alkalimetry		
Normal and molar solution		
Neutralization reaction		
Indicator and choice of indicator		
$S_1 V_1 = S_2 V_2$		
Unit VII	10	4
Water		
Versatile solvent		
Natural water: hard water and soft water		
Expression of hardness of water		
Estimation of hardness of water		
Removal of hardness by ion – exchange method		
Deionized and distilled water, water for injection		

# Marks Allotment:

Objective type:  $(1\times5)+(1\times5)$ 

Descriptive type:  $(10\times6)=60$ ; (To be answered total six questions. Three questions from each Group)

# **Practical:**

# **Biology Lab. (36 Periods)**

	Торіс	No. of periods
1.	Study of parts of simple and compound light microscopes.	3
2.	Qualitative Biochemical Analysis of - 10	
	A. Glucose – Benedict's test	
	B. Starch – Iodine test	
	C. Protein – Biuret test & Coagulation test	
	D. Fat – Grease spot test	
3.	Human blood film preparation – Cell study.	4
4.	Determination of blood pressure by sphygmomanometer and determination of pulse rate.	4
5.	Identifications of prepared slides-	15
	a) Liver	
	b) Kidney	
	c) Pancreas	
	d) Lungs	
	e) Thyroid	

# **Chemistry Lab. (36 Periods)**

		Торіс	No. of periods
A)	Intro	duction To Chemical Laboratory	1 Days 2 Periods
	1. (	General acquaintance with the laboratory	
	I	Entrance and exist	
	S	Solid & liquid racks	
	(	Concentrated acid rack	
	Ι	Disposal of solid and liquid wastes	
	(	General precautions	
	5	Students should be aquainted with the strengths of rack reagents.	
	2. <i>I</i>	Acquaintance with Bunsen burner with fuel source/spirit lamp/LPG burner	
	[	[which ever is used in the laboratory].	
	I	Lighting the burner.	
	I	Luminous and non-luminous flame controlling the flame height.	
	S	Strike back – its remedy	
		Turning off the burner when not required.	
	I	Avoidance of wastage.	
B)		al Experiments	
	Expt	1	2 Days 4 Periods
	-	epare crystals of alum, copper sulfate and ferrous sulfate from impure samples.	
	Expt		2 Days 4 Periods
		To determine and compare PH VALUES OF 0.1 m and 0.01M hydrochloric	
		acid with 0.1M and 0.01M acetic acid respectively using P <sup>H</sup> paper or	
		universal indicator.	
		To compare PH values of 0.1M HCL, 0.1M acetic acid, 0.1M Nacl and	
		0.1M Sodium Hydroxide Solution by PH paper or universal indicator.	1 Days 2 Dayinds
	Expt		1 Days 2 Periods
		timate total hardness of water by EDTA	4 Davis 9 Davis da
	Expt	epare the following reagents	4 Days 8 Periods
	_	Fo prepare ~ SM hydrochloric acid	
		Го prepare ~ 2.5M sulfuric acid from core sulfuric acid. Го prepare ~ 5M sodium hydroxide solution	
	4.5	10 propare ~ 31vi soutum nyuroxiuc solution	

Торіс	No. of periods
<ul> <li>4.4 To prepare ~ 0.125M potassium ferrocyanide solution</li> <li>4.5 To prepare ~ 0.25M barium chloride solution.</li> </ul>	-
Expt 5	9 Days 18 Periods
Qualitative analysis of an inorganic salt	
To identify the basic radical and the acid radical in a single salt sample by systematic analysis. The salt should be water or dilute hydrochloric acid soluable containing one basic radical and one acid radical from the following:-	
Basic radicals: Cu <sup>2+</sup> , Fe <sup>2+</sup> / Fe <sup>3+</sup> , Al <sup>3+</sup> , Zn <sup>2+</sup> , Ca <sup>2+</sup> , Acid Radicals: Cl <sup>-</sup> , NO <sub>3</sub> <sup>-</sup> , SO <sub>4</sub> <sup>2-</sup> , CO <sub>3</sub> <sup>2-</sup>	

# Marks Allotment:

- 1. One Expt from Expts 1(one 3 marks from the list).
- 2. One Expt from Expt 2 or Expt 3 (one 4 marks from the list).
- 3. Expt. 4 or 5 = 8 marks.

# Dietetics – I (DTC1)

# Class XI

Total no. of weeks for classes / Year: 36

Classes per week: 6

Th=4

Practical/Project=2

Total classes per year: 216

Th=144

Practical/Project=72

Total marks: 100 Th=70 Practical=30

#### **Course Contents:**

# **Theory:**

	Торіс	No .of Periods	Marks
1.	A balanced diet- Recommended allowances for Indians of varying age, sex and occupation.	6	3
2.	Principles of meal planning.	4	2
3.	Energy requirement during rest, different physical activities and different physiological conditions-growth, pregnancy and lactation	24	12
4.	Nutritional requirements of Infants, Children, Adolescents and Adults.	28	12
5.	Feeding of Infants-Breast feeding Vs Artificial feeding, colostrums, weaning of food	24	12
6.	Protein Energy Malnutrition (PEM)-Definition, classification, etiology, signs and symptoms, preventive measures and dietary management of Kwashiorkor & Marasmus.	24	12
7.	Aging-Physiological changes& complications of aging. Calorie requirements & dietary modifications for older person.	16	8
8.	Anemia-Definition, cause, classification and nutritional management.	8	4
9.	Obesity-Definition, classification of gradation of obesity according to BMI. Causes and dietary management of obesity.	6	3
10.	Underweight-Definition, causes and dietary management.	4	2

#### **Marks Allotment:**

Objective type: (1X20)=20 (To be answered total Twenty questions out of Twenty Two questions)

Descriptive type: (10X5) = 50; (To be answered total five questions out of Eight questions)

#### **Practical:**

# Dietetics – I Lab.

	No. of Periods	
1. Pla	nning and preparation of whole day menu for different age groups	
and	d physiological conditions-	
a)	Infancy and childhood.	12
b)	Adolescent.	12
c)	Normal adult.	12
d)	Pregnancy.	12
e)	Lactation.	12
f)	Old age.	12

# **Reference Books**

1) Khadda – o-pusti : SunitiGhoshChatterjee(Pub:Calcutta Book House)

2) PustiBigyan : Sahu&Sahu (ChhayaPrakashani)

3) PustiBigyan: KumkumPurkait (NababharatiPrakashini)

4) PustiBigyan: Santra(Santra Publication

# Vocational Subjects & & Academic Elective Subjects Class XII

# Community Nutrition (CONU) Class XII

Total no. of weeks for classes / Year: 36

Classes per week: 7 Th=3 Practical/Project=4

Total classes per year: 252 Th=108 Practical/Project=144

Project = 10

#### **Course Contents:**

# **Theory:**

	Торіс	No. of Periods	Marks
1.	Introduction to community nutrition- Concept of community, characteristics of community, types of community.	6	2
2.	Assessment of nutritional status- Aims and objectives of nutritional status assessment, methods of nutritional status assessment, nutritional anthropometry, biochemical assessment, clinical assessment, diet survey.	21	8
3.	Malnutrition- Definition, types, prevalence, etiology, consequence, prevention of malnutrition. Impact of malnutrition in national development.	9	4
4.	Other nutrition deficiency disorders- Protein energy malnutrition, iron deficiency anaemia, vitamin A deficiency disorder, vitamin B complex deficiency disorders	12	8
5.	National Nutrition Intervention Programme to combat malnutrition-ICDS, anaemia prophylaxis programme, iodine deficiency disorder control programme, vitamin A deficiency prophylaxis programme, SNP, ANP, MDM programme-objectives, beneficiaries, programme components.	21	10
6.	Agencies and organizations to combat malnutrition- International agencies-World Health organization, Food and Agricultural Organization, United Nations International Children's Emergency Fund, Co-operative for Assistance and Relief Everywhere. National agencies- Indian council of Medical Research, Indian Council of Agricultural Research, Council of Scientific and Industrial Research, Central Food Technological Research Institute, National Institute of Nutrition.	24	10

	Торіс	No. of Periods	Marks
7.	Growth chart- uses, plotting, interpretation	9	4
8.	Nutrition Education- Importance, objectives, principles, different methods of nutrition education. Importance of audio-visual aid.	6	4

#### Marks Allotment:

Objective type:  $(1 \times 10)=10$  (To be answered total ten questions out of Twelve) Descriptive type:  $(8 \times 5)=40$  (To be answered total five questions out of Eight).

#### **Practical:**

# **Community Nutrition Lab**

	Торіс	No. of Periods	Marks
1.	Anthropometric measurement of infant and children-Length, height, weight, head circumference, chest circumference, MUAC.	50	15
2.	Clinical assessment of children- Signs of nutrition deficiency specially PEM, Vitamin A deficiency, anaemia, iodine deficiencies, ricket, vitamin B-complex deficiencies	50	15
3.	Growth chart- plotting of growth charts.	44	10

#### **Project:**

Preparation of audio-visual aids for community awareness / nutrition education regarding common nutrition and health related problems.

(Eg. Prevention and treatment of diarrhoea/ Different cooking processes for minimizing nutrient losses/ Protein energy malnutrition – it's prevention and treatment/ National immunization schedules and it's importance etc.)

## **Hospital Management (HPMG)**

### Class XII

Total no. of weeks for classes / Year: 36

Classes per week: 7 Th=3 Practical/Project=4

Total classes per year: 252 Th=108 Practical/Project=144

Total marks: 100 Th=50 Practical=40

Project = 10

### **Course Contents:**

### Theory:

	Торіс	No. of Periods	Marks
1.	History and evolution of health care system.	4	2
2.	Health Programmes in India.	6	2
3.	Types of Hospital organization and its role in primary health care.	4	2
4.	Health care planning in hospital, its facilities and services.	10	4
5.	Organization and management in hospitals.	8	4
6.	Financial management and inventory control in hospital.	10	4
7.	Behavioural sciences (Organizational behavior in hospitals).	8	4
8.	Laws related to hospital and medical services.	8	4
9.	Outpatient and inpatient services in the following fields- Gynecological & Obstetric units, Pediatric/Neonatal units.	12	4
10.	Concept of Communicable and non-communicable diseases and their prevention	8	4
11.	Preventive measures for disease outbreak, vaccination, immunization, pollution control	10	4
12.	Vital statistics	8	4
13.	Management in Health Care Units-Blood bank, dispensaries, pathology lab, boundary services, security services, ambulance services, nursing services	12	8

### **Marks Allotment:**

Objective type:  $(1 \times 10)=10$  (To be answered total ten questions out of Twelve)

Descriptive type:  $(8 \times 5) = 40$  (To be answered total five questions out of Eight). Project: 10 marks

### **Practical:**

## Hospital Management Lab.

	Topic	No. of Periods	Marks
1.	Maintenance of medical records in health care delivery system.	30	10
2.	Computer application on hospital information system.	30	10
3.	Procedure of maintaining hospital hygiene personal hygiene	30	10
4.	kitchen hygiene		
5.	Housekeeping.	24	5
6.	Data collection for vital statistics.	30	5

## **Project:**

Visit to a hospital to get an idea about Hospital Management and preparation of a project report.

## Public Health and First Aid (PHFA)

### **Class XII**

Total no. of weeks for classes / Year: 36

Classes per week: 7 Th=3 Practical/Project=4

Total classes per year: 252 Th=108 Practical/Project=144

Total marks: 100 Th=50 Practical=40 Project=10

### **Course Contents:**

Торіс	No. of Periods	Marks
<b>Definition of health according to</b> WHO, Positive health, community health,	8	3
Health data-infant, child and maternal mortality rate  Immunization:		
Importance of immunization, schedule of immunization for children and adults.	8	4
Anatomy:	0	4
Elementary idea of the skeleton bones and joints	14	7
<b>Major</b> arteries, pressure points, blood cells, blood groups, coagulation process,	30	12
clotting time, bleeding time, hemorrhage-types		
Physical fitness and Health:		
significance of physical fitness, different forms of exercise and their	16	8
health benefits.		
Definition of first aid, objectives of first aid, First aid and	24	12
emergency care during:		
a) Fracture, dislocation and sprain		
b) Burns and scalds-types and degree of burns.		
c) Chemical, corrosive, electric burn		
d) Bites and stings—Dog or jackal bite, snake bite, Bee or scorpion sting		
e) Special types of injuries – crushed, Foreign body, electrocution		
f) Poisoning –different types		
g) Wounds		
h) Drowning		
Nursing and care of sick:	8	4
a) Sick room requirements		
b) Qualities and duties of health care provider to the patient		
c) Prevention of infection and methods of disinfection		
d) Care of infant, pregnant women, old and invalid person		

### Marks Allotment:

Objective type:  $(1 \times 10) = 10$  (To be answered total ten questions out of Twelve)

Descriptive type:  $(8 \times 5) = 40$  (To be answered total five questions out of Eight). Project: 10 marks

### **Practical:**

### **Public Health and First Aid Lab**

Торіс	No. of Periods	Marks
<b>Anthropometry:</b> Measurement of height, weight, head circumference, chest circumference, mid arm circumference up to 3 years of age.	24	10
Physical fitness: different types of exercises	30	10
Measurement of blood pressure and pulse rate	6	5
<b>Bandages:</b> Types, uses, methods. Burns and scalds Electrocution Bites: snake, dog, scorpion convulsion	50	15

### **Project:**

Project report on immunization programme.

Or

Project report on nursing care for an invalid patient/other patient.

Or

Project report on healthy life physical fitness among the students of a particular class of your school.

## Food Processing and Preservation (FPAP) Class XII

Total no. of weeks for classes / Year: 36

Classes per week: 7 Th=3 Practical/Project=4

Total classes per year: 252 Th=108 Practical/Project=144

### **Course Contents:**

### Theory:

	Торіс	No. of periods	marks
1.	Introduction:		
	Definition of food preservation, objectives of food preservation, causes of food spoilage, classification of food according to moisture content, selection of food for preservation.	20	5
2.	Methods of food preservation:	45	30
	a) Preservation by low temperature,		
	b) High temperature,		
	c) Dehydration		
	d) Irradiation		
	e) Household process		
	f) Fermentation		
3.	Preservatives:	10	3
	a) natural preservatives		
	b) artificial Preservatives		
	c) Limitations of preservatives		
4.	Effect of food preservation and processing on the nutritive value of food	10	2
5.	<b>Sealing and packaging</b> of preserved food with special reference to tetra pack, bottling and labelling of preserved products.	15	6
6.	Instruments and devices used in the food preservation laboratories	8	4

### Marks Allotment:

Objective type:  $(1 \times 10)=10$  (To be answered total ten questions out of Twelve)

Descriptive type:  $(8 \times 5) = 40$  (To be answered total five questions out of Eight). Project-10 marks.

### **Practical:**

## **Food Processing and Preservatoin Lab**

	Торіс	No. of Periods	Marks
1.	Preparation and preservation techniques of:	60	25
	a) Jam		
	b) Jelly		
	c) Juice		
	d) squashes		
	e) pickles		
	f) Syrups		
2.	Fermented products: curd/cheese	20	5
3.	Visit to different canning and processing Industries	30	10

## **Project**

Project report on canning or food processing industry.

Or

Market survey of preserved products including demand and cost.

Or

Report on preparation and preservation technique including marketing from any one preparation mentioned in the practical syllabus.

## Mushroom Culture (MRCL) Class XII

Total no. of weeks for classes / Year: 36

Classes per week: 7 Th=3 Practical/Project=4

Total classes per year: 252 Th=108 Practical/Project=144

Total marks: 100 Th= 50 Practical = 40

Project = 10

### **Course Contents:**

### **Theory:**

Topic	No. of Periods	Marks
	rerious	
1. Defination, history, characteristics, life cycle of mushroom	12	4
2. Identification of mushroom: varieties of mushroom-edible and non edible.	30	15
Types of mushroom: edible, poisonous, medicinal, miscellaneous		
3. Nutritive value and health benefits of mushroom	6	3
4. Commercial mushroom cultivation: Special emphasis on–button mushroom	, 30	15
straw mushroom, oyster mushroom, milky white mushroom		
5. Problems and remedies in mushroom cultivation.	20	8
6. Storage and marketing of mushroom	10	5

### **Marks Allotment:**

Objective type: (1 x 10)=10 (To be answered total ten questions out of Twelve)

Descriptive type:  $(8 \times 5) = 40$  (To be answered total five questions out of Eight). Project: 10 marks

### **Practical:**

### Mushroom Culture Lab

Торіс	No. of	Marks
	Periods	
1. Identification of mushroom:	30	10
a) By taste		
b) By touch		
c) By smell		

	Торіс		Marks
2.	Cultivation of mushroom:	50	25
	a) Button mushroom		
	b) Straw mushroom		
	c) Western mushroom		
	d) Milky mushroom		
3.	Storage and packaging of mushroom for commercial purpose	30	5

## **Project:**

Торіс	No. of Periods	Marks
Project on Farm design for commercial mushroom cultivation		
Or	34	10
Market survey on different types of mushroom giving special emphasis for their demand and cost.		

# Interior Decoration (INDC) Class XII

Total no. of weeks for classes / Year: 36

Classes per week: 7 Th=3 Practical/Project = 4

Total classes per year: 252 Th=108 Practical/Project=144

Total marks: 100 Th= 50 Practical = 40

Project = 10

### **Course Contents:**

		Торіс	No. of Periods	Marks
I.	Housing			
		g and family Housing Needs.	11	5
		sinfluencing selection of a house.		
II.	_	ign of Interiors		
		ies in the home-assessing activities,	17	8
		ing space requirements for activities.		
	-	allocation and planning of different rooms:		
	_	oom, Dining room, Bed room, kitchen,		
		om, Store room, Utility room, Foyer and		
	Office			
III	Interior D	9		
	-	ance of Interior design.	17	8
		al factors influencing decisions related		
		iors - family needs and preferences,		
		needs and preferences, climate, availability		
		ishing materials, budget and principles of		
	designs	S.		
IV.	Furniture		32	15
	-	of basic furniture dimension based on		
	-	pometric measurements.		
	•	of furniture – Traditional,		
		nporary, Modern.		
		naterials used for furniture – wood and its substitutes, metals,		
	plastics	·		
	d. Finishe	es given to furniture materials.		
	e. Furnitu	re arrangements of different rooms with emphasis on space		
	organiz	ration and circulation (inter-room and intra-room)		

Topic	No. of Periods	Marks
<ul> <li>V. Surface Treatment in Interiors: types, selection and care</li> <li>a. Walls – wall paper, wood paneling, paints and colours.</li> <li>b. Floors – hard and soft flooring materials.</li> <li>c. Ceiling – decorative ceiling treatment, false ceiling.</li> </ul>	20	9
<ul><li>VI. Lighting and Ventilation</li><li>a. Styles and positions of lighting.</li><li>b. Ventilations for different rooms.</li></ul>	11	6

### Marks Allotment:

Objective type:  $(1 \times 10)=10$  (To be answered total ten questions out of Twelve)

Descriptive type:  $(8 \times 5) = 40$  (To be answered total five questions out of Eight). Project-10 marks

### **Practical:**

### **Interior Decoration Lab**

	Торіс	No. of Periods	Marks
1.	Apply principles of design in displaying of handicraft, textiles, folk art and festival decoration	45	16
2.	Colour schemes of different rooms	33	8
3.	Furniture arrangements of different rooms	33	8
4.	Flower arrangements of different rooms [Living room, Drawing room, adolescent boys or girls room, Children's room, Office rooms and Birthday Party]	33	8

### **Project**

- 1. Interior Designing for any of the following
  - a. Office rooms in different professional institutions (lawyer, doctor, school office, IT sector, etc.).
  - b. Rooms of different apartments and houses.

## Garment Design (GMDG) Class XII

Total no. of weeks for classes / Year: 36

Classes per week: 7 Th=3 Practical/Project=4

Total classes per year: 252 Th=108 Practical/Project=144

Total marks: 100 Th= 50 Practical = 40

Project = 10

### **Course Contents:**

Торіс	No. of Periods	Marks
Chapter -1 : Elements and function of Clothing-		5
Classification.	2	
Measurement and Size Charts for Men, Women, and Children	8	
Chapter-2: Description of Basic Garment Sewing Machinery -		10
Parts - Needle, Take-Up Lever, Bobbin, Bobbin Case, Presser Foot, Tension Disc, Feed Dog.	10	
Sewing threads (fibre type, physical and chemical properties, appearance and tactile properties and seam performance).	6	
Sewing problems (Stitch formations, seam line puckering).	4	
Chapter - 3: Identification and Classification of Sewing Stitches:		10
Lock Stitch, Chain Stitch, Over Lock and Flat Lock and seam and their application.	5	
Study about Flow of Processes for Sewing Various Styles of Garments.	5	
Various Sewing Defects, Causes and Remedies.	5	
Chapter – 4 : Drafting and cutting		10
Drafting and Cutting the Patterns of following Styles Basic T Shirt/Polo Shirt/Children's wear.	10	
Defects in pattern, causes and remedies.	5	
Chapter -5: Brief Study on Trims and Accessories:		5
Types: Label, Zips, Nets, Laces, Hooks and Loop fastening, Lining, Interlining and Fasteners.	10	
Quality Parameters of Accessories and Trims.	5	

Торіс	No. of Periods	Marks
Chapter- 6: Hand Embroidery stitches		10
Brief study of Running Stitch - Laced Running Stitch - Back stitch - French	15	
Knot - Bullion Knot - Cross Stitch - Button Hole Stitch - Chain Stitch - Lazy		
Daisy Stitch – Fish Bone Stitch – Herringbone Stitch – Couching.  Techniques of Crocheting and hand knitting to produce different designs.	5	
Chapter-7: Introduction to print design		5
Block, tie and dye, Batik, Fabric painting and other creative techniques.	10	
Chapter-8: Alternative Methods of Joining Materials		5
Fusing: means and requirements of fusing, process of fusing, fusing equipment,	10	
advantages of fusing		
Welding and adhesives.	3	
Moulding	2	
Chapter-9: Pressing technology		5
Purpose of pressing, Categories of pressing, means of pressing.	6	
Pressing equipment and methods.	4	
Pleating, permanent press and durable press techniques.	4	
Chapter- 10 : Garment Inspection		5
Major and minor defects in garment and their remedies	5	
Inspection area and equipments.	5	

### Marks Allotment:

Objective type:  $(1 \times 10) = 10$  (To be answered total ten questions out of Twelve)

Descriptive type:  $(8 \times 5) = 40$  (To be answered total five questions out of Eight). Project-10 marks

### **Practical:**

## **Garment Design Lab**

	Торіс	No. of Periods	Marks
1.	Body Measurements	12	5
	(Correct ways of taking body measurements)		

### WBSCT&VE&SD

	Topic	No. of Periods	Marks
2.	Making of Patterns:	30	15
	Draft and Construct the Pattern of given Style / Sample as per the specification given.		
	MEN'S WEAR KIDS WEAR WOMEN'S WEAR		
	1. Shirt 1. Bib 1. Ladies Top/Kurta		
	2. Trouser 2. A line Frock 2. Nightie/Blouse		
3.	Construction of Adult's /Child's Bodies Block and Sleeve Block	15	5
4.	Dirt manipulation	15	5
	a. Shifting of darts to different position		
	b. Combining darts		
	c. Dividing darts		
	d. Converting darts to gathers		
	e. Concealing darts into seam lines		

## Biology (BIOH) Class XII

Total no. of weeks for classes / Year: 36

Classes per week: 6

Th=4

Practical=2

Total classes per year: 216

Th=144

Practical=72

Total marks: 100

Th=70

Practical=30

### **Course Contents:**

	Торіс	No. of Periods	Marks
Ch	apter-1: Evolution		4
1.	Origin of life	4	
2.	Darwin's contribution in concept of evolution.	4	
Ch	apter-2: Heredity and variation		10
1.	Mendelian Inheritance, Multiple allele and inheritance of blood groups.	6	
2.	Chromosome theory of inheritance, Chromosomes and genes	4	
3.	Sex determination in humans	4	
4.	Mendelion disorder in humans-Thalassemia, chromosomal disorder in humans, Down's syndrome.	6	
Ch	apter-3: Human Reproduction		12
1.	Male and female reproductive systems	6	
2.	Gametogenesis-spermatogenesis & oogenesis	6	
3.	Menstrual cycle, fertilisation, embryo development upto blastocystformation		
	(elementary idea), Parturition (elementary idea), lactation (elementary idea).	12	
Ch	apter-4: Reproductive Health		8
1.	Need for reproductive health and prevention of sexually transmitted diseases(STD).	8	
2.	Birth control-Need and methods, Conception and Medical Termination of Pregnancy(MTP)	8	
Ch	apter-5: Health and Diseases		16
1.	Elementary idea of bacteria, virus and fungi	4	
2.	Pathogens, parasites causing human diseases (Malaria, Filariasis, Ascariasis,	16	
	Typhoid, Pneumonia, common cold, amoebiosis, ring worm)		
3.	Basic concept of immunology-vaccines, HIV and AIDS	10	

	Торіс	No. of Periods	Marks
Cha	apter-6 :Economic Zoology		10
1.	Sericulture, Apiculture, Pisciculture, Prawn culture	10	
2.	Poultry and Diary farming, animal breeding, (cow), other economic aspect of poultry and dairy farming-manure and biogas production.	10	
Cha	Chapter-7: Environmental Issues:		10
1.	Air pollution and its control	5	
2.	water pollution and its control	5	
3.	Agrochemicals and their effects	6	
4.	Solid waste management	5	
5.	Greenhouse effect and global warning: Ozone depletion, Deforestation.	5	

### **Question Pattern**

## **Theory**

Section-I			Section - II		
MCQ (1 mark)	Very Short Answer Questions (1 mark)	Short Answer Questions I (2 marks)	Short Answer Questions II (3 marks)	Long Answer Questions (5 marks)	Total
14	4	10	27	15	70

- Question Paper will have two sections.
- Section I : for MCQ (Question nos. 1 to 14)
- Section II will have four groups:

Group A – VSA (1 mark)

Group B – SA I (2 marks)

Group C – SA II (3 marks

Group D – LA (5 marks)

- > There should be no fractions in marks distribution.
- For SA I, marks may be divided into 1+1.
- For SA II, marks may be divided into 2+1.
- For LA, marks may be divided into 3+2 or 4+1.

### **Practical:**

## Biology Lab.

	Торіс	No. of Periods	Marks
1.	Identification of slides of testis and overy	6	2
2.	Identification of slides of bacteria, virus and fungi	9	3
3.	Chart/model on issues of environment as mentioned in the theory	20	10
4.	Spot identification of silk worm, Honey bee, Tiger prawn.	9	3
5.	Visit to sericulture, Apiculture, pisciculture farm	13	6
6.	Visit to Primary Health Centre/Hospital to show National Immunisation Programme.	13	6

## **Question Pattern**

## Practical

	TOTAL		= 30 marks
4.	Laboratory Note Book		= 5 marks
3.	Field Report		= 10 marks
2.	Model		= 5 marks
1.	Spotting (5 specimens)	= 2×5	= 10 marks

## Dietetics II (DTC2) Class XII

Total no. of weeks for classes / Year: 36

Classes per week: 6 Th=4 Practical=2

Total classes per year: 216 Th=144 Practical=72

Total marks: 100 Th=70 Practical=30

### **Course Contents:**

Sl. No.	Topics	No. of Periods	Marks
1.	Preparation of simple therapeutic diets -		15
	Principle & objectives of therapeutic diets	4	
	Classification of therapeutic diets	4	
	Routine Hospital Diets	4	
	Liquid Diet: Claas liquid & Full liquid diet	8	
	Soft diet	4	
	Special Feeding Methods:		
	Intravenous Feeding	1	
	Tube Feeding	2	
2.	Dietetic management & menuplanning of different diseases with mentioning -		40
	definition, causes, symptoms, classification, prevention and control:	-	
	Diabets	8	
	Heart disease	16	
	G.I.Tract diseases	-	
	Gastritis	12	
	Peptic ulcer	12	
	Diarrhoea	8	
	Constipation	8	
	Jaundice	8	
	Fever	8	
	Tuberculosis	8	
	Gout	5	
3	Preparation of diet chart & menu planning	20	10
4	Importance of dietetics and role of a dietitian in the society	4	5

### **Question Pattern**

### Theory

Section-I	Section - II				
MCQ (1 mark)	Very Short Answer Questions (1 mark)	Short Answer Questions I (2 marks)	Short Answer Questions II (3 marks)	Long Answer Questions (5 marks)	Total
14	4	10	27	15	70

- Question Paper will have two sections.
- Section I : for MCQ (Question nos. 1 to 14)
- Section II will have four groups:

Group A - VSA (1 mark)

Group B – SA I (2 marks)

Group C – SA II (3 marks

Group D – LA (5 marks)

- There should be no fractions in marks distribution.
- For SA I, marks may be divided into 1+1.
- For SA II, marks may be divided into 2+1.
- For LA, marks may be divided into 3+2 or 4+1.

### **Practical:**

### **Dietetics II Lab**

Sl No.	Торіс	No. of Periods	Marks
1.	Technique for determining the nutritive value	12	4
2.	Preparation of Clear liquid, Full Fluid & Soft diet	20	6
3.	Preparation of diet for heart disease including hypertension	10	6
4.	Diet for gastritis, peptic ulcer, diarrhoea and constipation	20	10
5.	Diet for fever and tuberculosis	10	4
	Total	72	30
		l	

## **Human Development (HUDV)**

## **Class XII**

Total no. of weeks for classes / Year: 36

Classes per week: 6 Th=4 Practical/Project=2
Total classes per year: 216 Th=144 Practical/Project=72

Total marks: 100 Th= 70 Practical = 30

### **Course Contens:**

Topic	No. of Periods	Marks
Chapter -1: Introduction to Human Development		12
Human development and the need to study it	4	
Concepts of growth and development	6	
Principles of development	6	
Types of development- physical, mental, emotional and social	6	
Chapter-2: Factors influencing growth and development		6
Roles of heredity and environment	6	
Role of family	4	
Role of school	4	
Chapter - 3 : Prenatal Development		6
Birth Process	4	
Condition affecting prenatal development	6	
Hazards	4	
Chapter - 4 : Stages of Development		14
Infancy- characteristics, needs, hazards.	8	
Childhood- characteristics, needs, hazards.	8	
Adolescence- characteristics, needs, problems.	8	
Adulthood- characteristics, problems.	6	
Old age- characteristics, problems.	6	
Chapter -5: Concept of Disability		12
Definition of Disability	2	
Characteristics of disabled children	4	
Types of disabilities	6	
Causes	6	
Diagnosis and remedies	6	

Торіс	No. of Periods	Marks
Chapter- 6 : Concept of Guidance and Counselling		8
Definition-Guidance and counselling	2	
Types-counselling	6	
Guidance and counselling of disabled children	6	
Chapter-7: Behaviour problems		12
Definition-Behavioural Problems	4	
Types	4	
Causes and remedies	6	
Counselling of children with behaviour problems	6	

### **Question Pattern**

## Theory

Section-I	Section-I Section - II				
MCQ (1 mark)	Very Short Answer Questions (1 mark)	Short Answer QuestionsI (2 marks)	Short Answer QuestionsII (3 marks)	Long Answer Questions (5 marks)	Total
14	4	10	27	15	70

- Question Paper will have two sections.
- Section I : for MCQ (Question nos. 1 to 14)
- Section II will have four groups:

Group A - VSA(1 mark)

Group B – SA I (2 marks)

Group C – SA II (3 marks

Group D – LA (5 marks)

- > There should be no fractions in marks distribution.
- For SA I, marks may be divided into 1+1.
- For SA II, marks may be divided into 2+1.
- For LA, marks may be divided into 3+2 or 4+1

#### **Practical:**

### **Human Development Lab**

	Торіс	No. of Periods	Marks
1.	A study of infants/young children with respect to physical, motor, and emotional development and prepare a project report on it.	16	10
2.	Preparation of educational toys for young children.	16	5
3.	Visit to institutes and report writing- Creche/ day care centre/home for destitute/ old age home.	20	10
4.	Visit to institution of children with special needs/ guidance and counselling centres.	20	5

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