

**CLASS : X**

**SUBJECT - ENGLISH**

**PRESCRIBED BOOKS :**

1. Interact in English, Main Course Book (M.C.B.)
2. Interact in English, Literature Reader (L.R.)
3. Interact in English, Work Book (W.B.)
4. The Story of my life Hellen Keller (T.S.O.L.)

Months	Working Days	Book	Unit / Chapter
<b>APRIL / MAY</b>	20+11 = 31	L.R.  M.C.B. W.B.  Writing H.K.	1. The Frog and the Nightingale (P) 2. Two Gentlemen of Verona 3. Mirror (P) Unit 1 - Health & Medicine 1. Article 2. Determiners 3. Tenses Speech (Topics based on M.C.B.) Chapter - 1, 2, 3, 4 and 5
<b>JUNE</b>	16	L.R.  W.B. M.C.B. Writing  H.K.	<b>Pre Mid Term Examination</b> 1. Mrs. Packletide's Tiger 2. Not Marble nor gilded Monuments (P) 1. Subject Verb - Agreement Unit - 2 - Education 1. Letter (Informal) (Topics based on M.C.B. Unit-2) Chapter - 6, 7, 8, 9
<b>JULY</b>	21	L.R.  W.B.  H.K. Writing	1. The Letter 2. Dear Departed 3. Julius Ceasar 1. Active Passive 2. Modals Chapter - 10, 11, 12, 13, 14 Article (Topics based on M.C.B. Unit-3, Science)
<b>AUG</b>	24	L.R. Writing	1. Julius Ceasar (Continued) Letter (formal ) ( Topics based on Unit-4 Environmentl) <b>REVISION</b>

Months	Working Days	Book	Unit / Chapter
<b>SEPT</b>	18	L.R.  W.B.  H.K.	1. A Shady Plot 2. Ozymandias (P) 3. Patol Babu, Film Star  1. Relatives 2. Conjunctions Chapter - 15, 16, 17 <b>Mid Term Examination</b>
<b>OCT.</b>	17	L.R.  W.B.  H.K. Writing	1. The Rime of the Ancient Mariner (P) 2. Virtually True  1. Preposition 2. Conditionals Chapter - 18, 19, 20 Story Writing (Topics based on M.C.B. Unit-5, Travel and Tourism)
<b>NOV</b>	22	L.R. W.B.  H.K.	1. Snake (Poem)  1. Nominalization 2. Reported Speech Chapter - 21, 22, 23 and 24 <b>Revision</b>
<b>DEC</b>	25		<b>Post Mid Term Examination</b>
<b>JAN</b>	18		<b>Pre Board Examination</b>

कक्षा - दशम

निर्धारित पाठ्य पुस्तकें

1. स्पर्श (भाग - 2)
2. संचयन (भाग - 2)
3. व्याकरण दर्शिका (सरस्वती प्रकाशन)

माह	कार्य दिवस	शीर्षक
अप्रैल / मई	20+11	स्पर्श - बड़े भाई साहब, साखी (कबीर) डायरी का एक पन्ना संचयन - हरिहर काका व्याकरण - शब्द व पद, सूचना-लेखन, पत्र-लेखन, मुहावरे, अपठित गद्यांश व पद्यांश
जून / जुलाई	16+21	स्पर्श - मीरा के पद, तताँरा - वामीरो कथा, तोप संचयन - हरिहर काका व्याकरण - वाक्य - भेद- सरल, संयुक्त एवं मिश्र, वाक्य रूपांतरण अनुच्छेद-लेखन, पत्र-लेखन
अगस्त	24	स्पर्श - तीसरी कसम के शिल्पकार : शैलेन्द्र, पर्वत प्रदेश में पावस संचयन - सपनों के से दिन (द्वितीय सत्र) व्याकरण - समास (सभी भेद), अनुच्छेद - लेखन, पत्र-लेखन, संवाद एवं विज्ञापन लेखन
सितंबर	18	पुनरावृत्ति अर्द्धवार्षिक परीक्षा

माह	कार्य दिवस	शीर्षक
अक्टूबर	17	स्पर्श - गिरगिट, अब कहाँ दूसरों के दुख में दुखी होने वाले, मधुर-मधुर मेरे दीपक जल संचयन - टोपी शुक्ला व्याकरण - वाक्य-भेद, समास, वाक्य-रूपांतरण, अनुच्छेद, विज्ञापन, पत्र, सूचना-लेखन, अपठित गद्यांश व पद्यांश, मुहावरे
नवम्बर	22	स्पर्श - बिहारी के दोहे, पतझर में टूटी पत्तियाँ, मनुष्यता संचयन - टोपी शुक्ला व्याकरण - पुनरावृत्ति
		स्पर्श - कारतूस, कर चले हम फिदा संचयन - पुनरावृत्ति व्याकरण - पुनरावृत्ति
दिसम्बर	25	पुनरावृत्ति

कक्षा – दशम्

विषय – संस्कृत

निर्धारित पाठ्यपुस्तकम्

1. मणिका – द्वितीय भागः (एन.सी.आर.टी.)
2. मणिका अभ्यास पुस्तकम् द्वितीय भागः (एन.सी.आर.टी.)
3. सरस्वती संस्कृत व्याकरण

माह	कार्य दिवस	विषयवस्तु
अप्रैल / मई	22+11	मणिका – वाङ्.मयम् तपः, आज्ञा गुरुणां हि अविचारणीया अ०पु० / व्याकरण – स्वर संधि – दीर्घ, गुण, वृद्धि व्यंजन संधि – परसवर्ण, छत्व, तुगागम् अपठित गद्यांश, पत्र लेखनम्
जून / जुलाई	16+21	मणिका – किं किं उपादेयम्, नास्ति त्यागसमं सुखं, अभ्यास वशगं मनः अ०पु० / व्याकरण –समास, तत्पुरुष भेद– कर्मधारय, द्विगु , नञ्, उपपद, विभक्ति, तत्पुरुष, कः समयः, अव्यय, प्रत्यय
अगस्त	24	मणिका – अभ्यास वशगं मनः चित्राधारिता वाक्य रचना, वाच्य पुनरावृत्तिः
सितम्बर	18	अर्धवार्षिक परीक्षा
अक्टूबर	17	मणिका – साधुवृत्तिं समाचरेत् , रमणीया हि सृष्टिरेषा अ०पु० / व्याकरण – संधि स्वरसंधि – यण, अयादि, पूर्वरूप व्यंजन संधि – तृतीयाक्षर, पंचमाक्षर, अनुस्वार विसर्ग संधि – लोप, सत्व विधान, अव्ययीभाव–समास, चित्रलेखनम्

माह	कार्य दिवस	विषयवस्तु
नवम्बर	22	मणिका – तिरुक्कुरल सूक्ति सौरभम् , राष्ट्रं संरक्ष्यमेव हि अ०पु० / व्याकरण – समास-द्वंद्व, बहुब्रिहि संख्या – शतपर्यन्तम्, प्रत्यय, टाप्, डीप् , शतृ , शानच्, त्व, तल्, पत्रलेखनम्
		मणिका – सुस्वागतम् भो अरुणाचलेऽस्मिन् कालोऽहम् अ०पु० / व्याकरण – वाक्य शुद्धिकरण, अव्यय, पत्रलेखन, अनुच्छेद लेखनम्, अपठित अवबोधनम्
दिसम्बर / जनवरी	25 18	पुनरावृत्ति पुनरावृत्ति
फरवरी		पुनरावृत्ति वार्षिक परीक्षा

**CLASS : X**

**SUBJECT - MATHEMATICS**

Book Prescribed : Mathematics for Std X (N.C.E.R.T.)

Month	No. of Days	Topics
<b>APRIL</b>	20	<p><b>Real Number</b> Introduction, Euclid's Division Lemma, The fundamental theorem of Arithmetic, Irrational Number, Rational number and their decimal expansions.</p> <p><b>Polynomial</b> Introduction, Geometrical Meaning of zeroes of a polynomial, Relationship between zeroes and coefficients of a polynomial, Division Algorithm for polynomial</p>
<b>MAY</b>	11	<p><b>Pairs of Linear equations in two variables</b> Introduction, Pair of linear equations in two variables, Graphical method of solution of a pair of linear equations, Algebraic methods of solving a pair of linear equations as substitution method, elimination method and method of cross - multiplication. Solution of equations reducible to pair of linear equations in two variables. Word problems</p>
<b>JUNE</b>	16	<p><b>Pre Mid Term Examination</b> <b>Trigonometry</b> Introduction, Trigonometric Ratios, Trigonometric Ratios of some specific angles and complementary angles, Trigonometric Identities, Heights and distances</p>
<b>JULY</b>	21	<p><b>Triangles</b> Introduction to similar figure and similar triangles, Criteria of similarity of triangles, Areas of similar triangles, Pythagorus theorem.</p> <p><b>Statistics</b> Mean, median and mode of grouped and ungrouped data, Graphical Representation of cumulative frequency distribution</p> <p><b>Probability</b> Finding sample space, event space and probability of an event.</p>

Month	No. of Days	Topics
<b>AUG.</b>	24	<p><b>Quadratic Equation</b> Introduction to quadratic equation, solution of quadratic equation by factorisation and completing the square method, Nature of roots, word problems.</p> <p><b>Arithmetic Progression</b> Introduction to Arithmetic Progression, <math>n^{\text{th}}</math> term of an A.P. and Sum of first term of an A.P., word - problems.</p>
<b>SEP.</b>	18	<b>Revision for Mid Term Examination</b>
<b>OCT.</b>	17	<p><b>Co-ordinate Geometry</b> Introduction, distance formula, Section formula and Area of triangle</p> <p><b>Circle</b> Introduction, Circle, Tangent to a circle, No. of Tangent from an external point to a circle</p> <p><b>Construction</b> Division of a line segment, similar triangle and construction of a tangent to a circle.</p>
<b>NOV</b>	22	<p><b>Area related to circle</b> Introduction, perimeter of a circle, area of circle, sector and segment of a circle, Area of combination of plane figures</p> <p><b>Volume and Surface Areas</b> Surface area and volume of cuboid, cube, cylinder, cone, sphere and frustum and their combination. Conversion of solid from one shape to another shape.</p> <p><b>Revision</b></p>
<b>DEC</b>	25	<b>Post Mid Term Examination, Answer sheet showing and result Revision</b>
<b>JAN</b>	18	<b>Pre Board Examination, Answer sheet showing and result</b>



**CLASS : X**

**SUBJECT - PHYSICS**

Months	No. of Days	Topics
<b>APRIL / MAY</b>	20+11	<p><b><u>Effect of Currents</u></b>                      Electric current &amp; circuit, electric potential and potential difference, Ohm's law, factors on which R depends, factors on which resistivity depend, Resistance in series and in parallel Heating effect of electric current and its practical applications, Electric power, Inter-relation between P, V, I &amp; R.</p>
<b>JUNE / JULY</b>	16+21	<p><b>Pre Mid Term Examination</b>  <b><u>Magnetic effects of current</u></b>                      Magnetic field and field lines, magnetic field due to a current carrying conductor, magnetic field due to a current through (i) a straight conductor, Right hand thumb rule (ii) Circular loop (iii) Solenoid, Force on a current carrying conductor in a magnetic field, Fleming's left hand rule, Electromagnetic induction, induced potential difference, Fleming's right hand rule, direct current, alternating current, frequency of AC, advantage of AC over DC, domestic electric circuit.</p>
<b>AUG</b>	24	<p><b><u>Reflection and Refraction of Light</u></b>                      Reflection of light, spherical mirrors, centre of curvature, principal axis, principal focus, focal length, image formation by spherical mirrors, sign convention for reflection by spherical mirrors, mirror formula &amp; magnification.</p>
<b>Sept</b>	18	<p><b>Revision for Mid Term Examination</b></p>
<b>Oct</b>	17	<p><b><u>Reflection and Refraction of Light</u></b>                      Refraction of light, refractive index, refraction through a rectangular glass slab, spherical lenses, image formation by spherical lenses, lens formula &amp; magnification, power of a lens.</p>
<b>NOV</b>	22	<p><b><u>The human eye and colourful world</u></b>                      The human eye, power of accommodation, defects of vision and their correction, Myopia, Hypermetropia, Presbiopia, Refraction of light through prism, dispersion of light, atmospheric refraction, scattering of light, applications in daily life, tyndall effect, reddish in colour of the sun at sunrise &amp; sunset and bluish colour of sky</p>
<b>DEC/ JAN</b>	25+18	<p><b>Revision Post Mid Term Examination</b>  <b>Pre Board Examination</b></p>

**CLASS : X**

**SUBJECT - CHEMISTRY**

Book Prescribed : Science & Technology (NCERT)

Months	Working Days	Topics
<b>APRIL</b>	20	<p><b>Ch. - 1 Chemical reactions and Equations</b></p> <p>1.1 Chemical Equation &amp; balancing equation</p> <p>1.2 Types of chemical reactions</p> <p>1.2.1 Combination reaction</p> <p>1.2.2 Decomposition reaction</p> <p>1.2.3 Displacement reaction</p> <p>1.2.4 Double displacement reaction</p> <p>1.2.5 Oxidation &amp; Reduction</p> <p>1.3 Oxidation reactions in everyday life</p>
<b>MAY/ JUNE</b>	11+16	<p><b>Chapter - 2 Acids, bases and salts</b></p> <p>2.1 Chemical properties of acids and bases</p> <p>2.2 What do all acids and bases have in common</p> <p>2.3 How strong are acidic or basic solutions</p> <p>2.3.1 Importance of pH in everyday life</p> <p>2.4 More about salts</p> <p>2.4.1 Family of salts</p> <p>2.4.2 pH of salts</p> <p>2.4.3 Chemicals from salts</p> <p>2.4.4 Are the crystals of salts really dry?</p> <p><b>Pre Mid Term Examination</b></p>
<b>JULY</b>	21	<p><b>Chapter - 3 Metals and Non Metals</b></p> <p>3.1 Physical properties</p> <p>3.1.1 Metals</p> <p>3.1.2 Non-Metals</p> <p>3.2 Chemical properties of metals</p> <p>3.3 How do metals and non-metals react?</p> <p>3.4 Occurrence of metals</p> <p>3.5 Corrosion</p>

<b>Months</b>	<b>Working Days</b>	<b>Topics</b>
<b>AUG</b>	24	<b>Chapter - 4 Carbon and its Compounds</b> 4.1 Balancing in carbon 4.2 Versatile nature of carbon 4.3 Chemical properties of carbon compounds 4.4 Some important carbon compounds 4.5 Soaps and detergents
<b>SEPT</b>	18	<b>Revision for Mid Term Examination</b>
<b>OCT</b>	17	<b>Ch - 5 Periodic classification of elements</b> 5.1 Early attempts at the classification of elements 5.2 Mendeleev's periodic table 5.3 The modern periodic table
<b>NOV</b>	22	<b>Ch. - 16 Management of Natural Resources</b> 16.1 Why do we need to manage our resources 16.2 Forests and wild life 16.3 Water for all 16.4 Coal and Petroleum 16.5 An overview of natural resources management
<b>DEC</b>	25	<b>Post Mid Term Examination</b>
<b>JAN</b>	18	<b>Pre Board Examination</b>

**CLASS : X**

**SUBJECT - BIOLOGY**

Book Prescribed : Science & Technology (NCERT)

Months	Working Days	Topics	Assessment
<b>APRIL</b>	20	<b>Chapter - 6 Life processes</b> 6.1 Nutrition 6.2 Autotrophic Nutrition 6.3 Heterotrophic Nutrition 6.4 Nutrition in human beings 6.5 Respiration 6.6 Human Respiratory System	1. Monday Test 2. Assignment
<b>MAY</b>	11+6 = 17	6.7 Transportation in Humans 6.8 Transportation in plants 6.9 Excretion in Humans 7.0 Excretion in Plants	1. Assignment
<b>JUNE</b>	16	<b>Pre Mid Term Examination</b> <b>Chapter - 7 Control &amp; Coordination</b> 7.1 Animals - Nervous system - Reflex Action - Human Brain	1. Monday Test 2. Assignment
<b>JULY</b>	21	7.2 Coordination in plants 7.3 Hormones in Animals <b>Chapter - 14 Sources of energy</b> 14.1 Conventional sources of energy 14.2 Alternative or Non-Conventional sources of energy 14.3 Environmental consequences	
<b>AUG</b>	24	<b>Chapter - 8 Reproduction</b> 8.1 Importance of variation 8.2 Asexual Reproduction 8.3 Sexual Reproduction in Plant / Animals	1. Assignment
<b>SEPT</b>	18	<b>Revision for Mid Term Examination</b>	

<b>Months</b>	<b>Working Days</b>	<b>Topics</b>	<b>Assessment</b>
<b>OCT</b>	17	<b>Chapter - 9 Heredity and Evolution</b> 9.1 Mendelian Inheritance 9.2 Sex - determination in Human beings 9.3 Evolution	1. Monday Test 2. Assignment
<b>NOV</b>	22	<b>Chapter - 15 Our Environment</b> 15.1 Ecosystem & its components 15.2 Food chain & food web 15.3 Ozone depletion	1. Assignment
<b>DEC</b>	25	<b>Revision for Post Mid Term Examination</b>	1. Monday Test 2. Assignment
<b>JAN</b>	18	<b>Pre Board Examination</b>	

**CLASS : X**

**SUBJECT - HISTORY**

Sl. No.	Months	Working Days	Ch.	Topic / Sub-Topics
1	APRIL	20	V	<p><b><u>The Age of Industrialisation</u></b></p> <ol style="list-style-type: none"> <li>1) Before the Industrial Revolution</li> <li>2) Hand Labour and Steam Power</li> <li>3) Industrialisation in the colonies</li> <li>4) Factories come up</li> <li>5) The peculiarities of Industrial growth</li> <li>6) Market for Goods</li> </ol>
2	JUNE / JULY	16+21	VII	<p><b>Pre Mid Term Examination</b></p> <p><b><u>Print Culture and the Modern World</u></b></p> <ol style="list-style-type: none"> <li>1) The First Printed Books</li> <li>2) Print comes to Europe</li> <li>3) The Print Revolution and its impact</li> <li>4) The Reading Mania</li> <li>5) The Nineteenth Century</li> <li>6) India and the World of Print</li> <li>7) Religious Reform and Public Debate</li> <li>8) New Forms of Publications</li> <li>9) Print and Censorship</li> </ol>
3.	SEPT/ OCT	18+17	I	<p><b><u>Rise of Nationalism in Europe</u></b></p> <ol style="list-style-type: none"> <li>1) The French Revolution and the Idea of the Nation</li> <li>2) The Making of Nationalism in Europe</li> <li>3) The Age of Revolutions : 1830 - 1848</li> <li>4) The Making of Germany and Italy</li> <li>5) Visualising the Nation</li> <li>6) Nationalism and Imperialism</li> </ol> <p><b>Mid Term Examination</b></p>
4.	NOV	22	III	<p><b><u>Nationalism in India</u></b></p> <ol style="list-style-type: none"> <li>1) The First World War, Khilafat and Non-Cooperation</li> <li>2) Differing strands within the movement</li> <li>3) Towards Civil Disobedience</li> <li>4) The sense of collective Belonging.</li> </ol>
6.	DEC/ JAN	25+18	-	<p><b>Post Mid Term Examination</b></p> <p><b>Pre Board</b></p>

**CLASS : X**

**SUBJECT - POLITICAL SCIENCE**

Sl. No.	Months	Working Days	Ch.	Topic / Sub-Topics
1	APRIL	20	I	<b><u>Power Sharing</u></b> 1) Belgium and Sri Lanka 2) Majoritarianism in Sri Lanka 3) Accomodation in Belgium 4) Forms of Power Sharing
2	MAY / JUNE	11+16	II	<b><u>Federalism</u></b> 1) What is Federalism ? 2) What makes India a Federal Country ? 3) How is Federalism Practiced ? 4) Decentralisation <b>Pre Mid Term Examination</b>
3	JULY	21	III	<b><u>Democracy and Diversity</u></b> 1) A Story from Mexico Olympics 2) Differences, Similarities, divisions 3) Politics of Social Divisions
4.	AUG	24	IV	<b><u>Gender, Religion and Caste</u></b> 1) Gender and Politics 2) Religion, Communalism and Politics 3) Caste and Politics.
5.	SEPT	18	V	<b><u>Popular Struggles and Movements</u></b> 1) Popular struggles in Nepal and Bolivia 2) Mobilisation and Organisations 3) Pressure Groups and Movements <b>Mid Term Examination</b>
6.	OCT	17	VI	<b><u>Political Parties</u></b> 1) Why do we need Political Parties? 2) How many parties should we have ? 3) National Political Parties 4) State parties 5) Challenges to Political Parties 6) How can parties be reformed ?

Sl. No.	Months	Working Days	Ch.	Topic / Sub-Topics
			VII	<p><b><u>Outcomes of Democracy</u></b></p> <p>(1) How do we assess democracy's outcomes ?</p> <p>2) Accountable, responsive and legitimate Government</p> <p>3) Economic growth and development</p> <p>4) Reduction of inequality and poverty</p> <p>5) Accomodation of Social diversity</p> <p>6) Dignity and freedom of the citizens.</p>
7.	NOV	22	VII	<p><b><u>Challenges of Democracy</u></b></p> <p>1) Thinking about challenges</p> <p>2) Different Contexts, different challenges</p> <p>3) Different types of Challenges</p> <p>4) Thinking about political reforms</p> <p>5) Redefining democracy</p>
7.	DEC/ JAN	25+18	-	<p><b>Post Mid Term Examination</b></p> <p><b>Pre Board</b></p>



Sl. No.	Months	Working Days	Ch.	Topic / Sub-Topics
1	APRIL	20	I	<p><b><u>Development</u></b></p> <p>1) What Development Promises                      2) Income and other goals                      3) National Development                      4) How to compare different countries or states?                      5) Income and other criteria                      6) Public Facilities                      7) Sustainability of Development</p>
2	MAY / JUNE	11+16	II	<p><b><u>Sectors of Indian Economy</u></b></p> <p>1) Comparing the three Sectors                      2) Primary, Secondary and Tertiary Sectors in India                      3) Division of Sectors as Organised and Unorganised                      4) Sectors in terms of Ownership</p> <p><b>Pre Mid Term Examination</b></p>
3	AUG/ SEP	24+18	III	<p><b><u>Money and Credit</u></b></p> <p>1) Money as a Medium of Exchange                      2) Modern forms of Money                      3) Loan activities of Banks                      4) Two different Credit situations                      5) Terms of credit                      6) Formal Sector Credit in India                      7) Self-Help Groups</p> <p><b>Mid Term Examination</b></p>
4.	OCT	17	IV	<p><b><u>Globalisation and the Indian Economy</u></b></p> <p>1) Production across countries                      2) Interlinking Productions across countries                      3) Foreign Trade and Integration of Markets                      4) What is Globalisation ?                      5) Factors that have enabled Globalisation                      6) World Trade Organisation                      7) Impact of Globalisation in India                      8) The struggle for a fair Globalisation.</p>
5.	NOV	22	V	<p><b><u>Consumer Rights</u></b></p> <p>1) The Consumer in the market place                      2) Consumer Movement                      3) Consumer Rights                      4) Taking the Consumer Movement Forward.</p>
6.	DEC/ JAN	25+18	-	<p><b>Post Mid Term Examination</b></p> <p><b>Pre Board</b></p>

Months	Working Days	Ch.	Topic / Sub-Topics
APRIL/ MAY	20+11	1  2	<p><b>Resources and Development</b></p> <p>a) Types of Resources b) Development of Resources c) Resource Planning d) Conservation of Resources e) Land Resources f) Land Degradation and Conservation Measures g) Soil as a Resource h) Classification of Soils i) Soil Erosion and Soil Conservation</p> <p><b>Forest and Wildlife Resources</b></p> <p>a) Flora and Fauna in India b) Conservation of Forest and Wildlife in India d) Types and Distribution of Forest and wildlife Resources e) Community and Conservation</p>
JUNE / JULY	16+21	3  4	<p><b>Pre Mid Term Examination</b></p> <p><b>Water Resources</b></p> <p>a) Water Scarcity and the need for water conservation and Management b) Multi-purpose River Projects and Integrated Water Resources Management c) Rainwater Harvesting</p> <p><b>Agriculture</b></p> <p>a) Types of Farming b) Cropping Pattern c) Major Crops d) Food Crops other than Grains e) Non-Food Crops f) Fibre Crops g) Technological and Institutional Reforms h) Contribution of Agriculture to the national economy, employment and output</p>

Months	Working Days	Ch.	Topic / Sub-Topics
<b>AUG/ SEPT</b>	<b>24+18</b>	5	<b>Minerals and Energy Resources</b> a) Mode of occurrence of Minerals b) Classification of Minerals c) Conservation of Minerals d) Energy Resources e) Conservation of Energy Resources <b>Revision for Mid Term Examination</b>
<b>OCT</b>	17	6	<b>Manufacturing Industries</b> a) Importance of Manufacturing b) Industrial Location c) Classification of Industries d) Agro based Industries e) Mineral based Industries f) Industrial Pollution and Environmental Degradation g) Control of Environmental Degradation
<b>NOV</b>	22	7	<b>Lifelines of National Economy</b> a) Roadways b) Railways c) Pipelines d) Waterways e) Major Sea Ports f) Communication g) International Trade h) Tourism as a Trade
<b>DEC/ JAN</b>	25+18		<b>Revision for Mid Term Examination</b> <b>Pre Board</b>

<p>1. <b>Meditation</b> : It helps to slow down the activities of the mind &amp; thus develops concentration.</p> <p>2. <b>Chanting of OM-KAR</b> : It helps to feel the vibration in the body &amp; better concentration.</p> <p>3. <b>Breathing exercises in sitting &amp; standing posture</b> : These practices help in better concentration. It brings a better synchronization between body &amp; mind.</p> <p>4. <b>Pranayama</b> : Kapalabhati Bhastrika Anuloma - Viloma Sitali Sitkari Bhramari</p> <p>5. <b>Bandha</b> : Uddian Jalandar</p> <p>6. <b>Surya Namaskar</b> : This practice removes all lethargy from the body &amp; energises the whole body. It maintains the flexibility of the body.</p> <p>7. <b>Loosening Exercises</b> : Jogging Forward &amp; Backward Bending Side Bending Twisting Joint free exercises</p> <p>8. <b>Standing Postures : (Balancing &amp; Concentration)</b> Vrikshsana Natarajasana Virabhadrasana Tadasana Tiryak Tadasana Katichakrasana Padahastanasana Prasarita Padahastanasana Ardha Chakrasana</p>	<p>Ardhakati Chakrasana Garudasana Trikonasana Parivritta Trikonasana Parsva Konasana Utkatsana Ardha Chandrasana</p> <p>9. <b>Sitting Postures</b> : Paschimottanasana Vajrasana Ardha Ustrasana / Ustrasana Sasankasana Vakrasana Ardha padmasana Padmasana Utthita Padmasana Akarna Dhanurasana Butterfly Stretch</p> <p>10. <b>Prone Postures : (Lying on Abdomen)</b> Bhujangasana Salabhasana Dhanurasana Makarasana</p> <p>11. <b>Supine Postures : (Lying on Back)</b> Uttasana Padasana Pavan Muktasana Sarvangasana Matsyasana Halasana Chakrasana Supta udra Karsanasana</p> <p><b>Savasana</b> : It is given at the end of all the practices. This technique involves mental suggestion to relax the whole body part by part. In the process, it gives deep rest to the physical body as well as to the mind.</p> <p><b>OM ASATO MA SADGAMAYA, TAMASO MY JYOTIRGAMAYA, MRITYURMA AMRITAMGAMAYA, OM SHANTIH SHANTIH SHANTIH</b></p>
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