



LINGAYA'S  
PUBLIC SCHOOL  
choose to know

# PARENT'S BOOKLET

CLASS-XII HUMANITIES  
SESSION 2021-2022



Dear Parents,

Thank you for choosing Lingaya's Public School !

One of the most important decisions we make in our lives is choosing where our children will attend school. As it is said that the number of years a student spends at a school will make or break that person, schools hold a great deal of power and responsibility.

Was your dream to be a dancer, doctor, astronaut, engineer, sailor, entrepreneur, or painter when you were a child? Dreamed of climbing mountains, studying insects, or discovering a new planet? Was it your dream to be Prime Minister of this nation? Starting from a thought is the first step. We are defined by our thoughts. Our goals are enabled by them. Dreams of the future are a part of growing up. The question is, will we be able to realize them fully. Do we have the means and resources to become who we thought we should be?

Ensure your child realizes his/her potential and dreams big.

Lingaya's focuses on enhancing the unique identity your child has-character, scholarship, and humanity. Our team considers learning a sacred pursuit. The purpose of education will be to think beyond classroom learning. Our activities and lessons will take the child on a journey through the wonders and glories of art, music, culture, science, and above all the deep rooted Indian values.

Lingaya's staff and team are energized by change, diversity, and progress. The result is that our students have access to the highest quality educational opportunities that satisfy their diverse learning needs. As a result, the curriculum creates an engaging learning environment through highly skilled teaching.

It is the legacy of two decades that distinguishes Lingaya's from others, and it is making its mark across India. Lingaya's is a premier education institution of the country & Overseas, with four prestigious technical & management institutes and 02 k-12 schools (and counting) that have earned the trust of the people. Over 99% first divisions at our schools, two decades of tradition, 10000+ Alumni and 40+ programs for all-round development of a child-all define the excellence of Lingaya's Public School.

Warm Regards,

Principal

## LIST OF THE BOOKS

S.N.O	SUBJECT	Author Name / All Books NCERT
1	ENGLISH	Flamingos VISTAS
2	HINDI	NCERT ( VITAAN) AAROH
3	SOCIOLOGY	Indian Society Social Change and Development in India ( NCERT)
4	POLITICAL SCIENCE	Contemporary world Politics Political in India independence
5	ECONOMICS	Introductory macronomics (T.R. Jain) Indian Economic Development
6	PHYSICAL EDUCATION	Health & Physical education ( Saraswati Publication)
7	COMPUTER SCIENCE	Python C++
8	PAINTING	History of Indian Art (C.K. Luthera)

## CLASS-XII-HUMANITIES SYLLABUS BREAK-UP SESSION (2021-2022)

### ENGLISH

#### APRIL TO JULY

TOPIC	LANGUAGE (WRITING SKILLS)	ENRICHMENT ACTIVITY
<b>FLAMINGO</b> <ul style="list-style-type: none"> <li>The Last Lesson</li> <li>Lost Spring</li> <li>.Deep Water</li> </ul> <b>POEM</b> <ul style="list-style-type: none"> <li>My Mother at Sixty-six</li> <li>.An Elementary school classroom in a slum</li> </ul>	<ul style="list-style-type: none"> <li>Art – Integrated project based on the chapter 'The Last Lesson'.</li> </ul>	<ul style="list-style-type: none"> <li>Notice Writing</li> <li>. Poster Writing</li> </ul>

#### AUGUST TO SEPTEMBER

TOPIC	ENRICHMENT ACTIVITY	LANGUAGE (WRITING SKILLS)
<b>VISTAS</b> <ul style="list-style-type: none"> <li>The Third Level</li> <li>The Enemy</li> </ul> <b>POEM</b> <ul style="list-style-type: none"> <li>.Keeping Quiet</li> </ul>	<ul style="list-style-type: none"> <li>Group discussion- Chapter 'The Rattrap'</li> <li>Importance of Community over Isolation</li> <li>Individual Activity- Prepare a poster on the poem 'Keeping</li> </ul>	<ul style="list-style-type: none"> <li>Report Writing</li> <li>. Job Application</li> <li>. Advertisement</li> <li>. Invitation</li> </ul>

<ul style="list-style-type: none"> <li>• FLAMINGO</li> <li>• . The Rattrap</li> </ul>	<p>Quiet’.</p> <ul style="list-style-type: none"> <li>• Parameters : creativity, Content, Presentation</li> </ul>	
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**OCTOBER TO DECEMBER**

TOPIC	ENRICHMENT ACTIVITY	LANGUAGE (WRITING SKILLS)
<p><b>FLAMINGO</b></p> <ul style="list-style-type: none"> <li>• . Indigo</li> <li>• VISTAS</li> <li>• . Should Wizard Hit Mommy</li> <li>• . Evans tries an O- Level</li> </ul> <p><b>POEMS</b></p> <ul style="list-style-type: none"> <li>• . A Thing of Beauty</li> <li>• . Aunt Jennifer’s Tiger</li> </ul>	<ul style="list-style-type: none"> <li>• Art – Integrated project based on the poem- ‘A Thing of Beauty’.</li> <li>• The poem talks about the beauty of nature as a healer. It says that nature is immortal.</li> <li>• Students can describe the natural beauty of Telangana:</li> <li>• Greenery, rain , climate and relate it with the poem</li> </ul>	<ul style="list-style-type: none"> <li>• Letter to Editor</li> </ul>

**HINDI**

अप्रैल से जुलाई

साहित्य	व्याकरण व भाषा	गतिविधि
<p>आरोह–(काव्य)</p> <ul style="list-style-type: none"> <li>• आत्म परिचय</li> <li>• दिन जल्दी जल्दी ढलता है।</li> <li>• पतंग</li> <li>• कविता के बहाने, बात</li> <li>• सीधी थी पर</li> <li>• कैमरे में बंद अपाहिज</li> </ul> <p>आरोह (गद्य)</p> <ul style="list-style-type: none"> <li>• बाजार दर्शन</li> <li>• भक्तितन</li> </ul> <p>वितान</p> <ul style="list-style-type: none"> <li>• सिल्वर वैडिंग</li> </ul>	<p>रचनात्मक लेख</p> <p>आलेख</p> <p>पत्र लेखन</p> <p>पत्रकारीय लेखन</p> <p>कार्यालयी पत्र</p>	<p>आत्मपरिचय (च्छ)</p> <p>हरिवंश राय बच्चन</p>

जुलाई से सितम्बर

साहित्य	व्याकरण	गतिविधि
<p>आरोह–(काव्य)</p> <ul style="list-style-type: none"> <li>• सहर्ष स्वीकारा है</li> <li>• उषा</li> <li>• बादल राग</li> </ul> <p>आरोह (गद्य)</p> <ul style="list-style-type: none"> <li>• काले मेघा पानी दे</li> <li>• पहलवान की ढोलक</li> <li>• चार्ली चैप्लिन यानी हम</li> </ul> <p>वितान</p> <ul style="list-style-type: none"> <li>• जूझ</li> <li>• अतीत में दबे पाँव</li> </ul>	<p>रिपोर्ट लेखन</p> <p>प्रतिवेदन</p> <p>अपठित गद्यांश</p> <p>अपठित काव्यांश</p>	<p>चार्ली चैप्लिन (प्रोजेक्ट)</p>

सितंबर से दिसंबर

साहित्य	व्याकरण	गतिविधि
आरोह (काव्य) • कवितावली: • लक्ष्मण मूर्छा और राम का विलाप • रूबाइयों, गज़ल • छोटा मेरा खेत, आरोह (गद्य) • नमक • शिरीष के फल • श्रम विभाजन और जातिप्रथा वितान • डायरी के पन्ने	फीचर लेखन रचनात्मक लेख संपादकीय लेख समाचार लेखन विशेष लेखन	तुलसीदास के जीवन कृतियों पर (च्छ)

दिसंबर से फरवरी

साहित्य	व्याकरण	गतिविधि
आरोह (काव्य) • बगुलों के पंख आरोह (गद्य) • मेरी कल्पना का आदर्श समाज	पत्र लेखन आलेख रिपोर्ट	

## ECONOMICS

### APRIL TO JULY

TOPIC	ENRICHMENT ACTIVITY	PROJECT
<b><u>MACROECONOMICS</u></b> 1. Unit-1 (National Income and Related Aggregates) 2. Unit-2 (Money and Banking)	• Peer Teaching • PPT Presentation	• Project on RBI
<b><u>INDIAN ECONOMIC DEVELOPMENT</u></b> 3. Unit-6 (Development Experience (1947-90) and Economic Reforms)		



**AUGUST TO SEPTEMBER**

TOPIC	ENRICHMENTACTIVITY	PROJECT
<b><u>MACROECONOMICS</u></b>  4. Unit-3 (Determination of Income and Employment) 5. Unit-4 (Govt. Budget and the Economy)  <b><u>INDIAN ECONOMIC DEVELOPMENT</u></b>  6. Unit-7 (Current Challenges facing Indian Economy)	<ul style="list-style-type: none"><li>• Peer Teaching</li><li>• Poster Making</li></ul>	

**OCTOBER TO NOVEMBER**

TOPIC	ENRICHMENT ACTIVITY	PROJECT
<b><u>MACROECONOMICS</u></b>  7. Unit-5 (Balance of Payments)  <b><u>INDIAN ECONOMIC DEVELOPMENT</u></b>  Unit-8 (Development Experience of India)	<ul style="list-style-type: none"><li>• Debate on – The ongoing Relations of India With China and Pakistan</li></ul>	

**DECEMBER TO FEBRUARY**

TOPIC	ENRICHMENT ACTIVITY	PROJECT
<ul style="list-style-type: none"><li>• Revision of Complete Syllabus</li></ul>		<ul style="list-style-type: none"><li>• Board Projects to be Given</li></ul>





### EXAMINATION SCHEDULE

NAME OF THE EXAMINATION	MONTH	SYLLABUS
PT-1	JULY	<b>MACROECONOMICS</b> UNIT – 1 UNIT – 2  <b>IED</b> UNIT – 6
TERM - 1	SEPTEMBER	<b>MACROECONOMICS</b> UNIT-1UNIT-2UNIT-3UNIT-4  <b>IED</b> UNIT-6 UNIT-7
PREBOARD – 1	NOVEMBER	<b>COMPLETE SYLLABUS</b>
PREBOARD – 2	JANUARY	<b>COMPLETE SYLLABUS</b>
FINAL EXAMS	FEBRUARY	<b>COMPLETE SYLLABUS</b>

### SOCIOLOGY

#### APRIL TO JULY

TOPIC	ENRICHMENT ACTIVITY	PROJECT
1. Introduction Indian Society 2. The Demographic Structure of Indian 3. Social Institutions-Continuity and Change.	Each Chapter to be assigned to students for detailed explanation	

#### JULY TO SEPTEMBER

TOPIC	ENRICHMENT ACTIVITY	PROJECT
4. Pattern of Social Inequality and Exclusion. 5. Challenges of Cultural Diversity 1. Structural Change (Book-2) 2. Cultural Change (Book-2)	PPT	

#### SEPTEMBER TO DECEMBER

TOPIC	ENRICHMENT ACTIVITY	PROJECT
3. Changes and Development in Rural Society- (Book2) 4. Change and Development in Industrial Society- (Book2) 5. Social Movement (Book-2)	Discussion	Make a project on any topic from your syllabus for Viva Voice.



## POLITICAL SCIENCE

### APRIL TO JULY

TOPIC	ENRICHMENT ACTIVITY	PROJECT
<ul style="list-style-type: none"> <li>• The Cold War era</li> <li>• The end of bipolarity</li> <li>• Us hegemony in world politics</li> <li>• Alternative centers of power</li> <li>• Contemporary south Asia</li> </ul>	Each chapter to be assigned to students for detailed explanation.	

### JULY TO SEPTEMBER

TOPIC	ENRICHMENT ACTIVITY	PROJECT
<ul style="list-style-type: none"> <li>• International Organizations</li> <li>• Globalisation</li> <li>• Challenges of nation building</li> <li>• Era of one party dominance</li> <li>• Politics of planned development</li> <li>• India's external relations</li> </ul>	PPT	

### SEPTEMBER TO DECEMBER

TOPIC	ENRICHMENT ACTIVITY	PROJECT
<ul style="list-style-type: none"> <li>• Challenges to and restoration of the congress system</li> <li>• The crisis of democratic order</li> <li>• Rise of popular movements</li> <li>• Recent development in Indian politics</li> </ul>	Make a project on any topic from your syllabus for Viva voice.	

## PHYSICAL EDUCATION

### APRIL TO JULY

TOPIC	ENRICHMENT ACTIVITY	PROJECT
<p><b>Unit I Planning in Sports</b></p> <ul style="list-style-type: none"> <li>• Meaning &amp; Objectives of Planning</li> <li>• Various Committees &amp; its Responsibilities (per, during &amp; post)</li> </ul> <p>Tournament- Knock-out, League or Round Robin &amp; Combination</p> <ul style="list-style-type: none"> <li>• Procedure To draw Fixtures-knock-out (Bye &amp; Seeding) &amp; League(Staircase &amp; Cyclic) Round Robin &amp; Combination</li> <li>• Procedure To draw Fixtures-knock-out (Bye &amp; Seeding) &amp; League(Staircase &amp; Cyclic)</li> </ul> <p><b>Unit II Sports &amp; Nutrition</b></p> <ul style="list-style-type: none"> <li>• Balanced Diet &amp; Nutrition: Macro &amp; Micro Nutrients</li> <li>• Nutritive &amp; Non-Nutritive Components of Diet</li> <li>• Eating For Weight Control- A healthy Weight, The Pitfalls of</li> </ul>	<ul style="list-style-type: none"> <li>• Draw a Fixture of Knockout tournament and League Tournament.</li> <li>• Make a Balance Diet Chart for an Athletes. Make a short video of yoga for Better Concentration.</li> </ul>	



<p>Dieting, Food Intolerance &amp; Food Myths</p> <p><b>Unit III Yoga &amp; Lifestyle</b></p> <ul style="list-style-type: none"> <li>• Asanas as preventive measures</li> <li>• Obesity: Procedure, Benefits &amp; Contraindication for Vajrasana, Hastasana, Trikonasana, Ardha Matsyendrasana</li> <li>• Diabetes: Procedure, Benefits &amp; contraindications for Bhujangasana, Paschimottasana, Pawanuktasana, Ardha Matsyendrasana</li> <li>• Asthma: Procedure, Benefits &amp; contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matyasana</li> <li>• Hypertension: Tadasana, Vajrasana, Pawanuktasana, Ardha Chakrasana, Bhujangasana, Shavasana</li> </ul>		
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**JULY TO SEPTEMBER**

TOPIC	ENRICHMENT ACTIVITY	PROJECT
<p><b>Unit IV Physical Education &amp; Sports for CWSN</b></p> <ul style="list-style-type: none"> <li>• Concept of Disability &amp; Disorder</li> <li>• Types of Disability, its causes &amp; nature (cognitive disability, intellectual disability, physical disability)</li> <li>• Types of Disorder, its cause &amp; nature (ADHD, SPD, ASD, ODD, OCD)</li> <li>• Disability Etiquettes</li> <li>• Strategies to make Physical Activities assessable for children with special need.</li> </ul> <p><b>Unit V Children &amp; Women in Sports</b></p> <ul style="list-style-type: none"> <li>• Motor development &amp; factors affecting it</li> <li>• Exercise Guidelines at different Stages of growth &amp;</li> </ul>		

<p>Development</p> <ul style="list-style-type: none"> <li>• Common Postural Deformities – Knock knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scoliosis and their Corrective measures</li> <li>• Sports participation of women in India</li> </ul> <p><b>Unit VI Test &amp; Measurement in Sports</b></p> <ul style="list-style-type: none"> <li>• Motor Fitness Test- 50M standing start, 600M Run/Walk, Sit &amp; Reach, Partial Curl Up, Push Ups (Boys), Modified Push Ups (Girls), Standing Broad Jump, Agility—4x10M Shuttle Run</li> <li>• Measurement of Cardiovascular Fitness – Harvard Step Test/ Rockport Test – Computation of Fitness Index; (Duration of the Exercise in Seconds x 100) (5.5x Pulse count of 1-1.5 Min after Exercise)</li> <li>• Rikli &amp; Jones – Senior Citizen Fitness Test</li> <li>• Chair Stand Test for lower body strength</li> <li>• Arm Curl Test for Upper body strength</li> <li>• Chair Sit &amp; Reach Test for lower body flexibility</li> <li>• Back Scratch Test for upper body flexibility             <ul style="list-style-type: none"> <li>• Eight Foot Up &amp; Go Test for agility</li> <li>• Six Minute Walk Test for Aerobic Endurance</li> </ul> </li> </ul>		
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**SEPTEMBER TO DECEMBER**

TOPIC	ENRICHMENT ACTIVITY	PROJECT
<p><b>Unit VII Physiology &amp; Injuries in Sports</b></p> <ul style="list-style-type: none"> <li>• Physiology factor determining Component of physical fitness</li> <li>• Effect of exercise on cardioRespiratory System</li> <li>• Effect of exercise on</li> </ul>		



<p>Muscular System</p> <ul style="list-style-type: none"><li>• Sports injuries: Classification (Soft Tissue Injuries: (Abrasion, Contusion, Laceration, Incision, Sprain &amp; Strain) Bone &amp; Joint Injuries: (Dislocation, Fractures: Stress Fracture, Green Stick, Comminuted, Transverse Oblique &amp; Impacted) Causes, Prevention &amp; treatment</li><li>• First Aid- Aims &amp; Objectives</li></ul> <p><b>Unit VIII Biomechanics &amp; Sports</b></p> <ul style="list-style-type: none"><li>• Meaning and Importance of Biomechanics in Sports</li><li>• Types of movements (Flexion, Extension, Abduction &amp; Adduction)</li><li>• Newton's Law of Motion &amp; its application in sports</li></ul> <p><b>Unit IX Psychology &amp; Sports</b></p> <ul style="list-style-type: none"><li>• Personality; its definition &amp; types – Trait &amp; Types (Sheldon &amp; Jung Classification) &amp; Big Five Theory</li><li>• Motivation, its type &amp; techniques</li><li>• Meaning, Concept &amp; Types of Aggressions in Sports</li><li>• Training in Sports</li><li>• Strength- Definition, Types &amp; methods of improving strength- Isometric, Isotonic &amp; Isokinetic</li><li>• Endurance – Definition, types &amp; methods to develop Endurance-continuous Training, Interval Training &amp; Fartlek Training</li><li>• Speed- Definition, types &amp; methods to develop</li><li>• Speed- Acceleration Run &amp; Pace Run</li><li>• Flexibility- Definition, types &amp; methods to improve flexibility</li><li>• Coordinative Abilities- Definition &amp; types</li></ul>		
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**DECEMBER TO FEBRUARY**

TOPIC	ENRICHMENT ACTIVITY	PROJECT
		Revision for Annual Exams • Pre Board-1 • Pre Board-2 • Pre Board-3

**COMPUTER**

**APRIL TO JULY**

TOPIC	ENRICHMENT ACTIVITY	PROJECT
<ul style="list-style-type: none"><li>• Revision of Python</li><li>• Functions</li><li>• Introduction of files, types of files</li><li>• Text file</li></ul>	<ul style="list-style-type: none"><li>• Practice of all topic covered in class XI</li><li>• Explain by program in python</li><li>• Explain by program in python</li><li>• Explain by program in python</li></ul>	<ul style="list-style-type: none"><li>• Make a chart on Types of function</li></ul>

**JULY TO SEPTEMBER**

TOPIC	ENRICHMENT ACTIVITY	PROJECT
<ul style="list-style-type: none"><li>• Binary file</li><li>• CSV file</li><li>• Python libraries</li><li>• Recursion</li><li>• Idea of efficiency</li><li>• Data Structure</li></ul>	<ul style="list-style-type: none"><li>• Explain by program in Python</li><li>• Explain by program in Python</li><li>• Explain by program in Python</li><li>• WAP to print Natural numbers, factorial, Fibonacci series.</li></ul>	Make a chart on Stack, operation and implementation of stack

**SEPTEMBER TO DECEMBER**

TOPIC	ENRICHMENT ACTIVITY	PROJECT
<ul style="list-style-type: none"><li>• Evolution of Networking</li><li>• Data Communication technologies</li><li>• Transmission Media</li><li>• Network Devices</li><li>• Network Protocols</li><li>• Mobile telecommunication technologies</li><li>• Introduction to web services</li></ul>	<ul style="list-style-type: none"><li>• Make presentation on Evolution of networking. Discuss about IP address, switching and protocols. Discuss about Transmission media. Discuss about modem, hub, router, wifi etc Discuss about LAN, WAN,PAN,MAN. Make presentation on HTTP, FTP,PPP, SMTP,TCP/IP, HTTPS etc. Explain web services in lab.</li></ul>	<ul style="list-style-type: none"><li>• Make a chart on Transmission Media.</li><li>• Make a chart on difference between LAN, PAN,WAN and MAN.</li></ul>

**DECEMBER TO FEBRUARY**

TOPIC	ENRICHMENT ACTIVITY	PROJECT
<ul style="list-style-type: none"><li>• Data Base</li><li>• Relational data model</li><li>• Structured query language</li><li>• Interface of Python with an SQL data base</li></ul>	<ul style="list-style-type: none"><li>• Given Introduction to Data Base</li><li>• Do Practical of SQL commands.</li><li>• Do practical of SQL Commands.</li></ul>	<ul style="list-style-type: none"><li>• Make a chart on Keys</li></ul>



LINGAYA'S  
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