



SYLLABUS 2026-27



AGRASAIN BOYS' SCHOOL

[Affiliated to Council for the Indian School Certificate Examinations, New Delhi]

21/A, Agrasain Street, Liluah, Howrah-711204

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AGRASAIN BOYS' SCHOOL

Affiliated to the Council for the Indian School Certificate Examinations, New Delhi

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SYLLABUS : 2026-27

Class : XI (Humanities)

Class : XI (HUMANITIES)

☐ ENGLISH LANGUAGE:

❖ ASSESSMENT-1 EXAMINATION :

1. Compositions
2. a) Directed writing (article writing, report writing) based on suggested points.
b) Proposal Writing
3. Short-answer questions to test grammar, structure and usage.
4. Comprehension (unseen).

❖ ASSESSMENT-2 EXAMINATION :

1. Compositions
2. a) Directed writing (article writing, report writing, Book review and blog writing) based on suggested points.
b) Proposal Writing
3. Short-answer questions to test grammar, structure and usage.
4. Comprehension (unseen).

❖ PERIODICAL EXAMINATION :

1. Compositions
2. (a) Directed writing (article writing, newspaper report, Book review, blog writing and sop) based on suggested points.
(b) Proposal Writing
3. Short-answer questions to test grammar, structure and usage.
4. Comprehension (unseen).

❖ ASSESSMENT-3 EXAMINATION :

1. Compositions
2. (a) Directed writing (article writing, newspaper report, Book review, blog writing, and statement of purpose) based on suggested points.
(b) Proposal Writing
3. Short-answer questions to test grammar, structure and usage.
4. Comprehension (unseen).

PROJECT

Listening and speaking skills (topics for speaking skills will be provided by the subject teachers during the classes)

Chart and Model**❖ ASSESSMENT-2 EXAMINATION :****Model**

Design an innovative working model to demonstrate the use of Prepositions in English Grammar. (To be Prepared by **Roll 1-30**)

Chart

Design an informative and visually appealing chart to demonstrate the transformation of sentences from Active Voice to Passive Voice. Clearly illustrate the roles of the subject, verb, object and show how their positions and forms change during the transformation. Support your chart with suitable examples in different tenses. (To be Prepared by **Roll 31- till the last roll number**)

❖ ASSESSMENT-3 EXAMINATION :**Model**

Design an innovative working model to demonstrate the use of Tenses in English Grammar. (To be Prepared by **Roll 31- till the last roll number**)

Chart

Design an informative and visually appealing chart to demonstrate the transformation of sentences from Direct Speech to Indirect Speech. Clearly show the changes in pronouns, tenses, reporting verbs, and time expressions, and support your explanations with suitable examples. (To be Prepared by **Roll 1-30**)

□ ENGLISH LITERATURE :**❖ ASSESSMENT-1 EXAMINATION :**

- I. **DRAMA:** Macbeth – William Shakespeare (Acts I till pages done)
- II. **PRISM:** A Collection of ISC Short Stories (Evergreen Publications (India) Ltd. New Delhi)
 1. A Living God-Lafcadio Hearn
 2. Advice To Youth – Mark Twain
- III. **RHAPSODY:** A Collection of ISC Poems (Evergreen Publications (India) Ltd. New Delhi)
 1. Abhisara: The Tryst – Rabindranath Tagore
 2. Why I Like the Hospital – Tony Hoagland

❖ ASSESSMENT-2 EXAMINATION :

- I. **DRAMA:** Macbeth – William Shakespeare (Acts I full & Act II – till pages done)
- II. **PRISM:** A Collection of ISC Short Stories (Evergreen Publications (India) Ltd. New Delhi)
 1. The Paper Menagerie – Ken Liu
 2. The Great Automatic Grammatizator – Roald Dahl

III. **RHAPSODY:** A Collection of ISC Poems Evergreen Publications (India) Ltd. New Delhi)

1. Sonnet 116- William Shakespeare
2. Death of a Naturalist – Seamus Heaney

❖ PERIODICAL EXAMINATION :

I. **DRAMA: Macbeth** – William Shakespeare (Acts I & II)

II. **PRISM:** A Collection of ISC Short Stories (Evergreen Publications (India) Ltd. New Delhi)

1. A Living God-Lafcadio Hearn
2. Advice to Youth – Mark Twain
3. The Paper Menagerie – Ken Liu
4. The Great Automatic Grammatizator – Roald Dahl
5. Atithi – The Guest – Rabindranath Tagore

III. **RHAPSODY:** A Collection of ISC Poems (Evergreen Publications (India) Ltd. New Delhi)

1. Abhisara: The Tryst – Rabindranath Tagore
2. Why I Like the Hospital – Tony Hoagland
3. Sonnet 116- William Shakespeare
4. Death of a Naturalist – Seamus Heaney
5. Telephone Conversation – Wole Soyanka

❖ ASSESSMENT-3 EXAMINATION :

I. **DRAMA:** Macbeth – William Shakespeare (Acts I, II full; Act III -till pages done.

II. **PRISM:** A Collection of ISC Short Stories (Evergreen Publications (India) Ltd. New Delhi)

1. A Living God-Lafcadio Hearn
2. Advice to Youth – Mark Twain
3. The Paper Menagerie – Ken Liu
4. The Great Automatic Grammatizator – Roald Dahl
5. Thank You, Ma'am – Langston Hughes

III. **RHAPSODY:** A Collection of ISC Poems (Evergreen Publications (India) Ltd. New Delhi)

1. Abhisara: The Tryst – Rabindranath Tagore
2. Why I Like the Hospital – Tony Hoagland
3. Sonnet 116- William Shakespeare
4. Death of a Naturalist – Seamus Heaney
5. Strange Meeting-Wilfred Owen

Projects

1st Assessment- With reference to the short story - *The Living God*, discuss how selfless help is an act of God. Share a real-life inspiring story or incident of someone who has done selfless duty to the society or humankind.

2nd Assessment – *With reference to Macbeth, discuss how the role of Lady Macbeth influenced Macbeth into an evil road? Was it only the influence of Lady Macbeth or was it Macbeth's ambition all along?*

Periodical – Internal Assessment will be taken in the class

3rd Assessment – *With reference to the poem Strange Meeting, discuss how it fits to be an anti-war poem. Given the current contemporary world scenario, how relevant is the poem?*

Candidates are required to undertake a written Assignment of **1000-1500** words on the above topic which should be structured as given below:

The written assignment must follow the structure given below:

Introduction:

-Explanation of the question that has been framed

- explanation of how the candidate intends to interpret the chosen text and Literary materials used in the process

• Main Body – organised and well-structured treatment of the question using appropriate sub-headings.

• Conclusion – comprehensive summary of the points made in the main body.

INSTRUCTIONS TO THE CANDIDATES FOR ENGLISH PROJECTS :

1. The Projects are for ISC Board.
2. Handwriting should be neat and clear.
3. Write relevant matter and make it very creative.
4. Relevant pictures and quotations must be there. Pictures only on the non-ruled sheet and write on the ruled side.
5. Proper heading should be written in BOLD.
6. Significant lines, phrases and dialogues should be highlighted.
7. Do not use red and green ink.
8. Write relevant details on the first page itself.
9. School logo Subject, topic, submitted by and submitted to should be clear and legible.

❑ MODERN ENGLISH :

❖ ASSESSMENT-1 EXAMINATION :

I. DRAMA: Pygmalion - G.Bernard Shaw:

- Act I (till pages done)

II. PERSPECTIVES: A Collection of ISC Short Stories:

- Lawley Road - R.K.Narayan

III. REFLECTIONS: A Collection of ISC Poems:

- Father Returning Home-Dilip Chitre

❖ **ASSESSMENT-2 EXAMINATION :**

I. DRAMA: Pygmalion - G.Bernard Shaw:

- ACT I (full)

II. PERSPECTIVES: A Collection of ISC Short Stories:

- The Landlady - Roald Dahl
- Most Beautiful - Ruskin Bond.

III. REFLECTIONS: A Collection of ISC Poems:

- Life Doesn't Frighten Me - Maya Angelou.
- Sadness Comes - Donna Ashworth

❖ **PERIODICAL EXAMINATION :**

I. DRAMA: Pygmalion - G.Bernard Shaw:

- ACT I (FULL) & II (TILL PAGES DONE)

II. PERSPECTIVES: A Collection of ISC Short Stories:

- Dream - Children: Reverie -Charles Lamb.
- The Doll's House - Katherine Mansfield

III. REFLECTIONS: A Collection of ISC Poems:

- A Prayer for My Daughter - William Butler Yeats
- My Grandmother's House - Kamala Das.

❖ **ASSESSMENT-3 EXAMINATION :**

I. DRAMA: Pygmalion - G.Bernard Shaw:

- Act I & II (full)

II. PERSPECTIVES: A Collection of ISC Short Stories:

- Lawley Road - R.K. Narayan
- The Landlady - Roald Dahl
- Most Beautiful -Ruskin Bond
- Dream - Children: Reverie - Charles Lamb
- Ratan Tata: A Life Settling in at Cornell (An Excerpt) -Thomas Mathew

III. REFLECTIONS: A Collection of ISC Poems:

- Father Returning Home-Dilip Chitre
- Life Doesn't Frighten Me - Maya Angelou.
- Sadness Comes - Donna Ashworth
- A Prayer for My Daughter - William Butler Yeats
- Bora Ring - Judith Wright

PROJECTS

- **1st Assessment** - Based on the short story, Lawley Road by R K Narayan, discuss the use of irony to critique bureaucracy and post independence nationalism.
- **2nd Assessment** – With reference to Act I of Pygmalion by Shaw, analyze Eliza's personality from her first appearance to her visit to Prof. Higgins.
- **3rd Assessment** – In the poem, A Prayer For My Daughter, what concerns and hopes does he have for his daughter's future? Is it relevant in this modern time? What prayer and hope would you have for the future if you were to have a daughter?
- **Periodical** – Internal assessment will be conducted in the class.

Candidates are required to undertake a written Assignment of 1000-1500 words on the above topics which should be structured as given below:

The written assignment must follow the structure given below:

Introduction

Explanation of the question that has been framed

Explanation of how the candidate intends to interpret the chosen text and Literary materials used in the process

Main Body

Organised and well-structured treatment of the question using appropriate sub-headings.

Conclusion

Comprehensive summary of the points made in the main body.

INSTRUCTIONS TO THE CANDIDATES FOR MODERN ENGLISH PROJECTS :

- The Projects are for ISC Board.
- Handwriting should be neat and clear.
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- Do not use red and green ink.
- Write relevant details on the first page itself.

School logo Subject, topic, submitted by and submitted to should be clear and legible.

❑ 2ND LANGUAGE HINDI :

- पुस्तकें – १) काव्य मंजरी
 २) गद्य संकलन
 ३) हिन्दी व्याकरण मंजूषा
 ४) सारा आकाश

❖ **ASSESSMENT-1 EXAMINATION :**काव्य मंजरी

- 1) साखी
- 2) बाल लीला

गद्य संकलन

- 1) पुत्र-प्रेम
- 2) गौरी

सारा-आकाश

पूर्वाद्ध : साँझ (खण्ड - १,२,३)

हिन्दी व्याकरण मंजूषा

- 1) निबंध
- 2) अपठित गद्यांश
- 3) अशुद्ध वाक्यों को शुद्ध करना (१-५०)
- 4) मुहावरे (१-५०)

❖ **ASSESSMENT-2 EXAMINATION :**काव्य मंजरी

- 1) साखी
- 2) बाल - लीला
- 3) एक फूल की चाह

गद्य संकलन

- 1) पुत्र प्रेम
- 2) गौरी
- 3) शरणागत

सारा-आकाश

- 1) पूर्वाद्ध - साँझ (खण्ड ४,५,६,)

हिन्दी व्याकरण मंजूषा

- 1) निबंध
- 2) अपठित गद्यांश
- 3) अशुद्ध वाक्यों को शुद्ध करना (५१-१५०)
- 4) मुहावरें (५१-१५०)

❖ **PERIODICAL EXAMINATION :**काव्य मंजरी

- 2) बाल - लीला
- 3) एक फूल की चाह
- 4) आ: धरती कितना देती है

गद्य संकलन

- 2) गौरी
- 3) शरणागत
- 4) सती

सारा आकाश

पूर्वाद्ध - साँझ (खण्ड - ७,८,९,)

हिन्दी व्याकरण मंजूषा

- 1) निबंध
- 2) अपठित गद्यांश
- 3) अशुद्ध वाक्यों को शुद्ध करना (१५१-२००)
- 4) मुहावरें (१५१-२००)

❖ ASSESSMENT-3 EXAMINATION :

काव्य मंजरी

- 1) साखी
- 2) बाल-लीला
- 3) एक फूल की चाह
- 4) आ: धरती कितना देती हैं
- 5) नदी के द्वीप

गद्य संकलन

- 1) पुत्र प्रेम
- 2) गौरी
- 3) शरणागत
- 4) सती
- 5) आउट-साइडर

सारा आकाश

पूर्वाद्ध : साँझ (१-१०)

हिन्दी व्याकरण मंजूषा

- 1) निबंध
- 2) अपठित गद्यांश
- 3) अशुद्ध वाक्यों को शुद्ध करना (सम्पूर्ण आई. एस. सी पाठ्यक्रम)
- 4) मुहावरें (सम्पूर्ण आई. एस. सी पाठ्यक्रम)

निम्नलिखित विषयों पर परियोजना तैयार कीजिए।

परियोजना- (600-800 शब्दों में)

1. 'बाल लीला' पद्य को कहानी में रूपांतरित करते हुए सचित्र परियोजना तैयार कीजिए।

2. कहानी कला की दृष्टि से 'शरणागत' कहानी की समीक्षा करते हुए सचित्र परियोजना तैयार कीजिए।
3. Listening and speaking skill to be done in regular Hindi class.

❑ 2ND LANGUAGE BENGALI:

পুস্তক : ISC প্রবন্ধ ও গদ্য সংকলন, ISC প্রবন্ধ ও গদ্য সংকলন ওয়ার্কবুক, ISC কবিতাসংকলন, কোনি, ভাষা সোপান।

❖ ASSESSMENT-1 EXAMINATION :

গল্প - ঠাকুরদা , জোড়াসাঁকোর ধারে

কবিতা - ওরাকাজকরে, পূব-পশ্চিম

কোনি - ১ - ৩ অধ্যায়।

ব্যাকরণ ও নির্মিতি- ISC সমগ্র পাঠ্যক্রম।

❖ ASSESSMENT-2 EXAMINATION :

গল্প - তাসের ঘর, ঠাকুরদা , জোড়াসাঁকোর ধারে

কবিতা - বনলতা সেন, ওরাকাজকরে, পূব-পশ্চিম

কোনি - ১-৫ অধ্যায়।

ব্যাকরণ ও নির্মিতি- ISC সমগ্র পাঠ্যক্রম।

❖ PERIODICAL EXAMINATION :

গল্প - অনাচার , তাসের ঘর, ঠাকুরদা , জোড়াসাঁকোর ধারে

কবিতা - বর্ণপরিচয়, বনলতা সেন, ওরাকাজকরে, পূব-পশ্চিম

কোনি- ১-৭ অধ্যায়।

ব্যাকরণ ও নির্মিতি - ISC সমগ্র পাঠ্যক্রম।

❖ ASSESSMENT-3 EXAMINATION :

গল্প-রেকর্ড, তাসের ঘর, ঠাকুরদা, জোড়াসাঁকোর ধারে, অনাচার

কবিতা - সালেমনের মা, বনলতা সেন, ওরাকাজকরে, পূব-পশ্চিম, বর্ণপরিচয়

ব্যাকরণ ও নির্মিতি - ISC সমগ্র পাঠ্যক্রম।

কোনি- ১-৮ অধ্যায়।

Project.

1. তোমার পাঠ্য পুস্তকের অন্তর্গত যেকোনো একটি কবিতাকে ছোট গল্পের রূপ দান করো।
2. তোমার পাঠ্য পুস্তকের অন্তর্গত যেকোনো একটি ছোট গল্পকে কবিতার রূপ দান করো।
3. তোমার পাঠ্য পুস্তক এর অন্তর্গত যেকোনো একটি ছোট গল্প বা কবিতার বর্তমান সময়ের নিরিখে প্রাসঙ্গিকতা বিচার করো।

4. তোমার পাঠ্য পুস্তকের অন্তর্গত যেকোনো একটি ছোটগল্পের চরিত্র বিশ্লেষণ কর অথবা যেকোনো একটি কবিতার প্রেক্ষাপট আলোচনা কর।
5. Listening and speaking skill will be held in regular classes.

❑ **APPLIED MATHEMATICS :**

❖ **ASSESSMENT-1 EXAMINATION :**

Set, Trigonometry, Quadratic equations, Inequality, Complex numbers, Logarithm, Measures of dispersion.

❖ **ASSESSMENT-2 EXAMINATION :**

Relation and Function, Straight lines, Limits and Derivatives, Parabola, Correlation analysis.

Note: All the chapters in assessment – 1 are also included in assessment – 2 syllabus.

**** Project should be submitted 15 days prior to the assessment -2 examination.**

❖ **PERIODICAL :**

Circle, Permutation and Combination, Binomial theorem, Mathematical Reasoning, Linear Regression.

Note: All the chapters in assessment-1 and 2 are included in periodical syllabus.

❖ **ASSESSMENT-3 EXAMINATION :**

Sequence and Series, Probability, Financial Mathematics.

Note: All the chapters in assessment – 1 and 2, periodical are also included in assessment – 3 syllabus.

- The completed mathematics project file consisting of two mathematics projects need to submitted 15 days prior to the assessment- 3 examination.

❑ **HISTORY :**

PRESCRIBED TEXT BOOK:

ISC HISTORY CLASS XI - (DR. SACCHIDANANDA BANERJEE)

Reference Book:

MASTERING MODERN WORLD HISTORY (PALGRAVE) – NORMAN LOWE

**A TEXTBOOK OF ISC FOR CLASS XI-H CHANDRIMA BASU MAJUMDAR/
ADWAITA BASU**

❖ **ASSESSMENT-1 EXAMINATION (100 marks) :**

INDIAN HISTORY

CH 1 Emergence of Colonial Economy

WORLD HISTORY

CH 7 World War 1-1914-18(causes and events: Peace Settlements

PROJECT- Working Models / collage/ Charts

World war 1- showcase any event/cause of WW1

Development of Transportation and communication

Forest policies and its effect

Submission of project- a week before Assessment 1

COPY EVALUATION/ HOLIDAYS HOMEWORK EVALUATION

❖ **ASSESSMENT-2 EXAMINATION :**

Theory - 80 marks / Internals - 20 marks

INDIAN HISTORY

CH2 Social Movements

CH3 Protest Movement against Colonial rule

WORLD HISTORY

CH 8 The Great Depression

CH 9 Rise of communism under Stalin in Russia (1917-39)

(INCLUDING SYLLABUS OF ASSESSMENT I)

Internals- Continuous Assessment, Copy Evaluation, Viva

❖ **PERIODICAL (100 marks) :**

INDIAN HISTORY

CH4 Growth of Nationalism

CH 5 Gandhian Nationalism (1916-22)

WORLD HISTORY

CH 10. Rise of Fascism under Mussolini in Italy (1919-39)

CH 11 Rise of Nazism under Hitler in Germany (1933 - 39)

INCLUDING SYLLABUS OF PREVIOUS ASSESSMENT 1 and 2

Internals- Continuous Assessment, Copy Evaluation, Project, Viva

❖ **ASSESSMENT-3 EXAMINATION :**

(Theory 80/ Project 20)

Indian History

CH 6 Gandhian Nationalism (1927-37)

World History

CH 12 Rise of Nazism in Germany (1933-39)

CH 13 Rise of Militarism: Japan (1919-41)

(Including all previous chapters taught throughout the academic year)**PROJECT (ANNUAL)**Peasant Movements

Discuss the changes in the nature and character of peasant movements of the 1920's as compared to the early uprisings or movements with adequate pictures

Submission – After Christmas Vacation (reopening week)**COPY EVALUATION/VIVA****☐ GEOGRAPHY :****❖ ASSESSMENT-1 EXAMINATION :**

- Chapter 2. –Age and Origin of Earth
- Chapter 3- Interior of the Earth.
- Chapter 5- Endogenous processes and associated Landforms
- Chapter 6- Drifting of continents and Plate Tectonics.
- Chapter 7- Isostasy
- Chapter 25- The Biosphere
- Chapter 26-Biodiversity
- Chapter 27- Biodiversity for sustenance of Mankind
- Chapter 28- India as a mega diversity nation
- Chapter 29- Loss of Biodiversity
- Chapter 30- Strategies for conservation of Biodiversity.

■ Map of World:

- Mountains
- Plateaus

❖ ASSESSMENT-2 EXAMINATION :

- Chapter 4- Rocks
- Chapter 8- Volcanoes and Earthquake
- Chapter 9- Exogenous Processes and Associated Landforms
- Chapter 10- Soil
- Chapter 17- Composition and Structure of the Atmosphere.
- Chapter 18- Insolation and temperature
- Chapter 19- Atmospheric pressure and Winds

Chapter 20- Atmospheric Moisture
 Chapter 32- Climate change
 Chapter 33- Natural hazards: their causes and management

■ Revision chapters- Chapters of 1st Assessment

Mountains

Plateaus

Water Bodies (bays, gulfs, straits, sea, oceans)

Rivers

❖ **PERIODICAL EXAMINATION :**

Chapter 11- Fluvial process and Associated Landforms

Chapter 12- Aeolian Process and associated landforms

Chapter 13- Glacial process and associated landforms

Chapter 14- Work of groundwater and associated landforms

Chapter 15- Marine process and associated landforms

Chapter 16- Coral reefs.

Chapter 21- Submarine relief

Chapter 22- Marine life and deposits

Chapter 23- Temperature, salinity and density of ocean water

Chapter 24- Ocean water movements

Chapter 31- World climatic types

Revision chapters- Chapters of 1st Assessment and 2nd Assessment.

■ **Map of World:**

Mountains

Plateaus

Water Bodies (bays, gulfs, straits, sea, oceans)

Rivers

Ocean Currents

Islands

❖ **ASSESSMENT-3 EXAMINATION :**

*Full syllabus board exam as per the ISC curriculum.

Project Work

*As per the ISC curriculum

□ **POLITICAL SCIENCE :**

Book - *ISC Political Science (Political Theory and Contemporary International Relations) - For Class XI*

Author- *K.K.Ghai*

Publisher - *Kalyani Publishers*

❖ **ASSESSMENT-1 EXAMINATION :**

SECTION A

Chapter 1 : Introduction to Political Science and State.

Chapter 2 : The Origin of the State

SECTION B

Chapter 9 : Disintegration of the Soviet Union

❖ **ASSESSMENT-2 EXAMINATION :**

SECTION A

Chapter 3 : Political Ideologies

Chapter 4 : Sovereignty

SECTION B

Chapter 10 : Uni-Polar World

(Revision Chapters - 1, 2 and 9)

❖ **PERIODICAL EXAMINATION :**

SECTION A

Chapter 5 : Law

Chapter 6 : Liberty

Chapter 7 : Equality

SECTION B

Chapter 11 : Regional Cooperation

(Revision Chapters - 1 to 4, 9 and 10)

❖ **ASSESSMENT-3 EXAMINATION :**

SECTION A

Chapter 8 : Justice

SECTION B

Chapter 12 : South Asia

(Revision Chapters - 1 to 7 and 9 to 11)

POLITICAL SCIENCE PROJECT :-

TOPIC - Right to Freedom and Role of Media.

❑ **ECONOMICS :**

❖ **ASSESSMENT-1 EXAMINATION :**

- Definitions of Economics
- Basic Concepts of Economics
- Basic Problems of an Economy

- Types of Economies
- Economic Growth and Development
- Definition, scope, Importance and Limitations of Statistics
- Collection, Organisation and Presentation of Data
- Measures of Central Value

❖ **ASSESSMENT-2 EXAMINATION :**

- Solutions to the Basic Problems under different Economies
- Parameters of Development
- Sustainable Development
- The Problem of Poverty in India
- Profile of Indian Agriculture/Rural Development
- Measures of Dispersion

(Including 1st Assessment Syllabus)

❖ **PERIODICAL EXAMINATION**

- Indian Economy post liberalisation
- Structural changes in the Indian economy after liberalisation
- Planning and Economic Development in India
- Human Capital Formation in India
- Correlation

(Including 1st and 2nd Assessment Syllabus)

❖ **ASSESSMENT-3 EXAMINATION :**

- Unemployment in India
- Index Number

(Full Syllabus)

Project Topics:

1. Data and data collection in statistics
2. Cooperative credit system in India

☐ **SOCIOLOGY :**

Book - ISC SOCIOLOGY For Class XI

Author- Manjir Ghosh

Publisher - Kalyani Publishers

❖ **ASSESSMENT-1 EXAMINATION :**

Chapter 1 : Origin and Development of Society and Anthropology

❖ **ASSESSMENT-2 EXAMINATION :**

Chapter 2 : Research Methodology

Chapter 3 : Basic Concepts

❖ **PERIODICAL EXAMINATION :**

Chapter 4 : Social Structure

Chapter 5 : Social Problems

❖ **ASSESSMENT-3 EXAMINATION :**

Chapter 6 : Indian Sociologists

SOCIOLOGY PROJECT :-**TOPIC -**

1. The problem of Child Labour in India.
2. Poverty and Crime.

☐ **SUPW :**

Subsidiary service

❖ **HALF YEARLY EXAMINATION :**

1. Envelope making.
2. Mask making.
3. Homemade hand sanitizer.
4. Project file.

❖ **ANNUAL EXAMINATION :**

Main craft service

5. Bottle craft.
6. Pickles preparation.
7. Cleaning.

☐ **PHYSICAL TRAINING (PT) :**❖ **HALF YEARLY EXAMINATION :**

1. March Past.
2. Jogging & General Warming-up
3. Cardio Exercises:
 - a) Sprinting
 - b) Distance Running
 - c) Jumping Jack
 - d) Box Jump
4. Fitness Training:
 - a) Push-ups
 - b) Jump Squats
 - c) Bend knee sit-ups
 - d) Mountain Climbers
 - e) Plank Jacks
 - f) Jump rope

5. 600m. Run
6. First Aid
7. Indoor Games

❖ **ANNUAL EXAMINATION :**

1. Jogging & General Warming-up
2. Agility workout.
3. Tug-O-War
4. Team sports:
 - a) Soccer
 - b) Basketball
 - c) Handball
 - d) Kho-Kho
 - e) Kabaddi
5. Fitness Training:
 - a) Sit & Reach
 - b) Partial Curl
 - c) Lunges
 - d) Burpees
6. March Past.

❑ **YOGA (MEDITATION) :**

❖ **HALF YEARLY EXAMINATION :**

- Yoga prayer
- Om chanting
- Surya namaskar
- Setubandhasana
- Abdominal breathing
- Sheetal Pranayama

❖ **ANNUAL EXAMINATION :**

- Brikhasana
- Ardha chakrasana
- Yogamudra
- Kapalbhati
- Anuloma- Viloma.

