



Sunbeam School
Lahartara, Sarnath, Varuna & Knowledge Partners

Class - X

**Book List & Syllabus
for the month of
April, May & June**

Session - 2026-27



Sunbeam School

Bhagwanpur, Lahartara, Sarnath, Suncity, Varuna & Knowledge Partners

BOOK LIST for Class – X (2026–27)

Parents are free to buy books from any shop of their choice in the city.

Please ensure that you buy the New Editions only.

SUBJECTS	NAME OF THE BOOKS	PUBLISHERS
English	Textbook	<i>NCERT</i>
	a) First Flight Text Book for Class X	<i>NCERT</i>
	b) Footprints Without Feet Supplementary Reader for Class X	<i>NCERT</i>
	c) Words and Expressions Workbook in English for Class X	<i>NCERT</i>
	Supplementary Book	<i>Collins Eternal Publication</i>
Hindi (only for students who have opted for Hindi)	a) Collins Cobuild Learner's Illustrated Dictionary	
	b) My Reading Log	
	Textbook	<i>NCERT</i>
	a) Sparsh - Part- II	<i>NCERT</i>
	b) Sanchayan - Part- II	<i>NCERT</i>
Sanskrit (only for students who have opted for Sanskrit)	Supplementary Book	<i>Saraswati House Publication Ltd.</i>
	c. Saraswati Vyakran Darshika Course B - IX - X (Purnataya Sanshodhit evam Naveentam Sanskaran)	
	Textbook	<i>NCERT</i>
	a) Shemushi Dwitiya Bhaga Pathyapustakam	<i>NCERT</i>
	b) Abhyaswan Bhawa – Prathamobhagam Vyakaran Pustakam	<i>NCERT</i>
French (only for students who have opted for French)	c) Vyakaran Vithi : Vyakaran Pustakam	<i>NCERT</i>
	Textbook	<i>CBSE</i>
	a) Entre Jeunes – 2 Class - X (Core schools)	<i>CBSE</i>
	b) Entre Jeunes (Workbook) – 2 (Core schools)	<i>CBSE</i>
	Supplementary Book	<i>Goyal Pub. & Dist. Pvt. Ltd.</i>
Maths	c) Larousse (dictionary in French) (Core schools)	
	Textbook	<i>NCERT</i>
	a) Mathematics Textbook for class – X	<i>NCERT</i>
	b) Exemplar Problems Mathematics- Class X (Lht, Vrn, Snt & Knowledge Partners)	
	Supplementary Book	<i>Dhanpat Rai Pub. Bharti Bhawan</i>
	a) Mathematics Class-X (R.D. Sharma) (Lht, Vrn, Snt) Secondary School Mathematics for Class X (R.S. Aggarwal) (Bgn, Sct & Knowledge Partners)	
	b) Together with Mathematics Lab Manual	<i>Rachna Sagar</i>
	c) For Logical reasoning – Study package for NTSE (class X)	<i>McGraw Hill</i>

		<i>Education</i>
Science	Textbook a) Science Text Book for Class – X d) Exemplar Problems Science –Class X (Lht, Vrn, Snt & Knowledge Partners)	<i>NCERT</i> <i>NCERT</i>
	Supplementary Book a) Together with Science (which has Practical Lab Manual, MCQ, Practical Files for Phy., Chem. and Bio.)	<i>Rachna Sagar</i>
	b) The Language of Chemistry or Chemical Equations (Tuli & Soni)	<i>S. Chand & Co.</i>
Social Science	Textbook a) India and the Contemporary World - II	<i>NCERT</i>
	b) Democratic Politics – II	<i>NCERT</i>
	c) Contemporary India – II	<i>NCERT</i>
	d) Understanding Economic Development	<i>NCERT</i>
	e) Disaster Management - X (Together Towards a Safer India-III)	<i>CBSE</i>
Artificial Intelligence	Decoding Artificial Intelligence Skill Course (Code 417) Class X	<i>Sultan Chand</i>
Information Technology (Sct)	a. Essentials of Information Technology Based on Libre Office – Class X by Preeti Arora b. CBSE Study Draft Material (Reference Material) To be downloaded from CBSE website	<i>Sultan Chand</i>
Financial Marketing	Introduction to Financial Markets NSQF Level– 2 Class 10 (Bgn & Sct)	<i>CBSE</i>
Art Education	Kalakriti Art Education	<i>Eternal</i>
Life Skills	My Cinema Book – 10	<i>Edumedia India Pvt. Ltd.</i>
Song Book	Swaranjali – Songs for Sunbeams	<i>Eternal Pub.</i>
Personal Growth & Self Awareness	My Dream Journal Classes 9 to 12	<i>Headword</i>

Please note: Parents are requested to download the online soft copy of the NCERT books from the official website <https://ncert.nic.in> . These books will be downloaded, discussed and done in the respective classes

Learner's Comate

- English
- Hindi
- Sanskrit
- French
- Maths
- Science (separate for Physics, Chemistry & Biology)
- Social Science (Together for History+Civics & for Geography+Economics)

Enrichment Booklet

Name of the Subject/Topic	Name of the Subject/Topic
Logical Reasoning Enrichment Sheet	Math Pisa Assignment
Maths Enrichment Sheet	Science Pisa Assignment
English Pisa Assignment	Cyber Assignments

Reference Book Note

Dear Parents

The books suggested in **the Reference section** of the booklist are purely recommendations and are **not at all compulsory to buy**.

In keeping with parental requests for additional study/practice materials, we have suggested the same.

Picking them up is **purely on parental discretion**. School will not ask for the same during the classes at any point.

Reference Book

English –

- High School English Grammar & Composition (Wren & Martin) - *S.Chand*
- A New Approach to English Grammar & Composition (Brij Nandan Lal) - *Arya Book Depot*
- Assignments in English Plus (Language and Literature) with Audio CD for ASL- *Full Marks Pvt. Ltd.*

Maths –

Secondary School Mathematics for Class X (R.S.Aggarwal)

Bharti Bhawan

Science –

- New Science & Technology-(Chemistry)- X part-II (Lakhmir Singh) *S.Chand*
- Science for Tenth Class–Part–I Physics (Lakhmir Singh & Manjit Kaur) *S.Chand*
- Candid CBSE Text Book of Physics – X *Evergreen*
- Super Simplified Science - X (Physics, Chemistry & Biology) *Dinesh & Co.*
- Foundation of Science - Physics (H.C. Verma) *Bharti Bhawan*
- Science – Part 2 : Chemisry for 10th class *Nageen Prakashan*

Social Science -

Social Science - X

Saraswati House

STATIONERY LIST - CLASS – X

English	Register (1 for Literature & 1 for Language)		140 pages
Hindi	Register (1 for Literature & 1 for Language)		140 pages
Maths	Registers (4 for CW & HW)		140 pages
	Practical File	1	100 pages
	Graph notebook	1	100 pages
Physics	Register	1	140 pages
Chemistry	Register	1	140 pages
Biology	Register	1	140 pages
Practical File	1 each for Physics, Chemistry & Biology (Bgn, Sct)	1	100 pages
History	Register	1	140 pages
Civics	Register	1	140 pages
Geography	Register	1	140 pages
Economics	Register	1	140 pages
Sanskrit	Register	2	100 pages
French	Register (Core schools)	2	100 pages
AI / IT	Register	1	140 pages
Stationery	Gel Pen (Blue) White board marker (any colour)	1	
Drawing	Drawing notebook	1	
	Colour palette	1 set	15 shades
	Students Poster Colour – (12 shades of 10 ml) (Camel) Tube	1 set	
	Water Colour 12 shades (camlin)		
	Round Brush (No.2, 4, 6 & 8)	1 each	
	Camlin Water Colour Pencils (12 shades)	1 set	
	Shading Pencil (2B, 4B, 6B), HB Pencils,	1 each	
	Geometry box + File (for filing Unit Test Papers and Open Door Assessments)	1	
	My Confidence Diary for Seniors (Classes VI-X) (Revised Edition)–Marina Publications		

There will be a combined Learner's Comate for all subjects (Term-I and Term-II) for Bgn & Sct)

Please Note :

1. Stainless Steel Rulers are **not allowed** in school. Only Plastic Rulers are to be used.
2. We discourage covering notebooks to **save paper**. If needed, all notebooks should be covered only with used paper as we are an eco-conscious school and realize the importance of recycling. Plastic covers are strictly prohibited.
3. The text books should be covered only with used paper or bound so that they don't tear during the session.
4. All text books and notebooks should be properly labelled with name, class and section.
5. All notebooks should be of **big size**. Small notebooks will not be accepted in school for correction.
6. Parents are requested to buy the books at the earliest before the stock is sold.
7. Reference books mentioned (if any) are **optional** to buy.
8. Since we believe that the child should carry a few books to school so as to avoid burden on the young shoulders, please see that the child brings books according to the time table.

The Sunbeam School

VISION

Ongoing consolidation, growth and collaboration within and across institutions that are instrumental in holistic growth of students, in a conducive environment, that promotes excellence and the students further move on to refine the social fabric.



Estd. 1972

Sunbeam
Group of Educational Institutions

Value additions to the Sunbeam Precept

In addition to the core curriculum, Sunbeam Schools add further dimension to the precept with a set of age appropriate innovative and immersive set of programs for enhancing academic, cultural and co-scholastic progress.

Art Integrated Learning (AIL)

Art integrated Learning (AIL) has become an integral part of the learning process. Hence Art Integrated Learning (AIL) is being introduced in all the subjects to give students an opportunity to study deeply about the 'Uniqueness in Indian work culture and present it through different art forms like dance, music, skit, role play, theatre etc. It also helps to imbibe the Indian ethos through integration of Indian art and culture in the teaching and learning process at every level. This art integrated approach will strengthen the linkages between education and culture.

Artificial Intelligence (AI)

The school is redefining education by transitioning from traditional teaching methods to a dynamic, new-age learning ecosystem powered by Artificial Intelligence (AI). It recognizes that education today must extend beyond textbooks and rote learning to prepare learners for a rapidly evolving, technology-driven world.

By integrating AI into everyday classroom practices, the teaching-learning process has become more personalized, interactive, and data-driven. Instruction is no longer one-size-fits-all. AI-enabled tools support educators in identifying learning patterns, monitoring progress, and addressing learning gaps through targeted interventions and meaningful feedback.

AI platforms facilitate adaptive assessments, real-time analytics, and immersive instructional strategies. Complex concepts are enriched through simulations, visualizations, and technology-supported experiential learning methodologies.

Beyond implementation, the school also emphasizes responsible and ethical engagement with AI, fostering awareness of issues such as bias, privacy, accountability, and digital responsibility.

The school is shaping a future-ready learning environment aligned with global standards.

Chetna

Chetna curriculum is designed keeping in mind the socio emotional development and the safety of the children. It also focuses on preventing child abuse and child sexual abuse in particular. It includes various activities, presentations and brainstorming sessions which will motivate students to introspect, communicate without fear and find solution to the problems in the best possible way, sometimes on their own, or by seeking help from the right person at the right time.

Clicker

Our classrooms are equipped with clickers that function as powerful real-time formative assessment tools, redefining how learning is measured and supported. As part of our innovative pedagogy, clickers are an integral component of the teaching-learning process, seamlessly embedding into everyday classroom instruction.

Through Clicker teachers can immediately analyze comprehension levels, identify misconceptions, and address learning gaps within the teaching timeframe itself. Clickers enable continuous, competency-based evaluation and data-informed instructional decisions. Real-time analytics and immediate feedback strengthen conceptual clarity, build confidence, and ensure that progress remains measurable, timely, and meaningful for every learner.

Digital Health and Wellness Curriculum for new age citizens

Using technology responsibly and being physically, socially & emotionally healthy amidst technology centred world is important. Students need to know how to use and how much to use the gadgets available to avoid the harmful effects of the same. Hence, the Digital Health and Wellness Curriculum is designed to inculcate awareness among students.

Dream Journal

The Dream Journal is a structured and transformative life-skills and reflective learning journal designed to promote personal growth and self-awareness. It has been thoughtfully developed to nurture self-awareness, critical thinking, goal setting, emotional intelligence, and holistic development through guided classroom engagement.

The journal encourages students to think deeply, express their ideas with clarity, set realistic goals, and take ownership of their personal and academic journeys. It provides a safe and purposeful space for students to explore their aspirations, values, strengths, and challenges, thereby fostering confidence and independent thinking.

The Dream Journal empowers students to become mindful, responsible, and purpose-driven individuals—prepared not only for academic success but also for lifelong learning.

Entrepreneurship and Financial Literacy

As our core philosophy, it's important for Sunbeam students to take what they learn in class and apply it to their daily and future lives. Hence several opportunities are provided in the Precept to expose students to areas such as entrepreneurship, innovation, problem-solving, and critical thinking.

Entrepreneurship syllabus teaches students about money, investing, business strategies, loans, and creating budgets. At the same time, students can learn critical life skills such as problem-solving, brainstorming ideas, taking risks, facing failure, and getting up again, setting goals, working together, and feeling comfortable to work individually.

Also, with the many unknowns in the future job market, the activities will ensure students think about opportunities they can build for themselves for the future.

Graphic Novel

Graphic novels have proven to be a powerful and effective educational tool, combining visual elements with textual content to enhance comprehension and foster a love for reading. The unique format of Graphic Novels engages students in a way that traditional textbooks often struggle to achieve. Sunbeam has Integrated Graphic Novels into its curriculum for dynamic and enjoyable learning environment.

It fosters creativity and allows students to express themselves through visual narratives. It is also a gateway to reading for reluctant readers, making literature more accessible and enjoyable.

It is uploaded in the IFP/Digi boards for the students and it is available in the DIKSHA portal of CBSE.

Information for Internet Usage

Parents to take note that we will continue to use blended form of learning so all links, updates, texts, research materials will be provided by the school in the G Suite (Google Classroom). It will take between 30-40 minutes of internet time for your ward to go through and benefit.

Please be conscious about the net usage beyond the mentioned allotted time since beyond that your ward may be using the internet for non-productive/addictive things, not in the best of his/her interest, intelligently/emotionally.

Khan Academy

Khan Academy is an online educational resource for Math & Science. The impact of Khan Academy on students has been significant and far-reaching.

Khan Academy has made it possible for students to learn at their own pace. Self-paced learning model allows students to progress through material as quickly or as slowly as they need, which can be especially beneficial for students who may be struggling with a particular concept.

Khan Academy has had a significant impact on students by improving access to education, providing self-paced learning opportunities, and offering a personalized learning experience. These benefits help students develop a love for learning and lay the foundation for good academic and to take charge of their own learning.

Open Door

We, at Sunbeam, believe that the child learns by thinking as they are natural thinkers. They are curious and ask many questions. Keeping this in mind, we introduce '**Open Door Assessment**' a series of thought-provoking assessments which test critical thinking and application skills followed by immediate feedback. It is a competency based assessment that will encourage your ward to become deep thinkers.

This assessment will give your ward an insight of his concepts of **Mathematics and Science**. Each student will be given an individual feedback and the process of assessment not only will involve learning, but also **Relearning** where difficult concepts will be revisited.

Parivartan

Parivartan curriculum is specially designed for girls (class V upwards) and boys (class VI upwards) to make them aware of hygiene and biological changes which happens in adolescence.

Prayag Sangeet Samiti (Optional)

Prayag Sangeet Samiti provides a unique method of learning. It's emphasizes on creating an environment to nurture and encourage creativity. It awards diploma and certificate programs in Vocal Music, Instrumental Music as well as Classical Dance. It is an integral part of our curriculum enhancing the child's creativity in the field of music and dance. The major aim of this program is to upgrade and enhance the various streams of performing art.

Quality Circle Time (QCT)

Quality Circle Time (QCT) is a creative way of allowing students to talk on a wide range of issues in a safe inclusive environment. It helps them to develop self-esteem and ultimately improves academics. In this way in the school, we create non-

threatening, collaborative and participatory learning environment.
Four QCT sessions are held in a term for the students.

Portfolio and E-Portfolio

A portfolio is a useful collection of purposely chosen work depicting a selection of performances that are collected over time and represents the learner's effort, progress, growth and accomplishment in key areas. Keeping this in mind, CBSE has introduced portfolio as an integral part of curriculum where students create their own digital portfolio for checking their own progress. Sunbeam encourage students to build a strong portfolio in order to help them in seeking admission/internship in the future.

Sustainable Development Goals

Sunbeam Schools understand the critical role that schools and students must play in addressing critical global challenges and achieving the Sustainable Development Goals by 2030. We understand our responsibility to equip our students with the knowledge to understand the global challenges facing the world and the skills to overcome them.

SDGs cannot be taught in isolation, hence we have integrated the thoughts and concepts of SDGs across subjects and chapters starting from class 1.

All the chapters will have a question(s)/activity(ies) based on SDG which will make students think, introspect, and relate his learnings or actions to the goals .

The idea behind SDG immersion in the Precept is to :

- Support and Promote the global principles of SDGs.
- Provide educational opportunities to our students to acquire the knowledge and skills needed to engage with the SDGs.
- Transform the Sunbeam learning environment into dynamic hubs of student leadership for the SDGs.
- Be a part of the Global Movement to achieve SDGs by year 2030.

Day-to-day practices to achieve Sustainability

In our journey towards a safer and more sustainable planet, both schools and families play crucial roles. By integrating simple day-to-day practices, we can collectively contribute to the Sustainable Development Goals (SDGs) and foster a sustainable school community. By adopting these simple practices, we can create a ripple effect that leads to a more sustainable and healthier planet for future generations. Together, we can make a significant difference. Here are some practical steps:

Water Conservation:

1. Turn off taps while brushing teeth, shaving or soaping hands.
2. Take shorter showers (5-10 minutes).
3. Fix leaky faucets, taps, and pipes promptly.
4. Use water-efficient appliances.
5. Supply water in glasses instead of bottles.

Energy Efficiency:

1. Switch off lights, fans, ACs etc. and electronics when not in use.
2. Use LED bulbs.
3. Adjust thermostat settings to save energy.
4. Unplug chargers and devices on standby.
5. Regulate the AC temperature to 25° Celsius

Waste Reduction:

1. Carry reusable bags for shopping.
2. Refuse single-use plastics (straws, cutlery,

Food Sustainability:

1. Plan meals to reduce food waste.
2. Buy local, seasonal produce.

etc.). 3. Segregate waste into wet and dry wastes for disposing them 4. Compost food waste. 5. Recycle paper, plastic, glass, and metal.	3. Use reusable containers for takeout. 4. Avoid single-use water bottles/paper glasses etc.
Transportation: 1. Use public transport for long trips 2. Practice walking or bi-cycling for short trips. 3. Carpool or share rides. 4. Maintain vehicle efficiency (regular tune-ups, proper tire pressure etc.). 5. Consider electric or hybrid vehicles.	Home and Garden: 1. Use eco-friendly cleaning products. 2. Plant trees, herbs, or vegetables. 3. Reduce paper usage, go for digital documents, bills). 4. Repurpose or up-cycle old items. 5. Use reusable materials for wiping hands/face etc.
Lifestyle Changes: 1. Avoid fast fashion, animal-based textiles and impulse buying 2. Reduce air travel or offset carbon emissions. 3. Support renewable energy projects. 4. Choose organic & sustainable products as far as possible. 5. Boycott products that endanger wildlife.	Daily Habits: 1. Bring reusable coffee cups or water bottles. 2. Avoid using disposable utensils. 3. Use rags instead of paper towels/tissues. 4. Drive less, Drive green. 5. Use resources wisely to minimize carbon footprint.
Sanskrit Shlok Children's intellects are sharpened through chanting of the Sanskrit shlok. It helps brain to stay sharp and focused. Recitation increases systematic breathing and supplies additional oxygen to the brain to stay active and flexible by learning new languages through shlokas.	
Using Bloom's Taxonomy to Enhance Learning Bloom's taxonomy is a series of cognitive skills and learning objectives arranged in a hierarchical model. Originally, Bloom's taxonomy was designed as a way of gauging competence by placing students' knowledge on one of 6 levels which are often represented visually in the form of a pyramid. Each step of the pyramid from bottom to top represents a move from a lower order thinking skill (LOTS) to a higher order one (HOTS); from straightforward concrete cognition to a more abstract, conceptual understanding. This taxonomy of educational objectives gets its name from its creator, Benjamin Bloom. Bloom was an American educational psychologist who is best remembered for his significant contributions to the theory of mastery learning. All our teachers are well versed in transcending from LOTS to HOTS while transacting curriculum through activities and questioning. Our assessment papers also have a good balance of HOTS and LOTS questions. At the same time our students from class IV upwards are trained to understand Bloom's Taxonomy and are encouraged to make questions catering to different levels of the taxonomy across subjects thus developing Questioning abilities and developing various competencies that comes with traversing the various levels of the pyramid.	



Sunbeam and the National Education Policy (NEP) 2020

Dear Parents,

Greetings at the start of the academic new session.

The National Education Policy promises to revolutionize Indian Education but at Sunbeam, what gives us immense pleasure is that it reiterates our commitment to holistic child development, something which Sunbeam has always believed in and has incorporated ways and means to provide the same down the years. The NEP validates our progressive vision.

A quick look to connect provisions of the NEP to what Sunbeam has already been doing.

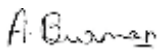
- Sunbeam Schools are Innovative education centers with good infrastructure support and well-equipped classrooms and laboratories.
- Sunbeam had incorporated technology in education from many years back. Today we are extremely well equipped for a blended learning environment offering the best of the online and offline worlds to our students.
- While everyone is talking about ECCE, Sunbeam always has had a very strong ECCE precept which is well researched and dynamic, incorporating best practices of Kindergarten from across the world, focusing on Foundational Literacy and Numeracy and communication skill building helping young learners build a strong mind set during growing years.
- The Sunbeam Precept provides opportunities for holistic learning to students along with enriching their minds with 21st century skills like analytical & critical thinking power and experiential learning experiences. Sunbeam has never believed in rigid learning separation between various fields like arts & science, curricular & extra-curricular activities. Everything that a student does is counted! The vision is to ensure students become all-rounders rather than acquiring just the academic knowledge.
- Our delivery system comprises of multiple modes of learning: Formal & Informal
- We have Experienced faculty members and a well-designed & formalized Teachers Training and development plan.
- All our schools have Trained counselors (both Behavioral and Career)
- The Sunbeam precept has in it, life-enrichment courses for overall development of individuals. We also have Skill Development Courses with internship opportunities for students.
- In class XI students at Sunbeam have choice-based options so that students can choose subjects of their interest and pursue the same.
- Across classes we track student progress based on learning levels. Assessments at Sunbeam plays a key role in helping teachers scrutinize & evaluate the skills & knowledge of students. Our assessments are competency-based assessment that evaluates-

- Analytical power
- Creativity

- Critical thinking
- Conceptual clarity

- Decision-making

Sunbeam is committed toward nation building by shaping up youngsters to the requirements of tomorrow. We are happy other schools too now will follow the path that we have been treading so far.



Amrita Burman
Director

Weight of Bags

Dear Parents,

We are happy that the NEP 2020 talks at length about lighter school bags.

As a school, Sunbeam has always been conscious of the weight of the bag that a child carries every day to school. We have designed our time table in such a way that we kind of adhere to the NCERT stipulated bag weight as mentioned below. Similarly we have QCT books/copies also designed to lighten bags.

Body weight and weight of school bag

The suggestive table for class-wise range for ratio for school bag as 10 per cent of the body weight is given below.

Class wise range of average body weight of children–

S.No.	Class	Average Body Weight Range (in Kg)	Bag Weight Range (Recommended)
1	KG Section	10-16	No bag
2	Class I	16-22	1.6-2.2
3	Class II	16-22	1.6-2.2
4	Class III	17-25	1.7-2.5
5	Class IV	17-25	1.7-2.5
6	Class V	17-25	1.7-2.5
7	Class VI	20-30	2-3
8	Class VII	20-30	2-3
9	Class VIII	25-40	2.5-4
10	Class IX	25-45	2.5-4.5
11	Class X	25-45	2.5-4.5
12	Class XI	35-50	3.5-5
13	Class XII	35-50	3.5-5

Please pack your ward's bag as per the time table given. If even after that, you feel the bag is still heavy, please do get in touch with us. Your feedback is solicited to help us lessen the weight of the bag and keep children happy and healthy.

Regards

Sunbeam School

WEBSITES FOR REFERENCE

English	Hindi	Sanskrit	Science
www.englishgrammar.org www.readtheory.org www.studyrankers.com www.kidsworldfun.com www.vocabulary.com	www.readtheory.org www.hindikiduniya.com essay www.laghukatha.com www.hindigrammar.in www.pustak.org	www.samskrittutorial.in www.samskritabharatiusa.org www.learn Sanskrit.org www.sanskritschool.in www.sanskritwiktionary.org	www.khanacademy.org www.educatorstechnology.com www.scibd.com www.topperslearning.com www.chemnetbase.com www.learner.org www.chemguide.co.uk www.ck12.org
Maths	Social Science	Computer	
www.khanacademy.com www.ck12.org Foundation.com www.purplemath.com www.brilliant.org www.mathsway.com	www.mycbseguides.com www.mapsofindia.com www.studyrankers.com www.khanacademy.org	www.computerhope.com www.w3school.com www.ecomputernotes.com www.slideshare.net www.python.org	
G.K.	Drawing	Games	For All Subjects
www.gktoday.in www.factmonster.com www.quizmoz.com www.webduniya.com	www.colorhunt.com www.autodraw.com www.roomrecess.com	www.funbrain.com www.foxsports.com www.sikids.com www.foxsports.com	www.courseera.com www.alison.com www.meritnation.com MIT OpenCourseWare

FREE EDUCATIONAL APPS

English	BBC Learning: listening and speaking skill TED Ed: Short educational videos library, with subtitles. Kindle app: For book reading Lingue: Used for translation Dictionary.com: Enhances vocabulary, audio pronunciations, idioms and phrases. Grammarly: for grammar correction Quizlet: For Vocabulary and exam preparation.
Hindi & Sanskrit	Wayam: online learning platform from classes 9 – till college Sanskrit Primer: For pronunciation guide and word and sentence Hindi Number - 123: Helps to read, remember, pronounce and write Hindi number.
Math	Best Vedic Math: Fast maths using ancient Indian teachings called Veda. Desmos: Specifically used in graphing calculator, in statistics, algebra, Calculus. Mathway: Compute problems in Statistics, Pre-Algebra, Pre-calculus, Calculus, Finite Math, Linear Algebra, Trigonometry, Chemistry, Algebra and Basic Math. Wolfram Alpha: Allows users to find the answers to problems for various subjects-maths, physics and music.
Social Science	Learnflix: has 28000 videos, quizzes, revision notes, assessments, sample papers e – books from renowned authors. History.com: To get historical information ranging from great speeches to facts about this day in history-documentary programs and historical fiction series of History Channel. Britannica: Explore the world's rainforests and the unique animals, plants, and people which inhabit them in a fun and engaging way. A variety of games like Memory Match, Jigsaw Puzzles, and the Magic Square etc are also available.
Science	Go Conqr: App allows student and teachers to create discover and share learning resources. Khan academy: Offers videos, exercises, tests, in science, aligned with CBSE. Livescience: Covers scientific breakthroughs, research ventures and odd facts from around the world in an online newsmagazine format and website features groundbreaking developments in science, space and technology. Science Daily: For breaking scientific news and the latest scientific discoveries.
Drawing	WikiArt: Make world's art accessible (museums, universities, town halls, and other civic buildings of more than 70 countries) with tools for translation. User-editable visual art encyclopedia. Quora: A place to gain and share knowledge. It's a platform to ask questions and connect with people who contribute Unique insights and quality answers.
G.K.	TodayLearned: For getting information about the world. Evernote: For taking notes, photos and record videos to remember all sorts of things with additional features such as collaboration on projects and note-sharing. Quizizz: Daily quiz fun games. Magran Josh Current Affairs & GK App: for updated current affairs in English and Hindi
Educational Apps To Make Learning Easy	Udemy: Delivers engaging and Personalised learning EdX: Huge online course provider. Website offers 3,500 High Quality courses for learners around the world. Dropbox: An online storage system for storing assignments, essay, photos, videos in a secure and protected location. Instapaper-Saves web pages as text which makes them extremely easy to read even on your mobile phone. WikiWand: Wikipedia articles available for several popular web browsers as a free browser extension or mobile app. Crash Course: Video Series App encompasses all videos from Crash Course Team arranged as playlists. Subjects are: World History, Biology, Literature, Ecology, Chemistry, Psychology and Educational YouTube channel. DIKSHA App: National platform for school education offers teachers, students and parents engaging learning materials relevant to the prescribed school curriculum (NCERT).

List of Graphic Novel

S.No	Subject	Name of Comic Book	Diksha link to access comic book
1	Mathematics	Introduction to Trigonometry	https://diksha.gov.in/play/collection/do_3132295416416911361465
2	Mathematics	Some applications of Trigonometry	https://diksha.gov.in/play/collection/do_3132295416442552321363
3	Physics	Sources of Energy	https://diksha.gov.in/play/collection/do_31321952142869299211782
4	Biology	Only one earth handle with care	https://diksha.gov.in/play/collection/do_3132247025202544641768
5	Physics	Electricity	https://diksha.gov.in/play/collection/do_3132295416291409921461
6	Hindi	Bade Bhai Sahab	https://diksha.gov.in/play/collection/do_31321952140618137612889
7	English	The proposal by Anto Chekov	https://diksha.gov.in/play/collection/do_3132247020063621121473
8	Sanskrit	Janani tulyavatsala	https://diksha.gov.in/play/collection/do_31321952151344742411786
9	Political Science	Power Sharing-2	https://diksha.gov.in/play/collection/do_3132294636539248641307
10	History	Age of Industrialisation	https://diksha.gov.in/play/collection/do_3132247023326167041477
11	History	Nationalism in India (Poorn Swaraj)	https://diksha.gov.in/play/collection/do_3132294636523847681287
12	History	Nationalism in India -2	https://diksha.gov.in/play/collection/do_3132294648262246401252
13	History	The Rise of Nationalism in Europe	https://diksha.gov.in/play/collection/do_3132247023775170561591
14	Economics	Self Help Group	https://diksha.gov.in/play/collection/do_31321952163850649612953
15	Economics	Consumer Rights	https://diksha.gov.in/play/collection/do_3132247020780666881587
16	Economics	Sectors Of The Indian Economy	https://diksha.gov.in/play/collection/do_3132295416057610241402
17	Economics	Money and Credit	https://diksha.gov.in/play/collection/do_3132295475568967681472

Student's Portfolio –

Portfolio

- ✦ A systematic collection of student's individual records that represents student activities, accomplishments, progress and achievements and offers the opportunity to document a range of student attitudes, skills and learning over the school years. It is a gathering of assessment tasks realized by the students and reflects on his/her learning process.

Layout of the Student's Portfolio -

1. **Index** – Contents of the Portfolio.
2. **Introduction** - Students introduction, date of birth, father's name, mother's name, Aadhar card number, E-mail ID, Address, Latest coloured photograph in formals as your profile picture etc.
3. **Hobbies/Interests/Talent/Passion**
4. **Strengths / Weaknesses & Life's Goals** (if decided)
5. **Recognition** – Member of student Council, Best assembly presenter, Star child of the month, Library squad, Bus Monitor, Class Monitor, Class Prefect etc.
6. **Performances** – Pictures, videos and hyperlinks of student's work e.g. – Theatre/Role-plays/Nukkad natak, Dance/Singing/Playing Instruments, Art & Craft work, Sports related skills, Assemblies, any work published in Newspaper/school magazine/newsletter etc.
7. **Scholastic Achievements & Co-scholastic Participation** – Certificates, testimonials, commendation letters, recommendation letters, transcripts, citations along with pictures of trophies and awards in any of the categories – International/National Level, State/District/City Level, Inter/Intra-school Level.
8. **Subject Related Artifacts** – Please see that following suggested activities are included in portfolio as per the subject -
 - ✦ Creative writing - Articles/Poem/Songs/Stories/Plays.
 - ✦ Reading logs (Books with its reviews).
 - ✦ Projects/ Research/Experiments/ Case Studies.
 - ✦ Bio chapters (as PortFolio) as per precept.
 - ✦ Class work, Assignments & Notebook Assessments.
 - ✦ Participation in subject enrichment activities.
 - ✦ Any exemplary class work (videos/PPT/Created questionnaire/concept maps/volunteer teaching).
 - ✦ Art integrated activities.
 - ✦ Test Scores & Self/Peer Assessment Sheets.
 - ✦ Reflections on your progress/topics you like/why the subject interests you.
 - ✦ **Professional cum internship certificate**/Letter (XI & XII).
9. **Other Avenues** – NCC & NSS, Member of INTACH, Member of any social outreach program within or outside school & Workshops, sessions and leadership programs attended.

Note:

- ✦ Portfolio is the **part of Internal Assessment for the classes IX-X**. Though the Portfolio is to be prepared by all students of classes IX and X, it is suggested that they maintain it and keep updating it even in classes XI and XII as it will help them in their college admission and future careers.
- ✦ **Digital Portfolio to be made.** Platform – sites.google.com (login with your school domain id) Suggested tools for making digital portfolios - Google slide, ppts, canva, Genially etc.
- ✦ The portfolio must be regularly updated and a column included on the first slide which states “Last Updated” _____ clearly mentioning the date on which the student has updated the portfolio.
- ✦ Assessment will be done **twice in a session**, once in the **first week of the October** and next, in the **third week of February**.
- ✦ Once the student has prepared the portfolio he/she must share the link with his/her class teacher **by 30th Sept.** so that it can be assessed.
- ✦ A common portfolio (CIC & Subject wise) to be made by the students.
- ✦ **Class XI & XII** – Students can upload their Digital Portfolio on different Social Media Platform - LinkedIn, Twitter, Pinterest, Reddit etc. for better exposure.

EXAMINATION PATTERN

Sl. No.	Subjects	(Best two will be considered)						Avg. (Best of 2 PT) (Weightage 10%) (A)	Notebook Portfolio + Subject Enrichment Act (10) (B)	Board Examination (C)	Grand Total (A+B+C)
		PT-I	Weightage	PT-II	Weightage	PT-III	Weightage				
1	English	30	10%	30	10%	30	10%	10	5+5	80	100
2	Hindi/Sanskrit/French	30	10%	30	10%	30	10%	10	5+5	80	100
3	Maths	30	10%	30	10%	30	10%	10	5+5	80	100
4	Science	30	10%	30	10%	30	10%	10	5+5	80	100
5	Social Science	30	10%	30	10%	30	10%	10	5+5	80	100
6	Artificial Intelligence	30	10%	30	10%	30	10%	10	5+5	Th-50 Pr-50	100

GENERAL INSTRUCTIONS

- Board Examination will be conducted at the end of the session in each subject covering 100% syllabus.**
- Periodic Test will comprise of a Pen and Paper Test.
- 75% attendance is necessary for a child to appear in the Board Examination as per CBSE guidelines.
- Medical certificate from a qualified registered doctor is to be submitted on prolonged illness on the first day of re-joining/within a week.
- Maintenance of **Practical record/Project/Activity** is compulsory for all students.
- It is mandatory to obtain atleast **33% marks in each subject** in the board exam for 80 marks.
- It is mandatory to obtain atleast **33% marks in each subject** in the Internal assessment for 20 marks.
- Subject Enrichment Activities in**
 - English & Hindi will be assessed in form of Assessment of Speaking and Listening Skills (**ASL**).
 - Maths and Science will be assessed as Practical Lab work.
 - Social Science will be assessed as Map work and Project work.
- Average of comprehension test and periodic test will be taken into consideration for entering the final marks. (English/ Hindi / Sanskrit / French)
- Portfolios** must be prepared to broaden the scope of learning and achieve diverse curriculum outcomes by examining a range of evidence of student performances being assessed and will be of 5 marks.
- Notebook submission** will be assessed on the parameters of Regularity, Assignment Completion, Neatness & upkeep of notebook and will be of 5 marks.
- Discipline** (Attendance, Sincerity, Behaviour, Values) will be graded the students on a Five - point scale (A to E).
- Work Education, Art Education, Health and Physical Education** will be graded on a 5 point grade scale (A to E).
- Pre-Board I & II exam will be held for all students.
- Cumulative performance of the entire academic year will be taken into consideration for admission to class XI.



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PERIODIC TEST – I

Subject	Date	Syllabus
English	02.05.2026	Comprehension Test
		From the Diary of Anne Frank, A Question of Trust, Comprehension passage, Tenses, Modals, Formal Letter
Hindi/Sans./Fr.	09.05.2026	Comprehension Test
Hindi		तीसरी कसम के शिल्पकार शैलेंद्र,, मनुष्यता, पदबंध, अपठित गद्यांश, अनुच्छेद/पत्र।
Sanskrit		शुचिपर्यावरणम्, बुद्धिर्बलवती सदा, स्वर एवं व्यंजन संधि, अनुवाद, अपठित, प्र लेखन।
French		Leçon 2, Informal Letter, Comprehension passage, Grammar (Ch. 2), Futur Anterieur
Maths	16.05.2026	Real Numbers, Polynomials and Pair of Linear Equations + Math Open Door
Science	20.05.2026	Light - Reflection (till mirror formula), Chemical Reactions & Equations, Life Processes (till Respiration) + Science Open Door
Open Door	01.07.2026	Math Open Door (RL)
Artificial Intelligence	04.07.2026	Employability Skills Ch-1 Communication Skills-II Subject Specific Skills Introduction to Artificial Intelligence Ch-1 AI Project Cycle
Social Science	11.07.2026	History - Nationalism in Europe Political Sc. - Power Sharing, Federalism Geography - Resource & Development, Forest and Wild Life & Map Work Economics - Development
Open Door	15.07.2026	Science open door (RL)



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PERIODIC TEST – II

Subject	Date	Syllabus
English	18.07.2026	Comprehension Test + Science Open Door (RL)
		Glimpses of India, How to tell Wild Animals, Footprints without Feet, Subject-Verb Agreement, Comprehension passage, Letters related to Inquiry/ Placing Order/ Complaints
Hindi/Sans./Fr.	25.07.2026	अपठित गद्यांश (Comprehension Test)
Hindi		पर्वत प्रदेश में पावस, अब कहाँ दूसरों के दुःख से दुःखी होने वाले, कर चले हम फ़िदा, सपनों के से दिन, रचना के आधार पर वाक्य रूपान्तरण, सूचना/विज्ञापन, अपठित गद्यांश
Sanskrit		शिशुलालनम्, जननी तुल्यवत्सला, विसर्ग सन्धि, समास, प्रत्यय, अनुच्छेद/चित्र लेखन, अपठित गद्यांश
French		Leçon 3, 4, 5, Section-B Story Completion Grammar-Conditionnel Présent, Le Futur antérieur, Le plus-que-parfait, Trouver la question, Les pronoms (COD, COI, toniques, y, en), La négation, Section-D Ch. 3, 4, 5.
Maths	01.08.2026	Quadratic Equations, Arithmetic Progression + Math Open Door
Science	08.08.2026	Light : Refraction, Human Eye and the colourful World, Acids, Bases & Salts, Life Process, Excretion and Transportation + Science Open Door
Artificial Intelligence	14.08.2026	Subject Specific Skills <i>Ch-2 Advanced Concept of Modelling in AI</i> Employability Skills <i>Ch-2 Self-Management Skills – II</i>
Social Science	22.08.2026	History - Nationalism in India + Map Work (Till Swaraj in the plantation - UT) Political Sc. - Gender, Religion and Caste Geography - Water Resources + Map Work, Agriculture (up to types of Agriculture) Economics - Sectors of the Indian Economy
Open Door	26.08.2026	Math open door (RL)



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PERIODIC TEST – III

Subject	Date	Syllabus
English	29.08.2026	Comprehension Test + Math Open Door (RL)
		Madam Rides the Bus, The Ball Poem, The Sermon at Benares, Amanda, The Making of a Scientist, Determiners, Analytical Paragraph & Comprehension passage
Open Door	02.09.2026	Science Open Door (RL)
Hindi/Sans./Fr.	05.09.2026	अपठित गद्यांश (Comprehension Test)
Hindi		तोप, पतझड़ में टूटी पल्लियाँ, आत्मत्राण, कारतूस, टोपी शुक्ला, मुहावरे, समास, लघुकथा लेखन, अपठित गद्यांश
Sanskrit		सुभाषितानी, सौहार्दम् प्रकृते: शोभा, विचित्र: साक्षी, अव्यय, वाच्य, समयलेखनम्, पत्र/ चित्र/ अनुच्छेद, अपठित गद्यांश
French		Leçon 6, 7 Section-B Message/Letter Writing, Grammar-Les adjectifs et pronoms possessifs, Les adjectifs et pronoms démonstratifs, Les subjonctif, Section-D 6, 7.
Maths	12.09.2026	Triangles, Coordinate Geometry, Introduction to Trigonometry + Math Open Door
Science	19.09.2026	Electricity, Metals & Non-Metals, Control & Coordination + Science Open Door
Artificial Intelligence	26.09.2026	Employability Skills Ch-3 Basic ICT Skills-II Subject Specific Skills Ch-3 Evaluating Models
Open Door	30.09.2026	Math Open Door (RL)
Social Science	03.10.2026	History - Remaining of Nationalism in India, The Making of a Global World Political Sc. - Political Parties, Outcomes of Democracy (till Economic Growth and Development) Geography - Agriculture from cropping pattern onward, Minerals and Energy Resources + Map Work Economics - Money & Credit, Globalisation & The Indian Economy (till What is Globalisation?)
Open Door	07.10.2026	Science Open Door (RL)
Open Door Cycle 4	10.10.2026	Math Open Door
	14.10.2026	Science Open Door
	24.10.2026	Math Open Door (RL)
	28.10.2026	Science Open Door (RL)

ENGLISH LANGUAGE AND LITERATURE (Code No. 184)
CLASS – X
SECTION - WISE WEIGHTAGE

Section	Topic	Weightage
A	Reading Skills	20 Marks
B	Writing Skills with Grammar	20 Marks
C	Language through Literature	40 Marks

Section A
Reading Skills

- I. Reading Comprehension through Unseen Passage** **20 Marks**
1. Discursive passage of 400-450 words. **(10 marks)**
 2. Case-based factual passage (with visual input- statistical data, chart etc.) of 200-250 words. **(10 marks)**

(Total length of two passages to be 600-700 words)

Multiple Choice Questions / Objective Type Questions, and Short Answer Questions (to be answered in 30-40 words) will be asked to assess comprehension, interpretation, analysis, inference, evaluation and vocabulary.

Section B
Writing Skills and Grammar

- II Grammar** **10 Marks**

- Determiners
- Tenses
- Modals
- Subject – verb concord
- Reported speech
 - Commands and requests
 - Statements
 - Questions

3. The courses at the secondary level seek to cement high professional grasp of grammatical items and levels of accuracy. Accurate use of spelling, punctuation and grammar in context will be assessed through Gap Filling/ Editing/Transformation exercises. Ten out of 12 questions will have to be attempted.

III Writing Skills

10 marks

4. Writing a Formal Letter based on a given situation, in 100-120 words. One out of two questions is to be answered. **5 marks**
5. Writing an Analytical Paragraph in 100-120 words on a given Map/ Chart/ Graph/Cue/s. One out of two questions is to be answered. **5 marks**

Section C Language through Literature

40 Marks

IV. Reference to the Context

(5+5 = 10 Marks)

6. One extract out of two from Drama / Prose.
7. One extract out of two from poetry.

Multiple Choice Questions / Objective Type Questions Very Short Answer Questions (one word/ One sentence), Short Answer Questions (to be answered in 30-40 words) will be asked to assess inference, analysis, interpretation, evaluation and vocabulary.

V. Short & Very Long Answer Questions

30 Marks

8. Four out of Five Short Answer Type Questions to be answered in 40-50 words from the book FIRST FLIGHT to assess interpretation, analysis, inference and evaluation. **4x3=12 marks**
9. Two out of Three Short Answer Type Questions to be answered in 40-50 words each from FOOTPRINTS WITHOUT FEET to assess interpretation, analysis, inference and evaluation. **2x3=6 marks**
10. One out of two Long Answer Type Questions from FIRST FLIGHT to be answered in about 100-120 words each to assess creativity, imagination and extrapolation beyond the text and across the text. This can be a passage-based question taken from a situation/plot from the text. **6 marks**
11. One out of two Long Answer Type Questions from FOOTPRINTS WITHOUT FEET, on theme or plot involving interpretation, extrapolation beyond the text and inference or character sketch to be answered in about 100-120 words. **6 marks**

ENGLISH LANGUAGE AND LITERATURE (Code No. 184)
Course

Name of Books	Sl. No.	Name of the chapters	No. of iBLDs required
First Flight	PROSE		
	1.	A Letter to God	1
	2.	Nelson Mandela : Long Walk to Freedom	1
	3.	Two Stories about Flying	1
	4.	From the Diary of Anne Frank	
	5.	Glimpses of India	1
	6.	Mijbil the Otter	1
	7.	Madam Rides the Bus	1
	8.	The Sermon at Benares	1
	9.	The Proposal	1
First Flight	POETRY		
	1.	Dust of Snow	1
	2.	Fire and Ice	1
	3.	A Tiger in the Zoo	1
	4.	How to Tell Wild Animals	1
	5.	The Ball Poem	1
	6.	Amanda!	1
	7.	The Trees	1
	8.	Fog	1

Name of Books	Sl. No.	Name of the chapters	No. of iBLDs required
First Flight	9.	The Tale of Custard the Dragon	1
	10.	For Anne Gregory	1
Footprints without Feet	SUPPLEMENTARY READER		
	1.	A Triumph of Surgery	1
	2.	The Thief's Story	1
	3.	The Midnight Visitor	1
	4.	A Question of Trust	1
	5.	Footprints without Feet	1
	6.	The Making of Scientist	1
	7.	The Necklace	1
	8.	Bholi	1
	9.	The Book that Saved the Earth	1

ENGLISH LANGUAGE & LITERATURE (184) a. First Flight Textbook in English for Class X NCERT b. Footprint Without Feet - supplementary reader in English for class X NCERT c. Words and Expressions Workbook in English for Class X NCERT d. Collins Cobuild Learner's Illustrated Dictionary Collins e. My Reading Log Eternal Publication Ref. Book – High School English Grammar & Composition (Wren & Martin) S.Chand		
Months	No. of working days	Contents
April + May	24+19 = 43 days	1) First Flight - X (i) From the Diary of Anne Frank (Fiction) (ii) Glimpses of India (Fiction) (iii) Mijbil the Otter (Fiction) (iv) How to Tell Wild Animals (Poem) 2) Supplementary Reader -Footprints Without Feet– X (i) A Question of Trust (ii) Footprints without Feet 3) Grammar - (i) Tenses (ii) Modals 4) Writing Skills: Formal letter based on given situation 5) Word and Expression : Unit 1 and 2 6) Learner's Comate: Discussion & Correction 7) Digi Content - Powerpoint presentation/slides related to formal letter. Art Integration Learning (AIL) : Make an attractive and colourful travel brochure covering all aspects of tourist interest. (Arunachal Pradesh/ Uttar Pradesh)
June + July	04+27 =31 days	1) First Flight-X (I) Madam Rides the Bus (Fiction) (ii) The Sermon at Benares (Fiction) (iii) The Ball Poem (Poem) 2) Supplementary Reader -Footprints Without Feet– X (i) The Making of a Scientist (ii) The Necklace 3) Grammar - 1. Subject - Verb Concord 4) Writing Skills : Letter related to Complaints/ Inquiry/ Placing order 5) Word and Expression : Unit 3 and 4 6) Learner's Comate: Discussion & Correction 7) Digi Content - Powerpoint presentation/slides related to formal letter.

हिन्दी कोर्स 'ब' (०८५)

खंड		भारांक
क	अपठित बोध	14
ख	व्यावहारिक व्याकरण	16
ग	पाठ्यपुस्तक एवं पूरक पाठ्यपुस्तक	28
घ	रचनात्मक लेखन	22

वार्षिक बोर्ड परीक्षा हेतु भार विभाजन				
खंड – क (बहुविकल्पी प्रश्न)				
	विषयवस्तु	उप भार	कुल भार	
1	अपठित गद्यांश पर बोध, चिंतन, विश्लेषण, सराहना आदि पर बहुविकल्पीय, अतिलघूत्तरात्मक एवं लघूत्तरात्मक प्रश्न			
अ	दो अपठित गद्यांश लगभग 200 शब्दों के। एक अंकीय तीन बहुविकल्पी प्रश्न (1×3=3) पूछे जाएँगे अतिलघूत्तरात्मक एवं लघूत्तरात्मक प्रश्न (2×2=4) पूछे जाएँगे	7+7	14	
खंड – ख (व्यावहारिक व्याकरण)				
2	व्याकरण के लिए निर्धारित विषयों पर विषयवस्तु का बोध, भाषिक बिंदु/ संरचना आदि पर अतिलघूत्तरात्मक/लघूत्तरात्मक प्रश्न। (1×16) (कुल 20 प्रश्न पूछे जाएँगे, जिनमें से केवल 16 प्रश्नों के उत्तर देने होंगे)			
1	पदबंध (1×4=4) (5 में से 4 प्रश्न करने होंगे)	4	16	
2	रचना के आधार पर वाक्य रूपांतरण (1×4=4) (5 में से 4 प्रश्न करने होंगे)	4		
3	समास (1×4=4) (5 में से 4 प्रश्न करने होंगे)	4		
4	मुहावरे (1×4=4) (5 में से 4 प्रश्न करने होंगे)	4		
खंड – ग (पाठ्यपुस्तक एवं पूरक पाठ्यपुस्तक)				
अ	गद्य खंड (पाठ्यपुस्तक)	11		
	1 स्पर्श (भाग-2) से निर्धारित पाठों में से गद्यांश के आधार पर विषयवस्तु का ज्ञान, बोध, अभिव्यक्ति आदि पर एक अंकीय पाँच बहुविकल्पी प्रश्न पूछे जाएँगे। (1×5)	5		
	2 स्पर्श (भाग-2) से निर्धारित पाठों में से विषयवस्तु का ज्ञान, बोध, अभिव्यक्ति आदि पर तीन प्रश्न पूछे जाएँगे। (विकल्प सहित- 25-30 शब्द-सीमा वाले 4 में से 3 प्रश्न करने होंगे) (2×3)	6		
ब	काव्य खंड (पाठ्यपुस्तक)	11		
	1 स्पर्श (भाग-2) से निर्धारित कविताओं में से काव्यांश के आधार पर एक अंकीय पाँच बहुविकल्पी प्रश्न पूछे जाएँगे (1×5)	5	28	
	2 स्पर्श (भाग-2) से निर्धारित कविताओं के आधार पर विद्यार्थियों का काव्यबोध परखने हेतु तीन प्रश्न पूछे जाएँगे। (विकल्प सहित-25-30 शब्द-सीमा वाले 4 में से 3 प्रश्न करने होंगे) (2×3)	6		

	स	पूरक पाठ्यपुस्तक संचयन भाग – 2	6	
		संचयन (भाग-2) से निर्धारित पाठों पर आधारित दो प्रश्न पूछे जाएँगे। (3x2) (विकल्प सहित-50-60 शब्द-सीमा वाले 3 में से 2 प्रश्न करने होंगे)	6	
		खंड – घ (रचनात्मक लेखन)		
	i	विभिन्न विषयों और संदर्भों पर विद्यार्थियों के तर्कसंगत विचार प्रकट करने की क्षमता को परखने के लिए संकेत-बिंदुओं पर आधारित समसामयिक एवं व्यावहारिक जीवन से जुड़े हुए तीन विषयों में से किसी एक विषय पर लगभग 120 शब्दों में अनुच्छेद लेखन (5x1)	5	22
	ii	अभिव्यक्ति की क्षमता पर केंद्रित औपचारिक विषयों में से किसी एक विषय पर लगभग 100 शब्दों में पत्र (विकल्प सहित) (5x1)	5	
	iii	व्यावहारिक जीवन से संबंधित विषयों पर आधारित लगभग 60 शब्दों में सूचना लेखन। (विकल्प सहित) (4x1)	4	
	iv	विषय से संबंधित लगभग 40 शब्दों के अंतर्गत विज्ञापन लेखन (विकल्प सहित) (3x1)	3	
	v	विविध विषयों पर आधारित लगभग 80 शब्दों में ई-मेल लेखन (5x1) अथवा दिए गए विषय/शीर्षक आदि के आधार पर लगभग 100 शब्दों में लघुकथा लेखन (5x1)	5	

Sl. No.	Name of the Chapter	No. of iBLD
	गद्य	
१.	तीसरी कसम के शिल्पकार	१
२.	अब कहाँ दूसरों के दुःख से दुःखी होने वाले	१
३.	पतझड़ में टूटी पत्तियाँ	१
४.	कारतूस	१
	पद्य	
१.	मनुष्यता	१
२.	पर्वत प्रदेश में पावस	१
३.	तोप	१
४.	कर चले हम फिदा	१
५.	आत्मत्राण	१
	संचयन	
१.	सपनों के से दिन	
२.	टोपी शुक्ला	

पुस्तकें-

१. स्पर्श - भाग - २	NCERT
२. संचयन - भाग - २	NCERT
३. व्याकरण-सरस्वती व्याकरण दर्शिका कोर्स -ब (IX & X)	Saraswati House

Month	Content
अप्रैल + मई २४+१६ = ४३ दिन	पद्य : १. मनुष्यता-मैथिलीशरण गुप्त गद्य : १. तीसरी कसम के शिल्पकार शैलेन्द्र - प्रहलाद अग्रवाल २. अब कहाँ दूसरों के दुःख से दुःखी होने वाले - निदा फाज़ली व्याकरण : १. पदबंध २. पत्र - औपचारिक पत्र- (अपने नगर निगम के आयुक्त को पत्र लिखकर अपने क्षेत्र में डेंगू के रोकथाम का आग्रह करते हुए स्वास्थ्य अधिकारी को पत्र लिखें) ३. अनुच्छेद लेखन: १. शिक्षा का बदलता स्वरूप ४. अपठित गद्यांश Learner's Comate का अभ्यास कार्य Digi Content / ppt / Graphic Novel : to be shown in the class by the teacher कला समेकित शिक्षा Art Integrated Learning (AIL) - ‘मनुष्यता’ काव्यपाठ का बच्चे सस्वर वाचन करेंगे एवं ‘मनुष्यता का महत्व’ विषय पर एक अनुच्छेद लिखेंगे।
जून +जुलाई ०४+२७= ३१ दिन	पद्य : १. पर्वत प्रदेश में पावस-सुमित्रानन्दन पन्त २. कर चले हम फ़िदा - कैफ़ी आजमी गद्य : १. पतझड़ में टूटी पत्तियाँ-रवीन्द्र केलेकर संचयन- सपनों के से दिन - गुरुदयाल सिंह व्याकरण : १. रचना के आधार पर वाक्य एवं वाक्य रूपान्तरण (सरल, संयुक्त, मिश्र) २. अनुच्छेद लेखन: १. जीवन में संचार माध्यम का सदुपयोग ३. सूचना लेखन ४. अपठित गद्यांश Learner's Comate का अभ्यास कार्य १. समास २. मुहावरे ३. लघु-कथा लेखन ४. विज्ञापन लेखन ५. अपठित गद्यांश हिन्दी महीनों के नाम (Learner's Comate में किया जायेगा।) Digi Content / ppt / Graphic Novel : to be shown in the class by the teacher

संस्कृतम् (कोड़ नं० १२२)

वार्षिकमूल्याङ्कनाय निर्मिते प्रश्नपत्रे चत्वारः खण्डाः भविष्यन्ति -

‘क’ खण्डः अपठित-अवबोधनम्	10 अङ्काः	25 कालांशाः
‘ख’ खण्डः रचनात्मक-कार्यम्	15 अङ्काः	40 कालांशाः
‘ग’ खण्डः अनुप्रयुक्त-व्याकरणम्	25 अङ्काः	55 कालांशाः
‘घ’ खण्डः पठित-अवबोधनम्	30 अङ्काः	80 कालांशाः

Sl. No.	Name of the Chapter	No. of iBLD
१.	शुचिपर्यावरणम्	१
२.	बुद्धिर्बलवती सदा	१
३.	शिशुलालनम्	१
४.	जननी तुल्यवत्सला	१
५.	सुभाषितानि	१
६.	सौहार्दम् प्रकृतेः शोभा	१
७.	विचित्रः साक्षी	१
८.	सूक्तयः	१
९.	अन्योक्तयः	१

संस्कृत (१२२)

पुस्तक - १. शेषमुषी	- २	NCERT
पुस्तक - २. व्याकरणवीथि	- २	NCERT
पुस्तक - ३. अभ्यासवान् भव	- २	NCERT

Month	Content
अप्रैल+मई २४+१६ = ४३ दिन	१. प्रथमः पाठः - शुचिपर्यावरणम् २. द्वितीय पाठः - बुद्धिर्बलवती सदा ३. सन्धि - स्वर सन्धि- यण्, अयादि, पूर्वरूप व्यंजनसन्धि- वर्गीयप्रथमाक्षराणां तृतीयवर्णे परिवर्तनम्, प्रथमवर्णस्य पंचमवर्णे परिवर्तनम्। ४. संकेत आधारितम् औपचारिक/अनौपचारिक पत्रम् ५. अनुवाद ६. अभ्यास पुस्तिका - (सन्धि प्रकरण) Digi Content / ppt / Graphic Novel : to be shown in the class by the teacher
जून+जुलाई ०४+२७ = ३१ दिन	१. चतुर्थः पाठः - शिशुलालनम् २. पंचमः पाठः - जननी तुल्यवत्सला ३. विसर्गसन्धि- विसर्गस्य उत्वं, रत्वं, विसर्गस्य लोपः, विसर्गस्थाने स् श् ष् ४. समास - तत्पुरुषः- (विभक्तिः, उपपद, कर्मधारयः) द्वन्द्व, बहुव्रीहि, अव्ययीभाव (उप, अनु, स, निर, प्रति, यथा) ५. प्रत्ययः - कृतप्रत्ययाः - तव्यत्, अनीयर्, क्त, क्तवत् तद्धिताः - मतुप्, ठक्, त्व, तल् स्त्रीः - टाप्, डीप् ६. अभ्यास पुस्तिका (समास, प्रत्यय) ७. संकेत आधारितम् अनुच्छेदलेखनम् / चित्रलेखनम् ८. अपठित गद्यांश ९. LC का अभ्यास कार्य Digi Content / ppt / Graphic Novel : to be shown in the class by the teacher

FRENCH (CODE: 018)

The Question Paper will be divided into four sections:

Section - A: Comprehension : 10 Marks

Section - B: Writing : 20 Marks

Section - C: Grammar : 30 Marks

Section - D: Culture and Civilisation : 20 Marks

Section	Details of Topics/Sections	Type of questions/Subtopics	Marks
Section A (Comprehension)	Unseen prose	Paragraph with short answers questions (Picture Based) True or false Vocabulary search: Noun and verb forms/opposites/ synonyms/adjectives	10 (10/14)
Section B (Expression)	Long compositions (Any ONE) Short compositions (Any TWO)	Informal letter Rearranging of dialogue Completing a story Writing a message (5 marks each)	10 (1/3) 10 (2/3)
Section C (Application)	Grammar	1. Les herbes- infinitif, présent, impératif, imparfait, passé composé, plus que parfait, futur simple, futur antérieur, conditionnel présent 2Le discours direct et indirect 3Trouver la question 4Les pronoms (COD, COI, toniques, y, en) 5La négation 6. Les pronoms relatifs simples et composés 7Les adjectifs et pronoms possessifs 8Les adjectifs et pronoms démonstratifs 9Le subjonctif (5 marks each) Note: Topic 1 (Verbs) is compulsory. The student will be tested on any 5 of the remaining topics. (Total 6 Questions)	10 (1/3) 10 (2/3)
Section D (Culture and Civilisation)	L 2-8, 10	Short answers 5x2 MCQ True or False 5x1 Match the following 5x1 Fill in the blanks 5x1 (The student will be tested on any two)	10 (5/7) 05 05 (5/7)

French (Code 018)

Sl.No.	Name of the Chapter
1.	Leçon 2 –Après le bac...
2.	Leçon 3 – Chercher du travail
3.	Leçon 4 –Le plaisir de lire
4.	Leçon 5 –Les médias
5.	Leçon 6 –Chacun ses goûts
6.	Leçon 7 –En pleine forme
7.	Leçon 8 – L'environnement
8.	Leçon 10 –Vive la République!

FRENCH (Code: 018)

a) Entre Jeunes – 2 Class - X

CBSE

b) Larousse (dictionary in French)

Goyal Pub.& Dist. Pvt. Ltd

Month	Content
April + May 24+19= 43 days	Leçon 2 - Après le bac... Leçon 2 - (Les activités de la leçon) BILAN-1 Reading : Un texte (will be provided) Writing : Informal letter (80 words) Écrivez une lettre d'environ 80 mots : Écrivez à votre correspondant (e) français(e) et décrivez-lui le système de l'éducation indienne. Grammaire: The grammar part given of the chapter 2 in <i>Entre Jeunes</i> Culture and Civilization :Questions from the text book to be done Learner's Comate: Discussion & Correction
June+July 04+27= 31 days	Leçon 3 - Chercher du travail Leçon 3 - (Les activités de la leçon) Leçon 4 - Le plaisir de lire Leçon 4 - (Les activités de la leçon) Leçon 5 - Les médias Leçon 5 - (Les activités de la leçon) BILAN-1 Reading : Un texte (will be provided) Writing : Story Completion, Message Writing, Dialogue Re-ordering (80 words) Grammaire: The grammar part given of the chapter 3, 4 & 5 in <i>Entre Jeunes</i> Culture and Civilization :Questions from the text book to be done Learner's Comate: Discussion & Correction Digi Content / ppt / Graphic Novel : to be shown in the class by the teacher
	Art Integration Learning - Students will research on the Art forms covering all the cultural aspects of Arunachal Pradesh.

Mathematics

Standard (041) + Basic (241)

COURSE STRUCTURE CLASS -X

Units	Unit Name	Marks
I	NUMBER SYSTEMS	06
II	ALGEBRA	20
III	COORDINATE GEOMETRY	06
IV	GEOMETRY	15
V	TRIGONOMETRY	12
VI	MENSURATION	10
VII	STATISTICS & PROBABILITY	11
	Total	80

S.No.	Name of the Chapter	No. of iBLD
1.	Real Numbers	01
2.	Polynomials	01
3.	Pair of Linear Equations in two Variables	01
4.	Quadratic Equations	02
5.	Arithmetic Progressions	01
6.	Triangles	01
7.	Coordinate Geometry	01
8.	Introduction to Trigonometry	01
9.	Some Applications of Trigonometry	01
10.	Circles	02
11.	Areas related to Circles	01
12.	Surface Areas & Volumes	02
13.	Statistics	02
14.	Probability	01

Mathematics (Code : 041 + 241)

a) Mathematics Textbook for Class-X	NCERT
b) Mathematics Class-X (R.D. Sharma) (Lht, Vrn) Secondary School Mathematics for Class X (R.S. Aggarwal) (Bgn., Sct & Knowledge Partners)	Dhanpat Rai Pub. Bharti Bhawan
c) Laboratory Manual Mathematics for Class X (Activity Based) (M.L. Aggarwal)	Arya Pub. Co.
d) Exemplar Problems Mathematics - Class X (Lht, Vrn & Knowledge Partners)	NCERT
e) Practical File	Triangle
f) For Logical reasoning - Study package for NTSE (Class X)	McGraw Hill Education
Reference book a) Mathematics for Class X (R.S. Aggarwal) - LHT, VRN	Bharti Bhawan
b) Mathematics for Class X (R.D. Sharma) - BGN, SCT & Knowledge Partners	Dhanpat Rai Pub.

Month	Content
April + May 24+19= 43 days	1. REAL NUMBERS Fundamental Theorem of Arithmetic-statements after reviewing work done earlier and after illustrating and motivating through examples, Proofs of results-irrationality of $\sqrt{2}$, $\sqrt{3}$, $\sqrt{5}$. Learner's Comate: Discussion & Correction Khan Academy Assignments : • Prime factorization of larger numbers (Ex) • Finding HCF and LCM of large numbers (Ex) • Proof of $\sqrt{2}$ is irrational (video)
	2. POLYNOMIALS Zeros of a polynomial. Relationship between zeros and coefficients of quadratic polynomials. Learner's Comate: Discussion & Correction Khan Academy Assignments : • Zeroes of polynomials introduction (video) • Finding number of roots using graph (Ex) • Relation between coefficients and roots of a quadratic equation (Ex)
	3. PAIR OF LINEAR EQUATIONS IN TWO VARIABLES Pair of linear equations in two variables & graphical method of their solution, consistency/inconsistency.

Month	Content
	3. PAIR OF LINEAR EQUATIONS IN TWO VARIABLES to be continued.... Algebraic conditions for number of solutions. Solution of a pair of linear equations in two variables algebraically - by substitution, by elimination. Simple situational problems. Practical- 1. Pair of linear equations in two variables Learner's Comate: Discussion & Correction Khan Academy Assignments : • Number of solutions to a system of equation graphically (Ex) • System of equations with substitution (Ex) • System of equations with elimination (Ex)
June + July 4+27= 31 Days	4. QUADRATIC EQUATIONS Standard form of a quadratic equation $ax^2 + bx + c = 0$, ($a \neq 0$). Solution of the quadratic equations (only real roots) by factorization and by using quadratic formula. Relationship between discriminant and nature of roots. Situational problems based on quadratic equation related to day to day activities to be incorporated. Learner's Comate: Discussion & Correction Khan Academy Assignments : • Quadratic equations with irrational and variable coefficients (Ex) • Quadratic formula (Ex) • Discriminant for types of solutions for a quadratic. • Finding nature of roots 5. ARITHMETIC PROGRESSION Motivation for studying AP. Derivation of the n^{th} term and sum of first n terms of A.P. and their application in solving daily life problems. Practical : 2. Arithmetic progression: To show that the given sequence is an A.P. or not. 3. Sum of first n natural numbers Learner's Comate: Discussion & Correction

**Only for boarders
Sunbeam Hostel
LHT, VRN
Mindspark Syllabus Mapping**

Months	Weeks	Mindspark Topics	Corresponding Topics at School
April	1 st	Mindspark : Initiation session	
	2 nd	Real no., exponents and roots	Real Numbers
	3 rd	Real no., exponents and roots	
	4 th	Polynomials	Polynomial
May	1 st	Linear Equations in two variables	Linear Equations
	2 nd	Linear Equations in two variables Custom-1	
	3 rd		
	4 th		
June	1 st	Holidays (practice at home)	
	2 nd		
	3 rd		
	4 th	Quadratic Equation	Quadratic Equation
July	1 st	Arithmetic progression	Arithmetic progression
	2 nd	Arithmetic progression, Custom-1	
	3 rd	Triangle and its properties	Triangle
	4 th	Similarity of triangle	
August	1 st	Co-ordinate geometry	Co-ordinate Geometry
	2 nd	Co-ordinate geometry	
	3 rd	Trigonometric ratios -1	Introduction to Trigonometry
	4 th	Trigonometric ratios -2	
Sept.	1 st	Height and Distance-1	Application of Trigonometry
	2 nd	Trigonometric ratios -2	
	3 rd	Circle and its properties	Circle
	4 th	Construction	Construction

Months	Weeks	Mindspark Topics	Corresponding Topics at School
October	1 st	Area and Circumference of circle	Area related to circle
	2 nd	Volume and Surface Area	Volume and Surface Area
	3 rd	Volume and Surface Area	
	4 th	Statistics	Statistics
November	1 st	Probability	Probability
	2 nd	Revision of above all topics	
	3 rd		
	4 th		
December	1 st	Revision of above all topics	
	2 nd		
	3 rd		
	4 th		
January	1 st	Revision of above all topics	
	2 nd		
	3 rd		
	4 th		
February	1 st	Revision of above all topics	
	2 nd		

SCIENCE (086)

Unit No.	Unit	Marks
I	Chemical Substances-Nature and Behaviour	25
II	World of Living	25
III	Natural Phenomena	12
IV	Effects of Current	13
V	Natural Resources	05
	Total	80
	Internal assessment	20
	Grand Total	100

PHYSICS

Sl. No.	Name of the Chapter	No. of iBLD
1.	Light : Reflection and Refraction	03
2.	Human Eye and Colourful World	01
3.	Electricity	03
4.	Magnetic Effect of Electric Current	03

CHEMISTRY

Sl. No.	Name of the Chapter	No. of iBLD
1.	Chemical Reactions and Equations	01
2.	Acids, Bases & Salts	02
3.	Metals & Non-Metals	02
4.	Carbon & Its Compound	02

BIOLOGY

Sl. No.	Name of the Chapter	No. of iBLD
1.	Life Process	03
2.	Control & Coordination	02
3.	How Do Organism Reproduce?	01
4.	Heredity and Evolution	02
5.	Our Environment	01
6.	Management of Natural Resources	01

PHYSICS

a) Science Text Book for Class - X	NCERT
b) Together with Science (which has Practical Lab Manual, MCQ, Practical Files for Phy., Chem. and Bio.)	Rachna Sagar
<u>Reference books –</u>	
a) Exemplar Problems Science –Class X	NCERT
b) Science for Tenth Class–Part–I Physics (Lakhmir Singh & Manjit Kaur)	S. Chand
c) Candid CBSE Text Book of Physics - X	Evergreen
d) Super Simplified Science - X (Physics, Chemistry & Biology)	Dinesh & Co.
e) Foundation of Science - Physics (H.C. Verma)	Bharti Bhawan

Month	Content
April + May 24+19= 43 days	Chapter-10 : Light-Reflection and Refraction Reflection of light by curved surfaces, Images formed by spherical mirrors, centre of curvature, principal axis, principal focus, focal length. Mirror formula (Derivation not required) Magnification. Practical (1) - To determine the focal length of (a) Concave mirror (b) Convex lens by obtaining the image of a distant object. Khan Academy Assignments : • Laws of Reflection (video) • Application of concave & convex mirror (Ex.) • Spherical & parabolic mirrors (video) • Convex and concave mirror ray diagrams (video) • Ray diagrams (Ex) • Using mirror formula (Ex) • Nature and size of images from magnification (Ex.)
	Art Integration Learning - Design a model displaying dispersion of light.

CHEMISTRY

a) Science Text Book for Class - X	<i>NCERT</i>
b) Together with Science (which has Practical Lab Manual, MCQ, Practical Files for Phy., Chem. and Bio.)	<i>Rachna Sagar</i>
c) The Language of Chemistry or Chemical Equations (Tuli & Soni)	<i>S. Chand & Co.</i>
<u>Reference books –</u>	
a) Exemplar Problems Science –Class X	<i>NCERT</i>
b) New Science & Technology – (Chemistry) - X part-II (Lakhmir Singh)	<i>S. Chand</i>
c) Super Simplified Science - X (Physics, Chemistry & Biology)	<i>Dinesh & Co.</i>

Month	Content
April + May 24+19= 43 days	Chapter-1 : Chemical Reactions and Equation Chemical Reaction - Chemical Equation, Balanced Chemical Equations, types of chemical reactions - combination, decomposition, displacement, double displacement, precipitation. Practical (1)- To perform and observe the following reactions and classify them into – - Combination reaction - Decomposition reaction - Displacement reaction - Double displacement reaction - Action of water on quick lime - Action of heat on ferrous sulphate crystals. - Iron nails kept in copper sulphate solution. - Reaction between sodium sulphate and barium chloride solutions. Khan Academy Assignments : - Intro to chemical reactions and equations (video) - Identify molecular formulas (Ex.) - Balancing a chemical reaction (video+ex.) - Combination and decomposition reaction (video + ex.) - Displacement and double displacement reaction (video + ex.) - Redox reaction (video + ex.) - Corrosion and rancidity (Ex.)

BIOLOGY

a) Science Text Book for Class - X	<i>NCERT</i>
b) Together with Science (which has Practical Lab Manual, MCQ, Practical Files for Phy., Chem. and Bio.)	<i>Rachna Sagar</i>
<u>Reference books –</u>	
a) Exemplar Problems Science –Class X	<i>NCERT</i>
b) Super Simplified Science - X (Physics, Chemistry & Biology)	<i>Dinesh & Co.</i>

Month	Content
April + May 24+19 = 43 days	Chapter-6 : Life Processes Living Beings, Basic concept of nutrition, respiration, Revision of structure of teeth and dental formula. *(refer to LC for notes). Practical (1): To prepare a temporary mount of a leaf peel to show stomata. Khan Academy Assignments : • What are Life Processes • Nutrition & its types • Autotrophic nutrition • Nutrition in Human beings • Respiration
June + July 04+27= 31 days	Chapter-6 : Life Processes to be continued... Transport & Excretion in plants and animals. Blood group in a tabular form *(refer to LC for notes) Practical (2): To show experimentally that CO₂ is given out during respiration. Khan Academy Assignments : • Transportation in Plants & Animals • Excretion
	Art Integration Learning - Students will represent physiological systems of the human body using Comic strips/ Haiku/ Poem/ Anime.

SOCIAL SCIENCE (087)

QUESTION PAPER DESIGN

Subject	Syllabus Subject Wise Weightage	Marks (80)
History	- The Rise of Nationalism in Europe. - Nationalism in India: - The Making of a Global World Sub topics1 to 1.3 - Print Culture and the Modern World - Map pointing	18+2
Political Science	- Power – sharing - Federalism - Gender, Religion and Caste - Political Parties - Outcomes of Democracy	20
Geography	- Resources and Development - Forest and Wildlife Resources - Water Resources - Agriculture - Mineral& Energy resources - Manufacturing industries. - Lifelines of National Economy (map pointing) - Map pointing	17+3
Economics	- Development - Sectors of the Indian Economy - Money and Credit - Globalization and The Indian Economy - Sub topics: - What is Globalization? - Factors that have enabled Globalisation	20

HISTORY

S.No.	Name of the Chapter	No. of iBLD
1.	The Rise of Nationalism in Europe	02
2.	Nationalism in India	02
3.	The Making of a Global World	02
4.	The Age of Industrialisation	02
5.	Print Culture and the Modern World	02

POLITICAL SCIENCE

S.No.	Name of the Chapter	No. of iBLD
1.	Power Sharing	01
2.	Federalism	01
3.	Gender, Religion and Caste	01
4.	Political Parties	01
5.	Outcomes of Democracy	01

GEOGRAPHY

S.No.	Name of the Chapter	No. of iBLD
1.	Resources and Development	01
2.	Forest and Wildlife	01
3.	Water Resources	01
4.	Agriculture	01
5.	Minerals and Energy Resources	01
6.	Manufacturing Industries	01
7.	Lifelines of National Economy	01

ECONOMICS

S.No.	Name of the Chapter	No. of iBLD
1.	Development	01
2.	Sectors of the Indian Economy	01
3.	Money & Credit	01
4.	Globalisation and the Indian Economy	01
5.	Consumer Rights (Project Work)	

SOCIAL SCIENCE (087)

Books -

a. India and the Contemporary World - II	NCERT
b. Democratic Politics - II	NCERT
c. Contemporary India - II	NCERT
d. Understanding Economic Development - II	NCERT
e. Disaster Management - X (Together Towards a Safer India -III)	CBSE
<i>Reference book:</i>	
a. Social Science - X	Saraswati

HISTORY

Month	Content
April + May 24+19= 43 days	Sub-unit 1.1 : Events and Processes Chapter-1 : The Rise of Nationalism in Europe (a) The French Revolution and the idea of the Nation (b) The Making of Nationalism in Europe (c) The Age of Revolutions : 1830-1848 (d) The Making of Germany and Italy
June + July 04+27= 31 days	Learner's Comate: Discussion & Correction Chapter-1 : The Rise of Nationalism in Europe (to be continued...) (e) Visualizing the Nation (f) Nationalism and Imperialism Learner's Comate: Discussion & Correction Digi Content / ppt / Graphic Novel : to be shown in the class by the teacher
	Chapter-2 : Nationalism in India (a) The First world War, Khilafat, Non-Cooperation (b) Differing Strands within the Movement (c) Towards Civil Disobedience (d) The Sense of Collective belonging
	Art Integrated Learning (AIL) - Students will role play by covering up different National movement in which each group will take different event.

POLITICAL SCIENCE	
Month	Content
April +May 24+19 = 43 days	Unit : 3. Chapter-1 Power Sharing : (a) Belgium and Sri Lanka (b) Majoritarianism in Sri Lanka (c) Accommodation in Belgium (d) Why Power Sharing is desirable? (e) Forms of Power Sharing Digi Content / ppt / Graphic Novel : to be shown in the class by the teacher
June+July 04+27= 31 days	Chapter-2 Federalism : (a) What is Federalism? (b) What make India a Federal Country? (c) How is Federalism practiced? (d) Decentralization in India Learner's Comate: Discussion & Correction Digi Content / ppt / Graphic Novel : to be shown in the class by the teacher
	Art Integrated Learning (AIL) - Students will be making collage & mosaic work with a variety of coloured paper & coloured printed pictures on Federalism. (Union Govt., State Govt., Local Govt. work)
	Unit :3. Chapter- 4 Gender, Religion and Caste (a) Gender and Politics-Public/Private division, Women's political representation (b) Religion, Communalism and Politics-Communalism, Secular State, (c) Caste and Politics -Caste inequalities, Caste in politics, Politics in caste Learner's Comate: Discussion & Correction Digi Content / ppt / Graphic Novel : to be shown in the class by the teacher

GEOGRAPHY	
Month	Content
April + May 24+19= 43 Days	Chapter-1: Resources and Development: (a) Concept (b) Development of Resources (c) Resource Planning - Conservation of Resources (d) Land Resources. (e) Land Utilisation (f) Land Use Pattern in India (g) Land Degradation and Conservation Measures (h) Soil as a Resource (i) Classification of Soils (j) Soil Erosion and Soil Conservation (excluding Box information on State of India's Environment) Map Work: Identification only of Major soil types. Learner's Comate: Discussion & Correction Digi Content / ppt / Graphic Novel : to be shown in the class by the teacher
June + July 04+27= 32 Days	Chapter-2: Forest and Wildlife : (a) Flora & Fauna in India (b) Conservation of forest and wildlife in India (c) Type and distribution of forests and wildlife resources (d) Community and Conservation Learner's Comate: Discussion & Correction Digi Content / ppt / Graphic Novel : to be shown in the class by the teacher

ECONOMICS	
Month	Content
April + May 24+19= 43 days	Chapter-1: Development : (a) What Development Promises - Different people, different goals (b) Income and Other Goals (c) National Development (d) How to compare different countries or states? (e) Income and other criteria (f) Public Facilities
June+July 04+27= 32 Days	Chapter-1: Development : to be continued... (g) Sustainability of Development Learner's Comate: Discussion & Correction Digi Content / ppt / Graphic Novel : to be shown in the class by the teacher
	Chapter-5: Consumer Rights : to be used for Project Work. Learner's Comate: Discussion & Correction Digi Content / ppt / Graphic Novel : to be shown in the class by the teacher
	Chapter-2: Sectors of the Indian Economy : (a) Sectors of Economic Activities (b) Comparing the three sectors (c) Primary, Secondary and Tertiary Sectors in India (d) Division of sectors as organized and unorganized (e) Sectors in terms of ownership : Public and Private Sectors Entrepreneurship Assignment Learner's Comate: Discussion & Correction Digi Content / ppt / Graphic Novel : to be shown in the class by the teacher
August 25 days	Chapter-3: Money and Credit (a) Money as a medium of exchange (b) Modern forms of money (c) Loan activities of Banks (d) Two different credit situations (e) Terms of Credit Entrepreneurship Assignment

Social Science
Interdisciplinary Project
 (as part of multiple assessments)
(to be done in Dussehra Vacation)

History : Chapter : Making of a global world
Geography : Chapter : Lifelines of National Economy
Economics : Chapter : Globalization and the Indian Economy

PROJECT TOPIC

- Making of a Global World, Lifelines of National Economy and Globalization and the Indian Economy.
- Students will integrate the chapter of History, Geography and Economics by covering the following objectives.

OBJECTIVES

- Trace the history of globalization.
- Analyse the implication of globalization on economies.
- Examine the importance of transportation for economic growth and development in India.
- Discuss how globalization is experienced.

Topics to be covered by students under following heads

1. Acknowledgement.
2. Introduction to Globalization.
3. The Evolution of Globalization : A Historical prospective.
4. Geographical routes contributing to growth of globalization
5. Contribution of globalization to Economy.
6. Conclusion.
7. Photo gallery.

Mode of Evaluation

The distribution of marks over different rubrics related to project work as follow :

Sl. No.	Rubrics	Marks
1	Content accuracy, Originality & Collaborative skills	02
2	Competencies, exhibited & Presentation	02
3	Viva	01
		05

Note :

Student will make a file containing 5 pages for writing and 1 page photogallery (or make a ppt and present in the class) and submit to teacher.

Digital Health and Wellness Curriculum for new age citizens

Digital De-Addiction

What is Addiction ?

Addiction is ... when a person ingests a substance or engages in an activity that can be pleasurable but the continued use/act ... becomes compulsive and interferes with ordinary life responsibilities.

What makes technology addictive?

Technology fulfills our natural human need for stimulation, interaction, and changes in environment with great efficiency.

Technology impacts the pleasure systems of the brain in ways similar to substances. It provides some of the same reward that alcohol and other drugs might: it can be a boredom buster, a social lubricant, and an escape from reality.

Video and computer games, smart phones and tablets, social media and the Internet provide a variety of access points that can promote dependence on technology and negative consequences for youth: The Internet. The Web can be addictive as a multi functional tool that brings us exceptionally close to an enormous amount of information at unprecedented speeds. User-friendly by design, we now have access to the Internet on our computers, through apps on our tablets, phones and watches.

Video and computer games. One hallmark of human psychology is that we want to feel competent, autonomous, and related to other people. Challenging video games allow players to feel that they are good at something. Games offer a great variety of choice to players, promoting a sense of autonomy for teens who might feel otherwise out of control.

Social media. Social media presents individually-relevant information in the easiest ways—centralized, personalized portals, like a Facebook newsfeed, YouTube subscription, or Snapchat followership.

Are you suffering from the following? If YES..You need immediate help for Gadget Deaddiction!!

NOMOPHOBIA: The fear of being without your phone

FOMO: Want to be the first to read, share and comment? It's the Fear of Missing Out.

IGD: Internet Gaming Disorder, when playing games means Candy Crush or online FIFA stretches into hours.

IAD: Internet Addiction Disorder, when your routine day is all about spending waking hours in the virtual world.

FAD: If you obsessively post pictures and eagerly await posts from your friends on networking sites, you could be suffering from the Facebook Addiction Disorder.

SELFITIS: Click more than five selfies a day, and you are a victim of selfitis, an obsession with clicking selfies.

SMA: Social Media Addiction, you have an overpowering urge to use social media, constantly checking updates.

PHANTOM VIBRATION SYNDROME: Your phone may or may not be around but you feel you can hear it ring or vibrate.

DIGITAL POUTING: Don't want to talk to parents about the report card? Most tech-savvy children plug in their earphones and play games on gadgets to avoid conflict.

Ask yourself these questions also ?

- Do you feel preoccupied with the Internet (think about previous on-line activity or anticipate next on-line session)?
- Do you feel the need to use the Internet with increasing amounts of time in order to achieve satisfaction?
- Have you repeatedly made unsuccessful efforts to control, cut back, or stop Internet use?
- Do you feel restless, moody, depressed, or irritable when attempting to cut down or stop Internet use?
- Do you stay on-line longer than originally intended?
- Have you jeopardized or risked the loss of significant relationship, educational or CCA/sports opportunity because of the Internet?
- Have you lied to family members, teachers, or others to conceal the extent of involvement with the Internet?
- Do you use the Internet as a way of escaping from problems or of relieving a dysphoric mood (e.g., feelings of helplessness, guilt, anxiety, depression)?

How to prevent tech addiction in children?

- Limit the use of TV, computers and mobile devices to a maximum of 30 minutes at a time.
- Pursue a hobby religiously. It may bring you great name and fame.
- Schedule an appropriate time for using the device, and plan fun physical activities or reading/drawing for you to engage in at other times.
- Refrain from putting TV and electronic gadgets in your bedroom, and put away such devices after use.
- Observe 'tech-free' times such as during meals, homework and bedtime. In addition, you can designate 'tech-free' zones as in the bedroom, dining area and in the car.
- Understand importance of moderation. Nothing in excess is good in life.
- Make time and opportunity to communicate, interact and share family values.
- Remember getting into a habit is easy, coming out of it is tough. You will have withdrawal symptoms. Irritation, anger, craving, restlessness. Tide over them. You will eventually be thankful for this uncomfortable journey.

It's ok to accept and seek help in case you are really addicted to gadgets and want to come out of it.

NET HYGIENE

Social networks are a great way to stay connected with others, but you should be wary about how much personal information you post and take basic precautions before going online.

Own your Online Presence: Privacy and security settings exist for a reason. When available, set the privacy and security settings on websites to your comfort level for information sharing. It's ok to limit how and with whom you share information.

Once Posted, Always Posted: Protect your reputation on social networks. What you post online stays online. Think twice before posting pictures you wouldn't want your parents or future employers to see.

Post Only about Others as You Have Them Post about You.

It's the golden rule online. When in Doubt, Throw it Out: Links in email, tweets, posts, and online advertising are often the way cybercriminals compromise your computer by getting you to click on something or share information when you shouldn't. If it looks suspicious, asks you to act immediately or offers something that's too good to be true - even if you know the source - it's best to delete or if appropriate, mark as junk email.

Make Passwords Long, Strong and Unique: Combine capital and lowercase letters with numbers and symbols to create a more secure password. Passwords are private information and not to be shared with friends.

Be Honest if you're Uncomfortable: If a friend posts something about you that makes you uncomfortable or you think is inappropriate, let them know. Likewise, stay open - minded if a friend approaches you because something you've posted makes him or her uncomfortable. Share with care. People have different tolerances for how much the world knows about them, respect those differences.

Keep Personal Information Personal: Be cautious about how much personal information you provide on social networking sites. The more information you post, the easier it may be for a hacker or someone else to use that information against you by stealing your identity, accessing your data, or committing other crimes such as stalking.

Know what Actions to Take: If someone is harassing or threatening you, remove them from your friends list, block them, and report them to the site administrator.

Avoid Escalating the Situation: Responding with hostility is likely to provoke a bully. Depending on the circumstances, consider ignoring the issue. Often, bullies thrive on the reaction of their victims. If you or your child receives unwanted email messages, consider changing your email address. The problem may stop. If you continue to get messages at the new account, you may have a strong case for legal action.

Artificial Intelligence (Code 417)

THEORY:

PART A: Employability Skill
PART B: Subject Specific Skills

10 MARKS
40 MARKS

1. Theory:

Unit No.	Unit Name	Marks
1	PART A - EMPLOYABILITY SKILLS	
a)	Unit 1: Communication Skills-II	2
b)	Unit 2: Self-Management Skills-II	2
c)	Unit 3: ICT Skills-II	2
d)	Unit 4: Entrepreneurial Skills-II	2
e)	Unit 5: Green Skills-II	2
2	PART B - SUBJECT SPECIFIC SKILLS	
a)	Unit 1: Revisiting AI Project Cycle & Ethical Frameworks for AI	7
b)	Unit 2: Advanced Concepts of Modeling in AI	11
c)	Unit 3: Evaluating Models	10
d)	Unit 4: Statistical Data (To be assessed through Practical)	-
e)	Unit 5: Computer Vision (To be assessed through Practical)	04
f)	Unit 6: Natural Language Processing (To be assessed through Theory)	08
g)	Unit 7: Advanced Python (To be assessed through Practical)	-
TOTAL		50 Marks

2) Practical:

	Parameters	Marks
1.	Practical File	15
2.	Practical Examination • Unit 4: Statistical Data • Unit 5: Computer Vision • Unit 6: Natural Language Processing • Unit 7: Advance Python	15
3.	Viva Voce	5
4.	Project Work / Field Visit / Student Portfolio	10
5.	Viva Voce (related to project work)	5
TOTAL		50 Marks

Refer to CBSE website for the detailed curriculum and guidelines for theory and practical.

Artificial Intelligence (Code 417)

BOOK: Decoding Artificial Intelligence for Class X
by Sachin Gupta & Bhoomi Gupta (Sultan Chand) Third Edition 2026

Total Marks: 100 (Theory-50 + Practical-50)

MONTH	No. of Working Days	CONTENTS
April+ May	24+19= 43 Days	Employability Skills Ch-1 Communication Skills-II Subject Specific Skills Introduction to Artificial Intelligence Ch-1 AI Project Cycle
June+ July	4+27= 31 Days	Subject Specific Skills Ch-2 Advanced Concept of Modelling in AI Employability Skills Ch-2 Self-Management Skills – II
August	25 Days	Employability Skills Ch-3 Basic ICT Skills-II Subject Specific Skills Ch-3 Evaluating Models Ch-4 Statistical Data (<i>not subjected for theory</i>) Ch-5 Computer Vision (to be continued....)
September	24 Days	Subject Specific Skills Ch-5 Computer Vision Ch-6 Natural Language Processing Employability Skills Ch-4 Entrepreneurial Skills-II
October	21 Days	Employability Skills Ch-5 Green Skills-II Subject Specific Skills Ch-7 Advanced Python (<i>not subjected for theory</i>)
November	19 Days	Revision and Pre-Board – I
December	25 Days	Revision and Pre-Board – II
January	21 Days	Revision and Pre-Board – III <i>AI Practical Examination 2027</i>
February	24 Days	Revision and Discussion of Sample Papers. CBSE BOARD EXAMINATION 2027
March	19 Days	CBSE BOARD EXAMINATION 2027

Music

Music curriculum has been designed by Padma Bhushan Pt. Rajan Mishra & Padma Bhushan Pt. Sajan Mishra, eminent classical vocalists of India. Music gives soul to the universe, wings to the mind, flight to the imagination and charm and gaiety to life and to everything.'

Note : To inculcate a sense of rhythm in the children, the English songs will be taught during the dispersal assembly, the songs marked with '**' will be sung in the morning assembly.

The lyrics of the songs are given in the song book. A printout of the same will be given to students to be pasted in the Almanac since we want students to avoid carrying heavy bags. Students are requested not to bring the song book to school everyday.

Month	Contents
April + May 24 + 19 = 43 days	1. English Song -A Horse With No Name (America) (Pg. No. 44) 2. ** इतनी शक्ति (Morning Assembly)
June + July 04 + 27 = 31 days	1. English Song - I Have A Dream (Pg. 33) (Dispersal Assembly) 2. ** अल्लाह तेरो नाम (Morning Assembly)
August 25 days	1. English Song - Five Hundred Miles (Boney M.) (Pg. 28) (Dispersal Assembly) 2. ** हर देश में तू (Morning Assembly) (Pg. No. 165)
September 24 days	Half Yearly Examination
October 21 days	1. English Song - Another Day In Paradise (Phil Collins) (Pg. No. 72) (Dispersal Assembly) 2. ** तुम बेसहारा हो तो (Morning Assembly) (Pg. No. 168)
November 19 days	1. English Song - I Would Like to Build (Pg. No. 74) (The New Seekers) (Dispersal Assembly) 2. ** सुरज की गर्मी (Morning Assembly) (Pg. No. 152)
December 25 days	1. English Song - Mary's Boy Child (Pg. No. 99) (Dispersal Assembly) 2. ** मानवता के मन मंदिर (Morning Assembly) (Pg. No. 135)
January 21 days	1. English Song - My Wish : Rascal Flatts (Pg. No. 110) (Dispersal Assembly) 2. ** उठो जवान (Morning Assembly) (Pg. No. 169)
February + March 23 + 19 =42 days	Revision + Annual Examination

Drill Syllabus

	Anp	Lht/ Knowledge Partners	Vrn	Bgn	Snt	Sct	Ing
KG	Karate & PEC	Karate & Sticks	Karate & Tambourine	Karate & PEC	Karate & Tambourine	Karate & POMPOM	Karate & Ball
I-V	Cloth Panel	Elastic	Rhythmic drill with stick	Body percussion drill	Rhythmic drill with Hula Hoops	Hula Hoops	Skipping Rope
VI-VIII	Elastic	Body percussion drill	Hula Hoops	Rhythmic Drill with ribbon	Parachute	Basket Ball	Cloth Panel
Support Staff	Hula Hoops	Lazium	Basket Ball	Maypole	Cloth Panel	Parachute	Cones

Note: These drills must be performed on 26th January and have to be practiced in the mass drill period.

- * Karate classes to be conducted throughout the session and it is necessary for students to perform on Republic Day.
- * Both male and female support staff must be part of the support staff drill on 26th January.

Song on the Band

Branch	15 th Aug	26 th Jan
Annapurna	Chhoro kal ki baatein	Bharat Ki Shaan
Lahartara & Knowledge Partners	Faulad Ka Jigar	Mere desh ki dharti
Varuna	Dil diya hai Jaan bhi denge Ai watan tere liye	Yeh desh hai veer jawano ka
Sarnath	Hum honge kamyab	Taqat watan ki humse hai
Suncity	Watan ki raah pe watan ke naujawan shahid ho	Mera desh rangila
Bhagwanpur	Maa Tujhe Salaam	Aye mere watan ke logon
Indiranagar	Bharat Humko Jaan Se Pyara Hai	Kadam kadam badhaye ja

ART EDUCATION

Book- Kalakriti - Eternal Publications

Month	Content
April+May 24+19= 43 days	* Pen Drawn Sketches - Pg. : 22 * Animal Study- Pg. : 23, 24
June + July 04+27 = 31 Days	* Still Life (Do anyone)- Pg. : 27, 28 and 38
	* Daily Life- Pg. : 32
	* Landscape (Water Colour) Pg. : 39
August 25 days	* Paper Collage - Pg. : 40 * Zentangle - Pg. : 33 * Warli Painting- Pg. : 44 (any one)
September 24 days	* Festival Drawings - Pg. : 30, 31 (any one)
October 21 days	* Graphic Design- Pg. : 46
November 19 days	Pre Board-I
December 25 days	Pre Board-II
Jan.+Feb. 21+23=44 days	Revision

LIFE SKILLS

Book: -

School Cinema – My Cinema Book- X

Edumedia India Pvt. Ltd.

Note: The School Cinema Programme Comprises of :

1. **Films** : School Cinema for class-X comprises of 12 films
 - * 10 films for students, * 1 film for teachers,
 - * 1 film for parents (a film which is mandatory for parents to watch)

2. My Cinema Book - (Workbook)

It covers 3 levels of learning :

Awareness : Students relate to the film and identify the core issue addressed in the film.

Understanding : Students understand the issue, relate it to their own lives and identify the implications.

Action : The activities in every chapter enable the students to internalize and act out the key learning.

3. Components in the My Cinema Book :

- | | |
|----------------------------------|-------------------------------|
| * Staying motivated | * Understanding one's ability |
| * Time management | * Eating disorders |
| * Understanding diversity | * Strengthening family ties |
| * Sensitivity towards disability | * Anger management |
| * Communication skills | * Being non-judgemental |

Sl. No.	Name of the Chapter
1	Waterfall
2	Medium
3	Sortie De Route
4	Change Makers
5	Three Brothers
6	Anu And Aaji
7	Tryouts
8	Mere Paas Cinemaa Hai
9	Girl of 672k
10	Second Best

Month	Content
April + May 24+19 = 43 days	Lesson: 1 – Waterfall Values/Life Skills: Social responsibility, Compassion, Gratitude, Self Development Issue in Focus: Caring for our Environment Film : Waterfall Workbook Section : C.W. - Pg. 4,5,6 H.W. - Pg. 7,8

Month	Content
	Lesson: 2 – Medium Values / Life Skills: Respect, Humility, Kindness Issue In Focus: Adapting to New Environments Film : Medium Workbook Section : C.W. - Pg. 10,11,12 H.W. - Pg. 13,14
	Lesson: 3 – Sortie De Route Values / Life Skills: Respect, Family Value Issue In Focus: Adolescence and Risk Taking Behaviour Film : Sortie De Route Workbook Section : C.W. - Pg. 16, 17,18 H.W. - Pg. 19,20
June + July 04+27 =31 days	Lesson: 4 – Change Makers Values/Life Skills: Social Awareness, Social Change, Equality Issue In Focus: Being a Change Agent Film : Change Makers Workbook Section : C.W. - Pg. 22,23,24 H.W. - Pg. 25,26 Lesson: 5 – Three Brothers Values /Life Skills: Love, Family Issue In Focus: Dealing with Grief Film : Three Brothers Workbook Section : C.W. - Pg. 28, 29,30 H.W. - Pg. 31,32
August 25 days	Lesson: 6 – Anu and Aaji Values / Life Skills: Love and Respect towards Elders, Family, Kindness Issue In Focus: Empathy For Senior Citizens Film : Anu and Aaji Workbook Section : C.W. - Pg. 34,35,36 H.W. - Pg. 37,38

Quality Circle Time

Theme for the term : Doing your best

Lesson Plan – 1

SEL Competency for the lesson – Self Awareness (The ability to recognize one's feelings and emotions and how they influence decisions and behavior; accept oneself as unique; appreciate personal traits; develop positive self-worth; recognize strengths and weaknesses; and build confidence and optimism.)

Learning standard :- Identify one's emotions and their influence on behavior, performance and decisions.

Learning outcome :- Recognise that one's emotional responses can be distinct from others' in the same situation.

Learning objective :- Students will be able to describe situations that trigger various emotions through the circle time session.

Introduce the five skills required for QCT with action: Listening, Speaking, Looking, Thinking, Concentrating

Set the ground rules for QCT

QCT Aids – Speaking Object, Soothing Log

Meeting Up:	Students complete the sentence: "If I got a chance, I would like to be ___ because ___." <i>Example: "I would like to be a sportsperson because I enjoy challenge."</i> Students notice how dreams connect with motivation and effort.
Warming up:	Students share one piece of advice they would give their future self 10 years from now. <i>Example: "Work hard but don't give up."</i> Peers listen quietly, practicing focus and respect.
Opening up:	Students list three strengths and three weaknesses about themselves. They share one strength they want to use more and one weakness they want to improve. <i>Example: Strength — discipline; Weakness — procrastination.</i>
Cheering up:	Each student completes: "One positive event I want in my future is ___." <i>Example: "I want to achieve my career goal."</i>
Calming down:	Students close their eyes, listen to the soothing log, and visualize one memorable success moment. They share one feeling connected to that success.

Theme for the term : Doing your best

Lesson Plan – 2

SEL Competency – Self Management (The ability to manage emotions, handle stress, set goals, seek support, and respond calmly to challenges.)

Learning standard: - Manage one's emotions and behavior and develop a positive attitude.

Learning outcome: - Manage stress and demonstrate positive behaviors.

Learning objective: - Students will be able to identify situations in which they feel stressed through the circle time session.

Revisit the five skills required for QCT

QCT Aids – Speaking Object, Keys

Meeting Up:	Students play Two Truths and a Lie , sharing two true facts and one false fact. Peers guess the lie, practicing attention and listening.
Warming up:	Students play an Alphabet Chain — one student says a word starting with “A,” the next says a word starting with the last letter of the previous word. If a student pauses too long, they do five fun jumps and rejoin the game.
Opening up:	Students discuss: “Why is self-management important for giving our best in academics and life?” They share one habit that helps them stay focused.
Cheering up:	Students complete: “Something I have achieved that made me proud is ____.” <i>Example: “I completed a difficult project.”</i>
Calming down:	Students sit in a circle for “Where Are the Keys?” — listening carefully to locate sound while staying quiet and focused.

Theme for the term : Doing your best

Lesson Plan – 3

SEL Competency – Social Awareness (The ability to understand diversity, empathize with others, appreciate differences, and act responsibly in social contexts.)

Learning standard: - Recognize individual and group similarities and differences.

Learning outcome: - Identify how social and cultural groups contribute to society.

Learning objective: - Students will recognize diversity in society through the circle time session.

Revisit the five skills required for QCT

QCT Aids – Speaking Object, Ball

Meeting Up:	Students play Pass the Ball Relay , passing the ball through legs and over heads to build teamwork and coordination.
Warming up:	Students participate in a Gratitude Circle , appreciating one classmate for a positive quality. <i>Example: "I appreciate you for being supportive."</i>
Opening up:	Students respond to creative "What if" questions: • <i>What if you didn't need sleep?</i> • <i>What if you had to sacrifice for someone you care about</i>
Cheering up:	Students appreciate peers using: "I appreciate ___ because they are good at ___." Everyone gets acknowledged.
Calming down:	Students practice a 5-4-3-2-1 grounding activity , noticing five things they see, four they feel, three they hear, two they smell, and one they taste.

Theme for the term : Doing your best

Lesson Plan – 4

SEL Competency – Relationship Management (The ability to build healthy relationships, communicate assertively, offer constructive feedback, resist negative peer pressure, and resolve conflicts respectfully.)

Learning standard: - Use communication and social skills effectively.

Learning outcome: - Demonstrate cooperation and teamwork.

Learning objective: - Students will examine how they respond to peer pressure through the circle time session.

Revisit the five skills required for QCT

QCT Aids – Speaking Object, Parachute, Conch / Whistle

Meeting Up:	Students participate in a Strengths Spotlight , complimenting a peer's effort or character trait.
Warming up:	Students play Two Truths & a "Doing Your Best" Lie , guessing which statement is false while practicing respectful listening.
Opening up:	Students discuss: • What stops them from giving their best • Who inspires them in class and why
Cheering up:	Students play Flying Parachute , running together to lift and move it in sync, focusing on cooperation.
Calming down:	Students sing together: "We shall overcome / Hum honge kaamyab."

Theme for the term : Doing your best

Lesson Plan – 5

SEL Competency – Responsible Decision Making (The ability to make constructive choices about behavior, health, relationships, and career while respecting rules, ethics, and consequences.)

Learning standard :- Consider ethical, safety and societal factors in decision-making.

Learning outcome :- Analyze the reasons behind school and societal rules.

Learning objective :- Students will examine the purpose of rules through the circle time session.

Revisit the five skills required for QCT

QCT Aids – Speaking Object, Talking Ball

Meeting Up:	Students ask peers interesting questions in a circle. <i>Example: “What inspires you to do your best?”</i>
Warming up:	Students participate in a Motivational Quote Relay , reading quotes and sharing how they relate to effort and responsible decisions.
Opening up:	Students reflect on: ● A difficult decision that affected their ability to do their best ● How responsible choices support long-term goals
Cheering up:	Students create a High-Five Chain , giving affirmations such as: <i>“You have great potential.”</i>
Calming down:	Students take part in a Guided Visualization , imagining a peaceful place and returning calmly with renewed focus.

Theme for the term: Sharing, Caring and Self-Monitoring

Lesson Plan – 5

SEL Competency – Responsible Decision Making (The ability to make thoughtful choices, understand consequences, follow ethical and safety norms, respect rights, and act responsibly.)

Learning standard: - Consider ethical, safety and societal factors in making decisions.

Learning outcome: - Analyze the reasons for school and societal rules.

Learning objective: - Students will examine the purpose of rules.

Revisit the five skills required for QCT

QCT Aids – Speaking Object, Parachute

Meeting Up:	Students play a Cyclone Game , but instead of eliminating players, students rotate roles so everyone remains included. They quickly assess cues and change seats based on categories called.
Warming up:	Students cover their faces and express emotions (smile, cry, laugh, frown). They share which emotion felt easiest to express and why.
Opening up:	Students discuss how self-monitoring and decision-making help in real life. <i>Example: tracking study habits or choosing extracurricular activities wisely.</i>
Cheering up:	Students participate in a Flying Parachute Activity , running together and coordinating movement to keep the parachute in motion.
Calming down:	Students dance freely to music; when music stops, they freeze in a creative pose. As soft music plays, they relax and reflect on making thoughtful choices .

Chetna

Month	Content	Resource person
April + May 24+19 = 43 days	Session-1 (for student) Types of abuse (verbal, physical, sexual, emotional) with the help of age appropriate examples, in brief Concerns of adolescents- - The art of managing emotions - Psychology of building and nurturing healthy relationships Activity: Words Matter in Conversations - Write this line on the board: “Same feeling, different words.” - Give students one situation: “You are upset with a friend.” - Ask them to write two sentences they could say: - Ask students to underline the words that change the meaning. - Sentence A: spoken in anger - Sentence B: spoken with maturity - Ask them to answer in one line: Which sentence will strengthen the relationship and why?	Counsellor
	Session-2 (for student) Parivartan Session (separately for boys and girls) (a session on menstrual hygiene, UTI & STD's for girls) and (Handling changes during Puberty, UTI & STD's for Boys)	Girls – female counsellor / senior female teacher Boys- male Counsellor/ male bio teacher
June + July 04+27 =31 days	Session-3 (for student) Child safety and well-being Responsible Gadget Usage (mind your screen time) - Navigating the digital tempest: Unravelling the threads OF OVER-THE-TOP (OTT) AND media addiction in modern landscape. - School's IT acceptable usage policy - Cyber grooming	Counsellor
	Session-4- (for student) Setting boundaries and respecting privacy(teaching about when to say NO)	Class teacher
August 25 days	Session-5- (for student) 'What if' game and role play to help them develop skills needed in certain situations	QCT teacher
	Session-6 (for student) - Why adolescents are vulnerable to substance abuse - Embracing individuality - Impulse driven behaviour	Counsellor

PHYSICAL EDUCATION

General Instructions –

1. Size of the ball to be used by the students and the sports teachers during games/LTA period, keeping in mind the safety of the child.

Basketball		
Classes	Boys	Girls
I - II	Size - No. 3	Size - No. 3
III - VI	Size - No. 5	Size - No. 5
VII - VIII	Size - No. 6	Size - No. 6
IX and above	Size - No. 7	Size - No. 6
Handball		
Classes	Boys	Girls
I - IV	Size - No. 1	Size - No. 1
V - VII	Size - No. 2	Size - No. 2
VIII and above	Size - No. 3	Size - No. 2
Football		
Classes	Boys	Girls
I - II	Size - No. 3	Size - No. 3
III - V	Size - No. 4	Size - No. 4
VI and above	Size - No. 5	Size - No. 5

Self Defence Course (Only for Girls)
Classes will be conducted during Focussed Activity Period

Month	Content
April + May 24+19 = 43 days	* Punching Techniques * Elbow Techniques
June + July 04+27 =31 days	* Blocking Techniques * Kicking Techniques
	* Vital Points * Self-Defence Techniques in Train/Bus/Car/Auto
	* Different Types of gripping self defence * Self Defence Techniques for Road/Street Problems

CAREER AWARENESS

Months	Topic to be discussed
April + May 24+19 = 43 days	Overview of Indian Higher Education: across various educational fields with reference to institutions, programs, eligibility and admission process.
June + July 04+27 =31 days	Interdisciplinary and Vocational Courses.
	SAT and ACT using PPT Individual queries

DREAM JOURNAL – CLASS X

The Dream Journal is a guided reflection and life-skills programme designed to support students' emotional, social, and personal development. Through age-appropriate reflections, creative tasks, and discussions, students learn to understand themselves better, express their thoughts confidently, and build positive values. Most activities are completed through guided classroom discussions, with selected pages assigned as home reflection tasks.

NOTE:

- Discussion has to be done for the topics given for C.W. as well as for H.W. H.W. to be given only after discussing the topic mentioned in that page.
- Teachers will check the journal and write 'seen' to ensure that the students complete the exercises of the journal.

Theme - *Designing My Future*

Introduction

The Dream Journal for Class 10 supports students at a critical transition point between self-awareness and future planning. The programme helps students connect their interests, strengths, academic experiences, and aspirations as they begin to think more intentionally about the paths ahead.

The journal encourages students to reflect on past learning, understand present challenges, and plan thoughtfully for the future while recognizing that each individual's journey is unique and evolving.

Month-wise Syllabus

Month & No. of working days	CONTENT		
April + May 24+19=43 days	Topics	Class Work	Homework
	Who Am I, Really, at 15–16?	-	Pg no. 26
	How I See Myself vs How Others See Me	Pg no. 27	-
	My Inner Rules	Pg no. 28	-
	My Evolving Values	Pg no. 29	-
	Identity Beyond Marks	Pg no. 30	-
June + July 04+27=31 days	Topics	Class Work	Homework
	My Stress Map	Pg no. 31	-
	Exam Pressure, Honestly	Pg no. 32	-
	Emotional Tools That Work for Me	-	Pg no. 33
	A Time I came Back Stronger	Pg no. 34	-
August 25 days	Topics	Class Work	Homework
	How I Learn Best High-Pressure Months		Pg no. 35
	My Relationship with Effort		Pg no. 36
	Discipline vs Burnout	Pg no. 37	
	Friends, Competition and Me	Pg no. 38	-
	Support System Check	Pg no. 39	-

Summer Holiday Homework

Project work in Social Science

(to be done in Summer Vacation)

Every students has to be compulsory undertake any one project on the following topics :

1. Consumer Awareness OR
2. Social Issues OR
3. Sustainable Development

The whole project (of not more than 5 pages) must be divided into the following

1. Introduction : 1 page (On the topic choosen)
2. Content : 2 pages (giving brief descriptions of all the above topics)
3. Photo gallery: 1 page (few photographs to illustrate the research done)
4. Conclusion : 1 page