

THE ALTUS INTERNATIONAL SCHOOL
SYLLABUS BOOK 2026-27
CLASS – XII HUMANITIES

S. NO.	BOOK NAME	SUBJECT	PUBLISHER
1.	FLAMINGO VISTAS	ENGLISH	NCERT
2.	MACROECONOMICS & INDIAN ECONOMIC	ECONOMICS	SANDEEP GARG
3.	INDIAN SOCIETY & SOCIAL CHANGE AND DEVELOPMENT IN INDIA	SOCIOLOGY	NCERT
4.	CONTEMPORARY WORLD POLITICS & POLITICS IN INDIA SINCE INDEPENDENCE	POLITICAL SCIENCE	NCERT
5.	HISTORY OF INDIAN ART	PAINTING	ASHOK KUMAR GUPTA
6.	HEALTH AND PHYSICAL EDUCATION	PHYSICAL EDUCATION	EVERGREEN
7.	HOME SCIENCE	HOME SCIENCE	PREMIER

SUBJECT: ENGLISH

S. No.	Month	Syllabus to be covered	
1.	April	Flamingo	- Chapter 1- The last lesson, - Chapter 2-The lost spring
		Vistas	- Chapter 1 the third level
		Writing skills	- Writing skills- Job application writing & - Resume making
2.	May	Flamingo	- Chapter 3- Deep water,
		Vistas	- Chapter 2- The Tiger king
		Poetry	- My Mother at sixty –six,
		Writing skills	- Article writing, Notice writing
3.	June	Poetry	- Keeping quiet
		Grammar	- Formal and Informal letters, - Summer Vacations - Periodic Test I Begin - Syllabus covered from April to June
4.	July	Flamingo	- Chapter 4-Rattrap - Chapter 5- Indigo,
		Vistas	- Chapter 3-Journey to the end of the earth
		Poetry	- The Thing of beauty
		Writing skills	- Report writing, Advertisement writing
5.	August	Flamingo	- Chapter 6 –Poets and Pancakes - Chapter 7 – The Interview
		Vistas	- Chapter 4- The enemy
		Poetry	- A roadside stand
		Writing skills	- Invitations & replies
6.	September		- Half Yearly Examination Begin - Syllabus covered from April to September.
7.	October	Flamingo	- Chapter 8 –Going places
		Vistas	- Chapter 5- On the face of it - Chapter 6- Memories of childhood
		Poetry	- Aunt Jennifer’s Tiger
		Writing skills	- Analytical paragraph
8.	November	Vistas	- Chapter 5- On the face of it - Revision and class tests - Periodic Test II Begin - Syllabus covered in the month of October and November.
9.	December		- Revision and class tests+Pre-board exam-1
10.	January		- Revision - Pre Board II begins+ Board Practical’s - Syllabus covered from April to January
11.	February		- Board Examination Begin - Syllabus covered from April to January.
12.	March		- Board Exams.

SUBJECT: SOCIOLOGY (039)

S. No.	Month	Syllabus to be covered
1.	April	Ch.1 - Introducing Indian Society Ch.2 - The Demographic structure of the Indian society - Class test Syllabus Above
2.	May	Ch.3 - Social Institutes: continuity and change Ch.4 - Pattern of social inequality and exclusion - Holiday Home work - (Make a project file on Principle of Management)
3.	June	Revision for periodic test Periodic Test I
4.	July	Ch.5 - The Challenges of cultural diversity Ch.6 - suggestion for project work
5.	August	Ch.8 - Structural change Ch.9 - Cultural Change
6.	September	Ch.10 - Change and Development in rural Society Ch.11 - Change and Development in Industrial Society - Half Yearly Examination
7.	October	Ch.12 - Social Movement
8.	November	- REVISION - Periodic Test – 2
9.	December	- Pre- Board I
10.	January	- Revision - Pre- Board II
11.	February	- External practical/ Revision - Pre-Board III
12.	March	- Board Exams

SUBJECT: ECONOMICS (030)

S. No.	Month	Syllabus to be covered
1.	April	Ch.1 - Basic concepts of Macroeconomics Ch.2 - Circular Flow of Income (Macro Economics) Ch.1 - Indian Economy on the Eve of Independence (Indian Economy) - Class test Syllabus Above
2.	May	Ch.5 - Money and Banking Ch.4 - National Income and related Aggregates Ch.2 - Development Experience (1947-1990) and Economics Reforms since 1991
3.	June	- Holiday Home work- Make project file on Economic Survey - (Make PPT on the above mentioned topic) Summer Vacations starts - Periodic Test I Begins
4.	July	Ch.5 - Poverty Ch.7 - Determination of Income & Employment -
5.	August	Ch.6 - Government Budget and Economy Ch.7 - Human Capital Formation Ch.8 - Rural Development
6.	September	Ch.9 - Current challenges facing Indian Economy Ch.10 - Comparative (India, Pakistan and China) - Half Yearly Examination
7.	October	Ch.6 - Income & Employment (AD&AS Approach) (With All Questions.) Ch.8 - Infrastructure
8.	November	- Revision
9.	December	- Revision - Pre- Board I
10.	January	- External Project Work - Pre- Board II
11.	February	- External practical - Pre-Board III
12.	March	- Board Exams

SUBJECT: POLITICAL SCIENCE

S. No.	Month	Syllabus To Be Covered	
1.	April	Ch. -	The End of Bipolarity.
		Ch. -	Contemporary Centres of Power
		-	Class Test
2.	May	Ch. -	Contemporary South Asia
		Ch. -	International Organisations
		-	Class Test
3.	June	Ch. -	Security in the Contemporary World
4.	July	Ch. -	Environment and Natural Resources
		Ch. -	Globalisation
		-	Pre Exam Test
5.	August	Ch. -	Challenges of Nation-Building
		Ch. -	Era of One-Party Dominance
6.	September	Ch. -	Politics of Planned Development
		Ch. -	India's External Relations
		-	Half Yearly Exam
7.	October	Ch. -	Challenges to and Restoration of the Congress System
		Ch. -	The Crisis of Democratic Order
		-	Periodic Test
8.	November	Ch. -	Regional Aspirations
		Ch. -	Recent Developments in Indian Politics
		-	*Project Work – File + Chart + Model
		-	Revision
9.	December	-	Pre Board exam
10.	January	-	Board Practical's
11.	February	-	Board Exam begins
12.	March	-	Board Exams

SUBJECT: PAINTING

S. No.	Month	Syllabus to be covered	
1.	April	Unit - 1 Ch.1 1.1 1.2 1.3 Activity	- (a) Six Limbs of Indian Painting & Fundamentals Of Visual Art - Indian Miniature Painting - Pal School - Western Indian Painting or Jain School - Central Indian School - still life (coloring and shading)
2.	May	Ch.2 2.1 2.2 2.3 Activity	- (b) The Rajasthani School - Origin and development - Sub Schools : Mewar, Bundi, Jodhpur, Bikaner Kishangarh and Jaipur - Main features of Rajsthani School - plate – 5
3.	June		- Summer Vacations Revision for Periodic I Periodic I Begin Syllabus covered from April to June
4.	July	2.4 Activity	- Study of the following Rajasthani Paintings - (i) Maru Ragini, (ii) Chaugan Players, (iii) Krishna on Swing - (iv) Radha (Bani –Thani), (v) Bharat Meets Rama At Chitrakut - landscape
5.	August	Ch.3 3.1 3.2 3.3 3.4 Activity	- The Pahadi School - Origin And Development - Sub Schools : Basohli, Guler, Kangra, Chamba and Garhwal - Main Feature of the Pahari School - Study of the following Pahari Paintings - (i) Krishna With Gopis – Basohli, (ii) NandYashoda and Krishna with Kinsmen Going to Vrindavana - Nature painting
6.	September	Unit - 2 Ch.1 Activity	- Half Yearly Examinations Begin - Syllabus covered from April to September - The Mughal School and The Deccan Schools of Miniature Paintings. - The Mughal School - Plate-11

7.	October	Ch-2 Activity	- -	The Deccan School Festival painting
8.	November	Unit - 3 Activity	- - - - -	The Bengal School Of Painting (a) National Flag of India and the Symbolic significance of its forms and the colors. (b) Introduction to the Bengal School of Painting. Plate 17,18 and 21 Periodic II Begins Syllabus covered from October to November
9.	December	Unit - 4 Activity	- - -	Modern Trends in Indian Art. (a) Paintings, (b) Graphic Prints plate-25
10.	January	Activity	- -	(c) Sculptures. plate- 27
11.	February		-	Revision for Annual Exam
12.	March		- -	Annual Examinations Begins Syllabus covered from April to February.

SUBJECT: PHYSICAL EDUCATION

S. No.	Month	Syllabus to be covered		
1.	April	Ch.1 Class Test	- -	Planning in Sports Syllabus covered in the month of April.
2.	May	Ch.2	- - -	Children & Women in Sports Pre-Test-1 Begin. Syllabus covered from April to May.
3.	June	Ch.3	- -	Yoga as Preventive measure for Lifestyle Disease Summer Vacations. Periodic Test I Begin
4.	July	Ch.3	- - -	Yoga as Preventive measure for Lifestyle Disease Syllabus covered from April to July
5.	August	Ch.4 Ch.5 Class Test	- - -	Physical Education & Sports for CWSN Sports & Nutrition Syllabus covered in the month of August.
6.	September	Ch. 6	- - - -	Test & Measurement in Sports Revision. Half Yearly Examination Begin Syllabus covered from April to September
7.	October	Ch.7 Class Test	- -	Physiology & Injuries in Sports Syllabus covered in the month of October.
8.	November	Ch.8 Ch.9	- - - - -	Biomechanics & Sports Psychology & Sports Revision. Periodic Test II Begin Syllabus covered in the month of October and November.
9.	December	Ch.10 Class Test	- - -	Training in Sports Revision all work (April to December) Syllabus covered in the month of December.
10.	January		- -	Pre Board I begins Syllabus covered from April to December.
11.	February		- - -	Practical Exams Begin Pre Board II begins Syllabus covered from April to December.
12.	March		-	Board Exams Begin.

SUBJECT: HOME SCIENCE

S. No.	Month	Syllabus to be covered
1.	April	UNIT I: Work, livelihood and Career Chapter-1- Work, livelihood and Career Class Test- Syllabus covered in the month of May
2.	May	UNIT II: Nutrition, Food Science and Technology Chapter-2- Clinical Nutrition and Dietetics Chapter-3- Public Nutrition and Health Practical- 1. Modification of normal diet to soft diet for elderly person. 2. Development and preparation of Supplementary foods for nutrition programme. 3. Planning a menu for a school canteen or mid-day meal in school for a week. 4. Design, prepare and evaluate a processed food product. 5. Qualitative test for food adulteration in: pure ghee, tea leaves, whole black pepper, turmeric powder, milk, asafoetida. Summer Vacations starts Syllabus covered from April to May.
3.	June	Periodic Test I Begin
4.	July	Chapter-4- Food Processing and Technology Chapter-5- Food Quality and Food Safety UNIT III: Human Development and Family Studies Chapter-6- Early Childhood Care and Education Practical- 6. Preparation and use of any one teaching aid to communicate socially relevant messages for children/ adolescents /adults in the community. OR Preparation of any one toy for children (age appropriate) Using locally available and indigenous material.
		Syllabus covered from April to July.
5.	August	Chapter-7- Management of Support Services, Institutions and Programmed for Children, Youth and Elderly UNIT IV: Fabric and Apparel Chapter-8- Design for Fabric and Apparel Chapter-9- Fashion Design and Merchandising Practical- 7. Preparation of any one article using applied textile design techniques; tie and dye/batik/block printing. 8. Remove different types of stains from white cotton cloth – Ball pen, curry, grease, ink, lipstick, tea and coffee. Class Test- Syllabus covered in the month of August

6.	September	Chapter-10- Care and Maintenance of Fabrics in Institutions. Half Yearly Examination Begin Syllabus covered from April to September.
7.	October	UNIT V: Resource management Chapter-11- Hospitality Management Chapter-12- Consumer Education and Protection Practical- 9.Evaluate any one advertisement for any job position. 10. Develop a leaflet/pamphlet for Consumer Education and Protection on any one of the following- (a)Consumer Protection Act (CPA) (b) Consumer responsibilities (c)Consumer organization (d) Consumer Problem Class Test- Syllabus covered in the month of October
8.	November	Chapter 13- Development communication and journalism Projects- <i>PROJECT ANY ONE OF THE FOLLOWING PROJECT MAY BE UNDERTAKEN AND EVALUATED.</i> 1. Study of an integrated community based, nutrition/health programme being implemented in own area, with reference to (a) Programme objectives (b) Focal Group/Beneficiaries (c) Modalities of implementation 2. Visit to the neighboring areas and interview two adolescents and two adults regarding their perception of persons with special needs. 3. Profile any two person (child/adult) with special needs to find out their diet, clothing, activities, physical and psychological needs. Revision. Periodic Test II Begin Syllabus covered in the month of October and November.
9.	December	Revision
10.	January	Revision Pre Board I begins Syllabus covered from April to January
11.	February	Practical Exams Begin Pre Board II begins Syllabus covered from April to January.
12.	March	Board Exams Begin.