

THE ALTUS INTERNATIONAL SCHOOL

SYLLABUS BOOK 2025-26

CLASS – XII HUMANITIES

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

SUBJECT: ENGLISH

S. No.	Month	Syllabus to be covered	
1.	April	<i>Flamingo</i> <i>Vistas</i> <i>Writing skills</i>	- Chapter 1- The last lesson, - Chapter 2-The lost spring - Chapter 1 the third level - Writing skills- Job application writing & - Resume making
2.	May	<i>Flamingo</i> <i>Vistas</i> <i>Poetry</i> <i>Writing skills</i>	- Chapter 3- Deep water, - Chapter 2- The Tiger king - My Mother at sixty –six, - Article writing, Notice writing
3.	June	<i>Poetry</i> <i>Grammar</i>	- Keeping quiet - Formal and Informal letters, - Summer Vacations - Periodic Test I Begin - Syllabus covered from April to June
4.	July	<i>Flamingo</i> <i>Vistas</i> <i>Poetry</i> <i>Writing skills</i>	- Chapter 4-Rattrap - Chapter 5- Indigo, - Chapter 3-Journey to the end of the earth - The Thing of beauty - Report writing, Advertisement writing -
5.	August	<i>Flamingo</i> <i>Vistas</i> <i>Poetry</i> <i>Writing skills</i>	- Chapter 6 –Poets and Pancakes - Chapter 7 – The Interview - Chapter 4- The enemy - A roadside stand - Invitations & replies
6.	September		- Half Yearly Examination Begin - Syllabus covered from April to September.
7.	October	<i>Flamingo</i> <i>Vistas</i> <i>Poetry</i> <i>Writing skills</i>	- Chapter 8 –Going places - Chapter 5- On the face of it - Chapter 6- Memories of childhood - Aunt Jennifer’s Tiger - Analytical paragraph -
8.	November	<i>Vistas</i>	- 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	- <i>Introducing Indian Society</i>
		Ch.2	- <i>The Demographic structure of the Indian society</i>
		-	Class test Syllabus Above
2.	May	Ch.3	- <i>Social Institutes: continuity and change</i>
		Ch.4	- <i>Pattern of social inequality and exclusion</i>
		-	Holiday Home work
		-	<i>(Make a project file on Principle of Management)</i>
3.	June	Revision for periodic test	
		Periodic Test I	
4.	July	Ch.5	- <i>The Challenges of cultural diversity</i>
		Ch.6	- <i>suggestion for project work</i>
		-	
5.	August	Ch.8	- <i>Structural change</i>
		Ch.9	- <i>Cultural Change</i>

6.	September	<i>Ch.10</i>	-	<i>Change and Development in rural Society</i>
		<i>Ch.11</i>	-	<i>Change and Development in Industrial Society</i>
			-	Half Yearly Examination
7.	October	<i>Ch.12</i>	-	<i>Social Movement</i>
8.	November		-	<i>REVISION</i>
			-	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
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<i>Ch.1</i>	-	<i>Basic concepts of Macroeconomics</i>
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1.	April	Ch.2	-	<i>Circular Flow of Income (Macro Economics)</i>
		Ch.1	-	<i>Indian Economy on the Eve of Independence (Indian Economy)</i>
			-	Class test Syllabus Above
2.	May	Ch.5	-	<i>Money and Banking</i>
		Ch.4	-	<i>National Income and related Aggregates</i>
		Ch.2	-	<i>Development Experience (1947-1990) and Economics Reforms since 1991</i>
3.	June		-	<i>Holiday Home work- Make project file on Economic Survey</i>
			-	<i>(Make PPT on the above mentioned topic)</i>
			-	Summer Vacations starts Periodic Test I Begins
4.	July	Ch.5	-	<i>Poverty</i>
		Ch.7	-	<i>Determination of Income & Employment</i>
5.	August		-	
		Ch.6	-	<i>Government Budget and Economy</i>
		Ch.7	-	<i>Human Capital Formation</i>
6.	September	Ch.8	-	<i>Rural Development</i>
		Ch.9	-	<i>Current challenges facing Indian Economy</i>
		Ch.10	-	<i>Comparative (India, Pakistan and China)</i>
7.	October		-	Half Yearly Examination
		Ch.6	-	<i>Income & Employment (AD&AS Approach) (With All Questions.)</i>
		Ch.8	-	<i>Infrastructure</i>
8.	November		-	<i>Revision</i>
9.	December		-	<i>Revision</i>
			-	Pre- Board I
10.	January		-	<i>External Project Work</i>
			-	Pre- Board II

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| 11. | February | - | External practical |
| | | - | Pre-Board III |
| 12. | March | - | Board Exams |

SUBJECT: POLITICAL SCIENCE

S. No.	Month	Syllabus To Be Covered	
1.	April	Ch.	- <i>The End of Bipolarity.</i>
		Ch.	- <i>Contemporary Centres of Power</i>
			- Class Test
2.	May	Ch.	- <i>Contemporary South Asia</i>
		Ch.	- <i>International Organisations</i>

		-	Class Test
3.	June	Ch.	- <i>Security in the Contemporary World</i>
4.	July	Ch.	- <i>Environment and Natural Resources</i>
		Ch.	- <i>Globalisation</i>
		-	Pre Exam Test
5.	August	Ch.	- <i>Challenges of Nation-Building</i>
		Ch.	- <i>Era of One-Party Dominance</i>
6.	September	Ch.	- <i>Politics of Planned Development</i>
		Ch.	- <i>India's External Relations</i>
		-	Half Yearly Exam
7.	October	Ch.	- <i>Challenges to and Restoration of the Congress System</i>
		Ch.	- <i>The Crisis of Democratic Order</i>
		-	Periodic Test
8.	November	Ch.	- <i>Regional Aspirations</i>
		Ch.	- <i>Recent Developments in Indian Politics</i>
		-	*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	- <i>(a) Six Limbs of Indian Painting & Fundamentals Of Visual Art</i>
		Ch.1	- <i>Indian Miniature Painting</i>
		1.1	- <i>Pal School</i>
		1.2	- <i>Western Indian Painting or Jain School</i>
		1.3	- <i>Central Indian School</i>
		Activity	- still life (coloring and shading)
2.	May	Ch.2	- <i>(b) The Rajasthani School</i>
		2.1	- <i>Origin and development</i>
		2.2	- <i>Sub Schools : Mewar, Bundi, Jodhpur, Bikaner Kishangarh and</i>

Jaipur

- 2.3 - Main features of Rajsthani School
Activity - plate – 5

3. June - Summer Vacations

Revision for Periodic I
Periodic I Begin
Syllabus covered from April to June

4. July 2.4 - 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
Activity - landscape

5. August Ch.3 - The Pahadi School
3.1 - Origin And Development
3.2 - Sub Schools : Basohli, Guler, Kangra, Chamba and Garhwal
3.3 - Main Feature of the Pahari School
3.4 - Study of the following Pahari Paintings
- (i) Krishna With Gopis – Basohli,
- (ii) NandYashoda and Krishna with Kinsmen Going to Vrindavana
Activity - Nature painting

6. September - Half Yearly Examinations Begin
- Syllabus covered from April to September
Unit - 2 - The Mughal School and The Deccan Schools of Miniature Paintings.
Ch.1 - The Mughal School
Activity - Plate-11

7. October Ch-2 - The Deccan School
Activity - Festival painting

8. November Unit - 3 - 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.
Activity - Plate 17,18 and 21
- Periodic II Begins
- Syllabus covered from October to November

9. December Unit - 4 - Modern Trends in Indian Art.
- (a) Paintings, (b) Graphic Prints
Activity - plate-25

10. January - (c) Sculptures.

	Activity	-	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	<i>Ch.1</i>	- <i>Planning in Sports</i>
		Class Test	- Syllabus covered in the month of April.
2.	May	<i>Ch.2</i>	- <i>Children & Women in Sports</i>
			- Pre-Test-1 Begin.
			- Syllabus covered from April to May.
3.	June	<i>Ch.3</i>	- <i>Yoga as Preventive measure for Lifestyle Disease</i>
			- Summer Vacations. Periodic Test I Begin
4.	July	<i>Ch.3</i>	- <i>Yoga as Preventive measure for Lifestyle Disease</i>
			-
			- Syllabus covered from April to July
5.	August	<i>Ch.4</i>	- <i>Physical Education & Sports for CWSN</i>

		<i>Ch.5</i>	-	<i>Sports & Nutrition</i>
		Class Test	-	Syllabus covered in the month of August.
6.	September	<i>Ch. 6</i>	-	<i>Test & Measurement in Sports</i>
			-	Revision.
			-	Half Yearly Examination Begin
			-	Syllabus covered from April to September
7.	October	<i>Ch.7</i>	-	<i>Physiology & Injuries in Sports</i>
		Class Test	-	Syllabus covered in the month of October.
8.	November	<i>Ch.8</i>	-	<i>Biomechanics & Sports</i>
		<i>Ch.9</i>	-	<i>Psychology & Sports</i>
			-	Revision.
			-	Periodic Test II Begin
			-	Syllabus covered in the month of October and November.
9.	December	<i>Ch.10</i>	-	<i>Training in Sports</i>
			-	Revision all work (April to December)
		Class Test	-	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 <i>Chapter-1- Work, livelihood and Career</i> Class Test- Syllabus covered in the month of May
2.	May	UNIT II: Nutrition, Food Science and Technology <i>Chapter-2- Clinical Nutrition and Dietetics</i> <i>Chapter-3- Public Nutrition and Health</i> Practical- <ol style="list-style-type: none"> 1. <i>Modification of normal diet to soft diet for elderly person.</i> 2. <i>Development and preparation of Supplementary foods for nutrition programme.</i> 3. <i>Planning a menu for a school canteen or mid-day meal in school for a week.</i> 4. <i>Design, prepare and evaluate a processed food product.</i> 5. <i>Qualitative test for food adulteration in: pure ghee, tea</i>

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- PROJECT ANY ONE OF THE FOLLOWING PROJECT

MAY BE UNDERTAKEN AND EVALUATED.

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.

ENTREPRENEURSHIP

S. No.	Month	Syllabus to be covered
1.	April	ENTREPRENEURIAL OPPORTUNITIES
2.	May	Entrepreneurial Planning Class test of Entrepreneurship Summer vacation starts.
3.	June	Periodic 1 starts Enterprise market
4.	July	Cont...Entreprise Marketing

Assignment – make a list of new entrepreneurs of 2023-24

Periodic Test - 1

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| 5. | August | <i>Enterprise Growth Strategies</i>
<i>Class Test</i> |
| 6. | September | <i>Half Yearly Examinations</i>
<i>Business Arithmetic</i> |
| 7. | October | <i>Resource Mobilisation</i> |
| 8. | November | <i>Resource Mobilisation</i>
<i>Periodic test 2</i> |
| 9. | December | Revision For All
Practical file for External |
| 10. | January | PRE BOARD 1 |
| 11. | February | PRE BOARD 2 |
| 12. | March | BOARD EXAM |