

**CLASS  
XII**

# **SYLLABUS 2025-26**

*Science*



शिक्षा का दीप जलाएँ - सहयोग का हाथ बढ़ाएँ

## **AGRASAIN BOYS' SCHOOL**

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

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

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# AGRASAIN BOYS' SCHOOL

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

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## SYLLABUS : 2025-26

**Class : XII**

Class : XII

*Dear Parents,*

*All teachers have been advised to follow this syllabus and teaching schedule strictly.*

*In case your child is sick or absent for a long time, please prepare him as per schedule of chapters given in this booklet.*

*Teachers of all sections will complete the syllabus at least two weeks before Assessment Test to facilitate interactive revision.*

*All workbooks will be filled in by students and submitted to subject teachers for checking as the chapters are completed term wise.*

*In case of difficulty please contact respective Teacher-in-Charge (Primary/ Secondary).*

*Your co-operation will ensure better education to your child.*

*Principal*



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## SYLLABUS : 2025-26

**Class : XII**

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### □ ENGLISH LANGUAGE :

#### ❖ Pretest

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

#### ❖ 1<sup>st</sup> Assessment

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

#### ❖ 2<sup>nd</sup> Assessment

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

#### ❖ Periodical

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

❖ **Preboard**

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

❖ **Project**

- A. Prepare a project on any one of the following topics.
  1. A process description (e.g. instruction to operate a device, a recipe, a scientific experiment)
  2. Description of a sporting event.
  3. An autobiographical experience
- B. Listening and speaking skills (topics for speaking skills will be provided by the subject teachers during the classes)

❑ **ENGLISH LITERATURE :**❖ **Pretest**

- I. **DRAMA:** Macbeth – William Shakespeare (Acts 3 till pages done)
- II. **PRISM:** A Collection of ISC Short Stories (Evergreen Publications (India) Ltd. New Delhi)
  - Atithi/Guest – Rabindranath Tagore
- III. **RHAPSODY:** A Collection of ISC Poems (Evergreen Publications (India) Ltd. New Delhi)
  - Telephone Conversation – Wole Soyinka
  - Tithonus-Alfred Lord Tennyson

❖ **1<sup>st</sup> Assessment**

- I. **DRAMA:** Macbeth – William Shakespeare Act 3 (full)
- II. **PRISM:** A Collection of ISC Short Stories (Evergreen Publications (India) Ltd. New Delhi)
  - Atithi/Guest – Rabindranath Tagore
  - The Cookie Lady – Philip K. Dick
  - There Will Come Soft Rains – Ray Bradbury
  - Indigo - Satyajit Ray
- III. **RHAPSODY:** A Collection of ISC Poems Evergreen Publications (India) Ltd. New Delhi)
  - Telephone Conversation – Wole Soyinka
  - Tithonus - Alfred Lord Tennyson
  - Beethoven – Shane Koyczan
  - Small Towns and the River – Mamang Dai

❖ **2<sup>nd</sup> Assessment**

- I. **DRAMA: Macbeth** – William Shakespeare (Acts 3 & 4 till pages done)
- II. **PRISM: A Collection of ISC Short Stories** (Evergreen Publications (India) Ltd. New Delhi)
  - Atithi/Guest – Rabindranath Tagore
  - Cookie Lady – Philip K. Dick
  - There Will Come Soft Rains – Ray Bradbury
  - Indigo - Satyajit Ray
  - The Medicine Bag – Virginia Driving Hawk
- III. **RHAPSODY: A Collection of ISC Poems** (Evergreen Publications (India) Ltd. New Delhi)
  - Telephone Conversation – Wole Soyinka
  - Tithonus - Alfred Lord Tennyson
  - Beethoven – Shane Koyczan
  - Small Towns and the River – Mamang Dai
  - Death be not Proud – John Donne

❖ **Periodical**

- I. **DRAMA: Macbeth** – William Shakespeare (Act 3- full, Act 4 – full, Act 5- till pages done)
- III. **PRISM: A Collection of ISC Short Stories** (Evergreen Publications (India) Ltd. New Delhi)
  1. Atithi/Guest – Rabindranath Tagore
  2. Cookie Lady – Philip K. Dick
  3. There Will Come Soft Rains – Ray Bradbury
  4. Indigo - Satyajit Ray
  5. The Medicine Bag – Virginia Driving Hawk
- IV. **RHAPSODY: A Collection of ISC Poems** (Evergreen Publications (India) Ltd. New Delhi)
  - Telephone Conversation – Wole Soyinka
  - Tithonus -Alfred Lord Tennyson
  - Beethoven – Shane Koyczan
  - Small Towns and the River – Mamang Dai
  - Death be not Proud – John Donne

❖ **Preboard**

- I. **DRAMA: Macbeth** – William Shakespeare (full)
- II. **PRISM: A Collection of ISC Short Stories** (Evergreen Publications (India) Ltd. New Delhi)
  - Atithi/Guest – Rabindranath Tagore
  - Cookie Lady – Philip K. Dick
  - There Will Come Soft Rains – Ray Bradbury
  - Indigo - Satyajit Ray
  - The Medicine Bag – Virginia Driving Hawk

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

- Telephone Conversation – Wole Soyinka
- Tithonus - Alfred Lord Tennyson
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- Small Towns and the River – Mamang Dai
- Death be not Proud – John Donne

**Projects**

*With reference to the play Macbeth by William Shakespeare compare and contrast the character of Macbeth and Malcolm.*

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

The written assignment must follow the structure given below:

- Introduction:
  - Explanation of the question that has been framed
  - explanation of how the candidate intends to interpret the chosen text and Literary materials used in the process
- Main Body – organised and well-structured treatment of the question using appropriate sub-headings.
- Conclusion – comprehensive summary of the points made in the main body.

**INSTRUCTIONS TO THE CANDIDATES FOR ENGLISH PROJECTS:**

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

**□ 2<sup>ND</sup> LANGUAGE HINDI :**

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

**❖ PRE-TEST EXAMINATION:**

काव्य मंजरी :-

- 1) साखी

2) अंधेरे का दीपक

गद्य संकलन:

- 1) पुत्र प्रेम
- 2) मजबूरी

सारा आकाश:

उत्तरार्द्ध - (१-६)

व्याकरण:

1. निबंध
2. अपठित गद्यांश
3. अशुद्ध वाक्यों को शुद्ध करो (सम्पूर्ण पाठ्यक्रम)
4. मुहावरें (सम्पूर्ण पाठ्यक्रम)

❖ **ASSESSMENT-I EXAMINATION:**

काव्य मंजरी:

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

गद्य संकलन:

- 1) गौरी
- 2) शरणागत
- 3) सती

सारा आकाश :-

उत्तरार्द्ध - (६,७,८)

व्याकरण:

- 1) निबंध
- 2) अपठित गद्यांश
- 3) अशुद्ध वाक्यों को शुद्ध करो (सम्पूर्ण पाठ्यक्रम)
- 4) मुहावरें (सम्पूर्ण पाठ्यक्रम)

❖ **ASSESSMENT-II EXAMINATION:**

काव्य मंजरी - सम्पूर्ण पाठ्यक्रम

गद्य संकलन - सम्पूर्ण पाठ्यक्रम

सारा आकाश - उत्तरार्द्ध (८,९,१०)

व्याकरण - सम्पूर्ण पाठ्यक्रम

❖ **PERIODICAL EXAMINATION:**

काव्य मंजरी - सम्पूर्ण पाठ्यक्रम  
 गद्य संकलन - सम्पूर्ण पाठ्यक्रम  
 सारा आकाश - सम्पूर्ण पाठ्यक्रम  
 व्याकरण - सम्पूर्ण पाठ्यक्रम

❖ **PRE-BOARD EXAMINATION:**

काव्य मंजरी - सम्पूर्ण पाठ्यक्रम  
 गद्य संकलन - सम्पूर्ण पाठ्यक्रम  
 सारा आकाश - सम्पूर्ण पाठ्यक्रम  
 व्याकरण - सम्पूर्ण पाठ्यक्रम

निम्नलिखित विषयों में से किसी एक विषय पर हिंदी में लगभग 1000 से 1500 शब्दों में परियोजना तैयार कीजिए।

1. कहानी कला की दृष्टि से 'पुत्र प्रेम' कहानी पर परियोजना तैयार कीजिए।
2. 'एक फूल की चाह कविता को कहानी में रूपांतरित करते हुए परियोजना ' तैयार कीजिए।

- **Listening and speaking skill to be done in regular Hindi class.**

❑ **2<sup>ND</sup> LANGUAGE BENGALI :**

**पुस्तक :** ISC प्रबन्ध ও গদ্য সংকলন, ISC কবিতা সংকলন, কোনি, ভাষা সোপান

❖ **PRE-TEST EXAMINATION:**

গল্প - না পাহারার পরীক্ষা + class XI full syllabus.  
 কবিতা- বাবরের প্রার্থনা, + class XI full syllabus.  
 কোনি -১-৮  
 ব্যাকরণ ও নির্মিতি ISC সমগ্র পাঠ্যক্রম ।

❖ **ASSESSMENT-I EXAMINATION:**

গল্প - একটি তুলসী গাছের কাহিনী + Pre-test full syllabus + class XI full syllabus.  
 কবিতা- যদি নির্বাসন দাও + Pre-test full syllabus + class XI full syllabus  
 কোনি - ১-১১  
 ব্যাকরণ ও নির্মিতি ISC সমগ্র পাঠ্যক্রম ।

❖ **ASSESSMENT-II EXAMINATION:**

গল্প - লছ মনের মা + Pre-test + 1<sup>st</sup> Assessment + class XI full syllabus.  
 কবিতা- বর্ণপরিচয় + Pre-test + 1<sup>st</sup> Assessment + class XI full syllabus.  
 কোনি - সমগ্র পাঠ।  
 ব্যাকরণ ও নির্মিতি ISC সমগ্র পাঠ্যক্রম।

❖ **PERIODICAL EXAMINATION :**

গল্প – ISC সমগ্র পাঠ্যক্রম  
কবিতা- ISC সমগ্র পাঠ্যক্রম  
কোনি – সমগ্র উপন্যাস  
ব্যাকরণ ও নির্মিতি ISC সমগ্র পাঠ্যক্রম ।

❖ **PRE-BOARD EXAMINATION:**

গল্প – ISC সমগ্র পাঠ্যক্রম  
কবিতা- ISC সমগ্র পাঠ্যক্রম  
কোনি – সমগ্র উপন্যাস  
ব্যাকরণ ও নির্মিতি ISC সমগ্র পাঠ্যক্রম ।

❖ **PROJECT**

- তোমার পাঠ্য পুস্তকের অন্তর্গত যেকোনো একটি কবিতাকে ছোট গল্পের রূপ দান করো।
- তোমার পাঠ্য পুস্তকের অন্তর্গত যেকোনো একটি ছোট গল্পকে কবিতার রূপ দান করো।
- তোমার পাঠ্য পুস্তক এর অন্তর্গত যেকোনো একটি ছোট গল্প বা কবিতার বর্তমান সময়ের নিরিখে প্রাসঙ্গিকতা বিচার করো।
- তোমার পাঠ্য পুস্তকের অন্তর্গত যেকোনো একটি ছোটগল্পের চরিত্র বিশ্লেষণ কর অথবা যেকোনো একটি কবিতার প্রেক্ষাপট আলোচনা কর।
- **Listening and speaking skill to be done in regular Hindi class.**

□ **MATHEMATICS :**

**Book : Understanding ICSE Mathematics by M L Aggarwal APC**

❖ **PRE-TEST EXAMINATION :****Section A:**

Function, Matrix, determinants, Continuity, 1<sup>st</sup> order Derivatives, Application of Derivatives: Tangents and Normals, Increasing Decreasing Function.

**Section B:**

Vectors

**Section C:**

Linear Regression

❖ **ASSESSMENT-I EXAMINATION:****Section A:**

Inverse Trigonometry, Differentiability, 2<sup>nd</sup> Order Derivatives, Integrals (up to method of substitution), Application of Derivatives: Rate Measurement, Maxima & Minima

**Section B:**

3-Dimension Geometry (Straight Lines)

**Section C:**

Application of Calculus in commerce and economics

**Note: All the chapters in Pre-Test are also included in 1<sup>st</sup> Assessment syllabus. 1<sup>st</sup> project should be submitted 15 days before examination.**

❖ **ASSESSMENT-II EXAMINATION:**

**Section A:**

Application of Derivatives: Error and Approximation, Integrals (remaining), Probability, Differential Equation.

**Section B:**

3-Dimensional Geometry (Planes)

**Note: All the chapters in 1<sup>st</sup> Assessment are also included in 2<sup>nd</sup> Assessment.**

**Completed project file containing two projects should be submitted 15 days before examination.**

❖ **PERIODICAL EXAMINATION:**

**Section A:**

Relation, Binary Operation, Indeterminate forms, Mean Value Theorems

**Section B:**

Application of integrals

**Section C:**

Linear Programming Problem

**Note: All the chapters in 1<sup>st</sup> Assessment are also included in 2<sup>nd</sup> Assessment.**

❖ **PRE-BOARD EXAMINATION:**

Full Syllabus

❖ **PROJECT**

List of suggested assignments for Project Work

**Section A**

1. Using a graph, demonstrate a function which is one-one but not onto.
2. Using a graph demonstrate a function which is invertible.
3. Construct a composition table using a binary function addition/multiplication modulo up to 5 and verify the existence of the properties of binary operation.
4. Draw the graph of  $y = \sin^{-1}x$  (or any other inverse trigonometric function), using the graph of  $y = \sin x$  (or any other relevant trigonometric function). Demonstrate the concept of mirror line (about  $y = x$ ) and find its domain and range.
5. Explore the principal value of the function  $y = \sin^{-1}x$  (or any other inverse trigonometric function) using a unit circle.
6. Verify the consistency of the system of three linear equations of two variables and verify the same graphically. Give its geometrical interpretation.
7. Explain the concepts of increasing and decreasing functions, using geometrical significance of  $\frac{dy}{dx}$ . Illustrate with proper examples.
8. Explain and illustrate (with suitable examples) the concept of local maxima and local minima using graph.

9. Explain and illustrate (with suitable examples) the concept of absolute maxima and absolute minima using graph.
10. Illustrate the concept of definite integral  $\int_a^b f(x)dx$ , expressing as the limit of a sum and verify it by actual integration.
11. Demonstrate application of differential equations to solve a given problem (example, population increase or decrease, bacteria count in a culture, etc.).
12. Explain the conditional probability, the theorem of total probability and the concept of Bayes' theorem with suitable examples.
13. Explain the types of probability distributions and derive mean and variance of binomial probability distribution for a given function.

### Section B

14. Using vector algebra, find the area of a parallelogram/triangle. Also, derive the area analytically and verify the same.
15. Describe the geometrical interpretation of scalar triple product and for a given data, find the scalar triple product.
16. Find the image of a line with respect to a given plane.
17. Find the distance of a point from a given plane measured parallel to a given line.
18. Find the distance of a point from a line measured parallel to a given plane.
19. Find the area bounded by a parabola and an oblique line.
20. Find the area bounded by a circle and an oblique line.
21. Find the area bounded by an ellipse and an oblique line.
22. Find the area bounded by a circle and a circle.
23. Find the area bounded by a parabola and a parabola.
24. Find the area bounded by a circle and a parabola. (Any other pair of curves which are specified in the syllabus may also be taken.)

### Section C

25. Draw a rough sketch of Cost ( $C(x)$ ), Average Cost ( $AC(x)$ ) and Marginal Cost (MC) Or Revenue ( $R(x)$ ), Average Revenue ( $AR(x)$ ) and Marginal Revenue ( $MR(x)$ ). Give their mathematical interpretation using the concept of increasing – decreasing functions and maxima-minima.
26. For a given data, find regression equations by the method of least squares. Also find angles between regression lines.
27. Using any suitable data, find the minimum cost by applying the concept of Transportation problem.
28. Using any suitable data, find the minimum cost and maximum nutritional value by applying the concept of Diet problem.
29. Using any suitable data, find the Optimum cost in the manufacturing problem by formulating a linear programming problem (LPP).

## **PHYSICS :**

**Name of the book:** ISC Physics  
**Publisher:** Nageen Prakashan Pvt. Ltd  
**Written By:** Raj Kumar & G. L. Mittal

**❖ PRE-TEST EXAMINATION:**

1. Electric Charges and Fields
2. Gauss' Theorem
3. Electric Potential
4. Capacitors & Dielectrics
5. Electric Resistance and Ohm's Law
6. DC Circuits and Measurement

**❖ ASSESSMENT-I EXAMINATION:**

7. Moving Charges and Magnetic Field
8. Torque on a Current loop: Moving Coil Galvanometer
9. Magnetic Field and Earth's Magnetism
10. Magnetic Classification of Substances
11. Electromagnetic Induction
12. Alternating Current
13. Electromagnetic Waves

**AND THE FULL SYLLABUS OF PERIODICAL****❖ ASSESSMENT-II EXAMINATION:**

14. Reflection of Light – Spherical Mirrors
15. Refraction of Light at a Plane Interface
16. Refraction of Light at Spherical Surfaces - Lenses
17. Refraction and Dispersion of Light through a Prism
18. Optical Instruments
19. Wave Nature of Light – Huygens' Principle
20. Interference of Light
21. Diffraction of Light
22. Polarization of Light
23. Photoelectric Effect
24. Matter Waves
25. X-Rays
26. Atom, Origin of Spectra

**AND THE FULL SYLLABUS OF PERIODICAL AND ASSESSMENT – 2.****❖ ASSESSMENT-III EXAMINATION:**

27. Nuclear Structure
28. Radioactivity
29. Mass Energy Equivalence
30. Nuclear Fission and Fusion
31. Semiconductor Electronics
32. Junction Diodes
33. Junction Transistors
34. Logic Gates
35. Communication Systems

**AND FULL SYLLABUS OF PERIODICAL AND ASSESSMENT 1, 2**

**Project:** The students are advised to make a project based on any one of the topics for projects as advised/discussed by the subject teacher in school for ISC 2025-2026

## ☐ **CHEMISTRY:**

**Book: ISC Chemistry (K.L. CHUGH)**

### ❖ **PRE-TEST EXAMINATION:**

- Solutions (Chap-2)
- Haloalkanes and haloarenes (Chap-10)

### ❖ **ASSESSMENT-I EXAMINATION:**

- Electrochemistry (Chap-3)
  - d and f block elements (Chap-8)
  - Alcohols, phenols and ethers (Chap-11)
- Revision: Pre-test syllabus  
Practical as per ISC norms

### ❖ **ASSESSMENT-II EXAMINATION:**

- ❖ Chemical Kinetics (Chap-4)
  - ❖ Co-ordination compounds (Chap-9)
  - ❖ Aldehydes, Ketones and Carboxylic acids (Chap-12)
- Revision: Pre-test and Assessment-1 Syllabus  
Practical as per ISC norms

### ❖ **MOCK TEST:**

- ❖ Organic compounds containing nitrogen (Chap-13)
  - ❖ Biomolecules (Chap-14)
- Revision: Pre-test, Assessment-I and Assessment-II Syllabus

### ❖ **PRE-BOARD EXAMINATION :**

Full ISC Class-XII Syllabus

### ❖ **PROJECT**

The students are advised to make a project based on any one of the topics for projects as advised/discussed by the subject teacher in school for ISC 2025-2026

## ☐ **BIOLOGY :**

### ❖ **PRE-TEST EXAMINATION:**

#### **Reproduction**

1. Sexual reproduction in flowering. Plants
2. Human reproduction
3. Reproductive health.

### ❖ **ASSESSMENT-I EXAMINATION:**

1. Genetics and Evolution Principles of inheritance and variation.
2. Molecular basis of inheritance

3. Evolution.  
Biology and Human Welfare

1. Health and disease

**Practical: As per done in class.**

❖ **ASSESSMENT-II EXAMINATION:**

2. Microbes in human welfare.  
Biotechnology and its application

1. Principles and processes.

2. Application of biotechnology in Health and agriculture

**Practical: As per done in class.**

❖ **PERIODICAL EXAMINATION:**

**Ecology and environment**

1. Organism and populations

2. Ecosystem

3. Biodiversity and its conservation

**Practical: As per done in class.**

❖ **PRE-BOARD EXAMINATION :**

Entire syllabus of ICSE class XII

□ **COMPUTER SCIENCE:**

**Understanding ISC COMPUTER SCIENCE (Java with BlueJ)  
(AVICHAL PUBLISHING COMPANY)**

❖ **PRE-TEST EXAMINATION :**

Ch 1 : Boolean Algebra (Propositional logic)

Ch 2 : Computer Hardware

Ch 4 : Objects and classes

Ch 5 : Data types and variables

Ch 6 : Statements and Scope

Ch 9 : Methods (Functions)

❖ **ASSESSMENT-I EXAMINATION:**

Ch 1, 2, 4, 5, 6 and 9 (Revision)

Ch 1 : Boolean Algebra (Propositional logic, Boolean Algebra and K-Map)

Ch 3 : Implementation of Algorithm to solve problems

Ch 7 : String Manipulations

Ch 8 : Arrays (Single and double dimensional)

Ch 10 : Class as User Defined and Constructors

**PRACTICAL:**

Ch 3 to Ch 10

❖ **ASSESSMENT-II EXAMINATION :**

Ch 1 to Ch 10 (Revision)

Ch 11 : Recursion

Ch 12 : Inheritance, Interfaces and Polymorphism  
 Ch 13 : Data Structures  
 Ch 14 : Computational complexity and Big O Notation

**PRACTICAL:**

Ch 3 to Ch 12

❖ **MOCK TEST :**

ENTIRE CLASS - XII SYLLABUS

Everything mention in ISC regulation and Syllabus book of 2026.

❖ **PRE-BOARD EXAMINATION :**

ENTIRE CLASS - XII SYLLABUS

Everything mention in ISC regulation and Syllabus book of 2026.

**PRACTICAL:**

ENTIRE CLASS - XII SYLLABUS

Everything mention in ISC regulation and Syllabus book of 2026.

□ **SUPW :**

❖ **ASSESSMENT-II EXAMINATION:**

**Subsidiary Service**

1. THERMOCOL DESIGN SCROLL.
2. CALENDER MAKING.
3. WALL HANGING.
4. DUSTER MAKING.
5. SUPW WORKSHOP TOUR
6. FABRIC WORKS
7. MATTAL WORK

❖ **PRE-BOARD EXAMINATION:**

**Main craft service**

8. CHALK MAKING.
9. FOOD SALAD.
10. TIE AND DIE

□ **PHYSICAL TRAINING (PT):**

❖ **ASSESSMENT-II EXAMINATION:**

1. March Past (Forward March).
2. Jogging and General Warming-up
3. Cardio Exercises:
  - a) Sprinting
  - b) Distance Running
  - c) Jumping Jack
  - d) Box Jump
4. Fitness Training:
  - a) Push-ups

- b) Jump Squats
  - c) Bend knee sit-ups
  - d) Mountain Climbers
  - e) Plank Jacks
  - f) Jump rope
5. Indoor Games

❖ **ASSESSMENT-III EXAMINATION:**

1. Tug-O-War
2. Team sports:
  - a) Soccer
  - b) Basketball
  - c) Handball
  - d) Kho-kho
  - e) Kabaddi

□ **YOGA (MEDITATION):**

❖ **ASSESSMENT-II EXAMINATION:**

- Calvicular breathing
- Abdominal breathing
- Thoracic Breathing
- Anulom -vilom
- Bhastrika
- Simhasana
- Trikonasana
- Hastottanasana
- Dhanurasana
- Ushtrasana
- Kapalbhathi
- Uddyan
- Meditation

