BHARATIYA VIDYA BHAVAN , KOCHI
YEAR PLAN 2025-2026
STD XI ENGLISH

MONTH	MAIN TEXT	SUPPLEMENTARY READER	GRAMMAR	WRITING
JUNE (22 days)	L1. The Portrait of a Lady P1. A Photograph	L1. The Summer of the Beautiful White Horse	G1. Tenses	W1. Poster
JULY (24 days)	P2. The Laburnum Top L2. We are not afraid to die...if we can be together **(NOT TO BE INCLUDED FOR UT1)** L3. Discovering Tut the Saga Continues. (**ONLY FOR GROUP ACTIVITY**)		G2. Reordering of sentences	W3. Advertisements (Classifieds) Situation Wanted/Vacant For sale/ To Let **(NOT TO BE INCLUDED FOR UT1)**
UNIT TEST I (25/07/2025 - 02/08/2025)				
AUGUST (21 days)	P3. The Voice of the Rain	L2. The Address		R1. Note Making W2. Speech
SEPTEMBER (18 days)	P4. Childhood	L4. Birth		
OCTOBER (22 days)		L3. Mother's Day **(NOT TO BE INCLUDED FOR TERM END EVALUATION)**	G3. If Clauses **(NOT TO BE INCLUDED FOR TERM END EVALUATION)**	
TERM END EVALUATION (10/10/2025- 23/10/2025)				
NOVEMBER (23 days)	L4.The Adventure P5.Father to Son		G4. Reordering of sentences	
DECEMBER (18 days)	L5. Silk Road **(NOT TO BE INCLUDED FOR UT 2)**			W3. Advertisements (Classifieds) Automobile Missing Lost and Found Educational Institution Travel and Tours
UNIT TEST II (12/12/2025 - 20/12/2025)				
JANUARY (23 days)		L5. The Tale of Melon City	G5. Transformation of sentences	Debate
FEBRUARY (22 days)	**REVISION**			
FINAL EXAMINATION (13/02/2026 -25/02/2026)				

BHARATIYA VIDYA BHAVAN, KOCHI			
YEAR PLAN -2025-2026			
STD :XI PHYSICS			
MONTH	**TOPIC**	**SUB-TOPICS**	**CONCEPTS**
JUNE	**CHAPTER 1- UNITS AND MEASUREMENT** **CHAPTER 2- MOTION IN A STRAIGHT LINE**	Need for measurement: significant figures. Dimensions of physical quantities Describing motion, Relations for uniformly accelerated motion (graphical treatment).	Need for measurement: Units of measurement; systems of units; SI units, fundamental and derived units. significant figures, Determining the uncertainty in result. Dimensions of physical quantities, dimensional analysis and its applications. Frame of reference, Motion in a straight line, Elementary concepts of differentiation and integration for describing motion, uniform and non- uniform motion, average speed and average velocity and instantaneous velocity, uniformly accelerated motion, velocity - time and position-time graphs. Relations for uniformly accelerated motion (graphical and calculus treatment)

JULY	**MOTION IN A STRAIGHT LINE (CONTD ...)** **CHAPTER 3- MOTION IN A PLANE** **CHAPTER 4- LAWS OF MOTION(UPTO FRICTION)**	Instantaneous velocity Scalar and vector quantities; Vector operations Resolution of vectors Motion in a plane, cases of uniform velocity and uniform acceleration projectile motion uniform circular motion Newton's first law of motion,Newton's second law of motion,Newton's third law of motion,conservation of linear momentum ,Equilibrium of concurrent forces	Scalar and vector quantities,position and displacement vectors,general vectors and notations ,equality of vectors,multiplication of vectors by a real number,unit vector,Addition and subtraction of vectors,Resolution of a vector in a plane, rectangular components, Scalar and vector product of vectors, Motion in a plane,cases of uniform velocity and uniform acceleration, Projectile motion,Uniform circular motion. Intuitive concept of force, Inertia, Newton's first law of motion. Momentum and Newton's second law of motion; impulse.Newton's third law of motion. Law of conservation of linear momentum and its applications.Equilibrium of concurrent forces.

UNIT TEST 1 - July 25-Aug 2 UNITS AND MEASUREMENT, MOTION IN A STRAIGHT LINE , MOTION IN A PLANE UPTO PROJECTILE MOTION PROJECTILE MOTION NOT INCLUDED .			
AUGUST	**LAWS OF MOTION (CONT..)**	Friction	Static and kinetic friction,laws of friction, rolling friction, lubrication. Dynamics of uniform circular motion:Centripetal force, examples of circular motion (vehicle on a level circular road, vehicle on a banked road).
	CHAPTER 5-WORK ENERGY AND POWER	Work Energy Collision	Work done by a constant force and a variable force ,kinetic energy, work-energy theorem,power,Notion of potential energy,potential energy of a spring, conservative forces: non-conservative forces, motion in a vertical circle. Elastic and inelastic collisions in one and two dimensions.

SEPTEMBER	**CHAPTER 6- SYSTEM OF PARTICLES AND ROTATIONAL MOTION**	Center of mass Moment of a force and angular momentum Equilibrium of rigid bodies Moment of inertia.	Centre of mass of a two-particle system, momentum conservation and Centre of mass motion. Centre of mass of a rigid body; centre of mass of a uniform rod. Moment of a force, torque, angular momentum,law of conservation of angular momentum and its applications. Equilibrium of rigid bodies, rigid body rotation and equations of rotational motion, comparison of linear and rotational motions. Moment of inertia, radius of gyration, values of moments of inertia for simple geometrical objects (no derivation).
	CHAPTER 7- GRAVITATION	Kepler's laws of planetary motion Universal law of gravitation Gravitational potential energy Escape speed, orbital velocity of a satellite	Kepler's laws of planetary motion universal law of gravitation.Acceleration due to gravity and its variation with altitude and depth. Gravitational potential energy and gravitational potential Escape speed, orbital velocity of a satellite,Energy of an orbiting satellite.

OCTOBER	**CHAPTER 8- MECHANICAL PROPERTIES OF SOLIDS**	Elastic behaviour of solids, Modulus of Elasticity Elastic Energy	Elasticity, Stress-strain relationship, Hooke's law,Young's modulus, bulk modulus, shear modulus of rigidity(qualitative idea only), Poisson's ratio; elastic energy,Application of elastic behavior of materials (qualitative idea only).
TERM END EXAMINATION I -(Oct 10-Oct 23) UNITS AND MEASUREMENT, MOTION IN A STRAIGHT LINE , MOTION IN A PLANE (14 Marks), LAWS OF MOTION , WORK ENERGY AND POWER & SYSTEM OF PARTICLES AND ROTATIONAL MOTION			

NOVEMBER	**CHAPTER 9- MECHANICAL PROPERTIES OF FLUIDS**	Pressure,Viscosity Surface tension, Capillary rise.	Pressure due to a fluid column; Pascal's law and its applications, (hydraulic lift and hydraulic brakes), Effect of gravity on fluid pressure.Viscosity, Stokes' law, terminal velocity, streamline and turbulent flow, critical velocity, Bernoulli's theorem and its simple applications (Torricelli's law and Dynamic lift). Surface energy and surface tension, Angle of contact, excess of pressure across a curved surface, Application of surface tension, Ideas to drops, bubbles, Capillary rise
	CHAPTER 10 - THERMAL PROPERTIES OF MATTER	Heat ,heat transfer, blackbody radiation	Heat, temperature, thermal expansion; thermal expansion of solids, liquids and gases, anomalous expansion of water; specific heat capacity; Cp, Cv - calorimetry; change of state - latent heat capacity.Heat transfer-conduction, convection and radiation, thermal conductivity,qualitative ideas of Blackbody radiation, Wein's displacement Law, Stefan's law .
	CHAPTER 13 - OSCILLATIONS	Periodic motion,simple harmonic motion energy in SHM	Periodic motion - time period, frequency, displacement as a function of time, periodic functions and their applications.Simple harmonic motion (S.H.M) uniform circular motion and its equations of motion;phase; oscillations of a loaded spring- restoring force and force constant;energy in

			S.H.M. Kinetic and potential energies; simple pendulum derivation of expression for its time period.
DECEMBER	**CHAPTER 14-WAVES**	Wave motion,reflection of waves	Wave motion: Transverse and longitudinal waves, speed of travelling wave, displacement relation for a progressive wave, principle of superposition of waves, Reflection of waves, standing waves in strings and organ pipes, fundamental mode and harmonics, Beats.
UNIT TEST II (Dec 12-Dec 20) **GRAVITATION** **MECHANICAL PROPERTIES OF SOLIDS & MECHANICAL PROPERTIES OF FLUIDS INCLUDING BERNOULLI'S THEOREM**			
JANUARY	**CHAPTER 11-THERMODYNAMICS**	Zeroth law ,first law,Second law and thermodynamical process.	Thermal equilibrium and definition of temperature, zeroth law of thermodynamics Heat, work and internal energy.First law of thermodynamics,Second law of Thermodynamics ,Thermodynamic state variable and equation of state,gaseous state of matter, change of condition of gaseous state - isothermal, adiabatic,reversible, irreversible, and cyclic processes.

	CHAPTER 12-KINETIC THEORY OF GASES	Equation of state of a perfect gas,Kinetic theory of gases,degrees of freedom	Equation of state of a perfect gas,work done in compressing a gas.Kinetic theory of gases assumptions, concept of pressure.Kinetic interpretation of temperature; rms speed of gas molecules; Degrees of freedom,Law of equi-partition of energy (statement only) and application to specific heat capacities of gases; concept of mean free path,Avogadro's number.

FEBRUARY	**REVISION** **FINAL EXAMINATION (13Feb-25Feb)** **UNITS AND MEASUREMENT** **MOTION IN A STRAIGHT LINE & MOTION IN A PLANE), LAWS OF MOTION ,** **WORK ENERGY AND POWER ,** **SYSTEM OF PARTICLES AND ROTATIONAL MOTION , GRAVITATION** **MECHANICAL PROPERTIES OF SOLIDS & FLUIDS ,THERMAL PROPERTIES OF MATTER & THERMODYNAMICS ,KINETIC THEORY OF GASES ,** **OSCILLATIONS & WAVES .**

BHARATIYA VIDYA BHAVAN, KOCHI
YEAR PLAN FOR THE YEAR 2025-2026
CLASS -XI
SUBJECT -CHEMISTRY

MONTH	TOPIC	SUB-TOPIC	CONCEPTS
JUNE	1.SOME BASIC CONCEPTS OF CHEMISTRY	General Introduction: Importance and scope of Chemistry. Nature of matter, laws of chemical combination, Dalton's atomic theory: concept of elements, atoms and molecules. Atomic and molecular masses, mole concept and molar mass, percentage composition, empirical and molecular formula, chemical reactions, stoichiometry and calculations based on stoichiometry.	Laws of chemical combination- law of conservation of mass, law of definite proportion, law of multiple proportion Avogadro's law, Gay Lussac's law of gaseous volumes Dalton's atomic theory: concept of elements, atoms and molecules. Atomic and molecular masses, average atomic mass-mole concept and molar mass, percentage composition, empirical and molecular formula, chemical reactions, stoichiometry and calculations based on stoichiometry - concentration terms.
JUNE-JULY	2. STRUCTURE OF ATOM	Discovery of Electron, Proton and Neutron, atomic number, isotopes and isobars. Thomson's model and its	Subatomic particles, atomic number, mass number, isotopes, Isobars, Nucleus, Electromagnetic theory of radiations, particle nature of radiation, black body radiations, photo electric effect, spectra, Bohr’s postulates for hydrogen atom, negative energy of electron Dual nature of matter, orbits,

		limitations. Rutherford's model and its limitations, Bohr's model and its limitations, concept of shells and subshells, dual nature of matter and light, de Broglie's relationship, Heisenberg uncertainty principle, concept of orbitals, quantum numbers, shapes of s, p and d orbitals, rules for filling electrons in orbitals - Aufbau principle, Pauli's exclusion principle and Hund's rule, electronic configuration of atoms, stability of half-filled and completely filled orbitals.	orbitals, principal quantum number, azhimuthal quantum number, magnetic quantum number, spin quantum number, n + l rule, nodes, nodal planes, electronic configuration of atoms,ions, stable configurations.
UNIT TEST -I(JULY -25-AUG-2) PORTIONS 1.SOME BASIC CONCEPTS OF CHEMISTRY 2.STRUCTURE OF ATOM			
JULY -AUGUST	3.CLASSIFICATION OF ELEMENTS AND PERIODICITY IN PROPERTIES.	Significance of classification, brief history of the development of periodic table, modern periodic law and the present form of periodic table, periodic trends in properties of elements -atomic radii, ionic radii, inert gas radii, Ionization enthalpy, electron gain enthalpy, electronegativity, valency. Nomenclature of	Doberenier’s triads, Law of octaves, Mendeleev's law, Mendeleev’s periodic table, Modern periodic law. Nomenclature of elements with atomic number greater than 100, Electronic configurations and types of elements-s, p, d, f blocks, Periodic trends in properties -Physical properties-atomic radii, ionic radii, inert gas radii, Ionization enthalpy, electron gain enthalpy, electronegativity, valency. Periodic trends in chemical properties -Periodicity in valence or oxidation state, Anomalous properties of second period elements, Periodic trends in chemical reactivity.

		elements with atomic number greater than 100.	
AUGUST	s & p BLOCK ELEMENTS	s & p Block Elements Electronic configuration, atomic & Ionic radii, Ionization Enthalpy, Hydration Enthalpy and general trends in physical and chemical properties of s and p block elements across the periods and down the groups; unique behavior of the first element in each group	**NON-EVALUATIVE**
AUGUST - SEPTEMBER	4.CHEMICAL BONDING AND MOLECULAR STRUCTURE	Valence electrons, ionic bond, covalent bond, bond parameters, Lewis structure, polar character of covalent bond, covalent character of ionic bond, valence bond theory, resonance, geometry of covalent molecules, VSEPR theory, concept of hybridization, involving s, p and d orbitals and shapes of some simple molecules, molecular orbital theory of homonuclear diatomic molecules (qualitative idea only), Hydrogen bond.	Valence bond, Lewis structure, Octet rule, limitations of octet rule, formal charge, ioinc bond, factors affecting ionic bond, lattice enthalpy, bond parameters-bond length, bond angle, bond energy, bond enthalpy, bond order, Resonance ,canonical structures, resonance energy, resonance hybrid. Repulsion between electron pairs, shapes-linear, trigonal planar, tetrahedral, trigonal bipyramid, octahedral, bent, seessaw, square pryramidal, square planar, PE curve for the H_2 molecule formation, Non existence of He_2 molecule, Types of hybridisation sp,sp2,sp3,dsp2,d2sp3 ,atomic and molecular orbitals MO energy level diagram, Hydrogen bonding- definition, reason, consequences

SEPTEMBER	GASEOUS STATE	Qualitatitive treatment of Gas laws-Ideal gas equation and deviations from it	**NON-EVALUATIVE**
OCTOBER - NOVEMBER	5.CHEMICAL THERMODYNAMICS	Concepts of System and types of systems, surroundings, work, heat, energy, extensive and intensive properties, state functions. First law of thermodynamics -internal energy and enthalpy, heat capacity and specific heat, measurement of ΔU and ΔH, Hess's law of constant heat summation,Enthalpy of bond dissociation, combustion, formation, atomization, sublimation, phase transition, ionization, solution and dilution. Second law of Thermodynamics (brief introduction) Introduction of entropy as a state function, Gibb's energy change for spontaneous and nonspontaneous processes, criteria for equilibrium. Third law of thermodynamics (brief introduction).	System, Surrounding, Open,Closed, Isolated system, Surroundings, work, heat, energy, extensive and intensive properties, state functions, Reversible, Irrevrsible process, Isothermal, abdiabatic, isobaric, isochoric processes, First law of thermodynamics -internal energy and enthalpy, heat capacity and specific heat, measurement of ΔU and ΔH, Hess's law of constant heat summation Enthalpy of bond dissociation, combustion, formation, atomization, sublimation, phase transition, ionization, solution and dilution.Entropy, Second law of Thermodynamics,Gibb's energy change for spontaneous and non- spontaneous processes, criteria for equilibrium. Third law of thermodynamics.

TERM END EVALUATION -I(OCTOBER 10-23) **PORTIONS** **1.SOME BASIC CONCEPTS OF CHEMISTRY** **2.STRUCTURE OF ATOM** **3. CLASSIFICATION OF ELEMENTS AND PERIODICITY IN PROPERTIES.** **4. CHEMICAL BONDING AND MOLECULAR STRUCTURE**			
NOVEMBER	6.EQUILIBRIUM	Equilibrium in physical and chemical processes, dynamic nature of equilibrium, law of massaction, equilibrium constant, factors affecting equilibrium - Le Chatelier's principle, ionic equilibrium-ionization of acids and bases, strong and weak electrolytes, degree of ionization, ionization of poly basic acids, acid strength, concept of pH, hydrolysis of salts (elementary idea),buffer solution, Henderson Equation, solubility product, common ion effect (with illustrative examples).	Reversible process, physical and chemical equilibrium, law of mass action, law of equilibrium, expression of equilibrium constant, characteristics of equilibrium constant, factors affecting equilibrium constant - pressure, temperature, concentration, presence of catalyst. Lechatelier's principle Electrolyte, strong and weak electrolyte, Ostwald's dilution law, degree of ionisation, poly basic acids, K_a value acid strength, pH, pOH, Pkw, hydrolysis of salts, buffer solution, buffer action, Henderson equation, solubility, solubility product, common ion effect
DECEMBER	7.REDOX REACTIONS	Concept of oxidation and reduction, redox reactions, oxidation number, balancing redox reactions, in terms of loss and gain of electrons and change in oxidation number, applications of redox reactions	Concept of oxidation and reduction, redox reactions, oxidation number, types of redox reaction, balancing redox reactions,in terms of loss and gain of electrons and change in oxidation number, applications of redox reactions.

UNIT TEST -II PORTIONS 5.CHEMICAL THERMODYNAMICS. 6.EQUILIBRIUM.			
JANUARY	8.ORGANIC CHEMISTRY - SOME BASIC PRINCIPLES AND TECHNIQUES	General introduction, methods of purification, qualitative and quantitative analysis, classification and IUPAC nomenclature of organic compounds. Electronic displacements in a covalent bond: inductive effect, electromeric effect, resonance and hyper conjugation. Homolytic and heterolytic fission of a covalent bond: free radicals, carbocations, carbanions, electrophiles and nucleophiles, types of organic reactions.	Tetravalency of carbon, classification of organic compounds, IUPAC naming, functional group, homologous series, inductive effect, electromeric effect, resonance and hyper conjugation or no bond resonance, Stabilty of cabocations, free radicals, classification of intermediates in to electrophiles andnucleophiles, Purification methods - crystallisation, sublimation, distillation, fractional distillation, distillation under reduced pressure, steam distillation, Lassaigne's test, Dumas method, Kjeldahl's method.
JANUARY	9.HYDROCARBONS	Classification of Hydrocarbons Aliphatic Hydrocarbons: Alkanes - Nomenclature, isomerism, conformation	Hydrocarbons, classification of hydrocarbons, IUPAC nomenclature, physical and chemical properties, catalytic reduction,free radical halogenation, combustion,

		(ethane only), physical properties, chemical reactions including free radical mechanism of halogenation, combustion and pyrolysis. Alkenes - Nomenclature, structure of double bond (ethene), geometrical isomerism, physical properties, methods of preparation, chemical reactions: addition of hydrogen, halogen, water, hydrogen halides (Markovnikov's addition and peroxide effect), ozonolysis, oxidation, mechanism of electrophilic addition. Alkynes - Nomenclature, structure of triple bond (ethyne), physical properties, methods ofpreparation, chemical reactions: acidic character of alkynes, addition reaction of - hydrogen, halogens, hydrogen halides and water.Aromatic Hydrocarbons: Introduction, IUPAC nomenclature, benzene: resonance, aromaticity, chemical properties: mechanism of electrophilic.	Reforming,aromatisation, pyrolysis, Markovnikov's law, peroxide effect, ozonlysis, polymerisation, acidic character of alkynes, addition reactions, resonance, aromaticity, Huckel's rule, electrophilic substitution, Arenium ion, adddtion reactions by benzene, directing influence, Carcinogenicity and toxicity

ANNUAL EXAMINATION-70 marks

13/02/2025 TO 25/02/2025

1.Some basic concepts of chemistry
2.Structure of atom .
3.Classification of elements and periodocity in properties.
4. Chemical bonding and molecular structure .
5.Chemical thermodynamics .
6.Equilibrium.
7.Redox reactions.
8.Organic chemistry - Some basic principles and techniques .
9.Hydrocarbons.

BHARATIYA VIDYA BHAVAN, KOCHI KENDRA			
STD XI – BOTANY – YEAR PLAN			
2025-2026			
MONTH	**TOPIC**	**SUB TOPICS**	**CONCEPTS**
JUNE	1.DIVERSITY IN THE LIVING WORLD 2.BIOLOGICAL CLASSIFICATION	1.1 What is 'Living'? [not included] 1.2 Diversity in the Living World 1.3 Taxonomic Categories [Taxonomical Aids not included] 2.1 Kingdom Monera 2.2 Kingdom Protista 2.3 Kingdom Fungi	Characteristics of Living things. Taxonomic Hierarchy Binomial nomenclature. Salient features of five kingdom classification Salient features of five major kindom with examples.
JULY	2.BIOLOGICAL CLASSIFICATION CONTD ..... 3. PLANT KINGDOM	2.4 Kingdom Plantae 2.5 Kingdom Animalia 2.6 Viruses, Viroids and Lichens 3.1 Algae 3.2 Bryophytes 3.3 Pteridophytes	Salient features of plant kingdom. Salient features of various divisions of plant kingdom with examples.
AUGUST	3. PLANT KINGDOM CONTD.... (Angiosperms, Plant life cycle,Alternation of generation NOT included) 5.MORHOLOGY OF FLOWERING PLANTS. Description of one family Solanaceae (To be dealt along with the relevant experiments of the practical syllabus	3.4 Gymnosperm 3.5 Angiosperm [upto Dicotyledons and Monocotyledons] 5.1 The Root 5.2 The Stem 5.3 The Leaf 5.4 The Inflorescence 5.5 The Flower	Taproot and fibrous root system. Parts of root.
UNIT TEST I Portions (JULY 25 th TO AUGUST 2nd) Living world , Biological classification , Plant Kingdom (up to 3.3 Pteridophytes included) CHAPTERS 1,2 & 3 (upto 3.3-included)			
SEPTEMBER	5.MORHOLOGY OF FLOWERING PLANTS. CONTD..... 6.ANATOMY OF FLOWERING PLANTS.	5.6 The Fruit 5.7 The Seed 5.8 Semi-technical Description of a Typical Flowering Plant. 5.9 Description of Some Important Families.5.9.2 SOLANACEAE Included [5.9.1 & 5.9.3 not included] 6.1 The Tissues 6.2 The Tissue System	Parts of fruits Drupe Parthenocarpic fruits Monocotyledonous and Dicotyledonous seed Floral symbols , diagram and Floral formula Description of Vegetative and floral features of Plant Family SOLANACEAE Meristematic tissues Permanent tissues Simple tissues Complex tissues
OCTOBER	6.ANATOMY OF FLOWERING PLANTS. CONTD.. 10.CELL CYCLE AND CELL DIVISION.	6.3 Anatomy of Dicotyledonous and Monocotyledonous Plants. [6.4 Secondary Growth not included] 10.1 Cell Cycle 10.2 M Phase 10.3 Significance of Mitosis	Epidermal tissue system Ground tissue system Vascular tissue system Various stages of mitosis and its significance.
TERM END EVALUATION I [OCTOBER 10th TO OCTOBER 23rd] Portions Living world , Biological classification , Plant Kingdom, Morphology of flowering plants. CHAPTERS 1,2,3 & 5			
NOVEMBER	10.CELL CYCLE AND CELL DIVISION. CONTD... 11. PHOTOSYNTHESIS IN HIGHER PLANTS.	10.4 Meiosis 10.5 Significance of Meiosis 11.1 What do we Know? 11.2 Early Experiments 11.3 Where does Photosynthesis take place? 11.4 How many Pigments are involved in Photosynthesis? 11.5 What is Light Reaction? 11.6 The Electron Transport	Various stages of meiosis and its significance. Early experiments in Photosynthesis. Structure of chloroplast. Action and Absorption spectrum in Photosynthesis. Light Reaction-Cyclic and Non cyclic photophosphorylation. Chemiosmotic hypothesis.

DECEMBER	11.PHOTOSYNTHESIS IN HIGHER PLANTS. CONTD...	11.7 Where are the ATP and NADPH Used? 11.8 The C4 Pathway 11.9 Photorespiration 11.10 Factors affecting Photosynthesis	Kranz Anatomy-C4Pathway Photorespiration Factors affecting Photosynthesis-Law of limiting factors
	. 12..RESPIRATION IN PLANTS	12.1 Do Plants Breathe? 12.2 Glycolysis 12.3 Fermentation 12.4 Aerobic Respiration	Cellular respiration Steps of glycolysis. Major pathways of anaerobic respiration The citric acid cycle.
DECEMBER	**UNIT TEST II [DECEMBER 12th TO DECEMBER 20th] PORTIONS CHAPTERS 6 &10 Anatomy of flowering plants and Cell cycle and Cell division**		
JANUARY	12..RESPIRATION IN PLANTS. CONTD...	12.5 The Respiratory Balance Sheet 12.6 Amphibolic Pathway 12.7 Respiratory Quotient	The Respiratory Balance Sheet Amphibolic Pathway Respiratory Quotient
	13. PLANT GROWTH AND DEVELOPMENT.	13.1 Growth 13.2 Differentiation, Dedifferentiation and Redifferentiation 13.3 Development [13.5 & 13.6 Photoperiodism & Vernalisation not included]	Characteristics of growth. Phases of growth. Growth Rates. Conditions of Growth Plant Growth Regulators.
FEBRUARY	13. PLANT GROWTH AND DEVELOPMENT. 13.4 Plant Growth Regulators , Role of various Growth Regulators -Auxin,Gibberlin,Cytokinin,Ethylene and Abscissic acid		
	FINAL EXAMINATION [FEBRUARY 13 th TO FEBRUARY 25 th] FULL PORTIONS CHAPTERS 1,2,3,5,6,10,11,12&13		

BHARATIYA VIDYA BHAVAN, KOCHI STD XI ZOOLOGY YEAR PLAN FOR THE ACADEMIC YEAR 2025-26	
MONTH	**TOPIC**
JUNE	CHAPTER 4 ANIMAL KINGDOM
JULY	CHAPTER 7 STRUCTURAL ORGANISATION IN ANIMALS CHAPTER 8 CELL- THE UNIT OF LIFE **UNIT TEST -I (July 25th - August 2nd)** CHAPTER 4 ANIMAL KINGDOM
AUGUST	CHAPTER 9 BIOMOLECULES CHAPTER 14 BREATHING AND EXCHANGE OF GASES
SEPTEMBER	CHAPTER15-BODY FLUIDS AND CIRCULATION CHAPTER -16-EXCRETORY PRODUCTS AND THEIR ELIMINATION
OCTOBER	CHAPTER16-EXCRETORY PRODUCTS AND THEIR ELIMINATION CONTINUED.. **TERM END EVALUATION 1 (OCT 10th-23rd)** CHAPTER 4 ANIMAL KINGDOM,7 STRUCTURAL ORGANISATION IN ANIMALS, 8 CELL- THE UNIT OF LIFE AND 9 BIOMOLECULES
NOVEMBER	CHAPTER 17-LOCOMOTION AND MOVEMENT CHAPTER 18 - NEURAL CONTROL AND COORDINATION
DECEMBER	CHAPTER 18 - NEURAL CONTROL AND COORDINATION cond.. UNIT TEST II -DECEMBER (12 th - 20th) CHAPTER- 14 BREATHING AND EXCHANGE OF GASES,CHAPTER15-BODY FLUIDS AND CIRCULATION
JANUARY	CHAPTER-19 CHEMICAL COORDINATION AND INTEGRATION
FEBRUARY	REVISION **FINAL EXAMINATION FEB 13th - 25th**, FULL PORTIONS

BHARATIYA VIDYA BHAVAN, KOCHI KENDRA				
YEAR PLAN FOR THE ACADEMIC YEAR 2025-2026				
STD XI - MATHEMATICS (041)				
MONTH	**UNIT**	**TOPIC**	**SUB TOPICS**	**CONCEPTS**
JUNE	1	**SETS**	Introduction Sets and their representations Empty set Finite and Infinite sets Equal Sets Subsets Intervals as subsets of R Universal set Operations on sets Complement of a set	Sets and their representations. Empty set, Finite and Infinite sets, Equal sets, Subsets, Subsets of a set of real numbers especially intervals (with notations), Universal set, Venn diagrams, Union and Intersection of sets, difference of sets, complement of sets, properties of complement.
	2	**RELATIONS AND FUNCTIONS**	Introduction Cartesian product of sets Relations Functions	Ordered pairs , Cartesian product of the sets, Number of elements in the cartesian product of two finite sets, Cartesian product of the set of reals with itself (RxRxR). Definition of relation, pictorial diagrams, domain, co-domain and range of a relation.Function as a special type of relation. Pictorial representation of a function, domain, co-domain and range of a function. Real valued functions, domain and range of these functions, constant, identity, polynomial, rational, modulus, signum, exponential, logarithmic and greatest integer functions with their graphs. Sum, difference, product and quotient of functions.

JULY	4	**COMPLEX NUMBERS & QUADRATIC EQUATIONS**	Introduction Complex numbers Algebra of complex numbers Argand plane	Need for complex numbers, especially $\sqrt{-1}$ to be motivated by inability to solve some of the quadratic equations. Algebraic properties of complex numbers. Argand plane.
UNIT TEST- I (Chapters - 1, 2 & 4)				
AUGUST	8	**SEQUENCES AND SERIES**	Introduction Sequences Series Arithmetic Mean Geometric progression Relationship between AM and GM	Sequences & Series, Arithmetic Mean (A.M.) Geometric Progression (GP), general term of a G.P, sum of first n terms of a G.P., infinite G.P. and its sum, geometric mean (G.M.), relation between A.M. and G.M.
SEPTEMBER	3	**TRIGONOMETRIC FUNCTIONS**	Introduction Angles Trigonometric functions Trigonometric functions of sum and diffence of some angles	Positive and negative angles. Measuring angles in radians and in degrees and conversion from one measure to another. Definition of trigonometric functions with the help of unit circle. Truth of the trigonometric identity $\sin^2x + \cos^2x = 1$, for all x.Signs of trigonometric functions. Domain and range of trigonometric functions and their graphs. Expressing sin (x±y) and cos (x±y) in terms of sin x, sin y, cos x & cos y and their simple applications. Deducing the identities of tan(x+y), tan(x-y) cot(x+y), cot(x-y), sinx + siny, sinx – siny, cos x+ cos y, cos x – cos y. Identities related to sin2x,cos2x,tan2x,sin3x,cos3x and tan3x.

	13	**STATISTICS (NOT FOR TERM END EVALUATION)**	Introduction Measures of dispersion Range Mean deviation Variance and Standard deviation	Measures of dispersion: Range, mean deviation, variance and standard deviation of ungrouped/grouped data
TERM END EVALUATION (Chapters - 1, 2, 4, 8 & 3)				
OCTOBER	9	**STRAIGHT LINES**	Introduction Slope of a Line	Brief recall of two dimensional geometry from earlier classes, Slope of a line and angle between two lines.
NOVEMBER	9	**STRAIGHT LINES (CONTD)**	Various forms of the equation of a line Distance of a point from a line	Various forms of equations of a line: parallel to axis, point-slope form, slope intercept form, two-point form, intercept form. Distance of a point from a line.
	11	**INTRODUCTION TO THREE DIMENSIONAL GEOMETRY**	Introduction Coordinate axes and coordinate planes in 3-demensional space Coordinates of a point in space Distance between two points Section formula	Coordinate axes and coordinate planes in three dimensions. Coordinates of a point. Distance between two points
DECEMBER	6	**PERMUTATIONS & COMBINATIONS**	Introduction Fundamental principle of counting	Fundamental principle of counting. Factorial n. (n!) Permutations and combinations, derivation of formula for npr and ncr and their connections, simple applications.
	7	**BINOMIAL THEOREM**	Introduction Binomial theorem for positive integral indices	Historical perspective, statement and proof of the binomial theorem for positive integral indices., Pascal's triangle, simple applications.

	10	**CONIC SECTIONS (NOT FOR UNIT TEST II)**	Introduction Sections of a cone Circle Parabola Ellipse	Sections of a cone: circle, ellipse, parabola, hyperbola, a point, a straight line and a pair of intersecting lines as a degenerated case of a conic section. Standard equations and simple properties of parabola, ellipse and hyperbola. Standard equation of a circle.
UNIT TEST- II (Chapters - 13, 9, 11, 6 & 7)				
JANUARY	12	**LIMITS AND DERIVATIVES**	Introduction Intuitive idea of derivatives Limits Limits of Trigonometric functions Derivatives	Derivative introduced as rate of change both as that of distance function and geometrically. Intuitive idea of limit. Limits of polynomials and rational functions trigonometric, exponential and logarithmic functions.Definition of derivative, relate it to slope of tangent of the curve, derivative of sum, difference, product and quotient of functions. Derivatives of polynomial and trigonometric functions.
	5	**LINEAR INEQUALITIES**	Introduction Inequalities Algebraic solutions of linear inequalities in one variable	Linear inequalities. Algebraic solutions of linear inequalities in one variable and their representation on the number line.
FEBRUARY	14	**PROBABILITY**	Introduction Random experiments Event Axiomatic approach to probability	Events, occurrence of events, 'not', 'and' and 'or' events, exhaustive events, mutually exclusive events, Axiomatic (set theoretic) probability, connections with other theories of earlier classes, probability of an event , probability of 'not' ,'and' and 'or' events.
FINAL EXAMINATION				

BHARATIYA VIDYA BHAVAN, KOCHI KENDRA
INFORMATICS PRACTICES(065)
YEAR PLAN FOR THE ACADEMIC YEAR 2025-2026
CLASS: XI

MONTH	TOPIC	SUB-TOPICS	CONCEPTS
JUNE	Unit: 2 Introduction to Python	Basics of Python programming, execution modes: - interactive and script mode, the structure of a program, indentation, identifiers, keywords, constants, variables, types of operator, precedence of operators, data types, mutable and immutable data types, statements, expression evaluation. comments, input and output statements, data type conversion, debugging.	Python IDE, Python Tokens, Data types, Expressions, Statements,Input and Output, Debugging
JULY	Unit: 2 Introduction to Python	Control Statements: if-else, if-elif-else, while loop	Concept of conditional statement Concept of Iteration
UNIT TEST 1 (25/07/2025 - 02/08/2025) MARKS: 25			
AUGUST	Unit: 2 Introduction to Python	Control Statements: for loop Lists: list operations - creating, initializing, traversing and manipulating lists	Concept of Iteration Concept of List
SEPTEMBER	Unit: 2 Introduction to Python	list methods and built-in functions – len(),list(),append(),insert(), count(), index(),remove(), pop(), reverse(), sort(), min(),max(),sum()	Concept of List
OCTOBER	Unit: 2 Introduction to Python	Dictionary: concept of key-value pair, creating, initializing, traversing, updating and deleting elements. Dictionary: dictionary methods and built- in functions dict(), len(), keys(), values(), items(),update(), del(), clear()	Concepts of Dictionary : Key-value pair Concept of Dictionary methods and built-in functions.
TERM END EVALUATION (10/10/2025 - 23/10/2025) MARKS: 70			
NOVEMBER	Unit 2: Introduction to Python	Introduction to NumPy: Introduction, Creation of NumPy Arrays from List	Concept of Numpy
	Unit 1 Introduction to Computer System	Introduction to computer and computing: evolution of computing devices, components of a computer system and their interconnections, Input/output devices. Computer Memory: Units of memory, types of memory – primary and secondary, data deletion, its recovery and related security concerns. Software: purpose and types – system and application software, generic and specific purpose software.	Concepts of Computer System
DECEMBER	Unit 3: Database concepts and the Structured Query Language	Database Concepts: Introduction to database concepts and its need, Database Management System. Relational data model: Concept of domain, tuple, relation, candidate key, primary key, alternate key, Advantages of using Structured Query Language, Data Definition Language, Data Query Language and Data Manipulation Language Introduction to MySQL, creating a database using MySQL, Data Types Data Definition: CREATE DATABASE, CREATE TABLE, DROP, ALTER	Concept of Database and Structured query language, Data types in MySQL, SQL for data definition
UNIT TEST 2 (12/12/2025 - 20/12/2025) MARKS: 25			
JANUARY	Unit 3: Database concepts and the Structured Query Language	Data Query: SELECT, FROM, WHERE with relational operators, BETWEEN, logical operators, IS NULL, IS NOT NULL Data Manipulation: INSERT, DELETE, UPDATE	Data insertion, Data Updation and Deletion
	Unit 4: Introduction to the Emerging Trends	Artificial Intelligence, Machine Learning, Natural Language Processing, Immersive experience (AR, VR), Robotics, Big data and its characteristics, Internet of Things (IoT), Sensors, Smart cities, Cloud Computing and Cloud Services (SaaS, IaaS, PaaS); Grid Computing, Block chain technology.	Artificial Intelligence,Big data and its characteristics,IOT, Cloud Computing and Cloud Services
FINAL EXAMINATION (13/02/2026 - 25/02/2026) MARKS : 70			

BHARATIYA VIDYA BHAVAN, KOCHI

YEAR PLAN FOR THE ACADEMIC YEAR 2025-26

SUBJECT: HOME SCIENCE **CLASS: XI**

MONTH	TOPIC	SUB-TOPICS	CONCEPTS
JUNE	Chapter 1 Introduction to Home Science	1. Concept of Home Science 2. Field of Home Science 3. Relevance of study of Home Science and career options	1. Definition of Home Science 2. Branches - Food and Nutrition, Human Development, Textiles and Clothing, Resource Management, Community and Extension 3. Importance and scope 4. Multidisciplinary - Combination of Science and Art.
	Chapter 2 - Understanding the Self.	1. Who am I? 2. Development and Characteristics of the Self (Development characteristics and needs of adolescents) 3. Influences on Identity	1. Definition and characteristics of adolescent 2. Biological and physical changes, Socio-cultural context, Emotional changes, Cognitive changes
JULY	Chapter 3 - Food, Nutrition, Health and Fitness	1. Definitions 2. Using Basic food Groups for planning Balanced Diets 3. Dietary patterns in Adolescence	1. Definition of Food, Nutrition, Nutrients, Balanced diet, RDA 2. Food Pyramid 3. Factors influencing eating behaviour 4. Eating disorders - Anorexia Nervosa and Bulimia Nervosa
	Chapter 4 - Management of Resources	1. Classification and characteristics of resources 2. Management Process	1. Human and non-human resources 2. Process - Planning, Organising, Implementing, Controlling and Evaluation
JULY	UNIT TEST 1- CHAPTERS 1,2 & 3		
AUGUST	Chapter 5- Fabric Around us	1. Definitions 2. Classification of fibres 3. Yarn processing 4. Properties of fibre 5. Fabric production 6. Textile finish	1. Fibre, yarn 2. Length - staple, filament; Origin - natural and manmade 3. Spinning 4. Physical, thermal, chemical and biological. 5. Weaving, Knitting, felting, Braiding 6. Basic and special finishes
	Chapter 6 - Media and Communication Technology	1. Definition 2. Classification 3. Functions of media 4. Classification of communication technology	1. Communication 2. Interpersonal and intrapersonal; Group and mass communication 3. Modern communication technologies

SEPTEMBER - OCTOBER	Chapter 7- Concerns and needs in diverse contexts	1. Nutrition, Health and Hygiene 2. Resources Availability and Management	1. Dimensions and indicators of health 2. Factors affecting nutritional well being 3. Malnutrition, Hygiene and Sanitation 4. Time management 5. Space management
OCTOBER	TERM END EVALUATION - CHAPTERS 1,2,3,4,5,6&7		
NOVEMBER	Chapter 8 -Survival, Growth and Development Chapter 9 - Nutrition, Health and Wellbeing	1. Growth and development 2. Aspects of development 1. Nutrition, Health and Well-being during infancy (birth – 12 months) 2. Nutrition, Health and well-being of preschool children (1-6 years) 3. Nutrition, Health and well-being of school-age children (7-12 years)	1. Difference and meaning of growth and development 2. Physical, Social, Emotional, Cognitive, Language and Motor Development 1. Immunity, Immunization, importance of breast feeding, weaning, nutritional problems (0-1year) 2. Planning of balanced meal (1-6 years) 3. Diet planning and healthy habits (7-12 years)
DECEMBER	Chapter 10 - Our Apparel Chapter 11 - Health and Wellness	1. Clothing functions and the selection of clothes 2. Factors affecting selection of clothing in India 3. Understanding children‟s basic clothing needs 4. Clothing requirements at different childhood stages 1. Fitness and benefits of physical activity 2. Categories of exercises 3. Dimensions of wellness 4. Coping with stress	1. Modesty, Protection, Status and prestige,Adornment 2. Age, Climate and season, Occasion, Fashion, Income 3. Comfort, Safety, Self help, Appearance, Allowance for growth, Easy care, Fabrics 4. Infancy, Childhood, Adolescents, CWSN 1. Exercise - Aerobic, strength building, flexibility 2. Dimensions of wellness - Social aspect, Physical aspect, Intellectual aspect, Occupational aspect, Emotional aspect, Spiritual aspect, Environmental aspect, Financial aspect, 3. Simple techniques to cope with stress - Relaxation, Talking with friends/family, Reading, Spirituality, Music, Hobby, Yoga
DECEMBER	UNIT TEST 2- CHAPTERS 8,9 &10		

JANUARY	Chapter 12 - Financial Management and planning	1. Types of family income 2. Expenditure 3. Budget making 4. Savings 5. Investment 6. Credit	1. Money, real and psychic income and factors affecting income. 2. Definition and factors affecting expenditure 3. Investment - Bank, PO, LIC,PF 4. Credit - 4Cs
	Chapter 13 - Care and Maintenance of fabrics	1. Need for care of clothes 2. Laundering and storage of different types of clothes 3. Stain removal 4. Care label	1. Soaps and detergents, General rules for storage 2. Techniques and reagents for stain removal, Principles of stain removal 3. Washing instructions on care label
FEBRUARY	REVISION AND ANNUAL EXAMINATION		

PORTIONS FOR THE EXAM 2025-2026

FIRST UT (25/7/25 - 02/08/25)

MICRO ECONOMICS

1. Introduction to micro economics

STATISTICS

1. Introduction to statistics
2. Collection of data

TERM END EVALUATION (10/10/25 - 23/10/25)

MICRO ECONOMICS

1. Introduction to micro economics
2. Consumers equilibrium cardinal and ordinal
3. Demand

STATISTICS

1. Introduction to statistics
2. Collection of data
3. Organisation of data
4. Presentation of data

SECOND UT (12/12/25 - 20/12/25)

MICRO ECONOMICS

1. Producer behaviour and supply

STATISTICS

1. Measures of central tendency

FINAL EXAMINATION (13/02/26 - 25/02/26)

Full portions

YEAR PLAN FOR THE ACADEMIC YEAR 2025-2026
COMPUTER SCIENCE (083)

CLASS : XI

MONTH	TOPIC	SUB-TOPICS	CONCEPTS
JUNE	Unit II: Computational Thinking and Programming - 1 (Getting Started with Python)	Getting Started with Python	Introduction to problem solving and basics of Python programming , Different Types of data , Operators, Expressions, Errors
JULY	Unit II: Computational Thinking and Programming - 1	Getting Started with Python -Flow of control (conditional statements)	Flow of control (conditional statements)
	UNIT TEST I 25/07/2025 TO 02/08/2025 [25 MARKS 80 MINUTES]	**PORTIONS:** Introduction to problem solving and basics of Python programming Different Types of data , Operators, Expressions, Errors Flow of control (conditional statements)	
AUGUST	Unit II: Computational Thinking and Programming - 1	Flow of control (Iterative statements), List	Iterative statements List
SEPTEMBER	Unit II: Computational Thinking and Programming - 1 (Tuple)	Tuple	Tuple
TERM END EXAMINATION 10/10/20205 TO 23/10/2025 [70 MARKS 3 HOURS]		**PORTIONS:** Introduction to Problem Solving, Basics of Python programming Different Types of data, Operators & Expressions, Errors Flow of control List, Tuple	
OCTOBER	Unit II: Computational Thinking and Programming - 1 (String)	String	String
NOVEMBER	Unit II: Computational Thinking and Programming - 1 (Dictionary)	Dictionary	Dictionary
	UNIT TEST II 12/12/2025 TO 20/12/2025 [25 MARKS 80 MINUTES]	**PORTIONS :** Strings, Dictionary	
DECEMBER	Unit II: Computational Thinking and Programming - 1	Modules in Python	Python Modules

JANUARY	Unit 1 -Computer Systems and Organisation Unit 3- Society, Law and Ethics	Computer Systems and Organisation, Society, Law and Ethics	Computer Systems and Organisation, Society, Law and Ethics
FEBRUARY	**Revision and Practical Exam**		
FINAL EXAMINATION 13/02/2026 TO 25/02/2026 [70 MARKS 3 HOURS]		**PORTIONS :** Introduction to problem solving and basics of Python programming, Different Types of data, Operators, Expressions, Errors Flow of control, List**,** Tuple, Strings, Dictionary**,** Modules **,** Boolean logic & Number System **,** Society, Law and Ethics	

BHARATIYA VIDYA BHAVAN, KOCHI KENDRA			
YEAR PLAN FOR THE ACADEMIC YEAR 2025-'26			
STD : XI ARTIFICIAL INTELLIGENCE			
MONTH	**TOPIC**	**SUB-TOPICS**	**CONCEPTS**
June	* PART B: Unit 1: Introduction: Artificial Intelligence for Everyone * PART A:Unit 1 : Communication Skills-III	* Unit 1: Introduction To AI What is AI? Evolution of AI Types of AI Domains of AI What is data? What are different types of data? Types of Machine Learning Cognitive Computing (Perception, Learning, Reasoning) Terminologies Benefits & limitations of AI * Unit 1 : Communication Skills-III: Session 1: Introduction to Communication Session 2: Verbal Communication Session 3: Non-verbal Communication Session 4: Pronunciation Basics Session 5: Communication Styles — Assertiveness Session 6: Saying No — Refusal Skills Session 7: Writing Skills — Parts of Speech Session 8: Writing Skills — Sentences Session 9: Greetings and Introduction Session 10: Talking about Self Session 11: Asking Questions	Unit 1: Introduction To AI: Artificial Intelligence (AI) , Machine Learning (ML) and Deep Learning (DL) Unit 1 : Communication Skills-III: Types of communication, Communication styles, Writing skills, communication skills
July	* PART B Unit 2: Unlocking your Future in AI * PART B : UNIT 3 - PYTHON PROGRAMMING (Level 1) Level 1 : Basics of python programming, character sets, tokens, modes, operators, datatypes, Control Statements	PART B Unit 2: Unlocking your Future in AI • The Global Demand • Some Common Job Roles In AI • Essential Skills and Tools for Prospective AI Careers • Opportunities in AI across Various Industries	Unit 2: Unlocking your Future in AI: • Common Job Roles In AI • AI Careers • Opportunities in AI UNIT 3 - PYTHON PROGRAMMING (Level 1) Level 1 : Basics of python programming, character sets, tokens, modes, operators, datatypes, Control Statements
Unit Test I - 25/07/25 - 02/08/25			

August	**PART B :UNIT 3 - PYTHON PROGRAMMING (Level 2)** **PART B: Unit 5: DATA LITERACY – DATA COLLECTION TO DATA ANALYSIS**	**Unit 5: Data Literacy – Data Collection to Data Analysis** **• What is Data Literacy?** **• Data Collection** **• Exploring Data** **• Statistical Analysis of data** **• Representation of data** **• Introduction to Matrices** **• Data Pre-processing** **• Data in Modelling and Evaluation** **PART B: UNIT 3 - Python (Level 2)** *** Simple List creation** *** Accessing elements in a list** *** Simple dictionary creation** *** Accessing elements in a Dictionary**	**Unit 5: DATA LITERACY – DATA COLLECTION TO DATA ANALYSIS** **UNIT 3 - PYTHON PROGRAMMING (Level 2)**
September	**PART A: Unit 2 : Self-Management Skills-III** **PART B: UNIT 8 – AI ETHICS AND VALUES** **PART B :UNIT 3 - PYTHON PROGRAMMING (Level 2)**	**Unit 2 : Self-Management Skills-III** **Session 1: Strength and Weakness Analysis** **Session 2: Grooming** **Session 3: Personal Hygiene** **Session 4: Team Work** **Session 5: Networking Skills** **Session 6: Self-motivation** **Session 7: Goal Setting** **Session 8: Time Management** **PART B: Unit 8: AI Values (Ethical Decision Making)** **AI: Issues, Concerns and Ethical Considerations** **PART B: UNIT 3 - Python (Level 2)** *** Simple numpy array creation**	**Unit 2 : Self-Management Skills-III** **Self Awareness, Importance of working in team** **Unit 8: AI Values (Ethical Decision Making)** **AI applications, Ethics , Bias , Jobs in AI age** **UNIT 3 - PYTHON PROGRAMMING (Level 2)**
October	**PART A: Unit 3: Information and Communication Technology Skills-III** **PART B :UNIT 3 - PYTHON PROGRAMMING (Level 2)**	**PART A: Unit 3: Information and Communication Technology Skills-III** **Session 1: Introduction to ICT** **Session 2: Basic Interface of LibreOffice Writer** **Session 3: Saving, Closing, Opening and Printing Document** **Session 4: Formatting Text in a Word Document** **Session 5: Checking Spelling and Grammar** **Session 6: Inserting Lists, Tables, Pictures, and Shapes** **Session 7: Header, Footer and Page Number** **Session 8: Tracking Changes in LibreOffice Writer** **PART B: UNIT 3 - Python (Level 2)** *** Pandas (installation)**	**Unit 3: Information and Communication Technology Skills-III** **Basic operations in Libre Office Writer** **UNIT 3 - PYTHON PROGRAMMING (Level 2)**
Term End Evaluation I : 10/10/2025 - 23/10/25			

November	PART B: UNIT 7 – LEVERAGING LINGUISTICS AND COMPUTER SCIENCE PART A: Unit 4 : : Entrepreneurial Skills-III PART A: Unit 5 : Green Skills-III PART B :UNIT 3 - PYTHON PROGRAMMING (Level 2)	PART B: UNIT 7 – LEVERAGING LINGUISTICS AND COMPUTER SCIENCE PART A: Unit 4 : Entrepreneurial Skills-III • Session 1: Introduction to Entrepreneurship • Session 2: Values of an Entrepreneur • Session 3: Attitude of an Entrepreneur • Session 4: Thinking Like an Entrepreneur • Session 5: Coming Up with a Business Idea • Session 6: Understanding the Market • Session 7: Business Planning PART A: Unit 5 : Green Skills-III • Session 1: Sectors of Green Economy • Session 2: Policies for a Green Economy • Session 3: Stakeholders in Green Economy • Session 4: Government and Private Agencies PART B: UNIT 3 - Python (Level 2) DataFrame creation using Numpy Array	Unit 4 : Entrepreneurial Skills-III Functions and qualities of an entrepreneur PART B: UNIT 7 – LEVERAGING LINGUISTICS AND COMPUTER SCIENCE Unit 5 : Green Skills-III • Green economy initiatives • Importance of green economy UNIT 3 - PYTHON PROGRAMMING (Level 2)
December	PART B - UNIT 6 – MACHINE LEARNING ALGORITHMS	PART B: UNIT 6 – MACHINE LEARNING ALGORITHMS • Machine Learning in a nutshell • Types of Machine Learning • Supervised Learning • Understanding Correlation, Regression, Finding the line, Linear Regression algorithm	UNIT 6 – MACHINE LEARNING ALGORITHMS
Unit Test II - 12/12/25 - 20/12/25			
January	UNIT 6 – MACHINE LEARNING ALGORITHMS PART B: Unit 5: INTRODUCTION TO CAPSTONE PROJECT(Practical only) - (Theory questions can be asked only for Annual exam) PART B :UNIT 3 - PYTHON PROGRAMMING (Level 2)	UNIT 6 – MACHINE LEARNING ALGORITHMS • Classification – How it works, Types, k – Nearest Neighbour algorithm • Unsupervised Learning • Clustering – How it works, Types, k -means Clustering algorithm Unit 5: PART B: Unit 5: INTRODUCTION TO CAPSTONE PROJECT(Practical only) Design Thinking Empathy Map Sustainable Development Goals PART B: UNIT 3 - Python (Level 2) DataFrame creation using CSV	UNIT 6 – MACHINE LEARNING ALGORITHMS Unit 5: CAPSTONE PROJECT UNIT 3 - PYTHON PROGRAMMING (Level 2)
February	Capstone Project / Practical and Revision Practical Exam (Before February 10)	Capstone Project / Practical and Revision	Capstone Project / Practical and Revision
Final Examination: 13/02/2026 - 25/02/26			

BHARATIYA VIDYA BHAVAN, KOCHI

YEAR PLAN FOR THE ACADEMIC YEAR 2025-26

SUBJECT: FOOD, NUTRITION & DIETETICS (834) **CL**

MONTH	TOPIC	SUB-TOPICS	CONCEPTS
JUNE	**PART A : UNIT 1 - Communication skills III** **PART B : UNIT 1 -Food and nutrition : basic concepts**	**Communication skills III** Session 1: Introduction to Communication Session 2: Verbal Communication Session 3: Non-verbal Communication Session 4: Pronunciation Basics Session 5: Communication Styles — Assertiveness Session 6: Saying No — Refusal Skills Session 7: Writing Skills — Parts of Speech **Food and nutrition : basic concepts** Chapter 1:Nutritional status and Primary Health Care Chapter 2:Food: Basic Concept Chapter 3:Nutrients	**PART A** 1. Importance, elements, perspective of communication 2. Types of verbal communication - advantages and disadvantages 3. Importance and types of non verbal communication 4. Speaking properly, Phonetics 5. Important communication styles - assertive communication : advantage, practicing 6. How to say NO, connecting words 7. Using capitals, punctuations, parts of speech **PART B** 1. Functions of food, primary health care, nutritional status 2. Carbohydrates, proteins, fats and oils, vitamins and minerals,ICMR 5 food groups 3. Macronutrients and micronutrients: sources and functions
JULY	**PART A : UNIT 1 - Communication skills III** **PART B : UNIT 1- Food and nutrition : basic concepts**	**Communication skills III** Session 8: Writing Skills — Sentences Session 9: Greetings and Introduction Session 10: Talking about Self Session 11: Asking Questions Session 12: Talking about Family Session 13: Describing Habits and Routines Session 14: Asking for Directions **Food and nutrition : basic concepts** Chapter 4: Recommended Dietary Allowances Chapter 5:Concepts of meal planning	**PART A** 8. Parts of a sentence, types of objects, types of sentences, paragraph 9. Types of greeting , introducing yourself and others 10. Talking about yourself, filling a form 11. What are the 2 main types of questions, how to frame questions 12. New words - names for relatives, words that show relation 13. Concept of habit and routine 14. How to ask for or give directions, more about directions using landmarks **PART B** 4. Basic concept, significance of RDA 5. Definitions, importance of meal planning , factors affecting meal planning, planning balanced diet
JULY	**UNIT TEST 1- PART A- UNIT 1, PART B - UNIT 1**		
AUGUST	**PART B : UNIT 2- Nutrition through the life cycle**	**Nutrition through the life cycle** Chapter 1:Nutrition during Infancy (0-1 years) and Preschool years(1-6 years) Chapter 2: Nutrition during Childhood and Adolescent Chapter 3:Nutrition during Adulthood and old age Chapter 4:Nutrition during pregnancy and lactation	**PART B** 1. Nutrient needs of infants, feeding practices, nutrition needs of preschoolers 2. Nutrient needs, importance of breakfast, healthy choices, factors influencing food and nutrition during adolescence 3. Nutrition during adulthood, old age, eating problems in elderly 4.Nutrition during pregnancy, special consideration in pregnancy, nutrition during lactation

SEPTEMBER	**PART A : UNIT 2 -Self-Management Skills-III** **PART B : UNIT 3 - Public health and nutrition : basic concepts**	**Self-management Skills** Session 1: Strength and Weakness Analysis Session 2: Grooming Session 3: Personal Hygiene Session 4: Team Work Session 5: Networking Skills Session 6: Self-motivation Session 7: Goal Setting Session 8: Time Management **Public health and nutrition : basic concepts** Chapter 1: Human Development Index (HDI), Sustainable Developmental Goals (SDG): Basic Concepts Chapter 2: Malnutrition	**PART A** 1. Definitions, knowing yourself, strength and weakness analysis, difference between interest and abilities 2. Guidelines for dressing and grooming 3. Importance of personal hygiene, 3 steps to personal hygiene, essential steps of hand wash 4. Benefits of team work, how to behave in a team 5. Benefits of networking skills, how to build networking skills 6. Types of motivation, qualities of self motivated people, how to build self motivation 7. How to set goals, how to make goals SMART 8. 4 steps for effective time management **PART B** 1. SDG, what are the 17 goals 2. Public health nutrition:basic concept, malnutrition basic concept: causes and consequences
OCTOBER	**PART A: UNIT 3 - ICT Skills-III** **PART B : UNIT 3 - Public health and nutrition : basic concepts**	**ICT Skills-III** Session 1: Introduction to ICT Session 2: Basic Interface of LibreOffice Writer Session 3: Saving, Closing, Opening and Printing Document Session 4: Formatting Text in a Word Document Session 5: Checking Spelling and Grammar Session 6: Inserting Lists, Tables, Pictures, and Shapes Session 7: Header, Footer and Page Number Session 8: Tracking Changes in LibreOffice Writer **Public health and nutrition : basic concepts** Chapter 3: Methods for assessment of nutritional status	**PART A** 1. Advantages of using a word processor, getting started with Libreoffice. writer 2. Status bar, menu bar, tool bar, context menu, multiple ways to perform a function 3. Saving, Closing, Opening and Printing a word document 4. Changing the text style and size, making text bold, italics, underline, aligning text, cut, copy and paste text, find and replace text 5. Starting the spell checker short cut menu for spell checker, autocorrect option 6. Inserting bulleted list, numbered list, using tables, inserting a table, pictures and shapes 7. Inserting a header, footer, title, page number, and page count 8. How to start or stop tracking changes of Libreoffice.writer **PART B** 3. Anthropometric measurements, clinical assessment, biochemical assessment, dietary assessment (ABCD)
OCTOBER	**TERM END EVALUATION - PART A(UNIT 1,2,3) PART B (UNIT-1,2,3)**		

NOVEMBER	**PART A - UNIT 4: Entrepreneurial Skills-III**	**Entrepreneurial Skills-III** Session 1: Introduction to Entrepreneurship Session 2: Values of an Entrepreneur Session 3: Attitude of an Entrepreneur Session 4: Thinking Like an Entrepreneur Session 5: Coming Up with a Business Idea Session 6: Understanding the Market Session 7: Business Planning	**PART A** 1. Entrepreneur, Entrepreneurship, types of business activities 2. Values of Entrepreneur 3. Difference between attitude of entrepreneurs and employee 4. Problems of entrepreneurs, problem solving 5. What is a business idea, principles of idea creation, form a business idea 6. Understanding customer needs, customer survey, competition survey 7. Importance of planning, business plan, improving and growing business
	PART A - UNIT 5: Green skills III	**Green skills III** Session 1: Sectors of Green Economy Session 2: Policies for a Green Economy Session 3: Stakeholders in Green Economy Session 4: Government and Private Agencies	1. Environment related terms, important sectors in green economy 2. NAPCC, GIM, Jawaharlal Nehru national solar mission, SBA, NGT 3. Government , NGO, business and industry, farmers, women, workers and trade unions, etc 4. Role of the government and private agencies, examples of green projects
	PART B : UNIT 4 - Public health and Nutrition disorders	**Public health and Nutrition disorders** Chapter 1:Major Deficiency Disorder: (PEM in the context of underweight, stunting, wasting, SAM; Nutritional Anemia with special reference to Iron Deficiency Anemia; Vitamin A Deficiency (Xerophthalmia); Iodine deficiency Disorders; Zinc Deficiency; Prevalence, causes, consequences and its control. Chapter 2:Other Nutrition Problems: Vitamin B complex deficiencies, Vitamin-C deficiency, Vitamin D Deficiency.	**PART B** 1. PEM, Management of SAM, Iron deficiency - Anemia (prevalence, causes, consequence, sources of dietary Iron, national programmes, management of deficiency), VAD - prevalence, causes, consequence, deficiency control, IDD- prevalence, causes, consequence, programme, Zinc deficiency- prevalence, causes, consequence 2. Vit B complex - functions, deficiency, sources, Vit C - deficiency and sources, Vit D - sources and deficiency
DECEMBER	**PART B : UNIT 4 - Public health and Nutrition disorder**	**Public health and Nutrition disorder** Chapter3:Overweight/obesity:Definition/classification (WHO), causes and consequences. Chapter 4:Non Communicable Diseases (Diabetes, CVD, cancer) concept, prevalence, causes (Behavioral) and consequences.	3. BMI, causes of obesity, consequence of being overweight or obese 4. Diabetes mellitus - types, prevalence, causes, consequence, management, CVD- risk factors, prevalence, consequence, management, Cancer - prevalence, consequence, cancer education
DECEMBER	**UNIT TEST 2- PART A(UNIT - 4,5) PART B (UNIT - 4)**		
JANUARY	**PART B : UNIT 5- Public health and nutrition : programmes and policies**	**Public health and nutrition : programmes and policies** Chapter 1:National programme for welfare of women and children. Chapter 2:Programmes for welfare of adolescent girls and women.	**PART B** 1. ICDS, midday meal programme 2. RKSK, SABLA, IGMSY, POSHAN ABHIYAAN
	PART B : UNIT 6 - Nutrition education, communication and behaviour change	**Nutrition education, communication and behaviour change** Chapter 1:Information, Education and Communication (IEC)	1. Terminologies used in the context of nutrition education, communication, need scope and importance of BCC, BCC process, BCC methods
FEBRUARY	**REVISION AND ANNUAL EXAMINATION**		