

कक्षा बारहवीं

फॉक; : PHYSICAL EDUCATION
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अक्तुबर		Unit-3 SOCIOLOGICAL ASPECTS OF PHYSICAL EDUCATION 3.1 Meaning of Sociology and its importance in Physical Education and Sports. 3.2 Games and Sports as man's cultural heritage. 3.3 Role of Physical Education in promoting social values-sympathetic attitude, helpfulness, tolerance, patience, Groups Cohesion and Harmony 3.4 Development of leadership qualities and Group dynamics.			
नवम्बर UNIT TEST Ist 17 th to 25 th May		Unit-2 Part-I Health Education 4.1 Meaning and concept of School health Program. 4.2 Importance of School health program. 4.3 Components of School health program and their inter-relationship. 4.3.1 Healthful leaving. 4.3.2 Health services 4.3.3 Comprehensive School health Education(health instruction).			
दिसम्बर		Unit-5 Family life Education 5.1 Meaning and function of family and its importance as social institutions. 5.2 Problems of Adolescence and their managements 5.3 Preparation for marriage and parenthood. 5.4 Role of parents in child care. 5.5 Role of Individual as a citizen			
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जनवरी		Unit-6 Part-A Yoga 6.1 Definition of Yoga and Paranyama 6.2 Importance of Yoga and Paranyama and their relevance in the present day life. 6.3 Preventive and curative effects of Yoga.			
फरवरी		Revision and			
मार्च		Second Semester Exam.			