

AL-FALAH PUBLIC SCHOOL

SYLLABUS



Session : 2017-2018

Class : XI

Subject - English (Gen.)

Book: Punjab School Education Board

Term-I

Section-A

(Lessons for Intensive Study)

- Ch.-1 Gender Bias
- *Ch.-2 The Portrait of a lady
- Ch.-3 Of Studies
- *Ch.-4 Liberty and Discipline
- Ch.-5 A President Speaks.

Section-B

(Poetry)

- *Poem I Lines Written in Early Spring
- *Poem II Mother's Day
- Poem III Television
- Poem IV Upagupta

Section-C

(Lessons for Extensive Study)

- Ch.-I An Astrologer's Day
- Ch.-II The Tiger in the Tunnel
- Ch.-III Sparrows

Section-D

(Grammar)

- * (a) Preposition
- * (b) Determiners
- * (c) Use of the same word as noun, verb and adjective
- * (d) Tenses

Composition:

- (a) Note Making / (a) Message writing / (c) Notice Writing
- (d) Advertisement Writing (Attempt 1 out of the given 2)

Activity Vocabulary.

Unit-I

Ch.-2 Poem-I

Grammar: (a) & (b)

Activity- Debate

Unit-II

Ch.-4 Poem-II

Grammar: (c) & (d)

Term-II

Section-A

Ch-6 The Earth is not Ours.

*Ch-7 Let's Not forget the Martyrs.

Ch-8 Water-A True Excilor

*Ch-9 The First Atom Bomb

*Ch-10 No Time for Fear

Section-B

Poem V Confessions of a Born Spectator

*Poem VI The Little Black Boy

Poem VII A Thing of Beauty is a Joy Forever

Section-C

Ch-IV The Model Millionaire

*Ch-V The Panch Parmeshwar

Ch-VI The Peasant's Bread

Section-D

* (a) Modals (b) Remove and use of too

* (c) Voice (d) Narrations

Composition: Letter Writing (only social and personal with internal choice)

Activity: Poetry Recitation

Unit-III Ch-7 Grammar (a), Poem VI

Activity: Reading

Unit-IV Ch-9 Grammar (c), Ch-V

Subject - English (Elective)

Book-I: English Reader Book-V

Book-II: Selection From English Prose

Book-III: A Book of Essays and Stories

Book-IV: Grammar

Publications: P.S.E.B.

Term-I

April: B-I *Ch-1 The Young Akbar

B-II *Ch-1 The Way of Poetry

B-III *Ch-1 The Real Princess

Grammar: *1 Voice

May: B-I Ch-2

Ch-3

B-II Ch-2

B-III Ch-2

Grammar: Preposition

Unit-I

B-I The Young Akbar

B-II Ch-1 The Way of Poetry

B-III Ch-1 The Real Princess

Grammar: Voice, Preposition

June: Summer Vacation

July: B-I *Ch-4 The Story of Michael

B-II *Ch-3 My Native Land

Ch-4 The Snake

B-III Ch-3 A Street Scene

Grammar: *Phrases & Idioms

Writing Section: Letter

August: B-I Ch-5 Guru Gobind Singh

B-II Ch-5 Abou Ben Adhem

Ch-6 The Patriot An Old Story

B-III Ch-4 Yourself for Leadership

Ch-5 Controlling the Mind

Ch-6 Three Questions

Grammar : *Narration
Use of words as different parts of speech.

Writing: Essays

Unit-II

B-I Ch-4 The Story of Michael
B-II Ch-3 My Native Land
B-III Ch-3 A Street Scene

Grammar : Narration

Writing: Letter

September: Revision of whole syllabus.

Term-II

October : B-I *Ch-6 Sohrab and Rustam-I
*Ch-7 Sohrab and Rustam-II
B-II *Ch-7 The Brook
Ch-8 Casabianca
B-III *Ch-7 The Cabuliwallah

Grammar : *Combining Sentences
Determiners

November : B-I Ch-8 A Modern Miracle
Ch-9 Abou Hassan and His Wife
B-II Ch-9 Robinhood and Alan-A-Dale
Ch-10 Elegy on the Death of a Mad Dog
B-III Ch-8 The Emperor's New Clothes
Ch-9 Gandhi's Appeal

Grammar: *Short Responses

Writing: Application
Telegrams

Unit-III

B-I Ch-6 Sohrab and Rustam-I
B-I Ch-7 Sohrab and Rustam-II
B-II Ch-7 The Brook
B-III Ch-7 The Cabuliwallah

Grammar : Combining Sentences, Short Responses

Writing: Telegrams

December : B-I *Ch-10 A Spark Neglected Burns
the House-I

*Ch-11 A Spark Neglected Burns
House-II

the B-II *Ch-11 We are Seven
Ch-12 Lady Clare

B-III *Ch-10 The Judgement Seat of
Vikramaditya

Grammar : *Various Concepts

January :

B-I Ch-12 The Tempest
B-II Ch-13 The Charge of the Light Brigade
B-III Ch-11 The Black Cat
Ch-12 The Happy Prince
Ch-13 The Bet

Unit-IV

B-II Ch-11 We are Seven
B-III Ch-10 The Judgement Seat of Vikramaditya

Grammar : Various Concepts

Activities for S.A.-I and S.A.-II
Quiz Contest (Syllabus Based)
Poetry Recitation
Reading
Vocab Test

Subject - Mathematics

Book Name: Mathematics

Publishers: NCERT

S.A.-I

April Chapter-1 Sets
Chapter-2 Relations and Functions.
May Chapter-4 Mathematical Induction.
Chapter-5 Complex Numbers.

July	Chapter-10	Straight Lines
	Chapter-12	Introduction to 3-dim Geometry.
August	Chapter-3	Trigonometry.
F.A.-I	Chapter-1	Sets
	Chapter-2	Relations and Functions.
F.A.-II	Chapter-4	Mathematical Induction.
	Chapter-5	Complex Numbers.
		S.A.-II
October	Chapter-7	Permutations and Combinations
	Chapter-8	Binomial Theorem
November	Chapter-9	Sequences and Series
	Chapter-16	Probability
December	Chapter-6	Linear In equations.
	Chapter-15	Statistics
January	Chapter-11	Conic Sections
	Chapter-13	Limits and Derivatives
	Chapter-14	Mathematical Reasoning
F.A.-III	Chapter-7	Permutations and Combinations
	Chapter-8	Binomial Theorem
F.A.-IV	Chapter-9	Sequences and Series
	Chapter-16	Probability

Activities for FA-I, II, III, IV are Project Work. Models, Chart Making, Assignment, Questionnaire, Quiz etc.

Subject - Political Science

Book: Foundation of Political Science
(Dr. S. S. Nanda)

Unit-I

Chapter-	Meaning, Scope, Nature and Significance of Political Science.
Chapter-	Rights and Duties of citizens
Chapter-	Law

Activity: Discussion of any Topic

		Unit-II
	Chapter-	Liberty
	Chapter-	Equality
	Chapter-	Justice
	Chapter-	State its Attributes or elements
Activity:		Assignment regarding current affairs
		Term-I
April	Chapter-	Meaning, Scope, Nature and Significance of Political Science.
	Chapter-	Relation of Political Science to other Social Sciences.
	Chapter-	Citizen Citizenship
	Chapter-	Rights and duties of Citizens
	Chapter-	Law
May	Chapter-	Liberty
	Chapter-	Equality
	Chapter-	Justice
	Chapter-	State - Its Attributes or elements
	Chapter-	Society, Nation and government - Their Distinctions from State
July	Chapter-	State and Association
	Chapter-	Classification of Constitutions
	Chapter-	Classification of states and Governments
	Chapter-	Forms of Government - Democracy and Authoritarian (Dictatorship)
August	Chapter-	Forms of Government, Parliamentary and presidential.
	Chapter-	Forms of Government Unitary and Federal
	Chapter-	Organs of Government - Executive
		S.A.-II (Unit-III)
	Chapter-	Preamble
	Chapter-	Fundamental Rights
	Chapter-	Basic Principles of Indian Constitution
	Chapter-	Fundamental Duties
Activity:		Debate on Government

Unit-IV

Chapter- Centre - State Relations
Chapter- The Union Executive - President
Chapter- Council of Ministers and The Prime Minister.
Chapter- Nature of Indian Federation

Activity: G.K. Quiz

S.A.-II

October:

Chapter- Preamble
Chapter- Fundamental Rights
Chapter- Basic Principles of Indian Constitution
Chapter- Fundamental Duties
Chapter- Centre - State Relations

November

Chapter- The Union Executive - President
Chapter- Council of Ministers and The Prime Minister
Chapter- Nature of Indian Federation
Chapter- Organs of government - Legislature
Chapter- Organs of government - Judiciary

December

Chapter- Salient features of the Indian constitution
Chapter- Directive Principles of state policy
Chapter- The Union Parliament Composition, Role and Legislative Procedure.
Chapter- State executive - Governor, Council of Minister and Chief Minister.

January

Chapter- The State Legislature - Vidhan Sabha and Vidhan Parishad. Composition, Functions and Legislative Procedure.
Chapter- District Administration
Chapter- Indian Judiciary, The Supreme court and High Court.

Note: Syllabus of Term-I is also included in Term-II

Subject - Psychology

Book: Introduction of Psychology

Publishers: Shashi Jani

F.A.-I

Unit-I: Introduction of Psychology

Activity for F.A.-I: Project file on History of Psychology.

F.A.-II

Unit-II: Method of Psychology

Unit-III: Learning

Activity for F.A.-II: Group Discussion, Chart making etc.

Term-I

April Unit-I: Introduction of Psychology

May Unit-II: Method of Psychology

July Unit-III: Learning

August Unit-IV: Sensory Processes (Sensation)

F.A.-III

Unit-V: Perception

Unit-VI: Attention

Activity for FA-III: Make a chart on Brain and Neuron

F.A.-IV

Unit-VII: Statistics

Unit-VIII: Biological Foundations of Behaviour

Activity for FA-IV: Make Project file on any Topic

Term-II

October Unit-V: Perception

November Unit-VI: Attention

December Unit-VII: Memory

Unit-VIII: Statistics

January: Unit-IX: Biological Foundations of Behaviour

Activity for Term-II: Make a practical, Debate Discussion etc.

Note: F.A.-I and F.A.-II will be included in Term-I

Full Syllabus will be included in Term-II

Subject - Environment

Term-I

April	Ch.-1 Environment Ch.-2 Pollution and Environment
May	Ch.-3 Impact of Human Activities in Environment. Ch.-4 Economic and Social Development
July	Ch.-5 Impact of Liberalizations and Globalization. Ch.-6 Role of Society in Development of Environment.
August	Ch.-7 Environmental Pollution Ch.-8 Pollutants and Diseases.
Activity for Term-I:	Debate on Development

Term-II

October	Ch.-9 Globe Issues and Improvement of Environment. Ch.-10 Disasters
November	Ch.-11 Energy Consumption Ch.-12 Conventional Sources of Energy.
December	Ch.-13 Non-Convventional Sources of Energy. Ch.-14 Conservation Energy
January	Ch.-15 Safe Work Environment Ch.-16 Safety Caues,

Activity for Term-II Debate, Project file on any Topic

Note : F.A.-I and F.A.-II will be included in Term-I
Full Syllabus will be included in Term-II

F.A.-I

- Ch.-1 Environment
- Ch.-2 Pollution and Environment

Activity for F.A.-I Make a report on Environment Pollution

F.A.-II

- Ch.-6 Role of Society in Development of Environment.
- Ch.-7 Environmental Pollution

Activity for F.A.-II: Debate on Pollutants and Diseases

F.A.-III

- Ch.-9 Globe Issues and Improvement of Environment.
- Ch.-10 Disasters

Activity for FA-III: Make a report on natural and man made Disasters.

F.A.-IV

- Ch.-14 Conservation Energy
- Ch.-15 Safe Work Environment

Activity for F.A.-IV: Discussion on Globe Issues.

Subject : Computer

Book Name: Computer Science for Class XI

Publisher: P.S.E.B.

S.A.-I

April	1. Review of Class X
May, June	2. Programming in 'C' Language 3. Constants, Variables and Data Types
July	4. Operators and Expressions
August	5. Control Flow (Part-I)
September:	Revision of S.A.-1 Syllabus

F.A.-I

Ch-1. Review of Class X

F.A.-II

Ch-4. Operators and Expressions

S.A.-II

October:	6. Control Flow (Part-II)
November:	7. Arrays (Part-I)
December:	8. Arrays (Part-II)
January:	9. Desktop Publishing
February:	Revision of Ch- 1 to 5 and Ch- 6 to 9

F.A.-III

Ch-6. Control Flow (Part-II)

F.A.-IV

Ch-7. Arrays (Part-I)

S.A.-II Conducted from the whole syllabus

Subject - Chemistry

Term-I

- U-1 Some Basic concept of Chemistry
- U-2 Structure of Atom
- U-3 Classification of elements and periodicity in properties.
- U-4 Chemical Bonding and Molecular Structure
- U-5 State of Matter
- U-6 Chemical Thermodynamics.

Unit-1

- U-1 Some Basic concept of Chemistry

Unit-II

- U-2 Structure of Atom
- U-3 Classification of elements and periodicity in properties.
- U-4 Chemical Bonding and Molecular Structure.

Term-II

- U-7 Equilibrium
- U-8 Redox Reaction
- U-10 S-Block Element
- U-11 P-block Element
- U-12 Organic chemistry (Some Basic Principle and Technique)
- U-13 Hydrocarbon

Unit-III

- U-10 S-Block Element
- U-11 P-block Element

Unit-IV

- U-12 Organic chemistry (Some Basic Principle and Technique)
- U-13 Hydrocarbon

Note: Syllabus of Term-I included in Term-II

Subject : Physics

Book : Modern abc of Physics

Term-I

1. Physical World and Measurement

- Ch-1 Physical World
- Ch-2 System of Unit
- Ch-3 Length, Mass and Time Measurement
- Ch-4 Dimensional Analysis
- Ch-5 Error Analysis

2. Kinematics

- Ch-6 Motion in Straight Line
- Ch-7 Vectors
- Ch-8 Motion in Plane

3. Laws of Motion

- Ch-9 Force
- Ch-10 Friction
- Ch-11 Dynamics of Circular Motion

4. Work, Energy and Power

- Ch-12 Work, Energy and Power

5. Motion of System of Particles and Rigid Body.

- Ch-13 Centre of Mass
- Ch-14 Rotational Motion
- Ch-15 Moment of Inertia

Unit Test-I Ch-3, 4, 5

Unit Test-II Ch-6, 7, 8

Term-II

6. Gravitation

- Ch-16 Acceleration due to gravity
- Ch-17 Gravitational potential and potential energy
- Ch-18 Motion of satellites

7. Properties of Bulk Matter

- Ch-19 Elasticity
- Ch-20 Pressure

- Ch-21 Viscosity
- Ch-22 Fluid flow
- Ch-23 Surface tension
- Ch-24 Thermal expansion and calorimetry
- Ch-25 Transfer of heat

8. Thermodynamics

- Ch-26 First Law of Thermodynamics
- Ch-27 Second Law of Thermodynamics

9. Behaviour of perfect gas and kinetic theory of gases.

- Ch-28 Behaviour of perfect gas.
- Ch-29 Kinetic Theory of gases

10. Oscillations and Waves

- Ch-30 Simple harmonic motion
- Ch-31 Wave motion
- Ch-32 Superposition of Waves
- Ch-33 Doppler effect

Unit Test-III Ch-16, 17, 18

Unit Test-IV Ch-19, 20, 21, 22, 23

Note: Syllabus of Term-I is also included in Term-II

Subject : Biology

Term-I

- Ch-1 The living World
- Ch-2 Biological Classification
- Ch-2 (A) Kingdom Monera
- Ch-2 (B) Kingdom Protista
- Ch-2 (C) Kingdom Fungi
- Ch-3 Plant Kingdom
- Ch-4 Animal Kingdom
- Ch-5 Morphology of Flowering Plant
- Ch-6 Anatomy of Plants
- Ch-7 Animal Tissues
- Structural organisation of Animals
- Ch-8 Cell-The basic unit of life.

Unit-I

- Ch-1 The living world
- Ch-2 Biological Classification
- Ch-2 (A) Kingdom Monera

Unit-II

- Ch-2 (B) Kingdom Protista
- Ch-2 (C) Kingdom Fungi
- Ch-3 Plant Kingdom

Term-II

- Ch-9 Biomolecules
- Ch-10 Cell Cycle and Cell Division
- Ch-11 Transport in Plants
- Ch-12 Mineral nutrition
- Ch-13 Photosynthesis
- Ch-14 Respiration in plants
- Ch-15 Plants growth and Development
- Ch-16 Digestion and Absorption
- Ch-17 Breathing and Exchange of Gases
- Ch-18 Body fluid and Circulation
- Body Fluids and their circulation
- Ch-19 Excretory Products & their elimination
- Ch-20 Locomotion and Movement
- Ch-21 Neural Control and Coordination
- Ch-22 Chemical Coordination and Integration

Unit-III

- Ch-9 Biomolecules
- Ch-10 Cell Cycle and Cell Division
- Ch-11 Transport in Plants

Unit-IV

- Ch-13 Photosynthesis
- Ch-14 Respiration in plants
- Ch-16 Digestion and Absorption

Note: Syllabus of Term-I will be included in Term-II

Subject : Punjabi (Compulsory)

ਕਿਤਾਬ: ਲਾਜ਼ਮੀ ਪੰਜਾਬੀ

F.A.-I

1. ਸੁਹਾਗ
2. ਮਿੱਥ ਕਥਾਵਾਂ
3. ਬੈਂਕ ਸੇਵਾਵਾਂ ਨਾਲ ਸੰਬੰਧਿਤ ਵਾਕ
4. ਤਕਨੀਕੀ ਸ਼ਬਦਾਵਲੀ (A to L)

ਰਚਨਾਤਮਕ ਗਤੀਵਿਧੀ: ਘੋੜੀਆਂ

F.A.-II

1. ਸਿੱਠਣੀਆਂ
2. ਨੀਤੀ ਕਥਾਵਾਂ
3. ਰੇਲਵੇ ਸੇਵਾਵਾਂ ਨਾਲ ਸੰਬੰਧਿਤ ਵਾਕ
4. ਤਕਨੀਕੀ ਸ਼ਬਦਾਵਲੀ (M to Z)

ਰਚਨਾਤਮਕ ਗਤੀਵਿਧੀਆਂ: ਸਿੱਠਣੀਆਂ ਕੀ ਹੁੰਦੀਆਂ ਹਨ, ਵਿਚਾਰ-ਵਟਾਂਦਰਾ

S.A.-I

ਪੰਜਾਬੀ ਲੋਕ ਸਾਹਿਤ
ਸੁਹਾਗ, ਮਿੱਥ ਕਥਾਵਾਂ
ਘੋੜੀਆਂ, ਪਰੀ ਕਥਾਵਾਂ
ਸਿੱਠਣੀਆਂ, ਨੀਤੀ ਕਥਾਵਾਂ
ਟੱਪਾ, ਦੰਤ ਕਥਾਵਾਂ
ਬੈਂਕ, ਰੇਲ, ਡਾਕ ਸੇਵਾਵਾਂ ਨਾਲ ਸੰਬੰਧਿਤ ਵਾਕ
ਤਕਨੀਕੀ ਸ਼ਬਦਾਵਲੀ (A to Z)
ਇਸਤਿਹਾਰ, ਸੱਦਾ-ਪੱਤਰ, ਪੈਰੂਾ ਰਚਨਾ, ਚਿੱਠੀ-ਪੱਤਰ, ਮੁਹਾਵਰੇ

F.A.-III

1. ਬੋਲੀਆਂ
2. ਪ੍ਰੀਤ ਕਥਾਵਾਂ
3. ਇਸਤਿਹਾਰ
4. ਦਫ਼ਤਰੀ ਸ਼ਬਦਾਵਲੀ (A to L)

ਰਚਨਾਤਮਕ ਗਤੀਵਿਧੀ: ਸੱਦਾ-ਪੱਤਰ ਤਿਆਰ ਕਰਨਾ।

F.A.-IV

1. ਮਾਹੀਆਂ
2. ਬੁਝਾਰਤਾਂ

3. ਸੱਦਾ-ਪੱਤਰ
4. ਕੰਪਿਊਟਰ ਸੇਵਾਵਾਂ ਨਾਲ ਸੰਬੰਧਿਤ ਵਾਕ
5. ਦਫ਼ਤਰੀ ਸ਼ਬਦਾਵਲੀ (M to Z)

ਰਚਨਾਤਮਕ ਗਤੀਵਿਧੀ: ਬੁਝਾਰਤਾਂ ਦਾ ਲੋਕ-ਸਾਹਿਤ ਵਿੱਚ ਕੀ ਸਥਾਨ ਹੈ, ਵਿਚਾਰ ਵਟਾਂਦਰਾ।

S.A.-II

ਬੋਲੀਆਂ, ਪ੍ਰੀਤ ਕਥਾਵਾਂ
ਮਾਹੀਆਂ, ਬੁਝਾਰਤਾਂ
ਬੀਮਾਂ, ਕੰਪਿਊਟਰ ਸੇਵਾਵਾਂ ਨਾਲ ਸੰਬੰਧਿਤ ਵਾਕ
ਦਫ਼ਤਰੀ ਸ਼ਬਦਾਵਲੀ (A to Z)
ਇਸਤਿਹਾਰ, ਸੱਦਾ-ਪੱਤਰ
ਪੈਰੂਾ ਰਚਨਾ, ਚਿੱਠੀ-ਪੱਤਰ, ਮੁਹਾਵਰੇ

Subject : Punjabi Elective

- Books: 1. ਆਧੁਨਿਕ ਪੰਜਾਬੀ ਕਾਵਿ (P.S.E.B.)
2. ਅੱਖੀਂ ਡਿੱਠੀ ਦੁਨੀਆਂ (P.S.E.B.)
3. ਪੰਜਾਬੀ ਭਾਸ਼ਾ-ਬੋਧ

F.A.-I

1. ਲੰਦਨ ਤੇ ਲੰਦਨ ਦੇ ਲੋਕ
2. ਅਮਰੀਕਨ ਸੱਭਿਅਤਾ

ਰਚਨਾਤਮਕ ਗਤੀਵਿਧੀ: ਪੰਜਾਬੀ ਦੀਆਂ ਉਪ-ਭਾਸ਼ਾਵਾਂ

F.A.-II

1. ਰੱਜੀ ਪੁੱਜੀ ਮਿੱਟੀ
2. ਕਲਾਕਾਰਾਂ ਦੀ ਬਸਤੀ
3. ਧਨੀ ਰਾਮ ਚਾੜ੍ਹਕ

ਰਚਨਾਤਮਕ ਗਤੀਵਿਧੀ: ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ

S.A.-I

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|------------------------|--------------------|-------------------------------|
| ਅੱਖੀਂ ਡਿੱਠੀ ਦੁਨੀਆਂ | ਆਧੁਨਿਕ ਪੰਜਾਬੀ ਕਾਵਿ | ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਬੋਧ |
| 1. ਲੰਦਨ ਤੇ ਲੰਦਨ ਦੇ ਲੋਕ | 1. ਭਾਈ ਵੀਰ ਸਿੰਘ | 1. ਪੰਜਾਬੀ ਭਾਸ਼ਾ |
| 2. ਅਮਰੀਕਨ ਸੱਭਿਅਤਾ | 2. ਧਨੀ ਰਾਮ ਚਾੜ੍ਹਕ | 2. ਪੰਜਾਬੀ ਦੀਆਂ ਉਪ ਭਾਸ਼ਾਵਾਂ ਦੀ |
| 3. ਜੰਗਲਾਂ ਦੇ ਵਸਨੀਕ | 3. ਪ੍ਰੋ: ਪੂਰਨ ਸਿੰਘ | |

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| 4. ਰੱਜੀ-ਪੁੱਜੀ ਮਿੱਟੀ | 4. ਫੀਰੋਜ਼ਦੀਨ ਸਰਫ | ਸ਼ਬਦਾਵਲੀ |
| 5. ਕਲਾਕਾਰਾਂ ਦੀ ਬਸਤੀ | 5. ਪ੍ਰੋ: ਮੋਹਨ ਸਿੰਘ | |
| 6. ਇੰਗਲੈਂਡ ਅਤੇ ਭਾਰਤ | 6. ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ | |
| | 7. ਡਾ. ਹਰਿਭਜਨ ਸਿੰਘ | |
| | 8. ਤਾਰਾ ਸਿੰਘ | |
| | 9. ਸ: ਸ: ਮੀਸਾ | |
| | 10. ਡਾ. ਜਗਤਾਰ | |
| | 11. ਸ਼ਿਵ ਕੁਮਾਰ ਬਟਾਲਵੀ | |
| | 12. ਸੰਤ ਰਾਮ ਉਦਾਸੀ | |

F.A.-III

1. ਸੁਰਜੀਤ ਪਾਤਰ
2. ਨੈਸ਼ਨਲ ਮਕੁੰਮੀ ਪਾਰਕ
3. ਅਮਰੀਕਾ ਵਿੱਚ ਸਤਕਾਂ ਤੇ ਚੱਲਣ ਦਾ ਸੁਚੱਜ

ਰਚਨਾਤਮਕ ਗਤੀਵਿਧੀ: ਪੰਜਾਬ ਦੇ ਮੇਲੇ ਤੇ ਤਿਉਹਾਰ

F.A.-IV

1. ਲਾਹੌਰ ਸ਼ਹਿਰ ਦੀ ਪਰਿਕਰਮਾ
2. ਅੰਡੇਮਾਨ ਤੇ ਨਿਕੋਬਾਰ ਦੀ ਧਰਤੀ ਤੇ
3. ਪਾਸ

ਰਚਨਾਤਮਕ ਗਤੀਵਿਧੀ: ਸੁਰਜੀਤ ਪਾਤਰ

S.A.-II

- | | | |
|---------------------------------------|----------------------|------------------|
| ਅੱਖੀਂ ਡਿੱਠੀ ਦੁਨੀਆਂ | ਆਧੁਨਿਕ ਪੰਜਾਬੀ ਕਾਵਿ | ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਬੋਧ |
| 7. ਨੈਸ਼ਨਲ ਮਕੁੰਮੀ ਪਾਰਕ | 13. ਮਨਮੋਹਨ ਸਿੰਘ ਦਾਉ | 3. ਗੁਰਮੁਖੀ ਲਿਪੀ |
| 8. ਅਮਰੀਕਾ ਵਿੱਚ ਸਤਕਾਂ ਤੇ ਚੱਲਣ ਦਾ ਸੁਚੱਜ | 14. ਜੋਗਾ ਸਿੰਘ | |
| 9. ਲਾਹੌਰ ਸ਼ਹਿਰ ਦੀ ਪਰਿਕਰਮਾ | 15. ਸੁਰਜੀਤ ਪਾਤਰ | |
| 10. ਅੰਡੇਮਾਨ ਤੇ ਨਿਕੋਬਾਰ ਦੀ ਧਰਤੀ ਤੇ | 16. ਪ੍ਰਮਿੰਦਰਜੀਤ | |
| | 17. ਅਮਰਜੀਤ ਚੰਦਨ | |
| | 18. ਮਨਜੀਤ ਇੰਦਰਾ | |
| | 19. ਪਾਸ | |
| | 20. ਜਸਵੰਤ ਦੀਦ | |
| | 21. ਸਰਬਜੀਤ ਬੇਦੀ | |
| | 22. ਪਰਮਿੰਦਰ ਸੋਢੀ | |
| | 23. ਸੁਖਵਿੰਦਰ ਅੰਮ੍ਰਿਤ | |
| | 24. ਡਾ. ਸਰਬਜੀਤ ਸੋਹਲ | |
| | 25. ਗੁਰਪ੍ਰੀਤ | |

Subject - Physical Education

(Theory)

Book Name: Health, Physical education & Sports

S.A.-I

1. Physical Education
2. Physiological Effects of Physical Education.
3. Psychological Aspects of Physical Education.

S.A.-II

4. Health Education
5. Olympic Games
6. Physical Growth and Development



Subject - Islamiyat

F.A.-I

- (۱) سورة الفاتحة (۲) سورة العلق آیت ۵ تا تک
(۳) سورة الاخلاص

ترجمہ و تفسیر سوالات و جوابات کے ساتھ

Activity:

مکمل نماز آیت الکرسی حفظ یا دکروائیں

FA-II

- (۱) سورة نساء آیت نمبر ۱ (۲) سورة النصر، (۳) سورة الماعون

ترجمہ و تفسیر سوالات و جوابات کے ساتھ

Activity:

دعائے قنوت

SA-I

- (۱) سورة نبی اسرائیل آیت ۲۳/۲۴

- (۲) سورة الحجرات آیت ۱۱/۱۲

نوٹ: S.A.-I میں F.A.-I اور F.A.-II کا مکمل سلیبس شامل ہے۔

Activity:

نماز جنازہ، اختتام وضو کی دعا

FA-III

- (۱) سورة نبی اسرائیل آیت ۱ (۲) سورة الذهب (۳) سورة الكافرون

ترجمہ و تفسیر سوالات و جوابات کے ساتھ

Activity:

نماز جنازہ، وضو کے بعد کی دعا

FA-IV

- (۱) سورة مائدہ آیت نمبر ۹۰-۹۱ (۲) سورة الكوثر

Activity:

گذشتہ تمام دعائیں۔ مکمل نماز۔ اور اذان کے بعد کی دعا

SA-II

- (۱) سورة الكافرون (۲) سورة الذهب (۳) سورة نبی اسرائیل نمبر ۱

- (۴) سورة الكوثر (۵) سورة مائدہ

نوٹ: S.A.-II میں S.A.-I کا مکمل سلیبس شامل امتحان ہوگا

PRAYER

پریئر

(4 to +2)

النجم هاؤس

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، الرَّحْمَنِ الرَّحِيمِ، مَلِكِ يَوْمِ الدِّينِ، إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ.
إِهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ، صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ، غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ.

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ
اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

اللَّهُمَّ اهْدِنَا هِدْيَةَ هَدَيْتَهُ وَعَافِنَا فِيْمَنْ عَافَيْتَهُ وَتَوَلَّنَا فِيْمَنْ تَوَلَّيْتَهُ وَبَارِكْ لَنَا فِيْمَا أَعْطَيْتَهُ
وَقِنَا شَرَّ مَا قَضَيْتَهُ فَإِنَّكَ تَقْضِي وَلَا يُقْضَى عَلَيْكَ إِنَّهُ لَا يَدُلُّ مَنْ وَالَيْتَهُ وَلَا يَعْزُ مَنْ عَادَيْتَهُ

تَبَارَكْتَ رَبَّنَا وَتَعَالَيْتَهُ

رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

أَمِينَ يَا رَبَّ الْعَالَمِينَ

القمر هاؤس PRAYER

۱۔ أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

۲۔ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

۳۔ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ الرَّحْمَنِ الرَّحِيمِ مَلِكِ يَوْمِ الدِّينِ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

إِهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ
اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

اللَّهُمَّ إِنَّا نَسْتَعِينُكَ وَنَسْتَغْفِرُكَ وَنُؤْمِنُ بِكَ وَنَتَوَكَّلُ عَلَيْكَ وَنُثْنِي عَلَيْكَ الْخَيْرَ، وَنُشْكِرُكَ وَلَا
نُكْفِرُكَ وَنَخْلَعُ وَنَتْرُكُ مَنْ يَفْجُرُكَ، اللَّهُمَّ إِيَّاكَ نَعْبُدُ وَلكَ نَصَلُّ وَنَسْجُدُ وَإِيَّاكَ نَسْعَى وَنَحْفُدُ

وَنَرْجُو رَحْمَتَكَ وَنَخْشَى عَذَابَكَ إِنَّ عَذَابَكَ بِالْكَفَّارِ مُلْحِقٌ۔

اللَّهُمَّ رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

ترانہ

کبھی اے نوجوان مسلم! تذبذب بھی کیا تو نے؟
تجھے اس قوم نے پالا ہے آغوشِ محبت میں
تہن آفرین خلاق آئین جہاں داری
تجھے آباء سے اپنے کوئی نسبت ہونہیں سکتی
گنوا دی ہم نے جو اسلاف سے میراث پائی تھی
حکومت کا تو کیا رونا کہ وہ اک عارضی شے تھی
مگر وہ علم کے موتی کتابیں اپنے آباء کی
وہ کیا گردوں تھا جس کا ہے اک ٹوٹا ہوا تارا؟
کچل ڈالا تھا جس نے پاؤں میں تاج سردارا
وہ صحرائے عرب یعنی شتر بانوں کا گھوڑا
کہ تو گفتار وہ کردار تو ثابت وہ سیارا
ثریا سے زمیں پر آسمان نے ہم کو دے مارا
نہیں دنیا کے آئین مسلم سے کوئی چارا
کہ دیکھیں جن کو یورپ میں تو دل ہوتا ہے سپارا

بچے کی دعا

لب پہ آتی ہے دعا بن کے تمنا میری
دُور دنیا کا مرے دم سے اندھیرا ہو جائے
ہو مرے دم سے یونہی میرے وطن کی زینت
جس طرح پھول سے ہوتی ہے چمن کی زینت
زندگی ہومری پروانے کی صورت یارب
ہو مرے کام غریبوں کی حمایت کرنا
علم کی شمع سے ہو مجھ کو محبت یارب
درد مندوں سے ضعیفوں سے محبت کرنا
مرے اللہ برائی سے بچانا مجھ کو
نیک جو راہ ہو اس رہ پہ چلانا مجھ کو

علامہ اقبال

PRAYER الشَّمْسُ هَاؤُسَ الرَّجِيمِ

۱- تعوذ اَعُوذُ بِاللّٰهِ مِنَ الشَّيْطٰنِ الرَّجِيْمِ
۲- تسمیہ بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ
قُلْ هُوَ اللّٰهُ اَحَدٌ ۙ اللّٰهُ الصَّمَدُ ۙ لَمْ يَلِدْ وَلَمْ يُولَدْ ۙ لَمْ يَكُنْ لَهُ كُفُوًا اَحَدٌ ۙ
اللّٰهُمَّ اِنِّيْ ظَلَمْتُ نَفْسِيْ ظُلْمًا كَثِيْرًا وَّلَا يَغْفِرُ الذُّنُوْبَ اِلَّا اَنْتَ فَاغْفِرْ لِيْ مَغْفِرَةً مِّنْ عِنْدِكَ وَاَرْحَمٰنِيْ
اِنَّكَ اَنْتَ الْغَفُوْرُ الرَّحِيْمُ
رَبِّ زِدْنِيْ عِلْمًا
اللّٰهُمَّ اَعِنِّيْ عَلٰى ذِكْرِكَ وَ شُكْرِكَ وَ حَسَنِ عِبَادَتِكَ ۙ اٰمَنْتُ بِاللّٰهِ وَ مَلَكَتِيْهِ وَ كِتٰبِهِ وَ رُسُلِهِ وَ الْيَوْمِ
الْآخِرِ وَ الْقَدْرِ خَيْرِهِ وَ شَرِّهِ مِنَ اللّٰهِ تَعَالٰى وَ الْبَعْثِ بَعْدَ الْمَوْتِ ۙ
رَبَّنَا تَقَبَّلْ مِنَّا ۙ اِنَّكَ اَنْتَ السَّمِيْعُ الْعَلِيْمُ
اٰمِيْنَ يَا رَبَّ الْعٰلَمِيْنَ

PRAYER البروج هَاؤُسَ الرَّجِيمِ

۱- تعوذ اَعُوذُ بِاللّٰهِ مِنَ الشَّيْطٰنِ الرَّجِيْمِ
۲- تسمیہ بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ
۳- آیت الکرسی اَللّٰهُ لَا اِلٰهَ اِلَّا هُوَ ۙ الْحَيُّ الْقَيُّوْمُ ۙ لَا تَاْخُذُهٗ سِنَةٌ وَّلَا نَوْمٌ ۙ لَهٗ مَا فِى السَّمٰوٰتِ
وَمَا فِى الْاَرْضِ ۙ مَنْ ذَا الَّذِىْ يَشْفَعُ عِنْدَهٗ اِلَّا بِاِذْنِهٖ ۙ يَعْلَمُ مَا بَيْنَ اَيْدِيْهِمْ وَاَ مَا خَلْفَهُمْ ۙ
وَلَا يُحِيطُوْنَ بِشَيْءٍ مِّنْ عِلْمِهٖ اِلَّا بِمَا شَاءَ ۙ وَسِعَ كُرْسِيُّهٗ السَّمٰوٰتِ وَ الْاَرْضَ ۙ وَلَا يَئُوْدُهٗ
حِفْظُهُمَا ۙ وَهُوَ الْعَلِيُّ الْعَظِيْمُ
۴- درود شریف اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَّ عَلٰى اٰلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلٰى اِبْرٰهِيْمَ وَّ عَلٰى اٰلِ اِبْرٰهِيْمَ
اِنَّكَ حَمِيْدٌ مَّجِيْدٌ
اَللّٰهُمَّ بَارِكْ عَلٰى مُحَمَّدٍ وَّ عَلٰى اٰلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلٰى اِبْرٰهِيْمَ وَّ عَلٰى اٰلِ اِبْرٰهِيْمَ
اِنَّكَ حَمِيْدٌ مَّجِيْدٌ
دعاء جنازہ اَللّٰهُمَّ اغْفِرْ لِحَيٰتِنَا وَ مَيِّتِنَا وَ شَاهِدِنَا وَ غَائِبِنَا وَ صَغِيْرِنَا وَ كَبِيْرِنَا وَ ذَكَرْنَا وَ اُنْثٰنَا اَللّٰهُمَّ
مَنْ اَحْيَيْتَهٗ مِنَّا فَاَحْيِهٖ عَلٰى الْاِسْلَامِ وَاَمِنْ تَوَفِّيْتَهٗ مِنَّا فَتَوَفَّهُ عَلٰى الْاِيْمَانِ
رَبَّنَا تَقَبَّلْ مِنَّا ۙ اِنَّكَ اَنْتَ السَّمِيْعُ الْعَلِيْمُ
اٰمِيْنَ يَا رَبَّ الْعٰلَمِيْنَ