केन्द्रीय हिमालयीय संस्कृति शिक्षण संस्थानम्, दाहुङ ७० | ५५,४% है संस्थानम्, दाहुङ

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पाठ्यक्रमः र्ह्मेन वित्र प्रकर प्रविश्व SYLLABUS

प्राक्शास्त्री प्रथम वर्ष (द्वितीय अधिसत्र) 5 तुः सः गॅ्द्र सः मॅंद्र सः द्वः देश (क्रुव्यू सः तुषः वृद्धिसः व्यू) PRAK SHASTRI 1st YEAR (2nd SEMESTER)

केन्द्रीय हिमालयीय संस्कृति शिक्षण संस्थान ,दाहुँग ७७| |५तु.स.हे.स.च.च.चे.चे.व|स.चु.र.सर्झे.रेस.सूँचःवाहेरः।वरः|

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प्राकशास्त्री-Prak Shastri

द्वितीय सेमेस्टर/Second Semester संस्कृत/Sanskrit

> Written Examination-60/लिखित परीक्षा‰-Internal-40/आंतरिक म्ल्यांकन40-

Course-2

संस्कृतभाषाप्रवेशः-॥ (व्यवहारप्रदीपः- 1 भागः)

ग्रन्थनाम- द्वितीया दीक्षा

प्रकाशकः केन्द्रीय संस्कृत विश्वविद्यालयः,जनकपूरी, नई दिल्ली

केन्द्रीय हिमालयीय संस्कृति शिक्षण संस्थानम्, दाहुङ कि। रिरीय.सु.ष.जाता.पायु.ण्याथा.योट.षासू.सुषा.सूर्य.याधेर.पिट.।

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प्रांत प्रांत प्रांत शासनी प्रथम वर्ष / PRAK- SHASHTRI 1st Year

भोटी भाषा एवं साहित्य/Bhoti Language and Literature र्न्-श्रे-पन्-श्रेन्-न्-र्न्

क्रुग्रथ:नृक्ष:पद्विताय अधिसत्र 2nd semester (4 Credit)

Written Examination-60/लिखित परीक्षा-60

Internal-40/आंतरिक मूल्यांकन-40

Sl. No	Unit	Internal-40/आंतरिक	मूल्यांकन
1	ब्रे.क्ब.र्ट.स्र्	Unit details यह क्रिं । क्षे: हुवे: ल्वा शुर ह्वा य : व्ह्वा वी : हे :	C 1'
		ब्रैर-पहना-संस्कृतिमा	01
2	ब्रें क्वं पादेशाया	यह ह्यूरी शु. हेदु: ल्या सिट हेवाश तह या यो त्योय या या हे तह या यी हेवाश	
3	2.	क नेव न ने हेर्नाय के पहिंची रा यंपी रा	01
4	2	कुर्यान्त्र वित्र क्रिन् स्प्रिन् स्प्राचान्त्र ग्री ह्रा स्पालना	01
Total	7 1 1	ख्यांश.चन्त्री विर्वत्त्रवाशः हुर्दे क्रवाश वहर्त वह देवा वह स्त हैं वर्ष	01
Refere	ences books:	4	04

बुर-सूदे-र्श्वेन क्वा

- खं. क्षेत्र. यं. योश्रीत्र. जूर्याया. ग्री. देवाया तर्हीया. तर्हीया. तर्हीया. तर्हीया. तर्हीया. तर्हीया. तर्हीया
- ३) वासुर.ह्या.मृ.तबर.क्ष्या.मृश्यश्च मुश्यः क्याया व्याया विष्यः ह्याया विषयः ह्याया विषयः विषय
- क्रियः क्रियः स्वायः मी इस्यामावना ।

केन्द्रीय हिमालयीय संस्कृति शिक्षण संस्थान ,दाहुँग ७७। | न्तुयाक्तीयायायात्वराचेनायात्वराचेनायात्वराचेनायाः।

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ব্রু:মার্ন্সি:মার্ন

क्रुण्य-5्य-प्रेय-प्रितीयअधिसत्र/2nd Semester

Sub: Boudh Shastra Tenet(grub mtha/Dubtha) भूत.क्षी चीत.शवती

डे:र्नेज्-५८:र्से/प्रथमपत्र/1stPaper

Written Examination-60/लिखित परीक्षा-60

Internal-40/आंतरिक मूल्यांकन-40

SI.	Unit	Internal-40/आंतरि	क मन्यांकन ४
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	वे क्व प्राप्त विश्व क्व	() () () () () () () () () ()	Credit
	चन्त्रम् श्चा व्यत्रम् स्या	० रेडे ड्राचा श्चां त्वतः त्वतः त्वतः यदः स्वतः व्यतः विकास्याः विकास्याः विकास्याः विकास्याः विकास्याः विकास्य १ रेडे ड्राचा श्चां त्वतः त्वते त्वते विकास्य विकास्य विकास्य विकास्य विकास्य विकास्य विकास्य विकास्य विकास्य	1.
2.	श्चे क्वंत्र महिलासा सर्दे : श्वे : ते : त्वुन : सवतः	3) M. J. M.	
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References तुरुः सुदेः स्वायः स	s book: ব্যা	10(8)	4.

७)वीयः स्वयः वियः यहेषः स्वयः सह्यः सह्यः कियो सह्रेन् तः स्वी विदः कः रूपः तयः रूहि।

केन्द्रीय हिमालयीय संस्कृति शिक्षण संस्थानम्, दाहुङ २०। | निर्वेश है. स. य. लाटु . जूर्या स. चेट . सार्ह्य है स. सूर्य . या हे स. निर्देश

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हिल्दी

(ऐच्छिक) प्राक शास्त्री द्वितीय सत्र

Written Examination-60/लिखित परीक्षा-60 Internal-40/आंतरिक मूल्यांकन-40

खंड-क

क) अपठित बोध काट्यांश एवं गद्यांश बोध

(10 Marks)

- काव्यांश— काव्यांश पर आधारित पाँच लघु उत्तरात्मक प्रश्न
- गद्यांश— गद्यांश पर आधारित प्रयोग, रचनात्मक, शीर्षक आदि लघु उत्तरात्मक प्रश्न

खंड-ख

- ख) रचनात्मक तथा व्यवहारिक लेखन
- i. निबंध

(15 Marks)

- अनौपचारिक पत्र-माता-पिता, मित्र या संबंधी को ii.
- व्यावहारिक लेखन-प्रतिवेदन/ कार्यसूची इत्यादि iii.

खंड-ग

ग) पाठ्य पुस्तक अंतरा भाग-1 गद्य भाग:-

(15 Marks)

- रांगेय राघव- गूँगे
- सुधा अरोड़ा- ज्योतिबा फुले
- ओम प्रकाश बालमीकि- खानाबदोश

(पाठ के आधार पर सप्रसंग व्याख्या, पाठों की विषय वस्तु पर आधारित प्रश्न, किसी एक लेखन/ कवि का साहित्यिक परिचय)

काव्य भाग:-

(10 Marks)

1.महादेवी वर्मा-

- i. जाग तुझको दूर जाना है
- ii.सब आंखो के आंसू उजले
- 2.नागार्जुन- बादल को घिरते देखा है
- 3.धूमिल- घर में वापसी

(काट्य के आधार पर सप्रसंग ट्याख्या, कविताओं के काट्य पर दो प्रश्न, काट्य सींदर्य पर प्रश्न) खंड-घ

घ) अंतराल भाग-1

(10 Marks)

पाठ- 3. आवारा मसीहा

- i. पाठों की विषय वस्तु पर आधारित लघु उतारात्मक प्रश्न
- li. विषय वस्तु पर आधारित निबंधात्मक प्रश्न निर्धारित पुस्तकें-

i.अंतरा भाग- 1, एन.सी.आई.आर.टी.द्वारा प्रकाशित

ii. अंतराल भाग-1, एन.सी.आई.आर.टी.द्वारा प्रकाशित

iii.अभिव्यक्ति और माध्यम एन.सी.आई.आर.टी.द्वारा प्रकाशित

आंतरिक मूल्यांकन-

(40 Marks)

केन्द्रीय हिमालयीय संस्कृति शिक्षण संस्थानम्, दाहुङ

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PRAK SHASTRI ENGLISH SECOND SEMESTER

Written Examination-60/लिखित परीक्षा-60

Internal-40/आंतरिक मृल्यांकन-40

SECTION A: Reading Comprehension through Unseen Passage

(5 Marks)

One unseen passage to assess comprehension, interpretation, analysis and inference. Vocabulary assessment will also be accessed via inference. The passage may be factual, descriptive or literary.

Section B: Compositions

(10 Marks)

Letters based on verbal/visual input, to be answered in approximately 120-150 words. Letter types include application for a job with bio data or resume. Letters to the editor (giving suggestions or opinion on issues of public interest). One out of the two given questions to be answered. (5 Marks: Format: 1 / Organisation of Ideas: 1/Content: 2 / Accuracy of Spelling and Grammar: 1).

Article/ Report Writing, descriptive and analytical in nature, based on verbal inputs, to be answered in 120-150 words. One out of the two given questions to be answered. (5 Marks: Format: 1 /Organisation of Ideas: 1/Content: 2 / Accuracy of Spelling and Grammar:1).

Section C: Grammar

(15 marks)

- (i) Tenses, Modals, 20 Marks 10 question out of 15 each question carrying 2 marks (5×1)
- (ii) Editing Tasks: Punctuation, Correction of Spellings, Grammatical errors. 5 questions each carrying 1 marks (5×1)
- (iii) Re-ordering of sentences 5 Marks

Section D: Text Books

(20 marks)

- (i) Hornbill 10 Marks (a) Five out of eight short answer questions each carrying 2 marks.
- (ii) Snapshots 10 Marks Two out of three long answer questions (5*2)
- 1. Hornbill: English Reader published by National Council of Education Research and Training, New Delhi
 - The Ailing Planet: The Green Movement's Role (Prose)
 - The Browning Version (Prose)
 - Childhood (Poem)
 - The Adventure (Prose)
 - Silk Road (Prose)

- Father to Son (Poem)
- 2. Snapshots: Supplementary Reader published by National Council of Education Research and Training, New Delhi
 - Mother's Day (Play)
 - The Ghat of the Only World (Prose)
 - Birth (Prose)
 - The Tale of Melon City (Prose)

Section E:

Essay Type Question on clean India (Swacha Bharat) 10 marks. One out of three long answer questions (essay type answer with 100 to 150 words) (10 Marks)

Prescribed Books:

- (i) Hornbill-published by N.C.E.R.T. 2008, prescribed for Central Schools in Class XI.
- (ii) Snapshots-published by N.C.E.R.T. 2008, prescribed for Central Schools in Class XI.

केन्द्रीय हिमालयीय संस्कृति शिक्षण संस्थानम्, दाहुङ

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Prak-Shastri 1st Year

उत्तरमध्यमा प्रथम वर्ष

पाली/ Pali द्वितीय अधिसत्र/ 2nd Semester

Written Test: 60

Internal Assessment: 40

(क)पालि पाठसङ्गहो पठमो भागो पाठ-

1. सुमेध कथा 2. सस जातक 3. राजोवाद जातक 4. मखादेव जातक 5. सीलांनुसंस जातक 6. कुरङ्गमिग जातक 7. बक जातक 8. बावेरु जातक 9. बोधिसत्तस्स पातुभावो 10. तापसो कालदेवो 11. चत्तारि पुब्ब निमित्तानि 12. महाभिनिक्खमन 13. बोधिसत्तस्स पब्बज्जा 14. सुजाताय पायासदानं 15. मार पराजयो 16. बोधि लाभो।

(ख)व्याकरण-

1. कित प्रत्यय- अ, ण्वु, तु, आवी, ऊ, ण, णो, क्वि, णी, रू, तब्ब, अनीय, ण्य, रिच्च।

(ग) अनुवाद-

1. हिन्दी से पाली

केन्द्रीय हिमालयीय संस्कृति शिक्षण संस्थान, दाहुँग ७७| |८५४:६े:बःवःप्यदेःवेग्यःगुरःबर्धःरेबःर्सूनःग्हेरः।वरः।

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PRAK SHASTRI PHYSICS 2ND SEMESTER

Written Examination-60/लिखित परीक्षा60-Internal-40/आंतरिक मूल्यांकन40-

UnitV: -GRAVITATION.

20 marks

Gravitation force and gravity. Newton's law of gravitation. Acceleration due to gravity. Differences between gravitation and gravity. Natural and artificial satellites, orbital velocity of satellite and time period of satellite, energy of satellite, geostationary and polar satellite. Escape velocity, weightlessness and Kepler's laws of planetary motion.

Unit VI: - THERMODYNAMICS.

Thermodynamics, zeroth, first and seconds laws of thermodynamics. Types ofthermodynamics processes i.e. adiabatic, isothermal, isobaric and isochoric. Cyclic and noncyclic processes, internal energy of gas, reversible and irreversible processes and Carnot's theorem. Refrigerator.

Unit.VII:- WAVES AND OSCILLATION.

20 marks

Oscillation, periodic motion, oscillatory motion, simple harmonic motion and its example.Dampedand undamped oscillation, free and forced oscillation. Waves and its types i.e. mechanical and electromagnetic waves. Transverse and longitudinal waves. Terminology a wave viz. amplitude, wavelength, time period, frequency and wave velocity. Relation between wavelength, wave velocity and frequency. Standing or stationary wave, beats and Doppler effect.

Reference: NCERT CLASS XI PHYSICS.

केन्द्रीय हिमालयीय संस्कृति शिक्षण संस्थान, दाहुँग ७७||५९४:५े:स्रायापादे:येग्।श्रुट:सर्दे:देस:र्सून:पाहेर:पटः।

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PRAK SHASTRI 2ND SEMESTER COMPUTER SCIENCE

> Written Examination-60/लिखित परीक्षा60-Internal-40/आंतरिक मूल्यांकन40-

प्राक्शास्त्री प्रथम वर्ष द्वितीय सत्रार्ख

Course V

Computer Science

No. Of Credits: 4

Unit	Chapter	Total hours
Unit 1: Internet Network	Chapter 1: Introduction and types of network Chapter 2: Network Components	16 hrs
Unit 2:Internet: Client Server Architecture and communication media	Chapter 3: Client Server Architecture Chapter 4: Communication Media	16 hrs.
Unit 3: Internet : Addressing, Services, Topologies	Chapter 5: Internet Addressing Chapter 6: Network Topologies Chapter 7: Internet Services: Email	16 hrs.
Unit 4: Emerging trends in Internet, Societal Impacts	Chapter 8: Emerging trends in Internet Chapter 9: Societal impacts	16 hrs.

Chapter Details:

Chapter 1: Internet Network

* Introduction . Types of network : LAN, MAN, WAN

Chapter 2: Network Components

- Network components:
 - o Container,
 - o System: node, host, workstation, bridge, hub, router, RSM, switch, terminal
 - Network adapter: port & interface.

Chapter 3: Client Server Architecture

- Client server architecture: features, advantages, disadvantages & applications
- Peer-to-peer network, comparison between peer-to-peer and client-server architecture.

Chapter 4: Communication Media

- Communication media: introduction, noise absorption, radiation, attenuation, bandwidth(baseband, broadband)
- * Types of communication media: Guided & unguided
 - Guided media: Twisted pair wire, coaxial cable, optical libre
 - Unguided media: Radio waves, microwaves, light wave, infrared waves.

Chapter 5: Internet Addressing

- Types of addressing: logical and physical
- " Uniform Resource Locator (URL), types: relative & absolute
- * Types of internet addressing :
 - o IP addressing: Classes, subnetting, masking
 - Domain Name System (DNS):
 - Types of Domain: Generic, Country, Inverse
 - Hierarchy of domain name server, top level, second level, third level
 - Address resolution, DNS working

Chapter 6: Network Topologies

• Network Topologies: features, advantages & disadvantages of Bus, Star, Ring, Token &

Chapter 7: Internet Services: Email

- Basics of E-mail, uses, advantages, disadvantages, etiquette
- * Protocols: SMTP, POP3, IMAP4, MIME
- * Structure of Email: addressing, header, body, attachments, signature, CC, BCC
- * Mailbox: Inbox, Outbox, Spam
- Creating and sending a new L-mail
- Replying to an E-mail message
- Forwarding an E-mail message
- Sorting and Searching emails.
- · Email Client
- Understanding Gmail and its connected applications such as Google forms & Online Docs.

Chapter 8: Emerging trends in Internet

- Brief overview (definitions) of :
 - Cloud Computing
 - o Internet of Thongs (IOT)
 - Artificial Intelligence
 - Machine learning
 - o Natural Language Processing (NLP)
 - o Big data
 - o E- Commerce

Chapter 9: Societal impacts

- * Societal Impacts of Internet,
- Brief overview (definitions) of following:
 - Digital Footprint
 - Cyber Security
 - Computer Virus
 - Cyber Crime and cyber laws
 - o Hacking,
 - o Phishing,
 - o Cyber bullying,
 - o Indian IT Act, preventing cybercrime.
- * Awareness about health concerns related to usage of technology like effect on eyesight, physiological issues and ergonomic aspects
- Intellectual Property Rights (IPR) and their violation,
- Plagiarism and copyrights,
- Free and Open Source Software (FOSS)

Practical:

- Internet Browsing
- Google form
- Online assignment/tests
- Sanskrit Wikipedia E-Sanskrit resource and Sanskrit Portal
- · Email

Reference books:

- Internet Technology and Web design by BPB publications
- NCERT class XII Computer Science textbook

Course Outcomes:

- Develop an understanding of Internet, how it works and its components.
- Understanding and practicing Email concepts.
- Ability to search Sanskrit related texts, through Sanskrit portal, E-Sanskrit resources, and
- Ability to perform online tests through Google form.
- Ability to complete assignments in digital form (using MS word and Internet).

केन्द्रीय हिमालयीय संस्कृति शिक्षण संस्थानम्, दाहुङ

CENTRAL INSTITUTE OF HIMALAYAN CULTURE STUDIES

Dahung, West Kameng District: Arunachal Pradesh-790116

Phone: 03782-207030: cihcsoffice@gmail.com: Website: www.cihcs.edu.in (An Autonomous Body of the Ministry of Culture, Government of India)

Statistics for Economics-Syllabus

(Based on Economics Book of NCERT, Class-11 & NEP 2020)

Prakshastri

First Year: Second Semester- (4 Credit) Subject Code: 11 (Elective/Optional)

Written Examination-60/लिखित परीक्षा-60

Internal-40/आंतरिक मूल्यांकन-40

		17	10/3/1(11(4)	214 414101-
Sl. No	Unit	Unit details	Duration in hours	Credit
1	Exploring the Subject matter of Statistics for Economics	Why study economics? Scope and method of economics, the economic problem; Scarcity and choice; Statistics in economics, origin and growth, scope, function, importance and limitations of statistics.	16	01
2	Collection, Organization and Presentation of Data	Statistical inquiry, sources of data- primary and secondary, various statistical methods and its limitations, graphical presentation of data	16	01
3	Statistical tools and Interpretation	Meaning of Average, Types, objectives and functions and limitations of average, measures of central tendency, measures of dispersion and their simple applications	16	01
4	Correlation, Index number and simple Regression	Meaning, importance, types, degree and methods of correlation estimation; index number- its meaning, features, types, advantages, problems and limitations; Meaning & characteristics of regression and its simple applications in economics	16	01
Total		4	64	04

References and Suggested books:

1. NCERT (Class-XI) Publications, New Delhi.

केन्द्रीय हिमालयीय संस्कृति शिक्षण संस्थानम्, दाहुङ ७७। | 5त्र ने अप्यापादे के वास गुर अर्च देश से न पहेर पर ।

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Phone: 03782-207030: cihcsoffice@gmail.com: Website: www.cihcs.edu.in

(An Autonomous Body of the Ministry of Culture, Government of India) PRAK-SHASTRI

HISTORY 2ND SEMESTER Credit-4

Written Examination-60/लिखित परीक्षा-60

Internal-40/आंतरिक मूल्यांकन-40

Chapter 5

THE THREE ORDERS

15 Marks

- a) An Introduction to Feudalism
- b) The Three Orders- The Clergy, The Nobility, and the Peasants- Free and Unfree
- c) Factors Affecting Social and Economic Relations
- d) New Towns and Towns People
- e) The Crisis of the Fourteenth Century- Social and Political Changes

Chapter 6

CHANGING CULTURAL TRADITIONS

15 Marks

- a) The Revival of Italian Cities
- b) The Universities and Humanism
- c) The Humanist View of History and the New Concept of Human Beings
- d) The Arabs' Contribution on Science and Philosophy
- e) Artists and Realism, Architecture, and the First Printed Books.
- f) The Copernican Revolution

Chapter 7

THE INDUSTRIAL REVOLUTION

10 Marks

- a) Introduction about the Industrial Revolution
- b) Why Industrial Revolution first began in Britain?
- c) Changes after the industrial Revolution
- d) Protest Movements

Chapter 8

PATHS TO MODERNISATION

20 Marks

- a) Introduction about China and Japan
- b) Japan- Evolution of the Political System, The Meiji Restoration, Modernising the Economy, and the Aggressive Nationalism.
- c) After Defeat: Re-emerging as a Global Economic Power
- d) China- The Foreign Occupation, Establishing the Republic, and the Rise of the Communist China.

INTERNAL ASSESMENT

40 Marks

References-NCERT, Themes in World History (Textbook in History for class XI)

केन्द्रीय हिमालयीय संस्कृति शिक्षण संस्थानदाहुँग, १९ | <u>निया.</u> दे. या.जा.लापु.जाबाबा.चिट. याष्ट्र. मुया.बाजेर. विट. ।

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(An Autonomous Body of the Ministry of Culture, Govt. of India)

POLITICAL SCIENCE PRAK SHASTRI 2ND SEMESTER

Written Test: 60 Internal Assessment: 40

Introduction to Political Theory

Unit -1Political theory

Meaning and Definition of political theory Nature and Scope of political theory Importance of political theory

Political Science and Political Philosophy

Unit-2Fundamental Duties

Fundamental duties Importance of Fundamental duties Evaluation of Fundamental duties

Unit-3Rights

Meaning and Definition of Right Kinds of Rights Legal Rights and the State Where do rights come from?

Unit -4 Liberty

Meaning and Definition of Liberty Negative and positive Liberty Various forms of Liberty conditions necessary for Liberty Major obstacles to Liberty

Unit-5 Equality

Meaning of Equality Basic elements of Equality Types of Equality Relationship between Liberty and Equality

Ref: NCERT, TEXT BOOK OF CLASS XI

केन्द्रीय हिमालयीय संस्कृति शिक्षण संस्थान, दाहुँग ७७। | ५तु सः हे : सः ता पादे : तो पास : चुरः सर्वे : देसः र्से नः पाहे रः पिरः।

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Prak Shastri 1st Year

2nd Semester

Mathematics

100

Written Examination-60 Internal Assessment-40

8 Sequences and Series

- 8.1 Introduction
- 8.2 Sequences
- 8.3 Series
- 8.4 Geometric Progression (G.P)
- 8.5 Relationship between A.M. and G.M

9 Straight Lines

- 9.1 Introduction
- 9.2 Slope of a Line
- 9.3 Various Forms of the Equation of a Line
- 9.4 Distance of a Point from a Line

10 Conic Sections

- 10.1 Introduction
- 10.2 Sections of a cone
- 10.3 Circle
- 10.4 Parabola
- 10.5 Ellipse
- 10.6 Hyperbola

11 Introduction to Three Dimension Geometric

- 11.1 Introduction
- 11.2 Coordinate Axes and Coordinate Planes in Three Dimensional Space
- 11.3 Coordinates of a point in space
- 11.4 Distance between Two Points

12 Limits and Derivatives

- 12.1 Introduction
- 12.2 Intuitive Ideal of Derivatives
- 12.3 Limits
- 12.4 Limits of Trigonometric Functions
- 12.5 Derivatives

13 Statistics

- 13.1 Introduction
- 13.2 Measures of Dispersion

- 13.3 Range
- 13.4 Mean Deviation
- 13.5 Variance and Standard Deviation

14 Probability

- 14.1 Event
- 14.2 Axiomatic Approach to Probability

Appendix 1: Infinite Series

- A.1.1 Introduction
- A.1.2 Binomial Theorem for any Index
- A.1.3 Infinite Geometric Series
- A.1.4 Exponential Series
- A.1.5 Logarithmic Series

Appendix 2: Mathematical Modeling

- A.2.1 Introduction
- A.2.2 Preliminaries
- A.2.3 What is Mathematical Modeling

Mathematics Text Book for Class XI (Book Published by NCERT)

केन्द्रीय हिमालयीय संस्कृति शिक्षण संस्थान, दाहुँग ७७। | ५५, ४७ के साम प्रते से मुर्स की की का की स्थान की साम की

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Prak Shastri 1st Year 2nd Semester Geography 100

Written Examination-60
Internal Assessment-40

Unit IV: CLIMATE

- 7. Composition and Structure of Atmosphere
- 8. Solar Radiation, Heat Balance and Temperature
- 9. Atmosphere Circulation and Weather System
- 10. Water in the Atmosphere
- 11. World Climate and Change

Unit V: WATER (OCEANS)

- 12. Water (Oceans)
- 13. Movements of Ocean Water

Unit VI: LIFE OF THE EARTH

14. Biodiversity and Conservation

GeographyText Book for Class XI (Book Published by NCERT)

केन्द्रीय हिमालयीय संस्कृति शिक्षण संस्थान, दाहुँग ७७| | ५५, ४:५ अ:०:०:०दे: लेग् ४:५८:अई:२अ:र्क्सून:ग्हेर:।परः।

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Prak Shastri 1st Year 2nd Semester Psychology 100

Written Examination-60
Internal Assessment-40

CONTENT

CHAPTER 5:

Learning

CHAPTER 6:

Human memory

CHAPTER 7:

Thinking

CHAPTER 8:

Motivation and Emotion

Psychology Text Book for Class XI (Book Published by NCERT)

केन्द्रीय हिमालयीय संस्कृति शिक्षण संस्थान, दाहुँग ७७। | न्तुराः है साया पादे त्ये वाया ग्रुटः सर्वे देशः श्रूनः वाहे र प्रारा

CENTRAL INSTITUTE OF HIMALAYAN CULTURE STUDIES

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PHYSICAL EDUCATION PRAK SHASTRI 2ND SEMESTER

Written Test: 60 Internal Assessment: 40

THEORY (60 Marks)

Unit-I

Test, Measurement & Evaluation

- Concept of Test, Measurement & Evaluation in Physical Education & sports.
- Classification and Importance of Test in Physical Education and Sports.

Unit- II

Fundamentals of Anatomy, Physiology in Sports

- Definition and Importance of Anatomy and Physiology in exercise and sports
- Functions of Skeletal system, classification of bone and types of joints.
- Function and Structure of Circulatory system and heart.

Unit-III

Fundamentals of Kinesiology and Biomechanics in Sports

- Definition and Importance of Kinesiology and Biomechanics in sports
- Types of Body Movements Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation. Unit-IV

Training and Doping in Sports

- Concept and Principles of Sports Training
- Training Load: Over Load, Adaptation, and Recovery
- Concept of Doping and its disadvantages

PRACTICAL (40 Marks)

- Athletic Events
- Record File
- · Viva Voce

Reference Books:

*Healthy and Physical Education (Revised Edition) Sarwaswati by, Dr. V K Sharma

*Essential of Physical Education