

**ST. FRANCIS XAVIER SCHOOL  
SYLLABUS FOR CLASS X  
ACADEMIC SESSION 2024 - 25  
ENGLISH LANGUAGE**

**PRESCRIBED TEXTBOOK: ABSOLUTE ENGLISH (IX -X)**

HALF YEARLY		ANNUAL	
CHAPTER	TOPICS	CHAPTER	TOPICS
1	Writing an Essay Organising and Planning Your Composition	22	Expository Essays
2	Paragraph Writing	23	Critical Essays
3	Characterisation	24	The Short Story
4	Introduction (Beginning) and Conclusion (Ending) of Essays	25	Picture Composition
5	Punctuation and Capitals	26	Uses of Tense
6	Article	27	Sequence of Tenses
7	Agreement of Verb with the Subject	28	Adjective
8	Active and Passive Voice	29	Adverb
9	Direct and Indirect Speech	30	Letter to the Editor
10	Types of Essays	31	Letter of Complaint
11	Narrative Essays	32	A Letter of Apology
12	Descriptive Essays	33	Letter of Persuasion
13	Argumentative Essays	34	Letter of Invitation
14	Types of Sentences	35	Letter of Condolence
15	Transformation of Sentences-1	36	Conditional Sentences
16	Transformation of Sentences-2	37	Prepositions
17	Letter Writing- Personal	38	Conjunctions
18		39	Summary Writing

19	Letters-- Formal or Official	40	Words Likely to be Confused
20	Comprehension Skills	41	Idioms
21	Notice and E-mail	42	Proverbs
	Essay Test; Oral and Aural Assessment;ELSA		Essay Test; Oral and Aural Assessment; ELSA

Financial Literacy  
Activity (ELSA)

You have opened a bank account with your pocket money and shared this information with your best friend. Write a letter to your friend who has asked about the details of account opening and its benefits.

### **SYLLABUS FOR UNIT TEST**

Will be notified by the subject teacher at the appropriate time

**ST. FRANCIS XAVIER SCHOOL  
 SYLLABUS FOR CLASS X  
 ACADEMIC SESSION 2024 - 25  
 SUBJECT : ENGLISH LITERATURE  
 PRESCRIBED TEXTBOOKS: JULIUS CAESAR AND TREASURE CHEST**

HALF-YEARLY		REHEARSAL	
CHAPTER NO./TITLE	TOPICS	CHAPTER NO./TITLE	TOPICS
<b>Treasure Chest</b>	1. With the Photographer 2. The Elevator 3. The Girl Who Can 4. Haunted Houses 5. The Glove and the Lions 6. When Great Trees fall	<b>Treasure Chest</b>	1. The Pedestrian 2. The Last Lesson 3. A Considerable Speck 4. The Power of Music
<b>Julius Caesar</b>	Act III and Act IV	<b>Julius Caesar</b>	Act V
PROJECT TOPIC: Closely referring to 'With the Photographer', bring out the truth of the statement: One should not be judged by one's looks. : Ist project :on or before 16.08.2024		PROJECT TOPIC : Referring closely to 'Julius Caesar' discuss the idea: Caesar is omnipresent despite his death quite early in the play Final :on or before 24.01.2025 Entire syllabus for class X to be included	

**SYLLABUS FOR UNIT TEST**

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**ST. FRANCIS XAVIER SCHOOL**  
**SYLLABUS FOR CLASS --X**  
**ACADEMIC SESSION 2024 - 25**  
**SUBJECT : HINDI**

**PRESCRIBED TEXT BOOK : साहित्य सागर गद्य- पद्य, एकांकी संचय**

HALF YEARLY		REHEARSAL	
CHAPTER NO./TITLE	TOPICS	CHAPTER NO./TITLE	TOPICS
7	संदेह जयशंकर प्रसाद		
8	भीड़ में खोया आदमी लीलाधर शर्मा		
9	भेड़ और भेड़िए - हरिशंकर परसाई		
10	दो कलाकार - मन्नू भंडारी		
7	विनय के पद - तुलसीदास		WHOLE SYLLABUS OF CLASSES IX AND
8	भिक्षुक - सूर्यकांत त्रिपाठी निराला		X
9	चलना हमारा काम है - शिवमंगल सिंह		
10	मातृ मंदिर की ओर- सुभद्रा कुमारी चौहान		
व्याकरण	अशुद्ध वाक्य को शुद्ध करना मुहावरों का वाक्य में प्रयोग पर्यायवाची शब्द, विलोम शब्द अनेक शब्दों के लिए एक शब्द भाववाचक संज्ञा बनाना पत्र लेखन		

PROJECT TOPICS: प्रेमचंद का साहित्यिक परिचय देते हुए आनंदी का चरित्र चित्रण करें L  
 ने अपने काव्य में कृष्णा जी के बाल सौंदर्य का वर्णन अपने शब्दों में लिखें I

PROJECT TOPICS : मन्नू भंडारी द्वारा रचित दो कलाकार कहानी में अरुणा और चित्रा का चरित्र चित्रण करें

FLN

RBI प्रति वर्ष एक निश्चित मात्रा में ही मुद्रा जारी की जाती है। इसके कारणों का पता लगाने के पश्चात अपने मित्र को विस्तृत जानकारी देते हुए एक पत्र लिखिए।

Project submission date; 1st on or before : 31.08.24

Project submission date; final on or before : 30.11.24

### **SYLLABUS FOR UNIT TEST**

Will be notified by the subject teacher at the appropriate time

**ST. FRANCIS XAVIER SCHOOL**  
**SYLLABUS FOR CLASS X**  
**ACADEMIC SESSION 2024 - 25**  
**SUBJECT : BENGALI**  
**PRESCRIBED TEXT BOOK : SONKOLITA**

HALF YEARLY		REHEARSAL	
CHAPTER NO./TITLE	TOPICS	CHAPTER NO./TITLE	TOPICS
PROSE		PROSE	
7	দেবতার জন্ম	9	গন্ধটা খুব সন্দেহজনক
8	নীল মানুষের কাহিনী	10	লোকাটি
POEM		POEM	
7	ফুল ফুটুক না ফুটুক	9	বাবু বলেন
8	অমলকান্তি	10	খোখো
GRAMMAR		GRAMMAR	
	রচনা,পত্র লিখন ,বিরাম চিহ্নের প্রয়োগ বোধপরীক্ষণ,সমার্থক শব্দ,একই শব্দের ভিন্ন অর্থে প্রয়োগ		রচনা,পত্র লিখন ,সমার্থক শব্দ,একই শব্দের ভিন্ন অর্থে প্রয়োগ বোধপরীক্ষণ,বাক্য পরিবর্তন ,বাচ্য পরিবর্তন,অনুকার অব্যয়
	এককথায় প্রকাশ ,বাগধারা , বানান শুদ্ধ।		এককথায় প্রকাশ ,বাগধারা , বানান শুদ্ধ,সাধু চলিত ।
PROJECT TOPIC :	ছাত্র জীবনের দায়িত্ব ও কর্তব্য	PROJECT TOPIC :	ক্যানভাসার
Project submission date : (on or before)	31.08.24	Project submission date : (on or before)	30.11.24.

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**ST. FRANCIS XAVIER SCHOOL**  
**SYLLABUS FOR CLASS X**  
**ACADEMIC SESSION 2024 - 25**  
**SUBJECT :HISTORY AND CIVICS**  
**PRESCRIBED TEXT BOOK : I.C.S.E.HISTORY AND CIVICS PART II**

HALF YEARLY		ANNUAL	
CHAPTER NO./TITLE	TOPICS	CHAPTER NO./TITLE	TOPICS
Civics		Civics	
1.The Union Legislature	Federal Set Up,Lok Sabha,Rajya Sabha,Powers	5. The State Judiciary	Composition,Qualification of judges,Tenure, all powers.
	Functions,relation between two houses, Amendment of Constitution.	6. Subordinate Courts	Civil Courts, Criminal Courts, lok Adalat.
2.The Union Executive	president : election, Term Of Office , Powers.qualification,		
	Electoral College, Indirect Election,Impeachment, Vice President Qualification,term,powers.	History	
		10 The Last Phase.	Cabinet Mission plan,Interim
3. Prime Minister, Council,Cabinet	Prime Minister,Council of Ministers ,Cabinet, A Coalition, Government,Collective Responsibility.		Government,Mountbatten Plan, Indian Independence Act.-provisions. All causes,All resultsProvisions
	The Supreme Court-	11. The First World War	
4.The Union judiciary.	Composition,functions,powers, Duties,Independence of judiciaryF.L.N.-budget	12The RISE Of Dictators	Treaty of Versailles. Rise of Fascism in Italy,Nazism in Germany ,causes,ideologies, Similarities.
History		13. The Second World War	causr,results.
1.The First War Of Independence	Causes- political,Social,Religious,Economic, Military causes,Results.	14. The United Nations	Purpose ,objectives,principles,
2.Factors promoting the Growth of Nationalism	Causes,Precursors of Congress,Foundation of Congress, Objectives of Congress,Social and Religious Reforms,		General Assembly, Security Council,Economic and Social
	Demands of the congress.		

3.First Phase of Indian National

The Early Nationalists,programme ,demands, achievements,attitude of Government towards

Council, International Court Of justice, Secretariat.

Movement  
4.Second phase Of the Movement

Indian National Congress.

15.Major Agencies of U.N.O.

UNICEF,WHO,ILO,UNESCO,

5 Second Phase of National Movement.

Rise of Assertives,partition of bengal, Methods and Programmes,Differences with Moderates,Contributions of Lal-BAL-Pal,

16. The Non Aligned

Formation,Functions.

Swadeshi Movement,Surat Split. Causes,Programme, Impact.

Movement.

Meaning,Factors responsible for foundation of NAM ,chief architects,role of Nehru,objectives of NAM,role of NAM in world

6.Formation of Muslim League

Factors responsible for foundation,Aims, impact On The Nationa Movement.

affairs,relevance of the NON-ALIGNED MOVEMENT.

7.The National Movement Durng First world War

Lucknow pact ,provisions,significance,impact, Home Rule movement , Home Rule League,formation,function, August Declaration.

8. Mahatma Gandhi and National Movement

Life sketch,causes of Non Cooperation movement, Programme, impact, Simon Commission, Purna swaraj, Civil Disobedience movement,causes,programme, results, Cripps mission,Attack ofJapan,quit India Movement.

9.The National Movement 1935-42

PROJECT TOPICS:The UNITED NATIONS -Subtopics mentioned in the chapter.

PROJECT TOPICS : The UNITED NATIONS.

Project submission date :on or before 16.08.23

Project submission date :on or before 15.01.23

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**ST. FRANCIS XAVIER SCHOOL  
SYLLABUS FOR CLASS X  
ACADEMIC SESSION 2024 - 25  
SUBJECT : GEOGRAPHY**

**PRESCRIBED TEXT BOOK : A TEXTBOOK OF ICSE GEOGRAPHY PART II BY VEENA BHARGAVA**

CHAPTER NO./TITLE	TOPICS	CHAPTER NO./TITLE	TOPICS
1. Interpretation of Topographical maps G43S7 G43S10	Locating features with the help of a four or six figure Gridreference Definition of Contours, Contour Interval. Identification of landforms marked by Contours  Interpretation of colour tints and conventional symbols Definition and Types of Scales Measuring Direct and Indirect distance Marking directions and calculating area  Drainage and Settlement pattern Manmade and Natural features	10. Agriculture I  Types of Farming  11.Agriculture II -Food crops 12. Agriculture III-Cash crops  13.Manufacturing Industries I Agrobased Industry 14. Mineral based	Importance, Problems and Reforms.  Subsistence, Commercial,Shifting,Intensive Agriculture,Extensive Agriculture  Mixed Farming, Plantation Farming.  Rice, Wheat, Millet, Pulses,Maize. Groundnut, Mustard, Soyabean. Sugarcane, Cotton , Jute, Tea, Coffee.  Sugar, Cotton, Silk Textile. Introduction,Classification of Industries.Iron and Steel : TISCO,Bhilai, Rourkela, Vishakhapatnam  Petrochemical and Electronics.
2. Map of India  Mountains,Peaks, Plateaus:  Plains  Desert : Rivers:	Himalayas Karakorm, Aravali,Vindhya, Satpura,Western and Eastern Ghats,Nilgiri, Garo, Khasi, Jaintia Mt Godwin Austin (K2),Mt Kanchenjunga  Deccan Plateau, Chota Nagpur Plateau  Gangetic Plains, Coastal Plains-Konkan Kanara,Malabar,Coromandel, N. Circar Thar Indus,Ravi, Beas, Sutlej, Chenab, Jhelum, Ganga Yamuna, Ghaghra, Gomti, Gandak, Kosi, Chambal, Betwa,Son , Damodar,	Industries  15. Transport  Importance and Modes  16. Waste Management	Importance, Roadways, Railways, Airways and Waterways Advantages and Disadvantages Impact of Waste Accumulation Spoilage of Landscape  Pollution Waste and Health Hazard.

Water bodies: Brahmaputra, Narmada, Tapi, Mahanadi, Godavari, Krishna, Cauveri, Tungabhadra Gulf of Kutch, Gulf of Kambhat, Gulf of Mannar, Palk Strait, Andaman sea, Chilka lake Lake Wular

Passes: Karakoram, Nathu la

Latitude : Tropic of Cancer

Longitude Standard Meridian

Direction of Winds SW Monsoons (Arabian sea branch and Bay of Bengal branch) NE Monsoons, Western disturbances

Distribution of Minerals Oil : Mumbai High, Digboi Iron : Singbhum, Coal: Jharia

Soil Distribution: Alluvial, Laterite, Black, Red soil

Cities Delhi, Mumbai, Kolkata, Chennai, Hyderabad Bengaluru, Kochi, Chandigarh, Srinagar Vishakhapatnam, Allahbad

Population Distribution : Dense and Sparse

4. Climate Factors Influencing, Variation, Seasons Distribution of Rainfall

5. Soils In India Formation Classification and Characteristics Distribution, Soil Erosion Soil Conservation

6. Natural Vegetation Importance of Forests, Types and Distribution Correlation with Environment Forest Conservation

7. Water Resources Sources: Surface and ground water Need For Conservation Rain water Harvesting and its Importance Irrigation : Methods and Importance

8. Mineral and Energy Resources I Iron Ore, Manganese, Copper, Bauxite Uses and Distribution

9. Mineral & Energy Resources II Coal, Petroleum, Natural Gas: Distribution Advantages and Disadvantages

Hydel Power: Bhakra Nangal and Hirakud

## 17. Waste Management

Map of India

Entire Syllabus Is Included In Rehearsal Examination.

Effect on Terrestrial and Aquatic life.  
 Need for Waste Management  
 Methods of Safe Disposal of Waste  
 Needs and Methods of Reducing, Reusing and Recycling Waste.  
 Entire Syllabus

Non Conventional

Solar, Wind, Tidal, Geo thermal, Nuclear, Biogas

sources :

Generation And Advantages

PROJECT TOPICS: Tourist Spot In India OR Transport In India OR Natural

Vegetation Of India

To submit on or before 20.08.24

PROJECT TOPICS: Tourist Spot In India OR Transport In India

Final : on or before 18.11.24

**SYLLABUS FOR UNIT TEST**

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**ST. FRANCIS XAVIER SCHOOL**  
**SYLLABUS FOR CLASS - X**  
**ACADEMIC SESSION 2024 - 25**  
**SUBJECT : MATHEMATICS**

**PRESCRIBED TEXT BOOK : UNDERSTANDING ICSE MATHEMATICS**

<b>HALF YEARLY</b>		<b>REHEARSAL</b>	
<b>Chapter No/Title</b>	<b>Topic</b>	<b>Chapter No/Title</b>	<b>Topic</b>
1. Goods and Service Tax	Problems on G.S.T (FLN)	17. Mensuration	Cylinder ,Cone and Sphere
2. Banking	Problems based on Recurring Deposit	16. Construction	Tangent to a circle
4. Linear Inequation	Solving & representing on Number line		Circumscribed and Inscribed Circle
5. Quadratic Equation	Shreedhar Acharya formula, Roots and nature of roots, problem sums	14. Locus	Construction Principle
		15. Circle	Angle Property
6. Factorization	Remainder Theorem, Factor Theorem		Cyclic Property
10. Reflection	Graphical Method, Invariant Point, Combination of Reflection		Tangent and Secant Property
		3. Share and Dividend	Formula of Dividend
18. Trigonometric Identities	Identities (Proof)		Problems on Share and Dividend
	Angle & Area Principle, Size transformation	12. Equation of Straight Line	Different Forms of Equations formation
13. Similarity	Section Formula, Collinearity of three points		Conditions of parallelism and perpendicularity
11. Section Formula			
8. Matrices	Order of Matrix and Operation on Matrix, Multiplication Rules of two		
	Definition of Probability and Related Problems		
22. Probability			
21. Measures of Central Tendency	Calculating Mean by different Methods, Median of group data with graph (Ogive), Mode of group data with graph (Histogram)		
7. Ratio and Proportion	Basic Introduction, K - method,		

20. Heights & Distance      Problems based on Properties of Proportion  
Angle of Elevation & Depression,  
Problems based on Height & Distance

9. Arithmetic and Geometric Progressions      Finding General term, Finding the sum of first n terms

PROJECT TOPIC :

1. Comparing Newspaper coverage by 3 daily News papers in 3 languages for 2 different days.
2. Home Budget

PROJECT TOPIC :

3. Survey of various types of Bank accounts, rates of interest offered.

Project submission date : 15.07.24  
(on or before)

Project submission date : 11.11.24  
(on or before)

**SYLLABUS FOR UNIT TEST**

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**ST. FRANCIS XAVIER SCHOOL**  
**SYLLABUS FOR CLASS X**  
**ACADEMIC SESSION 2024 - 25**  
**SUBJECT : COMMERCIAL STUDIES**  
**PRESCRIBED TEXT BOOK : ICSE COMMERCIAL STUDIES**

HALF YEARLY		REHEARSAL	
CHAPTER NO./TITLE	TOPICS	CHAPTER NO./TITLE	TOPICS
1. Stakeholders In Commercial Organisation	Meaning of stakeholders,Distinction between- Stakeholders and shareholders,Stakeholders and Customers.Internal and External Shareholders.	9. Budgeting	Meaning of budget,Comparison between budgeting and and forecasting,Types of budget,Utility of budgets,limitations
2 .Marketing and Sales	Meaning ,Objectives and Importance of of marketing, Meaning and Differences between Product and Services	10.Sources of Finance  <b>Financial Litercay:Stock exchange and Economy</b>	Meaning of capital market,Functions of capital market,Prefence Share,Debentures, Bonds,Retained Earning,Trade Credit,Inter Corporate deposits <b>Shares,Meaning role,SEBI,grievance redressal</b>
3. Advertising and Sales Promotion	Meaning,Objectives,Importance of Advertising. Meaning of sales promotion,Role and technique of sales Promotion.	11 Recruitment,Selection and Training	Meaning,Sources,Methods of recruitment ,Distinction between recruitment and selection,Steps involved in selection.Types and methods of training

4 .Consumer protection	Need for consumer protection,Meaning Types of consumer exploitation,Remedies available for redressal of grievances of consumer	12.Industrial Relations,trade Unions And Social Security	Meaning of Industrial relation,objectives,Methods to improve industrial relation,Trade Unions- functions,Problems,Measures for strenthening, Concept of Social security.
		<b>Financial Literacy:Financial Inclusion Schemes</b>	<b>Empolyees provident fund Organisation,Retirement Plan,Atal Pension Yojna</b>
5. E-Commerce	Meaning ,benefits of E-Commerce,E-tailing,E-Advertising,E-Security,Enterpise Resource planning and its module.	13. Logistics and Insurance	Meaning of logistics,Need and modes of Transportation ,Warehousing types,documents used in warehousing,Importance and Principles of Insurance.
<b>Financial Literacy:Electronic Commerce</b>	<b>Meaning ,Uses,Safety ,Precautions,Use of ATM,Debit card,Major financial regulatory bodies in India</b>	<b>Financial Literacy: Insurance</b>	<b>Meaning,difference between Insurance and banking</b>
6 .Capital And Revenue Expenditure	Meaning of Capital and Revenue Expenditure,Distnction between Capital and Revenue expenditure and reciept,Deferred revenue expenditure	14 .Banking	Meaning of baning, Types,Functions of Central bank,NEFT,RTGS,IMPS,E- Wallets,Credit and Debit Cards,financial fraudulent.
7. Final Accounts of Sole Proprietorship	Classification of Asset and liability,Format of Trading Profit and Loss Account,Balance Sheet	15.Striving For a Better Environment	Community participation and public awareness,Use of Eco friendly technology,The Environment protection act,Function of Central pollution Control Board

8.Fundamental Concepts of Cost      Concept of cost,Elements,Classifiactionand types of Cost.

PROJECT TOPIC :      1.Balance Sheet and its features  
2.Banking and types of account

Project submission date : (on or before)      20.08.24

PROJECT TOPIC :      Recruitment and Selection

Project submission date : (on or before)      12.12.24

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**ST. FRANCIS XAVIER SCHOOL**  
**SYLLABUS FOR CLASS X**  
**ACADEMIC SESSION 2024 - 25**  
**SUBJECT:ECONOMIC APPLICATIONS**  
**PRESCRIBED TEXT BOOK : ELEMENTARY ECONOMIC APPLICATIONS (ABS PUBLICATIONS)**

HALF YEARLY		REHEARSAL	
CHAPTER NO./TITLE	TOPICS	CHAPTER NO./TITLE	TOPICS
1. Elementary Theory Of Demand	Law of demand,Types,Demand Schedules , Individual demand curve to be distinguished from market demand curve, Determinants of demand, Exceptions,	5.Nature and Structure of Markets	Meaning and types of markets in detail,Features of different types of market.
3.Theory of Supply	Law of supply,Individual supply curves to be distinguished from market supply curve, Determinants of Supply,Exceptions,	6.The State Economic Development <b>Financial Literacy: GST</b>	Role of State,fiscal and monetary policy,Problems,types of taxes. <b>Goods and Service Tax,Meanings,Rates,Benefits of GST</b>
2.Elasticity of Demand and Supply	Meanings ,Types,Percentage method,Factors affecting Demand and Supply.	9.Money and Banking	Definition of money,Functions of money, Functions of RBI-quantitative and qualitative methods for credit control.
4 .Factors of Production	Land,Labour,Capital,Entrepreneur: (meaning,characteristics,functions,importance)DOL,Capital Formation,	10. Inflation <b>Financial literacy:Economic Depression</b>	Types of inflation, Causes of inflation.

7. Meaning and Functions of Money      Meaning , Secondary and Primary functions.

8. Commercial Banks      Meaning,functions of Commercial Bank,Credit creation,

PROJECT TOPIC :      Prepare a project to understand the concept of :Law of Demand b.Law of supply

Project submission date : (on or before)      25.08.24

PROJECT TOPIC :

FMCG,Survey of the employees working on physical and mental labour,

Project submission date : (on or before)

30.11.24

### **SYLLABUS FOR UNIT TEST**

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**ST. FRANCIS XAVIER SCHOOL  
SYLLABUS FOR CLASS X  
ACADEMIC SESSION 2024 - 25  
COMPUTER APPLICATIONS**

**PRESCRIBED TEXT BOOK : Understanding ICSE COMPUTER APPLICATIONS with BlueJ**

HALF YEARLY		REHEARSAL	
CHAPTER NO./TITLE	TOPICS	CHAPTER NO./TITLE	TOPICS
5. User - Defined Methods	Syntax of Method, Defining a Method, Invoking a Method, Pass by value, call by reference, Pure and Impure function, Function Overloading.	6. Class as the Basis of all Computation (Objects and Classes)	Objects and Classes, Software object and class, User defined and Primitive data types, Access specifiers, Instance variable, Class variable and Local variable, Static data member, This keyword.
2. Library Classes	Java Packages, Wrapper Class, Methods of Wrapper Classes, Autoboxing, Unboxing	4. String Handling	Idea of String, String functions
3. Arrays (Single Dimensional and Double Dimensional)	Need of Array, declaring an array, Single and Double dimensional array, linear searching, Binary searching, Bubble sorting, Selection sorting, Insertion, Deletion,	8. Encapsulation and Inheritance	Data hiding, scope of variables, Inheritance, Visibility mode of Inheritance, Base class, Types of Inheritance.
7. Constructors	Need of Constructor, Invoking a Constructor, Features of Constructor, Types of Constructor, Constructor Overloading.	Entire Syllabus is included along with project of total 20 programs.	
PROJECT TOPICS : 10 Programs from if-else, switch-case, Method overloading, string functions, constructors. [Each program should contain VDT and Sample input and output.]		PROJECT TOPICS : 10 Programs from Methods, Arrays, encapsulation and Inheritance, String. [Each program should contain VDT and Sample input and output.]	
Project submission date : on or before : 14.08.2024		Project submission date : on or before : 29.11.2024	

**SYLLABUS FOR UNIT TEST**

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**ST. FRANCIS XAVIER SCHOOL  
SYLLABUS FOR CLASS X  
ACADEMIC SESSION 2024 - 25  
PHYSICAL EDUCATION**

HALF YEARLY		ANNUAL	
TOPICS & COMMANDS	BENEFITS & VALUES	TOPICS & COMMANDS	BENEFITS & VALUES
*General Warm-up	Improving body fitness	Dynamic stretching exercises	Improving body flexibility and strength
March Past Commands	Synchronised movements and discipline during assembly	March Past Drill Practice	Practice for sports event, synchronised movement
Upper body and lower body exercises	Body flexibility, developing physical and mental ability.	Fitness Training-jogging, shuttle	Developing body fitness
Recreational Games	Developing physical and mental ability and stamina.	*Outdoor Games Basketball,	Development of team spirit

**ST. FRANCIS XAVIER SCHOOL  
SYLLABUS FOR CLASS X  
ACADEMIC SESSION 2024 - 25  
SUPW**

HALF YEARLY		REHEARSAL	
TOPIC		TOPIC	
<b>MAIN CRAFT-</b>	Crop and Seed production / Bakery.	<b>MAIN CRAFT-</b>	Making Toys and Puppets/ Book Binding/ Photography.
<b>SUBSIDIARY CRAFT / SERVICES -</b>	Surface Decoration / Interior Decoration.	<b>SUBSIDIARY CRAFT / SERVICES -</b>	Dyeing and Painting / Plaster of Paris work

\* The marked activities will be continued throughout the SUBMISSION DATE- 30.01.25