

Kamla Nagar, Kanpur

Lesson Plan Session 2025 - 2026 Class: XII

Subject : Sociology

Book : 1. Indian society

2. Social change and development in India

Subject Coordinator

Name: Rahul Verma

Head of Department

Name: Ms. Heena Chattani

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Yearly Syllabus/Planning overview

Session: 2025 - 2026
Subject: Sociology Class: XII No. of periods:

Month	Assessed in	Lesson/s to be covered	Period Count
		Book A: Introducing Indian Society	
April	Test 1	The Demographic Structure of Indian Society	19
May	Test 1	 Social Institutions: Continuity and Change Patterns of Social Inequality and Exclusion 	17
June		Summers Break	
July	Test 2	The Challenges of Cultural Diversity	25
		Book B: Social Change and Development in India	
August	Half Yearly Exam	Structural ChangeCultural Change	23
September	Half Yearly Exam	Change and Development in Rural Society	23
October	Pre-Board 1	Change and Development in Industrial SocietySocial Movements	20
November	Pre-Board 1: Entire syllabus	Revision	10
December	Pre-Board 2: Entire syllabus	Revision	11
January	Boards	Revision	22
February	Boards	-	12

Subject coordinator: Rahul Verma HOD: Ms. Heena Chattani



Kamla Nagar, Kanpur

Monthly Syllabus/Planning overview Session: 2025 - 2026

Subject: Sociology Class: 12th

Book: Introducing Indian Society No. of periods: 219

Date/Week		Y / - / - 1 1	Period	
Month	From	То	Lesson/s to be covered in classroom	Count
April	16 th April	19 th April	Introducing Indian Society	04
	21st April	26 th April	The Demographic Structure of Indian Society: Overview and introduction	06
	28 th April	30 th April	The Demographic Structure of Indian Society: Theories and concepts in Demography, common concepts	03
May	1 st May	3 rd May	Social institutions: colonialism and caste	03
	5 th May	^{10th} May	• Social institutions: Tribal communities, Family and kinship	06
	12 th May	17 th May	Social Institutions: Family and kinship	05
	19 th May	24 th May	 Patterns of Social Inequality and Exclusion: introduction: Inequalities and exclusion, caste and tribe 	06
	26 th May	28 May	Patterns of Social Inequality and Exclusion: introduction: Caste and tribe, struggle of women and disabled.	03
June	1 st June	26 th June	SUMMER VACATION	-
June	27 th June	30 th June	Revision	04
July	01st July	05 th July	The Challenges of Cultural Diversity: Introduction/overview, cultural communities, nation state	05
	7 th July	12 th July	The Challenges of Cultural Diversity: regionalism, identities,	05
	14 th July	19 th July	The Challenges of Cultural Diversity: communalism, secularism, civil society.	06
	21st July	26 th July	Remaining exercises, Q&A, doubts etc. related to book A	06

	28 th Jul	2 nd Aug	Book B: Social Change and Development in India - Book Overview Structural Change: Introduction, Understanding colonialism	06
August	4th Aug	9 th Aug	Structural Change: Introduction, Understanding colonialism	05
	11 th Aug	16 th Aug	 Structural Change: Colonialism, Urbanization, and Industrialization 	05
	18 th Aug	23 th Aug	 Cultural Change: Introduction, Social reforms, kinds of social change 	06
	25 th Aug	30st Aug	Cultural Change: Modernization and Secularization	06
Septem ber	1st Sept	6 th Sept	 Change and Development in Rural Society: Introduction, Agrarian structure, Land reforms and green reforms, 	05
	8 th Sept	13 th Sept	 Change and Development in Rural Transformation in rural society, Labor, Globalization & Liberalization, Transformations in Rural Society after Independence 	05
	15 th Sept	20th Sept	Half Yearly Examinations	-
	22 nd Sept	27 th Sept	Half Yearly Examinations	-
October	29th Sept	4 th Oct	 Change and Development in Rural: Circulation of labour, globalization, Liberalization and Rural Society 	02
	06 th Oct	11 th Oct	 Change and Development in Industrial Society: From Planned Industrialization to Liberalization, how people find Jobs 	03
	13 th Oct	18 th Oct	 Change and Development in Industrial Society: Work Processes: How work is carried out, working conditions, home based work, Strikes and Unions 	06
	20 th Oct	25 th Oct	 Social Movements: Features of a Social Movement, Sociology and Social Movements, Types of Social Movements 	03
	27 th Oct	1st Nov	Social Movements: Features of a Social Movement, Sociology and Social Movements, Types of Social Movements	06 -
Novemb er	3 rd Nov	8th Nov	Syllabus Revision and Answer writing through PYQs/practice questions	-

			Pre Board – 1	
	10 th Nov	15 th Nov		-
	17 th Nov	22 nd Nov	Pre Board – 1	-
	25 th Nov	29th Nov	Syllabus Revision and Answer writing through PYQs/practice questions	06
Decemb er	1st Dec	6th Dec	Syllabus Revision and Answer writing through PYQs/practice questions	06
	8 th Nov	13 th Nov	Syllabus Revision and Answer writing through PYQs/practice questions	06
	15 th Dec	27th Dec	Pre - Board - 2	-
Januar y (2026)	1 st Jan	7 th Jan	Winter Vacation	-
			Doubts and discussions around Pre-board 2 exams.	
	8 th Jan	10 th Jan	Syllabus Revision and Answer writing through PYQs/practice questions	-
	12 th Jan	17 th Jan	Syllabus Revision and Answer writing through PYQs/practice questions	-
	19 th Jan	24 th Jan	Syllabus Revision and Answer writing through PYQs/practice questions	-
	27 th Jan	31st Jan	Syllabus Revision and Answer writing through PYQs/practice questions	
Februar y	2 nd Feb	7 th Feb	Syllabus Revision and Answer writing through PYQs/practice questions	
	9 th Feb	14 th Feb	Syllabus Revision and Answer writing through PYQs/practice questions	

Subject coordinator	:
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Weekly planning overview Session: 2025 - 2026

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)		
	WEEK 1: 16-04-25 to 19-04-25	Perio	od Count: 04		
PD1	Introduction to Indian Society				
PD2	HOLIDAY				
PD3	The Demographic Structure of Indian Society: Overview and introduction				
PD4	The Demographic Structure of Indian Society: Theories and concepts in Demography, Malthusian theory of population growth, theory of demographic transition				
	WEEK 2: 21.04.25 to 26.04.25	Perio	od Count: 04		
PD1	Common concepts and indicators: growth rate, death rate, fertility rate, replacement level, crude rate infant mortality rate etc.				
PD2	Sex ratio, age structure of the population, dependency ratio				
PD3	Size and growth of India's population, population of India in 20 th century				
PD4	HOLIDAY				
PD5	Birth and death rate in India, global influenza pandemic 1918-19				
PD6	HOLIDAY				



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Weekly planning overview

Session: 2025 - 2026

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
	WEEK 3: 28-04-25 to 30-04-25	Period (Count: 06
PD1	Age structure of the Indian population, age composition 1961-2026,		
PD2	Comparison of different states of India		
PD3	The declining sex-ratio in India, study from 1901-2011		
PD4	graphs and charts related to population		
PD5	Literacy rate in India, rural-urban differences		
PD6	Population policy in India		
,	WEEK 4: 01-05-25 to 3-05-25	Period (Count: 05
PD1	India's demographic transition		
PD2	Important goals of National Health policy 2017		
PD3	Workbook discussion		
PD4	Chapter:3 Social Institutions: continuity and change, Caste and the caste system		
PD5	Caste in the past		
PD6	SECOND SATURDAY		

Weekly planning overview

Session: 2025 - 2026

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
,	WEEK 5: 5-05-25 to 10-05-25	Period C	ount: 04
PD1	BUDDHA PURNIMA HOLIDAY		
PD2	Colonialism & Caste, Caste in the present		
PD3	Caste and reforms in caste		
PD4	Tribal communities		
PD5	Caste and tribe, Classification of tribal societies		
·	WEEK 6: 12-05-25 to 17-05-25	Period (Count: 05
PD1	Caste and tribe, Classification of tribal societies		
PD2	Budh Purnima Holiday		
PD3	permanent and acquired traits,		
PD4	tribe the career of a concept		
PD5	QUIZ		
PD6	Revision		
	WEEK 7: 19-05-25 to 24-05-25	Period (Count: 06
PD1	National development versus tribal development, tribal identity today		
PD2	Family and kinship		
PD3	Nuclear and extended family, the diverse form of family		

PD4	Workbook discussion	
PD5	Patterns of Social Inequality and Exclusion: Introduction,	
PD6	Social inequality,	

Subject coordinator

Supervisor

Principal/V. Principal



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Weekly planning overview

Session: 2025 - 2026

Subject	: Sociology	Class: _XII_	No. of periods	:06_
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Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
	WEEK 8: 26-05-25 to 28-05-25	Period (Count: 03
PD1	Social exclusion,		
PD2	Periodic Test – 1 discussion		
PD3	Project work discussion		
	WEEK 9: 01.06.25 to 07.06.25	Period C	ount: 00
PD1	SUMMER VACATION	-	-
PD2	SUMMER VACATION	-	-
PD3	SUMMER VACATION	-	-
PD4	SUMMER VACATION	-	-
PD5	SUMMER VACATION	-	-
PD6	SUMMER VACATION	-	-

Subject coordinator

Supervisor

Principal/V. Principal



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Weekly planning overview

Session: 2025 - 2026

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK 10: 09-06-25 to 14-06-25		Period Count: 00	
PD1	SUMMER VACATION	-	-
PD2	SUMMER VACATION	-	-
PD3	SUMMER VACATION	-	-
PD4	SUMMER VACATION	-	-
PD5	SUMMER VACATION	-	-
PD6	SUMMER VACATION	-	-
	WEEK 11: 16.06.25 to 21.06.25	Period Count: 00	
PD1	SUMMER VACATION	-	-
PD2	SUMMER VACATION	-	-
PD3	SUMMER VACATION	-	-
PD4	SUMMER VACATION	-	-
PD5	SUMMER VACATION	-	-
PD6	SUMMER VACATION	-	-

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Weekly planning overview Session: 2025 - 2026

	WEEK 12: 23-06-25 to 28-06-25	Period C	ount: 00
PD1	SUMMER VACATION	-	-
PD2	SUMMER VACATION	-	-
PD3	SUMMER VACATION	-	-
PD4	SUMMER VACATION	-	-
PD5	SUMMER VACATION	-	-
PD6	SUMMER VACATION	-	-

	WEEK 13: 27-06.25 to 30.07.25	Period Count: 06
PD1	Chapter: 4 The Challenges of Cultural Diversity: Introduction/overview	
PD2	The importance of community identity	
PD3	Communities, nations and nations-states	
PD4	Cultural diversity and India as a Nation-state	
PD5	Regionalism in the Indian context	
PD6	Minority rights and nation buildings	



Sir Padampat Singhania Education Centre Kamla Nagar, Kanpur

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No. of periods: 16 Class: XII Subject : Sociology

	WEEK 13: 01-07-25 to 05-07-25	Period Count: 05
PD1	Minority rights and nation buildings (conti)	
PD2	Communalism. Secularism and the nation-state	
PD3	State and civil society	
PD4	Workbook discussion	
PD5	Doubts and discussion related to Book A	
PD6	SECOND SATURDAY	
	WEEK 14: 07-07-25 to 12-07-25	Period Count: 05
PD1	BOOK – A Revision	
PD2	BOOK – A Revision	
PD3	BOOK – A Revision	
PD4	BOOK – A Revision	
PD5	BOOK – A Revision	
	WEEK 15: 14.07.25 to 19.07.25	Period Count: 06
PD1	Book B: Social Change and Development in India Chapter: 1 Structural Change: Introduction	
PD2	Understanding colonialism,	
PD3	Urbanization and industrialization, the colonial experiences	
PD4	The tea plantation, industrialization in independent India	

PD5	Urbanization in independent India	
PD6	Doubts and discussion	

Subject coordinator

Supervisor

Principal/V. Principal



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Weekly planning overview

Session: 2025 - 2026

bject	: So	ciology Class : XII	No.	of periods: 12
Per		Topic/s to be covered in classroom	Homework	Status (Yes/No (Reason if No)
	WEEK	16: 21-07-25 to 26-07-25	Period C	ount: 06
PD1		Workbook discussion		
PD2	Chapter: 2 Cultural Change: introduction			
PD3	Social reforms movements in the 19th and early 20th century			
PD4		Sanskritization, westernization		
PD5		, modernization and secularization		
PD6		Chapter in continuation		
	WEEI	K 17: 28.07.25 to 02.08.25	Period Co	ount: 06
PD1		Workbook discussion		
PD2	Cha	ange and development in rural society : Introduction		
PD3	Agraria	an structure: caste and class in rural India		
PD4	Imp	pact of land reforms: the colonial period, independent India		
PD5	Gree	n revolution and its social consequences		
PD6		Green revolution (conti)		



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Weekly planning overview

Session: 2025 - 2026

Subject	t : Sociology Class : XII No. of per		
	WEEK 18: 04-08-25 to 09-08-25	Period Count: 05	
PD1	Transformation in rural society after independence		
PD2	Circulation of labour		
PD3	Globalization, liberalization		
PD4	Rural society		
PD5	Doubts clearing session		
PD6	HOLIDAY		
	WEEK 19: 11.08.25 to 16.08.25	Period Count: 04	
PD1	Workbook discussion		
PD2	Chapter: 5 Social Movements: Introduction		
PD3	Features of social movements		
PD4	INDEPENDENCE DAY		
PD5	Janmashtami holiday		
PD6	Sociology and social movements, study of social movements,		



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	WEEK 20: 18-08-25 to 23-08-25	Period Count: 06
PD1	Theories of social movements	
PD2	Types of social movements	
PD3	Old and New social movements	
PD4	Old and New social movements (conti)	
PD5	Ecological movements	
PD6	Class based movements	
	WEEK 21: 25.08.25 to 30.08.25	Period Count: 06
PD1	WEEK 21: 25.08.25 to 30.08.25 Peasant movements	Period Count: 06
PD1		Period Count: 06
	Peasant movements	Period Count: 06
PD2	Peasant movements Workers movements	Period Count: 06
PD2 PD3	Peasant movements Workers movements Cased based movements: Dalit movements Backward class castes movements, upper caste	Period Count: 06
PD2 PD3 PD4	Peasant movements Workers movements Cased based movements: Dalit movements Backward class castes movements, upper caste response	Period Count: 06

Weekly planning overview Session: 2025 - 2026

Class: XII No. of periods: 11 Subject : Sociology

	WEEK 22: 01-09-25 to 06-09-25	Period Count: 05
PD1	Chapter in continuation	
PD2	Doubt clearing session	
PD3	Workbook discussion	
PD4	Question & Answers writing	
PD5	BARAWAFAT HOLIDAY	
PD6	Question & Answers writing	
	WEEK 23: 08.09.25 to 13.09.25	Period Count: 06
PD1	WEEK 23: 08.09.25 to 13.09.25 Revision for Half Yearly	Period Count: 06
PD1		Period Count: 06
	Revision for Half Yearly	Period Count: 06
PD2	Revision for Half Yearly Revision for Half Yearly	Period Count: 06
PD2 PD3	Revision for Half Yearly Revision for Half Yearly Revision for Half Yearly	Period Count: 06



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Weekly planning overview Session: 2025 - 2026

EEK 24: 15-0	09-25 to 20-09-25	Period Count: 00
PD1	Half Yearly Examination	
PD2	Half Yearly Examination	
PD3	Half Yearly Examination	
PD4	Half Yearly Examination	
PD5	Half Yearly Examination	
PD6	Half Yearly Examination	
WE	EEK 25: 22.09.25 to 27.09.25	Period Count: 00
PD1	Half Yearly Examination	
PD2	Half Yearly Examination	
PD3	Half Yearly Examination	
PD4	Half Yearly Examination	
PD5	Half Yearly Examination	
	Half Yearly Examination	



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Weekly planning overview Session: 2025 - 2026

Class: XII No. of periods: 08 Subject : Sociology

1	WEEK 26: 29-09-25 to 04-10-25	Period Count: 03
PD1	Doubts clearing session	
PD2	ASHTAMI HOLIDAY	
PD3	NAVMI HOLIDAY	
PD4	DUSSEHRA HOLIDAY	
PD5	Doubts clearing session	
PD6	Doubts clearing session	
	WEEK 27: 06.10.25 to 11.10.25	Period Count: 05
PD1	Revision	
PD2	Revision	
	Revision	
PD3		
PD3 PD4	Revision	
	Revision Revision	



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Weekly planning overview Session: 2025 - 2026

	WEEK 28: 13-10-25 to 18-10-25	Period Count: 06
PD1	Revision	
PD2	Revision	
PD3	Revision	
PD4	Revision	
PD5	Revision	
PD6	Revision	
	WEEK 29: 20.10.25 to 25.10.25	Period Count: 02
PD1	DEEPAWALI HOLIDAY	
PD2	DEEPAWALI HOLIDAY	
PD3	DEEPAWALI HOLIDAY	
PD4	DEEPAWALI HOLIDAY	
PD4	DEEPAWALI HOLIDAY Revision	

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Weekly planning overview Session: 2025 - 2026

•	WEEK 30: 27-10-25 to 01-11-25	Period Count: 06
PD1	REVISION	
PD2	REVISION	
PD3	REVISION	
PD4	REVISION	
PD5	REVISION	
PD6	REVISION	
	WEEK 31: 03.11.25 to 08.11.25	Period Count: 05
PD1	WEEK 31: 03.11.25 to 08.11.25 REVISION	Period Count: 05
		Period Count: 05
PD1	REVISION	Period Count: 05
PD1 PD2	REVISION	Period Count: 05
PD1 PD2 PD3	REVISION REVISION GURUNANAK JAYANTI	Period Count: 05

Weekly planning overview

Session: 2025 - 2026
: Sociology Class : XII No. of periods: 00

	WEEK 32: 10-11-25 to 15-11-25	Period Count: 00	
PD1	PREBOARD I		
PD2	PREBOARD I		
PD3	PREBOARD I		
PD4	PREBOARD I		
PD5	PREBOARD I		
PD6	PREBOARD I		
	WEEK 33: 17.11.25 to 22.11.25	Period Count: 00	
PD1	PREBOARD I		
PD2	PREBOARD I		
PD3	PREBOARD I		
PD4	PREBOARD I		
PD5	PREBOARD I		
PD6	PREBOARD I		

Subject



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Weekly planning overview Session: 2025 - 2026

Class: XII No. of periods: 05 Subject : Sociology

	WEEK 34: 24-11-25 to 29-11-25	Period Count: 05
PD1	GURU TEGH BAHADUR SHAHEEDI DIWAS	
PD2	Revision (chapter wise previous year questions)	
PD3	Revision (chapter wise previous year questions)	
PD4	Revision (chapter wise previous year questions)	
PD5	Revision (chapter wise previous year questions)	
PD6	Revision (chapter wise previous year questions)	
	WEEK 35: 01.12.25 to 06.12.25	Period Count: 06
PD1	Revision (chapter wise previous year questions)	
PD2	Revision (chapter wise previous year questions)	
PD3	Revision (chapter wise previous year questions)	
PD4	Revision (chapter wise previous year questions)	
PD5	Revision (chapter wise previous year questions)	
PD6	Revision (chapter wise previous year questions)	



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WEEK 36: 08-12-25 to 13-12-25		Period Count: 05	
PD1	Revision (chapter wise previous year questions)		
PD2	Revision (chapter wise previous year questions)		
PD3	Revision (chapter wise previous year questions)		
PD4	Revision (chapter wise previous year questions)		
PD5	Revision (chapter wise previous year questions)		
PD6	SECOND SATURDAY		
	WEEK 37: 15.12.25 to 20.12.25	Period Count: 06	
PD1	WEEK 37: 15.12.25 to 20.12.25 SECOND PRE BOARD EXAM	Period Count: 06	
		Period Count: 06	
PD1 PD2 PD3	SECOND PRE BOARD EXAM	Period Count: 06	
PD2	SECOND PRE BOARD EXAM SECOND PRE BOARD EXAM	Period Count: 06	
PD2	SECOND PRE BOARD EXAM SECOND PRE BOARD EXAM SECOND PRE BOARD EXAM	Period Count: 06	



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WEEK 38: 22-12-25 to 27-12-25		Period Count: 06	
PD1	SECOND PRE BOARD EXAM		
PD2	SECOND PRE BOARD EXAM		
PD3	SECOND PRE BOARD EXAM		
PD4	SECOND PRE BOARD EXAM		
PD5	SECOND PRE BOARD EXAM		
PD6	SECOND PRE BOARD EXAM		
V	VEEK 39: 29.12.25 to 03.01.26	Period Count: 0	
PD1	Winter Break		
PD2	Winter Break		
PD3	Winter Break		
PD4	Winter Break		
PD5	Winter Break		
PD6	Winter Break		



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Weekly planning overview Session: 2025 - 2026

,	WEEK 40: 05-01-26 to 07-01-26	Period Count: 0		
PD1	Winter Break			
PD2	Winter Break			
PD3	Winter Break			
PD4	Winter Break			
PD5	Winter Break			
,	WEEK 41: 08.01.26 to 10.01.26	Period Count: 05		
PD1	Doubt clearing session			
PD2	GURU GOVIND SINGH JAYANTI			
PD3	Doubt clearing session			
PD4	Doubt clearing session			
PD5	Doubt clearing session			
PD6	Doubt clearing session			
,	WEEK 42: 12.01.26 to 17.01.26	Period Count: 07		
PD1	Doubt clearing session			
PD2	Doubt clearing session			
PD3	Doubt clearing session			
PD4	Doubt clearing session			

PD5	Doubt clearing session	
PD6	Doubt clearing session	

Subject coordinator

Supervisor

Principal/V. Principal

Weekly planning overview

Session: 2025 - 2026

WEEK 43: 19-01-26 to 24-01-26		Period Count: 05	
PD1	Doubt clearing session		
PD2	Doubt clearing session		
PD3	Doubt clearing session		
PD4	Doubt clearing session		
PD5	Doubt clearing session		
PD6	Doubt clearing session		

WEEK 44: 26.01.26 to 31.01.26		Period Count: 05	
PD1	REPUBLIC DAY		
PD2	Doubt clearing session		
PD3	Doubt clearing session		
PD4	Doubt clearing session		
PD5	Doubt clearing session		
PD6	Doubt clearing session		

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Weekly planning overview Session: 2025 - 2026

	WEEK 45: 02-02-26 to 07-02-26	Period Count: 06		
PD1	Doubt clearing session			
PD2	Doubt clearing session			
PD3	Doubt clearing session			
PD4	Doubt clearing session			
PD5	Doubt clearing session			
PD6	Doubt clearing session			
	WEEK 46: 09.02.26 to 14.02.26	Period Count: 06		
PD1	Doubt clearing session			
PD2	Doubt clearing session			
PD3	Doubt clearing session			
PD4	Doubt clearing session			
PD5	Doubt clearing session			
PD6	Doubt clearing session			



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Lesson plan implementation report

Session: 2025 - 2026

Term	:	Assessment	:
From Date	:	To Date	:
Subject	:	Class	:
Book	:	No. of periods	:

Section	Subject Teacher	Lesson/s to be covered according to lesson plan	Status Yes/No	Reason if not completed

Remarks:

Subject coordinator:

HOD: