



*Sir Padampat Singhania Education
Centre*

Kamla Nagar, Kanpur

*Lesson Plan
Session 2026 - 2027
Class: XII*

Subject : **Sociology**
Book : **1. Indian society**
2. Social change and development in India

Subject Coordinator
Name: Rahul Verma

Sign:

Head of Department
Name: Ms. Heena Chattani

Sign:



Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

Yearly Syllabus/Planning overview

Session: 2026 - 2027

Subject: Sociology

Class: XII

No. of periods: 205

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	25
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 Change - Cultural Change	23
September	Half Yearly Exam	Change and Development in Rural Society	23
October	Pre-Board 1	- Change and Development in Industrial Society - Social Movements	20
November	Pre-Board 1: Entire syllabus	Revision	20
December	Pre-Board 2: Entire syllabus	Revision	25
January	Boards	Revision	17
February	Boards	-	12

Subject coordinator: Rahul Verma

HOD: Ms. Heena Chattani



Sir Padampat Singhania Education Centre

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Monthly Syllabus/Planning overview Session: 2026 - 2027

Subject: Sociology

Class: 12th

Book: Introducing Indian Society

No. of periods:

Month	Date/Week		Lesson/s to be covered in classroom	Period Count
	From	To		
April	6 th April	11 th April	Introducing Indian Society	06
	13 th April	18 th April	The Demographic Structure of Indian Society: Overview and introduction	06
	20 th April	26 th April	The Demographic Structure of Indian Society: Theories and concepts in Demography, common concepts	06
May	4 th May	9 th May	Social institutions: colonialism and caste	05
	11 th May	16 th May	Social institutions: Tribal communities, Family and kinship	06
	18 th May	23 rd May	Social Institutions: Family and kinship	06
	26 th May	30 th May	Patterns of Social Inequality and Exclusion: introduction: Inequalities and exclusion, caste and tribe	05
			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	01 st July	04 th July	The Challenges of Cultural Diversity: Introduction/overview, cultural communities, nation state	04
	6 th July	10 th July	The Challenges of Cultural Diversity: regionalism, identities,	05
	13 th July	18 th July	The Challenges of Cultural Diversity: communalism, secularism, civil society.	06
	20 st July	26 th July	Remaining exercises, Q&A, doubts etc. related to book A	06
	27 th Jul	1 st Aug	Book B: Social Change and Development in India - Book Overview	06

			Structural Change: Introduction, Understanding colonialism	
August	3 th Aug	8 th Aug	Structural Change: Introduction, Understanding colonialism	05
	10 th Aug	14 th Aug	Structural Change: Colonialism, Urbanization, and Industrialization	05
	17 th Aug	22 th Aug	Cultural Change: Introduction, Social reforms, kinds of social change	06
	24 th Aug	29 th Aug	Cultural Change: Modernization and Secularization	04
September	31 st Aug	5 th Sept	Change and Development in Rural Society: Introduction, Agrarian structure, Land reforms and green reforms,	05
	7 th Sept	12 th Sept	Change and Development in Rural Transformation in rural society, Labor, Globalization & Liberalization, Transformations in Rural Society after Independence	06
	15 th Sept	19 th Sept	Half Yearly Examinations	-
	22 nd Sept	26 th Sept	Half Yearly Examinations	-
October	28 th Sept	3 rd Oct	Change and Development in Rural: Circulation of labour, globalization, Liberalization and Rural Society	06
	05 th Oct	10 th Oct	Change and Development in Industrial Society: From Planned Industrialization to Liberalization, how people find Jobs	05
	12 th Oct	17 th Oct	Change and Development in Industrial Society: Work Processes: How work is carried out, working conditions, home based work, Strikes and Unions	06
	19 th Oct	24 th Oct	Social Movements: Features of a Social Movement, Sociology and Social Movements, Types of Social Movements	04
	27 th Oct	1 st Nov	Social Movements: Features of a Social Movement, Sociology and Social Movements, Types of Social Movements	05
November	2 nd Nov	7 th Nov	Syllabus Revision and Answer writing through PYQs/practice questions	06
	10 th Nov	14 th Nov	Syllabus Revision and Answer writing through PYQs/practice questions Pre Board – 1	05

	16 th Nov	21 st Nov	Pre Board – 1	-
	23 rd Nov	28 th Nov	Syllabus Revision and Answer writing through PYQs/practice questions	05
December	30 th Nov	5 th Dec	Syllabus Revision and Answer writing through PYQs/practice questions	06
	7 th Dec	12 th Dec	Syllabus Revision and Answer writing through PYQs/practice questions	06
	14 th Dec	19 th Dec	Pre - Board – 2	06
	21 st Dec	26 th Dec		
	28 th Dec	31 st Dec		-
January (2027)	1 st Jan	7 th Jan	Winter Vacation	-
			Doubts and discussions around Pre-board 2 exams.	
	8 th Jan	16 th Jan	Syllabus Revision and Answer writing through PYQs/practice questions	-
	18 th Jan	23rd Jan	Syllabus Revision and Answer writing through PYQs/practice questions	-
	26th Jan	30th Jan	Syllabus Revision and Answer writing through PYQs/practice questions	-
February	1st Feb	6th Feb	Syllabus Revision and Answer writing through PYQs/practice questions	
	8th Feb	13th Feb	Syllabus Revision and Answer writing through PYQs/practice questions	

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Weekly planning overview

Session: 2026 - 2027

Subject : Sociology

Class : XII

No. of periods: 9

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK 1: 6-04-26 to 10-04-26		Period Count: 04	
PD1	Introduction to Indian Society		
PD2	Overview of the syllabus		
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: 13/04/26 to 18/4/26		Period Count: 05	
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	Size and growth of India's population, population of India in 20 th century		
PD5	Birth and death rate in India, global influenza pandemic 1918-19		
PD6	HOLIDAY		

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Weekly planning overview

Session: 2026 - 2027

Subject : Sociology

Class : XII

No. of periods: 10

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK 3: 20/4/26 to 26/04/26		Period Count: 06	
PD1	Age structure of the Indian population, age composition 1961-2027,		
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: 27/04/26 to 02/05/26		Period Count: 04	
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	BUDDHA PURNIMA HOLIDAY		
PD6	Holiday		

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Weekly planning overview

Session: 2026 - 2027

Subject : Sociology

Class : XII

No. of periods: 18

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _5: 04/05/26 to 09/05/26		Period Count: 06	
PD1	Caste in the past		
PD2	Colonialism & Caste, Caste in the present		
PD3	Caste and reforms in caste		
PD4	Tribal communities		
PD5	Caste and tribe, Classification of tribal societies		
PD6	Caste and tribe, Classification of tribal societies		
WEEK _6: 11/05/26 to 16/05/26		Period Count:06	
PD1	Permanent traits, Acquired traits		
PD2	National development versus tribal development, tribal identity today		
PD3	Family and kinship		
PD4	QUIZ		
PD5	Nuclear and extended family, the diverse form of family		
PD6	Patterns of Social Inequality and Exclusion		
WEEK _7: 18/05/26 to 23/05/26		Period Count: 06	
PD1	Inequality & social exclusion – caste, tribe and other backward classes		
PD2	CASTE AND TRIBE		

PD3	Adivasi Struggle		
PD4	The struggles of women's equality & rights		
PD5	The struggles of the differently abled		
PD6			

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Weekly planning overview

Session: 2026 - 2027

Subject : Sociology

Class : _XII_

No. of periods : __06__

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _8: 26/5/26 to 30/5/26		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		
WEEK 9: 01.06.26 to 07.06.26		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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Session: 2026 - 2027

Subject : Sociology

Class : XII

No. of periods : 00

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK 10: 09-06-26 to 14-06-26		Period Count: 00	
PD1	SUMMER VACATION	-	-
PD2	SUMMER VACATION	-	-
PD3	SUMMER VACATION	-	-
PD4	SUMMER VACATION	-	-
PD5	SUMMER VACATION	-	-
PD6	SUMMER VACATION	-	-
WEEK 11: 16.06.26 to 21.06.26		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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Subject : Sociology

Class : XII

No. of periods: 02

WEEK 12: 23-06-26 to 28-06-26		Period Count: 00	
PD1	SUMMER VACATION	-	-
PD2	SUMMER VACATION	-	-
PD3	SUMMER VACATION	-	-
PD4	SUMMER VACATION	-	-
PD5	SUMMER VACATION	-	-
PD6	SUMMER VACATION	-	-
WEEK 13: 27-06.26 to 30.07.26		Period Count: 02	
PD1	SUMMER VACATION		
PD2	SUMMER VACATION		
PD3	Cultural diversity and India as a Nation-state		
PD4	Regionalism in the Indian context		

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Class : XII

No. of periods: 15

WEEK 13: 01-07-26 to 04-07-26			Period Count: 04
PD1	Minority rights and nation buildings, Communalism.		
PD2	Secularism and the nation-state		
PD3	State and civil society		
PD4	Doubts and discussion related to Book A		
WEEK 14: 06-07-26 to 10-07-26			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: 13.07.26 to 18.07.26			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		

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Session: 2026 - 2027

Subject : Sociology

Class : XII

No. of periods: 12

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK 16: 20-07-26 to 25-07-26		Period Count: 06	
PD1	Workbook discussion		
PD2	Chapter: 2 Cultural Change: introduction		
PD3	Social reforms movements in the 19 th and early 20 th century		
PD4	Sanskritization, westernization		
PD5	, modernization and secularization		
PD6	Chapter in continuation		
WEEK 17: 27.07.26 to 01.09.26		Period Count: 06	
PD1	Workbook discussion		
PD2	Change and development in rural society : Introduction		
PD3	Agrarian structure: caste and class in rural India		
PD4	Impact of land reforms: the colonial period, independent India		
PD5	Green revolution and its social consequences		
PD6	Green revolution (conti..)		

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Session: 2026 - 2027

Subject : Sociology

Class : XII

No. of periods: 10

WEEK 18: 03-08-26 to 08-08-26		Period Count: 05	
PD1	Transformation in rural society after independence		
PD2	Circulation of labour		
PD3	Globalization, liberalization		
PD4	Rural society		
PD5	Doubts clearing session		
WEEK 19: 10.08.26 to 14.08.26		Period Count: 05	
PD1	Workbook discussion		
PD2	Chapter: 5 Social Movements: Introduction		
PD3	Features of social movements		
PD4	Sociology and social movements		
PD5	Study of social movements,		
PD6	INDEPENDENCE DAY		

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Session: 2026 - 2027

Subject : Sociology

Class : XII

No. of periods: 11

WEEK 20: 17-08-26 to 22-08-26		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: 24.08.26 to 29.08.26		Period Count: 05	
PD1	Peasant movements		
PD2	Workers movements		
PD3	Cased based movements: Dalit movements		
PD4	Backward class castes movements, upper caste response		
PD5	Rakshabandhan		
PD6	Tribal movements: Jharkhand, The North-East		

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Session: 2026 - 2027

Subject : Sociology

Class : XII

No. of periods: 10

WEEK 22: 31-09-26 to 05-09-26		Period Count: 05	
PD1	Women's movement		
PD2	Doubt clearing session		
PD3	Workbook discussion		
PD4	Question & Answers writing		
PD5	Janmashtami		
PD6	Question & Answers writing		
WEEK 23: 07.09.26 to 11.09.26		Period Count: 05	
PD1	Revision for Half Yearly		
PD2	Revision for Half Yearly		
PD3	Revision for Half Yearly		
PD4	Revision for Half Yearly		
PD5	Revision for Half Yearly		

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Session: 2026 - 2027

Subject : Sociology

Class : XII

No. of periods: 00

WEEK 24: 14-09-26 to 19-09-26		Period Count: 00	
PD1	Ganesh Chaturthi		
PD2	Revision		
PD3	Revision		
PD4	Half Yearly Examination		
PD5	Half Yearly Examination		
PD6	Half Yearly Examination		
WEEK 26: 21.09.26 to 26.09.26		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		

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Session: 2026 - 2027

Subject : Sociology

Class : XII

No. of periods: 10

WEEK 26: 28-09-26 to 03-10-26		Period Count: 05	
PD1	Doubts clearing session		
PD2	Doubts clearing session		
PD3	Doubts clearing session		
PD4	Doubts clearing session		
PD5	Gandhi Jayanti		
PD6	Doubts clearing session		
WEEK 27: 05.10.26 to 10.10.26		Period Count: 05	
PD1	Revision		
PD2	Revision		
PD3	Revision		
PD4	Revision		
PD5	Revision		
PD6	SECOND SATURDAY		

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Weekly planning overview

Session: 2026 - 2027

Subject : Sociology

Class : XII

No. of periods: 10

WEEK 28: 12-10-26 to 17-10-26		Period Count: 06	
PD1	Revision		
PD2	Revision		
PD3	Revision		
PD4	Revision		
PD5	Revision		
PD6	Revision		
WEEK 29: 19.10.26 to 24.10.26		Period Count: 04	
PD1	Ashtami		
PD2	Dussehra		
PD3	Revision		
PD4	Revision		
PD5	Revision		
PD6	Revision		

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Session: 2026 - 2027

Subject : Sociology

Class : XII

No. of periods: 11

WEEK 30: 26-10-26 to 31-11-26		Period Count: 05	
PD1	Valmiki Jayanti		
PD2	REVISION		
PD3	REVISION		
PD4	REVISION		
PD5	REVISION		
PD6	REVISION		
WEEK 31: 02.11.26 to 07.11.26		Period Count: 06	
PD1	REVISION		
PD2	REVISION		
PD3	REVISION		
PD4	REVISION		
PD5	REVISION		
PD6	REVISION		

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Sir Padampat Singhania Education Centre

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Weekly planning overview

Session: 2026 - 2027

Subject : Sociology

Class : XII

No. of periods: 00

WEEK 32: 9-11-26 to 14-11-26		Period Count: 00	
PD1	Diwali Holidays		
PD2	Diwali Holidays		
PD3	Diwali Holidays		
PD4	Diwali Holidays		
PD5	PREBOARD I		
PD6	PREBOARD I		
WEEK 33: 16.11.26 to 21.11.26		Period Count: 00	
PD1	PREBOARD I		
PD2	PREBOARD I		
PD3	PREBOARD I		
PD4	PREBOARD I		
PD5	PREBOARD I		
PD6	PREBOARD I		

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Weekly planning overview

Session: 2026 - 2027

Subject : Sociology

Class : XII

No. of periods: 12

WEEK 34: 23-11-26 to 28-11-26		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)		
WEEK 35: 30.12.26 to 05.12.26		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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Weekly planning overview

Session: 2026 - 2027

Subject : Sociology

Class : XII

No. of periods: 12

WEEK 36: 07-12-26 to 12-12-26		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)		
WEEK 37: 14.12.26 to 19.12.26		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		

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Subject : Sociology

Class : XII

No. of periods: 6

WEEK 38: 21-12-26 to 26-12-26			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		
WEEK 39: 28.12.26 to 02.01.27			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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Subject : Sociology

Class : XII

No. of periods: 12

WEEK 40: 04-01-27 to 09-01-27			Period Count: 0
PD1	Winter Break		
PD2	Winter Break		
PD3	Winter Break		
PD4	Winter Break		
PD5	Winter Break		
WEEK 41: 11.01.27 to 16.01.27			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 42: 18.01.27 to 23.01.27			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		

Subject coordinator

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Subject : Sociology

Class : XII

No. of periods: 10

WEEK 43: 25-01-27 to 30-01-27		Period Count: 05	
PD1	Doubt clearing session		
PD2	REPUBLIC DAY		
PD3	Doubt clearing session		
PD4	Doubt clearing session		
PD5	Doubt clearing session		
PD6	Doubt clearing session		

WEEK 44: 01.01.27 to 06.01.27		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		

Subject coordinator

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Subject : Sociology

Class : XII

No. of periods: 12

WEEK 45: 08-02-27 to 13-02-27			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		

Subject coordinator

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Lesson plan implementation report

Session: 2026 - 2027

Term :
From Date :
Subject :
Book :

Assessment :
To Date :
Class :
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: