



CLASS 11 HOME SCIENCE — LO's Aligned Monthly Split-up Syllabus (April 2026–March 2027) + Portion Boundaries + Exams + Weightage + Question Paper Design + Blueprint (For CM SoE & Non-CM SoE)

Developed by:- Jharkhand Council Of Educational Research & Training (Curriculum Division)

Month	Teaching Days (Available)	NCERT Chapter Titles	Sub-topics / Portion Boundary	LOs (*LO Mapping - IDs) (NCERT Higher Secondary Stage LO - Draft)	Practicals / Activities (Minimum)	Assessment / Exams (प्रश्न पत्र एवं उत्तर कुंजिका निर्माण)
Apr2026 + May 2026 + Jun 2026		HOME SCIENCE: Unit I Introduction to Home Science; Unit II Understanding Oneself: Adolescence – Understanding the Self; Food, Nutrition, Health and Fitness	Introduction to Home Science, areas and career options. Adolescence: self, identity, self-concept, self-esteem, factors influencing identity. Food, nutrition, nutrients, balanced diet, RDA, health, fitness, food guide, dietary patterns in adolescence, eating behaviour and eating disorders.	LO-HS-01, LO-HS-02, LO-HS-04, LO-HS-06	Self-reflection profile; one-day balanced diet plan; food diary; career options chart; practical file start.	April to June portion tested in Project RAIL on 07-07-2026 DIET Hazaribag एवं DIET Jamtara
Jul 2026	14	HOME SCIENCE: Unit II Understanding Oneself: Adolescence – Management of Resources; Fabric Around Us; Media and Communication Technology	Resources—types, characteristics and management process; human/non-human and natural/community resources. Fabric Around Us—fibres, yarns, fabrics and finishes. Media and Communication Technology—concept and everyday communication processes.	LO-HS-01, LO-HS-03, LO-HS-05, LO-HS-06	Resource inventory activity; fabric sample identification; media use diary; chart on management process.	July portion tested in Project RAIL on 04-08-2026 DIET Latehar एवं DIET Lohardaga
Aug 2026	12	HOME SCIENCE: Unit III Understanding Family, Community and Society	Concerns and needs in diverse contexts—nutrition, health and hygiene; resources availability and management in family/community/society. Portion boundary (Half-Yearly): Units I–III covered.	LO-HS-01, LO-HS-02, LO-HS-03, LO-HS-04	Community survey/checklist; hygiene and nutrition poster; half-yearly revision worksheet.	Half Yearly Exam: 07-09-2026 to 12-09-2026 (covers Jun–Aug).
Sep 2026	23	HOME SCIENCE: Unit IV Childhood – Survival, Growth and Development; Nutrition, Health and Wellbeing; Our Apparel	Childhood growth and development, care, health and nutritional needs, clothing and apparel needs of children.	LO-HS-01, LO-HS-02, LO-HS-04, LO-HS-05	Growth chart interpretation; child meal plan; apparel observation chart; half-yearly remedial.	September portion tested in Project RAIL on 06-10-2026 DIET Ramgarh एवं DIET Ranchi
Oct 2026	22	HOME SCIENCE: Unit V Adulthood – Health and Wellness; Financial Management and Planning	Adulthood: health and wellness, personal care, fitness, lifestyle, basic financial management and planning.	LO-HS-01, LO-HS-02, LO-HS-03, LO-HS-04	Budget preparation exercise; wellness checklist; financial planning worksheet.	October portion tested in Project RAIL on 03-11-2026 DIET Simdega एवं DIET W-Singhbhum.
Nov 2026	14	HOME SCIENCE: Unit V Adulthood – Care and Maintenance of Fabrics + Portfolio/Project + Revision	Care and maintenance of fabrics, laundry, stain removal, storage and fabric care practices. Portion boundary: Full syllabus completed by November 2026.	LO-HS-02, LO-HS-03, LO-HS-05, LO-HS-06	Fabric care practical file; portfolio/project completion; sample paper + analysis.	November portion tested in Project RAIL on 08-12-2026 DIET Deoghar एवं DIET Dhanbad
Dec 2026	21	HOME SCIENCE: Full Syllabus Practice + Portfolio/Practical/Viva	Complete revision of all units with application-based and case-based questions, portfolio/practical consolidation.	LO-HS-01, LO-HS-02, LO-HS-03, LO-HS-04, LO-HS-05, LO-HS-06	2 practice papers; practical file final check; viva rehearsal.	December portion tested in Project RAIL on 12-01-2027 DIET Garhwa एवं DIET Giridih
Jan 2027	18	HOME SCIENCE: Full Revision + Sample Papers + Record Consolidation	Full syllabus wrap-up and annual exam preparation.	LO-HS-01, LO-HS-02, LO-HS-03, LO-HS-04, LO-HS-05, LO-HS-06	Weekly paper; practical/portfolio review; oral presentation and feedback.	Project RAIL (Full Syllabus) on 02-02-2027 DIET Hazaribag एवं DIET Jamtara
Feb 2027 (Revision Month)	19	HOME SCIENCE: Full Revision + Portfolio/Practical Record	Entire syllabus consolidation and annual exam readiness.	LO-HS-01, LO-HS-02, LO-HS-03, LO-HS-04, LO-HS-05, LO-HS-06	Mock papers and remedial support.	Annual Examination: 01-03-2027 to 05-03-2027 AND 15-03-2027 to 20-03-2027 - full syllabus
Mar 2027	20	Board Examination (continued, if applicable) / Post-exam Academic Support	Board examination continuation / light post-exam academic engagement, bridge work, reading / enrichment / record completion as applicable.		Bridge activities / portfolio / reading enrichment / feedback.	Post-exam school support (as applicable)
LO ID	LOs (*LO Mapping - IDs) (NCERT Higher Secondary Stage LO - Draft)					
LO-HS-01	develops an understanding of self, family and community and their interrelationships.					
LO-HS-02	applies knowledge of nutrition, health, hygiene and well-being in everyday life.					



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LO-HS-03	utilises basic skills of management of resources, communication and decision-making.
LO-HS-04	demonstrates sensitivity towards children, adolescents, adults and family needs.
LO-HS-05	applies knowledge related to fabrics, apparel and care in daily living.
LO-HS-06	develops awareness of career opportunities and entrepreneurship in Home Science.

QUESTION PAPER DESIGN / BLUEPRINT

A. THEORY BLUEPRINT

S.No.	Unit / Section Block	Marks	Prescribed Scope / Paper Component
1	Unit I	2	Introduction to Home Science
2	Unit II	20	Understanding oneself: Adolescence
3	Unit III	15	Understanding Family, Community and Society
4	Unit IV	15	Childhood
5	Unit V	18	Adulthood
	TOTAL	70	Theory Paper

B. TYPOLOGY OF QUESTIONS

S.No.	Category / Question Type	Marks	Weightage / Nature
1	Knowledge & Understanding	28	40%
2	Application-based	21	30%
3	Higher Order / Analysis / Evaluation / Creativity	21	30%
	TOTAL	70	100%

C. INTERNAL / PRACTICAL / PROJECT

S.No.	Component	Marks	Remarks
1	Practical / Portfolio	30	As prescribed

NOTES

• Internal choice up to 30% is given as per syllabus note.