






CLASS 12 HOME SCIENCE (Human Ecology and Family Sciences) — 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 Secondary Stage LO-2017)	Practicals / Activities (Minimum)	Assessment / Exams
Apr 2026	23	HEFS Part I: HEFS: Chapter 1 Work, Livelihood and Career (Complete); HEFS: Chapter 2 Clinical Nutrition and Dietetics (Start)	Part I Ch 1: concept of work; work within home and outside; paid and unpaid work; livelihood and career; entrepreneurship and self-employment; career opportunities in Human Ecology and Family Sciences; employability skills; career planning. Part I Ch 2 (start): basic concepts of nutrition; nutrients and their functions; balanced diet; food groups; dietary guidelines; assessment of nutritional status; diet planning (intro).	LO1, LO2, LO3, LO4, LO5, LO6	Career profile file: HEFS career options (2). Balanced diet planning worksheet + food group identification.	Project RAIL (April portion): 05-05-2026
May 2026	14	HEFS Part I: HEFS: Chapter 2 Clinical Nutrition and Dietetics (Finish)	Part I Ch 2: therapeutic modifications of diet; principles of diet therapy; diet counselling; diet planning for common conditions. Portion boundary: Chapter 2 complete.	LO1, LO2, LO3, LO4, LO5, LO6	Caselets: diet plan for selected conditions (2). Diet counselling notes and modification chart.	Project RAIL (May portion): 16-06-2026
Jun 2026	12	HEFS Part I: HEFS: Chapter 3 Public Nutrition and Health (Complete)	Part I Ch 3: public nutrition and health; malnutrition and micronutrient deficiencies; nutrition and health programmes; community assessment.	LO1, LO2, LO3, LO4, LO5, LO6, LO7	Community nutrition poster (programme + key messages). Programme identification and nutritional problem analysis.	Project RAIL (June portion): 07-07-2026
Jul 2026	23	HEFS Part I: HEFS: Chapter 4 Food Processing and Technology (Complete); HEFS: Chapter 5 Food Quality and Food Safety (Complete)	Part I Ch 4: need and principles of food processing; methods of food processing and preservation; factors affecting food spoilage; packaging and storage. Part I Ch 5: food quality; food adulteration; food safety; standards and labelling.	LO1, LO2, LO3, LO4, LO5, LO6, LO7	Activity: identify preservation methods used in household foods. Food safety audit of school/home kitchen (checklist). Label reading of packaged foods.	Project RAIL (July portion): 04-08-2026
Aug 2026	22	HEFS Part I: HEFS: Chapter 6 Early Childhood Care and Education (Complete); HEFS: Chapter 7 Management of Support Services, Institutions and Programmes for Children, Youth and Elderly (Start)	Part I Ch 6: meaning and importance of early childhood care and education; child development principles; needs of young children; ECCE settings; play and learning; role of family and community; safety and care practices. Part I Ch 7 (start): support services and institutions for different age groups; planning and management basics (intro).	LO1, LO2, LO3, LO4, LO5, LO6, LO7	Develop an ECCE activity plan (play-based) for one age group. Child safety & nutrition checklist for an ECCE centre.	Half Yearly Examination: 07-09-2026 to 12-09-2026 (covers Apr–Aug taught portion: Part I Ch 1–6 + Ch 7 (start))

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Sep 2026	14	HEFS Part I: HEFS: Chapter 7 Management of Support Services, Institutions and Programmes for Children, Youth and Elderly (Finish); HEFS Part II: HEFS: Chapter 8 Design for Fabric and Apparel (Start)	Part I Ch 7: management of support services, institutions and programmes for children, youth and elderly; resources and personnel; record keeping; monitoring and evaluation. Part I complete. Part II Ch 8 (start): elements of design; principles of design; colour and colour schemes; texture; line; form; pattern; design development (intro).	LO1, LO2, LO3, LO4, LO5, LO6, LO7	Prepare a support-service management checklist. Design notebook: colour wheel + basic design sketches.	Project RAIL (September portion): 06-10-2026
Oct 2026	21	HEFS Part II: HEFS: Chapter 8 Design for Fabric and Apparel (Finish); HEFS: Chapter 9 Fashion Design and Merchandising (Complete); HEFS: Chapter 10 Care and Maintenance of Fabrics in Institutions (Complete)	Part II Ch 8: application of design principles to apparel; design process and portfolio. Part II Ch 9: concept of fashion; fashion cycle; design process; merchandising, marketing, retailing and visual merchandising. Part II Ch 10: care labels; selection of cleansing agents; laundry and stain removal; storage; institutional care and maintenance of fabrics.	LO1, LO2, LO3, LO4, LO5, LO6, LO7	Create a design portfolio page and merchandising plan chart. Fabric care file: care label compilation + stain removal chart.	Project RAIL (October portion): 03-11-2026.
Nov 2026	16	Management (Complete); HEFS: Chapter 12 Consumer Education and Protection (Complete); HEFS: Chapter 13 Development Communication and Journalism (Complete); HEFS: Chapter 14 Corporate	Part II Ch 11: hospitality services; accommodation and food service basics; housekeeping. Part II Ch 12: consumer protection; redressal mechanisms; consumer organisations; complaint process. Part II Ch 13: development communication, journalism, writing/reporting basics and ethics. Part II Ch 14: corporate communication, public relations, tools and strategies. Portion boundary: Full syllabus complete sequentially (Part I then Part II).	LO1, LO2, LO3, LO4, LO5, LO6, LO7	Draft a consumer complaint letter and a short news report. Project file compilation + viva preparation. Minimum: 1 full syllabus mock paper + item-wise analysis.	Syllabus completion target for Class 12: Nov 2026
Dec 2026	15	Full Syllabus Practice & Remedial (Pre-Board Block) + Practical/Viva/Portfolio Revision	Full syllabus mixed practice: competency/case-based + application-based long answers + situational questions. Targeted remediation based on diagnostic analysis. Practical file/portfolio completion + viva preparation.	LO1–LO7	Minimum: 2 full mock papers + item-wise analysis; practical file completion + viva drill.	Pre-Board + Remedial + Practice: 07-12-2026 to 12-12-2026 (Full syllabus)
Jan 2027	17	Remedial classes + Practice until board exams (School level) Board Practical / Theory Exams: Feb–Mar 2027 (as per Board schedule)				
Feb 2027	18					
Mar 2027	20					
LOs (*LO Mapping - IDs) (NCERT Secondary Stage LO-2017)						
LO ID	NCERT Learning Outcome					
LO1	differentiates materials, objects, organisms, phenomena, and processes, based on, properties and characteristics, such as, autotrophic and heterotrophic nutrition, biodegradable and non-biodegradable substances, various types of reactions, strong and weak acids and bases, acidic, basic, and neutral salts using different indicators, real and virtual images, etc.					

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LO2			classifies materials, objects, organisms, phenomena, and processes, based on properties and characteristics, such as, metals and non-metals, acid and bases on the basis of their physical and chemical properties.			
LO3			plans and conducts investigations and experiments to arrive at and verify the facts, principles, phenomena, or to seek answers to queries on their own, such as, investigates conditions necessary for rusting, tests the conductivity of various solutions, compares the foaming capacity of different types of soap samples, verifies laws of reflection and refraction of light, Ohm's law, etc.			
LO4			relates processes and phenomena with causes and effects, such as, hormones with their functions, tooth decay with pH of saliva, growth of plants with pH of the soil, survival of aquatic life with pH of water, blue colour of sky with scattering of light, deflection of compass needle due to magnetic effect of electric current, etc.			
LO5			explains processes and phenomena, such as, nutrition in human beings and plants, transportation in plants and animals, extraction of metals from ores, placement of elements in modern periodic table, displacement of metals from their salt solutions on the basis of reactivity series, working of electric motor and generator, twinkling of stars, advanced sunrise and delayed sunset, formation of rainbow, etc.			
LO6			draws labelled diagrams, flow charts, concept maps, and graphs, such as, digestive, respiratory, circulatory, excretory, and reproductive systems, electrolysis of water, electron dot structure of atoms and molecules, flow chart for extraction of metals from ores, ray diagrams, magnetic field lines, etc.			
LO7			analyses and interprets data, graphs, and figures, such as, melting and boiling points of substances to differentiate between covalent and ionic compounds, pH of solutions to predict the nature of substances, V-I graphs, ray diagrams, etc.			
LO8			calculates using the data given, such as, number of atoms in reactants and products to balance a chemical equation, resistance of a system of resistors, power of a lens, electric power, etc.			
LO9			uses scientific conventions to represent units of various quantities, symbols, formulae, and equations, such as, balanced chemical equation by using symbols and physical states of substances, sign convention in optics, SI units, etc.			
LO10			handles tools and laboratory apparatus properly; measures physical quantities using appropriate apparatus, instruments, and devices, such as, pH of substances using pH paper, electric current and potential difference using ammeter and voltmeter, etc.			
LO11			applies learning to hypothetical situations, such as, what will happen if all herbivores are removed from an ecosystem? What will happen if all non-renewable sources of energy are exhausted?			
LO12			applies scientific concepts in daily life and solving problems, such as, suggest precautions to prevent sexually transmitted infections, uses appropriate electrical plugs (5/15A) for different electrical devices, uses vegetative propagation to develop saplings in gardens, performs exercise to keep in good health, avoids using appliances responsible for ozone layer depletion, applies concept of decomposition reaction of baking soda to make spongy cakes, etc.			
LO13			derives formulae, equations, and laws, such as, equivalent resistance of resistors in series and parallel, etc.			
LO14			draws conclusion, such as, traits or features are inherited through genes present on chromosomes, a new species originates through evolutionary processes, water is made up of hydrogen and oxygen, properties of elements vary periodically along the groups and periods in periodic table, potential difference across a metal conductor is proportional to the electric current flowing through it, etc.			

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LO15						takes initiative to know about scientific discoveries and inventions, such as, Mendel's contribution in understanding the concept of inheritance, Dobereiner for discovering triads of elements, Mendeleev for the development of the periodic table of elements, Oersted's discovery that electricity and magnetism are related, discovery of relation between potential difference across a metal conductor and the electric current flowing through it by Ohm, etc.
LO16						exhibits creativity in designing models using eco-friendly resources, such as, working model of respiratory, digestive, and excretory systems, soda acid fire extinguisher, periodic table, micelles formation, formation of diamond, graphite, and Buckminsterfullerene, human eye, electric motor and generator, etc.
LO17						exhibits values of honesty, objectivity, rational thinking, and freedom from myth and superstitious beliefs while taking decisions, respect for life, etc., such as, reports and records experimental data accurately, says no to consumption of alcohol and drugs, sensitises others about its effect on physical and mental health, sensitises for blood and organ donations, understands the consequences of pre-natal sex determination, etc.
LO18						communicates the findings and conclusions effectively, such as, those derived from experiments, activities, and projects orally and in written form using appropriate figures, tables, graphs, and digital forms, etc.
LO19						makes efforts to conserve environment realising the inter-dependency and inter-relationship in the biotic and abiotic factors of environment, such as, appreciates and promotes segregation of biodegradable and non-biodegradable wastes, minimises the use of plastics, takes appropriate steps to promote sustainable management of resources in day-to-day life, advocates use of fuels which produce less pollutants, uses energy efficient electric devices, uses fossil fuels judiciously, etc.

A. THEORY BLUEPRINT

S.No.	Unit / Block	Marks	Details / Scope
1	Unit I — Work, Livelihood and Career	5	
2	Unit II — Nutrition, Food Science and Technology	23	
3	Unit III — Human Development and Family Studies	10	
4	Unit IV — Fabric and Apparel	17	
5	Unit V — Resource Management	10	
6	Unit VI — Communication and Extension	5	
	TOTAL THEORY	70	



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B. QUESTION PAPER DESIGN / BLUEPRINT						
Competency / Domain					Marks	Weightage
Knowledge and Understanding based questions					28	40%
Application based questions					21	30%
High Order (Formulation, Analysis, Evaluation and Creativity) based questions					21	30%
TOTAL					70	100%

C. TYPOLOGY OF QUESTIONS

Item	Details
Internal Choice	Internal choice of 30% is provided.
Difficulty Level	Easy 20%; Average 60%; Difficult 20%.

D. PRACTICAL BLUEPRINT — 30 MARKS

S.No.	Component	Marks	Details
1	Practical / Project Work	30	