Estd. :1988

Motto: Learn & Teach

Senior Secondary School
Recognised by the Government of J&K &
Affiliated to the J&K Board of School Education
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Syllabus of
BASIC CONCEPTS &
GENERAL AWARENESS

Class: 10th

Name: _____

DISCIPLINE

Discipline means many things to different people. To parents & teachers it means, 'Nice Behaviour' & to students, discipline means 'Strictness'. The real meaning of discipline what school expects from student is 'Self-Control'; because it is self-control which can make you good student & a successful human being.

Signs of Good Students:

- Complete their assignments.
- Talk politely & listen to the instruction given.
- Stay on task.
- Choose productive rather than destructive activities.
- Wait to be called on.
- Try again and again.
- Control their tempers.
- Respect teachers & other students.
- Always truthful, positive & helping others.

Ways to strengthen your "self-discipline"

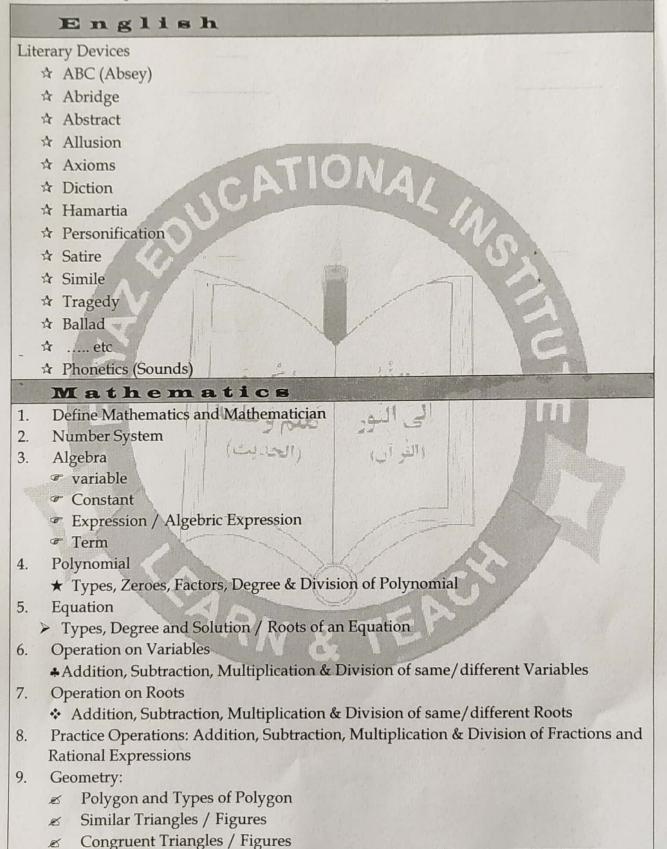
- 1. Decide that you really want to be someone who's self-disciplined & successful.
- Make a personal commitment to develop and strengthen these traits.
- 3. Be accountable. Accept responsibility for your own behaviour. Don't blame others for your actions.
- Practice to be good. Self-discipline is something you can teach yourself.
- Do activities that enhance your self-discipline like prayer, exercise etc.
- Eliminate harmful habits, e.g., if you spend time watching unethical videos or TV programs or browsing websites, make a conscious decision to spend your time in healthier, more productive ways.
- 7. Think before speaking negative about somebody, the other might be correct.
- 8. Make good friends and read good books.
- 9. Have good attitude, do not complain all the time.
- 10. Learn from mistakes, ask yourself, what went wrong? And how could I do it better next time?

BASIC CONCEPTS

CLASS: 10TH

Basic Concepts

NOTE: All the students are required to learn the following subject-wise basic concepts which will form an essential component of all the Examinations.



Science (Physics & Chemistry)

- Science and Branches of Science
- z names of great Physicists & their discoveries
- ∅ Diffraction of light & refraction of light

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- ≥ Polarization of light
- ≥ Polaroids
- TIONAL
- Elements and their Atomic Number
- Some important Chemical Compounds & their Formulae

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Science (Biology)

- Concept of Life Processes
- Different steps involved in the process of Nutrition in Animals
- Digestion of Carbohydrates with associated Enzymes
- Digestion of Proteins with associated enzymes
- Digestion of Fats with associated enzymes
- Concept of Anabolism & Catabolism
- Feedback effect with examples

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Social Studies

- ★ Brief Note on Indian national Congress
- ★ Provisions of the Treaty of Vienna 1815
- ★ Demands put forth by Gandhiji to Lord Irwin
- ★ Gandhiji and his role towards National Movement
- ★ The All India Women's Conference
- ★ World War 1st & 2nd
- * Election Process in India
- ★ Brief History of America
- **★** Roman Empire
- Map Reading, Introduction, Types of Maps, Sketches & Plans
- * Key elements of Map. Title, Direction, Map Scale, Conventional Symbols
- Plate Tectonic, Constructive, Destructive and Conservative Plate boundaries
 Introduction
- Precipitation & its Types
 - > Conventional Rain
 - > Orographic Rain
 - > Frontal Rain
- Introduction to Indian Geography

