

SESET-F1

Foundation Biology-1	The Ever-Evolving World of Science, Life Processes-Nutrition in Animals, Respiration in Animals, Transportation in Animals, Excretion in Animals
Foundation Physics-1	Electricity: Circuits and their Components, Heat Transfer in Nature, Measurement of Time and Motion
Foundation Chemistry-1	General Chemistry, Exploring Substances: Acidic, Basic, and Neutral, The World of Metals and Non-metals
Foundation Mathematics-1	Large Numbers Around Us, Number Play, Arithmetic Expressions, Working with Fractions.
Foundation Mathematics-2	A Peek Beyond The Point, Rational Numbers, Parallel and Intersecting Lines, A Tale of Three Intersecting Lines.
Foundation SST-1	History: New Beginnings: Cities and States, The Rise of Empires, The Age of Reorganisation, The Gupta Era: An Age of Tireless Creativity, How the Land Becomes Sacred Geography: Geographical Diversity of India, Understanding the Weather, Climates of India Civics: From the Rulers to the Ruled: Types of Governments, The Constitution of India - An Introduction Economics: From Barter to Money, Understanding Markets
Foundation English-1	Section A (Grammar): Grammar Recap, Nouns, Pronouns, Adjectives, Verbs & Tenses, Modals, Articles and Determiners, Active and Passive Voice, Punctuations. Section B (Vocabulary): Synonyms and Antonyms, One word substitution. Section C (Writing): Letter Writing, Notice Writing. Section D (Comprehension): Reading Comprehension.
Foundation Mental Ability	Verbal : Series, Coding & Decoding, Analogy, Classification, Number, Ranking & Time Sequence Test, Alphabet Test, Alpha Numeric Sequence Puzzle, Direction Sense Test, Logical Venn Diagram, Inserting The Missing Character, Mathematical Operations , Logical sequence of words, Blood Relation, Sitting Arrangement. Non Verbal : Series, Mirror and Water Images, Analytical Reasoning, Dot Situation, Spotting out the Embedded Figures, Analogy, Classification, Dice & Cubes, Paper folding and Paper Cutting, Completion of Incomplete Pattern, Figure Matrix, Figure Formation, Construction of Squares & Grouping of Identical Figures.

SESET-F2

Foundation Biology-2	Life Processes in Plants, Adolescence: A Stage of Growth and Change
Foundation Physics-2	Light : Shadows and Reflection, Earth, Moon and the Sun
Foundation Chemistry-2	Changes Around Us: Physical and Chemical, Wastewater Story
Foundation Mathematics-3	Comparing Quantities, Rational Numbers, Practical Geometry, Perimeter & Area
Foundation Mathematics-4	Algebraic Expressions, Exponents and Powers, Symmetry, Visualising Solid Shapes
Foundation SST-2	History: Tribes, Nomads And Settled Communities, Devotional Paths to The Divine, The Making of Regional Cultures, Eighteenth- Century Political Formations. Civics: Growing up As Boys And Girls, Women Change The World, Understanding Media, Markets Around Us, A shirt In The Market Geography: Human Environment Interactions, The Tropical and The Subtropical Region, Life in The Deserts
Foundation English-2	Section A (Grammar): Subject Verb Agreement, Direct and Indirect Speech, Conjunctions, Adverbs, Phrases & Clauses, Prepositions. Section B (Vocabulary): Best Word Vocabulary, Idioms and Phrases. Section C (Writing): Message Writing, Diary Entry Section D (Comprehension): Reading Comprehension, Error Spotting

Notes:

1. Foundation Sets (F1 & F2) are specially designed as per CBSE (NCERT) pattern which leads to excellent performance of students at school level studies.
2. The Study Material Syllabus may Change in Special Cases.

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