

Guidelines for Practicals

- There are some academic subjects in which there is a practical component both at Secondary as well as Sr. Secondary level. Similarly, in all Vocational subjects, there is a practical component. The Als have to conduct practical examinations after holding practical classes for all learners. The Principal/Head of the School will be responsible for this task at his/her centre. A Coordinator may be appointed for this purpose. Practical examination comprises of 20 marks each. Timings can be decided by the A.I on their own.
- The learners should be allowed to use all labs for conducting practicals for practice as well as for the examination. Als will be entitled to claim Rs. 100/- (Rupees One Hundred only) per student per subject towards expenses.
- The practical record books maintained by the learners for all their practical subjects may be examined at the time of practical examination.
- The date sheet for the Practical Examination and list of practical (subject-wise) are attached. Please ensure the availability of all materials/equipment/apparatus required for each practical subject.
- Please ensure the examinations are conducted smoothly and free of unfair means. All safety protocols and instructions issued by the Central/State Government have to be strictly followed to ensure safety for all.
- A draft word file (attendance sheet) is enclosed with the said guidelines.
- After the examination, the word file should be duly filled in along with the name, registration number and marks. Students will have to sign in front of their name and registration number, it's print out needs to be taken on the letter head of the school and it should be uploaded in pdf format duly signed and stamped by the authorized signatory/Principal of the school.
- Schools are also requested to upload photographs of students performing the practicals.
- Details, Attendance sheet & Photographs concerning practical needs to be uploaded on a link. The link will get activated in centre panel on or before 29th September 2026.
- Practical marks or PDF sent on email won't be considered at all.
- The last date to submit marks and other details would be 14th October 2026.
- Students will have to show their I CARD and Aadhar card at the concerned centre. They are also requested to bring pen; pencil & other requisite material as may to required.

Asst. Controller of Examinations
For B.O.S.S.E

Date – 03.09.2026





BOARD OF OPEN SCHOOLING & SKILL EDUCATION

(Established under Act No.14 of 2020 by Govt of Sikkim)

DATE SHEET FOR PRACTICAL EXAMINATION (SECONDARY & SENIOR SECONDARY)

DATE	LEVEL	SUBJECT
21 st Sep, 2026	Secondary	Home Sci & Human Ecology / Psychology
22 nd Sep, 2026	Secondary/Sen. Sec	Science and Tech (10 th) /Geography (12 th)
23 rd Sep, 2026	Senior Secondary	Physics / Psychology
24 th Sep, 2026	Senior Secondary	Biology / Physical Education & Yoga
25 th Sep, 2026	Senior Secondary	Digital Literacy & Comp.Sci /Environmental Sci & Sustainable Development
26 th Sep, 2026	Senior Secondary	Family & Community Studies /Chemistry
28 th Sep, 2026	Secondary	Secondary Vocational subjects
29 th Sep, 2026	Senior Secondary	Senior Secondary Vocational subjects

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LIST OF PRACTICALS

CLASS – Secondary

SUBJECT – Home Sci & Human Ecology

Practical No	Practicals
Practical 1	To record the steps in the process of management while arranging a family function.
Practical 2	To prepare a label for a product with any one of the quality marks.
Practical 3	To make a graphic illustration or sample of plain weave by using strips of paper.
Practical 4	To prepare a label for a product with the following quality marks.
Practical 5	To observe the items eaten, from the given menu. To classify each item into an appropriate food group. To suggest, items to be included in the food group not covered in the meal.
Practical 6	To adjust the given meal for a family keeping in mind the sex, age and activity of the family members.
Practical 7	To identify the given fabrics by touching and feeling the texture.
Practical 8	To make a graphic illustration or sample of plain weave by using strips of Paper.
Practical 9	To write the appropriate procedure in the column provided in the given table to remove the following stains.
Practical 10	To observe the communication skills of four children in the following age groups.

CLASS – Secondary**SUBJECT – Science & Technology**

Practical No	Practicals
Practical 1	To study the laws of reflection of light using a plane mirror.
Practical 2	To identify washing soda and baking soda out of the samples of two white powders.
Practical 3	To study the presence of starch and fat in given food samples.
Practical 4	To assemble a Household Circuit Comprising Two Bulbs (3 Volt 30 each), Two Turn On-Off Switches, a Fuse and Two Dry Cells as Source of Power.
Practical 5	Separation of Mixtures.
Practical 6	To differentiate between a Chemical and Physical Change in a Given Process.
Practical 7	To test the Acidic/Basic Nature of a Solution with the help of pH Paper.
Practical 8	To find the pH of Fruit/Vegetables Juices with the help of pH Paper.
Practical 9	To show that CO ₂ is given out during Respiration.
Practical 10	To observe organisms from given pictures or Specimens or in the Surroundings (e.g., Crop Field, a Garden, or A Nearby Pond), classify them as Producers and Consumers, and Construct Their Food Chains and Indicate their Trophic Levels.

CLASS – Senior Secondary**SUBJECT – Biology**

Practical No	Practicals
Practical 1	To study the morphological modifications of plant parts like root, stem and leaf.
Practical 2	To study the physical properties of different soil samples.
Practical 3	To demonstrate the release of CO ₂ during germination of seeds.
Practical 4	To study the physical properties of different soil samples.
Practical 5	To demonstrate osmosis by using a potato Osmometer.
Practical 6	To study the t.s. of dicot and monocot stems and roots from permanent slides.
Practical 7	To study the structure and function of different parts of flowers (Petunia and China rose).
Practical 8	Study of Animal Specimens' Classification To identify the Characteristic features of • Sponge • Earthworm • Butterfly • Apple snail • Starfish • Cartilaginous fish (Dogfish, Scoliodon) • Bony fish (Rohu) • Toad
Practical 9	Study the structure and germination in gram and bean seeds.
Practical 10	To make a Herbarium.

Practical No	Practicals
Practical 1	To determine the diameter of a given wire using a screw gauge.
Practical 2	To determine the specific heat of a solid using the method of mixtures.
Practical 3	To determine the internal resistance of a primary cell using a potentiometer.
Practical 4	To compare the frequencies of two tuning forks by finding first and second resonance positions in a resonance tube.
Practical 5	To find the value of v for different values of u in case of a concave mirror and find its focal length (f) by plotting a graph between $1/u$ and $1/v$.
Practical 6	To draw a graph between the angle of incidence (i) and angle of deviation (D) for a glass prism and to determine the refractive index of the glass of the prism using this graph.
Practical 7	To verify the law of combination (series and parallel) of resistances using ammeter – voltmeter method and coils of known resistances.
Practical 8	To draw the characteristic curve of a forward biased pn junction diode and to determine the static and dynamic resistance of the diode.
Practical 9	To draw the characteristics of a npn transistor in common emitter mode. From the characteristics, find out (i) the current gain (β) of the transistor and (ii) the voltage gain AV with a load resistance of $1k\ \Omega$.
Practical 10	To draw the lines of force due to a bar magnet keep (i) N-pole pointing to north (ii) N-pole pointing to South. Locate the neutral points. To study the structure and function of different parts of flowers (Petunia and China rose).

Practical No	Practicals
Practical 1	To study of simple reactions of carbohydrates, fats and proteins and detection of their presence in given foodstuffs.
Practical 2	To detect the presence of extra elements (nitrogen, sulphur and halogens) in an organic compound.
Practical 3	To separation the coloured components of the following by paper chromatography and comparison of their R_f values. (a) Black ink or a mixture of red and blue inks (b) Juice of a flower or grass
Practical 4	Surface Chemistry Preparation of lyophilic and lyophobic sol. Lyophilic sol - starch. Lyophobic sol - ferric hydroxide.
Practical 5	Electrochemistry Variation of cell potential in $Zn/Zn^{2+} Cu^{2+}/Cu$ with change in concentration of electrolytes ($CuSO_4$ or $ZnSO_4$) at room temperature.
Practical 6	Thermochemistry Any one of the following experiments (i) To determine the enthalpy of solution of copper sulphate or potassium nitrate (ii) To determine the enthalpy of neutralization of strong acid (HCl) with strong base (NaOH)
Practical 7	Preparation of Inorganic Compounds Preparation of double salt of ferrous ammonium sulphate or potash alum.
Practical 8	Chromatography (i) Separation of coloured substances by paper chromatography, and comparison of their R_f values for a mixture of red and blue ink or a black ink. OR (ii) Separation of coloured substances by paper chromatography, and comparison of their R_f values for juice of a flower or grass.
Practical 9	Volumetric Analysis (Quantitative analysis) (i) Preparation of solution of oxalic acid and ferrous ammonium sulphate of known

	molarity by weighing (non-evaluative). Use of chemical balance to be demonstrated. (ii) A study of acid-base titration (single titration only) (a) To find out the Molarity of a given NaOH solution by titrating against the standard solution of oxalic acid. Both the solutions to be provided (iii) A study of redox titrations (single titration only) (a) To find out the Molarity and strength of a given potassium permanganate solution by titrating against M/50 Mohr's salt (Ferrous ammonium sulphate) solution. Both the solutions to be provided.
Practical 10	Tests for the functional groups present in organic compounds Test of functional groups present in given unknown organic compounds Test of unsaturation Test for Carboxylic, phenolic, aldehydic and ketonic groups.

Practical No	Practicals
Practical 1	To write a C++ program that accepts radius and then displays the area and perimeter of a circle. Consider "Pi" as a constant with value 3.14.
Practical 2	To write a C++ program to accept a character. Print whether the character is an alphabet, digit, or a special character. Display appropriate messages.
Practical 3	Gita is running a departmental store in her colony. She wants to computerize the billing system. Consider a class containing suitable members and associated functions. The program should store details of all the bills in the file "BILL.dat". Also a discount of 10% on the net bill amount should be given to all the customers whose net bill amount exceeds Rs 2000.
Practical 4	Write a C++ program (using while loop) to display all the multiples of 5 from 100 to 50.
Practical 5	Create a learner table using SQL commands in the following format.
Practical 6	Add a new column in the existing table using SQL command.
Practical 7	Perform DML commands UPDATE and DELETE on the following table.
Practical 8	Create an HTML document which will display the ordered list of practicals mentioned in this manual.
Practical 9	Create an HTML document which will display the ordered list of practicals mentioned in this manual.
Practical 10	Create a web page that contains the following table.

Practical No	Practicals
Practical 1	Map Interpretation: Interpretation of Weather map
Practical 2	Statistical Diagrams: Construction of Line graph/Bar diagram/Star diagram
Practical 3	Statistical Diagrams: Construction of pie diagram/Distribution Maps
Practical 4	Map and Its Elements: Construction of a simple scale
Practical 5	Map and Its Elements: Construction of graticule of any of the following Map Projections: Cylindrical Equal-Area, Simple Conical with one standard parallel and Mercator's Projection (provide table from the manual).
Practical 6	Map Interpretation: Interpretation of topographical map

Practical No	Practicals
Practical 1	To take your own family as an example: - List the household and related tasks performed by each member - Analyse the work patterns according to age and gender differences in responsibility Comment on this division of tasks
Practical 2	To record the expenditure for one's own family for a month. To evaluate the family's pattern of expenditure and on the basis of the evaluation prepare a spending plan for the family.
Practical 3	To prepare a questionnaire for a teenager to find out about the physical changes and the social and emotional changes they faced during adolescence.
Practical 4	To list habits of members of your family and neighbors which degrade the environment and suggest Ways to conserve it.
Practical 5	To identify this discriminations against a girl child (if any) your family and find justifications for the same.
Practical 6	To identify a child with special needs and study the family's effort in his/her achieving independence.
Practical 7	To develop a questionnaire to study a family's efforts in helping an adolescent achieve developmental tasks.
Practical 8	To identify various types of fibres using: - burning test - visual inspection.
Practical 9	To study the nutritional intake and its effect on the nutritional status of a family by maintaining a food diary.
Practical 10	To develop a plan to set up a laundry unit to provide door to door service in - rural area - area with government flats - posh society.

CLASS – Senior Secondary**SUBJECT – Psychology**

Practical No	Practicals
Practical 1	Take the case of Dr. Mohan, a famous surgeon. He is enjoying his pension now. While studying in VIII class, a lesson on doctors fascinated him and he was attracted towards medical profession. He resolved to become a doctor. For this he worked hard, secured good marks in biological science, qualified pre-medical test and subsequently became a Doctor. He joined as an Assistant Surgeon in a big Government hospital at the age of 25 and grew as a great surgeon by the age of 45. He retired at the age of 60. Now at the age of 65, though not in his active surgical practice, he still wishes to extend his valuable contribution in the service of mankind. Explain the life stages and stages of vocational development of Dr. Mohan.
Practical 2	Prepare a questionnaire to interview people about their understanding of terms “normal and abnormal behavior”.
Practical 3	A 37 year old individual is extremely afraid of darkness and they wish to overcome it. Using the most appropriate (can be more than one) therapy or behavioural approach, design a step-by-step treatment plan for this individual.
Practical 4	Raven's progressive Matrices To measure the eductive component of “g” as defined in Spearman's Two Factor theory using Raven's Standard Progressive Matrices.
Practical 5	David's Battery of Differential Abilities To assess various aptitudes of my subject using David's Battery of Differential Abilities.
Practical 6	Maudsley Personality Inventory To assess personality of my subject on two dimensions using Maudsley Personality Inventory.
Practical 7	Self Concept Questionnaire To assess the level of self concept of my subject using Dr. Saraswat's Self Concept Questionnaire.
Practical 8	Social Learning Theory and Social Cognitive Theory The famous Bobo Doll Experiment (Bandura) answers many questions in understanding patterns of human behaviour. • Difference between Social Learning Theory and Social Cognitive Theory. • Applications of Social Learning Theory. Based on the theory and its application, do you think violence is contagious?

CLASS – Secondary**SUBJECT – Psychology**

Practical No	Practicals
Practical 1	Suppose you are the chief speaker in the school in your community. Organize a talk on “Puberty and Sexual Development”. Write the steps involved in the organization.
Practical 2	Prepare a questionnaire to interview your friends or family members about their perception on “how poverty affects a society”.
Practical 3	Imagine that the local governing body has initiated a project to spread awareness about benefits of Yoga. You have been assigned the responsibility to organize a workshop for the primary healthcare workers on “Influences of Yoga on mind, body and behavior”. Prepare a detailed draft, explaining the information that will be delivered in this workshop.
Practical 4	To administer and interpret any one psychological test.
Practical 5	To administer, score, interpret & write a report on any 2 psychological tests.
Practical 6	To draft a Case Profile The case profile will include developmental history of the subject using both qualitative and quantitative methods. Qualitative methods include observation, interview etc. The main objective of preparing a case profile is to understand the individual in totality. The students may prepare a case profile of an individual who has excelled in areas like sports, academics, music etc. or having special needs like learning disability, autism or those with interpersonal social problems i.e. poor body image, obesity, temper tantrums, substance abuse, not getting along with peers, withdrawn etc They may be encouraged to find out the background information and developmental history of the individual.

Practical 7	To draft a questionnaire for an elder person to find out about: • the process of ageing; • Family profile (parents, siblings, education, etc.); • Thoughts on ageing, and have they changed over the years; • Has the elder person been able to promote one's wellness? • View on healthcare and coping with physical and psychological challenges; Any specific stereotypes towards old age.
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CLASS - Senior Secondary

SUBJECT - Physical Education And Yoga

S. No	PRACTICALS
1.	Measurement of Health related Fitness Tests (Sr. Secondary)
2.	Measurement of Physical and Motor Fitness Test
3.	Skills of any Team/ Individual Game 5
4.	Yoga: Sukshma Vyayama, Asana (Surya Namaskar, Forward Bending, Backward Bending, Inverted Poses, Twisting, Balancing, Standing) Shatkarma (Jal Neti, Kunjal, Kapal-bhati, Tratak), Pranayam Mudra Bandh, Meditation Record File & Viva

S. No	PRACTICALS
1.	To identify the sources of pollution in water obtained from different sources.
2.	To determine Texture of various soil samples.
3.	To describe: a. climate of an urban area; b. yearly variation in suspended particulate matter in the same area.
4.	To study the quality of a sample of water collected or provided
5.	To segregate domestic waste into bio-degradable and non-biodegradable component.
6.	To make a herbarium sheet.
7.	To set up an aquarium.
8.	To study the biodiversity of birds and insects in your locality
9.	To prepare a list of plants and animals which are used for making meals at home on any one day and to comment on the habit and habitat of each.
10.	To make an audit of the electrical energy consumption by various household appliances

CLASS: - Secondary**SUBJECTS: All Vocational**

The Vocational Subjects opted by students in Secondary are as follows: -

Carpentry, Solar Energy Technician, BioGas Technician, Laundry Services, Bakery and Confectionery, Welding Technology, Data Entry Operations, Painting & Drawing

Students can perform practical in any two topics of their own choice as instructed by their centre.

CLASS: - Senior Secondary**SUBJECTS: All Vocational**

The Vocational Subjects opted by Students in Senior Secondary are as follows: -

Secretarial Practice, Plant Protection, Furniture and Cabinet Making, Electro Plating, House Keeping, Food Processing, Hotel Front Office Operation, Soil and Fertilizer Management, Preservation of Fruits and Vegetables, Data Entry Operations, Painting & Drawing, Early Childhood Care and Education, Library and Information Science, Media & Communication, Entrepreneurship.

*Students can perform practical in any two topics of their own choice or as instructed by their Centre.

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