

T/No	Physics	Chemistry	Biology	Day	Test
1	CH #1 Uncertainty in measurement to before assessment of total uncertainty in the final result + S.Q + Objective	CH #1 From start to before electronegativity including quick check till 1.5	CH#1: From start to before Phylum Mollusca	Monday	Bio/Math Che/Comp
2	CH #1 Remaining theory + Examples +Pb +S.Q+ Objective	CH#1 From electronegativity to end before exercise including remaining quick check till 1.9	CH#1: From Phylum Mosllusca to end		
3	CH#1 Complete Theory + Examples + Pb + S.Q + Objective	CH#1 Exercise (MCQS+ Short Questions+ Descriptive Questions)	CH#11: From start to before ECG		
4	CH#2: Start to before projectile Motion + Objective	CH #2 Start to before shape of atomic orbitals including quick check till 2.3	CH#11: From ECG to end		
5	CH #2: Projectile motion to before inelastic collision in one dimension + Objective	CH#2 From shape of atomic orbitals to end + quick check till 2.5 + exercise (MCQS+ S.Q+ Descriptive Questions)	Grand Test CH 1+11		
6	CH#2: Remaining theory + Examples +Pb +S.Q+ Objective	CH#3 From start to before VSEPR theory including quick check 3.6	CH#2: From start to Flagella structure		
7	CH#3: Start to before artificial gravity + Objective	CH# 3 From VSEPR to before MOT including quick check 3.7 and 3.8	CH#2: From normal flora to end	Tuesday	Physics Islamiat
8	CH# 3: Remaining theory + Objective + S.Q + Example + Pb	CH#3 From MOT to end + Exercise (MCQS+ Short Questions + Descriptive Questions)	CH#12: From start to before joint		
9	CH# 2 + 3: Complete	CH#4 From start to before stoichiometric relationship including quick check till 4.4	CH#12: From joint to end		
10	CH# 4: Start to before escape velocity + Objective	CH#4 From stoichiometric relationship to end before exercise including quick check till 4.10	Grand Test CH 2+12		
11	CH#4: Remaining theory + Examples +Pb +S.Q+ Objective	CH#4 Exercise (MCQS+ Short Questions + Descriptive Questions + Numerical Problems)	CH#3: From structure of cell to before Ribosome		
12	CH#5: Start to before equation of continuity + Obj	CH#5 From start to before surface tension of liquid including quick check till 5.3	CH#3: From Ribosome to before cell signaling		
13	CH# 5: Remaining theory + Examples + Pb + S.Q + Objective	CH#5 From surface tension of liquid to end before exercise + Quick check till 5.8	CH#3: From cell signaling to end		
14	CH# 4 + 5: Complete	CH#5 Exercise (MCQS+ Short Questions + Descriptive Questions)	CH#9: From start to before digestion in small intestine		
15	CH# 1+2+3+4+5 (S.Q + Objective)	CH#6 From start to before HESS'S law of heat summation including quick check till 6.3	CH#9: From digestion in small intestine to end		
16	CH# 6: Start to before second law of thermodynamics + Objective + S.Q	CH#6 From HESS'S law of heat summation to end before exercise including quick checks till 6.7	Grand Test CH # 3+9		
17	CH#6: Remaining theory + Examples +Pb + Objective	CH# 6 Exercise (MCQS+ Short Questions + Descriptive Questions + Numerical Problems)	CH#6: From start to before cyclic phosphorylation		
18	CH# 7: Start to before stationary waves in air columns + Objective	CH#7 From start to before catalyst including quick check till 7.4	CH#6 : From cyclic phosphorylation to before glycolysis	Thursday	Bio/Math Urdu
19	CH# 7 : Remaining theory + Objective + Examples + Pb + S.Q	CH#7 From catalyst to end before exercise + quick checks till 7.8	CH#6: From glycolysis to end		
20	CH# 6 + 7: Complete	CH# 7 Exercise (MCQS+ Short Questions + Descriptive Questions + Numerical Problems)	CH#10: From start to control of breathing		
21	CH # 8: Start to before gravitational waves + S.Q + Objective	CH# 8 From start including 8.1,8.2,8.6,8.7,8.8,8.8.1, sample problem 8.1,ExQ# 2 a to d Q# 3,4,6	CH#10: From respiratory pigment to end		
22	CH#8: Remaining theory + Examples +Pb + Objective	CH#8 Sample problem 8.2,8.8.2,8.10,8.11,8.12,8.13,8.14,8.15, Ex Q# 2(a),g,I,j,Ex Q #6, Q#8,9,10	Grand Test CH# 6+10		
23	CH# 9: Start to before electric current + Objective	CH # 9 From start including 9.3,9.4,9.5,9.6,sample problem 9.2,9.3 Ex Q # 2 H,I, Q# 5	CH#5: Complete (Only S.Q and MCQS)		
24	CH# 9 : Electric current to before potentiometer + Objective	CH# 9: 9.7,9.8, sample problem 9.4, ex Q#2 (a),g,i,j, ex Q# 6 ,Q#8,9,10	CH#4: From start to before protein	Friday	Che/Comp English
25	CH#9: Remaining theory + Examples +Pb +S.Q+ Objective	CH# 10 From start including 10.1 to 10.7 sample problem 10.4, ex Q# 2 e,F	CH# 4: From protein to before waxes		
26	CH# 8 + 9: Complete	CH# 10: 10.11 to 10.15 + 10.21 Ex Q# 2 a,b,c,d,K Q# 5,6	CH# 4: From waxes to end		
27	CH # 6+7+8+9 (S.Q + Objective)	CH# 11 From start including 11.1 to 11.4 Quick check 11.2, Qx Q#2 b (i) , c	CH# 8: From gaseous exchange to before mechanism of translocation of food		
28	CH # 10 Start to before Faradays law + Objective + S.Q	CH # 11: 11.5 Quick check 11.3,11.6,11.4,11.7, Ex Q3 2 b (ii) (iii) , d,e	CH#8 : From mechanism of translocation of food to before osmotic adjustment in plant		
29	CH#10: Remaining theory + Examples +Pb + S. Q+ Objective	CH#11: 11.8, Quick check 11.8,11.9,11.7 Ex Q # 2 g, K,I	CH#8: From osmotic adjustment in plant to end		
30	CH#10: Complete Theory + Examples + Pb + S.Q + Objective	CH#12 From start including 12.1 to 12.6 Ex Q # 2 a to e	Grand Test CH# 4+8	Saturday	Bio/Math Physics
31	CH # 11: Complete theory + Example +Pb + S.Q + S.Q	CH# 12 : 12.7 to 12.11 Quick check 12.5 Ex Q # 2 f,g,h,J,K	1 st Half		
32	CH#12: Start to before fundamental particles + Objective	CH # 13: From start including 13.1 to 13.4 Quick check 13.1,13.2+ Ex Q # 2 a to e	2 nd Half		
33	CH#12: Remaining theory + Examples +Pb +S.Q+ Objective	CH # 13: 13.5, 13.11 Quick check 13.6, Ex Q# 2 F,g, h,I,j	Complete book		
34	CH # 1 to 12 (S.Q + Objective)	CH # 14 From start including 14.1 to 14.4 , Quick check 14.2, ex Q # 2 a,c,f	TAMEER-E-NAU ACADEMY TAUNSA Program of Work 2025-26		
35	اگر آپ پروگرام ورک پر خصوصی توجہ اور وقت دیں تو آپ انہی نمبرات حاصل کر سکتے ہیں نمبر پرچہ پر تاریخ اور ٹیسٹ نمبر ضرور لکھیں	CH# 14 : 14.5 to 14.7, Quick check 14.3, Ex Q #2 b,g,j, Q # 4,5			
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