

# VIKAS BHARATI PUBLIC SCHOOL

## CLASS XII

### HOLIDAY HOME WORK

#### ENGLISH

Complete the following modules from SHARP insights workbook :-

Module 1 ( pg-14-19)

Module 2 (101-105)

Module 4 (218 & 219)

Additionally, prepare any current affairs topic for speaking assessment activity to be held after summer break. Topic may also be chosen from pg -410 of module 8.

Duration:(1-1.5 minutes)

\*Note: Marks of the above activity will be added in internal assessment .

#### PHYSICS

1. Do the assignment shared in the Class WhatsApp group.
2. Revise chapters done in class.
3. Complete the **Practical File** with experiments 1 and 2, **Activity file** ( with 6 activities shared in class group), **Project report (According to the topics shared in class groups)**

**\*Sequence for Making a Project is as follows**

1. Title Page

\* Write the project title.

\* Include your name, class, roll number, school name, and year.

2. Certificate

\* A page certifying that you completed the project under your teacher's guidance.

3. Acknowledgement

\* Thank your teacher, school, and anyone who helped.

#### 4. Index (Table of Contents)

- \* List all the sections with page numbers

#### 5. Introduction of the Project

#### 6. Aim and Apparatus

#### 8. Index (Table of Contents)

- \* List all the sections with page numbers.

#### 9. Theory

- \* Explain the topic in detail with headings and subheadings.

- \* Use simple language.

- \* Add relevant diagrams and pictures.

#### 10. Circuit/ Observations / Findings

#### 11. Conclusion

#### 12. Precautions

#### 13. Sources of error

#### 14. Bibliography

List the books, websites, and sources you used.

### **CHEMISTRY**

#### 1) Prepare a project involving scientific investigations.

A few suggested Projects -

1. Study of the presence of oxalate ions in guava fruit at different stages of ripening.

2. Study of quantity of casein present in different samples of milk.

3. Preparation of soybean milk and its comparison with the natural milk with respect to curd formation, effect of temperature, etc.

4. Study of the effect of Potassium Bisulphate as food preservative under various conditions (temperature, concentration, time, etc.)

5. Study of digestion of starch by salivary amylase and effect of pH and temperature on it.
6. Comparative study of the rate of fermentation of following materials: wheat flour, gram flour, potato juice, carrot juice, etc.
7. Extraction of essential oils present in Saunf (aniseed), Ajwain (carum), Illaichi (cardamom).
8. Study of common food adulterants in fat, oil, butter, sugar, turmeric powder, chilli powder and pepper.

Note: Any other investigatory project related to chemistry can be chosen.

(2) Revise the chapters done before summer holidays.

## **BIOLOGY**

\*Instructions for Making a Biology Project (Class 12)\*

1. \*Choose a Topic\*
  - \* Select any interesting topic from biology
2. \*Title Page\*
  - \* Write the project title.
  - \* Include your name, class, roll number, school name, and year.
3. \*Certificate\*
  - \* A page certifying that you completed the project under your teacher's guidance.
4. \*Acknowledgement\*
  - \* Thank your teacher, school, and anyone who helped.
5. \*Index (Table of Contents)\*
  - \* List all the sections with page numbers.
6. \*Introduction\*
  - \* Write a brief introduction about your chosen topic.

## 7. \*Main Content\*

- \* Explain the topic in detail with headings and subheadings.
- \* Use simple language.
- \* Add relevant diagrams, charts, and pictures.
- \* Include facts, data, and examples.

## 8. \*Observations / Findings\*

- \* Mention any experiments, surveys, or key points you observed.

## 9. \*Conclusion\*

- \* Summarize the main points and your learning.

## 10. \*Bibliography\*

- \* List the books, websites, and sources you used.

## 11. \*Presentation Tips\*

- \* Use A4 size paper.
- \* Keep the handwriting neat .
- \* Use colored pens for headings.
- \* Stick pictures and diagrams cleanly.
- \* Keep margins on all pages.

## **MATHEMATICS**

Do the lab activities shared in class group in lab file/A-4 size ruled sheets.

# Do the assignment shared in class group .

#Revise the chapters covered in class .

## **PHYSICAL EDUCATION**

Prepare a project file which consist of four practicals

Title page

Acknowledgement

Certificate

Index

Practical-1 fitness test(sai khelo India fitness test in school)

\*test for the age group 5-8 years

1.body mass index

2.flamingo balance test

3.coordination test (plate tapping test)

\*test for age groups of (9-18 years)

1.push ups boys(procedure,purpose)

2.modified push-ups for girls

3.50 meter dash running

4.600 meters running or walk

5.sit ups

6.sit and reach test

Practical-2

Life style disease

Obesity,asthma, diabetes, hypertension,lower back pain

●write two corrective asana for each diseases.

Practical-3

Choose any one game (IOA) recognised sports/game of your choice draw the labelled diagram of field/court/table also mention history,rules,measurement, skill terminology.

Practical-4

(Rikli and Jones senior citizen fitness test)

-chair stand test

-arm curl test

- back scratch test
- eight foot up and go test
- six minutes walk test.

(Write purpose, equipment required, procedure, scoring and photos of all above mentioned test)

## **PSYCHOLOGY**

1. To revise and complete assignment for chapter- 1 and 2 (refer to question bank shared)
2. Complete the Practical file work as per guidelines
3. Case profile to be prepared by interviewing an adolescent (refer to material shared)

## **COMPUTER SCIENCE**

### **Project-Based Learning: Python and Text File Handling**

**Objective:** The purpose of this project is for students to develop a tangible and useful application using Python's file handling and/or Python-SQL connectivity. The project must solve a real-world problem and encourage students to apply computational thinking, creativity, and research skills.

### **Project Guidelines**

- **Group Size:** 2-3 students
- **Domain:** The project should address a real-world problem faced by a local business, school, or community.
- **Technology:** The project should incorporate **Python file handling (text, binary, or CSV files)** or **Python-SQL connectivity**.
- **Creativity:** Students can explore diverse areas, such as:
  - Automating tasks for small businesses (e.g., invoice generation for GST claims).
  - Creating interactive applications, such as games or utilities.

- Developing assistive software for school or differently-abled students.
- Building databases for efficient record-keeping.

### **Suggested Project Ideas**

#### **1. Invoice Generator for GST Filing**

- Reads transaction data from a file.
- Processes and categorizes data.
- Applies GST rates and generates formatted invoices.

#### **2. Library Management System**

- Uses Python-SQL connectivity.
- Allows book issue and return tracking.
- Provides search and report features.

#### **3. School Attendance Tracker**

- Uses file handling to store attendance records.
- Implements user authentication for secure access.
- Generates monthly reports.

#### **4. Student Performance Analyzer**

- Reads and analyzes marks stored in a CSV file.
- Generates insights such as subject-wise improvement suggestions.

#### **5. To-Do List and Productivity Tracker**

- Allows users to add, update, and delete tasks.
- Stores tasks using file handling.
- Tracks productivity trends over time.

## **PAINTING**

Complete five compositions (in colour)

## **YOGA**

### **PROJECT FILE WORK**

\* Lifestyle diseases

1. Hypertension

2. Asthma

3. Back pain

4. Diabetes

5. Obesity

Make your project file on any one lifestyle disease and write two asanas for them. (Procedure, contraindications, Benefits ) With pictures.

## PRACTICAL FILE WORK

- Surya namaskar

Write importance of surya namaskar, explain 12 steps, with pictures

- Basic types of asanas.

1. Standing Asanas

2. Sitting Asanas

3. Meditative Asanas

4. Supine line Asanas

5. Prone line Asanas

6. Balancing Asanas

7. Relaxative Asanas

Explain any two asanas for each. (Technique, benefits, contraindication) With pictures.

- Shat karma

1. Dhauti

2. Basti

3. Neti

4. Trataka

5. Nauli

6. Kapalabhati

Write importance of Shat karma (Benefits, precautions) with pictures.

• Types of Bandhas

1. Jalandhara bandha 2. Moola bandha 3. Uddiyana Bandha 4. Maha Bandha

Write Technique, benefits, Contraindications.

**HINDI**

ग्रीष्मावकाश गृहकार्य\*

दिए गए विषयों पर रचनात्मक लेख लिखें -

- 1 नागरिकता संशोधन एक्ट – 2010
- 2 पर्यावरण बचाओ –
- 3 क्लाइमेट चेंज के लिए जिम्मेदार ग्रीन हाउस गैसों
- 4 वॉट्सऐप में ताका झाँकी
- 5 धरती का तापमान बढ़ा तो जल संकट
- 6 प्रकृति से दूर होता हमारा जीवन
- 7 नदी की शुद्धता उसके बहने में है
- 8 घर से विद्यालय का सफर
- 9 डिप्रेशन में डूबते बच्चे
- 10 सम्मान-अपमान शब्दों के खेल हैं

\* द्वितीय इकाई परीक्षा में दिए गए पाठ याद करें ।\*