

**GURU NANAK PUBLIC SCHOOL**  
**SARABHA NAGAR, LUDHIANA**

# BREAK TIME TASKS

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**XII**



# **Guru Nanak Public School**

## **Sarabha Nagar**

### **Ludhiana**



## **STUDENT PORTFOLIO (ENGLISH)**

### **Session 2025-2026**

NAME: \_\_\_\_\_

SECTION: \_\_\_\_\_

ROLL NO: \_\_\_\_\_

ADMISSION NO: \_\_\_\_\_

SUBMITTED TO: \_\_\_\_\_

# My Personal Inventory

**THIS IS ME!!!!!!**



Paste a photograph of  
yourself or make a sketch of  
yourself

I am \_\_\_\_\_, Admn no. \_\_\_\_\_

Class & Section \_\_\_\_\_, Roll no. \_\_\_\_\_.

Email id \_\_\_\_\_.

My Phone no. is \_\_\_\_\_.

My birthday is on \_\_\_\_\_.

Blood Group \_\_\_\_\_.

Father's name \_\_\_\_\_.

Mother's name \_\_\_\_\_.

Residential address \_\_\_\_\_.

My family consists of \_\_\_\_\_  
\_\_\_\_\_.

I love the most \_\_\_\_\_ in my family  
because \_\_\_\_\_  
\_\_\_\_\_.

Paste a family photograph

I have a special friend, his /her name is \_\_\_\_\_  
\_\_\_\_\_.

Paste a photograph of  
your friend with or  
without you.

I am very good at \_\_\_\_\_.

I am not so good at \_\_\_\_\_.

I get really angry when \_\_\_\_\_  
\_\_\_\_\_.

I would like to learn about \_\_\_\_\_  
\_\_\_\_\_.

I would be much better off if \_\_\_\_\_  
\_\_\_\_\_.

I have a few good habits which are \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

# I Discover Myself

Features	As I see myself	As my parents see me
My Strengths		
My Weaknesses		
My Achievements		
My Motivation/ ideal		
How tidy I am		
How courteous I am		
The type of clothes I wear		
Hours spent on social media per day		
Hours spent on studies per day		
Hours spent on constructive activities per day		
Hours spent playing outdoor games		
I like to spend my time on my mobile because		
How independently am I allowed to express my opinions		
The Career I should choose		

# ENGLISH

## INSTRUCTIONS FOR MAKING THE PROJECT

- The marks allotted for PROJECT :10 marks (5 for Project+ 5 for Viva)
- Choose any ONE from the below given topics.
- Viva based on the project will be undertaken.
- The portfolio of project may include all the points given in each project.
- The project must contain at least 20-25 sheets
- Use as many pictures /photographs as you require
- Use sketch pens for headings and coloured pens for content.
- Use A4 size coloured/designer paper sheets for the project and after compiling everything should be submitted in Project file.

## **NOTE: THE PROJECT SHOULD BE HANDWRITTEN**

### **PROJECT 1: PLIGHT OF OLD AGED PEOPLE**

Cover page, with title of project, school details/details of student.

1. Index

2.Acknowledgement

3. Objectives

4. Certificate of Completion

5. About the Poetess of 'My Mother at Sixty Six'. (with photos)

6.Poetess' Personal Experience - Common Paradox of Human Relationships

7.Portrayal of Sensational Separation Between a Mother and a Daughter

8. Plight of Old Aged People: Ugly Truth About Old Age (with photos)

9.Reasons Behind the Need of Old Age Homes

10.Efforts for Stress-Free and Secured Life of Aged People

11. Visit to an Old Age Home (photos of some aged people living in such homes)

12.How to Strike a Balance Between Duties and Responsibilities of Children and Society

13.Role of Youth to Improve the Plight of Aged People

14.Bibliography or References

## **PROJECT 2: CHILD LABOUR IN INDIA (LOST SPRING)**

Cover page, with title of project, school details/details of student.

### **1.Index**

2. Acknowledgement

3. Objectives

4. Certificate of Completion

5. Child Labour with reference to Lost spring (summary)

6. Lives of children like Saheb and Mukesh

7. Describe – Seemapuri (with pictures)

8.Hazards of Bangle making industry

9.Initiative against child labour by       \* Indian government       \* Various NGOs

10. SOS Children's Village in India

11.The Child Labour Prohibition and Regulation Act,1986

12. Ways to eliminate child labour

13.Bibliography or References

## **PROJECT 3: War and Peace**

The Project-Portfolio may include the following:

Cover page, with title of project, school details/details of student.

1. Index

2. Acknowledgement

3.Objectives

4. Certificate of completion

5. Different kinds of war

6. Causes of war

7. Explanation on Any One war (World War I, World War II, Franco-Prussian War)

8. Figure Representation in the form of pie chart/Histogram/graph of loss during war.

9. Effect of war on a) People of Alsace and Lorraine       b) In general (Reference to Keeping Quiet)

10. Pictures related to war.

11. Suggestions to avoid wars.

12. Conclusion

13.List of resources/bibliography.



## **ACKNOWLEDGEMENT**

I would like to extend my sincere and heartfelt obligation towards all those who have helped me in making this project. Without their active guidance, help, cooperation and encouragement, I would not have been able to present the project on time.

I am extremely thankful and pay my sincere gratitude to my teacher----- for her valuable guidance and support for completion of this project.

I also acknowledge with a deep sense of reverence, my gratitude towards my parents, other faculty members of the school and friends for their valuable suggestions given to me in completing the project.

Date:

Place:

## **CERTIFICATE OF COMPLETION**

### **CERTIFICATE**

This is to certify that the project work on \_\_\_\_\_ based on the curriculum of CBSE has been completed by \_\_\_\_\_ of Class-XII Section \_\_\_\_\_ of \_\_\_\_\_ School.

The above mentioned project work has been completed under my guidance during the academic year 2025-26.

Signature of Teacher

# PHYSICS

## INVESTIGATORY PROJECT

1. Choose one investigatory project from the list provided-
  - i) Capacitor
  - ii) Transformer
  - iii) Electromagnetic induction.
  - iv) Study of various factors on which the internal resistance of a cell depends.
  - v) Optical fibre
  - vi) Semiconductors- energy level diagram /rectifiers / characteristics of pn junction diode.
  - vii) Young double slit experiment
  - viii) Binding energy per nucleon and its related topics.
  - ix) Dual nature of matter.

## INSTRUCTIONS

- It must be done in A4 size sheet.
  - It should include name of the topic, Acknowledgement, index, introduction, content, objectives, apparatus required, references and bibliography.
2. Complete your practical file up to the experiments we have done in the lab.

# CHEMISTRY

Prepare one investigatory project (recommended by CBSE) from the following list:

1. Batteries
2. Colligative properties
3. Biomolecules (Carbohydrates) Refer to NCERT book vol II
4. Biomolecules (Proteins) Refer to NCERT book vol II

**Instructions:** 1. This should be of 8-10 pages (in the order Title page, index, Acknowledgement, content, bibliography) supplement with Pictures /samples etc.  
2. This should be hand written (written by your own).  
3. Date of submission is July 7, 2025.

## MATHEMATICS

Perform the following activities on Math Practical Notebook:

1. To draw the graphs of following inverse trigonometric functions on different graph papers in the interval  $[-2\pi, 2\pi]$  highlighting the principal value range.

$$\sin^{-1}x, \cos^{-1}x, \tan^{-1}x$$

2. To draw the graphs of following inverse trigonometric functions on different graph papers in the interval  $[-2\pi, 2\pi]$  highlighting the principal value range.

$$\sec^{-1}x, \operatorname{cosec}^{-1}x, \cot^{-1}x$$

3. To find the solution of the following situational problem by Matrix method:

A school wants to award its students for the values of Honesty, Regularity and Hard work with a total cash award of Rs 6000. Three times the award money for Hard work added to that given for Honesty amounts to Rs 11000. The award money given for Honesty and Hard work together is double the one given for Regularity. Represent the above situation algebraically and find the award for each value using Matrix method.

4. To discuss the continuity of the following functions and draw their graphs:

$$(a) f(x) = \begin{cases} 2x - 3, & \text{if } x \leq 2 \\ x + 3, & \text{if } x > 2 \end{cases}$$

$$(b) f(x) = \begin{cases} -x + 2, & \text{if } x \leq 1 \\ x^2, & \text{if } x > 1 \end{cases}$$

5. To derive and discuss the geometrical significance of derivatives.

## BIOLOGY

1. Prepare an investigatory project on any one topic from NCERT. Project file should be hand written consisting of 15-20 A4 size sheets. Project report should be prepared in the following sequence –

- Cover page should include the title of the project & student's information-
- Acknowledgement
- Index
- Project content
- Case study (If Possible)
- Bibliography

2. To prepare a report on any three bioweapons.

**NOTE:** Students can collect information, draw or paste pictures from the internet for the above report in a scrap book.

3.Revise the covered syllabus.

4.Complete biology practical file.

## ACCOUNTANCY

**Note:-** Project must contain 10-15 sheets. Staple the sheets and put it in a clear bag. Write the project topic, name, class, section, roll number and admission number on the first sheet of the Project. Handwriting should be neat and clean. It is compulsory to submit project work for assessment.

Q:-1) X And Y are partners in a firm sharing profits and losses in the ratio of 3:2. Z is admitted as a partner with  $\frac{1}{4}$  share in profits. Z takes his share from X and Y in the ratio of 2:1. Calculate new profit- sharing ratio.

Q:-2) M and J are partners in a firm sharing profits in the ratio of 3:2. They admit R as a new partner. The new profit-sharing ratio between M, J and R will be 5:3:2. R brought in 50,000 for his share of premium for goodwill. Pass necessary Journal entries for the treatment of goodwill.

Q:-3) R purchased B business with effect from 1st April, 2022. It was agreed that the firm's goodwill will be valued at two year's purchase of average normal profits of the last three years. Profit of B's business for the last three years ended 31st March, were 2020. Rs. 1,00,000 (including an abnormal gain of 10,000) 2021 Rs. 1,10,000 (after charging an abnormal loss of Rs.20,000) 2022. Rs. 85,000 (including non-business income of Rs.5,000) Calculate value of the firm's goodwill.

Q:-4) On 1st April, 2022 a firm had assets of Rs.3,00,000 including cash of Rs. 5,000. Partner's capital account were 2,00,000 and the Reserve being the rest. If normal rate of return is 10% and the goodwill of the firm is valued at 2,00,000 at four years purchase of super profit, find the average profit of the firm.

Q:-5) A,B and C are partners in firm having capital of 50000, 50000 and 100000 respectively. The Current Account balances were A: 10000, B: 5000 and C: 2000 (Dr) According to the Partnership Deed partners were entitled to an interest on Capital @ 10% p.a. C Being the working partner was also entitled to a salary of 12000 p.a. The profit to be divided as a. the first 20,000 in proportion to their capitals b. Next 30.000 in the ratio of 5:3:2 c. Remaining profits to be shared equally. The firm earned a profit of 1,72,000 before charging any of the above items Prepare Profit and Loss Appropriation Account.

Q:-6) A,B and C were partners in a firm On 1st April 2018 their capitals stood at Rs. 400000, 300000 and 200000 respectively. As per the provisions of the Partnership Deed

i) B was entitled to a salary of 5,000 per month.

ii) Partners were entitled to interest on capital @10% p.a. The net profit for the year ended 31st March, 2019 Rs.3,00,000 was divided among the partners without

providing for the above items Showing your working clearly, Pass an adjustment entry to rectify the above error.

Q:-7) X, Y and Z entered into partnership on 1st July, 2021 to share profits and losses in the ratio of 3: 2:1. X guarantee that Z's share of profit after charging interest on capital@6% p.a. would not be less than 36000 p.a. The capital contribution by X Rs.2,00,000; Y Rs.1,00,000 and Z Rs. 1,00,000. Profit for the year ended 31stMarch, 2022 was Rs.1,38,000. Prepare Profit and Loss Appropriation Account.

Q:-8) A and B are partners sharing profits in ratio of 3 : 2. Their balance sheet as at 31st March 2022 stood as

Liabilities	Amount	Assets	amount
Creditors	38500	Cash	2000
Outstanding rent Capital	4000	Stock	15000
A	29000	Prepaid insurance	1500
B	15000	Debtors. 9400	
		Less: Provision. 400	9000
		Machinery	19000
		Building	35000
		furniture	5000
	86500		86500

C is admitted as a new partner introducing a capital of Rs. 16000.

The new profit sharing ratio is decided as 5: 3: 2.

C is unable to bring in any cash for goodwill. So, it is decided to value the goodwill on the basis of C's share in profits and capital contributed by him.

Following revaluations are made

1. Stock to decreased by 5%
2. Provision for doubtful debts is to be Rs 500.
3. Furniture to decrease by 10%
4. Building is valued at 40000

Show necessary ledger accounts and balance sheet of new firm.

# **BUSINESS STUDIES**

## **Topics of Project Work:**

1. Prepare a project file on 14 principles of management by Henri Fayol.
2. Analyse how they are implemented and violated in the following organisations:

XII – C, H                      Mcdonald's

XII – D, F                      KFC

## **Steps for project work:** Presentation and Submission of Project Report

1. The total length of the project will be of 25 to 30 pages. The project should be handwritten.
2. The project should be presented in a neat folder.
3. The project report should be developed in the following sequence.

\*Cover page should include the title of the Project, student information, school and year.

\*List of contents- \*Acknowledgment \*Topic with suitable heading.

\*Planning and activities done during the project, if any. \*Observations and findings

\*Conclusions (summarised suggestions) \*Photographs (10-15)

\*Appendix \*Teacher's observation. \*Signatures of the teacher. (Marks of project work to be added in September Exams)

# **ECONOMICS**

## **Instructions:**

It is compulsory for all to submit the assignment for assessment.

Use A4 size light color assignment sheets (one sided ruled and one-sided plain sheet)

Page 1: Cover page (Submitted by, class & section, roll no., submitted to)

Page 2: Certificate

Page 3: Acknowledgment

Page 4: Index

Sr.No.	Particulars	Page no.	Remarks
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Page 5 – 23: MAIN CONTENT

{Make use to diagrams, pictures, data}

Page 24: Conclusion

Page 25: Bibliography

Topics to be prepared

Roll No.: 1,9,17,25,33,41. : Human Capital Formation

Roll No.: 2,10,18,26,34,42. : Rural Development

Roll No.: 3,11,19,27,35,43. : Employment

Roll No.: 4,12,20,28,36,44. : Environment & Sustainable Development

Roll No.: 5,13,21,29,37,45. : Human Capital Formation

Roll No.: 6,14,22,30,38,46. : Rural Development

Roll No.: 7,15,23,31,39,47. : Employment

Roll No.: 8,16,24,32,40,48. : Environment & Sustainable Development

## **ENTREPRENEURSHIP**

1. Revise ch-1, 2 done in the class.

2. List the names of any 5 companies registered on a stock exchange. Monitor the prices of their shares for 10 regular days. List their records in project file. Also Analyse which share is best to buy in IT sector?

3. State five differences between stock market and share market.

**Note:** Project must contain 10-15 sheets. Staple the sheets and put it in a clear bag. Write the project topic, name, class, section, roll number and admission number on the first sheet of the Project. Handwriting should be neat and clean. It is compulsory to submit project work for assessment.

## **FINANCIAL MARKETS MANAGEMENT**

1. Explain the admission procedure for the new membership.

2. What is Market watch window?

3. What are steps in Clearing and Settlement Process? (Pg no.71-75)

4. Explain liquidity, leverage, profitability ratios.

Instructions:

1. Project should be made on A4 size sheet.

2. Project should be of 25-30 pages.



3. Paste at-least 10-15 pictures.

4. Include front page, acknowledgement, certificate, index, conclusion and bibliography.

***Do properly in A4 size sheets & submit in clear bag.***

## **INFORMATION TECHNOLOGY**

1. Create a Practical file with minimum 15 queries in MYSQL.

2. Consider the following tables – TRAIN and PASSENGER:

Table: TRAIN

TID	TName	Boarding	Destination	Cost
305	VandeBharat	New Delhi	Katra	2500
206	Shatabdi	Mumbai	Delhi	3500
307	Superfast	Lucknow	Chennai	4500
208	HolidayExpress	Goa	Delhi	2000

Table: PASSENGER

PID	TID	Name	DOT
P108	307	Gagandeep Singh	14-10-2022
P209	206	Rahat Ali	01-01-2023
P110	305	Cristopher	10-12-2022
P677	208	Diksha Luther	11-09-2019
P555	307	Nira Kadam	06-11-2020
P211	208	Ritam Ahuja	17-12-2021

Write SQL queries for the following:

a) To display the count of passengers travelling by each train

b) To add a new record in the table TRAIN:

(12471, "Garib Rath", "New Delhi", "Mumbai", 1105)

c) To display TName, TID and Boarding of all passengers.

d) To display details of all trains whose cost is between 3000 and 5000.

3. Write the Mysql commands for the following queries:

TRAIN

TrainID	Station
0001	DELHI
0002	MUMBAI

COUNTER

TicketID	Date	Cost	TrainNo
T1	12/3/22	500	0001
T2	15/5/22	450	0002
T3	15/5/22	500	0001



- (a) To find all the stations, date for ticket id as T1.
- (b) To find the total ticket amount collected from each station.
- (c) To displays all the tables created in the current database.
- (d) To delete table counter along with the information in it.

## **WEB APPLICATION**

1. Create a video using either Canva or Adobe Express
2. Do any one of the following on the topic “Cyber Security.”
  - Create a Presentation using either Canva or Adobe Express
  - Create an E-poster using either Canva or Adobe Express
  - Create a hand-made poster

## **LEGAL STUDIES**

### **The project report entails the following requirements:**

1. The project report should be handwritten by the students themselves and credit will be awarded to original drawings, illustrations, and creative use of material.
2. The project report should be presented in a neatly bound folder.
3. The project report will be presented in the following format:
  - \* Cover page
  - \*Contents
  - \*Introduction
  - \*Content Presentation
  - \* Conclusion/ Summary
  - \*Bibliography
  - \*Teacher’s evaluation report

### **Prepare project file on the following:**

1. Write short notes on the following:
  - a. Women and the Legal Profession
  - b. Professional Ethics for lawyers
  - c. Eligibility and qualification to practice as an Advocate in India

d. Legal Education in India

2. What changes did the Advocates' Act bring about in India?
3. Discuss the main points of difference between Senior Advocate and Advocate on record.
4. Compare the rules regarding advertising by legal professionals in India and other countries.
5. How is the Bar Council of India organized? What are its roles and functions? Trace the history of the Bar Council.
6. Compare the rules regarding entry of foreign lawyers in the United States and the UK
7. Explain any one power or function of the National Human Rights Commission.
8. Who are minorities whose interest the National Commission for Minorities intends to protect?
9. Ms. Bagchee is a Jewish woman who has married outside her community, because of which she is disallowed to perform certain religious customs. What could be the grounds of disqualification of her complaint to the National Commission for Minorities?
10. Ms. Nisha Joseph is a Christian and her services were terminated by a school managed by State run non-governmental organization without any substantial reasons. What is the remedy available to her for redressal of this issue?
11. Smt. Savitri is troubled by the exploitation that is being faced by her deaf and dumb daughter who has been abandoned by her husband and in laws, allegedly due to her disabilities. Which forum can she approach for redressal of issues being faced by her? State its powers and functions.
12. Why were the National Commission for Scheduled Castes and the National Commission for Scheduled Tribes created?
13. Ravi avails benefits of being a member of scheduled caste in his service under the Central Government. In a matter of promotion with his department he moved to the Central Administrative Tribunal. As the matter is pending for a long time, he decides to obtain a speedier redressal of his cause and moves to the National Commission for Scheduled Castes. Decide if the matter will be entertained by the Commission. Also set out the various grounds on which the Commission can reject

a complaint made to it.

14. Ram and Sikander agreed in writing to resolve the disputes arising out of their contract by way of arbitration. A dispute arose between Ram and Sikander. Ram filed a case in the court. Will the court stay the legal proceedings filed by Ram? Discuss. Mr Hari and his friend, Mr Suresh entered into a partnership deed to carry on the business of creative designing. After a year of starting a successful partnership firm, creative differences arose between Mr Hari and Mr Suresh, which created a rift between them. To help resolve the dispute, Mr Sharma, the secretary of a reputed firm, is facilitating them to help them achieve an acceptable agreement. Which dispute resolution method is Mr Sharma resorting to? Explain.
15. Sita and Reena are business partners. After sometime a dispute arose between them. Both of them agreed to submit the dispute between them to Mr Bajaj, a senior member of a law firm. Sita subsequently came to know that Reena and Mr Bajaj are related to each other. Can Sita challenge the authority of Mr Bajaj as an arbitrator? Discuss.
16. What is the meaning of Ombudsman? Identify equivalent institutions within India. Discuss their roles and limitations.
17. A dispute arose between Rakesh and his employer regarding some incident of injustice to Rakesh by some senior members of the management during the course of his employment. They appointed Mr Kumar to resolve the dispute. Mr Kumar not only facilitated the conversation but also suggested potential solutions. Identify and explain the role played by Mr Kumar. A Lokpal is an ombudsman in India while a Lokayukta is a similar anti-corruption ombudsman organization in the Indian States. (a) Elaborate on the scope of The Lokpal and Lokayukta Act, 2013. (b) Explain the composition of Lokpal under the Act.
18. The concept of Lok Adalat is an innovative Indian contribution to the global legal jurisprudence. Analyse the features of Lok Adalat that make it a suitable forum for alternative dispute resolution.

## **POLITICAL SCIENCE**

### **The project report entails the following requirements:**

1. The project report should be handwritten by the students themselves and credit will be awarded to original drawings, illustrations, and creative use of material.
2. The project report should be presented in a neatly bound folder.
3. The project report will be presented in the following format:
  - \* Cover page
  - \* Contents
  - \* Introduction
  - \* Content Presentation
  - \* Conclusion/ Summary
  - \* Bibliography
  - \* Teacher's evaluation report

### **Prepare project file on the following topics:**

**XII H- New Centres of Powers/ Alternative Centre of Power**

**XII F- Recent Developments in The Indian Politics**

## **FOOD, NUTRITION & DIETETICS**

- \* Drink lots of water.
- \* Have nutritious diet
- \* Take care of your elders.
- \* Have soaked nuts in the morning
- \* Complete Final practical file in summer vacation and bring it on very first day when school will reopen for checking.
- \* Use A3 sheets for practical file.
- \* Leave space for Board Roll Number on the outer cover and first page.
- \* Make it very beautiful with full written material and colourful pictures.
- \* Leave space for Lab Activity photograph as we will do it in the class in July and click the pictures.
- \* Revise Unit I & II of your book.

# PUNJABI

## I (PROJECT WORK)

### INSTRUCTIONS:

1. Chose any one topic from the given below.
2. Use A4 size sheet (one side plain and one side ruled)
3. Credit will be awarded for creativity.
4. Matter should be relevant and of 10 pages.
5. It should be written neatly.
6. Either paste or draw pictures related to the topic.
7. file should be covered properly.
8. Project should be presented in the following sequence/format:

First page

- NAME \_\_\_\_\_
- CLASS & Sec \_\_\_\_\_
- Admission No \_\_\_\_\_
- Roll No \_\_\_\_\_
- Topic Name \_\_\_\_\_
- Submitted to \_\_\_\_\_
- Submitted by \_\_\_\_\_

Index

Acknowledgement

Introduction of topic

Explanation of the subject matter

Importance (if have)

Critical analysis

Suggestions by the students. (conclusion)

Bibliography/ Resources

Topics:

1. ਖੁਰਾਕ (ਕਿਸੇ ਇੱਕ ਰਾਜ ਤੇ ਅਧਾਰਿਤ)
2. ਪੰਜਾਬ ਦੇ ਮੇਲੇ ਤੇ ਤਿਉਹਾਰ
3. ਬਜ਼ੁਰਗਾਂ ਦਾ ਘਟ ਰਿਹਾ ਸਤਿਕਾਰ (ਕਾਰਨ ਤੇ ਸੁਝਾਅ)

4. ਕੋਰੋਨਾ ਕਾਲ ਸਮੇਂ ਪੇਂਡੂ ਤੇ ਸ਼ਹਿਰੀ ਜੀਵਨ ਦਾ ਅੰਤਰ
5. ਕੋਰੋਨਾ ਕਾਲ ਸਮੇਂ ਆਨਲਾਈਨ ਪੜ੍ਹਾਈ
6. ਕੋਰੋਨਾ ਕਾਲ ਸਮੇਂ ਉੱਭਰੀ ਲੋਕ ਸੇਵਾ ਭਾਵਨਾ
7. ਕੋਰੋਨਾ ਕਾਲ ਸਮੇਂ ਪ੍ਰਦੂਸ਼ਣ ਦੀ ਸਥਿਤੀ
8. ਕੋਰੋਨਾ ਕਾਲ ਤੋਂ ਬਾਅਦ ਸਕੂਲਾਂ ਦੀ ਸਥਿਤੀ ਤੇ ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਵਿਵਹਾਰ
9. ਵਿਦੇਸ਼ਾਂ ਵਿੱਚ ਜਾਣ ਦੀ ਹੋੜ (ਸੈਂਕ, ਮਜ਼ਬੂਰੀਆਂ, ਸਮਾਜਿਕ ਬਦਲਾਅ)
10. ਸੋਸ਼ਲ ਮੀਡੀਆ ਦਾ ਵਧ ਰਿਹਾ ਪ੍ਰਭਾਵ
11. ਵਿਗਿਆਨੀ (ਸਮਾਜ ਨੂੰ ਦੇਣ)
12. ਲੇਖਕ -ਸਾਹਿਤਕ ਦੇਣ
13. ਮਹਾਂਪੁਰਸ਼( ਜੀਵਨੀ ਤੇ ਉਪਦੇਸ਼)

॥ ਹੇਠ ਲਿਖੇ ਵਿਸ਼ਿਆਂ ਉੱਤੇ ਪੈਰਾ ਰਚਨਾ ਲਿਖੋ:- ( Do it in Punjabi notebook)

‘ਬਜ਼ੁਰਗਾਂ ਦੀ ਸੰਭਾਲ’ ਅਤੇ ‘ਮਾਂ ਬੋਲੀ ਦਾ ਮਹੱਤਵ’

## **HIND. MUSIC VOCAL**

1. Revise practical and theory syllabus.
2. Prepare three Bollywood songs sung by these artists-Mohamad Rafi, Mukesh, Kishore Kumar, Lata Mangeshkar, Asha Bhosle, Alka Yagnik, Neha Kakkar, Arijit Singh.

## **PSYCHOLOGY**

Prepare a Handwritten case profile of an individual who has excelled in areas like sports, academics, music or on a psychological disorder.

### **General Instructions:**

The case study must have the following:

- Title
- Highlight of key research findings.
- Application of principles of psychology
- Good content with visually appealing experiences.
- Strategic use of the blank spaces (It should not look cluttered up)

- Use enlivening pictures.
- The total length of the case study should not be more than 12-15 written pages.
- Case study should be presented in a neatly bound simple folder.

#### Material Required:

- A4 size sheets (white or coloured)
- Any form of art/ creativity
- Research skills

Case study must have the following information on the cover page

Name of the topic.....

Submitted to.....

Submitted by.....

The case study should include index page at the start and bibliography at the end.

#### Steps:

Topic 1 – Anxiety Disorders

Topic 2 – Obsessive-compulsive disorder

Topic 3 – Depression

Topic 4 - Stress

Topic 5 – Somatic Symptom  
and related disorders

Topic 6 – ADHD

Topic 7- Autism

Topic 8- Eating Disorder

Topic 9- Anxiety

## **FASHION STUDIES**

#### **Prepare the following Sheet:**

1. Basic Bodice Block
2. Shifting of Dart
  - A. To Front Line
  - B. To Side seam
  - C. To Center Front
  - D. To Arm Hole
3. Basic Skirt Block
  - A. One Dart Pattern
  - B. A Line Skirt

C. Flared Skirt

4. Body Tattooing
5. Body Painting
6. Body Adornments
7. Scarification
8. Industrial Revolution

## **PHYSICAL EDUCATION**

1. Write any one of your choice out of list. Labelled diagram of field, rules, terminologies and skill of Game:

(Basketball, Football, Volleyball)

2. Procedure for asanas, benefits & contraindications for any 10 asanas for each lifestyle disease.

3. Fitness test administration (SAI KHELO India fitness test) in school.

Do holiday homework in physical education practical note book

## **APP./COMMERCIAL ART & PAINTING**

Complete 10 sheets from your Portfolio.

Painting Students: 5 Landscape, 5 Composition (on A2 size ivory sheet).

Commercial Art Students: 5 Posters, 5 Advertisement (on A2 size ivory sheet).

