

SACRED HEART SR. SEC. SCHOOL, B.R.S NAGAR, LUDHIANA
HOLIDAYS HOMEWORK
JUNE 2025
CLASS: XII (HUMANITIES)

ENGLISH

Project Work : 10 marks for Mid Term and Final Board Exams

Viva will be conducted from the same project for 5 marks

Project file to be prepared.

12- 15 pages in a spiral file

Title Page: Name of the School

Session :2025-26

English Core

Theme of the Project (Theme to be taken from any of the chapters/poems from the curriculum of Text books : Hornbill & Snapshots)

Name of the chapter

Name, Class & section, Roll no.

Name of the subject teacher

Page 2: Certificate of completion

Page 3: Objective of the project

Page 4: Action plan

Pages 5-10: Interview-Based research/ /Script of One act play/ Essay/ Research based report (800-1000 words essay/Script/Report)

Pages 11-12: Relation with the Chapter/ Poem

Page 13: Student reflections

Page 14: Bibliography

If possible, Photographs that capture the positive learning experiences of the student(s).

Suggestions for Project Work:

- The Project can be inter-disciplinary in theme. The ideas/issues highlighted in the chapters/ poems/ drama given the prescribed books can also be developed in the form of a project. Students can also take up any relevant and age-appropriate theme.
- Such topics may be taken up that provide students with opportunities for listening and speaking.

GEOGRAPHY

Practical file is to be done as instructed.

POLITICAL SCIENCE

Make Project as Prescribed by CBSE. Topics are given roll no. wise in the class only.

ECONOMICS

Project work

- # Students will prepare one project for final examination.
- # Rollno. wise topics will be allotted in the class groups.
- # Students have to submit project after summer vacations.

MASS MEDIA

Instructions:

1. This holiday homework is practical and designed to introduce you to basic media skills.
2. Use A4 sheets or a notebook and submit in a well-labelled file.
3. Focus on neatness, creativity, and honest effort.
4. Include drawings, printed images, or screenshots wherever possible.
5. Internal marks will be given for timely and complete submission.

Holiday Homework Tasks:

1. Media Diary (7 Days):
Note daily media use – platforms (TV, YouTube, social media, newspaper), time spent, what you saw or read, and one thing you learned or liked.
2. Design a Print Advertisement:
Make a simple ad for a product or a social cause using drawings or cut-outs. Add a catchy slogan and say who it is for.
3. Create a Social Media Post Plan:
Pick a social cause. Write a short message/post idea (2-3 sentences) that can raise awareness. You may add a drawing or describe what photo/video you would include.
4. Newspaper Clippings Analysis:
Cut out 3 ads and 3 news items from any newspaper or magazine. Paste them on a sheet and write 1-2 lines about why they catch attention.
5. Write a Press Release:
Write a short press release (around 100 words) about a school event or local news. Use simple sentences and include the 'who, what, when, where, why'.
6. Create a Media Literacy Poster:
Make a poster that explains why it's important to check if news is true before sharing it. Use simple points and colorful visuals.
7. Collect Newspaper Leads and Headlines:
Find and paste 5 different types of newspaper headlines. Explain about each type

PHYSICAL EDUCATION

Practical -1. Physical Fitness Test (Brockport physical fitness test.)

Practical -2. Football and Basketball – History, Fundamental Skills, terminology and Labelled diagram of play field.

Practical -3. Five Yoga Asanas with procedure, benefits, and diagrams.

Project Files – Write 10 to 15 pages on A 4 Size Sheets the ICC 20-20 (2024) Men's Cricket World Cup that was held.

INFORMATICS PRACTICES

1. Code the programs not completed in class in Python IDLE from the list of Pandas Series programs.
2. Solve the Pandas Series Assignment and submit it on the reopening day.

HINDUSTANI MUSIC VOCAL

*Make a project file for finals

*Topics:

1. Any five short notes.
2. Any one book from your syllabus.
3. Any two biographies.

4. All three ragas.
5. All three taals.
6. Taanpura.
7. Time theory of ragas.

BANKING

1. Brain teasers to be solved on single line sheets.
2. Submission in the first week of July.

YOGA

1. All the students have to complete their practical files. Following needs to be done:-
 - i) Work already done in class XI (As same practical file is there for XI and XII). Those who have not done should do the work of XI also for which PDF is sent.
 - ii) Write about Relaxative Asanas - Makrasana and Shavasana on page 80 and 86 of practical file
 - iii) Pranayama given on Page - 60,43,44,54 and 55 of practical file
 - iv) Mudras given on page - 61 ,44 and 65 of practical file
 - v) Practice of Breath Meditation and OM Dhyana on page 90,92 of practical file
2. You have to make an investigatory project on Yoga Management of Common Diseases.
 - For that choose a disease of your choice and relate it with yoga. That can be cured or effective can be reduced through yoga. REMEMBER ALL THE STUDENTS SHOULD CHOOSE DIFFERENT DISEASES AND NOT MAKE A PROJECT ON SAME TYPE OF DISEASE.
 - Project should be of 15-20 pages.
 - 1 page- Cover page which should be typed on glossy sheet. Things to be written on that is sent in a picture.
 - 2 page - Certificate which should be typed on glossy sheet. Things to be written on that is sent in a picture.
 - 3 page- Acknowledgement which should be typed on glossy sheet. Things to be written on that is sent in a picture.
 - Include the middle content that is to be handwritten. Include pics, charts, diagrams, surveys.
 - Last page should be of bibliography (handwritten).
 - Only first three pages to be typed on glossy sheet.
 - THE PROJECT IS TO BE SPIRAL BIND AND SUBMITTED IMMEDIATELY AFTER VACATIONS.

FINE ARTS

NOTE : Following Topics should be done on Sheets.

PAINTING

1. TWO STILL LIFE (HALF IMPERIAL SHEET , WATER/POSTER COLOURS)
2. TWO LANDSCAPE (HALF IMPERIAL SHEET, WATER COLOURS)
3. ONE SHEET -WORK IN YOUR OWN STYLE (HALF IMPERIAL SHEET, MEDIUM OF YOUR CHOICE)
4. TWO COMPOSITION - (HALF IMPERIAL SHEET, WATER/POSTER COLOURS)

APPLIED ART

1. FIVE ILLUSTRATIONS- SPORTS,NATURE, DANCE,MUSIC,DRAMA (SIZE 22CM X30CM)
2. ONE SHEET- WORK IN YOUR OWN STYLE (HALF IMPERIAL SHEET, MEDIUM OF YOUR CHOICE)
3. TWO SHEETS OF COMMERCIAL PRODUCTS (HALF IMPERIAL,POSTER COLOURS)
4. ONE SHEET ON TOPIC COMMUNITY & NATURE DEVELOPMENT (HALF IMPERIAL, MEDIUM ANY/ MIX MEDIA)

PSYCHOLOGY

Project Work: Case Profile on any one psychological disorder

1. Cover Page

Title of the project [Name of Psychological Disorder]

Student's name

Class and roll number

School name

Submitted to: [Teacher's name]

Academic year

2. Acknowledgment

A brief note thanking the teacher, school, and any other individuals who helped in completing the project.

3. Certificate

A formal certificate from the school/teacher verifying that the project is original and completed under supervision.

4. Index

A list of contents with page numbers.

5. Introduction

Brief explanation of what a psychological disorder is.

Importance of studying psychological disorders.

6. Description of the Disorder

Name of the chosen disorder (e.g., Depression, OCD, Schizophrenia, etc.)

Definition and classification (as per DSM-5 or ICD-10)

Causes (biological, psychological, social)

Symptoms and diagnostic criteria

Prevalence (age, gender, cultural factors)

7. Case Profile

Name: (Can use a pseudonym)

Age/Gender:

Background Information: Family, education, occupation, social relationships

Presenting Problem: What symptoms or behaviors led to concern

History of the Problem: Duration, triggering events, previous treatments

Psychological Assessment: Tests used (if any), clinical observations

Diagnosis: Based on symptoms and criteria

Intervention/Treatment Plan: Therapy or medication used

Prognosis: Expected outcome or current status

8. Analysis and Discussion

Interpretation of the case based on psychological theories

What this case teaches about the disorder

Ethical considerations in dealing with the case

9. Conclusion

Summary of findings

Student's learning and reflection

10. Bibliography

Books, websites, articles referred to (in proper format)

11. Appendix (if applicable)

Sample questionnaires, interview questions, or extra materials