



BCM SCHOOL

PAKHOWAL ROAD, BASANT CITY, LUDHIANA

Holidays Homework 2024

STD. - XI

Eat healthy

A balanced diet and staying active can help boost your immune system and protect you from infections and diseases.

Spend time in nature

Research shows that spending time outside in nature can have positive physical and mental health effects.

Drink enough water

Children are more likely to get dehydrated than adults, especially as temperatures rise. The amount of water a child should drink depends on their age, weight, and activity level.

Consider summer camp

Summer camps can help children retain knowledge and stay sharp, and can also teach social skills like leadership and confidence.

Wishing you a summer filled with adventures, bold journeys, and new discoveries.



ENGLISH CORE

NOTE :- *This project work is to be done on landscape sheets then put in a beautiful file.

***It will be countable for your A. S. L marks.**

1 (a) You wish to sell your house, draft a classified advertisement for the same.

(b) Your school is looking for an efficient English PGT, draft a classified advertisement for the same.

2 (a) Make a poster on "AI – the future of technology".

(b) Make a poster on "Drug Abuse".

3 Write a speech on "Brain Drain" in about 150 to 200 words.

4 Read this paragraph carefully and do note making and summary.

There are a plethora of contributory factors that have led to the increase of violence among the youth in our society. Some of the most oft mentioned cases are associated with the increase in the violent content of movies, television, music, video games, etc. It is averred that these vehicles of entertainment have a desensitising effect upon the impressionable minds of the youth. Children observe the indiscriminate violence portrayed in a fictional sense, and have difficulty distinguishing the actual effects of its application in reality. Undoubtedly, this desensitisation process plays a role in the increase of violence. But, then, children have been witnessing violence in a fictional sense for decades, yet it has not had such an adverse effect to the degree that we see today. Why not, all of a sudden, has the witnessing of violence mystically desensitised the youth to its harmful effects? The root cause lies within the socialisation process our youth undergo as they develop, and we adults are largely responsible for it. We have adopted such an indifferent approach, collectively as a society, to the development of our children, and consequently, that has begun to start manifesting itself in their conduct. There are many ways in which we have contributed to the negative socialisation of our youth. For one, in living our lives and pursuing our goals, we have inculcated into our youth that life is about the pursuit of contentment, the acquisition of material goods and living comfortably. Parental involvement in their lives has drastically decreased. How much quality time can the parents spend with a child when they are busy pursuing this elusive and loosely defined goal? How often does a parent show genuine interest in the child's daily life? In their young eyes, life becomes about the struggle to gain more, as opposed to the respect for being alive. Another factor that contributes to the youths' negative socialisation is the lack of proper mentoring outside of the home. Schools used to be fertile grounds for instilling more than just educational lessons. Teachers were the significant others that influence the youth in ways that extended beyond academics. The school environment was a safe haven for their maturation. Now schools are just human warehouses and day care centres that provide little incentive for their growing minds. The community used to be as actively involved in raising the youth. Everyone was concerned about their growth and development. The lady down the street, the older boy across the street, the man who lived upstairs, everyone cared about their well-being. Now, their neighbourhoods have become impersonal playgrounds with adversities constantly lurking in the shadows. Even the extracurricular activities and youth programmes children participated in factor into this equation. They used to be prevalent, and were institutions that nurtured the socialisation process. Now, they are virtually non-existent. The scarcity of these programmes has caused the youth to seek camaraderie in gangs (which promotes a violent lifestyle). Finally, we have neglected to really teach our youth adequate problem solving skills, coping strategies, and conflict resolution techniques. Not only do we provide them with bad examples in how we deal with our own problems, but we don't teach them the necessary steps to take in solving a problem. The youth are bombarded with serious issues (i.e., identity crisis, peer pressure, being popular, fitting in).

These issues create emotional problems that they don't know how to cope with. We don't provide them with conflict resolution techniques that produce positive results. Lacking these essential tools of healthy development, they resort to aggressive solutions. What can we do as a society to combat these damaging factors? What kinds of programs can we enact to help our children choose a non-violent lifestyle? Firstly, we need to recognise our own contribution to this problem. We may not be able to change their actions, but we can change ours.

We can start by paying more attention to our youth and becoming more active in their lives. Hopefully, through their interaction with us, they can begin to learn what is truly important in life itself. We also need to teach the youth about the harmful effects of violence. The impact of violence has far reaching ramifications (not just physically, but psychologically and emotionally as well). The youth need to be aware of these effects. In addition, we must teach them problem solving skills, coping strategies (like venting frustrations through constructive activities), and conflict resolution techniques (like negotiating win-win solutions). We need to impress these ideas and concepts upon them, and get them actively involved in participating in workshops where they can learn better ways to deal with conflict. Lastly, we need to get the government involved too. Impress upon them the significance of after school programs, mentoring programs, extracurricular activities, summer youth leagues, and other programmes geared toward the youth. Force them, through our votes, to reassess their budget plans to include these programs and activities. Make them use municipal funding to support these activities. We can even hold big businesses accountable to the fomenting of our youth. They can help by creating grant foundations (that's corporate welfare to them). Get them to commit, or take their dollars elsewhere.

PUNJABI

1. ਆਪਣੀ ਪਾਠ ਪੁਸਤਕ ਵਿੱਚ ਦਰਜ ਦੰਤ ਕਥਾਵਾਂ ਵਿਚਲੀਆਂ ਕਹਾਣੀਆਂ ਪੂਰਨ ਭਗਤ, ਰਾਜਾ ਰਸਾਲੂ, ਦੁੱਲਾ ਭੱਟੀ ਨੂੰ ਧਿਆਨਪੂਰਵਕ ਪੜ੍ਹੋ ਤੇ ਉਨ੍ਹਾਂ ਦਾ ਵਿਸ਼ਾ ਲਿਖੋ।
2. ਆਪਣੀ ਪਾਠ ਪੁਸਤਕ ਵਿਚ ਦਰਜ ਦਫ਼ਤਰੀ ਤੇ ਵੱਖ ਵੱਖ ਵਿਸ਼ਿਆਂ ਨਾਲ ਸਬੰਧਿਤ ਸ਼ਬਦਾਵਲੀ ਨੂੰ ਪੜ੍ਹੋ ਤੇ ਯਾਦ ਕਰੋ।
3. ਆਪਣੀ ਪਾਠ ਪੁਸਤਕ ਵਿੱਚ ਦਰਜ ਬੈਂਕ ਰੇਲਵੇ ਅਤੇ ਡਾਕ ਸੇਵਾਵਾਂ ਨਾਲ ਸੰਬੰਧਿਤ ਤੇ ਕੰਪਿਊਟਰ ਨਾਲ ਸਬੰਧਿਤ ਵਾਕਾਂ ਨੂੰ ਪੜ੍ਹੋ ਤੇ ਯਾਦ ਕਰੋ।
4. ਆਪਣੀ ਪਾਠ ਪੁਸਤਕ ਵਿੱਚ ਦਰਜ ਮੁਹਾਵਰੇ (21-40) ਨੂੰ ਪੜ੍ਹੋ ਤੇ ਯਾਦ ਕਰੋ।
5. ਆਪਣੀ ਪਾਠ ਪੁਸਤਕ ਵਿਚ ਦਰਜ ਸਿੱਠਣੀਆਂ, ਟੱਪੇ, ਬੋਲੀਆਂ ਨੂੰ ਪੜ੍ਹੋ ਤੇ ਉਨ੍ਹਾਂ ਦਾ ਅਭਿਆਸ ਹੱਲ ਕਰੋ।
6. ਕਿਸੇ ਇੱਕ ਵਿਸ਼ੇ ਤੇ ਪ੍ਰਾਜੈਕਟ ਬਣਾਓ।
 - * ਸੱਭਿਆਚਾਰਕ ਗਤੀਵਿਧੀਆਂ ਲੋਕ ਨਾਚ ਲੋਕ ਗੀਤ ਲੋਕ ਬੋਲੀਆਂ।
 - * ਪੇਂਡੂ ਤੇ ਸ਼ਹਿਰੀ ਜੀਵਨ।
 - * ਸਮਾਜਿਕ ਕੁਰੀਤੀਆਂ ਦਾਜ, ਭਰੂਣ ਹੱਤਿਆ, ਨਸ਼ੇ।
 - * ਮਾਂ ਬੋਲੀ ਮਹੱਤਤਾ ਤੇ ਪ੍ਰਚਾਰ-ਪ੍ਰਸਾਰ।
 - * ਪੰਜਾਬੀ ਪਹਿਰਾਵਾ।
 - * ਪੰਜਾਬੀ ਰਹਿਣ ਸਹਿਣ।
 - * ਪੰਜਾਬੀ ਹਾਰ ਸ਼ਿੰਗਾਰ।
 - * ਵਿਰਾਸਤੀ ਖੇਡਾਂ।

HINDI

- 1- लता मंगेशकर के जीवन का सचित्र परिचय देते हुए उनके जीवन के कार्यों एवं संगीत के क्षेत्र में उनकी भूमिका से अवगत कराइए। (A-4 साइज पेपर में)
- 2- पठित पाठों के प्रश्नोत्तर को नोटबुक में लिखिए एवं याद कीजिए।
- 3- लोकसभा चुनाव एवं आचार संहिता" विषय पर एक अनुच्छेद लिखिए।
- 4- स्टेट बैंक में कार्यालय सहायक के रिक्त पद के लिए महाप्रबंधक को स्ववृत्त सहित आवेदन पत्र लिखिए।
- 5- भारतीय लोकतंत्र के लिए खतरनाक तत्वों का उल्लेख करते हुए उन्हें समाप्त करने के लिए अपने सुझावों का विस्तार से वर्णन करते हुए निबंध तैयार कीजिए।

CHEMISTRY

- 1) Revise ch -
 - some basic concepts of chemistry
 - atomic structure
 - Classification of elements
- 2) Write down all NCERT questions (Do Intext and Back-exercise) of all the three chapters in your chemistry notebook.
- 3) Prepare any one project on the topic prescribed by CBSE, or the topic of your choice based on XI syllabus like -
 - rusting of iron (from ch- Redox Reaction)
 - electrochemical cell
 - Food adulteration
 - Periodic properties
 - Atomic structure

PHYSICS

- 1) Revise chapter – Unit and Measurement, Motion in a straight line.
- 2) Write down all NCERT questions (Do Intext and Back-exercise) of all the chapters in your physics notebook.
- 3) Complete practical notebook (ruled side).

BIOLOGY

NOTE:--- * Do this work on assignment sheets.

*This project should be spirally binded.

*Here is the list of topics , choose any one and make it with the help of Biology reference books and internet.

*Paste pics and you can draw diagrams also.

❖ **LIST OF TOPICS: ----**

- BLOOD GROUPS
- MITOSIS/MEIOSIS
- DIGESTIVE DISORDERS
- NERVOUS DISORDERS

- CARDIC DISORDERS
- HUMAN EVOLUTION IN HEART
- DIFFERENT SPECIES UNDER ANIMAL KINGDOM
- DIFFERENT SPECIES UNDER PLANT KINGDOM
- VARIOUS HORMONES RELEASED IN THE BODY

- Make practical file also as per your syllabus issued by CBSE

ASSINGMENT

1. What will happen to the ribs, muscles, thoracic cavity during inhalation and exhalation
2. What is oxygen dissociation curve? And how Ph, temperature, and p CO₂ effects the oxygen dissociation curve?
3. Diffusion of gases occurs only in alveolar region not in the other parts of the respiratory system.
4. What are the major transport mechanisms for CO₂? Explain.
5. Explain the autoregulatory mechanism of GFR
6. Give a brief account of the counter current mechanism.
7. Explain micturition .

ACCOUNTANCY

PROJECT WORK

Guidelines for Project Work in Accountancy

Comprehensive project of any sole proprietorship business. This may state with journal entries and their ledgering, preparation of Trial balance. Trading and Profit and Loss Account and Balance Sheet. Expenses, incomes and profit (loss), assets and liabilities are to be depicted using pie chart / bar diagram.

BUSINESS STUDIES

Class Presentation Topics:

Aids To trade
Sources of Business Finance
Internal Trade
International Trade
Social Responsibility Of Business Towards Society

All the students will be divided among class groups and topic should be prepared along with the PPT. All the students have to present the PPT in their respective groups

REVISE CH 1 To 3 thoroughly and solve the case studies

MATHEMATICS

ACTIVITIES

- 1) To find the number of subsets of a given set and verify that if a set has a number of elements, then the total number of subsets is 2^n

- 2) To verify distributive law for three given non-empty sets A, B and C that is $A \cup (B \cap C) = (A \cup B) \cap (A \cup C)$.
- 3) To distinguish between a relation and a function.
- 4) To plot the graphs of $\sin x$, $2 \sin x$ and $\sin 2x$ using same coordinate axes.
- 5) To interpret geometrically the meaning of $i = \sqrt{-1}$ and its integral powers.
- 6) To demonstrate that the Arithmetic mean of two different positive numbers is always greater than the Geometric mean.
- 7) To verify that the equation of a line passing through the point of intersection of two lines $a_1x + b_1y + c_1 = 0$ and $a_2x + b_2y + c_2 = 0$ is of the form $(a_1x + b_1y + c_1) + \lambda (a_2x + b_2y + c_2) = 0$.
- 8) To construct a parabola.
- 9) To explain the concept of octants by three mutually perpendicular planes in space.
- 10) To write the sample space, when a die is rolled once, twice and so on.

ASSIGNMENT

1. Let $n(A) = m$ and $n(B) = n$ Then the total number of non - empty relations that can be defined from to B is

- a) m^n b) $n^m - 1$ c) $mn - 1$ d) $2^{mn} - 1$

2. Let $x, y \in \mathbb{R}$, then $x + iy$ is a non-real complex number if

- a) $x = 0$ b) $y = 0$ c) $x \neq 0$ d) $y \neq 0$

3. The additive inverse of $6i - i\sqrt{-49}$ is

- a) $6i - 7$ b) $6i + 7$ c) $-6i - 7$ d) $-6i + 7$

4. Let F_1 be the set of parallelograms, F_2 the set of rectangles, F_3 the set of rhombuses, F_4 the set of squares and F_5 the set of trapeziums in a plane. Then F_1 may be equal to

- a) $F_2 \cap F_3$ b) $F_3 \cap F_4$ c) $F_2 \cup F_5$ d) $F_2 \cup F_3 \cup F_4 \cup F_1$

5. The value of $\cot\left(\frac{\pi}{4} + \theta\right) \cot\left(\frac{\pi}{4} - \theta\right)$ is

- a) -1 b) 0 c) 1 d) not defined

6. $\lim_{x \rightarrow \pi} \frac{\sin x}{x - \pi}$ is equal to

- a) -2 b) -1 c) 1 d) 2

7. Given that x, y and b are real numbers and $x > y, b < 0$, then

- a) $\frac{x}{b} < \frac{y}{b}$ b) $\frac{x}{b} > \frac{y}{b}$ c) $\frac{x}{b} \leq \frac{y}{b}$ d) $\frac{x}{b} \geq \frac{y}{b}$

8. The value of $\frac{1 - \tan^2 15^\circ}{1 + \tan^2 15^\circ}$ is

- a) $\frac{\sqrt{3}}{2}$ b) $\frac{1}{2}$ c) $\frac{1}{\sqrt{3}}$ d) 0

(A) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of the Assertion (A).

(B) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of the Assertion (A).

(C) Assertion (A) is true, but Reason (R) is false.

(D) Assertion (A) is false, but Reason (R) is true.

9. Assertion (A): Domain of the function $f(x) = 1/(3 - 2\sin x)$ is R.

Reason (R): Range of the function $g(x) = 3 - 2\cos x$ is $[1, 5]$.

10. Let R be a relation from N to N defined by $R = \{ (a, b) / a, b \in N \text{ and } a = b^2 \}$. Are the following true? Justify your answer in each case.

i) $(a, a) \in R$ for all $a \in N$

ii) $(a, b) \in R$ implies that $(b, a) \in R$

iii) $(a, b) \in R$ and $(b, c) \in R$ implies that $(a, c) \in R$

11. Define signum function. Draw its graph and write its domain and range.

12. Show that $A \cup B = A \cap B$ implies $A = B$.

13. Prove that $\cos 6x = 32 \cos^6 x - 48 \cos^4 x + 18 \cos^2 x - 1$

14. A group consists of 4 girls and 7 boys. In how many ways can a team of 5 members be selected if the team has at least two boys and one girl?

15. Using Venn diagram, prove that $A \cap (B \cup C) = (A \cap B) \cup (A \cap C)$.

16. Find the domain and range of the function $f(x) = \sqrt{16 - x^2}$

17. If $\sin(\theta + \alpha) = a$ and $\sin(\theta + \beta) = b$ then prove that $\cos 2(\alpha - \beta) - 4ab \cos(\alpha - \beta) = 1 - 2a^2 - 2b^2$

18. Find $\cos \frac{x}{2}$, $\sin \frac{x}{2}$ and $\tan \frac{x}{2}$ if $\tan x = -4/3$ where x lies in the second quadrant.

19. That $\cos^3 x + \cos^3 (2\pi/3 + x) + \cos^3 (4\pi/3 + x) = \frac{3}{4} \cos 3x$

20. If $(x + iy)^3 = u + iv$, show that $\frac{u}{x} + \frac{v}{y} = 4(x^2 - y^2)$.

21. In an experiment, a solution of hydrochloric acid is to be kept between 30° and 35° Celsius. What is the range of temperature in degree Fahrenheit if conversion formula is given by $C = \frac{5}{9}(F - 32)$, where C and F represent temperature in degree Celsius and degree Fahrenheit, respectively.

ECONOMICS

Class Presentation Topics:

- Effect on PPC due to various Govt Policies
- Theory of Demand
- Theory of Supply
- Different competitive Markets
- Consumers Equilibrium

All the students will be divided among class groups and topic should be prepared along with the PPT. All the students have to present the PPT in their respective groups

REVISE

Micro : CH 1 To 3 thoroughly and solve the Questions

Statistics: CH 1 to 3, Ch 9 thoroughly

HISTORY

1. Make a project file on any one of the following topics:

1. Ancient History in depth: Mesopotamia
2. Greek Philosophy and City States
3. Contributions of Roman Civilization
4. The spirit of Renaissance: Manifestation in art, Literature; Sculpture; Influence on Trading Community, Social Fabric
6. Aspects of Development -South American States /Central American States
7. Different schools of thoughts- Realism: Humanism: Romanticism
8. Piecing together the past of Genghis Khan
9. History of Aborigines - America/Australia
10. Facets of Modernization - China /Japan/Korea

Guidelines:

1. Project is to be made on Excel Bond Sheets.
2. Use lots of colours, pictures and drawing to highlight your project.
3. Leave space for Front page and Certificate as you will be guided about it later.
4. Project should be minimum of 20 pages.

3. Prepare a Timeline for chapter Writing and City Life (All even Roll Nos.)

4. Make a poster about religious features of Roman Empire. (All Odd Roll Nos.)

5. Do the given worksheet.

1. From which word Cuneiform is derived?
2. Which language replaced the Sumerian language after 2400 BCE?
3. With which person, the first event of Sumerian trade is associated?
4. When did Achaemenids of Iran conquered Babylon?
5. Name the King who released Babylonia from Assyrian domination in 625 BCE?
6. Where was the palace of Zimrilim situated?
7. In which year Cuneiform script was deciphered?
8. On how many tablets were the great epic 'Gilgamesh' was compiled?
9. What was Ziggurat?
10. What is the legacy of Mesopotamia?

FORMAT OF PROJECT:



BCM SEN. SEC. SCHOOL,

BASANT CITY,

LUDHIANA

HISTORY PROJECT REPORT SESSION –

2024 – 2025

TOPIC

Submitted To:

Submitted By:

Name :-

Class:-

Roll No:-

BCM SEN. SEC. SCHOOL, BASANT CITY, LUDHIANA

DEPARTMENT OF HISTORY

CERTIFICATE

This is to certify that _____ (name of student), a student of class XI has successfully conducted the report on the project _____ (topic of Project) under the guidance of _____ (Subject Teacher) during the year 2024 – 2025 in partial fulfilment of HISTORY practical examination conducted by AISSE, New Delhi.

Name of Examiner

Signature of Examiner

Name of Subject Teacher

Signature of Subject Teacher

ACKNOWLEDGEMENT

In the present world of competition there is a race of existence in which those are having will to come forward succeed. Project is like a bridge between theoretical and practical working. With this willing I joined this particular project.

First of all, I am grateful to The Almighty God for establishing me to complete this project.

I wish to express my sincere thanks to _____ **(Principal) of BCM Sen. Sec. School, Basant City, Ludhiana)** for providing me with all necessary facilities.

I place on record, my sincere gratitude to **Mr. Kapil Lath (Co-ordinator)** for his constant encouragement.

I also thank _____ (History Teacher), Department of History. I am extremely grateful and indebted to him for his expert, sincere and valuable guidance and encouragement extended to me.

I take this opportunity to record my sincere thanks to all the faculty members for their help and encouragement. I also thank my parents for their unceasing encouragement and support.

I also place on record my sense of gratitude to one and all who directly or indirectly have lent their helping in this venture.

POLITICAL SCIENCE

Roll NO	Name of Student	Topics
1	ANJALI	Fundamental Rights
2	ANMOL	Directive Principles of State Policy
3	ANSHPREET	Election Commission of India
4	ANUREET	Prime Minister and Council of Minister
5	ARMAAN	President of India
6	ARNAV	Parliament of India
7	AYAN KANDA	Judicial Structure of India : Supreme Court
8	BALRAJ	Judicial Structure of India : High Court
9	BRAHMJOT	Federalism
10	CHAHAT	Local Self Government: Rural and Urban
11	DILPREET	Freedom
12	GIRISHA	Equality
13	GURLEEN	Secularism
14	GURLEEN (NEW)	Nationalism
15	GURNOOR KAUR	Fundamental Rights
16	HARNOOR	Directive Principles of State Policy
17	HARSHIT	Election Commission of India
18	HARUPKAR	Prime Minister and Council of Minister
19	JAPJEET	President of India
20	JASMEET	Parliament of India
21	JASMEET P	Judicial Structure of India : Supreme Court
22	KAMYA	Judicial Structure of India : High Court
23	KARAMJEET	Federalism
24	KHUSHI	Local Self Government: Rural and Urban
25	LAKSH	Freedom
26	LOKESHPREET	Equality
27	MANVINDER	Secularism
28	MOKASH	Nationalism
29	PARAS	Fundamental Rights
30	PRABHJOT	Directive Principles of State Policy
31	PRINCEPREET	Election Commission of India
32	RAGANDEEP	Prime Minister and Council of Minister
33	RAHUL	President of India
34	SAYAM	Parliament of India
35	SEHAJBEER	Judicial Structure of India : Supreme Court
36	SEHAJPREET	Judicial Structure of India : High Court
37	TANVEER	Federalism
38	VIPAN	Local Self Government: Rural and Urban
39	YASHDEEP	Freedom
40	YUVRAJ	Equality
41	PARINEETI	Secularism
42	SAHILDEEP	Nationalism

- Prepare a detailed handmade project on the allotted topic.

SOCIOLOGY

Roll NO	Name of Student	Topics
1	ANMOL	Child Marriage Problem
2	ANSHPREET	Depression as a teenage problem
3	ARNAV	Suicide as a modern trend
4	BALRAJ	Impact of mass media on school student
5	BRAHMJOT	Craze for Fashion among school student
6	CHAHAT	Mental health of school children
7	DILPREET	Trend of Durgs among school students
8	GIRISHA	Impact of food patterns among Students
9	GURLEEN	Impact of movies on school student
10	GURLEEN (NEW)	Child Marriage Problem
11	HARSHIT	Depression as a teenage problem
12	HARUPKAR	Suicide as a modern trend
13	JASMEET P	Impact of mass media on school student
14	KARAMJEET	Craze for Fashion among school student
15	KHUSHI	Mental health of school children
16	LAKSH	Trend of Durgs among school students
17	LOKESHPREET	Impact of food patterns among Students
18	MANVINDER	Impact of movies on school student
19	PARAS	Child Marriage Problem
20	PRABHJOT	Depression as a teenage problem
21	PRINCEPREET	Child Marriage Problem
22	RAHUL	Depression as a teenage problem
23	SAYAM	Suicide as a modern trend
24	VIPAN	Impact of mass media on school student
25	YUVRAJ	Craze for Fashion among school student
26	PARINEETI	Mental health of school children

ART & CRAFT

INSTRUCTIONS-

- ALL 3 Projects of Holidays H.W are compulsory.
- Work should be Presentable and neat, only presentable work should be accepted.

Project 1 -Make 1 Landscape on A2 sized sheet,1 Still -Life sheet on A2 sized sheet,1 Composition on A2 sized sheet.

Project 2- Make a beautiful Assignment file with pictures on any topic from your syllabus/chapter(1 to 7)choose any one.

Project 3 – Make 1 Handmade Best out of waste pot with flower.

For Exp.



INFORMATICS PRACTICES

1. Explain Decision making statements. Write any 3 Python programs that are suitable examples for Decision making statements.
2. Explain iterative statements. Write any 2 Python programs that are suitable examples for iterative statements.
3. Learn the topics List and Dictionary

PHYSICAL EDUCATION

Practical-1: Fitness tests administration.

Practical-2: Procedure for Asanas, Benefits & Contraindication for any five Asanas for each lifestyle disease.

Practical-3: Any one game of your choice out of the list above. Labelled diagram of field & equipment

(Rules, Terminologies & Skills).

Project file on T20 international cricket World Cup.

YOGA

1. Surya Namaskar
2. Asanas : meaning of asana, principle of asana
3. Any five Asana Meaning of pranayama. Anulom-Vi lom pranaya and bhramri pranayama
4. Mudra meaning of mudra Jnana mudra and Chinmay mudra
5. Bandh meaning of Bandh Jalandher bandh

MUSIC

PROJECT WORK

- Students have to prepare the project file.
- Guidelines for preparing file.
- Practical file should be hand written.
- File should be presented neatly.

Contents for project will be

1)Talas along with single, double, tigon, chogun

- TeenTala
- Ek Tala
- Char Tala

2)Ragas: Full discription and Notation

- Bhairavi
- Bhimpalasi

(Paste pictures of musical instruments and Musicians)