

**VIKAS BHARATI PUBLIC SCHOOL**

**CLASS XII (COMMERCE)**

**HOLIDAY HOMEWORK (2025-26)**

**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.

**ECONOMICS**

Completion of project work based upon class discussion strictly following instructions already sent in the class group.

**ACCOUNTANCY**

1) Complete the Accountancy Project File as directed in the Project Guidelines shared in the Class group for Accountancy.

2) Prepare for the upcoming assessment in the month of July.

**BUSINESS STUDIES**

1) Complete the Project File as directed in the Project Guidelines shared in the Class group.

2) Prepare for the upcoming assessment in the month of July.

**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 consists 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. pushups 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

Lifestyle disease

Obesity, asthma, diabetes, hypertension, lower back pain

●write two corrective asana for each diseases.

Practical-3

Choose any one game (IOA) recognized 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)

## **PAINTING**

 Complete five compositions (in colour)

## **INFORMATICS PRACTICES**

### **Project-Based Learning: IT Applications using Python**

**Objective:** Students will develop a real-world IT application using **Python data analysis tools** and **database/file handling techniques**. The project should aim to solve a **real-world problem**, improve efficiency, or create something beneficial for society.

### **Project Guidelines**

- **Group Size:** Individually or in groups of 2-3 students.
- **Project Theme:** Identify a real-world problem faced by a **local shop, business, community, or school** and design an IT-based solution.
- **Technology:** The project should incorporate **Python data handling (CSV, Pandas, Matplotlib)** or **Python-SQL connectivity**.
- **Plagiarism Awareness:**
  - Students must **reference** all external resources (data, images, etc.).
  - Proper citation must be done to avoid copyright violations.

### Suggested Project Ideas

1. **Business Sales Analyzer**
  - Takes **transaction data from CSV/database**.
  - Uses **Python-Pandas** for analysis.
  - Generates **visual reports using Matplotlib**.
2. **School Attendance & Performance Dashboard**
  - Stores attendance and marks in a **database**.
  - Uses **Python-SQL connectivity** for querying.
  - Generates **graphs for student performance trends**.
3. **Local Store Inventory Tracker**
  - Uses **CSV/database** for managing inventory.
  - Implements **search, update, and deletion functions**.
  - Shows **graphs for stock movement trends**.
4. **Social Impact Applications**
  - **Assistive software** for differently abled students.
  - **Mobile application** for local businesses to manage orders.
  - **Community service application** for organizing events.

### 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. Kapalbhata

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