

**HUMANITIES CLASS XII (2025-26)**  
**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.**

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**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)

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\*हिंदी\*

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 ।\*

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## **HISTORY**

Prepare your Practical file as per CBSE guidelines

### **SUGGESTIVE TOPICS FOR PROJECT - CLASS XII**

1. The Indus Valley Civilization-Archaeological Excavations and New Perspectives
2. The History and Legacy of Mauryan Empire
3. “Mahabharat”- The Great Epic of India
4. The History and Culture of the Vedic period 5. Buddha Charita
6. A Comprehensive History of Jainism 17
7. Bhakti Movement- Multiple Interpretations and Commentaries.
8. The Mystical Dimensions of Sufism 9. Global Legacy of Gandhian Ideas
10. The Architectural Culture of the Vijayanagar Empire
11. Life of Women in the Mughal Rural Society
12. Comparative Analysis of the Land Revenue Systems Introduced by the Britishers in India
13. The Revolt of 1857- Causes; Planning & Coordination; Leadership, Vision of Unity
14. The Philosophy of Guru Nanak Dev
15. The Vision of Kabir
16. An Insight into the Indian Constitution
17. Comparative Study of Stupas and Pillar Edicts
18. Comparative Study of Mughal and Vijayanagar Architecture

### **Steps involved in the conduct of the project:**

1. Choose a Title/Topic
2. Index
3. Certificate.
4. Acknowledgement
5. Need of the Study, Objective of the Study
6. Hypothesis
7. Preface/Introduction
8. Content -Timeline, Maps, Mind maps, Pictures, etc. (Organization of Material/Data Present Material/Data)
9. Sample questionnaire
10. Analysing the Material/Data for Conclusion – Tabular representation ,2 graphs and Pie charts
11. Draw the Relevant Conclusion
12. Appendix (Filled forms)
13. Bibliography
14. Remarks

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## **POLITICAL SCIENCE**

Prepare your Practical file as per CBSE guidelines

### **Few suggestive Topics**

1. NAM- 1961 to present times.
2. Division of Germany with special focus on the construction and dismantling of the Berlin Wall.
3. CIS-Central Asian Republics
4. Disintegration of USSR with special focus on Gorbachev.
5. Arab Spring
6. Cover the negative as well as positive aspects of relationship between India and the following countries. Focus on any one of the following (current updates should be highlighted): a) Relationship between India and Russia b) Relationship between India and China c) Relationship between India and Pakistan d) Relationship between India and Bangladesh
7. ASEAN
8. European Union and BREXIT
9. BRICS
10. SAARC
11. India's Nuclear Policy
12. United Nations with focus on India's candidature in Security Council.
13. UN Agencies – UNICEF, UNESCO, WHO
14. Pandemics: Covid 19- Its global impact (focus on worldwide cooperation and preparedness along with controversies (please collect newspaper clippings for the same)
15. Partition of India-Theory behind it and its legacy
16. Comparison between NITI AAYOG and Planning Commission and their contribution in India's Development.
17. Election 2019- Rise of BJP and Downfall of Congress (1989-2019).
18. Imposition of Emergency in India 19. NDA III and NDA IV – Social and Economic welfare programmes.

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## **PAINTING**

Complete five compositions (in colour)

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## **SOCIOLOGY**

Prepare your project file on any **social issue** as per CBSE guidelines

**Few suggestive Topics**

- 1. Cyberbullying and Its Impact on Youth**  
Examine how online harassment affects teenagers' mental well-being and the measures can implement to combat it.
- 2. Gender Equality in Education**  
Investigate disparities in educational opportunities and outcomes between genders, and propose solutions to promote equality.
- 3. Substance Abuse Among Adolescents**  
Analyze the causes and consequences of drug and alcohol abuse in teenagers, and suggest preventive strategies.
- 4. The Influence of Social Media on Self-Esteem**  
Explore how platforms like Instagram and Facebook impact teenagers' body image and self-worth.
- 5. Access to Quality Education**  
Examine the barriers to quality education in underprivileged communities and propose methods to bridge the gap.
- 6. Child Labour and Exploitation**  
Investigate the prevalence of child labour globally and discuss international efforts to eradicate it.
- 7. Racial Discrimination and Social Justice**  
Analyze the effects of racial bias in society and the importance of movements advocating for equality.
- 8. Unemployment and Youth Empowerment**  
Analyze the challenges of youth unemployment and explore initiatives aimed at skill development and job creation.
- 9. Food Insecurity and Malnutrition**  
Discuss the impact of poverty on nutrition and the importance of food assistance programs.
- 10. Gender-Based Violence and Women's Safety**  
Explore the causes of gender-based violence and the role of education in promoting respect and safety.
- 11. Access to Healthcare Services**  
Investigate the disparities in healthcare access among different populations and propose solutions to improve equity.

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## **ECONOMICS**

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

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## **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)

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## **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.

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## **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.

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## (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.