



MUKAND LAL PUBLIC SCHOOL, SAROJINI COLONY YNR

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Holidays Home Work

Class: XII

Session (2023-24)



Some Tips to make holidays special

- ❖ **APPRECIATE NATURE** - GO FOR LONG WALKS IN A PARK OR GARDEN WITH YOUR FAMILY AND FRIENDS. GROW A PLANT AND NURTURE IT.
- ❖ **UNRAVEL THE ARTIST IN YOU** - CREATE A NEW STORY, TRY A NEW RECIPE WITH YOUR MOM, LEARN A NEW SONG, PLAY A NEW INSTRUMENT.
- ❖ **GOOD MANNERS ARE THE KEY**- RESPECT YOUR PARENT, GRANDPARENTS AND ALL ELDERS.
- ❖ **USE THREE MAGICAL WORDS** (SORRY, PLEASE AND THANK YOU) OFTEN. 'A LITTLE MORE COURTESY GOES A LONG WAY.'
- ❖ **STAY FIT, STAY HEALTHY** - PLAY YOUR FAVORITE GAME/ SPORT REGULARLY.
- ❖ DEVELOP IN YOURSELF THE SPIRIT OF SPORTSMANSHIP & SENSE OF HEALTHY COMPETITION.
- ❖ **LEARN ABOUT OUR HERITAGE** – FIND SOME TIME TO VISIT MUSEUM AND MONUMENTS. READ ABOUT THEM.
- ❖ LEARN NEW THINGS RELATED TO YOUR COUNTRY.
- ❖ **SAVE NATURE** – CONTRIBUTE TO SAVE OUR PRECIOUS ENVIRONMENT. MINIMIZE THE WASTAGE OF RESOURCES LIKE WATER AND FUEL.

17 PARTNERSHIPS FOR THE GOALS



SDG 17 calls for a global partnership for sustainable development. It highlights the importance of macroeconomic stability and of mobilising financial resources for developing countries. It also stresses the importance of trade and equitable rules for governing it. The goal also emphasises the importance of access to science and technology, in particular internet-based information and communications technology.

English

1. Make a newsletter of four pages showcasing the recent successful start-ups by youngsters in India. Make it creative by using relevant pictures and drawings. (Roll No. 1-10)
2. Design pamphlets explaining means of STRENGTHENING AND REVITALIZING THE GLOBAL PARTNERSHIP FOR SUSTAINABLE DEVELOPMENT. Do not use paper to make pamphlets. Use old T-shirts, wood pieces, broken tiles, back side of a flex, Jute bags etc... (R. No. 11-20)
3. Use Eco friendly items to make key chains displaying various sustainable development goals by UNO (R.No 21-30)
4. Write an article on our role as Partners to achieve the goal of sustainable development on A3 sheet. Use relevant pictures and drawings to make it creative. (R.No: 31-40)

Psychology

(A) Make research paper on the following topics:

Roll no 1 to 5 : Analyse how gender norms affect beliefs, attitudes and behaviour of people. Present your ideas on A3 sheet by using relevant pictures and drawings.

Roll no 6 to 10: Analyse Role of media in breaking sex roles stereotypes. Present your ideas on A3 sheet by using relevant pictures and drawings.

Roll no 11 to 14: Write an article on Gender inequality in work organisation. . Present your ideas on A3 sheet by using relevant pictures and drawings.

(B) Worksheet to be done in Psychology Register

1. "Ravi is a 25 yrs old youth who possesses high motivation, lacks patience, feels short of time & is always pressured by work".
 - a) Which type of personality do you think Ravi is possessing?
 - b) What are the other types of personality that may exist?
 - c) Name the psychologists who have given these types of Personality?
2. How are traits different from types? Give examples.
3. Using Allport's theory, Identify the various types of traits in the given situation. Explain them in detail. "Supriya is a very warm and friendly girl who is often known as the Florence Nightingale of the class. She is a very traditional girl who always prefers to wear Indian or ethnic clothes. She hates the western culture especially the trend of going to parties and discotheque."
4. Explain Paul Costa's and Robert Mc Crae's personality theory?

5. "According to Freud ,structural elements of personality reside in the unconscious as forces and can be inferred from the way people behave"
Justify
6. Name the psychologists who worked with Freud but later separated and developed their own theories?
7. Explain the Psychosexual development theory given by Freud?
8. "Rahima is a 7yrs old girl who lives in an orphanage. She is very clear with the abstract concepts like Religion, God, unity and oneness without anyone's guidance or teaching."
 - a) Which personality theory do you think relates to such experiences?
 - b) Name the psychologist who gave this theory?
 - c) Explain the theory and its concepts in detail?
9. Distinguish between the Source and surface traits given by Raymond Cattell? Give examples.
10. Identify and define the Defense mechanisms given below:
 - a) "A student having a strong desire to cheat in the exam, is not able to do so because of the strong revolt by the conscious within. So he suspects that the other classmates might be cheating.
 - b) A boy who was reared to believe that sex is evil and dirty may become anxious every time sexual feelings surge to the surface. So in order to defend against the anxiety, he joined the groups against sex in media.
 - c) A tense father who had troubles in office gave a harsh beating

11..What is the rationale of projective techniques?

(C) Make 3-D models on any one topic

Roll no 1 to 5

1. Level of consciousness iceberg
2. 5 factor theory of personality
- 3 Any one theory of intelligence
4. Stress management techniques

Roll no 6 to 10

1. Biopsychosocial model
2. Sources of stress
3. Structure of personality
4. Generalised anxiety disorder

Roll no 11 to 14

1. Memory drum
2. Human maze learning apparatus
3. Pre-requisites of counselling process
4. Basic communication process

History

- Conduct a survey on the Rights of Women in different types of societies .
Make album using related pictures.
- Make a calendar on the Women who fought for Women's Equality.

Maths

- Group 1 : Roll no. (1-6) : - Make a project report/ Working model on relations and functions.
- Group 2 : Roll no. (7-12) :- Make a project report/ Working model on Trigonometric / Inverse Trigonometric functions.
- Group 3 : Roll no. (13-18) :- Make a project report and Working model on Conic sections.
- Group 4 : Roll no. (19-25) : - Make a project report and Working model on Probability.
- Group 5 : Roll no. (25-29) :- Make a project report and Working model on Pascal Triangle.
- Group 6 : Roll no. (30-34) :- Make a project report/ Working model on Three dimensional Geometry.

- Group 7: Roll no. (35 onwards) :- Make model of structures (monuments, Buildings etc.) and find out the use of Mathematics behind these structures.

Applied Maths

Prepare a Project File by choosing any one of the topics mentioned below :

- Weather prediction (Prediction of monsoon from past data).
- Stock price movement.
- Risk assessments by insurance firms from data.
- Predicting stock market crash.
- Predicting the outcomes of an election-exit polls.
- Predicting mortality of infants.
- Visit kirana shops near your home and collect the data regarding the sales of certain commodities over a month. Try to figure out the stock of a particular commodity which should be in the store in order to maximize the profit.
- Visit villages and collect data of various crops over the past few years from the farmers. Also, collect data about temperature variations and rain over the period for a particular crop. Try to find the effect of temperature and rain variations on various crops.
- Each day newspaper tells us about the maximum temperature, minimum temperature and humidity. Collect the data for a period of 30 days and represent it graphically. Compare it with the data available for the same time period for the previous year.
- Vehicle registration data- correlating with pollution and the number of accidents.

Physical Education

Unit1- Management of Sporting Events (Roll no: 1-4 of each class)

- Activities:** 1- Write a report on athletic meet for news paper on A3 sheet. Make it creative by using relevant pictures and drawings.
2- Design a pamphlet for Volleyball interhouse tournament
3- Invitation cards for inviting guests for annual athletic meet

Unit2- Children and Women in Sports (Roll no: 5-8 of each class)

- Activities:** 1- Clay modelling: Make skeletal with clay showing different postural deformities
2- A report on empower girls in India through sports

Unit3- Yoga as Preventive measure for Lifestyle Disease (Roll no: 9-12 of each class)

- Activities:** 1- Logo of yoga in the form of poster
2- Select any lifestyle disease and do research of to find effect of yoga (Asthma, Obesity , Hypertension, Diabetes, Back pain)
3- Design yoga poses by using leaf

Unit4- Physical Education & Sports for (CWSN) (Roll no: 13-16 of each class)

- Activities:** 1- Make a collage of para athlete
2- Make specially designed equipment
3- Write a Motivational speech for the students of CWSN on A3 sheet. Make it creative by using relevant pictures and drawings.

Unit5- Sports & Nutrition (Roll no:17-20 of each class)

- Activities:** 1- Make model showing macro and micro nutrients of balance diet
2- Make a healthy plate for sports person by using a chart paper

Unit6- Test and Measurement in Sports (Roll no: 21-24 of each class)

- Activities:** 1- Make a model for motor fitness test with station
2- Find the body mass index of your classmates by applying the formula

Unit7- Physiology & Injuries in Sport (Roll no: 25-28 of each class)

- Activities:** 1- Make a first aid kit
2- Make cards showing different types of bones injuries

Unit8- Biomechanics and Sports (Roll no: 29-32 of each class)

- Activities:** 1- Design stick figures showing different types of movements (Abduction, Adduction, Flexion, Extension)

Unit 9- Psychology & Sports (Roll no: 33-36 of each class)

Activities: 1-Write a story on a player of your choice highlighting the factor that made him or her succeed.Make it creative by using relevant pictures and drawings.

2-Make a clay model showing different kind of personality

Unit10-Training in Sports (Rest of students)

Activities: 1- Do exercise of improving speed, flexibility, strength, endurance

2. Make a model of circuit training showing 6 stations

Political Science

- Charts to be made as per the allotment to groups.
- Write questions of all the questions at the end of the following chapters:
 1. Challenges of nation Building
 2. Dominance of one Party
 3. Politics of Planned Development
 4. End of Bipolarity
 5. Alternative centres of Powers

Do the work in separate notebooks