

R.K.MEMORIAL SR. SEC. SCHOOL

CLASS 12 (2020-21)

Subject: English

Holidays' Homework

Que 1. Read chapters 1,2,3 and poem 1,2 of 'Flamingo' and Chapters 1 and 2 of 'Vistas'. Summarise them in your words (not more than 120 words) Also write the characters of each chapter separately.(not more than 60 words). Summaries must include theme, message and issues raised by the story of each chapter.

Que 2. Frame article in 150 to 200 words on the following topics.

- a) All that Matters is one's Attitude
- b) Worries of a Teenager
- c) Influence of Social Media

Que3. Write any 3 letters of complain, enquiry and editorial letters in fair notebook.

Que4. Frame posters on the following topics.

- a) Awareness towards Terrorism
- b) Raise Voice Against Domestic violence
- c) Organ Donation Camp

Que5. Frame two advertisements of each- Situation Vacant, Situation Wanted, Sale, Purchase, To-Let, Matrimony.

NOTE: Entire work is to be done in fair notebook.

विषय हिंदी

- 1) किसी भी विषय पर 5 अनुच्छेद लिखें
- 2) किसी भी विषय पर तीन फीचर तीन आलेख लिखें
- 3) किसी भी विषय पर 2 शिकायती पत्र और 2 विषयों पर संपादक को पत्र लिखें
- 4) सिल्वर वेडिंग कहानी के माध्यम से लेखक क्या संदेश देना चाहता है, अपने शब्दों में लिखें
- 5) जूझ कहानी का सार अपने शब्दों में लिखें

- 6) कविता 1,2,3,4 के अभ्यास प्रश्न उत्तर याद करें
- 7) आरोह पाठ 11,12,13,14 का अभ्यास कार्य याद करें
- 8) बाजार दर्शन पाठ का सार अपने शब्दों में लिखें
- 9) ' काले मेघा पानी दें ' पाठ के आधार पर बताएं कि हमारे देश में नदियों का क्या महत्व है

HISTORY

*Make any one project report from the following topics -:

- * Indus valley civilization.
- *Through the eyes of the travellers.
- *Buddha`s path to enlightenment.
- *Mahatma Gandhi-a legendry soul.
- *The first war of independence (1857)Revolt
- *The history of Vijayanagar through the archaeology of Humpi.
- *Mughal Empire with its rulers.

Make your project file on minimum 20 pages. Project should include following sections:

- 1)**Cover page**-Display the topic
 - 2)**Acknowledgement** -thanking the people or institution that has helped you in completion of your work.
 - 3)**Certificate**-Mentioning your name and the name of the teacher under whose supervision you have completed your work.
 - 4)**Index**- Giving the list of contents with page number.
 - 5)**Introduction/synopsis** - Giving the purpose and importance of study.
 - 6)**Chapter**-Give a title to each chapter or topic along with details and pictures.Images must be visible and clear and match with contents.
 - 7)**Time line** should be mentioned.
 - 8)**Conclusion**-What do You learn from your project.
 - 9)**Bibliography**-showing the sources from where you have gathered information like your **subject teacher,NCERT book ,newspapers, Magazines, Internet etc.**
 - 10) **Map** should be mention in it.
- * Read NCERT chapters thoroughly and Learn chapters -1 to 6 and revise passage based questions also.
 - *Do practice of maps-Sites related to Indus valley civilisation ,10 important Mahajanapadas ,Important sites related to Mahatma Buddha and paste the map in notebook.
 - *Watch any historical movie like Mohanjodaro and Jodha Akbar and write your own views . Why you like that movie?
 - * To promote Swadeshi goods make a list of Indian goods and guide your parents to purchase only Indian goods.

Economics

- Prepare A Project file on the given topic (discussed in class)
- Give revision to the following chapters and prepare notes of the same.
 1. National income
 2. Balance of payment
 3. Foreign exchange rate
 4. Government budget
 5. Money and banking

Physical education

Note.(Q.no 1 to 5 very short)(Q.no 6 to 8 Short)(Q.9 to 10 Long)

Do in Yournotebook .

Chapter 1. Planning in Sports.

1. What do you mean by tournament?
2. What is Special Seeding?
3. What do you mean by league tournament?
4. What is Health Run?
5. What do you mean by combination Tournament?
6. Discuss any two important role of tournaments?
7. What do you mean by intramural and extramural tournaments?
8. What are the advantage and disadvantage of knock out Tournament?
9. Make a Knock out fixture of 17 teams with all steps included?
10. Make a league fixture of 11 teams according to Round robin or cycle method?

Chapter 2. Sports and Nutrition.

1. What do you mean by Balance diet?
2. What is nutrition?
3. What is Food intolerance?
4. What do you mean by Macro minerals?
5. What is micro nutrients?
6. Discuss any four pitfalls of dieting?
7. Why we need food supplements and when?
8. What do you mean by Vitamin. Explain fat soluble and Water soluble vitamins?
9. What do you mean by macro nutrient explain any four of them?
10. What do you mean by healthy weight? And how we can maintain it.

Chapter 3. Yoga and Lifestyle.

1. What is yoga?
2. How many type of asana we have?
3. Name any four lifestyle diseases?
4. Name any three asana which prevent obesity?
5. What are the advantage of Vajarasana?
6. What are the common causes of Back pain?
7. Discuss prevention of Diabetes?
8. What type of diet could prevent Hypertension?
9. How can we protect Back pain?
10. How obesity can prevent through Yoga?

Chapter 4. Physical Education & Sports For CWSN (Children With Special Needs)

1. What do you mean by Disability?
2. What do you mean by Disorder?
3. What is intellectual Disability?
4. Define Disability Etiquette?
5. What do you mean by physical disability?
6. Explain ADHD in detail?
7. What is SPD explain its symptoms also?
8. What are the advantage of physical activities for CWSN?
9. Describe the type of disorders?
10. Explain the cause and Nature of disorder?

Chapter 5. Children & Women In Sports.

1. What do you mean by Motor development?
2. What is female athlete Trait?
3. What is gross motor development?
4. What is Osteoporosis?
5. What do you know about Infancy?
6. Explain Postural deformity and Name all the postural deformities?
7. Why the sports participation of women is less give your region?
8. What is Amenorrhea and explain its types also?
9. Discuss the factors of affecting motor development?
10. Discuss all the type of female athlete traits?

Chapter 6. Test and Measurement.

1. What do you mean by Test?
2. What is measurement?
3. What do you mean by flexibility?
4. Which test is used to check endurance power?
5. What is senior citizen test?
6. What is Rockport one mile test and why it is conducted?
7. What is Back scratch test explain in detail?
8. Explain in brief about Harvard step test?
9. Explain the administration of AAPHER youth fitness test?
10. Explain any four senior citizen tests?

Chapter 7. Physiology & Injuries IN Sports.

1. What is oxygen intake and uptake?
2. What is soft tissue injuries?
3. What do you mean by Hard tissue injuries?
4. What is cardio respiratory system?
5. What is ageing?
6. Explain in detail about all type of injuries?
7. What is PRICE therapy?
8. What physiological changes came due to ageing process?
9. Explain in details about the effects of exercise on muscular system?
10. Explain any five sports injuries?

Chapter 8. Biomechanics & Sports.

1. What do you mean by Biomechanics?
2. What is movement?
3. What is flexion movement?
4. What is pronation and supination?
5. What do you mean by static and dynamic friction?
6. Explain Friction in sports and its application?
7. Explain all the type of movements?
8. Friction is useful and harmful in sports explain?
9. What is the need of biomechanics in sports?
10. Explain Active and passive flexibility and active and dynamic flexibility?

Pol-Science

1. Write summary of chapter 4 to 9 of Part A.
2. Write the relationship of India with following countries :- Pakistan, China, Bangladesh, Nepal, Sri-lanka, Russia, America and Israel
3. Write the current information about the following regional and international organization:- UNO, SAARC, ASEAN, NAM and Europe union

MATHS

Chapter inverse trigo

From ncert book

Ex-2.1 Q.4 Q.5 Q.9 Q.11 Q.12 Q.14

Ex 2.2 Q3,Q.4 Q. 5,6,7,8,9,10 Q.11 Q.13 Q.15 Q.20

Miscellaneous Ex Q.3,Q.5Q.7Q.8 Q10 Q11 Q12Q.13

Extra question on chap 2 see in pdf on the group

Ex 3.1 Q4,Q.5 Q.6 Q.7 Q.9

Ex3.2 Q.4 Q.6 Q.7 Q12 Q.13 Q.15 Q.18 Q.19

Ex 3.3 Q.4 Q.5 Q.9 Q.12

Ex 3.4 Q.2 Q.6 Q.15 Q.16

Mis ex on chap3 Q1,2,3 Q.7 Q11

Extra Question on chap 3 see in pdf on group

Chapter 4 determinant

Ex4.1Q.2 Q4 Q6 all parts

Ex4.2 Q7,Q8 Q9 Q10 Q11,12,13

Ex4.3 Q.4 Q.5 with example

Ex 4.4 Q.13 Q.14 Q.15 Q16

Ex.4.5 Q.12 Q.14 Q.15 Q.16

Miss exercise chap 4 Q.4 Q.3 Q.6 Q.11,12,13,14,15 and Q.16

For additional Question of this chap see pdf on group

Chapter 10 vector

Ex 10.2 Q.6, Q.7, Q.8 Q.9 Q.10 Q.15 Q.17 Ex.10.3 Q1,2,4,8,10 Ex.10.4 Q.1,3,5,10

Ex10.5 Q,1,2,3,4,5

For additional question of this chap watch on pdfgroup

Chapter linear programming 12 Q1 to 5 of exercise 12.2 and Q1 to 5 of mis.

Chapter probability Ex13.1 Q1 to Q.6 and Q10,11,13

Ex13.2 Q.1 Q.6 Q.8 Q.9 Q.11,12

Ex13.3 Q.3 Q5 Q7 Q.8,9,10

Ex13.4 Q7, Q8. Q.9,10,11,12 for additional question watch pdf on group .