

CLASS - XII

HOLIDAYS

HOMework

(2025-26)

BIOLOGY

1 Prepare an Investigatory Project (topics not pertaining to Class 12 syllabus) . The project should involve Lab / Field work .Guidelines are available on cbse website.

2 PRACTICALS.

Write the following practicals in your practical file. Draw neat labelled diagrams and write description/ comments in points.

- a) Flowers adopted to pollination by different agencies.
- b) T.S of Mammalian Testis and Ovary.
- c) T.S of Blastula.
- d) Controlled pollination- emasculation, tagging and bagging.
- e) Common disease causing organisms- Ascaris , Entamoeba ,Plasmodium etc.
- f) Homologous and analogous organs.
- g) Cuscuta ,Lichen and Rhizobium

3. Solve all questions from previous year Board Exams (2020- 2025) pertaining to Chapters 1,2 ,3 ,4 ,5 and 6 in your BIOLOGY REGISTER.

MATHEMATICS

- 1 Learn and write all formulae from chapter 2 to 5.
- 2 Complete remaining questions of all the exercises of the chapters covered till Summer break.
- 3 Practice miscellaneous exercises of the chapters 2 to 5 in practice notebook.
- 4 Solve question paper of session 2019-2020 onwards (solve questions only from that part which has already been covered in the syllabus).
- 5 Also practice questions from the worksheets of each chapter sent to you on 'SOFOS APP' in practice notebook.
- 7 Complete your practical work as guided during regular teaching period.

COMPUTER SCIENCE

1. Solve Assignments in Class Work notebook (posted via SOFOS).
2. Learn and revise Chap-1 (Review of Python Basics), Chap-2 (Functions), Chap-3 Exception Handling and Chap-4 (Data File Handling).
3. Complete your Class work / Home work notebooks.
4. Complete your project work as guided during regular period.
5. Solve Sample papers for last five years (covering Chap-1 (Review of Python Basics), Chap-2 (Functions) , Chap-3 Exception Handling and Chap-4 (Data File Handling)).

PHYSICS

1) Prepare an Investigatory Project (topics not pertaining to Class 12 syllabus). The project should involve Lab / Field work. Guidelines are available on CBSE website.

2) PRACTICALS

Write the following practical in your practical record (Punched single line and drawing sheets to be used).

Draw neat labelled diagrams and write description in points.

a) Determine the resistivity of two wires.

b) Determine the resistance of a wire by Wheatstone Bridge.

3) Solve all questions from previous year Board Exams (2016- 2025) pertaining to Chapters 1, 2, 3, in your PHYSICS REGISTER.

4) ACTIVITIES - Complete Activity No. 3,4,6 from Section-A and Activity No. 1,5,6 from Section-B

5) ASSIGNMENTS – current electricity

ENGLISH

1 The recent rain caused great havoc in the city. Many buildings collapsed and several trees got uprooted blocking traffic at several places. Write a letter to Editor to be published in a national daily to highlight preventive measures to be taken to avoid such situation.

2 Recently you went to your native village to visit your grandparents. You saw that some of the children in the age group 5-14 (the age at which they should have been at school) remained at home, were working in the fields or were simply loitering in the streets. Write a letter in 120-150 words to the editor of a national daily analysing the problem and offering solutions to it.

3. QUESTIONS FOR PRACTICE

- a) Who was Mukesh and what he wants to be and why?
- b) What were the reasons that saheb couldn't go to school?
- c) What could have been the poet's childhood fears?
- d) Why has the mother been compared to the late winter's moon?
- e) Why did M. Hamel say about knowing one's language is a key to prison?
- f) Whom did Mr. Hamel blame for not learning the French?
- g) Where has Saheb come from and why?
- h) Mention the hazards of working in the bangle industry.
- i) Why did the Peddler not reveal his true identity when the ironmaster mistakes him to be the Captain?

4. Make project for submission as per guidelines sent via SOFOS app

ECONOMICS

1. Prepare a well decorated ECONOMICS PROJECT

a) It should have 30-35 pages

b) It should contain research work

c) Topics will be send you in group according to your roll numbers

2. Solve the following questions in your class work register.

1. Legal reserve ratio and credit creation are inversely related. Comment ?

2. How commercial bank creates credit. Enumerate with the help of numerical example.

3. Explain how central bank controls credit ?

4. Differentiate between qualitative and quantitative instruments of monetary policy ?

5. Explain the demographic condition of India on the eve of independence.

6. Discuss briefly the rationale behind self-reliance ?

7. What do you mean by growth with equity and modernization?

8. What is import substitution policy ?

9. Does modernisation as a planning create contradiction in the light of employment generation? Explain

10. Why and how did the government promote small scale industries for rural development in India?

11. Do Practice of all the numerical of product method, income and expenditure method from Sandeep Garg page no 4.40 to 4.53 in your economics register

POLITICAL SCIENCE

1. Prepare a project file on the allotted topic for your CBSE Board Practical.
2. Guidelines for the project work is already discussed in the class.
3. Solve this year's CBSE board question paper in your notebook.
4. Make 10 MCQ each of the following chapters -
'The End Of Bipolarity'
'Contemporary Centres of Power'
'Contemporary South Asia'
'International Organisations'
5. Solve the assignment posted on SOFOS in your notebook.
6. Write your reflection on 'Operations Sindoor' conducted by Indian Army.

GENERAL STUDIES

1. Complete back exercises of chapters 1 to 8.
2. Research on the latest S-400 technology used by India during Operation Sindoor.

HOME SCIENCE

UNIT II NUTRITION, FOOD SCIENCE AND TECHNOLOGY

Modification of normal diet to soft diet for elderly person.

Development and preparation of supplementary foods for nutrition programme.

Planning a menu for a school canteen or mid-day meal in school for a week.

Design, prepare and evaluate a processed food product.

Qualitative test for food adulteration in: pure ghee, tea leaves, whole black pepper, turmeric powder, milk, asafoetida.

UNIT III HUMAN DEVELOPMENT AND FAMILY STUDIES

1. Preparation and use of any one teaching aid to communicate socially relevant messages for children/ adolescents /adults in the community.

2. Preparation of any one toy for children (age appropriate) using locally available and indigenous material

UNIT IV FABRIC AND APPAREL

Preparation of any one article using applied textile design techniques; tie and dye/ batik/block printing

Remove different types of stains from white cotton cloth –Ball pen, curry, grease, ink, lipstick, tea and coffee.

UNIT V RESOURCE MANAGEMENT

Evaluate any one advertisement for any job position.

Develop a leaflet/pamphlet for Consumer Education and Protection on any one of the following-

Consumer Protection Act (CPA)

Consumer responsibilities

Consumer organization

Consumer Problem

PROJECT ANY ONE OF THE FOLLOWING PROJECT MAY BE UNDERTAKEN AND EVALUATED-

1. Study of an integrated community based, nutrition/health programme being implemented in own area, with reference to- a) Programme objectives

Focal Group/Beneficiaries

Modalities of implementation

2. Visit to the neighboring areas and interview two adolescents and two adults regarding their perception of persons with special needs.

3. Profile any two person (child/adult) with special needs to find out their diet, clothing, activities, physical and psychological needs.

4. Planning any five messages for nutrition, health and life skills using different modes of communication for different focal groups.

5. Market survey any five processed foods with their packaging and label information.

PHYSICAL EDUCATION

PRACTICAL

- Fitness test – sai khelo india fitness test in school

Introduction

Age group 5-8 year /class 1to3

1. Body mass index (bmi)
 2. Flamingo balance test
 3. Plate tapping test
- Age group 9-18 year /class 4to 12

1. 50 meter speed test
2. 600 meter run / walk test
3. Sit and reach flexibility test
4. Strength Test

- Brockport physical fitness test

Introduction

Aerobic function

1. Progressive Aerobic Cardiovascular Endurance run (pacer) test
2. Target Aerobic Movement Test
3. One mile run/ Walk test

- Body composition

1. Skinfold measurement test
 2. Bioelectric impedance Analysis
- Muscular Strength & endurance

1. Bench press testing
2. Cadence push – up Test
3. Seated push up Test
4. Flexed arm Hang Test

- Flexibility

1. Back – sit & reach test
2. Shoulder stretch test
3. Modified apley scratch test

- Yogic practices

Introduction

- Obesity – procedure, benefit & contraindications

1. Tadasana
2. Pawanmuktasana
3. Halasana

- Diabetes procedure , benefits and contraindications

1. Katichakrasana
2. Bhujangasana
3. Dhanurasana

- Asthma procedure , benefit and contraindications

1. Urdhwahastottanasana
2. Uttan Mandukasana
3. Ushtrasana

- Hypertension procedure , benefits and contraindications Uttanpadasana

1. Padasana
2. Ardha Halasana
3. Gomukhasana

- Proficiency in Game and sports

1. Basketball
2. Football
3. Kabaddi
4. Kho-kho
5. Volleyball
6. Handball

Notes: any one

(1) पौष्टिक पदार्थों का अध्ययन करे।

(2) परियोजना कार्य :- 'काले मेघा पानी दे' पाठ के आधार पर 'जल का हमारा जीवन में क्या महत्व है' - इस विषय पर लगभग 250 शब्दों में सुंदर लेख लिखिए?

(ii) जल-व्याप से संबंधित कोई 5 उपाय लिखिए। उचित उपाय में चित्र लगाकर इसे सुंदर ढंग से लिखना है।

कार्यखंड (ii) हरिवंश राय बच्चन, आलोक धन्वा कवियों का जन्म, मृत्यु, साहित्यिक रचनाओं के बारे में जीवन-परिचय लिखिए साथ ही उनकी माछा-झौली का भी वर्णन करें।
(A4 शीट पर कार्य बड़ी सुंदर लेखन) झौली में करें)

पठितर सक्रियता :- निम्न प्रश्नों के उत्तर पाठ के आधार पर लिखिए

(1) भक्तिान पाठ के माध्यम से लेखिका हमें क्या संदेश देना चाहती है?

(2) भक्तिान की विज्ञाता ने उसे संदेश कब भेजा? सप्ताह में यह संदेश उसे कब दिया और कैसे?

(3) बाजार-दर्शन पाठ के माध्यम से लेखक ने कैसे की लंगड़ा शक्ति की बात कही की है?

(4) आता-परिचय कविता में कवि ने किस बात की ओर संकेत किया है? स्पष्ट कीजिए।

(5) कवि ने जग में होने और होने की जो बात की है? उसे स्पष्ट कीजिए।

(6) जिस लेखन में लेखक ने किस ओर संकेत किया है? स्पष्ट कीजिए।

(7) सिल्वर वैडि लेख में लेखक ने किस आयुनिता की ओर संकेत किया है? स्पष्ट कीजिए।

(सभी प्रश्नों के उत्तर A4 शीट पर लिखें)

CHEMISTRY

1. Prepare a CHEMISTRY INVESTIGATORY PROJECT. Use A4 size sheets for the project, including various newspaper clippings, images, latest discoveries and inventions relevant to the topic. Follow the given headings in the project: a) INTRODUCTORY PAGE b) CERTIFICATE c) ACKNOWLEDGEMENT d) INDEX/CONTENTS e) INTRODUCTION f) AIM g) CHEMICALS REQUIRED h) PROCEDURE/EXPERIMENT(S) i) OBSERVATIONS j) RESULT k) CONCLUSION l) BIBLIOGRAPHY
2. Complete the assignment given in class.
3. Complete all the given practicals in the chemistry practical file.

ACCOUNTANCY

Dear Students,

Please complete the following assignments during the summer vacation. Submit the work in a well-organized file or notebook.

1. Make 2 (two) projects on any of the tools explained in class.
2. Solve holiday homework assignments sent on the group.
3. Solve all the questions from exercise of Chapter 1, 2, 3 and 4.

Wishing you a productive and enjoyable break!

- Subject Teacher

BUSINESS STUDIES

Dear Students,

Please complete the following assignments during the summer vacation. Submit the work in a well-organized file or notebook.

4. 1. Make a project on any one of the topics discussed in class.
5. 2. Solve questions from the previous 5 years CBSE papers based on Chapter 1, 2, 3, 4 and 5.
6. 3. Solve holiday homework assignments given in the group.

Wishing you a productive and enjoyable break!

- Subject Teacher

ਜਮਾਤ- ਬਾਰਹਵੀਂ (ਛੁਟੀਆਂ ਦਾ ਕੰਮ)

- ਪੜ੍ਹਾਏ ਗਏ ਪਾਠਾਂ ਦੇ ਪ੍ਰਸ਼ਨ ਉੱਤਰ ਯਾਦ ਕਰੋ।
- ਹੇਠਾਂ ਲਿਖੇ ਵਿਸ਼ਿਆਂ ਤੇ ਪੈਰਾ ਰਚਨਾ ਲਿਖੋ-
 1. ਭਿਖਿਆ ਮੰਗਣਾ-ਇਕ ਸਮਾਜਕ ਕੋਹੜ
 2. ਕਿਰਤ
 3. ਬਚਾਅ ਵਿੱਚ ਹੀ ਬਚਾਅ ਹੈ
 4. ਆਤੰਕਵਾਦ ਜਾਂ ਅਪਰੇਸ਼ਨ ਸਿੰਦੂਰ
- ਹੇਠ ਲਿਖੇ ਪਾਤਰਾਂ ਦੀ ਪਾਤਰ ਉਸਾਰੀ ਕਰੋ-
 1. ਨੀਲੀ
 2. ਗਵਾਲਾ
- ਪਾਠ ਸਾਂਝ ਵਿਚਲੀ ਮਾਈ ਦਾ ਅਤੇ ਪ੍ਰੋ. ਮਲਹੋਤਰਾ ਦੀ ਪਾਤਰ ਉਸਾਰੀ ਪੜ੍ਹੋ ਅਤੇ ਆਪਣੀ ਕਾਪੀ ਵਿੱਚ ਲਿਖੋ।
- ਹੇਠ ਲਿਖੇ ਵਿਸ਼ਿਆਂ ਵਿੱਚੋਂ ਕਿਸੇ ਇੱਕ ਤੇ 20-25 ਸਫਿਆਂ ਦਾ ਪਰੋਜੈਕਟ ਤਿਆਰ ਕਰੋ-
 1. ਪੰਜਾਬ ਦੇ ਮੇਲੇ ਅਤੇ ਤਿਉਹਾਰ
 2. ਖੁਰਾਕ (ਕਿਸੇ ਇੱਕ ਰਾਜ/ਪ੍ਰਦੇਸ਼ ਅਧਾਰਿਤ)
 3. ਬਜ਼ੁਰਗਾਂ ਦਾ ਘੱਟ ਰਿਹਾ ਸਤਿਕਾਰ
 4. ਮਹਾਪੁਰਖ (ਜੀਵਨੀ, ਉਪਦੇਸ਼, ਰਚਨਾਵਾਂ ਆਦਿ)
 5. ਮਹਾਨ ਲੇਖਕ (ਜੀਵਨੀ ਅਤੇ ਸਾਹਿਤਕ ਦੇਣ)
 6. ਵਿਗਿਆਨੀ (ਸਮਾਜ ਨੂੰ ਦੇਣ)