



Maheshwari Public School

A Prestigious Co-Educational English Medium School
Governed by The Education Committee of The Maheshwari Samaj Society, Jaipur
Affiliated to CBSE, Delhi , Affiliation No. 1730891



Holiday Homework

Class XI

Science Stream

Session(2026-27)

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English

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English Core

General Instructions:

- **Questions I to III are compulsory** for all students.
- Revise all prose, poetry, writing skills, and grammar concepts covered so far.
- All written work must be done neatly on A4 sheets and compiled in a file.
- **Question IV is a differentiated project based on roll numbers.**
- Focus on critical thinking, originality, and depth of analysis.
- Maintain formal language, correct grammar, and structured expression.

Outstanding work will be showcased in the school exhibition.

I. Literary Exploration Project (Analytical Task)

“Reading Beyond the Lines”

Select any one novel / biography / non-fiction work and prepare a Critical Literary Dossier.

Your dossier must include:

- Title, Author, Genre, Year of Publication
- Plot overview (in 150–200 words only)
- Character Analysis (any two major characters with traits + textual evidence)
- Themes & Sub-themes (minimum 3, explained analytically)
- Narrative style & literary techniques used
- Conflict analysis (internal vs external)
- Personal interpretation of the ending
- A comparative reflection with any other text/movie
- Critical opinion: Is the text relevant today? Why/Why not?
- Presentation Enhancement:

- Design a creative cover page
- Add a character map / timeline / symbolic diagram
- Include 2–3 significant quotations with interpretation

II. Advanced Writing Task (Formal + Discursive Writing)

“ ●Voices That Matter”

Write a formal argumentative letter to the Prime Minister of India

Choose ONE theme:

Option A: Climate Crisis & Youth Responsibility

Propose actionable solutions for sustainable living and environmental awareness.

Option B: Digital India vs Digital Divide

Highlight the gap between access to technology and suggest reforms.

Option C: Mental Health Awareness Among Students

Suggest policies for emotional well-being in schools.

Option D: Ethics in Artificial Intelligence

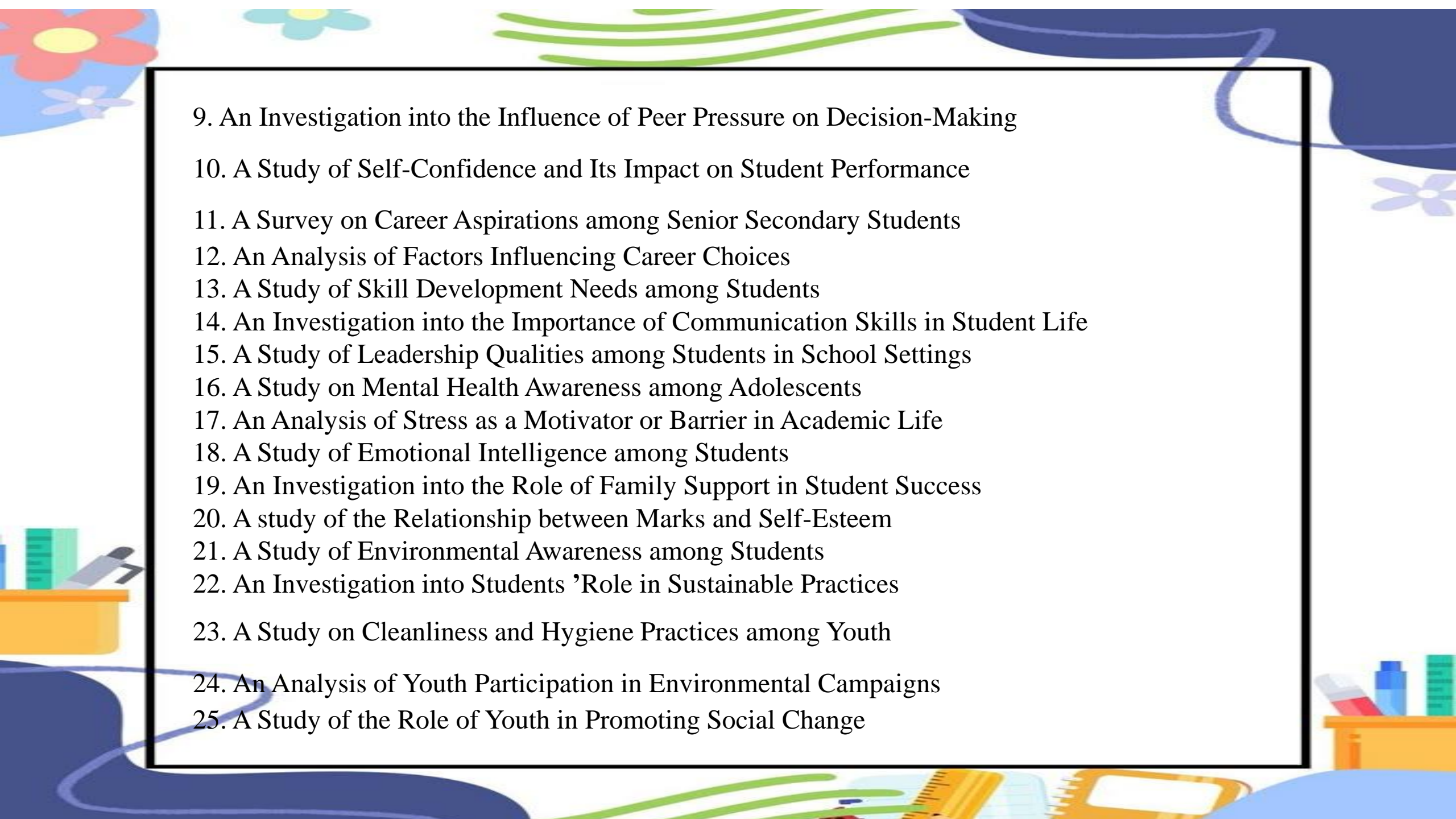
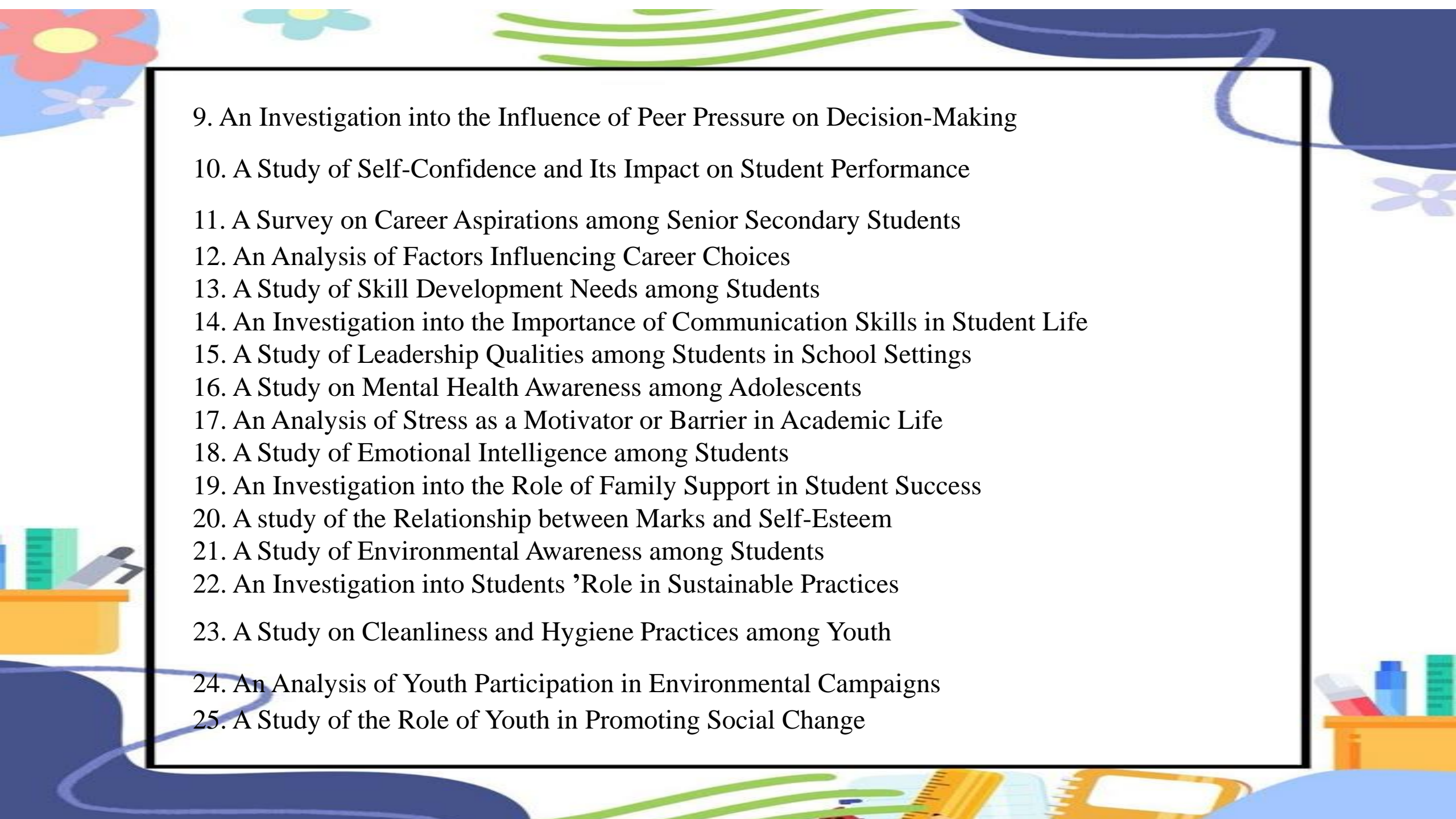
Discuss both opportunities and ethical challenges of AI in modern India.

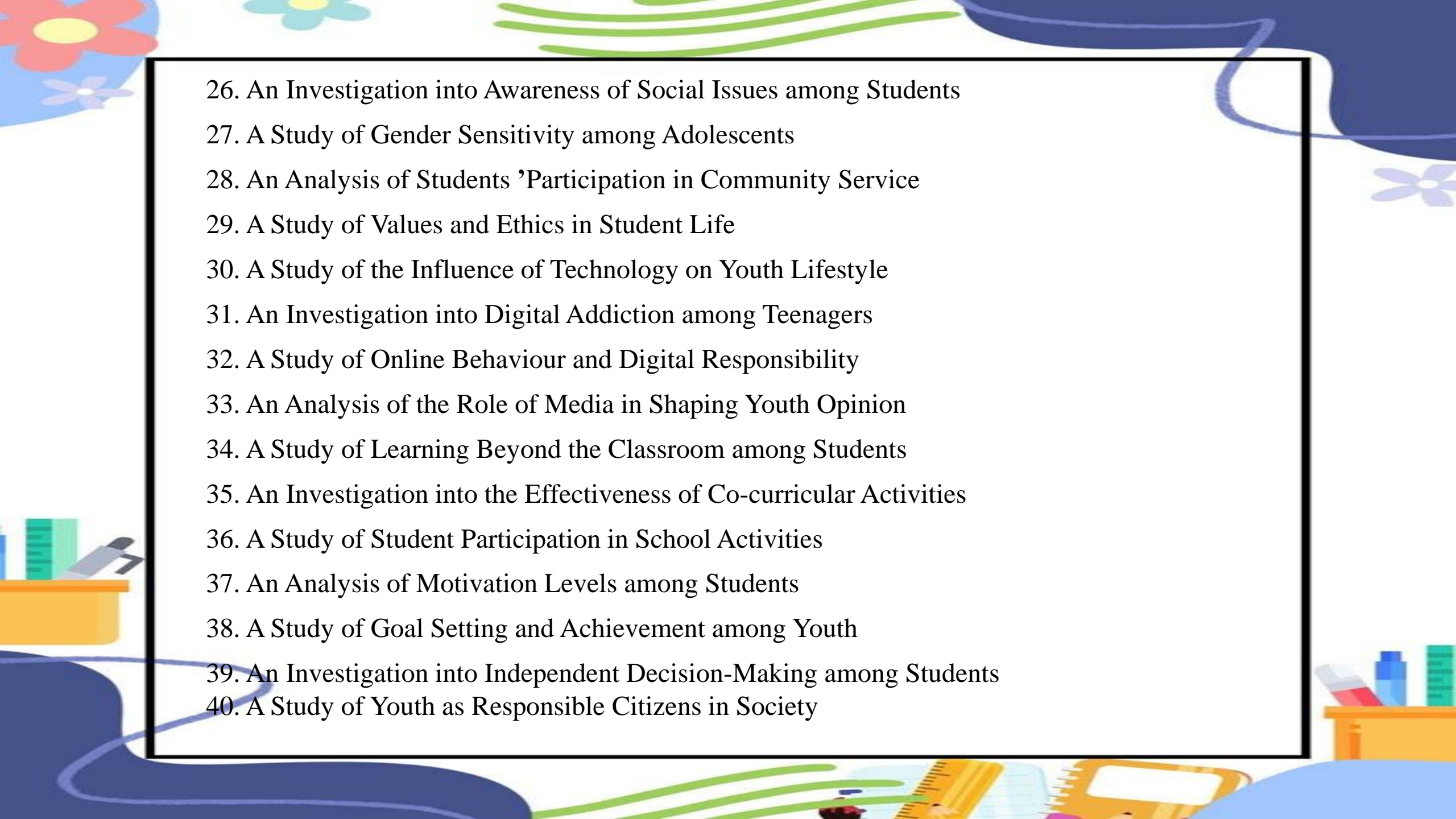
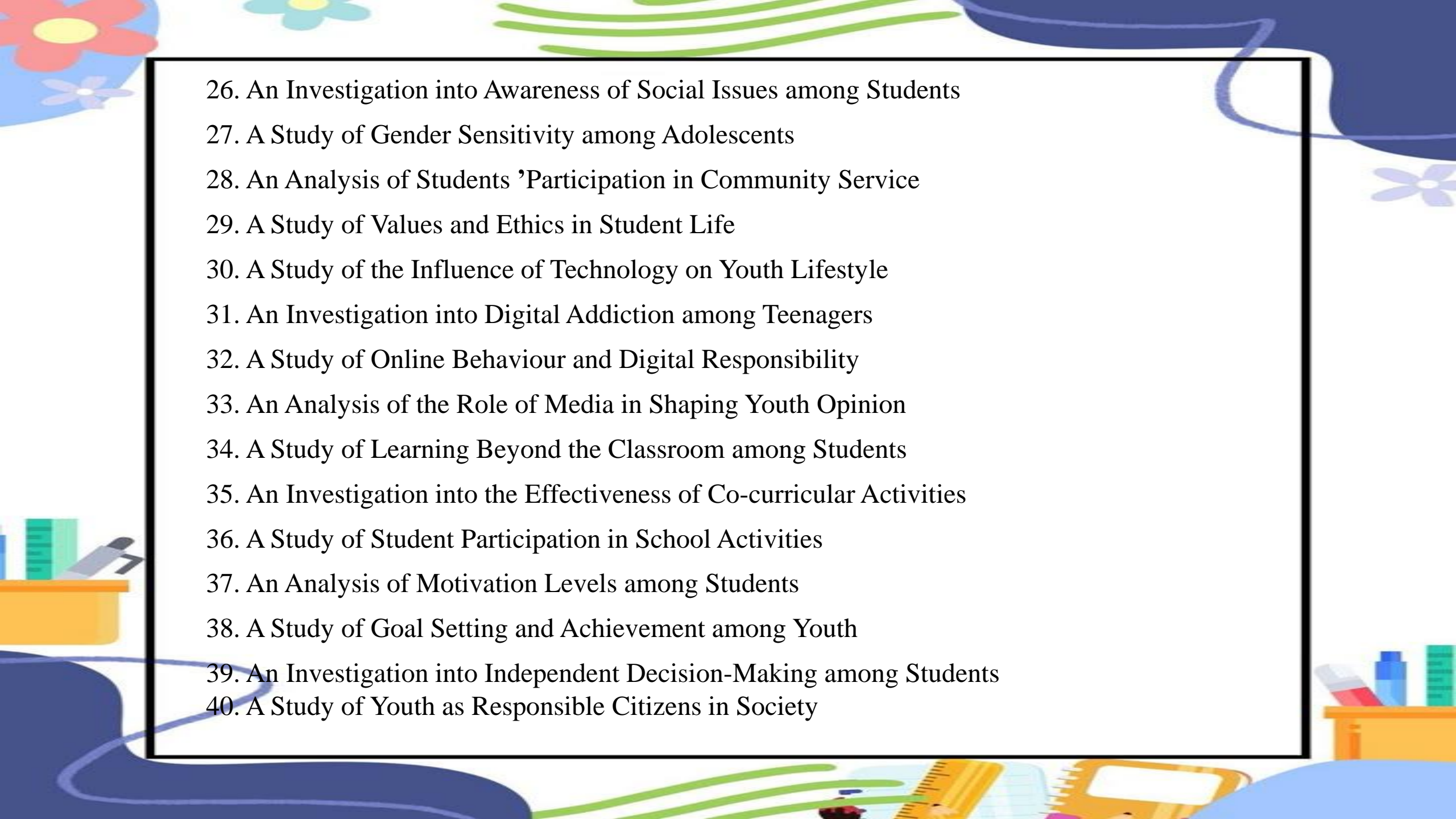
- Must Include:
- Formal format (sender, receiver, subject, salutation, etc.)
- Logical arguments supported by examples
- Persuasive tone with realistic suggestions
- Concluding appeal with strong impact

III. Students are required to prepare an individual project file (10-15 pages) based on the allotted topic, incorporating research ,survey ,case study and critical analysis.

Topic Allotment (Roll Number-wise)

1. A Study of the Impact of Social Media on Students 'Academic Performance
2. An Analysis of Time Management Practices among Senior Secondary Students
3. A Comparative Study of Online and Offline Learning Outcomes
4. A Study on Exam Stress and Coping Strategies among Students
5. An Investigation into Sleep Patterns and Academic Efficiency
6. A Study of Digital Distractions and Their Effect on Learning
7. An Analysis of Reading Habits among Teenagers
8. A Study on the Role of Discipline in Academic Achievement

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9. An Investigation into the Influence of Peer Pressure on Decision-Making
 10. A Study of Self-Confidence and Its Impact on Student Performance
 11. A Survey on Career Aspirations among Senior Secondary Students
 12. An Analysis of Factors Influencing Career Choices
 13. A Study of Skill Development Needs among Students
 14. An Investigation into the Importance of Communication Skills in Student Life
 15. A Study of Leadership Qualities among Students in School Settings
 16. A Study on Mental Health Awareness among Adolescents
 17. An Analysis of Stress as a Motivator or Barrier in Academic Life
 18. A Study of Emotional Intelligence among Students
 19. An Investigation into the Role of Family Support in Student Success
 20. A study of the Relationship between Marks and Self-Esteem
 21. A Study of Environmental Awareness among Students
 22. An Investigation into Students 'Role in Sustainable Practices
 23. A Study on Cleanliness and Hygiene Practices among Youth
 24. An Analysis of Youth Participation in Environmental Campaigns
 25. A Study of the Role of Youth in Promoting Social Change
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26. An Investigation into Awareness of Social Issues among Students
 27. A Study of Gender Sensitivity among Adolescents
 28. An Analysis of Students 'Participation in Community Service
 29. A Study of Values and Ethics in Student Life
 30. A Study of the Influence of Technology on Youth Lifestyle
 31. An Investigation into Digital Addiction among Teenagers
 32. A Study of Online Behaviour and Digital Responsibility
 33. An Analysis of the Role of Media in Shaping Youth Opinion
 34. A Study of Learning Beyond the Classroom among Students
 35. An Investigation into the Effectiveness of Co-curricular Activities
 36. A Study of Student Participation in School Activities
 37. An Analysis of Motivation Levels among Students
 38. A Study of Goal Setting and Achievement among Youth
 39. An Investigation into Independent Decision-Making among Students
 40. A Study of Youth as Responsible Citizens in Society
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Submission Guidelines (CBSE Pattern)

The project must be handwritten on A4 sheets and compiled neatly. 10–15 pages (excluding cover page).

Follow the Sequence:

1. Cover Page
2. Acknowledgement
3. Certificate
4. Index
5. Introduction
6. Main Content
7. Case Study / Survey
8. Data Representation
9. Conclusion
10. Bibliography

Important Instructions:

Include a survey/questionnaire with a minimum of 8–10 respondents

Use charts, graphs, and diagrams for data presentation.

Ensure the work is original and plagiarism-free.

Maintain clarity, neatness, and proper headings.

Use formal and accurate English.

Highlight analysis and findings, not just description.

IV. Experiential Learning Project (Roll Number-wise)

Roll No. 1 – 8 • Author Study – Critical Profile

Choose a renowned author such as William Shakespeare, Rabindranath Tagore, or George Orwell

Prepare a research-based analytical chart including:

- Literary movement associated with the author
- Writing style and themes • Impact on society and literature
- Critical reception of their works • Personal evaluation of their contribution

Roll No. 9-16 • Literary Scene Reconstruction (3D Model + Oral Explanation)

Design a 3D model representing a symbolic or climactic scene from any chapter/poem.

Extend beyond basics:

- Highlight symbolism and themes visually • Add dialogue tags or narration snippets •

Attach a written explanation (200 words) Roll No. 17- 24

• Morphology Project

– Word Formation Lab

Create an interactive model/chart explaining:

- Common Errors, Tenses, Heteronyms, Homophones Homonyms
- Word transformation with meaning shifts
- Real-life application (advertisements, posters ,headlines, etc.)

Challenge Element:

Analyse how word formation affects tone and meaning in texts

Roll No. 25-32 • Grammar in Context Model

Select ONE topic:

• Tenses in narrative writing • Common errors and corrections • Voice transformation in journalism • Reported speech in conversations

Your model must show:

• Rules + examples • Real-life usage (news, speeches, dialogues)

Roll No. 33 -40 • Philosophy & Language Project “ –Wisdom Through Words”

Select 10 powerful quotations/proverbs and present:

• Literal meaning vs deeper interpretation • Contextual relevance in modern life
• Short real-life scenario for each • Visual symbolism/artistic representation Roll no 40 +

Thinking beyond the box

• Create a podcast / video (3–5 mins) explaining a recent contemporary national issue.
• Prepare a reading journal during holidays • Attempt a creative piece (poem, short story, blog)

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Chemistry

Chemistry

Section A: MCQs (1 Mark each)

1. The SI unit of amount of substance is:

- a) Gram
- b) Mole
- c) Kilogram
- d) Litre

2. One mole of a substance contains:

- a) 6.022×10^{23} particles
- b) 3.011×10^{23} particles
- c) 1.66×10^{-24} particles
- d) 10^{23} particles

3. Molar mass of CO_2 is:

- a) 28 g/mol
- b) 32 g/mol
- c) 44 g/mol
- d) 16 g/mol

4. Empirical formula of glucose is:

- a) $\text{C}_6\text{H}_{12}\text{O}_6$
- b) CH_2O
- c) $\text{C}_2\text{H}_4\text{O}_2$
- d) $\text{C}_3\text{H}_6\text{O}_3$

5. Number of moles in 22 g of CO_2 is:

- a) 1
- b) 0.5
- c) 2
- d) 44

Section B: Assertion–Reason (1 Mark each)

For each question, choose the correct option:

- a) Both A and R are true and R is correct explanation of A
- b) Both A and R are true but R is not correct explanation of A
- c) A is true but R is false
- d) A is false but R is true

1. Assertion (A): Atomic mass is a weighted average of isotopic masses.

Reason (R): Elements exist as isotopes with different masses.

2. Assertion (A): One mole of all gases occupies 22.4 L at STP.

Reason (R): At STP, temperature is 273 K and pressure is 1 atm

3. Assertion (A): Empirical formula gives the simplest ratio of atoms.

Reason (R): Molecular formula is always a multiple of empirical formula.

4. Assertion (A): Significant figures depend on measuring instrument precision.

Reason (R): All zeros in a number are significant.

5. Assertion (A): Law of conservation of mass is valid for all chemical reactions.

Reason (R): Mass is neither created nor destroyed in a reaction.

Section C: Short Answer (2 Marks each)

1. Calculate the number of moles in 9 g of water.
2. Calculate the mass of 0.25 moles of sodium carbonate (Na_2CO_3).

Section D: Short Answer (3 Marks)

1. Calculate the empirical formula of a compound containing 40% carbon, 6.7% hydrogen, and 53.3% oxygen.

Section E: Case-Based Question (4 Marks)

A compound contains carbon, hydrogen, and oxygen. On analysis, it is found that:

- Carbon = 24 g
- Hydrogen = 4 g
- Oxygen = 32 g

Answer the following:

1. Calculate the number of moles of each element. (1)
2. Find the simplest ratio of atoms. (1)
3. Determine the empirical formula. (2)

Section F: Long Answer (5 Marks)

1. A compound contains 75% carbon and 25% hydrogen by mass. Its molar mass is 16 g/mol.

- (i) Calculate empirical formula
- (ii) Determine molecular formula
- (iii) Find number of atoms in one molecule

DO PROJECT FILE AND LAB WORK. TOPIC AND LAB WORK DETAILS WILL BE SHARED IN COMMUNITY GROUP SEPARATELY.

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Physics

Physics

DO PROJECT FILE AND LAB WORK. TOPIC AND LAB WORK DETAILS WILL BE SHARED IN COMMUNITY GROUP SEPARATELY.

Chapter: Motion in a Straight Line

Section A – MCQs

(20X 1 = 20 Marks)

1. A particle moves such that $x = 2t^2 + 3t$. Its velocity at $t = 2s$ is:

- a) 7 m/s
- b) 11 m/s
- c) 14 m/s
- d) 10 m/s

2. A particle has velocity $v = 3t^2$. Acceleration at $t = 2s$ is:

- a) 6 m/s²
- b) 12 m/s²
- c) 9 m/s²
- d) 3 m/s²

3. A particle moves with constant acceleration. Ratio of distances in 1st, 2nd, 3rd second is:

- a) 1:1:1
- b) 1:2:3
- c) 1:3:5
- d) 2:3:4

4. A body is dropped from height. Distance in last second is:

a) $\frac{1}{2}g$

b) g

c) $\frac{g}{2}(2n - 1)$

d) $g(2n - 1)$

5. Average speed when equal distances are covered with speeds v_1 and v_2 :

a) $\frac{v_1 + v_2}{2}$

b) $\frac{2v_1v_2}{v_1 + v_2}$

c) v_1v_2

d) $v_1 - v_2$

6. A particle has acceleration $a = 4t$. Initial velocity = 0. Velocity at $t = 2s$:

a) 4 m/s

b) 8 m/s

c) 16 m/s

d) 2 m/s

7. Position varies as $x = t^3 - 3t^2$. Velocity is zero at:

- a) $t = 1$ s
- b) $t = 2$ s
- c) both
- d) none

8. A ball is thrown upward with 20 m/s. Maximum height is:

- a) 10 m
- b) 20 m
- c) 40 m
- d) 30 m

9. A particle has velocity $v = t^2 - 4t$. Time when velocity is zero:

- a) 2 s
- b) 4 s
- c) 0 and 4 s
- d) 0 and 2 s

10. If displacement $x = At^2 + Bt$, acceleration is:

- a) A
- b) 2A
- c) B
- d) 2B

11. A body travels half distance at speed v , remaining half at $2v$. Average speed:

- a) $\frac{3v}{2}$
- b) $\frac{4v}{3}$
- c) v
- d) $2v$

12. A particle's velocity-time graph is a straight line. Motion is:

- a) Uniform
- b) Uniform acceleration
- c) Retarded
- d) Circular

13. Velocity varies as $v = kt$. Displacement varies as:

- a) t
- b) t^2
- c) t^3
- d) constant

14. A particle starts from rest. Distance covered in n th second:

- a) $\frac{a}{2}(2n - 1)$
- b) an
- c) $\frac{an^2}{2}$
- d) $a(n - 1)$

15. Acceleration is zero when velocity is:

- a) maximum
- b) constant
- c) zero
- d) minimum

16. A particle has $x = t^2 - 4t + 5$. Minimum position occurs at:

- a) $t = 2$ s
- b) $t = 4$ s
- c) $t = 1$ s
- d) $t = 0$ s

17. A ball dropped from rest falls 45 m. Time taken:

- a) 2 s
- b) 3 s
- c) 4 s
- d) 5 s

18. A particle has acceleration $a = -2v$. Velocity decreases:

- a) linearly
- b) exponentially
- c) constant
- d) none

19. Velocity is derivative of:

- a) acceleration
- b) displacement
- c) time
- d) speed

20. A particle reverses direction when:

- a) acceleration = 0
- b) velocity = 0
- c) displacement = 0
- d) time = 0

Section B – Short Answer (Numericals + Calculus)

(10 x 3 = 30 Marks)

1. Position of particle: $x = 3t^2 + 2t$. Find velocity and acceleration at $t = 2$ s.
2. Velocity: $v = 2t^2 + 3$. Find displacement in first 3 s.
3. A particle starts from rest with acceleration $a = 6t$. Find velocity at $t = 2$ s.
4. A car travels equal distances at 20 m/s and 30 m/s. Find average speed.

5. A ball is thrown upward with 30 m/s. Find time of flight.
6. A particle has $x = t^3 - 6t^2 + 9t$. Find time when velocity is zero.
7. A stone is dropped from 80 m. Find time to reach ground.
8. Velocity varies as $v = t^2 + 2t$. Find acceleration at $t = 3$ s.
9. A particle moves such that $a = 4t$. Find displacement in 2 s.
10. A body covers 100 m in 4 s with uniform acceleration. Initial velocity = 10 m/s. Find acceleration.

Section C – Long Answer

(5 × 4 = 20 Marks)

1. A particle moves such that

$$x = t^3 - 6t^2 + 9t$$

- Find: (i) Velocity-time relation
(ii) Acceleration
(iii) Time when particle is at rest

2. A particle has acceleration

$$a = 2t + 1$$

Initial velocity = 0
Find velocity and displacement as function of time.

3. A ball is thrown upward with 40 m/s.
Find: (i) Maximum height (ii) Time of flight

4. A particle moves such that $v = t^2 - 4t + 3$

Find displacement in first 4 seconds.

5. A train starts from rest, accelerates at 2 m/s^2 for 10 s, then decelerates at 1 m/s^2 to rest.
Find total distance covered.

Section D – Case-Based Questions

(2+2+2 = 6 Marks each → 12 Marks)

Case Study 1: Calculus-Based Motion

A particle moves such that $x = t^3 - 3t^2$

1. Find velocity function
2. Find acceleration
3. Find time when velocity is zero

Case Study 2: Gravity Motion

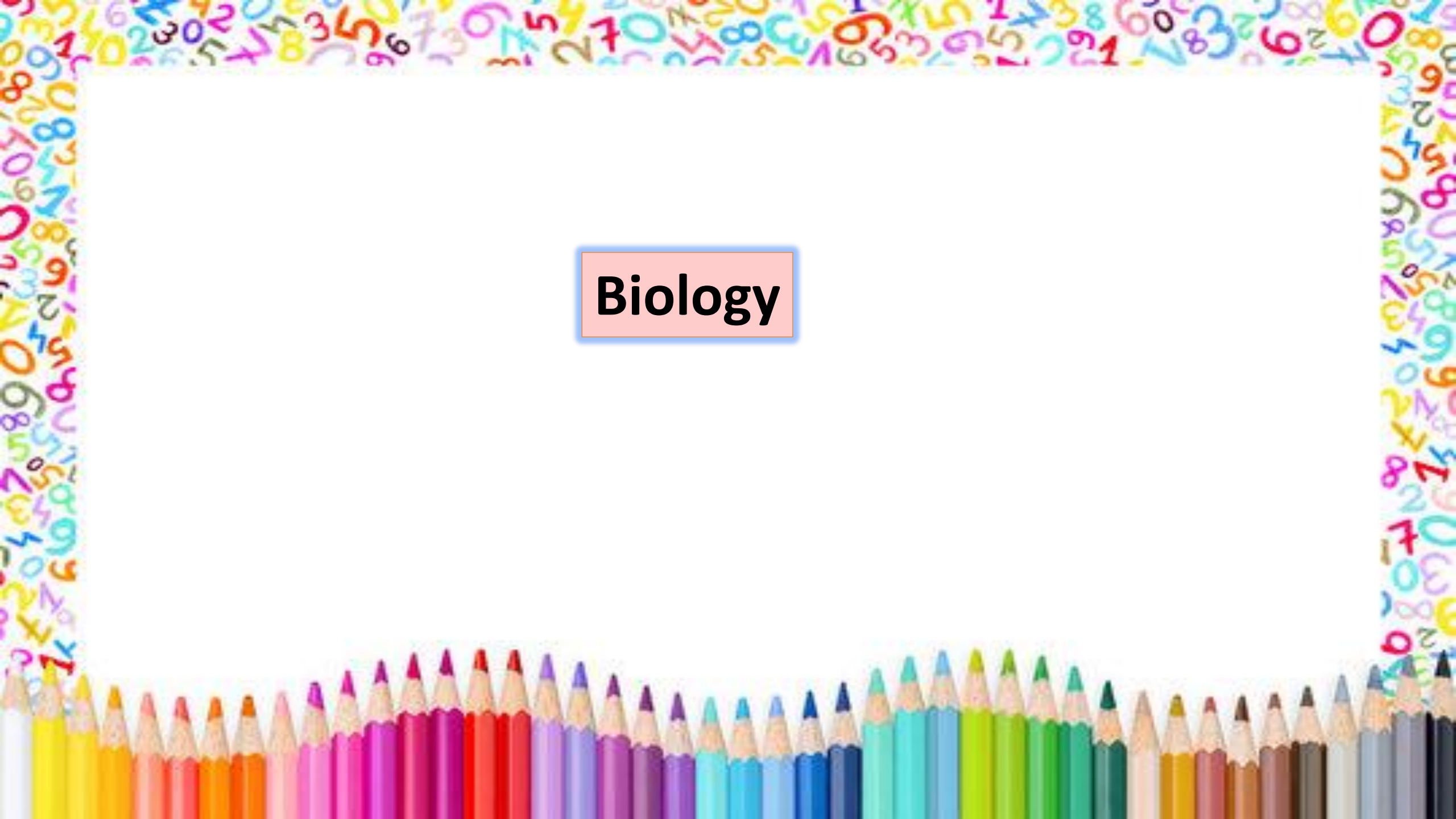
A ball is thrown upward with 20 m/s.

1. Time to reach maximum height
2. Maximum height
3. Velocity after 3 s

Case Study 3: Mixed Motion (JEE Type)

Velocity varies as $v = 4t - 2$

1. Find displacement in 3 s
2. Find acceleration
3. When will velocity become zero?

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Biology

Biology

Complete the following Summer Holiday Homework for Biology and submit it on the first day after vacation:

1. Prepare a Project File on any one of the following topics:

- Biodiversity and Nomenclature
- Taxonomy and Classification
- Prokaryotes & Eukaryotes

2. Solve NCERT Intext + Exercise Questions of Chapters 1 to 2 in your fair notebook.

3. Investigatory Task: Collect information and write a report on any one locally available medicinal plant – its botanical name, family, parts used, and medicinal uses.

Paste pictures if possible.

Note: Work should be neat, handwritten, and original. Marks will be awarded for presentation and content.

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Core Maths

Maths

FILE WORK

Activity 1. To find the number of subsets of a given set and verify that if a set has n number of elements, then the total number of subsets is 2^n .

Activity 2. To verify that two sets A and B , $n(A \times B) = pq$ and the total number of relations from A to B is 2^{pq} where $n(A) = p$ and $n(B) = q$.

Activity 3. To identify a relation and a function.

Activity 4. To verify distributive law for three given non empty sets A , B and C .

WORKSHEET

1. If $n(A) = 4$, $n(B) = 3$, $n(A \times B \times C) = 240$, then $n(C)$ is equal to
2. Let Z denote the set of all integers and $A = \{(a, b) : a^2 + 3b^2 = 28, a, b \in Z\}$ and $B = \{(a, b) : a > b, a, b \in Z\}$. Then, find the number of elements in $A \cap B$.
3. If $X = \{4^n - 3n - 1 : n \in N\}$ and $Y = \{9(n - 1) : n \in N\}$, then $X \cup Y$ is equal to
4. Let $A = \{x : x \text{ is a multiple of } 3\}$ and $B = \{x : x \text{ is a multiple of } 5\}$. Then, $A \cap B$?
5. If $A = \{1, 3, 5, 7, 9, 11, 13, 15, 17\}$, $B = \{2, 4, \dots, 18\}$ and N is the universal set, then find $A' \cup ((A \cup B) \cap B')$
6. If A , B and C are three sets such that $A \cap B = A \cap C$ and $A \cup B = A \cup C$, then show that $B = C$.

7. Two finite sets have m and n elements. The total number of subsets of the first set is 56 more than the total number of subsets of the second set. Find the values of m and n .

8. Let \mathcal{U} be the universal set for sets A and B such that $n(A) = 200$, $n(B) = 300$ and $n(A \cap B) = 100$. Then, $n(A' \cap B')$ is equal to 300, find $n(\mathcal{U})$.

9. Universal set, $U = \{x: x^5 - 6x^4 + 11x^3 - 6x^2 = 0\}$

And $A = \{x: x^2 - 5x + 6 = 0\}$

$B = \{x: x^2 - 3x + 2 = 0\}$

Then, find $(A \cap B)'$ and $(A \cup B)'$

10. If A and B are two sets such that $n(A \cap \bar{B}) = 9$, $n(\bar{A} \cap B) = 10$ and $n(A \cup B) = 24$, then find $n(A \times B)$.

11. If $A = \{a, b, c, l, m, n\}$, then find the maximum number of elements in any relation on A .

12. For any two sets A and B , if $A \cap X = B \cap X = \phi$ and $A \cup X = B \cup X$ for some set X , then show that $A=B$.

13. Find the domain and range of $f(x) = \sqrt{25 - x^2}$.

14. Construct the graph of (i) signum function (ii) greatest integer function (iii) modulus function.

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Artificial Intelligence

Artificial Intelligence

General Instructions:-

➤ **Do all the questions in Lab-Manual**

I. Kindly do the following IBM courses and paste the certificate in lab manual.

A. **IBM Skills Build – Introduction to AI**

Link: - <https://skillsbuild.org/adult-learners/explore-learning/artificial-intelligence>

B. **IBM Skills Build - Python for Data Science**

Link:- <https://students.yourlearning.ibm.com/activity/SN-COURSE-V1:COGNITIVECLASS+PY0101EN+V3>

II. Do the Following Activities and write them.

A. Identify ten companies currently hiring employees for specific AI positions.

B. Note down the technical skills and soft skills listed by any two companies for the specific AI position.

C. Categorize the applications into the three domains: statistical data, natural language processing (nlp), and computer vision-

1. Gesture recognition for human-computer interaction
2. Chatbots for customer service
3. Spam email detection
4. Autonomous drones for surveillance
5. Google Translate
6. Fraud detection in financial transactions
7. Augmented reality applications (e.g., Snapchat filters)
8. Sports analytics for performance optimization
9. Object detection in autonomous vehicles
10. Recommendation systems for e-commerce platforms
11. Customer segmentation for targeted marketing
12. Text summarization for news articles
13. Automated subtitles for videos
14. Medical image diagnosis
15. Stock prediction

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PSYCHOLOGY

Psychology

Prepare a file. (practical A4)

Write about the given topics according to the instructions given in class.

1. Psychological Testing
2. Span of attention
3. Illusion – Muller lyer

Revise

Chapter –1 What is Psychology

Chapter -2 Methods of enquiry in psychology

Project Work

1. Watch a movie (based on any psychological disorder) and prepare a project (in your note book – Register) as per the instructions given in the class.

2. Interview Method

Interview 3 people on topic:

“What causes stress in daily life?”

Write answers and conclusion.

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Economics

Economics

ECONOMICS PROJECT

INSTRUCTIONS

For Project File students have to keep in mind following points: -

- 1. A4 Size sheets to be used.**
- 2. Pages can be coloured/black and white. Pages should be one side line.**
- 3.. Red and Green colour pen is not to be used anywhere.**
- 4. Following sequence is to be followed in project**
 - a. Page 1: - Self Introduction page containing name, class, section, roll no. (to be left blank), school logo, topic name etc.**
 - b. Page 2: - Acknowledgement**
 - c. Page 3: - Certificate**
 - d. Page 4: - Index**
 - e. Page 5: - Introduction of Topic**
 - f. Page 6 onwards Content of Topic with a CASE Study related to topic.**
 - g. After content Conclusion using Bar diagram, Pie diagram, graphs, tables etc.**

h. Last page Bibliography

Key Notes: -

- 1. Total Number of pages should not be less than 15 in total.**
- 2. Minimum 5-7 photographs should be used to make project more creative as well as informative along with statistical data.**

3. SEPARATE TOPICS HAVE BEEN COLLECTED BY EACH STUDENT AND ALSO THE LIST OF TOPIC OF EACH STUDENT IS SHARED IN CLASS COMMUNITY GROUP.

4. TOPIC :- QUESTIONNAIRE IN PRINT FORM WITH AT LEAST 10-12 QUESTION IN EACH SHEET.

WORKSHEET

- 1. Represent the following data by a simple bar diagram (Horizontal).**

School	A	B	C	D	E
No. of Students	1200	800	1000	500	900

2. Represent the following data on faculty-wise distribution of students by a multiple bar diagram.

Faculty	Year		
	2008-09	2009-10	2010-11
Arts	500	800	1000
Science	300	600	750
Commerce	200	450	550

3. Construct a pie diagram to represent the runs scored by Sachin Tendulkar in an inning:

Arts	Runs Scored
Square leg	10
Mid-wicket	20
Long on	30
Long off	35
Cover	15
Third man	10

4. Present the following formation in a suitable tabular form:

(i) In 2008, out of total 1000 workers in a factory, 550 were members of a trade union.

The number of women workers employed was 120 out of which 80 did not belong to any trade union,

(ii) In 2010, there were 1500 union workers out of which 1200 were men. The number of non-union workers was 250, among which 180 were women.

5. In a trip organized by a school of Delhi, there were 80 persons, each of whom paid rs/-150 on an average. There were 60 students each of whom paid rs/-160. Members of the teaching staff were charged at a higher rate. The number of servants was 8 (all males) and they were not charged anything. The number of females was 30% of the total members out of which two were lady staff members. Tabulate the above information.

6. The monthly salary of some families in a society is given below:

Monthly Salary (rs/- in a thousand)	No. of Families
10-20	6
20-30	9
30-40	12
40-50	17
50-60	11
60	70

(i) What is the lower limit of the second class interval?

(ii) What is the upper limit of the last class interval?

(iii) What is the class size of each class interval?

(iv) What is the mid-value of the third class interval?

(v) How many families earn 50,000 or more in a month?

(vi) How many families earn less than 20,000 in a month?

7. Make a frequency distribution (inclusive) series of the following data. The class interval is to be taken as 6.

24	26	28	32	1	7	9	11
15	13	14	18	23	6	4	2
9	18	27	36	15	21	29	33
4	8	12	16	10	3	8	1
4	9	6	2	18	27	23	1
22	15	29	17				



8. What is bivariate frequency distribution take an example and draw a suitable frequency distribution.

9. Classify & Define types of cumulative frequency distribution (series).

10. What is the difference between class boundaries & class intervals.

11. Define the following:

a. Stubs

b. Caption

c. Inclusive series

d. Cell



The image features a decorative border at the top and bottom. The top border consists of a horizontal strip of colorful, scattered numbers (0-9) in various colors like red, blue, green, yellow, and purple. The bottom border is a row of numerous colored pencils in various colors, including yellow, orange, red, pink, purple, blue, green, and grey. In the center, there is a light pink rectangular box with a thin blue border containing the text "PHYSICAL AND HEALTH EDUCATION".

PHYSICAL AND HEALTH EDUCATION

Physical and Health Education

Practical 1 :- Details of any major game

1. History of the game
2. Latest rules and regulations
3. Important terminologies
4. Fundamental skills
5. Award winners name
6. Play Field specifications and
7. Tournaments.

Practical 2 :- Details of Athletics

1. History of Athletics
2. Latest rules and regulations
3. Important terminologies
4. Fundamental skills
5. Award winners name
6. Play Field specifications and
7. Tournament

A decorative border at the top and sides of the page features a repeating pattern of colorful numbers (0-9) in various colors. At the bottom of the page, there is a horizontal row of numerous colored pencils in various colors, including yellow, orange, red, purple, blue, green, and grey.

Yoga- Skill Subject

YOGA SKILL EDUCATION

1. What is Asan? Meaning of Asan .
2. How many types of Asan ?
3. You are required to explain two asanas of each type—covering aspects such as the procedure, benefits, and precautions.
4. Explain any Two Pranayam ?

NOTE:- Children taking Yoga must complete this work in their practical register. However, please ensure that this register is not the Science practical register.

A decorative border consisting of a repeating pattern of colorful numbers (0-9) in various colors (red, blue, green, yellow, purple, etc.) arranged in a grid-like fashion, framing the central text.

PHYSICAL ACTIVITY TRAINER

PHYSICAL ACTIVITY TRAINER

1. Physical fitness test-SAI Khelo India test
2. Anyone one IOA sports/games of choice. Labelled diagram of Field & equipment. Also mention its Rules ,Terminology & Skills.

