

Ch. Baldev Singh Model School
(Senior Secondary)
Holiday Homework (2019-20)
Class-XII Arts

English	<p>Note Do all the work in your note Book (fair notebook)</p> <ol style="list-style-type: none"> 1. Notices: - One for School based, one for Society based. 2. Advertisements : - Sale & Purchase , Situation vacantly wanted. 3. Poster : -Save energy , Water conservation importance of yoga. 4. Appeal- Inviting suitable donors to offer ‘ one Kidney’ 5. Formal Replies : Acceptance and Refusal. 6. Formal Invitation :- Formal Acceptance of Formal refusal. 7. Letters : - <ul style="list-style-type: none"> one Job letter, one Business letter. one complaint letter(Indivisible Complaints) one Mass complaint Letter. 8. Article :- (1) Women status (2) Women education (3) Make in India , (4) Importance of sports (5) Effect of internet on. Teenagers. 9. Speech ;-(1) Hazardous consequences of using Plastic / Polythene Bags. (2) How Media influence Public opinion. 10. Debate: - 1. Peer Pressure is Harmful for Teenagers. 2. Violent video Games make the children more violent in Real-life. 11. Report (1) One for school Magazine. (2) One for News Paper.
Physical Education	<ol style="list-style-type: none"> 1. Planning in sports खेलों में योजना 1.1 Meaning and objective of planning योजना का अर्थ एवं उद्देश्य 1.2 Various comities and its Responsibilities (Pre-during and post) विभिन्न समितियाँ व उनकी जिम्मेदारी 1.3 Tournament – knock out, league or Roud Robin and Combination टूर्नामेंट्स -नॉक-आउट , लीग या राउंड रोबिन एवं कॉम्बिनेशन 1.4 Procedure to draw Fixtures-knock out (Bye and Seeding and league (Staircase , Cyclic and Tabular) फिक्सयर तैयार करने की प्रक्रिया -नॉक -आउट (बाई व् सीडिंग तथा लीग) साइक्लिक तथा स्टेयरकेस

	<p>1.5 Intramural and extramural –Meaning, objective and its Significance इंट्राम्यूरलस व एक्स्ट्राम्यूरलस - अर्थ , उद्देश्य व इसका महत्व विशिष्ट खेल कार्यक्रम</p> <p>1.6 Specific Sports Programme (Sports Day, Health Run , Run for Fun, Run for a Specific Cause and Run for Unity) खेल दिवस , स्वास्थ्य दौड़ , रन फॉर फन, विशिष्ट कारण के लिए दौड़ व एकता के लिए दौड़)</p> <p>2. Sports and Nutrition(खेल तथा पोषण)</p> <p>2.1 Balances Diet and Nutrition : MACRO and Micro Nutrients संतुलित आहार तथा पोषण वृहत (मेक्रो) एवं सूक्ष्म (माइक्रो) पोषक तत्व</p> <p>2.2 Nutritive and Non-Nutritive Components of Diet आहार के पोषक तथा गैर-पोषक घटक</p> <p>2.3 Eating Weight Control- A Halting weight , The Pitfalls of Ditching , Food intolerance and food myths भोजन लेने संबंधी विकार -क्षुधा अभाव(एनोरेक्सिया नर्वोसा) तथा शुघातिशय (अति क्षुधा) या बुलिमिया नर्वोसा ,</p> <p>2.4 Eating Disorders – Anorexia Nevvosa & Bhlemia</p> <p>2.5 Effects of Diet on Performance प्रदर्शन पर आहार के प्रभाव ,</p> <p>2.6 Sports Nutrition (Fluid & meal intake pre. During & Past competition) भार नियंत्रण हेतु भोजन करना -सवस्थ भार , डाइटिंग या अल्पाहार के खतरे , खाद्य असहिष्णुता तथा भोजन मियक,</p> <p>3. Make a chart on basis of Balance diet संतुलित आहार का चार्ट बनाए सभी विषय लिखना तथा याद करना अनिवार्य है</p>
हिंदी	
	<p>निर्देश : - दिए गए गृहकार्य को एक फाइल में लिखिए ।</p> <ol style="list-style-type: none"> 1. प्रतिदिन समाचार-पत्र पढ़कर दो मुख्य समाचार लिखें या काटकर चिपकाएं । 2. किसी भी विषय पर पाँच निबंध लिखिए । 3. कोई भी पाँच प्राथना- पत्र लिखिए । (औपचारिक या अनौपचारिक) 4. अपनी पाठ्य- पुस्तक (अंतरा) से कोई चार जीवनी लिखिए । 5. "कंप्यूटर" के दस लाभ और दस हानियां लिखें । 6. कक्षा में करवाए गए कार्य को याद करें ।
History	
	<p>Instructions</p> <ol style="list-style-type: none"> (i) The holiday homework contains chapter wise (ii) The students are required to attempt them in a separate register. (iii) Snow your working notes clearly. <ul style="list-style-type: none"> • Learn and revise periodic test (UT) Syllabus • Make notes of chapter 5,6 (Part-11) • Outline map of India political practice following.

	<ul style="list-style-type: none"> (i) Impotent centre of Harappan site (ii) Mahajanapadas and cities (iii) Major Buddhist sites (iv) Important kingdoms and towns (v) Distribution of Ashokan inscriptions • List the teachings of Buddha and Mahavir • Project file work • The project should include the following sections . <ol style="list-style-type: none"> Cover page (2) Acknowledgement (3) certificate (4) index (5) time line (6) map work , (7) Introduction (8) Chapters (9) Networking (10) Concluding (11) Bibliography. <table border="0" style="width: 100%;"> <thead> <tr> <th style="text-align: center;">Topic</th><th style="text-align: center;">Roll No</th></tr> </thead> <tbody> <tr> <td colspan="2">Chapter-1,3,5,6,7,9,13,14</td></tr> <tr> <td>(i) Harappan archaeology</td><td style="text-align: right;">1-5</td></tr> <tr> <td>(ii) Social History using the Mahabharata</td><td style="text-align: right;">6-10</td></tr> <tr> <td>(iii) Medieval Society through travellers Accounts</td><td style="text-align: right;">11-15</td></tr> <tr> <td>(iv) Religious Histories</td><td style="text-align: right;">16-20</td></tr> <tr> <td style="padding-left: 20px;">The bhakti-Sufi tradition</td><td></td></tr> <tr> <td>(v) New Architecture : Hampi</td><td style="text-align: right;">21-25</td></tr> <tr> <td>(vi) The Mughal Court : Reconstruction from stones through chronicles</td><td style="text-align: right;">26-30</td></tr> <tr> <td>(vii) Mahatma Gandhi through Contemporary eyes</td><td style="text-align: right;">31-35</td></tr> <tr> <td>(viii) Partition through</td><td style="text-align: right;">36- above</td></tr> </tbody> </table> <ul style="list-style-type: none"> • Grow a plant and care it 	Topic	Roll No	Chapter-1,3,5,6,7,9,13,14		(i) Harappan archaeology	1-5	(ii) Social History using the Mahabharata	6-10	(iii) Medieval Society through travellers Accounts	11-15	(iv) Religious Histories	16-20	The bhakti-Sufi tradition		(v) New Architecture : Hampi	21-25	(vi) The Mughal Court : Reconstruction from stones through chronicles	26-30	(vii) Mahatma Gandhi through Contemporary eyes	31-35	(viii) Partition through	36- above
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Political Science	राजनीतिक विज्ञान																						
	<ol style="list-style-type: none"> Write the whole summary of the Lesson 1 "Cold War" संपूर्ण अध्याय का सारांश लिखें (Ch-1) Write Details on 9/11 Crisis with Pictures. ९/११ हमले का संपूर्ण विवरण चित्र सहित लिखें (इंटरनेट की मदद लें) Write Date wise important Political Issues with the help of News paper प्रतिदिन के राजनितिक घटनाओं की एक सूची तैयार करें (समाचार पत्र के माध्यम से) Revise Lesson 1,2 & 3 during your Holiday. ग्रीष्म ऋतु अवकाश के दौरान पाठ संख्या 1,2 एवं 3 का पुनरावलोकन करें 																						

Keep Learning By doing and enjoy your Holidays