

VIVEKANAND MODERN ACADEMY

Chandrika Devi Road, Kathwara, Bakshi Ka Talab, Lucknow (U. P.)



The much-awaited summer break has started and it is the time we associate with fun, frolic, late mornings and long hours of play. But, summer vacation is so much more than T.V. shows and ice cream rolls. It's time to play and have fun INDOORS. Time to spend with kith and kin. Here we present the "Summer Vacation Activity List" and we hope you will make your holidays more interesting by doing these activities

As it is rightly said, "A life without love is like a year without summer"

Happy Holidays

SUMMER TIPS :

- ☞ Dress your children in loose, light – coloured clothes.
- ☞ Take them for outdoor activities in the morning and evening hours.
- ☞ Take a walk in the nature with your family. Let the greenery relax your mind.
- ☞ Don't let the scorching heat stop you from having fun! Play various board games like Chess, Ludo, Scrabble etc.
- ☞ Keep your children hydrated. Make them drink lots of water.
- ☞ Help your children learn new things through exploring their interests.
- ☞ Books are children's best friend. Create your child's interest in different colourful books.
- ☞ Dedicate one hour to reading each day. Read a book about fairies, or monsters, your choice!
- ☞ Motivate your children to speak golden words.
- ☞ Set timers for screen time. Let's have "no mobile phone day" once a week!
- ☞ Have a bed-time story session with your kids.
- ☞ Try to converse with your parents and friends in English. Listen to songs in English.

Dear Students,

- ☞ Summer Vacation is the best and the most fruitful time for learning and nurturing creativity. Keeping this objective in mind we have planned diverse and exciting activities that will enhance your knowledge and boost your creativity.
- ☞ "Knowledge is Power". Therefore read lots and lots of books to cultivate the reading habit and develop your vocabulary, language skills, increase your attention span and improve your spellings.
- ☞ "A healthy mind lives in a healthy body". So play the sport of your choice INDOORS. It will help to instill discipline, generate sporting spirits and channelize your energies constructively.
- ☞ Get up early in the morning and see the rising sun. Do indoor exercises / yoga and stay healthy and fit. Spend quality time with your elders and share your thoughts and ideas with them.
- ☞ Eat healthy food and drink lots of water during summer.
- ☞ Integrating curriculum helps students deepen their understanding of the subject matter and comprehend relationship between different areas of study. This year's holiday homework has been designed keeping this interdisciplinary aspect in mind.
- ☞ Inculcate good manners- 4 magic words 'Please, Thank You, Excuse Me, Sorry'-use them and see the difference

Principal

HOLIDAYS FUN TIME

Dear Parents,

MORNING BLESSINGS : *Help your children to inculcate good habits by doing Surya Namaskar and encourage them to greet all elders in the morning. Learn two simple Yogasanas*

BEING RESPONSIBLE : *Spend a week with your elders. Observe their routine. Listen to their childhood memories, incidents from the past and watch their old family albums. This will strengthen the bond between you and your elders. Don't forget to capture them in the form of short videos.*

ENGAGE IN HOBBIES : *Explore Interests: Spend time on activities you enjoy, such as sports, music or art.*

ADOPT A TREE : *Encourage your child to adopt a tree in the park around you and make sure that you take care of it daily by watering it. Also, click a picture with it and share it with your class teacher.*

STAY ACTIVE : *Engage in regular exercise, whether through sports, walking, cycling, or home workouts.*

OUTDOOR ACTIVITIES : *Spend time outdoors, enjoying nature through hiking, swimming, or camping.*

HELPING OTHERS : *Do a good deed at least once a week, fostering a sense of community.*

TRAVEL AND EXPLORE : *Visit local museums, parks, or historical sites.*

TRIPS : *Plan trips, whether it's a family vacation or day trips to nearby attractions.*

REST AND RELAX :

DOWNTIME : *Ensure you have time to relax and unwind.*

SLEEP : *Maintain a healthy sleep schedule.*

STAY SAFE : *Follow health guidelines, stay hydrated.*

HOLIDAY HOME WORK

Session : 2025 – 26

Class : **XI** , Section :

Student's Name :

English

NOTE : All the work needs to be done in the English Notebook. Copy the questions and answer them in your notebooks.

- ✿ Hornbill in Hornbill Notebook
- ✿ Snapshots in Snapshot Notebook
- ✿ Writing Section in Writing Notebook.

English Literature

1. Prepare Bio – Sketches of the writers & Poets given in the Hornbill.
2. Draw a contrast of the lifestyle of the author's grandmother in the village and in the city. What could be the reasons?
3. Aged people should not be left behind and every effort should be made that they live with their children and grandchildren. This will inculcate a proper understanding between the old and the new generation. Pen down your views.
4. The lesson 'The Portrait of a Lady' suggests a growing distance between the younger and older generation. Write a speech in about 150 words to be delivered in the morning assembly of the school on the above topic, on the basis of your reading of the text.
5. Happy moments are short-lived but provide a lifetime memory. They provide a cushion to bear the difficulties which the future has in store for you. Comment in the light of the poem & Photograph by Shirley Toulson.
6. The poet has paid a tribute to her mother. Similar instances can be seen in "The Portrait of a Lady". This made you think that writing about a loved one is much better than building their statues or drawing their portraits. Comment.

Advanced Writing Skills

Newspaper Activity:

1. Cut out and paste (minimum 2 each) clippings of classified advertisement from the newspaper under the below mentioned headings.

CLASSIFIED ADVERTISEMENTS

TYPE OF ADVERTISEMENT	PURPOSE
SITUATION VACANT	This advertisement is written by an employer who is looking for the services of a person in his organisation.
SITUATION WANTED	This is written by a job-seeker.
FOR SALE	This is written in an attempt to sell property, assets, office goods, etc.
PURCHASE	This is written in an attempt to purchase property, asset, office, goods etc.

TO LET	This is written by a person looking for tenants for his/her property.
ACCOMODATION WANTED	Written by the ones looking for a place for accommodation.
MATRIMONIALS	This is written while looking for prospective marriage candidates
MISSING	This is written in case any object/person/pet goes missing giving descriptive details for the same.

NOTICE WRITING

1. Write Notices on the following occasions (three of each category)

- (a) Meetings**
- (b) Event**
- (c) Tours / Camps**
- (d) Exhibitions / Fairs**
- (e) Sports**
- (f) Cultural / Extra- curricular activities**
- (g) Lost & Found**
- (h) Inviting Entries**
- (i) Appeals**

FORMAL LETTERS

2. Write Formal letters on the following topics (three of each category)

- (a) Complaint**
- (b) Editor**
- (c) Placing & Cancelling order**
- (d) Enquiry**

3. Write the definition of following Literary Devices and exemplify them by giving suitable examples from your book of HORNBILL.

- 1. Allegory**
- 2. Alliteration**
- 3. Allusion**
- 4. Anaphora**
- 5. Antithesis**
- 6. Apostrophe**
- 7. Assonance**
- 8. Consonance**
- 9. Enjambment**
- 10. Epithet**
- 11. Euphemism**
- 12. Hyperbole**
- 13. Imagery**
- 14. Irony**
- 15. Metaphor**
- 16. Metonymy**
- 17. Onomatopoeia**
- 18. Oxymoron**
- 19. Paradox**
- 20. Personification**

- 21. Pun
- 22. Refrain
- 23. Repetition
- 24. Simile
- 25. Symbolism
- 26. Synecdoche
- 27. Transferred Epithet

Yoga

Note : Complete all the given work neatly in a file. Use headings, highlight keywords, and decorate the file if possible.)

1. Introduction to Yoga : (Write in file)
Write a brief note (250-300 words) on :
 - (a) "What is Yoga?
 - (b) Its Origin and Importance in Modern Life"
 - (c) It will include : Meaning and definition of Yoga
 - (d) Historical background (briefly)
 - (e) Importance in physical, mental, and emotional well-being
2. Classification of Yoga : (Write in file)
 - (a) Mention the main types of Yoga with short descriptions:
 - (b) Bhakti Yoga
 - (c) Karma Yoga
 - (d) Jnana Yoga
 - (e) Raja Yoga
 - (f) Hatha Yoga
 - (g) Write 4-5 lines on each.
3. Five Yamas and Niyamas (Ethical Rules of Yoga) : (Write in file)
 - (a) Write about the five Yamas and five Niyamas: List them.
 - (b) Give 2-3 lines explanation for each.
 - (c) Write one real-life example or application of each in daily life.
4. Asanas and Their Classification : (Write in file)
 - (a) Make a table with the following headings:
 - (b) Name of the Asana
 - (c) Type (Standing, Sitting, Lying, etc.)
 - (d) Benefits
 - (e) Precautions
 - (f) Fill it with any 4 asanas from your syllabus.
5. Poster/Chart Page (Optional - for file decoration) : (Add in the same file)
 - (a) Create one decorative page with : A Yoga quote (e.g., "Yoga is the journey of the self, through the self, to the self.")
 - (b) Drawings or cut-outs of 2-3 asanas
 - (c) Title: "Discover Yourself Through Yoga"

हिन्दी

पाठ्य पुस्तक

1. वृद्ध मुंशी कौन थे?
2. पंडित अलोपीदीन का चरित्र चित्रण कीजिए।
3. पंडित अलोपीदीन के बंशीधर के घर जाने का क्या उद्देश्य था?
4. 'नमक का दारोगा' कहानी में समाज के किस पहलू को दर्शाया गया है?
5. 'नमक का दारोगा' कहानी के पात्रों के नाम लिखिए।
6. कबीर कौन थे?
7. मीराबाई कौन थी?
8. 'कबीर के पद' किसके द्वारा और कहाँ से संपादित और संकलित हैं?
9. मीरा ने श्रीकृष्ण की उपासना किस रूप में की है?

अभिव्यक्ति और माध्यम

10. 'संचार' शब्द का क्या अर्थ है?
11. संचार के मुख्य तत्व लिखिए?
12. AIR का पूरा नाम लिखिए। इसकी शुरुआत कब हुई?

परियोजना कार्य

13. आरोह (गद्य एवं काव्य) पाठ्य पुस्तक के बताए गए कार्य को पूर्ण कीजिए।
14. वितान पूरक पुस्तक के बताए गए कार्य को पूर्ण कीजिए।
15. अभिव्यक्ति और माध्यम के बताए गए कार्य को पूर्ण कीजिए।

Physical Education

1. Project File Work

(A) Components of Physical Fitness

- (i) Strength** : Definition, Types of Strength (Maximum, Explosive, Endurance), Exercises to improve strength, Role in sports
- (ii) Endurance** : Definition, Types (Cardiovascular, Muscular), Methods to develop endurance, Importance in daily life and games
- (iii) Flexibility** : Definition, Static and Dynamic Flexibility, Stretching exercises, Benefits in injury prevention
- (iv) Speed** : Definition, Types of Speed, Sprint drills, Importance in sports like football, athletics
- (v) Coordination** : Definition, Exercises to improve coordination, Examples (eye-hand, foot-eye coordination), Use in sports

(B) Practical Work - Physical Fitness Tests

- Perform and write observations for the following:
 - (a) 50 Metres Sprint** : Aim, Material Required, Procedure, Result, Remarks (Time taken and performance)
 - (b) Standing Broad Jump** : Aim, Material Required, Procedure, Result (Distance jumped), Comment on leg strength

(c) Sit and Reach Test : Aim, Procedure, Result (Distance reached in cm), Interpretation of flexibility

(d) Push-ups / Sit-ups (Choose One) : Procedure, Number of repetitions in 1 minute, Comments on muscular endurance

(C) Proficiency in One Game/Sport

Choose any one game/sport (e.g., Football, Basketball, Volleyball, Kho-Kho, Kabaddi, etc.) and write the following:

- (i)** Name of the Game/Sport
- (ii)** History and Origin
- (iii)** Fundamental Skills
- (iv)** Latest Rules and Regulations
- (v)** Diagram of the Court/Field with labeling
- (vi)** Major Tournaments (National & International)
- (vii)** Famous Indian and International Players
- (viii)** Related Awards and Trophies

Physics

1. What are the seven fundamental quantities and their units?
2. Define significant digits. What are the rules for determining significant figures?
3. Write the dimensional formula for density, acceleration and pressure?
4. Differentiate between distance and displacement with the help of diagram?
5. Define speed and velocity. What is their SI unit?
6. Under what condition(s) is the magnitude of average velocity of an object equal to its average speed?
7. What is uniform motion?
8. Define acceleration and mention its SI unit. When will you say that the body is in uniform acceleration?
9. Make distance-time, velocity-time and acceleration-time graphs for a body moving with uniform velocity.
10. Derive the three equations of motion using methods of calculus.
11. A motor car moving at a speed of 72km/h cannot come to a stop in less than 3.0 s while for a truck this time interval is 5.0 s. On a highway the car is behind the truck both moving at 72km/h. The truck gives a signal that it is going to stop at emergency. At what distance should the car be from the truck so that it does not bump onto (collide with) the truck. Human response time is 0.5s.
12. A drunkard walking in a narrow lane takes 5 steps forward and 3 steps backward, followed again by 5 steps forward and 3 steps backward, and so on. Each step is 1 m long and requires 1 s. Plot the $x-t$ graph of his motion. Determine graphically and otherwise how long the drunkard takes to fall in a pit 13 m away from the start.
13. Complete the physics paper of the pre-periodic question paper in fair copy.

Note : If your copy is not checked, please complete your work and submit your class-work copy on the first day of school.

Chemistry

Select any one title for project work and write the content for it

1. Write down with diagram the Rutherford Atomic Model
2. Write down about Hydrogen spectrum
3. Write down about wave mechanical model of atom
4. Write down about bohr's atomic model and its postulates.

Mathematics

1. Solve NCERT HOTS question of Chapter : Set and Chapter : Trigonometry

Q.1

Which of the following collections are sets? Justify your answer.

- (i) A collection of all natural numbers less than 50.
- (ii) The collection of good hockey players in India.
- (iii) The collection of all the girls in your class.
- (iv) The collection of all talented writers of India.
- (v) The collection of difficult topics in Mathematics.
- (vi) The collection of novels written by Munshi Prem Chand.
- (vii) The collection of all questions of this chapter.
- (viii) The collection of all months of a year beginning with the letter J.
- (ix) A collection of the most dangerous animals of the world.
- (x) The collection of prime integers.

Q.2 If $A = \{0, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10\}$, then insert the appropriate symbol or in each of the following blank spaces.

- (i) $4 \dots A$
- (ii) $-4 \dots A$
- (iii) $12 \dots A$
- (iv) $9 \dots A$
- (v) $0 \dots A$
- (vi) $-2 \dots A$

3. Describe the following sets in Roster form.

- (i) $\{x : x \text{ is a letter before e in the English alphabet}\}$
- (ii) $\{x \in \mathbb{N} : x^2 < 25\}$
- (iii) $\{x \in \mathbb{N} : x \text{ is a prime number, } 10 < x < 20\}$
- (iv) $\{x \in \mathbb{N} : x = 2n, n \in \mathbb{N}\}$
- (v) $\{x \in \mathbb{R} : x > x\}$

(vi) $\{x : x \text{ is a prime number which is a divisor of } 60\}$

(vii) $\{x : x \text{ is a two digit number such that the sum of its digits is } 8\}$

(viii) The set of all letters in the word 'Trigonometry'

(ix) The set of all letters in the word 'Better'

4. Describe the following sets in set-builder form.

(i) $A = \{1, 2, 3, 4, 5, 6\}$

(ii) $B = \{1, 1/2, 1/3, 1/4, 1/5, \dots\}$

(iii) $C = \{0, 3, 6, 9, 12, \dots\}$

(iv) $D = \{10, 11, 12, 13, 14, 15\}$

(v) $E = \{0\}$

(vi) $\{1, 4, 9, 16, \dots, 100\}$

(vii) $\{2, 4, 6, 8, \dots\}$

(viii) $\{5, 25, 125, 625\}$

5. List all the elements of the following sets.

(i) $A = \{x : x^2 \leq 10, x \in \mathbb{Z}\}$

(ii) $B = \{x : x = 1/(2n-1), 1 \leq n \leq 5\}$

(iii) $C = \{x : x \text{ is an integer, } -1/2 < x < 9/2\}$

(iv) $D = \{x : x \text{ is a vowel in the word "EQUATION"}\}$

(v) $E = \{x : x \text{ is a month of a year not having } 31 \text{ days}\}$

(vi) $F = \{x : x \text{ is a letter of the word "MISSISSIPPI"}\}$

6 Match each of the sets on the left in the roster form with the same set on the right described in the set-builder form.

(i) $\{A, P, L, E\}$ (i) $\{x : x+5=5, x \in \mathbb{Z}\}$

(ii) $\{5, -5\}$ (ii) $\{x : x \text{ is a prime natural number and a divisor of } 10\}$

(iii) $\{0\}$ (iii) $\{x : x \text{ is a letter of the word "RAJASTHAN"}\}$

(iv) $\{1, 2, 5, 10\}$ (iv) $\{x : x \text{ is a natural and divisor of } 10\}$

(v) {A, H, J, R, S, T, N} (v) $\{x : x^2 - 25 = 0\}$

(vi) {2,5} (vi) $\{x : x \text{ is a letter of word "APPLE"}\}$

7. Which of the following are examples of an empty set?

(i) Set of all even natural numbers divisible by 5.

(ii) Set of all even prime numbers.

(iii) $\{x : x^2 - 2 = 0 \text{ and } x \text{ is rational}\}$.

(iv) $\{x : x \text{ is a natural number, } x < 8 \text{ and simultaneously } x > 12\}$.

(v) $\{x : x \text{ is a point common to any two parallel lines}\}$.

8. Which of the following sets are finite, and which are infinite?

(i) Set of concentric circles in a plane.

(ii) Set of letters of the English Alphabet.

(iii) $\{x \in \mathbb{N} : x > 5\}$

(iv) $\{x \in \mathbb{N} : x < 200\}$

(v) $\{x \in \mathbb{Z} : x < 5\}$

(vi) $\{x \in \mathbb{R} : 0 < x < 1\}$.

9. Which of the following sets are equal?

(i) $A = \{1, 2, 3\}$

(ii) $B = \{x \in \mathbb{R} : x^2 - 2x + 1 = 0\}$

(iii) $C = \{1, 2, 2, 3\}$

(iv) $D = \{x \in \mathbb{R} : x^3 - 6x^2 + 11x - 6 = 0\}$.

10. Are the following sets equal?

$A = \{x : x \text{ is a letter in the word reap}\}$,

$B = \{x : x \text{ is a letter in the word paper}\}$,

$C = \{x : x \text{ is a letter in the word rope}\}$.

11. From the sets given below, pair the equivalent sets:

A = {1, 2, 3}, B = {t, p, q, r, s}, C = {α, β, γ}, D = {a, e, i, o, u}.

12. Are the following pairs of sets equal? Give reasons.

(i) A = {2, 3}, B = {x: x is a solution of $x^2 + 5x + 6 = 0$ }

(ii) A = {x: x is a letter of the word "WOLF"}

B = {x: x is a letter of the word "FOLLOW"}

13. From the sets given below, select equal sets and equivalent sets.

A = {0, a}, B = {1, 2, 3, 4}, C = {4, 8, 12},

D = {3, 1, 2, 4}, E = {1, 0}, F = {8, 4, 12},

G = {1, 5, 7, 11}, H = {a, b}

14. Which of the following sets are equal?

A = {x: $x \in \mathbb{N}$, $x < 3$ }

B = {1, 2}, C = {3, 1}

D = {x: $x \in \mathbb{N}$, x is odd, $x < 5$ }

E = {1, 2, 1, 1}

F = {1, 1, 3}

15. Which of the following statements is true? Give a reason to support your answer.

(i) For any two sets A and B either $A \subset B$ or $B \subset A$.

(ii) Every subset of an infinite set is infinite.

(iii) Every subset of a finite set is finite.

(iv) Every set has a proper subset.

(v) {a, b, a, b, a, b, ...} is an infinite set.

(vi) {a, b, c} and {1, 2, 3} are equivalent sets.

(vii) A set can have infinitely many subsets.

Trigonometry

Q.1 Find the radius of the circle in which a central angle of 60° intercepts an arc of length 10 cm (use $\pi = 22/7$).

2. A wheel makes 360 revolutions in one minute. Through how many radians does it turn in one second?
3. Find the value of $\sqrt{3} \operatorname{cosec} 20^\circ - \sec 20^\circ$.
4. Show that $\tan 3x \tan 2x \tan x = \tan 3x - \tan 2x - \tan x$.
5. Find the value of $\cos 570^\circ \sin 510^\circ + \sin (-330^\circ) \cos (-390^\circ)$.
6. Show that $2 \sin^2 \beta + 4 \cos (\alpha + \beta) \sin \alpha \sin \beta + \cos 2 (\alpha + \beta) = \cos 2\alpha$.
7. Find the general solution of the equation $5 \cos 2\theta + 7 \sin 2\theta - 6 = 0$.
8. If θ lies in the first quadrant and $\cos \theta = 8/17$, then find the value of $\cos (30^\circ + \theta) + \cos (45^\circ - \theta) + \cos (120^\circ - \theta)$.
9. Find the general solution of the following equation:
 $\tan 2\theta + (1 - \sqrt{3}) \tan \theta - \sqrt{3} = 0$
10. Find the value of $\tan 225^\circ \cot 405^\circ + \tan 765^\circ \cot 675^\circ$.
11. If $a \cos 2\theta + b \sin 2\theta = c$ has α and β as its roots, then prove that $\tan \alpha + \tan \beta = 2b/(a + c)$.
12. If $\cos \alpha + \cos \beta = 0 = \sin \alpha + \sin \beta$, then prove that $\cos 2\alpha + \cos 2\beta = -2 \cos (\alpha + \beta)$.
13. Find the most general value of θ satisfying the equation $\tan \theta = -1$ and $\cos \theta = 1/\sqrt{2}$.

Biology

Chapters: 1. The Living World | 2. Biological Classification

Instructions:

- **Complete the homework in a dedicated notebook.**
- **Use clear headings and neat handwriting.**
- **Draw diagrams using pencil only.**
- **Submit your work on the reopening day.**

Part A: Chapter 1 – The Living World

1. Define the following (2–3 lines each):

- ❖ Biodiversity
- ❖ Taxonomy
- ❖ Binomial nomenclature
- ❖ Species
- ❖ Classification

2. Short answer questions (50–80 words):

- ❖ Why is it difficult to define 'living'?
- ❖ Explain the concept of binomial nomenclature with examples.
- ❖ Describe the major characteristics of living organisms.

3. Activity:

- ❖ Prepare a chart on the hierarchy of classification (Domain to Species) with an example for each rank.

4. **Diagram:**

- ❖ Draw a well-labeled diagram showing the taxonomic hierarchy for Homo sapiens.

Part B: Chapter 2 – Biological Classification

1. **Answer in brief (50–80 words):**

- ❖ What is the basis of the Five Kingdom Classification?
- ❖ Explain the characteristics of Kingdom Monera.
- ❖ Write three differences between Archaeobacteria and Eubacteria.
- ❖ Describe the salient features of Kingdom Protista.

2. **Tabular work:**

Create a comparative table for the Five Kingdoms based on the following features:

- ❖ Cell type (Prokaryotic/Eukaryotic)
- ❖ Cell wall
- ❖ Mode of nutrition
- ❖ Level of organization
- ❖ Examples

3. **Diagram work:**

Draw any two diagrams of the following:

- ❖ Structure of Amoeba
- ❖ Structure of Paramecium
- ❖ Bacterial cell

Part C: Research & Presentation

1. **Mini-Research Task:**

Choose any five Indian endemic species and write:

- ❖ Scientific name
- ❖ Common name
- ❖ Habitat
- ❖ Conservation status

2. **Presentation (Optional):**

- ❖ Prepare a chart on "Importance of Classification in Biology"

Business Studies

1. **Prepare a chart showing Classification of Business Activities.**
2. **Prepare all topics in chapter 1 and 2 in your fair Notebook.**
3. **Prepare a project by Selecting some business currently running in our country classified then on the basis of their nature.**

Accountancy

1. **Solve the exercise from NCERT as well as DK Goel's from the following chapter in your Class Register**
 - Basic Accounting terms
 - Accounting equation
 - Book of original entry journal entries
2. **Define the term**
 - (a) **Solvent**

- (b) Debtor
- (c) Creditor
- (d) Inventory
- (e) Goods
- (f) Expenditure
- (g) Liability

3. Prepare a chart showing accounting process including definition of book keeping and accountancy.

Economics

1. Preparation of project report through collection of data by designing a questionnaire. Prepare a Project Report by conducting a survey & collect data by designing a questionnaire on any one of the following TOPICS :

- ☞ Effect on PPC due to various government policies
- ☞ Opportunity Cost as an Economic Tool (taking real life situations)
- ☞ Demand and factors of demand
- ☞ Law of diminishing marginal utility

Synopsis For The Project

- ❖ **Cover Page** : Cover page is similar to the bound cover of a book. It should be very attractive and should contain the name of the school, School mono, Session, Subject, Title, Name of the student (Submitted By), Name of the Teacher (Submitted To) and then the reason “in partial fulfilment of the course requirement of Project Work in Economics.
 - ❖ **Certificate & Acknowledgment.**
 - ❖ **Table of Contents/Index.**
 - ❖ **Justification of the title/Objectives of the project/ Summary/Prologue.**
 - ❖ **Introduction**
 - ❖ **Content: Meaning**, Equation, Formulas, Derivations, Features, Pros and cons of the concept, Major criticism related to the topic (if any), Data chart Diagrammatic and Tabular presentation, Newspaper cutting, Graphs, Pictures, photos, Numerical etc.
 - ❖ **Company/ Product Profile** (if any)
 - ❖ **Students’ own views/perception/ opinion and learning from the work.**
 - ❖ **Conclusion/ Suggestions/Epilogue**
 - ❖ **Bibliography.”**
2. Learn all the question - answers of chapter 1 of statistics.

Art Integrated Multidisciplinary Project

THEME : “YOGA, WELLNESS AND MENTAL HEALTH: A CULTURAL AND ECONOMIC EXPLORATION WITH FOCUS ON ARUNACHAL PRADESH”

Integration with Arunachal Pradesh (Pairing State)

Component	Arunachal Pradesh Focus
Art	Use traditional tribal art forms (e.g., Wancho painting, woodcraft, mask-making)
Culture	Study tribal healing practices, herbal treatments, meditation rituals
Geography & Environment	Explore role of nature in mental wellness – mountains, rivers, forests
Economy	Study local wellness tourism, tribal businesses, handicraft markets
Language & Literature	Include proverbs or stories related to healing and health in local dialects

Subject-Wise Activities with Arunachal Integration

Subject	Activity	Arunachal Pradesh Link	Art Integration
English	Write a travelogue: “Healing Journeys in Arunachal: Yoga in the Himalayas”	Geography, culture	Poster with tribal art
Hindi	निबंध: “अरुणाचल प्रदेश में जनजातीय संस्कृति और स्वास्थ्य परंपराएं”	Literature, health	Folk illustrations, script in calligraphy
Physics	Analyze body balance in yoga on hilly terrains (gravitational variation)	Hills of Tawang, Ziro	Force diagrams, balance sketches
Chemistry	Study herbal remedies used by Arunachal tribes and chemical properties	Tribal medicine	Herb chart with tribal motifs
Biology	Nervous system & stress management in tribal settings through rituals and nature	Ethnobotany, culture	Clay model of brain with forest elements
Mathematics	Analyze data from a wellness survey in Lucknow vs. Ziro (Arunachal)	Field study	Graphs with traditional borders
Physical Education	Yoga for high-altitude wellness and lung strengthening	Terrain-specific fitness	Asana sketches in tribal art form
Yoga	Record of 5 poses and breathing exercises suited for high altitudes	Ziro Festival Yoga	Yoga wheel using tribal patterns

Business Studies	Business plan for a wellness retreat in Tawang or Ziro (Yoga + Culture Tourism)	Tourism industry	Tribal logo and promotional flyer
Accountancy	Estimate capital and income for a yoga camp near Ziro Valley	Financial literacy	Decorated balance sheets
Economics	Analyze government and private investment in NE wellness tourism	Economy of Arunachal	Charts with cultural border designs

Tribal Art Forms from Arunachal Pradesh You Can Integrate:

- **Wancho Woodcraft**
- **Apatani Masks**
- **Handwoven textile motifs**
- **Tattoo patterns and geometric tribal shapes**

Final Project Structure (As per CBSE):

1. Cover Page – With Title, Name, Roll No., Class
2. Index
3. Acknowledgment
4. Objectives
5. Introduction to the Theme
6. Arunachal Integration Section
7. Subject-wise Activities (one section per subject)
8. Art Work Documentation (photos, sketches, prints)
9. Student's Reflection (what you learned)
10. Conclusion
11. Bibliography

Assessment Rubric (CBSE Guidelines – 40 Marks Total)

Criteria	Marks
Subject Integration (2+)	10
Art and Cultural Linkage	10
Creativity and Aesthetics	10
Presentation & Effort	5
Research & Reflection	5
Total	40

Dear Children

- ☞ The homework has to be done separately subject wise in note books, beautifully.
- ☞ Enjoy the activities given. Do not rush to complete in one go.

Some Every Day Tasks:

- *Clean your room and keep it neat and tidy.*
- *Help mom in the kitchen.*
- *Lay the table*
- *Walk, jog, exercise and keep fit.*
- *Be creative, do some drawing and painting.*

Have a great

