



**IMPERIAL HERITAGE SCHOOL**

**SECTOR-102, GURUGRAM**

**SESSION 2024-25**

**HOLIDAY  
HOMEWORK  
GRADE  
XI-COMMERCE**

**DON'T LOSE  
FOCUS**

**"Celebrate the magic of summer vacation, where every day holds the promise of adventure and every moment is a memory in the making."**

**Dear Parents  
Greetings!**

**Summer vacation is a time to escape the confines of the classroom and immerse ourselves in the wonders of the world around us. Whether it's exploring exotic destinations, embarking on outdoor adventures, or simply enjoying the freedom of lazy days spent with friends and family, summer vacation is a cherished time filled with possibilities.**

**Summer Vacation is the time for the children to explore their multitude interest and indulge in various activities and projects which would lead to their all-round development. We have designed the Holiday Homework in such a way that their creative and hidden talents are surfaced and they will also be able to develop skills like relating, thinking, concluding, inferring etc. With a little creativity and an open mind, the possibilities for a fulfilling summer vacation are endless.**

**As we reflect on the memories made and the experiences shared during our summer adventures, let us carry the spirit of vacation with us into the new school year. Let us approach each day with a sense of curiosity and wonder, eager to learn and grow from the world around us. And let us never forget the joy and freedom that summer vacation brings, reminding us of the endless opportunities that await us each and every day.**

**So here's to summer vacation – may it be filled with laughter, adventure, and unforgettable memories that will last a lifetime.**

**Summer parenting can be both rewarding and challenging, as it often involves balancing work, childcare, and making the most of the season's opportunities for fun and relaxation.**

**Here are some vital suggestions for navigating summer parenting:**

- **Create a Schedule:** While summer is a time for relaxation, having a schedule can help maintain consistency and structure for both you and your children. Include time for activities, chores, meals, and downtime.
- **Plan Engaging Activities:** Keep your children active and engaged with a variety of activities such as outdoor sports, yoga, exercise, arts and crafts, nature walks, swimming, and visits to local parks or museums.
- **Encourage Independence:** Use the summer as an opportunity for your children to develop independence and responsibility. Allow them to make choices, take on age-appropriate tasks, and solve problems on their own.
- **Limit Screen Time:** While it's tempting to let children spend hours on electronic devices, set limits on screen time and encourage other forms of entertainment and learning, such as reading, imaginative play, and outdoor exploration.
- **Maintain Learning:** Incorporating learning activities into your child's routine. This can include reading a book, writing practice in the languages, taking dictation, reading dictionary for new words, practicing math skills etc.
- **Model Self-Care:** Show your children the importance of self-care by prioritizing your own well-being. Make time for relaxation, exercise, meditation, hobbies, and spending quality time with family and friends.
- **Communicate Openly:** Keep the lines of communication open with your children, and encourage them to express their feelings, concerns, and ideas. Listen actively, validate their emotions, and work together to find solutions to any challenges that arise.

### Smart tips for Homework Assignments:

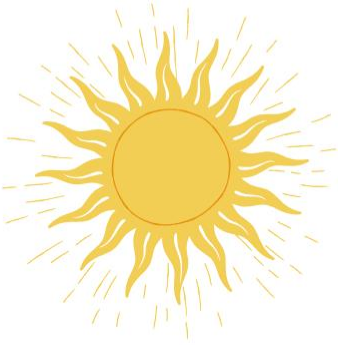
- Originality of the work will be appreciated.
- Schedule your time for activities so that there is no piling up for the last moment.
- Read the instructions for each subject carefully.
- Holiday Homework is a part of subject enrichment and will be assessed as per the given parameters.
- A beautiful handwriting makes a good impression. Submit your work neatly.
- Parents are requested to only guide their children while doing their assignments.
- Please maintain the quality of work done.
- Present your assignments creatively

### Rubrics to assess Holiday Assignments:

Content	Presentation	Relevance	Creativity	Originality	On-time Submission
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Let us all feel the summer vibes with a poem written by 'Christina Rossetti' ...

#### SUMMER EMBRACE



In the golden glow of a sun-kissed day,  
Summer arrives in its splendid display.  
School doors close, and children cheer,  
As vacation whispers, "The time is here!"

No more pencils, no more books,  
Just endless days with curious looks.  
From sandy shores to mountain peaks,  
Adventure awaits, with no time to be meek.

Underneath a cerulean sky so vast,  
Memories are made, moments that last.  
Splashing in rivers, climbing trees,  
Chasing fireflies in the evening breeze.

Ice cream cones and lemonade stands,  
Footprints left in soft, warm sands.  
Picnics in parks, laughter in the air,  
Summer vacation, beyond compare.

From dawn till dusk, and into the night,  
The world is ours, an endless delight.  
With friends by our side, and dreams in our heart,  
Summer's embrace, never to depart.

So, let's dance in the sun, and sing with glee,  
For summer vacation sets us free.  
In this season of joy, let's make our stand,  
Embracing the magic of sun-kissed land.



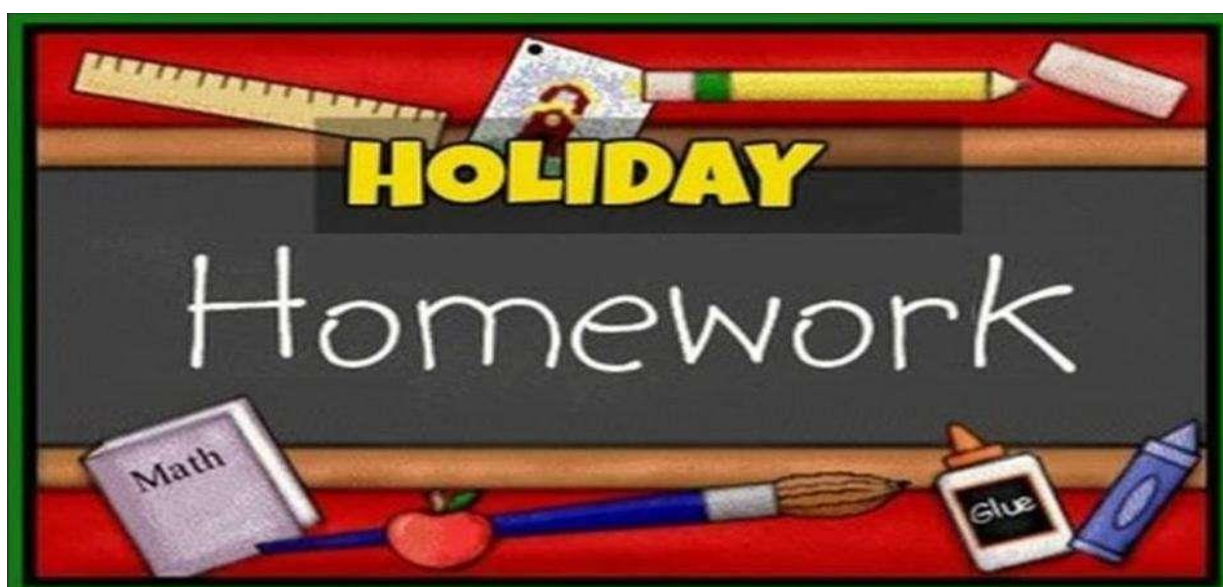
Happy  
holidays

Wishing all of you a very joyful, safe and fun packed summer break.  
Happy Holidays!

Best Regards  
Ms. Neelu Sharma  
Principal

Practical work plays a crucial role in education by promoting deeper understanding, practical skills development, holistic development, and engagement across all subjects. Practical work provides a hands-on approach that allows students to understand theoretical concepts better. It enables students to apply what they have learned in the classroom to real-life situations.

The below mentioned projects are designed to align with the CBSE curriculum framework and guidelines. aiming to provide students with meaningful learning experiences, fostering critical thinking skills, encouraging creativity, and facilitating the application of knowledge in real-world contexts.



**Please Note:** The practical work/projects will be assessed under Internal Assessment as per the specific parameters outlined by the CBSE across different subjects.

# ENGLISH

## I. CBSE ASL BASED PROJECT

### **Topic - Bridging the Divide: Understanding Inter generational Conflict**

#### **Integrated Chapter -The Portrait of a lady (Hornbill)**

**Objective** - Creating a project on intergenerational conflict provides an opportunity to explore the dynamics, causes, and consequences of conflicts between different age groups within families, communities, and society. Here's a project outline:



Students will listen to podcasts/ interviews/radio or TV documentary on the given topic and do a thorough research on the same. Prepare a report including surveys, statistical data, graphs etc countering or agreeing with the speakers in 800 to 1000 words and submit.

Your project file should contain the following details:

#### **1: Cover page**

- Prepare a creative cover page giving relevant details of your project.

#### **2: Index**

- Make 3 columns – Serial no, topic, page no.

#### **3: Statement of Purpose**

- Write down at least five objectives of the given project.

#### **4: Acknowledgement**

- Sample to be provided by the teacher.

#### **5: Certificate of Completion**

- Sample to be provided by the teacher.

#### **6: Action Plan**

- Sample to be provided by the teacher.

#### **7: Materials Used**

- List down all the materials used by you in making of the project.

#### **8: Report**

- Report to be written in approx.1000 words.

#### **9: Student Reflections**

- Share your views/conclusion on the given topic and write the learning outcomes.

#### **10: Evidence of your report**

- Photographs and other pieces of evidence of the research to be pasted.

#### **11: Bibliography**

- Pen down the sources from where the information was accessed.

**Note:**

1. Make a file of your choice with A4 size sheets only.
2. Sheets can be colourful or plain.
3. Presentation should be neat.
4. Project must showcase your creativity.
5. Student findings should be his/her original work.

**II. SUGGESTED READING**

‘The Invisible Man’ by H.G. Wells is a long reading text prescribed by CBSE for extensive study. Please find the link below for online reading. Write the summary of the novel in 120-150 words and present it creatively with an illustration. Happy Reading!

[https://cbseacademic.nic.in/web\\_material/doc/novels/2\\_The%20Invisible%20Man,%20by%20H.%20G%20-%20Class%20-%20XII.pdf](https://cbseacademic.nic.in/web_material/doc/novels/2_The%20Invisible%20Man,%20by%20H.%20G%20-%20Class%20-%20XII.pdf)

**ECONOMICS**

The objectives of the project work are to enable learners to:

- Probe deeper into theoretical concepts learnt in class
- Analyse and evaluate real world economic scenarios using theoretical constructs and arguments
- Demonstrate the learning of economic theory
- Follow up aspects of economics in which learners have interest
- Develop the communication skills to argue logically



The Students have to choose any one of the topic from the list given below:

**1. Demand and Supply Analysis of a Commonly Used Product:**

- Analyze the demand and supply factors affecting the price and quantity of a commonly used product in your local market, such as smartphones, fast food, or clothing.

**2. Impact of Demonetization on Indian Economy:**

- Examine the impact of demonetization on various sectors of the Indian economy, such as banking, agriculture, informal sector, and digital payments, discussing its objectives, outcomes, and controversies.

**3. Opportunity Cost as an Economic Tool: (taking real life situations)**

- Introduction
- Application of opportunity cost
- Examples and case studies
- Benefits and limitations etc

#### 4. **e-Rupee (e- ₹) :**

- Introduction
- Evolution
- Features of e-rupee
- Technology and Infrastructure underlying e-Rupee
- Benefits
- Challenges
- Future Prospects etc

#### 5. **Digital India- Step towards the future:**

- Introduction
- Key components of Digital India
- Impact and Benefits
- Programs under Digital India
- Challenges
- Case Studies
- Opportunities etc

#### 6. **Organic Farming – Back to the Nature:**

- Introduction
- Principles of Organic Farming
- Benefits
- Challenges
- Case Studies
- Consumer Awareness, its demand
- Global perspectives etc

#### 7. **Cashless Economy:**

- Introduction
- Key components
- Benefits
- Challenges
- Government Policies
- Case Studies
- Future Outlook
- Opportunities etc

#### 8. **G20 and Digital Economy:**

- Explore the G20's initiatives on digital economy governance, including data protection, cyber security, and digital trade.
- Analyze the opportunities and challenges presented by the digital economy for G20 member countries.

#### 9. **Economic Crisis in the USA- 2024**

- Overview of the economic crisis
- Causes of the economic crisis
- Impacts of the economic crisis

## 10. IPL and its Impact on Indian Economy

- Introduction to IPL
- Economic Impact (Revenue generation, employment generation, Infrastructure development, tourism etc)
- Social Impact ( Regional integration, Fan engagement, Youth inspiration etc)
- Challenges and Criticisms
- Government policies and regulations
- Future Prospects
- Recommendations

### Guidelines for Presentation of Project Report

1. The total length of the project will be of 25 to 30 pages.
2. The project should be handwritten.
3. The project should be presented in a neat folder.
4. The project report should be developed in the following sequence:
  - Cover page should include the title of the Project, student information, school and year.
  - List of contents.
  - Acknowledgements and preface (acknowledging the institution, the places visited and the persons who have helped).
  - Introduction. Topic with suitable heading.
  - Planning and activities done during the project, if any.
  - Observations and findings of the visit.
  - Conclusions (summarized suggestions or findings, future scope of study).
  - Photographs (if any).
  - Appendix

### Marking Scheme:

S. No	Heading	Marks Allotted
1	Relevance of the topic	3
2	Knowledge Content/Research Work	6
3	Presentation Technique	3
4	Viva-voce	8
	<b>Total</b>	<b>20 Marks</b>



## BUSINESS STUDIES

### Suggestive List of Projects (Pick up any one of the following and research on the same.)

#### I. Project One: Field Visit

1. Visit a Departmental Store.

OR

2. Visit a Mall.

1. Visit a Departmental Store- You are required to observe the following:

- Different departments and their layout.
- Nature of products offered for sale.
- Display of fresh arrivals.
- Promotional campaigns.
- Spaces and advertisements.
- Assistance by Sales Personnel.
- Billing counter at the store – Cash, Credit Card/ Debit Card, swipe facility. Added attractions and facilities at the counter.
- Additional facilities offered to customers.
- Any other relevant aspect.

2. Visit a Mall- You are required to observe the following:

- Number of floors, shops occupied and unoccupied.
- Nature of shops, their ownership status
- Nature of goods dealt in: local brands, international brands,
- Service business shops- spas, gyms, saloons, etc.
- Rented spaces, owned spaces,
- Different types of promotional schemes.
- Most visited shops.
- Special attractions of the Mall- Food court, Gaming zone, Cinema, etc.
- Innovative facilities.
- Parking facilities.



#### II - Project Two: Case Study of a Product

1. Take a product having seasonal growth and regular demand. For example,

➤ Apples from Kashmir

OR

➤ Oranges from Nagpur

Develop a Case Study on the following lines:

- Research for change in the price of the product. For example, apples in Himachal Pradesh during plucking and non-plucking seasons.
- Effect on prices in the absence of an effective transport system.
- Effect on prices in the absence of suitable warehouse facilities.
- Duties performed by the warehouses.
- Demand and supply situation of the product during harvesting season, prices near the place of origin and away.

The research can include the importance of producing and selling these products and their processed items along with the roles of Transport, Warehousing, Advertising, Banking, Insurance, Packaging, Wholesale selling, Retailing, Cooperative farming, Cooperative marketing, etc.

### **III - Project Three: Aids to Trade**

Taking any one AID TO TRADE, for Example Insurance, and gathering information on the following aspects:

- 1) History of Insurance Lloyd's contribution.
- 2) Development of regulatory mechanism.
- 3) Insurance Companies in India
- 4) Principles of Insurance.
- 5) Types of Insurance.
- 6) Importance of Insurance to businessmen.
- 7) Benefits of crop, orchards, animal, and poultry insurance to the farmers.
- 8) Terminologies used (premium, face value, market value, maturity value, surrender value) and their meanings.
- 9) Anecdotes and interesting cases of insurance. Reference of films depicting people committing fraudulent acts with insurance companies.
- 10) Careers in Insurance.

### **IV- Project Four: Import/Export Procedure**

Anyone from the following:

1. Import procedure

**OR**

2. Export procedure

You need to identify a product of your city/country that is imported /exported. You are required to find the details of the actual import/export procedure. You may take help from the Chambers of Commerce, bankers, existing Importers/Exporters, etc. You should find details of the procedure. The specimens of documents collected should be pasted in the Project file with a brief description of each. You may also visit railway godown /dockyards / transport agencies and may collect pictures of the same.

### **Guidelines for Presentation of Project Report**

1. The total length of the project will be of 25 to 30 pages.
2. The project should be handwritten.
3. The project should be presented in a neat folder.
4. The project report should be developed in the following sequence:
  - Cover page should include the title of the Project, student information, school and year.
  - List of contents.
  - Acknowledgement and preface (acknowledging the institution, the places visited and the persons who have helped).
  - Introduction. Topic with suitable heading.
  - Planning and activities done during the project, if any.
  - Observations and findings of the visit.
  - Conclusions (summarized suggestions or findings, future scope of study).
  - Photographs (if any).
  - Appendix.

## ACCOUNTANCY

### **Objectives:**

1. To familiarize students with new and emerging areas in the preparation and presentation of financial statements.
2. To acquaint students with basic accounting concepts and accounting standards.
3. To develop the skills of designing need based accounting database.
4. To appreciate the role of ICT in business operations.
5. To develop an understanding about recording of business transactions and preparation of financial statements.
6. To enable students with accounting for Not-for-Profit organizations, accounting for Partnership Firms and company accounts.



### **Students can choose any one topic for their project work from the following.**

1. Collection of source documents, preparation of vouchers, recording of transactions with the help of vouchers.
2. Preparation of Bank Reconciliation Statement with the given cash book and the pass book with twenty to twenty-five transactions.
3. Comprehensive project of any sole proprietorship business. This may state with journal entries and prepare their ledger, preparation of Trial balance. Trading and Profit and Loss Account and Balance Sheet. Expenses, incomes and profit (loss), assets and liabilities are to be depicted using pie chart / bar diagram. This may include simple GST related transactions.

The students can select a business from the given list.

1. A coffee shop
2. A cake shop
3. An ice cream parlour
4. A small restaurant
5. A sweet shop
6. A flower shop
7. A grocery shop
8. A stationery shop
9. A shoe shop

After selection, student(s) visit a shop in the locality, would be able to see the things as they need to invest in furniture, decor, lights, machines, computers etc.

A suggested list of different item is given below.

1. Rent
2. Wages and Salary
3. Advance rent [approximately three months]
4. Newspaper and magazines
5. Electricity deposit
6. Petty expenses
7. Electricity bill

8. Tea expenses
9. Electricity fitting
10. Packaging expenses
11. Water bill
12. Transport
13. Water connection security deposit
14. Delivery cycle or a vehicle purchased
15. Water fittings
16. Registration
17. Telephone bill
18. Insurance
19. Telephone security deposit
20. Auditors fee
21. Telephone instrument
22. Repairs & Maintenance
23. Furniture
24. Depreciation
25. Computers
26. Air conditioners
27. Internet connection
28. Fans and lights
29. Stationery
30. Interior decorations
31. Advertisements
32. Refrigerators
33. Glow sign
34. Purchase and sales
35. Rates and Taxes

In the next step the students are expected to prepare the trial balance and the financial statements.

### **Guidelines for Presentation of Project Report**

1. The total length of the project will be of 25 to 30 pages.
2. The project should be handwritten.
3. The project should be presented in a neat folder.
4. The project report should be developed in the following sequence:
  - Cover page should include the title of the Project, student information, school and year.
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  - Introduction. Topic with suitable heading.
  - Planning and activities done during the project, if any.
  - Observations and findings of the visit.
  - Conclusions (summarized suggestions or findings, future scope of study).
  - Photographs (if any).
  - Appendix.

### **Marking Scheme:**

<b>S. No</b>	<b>Heading</b>	<b>Marks Allotted</b>
1	Relevance of the topic	3
2	Knowledge Content/Research Work	6
3	Presentation Technique	3
4	Viva-voice	8
	<b>Total</b>	<b>20 Marks</b>

# **SOCIOLOGY**

To prepare a compulsory CBSE based project on any one topic in sociology. The suggested topics are given at the end. The topics will enhance an understanding about research in sociology and society.

## **Important points for project preparation**

- ❖ Use A4 size sheet (ruled sheets)
- ❖ Black or blue ink to write the project
- ❖ Design the cover page according to your topic
- ❖ Write the title of the project, name, class, roll number on the cover page in bold
- ❖ The project should have 35-45 pages and should include pictures
- ❖ There will be viva of your project work
- ❖ The project work should be presentable and creative
- ❖ Use A4 size-coloured sheets for pictures

## **Objectives of the project**

- Explain what your project intends to accomplish
- Build your hypothesis
- Data collection-primary and secondary sources of data
- Build your argument
- Develop your conclusion

## **1. STEPS INVOLVED IN THE CONDUCT OF THE PROJECT:**

Students may work upon the following pattern

1. Choose a Topic or Title
2. Need of the study or objectives of the study
3. Hypothesis
4. Content – Timeline, Mind-maps, Pictures etc
5. Organization of material/data
6. Present material/data
7. Analyzing material/data
8. Conclusion
9. Bibliography

## **2. EXPECTED CHECKLIST FOR THE PROJECT WORK:**

1. Introduction of topic/title
2. Identify the causes, events, consequences and/or remedies
3. Various stakeholders and effect on each of them
4. Advantages or disadvantages of situations or issues identified
5. short-term and long-term implications of strategies suggested during research
6. Validity, reliability, appropriateness and relevance of data used for research work and for presentation in the project file
7. Presentation and writing that is succinct and coherent in project file
8. Citation of the materials referred to, in the file in footnotes, resource section, bibliography etc

### Suggested Topics (Choose any one topic)

1. Impact of social media on youth
2. Effects of social inequality in society
3. Socialization of girls and boys in contemporary India
4. Social Impact of virtual communication during COVID-19 Pandemic
5. The role of deviant behaviour in society
6. How to develop Sociological Imagination?
7. Do we have a feminist or patriarchal or egalitarian society in Contemporary India?
8. Poverty: A sociological problem in society

Assessment Rubrics	Marks
Introduction, Statement of Purpose/Need and objectives of the study, Hypothesis/Research Question, Review of Literature, Presentation of Evidence, Methodology, Questionnaire, Data Collection.	5
Significance and relevance of the topic; challenges encountered while conducting the research.	6
Content analysis and its relevance in the current scenario. Conclusion, Limitations, Bibliography, Annexures and Overall Presentation.	5
External/ Internal Viva based on the project	4
<b>Total</b>	<b>20</b>

## MATHEMATICS

### Benefits of Math project work:

Incorporating of math project into the upper elementary stage assists children with conceptualizing the fundamental ideas, theorems, and principles, as well as the underlying method required in solving them.

#### A. Attempt any two of the following projects.

- SETS
- RELATIONS AND FUNCTIONS
- TRIGONOMETRY

Guidelines to be followed for the project:

- i) Title
- ii) Definition and types
- iii) Objectives
- iv) Content and investigation
- v) Your personal view
- vi) Represent with graphs and pictures.
- vii) References
- ix) Each projects required minimum 10 pages.

#### B. NCERT: Do all examples of Chapters 1 , 2 & 3.

NCERT Exemplar and other reference books: Do 10 questions daily of chapters 1,2 & 3.

Benefits of maths project work:

Incorporating of math project into the upper elementary stage assists children with conceptualizing the fundamental ideas, theorems, and principles , as well as the underlying method required in solving them.

# ARTIFICIAL INTELLIGENCE

## **1. IBM Skills Build Certification/any other industry certification:**

- Visit this website and Sign Up yourself.

<https://skillsbuild.org/learners>

- Do any one Certification Course and Save your Certificate which is to be placed in your Practical File.

## **2. CAPSTONE PROJECT:** Create an AI Project Cycle Booklet for an AI model based on any one or more SDGs. Find the solution and make the Problem Statement Template for the same.

Note: Problem definition, The Users, Brainstorming and Design stages must be completed in the (IBM) Log Book which can be downloaded from CBSE Website. Link for the same is given below:



### **Project Implementation Guide:**

[https://cbseacademic.nic.in/web\\_material/Curriculum21/publication/srsec/IBM-CBSE\\_AI\\_Project\\_Guide.pdf](https://cbseacademic.nic.in/web_material/Curriculum21/publication/srsec/IBM-CBSE_AI_Project_Guide.pdf)

### **Project Log Book:**

[https://cbseacademic.nic.in/web\\_material/Curriculum21/publication/srsec/IBM-CBSE\\_AI\\_Project\\_Logbook.pdf](https://cbseacademic.nic.in/web_material/Curriculum21/publication/srsec/IBM-CBSE_AI_Project_Logbook.pdf)

## **3. BOOTCAMPS/ INTERNSHIP/OTHER STARTUPS:** Register yourself in any Bootcamp during Summer Vacations and get the Certificate which will again be a part of your Practical File.

## **4. PRACTICAL FILE**

**Note:** The following to be included in Practical File

- **one certification (IBM Skills Build /any other industry certification)**
- **at least one activity from each unit**
- **one participation certificate of bootcamp/internship**

- ✓ Categorize the given applications into the three domains.
- ✓ IBM Skills Build – Introduction to AI
- ✓ Identify ten companies currently hiring employees for in specific AI positions.
- ✓ Note down the technical skills and soft skills listed by any two companies for the specific AI position.
- ✓ Python programs using operators, data types, control statements (Level 1)
- ✓ Python programs on Numpy, Pandas, Scikit-learn (Level 2)
- ✓ Create an empathy map for a given scenario.
- ✓ Project Abstract Creation Using Design Thinking Framework.
- ✓ Python programs to demonstrate the use of mean, median, mode, standard deviation and variance.
- ✓ Python programs to visualise the line graph, bar graph, histogram, scatter graph an pie chart using matplotlib.
- ✓ Calculation of pearson correlation coefficient in MS – Excel.
- ✓ Demonstration of Linear regression in MS – Excel / using python program.
- ✓ Demonstration of k – Nearest Neighbour using python program.
- ✓ Demonstration of k – means clustering using python program.

- ✓ (Sample programs for regression, classification and clustering along with the dataset is in this link.)

<https://drive.google.com/drive/folders/1WNGoiJB2OQaCeL1eoHm0JxMpVdrpbrKT?usp=sharing>

- ✓ Create a chatbot on ordering ice-creams using any of the following platforms:
  - a. Google Dialogflow
  - b. Botsify.com
  - c. Botpress.com
  - d. Any other online platform
- ✓ Python program to demonstrate the working of a chatbot.
- ✓ Python program to summarise the given text.
- ✓ Summarize your insights and interpretations from the video "Humans need not apply."
- ✓ Comparative study of AI policies (that involve examining guidelines and principles) established by various organizations and regulatory bodies.
- ✓ Understanding ethical dilemma using
  - a.Moral machine
  - b.Survival of the best fit

### **Guidelines:**

- The Project File should contain proper cover page and Index. (You can use MS Word for the your documentation).
- Projects to be submitted on MS Teams.
- Assessment Rubrics:

### **For Project Work**

- Topic of the project
- Innovation: Degree of originality and creativity in the proposed AI solution.
- Problem Relevance : Clarity of idea and significance of the problem addressed by the AI solution.
- Cover Page

## **COMPUTER SCIENCE**

1. Start making your AI Practical File for Term-1. The practical file should contain min 10 practical questions and max 15 questions.
2. Daily practice 5 programs of Python and maintain a word doc for the same and to be uploaded on MS Teams.

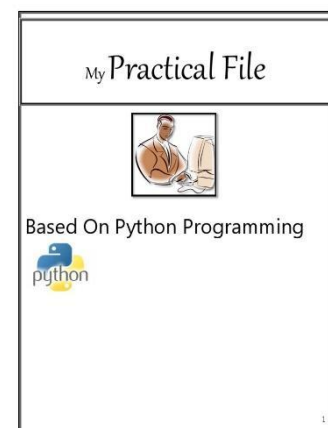
### **Guidelines:**

The Practical File should contain a proper cover page and Index. (You can use MS Word for your documentation).

### **For CS Practical File:**

Work will be assessed on the basis of:

- Neatness
- Cover Page design
- Variety of Programs





# PHYSICAL EDUCATION

## INSTRUCTIONS:

- 1) This project needs to be done on an A4 size sheet. And can take plain or colored sheets.
- 2) These need to be compiled in a single file.

## TOPICS:

- 1) Draw a labeled diagram of the athletics 400 mt track and field events with computations.
- 2) Compute the value of BMI of a family member in present it graphically. Take atleast 5 responses.
- 3) Draw a labeled diagram of the field and equipment of any one game/sports of your choice. Game/Sports **k** -Football, Badminton, Chess, Cricket, Volleyball, Skating, Table Tennis, Taekwondo, and Basketball.
- 4) Write about the game's equipment, also mention its rule, terminologies & skills. And draw or paste pictures of the same.
- 5) Make a list of the current National Awardees in Sports and write the details about all the awardees.
- 6) Explain in detail any five yoga asanas, benefits, contraindication for improving concentration. Draw or paste pictures of the same.

