

ST. COLUMBUS SCHOOL
DAYAL BAGH, FARIDABAD
CLASS – XII (SCIENCE)
HOLIDAY HOMEWORK (2023-24)

General Instructions:-

1. Revise the syllabus completed of all the subjects for the Test to be held in July.
 2. Holiday Homework of English, Chemistry, Biology and Mathematics should be done in the respective class work register.
 3. Holiday Homework of Physics should be done in a separate notebook.
 4. Holiday Homework of Computer Science should be done in separate A4 size ruled sheets.
 5. Holiday Homework of Physical Education should be done in the school Practical file.
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SUBJECT – ENGLISH

1. Prepare an article on “Obesity among School Children” for a local daily newspaper in about 150 to 200 words.
2. Rising population, fast and competitive lifestyle, lack of nutritious food, etc. have caused woes for a large section of our population. Providing health care used to be charitable and ethical activity. Today it has become commercialized a money spinning business. Write an article on “How to Provide Proper Healthcare to the Common Man”? You are Karan/Karuna.
3. Mukesh was finally able to fulfil his desire and he became a motor mechanic. He got a job with the most famous car makers Maruti that started a workshop in Firozabad. He lives in a decent house with his wife and children. He remembers his interaction that he had with Anees Jung years ago. He decided to write a letter informing her about his present status of life. Write this letter in about 150 to 200 words.
4. Write a letter to an editor of a national daily in about 150 words, sharing your opinions about CSR and its advantages and provide suggestions to make it an integral part of every organization.
5. You are Dhruv/Dhruvika, student editor of your school magazine, “The Buds”. Write a notice to be placed on your school notice board, inviting short stories, articles, poems, etc. from students of all classes for the school magazine. Give all the necessary details.
6. Write in detail the way you employ to avoid harsh reality.
7. Write a report for your school magazine in about 150 words on Inter House English Poem Recitation competition held at our school.
8. Prepare a project based on the chapter of your choice for ALS.

SUBJECT – PHYSICS

1. Do all questions given at the end of chapter -1 to 4 from NCERT Book
2. Do all examples from chapter 1 to 4 from NCERT Book
3. Prepare one project of your choice.

SUBJECT – CHEMISTRY

1. Complete your practical notebook and Project work.
2. Complete NCERT exercise of Chemical kinetics and Electro Chemistry.

SUBJECT – COMPUTER SCIENCE

1. Learn all the definitions from Chapter – Computer Network (Part I)
2. Complete your Programming File

SUBJECT : MATHEMATICS

Do these activities in Math Lab Activity file.

1. To understand the concept of local Maxima and local minima in a given function.
2. To construct an open box of Maximum volume from a given rectangular sheet by cutting equal square piece from each corner.
3. To verify that amongst all the rectangles of the same perimeter, the square has a Maximum area.

SUBJECT – BIOLOGY

1. Prepare a project on any topic of your choice.
2. Write all the Practicals in your file as instructed.

SUBJECT – PHYSICAL EDUCATION

- Practical 1 – Fitness Test administration (SAI KHELO INDIA TEST)
- Practical 2 – Procedure for Asanas, Benefits & contraindication for any two asanas for each life style disease
 - Obesity – Procedure, Benefits & contradictions for Tadasana, Pawanmuktasana
 - Diabetes - Procedure, Benefits & contradictions for Bhujangasana, Paschimottasana.
 - Asthma - Procedure, Benefits & contradictions for Gomukhasana, Anulom-viloma
 - Hypertension –Matyasana ,ArdhHalasana.
 - Back pain and Arthritis –Bhadraasana, Makrasana.
- Practical 3 -Labelled diagram of field and equipment , rules, terminologies and skills .Anyone IOA recognised game/sport of your choice.
- Make a First Aid Box with a Red Cross on it having the following First Aid Tools –
 - Boroline or Boroplus ,Soframycin ,Dettol or Savlon ,Neosporin, Crocin, Bandage, Cotton, Band-Aid Strips.

Be Happy By Doing Good

1. Spare some time and help your mother in household work, Talk to your parents and elders and learn values.
2. Adopt the habit of reading newspaper and learn new words and expressions.
3. Read at least two books (Hindi & English) apart from prescribed syllabus.
4. Respect flora and fauna (Plants and Animals). Keep your home and surroundings clean. Plant at least 5 saplings.
5. Keep water for birds and stray animals outside your house or in balcony.
6. Food is equal to God. So avoid wasting of food.
7. Try to share your knowledge and donate old books and notebooks to the underprivileged and deprived children of your locality.
8. Maintain a diary in English & Hindi and write your experience along with daily routine during summer break. It will help you in enriching your vocabulary and writing skills.

ENJOY YOUR SUMMER BREAK.....

