



CIR.NO. : LFPS/2389(B)/2024

DATED : 22.05.2024

SUMMER VACATION OF CLASS XII COMMENCES FROM 21.05.2024 TO 21.06.2024. THE SCHOOL WILL REOPEN ON 22.06.2024.

CLASS XII- HOLIDAYS HOMEWORK (2024-25)

HUMANITIES

ENGLISH:

Prepare a Project File on the assigned topic and guidelines by your respective English teacher.

HISTORY:

Q1 Prepare a hand written project report (20-25pages) on any one topic given below

1. The Harappan civilisation
2. Mauryan Empire
3. kinship, caste and class
4. Buddhism and Jainism
5. Through the eyes of travelers
6. Bhakti -Sufi Traditions
7. An Imperial capital Vijayanagar
8. Agrarian society and the Mughal Empire
9. Colonialism and the countryside
10. The Revolt of 1857 and its representations
11. Mahatma Gandhi and the nationalist movement
12. Framing the Constitution

Note: - "It should contain pictures, detail matters for presentation analysis, views of different historians, observations and conclusions "

Q2-Watch the following serials and prepare a rough draft on any two of the following topics

1. Mahabharata
2. Chandragupta Maurya
3. Buddha
4. Discovery of India (Bharat Ek Khoj)

Note: - Mention the name of main characters, story writer & Director.

You must add the facts of sources and referred books for these serials.

Q3. Do the memorization work of chapter- 3 & 4

Q4. Complete the NCERT exercises of following chapters:

1. Bricks, beads and bones
2. Kings farmers and towns
3. kingship, caste and class
4. Thinkers, belief and buildings culture development

Q5. Do the map work of chapter- 1 to 4 (NCERT BOOK)

Q6. Read newspaper & Magazines every day.

1. Newspaper (The Times of India OR the Hindu OR the Hindustan Times)
2. Magazines (Economic & Political weekly, India Today, Pratiyogita Darpan)

(Paste important news in your history "notebook" on daily basis)

POLITICAL SCIENCE:

***Learn and Revise the chapter covered—**

- Challenges to Nation Building
- End of Bipolarity
- One party Dominance
- Contemporary center of Power

***Make a table on recent international Summits (Date, place, member, countries, objective, agenda) of CIS, ASEAN, SAARC, BRICS, NATO.**

***Read the newspaper daily especially the editorial page.**

***Learn the given assignment :-**

1. What were the reasons of disintegration of Soviet Union?
2. Write the consequences of the disintegration Soviet Union?
3. What was Shock Therapy? Analyse the consequences of shock therapy?
4. Analyse the India's changing relationship with Russia?
5. Trace the emergence of USSR?
6. Write a note on the formation of CIS?
7. What are the objectives of establishing Regional organisation?
8. what are the major areas of influence of European Union? Discuss in detail ?
9. how the European Union is more a nation state than an economic Union? justify .
10. What major challenges arose in Europe after the second world war?
11. Write 10 MCQ questions and answers of each chapters covered.

PHYSICAL EDUCATION:

Choose a specific games or sports from the following -

Basketball, Handball, kho-kho, Football, hockey, volleyball, kabaddi and cricket

(Choose any one Sport/Game)

Write about the following information which is given below of the sports you have selected.

- History of sports/games
- Rules and regulation
- Measurement
- Specification
- Fundamental skill
- Terminology
- Sports Gear
- Sports Personalities
- Sports injury
- Important Tournament
- Warming up and Cool Down Exercise

Practical No-1: Fitness Test administration for all items.

Practical No-2: Procedure for Asanas, Benefits and contradictions for any one Asanas for each life-style disease. **(Take your Pictures and Paste in Project File)**

Practical No-3: Procedure for administrating Senior Citizen Fitness Test for 5 elderly family members /neighbours.

Practical No-4: Draw a 400m Athletic Track with their specifications & measurements.

ECONOMICS

Q-1. What is Reverse Repo Rate? How does the Central Bank use this measure to control inflationary situation in an economy?

Q-2. What is money multiplier? What determines its value?

Q-3. If LRR=20%, find the value of money multiplier?

Q-4. State True or False. Give reasons.

- (a) RBI produces money while commercial banks increase the supply of money.
- (b) Currency created by the Central Bank is called bank money.

Q-5. Explain the following functions of Central Bank: -

- (i) Lender of last resort
- (ii) Clearing House Function

Q-6. Explain circular flow of income in 2-sector economy with the help of a diagram.

Q-7. Distinguish between the following: -

- (a) Capital Loss and Depreciation
- (b) Stock and flow
- (c) Intermediate and Final Goods
- (d) Commercial Bank and Central Bank

Q-8. Are the following included in National Income? Give reason.

- (a) Gifts received from abroad.
- (b) Free meals given to employees.
- (c) Expenditure on feeding beggars.
- (d) Rent received by an Indian resident from Russian embassy in India.

Q-9. Calculate Operating Surplus from the following data:-

Particulars	Rs. in crores
GDP at MP	900
Depreciation	50
NIT	30
COE	130
MISE	100

Q-10. Calculate GNP at MP by Expenditure method:-

Particulars	Rs. in crores
Inventory Investment	10
Exports	20
NFIA	(-)5
Personal consumption expenditure	350
Gross residential construction investment	30
Govt. purchase of goods and services	100
Gross public investment	20
Gross business fixed investment	30
Imports	10

PAINTING

1. Practical file work

Do complete 10 sheets for file.

*5 object drawings

*5 composition (village ,picnic , festival scene etc)-

(3 or 4 human figure must draw in composition)

2. Theory Chapter 2,3,4 and 5 write in your register and learn also for test.

MATHEMATICS:

1. What is the principal value of $\cos^{-1}(\cos \frac{2\pi}{3}) + \sin^{-1}(\sin \frac{2\pi}{3})$
2. Find the principal value of: $\tan^{-1}(\sqrt{3}) - \sec^{-1}(-2)$.
3. Evaluate: $\tan^{-1}(2\cos(2\sin^{-1}(\frac{1}{2})))$
4. Prove the following: $\cos(\sin^{-1} \frac{3}{5} + \cot^{-1} \frac{3}{2}) = \frac{6}{5\sqrt{13}}$
5. Find the value of $\cot \frac{1}{2} [\cos^{-1}(\frac{2x}{1+x^2}) + \sin^{-1}(\frac{1-y^2}{1+y^2})]$, $|x| < 1, y > 0$ and $xy < 1$
6. Simplify: $\cos^{-1}(\frac{3}{5}\cos x + \frac{4}{5}\sin x)$
7. Prove that: $\tan(\frac{\pi}{4} + \frac{1}{2}\cos^{-1}\frac{a}{b}) + \tan(\frac{\pi}{4} - \frac{1}{2}\cos^{-1}\frac{a}{b}) = \frac{2b}{a}$
8. Prove the following: $\cot^{-1}[\frac{\sqrt{1+\sin x} + \sqrt{1-\sin x}}{\sqrt{1+\sin x} - \sqrt{1-\sin x}}] = \frac{x}{2}$
9. Prove that: $\tan^{-1}[\frac{\sqrt{1+x} - \sqrt{1-x}}{\sqrt{1+x} + \sqrt{1-x}}] = \frac{\pi}{4} - \frac{1}{2}\cos^{-1}x$
10. Write the principal value of $\cos^{-1}(\cos(\frac{7\pi}{6}))$
11. For what value of k, the matrix $\begin{bmatrix} k & 2 \\ 3 & 4 \end{bmatrix}$ is invertible
12. Given $A = \begin{bmatrix} 2 & -3 \\ -4 & 7 \end{bmatrix}$ Compute A^{-1} and show that $2A^{-1} = 9I - A$
13. Find the value of x such that the points (0,2), (1,x), (3,2) are collinear.
14. Given $A = \begin{bmatrix} 1 & -1 & 0 \\ 2 & 3 & 4 \\ 0 & 1 & 2 \end{bmatrix}$ and $B = \begin{bmatrix} 2 & 2 & -4 \\ -4 & 2 & -4 \\ 2 & -1 & 5 \end{bmatrix}$ verify that $BA=6I$, use the result to solve the system of linear equations $x-y=3, 2x+3y+4z=17, y+2z=7$
15. Using matrices, solve the following system of linear equations:
 $x + 2y - 3z = -4$
 $2x + 3y + 2z = 2$
 $3x - 3y - 4z = 11$
16. If $A = \begin{bmatrix} 1 & 2 & 3 \\ 2 & 3 & 4 \\ 3 & 4 & 5 \end{bmatrix}$ Find A^{-1} . Hence solve the system of equations.
 $x - y = 3$
 $2x + 3y + 4z = 17$
 $y + 2z = 7$
17. Find $|A^{-1}|$ for the matrix $A = \begin{bmatrix} 2 & 5 \\ 1 & 3 \end{bmatrix}$
18. If $F(x) = \begin{bmatrix} \cos x & -\sin x & 0 \\ \sin x & \cos x & 0 \\ 0 & 0 & 1 \end{bmatrix}$ prove that $[F(x)]^{-1} = F(-x)$
19. The monthly incomes of Aryan and Babbar are in the ratio 3: 4 and their monthly expenditures are in the ratio 5: 7. If each save ₹ 15,000 per month, find their monthly incomes, using matrix method.
20. The management committee of a residential colony decided to award some of its members (say x) for honesty, some (say y) for helping others and some others (say z) for supervising the workers to keep the colony neat and clean. The sum of all the awardees is 12. Three times the sum of the awardees for cooperation and supervision added to two times the number of awardees for honesty is 33. If the sum of the number of awardees for honesty and supervision is twice the number of awardees for helping others. Using matrix method, find the number of awardees of each category.

Find $\frac{dy}{dx}$ for the following questions:

21. $(x^2 - y^2)^2 = 4xy.$

22. $\sin xy + \frac{x}{y} = x^2 - y^2.$

23. $ax^2 + 2hxy + by^2 + 2gx + 2fy + c = 0.$

24. $\log \log (x^2 + y^2) = 2 \tan^{-1} \frac{y}{x}.$

25. $x\sqrt{1+y} + y\sqrt{1+x^2} = 0.$ Show $\frac{dy}{dx} = \frac{-1}{(x+1)^2}.$

26. $y = \sin^{-1} \left(\frac{2^{x+1} 3^x}{1 + (36)^x} \right).$

27. $x = a \cos \theta + b \sin \theta, y = a \sin \theta - b \cos \theta.$ Prove $y^2 \frac{d^2y}{dx^2} - x \frac{dy}{dx} + y = 0$

28. $x = \sin t, y = \sin pt,$ Prove $(1 - x^2) \frac{d^2y}{dx^2} - x \frac{dy}{dx} + p^2y = 0$

HINDI

निम्नलिखित में से किसी एक विषय पर लगभग 2000 शब्दों में परियोजना कार्य पूरा कीजिए।

कुल अंक: 10

विषय वस्तु।: 2

भाषा एवं प्रस्तुति: 3

शोध एवं मौलिकता: 5

नोट - यथासंभव चित्रों का प्रयोग भी अवश्य करें।

विषय

1. साहित्य सम्राट प्रेमचंद
2. कृष्ण भक्त कवि सूरदास
3. जनमानस के कवि तुलसीदास
4. विज्ञापन की दुनिया
5. जनसंचार के माध्यम
6. कबीर दास एक समाज सुधारक कवि
7. समसामयिक विषयों पर कोई पांच निबंध

PSYCHOLOGY

Case profile

Developing a case profile would primarily involve the use of qualitative techniques, such as observation, interview, survey, etc. during the course of preparing a case profile, the students would gain a first – hand experience in the use of these qualitative techniques. The main objective of preparing a case profile is to understand the individual in totality. This would further help in establishing the cause-and-effect relationship more accurately. The students may prepare a case

profile of an individual who has excelled in areas like (sports, academics, music, etc) or having special needs like (learning disability, autism, down syndrome, etc). or those with interpersonal social problems like (poor body images, obesity, temper tantrums, substance abuse, not getting along with peers, withdrawn etc.)

suggested format for preparing a case profile:

1. Introduction

A brief introduction of about one or two pages presenting the nature of the problem, its incidence, likely causes and possible counselling outcomes.

- A half page (brief) summary of the case.

Identification of data

- Name
- Diagnosed problem
- Voluntary or referral (parents, siblings etc.)

Case history

- A paragraph giving age, gender, school attended, class (grade) presently enrolled in etc.
- Information about family mother, father, siblings (education, occupation, family income, house type, number of family
- Information about physical health (height and weight) any disability/illness (in past and present) etc.
- Any professional help taken (past and present), giving a brief history of the problem, attitude towards counselling
- Recording signs (what is observed in terms of facial expressions, mannerisms, etc) and symptoms (what the subject reports, for example fears, worry, tension, sleeplessness, etc.)

Concluding comments

Ppt on Ch 4

Already distribute the topic accordingly roll numbers wise.

Write the following practicals, as per the material given in class:

1. Self Concept test
2. Sinha comprehensive Anxiety test
3. Ravens intelligence test
4. FAT

CHAPTER 2: SELF AND PERSONALITY

Q1) Differentiate between:

- Personal and social Identity
- Self as a subject and an object

Q2) What are the various types of self? Explain with the help of examples.

Q3) "Reema is a 17 yrs old girl who is obese and is not able to have a control over her diet." What tips would you give her to monitor her behavior for self-control?

Q4) What are the variations that exist between the western and the Indian cultural perspective about self?

Q5) "Personality characterizes individuals as they appear in most circumstances". Justify by explaining its characteristics in detail.

Q6) How does the Indian concept of Ayurveda classify people and their Personality?

Q7) "Ravi is a 25 yrs old youth who possesses high motivation, lacks patience, feels short of time & is always pressured by work".

- Which type of personality do you think Ravi is possessing?
- What are the other types of personality that may exist?
- Name the psychologists who have given these types of Personality?

Q8) How are traits different from types? Give examples.

Q9) Using Allport's theory, Identify the various types of traits in the given situation. Explain them in detail.

"Supriya is a very warm and friendly girl who is often known as the FLORENCE NIGHTINGALE of the class. She is a very traditional girl who always prefers to wear Indian or ethnic clothes. She hates the western culture especially the trend of going to parties and discotheque."

Q10) Explain Paul Coasta's and Robert Mc Crae's personality theory?

Q11) "According to Freud ,structural elements of personality reside in the unconscious as forces and can be inferred from the way people behave" Justify

Q12) Name the psychologists who who worked with freud but later separated and developed their own theories?

Q13) Explain the Psychosexual development theory given by freud?

Q14) "Rahima is a7yrs old girl who lives in an orphanage. She is very clear with the abstract concepts like Religion, god, unity and oneness without anyone's guidance or teaching."

- Which personality theory do you think relates to such experiences?
- Name the psychologist who gave this theory?
- Explain the theory and its concepts in detail?

Q15) Distinguish between the Source and surface traits given by Raymond Cattell?

Give examples.

Q16) Identify and define the Defense mechanisms given below:

- "A student having a strong desire to cheat in the exam, is not able to do so because of the strong revolt by the conscious within. So he suspects that the other classmates might be cheating.
- A boy who was reared to believe that sex is evil and dirty may become anxious every time sexual feelings surge to the surface. So in order to defend against the anxiety, he joined the groups against sex in media.
- A tense father who had troubles in office gave a harsh beating to the child who was watching T.V. The father gave the excuse that he was acting for the child's good.
- A weak student going for a movie just one day before the exams gives the excuse of "need to relax" to do the exam well.

Q17) "Psychodynamic theories have faced a lot of challenges and criticism from the Neo and Post Freudians". Explain the se criticisms by picking up examples from the Freudian theory.

Q18) How is Horney's theory different from that of Freud's .

Q19) what are the common characteristics of Humanistic theories?

Q20) Differentiate between Oedipus and Electra complex?

Q21) "A healthy person not only adjusts to the society but also has a quest to know oneself deeply". Explain in the context of Humanistic approach.

MULTIPLE CHOICE QUESTIONS

Q1)___refers to the attributes of a person that makes him different from the others

- a) Social identity b) Familial identity c) Personal identity

- Q2) Goals and ideas that are considered important and worthwhile to achieve is known as ____.
- a) Character b) Disposition c) Trait d) Values
- Q3) The way we perceive ideas and ourselves we hold about our competencies is called ____.
- a) Self Esteem b) Self Efficacy c) Self-Regulation d) Self Concept
- Q4) The tendency of a person to react to given situation in a particular way is called ____.
- a) Temperament b) Trait c) Character d) Disposition
- Q6) The value judgment of one's own value or worth is called ____.
- a) Self-regulation b) Self Concept c) Self Esteem d) Self Efficacy
- Q7) Cattell applied a statistical technique called _____ to find the various types of traits.
- Q8) ____ guna includes intensive activity, desire for self-gratification and envy for others.
- a) Tamas guna b) Rajas Guna c) Sattva Guna
- Q9) ____ refers to rewarding behavior's that have pleasant outcome.
- a) Self Instruction b) Self Control c) Self-Regulation d) Self-Reinforcement
- Q10) Type C and D personality was suggested by ____.
- a) Binet b) Sternberg c) Morris d) Friedman
- Q11) _____ approach focuses on the specific psychological attributes along which individuals tend to differ in consistent and stable ways
- a) Interactional approach b) Type approach c) Trait approach
- Q12) Freud used ____ method in which a person is asked to openly share all the thoughts and ideas that comes to the client's mind.
- a) Dream interpretation b) Free association c) Word Association d) Freudian Slip
- Q13) Eysenck proposed a third dimension called ____.
- a) Extraversion b) Psychotism c) Neuroticism
- Q14) ____ works on the pleasure principle.
- a) Superego b) Conscious c) Subconscious d) Id
- Q15) ____ proposed important typology by grouping people into Extraverts and Introverts
- Q16) Freud said that ____ is energized by life and death instinct.
- a) Id b) Ego c) Super Ego
- Q17) The way of reducing anxiety by distorting reality is called ____.
- a) Libido b) Psychoanalysis c) Defense Mechanisms d) psychodynamic
- Q18) Analytical Psychology was developed by ____.
- a) Sigmund Freud b) Raymond Cattell c) Carl Jung d) Gordon Allport
- Q19) When parent's behavior towards a child is discouraging or indifferent, a feeling of ____ results.
- a) Free floating anxiety b) Basic anxiety c) Generalized anxiety
- Q20) The theory of instrumental conditioning was developed by ____.
- a) Albert Bandura b) B.F. Skinner c) Ivan Pavlov d) Wolfgang Kohler
- Q21) According to Adler, every individual suffers from the feeling of inadequacy and guilt known as ____.
- a) Identity Crisis b) Basic anxiety c) Inferiority Complex d) Regress
- Q22) Maslow has given a detailed account of psychologically healthy person in terms of their attainment of ____.
- a) Self Esteem b) Self-Regulation c) Self Actualization d) Self Reinforcement
- Q23) ____ is a tendency of the subject to agree with the items irrespective of their content.
- a) Social Desirability b) Acquiescence c) Halo Effect d) Situational Stress Test
- Q24) ____ was developed to assess the unconscious motives and feelings
- a) Self report Measures b) Psychometric Testing c) Behavioral Analysis d) Projective Techniques