BCM SCHOOL

A Senior Secondary School of BCM Foundation, Affiliated to CBSE, New Delhi
Sector 32 -A, Chandigarh Road, Ludhiana

HOLIDAYS HOME WORK
CLASS- XII -HUMANITIES

SUBJECT:- ENGLISH

Dear students

As per CBSE guidelines students of class XII will prepare a project work. It must be done individually. There will be one project file based on any one topics given below.

Topics:

a. Mental health awareness: Raising awareness about the importance of mental health and ways to cope with mental issues.
b. Cyber Security : Analysing the importance of cyber security in today's digital world and ways to protect personal data and information.
c. Indian Literature : Analysing the works of prominent Indian English authors and their impact on Indian literature and culture.
d. Social Networking platforms: Is social Media an effective tool for quick and convenient communication, or is it just a sophisticated means for stalking people?
e. Climate Change : The greatest threat for survival.
f. Chat GPT- A threat to Human Resource.

Following points to be considered:

i. Students can choose any one topic of their choice and do any one activity based on the topic. Activities are:
   a. Interview   b. One act play   c. Audio/video presentation   d. listen to Podacasts /Documentaries.
ii. Project to be divided into four phases: plan, research, create & present.
iii. What to include in the project:
   a. Cover page
   b. Table of contents
   c. A declaration by the student.
   d. Certificate of completion
   e. Statement of purpose/objectives
   f. Materials used (evidence of process and progress)
   g. Methodology for the project
   h. Description and analysis of the data/information
   i. Conclusions
   j. Photographs
   k. Limitations of the research/project work
   l. Recommendations
   m. Students' reflection sheet (what worked well, areas that need improvement, my action plan for improvement)
   n. Bibliography/ reference
   o. Assessment sheet

Solve the comprehension passages in your BBC Compacta Classroom Assignment 1, 2, 6 & 7

SUBJECT -ECONOMICS

CBSE PROJECT WORK
For instructions follow the given link:-
https://cbseacademic.nic.in/web_material/CurriculumMain24/SrSec/Economics_SrSec_2023-24.pdf

TO PREPARE ANY ONE OF FOLLOWING PROJECTS

Suggestive List of Projects:

1 Food Supply Channel in India

2 Disinvestment policy of the government

3 Health Expenditure (of any state)

4 Inclusive Growth Strategy

5 Trends in Credit availability in India

6 Role of RBI in Control of Credit

7 Trends in budgetary condition of India

8 Currency war - reasons and repercussIons

9 Self-help group

10 10 Relation between Stock Price Index and Economic Health of a Nation

11 Sri Lanka's Economic Crisis

12 Rainwater Harvesting - A solution to water crisis

13 Bumper Production- Boon or Bane for the farmer

14 Organic Farming - Back to the Nature

15 Sustainable Development Goals (SDG's)

16 Comparative Study of Economies (Maximum three economies)

17 G-20: Inclusive and Action Oriented

18 Any other newspaper article and its evaluation on basis of economic principles

Any other topic from syllabus

ORDER OF SHEETS-

1.Main sheet

3.Certificate by teacher

4.Acknowledgement

5.Index

6.Content

7.Conclusion BIBLIOGRAPHY

SUBJECT:-MASS MEDIA

1. **Advertising Campaign:**
    Design a comprehensive advertising campaign for a product or service of your choice. This project should include creating print ads, designing a storyboard for a TV commercial, and developing a social media campaign. Present your campaign along with a detailed analysis of the target audience, marketing strategies, and persuasive techniques used. **(PRACTICAL -2)**
2. **Radio Show Production:**
    Produce a radio show segment on a current affair or a topic of interest. Plan the script; gather relevant information, and record interviews or discussions. Edit the audio to create a polished and engaging segment. Include music, sound effects, and transitions to enhance the overall experience. Write a reflection on the challenges faced and the effectiveness of radio as a medium for storytelling. **(PRACTICAL 4)**
3. **A3 chart/Poster making**
    Topics –
    - Lab processing **(XII MED)**
    - Functions of Advertising **(XII COM A)**

- What is Research and development department **(XII COM B)**
- Basics of Graphic designs **(XII COM C)**
- 7 Rules of photography **(XII ARTS A students under roll no. 1-25)**
- 7 basic camera movements and their importance. **(XII ARTS A roll no. 25 onwards)**
- Basic Elements of Radio Production **(XII ARTS B For students under roll no. 1-25)**
- Film making and its journey **(XII ARTS B roll no. 25 onwards**
4. **Submit 8 photos** (THEME BASED – TAKE IDEAS FROM PINTEREST) **(PRACTICAL 3)**
5. **COMIPLE YOUR PRACTICAL 1 (VIDEO AD), 2, 3 & 4 (mentioned in holidays homework) In a PowerPoint Presentation with your introduction.**
6. Revise all the completed chapters thoroughly.

Note – Mail your selected pictures at - **anupreetsapra1@gmail.com**

SUBJECT:-MUSIC

1. Definitions of the following÷
- Khatka,Murki-kan, Gram & Meend.
2. Description of Ragas with 3 Tanas of each Rag.
3. Biographies of Pt Krishan Rao Shankar. Faiyaz khan & Ustad bade Gulam Ali khan.
4. contribution of Pt sharng dev & Ahobal in the Granth of Sangeet Ratnakar& Sangeet Parijat.
5. Historical Development inTime Theory of Ragas.

Note- Write and learn whole syllabus along with MCQs.

Do more singing Practice of Ragas through YouTube.

SUBJECT:-PAINTING
Practical

2 Landscapes   1 still life

2 compositions

Theory
- o Do the assignment
- o Prepare the chapters
- o Miniature painting
- o Rajasthani school of miniature painting
- o Pahari school
- o Mughal school of art
- o Daccan school of art

SUBJECT:-FASHION STUDIES

1. Stencil print project

2. Animal print project

3. Nature inspired project

4. Assignment on adornment

5. Assignment on draping

6. Assignment on industrial revolution

6. Assignment on organic tye- dye

7. Write 30 Questions from Unit-2 of 1 mark each

SUBJECT:-POLITICAL SCIENCE

• Design a collage on the Partition and the after-Partition challenges for the country in the future perspective?

• Make a chart/ table of political parties national as well as regional which came into existence since 1952. (Any one party) The chart / table could hold the following columns – Origin, Ideology, Electoral Result, Popular support and famous policies. Which parties are popular till date, where and why?

• Make a report on the latest projects introduced by our Prime Minister and their relevance in India's development.

• Make a table on recent International Summits in detail. (Date, place, member countries, objective, agenda, outcomes)

• Give recent examples to show the influence of US hegemony on developing countries.

• Through a poster show the positive & negative impact of globalization on India.

• Explain all the cartoons of the book on World Politics (Completed Chapters). Work to be done on A-4 sheets and compiled in a file.

Topics for the Project: (Any one)

• US Dominance in World Politics.

• Alternative centers of Economic and Political Power.

• South Asia in the Post-Cold War Era.

• Regional aspirations and conflicts.

• Rise of New Social Movements.

• Recent Developments in Indian Politics.

• Superpower - The American view of the world.

• Presence of 3rd world in global politics

• Emergency 1975 = Saving 'INDIRA'

• Globalization and its impact on the country's distinctive culture.

• The Bipolar World of 19th century

• Green politics, need of the hour.

• The highly skewed idea of UN.

• The existential crisis of African nations.

• The Inhuman transgression of human rights.

• Is soft politics a novel way of resolving deadlocks?

• 21st-century definition of Indian journalism - the sword is mightier than the pen.

• Will cultural relations solve the Indo-Pak catch 22 situation?

• The misinterpreted idea of Indian secularism

• Operation blue star.

SUBJECT:-LEGAL STUDIES

Project

Make project which includes three cases- civic, criminal and constitutional cases.

SUBJECT:-TOURISM

Project - Any one topic

1. Students will prepare tourism brochure advertising any one of the UNESCO World Heritage sites in India. The report will highlight the main features from office cities services and uniqueness of the chose and destination. Student will also write an advertising script promoting tourism of chosen the destination.
2. Students will compare items of information such as process obtained at travel agencies pages download from the internet articles and advertisements in the general media they will create report on the objectives of each piece of information? What are the target audience? And what are the various channels of distribution of information?
3. Students will collect detail information on other industries such as transport, accommodation and other services the report shell highlight how these industries are important and are linked to the tourism industry.

4. Students bill research and collect data in relation to travel documents, travel insurance, weather, currency accommodation attractions of any one destination within their countries. It she include possible itineraries information brochure and marketing strategies full stops of the chosen destination
5. Students will research the latest trends in the tourism industry both locally and internationally and creator report on it full stop the report shell include new travel and tourism marketing strategies upcoming tourism markets target customer base for the recent trends and recent changes in promotion and marketing of tourism products.

Practical File

Demonstrate acquire knowledge through lab activities such as maps, charts, role play etc.

SUBJECT:-PSYCHOLOGY

1. Revise chapters 1, 3 4 and 5 and frame objective type questions from the same (minimum 25 questions from each chapter) and write in your notebook with their answers.

2. Answer all the questions given in the review exercise at the end of these chapters.

3. PROJECT WORK : Prepare a case profile of a person, who is suffering from a mental disorder or learning disability or who has excelled in areas like sports, academics, music etc.. Prepare the case profile as per the format given in the NCERT Textbook (page no. 199). Make a beautiful cover page for your file as per the theme of your case.

NOTE: This case file will carry 5 marks in your practical exam and you will be asked questions related to same in viva.

SUBJECT:-PHYSICAL EDUCATION

- Practical-1 Fitness test administration (SAI Khelo India Test) Age category 9 to 18 yrs
- Practical -2 Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.
- Practical- 3 Game volleyball
- Labelled diagram of field & Equipment. Also mention its Rules, Terminologies & Skills.

NOTE – Complete the practical in neat and clean manner, No Pasting allowed

SUBJECT:-HOME SCIENCE

- To prepare practical file and project work
- Topics are given individually and discussed

SUBJECT- CS & IP

1. What is a data type? Name some data types available in my SQL.
2. Is the Null value the same as zero?
3. While using SQL pattern matching ,what is the difference between underscore _ and percentage % wild card symbols?
4. Differentiate between CHAR and VARCHAR data types
5. Write MY SQL command to display the list of existing databases.
6. Compare to a file system, how does a database management system avoid redundancy in data through a database?

7. What are the limitations of the file system that can be overcome by a Relational Database?
8. Differentiate between
- Degree and cardinality of a relation
- Primary key and foreign key
9. An organisation wants to create a database Emp-dependent to maintain following details about its employees and their dependents.
   EMPLOYEE(Adharnumber,Name,address,Department,Employee ID);
   DEPENDENT (EmployeeID, DependentName,Relationship);
a) Name the attributes of employee which can be used as candidate   keys.
b) The company wants to retrieve details of dependent of particular employee. Name the tables and the key which are required to retrieve this details.

c) What is the degree of employee and dependent relation?

10. Write the output of the queries (a) to (d) based on the table, Furniture given below:

Table: FURNITURE

FID	NAME	DATEOFPURCHASE	COST	DISCOUNT
B001	Double Bed	03-Jan-2018	45000	10
T010	Dining Table	10-Mar-2020	51000	5
B004	Single Bed	19-Jul-2021	22000	0
C003	Long Back Chair	30-Dec-2016	12000	3
T006	Console Table	17-Nov-2019	15000	12
B006	Bunk Bed	01-Jan-2021	28000	14

(a) select sum(discount) from furniture where cost>15000;
(b) select max(dateofpurchase)from furniture;
(c) select * from furniture where discount>5 and fid like "t%";
(d) select dateofpurchase from furniture where name in ("dining table", "consoletable");

11. Mr Mittal is using a table with the following columns **name, class, stream ID, stream name.** He needs to display name of students who have been assigned any stream or have been assigned stream name that ends with computers. He wrote the following command, which did not give the desired result.

Select name, class, dob students where streamname =null or streamname="computers

Help Mr. Mittal to run the query by removing the error and write correct query.

12. Sarthak, a student of class 12th created a table class. Grade is one of the columns of this table. To find the details of the students whose grade have not been ended, he wrote the following SQL query which did not give the desired result:

Select * from class where grade="null";

write the correct.

13. Can you add more than one column in a table by using ALTER TABLE command?

14.Define the use of INSERT INTO command in SQL with example.

15. Consider the table CUSTOMER

write the sql commands for the following statements.

CCode	CarNAme	Make	Color	Capacity	Charges
501	A star	Suzuki	Red	3	14
503	Indigo	Tata	Silver	3	12
502	Innova	Toyota	White	7	15
509	SX4	Suzuki	Silver	4	14
510	C Class	Mercedes	red	4	35

a. To display the names of all the sliver colored cars.
b. To display name of car, make and capacity of cars in descending order of the sitting capacity.
c. To display the highest charges at which a vehicle can be hired from carden.
d. SELECT CAR NAME FROM CARDEN WHERE CAPACITY=4;

16. Predict the output of the following queries:

i. select instr('exams@cbse.nic.in','.');   iii. select left('exams@cbse.nic.in',5);
ii. select substr('exams@cbse.nic.in',7,4);

17. Reena is working with functions of MySQL. Explain her following:

i. What is the purpose of now () function?   iii. What is the general format of its return type?
ii. How many parameters does it accept?

18. Carefully observe the following table named 'stock':

Write SQL queries for the following:

Table: stock

Pid	PName	Category	Qty	Price
1	Keyboard	IO	15	450
2	Mouse	IO	10	350
3	Wifi-router	NW	5	2600
4	Switch	NW	3	3000
5	Monitor	O	10	4500
6	Printer	O	4	17000

(a) To display the records in decreasing order of price.
(b) To display category and category wise total quantities of products.
(c) To display the category and its average price.
(d) To display category and category wise highest price of the products.

19. Ms.Saumya is working on a MySQL table named 'Hotel' having following structure:

She need to perform following task on the table

Field	Type	Null	Key	Default	Extra
user_id	varchar(20)	YES		NULL	
name	varchar(20)	YES		NULL	
city	varchar(20)	YES		NULL	
mobile_no	varchar(11)	YES		NULL	

i. To fetch last 2 characters from the user_id column.
ii. To display the values of name column in lower case.
iii. To display 3 characters from 3rd place from the column city.
          Suggest suitable SQL function for the same. Also write the query to achieve the desired task.

SUBJECT:-MATHEMATICS

1. Express the matrix $\begin{bmatrix} 2 & -2 & -4 \\ -1 & 3 & 4 \\ 1 & -2 & -3 \end{bmatrix}$ as the sum of symmetric and skew symmetric matrix.

2. If $A = \begin{bmatrix} \cos\alpha + \sin\alpha & \sqrt{2}\sin\alpha \\ -\sqrt{2}\sin\alpha & \cos\alpha - \sin\alpha \end{bmatrix}$ prove that

   $A^n = \begin{bmatrix} \cos n\alpha + \sin n\alpha & \sqrt{2}\sin n\alpha \\ -\sqrt{2}\sin n\alpha & \cos n\alpha - \sin n\alpha \end{bmatrix} \forall n \in N$

3. Ishan wants to donate rectangular plot of land for a school in his village. When he was asked to give dimension of the plot , he told that if its length is decreased by 50 m and breadth is increased by 50 m , then its area will remain same, but length is decreased by 10m and breadth is decreased by 20m , then its area will decreased by $5300m^2$. Using matix find the dimension of the plot.

4. A trust invested some money in two types of bonds. The first bond pays 10% interest and the second bond pays 20% interest . The trust received ₹ 2800As interest. However , if trust had interchanged money in bonds, they would have got ₹ 100 less as interest, using matrix method, find the amount invested by the trust.

5. The monthly income of Aryan and Babban are in ratio 3:4 and their monthly expenditures are in the ratio 5:7. If each saves ₹ 15000 per month , find their monthly incomes using matrix method.

6. 10 student were selected from a school on the basis of values for giving awards and were divided into three groups. The first group comprises hard workers , the second group has honest and law abiding students and the third group contains vigilant and obedient students.Double the number of students of the first group added to the number in the second group gives 13 , while combined strength of first and second group is four times that of the third group. Using matrix method find the number of students in each group.

7. Two cricket teams honored their players for three values, excellent batting, to the point bowling and unparallel fielding by giving ₹ x , ₹ y and ₹ z per players respectively. The first team paid respectively 2,2, and 1 player for the above values with a total prize money of ₹ 11 lakhs , while the second team paid respectively 1,2 and2 players for these values with a amounts to ₹ 9 lakhs . If the total award money for one person each for these values amount to ₹ 6 lakhs, then express the above situation as a matrix equation and find award money per person for each value.

8. The sum of three numbers is 6. If we multiply third number by 3 and add second number to it, we get 11. By adding first and third numbers, we get double of the second number. Represent it algebraically and find the numbers using matrix method.

9. For the matrix A = $\begin{bmatrix} 2 & -1 & 1 \\ -1 & 2 & -1 \\ 1 & -1 & 2 \end{bmatrix}$ show that $A^2 - 5A + 4I = o \ hence \ find \ A^{-1}$

10. Use the product A = $\begin{bmatrix} 1 & -1 & 2 \\ 0 & 2 & -3 \\ 3 & -2 & 4 \end{bmatrix} \begin{bmatrix} -2 & 0 & 1 \\ 9 & 2 & -3 \\ 6 & 1 & -2 \end{bmatrix}$ to solve the system of equations

    x-y+2z = 1 , 2y -3z = 1 , 3x -2y +4z = 2.

11. If $A = \begin{bmatrix} 1 & -1 & 0 \\ 2 & 3 & 4 \\ 0 & 1 & 2 \end{bmatrix}$ and $B = \begin{bmatrix} 2 & 2 & -4 \\ -4 & 2 & -4 \\ 2 & -1 & 5 \end{bmatrix}$ find AB . use this to solve the following system of equations :

x-y =3 , 2x +3y + 4z = 17 , y+2z = 7

12. If $A = \begin{bmatrix} 1 & 2 & 0 \\ -2 & -1 & -2 \\ 0 & -1 & 1 \end{bmatrix}$ find A^{-1} .Using it solve the equations x-2y=10 ,2x-y - z = 8 , -2y+z = 7

13. Find dy/dx when $y = \sin^{-1}\left(\frac{3 \sin x + 4 \cos x}{5}\right)$.

14. Find dy/dx when $y = \sin^{-1}\left(x\sqrt{1-x} - \sqrt{x}\ \sqrt{1-x^2}\right)$

15. if $\sqrt{1-x^2} + \sqrt{1-y^2}$ =a(x-y) Prove that $\frac{dy}{dx} = \sqrt{\frac{1-y^2}{1-x^2}}$

16. If $y = \sqrt{x}^{\sqrt{x}^{\sqrt{x}^{\sqrt{x}----\infty}}}$ show that $\frac{dy}{dx} = \frac{y}{2y-x}$

17. Differentiate $\tan^{-1}\left(\frac{\sqrt{1+x^2}-1}{x}\right)$ with respect to $\tan^{-1} x$.

18. If $x\ \varepsilon\ \left(\frac{1}{\sqrt{2}}, 1\right)$ differentiate $\tan^{-1}\left(\frac{\sqrt{1-x^2}}{x}\right)$ with respect   to $\cos^{-1} 2x\sqrt{1-x^2}$

19. . If $\sqrt{1-x^6} + \sqrt{1-y^6}$ = a$(x^3 - y^3)$ prove that $\frac{dy}{dx} = \frac{x^2}{y^2}\sqrt{\frac{1-y^6}{1-x^6}}$ wher -1<x<1 and -1 ,y<1.

20. if $y = \log\{x + \sqrt{x^2 + a^2}\}$ prove that $(x^2 + a^2)\frac{d^2y}{dx^2} + x\frac{dy}{dx} = 0$

21. If x = a $\cos\theta + b\ \sin\theta$ and y = $a\sin\theta - b\cos\theta$ prove that $y^2\frac{d^2y}{dx^2} - x\frac{dy}{dx} + y = 0$

22. If siny = x cos(a+y) then show that $\frac{dy}{dx} = \frac{\cos^2(a+y)}{\cos a}$

23. If $y = \sqrt{\cos x + \sqrt{\cos x + \sqrt{\cos x + -------\infty}}}$ prove that (1-2y)$\frac{dy}{dx} = \sin x$

24. differentiate $x^{\sin^{-1} x}$ with respect to $\sin^{-1} x$.

25. If y= (x+ $\sqrt{1 + x^2}$)ⁿ then show that $(1 + x^2)\frac{d^2y}{dx^2} + x\frac{dy}{dx} = n^2y = 0$

Activities :

- To demonstrate the function which is not one – one but is onto.
- To verify that the relation R in the set L of all lines in a plan, defined by R ={ (l,m) : l perpendicular to m} is symmetric but neither reflexive nor transitive.
- To Draw the graph of $\sin^{-1} x$ using graph of sinx and demonstrate the concept of mirror reflection.
- To find analytically the limit of a function f(x) at x = c and also to check the continuity of the function at that point.

SUBJECT:-FOOD PRODUCTION

- To prepare practical files and to prepare snacks and sweets from all the four directions North, East, West and South and have write their recipes too.

SUBJECT:-HINDI

1- रचनात्मक लेखन- निम्न विषयों पर लगभग 200 शब्दों का रचनात्मक लेख लिखें ।

∗ खाली दिमाग शैतान का घर

∗ भारत की बढ़ती आबादी: वरदान या अभिशाप

∗ परिवार की टूटन और पीढ़ी अंतराल

∗ आधुनिक युग के युवाओं की चुनौतियां

2- प्रश्न -

भक्तिन, बाज़ार दर्शन , काले मेघा पानी दे, पहलवान की ढोलक, आत्मपरिचय ,
एक गीत और पतंग कविता के 15-15 बहुविकल्पी प्रश्न तैयार करके याद करें ।
सिल्वर वेडिंग के 30 बहुविकल्पी प्रश्न तैयार करके याद करें ।

3- प्रयोजन कार्य--

 पंजाब और उड़ीसा राज्य का तुलनात्मक अध्ययन कीजिए जिसके अंतर्गत मानचित्र ,भौगोलिक स्थिति, इतिहास, संस्कृति, कला और हस्तशिल्प ,त्योहार, संगीत, भोजन ,रहन-सहन, व्यवसाय और सुंदरता से भरपूर पर्यटन स्थलों का चित्रात्मक वर्णन करके परियोजना तैयार कीजिए।

4 - अब तक पढ़ाए गए सभी पाठों और कविताओं के प्रश्न उत्तर याद करके आएं।

5. निम्नलिखित प्रश्न तैयार करें -

क. कहानी और नाटक में क्या- क्या समानताएँ होती हैं ?

ख. दृश्य-श्रव्य माध्यमों की तुलना में श्रव्य माध्यम की क्या सीमाएँ है ? इन सीमाओं को किस तरह पूरा किया जा सकता है ?

SUBJECT:-PUNJABI

। ਹੇਠ ਲਿਖੇ ਵਿਸ਼ਿਆਂ ਵਿੱਚੋਂ ਕੋਈ ਇੱਕ ਵਿਸ਼ੇ ਤੇ ਪ੍ਰੋਜੈਕਟ ਤਿਆਰ ਕਰੋ

1.ਖ਼ੁਰਾਕ (ਕਿਸੇ ਇਕ ਰਾਜ /ਪ੍ਰਦੇਸ਼ ਆਧਾਰਿਤ)

2.ਪੰਜਾਬ ਦੇ ਮੇਲੇ ਤੇ ਤਿਉਹਾਰ

3.ਬਜ਼ੁਰਗਾਂ ਦਾ ਘਟ ਰਿਹਾ ਸਤਿਕਾਰ (ਕਾਰਨ ਤੇ ਸੁਝਾਅ)

4 ਕੋਰੋਨਾ ਕਾਲ ਸਮੇਂ ਪੇਂਡੂ ਤੇ ਸ਼ਹਿਰੀ ਜੀਵਨ ਦਾ ਅੰਤਰ

5. ਕੋਰੋਨਾ ਕਾਲ ਸਮੇਂ ਆਨਲਾਈਨ ਪੜ੍ਹਾਈ

6. ਕੋਰੋਨਾ ਕਾਲ ਸਮੇਂ ਉੱਭਰੀ ਲੋਕ ਸੇਵਾ ਭਾਵਨਾ

7. ਕੋਰੂਨਾ ਕਾਲ ਸਮੇਂ ਪ੍ਰਦੂਸ਼ਣ ਦੀ ਸਥਿਤੀ

8. ਕੋਰੋਨਾ ਕਾਲ ਤੋਂ ਬਾਅਦ ਸਕੂਲਾਂ ਦੀ ਸਥਿਤੀ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਵਿਵਹਾਰ

9. ਵਿਦੇਸ਼ਾਂ ਵਿੱਚ ਜਾਣ ਦੀ ਹੋੜ(ਸ਼ੌਂਕ, ਮਜਬੂਰੀ ਜਾਂ ਸਮਾਜਿਕ ਰੁਤਬਾ)

10. ਸੋਸ਼ਲ ਮੀਡੀਆ ਦਾ ਪ੍ਰਭਾਵ

II. 'ਪੰਜਾਬ ਦੀਆਂ ਲੋਕ ਖੇਡਾਂ' ਵਿਸ਼ੇ ਤੇ ਆਧਾਰਿਤ ਇਕ ਪੀਪੀਟੀ ਤਿਆਰ ਕਰੋ।

III.1-51 ਅਖਾਣ ਯਾਦ ਕਰੋ।

SUBJECT:-YOGA

Complete practical file and make project on Shatkarma , Asanas (Types) and Surya Namaskar