



Mount Columbus School

C-Block, Dakshinpuri, New Delhi - 110062

SESSION: - 2024-2025
HOLIDAY HOMEWORK
CLASS: IX



PREFACE

Dear Parents and Students,

Summer vacation is around the corner, bringing with itself a much-needed respite from hectic school days. We hope that you will thoroughly enjoy the vacations and make the most of this summer. While it is indeed important that you relax and refresh yourselves, it is also important that you exercise your minds.

Keeping this in mind, we have designed various exciting activities to keep the students engaged and active during the summer vacation. These fun projects/ assignments would enhance learning skills, help understand concepts better, and make for a great crash course aimed at improving academic output.

These activities will not only help you to revise what was taught, but will also enrich your knowledge. These projects will be assessed as Subject Enrichment Activity, Portfolio or Art Integrated activity.

We encourage parents to motivate and support the students to ensure the given work is completed in time, to the best of their ability. Your support and encouragement both have a huge impact on your child's learning ability.

The Holiday Home Work is to be done neatly with relevance to the questions asked and to be submitted to the subject teachers within a week of reopening of the school i.e. 1st July to 6th July' 24. **It is important that deadlines are met.**

Wishing you a fun filled, safe summer vacation

SUBJECT- ENGLISH

1. PROJECT WORK-

- * Plan a get together party to be held at your place.
- * Make a list of things you will require using determiners.

Ex. I called up all my friends for the party.

- * Some of them didn't come.
- * My mother bought few packets of chips for us.
- * Click photographs and paste them.

2. FOLLOWING WORK IS TO BE DONE IN THE ENGLISH NOTEBOOK: -

A. WRITING:-

- * Now, write a DESCRIPTIVE WRITING in not more than 120 words describing the fun you had at the party.
- * You were giving an exam when the invigilator caught two of your classmates cheating. Describe the situation in 100-120 words.
- * Describe your best friend in 100-120 words.
- * You went to your favourite place with your friends. Describe the place in 100-120 words.
- * You were organising your room today when you found an old toy. Describe the toy in 100-120 words.

B. GRAMMAR:-

- * Fill in the blanks with suitable determiners
- 1. Books are missing from the library. (Any, Some)
- 2. He didn't make..... progress, (much, many)
- 3. The District Magistrate visited..... flood affected area, (every, either)
- 4. villa is this? (Whose, What)
- 5. He is the..... boy who has joined this gym. (first, whose)

- * Fill in the blanks with the correct form of the verbs given in the brackets.

1. The police..... four thieves last night, (catch)
2. It..... since 9 o'clock, (rain)
3. I certainly..... my colleague if I had been there, (help)
4. Mahesh tomorrow from Patna, (come)
5. The patient..... before the doctor came, (die)

C. LITERATURE:-

- Q-1. Cite ways in which the book that Tommy found was different from his own books.
- Q-2. Why did men with bushy beards give Evelyn trouble?
- Q-3. Ustad Bimillah Khan was a true patriot. How?
- Q-4. What role did Grandmother play in building a bond between Kezia and her father?
- Q-5. According to the poet, what havoc does the wind create in our lives?
- Q-6. How has the rain transformed the mood of the poet?
- Q-7. Describe how the child behaved after he separated from his parents.

SUBJECT- हिंदी

परियोजना कार्य

1. 'संचयन' पुस्तक का 'पाठ-१ गिल्लू' की लेखिका 'महादेवी वर्मा' पशु-पक्षी प्रेमी रही हैं, यह उनकी रचनाओं से झलकता है। 'महादेवी वर्मा' द्वारा रचित संस्मरण विधा पर आधारित कहानी 'नीलकंठ' गूगल सर्च इंजन के माध्यम से पढ़ें और निम्नलिखित क्रियाकलापों को पूर्ण करें-
 - गिल्लू और नीलकंठ में क्या अंतर देखने को मिलते हैं, कोई पाँच अंतर लिखें। (आलोचनात्मक सोच कौशल विकास)
 - 'नीलकंठ' एक मोर है, पक्षियों की कौन-सी प्रजातियाँ दिल्ली से विलुप्त हो गई हैं या खतरे में हैं, उनके चित्र एकत्र कर नाम लिखें।
 - दिए गए लिंक का प्रयोग कर हूबहु कार्ड बनाकर अपने अभिभावक का धन्यवाद करें कि उन्होंने आपको जन्म दिया, साथ में फोटो खिंचवाकर चिपकाएँ। <https://images.app.goo.gl/KmncJBgcG9uu6XYf7>(उपरोक्त कार्य को स्क्रेप बुक में करें)

व्याकरण

2. शब्द और पद में कोई दो अंतर लिखें।
3. अनुस्वार एवं अनुनासिक युक्त चार- चार शब्द लिखें।
4. निम्नलिखित उपसर्गों के प्रयोग से दो-दो शब्द बनाकर लिखिए।
आ, प्रति, सह, दुर्
5. निम्नलिखित शब्दों में से मूल शब्द और प्रत्यय अलग करके लिखिए।
दर्शनीय, दुनियादारी, लिखाई, मिठास

स्पर्श

6. 'दुख का अधिकार' पाठ में ओझा के आने से घर की परिस्थितियों में क्या परिवर्तन आया?
7. जब अतिथि चार दिन तक नहीं गया तो लेखक के व्यवहार में क्या-क्या परिवर्तन आए?
8. रहीम जी ने सागर की अपेक्षा पंख जल को धन्य क्यों कहा है?
9. 'रहीम के दोहे' में आपको रहीम जी का कौनसा दोहा सबसे अधिक पसंद है और क्यों?
10. धनी और निर्धन के शोक मनाने में क्या अंतर होता है? 'दुख का अधिकार' पाठ के आधार पर बताइए।
11. अंगदोरजी के साथ यात्रा करने के लिए लेखिका ने उनकी क्या शर्त मानी और क्यों?
12. 'संबंधों का संक्रमण के दौर से गुजरा'- इस पंक्ति से आप क्या समझते हैं? विस्तार से लिखिए।
13. रविदास के दोनों पदों का केंद्रीय भाव अपने शब्दों में लिखिए।
14. जल हीन कमल की रक्षा सूर्य भी क्यों नहीं कर पाता ?

संचयन

15. आज की युवा पीढ़ी को गिल्लू पाठ से क्या प्रेरणा लेनी चाहिए ?
16. सबके मन करने पर भी लेखिका ने गिलहरी के बच्चे की सेवा का दायित्व क्यों ले लिया? यह उनके चरित्र की किस विशेषता को उजागर करता है ?
17. गिल्लू पाठ में गुल्लू के कौन-कौन से क्रियाकलाप है जो मानव व्यवहार से मिलते जुलते हैं इस पाठ के आधार पर लिखिए।
18. व्यायाम और खेलकूद की महत्ता पर शिक्षक और विद्यार्थियों के मध्य हुए वार्तालाप को संवादात्मक शैली में लिखिए।

व्याकरण

19. आपके विद्यालय में हिंदी विषय की अध्यापिका आयीं हैं, उनकी विशेषताएँ बताते हुए अपने मित्र को पत्र लिखें।

अथवा

खेल-कूद में भाग लेने की प्रेरणा देते हुए अपनी छोटी बहन को पत्र लिखें।

20. निम्नलिखित में से किसी एक विषय पर लगभग 100 शब्दों में अनुच्छेद लिखें -

(क) विद्यार्थी जीवन

* जीवन निर्माण का काल * विद्यार्थी के लक्षण * विद्यार्थी के कर्तव्य

(ख) कम्प्यूटर : आज की आवश्यकता

* कम्प्यूटर एक विचित्र उपकरण * बढ़ता उपयोग * कम्प्यूटर से लाभ और हानियाँ * प्रयोग की सावधानियाँ

(उपरोक्त कार्य को उत्तरपुस्तिका में करें)

MATHEMATICS

Solve the following questions on A4 size sheets:

Q1. The distance of the given Point $(-3, -2)$ from the x-axis is

- (a) 2 units (b) 3 units (c) 5 units (d) 13 units

Q2. The abscissa and ordinate of the given Point with Coordinates $(8, 12)$ is

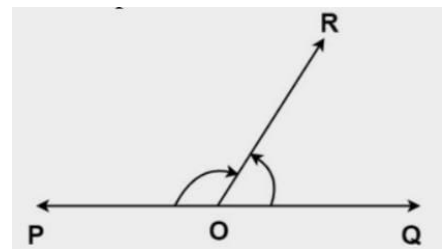
- (a) abscissa 12, ordinate 8 (b) abscissa 8, ordinate 12
(c) abscissa 0 and ordinate 2 (d) none of these

Q3. If $x = 2 + \sqrt{3}$, then value of $\frac{1}{x}$ is:

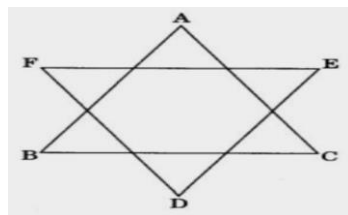
- (a) $\frac{1}{2+\sqrt{3}}$ (b) $2 - \sqrt{3}$ (c) $\sqrt{3}$ (d) $\frac{1}{2-\sqrt{3}}$

Q4. In the given figure, which pair do the $\angle POR$ and $\angle ROQ$ form?

- (a) Reflex angle (b) Complementary
(c) Linear (d) Vertically opposite



Q5. In the given figure $\angle A + \angle B + \angle C + \angle D + \angle E + \angle F = k$ right angles, then the value of k is:



- (a) 8 (b) 5 (c) 3 (d) 4

Q6. The product of any two irrational numbers is:

- (a) always an irrational number (b) always a rational number
(c) always an integer (d) sometimes rational, sometimes irrational

Q7. **Assertion:** Parallel lines are those which never intersect each other.

Reason: Parallel lines can be two or more lines.

- a) Both Assertion and reason are correct and reason is correct explanation for Assertion.
b) Both Assertion and reason are correct but reason is not correct explanation for Assertion.
c) Assertion is correct but reason is false.
d) Both Assertion and reason are false.

Q8. This is the picture of an ice-cream cone



The radius of the cone is 4 cm and the height is 15 cm.
An ice-cream seller keeps $\frac{1}{4}$ th of it empty.

What is the volume (in cm^3) of the empty part of the cone?

- (a) 12π (b) 15π (c) 19π (d) 20π

Q9. The radius of a hemispherical balloon increases from 6cm to 12cm as air is being pumped into it. The ratios of the surface areas of the balloon in the two cases are:

- (a) 1: 4 (b) 1: 3 (c) 2: 3 (d) 2: 1

Q10. The rational numbers between $\sqrt{2}$ and $\sqrt{3}$ is:

- (a) $\sqrt{2} \times \sqrt{3}$ (b) $\sqrt{5}$ (c) $\sqrt{4}$ (d) 6

Q11. If the ratio of the radius of two spheres is 1: 4, then the ratio of their volumes will be:

- (a) 1:5 (b) 5:4 (c) 5:16 (d) 1:64

Q12. If $x = 2 + 3\sqrt{2}$, then find $x + \frac{1}{x}$.

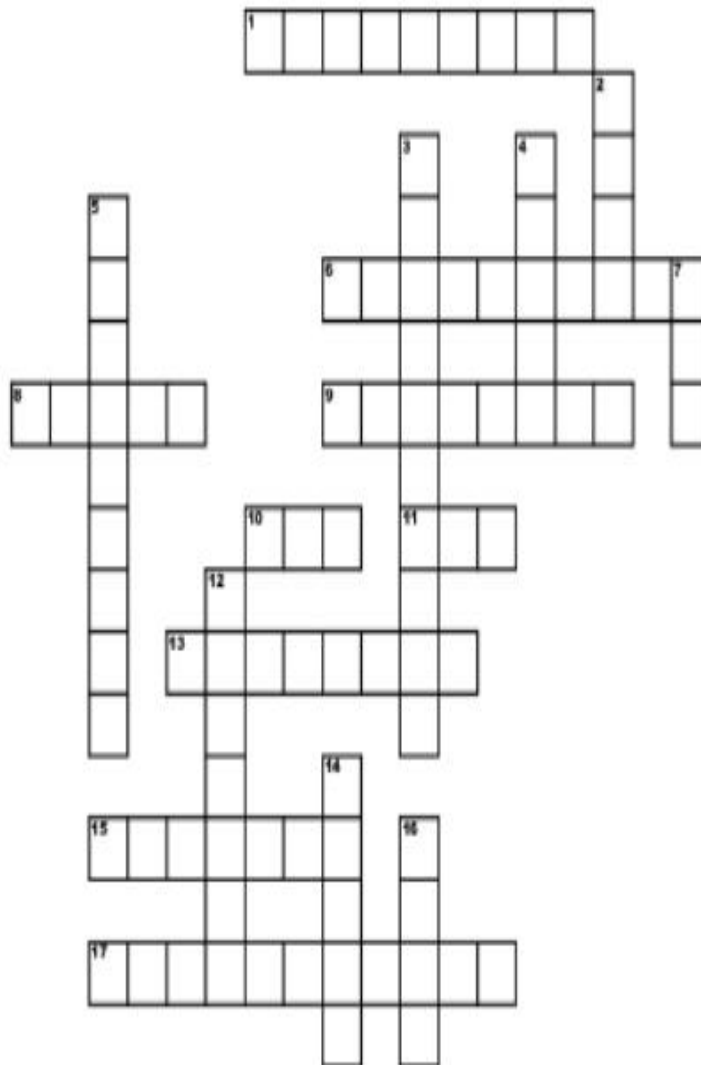
Q13. Rationalize the denominator $\frac{1}{\sqrt{5}+\sqrt{2}}$ and subtract it from $\sqrt{5} - \sqrt{2}$.

Q14. Give an example of each, of two irrational numbers whose:

- (i) Difference is a rational number. (ii) Difference is an irrational number.
(iii) Sum is a rational number. (iv) Sum is an irrational number.
(v) Product is a rational number. (vi) Product is an irrational number.
(vii) Quotient is a rational number. (viii) Quotient is an irrational number.

Q15. Bisectors of interior $\angle B$ and exterior $\angle ACD$ of a ΔABC intersect at the point T. Prove that $\angle BTC = \frac{1}{2} \angle BAC$.

Q16. Solve the crossword puzzle.



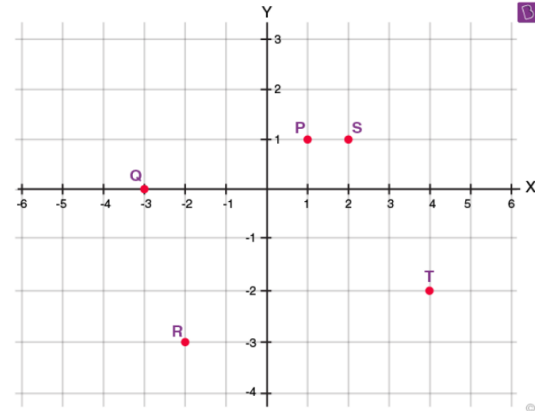
Across

1. all natural numbers having more than two distinct factors
6. the sum or difference of a rational and irrational number is
8. all counting numbers together with zero are
9. a whole number that can be positive, negative or zero
10. short form of highest common factor
11. the sum of even and odd is always
13. the number of the form P/q
15. any two consecutive numbers will always be
17. the numbers which can be represented on number line

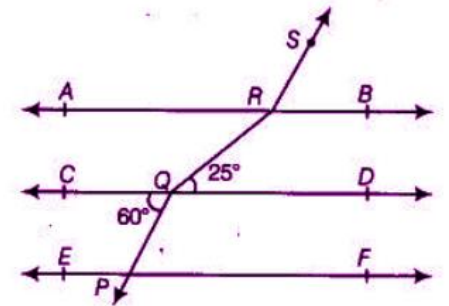
Down

2. the product of two even is always
3. a number which cannot be written in form P/q
4. if a number has two distinct factors namely 1 and itself then it is called
5. a series of well defined steps
7. short form of least common multiple
12. all counting numbers are
14. a proven statement which is used to prove another statement
16. a number that is divisible by 2

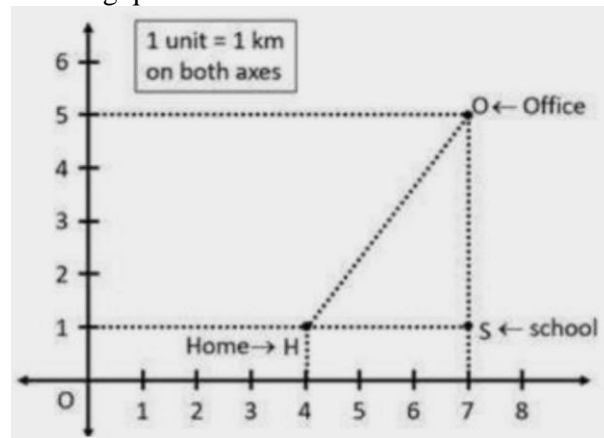
Q17. Write the coordinates of each of the points P, Q, R, S, T and O from the figure given.



Q18. In the figure, if $AB \parallel CD \parallel EF$, $PQ \parallel RS$, $\angle RQD = 25^\circ$ and $\angle CQP = 60^\circ$, then find $\angle QRS$.



Q19. Natasha has to reach her office every day at 9:00 am. On the way to her office, she drops her son at school. The location of Natasha's house, her son's school and her office are represented by the map below. Using the details given, answer the following questions.



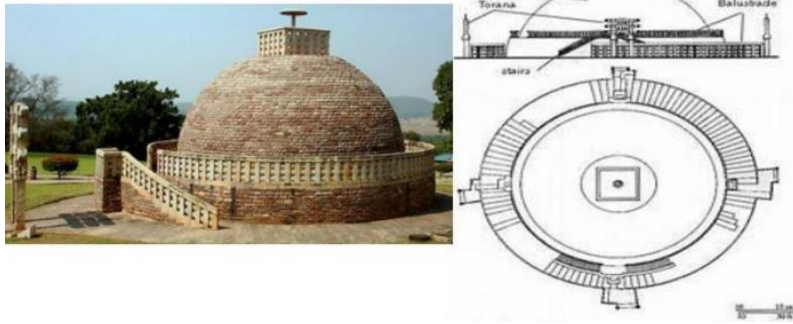
- Find the coordinates of Natasha's house.
- Name the figure formed by joining the coordinates of Natasha's house, her son's school and her office.
- Which distance is shorter Natasha's house and her son's school or Her son's school and her office?

OR

If Natasha has changed her office to a new location that is exactly mid-way of the school and her home the what are the co-ordinates of her new office location.

Q20. The Great Stupa at Sanchi is one of the oldest stone structures in India, and an important monument of Indian Architecture. It was originally commissioned by the emperor Ashoka in the 3rd century BCE. Its nucleus was a

simple hemispherical brick structure built over the relics of the Buddha. It is a perfect example of combination of solid figures. A big hemispherical dome with a cubical structure mounted on it.



- i) What is the area of circle of the base of hemispherical brick structure having radius 14 m?
- ii) If the radius of hemisphere is doubled then what will be the ratio of surface areas in these two cases.
- iii) Calculate the volume of the hemispherical dome if the height of the dome is 21 m.

OR

Find the area of cloth require to cover the hemispherical dome if the radius of its base is 14m.

Solve the following questions from R.S Aggarwal on A4 size sheets:

Ch -1 Number System

Ex 1B Q2, Q3, Q4, Q5

Ex 1D Q1, Q2, Q3, Q4, Q5, Q8

Ex 1E Q3, Q6

Ex 1F Q1, Q9, Q12, Q13, Q14

Ex 1G Q1, Q7

Ch -5 Coordinate Geometry (Ch 3 in NCERT)

Ex 5 Q1, Q3, Q6, Q7

Ch -7 Lines and Angles (Ch 6 in NCERT)

Ex 7A Q2, Q3

Ex 7B Q2, Q4, Q6, Q8

Ex 7C Q2, Q3, Q4, Q8

PROJECT WORK

Make a Beautiful design on a cardboard using square root spiral.

SCIENCE

PORTFOLIO WORK

Prepare a brief write-up on any one concept of the chapter Natural Resource and compile it in a file.
Instructions:

- A. File should have at least content of 12 pages.
- b. Add pictures (paste/ draw) related to the content.
- c. File should have the Index, acknowledgment and bibliography.

PRACTICALS: Do the following science experiments in the science Practical file.

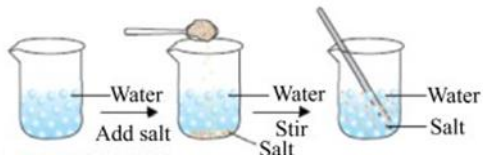
1. Determination of the melting point of ice and boiling point of water.
2. Preparation of stained temporary mounts of (a) onion peel, (b) human cheek cells & to record observations and draw their labelled diagrams.
3. Preparation of:
 - (a) A true solution of common salt, sugar and alum.
 - (b) A suspension of soil, chalk powder and fine sand in water.
 - (c) A colloidal solution of starch in water and egg albumin/ milk in water and a distinction between these based on
 - * Transparency * Filtration criterion * Stability
4. Preparation of
 - (a) A mixture (b) A compound (c) Using iron fillings and Sulphur powder and the distinction between these based on
 - * Appearance * Behavior towards a magnet * Behavior towards carbon disulphide as a solvent
 - * Effect of heat
5. Performing the following reactions and classify them as physical or chemical change
 - (a) Iron with copper sulphate solution in water
 - (b) Burning of magnesium ribbon in air.
 - (c) Zinc with dilute sulphuric acid.
 - (d) Heating of Copper sulphate crystals. Sodium sulphate with barium chloride in the form of their solutions

WORKSHEET

Complete the given worksheet in their Physics notebook.

Instructions

1. Questions no. 1 to 5 are objective-type questions.
 2. Question no. 6 to 10 are very short questions. Answers to these questions should be in the range of 30 to 50 words.
 3. Question no. 11 to 14 are short answer type questions. The answer to this question should be in the range of 50 to 80 words.
 4. Question no. 15 to 17 are long answer-type questions. The answer to this question should be in the range of 80 to 120 words.
 5. Question no. 18 to 20 are source-based/case-based questions. Answers to these questions should be in the range of 50 to 80 words.
-
1. The following experiment shows which property of matter?

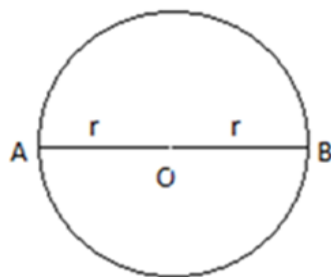


- a. Diffusion
 b. Particles of matter attract each other
 c. Particles of matter have space between them
 d. Effect of humidity
2. Which one of the following organelles in the figure correctly matches its function?



- a. Rough endoplasmic reticulum, protein synthesis
 b. Rough endoplasmic reticulum, glycogenesis
 c. Golgi bodies, protein synthesis
 d. Golgi bodies, formation of glycolipids
3. The proteins and lipids, essential for building the cell membrane, are manufactured by
 a. Rough endoplasmic reticulum b. Golgi apparatus c. Plasma membrane d. Mitochondria.

4. A particle is moving in a circular path of radius r . What would be its displacement while travelling from A - A?



- a. r b. $2r$ c. $r/2$ d. Zero
5. A student did an activity where he put a drop of ink in water. He noticed that as soon as the drop falls into the water, the blue ink spreads throughout. Why does diffusion happen in liquids?

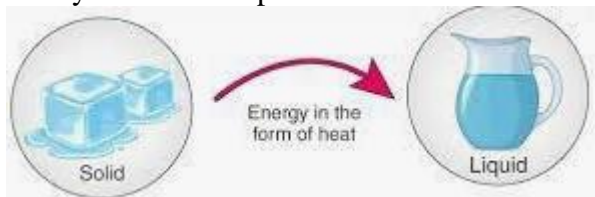


- a. Because liquids have a fixed volume
- b. b. Because liquids don't have a fixed shape
- c. Because particles can move around
- d. Because particles of liquids are closely spaced

6. What would happen to the life of a cell if there were no Golgi apparatus?

7. Which organelle is called a digestive bag and why?

8. Why does the temperature of a substance remain constant during the change of state?

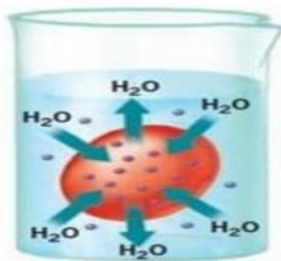


9. Suppose a ball is thrown vertically upwards from a position P above the ground. It rises to the height of 10m and then returns to the same point P. What is the net displacement and distance travelled by the ball?

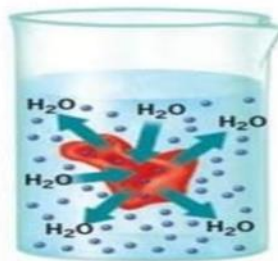
10. What can you say about the motion of an object whose distance time graph is a straight line parallel to the time axis?

11. a. Identify the type of solution in beakers A, B and C.

b. Why does the skin of your finger shrink when you wash clothes for a long time?



A



B



C

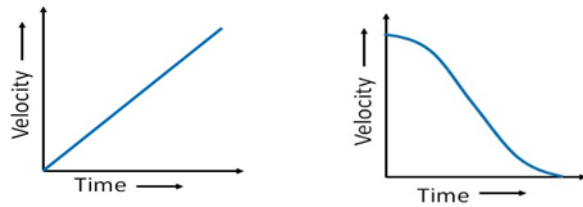
12. A car starts from rest and moves along the x-axis with a constant acceleration 5m/s^2 for 8 seconds. If it then continues with constant velocity, what distance will the car cover in 12 seconds since it started from rest?

13. Give reasons for the following:

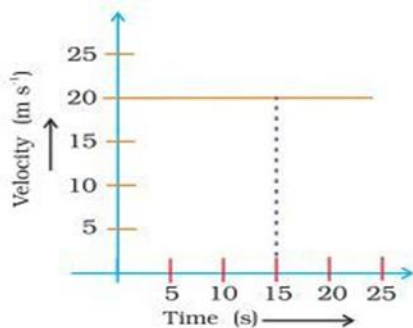
a. Naphthalene balls disappear with time without leaving any solid.

- b. Water at room temperature is a liquid.
- c. We get a smell of lighted incense sticks sitting at a distance.

14. How are these two graphs different from each other? Explain.



15. The following velocity-time graph shows the motion of a cyclist. Find a. its acceleration, b. its velocity and c. the distance covered by the cyclist in 15 seconds. Name the type of graph shown in the figure.

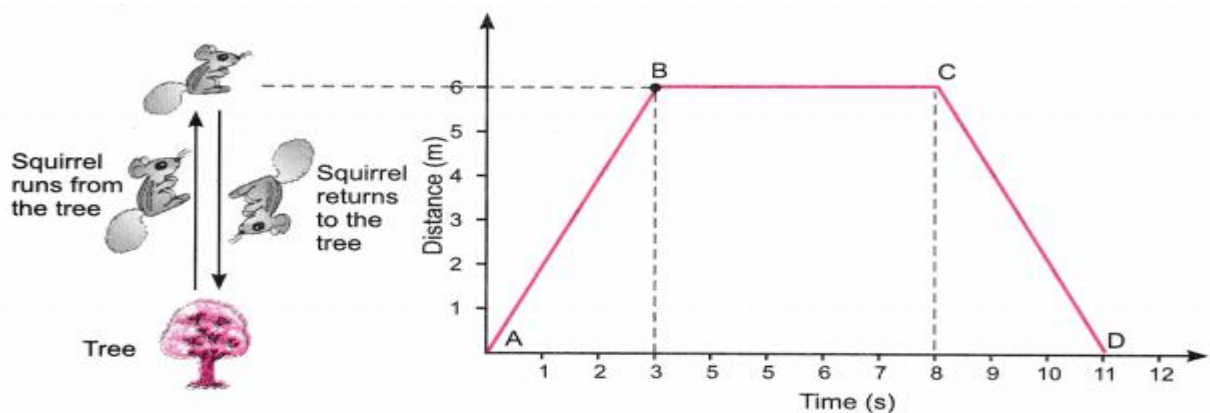


16. Write the name of different plant parts in which chromoplast, chloroplast and leucoplast are present. What function do they perform in plants?

17. Comment on the following statements:

- (a) Evaporation causes cooling.
- (b) Rate of evaporation of an aqueous solution decreases with increase in humidity.
- (c) Sponge though compressible is a solid.
- (d) Ice is solid at 0°C , while water is liquid at room temperature.
- (e) Sugar crystals dissolve faster in hot water than cold water.

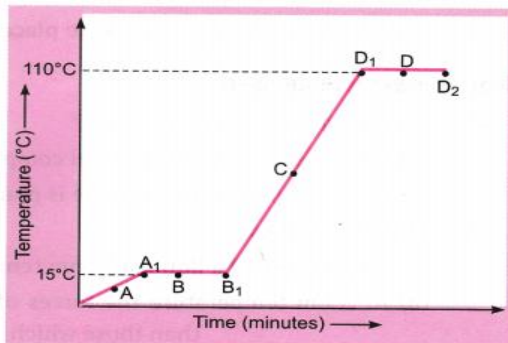
18. Suppose a squirrel is moving at a steady speed from the base of a tree towards some nuts. It then stays in the same position for a while, eating the nuts, before returning to the tree at the same speed. A graph can be plotted with a distance on the x-axis and the time on y-axis.



Observe the graph and answer the following questions.

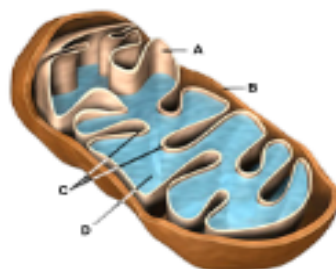
- Which part of the graph shows the squirrel moving away from the tree?
- Name the point on the graph which is 6 m away from the base of the tree.
- Which part of the graph shows that the squirrel is not moving?
- Which part of the graph shows that the squirrel is returning to the tree?
- Calculate the speed of the squirrel from the graph during its journey.

19. The temperature-time graph given alongside shows the heating curve for pure wax.



From the graph answer the following:

- What is the physical state of the substance at points A, B, C and D?
 - What is the melting point of the substance?
 - What is its boiling point?
 - Which portions of the graph indicate that a change of state is taking place?
 - Name the terms used for heat absorbed during the change of states involved in the above process.
20. a. Identify this cell organelle.
 b. Name the parts labelled a. b. c and d
 c. What is its function?



SOCIAL SCIENCE

PROJECT: Prepare a project on the topic – **DISASTER MANAGEMENT.**

The project report will be presented in the following order:

1. Cover page showing name of the school, session, and project title and student information.
2. List of content with page numbers (Introduction, Objective, Policies, Act, Case study, Conclusion)
3. Acknowledgement
4. Project overview: Purpose, Aim & Methodology.
5. Conclusion
6. Bibliography
7. Various forms of art must be integrated in the project work.
8. A summary report should be prepared

The total length of the project report should not be more than 10-15 pages of A4 size sheet. Collect relevant information, facts, pictures and figures to prepare the project. All the photographs and sketches should be labelled. It should be handwritten/printed and credit will be awarded to use of maps, graphs, articles of newspapers and magazines, good layout, cost effective and creative use of materials.

ASSIGNMENT

1. Social Science Workbook.

Complete the worksheet of the following chapters –

Economics : Ch. 1 The story of village Palampur.

Geography : Ch. 1 India : Size and Location.

Ch. 2 Physical Features of India.

Political Science: Ch. 1 What is democracy? Why democracy?

2. Answer the following questions. (Do it in your notebook)

Q1. If you go to Silvassa, which union territory will you be in?

Q2. Give an example of fixed and working capital?

Q3. Palk Strait and Gulf of Mannar separate which two countries?

Q4. Write any one feature of democracy.

Q5. Which is the only river in desert region?

Q6. Explain the four factors of the production.

Q7. There are two statements are given as Assertion (A) and Reason (R). Choose the correct answer from the options given below:

Assertion (A): In general, the flow of peninsular rivers is from west to east.

Reason (R): The general elevation of the peninsular plateau is from the west to the east.

Q8. Explain any four conditions that make an election democratic.

Q9. Give any two distinct features of the peninsular plateau of India

- Q10. Give arguments in favour of democracy with suitable examples.
- Q11. Compare the features of Democratic and Non - Democratic government.
- Q12. Why are the wages for farm labourers in Palampur less than minimum wages?
- Q13. Contrast the relief of the Himalayan region with that of the Peninsular plateau.
- Q14. Give an account of the Northern Plains of India.
- Q15. The central location of India at the head of the Indian Ocean is considered of great significance. Why ?
- Q16. Explain about standard meridian of India.
- Q17. Modern farming methods require more inputs which are manufactured in industries. Do you agree?
- Q18. 'Democracy is all about political competition and power play. There is no scope for morality'. Justify the statement by giving arguments against democracy.
- Q19. Consider the following facts about a country and decide if you would call it a democracy. Give reasons to support your decision.
- (i) All the citizens of the country have right to vote. Elections are held regularly.
 - (ii) The country took loan from international agencies. One of the conditions for giving loan was that the government would reduce its expenses on education and health.
 - (iii) People speak more than seven languages but education is available only in one language, the language spoken by 52 per cent people of that country.
- Q20. Read the source given below and answer the following question:

The Deccan Plateau is a triangular landmass that lies to the south of the river Narmada. The Satpura range flanks its broad base in the north, while the Mahadev, the Kaimur hills and the Maikal range form its eastern extensions. The Deccan Plateau is higher in the west and slopes gently eastwards. An extension of the Plateau is also visible in the northeast, locally known as the Meghalaya, Karbi-Anglong Plateau and North Cachar Hills. It is separated by a fault from the Chotanagpur Plateau. Three prominent hill ranges from the west to the east are the Garo, the Khasi and the Jaintia Hills. The Western Ghats and the Eastern Ghats mark the western and the eastern edges of the Deccan Plateau.

1. What is the difference between the Western Ghats and the Eastern Ghats?
2. Peninsular Plateau consists of two broad divisions, namely the _____ and the _____.
3. Write one feature of the Deccan Plateau?

7. Which of the following operation will create duplication of table?

- a) Deleting a table b) Copying a table c) Moving a table d) Creating a table

8. Which is NOT a type of alignment in Word Processor?




- a) Left b) Justify c) Middle d) Center

Answer the following questions-


9. Why is self-management important for personal growth and success?
10. Define non-verbal communication. Give examples of non-verbal cues.
11. What are the various applications of computers in the field of entertainment?
12. What are the various applications of computers in the field of entertainment?
13. Write any two uses of Word processor.
14. How can you bring up the picture toolbar?
15. How can you insert image in a document?
16. How do you find & replace text in writer?

(N.B- Do your AI and IT worksheet work in your respective notebooks)

ART

S.NO.	TOPIC
1.	<p>On an A4 size canvas, draw and color the following Major Art Forms with acrylic color: Any 2</p> <ul style="list-style-type: none">a) Madhubani Paintingb) Phad Paintingsc) Warli art <div style="display: flex; justify-content: space-around; align-items: center;"></div>

WORK EDUCATION

S.NO.	TOPIC
1.	Prepare a Quilling Art on 'The Starry Night' by Vincent van Gogh 

YOGA

1. Explain Meaning, Definition and history of yoga
2. Explain Misconception about Yoga
3. Explain Meditation and how much it important in day to day life
4. What is suryanamaskar, explain with their steps and their benefits
5. What is common yoga protocol and their details
6. Explain pranayama and how much it important in day to day life

(N.B-Students will make the yoga portfolio in A4 size sheets, minimum sheets – 12)

PHYSICAL EDUCATION (HPE Portfolio)

A) Athletics: - (Any 4)

1. Running
2. Long Jump
3. High Jump
4. Shot Put
5. Discus Throw
6. Javelin Throw

B) Team Games: - (Any 2)

1. Basketball
2. Football
3. Table Tennis
4. Badminton
5. Volleyball
6. Kho-Kho

C) Adventure Sports: - (Any 2)

1. Skating
2. Wrestling
3. Boxing