



ST. THOMAS' SCHOOL
DWARKA

Summer Holiday Homework (2025-26)
Class: VI

ENGLISH

Kindly complete the following tasks from Resource Book:

- Reading: Do Comprehension passages 1 and 2 (page no 4,5) and unseen poems 5,6 (Pg. 8,9).
- Writing: Do Informal letters 2 and 3 (Pg. 15, 16).
- Grammar: Do exercise E of Nouns on Pg. 31 and exercises E, F of Pronouns on Pg. 34.
- Attempt Sample Paper for Periodic Test 1 on Pg. 92.

MATHEMATICS

- Solve the Summer Break Assignment uploaded on Cloud 9 and Microsoft Teams using the test sheets and submit by 04.07.2025.

SCIENCE

- Kindly complete the assignment of 'Methods of Separation and Materials Around Us' in Resource book.
- Solve the worksheet uploaded on the school portal.

SOCIAL SCIENCE

1. Read and revise the following chapters.
 - Chapter-1 Locating Places on the Earth
 - Chapter -5 India, That is Bharat
 - Chapter-9 Family and Community
2. Complete and revise the workbook of the above-mentioned chapters.
3. Draw and label the diagram of heat zones and also mark the important lines of latitudes.

हिंदी

स्रोत पत्रिका (Resource Book)

निम्नलिखित अभ्यास पत्र पूर्ण कीजिए—

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|------------------|------------|----------------|
| • अभ्यास पत्र—2 | (पृष्ठ—5) | अपठित गद्यांश |
| • अभ्यास पत्र—18 | (पृष्ठ—42) | प्रार्थना—पत्र |
| • अभ्यास पत्र—20 | (पृष्ठ—49) | चित्र वर्णन |
| • अभ्यास पत्र—17 | (पृष्ठ—37) | अनुच्छेद लेखन |

संस्कृत

- ए-4 साइज़ शीट पर वन्य जीवों का नाम दर्शाते हुए सुंदर चित्र के माध्यम से अलग-अलग लिंगों व तीन वचनों में प्रदर्शित कीजिए। (अनुक्रमांक 1-15)
 - ए-3 साइज़ शीट पर शरीर के अंगों के नाम संस्कृत में सुंदर चित्र के माध्यम से लिखिए। (अनुक्रमांक 16-30)
 - संख्यावाची शब्दों के लिंग विभक्ति और वचन के अनुसार सुंदर चित्रों के माध्यम से ए-3 साइज़ शीट पर प्रदर्शित कीजिए। (अनुक्रमांक 31-40)
- स्त्रोत पुस्तिका – पृष्ठ संख्या 3, 13, 14, 15, 16, 17 पूर्ण कीजिए।



ST. THOMAS' SCHOOL
DWARKA

Summer Holiday Homework (2025-26)
Class: VII

ENGLISH

Kindly complete the following tasks from Resource Book:

- Reading: Do Unseen Passage 1, 2(Pg. 4,6) and unseen Poem 5,6(Pg. 12,14)
- Writing: Do Informal letter 2, 3 (Pg no. 21,22).
- Grammar: Do exercise E of Subject Verb Agreement on Pg. 46 and exercises F, G on Pg. 49
- Attempt Sample Paper for Periodic test - 1 on Pg. 107.

MATHEMATICS

- Solve the Summer Break Assignment uploaded on Cloud 9 and Microsoft Teams using the test sheets and submit by 04.07.2025.

SCIENCE

- Kindly complete the assignment of 'Physical & Chemical Changes and Nutrition in Animals' in the Resource book.
- Solve the worksheet uploaded on the school portal.

SOCIAL SCIENCE

A. Read and revise the following chapters:

- Chapter 1: Medieval India (AD 700- AD1750) (History)
- Chapter 2: Inside our Earth (Geography)
- Chapter 1: Equality in Indian Democracy (Social and political life)

B. Do and revise the workbook of the above-mentioned chapters.

हिंदी

स्रोत पत्रिका (Resource Book)

निम्नलिखित अभ्यास पत्र पूर्ण कीजिए—

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|------------------|------------|---------------------|
| • अभ्यास पत्र-2 | (पृष्ठ-5) | अपठित गद्यांश |
| • अभ्यास पत्र-20 | (पृष्ठ-38) | अनुच्छेद लेखन |
| • अभ्यास पत्र-21 | (पृष्ठ-43) | पत्र लेखन (औपचारिक) |
| • अभ्यास पत्र-22 | (पृष्ठ-47) | संवाद लेखन |
| • अभ्यास पत्र-23 | (पृष्ठ-49) | चित्र वर्णन |

संस्कृत

- पाँच दर्शनीय स्थलों के चित्र एकत्रित करके संचिका (स्क्रेप बुक) में चिपकाएँ और उनसे संबंधित तीन-तीन वाक्य संस्कृत में लिखिए। (अनुक्रमांक 1-15)
- ए-3 साइज शीट पर 'संसर्गस्य प्रभावः' (सत्संगति) विषय पर संस्कृत में कथा सचित्र बनाइए। (अनुक्रमांक 16-30)
- संस्कृत की किन्हीं पाँच प्रसिद्ध सूक्तियों को ए-4 साइज शीट पर सुंदर चित्र व अर्थ सहित लिखिए। (अनुक्रमांक 31-40)

स्रोत पुस्तिका – पृष्ठ संख्या 3, 4, 5, 14, 15, 17, 18, 19, 20 पूर्ण कीजिए।



ST. THOMAS' SCHOOL
DWARKA

Summer Holiday Homework (2025-26)

Class: VIII

ENGLISH

Kindly complete the following tasks from Resource Book:

- Reading: Do Unseen passage 1, 2 (Pg. 4,6) and unseen poems 5,6 Pg. 12,14)
- Writing: Do Informal letter 2,3 (Pg 19, 20).
- Grammar: Do exercise 6, 7 of Subject Verb Agreement on Pg. 35 and exercise 3 of Tenses on Pg.38
- Attempt Sample Paper for Periodic Test-1 on 98.

MATHEMATICS

- Solve the Summer Break Assignment uploaded on Cloud 9 and Microsoft Teams using the test sheets and submit by 04.07.2025.

SCIENCE

- Kindly complete the assignment of 'Friction and Metals and Non-metals' in the Resource book.
- Solve the worksheet uploaded on the school portal.

SOCIAL SCIENCE

1. Read and revise the following chapters:
 - Chapter-1 When, Where and How
 - Chapter-2 The British- From Traders to Rulers
 - Chapter-1 Resources
 - Chapter-1 The Indian Constitution and the Rule of law
2. Complete and revise the workbook of above-mentioned chapters.
3. On the political map of India, locate and mark the following: (Refer to pg. 15 of the Social Science textbook)
 - Identify the province that was annexed by the Company on the pretext of mis-governance in 1856. (Awadh)
 - Identify the area where dual government existed between 1765 to 1772. (Bengal)
 - Identify the trading post set up by the British in 1613. (Surat)
 - Identify the port that became a big commercial city in 1639. (Madras)

a) Punjab v) Delhi c) Bihar d) Orissa e) Bombay f) Diu

हिंदी

स्रोत पत्रिका (Resource Book)

निम्नलिखित अभ्यास पत्र पूर्ण कीजिए—

- | | | |
|------------------|------------|---------------|
| • अभ्यास पत्र-2 | (पृष्ठ-5) | अपठित गद्यांश |
| • अभ्यास पत्र-18 | (पृष्ठ-37) | अनुच्छेद लेखन |
| • अभ्यास पत्र-19 | (पृष्ठ-42) | पत्र लेखन |
| • अभ्यास पत्र-22 | (पृष्ठ-51) | चित्र वर्णन |
| • अभ्यास पत्र-20 | (पृष्ठ-46) | संवाद लेखन |

संस्कृत

- 'शांति' विषय पर भित्ति चित्र (पोस्टर) बनाकर इस विषय में संस्कृत में सूक्ति भी लिखिए। (अनुक्रमांक 1-15)
- किन्हीं पाँच 'विद्या महिमा' से संबंधित श्लोकों को प्रोजेक्ट फाइल के माध्यम से अर्थ व चित्र सहित दर्शाए। (अनुक्रमांक 16-30)
- ए-3 साइज़ शीट पर दीर्घ, गुण, वृद्धि संधि के नियमों के माध्यम से पाँच-पाँच उदाहरण चित्रों के द्वारा अंकित कीजिए। (अनुक्रमांक 31-40)

स्रोत पुस्तिका — पृष्ठ संख्या 3, 4, 12, 13, 14, 16, 18, 20, 22 पूर्ण कीजिए।



ST. THOMAS' SCHOOL
DWARKA

Summer Holiday Homework (2025-26)

Class: IX

ENGLISH

Complete the following worksheets from BBC Compacta:

1. READING MODULE-1

- Unseen Passages: Classroom Assignment 1 to 5 (page no. 3-16)

2. WRITING MODULE 4

- Paragraph Writing: Classroom Assignment 1 and 2 (page no. 160-166)

3. GRAMMAR MODULE 6:

- Gap Filling: Homework Assignment 28 and 29 (page no. 262-264)
- Editing: Homework Assignment 30 and 31 (page no. 272-274)
- Omissions: Homework 32 (page no. -285) Practice Assignment 35 (page no. 281).

HINDI

मी० एंड माइन के ग्रीष्मावकाश कार्य के लिए निम्नलिखित अभ्यास पत्रों को पूर्ण कीजिए—

- अभ्यास पत्र 1 से 5 (पृष्ठ संख्या 5—14)
- अभ्यास पत्र 76 से 79 (पृष्ठ संख्या 175—182)

MATHEMATICS

- Complete the assigned Art Integration project.
- Solve the Summer Break Assignment uploaded on Cloud 9 and Microsoft Teams using the test sheets and submit by 04.07.2025.

SCIENCE

- Complete the Assignment uploaded on Cloud 9 in an A4 sheet.
- Revision of Chapters already taught in the class.
- Completion of practical file.
- Completion of the Art integrated project.

SOCIAL SCIENCE

- Practice the questions from the Assignment Booklet.
- Revision of chapters for periodic test I.
- Completion of the Art integrated project.
- Practice the map work prescribed by CBSE in the curriculum.

ARTIFICIAL INTELLIGENCE

- Revision of chapters already taught in the class.
- Do the assignment uploaded on Microsoft Teams in your notebook.

COMPUTER APPLICATIONS

- Revision of chapters already taught in the class.
- Do the assignment uploaded on Microsoft Teams in your notebook.

PAINTING

- Two object studies (medium-pencil shading)
- Any one folk art (medium-mix media)



ST. THOMAS' SCHOOL
DWARKA

Summer Holiday Homework (2025-26)

Class: X

ENGLISH

Complete the following worksheets from BBC Compacta:

1. READING MODULE-1

- Unseen Passages: Classroom Assignment 1 to 5 (page no. 3 to page no. 17)

2. WRITING MODULE-2 & 3

- Email Writing: Homework Assignment-10,11 & 12 (page no. 107 to page no.111)
- Factual Description: Paragraph writing:
 - Homework Assignment -13 (page no. 124-125)
 - Homework Assignment -14 (page no.134-135)

3. GRAMMAR- MODULE-7

- Gap Filling: Homework Assignment 20 & 21 (page no. 278 to 281)
- Editing (Error correction)
 - Practice Assignment-26 (page no. 287-288)
 - Homework Assignment 22 (page 289-290)
- Omissions: Homework Assignment-23 & 24 (page no. 295-298)
- Sentence reordering: Homework Assignment 25 (page no. 303-304)

HINDI

मी० एंड माइन के ग्रीष्मावकाश कार्य के लिए निम्नलिखित अभ्यास पत्रों को पूर्ण कीजिए—

- अभ्यास पत्र 1 से 5 (पृष्ठ संख्या 5—14)
- अभ्यास पत्र 96 से 101 (पृष्ठ संख्या 233—244)

MATHEMATICS

Task 1: Complete the assigned Art Integration project.

Task 2: Solve the Summer Break Assignment uploaded on Cloud 9 and Microsoft Teams using the test sheets and submit by 04.07.2025.

SCIENCE

- Complete the Assignment uploaded on Cloud9 in an A4 sheet.
- Revision of Chapters already taught in the class.
- Completion of practical file.
- Completion of the Art integrated project.

SOCIAL SCIENCE

- Practice the questions from the Assignment Booklet.
- Revision of chapters for periodic test I.
- Completion of the Art integrated project.
- Practice the map work prescribed by CBSE in the curriculum.

COMPUTER APPLICATIONS

- Revision of chapters already taught in the class.
- Do the assignment uploaded on Microsoft Teams in your notebook.

ARTIFICIAL INTELLIGENCE

- Revision of chapters already taught in the class.
- Do the assignment uploaded on Microsoft Teams in your notebook.

PAINTING

- Two Object Studies (Medium-Pencil Shading)
- Any One Folk Art (Medium-Mix Media)

HOME SCIENCE

- Create a fun play item for kids (0–5 yrs)
- Plan a healthy, balanced meal for yourself.
- Make a daily time schedule for yourself.
- Design a slogan/poster promoting consumer awareness.
- Note 5 agreements and disagreements with parents, siblings, and friends and suggest ways to improve those relationships.
- Revise chapter 1 and 2 thoroughly.



ST. THOMAS' SCHOOL
DWARKA

Summer Holiday Homework (2025-26)
Class : XI

ENGLISH

1. Poster Making

Create two posters:

- Event-Based Poster: Design a poster to promote a cultural fest, blood donation camp or any upcoming school/community event. Include essential details like date, time, venue, and contact information. Use catchy slogans and attractive visuals.
- Non-Event Based Poster: Create a poster to raise awareness about a social issue such as environment conservation, mental health awareness, anti-bullying, or road safety.

2. Travelogue Design

Write a travelogue describing a real or fictional journey that you undertook.

Your travelogue should include:

- Introduction to the destination
- Journey experience (how you traveled, sights along the way)
- Description of places visited, food, people, and culture
- Memorable moments or challenges faced
- Conclusion with your overall experience and personal reflection
- Word limit- 300–400 words
- Optional: Add photographs, maps, drawings to enrich your travelogue

MATHEMATICS

1. Revise chapters 1 to 3 for upcoming PT1. Practice all the examples and exercise questions from NCERT and the exemplar, for chapters 1 to 3.
2. Solve the summer holiday assignment uploaded on Cloud 9 in your notebook.
3. Prepare Mathematics practical file as per the instructions and reference material uploaded on MS Teams and cloud 9.

ACCOUNTANCY

1. Chapter 1 to 4 - Revise all the topics discussed.
2. Chapter 5 - Revise all the illustrations

Note:

- (i) Do all the MCQs for all the chapters mentioned above.
- (ii) Do all the questions and basic accounting terms in the fair notebook.

PHYSICS

1. Revision of chapters already taught in the class.
2. Completion of worksheets uploaded on MS Teams and cloud9.

BUSINESS STUDIES

1. Students are required to make a project on any one topic given below: -
 - a) Make a report on "Indian Startups and their incredible success"

OR

 - b) Indian business tycoons and visionary entrepreneurs.
2. Presentation and submission of project report.
3. Following essentials are required to be fulfilled for its preparation and submission.
 - a) The total project will be in a file format, consisting of the recordings of the value of shares and the graphs.
 - b) The project will be handwritten of 20-25 pages.
 - c) The project will be presented in a neat folder.
 - d) The project report will be developed in the following sequence-
 - Cover page should project the title, student information, school and year.
 - List of contents or index
 - Acknowledgements
 - Introduction.
 - Topic with suitable heading.
 - Observations and findings while conducting the project.
 - Conclusions (summarised suggestions or findings, future scope of study).

Assessment

The marks will be allocated on the following heads.

- Initiative, cooperativeness and participation - 2 marks
- Creativity in presentation - 2 marks
- Content, observation and research work - 4 marks
- Analysis of situations - 4 marks
- Viva -8 marks

Total 20 marks

CHEMISTRY

1. Revision of chapters already taught in the class (Chapter -1, Chapter-2).
2. Students need to revise exercise questions of N.C.E.R.T text book of Chapter -1 and Chapter-2.
3. Students need to solve given assignment.

All the work is needed to be done in a separate note book.
4. Students need to complete all the assigned practicals in the practical file.

BIOLOGY

1. Revision of chapters already taught in the class.
2. Completion of practical file.

COMPUTER SCIENCE

1. Revision of chapters already taught in the class.
2. Do the assignment uploaded on Microsoft Teams in your notebook.

INFORMATICS PRACTICES

1. Revision of chapters already taught in the class.
2. Do the assignment uploaded on Microsoft Teams in your notebook.

PSYCHOLOGY

Summer Task & Case Profile Project – Important Guidelines

1. Revise the PT-1 syllabus thoroughly during the summer break.
2. Make your case study file as per the instructions given below:
 - Prepare a case profile based on the subject's age as mentioned in both test manuals.
 - Collect one reading each for both the tests.
 - Use interleaf pages for compiling the case profile.
 - Follow the example format copy shared and discussed during class sessions.
 - Ensure your case profile project is neat, clean, and well-organized.

POLITICAL SCIENCE

Project will be made by students on topics that have been assigned to them.

Project overview:

1. The project can be individual/pair/group of 4-5 each. The Project can be made on any of the topics given in the syllabus of a particular class or on any contemporary issues.
2. The project work can culminate in the form of films, albums, songs, storytelling, debate, Role Play, Skit, Presentation, Model, Field Survey, Mock Drills/Mock Event, etc.
3. Students can use primary sources available in the city archives. These can also include newspaper cuttings, photographs, film footage, and recorded written/spoken speeches. Secondary sources may also be used after proper authentication.

HISTORY

1. Revise all the chapters which are covered in class.
2. Work on PPT for the given topic after group discussion.
3. Visit to the places related with your research along with your group members.
4. Make your project as per the given guidelines in the classroom. The project must contain cover page, acknowledgement, certificate, bibliography, interpretations and maps.

ECONOMICS

CBSE Guidelines for Project Work in Economics for Class XI

The expectations of the project work are that:

- Learners will complete only ONE project in each academic session
- Project should be hand written and of 3,500-4,000 words (excluding diagrams & graphs)
- It will be an independent, self-directed piece of study.

Expected Checklist:

- Introduction of topic/title
- Identifying the causes, consequences and/or remedies
- Various stakeholders and effect on each of them
- Advantages and disadvantages of situations or issues identified
- Short-term and long-term implications of economic strategies suggested in the course of research
- Validity, reliability, appropriateness and relevance of data used for research work and for presentation in the file
- Presentation and writing that is succinct and coherent in project file
- Citation of the materials referred to, in the file in footnotes, resources section, bibliography etc

PAINTING/FINE ARTS

1. Students to draw three still life with two objects and two composition study with human figure on five different half imperial sheets.
2. Use pencil shading/colour pencil for the art work.

HOME SCIENCE

1. Revise all chapters already taught in the class.
2. All NCERT back exercise of all the chapters done in class to be completed in fair notebook.
3. Complete the following practical in your file:
 - a) Observe developmental norms (physical, motor, language and social - emotional) of a child from birth to three years.
 - b) List and discuss 4-5 areas of agreement and disagreement with
 - Mother
 - Father
 - Siblings/ Friends
 - Teacher
 - c) (i) Record own diet for a day.
(ii) Evaluate qualitatively for adequacy.

PHYSICAL EDUCATION

1. Prepare physical education practical file.
2. The record file shall include:
 - Practical-1: Fitness tests administration. (SAI Khelo India Test)
 - Practical-2: Procedure for asanas, benefits and contraindications for any two asanas for each lifestyle disease.
 - Practical-3: Any one IOA recognised sport/game of choice. Labelled diagram of field and equipment. Also mention its rules, terminologies and skills.



ST. THOMAS' SCHOOL
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Summer Holiday Homework (2025-26)
Class: XII

ENGLISH

Literature into Film – "From Page to Screen"

Focus: How literature is adapted into cinema

Select two novels that were made into films. Compare book vs. movie on the basis of narrative techniques, what was added or lost. Paste film posters, movie stills, and author bios.

The project file should contain:

- Index page
- Acknowledgement
- Certificate of completion
- Topic
- Objective
- Report- narrative techniques, what was added or lost, critics reviews and box office reports (each sub-topic to be discussed)
- Student reflection-Reflect on the power of visual storytelling vs written word (150-200 words)
- Bibliography

ACCOUNTANCY

Revise all the unsolved and illustrations of the chapters given below:

- Ch-1 Fundamentals of Partnership
- Ch-2 Valuation of Goodwill
- Ch-3 Change in The Profit-Sharing Ratio of Existing Partner
- Ch-4 Admission of a Partner
- Ch-5 Retirement of a Partner

PHYSICS

1. Completion of physics practical and activity files
2. Revision of chapters 1,2 & 3

BIOLOGY

1. Revision of chapters already taught in the class.
2. Completion of the Practical file and Project file.

MATHEMATICS

1. Revise chapters 1 to 5. Practice all the examples and exercise questions from NCERT and the exemplar, for chapters 1 to 5.
2. Solve the summer holiday assignment uploaded on Cloud 9 in your notebook.
3. Prepare Mathematics practical file as per the instructions and reference material uploaded on cloud 9.

BUSINESS STUDIES

CBSE Guidelines for Project Work in Business Studies for Class XII

1. Choose ANY ONE topic from the following and prepare a project file.
 - Project One – Principles of Management
 - Project Two – Elements of Business Environment
 - Project Three – Marketing Management Presentation and Submission of Project Report
3. The total length of the project will be of 25 to 30 pages.
4. The project should be handwritten.
5. The project should be presented in a neat folder.
6. 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
 - Teacher's observation.
 - Signatures of the teachers.

ECONOMICS

CBSE Guidelines for Project Work in Economics for Class XII

The expectations of the project work are that:

- Learners will complete only ONE project in each academic session
- Project should be hand written containing 3,500-4,000 words (excluding diagrams & graphs)
- It will be an independent, self-directed piece of study.

Expected Checklist:

- Introduction of topic/title
- Identifying the causes, consequences and/or remedies
- Various stakeholders and effect on each of them
- Advantages and disadvantages of situations or issues identified
- Short-term and long-term implications of economic strategies suggested in the course of research
- Validity, reliability, appropriateness and relevance of data used for research work and for presentation in the project file
- Presentation and writing that is succinct and coherent in project file
- Citation of the materials referred to, in the file in footnotes, resources section, bibliography etc

CHEMISTRY

1. Revision of chapters already taught in the class.
2. Complete all the assignments assigned.
3. All NCERT back exercise of all the chapters done in class to be revised in fair notebook.
4. Practical file with all the experiments to be completed.
5. Students need to prepare one project report as per the CBSE guidelines. Project should include following content:
 - Topic of the project (cover page)
 - Acknowledgement
 - Certificate
 - Index
 - Aim of the project
 - Introduction
 - Theory

- Procedure
- Experiment
- Observations
- Result
- Reference

HOME SCIENCE

1. Revise chapters already covered in class.
2. Complete your notebook.
3. Complete your project on assigned topics.

COMPUTER SCIENCE

1. Revision of chapters already taught in the class.
2. Completion of the Practical file and Project file.

INFORMATICS PRACTICES

1. Revision of chapters already taught in the class.
2. Completion of the Practical file and Project file.

POLITICAL SCIENCE

Project will be made by students on topics that have been assigned to them on following discussion.

Project overview:

- The Project can be made on any of the topics given in the syllabus of a particular class or any contemporary issues.
- The project work can culminate in films, albums, songs, storytelling, debate, Role Play, Skit, Presentation, Model, Field Survey, Mock Drills/Mock Event etc.
- Students can use primary sources available in city archives. These can also include newspaper cuttings, photographs, film footage and recorded written/speeches. Secondary sources may also be used after proper authentication.

HISTORY

1. Revise all the chapters which are covered in class.
2. Work on PPT for the given topic after group discussion.
3. Visit to the places related with your research along with your group members.
4. Make your project as per the given guidelines in the classroom. The project must contain cover page acknowledgement, certificate, bibliography, interpretations and maps.

PSYCHOLOGY

Summer Task & Case Profile Project – Important Guidelines

1. Prepare a case profile based on the subject's age as specified in both AISS and SCQ manuals.
2. Collect one reading each for the tests: AISS and SCQ.
3. Use interleaved pages to compile the case profile neatly.
4. Follow the sample format shared and discussed in class carefully.
5. Ensure the project is neatly presented, well-structured, and complete.
6. Revise the PT-1 syllabus thoroughly during the summer break.
7. Also, go through the notes provided for your reference and better understanding.

PHYSICAL EDUCATION

Prepare File

The Record File shall include:

- > Practical-1: Fitness tests administration. (SAI Khelo India Test)
- > Practical-2: Procedure for Asanas, Benefits & Contraindications for any two Asanas for each lifestyle disease.
- Practical-3: Any one IOA recognised Sport/Game of choice. Labelled diagram of Field & Equipment. Also, mention its Rules, Terminologies & Skills.

Also, complete the worksheets.

FINE ARTS

Prepare the following sheets:

- 3 still life
- 2 composition

You can use any medium / still life study with 4 object / composition study with 3 human figure