

HOLIDAY HOMEWORK (2026-27)
CLASS XI- HUMANITIES

THEME: EMPOWERING WOMEN

General Instructions:

- Part A is compulsory for all. Parts B-E are to be attempted as per your subject.
- Follow the instructions for each subject.
- Each Part has to be done individually, under the concerned subject teacher's supervision.
- **Note:** Regular study and practice are essential for the Pre Mid-Term Examination.
- **For project based HHW** (English Core, Political Science, Legal Studies, Economics), the same instructions given below have to be followed:

Methodology- Students are required to conduct independent research and prepare a detailed project report. The following steps should be followed:

- ✓ Select an appropriate topic as stated subject wise.
- ✓ Gather information from reliable sources such as books, newspapers, journals, interviews, surveys, magazines, and authentic websites as per the topic chosen by you from the options provided in the HHW.
- ✓ Write a clear Statement of Purpose explaining the aim of the project.
- ✓ Support the project with facts, examples, references, surveys, or case studies wherever relevant.
- ✓ Organize the content under proper headings and sub-headings.
- ✓ Include creative elements such as posters, illustrations, poems, articles, interviews, or photographs wherever suitable.
- ✓ Conclude the project with your personal analysis and understanding of the topic.
- ✓ Mention all sources and references used for research.

Project Requirements

- ✓ The project file should be in A4 size and handwritten.
- ✓ Minimum length: 20 pages (excluding cover page and bibliography).
- ✓ Use proper headings, spacing, and presentation.
- ✓ Include relevant pictures, newspaper clippings, charts, survey findings, or literary extracts wherever possible.
- ✓ The work should reflect originality, creativity, and understanding of the topic.

Prescribed Format of the Project

- Cover Page
- Acknowledgement
- Certificate
- Index
- Statement of Purpose
- Introduction
- Main Content/Research
- Survey / Interview
- Reflection/ Conclusion
- Bibliography/ References

Important Instructions

- ✓ Submit the completed project file after the summer vacation as per the teacher's instructions.
- ✓ Ensure neatness, creativity, and timely submission.
- ✓ Projects copied directly from the internet will not be accepted.
- ✓ The project should reflect independent thinking, creativity, and meaningful research.

PART A (ENGLISH CORE)

PROJECT WORK

Objectives of the Project

The project work aims to help students:

- Develop reading, writing, speaking, and research skills through independent learning.
- Enhance creativity, critical thinking, and analytical abilities.
- Improve communication skills through surveys, interviews, article writing, and presentations.
- Understand the role of literature and language in promoting social awareness and change.

Suggested Areas for Research. (Choose any one or frame your own)

1. "Voices of Change: Women Empowerment in Contemporary Society"
2. "Breaking Barriers: The Journey of Women Towards Equality"
3. "Women and Education: The Key to Empowerment"
4. "Portrayal of Women in Literature and Society"
5. "From Silence to Strength: Women Finding Their Voice"
6. "The Changing Role of Women in Modern India"

PART B (PSYCHOLOGY)

Instruction: Both the Tasks 1 and 2 are mandatory. Choose either A or B in both.

1A. Utilising your creative potential and research oriented approach, design a Mental Health Guide. You will be doing a great job!

Hint: You can use illustrations, cartoons, slogans, sketches or/and text material to present your work using either A4 sheets (at least five) or any other attractive form.

OR

1B. Prepare an attractive newsletter, exhibiting the compilation of research work published on Human Behaviour. Use at least four A3 sheets for the same.

Hint: You can refer to daily newspapers, various mental health websites and magazines. At least ten such news articles to be shared (with the sources reflected)

2.A. Design a questionnaire and conduct a survey related to human behaviour. You can choose sample of your study (e.g. adolescents/homemakers/doctors/old people etc.) appropriate for the topic selected.

Analyse after conducting the same. Also give suggestive remarks at the end of your presentation.

Suggested topics:

- Bullying/Cyberbullying
- Mental health and wellbeing
- Impact of social media on the youth today
- Altruism and its impact on wellbeing
- Peer Pressure
- Anger management
- Sleep Hygiene
- Changing Gender roles and stereotypes
- Cooperation and Competition
- Compliance and Obedience

Hint: Presentation in the form of file with at least ten A4 sheets can be submitted.

OR

2B. Interview (face to face or telephonic) a **female** professional in the field of Applied Psychology (i.e. Psychologist, Counsellor, Psychiatrist, etc.)

Hint: You can prepare this work using 2-3 A4 sheets.

PART B (HISTORY)

Project Title: Voices of Women in the Roman World

Task:

Study the position and role of women in the Ancient Rome and analyze whether their lives reflected empowerment or dependence. Conduct a case study on one of the influential Roman women

Choose any one:

- *Livia Drusilla
- *Cornelia Africana
- *Agrippina the Younger

Explain how she influenced politics, society, or family life. Compile your findings in form of a report in 500 words on A4 sheets.

PART B (PAINTING)

Theme: Women Empowerment Through Indian Folk Art & Composition

1. Folk Art Painting

Students are required to create **one Folk Art Painting** on a **16 × 20 inches' canvas** based on the theme "*Women Empowerment.*" Any Indian Folk Art style such as Madhubani, Warli, Gond, Pattachitra, Kalamkari, Phad, Saura, or other traditional folk styles may be used.

The artwork should creatively depict women empowerment through appropriate symbols, colours, characters, and composition while maintaining the traditional essence of the chosen folk art style. Students should focus on composition, colour harmony, detailing, creativity, symbolism, and neat finishing. Suggested areas for research include Indian Folk Art traditions, representation of women in art, women empowerment in society, traditional motifs, and visual storytelling.

Reference : <https://youtube.com/shorts/yKihn7CV3JE?si=xBwa8HCZ8WkhA0tU>

2. Composition Drawing

Students are required to create **two Composition Drawings on A2 size sheets** based on different aspects of “*Women Empowerment.*” The compositions may be created in poster, comic, abstract, realistic, illustrative, or contemporary style using any suitable medium.

Students should focus on creative composition, human expressions, balance, proportion, perspective, originality, and effective use of colours to communicate a strong social message. Suggested themes may include *Beti Bachao Beti Padhao, Women in Education, Breaking Gender Stereotypes, Women in Leadership, and Feminine Strength & Courage.*

Reference: https://youtube.com/shorts/vG_kDQQtOa8?si=A6bKkMM9wBMyJfp1

PART C (POLITICAL SCIENCE)

PROJECT WORK

Objectives of the Project

The project work aims to help students:

- Understand the concept of women empowerment and gender equality in a democratic society.
- Analyze the role of political institutions, laws, and policies in promoting women’s rights.
- Develop research, analytical, and critical thinking skills through the study of social and political issues.
- Examine the participation of women in politics, leadership, and decision-making processes.
- Explore the relationship between democracy, equality, justice, and women’s empowerment.
- Create awareness about the importance of equal opportunities and representation for women in society.

Suggested Areas for Research:

1. Women Empowerment in India: Challenges and Progress
2. Women in Politics and Leadership
3. Reservation for Women in Parliament and Local Government
4. Role of Education in Women Empowerment
5. Gender Equality and Democracy
6. Women’s Rights and Constitutional Provisions in India
7. Representation of Women in Media and Politics
8. Women and Decision-Making in Society
9. Role of Government Schemes in Empowering Women
10. Women’s Safety and Legal Protection in India
11. Women and Sustainable Development

12. Gender Stereotypes and Social Change
13. Women’s Participation in Elections and Governance
14. Role of the United Nations in Promoting Gender Equality

(Projects may be linked to SDG 5 – Gender Equality and SDG 16 – Peace, Justice, and Strong Institutions.)

PART C (YOGA)

Task 1-Prepare a Poster / Chart

Task 1 – Prepare a Poster / Chart Activity

Theme: “Yoga for Physical, Mental & Emotional Well-being”

Create a beautiful and colourful poster/chart on A3 sheet showing how yoga improves:

- *Physical Health – Strength, Flexibility, Immunity
- *Mental Health – Concentration, Memory, Stress Relief
- *Emotional Health – Peace, Happiness, Positivity
- *Women Health – Menstrual Health, Hormonal Balance, PCOS Management

Task 2 – Prepare a Project on any one topic:

- ① Patanjali Yoga Sutras
- ② Yoga & Human Body
- ③ Yoga for Weight Loss
- ④ Yoga for Flexibility
- ⑤ Yoga for Women Health- PCOS, menstrual health, hormonal balance, etc.

PART D (ECONOMICS)

PROJECT WORK: Empowering Women through Entrepreneurship: A Study of Business and Economy

Objective:

To understand the role of women entrepreneurs and relate it with the concepts of Economics.

AREA OF RESEARCH: Choose any one Indian woman entrepreneur (example: Kiran Mazumdar-Shaw, Falguni Nayar, Vineeta Singh, etc.) Introduction of the entrepreneur--Name, business, background. Role in Economic Development , Employment Generation , Contribution to GDP , Women Empowerment , Production & Resources What factors of production are used? (Land, Labour, Capital, Entrepreneur) Market Structure (Basic Idea) Is it competitive or monopoly-based. Government Support , Any schemes supporting women entrepreneurs (like Mudra Yojana, Start-up India)

PART D (HOME SCIENCE)

INTRODUCTION:

Home Science plays a vital role in our daily life by helping us make informed decisions about health, nutrition, resource management, and overall well-being.

INSTRUCTIONS:

- Choose **any ONE** of the following tasks and complete it creatively.
- The project must be made as a **WORKING MODEL** using eco-friendly and easily available materials.
- Refer to the **sample photos** provided for design and presentation ideas.

TASK 1: NUTRITION WHEEL (Spinning Wheel Model)

Topic: Food Groups & Their Functions

Approximate Size of the Model:

- Outer circular wheel: 35–40 cm diameter
- Inner rotating wheel: 22–25 cm diameter
- Window opening: 8–10 cm
- Base stand height: 5–7 cm

Materials Required: Cardboard, coloured chart paper, glue, scissors, brass fastener/pin, sketch pens, printed food pictures, decorative material.

How to Make (Working Model):

1. Cut two circular cardboard pieces:
 - One large circle (base wheel)
 - One smaller circle (top rotating wheel)
2. Divide the large circle into 5 equal sections.
3. Label each section with one food group:
 - Cereals & Millets
 - Pulses & Legumes
 - Dairy & Meat Products
 - Fruits & Vegetables
 - Fats & Sugar
4. In every section include:
 - Nutrients
 - Functions
 - Pictures/drawings of foods
5. On the smaller top wheel:
 - Write “FOOD GROUPS”

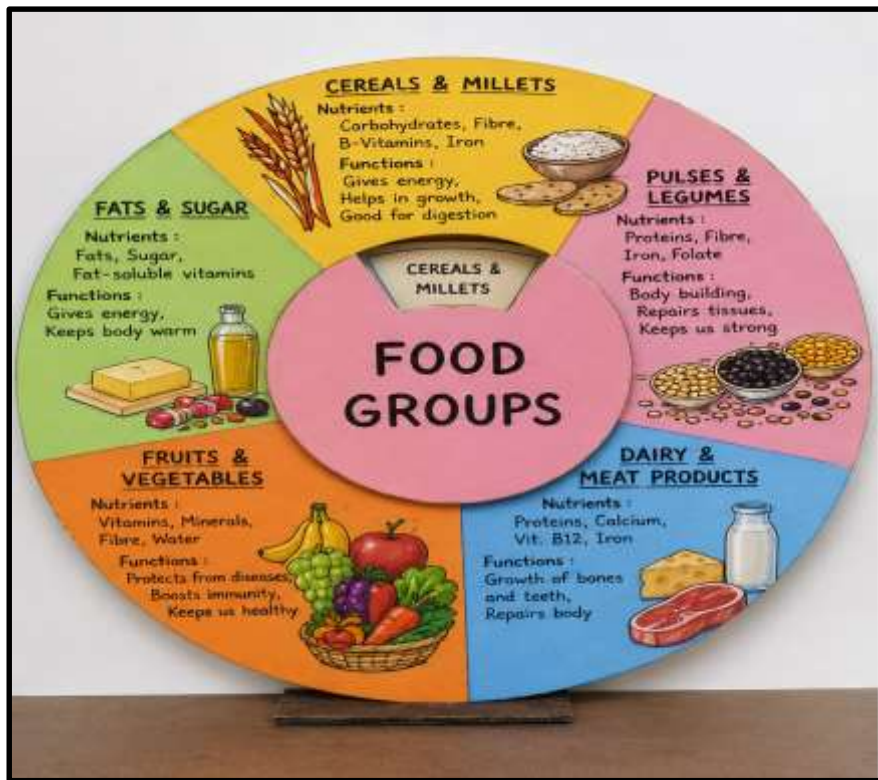
- Cut a small window section.

6. Attach both circles in the centre using a brass fastener so the top wheel rotates smoothly.

7. When the wheel spins, one food group should appear in the window at a time.

8. Fix the wheel on a cardboard stand/base so it can stand properly.

9. Decorate neatly using bright colours and food illustrations.



OR

TASK 2: DEFICIENCY DISEASES MATCH BOX MODEL

Topic: Nutritional Deficiency Diseases

Approximate Size of the Model:

Height: 30–35 cm

Width: 18–20 cm

Depth: 10–12 cm

Each drawer size: 15 cm × 4 cm

Use 6–8 empty matchboxes or handmade cardboard drawers.

Materials Required: Empty matchboxes/cardboard drawers, coloured paper, glue, scissors, cardboard box, sketch pens, printed labels and pictures.

How to Make (Working Model):

1. Collect 6–8 empty matchboxes or make small cardboard drawers.

2. Stack them vertically like a drawer cabinet.
3. Cover the entire model using coloured paper.

4. Label each drawer with one nutrient:

- Iron
- Vitamin A
- Vitamin C
- Vitamin D
- Iodine
- Protein
- Iodine

5. Add small knobs/buttons to open the drawers easily.

6. Inside every drawer place a folded information card containing:

- Deficiency disease
- Causes
- Symptoms
- Food sources
- Prevention

7. Decorate the outside with colourful illustrations of fruits, vegetables and nutrients.

8. Ensure all drawers open and close properly.

Example Information Card:

Iron Deficiency Disease: Anaemia

Causes: Lack of iron-rich foods

Symptoms: Weakness, tiredness

Food Sources: Spinach, jaggery, liver

Prevention: Eat balanced iron-rich diet



PART E (MATHEMATICS)

TASK-1-Project: "The Spiral of Strength"

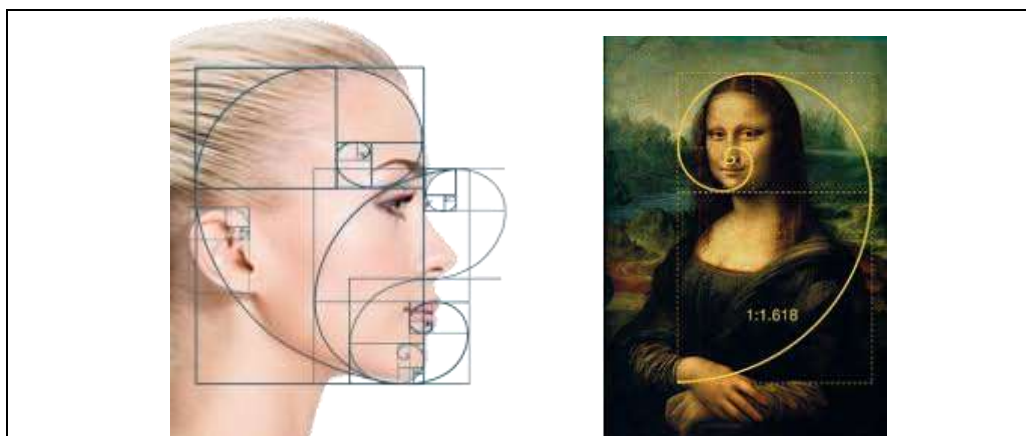
Objective: This project uses the **Fibonacci Spiral** to represent the compounding growth of female influence and leadership throughout history.

The Fibonacci sequence

A sequence where each term is the sum of the two preceding ones.

Instructions:

- **Geometric Visualization:** Construct the **Golden Spiral** using squares with side lengths equal to Fibonacci numbers (1x1, 2x2, 3x3, etc.).
- **Real-world Connection:** Write examples of Fibonacci in nature with pictures (sunflowers, shells)
- **Creative Component:** Use the spiral to frame a portrait of an **empowered woman**, highlighting how mathematical "divine proportions" exist in her natural features, symbolizing inherent strength
- **Progression:** Place a silhouette of a woman at the **center of the spiral** (the smallest square). This represents the seed of potential.
 - As the spiral expands, fill each larger square with icons or names of trailblazing women (e.g., Savitribai Phule, Marie Curie, Mary Kom) to show how one woman's progress leads to a "larger" impact for the next.



Important Instructions

- Make separate project file for maths
- Include Acknowledgement, Certificate, Index, Introduction, Main Content & References
- The project file should be handwritten and contain 10-15 pages (include relevant pictures, figures).
- Ensure originality, neatness, creativity, and timely submission.

TASK 2: GIVEN ASSIGNMENT CAN BE ATTEMPTED IN THE SAME FILE.

1. For any two sets A and B prove by using properties of sets that:

(i) $(A \cup B) - (A \cap B) = (A - B) \cup (B - A)$

(ii) $(A \cap B) \cup (A - B) = A$

(iii) $(A \cup B) - A = B - A$

2. If $A = \{1,2,3\}$, $B = \{3,4\}$ and $C = \{4,5,6\}$, find

(i) $A \times (B \cap C)$ (ii) $(A \times B) \cap (A \times C)$

(iii) $A \times (B \cup C)$ (iv) $(A \times B) \cup (A \times C)$

3. Let $A = \{1,2,3,4,5,6\}$. Define a relation R on set A by

$R = \{(x, y) : y = x + 1\}$

(i) Depict this relation using an arrow diagram.

(ii) Write down the domain, co-domain and range of P .

4. Prove that :

$$\frac{\sin A + \sin 3A + \sin 5A}{\cos A + \cos 3A + \cos 5A} = \tan 3A$$

5. Prove that :

$$\frac{\sin 2\theta}{1 + \cos 2\theta} = \tan \theta$$

6. If $\sin x = \frac{\sqrt{5}}{3}$ and x lies in IInd quadrant, find the values of $\cos \frac{x}{2}$, $\sin \frac{x}{2}$ and $\tan \frac{x}{2}$.

7. Let R be a relation on Q defined by

$R = \{(a,b) : a,b \in Q \text{ and } a - b \in Z\}$ Show that:

(i) $(a, a) \in R$ for all $a \in Q$

(ii) $\{a, b\} \in R \Rightarrow (b, a) \in R$

(iii) $(a, b) \in R$ and $(b, c) \in R \Rightarrow (a, c) \in R$.

8. If $A = \{1, 2, 3, 4, 5\}$, $B = \{1, 3, 5, 8\}$, $C = \{2, 5, 7, 8\}$,

verify that $A - (B \cup C) = (A - B) \cap (A - C)$.

9. Prove that:

$$(i) \sin 65^\circ + \cos 65^\circ = \sqrt{2} \cos 20^\circ \quad (ii) \sin 47^\circ + \cos 77^\circ = \cos 17^\circ$$

10. Prove that:

$$\cos 3A + \cos 5A + \cos 7A + \cos 15A = 4 \cos 4A \cos 5A \cos 6A$$

11. Prove that

$$\sin A + \sin 2A + \sin 4A + \sin 5A = 4 \cos \frac{A}{2} \cos \frac{3A}{2} \sin 3A$$

12. Prove that:

$$(i) \sin 65^\circ + \cos 65^\circ = \sqrt{2} \cos 20^\circ \quad (ii) \sin 47^\circ + \cos 77^\circ = \cos 17^\circ$$

13. Prove that:

$$(i) \cos 3A + \cos 5A + \cos 7A + \cos 15A = 4 \cos 4A \cos 5A \cos 6A$$

14. Prove that

$$\sin A + \sin 2A + \sin 4A + \sin 5A = 4 \cos \frac{A}{2} \cos \frac{3A}{2} \sin 3A$$

15. Prove that $\sin^4 \frac{\pi}{8} + \sin^4 \frac{3\pi}{8} + \sin^4 \frac{5\pi}{8} + \sin^4 \frac{7\pi}{8} = \frac{3}{2}$

PART E (APPLIED MATHEMATICS)

To be done on A3 ruled sheets

Collect the names of ten women entrepreneurs and classify them into three sets: A (Beauty/Fashion), B (Health/Wellness), and C (Technology).

Write each set in roster form and perform operations such as union, intersection, and difference.

Find the number of elements in each set and draw a Venn diagram for any two sets on a coloured sheet.

Analyse whether any set is a subset of another and whether the sets are disjoint or overlapping.

Conclude which sector has the highest representation.

Finally, solve the following problem using set formulas: Out of 50 customers, 28 buy skincare products, 22 buy handmade jewellery, and 10 buy both. Let A represent skincare buyers and B represent jewellery buyers. Find how many buy at least one product and how many buy neither.

PART E (LEGAL STUDIES)

PROJECT WORK

Objectives of the Project

The project work aims to help students:

- Identify a legal issue and understand the remedies available under law.
- Develop research and analytical skills through the study of legal sources.
- Differentiate between various types of legal cases and issues.
- Apply relevant statutory provisions and case laws to real-life situations.
- Understand the role of law in bringing social change and justice in society.

Suggested Areas for Research

Students may choose any recent legislation, amendment, or legal reform that has contributed to social change. Some suggested topics are:

- Consumer Protection Act
- Right to Information Act
- Information Technology Act
- Protection of Children from Sexual Offences (POCSO) Act
- Domestic Violence Act
- Juvenile Justice Act
- Cyber Laws in India
- Environmental Protection Laws
- Data Protection and Privacy Laws
- Laws relating to Women’s Rights

PART E (ARTIFICIAL INTELLIGENCE)

1. Earn a credential on IBM SkillsBuild on the topic Artificial Intelligence Fundamentals using the link:

<https://students.yourlearning.ibm.com/activity/PLAN-CC702B39D429>

2. This is a game built with machine learning. We draw, and a neural network tries to guess what you're drawing. Draw: ‘Doctor’, ‘Scientist’, ‘Teacher’, ‘Pilot’, ‘Nurse’ ‘Police’.

<https://quickdraw.withgoogle.com/>

Did AI guess ‘female doctor’ when you drew a woman?

3. The experiment based on the computer vision domain of AI. It identifies that you draw and suggests the related images. To play the game, visit the following link on any computing device with speakers.

<https://www.autodraw.com/>

4. What are common job roles in AI, and how do women in these roles help society?

PART E (PHYSICAL EDUCATION)

Practical – 1: Fitness Test Administration (SAI Khelo India)

Students are required to prepare a detailed practical record on the administration, procedure, scoring method, and significance of the SAI Khelo India Fitness Test.

Practical – 2: Asanas for Lifestyle Diseases

Write the procedure, benefits, and contradictions of any two asanas for each lifestyle disease prescribed in the syllabus. Include proper presentation and explanation.

Practical – 3: IOA Recognized Sport/Game

Select any one IOA recognized sport or game of your choice. Include:

- Labeled diagram of the field/court
- Equipment specifications
- Important rules and regulations

- Terminology used in the game
- Fundamental skills and techniques

Project requirements

1. The project file should be handwritten
2. Minimum pages : 25
3. Use of proper headings and spacing and also include pictures wherever possible