



ITL Public School

Active Engagement of Young Minds
During Summer Vacations 2026
PSYCHOLOGY Class XII



As students of psychology, you are gradually learning to observe, understand, and interpret human behavior through scientific methods. With your growing knowledge of psychological attributes, self and personality, and the ways people respond to challenges, you are now prepared to connect your learning with real-world experiences

This holiday assignment encourages you to engage meaningfully with psychological concepts like stress management, emotional resilience, and mental wellbeing, not only as academic ideas, but as living realities.

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1. As Psychology enthusiasts, explore the beautiful world of the human mind through extensive research, case studies, and the latest updates in the field. As Peer Mentors of your school, plan fun-filled, wholesome, and engaging activities to enrich the young minds, enabling them to express their thoughts and experiences and synchronize head, heart, and hands to face challenging times.

Feel free to present in any of the following forms: (

a) Short Video Film

(b) Slideshow

(c) Documentary film

(d) You can use any creative form as per your preference to make it effective.

2. Incorporate essential information on various disorders students might face during difficult times. Make a documentary covering the symptoms and strategies to deal with PTSD, contemplating upon questions relevant to the current challenging times.

. Art therapy is one of the most effective ways to reduce stress and build self-esteem as ‘Art washes away from the soul the dust of everyday life.’ Create a collection of such stress buster activities and make a roster catering to the needs of different age groups with demonstration.

Knowledge is only as powerful as how it’s used. So, take this opportunity to make an impact that lasts far beyond the classroom.