



NOTRE DAME SCHOOL NAJAFGARH, NEW DELHI
HOLIDAY HOMEWORK (2026-27)
CLASS – XII

Dear Students,

Summer vacation is an exciting time for students to relax, unwind and enjoy their break from school. It provides an opportunity to recharge, explore new activities, and spend quality time with family and friends. Summer vacation is a time of adventure, relaxation, exploration, and connection. It's a season to embrace growth, cultivate gratitude, and find inspiration in the simplest of joys. To maintain the educational continuum and to keep in view the rejuvenation you need, an enriching homework for the holiday is designed to keep you constructively busy and put boredom at bay....



निम्नलिखित विषयों में से किसी एक विषय पर फ़ाइल तैयार कीजिए-

- * जयशंकर प्रसाद
- * रामचंद्र शुक्ल
- * इंटरनेट
- * जनसंचार के माध्यम



Make a Project File on any one topic.

Project File Format

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4. Index – With page numbers

5. Statement of Purpose/Objective – Why you chose this topic

6. Content – 15-20 handwritten pages with pics/cuttings

7. Student Reflection – 200 words: What you learnt

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Rules: Handwritten only. A4 size. Use coloured sheets, pictures, newspaper cuttings. Max 20 pages + cover.

Topic 1: The Dilemma of Adolescent Fantasies vs Reality

Text: Going Places – Flamingo

Content ideas:

- Interview 3 classmates on their dreams vs reality
- Case study: Sophie's escapism vs real teens today
- Collage: Social media + teenage dreams
- Link to psychology: Erikson's identity crisis

Topic 2: The Changing Face of Women

Text: My Mother at Sixty-six + Aunt Jennifer's Tigers

Content ideas:

- Compare Kamala Das's mother vs Aunt Jennifer vs modern woman
- Interview your grandmother/mother on changes they've seen
- Photo essay: Women in 3 generations
- Poem written by you on "Aging with Dignity"

Sample: Cover Page Layout

ENGLISH PROJECT FILE

SESSION: 2026-27

TOPIC:

Submitted by:

[Your Name]

Class XII

Roll No: ____

[School Name + Logo]

Submitted to: Ms. _____

* Pro Tips to Score 10/10

1. Originality: Add your survey/interview. Examiners love primary data.
2. Visuals: 30% pics + cuttings. Pie charts, maps, photos.
3. Link to text: Quote lines from Flamingo/Vistas. Mandatory.
4. Neatness: 1-inch margin, headings underlined, no overwriting.
5. Viva ready: Prepare 2 mins on “Why this topic?” + 1 question from content.



Practical Record File Work

- Fitness Test Administration

- **Test:** BMI, Plate Tapping Test, Flamingo Balance Test, Sit & Reach, etc.
- **Include:** Procedure, purpose, equipment, scores table, analysis.

- Proficiency in Games & Sports:

Write about any one game of your choice.

Games: Basketball, Football, Volleyball, Handball, Hockey, Kho-Kho, etc.

Include: History, rules, dimensions, terminologies, skills, awards, famous personalities, injuries.

- **Yoga:** Write procedure, benefits, and contraindications for any 10 asanas.
- **For lifestyle diseases:** Obesity, Diabetes, Asthma, Hypertension, and Back Pain.
- Pick 2 asanas for each disease = 10 total asanas



Objective

The purpose of this holiday homework is to help students understand human behaviour through:

- Observation
- Interview methods
- Case profiling
- Ethical practices in Psychology research

This activity will improve communication skills, empathy, analytical thinking, and practical understanding of psychological concepts.

PART A — INTERVIEW PROJECT

Task

Conduct interviews with **10 different people** from different age groups/backgrounds.

Suggested categories: Student, Teacher, Homemaker, Working professional, Elderly person, Child/adolescent, Friend/relative, Shopkeeper/vendor etc.

Topics for Interview

Students may include questions related to:

- Daily routine
- Stress and coping
- Goals and aspirations
- Relationships
- Hobbies and interests
- Emotional experiences
- Technology/social media use
- Study/work habits
- Challenges in life
- Happiness and well-being

Structure of Interview Report 1. Cover

Page Include:

- Name
- Class & Section
- Subject
- Roll Number
- School Name
- Title: *Psychology Holiday Homework*

2. Acknowledgement

Write a short paragraph thanking the participants and people who helped.

3. Introduction

Write about:

- What are different research methods in Psychology?
- What is an interview in Psychology?
- Importance of interviews
- Objective of the project
- Ethical considerations

(Approx. 1–2 pages)

4. Informed Consent

Students must take verbal or written permission before interviewing.

Sample Consent Format

I, _____, voluntarily agree to participate in this interview activity conducted for academic purposes. I understand that my information will remain confidential and will only be used for educational purposes.

Signature: _____ Date: _____

5. Interview Schedule

Prepare 8–10 questions beforehand.

Example Questions

1. What does a typical day look like for you?
2. What causes stress in your life?
3. How do you manage difficult emotions?
4. What motivates you?
5. What are your future goals?
6. What activities make you happy?
7. How important are relationships in your life?
8. How do you spend your free time?
9. What challenges do young people face today?
10. What advice would you give others?

6. Individual Interview Summaries

For each participant include:

Basic Details

- Name/Initials
- Age
- Gender
- Occupation
- Relationship with interviewer

Summary of Responses

Write 1–2 pages describing:

- Personality traits
- Emotional state
- Interests
- Coping style
- Behaviour patterns
- Significant insights

7. Conclusion

Write:

- What you learned from the interviews
- Similarities/differences among people
- Personal reflections

PART B — OBSERVATION & CASE PROFILE

Task

Observe **1 person** carefully for 3–5 days in natural settings (home, school, playground etc.).

The observation must focus on:

- Behaviour
- Communication style
- Emotional expressions
- Habits
- Social interactions
- Attention/concentration
- Routine activities

Important Instructions

- Observation should be ethical and respectful.
- Do not invade privacy.
- Maintain confidentiality.
- Avoid judgmental language.

Structure of Observation Report

1. Introduction

Explain:

- What is observation method?

- Types of observation
- Importance in Psychology

2. Participant Details

- Name/Initials (optional)
- Age (optional)
- Gender
- Relationship with observer (optional)

Observation Setting

Describe:

- Place
- Time
- Situation/context

3. Observation Notes

Record observations in table form.

Date	Situation	Observed Behaviour	Interpretation
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4. Case Profile Structure

A. Basic Information

- Name/Initials (optional)
- Age (optional)
- Gender
- Education (optional)
- Occupation (optional)

B. Family Background

- Family type (optional)
- Relationships (optional)
- Home environment (optional)

C. Behavioural Observations

- Communication
- Emotional behaviour
- Social interaction
- Habits
- Attitude

D. Psychological Analysis

Interpret behaviours using psychological concepts learned in class.

E. Strengths of the Person

Mention positive qualities.

F. Areas of Improvement

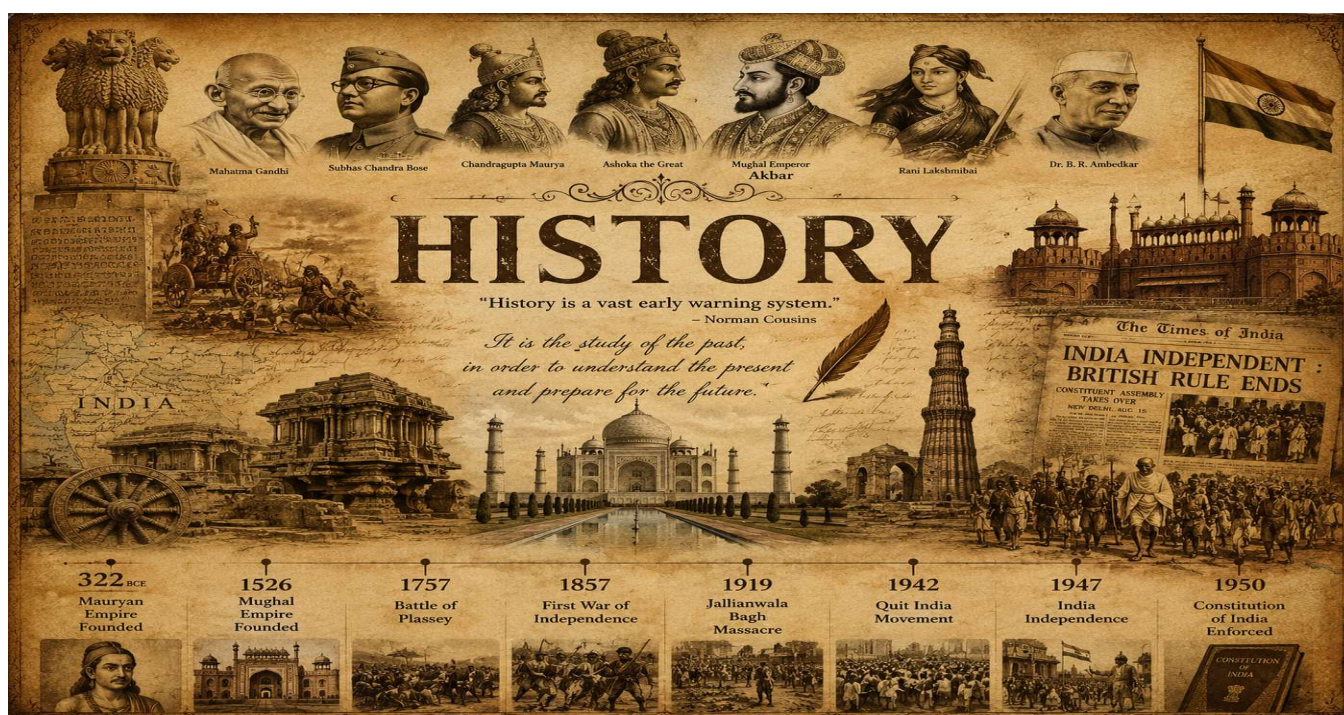
Mention respectfully and constructively.

G. Conclusion

Summarize overall understanding of the person.

Presentation Guidelines

- Use neat handwriting or typed format.
- Attach photographs/charts only if consent is taken.
- Decorate creatively but maintain academic quality.
- Submit in a file/folder.



(A) Make a Project File on any one of the following topics: -

- The Indus Valley Civilization-Archaeological Excavations and New Perspectives The History and Legacy of Mauryan Empire
- “Mahabharat”- The Great Epic of India
- The History and Culture of the Vedic period
- Buddha Charita
- A Comprehensive History of Jainism
- Comparative Study of Stupas and Pillar Edicts

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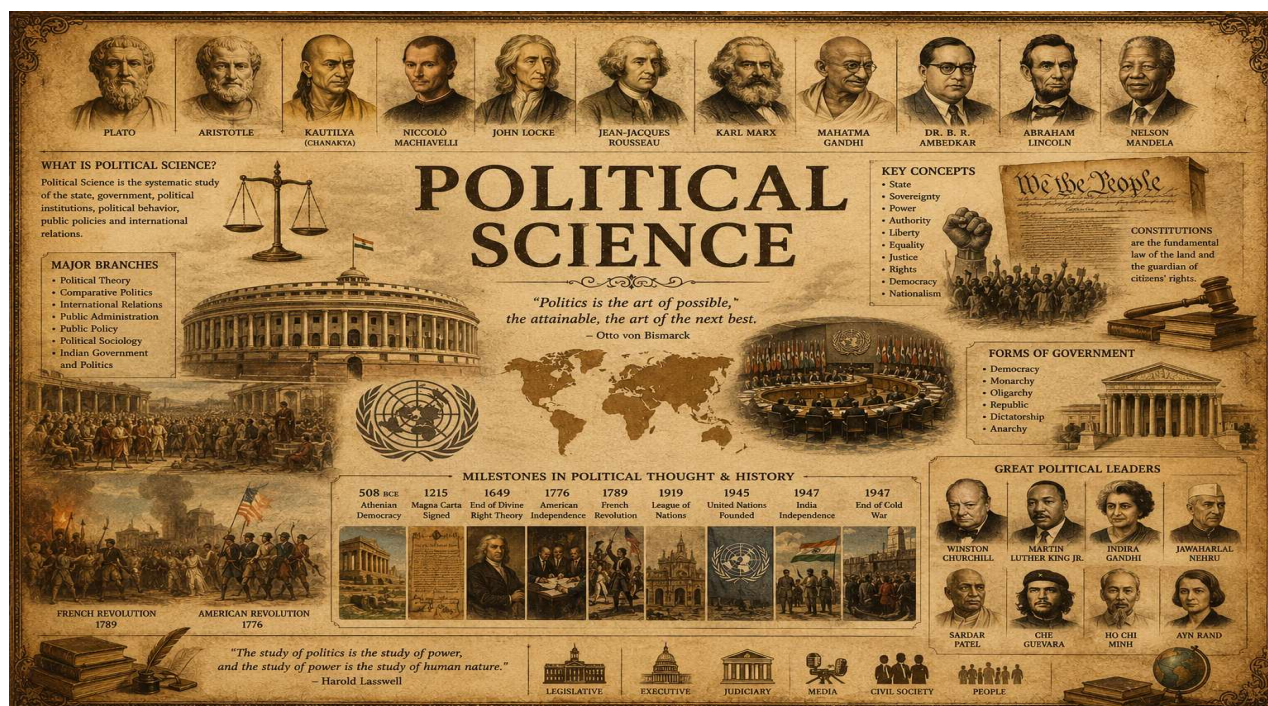
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(B) Practice the given map work in the political map of India (it will be submitted with the holiday homework)

S. No	Page No.	Part – I Maps
1	2	Mature Harappan sites: Harappa, Banawali, Kalibangan, Balakot, Rakhigarhi, Dholavira, Nageshwar, Lothal, Mohenjodaro, Chanhudaro, Kot Diji.
2	3	Mahajanapada and cities: Vajji, Magadha, Kosala, Kuru, Panchala, Gandhara, Avanti, Rajgir, Ujjain, Taxila, Varanasi.
3	33	Distribution of Ashokan inscriptions: • Pillar inscriptions – Sanchi, Topra, Meerut Pillar and Kaushambi. • Kingdom of Cholas, Cheras and Pandyas.
4	43	Important kingdoms and towns: • Kushanas, Shakas, Satavahanas, Vakatakas, Guptas • Cities/towns: Mathura, Kanauj, Puhar, Braghukachchha, Shravasti, Rajgir, Vaishali, Varanasi, Vidisha
5	95	Major Buddhist Sites: Nagarjunakonda, Sanchi, Amaravati, Lumbini, Bharhut, Bodh Gaya, Ajanta

(C) Complete the pending work.

(D) Complete the assignment which will be shared in the class group.



(A) Make a Project File on any one of the following topics: -

- **ASEAN**
- **SAARC**
- **European Union and India**
- **UN Agencies – UNICEF, UNESCO, WHO**
- **United Nations with focus on India's candidature in Security Council.**
- **Cover the negative as well as positive aspects of relationship between India and the following countries (any one):**
India, Russia, China, Pakistan, Bangladesh

Project File Format

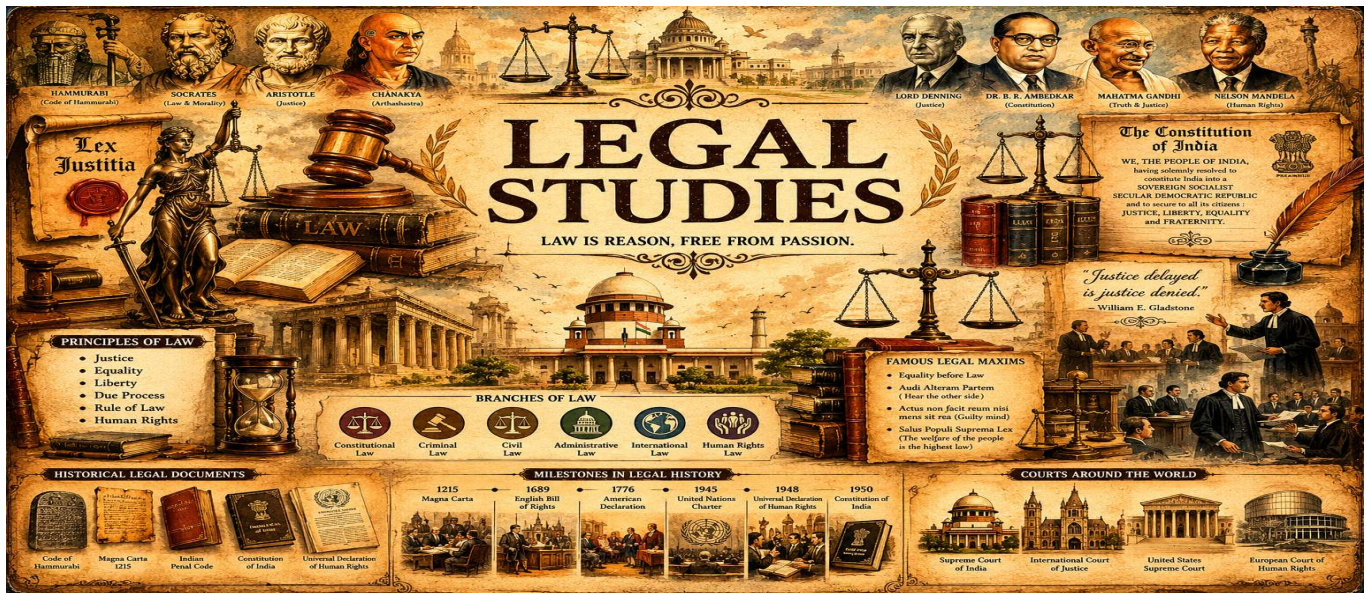
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(C) Complete the pending work.

(D) Complete the assignment which will be shared in the class group.



Choose any three 3 cases related to the curriculum where one must be civil in nature, one criminal and one constitutional in character and make a project file.

1. Kesavananda Bharati vs State of Kerala, 1973
2. Bachan Singh vs State of Punjab, 1980
3. Vishaka vs State of Rajasthan, 1997
4. Indra Sawhney vs Union of India, 1992
5. You can choose any other case of your choice

The research on the cases must include the following points:

- Name of the case
- Parties to the case
- Citation to the case
- Bench

- Nature of the case (Civil, Criminal or Constitutional)
- Facts of the case and issues involved
- Decision of the case including Ratio Decidendi and Obiter Dicta

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