

[Mona Modern Eng.Med.School](#)
[Sarangarh](#)
[\(Summer Homework 2026-27\)](#)

श्रीमान् अभिभावक महोदय,

दिनांक 20 अप्रैल से स्टूडेंट्स की ग्रीष्मकालीन छुट्टियां प्रारंभ हो रही हैं। उक्त छुट्टियां 15 जून तक चलेंगी। छुट्टी का अर्थ कुछ ना करना नहीं होता अपितु अपनी क्षमता, कौशल, आत्मविश्वास व ज्ञान को और अधिक बढ़ाना होता है। छुट्टी के समय का सदुपयोग कर छात्र-छात्रा अपनी शैक्षणिक व सह-शैक्षणिक उपलब्धि को और अधिक संपन्न कर सकते हैं। अभिभावक के रूप में हमारा यह कर्तव्य बनता है कि छुट्टी के समय में हम बच्चों को मोबाइल से दूर रखें और रचनात्मक कार्यों में उन्हें सहभागी बनाकर उन्हें आत्मविश्वासी बनाएं। यहां कुछ प्रोजेक्ट वर्क दिए जा रहे हैं जिन्हें स्टूडेंट्स को अपनी पुरानी कॉपी से पेज निकालकर प्रोजेक्ट फाइल बनाना है एवं ग्रीष्मकालीन होमवर्क जो कि प्रत्येक विषय में दिए गए हैं, उन्हें करना है। साथ ही कुछ लाईफ स्किल के प्रोजेक्ट दिए जा रहे हैं उन्हें भी उसी प्रोजेक्ट फाइल में करना है।

अभिभावकों से आग्रह है कि बच्चों को प्रोजेक्ट कार्य करने दें। अभिभावक का दायित्व उन्हें सहयोग करना है ना कि पूरा प्रोजेक्ट स्वयं बनाना सर्वप्रथम लाईफ स्किल के प्रोजेक्ट कार्य को करना एवं लिखना है उसके पश्चात विषयवार प्रोजेक्ट करना है। आशा है कि सभी स्टूडेंट्स गंभीरता से प्रोजेक्ट कार्य को पूर्ण करेंगे।

धन्यवाद !

प्राचार्य
(आर. केशरवानी)

Life Skill Project :-

1. एक News कॉपी बनाना है एवं Daily देश-विदेश की घटना को बिंदुवार लिखते जाना है। रोजाना कम से कम 10 बिंदु लिखने की आदत डालें। (Class 3 to 12)

2. एक पेज में Table बनाएं (Class 3 to 12)

(Columns Title को देखने हेतु Right to Left Scroll करें)

S.N.	Date	Temperature	Time

प्रतिदिन दोपहर 12:00 बजे और रात 8:00 बजे के तापमान को लिखना है।

3. घर की छत/खिड़की आदि में पक्षियों के लिए दाना-पानी की व्यवस्था करना है एवं रिकॉर्ड करना है कि कितने (लगभग) पक्षी इसका लाभ उठा रहे हैं।

4. अपने दैनिक खान-पान का चार्ट बनाना –

(Columns Title को देखने हेतु Right to Left Scroll करें)

S.N.	Breakfast	Lunch	Dinnar

5. घर में किचन गार्डन बनाना है। घर में अपने बड़ों की मदद से जमीन या अनेक गमलों में सब्जी हेतु प्रयुक्त होने वाले कुछ पौधे जैसे कि बैंगन, धनिया, पुदीना, आलू, प्याज आदि को विकसित करना है एवं रोजाना पौधों में होने वाले परिवर्तन को अपने शब्दों में लिखना है। (Class 1 to 12)

6. घर में एक बड़े चार्ट पेपर या पेज में अपने परिवार का Family Tree तैयार करना Family Tree में जितना संभव हो सके अपने पूर्वजों के समय काल को जानना है Family Tree बनाने के पश्चात् अपने पूर्वज के समय काल को भारत के इतिहास के साथ जोड़कर उस समय घटित ऐतिहासिक घटना के सन्दर्भ में संक्षिप्त जानकारी लिखना है। जैसे- किन्ही के किसी पूर्वज का जन्म 1857 और मृत्यु 1922 है, तो लिखना है-

1857 – भारत का प्रथम स्वतंत्रता संग्राम

1922 – 04 Feb 1922 चौरी-चौरा कांड

(इस तरह इतिहास की घटना काल को लिखते जाना है।)

7. Daily 1 पेज इंग्लिश और 1 पेज हिंदी लिखना है। (Class 1 to 12)

8. Daily अपने Class के Level का 10 Maths बनाना है। (Nursery to 12)

9. घर के समस्त छोटे-छोटे कार्य जैसे कि पौधों को पानी देना, चाय बनाना, सब्जी लाना इत्यादि कार्य करना (Nursery to 12 क्षमता अनुसार)

10. घर या आस-पास में जितने प्रकार के Plants उपलब्ध है उनकी पत्तियों को एक पेज में चिपकाना एवं उस Plant के बारे में जानकारी लिखना। (Class 1 to 12 Level अनुसार)

11. अपनी रुचि अनुसार कुछ कार्य करना जैसे कि ड्राइंग, स्केच, क्रॉफ्ट, सिलाई, ग्रीटिंग कार्ड डिज़ाइन इत्यादि।

12. Daily इंग्लिश के 10 नये शब्द का अर्थ लिखना, याद करना एवं उसे Use करना।

13. प्रत्येक विषय के 2-2 Topic को लेकर Presentation बनाना है जो कि कम से कम 5 मिनट का होना चाहिए। Presentation Ready होने के पश्चात् उसका Video बनाना है। (Class 3 to 12)

14. Class के अनुसार Table याद करना जैसे –

i. Class Nursery – UKG – 2, 3 तक का

ii. Class 1 to 5 – 10 तक का

iii . Class 6 to 12 – 20 तक का

आशा है सभी स्टूडेंट्स समर होमवर्क को गंभीरता से पूर्ण करेंगे।

प्राचार्य

(आर. केशरवानी)

Class 11

(Sci + Com)

Subject – English

- 1.The grandmother was a kind-hearted woman. Give examples in support of your answer.**
- 2.What was the last sign of physical contact between the author and the grandmother? Why did the author think that to be the last physical contact?**
- 3.Everybody including the sparrows mourned the grandmother’s death. Elaborate.**
- 4.How does the author describe his grandfather?**
- 5.How did the grandmother prepare the author for going to school?**
- 6.The poet’s mother would laugh looking at the photograph. Why?**
- 7.The sea appears to have changed less in comparison to the three girls who enjoyed the sea holiday. Comment in reference to the poem a photograph**
- 8.How does the poet react to her past? Why has she not mentioned anything about her mother’s death?**
- 9.What moment does the photograph depicts in the poem A Photograph?**
- 10.Both wry with the labored ease of loss: The poet is missing her mother. What is the role of the mother in forming the personality of a child?**

11. Letter to the Editor

Write a letter to the editor of a national daily highlighting the increasing screen time among teenagers and its impact on health and academics.

12. Speech Writing

Prepare a speech on "The Importance of Mindfulness and Mental Health in Today's Youth."

13. Travel Blog

Write a blog post describing a real or imaginary trip. Include vivid descriptions, reflections, and images/drawings.

14. Dialogue Writing

Imagine a conversation between a parent and a teenager on the topic "Choosing a Career vs Following Passion."

15. Draft Advertisements for the following :

A. Household item for sale

(i) You propose to sell your flat as you are going abroad. Draft an advertisement for it to be published in the classified columns of 'The Times of India', New Delhi. (50 words)

B. To-let.

(ii) You are Anurag/Aparna of 110, Swasthya Vihar , New Delhi. You Wish to let out a portion of your newly built house. Draft an advertisement in not more than 50 words for publication in the

“To-Let” column of The Hindustan Times, giving all necessary details .

C.Required/Vacancy/situation vacant

Subject – Mathematics

Que 1.Let $U = \{1, 2, 3, 4, 5, 6\}$, $A = \{2, 3\}$ and $B = \{3, 4, 5\}$.

Find A' , B' , $A' \cap B'$, $A \cup B$ and hence show that

$$(A \cup B)' = A' \cap B'$$

Que 2-In a survey of 600 students in a school, 150 students were found to be drinking Tea and 225 drinking Coffee, 100 were drinking both Tea and Coffee. Find how many students were drinking neither Tea nor Coffee.

Que 3-If $X = \{a, b, c, d\}$ and $Y = \{f, b, d, g\}$,

find: (i) $X - Y$ (ii) $Y - X$ (iii) $X \cap Y$

Que 4-Write the following sets in roster form:

$$A = \{x : x \text{ is an integer and } -3 \leq x < 7\}$$

Que 5- Given $L = \{1, 2, 3, 4\}$,

$M = \{3, 4, 5, 6\}$ and $N = \{1, 3, 5\}$.

Verify that $L - (M \cup N) = (L - M) \cap (L - N)$

Que 6-: Draw the Venn diagrams for the following: (i). $(A \cup B)'$
(ii). $A' \cap B'$

Que 7-Draw the Venn diagrams for the followings. (i). $(A \cap B)'$ (ii). $A' \cup B'$

Que 8-Write all the subsets of the given sets: (i). $\{b\}$.
(ii). $\{b, c\}$

Que 9- write all the subset of $\{1, 4, 7, 9\}$

Que 10-If $X = \{1, 2, 3\}$, if n represents any member of X , write the following sets containing all numbers represented by

- (i) $4n$
- (ii) $n + 6$
- (iii) $n/2$
- (iv) $n-1$

5 Short Life-Skill Questions (Sets & Functions)

1. Data Privacy

List the data points collected by a Social Media app (Set A) and a Food Delivery app (Set B). Find $A \cap B$. Identify which personal information is shared across both platforms.

2. Time Management

Create a relation where

Set $X = \{\text{Hours in a day}\}$ and

Set $Y = \{\text{Activities like Sleep, Study, Play}\}$. Determine if this relation is a Function. Explain if one specific hour can be mapped to two different activities simultaneously.

3. Career Mapping

Map your current favorite subjects (Domain) to possible career paths (Range). Draw an arrow diagram. Categorize this as a One-to-One or Many-to-One function based on your choices.

4. Financial Literacy

A streaming service charges a fixed monthly fee of ₹200 plus ₹50 for every premium movie rented. Write the cost function $f(x)$. Calculate the total cost for 5 rentals and identify the Domain and Range.

5. Environmental Awareness

Let Universal

Set $U = \{\text{Items in your dry waste bin}\}$. Create Set P (Plastic) and Set R (Recyclable). Find $(P \cup R)'$. List the items that are neither plastic nor recyclable to understand your environmental footprint.

Subject – Physics

Life Skill Based Questions:

1. Prepare a working model on the following topic:

- (i) Hydraulic Jack (Lift) working model**
- (ii) Wind turbines**
- (iii) Newton's Cradle**

Choose one topic.

2. Explain why 'stiffness' is more critical than 'strength' for a bridge that people walk on every day. What are the psychological and safety risks of using a material that is strong but undergoes high elastic deformation?

3. When loading a small boat or a vehicle, why it is safer to keep heavy items at very bottom? Explain how it prevents tipping over during a turn or a storm.

4. Pressure cooker works on which principle? Explain.

5. In which direction does friction act on your feet while walking? Why it is impossible to walk on perfectly frictionless ice, even if your muscles are strong?

Descriptive Questions

1. What is the difference b/w stress and strain? Explain stress-strain curve?

2. What do you understand by transverse and longitudinal waves? Write down the speed equation.

3. Steel or plastic which is more elastic? Give reason.

4. Find differentiation of

$$x^2 + 3\sin 3x + e^{-2x}$$

5. Find integration of

$$3\cos x^2 + 7\sin 3x + 15x^2$$

6. Derive all three equations of motion with the help of velocity time graph.

7. Explain all applications of dimensional analysis.

8. Write all laws of motion and with the help of second law of motion prove that $F = ma$.

9. Write the laws of static and kinetic friction.

10. State and prove work-Energy theorem.

Subject – Chemistry

Descriptive Questions

1. Define the law of multiple proportions. Explain it with two examples.
2. What is the difference between precision and accuracy? Explain by giving examples.

3. Calculate the molar mass of the following:

Sulphuric acid

Glucose

4. How many significant figures are present in:

8.256

4×10^3

5.008

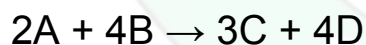
5. Write seven fundamental quantities and their units.

6. Explain the following:

Molarity

Molality

7. In the reaction:



When 5 moles of A react with 6 moles of B, which is the limiting reagent and why?

8. The density of a 3 molal solution of NaOH is 1.110 g/mL. Calculate the molarity of the solution.

9. How are physical properties different from chemical properties?

10. You are given percentage composition:

C = 40.88%, H = 4.55%, O = 54.57%

Calculate the molecular formula if the molecular mass of the compound is 135 u.

Life Skills Questions

1. Write the name and chemical formula of different substances used in your daily life (at least 20).
2. Write atomic number, atomic mass, and symbols of elements in the periodic table up to 50.
3. Make a chart on A4 size paper on functional groups and write IUPAC names of different groups.
4. Draw the structures of different alkanes, alkenes, and alkynes up to series 10.
5. Prepare a working model using waste materials.

Subject – Biology

- 1. Describe the binomial nomenclature with rules.**
- Q2. Who proposed five kingdom classification? write its basis.**
- Q3. Enlist the elements of taxonomy.**
- Q4. Explain the various taxonomic categories.**

Q5. Enlist vernacular name and botanical name of any five local plants.

6. Enlist common name and zoological name of any five local animals.

Q7. Write any five differences between G positive and G negative bacteria.

Q8. Explain various parts of compound microscope.

Q9. Explain the three domains of life.

Q10. Write any five characteristics of kingdom monera.

Life skill Home Work

(1). Enlist the name of various medicines and their application which often used in daily life in your family.

(2). Prepare a drawing copy having many diagrams of Class 11th Biology.

(3). Prepare a working model from best out of waste.

Subject – AI

Q1.

Explain the concept of Artificial Intelligence in detail. Define AI and describe how it enables machines to perform tasks that normally require human intelligence. Also explain its importance in today's digital world with suitable examples.

Q2.

Discuss the history and evolution of Artificial Intelligence. Explain how AI has developed from early rule-based systems to modern intelligent systems. Mention key milestones in the development of AI.

Q3.

Explain different types of Artificial Intelligence such as Narrow AI, General AI, and Super AI. Compare them with examples and discuss their current status in the real world.

Q4.

What are the main domains of Artificial Intelligence? Explain domains such as Data, Computer Vision, and Natural Language Processing with real-life applications. (Previous Year Based)

Q5.

Describe the role of AI in everyday life. Explain how AI is used in areas such as education, healthcare, banking, and entertainment with practical examples.

Q6.

Explain the concept of Machine Learning. Describe how it is a subset of AI and explain its types such as supervised, unsupervised, and reinforcement learning in detail. (Previous Year Based)

Q7.

What is the difference between Artificial Intelligence, Machine Learning, and Deep Learning? Explain each term clearly and compare them with suitable examples.

Q8.

Discuss the advantages and disadvantages of Artificial Intelligence. Explain how AI can improve efficiency but also create challenges such as job loss and ethical issues.

Q9.

Explain the role of data in Artificial Intelligence. Why is data important for training AI systems? Describe how quality and quantity of data affect AI performance.

Q10.

What are the ethical concerns related to Artificial Intelligence? Discuss issues such as privacy, bias, and decision-making responsibility in detail.

 **Project Work / Presentation-Based Question**

Q11. (Presentation-Based Project)

Prepare a simple and easy presentation on the topic “Introduction to Artificial Intelligence”.

Your presentation should include:

Meaning of AI

Uses of AI in daily life

Examples (like mobile apps, robots, etc.)

Advantages of AI

Conclusion

Subject – Music

Summer Holiday Homework 2026-27

हिन्दुस्तानी शास्त्रीय संगीत (गायन)

प्रश्न 1) नाद क्या है? इसके प्रकार लिखिए ।

प्रश्न 2) राग को परिभाषित कीजिए ।

प्रश्न 3) श्रुति क्या है? समझाइए ।

प्रश्न 4) ताल की परिभाषा लिखिए ।

प्रश्न 5) ख्याल गायन का संक्षेप में वर्णन कीजिए ।

प्रश्न 6) नाट्य शास्त्र का संक्षिप्त विवरण लिखिए ।

प्रश्न 7) विष्णु नारायण भातखंडे जी और विष्णु दिगंबर पलुस्कर जी का जीवन परिचय लिखकर उनके सांगीतिक योगदान को लिखिए ।

प्रश्न 8) तीनताल का सामान्य परिचय लिखिए । इस ताल का ठाह दुगुन और चौगुन लिखने का अभ्यास तथा ताली खाली देकर बोलने का अभ्यास कीजिए।

प्रश्न 9) एकताल का सामान्य परिचय लिखिए । इस ताल का ठाह दुगुन और चौगुन लिखने का अभ्यास तथा ताली खाली देकर बोलने का अभ्यास कीजिए।

प्रश्न 10) चौताल का सामान्य परिचय लिखिए । इस ताल का ठाह दुगुन और चौगुन लिखने का अभ्यास तथा ताली खाली देकर बोलने का अभ्यास कीजिए।

प्रश्न 11) राग बिहाग का संक्षिप्त परिचय लिखिए । इस राग की विशेषताओं का वर्णन कीजिए ।

प्रश्न 12) राग बिहाग में सरगमगीत, लक्षण गीत, छोटा ख्याल को स्वरलिपि में लिखकर ताली खाली के साथ गाने का अभ्यास कीजिए ।

प्रश्न 13) राग भीमपलासी का सामान्य परिचय लिखिए । इस राग की विशेषताओं का वर्णन कीजिए ।

प्रश्न 14) राग भैरवी का सामान्य परिचय लिखिए । इस राग की विशेषताओं का वर्णन कीजिए ।

प्रश्न 15) एक ध्रुपद गायन का ठाह दुगुन सहित गाने का अभ्यास कीजिए ।

प्रश्न 16) “भजो रे भैया राम गोविंद हरि” भजन का अभ्यास कीजिए ।

SUBJECT - ACCOUNTANCY

1. Give the meaning of Accounting .
2. What is the function of Book Keeping ?
3. Define Book Keeping ?
4. Name the external users directly concerned with accounting information.
5. What are the Advantage of Accounting?
6. Briefly explain Intangible Asset give some examples.
7. Who is Creditor ?
8. Define Drawings with Example.
9. Give any five examples of Current Asset
10. What are the main classes of Liability give examples.

Real-Life Skill Based Questions

1. Shopkeeper Record Problem

Q. A small grocery shop owner writes daily sales in a notebook but does not record expenses properly. At the end of the month, he is unable to calculate actual profit.

Explain how accounting helps in this situation and identify its objectives.

2. Business Expansion Decision

Q. Ramesh wants to expand his business but is unsure about profits and financial position. He has not maintained proper accounts.

How can accounting information help him take better decisions?

3. Incomplete Records Issue

Q. A businessman does not maintain proper accounting records and relies on memory. He faces losses but cannot identify the reason.

Explain the need and importance of accounting.

4. Bank Loan Situation

Q. A business applies for a bank loan. The bank asks for financial statements before approval.

Why are accounting records important in this case?

5. Tax Calculation Problems

Q. A business owner fails to maintain accounts and faces difficulty in calculating taxes.

How does accounting help in meeting legal requirements?

BUSINESS STUDIES

Section A: Chapter 1 – Nature & Purpose of Business

Q1. Real-Life Application

Your elder brother wants to start selling homemade chocolates online but says “business is only for earning profit”. Do you agree? Explain the concept of business and its objectives other than profit with examples.

Q2. Descriptive Question

Differentiate between Business, Profession, and Employment on the basis of: a) Nature of work, b) Qualification, c) Capital requirement, d) Risk. Give one example of each from your city.

Q3. Life Skill – Decision Making

A shopkeeper near your house mixes adulterated milk to earn more profit. As a student of Business Studies, what ethical responsibilities will you explain to him? Write 4 points.
Life Skill: Ethical Decision Making, Social Responsibility

Q4. Short Answer

Classify the following activities into economic and non-economic:

- a) A teacher teaching in school
- b) A mother teaching her son at home
- c) A doctor treating patients in his clinic
- d) A doctor giving free treatment at a health camp

Justify any two.

Q5. Case-Based Real-Life Question

Amul, a cooperative, and a local private dairy shop both sell milk. How does their 'purpose of business' differ? Explain with reference to business objectives.

Section B: Chapter 2 – Forms of Business Organisation

Q6. Descriptive Question

“One man control is the best and also the worst feature of sole proprietorship.” Explain this statement with two merits and two limitations of sole proprietorship.

Q7. Real-Life Application

Three friends want to start a coaching institute. One has money, one has teaching skills, and one has a building. Which form of business organisation will you suggest to them and why? Mention its main features.

Q8. Life Skill – Critical Thinking & Collaboration

In a partnership firm, two partners disagree on expanding the business. How can the qualities of cooperation and mutual trust solve this? Suggest 3 ways to avoid conflict.
Life Skill: Teamwork, Conflict Resolution

Q9. Comparative Question

Compare Joint Hindu Family Business and Cooperative Society on the basis of: a) Membership, b) Management, c) Liability, d) Main objective. Which one is more suitable in rural areas? Give reason.

Q10. Case-Based Descriptive Question

Ramesh runs a grocery store alone. He bears all losses and his personal car was sold to pay business debt.

- a) Identify the form of business organisation.
- b) Which feature of this form is highlighted here?
- c) Suggest one other form if Ramesh wants limited liability. Explain why.

***Project Work -**

Visit any two businesses in your locality. Find out:

1. Name & type of business activity
 2. Form of organisation
 3. Who bears the risk and how decisions are taken
- Prepare a short report with this.

Long Answer Type Questions (120-150 words each)

Q1. Explain the concept of business. Discuss in detail the various objectives of business with suitable examples.

Q2. “Profit earning is not the sole objective of business.” Justify this statement by explaining the social objectives and human objectives of business.

Q3. What is a sole proprietorship? Explain any five merits and five limitations of sole proprietorship form of business organisation.

Q4. Define partnership. Describe the main features of partnership and differentiate between Partnership and Sole Proprietorship on the basis of formation, liability, management, and continuity.

Q5. Explain the concept of Joint Hindu Family Business. Discuss its main features and evaluate its suitability in the present business

ECONOMICS

1. Define economics. Explain the central problems of an economy.
2. Differentiate between microeconomics and macroeconomics.
3. Explain the problem of scarcity and choice in an economy.
4. What is opportunity cost? Explain with an example.
5. Explain the concept of Production Possibility Curve (PPC) and its properties.
6. Explain the law of diminishing marginal utility with the help of a schedule.
7. Explain the consumer's equilibrium using the utility approach.
8. What is an indifference curve? Explain its properties.

9. Explain the law of demand with a demand schedule and demand curve.
10. What are the factors affecting demand? Explain any four.

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**Life Skills Homework\***  
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1. Household Budget Analysis

Observe your family's monthly expenditure and classify it into major heads such as food, education, transport, and utilities.

Question:

Identify the highest expenditure category and suggest two practical ways to improve household savings.

2. Market Structure and Monopoly Power (Field Observation)

Visit a nearby market or observe local shops and identify products dominated by a single brand or seller.

Question:

Explain why certain goods exhibit monopoly or strong market power. Support your answer with at least one real-life example from your observation.

3. Demand in Local Market (Practical Observation)

Observe five different goods in a nearby market and note their demand level (high, medium, low).

Question:

Explain how demand influences price determination in your locality, with one suitable example.

4. Opportunity Cost in Daily Decision-Making

Identify one recent personal decision where you had to choose between two alternatives.

Question:

Define opportunity cost and explain it in relation to your decision, highlighting what was sacrificed.

5. Statistics in Real Life (Data Collection and Interpretation)

Collect data on any one variable from at least 10 observations (e.g., daily expenses of students, mobile screen time, or number of vehicles passing in a fixed time).

Question:

Calculate the mean of the collected data and interpret what it reveals about real-life behavior.

Subject - PE

- 1. What do you mean by physical education? write down the objectives of physical education.**
- 2. Explain the development of physical education in India post independence.**
- 3. What are the career options in physical education?**
- 4. Write a short note on khelo India program.**
- 5. Write down the concept of Olympic values like excellence friendship and respect.**
- 6. Explain Ancient and Modern olympics in detail.**
- 7. Explain the symbols, Motto , flag, Olympic anthem.**

8. What do you mean by Astanga Yoga ? Explain any three

9. What do you mean by satkarm (yogik Kriya) ? Explain any three

10. What do you mean by Pranayam? Explain any two types of Pranayama.

Life skill related questions:-

1. Describe the role of life skills in managing stress and competition pressure.

2. Explain the importance of decision-making and problem-solving skills in sports.

3. How do life skills help in teamwork and leadership?

4. Explain communication skills and interpersonal relationships in sports.

5. Do Exercise daily for your better life like Yoga , Meditation and Suryanamskar.

Sub . - Yoga

Ques. 1 when did you celebrate International yoga day? Write down the objectives of yoga.

2. What is the meaning of yoga & what are the misconceptions of yoga ?

3. Explain the origin history and development of yoga.

4. Write down the rules and regulations to be followed by yoga practitioners .

5. Explain the procedure benefits of Suryanamskar.

6. Explain the steps and benefits of any three Suksham vyayam .

7. Explain the seven Cs of effective communication.

8. Explain the parts of speech in detail .

9. Define barriers to communication explain any three barriers with suitable examples.

10. Explain the role of government in promoting entrepreneurship.

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