

## सन्मति उच्चतर माध्यमिक विद्यालय, इंदौर

### कक्षा 12वीं – ग्रीष्मकालीन गृह कार्य

#### अति लघु उत्तरीय प्रश्न:

1. 'आत्मपरिचय' के लेखक कौन हैं?
2. 'दिन जल्दी-जल्दी ढलता है' पंक्ति किस ओर संकेत करती है?
3. 'भक्तिन' पाठ पूर्वकक्षा के किस पाठ से मेल खाता है? संक्षेप में लिखिए।

#### दीर्घ उत्तरीय प्रश्न:

1. 'बच्चे नीड़ से झाँक रहे होंगे' कविता की इस पंक्ति का अर्थ अपने विचारों के अनुसार लिखिए।
2. यदि आप स्वयं लेखक/लेखिका होते, तो अपना आत्मपरिचय किस प्रकार लिखते? लगभग छह पंक्तियों में लिखिए।
3. हरिवंश राय बच्चन का संक्षिप्त जीवन परिचय चित्र सहित प्रस्तुत कीजिए।
4. वर्तमान समय में प्रचलित किसी दो प्रसिद्ध पत्रिकाओं के बारे में जानकारी एकत्र कर एक संक्षिप्त रिपोर्ट तैयार कीजिए।

**SANMATI HIGHER SECONDARY SCHOOL**

**SUMMER ASSIGNMENT**

**BUSINESS STUDIES**

**CLASS XII C**

**Section A: Creative Thinking (3 Questions)**

**Q1.** Imagine you are the manager of a startup company. Describe how you will use the functions of management (planning, organizing, staffing, directing, controlling) to run your business effectively.

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**Q2.** Create a slogan and logo idea for a company that reflects the importance of good management.

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**Q3.** Draw a mind map showing the key features of management such as goal-oriented, continuous process, multidimensional, etc.

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 **Section B: Logical Reasoning (3 Questions)**

**Q4.** “Management is both a science and an art.” Explain this statement with two logical arguments for each aspect.

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**Q5.** Identify the level of management involved in the following situations and justify your answer:

- a) Deciding company policies
  - b) Supervising workers on the shop floor
  - c) Coordinating activities between different departments
- 

**Q6.** A company achieves its targets but employees are dissatisfied and stressed.

- Is the management effective?
  - Give logical reasons to support your answer.
-

## ☐ Section C: Case-Based Questions (4 Questions)

**Q7.** A factory manager ensures that production targets are met on time, assigns duties to workers, and regularly checks performance.

- Identify any two functions of management performed here.
  - Explain them briefly.
- 

**Q8.** The top management of a company sets goals for expansion, while middle-level managers develop plans to achieve these goals.

- Identify the levels of management involved.
  - Explain their roles.
- 

**Q9.** A team leader motivates employees, resolves conflicts, and ensures effective communication within the team.

- Which function of management is highlighted here?
  - Why is this function important?
- 

**Q10.** A company compares its actual performance with planned targets and takes corrective action when deviations occur.

- Identify the function of management involved.
  - Explain its importance in achieving organizational goals.
-

From the following Balance sheets of Royal Sugar Mills Ltd. as at 31<sup>st</sup> March, 2024 and 2025, prepare a Comparative Balance Sheet :

Particulars	Note No.	31-3-2025 (₹)	31-3-2024 (₹)
<b>I. Equity and Liabilities :</b>			
1. Shareholders' Funds			
Share Capital		24,00,000	20,00,000
2. Non-current Liabilities			
Long term borrowings		12,00,000	10,00,000
3. Current liabilities			
Trade Payables		6,00,000	5,00,000
<b>Total</b>		<b>42,00,000</b>	<b>35,00,000</b>
<b>II. Assets :</b>			
1. Non-Current Assets			
Property, plant and equipment and intangible assets		30,00,000	25,00,000
2. Current Assets			
(a) Inventories		2,00,000	4,00,000
(b) Cash & Cash equivalents		10,00,000	6,00,000
<b>Total</b>		<b>42,00,000</b>	<b>35,00,000</b>

From the following information of CK Ltd., prepare a Common Size Statement of Profit and Loss for the year ended 31<sup>st</sup> March, 2024 and 31<sup>st</sup> March, 2025.

Particulars	Note No.	2024-25 (₹)	2023-24 (₹)
Revenue from operations		80,00,000	40,00,000
Cost of materials consumed		24,00,000	16,00,000
Employee benefit expenses		4,00,000	2,00,000
Income tax @ 20%			

From the following Balance Sheets of Bijoy Ltd. as at 31<sup>st</sup> March 2024 and 2025, prepare a Comparative Balance sheet :

<b>Particulars</b>	<b>Note No.</b>	<b>31-3-2025 (₹)</b>	<b>31-3-2024 (₹)</b>
<b>I. Equity and Liabilities :</b>			
1. Shareholders' Funds			
Share Capital		15,00,000	12,00,000
2. Non-current Liabilities			
Long-term borrowings		8,00,000	6,00,000
3. Current Liabilities			
Trade Payables		2,00,000	2,00,000
<b>Total</b>		<b>25,00,000</b>	<b>20,00,000</b>
<b>II. Assets :</b>			
1. Non-Current Assets			
Property, plant and equipment and intangible assets		21,00,000	14,00,000
2. Current Assets			
(a) Inventories		2,00,000	3,00,000
(b) Cash & Cash equivalents		2,00,000	3,00,000
<b>Total</b>		<b>25,00,000</b>	<b>20,00,000</b>

From the following information, prepare a comparative statement of profit and loss of Nexa Ltd. for the year ended 31<sup>st</sup> March, 2025.

<b>Particulars</b>	<b>Note No.</b>	<b>2024-25 (₹)</b>	<b>2023-24 (₹)</b>
Revenue from operations		10,00,000	5,00,000
Cost of revenue from operations		50% of Revenue from operations	50% of Revenue from operations
Employee benefit expenses		2,00,000	1,00,000
Tax Rate		25%	25%

Classify the following items under major heads and sub-heads (if any) in the Balance Sheet of the company as per Schedule III, Part I of the Companies Act, 2013 :

- (i) Loose tools
- (ii) Design
- (iii) Capital work in progress

Classify the following items under major heads and sub-heads (if any) in the balance sheet of the company as per Schedule III, Part I of the Companies Act, 2013 :

- (i) Unpaid dividend
- (ii) Raw materials
- (iii) Building under construction

Classify the following items under the main heads and sub-heads (if any) of the Company's Balance Sheet according to schedule III, part I of Companies Act, 2013 :

- (i) Outstanding expenses
- (ii) Work-in-progress
- (iii) Capital Advances

Classify the following items under major heads and sub-heads (if any) in the Balance Sheet of the company as per Schedule III Part I of the Companies Act 2013 :

- (i) Vehicles
- (ii) Provision for taxation
- (iii) Work in progress

Classify the following items under major heads and sub-heads (if any) in the Balance Sheet of the company as per Schedule-III, Part-I of the Companies Act, 2013 :

- (i) Stores and Spare parts
- (ii) Livestock
- (iii) Public Deposits

JC Ltd. earned a net profit of ₹ 50,000 after providing depreciation of ₹ 20,000 on fixed assets and a transfer of ₹ 15,000 to general reserve. The position of its Current Assets and Current Liabilities was as follows :

Particulars	31.03.2025 (₹)	31.03.2024 (₹)
Trade Receivables	75,000	70,000
Trade Payables	75,000	65,000
Inventories	40,000	25,000
Expenses Payable	7,500	5,000
Prepaid Expenses	5,000	10,000
Accrued Incomes	20,000	15,000
Income Received in Advance	5,000	10,000

Calculate cash flows from operating activities.

For the year ended 31st March 2025, Sona Ltd. made a profit of ₹ 4,00,000 after charging depreciation of ₹ 75,000 on fixed assets and a transfer of ₹ 1,50,000 to general reserve. Goodwill written off during the year was ₹ 80,000. The company sold machinery of the book value of ₹ 90,000 at ₹ 95,000. During the year, trade receivables increased by ₹ 40,000 and trade payables increased by ₹ 30,000. Prepaid expenses increased by ₹ 2,000 and outstanding wages decreased by ₹ 20,000.

Calculate cash flows from operating activities

For the year ended 31<sup>st</sup> March 2025, Sona Ltd. made a profit of ₹ 4,00,000 after charging depreciation of ₹ 75,000 on fixed assets and a transfer of ₹ 1,50,000 to general reserve. Goodwill written off during the year was ₹ 80,000. The company sold machinery of the book value of ₹ 90,000 at ₹ 95,000. During the year, trade receivables increased by ₹ 40,000 and trade payables increased by ₹ 30,000. Prepaid expenses increased by ₹ 2,000 and outstanding wages decreased by ₹ 20,000.

Calculate cash flows from operating activities.

# Summer Assignment

Class: 12<sup>th</sup>

**Subject: Artificial Intelligence**

**Note: Read Unit no. 2 and 3 from AI Handbook and solve the following MCQs**

## Unit 2: Data Science Methodology

- 1. Which is the hardest stage in the foundational methodology of Data Science?**
  - a. Business Understanding
  - b. Data collection
  - c. Modelling
  - d. Evaluation
  
- 2. Business Sponsors defines the problem and project objectives from a \_\_ perspective.**
  - a. Economic
  - b. Feedback
  - c. Business
  - d. Data Collection
  
- 3. Match the following and choose the correct options:**
  - i. Descriptive approach A.
  - ii. Diagnostic approach B. Current Status
  - iii. Predictive approach C. How to solve it?
  - iv. Prescriptive approach D. Probabilities of action
  - a. (i)—A , (ii)—B, (iii) – C , (iv)—D
  - b. (i)—B , (ii)—A, (iii) – D , (iv)—C
  - c. (i)—D , (ii)—B, (iii) – A , (iv)—C
  - d. (i)—A , (ii)—C, (iii) – B , (iv)—D
  
- 4. Arrange the following statements in order**
  - i: Gaps in data will be identified and plans to fill/make substitutions will have to be made
  - ii: Decisions are made whether the collection requires more data or not
  - iii: Descriptive statistics and visualization is applied to dataset
  - iv: Identify the necessary data content, formats and sources
  - a. i,ii,iii,iv
  - b. iv,ii,iii,i
  - c. i,iii,ii,iv
  - d. ii,i,iii,iv

5. **Data Modelling focuses on developing models that are either or \_**
- Supervised, Unsupervised
  - Predictive, Descriptive
  - Classification, Regression
  - Train-test split, Cross Validation
6. **Statement 1- There is no optimal split percentage**  
**Statement 2- The most common split percentage between training and testing data is 20%-80%**
- Statement 1 is true Statement 2 is false
  - Statement 2 is true Statement 1 is false
  - Both Statement 1 and 2 are true
  - Both Statement 1 and 2 are false
7. **Train-test split function is imported from which Python module?**
- sklearn.model\_selection
  - sklearn.ensemble
  - sklearn.metrics
  - sklearn. Preprocessing
8. **Identify the incorrect statement:**
- cross-validation gives a more reliable measure of your model's quality
  - cross-validation takes short time to run
  - cross-validation gets multiple measures of model's quality
  - cross-validation is preferred with small data
- ii and iii
  - iii only
  - ii only
  - ii, iii and iv
9. **Identifying the necessary data content, formats and sources for initial data collection is done in which step of Data Science methodology?**
- Data requirements
  - Data Collection
  - Data Understanding
  - Data Preparation
10. **Data sets are available online. From the given options, which one does not provide online data?**
- UNICEF
  - WHO
  - Google
  - Edge
11. **A \_\_\_\_ set is a set of historical data in which outcomes are already known.**
- Training set
  - Test set
  - Validation set
  - Evaluation set

**12. \_\_\_\_ data set is used to evaluate the fit machine learning model.**

- a. Training set
- b. Test set
- c. Validation set
- d. Evaluation set

**13. `x_train,x_test,y_train,y_test = train_test_split (x, y, test_size=0.2)`**

**From the above line of code, identify the training data set size**

- a. 0.2
- b. 0.8
- c. 20
- d. 80

**14. In k-fold cross validation, what does k represent?**

- a. number of subsets
- b. number of experiments
- c. number of folds
- d. all of the above

**15. Identify the correct points regarding MSE given below:**

- i. MSE is expanded as Median Squared Error
  - ii. MSE is standard deviation of the residuals
  - iii. MSE is preferred with regression
  - iv. MSE penalize large errors more than small errors
- a. i and ii
  - b. ii and iii
  - c. iii and iv
  - d. ii, iii and iv

**16. During Train-Test split evaluation, we usually split the data around \_ between testing and training stages.**

- a. 90% — 10%
- b. 20% — 80%
- c. 100% —0%
- d. 0% — 100%

**17. Which of the following is NOT True for Testing ?**

- a. The volume of test data should be very small.
- b. Data validation is important.
- c. Your testing team should test the AI and ML algorithms keeping model validation.
- d. Your team must create test suites that help you validate your ML models.

- 18. The first fundamental step, when starting an AI initiative is \_\_ and selecting the relevant use cases, that the AI model will be built to address.**
- scoping
  - deployment
  - thinking
  - designing
- 19. The train-test procedure is appropriate when there is a sufficiently \_\_ dataset available.**
- small
  - moderate
  - large
  - average
- 20. he first fundamental step when starting an project.**
- Evaluation
  - Testing
  - Deployment
  - Scoping
- 21. Expand the term RMSE.**
- Rational Median Square Error
  - Root Median Square Estimate
  - Root Mean Squared Error
  - Root Median Sequential Estimate
- 22. Which of the following is not True for Testing ?**
- Data validation is important.
  - The volume of test data can be large.
  - Your testing team should test the AI and ML algorithms keeping model validation.
  - Regulatory compliance testing and security testing are not so important.
- 23. Which of the following are correct ?**
- If the data you collect is not effective AI algorithm.
  - The testing phase is essentially an iterative process.
  - Test data should not include all relevant subsets of training data.
  - Once the relevant projects have been selected and properly scoped, the next step of the machine learning life cycle is testing.
- 24. Which of the following is true for Train-Test Split Evaluation ?**
- The procedure involves taking a dataset and dividing it into two subsets.
  - The train-test procedure is appropriate when there is a small dataset.
  - The objective is to estimate the performance of the user.
  - It cannot be used for classification or regression problems.

- 25. Techniques like descriptive and visualisations can be applied to datasets after the original data gathering to analyse the content. To close the gap, additional data collecting may be required. Identify the stage of this analytic approach.**
- Data Requirements
  - Data Gathering
  - Data Understanding
  - Data Preparation
- 26. Which of the following is a disadvantage of Cross Validation Technique?**
- Cross-validation provides insight into how the model will generalize to a new dataset.
  - Cross-validation aids in determining a more accurate model prediction performance estimate.
  - As we need to train on many training sets, cross-validation is computationally expensive.
  - Cross-validation could result in more precise models.
- 27. A good model should have an value less than 180.**
- RMSE
  - MSE
  - Focal Loss
  - MAE
- 28. Which of the following is incorrect?**
- 1) Testing data is the one on which we train and fit our model basically to fit the parameters
  - 2) Training data is used only to assess performance of model
  - 3) Testing data is the unseen data for which predictions have to be made
- 1) and 3) only
  - 1) and 2) only
  - 2) and 3) only
  - 1), 2) and 3)
- 29. Which of the following are the objectives of the testing team in AI modelling?**
- 1) Model Validation
  - 2) Security compliance
  - 3) Understanding data
  - 4) Minimizing bias
- (1), (2) and (3)
  - (2), (3) and (4)
  - (1), (3) and (4)
  - (1), (2) and (4)

- 30. In Design Thinking, phase involves gathering user feedback on the prototypes you've created as well as obtaining a better understanding of your users.**
- Prototype
  - Test
  - Ideate
  - Empathize
- 31. Once you have got an AI model that's ready for production, AI engineers then a trained model, making it available for external inference requests.**
- Evaluate
  - Test
  - Deploy
  - Redesign
- 32. Data Validation for human biases is conducted in phase of AI Model Life Cycle.**
- Scoping
  - Data Collection
  - Design
  - Testing
- 33. Which of the following is a disadvantage of Cross Validation Technique?**
- Cross-validation provides insight into how the model will generalize to a new dataset.
  - Cross-validation aids in determining a more accurate model prediction performance estimate.
  - As we need to train on many training sets, cross-validation is computationally expensive.
  - Cross-validation could result in more precise models.
- 34. A researcher wants to study the association between gender and using a mobile phone. Data collected for this study will be \_\_**
- Qualitative data
  - Quantitative data
  - Continuous data
  - Classified data
- 35. The data scientist will use \_ for predictive modelling?**
- Artificial Intelligence
  - Machine Learning
  - Training Set
  - Deep Learning

## Unit 3: Making Machines See

- 1. The field of study that helps to develop techniques to help computers “see” is \_\_\_\_\_.**
  - a. Python
  - b. Convolution
  - c. Computer Vision
  - d. Data Analysis
  
- 2. Task of taking an input image and outputting/assigning a class label that best describes the image is \_\_\_\_.**
  - a. Image classification
  - b. Image localization
  - c. Image Identification
  - d. Image prioritization
  
- 3. Identify the incorrect option**
  - (i) computer vision involves processing and analysing digital images and videos to understand their content.
  - (ii) A digital image is a picture that is stored on a computer in the form of a sequence of numbers that computers can understand.
  - (iii) RGB colour code is used only for images taken using cameras.
  - (iv) Image is converted into a set of pixels and less pixels will resemble the original image.
  - a. ii
  - b. iii
  - c. iii & iv
  - d. ii & iv
  
- 4. The process of capturing a digital image or video using a digital camera, a scanner, or other imaging devices is related to \_\_\_\_.**
  - a. Image Acquisition
  - b. Preprocessing
  - c. Feature Extraction
  - d. Detection
  
- 5. Which algorithm may be used for supervised learning in computer vision?**
  - a. KNN
  - b. K-means
  - c. K-fold
  - d. KEAM

6. **A computer sees an image as a series of \_**
- colours
  - pixels
  - objects
  - all of the above
7. **\_\_ empowers computer vision systems to extract valuable insights and drive intelligent decision-making in various applications, ranging from autonomous driving to medical diagnostics.**
- Low level processing
  - High insights
  - High-level processing
  - None of the above
8. **In Feature Extraction, which technique identifies abrupt changes in pixel intensity and highlights object boundaries?**
- Edge detection
  - Corner detection
  - Texture Analysis
  - boundary detection
9. **Choose the incorrect statement related to preprocessing stage of computer vision**
- It enhances the quality of acquired image
  - Noise reduction and Image normalization is often employed with images
  - Techniques like histogram equalization can be applied to adjust the distribution of pixel intensities
  - Edge detection and corner detection are ensured in images.
10. **1 byte = \_\_ bits**
- 10
  - 8
  - 2
  - 1
11. **Computer vision can do recognition tasks such as \_\_.**
- Image classification
  - Object detection
  - Facial recognition
  - All of the above
12. **When a computer processes an image, it perceives it as a collection of tiny squares known as \_.**
- pixels
  - layer
  - vision
  - None of the above

- 13. The resolution of the image is determined by the number of \_\_\_ contained in the image.**
- a. colour
  - b. pixels
  - c. layers
  - d. None of the above
- 14. In a monochrome image, black and white colours range from \_\_.**
- a. 255 to 1024
  - b. 0 to 510
  - c. 0 to 255
  - d. None of the above
- 15. In a monochrome image, the value of 0 corresponds to \_\_.**
- a. Black
  - b. White
  - c. Grey
  - d. None of the above
- 16. In a monochrome image, the value of 255 corresponds to \_\_.**
- a. Black
  - b. White
  - c. Grey
  - d. None of the above
- 17. \_\_\_\_\_ is the initial stage of computer vision involving the capture of digital images or videos.**
- a. Image Acquisition
  - b. Preprocessing
  - c. Image Normalisation
  - d. Histogram Equalisation
- 18. In scientific fields, specialised imaging techniques are used to scan high-detailed images of biological tissues or structures.**
- a. Magnetic Resonance Image
  - b. Computer Tomography
  - c. Both a. and b.
  - d. None of the above
- 19. \_\_\_\_\_ in computer vision aims to enhance the quality of the acquired image.**
- a. Image Acquisition
  - b. Preprocessing
  - c. Image Normalisation
  - d. Histogram Equalisation

20. **The techniques used in preprocessing are \_.**
- Noise Reduction & Image Normalisation
  - Resizing & Cropping
  - Histogram Equalisation
  - All of the above
21. **\_\_\_\_\_ technique used to remove unwanted elements like blurriness, random spots, or distortions in computer vision.**
- Noise Reduction
  - Image Normalisation
  - Histogram Equalisation
  - All of the above
22. **Which technique ensures all images in a dataset have a similar scale in computer vision?**
- Noise Reduction
  - Image Normalisation
  - Histogram Equalisation
  - All of the above
23. **\_\_\_\_\_ technique helps to adjust the brightness and contrast of an image.**
- Noise Reduction
  - Image Normalisation
  - Histogram Equalisation
  - All of the above
24. **\_\_\_\_\_ involves identifying and extracting relevant visual patterns or attributes from the pre-processed image.**
- Noise Reduction
  - Image Normalisation
  - Feature Extraction
  - Histogram Equalisation
25. **\_\_\_\_\_ identifies the boundaries between different regions in an image where there is a significant change in intensity.**
- Edge detection
  - Corner detection
  - Texture analysis
  - Colour-based feature extraction
-

**SANMATI HIGHER SECONDARY SCHOOL**

**SUMMER ASSIGNMENT**

**ENTREPRENEURSHIP**

**CLASS XII**

**Creative Zone:**

Prepare a project on any selected product:

- Creative front page
- Index
- Product Introduction
- Brand Name
- Brand Mark
- Tagline
- Logo
- Idea to choose the product
- SWOT analysis of the product
- Competitor of your product at least five
- Questionnaire survey
- At least 20 questions based on your selected product from 25 persons.
- Graphical representation of data collected.
- Market Survey Report
- Bibliography

**General Instruction:**

- 1) Use A4 size ruled pages.( 40-45pages minimum).
- 2) Project must be handwritten, clean and neat.
- 3) Paste Pictures related to the product wherever needed.
- 4) Overall project must show decent creativity.
- 5) Submit project in proper strip file.



सत्यमेव जयते  
Ministry of Youth Affairs and Sports  
Government of India



# Administration Manual

# Khelo India Fitness

# Assessment in Schools

# - version 2.0

Sports Authority of India  
Last Updated: October, 2020



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Gate No. 10, JLN Stadium, New Delhi - 110003

## To Get Started

### **Assessors (PETs/Sports Coaches/Fitness Assessors)**

Download “Khelo India (School Version)” (Assessor App) from Google Play Store. Create/Login with your User Name and Password.

### **Principal/HM Login:**

[schoolfitness.kheloindia.gov.in](http://schoolfitness.kheloindia.gov.in). Create/Login with your User Name and Password.

### **Parent App/Interface**

Download “Khelo India App” from Google Play Store. Create/Login with your User Name and Password.

## Overview

Fitness defines the ability to perform physical activity, and encompasses a wide range of abilities. Each activity and sports requires a specific set of skills, and so being fit for an activity or a sport does not necessarily make you fit for another.

Fitness is generally divided into specific fitness categories or components, and each can be tested and trained individually. The following pages will help you do the Fitness Test Administration in your school more effectively using Khelo India Fitness Assessment App and viewing the School Dashboard on School Interface.

## BATTERY OF TESTS

### AGE GROUP 5-8 YEARS | CLASS 1 to 3

At Primary class 1-3, children should acquire Fundamental Movement Skills (FMS) leaving the learning of specific physical activities to later stages. FMS provide the building blocks for many physical activities, such as playing games, dance, and sport. Locomotor, Manipulative & Body Management abilities are key to success in most sports and physical activities. Abilities of children in class 1-3 which need to be measured and tracked are

1. Body Composition (BMI)
2. Coordination (Plate Tapping)
3. Balance (Flamingo Balance)

Which are important for controlling the body in various situations.

### AGE GROUP: 9-18+ YEARS | CLASS 4 to 12

For Class 4 to 12, it is important for students to have an overall physical fitness. The following Components are to be considered in Physical Health and Fitness Profile:

1. Body Composition (BMI)
2. Strength
  - a. Abdominal (Partial Curl-up)
  - b. Muscular Endurance (Push Ups for Boys, Modified Push Ups for Girls)
3. Flexibility (Sit and Reach Test)
4. Cardiovascular Endurance (600 Meter Run/Walk)
5. Speed (50 mt. Dash)

## Test Descriptions for Children

### Body Mass Index

What does it measure: Body Composition refers primarily to the distribution of muscle and fat in the body. Body size such as height, lengths and girths are also grouped under this component.

The test performed is Body Mass Index (BMI), which is calculated from body Weight (W) and height(H).  $BMI = W / (H \times H)$ , where W = body weight in kilograms and H = height in meters. The higher the score usually indicating higher levels of body fat.

#### Measuring Height Accurately

Remove the participant's shoes, bulky clothing, and hair ornaments, and unbraid hair that interferes with the measurement.

Take the height measurement on flooring that is not carpeted and against a flat surface such as a wall with no molding.

Have the participant stand with feet flat, together, and back against the wall. Make sure legs are straight, arms are at sides, and shoulders are level.

Make sure the participant is looking straight ahead and that the line of sight is parallel with the floor.

Take the measurement while the participant stands with head, shoulders, buttocks, and heels touching the flat surface (wall). (See illustration.) Depending on the overall body shape of the participant, all points may not touch the wall.

Use a flat headpiece to form a right angle with the wall and lower the headpiece until it firmly touches the crown of the head.

Make sure the measurer's eyes are at the same level as the headpiece.

Lightly mark where the bottom of the headpiece meets the wall. Then, use a metal tape to measure from the base on the floor to the marked measurement on the wall to get the height measurement.

Accurately record the height to the nearest 0.1 centimeter.

#### Measuring Weight Accurately

#### Infrastructure/Equipment Required:

Flat, Clean surface, Weighing Machine, Stadiometer/Measuring Tape pasted on a wall

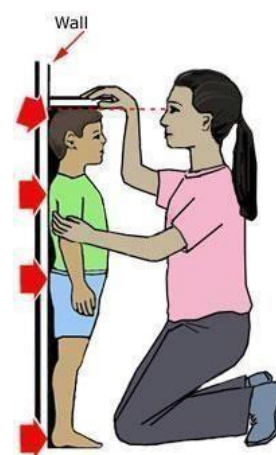
#### Scoring:

Height recorded in cm and mm.

Weight will be recorded in kilogram (kg) and grams (gms).

Record the weight to the nearest decimal fraction (for example, 25.1 kilograms).

Accurately record the height to the nearest 0.1 centimeter.



Use a digital scale. Avoid using bathroom scales that are spring-loaded. Place the scale on firm flooring (such as tile or wood) rather than carpet.


Have the participant remove shoes and heavy clothing, such as sweaters.

Have the participant stand with both feet in the center of the scale.


Record the weight to the nearest decimal fraction (for example, 25.1 kilograms).



## Plate Tapping Test

<b>What does it measure:</b> Tests speed and coordination of limb movement	
<b>How to Perform:</b>  If possible, the table height should be adjusted so that the subject is standing comfortably in front of the discs. The two yellow discs are placed with their centers 60 cm apart on the table. The rectangle is placed equidistant between both discs.  The non-preferred hand is placed on the rectangle. The subject moves the preferred hand back and forth between the discs over the hand in the middle as quickly as possible.  This action is repeated for 25 full cycles (50 taps).	<b>Infrastructure/Equipment Required:</b> Table (adjustable height), 2 yellow discs (20cm diameter), rectangle (30 x 20 cm), stopwatch  <b>Scoring:</b> The time taken to complete 25 cycles is recorded
	
<b>Administrative Suggestion:</b> Participants should be encouraged to stand in a balanced posture, feet apart to shoulder width. Results are usually better if the participant can maintain constant pace during most of the run.	

## Flamingo Balance Test

<b>What does it measure:</b> Ability to balance successfully on a single leg. This single leg balance test assesses the strength of the leg, pelvic, and trunk muscle as well as Static balance.	
<b>How to Perform:</b> Stand on the beam. Keep balance by holding the instructor's hand (if required to start).  While balancing on the preferred leg, the free leg is flexed at the knee and the foot of this leg held close to the buttocks.  <b>Start the watch as the instructor lets go of the participant/subject.</b>  Pause the stopwatch each time the subject loses balance (either by falling off the beam or letting go of the foot being held).  Resume over, again timing until they lose balance. Count the number of falls in 60 seconds of balancing.  If there are more than 15 falls in the first 30 seconds, the test is terminated.	<b>Infrastructure/Equipment Required:</b> Non Slippery even surface, Stopwatch, can be done on just standing on beam.  <b>Scoring:</b> The total number of falls or loss of balance in 60 seconds of balancing is recorded.  If there are more than 15 falls in the first 30 seconds, the test is terminated.
	
<b>Administrative Suggestion:</b> Participants should be encouraged to eyes focused on stationary object straight ahead.	

## Partial Curl Up (30 seconds)

### What does it measure:

The curl up test measures abdominal muscular strength and endurance of the abdominals and hip-Flexors, important in back support and core stability.

### How to Perform:

The subject lies on a cushioned, flat, clean surface with knees flexed, usually at 90 degrees, with hands straight on the sides (palms facing downwards) closer to the ground, parallel to the body.

The subject raises the trunk in a smooth motion, keeping the arms in position, curling up the desired amount (at least 6 inches above/along the ground towards the parallel strip).

The trunk is lowered back to the floor so that the shoulder blades or upper back touch the floor.

### Infrastructure/Equipment Required:

Flat clean cushioned surface with two parallel strips (6 inches apart), Stopwatch, Recording sheets, Pen

### Scoring:

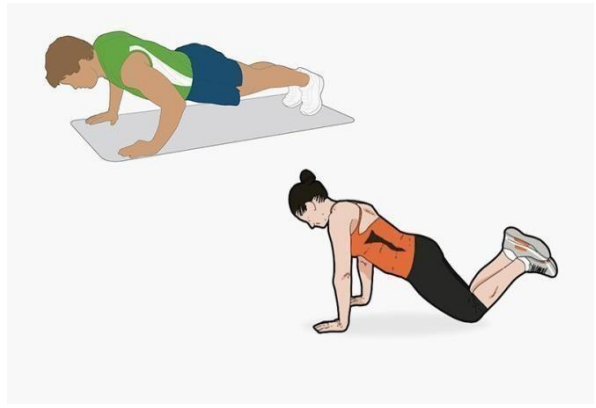
Record the maximum number of Curl ups in a certain time period 30 seconds.



### Administrative Suggestion:

Participants should be encouraged to keep normal breathing rate. Results are usually better if the participant can maintain constant pace during the activity.

## Push Ups (Boys)/Modified Push Ups (Girls)


<b>What does it measure:</b> Upper body strength endurance, and trunk stability.	
<b>How to Perform:</b> A standard push up begins with the hands and toes touching the floor, the body and legs in a straight line, feet slightly apart, the arms at shoulder width apart, extended and at a right angles to the body.  Keeping the back and knees straight, the subject lowers the body to a predetermined point, to touch some other object, or until there is a 90-degree angle at the elbows, then returns back to the starting position with the arms extended.  This action is repeated, and test continues until exhaustion, or until they can do no more in rhythm or have reached the target number of push-ups.  For Girls: push-up technique is with the knees resting on the ground.	<b>Infrastructure/Equipment Required:</b> Flat clean cushioned surface/Gym mat
	<b>Scoring:</b> Record the number of correctly completed push-ups.
	
<b>Administrative Suggestion:</b> Participants should be encouraged to emphasize to keep the back straight. Results are usually better if the participant can maintain constant pace during the activity.	

## Sit and Reach


<b>What does it measure:</b> Common measure of flexibility, and specifically measures the flexibility of the lower back and hamstring muscles. This test is important as because tightness in this area is implicated in lumbar lordosis, forward pelvic tilt and lower back pain	
<b>How to Perform:</b> This test involves sitting on the floor with legs stretched out straight ahead. Shoes should be removed. The soles of the feet are placed flat against the Sit and Reach box. Both knees should be locked and pressed flat to the floor - the tester may assist by holding them down.  With the palms facing downwards, and the hands on top of each other, the subject reaches forward along the measuring line as far as possible.  Ensure that the hands remain at the same level, not one reaching further forward than the other. After some practice reaches, the subject reaches out and holds that position for at one-two seconds while the distance is recorded. Make sure there are no jerky movements.	<b>Infrastructure/Equipment Required:</b> Sit and Reach box with the following dimensions: 12" x 12" (sides) 12" x 10" (front and back) 12" x 21" (top) Inscribe the top panel with centimeter/mm gradations. It is crucial that the vertical plane against which the subject's feet will be placed is exactly at the 23 cm mark. Flat clean cushioned surface/Gym Mats  <b>Scoring:</b> The score is recorded (difference between initial position and final position), in cm and mm, as the distance reached by the hand.
<b>Administrative Suggestion:</b> Proper warm-up and static stretching of the lower back and posterior thighs is very important for this test. A partner placing his/her hands lightly across knees can prevent the flexing of knees. Keep the hands over each other (fish pose). Besides in order to prevent the test apparatus from sliding away from the participants during the test, it should be placed against a wall or a similar immovable object.  The test trial is repeated if: (i) The hands reach out unevenly or (ii) The knees are flexed at the time of doing the test.	



## 600 Mtr Run/Walk

<b>What does it measure:</b> Cardiovascular Fitness/Cardiovascular Endurance	
<b>How to Perform:</b> Participants are instructed to run 600 mts. in the fastest possible pace.  The participants begin on signal, “ready, start” as they cross the finish line elapsed time should be announced to the participants.  Walking is permitted but the objective is to cover the distance in the shortest possible time.	<b>Infrastructure/Equipment Required:</b> Stopwatch, whistle, marker cone, lime powder, measuring tape, 200 or 400 mts with 1.22 mt (minimum 1 mt) width preferably on a flat and even playground with a marking of starting and finish line.
	<b>Scoring:</b> Time taken for completion (Run or Walk) in min, sec, mm
	
<b>Administrative Suggestion:</b> Participants should be encouraged to practice running with emphasis placed on the concept of pace. Results are usually better if the participant can maintain constant pace during most of the run and perhaps using a strong closing effort.	

## 50 Mtr Dash (Standing Start)

<b>What does it measure:</b> Determines acceleration and speed	
<b>How to Perform:</b> A thorough warm up should be given, including some practice starts and accelerations.  Start from a stationary position, with one foot in front of the other. The front foot must be on or behind the starting line. This starting position should be static (dead start).  The tester should provide hints for maximizing speed (such as keeping low, driving hard with the arms and legs) and encouraged to continue running hard through the finish line.	<b>Infrastructure/Equipment Required:</b> Measuring tape or marked track, stopwatch, cone markers, flat and clear surface of at least 60 meters.
	<b>Scoring:</b> Time taken for completion
	
<b>Administrative Suggestion:</b> Participants should be encouraged to practice running with emphasis placed on the concept of pace. Results are usually better if the participant can maintain constant pace during most of the run and perhaps using a strong closing effort.	

## Do's and Dont's

### Preparing for Assessments

To participate in Physical Fitness Assessments, some good preparation can go a long way.

1. **It is recommended that the assessments are done twice a year (for Term I and Term II in each academic year). The minimum gap between tests should be 4 months.**
2. Find out what is required. Most fitness tests will require a combination of evaluations to assess speed, endurance/stamina, strength, flexibility, and body composition. Read about these tests and plan for the same.
3. Determine the current abilities. Pretend you are taking their test today and perform each exercise. Note how close they came to the goal and how much further they need to go.
4. Calculate the time you have to prepare. You need adequate time to prepare for the test.
5. Participants must pace themselves. Maintaining a constant tempo is crucial for completing long and repetitive exercises, like Curl-ups, Push-ups and 600 mt run/walk. If you work too fast at the beginning of the exercise, you may become fatigued quickly. It is more effective to maintain a steady pace throughout.
6. Participants should be encouraged to practice for few weeks with emphasis placed on the concept of pace. Results are usually better if the participant can maintain consistency in performance during this practice period.

### Before a Test

#### Get appropriate clothing

1. Participant to wear comfortable clothes with sports shoes.
  - a. In case shoes are not available, he/she can run bare-feet. He/she needs to take precaution so that the foot doesn't get hurt with pointed objects in the playingfields.
  - b. Avoid leather shoes.
2. Get clothes that are comfortable to wear and run or bend (eg. T-shirt and comfortable fitting trousers/half pants).
3. Wearing socks that will keep the feet dry.

#### Safety Measures

1. If you plan to do for a group of people, decide Date/Time when you want to do the test.
2. Ensure that the play field is flat and clear from stones/pointed objects that may injure children.
3. Ensure that the equipment required for the tests are available at the place where you want to do the tests.
4. Have a First Aid Box.

## Medical:

No participant with known medical problems, are allowed to take part in the test.

Test	Resource Required
Body Composition (BMI)	1 test administrator, 1 recorder
Coordination (Plate Tapping Test)	1 test administrator, 1 recorder
Balance (Flamingo Balance Test)	1 test administrator, 1 recorder
Flexibility (Sit and Reach Test)	1 test administrator, 1 recorder
Strength - Core (Partial Curl-up)	1 test administrator, 1 recorder
Muscular Endurance (Push Ups for Boys, Modified Push Ups for Girls)	1 test administrator, 1 recorder
Cardiovascular Endurance (600 Mtr Run/Walk)	1 person at start, 1 person for each lane at finish
Speed (50 Mtr. Dash)	1 person at start, 1 person for each lane at finish

Additional Volunteers: 1 per 20 participants, if you are doing for a larger group.

## List of Equipment

Test	Equipment
Body Composition (BMI)	Height Measuring Tape, Weight Machine, even and non-slippery hard surface
Strength Abdominal (Partial Curl-up)	Stopwatch, Gym/Yoga mat, Marking Tape (for 6 inches parallel strips)
Muscular Endurance (Push Ups for Boys, Modified Push Ups for Girls)	Gym/Yoga Mat
Flexibility (Sit and Reach Test)	Sit and Reach Box (dimensions: 12" x 12" (sides) 12" x 10" (front and back) 12" x 21" (top) Inscribe the top panel with centimeter/mm gradations), Gym/Yoga mat
Cardiovascular Endurance(600 Mtr Run/Walk)	200 or 400 mts with 1.22 mt (minimum 1 mt) width track marking of starting and finish line. Stopwatch (1 per lane)
Speed (50 Mtr. Dash)	Stopwatch (1 per lane), cone markers, Marked track of at least 60 meters with 1.22 mt (minimum 1 mt) lane with starting and finish line.
Coordination (Plate Tapping)	Table (adjustable height), 2 yellow discs(20cm diameter), rectangle (30 x 20 cm), stopwatch
Balance (Flamingo Balance Test)	Stopwatch, Beam locally procured of a standard brick shape and height

## Conduct procedure of test:

1. Briefing to the participants:
  - a. Instruct for warm-up to avoid injury.
  - b. Test Demonstration: Provide demonstration of test procedure.
2. Steps:
  - a. Arrange the participants in the desired groups.
  - b. Tester reaches to the desired station.
  - c. Equipment to be placed at the station.

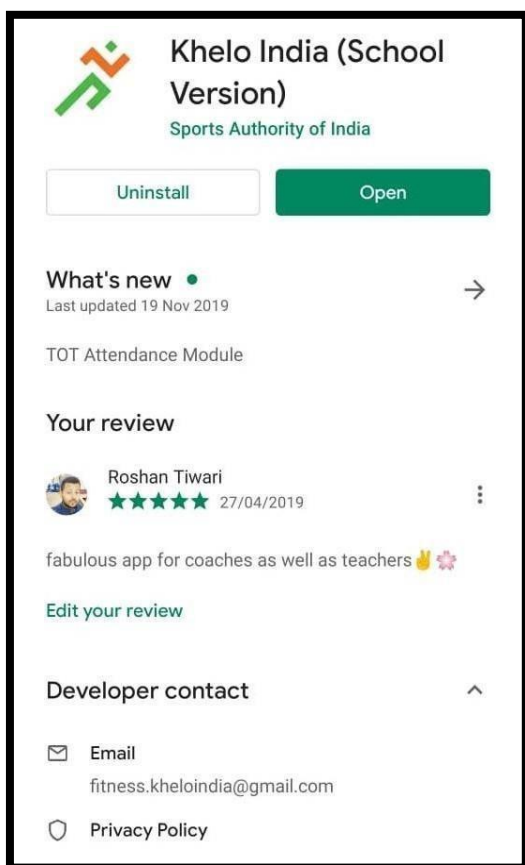
# Usage of Khelo India Mobile App and Portal

1. Assessor App
2. School Portal
3. Parent App

# Assessor App

## Se-If Registration of Assessor

Step:1 Download "Khelo India (School Version)"(Assessor App) from Google Play Store



## Step:2 Sign Up at Khelo India Assessor App

**Create Profile**

Name: \_\_\_\_\_

Email-id: \_\_\_\_\_

Phone No: \_\_\_\_\_

Address(Optional): \_\_\_\_\_

State: \_\_\_\_\_ >

District: \_\_\_\_\_

City: \_\_\_\_\_

Block: \_\_\_\_\_

Qualification: \_\_\_\_\_

Gender  
 Male  Female  Transgender

Have you attended any TOT?  
Enter the Code recieved: \_\_\_\_\_

I'm accepting terms and condition and privacy policy. ⓘ

I hereby affirm that I'm above 18 years of age and the information given by me is true and correct.

**SIGN UP**

**KHELO INDIA**  
भारत सरकार  
Ministry of Youth Affairs and Sports

भारतीय खेल प्राधिकरण  
sports authority of india

**FITNESS ASSESSMENT**

Username  
| \_\_\_\_\_

Password  
\_\_\_\_\_

**LOGIN**

Forgot password ?

New User

**SIGN UP**

Note: After the Signing up, Assessor will receive a notification on registered mobile number and credentials will be provided at the registered Email Id.

## Recording and Submission of Data

Recording of data to be done on **Khelo India Assessor App**.

To do the recording, do the following

1. Make sure that the Mobile is connected to internet. You can proceed further only if Internet is available.
2. Open Khelo India Assessor App.
3. Login with the user name and password issued to you through your principal.
4. Choose School (your School)
5. Choose the test you want to take. (Say Speed > 50 mt dash)
6. Get students to stand in a line (as instructed).
7. Start the Test (as per instruction). In case of Timers, start the timer.

8. In case of multiple students taking Timer based tests, use the start and split timer.
9. Once they have finished the test:
  - a. Enter the performance against each test (if required). In case of Timing based tests, split timer/stop timer to be used.
  - b. Scan the QR code of the student from his ID card. In case, he doesn't have ID Card with QR Code, choose his/her class and section, Name. The ID no. will get automatically filled up.
- 10. Click on “Save Data” button and Tap on refresh button to synchronize the assessment data**
11. After you finish taking the tests, click on “Go to Dashboard” by logging to [schoolfitness.kheloindia.gov.in](http://schoolfitness.kheloindia.gov.in).
12. The Fitness Dashboard of the students will get updated. Parents can log into [schoolfitness.kheloindia.gov.in](http://schoolfitness.kheloindia.gov.in) by using their user name and password issued to them

**PN: Make sure that you have saved the data, after every test. Do not forget to click on “Go to Dashboard” button, which will prepare your fitness dashboard.**

# School Principal Portal

## Self Registration- School

Step 1:Principal/HM of the School to open the following link on the web browser:

<https://schoolfitness.kheloindia.gov.in>

Click on “Sign Up”



Step 2: School will self-register for Khelo India Programme by filling up the basic details provided in the form



## New School Self Registration

### School Details

Wants to Join through

Board  
 School Chain

Select Board \*  
Select

School Code/Affiliation No \*

School Name \*

Shift \*  
Select

Zone \*

Region \*

State \*

City \*

School Address \*

School WebAddress \*

School Description \*

### School Admin Details


HM/Principal \*

Designation \*  
Select

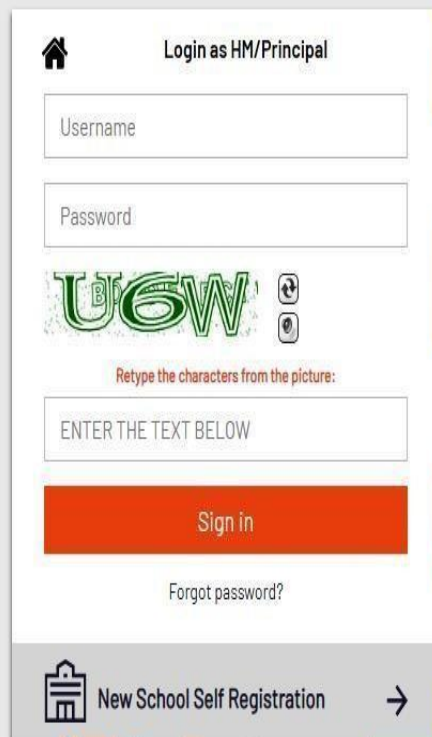
Gender \*  
Select


Email \*

Phone/Mobile \*




**Note :** After Activation of school from Admin Panel, school will get Principal / HM Login Credential on their Registered E-Mail Id and they can login through provided credentials into the portal to proceed further.



 Login as HM/Principal

Username


Password

Retype the characters from the picture:

ENTER THE TEXT BELOW




[Forgot password?](#)

 [New School Self Registration](#) →

## Link Assessor To School

Manage Assessor -> New Assessor -> Search PET or Email Id whom you want to link to the school > Click on Activate.

Assessor Will Receive User Name and Password on their Registered Mail Id








Home Student Manage Assessors Reports Welcome : Dr. K.r. Banerji

Registered With School  New Assessors

AssessorId | Name | Email

Assessor Id	Name	Email	Phone	Action
PET00380	Bagadiya DARSHAN	bag*****@*****l.com	989****685	Activate
PET001450	adarsh	ada*****@*****l.com	730****394	Activate
PET002288	adarsh	tgu*****@*****l.com	730****394	Activate
PET0012901	Adarsh Shankar	jsk*****@*****l.com	930****235	Activate
PET0013717	Amit	sum*****@*****l.com	901****107	Activate
PET0014001	Adarsh Sharma	shj*****@*****l.com	971****665	Activate
PET0014322	jahanvi	ada*****@*****l.com	963****040	Activate
PET002958	Adarsh Goswami	ada*****@*****l.com	934****006	Activate
PET004430	Priyadarsh Singh	pri*****@*****l.com	829****534	Activate
PET004721	adarsha naskar	ada*****@*****l.com	705****135	Activate
PET0015465	Adarsh modi	Jay*****@*****l.com	626****477	Activate

Home Student Manage Assessors Reports Welcome : Dr. K.r. Banerji

Registered With School  New Assessors

AssessorId | Name | Email

Assessor Id	Name	Email	Phone	Action
KI0032251	amitya	bik*****@*****l.com	750****227	Deactivate
PET008	ASHOK TALUKDAR	ash*****@*****l.com	700****348	Deactivate
PET0013767	Baijnath singh lodhi	bsn*****@*****l.com	812****654	Deactivate
KI0083633	Bhushan kumar	bhu*****@*****l.com	701****071	Deactivate
PET0021	LATHA K. K.	lat*****@*****l.com	984****518	Deactivate
PET002452	Navneet Kumar Tyagi	tya*****@*****l.com	981****193	Deactivate
KI0094649	Nazish khan	myn*****@*****l.com	701****542	Deactivate
KI0093961	Nikita Jain	nik*****@*****l.com	941****034	Deactivate
PET001023	nisha	gul*****@*****l.com	999****934	Deactivate
PET009	Pallavi Naik	pin*****@*****l.com	915****771	Deactivate
PET004	Sanjeev Kr. Sharma	san*****@*****l.com	985****463	Deactivate

# Student Data Upload

Principal/HM of the School to open the following link on the web browser:

**[schoolfitness.kheloindia.gov.in](http://schoolfitness.kheloindia.gov.in)**

Log into the Interface as the Principal/HM of the School. You are authorized to manage the school related information, assign school coordinators for the fitness assessment tests. **The most important thing to do is to add student's data to school.**

<b>Login as Principal/HM</b>	<b>&gt; Student</b>	<b>&gt; Student Data Upload</b>
------------------------------	---------------------	---------------------------------

Procedures to be followed:

## Step 1:

The screenshot displays the 'Student Data Upload' page. At the top, there are logos for KHELO INDIA, the Government of India, and the Sports Authority of India. A navigation bar contains 'Home', 'Student', 'Manage Assessors', and 'Reports'. The 'Student' menu is open, showing 'Student Data Upload' and 'Student Login/Password'. The main form includes a 'Select School' dropdown (TOT SCHOOL), a 'Select Profile' dropdown (Personal Profile), and a 'Choose File' button (No file chosen). Below the form, there are three buttons: 'DOWNLOAD TEMPLATE', 'SAMPLE DATA', and 'UPLOAD'. The 'School Code' is 12345. An 'Instructions' section provides two notes: '\* School code should be same with the school code in excel sheet.' and '\* Please don't modify the excel file names you can download the sample format.' At the bottom, there is a 'Show 10 entries' dropdown and a search bar.

## Step 2:

### Student Data Upload

Select School: TOT SCHOOL

Select Profile: Select

Choose File: Choose File No file chosen

School Code : 12345

DOWNLOAD TEMPLATE | SAMPLE DATA | UPLOAD

#### Instructions

- \* School code should be same with the school code in excel sheet.
- \* Please don't modify the excel file names you can download the sample format.

- Here you can upload the data.

## Step 3:

### Student Data Upload

Select School: TOT SCHOOL

Select Profile: Personal Profile

Choose File: Choose File No file chosen

School Code : 12345

DOWNLOAD TEMPLATE | SAMPLE DATA | UPLOAD

#### Instructions

- \* School code should be same with the school code in excel sheet.
- \* Please don't modify the excel file names you can download the sample format.

- Choose the sheet you want to upload (list of students of the schools):

PersonalProfile (MANDATORY)

- Select the Excel sheet and Upload.

## Student Data Upload

Select School  Select Profile  Choose File  PersonalProfile.xlsx

School Code : 12345

[DOWNLOAD TEMPLATE](#)[SAMPLE DATA](#)[UPLOAD](#)

Thank you for uploading the data. Your request has been submitted.

[DOWNLOAD](#)

## Instructions

\* School code should be same with the school code in excel sheet.

\* Please don't modify the excel file names you can download the sample format.

Show  entriesSearch: 

Sl. No.	School Name	Excel Name	Created On	View
1	Sequoia Fitness School	007_PersonalProfile.xlsx	Feb 20 2020 12:51PM	<a href="#">View</a>

## How to fill up PersonalProfile

- Fields marked in Orange colour are mandatory whereas yellow ones are optional

	A	B	C	D	E	F	G	H	I	J	K
1	School Code/Affiliation No.	Student Admission No	Name	Gender	Class	Section	Roll No	DOB (DD/MM/YYYY)	Domicile (Hometown)	Favorite Sports	Hobbies
2											
3											
4											

1. School Code/Affiliation No.: School code should not be empty and that should always match with the school code that you have been chosen in the school dropdown. For reference you can find the respective school code of the chosen school below the School dropdown after selecting school.
2. Student Admission No. : Student Admission No. should not be empty and duplicate.  
(**registration/admission number of student**)
3. Name: Name should not be blank
4. Gender: Gender should not be blank. Allowed Characters are Boy/ Girl/ Male/ Female/ B/ G/ M/ F/ Transgender/ T
5. Class: Class should not be empty. (I,II,III,IV,XI,XII)
6. Section: Section should not be empty.
7. Roll No: Roll No should not be empty.
8. DOB: DOB should not be empty and date should be in DD/MM/YYYY format.

## Student Data Upload

Select School

Select Profile

Choose File

 PersonalProfile.xlsx

School Code : 12345

Some errors have been detected in the Excel sheet. Download the Error log file and rectify your sheet accordingly.

### Instructions

\* School code should be same with the school code in excel sheet.

\* Please don't modify the excel file names you can download the sample format.

## Step 4

- **If data in the excel sheet is not in the correct format it will show the error message like above. You can download the error details file and rectify your excel sheet and upload that again.**

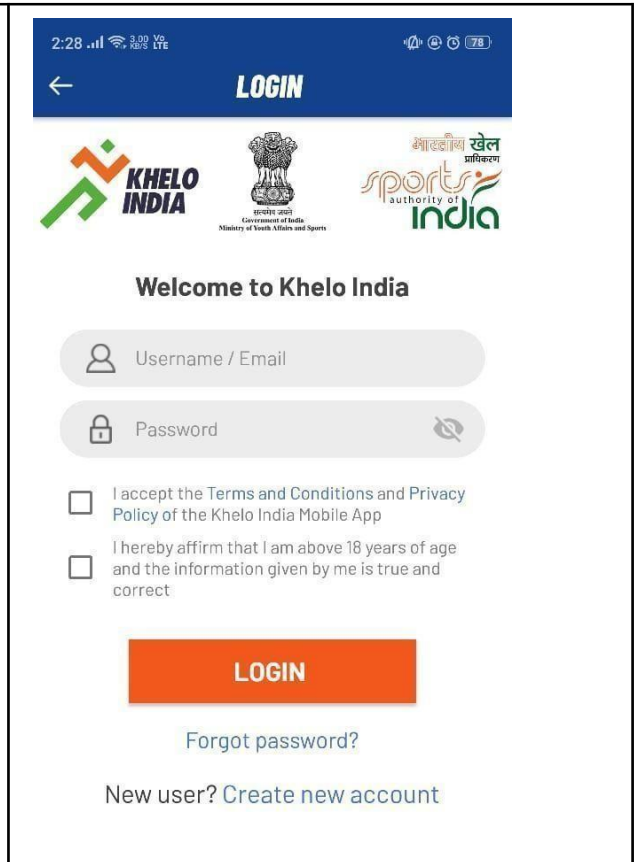
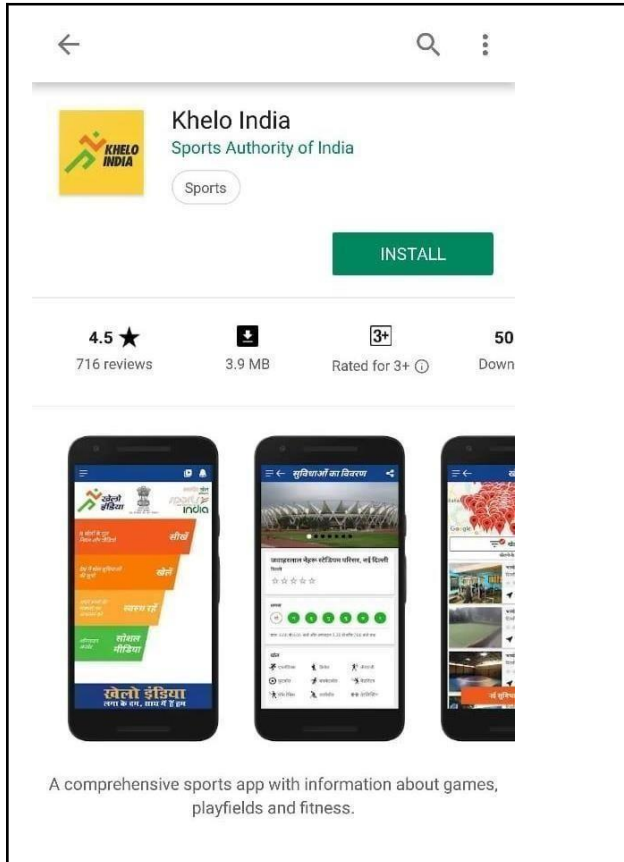
**Now the school is ready to do assessment in the school.**

# Khelo India Parent App

## Installation and Creation of Parent User ID

Ask parents to download “Khelo India App” from Google Play Store or Apple Store and Install the App. Parents to click on “Create New Account” to create a Parent Username and Password. They will receive email and SMS confirmation.

Download and Install	Login as Parent
----------------------	-----------------






New Parents to Register. Then Login.

Choose “Get Fit”.

2:28 .all 9.00 Vo LTE

← **REGISTRATION**

भारतीय खेल प्राधिकरण  
sports authority of India

Name

Password

Mobile Number

Email Id

Date of Birth

Male Female Transgender

I accept the Terms and Conditions and Privacy Policy of the Khelo India Mobile App

I hereby affirm that I am above 18 years of age and the information given by me is true and correct

**REGISTER NOW!**

1:42 .all 9.00 Vo LTE





भारतीय खेल प्राधिकरण  
sports authority of India

Basic rules and videos of 18 sports **LEARN**

List of playing facilities across the country **PLAY**

Assess your child's fitness **GET FIT**

Online Updates **SOCIAL MEDIA**

**खेलो इंडिया**  
लगा के दम, साथ में हैं हम

Click on Add a Child

2:27 Vodafone IN 15:56 57%

**GET FIT**

Want to know your child's fitness level? Try these simple tests

+ CHILD TESTS TIPS

Create your child's profile to record test results

+ Add Child

Schools - Click here

Add Child's profile

**GET FIT**

EDIT CHILD'S DETAILS

Name \*  
Amitya Bikram

DOB \*  
28-Feb-2010

Gender \*  
 Male  Female

Unique Identifier  
Select

Unique Id  
Unique Id

To view his/her school fitness assessment date, please link the Khelo India Fitness ID as unique identifier

**GET FIT**

Male  Female

**Unique Identifier**

Select

**Unique Id**

Unique Id Validate

**Profile Picture**

Choose File no file selected

**Enter the characters mentioned below:**

b0hHmn Refresh

**Deactivate** **Update**

Click on a child's profile to view Child's Fitness Dashboard

**GET FIT**

**USER DASHBOARD**

24 Feb 2019 Go

**Sai Swagat Das**  
17 yr. Boy

Height	Weight	Age Group
176cm	59kg	9-14 Years

**Body Mass Index (BMI)**

19

17.80 21.20 25.00

Under Weight Normal Over Weight Obese

Sai Swagat Das is 17 year old Boy, whose ideal BMI range is between 17.80 to 21.20.

**Overall Fitness Level**

57.8 Retake Test

# Contact Information

## KHELO INDIA FITNESS ASSESSMENT

Website: <https://schoolfitness.kheloindia.gov.in>

Email ID: [kheloindia.nfps@gmail.com](mailto:kheloindia.nfps@gmail.com)

## Regional Managers:

Zones	Regional Manager / Email ID / Phone	MappedStates (CBSE/CISCE/State Boards)
Zone 1	<a href="mailto:kheloindia.nfps@gmail.com">kheloindia.nfps@gmail.com</a>	Delhi, Bihar
Zone 2	<a href="mailto:kheloindia.nfps@gmail.com">kheloindia.nfps@gmail.com</a>	Rajasthan, Madhya Pradesh, Gujarat, Maharashtra, Goa, Daman & Diu and Dadar & Nagar Haveli
Zone 3	<a href="mailto:kheloindia.nfps@gmail.com">kheloindia.nfps@gmail.com</a>	Haryana, Himachal Pradesh, Punjab, Chandigarh, Jammu & Kashmir, Ladakh
Zone 4	<a href="mailto:kheloindia.nfps@gmail.com">kheloindia.nfps@gmail.com</a>	Chhattisgarh, Odisha, West Bengal, Assam, Arunachal Pradesh, Manipur, Meghalaya, Mizoram, Nagaland, Sikkim and Tripura
Zone 5	<a href="mailto:kheloindia.nfps@gmail.com">kheloindia.nfps@gmail.com</a>	Kerala, Karnataka, Tamil Nadu, Andhra Pradesh, Telangana, Puducherry, Andaman & Nicobar Islands and Lakshadweep
Zone 6	<a href="mailto:kheloindia.nfps@gmail.com">kheloindia.nfps@gmail.com</a>	Uttarakhand, Uttar Pradesh, Jharkhand



# **SUMMER HOLIDAY ASSIGNMENT (2026-27)**

## **Subject: Economics (Class XI & XII)**

**Objective:** To develop analytical, research and presentation skills by studying the impact of a selected topic on the Indian Economy.

### **Instructions:**

1. Students must prepare a PROJECT FILE on any ONE topic related to the Indian Economy.
2. The project must be handwritten in a notebook/file of approximately 30 pages.
3. Each page should have ONE SIDE RULED and ONE SIDE BLANK for diagrams, charts, and creativity.
4. Use proper headings, sub-headings, diagrams, flowcharts, and relevant data.
5. The project must reflect original work. Avoid copying directly from books or internet.
6. Neatness, presentation, and creativity will be considered for evaluation.
7. Submission must be done within the first week after reopening of school.

### **Suggested Topics (Choose any ONE):**

- Digital India and its impact on Economic Growth
- Make in India and Industrial Development
- Startup India and Employment Generation
- Impact of GST on Indian Economy
- Role of Agriculture in Indian Economy
- Unemployment in India: Causes and Solutions
- Poverty Alleviation Programs in India
- Women Empowerment and Economic Development
- Sustainable Development and Green Economy
- Role of Banking and Financial Inclusion

### **Project Structure (CBSE Guidelines):**

1. Cover Page (Title, Name, Class, Section, Roll No.)
2. Certificate
3. Acknowledgement
4. Index
5. Introduction of the Topic
6. Objectives of Study

7. Research Methodology (Primary/Secondary Data)

8. Main Content with Data, Graphs, Tables

9. Case Study (Real-life example related to topic)

10. Findings & Analysis

11. Conclusion

12. Bibliography

**Evaluation Criteria:**

- Content Accuracy – 5 Marks
- Research Work – 5 Marks
- Presentation & Creativity – 5 Marks
- Viva/Understanding – 5 Marks

SANMATI H.S.SCHOOL  
SUMMER ASSIGNMENT  
CLASS-XII  
SUBJECT: ENGLISH

General Instructions:

The assignment is mandatory for all students.

Submit it in a neatly maintained notebook/file.

Ensure originality in answers. Avoid copying.

Make the work creative and presentable with proper headings.

1. Read the passage given below and answer the questions that follow:

1. While there is no denying that the world loves a winner, it is important that you recognize the signs, of stress in your behaviour and be healthy enough to enjoy your success. Stress can strike anytime, in a fashion that may leave you unaware of its presence in your life. While a certain amount of pressure is necessary for performance, it is important to be able to recognize your individual limit. For instance, there are some individuals who accept competition in a healthy fashion. There are others who collapse into weeping wrecks before an exam or on comparing marks sheets and finding that their friend has scored better.

2. Stress is a body reaction to any demands or changes in its internal and external environment. Whenever there is a change in the external environment such as temperature, pollutants, humidity and working conditions, it leads to stress. In these days of competition when a person makes up his mind to surpass what has been achieved by others, leading to an imbalance between demands and resources, it causes psychosocial stress. It is a part and parcel of everyday life.

3. Stress has a different meaning, depending on the stage of life you are in. The loss of a toy or a reprimand from the parents might create a stress shock in a child. An adolescent who fails an examination may feel as if everything has been lost and life has no further meaning. In an adult the loss of his or her companion, job or professional failure may appear as if there is nothing more to be achieved.

4. Such signs appear in the attitude and behaviour of the individual, as muscle tension in various parts of the body, palpitation and high blood pressure, indigestion and hyperacidity. Ultimately the result is self-destructive behaviour such as eating and drinking too much, smoking excessively, relying on tranquilisers. There are other signs of stress such as trembling, shaking, nervous blinking, dryness of throat and mouth and difficulty in swallowing.

5. The professional under stress behaves as if he is a perfectionist. It leads to depression, lethargy and weakness. Periodic mood shifts also indicate the stress status of the students, executives and professionals.

6. In a study sponsored by World Health Organization and carried out by Harvard School of Public Health, the global burden of diseases and injury indicated that stress diseases and accidents are going to be the major killers in 2020.

7. The heart disease and depression both stress diseases are going to rank first and second in 2020. Road traffic accidents are going to be the third-largest killers. These accidents are also an indicator of psychosocial stress in a fast-moving society. Other stress diseases like ulcers, hypertension and sleeplessness have assumed epidemic proportions in modern societies.

8. A person under stress reacts in different ways and the common ones are flight, fight and flee depending upon the nature of the stress and capabilities of the person. The three responses can be elegantly chosen to cope with the stress so that stress does not damage the system and become distressed.

9. When stress crosses the limit, peculiar to an individual, it lowers his performance capacity. Frequent crossings of the limit may result in chronic fatigue in which a person feels lethargic, disinterested and is not easily motivated to achieve anything. This may make the person mentally undecided, confused and accident-prone as well. Sudden exposure of unnerving stress may also result in a loss of memory. Diet, massage, food supplements, herbal medicines, hobbies, relaxation techniques and dance movements are excellent stress busters.

- (i) What is stress? What factors lead to stress? 2
- (ii) What are the signs by which a person can know that he is under stress? 2
- (iii) What are the different diseases a person gets due to stress? 2
- (iv) Give any two examples of stress busters. 1
- (v) How does a person react under stress? 2

2. Prepare a project on any one topic not more than 10 pages:

Women Empowerment in Modern India

Climate Change and Its Impact

Role of Technology in Education

Headings:

Cover page

Acknowledgement

Content (with pictures/newspaper cuttings)

Conclusion

Bibliography

2. Prepare a 2-minute speech on any one topic:

Dreams vs Reality

Importance of Communication Skills.

3. Read any one novel (e.g., *The Alchemist*) and write a short review (100 Words)

4. Write a conversation between:

Two friends discussing their future plans after school

# SANMATI HIGHER SECONDARY SCHOOL, INDORE

## Summer assignment: 2026 - 27

### Class – XII: Applied Mathematics

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#### Instructions:

- Each student has to do one project for summer assignment.
  - Choose any 2 projects and send project numbers with your name and class to Pankaj sir (WhatsApp no. 7999877948) so he will offer you any one.
  - One project can be done by maximum 2 students so take consent for your project fast.
  - Do the project individually.
  - Collect data on your own and mention resource.
- 

#### **Projects Guidelines: Project should include the following segments**

**1. Introduction**

**2. Aim / Objective**

**3. Mathematical Concept**

**4. Data Collection**

**5. Calculations**

**6. Graphs / Tables**

**7. Conclusion**

#### List of Suggested projects : Class XII

xiii) Analysis of population migration data – positive and negative influence on urbanization

xiv) Each day newspaper tells us about the maximum temperature, minimum temperature, and humidity. Collect the data for a period of 30 days and represent it graphically. Compare it with the data available for the same time period for the previous year

xv) Analysis of career graph of a cricketer (batting average for a batsman and bowling average for a bowler). Conclude the best year of his career. It may be extended for other players also – tennis, badminton, athlete

xvi) Vehicle registration data – correlating with pollution and the number of accidents

xvii) Visit a village near **Indore** and collect data of various crops over the past few years from the farmers. Also, collect data about temperature variation and rain over the period for a particular crop. Try to find the effect of temperature and rain variations on various crops

xviii) Choose any week of your ongoing semester. Collect data for the past 10 – 15 years for the amount of rainfall received in **Indore** during that week. Predict the amount of rainfall for the current year

xix) Weather prediction (prediction of monsoon from past data)

xx) Visit Kirana shops near your home and collect the data regarding the sales of certain commodities over a month. Try to figure out the stock of a particular commodity which should be in the store in order to maximize the profit

xxi) Stock price movement

xxii) Risk assessments by insurance firms from data

xxiii) Predicting stock market crash

xxiv) Predicting the outcome of an election – exit polls

xxv) Predicting mortality of infants.