

The background is a solid dark blue color. On the left side, there is a large, semi-circular scale with tick marks and numbers ranging from 140 to 260. The numbers are: 140, 150, 160, 170, 180, 190, 200, 210, 220, 230, 240, 250, 260. There are several circular and semi-circular graphic elements scattered across the page, some with arrows indicating direction. These include solid lines, dashed lines, and concentric circles.

SANMATI SENIOR SECONDARY SCHOOL

SUMMER VACATION PROJECT

CLASS XII-D

DARSHANA CHAUHAN

Guide Lines for project work

Structure of the Project File

1. Front Page

- Title of the Project (Choose from the topics below)
- Name of the Student
- Class XII (Humanities)
- Subject:
- Roll Number:
- School Name:
- Academic Year (e.g., 2025–26)

2. Acknowledgement

A short paragraph where you thank your teacher, school, friends or anyone who helped you in completing the project.

- Example: "I would like to express my heartfelt gratitude to my Sociology teacher for his guidance and support throughout this project. I also thank my friends and family for their encouragement."

3. Certificate

CERTIFICATE

This is to certify that [Student Name] of Class XII has successfully completed the Sociology project titled [Project Title] under the guidance of [Teacher's Name] during the academic session 2025–26.

Date: _____

Signature of Teacher: _____

● School Stamp: _____

OTHER INSTRUCTUINS

4. Index

A table of contents with page numbers for each section.

5. Introduction

- What is the topic about?
- Why did you choose it?
- • Relevance in the current scenario

6. Main Content

Customize according to your chosen topic. You must include:

- Features: Key characteristics of the topic.
- Advantages: Benefits or positive outcomes.
- Disadvantages: Limitations, drawbacks, or criticisms.
- • Use case/examples: Use news events, laws, or case studies.

7. Statement of Purpose

Customize according to your chosen topic. You must include:

- Features: Key characteristics of the topic.
- Advantages: Benefits or positive outcomes.
- Disadvantages: Limitations, drawbacks, or criticisms.
- Use case/examples: Use news events, laws, or case studies.

8. Research Questions

Clear:

It should be easily understood by the reader without requiring additional explanation.

Focused:

It should be specific enough to be addressed within the time constraints of the research project.

Concise:

It should be stated in the fewest possible words.

Complex:

It should require analysis and synthesis of ideas to be answered, not just a simple "yes" or "no".

Arguable:

- It should have potential answers that are open for debate rather than being accepted as facts.

9. Conclusion

- Your reflections on the topic
- What did you learn?
- How has it changed your understanding of Indian politics?

Bibliography

List all the sources used:

- Books
- Websites (proper links)
- News articles
- • Government reports

Presentation Tips

- Neatly handwritten or typed on A4 sheets
- Use charts, maps, or visuals to support content
- File should be well-organized with proper headings
- Use simple language and avoid plagiarism
- • Highlight key points with markers or colors

SOCIOLOGY



Suggested Topics (Choose One):

Students are allowed to choose any topic of their choice related to course but some suggested topics are given below.

1. The Struggle for women's inequality and rights
2. The challenges of cultural diversity in India
3. Different social movements and their effects in India
4. Change and development in rural and industrial society
5. Green revolution and its impact on Indian economy
6. Demographic structure of Indian Society

POLITICAL SCIENCE



Class XII Suggested Topics

1. NAM – 1961 to present times
2. Division of Germany – Construction and dismantling of the Berlin Wall
3. CIS – Central Asian Republics
4. Disintegration of USSR – Focus on Gorbachev
5. Arab Spring
6. India's relationship with one country: Russia / China / Pakistan / Bangladesh
7. ASEAN
8. European Union and BREXIT
9. BRICS
10. SAARC

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REMAINING TOPICS (POL SCI)

- 11. India's Nuclear Policy
- 12. United Nations – Focus on India's Security Council candidacy
- 13. UN Agencies – UNICEF, UNESCO, WHO
- 14. Covid-19 – Global impact, cooperation, preparedness, controversies
- 15. Partition of India – Theory and legacy
- 16. NITI Aayog vs Planning Commission – India's development
- 17. Election 2019 – Rise of BJP and Fall of Congress (1989–2019)
- 18. Imposition of Emergency in India
- 19. NDA III and NDA IV – Social and Economic welfare program

History

FEW SUGGESTIVE TOPICS FOR CLASS XII PROJECTS

1. The Indus Valley Civilization- Archaeological Excavations and New Perspectives
2. The History and Legacy of Mauryan Empire
3. "Mahabharat" - The Great Epic of India
4. The History and Culture of the Vedic period
5. Buddha Charita
6. A Comprehensive History of Jainism
7. 7. Bhakti Movement- Multiple Interpretations and Commentaries.
8. The Mystical Dimensions of Sufism
9. Global Legacy of Gandhian Ideas
10. The Architectural Culture of the Vijayanagar Empire



HISTORY

REMAINING TOPICS (HISTORY)

- 11. Life of Women in the Mughal Rural Society
- 12. Comparative Analysis of the Land Revenue Systems Introduced by the Britishers in India
- 13. The Revolt of 1857- Causes; Planning & Coordination; Leadership, Vision of Unity
- 14. The Philosophy of Guru Nanak Dev
- 15. The Vision of Kabir
- 16. An Insight into the Indian Constitution
- 17. Comparative Study of Stupas and Pillar Edicts
- 18. Comparative Study of Mughal and Vijayanagar Architecture

psychology



CASE STUDY FORMAT

Acknowledgement page

Title page

- Leave this page blank for now

Table of content

- Should include these topics and their page number

- o Introduction

- o Identification of the case

- o Case history

- o Methods of Enquiry

- o Conclusion

- o References

- o Appendices

- Case study blank

- Interview report

- Observation report

- Self report

- Psychological tests

REMAINING OF PSYCHOLOGY

- Counsellor/ doctor's report
- • The process can be automated by Microsoft word: <https://support.office.com/en-us/article/Create-a-table-of-contents-in-Word-882e8564-0edb-435e-84b5-1d8552ccf0c0>
- Introduction
- • Write about your topic (e.g. a disorder)
- • Symptoms (as per DSM- V)
- • Its reason for occurrence (e.g. social, biological or medical)
- • Possible counselling outcome
- Identification of the Case
- • What is a case study, mention the diagnosed problem of your case
- • Mention the demographic information* of the subject

PSYCHOLOGY (Contid)

Case History

- Mention about the physical information, physiological data and psychological information* in detail
- Any professional help taken (past and present) giving a brief history of the problem, attitude towards counselling

- AA

Methods of Enquiry

- What is an interview, write the analysis of your interview
- What is observation, write the analysis of your observation
- What is psychological testing, write the analysis of the test
- What is a self-report, mention a summary of the self-report

psychology

- Conclusion
 - • Briefly conclude about the case (make use of the information extracted from self-report, interview and observation)
 - • Explain the psychological variables (e.g. Anxiety, Attitude, EQ, Self-concept, Adjustment etc.) tested on the subject and its correlation with the disorder
 - • Write a concluding comment
- References
 - • Use APA style for citation
 - • You may use <https://www.citethisforme.com> for reference

psychology

- References
 - • Use APA style for citation
 - • You may use <https://www.citethisforme.com> for reference
- Appendices
 - • Attach Case study blank
 - • Attach Interview sheets (interview with the subject, parents, friend, counsellor)
 - • Attach Observation sheet
 - • Attach Questionnaires (psychological tests)
 - • Attach Self-report given by the subject
 - • Any report extracted from the counsellor/doctor

ENGLISH

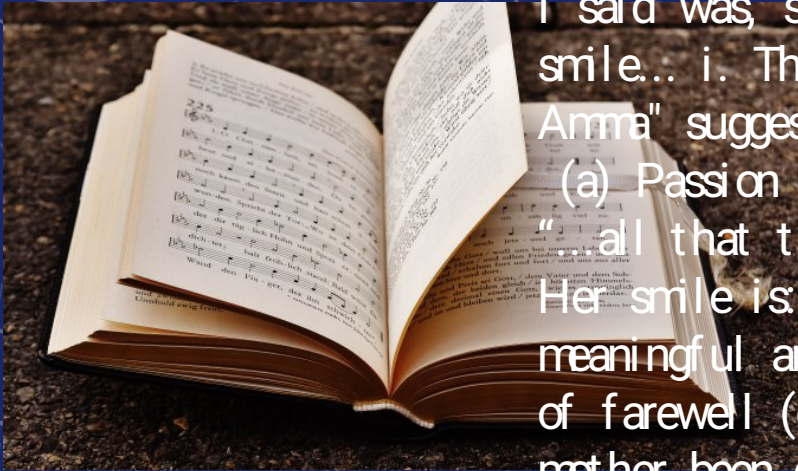
My Mother at Sixty Six

1. Describe the theme and Poetic devices used in the poem
2. I looked again at her wan, pale as a late winter's moon and felt that old familiar ache, my childhood's fear but all I said was, see you soon, Amma, all I did was smile, smile, smile... i. The parting words of the poet, "see you soon, Amma" suggest .

(a) Passion (b) Ache (c) Happiness (d) Jealous ii.

"...all that the poet did was smile and smile and smile.."

Her smile is: (a) sudden, in responses to her mother's (b) meaningful and loaded with love (c) accompanied with tears of farewell (d) put on to cheer her mother iii. Why has the mother been compared to the late winter's moon? (a) To refer to her pale and wan appearance (b) To emphasize that the mother is inching close to death (c) To emphasize the mother is old at the age of 66 (d) None of these iv. What is the poetic device used in the line – "all I did was smile, smile, smile.."? (a) Simile (b) Metaphor (c) Repetition (d) Personification



English (Contid)

- 3. Read the extract given below and answer the questions that follow.
- Driving from my parent's home to Cochin last Friday morning. I saw my mother, beside me. Doze, open mouthed, her face ashen like that of a corpse... a. The poem "My Mother at Sixty-six" is written in a lyrical idiom. It means i. It captures complex subtleties of human relationships. ii. It highlights the universal bond between mother and daughter. iii. It expresses emotions in an imaginative and artistic style. iv. It captures the fear of losing someone near and dear. b. Explain "her face ashen like that of a corpse..." i. The ash colour of the face (b) The pale face of the mother (c) The lost beauty of the mother (d) None of these c. The literary device used in the line 'her face ashen like that of a corpse' is: i. Personification (b) Simile (c) Imagery (d) Metaphor
- d. The mother beside the poet was: i. Eating food (b) Looking outside the young trees and merry children (c) Sleeping (d) Enjoying ride

Hindi

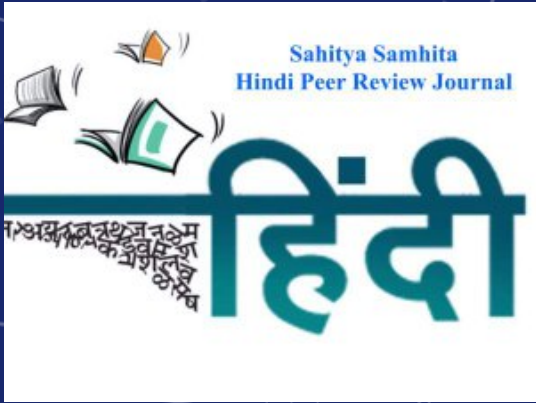


1. आरो भाग 2 लेखक हारीविंश राय बच्चन "आत्मपरचय" पाठ का पठन करे व कहठन शब्दों की एक सूची बनाए
2. "मेरे सपनों का भारत" एक लेख लिखे।
3. वाचन,लेखन कौशल पर ध्यान देवे
4. भक्तिन के जीवन से आपको क्या सीख मिली, आपके जीवन की आदर्श महिला कोन है चित्र सहित अपने विचार लिखे

Hindi Continue



- 5. महादेवी वर्मा जी द्वारा रचि ककन् ी दो प ुस्िकों को पढ़कर अपनी समीक्षा लखें
- रश्मि
- नीरजा
- निहार
- यामा
- 6. वर्तमान मे प्रचलितइन दो पत्रत्रकाओं की समीक्षा लिखिये
- 1. गृहशोभा
- 2. सरिता
- 7. आपके जीवन की प्रेरणा ककसी व्यक्ति ववशेष के जीवन पर प्रकाश डालि ु ए चचत्र सह ि लेख मलखे



मान में प्रचलित इन दो पत्रिकाओं की समीक्षा लिखिये

1. गृहशोभा
2. सरिता

- 7. आपके जीवन की प्रेरणा ककसी व्यक्ति विशेष के जीवन पर प्रकाश डाले हुवे चित्रा सहित लेख लिखे

SANMATI HIGHER SECONDARY SCHOOL, INDORE

SUMMER ASSINGMENT – 2025-2026

SUBJECT: PSYCHOLOGY

CLASS: 12th

CHAPTER 1 – VARIATIONS IN PSYCHOLOGICAL ATTRIBUTES

Section – A - 1 mark each

1. -----refers to an individual's underlying potential for acquiring skills.
 - Intelligence
 - Aptitude
 - Interest
 - Personality
2. Name the psychologist who proposed the concept of Intelligence Quotient.
 - Alfred Binet
 - Theodore Simon
 - William Stern
 - Jack Naglieri
3. Who among the following defines intelligence as the aggregate or global capacity of the individual to act purposefully, think rationally and deal effectively with the environment?
 - Spearman
 - Binet
 - David Wechsler
 - Galton
4. An I.Q. below ----- is generally considered mental retardation.
 - 100
 - 70
 - 120
 - 110
5. Moderately retarded people have the I.Q. range of -----on the Wechsler scales.

- Mild
- Moderate
- Severe
- Profound

6. Two factor theory was proposed by –

- Arthur Jenson
- Guilford
- spearman
- Binet

1. The mental age of an 8 year old with an IQ of 110-----years.
2. Who is considered as the father of modern psychology?
3. What do you mean by psychological test?
4. What is personality?
5. What do you mean by aptitude?
6. What are mental processes?
7. What is case study?

Section B - 2 marks each

1. Define Intelligence?
2. What is the difference between mind and behavior?
3. What is school psychology?
4. What is Creativity?
5. What do you mean individual differences?
6. What do you mean by emotional intelligence?
7. How does psychologist characterize and define intelligence?

Section - C

1. Describe the following types of intelligences as proposed by Howard Gardner?
2. What do you mean by technological intelligence?
3. what is componential intelligence
- 4.

Section – D - 4 marks each

1. How is creativity related to intelligence
2. Define giftedness and characteristics of gifted people?
3. What is mental retardation? State two causes of mental retardation?

Section E - 6 marks each

1. What are the important methods used for Psychological assessment?
2. Discuss Gardener's theory of Multiple Intelligence with suitable example?

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

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 School
Class - XII
Subject-Sociology
Summer Vacation Home Assignment 2026-27

Q. Create a project file reporting on any ONE of the following topics as per the instructions given below:

Topic:

- a. Digital India and social transformation**
- b. Poverty vs government schemes, freebies in India.**
- c. Virtual World vs Real Mind: A study of youth Mental Health and impact on society.**
- d. Impact of infrastructure projects on local communities (For ex. Ken–Betwa River Linking Project 2026)**

Instructions: Your file should include:

- 1. Data based on: Survey, interview etc.**
- 2. Real life examples or case studies**
- 3. Questionnaire and objective**
- 4. Creative mind maps / self-inspection or reflexive map**
- 5. Data analysis based on theories of sociologist**
- 6. Findings: Positive and negative aspects**
- 7. Suggestions as a Sociology student (include thoughts of renowned Sociologist)**
- 8. Conclusion**
- 9. Bibliography (Must)**

***Pro Tip for Full Marks**

- Include case studies or local examples.
- Add graphs/charts from the survey.
- Use headings + neat presentation + creativity
- Link topic with current situation in India.