



MODEL ACADEMY

(THE PRESTIGIOUS SCHOOL OF MIER)
CBSE AFFILIATED (Code – 730068)

HOLIDAY HOME WORK

Class- 12th

Subject- Psychology

Title: The Effects of Social Media on Mental Health: A Holiday Homework Investigation

Objective:

The objective of this holiday homework project is to investigate the impact of social media on the mental well-being of individuals. By conducting surveys and interviews, we aim to gather data and analyze the correlation between social media usage and mental health issues such as anxiety and depression. Additionally, we seek to raise awareness about responsible social media usage and promote strategies for maintaining positive mental health in the digital age.

Methodology:

Research: Begin by conducting research on the relationship between social media and mental health. Explore studies, articles, and expert opinions to understand the potential effects of social media usage on individuals' mental well-being.

Survey Design: Design a comprehensive survey questionnaire that includes questions related to social media usage habits, emotional well-being, and mental health symptoms. Ensure the questions are clear, unbiased, and cover various aspects of social media usage and its impact on mental health.

Sample Survey Questions:

How much time do you spend on social media platforms each day?

Have you ever experienced feelings of anxiety or sadness while using social media?

Do you compare your life to others on social media, and if so, does it affect your self-esteem?

Do you feel pressure to present a certain image of yourself on social media?

Have you ever encountered cyberbullying or negative experiences on social media?

Participant Recruitment: Seek permission from your school to distribute the survey among students, teachers, and staff members. Explain the purpose of the survey, assure confidentiality, and encourage honest responses. Emphasize the voluntary nature of participation.

Data Collection: Administer the survey to the selected participants, ensuring they have enough time to complete it. Consider using online survey platforms or paper-based surveys, depending on convenience and accessibility. Encourage participants to answer all questions honestly.

Interview Conduct: Select a small sample of participants for in-depth interviews to gain deeper insights into their experiences with social media and mental health. Prepare a set of open-ended interview questions that allow participants to share their thoughts, emotions, and perspectives.

Data Analysis: Organize and analyze the survey and interview data. Use statistical methods to identify correlations between social media usage and mental health issues. Analyze qualitative data from interviews to uncover themes and patterns related to the impact of social media on mental well-being.

Results and Conclusion: Summarize the findings of your study, highlighting significant correlations and insights gained from the data analysis. Discuss the implications of these findings for individuals' mental health and well-being in the context of social media usage.

Awareness Campaign: Based on the findings, create an awareness campaign to promote responsible social media usage and positive mental health. Develop informative posters, presentations, or online content to share the key takeaways from your research with your school community and beyond.

Note: Ensure that you adhere to ethical guidelines throughout the project, respecting the privacy and anonymity of the survey participants. Seek guidance from your teacher or mentor whenever needed.

By investigating the effects of social media on mental health, you will contribute to the understanding of this important topic and raise awareness about the potential impact of social media usage on well-being.

Best of luck with your project on the effects of social media on mental health!

Class- 12th

Subject- PHE

Topics:

1. Explain any one game of your choice.
2. Draw the pictorial presentation of any ten Asanas for different lifestyle diseases.

Complete Math Practical File

- 1) to understand the concept of increasing and decreasing function
- 2) to understand the concept of local maxima , local minima and point of inflection.
- 3) to understand the concept of absolute maximum and minimum value of function
- 4) to demonstrate equation of plane in normal form.
- 5) to demonstrate the function which is not one-one but onto.
- 6) to demonstrate the function which is one-one but not onto.
- 7) to measure the shortest distance between two lines.
- 8) to verify that angle in a semicircle is a right angle using vector method

1. INVESTIGATORY PROJECT :

- Study of the presence of oxalate ions in guava fruit at different stages of ripening.
 - Study the quantity of casein present in different samples of milk.
 - Preparation of soybean milk and its comparison with natural milk with respect to curd formation, the effect of temperature, etc.
 - Study of digestion of starch by salivary amylase and the effect of pH and temperature on it.
 - Extraction of essential oils present in Saunf (aniseed), Ajwain (carum), Illaichi (cardamom).
 - Study of common food adulterants in fat, oil, butter, sugar, turmeric power, chili powder, and pepper.
2. Make an assignment on carbohydrates, vitamins, and proteins.

Topics:

1. United Nations and its organizations
2. Era of one party dominance
3. USSR and aftermaths
4. Globalization
5. Security in contemporary world

- Q1: Hina and Harish are typists in a company having the same educational qualifications. Hina gets Rs.3,000 per month and Harish gets Rs.4,000 per month as salaries for the same working hours. Which principle of management is being violated in this case? Name and explain the principle.
- Q2: Arushi's father is working as a section in-charge in a government office. Identify the level of management at which he is working? State any five functions that he has to perform at this level.
- Q3: Sachdeva Garments Ltd/s target is to produce 10,000 shirts per month at a cost of ₹150 per shirt. The production manager could achieve this target at the cost of ₹160 per shirt. Do you think the production manager is effective? Give reasons for your answer.
- Q4: Write a case study elaborating all the levels of management.
- Q5: XYZ Power Ltd. set up a factory for manufacturing solar lanterns in a remote village as there was no reliable supply of electricity in rural areas. The revenue earned by the company was sufficient to cover the costs and the risks. As the demand of lanterns was increasing day- by-day, the company decided to increase production to generate higher sales. For this/they decided to employ people from a nearby village as very few job opportunities were available in that area. The company also decided to open schools and creches for the children of its employees.
1. Identify and explain the objectives of management discussed above.
 2. State any two values which the company wanted to communicate to the society.
- Q6: 'Aapka Vidyalaya' believes in the holistic development of students and encourages team building through a mix of curricular, co-curricular and sports activities. On its Founder's

Day, a stage performance had to be put up. A committee of ten prefects was constituted to plan different aspects of the function. They all decided to use recycled paper for decoration. There was a spirit of unity and harmony and all the members supported each other. With mutual trust and a sense of belonging, the programme was systematically planned and executed. Kartik, one of the prefects, realised that the group had unknowingly applied one of the principles of management while planning and executing the programme. He was so inspired by the success of this function that he asked his father to apply the same principle in his business. His father replied that he was already using this principle.

1. Identify the principle of management applied for the success of the programme.
2. State any two features of management highlighted in the above paragraph.
3. Identify any two values which 'Aapka Vidyalaya' communicated to society.

Q7: Telco Ltd. manufactures files and folders from old clothes to discourage the use of plastic files and folders. For this, they employ people from nearby villages where very less job opportunities are available. An employee, Harish, designed a plan for cost reduction but it was not welcomed by the production manager. Another employee gave some suggestions for improvements in design, but it also was not appreciated by the production manager.

1. State the principle of management that is violated in the above paragraph.
2. Identify any two values that the company wants to communicate to the society.

Q8: Project report on the topic

Principles of management

Functions of management

Class- 12th

Subject- Accountancy

Q1: Pahalwan a famous eating point in jammu has opened up their new outlet with capital of 50,00,000 and actual profit of 250,000 which includes overvaluation of stock 50,000, the normal rate of return is 10% .calculate the goodwill of Pahalwan on the basis of 4 times the super profit.

Q2: Calculate interest on drawings of Arun @ 10% p.a. for the year ended 31st March, 2019, in each of the following alternative cases:

Case 1. If he withdrew ₹ 1,500 in the beginning of each quarter.

Case 2. If he withdrew ₹ 1,500 at the end of each quarter.

Case 3. If he withdrew ₹ 1,500 during the middle of each quarter.

Q3: Kamal and Kapil are partners having fixed capitals of ₹ 5,00,000 each as on 31st March, 2018. Kamal introduced further capital of ₹ 1,00,000 on 1st October, 2018 whereas Kapil withdrew ₹ 1,00,000 on 1st October, 2018 out of capital. Interest on capital is to be allowed @ 10% p.a. The firm earned net profit of ₹ 6,00,000 for the year ended 31st March 2019.

Pass the Journal entry for interest on capital and prepare Profit and Loss Appropriation Account

Q4: A business has earned average profits of Rs. 1,00,000 during the last few years and the normal rate of return in similar business is 10%. Find out the value of goodwill by
(i) Capitalisation of super profit method.
(ii) Super profit method, if the goodwill is valued at 3 years' purchase of super profit. The assets of the business were Rs. 10,00,000 and its external liabilities Rs.1,80,000.

Q5: Nisha and imran are partners sharing profits in the ratio of 3:2. They decided to admit mukul as a partner from, 1st April, 2016 on the following terms:

- i. Mukul will be given 2/5th share of the profit.
- ii. Goodwill of the firm will be valued at two years' purchase of three years' normal average profits of the firm.

Profits of the previous three years ended 31st March were:

2016- Profit Rs.30,000 (after debiting loss of stock by fire Rs.40,000).

2015 – Loss Rs.80,000 (includes voluntary retirement compensation paid 1, 10,000).

2014 – Profit Rs.1,10,000 (including a profit of 30,000 on the sale of fixed assets).

You are required to value the goodwill.

Q6: Prepare a trading , profit & loss accounts and balance sheet of an multinational company for the accounts project .

Class- 12th

Subject- Sociology

RESEARCH TOPICS:

- G-1 The gender roles in the family
- G-2 Prevalence for glass ceiling for women seeking executive roles.
- G-3 The phenomenon of bullying and aggression among the youths
- G-4 Causes and impact of helicopter parenting.
- G-5 Deviant behaviour among modern youths
- G-6 The negative perception of single father in modern society.
- G-7 Does food play important role in cultural identity

Python Programming

1. Read a text file line by line and display each word separated by a #.
2. Write a Python code to find the size of the file in bytes, number of lines and number of words.
3. Write a function stats() that accepts a filename and report the file's longest line.
4. Write a program to display all the records in a file along with line number.
5. Write a function in python to count the number of lines in a text files 'story.txt' which is starting with an alphabet 'a'.
6. Write a program to remove all the lines from file 'answer.txt' that contain the character 'a' in the file and write other lines into another file 'answer1.txt'.
7. Write a program to read a text file and display the count of lowercase and uppercase letters in the file.
8. Write a function in python to read lines from a text file 'notes.txt' and display those lines which are starting with an alphabet 'k'.
9. Create a binary file 'student.dat' with name and roll number. Search for a given roll number and display the name, if not found display appropriate message.
10. Create a binary file 'student.dat' with roll number, name and marks. Input a roll number and update the marks.

Note:

- Use hard cover practical notebook for these.
- Use blue ink pen only for writing.
- Write outputs with sharp pencil on blank pages.
- Start new program with new page only.

MAKE ONE PAINTING ON EACH TOPIC

- | | | | |
|---------------|--------------|-----------------|---------------|
| 1) Madhubani | 2) Mandala | 3) Nature Study | 4) Still Life |
| 5) Silhouette | 6) Geometric | | |

Suggested Investigatory Projects

1. To study various factors on which the internal resistance/EMF of a cell depends.
2. To study the variations in current flowing in a circuit containing an LDR because of a variation in
 - (a) the power of the incandescent lamp, used to 'illuminate' the LDR (keeping all the lamps at a fixed distance).
 - (b) the distance of a incandescent lamp (of fixed power) used to 'illuminate' the LDR.
3. To find the refractive indices of (a) water (b) oil (transparent) using a plane mirror, an equiconvex lens (made from a glass of known refractive index) and an adjustable object needle.
4. To investigate the relation between the ratio of (i) output and input voltage and (ii) number of turns in the secondary coil and primary coil of a self-designed transformer.
5. To investigate the dependence of the angle of deviation on the angle of incidence using a hollow prism filled one by one, with different transparent fluids.
6. To estimate the charge induced on each one of the two identical Styrofoam (or pith) balls suspended in a vertical plane by making use of Coulomb's law.
7. To study the factor on which the self-inductance of a coil depends by observing the effect of this coil, when put in series with a resistor/(bulb) in a circuit fed up by an A.C. source of adjustable frequency.
8. To study the earth's magnetic field using a compass needle -bar magnet by plotting magnetic field lines and tangent galvanometer.

Topic:- Pollution & environment : Role of the youth

THE PROJECT – INCLUDES THE FOLLOWING:

- I. Cover Page – Title of Project,
- II. School details & detail of students,
- III. Statement of Purpose / objectives / goals.
- IV. Acknowledgement,
- V. Certificate of completion under the guidance of the teacher.
- VI. .Action Plan for the Project,
- VII. Questionnaires for interview,
- VIII. A 'Report' on the Topic opted for. IX. List of resources / bibliography.

Data Handling

1. Create a panda's series from a dictionary of values and a ndarray.
2. Given a Series, print all the elements that are above the 75th percentile.
3. Write a program to create a Series object with 6 random integers and having indexes as: ['p','q','r','n','t','v'].
4. Create a Data Frame quarterly sale where each row contains the item category, item name, and expenditure. Group the rows by the category and print the total expenditure per category.
5. Write a program to create a data series and then change the indexes of the Series object in any random order.
6. Series Object Temp1, Temp2, Temp3, Temp4 store the temperature of days of week1, week2, week3, week4 respectively. Write a script to:
 - a) Print the average temperature per week.
 - b) Print average temperature of entire month.
7. Create a data frame for examination result and display row labels, column labels data types of each column and the dimensions.
8. Write a program to display no of rows and no of columns in Dataframe df.

9. Write a program to create a Dataframe storing salesmen details (name, zone ,sales) for five salesmen.
10. Write a Pandas program to select the specified columns and rows from a given data frame.

Class- 12th

Subject- Economics

Make a Project on the topic

- (a) “Money and Banking” for even roll nos.
- (b) “Economic Reforms” for odd roll nos.

Class- 12th

Subject- Biology

INVESTIGATORY PROJECT

- 1) Genetic Disorders
- 2) Gene Therapy
- 3) Human Genome Project
- 4) DNA Finger printing
- 5) Cancer
- 6) AIDS and Hepatitis
- 7) Role of Microorganisms in Industry
- 8) Mendelian Inheritance
- 9) In vitro Fertilisation (IVF, Test tube babies)
- 10) To Study Human Gene Therapy, Advances, Challenges

Entrepreneurship is the ability and readiness to develop, organize and run a business enterprise, along with any of its uncertainties in order to make a profit. The most prominent example of entrepreneurship is the starting of new businesses.

PROJECT I- Market Survey

Conduct the survey in any one of the below mentioned topics and follow the guidelines:

A. Conduct a simple market research with the objective of estimating demand for an existing product in the market. Students will have to give an innovative suggestion to the product.

B. Conduct a survey for a new innovative product.

C. Students can also select any product.

- An innovative idea regarding the product must be suggested by the student.
- The product, along with the innovation may be discussed in class and finalized.
- Avoid products whose use is discouraged/banned by the society and government like alcohol/pan masala, tobacco products, etc.

Now, make a project on the identified product, keeping in mind the following:

1. Think of an innovation in the selected product, (innovation could be in product content, feature, design, packaging, distribution, strategy, service etc.)

2. Test the feasibility of this innovation via market analysis, using an objective questionnaire.

3. Competition analysis (2–3 existing brands in the same category).

4. Questionnaire analysis

5. Recommendation to the company (For example, if you have chosen hair oil and if you want to find out the demand for Dabur Vatika then please give suggestions to the company as to how they can improve their product)

Format for Presentation of Market Survey Report

1. The project should be done individually.

2. The project should be hand written in white one side ruled sheet or single colored sheets only.

3. Page limit – 20 to 25.

4. The survey report should be original and proper analysis for all questions in the questionnaire should be done. 5. The format for presentation of report which should be arranged in the following sequence:

a) External cover page

b) Acknowledgement

c) Executive summary

d) Index

e) Introduction to the topic (Introduction, objectives)

f) Profile of the organization

g) Data analysis and interpretation

h) Conclusion and recommendation

i) Photographs

j) Bibliography

Project–II Business Plan

1) Your business idea: (Main product or service)

Product	Services	Trading
Chocolates Soap Detergent powder/liquid soap Sandwiches	Tiffin service Creche Pet care center	Stationery Flower shop

2) Name of your business, its logo and tagline (Refer to unit 3, Class XII Entrepreneurship Book)

3) Are there similar products or services in the market?

4) What is your competitive advantage and what is your unique selling proposition (USP)?

5) Your marketing plan:

a) Your market research plan(Describe your competitor, demand for your product/service – is it available or you think you can create it?)

Talk about atleast 3 competitors if it is an existing product. If it is a new product, then analyse the demand for the product.

b) Your target customers and how will you reach them?

Example: children, teenager, homemaker, working persons etc.

c) Your advertising and promotion ideas

Just mention the tools of promotion mix which you will be using.

d) Packaging (if applicable)

Eco-friendly packaging

e) Distribution (How do you intend reaching your customers?)

Channel of distribution – direct and indirect

f) What does quality mean for your product or service?

ISI, Agmark, FPO etc.

6) What is the cost per unit of your product or service? Also, show the computation or explain the logic.

- Compute fixed cost – ANY of the following details can be added

1) Consultancy charges

2) Salary

3) Rent

4) Insurance

- Variable cost – Any of the following details can be added

1) Packing charges

2) Raw material

3) Power

4) Wages

7) What is your selling price and your reason for it?

8) Give details of your start-up costs here.

- | | |
|--------------------------|------------------|
| 1) Land | 2) Building |
| 3) Computers | 4) Equipment |
| 5) Machinery | 6) Vehicles |
| 7) Vessels | 8) Software |
| 9) Inauguration ceremony | 10) Raw material |
| 11) Salary | 12) Rent advance |

9) How would you meet your startup costs (be realistic)?

10) What are the likely risk factors in your business and how do you plan to mitigate them?

11) Suppose it is now a year since you started your business.

Give us one month's profit and loss statement for the first month of the second year to cover the following main items: (All figures to be for one whole month.)

S. No.	Particulars	Units	Rupees
A)	Sales		
b)	Cost of sales		
c)	Gross profit = a-b		
	Fixed expenses (cash)		
	Salaries		
	Rent		
	Utilities		
	Monthly interest only on the loan taken		
	Transport Miscellaneous		
d)	Total fixed expenses (cash)		
e)	Depreciation (non-cash)		
f)	Total fixed exp(cash & non-cash) = d+e		
g)	Operating profit or loss = c-f		
h)	Taxes = use 25% on profits only		
i)	Net profit/or loss = g-h		

12) What is the break-even point of your business? Show the computation assuring the selling price and units which will be sold.

- Q1. Write any ten alankaars of Raag Bhairav?
- Q2. Write any ten alankaars of Raag Malkauns?
- Q3. Write the notation of PN Bhatkhande in Raag Bhairav?
- Q4. Write the notation of PN Bhatkhande in Raag Malkauns?
- Q5. How many shrutis are there in one Saptak?
- Q6. How many types of Saptak & explain each of them?
- Q7. Explain Pakad of Raag Bhairav?
- Q8. Pakad of Raag Malkauns?
- Q9. What do you mean by Naad & explain Aahat & Anahat Naad?
- Q10. What do you mean by Teen Taal?
- Q11. Write down the points of difference between classical music and Gujarat Music?
- Q12. Explain folk music of Jammu & what do you understand by Kud Music of Jammu & Pahari Music?