

M R Vivekananda Model School Sector 13 Dwarka

HOLIDAY HOMEWORK

Class –XI B(2024-25)

Dear Parents,

The most awaited Summer Break is from 20th May to 30th June. As per forecast by weather department the temperature will rise more and warm breeze (Loo) will blow. We suggest the following to remain healthy and hydrated:

- Wear cotton clothes, Consume more liquids and water, Go for morning walk and remain indoors. We want students to utilize this time by reading newspapers, spending value time with elders and grandparents, help parents with daily chores, watch informative TV channels such as National Geographic and Discovery etc.**
- Students have been given interesting, creative and knowledgeable home work. Ensure that your ward does the task on his/her own using innovative ideas. Parents are advised to guide their ward only.**

Principal

ENGLISH

I. Reading

Read the following passages and on the basis of your understanding , make notes on it using headings and subheadings. Use recognizable abbreviations (wherever necessary- minimum four) and a format you consider suitable. Also supply an appropriate title to it.

Passage I

Artificial intelligence (AI) is making a difference to how legal work is done, but it isn't the threat it is made out to be. AI is making impressive progress and shaking up things all over the world today. The assumption that advancements in technology and artificial intelligence will render any profession defunct is just that, an assumption and a false one. The only purpose this assumption serves is creating mass panic and hostility towards embracing technology that is meant to make our lives easier.

Let us understand what this means explicitly for the legal world. The ambit of AI includes recognizing human speech and objects, making decisions based on data, and translating languages. Tasks that can be defined as 'search-and-find' type can be performed by AI.

Introducing AI to this profession will primarily be for the purpose of automating mundane, tedious tasks that require negligible human intelligence. The kind of artificial intelligence that is employed by industries in the current scene, when extended to the law will enable quicker services at a lower price. AI is meant to automate a number of tasks that take up precious working hours lawyers could be devoted to tasks that require discerning, empathy, and trust- qualities that cannot be replicated by even the most sophisticated form of AI. The legal profession is one of the oldest professions in the world. Thriving over 1000 years; trust, judgement, and diligence are the pillars of this profession. The most important pillar is the relationship of trust between a lawyer and clients, which can only be achieved through human connection and interaction.

While artificial intelligence can be useful in scanning and organizing documents pertaining to a case, it cannot perform higher-level tasks such as sharp decisionmaking, relationship-building with valuable

clients and writing legal briefs, advising clients, and appearing in court. These are over and above the realm of computerization.

The smooth proceeding of a case is not possible without sound legal research. While presenting cases lawyers need to assimilate information in the form of legal research by referring to a number of relevant cases to find those that will favour their client's motion. Lawyers are even required to thoroughly know the opposing stand and supporting legal arguments they can expect to prepare a watertight defence strategy. AI, software that operates on natural language enables electronic discovery of information relevant to a case, contract reviews, and automation generation of legal documents.

AI utilizes big-data analytics which enables visualization of case data. It also allows for creation of a map of the cases which were cited in previous cases and their resulting verdicts, as per the website Towards Data Science. The probability of a positive outcome of a case can be predicted by leveraging predictive analytics with machine learning. This is advantageous to firms as they can determine the return on investment in litigation and whether an agreement or arbitration should be considered.

Passage II

1. Colour Therapy is a complementary therapy for which there is evidence dating back thousands of years to the ancient cultures of Egypt, China and India. If we define it in simple terms, Colour is a light of varying wavelengths, thus each colour has its own particular wavelength and energy.

2. Colours contribute to energy. This energy may be motivational and encouraging. Each of the seven colours of the spectrum are associated with energy. The energy relating to each of the seven spectrum colours of red, orange, yellow, green, blue, indigo and violet, resonates with the energy of each of the seven main chakras/energy centres of the body. Colour therapy can help to re-balance and/or stimulate these energies by applying the appropriate colour to the body.

3. Red relates to the base chakra, orange the sacral chakra, yellow the solar plexus chakra, green the heart chakra, blue the throat chakra, indigo the brow chakra (sometimes referred to as the third eye) and violet relates to the crown chakra.

4. Colour is absorbed by the eyes, skin, skull, our 'magnetic energy field' or aura and the energy of colour affects us on all levels, that is to say, physical, spiritual and emotional. Every cell in the body needs light energy – thus colour energy has widespread effects on the whole body. There are many different ways of giving colour, including; Solarised Water, Light boxes/lamps with colour filters, colour silks and hands on healing using colour.

5. Colour therapy can be shown to help on a physical level, which is perhaps easier to quantify, however there are deeper issues around the colours on the psychological and spiritual levels. Our wellbeing is not, of course, purely a physical issue. Fortunately, many more practitioners, both orthodox and complementary, are now treating patients in a holistic manner.

6. Colour Therapy is a totally holistic and non-invasive therapy and, really, colour should be a part of our everyday life, not just something we experience for an hour or two with a therapist. Colour is all around us everywhere. This wonderful planet does not contain all the beautiful colours of the rainbow for no reason. Nothing on this earth is here just by chance; everything in nature is here for a purpose. Colour is no exception. All we need to do is to heighten our awareness of the energy of colour, absorb it and see how it can transform our lives.

Passage III

1. There is a clear dichotomy between Jayashankar Prasad's daily life and the one that found expression in his literature. In his literary formulations, Prasad advocated an escape- from personality ideals and categorically stated: "An artist's art, and not his person, is the touchstone to assess his work . . . it is only after losing his personality that he emerges in his art as an artist".

2. In Prasad's works – his poems, short stories, novels, dramas etc. – what emerges is life as shaped in the writer's inner self by his emotions, fancies, dreams, reveries . . . His writings are a record not of outer reality, but of the artist's inner world. As such, of a proper appreciation and understanding of his works more emphasis needs to be placed on the working of his mind, than the events of his day-to-day life.

3. Prasad was born in a renowned family of Varanasi. His grand-father Shiv Ratan Sahu, a dealer in high quality perfumed tobacco (snuff). Besides being an astute businessman, he was endowed with a marked cultural taste. His home was the meeting place of the local poets, singers, artists, scholars and men of religion. Prasad's father Devi Prasad Sahu carried forward this high tradition of family. Prasad,

therefore, had a chance to study the various phases of human nature in the light of the business traditions, artistic taste and religious background of his family.

4. When the business had somewhat recovered, Prasad planned the publication of a literary journal. Prasad started the “Indu”. The inaugural number appeared in July 1909. By this time Prasad’s notions of literature had crystallized into a credo. In the first issue of Indu, he proclaimed, “Literature has no fixed aim; it is not a slave to rules; it is a free and all-embracing genius, gives birth to genuine literature which is subservient to none. Whatever in the world is true and beautiful is its subject matter. By dealing with the True and Beautiful it establishes the one and affects the full flowering of the others. Its force can be measured by the degree of pleasure it gives to the reader’s mind as also by the criticism which is free of all prejudice”. The words sound like the manifesto of romanticism in literature.

5. Even while recognizing the social relevance of literature, Prasad insisted, “The poet is a creator . . . he is not conditioned by his milieu; rather it is he who moulds it and gives it a new shape; he conjures up a new world of beauty where the reader for the time being, becomes oblivious of the outer world and passes his time in an eternal spring garden where golden lotuses blossom and the air is thick and pollen”. Thus, the chief aim of literature according to Prasad is to give joy to the reader and to create a state of bliss in him. Later under the impact of Shiv Advaitism, this faith of Prasad got further strengthened.

Passage IV

1. How does television affect our lives? It can be very helpful to people who carefully choose the shows that they watch. Television can increase our knowledge of the outside world; there are high quality programmes that help us understand many fields of study, science, medicine, the different arts and so on. Moreover, television benefits very old people, who can’t leave the house, as well as patients in hospitals. It also offers non-native speakers the advantage of daily informal language practice. They can increase their vocabulary and practise listening.

2. On the other hand, there are several serious disadvantages of television. Of course, it provides us with a pleasant way to relax and spend our free time, but in some countries people watch television for an average of six hours or more a day. Many children stare at the TV screen for more hours a day than they spend on anything else, including studying and sleeping. It’s clear that TV has a powerful influence on their lives and that its influence is often negative.

3. Recent studies show that after only thirty seconds of television viewing, a person’s brain ‘relaxes’ the same way that it does just before the person falls asleep. Another effect of television on the human brain is that it seems to cause poor concentration. Children who view a lot of television can often concentrate on a subject for only fifteen to twenty minutes. They can pay attention only for the amount of time between commercials.

4. Another disadvantage is that television often causes people to become dissatisfied with their own lives. Real life does not seem so exciting to these people. To many people, television becomes more real than reality and their own lives seem boring. Also many people get upset or depressed when they can’t solve problems in real life as quickly as television actors seem to.

5. Before a child is fourteen years old, he or she views eleven thousand murders on the TV. He or she begins to believe that there is nothing strange about fights, killings and other kinds of violence. Many studies show that people become more violent after viewing certain programmes. They may even do the things that they see in a violent show.

Passage V

1. Well-being is not just the absence of disease or illness. It is a complex combination of a person’s physical, mental, emotional and social health factors. Well-being is strongly linked to happiness and life satisfaction. In short, it could be described as how one feels about oneself and one’s life. Every aspect of one’s life influences the state of one’s well-being. Researchers investigating happiness have found the following factors which enhance a person’s well-being : network of close friends, enjoyable and fulfilling career, enough money, regular exercise, nutritious diet, sufficient sleep, fun hobbies and leisure pursuits, healthy self-esteem, optimistic outlook and so on.

2. The factors that influence one’s well-being are interrelated. For example, a job provides not just money but purpose, goals, friendships and a sense of belonging. Some factors also make up for the lack of others; for example, a good marriage can compensate for a lack of friendship, while religious beliefs

may help a person to accept physical illness. Money is linked to well-being, because having enough money improves living conditions and increases social status. But various international studies have shown that it is the quality of our personal relationships, not the size of our bank balance, which has the greatest effect on our state of well-being. Believing that money is the key to happiness can also harm a person's well-being.

3. Understanding the well-being of the population is very important. Measuring well-being, however, in a population is difficult because the interpretation of well-being is so subjective — how one feels about peoples' lives largely depends on the way one sees it. Like the saying goes: 'one person's problem is another person's challenge.'

4. Keeping track of a population's well-being helps governments to decide on particular policies. It also acts as an indicator for various population trends. For example, knowing the average weekly income of a population helps to set the 'poverty line', which may then influence decisions on social welfare reforms. Well-being can be achieved through a variety of means. Some are as follows : developing and maintaining strong relationships with family and friends, making regular time available for social contact, trying to find work that is enjoyable and rewarding, rather than just working for the best pay, eating healthy, nutritious foods, doing regular physical activity, involving oneself in activities that interest the people, joining in local organisations or clubs that appeal, setting achievable goals and working towards them and trying to be optimistic and enjoying each day.

II. Advertisement writing.

1. You are the Principal of Roman Public School, Delhi. You need part time teacher to teach dance to the students of your school. Draft an advertisement in not more than 50 words to be published in the Hindustan Times, New Delhi under the classified columns.

2. You are Ram/Rajani. Draft a classified advertisement, in not more than 50 words, to be published in India Times for the sale of a used motor car giving all the necessary details. You can be contacted at 12345679.

3. . You are Harish/Harshita of 12, Seva Nagar, Pune. You want to sell your flat as you are shifting to another city for work. Draft a suitable advertisement in not more than 50 words to be published in The Pune Times under the classified columns.

4. You are Sanya Bansal, the mother of a 14-year-old son. Your son is weak in maths. Draft a classified advertisement, seeking a suitable maths tutor.

5. You want to rent a 2 BHK flat near a reputed hospital. Draft a classified advertisement in 50 words, giving necessary details. You can be contacted at 9847294791.

III . Poster Making

1. Design a poster for promoting the need for joining the Defence Services.

2. Design a poster to launch 'Tree Plantation Campaign' in the area surrounding your school.

3. Prepare a poster on kindness of animals to be displayed in the city at public places appealing to people to show kindness to animals.

4. You are making an effort to spread the message of communal harmony. Prepare a poster with catchy slogans to be displayed in the school premises. (Word limit: 50 words)

5. Design a poster in not more than 50 words for your school library on the value of books and good reading habits. You may use slogans.

IV. Write debate on the following topics

1. Should the voting age be lowered to 16?
2. Is social media beneficial for society?
3. Should school uniforms be mandatory?
4. Is homework necessary for students to learn?
5. Should animal testing be banned?
6. Is climate change a real threat?
7. Should the death penalty be abolished?
8. Is technology making us less human?

9. **Should the government provide free healthcare?**
10. **Is censorship necessary in the media?**

SCIENCE

PHYSICS

1. Do Assignments in notebooks Assignments of ch -1 to 3
2. Do project on A-4 sheets
3. Revise all topics done in class
4. Do following practical in files

Chemistry

1. Prepare Notes and NCERT question/answer of Ch- Some basics concepts of Chemistry
2. Do Assignment of Ch- Some basics concepts of Chemistry and submit it.
3. Make a chart on Periodic Table.

Biology

1. Students one beautiful innovative chart of biology on following topics-

- a. Any one scientist it's contribution in field of biology
 - b. human brain
 - c. hormones
 - d. skeletal system
 - e. section of human heart
 - f. Cell division mitosis or meiosis
 - g. Any one cell organelle
 - h. Animals of any one phylum
 - i. different types of algae or fungi
- Do assignment as given

MATHEMATICS

1 Revise NCERT chapters 1 & 4 (Exercise and Examples)

*Draw the graph of Constant Function, Identify function,

*Write Practical No. 1 in file.

*Solve assignments in notebooks

2. Write the following sets in roaster form:
- (i) Set of natural numbers less than 6
 - (ii) The counting numbers which are multiple of 7 and less than 40.
 - (iii) Set of days of the week beginning with T.
 - (iv) Set of factors of 6.
 - (v) $\{x : x \in N \text{ and } x \text{ is a prime factor of } 36\}$
 - (vi) The set of odd integers lying between -3 and 8 .
 - (vii) The set of all integers x for which $x + 6$ is less than 10
 - (viii) $\{x : x \text{ is prime and is divisor of } 60\}$
 - (ix) $\{x : x \in I \text{ and } -5 < x < 2\}$
 - (x) $\{x : x \in I \text{ and } x^2 < 16\}$

3. Write the following set in set-builder form:

- (i) $A = \{3, 6, 9, 12, 15\}$
- (ii) $B = \{1, 4, 9, \dots, 100\}$
- (iii) $C = \{2, 4, 6, 8, \dots\}$
- (iv) $D = \left\{\frac{1}{2}, \frac{2}{5}, \frac{3}{10}, \frac{4}{17}, \frac{5}{26}, \frac{6}{37}, \frac{7}{50}\right\}$

(v) $E = \left\{\frac{1}{2}, \frac{2}{3}, \frac{3}{4}, \frac{4}{5}, \dots\right\}$

- (vi) $A = \{-6, -4, -2, 0, 2, 4, 6\}$
- (vii) $B = \{0\}$
- (viii) $C = \{5, 25, 125, 625\}$

4. List all the elements of the following set:

- (i) $A = \{x : x \in N \text{ and } 4 < x \leq 10\}$
- (ii) $B = \{x : x \in I \text{ and } x^2 < 20\}$
- (iii) $C = \{x : x \text{ is a vowel in the word "EQUATION"}\}$

(iv) $D = \{x : x \text{ is an integer, } -\frac{1}{2} < x < \frac{9}{2}\}$

(v) $H = \{x : x \text{ is a solution of the equation } x^2 - x - 6 = 0\}$

5. Which of the following are examples of empty set?

- (i) $A = \{x \in R : x^2 = -2\}$
- (ii) $B = \{x \in N : 5 < x < 6\}$
- (iii) The set of odd numbers divisible by 2.
- (iv) The set of odd primes.
- (v) $C = \{x : x^2 - 2 = 0 \text{ and } x \text{ is rational}\}$
- (vi) $A = \{x : 4x = 1, x \in N\}$
- (vii) $B = \{x : x^2 = 25 \text{ and } x \text{ is an odd integer}\}$

6. Which of the following sets are finite or infinite?

- (i) The set of lines passing through two points.
- (ii) The set of lines passing through a point.
- (iii) The set of days of a week.

8. Find the conjugates of the following complex numbers

- (i) $-3 + \sqrt{-1}$
- (ii) $(6 + 5i)^2$
- (iii) $\frac{1}{3+4i}$
- (iv) $(6 - 3i)(2 + 5i)$
- (v) $\frac{7-9i}{2+i}$
- (vi) $-i\sqrt{5}$
- (vii) $\frac{4}{i^5}$

9. Find the multiplicative inverse of each of the following:

- (i) $-i$
- (ii) $1 - i$
- (iii) $(2 - i)(3 + i)$
- (iv) $4 - i3$
- (v) $(2 - 5i)^2$
- (vi) $\frac{2+3i}{3-2i}$
- (vii) $7 + 11i$

PSYCHOLOGY

Multiple Choice Questions

Questions-Q1. Psyche and logos makes one word which means-

- (a) Psychology is the science of behaviour (b) Psychology is the science of soul
(c) Psychology is the science of conscious experiences (d) None of them

Q2. Who established the first experimental laboratory in Germany? (a) Dr. N. Sengupta

- (b) Wilhelm Wundt (b) Dr. Nath (c) William James

Q3. Where was the first laboratory established?

- a) Canada (b) Leipzig (c) New York (d) Calcutta

Q4. The first psychological laboratory was established in..... (a) 1979

- (b) 1879 (c) 1881 (d) 1981

Q5. _____ studies changes that occur from infancy to old age.

- (a) Health Psychology (b) Abnormal Psychology
(c) Developmental Psychology (d) Clinical Psychology

Q6. Siddhant needs help as he cannot manage with his day to day pressure and feels less motivated. He should visit to a _____ for his problem related to emotional instability.

- (a) Counseling psychologist (b) Clinical psychologist
(c) Organizational psychologist (d) Community psychologist

7. Name the psychologist who said study of behaviour which can be measured and verified objectively should be the subject matter of psychology.

- (a) James William (b) James Watson (c) Sigmund Freud (d) Wilhelm Wundt

Q8. The word 'Psychology' comes from-

- (a) Latin (b) Spanish (c) Greek (d) Italian

Q9. The Greek philosopher _____ believed that knowledge is acquired through experience and learning.

- (a) Archimedes (b) Rousseau (c) Plato (d) Aristotle

Q10. The school of psychology whose goal was to identify the basic elements of experience was called:

- (a) Experientialism (b) dualism (c) functionalism (d) structuralism

Q11. Darwin's theory of _____ argued that physiological characteristics evolve because they are useful to the organism.

- (a) extreme usefulness (c) natural endowment
(b) natural selection (d) natural wellbeing

Q12. _____ was to structuralism as _____ was to functionalism.

- (a) Wundt, Titchener (c) Wundt, James
(b) James, Titchener (d) Milner, Thompson

Q13. Freud championed _____ psychology.

- (a) psychodynamic (b) cultural (c) conscious (d) biodynamic

Q14. Which school of psychology believes that it is impossible to objectively study the mind?

- (a) functionalism (b) behaviourism (c) humanism (d) socialism

Q15. Receiving an electric shock would be an example of a _____ where as being frightened would be an example of a _____.

- (a) stimulus, response (b) punishment, reward (c) reaction, emotion (d) reinforcement, stimulus

Q16. Nature is to _____ as nurture is to _____.

- (a) environment/genes (c) conscious/unconscious
(b) genes/environment (d) unconscious/conscious

Q17. Freud emphasized the role of _____ in shaping people's personality.

- (a) free will (c) unconscious desires
(b) hormones (d) group influence

Q18. Evolutionary psychology has its roots in:

(a) behaviourism B)collectivism (c)functionalism (d)structuralism

Q19.A forensic psychologist would be most likely to study: the accuracy of eyewitness memory

- (a) the impact of advertising on shopping behaviour
- (b) the effect of hormones on decision making
- (c) gender differences in learning styles

Q20.The behaviourists rejected introspection because:

- (a) it was too slow c)it invaded people 'privacy
- (b) it yielded too much data d)it was too subjective

Q21.Another term for reinforcement is:

- (a) stimulus b)reward c)response d)condition

Q22. East Asian cultures tend to be more oriented toward _____ while Western cultures tend to be more oriented toward _____.

- (a) individualism/collectivism
- (b) collectivism/individualism
- (c) cultural norms/social norms
- (d) social norms/cultural norms

Q23.Watson and Skinner both contributed to which school of psychology?

- (a) Functionalism B)cognitive C) social-cultural D)behaviourism

Q24.Which field of psychology would be most likely to study the influence of over-crowding on conformity?

- (a) Personality b)cognitive c)clinical d)social

Q25.Issues related to discrimination, which branch will help us the most? (a)Educational

- (b)Social (c)Industrial (d)Clinical

Q26.The introspective report in an experiment is given by –

- (a) experimenter
- (b) subject
- (c) both
- (d) none of them

Q27.Learning, perception, memory and attention all are–

- (a)Mental processes b)Cognitive processes c)Both of them d)None of them

Q28.Statement I-Psychology as a science looks for patterns of behaviour that can be studied. Statement II-

Behaviour which can be predicted and not explained after the behaviour occurs. (a)Statement I is correct but Statement II is wrong

- (b) Statement I is wrong but Statement II is correct
- (c) Both Statements are correct
- (d) Both statements are wrong

Q29.It studies the role played by the mind in strengthening the immune system is-

- (a)Neurology psychology (b)Psychoneuroses immunology (c)Parapsychology (d)Bio euro psychology

Q30.Statement I-Use of mental imagery generated by a person in his/her mind have been found useful in significant bodily changes.

Statement I-Using positive visualization and emotions significant relief was obtained by the patients of blocked arteries.

- (a)Statement I is right but II is not the true example of that.
- (b)Both statements are correct and the second is a true example of the first.
- (c)Both are wrong and don't connect with each other.

(d) Statement I is wrong but II is right.

Q31. Common sense is usually found opposite to the findings of psychological researches. It is based on hindsight.

- (a) It means, explain any behaviour when it has happened
- (b) It means, explain any behaviour when it is happening
- (c) It means, to predict on any behaviour when it will happen
- (d) None of them

Q32. When was the Psychology Department in Calcutta University established? (a) 1916

- (b) 1920 (c) 1924 (d) 1928

Q33. Indian Psychological Association (IPA) is founded in-

- (a) 1916 (b) 1920 (c) 1924 (d) 1928

Q34. NIMHANS was established at Bangalore in-

- (a) 1954 (b) 1974 (c) 1955 (d) 1980

Q35. What is NAOP?

- (a) National Authority of Psychology India (b) National Audit of Psychology India
- (c) National Academy of Psychology India (d) National Area of Psychology India

Q36. Where is NBRC (National Brain Research Centre) situated?

- (a) Delhi (b) Haryana (c) Mumbai (d) Ranchi

Q37. _____ focuses on the relationship between behaviour and the physical system including the brain, and the rest of the nervous system, the immune system and genetics.

- (a) Biological psychology (b) Clinical Psychology (c) Neuropsychology (d) Experimental Psychology

Q38. _____ Explore how people are affected by their social environment how people think about and influence others.

- (a) Social Psychology
- (b) Applied Psychology (c) Cultural Psychology (d) Experimental Psychology

Q39. _____ Assume that human behaviour is not only a function of human biological potential but also a product of culture.

- (a) Cross cultural and Cultural Psychology
- (b) Social Psychology
- (c) Both of them

(d) None of them Q40. Disposal of waste, population explosion, conservation of energy, efficient use of community resources are associated with and are functions of human behaviour studied under-

- (a) Environmental psychology
- (b) Community Psychology (c) Biological Psychology (d) None of them

Q41. _____ Deals with causes treatment and prevention of different types of psychological disorders such as anxiety, depression, eating disorders and chronic substance abuse.

- (a) Clinical Psychology (b) Biological Psychology (c) Experimental Psychology (d) Neuropsychology

Q42. _____ Focuses on designing programs that promote intellectual social and emotional development of children including those with special needs.

- (a) Educational Psychology
- (b) Social Psychology
- (c) Applied Psychology (d) Clinical

Psychology

Q43. Who proposed the famous equation $B=f(P,E)$; which suggests that behaviour is the product of a person and her / his environment.

(a) Kurt Lewin (b) James (c) Watson (d) Bandura

Q44. __ Provides us with different context in which the theories and principles derived from research can be meaningfully applied in real life.

(a) Applied Psychology

(b) Basic Psychology

(c) Both of them

(d) None of them

Q45. Can Psychology be applied to solve problem related to-

(a) Population (b) poverty (c) inter group violence (d) all of the above.

Q46. Which subject is said to be the mother Of Psychology?

(a) Philosophy (b) Sociology (c) Both (d) None of them

PHYSICAL EDUCATION

Physical education

practical file work

➤ **Practical-1: Fitness tests administration. (SAI Khelo India Test)**

➤ **Practical-2: Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.**

➤ **Practical-3: Labelled diagram of Field & Equipment of any one game . Also mention its Rules, Terminologies & Skills.(basketball, volleyball,cricket,kabaddi, badminton)**