SRDAV PUBLIC SCHOOL, DAYANAND VIHAR
CLASS XI (2014 – 15)

ENGLISH HOLIDAYS HOMEWORK

1 Read the novel ' The Canterville Ghost' and answer the following questions in 100 words

- Give the character sketch of Virginia.
- The most important character of the novel is the ghost itself. Discuss.
- Explain the dramatic importance of the blood stain.

2 Collect samples of each type of classified advertisement and paste them in your register.

3 Design the following posters

- Earth Day
- Save Water
- Say No to Polybags
- Blood Donation
- Child Labour

4 Write factual description on the following :

- Entertaining an unwelcome guest
- Opening a savings account in the bank
- Experience of traveling in an overcrowded metro
- Tree Plantation Campaign in the School

CHEMISTRY

Some Basic Concepts of Chemistry

Q1. What volume of 6M HCl & 2M HCl should be mixed to get one litre of 3M HCl?

Q2. Calculate the molar mass of glucose and the number of atoms of each kind in it. ($C_6H_{12}O_6$)

Q3. Express the following numbers to four significant figures:
(a) 5.607892 (b) 0.007837
(c) 32.392800 (d) 1.78986

Q4. What mass of zinc is required to produce hydrogen by reaction with HCl which is enough to produce 4 mol of ammonia according to the reactions:
$Z_n + 2HCl \rightarrow 2_nCl_2 + H_2$
$3H_2 + N_2 \rightarrow 2NH_3$

Q5. State and explain the law of multiple proportions with example.

Q6. Make a colourful project on 'Environment Chemistry' which includes all the topics given in the last chapter of NCERT book.

Q7. (a) What sub shells are possible in n = 3 energy level?
(b) How many orbitals (of all kinds) are possible in this level?

Q8. Write electronic configuration of Fe^{2+} & Fe^{3+} ions. Which of these has more number of unpaired electrons? Atomic no. of Fe is 26.

Q9. Why 3d sub-shell has higher energy than 4S sub-shell in a multi-electron atom?

Q10. Write the electronic configuration of the following:
(a) Na^+ (b) O^{2-} (c) F^-, Cr

Q11. How many electrons in an atom of neon (Z = 10) have clockwise spin?

PHYSICS

Q1. Watch the movie 'Amazing Spiderman 2' and explain 5 principles of physics which are being violated in the same.

Q2. What are S.I. units? What are their advantages? Explain.

Q3.The percentage error in the measurement of the volume of a sphere is 6%. What is the percentage error in the measurement of surface area?

Q4.The refractive index was found to be1.54,1.53,1.51,1.50,1.52 in successive measurements. Calculate the refractive index of glass and the percentage error in its measurement.

Q5. In an experiment to determine the value the Young's modulus of elasticity of a steel wire using the formula $Y=Mgl/\pi r^2e$ the percentage errors in the measurement of m, l, r and e were 2%,1%,2% and 1% respectively. Find the percentage error incurred in the measurement of Y.

Q6.The initial and final temperatures of a water bath are (21.0+0.5) C and (42.5+0.5) C. What is the rise in temperature of the water bath and the greatest fractional error in the determination of the rise in temperature.

Q7. Determine the density of a sphere if its radius r=(2.540+0.005)cm and mass m=(27.5+0.5)g. π=3.14

Q8.Two resistors R_1=(6.0+0.1)Ω and R_2=(3.0+0.1)Ω are connected in (i) series and (ii) parallel . Find the error for each combination.

Q9.Distinguish between the terms precision and accuracy of a measurement.

Q10. The length, breadth and thickness of a block are measured as 125.5 cm, 5.0 cm and 0.32 cm respectively. Which one of the following measurements is most accurate

Q11.State the no. of significant figures of the following

(a) 5.327×10^4 (b) 12.00 (c) 5.07 (d) 9320 (d) 214.213

Q12.The radius of a cylinder is 1.250cm and its length is 5.7324cm.Calculate its area and volume to the correct significant figures?

Q13. If $x = a + bt + ct^2$, where x is in metres, t in seconds, what is the unit of c?

Q14. Write the dimensional formulae of the following:

Power, pressure, mass density relative density, momentum, resistance, acceleration, kinetic energy,frequency, thrust, amplitude, work, potential energy, gravitational constant, refractive index,

Kinematics

1. Can a body have zero velocity and finite acceleration? Give one example?
2. A car starting from rest acquires a speed of $25ms^{-1}$ in 10 seconds, after which it maintains this speed for 10 seconds. Find (a) the acceleration (b) distance traveled during acceleration (c) total distance traveled?
3. A boy playing o the roof of 10m high building throws a ball with a speed of 10 m/s at an angle of 30º the horizontal. How far from the throwing point will the ball be at the height of 10m from the ground?
4. If a body travels half of its path in the last second of its fall from rest; find the time and height of its fall?
5. A car, starting from rest, accelerates at the rate f through a distance s, then continues at constant speed for some time t and then decelerates at the rate f/2 to come to rest. If the total distance is 5 s, then prove that $s = ½ ft^2$.
6. A bullet strikes a uniform plank with a speed of $400ms^{-1}$ and comes out with the half the velocity. What would be the velocity if the plank were only half thick?
7. A train passes three points A,B ,C at 24 kmh^{-1},36 kmh^{-1},54 kmh^{-1} respectively with uniform acceleration. If the distance AB=2 km, find the distance BC?
8. A stone thrown vertically up went up 98m and came down. How long it was in air?
9. A man walks on a straight road from his home to market, which is 2.5km away from his home with a speed of $5kmh^{-1}$. Finding market closed, he returns and walks back to home with a speed of $7.5kmh^{-1}$. 31. Find out the average speed the person? From the velocity-time graph of uniform

accelerated motion deduce the equations of motion in(i) Velocity and time (ii) distance and time (iii) distance and velocity.

10. A body moving with uniform acceleration describes 20 m in 2^{nd} and 30 m in 4^{th} second of its motion. Describe the distance moved by it in 6^{th} second.

11. A particle is thrown vertically upwards with the velocity of 19.6 m/s .Find
    a. the velocity and acceleration of the particle at the highest point.
    b. how high a particle will rise?
    c. time taken for rising to the highest point.
    d. time taken for falling from the highest point of projection.
    e. its velocity, when it comes back to the point of projection.

12. A particle is moving along x- axis. The position of the particle at any instant is given by $X = a + bt^2$. Where, a = 6m and b = 3.5 m/s^2. T is measured in seconds. Find (i) the velocity of the particle at t = 0s and t = 3s. (ii) the average velocity between t = 3s and t = 6s.

13. The velocity of a particle is given by the equation, $v = 2t^2 + 5$ cm/s. Find (i) the change in velocity of the particle during the time interval between $t_1 = 2s$ and $t_2 =$ 4s (ii) the average acceleration during the same interval and (iii) the instantaneous acceleration at $t_2 = 4s$.

14. On a foggy day two drivers spot each other when they are just 80 m apart. They are travelling at 72 km/h and 60 km/h, respectively. Both of them applied brakes retarding their cars at the rate of 5 m/s^2.Determine whether they avert collision or not.

15. A ball is thrown upwards with an initial velocity of 100 m/s. After how much time will it return? Draw velocity – time graph for the ball and find from the graph (i) the maximum height attained by the ball and (ii) height of the ball after 15 s. Take g = 10 m/s^2.

MATHS

Using principle of mathematical induction prove:

1. $5^{2n+2} - 24n - 25$ is divisible by 576 for all $n \in N$.

2. $1 + \frac{1}{4} + \frac{1}{9} + \frac{1}{16} + \text{-------} + \frac{1}{n^2} < 2 - \frac{1}{n}$ *for all* $n \geq 2,\ n \in N$

3. $x^{2n-1} + y^{2n-1}$ is divisible by x + y for all $n \in N$

4. $11^{n+2} + 12^{2n+1}$ is divisible by 133 for all $n \in N$

5. $7^{2n} + 2^{3n-3}(3^{n-1})$ is divisible by 25 for all $n \in N$

6. $7 + 77 + 777 + \text{----------} + 77 \text{------} 7 = \frac{7}{81}(10^{n+1} - 9n - 10)$

7. $4^n + 15n - 1$ is divisible by 9 for all natural numbers n.

8. $(1+x)^n \geq 1 + nx$ if x is a +ve no. and n is a natural number

9. Prove that for all $n \in N$, 3^{2n} when divided by 8, the remainder is always 1

10. Prove that:
    $N < 2^n$ for all $n \in N$
11. The cost and revenue functions of a product are given by C(x) = 2x + 400 and R(x) = 6x +20 respectively. Where x is the no. of items produced by manufacturer. How many items the manufacturer must see to realize the profit?
12. The water acidity in a pool is considered normal when the average pH reading of three daily measurements is between 7.2 and 7.8. If first two pH readings are 7.48 and 7.85, find the range of pH value of third reading that will result in the acidity level being normal.

13. Show that solution set of following linear inequations is empty set
    $x - 2y \geq 0, \quad 2x - y \leq -2, \quad x, y \geq 0$

14. Exhibit graphically the solution set of the linear inequations:
    $x + y \geq 9, \quad 3x + y \geq 12, \quad x, y \geq 0$

SOLVE

15. $\frac{2x-3}{4} - 2 \geq \frac{4x}{3} - 6$
    $2(2x + 3) < 6(x-2) + 10$

16. $5x - 7 < 3(x + 3)$
    $1 - \frac{3x}{2} \geq x - 4$

17. $\frac{2x-3}{4} - 2 \geq \frac{4x}{3} - 6$
    $2(2x + 3) < 6(x-2) + 10$

18. $10 \leq -5(x - 2) < 20$

19. $\frac{7x-1}{2} < -3,$
    $\frac{3x+8}{5} + 11 < 0$

20. $x + 5 > 2(x + 1)$
    $2 - x < 3(x + 2)$

BIOLOGY

A) A herbarium of about (min 20 sheets) should be prepared. Each Sheet should contain a printed label giving the following information on the lower right corner of each sheet.

1. Scientific name of plant
2. Common name of plant
3. Family
4. Locality from which it is collected
5. Date of collection
6. Name of collector

B) Assignment for chapter 1 & 2 to be completed.

(Assignment – Ch 1 & 2)

Q.1 Why are living organisms classified ?

Q.2. Define a taxon. Give some examples of taxa at different hierarchical levels.

Q 3. How is key helpful in the identification and classification of an organism?

Q 4. What are taxonomical aids? Give the importance of herbaria and museums ? How are botanical gardens and zoological parks useful in conserving biodiversity ?

Q 5. What is Binomial nomenclature. Give the universal rules of nomenclature.

Q 6. Define a) classification b) Taxonomyc) Monographs and d) Catalogues useful in recording descriptions?

Q 7. What is the importance of botanical gardens and zoological parts?

Q 8. How are a) Flora b) Manuals c) Monographs and d) catalogues useful in recording descriptions?

Q. 9 Illustrate the taxonomical hierarchy with suitable examples of a plant and an animal.

Q 10. What are the characteristics of Kingdom – Monera classify bacteria on the basis of shape.

Q 11. What are archaebacteria? Give their types.

Q 12. Differentiate between photosynthetic autotrophs and chemosynthetic autotrophs. Give examples of each.

Q 13. Define a) Heterotrophic bacteria b) Mycoplasma

Q 14. How does a nucleoid differ from nucleus?

Q 15. What are conidia ? How are they different from sporangiospores?

Q 16. What are the physiological relationships between the algal and fungal components of lichen?

Q 17. How are viroids different from viruses?

Explain the structure of tobacco Mosaic virus

Q 18. How are Ascomytes different from Basidiomycetes.

Q.19. Give reasons why fungi should not be included in plant kingdom

Q 20. a) What is the name of fully formed virus particle ?

b) What is the chemical nature of capsid?

c) Give one reason why viruses are regarded as biological systems

d) Give one reason why are viruses regarded as non living particle.

e) Name the virus which causes AIDS in human beings

Q 21 Why diatoms are called as " Pearls of Ocean"? What is Diatomaceous Earth?

Q 22.Very briefly explain the following

i) Herbarium

ii) Nucleoid

iii) Hyphae

iv) Artificial classification

v) Phylogenetic classification

vi) Systematic

vii)Biological classification

Q. 23. Write down the differences between

a) Monera and Protista

b) Plasmodium and pseudoplasmodium

Q 24. What do you mean by the terms

a) Algal bloom

b) Red Tides

Q 25. Give a comparative account of the classes of kingdom fungi under the following

i) Mode of nutrition

ii) Mode of Reproduction

Q 26. What are the characteristics features of Englenoids?

Engineering Graphics

Q1. Construct a triangle ABC when it's perimeter is 12cm and sides are in the ratio 2:3:4.
Q2. Construct a ΔABC when BC = 5cm, $\angle ABC = 60^0$ and AB+BC = 8cm.
Q3. Construct a rhombus when its diagonals are 8cm and 4cm.
Q4. Construct a ΔABC when BC = 5cm, $\angle BAC = 40^0$ and AB+AC = 7cm.
Q5. Construct a square ABCD when AC+2AB = 10cm.
Q6. Construct regular pentagon ABCDE and inscribe a circle in it.
Q7. Construct an ellipse by intersecting lines method when its major and minor axis are 8cm and 5cm.
Q8. Draw a cycloid when radius of the rolling circle is 3cm.
Q9. Draw exterior common tangent to two unequal non-touching circles.
Q10. Draw top view and front view of a triangular pyramid whose axis is perpendicular to H.P. and one base edge nearer to the observer is parallel to both the planes.

Physical Education

Draw on a chart

1. Diagram of athletic track with all its specifications.

2. Prepare a file on any major games.
   Mention - History, rules, fundamental skills, major championships, famous sport person of this specific game and awards.

ECONOMICS

Q1. How important is education towards improving the agricultural sector. Elucidate.
Q2. Define medical tourism. What are the common pitfalls of Medical Tourism Industry? What additional measures need to be taken to promote the medical tourism industry in India.
Q3. Write an essay on the following:
(a) Economic Planning (b) Global Warming
Q4. Distinguish between Economic Growth, Economic Development and Sustainable Development.
Q5. Do you agree with the statement that India has failed to grow as fast as China? Write your views in brief.
Q6. Underscore some of India's most crucial economic challenges at the time of independence.
Q7. Give an outline of the strategy of development by India, Pakistan and China after independence.
Q8. Describe the achievements and failure of economic planning in India.

BUSINESS STUDIES
Do any one Project

PROJECT 1

Business environment is the sum total of all individuals, institutions and other forces that lie outside the control of a business organisation but that may affect its working. Business environment represents totality of external forces that affect organisational functioning directly and indirectly

Ref : RBI Leaves Repo Rate, CRR unchanged'. (HT School Times, April 02, Pg. 05)

RBI LEAVES REPO RATE, CRR UNCHANGED

NEW DELHI/ MUMBAI: EMIs for housing and car loans are likely to remain unchanged after the Reserve Bank on Tuesday maintained the status quo on the key policy rate (repo), as was widely expected, and said there are risks to inflation. The RBI, in its first bi-monthly monetary policy statement, left the short-term lending rate, or repo rate, unchanged at 8% and the cash reserve ratio (CRR) static at 4%.

It halved the overnight call money rate to 0.25% and increased the 7-day and 14-day repo limits to 0.75% from 0.50%.

"At the current juncture, it is appropriate to hold the policy rate, while allowing the rate increases undertaken during September 2013-January 2014 to work their way through the economy," said RBI Governor Raghuram Rajan. "Excluding food and fuel...retail inflation remained sticky around 8%. This suggests that some demand pressures are still at play," the Governor said.

Key Concepts:

- Business environment includes specific and general forces. Specific forces affect individual business organisations directly and general forces have impact on all business organisation in a country
- Different forces of business environment are closely interrelated and so they affect each other.
- Business environment is highly dramatic which keeps on changing with time
- There is highly complex and vary from country to country
- The different components of the business environment are Economics, social, technical, Legal and political environments. The economical environment consists of GDP, value of Rupee, Stock Market Indices, Change in Disposable income of People, Inflation Rae and Interest Rate

Answer the following:-

1. What is the full form of EMI?
2. What is the full form of CRR?
3. What do you understand by Repo rate?
4. How does CRR and Repo rate effect the EMIs for housing and car loans
5. How is inflation and repo rate releated to each other
6. How is repo rate otherwise known as?
7. What is the repo rate these days?
8. What is the CRR rate these days?
9. What do you mean by call money rate and what is this rate these days?
10. What was the inflation rate in the last 3 months?

Activity:

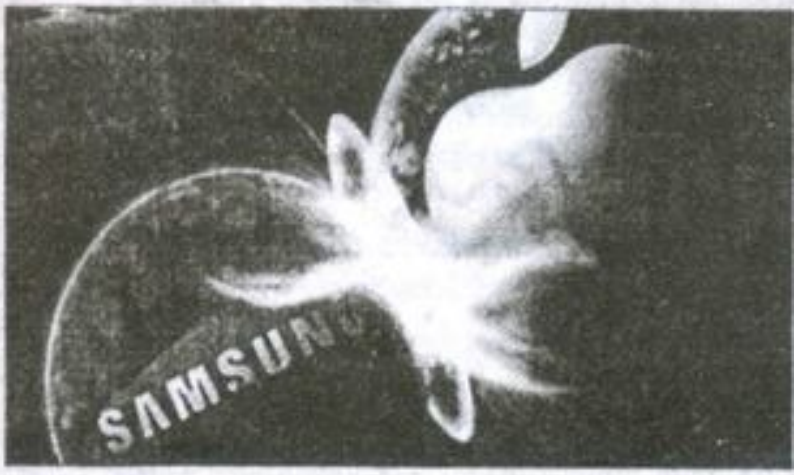
1. Cut out advertisements from the daily newspapers to note down the EMIs for consumer durable goods like cars, cell phones and houses. Compare the EMIs of different Banks
2. Write an essay on the role of RBI .

PROJECT 2

The world has today come to be known as a global village. That is, we are living in a world where the obstacles to cross border movement of goods and persons have substantially come down.

Ref: Apple, Samsung Battle It Out In Court', (HT School times, April 02, Pg. 08)

APPLE, SAMSUNG BATTLE IT OUT IN COURT



Samsung has accused Apple of infringing on its patented technology for data transmission, imaging, audio and video in iPhone, iPad, IPod models

Reuters

SAN JOSE: Jurors were selected for a high-stakes patent battle between smartphone rivals Apple and Samsung, setting the stage for attorneys to open fire regarding who copied innovations.

The case concerns smartphone and tablet patents and is just the latest in a long-running feud between the two tech giants battling for supremacy in a multibillion-dollar market.

Apple and Samsung lawyers began opening remarks before of the freshly-chosen panel of 10 jurors and US District Court Judge Lucy Koh in the California city of San Jose.

The jury of six women and four men promised Koh they would keep open minds and only consider evidence presented in her courtroom.

Apple argued in filings that a Google Quick Search Box in the Android-powered Galaxy Nexus steals from patented technology used by virtual assistant Siri to answer queries in the iPhone.

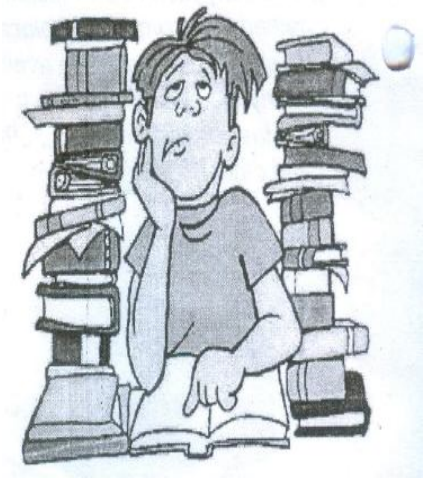
Samsung devices targeted by Apple include more than half a dozen smartphones from the Galaxy line, along with the Galaxy 2 tablet.

Samsung is countering with claims that Apple infringes on its patented technology for data transmission, imaging, audio and video in iPhone, iPad, iPod models.

Apple has maintained publicly that its patent battles are about "innovation and the hard work that goes into inventing products that people love".

Key Concepts:

- Business is no longer restricted to the boundaries of the domestic country. More and more firms are entering into international business
- The prime reason behind this radical change is the development of communication, technology, infrastructure, transportation etc.
- Business transactions taking place across the national frontier is known as international business



Answer the following:

1. Which company has accused whom for infringing on its technology?
2. Are the stakes high for the battle between the two companies?
3. The case concerns which products of the two firms
4. What kind of market is this for the two products?
5. How many jurors and which judge are involved in the case
6. Where is the case being fought?
7. The jury consists of how many men and women
8. What is the argument of Apple?
9. What is the counter argument of Samsung?
10. For which all products is the battle being fought?
11. What impression is Apple trying to give to the general public?

Project

1. Give Comparative Analysis of The Products of Apple And Samsung. On the Basis of Price, Features Design Colours After Sales Service etc.
2. Go through the daily newspaper and cut out the advertisements of Apple and Samsung products

ACCOUNTANCY

CHAPTER 1 (INTRODUCTION TO ACCOUNTING)

Q.1) What do you mean by accounting. Explain its features by giving example?

Q.2) Explain the process of accounting with the help of diagram?

Q.3 Name and explain the parties interested in accounting information or financial information?

Q.4)Explain the following terms

1. BOOK KEEPING
2. ACCOUNTING
3. ACCOUNTANCY

Q.5) Explain the various advantages/merits of accounting?

Q.6)Differentiate between book keeping and accounting?

Q.7) What are the function/benefits of accounting? Explain

Q.8) Explain the limitations of accounting giving appropriate examples?

Q.9)Discuss briefly the types of accounting information?

Q.10)Write qualitative characteristics of accounting information?

Q.11)What do you mean by double entry system? Explain its advantages.

Q,12)Differentiate between double entry system and single entry system ? OR

Compare both the system of accounting . Which one is preferred. Why?

Q.13)Double entry system is the best way of maintaining accounting books . Justify.

CHAPTER 2 (BASIC ACCOUNTING TERMS)

Q.1)Explain the given accounting terms giving examples-

A. Assets
B. Liability
C. Capital
D. Revenue
E. Expenditure
F. Expenses
G. Drawings
H. Debtors
I. Creditors
J. Profit
K. Gain
L. Goods
M. Discount
N. Bad Debts
O. Stock
P. Sales
Q. Purchase
R. Voucher
S. Entity

FOOD PRODUCTION 3 & 4

A. Activities : Practical File

1) Identity and list different spices and condiments used in Indian food with names & uses.
2) List the different masala combinations in Indian food.
3) Practice preparing boiled rice, moong dal, cold coffee and any 1 shake. (mango, lichi etc.)

B. Write two points on each of the following:
   a. Positive attitude towards the work.
   b. Creativity
   c. Communication
   and how the above points help to achieve our goals.

C. Complete all the extra questions related to the chapters. Revise the chapters.

HOME SCIENCE

A. Activity (Practical File)
   1. Plan and prepare dish rich in various nutrients like iron, carbohydrates, calcium, proteins etc. (6-7 recipes with pictures)
   2. Use different methods of cooking to prepare atleast 4 dishes & write down different recipes.

B. Assignments (Register)
   1. Find out various college in Delhi which offers Home Science at graduation level & what are the option in post graduate fields.
   2. What knowledge is imported in the subject of food & nutrients?
   3. Mention 3 effects of positive attitude at your work.
   4. Write 2 positive traits & two negative traits of yourself.
   5. What various resources are available to you at home & at school? Which you think are not utilizing in a proper manner. Write different ways where you can utilize resources in best possible manner.

C. Revise & learn the syllabus covered so far.

हिन्दी

1. टी.वी. के निजी चैनल अपनी व्यावसायिक सफलता के लए कौन-कौन से तरीके अपनाते हैं? टी.वी. के कार्यक्रमों से उदाहरण देकर समझाइए|

2. इंटरनेट पत्रकारिता के उदाहरण से स्पष्ट कीजिए की इसने दुनिया को किस प्रकार समेट दिया है?

3. निजी चैनलों पर सरकारी नियंत्रण होना चाहिए अथवा नहीं? पक्ष-विपक्ष में अपने विचार लगभग २०० शब्दों में कीजिए|

POLITICAL SCIENCE

Your are required to research from various sources like News Papers, Journals or Libraries and then prepare your researched Presentations either in essay or powerpoint format.

Q1. Write a brief note on : (a) Right to Education. (b) Right to Food. (c) Right to Information

Q2. Gather information and expalin what in your view is the "Gujrat Model" of development.

Q3. If you were to suggest 4 areas of development to the new Government, what. Would. They be. Also explain what should be done and what impact will that have on India.

Q4. Prepare a chart showing the life story of Narendra Modi. Which according to you were the important stages of his career.

PSYCHOLOGY

1. Surf an internet or go the library and obtain names and pictures of famous psychology those have worked in various areas. Prepared a brief online of their field of work and contribution to the society. Few names for your reference are:
   a) Sigmund Freud
   b) Ivan Pavlov
   c) John Watson
   d) Alfred Binet
   e) Abraham Maslow
   f) Carl Rogers or any other renowned psychologist

2. Psychology is related to various field like political science, economics, medicine, mass communication etc. Take out any 3 relevant articles from the newspaper related to any of the above mentioned fields and try to relate its content with the 3 pillars of psychology (Mental activities, experience and behavior).

Wellness Programme for Summer Break 2014

To ensure healthy lifestyle, students are advised to follow wellness Programme during the summer break. Healthy habits make healthy human beings.

Week-1

1) **Walking**: Concentrate on breathing, try to co-ordinate hands and leg movements along with rhythmic breath. Elbows should be swinging at 90^0 forward / backward. (10 minutes)
2) **Free hand exercises**: (25 minutes)
   (a) Arms rotation forward/backward (16 times each)
   (b) Stretching – standing, side wise arms bending, open legs knee stretching (16 times each)

(c) Bending – forward and backward bends, keeping your knees straight, feel the stretch (16 times each)
(d) Jumping – spot jump, broad jump, alternate single leg jump (20 times each)

3) **Cooling Down**: Seating / lying on a clean and airy space, breath deeply and slowly. Concentrate on breathing and relax.

Week-2 **(1 hour)**

1) Walking (10 minutes)
2) Jogging (10 minutes)
3) Free hand exercises (10 minutes)
4) Practice simple yogasanas (30 minutes)

Week-3 **(1 Hour)**

1) Jogging (10 minutes)
2) Skipping (10 minutes)
3) Free hand exercises (15 minutes)
4) Stretching exercise (15 minutes)
5) Cooling down meditation (10 minutes)

Week-4 **(1 Hour)**

1) Walking / Cycling (10 minutes)
2) Jogging (10 minutes)
3) Practice simple yogasanas twice (30 minutes)
4) Meditation (10 minutes)

Week-5

1) Cycling / Jogging (10 minutes)
2) Running (10 minutes)
3) Free hand exercises (20 minutes)
4) Push-up / Sit-ups (16 times each) (10 minutes)
5) Cooling down – Meditation (10 minutes)

Week-6

1) Jogging (05 minutes)
2) Running (10 minutes)
3) Stretching exercises (15 minutes)
4) Push-ups & Sit-ups (20 times each) (10 minutes)
5) Yogasana & Meditation (30 minutes)

Notes

- Do your exercise in clean and open space. Do regular exercise with proper rest between each.
- Never over-do any exercise.
- Warming up before and cooling down after is mandatory.
- Increase or decrease timing / repetitions of exercise / intensity of exercise according to individual capability
- Take proper diet, wholesome nutritious and fiber rich foods. Increase fluid intake, fresh and seasonal fruits and vegetables. Avoid junk food.
- Consult doctor's / medical expert's immediately if any medical problem feel / arise during or after practice.