

Holiday's Home Work, 2024-25
Physical Education
Class- XII

1. Read, Learn and prepare the notes of the following units:
Unit-1 Management of Sporting Events
Unit-3 Yoga as preventive measure for life style disease.
2. Make a Record File on topic. "Yoga and lifestyle disease." Your Record File must include the following:
 - Introduction
 - Index
 - Acknowledgement
 - Bibliography
 - Passport size photograph
3. Make a File on the topic of Manipur Sports 'Polo'. Your file must include the following:
 - Introduction
 - Index
 - Certificate
 - Acknowledgement
 - Bibliography
 - Passport Size Photograph