



**S.D. PUBLIC SCHOOL
SESSION 2026-2027**

GRADE 12 SUMMER BREAK HOLIDAY HOMEWORK

PROJECT WORK

“Explain any one mental health disorder in detail. Discuss its symptoms, causes, impact on daily life, and available treatment methods including case study. Suggest ways to reduce stigma related to this disorder in society.”

Instructions-

- Use **A4 size coloured sheets** for your project work.
- Each sheet should have **One side plain (blank)** – for diagrams, drawings, graphs, or creative work, **One side ruled** – for written answers
- Write neatly on the **ruled side only** and use the **plain side for visuals**.
- Maintain **proper margins** and clear headings for each answer
- Use only Blue and Black pen. Avoid using Red/ Green pen/marker
- Sheets should be attached in ring file folder with creative decorations. Do not Staple.

Note-Book Maintenance

- Prepare chapter-wise notes (NCERT-based)
- Use:
 - Headings
 - Diagrams
 - Flowcharts
 - Good Content

Poster Making (Any one)

- Mental Health Awareness
- Stress Management Techniques

Your poster must include:

- * **Title/Heading** (clear and catchy)
e.g., “Mental Health Matters”, “Break the Stigma”
- * **Relevant Message/Slogan** (short and impactful)
- * **Visuals/Drawings** (symbols, faces, brain, emotions, etc.)
- * **Key Information** (1–2 important facts only, not too much text)
- * Make sure text is **big and readable from a distance**