SLS DAV PUBLIC SCHOOL , MAUSAM VIHAR , DELHI CLASS – V SESSION – 2021-22 HOLIDAY HOMEWORK INTERDISCIPLINARY PROJECT



It is rightly said that 'Health is Wealth' and 'cleanliness is next to Godliness'.

Health is a state of complete harmony of the body, mind and spirit. The importance of cleanliness in our lives cannot be denied, especially in today's times. Maintaining a clean environment is for the health of all humans.

Based on this theme, the Holidays Homework for this year has been designed. The purpose is to enable students to develop a better understanding of maintaining good health and hygiene and to understand their interconnectedness.

PREPARE AN INTERDISCIPLINARY PROJECT BASED ON THE FOLLOWING GUIDELINES . (IT WILL BE ASSESSED AS PART OF YOUR INTERNAL ASSESSMENT)

GENERAL INSTRUCTIONS:

- a. Assignment should be done in the respective class work notebooks.
- b. Upload the work in assignment section of your class teams..

YOUR PROJECT SHOULD INCLUDE:

- 1. Prepare a greeting card / e-greeting card / poster / e-poster / on the importance of maintaining good hygiene.
- "One who maintains cleanliness keeps away diseases". Write an advertisement in your words, to promote cleanliness and create awareness about maintaining good hygiene. (Do it in English notebook)
- 3. प्यारे बच्चों, आप अपने घर पर बना हुआ जो भी पौष्टिक आहार खाते हैं, उसमें से किन्ही 10 पदार्थों का चित्र बनाकर प्रत्येक के सामने उसकी तीन-तीन विशेषताएँ लिखिए। (दिए गए कार्य के लिए किसी भी प्रकार के पृष्ठों से 10 पृष्ठ की SCRAP FILE का निर्माण कीजिए।)
- 4. आपने 'स्वास्थ्य व स्वच्छता' सम्बन्धी किन आदतों का नियमित रूप पालन किया है, उनके विषय में बताइए।(पाँच पंक्तियाँ)(Do it in Hindi notebook)

5)दीर्घायु से संबंधित महामृत्युंजय मंत्र तथा स्वस्ति वाचन को A-3 आकार की शीट में सुंदर,साफ व रचनात्मक प्रकार से लिखें तथा स्मरण करें।

महामृत्युंजय मंत्र-

ॐ हौं जूं स: ॐ भूर्भुव: स्व: ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् उर्वारुकमिव बन्धनान् मृत्योर्म्क्षीय मामृतात् ॐ स्व: भ्व: भू: ॐ स: जूं हौं ॐ !!

महामृत्युंजय मंत्र का अर्थ:-

इस मंत्र का मतलब है कि हम भगवान शिव की पूजा करते हैं, जिनके तीन नेत्र हैं, जो हर श्वास में जीवन शक्ति का संचार करते हैं और पूरे जगत का पालन-पोषण करते हैं।

स्वस्ति वाचन

ॐ स्वस्ति न इन्द्रो वृद्धश्रवाः। स्वस्ति नः पूषा विश्ववेदाः। स्वस्ति नस्ताक्ष्यों अरिष्टनेमिः। स्वस्ति नो बृहस्पतिर्दधातु ॥ ॐ शान्तिः शान्तिः शान्तिः ॥

हिन्दी-भावार्थ:

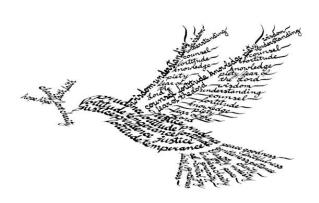
महान कीर्ति वाले इन्द्र हमारा कल्याण करो, विश्व के ज्ञानस्वरूप पूषादेव हमारा कल्याण करो। जिसका हथियार अटूट है ऐसे गरुड़ भगवान हमारा मंगल करो। बृहस्पति हमारा मंगल करो।

6) Try your hands at creating some Fruit salad and Vegetable Salad in the form of various geometrical shapes. Click photographs and make e-collage of that .

- 7) Observe and talk to parents regarding the amount of things consumed to maintain health and hygiene and money spent on it for 1 month. For example on fruits, vegetables, nuts, disinfectants, sanitizer etc(make a table regarding this in mathematics notebook)
- 8) Choose an attractive shape related to good health and prepare a Calligram using words related to Good Health.(Paste that in Science notebook)

Sample of calligram shown below-





- 9) Maintain healthy kitchen garden on terrace by growing different types of herbs or medicinal plants easily available from kitchen items in pots like coriander, mint,ginger etc.
 - a) Click pic of yours and make e-collage.
 - b) Observe changes in seeds weekly basis and record your observation in the form of ppt/ video.
 - c) Collect sample of dry seed in transparent polythene and paste on a sheet.
 - d) Collect samples of potted plant and make a herbarium file by drying leaves as shown below.(note- you can make file using waste/unused sheets from old notebook). Give suitable title of that file and mention its uses.



10) GENERAL INSTRUCTIONS:

- The photographs (preferably scanned copies) of all the tasks (TASK 1-3) given in this holiday's homework are to be arranged into a PowerPoint Presentation.
 Make it a colorful one, having your particulars and one photograph in first slide. It will be later uploaded on teams for submission of holiday's homework.
- 2. Try to use waste material or reusable stationary for doing the homework instead of purchasing anything new.

<u>TASK 1</u>: As the body needs nutrition and exercise, in the same way the mind also needs good thoughts as food, relaxation and recreation. In lesson 'Leisure Time' you will get information about Yoga, Pranayama and many other activities such as painting etc. that rejuvenate both body and mind.

On an A-4 size sheet, draw different postures of Surya Namaskar asana using 'Warli Art' techniques. Take help from internet in understanding the drawing method of this art i.e.- borders, human figures, birds, vegetation etc. Label all the postures of the asana and mention the following

details on the top of your sheet.

*Name of lesson- leisure time

*Activity- Two Dimensional assignment

*Title- Yoga postures through Warli art

TASK 2: As meeting friends and family has become very difficult during the pandemic, the technology has come to our rescue. We can talk to them over phone, through teleconferencing and video conferencing. Read about the

difference between teleconferencing and video conferencing in the lesson 'Communication in Modern Times' of your text book and do the following. Make a questionnaire related to personal health and hygiene keeping in mind the ideal lifestyle that one should follow nowadays. Now take interview of any three relatives or friends through video call or teleconferencing call and note their responses. Upload the scanned copies of these questionnaires in your PowerPoint presentation. You can take idea from the sample given below but do not use the same.

								in and hed lygiene ha	
Why do yo	u think go	ood hygie	ne is imp	ortant?					
On a scale	of 1 – 10,	how wou	ld you ra	te how goo	d your h	ygiene is?		•	10
-			habite ti	hat you ha	va?	,	8	•	R
What are s	orne goo	o nyglene	o riduits to	ndt you nd					
E-9									
What are e	ome thin	ar that w	ou think e	eed impro	wamant'				- 1 69
what are s	ome thin	igs that ye	ou think i	ieea impro	vernent				
P2					- W - 25				
E2									
52 92 55									
What have	others s	aid about	t your hyg	giene?	w s				
What have	others s	aid about	t your hyg	giene?	70 5T				
What have	others s	aid about	t your hyg	giene?			= 5		
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TASK 3: Read the newspaper clipping. It gives a clear idea that how trees are important for our planet. Read about planting trees in lesson 'Community service' and you will come to know that people since ancient times have emphasized on planting trees.
But understanding the fact that we must restrain ourselves from going out frequently, we can still grow many plants at home, that too

Plant trees to give back O₂, says hospital

You have consumed
1,44,000 litre
oxygen to recover.
Now, plant 10 trees to
give it back to nature."
This is an appeal made
to a Covid-19 patient
on a Nagpur hospital
discharge summary,
reports Chaitanya
Deshpande. The
patient, a 41-year-old
woman, had recovered
after a week in the ICU.
The Get Well
Hospital in Nagpur has
started mentioning
the amount of oxygen
given to a hospitalised
Covid-19 patient, with
an appeal to plant and
conserve at least 10
trees after recovery.
Dr Rajesh Swarnakar,
who heads the
hospital, said that
people don't
understand the value
of oxygen until it is in
short supply.

without soil. Yes.. that's

true. We all know that plants need water, carbondioxide and sunlight for growing. Plants only need nutrients from earth and not the pot full of soil. See the video on given link and do the following.

https://www.youtube.com/watch?v=bNfgWzTyYtE

- On one slide mention
 - a) Brief introduction of this method with picture.
 - b) Material Required
 - c) Procedure involved
 - d) Result
- Try to grow a plant according to this method. On another slide of your PowerPoint Presentation, upload an e- collage of photographs your plant's journey and its day wise growth.

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