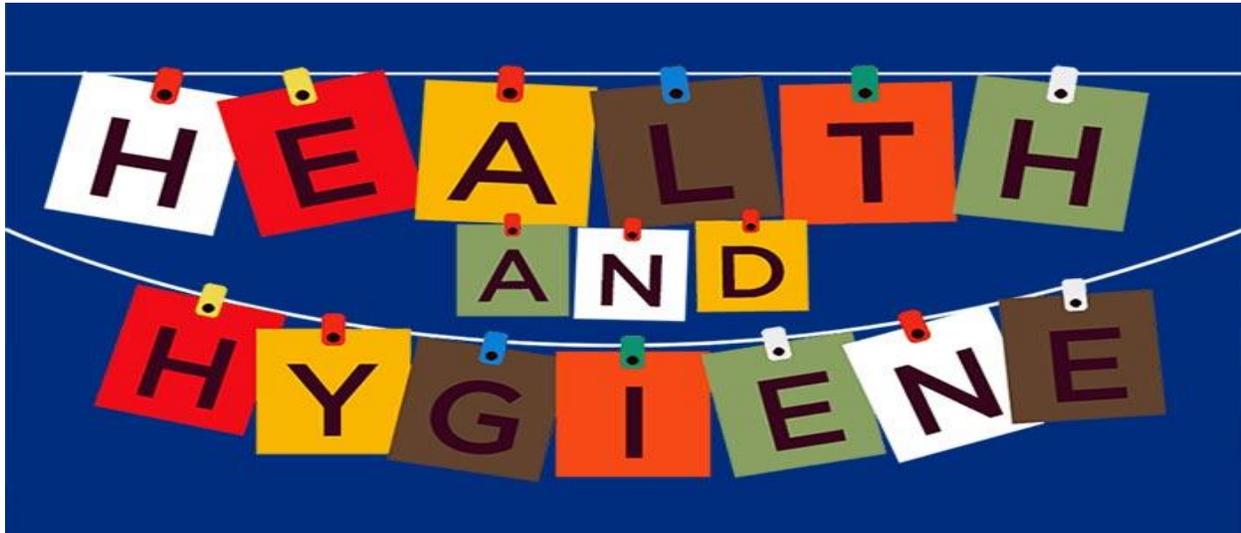


**SLS DAV PUBLIC SCHOOL , MAUSAM VIHAR , DELHI**  
**CLASS – V**  
**SESSION – 2021-22**  
**HOLIDAY HOMEWORK**  
**INTERDISCIPLINARY PROJECT**



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.
2. "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 सः ॐ भूर्भुवः स्वः ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् उर्वारुकमिव बन्धनान् मृत्योर्मुक्षीय मामृतात् ॐ स्वः भुवः भूः ॐ सः 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 नस्तार्क्ष्यो 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 .



## 10) GENERAL INSTRUCTIONS:

1. 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.

**TASK 1:** 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

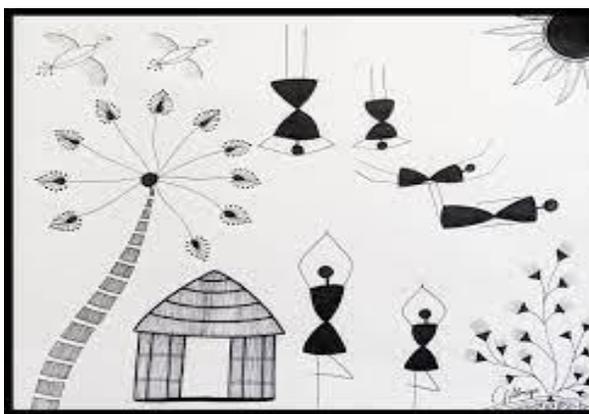
**\*Activity-** Two Dimensional assignment

**\*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.



# MY HYGIENE

Hygiene means taking care of your body by keeping yourself clean and healthy every day! Use this worksheet to answer questions about your hygiene habits.

Why do you think good hygiene is important?

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On a scale of 1 – 10, how would you rate how good your hygiene is?

**1      2      3      4      5      6      7      8      9      10**

What are some good hygiene habits that you have?

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What are some things that you think need improvement?

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What have others said about your hygiene?

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What changes can you start making to help improve your hygiene?

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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



without soil. Yes.. that's true. We all know that plants need water, carbon dioxide 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.