



**Bal Bharati**  
PUBLIC SCHOOL  
NAVI MUMBAI

## **SUMMER HOLIDAY HOMEWORK 2021-22**

### **CLASS 10**

**Last day of submission(All Subjects) : 20th June, 2021**

### **ENGLISH:**

#### **‘Health is Wealth’**

Not only does the pandemic of 2020 prove that health is of utmost importance, but also that we must follow a disciplined and strict health regime throughout our life.

Keeping in mind the need of the hour, and attaching the importance to health, prepare a doodle art showing different yoga postures that help in healing the body.

Materials required:

- A3, A4 size white or colourful sheet/ Chart Paper
- Pencil, colourful Sketch Pens, any other material available at home, suitable for the work can be used.

#### **Case Study:**

Write on an A4 size white or lined sheet, a report on the topic ‘Health is Wealth’.

It should contain the following points:

- The reasons for several health-related problems
- Writing about some chronic disease and way of cure
- Describing the complexities related to health and its impact on individual, society and family
- Ways to prepare a sound body existing in a sound mind
- A country’s role and self-responsibility for maintaining health.
- Original quotes created on the topic are welcome.



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#### **MATHS**

On A4 sheet:

1. List 3 uses of Polynomials in healthcare.
2. Tabulate complete nutritional facts of any 5 immunity booster foods.

Submit the pdf of the same in the Google classroom assignment.

#### **SCIENCE**

##### **Activity: Sun Salutation**

Material Required: Yoga mat, Trackpants, House T-shirt, Mobile phone, one A<sub>4</sub> size sheet.

Special Conditions: The best time is early in the morning on an empty stomach.

Surya Namaskar or Sun Salutation is a sequence of 12 powerful yoga poses. This Postural protocol was developed by Patanjali. Surya Namaskar is also known to have an immense positive impact on the body and mind.

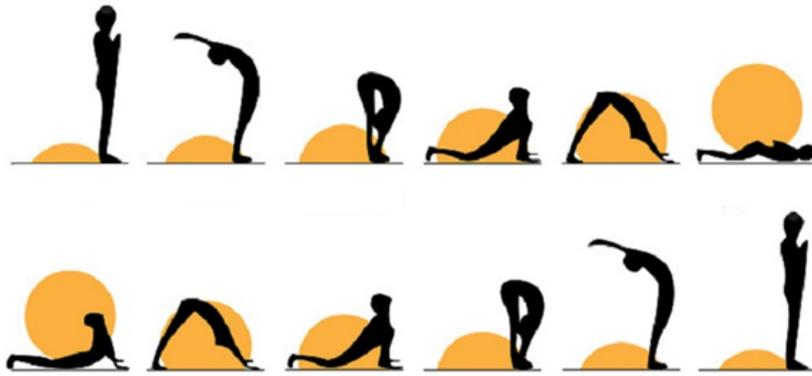
Flowing through 12 poses of Sun Salutation helps to stimulate blood circulation of different organs that results in more oxygenated blood in that area. While doing Surya Namaskar, the lungs exhale and inhale in a periodic manner which increases the vital capacity of the lungs. It also heats the body, increases flexibility, and can help in digestion.



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As the country battles the Covid-19 pandemic on a war-footing, India's traditional system of Yoga has been established as a means to boost immunity, improve overall health and well-being.

1. Practice two rounds of Sun Salutation for a minimum of 21 days in a stretch without break in between. Anything practiced for 21 days without giving it a miss, becomes a habit. This will help you to continue with Sun Salutation lifelong.

[https://www.youtube.com/watch?v=DOiskpJq\\_QA](https://www.youtube.com/watch?v=DOiskpJq_QA)

2. Click five images of yours in at least five different poses of Surya namaskar and upload the same in Biology Google Classroom.
3. Share your experience and the health benefits that you have achieved by practicing Surya Namaskar for 21 days in not more than 100 words.
4. Make a report on Air-borne diseases in your city. Also, mention the measures that you will take to protect yourself from these diseases and prevent their transmission.

## **SOCIAL SCIENCE**

Topic: Consumer Accountability to Healthy Life

In response to the COVID 19 pandemic, it is important to focus on misleading and unfair practices that lead to Consumer Exploitation and might be hazardous to Life.



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Prepare a write up on ways to protect and empower individuals on Consumer Rights considering the following points:

1. Consumer Ignorance and Exploitation
2. Consumer Protection Act, 1986
3. 2 Case-study on violations of Consumer Rights during this pandemic.
4. Prepare a poster with a catchy slogan on 'Consumer Rights'.

Instructions:

- Handwritten on A-4 size sheets (not exceeding 5 sheets).
- To be uploaded as pdf in a Social Science classroom.

### **HINDI**

अपने शरीर और दिमाग को स्वस्थ रखने के लिए घर में नियमित प्राणायाम / व्यायाम कीजिए। इस दौरान अपने भीतर आए हुए सकारात्मक परिवर्तनों तथा अपने अनुभवों को अनुच्छेद के रूप में , A4 साइज पेपर पर लिखिए। नियमित व्यायाम / प्राणायाम करते हुए अपने फोटो कक्षा में जमा कीजिए।

### **SANSKRIT**

त्रीणि योगासनानि सचित्रं विवृणुत, तेषां लाभश्च प्रदर्शनीयाः ।

### **MARATHI**

‘ माझे फलदायी स्वप्न ’ या विषयावर तुमचे विचार लिहा. (शब्दमर्यादा 200 - 250)

### **COMPUTER**



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#### **Technology and Health: Using Health Gadgets**

Create a **Table-Calendar** model of 4 sheets. Each Sheet must have the following:

- A picture (pasted or drawn) of a gadget which helps and guides us to maintain good health.
- Small information about the gadget picture on how it is helping us to monitor health.
- 3 boxes showing dates of three months. (12 months of the year / 4 sheets of the calendar = 3 months on a sheet; Example: - Jan, Feb, March on first sheet, April, May June on the next sheet ...and so on...)

A Picture PDF (use Adobe Scan app to click) of the table calendar model created should then be uploaded on the Holiday H.W. form in the Google computer classroom.

(PDF should have 5 images = 1 of the calendar placed on a table and 4 of each sheet)

Note: Be innovative on the placement of picture, info and date boxes. Do a good binding of the sheets and create a cardboard stand.

## **ART**

### **Topic-POSTER PAINTING**

- 1.Prevention is better than cure
- 2.India of my dream
- 3.Benefits of YOGA

**\*Create a poster on any one of the above-mentioned topics with suitable slogan and apply suitable colour scheme.**

Special instructions:



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1. Use of geometric / mechanical instruments is not allowed for drawing.
2. Neatness and accuracy in colouring is important.
3. Creativity, imagination and originality is expected in creating posters.