



**SLS DAV PUBLIC SCHOOL, MAUSAM VIHAR,
DELHI-51
HOLIDAY HOMEWORK, 2021--22
CLASS X**

We aim towards sensitizing our students towards the global issues and prepare them to bring about a positive change towards making the world a better place. The Sustainable Development Goals (SDGs) are a set of 17 "Global Goals" to end poverty, protect the planet and ensure prosperity for all as part of a new sustainable development agenda. In our effort to appreciate these goals initiated by the United Nations, the Holiday homework has been designed on the lines of Sustainable Development Goal Good Health and Well Being (SDG- no. 3)

Scientific evidence suggests that happiness can help make life longer and healthier, thereby leading to greater wellbeing. The World Happiness

Report is an annual publication of the UNs Sustainable Development Solution Network. This report is a landmark survey of the state of Global Happiness that ranks 156 countries by how happy their citizens perceive themselves to be.

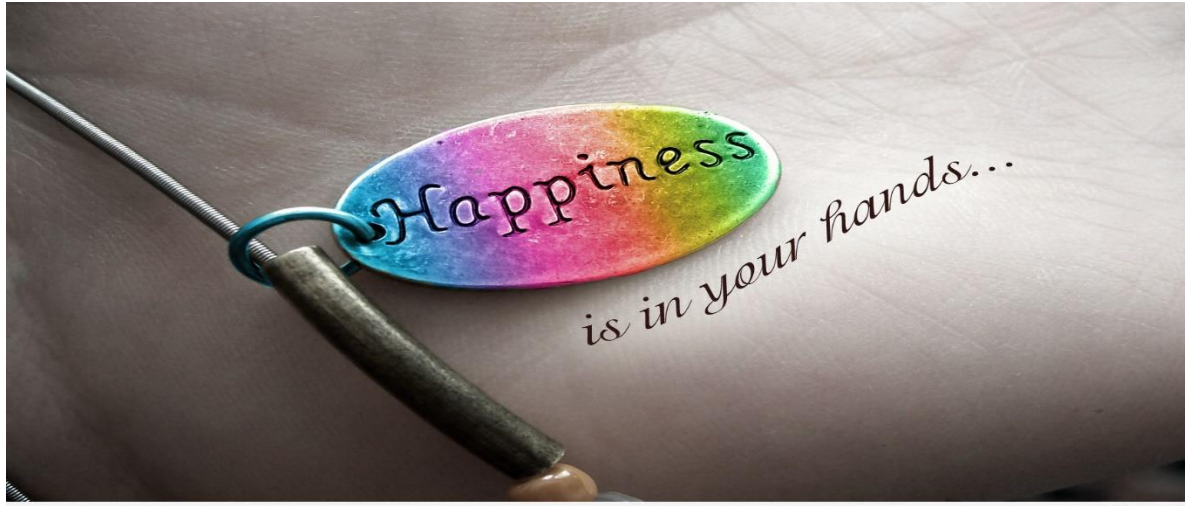
World Happiness Report focuses on happiness under community: how happiness has evolved over the past dozen years, with a focus on the technologies, social norms, conflicts and Government policies that have driven those changes.

Under the same we intend to orient our students on Health, Happiness and Well Being through an interdisciplinary, research based, thought provoking project given below.

Learning Outcomes:

1. Understand the Sustainable Development Goals (SDGs) set by the United Nations General Assembly
2. Understand the factors affecting happiness and wellbeing.
3. Compare the Happiness indices of various countries across the globe.
4. Understand the scientific principles of staying healthy and happy.
5. Learn to appreciate the gift of human life and the importance of being a happy, healthy and responsible global citizen.

ENGLISH



ART INTEGRATION ACTIVITY:

Instructions :

- Art integration activities to be done according to the given instructions and keep safely in files

1) Create a Literary Newspaper (1 cartridge sheet folded twice so that there are 4 sides)

Page 1: Describe the following in 500 words each with illustrations.

- Happiness in family
- Role of children in spreading Happiness

Page 2: Description of an event (250 words each)

- Mother's Day
- International Mother Earth Day

Page 3: Article (150 words each)

- Social Media and Youth
- Role of youth in making 'New India'

Page 4: Best photographs which bring happiness. (cutting from newspapers / magazines etc)

2) Draw a poster depicting the theme of the story, “ **A Letter to God**”.
(**FAITH IN GOD**)

संस्कृत

1. “शरीरमाद्यं खलु धर्मसाधनम्’ ’ शरीर ही सभी धर्मों (कर्तव्यों)को पूरा करने का साधन है अर्थात् शरीर को सेहतमंद बनाए रखना जरूरी है।इसी के होने से सभी का होना है अतः शरीर की रक्षा और उसे निरोगी रखना मनुष्य का सर्वप्रथम कर्तव्य है ।परन्तु आज की भाग-दौड़ की जिंदगी में हम सबसे ज्यादा हानि शरीर को ही पहुँचा रहे हैं,जो कि नितांत अनुचित है। शरीर को स्वस्थ रखने के लिए ‘महर्षि पतंजलि के योगसूत्र’ में अनेकानेक योगासनों का उल्लेख है । प्रदत्त आसनों के आधार पर एक सचित्र परियोजना बनाइए ।

2. “प्रसन्नता जीवन को दिया गया एक अनुपम उपहार है । प्रत्येक व्यक्ति प्रसन्न रहना चाहता है और उसके लिए वह हर संभव प्रयास करता है परन्तु यदि हम अपने आस-पास में रहने वाले लोगो की प्रसन्नता की बात करे तो.....??

आज बहुत कम लोग इस विषय में चिंतन करते हैं या इस भावना से ओत-प्रोत हैं | कभी-कभी हमारा छोटा सा प्रयास किसी के जीवन में मुस्कराहट ला देता है | “ उपरोक्त लेख के आधार पर आप अपने जीवन में घटित किसी एक ऐसी घटना का वर्णन करिए ,जिसमे आपके कारण किसी को खुशी प्राप्त हुई थी |

अथवा

आप इस विषय में अपने विचार लिखिए कि हम अपने किन प्रयासों से समाज में खुशहाली ला सकते हैं।



हिन्दी

(1) गाँधी जी ने लिखा है कि हँसी आयु बढ़ाने का एक अचूक नुस्खा है। पाचन के लिए इससे कारगर और प्रामाणिक औषधि और कोई नहीं है। हँसी हमें किसी के भी तन-मन के श्रेष्ठ स्वास्थ्य का संवाद देती है। वह रक्त-प्रक्रिया को गतिशील करती है, अधिक पसीना लाती है। कारलाइल ने कहा है कि जो व्यक्ति मुक्त भाव

से हँसता है, वह कभी बूढ़ा नहीं हो सकता। खुलकर हँसो, तुम्हें अच्छा लगेगा, अपने साथी को हँसाओ, वह अधिक प्रसन्न होगा, अधिक देर तक तुम्हारा साथ चाहेगा। हँसते-मुस्कराते हुए जीवन की समस्याओं का गंभीरतापूर्वक मुकाबला किया जाना चाहिए।

उपर्युक्त गद्यांश के आधार पर 'हंसो और सुख पाओ' विषय पर 100 से 120 शब्दों में एक अनुच्छेद अथवा लघुकथा लिखिए।



(2) "योग है स्वास्थ्य के लिए लाभकारी, योग रोग मुक्त जीवन के लिए गुणकारी।" भारतीय ऋषि-मुनियों ने योग की महत्ता पर बल दिया है। 21 जून को योग दिवस मनाया जाता है। योग का महत्व बताते हुए अपने मित्र को पत्र लिखिए।

FRENCH



1. Révisez Leçon-1 (Retrouvons nos amis) et Leçon -2 (Après le bac..)
2. En référant Leçon -2, Préparez un monologue en comparant le système éducatif en France et en Inde. (Record the same in the form of video of 1 minute duration)
3. Pratiquez bien les exercices de grammaire assignés.
4. Portfolio Activity

<< Le Bonheur n'est pas une destination.....
C'est une Façon de Vivre.....>>

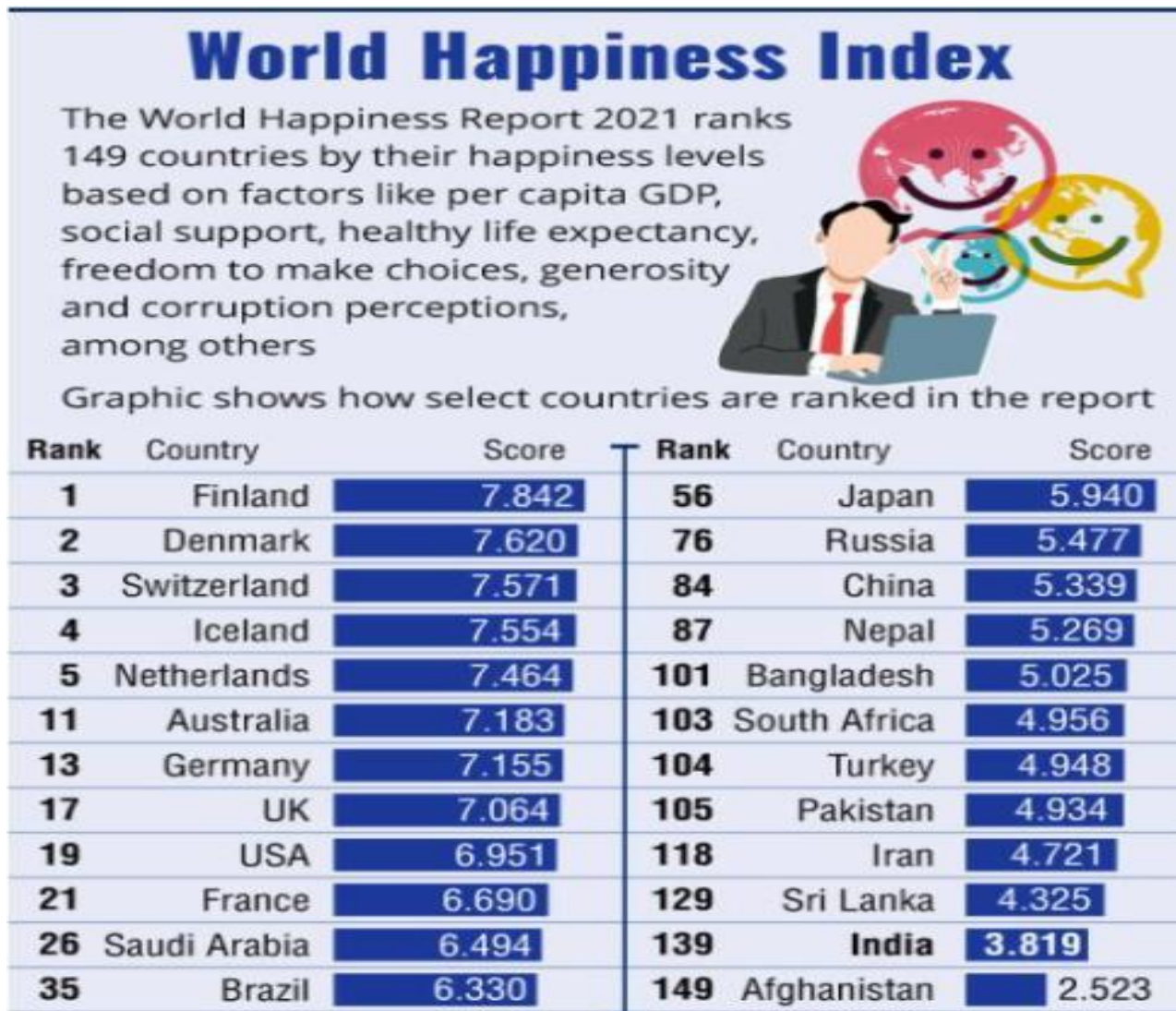
Ecoutez et rappelez la chanson < Le Bonheur- The Happiness> par
Joyce Jonathan , une
chanteuse française.

<https://lyricstranslate.com/en/le-bonheur-happiness.html-5>

Dans une feuille de papier -A4

- a. Ecrivez- la en français avec sa traduction en anglais
- b. Ecrivez une lettre à ton/ta correspondant(e) français(e) en partageant(sharing) vos points de vues ce qu'il faut faire pour nous avoir le Bonheur dans la vie. (en 80 mots)

MATHEMATICS



Section A – ART INTEGRATION ACTIVITY (FOR INTER DISCIPLINARY PROJECT)

DO THE FOLLOWING QUESTIONS ON A4 SIZE SHEETS.

1. Collect the statistical data for Finland, Denmark, Norway, Iceland, The Netherlands and India, for 2021 on the following parameters
 - a) Per Capita Income

b) Literacy rate

c) Comparison of Happiness Index of India with these countries

d) Comparison of Happiness Index of India over past 5years

Represent the data graphically (Bar Graph for part a and part b ,
Double Bar Graph for part c and Histogram for part

e) Using separate graph for each parameter choosing a suitable scale. Write a detailed analysis of each graphical representation.

2. Write down the Initiatives that Indian government has taken in last few years to improve the Indian Happiness Index and also suggest some ways to improve the Indian Happiness Index

Section B – LAB ACTIVITIES (FOR SUBJECT ENRICHMENT ACTIVITY)

DO THE FOLLOWING LAB ACTIVITIES IN THE ACTIVITY FILE.

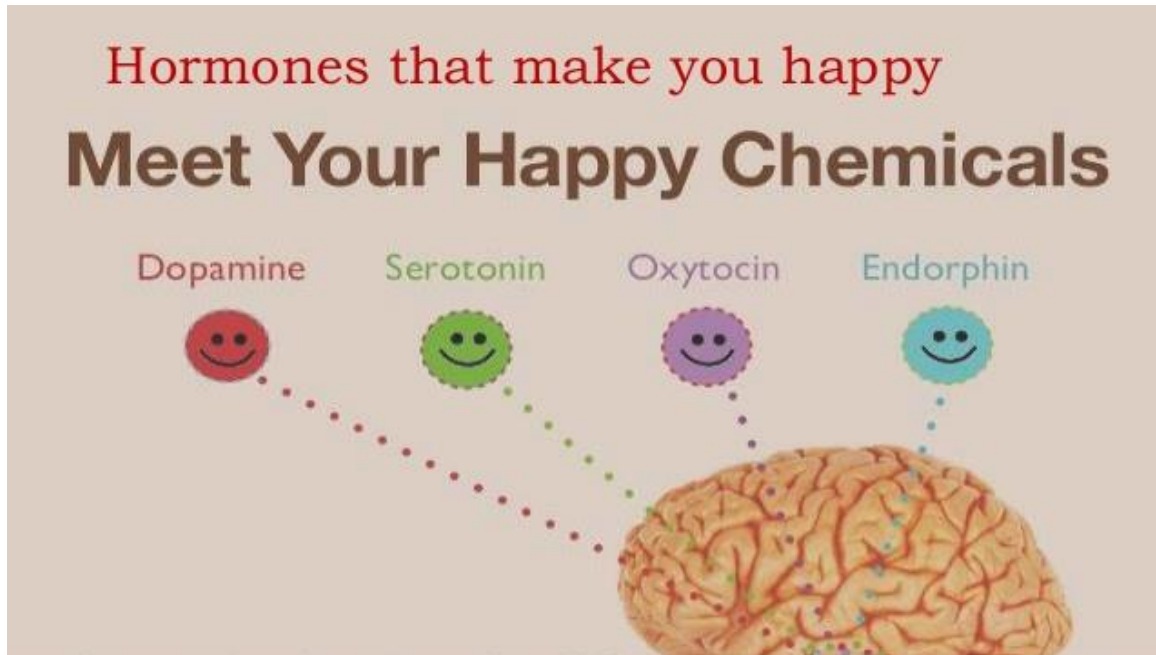
1. Find the number of zeroes of a quadratic polynomial graphically.

<https://drive.google.com/file/d/1u9wrb3NLEjVLd2kiybQCIwOCLg3a7zkL/view?usp=sharing>

2. To find HCF of two numbers by Euclid Division Lemma by paper cutting method.

<https://drive.google.com/file/d/1Xz4mRCQX2e0FHbMLMMUIPS9tdNO3h4H/view?usp=sharing>

SCIENCE



There is a well-known quote by the great Dalai Lama that,

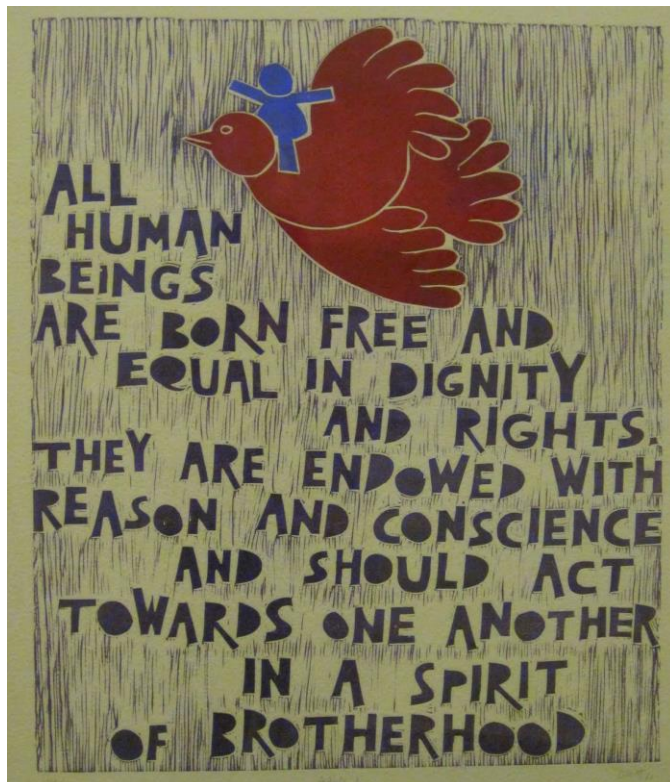
“A happy mind is a healthy mind, and a healthy mind is good for the body.”

Hormones and neurotransmitters moderate our feelings of well-being and lifestyle factors affect them. Research says that there are five hormones which determine human's happiness. These are Endorphins, Dopamine, Serotonin, Oxytocin & Estrogen. It is important to understand these hormones as we need all five of them to stay happy. Students need to research on these Happiness Hormones and prepare a report keeping in mind

1. Specific roles played by these hormones in our bodies that lead to a happier being.
2. The effects on human beings due to their insufficient secretion of these hormones.
3. The strategies used by us to manage these hormones for leading a healthier and happier life.

Support your research with relevant data, analysis and illustrations on A4 size ruled/interleaf sheets.

SOCIAL SCIENCE



The World Happiness Report by United Nations Sustainable Solutions Network ranks Finland, Denmark, Norway, Iceland and The Netherlands as the top five happiest countries of the world.

Compare any one of the above-mentioned countries with India and focus on the following parameters:

- Kind of governance: Electoral process
- Civil Rights and political liberty
- Education policies for the wellbeing of the people
- Rule of Law with special focus on corruption-preventive methods

Students write a comparative analysis between the selected country and India, on A4 size ruled sheets and give the suggestions as to how India can improve her Happiness Quotient.

Note: Pursuit of happiness beyond just economic growth is gaining momentum in India. Some states have already begun the ground work. The Delhi Government has announced the introduction of Happiness Curriculum in schools. Two states- Madhya Pradesh and Andhra Pradesh have setup Happiness Index Department

INFORMATION TECHNOLOGY

Prepare a PowerPoint Presentation containing 10 slides on the topic **“What all you can do to maintain your health and well-being”**. The PPT should emphasize on the following points:

- Sustainable Development Goal laid down by UN – Good Health and Well being
- Importance of Mental wellness in today’s times
- How we can maintain our health and wellbeing leading to happiness.

ARTIFICIAL INTELLIGENCE

Make a ppt on Natural Language Processing 6-8 slides (it's Processing or Algorithm - TFIDF mentioned in the CBSE book)