

HOLIDAYS HOMEWORK 2014-15
CLASS – X
ENGLISH

1. Read the novel “ The Story of my Life by Helen Keller and Write Down the Book review (Mention about the author, story line, different characters and the moral/message conveyed through the book.
2. Attempt the following questions:
 - a. How did Helen get her name? How was she as a child?
 - b. How did Helen started realizing that she was different from others? Give few instances.
 - c. Describe “the most important day of my life”. As Helen calls it in the autobiography.
 - d. Draw the character sketch of Mildred, Kafe Adams, Miss Sullivan, Michael Anaghos and Helen Keller.
 - e. Why did Helen’s parents feel helpless? What efforts did they make to solve her problem?
 - f. How did Helen Keller fees around Christas time.

Writing Skills

1. Speech on “Empowering the girl child is the best way to empower the Nation.”
 2. Article on “Inclusive education is not an alternative but inevitability.”
 3. Draft a meaningful and attractive poster on :
 - (a) Education for All
 - (b) Celebration of Career Counselling Week.
 4. E-mail – to sister to join laughter club to distress herself and combat anxiety.
 5. Letter to brother – to make life style changes to get desired hours of sleep.
 6. Letter to Editor – Showing your concern for poor enrolment of girl child in primary and how to counter it.
- A Story has to written (Original Creation) with moral using illustrations. (Word Limit 250-300). To be written on A4 size sheets. Values developed through the story to the highlighted at the end.

PHYSICS

1. Make one model on any one topic from the Physical Syllabus.
2. In today’s life we use more and more non – renewable sources of energy (like petrol, electricity). From your observations what can be the ways to use more of renewable sources of energy. Prepare a Report giving your suggestions.
3. Keeping in mind the concept of green building, suggest ways in which you can make your home and school energy sufficient. Add your suggestions to the above report prepared by you.
4. Learn Ch – “ Electric Current” and repeat all numerical in class work copy.

CHEMISTRY

Instructions:

- Kindly submit the answers in a project file
1. Take an aluminium pan and put one spoon of sugar in it. Now keep the pan on gas stove on low flame and start recording your observations after every one minute till 10 minutes. (Perform under the supervision of an adult in the family) Now answer the following questions:
 - (a) What happens after one minute?
 - (b) What was the colour of the sugar before heating and after heating for 2 minutes?
 - (c) What is the colour of sugar after 5 minutes and after 10 minutes?

- (d) Why is there a change in colour and name the product formed.
2. Why do you protect film rolls of photographs from sun light and store them in tight dark containers?
 3. Why do garbage produce foul smell? What type of chemical reaction involved? How can you stop this smell?
 4. Angad is fond of chocolates and aerated drinks. He develops acidity and burning sensation in his stomach. Explain why and how can he control it?
 5. Sometimes your mother adds baking soda or salt before boiling milk. Collect information from her why she does this?
 6. Explain one situation where corrosion is an advantage.
 7. Prepare a natural indicator using coloured flower or vegetable and test the household items to distinguish them as acidic or alkaline. Present your observations as PROJECT REPORT.

BIOLOGY

1. Make a small project on “Effect of Air Pollution on Our Earth.”
- Assignment consisting of 15 questions from the topic “Nutrition from Life Processes should be done in the class notebook.”

Assignment **Lesson 6 – Food Processes**

- Q1. What is meant by ‘food’?
- Q2. Name the form in which excess carbohydrates are stored in (a) plants and (b) animals respectively.
- Q3. Draw the diagram of alimentary canal of man and
 - (a) label the following parts – mouth, esophagus, stomach & intestine.
 - (b) Where do proteins & fats get digested in human beings?
- Q4. What are biocatalysts of our body called as?
- Q5. Explain the process of nutrition in Amoeba with suitable diagram.
- Q6. Why do we get cramps during sudden muscular activity?
- Q7. When do desert plants take in carbon dioxide for photosynthesis?
- Q8. Where is chlorophyll present in a leaf?
- Q9. How is the food moved along the gut?
- Q10. What is ‘acidity’ as complained by some human adults?
- Q11. Why do herbivorous have a long intestine as compared to many of the carnivores?
- Q12. Where is intestinal juice secreted from in our alimentary canal?
- Q13. What regulates the passage of food from the stomach into the small intestine?
- Q14. What are the necessary conditions for autotrophic nutrition and what are its by products?
- Q15. How is small intestine designed to absorb digested food?

SOCIAL SCIENCE

- Q1. Make an album of Political Cartoons and Newspaper cuttings (10 each) related to GENDER, RELIGION and CASTE POLITICS of India. Cartoons are to be interpreted in your words.

Note: You are free to draw / create your own cartoons if you are good at drawing. Also chase the upcoming LOK SABHA ELECTIONS for more information.

- Q2. A question bank from chapter – 2 of Geography i.e. Forest & Wildlife is given on website of school. Solve that & do in your Homework notebooks. Your problems related to this chapter will be solved after seeing these notebooks.

विषय - हिन्दी

कक्षा - दसवीं

- विष्णु के दस अवतारों के चित्र व जानकारी प्राप्त कर पत्रिका में लगाइए।
- स्वतंत्रता आंदोलन में निम्नलिखित महिलाओं ने जो योगदान दिया, उसके बारे में चित्र सहित जानकारी प्राप्त करके लिखिए।
(क) सरोजिनी नायडू
(ख) अरुणा आसफ़ अली
(ग) कस्तूरबा गाँधी
- सरदार पटेल द्वारा संचालित कम से कम चार आंदोलनों के बारे में चित्र सहित जानकारी एकत्रित करके लिखिए।

नोट : सारा काम A4 शीट पर करना है।

MATHEMATICS

- Prepare a project report related to any topic of Maths from your syllabus e.g.,
 - Statistics
 - Polynomials
 - Triangles
 - Circles
 - Trigonometry
 - Linear Equations etc.
- Do 10 questions of multiplication of two and three digits using Vedic Maths & mention the steps used.
- Prepare five different shapes using Tangrams on A4 size sheet
- Revise chapter 1, 2 & 3 from NCERT

Wellness Programme for Summer Break 2014

To ensure healthy lifestyle, students are advised to follow wellness Programme during the summer break. Healthy habits make healthy human beings.

Week-1

- 1) **Walking**: Concentrate on breathing, try to co-ordinate hands and leg movements along with rhythmic breath. Elbows should be swinging at 90⁰ forward / backward. (10 minutes)
- 2) **Free hand exercises**: (25 minutes)
 - (a) Arms rotation forward/backward (16 times each)
 - (b) Stretching – standing, side wise arms bending, open legs knee stretching (16 times each)
 - (c) Bending – forward and backward bends, keeping your knees straight, feel the stretch (16 times each)
 - (d) Jumping – spot jump, broad jump, alternate single leg jump (20 times each)
- 3) **Cooling Down**: Seating / lying on a clean and airy space, breath deeply and slowly. Concentrate on breathing and relax.

Week-2

(1 hour)

- 1) Walking (10 minutes)
- 2) Jogging (10 minutes)
- 3) Free hand exercises (10 minutes)
- 4) Practice simple yogasanas (30 minutes)

Week-3

(1 Hour)

- 1) Jogging (10 minutes)
- 2) Skipping (10 minutes)
- 3) Free hand exercises (15 minutes)
- 4) Stretching exercise (15 minutes)
- 5) Cooling down meditation (10 minutes)

Week-4

(1 Hour)

- 1) Walking / Cycling (10 minutes)
- 2) Jogging (10 minutes)
- 3) Practice simple yogasanas twice (30 minutes)
- 4) Meditation (10 minutes)

Week-5

- 1) Cycling / Jogging (10 minutes)
- 2) Running (10 minutes)
- 3) Free hand exercises (20 minutes)
- 4) Push-up / Sit-ups (16 times each) (10 minutes)
- 5) Cooling down – Meditation (10 minutes)

Week-6

- 1) Jogging (05 minutes)
- 2) Running (10 minutes)
- 3) Stretching exercises (15 minutes)
- 4) Push-ups & Sit-ups (20 times each) (10 minutes)
- 5) Yogasana & Meditation (30 minutes)

Notes

- Do your exercise in clean and open space. Do regular exercise with proper rest between each.
- Never over-do any exercise.
- Warming up before and cooling down after is mandatory.
- Increase or decrease timing / repetitions of exercise / intensity of exercise according to individual capability
- Take proper diet, wholesome nutritious and fiber rich foods. Increase fluid intake, fresh and seasonal fruits and vegetables. Avoid junk food.
- Consult doctor's / medical expert's immediately if any medical problem feel / arise during or after practice.