



KIIT WORLD SCHOOL

PITAMPURA, DELHI

Summer HOLIDAYS' HOMEWORK

Hope your summer is filled with **reading, writing,**
and most of all...**fun!**

Class IX



Kindly note: You are requested to submit your Holidays homework on 24 June 2024 between 8:00 am -1:00 pm to your respective CTs in school.

Class IX. Session 2024 - 25

Theme: Radiant respite: Nurturing mind, body and soul.

HINDI

1. संतुलित आहार हमारे स्वास्थ्य के लिए अति आवश्यक है। संतुलित आहार में किन किन तत्वों का समावेश होता है तथा उनकी कमी से कौन कौन से रोग हो सकते हैं, इस विषय पर एक पी.पी.टी. तैयार कीजिए। कीजिए। (यह कार्य १० से १२ स्लाइड्स में पूरा कीजिए।)

निर्देश:-

- पहली स्लाइड पर अपना नाम, कक्षा, अनुक्रमांक तथा तिथि अवश्य लिखे।
- दूसरी स्लाइड पर विषय परिचय अवश्य लिखे।
- अन्य स्लाइड्स पर विषय वस्तु की जानकारी।
- अंतिम दो स्लाइड्स पर निष्कर्ष और धन्यवाद।
- यह कार्य 21 जून तक दिए गए लिंक पर भेजे।

<https://drive.google.com/drive/folders/1-E-srxLNv4FNnuH60SBhzYXRbsbYmh30>

2. आपका मित्र सारा दिन मोबाइल और टी.वी. में ही व्यस्त रहता है और इस कारण मोटापे का शिकार हो गया है। उस के लिए मोटापे को कम करने के लिए किए जाने वाले योगासनों का सचित्र विवरण और आहार तालिका की 10 से 12 पेज की एक स्क्रेप बुक तैयार कीजिए।

3. बहुत से व्यक्ति व्यायाम के महत्व को भली भांति समझते हैं, लेकिन व्यायाम से जुड़ते नहीं। ऐसे व्यक्तियों का व्यायाम के साथ लगाव बढ़ाने के लिए एक प्रेरक भाषण तैयार कीजिए और दो मिनट का वीडियो बनाएं।

निर्देश :-

1. वीडियो पोर्ट्रेट मोड में होनी चाहिए। वीडियो में छात्र का विद्यालय की समर यूनिफॉर्म में होना अनिवार्य है।
2. यह कार्य 21 जून तक दिए गए लिंक पर भेजे।

<https://drive.google.com/drive/folders/1-E-srxLNv4FNnuH60SBhzYXRbsbYmh30>

4. आप ने कविता "हरी हरी दूब पर" पढ़ी है। प्रातः पार्क में जाइए और वहां के वातावरण का वर्णन अपने शब्दों में लिखिए और एक सुंदर चित्र तैयार कीजिए। (यह कार्य A3 शीट पर करना है।)

ENGLISH

Task 1: Creating Your Wellness Vision Board

Task: Use an A3 size canvas to make a wellness vision board inspired by the poem "The Road Not Taken" by Robert Frost. Your vision board should show your hopes for a healthy and satisfying life.

Instructions:

1. Gather Materials: Get colours, paint brushes, pictures, decorations, glue, and any other creative tools you need.
2. Reflect on the Poem: Read "The Road Not Taken" by Robert Frost again. Think about the ideas of choices, being unique, and the journey through life in the poem.
3. Visualise Your Goals: Think about your dreams and goals for physical wellness, mental well-being, emotional strength, and overall health.
4. Create Your Vision Board: Use your imagination to design your vision board. Put on pictures, quotes, and symbols that represent your goals. Arrange them on the canvas in a nice and meaningful way.
5. Think Outside the Box: Be creative in how you present your board. Try different layouts, colours, and textures to make it special.

Submission Guidelines:

- Your wellness vision board should be made on an A3 size canvas.
- Make sure everything is firmly attached to the canvas.
- Your board should reflect your personal goals for a healthy and satisfying life.

Task 2: Exploring the Sounds of Nature

Instructions:

1. Plan Your Nature Walk: Pick a day during your break to walk in nature. Bring a notebook, pencil, and camera with you.
2. Observe Nature: Look at different plants, insects, birds, and other natural things during your walk. Take notes, draw, or snap pictures.
3. Reflect Weekly: Write a short paragraph at the end of each week about what you saw during your walk. Mention any new discoveries and things you learned.
4. Create a Journal Entry: Put your weekly reflections into a journal. Add pictures or drawings to make it more interesting.

Submission Guidelines:

- Submit a weekly journal about your nature walks (700 to 800 words).
- Make sure your entries are clear, organised, and include both writing and visuals.

Task 3: Health Magazine Project

Make a health magazine for your summer project in English.

Instructions:

1. Choose a Magazine Name
 - Select a catchy and relevant name for your health magazine. Examples: "Healthy Living," "Wellness Weekly," "Youth Health Digest."
2. Cover Page
 - Design an attractive cover page with the magazine name, a slogan, and an eye-catching image. Add the edition (e.g., May 2024) and your name as the editor.
 - List all the sections and articles included in the magazine with page numbers.

3. Editorial

- Write an editorial piece introducing the magazine, its purpose, and an overview of what readers can expect. Discuss the importance of health, especially for students.

4. Articles

- Nutrition and Diet:
 - "Balanced Diet for Teenagers"
 - "Healthy Snacking Tips"
- Exercise and Fitness:
 - "Benefits of Regular Exercise"
 - "Simple Home Workouts"
- Mental Health:
 - "Managing Stress During Exams"
 - "The Importance of Sleep"
- Hygiene and Health:
 - "Proper Hand Washing Techniques"
 - "Dental Hygiene Tips"

5. Incorporate Themes from CBSE English Chapters

- Use themes and lessons from your English chapters to create related articles. Here are a few examples:

Chapter: "The Fun They Had" (Isaac Asimov)

Article: "The Impact of Technology on Health"

Discuss how screen time affects physical and mental health, tips for balancing technology use.

Chapter: "The Sound of Music" (Evelyn Glennie & Bismillah Khan)

Article: "Music Therapy for Mental Well-being"

Explain how music can be used as a therapeutic tool to reduce stress and improve mental health.

Chapter: "My Childhood" (A.P.J. Abdul Kalam)

Article: "Healthy Habits from Childhood"

Draw lessons from Kalam's childhood on healthy living, discipline, and balanced lifestyle.

6. Interviews

- Conduct and include an interview with a healthcare professional (e.g., a doctor, nutritionist, or physical trainer).
- Example questions:
 - "What are the most common health issues among teenagers today?"
 - "Can you suggest some easy-to-follow health tips for students?"
- Feature real-life stories of people who made significant health changes.
- Example: "How I Overcame Obesity" or "Journey to a Healthier Me."

7. DIY Health tips

- Include a section with DIY health tips and tricks.
- Example: "Make Your Own Healthy Smoothies" or "Five Quick Yoga Poses for Relaxation."
- Add a health quiz for readers to test their knowledge.

Include interesting health facts. Example: "Did you know drinking water improves concentration?"

8. Visual Effects

Use images, infographics, and charts to make the content engaging and visually appealing. Ensure all visuals are relevant and support the content.

9. Bibliography

Include a bibliography or reference section citing the sources of information and images used in the magazine.

10. Final Review

Proofread all articles for spelling and grammatical errors.

Ensure the layout is neat and all sections are well organised.

10. Printing and Binding

Print your magazine on good quality paper and bind it neatly.

MATHEMATICS

Instructions:

- **Submit your complete homework assignment including calculations, tables, graphs, and written reflections.**
- **Ensure accuracy and clarity in your calculations and data analysis.**
- **Use proper mathematical notation, units, and labels in your work.**
- **Reflect thoughtfully on the connections between Mathematics and good health practices.**

TASK 1: Research-Based Project

Students are required to make the given projects as per the allotted Roll numbers. Kindly refer to your Roll numbers for the allotted project. The instructions for the same are as follow :

1. **Page 1: Self Introduction**
2. **Page 2: Index**
3. **Page 3: Acknowledgment**
4. **Page 4: Introduction of the Project**
5. **Page 5-10: Project report (Findings etc.)**
6. **Page 11 Reflections on the project**
7. **Page 12 Bibliography**
8. **Page 13 Pictorial presentation on chart paper as per your roll numbers.**
9. **Kindly note that the presentation on the chart paper must be 3D and it should be aesthetically appealing eg.**



Roll number 1-10 :

Body Mass Index (BMI) Calculation:

- Research the formula for calculating Body Mass Index (BMI) using weight (in kilograms) and height (in meters).
- Measure your weight and height, and calculate your BMI using the formula and also do it for atleast 10 members may be your family or friends and write it on an A4 sheet.
- Create a table on a chart paper in a 3D form showing different BMI categories (underweight, normal weight, overweight, and obese) and their corresponding BMI ranges.
- Classify your BMI category and write a short paragraph on an A4 sheet reflecting on the importance of maintaining a healthy weight for overall well-being.

Roll number 11-20

Nutritional Analysis:

- Choose your favourite meal or snack and list down the ingredients along with their quantities.
- Use nutritional labels or online resources to find the nutritional information (calories, protein, carbohydrates, fats, vitamins, and minerals) for each ingredient.
- Calculate the total nutritional content of your meal or snack, including the total calories and the percentage of daily recommended intake for each nutrient.
- Analyse the nutritional content and write a short report discussing whether your chosen meal or snack contributes to a balanced diet and supports good health on an A4 sheet.
- Present your findings on a chart paper using 3D format.

Roll number 21-30

Exercise Duration Calculation:

- Research the recommended daily exercise duration for adolescents based on guidelines from health organisations.
- Choose an exercise or physical activity that you enjoy (e.g., jogging, cycling, dancing) and determine its intensity level (low, moderate, or high).
- Calculate the total duration of exercise needed each day to meet the recommended guidelines, considering the intensity level of the chosen activity.
- Reflect on your own exercise habits and compare them with the recommended guidelines. Identify any areas for improvement and set specific goals for increasing physical activity to

promote good health and well-being and write it on an A4 sheet.

e. Represent the data collected in a chart paper in 3D format.

Roll number 31 onwards :

Graphical Representation of Health Data:

- a. Collect health-related data from family members or classmates, such as height, weight, BMI, and daily exercise duration.
- b. Organize the data into appropriate categories and create graphical representations, such as bar graphs, pie charts, or histograms.
- c. Analyze the graphical representations to identify trends or patterns related to health and well-being among the individuals surveyed. Present it on a chart paper in 3D form.
- d. Write a conclusion summarizing your findings and discussing the importance of data analysis in understanding and promoting good health practices.

Task 2: Creativity and Innovation

For Roll number 1-10

Create a Storyline about the contributions made by any 5 Indian mathematicians, paste pictures and write about their achievements and contributions in good calligraphy. It must be prepared by joining at least 2-3 chart papers to make it aesthetically appealing. Things to be involved in the banner.

For Roll No 11-20

Prepare a working model on Heron's formula.

Use the following link as a reference:

<https://www.youtube.com/watch?v=41G5fiq6URg>

For Roll No 21-30

Prepare a 3D representation of the following activities in the form of a model or pictorial representation.

- To interpret geometrically the factors of a quadratic expression of the type $ax^2 + bx + c$, (where the middle term can be split) using square grids, strips, paper slips, etc.
- To verify the following algebraic identity: $(x + y)^3 = x^3 + 3xy(x + y) + y^3$
- Use the following link as a reference:
 - <https://www.youtube.com/watch?v=MRZB2dvQzeY>
 - <https://www.youtube.com/watch?v=Eu3m8nVgdVg>

For Roll No 31-35

Prepare a 3D representation of the activity “Prove that the Area of the circle is $A = \pi r^2$ ”

For Roll no. 36-40 Prepare a working model on proof of theorems of circles.

- Use the following link as a reference:

<https://www.youtube.com/watch?v=JH2-02IM3zU&t=156s>

<https://www.youtube.com/watch?v=UzShYVtsRWw>

For 40 onwards: Design a Board game or Toy out of Trash based on the theme “Mathematics as fun learning”.

Points to be kept in mind while designing the game.

- The game must be innovative and aesthetically appealing for display.
- It has to depict a particular concept very clearly.

Task 3 : During the holiday break, visit the CBSE (Central Board of Secondary Education) website daily to access the "Question of the Day" posted on the mathematics section. By engaging with these daily math challenges, you will have the opportunity to enhance your mathematics problem-solving skills and prepare a mini notebook to solve the questions regularly from the given website.

<https://www.agad.in/index.php?class=9&language=en>

Task 4 : Solve the assignment.

https://docs.google.com/document/d/1pbKQAiflaGrKAZ6Ek8B1JWRkWX4Od_KB/edit?usp=sharing&oid=104233749393887899600&rtpof=true&sd=true

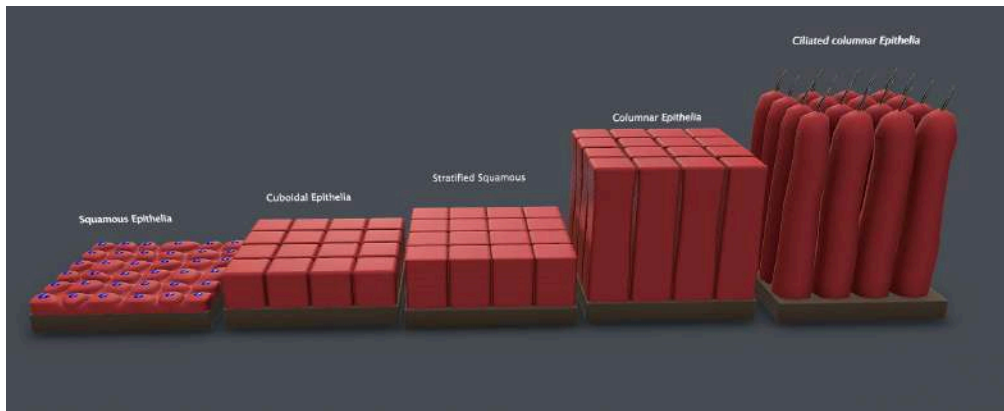
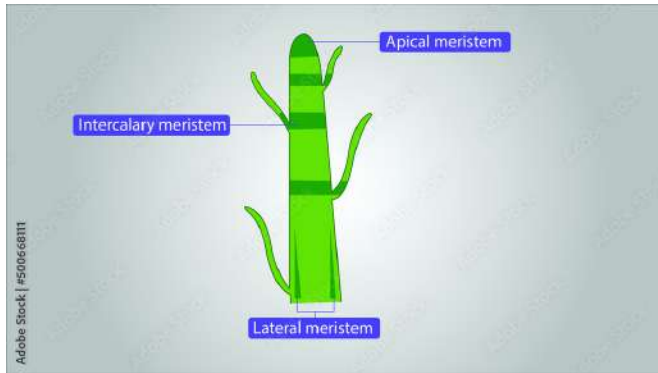
SCIENCE**TASK-1 (Creating a 3D Tissue model)**

“A healthy body requires an efficient growth and maintenance of tissues”

Different living organisms have different types of tissues. The varied structures of plant and animal tissues results in different metabolic activities and different factors affecting their health. Prepare 3D models of any 5 types of plant (5 individual models) and animal tissues highlighting their unique structure.

Instructions:

1. The models should be well-labelled.
2. Use eco-friendly material like newspapers, discarded wastes, foil wraps, cardboard etc to prepare 3D models. Avoid using plastic or thermocol.
3. Use your own creativity and ideas to prepare the model, ready-made/purchased models will not be accepted.



TASK-2 (Healthcare expert)

"Wellness is the complete integration of body, mind, and spirit - the realisation that everything we do, think, feel, and believe affects our state of well-being."

A healthy lifestyle includes a holistic plan that integrates regular exercises, recreation activities, balanced diet and other essential factors. Imagine you are a healthcare expert for a day and prepare a small health care kit. Record a short video (1-2 minutes) of yourself showing your health care kit to your viewers and discuss your strategies and plans to maintain a healthy lifestyle.

- Use editing softwares to make the video attractive and eye-catching.
- Record the video in the landscape mode.
- Add background music/ pictures/ subtitles and text to make the video more informative.
- Showcase your vocabulary, confidence and research on the topic by choosing relevant, informative yet interesting content for your video.

The video needs to be uploaded on the following link:

<https://drive.google.com/drive/folders/1f1S2eZEQqqcYlxzXAsEgwocpPeWjIGDt>

Rename the video as "NAME_CLASS AND SECTION"

Example: "RAMVERMA_9CONFIDENT"

TASK-3 (NEWSLETTER)

“The inclusion of artificial intelligence and genetic engineering has transformed the healthcare sector completely. Modifications in cell structures have allowed biologists to design treatments for diseases like cancer.”

Prepare a NEWSLETTER highlighting the latest discoveries related to cell biology and their applications in the field of medical science.

- Use 2 A3 size sheets to prepare a 4 page newsletter (front and back).
- Give your newsletter an interesting name.
- Support your headlines with informative articles, data, graphs, pictures and colourful illustrations.
- Only paste pictures/data graphs/charts, the articles, headlines and main heading should be handwritten. Select aesthetic calligraphy styles to make the newsletter look attractive.
- Add 3D components wherever possible.
- **PAGE 1:** MAIN HEADING + an interactive caption and introduction to the topic.
- **PAGE 2:** the details of the discovery.
- **PAGE 3:** the importance of the discovery.
- **PAGE 4:** conclusion and your learning gathered as a result of your research.

SOCIAL SCIENCE

Task 1:

MODEL MAKING:

ROLL NO: 1-10 Community Garden and Nutrition Wheel: Combine a raised garden bed model with a rotating nutrition wheel. Highlight how local food production promotes healthy eating habits and access to fresh produce, while the wheel emphasises the importance of a balanced diet for overall well-being.

ROLL NO: 11-20 Food Access Map: Design a map of your community highlighting areas with access to healthy food options like grocery stores, farmers markets, and community gardens. Overlay this with information on food deserts and potential solutions like community gardens or mobile food pantries.

ROLL NO: 21-30 Stress Management Maze: Create a maze with different paths representing various stress management techniques like meditation, exercise, spending time in nature, or connecting with loved ones. Reaching the centre symbolises achieving a state of reduced stress.

ROLL NO: 31-40 Cultural Health Traditions Display: Showcase traditional health practices and beliefs from different cultures through visuals, artefacts, or written descriptions. Emphasise the importance of cultural sensitivity in promoting health and well-being.

Task 2:

PROJECT WORK

Project work enhances and helps improve a person's cognitive abilities and makes them sharper and more profound over time. Project work essentially accentuates a person's cognitive abilities and makes them better learners.

Keeping the above objective in mind, every student in Grade 9 has to undertake a project on

the following topics:

ROLL NO. 1-20: Natural Disasters

ROLL NO. 21-42: Man-made Disasters

Kindly note the guidelines:

1. Project limit-15-20 pages
2. Cover page (can be collage/artwork)
3. Acknowledgment
4. Certificate
5. Index
6. Objective
7. Content related to the topic (Written material supported by maps, graphs, original case studies, and surveys)
8. Bibliography
9. The projects prepared should be made from eco-friendly products without incurring too much expenditure.
10. The Project Report should be handwritten.
11. Use A4 size white/light coloured interleaf sheets and maintain them in a creative folder.

Task 3:

POWERPOINT PRESENTATION

QC-1 ECO CH-2 PEOPLE AS RESOURCE

QC-2 HIS-CH-3 NAZISM AND THE RISE OF HITLER

QC-3 GEO-CH-3 DRAINAGE

QC-4 GEO CH-4 CLIMATE

QC-5 POL SCI CH-2 CONSTITUTIONAL DESIGN

QC-6 POL SCI CH-3 ELECTORAL POLITICS

Guidelines: First slide Name of Chapter with Name of QC members.

Second slide Index (in the form of Major headings)

Rest slides content presentation in the form of photos and data.

QC HEADS WILL UPLOAD PPTs IN THE BELOW GIVEN LINK.

https://drive.google.com/drive/folders/1ljIHx8ygZnpioL0aR3HxS3ttHmRfRsRm?usp=drive_link

Task 4

ELECTIONS ARE INTEGRAL TO DEMOCRACY

DESIGN PARTY SYMBOLS—

DESIGN PARTY SYMBOLS AND EXPLAIN HOW IT TRANSFORM THE COUNTRY.

TO BE DONE WITH THE HELP OF ECO FRIENDLY MATERIAL

SIZE A4/A3 SHEET

BASE CARDBOARD

COMPUTER SCIENCE

Explore relaxation techniques such as mindfulness meditation, deep breathing exercises, and progressive muscle relaxation through guided audio sessions or meditation apps.

Develop an E-story/Canva poster highlighting stress management strategies and self-care activities for maintaining mental well-being.

TOOLS REQUIRED: ANIMATOR / PIVOT ANIMATOR / ANIMAKER

LINK: <https://youtu.be/7iJkvaVavSU?si=ElqfxVOITxjC3yC1>

Roll No. 1-20 : Create an E-Story in Animator/Animaker/Pivot Animator

Roll No. 20-last : CREATE POSTER on CANVA

NOTE:

*Submission is to be done in both **Hard copy(poster) and Soft copy(drive).**

* Students Creating a Poster need to paste the Screenshot on A3 sheet or on Cardboard (minimum 10 slides) in 3D manner to showcase in Exhibition.

*Upload your E-story on the below link as well-

<https://drive.google.com/drive/folders/1OXMs-8O4aAvrrPyGiknMD9NeMFif7b6E?usp=sharing>