R. H. MEMORIAL PUBLIC SCHOOL , SECTOR - 87 , GURUGRAM

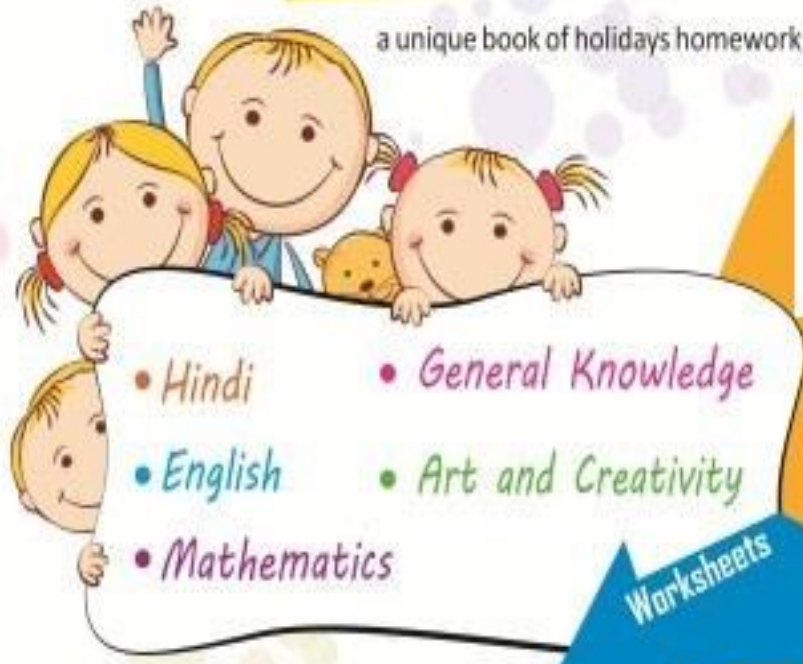## "HIT - INDIA FIT - INDIA"

HOMEWORK

for Summer Vacation

a unique book of holidays homework

HUM FIT TOH INDIA FIT

- Hindi
- English
- Mathematics
- General Knowledge
- Art and Creativity

Worksheets

R.H. MEMORIAL PUBLIC SCHOOL

SEC -87 , KANKROLA, GURUGRAM

HOLIDAY HOMEWORK (CLASS 10th) SESSION 2022-23

❖ **ENGLISH**

  ❖ **Create a graphic description** based on the summary of "A triumph of surgery". (Minimum relevant pictures need to be shown)

  ❖ **Creation with Proverb** Describe anyone of the following prove in your own words .You should also add pictures to make it creative.

  - 'The pen is mightier than the sword'
  - 'No pain No gain
  - 'All' swell that ends well'

  ❖ Collect facts and figures on COVID 19 pandemic. And prepare a report on it.
  ❖ Collect some reports, facts and images on 'Fit India Movement'. Make a collage by using pictures and also write a report on it.
  ❖ **"Dad: A son's first hero, a daughter's first love." · The power of a dad in a child's life is unmatched.** As you know that in June month Father's day will fall. So compose your own poem on "Father's Day".
  ❖ Writers see the world differently. Every voice we hear,every face we see, every hand we touch could become story fabric. Read any two stories and write one review on it. It should consist of:

- About the author
- Introduction of the story
- Title
- About the characters
- Moral

❖ Learn the syllabus had done in class till now.

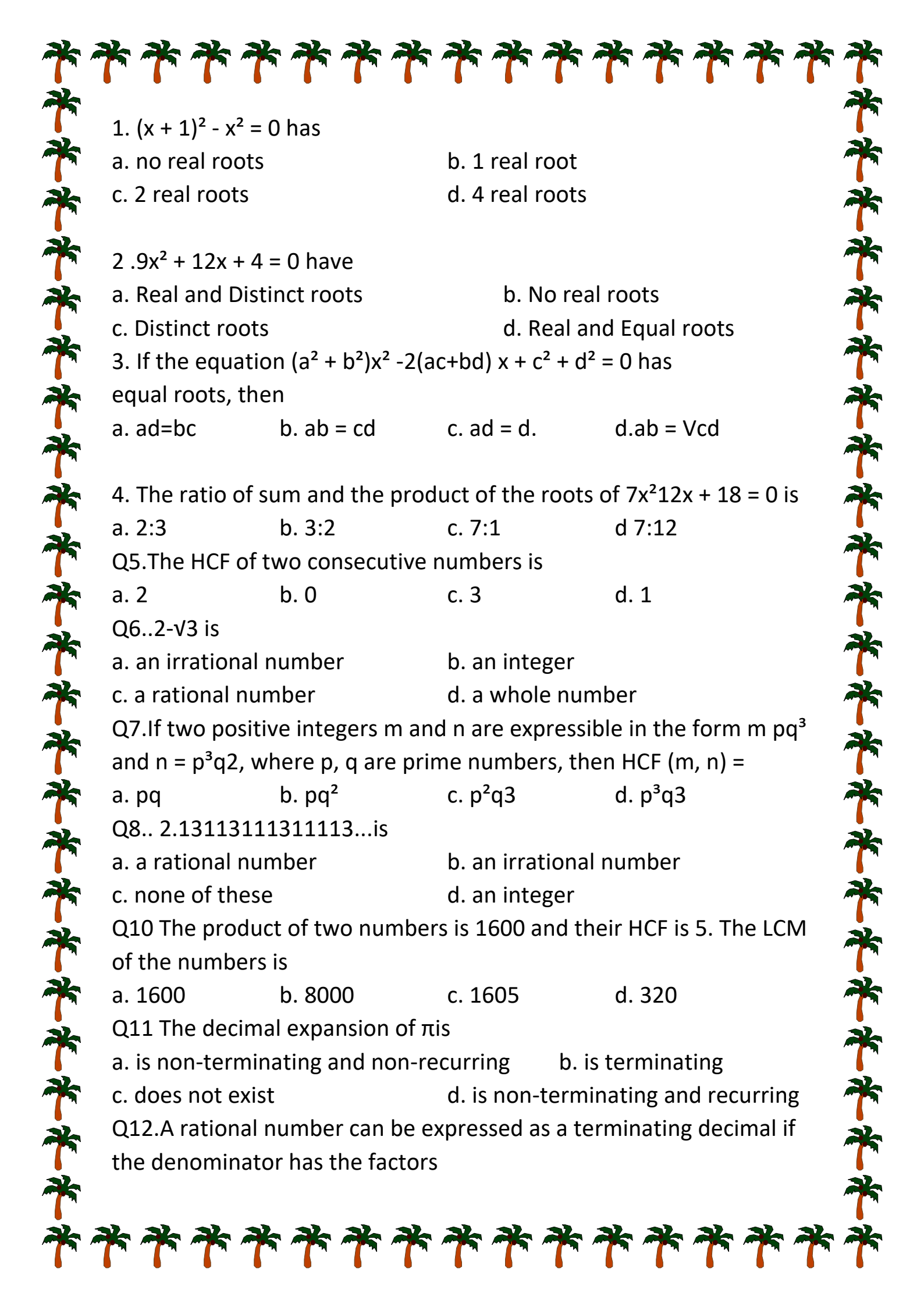❖ **Note**: Use A4 size sheet and compile your homework in one folder.

❖MATHS

Q1. The following table shows the Yoga poses of particular student that have done in a day .that will be consider your frequency of 20 days:-

Make a histograms on a a four sheet prepare

Posses	Frequency
Dolphin	
Wild child	
Standing forward bend	
Triangle	
cat	
Eagle	
Dolphin	
Extended corpse	
Legs –up	
Extended puppy	
Bridge	

Q2. DO Assignments of chapter done in the class.

Q3. Learn cube and square of 2 to 20.

1. $(x + 1)^2 - x^2 = 0$ has

a. no real roots   b. 1 real root

c. 2 real roots   d. 4 real roots

2. $9x^2 + 12x + 4 = 0$ have

a. Real and Distinct roots   b. No real roots

c. Distinct roots   d. Real and Equal roots

3. If the equation $(a^2 + b^2)x^2 -2(ac+bd) x + c^2 + d^2 = 0$ has equal roots, then

a. ad=bc   b. ab = cd   c. ad = d.   d.ab = Vcd

4. The ratio of sum and the product of the roots of $7x^2 12x + 18 = 0$ is

a. 2:3   b. 3:2   c. 7:1   d 7:12

Q5.The HCF of two consecutive numbers is

a. 2   b. 0   c. 3   d. 1

Q6..2-√3 is

a. an irrational number   b. an integer

c. a rational number   d. a whole number

Q7.If two positive integers m and n are expressible in the form m pq^3 and n = $p^3 q2$, where p, q are prime numbers, then HCF (m, n) =

a. pq   b. pq^2 c. $p^2 q3$ d. $p^3 q3$

Q8.. 2.13113111311113...is

a. a rational number   b. an irrational number

c. none of these   d. an integer

Q10 The product of two numbers is 1600 and their HCF is 5. The LCM of the numbers is

a. 1600   b. 8000   c. 1605   d. 320

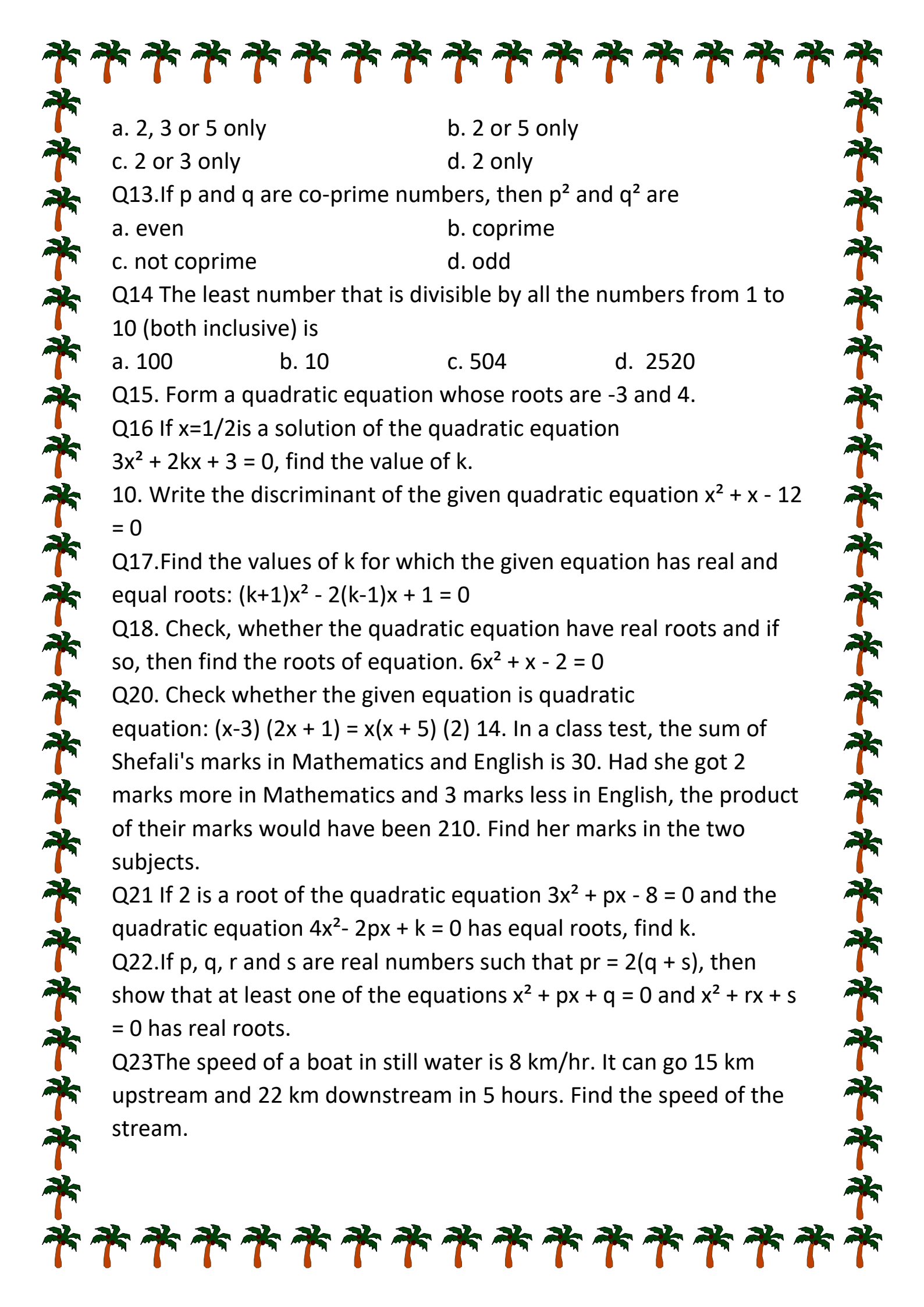Q11 The decimal expansion of πis

a. is non-terminating and non-recurring   b. is terminating

c. does not exist   d. is non-terminating and recurring

Q12.A rational number can be expressed as a terminating decimal if the denominator has the factors

a. 2, 3 or 5 only   b. 2 or 5 only

c. 2 or 3 only   d. 2 only

Q13.If p and q are co-prime numbers, then p^2 and q^2 are

a. even   b. coprime

c. not coprime   d. odd

Q14 The least number that is divisible by all the numbers from 1 to 10 (both inclusive) is

a. 100   b. 10   c. 504   d. 2520

Q15. Form a quadratic equation whose roots are -3 and 4.

Q16 If x=1/2is a solution of the quadratic equation $3x^2 + 2kx + 3 = 0$, find the value of k.

10. Write the discriminant of the given quadratic equation $x^2 + x - 12 = 0$

Q17.Find the values of k for which the given equation has real and equal roots: $(k+1)x^2 - 2(k-1)x + 1 = 0$

Q18. Check, whether the quadratic equation have real roots and if so, then find the roots of equation. $6x^2 + x - 2 = 0$

Q20. Check whether the given equation is quadratic equation: (x-3) (2x + 1) = x(x + 5) (2) 14. In a class test, the sum of Shefali's marks in Mathematics and English is 30. Had she got 2 marks more in Mathematics and 3 marks less in English, the product of their marks would have been 210. Find her marks in the two subjects.

Q21 If 2 is a root of the quadratic equation $3x^2 + px - 8 = 0$ and the quadratic equation $4x^2 - 2px + k = 0$ has equal roots, find k.

Q22.If p, q, r and s are real numbers such that pr = 2(q + s), then show that at least one of the equations $x^2 + px + q = 0$ and $x^2 + rx + s = 0$ has real roots.

Q23The speed of a boat in still water is 8 km/hr. It can go 15 km upstream and 22 km downstream in 5 hours. Find the speed of the stream.

Q24. A train travelling at a uniform speed for 360 km, would have taken 48 minutes less to travel the same distance if its speed were 5 km/hour more. Find the original speed of the train.

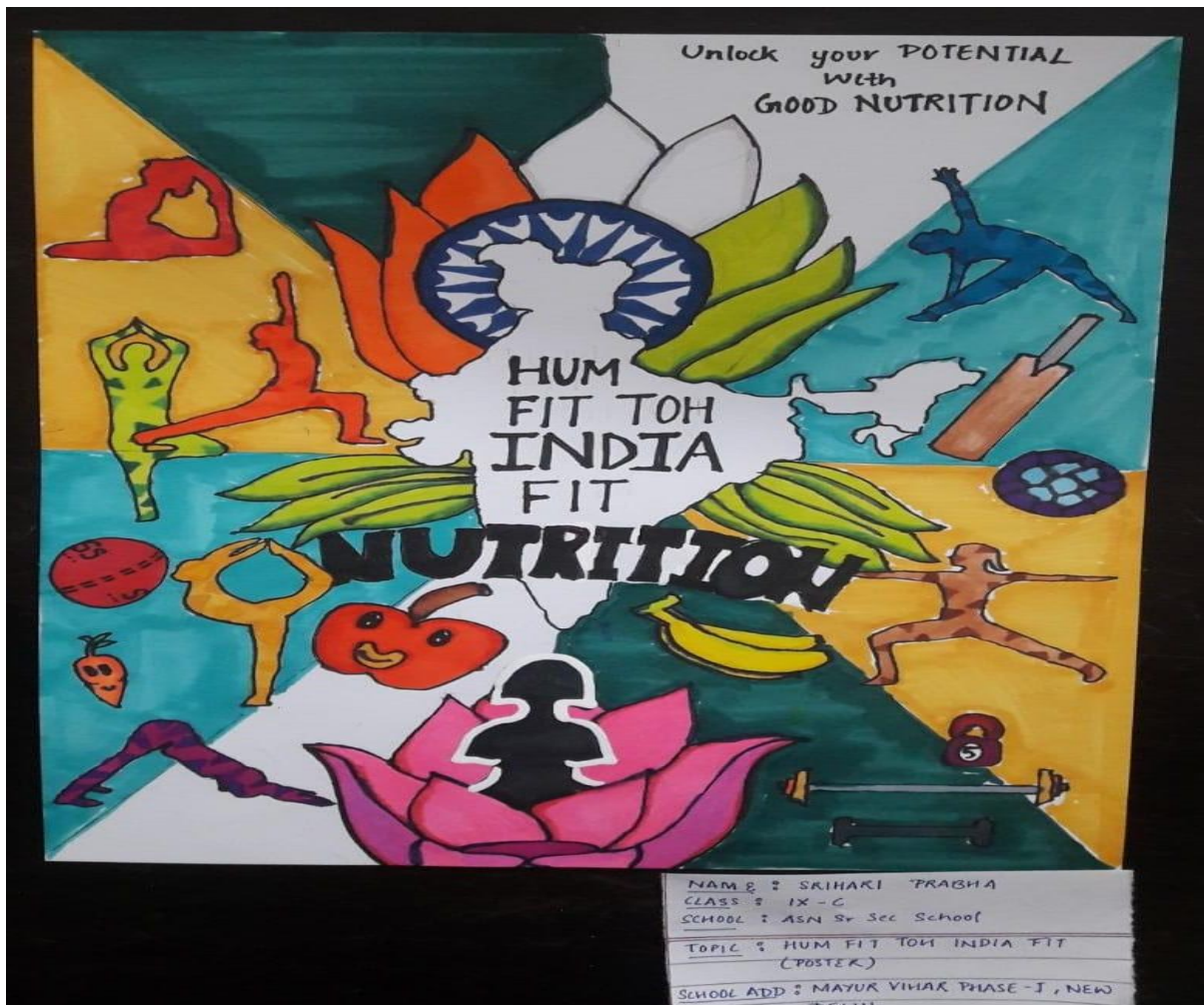Q25. Solve for x: $\sqrt{3}x^2 + 10x + 7\sqrt{3} = 0$

❖ Science

➢ **On colourful A-4 size sheets prepare a project on topic balanced diet (as per the given sample). follow the link https://youtu.be/6dVszRZvEPE for working DIY model.**

➢ **Revise chapter 1, 2 & 8.**

FRONT PAGE

FIT INDIA , HIT INDIA

THEME

There is a proverb; **_Healthy body has healthy Mind_**. As we have observed that we are getting more and more busy in our daily life. We hardly have time to exercise or we hardly walk around even 500 meter in a single day.

This human laziness is increasing many problems like heart attack, diabetes, fatigue, strain etc. So in order to remove this laziness and diseases; PM Modi has **launched Fit India Movement on the occasion of National Sports Day i.e. 29th August 2019.**

Objective of Fit India Movement:

- To encourage people to start/increase physical activity and sports in their everyday lives.
- To encourage the people/students to take a healthy or balanced diet so that our body become fit.

Good Nutrition helps students show up at school prepared to learn. Because improvements in nutrition make students healthier, students are likely to have fewer absences and attend class more frequently. Studies show that malnutrition leads to behaviour problems, and that sugar has a negative impact on child behaviour *Balanced Diet-Nutrients*

A diet, which comprises adequate amounts of necessary nutrients required for a healthy growth and development of our body. A balanced diet includes both sufficient and nutritious food to ensure good health.

A normal balanced diet contains sufficient amount of fibre and the other nutrients provide the appropriate amount of energy and adequate amounts of water.
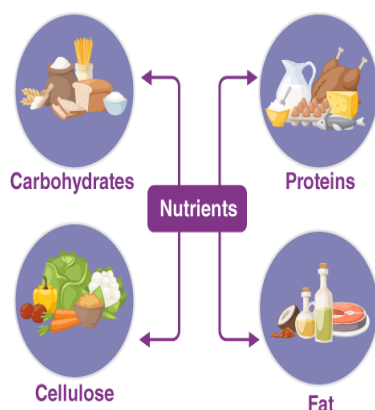
Importance and objectives of balanced diet

A balanced diet covers different food types in the right amounts to stay healthy. It is essential for healthy body, healthy mind. Just by eating a single food would not provide all essential nutrients. As per the nutritionist advice, normal balanced diet is essential for maintaining good health and a sensible body weight. Improper diet results in poor development of a body with malnourishment and

over diet leads to weight, diabetes, obesity and other diet related diseases.

The main objectives of the balanced diet include:

- For a healthy weight and energy balance.
- To provide essential nutrients required for proper functioning and maintenance of cells, tissues, and organs of our body.
- Limited consumption of saturated fats, processed foods, junk foods, simple sugar, iodized salt, sodium, etc.
- Include a high amount of fruits, vegetables, legumes, nuts and whole grains.
- To avoid malnourishment and other nutritional deficiency diseases.

According to the department of nutrition and food science, nutrients are divided into two groups:

Micro nutrients – Carbohydrates, fats, and proteins are classified as micro nutrients

Macronutrients –Vitamins (A, B, C, D, E, and K) Water and other minerals – calcium, phosphorus, magnesium, selenium, zinc, etc. are classified as macronutrients.

Both nutrients are important for the overall good health. An imbalanced diet may either lead to the excess or inadequate intake of a nutrient. Insufficient intake of a particular nutrient leads to the certain deficiency disease.

Food Groups

For being physically active and healthy.

Nutrient- dense low fat foods.

For maintaining health, productivity and prevention of diet-related disease and to support pregnancy/lactation.

Nutritionally adequate diet with extra food for child bearing/rearing

For growth spurt, maturation and bone development.

Body building and protective foods.

For growth, development and to fight infections.

Energy-rich, body building and protective foods (milk, vegetables and fruits).

For growth and appropriate milestones.

Breastmilk, energy-rich foods (fats, Sugar).

WALKS ON FRESH AIR

WATER 2L A DAY

FRUIT

DAILY LIFE

GOOD HEALTH ABOVE WEALTH HEALTH LIFESTYLE

VEGE TABLES

CEREALS

FITNESS

❖ हिन्दी

१ योगा दिवस के महत्व का सचित्र वर्णन अपने शब्दो मे कीजिए ।

२ ए एस एल (ASL) – ओडियो पर आधारित प्रश्नो के उत्तर लिखो ?

प्रश्न

१ आज के लोगो की क्या जरूरत बन गई है ?

२ कम्प्यूटर का आविष्कार किसने किया?

३ कम्प्यूटर क्या है ?

४ ओडियो मे आये ऐसे शब्द चुने जिनमे उपसर्ग एवं प्रत्तय जुडे हो?

५ सेवक , तीव्र , आज ,आसान आदि शब्दो के विलोम शब्द लिखो?

६ मनुष्य का आग्याकारी सेवक कौन है?

७ गणित की गणना को आसान बनाने वाले यंत्र का क्या नाम है?

८ प्रतिदिन किसकी लोकप्रियता बढती जा रही है?

९ कम्प्यूटर एक यान्त्रिक मशीन है ? रचना के आधार पर वाक्य का भेद बताइए?

१० ,कम्प्यूटर को हिन्दी मे क्या कहते है?

❖ S.ST.

➢ TOPIC-EXPLAIN HISTORY OF YOGA WITH PICTURES and mention in the map (famous places of yoga)