



**Integrated Project
Class - X (2016-17)**

General Guidelines for the Integrated Holiday Homework Project (2016-17)

1. Punched ruled sheets to be used. At least 6 to 8 A-4 size sheets should be there excluding the cover page and content page. Page one of the project should give introduction.
2. Detailed Index of Content and Picture Gallery with serial number should be given.
3. The project must be hand written. However, some pictures may be pasted.
4. Cover page should be made aesthetically.
 - Should be creative indicating the name of the student along with the class & section and session (2016-17).
5. All pictures downloaded from the internet, must indicate the address of the website.
 - Make a time line of events
 - You may make a collage of photographs to demonstrate a particular point.
 - Use newspaper clippings
6. Bibliography- indicating address of the website, books, journals etc. referred to.
7. Last page has to be a Certificate Page certifying that the entire work has been done by the child himself /herself.

Assessment Criteria

Presentation	-	3 marks
Creativity	-	3 marks
Research	-	3 marks
Followed the given guidelines	-	3marks
Viva	-	3 marks

INTEGRATED HOLIDAY HOME WORK (2016-17)

- I.** Design a Newsletter on a folded A-4 sheet which has to be put in the same project file for Integrated Homework. The topics are as follows-
- Increasing cases of Cardiac arrest in the early age group due to obesity.(Even roll nos.)
 - Impact of Dietary habits on Obesity. (Odd Roll nos.)

General instructions

- All sides of A-4 sheet should be used in an aesthetic manner.
- No computer printouts should be pasted.
- Only pictures downloaded from the computer can be pasted.
- All content should be handwritten.
- The news letter should have atleast one cartoon as well as an illustration.

- II.** In spite of the fact that health awareness is increasing, the no. of health problems and obesity cases are also increasing day by day. What do you think is the reason for this? Make a comic strip or write an article for the school magazine discussing the reasons of this growing menace. Also suggest some practical ways to overcome this problem. Support your article with pictures/ illustrations from the newspaper and magazines.

- III.** Collect the data of height and weight of 30 children in the age group of 5-15years.

- Find the Body Mass Index (BMI) of all the selected children.
- The data should be collected in the following tabular form :

Name	Age	Gender	Height (in cm)	Weight (in kg)	BMI

- Form a grouped frequency distribution table of the data collected taking the class interval of BMI's as 20 -25 , 25-30, 30-35 and above 35.
- Draw a histogram representing the above information. What do you observe?
- References : <http://projects.icbse.com/maths-536>

- IV.** Prepare a poster on an A-4 size sheet depicting the impact of the following on the society.

- ★ Social Impact of obesity : Even Roll No's.
- ★ Economic Impact of obesity : Odd Roll No's.

V. आधुनिकता का हमारे खान-पान पर अत्यधिक प्रभाव पड़ा। आज का मनुष्य जागरूक है फिर भी अधिक संख्या में बच्चे तथा बड़े मोटापे का शिकार क्यों हो रहे हैं? कारणों सहित वर्णन कीजिए। अपने विचारों का चित्रात्मक वर्णन कीजिए।

VI. किन्हीं पाँच सूक्तियों को आधार बनाकर संस्कृत कथा संग्रह कीजिए

यथा - 'सहसा विदधीत न क्रियाम्'

निर्देश: 1) कार्य Integrated Project File में ही कीजिए।

2) शब्द सीमा 100-150 शब्द (प्रत्येक कथा)

3) कहानी को चित्रों के माध्यम से सुसज्जित किया जा सकता है।

VII. Students will do the worksheets given to them. (10 marks)
Watch any animated French movie. Write its review. Describe your favourite character in the movie. Write why did you like that character? (5 marks)

VIII. 1) Students will do the worksheets given for holiday homework.

2) German Holiday Homework to be attached in the integrated file.

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