

**G. D. GOENKA PUBLIC SCHOOL MODEL TOWN  
CLASS VI (2018-19)**

**HOLIDAY HOMEWORK**



**THEME: HEALTH AND WELL BEING**

*“There is nothing more important than our good health- that’s our principal capital asset.”  
Health and well-being can be described as the absence of physical illness, disease and mental distress. It is the result of a combination of physical, social, intellectual and emotional factors. It can also be described as the achievement and maintenance of physical fitness and mental stability.*

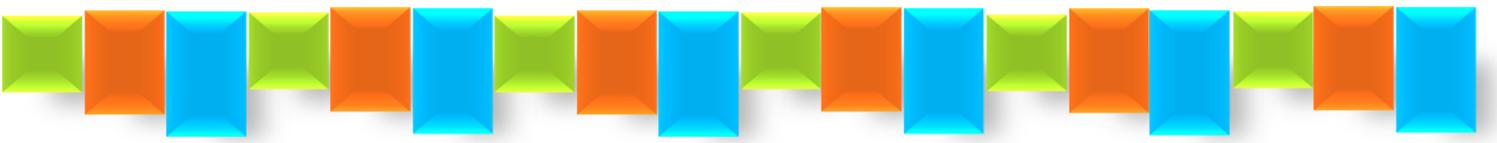
So, in these summer holidays, lets enhance our health and pledge to keep our surroundings clean.

- Kindly note that homework has to be done in homework spiral provided to the students.
- Work should be aesthetically made and authentic. Plagiarism of any kind will not be appreciated.

SUBJECT	HOMEWORK
<b>SCIENCE</b>	<p><b>Sub-Theme: Effect of technology on the health of children</b></p> <p>The evolution in technology has transformed our lives in both positive and negative manner. Nowadays children are rapidly becoming dependent on technological advancements like elevators, motor vehicles, gadgets etc. which has now become an inseparable part of their lives.</p> <p>1) Prepare a detailed report depicting the effects of technology on various aspects of children’s health. The report should include the following points:</p> <ol style="list-style-type: none"> <li>a. Introduction of the topic.</li> <li>b. Effect of technology on physical, mental, social and emotional well-being.</li> <li>c. Preventive measures to curb the effects.</li> </ol> <p>Make your report informative by providing pictures, pie-charts and articles from newspaper and magazines.</p> <p>2) <b>Model making-</b> Prepare a model depicting new scientific, technological and bio- medical invention in prevention and cure of diseases, meeting nutritional requirement of human beings and ideas for better management of health services in India.</p>
<b>HINDI</b>	<p>1) मानव के आसपास फैली गंदगी उसके जीवन एवम स्वास्थ्य के लिए हानिकारक है। यह सीख देते हुए अपने छोटे भाई को पत्र लिखिए।</p>



	<p>2) 'स्वास्थ्यप्रद जीवन के अनिवार्य नियम' इस विषय पर १०० - १२० शब्दों में अनुच्छेद लिखिए। (सम्पूर्ण कार्य अपनी हिंदी व्याकरण उत्तर पुस्तिका में कीजिए)</p>
<p><b>SOCIAL SCIENCE AND ENGLISH</b></p>	<p><i>“Right to life is our basic right provided by the government which ensures enough food, water and other basic necessities for all citizens in our country. However, contrary to this there are several poor people in our country who die due to scarcity of food and health facilities”.</i></p> <p>Examine the basic health facilities provided by the government in your specific localities by analyzing the following questions:</p> <ol style="list-style-type: none"> <li>1) List some of the health care facilities in your locality provided by the government for the poor and underprivileged people. Pay a visit to your nearby government and private hospital. Compare and contrast the facilities provided in both hospitals, as both are a part of the Health Care Sector. Explain the role of government in providing these health facilities. Talk about Mohalla Clinics, Swachh Bharat Abhiyaan started by our honorable Prime Minister, Mr. Narendra Modi.</li> <li>2) Write a letter to your friend enlightening him/her about the condition of the particular health facility (topics allotted below according to the roll number) and the steps taken by the government in your locality towards provision of the same. <ul style="list-style-type: none"> <li>Roll number 1 to 10: <b>SANITATION</b></li> <li>Roll number 11 to 20: <b>ACCESS TO CLEAN DRINKING WATER</b></li> <li>Roll number 21 and above: <b>MEDICAL FACILITIES</b></li> </ul> </li> <li>3) Draft an advertisement enforcing a social message on the topics allotted in the above question as per your respective roll numbers. Ensure that your advertisement should spread awareness and foster sensitivity among people.</li> </ol>
<p><b>MATHS</b></p>	<p>Consumption of junk food and our frequent visits to eating joints outside home is gradually becoming a tradition. Conduct a survey among 25-30 students of age group 6-15 years enquiring about their frequency of fast food consumption (you can use - once a week, 2-3 days a week, 4-6 days a week, daily, once a week, 1-3 times a month, never).</p> <ol style="list-style-type: none"> <li>1) Represent the collected data using tally mark table and pictograph.</li> <li>2) Use a bar graph to do a comparative study for different frequencies of consumption and write the conclusion.</li> </ol>
<p><b>GERMAN</b></p>	<p><b>GUTEN TAG!</b>  <b>It is the health that is the real wealth, not the gold and silver.</b>  Germans are quite sensitive about their health and fitness. Their healthy eating habits and rigorous workout regime is world-wide known.  Design a poster depicting the measures that they take to stay fit and healthy in the holiday homework spiral.</p>



<b>FRENCH</b>	<b><u>BONJOUR!</u></b> <b>“Wellness encompasses a healthy body. A sound mind, and a tranquil spirit. Enjoy the journey as you strive for wellness.” Laurette Gagnon Beaulieu</b> Design your own <b>health magazine</b> which includes: <ol style="list-style-type: none"><li>1) A cover page including an apt title for this magazine besides attractive and colourful illustrations and a quotation on “Good Health” in French.</li><li>2) Write your views on what the French children prefer to eat for breakfast, lunch and dinner that contributes to good health’. (You may refer to your text-book leçon- 8)</li></ol>
<b>SANSKRIT</b>	हमें तथा हमारे वातावरण को स्वच्छ एवं स्वस्थ रखने में अनिवार्य वस्तुओं व मददगार व्यक्तियों के चित्र चिपकाएँ और उनके नाम लिखते हुए एक -एक वाक्य संस्कृत में लिखें ।