

CLASS 9 HOLIDAY HOMEWORK

(2019-20)

SDG Goal 3: Good Health and Well Being



Theme

*Health , Happiness and Well Being –
a Holistic Approach to Development*



At ITL, we aim towards sensitising our students towards the global issues and prepare them to bring about a positive change towards making the world a better place.

The Sustainable Development Goals (SDGs) are a set of 17 "Global Goals" to end poverty, protect the planet and ensure prosperity for all as part of a new sustainable development agenda.

In our effort to appreciate these goals initiated by the United Nations, the summer holiday home work of class IX has been designed on the lines of Sustainable Development Goal '**Good Health and Well Being**' (SDG- no. 3)

Scientific evidence suggests that **happiness** can help make life longer and **healthier**, thereby leading to greater **wellbeing**.

The World Happiness Report is an annual publication of the UNs Sustainable Development Solution Network. This report is a landmark survey of the state of Global Happiness that ranks 156 countries by how happy their citizens perceive themselves to be.

This year's World Happiness Report focuses on happiness under community: how happiness has evolved over the past dozen years, with a focus on the technologies, social norms, conflicts and Government policies that have driven those changes.

Under the same we intend to orient our students on Health, Happiness and Well Being through an interdisciplinary, research based, thought provoking project given below.

Learning Outcomes –

Students will be able to:

1. Understand the Sustainable Development Goals (SDGs) set by the United Nations General Assembly in 2015
2. Understand the factors affecting happiness and wellbeing.
3. Compare the Happiness indices of various countries across the globe.
4. Understand the scientific principles of staying healthy and happy.
5. Learn to appreciate the gift of human life and the importance of being a happy , healthy and responsible global citizen.

Guidelines for doing the holiday home work

1. Prepare a folder using recyclable/reusable eco – friendly material and arrange the sheets of all subjects in the same folder.
2. Make a neat cover page with your class, section and the theme "**Health, Happiness and Wellbeing**" written on it.
3. The work should be hand written only.
4. Use A4 sized coloured sheets (Ruled/interleaf as required) for doing the same.
5. Maximum of 25 sheets should be used for the entire project.
5. Support your research work with relevant pictures, newspaper articles, graphs,lab reports, maps, website references and your individual findings.
6. The work should be neat, organised and well presented.(Kindly do not use sequins, glitter tapes, beads or decorative ribbons)
7. Arrange the subjects in the order as given below

SOCIAL SCIENCE

The World Happiness Report 2019 by United Nations Sustainable Solutions Network ranks **Finland, Denmark, Norway, Iceland and The Netherlands** as the top five happiest countries of the world.

The World Happiness Report offers the governments and individuals the opportunity to rethink public policies and individual life choices to raise happiness and wellbeing.

Related to the above, students need to research

and do an in depth comparison of **any one** of the above mentioned countries with **India**,

The research work and comparison of the two countries should particularly focus on the following parameters:

- Kind of governance
- Electoral process
- Civil rights and political liberty
- Rule of law with special focus on corruption- prevention methods
- Education policies
- Health related policies
- Effect of climate and topography on the wellbeing of the people
- The per capita income of the two countries, co relating the same with infra structural facilities available in these countries

Students to write a **comparative analysis between the selected country and India**, on A4 size ruled sheets. They also need to give their **suggestions** as to how India can improve her Happiness Quotient.

Note:

Pursuit of happiness beyond just economic growth is gaining momentum in India. Some states have already begun the ground work. The Delhi Government has announced the introduction of Happiness Curriculum in schools. Two states- Madhya Pradesh and Andhra Pradesh have setup Happiness Index Department

MATHEMATICS

Collect the statistical data of the following parameters for **Finland, Denmark, Norway, Iceland, The Netherlands and India**, for 2018:

- 1) Population
- 2) Per Capita Income
- 3) Literacy rate
- 4) Life Expectancy

- Represent the data graphically using separate graph for each parameter choosing a suitable scale.
- Write a detailed analysis of each graphical representation

SCIENCE

Hormones and neurotransmitters moderate our feelings of well-being, and lifestyle factors affect them. Research says that there are five hormones which determine a human's happiness. These are-

1. Endorphins
2. Dopamine
3. Serotonin
4. Oxytocin.
5. Estrogen

It is
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nes, as we **need all five** of them **to stay happy**.

Students need to research on these “**Happiness Hormones**” and prepare a report keeping in mind -

1. Specific roles played by these hormones in our bodies that lead to a happier being
2. The effects due to their insufficient secretions
3. The strategies to manage them well to lead a healthier and happier life.

Support your research with relevant data, analysis and illustrations on A4 size ruled/interleaf sheets.

FRENCH

Students to do a Research Work on the Happiness Index of France and write a report taking help of the following inputs:

- Rank of France in Happiness Index 2019
- Initiatives that French government has taken in last few years to improve the French Happiness Index.
- Comparison of Happiness Index of France and other Francophone countries.
- Comparison of Happiness Index of France over the past 5 years.

Students to give a feedback on their research and share what all they have learnt while doing this project.

हिंदी

* ग्रीष्मावकाश के दौरान आपके द्वारा दूसरों का खुशी देने के लिए किए गए किन्हीं पाँच कार्यों के विषय में एक लेख तैयार कीजिए, जिससे आपको भी खुशी तथा आत्मसंतुष्टि का अनुभव हुआ। (प्रत्येक कार्य का वर्णन 50 से 60 शब्दों में कीजिए।)

* भारत का खुशी सूचकांक (HAPPINESS INDEX) बढ़ाने के लिए जागरूकता फैलाने के लिए एक आकर्षक विज्ञापन का निर्माण भी कीजिए।

जैसे - परिवार के साथ समय बिताना, अनाथ व बेसहारा बच्चों को पढ़ाना तथा उन्हें भोजन देना, स्वस्थ एवं खुश रहने के लिए योग इत्यादि करना।

संस्कृत

विषय- प्रसन्नचित्त जीवनशैली

ऋषियों तथा विद्वानों ने श्लोकों व सुक्तियों के माध्यम से मनुष्यों को प्रसन्न व तनावरहित जीवन जीने के बहुत से उपाय बताए हैं जैसे योग, साधना, ॐ उच्चारण आदि। ये सभी एकाग्रता बढ़ाने में भी सक्षम हैं।

संस्कृतमन्त्रों/प्रार्थनाओं में ध्वनि कम्पन होते हैं जो व्यक्ति और सामुहिक चेतना को शुद्ध करते हैं और खुशी फैलाते हैं। संस्कृत दुनिया की सबसे प्राचीनभाषाओं में से एक है यह अब भी शुद्ध है संस्कृत के मन्त्रों, उच्चारण, ध्वनिकम्पन से मानवशरीर व समग्र पर्यावरण पर उसका प्रभाव पड़ता है जिससे सकारात्मक ऊर्जा उत्पन्न होती है।

परन्तु बदलते समय और जीवनशैली में प्रसन्नता का स्थान तनावग्रस्त जीवन ने ले लिया है। आधुनिकयुग में ऋषियों तथा विद्वानों के श्लोकों व सुक्तियों को किस प्रकार हम जीवन में ला सकते हैं व खुश रह सकते हैं चित्रों व श्लोकों के माध्यम से दर्शयें।

निर्देश=>

>> चित्रों व श्लोकों के माध्यम से अ-4 शीट का प्रयोग करते हुए आधुनिक समय में हम किस प्रकार सकारात्मकता को अपने जीवन में ला सकते हैं दर्शयें।

ENGLISH

FAMILY HAPPINESS ALBUM

General Instructions & Procedure:

Staying healthy and happy is the prime concern of our life. Family is the smallest unit and we all need to dwell as a happy family. The happiness of one member depends on the happiness of the other family members.

Make a Family Album based on the Happiness Quotient of your family members. Use A4 size coloured sheets to make the album and compile all the sheets in it or get it spiral bound. The ALBUM should have as many pages as the number of family members. Title it as 'MY FAMILY HAPPINESS ALBUM'. It should contain the following pages:

Part A – Content of Family Album

Page No. 1	-	Cover Page
Page No.2	-	Family Picture pasted on a coloured A4 sheet
Page No.3	-	Happiness Questionnaire of Family Member 1
Page No.4	-	Interview Sheet of Member 1
Page No.5	-	Happiness Questionnaire of Family Member 2
Page No.6	-	Interview Sheet of Member 2
.....		
Last Page	-	Report on the Family Happiness Quotient

1. The Album must include the Questionnaire & Interview Sheet for each member of the family.
2. You must include both the sheets for your grandparents, uncles, aunts and cousins if you are staying in a joint family.
3. Take a printout of both the Happiness Questionnaire and Interview Sheet for each member of the family, get it filled by them and compile it in the Album.

Part B – Happiness Questionnaire

HAPPINESS QUESTIONNAIRE given below will help you know whether your family members are happy or not.(You need to take the required number of printouts of Happiness Questionnaire and Interview Sheet given on Page Nos. 3 & 4)

1. Each member of your family should fill the **HAPPINESS QUESTIONNAIRE** separately.
2. Score it with the help of a scoring key given at the end of the questionnaire.
3. Based on your survey, write a report on the Happiness Quotient of your family members interviewed by you in the end based on the given inputs.

Instructions to fill the Happiness Questionnaire

Below are a number of statements about happiness. Please indicate how much you agree or disagree with each by entering a number in the blank after each statement, according to the following scale:

- 1 = strongly disagree
- 2 = moderately disagree
- 3 = slightly disagree
- 4 = slightly agree
- 5 = moderately agree
- 6 = strongly agree

Please read the statements carefully, because some are phrased positively and others negatively. Don't take too long over individual questions; there are no "right" or "wrong" answers (and no trick questions). **Take 10 minutes to fill the Questionnaire.** The first answer that comes into your head is probably the right one for you. If you find some of the questions difficult, please give the answer that is true for you in general or for most of the time.

ITL PUBLIC SCHOOL

Name : _____

Age : _____

Relation : _____

HAPPINESS QUESTIONNAIRE

1. I am intensely interested in other people. _____
2. I feel that life is very rewarding. _____
3. I have very warm feelings towards almost everyone. _____
4. I find most things amusing. _____
5. I am always committed and involved. _____
6. Life is good. _____
7. I laugh a lot. _____
8. I am well satisfied about everything in my life. _____
9. I am very happy. _____
10. I find beauty in some things. _____
11. I always have a cheerful effect on others. _____
12. I can fit in (find time for) everything I want to. _____
13. I feel able to take anything on. _____
14. I feel fully mentally alert. _____
15. I often experience joy and elation. _____
16. I feel I have a great deal of energy. _____

How to Calculate your score:

Step 1: Add the numbers for all 16 questions.

Step 2: Divide by 16. So your happiness score = the total (from step 1) divided by 16. We recommend you record your score and the date. Then you'll have the option to compare your score now with your score at a later date. This can be especially helpful if you are trying some of the exercises, and actively working on increasing your happiness.

Scoring : The lowest possible score is 1 and the highest possible score is 6. (The average is around 4.30).

ITL PUBLIC SCHOOL

Name : _____

Age : _____

Relation : _____

INTERVIEW SHEET

Part C – Interview Sheet

All questions are subjective questions and need to be answered elaborately by each family member.

1. What makes you happy? Explain.

2. What do you do in your leisure time? Do you have any hobbies? Explain.

3. Stress is very common these days. What do you do to destress yourself?

4. How much quality time do you spend with your family members? Explain.

5. How do you support your family in your day to day activities?

PART D - Instructions for Writing a Compiled Report

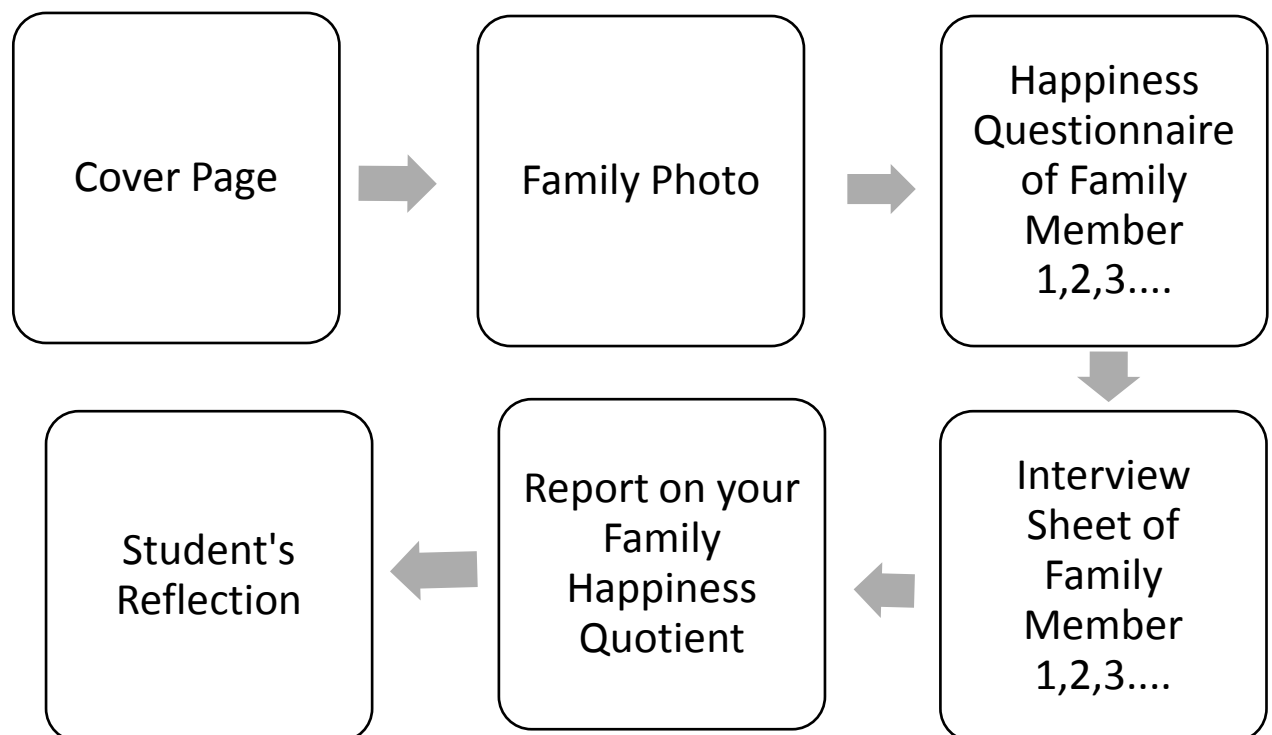
Record your findings for all your family members by calculating the average score of Happiness Quotient of the family. (Add the scores of all the family members and divide it by the number of family members including you to get the average score of the HAPPINESS QUOTIENT of the family)

The last page should have a compiled report written in a paragraph form on an A4 size coloured sheet based on the following parameters:

- ❖ A brief introduction of the family members
- ❖ Happiness Quotient of the Family collectively (average score)
- ❖ Reasons for Individual's happiness
- ❖ Reasons for the happiness of the family
- ❖ My Family is happy because.....
- ❖ Any suggestions
- ❖ Your reflections (your learning) from this activity

- Use Passive form to write the report
- Use the subject co-ordinators(conjunctions) like although, subsequently, however, whereas, therefore, consequently, thereafter, on the other hand, hence, moreover, etc. in your report

OVERVIEW OF YOUR FAMILY HAPPINESS ALBUM



Photospeak

Students to walk around the surroundings to capture emotions of happiness through their camera/phone lens. The idea is to capture and compare the essence of happiness linking to healthy well being.

Students need to:

- *Click at least Five Photographs depicting family, community or friends happiness.
- *Coloured prints of these to be pasted on an A4 size sheet in an interesting manner.
- *Each picture to carry a caption.

[Links:en.wikipedia.org/wiki/WorldHappinessReport](https://en.wikipedia.org/wiki/WorldHappinessReport)
[https://www.2knowmyself.com/Hormones that make you happy](https://www.2knowmyself.com/Hormones_that_make_you_happy)
[https://en.m.wikipedia.org/wiki/Gross National Happiness](https://en.m.wikipedia.org/wiki/Gross_National_Happiness)
<http://www.joyfuldays.com/happy-hormones/>
<https://themysteriousworld.com/10-happiest-countries-in-the-world/>

SUBJECT: SOCIAL SCIENCE

Compulsory CBSE Project

GEOGRAPHY

Make a **Project File on Disaster Management**

Part 1:

Highlight the following:

1. Define the term 'Disaster'.
2. What are the different phases of Disaster Management?
3. What are the different types of Disasters?
4. What is the difference between 'Vulnerability and Risk'?

Part 2

2. (Select any **one Natural or Man-made disasters** for your project) –
Prepare a case study on any one of the Disasters that you have chosen to research.

2a. List of Natural disasters

- Earthquake –
- Cyclones –
- Flood –
- Drought
- Landslide

2b. Human induced Disasters

- Fire
- Chemical and Industrial disaster.
- Biological disaster.

3. Based on your selection of topic from point 2a or 2b, Make a case study.

Enumerate the following in your project:

1. Meaning
2. Causes in general
3. General information about that disaster: (date and time of occurrence, Country/region / State where this disaster occurred , No. of people got affected)
4. Reasons of occurrence of that specific disaster.
5. Enumeration on loss of life and property. (use of table/ pie chart)
6. Role NGOs and Disaster Management Team of that area during and after the occurrence of that disaster.

Suggestive Measures by you under the following heads:

7. Dos and don'ts
8. Your emergency Kit
9. Prevention and mitigation measures.

The project report will be developed and presented in the following order

- Cover page showing project title.
- Student information, school and year.
- List of contents with page numbers.
- Acknowledgements (acknowledging the institution, offices and libraries visited and persons who have helped)
- Project Overview: Purpose, Aim, Methodology and experiences while doing the project.
- Chapters with relevant headings.
- Summary and conclusions based on findings.
- Bibliography: should have the Title, author, publisher, year of publication and if a website, the name of the website with the specific website link which has been used.
- All the photographs and sketches should be labelled.