

* It must have a cover page. The title of the project should be on the top in bold letters. Do remember write your name, class and section along with roll number.

* For decoration (if required) use material available at home like old files, old newspapers, old shagun envelopes, ribbons, gift papers, old invitation cards, etc.

* Use eco-friendly products without incurring too much expenditure.
* Kindly ensure timely submission.



Topíc :- Health detectíves: Decode lífestyle dísorders



After reading the chapter **"Reach for the Top"** from the book **BEEHIVE** create a crossword puzzle using 15 important words from the chapter. Your crossword should include a mix of words related to:

- Character traíts
- > Key actions or achievements
- Themes (determination, discipline, ambition, a healthy disciplined lifestyle that helps prevent modern lifestyle disorders)
- > Important nouns/verbs/adjectives from the text

Instructions:

- 1. Choose 15 meaningful words from the chapter.
- 2. Design a crossword grid using these words.
- 3. Write clues for each word (either as definitions or contextual hints).
- 4. Number the clues as Across and Down.
- 5. Submit both your crossword grid and the answer key.



Collect data regarding lifestyle disorders in the form of frequency distribution table and create a colourful mandala by using mathematical shapes for each category.

For example - Junk food consumption is represented by 10 people so 10 circles are going to be used in mandala.

Material Required: A4 size sheet, coloured pencil/ sketch pens/ crayons







In today's fast-paced world, the rise in lifestyle disorders such as obesity, diabetes, hypertension, and cardiovascular diseases is a growing concern, even among teenagers. A major contributor to these health problems is the quality of food we consume.

Investigate how the methods of food production, processing, and consumption directly impact our health. This aligns with the chapter *Improvement in Food Resources*, which emphasizes the importance of sustainable agricultural practices, better crop and animal management, and food quality. *Expected Output :*

- A well-organized project file/report on A-4 size sheets with visuals and diagrams.
- Charts or posters comparing healthy vs. unhealthy food practices.
- Graphs showing nutritional analysis of various food types.
- Interviews or surveys on eating habits and awareness.
- A conclusion with scientific suggestions for preventing lifestyle diseases through better food choices.



ਵਿਸ਼ਾ:- ਚੰਗੀ ਸਿਹਤ: ਜੀਵਨਸ਼ੈਲੀ ਦੀਆਂ ਗੁੱਥੀਆਂ

- ਤੁਹਾਡਾ ਇੱਕ ਮਿੱਤਰ ਹੋਸਟਲ ਵਿੱਚ ਰਹਿੰਦਾ ਹੈ। ਜਿਸ ਨੂੰ ਜੰਕ ਫੂਡ ਖਾਣ ਦੀ ਆਦਤ ਪੈ ਗਈ ਹੈ। ਉਸ ਨੂੰ ਇੱਕ ਪੱਤਰ ਰਾਹੀਂ ਜੰਕ ਫੂਡ ਖਾਣ ਦੇ ਨੁਕਸਾਨ ਦੱਸਦੇ ਹੋਏ ਸੰਤੁਲਿਤ ਭੋਜਨ ਖਾਣ ਲਈ ਪ੍ਰੇਰਿਤ ਕਰੋ।
- 2. " ਸਿਹਤ ਹੀ ਸਭ ਤੋਂ ਵੱਡਾ ਖਜ਼ਾਨਾ ਹੈ" ਵਿਸ਼ੇ ਉਪਰ ਇਕ ਕਾਰਟੂਨ ਕਹਾਨੀ ਲਿਖਦੇ ਹੋਏ ਇੱਕ ਕੈਮਿਕ ਕਿਤਾਬ ਤਿਆਰ ਕਰੋ। (4-5 ਸਫ਼ੇ)





TASK 1:

Create a poster or infographic titled "Healthy Habits - Smart Savings" TASK 2:

"Plan Your Plate, Save Your Pocket!"

Instructions:

Part A: Family Budget Planning

1. Interview your parents/guardians and prepare a simple monthly budget for your household.

Include the following heads:

- Monthly Income
- > Fixed Expenses (e.g., rent, bills, school fees)
- > Variable Expenses (e.g., groceries, eating out, transportation)
- > Expenditure on Healthy Foods (fruits, vegetables, dry fruits, etc.)
- Monthly Savings

Part B: Budget Analysis (Written Work)

Answer the following questions:

What percentage of the monthly budget is spent on healthy eating?
 Can the budget be adjusted to improve savings or health spending? How?
 Suggest 2 practical ways to reduce unhealthy spending.
 (To be done on A 4 size sheet)



1.AI and Fun Play

Observe the given AI Games/Experiments to learn and understand how AI works. Capture real-time interactions, scores, or outputs from the AI experiments.

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- a. <u>https://research.google.com/semantris/</u>
- b. <u>https://experiments.withgoogle.com/quick-draw</u>
- c. <u>https://www.scroobly.com/</u>
- e. <u>https://emojiscavengerhunt.withgoogle.com/</u>
- f. <u>https://experiments.withgoogle.com/bird-sounds</u>
- g. <u>https://code.org/oceans</u>
- 2.Create a Short Vídeo / Reel on any one from the Topics given:

(deal duration: 1-2 minutes | Format: Reels, YouTube Shorts, or horizontal videos)

Торіс

- How AI assists in healthcare, like diagnosing diseases or managing patient data.
- How AI contributes to environmental efforts, such as monitoring pollution levels or wildlife conservation.

3. Create a job advertisement for a futuristic AI-related position (Canva), detailing the skills required and responsibilities.



1. Infographic or Poster Series

• Topíc Options:

- "Decode Díabetes ín Teens"
- > "Sleep Deprivation: The Silent Epidemic"
- "Processed Foods vs. Natural Energy"

Task: Create digital infographics (Canva, PowerPoint, or MS Word). 2. Comic Strip

Task: Create a short comic or illustrated story where characters suffer from a lifestyle disorder due to bad habits and learn to recover through healthy choices on any software.

3. Case File Report: Be a Health Detective

Task:Investigate one lifestyle disorder (e.g., obesity, Type 2 diabetes, insomnia).

Include:

- > Symptoms, causes, statistics (India and globally)
- > A fictional patient case study
- Díagnosís process
- Prevention and management plan
- Presentation: Design it like a detective case file with "evidence," "suspect habits," "rescue plan," etc.





PROJECT - DISASTER MANAGEMENT Prepare a project on Disaster Management. **TOPICS-** Students you can choose any topic for your project. 1. Pandemíc - covíd-19 2. Terrorísm 3. Cyclones 4. Forest fíre 5. Tsunamí 6. Earthquake GENERAL INSTRUCTIONS *The project should be handwritten. Use white/ coloured A4 sized sheet. (10 pages) *The cover page should be written in bold letters with topic, name, class and section along with roll no. *Use newspaper clippings, pictures, graphs, maps and articles. *Follow the sequence of pages given below: 1. Cover page 2. Acknowledgment 3. Index 4. Introduction to Disaster management, Types of disaster, causes, effect, Prevention and Mitigation, Disaster preparedness. 5. Bibliography 6. Collage on Disasters using photos (art integration) REFERENCE Disaster management file for class 9 by anshi. - YouTube

https://www.slideshare.net/MananJain5/disaster-managementppt-viii-



1.Read the passage carefully.

E-DRIVEN – The arrival of electric vehicles

1.The glitz and glamor at the biggest auto show in Delhi drew the highest number of footfalls ever. The show unveiled dreams and many of them had a green wrap this time. Amid the slew of small cars at the expo, held on January 5-11, was a line-up of electric and hybrid vehicles. Suddenly, e – vehicles have trudged up the popularity chart and become part of the business model of major automakers - both local and global. Some of them have finally looked beyond the conventional internal combustion engines and to a completely new genre of technology.

2.In the late 1960s and early 1970s, concerns about air pollution and more important, the OPEC oil embargo, kindled interest in e-cars. This got further impetus in California's Zero Emission Vehicle Mandate that demanded 2% of California's vehicles to be zero emission by 1998 and 10% by 2003. But the mandate waned due to technical and cost barriers. Sales plummeted and global carmakers such as Toyota rolled back their plans.

3.Concern over high oil prices and stringency in pollution and climate regulations have once again spurred new interest in e-vehicles. Apart from being nearly noise-free, these are fuel efficient, as, technically the conversion of electrical energy into motive power is more efficient than burning fuel in an internal combustion engine. According to the California Air Resource Board, the estimated fuel efficiency of e-vehicles is three times higher than the convectional car. As electricity costs significantly less than oil, the operating cost per kilometre falls to a fraction of that in a petrol car. The other advantage of an e-vehicle is there are no oil filters, air filters or radiators, which otherwise need maintenance.

4.Several international organizations including the International Energy Agency forecast modest growth of electrification of the vehicle market by 2025 in a conservative scenario. This could increase to a quarter of the new vehicle sales by 2050.

5.High prices, limited range, slow investment in technology improvement and lack of charging infrastructure have significantly slowed the commercialization of e- vehicles.

6.The battery is a major chunk of the cost of e-vehicles it costs nearly 30% of an e-bike's price. And it has to be replaced every two to three years. For an e-car, a battery cost INRs 60,000 to INRs 70,000.

Answer the following questions, based on the above passage.

1. Which of the following statements best describes the author's main point in the first paragraph?

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(a) Auto shows are a glitzy and glamorous affair.

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- (b) Small cars are getting more and more popular.
- (c) E-vehicles have suddenly become more popular.
- (d) Local automakers are more interested in e-vehicle than global players are.

2. Which of the following clearly explains the correct meaning of the expression 'a green wrap' as used by the author in paragraph 1 of the passage?

- (a) Eager to buy expensive cars to make their neighbours feel jealous.
- (b) Embracing new technologies very enthusiastically.
- (c) Interested in making the environment clean and green by planting trees.
- (d) Sensitive to environment conservation through lower fuel emissions.
- 3. Complete the sentence appropriately.

Global carmakers like Toyota rolled back their plans to manufacture e-vehicles because______.

- The passage includes some words that are antonyms of each other. From the sets of (i) – (v) below, identify two sets of antonyms.
- i) conventional and new
- ii) embargo and mandate
- iii) glitz and glamour

d) will apply

iv) spurred and slowed v) fraction and chunk

5. Based on the reading of the passage, examine, in about 40 words why e-vehicles make a better choice over the conventional petrol cars.

6.Complete the sentence appropriately.

The speed of commercialization of e-vehicles is a rather slow because_____.

7.What is the tone of the writer in paragraph 6? Rationalize your response in about 40 words.

8.In the light of the passage which of the following can be the BEST ADVERTISEMENT SLOGAN for an electric car. Justify your choice.

i) May burn a hole in your pocket, but not the environment.

ii) It's noiseless, environment friendly, efficient and maintenance free.

iii) It's faster, safer and cheaper than your existing car.

iv) Run it on electricity and use petrol in emergency.

GRAMMAR

Attempt the following questions according to specific instructions.

1. Fill in the blank by choosing the correct option to complete the statement below.

Each one of the managers.....for leave today in protest against the management.

a) has applied b) have applied c) applied

2. Read the conversation below and complete the sentence by reporting the conversation correctly.

Shilpa: Can I borrow your English textbook?

Jaya: Sure you can. But when will you return it?

Shilpa asked Jaya a).....Jaya replied that she could and asked her when she would return it.

3. Select the correct option to fill in the blank for the given line.

Make haste lest youlate.

a) must get	b) shall got	c) should get	d) may not get
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4. Select the option that identifies the error and supplies the correction for the following line.

A few of my friends owns cars. Much of their money comes from their parents.

	Option	Error	Correction
ſ	a)	owns	own
Ī	b)	cars	car
Ī	c)	comes	come
	d)	their	his

5. Complete the given sentence from a report, by filling in the blank with the correct option.

Many people reported.....noise in the night.

a) to hear	b) having heard	c) been hearing	d) to have heard
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6. Fill in the blank by using the correct form of the word in the bracket, for the given portion of a notice.

The Parent-Teacher Conference.....(hold) on the 30th of September, 2025. It is mandatory for all parents of Grade 9 students to attend the conference.

7. Write the correct indirect speech of the following sentence.

Aman said to me, "I shall go to the market today."

8. Identify the error in the given sentence. - All works of creative writing have aesthetics appeal.

Use the given format for your response.

Error	Correction

9. Shreya asked for some information from the shopkeeper about the bike's price. Report her question.

Shreya said to the shopkeeper, "What is the price of this bike?"

10. Identify the error of an advertisement of real estate pasted on a street hoarding and supply for correction.

Callipolis

Gurugram, Haryana

If location matter, Here is the address!

Use the given format for your response.

Error	Correction



LAB MANUAL ACTIVITIES

Instructions to be followed while preparing lab manual.

Plane Page (Left side)- Write Objective, Figures /Graph, Observations table with pencil.

Lining Page (Right side)- Write Objective, Material required, Procedure, Observation/Result with Pen.

*To interpret geometrically the factors of a quadratic expression of the type x²+bx+c using square grids, strips and paper slips and write the use of polynomial equations in construction work.

* To obtain the mirror image of given geometrical figure / aquatic animal with respect to the x-axis and y-axis.

OBJECTIVE QUESTIONS

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1. 7	The mea	n of given n	umbers 12,13,	15,13,x and 17 is 15.	Then value of x is	
	а.	21	b. 20	c.18	d.25	
2. C	check wh	ich of the fol	lowing is not a	perfect square.		
	а.	81000	b. 8100	c. 6	250000 d. 900	
3.	Find th	e missing te	erm (Y) 2, 5, 17	, 65, Y from amongst	the options.	
	a.	237	b. 257	c. 275	d. 277	
4.	lf Z=52,	, cat = 48, th	en HAT will be	e equal to:		
	а.	48	b. 58	c. 68	d. 38	
5.	A crick	et match be	gan at noon or	Monday, It ended 108	30 minutes later. At what ti	ime
	did the	match end?	•			
	a.	6 a.m.	b. 8 a.m.	c. 9:30 a.m. d. mid	night	
6.	A man	got 10% ind	rease in his s	salary. If his new sala	ry is 1, 54,000, then find	his
	origina	I salarv?			• • • •	
a.	1,30,0	000	b. 1,20,000	c.1,40,000	d.1,50,000	
7.	Pick ou	it the wrona	statement:			
a. Ev	ery rhom	bus is a para	llelogram.	b. Every squar	e is a rhombus.	
c. Ev	erv paral	lelogram is a	rectangle.	d. Everv squar	e is a quadrilateral.	
8.	The me	an of all fac	tors of 20 is	, , , , , , , , , , , , , , , , , , , ,		
	а.	6	b.7	с. 8	d.9	
	••••	-		•••		

- A bag contains 6 white marbles, 5 red marbles and 9 black marbles. A marble is drawn from the bag at random. Find the probability of getting a black marble.
 a. 9/20 b. 45 c. 45% d. All of these
- 10. If a+b = 3, b+c = 4, c+a = 5 then what will be the value of a+b+c?

a. 7 b. 5 c.8 d. 6

SUBJECTIVE QUESTIONS

- 11. If 30% of 140 = x% of 840, then find value of 'x'.
- 12. The cost of a vehicle is ₹1, 75,000. If its value depreciates at the rate of 20% per annum, then find total depreciation after 3 years.
- 13. Find the least number when divided by 12, 15, 20 and 54 leaves a remainder 8 in each case.
- 14. Raman's father is 26 years younger than Raman's grandfather and 29 years older than Raman. The sum of ages of all the three is 135 years. Find Raman's age.
- 15. If one third of one fourth of number is 15. Find three tenth of that number.
- 16. The mean of ten numbers is 20. If 5 is subtracted from every number, then find new mean.
- 17. Five persons were playing card game sitting in a circle all facing the centre. Hemant was to the left of Shivam. Salman was to the right of Joseph and between Joseph and Pratik. Who was to the right of Pratik?
- 18. By selling 110 mangoes, the CP of 120 mangoes is realised. What is the gain percent?
- 19. The volume of two cubes are in the ratio 27:1. Find the ratio of their edges.
- 20. Find the area of the shaded part.



1. Rani tied a stone to a thread and swung it in a circle. What will happen if she suddenly lets go of the thread?

- A. The stone will move in a circle
- C. The stone will fly outward in a straight line
- B. The stone will fly inward
- D. The stone will fall straight down

2. Rohit is suffering from stomach ache and is passing watery stool. What should Rohit do to prevent the spread of infection to other family members?

A. He should eat properly cooked food.B. He should wear a mask all the time.C He should maintain distance from other family members.D. He should wash his hands with soap after using the bathroom.

3. A plant is kept in a dark room for a week. Which of these will most likely to happen?

- A. It will grow taller and greener
- C. It will die or turn yellow
- B. It will grow normally D. It will start photosynthesis

4. Why does a thermometer show lower temperature in shade than in sunlight?

- A. Thermometers break in the shade
- C. Shade makes things colder always
- B. Sunlight directly heats the thermometer D. Wind flows faster in shade

5. Sajid has four teaspoons made of different materials. He used each spoon to close an electric circuit one by one.

battery light bulb

spoon

The table below shows if the light bulb glows for each spoon in the circuit.

Spoon in the circuit	Does the light bulb glow?		
Spoon 1	No		
Spoon 2	No		
Spoon 3	Yes		
Spoon 4	Yes		

Which of these is supported by the results of Sajid's activity?

A. Spoon 4 is made of metal and Spoon 1 is made of non-metalB. Spoon 3 is made of metal and Spoon 4 is made of non-metalC. Spoon 1 is made of metal and Spoon 2 is made of non-metalD. Spoon 2 is made of metal and Spoon 3 is made of non-metal

6. Which of the following helps conserve fossil fuels the most?

A. Using more cars C. Using solar cookers B. Running old machines

7.



II - tools and activities of daily use

Image I shows three different types of levers. Image II shows three practical cases for each lever. Choose from the options below the correct one combination.

First class lever	Second Class Lever	Third Class Lever
Cart	Scissors	Arm
Arm	Scissors	Cart
Scissors	Arm	Cart
Scissors	Cart	Arm
	First class lever Cart Arm Scissors Scissors	First class leverSecond Class LeverCartScissorsArmScissorsScissorsArmScissorsCart

8. Why do we see our reflection in a mirror but not on a wall?

A. Wall has colors C. Mirror is heavier B. Mirror is smooth and shiny D. Wall reflects more light

9. You accidentally drop a glass bowl and a steel bowl. The glass bowl breaks but the steel one doesn't. Why?

A. Glass is stronger

- B. Steel is heavier
- C. Glass is more brittle
- D. Steel is more colorful

10. Why do we add compost to the soil in gardens?

A. It kills insects	B. It changes soil color
C. It adds nutrients naturally	D. It makes soil wet

11. If a person sweats more in summer, what does it tell about body temperature control?

- A. Body heats more
- B. Sweat keeps the body warm
- C. Sweating helps cool the body
- D. Water in body increases

12. What can be concluded from the above reactions?

i) Copper sulphate + Zinc-->Zinc sulphate + Copper

ii) Copper sulphate + Iron \rightarrow Iron sulphate + Copper

iii) Iron sulphate + Copper→no reaction

iv) Zinc sulphate + Copper $\rightarrow no$ reaction

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A Copper is less reactive than both zinc and iron

B. Zinc is less reactive than iron but more reactive than copper

C. Copper is less reactive than zinc but more reactive than iron

Ż	, a, a, a, a, a, a, a, a		N	ST ST ST ST	<u> </u>	
	D. Iron is less react	ive than both zinc a	and copper			
	13. Why is plastic n	ot a good material	for storing he	ot food?		
	A. It breaks easily	-	-	B. It is shiny		
	C. It may release ha	armful chemicals w	hen heated	ed D. It looks bad		
	14. When a battery- check?	operated toy stops	working, wh	at is the fire	st thing you should	
	A. Size of the toy B. Batt			ery power		
	C. Color of the toy D. S			Shape of the toy		
	15. Why are CFL or	LED bulbs preferre	ed over ordin	ary bulbs?	-	
	A. They are brighte	r		B. They a	e colorful	
	C. They consume le	ess electricity and I	ast longer	D. They a	re more expensive	
	16. A child eats onl	y chips and soft dri	inks daily. WI	hat deficien	cy might occur?	
	A. Vitamin D deficie	ency	B. Pr	otein-energ	y malnutrition	
	C. Iron overload		D. Wa	D. Water shortage		
	17. Why do we stor	e pickles in glass o	r plastic jars	and not in	metal containers?	
	A. Metal is cheap		B. PI	astic looks	better	
	C. Metal reacts with	acids in the pickle	D.G	lass is heav	vier	
	18. Which type of o	bject will make the	sharpest sha	dow?		
	A. Transparent	B. Opaque	C. Trans	slucent	D. Shiny	
	-				-	

Q19 Passsage- 1

A sound wave is a pressure disturbance that travels through a medium by means of particle-to-particle interaction. As one particle becomes disturbed, it exerts a force on the next adjacent particle, thus disturbing that particle from rest and transporting the energy through the medium. While frequency refers to the number of vibrations that an individual particle makes per unit of time and the speed of a sound wave refers to how fast the disturbance is passed from particle to particle or the distance that the disturbance travels per unit of time. It is expressed in metre per second. In equation form,

Speed = distance /time

The faster a sound wave travels, the more distance it will cover in the same period of time. If a sound wave is heard after the reflection from an object then the distance travelled is taken as double the original distance between the source of sound and the reflecting object in the given period of time.

1. If the oscillation produced by a source increases, its

(a) frequency increases.(b) speed increases.(c) wavelength increases.(d) amplitude decreases

2. The sound produced by a source is received after 4s by the receiver kept at the same place. The distance between the source and the reflector is (Given speed of sound in air = 342 ms⁻¹)

(a) 342 m.
(b) 684 m
(c) 1368 m.
(d) 1026 m
3. The sound produced by a distant train, when generally not heard in air, can be heard by putting the ears to the rails. This shows that

(a) sound travels faster in air than in solids. both solids and air.

(c) sound travels faster in solids than in air. speed of the sound.

- (b) sound travels with equal speed in
- (d) this fact is not concerned with the

4. After reflecting from an object, the speed of the sound wave

- (a) increases
- (c) remains the same

- (b) decreases
- (d) depends on the surface of the object

Q20. Passage- 2

Reflection of light is the phenomenon of bouncing back of light after striking a smooth polished surface. If a ray of light could be observed approaching and reflecting off a flat mirror, then the behaviour of the light as it reflects would follow a law known as the law of reflection. The diagram given below shows the reflection of a light ray by a mirror.



Here a ray is incident on the surface of the mirror at an angle of incidence' with the normal (perpendicular) to the surface and reflected back at an angle of 'r with the normal to the surface of the mirror. This angle of reflection is always equal to the angle of incidence.

1. The value of the angle formed by the reflected ray with the base of the mirror, if the angle of incidence is 40°, is

(a) 40°. (b) 90°. (c) 50°. (d) 45°

2. If the angle formed by an incident ray with the base of the surface increases, the angle of reflection

(a) increases (b) decreases (c) does not get affected (d) may increase or decrease 3. The angle, which is formed by the normal with the base of the surface of the mirror, is

(a) 45°. (b) 60°. (c) 75°. (d) 90°

4. If a ray is incident on a mirror along the normal to the surface, the angle of reflection would be

(a) 0°. (b) 90°. (c) 45°. (d) 180°



19.How did the Bolsheviks establish their control over Russia after the October



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