

Holiday work

Class 9

Time for some holiday fun,  
Time for some play,  
Summers are the time to chill,  
And play a lot with clay,  
Castles in the sand for sure,  
Sun block would be the only cure,  
In the summer's heat,  
Happy Summer Season!



**General Instructions that are to be followed:**

- ☑ Handwriting should be neat and legible.
- ☑ All the subject holiday homework should be done in holidays home work note book.
- ☑ The work should be original and not copied from internet.

**Summer Tips to be followed:**

- ☑ "A healthy mind resides in a healthy body"- Pay attention to your health, go for morning and evening walks, drink lots of water, avoid the consumption of junk food, eat healthy and stay healthy.
- ☑ Open your mind for reading newspapers, novels, blogs and stories that will help you in increasing your vocabulary.
- ☑ Spend quality time with your grandparents and parents, talk

to them regarding their experience of school.

## English

1) learn and Revise chapter 1- The lost Child(Moment)

Poem- The Road Not Taken( Beehive)

Chapter 2- The sound of Music ( Beehive)

Revise Present tense and Past tense, write a paragraph on The Joy Of living In The Lap Of Nature, A Scene At An Election Booth.

Find out the answers of the following questions from passage on assignment sheet.

Note : Answer key to all these passages has been given at the end of this Set. Students are advised to attempt each passage themselves and then compare their answers with the given answers, or have them checked by their teachers.

**PASSAGE 1**  
God's Greatest Gifts

1 Trees are God's greatest gifts to man. They are the largest living things on the Earth. They live longer than any animal. Most trees grow to more than seven metres high. The biggest trees are the giant sequoias of California. These trees can grow to over 100 metres high. They can measure 25 metres around the trunk. The oldest trees are the Californian pines. Some of them are more than 4,500 years old.

2 The age of a tree can be told by counting the rings in its trunk. In most trees, new wood is formed each year in the form of a ring outside the wood of the previous year. These rings, as seen on the sawn trunk of a tree, can tell the age of a tree. In a year of good rainfall, the ring formed is thicker than the one formed in a year of less rainfall. Thus the rings of a tree can also serve as a chart of rainfall.

3 Trees give us wood and fruits. They are invaluable for another reason also. They supply us with oxygen without which no life would be possible. There is oxygen in the air, but it is being constantly used up and turned into carbon dioxide (CO<sub>2</sub>). When animals breathe and things burn, oxygen is consumed and carbon dioxide is produced. The green leaves of trees absorb<sup>1</sup> this carbon dioxide. With the help of sunlight, they break it into carbon and oxygen. The carbon is used by green leaves to make starch<sup>2</sup>. The oxygen is released back into the air. Thus the oxygen used up in burning and breathing is replaced in the atmosphere. But for this, animals (including human beings) would soon die due to lack of oxygen.

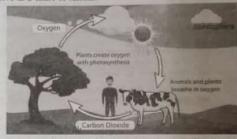
4 The starch produced by green leaves serves as food for animals. But for this, all animals would die. Animals get all their food from plants or by eating animals that feed on plants. Trees also help to cool the atmosphere. The leaves of trees give out a lot of water vapour. It helps to cool the air. When rain clouds pass through the cool air, they condense<sup>3</sup> and come down as rain. That is why there is a greater rainfall over places where we have thick forests. Nature takes millions of years to form an inch of soil in thickness. But sometimes, a single heavy shower can wash it off. Such a thing doesn't happen in places where we have forests or lots of trees. The roots of trees hold the soil together and protect it from being washed off.

5 Trees are man's best friends. They are God's greatest gift to man. They are the invaluable wealth of a nation. It is our sacred duty to protect them and look after them well.

**Word-meanings :** 1. *absorb*—take in or soak up, सोख लेना; 2. *starch*—an odourless, tasteless white substance occurring widely in plant tissue and obtained chiefly from cereals and potatoes. It is a polysaccharide which functions as a carbohydrate store and is a constituent of the diet. अणुन का तणु; 3. *condense*—make (something) denser or more concentrated, संघनन करना।

On the basis of your understanding of the above passage, answer the questions given below by choosing the most appropriate option:

1. The tree, sequoia of California can grow to over :  
(a) 7 metres high (b) 25 metres high (c) 100 metres high (d) none of these three.



- (e) improves the digestive process  
(d) all of these three.
9. The combination of which things do the naturopaths use to eliminate toxins from the system?
- (a) Herbal teas and enemas.  
(b) Poulitices and probiotics.  
(c) Poulitices, herbal teas, extracts and enemas.  
(d) Herbal teas, extracts, enemas, poulitices and probiotics.
10. .... and ..... also help in cleansing the body of impurities.
- (a) Sauna bath and facial  
(c) Body spa and facial  
(b) Facial and hair spa  
(d) Sauna bath and oil massages.
11. The removal of accumulated toxins from own body .....
- (a) boosts our energy levels  
(c) boosts our immune function  
(b) boosts our gut health  
(d) all of these three.
12. Which word in the passage means 'action taken to improve a medical condition or illness'?
- (a) accumulation (b) detoxification (c) intervention (d) all of these three.

PASSAGE 7

11. The dinosaur museum and fossil park is :  
(a) largest in the world  
(c) third largest in India  
(b) third largest in the world  
(d) third largest in Asia.
12. The word 'excavate' DOES NOT have a meaning similar to :  
(a) dig (b) bore (c) huddle (d) quarry.

PASSAGE 6

Detoxify Your Body, Naturally

1. Our exposure to persistent<sup>1</sup> bioaccumulative and toxic<sup>2</sup> chemicals has increased. Some chemicals are known to cause several adverse health effects, including reproductive and neurological<sup>3</sup> effects, endocrine disruption, cancer, and other lifestyle diseases.

2. Many of the chemicals have a direct effect on different tissues and can cause oxidative stress and inflammation. Inflammation<sup>4</sup> is one of the leading causes of lifestyle diseases. It is also linked to diet, activity and other lifestyle choices. Periodic detoxification can keep the toxin load in our body under check. Although the approach varies from person to person, let us take a brief look at some of the most common detoxification<sup>5</sup> approaches.

3. **Dietary Modifications**  
Include more fruits and vegetables in your daily diet. Fruits and green vegetables increase the water content in your body and help flush out toxins. Reduce your intake of processed foods. Avoid cold beverages, aerated drinks, refined sugar, coffee, ice cream, fat foods and oily foods. It will aid natural detoxification. Add pomegranate, dry grapes, bitter gourd and drumsticks to your diet as they help remove impurities.

4. **Juice Cleanse**  
This is one of the most efficient detoxification processes used by naturopaths. Patients who experience discomfort due to the accumulation of toxins are asked to increase their daily consumption of orange juice, grape juice, and sugarcane juice. These help remove the accumulated toxins through waste. Beetroot, Indian gooseberry and lemon and some of the most commonly used fruits to promote healthy liver function, which, in turn, help flush out toxins. Wheatgrass therapy is recommended for blood purification. It helps cure disorders like anemia, high cholesterol, acne, pimples, and other skin problems.

5. **Exercise Regularly**  
Long-term buildup of toxins can lead to a number of disorders. Naturopaths use a combination of herbal teas, extracts, enemas, poulitices and probiotics to eliminate toxins from the system. This is usually combined in tandem with an exercise regime. Exercise aids sweating, which facilitates the secretion<sup>6</sup> of waste through the skin. It also improves the overall metabolism<sup>7</sup> and digestive process. Sauna baths and oil massages are also recommended to cleanse the body of impurities.

6. **Colon Hydrotherapy**  
Highly recommended for detoxification, this is one of the most efficient therapies. The treatment mainly consists of cleaning up the colon with the help of warm water. Trained hydrotherapists perform the colon cleanse, and this naturopathic intervention has become a fixture of spas and health resorts across the world. The removal of accumulated toxins from your colon can boost your energy levels and gut health, and ultimately boost the immune<sup>8</sup> function.

The Tribune (Ahirajod)  
— Dr Vinod Kumar





Word meanings : 1. persistent—continuing to exist or occur over a prolonged period. 2. toxic—poisonous. 3. neurological—relating to nerves. 4. inflammation—a localized physical condition in which part of the body becomes reddened, swollen, hot, and often painful, especially as a reaction to injury or infection. 5. detoxification—the process of removing toxic substances. 6. secretion—discharge. 7. metabolism—process of converting food into energy. 8. immune—resistant to a particular infection or toxin owing to the presence of specific antibodies or sensitized white blood cells.

On the basis of your understanding of the above passage, answer the questions given below by choosing the most appropriate option :

- Adverse health effects caused by some chemicals are .....  
 (a) reproductive and neurological effects (b) endocrine disruptions  
 (c) cancers and many other lifestyle effects (d) all of these three.
- Choose the option that lists the correct statements about the inflammation.  
 i. It is one of the major causes of lifestyle diseases.  
 ii. Many chemicals can cause inflammation.  
 iii. It is one of the major causes of infectious diseases.  
 iv. It is one of the major causes of chronic diseases.  
 v. It is one of the major causes of blood related diseases.  
 vi. No chemical can cause inflammation.  
 (a) i and ii (b) iii and iv (c) v and vi (d) iii and vi.
- What can keep the toxin load in our body under check ?  
 (a) Regular exercise. (b) Brisk walk. (c) Organic diet. (d) Periodic detoxification.
- Some common detoxification measures are .....  
 (a) dietary modifications and regular exercise (b) juice cleanse and colonic hydrotherapy  
 (c) both (a) and (b) (d) neither (a) nor (b).
- Pick the option that correctly classifies **Fact** (F) and **Opinion**(s) of the students below :  

(i) I feel I should go for morning walk to detoxify my body.	(ii) I think I won't be able to manage time for morning walk. I would prefer dietary modifications to detox.	(iii) Wow ! I love orange juice. I would prefer to drink it daily for detoxification on my body.	(iv) Anyway, all the detoxification approaches mentioned in the passage are scientifically approved.
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 (a) F—i and O—ii,iii,iv (b) F—iv and O—i,ii,iii  
 (c) F—ii,iii and O—i,iv (d) F—iii and O—i,ii,iv
- Choose the answer that lists the incorrect option about detoxification.  

(i) 	(ii) 	(iii) 	(iv) 
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 (a) Option (i). (b) Option (ii). (c) Option (iii). (d) Options (ii), (iii), (iv).
- The most commonly used fruits which promote healthy liver function are .....  
 (a) beetroot, grapes and water melon (b) grapes, guava and banana  
 (c) beetroot, grapes and lemon (d) lemon, mangoes and lichies.
- Regular exercise .....  
 (a) facilitates the secretion of waste through the skin  
 (b) improves the overall metabolism

- The oldest trees are :  
 (a) sequoias of California (b) Californian pines  
 (c) all trees grown in forests (d) both (a) and (b).
- Choose the option that best captures the central idea of the passage from the given quotes.  

"Solitary trees, if they grow at all, grow strong." — Winston Churchill	"Trees exhale for us so that we can inhale them to stay alive. Can we ever forget that I let us love trees with every breath strong." — Munia Khan	"Storms make trees take deeper roots." — Dolly Parton	"The trees of liberty must be refreshed from time to time with the blood of patriots and tyrants." — Thomas Jefferson
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 (a) option i (b) option ii (c) option iii (d) option iv
- Choose the option that lists the correct answers for the following :  
 i. How can we tell the age of a tree ?  
 ii. What is the shape of the rings in the trunk of a tree ?  
 (a) (i) By counting its leaves. (ii) Zigzag.  
 (b) (i) By counting its branches. (ii) Square.  
 (c) (i) By counting its colour of stem. (ii) Triangular.  
 (d) (i) By counting the rings in its trunk. (ii) Circular.
- What is the message conveyed in the last paragraph of the passage ?  
 (a) Trees love man.  
 (b) We should take care of trees before cutting them.  
 (c) It is our duty to save the trees and look after them.  
 (d) Trees should be worshipped before cutting.
- Thicker ring in the tree's trunk signifies .....  
 (a) good rainfall (b) less rainfall (c) no rainfall (d) 100 years of age.
- Trees give us :  
 (a) carbon dioxide (b) nitrogen (c) sunlight (d) oxygen.
- Oxygen is consumed by .....  
 (a) burning (b) breathing (c) green leaves of trees. (d) both (a) and (b).
- The trees consume carbon :  
 (a) to make starch. (b) with the help of sunlight.  
 (c) to release back oxygen into the air. (d) all of these three.
- Trees help :  
 (a) to cool atmosphere. (b) in rainfall.  
 (c) in releasing carbon in atmosphere. (d) both (a) and (b).
- The soil is protected to be washed off by .....  
 (a) trees (b) clouds (c) atmosphere (d) rains.
- Which word in the passage means 'to change from a gas into liquid' ?  
 (a) vapour (b) condense (c) atmosphere (d) sawn.

**PASSAGE 2**  
**Changes That Reduce Global Warming**

- Global warming means an increase in the temperature of the earth's atmosphere. This increase can be caused by a variety of causes. But the main cause is an increase in the amount of carbon dioxide in the air.
- Carbon dioxide is added to the atmosphere by two main processes — breathing and burning. All living things breathe out carbon dioxide into the atmosphere. The air breathed in contains only .03 per cent carbon

## Science

### Motion

Ch:- Fundamental unit of life    Ch:- Matter in our surroundings    Ch:- Sound    •Learn  
 and write these chapters in revision notebook. ( Notes+ Ques/ Ans)    •Prepare  
 assignment on 1 mark 10 questions in each chapter.

## Sanskrit

पाठ 1, 2 ,3 अभ्यास पुस्तक पूर्ण कीजिए।

शब्दार्थ पाठ 1, 2 ,3

एक पदेन प्रश्न उत्तर,

दीर्घ प्रश्न उत्तर, शरीर के अंगों के नाम, बीमारी की छुट्टी के लिए प्रार्थना पत्र।

## Maths

Written work : Tables 2-20 (15 times)

Revision work : Revise Chapter 3,4,5

Activity : prepare a chart on anyone topic

square n cube table

Co ordinate geometry

polynomials

OR

Working model of maths

## Computer

\* Learn Ch - 1 and Ch - 2 full.

\* Make a project file on any one of the following topic:-

a) Communication skills

b) Self Management Skills - I

## HINDI

व्यावहारिक व्याकरण नोट (व्याकरण कार्य व्याकरण की नोटबुक में करें ।)

(1) अनुच्छेद लेखन:

(i) मातृभूमि - मां के समान

(ii) विकलांगता नहीं है अभिशाप

(iii) बेटी - बचाओ बेटी - पढ़ाओ

(iv) सत्संगति: संस्कारों के जननी

(2) पत्र लेखन (अनौपचारिक पत्र)

(i) दीदी के विवाह में शामिल होने के लिए अपने मित्र को पत्र लिखिए। (निमंत्रण पत्र)

(ii) आप छात्रावास में रहते हैं आपका पर्स किसी में चोरी कर लिया है वस्तु स्थिति बताते हुए अपनी माताजी अथवा पिताजी को एक पत्र लिखिए और यथा शीघ्र कुछ पैसे भिजवाने के लिए निवेदन कीजिए। (प्रार्थना पत्र)

(iii) आप छात्रावास में रहते हैं विद्यालय की ओर से छात्रों का एक 'टूर' दक्षिण भारत की यात्रा पर जा रहा है आप भी उस टूर में जाना चाहते हैं अपनी माता जी को एक पत्र लिखिए तथा टूर पर जाने की अनुमति मांगें। (अनुमति पत्र)

आपके मित्र की दादी जी के निधन का समाचार आपको मिला है अपने मित्र को संतावना देते हुए एक पत्र लिखिए। (संवेदना पत्र)

(3) संवाद लेखन

(i) पढ़ाई को लेखाकार तीन बच्चों के बीच संवाद

(ii) डॉक्टर और मरीज के मध्य संवाद

(iii) चुनाव के समय दो मित्रों के बीच संवाद

कक्षा कार्य की अभ्यास पुस्तिका में दोहराई करें।

(4) दिए गए उपसर्गों में से दो-दो शब्द बनाएं।

(i) बा, भर, पर, वि, अ, अनु, अभी, अव, प्रति, ओ

(5) दिए गए प्रत्ययों से दो-दो शब्द बनाएं

हार, वाला, दार, मान, पन, ता, ना, वट, करण, इक

नोट - संपूर्ण कार्य हिंदी व्याकरण में करें।

## Punjabi

Revision work: ਸਾਹਿਤ ਮਾਲਾ: ਪਾਠ 1,2

ਵਾਰਤਕ: ਪਾਠ 1,2

ਵੰਨਗੀ: ਪਾਠ 1

ਇਕਾਂਗੀ: ਪਹਿਲੀ

Written work: ਵਿਆਕਰਨ: ਪਾਠ 1,2,3,4

ਵਿਰੋਧੀ ਸ਼ਬਦ (1-30) pg.no.65



**ਮੁਹਾਵਰੇ (1-30) (Page no-72,73 nth)**

**ਲੇਖ ਰਚਨਾ : ਗੁਰੂ ਤੇਗ ਬਹਾਦੁਰ ਜੀ, ਖੇਡਾਂ ਦੇ ਲਾਭ, ਕਿਸੇ ਤੀਰਥ ਅਸਥਾਨ ਦੀ ਯਾਤਰਾ।**

**ਪੱਤਰ : ਪੱਤਰ 4,5, ਲਿਖੋ। (Page no-6,7)**

## **Social science**

**Learning work:-**

**Learn Ch.1(the French revolution..(His)**

**Ch.1(India size and location...(Geo)**

**Ch.1(What is democracy...(Pol sci.)**

**Ch.1The story of Village palampur (Eco)**

**Reading work:-**

**Ch.2 Socialism in Europe (His)**

**Ch.2 physical features of India (Geo)**

**and find out in between questions of above chapters.**

**Project work**

**Make a project file :- Topics**

**Ch.1 The French revolution (Topics -Three Estates, Jacobin club)**

