

KENDRIYA VIDYALAYA BOWENPALLY

MULTI-DISCIPLINARY PROJECT (MDP) 2021-22

CLASS: 5



Name of the Student: _____

Class & Section: _____

Roll No- _____

Theme: **LET'S BE FIT**

Project Title: **IMPORTANCE OF EXERCISE, YOGA AND BALANCED DIET**

Integrated Subjects: **HINDI, ENGLISH, MATHS AND EVS**

Guide Teachers: 1. Supriya Singh/Mounika Guptha

2. Ramesh/Vijay Chauhan

3. Vijay Karthik/Dilip

4. Teja shree/Ramesh

Date:

Signature:

EVS

- 1) What do you mean by balanced diet? Write about harmful effects of unhealthy food and write the importance of exercise in our daily life.**
- 2) Collect the pictures of healthy and unhealthy food items and paste them on A4 sheet.**

MATHEMATICS

1) Do exercise daily and prepare a table with the details of how many pull ups, push ups, squads and extra exercises done by you and find the difference between your first day and last day performance (Minimum 7 days data should be there in the table).

2) Draw any five Yogasana figures and find the different types of angles such as acute angle, obtuse angle and right angles from the figures and mention below each figure.

हिन्दी

1. सुर्य नमस्कार के 12 चरण को कार्ड बोर्ड पर चिपकाए और मंत्र के साथ लिखें।
2. 'अच्छी सेहत के लिए कैसा आहार होना चाहिए' एक लेख लिखिए।

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Instructions to the students:

1. Complete given projects neatly on A4 size papers.
2. Submit your projects on 5th January 2022.
3. Take a print out of the first page and attach to the project and make a folder.

