



पीएम श्री केंद्रीय विद्यालय अजनी (प्रथम पाली), नागपुर



PM SHRI KENDRIYA VIDYALAYA AJNI

SHIFT-I, NAGPUR

बहुविषयक परियोजना कार्य

Multi-Disciplinary Project (MDP) Term-1

Session: 2025-26

NAME OF THE STUDENT: _____

CLASS & SECTION: _____

ROLL NUMBER: _____

THEME: YOGA

LINKED SUBJECTS: ENGLISH, हिंदी
MATHS, TWAU

GUIDE TEACHERS:

HINDI MR./MRS. _____

ENGLISH MR./MRS. _____

MATHS MR./MRS. _____

TWAU MR./MRS. _____

Date of Submission: _____

Overall Marks: _____

CERTIFICATE

This is to certify that, Ma./Ku. _____

Student of class _____ section _____ has

successfully completed his/her project on the theme

_____ and topic

Multi-Disciplinary Project under the guidance of his/ her

subject teachers of PM SHRI KENDRIYA VIDYALAYA

AJNI (SHIFT-1) NAGPUR, for the academic session

2025-26.

Date: _____ Signature of the Class Teacher _____

Place: Nagpur Name of the Class Teacher _____

ACKNOWLEDGEMENT

I would like to express my heartfelt gratitude to my subject teachers,

ENGLISH: _____

HINDI: _____

TWAU: _____

MATHS: _____

For their guidance and support, also I, thank our **PRINCIPAL Mr. Feroz Khan, VICE-PRINCIPAL Mr. Sunil More and HEADMASTER Mr. Sandip Thaware** for their encouragement during the completion of this project.

I would also like to express my thanks to my parents and friends for helping me to complete the project successfully.

NAME OF THE STUDENT: _____

ROLL NUMBER: _____

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A) ENGLISH-

- 1) Find out and write a health benefits of performing Yoga.
 - 2) Read any Yogasana book and write your favorite yoga poses. (Any 3)
 - 3) Find out and write any short poem about Yoga.
 - 4) My Yoga Routine-
 - Write 4–6 lines about your daily or weekly yoga habits.
 - Example: “I do yoga with my teacher every morning. I like to do breathing and stretching...”
- (Paste/Draw appropriate pictures with the answers).

B) हिंदी-

- 1). योग दिवस पर आप किस प्रकार योग करेंगे? एक छोटा अनुच्छेद लिखिए जिसमें कम से कम दो आसनों का उल्लेख हो।
2. योग के चार आसनों को दिखाने वाला एक रंगीन पोस्टर तैयार करें। आसनों के नाम और लाभ हिन्दी लिखिए।
3. योग का महत्व उल्लेखित करती हुई किसी भी एक कविता की रचना स्वयं के शब्दों में कीजिए।
- 4) योग के फायदे लिखिए। (कोई पाँच)



C) MATHS-

- 1) If one yoga pose takes 5 minutes, calculate the total time for four different poses. Show your working.
- 2) If you practice three yoga poses every day, how many poses will you complete in a week? Create a table showing your daily schedule.
- 3) A yoga mat costs ₹60. Calculate the total cost for four mats. Show your calculation and draw a mat.
- 4) Which angle formed by your arms while performing “Tadasan” draw picture and write angle name.



D) TWAU-

- 1) Collect and paste some newspaper news cuttings or articles about yoga.
- 2) Learn and perform any 5 yogasana, capture the photos and paste it.
- 3) Take short interview of a Regular Yoga Practitioner and Write Their Views and experiences.
- 4) Make a poster on the topic "Yoga: A Way of Life"

Important- Please use your creativity to make MDP more beautiful & creative.