



## Health Services & Healthcare System

### Chapter 10 | Healthcare

Explore • Practise • Create • Reflect

|       |                  |             |                |
|-------|------------------|-------------|----------------|
| Name: | Class & Section: | Submission: | First Day Back |
|-------|------------------|-------------|----------------|

Welcome, Class 9! Healthcare is one of the most important pillars of any society. In this project, you will explore the healthcare system around you — from primary health centres to hospitals — understand the roles of healthcare workers, investigate health services in your community, and design materials that promote better health awareness. Step into the world of healthcare!

### PART 1 — EXPOSURE | Look & Discover

#### Task 1 — Healthcare Facilities Around Me

Identify healthcare facilities available in your area and fill in the table. Walk around your neighbourhood or ask family members to help.

| Type of Facility            | Name (if known) | Distance from Home | Services It Provides |
|-----------------------------|-----------------|--------------------|----------------------|
| Sub-Centre / ASHA Worker    |                 |                    |                      |
| Primary Health Centre (PHC) |                 |                    |                      |
| Government Hospital         |                 |                    |                      |
| Private Clinic / Hospital   |                 |                    |                      |
| Pharmacy / Chemist Shop     |                 |                    |                      |
| Diagnostic / Pathology Lab  |                 |                    |                      |

Which facility does your family use most often? Why?

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#### Task 2 — Levels of Healthcare

The healthcare system has three levels. Study the structure and fill in one real example and one service for each level from your own area:

| Level           | What It Means                                    | Examples                                   | Local Example | One Service |
|-----------------|--|--|---------------|-------------|
| Primary Level   | First point of contact — prevention & basic care | Sub-Centre, PHC, ASHA Worker               |               |             |
| Secondary Level | Specialist care and minor surgeries              | District Hospital, Community Health Centre |               |             |
| Tertiary Level  | Advanced, specialised                            | AIIMS, Medical                             |               |             |

|  |           |                                     |  |  |
|--|-----------|-------------------------------------|--|--|
|  | treatment | Colleges, Super-specialty Hospitals |  |  |
|--|-----------|-------------------------------------|--|--|

### Task 3 — Healthcare Workers in My Community

Healthcare is delivered by many different workers. Identify and describe the role of each:

| Healthcare Worker             | Their Main Role | Where They Work            | Have You Met One? (Yes/No) |
|-------------------------------|-----------------|----------------------------|----------------------------|
| ASHA Worker                   |                 | Grassroots / Village level |                            |
| Anganwadi Worker              |                 | Village / Community        |                            |
| ANM (Auxiliary Nurse Midwife) |                 | Sub-Centre                 |                            |
| General Physician (Doctor)    |                 | Clinic / PHC               |                            |
| Pharmacist                    |                 | Pharmacy                   |                            |
| Lab Technician                |                 | Diagnostic Lab             |                            |

Have you ever interacted with an ASHA or Anganwadi worker? Describe the experience briefly.

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## PART 2 — PRACTICE | Learn & Understand

### Task 4 — Government Health Schemes

India has several government healthcare schemes to provide affordable health services. Research and fill in the table:

| Scheme Name                      | Year Launched | Who It Benefits | One Key Feature |
|----------------------------------|---------------|-----------------|-----------------|
| Ayushman Bharat (PM-JAY)         |               |                 |                 |
| Janani Suraksha Yojana (JSY)     |               |                 |                 |
| Rashtriya Bal Swasthya Karyakram |               |                 |                 |
| National Mental Health Programme |               |                 |                 |
| Mission Indradhanush             |               |                 |                 |

Has any family member benefited from a government health scheme? Describe briefly.

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### Task 5 — Preventive vs Curative Healthcare

Healthcare can be preventive (stopping illness before it happens) or curative (treating illness after it happens). Sort the following into the correct column:

Activities to sort: Vaccination | Surgery | Taking antibiotics | Washing hands regularly | Eating a balanced diet | X-ray for a broken bone | Regular health check-up | Drinking clean water | Physiotherapy after injury | Using a mosquito net

|                       |                     |
|-----------------------|---------------------|
| Preventive Healthcare | Curative Healthcare |
|-----------------------|---------------------|

|    |    |
|----|----|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |
| 4. | 4. |
| 5. | 5. |

Why is preventive healthcare considered more cost-effective than curative care? Explain in 2–3 sentences.

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### Task 6 — Reading a Health Record

Look at a prescription, health card, or medical report at home (with parent's permission). Answer the following based on what you observe:

| Question   | My Observation |
|--|----------------|
| What type of document did you look at?             |                |
| What information does it record about the patient? |                |
| Name one medical term you saw and what it means    |                |
| Why is it important to keep health records?        |                |
| Who has access to this record in your family?      |                |

*Privacy Note: Do not share personal details of any family member in your project. You may write 'family member' instead of their name.*

## 🌟 PART 3 — ACTIVITY | Create & Do!

### Task 7 — Visit or Interview a Healthcare Worker

Visit a nearby health centre, pharmacy, or clinic and interview any ONE healthcare worker (with parent's permission). Alternatively, interview a healthcare professional in your family or neighbourhood.

| Question   | Their Answer |
|--|--------------|
| Name & designation of person interviewed                       |              |
| Place of work  |              |
| "How did you choose this profession?"                          |              |
| "What is the most common health problem you see in this area?" |              |
| "What health habit should every Class 9 student follow?"       |              |
| "What is the biggest challenge in providing healthcare here?"  |              |
| One thing this interview taught me                             |              |

Sketch or paste a photo of the place you visited (if applicable):

*(Sketch / paste photo of the healthcare facility visited)*

### Task 8 — Create a Community Health Awareness Pamphlet

Design a bilingual (English + Hindi or any regional language) health awareness pamphlet on ONE topic from the list below. It should be on a folded A4 sheet (like a real pamphlet).

| Option | Pamphlet Topic  |
|--------|---|
| A      | How to Use Government Health Schemes — Know Your Rights |
| B      | When to Visit a Doctor — Don't Ignore These Symptoms    |
| C      | Vaccination Schedule — Protect Your Family              |
| D      | Mental Health Matters — It's Okay to Ask for Help       |
| E      | Dengue / Malaria Prevention in Your Neighbourhood       |

I chose topic: \_\_\_\_\_ Plan your pamphlet content here:

| Planning Element                           | My Idea |
|--|---------|
| Main heading / title                       |         |
| Key message (1 sentence)                   |         |
| 3 important facts I will include           |         |
| One image or diagram I will draw           |         |
| Call to action (what I want readers to do) |         |
| Helpline number or contact I will include  |         |

Create the final pamphlet on a separate folded A4 sheet and attach it here:

*(Attach your Health Awareness Pamphlet here)*

### Task 9 — Map the Healthcare System in Your Area

Draw a simple hand-drawn map of your neighbourhood or locality showing the locations of at least 4 healthcare facilities. Label each one with its name, type, and one service it provides.

*(Draw your Neighbourhood Healthcare Map here)*

Looking at your map — which area or community seems underserved by healthcare? What could be done to improve access?

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## PART 4 — REFLECTION | Think & Grow

### Task 10 — My Learning Journal

Write a short paragraph (about 80–100 words) reflecting on this project. Think about:

- What did I learn about healthcare that I did not know before?
- Which task was most meaningful to me and why?
- How has this project changed the way I think about health and healthcare workers?

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### Task 11 — Healthcare & Society

1. Why is access to quality healthcare considered a basic human right? Give one reason.
  
  
  
  
  
  
  
  
  
  
2. How does poverty affect a family's ability to access healthcare? Give a real-life example you have observed or heard about.
  
  
  
  
  
  
  
  
  
  
3. As a future citizen, what is ONE thing you can do to contribute to better community health in your area?

### Task 12 — Family / Peer Feedback

Share your pamphlet (Task 8) with one family member or neighbour and record their response:

| Question   | Their Response |
|--|----------------|
| Name & relation / neighbour                            |                |
| Was the information in the pamphlet new to them?       |                |
| Which part did they find most useful?                  |                |
| Did they learn about a health scheme they didn't know? |                |
| Their signature  |                |

 *Remember: All observations and interviews should be done respectfully and with permission. Write in your own words, use diagrams where needed, and make your pamphlet genuinely useful — it could help someone in your community!*

*"The greatest wealth is health."  Happy Holidays, Class 9 — Kaushal Vikas!*

## **Summer Vacation Homework**

### **Class 9 – Artificial Intelligence**

Topics Covered: Communication Skills and Self-Management Skills

Instructions: Complete all questions neatly in your notebook or on A4 sheets. Use examples wherever required.

#### **Section A – Communication Skills**

1. Define communication and explain its importance in daily life.
2. Differentiate between verbal and non-verbal communication with two examples each.
3. Explain the communication cycle with a suitable diagram.
4. Write any five barriers to effective communication.
5. What is active listening? Write any four qualities of a good listener.
6. Describe formal and informal communication.
7. Write a short paragraph on the importance of body language.
8. Create a poster on “Effective Communication Skills”.
9. Prepare a short dialogue between two friends showing good communication skills.
10. Write any five etiquettes to be followed during online communication.

#### **Section B – Self-Management Skills**

1. What do you mean by self-management skills?
2. Explain the importance of self-confidence and self-motivation.
3. Write any five ways to manage stress during exams.
4. What is time management? Prepare your daily timetable for summer vacation.
5. Differentiate between short-term goals and long-term goals.
6. Explain the importance of personal hygiene and healthy habits.
7. Write a paragraph on “How to stay positive in difficult situations”.
8. List any five qualities of a disciplined student.
9. Make a chart showing healthy and unhealthy habits.

10. Write about one inspiring personality and explain what self-management qualities you learned from them.

### **Section C – Activities**

1. Practice speaking in English for 5 minutes daily and write your experience.
2. Maintain a weekly self-management diary for 7 days.
3. Interview a family member about how they manage stress and responsibilities.
4. Prepare one presentation/chart on communication or self-management skills.

**Happy Holidays and Keep Learning!**

### Class IX Maths Day wise Holiday Homework

Note: 1. Use your class VIII Maths NCERT to complete the homework.

2. Maximum Marks allotted to the homework is 10 which will be add in internal assesment of final Examination of class IX.

| Date           | Concept / Topic            | Homework Task   |
|----------------|----------------------------|---|
| <b>May 9</b>   | Rational Numbers Basics    | Revise properties (closure, commutative, associative) and practice basic operations (+, -, *, /).             |
| <b>May 10</b>  | Number Line & Rationals    | Represent proper/improper fractions on a number line. Find 5 to 10 rational numbers between two given nu      |
| <b>May 11</b>  | Squares & Square Roots     | Learn squares up to 30. Find square roots using prime factorization and division methods.                     |
| <b>May 12</b>  | Cubes & Cube Roots         | Learn cubes up to 15. Practice finding cube roots using prime factorization.                                  |
| <b>May 13</b>  | Exponents & Powers         | Revise all basic laws of exponents  |
| <b>May 14</b>  | Negative Exponents         | Practice problems involving negative exponents and expressing very small/large numbers in standard form.      |
| <b>May 15</b>  | Advanced Exponents         | Solve complex fraction problems using laws of exponents.  |
| <b>May 17</b>  | Algebraic Basics           | Identify terms, factors, and coefficients. Add and subtract polynomials.                                      |
| <b>May 18</b>  | Multiplication             | Practice multiplying binomials with binomials and polynomials.  |
| <b>May 19</b>  | Algebraic Identities I     | Solve expansion problems using $(a+b)^2$ and $(a-b)^2$  |
| <b>May 20</b>  | Algebraic Identities II    | Solve problems using $a^2-b^2 = (a-b)(a+b)$ & $(x+a)(x+b) = x^2+(a+b)x+ab$                                    |
| <b>May 21</b>  | Factorisation Basics       | Factorise expressions using common factors and regrouping of terms.   |
| <b>May 22</b>  | Factorising via Identities | Reverse the standard identities to factorise quadratic expressions.   |
| <b>May 23</b>  | Linear Equations           | Solve linear equations with variables on one side, then on both sides.  |
| <b>May 24</b>  | Equation Word Problems     | Translate word statements into linear equations and solve them.   |
| <b>May 25</b>  | Intro to Graphs            | Understand the Cartesian system basics (x-axis, y-axis, origin).  |
| <b>May 26</b>  | Plotting Coordinates       | Plot given (x, y) coordinates on graph paper and identify the 4 quadrants.                                    |
| <b>May 27</b>  | Linear Graphs              | Draw linear graphs from a table of values (e.g., distance-time, cost-quantity).                               |
| <b>May 28</b>  | Reading Graphs             | Analyze existing linear graphs to find missing variables.   |
| <b>May 29</b>  | <b>Weekly Review</b>       | Mixed practice sheet on plotting points and solving linear equations.   |
| <b>May 30</b>  | Lines & Transversals       | Revise alternate interior, corresponding, and co-interior angles. Solve for 'x'.                              |
| <b>May 31</b>  | Triangle Properties        | Apply exterior angle property and Pythagoras theorem to solve for missing sides/angles.                       |
| <b>June 1</b>  | Polygons & Angles          | Revise convex/concave polygons. Calculate interior/exterior angles using Angle Sum Property.                  |
| <b>June 2</b>  | Parallelograms             | Practice problems involving opposite sides, opposite angles, and diagonals.                                   |
| <b>June 3</b>  | Special Quadrilaterals     | Contrast the properties of rhombuses, rectangles, and squares.  |
| <b>June 4</b>  | Area of Polygons           | Calculate the area of trapeziums, rhombuses, and general quadrilaterals.                                      |
| <b>June 5</b>  | Solid Shapes (3D)          | Identify faces, edges, and vertices using Euler's formula ( $F + V - E = 2$ ).                                |
| <b>June 6</b>  | Understanding Shapes       | Map 3D shapes to their 2D nets.   |
| <b>June 7</b>  | Geometric Logic            | Practice writing step-by-step reasons for angle calculations (builds logic for Class 9 proofs).               |
| <b>June 8</b>  | <b>Weekly Review</b>       | Solve a mixed worksheet combining Transversals, Triangles, and Quadrilateral properties.                      |
| <b>June 9</b>  | Surface Area (Cube/Cuboid) | Calculate Total Surface Area (TSA) and Lateral Surface Area (LSA) of cubes and cuboids.                       |
| <b>June 10</b> | Surface Area (Cylinder)    | Calculate TSA and Curved Surface Area (CSA) of right circular cylinders.                                      |
| <b>June 11</b> | Volumes                    | Find the volume of cubes, cuboids, and cylinders. Practice capacity word problems (Liters to $\text{cm}^3$ ). |
| <b>June 12</b> | Data Handling Basics       | Organize raw data using tally marks and create frequency distribution tables.                                 |
| <b>June 13</b> | Histograms                 | Draw and interpret histograms with grouped data (continuous class intervals).                                 |
| <b>June 14</b> | Probability Basics         | Define outcomes and events. Solve basic probability problems (coins, dice, drawing balls).                    |

At least 10 questions from each topic is to be solved.

## **SUMMER VACATION HOLIDAY HOMEWORK 2026-27**

**CLASS 9TH SUBJECT: ENGLISH**

- 1) Write a letter to Editor drawing their attention towards the rising problem of encroachment in your city .
- 2) Make a poster for a "Career Mela" to be organised in your school.
- 3) Write an article on the topic" Skills creates vocations".
- 4) Write a story beginning with " It was a beautiful lovely, morning....
- 5) Make portfolio as the sample portfolio is shared.

All this has to be done in fair notebook only.

Portfolio has to be prepared separately in a handmade creative file in proper format, cover page as.



**Edit with WPS Office**

Holiday Homework

Class – 9<sup>th</sup> SST

Project Work

Q1. Structure and Composition of Atmosphere

Q2. Harappan Civilization and Mesopotamian Civilization

Brief description

Similarities

Location on map

Q3. Democracy

Meaning of democracy

Features of democracy

Types of democracy

Q4. Electoral System in India

ECI (Election Commission of India)

Electoral system

Way of forming constituencies

Q5. The Vedic Age

Brahmavart – Early Vedic Period

Aryavart – Later Vedic Period

Q6. Map Skills

Mark major mountain ranges

Plate boundaries on a world map.

## केंद्रीय विद्यालय, सिंगरौली

ग्रीष्मकालीन अवकाश गृहकार्य

कक्षा-नवमी

विषय- हिंदी

- 1- एक डॉक्टर और एक मरीज के बीच होने वाली बातचीत पर 80 शब्दों में एक संवाद लिखिए ।

अथवा

सब्जीवाले और ग्राहक के बीच होने वाली बातचीत को संवाद के रूप में लगभग 80 शब्दों में लिखिए ।

- 2- आपके विद्यालय में खेल प्रतियोगिता का आयोजन किया जा रहा है । छात्र/छात्राओं को सूचित करते हुए लगभग 80 शब्दों में एक सूचना तैयार किजिए ।

अथवा

कक्षा 12वीं के सभी छात्र/छात्राओं शैक्षणिक भ्रमण पर ले जाने योजना है । छात्र/छात्राओं सूचित करने के लिए लगभग 80 शब्दों में सूचना तैयार किजिए ।

- 3- नीचे दिए गये किसी एक विषय पर 120 शब्दों में अनुच्छेद लिखिए ।

- सच्ची मित्रता-जीवन का वरदान

संकेत-भूमिका

-मित्रता अनमोल धन

-सच्चे मित्र की पहचान

-जीवन का सर्वश्रेष्ठ अनुभव

अथवा

- अपना घर

संकेत- भूमिका

-अपना घर अपना

-मनुष्य और पशु-पक्षी का घर के प्रति प्रेम

-अपने घर में सुख की अनुभूति

- 4- अपनी कालोनी में सार्वजनिक नल लगवाने हेतु नगर निगम आयुक्त को एक पत्र लिखिए ।

अथवा

आपके मोहल्ले में कुछ अपराधी-तत्व सक्रिय हो गए हैं । अपने क्षेत्र के थाना अध्यक्ष को गश्त बढ़ाने के लिए 100 शब्दों एक पत्र लिखिए ।

- 5- अपने विद्यालय के प्राचार्य को विज्ञान प्रयोगशाला के लिए आधुनिक उपकरण मँगवाने के लिए लगभग 100 शब्दों में एक ई-मेल लिखिए ।

अथवा

सरकारी अस्पताल में फैली हुई अव्यवस्था की जानकारी देते शहर के मुख्य चिकित्सा अधिकारी को लगभग 100 शब्दों में ई-मेल लिखिए ।

# SCIENCE SUMMER ADVENTURE

Class 09 | Session 2026-27 | K.V. SINGRAULI

*"Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world."*

*— Albert Einstein*

## Section A: The Explorer's Log

### MAIN NOTEBOOK

Become a subject matter expert! Complete detailed notes and all NCERT exercise Questions/Answers for:

- **Chapter 1:** Exploration: Entering the World of Secondary Science
- **Chapter 2:** Cell: The Building Block of Life
- **Chapter 3:** Tissues

## Section B: Physics in Motion

### TASK 1: THE SPEED CHALLENGE

Track any moving object. Record **5 distance and time intervals** to calculate average speed!

### TASK 2: DATA SCIENTIST

Plot a precise **Distance-Time Graph**. Identify the point where the object moved fastest and explain why!

## Section C: Chemistry Corner

### TASK 3: ART OF SCIENCE

Draw beautiful, labeled diagrams for at least **5 separation techniques**. Write the scientific principle behind each.

### TASK 4: KITCHEN DETECTIVE

Find **5 mixtures** in your kitchen. Are they Homogeneous or Heterogeneous? Write your evidence for each!

## Section D: Environmental Science

### TASK 5: NATURAL RESOURCES STUDY

Identify **five home resources** and classify them as Renewable or Non-renewable.

### TASK 6: WEATHER DIARY

Maintain a **10-day log** of temperature and conditions. Analyze the pattern and write a conclusion.


## Section E: Creative Lab

### TASK 7: POSTER DESIGN

Design a colorful poster on "**Save Environment**" or "**Scientific Innovations**".

### TASK 8: MODEL MAKING

Build a **3D model** of an Atom, Cell, or the Water Cycle using household materials.

 **Quick Builder's Guide:** Use a cardboard base, thread for borders, old buttons/beads for atoms/organelles, and colored paper for labels.

[ AFFIX PHOTO OR SKETCH OF YOUR MODEL HERE ]

# SECTION F: STUDENT PORTFOLIO

Reflections & Personal Profile

Name: \_\_\_\_\_

Class & Sec: \_\_\_\_\_

Roll No: \_\_\_\_\_

Father's Name: \_\_\_\_\_

Mother's Name: \_\_\_\_\_

School: \_\_\_\_\_

Address: \_\_\_\_\_

Contact: \_\_\_\_\_ Blood Group: \_\_\_\_\_

Affix Photo

## My Reflections

My Strength: \_\_\_\_\_

I Am Good At: \_\_\_\_\_

My Hobbies: \_\_\_\_\_

My Limitations: \_\_\_\_\_

I Want To Learn: \_\_\_\_\_

I Want To Be: \_\_\_\_\_

## Subjective Outlook

**What do I think about the subject science?**

**What is your vision for the future?**

**A vision of the future of science**

### Submission Details

**Date of Submission:** 17 June 2026

**Instructions:** Submit work as a single, compiled file. Use diagrams, colors, and labels to maintain a neat and well-organized presentation.

**Adventure Completed!**