

## ENGLISH

### 1. Diary Entry

Write a diary entry as a student who spends too much time on mobile and later decides to change habits. (8–10 lines)

### 2. Poem Writing

Write a short poem (6–8 lines) on “Life Before and After Technology”.

### Dialogue Writing

Write a conversation between:

4. A Book  and a Mobile 

(Who is more useful and why?)

## MATHAEMATICS

**Project Title: The Geometry of the Digital World**

**Theme:** Exploring how Mathematics powers our daily

**Screen Time & Social Media**

- **Activity:** Track the "Screen Time" of 5 family members for one week using their phone settings.
- **Math Task:** \* Calculate the **Mean** (Average) screen time per day.
  - Identify the **Mode** (the most frequent app used).
  - Find the **Range** (Difference between the highest and lowest usage).
- **Visualization:** Create a **Double Bar Graph** comparing "Weekend Usage" vs. "Weekday Usage."

## SCIENCE

- **The Circadian Rhythm:** Discuss how the **Blue Light** from screens affects the production of *Melatonin* (the sleep hormone). Write a report on it
- **Activity :** Draw a "Life Cycle of a Phone" from mining minerals to disposal

- The “Cardboard Smartphone” (Hardware Anatomy)

The Model: Build a large smartphone out of a cardboard box. Create “sliders” or “flaps” that reveal the inside.

Flap 1: The Battery (Explain chemical to electrical energy).

Flap 2: The Motherboard (The “brain” where data flows).

Flap 3: The Speaker (How electrical signals become sound vibrations)

### **PHYSICAL EDUCATION**

1. How do fitness apps and smart watches help people stay healthy?
2. Prepare a chart showing different digital devices used in sports training.
3. Explain how online yoga or exercise classes became useful for students.
4. Compare indoor games played on mobile phones with outdoor physical activities.
5. Conduct a survey in your class about screen time and physical activity. Present the results.

#### **Activity Suggestion:**

Create a weekly fitness timetable using a digital calendar or mobile app.

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### **Vocational Education**

#### **MDP Questions:**

1. How do shopkeepers use digital payment methods in daily life?
2. Explain the importance of computers and mobile phones in modern jobs.
3. What are the advantages of online learning and skill development courses?
4. Describe how technology helps farmers, doctors, and teachers.
5. Prepare a list of five vocational skills that can be learned online.

#### **Activity Suggestion:**

Make a poster on “Digital Skills for Future Jobs.”

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## Art Education

### MDP Questions:

1. How do artists use computers and tablets to create digital art?
2. Explain the role of technology in animation and graphic design.
3. Compare traditional painting with digital painting.
4. How do social media platforms help artists share their work?
5. Create an artwork showing “Technology in Daily Life.”

### Activity Suggestion:

Design a digital greeting card or poster using simple online tools.

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## हिंदी

विषय: डिजिटल दुनिया और दैनिक जीवन में तकनीक

### परियोजना प्रश्न:

1. डिजिटल तकनीक हमारे दैनिक जीवन को कैसे आसान बनाती है?
2. मोबाइल फोन के लाभ और हानियाँ लिखिए।
3. ऑनलाइन शिक्षा का विद्यार्थियों पर क्या प्रभाव पड़ा है?
4. डिजिटल भुगतान प्रणाली का महत्व समझाइए।
5. “तकनीक का सही उपयोग” विषय पर अनुच्छेद लिखिए।

### गतिविधि:

“मेरा डिजिटल दिन” विषय पर चित्र सहित परियोजना तैयार कीजिए।

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## संस्कृत

विषय: डिजिटल-जगत् तथा दैनिकजीवने प्रौद्योगिकी

## परियोजना-प्रश्नाः

1. प्रौद्योगिक्या दैनिकजीवनं कथं सरलम् भवति?
2. चलदूरभाषस्य (मोबाइल-फोनस्य) लाभाः काः?
3. ऑनलाइन-शिक्षायाः महत्त्वं वर्णयत।
4. संगणकस्य उपयोगः कुत्र कुत्र भवति?
5. “डिजिटल्-जगत्” विषये पञ्च वाक्यानि लिखत।

## गतिविधिः

प्रौद्योगिकी-विषये चित्रं निर्माय संस्कृते पञ्च वाक्यानि लिखत।