

LAKSHMIPAT SINGHANIA ACADEMY

PROJECT PLAN FOR TERM-2

SESSION- 2024-2025

CLASS – X

SUBJECT: ENGLISH

“When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need.”

-Ancient Proverb



India’s food heritage is a reflection of its diverse cultures, traditions, and histories. Food is not just sustenance; it carries the essence of the region’s customs, and way of life. From the aromatic spices of the North to the coconut-based curries of the South, the food culture of India is rich and deeply embedded in its socio-cultural fabric. Each state in India showcases its unique food culture shaped by its climate, geography, and cultural influences. Recipes handed down through generations often hold stories of family traditions, local ingredients, and culinary techniques that

date back centuries. In an age of rapid modernization and globalized eating habits, many traditional recipes and culinary practices are being lost. It is crucial for students to be aware of these traditional foods as they represent more than just old recipes; they are a vital link to their cultural heritage. This project focuses on the changing food habits of the modern India.

- This will be a group activity.
- It should be presented as a PowerPoint presentation with 10 slides, along with relevant data, illustration, statistical representation, index and bibliography.

GROUP: The class will be divided into 6 groups.

- **Group 1, 2, 3** will work on West Bengal and Tamil Nadu
- **Group 4, 5, 6** will work on West Bengal and Maharashtra

Topic: Changing Food Habits

This group project will explore how food habits in India have evolved, with a focus on West Bengal along with Tamil Nadu and Maharashtra. Students will research traditional cuisines, the influence of modernization, and the disappearing recipes that once held cultural significance. The project is divided into two parts:

1. Research and presentation on the changing food habits in the two states
2. Creative dialogue writing

Part 1: Research and Presentation

Explore the evolution of food habits in **West Bengal and Tamil Nadu or West Bengal and Maharashtra**, highlighting the cultural, economic, and social factors that have

influenced these changes. Analyse the shift from traditional diets to contemporary eating habits, including fast food culture, health consciousness, and urbanisation, reasons for the decline of certain dishes. Students may focus on:

- Key differences and similarities between the food habits of the two states.
- Traditional Dishes: History, ingredients, preparation methods, and cultural significance.
- Modern Changes: The impact of urbanization, fast food, fusion cuisine, and global influences.
- Health and Sustainability: How the changing food habits affect nutrition and environmental sustainability.

Part 2: Creative Dialogue Writing

Write a creative dialogue, within **200 words**, between a grandmother and her grandchild discussing traditional food recipes that have been forgotten over time. The dialogue should emphasize the importance of preserving these recipes and encourage Generation Alpha to revive them.

Students may focus on:

- The grandmother's memories of traditional cooking methods and meals
- Reasons why these recipes have faded from modern kitchens
- Suggestions from the grandmother on how the new generation can bring these recipes back, with modern twists or by incorporating sustainable practices

LEARNING OBJECTIVE:

Students will be able to reflect on the cultural heritage embedded in food, the evolving food habits in India, and how they can contribute to reviving traditional recipes. Through dialogue writing, students will creatively engage with the generational gap in culinary practices and reflect on the importance of preserving food traditions.

LEARNING OUTCOME:

Students have learnt to compose with clarity, coherence and precision.

RUBRICS FOR EVALUATION

PARAMETERS	5	4	3
Authenticity of the contents and appropriate expression – (5)	Content is unique and proper research done and concepts properly	Not Unique but the concepts are well explained	Neither unique nor well explained

	explained but lacks expression		
Timely submission demonstrates concise knowledge and understanding of the theme (5)	The submission addresses the requirement in meaningful and relevant way. The information is concise and accurate	The submission addresses the requirement. The information is presented accurately and in a concise manner	The submission somewhat addresses the requirement, but not in a cohesive or concise manner
Use of Technology (5)	Accesses suggested sites and employed technologies fluently	Accesses suggested sites and employed technologies adequately with support	Struggled while using technology. Struggled with teacher-provide strategies and resources
Creativity and Art Integration (5)	The concept and presentation in submission is creative, especially as compared with other submissions	The concept in the submission is somewhat creative	The concepts in the submission lacks creativity

SUBJECT: MATHEMATICS

LEARNING OBJECTIVES: Students will get an insight into how Mathematics can be used in food items.

The project provides examples of how concepts like symmetry, ratios, pi, and proportions are seen in foods. Recipes also involve using Mathematics through quantities, fractions, temperatures, and times. Creating a balanced diet and salad pyramid also relies on Mathematical ratios and proportions. The overall aim of the Project is to show how Mathematics can be found in many aspects of food.

LEARNING OUTCOME:

Students will get an idea about Mathematics that is an integral part of culinary art. These include -

Measurement of ingredients required while cooking food.

Measurement taken while serving food.

GROUP: The class will be divided into 6 groups.

- **Group 1, 2, 3** will work on West Bengal and Tamil Nadu
- **Group 4, 5, 6** will work on West Bengal and Maharashtra

Mathematics is an ancient subject known as Mathematics which can be found everywhere and in everything existing in the cosmos. The inclusion of Math in food started in school when teachers used colourful gems to teach us Mathematics.

Prepare a PowerPoint presentation on the use of Mathematics on food items.

Number of minimum slides: 10

RUBRICS FOR EVALUATION

PARAMETERS	5	4	3	2/1
Authenticity of the contents and appropriate expression (5)	Content is unique and proper research done and concepts properly explained but lacks expression	Not unique but the concepts are well explained.	Project is not well researched but complete.	Project is neither unique nor well explained. Submitted late.
Timely submission demonstrates concise knowledge and understanding of the theme (5)	The submission addresses the requirement in meaningful and relevant way. The information is concise and accurate	The submission addresses the requirement. The information is presented accurately and in a concise manner	The submission somewhat addresses the requirement, but not in a cohesive or concise manner	The submission did not address the requirement
Use of Technology (5)	Accesses suggested sites and employed technologies fluently	Accesses suggested sites and employed technologies adequately with support	Minimum use of suggested sites and inadequate use of technologies	Struggled while using technology. Struggled with teacher-provided strategies and resources

Creativity and Art Integration (5)	The concept and presentation in submission is exceptionally creative, especially as compared with other submissions	The concepts in the submission is somewhat creative	The concepts in the submission is somewhat creative but lacked presentation	The concepts in the submission lacks creativity
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SUBJECT: SCIENCE

PHYSICS



LEARNING OBJECTIVES: Students will learn about

- Our diets through decades –
- Changes of food habits and gradual increase of use of kitchen gadgets- benefits and drawbacks

The class will be divided in to 6 groups as

For Groups 1, 2

Do brief research on working of Microwave and Induction heater- their **usage, working principle** and **effects on food items**. Demonstrate the outcome of your research in a file.

For Groups 3, 4

Do brief research on working of Electric Toaster and Air Fryer - their **usage, working principle** and **effects on food items**. Demonstrate the outcome of your research in a file.

For Groups 5, 6

Do brief research on working of Electric Kettle and Mixer Grinder - their **usage**, **working principle** and **effects on food items**. Demonstrate the outcome of your research in a file.

LEARNING OUTCOME:

Students will learn about

- The working principle of different cooking gadgets used in the kitchen.
- Advantages and limitations of using cooking gadgets

CHEMISTRY

FOOD HABITS – NOW AND THEN

LEARNING OBJECTIVES:

The students will learn about

- Ill effects of food adulterants

FOOD ADULTERATION

To boost their profit margins, food manufacturers frequently add less expensive, lower-quality components to food items. The improper enforcement and control of food safety regulations is another factor in food adulteration.

1. What are the examples of food adulteration in India? Why is it a common practice in India?
2. Write about the adulterants found in any 2 food items given below:

I) mustard oil	ii) salt
iii) chilly powder	iv) ghee
v) pepper powder	vi) turmeric powder
3. Also write about the chemical tests to detect them.

Project should be presented in a file

Give relevant pictures wherever necessary

LEARNING OUTCOMES:

The students learnt about

- The various ways to detect food adulteration.

BIOLOGY

LEARNING OBJECTIVE-

Students will be able to –

1. Understand and explain the importance of home-cooked healthy food.
2. State the risk factors associated with the consumption of food ordered online.
3. Spread awareness to sensitize people about the benefits of consumption of home-made food.

LEARNING OUTCOME-

Students were able to –

1. Spread awareness to sensitize the neighbourhood about the harmful effects of food ordered online.
2. Understand the importance of refraining from ordering online.

Recently the Kerala High Court emphasized on the importance of providing home-cooked meals for children. The Court advised parents to deter from ordering food from restaurants through online delivery platforms Swiggy and Zomato,

1. a. Healthy preparation and use of healthy ingredients is a must to serve healthy food for consumptions. Does intake of food ordered online assure us with complete healthy food?

b. What are the risk factors related to consuming outside food

State 4 such risk factors.

2. Conduct a survey in your neighbourhood and in school (minimum 15 people). Give each one a pamphlet made by you depicting the harmful effects of ordering online food.

3. Write a small article on:

Youth involvement in food preparation practices at home.

RUBRICS FOR EVALUATION – PHYSICS, CHEMISTRY

Parameters	2	1.5	1	.5
Content (2)	Applicable to Theoretical knowledge and all facts are correct.	Applicable to Theoretical knowledge and all facts are correct. One or two factual errors	Applicable to Theoretical knowledge and all facts are correct. Few factual errors.	Applicable to theoretical knowledge and all facts are not at all relevant to the topic.
Presentation (2)	Excellent document layout, with effective use of colors, text, and images	Overall impact of the project is attractive and appealing to the viewers. Students are well prepared. Teamwork is visible. Project is compiled up to the mark.	Overall impact of the project is somewhat appealing to the viewers. Students are well prepared. Teamwork is visible. Project is fairly compiled.	Some attempt has been made to make the presentation appealing to the viewers. Students are well prepared. Teamwork is visible. Project is not compiled up to the mark.
Art Integration- Graphics/ Photographs /Charts/ Relevance to the topic (1)			Presentation includes relevant photographs/ charts/ diagrams. Aesthetically appealing.	Graphics & Chart are not clear. They are irrelevant to the topic
Team Work (1)			Excellent collaboration.	Independent research work and no collaboration. Tried to adapt the new technology.

EVALUATION RUBRICS FOR BIOLOGY

PARAMETERS	2	1.5	1
Details of Research on the topic (2)	Content is well researched ,genuine with detailed explanation	Not well researched , but the concepts are well explained	Neither well researched , nor well explained
Presentation (2)	Well presented	Average	Sketchy
Creativity and Art Integration (2)	The presentation is creative and aesthetically appealing.	The presentation is creative but lacks aesthetic touches.	The presentation lacks creativity

Ethical aspect (2)	Concept well related to life problems	Concept is related to life problems is not well explained	Lack of problem solving aspect
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SUBJECT: SOCIAL SCIENCE

ALIGNED WITH CBSE PROJECT TOPIC

GEOGRAPHY

TOPIC: LIFELINES OF NATIONAL ECONOMY

SUB TOPIC: Exploring India’s Communication Systems, International Trade, and Tourism.



The word [communication](#) has its root in the [Latin](#) verb [communicare](#), which means 'to share' or 'to make common'. Communication is usually understood as the transmission of information: a [message](#) is conveyed from a sender to a receiver using some medium, such as sound, written signs, bodily movements, or electricity. Sender and receiver are often distinct individuals but it is also possible for an individual to communicate with themselves. In some cases, sender and receiver are not individuals but groups like organizations, social classes, or nations.^[4] In a

different sense, the term communication refers to the message that is being communicated or to the [field of inquiry studying communicational phenomena](#).

PROJECT FORMAT:

- ✓ Projects need to be done in groups.
 - ✓ Support the project with relevant pictures.
 - ✓ Students will do it on **full-size** chart paper.
- The class will be divided into 6 groups.
 - Each group will work on a different aspect of communication, international trade, and tourism. They will conduct research, complete a case study, and present their findings along with map work.
 - Students will provide a brief report on the CASE STUDY assigned to them. (80 Words)

Group 1: Evolution of Communication in India

Case Study: The Indian Postal Network and its transformation in the digital age.

- **Task:** Research and present how communication has evolved from traditional mail to modern-day digital platforms (e.g., STD, mobile technology, internet).
- **Map Work:** Highlight major communication hubs in India (Telecommunication offices, internet hubs).(Any 4)
- **Research Links:**
 - [India Post Official Website](#)
 - [Indian Telecom Sector](#)

Group 2: Mass Communication and Its Role in Society

Case Study: The role of mass media (television, radio, newspapers) in shaping public opinion.

- **Task:** Research how All India Radio and Doordarshan contribute to public awareness, education, and entertainment.
- **Map Work:** Identify the locations of major radio and television stations across India.(Any 4)

- **Research Links:**
 - [All India Radio](#)
 - [Doordarshan](#)

Group 3: International Trade and Its Impact on India's Economy

Case Study: India's balance of trade – Export and import of goods and services.

- **Task:** Analyze how India's international trade relations impact its economy, focusing on major exports and imports.
- **Map Work:** Mark major trading ports and international trade routes of India. (Any 4)
- **Research Links:**
 - [Ministry of Commerce & Industry](#)
 - India's Trade Data

Group 4: India's Role as a Software Giant

Case Study: The IT revolution in India and its contribution to international trade.

- **Task:** Study how India's IT industry has contributed to the economy and boosted foreign exchange.
- **Map Work:** Highlight major IT hubs in India (e.g., Bengaluru, Hyderabad). (Any 4)
- **Research Links:**
 - [NASSCOM – IT Industry Overview](#)
 - [India IT Market](#)

Group 5: The Growth of Tourism in India

Case Study: Development of various types of tourism in India (heritage, eco, adventure, medical).

- **Task:** Research the growth of tourism in India and its contribution to the economy, along with promoting cultural and ecological conservation.
- **Map Work:** Identify major tourist destinations and UNESCO World Heritage Sites. (Any 4)
- **Research Links:**
 - [Incredible India – Ministry of Tourism](#)
 - [UNESCO World Heritage Sites in India](#)

Group 6: Tourism and International Understanding

Case Study: Impact of tourism on international relations and cultural exchange.

- **Task:** Study how tourism fosters international understanding, cultural appreciation, and peaceful global interactions.
- **Map Work:** Highlight key international tourist influx points and destinations in India. (Any 4)

Research Links:

- India Tourism Statistics
- Cultural Tourism in India

SUBJECT INTEGRATION: Economics, Artificial Intelligence, Environmental Science, Art, English, Political Science, History and Mathematics.

LEARNING OBJECTIVE:

The objective of this project is to help students understand the importance of communication systems, international trade, and tourism in India. Students will explore how these sectors contribute to national development and global interaction, and how they can foster values such as unity, responsibility, and respect for diverse cultures.

LEARNING OUTCOME:

- How communication has transformed in India and its importance for national unity and economic growth.
- The significance of India's exports and imports and how trade contributes to its economic strength.
- The role of tourism in fostering international understanding, cultural respect, and national integration.
- Recognizing the importance of responsible communication, trade, and tourism for sustainable development.

LINKS:

https://en.wikipedia.org/wiki/Telecom_Regulatory_Authority_of_India

[https://en.wikipedia.org/wiki/Ministry_of_Commerce_and_Industry_\(India\)](https://en.wikipedia.org/wiki/Ministry_of_Commerce_and_Industry_(India))

<https://www.incredibleindia.org/content/incredible-india-v2/en.html>

https://en.wikipedia.org/wiki/Ministry_of_Environment,_Forest_and_Climate_Change

<https://en.wikipedia.org/wiki/NASSCOM>

Reference:

NCERT BOOK

RUBRICS FOR EVALUATION

PARAMETERS	4	3	2	1
Content (4)	Applicable to Theoretical knowledge and all facts are correct. Map work done perfectly.	Applicable to Theoretical knowledge and all facts are correct. One or two factual errors. Map work done but not shaded/coloured correctly.	Applicable to Theoretical knowledge and all facts are correct. Few factual errors. Map work not shaded correctly. All states are not marked.	Applicable to theoretical knowledge and all facts are not at all relevant to the topic. Map is missing.
Presentation (3)	-	Overall impact of the project is attractive and appealing to the viewers. Students are well prepared. Teamwork is visible. Project is compiled up to the mark.	Overall impact of the project is quite appealing to the viewers. Students are well prepared. Teamwork is visible. Project is fairly compiled.	Some attempt has been made to make the presentation appealing to the viewers. Students are well prepared. Teamwork is visible. Project is not compiled up to the mark.
Graphics/Photographs/Charts/Relevance to the topic and Team Work (3)	-	Presentation includes relevant photographs/ charts/ Maps/ model/diagrams are correct/relevant to the topics. Independent research work and collaboration shown by the team members.	Presentation includes relevant photographs/ charts/ Maps/ model/diagrams are partially correct/relevant to the topics. Team work shows communication gap.	Graphics / Chart /models are not clear. They are irrelevant to the topic. No group coordination shown.

HISTORY

SUBJECT ECONOMICS CHAPTER CONSUMER AWARENESS

Design a Project on the chapter CONSUMER AWARENESS.

Objective: General

The overall objective of the project work is to help students gain an insight and pragmatic understanding of the theme and see all the Social Science disciplines from interdisciplinary perspective. It should also help in enhancing the Life Skills of the students. Students are expected to apply the Social Science concepts that they have learnt over the years in order to prepare the project report. If required, students may go out for collecting data and use different primary and secondary resources to prepare the project. If possible, various forms of art may be integrated in the project work.

Objective: Particular

This project aims to assess the people of different classes in society about various aspects of consumer awareness viz., price and quality of products used by them, Fair Price Shop, Standardization of products, Consumer Forum, and their Rights Duties etc. Consumers will lead a happy, healthy, and prosperous life if they are fully aware of the aspects mentioned above.

Introduction

In the globalization, liberalization and privatization era, most economic decisions are taken by the market. Though the government has withdrawn itself from many economic activities, it often interferes when the market mechanism fails due to structural rigidities in the economy and other factors to provide goods and services to the people.

Consumption is one of the essential economic activities, which requires regular government intervention, as the market cannot be trusted to promote the consumers' security and welfare. But, on the other hand, consumers have to be aware of the commercial aspects of the sale and purchase of goods and the health and security aspect. Besides this, they **should be mindful of their rights and duties.**

SUGGESTED METHODOLOGY

For the project report, INTERVIEW **the head of households FROM** different income groups, i.e. high, medium and low-income groups.

SURVEY QUESTIONS ON HOW TO BECOME AN AWARE CONSUMER?

CONSUMER AWARENESS AND ITS NEED.

As a Consumer:

1. Are you aware of your responsibility as a consumer?
2. Do you examine the expiry date of the food items and medicines when you buy them
3. Have you ever cross checked the weights of the products mentioned on the item?
4. Do you check the prices, of goods you buy, from alternative sources?
5. Do you check the M.R.P.
6. A What are the basic rights of consumers?
B What are the legal rights of a consumer?

DISCUSS THE FOLLOWING:

- The Problems faced by consumers – Various forms of consumer exploitation— give examples from everyday life.
- What is the Consumer Protection Act? Who is a consumer activist?
- What are consumer redressal forums/courts? What do they seek to achieve?
- How to seek justice from consumer redressal forums/courts? What are the Steps needed to be taken by an ordinary consumer?
- When you go to buy a product what all you MUST check? Give examples of different types of products.

ENUMERATE A CASE STUDY IN one incident of violation of consumer rights and the decision by the Consumer Courts. From newspaper reports, give an example of a case when consumers have won their rights.

ART INTEGRATED ACTIVITY

Survey at least 5 different products and the information given as the packaging.

CHOOSE any **ONE** particular commodity and the aspects that need to be looked at as a consumer. Design a poster for this.

OR Develop a **STORYBOARD** how an aggrieved person gets his or her compensation.

PREPERATION AND SUBMISSION OF PROJECT REPORT

1. Cover page should show Project title. Name of the student, School, Class/Sec
2. List of Contents
3. **A Summary Report should be prepared highlighting:**

- **Objectives realized through individual work and group interactions;**
- calendar of activities;
- innovative ideas generated in the process;

The project report should be hand written and credit will be awarded to original drawings, illustrations and creative use of material.

4. All the photographs and sketches should be related to the theme.
5. The Project should be individually presented in a neatly bound simple shoe lace folder/file.

6. BIBLIOGRAPHY

The distribution of marks over different aspects relating to Project Work is as follows:

S. No	Aspects	Marks
1	a. Content accuracy, originality and analysis	5
2	b. Presentation and creativity	3
3	c. Initiative, Cooperation and Participation.	2

LAST DATE OF SUBMISSION: 2/12/24

SUBJECT: ARTIFICIAL INTELLIGENCE

Topic: Solution to Sustainable Development Goal through AI Project Cycle

Learning Objective: -

- Foster a deeper understanding of the Sustainable Development Goals.
- Develop skills in data handling and analysis.
- Research AI-based and employability skills for futuristic solutions.
- Empower youth to become human-centric designers and users of AI.

Learning Outcome:

Students will be able to -

- Develop 21st-century design thinking skills.

- Conduct surveys and visually present data after analysis.
- Implement python libraries like numpy, statistics and matplotlib
- Handle various AI-related tools and techniques.

Introduction:-

The AI project cycle is a structured roadmap for developing and deploying artificial intelligence projects to solve real-world problems. It guides us through a structured process that includes problem scoping, data acquisition, data exploration, modeling, and evaluation.

<https://aiforkids.in/class-10/project-cycle/>

To Do:-

Create a simple, feasible Artificial Intelligence-based solution for a problem around you that is also associated with one of the 17 Sustainable Development Goals set by the United Nations.

- I. The team will comprise two members with consecutive roll numbers.
Discuss with your team members, research SDGs, and decide on a problem statement for your project.

<https://sdgs.un.org/goals>

- II. Attempt first 3 the stages of AI project life cycle through the techniques/ tools/ application taught.

Problem Scoping

- a. The "Who," "What," "Where," and "Why" are essential for both problems and solutions.
- b. Create a 4W Canvas template using MS Word and complete it based on your chosen problem statement.

Data Acquisition

- a. Reliable data can be collected through sources like surveys, cameras, web scraping, etc., and stored in a secure location.
- b. Each member must survey 20 people to gather sufficient textual data for effective analysis.

Data Exploration

- a. Analyze the collected data to understand patterns and gain insights.

b. Using the survey data, calculate the Mean, Median, and Mode using the Numpy library.

c. Create at least two graphs using Matplotlib to analyze the data effectively.

Data Modelling and Evaluation will be done separately as per the instruction of your respective AI faculty.

Submission Process:-

a. Create a folder on the desktop named 10Sec_Names_Prj2

b. Save all the program files, CSV files, the 4W Canvas and any other files used during the project inside this folder.

c. Compile all the documents neatly in a Word file, following the order of the project cycle. Ensure the document includes a cover page with all necessary details (e.g., group members' names, class, project title).

d. Name the compiled Word file in the following format: 10Sec_FirstNames.

e. Only one group member should submit the final file in the Teams assignment.

Sources:-

<https://sdgs.un.org/goals>

<https://aiforkids.in/class-10/project-cycle/>

Rubrics for Evaluation

Criteria	Exemplary- (4)	Proficient - (3)	Satisfactory- (2)	Needs Improvement- (1)
Understanding of SDGs (4)	Comprehensive understanding of SDGs with relevant examples integrated into the project.	Good understanding of SDGs; some examples provided.	Basic understanding of SDGs; lacks depth.	Limited understanding of SDGs; few relevant examples.
Problem Statement (4)	Clearly defined problem statement aligned with an SDG; well-articulated "Who," "What," "Where," and "Why."	Clear problem statement; some elements of the 4Ws are vague.	Problem statement is present but lacks clarity or detail.	Poorly defined problem statement; does not address the 4Ws effectively.

Data Acquisition (Survey and Collection) (4)	Comprehensive data collection plan; effectively used surveys, web scraping, or other methods.	Adequate data collection methods; minor details lacking.	Basic data collection methods; some relevance issues.	Poor data collection methods; lacks reliability.
Data Exploration (Statistical Analysis and Graphs) (4)	Thorough analysis of collected data; calculated mean, median, and mode accurately using NumPy; visualizations are insightful.	Good analysis; calculations mostly accurate; visualizations are relevant.	Basic analysis; some calculations or visualizations are incorrect.	Limited analysis; calculations and visualizations lack clarity.
Use of Tools and Techniques (4)	Proficient use of Python libraries (NumPy, Matplotlib) and clear application of AI-related tools.	Good use of libraries; some minor errors in application.	Basic use of libraries; lacks depth in application.	Poor use of libraries; significant errors in application.

विषय : खान-पान की बदलती तस्वीर

भारत का प्रत्येक राज्य अपनी जलवायु, भूगोल और सांस्कृतिक प्रभावों से आकार लेने वाली अपनी अनूठी खाद्य संस्कृति को प्रदर्शित करता है। सदियों से चली आ रही खाद्य संस्कृति में पारिवारिक परंपराओं, स्थानीय सामग्रियों और विशिष्ट पाक तकनीकों का समावेश है। आधुनिकीकरण और वैश्विक खान-पान के प्रभाव में आकर पश्चिम बंगाल और तमिलनाडु या पश्चिम बंगाल और महाराष्ट्र के पारंपरिक व्यंजन में कई महत्वपूर्ण बदलाव आए हैं। सामाजिक, सांस्कृतिक, आर्थिक और तकनीकी परिवर्तनों के परिणामस्वरूप खाद्य आदतों में आए निरंतर बदलाव और उनके प्रभाव से उत्पन्न परिस्थितियों पर प्रकाश डालते हुए एक पावरपॉइंट (PPT) प्रस्तुतिकरण तैयार करें। पारंपरिक आहार से समकालीन व्यंजनों में आए बदलाव का विश्लेषण एक कोलॉज के रूप में प्रस्तुत करें जिसमें फास्ट फूड संस्कृति, स्वास्थ्य चेतना और शहरीकरण के कारण कुछ लुप्त होते पारंपरिक व्यंजनों का विस्तृत उल्लेख हो।

आवश्यक निर्देश

कक्षा को 6 समूहों में विभाजित किया जाएगा।

समूह 1, 2, 3 पश्चिम बंगाल और तमिलनाडु पर काम करेंगे।

समूह 4, 5, 6 पश्चिम बंगाल और महाराष्ट्र पर काम करेंगे।

संकेत बिन्दु

- दोनों राज्यों की खाद्य आदतों के बीच मुख्य अंतर और समानताएँ।
- परिवार के बुजुर्ग सदस्य के अनुभव पर आधारित पारंपरिक व्यंजन और उनका सांस्कृतिक महत्व।
- ग्लोबलाइजेशन के कारण फास्ट फूड और फ्यूजन व्यंजन के कारण वैश्विक स्तर पर स्वाद और खाद्य विकल्पों में आई विविधता।

Learning Objective

- भोजन में निहित सांस्कृतिक विरासत के मूल उद्देश्य से अवगत कराना।
- भारत में विकसित हो रही खाद्य आदतों के प्रति सजगता का विकास।
- कोलॉज के माध्यम से सृजनात्मकता का विकास।
- खाद्य परंपराओं को संरक्षित करने संबंधी स्थितियों की परख तथा उपयुक्त भाषा-कौशल का विकास।
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Learning Outcomes

- आहार संबंधी समसामयिक विषयों के प्रति जानकार हुए।
- खाद्य आदतों के प्रति सजगता की आवश्यकता एवं उसके मूल उद्देश्य से परिचित हुए।
- पारंपरिक व्यंजन के बदलाव में अपनाए गए अत्याधुनिक उपायों से परिचित हुए।
- स्थितियों की अभिव्यक्ति एवं सचित्र अभिव्यक्ति के लिए उपयुक्त भाषा-कौशल का विकास हुआ।

RUBRICS FOR CLASS 10 HINDI PROJECT

मानदंड	5	4	3	2
विषय-वस्तु का प्रभावी और सृजनात्मक वर्णन (5)	विषय सामग्री से जुड़े तथ्यों पर गहरा शोध और लेख में सटीक एवं विषयानुरूप वर्णन भूमिका और निष्कर्ष के साथ है।	एक या दो तथ्यात्मक त्रुटियों के अलावा अधिकांश तथ्य सही एवं विषयानुरूप है। भूमिका और निष्कर्ष त्रुटियों के साथ है। प्रश्नोत्तर से पहले भूमिका स्पष्ट नहीं थी।	कुछ तथ्य विषयानुरूप है पर तीन से अधिक त्रुटियाँ पाई गई हैं।	प्रयुक्त लेखों में विषय सामग्री स्पष्ट नहीं है।
तकनीक एवं इंटरनेट संसाधनों का रचनात्मक प्रयोग एवं चित्र संकलन (5)	परियोजना के विषय की प्रभावी अभिव्यक्ति के लिए ग्राफिक्स, इंटरनेट संसाधनों, तस्वीरों का अच्छा उपयोग।	परियोजना के विषय की प्रभावी अभिव्यक्ति के लिए ग्राफिक्स, इंटरनेट संसाधनों, तस्वीरों का कुछ उपयोग।	परियोजना के विषय की प्रभावी अभिव्यक्ति के लिए ग्राफिक्स, इंटरनेट संसाधनों, तस्वीरों का कम उपयोग।	परियोजना के विषय की प्रभावी अभिव्यक्ति के लिए ग्राफिक्स, इंटरनेट संसाधनों, तस्वीरों का उपयोग नहीं किया गया।
भाषा का प्रयोग (5)	प्रस्तुतीकरण में वाक्य-विन्यास, वर्ण-विन्यास एवं विराम चिह्न संबंधी त्रुटियाँ न होना। सहज एवं बोधगम्य भाषा का उपयुक्त प्रयोग।	प्रस्तुतीकरण में वाक्य-विन्यास, वर्ण-विन्यास एवं विराम चिह्न संबंधी कुछ ही त्रुटियों का होना।	प्रस्तुतीकरण में वाक्य-विन्यास, वर्ण-विन्यास एवं विराम चिह्न संबंधी त्रुटियों के कारण भाषा की उपयुक्तता का अभाव पाया जाना।	प्रस्तुतीकरण में वाक्य-विन्यास, वर्ण-विन्यास एवं विराम चिह्न संबंधी त्रुटियों के कारण विषयानुसार भाषा का प्रयोग न हो पाना।
समग्र प्रस्तुति (5)	परियोजना का समग्र प्रभाव रोचक और आकर्षक।	परियोजना का समग्र प्रभाव ध्यान आकर्षण के लिए पर्याप्त।	परियोजना की समग्र प्रस्तुति को आकर्षक बनाने के लिए कुछ ही प्रयास किया गया।	समग्र प्रस्तुति को रोचक बनाने के लिए विद्यार्थी ने किसी प्रकार का प्रयास नहीं किया।

LAKSHMIPAT SINGHANIA ACADEMY

INTEGRATED PROJECT

TERM -II (2024-25)

CLASS-X

SUBJECT – BENGALI

বিষয়: খাদ্যাভ্যাসের পরিবর্তন

ভারতের প্রতিটি রাজ্য তার জলবায়ু, ভৌগোলিক পরিস্থিতি এবং সাংস্কৃতিক প্রভাব দ্বারা নিজস্ব অনন্য খাদ্য সংস্কৃতি বহন করে। খাদ্য সংস্কৃতি, বহু শতাব্দী ধরে, পারিবারিক ঐতিহ্য, স্থানীয় উপাদান এবং স্বতন্ত্র রন্ধনপ্রণালীকে প্রতীকায়িত করে। আধুনিক কালে এবং বৈশ্বিক রন্ধনপ্রণালীর প্রভাবে পশ্চিমবঙ্গ ও তামিলনাড়ু ও মহারাষ্ট্রের ঐতিহ্যবাহী খাবারে অনেক উল্লেখযোগ্য পরিবর্তন এসেছে। সামাজিক, সাংস্কৃতিক, অর্থনৈতিক ও প্রযুক্তিগত পরিবর্তনের ফলে খাদ্যাভ্যাসের ক্রমাগত পরিবর্তন এবং তাদের প্রভাব থেকে সৃষ্ট পরিস্থিতি তুলে ধরে একটি PPT তৈরি করা যাবে।

- ঐতিহ্যবাহী খাদ্য থেকে সমসাময়িক খাবারের পরিবর্তনের একটি তুলনামূলক আলোচনা
- ফাস্ট ফুড সংস্কৃতি, স্বাস্থ্য সচেতনতা এবং নগরায়নের কারণে হারিয়ে যাওয়া কিছু ঐতিহ্যবাহী খাবারের বিস্তারিত উল্লেখ।
- দুটি রাজ্যের খাদ্যাভ্যাসের মধ্যে প্রধান পার্থক্য এবং মিল।
- পরিবারের বয়স্ক সদস্যদের অভিজ্ঞতার ভিত্তিতে ঐতিহ্যবাহী খাবার এবং তাদের গুণাগুণ

প্রকল্পের উদ্দেশ্য :

- খাদ্যের অন্তর্নিহিত সাংস্কৃতিক ঐতিহ্যের মূল উদ্দেশ্য সম্পর্কে সচেতন করা।
- ভারতের উল্লেখিত রাজ্য গুলির বিশেষ খাদ্যাভ্যাস সম্পর্কে সচেতনতার বিকাশ।
- বিশ্বায়ন ফাস্ট ফুড এবং ফিউশন রন্ধনপ্রণালীর কারণে বিশ্বব্যাপী স্বাদ এবং খাবারের পছন্দে বৈচিত্র্য সম্পর্কে অবহিত করা।
- সৃজনশীলতার বিকাশ।

প্রকল্পের কাঙ্ক্ষিত ফলাফল:

- ডায়েট সম্পর্কিত সমসাময়িক বিষয় সম্পর্কে শিক্ষার্থীরা অবহিত হবে।
- খাদ্যাভ্যাস এবং এর মূল উদ্দেশ্য সম্পর্কে সচেতনতার প্রয়োজনীয়তার সাথে পরিচিত হয়ে উঠবে।
- ঐতিহ্যবাহী খাবারের রূপান্তরে গৃহীত আধুনিক পদ্ধতির সাথে পরিচিত হবে।
- ভাষার দক্ষতা বৃদ্ধি পাবে।

RUBRICS:

Skills- দক্ষতা	Competency – যোগ্যতা			
	4	3	2	1
Content (4 marks)	সকল বিষয় সঠিক ভাবে লেখা হবে এবং প্রতিটি ক্ষেত্র আলাদা ভাবে প্রতিফলিত হবে	বিষয়বস্তুর উল্লেখে অপ্রতুলতা	প্রয়োজনীয় বিষয়ের প্রতিটি ক্ষেত্রের উল্লেখ নেই	অসম্পূর্ণ কাজ
Research (4 marks)	বিষয়ের স্পষ্ট ও যথাযথ উল্লেখ	প্রয়োজনীয় বিষয়ের অসম উল্লেখ	প্রয়োজনীয় বিষয়ের অনুপস্থিতি	ভুল পদ্ধতি বেছে নেওয়া
Creativity (4 marks)	বিষয়বস্তুর সাথে সমতা বজায় রেখে মৌলিক চিন্তাশীলতা	বিষয়বস্তুর সাথে সমতা বজায় থাকলেও মৌলিকতার অভাব	বিষয়বস্তু ও নামকরণে সমতার অভাব	নামকরণের অনুপস্থিতি
Art Integration (4 marks)	পরিচ্ছন্ন কাজ, উপযুক্ত প্রচ্ছদ ভাবনা, উপযুক্ত শিল্পভাবনা	উপযুক্ত প্রচ্ছদ কার্যের অপ্রতুলতা, সৃজনশীলতার অভাব	উপযুক্ত প্রচ্ছদের অভাব	প্রচ্ছদের অনুপস্থিতি
Overall Presentation (4 marks)	সুন্দর, পরিচ্ছন্ন উপস্থাপনা	সুন্দর, পরিচ্ছন্ন উপস্থাপনা, কার্যে আত্মবিশ্বাসের অভাব	কার্যে পরিচ্ছন্নতার অভাব	বানান ভুলের বাহুল্য