

## Related Activities

### 1. Observe and classify various ways of supplementing family income.

#### Procedure :

- a) Observe all the ways
- b) Classify them
- c) Note down in the following table
- d) Draw conclusion

Sr. No.	By increasing family Income	By Cutting down Expenditure

### 2. Visit to a Bank.

#### Procedure :

- a) Visit various banks available in your locality.
- b) Write down the facilities provided by them.
- c) Draw conclusion

Sr. No.	Name of the Bank	Facilities

### 3. Prepare a "To Do List" for a week.

#### Procedure :

- a) Think about the tasks to be completed in a week.
- b) Prioritise them
- c) Allocate required time
- d) Prepare a final "To Do List"
- e) Draw conclusion

### 4. Prepare a time plan for study.

#### Procedure :

- a) Set a goal for coming examination.
- b) List out the Subjects.
- c) Calculate the available time for study.
- d) Prioritise the subjects according to your difficulty level.
- e) Prepare an urgent important matrix.
- f) Allocate the required time for specific subjects.
- g) Prepare a time plan for actual utilization
- h) Note down your remarks

### 5. Write down the reasons of fatigue after performing the activities in a day by you.

#### Procedure :

- a) List out all the activities carried out in a day.
- b) Think about the fatigue experienced by you on the following aspects
  - Working conditions
  - Likes and dislikes in work
  - Posture during work
  - Duration of work
  - Type of work - Light, moderate, heavy
  - Success in work
  - Appreciation received
- c) Write down the conclusions

### 6. Prepare 'Pathway chart' of any household activity.

#### Procedure :

- a) Select any activity
- b) Draw a floor plan of work place in scale
- c) Place it on a soft board
- d) Select work centers and fix pins accordingly

- e) Ask the worker to perform an activity
- f) Observe the path taken and wind the thread around the specific pins.
- g) After completion of task, remove the pins and measure the length of the thread and note it down and convert the thread length into distance travelled.
- h) Give suggestions for improvement of path travelled during the activity.
- i) Prepare a fresh plan according to suggestions and follow the previous procedure for the modified activity.
- j) Compare the length of the thread to know the distance travelled in original and modified plan.
- k) Write down the conclusions.

## 7. Collection and analysis of labels.

### Procedure :

#### a) Collect minimum one label from the following -

- Agricultural Products : Sugar, jaggery, cereals, pulses, oils, fats, etc.
- Preserved foods : Pickles, jams, jellies, squash, mineral water, juices, canned food etc.
- Ready to eat products : Various masala gravies, baby foods, ready to eat vegetables, poha, upama and other products.
- Milk products : Paneer, cheese, ghee, curd, yogurt, lassi, ice-creams, shrikhand, basundi, burfee, etc.
- Clothes : Fabrics, readymade garments, woolen clothes, hosiery garments, furnishing materials like sofa covers, bed sheets etc.
- Cosmetics : Hair oils, body lotions, creams, soaps, shampoo, nail paint, lipsticks, talcum powder etc.
- Medicines - Tablets, injections, creams, sprays, drops, syrups, etc.
- Electrical and electronic products : Mixer, food processor, iron, water heaters, plug pins, electric wire, television, micro oven, refrigerator, mobiles etc.
- Tools and utensils - kitchenware, nonstick utensils, water filters, containers etc.
- Others - Toys, stationery items, mosquito coils, match sticks, etc.

#### b) Analyse the collected labels on the basis of the following points.

- Informative labels : weight, date of manufacturing, date of expiry, content, price, nutritional value, care and storage, information regarding use, barcode, mail address, website, address of the manufacturer.
- Brand labels : Identify the brand name and brand logo of the product.
- Certification labels : Identify the certification mark such as ISI mark, Agmark, Vegetarian and Non -vegetarian marks, FSSAI, BEE star label mark, Handloom mark, Wool mark, Silk mark, Eco mark.

#### c) Paste the collected labels and write the analysis in the journals.

## 8. Prepare a colour wheel.

### Procedure :

- a) Draw a circle and divide it in 12 equal parts.
- b) Locate the places of primary colours first by placing yellow at top centre of the circle
- c) Locate the places of secondary colours and then intermediate colours.
- d) Apply the primary colours in the respective places and let them dry.

- e) Prepare secondary colours and apply them in the respective places. Allow them to dry.
- f) Now prepare intermediate colours and apply them in proper places. Let them dry.

**Note :** Refer the colour wheel given in figure 7.14 for accurate locations of colour and colour hue.

## 9. Prepare freehand design.

### Procedure :

- a) Draw square of  $10 \times 10$  cms. on a plain paper.
- b) Draw freehand design of your imagination and choice
- c) Select a colour scheme and choose appropriate colours.
- d) Use the specified colour scheme for colouring the design.
- e) Apply the colours carefully and smoothly to make the design attractive.

## 10. Prepare an accessory.

### Procedure :

- a) Think about the waste material available in your house.
- b) Apply your imagination to create a useful and decorative accessory for example a wall hanging, flower vase, lamp shades, penstand, cushion covers, floor mats, table mats, table covers and such accessory.
- c) Write down the material used and the procedure used for making the accessory.

## 11. Demonstrate and practice various types of rangoli.

### Procedure :

- a) Demonstrate the following types of rangoli by using proper material and method.

- Traditional - With dots and traditional symbols.
- Sanskarbharti - by using appropriate symbols and their variations given in the unit.
- Aplana - with traditional material and symbols.
- Freehand rangoli
- Water rangoli using any one method given in the unit.

- b) Write down the material used and the method.
- c) Click a picture and paste it in practical book.

## 12. Observe the types of lighting used in different rooms in your house.

### Procedure :

- a) Note down the observation in the following table and draw conclusion.

Sr. No.	Name of the room	Type of lighting

## 13. Collect Pictures of solar lighting for the following :

House, educational institutions, hospitals, social place, farms or farm house etc.

### Procedure :

- a) Collect pictures from various sources including internet.
- b) Identify the various parts.
- c) Label and describe them.
- d) Prepare a file.



## Glossary

- **Accessories** : Are the elements that bring charm, individuality and vitality to a room.
- **Alpana** : It is a kind of floor decoration which is quite popular in Bengal and Asam.
- **A.T.M.** : Automatic Teller Machine.
- **Balance** : Balance is a restful effect created in a design or arrangement.
- **Biological Time** : A pattern of repeated, routine, biological bodily activities.
- **Body Alignment** : Keeping head, shoulders, spine, hips, knees and ankles line up with each other.
- **Budget** : Budget is a plan for future expenditure.
- **CFLs** : Compact Fluorescent Lamps.
- **CGS System** : Fundamental system of measurement of length, mass and time.
- **Clock Time** : The time of the day as shown in clock.
- **Colour Value** : Colour value indicates the lightness or darkness of any colour.
- **Consumer** : A consumer is one who buys or acquires goods or services. It does not include a person who obtains such goods for resale or for any commercial purpose.
- **Decorative Accessories** : The objects that are exclusively used to enhance the beauty of a space are called as decorative accessories.
- **Delegation** : The act of process of entrusting task to another person.
- **Direct income** : Direct income refers to material goods and services available to the family without the use of money.
- **Discretionary Time** : Time spends for own sake and creative activities.
- **Effort** : Effort means earnest and conscientious activities intended to or accomplish something.
- **Emphasis** : In simple words, emphasis is giving importance to some particular element in a design or arrangement.
- **Energy** : Energy is defined as capacity to do the work.
- **Energy Cost** : The energy required to perform any task.
- **Energy Management** : It is the process of monitoring, controlling and conserving energy for doing a particular activity.
- **Fatigue** : Fatigue is tiredness or boredom experienced after performing a particular task.
- **Functional Accessories** : These are the items or objects that are meant for carrying out some function in a room.
- **Goal Setting** : First step of time management.
- **Golden oblong** : It is a standard for good proportion.
- **Harmony** : The art principle which produces an impression of unity in a design or arrangement.
- **Hue** : In simple words hue is the name given to a colour. It also tells the warmth or coolness of a colour.
- **Income** : The flow of money, goods and services received or created and the satisfaction received during a specific time period.
- **Indirect income** : Indirect income refers to the goods and services available to the family only after the use of some means of exchange.
- **Intensity or Chroma** : Intensity refers to the brightness or dullness of a colour. It is the strength or weakness of a colour.
- **Investment** : Saving money for getting more profit.

- **Labels** : Paper, plastic or fabric attached to a product, giving written information about the product.
- **LED** : Light Emitting Diode.
- **Leisure Time** : Free time or non work time.
- **Light** : Light is an art element as well as utilitarian element that makes everything visible.
- **Line** : Line is a basic element of art. It is a chain of dots joined together.
- **Money Income** : The income in specific form of currency of the country.
- **Pattern** : Any enrichment done on a surface of an object is called as pattern.
- **Planning** : Picture of future action and activities.
- **Posture** : The way a person positions his body at work.
- **Prioritizing** : Treat as more important than other task.
- **Proportion** : In simple words it refers to the law of relationships.
- **Psychological Time** : Awareness of passage of time.
- **Rangoli** : It a traditional form of floor decoration in India.
- **Real income** : Flow of commodities and services available for satisfaction of human wants and needs over a given period.
- **Resting/Basal Metabolism** : Energy required for natural body processes such as respiration, circulation, secretion, excretion etc
- **Rest Period** : Time needed for taking rest after completion of activity.
- **Sanskar Bharati Rangoli** : It is an advanced type of rangoli which is modified from traditional symbols and is used merely for the purpose of decoration.
- **Saving** : Keeping aside some money from present consumption for future use.
- **Services** : A system supplying a public need such as transport, communications, or utilities such as water supply, drainage, electricity.
- **Setting Deadlines** : Setting time limits for completion of task.
- **Shape and form** : Shape and form enclose space. Shape is two-dimensional and form is three dimensional.
- **SMART Goals** : Specific, Measurable, Attainable, Relevant and Time bound goals.
- **Space** : Space is defined as emptiness, void or interval between things.
- **Sustainable consumption** : The use of products or services to fulfill basic needs and for better quality life with minimum use of natural resources and toxic materials without harming the environment and society.
- **Texture** : Texture is the surface quality of a material which is understood through the sense of touch or vision.
- **Time** : Continuum in which event succeeds one after another from past through present to future.
- **Time Allocation** : Distribution of time for various activities.
- **Time Management** : A system of controlling and using time as efficient as possible.
- **To Do List** : preparing list of various tasks on the basis of urgency, importance, priority and spending time.
- **U.T.I.** : Unit Trust of India.
- **Work Simplification** : Accomplishing more work in given amount of time and energy by making work easier.
- **Work Time** : Time spent for the performance of work.



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