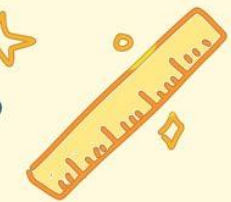
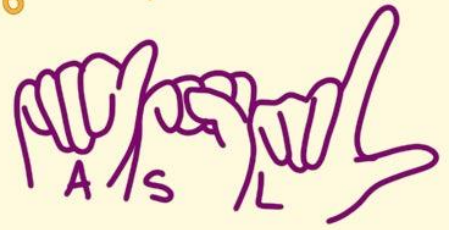
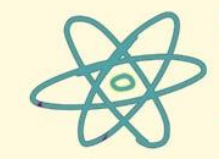
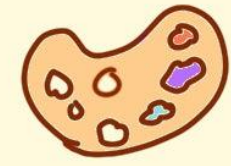


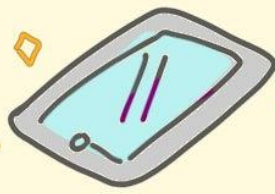
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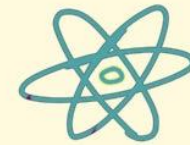
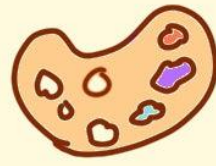
HOLIDAYS' HOMEWORK

CLASS VIII





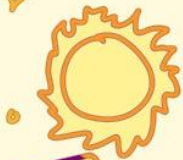
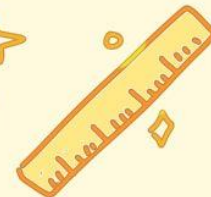
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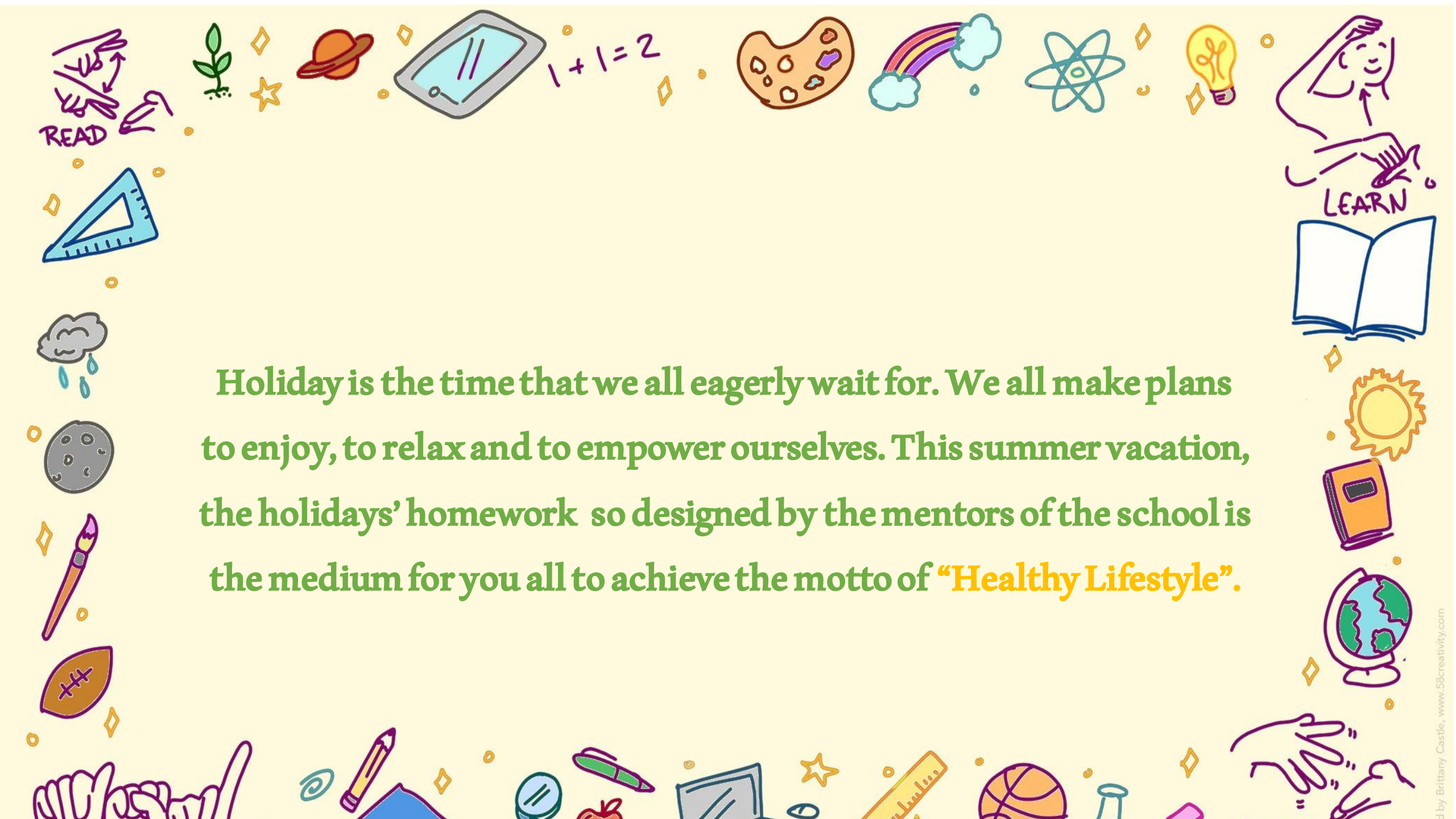


“Learning is the beginning of health.

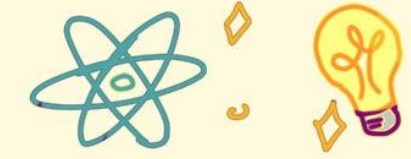
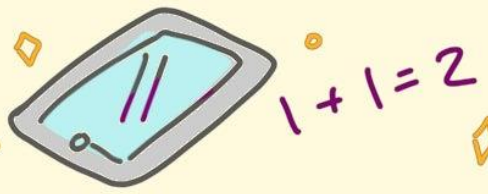
Learning is the beginning of spirituality.

Searching and Learning is where the miracle process all begins...”

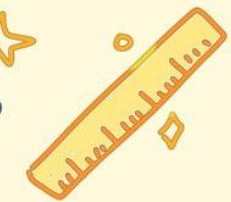
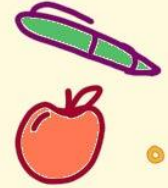
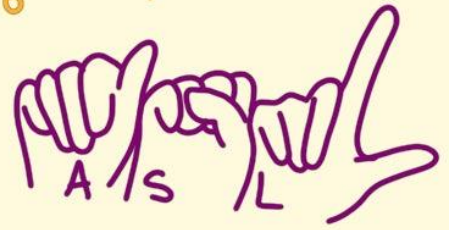




Holiday is the time that we all eagerly wait for. We all make plans to enjoy, to relax and to empower ourselves. This summer vacation, the holidays' homework so designed by the mentors of the school is the medium for you all to achieve the motto of **“Healthy Lifestyle”**.



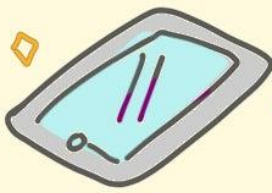
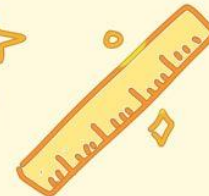
Health is a state of complete physical, social and mental well-being. It is a condition where mind, body and soul are free from illness, injury and pain. In view of this, we are incorporating integrated project-based learning wherein students will prepare projects based on the above theme by inculcating the approach of collaborative learning.



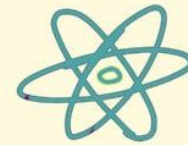
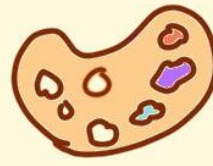


General Instructions :

- Create your own A-3 size sheet with the help of waste paper/cloth and decorate it well with waste material e.g. bottle caps, refills, leftover pencils or crayons, lace, etc.
- Use eco-friendly and sustainable materials for models/projects.
- Your work should be authentic and creative.
- Project work should be done according to your Roll numbers.
- Holiday Homework is a part of subject enrichment and will be assessed on the basis of creativity and efforts of the students.



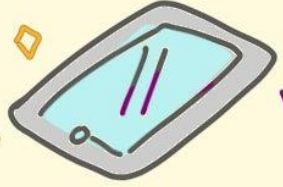
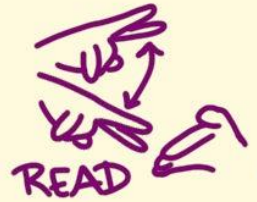
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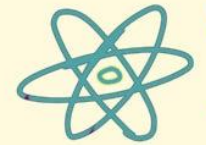


ENGLISH

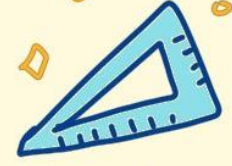
- Visit any store which sells organic/natural products like Khadi Gramodyog and find out products available for body care, medicine, facial care, hair care and wellness or any other which makes our lives happier and healthier. “Brochure is like a hall of Mirrors”. Design a brochure for your own brand which is conceived and created by you. Through this inform/promote/advertise about the various products available/manufactured by your company. Design a logo, create a brand name, create a slogan which reflects the uses/benefits of your brand. Also mention the ingredients used for manufacturing the product.
- Practice Informal Letter, exercises of all grammar chapters and read the reader chapters well done in the class.



$$1 + 1 = 2$$



HINDI



❖ 'सर्वे भवन्त सुखिन सर्वे सन्तु निरामया' अर्थात सभी सुखी और निरोग हों- के भाव के आधार पर भारत में अनेक आयुर्वेद औपचारिक केंद्र स्थापित किए गए हैं इन सब के बारे में जानकारी प्राप्त करें और किसी एक औपचारिक केंद्र का श्री डी मॉडल बनाएं-

1. हिंदुस्तान आयुर्वेदिक केरल (1 से 12 तक)
2. आनंदा हिमालय उत्तराखंड (13 से 24 तक)
3. देवया आयुर्वेद केंद्र (25 से 36 तक)
4. अखिल भारतीय आयुर्वेद संस्थान (37 से 43 तक)



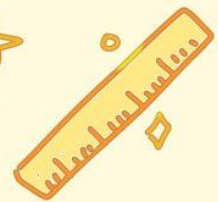
❖ आयुर्वेद के लाभों का वर्णन करते हुए एक स्वरचित कविता लिखिए।

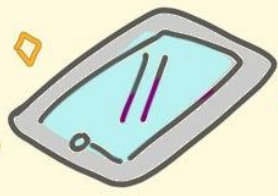
❖ तुलसी या गिलोय का पौधा लगाएं और ग्रीष्मावकाश में उसकी देखभाल करें। ग्रीष्मावकाश के बाद उसे विद्यालय में लाएं।

❖ शल्य चिकित्सा के जनक एवं प्रथम शल्य चिकित्सक सुश्रुत जी का सचित्र जीवन परिचय लिखिए। (1 से 25 तक)

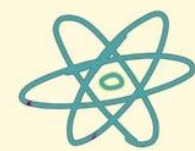
❖ आयुर्वेदिक चिकित्सा के जनक महर्षि चरक का सचित्र जीवन परिचय लिखिए। (26 से 43 तक)

❖ कक्षा में करवाया गया सारा कार्य दोहराएं। शुद्ध पढ़ने और लिखने का अभ्यास करें। युनिट टैस्ट का सारा पाठ्यक्रम याद करें।



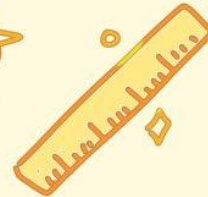


$1 + 1 = 2$



SANSKRIT

आयुर्वेद के अनुसार त्रिदोष कौन से हैं, चित्र सहित लिखिए।



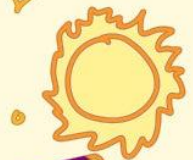
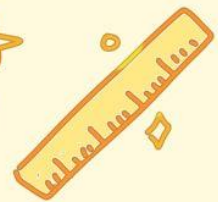
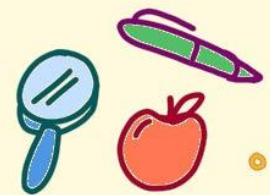
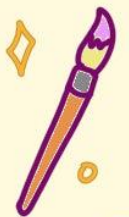


MATHS

“A daily routine is absolutely crucial to bring necessary change in body, mind and consciousness. It also helps in regulation of person’s clock (biological, absorption, accumulation).”

‘Be creative’

- Draw a pie chart depicting Dincharya according to Ayurvedic daily routine for a long and healthy life. (Hint : <https://images.app.goo.gl/jmPxBFnZ65MvfZBN8>)
- Divide 24 hours into central angles of 60° for construction.
- Practice examples and ‘Try These’ of all the chapters done in the class from NCERT.





SCIENCE

“Ayurveda helps in treating conditions by balancing the five elements that is – Earth, water, fire, air and space present in our body. Diet is an integral part of this therapy. There are 3 body types(doshas)- Vatta, Pitta, Kapha.”

- Design a poster explaining the qualities of 3 doshas. Also include the things that an individual should avoid to keep dosha in balance. (Hint: Prepare a list of questions that will help in dosha analysis).
- Read and revise all the chapters done in the class.



SOCIAL SCIENCE

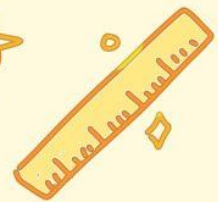
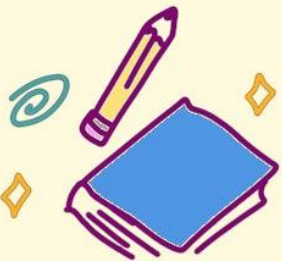
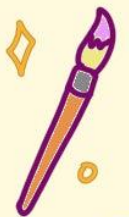
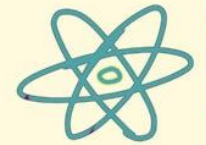
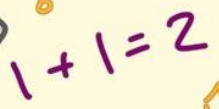
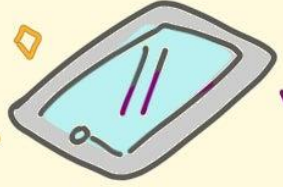
"Millets is a tiny wonder brain with big health benefits"

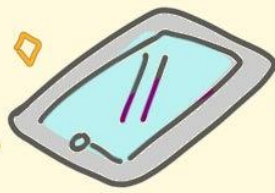
"Map Making"

- In the political map of India highlight the states where different millets are grown. Stick different course grains (for example buckwheat(kuttu) finger millet (ragi)pearl millet (Bajra)Sargam(Jawar) Amarnath(rajgira) baniyard (sanva) foxtail (kangni) in the states where they are cultivated.
Kindly note:- Political map of India to be pasted on hardboard / cardboard for support. Stick different grains in the states where they are produced.
- Read and revise all the chapters done in the class.

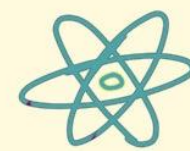
PROJECTS

- Make a 3-D model of pie chart depicting Dincharya according to ayurveda.(Roll No 1 to 5)
- Make a 3-D game that helps in identifying body type.(Roll no. 6 to 10)
- In order to cure various diseases, Ayurveda plays a crucial role. Gather information about various herbs and medicinal plants available around you. Now present your findings through a 3-D model and prepare a chart depicting its benefits.(Roll no. 11 to 15)
- Make a 3-D model on the qualities of a person with different body types: Vata, Pitta, Kapha. What are the benefits when they are in balance.(Roll no.16 to 20)





$$1 + 1 = 2$$



• Design a timeline showcasing history of Ayurveda (according to Indian Mythology) in a creative way. Give a brief description of 2 ancient schools of Ayurveda. (ROLLNO. 21 TO 25)

• Portrait or sculpture of

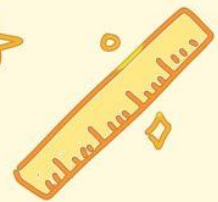
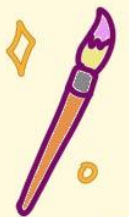
• Sushruta (26 to 31)

• Charaka (32 to 36)

• Dhanvantri (37 to 43)

• "Be a truth seeker"

As the famous Lays advertisement says "No one can eat just one". Chips are everyone's favourite. With the help of your mother prepare chips using 1 or 2 potatoes. Now fry it and store it in a glass container (don't refrigerate it) and keep chips brought from the market in another container. Now observe both the containers closely. After 20 days, take out chips from both the containers. Have you noticed any change? Why did it happen? Write a report on your findings in about 150 words. (ALL STUDENTS)





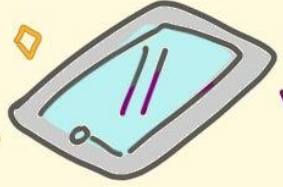
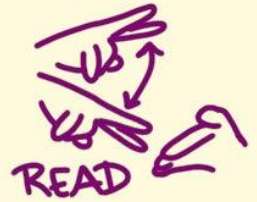
ART AND CRAFT

Intro: Thread Lampshade with balloon.

A Thread lampshade is a super easy and pretty lampshade that can be made with just simple thread/string, glue, balloon / an inflatable ball. It's fun to create and doesn't even take a lot of time! It can be used to decorate your personal room, halls or parties.

<https://youtu.be/k6Mj4xr77pw>

HAVE A FUN FILLED VACATION!



$1 + 1 = 2$

