

Holiday Homework For Summer Break  
Session 2014-2015  
Class VIII

English

1. Mother is the pivot of our existence. Collect five poems / write ups on 'My Mother'
2. Read newspaper every day. Collect five articles related to Healthy Lifestyle
3. Read Unit-2 (Compassionate Souls) of English Reader and attempt the exercises

The above mentioned Holiday should be done on A4 sized sheets

Maths

1. Make a decorative magazine comprising of history of maths, puzzles, poems, sudoku etc (minimum 15 pages)
2. Make two toys using different 3D shapes (cylinder, cuboid, cube, sphere, cone etc)
3. Revise the chapters done so far on sheets.

Physics

1. Force and Pressure are two different concepts though at times we tend to use these two words interchangeably. Collect some pictures or draw cartoons to bring out the difference between the two. [Do be done in your physics notebook]
2. List some sports / games where friction is either supporting or opposing these sports. Discuss each sport with supporting in pictures in your notebook.

Biology

1. Make a project on the topic "Importance of Microbes Human Welfare" using newspaper cuttings, pictures from internet and magazines

Chemistry

1. Make a report on the electricity consumption in your house of last 4 months. List the factors or the steps that can be taken to reduce consumption.
2. Make a collage in your C.W notebook of 'Sources of Energy'.
3. Prepare a report on the precautions that should be taken while taking C.N.G fuel in vehicles.



4. Revise Chapter 'Sources of Energy' for class test

Note- H.W to be done in C.W notebook

### Geography

1. Suggest 5 ways in which wastage of resources can be reduced.

2. Look around your home and neighborhood and list the ways in which water is wasted.

(Make a model showing Water-Conservation to save money and our future)

3. Find out the causes of water pollution in the River Yamuna or a river of our state where you belong to.

### Art

1. Collage art work (make 05 collage art work) size A-3 (Colour Sheet)

2. Collage is work of visual art which involves placement of various layers one over the other resulting in a complete new unit

3. A collage may include newspaper clippings, ribbons, bits of coloured or hand-made paper, portions of other art work, photographs and other objects, glued to a piece of paper or canvas.

### History & Civics

#### A Group Activity

Make a Power Point Presentation

Roll No 1 to 13	Based on Establishment of Company's Rule in India (CH-9) describing various wars like Carnatic War, Anglo Mysore War Anglo Maratha War etc
Roll No 14 to 26	Based on the First War of Independence (CH-11) describing various leaders of Revolt of 1857, their bravery causes failure etc
Roll No 27 to 39	Based on the National Movement (CH-13) describing the developments of National Struggle in Chronological and the movements led by Mahatma Gandhi
Roll No 40 onwards	Based on the Indian Judicial System ( CH-20)



ग्रीष्मकालीन गृहकार्य 2014-15

कक्षा - 8

हिन्दी

- 1 राष्ट्रीय एकता में हिन्दी साहित्यकारों के योगदान पारा चार्ट बनाइए जिसमें उनका जीवन परिचय, रचनाएं तथा उनके योगदान पर प्रकाश डाला गया हो:-

कक्षा अनुभाग

साहित्यकार

8A

मैथिलीशरण गुप्त

8B

रामधारी सिंह 'दिनकर'

8C

माखन लाल चतुर्वेदी

8D

बालकृष्ण शर्मा 'नवीन'

8E

मुंशी प्रेमचंद

8F

भारतेन्दु हरिश्चंद्र

- 2 हिन्दी शब्दकोष देखकर प्रतिदिन 5 नए शब्द व अर्थ याद करके लिखिए।  
3 ज्ञान सागर - अभ्यास सागर की पुनरावृत्ति।

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कक्षा - 8

धर्म शिक्षा

- 1 भारतीय तीर्थ स्थानों के संबंध में सम्पूर्ण जानकारी एकत्रित करें। उनमें से मुख्य दस तीर्थ स्थानों के सम्बन्ध में चित्र सहित 1 x 4 साइज शीट में एक (Spiral Binding) डायरी तैयार करें। प्रत्येक तीर्थ स्थान के संबंध में उसकी ऐतिहासिक पृष्ठभूमि का उल्लेख करना अनिवार्य है।

नोट : प्रस्तुतीकरण चित्रमय एवं सुंदर होना चाहिए।

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कक्षा - 8

संस्कृत

- 1 पाठ्यक्रम SA में आने वाले शब्दरूप एवं धातुरूप व्याकरण पुस्तक से देखकर कक्षा कार्य अभ्यास पुस्तिका में लिखें एवं याद करें।  
(किसी भी प्रकार की समस्या जैसे शब्दरूप धातुरूप न मिलने पर अवकाश उपरांत अध्यापिका से सहायता लें।)
- 2 एक वार्षिकफल (Spiral CCalendar) बनाएँ जिसमें 12 पृष्ठ हों। प्रत्येक पृष्ठ पर माह का नाम दिन, तिथि के साथ सकारात्मक विचार वाला श्लोक हो। लेखन एवं सज्जा कार्य छात्र स्वयं करें। छात्रनिर्मित कृति को ही अंक दिए जाएंगे।
- 3 अपठित गद्यान्श, संवाद लेखन, पत्र लेखन एवं चित्र रचना का प्रतिदिन अभ्यास करें।
- 4 30 तत्सम एवं तदभव शब्द ढूंढ कर लिखें।

# Wellness Programme for Summer Break 2014

To ensure healthy lifestyle, students are advised to follow wellness Programme during the summer break. Healthy habits make healthy human beings.

## Week-1

- 1) **Walking**: Concentrate on breathing, try to co-ordinate hands and leg movements along with rhythmic breath. Elbows should be swinging at 90<sup>0</sup> forward / backward. (10 minutes)
- 2) **Free hand exercises**: (25 minutes)
  - (a) Arms rotation forward/backward (16 times each)
  - (b) Stretching – standing, side wise arms bending, open legs knee stretching (16 times each)
  - (c) Bending – forward and backward bends, keeping your knees straight, feel the stretch (16 times each)
  - (d) Jumping – spot jump, broad jump, alternate single leg jump (20 times each)
- 3) **Cooling Down**: Seating / lying on a clean and airy space, breath deeply and slowly. Concentrate on breathing and relax.

## Week-2

**(1 hour)**

- 1) Walking (10 minutes)
- 2) Jogging (10 minutes)
- 3) Free hand exercises (10 minutes)
- 4) Practice simple yogasanas (30 minutes)

## Week-3

**(1 Hour)**

- 1) Jogging (10 minutes)
- 2) Skipping (10 minutes)
- 3) Free hand exercises (15 minutes)
- 4) Stretching exercise (15 minutes)
- 5) Cooling down meditation (10 minutes)

## Week-4

**(1 Hour)**

- 1) Walking / Cycling (10 minutes)
- 2) Jogging (10 minutes)
- 3) Practice simple yogasanas twice (30 minutes)
- 4) Meditation (10 minutes)

## Week-5

- 1) Cycling / Jogging (10 minutes)
- 2) Running (10 minutes)
- 3) Free hand exercises (20 minutes)
- 4) Push-up / Sit-ups (16 times each) (10 minutes)
- 5) Cooling down – Meditation (10 minutes)

## Week-6

- 1) Jogging (05 minutes)
- 2) Running (10 minutes)
- 3) Stretching exercises (15 minutes)
- 4) Push-ups & Sit-ups (20 times each) (10 minutes)
- 5) Yogasana & Meditation (30 minutes)

## Notes

- Do your exercise in clean and open space. Do regular exercise with proper rest between each.
- Never over-do any exercise.
- Warming up before and cooling down after is mandatory.
- Increase or decrease timing / repetitions of exercise / intensity of exercise according to individual capability
- Take proper diet, wholesome nutritious and fiber rich foods. Increase fluid intake, fresh and seasonal fruits and vegetables. Avoid junk food.
- Consult doctor's / medical expert's immediately if any medical problem feel / arise during or after practice.