



Summer Holidays are a time that provides opportunities to students to relax, rejuvenate, learn new skills, and inculcate family values amongst them. The vacay brings along hours of happiness, days of fun and ample scope to indulge in and explore life skills such as cooking, cleaning, managing money and organizing time. To facilitate optimum utilization of children's time and facilitate research-based learning, holidays homework has been crafted by experienced minds of the school faculty. This homework is trans-disciplinary in nature and aims to ensure that students are able to learn at self-pace and gain insights amongst them about various aspects of the theme, as given below:



The Viksit Bharat programme was launched by the Prime Minister in December last year. It aims to give a platform to the youth to “contribute thoughts to the vision of Viksit Bharat @2047 — the idea of a developed India by 2047, the 100th year of Independence”.

Holidays allow children to have quality family time, which is equally important for their growth and development, as is learning in school. Under the Parent-Teacher Partnership programme run by DAV Centenary Public School, here are some guidelines for the parents, keeping in view the interest of students.

PROPOSED TIPS FOR PARENTS:



- Eat meals with children.
- Involve children in cooking food.

- Indulge in Digital Detoxing. Parents and children both to use gadgets to minimal extent.
- Visit grandparents' house and allow them to spend time together.
- Take them to your workplace, if possible, let them realize how hard you work to earn for the family.
- Visit local markets.
- Allow children to visit parks, play outdoor games in evening time.
- Read story books/novels with them, play folk songs, indulge in newspaper, magazines and comic reading with them.
- Avoid junk food and feed them the healthier and tastier delicacies.
- Let them help you in household chores.
- Meditate together. Thank Almighty for giving you such amazing children.

GUIDELINES FOR STUDENTS:

Dear Students, Please find below important guidelines for doing your holidays homework:

- All tasks of holidays homework (except for 3D models, if any), to be done on A4 size sheets.
- Please follow the colour scheme for subjects. Use the sheets of given colour for doing different subjects' homework:
 - English – PINK
 - Hindi – BLUE
 - Mathematics – PURPLE
 - Science – GREEN
 - Social Science – YELLOW
 - Sanskrit & Moral Education – ORANGE
 - Ai/Computers/Art - WHITE
- All subjects' Holidays Homework to be compiled in ONE RING BINDER FILE. (after checking of sheets done by subject teachers).
- File should be covered properly and should have the information given below on the cover:
Name of the student, Class & Section, Roll Number, HOLIDAYS HOMEWORK, Session: 2024-25
- The first sheet of the file should have following information:
Name of the student, Class & Section, TRANS-DISCIPLINARY PROJECT:
THEME – VIKSIT BHARAT
- Second Sheet should include Index. Index to have following columns;
S.No., Name of Subject, Particulars, Page Number, Teacher's Signature & Remarks
- In the end, the students must mention Bibliography, including the sources from where information was gathered.
- Last sheet of holidays homework should be REFLECTION SHEET. The format of Reflection Sheet is given as under:

SELF-REFLECTION SHEET			
	YES	NO	PARTIALLY
Did I enjoy in summer holidays?			
Did I spend time with family?			
Did I learn something new while doing the holidays homework?			
Was the homework interesting?			

The best part of holidays homework (trans-disciplinary project) was -

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This is what I learned after doing the holidays homework (trans-disciplinary project):

- 1.....
- 2.....
- 3.....
- 4.....

Note: Students will submit sheets of Holidays Homework to subject teachers, in separate files / folders.

Compilation of all subject sheets into one RING BINDER FILE will be done by students, after homework is checked by teachers and returned to them.

ENGLISH

Theme: Fit India.. Sports and Yoga

- Letter writing:
You have joined yoga and fitness classes in summer break. Write a letter to your friend telling him about the advantages of these classes.
- Health Booklet:
Make your own health Booklet. Record your height, weight, healthy habits, the measures you follow for good health, your health resolutions and slogans related to good health. Cover the booklet creatively and decorate it with pictures.
- 10 pages of handwriting practice on A4 size sheets.

MATHEMATICS

Theme: Fit India-SPORTS & YOGA

Task 1 - Conduct a survey of 50 people to collect information and segment the demographic profiles of respondents based on gender, age group, educational qualifications, and occupation.

Task 1. Demographic profile of the respondents:--		
Gender	Tally Marks	Total
Male		
Female		
Age	Tally Marks	Total
10 – 20		
21 – 40		
41 – 60		
61 – above		
Educational Qualification	Tally Marks	Total
Upto 10 th Grade		
10 th – 12 th		
Graduate		
Post – Graduate		
Illiterate		
Occupation	Tally Marks	Total
Student		
Service Sector		
Housewives		
Businessman		
Labour		

Task 2 - Based on the survey of 50 individuals categorized by occupation (housewife, laborer, service worker, businessperson, student), determine the percentage distribution of various physical activities and health-promoting lifestyle choices. Organize the data analysis for each occupation on separate sheets of paper.(on A3 sheet)

Task 2		Labour	Service	Housewives/ nonworking	Businessmen	Students
		NO/ (%)	NO/ (%)	NO/ (%)	NO/ (%)	NO/ (%)
you	Yes					

exercise daily	No					
	Occasionally					
you take healthy food	Yes					
	No					
	Occasionally					
walk whenever possible	Yes					
	No					
	Occasionally					
cycle	Yes					
	No					
	Occasionally					
play sports	Yes					
	No					
	Occasionally					
Perform	Yes					

yoga	No					
	Occasionally					
go to gym	Yes					
	No					
	Occasionally					
Perform physical activities (dancing, swimming , gardening etc.)	Yes					
	No					
	Occasionally					

Based on the above analysis,

Task 3 – Find the overall percentage of various physical activities and round off the percentage to the nearest ones.

Task 4 – Find the average of respondents according to Age/ Educational Qualification/ Occupation.

Task 5 – Create an artistic wind chime by using various geometrical shapes and paste pictures of activities listed above.

Task 6 – What conclusion would you draw from the research?

SCIENCE

TOPIC: FIT INDIA – SPORTS & YOGA

‘Yoga is quite simply, the science of being in perfect alignment, in absolute harmony, in complete sync with the existence.’

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word ‘Yoga’ means ‘to join’ or ‘to unite’ represents the fusion of the **physical body** and the **mental consciousness**.

Celebrating June 21 as the International Day of Yoga by practicing various yogic practices like Yogasana (Physical postures), Pranayama (Breathing Practices) and Dhyana (Meditation) and make a **scrap file** using coloured A-4 sized sheets covering the following points:

- (i) Make a **cover page** of the project **‘Fit India: Sports and Yoga’** highlighting the importance of ‘International Day of Yoga (June 21). Paste picture of your family while performing yoga.
- (ii) Perform any **three Yogasanas** to improve your physical postures
 - a) Click your pictures while performing yogasanas and paste them.

- b) Observe and note down the bones and joints involved in the asanas.
- c) Record the health benefits of the asanas.
- (iii) Perform any one **Pranayama** to improve your breathing system.
 - a) Click your pictures while performing the pranayama and paste them.
 - b) Record the health benefits of this pranayama.
- (iv) Perform **Dhyana** (meditation) every day for 10 minutes to improve your mental health.
 - a) Click your pictures while performing dhyana and paste them.
 - b) Record the health benefits of meditation.

Social Science

Task 1: Yoga se hi Hoga

India has deep roots with the Sattvic lifestyle. Yoga is one of the crucial aspects of it.

With the help of a comic strip (digital/ handmade) illustrate how yoga has spread throughout the world and also the clothing for yogic exercises have shifted from the fitted clothes to breathable fabric like sarees and kurta-pajama/lungis. Lastly, how our Prime Minister Modi has dedicated a day to it; 'International Yoga Day'. (Source: <https://www.storyboardthat.com>)

Task 2: Viksit Bharat

Make a research booklet on the different tribes of Andaman and Lakshadweep Islands which are still living the life of an early man as well as those who are contributing towards the development of India. (Reference/ Source- Rajya Sabha TV, Main Bhi Hoon Bharat)

Hindi



विषय - विकसित भारत

शीर्षक - फिट इंडिया

- पृष्ठ एक - अर्थ
- पृष्ठ दो -उद्देश्य
- पृष्ठ तीन - योग का जीवन में महत्व
- पृष्ठ चार - लाभ
- पृष्ठ पाँच - फिट इंडिया मूवमेंट पर नारे

रचनात्मक लेखन :

- चलचित्र दर्शी (बॉयोस्कोप) के माध्यम से आपके द्वारा की गई 10 दिन की खेल से संबंधित गतिविधियों को प्रदर्शित कीजिए ।
<https://www.instagram.com/reel/C2W3qOSHax/?igsh=MTc4MmM1YmI2Ng==>
- अनुच्छेद लेखन - स्वस्थ भारत,समृद्ध भारत

सामान्य निर्देश :

1. कार्य रचनात्मक और मौलिक होना चाहिए ।
2. सुंदर , आकर्षक तथा शोध प्रक्रिया के आधार पर संपन्न होना चाहिए ।

Sanskrit

- विषय: - विकसित भारतम्
मुख-पृष्ठ: - फिट इंडिया
पृष्ठ: प्रथम: - योगस्य कः अर्थः ?
पृष्ठ: द्वितीयः - योगस्य जीवने महत्त्वम्
पृष्ठ: तृतीयः - A '4 size इत्यस्य पत्रे / कर्गदि त्रयाणां योगासनानां चित्रं निर्माय तेषाम् उपरि एकम् - एकम् वाक्यं लिखन्तु । (चित्राणि पृथक् पृथक् पृष्ठे भवेयुः)

निर्देशाः -

- कार्ये सुन्दरता - मौलिकता भवेत् ।
- परियोजना- सम्बन्धित चित्राणि अपि दर्शयन्तु ।
- लेखन - कार्यम् स्वच्छं , सुन्दरं , शुद्धं च भवेत् ।
- प्रदत्त - कार्यप्रपत्राणि कुर्वन्तु , संस्कृतस्य पञ्जिकायां च स्थापयन्तु ।

Art

1. Complete Step by Step book from page no. 1 to 15.
2. Make lippan art rangoli on MDF board/ ply board of any shape (circle/ square). Size should be 14" X 14" or 16" X 16". Use acrylic colours only.

ARTIFICIAL INTELLIGENCE

Title: "AI Explorer: Discovering the Wonders of Artificial Intelligence"

Objective:

- Introduce students to the concept of Artificial Intelligence (AI) in a fun and engaging way.
- Encourage critical thinking and creativity in exploring AI technologies.
- Foster interest in STEM (Science, Technology, Engineering, and Mathematics) fields.

Activity Instructions:

1. Introduction to AI:
 - Begin by explaining what AI is in simple terms. Use examples from everyday life, such as virtual assistants (like Siri or Alexa), recommendation systems (like Netflix suggestions), and self-driving cars.
 - Discuss the basic idea that AI involves machines learning from data and making decisions or predictions based on that learning.
2. AI Scavenger Hunt:
 - Create a list of AI-related objects, concepts, or technologies for students to find or research over the summer. Examples could include:
 - A picture or description of a robot
 - A news article about AI in healthcare
 - A video demonstrating how AI is used in gaming
 - A list of popular AI applications or tools
 - An interview with someone working in the field of AI
 - Encourage students to be creative in their findings and to think beyond the obvious examples.
3. AI Project:
 - Have students choose one aspect of AI that interests them the most and create a project around it. This could be:
 - **(For Class VI students)** Writing a short story or drawing a comic strip depicting a world with advanced AI technology.

Remember to provide support and encouragement throughout the summer, and emphasize that the goal is to have fun while learning about the exciting world of Artificial Intelligence!