

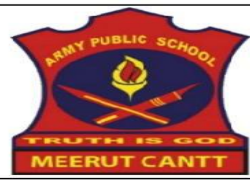
# Summers Here!



## SUMMER HOLIDAYS HOMEWORK

*We wish you and your child a very happy summer holiday. It's time to enjoy and create a bond with family, friends and relatives. To utilize this time in the most constructive way . Please take out time from your schedule , accompany your ward & spend a wonderful day together.  
**All the best !!!***





# SUMMER HOLIDAYS HOMEWORK

## MULTIDISCIPLINARY PROJECT

**Fit or Fat : Changing face  
of sports in India**

**CLASS VIII  
2023-2024**

# PERSONAL DETAILS



NAME OF THE STUDENT	
ROLL NO.	
CLASS & SECTION	
SESSION	
TOPIC	
SUBMITTED TO	

# ACTIVITIES

Now is the time.

- ❑ **ENGLISH-** Write an article on the “Importance of “Healthy Breakfast in your Life”.
- ❑ **HINDI-** "खेलों से शारीरिक एवम मानसिक विकास होता है" - विषय पर लगभग 80-100 शब्दों में एक अनुच्छेद लिखिए।
- ❑ **MATHEMATICS-** Collect information about height and weight of your family members. Evaluate their BMI and draw bar graph, find out their health status. Give them advise to take care of their health through exercise and proper diet chart.
- ❑ **SCIENCE-** Importance of sports for health: Tabular representation with pictures.
- ❑ **SANSKRIT-** "जीवने योगस्य महत्त्वम्" इति विषये एकम् अनुच्छेदम् लिखत । ( "जीवन में योग का महत्त्व" विषय पर एक अनुच्छेद लिखो ।)
- ❑ **SOCIAL SCIENCE-** "India has a sports history that goes back thousands of years". Write down an article on sports in ancient India and make a collage of the pictures on it ( Word Limit 200 Words)

# RUBRICS

Now is the time.

<b>LANGUAGES (ENGLISH, HINDI &amp; SANSKRIT)</b>	<b>MATHEMATICS</b>	<b>SCIENCE &amp; SOCIAL SCIENCE</b>
<b>1. VOCABULARY (3)</b>	<b>1. APPLICATION OF KNOWLEDGE (3)</b>	<b>1. APPLICATION OF KNOWLEDGE (3)</b>
<b>2. COHERENCE (2)</b>	<b>2. NEATNESS (2)</b>	<b>2. NEATNESS (2)</b>
<b>3. PRESENTATION (2)</b>	<b>3. PRESENTATION (2)</b>	<b>3. PRESENTATION (2)</b>
<b>4. ACCURACY (3)</b>	<b>4. ANALYSIS AND INTERPRETATION (3)</b>	<b>4. OBSERVATIONAL SKILL (3)</b>

**ARMY PUBLIC SCHOOL, MEERUT CANTT.**  
**GUIDELINES FOR THE MULTI – DISCIPLINARY PROJECT WORK TO BE DONE**  
**DURING SUMMER VACATIONS**  
**CLASS –VIII**

DEAR STUDENTS,

Please follow the guidelines enlisted below for the project work. At the same time use your imagination, read, explore and think 'out of the box' to make your project unique and meaningful.

- A synopsis of the project needs to be submitted by 4th July 2023 to the respective subject teachers.
- The project must be spiral bound.
- It must have a **cover page**. The **title** of your project should be written on the **top in large font**. Write **“MULTI-DISCIPLINARY PROJECT”** above the title. You may use sketches, photographs, cartoons etc. to make the cover page attractive. Do remember to mention **your name, class and section**.
- The pages should be in **coloured A4 size cartridge sheets only**. Use different colours for each subject.

COLOUR CODE FOR SUBJECTS:

ENGLISH	HINDI/PUNJABI	MATHEMATICS	SCIENCE	SOCIAL STUDIES
YELLOW	BLUE	GREEN	ORANGE	PINK

•**Page 1** – should be titled “**Contents**” or “**Index**”, which would contain the page-wise breakup of the content of the project in the following pattern:

**Page 2-** Write an **introduction** of your project in 100-150 words. The introduction should present a complete picture of your project to make it evident for anyone to have an overall idea of the project. The language used in the abstract should be very simple.

•**Page 3-** This page should be titled “**Acknowledgment**”, to express your gratitude for the help and co-operation given to you by any individual or organization. Remember that, you should record your thanks /gratefulness to all those who have helped you or encouraged you, it does not matter how small the help may be or who the person may be. For e.g., you could thank your teacher, mum, dad, sibling, a librarian, a neighbour etc. **This write up should preferably be of 100-150 words.**

SERIAL NO.	SUBJECT	PAGE NO.
1.	INTRODUCTION	PAGE 2
2.	ACKNOWLEDGEMENTS	PAGE 3
3.	ENGLISH	PAGE __TO__
4.	Other subjects in same manner	

7. The project will have the subjects arranged in this order. For each subject you have to work on 3-4 pages. The last page will contain a “**Bibliography**” or “**Sources**” from where you have gathered information for your project. The sources can be books, websites, TV channels, Radio channels, newspapers, museums, libraries, people you have contacted or any other source of information.

ENGLISH  
HINDI  
MATHEMATICS  
SCIENCE  
SANSKRIT  
SOCIAL STUDIES

Remember to make your project informative and interesting. Use colours, pictures, illustrations wisely and wherever required. Follow the policy ‘best out of waste’. The holiday home work needs to be submitted positively on the first working day after the summer holidays i.e. 04 July 2023.

**HAVE FUN!**



# Art Integrated Project

## Theme - Fit or Fat : Changing Face of Sports in India

Subjects	Art Integrated Projects
<b>Hindi</b>	उत्तर प्रदेश एवं अरुणाचल प्रदेश के राष्ट्रीय खिलाड़ियों की चित्र सहित एक सूची तैयार करें। राष्ट्रीय एवं अन्तर्राष्ट्रीय स्तर पर इनके योगदान का तुलनात्मक विवरण दें।
<b>English</b>	Write down an article with pictures discussing about traditional sports of Uttar Pradesh (Football) and Arunachal Pradesh (Bamboo Wrestling). Also, include the point how including a sport as a hobby can draw you away from a fat to fit lifestyle.
<b>Mathematics</b>	List new emerging sports in UP and Arunachal Pradesh. Mention the players with their photographs and their achievements. Represent this information through Pie Chart for both the states.
<b>Social Science</b>	<ol style="list-style-type: none"><li>1. Write an article on the lifestyle of the people of Arunachal Pradesh.</li><li>2. Mention some famous dishes of Arunachal Pradesh and represent their nutritional values in tabular form.</li></ol>

# Art Integrated Project

## Theme - Fit or Fat : Changing Face of Sports in India

### Subjects

### Art Integrated Projects

#### Science

Prepare/find about any authentic dish (veg/non-veg) from the state Arunachal Pradesh

- 1) Find out the nutritional components present in it by their quantity.
- 2) Tabulate the data under the columns FIT and FAT.
- 3) Under FIT, write the nutritive values of vitamins, carbohydrates, minerals etc present in it.
- 4) Under FAT , write the numerical values of fats present in it.

#### Sanskrit

पञ्च योगासनानाम् चित्राणि निर्माप्य नामानि लिखत तेषाम् विषये अनुच्छेदम् लिखत । ( किन्हीं 5 योगासनों के चित्र बनाकर उनके नाम लिखो और उनके विषय में अनुच्छेद लिखो ।

# Art Integrated Project

Theme - Fit or Fat : Changing Face of Sports in India

## RUBRICS (ART INTEGRATION PROJECT)

<b>CREATIVITY</b>	<b>3</b>
<b>NEATNESS</b>	<b>2</b>
<b>CONTENT</b>	<b>3</b>
<b>PRESENTATION</b>	<b>2</b>

## Important Instructions

- ❖ Complete all written work done in class.
- ❖ Learn all topics covered in all subjects as your 1<sup>st</sup> Term Exam will commence in month of July.
- ❖ Read English and Hindi newspaper/magazines/storybooks daily to enhance your LSRW (Listening, Speaking, Reading, Writing) skills.
- ❖ Learn tables to improve basic Mathematics.
- ❖ Practice cursive writing to enhance your writing skills.

# WHY EXERCISE SHOULD HAVE A ROLE IN YOUR LIFE

Brain health  
25%

Happiness  
25%

Healthy aging  
25%

Become a better student  
25%

