

ASN Senior Secondary School

MAYUR VIHAR-I

Dear Parents

Summer Holidays are here again! A great time to enjoy, explore, bond and to engage in various creative pursuits to keep up the spirit of inquisitiveness and creativity alive.

We at ASN believe in tapping the inherent talents of our young energetic learners so that they bloom into enlightened citizens. Keeping this in view the theme of this year's Summer Vacation Project is

The Rich Heritage – The Foot Prints From The Past.

India is a country with extraordinary characteristics and diversity in terms of its geographical, linguistic, religious, social-cultural features. But still, you can find a thread of unity among Indians. So, to appreciate and imbibe the aesthetic values of the rich heritage of our country, the students have been given to work upon one of the rich Indian State. Also the school endeavours to enrich and equip the students to be the Global Citizens for which they need to explore The World Heritage Sites selected by UNESCO . All these remarkable accomplishments of humanity must be preserved and cherished for the generations to come . The School has been declared the 1st SDG Lab of India by United Nations Information Centre for India & Bhutan. So, we at ASN make a conscious effort to make each and every ASNite environmentally aware and socially responsible to promote environmental sustainability. The Holiday Homework has been very diligently designed to keep the children engaged constructively thereby instilling self learning and time planning.

So, let us encourage our students who are bubbling with energy to gear up, explore, enjoy and pledge to protect our planet –Mother Earth.

**Sushma Kalia
Middle Wing Coordinator**

ASN Senior Secondary School
MAYUR VIHAR-I
SUMMER VACATION HOLIDAY HOMEWORK
(2019-20)
CLASS VIII-B

Topics—

- ✓ Indian State - Uttarakhand
- ✓ UNESCO World Heritage Sites of Russia
- ✓ UNSDG Goal -3 – Good Health and Well Being

General Instruction:

Homework is to be done on A4 size ruled coloured sheets using Eco-friendly Materials.

Use bold font-size, paste relevant pictures.

Present it neatly for the display in the Exhibition.

INDIAN STATE -UTTARAKHAND

OVERVIEW:

Uttarakhand, a state in northern India crossed by the Himalayas, is known for its Hindu pilgrimage sites. Rishikesh, a major centre for yoga study, was made famous by the Beatles' 1968 visit. The city hosts the evening Ganga Aarti, a spiritual gathering on the sacred Ganges River. The state's forested Jim Corbett National Park shelters Bengal tigers and other native wildlife.

TRAVELOGUE

Prepare a travelogue on the following hints

- Research about the place
- Give a photographic description.
- Highlight the various attractions
- Mention some attractive tourist spot
- Mention some do's and don'ts of the place.

PPT

Make a PPT of 15-20 slides along with sound effects on "UTTARAKHAND". Make it on SWAY and post it on YAMMER

It includes -Location, climate, history, tourist places, traditional dresses, native recipes, culture, handicrafts etc.

MODEL AND FACT FILE

Make a model and Fact file on any one of the following topic:

- Panch Kedar of Uttarakhand
- Lakes
- National Park
- Handicrafts

VISIT TO A NATIONAL PARK

During vacations, visit to Jim Corbett National Park with your family. Discuss and enquire about National Park with guide and local people. Write your experience in the form of Report which include the following aspects:

- History
- Location
- Flora and Fauna
- Measures adopted to conserve wildlife
- Purpose of National Parks
- Paste your pictures during visit to Jim Corbett National Park
- Rules

COLOURFUL POSTER

- Make a colourful poster with a catchy slogan on "Conservation of Wildlife".
- Make a colourful poster on Do's and Don'ts of National Park.

BROCHURE

Design a colorful brochure of "Valleys of Flowers" depicting

- a) location
- b) Endemic Alpine
- c) Endangered animals
- d) wild animals
- e) Flora
- f) Relevant pictures

TABLE CALENDAR

Make an innovative pictorial table calendar for the year 2019 to depict "Devbhumi" or "Land of the God"

- Relevant picture of Temples
- Brief information
- Computerized digits
- Spiral binding

Note: Don't use old calendars

SEARCH AND EXPLORE

Search and explore famous tourist places of Uttarakhand and frame out a newspaper giving a detail account of Tourist places like Rishikesh, Mukeshwar, Ranikhet, Pithoragarh, Uski, Dehradun, Mussoorie etc

HINTS: Attractive Features

- . pictures

RECIPE BOOKLET

Select any two native recipes of Uttarakhand and present it along with its recipe card including: ingredients time taken , methods and picture.

SCRAPBOOK

Make a scrapbook on the topic " Art and Crafts / Handicrafts of Uttarakhand". It should include - Name of Handicrafts, place and purpose of origin, history, use with colourful pictures.

MAGAZINE

Draft a magazine on Lakes of Kumaon.

It includes 4 lakes - Nainital, Bhimtal, Tal lake, Naukuchiyatal lake.

Hint: Relevant pictures, location, Special features etc.

UNESCO WORLD HERITAGE SITES OF RUSSIA

OVERVIEW:

Russia, the world's largest nation, borders European and Asian countries as well as the Pacific and Arctic oceans. Its landscape ranges from tundra and forests to subtropical

beaches. It's famous for Moscow's Bolshoi and St. Petersburg's Mariinsky ballet companies. St. Petersburg, founded by Russian leader Peter the Great, has the baroque Winter Palace, now housing part of the State Hermitage Museum's art collection.

Make a PowerPoint presentation depicting the country (Russia) as the UNESCO WORLD HERITAGE SITE. Add traditional music of the place in the background of ppt.

Make a model on any UNESCO Heritage Site of Russia. Like:

- Bolghar Hill Fort

Prepare a fact file on Lake Baikal

UNSDG GOALS 3: GOOD HEALTH AND WELL-BEING

OVERVIEW:

Ensuring healthy lives and promoting the well-being at all ages is essential to sustainable development.

Significant strides have been made in increasing life expectancy and reducing some of the common killers associated with child and maternal mortality, but working towards achieving the target of less than 70 maternal deaths per 100,000 live births by 2030 would require improvements in skilled delivery care.

Achieving the target of reducing premature deaths due to incommunicable diseases by 1/3 by the year 2030 would also require more efficient technologies for clean fuel use during cooking and education on the risks of tobacco.

Many more efforts are needed to fully eradicate a wide range of diseases and address many different persistent and emerging health issues. By focusing on providing more efficient funding of health systems, improved sanitation and hygiene, increased access to physicians and more tips on ways to reduce ambient pollution, significant progress can be made in helping to save the lives of millions.

REPORT

Make a report on Targets of UNSDG GOAL- 'HEALTH FOR ALL'

"ENSURE HEALTHY LIVES AND PROMOTE WELL BEING FOR ALL AT ALL AGES".

The role of Yoga to keep ourselves healthy.

MANUAL ON YOGASANS

21st June is celebrated as International Yoga Divas. You also celebrate Yog Divas with your family members, friends or neighbours. During vacations, learn to perform any 5 yogasans Do these yogasans on yog divas with your family and friends and take pictures

in group. On this yoga day, spread awareness among people about benefits of yoga and encourage at least 5 people to do yoga regularly.

Prepare a MANUAL on Yogasans. It includes 5 Yogasans, name, benefits, step wise method to perform yogasan. Paste your pictures of yog divas

Hint: Relevant pictures of different Yogasans and their benefits, pictures of yog divas etc.

SPORTS NEWS

Role of different sports activities to keep us healthy in the form of newspaper. Search and explore any 5 sports activities and provide brief information with their benefits. You can present it in relation with sports persons.

HINDI

(क) डायरी हमारे जीवन के अनुभवों का सीधा बयान होती है जिनमें हम अपने मन के भावों को उड़ेल सकते हैं फिर चाहे वह मित्र का संग हो, यात्रा का अनुभव, बचपन की खट्टी मीठी यादें व कोध के क्षण जिसे आप किसी के साथ बाँटना नहीं चाहते। इस ग्रीष्मावकाश में अपनी एक सुसज्जित डायरी तैयार कीजिए जिसमें कम से कम 10 दिन की दिनचर्या को A4 शीट पर चित्र सहित लिखिए। (क्रमांक 1 से 5)

(ख) वर्तमान समय में समाचार पत्र देश—विदेश में घटित जानकारी को जानने का महत्वपूर्ण साधन है। आप भी समाचार पत्र पढ़ें और एक संपादक के रूप में ए4 साइज डबल शीट पर अपना एक समाचार पत्र बनाकर उसका नामकरण करें। (क्रमांक 6 से 10)

(ग) अभी हाल में 14 फरवरी, 2019 को पुलवामा पर आतंकवादियों द्वारा हमला किया गया जिसमें 40 सैनिकों को अपना बलिदान देना पड़ा। आप उनके विषय में पढ़ें व श्रद्धा व्यक्त करते हुए किसी एक के विषय में निम्न बिंदुओं के आधर पर A4 साइज शीट में परियोजना तैयार कीजिए—

- सचित्र जीवन परिचय
- शिक्षा—दीक्षा
- पारिवारिक जीवन
- देशहित में योगदान (क्रमांक 11 से 15)

(घ) जीवन में खेल—कूद का महत्वपूर्ण स्थान है। इस ग्रीष्मावकाश में खेल समाचारों को पढ़ें तथा ए4 साइज शीट पर चित्र सहित खेल पत्रिका तैयार कीजिए।(क्रमांक 16 से 20)

(ङ.) प्रदूषण वर्तमान समय की भयावह समस्या है। समस्या के कारण तथा निवारणों के बारे में जानकर ए4 साइज कलर शीट पर एक परियोजना तैयार कीजिए।(क्रमांक 21से25)

(च) भक्ति काल के कवि नरोत्तम दास द्वारा रचित 'सुदामा— चरित्र' कृष्ण और सुदामा की मित्रता का अनूठा उदाहरण है। आप इस प्रसंग को पढ़कर सचित्र संवाद लेखन शैली के माध्यम से ए4 साइज शीट पर चित्रकथा तैयार कीजिए। (क्रमांक 26 से 30)

(छ) दुनिया के विकास हेतु संयुक्त राष्ट्र संघ ने 17 विकास लक्ष्यों का निर्माण किया है। आप भी उनके लक्ष्यों को जानें तथा निम्नलिखित विषयों में अपने क्रमानुसार विवरणिका (Brochure) रंगीन शीट पर तैयार कीजिए ।

गुणवत्ता शिक्षा (क्रमांक 31 से 35)

सस्ती एवं स्वच्छ ऊर्जा (क्रमांक 36 से अंतिम)

SANSKRIT

निर्देशः— अधोलिखित कार्य ए3 साइज की रंगीन शीट पर कीजिए।

(1) स्वामिविवेकानन्द पर संस्कृत में एक अनुच्छेद लिखिए एवं उनका चित्र भी प्रदर्शित कीजिए।

अनुक्रमांक 1से10

(2) संस्कृतभाषा में दस शिक्षाप्रद सूक्तियाँ अर्थ सहित स्कौल के माध्यम से दर्शाइए।

अनुक्रमांक 11से20

(3) अन्तर्राष्ट्रीयस्तर पर भारत की छवि के संदर्भ में संस्कृत में दस वाक्य लिखिए।

अनुक्रमांक 21से30

(4)गीतायाः माहात्म्यम् पर आधारित संस्कृतभाषा में 5 श्लोकों को अर्थ सहित लिखकर सचित्र दर्शाइए।

अनुक्रमांक 31से.....