



EAST POINT SCHOOL HOLIDAY HOMEWORK 2023-24

Holidays are the most incredible time of the year because they allow us to explore new things and relax. We can get together with our friends and family during the holidays. Holidays are best to give our mind and body some rest from everyday life. So this holiday let's reconnect with all our friends and families and develop some new hobbies.

1. Visit museums and explore archaeological sites to broaden your horizons.
2. Always wear a cap and carry a water bottle with you when you go out.
3. Read newspaper/books every day to stay updated.
4. Practice writing.
5. Help your parents in house hold chores.
6. Exercise for 30 minutes daily.
7. Include a lot of fresh fruits and salads in your diet.
8. Always put away your toys and things once you are done to keep your home clean.
9. Plant some seeds and take care of them.
10. Put water and food out for birds and small critters.
11. Do not overspend, track your spending.
12. Make some personalized gifts for your friends and family.

SO THIS HOLIDAY EXPLORE EXPAND AND GROW.

**"This is mine, that is his, say the small minded,
The wise believe that the entire world is a family.
We need to catalyse a fundamental mindset to benefit the humanity as a whole."**

EAST POINT SCHOOL

CLASS-VIII

INTEGRATED HOLIDAY HOMEWORK

SESSION 2023-24

Holidays are the time to unwind and feed your creativity and imagination. It is a great opportunity to relax as well as fruitfully occupy yourself and keep your energy well directed. So it's time to show your creativity through holiday homework.

Dear Parents,

For this summer vacation, we have planned assignments and activities to keep the children engaged and also help them in channelizing their energies. Kindly help and guide your ward in completing his/her work and also exploring his/her creative self.

General Instructions

- The Holidays Homework must be done in a very neat and presentable manner.
- The child will be assessed for the presentation, neatness, completion of all the given questions, and timely submission.
- Compile and submit all your work in a folder with your name, roll no, and class clearly written on the top.
- The students will do their respective projects assigned according to their given Roll Numbers.
 - Roll No 1-10 – Project A (G-20)
 - Roll No 11-20 – Project B (INCREDIBLE INDIA)
 - Roll No 21-30- Project C (HEALTH IS WEALTH)
 - Roll No 31-44 – Project D (WASTE MANAGEMENT)
- The compulsory section of Mathematics, Music, Art, Dance and German should be done by all the students.

PROJECT A G-20

LEARNING OBJECTIVES

- To increase awareness about G-20 and its importance in promoting peace and harmony for progress and development.
- Promoting understanding of its salient features and provisions and encouraging children to relate to different parameters of G-20.
- To learn about India's initiative on environmental concerns globally and India's role in the G20 for the protection of environment.



India assumed the presidency of the G20 forum for the year 2023, taking over from Indonesia. As the largest democracy in the world, and the fastest growing economy, India's G20 presidency will play a crucial role in building upon the significant achievements of the previous 17 presidencies. As it takes the G20 Presidency, India is on a mission to bring about a shared global future for all through the Amrit Kaal initiative with a focus on the LiFE movement which aims to promote environmentally-conscious practices and a sustainable way of living. With a clear plan and a development-oriented approach, India aims to promote a rules-based order, peace and just growth for all. Vasudhaiva Kutumbakam, which translates to "One Earth, One Family, One Future," is the theme of India's G20 presidency.

Design a **Magazine** depicting the theme of G20, 'One Earth, One Family, One Future'. You can develop your content around the following hints:

ENGLISH

- 'Vasudhaiva Kutumbakam' or humanity is one family, in all its rich diversity. India despite having diversities, has successfully sustained its democracy over the years. India

as a country has been a composite whole and never even contemplated for a division, in fact, with the recent abrogation of article 370, it has further strengthened the concept of India as one. Write an essay on the above theme in 100-120 words.

- Write slogans on theme of G 20.

HINDI

- G20 समूह क्या है? इसमें भारत की निर्धारित भूमि को स्पष्ट करते हुए सचित्र जानकारी A4 साइज पेपर पर तैयार कीजिए
- छोटे भाई को जी-20 समूह के बारे में बताते हुए पत्र लिखें

MATHS

- Discuss with your friends and family about India's path-breaking digital payments platform, addressed at the inaugural session of the first finance ministers and central bank governors meeting of the G20 under India's presidency. Observe a pictorial representation of global digital payment.
- Which country has the world's most digital payment? Identify the top 5 payment gateways around the world and in India. Which payment methods were used by you or your family to pay for online and offline expenditures in the past week? Draw a pie chart / bar graph to represent the data

SCIENCE

- Being a scientist in G 20 meeting of International year of millets ,What suggestion and ideas for sustainable agriculture and food systems you will suggest. How Food security will be achieved by promoting the crop millet?
- Harnessing the untapped potential of millets for food security, nutrition, and sustainable agriculture". Design a logo to promote awareness and encouragement for the future crop

SOCIAL SCIENCE

- You might have observed G20 posters everywhere around you like on the bus stands, metro stations and television etc. India is focused so much on G20. Why is G20 important for India?
- On the world political map locate and label the following:
 - a) G20 countries
 - b) Guest countries
 - c) Their capitals
 - d) Their Presidents or Prime ministers

- e) Developed countries
- f) Emerging countries

SANSKRIT

- हमारे देश भारत ने इस वर्ष जी 20(G20) सम्मेलन को आयोजित किया। जिसमे विभिन्न देशों ने भाग लिया। सभी छात्र इस सम्मेलन में उठाए हुए मुख्य बिंदुओं और उन पर दिए गए सुझावों के बारे में खोज कर लायेंगे। साथ ही स्वयं भी अपने घर में इस सम्मेलन की चर्चा करते हुए अपने सुझाव भी लिखें।

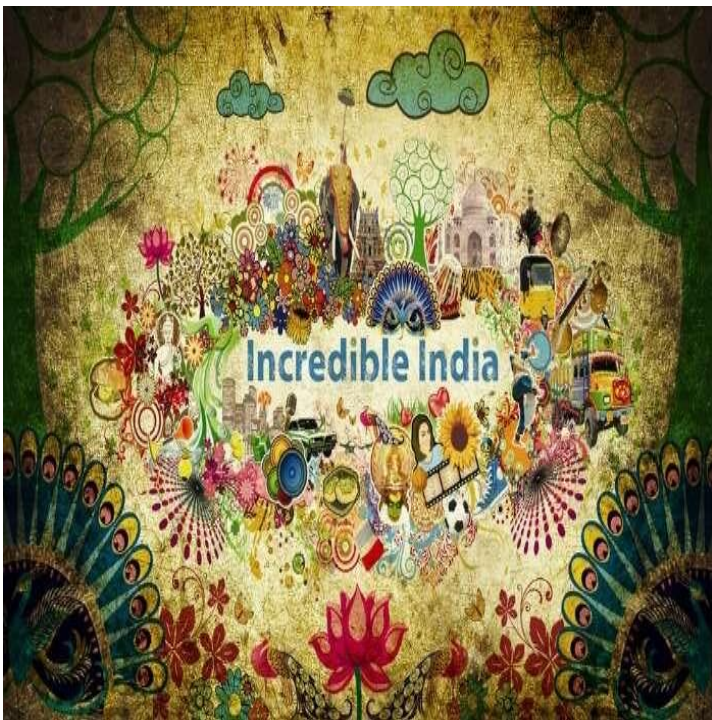
COMPUTER

- Make a Documentary Movie on the themes adopted by different countries of G 20 presidency.

PROJECT –B INCREDIBLE INDIA

LEARNING OBJECTIVES

- To promote the understanding of unique cultural and ethnic heritage.
- Increase the feeling of brotherhood and reduce differences in religion, region, race, culture.
- Enhance knowledge about different language, culture, and heritage.



“India is a vast country; it contains multitudes.” Country as diverse as India is symbolized by the diversity of its culture. The plurality and multiplicity of the Indian Culture is evident to the whole world as

India has one of the world’s largest collections of songs, music, dance, theatre, folk traditions, performing arts, rites and rituals, languages, dialects, paintings and writings that are known, as the ‘Intangible Cultural Heritage’ (ICH) of humanity. India believes in the adage “Unity in diversity”. People of different states are living together with different language, culture, and heritage. India is incredible because of its monuments, forests and the rich cultural heritage. It is our responsibility to maintain the true essence of its diversity.

Let’s explore our knowledge towards our motherland i.e. India by creating a **BROCHURE** on “Incredible India”. You can develop your content around the following hints:

ENGLISH

- Imagine that any 5 states of India are discussing about their popularity with each other. Write down their dialogue conversation in the form of a comic strip.
- Write a story about how and why India adopted the theme of - "One Earth, One Family, One Future" for G 20.

HINDI

- अपनी विदेश में रहने वाली सखी को अतुल्य भारत एवं आत्मनिर्भर भारत के विषय में जानकारी देते हुए पत्र लिखें। और बताएं कि भारत "अनेकता में एकता" का प्रतिनिधित्व करता है। हमारा देश संस्कृतियों, क्षेत्रों, परंपराओं, भोजन में विविधता, भाषाओं आदि का मिश्रण है, हमारे भारत के लोग प्रकृति में इतने विनम्र, समझने और मदद करने वाले हैं।

MATHS

- Find out the number of rivers flowing through the following states and represent the information in the form of a pictograph. Punjab, Delhi ,Haryana, Uttarakhand, Himachal Pradesh
- India is a country of treasures and wonders which never fail to impress tourists. Helps tourists know more about Aryabhatta the mathematician, who surprised the world with his mathematical inventions, and let the world, know that India is truly incredible.
- Compare India's happiness ranking in last five years and arrange the same in ascending order.

SOCIAL SCIENCE

- Ask your child to identify the five chosen states and their capitals on a physical map of India. Make a comparative table/ chart/poster for the five chosen states on the following aspects(Physical features /Clothing /Food / Types of vegetation)
- Make a scroll showing the glory of India on any of the topic (Famousdances, Religions, Famous places, Festivals, Vedas)
- Mark the National Parks and Wildlife sanctuaries on a political Map of India.

SCIENCE

- National Parks and Wildlife Sanctuaries in India have something refreshing to offer you. The wildlife calling is indeed adventurous and enthralling, there is nothing like spotting rare and common species in their natural habitats. Research on wildlife sanctuaries in India and collect the following information about 10 sanctuaries of India with their pictures (Write their best time to visit/Whythey are famous for/what type of species of animal present there/Write about their endangered and extinct species in the sanctuaries/Reason of extinction and solution).

SANSKRIT

- पर्यटन मंत्रालय द्वारा शुरू किया गया "अतुल्य भारत अभियान" ने देश में संभावनाओं के नए द्वार खोले हैं, भारत की धरोहर अथवा विरासत के रूप में पर्यटकों को अपनी ओर खींचने वाले 10 अतुल्य स्थानों के बारे में लिखें और उनके महत्व को बताएं?

COMPUTER

- Make an E-book on the theme "IT+IT=IT; Indian talent + Information technology = India Tomorrow"

PROJECT C -HEALTH IS WEALTH

Learning Objective:-

- To enable the students to understand the importance of hygiene, different nutrients to have a balanced diet and the right ways to maintain good health.
- To enable the students to effectively enhance the thinking skills, explore and apply accumulated knowledge into concepts.



HEALTH IS WEALTH

The age-old popular saying, 'Health is Wealth' is a one-line treasure indeed. Health does not mean the absence of physical troubles only but refers to a state of complete physical, mental, and social well-being. Even Mahatma Gandhi said, "It is health which is real wealth and not pieces of gold or silver."

We can have good health by eating a balanced diet that helps us to feel better, have more energy, keep a healthy weight, and protect against diseases. A balanced diet is of paramount importance but most people do not make, eating well, and exercising a priority, due to poverty, ignorance, or regional diversity in food habits. Your food choices each day affect your health — how you feel today, tomorrow, and in the future.

Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.

Good health is the secret of a happy man. Staying healthy for children is vital for proper growth and development of mind and body as they need to focus in class and fully participate in, field-activities. Good health is a cumulative product of many factors. Though birth and illnesses are

God-given, the onus of our health, once we arrive into the world safe and sound, depends on us. Fresh air, sunlight, safe drinking water are very important elements for good health.

Imagine yourself as a Health Minister who want to circulate a **newspaper titled “HEALTH IS WEALTH”** for the awareness of the people. You can develop your content around the following hints:

ENGLISH

- You have got to know that your friend is suffering from typhoid because of excessive intake of junk food, Write a letter to your friend inquiring about his health and share some tips to keep himself fit and healthy. You may include the following points:
 - Regular Exercise
 - Intake of healthy food
 - Meditation
 - Positive thinking
- Write a self composed limerick on the topic “*Healthy citizens are the greatest asset any country can have.*”

HINDI

- आपका स्वास्थ्य ही आपकी सबसे बड़ी दौलत और संपत्ति है। आपका स्वस्थ शरीर आपको शक्ति और ऊर्जा देता है जो आपको अपने जीवन के हर पहलू में बेहतर परिणाम प्राप्त करने में मदद करता है। कोविड-19 को ध्यान में रखकर जनसाधारण को जागृत करने के लिए उसकी लेखन कीजिए (प्रत्येक विद्यार्थी स्वरचित दो स्लोगन लिखें)

MATHS

- **Body Mass Index (BMI)** is a method of measuring through which individuals are classified into the following categories: obese, overweight, average weight and underweight. Formula to calculate BMI is :

$$BMI = \frac{weight(kg)}{(height(m))^2}$$



Q1.Measure the height and weight of your family members and friends and calculate the BMI of the data and make a data table and with the help of the World Health Organisation (WHO) criteria for underweight and obesity by BMI put them under the category of underweight, average weight, overweight and obesity.

Q2.Find the average height and weight of the data.

SCIENCE

➤ Health is wealth. A balanced diet is essential for a healthy body. Prepare a diet chart of a 12-year-old child. The diet chart should be:

- Should include food items that are commonly available in your area.
- Share a recipe for healthy food that's a part of a healthy diet.

BALANCE DIET CHART FOR 12 YEAR OLD CHILD		
NUTRIENTS	FOOD ITEM	AGE OF CHILD-12 YEAR
CALORIES	1300-1800-KCAL	
CARBO		
PROTEINS		
FAT		
VITAMINS		
DIETARY FIBRE		
MINERALS		

SOCIAL STUDIES

- Do a comparative analysis/ case study of healthcare service provided by government and private hospitals with special emphasis on-
 - A. Infrastructure
 - B. Safety
 - C. Cleanliness
 - D. Cost
 - E. Variety of services.
- Suggest some measures for better to improve the services in both the sectors. (It is advisable to visit a nearby hospital for better analysis)
- Research about the medical facilities available in Australia(or any other G 20 Country) and how we can improve our Medical facilities.

SANSKRIT

- "स्वास्थ्य ही धन है" (Health is wealth) स्वस्थ शरीर ही हमारे सभी उद्देश्यों की पूर्ति करवाता है । महर्षि पतंजलि द्वारा स्वस्थ शरीर के लिए बताए गए सूर्यासनो को करते हुए उनके नाम और उनसे स्वयं में होने वाले लाभ को सभी छात्र एक दैनिक चार्ट बनाकर प्रतिदिन लिखेंगे और अपने चित्र भी लगायेंगे।

COMPUTERS

- Make a GIF on the topic “Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.”

GROUP D- WASTE MANAGEMENT

DON'T WASTE! RECYCLE!



Learning Objectives

- Learn basic concepts of solid waste management, beginning from source generation to waste disposal in a system of municipality organizational structure.
- To be able to understand the implications of the production, resource management and environmental impact of solid waste management.
- To be aware of the significance of recycling, reuse and reclamation of solid wastes.
- To be familiar with relationships between inappropriate waste management practices and impacts on water, soil and sediment quality.

Waste management (or waste disposal) includes the processes and actions required to manage waste from its inception to its final disposal. This includes the collection, transport, treatment

and disposal of waste, together with monitoring and regulation of the waste management process and waste-related laws, technologies, economic mechanisms.

Waste can be solid, liquid, or gaseous and each type has different methods of disposal and management. Waste management deals with all types of waste, including industrial, biological, household, municipal, organic, biomedical, radioactive wastes. In some cases, waste can pose a threat to human health. Health issues are associated throughout the entire process of waste management. Health issues can also arise indirectly or directly. Directly, through the handling of solid waste, and indirectly through the consumption of water, soil, and food. Waste is produced by human activity, for example, the extraction and processing of raw materials. Waste management is intended to reduce the adverse effects of waste on human health, the environment, planetary resources, and aesthetics.

ENGLISH

•From a young age, children learn to be clean and tidy. Waste management at home also teaches children some essential things. As everything starts at our homes, waste management at home can be the first step towards making the planet a cleaner and safer place. And the kids can help as well as benefit from it. By managing waste at home with the children, they can foster many essential things in their minds.

Prepare a speech to be presented with G 20 countries to imbibe the Importance of Waste Management in their respective countries.

HINDI

•अपशिष्ट प्रबंधन क्या है |अपशिष्ट प्रबंधन के कितने प्रकार हैं | विस्तार से लिखें |

MATHS

- The increasing volume of waste is a major concern for humans and the environment. The best way to deal with this problem is to avoid products that generate waste materials that take more than a year to decompose in landfills.

Q1. Collect a data of types of waste material produced and time required to decompose it and make a frequency data table.

Q2. Draw a bar graph showing approximate number of year for waste material decomposition.

SCIENCE

- Visit a nearby nursery or botanical garden and learn about the process of vermin composting and organic composting. Click pictures and paste them on A-3 size sheets stating how it contributes towards the recycling of waste.
- Take a used Pepsi can and decorate it by giving it the look of a bird/animal or face of humans. A waste CD can be used to make its stand.

Plant a herb/climber and nurture it. Bring it to school after the holidays

- Imagine yourself as a 'green ambassador' of your country. Write your role in contributing towards making India a cleaner and greener country and what have you learnt from any other G 20 country's waste management system.

SOCIAL SCIENCE

- "There is no permanent solution for environmental problems, however one effective way to deal with it is proper management of the waste generated". In light of the above statement and current situations regarding problems with waste disposal discuss Effective Waste Management and Disposal Strategy with special emphasis on Learning from Indore-the cleanest city of India.
- Research whether CCPS uses recycled paper towels, toilet paper, napkins, copier paper, etc. If they don't, research the cost of making the change and the benefits of using recycled paper products to the environment. Then write a letter to the superintendent with your proposal for making the change to recycled paper products. If they do buy recycled products, find out when they made the change and why. Does it cost more, less or about the same. Write a letter to the editor of the Calvert Recorder (or other local paper) letting the citizens of Calvert County know how proud you are of the school system helping our environment by using recycled products and why this is important.

SANSKRIT

- आपके इलाके में कौन सी कचरा प्रबंधन सेवाएं उपलब्ध हैं? उनके नाम लिखें?
- इन सेवाओं को और उपयोगी बनाने के लिये आप कचरा निपटान कार्यालय में क्या अन्य सुझाव दे सकते हैं कोई तीन उपाय लिखें।
- अन्य देशों में कचरा निपटाने के लिए कौन सी तकनीकी का प्रयोग किया जा रहा है उदाहरण सहित समझाए।
जैसे पाकिस्तान, बांग्ला देश, हॉंग कॉन्ग, अमेरिका आदि।

COMPUTER

- Prepare an animated video to depict the importance of E- waste Management in IT.

COMPULSORY SECTION

MATHEMATICS

Q1. The product of two rational numbers is $\left(\frac{-28}{81}\right)$. If one of them is $\frac{-2}{3}$, then find the other:

Q2. Simplify:

$$(\sqrt{81} + \sqrt{0.81} + \sqrt{0.0081}) \times \sqrt{10000}$$

Q3. 1225 plants are to be planted in a garden in such a way that each row contains as many plants as the number of rows. Find the number of rows and the number of plants in each row.

Q4. Is 2352 a perfect square? If not, find the smallest number by which 2352 must be multiplied so that the product is a perfect square. Find the square root of new number.

Q5. If the cost of $4\frac{1}{2}$ litres of milk is ₹89 $\frac{1}{2}$, find the cost of 1 litre of milk.

Q6. Write:

- (i) A rational number which has no reciprocal.
- (ii) A rational number whose product with a given rational number is equal to the given rational number.
- (iii) A rational number which is equal to its reciprocal.

Q7. What is the smallest perfect square which is divisible by 21, 36 and

Q8. Find 7 rational numbers between 13 and 12.

Q9. Find using suitable property:

$$2/5 \times (-3/7) - 1/6 \times 3/2 + 1/14 \times 2/5$$

Q10. Find the product of the additive and multiplicative inverse of $1/3$.

MUSIC

- Best out of waste-: Model Making of western Instruments using waste material.
- Search information about Indian VOCALIST and paste pictures (project work) on color sheets and tag in file.
- Write a song on save Earth and nature. (ENGLISH OR HINDI) and paste pictures on color sheets and tag in file.

DANCE

- Create a choreography on your own for any song of your choice. Use your You should avoid Bollywood songs and create your own choreography on folk songs of India of any language. The duration of the performance should be 2-3 minutes. The choreography will be presented during regular dance classes in roll no. wise order with your other homework assignments when school reopens.
- Practice Guru Pranam, which is a form of salutation to your guru (teacher). It is a traditional way of showing respect and gratitude to your teacher. Learn the steps and practice them daily during your holiday break.
- Practice 10 mudras, which are hand gestures used in classical Indian dance forms to convey different emotions and expressions. Refer your notebooks about the hand gestures taught during class, You can find tutorials on YouTube or other online resources. Practice the mudras regularly during your holiday break.
- Research and create a report on 8 classical dance forms of India with images. Provide a brief description of each dance form's origins, history, unique features, and cultural significance. Also Include images of the dance form's costumes, makeup, and performances in the report.

ART

- 1. Sketch your Imagination
 - a) FOREST SCENE(Roll No 1-10)
 - b) DREAMLAND(Roll No 11-21)
 - c) MARINE LIFE(Roll No 22-31)
 - d) HEALING NATURE-A PLANET ON THE EDGE(Roll No 31-44)
- 2. Do any Creative craft work using jute. (Example- flower vase, mirror decoration, basket decoration, jute bag decoration)

GERMAN

- Germany is a world leader in technology and science. Many of the world famous automobile brands are from Germany. Make a collage on “Deutsche Motoren”, German cars.