



## SCIENCE

1. Answer the following questions.
  - i. Why are dietary fibres necessary for our body ?
  - ii. What are deficiency diseases?
  - iii. What is meant by balanced diet ?
2. Match the following vitamins and minerals with the deficiency caused by it.

Column A	Column B
a) Vitamin A	I. Beriberi
b) Vitamin B	II. Scurvy
c) Vitamin C	III. Tooth and bones decay
d) Vitamin D	IV. Rickets
e) Calcium	V. Loss of vision
3. **Conduct a survey for 10 families around you about what kind of food they eat. Then categorise those families into families that take balanced diet and families that do not take balanced diet.** (collect the data and arrange it in tabular form).
4. **Prepare a list of food items you commonly eat and find out** (through tests, books, internet resources) **major nutrients contained in them.**
5. **List 5 plants and their parts that are eaten as food** (paste pictures).
6. **Prepare a diet chart for a 12 years old student.**
7. **Write the deficiency diseases, its causes and symptoms in a tabular form on A4 sheet.**

**8. Grow 5 grains through sprouting. Paste their pictures in your notebook.**

**9. Skills and application-based question:**

(i) Ravi had weak eyesight. He had difficulty in reading and writing. He went to a doctor. The doctor asked him to increase the intake of green vegetables. Why do you think the doctor suggested this to him?

**10. CBSE ART INTEGRATED LEARNING AND PROJECT WORK**

Make a chart showing different famous things of Sikkim state, paste pictures related to them and write brief information about them. **Use the following points to make the chart**

**Food, People, House, Animals & birds , mountains, rivers.**

## SST

GEOGRAPHY- Make a chart of the Solar System.

HISTORY-

Q1 Who are archaeologists and what do they study?

Q2 Give five reasons why early people travelled from one part of the subcontinent to another.

ART INTEGRATED PROJECT- Make a list of food eaten and languages spoken by the people of the states of Sikkim and Maharashtra. Write about the culture of the people of Maharashtra and Sikkim. You can paste pictures also.

## COMPUTER

1. Make a chart on colour chart paper on Topic ch. 1 - Computer-its component.

For Boys: Input and output device

For Girls: memory and processing device

2. AIP- make a digital poster on A4 size portrait paper Topic - Dance form of Maharashtra and Sikkim and take a print out of a poster.

**GK**

1) Write about dances of 10 different countries at least in 4 lines each and paste their pictures.

2) Write full forms of ten Abbreviations (short forms) of your choice.

\*Art Integrated project. 1) Write about folk dance of Sikkim and Maharashtra and paste their pictures on chart.

**ART & CRAFT**

You have to make plastic spoon door hanging craft assignment for holiday home work.

**AIR FORCE SCHOOL VAYUSENA NAGAR NAGPUR**  
**HOLIDAY HOMEWORK**  
**CLASS VII (2023-2024)**

**English**

Write a biography which should include these details about a person. (A biography is the story of a person's life. It is based on the real experiences and achievements) • Profession • Experiences • Achievements • Awards • Death • Early life • Family • Childhood • Education • Hobbies/Interests

**Hindi**

व्याकरण की पुस्तक से

प्र०1 - तत्सम और तद्भव शब्द लिखिए । ( 1 से 25 तक)

प्र०2 - अनेकार्थी शब्द लिखिए । ( 1 से 20 तक)

प्र०3 - पर्यायवाची शब्द लिखिए । ( 1 से 20 तक)

प्र०4 - विलोम शब्द लिखिए । ( 1 से 30 तक)

प्र०5 - वाक्यांशों के लिए एक शब्द लिखिए । ( 1 से 30 तक)

प्र०6 - समश्रुतु भिन्नार्थक शब्द लिखिए। ( 1 से 14 तक)

प्र०7 - एकार्थी प्रतीत होनेवाले शब्द लिखिए । ( 1 से 20 तक)

प्र०8 - समूहवाची शब्द लिखिए । ( 1 से 7 तक )

प्र०9 - बिजली की आत्मकथा । ( अनुच्छेद )

प्र०10 - गरमी का एक दिन । ( निबंध )

व्याकरण की कॉपी में लिखें।

परियोजना कार्य ( प्रोजेक्ट )-

A4 पेपर पर महाराष्ट्र और सिक्किम के स्वादिष्ट व्यंजन (भोजन) के चित्र और उनके बारे में लिखिए ।

**Sanskrit**

प्र 1) मति, लता, वारि, मधु, पितृ इनके शब्दरूप लिखें।

प्र 2) कृ धातु पांचो लकारों में लिखें।

**Mathematics**

Q.1 ] Table 1 to 25 five times

Q.2 ] Square 1 to 20 five times

Q.3 ] Cube 1 to 10 five times

Q.4 ] Make any two shapes of cube, cuboid, sphere, cone, cylinder using card board and write characteristics of it

**Science**

### Holiday Homework (Any Two)

1. Natural disaster (paste the pictures and write information)
2. Draw Human circulatory system and write few lines on it
3. Draw Water cycle
4. Draw soil profile diagram and write few lines on each layer.

### Art Integrated project for science

1. Activity : Prepare a Power Point Presentation (10 to 12 Slides)

Topic : Food, shelter and clothing of Maharashtra and Sikkim

Sub Topics • Importance of Food, shelter and clothing • Different foods, pattern of shelter and clothing found in both the states. • Why Foods, shelter and clothing are different in both the states (Comparative).

2. Activity : Prepare a Power Point Presentation (10 to 12 Slides)

Topic: Khangchendzonga Biosphere Reserve in Sikkim and Tadoba National Park in Maharashtra

Sub Topics • Role of biosphere reserve • Various rare and endemic species of animals found there. • The need of protecting the endangered animals in an ecosystem. • The role of inhabitants of Sikkim and Maharashtra towards conserving environment

## Social Science

### HISTORY

Find out where records are kept in your village or city? Who writes these records?

### CIVICS

Write a note on Dr.Bhimrao Ambedkar and also draw or paste his picture.

### GEOGRAPHY

Imagine an ideal environment where you would love to live? Draw a picture of your ideal environment.

### ART INTEGRATED PROJECT

Make a list of food eaten and languages spoken by the people of the states of Sikkim and Maharashtra. Write about the culture of the people of Maharashtra and Sikkim.You can paste pictures also.

## General Knowledge

- 1). Write about 10 Cash crops of India and paste their pictures also.
- 2). Write an Article on Global warming in 70 words.

### Art Integrated Project.

- 1). Write about culture of Sikkim and Maharashtra and paste their pictures also on the same chart paper.

## Computer

- Make a chart on color chart paper on topic Ch. 1 - computer virus Boys: computer virus Girls: computer antivirus
- AIP- make a digital poster on A4 size portrait paper Topic - dance form of Maharashtra and Sikkim And take a print out of a poster

## ART AND CRAFT

Decorate a bottle (using paints, decorative items etc.)\*Any type of bottle can be used.

**AIR FORCE SCHOOL VAYUSENA NAGAR, NAGPUR**  
**HOLIDAY HOMEWORK**  
**CLASS VIII (2023-24)**

**ENGLISH**

Art Integrated Project

Topic- Flora and Fauna of Sikkim

Activity-

\* Prepare an artistic project on Sikkimese literature (English translated works on folk poetry / folk tales based on the \*element of nature -\*).

\* Provide interesting glimpses of the poets / authors through their introductions.

\* Use creative means such as sketching, painting, drawing etc to present the theme.

**HINDI**

1. "शुद्ध लेखन" रोज एक पेज लिखिए।

2. परियोजना कार्य -

"महाराष्ट्र और सिक्किम" पर्यटक क्षेत्र को दर्शाते हुए परियोजना कार्य पूर्ण करें परियोजना कलाकृत होनी चाहिए।

3. संज्ञा सर्वनाम विशेषण व क्रिया - प्रकार तथा उदाहरण सहित अपनी व्याकरण पुस्तिका में लिखिए।  
दिनांक - २२/५/२३ जून तक जमा करें।

**SANSKRIT**

प्र1) बाल, लता, नदी, फल, अस्मद्, यष्मद्, तत् इनके शब्दरूप लिखे।

प्र2) संस्कृत में पत्र लिखिए प्रधानाचार्य को दो दिन की छुट्टी के लिए।

**MATHEMATICS**

1. Draw any 5 mind maps in your maths notebook from the pdf sent in WhatsApp group.

2. Art integrated project

Topic- Flora and Fauna

**SCIENCE**

Prepare an ART INTEGRATED PROJECT with photographs and sketches of the flora and fauna found in Sikkim and Maharashtra

- Role of biosphere reserve
- Various rare and endemic species of animals found there.
- The need of protecting the endangered animals in an ecosystem.
- The role of inhabitants of Sikkim and Maharashtra towards conserving environment

## **SOCIAL SCIENCE**

1. Art integrated project

Topic- Flora and Fauna

a. Flora and Fauna of India

b. Flora and Fauna of Sikkim

c. Geographical features and climatic conditions of Sikkim

d. Study about a few species of animals and plants of Sikkim.

## **COMPUTER**

1. Powerpoint presentation on chapter 1 computer networks upto 10-12 slides excluding name slide and thank u slide

2. Chapter 1. Write Question answer on computer copy

3. AIP- make poster on dance forms of Sikkim and Maharashtra on A4 size portrait page.

## **GK**

Activity-

\* Prepare an artistic project on Monuments of Sikkim.

\* Use creative means such as sketching, painting, drawing, pictures etc to present the theme

## **ART AND CRAFT**

Activity-

1. Make an origami Swan.

**AIR FORCE SCHOOL VAYUSENA NAGAR, NAGPUR**  
**HOLIDAY HOMEWORK**  
**CLASS IX (2023-24)**

**ENGLISH**

**Art Integrated Project**

Topic- Folk Literature and Culture (Music Centric) of Sikkim

**Activity-**

- \* Prepare an artistic project on Sikkimese literature (English translated works on folk poetry / folk tales) written by Sikkimese poets and authors.
- \* Provide interesting glimpses of the poets / authors through their introductions.
- \* Use creative means such as sketching, painting, drawing etc to present the themes.
- \* Write about Sikkimese folk music and famous folk singers.
- \* Prepare one Sikkimese Folk Song and present it in the school when the school re-opens.

**HINDI**

- १) "सिक्किम और महाराष्ट्र" सांस्कृतिक व धार्मिक क्षेत्र को दर्शाते हुए एक परियोजना तैयार करें।
- २) परियोजना रचनात्मक होना चाहिए।
- ३) परियोजना कार्य जमा करने की अंतिम तिथि - **२२.६.२०२३**

**SANSKRIT**

- १) रामायण महाकाव्य संबंधित निम्नलिखित पात्राणाम् चरित्र चित्रणं लिखत ( राम, सीता, रावण)
- २) स्व दिनचर्या लिखत।
- ३) महाराष्ट्र, सिक्किम इति राज्यांना त्रय कविनां परिचय संस्कृते लिखत।
- ४) अकारान्त, इकारान्त, उकारान्त, ऋकारान्त शब्द रूपाणि लिखत।

**MATHEMATICS**

1. Write 10 activities in your Maths practical notebook. The pdf of activities will be sent in class WhatsApp group.
2. Portfolio-Brief Write-up on any one topic from your maths syllabus (minimum 10 pages).
3. Art integrated project

Topic – Compare area and population of Maharashtra and Sikkim state using graph

## SCIENCE

1. Write **11 practicals** in your Science practical notebook. The pdf of practicals is already sent in Class WhatsApp group.

2. Prepare an **ART INTEGRATED PROJECT** on **IMPROVEMENT IN FOOD RESOURCES** with a brief writeup and photographs and sketches of **Sikkim and Maharashtra** related to

- Different types of crops
- Crop variety improvement
- Crop production improvement
- Crop protection management.
- Irrigation techniques
- Animal Husbandry

## SOCIAL SCIENCE

### 1. Project

**Topic: -Disaster Management**

Every student has to compulsorily undertake one project on Disaster Management

Objectives: The main objectives of giving project work on Disaster

Management to the students are to:

1. Create awareness in them about different disasters, their consequences and management
  2. Prepare them in advance to face such situations
  3. Ensure their participation in disaster mitigation plans
  4. Enable them to create awareness and preparedness among the community.
  5. The project work should also help in enhancing the Life Skills of the students.
- Various forms of art may be integrated in the project work.

## COMPUTER APPLICATIONS

**1. Make a Power point presentation on unit 1: communication skills up to 10-12 slides excluding name and thank u slide**

**2. AIP- make a digital poster on A4 size portrait paper**

**Topic - dance form of Maharashtra and Sikkim**

**And take a print out of a poster**