




Theme:- GUJARAT AND PUNJAB


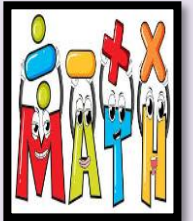



M.M- 05





As we embark on our summer break, it's an excellent opportunity to explore the rich cultural heritage, and scientific achievements of two vibrant states in India - Punjab and Gujarat. Dive into their fascinating stories and return refreshed and enriched.



1. Exercise regularly to stay fit & healthy.
2. Remain hydrated.
3. Eat plenty of fruits and home cooked fresh food.
4. Help your mom in doing small household work and appreciate her efforts.
5. Learn for the Periodic Test as per the syllabus

<u>Subjects</u>	<u>Homework</u>
English 	<ol style="list-style-type: none"> 1. Make a colourful and informative poster on the states of Gujarat or Punjab, showing their capital cities, traditional dress, famous festivals, tourist attractions, popular foods, or any interesting facts using pictures with neat presentation. 2. Write a short story (150-200 words) titled Story from a Tree. The story must be narrated from the point of view of the tree. Choose one Indian State - Punjab or Gujarat and base your story of the tree which grows in that particular region. <p>Include -</p> <ul style="list-style-type: none"> • Festivals or village life around the tree • Changes over time (people, environment) • Emotions like pride, sadness, or joy • End with a message or thought from the tree <ol style="list-style-type: none"> 3. Make a gratitude diary (Count Your Blessings) <p style="margin-left: 40px;">List at least three blessings that made you smile (maintain a scrapbook for writing your gratitude daily).</p> 4. Learn a poem of your choice, based on any of the following themes: nature, friendship, family, kindness.
Hindi	<p>१. गुजराती और पंजाबी बच्चों के बीच आपसे बातचीत पर संवाद -लेखन A4 sheet पर लिखें।</p>

	<p>दोनों राज्यों से संबंधित प्रमुख बिंदु निम्न है- परिवेश रहन-सहन खान-पान संस्कृति</p> <p>२. प्रतिदिन एक पृष्ठ सुलेख लिखें (नोट: पुरानी उत्तर- पुस्तिका में बचे हुए पृष्ठों को निकालकर एक नई उत्तर-पुस्तिका बनाए और उसी में सुलेख लिखें।)</p> <p>३. 'देशभक्ति' से संबंधित कोई एक कविता याद करें।</p> <p>४. हिंदी साहित्यकार 'प्रेमचंद' द्वारा रचित बाल- कहानियाँ पढ़ें तथा कहानियों के नाम और पात्रों के नाम लिखें। (नोट: स्वयं के द्वारा बनाई गई उत्तर- पुस्तिका में लिखें।)</p>
<p>Mathematic</p> 	<ol style="list-style-type: none"> Find out the area and perimeter of Golden Temple in Punjab and Somnath Temple in Gujarat. Also draw any one of them using different geometrical shapes(in an A3 sheet). Learn tables from 2 to 19. Solve this worksheet in homework notebook. (https://docs.google.com/document/d/1HQaoarQClr758IG1mR-CdQ1E-uL5DUHUxNOqVGTcD0c/edit?tab=t.0)
<p>Science</p> 	<ol style="list-style-type: none"> Create a scrapbook with the following sections-(on any state Punjab or Gujarat) <ol style="list-style-type: none"> Natural vegetation with soil type Major crops grown Flora and Fauna Wildlife sanctuaries <p>Hint: Use colourful illustrations and creative layouts, pie charts or graphs , map of India.</p> Draw 5 well-labeled diagrams on an A4 sheet from your science syllabus, ensuring clarity and accuracy in your illustrations
<p>Social Science</p> 	<ol style="list-style-type: none"> Prepare a tourist brochure on Punjab/ Gujarat. Write and paste photos of at least 5-6 popular Tourist places of your chosen state. Make your brochure creatively using the following links. https://youtu.be/uqAXf3kdnGQ?si=jThZPK24wGfiY63 https://youtube.com/shorts/6w8bYY7Og0w?si=Obq04FniC8u5z70r https://youtube.com/shorts/R5swKZAtKBQ?si=HqfYtk5GLByF2KFr
<p>Sanskrit</p> 	<p>१. गुजरात (स्टैच्यू ऑफ यूनिटी, रण उत्सव) और पंजाब (गोल्डन टेम्पल, लोहड़ी) के बारे में सरल संस्कृत वाक्य + हिंदी अनुवाद सुंदर चित्र के साथ A4 sheet पर लिखें।</p>

	२. संस्कृत पाठ्यपुस्तक में पृष्ठ संख्या 119 पर दिए गए श्लोक १ और २ को अर्थ सहित याद करें।
Computer 	1. Design Your Own App (On Paper or with a Tool) Task: Imagine a mobile app that solves a real-life problem (like a homework helper or a pet tracker). Deliverable: Draw the app screens on paper or design them using free tools like Marvel App or Figma (kid-friendly version). Skills Gained: Creativity, problem-solving, basic UI/UX concepts.
Art 	1. Make a "Peaceful Riverside Landscape" on a A3 size sheet using paints and brushes.
Meal Planning 	1. Search and prepare a new recipe of Gujrat or Punjab, prepare with your parents and enjoy. 2. Click a picture and paste along with ingredients and methods of the recipe in your meal planning file or recipe book.
Yoga 	1. Do following exercises regularly and build your immunity(Click pictures and share with the class teacher):- a) Suryanamaskar (sun salutations) b) Breathing exercises (pranayam) i.e Anulom Vilom pranayam(alternate breathing),kapal bhati pranayam (instant energy pranayam), Bhastrika pranayam (slow silent deep breathing),Bhramari pranayam (bee sound breathing).

