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Green Fields School

Summer Holiday Homework Class VIII (2025-26)

Theme: TAMIL NADU AND UTTAR PRADESH. MM: 5 Marks

Dear Students,

This summer, let's journey across the colourful map of India—exploring its states, celebrating its diversity, and understanding the vibrant cultures that make our nation truly incredible. Through the vibrant colors of Uttar Pradesh to the soulful tunes of Tamil Nadu, every state has a story to tell and a lesson to share. Happy Summer Holidays! May your days be filled with the joy of discovery and the excitement of creative learning. With the onset of the holidays, we have designed this holiday homework to keep young minds engaged, spark curiosity about our nation, and nurture a sense of unity and pride in our cultural roots.



General Instructions for Students.

- ➤Do community services like, 'Each One Teach One' during holidays and click picture.
- ➤ Observe the World Environment Day on 5th June-'Clean today, Green tomorrow': Undertake Cleanliness Drive. Select a nearby Park, Bus, Metro-Station. Take 'Before & After' photos to be displayed on School Bulletin Board.
- ▶ Revise for the PT1 as per schedule shared.
 - > Help your parents in small household chores like cleaning the cupboards, watering the plants, making the bed, etc. It is an opportunity for you to show your love concern and support to your parents who had been taking care of you during the course of the Academic Year.
 - > Click photos while performing yogasanas and preparing the special dish with your mom and share it with your Class Teacher.

English

1. Prepare a brochure/ travelogue recounting your recent visit to Tamil Nadu and Uttar Pradesh, focusing on landscapes, localfestivals and cultural experiences. Make a comparative table, highlighting the abovementioned aspects.

2. Read any English newspaper daily. Every day, select five difficult words you come across, find threesynonyms of each word and prepare a vocabulary flip book.

3. Learn a poem of your choice, basedon anyof the following themesnature, courage, patriotism, determination, dedication, optimism or patience.

4. Make a gratitude diary (Count Your Blessings). List at least three

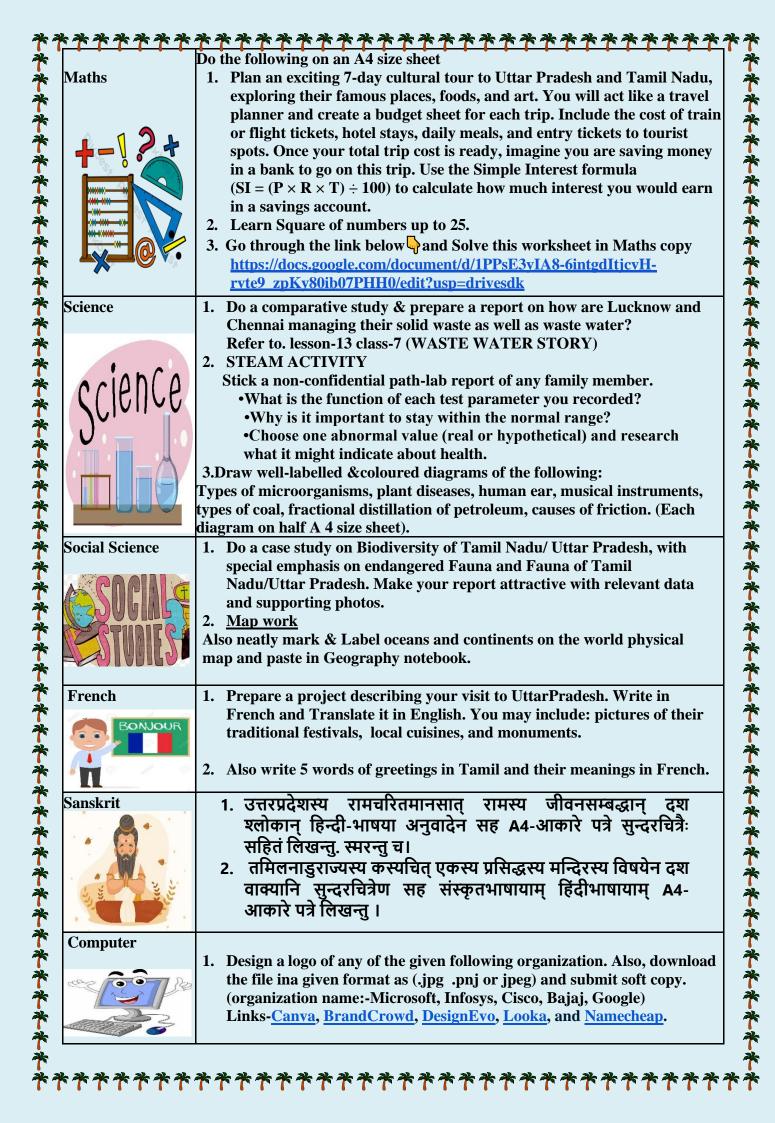
gratitude daily.)



1) भारतीय स्वतंत्रता सेनानियों में अग्रसर हिंदी साहित्यकार माखनलाल चतुर्वेदी, मैथिली शरण गुप्त तथा तमिलनाडु के प्रसिद्ध साहित्यकार व स्वतंत्रता सेनानी रामास्वामी कृष्णमूर्ति आदि साहित्यकारों की खोज कीजिए तथा इनमें से किसी एक के जीवन व प्रमुख रचनाओं को कॉमिक रोल के माध्यम से लघु पत्रिका के रूप में प्रस्तुत कीजिए।

blessings that made you smile. (Maintain a scrapbook for writing your

- 2) महिला साहित्यकार 'महादेवीवर्मा' द्वारारचित 'मेरा परिवार' संस्मरण —संग्रह को पढिए।
- 3) भक्ति रस ,वात्सल्य रस या वीर रस से संबंधित कोई एक कविता कंठस्थ कीजिए।





1. Prepare a Wall Hanging (craft) using cardboard-UttarPradesh handloom cloth or bangles (used or old), shiny things, etc.

2. Prepare a poster in the art file-**Topic: Woman Empowerment.**

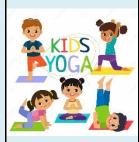
Meal Planning



1. Search and prepare a new recipe of Uttar Pradesh or Tamil Nadu. Enjoy with your parents. Click a picture and paste along with ingredients and methods of the recipe in your meal planning file or recipe book.

2. Prepare a Table mat or table runner with old cotton cloth.

Yoga



Make a Diet plan for yourself to increase/enhance immunity.

- 2. Write about the exercises which improves immunity and body resistance capacity like-
 - Survanamaskar (sun salutations)
 - Breathing exercises(pranayama)

i.eAnulomVilom pranayama (alternate breathing), kapal bhati pranayam (instant energy pranayam), Bhastrika pranayam (slow silent deep breathing), Bhramari pranayam(bee sound breathing).

