

HARDAYAL PUBLIC SCHOOL, BAHADURGARH

SUMMER HOLIDAYS HOMEWORK

CLASS-VI

Part – A Subject Enrichment Activity



INTRODUCTION: “YOGA IS A LIGHT, WHICH ONCE LIT WILL NEVER DIM.”

Yoga keeps your mind, soul and body healthy, helps detoxifying the life style that we now a days are habituated of. We all are privileged to be born in a country that had been practicing yoga asanas ever since the human race has evolved. So to make you learn more about yoga asanas and their importance your topic for holidays homework is “YOGA”.

INVESTIGATORY TOPIC-YOGA: MAKES US PHYSICALLY AND MENTALLY STABLE!

OBJECTIVE: To create awareness among students about Yoga.

MOTTO : Time for ourself in our busy life.

GENERAL INSTRUCTIONS :

- 1) All the work should be done on A-4 size sheets.
- 2) Prepare the coverpage showing project title ,students information, school name and Year .
- 3) List the content with page number.
- 4) Take the help of pictures to make your project attractive.

LEARNING OUTCOME : Students will be able to :

- 1) Know the importance of yoga in our life.
- 2) Reason out the necessity of yoga in busy life of modern society.

ENGLISH :

1. Create a conversation between two friends about discussing the effects of Yoga.
2. Use pictures to make it attractive.

HINDI: योगासनो के चित्र चिपकाकर एक कोलाज बनाये और उससे होने वाले लाभों के बारे में बताये ।

MATHEMATICS : Collect the number of Yoga practitioners in different years in India. Depict it in the form of bargraph on A-4 size sheet.(Try to make it in 3D form)

SCIENCE : “KARO YOGA RAHO NIROG”

1) Do 5 different type of yoga asanas everyday and click photos and make a collage.

2) Visit a yoga centre/park and collect the information about the change in body mind or soul people feel before and after yoga. Make a project report on the above topic.

SOCIAL SCIENCE :

1) Awareness regarding uses of Yoga.

2) Steps taken by the government to promote yoga .

3) Paste the pictures of different postures of Yoga.

PART- B ASSIGNMENT BOOKLET

ENGLISH : Write word of the day along with one page of handwriting in separate notebook.

Do notice, diary entry, informal letters from assignment booklet (any five).

HINDI: हिंदी साहित्य एक से पांच और व्याकरण एक से नौ तक परियोजना पुस्तिका में से करे ।

MATHEMATICS : Do assignments of chapter 1,2 and 3 in Practice notebook.

SCIENCE : Make one working model for “Science Exhibition”.

Do assignments of chapters 1,2,3 & 10 in assignment notebook.

SOCIAL SCIENCE: Do assignment of History Ch-1,Geography Ch-1,2 Civics Ch-1,2 in test notebook.

SANSKRIT : Do page no. 1 to 14 in assignment booklet.

DRAWING :Make an attractive Wall Hanging with the help of newspaper.