



M.D. DAYANAND MODEL SCHOOL

NAKODAR

A large, stylized graphic for 'Summer Holiday Assignment'. The word 'Summer' is in orange cursive, and 'Holiday' is in blue cursive. A smiling sun wearing sunglasses is positioned above the text. The graphic is surrounded by decorative elements like stars and a palm leaf.

Summer Holiday

ASSIGNMENT



LEARN



EXPLORE



GROW



SUCCEED

Enjoy • Learn • Grow
Make the most of your holidays!

A clipboard with a blue pen holder containing several colored pencils. The clipboard has a piece of paper with the text 'Learn Explore Grow Succeed' and a red heart icon.

Learn
Explore
Grow
Succeed



HELLO SUMMER

A season of warmth, adventure, and
unforgettable memories.



SUMMER

Academic Enrichment

1. **Read Regularly:** Choose books that interest you and read at least 20–30 minutes daily.
2. **Practice Skills:** Revise important topics in subjects like math, science, or languages to stay sharp.
3. **Explore New Topics:** Try learning something new—coding, art, a new language, or music.



Limit Screen Time

1. Avoid excessive use of mobile phones, video games, and social media.



Healthy Mind, Healthy Body

1. **Stay Active:** Do physical activities like walking, cycling, yoga, or playing outside.
2. **Eat Healthy:** Maintain a balanced diet—avoid too much junk food
3. **Maintain Hygiene:** Wash your hands regularly and keep your surroundings clean.

Maths Homework

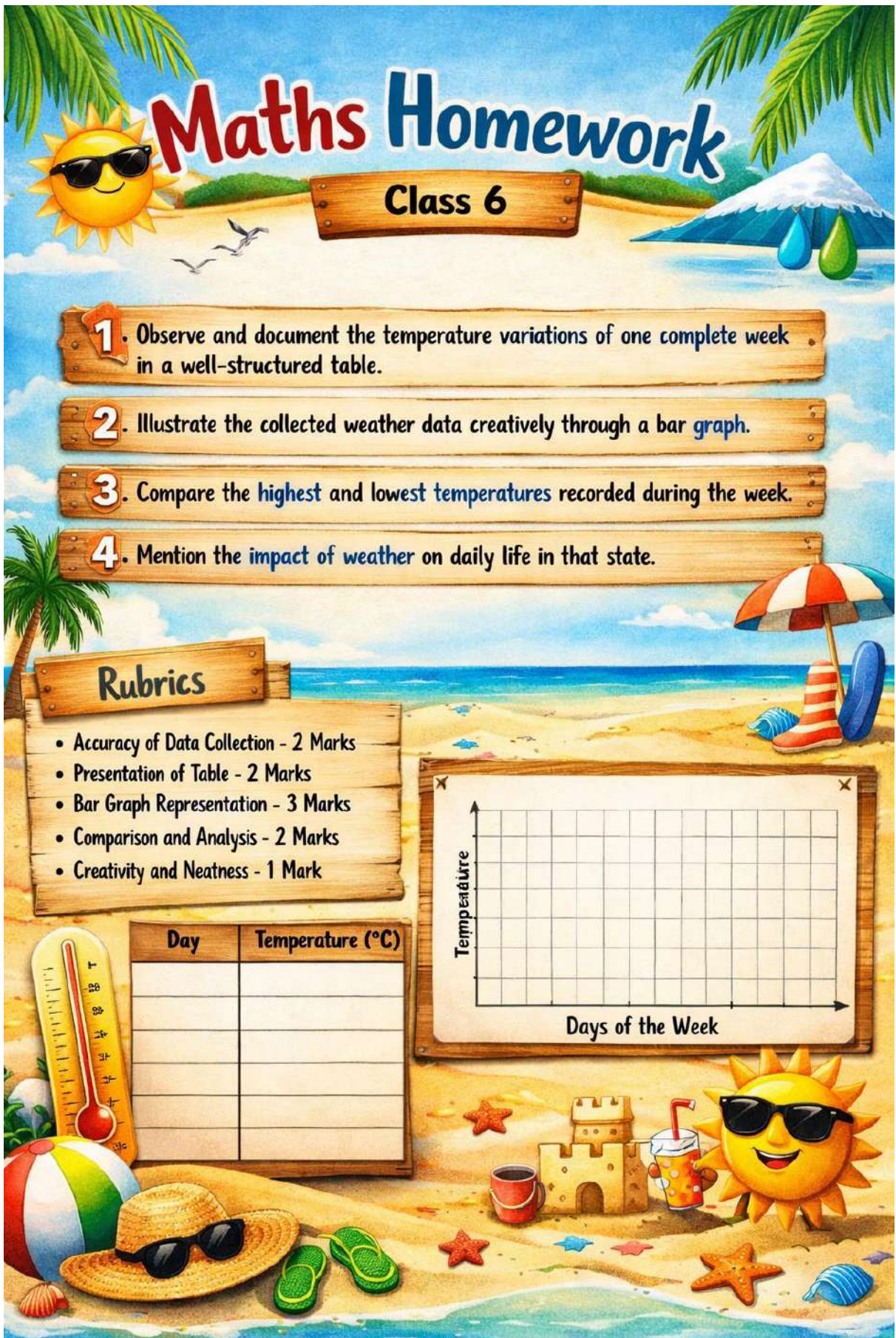
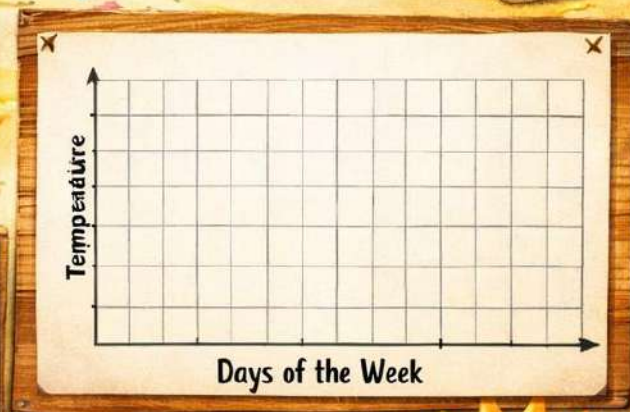
Class 6

1. Observe and document the temperature variations of one complete week in a well-structured table.
2. Illustrate the collected weather data creatively through a bar graph.
3. Compare the highest and lowest temperatures recorded during the week.
4. Mention the impact of weather on daily life in that state.

Rubrics

- Accuracy of Data Collection - 2 Marks
- Presentation of Table - 2 Marks
- Bar Graph Representation - 3 Marks
- Comparison and Analysis - 2 Marks
- Creativity and Neatness - 1 Mark

Day	Temperature (°C)



Computer

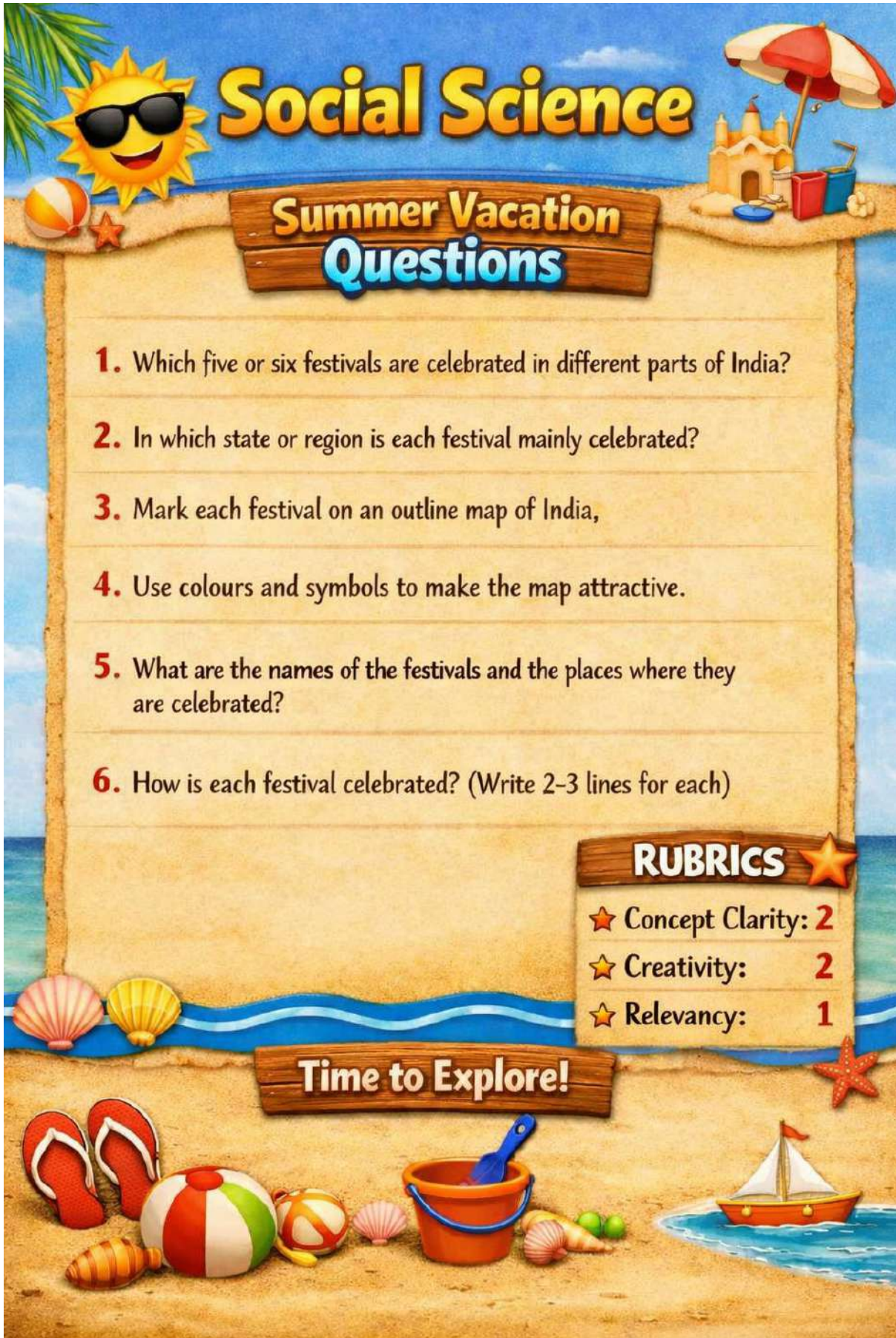
Class 6

Importance of Weather Forecasting

1. Create a digital poster on "Importance of Weather Forecasting."
2. Write five uses of computers in weather forecasting.

Rubrics:

- Creativity - 2 Marks
- Content Relevance - 1 Mark
- Design & Color - 1 Mark
- Neatness - 1 Mark



Social Science

Summer Vacation Questions

1. Which five or six festivals are celebrated in different parts of India?
2. In which state or region is each festival mainly celebrated?
3. Mark each festival on an outline map of India,
4. Use colours and symbols to make the map attractive.
5. What are the names of the festivals and the places where they are celebrated?
6. How is each festival celebrated? (Write 2-3 lines for each)

RUBRICS

- ★ Concept Clarity: 2
- ★ Creativity: 2
- ★ Relevancy: 1

Time to Explore!

English

Exploring Weather & Its Impact Across the States



Activity 1: Weather Vocabulary

Wheel

Create a colorful wheel of 4 seasons and add 5 weather words in each season with sentences (of all taken words by you)

Example: "Rajasthan has a scorching and dry climate."

Assessment (3M)

Creativity and art - 1

Content Accuracy - 1

Presentation Skills - 1



Activity 2: Weather Reporter

Record a 1–2 minute video and send it to respect subject teacher:

Start with: “Welcome to Exploring Weather and Its Impact Across the States!”

Describe one state’s weather, season, and its impact on life

Use 4–5 vocabulary words (humid, chilly, scorching, etc.)



Assessment (3M)



Content – 1



Language – 1



Creativity/Confidence – 1

14:36



SUMMER

ਪੰਜਾਬੀ

ਘੜੀ ਦੇ ਅਕਾਰ ਵਿਚ ਰੁੱਤਾਂ ਦਾ ਚੱਕਰ ਦੇਸੀ, ਅੰਗਰੇਜ਼ੀ ਮਹੀਨਿਆਂ ਦੇ ਨਾਂ
ਲਿਖਦੇ ਹੋਏ ਤਿਆਰ ਕਰੋ

ਮੁਲਾਂਕਣ

1. ਰਚਨਾਤਮਕ ਕਾਰਜ 2
2. ਪੇਸ਼ਕਾਰੀ 2
3. ਭਾਸ਼ਾ ਦੀ ਸੁੱਧਤਾ 1

SUMMER

Holidays homework

6th

भारत के 5 राज्यों के मौसम की जानकारी देते हुए चित्र सहित फ़ाइल तैयार करें।

राज्य का नाम-

मुख्य मौसम -

तापमान -

विशेष प्रभाव -

1. भारत के राजनैतिक मानचित्र (political map) पर भारत के राज्यों को उनके मौसम के अनुसार दर्शाना।

क) अधिक वर्षा वाले राज्य-नीला रंग

ख) अधिक गर्मी वाले राज्य - लाल रंग

ग) अधिक ठंडा वाले राज्य -पीला रंग

मूल्यांकन बिंदु-

उचित जानकारी- 2

रचनात्मकता / प्रस्तुतिकरण- 2

कार्यपूर्णता- 1

Project Work
Subject-Science

Class-6th

Different weather, different fabrics, same comfort.

Topic:

“Exploring Weathers and its impact across states”

Objective:

To understand different weather conditions in various states of India and to learn how climate affects the choice of fabric and clothing.

Instructions for the Project:

- ✓ The project should be prepared neatly on A4 sheets or in a scrapbook.
- ✓ Students must include information about at least four Indian states with different weather conditions.
- ✓ Mention the climate, suitable fabrics, and clothes worn in those states.
- ✓ Paste or draw pictures related to weather and clothing.
- ✓ Students must paste small fabric samples such as cotton, wool, silk, or polyester.
- ✓ Proper labelling and neat handwriting are compulsory.
- ✓ Include introduction, table, observations, and conclusion in the project.

Suggested States:

Rajasthan, Kerala, Himachal Pradesh, Assam, Punjab, Gujarat, etc.



Assessment Criteria:

- ★ Content and accuracy -2
- ★ Creativity and presentation -2
- ★ Neatness -1

Note: Revise Periodic Test - 1st Syllabus also.

Chapter -6 (Measurements and Motion)
Chapter -3 (Nature of Matter)

REVISE UT 1 SYLLABUS



*“ Use your
summer break
to build a
stronger you.”*

SUMMER

HOLIDAYS

HOMEWORK

SESSION 2026-2027

Relax

Explore

Learn

Grow

Make the most
of your time today,
*for a better
tomorrow.*

REVISE **UT1** SYLLABUS

INSTRUCTIONS Academic Enrichment

1. **Read Regularly:** Choose books that interest you and read at least 20–30 minutes daily.
2. **Practice Skills:** Revise important topics in subjects like math, science, or languages to stay sharp.
3. **Explore New Topics:** Try learning something new—coding, art, a new language, or music.

Limit Screen Time

1. Avoid excessive use of mobile phones, video games, and social media.

Healthy Mind, Healthy Body

1. **Stay Active:** Do physical activities like walking, cycling, yoga, or playing outside.
2. **Eat Healthy:** Maintain a balanced diet—avoid too much junk food
3. **Maintain Hygiene:** Wash your hands regularly and keep your surroundings clean.

 **SUMMER HOLIDAY ASSIGNMENT 2026** 

Class VII – Creative & Healthy Food Assignment

Social Science Holiday Assignment

Topic: Mid-Day Meal Scheme

Objectives:

- Understand the importance of nutritious food.
- Learn about the Mid-Day Meal Scheme.
- Develop awareness about healthy eating habits.
- Understand the role of balanced diet in daily life.

Part A – Questions & Answers

Q.No.	Questions
1	Write a short note on the Mid-Day Meal Scheme.
2	Why is the Mid-Day Meal Scheme important for school children?
3	Name any five healthy food items that should be included in a balanced diet.

Part B – Observation & Analysis

- 1. Which nutrients are included in healthy meals?
- 2. How can healthy food habits help us stay fit and active?

Part C – Art Integration Activity

1. Prepare a creative weekly planner of healthy meals.
2. Draw or paste pictures of healthy food items and decorate them creatively.
3. Make a colourful poster on the topic 'Mid-Day Meal Scheme'

◆ Mathematics Home Assignment ◆

Weekly Food Expenditure Planner

Design a weekly food expenditure planner by listing food items and their costs in tabular form. Depict the information using a bar graph and analyse the most favoured as well as the least chosen food item. Also highlight the importance of healthy eating habits.

Rubrics

- Proper Tabular Representation – 2 Marks
- Accuracy of Budget Calculation – 2 Marks
- Graphical Representation – 3 Marks
- Analysis and Conclusion – 2 Marks
- Creativity and Presentation – 1 Mark

Class – 7th. SCIENCE

To understand the importance of a balanced diet and healthy eating habits by

Preparing a weekly food planner.

Instructions:

➤ Prepare a 7-day food planner including:

Breakfast, Lunch, Evening Snack, Dinner

➤ In this plan includes food containing following nutrients:

Carbohydrates, Proteins, Fats, Vitamins, Minerals

Mention:

➤ Nutrients present in each meal

➤ Benefits of the food items

➤ Importance of drinking water

Add:

➤ Seasonal fruits and vegetables

➤ Healthy alternatives to junk food

Present the project creatively using:

Charts, Drawings, Pictures, Tables

Assessment Criteria:

- Accuracy of nutrients- 1
- Creativity and presentation- 2
- Scientific understanding- 1
- Completion of work-1

🌸 ਪੰਜਾਬੀ ਗਰਮੀਆਂ ਦੀਆਂ ਛੁੱਟੀਆਂ ਦਾ ਕੰਮ 🌸

ਗਰਮੀਆਂ ਦੀਆਂ ਛੁੱਟੀਆਂ ਦਾ ਕੰਮ
ਜਮਾਤ- ਸੱਤਵੀਂ
ਵਿਸ਼ਾ- ਪੰਜਾਬੀ

- ਵਿਦਿਆਰਥੀ ਆਪਣੀ ਇੱਕ ਹਫ਼ਤੇ ਦੀ ਪੌਸ਼ਟਿਕ ਭੋਜਨ ਦੀ ਸਮਾਂ-ਸਾਰਨੀ ਰੰਗਦਾਰ ਸ਼ੀਟ 'ਤੇ ਤਿਆਰ ਕਰਨਗੇ ਅਤੇ ਇਸ ਸਮਾਂ-ਸਾਰਨੀ ਨੂੰ ਗਰਮੀਆਂ ਦੀਆਂ ਛੁੱਟੀਆਂ ਵਿੱਚ ਲਾਗੂ ਕਰਨਗੇ ਤਾਂ ਜੋ ਸਿਹਤ ਦਾ ਭਰਪੂਰ ਖਿਆਲ ਰੱਖਿਆ ਜਾ ਸਕੇ।

ਉਦਾਹਰਨ ਲਈ-

ਪੌਸ਼ਟਿਕ ਭੋਜਨ ਦੀ ਸਮਾਂ-ਸਾਰਨੀ					
ਦਿਨ	ਸਵੇਰੇ ਉੱਠਣ ਵੇਲੇ	ਨਾਸ਼ਤਾ	ਦੁਪਹਿਰ ਦਾ ਖਾਣਾ	ਸ਼ਾਮ ਵੇਲੇ	ਰਾਤ ਦਾ ਖਾਣਾ
ਸੋਮਵਾਰ					
ਮੰਗਲਵਾਰ					
ਬੁੱਧਵਾਰ					
ਵੀਰਵਾਰ					
ਸ਼ੁੱਕਰਵਾਰ					
ਸ਼ਨੀਵਾਰ					
ਐਤਵਾਰ					

ਮੁਲਾਂਕਣ ਦੇ ਮਾਪਦੰਡ-

ਕੁੱਲ ਅੰਕ- 5

1. ਰਚਨਾਤਮਕਤਾ- 2 ਅੰਕ
2. ਪੇਸ਼ਕਾਰੀ- 2 ਅੰਕ
3. ਭਾਸ਼ਾ ਦੀ ਸ਼ੁੱਧਤਾ- 1 ਅੰਕ

** English Holiday Assignment*

#*Rainbow Food Planner*

“Eat Healthy, Stay Happy!”

Part A – Creative Art Work*

* Make a “Rainbow Food Planner”

Your Task:

Take an A4 sheet or notebook and create a beautiful *7-Day Weekly Food Planner*

Layout: Divide the page into 7 colourful boxes:

- *Monday* | *Tuesday* | *Wednesday* | *Thursday*
- *Friday* | *Saturday* | ☐ *Sunday*

* In Each Day’s Box, Add:*

Breakfast | *Lunch* | *Snacks* | *Dinner

* Draw colorful healthy foods like:*

Bananas | Salad | Milk | Apple | Carrot

* Decoration Ideas

Make your planner attractive using: Stars | Emojis | Borders | Stickers *

Example Speech Bubbles:

- _“Healthy food makes me strong!”_
- _“Good food = Good mood!”_
- _“Eat fresh, feel fresh!”_

* Special Creative Twist – Mood Colours*

Colour each day according to your mood after eating healthy food:

****Mood Colour**** ****Meaning****

Yellow Happy

Green Healthy

Orange Energetic

* Example:* If Monday’s food made you energetic, colour the box *orange*

Part B – Writing Skill

“My Healthy Week Diary”

After completing your planner, write a paragraph on:

Topic: _How Healthy Food Changes My Mood_

Word Limit: 80–100 words

* Activity Rubrics (5 Marks)*

Criteria	**Marks**
Creativity & Artwork	2
Food Planning & Mood Colours	2
Neatness	1

* Speaking Skill Rubrics (5 Marks)*

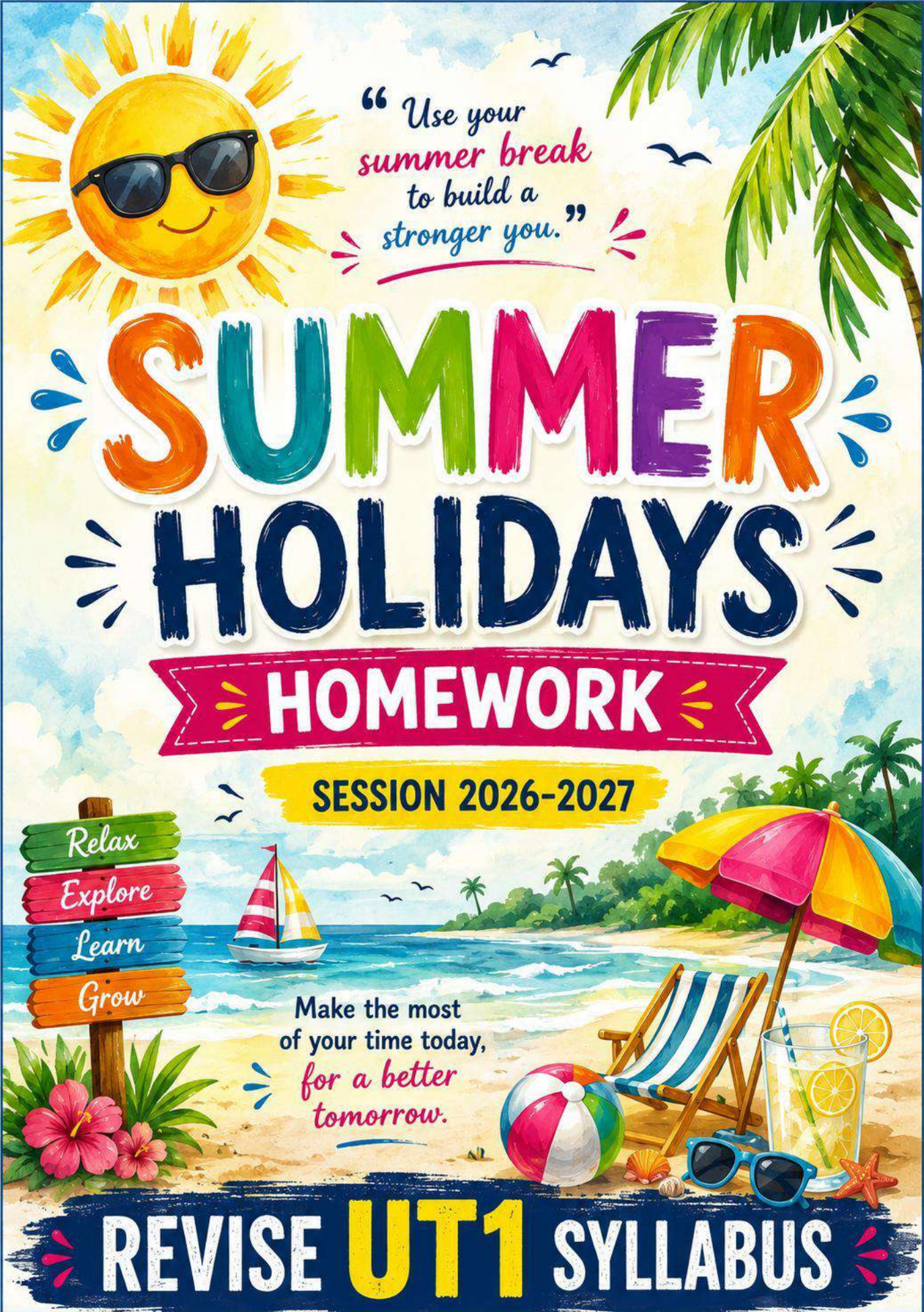
Criteria	**Marks**
Fluency & Confidence	2
Pronunciation & Voice Clarity	2
Content & Expression	1

• Hindi Home Assignment

- ****स्वस्थ भोजन, मस्त जीवन!***
- प्रश्न 1: स्लोगन लेखन* (on file)
- * कार्य:* _स्वस्थ भोजन के प्रचार हेतु स्लोगन लेखन_
- * प्रश्न 2: पत्र लेखन*
- * कार्य:* आपका छोटा भाई/बहन छात्रावास में रहता है और अक्सर बाहर का खाना खाता है। उसे स्वस्थ भोजन खाने की सलाह देते हुए पत्र लिखिए।

मूल्यांक बिंदु (5 अंक)*

- ****मापदंड**** ****अंक****
- उचित प्रारूप व विषय वस्तु 2
- रचनात्मकता / 2 कार्यपूणयता 1



“ Use your
summer break
to build a
stronger you. ”

SUMMER

HOLIDAYS

HOMWORK

SESSION 2026-2027

- Relax
- Explore
- Learn
- Grow

Make the most
of your time today,
for a better
tomorrow.

REVISE **UT1** SYLLABUS

CLASS 8TH


Academic Enrichment 1 **1. Read Regularly:** Choose books that interest you and read at least 20–30 minutes daily.

2. Practice Skills:

Revise important topics in subjects like math, science, or languages to stay sharp.

3. Explore New Topics :Try learning something new—coding, art, a new language, or music.

Limit Screen Time

1. Avoid excessive use of mobile phones, video games, and social media.  Healthy Mind, Healthy Body

1. Stay Active:

Do physical activities like walking, cycling, yoga, or playing outside.

2. Eat Healthy: Maintain a balanced diet

—avoid too much junk food

3. Maintain Hygiene: Wash your hands regularly and keep your surrounding clean

PUNJABI:

ਅਲੋਪ ਹੋ ਰਹੀਆਂ (ਕੋਈ ਪੰਜ) ਲੋਕ ਖੇਡਾਂ ਦਾ ਤਸਵੀਰਾਂ ਸਹਿਤ ਵਰਣਨ ਕਰਦੇ ਹੋਏ ਹਰ ਖੇਡ ਦੇ ਨਿਯਮ ਦੱਸੋ (50-60 ਸ਼ਬਦਾਂ ਵਿੱਚ)(on file)

ਮੁਲਾਂਕਣ ਦੇ ਮਾਪਦੰਡ:

ਕੁੱਲ ਅੰਕ -5

1. ਰਚਨਾਤਮਕ ਕਾਰਜ 2
2. ਪੇਸ਼ਕਾਰੀ 2
3. ਭਾਸ਼ਾ ਦੀ ਸੁੱਧਤਾ 1

HINDI

विभिन्न खेलों के समाचारों की कटिंग का कोलाज तैयार करना। (on file)

मूल्यांकन बिंदु-

विभिन्न खेलों की समाचार कटिंग का चयन-2

रचनात्मकता / प्रस्तुतिकरण- 2

कार्यपूर्णता- 1

ENGLISH

ACTIVITY-01

Answer the following questions in 80-100 words

Chapter 1: Three Questions

1. How did the answers given by the hermit help the king understand the true meaning of the three questions? Explain with examples from the story. (Understanding-Based Question)

2. What lesson from the story can students apply in their daily life while making important decisions? Explain with suitable examples. (**Application-Based Question**)

Poem 2: Granny's Tree Climbing

3. Granny continued climbing trees even in old age. What qualities of Granny inspire young people to follow their interests and hobbies fearlessly? (Competency-Based Question)

Chapter 3: Father's Help

4. Describe Swaminathan's feelings on Monday morning and explain why he wanted to avoid going to school. (Understanding-Based Question)

5. Do you think Swami's plan to escape school was right or wrong? Give reasons to support your opinion with reference to the story. (**Analytical Reasoning-Based Question**)

Poem 4: My Mother

6. How can children show love and respect to their mothers in everyday life? Explain using ideas from the poem (**Application-Based Question**)

ACTIVITY-02

Imagine you are Environment News Reporter. You will have to speak about how to make environment clean and green in a video form. Incorporate the Instructions given below while making the video.

Environment News Reporter

Activity

Students will become an Environment Reporter and speak about keeping the environment clean and healthy

Instructions

Record a 1-2 minute video saying:

"Welcome to Environment News!"

Tell which activities help the environment.

Tell which activities harm nature and pollute the surroundings.

Give one environmental protection tip.

Sample Opening

"Good evening everyone!

I am today's Environment Reporter.

Today's news is about protecting our environment and keeping our Earth clean and green..."

SCIENCE:

Sports Participation and Performance Data

1. Sports and Body Systems :-

You have to study how sports and physical exercise affect different body systems.

Include the Following Body Systems:

Muscular System

Explain the function of muscles in our body.

Describe how sports and exercise strengthen muscles.

Write benefits such as: Increased strength, Flexibility, Better stamina

Give examples of sports that help develop strong muscles.

Respiratory System

Explain the role of lungs and breathing.

Describe what happens to breathing during exercise.

Explain how sports improve lung capacity and oxygen supply.

Mention benefits of regular exercise for the respiratory system.

Circulatory System

Explain the function of the heart and blood vessels.

Describe how exercise affects heartbeat and blood circulation.

Mention benefits of sports for heart health

Add pictures of sports activities wherever possible.

Write a short conclusion on the importance of sports for a healthy body.

2. Balanced Diet for Athletes

Prepare a healthy diet chart for any one sportsperson (football player, cricketer, runner, swimmer, etc.).

Your work should include:

Breakfast, lunch, dinner, and snacks.

Importance of:

Carbohydrates, Proteins, Vitamins & minerals, Water

Explain why athletes need a balanced diet.

Add pictures of healthy food items.

Instructions:

Make the diet chart neat and colourful.

Use tables wherever required.

Write the functions of each nutrient in simple language.

General Instructions

Use a project file/scrapbook/chart paper.

Maintain neat handwriting and proper headings.

Be creative and informative.

Mention your name, class, and roll number on the cover page.

Rubrics for Assessment

Research & Information– 02

Creativity & Presentation- 02

Overall project completion-01

Mathematics

Compile statistical data of any five events from the 2024 Summer Olympics in an organised table. Present the collected information through a linear graph and mention the significance of sports activities in maintaining a healthy and disciplined lifestyle.

Rubrics:

Collection of Relevant Data – 2 Marks

Tabular Representation – 2 Marks

Linear Graph Presentation – 3 Marks

Explanation and Interpretation – 2 Marks

Overall Presentation and Creativity – 1 Mark

Computer

1. Write a short note on how technology helps in sports performance analysis.

2. Design a digital poster on “Importance of Sports and Fitness.”

Rubrics

Content relevance – 2 marks

Explanation clarity – 2 marks

Neat presentation – 1 mark



Subject: Social Science | Class: 8

? QUESTIONS

- 1 What do you understand by gender participation in sports?
- 2 Why are sports important for both boys and girls?
- 3 Name any four sports played by students in schools.
- 4 Do boys and girls get equal opportunities in sports? Explain your answer.
- 5 What are the common problems faced by girls in participating in sports?
- 6 How can schools encourage equal participation in sports?
- 7 Why is gender equality important in sports?
- 8 Write any three benefits of sports participation.
- 9 Conduct a small survey in your class and fill the table below:
- 10 Write 5–6 lines on what you learned from this project about gender equality and sports participation.



**SPORTS
HAVE NO GENDER,
ONLY
TALENT AND
TEAMWORK.**

📋 SURVEY TABLE

Sport	Number of Boys	Number of Girls
Cricket		
Football		
Badminton		
Volleyball		
Athletics		



📊 ACTIVITY

Draw a bar graph showing participation of boys and girls in different sports.

