



SHANTI GYAN NIKETAN SR. SEC. PUBLIC SCHOOL

SESSION: 2024 – 2025

HOLIDAY HOMEWORK

CLASS - VI



Dear Parents,

Summer Vacation...!! The time when you are more candid and creative. It is synonymous with peace, rest, relaxation recreation, developing skills other than intellectual skills and following a healthy life style to keep you fit and sharp.

SGN has always been a motivating partner of growth and development in the lives of the students. Summer Holiday will not only enable them to summarize what was taught but will also help them to connect themselves to the various learning processes. So this summer holiday homework is aimed at sensitizing and creating awareness among Niketians towards the Theme of “Healthy Life Style”. We encourage the importance of maintaining good health and well being by adopting healthy Life Style early on to pave the way for happier, more full filling future.

Suggestions that will make your vacation more enjoyable:

- ✦ Drink plenty of juice and water to avoid dehydration.
- ✦ Have at least one meal together with your child and encourage home cooked and fresh food.
- ✦ “A healthy mind lives in a healthy body”. Encourage your child to go for a morning walk and spend some time doing yoga, exercise and meditation for mental & physical health.
- ✦ Perform weekend cleanliness task like- arranging the cupboard, sweeping the kitchen counter, watering the plants, making your own bed diligently.
- ✦ Read the newspaper daily.
- ✦ Try to encourage your child to converse in English with you siblings, friends and relatives, as it will improve their proficiency in this language. Read at least two books of your interest during the vacation.
- ✦ Holiday Homework is a part of subject enrichment and will be assessed on the basis of creativity and efforts of the students.

NOTE: As PT-I is scheduled from July 06, ensure them to prepare the syllabus well.

Summer vacation are starting from 16th May and the school will reopen on 1st July 2024

HAPPY HOLIDAYS

**Ms. Anubha Trivedi
(Incharge, Middle Wing)**

SUMMER HOLIDAY WORK
SESSION 2024-2025
CLASS VI

ENGLISH

- Solve comprehension passages from 1 to 15 given in English workbook (pages 9-48).
- Do 'Test your vocabulary' given in English workbook (pages 26-32)
- Enhance your reading skills by reading stories given on pages 33-36 and solve the back exercises in English workbook.
- Decorate a diary and write diary entry 15 days about following a 'Healthy Life Style' during your holiday. You may decorate it in your style.

MATHEMATICS

- Learn tables from 2 to 12.
- Revise Ch.1,2,3 for Periodic Test to be held in July.
- Prepare Factor Tree for the following numbers: (on A3 sheet and paste the sheet in Notebook)
a) 90. b) 36. c) 56
- Do the Given Worksheets and Paste them in your Notebook.
- Prepare Sieve of Eratosthenes for finding Prime and Composite Numbers from 1 to 100 in your Notebook.
- A calorie refers to the amount of energy in a food item or drink. According to WHO a healthy body needs around 2000 calories per day. When we eat or drink more calories than we use up, our body stores the excess as body fat.
Represent the calorie intake of four members of your family in the table given below:

	BREAKFAST		LUNCH		DINNER		TOTAL Calories
	Food Items	Count of calories	Food Items	Count of calories	Food Items	Count of calories	
Me							
My Mom							
My Dad							
My cousins							

- Now put your thinking cap and check if you and your family are eating a healthy diet and taking required number of calories per day. Write two ways in which you can maintain a healthy diet plan on a A4 size sheet.

हिंदी

- वाक्यांश के लिए शब्द (1 से 15) उत्तर पुस्तिका में लिखें याद करें।
- अपनी कक्षा के किन्हीं 05 विद्यार्थियों के नाम लिखकर वर्ण विच्छेद कीजिए।
- पौष्टिक भोजन और नियमित व्यायाम स्वस्थ जीवन का आधार है। (एक अनुच्छेद लिखिए)।
- परियोजना कार्य-- कविता (झाँसी की रानी) का सारांश लिखिए तथा चित्र चिपकाइए। (A4 साइज शीट)
- कक्षा में करवाया गया समस्त पाठ्यक्रम याद करें।

संस्कृत

- **प्रश्न-1)** प्रतिदिन सुबह अपने अभिभावकों को संस्कृत पुस्तक की प्रार्थना हिंदी अर्थ सहित तथा कार्य पत्रिका में दिए गए मंत्रों को याद करें व प्रतिदिन दिनचर्या में लाएं।
- **प्रश्न-2)** नीचे दिए गए रोल नंबर के अनुसार 'A3' साइज शीट पर लिखकर सुंदर चार्ट बनाइए-
(रोल नं०1-10) भोजन और स्वास्थ्य से संबंधित संस्कृत में 2 श्लोक अर्थ सहित लिखिए।
(रोल नं०11-20) संस्कृत में संख्या 1-10 तथा रंगों के नाम
(रोल नं 21-30) बाल शब्द रूप

(रोल नं०31 से सारे) पाठ 3 का शब्दकोश

- प्रश्न-3) पृष्ठ 29 का प्रश्नत्रय पुस्तक में पेंसिल से लिखकर भरिए।

विशेष- प्रश्न 2 के लिए 5 अंक निर्धारित हैं। कक्षा में करवाया गया PT-1का सारा पाठ्यक्रम याद करना।

SCIENCE

- Revise Chapter -1(Components of food) and chapter -8(Motion and measurement of distance) for PA-1 exam.
- While using iodine in the lab, a few iodine drops fell on Ria's socks, and a few fell on her teacher's saree. The iodine drops on the saree turned blue-black, while their colour did not change on the socks. What can be the possible reason?
- Rohan was having difficulty watching things in dim light. The doctor tested his eyesight, and he prescribed a particular vitamin supplement. He advised him to include a few food items in his diet regularly.
 - Which deficiency disease is he suffering from?
 - Which component of food is he lacking in his diet?
 - Suggest some (any four) food items that he should include in his diet.
- make a play card on any one theme on A3 size sheet:-
A- Healthy life style. B- Health and Hygiene.
- **Do the following strictly as per your roll number only:**
- (a) Roll no. 1-10 - Prepare a diet chart along with pictures to provide balance diet to a twelve year old child. The diet chart should include food items which are not expensive and are commonly available in your area.
- (b) Roll no. 11-20 - Collect and paste pictures of various food items(By taking Printout of the given below picture with proper adjustment in a A4 sheet)

SOCIAL SCIENCE

- Prepare a project on the difference in the way of life between early and modern humans. (refer ch 2 and 3 of history).
 - Draw a poster of Latitudes and Longitudes and Heat Zones of the Earth (refer Ch-2 of geography).
 - On an outline map of India, mark and label Magadha, Kosala, Kuru, Malla, Kashi, Pratisthana, Prayaga and Ujjayini (Refer Ch 6 of History).
 - Write a slogan encouraging healthy life lifestyle. Learn the chapters of PA1
- Note:** All work should be done in a coloured scrap file.

COMPUTER

- Make a PowerPoint Presentation on 'How you can safeguard your computer'.
(Take help from Ch-1) (min. 8 slides and max. 10 slides)
- Design your class Time-Table in Microsoft Word.
- Create a mark sheet for ten students in Microsoft Excel.

Note: Take printout (coloured/black & white) of your work and paste it on a file and present it nicely.

GENERAL KNOWLEDGE

(1) Prepare a beautiful poster on A4 size sheet and paste the picture of the following -----

- (1) First prime minister of India.
- (2) First President of India.
- (3) First woman Prime minister of India.
- (4) Current president of India.
- (5) Iron man of India.
- (6) Missile men of India.

(2) Write 10 current affairs on A4 size sheet.

ART/CRAFT

- 1. Make a beautiful Wall-hanging using waste material : marriage cards, coloured sheets, sequence, beads, sticks, card board, different size/shape mirror etc.
- 2. Make a beautiful picture (on full size Ivory sheet) using Poster Colours according to your section on the topic given below:

6A- Dussehra scene

6B- Diwali

6C- Rakshabandhan Scene

6D- Republic Day

6E- Independence day

Note: Write your Name, Class and Section at the back of the sheet.

PHYSICAL EDUCATION AND YOGA.

- Do *surya namaskar* on daily basis and make a chart showing all postures.
- Make a project on your favourite sports star.
- Enjoy your vacation and stay healthy.

Tips to be Healthy.

- Include fresh fruits and vegetables in your diet.
- Keep yourself hydrated by intake of plenty of water and fluids.
- Do regular exercise for 30 minutes.

MUSIC & DANCE

1. Learn five 'सरगम'
2. Learn Patriotic song : कदम कदम बढ़ाए जा....
3. Learn the lyrics of School song:
4. Learn हनुमान चालीसा
5. English prayer: A gift to God....

Enjoy your vacation and stay healthy.