



# SHREE VASISHTHA VIDHYALAYA

English Medium-CBSE

*"Summer brings the time to rest,  
But learning too can be at its best!"*

*Dear Students,*

*Summer is here—a time to relax, recharge, and make unforgettable memories!*

*The Vasishtha family wishes each one of you a happy, safe, and joy-filled summer vacation. May this break bring you moments of laughter, discovery, and quality time with your family and friends. When you return to school, we hope you come back refreshed and full of new energy and ideas.*

*To help you stay mentally active and creatively engaged during the holidays, the school has prepared a Summer Assignment. It is thoughtfully designed not only to reinforce your learning but also to encourage self-discipline, time management, and independent thinking-skills that will serve you well throughout your academic journey.*

- **Summer Assignment – General Guidelines:**

1. All work must be completed neatly and by hand.
2. The assignment is an integral part of your **Term-I Multiple Assessments** and will be evaluated based on: **Quality of Content, Presentation & Neatness, Originality & Creativity, Innovation & Effort**
3. Submission Deadline: **Tuesday, 10th June 2025**
4. Do all the subject wise assignments separately on **project papers**.
5. **Integrate photos** wherever possible.

*We encourage you to approach this assignment with enthusiasm and imagination. Use this opportunity to explore, reflect, and express yourself in unique ways.*

*Wishing you a meaningful and magical summer!*

*Regards,  
SVV*

**SUMMER  
ASSIGNMENT  
2025-26  
CLASS – VIII**

# Integrated Summer Assignment

## Theme: Living a Healthy Life

Subject	Assignment
English	<p>Write an essay (200-250 words) on the importance of living a healthy life. Discuss mental, physical, and emotional health. Include the role of diet, exercise, sleep, and stress management. You can start with a quote or proverb related to health (e.g., 'Health is wealth').</p>
Maths	<p>1. Make a chart or bar graph showing your daily routine, including hours spent on: <b>Sleeping, Studying, Exercise, Screen time, Playing, Eating</b></p> <p><b>Task:</b></p> <ul style="list-style-type: none"> <li>Draw the graph on graph paper.</li> <li>Calculate the percentage of time spent on healthy vs. unhealthy activities.</li> </ul>
Science	<p>1. Create a balanced meal plan for a day (Breakfast, Lunch, Dinner, and Snacks).  2. Ensure the meal includes the five food groups: Carbohydrates, Protein, Fats, Vitamins, and Minerals.  3. Draw a food pyramid and label the different food categories.  4. With reference to the above data calculate the approximate calories for each meal and explain how these help the body.</p>
Social Science	<p>1. Write how the government initiatives help the needy people for a better living. Also mention how can these services be made better to benefit the needy.  2. Include the following Points:  <b>Government Hospitals, Vaccinations, Health Awareness Programs, Drinking Water, Sanitation, Nutrition Schemes etc.,</b></p>
AI	<p>1. Design a PowerPoint presentation (5–6 slides) on 'Healthy Habits, Healthy Life.'</p>
Hindi	<p>१. छात्र जीवन की सबसे उपयोगी जीवन शैली का समय सारिणी A4 साइज़ पेपर पर तैयार कीजिए।  २. स्वास्थ्य ही धन है इस विषय पर 150 से 200 शब्दों में अनुच्छेद लिखिए।</p>
Gujarati	<p>૧. સ્વસ્થ જીવનશૈલી માટે તમે શું કરો છો અથવા તમે કેવા પગલાં લો છો - તે વિષય પર ૨૦ થી ૨૫ વાક્યો લખો. (જે તે પ્રવૃત્તિને લગતા ફોટોગ્રાફ પણ જોડી શકો છો.) (ઉદાહરણ: નિયમિત વ્યાયામ, સમતોલ આહાર, આરામ વગેરે...)  ૨. સ્વસ્થ જીવનશૈલી માટેના 10 સૂત્રો (સ્વોગન) લખો.</p>
Art & Craft	<p>1. Create a poster or infographic titled 'Living a Healthy Life'  2. Incorporate visuals like fruits, vegetables, exercise, a water bottle, and nature scenes.  3. Use catchy slogans such as 'Eat Well, Live Well' or 'Exercise Your Way to Health.'  4. Add health tips in bullet points (e.g., 'Drink 8 glasses of water,' 'Get 8 hours of sleep').</p>
Physical Education	<p>1. Design a fitness routine that promotes physical health.  2. Include a mix of cardiovascular exercises, strength training, and flexibility exercises (at least 5 exercises).  3. Include a weekly plan: How often should these exercises be done?  4. Explain the benefits of each exercise (e.g., running helps with heart health, yoga improves flexibility).</p>

# *SUMMER MAGIC BUCKET LIST*

## *For Dreamers, Doers & Distinguished Brains*

- **DAILY JOY MISSIONS:**

- ☐ Wake up early and catch the sunrise.
- ☐ Spend time with grandparents.
- ☐ Compliment someone for the good work.
- ☐ Spend 1 hour daily for gadget free indoor games.

- **BRAIN BOOSTERS:**

- ☐ Read a book from a genre you've never tried.
- ☐ Watch a documentary and write down 3 cool facts.
- ☐ Learn 10 new words and use them in a sentence.
- ☐ Start a "Wonder List" — questions you want to explore.
- ☐ Make your own quiz and test your family!

- **CREATIVITY QUESTS:**

- ☐ Create your own art challenge. (1 sketch/drawing/collage a day!)
- ☐ Make a handmade journal/scrapbook.
- ☐ Try composing/ collecting poetry.
- ☐ Build something out of recycled stuff.

- **ADVENTURES & DISCOVERIES:**

- ☐ Watch the clouds and name the shapes.
- ☐ study the list of games included in Olympics.
- ☐ Do a treasure hunt in your own house.
- ☐ Visit a local museum, zoo, or historic place.

- **KINDNESS MISSIONS:**

- ☐ Write a thank-you note to someone special.
- ☐ Help a neighbour, friend, or sibling with a task.
- ☐ Leave a happy note for someone to find.
- ☐ Make a care package or donate old toys/clothes.
- ☐ Be kind to yourself — say 3 nice things about YOU.

- **FUTURE ME GOALS:**

- ☐ Write a letter to your future self. (to open next summer)
- ☐ Make a vision board for what you expect from you in this year.
- ☐ List 5 things you want to learn this year.
- ☐ Create a personal motto for the summer.
- ☐ End your summer by writing: "What I loved most this summer was..."

# *SUMMER VACATION DO's & DON'Ts FOR STUDENTS*

## *A guide to having fun, staying smart, and being awesome all summer!*



### **DO's – Be Bright, Be Brave, Be Balanced**



Start your day right: Wake up early, stretch, smile, and shine!



Read something every day: Books, comics, articles—feed your brain!



Create, don't just consume: Draw, build, write, dance, or invent.



Go outside daily: Touch grass, ride your bicycle, feel the morning sun.



Hydrate + eat colourful foods: Water, fruits, and veggies = summer fuel.



Do your homework little by little: No rush, no stress, just progress.



Spend time with family: Help out, share stories, play together.



Try something new: A recipe, a hobby, a language, or a game.



Rest your mind: Power naps and screen breaks are powerful!



Be kind: Summer glow starts by making others happy.



### **DON'Ts – Ditch the Drains!**



Don't scroll all day: Your phone isn't summer's main character.



Don't let boredom win: Create your own fun before it finds you!



Don't snack all day on junk: You're not a machine.



Don't sleep all day & stay up all night: Balance = better energy!



Don't binge mindlessly: Watch stuff that makes you think or laugh.



Don't leave homework for the last week: Your future self will thank you!



Don't argue at home: Use that energy for something awesome.



Don't compare your summer to others: Make yours magical.



Don't forget to move your body: Dance, walk, run—just move!



Don't ignore safety: Online, outdoors, or in the kitchen—stay smart!

## **LOGICAL PUZZLE**



Please Click on the tab provided below to explore a selection of engaging puzzles. Take your time to solve them, and kindly submit your answers upon your return. (The soft Copy is available in School App)



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