

USPC JAIN PUBLIC SCHOOL



DESIRE



PURSUIT



DESTINATION



HEALTHY MIND, HEALTHY BODY



HOLIDAY HOMEWORK

CLASS VIII



SESSION 2026-2027



INSTRUCTIONS

- ✦ It must be submitted to the subject teachers on or before **10th July 2026**.
- ✦ Homework must be submitted on time, else marks will be deducted.
- ✦ The Holidays Homework is to be done on your concerned subject notebook. If the homework is a project, do it separately on an assignment sheet and put it in a file and decorate it beautifully with the details such as Name, Class & Section.
- ✦ It must be well prepared. Good presentation skills will carry extra marks.
- ✦ Attempt your homework by yourself under the guidance of your parents.
- ✦ Revise the syllabus covered in the months of April and May.
- ✦ Prepare a systematic timetable and follow it religiously from the very first day.
- ✦ We request parents to encourage their child to shoulder responsibilities in household chores. It will aid them to be independent.



NOTE:

IF YOU HAVE ANY QUERY RELATED TO ANY SUBJECT,
YOU CAN DROP YOUR QUERY ON THE SCHOOL APP
TO THE CLASS TEACHER.

*Eat Healthy
Stay Active
Think Positive
Be Happy*



A HEALTHY MIND CREATES IDEAS,
A HEALTHY BODY MAKES THEM HAPPEN.

ENGLISH



"My Healthy Mind Capsule"

Create a 7-day Wellness Diary and record:

- One healthy habit you followed
- Mood Emoji of the day
- One positive thought or gratitude line
- One screen-free activity you enjoyed



Day	One healthy habit I followed	Mood Emoji	Positive thought or gratitude line	Screen-free activity I enjoyed
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Reflection Summary (80-100 words)



HINDI

स्वास्थ्य मंत्र पोस्टर

एक "स्वास्थ्य मंत्र वृक्ष" बनाइए।



PUNJABI

ਤੰਦਰੁਸਤੀ ਨਾਲ ਸੰਬੰਧਿਤ 10 ਨਾਵੇ ਲਿਖੋ।

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



MATHEMATICS – Health Detective Challenge

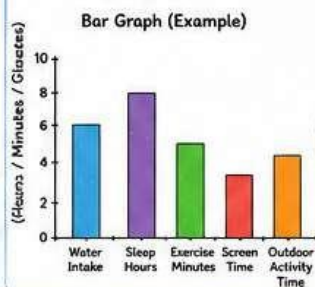
Step 1: Collect Data for 7 Days

- Water intake (glasses)
- Sleep hours
- Exercise minutes
- Screen time (hours)
- Outdoor activity time (minutes)



Step 2: Data Representation

- ✓ Create a colourful Bar Graph showing any one category.
- ✓ Draw a Pie Chart showing percentage distribution of your daily habits.
- ✓ Calculate the Mean/Average for each category.



Step 3: Healthy vs Unhealthy Comparison

Healthy Habits 🍏	Unhealthy Habits 🍷

Step 4: Write Your Conclusions

- Which habit was strongest? _____
- Which habit needs improvement? _____
- How did healthy food and mood affect your routine? _____
- What changes will you make? _____



SCIENCE

Future Health Scientist Project

Design a "Human Body Survival Kit – 2035"

Super foods of the future



Exercise plan

- Warm-up _____
- Cardio _____
- Strength _____
- Stretching _____



Mental fitness ideas



Healthy alternatives to junk food



Add drawings and explain how your kit can create a healthier world.



SOCIAL SCIENCE

Mindful Citizen Pledge

Design a creative pledge wheel.



How can citizens create a happier and healthier community?



USPC JAIN PUBLIC SCHOOL

HOLIDAYS ASSIGNMENT

Session – 2026 - 27

CLASS- VIII

SUBJECT: ENGLISH

GENERAL TASK: Paste any 3 English Newspaper headlines along with their newspaper cuttings in your English Activity Notebook. Present your activity by decorating it beautifully and also underline the nouns highlighted in the news.

Q1. Select an appropriate option for the following questions:

- i. She ____ reading a novel right now.
i. are ii. is iii. was iv. were
- ii. They ____ completed their assignment.
i. had ii. has iii. have iv. was
- iii. Each of the boys ____ given a prize.
i. was ii. is iii. are iv. were
- iv. They ____ to Delhi last week.
i. went ii. goes iii. going iv. go
- v. What injury did Major Somnath Sharma have before the battle?
i. A broken leg
ii. A wounded shoulder
iii. A hand in plaster
iv. A head injury
- vi. What did the old woman do at home that night?
i. She cooked dinner
ii. She called her family
iii. She prayed for the noble boy
iv. She went to sleep immediately
- vii. The following question contains an assertion followed by a reason. Read it carefully and answer the question based on the following options.
i) Both assertion (A) and reason(R) are true and R is the correct explanation of A.
ii) Both assertion (A) and reason (R) are true but R is not the correct explanation of A.
iii) A is true but R is false.
iv) A is false but R is true.
Assertion: Mrs. Brown understood the code was false.
Reason: She found them confusing.

Q2 A. Attempt the following questions after reading carefully:

- i. Why do you think Major Somnath's leadership was critical during the Battle of Badgam?
- ii. What does Mrs. Brown's interest in the case tell us about her?

Q2 B. Answer the following question in about 60-80 words

Justify the title of the poem 'Somebody's mother'.

- Q3.** You met an old friend in the market after two years. Write a diary entry expressing your thoughts and emotions on the meeting.

USPC JAIN PUBLIC SCHOOL
HOLIDAYS ASSIGNMENT
Session- 2026-2027

CLASS: VIII

SUBJECT- HINDI

1.क) निम्नलिखित प्रश्नों के लिए सही विकल्प चुनें।

क) हरिद्वार का सबसे प्रमुख घाट कौन सा है?

- i) हर की पौड़ी ii) नीलगिरी घाट iii) अस्सी घाट iv) बिरला घाट

ख) तट पर राजाओं ने यात्रियों के ठहरने के लिए क्या बनवाया?

- i) घर ii) धर्मशालाएँ iii) किला iv) मंदिर

ग) 'प्राचीन' शब्द का समानार्थक शब्द क्या है?

- i) पुराना ii) आधुनिक iii) नया iv) बड़ा

घ) 'पावन' शब्द का विपरीतार्थक शब्द क्या है?

- i) पवित्र ii) विश्वास iii) अपवित्र iv) शाम

दावा तर्क प्रश्न उत्तर

i) दावा तथा तर्क दोनों सही हैं तथा तर्क दावे की सही व्याख्या करता है।

ii) दावा और तर्क दोनों सही हैं किंतु तर्क दावे की सही व्याख्या नहीं करता है।

iii) दावा सही है किंतु तर्क सही नहीं है।

iv) तर्क सही है किंतु दावा गलत है।

ड) दावा: नील धारा और श्री गंगा जी हरिद्वार की दो प्रसिद्ध धाराएँ हैं।

तर्क: हरिद्वार ज्ञान, शांति और भक्ति का केंद्र है।

च) कारक के कितने भेद हैं?

- i) आठ ii) दो iii) तीन iv) पाँच

छ) इनमें से कौन सा शब्द भाववाचक संज्ञा का उदाहरण है?

- i) बचपन ii) राम iii) आकाश iv) दिल्ली

ज) इनमें से कौन सा शब्द जातिवाचक संज्ञा का उदाहरण है?

- i) नदी ii) मिठास iii) गंगा iv) रामायण

निम्नलिखित प्रश्नों के उत्तर संक्षेप में दे?

i) गंगा के जल की क्या विशेषताएँ बताई गई हैं?

ii) कनखल तीर्थ के महत्व के बारे में लेखक क्या जानकारी देते हैं?

दीर्घ उत्तरीय प्रश्न उत्तर

i) आजकल पक्षी लुप्त होते जा रहे हैं इनके संरक्षण हेतु कुछ उपाय लिखे।

पत्र लेखन करें

i) परीक्षा में सफलता मिलने पर बधाई देते हुए मित्र/सहेली को पत्र लिखिए।

USPC JAIN PUBLIC SCHOOL

CLASS: VIII

HOLIDAYS ASSIGNMENT

SUBJECT: MATHS

Session – 2026-2027

Q1. Answer the following questions by choosing correct option:

- (a) If a quadrilateral has exactly two pairs of equal adjacent sides, then it is called
i) Parallelogram ii) Kite iii) Rectangle iv) Trapezium
- (b) In which of the following quadrilaterals the diagonals bisect each other at right angles?
i) Rectangle ii) Square iii) Parallelogram iv) Trapezium
- (c) In a parallelogram ABCD, if $\angle B = 70^\circ$ then $\angle D$ is equal to
i) 110° ii) 20° iii) 30° iv) 70°
- (d) The angles of a quadrilateral are in the ratio 1:2:3:4. The smallest angle is
i) 72° ii) 144° iii) 36° iv) 18°

(e) Statement A (Assertion): Sum of all the interior angles of a quadrilateral is 360° .

Statement R (Reason): A parallelogram with one angle 90° is a rectangle.

- i) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of Assertion (A).
ii) Both Assertion (A) and Reason (R) are true but Reason (R) is not the correct explanation of Assertion (A).
iii) Assertion (A) is true but Reason (R) is false.
iv) Assertion (A) is false but Reason (R) is true.

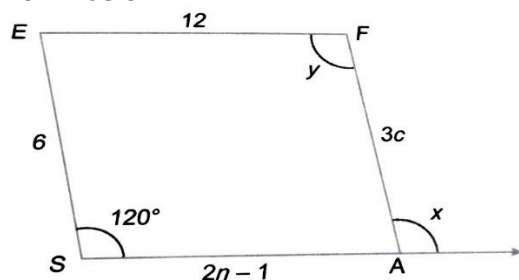
(f) Statement A (Assertion): A diagonal and side of a rhombus are of equal length then the measure of angles of the rhombus are 60° , 120° , 60° and 120° .

Statement R (Reason): All rhombi are parallelograms.

- i) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of Assertion (A).
ii) Both Assertion (A) and Reason (R) are true but Reason (R) is not the correct explanation of Assertion (A).
iii) Assertion (A) is true but Reason (R) is false.
iv) Assertion (A) is false but Reason (R) is true.

Case Study-based questions:

The floor of the terrace of Ankit's house is in the shape of a parallelogram SAFE shown below.



Based on the above information answer the following questions:

- (g) What is the value of y?
i) 60° ii) 120° iii) 180° iv) none of these

(h) The value of $2n - 3c$ is

i) 2

ii) 7

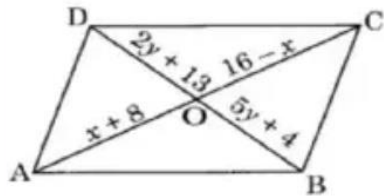
iii) 6.5

iv) none of these

Q2. a) Solve the following questions:

(a) Construct a parallelogram whose diagonals are of lengths 5cm and 7cm and intersect at an angle of 130° .

(b) Find the length of both the diagonals in the following parallelogram.

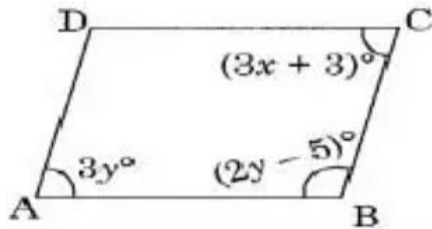


Q.2 b) Solve the following question:

Construct a square with diagonal 8 cm without using a protractor.

Q3. Solve the following question:

Find the value of x and y in the following parallelogram.



USPC JAIN PUBLIC SCHOOL

HOLIDAYS WORKSHEET

CLASS-VIII

SESSION -2026-2027

SUBJECT-PUNJABI

ਪ੍ਰਸ਼ਨ- 1. ਬਹੁਵਿਕਲਪੀ ਪ੍ਰਸ਼ਨ (ਹੇਠ ਲਿਖੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉੱਤਰਾਂ ਲਈ ਸਹੀ ਵਿਕਲਪ ਚੁਣੋ)

ਡਿੱਠੀ ਕਾਵਿ-ਟੁਕੜੀ ਨੂੰ ਪੜ੍ਹ ਕੇ ਓ ਅਤੇ ਅ ਪ੍ਰਸ਼ਨ ਦੇ ਸਹੀ ਉੱਤਰ ਚੁਣੋ

ਕਿਧਰੇ ਪੰਘੂੜੇ ਤੇ ਚੰਡੋਲ ਕਿਧਰੇ, ਸੁਣਦੇ ਕਵੀਸ਼ਰਾਂ ਦੇ ਬੋਲ ਕਿਧਰੇ।

ਆਥਣੇ ਅਖਾੜੇ ਵਿੱਚ ਢੋਲ ਵੱਜਦੇ, ਸ਼ੇਰਾਂ ਵਾਂਗੂ ਮੱਲ ਨੇ ਅਖਾੜੀਂ ਗੱਜਦੇ।

(ੳ) ਮੇਲੇ ਵਿੱਚ ਕਿੰਨ੍ਹਾਂ ਦੇ ਬੋਲ ਸੁਣ ਰਹੇ ਹਨ?

(I) ਚੰਡੋਲ ਦੇ (II) ਕਵੀਸ਼ਰਾਂ ਦੇ (III) ਪੰਘੂੜਿਆਂ ਦੇ (IV) ਲੋਕਾਂ ਦੇ

(ਅ) ਆਥਣੇ ਅਖਾੜੇ ਵਿੱਚ ਕੀ ਵੱਜਦੇ ਹਨ?

(I) ਢੋਲ (II) ਡਮਰੂ (III) ਡਰੰਮ (IV) ਕੁਝ ਨਹੀਂ

(ੲ) ਦਾਅਵਾ- ਮਨੁੱਖ ਦਾ ਜੀਵਨ ਸੰਘਰਸ਼ ਹੈ

ਤਰਕ- ਇਸ ਸੰਘਰਸ਼ ਵਿੱਚ ਹਾਰ ਜਿੱਤ ਲੱਗੀ ਰਹਿੰਦੀ ਹੈ

(I) ਦਾਅਵਾ ਅਤੇ ਤਰਕ ਦੋਨੋਂ ਗਲਤ ਹਨ। (II) ਦਾਅਵਾ ਸਹੀ ਤੇ ਤਰਕ ਗਲਤ ਹੈ।

(III) ਦਾਅਵਾ ਅਤੇ ਤਰਕ ਦੋਨੋਂ ਸਹੀ ਹਨ। (IV) ਦਾਅਵਾ ਗਲਤ ਤੇ ਤਰਕ ਠੀਕ ਹੈ।

(ਸ) ਮਨਾਹੀ ਸ਼ਬਦ ਦਾ ਵਿਰੋਧੀ ਸ਼ਬਦ ਚੁਣੋ।

(I) ਖੁੱਲ੍ਹ (II) ਮਨਾ (III) ਗੁਲਾਮੀ (IV) ਘੋਲ

(ਹ) ਛੂਤ ਸ਼ਬਦ ਦਾ ਵਿਰੋਧੀ ਸ਼ਬਦ ਚੁਣੋ।

(I) ਤੱਤ (II) ਅਛੂਤ (III) ਭਰਿਆ (IV) ਮਾੜਾ

(ਕ) ਸੁਗੰਧ ਸ਼ਬਦ ਦਾ ਸ਼ੁੱਧ ਰੂਪ ਲਿਖੋ।

(I) ਸਗੰਧੁ (II) ਸੁਗੰਧ (III) ਸੁੰਗਧ (IV) ਸੁਗਿੰਧ

(ਖ) ਸਾਧਾਰਨ ਸ਼ਬਦ ਦਾ ਸ਼ੁੱਧ ਰੂਪ ਲਿਖੋ।

(I) ਸੱਧਾਰਨ (II) ਸਿਧਾਰਨ (III) ਸਧਾਰਨ (IV) ਸਧਿਾਰਨ

ਪ੍ਰਸ਼ਨ-2 (ੳ) ਛੋਟੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉੱਤਰ 60-80 ਸ਼ਬਦਾਂ ਵਿੱਚ ਲਿਖੋ।

(ੳ) ਨਾਂਵ ਦੀ ਪਰਿਭਾਸ਼ਾ ਉਦਾਹਰਨ ਸਹਿਤ ਲਿਖੋ।

(ਅ) ਪੜਨਾਂਵ ਦੀਆਂ ਕਿਸਮਾਂ ਦੇ ਨਾਮ ਲਿਖੋ।

ਪ੍ਰਸ਼ਨ- 2 (ਅ) ਵੱਡੇ ਪ੍ਰਸ਼ਨ ਦਾ ਉੱਤਰ 80-100 ਸ਼ਬਦਾਂ ਵਿੱਚ ਸਪੱਸ਼ਟ ਕਰੋ।

(I) ਸਫਲਤਾਵਾਂ ਅਤੇ ਅਸਫਲਤਾਵਾਂ ਪਾਠ ਤੋਂ ਕੀ ਸਿੱਖਿਆ ਮਿਲਦੀ ਹੈ?

ਪ੍ਰਸ਼ਨ-3 ਆਪਣੀ ਭੈਣ ਨੂੰ ਟੀ.ਵੀ.ਘੱਟ ਦੇਖਣ ਲਈ ਪੱਤਰ ਲਿਖੋ।

USPC JAIN PUBLIC SCHOOL

HOLIDAYS ASSIGNMENT

SESSION: 2026-2027

CLASS: VIII

SUBJECT: SCIENCE

Q1. Choose the correct option from the questions given below:

- a. Matter is anything that has mass and occupies _____.
i) weight ii) space iii) taste iv) smell
- b. Atoms of _____ cannot exist independently.
i. hydrogen ii) sulphur iii) oxygen iv) all of these
- c. Which of the following gas turns lime water milky?
i. Carbon dioxide ii) nitrogen iii) oxygen iv) argon

Case Study- Base questions:

At a picnic, Karan opened a bottle of cold drink and noticed the fizz rising rapidly. He tasted the drink and wondered whether the fizz was due to a single substance or a mixture. He observed as bubbles formed thought about how substances mix.

- d. A cold drink is a _____ type of mixture.
i. uniform ii) non-uniform iii) liquid- liquid iv) solid-liquid
- e. _____ is an example of gas-liquid mixture.
i) soda water ii) carbon dioxide iii) milk iv) oil
- f. In _____ two or more elements are physically combined.
i) metals ii) mixtures iii) compounds iv) gases

Assertion reasoning questions:

The questions given below consist of an assertion and a reason. Use the following key to choose the appropriate answer.

- i) Both A and R are true and R is the correct explanation of A.
ii) Both A and R are true but R is not the correct explanation of A.
iii) A is true but R is false.
iv) A is false but R is true.
- g. **Assertion (A):** Gases have no fixed shape or volume.
Reason (R): Particles in gases are very close to each other.
- h. **Assertion (A):** Elements are the building blocks of all matter.
Reason : Elements can be broken into simpler substances by chemical means.

Q2A SHORT ANSWER QUESTIONS:

- a. Differentiate between solids and liquids.
b. Why do gases mix easily while solids do not?

Q2B LONG ANSWER QUESTION:

- a. Differentiate between homogeneous and heterogeneous mixtures.

Q3. DRAW & EXPLAIN :

- a. . Make a mind map on particulate nature of matter.

USPC JAIN PUBLIC SCHOOL

HOLIDAYS ASSIGNMENT

CLASS VIII

SESSION – 2026-2027

SUBJECT – SOCIAL SCIENCE

Q1. Choose the correct option:

- a) Which body decides the schedule of elections in India?
 - (i) Survey of India
 - (ii) Comptroller and Auditor General of India
 - (iii) The Election Commission of India
 - (iv) Statistical Society of India
- b) What is the term of a Rajya Sabha member?
 - (i) 2 years
 - (ii) 4 years
 - (iii) 5 years
 - (iv) 6 years
- c) An entrepreneur's vision for solving a problem helps to bring:
 - (i) Innovative goods and services
 - (ii) Ordinary production scale
 - (iii) Economical collapses
 - (iv) New startup ideas
- d) How does healthcare contribute to production?
 - (i) Allows salary hikes
 - (ii) Supports cognitive development
 - (iii) Reduces productivity
 - (iv) Helps learn better

Assertion and Reasoning

The question below consists of an Assertion and a Reason. Use the following key to choose the appropriate answer.

- i. Both A and R are true and R is the correct explanation of A
- ii. Both A and R are true but R is not the correct explanation of A
- iii. A is true but R is false
- iv. A is false but R is true

e) **Assertion(A):** NOTA (None of the above) gives voters the option to reject all candidates.

Reason (R): NOTA votes are counted and can change the result of an election.

f) **Assertion (A):** Human beings are central to all the economic activities in India. .

Reason (R): They apply their skills and decision making abilities to add value to the process.

Case based question:

Human beings are central to economic activities and production processes as they apply their knowledge, skills, and decision-making abilities to create value in economic activities. For example, a police officer maintains law and order, a scientist discovers new technologies, a chef brings new recipes together, and so on. This is possible when workers possess the required knowledge, skills and have a healthy body and mind to perform good quality work. All these traits together comprise human capital, which depends on many things. Let's learn more about them.

g) Humans apply their knowledge, skills, and decision-making abilities to create value in _____ activities

- i) non economic
- ii) economic activities
- iii) both i & ii
- iv) none of these

h) Who maintains law and order within the country?

- i) Chef
- ii) Scientist
- iii) Police
- iv) Doctor

Q2A. Answer the following questions:

- a) Why is universal adult franchise important in India?
- b) What responsibilities enterprises have towards their workers and employees?

Q2B. Answer the following question:

- a) Why is the President of India elected indirectly and what challenges does India's electoral system face today?

Q3. With the help of a flowchart, explain the structure of the Election Commission of India.



PART A: LEARNER'S INSIGHTS



About Me:

I am inspired by

.....

.....

because

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My hobbies are

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My strengths are

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I am interested to learn more about

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When I grow up, I want to be

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My goal this year is to

.....

the 3 things that will help me achieve my goals

are

.....

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I need support in

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