

HOLIDAY HOMEWORK

2023 - 2024

CLASS :- VIII



THEME

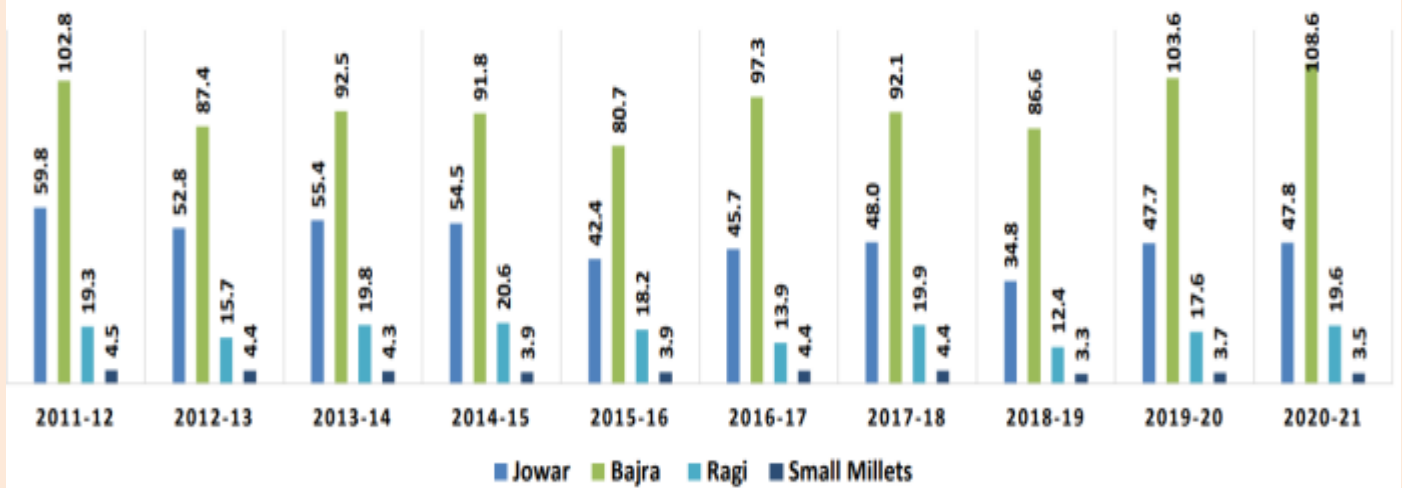
MILLETS (मोटा अनाज)

Introduction:-

Millet, a family of ancient cereal crops that have been classified “superfood” for all the amazing nutritional benefits it hosts, has been cultivated in our country for centuries, and India continues to be the highest producer of millet worldwide today (according to the Food and Agriculture Organization of the United Nations).

India: Production of Millets during the last 10 years

(In Lakh Tonnes)



GUIDELINES FOR HOLISTIC PROJECT

- All projects must be handwritten.
- The cover page should show the School's Name, Logo, Student's Name, Class, Section and Subject. The cover page should be typed.
- The second page should be about acknowledgement.
- The third page should be about the content headings with their page numbers.
- Each topic should be written on a new page.
- Use pictures and captions wherever possible.
- Marks will be deducted for spelling and grammatical errors.
- Last page should be about bibliography.

English Literature

Q1. Read the poem given below and answer the question that follow:

Poem: Millets

Poet: anonymous

In the fields of green and gold they grow,

These tiny grains that we all know,

A gift from Mother Earth's own hand,

Nutritious, hardy, they're in demand.

Gluten-free and packed with power,

They give us strength with every hour,

From porridge, bread, to crispies too,

Millets offer something new.

Low glycemic index, they won't spike,

Our blood sugar, they're just right,

Fiber, protein, minerals galore,

Millets offer so much more.

Ancient grains with a modern touch,

Millets have proven their worth,

In sustainable farming, they're stars,

Hardy, resilient, they go far.

From the fields to the plate,

Millets are our new favorite mate,

For a healthy body and a happy soul,

Millets are here to make us whole.

So let's give thanks for these tiny grains,

For all the goodness that they contain,

In a world where health and wellness reigns,

Millets will always be our grains.

- a. Write Central Idea of the poem in your own words, including rhyming pattern of the poem, theme of the poem and the message conveyed to the readers.

Q2. Translate the following passage into English:

मिलेट्स खाने के लाभ

आज के जीवन में हम सभी अपनी सेहत को ध्यान में रखना चाहते हैं। अपनी सेहत को ठीक रखने के लिए हमें सही खान पान का ध्यान रखना बहुत जरूरी है। आजकल बहुत से लोग सेहत के लिए मिलेट्स का सेवन करते हैं। मिलेट्स खाने के कई फायदे होते हैं। यह आप की सेहत के लिए बहुत ही उपयोगी होते हैं।

मिलेट्स में फाइबर की मात्रा अधिक होती है, जिससे हमारी पाचनशक्ति बढ़ती है। यह अपच और कब्ज से निजात दिलाते हैं। इसके अलावा मिलेट्स में विटामिन, उपयोगी प्रोटीन, मिनरल और कई अन्य ऊर्जा देने वाले तत्व होते हैं।

मिलेट्स खाने से हमें बीमारियों से लड़ने की शक्ति मिलती है। मिलेट्स में विटामिन बी, विटामिन ए, फॉस्फोरस, मैग्नीशियम, आयरन, पोटैशियम और कैल्शियम होते हैं जो शरीर को ताकत देते हैं। इसके अलावा मिलेट्स में एंटी ऑक्सिडेंट्स भी होते हैं जो हमारे शरीर को कैंसर जैसी गंभीर बीमारियों से बचाते हैं।

English Language

- Q1. Write a letter to your friend highlighting the importance of millets in today's lifestyle.
- Q2. You had visited your village during the monsoon season and got a chance to see millets grown in the fields. You were unable to recognise the same until told by a farmer. Describe your experience and the knowledge you acquired from the farmer about millets and further decided to include it in your diet.

हिंदी (साहित्य एवं भाषा)

1. 'बाजरा तथा अन्य मोटे अनाज स्वास्थ्यवर्धक होते हैं।' इस विषय जानकारी इकट्ठा कर एक सचित्र परियोजना तैयार कीजिए।

संकेत बिंदु -

- क. भारत और विश्व के संबंध में
ख. बाजरे की पैदावार: कब, कहां, कैसे और किस मात्रा में। (शब्द-सीमा 300)
2. 'बाजरे' से तैयार होने वाले विभिन्न प्रकार के व्यंजनों का सचित्र वर्णन कीजिए।
(शब्द-सीमा 300)
3. 'पशु पालन एवं संरक्षण' के संबंध में 'भारतीय पशु कल्याण बोर्ड' द्वारा जारी नियमावली का वर्णन करते हुए, स्पष्ट कीजिए कि पशुओं पर होने वाली क्रूरता के रोकथाम में हमारी क्या भूमिका हो सकती है?
4. 'गौरा' पाठ का सारांश अपने शब्दों में लिखिए। (शब्द सीमा 200)

PHYSICS

Q1. List out the names of fifteen millets.

Q2. From the above list write in sequence the top ten important millets available in our country and paste their pictures in the format given below.

S.No.	Name	Common Hindi Name	Picture
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Q3. Perform the following:

a. Take any two millets of the same mass (eg. 250g of each).

b. Then find the volume of each using a measuring cup.

c. Divide mass(value of 3a above) by volume (value if 3b above) to calculate the density of each.

S.No.	Mass of dry millet (m1)	Volume of dry millet (v1)	Density (d1)= mass(m1)/Volume(v1)	Relative density (RD1) = $\frac{(d1)}{\text{density of water}}$
1.				
2.				

d. Now soak them in water for a few hours and then find the volume again (Repeat step 3b above).

e. Now, find the new density of each.

f. Also find the relative density of each.

S.No.	Mass of soaked millet (m ₂)	Volume of soaked millet (v ₂)	Density (d ₂)= mass(m ₂)/Volume(v ₂)	Relative density (RD ₂) = $\frac{(d_2)}{\text{density of water}}$
1.				
2.				

CHEMISTRY

- Q1. Write the methods of ethanol production by Millets.
- Q2. Explain the methods of processing of millets. How can Millets enhance production of crops by farmers?
- Q3. How do Millets benefit the environment?

BIOLOGY

- Q1. Millets are highly nutritious and have a range of health benefits. Prepare a table to compare the nutritional value of some Fiber rich food with some fast food items.
- Q2. Enumerate the role of millets in preventing lifestyle diseases.
- Q3. The wall of a cell is freely permeable to substances. Explain the reason.
- Q4. Xylem tissues are arranged in the form of capillary tube. Explain.

MATHEMATICS

- A. The foremost difference between millets and grain is that grains are the harvested seed of various grades of food, and Millets are a group of various types of grains used as food and are widely cultivated in developing countries.
- Q1. Find the other differences between millets and grains in respect to their price, availability, adoption by people, calorie count etc
- Q2. After collecting the data make a double Bar graph and represent it graphically.
- B. Solve the Practice Sheet in Maths Practice Note Book.**

HISTORY & CIVICS

- Q1. Millets have a rich history that spans thousands of years. Do an extensive search keeping the following in mind and prepare a report.
- Early cultivation and domestication of millets in India
 - Millets in ancient texts of India
 - Millets in the medieval period
 - Decline of millets with the British rule

- Q2. Government Initiatives: Investigate government initiatives that promote the cultivation and consumption of millets. Discuss the various schemes and policies that have been introduced by the government to support millet farmers and increase awareness about millets.
- Q3. Explore the role of non-governmental organizations (NGOs) in promoting the cultivation and consumption of millets. Research the work of NGOs that have been working towards reviving the cultivation of millets and helping farmers to adopt millet-based farming practices.
- Q4. Explore the cultural significance of millets in different parts of India. Discuss the role of millets in local cuisine and traditional festivals. Highlight the importance of preserving the cultural heritage associated with millets.

GEOGRAPHY

“India is the largest producer of Millets in the world.”With reference to this information answer the following:-

- Q1. What are the geographical conditions (Temperature, Rainfall, Soil, Humidity, Sunlight etc.) required for millets?
- Q2. Mention 10 names and uses of the products and by-products of millets.
- Q3. On the political map of India, mark first five states who are the leading producers of millets.

ART AND CRAFT

Look at the picture given below and make a beautiful paper doll by using old news papers.



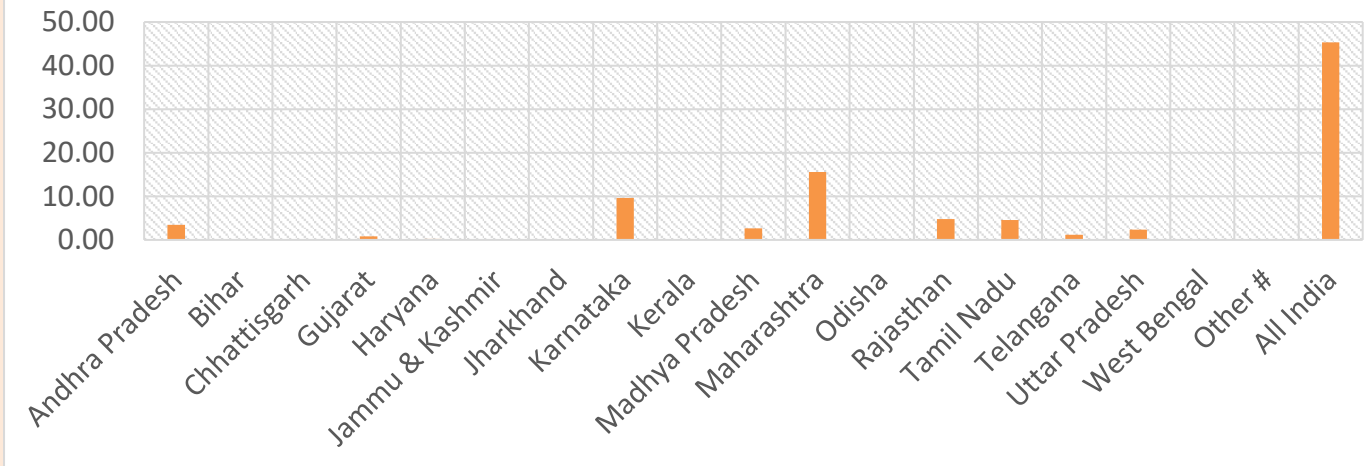
COMPUTER

	A	B	C	D	E	F	G
1	State Wise Millet Production						
2							
3	CROP: SMALL MILLETS						
4	State/ UT	2017-18	2018-19	2019-20	2020-21	2021-22*	Normal
5	Andhra Pradesh	0.16	0.06	0.22	0.19	0.11	0.15
6	Assam	0.03	0.03	0.03	0.03	0.03	0.03
7	Bihar	0.03	0.07	0.02	0.02	0.01	0.03
8	Chhattisgarh	0.21	0.29	0.19	0.22	0.26	0.23
9	Gujarat	0.16	0.01	0.00	0.13	0.23	0.11
10	Himachal Pradesh	0.03	0.04	0.05	0.02	0.02	0.03
11	Jammu & Kashmir	0.03	0.00	0.00	0.00	0.00	0.01
12	Karnataka	0.26	0.17	0.37	0.20	0.21	0.24
13	Kerala	0.00	0.00	0.00	0.00	0.00	0.00
14	Madhya Pradesh	1.44	0.59	0.74	0.69	0.77	0.85
15	Maharashtra	0.21	0.21	0.22	0.17	0.17	0.20
16	Odisha	0.15	0.17	0.17	0.18	0.20	0.17
17	Rajasthan	0.07	0.11	0.05	0.04	0.04	0.06
18	Tamil Nadu	0.31	0.35	0.37	0.31	0.27	0.32
19	Telangana	0.00	0.00	0.02	0.00	0.00	0.00
20	Uttar Pradesh	0.06	0.05	0.06	0.09	0.05	0.06
21	Uttarakhand	0.76	0.70	0.71	0.71	0.73	0.72
22	West Bengal	0.02	0.05	0.06	0.00	0.02	0.03
23	Other#	0.45	0.45	0.43	0.46	0.61	0.48

I. Observe the table given above and answer the following questions:

- Q1. Write the function to find the maximum production in the year 2000 along with cell range.
- Q2. Write the function to find the average production in the 4 years along with cell range.
- Q3. What is the minimum production in the year 2020-21. Also write the function along with cell range to find minimum. Write the name of State Also.
- Q4. Count the total number of cells involved in the sheet above. Also write the function along with cell range to count.
- Q5. Write the formula or function to find the sum of total production of Uttar Pradesh in 4 years given.

State Wise Millet Production CROP: JOWAR Normal



II. Observe the Bar Graph below and answer the following:

- Q1. What information does the bar graph depict?
- Q2. How much production is recorded by overall All india?
- Q3. Calculate the increase(% wise) in production from Karnataka to Maharashtra.
- Q4. Which State is having Maximum Production?
- Q5. Calculate the average production of all the states together

(Hint: State whose value are not shown are having nil production)

III. Make a powerpoint presentation (maximum 5 slides) on the topic AI technologies replacing Human Resources.