

DAV Public School , Khera Khurd / Budhpur

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**Class - IV-B**

Holidays Homework for Exhibition

Theme : Yoga

**English- (1) Placard**

- a) "Blossoming of Human Life to its Highest Potential is Yoga." (Roll No. 1&2)  
b) Yoga is not just doing some body twisting postures – It is experiencing the union of the body, mind and breath.  
*{on A-3 size sheet}(Roll No. 3 & 4)*
- c) Yoga  
(i) Hatha Yoga (Asanas)  
(ii) Dhyan Yoga (Meditate)  
(iii) Gyan Yoga (Wisdom)  
(iv) Bhakti Yoga (Devotion) *{on A-3 size sheet} (Roll No.5 & 6)*
- d) Benefits of Yoga For the Body  
(i) Healthy Body  
(ii) Weight Balancing  
(iii) Improved Energy and Efficiency  
(iv) Freedom from Health Problems  
(v) Improved Strength *{on A-3 size sheet}(Roll No. 7 & 8)*
- e) Benefit of Yoga for Mind  
(i) Peace of Mind  
(ii) Centredness  
(iii) Improved Focus *{on A-3 size sheet}(Roll No. 9 & 10)*
- (2) Information on 'International Yoga Day – 21<sup>st</sup> June'  
*{on pastel sheet} (Roll No. 11 & 12)*
- (3) History of Yoga *{on pastel sheet} (Roll No. 13 & 14)*
- (4) Slogans on Yoga *{on A – 3 size sheet}(Roll No. 15 to 20)*

Maths – (i) Make planner of time a person should devote daily for Yoga. Calculate the time devoted by him in a week, month and a year.

*{on pastel sheet} (Roll No. 1 to 6)*

(ii) Write the name of different asanas and the time of inhalation and exhalation in each asana. *{on pastel sheet} (Roll No. 7 to 12)*

(iii) First International Yoga Day was celebrated on 21<sup>st</sup> June 2015 in which our PM participated. Find the following information from the internet:

- Number of participants
- Number of asanas done
- Venue
- Timings

Present it in tabular form. *{on pastel sheet} (Roll no. 13 to 20)*

G. Science –(i) Make a Diet Chart which we should follow according to Ayurveda and Yogic routine.

(ii) Name some medicinal plants which we should include in our diet

along with Yoga exercises to keep ourself fit.

(iii) Effects of doing Yoga with wrong postures.

S. Studies – (i) Paste the pictures of various Asanas and write their importance.

{on pastel sheet} (Roll No. 1 to 10)

(ii) Write a short paragraph on “ Benefits of Meditation”

{on pastel sheet} (Roll No. 11 to 20)

हिन्दी

1. सूर्य नमस्कार के 12 आसनों के चित्र चिपकाकर उन के लाभ लिखें।
2. ओउम्

ओउम् भगवान का निज नाम है।  
इस नाम में तीन अक्षर हैं अ,उ,म्।  
अ बोलते समय मुख खुलता है।  
उ बोलते समय मुख खुला रहता है।  
म् बोलते समय मुख बंद हो जाता है।

अ का अर्थ है – बनाना।  
उ का अर्थ है – पालन करना।  
म् का अर्थ है – समाप्त कर देना।

भगवान यह तीनों काम करता है। क्योंकि वह ओउम है।  
ओउम् ही सब का रक्षक है हमें ओउम् नाम जपना चाहिए।

ओउम् की महिमा  
ओउम् ही जीवन हमारा  
ओउम प्राणाधार है।  
ओउम् है कर्ता विधाता, ओउम् पालनहार है।  
ओउम् है दुःख का विनाशक,  
ओउम् सर्वानन्द है।  
ओउम् है बाल तेज धारी,  
ओउम् करुणाकन्द है।  
ओउम् सबका पूज्य है।  
हम ओउम् का पूजन करें।  
ओउम ही के ध्यान से,  
हम शुद्ध अपना मन करें।  
ओउम् के जप से हमारा,  
ज्ञान बढ़ता जाएगा।

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## Subject wise Holidays Home - Work

Q1. Cut two articles from the newspaper and paste it in your activity file. Write five new words from each article and also write their synonyms and antonyms.

Q2. Read any one book mentioned below or any book of your choice:

- a. Robin Hood by Stephen Knight
- b. The Blue Umbrella by Ruskin Bond
- c. The Cherry Tree by Ruskin Bond
- d. Charlie and the Chocolate Factory By Roald Dahl

Complete the story map after reading the story.

- Title
- Author
- Characters
- Problem
- Solution
- I liked this story because

Find out 10 unfamiliar words from the book you have read and write its meaning. Also make a beautiful bookmark with a quotation.

### Hindi

**कक्षा – चौथी (2017–18)**

**ग्रीष्म कालीन अवकाश गृहकार्य**

1. दस पृष्ठ सुलेख हिंदी की Activity file में करें।
2. संतुलित आहार और त्वरित आहार (Fast Food) की तालिका चित्र सहित बनाओं और लिखों की शरीर के लिए संतुलित आहार क्यों आवश्यक है। यह कार्य hindi Activity file में करें।
3. बढ़ते प्रदूषण से हमारा वातावरण दूषित हो रहा है— इसका कोई समाधान सोच कर लिखें।

### Maths

Q4. Write tables form 1 to 20.

Q5. Make any object by using basic solid shapes.

Do Q4 and 5 in activity file.

### Social Science

Q1. Make a picture of an ideal home and write five things that should be there in an ideal home.

Q2. Make three big dustbins of red , blue and green colour . Paste / draw the things on them which we can put into these dustbins.

### G.Science

1.Paste three pictures of aquatic and terrestrial plants and write five lines on each.

2.Enlist the names of the flowers which are used as vegetables paste pictures of it.

## G. K.

1. With the help of an elder, collect pictures of various Indian monuments and make a collage under the following heading;

- a) Any 5 Historical Monuments      b) Any 5 Religious Monuments

2. Paste any 10 current sports news from the newspaper.

## Music

Learn Sargam 3,4,5 and mantra of atheshwar stuti test will be taken on this.

Art: make a rabbit with wool and cloth as shown in the picture



## Computer

Make a chart of any one

1. Parts of computer
2. Types of browsers commonly used.

Take light yellow pastel sheet and use the sheet in landscape .The border of the sheet should be of red colour .

## Vedpath

प्रातः एवं शाम ग्यारह बार ज्ञातृ मन्त्र का जाप कीजिए