



## **Mother's International Academy**

**Affiliated to CBSE Delhi (10+2)**

**A Place To Grow**

**Holiday – Homework (Session – 2026 – 2027)**

**Std.: VI**

**Theme challenges to holistic wellness.**

### **English**

- All the H.W should be done on A-4 sheet paper.
- Write a paragraph in about 100-120 words on the topic, “Healthy Mind Lives in a Healthy Body.”
- Write a letter to your friend suggesting ways to reduce screen time and overall wellness.

### **Hindi**

- शारीरिक और मानसिक स्वास्थ्य के लिए उपयोगी किन्हीं तीन योगासनों का चित्र ए-4 साइज पेपर पर बनाकर / चिपकाकर उसके बारे में तीन-तीन वाक्य लिखिए।
- हिन्दी पाठमाला से पाठ - 1, 2 और 3 के प्रश्नोत्तर एवं शब्दार्थ याद कीजिए।
- हिन्दी व्याकरण पुस्तिका से 10-10 विलोम एवं पर्यायवाची शब्द हिन्दी व्याकरण की कॉपी में लिखिए और याद कीजिए।

### **Maths**

- Make a chart showing the percentage of different nutritional factors required for our wellness in our diet & represent it on the graph paper.
- Calculate your Body mass Indices (BMI) as per WHO & then categorise yourself as underweight, normal, overweight or obese in Maths reference copy.
- Do Assertion / Reason Questions of ch – 1, 2 & 6 (Reference Copy)

## Science

- **Make a list of macronutrients & micronutrients their function & sources.**
- **List & paste 10 aerobic, yoga & strength flexibility activities that enhance our health & also write its benefits.**
- **Learn P T – 1 chapters & complete your notes.**

## Social Science

- **Project:- Study and prepare a report on challenges faced by children, such as stress, pollution, screen time and lack of exercise.**
- **Prepare 10 objective questions (one word answers) from all the taught chapters with answers. (Do it in History notebook)**
- **Learn all the taught chapters and prepare for PT-1.**
- **Practice all the map works and diagrams, done in the notebook.**

## Computer

### What is Holistic Wellness?

Holistic wellness means keeping our **body, mind, emotions, social life, and digital life healthy and balanced**. Computers and technology can help us learn and grow, but too much or wrong use can create problems.

### Challenges to Holistic Wellness in the Digital Age

#### 1. Physical Health Challenges

Using computers or mobile phones for a long time can affect our body.

#### Problems:

- Eye strain and headaches
- Neck and back pain
- Lack of physical exercise
- Poor sleep habits

## **Healthy Computer Habits:**

- Sit properly while using a computer
- Take a 5-minute break after every 30 minutes
- Keep the screen at a proper distance
- Play outdoor games daily

## **2. Mental and Emotional Challenges**

Too much screen time can affect our mind and emotions.

### **Problems:**

- Stress and anxiety
- Anger while gaming
- Addiction to mobile phones
- Lack of concentration in studies

### **Solutions:**

- Limit screen time
- Spend time with family and friends
- Read books and practice hobbies
- Use technology for learning and creativity

## **3. Social Wellness Challenges**

Sometimes people spend more time online than with real people.

### **Problems:**

- Less communication with family
- Fewer outdoor activities
- Cyberbullying on social media

### **Solutions:**

- Talk politely online and offline
- Participate in group activities
- Make real-life friendships stronger
- Report cyberbullying to elders

## **4. Digital Wellness Challenges**

Digital wellness means using technology safely and responsibly.

## **Problems:**

- Unsafe websites
- Sharing personal information online
- Online scams and fake messages
- Excessive gaming

## **Safety Rules:**

- Never share passwords
- Use strong passwords
- Visit safe and educational websites
- Ask parents or teachers before downloading apps

## **Importance of Balance**

Technology is useful when used wisely. A balanced lifestyle helps us:

- Stay healthy
- Study better
- Build good relationships
- Feel happy and confident

## **Conclusion**

Computers are an important part of modern life, but we must use them carefully. By balancing screen time, exercise, studies, and social activities, we can achieve holistic wellness and become responsible digital citizens.

## **Activity Section**

### **Draw and Label:**

Draw a picture showing:

- Correct posture while using a computer
- Healthy and unhealthy digital habits

### **Project Work**

Make a chart on:

**“Do’s and Don’ts of Healthy Computer Usage”**

**Note: Use A4 Sheet paper or Chart paper to complete the Holiday Home Work and submit it in Stick file.**

### **Urdu**

- **On a chart paper make a village scene depicting how villagers are taking care of their health. Also elaborate it in your own word.**

### **Sanskrit**

- पाठिताः पाठाः स्मरणं कृत्वा स्व-पुस्तिकायां लेखनीयाः।
- गतिविधिः- दिनचर्या-लेखनम्-संस्कृते
- सप्त - दिनानां स्व-दिनचर्या लिखत। समयेन सह लिखत।

### **Value Education**

- Learn – Question / Answer, word-meaning of Ch – 1 & 2 from copy and exercises from book.
- **Project** – Write a short paragraph about a time when you faced disappointment and how you can trust that things might turn out differently.
- **Make a Gratitude Diary** – Write a daily affirmation or one thing for you are grateful for each morning to practice mental wellness.

### **Drawing**

- **Do page no. – 25, 33, 45 & 49.**