

Project day/ Date – 21st August 2026, Friday

Cir No. :-JSHS/0604/0826

Date : 07.8.26

JESUS' SACRED HEART SCHOOL

TASK PLANNER

CLASS – VIII

Theme : Grade VIII- INNOVATE FOR WELLNESS

Subject	Topic	Nature of Task	Required Material (To be sent from home)	Class/Home Work
Science + English (Individual Activity)	Health Detectives	Students will act as Health Detectives and solve a fictional medical case using clues such as symptoms, age of the patient, travel history, food habits, vaccination status, environmental conditions, and mode of transmission. They will identify the disease, explain its causes, spread, prevention, and present their findings as a Health Detective Case File.	A4 sheets, coloured pens etc	Research work to be done and report to be prepared and presented in class.
Social Science +Technology (Pair Activity)	Air Quality Action Planner	Use local air quality data to create a digital awareness campaign using tools such as Canva, Adobe Express, Google Sites, Genially etc. and recommend innovative solutions such as vertical gardens, green roofs, and smart pollution monitoring systems.	-	To be mailed at official email id that will be shared by Class incharge.
Engineering + Mathematics (Group Activity)	The Rescue Ramp Challenge	Students will apply mathematical concepts of ratio and slope to design an efficient rescue ramp. They will test different inclinations, record the travel time, and recommend the safest design for use in hospitals or emergency rescue situations.	Cardboard, toy car/marbles, ruler, protractor, glue, tape, chart paper, coloured pens	To be done in class
Punjabi (o Activity)	Wellness Diary" - ਸਿਹਤ ਡਾਇਰੀ	ਇੱਕ ਦਿਨ ਦੀ "Wellness Diary" ਤਿਆਰ ਕਰੋ ਜਿਸ ਵਿੱਚ ਸੰਤੁਲਿਤ ਖੁਰਾਕ, ਕਸਰਤ, ਪਾਣੀ ਪੀਣ, ਨੀਂਦ ਅਤੇ ਸਕ੍ਰੀਨ ਸਮੇਂ ਦਾ ਰਿਕਾਰਡ ਰੱਖੋ ਅਤੇ ਅੰਤ ਵਿੱਚ ਆਪਣਾ ਵਿਸ਼ਲੇਸ਼ਣ ਲਿਖੋ।	A4 sheets, coloured pens, sketch pens, pencils, cutouts etc.	To be done in class

Hindi (Pair Activity)	Podcast	Students will create a 1–2 minute Hindi podcast spreading awareness about healthy eating, mental well-being, fitness, hygiene, or environmental wellness.	Cue cards/props (optional)	Script to be prepared prior and to be presented on project day.
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