



## Some suggestions to make your vacation even more special and exciting :-

- 1.Learn a new sport or skill and engage in physical activities.
- 2. Learn dignity of labour by doing things yourself.
- 3. Plant a sapling and take care of it.
- 4. Spend time with your grandparents.



आज की भागदौड की जिंदगी में सभी व्यस्त है,जिसके कारण हम अपने शारीरिक और मानसिक स्वास्थ्य पर ध्यान नहीं दे पाते और बीमारियों से ग्रस्त हो जाते हैं। भारतीय संस्कृति में पुरातन काल से ही आध्यात्मिकता की ओर जाने पर बल दिया गया है।ध्यान, योग और भक्ति के द्वारा हम अपने शरीर और मन को स्वस्थ बना सकते हैं।

तो आइए इस ग्रीष्मावकाश में अपने तन और मन को सुंदर और स्वस्थ बनाते हुए अध्यात्म का रास्ता अपनाएं।

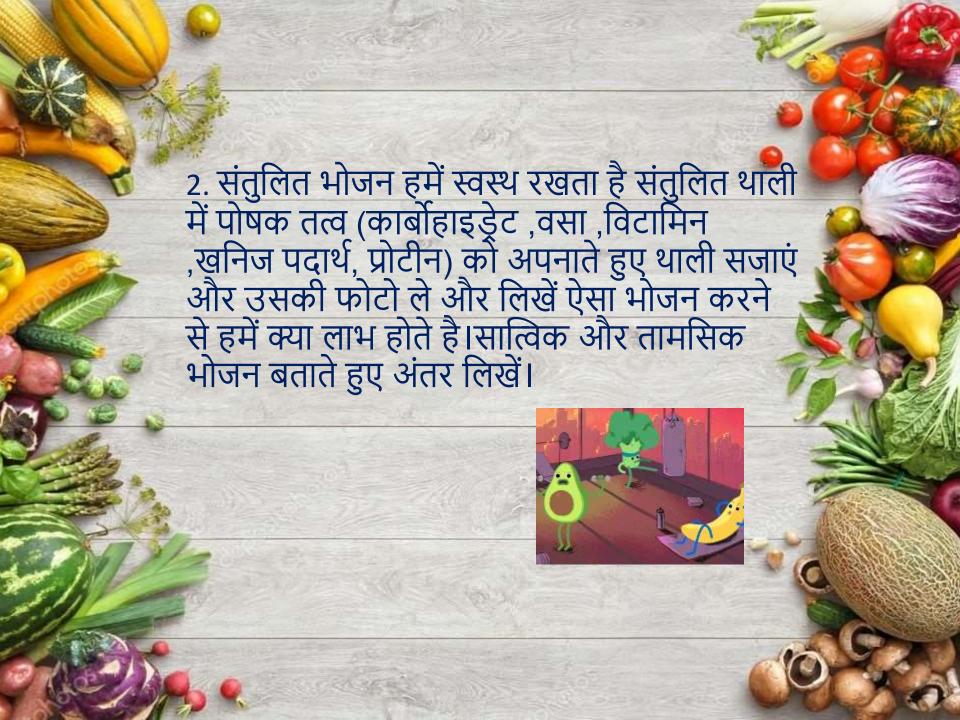
## **General Instructions**

□All the activities have been designed to ignite the thought
process of the students and to make them aware of the global
concerns. Be a Green Ambassador and create your own A-3 size
sheet with the help of waste paper/cloth and decorate it well
with waste material for e.g. bottle caps, refills, leftover pencil or
crayon, lace, button, bangles, toy parts etc.
☐ The whole holiday homework is to be done by using waste
material or the material which is readily available at home
☐There is no need to buy anything form the market.
☐ Use of thermocol /plastic will not be accepted (unless it is a
waste material)
☐ Your work should be authentic and creative.
☐ Project work should be done accordingly.
☐ Holiday homework is a part of subject enrichment activity and
will be assessed on the basis of creativity and effort of the
students.
□Compile all the work (A-3 sheet) in a folder and decorate it
beautifully with waste material

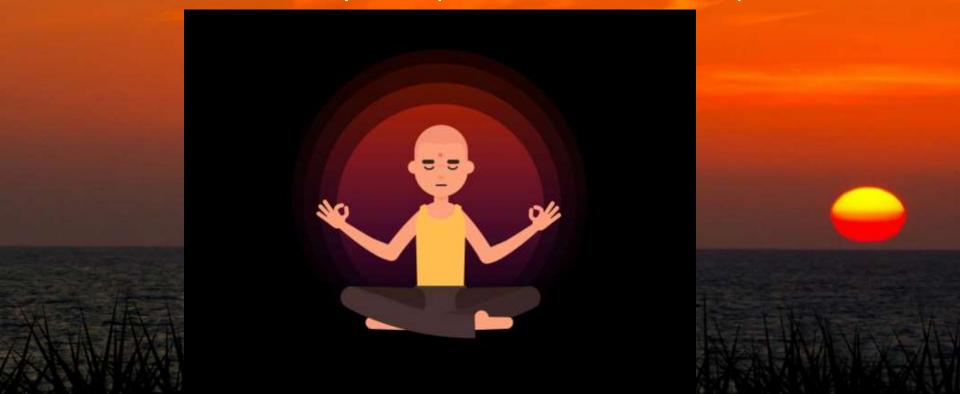
## 1. 'Living in a state of gratitude is a gateway to grace'



Gratitude can change everything, it helps people feel more positive emotions, relish good experiences, improve health, deal with adversity and build strong relationships. This summer vacation let's record the things we are grateful for in a Gratitude Tree. Make a 3D model of your gratitude tree.



3. The combination of two healers-nature and meditation is a boost for the well being of a child, let's make this well-being better by meditating outside together. A family together brings a great result for a child's well-being. Let's enjoy the rising of the sun with our family by sitting quietly (meditating) or listening to some relaxing music. Prepare a scrap book for the same. Note down the timings of the sunrise and share your experience with relevant pictures.



4. भारत में गाय का महत्व, सभी जानवरों से सर्वोपिर है। गाय के संपर्क में आते ही हमें एक संतुष्टि की भावना आती है।तो आइए हम मिलकर अपने पूर्वजों की उसी परंपरा को आगे बढ़ाएं और अपने हाथों से अपने जेब खर्च (पॉकेट मनी) का एकांश उनके लिए दान करें और उनकी सेवा करें। कहा जाता है - दिन की पहली रोटी गाय की रोटी। गाय को रोटी खिलाते हुए फोटो लीजिए और A-3 साइज शीट पर अपना अनुभव लिखिए।







## 5. 'Yoga is not a work out, it is work in'

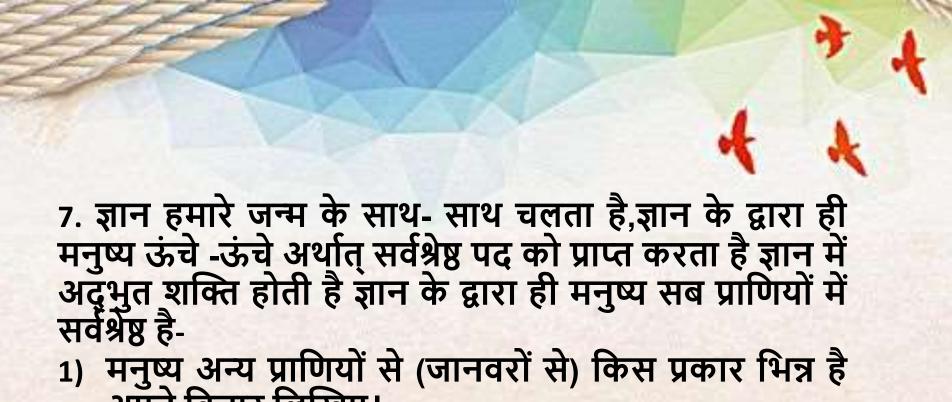
Yoga is an ancient form of exercise which is said to have originated in India. Yoga consists of many poses known as 'Asanas' that have different physical benefits. Now, depict these benefits of yoga on specific organs of the body through a chart.

Hint:- How yoga can be a preventive healthcare/health benefits of yoga etc.



6. Excellence can only be achieved if the time is utilized wisely. Yoga leads our life to achieve that excellence and gives the gateway to higher level of consciousness. The Yoga Chakras link the metaphysical with the physical world and the practice of yoga is inseparable from the Chakras. Make a 3D model showing the 7 chakras.





1) मनुष्य अन्य प्राणियों से (जानवरों से) किस प्रकार भिन्न है अपने विचार लिखिए।

2) ज्ञान से संबंधित गीता से पांच श्लोक लिखिए।





9. Our Karma is a vital part of our personality. It enlightens our inner mind and leads to an extraordinary path. Let's be the hero of our life and make our life extraordinary by our Karmas. Heroes are also extraordinary people who make themselves extraordinary by their Karmas. Take the example of Mr Rakesh Khatri 'the nest man of India'. His passionate work for environment conservation, sparrow conservation, water conservation, E-waste management etc has inspired many people. Now look around you and find a cause or someone whom you can help. Be a hero of your life and write your experience about the same. Make a beautiful nest with the help of waste material around you in order to provide a home to a bird.



10. 'All that glitter is not gold' similarly all that tastes good is not healthy. Having a healthy body is the primary source of Happiness. Packaged food is that glitter of our food which is actually a hidden slow poison. These packaged foods which we eat contain those harmful chemicals which reduces metabolism of the body and consequently our life span. Let's take a pledge to adopt healthy lifestyle in our life and Collect 3-4 packaged food wrappers (chips/wafers/biscuits/popcorns/beverages etc.) paste them on an A-3 sheet and write down the harmful chemicals and preservatives these contain. Search on the internet and write their harms in front of these wrappers. What other healthy substitute you can provide yourself to replace these monsters of food?



11. The foremost reason that artists create, and the rest of us value their art, is because art forms a priceless living bridge between the everyday psychology of our minds and the universal spirit of humanity. By "true art," We mean artistic creations that reflect spiritual principles and values like beauty, creativity, honesty, generosity, discernment, patience, and perseverance. So, this summer vacation channelize your inner artist and make two wall hangings with ice cream sticks.





