

Columbia believes that one's health is at the centre of his/her life. Every part of your life relies on you having good health. Summer Vacation is the best time of the year you all; it is time for loads of fun. This year, theme of holiday homework is "HEALTH". "Learning at school has provided students with a plethora of activities to help the modern-day learners come at a pace with the challenges. Gone are the days when the process of learning and imparting lessons was a conventional process compressed into rigorous models. To make learning a fun and 360-degree experience for the stuc nts, we have laid down the importance of holiday homework in making learning an enriching experience.



•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 pencils or crayons, lace, buttons, 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 from the market.

•Use of Thermocol/Plastic will not be accepted (unless it is a waste material)

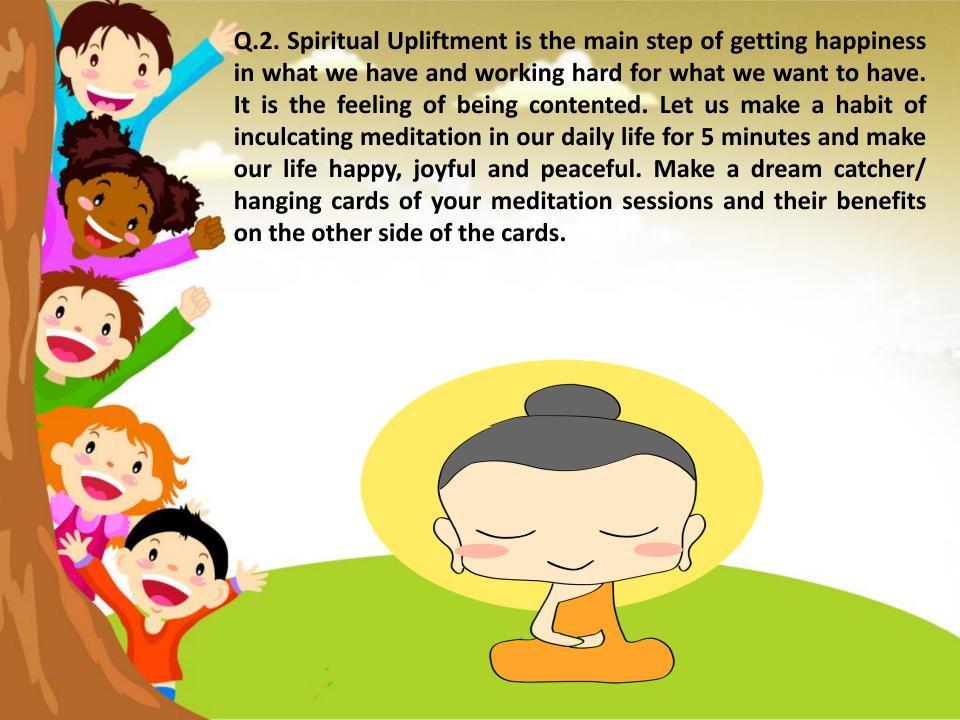
Your work should be authentic and creative.

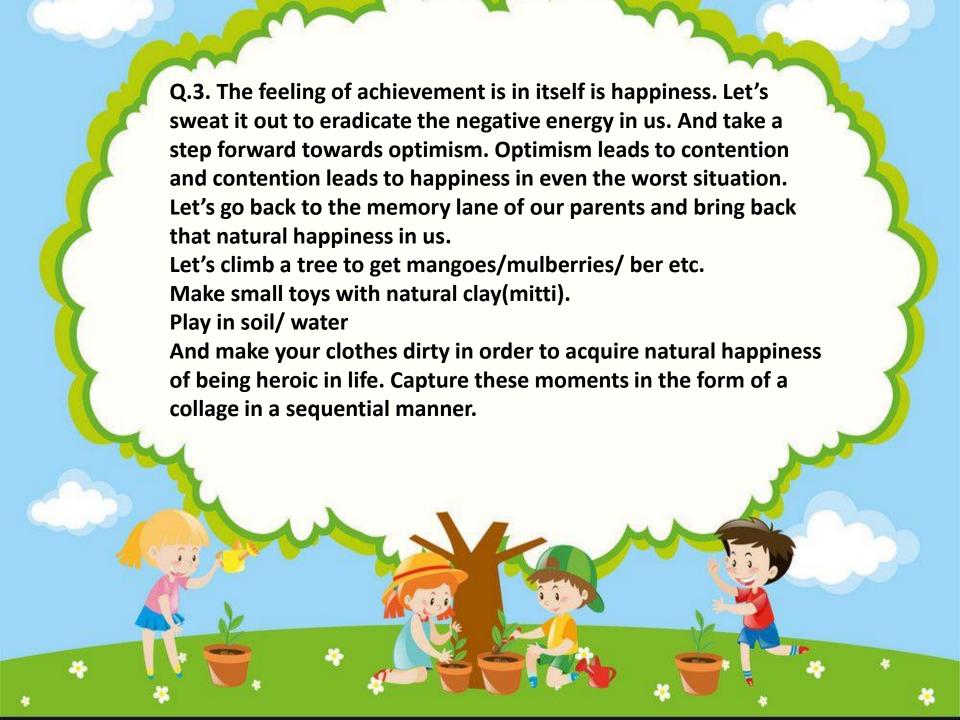
Project work should be done accordingly.

Holiday homework is a part of subject enrichment activity and will be assessed on the basis of creativity and efforts of the students.

• Compile all the work(A-3 Sheets) in a folder and decorate the cover beautifully with waste material



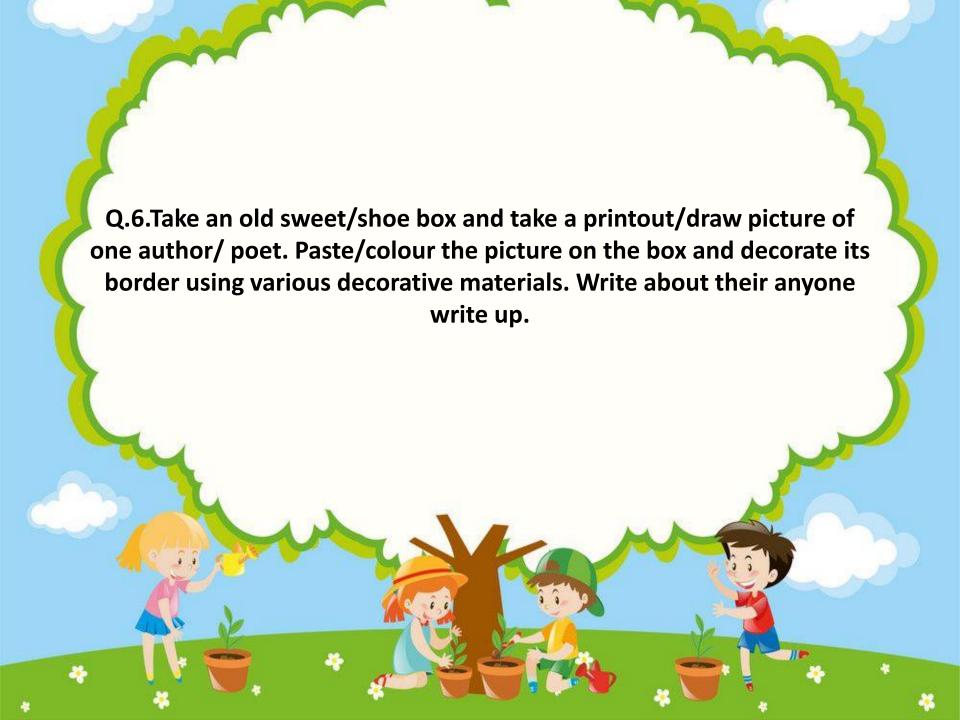




Q.4. 'All that glitter is not gold' similarly all that tastes good is not healthy. Having a healthy body is the primary source of Happiness. Packaged food is that glitter of our food which is actually a hidden slow poison. These packaged foods which we eat contain those harmful chemicals which reduces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



Q.5. Let's give our life a meaning. A reason of happiness to us as well as to others. The people who are deprived of happiness, have all the right to have a dignified and smiling life too. In this summer vacation help the deprived people near the vicinity of your home and spend quality time with them/sing songs/play games have a meal with them and carry a surprise gift for them. Take pictures of the same and make a collage.



Q.7. Make a travelogue on 'Unity in Diversity' and compare the culture, language, festivals, food and clothes of Delhi and Andaman and Nicobar island/ Lakshadweep.



Q.8. 'Healthy mind resides in a healthy body' Prepare a diet chart to provide a balanced diet to a twelve-year-old child. The diet chart should include food items which are seasonal and easily available in your area. Make a 3-D project using molded clay and cardboard.



Q.9. Be a helping hand for your family and go for a monthly shopping with them. Check the bill given and paste the bill on an A-3 size sheet. Circle any five healthy items in them and check the divisibility of that bill for the numbers 2, 3, 4, 5, 6, 7 and 11.



Q.10. We make a living by what we get, but we make a life by what we give. "This is mine and this is yours" is not the thinking of generous persons. For them, the whole earth is like a family. Community service plays a vital role in sensitizing of students right from their childhood. At Columbia Foundation, this value is inculcated in students by organising Langar Sewa on 8th of May on Founder's Day. This value should be carried forward in these summer vacations too. We can help any group of people in need: deprived children, senior citizens, people with disabilities, and even animals or one can visit a gurudwara or temple and give their services to community.

Prepare a scrapbook using A-3 sized sheets in which you share your experience. Use relevant photographs.



Q.11. संतुलित भोजन हमें स्वस्थ रखता है संतुलित थाली में पोषक तत्व (कार्बोहाइड्रेट ,वसा ,विटामिन ,खिनज पदार्थ, प्रोटीन) को अपनाते हुए थाली सजाएं और उसकी फोटो ले और लिखें ऐसा भोजन करने से हमें क्या लाभ होते है।सात्विक और तामसिक बताते हुए अंतर लिखें।



Q.12. Happiness is different from pleasure. Happiness has something to do with struggling, enduring, and then accomplishing the purpose of life. Our life is full of challenges. Let's take one more. When you will come back after the vacations, temperature will soar high. Let's plan to make our classrooms a cooler one than the surroundings.

Plant a vegetable/flowering plant in any of the waste bucket/can etc. in the month of May and bring it on the first day of July along with an unsewn big jute bag.

Let's make our class a happier and cooler one along with some productiveness so that the feeling of happiness of our own production of vegetables/flowers can convert into joy. This feeling of accomplishment is what happiness is.



Q13 दादा-दादी और नाना- नानी हमारा संसार है। उनके बिना हमें कहानी कौन सुनाएगा। अपने बुजुर्गों का सम्मान करे, और उनके पास जाकर उनसे रिश्ता बनाए। उनके साथ समय बीताकर आपको कैसा लगा,अपने अनुभव बताएं और उनके साथ फोटो भी ले।



Q.14. Art in any form is an all time stressbuster and a source of happiness for us. Art is not what we see but it is what we make others see. For someone, it is a waste but for an artist it is a podium of creativity. Let's take our creativity to a new height by transforming waste bottles into a masterpiece.

So, this summer vacation channelize your inner artist and reuse the used bottles by decorating them and giving them a new name.









