

'Learning is the only thing the mind never exhausts, never fears and never regrets.'

-Leonardo Da Vinci

Dear parent

Greetings from Gurukul – The School !!

Summer vacations, a blissful period for your children where they can break free from the humdrum routine is around the corner. It is the need of the hour, to guide the students to develop their hidden potential to the hilt and also to help them form a beautiful bonding with you and their grandparents forever. We, as educators would like to continue with our roles of honing their skills to become world class citizens. This humongous task cannot be accomplished without your unflinching support. Once again we seek partnership with you to fine tune their senses and help them to become exemplary human beings. Needless to say, it will become a part of their value system forever. "In the beginning, habits are like cobweb and later on they become chains", keeping this in mind, we are enlisting certain lifelong activities that will be ingrained forever in a Gurukulite's personality. It is our earnest request to kindly guide them to follow the given list of activities not only during the summer vacations, but throughout their lives. Here are the things to be done:

1. "First we form habits, then they form us". This is aptly stated by some great mind. **Help your child to form a habit of getting up early in the morning** even when the school is off. They may want to sleep more for a little while and convince you not to disturb them in the morning, however once they get into the habit of leaving the bed early in the morning, half the battle is won.
2. Encourage them to **incorporate some kind of physical activity** like walking, jogging, running, aerobics, dancing or any other sports activity. If possible, take time out of your busy schedule and accompany them in making it a fun filled activity. They will thank you for being a great fitness buddy!
3. Let your children help you in cleaning the house, **removing clutter from their room and organising their books and clothes** in an orderly manner.
4. **"A reader is a leader and a leader is a reader"**. We have heard about the value and importance of a good book. Now is the time to help your child inculcate this habit of reading self help and motivational books which are easily available online too. The recommended books are 'Goals' by Brian Tracy, 'The Monk Who Sold His Ferrari' by Robin Sharma, 'Eat That Frog' by Brian Tracy, 'You can win' by Shiv Khara or any scripture for class IX-XII Spinning Yarn' – the best children's stories from India, 'Hot Chocolate Is Thicker Than Blood' by Rupa Gulab, 'Our Nana Was A Nutcase' by Ranjit Lal, 'Manan' by Mohit Parekh for class VI-VIII.
5. Give them nutritious diet and encourage them to develop healthy eating habits. Discourage them to have junk food and foods with empty calories. Teach them a recipe or two to hone their culinary skills.
6. Encourage them to do some gardening activities, **start a plantation drive in the colony or your society and render a great service to the mankind.**
7. Encourage them to **make a time table for self study**. Guide them to study in way that they don't get bored.
8. Greeting people triggers conversation. It helps us with connect to people at a more personal level. **Encourage your child to greet people in the most respectful manner** to maintain a cordial relationship with all.
9. A family that eats together feels a strong and eternal bond with one another. The dinner time allows us to reconnect. **Have a fruitful conversation with your children at dinner time** and talk about life and their future plans etc.

Warm Regards

Gaurav Bedi
Principal



Happy Holidays !!



“We cannot stop natural disasters but we can arm ourselves with knowledge: so many lives wouldn't have to be lost if there was enough disaster preparedness.”

— Petra Nemcova

According to the International Federation of Red Cross & Red Crescent Societies, a disaster occurs when a hazard impacts on vulnerable people. The combination of hazards, vulnerability and potential negative consequences can be reduced by grooming and training the students and by creating awareness about Disaster Management. To gain the hands-on experience of the same, prepare a project on Disaster Management—

GENERAL INSTRUCTIONS—

1. The project carries 25 marks.
2. The project should be made on A-4 sized, coloured ruled sheets and arranged in a file/ folder.
3. Each task should be done on a separate sheet with your details (name, class & section and roll number) on every sheet.
4. It should be hand-written.
5. It should be pictorial, well-researched and well- presented.
6. Cover page, index, acknowledgements, content and bibliography are a must.

TASK-1: What is Disaster Management:

- Definition of ‘Disaster’.
- Select any two Natural Disasters to elaborate (Meaning, causes, prevention and mitigation measures, impact on national economy, key challenges to safe schools according to NDMA).
- What is disaster management cycle?
- What is a ‘Hazard’? How is it classified?
- Differentiate between hazard and disaster.

❖ **Complete the following table with the relevant information:**

Hazard	Elements of the hazard	Vulnerable groups	Prevention	Examples
Physical				
Chemical				
Biological				

Assessment Parameters: *Content-Researched, Conclusion and Presentation: 5 Marks*

TASK-2:Being a young enthusiastic student of science, you are familiar with your school chemistry laboratory. According to you, what would be the various hazards you may face while working in the laboratory and how can they be prevented?

Assessment Parameters: *Critical and Logical thinking, reasoning and presentation: 5 Marks*

TASK-3:Hone your writing skills by attempting the following questions—

- Today, a sudden holiday was declared in your school due to the prediction of a thunder-storm in Delhi-NCR region. You talked to some of your friends regarding the same over the phone. They appear to be extremely frightened. You decide to pen down your feelings in the form of a diary entry in about 100-120 words.
- You went to the southernmost part of India with a group of your friends. Destiny had some other plans for you. A tsunami had been waiting there for you. Write your experience in the form of a story in about 150 words.
- You are Naina, a member of the Environment Club of your school. Recent cloud burst had brought havoc and mass destruction in Kedarnath region at Uttarakhand leaving you greatly perturbed. Write an article on the "Save the Earth" to create awareness. You can take the help of the given visual stimulus along with your own ideas. (Word limit: 100-120)



Assessment parameters:Content of the written material, Format and expression: **5 Marks**

TASK-4:

gky gh ea vk, j r hys n dku ds dkj .k o fuokj .k ds fo'k; ea Hkksy v/; ki d r Fkk Nk= ds Ek/; g p z okrkz dks l okn : lk ea fy [k

Assessment parameters:Content of the written material, Format and expression: **5 Marks**

TASK-5:On the basis of frequency of occurrence of any specific disaster (eg. Earthquake, floods, drought etc.), classify the country into five zones numbered from 1 to 5 (from low intensity to high intensity, prepare a frequency distribution table between the zones and the number of states comes under it. Use Bar graph to represent this statistical data.

Assessment Parameters: Content of the Research, Analysis of data and Presentation in the form of Bar Graphs: **5 Marks**
