



# RUKMANI BIRLA MODERN HIGH SCHOOL, JAIPUR SESSION – 2021-22

## SUMMER HOLIDAY ASSIGNMENT

### CLASS VIII

#### THEME: Ayurveda and Naturopathy-During Pandemic

### SCIENCE

Naturopathy and Ayurveda are traditional health care science having its own concept of health and healing rooting through nature. It is a non-pharmacological system of health care which derives its disease causing and health keeping principles from fundamental natural elements.

In the concept of health and disease in Naturopathy and Ayurveda, Make a comic strip in the form of imaginary dialogue, depicting a case study of Covid-19 patient, who is recovering with the help of Ayurveda and Naturopathy and also make a poster of Breathing Exercises to strengthen lungs.

General instructions for the MDP project:-

- Project should be handwritten and credit will be given to illustrations (scientific principles /pictures/ news paper cuttings/ Diagrams etc.) and own creativity.
- After completing the project, kindly upload your project work on one note of your class note book of MS Teams.
- Computer generated will not be considered.
- No need to go outside to purchase any material for the project. Kindly use the material available at home only.

### MATHEMATICS

1. Draw a pie chart representing different forms of medicinal plant species taken to boost your immunity during the Pandemic.
2. What is the role of Mathematics in Ayurveda and write fundamental principles of Naturopathy. Explore the role of Ayurveda and Naturopathy in the recent years in India ( Using statistical data)
3. Explain the concept of angles while performing Yoga (Geometry yoga and maths angles) and give information on different yogic postures and their benefits.

Note :-Complete chapter one Rational Number from Me 'N' Mine book.

### SOCIAL SCIENCE

Ayurveda and Naturopathy have released a fresh set of protocols for the use of medicinal herbs and techniques to cure COVID – 19 patients based on advice of experts across the nation.

(Project to be done on A4 size sheets)

- A) Do research work on uses of different medicinal herbs and spices which also acts as immune boosters like Giloy, Turmeric, Neem, Cinnamon, Black pepper, Tulsi, Ashwagandha, Garlic, Ginger, Clove, Alum, Amla, Brahmi, Cumin etc. for the treatment of Covid – 19 which will help you to complete the following table:

Type of severity	Names of medicinal herbs	Type of soil	Climatic condition
Asymptomatic Covid-19			
Mild Covid-19			
Post Covid-19			

B) Give any one historical evidence for the use of traditional medicinal herbs. It can be in form of Folklores/Songs/Stories/Events etc.

## **HINDI**

कोविड-19 महामारी के संदर्भ में आयुर्वेदिक एवं प्राकृतिक चिकित्सा पद्धति के प्रति लोगों के बढ़ते रुझान के बारे में अपने विचार लिखिए। (समय सीमा- 250 शब्द)

## **FRENCH**

Draw/paste the pictures of 5 ayurvedic home remedies along with their names in French like ginger, turmeric etc in French and write the importance of Ayurveda/ naturopathy to fight against current pandemic in French .

( in 7-8 lines A4 size sheets)

## **SANSKRIT**

हम हमेशा स्वस्थ रहें, कोरोना या कोई भी बीमारी हमें हो ही नहीं। इसके लिए प्रतिदिन पालन करने योग्य नियमों की सूची संस्कृत भाषा में 8 वाक्यों में बनाकर, ए-4 शीट पर प्रस्तुत कीजिए।

## **ENGLISH**

1. Record a **Newscast** on the topic: Ayurveda and Naturopathy- *Opportunities for Developing Safe and Effective Treatment Choices During Pandemic.*
2. Design a **Newsletter** on the Development of Ayurveda and Naturopathy- *Tradition to Trend.*
3. The Pandemic evoked global interest in Ayurveda and Naturopathy. Write a **letter** to your friend who lives abroad and is very keen to know about India's ancient wisdom in the field of Ayurveda, Yoga and Naturopathy.