



SUMMER VACATION RECOMMENDATORY TO STUDENTS

1. Bow to the rising sun, try to be close to the Mother Nature, Smell the Flowers around you, Hear the Chirping Birds
2. Follow a healthy fitness regime to build your stamina. Try brisk walking, jogging, meditation, aerobics or yoga to energize yourself
3. Be a defender of our Mother Earth
 - (a) Switch off Fans and Lights in unoccupied room, save electricity
 - (b) Use slim tube lights instead of bulbs and be a responsible citizen
 - (c) Switch on the A/c one hour later and switch it off one hour earlier than required
 - (d) Cool the soft drink bottles and fruits in water before keeping them directly in the refrigerator
 - (e) Save water as much as you can now because if we don't then it will be the most fought over resource by 2020.
 - (f) Don't waste food.
"Buy it with thought, Cook it with care, Buy local foods, Serve just enough, Use what is left"
4. Spend time with your grandparents. Help them with their daily tasks, listen to their stories & share yours with them
5. The most important skill of the century is to be well aware and well informed, so that makes Newspaper your good friend. Read it daily
6. Learn to be self dependent. Try to make your own bed and make sure your wardrobe is well organised
7. Books are your best friends so make sure to pick a book and enjoy reading with a cup of hot chocolate
8. Be helpful and courteous to everyone spread happiness wherever you go