

REPORT OF VIRTUAL SUMMER CAMP 2021-2022

SCIENCE DEPARTMENT

SPECTRUM : ARRAY OF ACTIVITIES

Science surrounds us and the summer offers the perfect time for our children to explore the science around us. The most awaited thing for kids in summer are fun and creative activities. For million kids, summer camp is the most cherished part of childhood. **MSMS SCIENCE department** is trying to keep children busy experiencing the magic of summer camp from their living rooms. The department took the initiative to step ahead of boundaries and choose the topics which are fun and at the same time informative. Every day we had a new topic which revolved around learner's life. The young Mahavirians wander in knowledge and satisfied their curiosity with plethora of activities carefully designed and planned for them. Our overall aim was to help students gain new skills and strengthen and develop their inherent talents and they get experience to innovate, explore and inculcate Scientific temperament. Activities also helped in enhancing their capabilities to forge ahead in all the spheres. The sessions incorporated Arts, Music, Experiential Learning as well. It was a memorable, enlightening and educative summer camp that enriched and elevate our Budding Scientists.

A brief description about the illuminating sessions class wise are as follows:

PRIMARY SECTION (Class IV & V)

KINDNESS

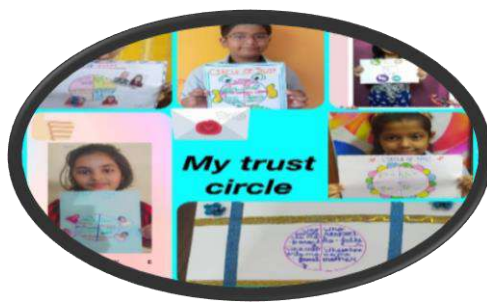
Kindness Matters

"No act of kindness, no matter how small is, ever wasted."

Kindness strikes us in the most unexpected way. It is of utmost importance for our little learners see the good in people and appreciate the world. A discussion was held in the class to talk about various kindness acts happening around us and they participated in an activity to write 'thank you' notes for people they admire.

Good V/S Bad Touch

In this awareness campaign the students were introduced to the concept of Good Touch and Bad Touch. A story-based learning activity was organized in virtual medium. Students were also told to follow the rule of NGT (N: NO, G: Go, T: Tell). Children learned about circle of trust and share their heart out with the teacher.





Wash Your Hands

This session was dedicated to teach children about the significance of keeping their hands clean. Students were given freedom to come up with posters on handwash to stick in their room as a reminder to wash hands regularly. In today's time when hand hygiene has become a necessity, learners were encouraged to clean their hands with soap using a guide of 8 steps.



Feed the Birds

World Environment Day celebrated with students to help them realize the importance of ecosystem. Teacher encouraged learners to appreciate the roles of birds in biodiversity and feed them with proper food and water. They made their bird feeders using newspaper waste from home and took their little step in addressing global problems.



The Green Dream : All About Plant Science

This session help students to:

- Identify and describe the plant parts.
- Explore the role of each part.
- The various uses of plants.
- Teaching children about their natural world should be seen as the one of the most important events in their lives.



My Seed Journal

In this session 'My Seed Journal' where students patiently waited for seeds to sprouts and understand that it takes a minute to cut years to grow one. This activity is very educative and informative for children.



MIDDLE SECTIONS (Class VI-VIII)

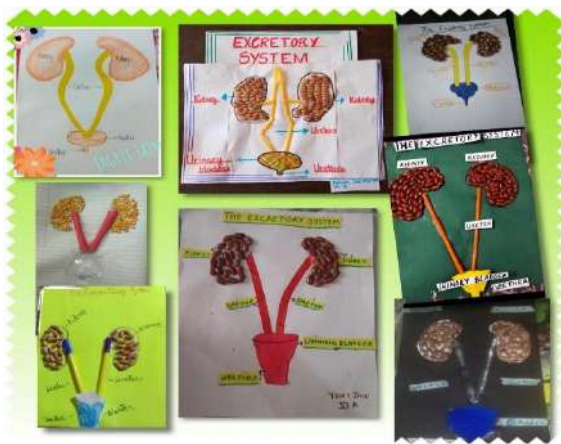
My Healthy Plate

Our goal in this activity were:

- ✚ Spread awareness of five food groups (Diary, proteins, vegetables, fruits and whole grains) of my plate.
- ✚ Children are informed that eating different foods from each food groups will help them grow, think and have energy to play.
- ✚ It was followed by thoughtful craft session whose main motive is to integrate art in the session. Children made healthy plates and were advised to plan their lunch and dinner according to food plate system.



This craft session helped students to channelize their inner artist to learn about human excretory system, how it works and why it is important to flush out toxins from our body. Students made models of excretory system using easily available things at home.



This activity helped students understand a way to write in codes. They played spies and performed activity that made invisible ink out of lemon juice. Students connected the entire process of making the letter visible with the concept of irreversible changes.



Be a future environmentalist

In these tough times, our environment is hurting badly. Small personal changes in habits can help our surroundings in a big way. Based on this thought, students were encouraged to write their own ways in which they can help the ailing planet. Every student came up with 10 ways which could be followed by everybody.



Flameless Cooking with Little Chefs

This activity helped students to learn a life skill, developed them physically, improved their health, engage senses and sparkled their creativity. The very experience of creating their own meals help build their self-confidence and lay the foundation for healthy eating habits also. Students participated in the session and made fruits kebabs, chana chaat, sprouted salads, fruit train, dry fruit laddoo and immunity booster drinks.



The wheel of Life : Silk Moth

The activity is designed keeping in mind the following objectives:

- Teaching children about the insect life cycle and insect behavior.
- Stimulation about silk moth life cycle and its various stages.
- Rearing Of Silkworm
- Types of Silk available and various countries producing silk.

Students enthusiastically participated in the session and showcased life cycle of silk moth and various stages through which a silkworm goes through before the fine silk thread off.



Science Exploration : Parts of Flower

The activity is carefully designed with the following objectives like building scientific thinking skills as they follow a guided path of inquiry and analysis. Observation and classification of recognizable and unfamiliar parts of flower. Children used items available at home to create 3-D model of flower of flower and label its various parts.



Sci Wizard: Reusing Junk

In the session, students reuse e waste or plastic waste into utility article.

Students have shown keen interest and enthusiastically participated in this activity and exhibit their innovative and creative ideas with motivational music of We shall overcome in the background.



Your vision for Space

This session was conducted to motivate and encourage them to think out of box on the given topic. Students explored about the various celestial bodies in the Universe and Role play using props like placards, head gear etc. It was really a knowledgeable and interesting session.



Healthy Citizens make Healthy Nation

In the session students prepared Immunity Booster Drink and snack, shared the recipe and informed everyone its nutritive value. The main Objective of the activity is to motivate students to Eat Good, Feel Good and Avoid Junk food.

They were encouraged to follow healthy living strategies such as---

- ✚ Eat a diet high in fruits and vegetables.
- ✚ Exercise regularly.
- ✚ Wash hands frequently.
- ✚ Include Natural immunity supplements in the diet like - Ginger, Gooseberries, Turmeric, Basil leaves, Yogurt etc.



DIY : Science Toys from Trash

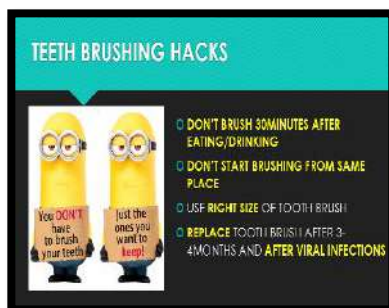
This session was an opportunity to students to have hands on experience by managing the trash available at home in an eco-friendly manner. The main objective of this activity was to make Science fun and exciting for students. It was an enjoyable and informative session for the students.



WEBINARS (Class IX - Class XII)

➤ Adolescent Oral Health Care by Dr. Varsha Jain , BDS , MDS , MSMS Alumna

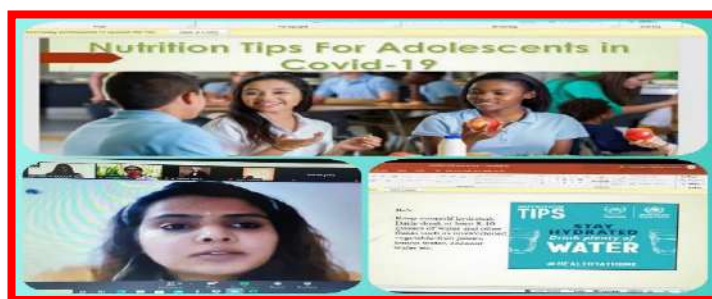
The session conducted by Dr. Varsha Jain was very interactive, knowledgeable and highly informative. She discussed about the importance of healthy mouth and proper oral habits. Emphasizing on the adolescent age she said that children in adolescent age generally have poor nutritional habits and oral hygiene. Relating to the present situation she talked about prevention of fungal infection and post covid problems related to oral hygiene. The Session really helped the students to know the tips for keeping their teeth and gums healthy during adolescent age and to prevent oral diseases.



➤ **Food Preferences during Covid Times for Adolescents by Mrs. Nupur Jain, Dietician MSMS Alumna**

The resource person shared a very informative Power point presentation and emphasized upon the following:

- 🍏 Importance of balanced diet
- 🍏 What to eat and what to avoid.
- 🍏 Significance of Water intake
- 🍏 Disadvantages of junk food.
- 🍏 Including herbs and condiments in diet prudently.
- 🍏 Bad effects of supplements and body building proteins if taken without medical supervision.



➤ **Challenges faced while preparing for Competitive exams and how to maintain balance between board and entrance exams by Mr. Mohsin Umar Khan , Academic Head , Akash Institute**

The webinar focused on solving the challenges faced by the students of 11th and 12th std. who have to appear for one or the other competitive exams. The difference between the pattern of competitive and board exams along with the change in their preparation pattern was explained in detail. The resource person pictorially and graphically explained the things to the students and focused on aspects such as time management, its importance.

