



"The Great Barrier Reef is under pressure."





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- The Reef is a unique ecosystem; home to thousands of species of marine life, including fish, whales, dolphins, and six of the world's seven species of marine turtle.
- The heatwaves have triggered four mass coral bleaching events on the Great Barrier Reef in just seven years, reducing shallow water coral reefs by as much as 50%.
- Since the late 18th century, the ocean has absorbed about 30% of the carbon humans have generated, decreasing its pH level. A more acidic ocean means corals are less able to build skeletons and form coral reefs, which help protect coastlines from storms and provide habitats for thousands of species of marine life.
- As water temperatures rise, many marine species are being forced to move south to cooler habitats. This shift creates increased competition for food and shelter in cooler waters, threatening the entire ecosystem.
- Some Practical Solution for reef recovery are Improve water quality by Reducing pollution from land-based runoff, Reduce emissions and store carbon, Restore critical habitat and coastal ecosystems
- Protect the Cool and shade reefs most at risk



CLASSES-Tulip to II 2023

"If healthy ocean is vital for a healthy planet, and healthy coral reefs lie at the heart of ocean biodiversity"



NEW SESSION -2023-24 BEGIN

MAHAVIR JAYANTI

5 HAPPY HANDS-**FREE HAND DRAWING(INTER** CLASS)I-II

6

GOOD FRIDAY (HOLIDAY)

(HOLIDAY)

10 MARVELOUS ME INTRODUCTION (TULIP-LAVENDER) 11

12

13

14

AMBEDKAR JAYANTI (HOLIDAY)

15

16

MY INNOVATIVE **ATTTIRE TULIP-LAV** 18

SILVER DAY (TULIP-LAV) 19

SHOW & TELL (I & II)

20

CONNECT WITH NATURE (INTER HOUSE)

FIVE- SENCE WALK, NATURE WALK)SCAVANGER HUNT 22 **EARTH DAY/ EID-UL-FITR** (HOLIDAY)

23

ENGLISH LANG DAY

24 **DESCRIBE YOUR FAMILY**

TULIP- LAV

25 WORKSHEET HEALTH & HYGIENE 26

27 SORT YOUR COLLECTION FROM A **NATURE WALK & TELL ABOUT YOUR** COLLECTION

28

PTM

29



"Agriculture is extrevely vulnerable to climate change"





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- Agriculture has contributed to climate change in many ways. Conversely, climate change now threatens to irreversibly damage natural resources on which agriculture depends.
- Poor food quality and diets are partly responsible for the increase of chronic diseases like obesity and heart disease. Agriculture is closely linked to these concerns, including the loss of biodiversity, global warming and water availability.
- Halting the loss of forests it will benefit hundreds of millions of people, in particular many of the world's poorest people. It will also help combat climate change, protect habitats for 75% of the world's terrestrial biodiversity and maintain ecosystem resilience, thereby supporting a more sustainable agriculture.



2023

Agriculture has contributed to climate change in many ways. Conversely, climate change now threatens to irreversibly damage natural resources on which agriculture depends.

S	M	T	W	T	F	S
	1	2 SPACE DAY BHUJO TO JANE (I-II) QUIZ	MODEL PLAMETS FROM CLAY (I & II)	4	5 BUDH PURNIMA (HOLIDAY)	6 MOTHER'S DAY CELEBARTION
7	8 RAINBOW ART (TULIP- LAV)	PLAY WITH GALAXY I & II)	10 MY MOTHER MY HERO TULIP-II)	11	12 IMPORTANCE OF SHARING THROUGH STORY TELLING	13 ONLINE CLASS
14	15	16	17 FITNESS NOSTALGIYA(TULI P-II) YOGA SESSION	18 PLAY WITH PATTERN (TULIP-LAV)	19	20
21	22	23	24 MMER VACATION	25	26	27
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"Climate change is upsetting the migratory rhythms"





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- The habitats migratory birds depend on are in danger to change and to disappear due to increasing temperatures, flooding or desertification. Coastal wetland areas that migrating birds use for nesting and foraging are an example.
- A lot of migratory birds change their routes, shorten or completely cancel their journey as a result of changing temperatures. They are not used to low temperatures and in case of a hard onset of winter, most of them won't survive.
- long distance migrants might find their breeding grounds occupied by a large number of resident birds. This increases the competition between the species for food and breeding grounds.
- The warm spring temperatures in some regions have led to an earlier arrival of many birds. Thus, they start to breed earlier. At the same time, increasing temperatures also make the vegetation bloom and insects hatch earlier. As a result of this mismatch, the birds cannot provide enough food for their offspring.
- Migratory bird species suffer from barriers like wind farms or competition from newly introduced alien species. Species that are already on the decline due to these factors are especially vulnerable to climate change pushing them towards final extinction.





2023

"Forest: our Earth's greatest utility our planet's lungs, Thermostat and air-conditioning system"



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MORE KNOW

- The human population on earth has grown more in the last 50 years than it did in the previous 4 million years.
- More than just trees, forests are fundamental for food security and improved livelihoods.
- At least 50 million acres of rainforest are lost every year.
- Over 50% of all living creatures on the earth reside in tropical rainforests
- Experts believe that 5-10% of tropical rainforest species will become extinct by the next half-century.



"Forest: our Earth's greatest utility our planet's lungs, Thermostat and air-conditioning system"

2023

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1

ONLINE CLASS

2

CRAZY TRAIN
TULIP-LAV)

4

5

6 FASHIONISTA (FASHION SHOW (TULIP- LAV) 7

HOLIDAY

9

10 WORLD POPULATION DAY/UNIT TEST -1 11

12

13

MY PERSONAL
TIMELINE(I & II)

14

15 ONLINE CLASS

16

17

UNIT TEST -1

18

10

WEAVING WITH
NATURE(TULIPLAV)

20

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21

DESIGN AN ANIMAL DIARY(I & II)

22

OPEN HOUSE

23

24

PET VET CLINIC COMMUNITY HELPERS DAY /UNIT TEST -1 **25**

26
ROCK DESIGN (I-II)

27

WORKSHOP
TASTE MANNERS)

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MUHARRAM (HOLIDAY) **29**

HOLIDAY

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UNIT TEST -1



Climate change is creating a refugee crisis





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- As global temperatures increase, millions of people are fleeing their homes to avoid the impacts of droughts and extreme storms. And these numbers are set to rise. The International Organisation on Migration estimates that up to 200 million people could be displaced by climate change by 2050.
- Around 50% of all carbon emissions are emitted by the richest 10% of the world's population. Yet global warming is making climate change refugees of the world's poorest.



Climate change is creating a repugee crisis

2023



PATRIOTIC POEM RECITATION(I & II)

4

5 **ONLINE CLASS**

NANHE TARE PATRIOTIC DANCE COMPETITION

8

9 INDEPENDENCE **DAY CRAFT** (INTER HOUSE)

10

PATRIOTIC COSTUME CONTEST | & ||) 12 (HOLIDAY)

13

6

14 **INDEPENDENCE DAY CELEBRATION** 15 **INDEPENDENCE DAY** (HOLIDAY)

16

2

17 WORKSHOP 'SAVE EVERY DROP OF WATER'

18 **ONLINE CLASS**

ONLINE CLASS

20

COLOURFUL **HANDS** (COLORING COMPETITION (TULIP- LAV)

22

23

STORY 24 NARRATION OF INDEPENCE STRUGGLE **WITH PUPPETS** (TULIP- II)

25

26

19

OPEN HOUSE

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NATIONAL SPORTS DAY (TULIP-11) **RACES**

30 RAKSHA BANDHAN (HOLIDAY)



"Arpacts in Diverse Ecosystems: Living Tension"

2023



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KNOW MORE

- A country could cut its forests and deplete its fisheries, and this would show only as a positive gain to GDP, despite the loss of capital assets.
- The capacity of wetlands, rivers, streams and lakes to remove or immobilise pollutants is essential to the provision of clean water for multiple uses and decreases costs of wastewater treatment based on technological solutions only.
- Ecosystems can serve as natural buffers from extreme events such as wildfires, flooding, and drought. Examples include reefs and barrier islands that protect coastal ecosystems from storm surges, wetland ecosystems that absorb floodwaters.
- Human well-being depends notably on material welfare, health, good social relations, security, and freedom.
- When the supply of ecosystem services exceeds the demand, an increase in supply tends to enhance human well-being only marginally.
- In contrast, when the service is in short supply, a small decrease can substantially reduce well-being.
- Humans depend heavily on ecosystem for benefits such as food, but we also have a tremendous impact on them.



"Orrpacts in Diverse Ecosystems: Living Tension"

2023

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2 ONLINE CLASS GRANDPARENT DAY CELEBERATION.

GOLDY DAY TULIP- LAV

MODEL MAKING
THINK OUT OF BOX
PRESENTATION
I & II INTERHOUSE

G OX N SE JANMASHTAMI (HOLIDAY)

VIBGYOR ACTIVITY
INTERHOUSE

9

HOLIDAY

(HOLIDAY)

10

MUNCHING CHICKS FRUITS SALADS (TULIP- LAV) PERFECT
CALLIGRAPPHER
(I & II) ENGLISH)

GANESH
CHATHUTHI
CELEBRATION

20

14
HINDI DIWAS

15 EXPLORIN

EXPLORING UNIVERSE (II)
INTERHOUSE)

16
OPEN HOUSE

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27 TERM-I EXAMS

TERM-I EXAMS

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"Future Creatures Challenge"



2023

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- Changing our main energy sources to clean and renewable energy. Solar, Wind, Geothermal and biomass could be the solution.
- Our transport methods must be aligned with environmental requirements and reduce their carbon footprint. It is essential to rethink our transport methods from the design stage towards eco-friendly transportation.
- Many methods exist to prevent, control and reduce air pollution, in particular by reducing the consumption of fossil fuels, and limiting industry emissions and waste.
- The simplest solution to reduce waste is to adapt our production methods to our consumption patterns. The recycling process must also be taken into account in our consumption habits.
- Oceans and seas are the largest storage of greenhouse gases and are an exceptional support system for life on this planet. Limiting overfishing, unsustainable development activities in coastal areas and the consumption of environmentally friendly products is now essential.
- Use the 3 r's of circular economy (Reduce, Reuse and Recycle) to significantly reduce our waste and avoid unnecessary production of new items.



"Future Creatures Challenge"

2023

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2GANDHI JAYANTI
(HOLIDA)

CLEANLINESS DRIVE

FRUIT FUN TULIP- LAV 5

POETRY SLAMS
ENG RECITATION I
& II

7
ONLINE CLASS

8
AIR FORCE DAY

9 WALKY TALKY NEIGHBORHOOD (TULIP- LAV) 10

11

12

BOLDER DASH
(WORD GAME (I & II)

14 HOLIDAY

15

16
NATURE CROWN CRAFT
TULIP- LAV

17

18

19

20 VOCABULARY CHALK BOARD I & II

21

AUTUMN BREAK

22

MAHA ASHTAMI

23 MAHA NAVAMI AUTUM BREAK **24**

VIJAYA DASHMI

25

26

27-ITTLE PATTISIER
(LITTLE CHEF)
(INTERHOUSE)
1 & II)

28
ONLINE CLASS

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30DIY(BEST OUT OF WASTE)

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HALLOWEEN DAY
CELEBRATION



"Water and the Cylobal Climate Crisis"

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- The global demand for water has been increasing at a rate of about 1% per year as a function of population growth, and it will continue to grow significantly over the next two decades.
- At present, an estimated 3.6 billion people live in areas that are potentially water-scarce at least one month per year, and this population could increase to some 4.8-5.7 billion by 2050.
- Urban green infrastructure is increasingly being used to manage and reduce pollution from urban runoff
- Green walls, roof gardens and vegetated infiltration or drainage basins support wastewater treatment and reduce storm water runoff
- At the same time, the global water cycle is intensifying due to climate change, with wetter regions generally becoming wetter and drier regions becoming even drier.
- Forests, wetlands and grasslands, as well as soils and crops, when managed properly, play important roles in regulating water quality by reducing
- sediment loadings, capturing and retaining pollutants, and recycling nutrients.



november "Water and the Cylobal Climate Crisis"

2023

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KARWA CHUTH

THE SEASONS WHEEL CRAFTTULIP- LAV)

COOL SCIENCE
1 & II INTERCLASS)

4 ONLINE CLASS

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SNOWY SNOWY
SILVER (TULIP-LAV)

HELPING HANDS
(DONATE YOUR OLD
TOYS) TULIP- LAV)

8

KALAKRITI (RANGOLI WITH SHAPES)

16

NATIONAL
SCIENCE
DAY(LITTLE
SCIENTIST
(I & II)

- 11

12 DIWALI BREAK

DIWALI BREAK

13

14

BHAI DOOJ

17
'BE A PART ' OF PLANT
INTERCLASS
(FASHION SHOW) I & II

18

CHAAT POOJA

19

20 UNIT- II

21 THE COLOUR WALK (TULIP-LAV)

22

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27_{GURU NANAK}
JAYANTI
(HOLIDAY)

28

UNIT II

29 'TURNIP TALE' (STORY TELLING) (TULIP- LAV)



"One-Third of all plant and animal species could be extinct by 2070"

2023



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- 75% of flying insects were lost in the last 25 years, according to a recent study.
- About 1.7 million species of animals, plants and fungi have been recorded, but there are likely to be 8-9 million and possibly up to 100 million.
- Tiger numbers, for example, have plunged by 97% in the last century. In many places, bigger animals have already been wiped out by humans
- Biodiversity loss has negative effects on several aspects of human well-being, such as food security, vulnerability to natural disasters, energy security, and access to clean water and raw materials.
- Biodiversity plays an important role in the way ecosystems function and in the services they provide. Species composition matters as much or more than species richness when it
- comes to ecosystem services.
- Once species become extinct, particularly those unknown to science, there's no going back.



december "Ene-Third of all plant and animal species could be extinct by 2070"

2023

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'CREATURE CRAFT (TULIP- II) ORIGANS 2 ONLINE CLASS



4 UNIT TEST -II

WORKSHOP
(GOOD TOUCH &
BAD TOUCH)

6 (ROAD SAFETY & RULES (TULIP- II)

7

ROLE PLAY
(DIFFERENT
PROFESSIONS)
INTERCLASS, I
CLASS)

9

(HOLIDAY)

10

UNIT TEST- II

12

COMMUNITY
HELPERS WITH A
SENTENCE STRIP
(MS PAINT)(I-II)

14

15

SHOW & TELL, I CLASS , INTERCLASS 16

(HOLIDAY)

17

WEAVING WITH NATURE (TULIP-IV)

19

20

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SANTA MAKING & CHRISTMAS
TREE (INTERHOUSE)LETTER TO
SANTA (I-II)

22

23

ONLINE CLASS

24

25
CHRISTMAS
(HOLIDAY)

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NEW YEAR CARD MAKING COMPETITION (INTERCLASS)

29

MATHS MANIA (I-II)

30

OPEN HOUSE



The Ecological Footprint framework addresses Climate Change

2024



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- Over the past few decades, humanity has consumed 50 percent more resources than Earth can provide. If we keep spending like this, by 2030, even two planets will not be enough.
- Don't drive when there is an alternative! Walk, bike, or take public transport whenever possible. If you don't own and drive a car on average you can reduce your total ecological fontprint by as much as 20 per cent.
- The more paper you use, the more you are contributing to deforestation and carbon emissions. Try switching to paperless billing as much as possible.
- Buy gas and electricity from retailers who sell renewable power. This helps grow their businesses and improves their ability to provide cost-competitive fuels to us.
- Purifying the water and getting it to you take up energy just like generating electricity or driving a car. Water conservation is a key to reducing your CO2 output and save earth global
- warming,



The Ecological Footprint framework addresses Climate Change

2024

5 4 6 **NEW YEAR** WINTER BREAK 9 **12** 11 10 13 WINTER BREAK **HOLIDAY**

14 15 **LOHRI MAKAR SAKRATI**

18 **BINGO ACTIVITY WITH NUMBERS (INTERHOUSE)**

19 **CLOCK MAKING** ACTIVITY (I-II)

(HOLIDAY)

26

20 **ONLINE CLASS**

27

HOLIDAY

22 **SHAPE HUNT** 23

16

24

17

25

REPUBLIC DAY CELEBRATION

REPUBLIC DAY

28

21

29 MARINE LIFE (CRAFT OF OCEAN ANIMALS (TULIP- LAV)

(TULIP-LAV)

30

31 **READOTHON (READING** CHALLENGE



Regional Variations, Cylobal Change - negotiating and understanding difference

2024



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KNOWMORE

- Geographic patterns in communities are driven by differences in the distributions of individual species.
- Changes in these patterns therefore reflect underlying processes of colonization and extinction and can be used to assess the impact of environmental change (i.e. abiotic and biotic changes) on whole communities..
- Some Examples of regional Variation:
- (i) In summer, the temperature may be 50°C or more in some parts of Rajasthan desert, whereas it may be around 20°C in Pahalgam in Jammu and Kashmir. On a winter night, the temperature at Dassin Jammu and Kashmir may be as low as -45°C, while Thiruvananthapuram may have a temperature of +20°C.
- (ii) In certain places there is a wide difference between day and night temperatures. In the Thar Desert, the day temperature may be 50°C and drops down to near freezing point the same night. On the other hand, there is hardly any difference between day and night temperatures in the Andaman and Nicobar Islands or in Kerala.
- (iii) While precipitation is mostly in the form of snowfall in the upper parts of Himalayas, it only rains over the rest of the country.
- (iv) The annual precipitation varies from 400 cm in Meghalaya to less than 10 cm in Ladakh and Western Rajasthan.
- (v) Most parts of the country receive rainfall from June to September, but Tamil Nadu coast receives rainfall during autumn and early winter.



Regional Variations, Cylobal Change - negotiating and understanding difference

2024

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TALENT
SPECTACULAR I-II

ONLINE CLASS

TUCKING STRIP
WREATH(TULIP-LAV)

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NATURE SCAVANGER HUNT I-II) 10

HOLIDAY

11

BAKE CUPCAKES
TOGETHER (TULIP- LAV)

12

13

BEING POLITE (ROLE PLAY)(I-II) 14

VASANT PANCHAMI CELEBRATION 15

17

OPEN HOUSE

18

CREATE A SCRATCH
ART PICTURE OF
SPRING (TULIP- LAV)

20

21

22

23

16

THANK YOU DEAR TEACHERS (CARD MAKING) (I & II) **24**

HOLIDAY

25

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- "Shinrin-yoku" Japanese officials studied the physiological and psychological impact of forest bathing, that even as little as 15 minutes spent among trees can lower cortisol levels, boost the immune system and reduce anxiety.
- Time in nature or viewing nature scenes increases our ability to pay attention. Because humans find nature inherently interesting, we can naturally focus on what we are experiencing out in nature.
- Taking part in nature-based activities helps people who are suffering from mental health problems and can contribute reducing levels of anxiety, stress, and depression.
- Water makes up about 70% of the human body and about 70% of Earth. Making an extra effort to visit that local pond, lake, stream or river near home can provide a natural mood boost.
- Hearing recorded sounds from nature had similar effects on recovery from a stressful situation as the study involving nature images.
- The growing disconnection with our natural environment is exacerbating the escalating rates of mental illness



"Restoring and Protecting Nature": Menatal Aspects

HOLI

2024

S M T W T S

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ANNUAL EXAMINATION









"The Great Barrier Reef is under pressure."





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- The heatwaves have triggered four mass coral bleaching events on the Great Barrier Reef in just seven years, reducing shallow water coral reefs by as much as 50%.
- Since the late 18th century, the ocean has absorbed about 30% of the carbon humans have generated, decreasing its pH level. A more acidic ocean means corals are less able to build skeletons and form coral reefs, which help protect coastlines from storms and provide habitats for thousands of species of marine life.
- As water temperatures rise, many marine species are being forced to move south to cooler habitats. This shift creates increased competition for food and shelter in cooler waters, threatening the entire ecosystem.
- Some Practical Solution for reef recovery are Improve water quality by Reducing pollution from land-based runoff, Reduce emissions and store carbon, Restore critical habitat and coastal ecosystems
- Protect the Cool and shade reefs most at risk



2023

"A healthy ocean is vital for a healthy planet, and healthy coral reefs lie at the heart of ocean biodiversity"

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NEW SESSION -2023-24 BEGINS

MAHAVIR JAYANTI (HOLIDAY)

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GOOD FRIDAY
(HOLIDAY)

HOLIDAY

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12 COMMUNITY GARDE WORK (III TO V) **13**

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AMBEDKAR JAYANTI
(HOLIDAY)

15 ONLINE CLASS

16

17

18 WORLD
HERITAGE DAY
(SPL ASSEMBLY)

19

20
INTERHOUSE-POSTER
MAKING ON SEVEN
WONDERS OF THE WORLD
(III-V)

21

VIRTUAL TOUR TO DESERT, FOREST, OCEANS, MOUNTAINS (III-V) 22

EARTH DAY/ EID-UL-FITR (HOLIDAY)

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BOTTLE PAINTING & PLANTING (III-V)

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ONLINE CLASS



"Agriculture is extrevely vulnerable to climate change"





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		1	2	SPACE DAY- MAKE A SPINNING SOLAR SYSTEM (III-V)	4	5 BUDH PURNIMA (HOLIDAY)	6 MOTHER'S DAY CELEBARTION
	7	FORK ART: GREETING CARDS FOR MOTHER (III-V)	9	FLOWER POT MAKING: THANKLS FOR THE GOOD ROOTS(III-V)	11	MY MOM IS MY SUPER HERO (INTERHOUSE)	13 ONLINE CLASS
	14 MOTHER'S DAY	15	16	17	18	19 HEALTHY TIFFIN DAY (III-V)	20 OPEN HOUSE
	21	22	23 SUN	24 MER VACATION	25	26	27
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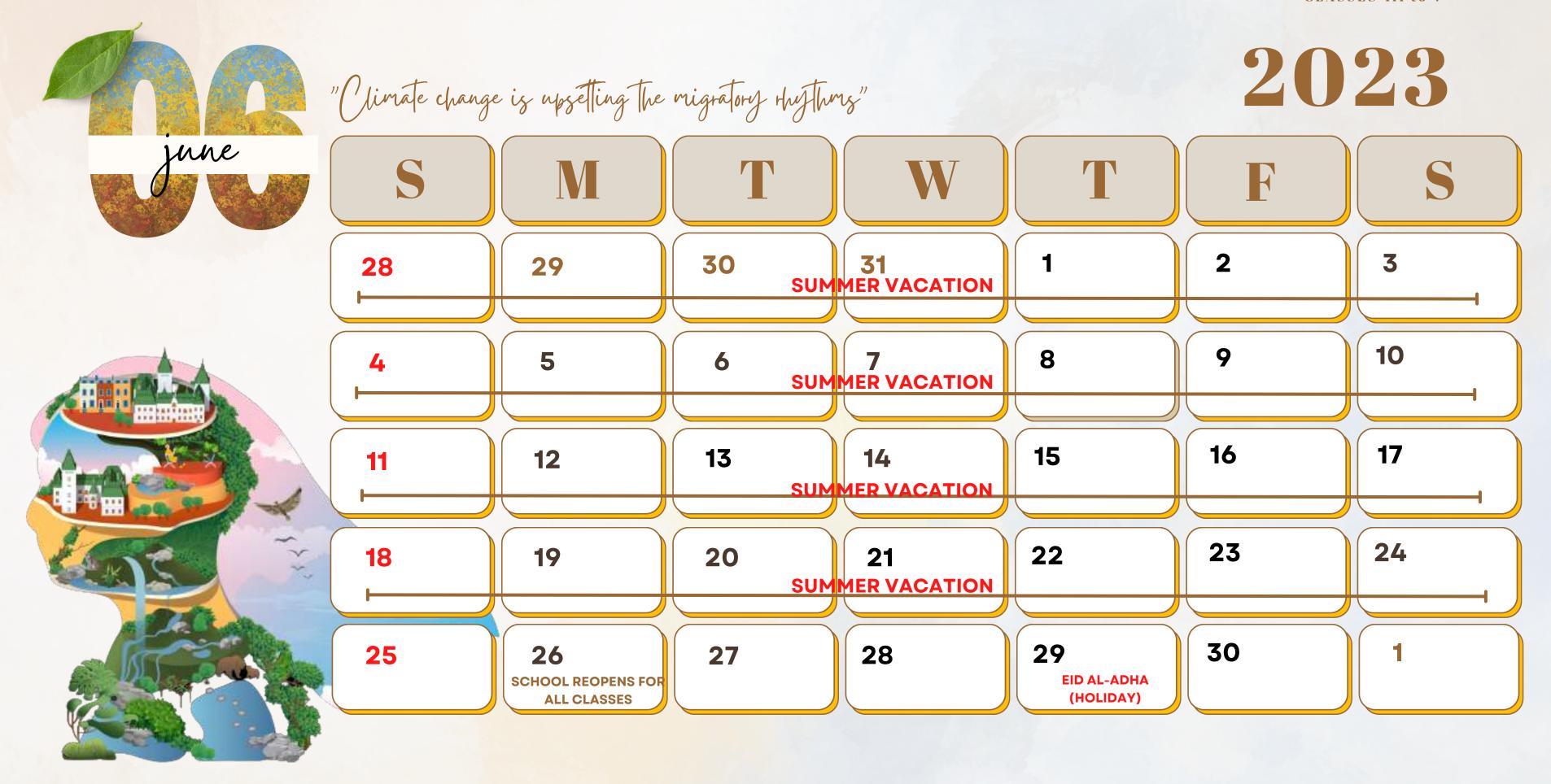
"Climate change is upsetting the migratory rhythms"





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- The habitats migratory birds depend on are in danger to change and to disappear due to increasing temperatures, flooding or desertification. Coastal wetland areas that migrating birds use for nesting and foraging are an example.
- A lot of migratory birds change their routes, shorten or completely cancel their journey as a result of changing temperatures. They are not used to low temperatures and in case of a hard onset of winter, most of them won't survive.
- long distance migrants might find their breeding grounds occupied by a large number of resident birds. This increases the competition between the species for food and breeding grounds.
- The warm spring temperatures in some regions have led to an earlier arrival of many birds. Thus, they start to breed earlier. At the same time, increasing temperatures also make the vegetation bloom and insects hatch earlier. As a result of this mismatch, the birds cannot provide enough food for their offspring.
- Migratory bird species suffer from barriers like wind farms or competition from newly introduced alien species. Species that are already on the decline due to these factors are especially vulnerable to climate change pushing them towards final extinction.





2023

"Forest: our Earth's greatest utility our planet's lungs, Thermostat and air-conditioning system"



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MORE KNOW

- The human population on earth has grown more in the last 50 years than it did in the previous 4 million years.
- More than just trees, forests are fundamental for food security and improved livelihoods.
- At least 50 million acres of rainforest are lost every year.
- Over 50% of all living creatures on the earth reside in tropical rainforests
- Experts believe that 5-10% of tropical rainforest species will become extinct by the next half-century.



"Forest: our Earth's greatest utility our planet's lungs, Thermostat and air-conditioning system"

2023

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1 ONLINE CLASS

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BEST OUT OF WASTE (CRAFT)

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HOLIDAY

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PA-I

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WEBCAST (INTERCLASS ENGLISH 15

ONLINE CLASS

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PA-I

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PICTURE DESCRIPTION

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OPEN HOUSE

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DISCOVER
COUNTRIES ON
GLOBE

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MUHARRAM (HOLIDAY)

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HOLIDAY

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PA-1 (V-X)
CYCLIC- 1(XI-XII)

PA-1



Climate change is creating a refugee crisis





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- As global temperatures increase, millions of people are fleeing their homes to avoid the impacts of droughts and extreme storms. And these numbers are set to rise. The International Organisation on Migration estimates that up to 200 million people could be displaced by climate change by 2050.
- Around 50% of all carbon emissions are emitted by the richest 10% of the world's population. Yet global warming is making climate change refugees of the world's poorest.



Climate change is creating a refugee crisis

2023



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ONLINE CLASS

PA-I

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9QUIT INDIA (SPECIAL ASSEMBLY)

10 ENACTMENT OF DIFFERENT FREEDOM STRUGGLLE

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DESHBHAKTI GEET OR DANCE (INTERHOUSE) **I Z**HOLIDAY

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14 CULTURAL OF DIFFERENT STATES (PAINTING COMPETITION

15
INDEPENDENCE
DAY

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ONLINE CLASS

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OPEN HOUSE

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MAKING OF RAKHI

30RAKSHA BANDHAN (HOLIDAY)

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SANSKRIT DIWAS
(SHLOKA COMPETITION
FROM BHAGAVATH GEETA



"Arpacts in Diverse Ecosystems: Living Tension"

2023



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- The capacity of wetlands, rivers, streams and lakes to remove or immobilise pollutants is essential to the provision of clean water for multiple uses and decreases costs of wastewater treatment based on technological solutions only.
- Ecosystems can serve as natural buffers from extreme events such as wildfires, flooding, and drought. Examples include reefs and barrier islands that protect coastal ecosystems from storm surges, wetland ecosystems that absorb floodwaters.
- Human well-being depends notably on material welfare, health, good social relations, security, and freedom.
- When the supply of ecosystem services exceeds the demand, an increase in supply tends to enhance human well-being only marginally.
- In contrast, when the service is in short supply, a small decrease can substantially reduce well-being.
- Humans depend heavily on ecosystem for benefits such as food, but we also have a tremendous impact on them.



"Organts in Diverse Ecosystems: Living Tension"

2023

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ONLINE CLASS

TEACHERS DAY CELEBERATION

CARTOON DESIGNING
ON 'OZONE & CLIMATE'

SLOGAN WRITING

& PAINTING

COMPETITION ON

'OZONE DAY'

9

HOLIDAY

WORLD OZONE DAY

10

GLOBAL WARMING
'ESSAY WRITING
(INTERCLASS)

12

13GANESH CHATHUTHI
CELEBRATION

14

21

HINDI DIWAS KAVITA VACHAN **15**

16 HOLIDAY

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SA-I/TERM-I

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26 SA-I/TERM-I **27**

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OPEN HOUSE



"Future Creatures Challenge"





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- Changing our main energy sources to clean and renewable energy. Solar, Wind, Geothermal and biomass could be the solution.
- Our transport methods must be aligned with environmental requirements and reduce their carbon footprint. It is essential to rethink our transport methods from the design stage towards eco-friendly transportation.
- Many methods exist to prevent, control and reduce air pollution, in particular by reducing the consumption of fossil fuels, and limiting industry emissions and waste.
- The simplest solution to reduce waste is to adapt our production methods to our consumption patterns. The recycling process must also be taken into account in our consumption habits.
- Oceans and seas are the largest storage of greenhouse gases and are an exceptional support system for life on this planet. Limiting overfishing, unsustainable development activities in coastal areas and the consumption of environmentally friendly products is now essential.
- Use the 3 r's of circular economy (Reduce, Reuse and Recycle) to significantly reduce our waste and avoid unnecessary production of new items.

ONLINE CLASS

HOLIDAY

AUTUMN BREAK

ONLINE CLASS

14

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SPACE TECH (PPT

PRESENTATION)



"Future Creatures Challenge"

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MAHA ASHTAMI

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MAHA NAVAMI

AUTUM BREAK

2023

PAINTING 3 5 4 6 COMPETITION (SWACHHTA **GANDHI JAYANTI PAKWARA** (HOLIDAY) **12** 13 10 8 9 **FUN WITH MAGNETS** INTERNATIONAL **Air Force Day** DAY OF GIRL CHILD 20 TIRA CONICA (MYTHS & **17 15** 18 19 16 MISCONCEPTS **DESIGN A COMIC** STRIP **22** 24 **25** 26

VIJAYA DASHMI

HALLOWEEN DAY



"Water and the Cylobal Climate Crisis"

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- The global demand for water has been increasing at a rate of about 1% per year as a function of population growth, and it will continue to grow significantly over the next two decades.
- At present, an estimated 3.6 billion people live in areas that are potentially water-scarce at least one month per year, and this population could increase to some 4.8-5.7 billion by 2050.
- Urban green infrastructure is increasingly being used to manage and reduce pollution from urban runoff
- Green walls, roof gardens and vegetated infiltration or drainage basins support wastewater treatment and reduce storm water runoff
- At the same time, the global water cycle is intensifying due to climate change, with wetter regions generally becoming wetter and drier regions becoming even drier.
- Forests, wetlands and grasslands, as well as soils and crops, when managed properly, play important roles in regulating water quality by reducing
- sediment loadings, capturing and retaining pollutants, and recycling nutrients.



november "Water and the Cylobal Climate Crisis"

2023

KARWA CHUTH (HOLIDAY)

2

WRITE AN INVISIBLE **MESSAGEON** 'CHILD TRAFFICKING'

4

ONLINE CLASS

5

CHAT SHOW ON ISSUES OF POPULATION FROM **BURNING OF CROPS '&** FIRE CRACKERS

FESTIVAL DECORATION OUT OF WASTE MATERIAL

8

9 **INNOVATIRIEF LEARN EXPERIMENTAL ACTIVITY** 10

11

HOLIDAY

12 DIWALI

13 **GOVERDHAN POOJA**

14 **BHAI DOOJ** 15

16 **QUIZ ON INDIA**

INTERHOUSE

17 EXPLORING GRAVITY (ACTIVITY WITH **MAGNET)**

18

CHAAT POOJA (HOLIDAY)

19

20 PA-II (V- X) UNIT-II(II & IV)

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ONLINE CLASS

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27 GURUPURB (HOLIDAY) 28

UNIT-II(III & IV)

29



"Ene-Third of all plant and animal species could be extinct by 2070"

2023



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KNOW

- 75% of flying insects were lost in the last 25 years, according to a recent study.
- About 1.7 million species of animals, plants and fungi have been recorded, but there are likely to be 8-9 million and possibly up to 100 million.
- Tiger numbers, for example, have plunged by 97% in the last century. In many places, bigger animals have already been wiped out by humans
- Biodiversity loss has negative effects on several aspects of human well-being, such as food security, vulnerability to natural disasters, energy security, and access to clean water and raw materials.
- Biodiversity plays an important role in the way ecosystems function and in the services they provide. Species composition matters as much or more than species richness when it
- comes to ecosystem services.
- Once species become extinct, particularly those unknown to science, there's no going back.



december "Ene-Third of all plant and animal species could be extinct by 2070"

2023

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SETTING UP OF BAZAR
III-V)SELL & BUY)

2

ONLINE CLASS



INDIAN NAVY DAY
PA-II(V-X)
UNIT- II(III & IV)

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HOLIDAY

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PA-II(V-X UNIT-II(III&IV) **12**

13 CHAT SHOW ON PLASTIC WASTE(V) 14

15 SETTING UP OF BANK CREDIT & WITHDRAW (IV& V) 16

HOLIDAY

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PA-IIV-X)
UNIT- II(III & IV)

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LEARN LANIA
ADJECTIVES

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CHRISTMAS TREE
DECORATION
INTERHOUSE BLEEP

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ONLINE CLASS

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25 CHRISTMAS (HOLIDAY)

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PA-II(V-X)

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29 BLEEP READING COMPREHENSION

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OPEN HOUSE



The Ecological Footprint framework addresses Climate Change

2024



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- Over the past few decades, humanity has consumed 50 percent more resources than Earth can provide. If we keep spending like this, by 2030, even two planets will not be enough.
- Don't drive when there is an alternative! Walk, bike, or take public transport whenever possible. If you don't own and drive a car on average you can reduce your total ecological fontprint by as much as 20 per cent.
- The more paper you use, the more you are contributing to deforestation and carbon emissions. Try switching to paperless billing as much as possible.
- Buy gas and electricity from retailers who sell renewable power. This helps grow their businesses and improves their ability to provide cost-competitive fuels to us.
- Purifying the water and getting it to you take up energy just like generating electricity or driving a car. Water conservation is a key to reducing your CO2 output and save earth global
- warming,



The Ecological Footprint framework addresses Climate Change

30

2024



2 3 5 4 WINTER BREAK **12 13** 10 11 WINTER BREAK 19 18 INTEHOUSE 20 16 **17 FLAGMAKING** ONLINE CLASS 24 CULTURAL 23 **25 26 27 EXTRAVANZA HOLIDAY** (REPUBLIC DAY **REPUBLIC DAY CONSUMER RIGHTS CELEBRATION)**



Regional Variations, Ozlobal Change - negotiating and understanding difference





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KNOW

- Geographic patterns in communities are driven by differences in the distributions of individual species.
- Changes in these patterns therefore reflect underlying processes of colonization and extinction and can be used to assess the impact of environmental change (i.e. abiotic and biotic changes) on whole communities..
- Some Examples of regional Variation:
- (i) In summer, the temperature may be 50°C or more in some parts of Rajasthan desert, whereas it may be around 20°C in Pahalgam in Jammu and Kashmir. On a winter night, the temperature at Dassin Jammu and Kashmir may be as low as -45°C, while Thiruvananthapuram may have a temperature of +20°C.
- (ii) In certain places there is a wide difference between day and night temperatures. In the Thar Desert, the day temperature may be 50°C and drops down to near freezing point the same night. On the other hand, there is hardly any difference between day and night temperatures in the Andaman and Nicobar Islands or in Kerala.
- (iii) While precipitation is mostly in the form of snowfall in the upper parts of Himalayas, it only rains over the rest of the country.
- (iv) The annual precipitation varies from 400 cm in Meghalaya to less than 10 cm in Ladakh and Western Rajasthan.
- (v) Most parts of the country receive rainfall from June to September, but Tamil Nadu coast receives rainfall during autumn and early winter.





Regional Variations, Cylobal Change - negotiating and understanding difference

ONLINE CLASS PICTURE THIS (NATURAL SCENE) **HOLIDAY VASANT PANCHAMI CREATE A CLASS OPEN HOUSE CELEBRATION** MEMORY BOOK (IV-V) **THANK YOU HOLIDAY DEAR TEACHER**



KNOW MORE

- "Shinrin-yoku" Japanese officials studied the physiological and psychological impact of forest bathing, that even as little as 15 minutes spent among trees can lower cortisol levels, boost the immune system and reduce anxiety.
- Time in nature or viewing nature scenes increases our ability to pay attention. Because humans find nature inherently interesting, we can naturally focus on what we are experiencing out in nature.
- Taking part in nature-based activities helps people who are suffering from mental health problems and can contribute reducing levels of anxiety, stress, and depression.
- Water makes up about 70% of the human body and about 70% of Earth. Making an extra effort to visit that local pond, lake, stream or river near home can provide a natural mood boost.
- Hearing recorded sounds from nature had similar effects on recovery from a stressful situation as the study involving nature images.
- The growing disconnection with our natural environment is exacerbating the escalating rates of mental illness



"Restoring and Protecting Nature": Menatal Aspects

31

2024

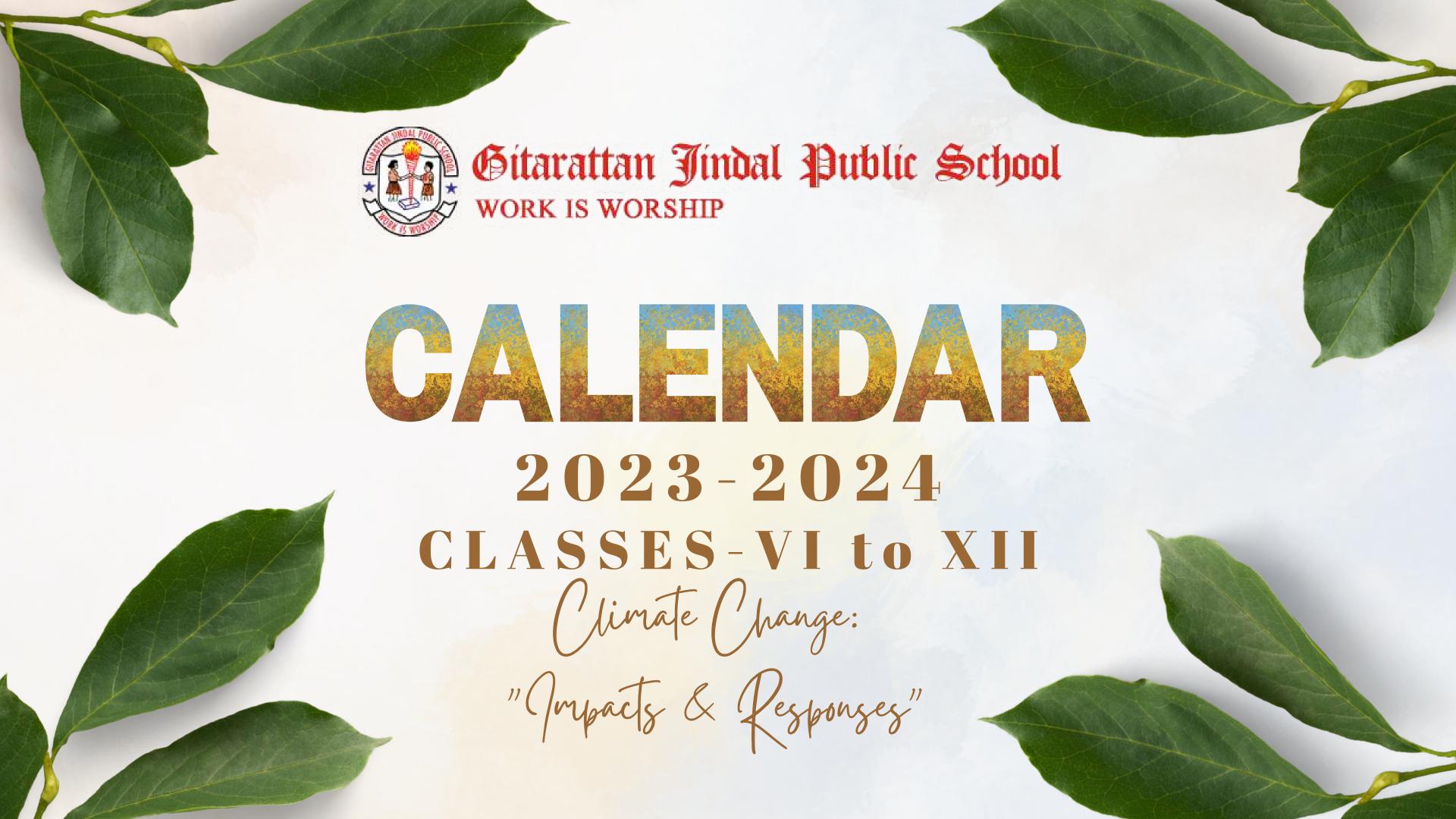
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ANNUAL EXAMINATION

6









"The Great Barrier Reef is under pressure."





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- The Reef is a unique ecosystem; home to thousands of species of marine life, including fish, whales, dolphins, and six of the world's seven species of marine turtle.
- The heatwaves have triggered four mass coral bleaching events on the Great Barrier Reef in just seven years, reducing shallow water coral reefs by as much as 50%.
- Since the late 18th century, the ocean has absorbed about 30% of the carbon humans have generated, decreasing its pH level. A more acidic ocean means corals are less able to build skeletons and form coral reefs, which help protect coastlines from storms and provide habitats for thousands of species of marine life.
- As water temperatures rise, many marine species are being forced to move south to cooler habitats. This shift creates increased competition for food and shelter in cooler waters, threatening the entire ecosystem.
- Some Practical Solution for reef recovery are Improve water quality by Reducing pollution from land-based runoff, Reduce emissions and store carbon, Restore critical habitat and coastal ecosystems
- Protect the Cool and shade reefs most at risk



2023

"A healthy ocean is vital for a healthy planet, and healthy coral reefs lie at the heart of ocean biodiversity"

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3 NEW SESSION -2023-24 BEGINS

MAHAVIR JAYANTI

J

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GOOD FRIDAY
(HOLIDAY)

HOLIDAY

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TRAVEL BROCHURE (INTERHOUSE(VI-VIII)

14

AMBEDKAR JAYANTI (HOLIDAY) 15 ONLINE CLASS

16

17 CLIMATE CHANGE (DECLAMATION INTER CLASSXI-XII)

WORLD
HERITAGE DAY
(SPL. ASSEMBLY

19 CLI

CLEAN UP SCIENCE EXPERIMENT (VI-VIII) 20 T-SHIRT DESIGNING (I-XII) INTERHOUSE MONUMENTS OF INDIA)

21 COLOUR

COLOUR OF NATURE (PHOTOGRAPHY) INTERCLASS IX-XII EARTH DAY/
EID-UL-FITR
(HOLIDAY)

23

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ESSAY WRITING
VI-VIII/INTERCLASS
RESTIRE OUR EARTH

29

ONLINE CLASS



"Agriculture is extrevely vulnerable to climate change"





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- Agriculture has contributed to climate change in many ways. Conversely, climate change now threatens to irreversibly damage natural resources on which agriculture depends.
- Poor food quality and diets are partly responsible for the increase of chronic diseases like obesity and heart disease. Agriculture is closely linked to these concerns, including the loss of biodiversity, global warming and water availability.
- Halting the loss of forests it will benefit hundreds of millions of people, in particular many of the world's poorest people. It will also help combat climate change, protect habitats for 75% of the world's terrestrial biodiversity and maintain ecosystem resilience, thereby supporting a more sustainable agriculture.



2023

Agriculture has contributed to climate change in many ways. Conversely, climate change now threatens to irreversibly damage natural resources on which agriculture depends.

S	M	T	W	T	F	S
	1	2	SPACE DAY DESIGN A SPACE LANDER (VI-VIII)	4	5 BUDH PURNIMA (HOLIDAY)	6 MOTHERS' DAY CELEBARTION
7	8	9	TO WRITE A THANK YOU LETTER TO YOUR MOTHER ((IX-XII)	11 THE BEST ACT (MOTHERS DAY THEME) INTERHOUSE	CREATIVE COUPONING TO YOUR MOTHER (VI-VIII)	13 ONLINE CLASS
14	15	16	17	18	19	20 OPENHOUSE DISCUSSION 6-12
21	22 SUMMER VA	23 CATION FOR VI TO	24 VII AND EXTRA CLAS	25 SES FOR X AND XII	26 (ONLINE MODE)	27
28	29	30	31			



"Climate change is upsetting the migratory thutthers"

SUMMER VACATION FOR ALL CLASSES



SUMMER VACATION FOR ALL CLASSES

SUMMER VACATION FOR ALL CLASSES SUMMER VACATION FOR ALL CLASSES SCHOOL REOPENS FOR **ALL CLASSES**

EID AL-ADHA (HOLIDAY)



"Climate change is upsetting the migratory rhythms"





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- The habitats migratory birds depend on are in danger to change and to disappear due to increasing temperatures, flooding or desertification. Coastal wetland areas that migrating birds use for nesting and foraging are an example.
- A lot of migratory birds change their routes, shorten or completely cancel their journey as a result of changing temperatures. They are not used to low temperatures and in case of a hard onset of winter, most of them won't survive.
- long distance migrants might find their breeding grounds occupied by a large number of resident birds. This increases the competition between the species for food and breeding grounds.
- The warm spring temperatures in some regions have led to an earlier arrival of many birds. Thus, they start to breed earlier. At the same time, increasing temperatures also make the vegetation bloom and insects hatch earlier. As a result of this mismatch, the birds cannot provide enough food for their offspring.
- Migratory bird species suffer from barriers like wind farms or competition from newly introduced alien species. Species that are already on the decline due to these factors are especially vulnerable to climate change pushing them towards final extinction.



2023

"Forest: our Earth's greatest utility our planet's lungs, Thermostat and air-conditioning system"



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"Forest: our Earth's greatest utility our planet's lungs, Thermostat and air-conditioning system"

2023

ONLINE CLASS

4

OUT SPOKEN DAY (DEBATE)INTERCLASS (IX-XII)

Holiday

10

PA-1 (V-X) CYCLIC -I (XI-XII) 11

AWARENESS DRIVE ON **WORLD POPULATION DAY VII-VIII**

12

INDIAN CULTURE (COLLAGE MAKING) **INTERHOUSE**

14

BLACK OUT POETRY (IX-X)

15

ONLINE CLASS

16

17

CYCLIC- I(XI-XII)

18

MAKE YOUR OWN STORY ON NATURE (VI-VIII)

19

20 **SPILL THE INK** (SELF COMPOSED 21

POEM)(IX-XII)

22 ONLINE CLASS

23

24

PA-1/CYCLIC-1 (XI-XII)

25

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MUHARRAM

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OPEN HOUSE

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31

PA-1 (V-X) CYCLIC-1(XI-XII)



Climate change is creating a refugee crisis





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K N O W

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Climate change is creating a refugee crisis

2023



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5 ONLINE CLASS

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PA-I/UNIT-I

8 COMMERCE DAY

JAM (COMMERCE XI-XII)

QUIT INDIA)SPL.
ASSEMBLY)
VI-VIII)

JASAHAN-E-AAZADI
MAKE A PATRIOTIC
MOVIE(VI-VIII)
INTERHOUSE

11

TREASURE HUNT (VI-X)

12

HOLIDAY

13

14
INDEPENDENDANCE DAY
CELEBRATION
(VII-X) TABLEAU OF
STATUS) & PA-I/CYCLIC-L

15

INDEPENDENCE DAY(HOLIDAY)

16

field trip(vidhan sabha)

EXPERIANTIAL

LEARNING(IX-X)

18

19

ONLINE CLASS

20

FIELD TRIP
(INDUSTRIAL VISIT
XI-XII)
EXPERIMENTAL
LEARNING

22

23

24 INDIA'S THINK
TANK(INTERHOUSE
(IX-XII)

25

26 OPEN HOUSE

27

RAKHI MAKING ACTIVITY(VI-VIII)

29

NATIONAL SPORTS
DAY(RACES) IX-XII)

30

RAKSHA BANDHAN (HOLIDAY) 31

SANSKRIT DIWAS BHAGAVAD GITA SHLOKA COMP.(VI-VIII)



"Arpacts in Diverse Ecosystems: Living Tension"

2023



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"Organts in Diverse Ecosystems: Living Tension"

2023

ONLINE CLASS



TEACHER'S DAY CELEBRATION

COLLAGE BASED ON DOHA (VI-VIII)

JANMASHTAMI HOLIDAY

VAD VIWAD(VI-X) **INTERCLASS**

HOLIDAY

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13 **GANESH CHATHUTHI CELEBRATION**

HINDI DIWAS KAVI SAMMELAN (INTERHOUSE IX & X)

POSTER 15 MAKING FOR OZONE DAY (IX- XII)

16

23

PREPARATORY LEAVE

17

18

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SA-I/TERM-I ASSESSMENT

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25 SA-I/TERM-I ASSESSMENT

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"Future Creatures Challenge"





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KNOWM

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"Future Creatures Challenge"

2023

3 4 **GANDHI JAYANTI** (HOLIDAY) INTERNATIONAL 8 9 11 **OF GIRLCHILD AIR FORCE DAY** (OPERATION DURGA"VI-XII) **15 17** 18 16 **CLEANLINESS DRIVE** (IX-X) **22** 24 **25** 23 **VIJAYA DASHMI MAHA ASHTAMI MAHA NAVAMI AUTUM BREAK** 29 **30** 31

GREEN DELHI ONLINE CLASS PLANTATION DRIVE(VI-VIII) 13 COURT ROOM **DRAMA** HOLIDAY (SOCIAL ISSUES) IX-XII 19 DANCE DRAMA 20 21

AUTUMN BREAK

ONLINE CLASS

28

12

26

(INTER -HOUSE

RELATED

DUSSEHERA)



"Water and the Cylobal Climate Crisis"

9		9
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S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
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- The global demand for water has been increasing at a rate of about 1% per year as a function of population growth, and it will continue to grow significantly over the next two decades.
- At present, an estimated 3.6 billion people live in areas that are potentially water-scarce at least one month per year, and this population could increase to some 4.8-5.7 billion by 2050.
- Urban green infrastructure is increasingly being used to manage and reduce pollution from urban runoff
- Green walls, roof gardens and vegetated infiltration or drainage basins support wastewater treatment and reduce storm water runoff
- At the same time, the global water cycle is intensifying due to climate change, with wetter regions generally becoming wetter and drier regions becoming even drier.
- Forests, wetlands and grasslands, as well as soils and crops, when managed properly, play important roles in regulating water quality by reducing
- sediment loadings, capturing and retaining pollutants, and recycling nutrients.



november "Water and the Cylobal Climate Crisis"

2023

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KARWA CHUTH (HOLIDAY) FIX IT (BEST OUT OF WASTE) (VI-IX) 3
IDEA TO INNOVATE
(MODEL MAKING

(IX-XII)

4

ONLINE CLASS



6 NUKKAD NATAK
(INTERHOUSE
(ENVIRONMENTAL
ISSUES)

CANCER
AWARENESS
DAY(WEBINAR)

WASTE AS
RESOURCES
(VI-VIII)

ANTI FIBRE CRACKER
CAMPAIGN(IX-XII)

NATIONAL SCIENCE DAY (SCIENCE EXHIBITION)

11 HOLIDAY

12 DIWALI

13 GOVERDHAN POOJA 14
CHILDRENS DAY
(ONLINE)

15 BHAI DUJ 16

17

18 VISIT TO SCIENCE CENTER(VI-VIII) EXPERIENTIAL LEARNING

19

5

PA-II/CYCLIC II

21

23

24

JAB JI SAHIB PATH

25

OPEN HOUSE

26

27GURUPURB
(HOLIDAY)

28
PA-II/CYCLIC II

29

22

30 BALOON DEBATE IN SCIENCE (VI)



"Ene-Third of all plant and animal species could be extinct by 2070"

2023



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31						

- 75% of flying insects were lost in the last 25 years, according to a recent study.
- About 1.7 million species of animals, plants and fungi have been recorded, but there are likely to be 8-9 million and possibly up to 100 million.
- Tiger numbers, for example, have plunged by 97% in the last century. In many places, bigger animals have already been wiped out by humans
- Biodiversity loss has negative effects on several aspects of human well-being, such as food security, vulnerability to natural disasters, energy security, and access to clean water and raw materials.
- Biodiversity plays an important role in the way ecosystems function and in the services they provide. Species composition matters as much or more than species richness when it
- comes to ecosystem services.
- Once species become extinct, particularly those unknown to science, there's no going back.



december "One-Third of all plant and animal species could be extinct by 2070"

2023

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2

ONLINE CLASS



PA-II/CYCLIC II
INDIAN NAVY DAY

5

7

MATHEMATICAL
CRUSADE(VI-XII
(THEORIES &
CONCEPT OF MATHS)

9

HOLIDAY

10

11
PA-II/CYCLIC II

12 DECIPHER (DECODING)
MATHS
PROBLEM(VI-XII)

13

WORLD ENERGY CONSERVATION DAY DRAMA INTERHOUSE

15

16 HOLIDAY

17

PA-II/CYCLIC II

19

20

21

NATIONAL MATHEMATIC DAY HARMONICS VI-IX & XI)

23

ONLINE CLASS

24

25

CHRISTMAS (HOLIDAY)

26

PA-II/CYCLIC II

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OPEN HOUSE



The Ecological Footprint framework addresses Climate Change

2024



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28	29	30	31			

- Over the past few decades, humanity has consumed 50 percent more resources than Earth can provide. If we keep spending like this, by 2030, even two planets will not be enough.
- Don't drive when there is an alternative! Walk, bike, or take public transport whenever possible. If you don't own and drive a car on average you can reduce your total ecological fontprint by as much as 20 per cent.
- The more paper you use, the more you are contributing to deforestation and carbon emissions. Try switching to paperless billing as much as possible.
- Buy gas and electricity from retailers who sell renewable power. This helps grow their businesses and improves their ability to provide cost-competitive fuels to us.
- Purifying the water and getting it to you take up energy just like generating electricity or driving a car. Water conservation is a key to reducing your CO2 output and save earth global
- warming,



The Ecological Footprint framework addresses Climate Change

(VI-IX)

29

28

30

2024

(HOLIDAY)

CELEBERATION



4 5 **31** 6 WINTER BREAK **HAPPY NEW YEAR 12** 8 9 10 13 PRE-BOARD(X & XII) WINTER BREAK **HOLIDAY** 14 19 20 16 **17** 18 15 **SCAVANGER HUNT LOHRI MAKAR SAKRATI** PRE- BOARD(X & XII) **ONLINE CLASS** (VI-VIII) 24 INTER HOUSE (PATRIOTIC 21 **23 25** 26 **27** NATION FIRST-**REPUBLIC DAY REPUBLIC DAY** ALWAYS(DECLAMATION SONG) **HOLIDAY**

COMPETITION



Regional Variations, Cylobal Change - negotiating and understanding difference





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18	19	20	21	22	23	24
25	26	27	28	29		

KNOWMORE

- Geographic patterns in communities are driven by differences in the distributions of individual species.
- Changes in these patterns therefore reflect underlying processes of colonization and extinction and can be used to assess the impact of environmental change (i.e. abiotic and biotic changes) on whole communities..
- Some Examples of regional Variation:
- (i) In summer, the temperature may be 50°C or more in some parts of Rajasthan desert, whereas it may be around 20°C in Pahalgam in Jammu and Kashmir. On a winter night, the temperature at Dassin Jammu and Kashmir may be as low as -45°C, while Thiruvananthapuram may have a temperature of +20°C.
- (ii) In certain places there is a wide difference between day and night temperatures. In the Thar Desert, the day temperature may be 50°C and drops down to near freezing point the same night. On the other hand, there is hardly any difference between day and night temperatures in the Andaman and Nicobar Islands or in Kerala.
- (iii) While precipitation is mostly in the form of snowfall in the upper parts of Himalayas, it only rains over the rest of the country.
- (iv) The annual precipitation varies from 400 cm in Meghalaya to less than 10 cm in Ladakh and Western Rajasthan.
- (v) Most parts of the country receive rainfall from June to September, but Tamil Nadu coast receives rainfall during autumn and early winter.





Regional Variations, Cylobal Change - negotiating and understanding difference

ANNUAL EXAMINATION

ONLINE CLASS (HOLIDAY) **NEWS LETTER** (INTERHOUSE(VI-VIII) **NEWS LETTER VASANT PANCHAMI OPEN HOUSE** (INTERHOUSE(VI-VIII) **CELEBRATION HOLIDAY**



- "Shinrin-yoku" Japanese officials studied the physiological and psychological impact of forest bathing, that even as little as 15 minutes spent among trees can lower cortisol levels, boost the immune system and reduce anxiety.
- Time in nature or viewing nature scenes increases our ability to pay attention. Because humans find nature inherently interesting, we can naturally focus on what we are experiencing out in nature.
- Taking part in nature-based activities helps people who are suffering from mental health problems and can contribute reducing levels of anxiety, stress, and depression.
- Water makes up about 70% of the human body and about 70% of Earth. Making an extra effort to visit that local pond, lake, stream or river near home can provide a natural mood boost.
- Hearing recorded sounds from nature had similar effects on recovery from a stressful situation as the study involving nature images.
- The growing disconnection with our natural environment is exacerbating the escalating rates of mental illness



"Restoring and Protecting Nature": Menatal Aspects

31

2024

S M T W T S

1 2 ANNUAL EXAMINATION



