



Initiative for Moral and Cultural
Training Foundation [IMCTF]



Art & Craft

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CONTENT

Sl. No.	Topic	Pg No.
Class-1		
1	Traditional Culinary	- 12
2	Drawing / Painting	- 14
3	Kolam	- 15
4	Paper Craft	- 15
5	Bead Work	- 16
6	Art Work	- 17
7	Eco Art	- 18
8	Tailoring	- 19
Class-2		
1	Traditional Culinary	- 20
2	Drawing / Painting	- 22
3	Kolam	- 24
4	Paper Craft	- 24
5	Bead Work	- 25
6	Art Work	- 26
7	Eco Art	- 28
8	Tailoring	- 29
Class-3		
1	Traditional Culinary	- 30
2	Drawing / Painting	- 32
3	Kolam	- 33
4	Paper Craft	- 34
5	Bead Work	- 34
6	Needle Craft	- 35
7	Craft from Waste Materials	- 35
8	Art Work	- 36
9	Eco Art	- 37
10	Tailoring	- 38

Sl. No.	Topic	Pg No.
Class-4		
1	Traditional Culinary	- 39
2	Drawing / Painting	- 40
3	Kolam	- 41
4	Paper Craft	- 42
5	Bead Work	- 43
6	Needle Craft	- 44
7	Art Work	- 44
8	Eco Art	- 46
9	Traditional Art	- 47
10	Tailoring	- 47
Class-5		
1	Traditional Culinary	- 48
2	Drawing / Painting	- 49
3	Kolam	- 50
4	Paper Craft	- 51
5	Bead Work	- 52
6	Needle Craft	- 52
7	Craft from Waste Materials	- 53
8	Eco Art	- 54
9	Traditional Art	- 56
10	Tailoring	- 56
Class-6		
1	Traditional Culinary	- 57
2	Drawing / Painting	- 59
3	Kolam	- 60
4	Paper Craft	- 61
5	Bead Work	- 61
6	Needle Craft	- 62
7	Craft from Waste Materials	- 63
8	Eco Art	- 64
9	Traditional Art	- 65
10	Tailoring	- 66

Sl. No.	Topic	Pg No.
Class-7		
1	Traditional Culinary	- 67
2	Drawing / Painting	- 69
3	Kolam	- 70
4	Paper Craft	- 71
5	Bead Work	- 71
6	Needle Craft	- 72
7	Art Work	- 73
8	Eco Art	- 73
9	Traditional Art	- 75
10	Tailoring	- 75
Class-8		
1	Traditional Culinary	- 76
2	Drawing / Painting	- 78
3	Kolam	- 78
4	Paper Craft	- 80
5	Bead Work	- 80
6	Needle Craft	- 81
7	Art Work	- 82
8	Eco Art	- 83
9	Traditional Art	- 84
10	Tailoring	- 85
Class-9		
1	Traditional Culinary	- 86
2	Drawing / Painting	- 90
3	Kolam	- 91
4	Paper Craft	- 92
5	Bead Work	- 92
6	Needle Craft	- 93
7	Art Work	- 94
8	Eco Art	- 95
9	Traditional Art	- 96
10	Tailoring	- 97

Sl. No.	Topic	Pg No.
Class-10		
1	Traditional Culinary	- 98
2	Drawing / Painting	- 101
3	Kolam	- 102
4	Paper Craft	- 103
5	Bead Work	- 103
6	Needle Craft	- 104
7	Art Work	- 105
8	Eco Art	- 105
9	Traditional Art	- 107
10	Tailoring	- 108
Class-11		
1	Traditional Culinary	- 109
2	Drawing / Painting	- 111
3	Kolam	- 112
4	Paper Craft	- 113
5	Bead Work	- 113
6	Needle Craft	- 114
7	Art Work	- 115
8	Eco Art	- 115
9	Traditional Art	- 117
10	Tailoring	- 117
Class-12		
1	Traditional Culinary	- 118
2	Drawing / Painting	- 120
3	Kolam	- 121
4	Paper Craft	- 122
5	Bead Work	- 123
6	Needle Craft	- 124
7	Art Work	- 125
8	Eco Art	- 126
9	Traditional Art	- 128
10	Tailoring	- 130

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Initiative for Moral and Cultural Training Foundation [IMCTF] is grateful to the dedicated team of Trustees, members of Organising Committee and eminent scholars from diverse fields for their totally voluntary work and support for compiling the 8-volumes of magnum opus from the various sources for competitions based on the six themes of the IMCTF, namely —
Conserve Forest and Protect Wildlife

Preserve Ecology

Sustain Environment

Inculcate Family and Human Values

Foster Women's Honour

Instil Patriotism

In addition, the revised set of the above mentioned six themes' compilation have been completed by the IMCTF

In order to impart through competitions and games the values embedded in the six themes the IMCTF sought the co-operation of the Trustees, Organising Committee members, schools, and the teachers to volunteer and work to build literature base compiled from our ancient literature and traditional lifestyle for the above themes to conceptualise and conduct competitions and games.

With their co-operation a large corpus of literature on

1. Devotion — One volume in Tamizh and a second in Hindi and Sanskrit
2. Personality Development — One volume in Tamizh, second in Hindi and Sanskrit and third in English
3. Arts and Crafts — One volume in English
4. Culture and Fine arts — One volume comprising Tamizh and English
5. Traditional Games [Indian Native Games] — One volume in English

has been compiled for the use of students belonging to hundreds of schools where competitions based on the six themes are held.

The volumes totalling to several hundred pages are the output of tireless efforts by the team of scholars, artists and teachers who have toiled hard to study, identify and select relevant materials from hundreds of ancient scriptures and literary works by various saints and seers. All these values have been sub-stantiated with scientific support which is referred in the book at the appropriate places.

We express our gratitude to the educational institutions who had deputed competent teachers for helping and accomplishing this herculean task. We will not be able adequately to express our gratefulness to the teachers who helped in compiling the volumes

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Smt. R. Rajalakshmi
Managing Trustee, IMCTF

Preface

There is a paradigm difference between how arts and crafts were perceived in the Indian tradition and how the very same arts and crafts are perceived in the contemporary western world. The two basic differences are: one in the Indian tradition arts and crafts were like any art or literature, was a way of celebrating the divine. An individual talented in literature wrote on the divine, a talented painter imagined the divine in diverse forms and dedicated his or her painting to the divine. So did whether it was a musician or a potter. Whether it is a potter who turns clay into vessel or a painter who draws on a paper, first dedicates his or her work to the divine. This attitude was founded on the basic philosophy that everything is a manifestation of the divine, therefore sacred and nothing is secular in the sense of not being sacred. So the sacred-secular distinction of the Western society does not apply in India. In the West, for instance, a house property is an asset which carried a price. But in our tradition house is not just a home but *Gruha Lakshmi* — a sacred concept.

So there is nothing like secular arts or crafts. Everything is divine and therefore sacred. Whether it is rangoli or painting or architecture it was all dedicated to the divine. The greatest temples of India were products of architecture dedicated to the divine. The *Sthapathis* of India earned recognition for building great temples out of total dedication of themselves to the sacred idea of temple as abodes of the divine. Not only that the very practice of arts and crafts was a way of elevating oneself. Rangoli is just not an art. It is celebration of the divine. It evolved around the divine. So it is sacred in itself. It became the symbol of good things at home and elsewhere. Likewise, painting or drawing too is a celebration of the divine. The divine was not necessarily an idol. A tree, or plant or mountain or river or sun or moon or any manifestation in creation which was a subject of painting or drawing too was sacred. This was because nothing was bereft of sacredness. No one exchanged art or craft for money. It was not a subject of exchange. It was no subject of commerce. Where commerce enters there is no sacredness.

Sacredness only builds values and character. So arts and craft so long as it was sacred automatically were instruments and escalators of value building and evolution of character. In contemporary times when everything has become subject of commerce the IMCTF which endeavouring to

build values and character is also striving to bring arts and crafts out of commerce back to where they originally belonged namely sacred domain where they remained dedicated to the divine. The divine in the IMCTF conception is not idol but concepts based on symbols. Symbols are not idols but reminders of ideals.

The IMCTF seeks to define divine in the form of six thematic values which are universal values which transcend times and geographies and races. The IMCTF has designed the thematic values based on samskarams and symbolism which are scientifically evaluated and established. The IMCTF themes connect the contemporary world which is regarded as modern with the tradition and value based lifestyle and imparts values based on traditional samakarams.

For imparting and inculcating values in students which makes them transcend as just individuals but as emotionally and sentimentally part of the larger humanity and even the infinite idea of creation the IMCTF has, after extensive study and research, designed six themes or value systems. The themes or values are imparted and implanted by samskarams by use of symbols. For example, the value of forest conservation is imparted through the samskaram of Reverence for plants and wild animals through worship of trees [Vriksha Vandanam] and snakes [Naga Vandanam] by using the trees as symbol of forests and snakes as symbols of wild animals. The six themes, samskarams and symbols are:

These six values are contemporary need, in fact a compulsion. But to develop these values the mind has to melt and evolve. It cannot be acquired by reading books or listening to lectures. Samskarams or mental training which melts the mind is needed to ingrain these values. Mere intellectual appreciation will not penetrate the deeper consciousness, subconscious, of a person which is necessary to influence and shape one's conduct and lifestyle. For that a deeply penetrating training is needed. This is called as samskarams in our traditions.

How this deep consciousness is created? If a person worships tree as divine through the Samskarams and Symbolism of tree, he subconsciously realises and establishes emotional like and relation with the tree and the forest and makes one see the tree as part of one's own life. Destroying a tree becomes a huge sin in his mind. This puts a restraint on human propensities to see trees and forests as just resources for consumption

and conserves forests and wild life which laws are unable to do. This makes a person intensely feel that growing trees is a sacred puny and destroying a tree is a grave sin. At that level of consciousness, one ceases to see trees as just trees but as divinity in tree form.

Likewise, whether it is Cow or Tulasi, Snake or Elephant, Ganga or Bhumi, Father, Mother, Teacher or any elder, Kanya girls or Women who have attained Motherhood, it is mother land or those who have laid down their lives for the mother land, revering and worshipping them all ingrains the values each of them symbolises.

The arts and crafts book volume is designed to impart the six thematic samskarams based on Symbolism. The arts and crafts are so connected to the six themes that they become value building samskarams and not just mere art or craft. The arts and crafts become sacred because they are not just instruments but they transform into samskarams themselves. The competitions in arts and crafts are centred on the six themes of the IMCTF themselves manifest the samskarams. This volume contains the following:

1. Traditional Culinary
2. Drawing / painting
3. Kolam
4. Paper Craft
5. Bead Work
6. Needle Craft
7. Eco Art
8. Traditional Art

S.Gurumurthy
Chairman, Advisory Committee

Class - I

1. Traditional Culinary

1

Paal Aval

Students have to prepare Paal Aval in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Aval(Poha), Milk, Sugar, Cardamom Powder and Grated Coconut

Scientific reason:

Milk and Milk products play an important role from the infant to geriatric level of life because of our cattle population.



2

Panagam

Students have to prepare Panagam in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Water, Powdered jaggery, pepper, Cardamom Powder, Dry ginger powder.

Scientific reason:

Panagam is a healthy drink specially suited for hot summer. Being rich in iron content, it would quench our thirst and provide energy. It can be served alone as an afternoon drink especially to people returning from hot sun.



To eat the dhal rice with hands and also the children should mash the dhal and rice with their hands.

Materials required :

Dhal Rice

Scientific reason:

To insist this, child should eat their food by mashing with their hands. Moreover eating with hands scientifically proves how healthy it is. Millions of



nerve endings in your fingers relay the message that you're about to eat, including the temperature of the food, level of spiciness, etc. to prep the stomach for digestion. Handling the food with your fingers releases digestive juices and enzymes.

The smell of your cooking fills your home. The feast looks appetizing. You hear how crunchy it is as you take that first bite. And of course it tastes delicious. Eating with your hands adds a tactile dimension to your meal and engages all of your senses.

Reference: <http://www.thehealthsite.com/diseases-conditions/why-eating-with-your-hands-is-good-for-health/>

2. Drawing / Painting

1

Joining the dots

Join the dots with numbers mentioned and identify the picture.

Materials required :

Crayons with different colours, chart, dotted picture related to the theme, pencil, eraser and sharpener.

Scientific Reason :

- Helps the child to concentrate and focus the dots to connect with an object and enhances the writing skill.



2

Colour the picture using crayons

Colour the picture using crayons.

Also identify the name of the picture.



Materials required :

Crayons with different colours, chart, dotted picture related to the theme, pencil, eraser and sharpener.

Scientific reason :

Painting is helpful during the growth and development stages of children as well as in adulthood when it is very valuable to fight illnesses like Alzheimer. Painting boosts imagination; the imagination of Alzheimer patients, whose memory starts to vanish, is strengthened.

3. Kolam

1

Drawing the Kolam using Rice Flour

Draw a kolam in the given time duration.

One Triangle represents Desam, Deivam and Dharmam. Another triangle represents Theme, symbol and value. This is the basic core message of Initiative for Moral and cultural Training Foundation [IMCTF].



Materials required :

Semi Solid Rice Flour

Scientific Reason :

Kolam are drawn in coarse rice flour, so the ants would not have to walk too far or too long for a meal. The rice powder also invites birds and other small creatures to eat it, thus welcoming other beings into one's home and everyday life: a daily tribute to harmonious co-existence.

To draw the two parallel lines by using the wet rice flour gives concentration and Composite mind.

Reference : <http://guruprasad.net/posts/why-do-indians-draw-rangoli-scientific-reason/>

4. Paper Craft

1

Paper Boat



Make a paper boat using different colour papers and should be placed in the tub filled with water.

One can cross the river with the help of boat likewise we have to come across the earthly life with the help of parents and teachers by their guidance and support.

Materials required :

Water in a Tub and different Colour Papers

Scientific Reason:

- Working to improve the kinetic energy and intellect as it helps to co-ordinate between the hand and mind, eyes, thinking, and this type of training in the best interest of children in early years to come.
- Prevents children from reaching the stage of frustration
- Paper craft gives them a sense of pride in the community
- Gives them the gift of giving

Reference : <http://papercraftforkids.blogspot.in/2012/08/five-reasons-more-simple-i-important.html>

5. Bead Work

1

Paste the Beads on the Pictures

Paste the beads in the given drawing using different colour and size of the beads.

Pictures of Famous Gurus like Bishma, Drona, Viswamithra, Vyasa,, Ramanuja, Adi Sankara, Buddha, Ramakrishna Paramahansa, Swami Vivekananda and Ganesha with lord shiva and parvathi, Yasodha and Krishna pictures for family values.

Materials required :

Different Colour beads in various sizes, Glue and pictures related to the theme

Scientific Reason:

- Grasping
- In-hand manipulation skills
- Visual Discrimination, Scanning, Visual Memory
- Eye-Hand co-ordination
- Planning
- Math Skills
- Social Skills

Various sizes of beads promote different grasps. Larger beads often promote the “3-jaw chuck” grasping technique, similar to holding a large pencil or marker. Smaller beads encourage children to use their pincer grasp, thus strengthening the small muscles of their hands.

Reference: <http://www.beadingtobuds.com/developmental-benefits-of-beading-for-children>



6. Art Work

1

Making Symbols using Ice Cream Sticks

Design a symbol using ice cream stick.

Given picture is an example.



By using the ice cream sticks and a designed card board, children will paste their Parents or teachers photo.

Materials required :

Ice Cream Sticks and Glue.

Scientific Reason:

- Enhances creativity of the children
- Eco Friendly

2

Artificial Clay Moulding

Make a model of Teachers, Parents, Elders and Guest using artificial clay. Given picture is an example.

Materials required :

Different colours of artificial clay, Brushes, Roller, Cutter.

Scientific Reason:

• The child's brain is taking shape along with the clay. Such self-initiated activity can be the perfect match for the developmental needs of the child. Clay stimulates the child's curiosity. Intelligence, imagination, and creativity are engaged and fostered.



• Helps to develop hand-eye co-ordination and fine motor skills (playing with play doh is also recommended as a pre-cursor for handwriting)

7. Eco Art

1

Symbols Using Navathaniyam

By using nava thaniyam, Students should design the picture of Teachers, Parents, Elders and Guest. Given picture is an example.

Materials required :

Chickpeas [kondai kadalai], Horse gram [kollu], Peanut [Nilakadalai], Green gram [pachai payaru], Red kidney beans [Rajma], Cowpeas [thatta payir] , Black kidney beans [Black turtle bean], Green peas [pachai pattani] , Black-eyed peas [black eyed beans, karamani, vellai karamani].

Scientific Reason:

Helps the children to identify the different types of cereals or pulses in their original form and also it enhances the creativity of the children. This is to make them understand, consumption of these pulses is healthy.



2

Designing the symbols with Dry flowers/Dry Leaves

By using dried flowers or leaves, Students should design the picture of Teachers, Parents, Elders and Guest. Given picture is an example.

Materials required :

Different Dry Flowers / Dry leaves, Glue, Picture of a symbol related to the theme



Scientific Reason:

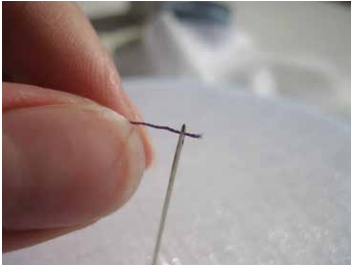
- Helps the children to identify the different shapes of the leaves and colour of the flowers
- Also Creates awareness about preserving things.

8. Needle Craft

1

Needle and Thread

Students have to insert the thread in the needle in the given time duration and also make a knot in the thread so that it will not fall from the needle.



Materials required :

Needle, Thread and Scissor

Scientific Reason:

- Concentration power increases by focussing the object.
- Checking of the eye sight at the early stage.

Class - II

1. Traditional Culinary

1

Sweet Aval

Students have to prepare sweet aval dish in the given time duration

Materials required :

Cooking Vessels and ingredients

Ingredients :

Aval, Jaggery, Grated Coconut, Cardamom Powder.

Scientific reason:

Carbohydrates are the major source of energy. Carbohydrates are needed to help our body store energy, and perform various other functions. But getting carbohydrates intake from healthy sources is vital and poha is one healthy source.

Reference : <http://www.thehealthsite.com/fitness/health-benefits-of-poha-k214/>



2

Lime juice

Students have to prepare the lemon juice in the given time duration

Materials required :

Cooking Vessels and ingredients

Ingredients:

Lemon, Water, Salt and Sugar

Scientific Reason:

The fresh lime juice contains vitamin C. Vitamin C is a natural antioxidant that protects our body from free radicals, which are made by our body as it breaks down food. Free radicals can cause premature aging and may increase our risk for heart disease and cancer. Vitamin C also gives our immune system a boost, and it is needed to make collagen, which our body uses for wound healing.



To eat the Curd rice with hands and also the children should mash the curd and rice with their hands.

Materials required :

Curd , Cooked Rice and salt.

Scientific reason:

To insist this, child should eat their food by mashing with their hands. Moreover eating with hands scientifically proves how healthy it is. Millions of nerve endings in your fingers relay the message that you're about to eat, including the temperature of the food, level of spiciness, etc. to prep the stomach for digestion. Handling the food with your fingers releases digestive juices and enzymes.

Eating with your hands adds a tactile dimension to your meal and engages all of your senses

Nutritive value of Curd Rice:

1. Helps improve digestion,
2. Healthy for your heart
3. Milk substitute for those who are lactose intolerant
4. Helps boost immunity
5. Good for your teeth and bones
6. Helps release stress and anxiety

Reference : <http://www.thehealthsite.com/diseases-conditions/why-eating-with-your-hands-is-good-for-health/>



2. Drawing/Painting

1

Drawing the picture with thumb impression

To draw any picture like elephant, domestic animals, plants, insects, birds using the impression of thumb. Given picture is an example.



Materials required :

Food coloring, Fine-point, permanent-ink markers, Non-absorbent paper with smooth surface (cut into 6-inch squares), Paper towels (with as little embossing as possible and use the smoother underside of the towel) , Plastic plates, Plastic wrap and Newspaper pads to work on.

Scientific Reason :

- The human thumb is full of sensitive nerve endings. Applying pressure to these thumb pressure points can help provide relief to a long list of ailments.
- The thumbnail pressure point is useful for hand and forearm pain as well as headaches, congestion and throat problems.
- The pressure point between the thumb and index finger is often effective treating tooth and mouth pain, joint problems, and nervousness.
- The pressure point at the intersection of the thumb and the wrist is good for exhaustion, insomnia and nausea.

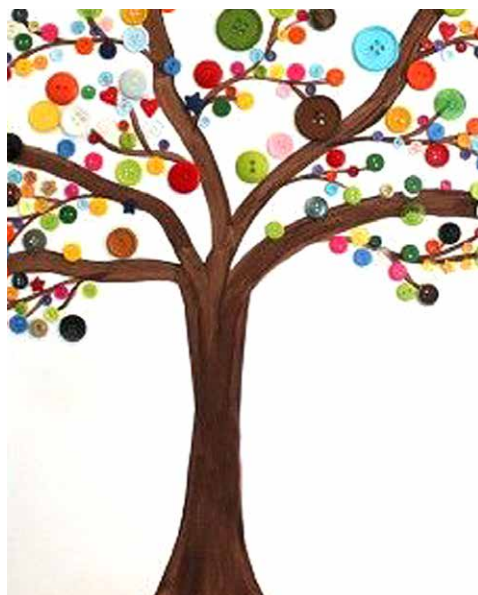
Reference : <http://www.livestrong.com/article/279775-thumb-pressure-points/>

2

Colouring the picture using crayons, and designing with Waste Buttons

To colour any picture of elephant, domestic animals, plants, insects, birds and also design it with waste buttons.

Given picture is an example.



Materials required :

Waste Buttons, Picture, Crayons.

Scientific Reason :

- To make our vision and outlook broader about the nature & society.
- To develop the ability to think and organize the thinking to create something useful.

3. Kolam

1

Thulasi maadam - Ezhai Kolam

To draw a kolam of Tulasi plant using the wet rice flour.

Given picture is an example.

Materials required :

Semi Solid Rice Flour

Scientific Reason:

- Kolams are drawn in coarse rice flour, so the ants would not have to walk too far or too long for a meal. The rice powder also invites birds and other small creatures to eat it, thus welcoming other beings into one's home and everyday life: a daily tribute to harmonious co-existence.
- When a person looks at such a geometric pattern, it manifests into vibrations inside the mind of the observer which in turn calms the mind. And this is exactly what the rangoli does to one's mind. i.e It has a soothing effect.

Reference : <http://guruprasad.net/posts/why-do-indians-draw-rangoli-scientific-reason/>



4. Paper Craft

1

Paper Crafts

To make a model like elephant, domestic animals, plants, insects, birds using chocolate wrappers. Given picture is an example.

Paper crafts are a great way to co-ordinate between the hand and mind, eyes, thinking, and this type of training is in the best interest of children in early years to come.

Materials required :

Chocolate Wrappers and Sketch pens

Scientific Reason:

- Working to improve the kinetic energy and intellect.
- Prevents children from reaching the stage of frustration
- Paper craft gives them a sense of pride in the community
- Gives them the gift of giving

Reference : <http://papercraftforkids.blogspot.in/2012/08/five-reasons-more-simple-i-important.html>



5. Bead Work

1

Paste the Beads on the Pictures

To design any picture like elephant, domestic animals, plants, insects, birds using beads. Given picture is an example.



Visual Discrimination, Scanning, and Visual Memory: The child must be able to remember the beading pattern to determine the bead they want to use. Once they know what bead they want, visual discrimination assists them in selecting the bead that fits their mental image of the desired bead. Finally, the child must scan across many different beads before finding the desired bead.

Materials required :

Coloured beads in different size and picture related to the theme Preserve Ecology.

Scientific Reason:

- Grasping
- In-hand manipulation skills
- Visual Discrimination, Scanning, Visual Memory
- Eye-Hand co-ordination
- Planning
- Math Skills
- Social Skills

Reference: <http://www.beadingsbuds.com/developmental-benefits-of-beading-for-children>

6. Art Work

1

CD Wall Hanger

To make a design like elephant, domestic animals, plants, insects, birds using the waste CD. Given picture is an example.



Materials required :

Old CD, colour papers (to make fish fins), 1 google eye, tape, glue, scissors.

Scientific Reason:

- Enhances creativity in the children
- Waste materials can be made in to divine art.

2

Design a symbol using cotton

To make a design like elephant, domestic animals, plants, insects, birds using the cotton. Given picture is an example.



Materials required :

Cotton Roll, Picture related to the theme, Glue

Scientific Reason:

- Visualising the object and designing the picture with the respective colours.
- The child develops the keen observation skill.

3

Making Symbols with Ice Cream Sticks

To make a design like elephant, domestic animals, plants, insects, birds using the ice cream sticks. Given picture is an example.



Materials required :

Ice Cream Sticks, Poster Colours, Colour Chart Papers, Sketch and Glue.

Scientific Reason:

- Enhances the creativity of the children and recycling of things.

4

Artificial Clay Moulding

To make a design like elephant, domestic animals, plants, insects, birds using the artificial clay. Given picture is an example.

Materials required :

Different colours of artificial clay, Brushes, Roller, Cutter

Scientific Reason:

• The child's brain is taking shape along with the clay. Such self-initiated activity can be the perfect match for the developmental needs of the child. Clay stimulates the child's curiosity. Intelligence, imagination, and creativity are engaged and fostered.



- Helps to develop hand-eye co-ordination and fine motor skills (playing with play artificial clay is also recommended as a pre-cursor for handwriting).

7. Eco Art

1

Symbols Using Navathaniyam

To make a design like elephant, domestic animals, plants, insects, birds using navathaniyam. Given picture is an example.

Materials required :

Chickpeas [kondai kadalai], Horse gram [kollu], Peanut [Nilakadalai], Green gram [pachai payaru], Red kidney beans [Rajma], Cowpeas [thatta payir] , Black kidney beans [Black turtle bean], Green peas [pachai pattani] , Black-eyed peas [black eyed beans, karamani, vellai karamani]



Scientific Reason:

- Helps to identify the different types of cereals or pulses in their original form and also it enhances the creativity of the children. This is to make them understand, consumption of these pulses is healthy.

2

Designing the symbols with Dry flowers/Dry Leaves

To make a design like elephant, domestic animals, plants, insects, birds using dry flowers or leaves. Given picture is an example.



Materials required :

Different Dry Flowers or leaves, Chart and Glue

Scientific Reason:

- Helps the children to identify the different shapes of the leaves and colour of the flowers
- Also Creates awareness about preserving things

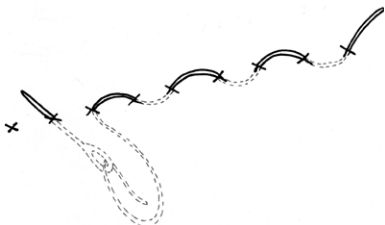
8. Tailoring

1

Running Stitch

To make a design in the fabric like elephant, domestic animals, plants, insects, birds by running stitch method.

Given picture is an example.



Materials required :

Fabric, Needle, Thread and Scissor.

Scientific Reason:

- Stitching is a great art for developing problem solving skills, attention to detail and also enhances the hand and eye co-ordination.

Class - III

1. Traditional Culinary

1

Neer Moru

To Prepare the neermoru in the given time duration.

Materials required :

Vessels and ingredients

Ingredients :

Curd, Water, Green chillies, Ginger, Curry leaves, Coriander leaves, Hing(Perungayam), Salt.

Scientific reason:

- Helps calm the stomach after a spicy meal
- A great tool against dehydration
- Gives you calcium sans the fat
- Washes down fats
- Prevents vitamin deficiency
- Brings about a drop in cholesterol
- Aids in digestion
- Reduces high blood pressure
- Combats acidity



2

Paruppu, Rasam and Curd Rice Pisaindhu Sapiduthal

To eat the Paruppu, rasam and curd rice with hands and also the children should mash the dhal and rice with their hands.

Materials required :

Cooking Vessels and ingredients

Scientific reason:

- To insist this, child should eat their food by mashing with their hands. Moreover eating with hands scientifically proves how healthy it is. Millions of nerve endings in your fingers relay the message that you're about to eat, including the temperature of the food, level of spiciness, etc. to prep the stomach



for digestion. Handling the food with your fingers releases digestive juices and enzymes.

- The smell of your cooking fills your home. The feast looks appetizing. You hear how crunchy it is as you take that first bite. And of course it tastes delicious. Eating with your hands adds a tactile dimension to your meal and engages all of your senses

Benefits :

- a. Rasam is good for digestion. Drink a cup or small glass of rasam daily to be free from constipation and acidity problems.
- b. Rasam controls vata, pitta doshas which control blood circulation and nervous system.
- c. It is good for sick people. People attacked by fever or any other disease are mostly advised by Doctors not to take heavy food. Instead, they are advised to have a little bit of softly cooked rice mixed thoroughly in rasam and consume it safely as a substitute for meals.
- d. When a baby is to be introduced to meals for the first time, this rasam rice thoroughly mixed to become paste, can be administered as first meals for some days till the baby gets accustomed to digestion of meals.
- e. Rasam controls and minimises gas formation in the stomach.
- f. Rasam also acts as an appetizer and is good for those who do not feel hungry due to some problems.
- g. Many other benefits are there which may be followed with your physician's advice.

Reference : <http://venkatacharim.hubpages.com/hub/A-Healthy-side-dish-with-medicinal-benefits-known-as-Rasam>

2. Drawing / Painting

1

Palm Print Painting

To make a design like trees or wild animals using palm printing.
Given picture is an example.

Materials required :

Cotton Roll, Chart and a picture of symbol related to the theme Conserve Forest and Protect Wild animals.

Scientific reason:

- Improves concentration
- Works as a acupressure when pressing our palm



2

Cotton Roll Drawing

To make a design like trees or wild animals using the cotton.
Given picture is an example.

Materials required :

Cotton Roll, Chart and a picture of symbol related to the theme Conserve Forest and Protect Wild animals.

Scientific reason:

- Enhances the grasping skills of the object
- Also develops the skill of using the appropriate things in the respective places



3. Kolam

1

Pulli Kolam

To draw a kolam using the coarse rice flour. Design like trees or wild animals can be drawn. Given picture is an example.

Materials required :

Rice Flour and colour powder.

Scientific reason:

- Kolams are drawn in coarse rice flour, so the ants would not have to walk too far or too long for a meal. The rice powder also invites birds and other small creatures to eat it, thus welcoming other beings into one's home and everyday life: a daily tribute to harmonious co-existence.
- When a person looks at such a geometric pattern, it manifests into vibrations inside the mind of the observer which in turn calms the mind. And this is exactly what the rangoli does to one's mind. i.e It has a soothing effect.



2

Ezhai Kolam

To draw a kolam using the wet rice flour in the given time duration.
Design like trees or wild animals can be drawn.

Given picture is an example.

Materials required :

Semi-solid rice flour, Kaavi and cloth.

Scientific reason:

- Kolams were drawn in wet rice flour, so the ants would not have to walk too far or too long for a meal. The rice powder also invites birds and other small creatures to eat it, thus welcoming other beings into one's home and everyday life: a daily tribute to harmonious co-existence.
- When a person looks at such a geometric pattern, it manifests into vibrations inside the mind of the observer which in turn calms the mind. And this is exactly what the rangoli does to one's mind. i.e It has a soothing effect.



4. Paper Craft

1

Paper Craft

To make a design like trees or wild animals using the paper.
Given picture is an example.

Paper crafts are a great way to co-ordinate between the hand and mind, eyes, thinking, and this type of training in the best interest of children in early years to come.

Materials required :

Different colour papers, Glue, Scissors.

Scientific reason:

- Working to improve the kinetic energy and intellect.
- Prevent children from reaching the stage of frustration
- Paper craft gives them a sense of pride in the community
- Gives them the gift of giving



5. Bead Work

1

Paste the coloured beads in the picture

To design any picture like trees or wild animals using beads.
Given picture is an example.

Materials required :

Coloured beads in different size and picture related to the Theme.

Scientific reason:

- Visual Discrimination
- Scanning
- Visual Memory : The child must be able to remember the beading pattern to determine the bead they want to use. Once they know what bead they want, visual discrimination assists them in selecting the bead that fits their mental image of the desired bead. Finally, the child must scan across many different beads before finding the desired bead.



6. Needle Craft

1

Hand Embroidery

To make a design in the fabric like trees or wild animals by Hand Embroidery using running stitch method.

Given picture is an example.

Materials required :

Needle, Thread in different colours, Fabric, Scissor, and Pencil.

Scientific reason:

- Training the brain to help with creativity and developing creative solutions
- Lowering of blood pressure
- Increasing confidence



7. Craft from Waste Materials

1

Making design with Waste bottle cap

To make a design like trees or wild animals with Waste bottle cap.

Given picture is an example.

Materials required :

Waste bottle caps, Needle, Thread, Fevicol.

Scientific reason:

- Enhance the creativity in the child
- Up cycling of the material



2

Paper Collage

To make a paper collage using waste paper.
Given picture is an example.



Materials required :

Waste Paper, White Chart Paper, Scissor and Glue.

8. Art Work

1

Making design with Ice Cream Sticks

To make a design like trees or wild animals using ice cream sticks.
Given picture is an example.

Materials required :

Ice Cream Sticks, Poster Colours, Sketch, Card Board and Glue.

Scientific reason:

- Enhances the creativity of the children and recycling of things.



2

Artificial Clay Moulding

To make a design like trees or wild animals using the artificial clay.
Given picture is an example.



Materials required :

Different colours of Artificial Clay,
Brushes, Roller, Cutter.

Scientific reason:

- The child's brain is taking shape along with the clay. Such self-initiated activity can be the perfect match for the developmental needs of the child.
- Clay stimulates the child's curiosity.
- Intelligence, imagination, and creativity are engaged and fostered.

9. Eco Art

No. of participants : 4 members for a Team Category : Boys / Girls

1

Symbols Using Navathaniyam

To make a design like trees or wild animals using navathaniyam.
Given picture is an example.

Materials required :

Chickpeas [kondai kadalai], Horse gram [kollu], Peanut [Nilakadalai], Green gram [pachai payaru], Red kidney beans [Rajma], Cowpeas [thatta payir] , Black kidney beans [Black turtle bean], Green peas [pachai pattani] , Black-eyed peas [black eyed beans, karamani, vellai karamani]

Scientific Reason:

- Helps to identify the different types of cereals or pulses in their original form and also it enhances the creativity of the children. This is to make them understand, consumption of these pulses is healthy.



2

Designing the symbols with Dry flowers/Dry Leaves

To make a design like trees or wild animals using dry flowers or leaves. Given picture is an example.



Materials required :

Different Dry Flowers or leaves, Chart and Glue.

Scientific Reason:

- Helps the children to identify the different shapes of the leaves and colour of the flowers
- Also Creates awareness about preserving things

10. Tailoring

1

Back Stitch

No. of participants : **Minimum 3 students** Category : **Boys / Girls**

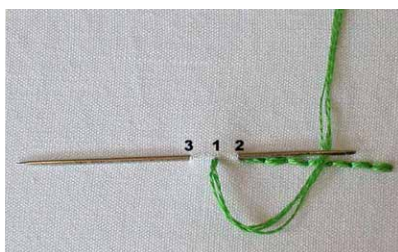
Students have to stitch in the fabric by back stitch method and to make a design like trees or wild animals.

Materials required :

Fabric, Needle, Thread and Scissors a symbol of picture related to the theme.

Scientific Reason:

- Stitching is a great art for developing problem solving skills, attention to detail and also enhances the hand and eye co-ordination.



Class - IV

1. Traditional Culinary

1

Uppu Seedai (No frying)

To prepare raw uppu seedai in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Raw Rice flour (Pacharisi mavu), Urad dal flour, Butter, Grated coconut, Chilli powder, Hing and Salt.



Scientific reason:

- Exercise to hands while rolling the dough into small balls.
- Develops the skill of accuracy since the dough is rolled evenly in same size.

2

Paasiparuppu Laddu

To prepare Paasiparuppu Laddu in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Yellow Moong Dal(Paasi Paruppu), Sugar, Melted Ghee, Cashews broken and Cardamom powder.

- Helps you lose weight
- Acts as Helps control blood pressure
- Acts as Good source of iron
- Acts as Protects from skin cancer



<http://www.thehealthsite.com/fitness/health-benefits-of-green-gram-or-moong-dal/>

2. Drawing / Painting

1

Pencil Drawing related to the theme

To draw a picture in the given time duration using pencil only.
The picture must be related to nature. Given picture is an example.
Materials required :

Chart Paper, Pencil and Eraser

Scientific reason:

- Helps to communicate our ideas
- Acts as a Therapy
- Self Esteem
- Mobility
- Concentration and Healing
- Helps to balance the mental health
- Controls the brain activity
- Enhances the Emotional Intelligence
- Art Appreciation
- Promoting Our Culture



2

Water Colour

To draw a picture related to nature and colour the picture
by Water colour. Given picture is an example.

Materials required :

Chart Paper, Pencil and Water Colour

Scientific reason:

- Fine Motor Skills
- Recognition
- Hand-Eye Co-ordination
- Creativity

Reference :

<http://everydaylife.globalpost.com/preschoolers-learn-watercolor-painting-44608.html>



3. Kolam

1

Pookolam

To draw a kolam related nature and design it with flowers in the given time duration. Given picture is an example.



Materials required :

Different Flowers, Leaves. Chalk to draw the symbol.

Scientific Reason:

- Children can identify different flowers with colours.
 - Colourful Flowers, contemplation, dedication, team work and tranquillity are the essentials for composing striking Pookolam.
-

4. Paper Craft

1

Paper Craft

To make a model related to nature like earth, sun, moon, etc... using paper. Given picture is an example.



Materials required :

Different colour papers, Glue, Scissors

Scientific Reason:

Paper crafts are a great way to coordinate between the hand and mind, eyes, thinking, and this type of training in the best interest of children in early years to come.

- Working to improve the kinetic energy and intellectual
- Prevents children from reaching the stage of frustration
- Paper craft gives them a sense of pride in the community
- Gives them the art of giving

Reference : <http://papercraftforkids.blogspot.in/2012/08/five-reasons-more-simple-i-important.html>

5. Bead Works

1

Bead Works

To make a design related to nature like earth, sun, moon, etc... using beads. Given picture is an example.



Materials required :

Various Coloured Beads with different sizes, Glue, Thread, needle and picture related to the Theme

Scientific Reason:

- Fine Motor Skills
- In-hand manipulation skills
- Visual Perceptual Skills
- Eye-Hand co-ordination
- Cognitive Skills like Planning and Math Skills
- Builds Team Work

6. Hand Embroidery

1

Chain Stitch

To make a design related to nature like earth, sun, moon, etc...
in a cloth and design the outline by chain stitching.



Materials required :

Needle, Thread, and Fabric to stitch

Scientific Reason:

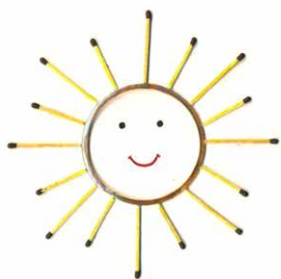
- Trains the brain to help with creativity and developing creative solutions
- Lowers blood pressure
- Increase confidence

7. Art Work

1

Art made out of Match Sticks

To make a design related to nature like earth, sun, moon, etc...
using match sticks in the given time duration.
Given picture is an example.



Materials required :

Match Sticks, Chart paper or Card board,
Colour pencil, Glue.

Scientific Reason:

- Creates something useful, beautiful, or both, reusing creatively is very fun and fulfilling.
- Everything does have potential to be used in Up cycling, it is a lot of fun to imagine a new use for something

2

Making Symbols with Ice Cream Sticks

To make a design related to nature like earth, sun, moon, etc...
using ice cream sticks in the given time duration.

Given picture is an example.

Materials required :

Ice Cream Sticks and Glue.

Scientific reason:

- Decreases unnecessary and wasteful purchases
- Enhances the team work by sharing ideas, communicate and support each other.
- Energy Saving



3

Artificial Clay Moulding

To make a model related to nature like earth, sun, moon, etc...
using artificial clay. Given picture is an example.

Materials required :

Different colours of artificial clay, Brushes, Roller and Cutter.



Scientific reason:

- The child's brain is taking shape along with the clay. Such self-initiated activity can be the perfect match for the developmental needs of the child. Clay stimulates the child's curiosity. Intelligence, imagination, and creativity are engaged and fostered.
- Helps to develop hand-eye co-ordination and fine motor skills (playing with play clay is also recommended as a pre-cursor for handwriting)

8. Eco Art

1

Symbols Using Navathaniyam

To make a design related to nature like earth, sun, moon, etc... using navathaniyam.

Materials required :

Chickpeas [kondai kadalai], Horse gram [kollu], Peanut [Nilakadalai], Green gram [pachai payaru], Red kidney beans [Rajma], Cowpeas [thatta payir] , Black kidney beans [Black turtle bean], Green peas [pachai pattani] , Black-eyed peas [black eyed beans, karamani, vellai karamani].

Scientific reason:

- Helps to identify the different types of cereals or pulses in their original form and also it enhances the creativity of the children. This is to make them understand, consumption of these pulses is healthy.

2

Design the symbols using Dry flowers/ Leaves

The picture related to nature like earth, sun, moon, etc... should be given Students have to decorate it using dry flowers or leaves.

Materials required :

Different Dry Flowers or leaves, Chart and Glue.



Scientific reason:

- Helps the children to identify the different shapes of the leaves and colour of the flowers
- Also Creates awareness about preserving things.

9. Traditional Art

1

Poo Thoduthal (Kadambam)

To string the mixture of flowers
by using banana fibre in the given time duration.

Materials required :

Flowers like malli, samandhi, sprigs of marjoram, davanam, marudani flowers, sampangi and thazhambu.

Scientific reason:

- The different colours that constitute the strand of Kadambam are pleasing to the eyes.
- Hand and Eye Co-ordination



10. Tailoring

1

Hemming

To make a design related to nature like earth, sun, moon, etc...
by hemming.

Materials required :

Needle, Thread, Scissor and Fabric.

Scientific reason:

- Sewing requires us to focus both physically and mentally on a task.
- Hand-eye co-ordination is good for our brains and for keeping our fingers nimble.
- Sewing skills can also open up our social life.



Class - V

1. Traditional Culinary

1

Thinai Laddu

To prepare Thinai Laddu in the given time duration.

Ingredients :

Thinai / Foxtail millet, Kambu / Pearl millet, Ragi / Finger millet, Kuthiravali / Barnyard millet, Varagu / Kodo millet, Saamai / Little millet, Moong dal, Barley , Grated jaggery cup, Cardamom seeds, Melted Ghee.



- Millets are generally rich in Protein, fibre, calcium, Iron & Minerals especially Magnesium, copper & phosphorous.
- It helps to reduce cholesterol, lowers blood pressure & It helps in the development & repair of body cells & tissues.
- It helps to lower the risk of Type 2 Diabetes especially for women.
- Its high insoluble fibre helps to prevent Gallstones formation.

<http://www.chitrasfoodbook.com/2014/07/millettypes-of-milletshhealth.html>

2

Maavilakku Maavu

To prepare Maavilakku Maavu in the given time duration.

Ingredients :

Raw Rice, Grated Jaggery, Cardamom and Ghee

Scientific reason:

- Cleanse your body
- Act as a digestive agent
- Sweeten your food in a healthy manner
- Provide good amounts of minerals.



2. Drawing / Painting

1

Vegetable Printing

To draw a picture related to 'Womanhood' using the vegetable impression. Given picture is an example.

Materials required :

Poster colours, Chart Paper

Scientific reason:

- Enhances the creativity of the child.
- Helps to identify the shapes of the different vegetables and fruits which are to be designed.



2

Cartoon Drawing

To draw a cartoon picture related to 'Womanhood'.
Given picture is an example.

Materials required :

Chart Paper, Pencil and Eraser

Scientific reason:

- Drawing skills will be acquired in the process of making cartoons.
- Improves hand eye co-ordination and observation skill will serve you lifelong no matter what profession in future you choose for yourself.
- The use of Cartoons as a Teaching Tool to Enhance Student Learning in Economics Education



3. Kolam

1

Pookolam

To draw a kolam related to 'Womanhood' by using different flowers and leaves. Given picture is an example.

Materials required :

Different flowers and leaves.

Scientific reason:

- Identifying the different flowers and leaves.
- Enhances creativity in children.
- Awareness to plant the saplings.
- Smelling floral scents also seems to put us in a good mood and make us feel less anxious.
- Neurologists have found that children with autism may be helped by the use of colour
- There are indications that using a colour filter or looking through colour particularly blue, may help dyslexics to read.

Reference : <http://www.color-medicine.com/>



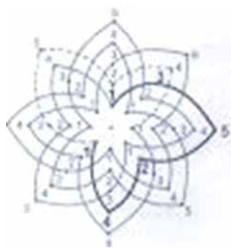
2

Idhaya Kamalam

Draw a pulli kolam in the given time duration.

Given picture is an example.

- Kolams are drawn in coarse rice flour, so the ants would not have to walk too far or too long for a meal. The rice powder also invites birds and other small creatures to eat it, thus welcoming other beings into one's home and everyday life: a daily tribute to harmonious co-existence.
- When a person looks at such a geometric pattern, it manifests into vibrations inside the mind of the observer which in turn calms the mind. And this is exactly what the rangoli does to one's mind. i.e It has a soothing effect.



3

Ezhai Kolam

Draw a kolam using the wet rice flour, in the given time duration.

Given picture is an example.

Materials required :

Semi-solid rice flour and cloth.

Scientific reason:

- A kolam is like a painting which is drawn on the floor using rice flour.
- Kolams were originally drawn not only for adornment, but also because the rice flour in the kolams could serve as food for ants and other insects.
- Good Exercise for fingers.

Reference : <http://guruprasad.net/posts/why-do-indians-draw-rangoli-scientific-reason/>



4. Paper Craft

1

Paper Craft

To make a design related to 'Womanhood' using Paper.

Given picture is an example.

Materials required :

Poster colours, Chart Paper

Scientific reason:

- Paper crafts are a great way to co-ordinate between the hand and mind, eyes, thinking, and this type of training in the best interest of children in early years to come.
- Working to improve the kinetic energy and intellectual
- Prevents children from reaching the stage of frustration
- Paper craft gives them a sense of pride in the community
- Gives them the art of giving



5. Bead Works

1

Bead Works

To make a model related to 'Womanhood' using beads.
Given picture is an example.

Materials required :

Coloured beads in different sizes, Needle ,
Thread and Scissor.

Scientific reason:

- Fine Motor Skills
- In-hand manipulation skills
- Visual Perceptual Skills
- Eye-Hand co-ordination
- Cognitive Skills like Planning and Math Skills



6. Needle Craft

1

Hand Embroidery

Draw a design related to 'Womanhood' by Hand Embroidery.
Given picture is an example.

Materials required :

Needle, Thread in different colour, Fabric,
Scissor, and Pencil.

Scientific reason:

- Trains the brain to help with creativity and developing creative solutions
- Lowers blood pressure
- Increasing confidence



Reference : <http://stitchingcow.blogspot.in/2012/05/health-benefits-of-hand-embroidery.html>

2

Crochet

To make a design related to Womanhood in crochet.
Given picture is an example.

Materials required :

Crochet hook, Yarn and Scissor.

Scientific reason:

Crochet heals the following sufferings of a person

- Depression
- Physical Pain
- Insomnia
- Anxiety
- Grief



7. Craft from Waste Material

1

Symbols drawn using Pencil Scrapers

To make a design related to 'Womanhood' using the pencil scrapers. Given picture is an example.

Materials required :

Pencil, Scraper, Pencil, Sharpener, Glue and Eraser.

Scientific reason:

- Recycled crafts develop a habit of saving things among children.
- Also enhances the creativity in the children.



2

Making Symbols out of Ice cream Sticks

To make a symbol related to 'Womanhood' using Ice cream Sticks.
Given picture is an example.

Materials required :

Pencil, Scraper, Pencil, Sharpener, Glue and Eraser.

Scientific reason:

- Decreases unnecessary and wasteful purchases
- Enhances the team work by sharing ideas, communicate and support each other.
- Energy Saving



8. Eco Art

1

Artificial Clay Moulding

To make a model related to 'Womanhood' using artificial clay .
Given Picture is an example.

Materials required :

Different colours of artificial clay, Brushes, Roller and Cutter.

Scientific reason:

- The child's brain is taking shape along with the clay. Such self-initiated activity can be the perfect match for the developmental needs of the child. Clay stimulates the child's curiosity. Intelligence, imagination, and creativity are engaged and fostered.
- Helps to develop hand-eye co-ordination and fine motor skills (playing with play clay is also recommended as a pre-cursor for handwriting)



2

Symbols using Navathaniyam

To make a design related to 'Womanhood' using navathaniyam.
Given picture is an example.

Materials required :

Chickpeas [kondai kadalai], Horse gram [kollu], Peanut [Nilakadalai], Green gram [pachai payaru], Red kidney beans [Rajma], Cowpeas [thatta payir] , Black kidney beans [Black turtle bean], Green peas [pachai pattani] , Black-eyed peas [black eyed beans, karamani, vellai karamani]



Scientific reason:

- Helps to identify the different types of cereals or pulses in their original form and also it enhances the creativity of the children.
- This is to make them understand, consumption of these pulses is healthy.

3

Design the symbols using Dry flowers/ Leaves

To make a symbol related to 'Womanhood' using dry flowers or leaves. Given picture is an example.

Materials required :

Different Dry Flowers or leaves, Chart and Glue.

Scientific reason:

- Helps the children to identify the different shapes of the leaves and colour of the flowers
- Also Creates awareness about preserving things.



9. Traditional Art

1

Poo Thoduthal (Mullai)

By using banana fibre, the given flowers must be stringed in the given time duration.

Materials required :

Mullai Poo, Banana Fibre

Scientific reason:

- Helps to improve Concentration
- Exercise to fingers.



10. Tailoring

1

Button Stitching with hole

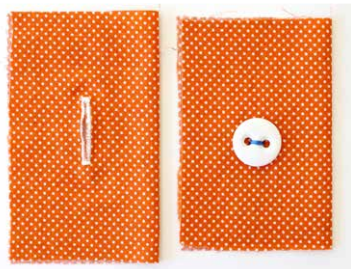
Students have to sew the buttonhole and also they have to stitch button.

Materials required :

Needle, Thread, Scissor and Fabric.

Scientific reason:

- Sewing requires us to focus both physically and mentally on a task.
- Hand-eye co-ordination is good for our brains and for keeping our fingers nimble.



1. Traditional Culinary

1

Coconut Poornam & Kozhukattai Munayal

To prepare Kozhukattai in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Rice flour, Water, Oil, Salt.

Coconut filling :

Grated fresh coconut, Grated Jaggery, Finely cut cashewnuts, Ghee, Cardamom powder, Roasted gram



Scientific reason:

Coconut has strong anti-oxidant Properties and hence it can be used to

- Lower cholesterol
- Improve digestion
- Ward off wrinkles
- Stabilize glucose levels
- Fight off viruses
- Build cells
- Regulate hormones
- Increase thyroid production
- Lose weight
- Increase metabolism
- Fight infections
- Stave off memory loss
- Kill bacteria

2

Moru Kozhambu

To prepare Moru Kozhambu in the given time duration.

Ingredients :

Vegetable (Ladys finger, Poosanikai) Thoor dhal, Dhaniya, Jeera, Rice, Fenugreek (Vendhayam), Green chilly, Dried Red chilly, Mustard, Turmeric powder, Grated coconut, Fresh Curd (without sour), Gingely oil (Nallennai) and Salt.

Scientific reason:

- Improves Digestion
- Bones and teeth get stronger.
- Helps to lose weight
- Removes Dandruff
- Immunity Booster



3

Vengaya Vathal

To prepare Vengaya Vathal in the given time duration.

Ingredients :

Boiled rice (Idly Rice), Green chillies, Jeera, Sago, Small Onion, Salt and Water.

Scientific reason:

- The possible health benefits of consuming onions include lowering the risk of several types of cancer, improving mood and maintaining the health of skin and hair.
- Onions are also a source of the strong antioxidant vitamin C that helps to combat the formation of free radicals known to cause cancer.



2. Drawing / Painting

1

Coffee Painting

To paint pictures like Bharath matha, War heroes or any national symbols using coffee painting. Given picture is an example.

Materials required :

Instant Coffee Powder, Square Canvas Board and Brush.

Scientific reason:

- Acts as a Therapy
- Art Appreciation
- Promotes Our Culture
- Concentration and Healing
- Controls the brain activity
- Self Esteem
- Mobility
- Helps to communicate our ideas
- Helps to balance the mental health
- Enhances the Emotional Intelligence



3. Kolam

1

Ezhai Kolam

Draw a kolam of pictures like Bharath matha, War heroes or any national symbols using wet rice flour. Given Picture is an example.

Materials required :

Semi-solid rice flour and cloth.

Scientific reason:

- A kolam is like a painting which is drawn on the floor using rice flour.
- Kolams were originally drawn not only for adornment, but also because the rice flour in the kolams could serve as food for ants and other insects.
- Good Exercise for fingers .

Reference : <http://www.artplatter.com/2010/10/kolam/>



2

Rangoli

Draw Rangoli kolam of pictures like Bharath matha, War heroes or any national symbols. Given Picture is an example.

Materials required :

Rice Powder, Colour Powder.

Scientific reason:

- Kolams are drawn in coarse rice flour, so the ants would not have to walk too far or too long for a meal. The rice powder also invites birds and other small creatures to eat it, thus welcoming other beings into one's home and everyday life: a daily tribute to harmonious co-existence.
- When a person looks at such a geometric pattern, it manifests into vibrations inside the mind of the observer which in turn calms the mind. And this is exactly what the rangoli does to one's mind. i.e It has a soothing effect.



4. Paper Craft

1

Symbols made out of paper craft

To design pictures like Bharath matha, War heroes or any national symbols using paper craft. Given picture is an example.

Materials required :

Different colour papers, glue, Scissor, Pencil and Eraser.

Scientific reason:

- Paper crafts are a great way to co-ordinate between the hand and mind, eyes, thinking, and this type of training in the best interest of children in early years to come.
- Working to improve the kinetic energy and intellectual
- Prevents children from reaching the stage of frustration
- Paper craft gives them a sense of pride in the community
- Gives them the art of giving



5. Bead Works

1

Bead Works

To design pictures like Bharath matha, War heroes or any national symbols using beads. Given picture is an example.

Materials required :

Coloured beads in different size, Thread, Needle and scissor.

Scientific reason:

- Fine Motor Skills
- In-hand manipulation skills
- Visual Perceptual Skills
- Eye-Hand co-ordination
- Cognitive Skills like Planning and Math Skills.



6. Needle Craft

1

Hand Embroidery

To make a design like Bharath matha, War heroes or any national symbols by using hand embroidery. Given picture is an example.

Materials required :

Needle, Thread in different colours, Fabric, Scissor, and Pencil.

Scientific reason:

- Trains the brain to help with creativity and developing creative solutions.
- Lowers blood pressure.
- Increases confidence.



2

Crochet

To make a design like Bharath matha, War heroes or any national symbols in Crochet. Given picture is an example.

Given picture is an example. Similar symbols related to theme must be designed.

Materials required :

Crochet hook, Yarn and Scissor.

Scientific reason:

Crochet heals the following sufferings of a person

- Depression
- Physical Pain
- Insomnia
- Anxiety
- Grief



7. Craft from Waste Material

1

Symbols drawn using Pencil Scrappers

Paste the waste pencil scrappers in a picture like Bharath matha, War heroes or any national symbols. Given Picture is an example.

Materials required :

Pencil, Scraper, Pencil, Sharpener, Glue and Eraser.

Scientific reason:

- Recycled crafts develop a habit of saving things among children.
- Also enhances the creativity in the children.



2

Making Symbols out of Ice cream Sticks

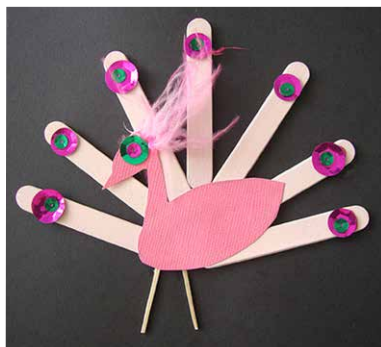
To make a design of any national symbols by using Ice cream Sticks. Given picture is an example.

Materials required :

Ice Cream sticks, Glue, Card board, Scissor, Poster colours.

Scientific reason:

- Decreases unnecessary and wasteful purchases
- Enhances the team work by sharing ideas, communicate and support each other.
- Energy Saving



3

Design the symbols using Dry flowers/ Leaves

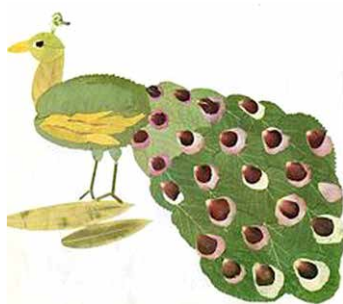
Decorate with dry flowers or leaves in a picture like Bharath matha, War heroes or any national symbols. Given Picture is an example.

Materials required :

Different Dry Flowers or leaves,
Chart and Glue.

Scientific reason:

- Helps the children to identify the different shapes of the leaves and colours of the flowers
- Also Creates awareness about preserving things.



8. Eco Art

1

Artificial Clay Moulding

By using artificial clay, Students should make a model of pictures like Bharath matha, War heroes or any national symbols.

Given Picture is an example.

Materials required :

Different colours of Artificial Clay, Brushes, Roller and Cutter.

Scientific reason:

- The child's brain is taking shape along with the clay. Such self-initiated activity can be the perfect match for the developmental needs of the child.
- Clay stimulates the child's curiosity.
- Intelligence, imagination, and creativity are engaged and fostered.
- Helps to develop hand-eye co-ordination and fine motor skills (playing with play clay is also recommended as a pre-cursor for handwriting)



2

Symbols using Navathaniyam

To make a design of pictures like Bharath matha, War heroes or any national symbols by using navathaniyam.

Given picture is an example.

Materials required :

Chickpeas [kondai kadalai], Horse gram [kollu], Peanut [Nilakadalai], Green gram [pachai payaru], Red kidney beans [Rajma], Cowpeas [thatta payir] , Black kidney beans [Black turtle bean], Green peas [pachai pattani] , Black-eyed peas [black eyed beans, karamani, vellai karamani]

Scientific reason:

- Helps to identify the different types of cereals or pulses in their original form and also it enhances the creativity of the children.
- This is to make them understand, consumption of these pulses is healthy.

9. Traditional Art

1

Poo Thoduthal (Saram)

By using banana fibre, the given flowers must be stringed in the given time duration.

Materials required :

Different Flowers, Banana Fibre

Scientific reason:

- Helps to improve Concentration
- Exercise to fingers.
- Hand & Eye Co-ordination



10. Tailoring

No. of participants : **Minimum 3 students**

Category : **Boys / Girls**

1

Hook and loop

Students have to sew the hook and loop.

Materials required :

Needle, Thread, Scissor and Fabric.

Scientific reason:

- Sewing requires us to focus both physically and mentally on a task.
- Hand-eye co-ordination is good for our brains and for keeping our fingers nimble.



Class - VII

1. Traditional Culinary

1

Kai Murukku Sutral - 2 lines

To prepare handmade Murukku Sutral in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Homemade rice flour, Hing, Salt & water,
Roasted urad dal flour, Butter - 2 tsp,
Warm oil and Black sesame seeds.

Scientific reason:

- It has a therapeutic effect on the physically challenged, especially in the co-ordination of hand movement.



2

Paal Kozhukattai

To prepare Paal Kozhukattai in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Rice flour, Idiyappam flour, Water,
Coconut milk, Jaggery, Milk, Cardamom
powder and Ghee.

Scientific reason:

Due to its rich array of vitamins and minerals, benefits of coconut milk for health are many. They are listed below :

- | | |
|-----------------------|-----------------------------|
| • Strong Bones | • Treatment of Arthritis |
| • Lowers Cholesterol | • Great Source of Magnesium |
| • Aids in Weight Loss | • Stronger Immune System |
| • Nourishes the Hair | • Anti-ageing Benefits |

Reference : <http://www.seedguides.info/coconut-milk/>



3

Sundakkai (Turkey Berry) Vatha Kuzhambhu

To prepare Sundakkai Vatha Kuzhambhu in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Sundakkai Vathal (Dried Turkey Berry), Tamarind, Small Onion, Garlic pearls, Sambar powder, Water, Powdered Jaggery, Salt (to taste), Gingelly Oil, Mustard Seeds, Jeera, Chana Dal, Fenugreek seeds, Red Chillies and Curry Leaves.



Scientific reason:

Turkey berry has the following health benefits :

- Kills germs
- Strengthens the bones
- Cures Paralysis
- Controls Diabetes
- Prevents gas trouble
- Prevents Teeth related diseases

4

Kali Seithal (Kexhavaraghu)

To prepare Kexhavaraghu Kali in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Millet(Kexhavaraghu), water, salt, Buttermilk, curry leaves, Urad dhal, green chili and Hing.



Scientific reason:

- Helps in Weight loss
- Controls Diabetes
- Aids Relaxation
- Helps digestion
- Reverts Skin Aging
- Good Source of protein and Amino Acids
- Increases Bone Strength
- Reduces Cholesterol
- Treats Anaemia
- Increases lactation

Reference: <http://www.thefitindian.com/10-best-health-benefits-of-ragi-4-oil-free-recipes-for-weight-loss/>

5

Arisi Upma

To prepare Arisi upma in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Raw rice, Thoor dhal, Pepper, Jeera, Urad dhal, Bengal gram, Mustard, Red chilli, Salt, Water, Coconut oil, Curry leaves.



Scientific reason:

- Great source of energy
- Blood pressure management
- Cures skin ailments
- Prevents Alzheimer's Disease
- Cholesterols free
- Prevents cancer
- Rich in vitamins

Reference : <https://www.organicfacts.net/health-benefits/cereal/health-benefits-of-rice.html>

2. Drawing / Painting

1

Pot Painting

Draw the picture related to 'family or human values' like teachers, parents, elders on a pot. Given picture is an example.

Materials required :

Enamel Paints (Different Colours), Brush, Water, Container and Earthen Pot.



Scientific reason:

- Enhances the concentration power and creativity in the children.
- Improves the handling of the objects
- Acts as a Therapy
- Self Esteem
- Mobility
- Controls the brain activity
- Promotes Our Culture
- Helps to communicate our ideas
- Concentration and Healing
- Helps to balance the mental health
- Art Appreciation
- Enhances the Emotional Intelligence

Reference: <http://artblanco.com/blog/55991/11-great-benefits-of-painting>

3. Kolam

1

Pulli Kolam

Draw a pulli kolam in the given time duration.

Given picture is an example.

Materials required :

Rice Powder, Colour Powder.

Scientific reason:

- When a person looks at such a geometric pattern, it manifests into vibrations inside the mind of the observer which in turn calms the mind. And this is exactly what the rangoli does to one's mind. i.e It has a soothing effect.

Reference : <http://guruprasad.net/posts/why-do-indians-draw-rangoli-scientific-reason/>



2

Ezhai Kolam

Draw a kolam using the wet rice flour, in the given time duration.

Given picture is an example.

Materials required :

Semi-solid rice flour and cloth.

Scientific reason:

- A kolam is like a painting which is drawn on the floor using rice flour.
- Kolams were originally drawn not only for adornment, but also because the rice flour in the kolams could serve as food for ants and other insects.
- Good Exercise for fingers.

Reference : <http://www.artplatter.com/2010/10/kolam/>



4. Paper Craft

1

Symbols made out of Paper Pulp

To make a model using Paper Pulp in the given time duration.

Materials required :

Different colour papers, glue, Scissor, Pencil and Eraser.

Scientific reason:

- Paper crafts are a great way to co-ordinate between the hand and mind, eyes, thinking, and this type of training in the best interest of children in early years to come.
- Recycling of paper
- Working to improve the kinetic energy and intellectual
- Prevents children from reaching the stage of frustration
- Paper craft gives them a sense of pride in the community
- Gives them the art of giving

5. Bead Works

1

Bead Works

To make a model related to 'family or human values' using beads.

Materials required :

Coloured beads in different sizes, Thread, Needle and scissor.

Scientific reason:

- Cognitive Skills like Planning and Math Skills will be enhanced.
- Fine Motor Skills
 - In-hand manipulation skills
- Visual Perceptual Skills
 - Eye-Hand co-ordination

Reference : <http://www.beadingtobuds.com/developmental-benefits-of-beading-for-children>

6. Needle Craft

1

Hand Embroidery

To make a design related to 'family or human values' using lazy daisy stitch. Given picture is an example.

Materials required :

Needle, Thread in different colour, Fabric, Scissor and Pencil.

Scientific reason:

- Training the brain to help with creativity and developing creative solutions.
- Lowering of blood pressure.
- Increasing confidence.



2

Crochet

To make a design related to 'family or human values' in crochet using Herring bone stitch method. Given picture is an example.

Materials required :

Crochet hook, Yarn and Scissor.

Scientific reason:

Crochet heals the following sufferings of a person

- Depression
- Physical Pain
- Insomnia
- Anxiety
- Grief



7. Artwork

1

Fruit / Vegetable Carving

To make a design related to ‘family or human values’ in vegetables or fruits by carving them. Given picture is an example.

Given picture is an example similar symbols can be made in vegetables or fruits by carving them.

Materials required :

Different Fruits or vegetables and Knife

Scientific reason:

- Helping kids boost their fruit and veggie intake.
- Learning vegetable carving takes patience.
- With just a few swift, deft cuts , a vegetable or fruit can be transformed into a work of art before our eyes



8. Eco Art

1

Natural Clay Moulding

By using Natural clay, make a model related to ‘family or human values’. Given picture is an example.

Materials required :

Natural clay, Brushes, Poster colours, Roller and Cutter.

Scientific reason:

- The child’s brain is taking shape along with the clay. Such self-initiated activity can be the perfect match for the developmental needs of the child.
- Clay stimulates the child’s curiosity. Intelligence, imagination, and creativity are engaged and fostered.



Reference : <http://optimistworld.com/Therapeutic-benefits-clay-modelling-disturbed-teenagers>

2

Making Symbols in Pakkumattai (Arecanut plate)

To make a design related to 'family or human values' in Pakkumattai (Arecanut plate).

Materials required :

Arecanut plate, Poster Colour, Knife, Brush, Black Pencil, Sketch Pencil and Marker.

Scientific reason:

- Eco-Friendly
- Enhances the creativity in the children
- Create awareness to preserve trees.

3

Symbols made out of coconut fibre

Make a model of teachers, parents, elders or guest using coconut fibre. Given picture is an example.

Materials required :

Coconut fibre, Acrylic Paint, Small Colour Beads and Glue.

Scientific reason:

- Eco-Friendly
- Useful products are made out of the coconut husks



9. Traditional Art

1

Poo Thoduthal (Kundu Malli)

By using banana fibre, the given flowers must be stringed in the given time duration.

Materials required :

Kundu Malli, Banana Fibre

Scientific reason:

- Helps to improve Concentration
- Exercise to fingers.
- Hand & Eye Co-ordination



10. Tailoring

1

Pillow Cover and Stitching

To make pillow covers by cutting and stitching in the given time duration.

Materials required :

Needle, Thread, Scissor and Fabric.

Scientific reason:

- Sewing requires us to focus both physically and mentally on a task.
- Hand-eye co-ordination is good for our brains and for keeping our fingers nimble.



Class - VIII

1. Traditional Culinary

1

Kai Murukku Sutral - 3 lines

To prepare handmade Murukku Sutral in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Homemade rice flour, Roasted urad dal flour, Butter, Warm oil, Black sesame seeds, Asafetida/Hing, Salt & water.

Scientific reason:

- It has a therapeutic effect on the physically challenged, especially in the co-ordination of hand movement.



2

Milahu Kuzhambhu

To prepare Milahu Kuzhambhu in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Peppercorns, Fenugreek, Red Chillies, Asafoetida, Tamarind, Bengal gram Dal, Mustard Seeds, Coriander Seeds, Jaggery, Oil, Salt, Curry leaves.

Scientific reason:

Black pepper is an excellent source of manganese and vitamin K, a very good source of copper and dietary fiber, and a good source of iron, chromium, and calcium. Other benefits are listed below :

- Improves digestion
- Antioxidant
- Antibacterial
- Helps in weight loss



Reference: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=74#healthbenefits>

3

Elai Vadam Seithal

To prepare Elai Vadam in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Raw rice, Javvarisi, Green chillies, Salt, oil, Ajwain or Jeera and Hing.

Scientific reason:

- Steaming in banana leaf itself is healthy.



4

Aappam Seithal

To prepare Aappam in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Raw Rice, Boiled rice, Coconut Milk, Warm water, banana and Salt.

Scientific reason:

- | | |
|-----------------------|-----------------------------|
| • Strong Bones | • Treatment of Arthritis |
| • Lowers Cholesterol | • Great Source of Magnesium |
| • Aids in Weight Loss | • Stronger Immune System |
| • Nourishes the Hair | • Anti-ageing Benefits |

Reference: <http://www.seedguides.info/coconut-milk/>



2. Drawing / Painting

1

Fabric Painting

Pictures like domestic animals, plants, insects, birds, etc., must be painted on a Fabric.

Materials required :

Cotton fabric, Brushes, Frames colour palette, Water bowl, Designs, Rags (for cleaning), Fabric/Acrylic colours.



Scientific reason:

- Therapy
- Concentration and Healing
- Emotional Intelligence
- Strengthens the brain activity
- Helps to communicate our ideas
- Hand and Eye co-ordination gives the fine motor skills
- Gives Self-esteem
- Improves mental health
- Art Appreciation
- Culture

3. Kolam

1

Pulli Kolam

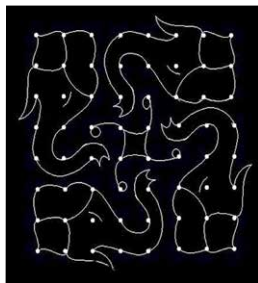
Draw a pulli kolam like domestic animals, plants, insects, birds, etc. Given picture is an example.

Materials required :

Rice Powder, Colour Powder.

Scientific reason:

- When a person looks at such a geometric pattern, it manifests into vibrations inside the mind of the observer which in turn calms the mind. And this is exactly what the rangoli does to one's mind. i.e It has a soothing effect.



Reference: <http://guruprasad.net/posts/why-do-indians-draw-rangoli-scientific-reason/>

2

Ezhai Kolam

To draw a kolam like domestic animals, plants, insects, birds, etc., using the wet rice flour. Given picture is an example.

Materials required :

Semi-solid rice flour and cloth.

Scientific reason:

- A kolam is like a painting which is drawn on the floor using rice flour.
- Kolams were originally drawn not only for adornment, but also because the rice flour in the kolams could serve as food for ants and other insects.
- Good Exercise for fingers.

Reference : <http://www.artplatter.com/2010/10/kolam/>



3

Poo Kolam

To draw a kolam like domestic animals, plants, insects, birds, etc., using flowers. Given picture is an example.

Materials required :

Different flowers and leaves.

Scientific reason:

- Enhances creativity in children.
- Awareness to plant the saplings.
- Identifying the different flowers and leaves.
- Smelling floral scents also seems to put us in a good mood and make us feel less anxious.
- Neurologists have found that children with autism may be helped by the use of colour
- There are indications that using a colour filter or looking through colour particularly blue, may help dyslexics to read.

Reference : <http://www.color-medicine.com/>



4. Paper Craft

1

Symbols made out of Paper Pulp

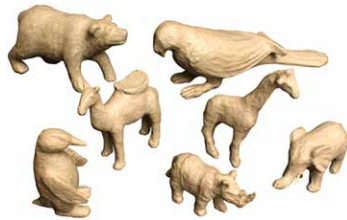
To make a model of domestic animals, plants, insects, birds, etc., using Paper Pulp. Given picture is an example.

Materials required :

Paper pulp, Pencil.

Scientific reason:

- Paper crafts are a great way to co-ordinate between the hand and mind, eyes, thinking, and this type of training is in the best interest of children in early years to come.
- Recycling of paper
- Working to improve the kinetic energy and intellectual
- Prevents children from reaching the stage of frustration
- Paper craft gives them a sense of pride in the community
- Gives them the art of giving



5. Bead Works

1

Bead Works

To make a model of domestic animals, plants, insects, birds, etc., using beads. Given picture is an example.

Materials required :

Coloured beads in different size, Thread, Needle and scissor.

Scientific reason:

- Fine Motor Skills
- In-hand manipulation skills
- Visual Perceptual Skills
- Eye-Hand co-ordination
- Cognitive Skills like Planning and Math Skills.



6. Needle Craft

1

Hand Embroidery

To make a design like domestic animals, plants, insects, birds, etc., using hand embroidery. Given picture is an example.

Materials required :

Needle, Thread in different colour, Fabric, Scissor and Pencil.

Scientific reason:

- Trains the brain to help with creativity and developing creative solutions.
- Lowers blood pressure.
- Increases confidence.



2

Crochet

To make a design like domestic animals, plants, insects, birds, etc., in Crochet. Given picture is an example.

Materials required :

Crochet hook, Yarn and Scissor.

Scientific reason:

Crochet heals the following sufferings of a person

- Depression
- Physical Pain
- Insomnia
- Anxiety
- Grief



7. Artwork

1

Symbols drawn using Pencil Scrappers

Paste the waste pencil scrappers in a picture like domestic animals, plants, insects, birds, etc. Given picture is an example.

Materials required :

Pencil, Scrapper, Pencil Sharpener, Sketch Pencil, Chart, Glue and Eraser.

Scientific reason:

- Recycled crafts develop a habit of saving things among children.
- Also enhances the creativity in the children.



2

Fruit / Vegetable Carving

To make a model of domestic animals, plants, insects, birds, etc., in vegetables or fruits by carving them. Given picture is an example.

Materials required :

Different Fruits or vegetables, Tooth pick and Knife.

Scientific reason:

- Helps kids boost their fruit and veggie intake.
- Learning vegetable carving takes patience.
- With just a few swift, deft cuts , a vegetable or fruit can be transformed into a work of art before our eyes



8. Eco Art

1

Natural Clay Moulding

To make a model of domestic animals, plants, insects, birds, etc., have to be done by using Natural clay. Given picture is an example.

Materials required :

Natural clay, Brushes, Poster colours, Roller and Cutter.

Scientific reason:

- The child's brain is taking shape along with the clay. Such self-initiated activity can be the perfect match for the developmental needs of the child.
- Clay stimulates the child's curiosity. Intelligence, imagination, and creativity are engaged and fostered.



2

Making Symbols in Pakkumattai (Arecanut plate)

To make a model of any domestic animals, plants, insects, birds, etc., by using Pakkumattai (Arecanut plate).

Materials required :

Arecanut plate, Poster Colour, Brush, Pencil, Sketch Pen, Marker and Scissor.

Scientific reason:

- Eco-Friendly
- Enhances the creativity in the children
- Create awareness to preserve trees.

3

Symbols made out of coconut fibre

To make a model of domestic animals, plants, insects, birds, etc., have to be done by using coconut fibre.

Given picture is an example.

Materials required :

Coconut fibre, Acrylic Paint, Colourful silky cloth, Small Colour Beads and Glue.

Scientific reason:

- Eco-Friendly
- Useful products are made out of the coconut husks



9. Traditional Art

1

Poo Thoduthal (Kondai Kattuthal)

By using banana fibre, the given flowers must be stringed in the given time duration.

Materials required :

Different Flowers, Banana Fibre

Scientific reason:

- Helps to improve Concentration
- Exercise to fingers.



10. Tailoring

1

To make baniyan by cutting and stitching

To make baniyan by cutting and stitching in the given time duration. Given picture is an example.

Materials required :

Needle, Thread, Scissor, Chalk and Fabric.

Scientific reason:

- Sewing requires us to focus both physically and mentally on a task.
- Hand-eye co-ordination is good for our brains and for keeping our fingers nimble.



2

To make Saree Petticoat by cutting and stitching

To make Saree Petticoat by cutting and stitching in the given time duration. Given picture is an example.

Materials required :

Needle, Thread, Scissor, Chalk and Fabric.

Scientific reason:

- Sewing requires us to focus both physically and mentally on a task.
- Hand-eye co-ordination is good for our brains and for keeping our fingers nimble.



Class - IX

1. Traditional Culinary

1

Kai Murukku Sutral - 5 lines

To prepare the handmade murukku in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Homemade rice flour, Roasted urad dal flour, Butter, Warm oil, Black sesame seeds, Asafetida/Hing, Salt & water.

Scientific reason:

- It has a therapeutic effect on the physically challenged, especially in the co-ordination of hand movement.



2

Kambu Adai

To prepare Kambu Adai in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Kambu/pearl millet, Idly rice, Whole black gram (without skin)/Ulunthu, Fenugreek seeds, Salt as needed, Onion (chopped finely), Cumin seeds, Pepper powder (freshly ground), Curry leaves (chopped finely), Coriander leaves (chopped finely) and Asafoetida.

Scientific reason:

- Good for lactating mothers
- Cures the constipation problem
- Keeps the hair and skin healthy
- Helps to reduce weight
- Good for diabetic patients

Reference: <http://www.wildturmeric.net/2015/01/5-best-health-benefits-of-kambu-bajra-sajjalu-bajri.html>



To prepare Sarkkarai Pongal in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Raw Rice, Green Gram Dal, Milk, Jaggery (powdered), Ghee, Cashewnuts, Raisins, Cardamoms (powdered), Cloves (powdered), Nutmeg (grated or powdered), Saffron and Water.



Scientific reason:

- Jaggery can be a remedy for ailments like cough, constipation and indigestion.
- One of the outstanding health benefits of jaggery is that it may reduce the risk of diabetes.
- Jaggery has reducing sugars like fructose and glucose.
- Green Moong is full of complex carbohydrates in form of high fibre, which aids digestion. Complex carbs also stabilizes blood sugar and controls its sudden rise after meal, while keeping body's energy at a balanced level. Green Moong can be highly beneficial for people having a high blood sugar level.
- Ghee is rich in medium chain fatty acids which are absorbed directly to the liver (like carbs) and burnt as energy.

To prepare Upma Kozhukattai in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Peppercorns, Fenugreek, Red Chillies, Asafoetida, Tamarind, Bengal gram Dal, Mustard seeds, Coriander seeds, Jaggery, Oil, Salt, Curry leaves.



Scientific reason:

- Rice contains no gluten, which makes it one of the best non-allergic foods.
- people who are allergic to gluten to take in many great nutrients rice contains, including different types of Vitamin B, D, calcium, fiber, iron, and a variety of minerals that are essential for our bodies.
- Rice, on the other hand, can help you with lowering your cholesterol levels, as it does not contain bad cholesterol, making your heart even healthier.
- Rice contains a lot of carbohydrates that give our bodies the energy we need.
- Having all the health benefits of eating rice in mind, it is safe to say that rice is also good for maintaining or reaching your ideal body weight.

Reference : <http://www.justforhearts.org/2013/04/top-4-health-benefits-of-eating-rice/>

5

Making of Appalam

To prepare handmade Appalam in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Rice flour, Sabudhana (sago), Green Chillies, a small piece of Pirandai, Asafoetida, Lemon juice, Coconut Oil, Water, Salt and Roller to roll the knead.

Scientific reason:

- Good Exercise for hands while rolling
- Can be preserved
- Improves the concentration while shaping the knead



6

Sago Vathal

To Prepare the raw sago vathal in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Sago / Javvarisi / Tapioca pearls, Green chilli, Cumin seeds/ jeera, Lemon juice, Water, Salt.

Scientific reason:

The health benefits of sabudana (sago) are mainly in the carbohydrates.

- Helps muscle growth
- Improves bone health
- Prevents birth defects
- Improves digestion
- Keeps blood pressure under control
- Helps you gain weight
- Helps give your energy levels a boost



2. Drawing / Painting

1

Glass Painting

Draw pictures like trees and wild animals in glass painting.
Given below is an example.

Materials required :

Markers, Tracing paper, Painter's tape, Glass, Paint brush, Acrylic paints, Out- liner, etc.

Scientific reason:

- Helps to communicate our ideas
- Acts as a Therapy
- Gives Self-esteem
- Concentration and Healing
- Improves mental health
- Strengthens the brain activity
- Emotional Intelligence
- Art Appreciation
- Culture
- Hand and Eye co-ordination gives the fine motor skills

Reference : <http://artblanco.com/blog/55991/11-great-benefits-of-painting>



2

Caricature

Draw caricature of trees or wild animals.
Given picture is an example.

Given picture is an example, draw similar paintings related to the theme in caricature.

Materials required :

Pencil, Eraser and sharpener.

Scientific reason:

- Good Exercise for fingers.
- Eye - hand - mind co-ordination.
- Helps to develop the observation skill.



3. Kolam

1

Poo Kolam

Make designs of trees and wild animals in Pookolam.

Given below is an example.

Materials required :

Different flowers and leaves.

Scientific reason:

- Identifying the different flowers and leaves.
- Enhances creativity in children.
- Awareness to plant the saplings.
- Smelling floral scents also seems to put us in a good mood and make us feel less anxious.
- Neurologists have found that children with autism may be helped by the use of colour
- There are indications that using a colour filter or looking through colour particularly blue, may help dyslexics to read.

Reference : <http://www.color-medicine.com/>



2

Ezhai Kolam

To draw a kolam using the wet rice flour.

Materials required :

Semi-solid rice flour and cloth.

Scientific reason:

- A kolam is like a painting which is drawn on the floor using rice flour.
- Kolams were originally drawn not only for adornment, but also because the rice flour in the kolams could serve as food for ants and other insects.
- Good Exercise for fingers.

Reference : <http://www.artplatter.com/2010/10/kolam/>



4. Paper Craft

1

Symbols made out of Paper Pulp

To make a model of trees or wild animals, using Paper Pulp.

Given picture is an example.

Materials required :

Paper pulp, Pencil.

Scientific reason:

- Paper crafts are a great way to co-ordinate between the hand and mind, eyes, thinking, and this type of training is the best interest of children in early years to come.
- Recycling of paper
- Working to improve the kinetic energy and intellectual
- Prevents children from reaching the stage of frustration
- Paper craft gives them a sense of pride in the community
- Gives them the art of giving



5. Bead Works

1

Bead Works

To make a model of trees or wild animals, using beads.

Given picture is an example.

Materials required :

Coloured beads in different size, Thread, Needle and scissor.

Scientific reason:

- Fine Motor Skills
- In-hand manipulation skills
- Visual Perceptual Skills
- Eye-Hand co-ordination
- Cognitive Skills like Planning and Math Skills.



6. Needle Craft

1

Hand Embroidery

To make a design of trees or wild animals by using hand embroidery. Given picture is an example.

Materials required :

Needle, Thread in different colours, Fabric, Scissor and Pencil.

Scientific reason:

- Trains the brain to help with creativity and develops creative solutions.
- Lowers blood pressure.
- Increases confidence.

Reference : <http://stitchingcow.blogspot.in/2012/05/health-benefits-of-hand-embroidery.html>



2

Crochet

To make a design of trees or wild animals in crochet. Given picture is an example.

Materials required :

Crochet hook, Yarn and Scissor.

Scientific reason:

Crochet heals the following sufferings of a person

- Depression
- Physical Pain
- Insomnia
- Anxiety
- Grief

Reference : <http://www.rodalenews.com/crochet-benefits>



7. Artwork

1

Artwork using cooker gasket

Decorate the cooker gasket using a design of trees or wild animals.
Given picture is an example.

Materials required :

Cooker gasket, decoration materials, designed satin cloth roller, fish wire and wollen thread.

Scientific reason:

- Recycled crafts develop a habit of saving things among children.
- Also enhance the creativity in the children.



2

Fruit / Vegetable Carving

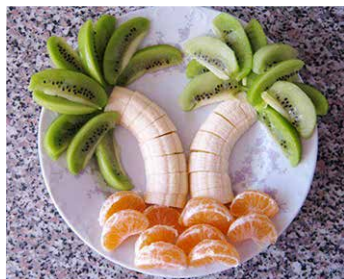
To make a design of trees or wild animals
in vegetables or fruits by carving them. Given picture is an example.

Materials required :

Different Fruits or vegetables, Tooth pick and Knife.

Scientific reason:

- Helps kids boost their fruit and veggie intake.
- Learning vegetable carving takes patience.
- With just a few swift, deft cuts , a vegetable or fruit can be transformed into a work of art before our eyes.



8. Eco Art

1

Natural Clay Moulding

To make a model of trees or wild animals, using Natural clay.
Given picture is an example.

Materials required :

Natural clay, Brushes, Poster colours, Roller and Cutter.

Scientific reason:

- The child's brain is taking shape along with the clay. Such self-initiated activity can be the perfect match for the developmental needs of the child.
- Clay stimulates the child's curiosity. Intelligence, imagination, and creativity are engaged and fostered.



2

Making Symbols in Pakkumattai (Arecanut plate)

To make a design of trees or wild animals
by using Pakkumattai (Arecanut plate).

Materials required :

Arecanut plate, Poster Colour, Brush, Pencil, Sketch Pen, Marker, Glue and Scissor.

Scientific reason:

- Eco-Friendly
- Enhances the creativity in the children
- Create awareness to preserve trees.

3

Symbols made out of coconut fibre

To make a design of trees or wild animals by using coconut fibre.
Given picture is an example.

Materials required :

Coconut fibre, Acrylic Paint, Small Colour Beads, Silky Cloth and Colourful Glue.

Scientific reason:

- Eco-Friendly
- The texture of coconut fibre gives the acupressure to the finger tips while doing the craft
- Because of this property, it is also used in orthopaedic beds.
- Coconut fibre is also mixed with soil for planting so that it will retain the water for more hours.



9. Traditional Art

1

Poo Thoduthal

By using banana fibre, the given flowers must be stringed in a design at the given time duration.

Materials required :

Different Flowers, Banana Fibre

Scientific reason:

- Helps to improve Concentration
- Exercise to fingers
- Sitting for some time at same position is a type of yoga



10. Tailoring

1

To make Pyjamas by cutting and stitching

Students have to make Pyjamas by cutting and stitching in the given time duration. Given picture is an example.

Materials required :

Needle, Thread, Scissor, Chalk and Fabric.

Scientific reason:

- Sewing requires us to focus both physically and mentally on a task.
- Hand-eye co-ordination is good for our brains and for keeping our fingers nimble.



2

To make Full Skirt by cutting and stitching

Students have to make Full Skirt by cutting and stitching in the given time duration. Given picture is an example.

Materials required :

Needle, Thread, Scissor, Chalk and Fabric.

Scientific reason:

- Sewing requires us to focus both physically and mentally on a task.
- Hand-eye co-ordination is good for our brains and for keeping our fingers nimble.



Class - X

1. Traditional Culinary

1

Kai Murukku Sutral - 7 lines

To prepare the handmade murukku in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Homemade rice flour, Hing, Salt & water, Roasted urad dal flour, Butter - 2 tsp, Warm oil and Black sesame seeds.

Scientific reason:

- It has a therapeutic effect on the physically challenged, especially in the co-ordination of hand movement.



2

Making of Murukku Vathal

To prepare Murukku Vathal in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Raw Rice, Sabudhana (sago), Green Chillies, Jeera and Salt.

Scientific reason:

The health benefits of sabudana (sago) are mainly in the carbohydrates.

- Helps muscle growth
- Helps you gain weight
- Improves digestion
- Keeps blood pressure under control
- Helps give your energy levels a boost
- Improves bone health
- Prevents birth defects



Reference: <https://beautyhealthtips.in/health-benefits-eating-sago/>

To prepare Paruppu Adai in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Raw Rice, Channa Dhal, Toor Dhal, Urad dhal, Moong Dhal, Small Onions, Coriander leaves, Asafoetida, Salt, Red chillies, Curry leaves.



Scientific reason:

- Health Benefits of Dhal are given below:
 1. **Toor dhal** : Contains folic acid which helps prevent anaemia and is also important for pregnant women as it is essential for foetal development and can help prevent neural tube birth defects such as spina bifida. It is low in calories so is good for people who are on weight loss diets. It also helps control blood sugar levels.
 2. **Moong Dhal** : Moong dal is a dieter-friendly dal rich in iron and potassium. Iron helps maintain haemoglobin levels and potassium helps reduce blood pressure, a boon for hypertensive people.
 3. **Channa Dhal** : Contains full of fibre which helps diabetics to control their blood sugar levels. It also has potassium and folic acid. The fibre in it helps lower cholesterol levels preventing heart problems.
 4. **Urad Dhal** : Rich in iron, folate, fibre, potassium. It is also a good source of calcium which is important for vegetarians and elderly people who require high amounts of calcium for maintaining bone health. It also boosts your energy and keeps you active.

Reference: <http://www.thehealthsite.com/fitness/dal-or-lentils-packing-a-healthy-punch/>

To prepare Thiruvathirai Kali & Ezhukari Kootu in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Raw rice, Jaggery, Grated coconut, Ghee, Cardamom and Cashew nuts, Mixed of any seven vegetables (red pumpkin, white pumpkin, eggplant, sweet potato, potato, peas, plantain (raw banana), yam, colocasia, green beans, cluster beans, chayote squash(chow chow), snake gourd, carrot, etc.) Toor dal , Turmeric powder, Tamarind, Coriander seeds, Bengal gram, Red chilli and Coconut (grated) Oil, Hing, Mustard seeds, Fenugreek seeds, Red chilli and Curry leaves.



Scientific reason:

- Basically all fruits and vegetables offer outstanding health benefits. Nutritional research shows that each one contains its own set of vitamins, minerals, antioxidants, and other important nutrients. To get the maximum health benefits, experts recommend eating a variety of fruits and vegetables along with other natural foods.

Reference : <http://www.chitrasfoodbook.com/2009/01/thiruvathirai-arudhradarshan-special.html>

2. Drawing / Painting

1

Dasavatharam - Tanjore Painting

Draw small pictures of Dasavatharam in Tanjore painting.
Given picture is an example.

Materials required :

Plywood, White cotton cloth, Chalk power, Fevicol, Flat Brush (above 3" width), Sand Paper (emery sheet), Arabic Gum, Coloured Stones, Gold foil (paster on papar), Poster Colors, Rounded Brushes (000, 0, 2, 4, 6, 8), Black Pilot Pen, Multi colours transparent ink (photo color), Cutter, Ruler, Yellow carbon paper, pencil.



Scientific reason:

- Enhances the concentration power and creativity in the children.
- Improves the handling of the objects
- Helps to communicate our ideas
- Acts as a Therapy
- Self Esteem
- Mobility
- Concentration and Healing
- Helps to balance the mental health
- Controls the brain activity
- Enhances the Emotional Intelligence
- Art Appreciation
- Promotes Our Culture

Reference : <http://artblanco.com/blog/55991/11-great-benefits-of-painting>

3. Kolam

1

Pulli Kolam

Draw Pulli kolam in the given time duration.
Given picture is an example.

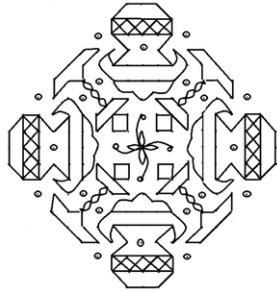
Materials required :

Rice powder, colour powder.

Scientific reason:

- When a person looks at such a geometric pattern, it manifests into vibrations inside the mind of the observer which in turn calms the mind. And this is exactly what the rangoli does to one's mind. i.e It has a soothing effect.

Reference : <http://guruprasad.net/posts/why-do-indians-draw-rangoli-scientific-reason/>



2

Ezhai Kolam

To draw a kolam using wet rice flour.
Given picture is an example.

Materials required :

Semi-solid rice flour and cloth.

Scientific reason:

- A kolam is like a painting which is drawn on the floor using rice flour.
- Kolams were originally drawn not only for adornment, but also because the rice flour in the kolams could serve as food for ants and other insects.
- Good Exercise for fingers .

Reference : <http://www.artplatter.com/2010/10/kolam/>



4. Paper Craft

1

Symbols made out of Paper Pulp

To make models related to nature, using Paper Pulp.

Given picture is an example.

Materials required :

Different colour papers, glue, Scissor, Pencil and Eraser.

Scientific reason:

- Paper crafts are a great way to co-ordinate between the hand and mind, eyes, thinking, and this type of training in the best interest of children in early years to come.
- Recycling of paper
- Working to improve the kinetic energy and intellectual
- Prevents children from reaching the stage of frustration
- Paper craft give them a sense of pride in the community
- Gives them the art of giving



Reference : <http://papercraftforkids.blogspot.in/2012/08/five-reasons-more-simple-i-important.html>

5. Bead Works

1

Bead Works

To make designs related to nature using beads.

Given picture is an example.

Materials required :

Coloured beads in different sizes, Thread, Needle and scissor.

Scientific reason:

- Cognitive Skills like Planning and Math Skills.
- Fine Motor Skills
- In-hand manipulation skills
- Visual Perceptual Skills
- Eye-Hand co-ordination



Reference : <http://www.beadingsbuds.com/developmental-benefits-of-beading-for-children.html>

6. Needle Craft

1

Hand Embroidery

To make a design related to nature by using hand embroidery.
Given picture is an example.

Materials required :

Needle, Thread in different colours, Fabric, Scissor and Pencil.

Scientific reason:

- Trains the brain to help with creativity and developing creative solutions.
- Lowers blood pressure.
- Increases confidence.



Reference : <http://stitchingcow.blogspot.in/2012/05/health-benefits-of-hand-embroidery.html>

2

Crochet

To make a design related to nature in crochet.
Given picture is an example.

Materials required :

Crochet hook, Yarn and Scissor.

Scientific reason:

Crochet heals the following sufferings of a person

- Depression
- Physical Pain
- Insomnia
- Anxiety
- Grief



Reference : <http://www.rodalenews.com/crochet-benefits>

7. Artwork

1

Fruit / Vegetable Carving

To make a design related to nature in vegetables or fruits by carving them. Given picture is an example.

Materials required :

Different Fruits or vegetables and Knife.

Scientific reason:

- Helps kids boost their fruit and veggie intake.
- Learning vegetable carving takes patience.
- With just a few swift, deft cuts , a vegetable or fruit can be transformed into a work of art before our eyes.



8. Eco Art

1

Natural Clay Moulding

To make a model related to nature by using Natural clay. Given picture is an example.

Materials required :

Natural clay, Brushes, Poster colours, Roller and Cutter.

Scientific reason:

- The child's brain is taking shape along with the clay. Such self-initiated activity can be the perfect match for the developmental needs of the child.
- Clay stimulates the child's curiosity. Intelligence, imagination, and creativity are engaged and fostered.



Reference : <http://www.bartelart.com/arted/Clay&Toddlers.html>

2

Making Symbols in Pakkumattai (Arecanut plate)

To make a design related to nature in Pakkumattai (Arecanut plate).

Materials required :

Arecanut plate, Poster Colour, Brushes and Knife.

Scientific reason:

- Eco-Friendly
 - Enhances the creativity in the children
 - Create awareness to preserve trees.
-

3

Symbols made out of coconut fibre

To make a design related to nature by using coconut fibre.

Materials required :

Coconut fibre, Acrylic Paint, Colourful silky cloth, Small Colour Beads and Glue.

Scientific reason:

- Eco-Friendly
 - The texture of coconut fibre gives the acupressure to the finger tips while doing the craft
 - Because of this property, it is also used in orthopaedic beds.
 - Coconut fibre is also mixed with soil for planting so that it will retain the water for more hours.
-

9. Traditional Art

1

Jadai Pinnal

By using banana fibre, the given flowers must be stringed in the given time duration.

Materials required :

Kundu Malli, Different colour flowers, Banana Fibre, Beads, Thread and Needle.

Scientific reason:

- Helps to improve Concentration
- Exercise to fingers.
- Hand & Eye Co-ordination
- Sushrut rishi, the foremost surgeon of Ayurveda, describes the master sensitive spot on the head as Adhipati Marma, where there is a nexus of all nerves. The shikha protects this spot. Below, in the brain, occurs the Brahmarandhra, where the sushumnā (nerve) arrives from the lower part of the body. In Yog, Brahmarandhra is the highest, seventh chakra, with the thousand-petalled lotus. It is the centre of wisdom. The knotted shikhā helps boost this centre and conserve its subtle energy known as ojas.
- While plaiting the hair we can see only two section and we are not able to see the third one as it goes under like in triveni sangam we can see the river ganges , Yamuna and we are not able to see the saraswathi (Knowledge) river.

Reference : <http://www.indiatimes.com/culture/who-we-are/15-scientific-reasons-behind-popular-hindu-traditions-228328.html>

10. Tailoring

1

**To make Kurta
by cutting and stitching**

Students have to make Kurta in the given time duration.

Materials required :

Needle, Thread, Scissor, Button and Fabric.

Scientific reason:

- Sewing requires us to focus both physically and mentally on a task.
- Hand-eye co-ordination is good for our brains and for keeping our fingers nimble.



Class - XI

1. Traditional Culinary

1

Kai Murukku Sutral - 9 lines

To prepare the handmade murukku in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Raw rice, Urad dal flour, Butter, Sesame seeds, Asafoetida, Salt, Water and Oil

Scientific reason:

- It has a therapeutic effect on the physically challenged, especially in the co-ordination of hand movement.



2

Making of Vazhaippu Vadai

To prepare Vazhaippu Vadai in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Tur dal, Onion, Vazhaipoo, Red Chillies, Sombu, Curry Leaves, Coriander leaves and Salt.

Scientific reason:

The health benefits of banana flower are :

- Increases haemoglobin level
- Excellent source of crude fibre in the human diet
- As a traditional medicine to treat bronchitis, constipation, menstrual cramps and ulcer problems
- Controls excessive pain and bleeding during menstrual cycles
- Helps to lower the blood cholesterol, and promotes the functional efficiency of kidneys
- Regulates the blood pressure
- Makes health supplements



Reference : <http://www.livestrong.com/article/401844-what-are-the-benefits-of-banana-flowers/>

3

Pesarattu Dosai

To prepare Pesarattu Dosai in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Moong dal / Pachai Payaru, Rice, Ginger, Cumin seeds, Green chilly, Onion, Coriander leaves, Oil, Salt.



Scientific reason:

Green gram has the following health benefits :

- Helps to reduce weight
- Controls blood pressure
- Good Sources of iron
- Protects from skin cancer

Reference : <http://www.thehealthsite.com/fitness/health-benefits-of-green-gram-or-moong-dal/>

4

Kali Seithal - Ulandan

To prepare Ulandan Kali in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Urad Dal, Jaggery, Oil, Cardamom Seeds, Water.



Scientific reason:

Urad Dal has the following health benefits :

- Energy Booster
- Protein rich
- Anti inflammatory properties
- Anti-Aging
- Improves Digestion
- Boosts Heart Health

Reference : <http://healthytips-foryou.blogspot.in/2014/11/health-benefits-of-urad-dal.html>

2. Drawing / Painting

1

Painting of Varalaskhmi Face

Painting of Varalaskhmi Face.

Materials required :

Face in white cloth / white chart, Disposable table cloth, Fabric paint, Paper plate, Stencils and Paint brushes.



2

Canvas Painting of Ashtalakshmi

Students have to make painting of Ashtalakshmi on Canvas.

Symbol related to the theme foster women's honour.

Given picture is an example.

Materials required :

Canvas Rolls, Water Colour Canvas, Brush and Paints.

Scientific reason:

- Acts as a Therapy
- Self Esteem
- Mobility
- Concentration and Healing
- Controls the brain activity
- Art Appreciation
- Promoting Our Culture
- Improves the handling of the objects
- Helps to balance the mental health
- Enhances the Emotional Intelligence
- Enhance the concentration power and creativity in the children.
- Helps to communicate our ideas



Reference : <http://artblanco.com/blog/55991/11-great-benefits-of-painting>

3. Kolam

1

Pulli Kolam

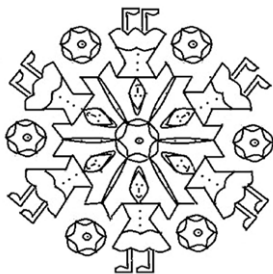
Draw a Pulli kolam, and the design should be related to womanhood. Given picture is an example.

Materials required :

Rice Flour and colour powder.

Scientific reason:

- When a person looks at such a geometric pattern, it manifests into vibrations inside the mind of the observer which in turn calms the mind. And this is exactly what the rangoli does to one's mind. i.e It has a soothing effect.



Reference : <http://guruprasad.net/posts/why-do-indians-draw-rangoli-scientific-reason/>

2

Ezhai Kolam

Draw a kolam using the wet rice flour, and the design should be related to womanhood. Given picture is an example.

Materials required :

Semi-solid rice flour and cloth.

Scientific reason:

- A kolam is like a painting which is drawn on the floor using rice flour.
- Kolams were originally drawn not only for adornment, but also because the rice flour in the kolams could serve as food for ants and other insects.
- Good Exercise for fingers .



Reference : <http://www.artplatter.com/2010/10/kolam/>

4. Paper Craft

1

Symbols made out of Paper Pulp

To make a model related to womanhood using Paper Pulp. Given picture is an example.

Materials required :

Different colour papers, glue, Scissor, Pencil and Eraser.

Scientific reason:

- Paper crafts are a great way to co-ordinate between the hand and mind, eyes, thinking, and this type of training in the best interest of children in early years to come.
- Recycling of paper
- Working to improve the kinetic energy and intellectual
- Prevents children from reaching the stage of frustration
- Paper craft gives them a sense of pride in the community
- Gives them the art of giving



Reference : <http://papercraftforkids.blogspot.in/2012/08/five-reasons-more-simple-i-important.html>

5. Bead Works

1

Bead Works

To make a design related to womanhood using beads. Given picture is an example.

Materials required :

Coloured beads in different size, Thread, Needle and scissor.

Scientific reason:

- Fine Motor Skills
- In-hand manipulation skills
- Visual Perceptual Skills
- Eye-Hand co-ordination
- Cognitive Skills like Planning and Math Skills.



6. Needle Craft

1

Hand Embroidery

To make a design related to womanhood by using hand embroidery.
Given picture is an example.

Materials required :

Needle, Thread in different colours, Fabric, Scissor and Pencil.

Scientific reason:

- Trains the brain to help with creativity and developing creative solutions.
- Lowers blood pressure.
- Increases confidence.



Reference : <http://stitchingcow.blogspot.in/2012/05/health-benefits-of-hand-embroidery.html>

2

Crochet

To make a design related to womanhood in crochet.
Given picture is an example.

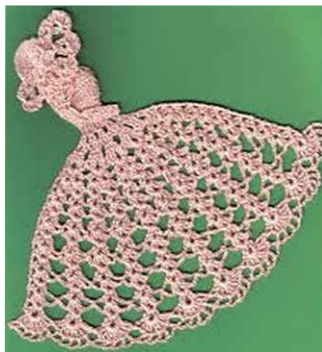
Materials required :

Crochet hook, Yarn and Scissor.

Scientific reason:

Crochet heals the following sufferings of a person

- Depression
- Physical Pain
- Insomnia
- Anxiety
- Grief



Reference : <http://www.rodalenews.com/crochet-benefits>

7. Artwork

1

Fruit / Vegetable Carving

To make a design related to womanhood in vegetables or fruits by carving them. Given picture is an example.

Given picture is an example similar symbols can be made in vegetables or fruits by carving them.

Materials required :

Different Fruits or vegetables and Knife.

Scientific reason:

- Helps kids boost their fruit and veggie intake.
- Learning vegetable carving takes patience.
- With just a few swift, deft cuts , a vegetable or fruit can be transformed into a work of art before our eyes.



8. Eco Art

1

Natural Clay Moulding

To make a design related to womanhood by using Natural clay, in the given time duration. Given picture is an example.

Materials required :

Natural clay, Brushes, Poster colours, Roller and Cutter.

Scientific reason:

- The child's brain is taking shape along with the clay. Such self-initiated activity can be the perfect match for the developmental needs of the child.
- Clay stimulates the child's curiosity. Intelligence, imagination, and creativity are engaged and fostered.

Reference : <http://www.bartelart.com/arted/Clay&Toddlers.html>



2

Making Symbols in Pakkumattai (Arecanut plate)

To make a design related to womanhood by using Pakkumattai (Arecanut plate), in the given time duration.

Materials required :

Arecanut plate, Poster Colour and Knife.

Scientific reason:

- Eco Friendly
- Enhances the creativity in the children
- Creates awareness to preserve trees.

**3**

Symbols made out of coconut fibre

To make a design related to womanhood by using coconut fibre, in the given time duration.

Materials required :

Coconut fibre

Scientific reason:

- Eco-Friendly
- The texture of coconut fibre gives the acupressure to the finger tips while doing the craft
- Because of this property, it is also used in orthopaedic beds.
- Coconut fibre is also mixed with soil for planting so that it will retain the water for more hours.

4

Symbols made out of Palm leaves or coconut leaves

To make a design related to womanhood by using Palm leaves or Coconut leaves, in the given time duration. Given picture is an example.

Materials required :

Palm Leaves or coconut leaves and Knife

Scientific reason:

- Eco-Friendly
- Enhances the creativity in the children



9. Traditional Art

1

Poo Thoduthal (Jadai with symbols)

By using banana fibre, the given flowers must be stringed in the given time duration.

Materials required :

Different flowers, Banana Fibre

Scientific reason:

- Helps to improve Concentration
- Hand & Eye Co-ordination
- Sushrut rishi, the foremost surgeon of Ayurveda, describes the master sensitive spot on the head as Adhipati Marma, where there is a nexus of all nerves. The shikha protects this spot. Below, in the brain, occurs the Brahmarandhra, where the sushumnā (nerve) arrives from the lower part of the body. In Yog, Brahmarandhra is the highest, seventh chakra, with the thousand-petalled lotus. It is the centre of wisdom. The knotted shikhā helps boost this centre and conserve its subtle energy known as ojas.
- While plaiting the hair we can see only two section and we are not able to see the third one as it goes under like in triveni sangam we can see the river ganges , Yamuna and we are not able to see the saraswathi (Knowledge) river.

Reference : <http://www.indiatimes.com/culture/who-we-are/15-scientific-reasons-behind-popular-hindu-traditions-228328.html>

10. Tailoring

1

To make Shirt by cutting and stitching

Students have to make a Shirt by cutting and stitching

Materials required :

Needle, Thread, Scissor, Button and Fabric.

Scientific reason:

- Sewing requires us to focus both physically and mentally on a task.
- Hand-eye co-ordination is good for our brains and for keeping our fingers nimble.



Class - XII

1. Traditional Culinary

1

Kai Murukku Sutral - 11 lines

To prepare Kai Murukku Sutral in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Raw rice, Urad dal flour, Butter, Sesame seeds, Asafoetida, Salt, Water and Oil

Scientific reason:

- It has a therapeutic effect on the physically challenged, especially in the co-ordination of hand movement.



2

Making of Murungai Ilai Adai

To prepare Murungai Ilai Adai in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Parboiled Rice ,Raw Rice, Thuvar Dhal, Urad dhal, Bengal Gram dhal, Red Chillies, Asafoetida powder, Salt, Onion, Coconut gratings, Murungai Keerai (Drumstick Leaves) and Gingelly Oil.

Scientific reason:

The health benefits of Drumstick leaves are :

- Reduces High Blood pressure
- Heals the wounds in the stomach.
- Reduces headache and blood diarrhoea.
- Purifies blood and excretes toxins out of the body.
- Drumstick leaves have vitamin A and vitamin C. Also carry plenty of Amino acid and calcium.
- Helps to avoid constipation problem.
- Helps to develop the bone and teeth stronger.
- Helps in brain development and nerves building.

Reference: <http://www.deborahexports.com/murungai.php>



3

Kezhvaraghu Dosai

To prepare Kezhvaraghu Dosai in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Ragi Flour, Sour Curd, onion, Green chilli, Coriander leaves, Cooking oil, Water, Mustard seeds, Cumin seeds, Curry leaves.

Scientific reason:

- Helps in weight loss
- Controls Diabetes
- Aids Relaxation
- Helps Digestion
- Reverts Skin Aging
- Good Source of protein and Amino acids
- Increases bone strength
- Reduces Cholesterol
- Treats Anaemia
- Increases lactation



4

Thinai Pongal

To prepare Thinai Pongal in the given time duration.

Materials required :

Cooking Vessels and ingredients

Ingredients :

Thinai rice (Foftail Millet), Moong dal, Camphor (Pachai Karpooram) – less than peppercorn size, Cardamom powder, Cashew nuts, Ghee, salt and Water.

Scientific reason:

- Helps to lower cholesterol.
- Helps with fat metabolism, body tissue repair and creating energy
- Reduce the affects of migraines and heart attacks.
- Helps to lower risk of type 2 diabetes.
- Protects against childhood asthma.
- Protects against breast cancer.



Reference: http://bodyecology.com/articles/millet_nutrition_benefits_uses.php

2. Drawing / Painting

1

Oil Painting in Canvas

Paint pictures like Bharath matha, War heroes or any national symbols using oil painting. Given picture is an example.

Materials required :

Paints, Brushes, Palette, Palette knives, Thinner, Medium Canvas, Gesso, Saving Colours, Easel, Studio/ Lighting, Cleaning Up and Varnish / Retouch Varnish



Scientific reason:

- Acts as a Therapy
- Mobility
- Controls the brain activity
- Promoting Our Culture
- Helps to balance the mental health
- Enhances the Emotional Intelligence
- Improves the handling of the objects
- Enhances the concentration power and creativity in the children.
- Self Esteem
- Concentration and Healing
- Art Appreciation
- Helps to communicate our ideas

Reference : <http://artblanco.com/blog/55991/11-great-benefits-of-painting>

3. Kolam

1

Pulli Kolam

Bharath matha, War heroes or any national symbols have to be drawn by using the method Pulli kolam.

Given picture is an example.

Materials required :

Rice powder and colour powder.

Scientific reason:

- When a person looks at such a geometric pattern, it manifests into vibrations inside the mind of the observer which in turn calms the mind. And this is exactly what the rangoli does to one's mind. i.e It has a soothing effect.



Reference : <http://guruprasad.net/posts/why-do-indians-draw-rangoli-scientific-reason/>

2

Ezhai Kolam

Bharath matha, War heroes or any national symbols kolam have to be drawn by using the wet rice flour. Given picture is an example.

Materials required :

Semi-solid rice flour and cloth.

Scientific reason:

- A kolam is like a painting which is drawn on the floor using rice flour.
- Kolams were originally drawn not only for adornment, but also because the rice flour in the kolams could serve as food for ants and other insects.
- Good Exercise for fingers .



Reference : <http://www.artplatter.com/2010/10/kolam/>

3

Poo Kolam

Draw kolam of Bharath matha, War heroes or any national symbols by using flowers. Given picture is an example.

Materials required :

Different flowers, leaves and chalk.

Scientific reason:

- Children can identify different flowers with colours.
- Colourful Flowers, contemplation, dedication, team work and tranquillity are the essentials for composing striking Pookolam.



4. Paper Craft

1

Symbols made out of Paper Pulp

To make a model of Bharath matha, War heroes or any national symbols by using Paper Pulp. Given picture is an example.

Materials required :

Different colour papers, glue, Scissor, Pencil and Eraser.

Scientific reason:

- Eco Friendly
- Enhances the creativity in the children



2

Making a kite

To make a kite using paper and also design a symbol like Bharath matha, War heroes or any national symbols in the kite.

Given picture is an example.

Materials required :

Different colour papers, Thread, Scissor, Cello tape, wooden skewer and Ribbon.

Scientific reason:

- Recycling of paper
- Working to improve the kinetic energy and intellectual
- Prevents children from reaching the stage of frustration
- Paper craft gives them a sense of pride in the community
- Give them the art of giving

Reference : <http://papercraftforkids.blogspot.in/2012/08/five-reasons-more-simple-i-important.html>



5. Bead Works

1

Bead Works

To make a design like Bharath matha, War heroes or any national symbols by using beads. Given picture is an example.

Materials required :

Coloured beads in different sizes, Thread, Needle and scissor.

Scientific reason:

- Fine Motor Skills
- In-hand manipulation skills
- Visual Perceptual Skills
- Eye-Hand co-ordination
- Cognitive Skills like Planning and Math Skills.



Reference : <http://www.beadingtods.com/developmental-benefits-of-beading-for-children>

6. Needle Craft

1

Hand Embroidery

To make a design like Bharath matha, War heroes or any national symbols by using hand embroidery. Given picture is an example.

Materials required :

Needle, Thread in different colours, Fabric, Scissor and Pencil.

Scientific reason:

- Trains the brain to help with creativity and developing creative solutions.
- Lowers blood pressure.
- Increases confidence.

Reference : <http://stitchingcow.blogspot.in/2012/05/health-benefits-of-hand-embroidery.html>



2

Crochet

To make a design like Bharath matha, War heroes or any national symbols in Crochet. Given picture is an example.

Materials required :

Crochet hook, Yarn and Scissor.

Scientific reason:

Crochet heals the following sufferings of a person

- Depression
- Physical Pain
- Insomnia
- Anxiety
- Grief

Reference : <http://www.rodalenews.com/crochet-benefits>



7. Artwork

1

Fruit / Vegetable Carving

Bharath matha, War heroes or any national symbols have to be designed in vegetables or fruits by carving them. Given picture is an example.

Materials required :

Different Fruits or vegetables and Knife.

Scientific reason:

- Helps kids boost their fruit and veggie intake.
- Learning vegetable carving takes patience.
- With just a few swift, deft cuts , a vegetable or fruit can be transformed into a work of art before our eyes.



2

Making Symbols using Button

To make a design like Bharath matha, War heroes or any national symbols by using Waste button. Given picture is an example.

Materials required :

Waste Button, Glue, Chart.

Scientific reason:

- Enhance the creativity in the children.



8. Eco Art

1

Natural Clay Moulding

To make a design like Bharath matha, War heroes or any national symbols by using Natural clay, in the given time duration.

Given picture is an example.

Materials required :

Natural clay, Brushes, Poster colours, Roller and Cutter.

Scientific reason:

- The child's brain is taking shape along with the clay. Such self-initiated activity can be the perfect match for the developmental needs of the child.
- Clay stimulates the child's curiosity. Intelligence, imagination, and creativity are engaged and fostered.



Reference : <http://www.bartelart.com/arted/Clay&Toddlers.html>

2

Making Symbols in Pakkumattai (Arecanut plate)

To make a design like Bharath matha, War heroes or any national symbols by using Pakkumattai (Arecanut plate).

Given picture is an example.

Materials required :

Arecanut plate, Poster Colour and Knife.

Scientific reason:

- Eco Friendly
- Enhances the creativity in the children
- Creates awareness to preserve trees.



To make a design like Bharath matha, War heroes or any national symbols by using coconut fibre, in the given time duration.
Given picture is an example.

Materials required :

Coconut fibre, Acrylic Paint, Colourful silky cloth, Colour Beads and Glue.

Scientific reason:

- Eco-Friendly
- The texture of coconut fibre gives the acupressure to the finger tips while doing the craft
- Because of this property, it is also used in orthopaedic beds.
- Coconut fibre is also mixed with soil for planting so that it will retain the water for more hours.



9. Traditional Art

1

Poo Thoduthal (Jadai With symbols)

By using banana fibre, the given flowers must be stringed in the given time duration.

Materials required :

Kundu Malli, Banana Fibre

Scientific reason:

- Helps to improve Concentration
- Exercise to fingers.
- Hand & Eye Co-ordination
- Sushrut rishi, the foremost surgeon of Ayurveda, describes the master sensitive spot on the head as Adhipati Marma, where there is a nexus of all nerves. The shikha protects this spot. Below, in the brain, occurs the Brahmarandhra, where the sushumnā (nerve) arrives from the lower part of the body. In Yog, Brahmarandhra is the highest, seventh chakra, with the thousand-petalled lotus. It is the centre of wisdom. The knotted shikhā helps boost this centre and conserve its subtle energy known as ojas.
- While plaiting the hair we can see only two section and we are not able to see the third one as it goes under like in triveni sangam we can see the river ganges, Yamuna and we are not able to see the saraswathi (Knowledge) river

Reference : <http://www.indiatimes.com/culture/who-we-are/15-scientific-reasons-behind-popular-hindu-traditions-228328.html>



Marudhani (Henna Leaves) Iduthal {Artificial Mehendi Powder & Cone std not to be used}

To grind the leaves of Henna using the grinding stone and they have to design to other child

Students have to grind the leaves of Henna using the grinding stone and they have to design to other child.

Materials required :

Henna(Marudhani leaves), Ammi (Grinding stone) to grind

Scientific reason:

Health benefits of henna are as follows:

- Cooling Agent
- Remedy for hair loss
- To treat as medicine for cracked nails
- It can cure headache and liver disorder
- To treat medicine for various skin problems



Reference: <http://www.home-remedies-for-you.com/herbs/henna.html>

10. Tailoring

1

To stitch a Pant

To make Pant by cutting and stitching.

In the pant they have to make a design like Bharath matha, War heroes or any national symbols.

Materials required :

Needle, Thread, Scissor and Fabric.

Scientific reason:

- Sewing requires us to focus both physically and mentally on a task.
- Hand-eye co-ordination is good for our brains and for keeping our fingers nimble.



2

To make Paavadai Blouse by cutting and stitching

To make Paavadai Blouse by cutting and stitching.

In the Blouse they have to make a design like Bharath matha, War heroes or any national symbols.

Materials required :

Needle, Thread, Scissor, Chalk and Fabric.

Scientific reason:

- Sewing requires us to focus both physically and mentally on a task.
- Hand-eye co-ordination is good for our brains and for keeping our fingers nimble.



NOTES

NOTES

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IMCTF Pledge

*I revere "**Trees**" as symbol of **Forests***

*I revere "**Snakes**" as symbol of **Wild Life***

*I revere "**Cows**" as symbol of all **Living Beings***

*I revere "**Ganga**" as symbol of **Nature***

*I revere "**Mother Earth**" as Symbol of **Environment***

*I revere my "**Parents**" as symbol of **Human Values***

*I revere my "**Teachers**" as symbol of **Learning***

*I revere "**Women**" as symbol of **Motherhood***

*I revere "**War Heroes**" as symbol of **Bharat***

THE PLEDGE

I revere **“Trees”** as symbol of **Forests**

I revere **“Snakes”** as symbol of **Wild Life**

I revere **“Cows”** as symbol of **All Living Beings**

I revere **“Ganga”** as symbol of **Nature**

I revere **“Mother Earth”** as Symbol of **Environment**

I revere my **“Parents”** as symbol of **Human Values**

I revere my **“Teachers”** as symbol of **Learning**

I revere **“Women”** as symbol of **Motherhood**

I revere **“War Heroes”** as symbol of **Bharath**



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