

**CHINMAYA INTERNATIONAL RESIDENTIAL SCHOOL  
COIMBATORE, INDIA**

**HOLIDAY ASSIGNMENT – DECEMBER 2011**



Dear Children

Seva has been an integral part of our culture from time immemorial. We have learnt from our Puranas and Scriptures as to how great Saints, Kings and Philanthropists have exemplified themselves in the service of others. Even in the modern times, great men like Swami Chinmayananda, Mahatma Gandhi and Mother Teresa have demonstrated the nobility of Seva in daily life. However, the demands of modern life have become so challenging that the people of the present generation have drifted themselves from being selfless to being more self-centered resulting in competition and chaos in the society. Therefore it is important that the spirit of Seva be reignited again so that the people of the world can live in peace as one big community. A good beginning towards this would be that each one of us accepts Seva as an integral part of our own life.

The holiday assignment for this winter vacation shall be based on Seva. Each student is expected to undertake two tasks. Both tasks shall provide you the opportunity to be involved in Seva and thus appreciate its importance as a way of life.

**Task-1**

It is needless to say that every individual is greatly indebted to his or her parents. Parents have introduced us to the world, nurtured us and enabled us to evolve into a fine human being as we are now. Furthermore, our immediate environment including friends, neighbors and servants also play an important role in our development. Hence, it is more appropriate for Seva to begin at home. The first task of the holiday assignment would help you to appreciate and reciprocate with gratitude their contribution to your development.

In this task, you would be required to involve in Seva activities at home for a minimum of **ten hours**. Some of the suggested activities (not exhaustive) are as follows:

- Service to parents by helping them in their daily chores (cleaning and decorating house, helping mother in kitchen, serving grandparents, etc.)
- Service to servants (guiding or satisfying their needs, providing awareness about hygiene, teaching them some life skills etc)
- Service to friends / relatives during times of their need (organizing a function, making greeting cards, etc)

### **Instructions for Task-1**

- The duration of this task should be minimum 10 hours
- This Seva should be ongoing and should extend over the entire vacation period in the form of either a couple of major activities or a number of smaller activities
- For each activity under task-1, make a record in the format given in Appendix-1 and ensure that you obtain the signature of your parents or of those who benefit from your Seva

### **Task-2**

The second task is to personally engage in any **ONE OR MORE** Seva activities listed below and write a note about your experience.

- **Seva of the Challenged**
  - Visit to an orphanage, old age home, home for mentally retarded, etc.
- **Seva with an organization**
  - Social service organization, NGO, government agency, etc.
- **Seva for the society**
  - Tree planting, Blood donation camp, Medical camps, cleaning drive, service in hospitals
- **Seva for a universal cause**
  - Global warning, Environmental awareness, Population issues, wild life protection

### **Instructions for Task-2**

- The duration of this task should be minimum 10 hours
- Choose a Seva activity in consultation with your parents. Your parents shall help you to choose based on the opportunities available, time available, feasibility, etc. The activity should also be of interest to you.
- Before beginning the activity, make your own research about the place you are going to be visiting, people associated, their demands and how your Seva may be useful to them.

- As a first step to starting your work, you must introduce your school and the objectives of the holiday assignment to all those who shall be involved (for example, if you want to serve the old age home, you must introduce your school and the purpose of the holiday assignment to the person who manages the old age home). This should be done by making them read the write-up given in Appendix-3.
- During the Seva, be familiar and follow the norms of the place you visit. Make sure you neither disturb their privacy nor insult them knowingly or unknowingly.
- After the Seva, write a brief note about your experiences of the Seva (not exceeding 200 words). The note must be handwritten. You may try to focus on the following points:
  - How did you decide on this particular Seva?
  - Who were the beneficiaries of the Seva?
  - What kind of difficulties did you face during the Seva and how did you overcome them?
  - What did you learn from the Seva?
  - Would you take up this Seva as a long-term activity? Why?
- Submit your note along with the proof of engagement in the Seva. The proof may include documents and photographs. You may submit them in the form of hard copies (printouts) or e-mail to [seva@cirschool.org](mailto:seva@cirschool.org). While mailing, do mention your name, class, section and roll number in the subject area.
- Seva under Task-2 must be authenticated by a competent authority on behalf of the beneficiary (for example, the head of the orphanage, etc.). This can be done by requesting the beneficiary to fill and sign the form given in Appendix-2.

### **General Instructions for both the tasks**

- Submit your holiday assignment comprising of the following documents to your RHPs on arrival from the vacation
  - Format for Service-at-home given in Appendix-1, duly filled with signatures from the beneficiaries and parents.
  - Hard copies of the note on experiences for Task-2 along with proof of engagement (if not sent by e-mail)
  - Completed authentication letter for Task-2 as given in Appendix-2
- All your assignments/tasks should be your original work and should reflect your learning experiences. Assignments that are found to be copied or manipulated shall be rejected.

### **Explanation to some key words**

***Seva – Selfless service rendered to the needy people***

***Sevaks – One who offers free service***

***Beneficiary – One who benefits from the Seva***



**Appendix-2**

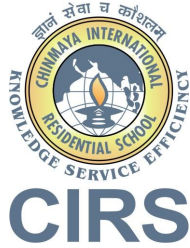
**Certificate of authenticity for Seva under Task-2**

This is to certify that (name of the student) ..... has participated in the Seva activities as per details furnished below:

<b>Name of the student</b>	
<b>Class</b>	
<b>Name of the school</b>	<b>Chinmaya International Residential School, Coimbatore</b>
<b>Dates of the Seva activity</b>	
<b>Name of the organization where Seva took place</b>	
<b>Total duration of engagement in the Seva (number of hours)</b>	
<b>Short description of Seva</b>	
<b>Remarks about the Seva (in the form of descriptive sentences or key words such as “excellent”, “good”)</b>	

**Signature of the person authenticating the Seva  
(along with office seal)**

### **Appendix-3**



### **To whomsoever it may concern**

Chinmaya International Residential School is a private school affiliated to the Central Chinmaya Mission Trust, Mumbai with classes from grade 5 to grade 12. The bearer of this note is a junior student of this school. The present activity is a part of the holiday assignment for the students and is aimed to inculcate the spirit of Seva (Service) in the students.

The holiday assignment for each year is based on a particular theme and is designed in a manner that the students engage in activities that promote experiential learning. This year, the holiday assignment bases on the theme “Seva”. Service to humanity is considered as one of the important aspects of human life. This year’s holiday assignment provides a good opportunity for the students to directly experience and appreciate the nobility in doing Seva.

We hereby thank you in advance for encouraging the students in his/her attempts to understand and experience Seva by sharing your work force, resources and your valuable time.

***Principal***