

Azaan International School

KAUSHAL BODH – SKILL EDUCATION Grade-VII Assignment-I

Activity: Making a First Aid Box

Dear Students,

As part of the **Kaushal Bodh – Skill Education** Group activity, you will be working in groups to prepare a **First Aid Box**.

The groups have already been formed by your teacher. Please **coordinate with your group members** and arrange the following items:

- Adhesive bandages, Sterile gauze, Cotton, Antiseptic solution/ointment, Medical tape, Scissors, Disposable gloves, Thermometer, Tweezers, ORS packets

Arrange the items neatly in a suitable box, label the contents and make the box presentable.

Submission Date: Monday, 14th September 2026.

All students are requested to actively participate and coordinate with their group members to complete the activity on time.

Assignment-II

Individual Activity: Family Health Survey & Improvement Plan

With the help of parents/guardians, collect basic information about your family's health habits.
(Refer to Pg. 150 of the *Kaushal Bodh* textbook.)

- Collect information on food habits, physical activity, sleep, water intake, hygiene and regular health check-ups.
- Present the information in a table/chart.
- Identify healthy habits and areas for improvement.
- Suggest simple and practical health-improvement measures.
- Prepare a **Family Health Improvement Plan** with specific steps for family members.

Final Submission:

Compile the survey, analysis and improvement plan into a **“Family Health Handbook.”**
Students should not include or share private medical information.

Submission Date: Thursday, 17th September 2026.

