

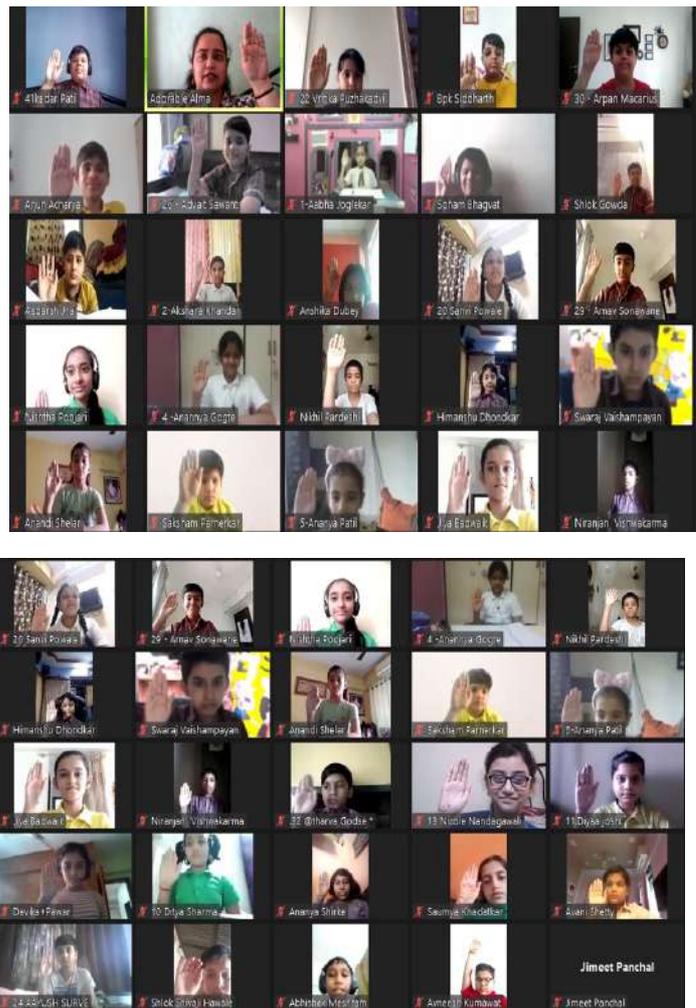
D.A.V. PUBLIC SCHOOL, THANE

REPORT

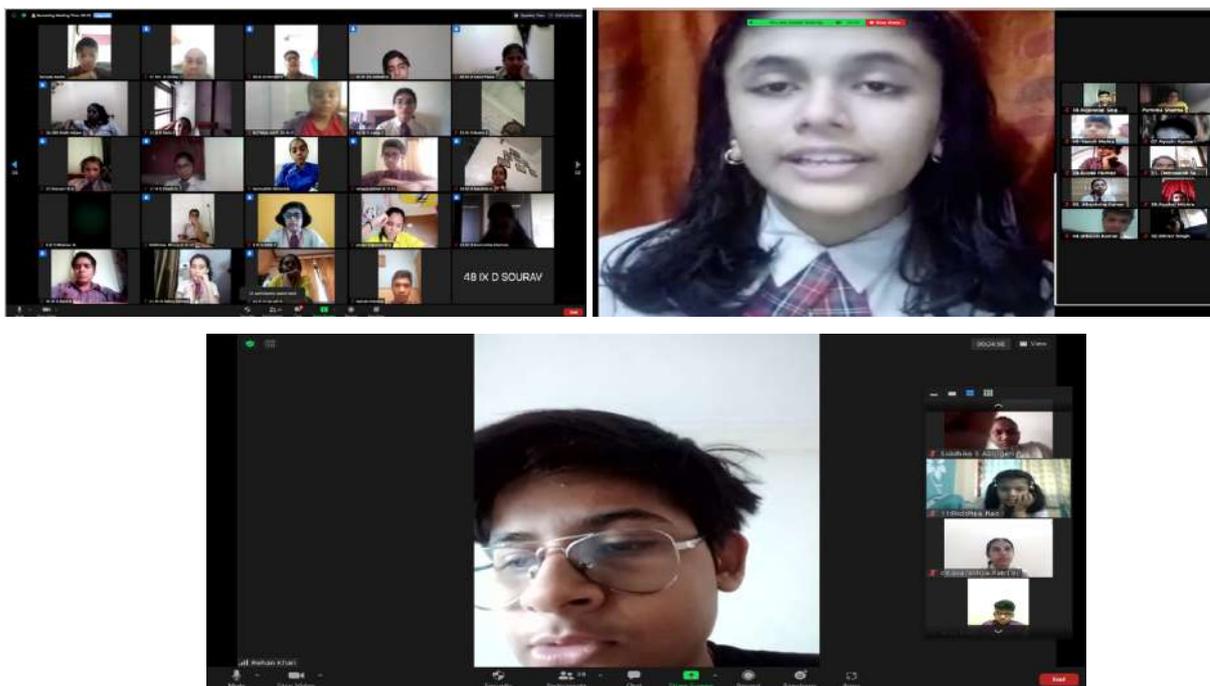
SWACHHATA PAKHWADA 2021

To recognize the vital role of the schools in spreading the awareness about Swachhata Mission and its implementation across the country, D.A.V. Public School, Thane, conducted fortnightly activities from 1 September 2021 to 15 September 2021. Most of the activities were conducted virtually in keeping with the government guidelines and following the COVID-19 protocol.

Swachhata Shapath Day: The Swachhata Pakhwada embarked on September 1, 2021 with the students and teachers taking a pledge to cleanliness. It promoted the virtue of personal as well as social hygiene among the students of classes I to X. The students were also told about the importance of cleanliness and encouraged to keep their surroundings litter-free. They were also stimulated to spread an awareness about the same.



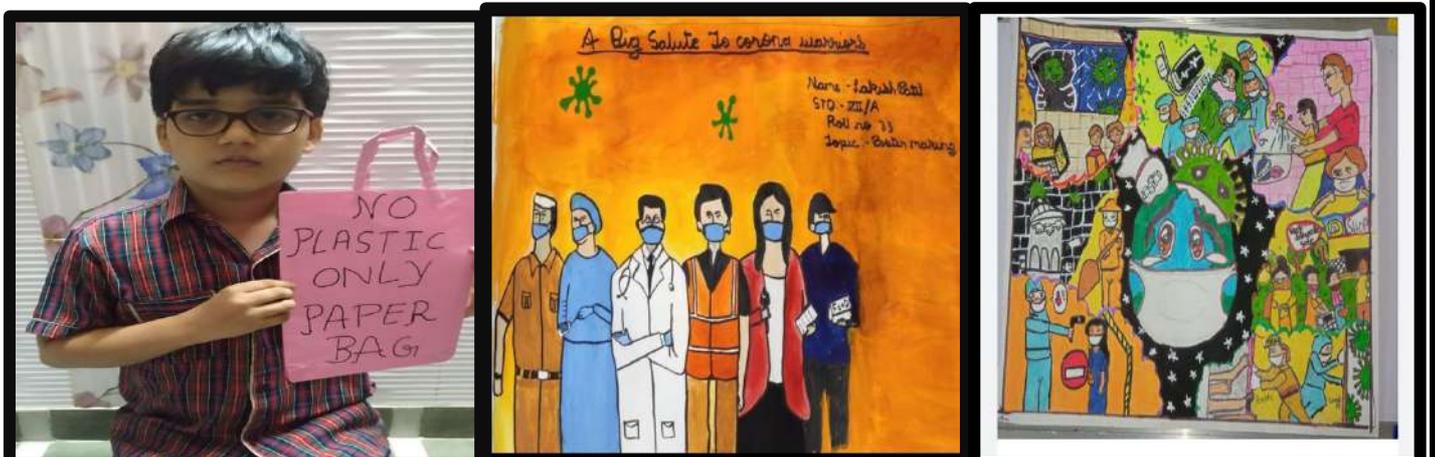
Swachhata Awareness Day: Day two of the drive was observed as Awareness Day. The teachers talked to their students about the importance of cleanliness in their respective classes from Std I to X. The teachers spoke about keeping the surroundings clean and spreading the message of cleanliness wherever they go. The students also shared their views about the topic and suggested many measures that can help keep the places clean. The students displayed much enthusiasm and were highly motivated to take up the prescribed activities.

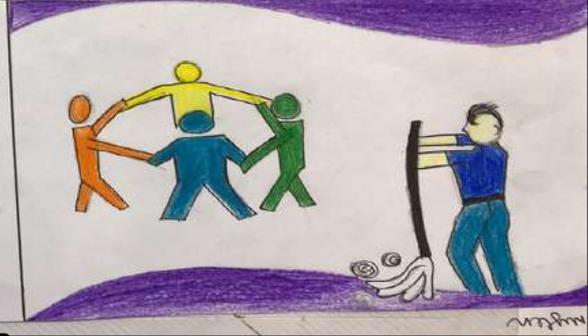
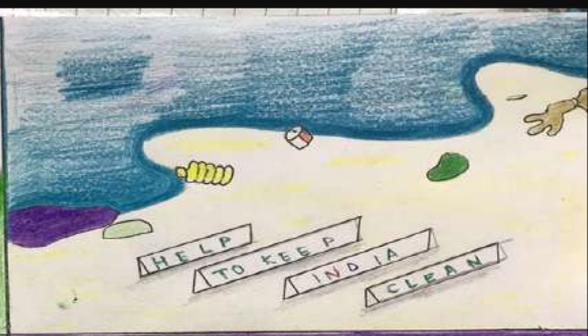


Community Outreach/ Green Campus Drive: Cleanliness is the act of keeping our body, mind, dress, home, surroundings, and other work area neat and clean. Cleanliness of the body is essential for our physical and mental health. Cleanliness of the surrounding areas and environment is vital for social and intellectual health. Dirty things in the surrounding areas or homes give rise to various disease-causing germs, bacteria, viruses, and fungus. Children can become the true ambassadors of cleanliness drive and impact their household and neighbourhood. Community Outreach programme was conducted on the virtual medium where the teachers discussed the agenda of cleanliness with the parents of the students. The parents were also encouraged to engage their kids in keeping their homes clean. In the ‘Green Campus Drive’, the students participated in the ‘Tree Plantation Mission’. They were encouraged to plant trees and saplings in their homes and respective societies.



Swachhata Participation Day: A gamut of activities including Poster Making, Article Writing, Slogan Writing, and Drawing Competition was organized as part of Participation Day. The teachers encouraged the students to make posters on the related theme ‘cleanliness.’ Students of classes VI to X participated in the abovementioned activities. Drawing Competition, Poster Making, Article Writing, and Slogan Writing to name a few. The posters prepared by the students conveyed the message of cleanliness towards the environment to boost their confidence and sincere dedication towards the activity. The focus of the activities was the prevalent pandemic.





Mobile No - 9786162687



ARTICLE WRITING

Topic: Importance Of Health And Hygiene
By: *Kashvi Srivastava*

Health is Wealth. Good Health is greatest blessing that a person can have. Good Health is a key to happiness. There is an old saying that 'Healthy Mind stays in a Healthy Body.'

Good Personal Hygiene helps to prevent the development of Bacteria, diseases and unpleasant body odors and also helps us to look more presentable, attractive and confident.

Maintaining good hygiene will also prevent you from spreading disease to other people.

For a good health, Healthy Eating, Exercise, enough sleep, washing hands should be necessary. Cleanliness is also a very important part of hygiene.

A single smile will also make a difference in your life, if you are hygienic.

So this was my point of view on the Importance of Health And Hygiene.

In Our Life

- Kashvi Srivastava
III - A
30/11/20-7



Workshop on Personal Health and Hygiene

School hygiene or school hygiene education is a **healthcare science**, a more expansive school health education form. The primary aim of school hygiene education is to improve behaviour through applicable practices connected to personal, water, food, domestic and public hygiene. The saying goes that health is wealth. Health is the most precious that one can possess of all things in the world. Money is an excellent thing. However, it cannot give any pleasure to a healthy man in ruins. As the body and mind are closely related, the mind cannot be healthy and playful without good health.

A Workshop was conducted on 8.9.2021(Wednesday) on the importance of personal health and hygiene where children were taught the basic concept of cleanliness which children have to perform regularly.

BASIC STEPS TO REMEMBER

- We should brush our teeth twice a day
- We should cut our nails regularly.
- We should wash our hands before and after eating.
- We should eat healthy food.
- We should always wear clean clothes and comb our hair.
- We should do exercise every day to keep ourselves fit.

A practical demo was also given to better understand health and hygiene properly to the children through hand wash video and PPT. The children enjoyed the session and learned a valuable lesson through the workshop.



Workshop on Hand Washing

Keeping our hands clean is one of the most fundamental steps to avoid spreading germs and keeping healthy because hands are the most exposed part of one's body.

A Workshop was conducted on 8.9.2021(Wednesday) on the importance of handwashing in which the students were explained its importance. The children were also explained how bacteria spreads through our different sense organs. The workshop aimed at making children aware about different ways of washing hands and the importance of using soap or hand wash.

Steps of Hand Washing

- Wet your hands
- Apply soap/liquid soap
- Rub palms together
- Rub the back of both hands
- Interlock fingers and rub hands together
- Rub the fingertips on the palm of both hands.
- Rub both the thumbs and wrists in a rotating manner.
- Rinse and dry hands thoroughly.



A practical demo was also given to better understand washing hands properly to the children through hand wash video and PPT. The children enjoyed the session and learned a valuable lesson through the workshop.

SWACHHATA AWARENESS MESSAGE

The screenshot displays the website for DAV Public School, Thane. The header includes navigation links: ABOUT DAVCMC, ARYA SAMAJ, PRESIDENT'S MESSAGE, DAVCMC VIDEOS, ALUMNI, and DAVCMC. The school's logo and name are prominently featured, along with the address: Thane, Tulsidham, Ghodbunder Road Maharashtra. A main navigation bar lists: HOME, ABOUT US, ADMISSION, ACADEMICS, ACTIVITIES, FACILITIES, FACULTY, and CIRCULARS. Below the header, there are buttons for 'Student Council Members 2021' and 'Online Fee Payment'. A 'LATEST NEWS' section features the headline 'Flatten the Curve. Stay Home. Stay Safe.' and a photograph of students in a school hallway. The central content area is titled 'D.A.V. PUBLIC SCHOOL, THANE SWACHHATA AWARENESS MESSAGE'. It includes a quote from Mahatma Gandhi: 'Mahatma Gandhi never compromised on cleanliness. He gave us freedom. We should give him a clean India.' and a Sanskrit motto: 'शुद्धिमात्रेण हि संसारो ध्यायते'. The text explains the importance of cleanliness in daily life and the school's commitment to creating a clean environment. A small illustration of a person washing hands is also present. On the right side, there are sections for 'STUDENTS CORNER' and 'NOTICE BOARD'. The notice board contains the following information: '2021 SWACHHATA AWARENESS MESSAGE', 'For PDF of Std 6 & 7 Sanskrit TextBooks, go to Academics Tab', 'CBSE COVID JAN ANDOLAN', and 'ADMISSION NOTICE 2021-2022'.

Prize Distribution Day: The fortnight long events culminated with distribution of e-certificates to the winners on the virtual medium.
