



SEWA **ACTIVITIES**

2021-2022



MY ACTIVITY

SEWA: Life Skills

Life skills can be defined as abilities that enables humans to deal effectively with the demand and challenges of life. They may also be called psychological skills, as they are psychological in nature and includes thinking and behavioral processes.

“TIME IS THE ONLY THING OR CAPITAL THAT ANY HUMAN HAS, AND THE ONLY THING HE CAN'T AFFORD TO LOOSE”

“

TIME IS THE SCARCEST RESOURCE, & UNLESS IT IS MANAGED NOTHING ELSE CAN BE MANAGED

- Peter Drucker”

TIME MANAGEMENT as a Life Skill”

Time management skills are those that helps you use your time effectively & achieve desired results. Time management skills can help you allocate your time properly and accomplish tasks efficiently. Some of the most important skills related to successful time management skills include:

- ORGANISATION
- PRIORITISATION
- GOAL SETTING
- COMMUNICATION
- PLANNING
- DELEGATION
- STRESS MANAGEMENT
- FLEXIBILITY
- SCHEDULING

If you want to excel in life, you have to respect the importance of time & find a way to manage it effectively. Time management skills helps you to systematically organise your tasks & accomplish them by their deadline. Proper time management skills allows you to be creative & proactive with your goals. With a well defined time frame for each workplace task, you can ensure you're contributing.

POSTER

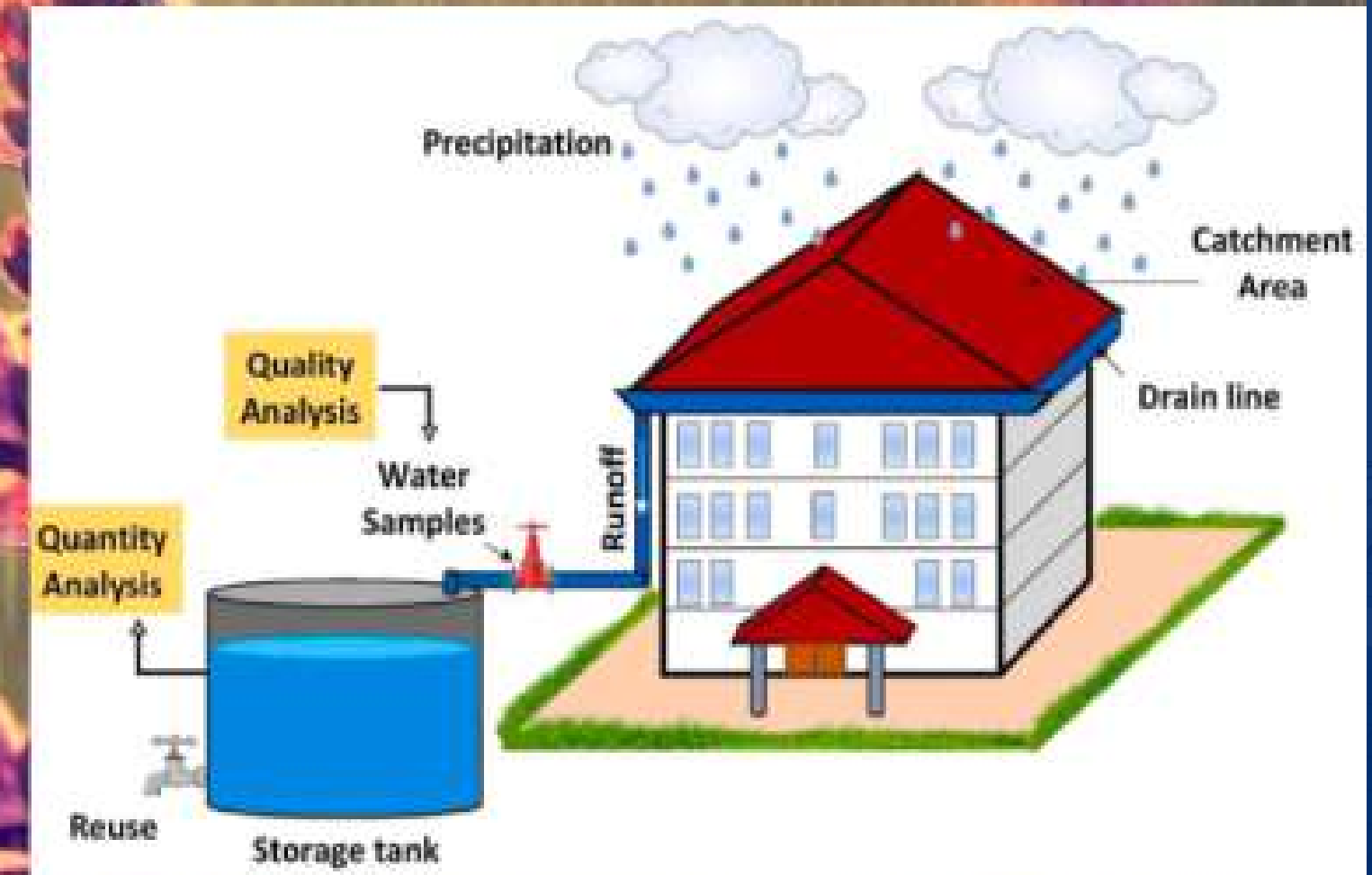


PROJECT REPORT

The preparation for the project started during the month of November. It started by setting a class meeting in which we discussed about the importance of SEWA and divided the class into five groups of nine members. Later we conducted the group meetings and discussed on the topics we planned to take as our subject for the posters. we decided to do on the topic School health in which we shared the information regarding the factors that affect the school health, things to be done to take care of school health, precautions to be taken etc. our aim was to aware people on school health and importance of it. Over all we came to know more about the importance of the SEWA and helping each other in a difficult situation like this and I am happy to be a part of this.

What is it

- Rainwater harvesting is a technology used for collecting and storing rainwater from rooftops, the land surface or rock catchments.
- Rainwater harvesting systems consists of catchments, conveyance systems, filter, tanks and recharge structures.
- The process of rainwater harvesting involves the collection and the storage of rainwater with the help of artificially designed systems.
- Rainwater harvesting is a sustainable process that helps in preserving water for future needs.



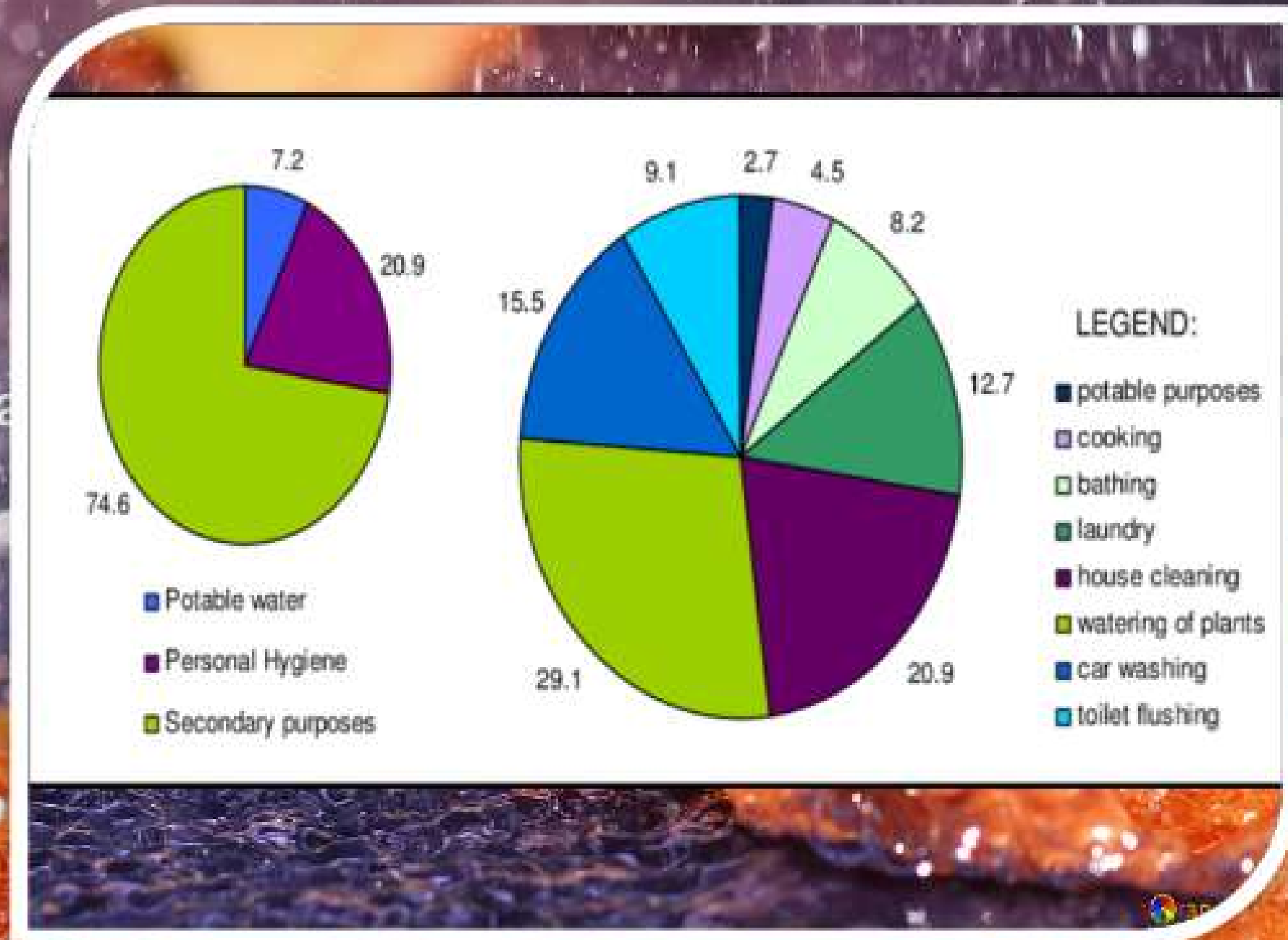
Advantages

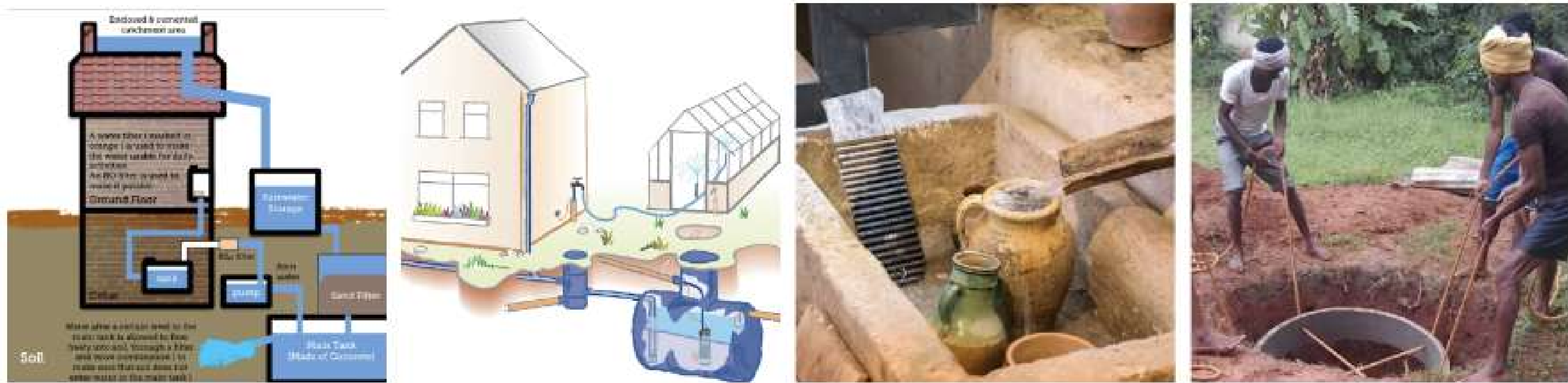


- Less cost.
- Helps in reducing the water bill.
- Decreases the demand for water.
- Reduces the need for imported water.
- Promotes both water and energy conservation.
- Improves the quality and quantity of groundwater.
- Does not require a filtration system for landscape irrigation.
- This technology is relatively simple, easy to install and operate.
- It reduces soil erosion, stormwater runoff, flooding, and pollution of surface water with fertilizers, pesticides, metals and other sediments
- It is an excellent source of water for landscape irrigation with no chemicals and dissolved salts and free from all minerals.

Uses

- Drinking
- Cooking
- Washing vegetables
- Agricultural purposes
- Toilets (Bathing and Flushing toilets)
- Gardens, House plants and Outdoor plants
- Lawns
- Water for pets, wildlife, livestock
- Pools and other water bodies
- Washing vehicles and equipment
- Fire protection
- Composting





There are various ways in which water could be harvested let's take a look at a few of them in an elaborate way



Career Guidance....



What is Food Technology?

Food technology is a branch of food science that deals with the production, preservation, quality control and research and development of food products.



Entrance Exams :

CFTRI : Central Food Technological Research Institute Exam conducted by CFTRI, Mysore.

IICPT : Indian Institute of Crop Processing Technology Entrance exam.

AIJEE : All India Joint Entrance Exam is conducted for admitting students into BTech Food technology.

SEWA REPORT OF STD XII B 2021-22

TOPIC – ONLINE VOLUNTEERING FOR COUNSELLING PEERS FOR RAISING AWARENESS REGARDING CAREER PATHWAYS

The class strength is 41. The students were divided into 4 groups of 10 members each. They were asked to research on different career pathways that are available for students who opt for science in their class 12. The students began their work by mid November 2021. They conducted online meetings among group members and divided the different career choices among themselves so that research could be done easily. Some groups suggested not to confine the topic to science stream alone as some students might later think of changing the stream and so would be benefitted if they come to know about the choices available in other streams too. So it was generally informed that they could include career options in general. The final project was submitted in the first week of January. In the second week of January each group was asked to present their research work to their peers in a Google Meet. Most of the groups had included games or quizzes toward the end of their session. There was an interactive session after each presentation and the audience gave their feedback to the group that presented the project. All students agreed that they were greatly benefitted by the sessions as they had come to know about many different career options that they had not known before. The students also uploaded the individual SEWA reports in which they briefly outlined the process of preparation, the challenges they faced and the benefits of the project.

Jijitha V G

SWACHH VIDYALAYA



SWACHH BHARAT

REPORT ON SEWA PROJECT OF STD XII D

SWACHCHA VIDYALAYA SWACHCHA BHARAT

The topic opted for Std XII D was Swachcha Vidyalaya Swachcha Bharat. Contributing for hours into the project has evolved all the students to look at the promising environment in a very different perspective. By working on the topic, under the guidance of their teacher Smt. Nirmala VK, students have been able to motivate themselves, as well as others and spread awareness on how to keep and to nurture the nature, they rely on. This project emphasizes on one such subject we all may forget about, while living our busy lives trying to keep ourselves safe and healthy, which is to first keep our surroundings tidy. By sharing their thoughts and theories on the topic with one another, they went back to think of all different activities they have done which led to the deterioration of their pride, their beautiful country and also provided them with solutions to correct the same. It was a thought provoking project and a great learning experience for all the students.

HOW TO KEEP SCHOOL FACILITIES CLEAN

- Make sure to put the pencil shavings inside the garbage bin.
- Always dust your feet before entering a classroom.
- Make sure your hands are always clean.
- Do not litter the school.
- Put the waste in the bin.
- Avoid spilling Water

CUTS AND SCRAPES



The 4Rs are a simple way of reminding us how we can make a difference. Each step provides us with a different way of considering what we use and how we dispose of waste.

We currently live in a society where there is overconsumption, and this comes with increased garbage, which is a great problem. Each and every year, we recycle more; however, as we do this, we create more garbage. As we create this problem, few people are on board to help develop solutions.

The four R's, which include reduce, reuse and recycle and now respect, all functions by helping to cut down on the amount of waste that people throw away.

By growing awareness and gaining an understanding of the environmental impacts we have on our planet, we can be better informed of where and how to act.

Thankfully things are changing and understanding the importance of the 4Rs can certainly help us inform our choices.



My SEWA promise

Student details

Name: Devananda R

Class: 9B

School: Bhavans Munshi Vidyashram

My SEWA Promise

Project Report

9.1 Project Topic

Preparation of family budget and maintenance of daily household accounts

9.2 Project Focus

Having a check on daily expenses and maintaining a budget

9.3 Target Point

Reducing unnecessary expenses

9.4 Duration

1/12/2021 - 31/12/2021_



Researching on the topic

A photograph of a handwritten budget table in a notebook. The table is titled 'Budget' and has two columns: 'CATEGORIES' and 'AMOUNT SPENT'. The table lists various household expenses and their corresponding amounts in Indian Rupees (₹).

CATEGORIES	AMOUNT SPENT
Chemicals	₹100
Vegetables	₹300
Internet Recharge	₹500
Spices	₹250
Clothing	₹1000
Flour, oil, salt	₹200
Medical expenses	₹500
Food products	₹400
School supplies	₹300
Fish	₹1000
Bakery products	₹200

Maintaining a budget



Giving Food to needy people...
(we decided to not to show face)



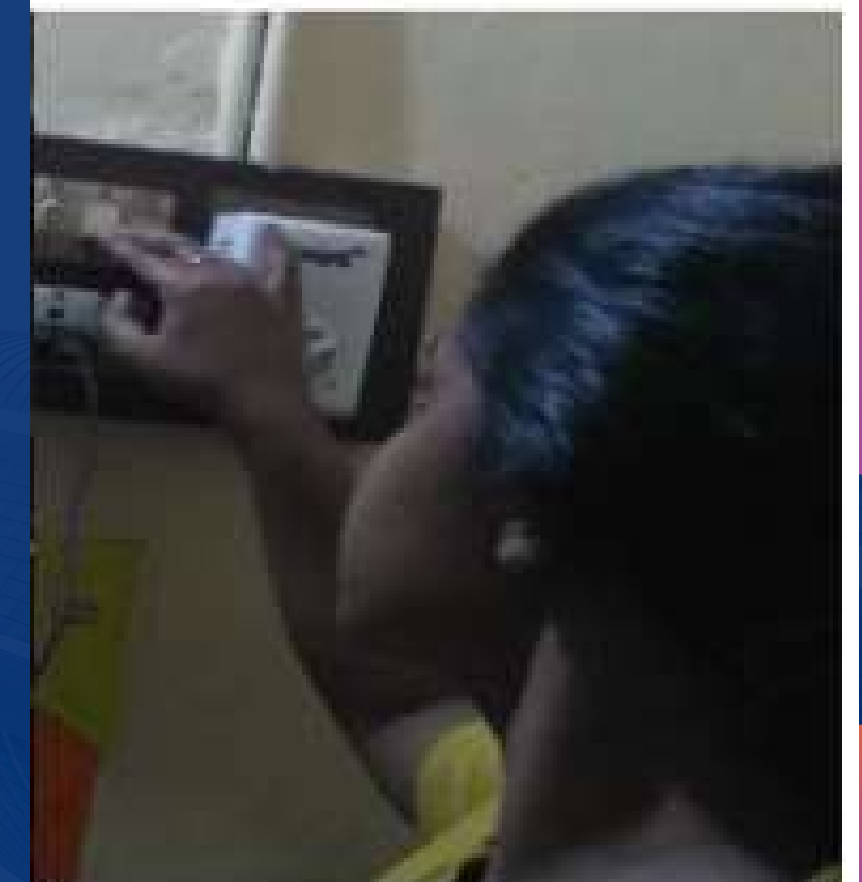
Donating my hair...



Went to buy Groceries....



Medicines for grandparents....



Turning off the lights