

Swachhata Pakhwada (Cleanliness Drive for Swachh Bharat)

Veda Vyasa DAV Public School observed Swachhata Pakhwada during 1-15 September 2021 with great zeal and vigour under the dynamic leadership of principal Ms. Shalini Arora and ever inspiring supervisory in charges Ms. Kavita Dewan, Ms. Sonia Malik and Ms. Anju Singh. The students of classes Pres School to XII took active part in the Swachhata Pakhwada activities and conducted a wide range of activities.

The Pakhwada has been flagged off by taking the 'Swachhata E-pledge' online by all the students. The pledge, in English and in Hindi promoted the virtue of cleanliness both personal and social among students. The students were encouraged not to litter and to dispose of the garbage properly & wisely. They were told the hazards of using plastic items and were motivated to spread awareness to avoid using plastic bags. They pledged to segregate biodegradable and non-biodegradable wastes, so as to make their country & green.

It was followed by observing two very important days, i.e., Handwash Day on September 8th, 2021 and Personal Hygiene Day on September 9th and 10th, 2021 respectively. The teachers interacted with the students virtually and accentuated the need to wash hands, wearing a mask and maintain sanitation during COVID-19 time. The students created posters, made personal hygiene things like toothbrush, nail cutters, comb etc. using clay, shared images while doing everyday cleaning activities, etc. A quiz related to Swachh Bharat was also organized for disseminating information.

The students participated in a talk to celebrate 'Swachhata Awareness Day'. The importance of Swachhata was discussed by teachers in their respective classes to reaffirm their faith in cleanliness towards the school, city and country or wherever they go. It should be a habit which would ensure a better, cleaner and healthier tomorrow. Our students also came forward and presented their views with great zeal and enthusiasm. They shared simple things which everyone could indulge in to make a clean and green environment, and further showed their pledge to make this mission a success.

The students revealed their active participation in educating the people around them about the proper disposal of waste with the 'Community Outreach Program'.

The students participated in the 'Green School Drive' where they were involved in the cleaning activity. The students turned into the real brand ambassadors of this Swachhata Mission. They were involved in cleaning up their surroundings. The students actively took part in this learning while doing activity. They picked-up wrappers, papers, dry leaves, etc. and disposed them off in proper dustbins.

The activity 'Personal Hygiene' was also organised. It was a qualitative approach and an effective way towards personal hygiene. The students shared significant tips like not to share a towel, importance of taking bath regularly, not sneezing in the open etc. and taking proper care of body hygiene. The students were also motivated to ban plastic completely and switch to steel tiffin as well as jute/paper bags.

Swachhata Action Plan including class discussion- Importance of Trees in life, plant a Sapling, Digital Comic Strip on the theme save planet earth on Wakelet, draw posters/write slogans on the theme - Go Green, research - Find benefits of Neem, Tulsi, Lemon and other plants of their choice was made by, the students to actively involve everyone in the cleanliness of the surroundings they belong to. This activity revealed the enthusiasm, love and respect towards the work allotted to them moreover, a sense of responsibility towards the cause.

Glimpses of the activities are as follows:

HANDWASH DAY SEPTEMBER 8TH 2021

WASH YOUR HANDS

1

WATER AND SOAP

2

PALM TO PALM

3

BETWEEN FINGERS

4

FOCUS ON THUMBS

5

BACK OF HANDS

6

FOCUS ON WRISTS

Wash your hands thoroughly before and after eating your food, coming from outside etc. Click your picture while washing your hands and upload on Google Classroom by September 8th 2021.

PERSONAL HYGIENE DAYS SEPTEMBER 9TH AND 10TH 2021

BRUSH YOUR TEETH

At least twice a day after waking up in the morning and before going to bed at night

WASH YOUR HAIR

Wash your hairs often keep it neat and tidy by brushing and styling as often as you can

WASH YOUR HANDS

- After going to toilet
- Before and after eating
- Playing with animals
- After brushing hairs
- After playing outside

WE KNOW OUR

PERSONAL HYGIENE

TAKE A SHOWER

Take a bath or shower at least once a day. Change your underwear daily

CHANGE YOUR CLOTHES

Wear neat and clean clothes everyday, change your clothes when dirty or wet

CLIP YOUR NAILS

Keep your nails short and clean at all times

Good grooming and personal hygiene are essential. Click a picture while brushing your teeth, combing hair, clipping nails, washing hands etc. Upload the same on Google Classroom by 9th September 2021.



