

St. Xavier's Institute of Education
SWACHHTA ACTION PLAN (SAP)
Mahatma Gandhi National Council of Rural Education
Ministry of Human Resource Development
Government of India
Criteria wise Consolidated Report

Criteria: **Sanitation & Hygiene**
SAP Day 1 Health & Sanitization Report of the action plan discussed

Group Name: *Health Nation*

Time : 10:10 am

Date: 31 December 2020

Points of discussion

- Brief orientation about SAP activities and the topic assigned to the concerned group.
- A monitor for the group was appointed.
- Discussion on the list of activities to be conducted as a part of program.
- Street play and scripting for the same was decided to be the main activity for the area Health and Sanitization. Some inputs would be given through drama and art lecture and could be incorporated in SAP activity.
- **Division of work:** Each member of the group has to contribute equally, and the responsibilities are to be equally shared.
- Everyone can contribute in preparation of script for street play and finally street play can be uploaded on website or social media.
- Due to time crunch and submission of immediate action (activity by 2nd January 2021), it was to work upon the street play activity for future and other activities like Slogans and poster making was finalized upon.
- Discussion in the group was continued further and allotment of the activities among each member was done. Wherein the activities of slogan and poster making were divided equally.
- So, following 5 people choose to create slogans, Joslin, Saima, Dhanya, Rachel and Jinelle and the following 5 students choose to make posters Ankita, Sarah, Saheel, Vanessa and Jolina.
- It was then decided that all the slogans and posters will have to be uploaded on the LMS before 2nd January 2021.
- It was discussed on how as a group some write up could be prepared on health and sanitation connecting it with plantation, also how could correlate health cell to sanitization.
- To feel motivated, a name was decided for the group. An apt name was suggested by the students for group, Health Nation. We have thought of coming up with more Innovative names and ideas for our SAP activity as a group.

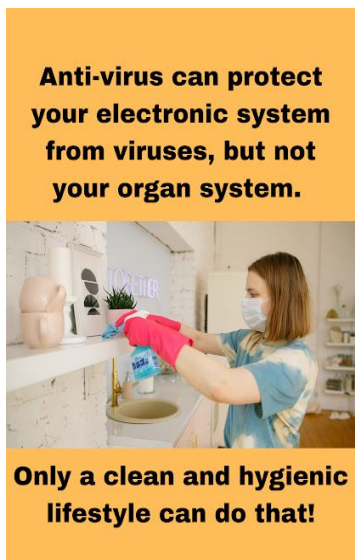
Staff coordinators
Dr, Shadab P, Mrs Priti S

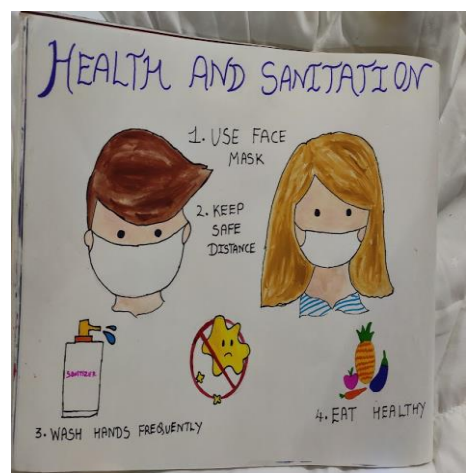
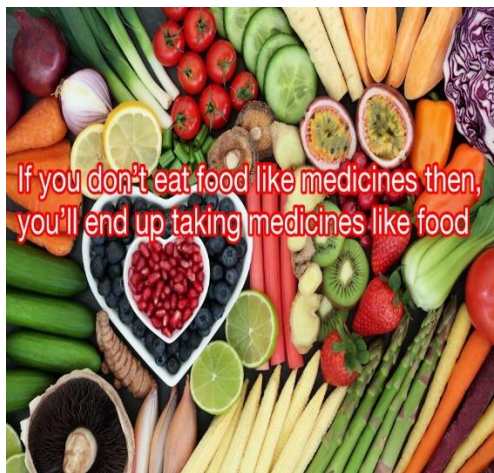
Student coordinators
Joslin, Sarah,
Saima, Saheel,
Dhanya, Ankita,
Rachel, Vanessa
Jolina, Jinelle (Student Representatives)

Poster: Sanitation & Hygiene



Slogans for Sanitation and Hygiene





Slogans:

<https://drive.google.com/drive/u/0/folders/1c17cuv849RtXOYtCbcdLGa2cgS4ajSI>

https://drive.google.com/file/d/18a3y_i7_asTC1m4UV2bfdDRE0Cu3fnyW/view?usp=sharing

<https://drive.google.com/file/d/1pte70VjQogqerdg0Za3RupfOJyp9ctUJ/view?usp=sharing>

<https://drive.google.com/file/d/1a5G5m56iXbkkN0B4XHs4raxfFR36E5Uo/view?usp=sharing>

https://drive.google.com/file/d/1gpqGBZ3vLpwL_n1qcPRASCHIKSxMo7em/view?usp=sharing

Poster on steps to prevent Disease (especially corona virus) and remain healthy.



Food Hygiene Tips

<https://drive.google.com/drive/u/0/folders/1c17cuv849RtXOYtCbcdLGa2cgS4ajSI>

Your health your responsibility

<https://drive.google.com/drive/u/0/folders/1c17cuv849RtXOYtCbcdLGa2cgS4ajSI>

Hygiene and Sanitation- A Necessity

Link:

<https://drive.google.com/drive/u/0/folders/1c17cuv849RtXOYtCbcdLGa2cgS4ajSI>

Criteria: **Waste Management**

The Minutes of the meeting

Day & Date: Thursday, 31st December, 2020

Time: 10:10 a.m. to 11:00 a.m.

Agenda: Preparation of Action Plan for SAP in the area of Waste Management

Following students were present for the meeting: Shefali, Demmi, Bazela, Gracy, Nicole, Alsona, Risal, Pramila, Sania, Chantelle

Staff Coordinator: Dr. Elvina Pereira

As per the agenda of the meeting a brief input was given by the staff coordinator after which students shared their ideas and opinions about the action plan. Following points emerged from the discussion during the meeting.

- Ms. Bazela Hawa and Ms. Pramila Irudayaraj accepted the responsibility of being the Leaders for the Month of January, 2021
- Creating awareness about waste management at homes and if possible society.
- Preparing Action Plan by keeping in mind the lockdown limitations.

Actions suggested by the students:

- Preparation of :
 - Brochure
 - Videos
 - Posters
 - Week Long Picture Log
 - Interviewing people who are at the forefront of waste management
 - Conduct Survey about awareness of citizens about waste management

Student willingly took up various responsibilities. They are as follows:

Activity	Name of the Students
Policy Framing	Ms. Risal Gonsalves and Gracy Esther
Slogans	Ms. Chantelle Dsouza & Ms. Alsona Gomes
Brochure & Survey	Ms. Shefali, Ms. Bazela Hawa & Ms. Demmi Furtado, Ms. Alsona Gomes, Ms. Gracy Esther, Ms. Sania Dsouza
Poster	Ms. Risal Gonsalves & Ms. Sania Dsouza
Video	Ms. Nicole Fernandes, Ms. Alsona Gomes Ms. Pramila Irudayaraj, Ms. Bazela Hawa
Week long picture log	All the 10 students

At the end staff coordinator thanked all the students for their active participation.



SXIE: Swachhata Action Plan Waste Management

Colour Colour what colour do I choose?

Colour Colour what colour do I choose?

Green bin, Blue bin or Black bin

I have bandages, napkins,

Needles, diapers and tube light

So what should I choose?

E-waste, bio-medical, domestic waste in Black Bin.

Colour Colour what colour do I choose?

Green bin, Blue bin Or Black bin

I have cardboards, metal tin,

Bottles, wrappers and shampoo

So what should I choose?

Recyclable materials in Blue bin.



Colour colour what colour do I choose?

Green bin, blue bin or black bin

I have fruit peels, egg shells, flower chain, leftover food and coffee grounds

So what should I choose?

Bio-degradable waste in Green Bin.



BITTER LITTER!

Litter Litter found everywhere,

Yet about it very few show concern and care.

Taking actions against it is rare,

However, don't you think waste management should become a daily affair?

Bin it and trash it in a systematic way,

Make it a part of your routine everyday.

To 'plastic', a big NO we all need to say,

Otherwise it is our future generations who would have to pay.

'Waste Management' should be undertaken by all, If we want to prevent our Mother Earth's destructive fall.

Save our planet in ways both big and small,

LET US MAKE 'REDUCE, REUSE, RECYCLE' OUR CRYING CALL.



SXIE

Swachhata Action Plan
WASTE MANAGEMENT



SXIE SWACHHATA ACTION PLAN WASTE MANAGEMENT SLOGANS



1 DON'T BE IN A HASTE,
EFFECTIVELY MANAGE
WASTE!

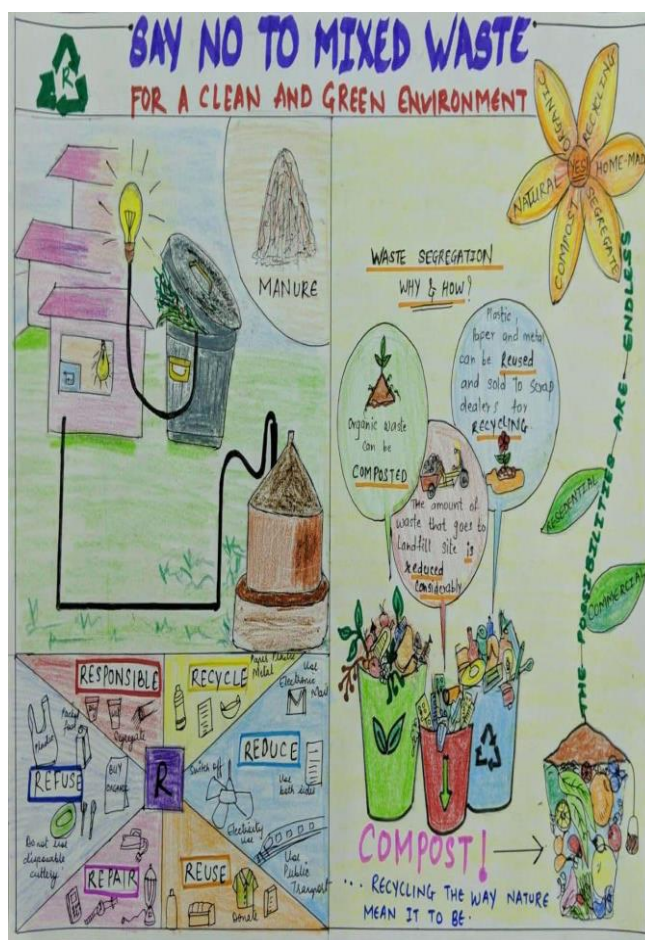
2 CONSERVE WHAT OUR
CHILDREN DESERVE.



3 THE SOLUTION IS ZERO
WASTE GENERATION.



4 NORTH, SOUTH, EAST, WEST;
WASTE MANAGEMENT IS
ALWAYS FOR THE BEST.



*St. Xavier's Institute of Education
Swachhata Action Plan
Waste Management*

Steps for wet waste Composting at home.

Use either a clay pot or a plastic bin.

Both should have lid/ covering with tiny holes.

☒ For plastic bin,
it is necessary
to poke smallholes
throughout the bin
for air to pass (aerobic
process for
microbes)
Steps 1, 2 and 3 repeated
(same as for clay pot)

☒ For clay pot
1) Put dry leaves/coco
peat at the base(to
absorb moisture).
2) After adding kitchen
waste, also add little
coco peat to the daily
wet garbage to reduce
moisture and smell.
3) Store for 20-30 days
and stir (to prevent
growth of fungus) the
contents every 5 days.



**Also please note, you learn as you do,
observe the result and adapt accordingly.*

Happy Composting!!

Criteria: **Water Management**

Objectives for developing a brochure on Water Management

- To develop awareness on the need for water management
- To understand various legal aspects of water management
- To list a few practical ways of conserving and managing water
- To derive inspiration from personalities and emulate their noble work towards respecting, saving and managing our water resources

Ideas for discussion on 31st Dec

1. Panel discussion/ talk
2. Brochure/ quiz
3. Short video on creative ways of saving water/ reusing water

Brochure for Water Management link:

<https://drive.google.com/drive/u/0/folders/1c17cuvvm849RtXOYtCbCgDLGa2cgS4ajSI>

Criteria: **Greenery**

Monthly Green Calendar



Turmeric

Uses: A tablespoon of ground turmeric offers 20 calories, nearly a gram of protein, 3 gms of fiber and 6 grams of carbohydrates. It contains minerals such as manganese, phosphorus and potassium.

Turmeric is commonly used for conditions involving pain and inflammation, such as osteoarthritis.

It is also used for hay fever, depression, high cholesterol, a type of liver disease, and itching.

September 2021

S	M	T	W	TH	F	S
			01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Appiko Movement

Month and Year: 8th September, 1983

Place: Uttara Kannada and Shimoga districts of Karnataka State

Leaders: It had a facilitator in Pandurang Hegde. He helped launch the movement in 1983.

Aim: Against the felling and commercialization of natural forest and the ruin of ancient livelihood



SAGE

- A staple herb in various cuisines around the world. Belonging to the mint family.
- Available in fresh, dried and oil form.
- Enhance cognitive skills and guard against neurodegenerative disorders. Lowering blood glucose and cholesterol. Has anti-inflammatory properties.
- Also used as a natural cleaning agent, pesticide and ritual object in spiritual sage burning or smudging.

November 2021

S	M	T	W	TH	F	S
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Narmada Bachao Andolan

When? - 1985

Where? - Sardar Sarovar Dam, Narmada river, Madhya Pradesh.

Led by? - Medha Patkar, Baba Amte.

Why? - The resettlement and rehabilitation of those displaced by the dams. Provide project information and legal representation to the concerned residents of the Narmada valley.



Holy Basil

The Queen of Herbs, Elixirof life.

Benefits: Basil contains antioxidants which fights diseases, promotes Heart health, Fights with stress, Good for cough, protect liver health, Helps fight cancer, Boosts immune system function, Lowers cholesterol, Helps fight combat stress.

December 2021

S	M	T	W	TH	F	S
			01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

The Baliaapal Movement

Started in December 1985

AIM: It was struggle against the national testing range as the land was considered very fertile and the villagers were forced to evacuate their homes and agricultural lands

Where: In state of Orissa.



Peppercorn

Properties: To prevent cancer, High in antioxidants, Has anti-inflammatory properties, improve brain function, improves blood sugar control

Uses: Relieves cold and cough

Stimulates digestion, Enables weight loss, Improves skin, Addresses depression by stimulating the brain, People take black pepper by mouth for arthritis, asthma, upset stomach, and many other condition

January 2021

S	M	T	W	TH	F	S
					01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Jungle Bachao Andolan

When? The Jungle Bachao Andolan took shape in the early 1980s

Why? Because the government proposed to replace the natural sal forest with commercial teak plantations.

Where? Singhbhum District, Bihar,

February 2021

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

Save Silent Valley, a social movement was started by students and school teachers to protect the tropical forest of Silent Valley in Kerala from being flooded by a hydro-electric project in 1973

Did you know?
Ginger also known scientifically as *Zingiber officinale* has many medicinal properties which aids digestion, reduces nausea and helps in fighting flu and common cold.



FLAXSEED

- BENEFITS**
1) Prevents cancer
2) Cardiovascular diseases
3) Improves blood sugar level and lowers blood pressure.
4) Cures inflammation
5) Contains high quality protein

S	M	T	W	TH	F	S
					01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

CHIPKO MOVEMENT

WHEN: 1973
AIM: PROTECTION AND CONSERVATION OF TREES
RESULT: Along with conservation of forests, also improved the status of women in the society.

Calendar:

October: <https://drive.google.com/drive/u/0/folders/1c17cuv849RtXOYtCbCtDLGa2cgS4ajSI> April

<https://drive.google.com/drive/u/0/folders/1c17cuv849RtXOYtCbCtDLGa2cgS4ajSI>

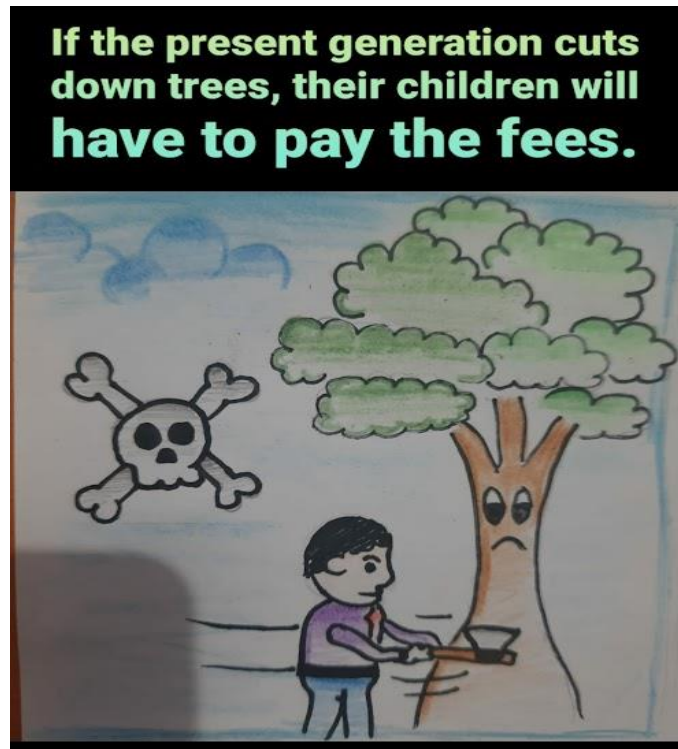
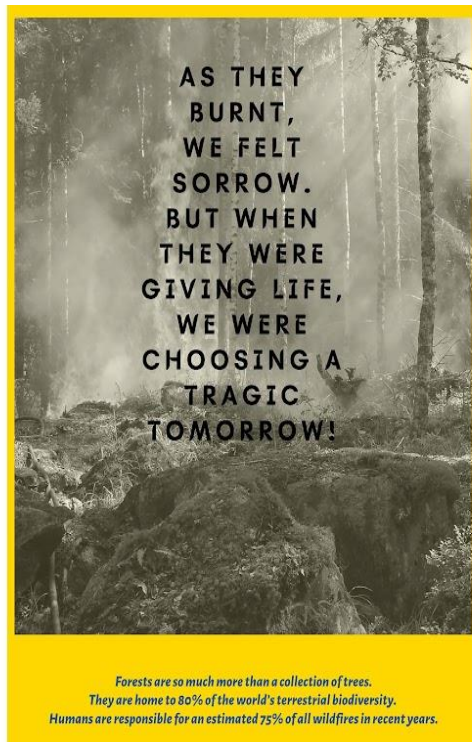
Micro gardening: <https://drive.google.com/drive/u/0/folders/1c17cuv849RtXOYtCbCtDLGa2cgS4ajSI>

Poem, Nature my Religion:

<https://drive.google.com/drive/u/0/folders/1c17cuv849RtXOYtCbCtDLGa2cgS4ajSI>

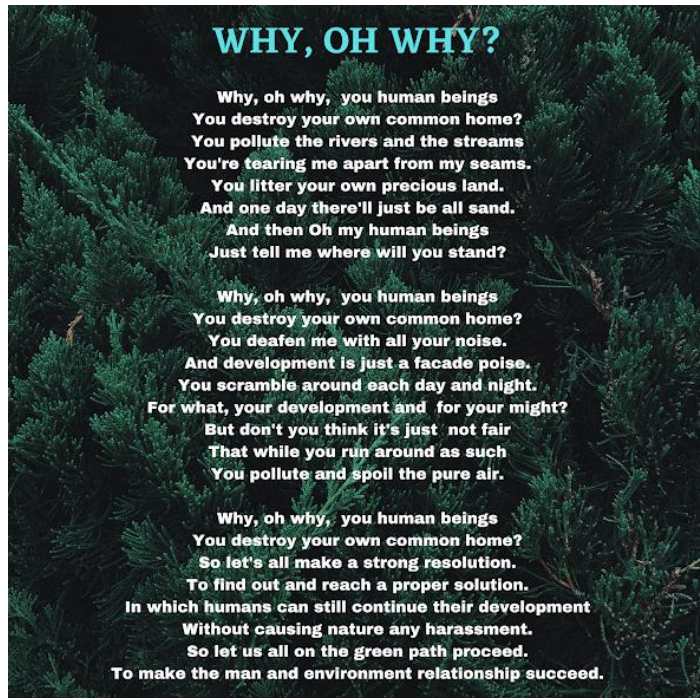
Poster



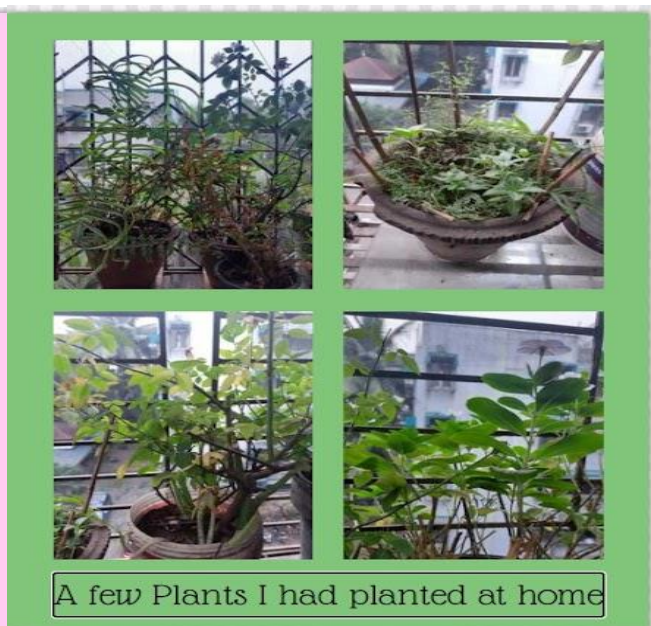


Links: <https://drive.google.com/drive/u/0/folders/1c17cuvm849RtXOYtCbCtDLGa2cgS4ajSI>

<https://drive.google.com/drive/u/0/folders/1c17cuvm849RtXOYtCbCtDLGa2cgS4ajSI>



Kitchen garden



SAP Eco Friendly Cleaner

Stepwise description of making eco-friendly cleaner at home with just two ingredients: Orange and Vinegar (pdf & images)

<https://drive.google.com/drive/u/0/folders/1c17cuvvm849RtXOYtCbcdLGa2cgS4ajSI>



The attached document consists of a list of plants that can be grown indoors. Also explained are some tips to nurture them and how these plants are useful in various ways.

As a part of the green initiative, some of the mentioned saplings are planted in my house and society (Pictures included at the end).

Link: <https://drive.google.com/drive/u/0/folders/1c17cuv849RtXOYtCbcdLGa2cgS4ajSI>

Criteria: **Energy Conservation**

Consolidate report of activities done under the criteria of Energy Conservation

<https://drive.google.com/drive/u/0/folders/1c17cuv849RtXOYtCbcdLGa2cgS4ajSI>

Criteria wise Allocation of Staff and Student Teachers

Following is the criteria wise allocation of the staff members and student teachers for **SWACHHTA ACTION PLAN (SAP)** under Mahatma Gandhi National Council of Rural Education, Ministry of Human Resource Development, Government of India.

Criteria: Sanitation & Hygiene	Criteria: Waste Management	Criteria: Water Management
Staff Coordinators: Dr. Shadab Paloji; Ms. Priti S.	Staff Coordinator: Dr. Elvina Pereira	Staff Coordinator: Dr. Geeta Shetty
Almeida Jolina	Dsilva Shefali	Karadi Francina
Ansari Saima	Dsouza Chantelle	Kenia Kunjan
Asda Sarah	Dsouza Sania	Khan Mohammed Wasim
Cardoza Joslin	Fernandes Nicole	Kishore Nisha
Carvalho Rachel	Furtado Demmi	Kulkarni Rewati
Dcosta Jinelle	Gomes Alsona	Lemos Claris
Dcunha Ankita	Gonsalves Risal	Lemos Sophiya
Dhanya K S	Gracy Esthar	Lobo Candida
Dias Vanessa	Hawa Bazela	Lobo Renita
Dmello Saheel	Irudayaraj Pramila	Machado Joann

Criteria: Greenery	Criteria: Energy Conservation
Staff Coordinators: Ms. Kalpana Chavan & Ms. Nishi Kumar	Staff Coordinators: Dr. Vini Sebastian & Dr. Bijoy Thomas
Menezes Christalina	Pujari Janhavi
Merchant Taha	Robinson Varghese
Moses Marilyn	Shaikh Bushra
Mudavasseri Daya	Shaikh Sana
Mullajiwala Rashida	Sharma Khushbu
Pellisery Thresia	Sharma Nevil
Pereira Adelaide	Steffy Benny
Pereira Cathia	Vaz Sharal
Pinto Vanessa	Zachariah Littey
Prabha Thampi	

Dr. Sosamma Samuel
Principal

Dr. Elvina Pereira
Coordinator