

# ST. KAREN'S SECONDARY SCHOOL

Khagaul Road, Danapur, Patna

## Physical Education SEWA (Social Empowerment through Work Education and Action) Project (Compulsory for all students of Class 9<sup>th</sup> to 12<sup>th</sup>)

Name of the Project – 'Swachcha Vidyalaya Swachcha Bharat'

You have to prepare a bio file on any two topics from the given list, attach photograph of activities done along with my SEWA Promise form duly signed by your parent.

### Topics

- a) Disposal of human waste properly and safely at home  
*Points to include:*  
Human waste disposal mechanism followed in your home and society  
Safety concern (what would if properly not done)  
What you do regarding raising awareness in your society?  
Put real picture.
- b) Proper garbage disposal  
*Points to include:*  
Garbage disposal mechanism followed in your home/society  
Whether waste management technique are followed in your locality (nagar nigam)  
Types of waste generated in your home (categorize them)  
Awareness programme  
Paste real picture
- c) Personal Hygiene  
*Points to include:*  
Important and requirement of personal hygiene.  
How you maintain your personal hygiene  
Effect if not followed
- d) Green and Blue Bins  
What are green and blue bins?  
Why it is required to colour the bins?  
Benefits of it.
- e) Recycling  
*Points to include:*  
What is recycling?  
What is the need?  
List the thing that you recycle.  
List the recycled material you use.  
Benefits
- f) Water Conservation  
*Points to include:*  
What is conservation?  
What is the need of water conservation?  
Different techniques used  
Technique used by you and in your society.  
Awareness programme

### Note

- 1) Maintain your safety while doing project.
- 2) Parents will observe your activity and fill the form after completion.

## My SEWA Promise Form

Dear Student,

SEWA is a firm step to prepare you for life. It is voluntary project experience. You have to complete **My SEWA Promise Form** and obtain prior approval for the activity/project. Selection of a SEWA activity, development, implementation of the proposal and evaluation of the activity is the responsibility of each student. Signature of the parent indicates review and approval of this proposal.

Student's Name: \_\_\_\_\_ Class: \_\_\_\_\_

(Print or Type)

**Brief Description of the Activity:**

Duration (Days and Time): \_\_\_\_\_ Estimated Hours: \_\_\_\_\_

Name of Mentor Teacher: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_